

PROGRAMMING OFFERED IN RESTRICTIVE HOUSING

Intensive Transition Program

Allows individuals time to develop social skills to successfully live in general population and move to lower custody levels. Focuses on social knowledge, self-awareness and self-control to foster physical, emotional, social, and spiritual development.

Getting It Right

Rational self-counseling, trans-theoretical model of change, social learning theory, and interactive journaling. Assists participants with starting their transition towards responsible living.

Mindful Meditation

Meditation class for beginning and advanced levels. Helps to gain calm, clarity, focus, peace, and self-discipline.

Basic Skills

Provided instruction in fundamental academic and pre-occupational skills, with an emphasis on reading, math, writing, and basic computer literacy. Participants can work on GED or test prep.

DOC Aggression Replacement Training

Focuses on skills needed for transitioning to less restrictive levels of custody/care. Incorporates social and coping skills.

Positive Psychology

Teaches individuals to change negative ways of thinking to change how they feel to lead an overall satisfactory life.

Art Therapy

Encourages socialization through art. Individuals create art using various media while engaging in conversations about their likes and dislikes.

Seeking Safety

Provides a setting for individuals who have suffered from trauma and/or substance abuse, helping them to establish safety models they can follow and prepare them to handle implications that are a part of the trauma/addiction.

Challenge Program

Focuses on helping high-risk individuals live a life free of criminal activity, violence and drug use and emphasizes the importance of building a health support community. Interactive journaling provides a comprehensive curriculum for high-security and step-down individuals.

Chemical Dependency

Rehabilitation and recognizing triggers that may lead to relapse.

Cognitive Distortion

Helps individuals gain insight to deeply rooted beliefs that are founded on false ideas/notions.

In-Cell Cognitive Behavior Change Program

This course helps individuals understand and recognize thoughts and/or feelings that have caused them to behave in ways that resulted in incarceration

Adult Basic Education/GED

Transitional studies to assist individuals in obtaining their GED.

Anger Management

Helps individuals identify triggers and how to deal with difficult situations. It focuses on ways to remain calm and collective

Hustle 2.0 —The Preseason — Hustle Guide, Book One

These courses are self-directed, in-cell study programs that are packed with self-assessments, journal exercises, case studies, testimonials and success stories.

Redemption

The goal of the program is to create a safer environment both in prison and the community. Redemption is a self-sustaining program which is facilitated by incarcerated individuals from general population.

Transition Pods

Provides participants with the opportunity to interact with other incarcerated individuals while out of restraints.

Transition Group

This is revolving group that assists individuals who are preparing to promote to lower custody levels.

Standardized Stress and Anger Management

Designed to help individuals identify the warning signs of stress and anger, present coping strategies, and enable them to develop a personalized tool kit to effectively handle the stress and anger they will encounter in their lives.

Wellness

Developed to help individuals gain insight about how to take care of yourself and effectively use coping skills and other important parts of wellbeing

Creative Writing

It allows individuals to brainstorm on topics and explore ideas rooted in positivity