

Anger Management

Inmate Program
Date PDF Created Mon Nov 28 09:20:23 EST 2016

Description

A Highly Recommended Anger Management Program created on 02-08-2013

Summary

Anger Management is a cognitive-behavioral curriculum designed to help individuals better manage their anger. The full treatment protocol, to include a re-printable participant workbook, is attached. A Spanish language version of the participant workbook is available on SAMHSA's website. Staff training and time represent the only noteworthy costs to implement this program.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 37138488

Skill Type(s):

- 1) Cognitive::General Behavior
- 2) Cognitive::Domestic Violence/Abuse
- 3) Mental Health::Substance Abuse Management
- 4) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Substance Abusers
- 3) High Risk

What are the objectives of this program?

Participants will learn to employ relaxation, cognitive, and communication skills to reduce anger, to include the development of an individualized anger control plan.

Where does this program typically take place?

- 1) Main Facility
- 2) FSL
- 3) SFF
- 4) Complex
- 5) Camp

When should this course be offered?

12 90-minute weekly sessions

Why would this program be effective?

SAMHSA identifies this curriculum as an evidence-based practice. See empirical support in attached Facilitator's Guide.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work OR bachelor's degree in the above fields with specialized training in CBT.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Demonstrated ability to apply anger management skills to more effectively manage emotions or behavior.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Cognitive Behavioral Therapy (CBT)

Attachment(s)

Attachment Titles

- 1) Facilitator's Guide
- 2) Participant Workbook

Cognitive Processing Therapy (CPT)

Inmate Program
Date PDF Created Mon Nov 28 09:20:52 EST 2016

Description

A Highly Recommended Mental Health Program created on 10-02-2012

Summary

Cognitive Processing Therapy (CPT) is a 12-session, structured cognitive-behavioral therapy found to be effective for PTSD and other corollary mental health symptoms following a traumatic event.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 90788028

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Females
- 2) Mentally Ill

What are the objectives of this program?

Participants will learn to cope effectively with the emotional and behavioral impact of a traumatic life event. Through the use of behavioral therapy techniques and instruction in cognitive-behavioral skills, symptoms of trauma-related mental illnesses will be reduced and personal resilience will be enhanced.

Where does this program typically take place?

- 1) FSL
- 2) Camp

- 3) Main Facility
- 4) Complex
- 5) SFF

When should this course be offered?

12 50-minute sessions if offered individually; 12 90-minute sessions if offered in a group setting.

Why would this program be effective?

CPT is used widely within the Department of Veterans Affairs. An article detailing empirical support for the program is attached.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Doctoral level psychologist with specialized training in the protocol.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to accurately and fully complete all homework assignments and apply relevant cognitive behavioral skills, with particular emphasis on the A-B-C and Challenging Beliefs Worksheets.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Cognitive-behavioral therapy

Attachment(s)

Attachment Titles

- 1) Empirical Support for CPT
- 2) Cognitive Processing Therapy Manual

Dialectical Behavior Therapy Skills Training

Inmate Program
Date PDF Created Mon Nov 28 09:21:10 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 01-03-2013

Summary

Dialectical Behavior Therapy is a cognitive-behavioral treatment specifically for individuals who engage in self-harm behaviors, such as self-cutting, suicidal thoughts, urges to suicide, and suicide attempts.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 75152701

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Females
- 3) High Risk

What are the objectives of this program?

Participants will learn to develop mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance with the aim of significantly reducing or eliminating self-harm behaviors.

Where does this program typically take place?

- 1) FSL
- 2) Complex
- 3) Main Facility

- 4) SFF
- 5) Camp

When should this course be offered?

52 90-120 minute group sessions

Why would this program be effective?

DBT is contained in SAMHSA's Registry of Evidence-based Programs and Practices. Research support is detailed on the program website: www.behavioraltech.org and in the attached document.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Doctoral level psychologist with specialized training.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to complete all homework assignments and actively apply the 4 sets of cognitive-behavioral skills to reduce or eliminate instances of self-harm.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

- 1) DBT Research Summary

Illness Management and Recovery

Inmate Program
Date PDF Created Mon Nov 28 09:21:28 EST 2016

Description

A Highly Recommended Mental Health Program created on 03-01-2013

Summary

Illness Management and Recovery (IMR), also known as Wellness Management and Recovery (WMR) is a curriculum designed to help individuals suffering from mental illnesses develop personal strategies for coping with their illnesses and moving forward with their lives.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 54849329

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Females
- 3) High Risk

What are the objectives of this program?

Through education and coping skills training, participants suffering from mental illnesses will learn to manage their illnesses, reduce illness related symptoms, develop goals for recovery, and make informed decisions about their treatment.

Where does this program typically take place?

- 1) Complex

- 2) Main Facility
- 3) Camp
- 4) FSL
- 5) SFF

When should this course be offered?

Variable:12-40 group sessions of 50-90 minutes duration. May be offered individually, but group setting is preferred.

Why would this program be effective?

SAMHSA identifies Illness Management and Recovery as an evidence-based practice. See also research support in attached manual.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate a greater understanding of their mental illness; employ enhanced coping strategies; and experience reduced mental health symptoms as evidenced by self-report, observation, or psychological test data.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Cognitive-behavioral, motivational, and social learning

Attachment(s)

Attachment Titles

- 1) IMR Practitioner Guide and Handouts
- 2) Wellness Management and Recovery Group Manual
- 3) Wellness Management and Recovery Workbook
- 4) Wellness Management and Recovery Handouts

Social Skills Training (SST) for Schizophrenia

Inmate Program
Date PDF Created Mon Nov 28 09:21:45 EST 2016

Description

A Highly Recommended Mental Health Program created on 03-02-2013

Summary

Social Skills Training for Schizophrenia is a structured protocol to teach and practice social skills, to include basic social skills, conversation skills, and communal living skills.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 26260570

Skill Type(s):

- 1) Interpersonal::Communication
- 2) Interpersonal::Relationships
- 3) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) High Risk
- 2) Females
- 3) Mentally Ill

What are the objectives of this program?

Participants will learn and practice social skills to enhance their interpersonal functioning, leading to improved life functioning overall.

Where does this program typically take place?

- 1) Complex
- 2) SFF

- 3) Camp
- 4) FSL
- 5) Main Facility

When should this course be offered?

Variable frequency, session duration, and length based on level of impairment, a minimum of 2-3 sessions/skill.

Why would this program be effective?

See attached meta-analysis research citation, as well as data cited in treatment manual.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work OR bachelor's degree in one of the above with specialized training in abnormal psychology and social skills training.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to adequately perform the social skill in a structured role play setting.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Social learning and behavioral theory

Attachment(s)

Attachment Titles

- 1) SST Implementation Resource from the VA
- 2) SST Resource for Professionals from the VA
- 3) VA SST Manual
- 4) SST Research Citation

Seeking Safety

Inmate Program
Date PDF Created Mon Nov 28 09:22:04 EST 2016

Description

A Highly Recommended Mental Health Program created on 03-02-2013

Summary

Seeking Safety is a present-focused, cognitive-behaviorally based treatment for clients with a history of trauma and substance abuse.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 91823120

Skill Type(s):

- 1) Mental Health::Substance Abuse Management
- 2) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Females
- 2) Substance Abusers
- 3) Mentally Ill
- 4) High Risk

What are the objectives of this program?

Participants will learn to cope effectively with the emotional and behavioral impact of a traumatic life event. Through the use of cognitive, behavioral, and interpersonal skills and clinical case management, symptoms of trauma-related mental illnesses will be reduced and personal resilience will be enhanced.

Where does this program typically take place?

- 1) Camp
- 2) SFF
- 3) Main Facility
- 4) Complex
- 5) FSL

When should this course be offered?

24 50-90 minute group sessions. May be offered individually as well.

Why would this program be effective?

Seeking Safety is contained in SAMHSA's Registry of Evidenced-based Programs and Practices. In addition, there is evidence of its effectiveness with a correctional population. The website www.seekingsafety.org contains research citations and abstracts.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to accurately and full complete all homework assignments (commitments) and apply the relevant cognitive, behavioral, and interpersonal skills.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral theory

Attachment(s)

Attachment Titles

Basic Cognitive Skills

Inmate Program
Date PDF Created Mon Nov 28 09:24:12 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 03-02-2013

Summary

Basic Cognitive Skills is a rational behavior therapy program which teaches offenders about rational self-counseling, the rules for rational thinking, and the use of a Rational Self-Analysis (RSA) to better manage their lives. This program serves as the foundation for other cognitive-behavioral interventions, such as Criminal Thinking.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 11020818

Skill Type(s):

- 1) Interpersonal::Relationships
- 2) Mental Health::Mental Illness Management
- 3) Cognitive::General Behavior

Overview

Who would benefit most from this program?

- 1) High Risk
- 2) Mentally Ill
- 3) Females

What are the objectives of this program?

Participants will learn to complete an RSA, a cognitive skills tool that allows participants to check their perceptions and thinking to effectively manage their emotions and behavior. This skill forms the foundation of future cognitive-behavioral interventions and programs.

Where does this program typically take place?

- 1) Main Facility
- 2) FSL
- 3) SFF
- 4) Camp
- 5) Complex

When should this course be offered?

12-16 90-minute sessions in a group setting; 8-12 30-minute sessions if offered individually.

Why would this program be effective?

See attached meta-analysis.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work OR bachelor's degree in one of the above with specialized training in cognitive-behavioral therapy.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to accurately and fully complete an RSA and apply basic cognitive skills to more effectively manage their emotions or behavior.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

- 1) CBT and Corrections Empirical Support
- 2) Blank RSA Form
- 3) Basic Cognitive Skills Facilitators Guide
- 4) Sample Participant Guide - Do Not Duplicate
- 5) Fidelity Checklist for Basic Cognitive Skills

Criminal Thinking

Inmate Program
Date PDF Created Mon Nov 28 09:25:13 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 03-02-2013

Summary

Criminal Thinking is a rational behavior therapy program which teaches offenders to use rational self-counseling to address their anti-social attitudes and beliefs.

Details

Recommendation: Highly Recommended

Category Type: Category I

Program ID: 22008611

Skill Type(s):

- 1) Cognitive::General Behavior
- 2) Cognitive::Criminal History
- 3) Cognitive::Criminal Behavior

Overview

Who would benefit most from this program?

- 1) Females
- 2) High Risk
- 3) Gang Members
- 4) Sex Offenders

What are the objectives of this program?

Participants will apply skills learned in the Cognitive Skills program, i.e., RSAs, to target criminal thinking errors. By using RSAs to check their perceptions and thinking, they will more effectively manage their emotions and behaviors which lead to misconduct and criminality.

Where does this program typically take place?

- 1) SFF
- 2) FSL
- 3) Camp
- 4) Main Facility
- 5) Complex

When should this course be offered?

12-18 90-minute group sessions. Program may be administrated individually.

Why would this program be effective?

See attached meta-analysis.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work OR bachelor's degree in one of the above with specialized training in cognitive-behavioral interventions.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate an ability to accurately and fully complete an RSA and apply rational self-counseling to reduce/eliminate criminal thinking errors and improve behavior.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

- 1) CBT and Corrections Meta-Analysis
- 2) Criminal Thinking Facilitator's Packet
- 3) Blank RSA Form
- 4) Fidelity Checklist for Criminal Thinking

Parenting Inside Out (Prison Version)

Inmate Program
Date PDF Created Mon Nov 28 09:34:46 EST 2016

Description

A Highly Recommended Family_Parenting Skills Program created on 05-06-2013

Summary

Program Statement 5355.03, Parenting Program Standards, requires all programs include visiting room space, social services, and parenting education components. Parenting Inside OUT (PIO) does not address a number of recommended components of Parenting education (e.g., preventing childhood injuries, family budget, family literacy, substance abuse, and prenatal care for expecting moms) and the visiting room space and social services components. However, staff who are interested in Parenting Inside OUT, including training, should contact Mindy Clark, Director of National Outreach and Marketing, Children's Justice Alliance, a program of Pathfinders of Oregon whose contact information is listed under Program Source.

PIO is an evidence-based cognitive-behavioral parent management skills training program. Created for incarcerated parents. Based on the best practices of a Parent Management Training, PIO is an evidence-based cognitive-behavioral parent management skills training program. Outcome-based and focused on helping parents promote healthy child adjustment, preventing child problem behavior, and interrupting the cycle of inter-generational criminality. Core topics include: emotion regulation, connecting through letters/phone calls/visits, human development, understanding children, advocating for children, forming healthy relationships, reintegration into family and community.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 20130506

Skill Type(s):

- 1) Interpersonal::Relationships
- 2) Character::Personal Responsibility
- 3) Interpersonal::Parental Responsibility
- 4) Interpersonal::Family Ties-Support System
- 5) Interpersonal::Communication

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Females
- 3) High Risk
- 4) Other
- 5) Elderly
- 6) Substance Abusers
- 7) Physically Disabled
- 8) Low Risk
- 9) Gang Members

What are the objectives of this program?

Participants will develop and refine social interactional skills and citizenship behaviors they use in all aspects of their lives and that will help them guide their children toward becoming positive, constructive adults.

PIO is an evidence-based cognitive-behavioral parent management skills training program. Created for incarcerated parents. Based on the best practices of a Parent Management Training, PIO is an evidence-based cognitive-behavioral parent management skills training program. Outcome-based and focused on helping parents promote healthy child adjustment, preventing child problem behavior, and interrupting the cycle of inter-generational criminality.

Where does this program typically take place?

- 1) FSL
- 2) SFF
- 3) Complex
- 4) Camp
- 5) Main Facility

When should this course be offered?

3X per year. Meets three times a week for 2.5 to 3 hours. (15 students)

Why would this program be effective?

Please see attachments.

Administration

Who should teach this program?

- 1) Contractor
- 2) Volunteer
- 3) Staff

Does the instructor need special training?

Facilitators must complete a three-day training session.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Participants demonstrate the skills addressed in the 90 hour program. The Executive Director for Parenting Inside Out recommends a group graduation for inmate program participants.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Parent Management Training
Adult Learning Theory
Cognitive Behavioral
Learner-Centered
Outcomes-Based Instructional Design

Attachment(s)

Attachment Titles

- 1) Breaking the Cycle of Criminality

- 2) Introduction to Parenting Inside Out
- 3) Outcome Study
- 4) Overview of Parenting Inside Out
- 5) Parenting Inside Out_Portland Oregon
- 6) Parenting Inside Out Boosts Visitation
- 7) Parenting Management Training
- 8) Preparing for Reentry with Parent Management Training

InsideOut Dad

Inmate Program
Date PDF Created Mon Nov 28 09:35:06 EST 2016

Description

A Highly Recommended Family_Parenting Skills Program created on 06-05-2013

Summary

Program Statement 5355.03, Parenting Program Standards, requires all programs include visiting space, social services, and parenting education components. Inside Out Dad does not address a number of the recommended components of Parenting education (e.g., dealing with sibling rivalry, family budget, family literacy, and substance abuse) and the visiting room space and social services components. Consult with the Central Office Education Administrator to discuss how to supplement the missing components.

Utilization of Facilitator's Guide, Fathering Handbook, and Activities Manual. Offered in Spanish and Faith-based versions. Female program design pending.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 20130508

Skill Type(s):

- 1) Interpersonal::Communication
- 2) Interpersonal::Parental Responsibility
- 3) Character::Personal Responsibility
- 4) Interpersonal::Relationships
- 5) Interpersonal::Family Ties-Support System

Overview

Who would benefit most from this program?

- 1) Low Risk
- 2) Substance Abusers
- 3) Physically Disabled
- 4) Gang Members
- 5) Mentally Ill
- 6) Elderly
- 7) Other
- 8) High Risk

What are the objectives of this program?

Through practical, engaging material, Inside Out Dad increases awareness, knowledge, and capacity regarding elements of being a good father.

Evidence-based reentry program designed to connect incarcerated fathers to their families and prepare them for release.

Where does this program typically take place?

- 1) Complex
- 2) Camp
- 3) Main Facility
- 4) FSL

When should this course be offered?

3X per year. 12 sessions, weekly 2-hour sessions. (12 students)

Why would this program be effective?

See Attached.

Administration

Who should teach this program?

- 1) Contractor
- 2) Staff
- 3) Volunteer

Does the instructor need special training?

Training is highly recommended for Instructors/Facilitators. Training is offered at a cost of \$4,000 - \$5,000.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Pre and post test. Completion of 12 core sessions.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Logic model: Logical and analytical(left brain)and creative and emotional(right brain)activities are used as the basis for lessons. Adult learning theories and facilitator training.

Attachment(s)

Attachment Titles

- 1) California Evidence Based Clearinghouse
- 2) Success Stories
- 3) Inside Out Dad Program in Maryland and Ohio Prison
- 4) Logic Model_Inside Out Dad
- 5) National Fatherhood Initiative Report on Inside Out Dad
- 6) National Fatherhood Initiative's Program for Incarcerated Fathers Work
- 7) NIC Assessment of the Impact of Inside Out Dad
- 8) Programs for Incarcerated Fathers and Reentry
- 9) Rutgers University Assessment of Inside Out Dad

Positive Parenting - Friends Outside: Positive Parenting for Incarcerated

Inmate Program
Date PDF Created Mon Nov 28 09:35:26 EST 2016

Description

A Highly Recommended Family_Parenting Skills Program created on 05-06-2013

Summary

Program Statement 5355.03, Parenting Program Standards, requires all programs include visiting space, social services, and parenting education components. Positive Parenting does not address a number of the recommended components of Parenting education (e.g., fostering self-esteem in a child, preventing childhood injuries, identifying personal readiness for parenthood, family budget, family literacy, substance abuse, and prenatal care for expecting moms) and the visiting room space and social services components. Consult with the Central Office Education Administrator to discuss how to supplement the missing components.

Focuses on parenting while incarcerated, family relationships, and family unification. Based on cognitive-behavior principles. While learning how to improve parenting skills, participants also develop skills such as respectful communication, problem solving, self-responsibility, development of support systems, pro-social values and behaviors. Handouts, worksheets, interactive discussions and role playing.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 20130507

Skill Type(s):

1) Interpersonal::Relationships

- 2) Interpersonal::Family Ties-Support System
- 3) Interpersonal::Parental Responsibility
- 4) Interpersonal::Communication
- 5) Character::Personal Responsibility

Overview

Who would benefit most from this program?

- 1) Gang Members
- 2) Other
- 3) Substance Abusers
- 4) High Risk
- 5) Females
- 6) Physically Disabled
- 7) Low Risk
- 8) Elderly
- 9) Mentally Ill

What are the objectives of this program?

Focuses on parenting while incarcerated, family relationships, and family unification. Based on cognitive-behavior principles. While learning how to improve parenting skills, participants also develop skills such as respectful communication, problem solving, self-responsibility, development of support systems, pro-social values and behaviors.

Where does this program typically take place?

- 1) Main Facility
- 2) Camp
- 3) SFF
- 4) FSL
- 5) Complex

When should this course be offered?

3X per year. 15 weeks, presented in two-hour sessions (20-25 students)

Why would this program be effective?

See attached.

Administration

Who should teach this program?

- 1) Staff
- 2) Volunteer
- 3) Contractor

Does the instructor need special training?

A two-day facilitator training is offered. Cost will be based on number of staff trained and location.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Maintain attendance and participation for 30-hour curriculum. Complete required forms, pre and post tests, evaluation (Adolescent Parenting Inventory - Version 2), final assessment.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral principles, adapted for adults who may not have a positive history of school performance. Facilitator model of training. Adult learning model.

Attachment(s)

Attachment Titles

- 1) Application Process
- 2) Executive Director of Positive Parenting
- 3) Facilitated Group Model
- 4) Facilitator Guide for Positive Parenting
- 5) Friends Outside Evaluation Narrative
- 6) An Evaluation of Friends Outside Positive Parenting
- 7) NIC Evaluation of Friends Outside Positive Parenting
- 8) Synopsis of Curriculum_Positive Parenting

Supported Employment

Inmate Program
Date PDF Created Mon Nov 28 09:36:20 EST 2016

Description

A Highly Recommended Mental Health Program created on 05-16-2013

Summary

Supported Employment carefully matches mentally ill individuals with competitive job opportunities suitable to their interests and abilities by incorporating therapeutic support through the process of job acquisition and daily performance. Research suggests participants experience improved self-esteem and symptom control through participation in Supported Employment.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 87273454

Skill Type(s):

- 1) Vocational-Career::Employment History
- 2) Mental Health::Mental Illness Management
- 3) Vocational-Career::Post Incarceration Employment
- 4) Vocational-Career::Institution Work History

Overview

Who would benefit most from this program?

- 1) Mentally Ill

What are the objectives of this program?

Participants will find meaningful, gainful employment at a Bureau jobsite matching their needs and abilities.

Where does this program typically take place?

- 1) Complex
- 2) SFF
- 3) Camp
- 4) FSL
- 5) Main Facility

When should this course be offered?

Frequency and duration vary; program participation is individualized and ongoing for a substantial period of time.

Why would this program be effective?

The SAMHSA identifies this curriculum as an evidence-based practice. Empirical support for the program is attached. Instruments such as The Individual Placement and Support Fidelity (IPSF) Scale can ensure the program operates as intended.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Graduate training in psychology, psychiatry, or counseling, paired with a thorough review of the training materials.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Demonstrated ability to procure and maintain employment.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Community Mental Health

Attachment(s)

Attachment Titles

1) Evidence for Supported Employment

Cognitive Behavioral Treatment of Insomnia (CBTI)

Inmate Program
Date PDF Created Mon Nov 28 09:36:41 EST 2016

Description

A Highly Recommended Wellness Program created on 05-16-2013

Summary

Cognitive Behavioral Treatment of Insomnia (CBTI) is a brief, effective individual or group intervention to address persistent insomnia. CBTI combines aspects of sleep hygiene, stimulus control, sleep restriction, and cognitive therapy into an integrated approach.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 36912017

Skill Type(s):

- 1) Wellness::Health Promo-Disease Prevent
- 2) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Elderly
- 2) Sex Offenders
- 3) Low Risk
- 4) Physically Disabled
- 5) Mentally Ill
- 6) Substance Abusers
- 7) High Risk
- 8) Females
- 9) Other
- 10) Gang Members

What are the objectives of this program?

Participants will experience improved sleep, leading to improved daily functioning.

Where does this program typically take place?

- 1) Complex
- 2) Main Facility
- 3) Camp
- 4) FSL
- 5) SFF

When should this course be offered?

4-8 weekly sessions plus homework assignments, offered individually or in a group setting.

Why would this program be effective?

A 2006 meta-analysis by Irwin et al. (attached), supports the effectiveness of cognitive-behavioral interventions in addressing insomnia.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Graduate training in psychology, psychiatry, or counseling is recommended. Any skilled mental health clinician can deliver this program.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Satisfactory session attendance, completion of assignments, and improved sleep.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

1) Evidence for CBTI

Mindfulness-Based Cognitive Therapy (MBCT)

Inmate Program
Date PDF Created Mon Nov 28 09:37:03 EST 2016

Description

A Highly Recommended Mental Health Program created on 05-16-2013

Summary

Mindfulness-Based Cognitive Therapy, a group intervention, combines mindfulness-based meditative practices for stress reduction with cognitive therapy techniques to treat the symptoms of depression and anxiety.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 20209433

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

1) Mentally Ill

What are the objectives of this program?

Participants will experience decreased mental illness symptoms, less likelihood of relapse, and potentially less need for psychotropic medications.

Where does this program typically take place?

- 1) SFF
- 2) Camp
- 3) FSL
- 4) Main Facility

5) Complex

When should this course be offered?

Eight weekly 2-hour group training sessions combined with individual daily practice.

Why would this program be effective?

A 2011 meta-analysis by Chiesa & Serretti (attached) supports the effectiveness of cognitive-behavioral therapies in the management of depression and anxiety.

Administration

Who should teach this program?

1) Staff

Does the instructor need special training?

Graduate level training in psychology, psychiatry, clinical social work, or counseling, as well as specialized training in cognitive-behavioral therapies.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Satisfactory class attendance, completion of daily practice assignments, and decreased mental illness symptoms.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

1) MBCT Evidence

Victim Impact: Listen and Learn.

Inmate Program
Date PDF Created Mon Nov 28 09:37:21 EST 2016

Description

A Highly Recommended Victim Impact Program created on 07-16-2013

Summary

In 1998, the California Youth Authority and Mothers Against Drunk Driving developed the first comprehensive national victim impact curriculum with funding from OVC. Since then, the victim impact program has been replicated in many states, in both juvenile and adult facilities.

OVC recognized the need for a standardized curriculum that could be used with adults and juveniles—one that puts "victims first," and in 2005, it awarded funding to the California Department of Corrections and Rehabilitation to develop one.

<https://www.ovcttac.gov/VictimImpact/index.cfm>

https://www.ovcttac.gov/VictimImpact/about_this_curriculum.cfm

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 71613008

Skill Type(s):

- 1) Character::Personal Responsibility
- 2) Character::Personal Character
- 3) Cognitive::Criminal Behavior

Overview

Who would benefit most from this program?

- 1) High Risk
- 2) Gang Members
- 3) Low Risk
- 4) Females

- 5) Mentally Ill
- 6) Other
- 7) Sex Offenders
- 8) Elderly
- 9) Substance Abusers
- 10) Physically Disabled

What are the objectives of this program?

Victim Impact is geared toward helping offenders to become more aware of the impact that crime has on victims and to take responsibility for their actions and begin to make amends.

Where does this program typically take place?

- 1) Complex
- 2) FSL
- 3) Camp
- 4) Main Facility
- 5) SFF

When should this course be offered?

13 weeks, once a week, 2.5 hours per class.

Why would this program be effective?

See Publications and Other Resources:

https://www.ovcttac.gov/VictimImpact/evidence_based.cfm

Research demonstrates that the Victim Impact: Listen and Learn curriculum found evidence of lower re-offense rates and higher restitution payment rates among those completing the classes.

Administration

Who should teach this program?

- 1) Contractor
- 2) Staff
- 3) Volunteer

Does the instructor need special training?

https://www.ovcttac.gov/VictimImpact/about_this_curriculum.cfm and
https://www.ovcttac.gov/views/TrainingMaterials/dspOnline_VATOnline.cfm

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Attend all classes and pass all module quizzes and post-test scoring 80% or higher.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Any motivational theory: satisfaction theory, incentive theory, intrinsic theory or motivational theory pertaining to important underlying and evolving assumptions including Maslow's theory.

Attachment(s)

Attachment Titles

Money Smart: A Financial Education Program.

Inmate Program
Date PDF Created Mon Nov 28 09:37:51 EST 2016

Description

A Highly Recommended Life Skills Program created on 07-16-2013

Summary

The Money Smart for Adults instructor-led curriculum consists of eleven training modules that cover basic financial topics. Topics include a description of deposit and credit services offered by financial institutions, choosing and maintaining a checking account, spending plans, the importance of saving, how to obtain and use credit effectively, and the basics of building or repairing credit.
<http://www.fdic.gov/consumers/consumer/moneysmart/adult.html>

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 71613007

Skill Type(s):

- 1) Character::Personal Responsibility
- 2) Daily Living::Financial Management
- 3) Character::Personal Character

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Elderly
- 3) Low Risk
- 4) Gang Members
- 5) High Risk
- 6) Other
- 7) Females
- 8) Physically Disabled

- 9) Sex Offenders
- 10) Substance Abusers

What are the objectives of this program?

Educating inmates about legitimate financial skills and creating positive banking relationships.

Class materials are found here in English:

http://sallyport.bop.gov/co/rsd/reentry_affairs/gp_money_smart_links.jsp

Class materials are found here in Spanish:

http://sallyport.bop.gov/co/rsd/reentry_affairs/gp_money_smart_spanish.jsp

Where does this program typically take place?

- 1) Camp
- 2) SFF
- 3) FSL
- 4) Main Facility
- 5) Complex

When should this course be offered?

14 weeks, twice a week, 60-120 min per class.

Why would this program be effective?

See Publications and Other Resources:

<http://www.fdic.gov/consumers/consumer/moneysmart/pubs/index.html>

Research demonstrates that the Money Smart curriculum can positively influence how adults manage their finances, and these changes are sustainable in the months following the training.

Administration

Who should teach this program?

- 1) Volunteer
- 2) Contractor
- 3) Staff

Does the instructor need special training?

Instructor training according to FDIC standards via workshops, CD, and/or video

<http://www.fdic.gov/consumers/consumer/moneysmart/trainthetrainer.html>

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Attend all classes and pass all module quizzes and post-test scoring 80% or higher.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Cognitive Theory- entails analysis and synthesis skills.

Attachment(s)

Attachment Titles

Threshold Program

Inmate Program
Date PDF Created Mon Nov 28 09:38:13 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 01-28-2008

Summary

The Threshold Program is a faith-based reentry program open to inmates of all faith traditions, including those who do not hold a religious preference. The program is based on spiritual development and formation to establish one's faith, moral and ethical identity and to improve one's life and relationship with others.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 71577577

Skill Type(s):

- 1) Interpersonal::Communication
- 2) Interpersonal::Parental Responsibility
- 3) Character::Personal Responsibility
- 4) Interpersonal::Relationships
- 5) Interpersonal::Family Ties-Support System
- 6) Daily Living::Family Care
- 7) Wellness::Transitional Plan
- 8) Cognitive::Criminal Behavior
- 9) Character::Personal Character

Overview

Who would benefit most from this program?

- 1) Other
- 2) Sex Offenders
- 3) Gang Members
- 4) Low Risk

- 5) Substance Abusers
- 6) Physically Disabled
- 7) Females
- 8) Elderly
- 9) High Risk
- 10) Mentally Ill

What are the objectives of this program?

Threshold participants have the opportunity to strengthen their connections: to God, by learning how to better demonstrate their love and service; to others, so they can give and share as responsible members of a community; to their environment, so they are at peace with and live responsibly in the world around them; and to themselves, so they may have greater knowledge and understanding of their unique character and contribution.

Where does this program typically take place?

- 1) Main Facility
- 2) SFF
- 3) Complex
- 4) Camp
- 5) FSL

When should this course be offered?

6 to 9 months, one session (90 minutes to 2 hours) per week.

Why would this program be effective?

The Threshold Program is based on Interactive Journaling, which is listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

Administration

Who should teach this program?

- 1) Volunteer
- 2) Staff
- 3) Contractor

Does the instructor need special training?

None required.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Each participant must complete the Threshold workbooks (Phase 1, 2 and 3), Daily Journals 1 and 2, and the Threshold Planner. In addition, they must complete supplemental assignments and materials provided during the course.

Background

Created at: Carswell FMC

Program Source: In House Developed

Foundation: Transtheoretical Model of Behavior Change.

Attachment(s)

Attachment Titles

- 1) Research Support for the Change Co Interactive Journaling
- 2) Pre-/Post-Test: Threshold Spiritual Development Survey
- 3) Pre-/Post-Test: Threshold Survey of Attitudes and Behaviors

Managing Your Diabetes

Inmate Program
Date PDF Created Mon Nov 28 09:38:32 EST 2016

Description

A Recommended Wellness Program created on 07-26-2013

Summary

Managing Your Diabetes is a course designed for offenders having diabetes to learn about and effectively manage their chronic disease.

Details

Recommendation: Recommended

Category Type: Category II

Program ID: 48820945

Skill Type(s):

1) Wellness::Disease-Illness Management

Overview

Who would benefit most from this program?

- 1) Other
- 2) High Risk
- 3) Low Risk

What are the objectives of this program?

Participants will learn about diabetes health risks, medical management with diabetic medications, nutrition and meal planning tips, exercise strategies and self-care.

Where does this program typically take place?

- 1) FSL
- 2) SFF
- 3) Camp
- 4) Complex

5) Main Facility

When should this course be offered?

12 one-hour didactic sessions once a week for 12 consecutive weeks

Why would this program be effective?

See research on the value of diabetes education at:

http://www.diabeteseducator.org/ProfessionalResources/Research/Results/Value_of_Diabetes_Education_Research.html.

Administration

Who should teach this program?

- 1) Volunteer
- 2) Staff
- 3) Contractor

Does the instructor need special training?

Instructors should be a licensed nurse or dietitian.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants must attend 80% of classes and pass the post-test with a score of 70% or higher in order to obtain full credit for the course.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

- 1) Class 1_Dealing With Diabetes
- 2) Class 2_BMI_Fact_Sheet

- 3) Class 2_CDC DiabetesOverview_508
- 4) Class 2_NIH Causes_of_Diabetes_508
- 5) Class 2_NIH diagnosis_508
- 6) Class 2_NIOH family history risk_508
- 7) Class 3_ADA Your Health Care Team in Managing Diabetes
- 8) Class 3_CDC Insulin_Resistance_Prediabetes-508
- 9) Class 3_CDC Taking Charge of Your Diabetes
- 10) Class 3_NIH fs_amindian
- 11) Class 3_NIH FS_HispLatino_Eng
- 12) Class 3_NIH Native Amer I_Can_Lower_My_Risk_508
- 13) Class 3_NIH_RedesignTeamCare_4c_508
- 14) Class 4_Class 2_NIH knownnumbers_eng
- 15) Class 4_NIH A1C_Test_DM_508
- 16) Class 4_NIH AIAN_TakeCareHeart_4c_508
- 17) Class 4_NIH DiabetesandPregnancy_508
- 18) Class 4_NIH DM_Heart_Stroke_508
- 19) Class 4_NIH For_People_Info_DM_Blood_Tests_508
- 20) Class 4_NIH gestationalDM_508
- 21) Class 4_NIH heart_508
- 22) Class 4_NIH Kidney Disease_508
- 23) Class 4_NIH kidneys_508
- 24) Class 4_NIH Neuropathies_508
- 25) Class 4_NIH PDP6_Nervous_System_508
- 26) Class 5_NIH Diabetic Meds_508
- 27) Class 5_NIH LP_WINTKA_Diabetes_Medicines_508
- 28) Class 6_CDC Eat Right
- 29) Class 6_NIH Diabetes and Meal Planning
- 30) Class 6_NIH Eating_Diabetes_508
- 31) Class 7_CDC Foot Care-2c_508
- 32) Class 7_NIH feet_508
- 33) Class 7_NIH Take Care Of Your Feet_508
- 34) Class 8_Diabetic Eye-Q Quiz
- 35) Class 8_NIH diabetic retinopathy
- 36) Class 8_NIH eyes_508
- 37) Class 9_CDC DiabetesDentalTips_Eng_051513_508C
- 38) Class 9_NIH PDP_Mouth_Healthy_508
- 39) Class 10_brochure-Diabetes-10-Things-To-Know
- 40) Class 10_Diabetes_Emotions
- 41) Class 11_CDC Your DM Game Plan_Toolkit
- 42) Class 11_NIH ActiveatAnySize_508
- 43) Class 11_NIH Changing_Your_Habits

- 44) Class 11_NIH phy_active
- 45) Class 11_NIH physactivity_508
- 46) Class 11_NIH physicalactivitybw
- 47) Class 12_CDC Defining the Cure for Diabetes
- 48) Class 12_NIH control your diabetes_508
- 49) Class 12_NIH TipsHelpHealthy_508
- 50) Class 12_NIH Type1Diabetes Future (NIDDK)
- 51) Class 12_NIH Type2Diabetes Future (NIDDK)

Wellness Recovery Action Plan

Inmate Program
Date PDF Created Mon Nov 28 09:38:47 EST 2016

Description

A Highly Recommended Mental Health Program created on 12-27-2013

Summary

This treatment protocol helps inmates manage symptoms of mental illness and avoid relapse.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 31774123

Skill Type(s):

- 1) Mental Health::Transitional Plan
- 2) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Mentally Ill

What are the objectives of this program?

Mentally ill individuals will develop a plan identifying high risk situations, along with personal signs and symptoms of deteriorating mental health, followed by techniques, activities, or interventions designed to re-establish baseline functioning.

Where does this program typically take place?

- 1) Camp
- 2) SFF
- 3) Complex
- 4) Main Facility

5) FSL

When should this course be offered?

Eight 150-minute group sessions, along with as needed individual sessions

Why would this program be effective?

Cook et al. (2009) Initial Outcomes of a Mental Illness Self-Management Program Based on Wellness Recovery Action Planning. *Psychiatric Services* 60(2), 246-249.

Cook et al. (2012). Results of a Randomized Controlled Trial of Mental Illness Self-Management Using Wellness Recovery Action Planning, *Schizophrenia Bulletin*, 38(4), 881-891.

Administration

Who should teach this program?

1) Staff

Does the instructor need special training?

Trained mental health professionals or mental health companions supervised by trained mental health professionals

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Satisfactory session attendance and completion of assignments to include the Wellness Recovery Action Plan (WRAP) and WRAP Crisis Plan. The Brief Symptom Inventory can serve as a pre/post test for the program.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Clinical psychology - cognitive-behavioral therapy, skills training, psycho-education.

Attachment(s)

Attachment Titles

- 1) WRAP 2012 Research Article
- 2) WRAP 2009 Research Article

Federal Prison Industries (FPI) Lean Basics Training

Inmate Program
Date PDF Created Mon Nov 28 09:39:03 EST 2016

Description

A Highly Recommended Employment Preparation Program created on 12-12-2013

Summary

Lean Basics Training provides foundation of Lean Six Sigma practice, methodology and experience with basic tools for process improvement. This includes information regarding the development and success of LSS practice as it has evolved in major corporations.

The integration of Lean and Six Sigma occurred in the mid-1980s that presented waste reduction and efficiency improvement opportunities to companies such as Caterpillar, Xerox, Honeywell/Allied Signal, ITT and United Technologies among others.

The U.S. Army and the U.S. Navy were two of the first federal government agencies to adopt LSS to address their federal performance management objectives. Several federal and state government agencies, as well as private corporations, are using Lean Six Sigma tools and methodologies as their primary continuous process improvement tool in both the manufacturing and service-based environments.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 11109800

Skill Type(s):

- 1) Character::Personal Responsibility
- 2) Interpersonal::Communication
- 3) Interpersonal::Relationships

- 4) Vocational-Career::Post Incarceration Employment
- 5) Interpersonal::Communication
- 6) Vocational-Career::Career Development
- 7) Vocational-Career::Career Development
- 8) Vocational-Career::Post Incarceration Employment
- 9) Interpersonal::Relationships
- 10) Character::Personal Responsibility

Overview

Who would benefit most from this program?

- 1) Low Risk
- 2) Females
- 3) Elderly
- 4) Substance Abusers
- 5) Gang Members
- 6) Sex Offenders
- 7) High Risk
- 8) Substance Abusers
- 9) High Risk
- 10) Physically Disabled
- 11) Gang Members
- 12) Elderly
- 13) Low Risk
- 14) Physically Disabled
- 15) Females
- 16) Sex Offenders

What are the objectives of this program?

- a. Each participant will demonstrate knowledge of Lean Six Sigma (LSS) tools and methodology used for problem solving through simulations, exercises and a post test (minimum 80%).
- b. Each participant will demonstrate knowledge of how LSS can be used to improve processes in manufacturing and serviced-based environments through simulations, exercises and a post test (minimum 80%).
- c. Each participant will understand and apply standard techniques for establishing process baselines, designing process maps, collecting data, determining process waste and value classification through simulations, exercises and a post test (minimum 80%).

Where does this program typically take place?

- 1) FSL
- 2) FSL
- 3) Main Facility
- 4) SFF
- 5) Complex
- 6) Main Facility
- 7) Complex
- 8) Camp
- 9) Camp
- 10) SFF

When should this course be offered?

This is a 16 hour course with duration and frequency determined locally.

Why would this program be effective?

FPI's Lean Basics Training program provides a valuable and highly sought after skill set for inmates seeking employment in the community. Each participant will emerge from this course with project-based learning and problem solving skills developed in:

- a. Applying basic Lean Six Sigma Methodology in the learning environment
- b. Identifying customers and customer needs for process improvement opportunities
- c. Suggesting how to organize a project and define a problem
- d. Creating a process map to identify a process
- e. Identifying waste in work processes
- f. Calculating Lean Metrics for specific processes
- g. Identifying cause and effect relationships related to an identified process
- h. Assisting with a 5S events and communicate instructions using visual images
- i. Understanding how facility layout and work standardization contributes to the efficiency of work flow
- j. Understanding how quick transitions improve the efficiency of work processes
- k. Correlating LSS with team building, problem solving and project-based learning skills

Administration

Who should teach this program?

- 1) Staff
- 2) Staff

Does the instructor need special training?

All instructors must complete Lean Basics Train-the-Trainer sponsored by FPI. Training opportunities will be announced by FPI.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Participants must complete 16 hours of training to receive credit for completion. This includes lecture, simulation exercises, and pre/post testing.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Lean Six Sigma has its roots in Lean Manufacturing (Ford Motor Company), Six Sigma (Motorola) and Theory of Constraints all of which focus on system improvement.

Attachment(s)

Attachment Titles

- 1) Federal Prison Industries Dovetail Simulation
- 2) Lean Yellow Black Belt
- 3) Federal Prison Industries Power Point Program
- 4) Federal Prison Industries Lean Basics Lesson Plan

'Ultra Key 6: The Ultimate Keyboarding Tutor'

Inmate Program
Date PDF Created Mon Nov 28 09:39:28 EST 2016

Description

A Highly Recommended Adult Continuing Education Program created on 03-24-2014

Summary

Ultra Key 6 application places a strong emphasis on learning proper typing technique and typing accuracy. This is notable because many typing programs primarily focus on speed. UltraKey emphasizes that once one masters correct typing posture and attains fluent keystroke memory, typing speed will come naturally and will improve with practice.

The program is adaptive and allows users to progress at their own pace. Every user takes an initial skills assessment when they first start the program to determine their current typing level. The software recommends lessons and performance goals based on those results.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 81930288

Skill Type(s):

- 1) Vocational-Career::Career Development
- 2) Academic::Computer Skills

Overview

Who would benefit most from this program?

- 1) Other

What are the objectives of this program?

Upon completing the program, students will increase the speed and

accuracy of typing and keyboarding skills.

Where does this program typically take place?

- 1) FSL
- 2) Main Facility
- 3) SFF
- 4) Camp
- 5) Complex

When should this course be offered?

self-paced study program.

Why would this program be effective?

UltraKey 6 is powerful typing software that is nearly three decades in the making. Developed by educators with years of experience, this program employs an effective success-based methodology. Whereas many typing programs are game-based, UltraKey adheres to the philosophy that providing praise and encouragement for achieving goals is just as, if not more, stimulating and motivating for people learning how to touch-type.

Administration

Who should teach this program?

- 1) Self-Study - CBT

Does the instructor need special training?

none required

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Self-paced drill and practice program. The program gives immediate feedback on performance. Students will complete all lessons against their own performance standards and they can move to the next lesson without 100% accuracy.

Background

Created at: Pensacola FPC

Program Source: Purchased from vendor

Foundation: A combination of cumulative-based learning, logical instruction and adaptable training makes UltraKey one of the most effective typing programs on the market.

Attachment(s)

Attachment Titles

Brief Cognitive Behavioral Therapy for Suicidal Individuals

Inmate Program
Date PDF Created Mon Nov 28 09:39:46 EST 2016

Description

A Highly Recommended Mental Health Program created on 12-27-2013

Summary

This cognitive-behavioral individual treatment protocol reduces the likelihood of inmate suicide attempts and death by suicide. This protocol may also be offered in a group setting; however, research support for a group intervention is not currently available.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 51051870

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) High Risk

What are the objectives of this program?

Participants will better manage symptoms of mental illness, leading to more adaptive behavior and less emotional distress. They will be less likely to attempt suicide or die by suicide.

Where does this program typically take place?

- 1) FSL
- 2) Complex

- 3) Camp
- 4) SFF
- 5) Main Facility

When should this course be offered?

Individually determined based on the severity of symptoms

Why would this program be effective?

See attached research support.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Doctoral level clinical or counseling psychologist

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Demonstrated competence in treatment phases. Favorable post-intervention assessments of suicide risk as compared to pre-intervention assessments using the Beck Scale for Suicide Ideation.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Cognitive Behavioral Therapy

Attachment(s)

Attachment Titles

- 1) B-CBT for Suicidal Individuals Empirical Support
- 2) B-CBT Inmate Manual

The Urban Ministry Institute (TUMI)

Inmate Program
Date PDF Created Mon Nov 28 09:40:04 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 06-04-2014

Summary

The Urban Ministry Institute (TUMI) is a 16-module training program designed to serve as the most essential knowledge and skill learning necessary for effective urban ministry and church leadership.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 40825359

Skill Type(s):

- 1) Character::Personal Character
- 2) Vocational-Career::Post Incarceration Employment
- 3) Character::Personal Responsibility
- 4) Interpersonal::Relationships
- 5) Vocational-Career::Career Development

Overview

Who would benefit most from this program?

- 1) Elderly
- 2) Gang Members
- 3) High Risk
- 4) Physically Disabled
- 5) Substance Abusers
- 6) Low Risk

What are the objectives of this program?

The students will gain knowledge and skills to effectively become a church leader through the capstone curriculum. The students will

accomplish the following objectives:

To ground emerging urban leaders in the Gospel of Christ; enabling them to know the basics of conversion and their own calling to salvation and leadership.

To root our students in the indispensability of the Church to serve as both agent and locus of the Kingdom, and for them to serve the church practically and specifically in the local assembly.

To equip urban leaders with the necessary study skills to study, apply, teach, preach, and minister the Word of God in the urban context, applying their learning in the context of their own personal lives and church ministries.

To challenge urban leaders to regularly memorize select portions of Scripture, and develop the discipline of review to retain and utilize texts both devotionally and in ministry.

To establish urban leaders in a Christ-centered vision of Scripture, and equip them in a Nicene-based, biblical theology that is congruent with the historic orthodox faith of the Great Tradition.

To provide a biblical foundation for both understanding and practicing Christian leadership in the context of the Church, with a special emphasis and appreciation for spiritual formation in urban communities, especially among the poor.

To train urban leaders to evangelize, disciple, plant, pastor, and minister within evangelical urban churches which will be spiritually vital, culturally conducive, and aggressively reproductive within the various people groups needing Christ in the city.

To encourage urban leaders to find practical, meaningful ways to promote justice and demonstrate mercy with the broken and needy in urban communities, and discover ways to display hospitality, generosity, and compassion in the places where they live and minister.

Once successfully completing the program, the students will receive a Certificate of Christian Leadership which is recognized by certain denominations to plant churches in the urban communities.

Where does this program typically take place?

- 1) Main Facility
- 2) Camp

When should this course be offered?

Once per week, 2 hours; 3 to 4-year program, depending on course (students may complete the last year in the community).

Why would this program be effective?

Each module of the program holds a student assessment to ensure that the student comprehended the material and subject/topic.

Administration

Who should teach this program?

- 1) Volunteer
- 2) Staff

Does the instructor need special training?

One Day Prison Fellowship Training

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

The student will attend 80% of the classes, view DVDs, participate in classroom discussions, and complete assignments and projects. Students will receive a certificate upon successful completion of the program.

Background

Created at: Englewood FCI

Program Source: Other Source

Foundation: TUMI Strives to Retrieve the Great Tradition in Theology and Practice.

Attachment(s)

Attachment Titles

- 1) TUMI Support Stories
- 2) TUMI Curriculum
- 3) TUMI Modules
- 4) TUMI Projects
- 5) TUMI Text Books
- 6) TUMI Curriculum (Spanish)

Prison SMART

Inmate Program
Date PDF Created Mon Nov 28 09:40:25 EST 2016

Description

A Highly Recommended Wellness Program created on 02-25-2014

Summary

International Association for Human Values (IAHV) Prison SMART is adaptable to serve the needs of institutions, justice departments, and social work agencies. They work in tandem with probation departments, family and juvenile court systems, administrators and correctional officers of penal institutions. They form strategic alliances with social service agencies and organizations whose clientele deal with the aftermath of crime and violence to offer tools that alleviate the experience of trauma.

IAHV Prison SMART teaches advanced breathing practices that create dynamic cleansing effects on the body and mind. Participants learn how to use their breath to gain relief from the accumulated effects of stress and negative emotions. The program also teaches practical life skills that enable participants to accept responsibility for their past actions and to handle future conflict and stressful situations successfully. Ideally the program becomes a partner with the institution/agency as the stress and anger management component of the facility.

The cornerstone of the program is a breathing technique called Sudarshan Kriya. This unique practice transforms overpowering emotions and restores calm and alertness. It becomes a no-cost, self-empowering tool individuals can use anywhere, anytime. The course also includes practical life-skills training to help participants become more aware, and more in-charge, of unhealthy mental habit patterns. The curriculum is designed for correctional facilities and is not the same curriculum advertised on their web site (i.e., there are NO overnight sessions). See attachments for the curriculum.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 771111

Skill Type(s):

- 1) Cognitive::Criminal Behavior
- 2) Cognitive::General Behavior

Overview

Who would benefit most from this program?

- 1) Gang Members
- 2) High Risk
- 3) Mentally Ill
- 4) Other
- 5) Females
- 6) Elderly
- 7) Physically Disabled
- 8) Low Risk
- 9) Substance Abusers
- 10) Sex Offenders

What are the objectives of this program?

Manage mind & emotions, realizing and maintaining a calm and centered state of mind, release stress and trauma, physical flexibility and health, focus, realizing peaceful states of mind and emotions, detoxification, imbibing meditation and breathing practices, self-discipline, self-control, stress management, reduce hostility, and normalized sleep patterns.

Where does this program typically take place?

- 1) Camp
- 2) FSL
- 3) Main Facility
- 4) Complex
- 5) SFF

When should this course be offered?

5 days of a week, 2 hrs. each class- main part; (3 days, 5 hrs. to all day-extra part).

Why would this program be effective?

Significant reduction in perceived stress, anger, fear, reactive behavior, and depression. Significant improvement in the ability to sleep and wake refreshed. Through yoga breathing anxiety and over activity are reduced enabling a person to feel less overwhelmed. Cognitive-behavioral teaching and psych education in human value of acceptance, social responsibility, and community service. Research found on topic:

<http://www.plosone.org/article/fetchObject.action?uri=info%3Adoi%2F10.1371%2Fjournal.pone.0061910&representation=PDF>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573542/>

www-psych.stanford.edu/.../MindfulnessMeditationSummary.doc

http://www.sophro-axe.fr/fs/Articles_scientifiques_Mindfulness/6lwwh-Effects_of_MBCT_and_affect_in_patients_with_past_depression.pdf

http://en.wikipedia.org/wiki/Research_on_meditation

[http://en.wikipedia.org/wiki/Mindfulness_\(psychology\)](http://en.wikipedia.org/wiki/Mindfulness_(psychology))

<http://en.wikipedia.org/wiki/Awareness>

Administration

Who should teach this program?

1) Volunteer

Does the instructor need special training?

The volunteer instructors are trained by the Art of Living via the International Association for Human Values.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Attend all sessions.

Background

Created at: Central Office

Program Source: Other Source

Foundation: Awareness and Cognitive Restructuring.

Attachment(s)

Attachment Titles

- 1) 5 DAY PROGRAM Part 1: 2 HOURS each day
- 2) Prison SMART Part 2: Silent Retreat
- 3) Post-Workshop Assessment
- 4) See Evidence Subheading

Women's Relationships

Inmate Program
Date PDF Created Mon Nov 28 09:40:44 EST 2016

Description

A Highly Recommended Social_Communication Skills Program created on 12-12-2014

Summary

This short term CBT group was developed to give staff an option for gender-responsive programming. The group aims to assist women in identifying and developing healthy, prosocial relationships with friends, family, and acquaintances.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 26807330

Skill Type(s):

- 1) Interpersonal::Relationships
- 2) Cognitive::Criminal Behavior
- 3) Interpersonal::Communication

Overview

Who would benefit most from this program?

- 1) Females

What are the objectives of this program?

Identify the characteristics of healthy and unhealthy relationships; identify the different relationships an inmate can have while incarcerated and upon release; learn skills to choose the right people to have relationships with and the importance of making the right decisions.

Where does this program typically take place?

- 1) Main Facility
- 2) Complex
- 3) SFF
- 4) Camp
- 5) FSL

When should this course be offered?

One hour per week for five weeks.

Why would this program be effective?

While it is not therapy, this group relies on CBT principles, and CBT is an evidence-based practice. Research shows programs are effective when combining cognitive and behavioral components, regardless of the exact focus of the program.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Experience facilitating dynamic groups.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Attend all sessions, complete homework, participate adequately, complete pre-post quiz.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: A CBT-type program.

Attachment(s)

Attachment Titles

- 1) Curricula
- 2) Homework
- 3) Activities
- 4) Facilitator's Guide
- 5) Relationship Quiz
- 6) Research_CBT

Emotional Self-Regulation

Inmate Program
Date PDF Created Mon Nov 28 09:41:02 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 11-14-2014

Summary

Emotional Self-Regulation is a cognitive-behavioral curriculum designed to help individuals better manage their emotions (e.g., anxiety, depression). The Basic Cognitive Skills Program as contained in this catalog is a prerequisite for this program.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 81880554

Skill Type(s):

- 1) Mental Health::Mental Illness Management
- 2) Daily Living::Family Care

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Gang Members
- 3) Females
- 4) High Risk
- 5) Elderly

What are the objectives of this program?

Participants will learn to use a Rational Self Analysis (RSA) to think more objectively, challenge irrational thinking, and identify thinking errors, with the goal of reducing depression and anxiety.

Where does this program typically take place?

- 1) Main Facility
- 2) Complex
- 3) FSL
- 4) Camp
- 5) SFF

When should this course be offered?

8-12 Weekly Sessions

Why would this program be effective?

See attached article. The Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI) may serve as pre/post test measures for this program.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Advanced degree in counseling, psychology, or social work or bachelor's degree in counseling, psychology, or social work with specialized training in CBT.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Demonstrated ability to complete an RSA and apply the rules of rational thinking and thinking errors to one's own thinking.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: Cognitive-behavioral

Attachment(s)

Attachment Titles

- 1) The Positive Effects of Cognitive-Behavioral Programs for Offenders
- 2) Emotional Self-Regulation Protocol
- 3) Emotional Self-Regulation Fidelity Checklist

Assert Yourself for Female Offenders

Inmate Program
Date PDF Created Mon Nov 28 09:41:24 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 03-16-2015

Summary

This program is developed specifically for incarcerated women. Ineffective interpersonal communications and behavior can lead women to feel helpless about their lives. This program is designed to teach women how to be assertive without trampling the rights of others, thereby addressing esteem needs.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 26817555

Skill Type(s):

- 1) Interpersonal::Relationships
- 2) Interpersonal::Communication

Overview

Who would benefit most from this program?

- 1) Females

What are the objectives of this program?

This program is designed to assist women in learning how to be assertive, rather than passive or aggressive, in their interactions with others. It is intended to assist in women's self-esteem and therefore their ability to engage in healthy interpersonal interactions and avoid unnecessary conflict.

Where does this program typically take place?

- 1) Camp
- 2) FSL
- 3) Main Facility
- 4) Complex
- 5) SFF

When should this course be offered?

One hour per week for eight weeks.

Why would this program be effective?

Assertiveness Training, a CBT approach, has been supported by research. Specifically, it has been shown to impact self-esteem. The Rathus Schedule used as a pre-post measure has been shown to measure change in assertiveness.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

The facilitator should have experience leading dynamic group programs and encouraging participation.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Inmates must attend 7 of 8 sessions and homework assignments and participate in all sessions.

Background

Created at: Central Office

Program Source: Reproduction of existing program

Foundation: CBT (Assertiveness training)

Attachment(s)

Attachment Titles

- 1) Guide
- 2) Workbook
- 3) Pretest
- 4) Posttest
- 5) Research1
- 6) Research2
- 7) Research3

Foundation

Inmate Program
Date PDF Created Mon Nov 28 09:41:42 EST 2016

Description

A Highly Recommended Life Skills Program created on 10-15-2015

Summary

Foundation is a program designed to assist women in assessing their individual needs and translating the results of that assessment into the selection of programs and plans to meet their goals. Women also engage in supportive community building through the completion of a community service project.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 90848278

Skill Type(s):

- 1) Cognitive::Criminal History
- 2) Interpersonal::Parental Responsibility
- 3) Interpersonal::Family Ties-Support System
- 4) Wellness::Disease-Illness Management
- 5) Daily Living::Food Management
- 6) Vocational-Career::Career Development
- 7) Daily Living::Financial Management
- 8) Character::Personal Responsibility
- 9) Interpersonal::Relationships
- 10) Mental Health::Mental Illness Management
- 11) Daily Living::Family Care
- 12) Leisure::Use of Leisure Time

Overview

Who would benefit most from this program?

- 1) Females

What are the objectives of this program?

Foundation was developed specifically for incarcerated women. Objectives include identifying individual strengths, completing assessments to identify individual needs, and developing a personal plan to meet identified goals.

Where does this program typically take place?

- 1) Main Facility
- 2) FSL
- 3) SFF
- 4) Camp
- 5) Complex

When should this course be offered?

Ten weekly 90-minute sessions

Why would this program be effective?

Ample evidence exists supporting CBT programs. Data collected during the pilot phase of this program suggests inmates found participation beneficial.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

This group is to be facilitated by an individual with clinical skills and group experience. The facilitator is present at all sessions, and is assisted by subject matter experts during certain sessions.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

To complete the program inmates must attend 90% of sessions, complete 90% of homework assignments, participate in the group, complete a Personal Priorities Plan, complete a community service project.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: Foundation is a CBT-type program focused on linking thoughts, feelings, and behaviors.

Attachment(s)

Attachment Titles

1) Guide

The RealCare Baby Program

Inmate Program
Date PDF Created Mon Nov 28 09:42:00 EST 2016

Description

A Highly Recommended Family_Parenting Skills Program created on 10-16-2015

Summary

The "Total Parenting Experience" package includes the pregnancy profiles, specialty babies (drug-affected, fetal alcohol syndrome and shaken babies) and 5 RealCare Babies for care by your inmate parenting participants.

The baby simulators can assist the incarcerated parents in learning how to demonstrate proper handling, diapering, bathing, and general infant care. These simulators cry on a schedule set by the instructor, and require feeding, rocking, burping, diapering and proper head support. Students learn the use bottles and diapers with electronic sensors detected by an onboard computer.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 1415

Skill Type(s):

- 1) Interpersonal::Relationships
- 2) Daily Living::Family Care
- 3) Interpersonal::Family Ties-Support System
- 4) Interpersonal::Parental Responsibility

Overview

Who would benefit most from this program?

- 1) Elderly
- 2) Physically Disabled

- 3) Gang Members
- 4) High Risk
- 5) Low Risk
- 6) Females
- 7) Substance Abusers
- 8) Other

What are the objectives of this program?

The RealCare Total Parenting Experience product line is comprised of four experiential learning tools plus comprehensive curricula that engage students with realistic lessons while addressing topics related to parenting, child development, teen pregnancy prevention, child abuse prevention, child care careers and more.

The baby simulators can assist the incarcerated parents in learning how to demonstrate proper handling, diapering, bathing, and general infant care. These simulators cry on a schedule set by the instructor, and require feeding, rocking, burping, diapering and proper head support. Students learn the use bottles and diapers with electronic sensors detected by an onboard computer. A computerized and detailed data evaluation will be generated about the exact care, missed care and mishandling which will be captured for program progress purposes. Simulations are to be conducted during group sessions in the normal parenting program setting.

Our goal with this unique reentry initiative is to provide parenting skills with the most realistic and engaging parenting experience for the offenders. Building awareness of the importance of parenting can be pivotal for inmates, especially those who already have children. The baby simulators along with parenting education will give the offenders hands-on experiential learning tools with realistic lessons which will help them prepare for successful reintegration back into society with their families.

Where does this program typically take place?

- 1) Main Facility
- 2) Complex
- 3) Camp

When should this course be offered?

Varies

Why would this program be effective?

See attached
The RealCare Baby Program
Evidence of Efficacy

Administration

Who should teach this program?

- 1) Contractor
- 2) Staff
- 3) Volunteer

Does the instructor need special training?

Free Webinar Training offered by the Vendor

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

14 different lessons

Background

Created at: Northeast RO

Program Source: Purchased from vendor

Foundation: One theory discussed in the lesson is Erikson's Stages of Psychosocial Development
Positive(Authoritative Democratic) Dominating (Authoritative) Permissive (Indulgent) Unengaged (Neglectful)

Attachment(s)

Attachment Titles

- 1) RealCareWhitePaper - Evidence Of Efficacy
- 2) Basic Infant Care Curriculum Overview
- 3) Complete Curriculum - Understanding Prenatal Drug Exposure
- 4) Curriculum - Understanding Fetal Alcohol Exposure
- 5) Curriculum - Understanding Pregnancy Part 1

- 6) Curriculum - Understanding Pregnancy Part 2
- 7) Curriculum - Understanding Shaken Baby Syndrome
- 8) Healthy Choices Curriculum Overview
- 9) Parenting Curriculum Overview
- 10) Parenting Program. Infant Simulators. 2015

Sexual Self-Regulation (SSR)

Inmate Program
Date PDF Created Mon Nov 28 09:42:22 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 08-19-2015

Summary

The SSR treatment protocol was initially developed for use in the Bureau's Sex Offender Management Programs. This treatment protocol has been adapted for use at non-SOMP sites by psychologists with specialized training. Contact the Psychology Services Branch for information about specialized training. SSR is designed to teach and practice a set of self-management skills to gain effective control over deviant sexual urges and behaviors. To accomplish this task, participants will be required to understand deviant sexual fantasies or urges and the factors that exacerbate or escalate sexual arousal. With this understanding, participants construct a plan to manage recurrent deviant arousal.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 93817764

Skill Type(s):

- 1) Cognitive::General Behavior
- 2) Mental Health::Mental Illness Management
- 3) Mental Health::Appropriate Sexual Behavior

Overview

Who would benefit most from this program?

- 1) Sex Offenders

What are the objectives of this program?

Participants will develop the skills to manage their sexual urges and fantasies, resulting in a reduction in sexually deviant acting out and

an increased sense of self-efficacy. This protocol will afford non-SOMP institutions the opportunity to provide basic, introductory treatment for sex offenders consistent with the Bureau's overall model for sex offender treatment.

Where does this program typically take place?

- 1) Camp
- 2) Main Facility
- 3) Complex
- 4) SFF
- 5) FSL

When should this course be offered?

Group sessions; duration varies but ordinarily 3-6 months.

Why would this program be effective?

See attached research support for cognitive-behavioral interventions of this nature.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Psychologists with specialized training in the protocol. Formal verification of this training and the clinical competence to provide this program must be issued by the Psychology Services Branch prior to implementing this program.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Presentation of a Sexual Self-Regulation Plan to the group.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: Cognitive behavioral therapy

Attachment(s)

Attachment Titles

- 1) Sexual Self-Regulation Treatment Protocol
- 2) Spiral of Sexual Abuse Handout
- 3) Research Support - Article 1
- 4) Research Support Article 2

Cognitive Behavioral Therapy for Eating Disorders

Inmate Program
Date PDF Created Mon Nov 28 09:42:44 EST 2016

Description

A Highly Recommended Mental Health Program created on 07-27-2015

Summary

Cognitive Behavioral Therapy for Eating Disorders is an outpatient, individual or group therapy format intervention, delivered in 20-40 one hour, weekly sessions. Treatment is divided into 4 phases and involves assessment, stabilization, and education; behavioral monitoring; addressing concerns such as body image; and maintenance of new skills.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 82251999

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

- 1) Females
- 2) Mentally Ill

What are the objectives of this program?

Participants will resolve eating disorders and maintain healthy eating habits.

Where does this program typically take place?

- 1) Main Facility
- 2) FSL

- 3) Camp
- 4) SFF
- 5) Complex

When should this course be offered?

Individualized; typically 20-40 weeks in duration.

Why would this program be effective?

See attached research support, as well as attached pre- and post-tests.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

This program requires the facilitator to have a doctoral degree in clinical or counseling psychology.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Demonstrated ability to consistently engage in healthy eating habits.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive Behavioral Therapy

Attachment(s)

Attachment Titles

- 1) The Effectiveness of CBT
- 2) Assessment Instrument 2
- 3) Assessment Instrument 1

Access

Inmate Program
Date PDF Created Mon Nov 28 09:43:10 EST 2016

Description

A Highly Recommended Mental Health Program created on 08-11-2015

Summary

ACCESS is a program designed for incarcerated women who are survivors of domestic violence. This program helps women overcome the effects of the domestic violence, while creating change for their future. The program aims to assist women in identifying suitable career options to be economically independent upon reentry. There is a computer component available for the women (which can also be printed and used in class) to explore those career options and take tests to determine what is best for them.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 20108532

Skill Type(s):

1) Mental Health::Mental Illness Management

Overview

Who would benefit most from this program?

1) Females

What are the objectives of this program?

This program is designed to:

- Empower survivors of domestic violence to create a better life for themselves;
- Assist women with overcoming the trauma of domestic violence;
- Support women as they explore and identify their career interests;
- Help women identify and develop career-related skills; and

-Help women identify and plan their short- and long-term career goals.

Where does this program typically take place?

- 1) SFF
- 2) FSL
- 3) Camp
- 4) Complex
- 5) Main Facility

When should this course be offered?

Two hours per weekly session for five weeks

Why would this program be effective?

Evidence suggests this program is effective in helping survivors of domestic violence overcome their past and plan for the future. The research indicates career counseling in conjunction with mental health counseling helps women overcome their perceived barriers to a better career and economic development.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Clinical training, such as a social worker

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Four of five sessions.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: This is a CBT-like program that relies on changing the thought processes and behaviors of women who have suffered domestic violence to create positive change in their lives. This program helps women

Attachment(s)

Attachment Titles

- 1) Research2
- 2) Research3
- 3) Research4
- 4) Research5

AARP Foundation Finances 50+

Inmate Program
Date PDF Created Mon Nov 28 09:43:32 EST 2016

Description

A Recommended Life Skills Program created on 07-01-2015

Summary

This program provides financial education and counseling for vulnerable households, particularly adults age 50+. Older adults face unique challenges in financial planning and weak job prospects. This program will assist the older adult in financial goal setting which translates into positive financial behaviors.

Additional language versions (Spanish and Chinese) of the participant guides can be accessed online - <http://www.aarp.org/aarp-foundation/our-work/income/finances-50-plus-financial-capability/bring-to-your-community/> or they may be requested by email to: Finances50plus@aarp.org.

This program includes three workshops. They are designed to work together to help build on one's good habits and understand what changes one can make to improve their financial situation. The three workshops include: budgeting and goal setting; taking charge of credit and debt; developing a savings plan and protecting one's assets.

Details

Recommendation: Recommended

Category Type: Category III

Program ID: 93843241

Skill Type(s):

1) Daily Living::Financial Management

Overview

Who would benefit most from this program?

1) Elderly

What are the objectives of this program?

Have a better understanding of one's financial situation and develop a plan for future needs.

The program assists individuals to make objective assessments, set appropriate goals and establish habits and behavior that will help them thrive financially. Specifically, participants will learn:

- Goal setting and budget planning

- Debt reduction and credit repair

- Asset building and protection

Identifying goals will be translated into positive financial behaviors for family planning and decreased recidivism.

Where does this program typically take place?

- 1) Main Facility
- 2) Camp
- 3) SFF
- 4) FSL
- 5) Complex

When should this course be offered?

three 90 minute sessions

Why would this program be effective?

AARP Foundation, in collaboration with Charles Schwab Foundation, designed and disseminated a financial capability curriculum targeted to the 50+ age group to approximately 11 community organizations nationwide.

The study was conducted in English and Chinese, but is also available in Spanish. The study showed positive and statistically significant changes in financial behavior and attitudes when comparing people to their responses before taking part in in Finances 50+. These results are consistent with the goal of the program, namely to help a targeted population of vulnerable households to improve their financial practices. (see attachments)

Administration

Who should teach this program?

- 1) Staff
- 2) Volunteer
- 3) Contractor

Does the instructor need special training?

Trainers must attend a Train the Trainer webinar.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Participants needs to complete the three workshops/sections of the workbook and participate in class discussions.

Background

Created at: Central Office

Program Source: Reproduction of existing program

Foundation: Over 20 million people over the age of 50 are struggling to make ends meet (per AARP and Charles Schwab Foundation).

Attachment(s)

Attachment Titles

- 1) AARP 50+ participant guide
- 2) Research Brief
- 3) Impact of Program
- 4) Assurance Statement Program Manager-Income

Women's Rest-Based Fitness

Inmate Program
Date PDF Created Mon Nov 28 09:43:50 EST 2016

Description

A Highly Recommended Sports_Physical Fitness Program created on 02-12-2015

Summary

This fitness program was developed specifically for women and includes both active exercise and a brief psychoeducational component on healthy behaviors. The program is intended to address the leisure time management need, and also to impact feelings of wellbeing for women who participate.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 30706958

Skill Type(s):

- 1) Wellness::Health Promo-Disease Prevent
- 2) Leisure::Use of Leisure Time

Overview

Who would benefit most from this program?

- 1) Females

What are the objectives of this program?

This program is designed to introduce women to a different, individualized method of exercise and provide important nutrition and health information.

Where does this program typically take place?

- 1) Main Facility

- 2) Camp
- 3) SFF

When should this course be offered?

Three times per week for six weeks

Why would this program be effective?

The benefits of exercise are well-established by research. There is additional evidence that the body continues to benefit even while at rest during exercise. Interval-type training like that used in this model is also proven to be beneficial.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Experience with fitness/recreation.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Attend at least 16 of 18 session; complete pre and post tests.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: This program is based in the self-determination theory of psychology (that people will feel better if they are intrinsically motivated). The program is also rooted in physiological theory.

Attachment(s)

Attachment Titles

- 1) Blood Pressure Handout

- 2) Choose MyPlate Handout
- 3) Common Screening Tests Handout
- 4) Daily Food Guide Handout
- 5) Diabetes Handout
- 6) Heart Disease Handout
- 7) Better Food Choices Handout
- 8) Nutrition Components Handout
- 9) Nutrition Flashcards Handout
- 10) Nutrition Label
- 11) Obesity Handout
- 12) Osteoporosis Handout
- 13) Safe Exercising Handout
- 14) Stress Handout
- 15) Sun Exposure Handout
- 16) Risk Factors Handout
- 17) Vitamins Handout
- 18) Osteoporosis Fact Sheet Handout
- 19) Women's Heart Disease Handout
- 20) Program Eval
- 21) GUIDE
- 22) Glossary
- 23) Fitness Test
- 24) Workouts
- 25) Exercise Guidelines Handout

Women in the 21st Century Workplace

Inmate Program
Date PDF Created Mon Nov 28 09:44:06 EST 2016

Description

A Highly Recommended Job Training Program created on 04-29-2015

Summary

This program was developed to address workforce and soft skills of women with longer sentences who may not be able to begin vocational programs until closer to release. Based on a Department of Labor program and adapted for use with incarcerated women, this program identifies women's roles in the modern workforce and assists participants in understanding important job-related skills.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 85349138

Skill Type(s):

1) Vocational-Career::Career Development

Overview

Who would benefit most from this program?

1) Females

What are the objectives of this program?

Women in the 21st Century Workplace is a program designed for women who have been incarcerated for a long period of time and may not have access to other programming.

- The program will introduce the women to updates in technology, how to prepare for job applications, and soft skills that are important for employees to have.

- The program is led by a facilitator. This individual must be present at all sessions and is responsible for leading the group, teaching new

material, ensuring adequate participation, guiding discussion, and monitoring attendance.

Where does this program typically take place?

- 1) Main Facility
- 2) SFF
- 3) Camp
- 4) FSL
- 5) Complex

When should this course be offered?

The program will last for 10 sessions, each lasting one hour.

Why would this program be effective?

Research on this particular program is not available, but work and job training programs have been linked to reentry success.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Experience facilitating dynamic groups and programs.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Inmates should attend 90% of sessions and complete 90% of homework.

Background

Created at: Central Office

Program Source: In House Developed

Foundation: The structure of this program is based in cognitive-behavioral type approaches.

Attachment(s)

Attachment Titles

- 1) Facilitator's Guide
- 2) Eval
- 3) Workbook
- 4) Inventory
- 5) Ex-Offenders Reentering the Workforce
- 6) Employment and Female Offenders

Talking With Your Doctor - A Guide for Older Adults

Inmate Program
Date PDF Created Mon Nov 28 09:44:26 EST 2016

Description

A Highly Recommended Wellness Program created on 06-26-2015

Summary

This program offers tips on how older adults can prepare for a medical appointment; effectively discuss health concerns; coordinate assistance from family and friends; make decisions with the doctor about treatment; identify appropriate assisted living and much more. 'Talking With Your Doctor - A Guide for Older Adults' includes an 18 slide PowerPoint presentation, a guide for reference, and student worksheets. Also available in Spanish.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 40479826

Skill Type(s):

- 1) Interpersonal::Communication
- 2) Daily Living::Family Care
- 3) Character::Personal Responsibility

Overview

Who would benefit most from this program?

- 1) Elderly

What are the objectives of this program?

This program offers tips on how older adults can prepare for a medical appointment; effectively discuss health concerns; coordinate assistance from family and friends; make decisions with the doctor about treatment;

identify appropriate assisted living and much more.

Where does this program typically take place?

- 1) Complex
- 2) SFF
- 3) Camp
- 4) Main Facility
- 5) FSL

When should this course be offered?

Can be offered throughout incarceration; however, highly recommended for aging inmates.

Why would this program be effective?

This program will assist aging inmates with taking an active role in his/her healthcare. Thus, putting the responsibility for good communication on the inmate and the healthcare provider.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

None required

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Program completion will occur after all sections of this class are completed. Reviewing PowerPoint presentation, reading the accompanying guide, and completion of the accompanying worksheets.

Background

Created at: Central Office

Program Source: Reproduction of existing program

Foundation:

Attachment(s)

Attachment Titles

- 1) Guide for Older People - Why Does It Matter?
- 2) Tips for Talking With Your Doctor Worksheets
- 3) Student Copy PowerPoint Presentation
- 4) Copyright Disclaimer
- 5) Instructor Copy Powerpoint Presentation
- 6) PowerPoint PDF Presentation
- 7) Lesson Plan

Sun Smart - Skin Cancer Awareness

Inmate Program
Date PDF Created Mon Nov 28 09:44:48 EST 2016

Description

A Highly Recommended Adult Continuing Education Program created on 05-19-2014

Summary

This lesson has been aligned to CDC National Health Education Standards (NHES). In this lesson, students learn about ultraviolet (UV) radiation from the sun and tanning beds, how it affects their skin, and why protecting themselves from both forms of UV exposure is critical to preventing skin cancer. This lesson teaches students lifelong sun safety habits.

There is an interactive video that can be uploaded directly from the website. If interested, staff need to log on and download the Sun Smart presentation.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 27166967

Skill Type(s):

1) Wellness::Health Promo-Disease Prevent

Overview

Who would benefit most from this program?

- 1) Substance Abusers
- 2) Other
- 3) Physically Disabled
- 4) Elderly
- 5) Mentally Ill

- 6) Sex Offenders
- 7) Females
- 8) Low Risk
- 9) Gang Members
- 10) High Risk

What are the objectives of this program?

- understand ultraviolet radiation, including UVA and UVB rays.
- explain how UV radiation affects their skin.
- understand the effects of indoor and outdoor tanning.
- understand the various forms of skin cancer.
- understand how to detect skin cancer.
- protect themselves from UV radiation exposure.

This program meets the above objectives is also aligned with the CDC National Health and Education Standards. Many studies prove the negative results of tanning and educate students on the signs and how to protect themselves.

Where does this program typically take place?

- 1) FSL
- 2) SFF
- 3) Main Facility
- 4) Camp
- 5) Complex

When should this course be offered?

Two class periods sixty minutes each.

Why would this program be effective?

The Rays Awareness lesson has been medically reviewed by:

Jessica J. Krant, M.D., M.P.H., Founder of Art of Dermatology on Fifth Avenue in Manhattan, and Assistant Clinical Professor of Dermatology at SUNY Downstate Medical Center, NYC

Administration

Who should teach this program?

- 1) Volunteer
- 2) Contractor
- 3) Staff

Does the instructor need special training?

None. This program should be staff taught and not inmate.

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

Students will be given a pre-test and a non-graded post test. This should be a Sentry based program with two hours of class credit.

Background

Created at: Central Office

Program Source: Other Source

Foundation: This lesson has been aligned to CDC National Health Education Standards (NHES). The Rays Awareness lesson has been medically reviewed by:

Jessica J. Krant, M.D., M.P.H., Founder of Art of Dermatol

Attachment(s)

Attachment Titles

- 1) Rays Lesson Plan
- 2) Rays Evaluation
- 3) Rays Quiz
- 4) Rays Handout
- 5) Raus handout
- 6) Rays Note
- 7) Copyright Approval Email
- 8) Presentation - Power Point

Houses of Healing: A Prisoner's Guide to Inner Power and Freedom

Inmate Program
Date PDF Created Mon Nov 28 09:45:13 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 09-24-2013

Summary

"Houses of Healing" is an intervention program intended to teach emotional literacy skills to inmates. Emotional literacy in this context is the ability to perceive, understand, and communicate emotions within oneself and towards others. Emotional literacy is also consistent with the concept of emotional intelligence--the ability to monitor one's feelings and emotions, and to use that information to guide one's thinking and actions.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 13857716

Skill Type(s):

- 1) Character::Personal Character
- 2) Cognitive::Criminal Behavior
- 3) Interpersonal::Relationships
- 4) Character::Personal Responsibility
- 5) Cognitive::General Behavior
- 6) Interpersonal::Communication
- 7) Cognitive::Criminal History
- 8) Cognitive::Domestic Violence/Abuse

Overview

Who would benefit most from this program?

- 1) Mentally Ill

- 2) Other
- 3) Elderly
- 4) Sex Offenders
- 5) Physically Disabled
- 6) Low Risk
- 7) Females
- 8) Substance Abusers
- 9) Gang Members
- 10) High Risk

What are the objectives of this program?

"Houses of Healing" deals directly with root causes of crime, violence and addiction. The program supports incarcerated men and women in addressing childhood wounding, grieving, managing anger and the impact of crimes. Participants utilize stress management tools and healthy coping strategies to develop forgiveness, empathy and emotional maturity.

Where does this program typically take place?

- 1) FSL
- 2) Camp
- 3) Complex
- 4) Main Facility
- 5) SFF

When should this course be offered?

"Houses of Healing" is a 12-session course at one session (2 hours) per week.

Why would this program be effective?

Casarjian, R., Phillips, J., and Wolman, R. (2005). "An Emotional Literacy Intervention with Incarcerated Individuals." American Journal of Forensic Psychology 23, 1-21.

Administration

Who should teach this program?

- 1) Volunteer
- 2) Contractor
- 3) Staff

Does the instructor need special training?

None required

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Each participant must read and review the book, "Houses of Healing". In addition, they must complete the class exercises from the DVD series and weekly "self-work" assignments.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Emotional literacy and emotional intelligence.

Attachment(s)

Attachment Titles

1) EBP Research Support - Houses of Healing

Circle of Strength

Inmate Program
Date PDF Created Mon Nov 28 09:45:34 EST 2016

Description

A Highly Recommended Social_Communication Skills Program created on 11-13-2015

Summary

Circle of Strength is a protocol designed specifically for women in Federal Detention Centers or other short-term settings. It uses a structured format to provide information and resources about topics important to women while encouraging social support among participants. The sessions can be offered in any order in accordance with group needs, and the program is flexible to allow for participant attrition or addition. The facilitator consults with subject matter experts at the institution as needed for sensitive topics.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 43754894

Skill Type(s):

Overview

Who would benefit most from this program?

1) Females

What are the objectives of this program?

The Circle of Strength protocol has three main goals:

- 1) To provide accurate, gender responsive information to women in Federal Detention Centers about topics that impact their lives;
- 2) To provide a structured opportunity for female detainees to engage in mutually supportive relationships during the potentially stressful period of initial incarceration;

3) To provide information about and encourage utilization of evidence-based and high quality resources that are available through a variety of avenues to include self-help resources, BOP programs, and community supports.

Where does this program typically take place?

- 1) Camp
- 2) Main Facility
- 3) Complex
- 4) FSL
- 5) SFF

When should this course be offered?

13 90-minute sessions

Why would this program be effective?

Programs that work to create a supportive environment work well in female populations, which are often relational in nature.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Skill & experience facilitating dynamic groups. Ideal candidates are Social Workers or Reentry Affairs Coordinators. Facilitators who do not have mental health training should consult with PSYCH SVCS if there are any inmate concerns.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Background

Created at: Central Office

Program Source: In House Developed

Foundation:

Attachment(s)

Attachment Titles

- 1) Circle of Strength

START NOW

Inmate Program
Date PDF Created Mon Nov 28 09:45:54 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 12-04-2015

Summary

The START NOW Skills program is designed for use in correctional facilities to treat offenders with behavioral disorders and associated behavioral problems. It was developed to meet the needs for a situationally and cognitively appropriate broad-ranged, manual-guided treatment for behaviorally disordered offenders. START NOW integrates research, theory and clinical experience. It is designed to be a strengths-based approach, focusing on an accepting and collaborative clinical style. At the same time, this approach places the primary responsibility for change on the participant. This intervention was also designed to take into account the pragmatic factors of correctional settings, which frequently face limited treatment resources. A gender-responsive program was developed specifically for female offenders. Materials and training requests may be submitted to the Female Offender Branch.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 13336845

Skill Type(s):

Overview

Who would benefit most from this program?

- 1) Females
- 2) Other

What are the objectives of this program?

START NOW is an evidence-based coping skills group. This program endeavors to treat behavioral disorders and reduce disciplinary infractions in the correctional population.

A female-specific curricula exists for this program.

This program is also submitted to the catalog as being for other populations in reference to its application to those in restrictive housing. Research has shown the program to be effective on behavior even when the entire course is not completed. Thus, individual sessions may be delivered to inmates in alternative settings.

Where does this program typically take place?

- 1) SFF
- 2) FSL
- 3) Main Facility
- 4) Complex
- 5) Camp

When should this course be offered?

32 sessions, but flexible on timing

Why would this program be effective?

START NOW is an integrative evidence-informed model of treatment that grew out of a NIJ-funded study (2002-IJ-CX-K009), which tested a version of Dialectical Behavior Therapy (DBT) adapted for correctional settings. Both DBT and CBT are well supported for correctional use.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Per program material, the program is facilitated by people who have been trained on this program and who have knowledge and experience in correctional work, counseling training, and experience delivering behavioral interventions.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Completion of all sessions and homework, as well as satisfaction questionnaire.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: This is a cognitive-behavioral therapy intervention. Motivational Interviewing and Dialectical Behavior Therapy techniques are included.

Attachment(s)

Attachment Titles

- 1) Research
- 2) Research2
- 3) Research3

Living a Healthy Life with Chronic Conditions

Inmate Program
Date PDF Created Mon Nov 28 09:46:20 EST 2016

Description

A Highly Recommended Wellness Program created on 12-11-2015

Summary

CDSM Programs assist participants in improving mental and physical well-being. This program is targeted towards older adults who are impacted by chronic conditions. The program is available in English and Spanish. The program includes 19 topics, but facilitators have the flexibility to modify or skip sessions based on group needs.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 95645332

Skill Type(s):

Overview

Who would benefit most from this program?

1) Elderly

What are the objectives of this program?

This Chronic Disease Self-Management (CDSM) Program empowers people who are diagnosed with heart disease, arthritis, and other physical and mental health conditions that disproportionately affect aging adults to take an active role in their own wellness. The program promotes not only better health outcomes, but better health care by assisting patients in clearer communication with providers. Mental health functioning may also be impacted.

Where does this program typically take place?

- 1) Main Facility
- 2) FSL
- 3) Complex
- 4) Camp

When should this course be offered?

Determined by needs of group

Why would this program be effective?

There are a number of studies demonstrating the impact of CDSM Programs on participant outcomes. Some of those studies are available here:
<http://patienteducation.stanford.edu/bibliog.html>

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Training through program developers is recommended. The group is typically co-facilitated by a credentialed professional in medical or mental health and a person who is impacted by chronic disease.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Participation in all sessions

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Social Learning Theory and Self-Management/Community-Based Health Education

Attachment(s)

Attachment Titles

National Diabetes Prevention Program

Inmate Program
Date PDF Created Mon Nov 28 09:46:39 EST 2016

Description

A Highly Recommended Wellness Program created on 12-15-2015

Summary

Diabetes can affect persons at all ages, but this program is recommended by the developers for any person over 60, because risk increases with age. This is a preventative program to assist at-risk and older adults in living healthier lifestyles and increasing physical activity.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 23809320

Skill Type(s):

Overview

Who would benefit most from this program?

- 1) Other
- 2) Elderly

What are the objectives of this program?

This program helps participants make real lifestyle changes such as eating healthier, including incorporating physical activity into their daily lives, and improving problem-solving and coping skills. It can help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58 percent.

Where does this program typically take place?

- 1) SFF

- 2) Main Facility
- 3) FSL
- 4) Camp
- 5) Complex

When should this course be offered?

Weekly for 16 sessions, then monthly

Why would this program be effective?

Results of the National Diabetes Prevention Program: February 7, 2002, issue of the New England Journal of Medicine.

<http://www.ncbi.nlm.nih.gov/pubmed/11832527>

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Complete a 2-day mentoring training to become a program coach or have prior chronic disease management program training

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Attend all sessions

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Behavioral

Attachment(s)

Attachment Titles

A Matter of Balance

Inmate Program
Date PDF Created Mon Nov 28 09:47:07 EST 2016

Description

A Highly Recommended Cognitive Behavioral Program created on 12-15-2015

Summary

Falling, or fear of falling, can negatively impact older adults by causing them to refrain from enjoyable or therapeutic activities. This program helps to build self-efficacy related to strength and mobility by decreasing fall-related fears. It teaches older inmates to problem-solve and improve their self-esteem.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 69344939

Skill Type(s):

Overview

Who would benefit most from this program?

1) Elderly

What are the objectives of this program?

This program emphasizes practical strategies to reduce fear of falling and increase activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Where does this program typically take place?

- 1) FSL
- 2) SFF

- 3) Camp
- 4) Main Facility
- 5) Complex

When should this course be offered?

Eight 2-hour sessions

Why would this program be effective?

Healy, T., McMahon, E., Haynes, M. (2006, March). Sustainability through Collaboration: An AoA Evidence-Based Prevention Program for the Elderly. Presented at the ASA/NCOA Conference in Anaheim, CA.

Healy, T.C., Peng, C., Haynes, P., McMahon, E., Botler, J., & Gross, L. (2008). The Feasibility and Effectiveness of Translating A Matter of Balance into a Volunteer Lay Leader Model. *Journal of Applied Gerontology*, 27 (1), 34-51.

Howland, J., Peterson, E.W., Levin, W., Fried, L., Pordon, D., & Bak, S. (1993). Fear of falling among the community-dwelling elderly. *Journal of Aging and Health*, 5, 229-243.

Tennstedt, S., et al. (1998). A Randomized, Controlled Trial of A Group Intervention to Reduce Fear of Falling and Associated Activity Restriction in Older Adults. *Journal of Gerontology: Psychological Sciences*, 53B (6): 384-92.

Tinetti, M.E., Speechley, M. (1989). Prevention of falls among the elderly. *New England Journal of Medicine* 320(16): 1055-9.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

The developer provides training - staff delivering this program should have experience facilitating intervention programs.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Attend all sessions

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Cognitive-Behavioral

Attachment(s)

Attachment Titles

Pu'a Foundation Reentry Program

Inmate Program
Date PDF Created Mon Nov 28 09:47:26 EST 2016

Description

A Highly Recommended Transitional Planning Program created on 01-28-2016

Summary

Trauma Informed Care Reentry Program for female inmates

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 90633896

Skill Type(s):

- 1) Interpersonal::Parental Responsibility
- 2) Daily Living::Family Care
- 3) Mental Health::Transitional Plan
- 4) Wellness::Transitional Plan
- 5) Character::Personal Character
- 6) Wellness::Government Assistance
- 7) Academic::Intellectual Functioning
- 8) Interpersonal::Relationships
- 9) Vocational-Career::Post Incarceration Employment
- 10) Interpersonal::Communication
- 11) Vocational-Career::Career Development
- 12) Academic::Literacy
- 13) Daily Living::Identification
- 14) Character::Personal Responsibility
- 15) Daily Living::Housing
- 16) Interpersonal::Family Ties-Support System

Overview

Who would benefit most from this program?

- 1) Females

What are the objectives of this program?

Based upon a Trauma Informed Care framework, this program focuses on healing and recovery through empowerment (taking responsibility) and compassion (understanding). Mentorship is a focus.

Where does this program typically take place?

1) Main Facility

When should this course be offered?

Closed Group; Class is held once/week; Each class is 2 hours

Why would this program be effective?

Evidence supporting Trauma Informed Care initiatives was recently added to the BOP's Annual Refresher Training. More information can also be found at <http://www.samhsa.gov/traumajustice/traumadefinition>

Administration

Who should teach this program?

1) Volunteer

Does the instructor need special training?

Trauma Informed Care training

Is a pre or post test required?

Yes

What criteria will be used to certify that the program was successfully completed?

12 week course

Background

Created at: Honolulu FDC

Program Source: Other Source

Foundation: Past trauma experiences have an effect on individual's relationships with self, others, and community. Addressing past trauma with care and compassion will support positive change.

Attachment(s)

Attachment Titles

Square One: Essentials for Women

Inmate Program
Date PDF Created Mon Nov 28 09:47:52 EST 2016

Description

A Highly Recommended Life Skills Program created on 02-29-2016

Summary

Square One is a basic life skills program designed specifically for female offenders. Although any woman may participate, it was designed to meet the needs of lower functioning women, or those who have not lived or worked independently. It has been created to be delivered in a group format such that discussion about the various topics may take place. While the facilitator will provide educational information to the women, inmates are expected to be active participants by engaging in the guided discussions as well as by completing the exercises in the participant guide. The program adheres to principles associated with cognitive-behavioral approaches.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 71908622

Skill Type(s):

Overview

Who would benefit most from this program?

1) Females

What are the objectives of this program?

This group attempts to assist women in providing a foundation for reentry by highlighting basic life skills for women in 8 core areas. Women are expected to complete a series of interactive exercises and homework to assist in the adoption of improved basic life skills.

Where does this program typically take place?

- 1) Main Facility
- 2) SFF
- 3) Complex
- 4) Camp

When should this course be offered?

90 minutes per week for 8 weeks

Why would this program be effective?

This program adheres to principles associated with cognitive-behavioral approaches.

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

Facilitators should be skilled in the delivery of dynamic groups and have an understanding of CBT principles. Social Workers are ideal candidates to deliver the program.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Background

Created at: Central Office

Program Source: In House Developed

Foundation:

Attachment(s)

Attachment Titles

- 1) Fac Guide

2) part guide

Money Smart for Older Adults

Inmate Program
Date PDF Created Mon Nov 28 09:48:15 EST 2016

Description

A Highly Recommended Life Skills Program created on 06-08-2016

Summary

Money Smart for Older Adults (MSOA) is an instructor-led training developed jointly by FDIC and CFPB. The module provides awareness among older adults and their caregivers on how to prevent elder financial exploitation and to encourage advance planning and informed financial decision-making.

FDIC and CFPB invite stakeholders to order and begin teaching what elder financial exploitation is and why older adults are at risk. MSOA is a tool for bank-community partnerships. For example, bank staff could deliver this information in collaboration with providers of senior services or adult protective services.

There are seven segments covering the following topics:

- Common Types of Elder Financial Exploitation
- Scams Targeting Veterans
- Identity Theft
- Medical Identity Theft
- Scams that Target Homeowners
- Planning for Unexpected Life Events
- How to Be Financially Prepared for Disasters

In addition to the English language version, the participant/resource guide and PowerPoint slides are available in Spanish.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 79299260

Skill Type(s):

- 1) Daily Living::Financial Management

Overview

Who would benefit most from this program?

- 1) Females
- 2) Elderly

What are the objectives of this program?

Money Smart for Older Adults (MSOA) provides awareness among older adults and their caregivers on how to prevent elder financial exploitation and to encourage advance planning and informed financial decision-making.

Where does this program typically take place?

- 1) Camp
- 2) FSL
- 3) Complex
- 4) SFF
- 5) Main Facility

When should this course be offered?

The program can be customized/broken up into a number of sessions. The whole program is 150 minutes.

Why would this program be effective?

Money Smart is a comprehensive financial education curriculum designed to help low- and moderate-income individuals outside the financial mainstream enhance their financial skills and create positive banking relationships. Money Smart has reached over 3 million consumers since 2001. Research shows that the curriculum can positively influence how consumers manage their finances, and these changes are sustainable in the months after the training.

Financial education fosters financial stability for individuals, families, and entire communities. The more people know about credit and banking services, the more likely they are to increase savings, buy homes, and improve their financial health and well-being.

Administration

Who should teach this program?

- 1) Staff
- 2) Volunteer

Does the instructor need special training?

None needed. But there are Money Smart train-the-trainer videos available for prospective instructors. Available for free online.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Attending all sessions. Pre/Post test.

Background

Created at: Central Office

Program Source: Reproduction of existing program

Foundation: Money Smart is a comprehensive financial education curriculum designed to help low- and moderate-income individuals outside the financial mainstream enhance their financial skills and create

Attachment(s)

Attachment Titles

- 1) Program Description
- 2) Article - Success of Money Smarts for Reentry
- 3) Instructor Guide - English
- 4) Participant Guide - English
- 5) Power Point Presentation

Beyond Violence: A Prevention Program for Criminal Justice-Involved Women

Inmate Program
Date PDF Created Mon Nov 28 09:48:43 EST 2016

Description

A Highly Recommended Mental Health Program created on 04-01-2016

Summary

Beyond Violence is the first manualized intervention for women that focuses on anger and utilizes a multi-level approach and a variety of evidence-based therapeutic strategies (i.e., psycho-education, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers). This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. The program is designed to assist women in understanding trauma, the multiple aspects of anger, and emotional regulation.

Details

Recommendation: Highly Recommended

Category Type: Category II

Program ID: 47588863

Skill Type(s):

- 1) Character::Personal Responsibility
- 2) Cognitive::Criminal Behavior
- 3) Cognitive::Criminal History
- 4) Cognitive::General Behavior
- 5) Character::Personal Character
- 6) Cognitive::Domestic Violence/Abuse
- 7) Interpersonal::Relationships

Overview

Who would benefit most from this program?

1) Females

What are the objectives of this program?

The overarching goal is to prevent subsequent aggressive and assaultive behaviors and interactions for women both in the community and within the institution, which includes preventing recidivism and institutional misconducts. To reach this goal, the program objectives are for participants to learn and understand the following: (1) the connections and relationships between their thoughts, feelings, and behaviors; (2) the influence of their families, relationships, communities, and society on their lives and decisions; (3) the roles of anger and violence in their lives (e.g. how these aspects manifest and are expressed, and the results of these expressions); (4) the definitions of abuse and violence as they have experienced through victimization and/or perpetration; and (5) recognizing the connection between substance abuse and mental health symptoms with violent and aggressive behaviors.

Where does this program typically take place?

- 1) Main Facility
- 2) Camp
- 3) Complex

When should this course be offered?

20 sessions (2 hours per session). Can be implemented weekly or bi-weekly.

Why would this program be effective?

Beyond Violence is the first manualized intervention for women that focuses on anger and utilizes a multi-level approach and a variety of evidence-based therapeutic strategies (i.e., psycho-education, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers).

Administration

Who should teach this program?

- 1) Staff

Does the instructor need special training?

The facilitator should have experience leading dynamic group programs and encouraging participation.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

None.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: Uses Social-Ecological Model to understand and contextualize violence. Also uses: Pathways Theory, Relational-Cultural Theory, Empowerment Theory, Trauma Theory and Addiction Theory.

Attachment(s)

Attachment Titles

Alternatives to Violence Project

Inmate Program
Date PDF Created Mon Nov 28 09:49:06 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 01-23-2015

Summary

The Alternatives to Violence Project is designed to create successful personal interactions and transform violent situations. The program is based on and dedicated to the same non-violent skills and techniques that were used by Mohandas Gandhi and Dr. Martin Luther King, Jr.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 26773663

Skill Type(s):

- 1) Character::Personal Character
- 2) Interpersonal::Communication
- 3) Cognitive::Domestic Violence/Abuse
- 4) Interpersonal::Relationships
- 5) Cognitive::Criminal Behavior
- 6) Character::Personal Responsibility

Overview

Who would benefit most from this program?

- 1) Low Risk
- 2) Elderly
- 3) Substance Abusers
- 4) Females
- 5) Sex Offenders
- 6) Gang Members
- 7) High Risk
- 8) Physically Disabled

9) Other

What are the objectives of this program?

The objective of the Alternatives to Violence Project (AVP) is to empower participants in leading nonviolent lives through affirmation, respect for all, community building, cooperation, and trust. Founded and developed from real life experiences of inmates and others, and building on a spiritual base, AVP encourages every person's innate power to positively transform themselves and the world.

Where does this program typically take place?

- 1) FSL
- 2) SFF
- 3) Main Facility
- 4) Camp
- 5) Complex

When should this course be offered?

Every 2-3 months for three successive days

Why would this program be effective?

Evaluations of the program by participants, peer assistants, and volunteers. Most participants who complete level 1 apply for level 2.

Administration

Who should teach this program?

- 1) Staff
- 2) Inmate
- 3) Volunteer

Does the instructor need special training?

AVP provide workshops to inmates and training sessions to facilitators.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

15 or more hours of group interactive programming. The goal is to reduce the level of violence by introducing people to ways of resolving

conflict that reduce their need to resort to violence as the solution.

Background

Created at: Schuylkill FCI

Program Source: Purchased from vendor

Foundation: AVP is an association of community based groups and prison based groups offering experiential workshops in personal growth and creative conflict management.

Attachment(s)

Attachment Titles

- 1) AVP syllabus
- 2) Poster level1
- 3) Lesson plan

Embracing Interfaith Cooperation

Inmate Program
Date PDF Created Mon Nov 28 09:49:45 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 01-13-2016

Summary

Embracing Interfaith Cooperation fosters interfaith dialogue, discussion, and understanding. It breaks down stereotypes and barriers for people and communities to better serve together towards common civil rights and community goals. As such, the goal and objective of this interfaith program is to provide an effective strategy in countering discrimination and religious extremism.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 19918739

Skill Type(s):

- 1) Cognitive::Criminal Behavior
- 2) Character::Personal Character
- 3) Character::Personal Responsibility
- 4) Cognitive::General Behavior

Overview

Who would benefit most from this program?

- 1) Physically Disabled
- 2) Females
- 3) Other
- 4) Substance Abusers
- 5) Low Risk
- 6) Sex Offenders
- 7) Gang Members
- 8) Mentally Ill

- 9) Elderly
- 10) High Risk

What are the objectives of this program?

The goals of the program are to challenge participants interfaith assumptions, broaden participants interfaith understanding, and break down religious barriers between people.

Where does this program typically take place?

- 1) Camp
- 2) FSL
- 3) SFF
- 4) Main Facility
- 5) Complex

When should this course be offered?

5 session program, one session per week.

Why would this program be effective?

This program has received positive endorsement from the LCP at PEX. The author, Eboo Patel, is the founder and director of the Interfaith Youth Core in Chicago and serves on the President's Advisory Board of the Faith-based and Neighborhood Partnership. He has support of The Nobel Peace Prize Forum and the Clinton Global Initiative.

Administration

Who should teach this program?

- 1) Staff
- 2) Volunteer
- 3) Self-Study - CBT

Does the instructor need special training?

None. The workbook and DVD guides the program.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

Completion of five self-study sessions.

Background

Created at: Central Office

Program Source: Purchased from vendor

Foundation: None .

Attachment(s)

Attachment Titles

Kollel M'aharam M'Rotenberg

Inmate Program
Date PDF Created Mon Nov 28 09:50:09 EST 2016

Description

A Highly Recommended Religious_Spiritual Program created on 01-07-2016

Summary

The Kollel M'aharam M'Rotenberg is a life skills course based on the teachings of the Torah and Talmud. The program is divided into 4 sections, including a Kosher kitchen certification program. The purpose of the program is to educate the participants in the basic Jewish laws, beliefs and practices in order to assist them with their personal, social and community reintegration. In addition, the Kosher certification is a necessary skill for potential employment opportunities within Jewish food industries.

Details

Recommendation: Highly Recommended

Category Type: Category III

Program ID: 57729912

Skill Type(s):

- 1) Vocational-Career::Career Development
- 2) Character::Personal Character
- 3) Character::Personal Responsibility
- 4) Vocational-Career::Post Incarceration Employment

Overview

Who would benefit most from this program?

- 1) Mentally Ill
- 2) Other
- 3) Substance Abusers
- 4) Low Risk
- 5) Gang Members
- 6) Physically Disabled

- 7) Elderly
- 8) High Risk
- 9) Sex Offenders

What are the objectives of this program?

As a religious program, the Kollel M'aharam M'Rotenberg is a Judaic course focusing on the systematic studies of Jewish laws, customs, beliefs and practices in order to assist the participants in becoming a faithful Jewish practitioner. The program also provides the necessary and employable skills in operating and maintaining a Kosher kitchen at Jewish food establishments.

Where does this program typically take place?

- 1) Camp
- 2) Main Facility
- 3) Complex

When should this course be offered?

The program is comprised of 4 sections, around 6 months per section for a total of at least 2 years; one session per week.

Why would this program be effective?

None.

Administration

Who should teach this program?

- 1) Self-Study - Paper
- 2) Volunteer

Does the instructor need special training?

The Dror organization offers familiarization and orientation trainings by religious volunteers (Rabbis) at various locations to assist in the instructions of the materials.

Is a pre or post test required?

No

What criteria will be used to certify that the program was successfully completed?

The participants will need to attend 80% of the classes, complete class

and homework assignments, and successfully complete each sectional exams in order to measure the participant's comprehension of the course materials.

Background

Created at: Central Office

Program Source: Other Source

Foundation: The program is based on the Judaic laws, customs, beliefs and practices as delineated from the Torah and Talmud (Rabbinical studies).

Attachment(s)

Attachment Titles

1) Dror Course Outline