



San Diego County Sheriff's Department

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William D. Gore, Sheriff

Thomas J. Cooke, Undersheriff

September 10, 2009

To Whom It May Concern:

The Meditation Initiative, via Mr. Jeff Zlotnik, has been providing weekly meditation group in San Diego Central Jail inpatient psychiatric unit since April 2009. This group has and continues to be both well received and well attended. Inmate/patients report feeling more calm and centered after group sessions. The success of the meditation group is decidedly influenced by the skillful facilitation of Mr. Jeff Zlotnik who leads the groups through the meditation period. Following the meditation, he leads a discussion to review the session which helps the participants better understand their experiences and encourages them to meditate on their own to help deal with the stress of incarceration.

We are very pleased to have this pro-bono service provided to our department. Without this kind of volunteerism, these valuable services would not exist in the jail setting. Mr. Zlotnik is professional, respectful and fills a needed niche in the unit's programming.

Sincerely,

Tom Cooke, LCSW

"Keeping the Peace Since 1850"