



PPRSUS

PHYSICIAN PRESENTENCE REPORT SERVICE LLC

FEDERAL PRISON HEALTHCARE;

WHAT YOU & YOUR DEFENDANT NEED TO KNOW

PHYSICIAN SIMPLIFIED – ATTORNEY IMPLEMENTED



OTISVILLE

A medium security federal correctional institution with an adjacent minimum security satellite camp and a detention center.

Two Mile Drive
Otisville, NY 10963

OTISVILLE SUMMARY PAGE

MALE OFFENDERS

LOCATION: FCI MEDIUM (M, mS)

[Admission & Orientation Handbook](#)

[Admission & Orientation Handbook Camp](#)

Computer Skills - Occupational Education

Floor Care Maintenance Custodial Technician
- Occupational Education

Horticulture/Landscape - Occupational Education

Textiles and Production - Occupational Education

SECURITY KEY

(A): Administrative

(mS): Minimum Satellite Camp

(mC): Minimum Federal Prison Camp

(L): Low (LS): Low Satellite Prison

(M): Medium

(H): High

(Mx): Maximum

Unless otherwise specified, all facilities are Male Only.

Two Mile Drive
Otisville, NY 10963

Hotels near Otisville, NY



FSA Applicable Programs

- ☐ **BE- ACTIV** is a psychosocial treatment program for depression in aging adults residing in nursing care center settings.
- ☐ **Bereavement Support Group** for individuals experiencing grief.
- ☐ **BRAVE Program** **, for young males serving 1st sentence, 32 years or younger with a sentence of 60 years or more.
- ☐ **Challenge** ** –male inmates in Penitentiary (High Security) facilities with substance abuse and/or mental illness
- ☐ **COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN** Individuals develop the skills to control their chronic pain.
- ☐ **COGNITIVE BEHAVIORAL THERAPY FOR LATE-LIFE DEPRESSION** for aging adults with depression
- ☐ **Complicated Grief Treatment** addresses individuals who are “stuck” adapting to loss.
- ☐ **Federal Prison Industries, FPI (UNICOR)** – preparing for successful reentry through job training. UNICOR/BOP.gov.
- ☐ **Female Integrated Treatment (FIT) Program** ** with substance use, trauma (PTSD), and other mental illnesses.
- ☐ **FUNCTIONAL ADAPTATION SKILLS TRAINING (FAST)** medication management, social and communication skills, organization and planning, transportation, and financial management.
- ☐ **Mental Health Step Down Program** ** intermediate care for inmates with serious mental illness who do not require inpatient treatment but lack the skills to function in the general population.
- ☐ **Non-Residential Drug Abuse** Program –requirement for supervised release or through judicial recommendation
- ☐ **Post Secondary Education** Program College-level classes are provided by credentialed instructors from the community.
- ☐ **Pu'a Foundation Reentry Program** is a trauma-informed care program for female inmates at FDC Honolulu grounded in Hawaiian culture.
- ☐ **Residential Drug Abuse Program, RDAP** ** – Available in Spanish. 2018 Current RDAP Locations.
- ☐ **Resolve** Program –trauma-related psychological disorders – to improve a person's (male or female) level of functioning.
- ☐ **Skills** Program: inmates with intellectual disabilities, neurological deficits, and social deficiencies (i.e., Autistic). Participation can be at the beginning of their incarceration but is available at any time and can be ongoing.
- ☐ **STAGES** Program, Residential ** inmates diagnosed with Borderline Personality Disorder.
- ☐ **Life Connections Program (LCP)** – a residential faith-based program, not religion-specific.
- ☐ **Sex Offender Treatment Program, Residential (SOTP-R)**, high-risk sex offenders, available during the last 36 months of their sentence, who have a history of multiple sex crimes, excessive non-sexual criminal history, and a high level of sexual deviancy or hyper-sexuality
- ☐ **Sex Offender Treatment Program Non-Residential (SOTP-NR)** has a history of a single sexual offense, and many may be first-time offenders serving a sentence for an Internet-based sexual crime.
- ☐ **WAYSAFE** The goal of this program is to improve decision-making skills so participants can avoid at-risk behaviors regarding HIV and other viral illnesses spread by sex or blood contact.

FSA PROGRAMS ON THE PAGES THAT FOLLOW:

* ALL INSTITUTIONS

☐ FEMALE INSTITUTIONS

☐ DETENTION CENTERS

* SPECIFIC INSTITUTIONS (also noted above)

Productive Activities (PA)

Evidence-Based Recidivism Reduction (EBRR)

Due to the staffing shortages we have all read about, it may be that while a program has been published as available, do not be surprised if there is either a long waiting list to get into that program, or as I have recently learned, that program was just "Closed." Be respectful to your Case Managers as they already know you're upset. When you speak with them, depending on the number of months that you have, it is possible that they will work with you, to move to to a facility that has an opening for your specific program - needs.

FEDERAL MEDICAL CARE LEVELS

CARE LEVEL I (Minimal Care), CARE LEVEL II (Routine Care), CARE LEVEL III (Out Patient), CARE LEVEL IV (Hospital)

OTHER RESOURCES

- Article: [“The 12 Best Federal Prisons to Do Time,”](#) by Jeralyn
 - Article: [“America’s 10 Cushiest Prisons,”](#) by Asher Hawkins
 - Article: [Otisville Prison Accommodates Jewish Inmates With Passover Seder](#), by Peter Hyman
- Otisville is one of only a handful of federal institutions to have a full time Jewish chaplain. Boasts a kosher kitchen and weekly Shabbat services.

INTELLIGENCER

Medium-Security Seder

Next year in Otisville! (Unless you're paroled.)

By [Peter Hyman](#) Published Apr 13, 2008 [Share This](#)

[Comment](#)

Passover, which begins this year at sundown on April 19, commemorates the Israelites' exodus from Egypt to freedom. Even so, it's a big deal among the unfree at the medium-security federal prison in Otisville, about 75 miles upstate, which is known for its well-attended and rigorously run Seders.

"Otisville is very close to New York City, so it has more access to a Jewish population, to rabbis, and to kosher food," says Rabbi Menachem Katz, director of prison programs for the Jewish-outreach Aleph Institute. "The Bureau of Prisons kind of unofficially designated it to meet the needs of Orthodox Jews."

Considered a haven for white-collar criminals (ImClone's Sam Waksal and the disgraced financier Martin Frankel, both Jewish, served time there), Otisville is one of only a handful of federal institutions to have a full-time Jewish chaplain. It also boasts a kosher kitchen and weekly Shabbat services, religious perks that led *Forbes* to name it one of the "12 Best Places to Go to Prison." This year, about four dozen prisoners will sit down to kosher-for-Passover chicken, potatoes, and the Pesach fixings—horseradish, handmade matzo, boiled eggs—for a full, inmate-led Seder.

Otisville's Seders are held in the prison's cafeteria; the festival meal is served on white tablecloths in airplane-style prepackaged trays. Each participant gets his own Haggadah, and the prison provides the necessary items—shank bones, charoset—for a Seder plate. It's unclear how many of Otisville's 1,189 inmates are Jewish. The warden says 58; Chaplain Gary Friedman, chairman of Jewish Prisoner Services International, says it's at least twice that. In the past, prisoners paid to be bussed in from other institutions for Passover, though this practice has stopped as similar services have been introduced elsewhere. Otisville still offers one of the more traditional Seders in the prison system.

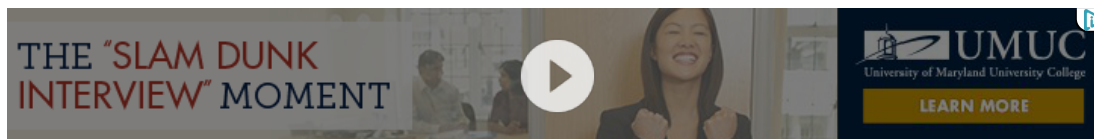
"Once you've been at a prison Seder, it'll never be the same on the outside," says Friedman. "The Haggadah has a line that reads 'Tonight we are all free men,' and for the duration of the Seder, they are." Sort of: Where the Seder calls for four cups of wine, at Otisville, says the warden, "they get four cups of grape juice."

Next: Everybody Loves Gehry!

Have good intel? Send tips to intel@nymag.com.

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ANGER

MANAGEMENT



DESCRIPTION

Anger Management is a cognitive-behavioral curriculum designed to help individuals better manage their anger. The protocol can be used in a group session or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The journal is designed to be used in group or individual treatment by those who have demonstrated a need for learning skills to manage strong emotions such as anger. It provides participants with a summary of core concepts, worksheets for completing between-session challenges, and space to take notes for each of the sessions. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Anger/Hostility and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Anger Management** must be delivered by Psychology Services.

APPRENTICESHIP TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under 3 broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Apprenticeship Training: Apprenticeship training prepares the student for employment in various trades through structured programs underneath a journeyman in that trade, approved at the state and national levels by the Office of Apprenticeship, Employment and Training Administration, U.S. Department of Labor.

The Department of Labor requires individuals to have completed the high school equivalency. Each individual program is designed to enhance post-release employment opportunities by providing individuals with the ability to obtain marketable, in-demand employment skills. Programs follow standardized work processes with related trade instruction, which teaches specific job skills and leads to a Department of Labor apprenticeship certificate.

A large variety of standardized Department of Labor apprenticeships are offered throughout the Bureau and are highly encouraged; individuals may participate in 2,000 to 8,000-hour programs, which are supervised by local journeymen.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

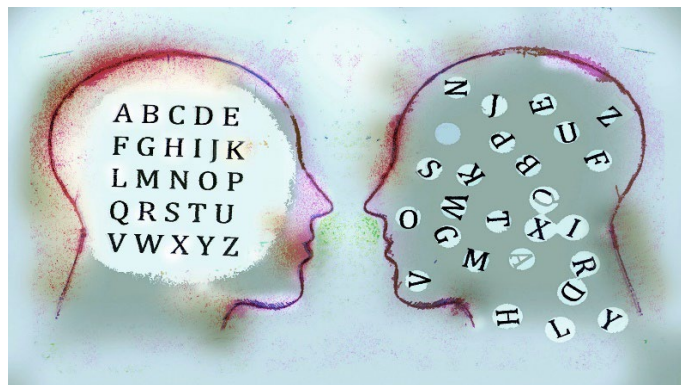
Available at all BOP institutions except those exempt by policy.

NEEDS

Work

PROGAM DELIVERY

To ensure program fidelity and proper credit, **Apprenticeship Training** must be delivered by a qualified journeyman in the specific trade. Related trades instruction must be delivered by Education.



THE BARTON READING & SPELLING SYSTEM

DESCRIPTION

The Barton Reading and Spelling System is an Orton-Gillingham influenced, scientific-based, evidence-driven, multi-sensory, direct, explicit, structured, sequential, one-to-one tutoring system that addresses the condition of dyslexia through intense intervention. It was originally designed to be used in adult literacy programs, making it an appropriate tool for use with Bureau offenders who have been identified as having characteristics of the condition of dyslexia. It was designed with adults in mind because it is never too late to significantly improve the reading, spelling, and writing skills of individuals with dyslexia.

The Barton System is aligned with the U.S. Department of Education's Federal guidelines for Multi-Tiered System of Supports (MTSS) as a 1:1 method of delivery. Following the MTSS Tier process (in which Tier 1 is instruction for all students, Tier 2 is explicit instruction for a small group of struggling students and Tier 3 is individualized instruction for one academically challenged student), the Barton System is designed to be Tier 3 individualized instruction (i.e., one student to one teacher). However, the Barton System can also be delivered as explicit instruction with up to 3 students at a time (3:1, or 3 students to 1 teacher) as a Tier 2 intervention, if the amount of instructional time is increased to accommodate more students.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Dyslexia

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **The Barton Reading and Spelling System** must be delivered by trained Education employees.



BASIC COGNITIVE SKILLS

DESCRIPTION

Basic Cognitive Skills is a cognitive behavioral therapy (CBT) protocol that is used primarily for group treatment but may be used for individual treatment, in some cases. Through the use of this protocol, participants are taught basic concepts of CBT, including the 5 Rules for Rational Thinking and the use of Rational Self-Analysis (RSA). This resource is consistent with the cognitive skills modules utilized in the Bureau's Drug Abuse Treatment Programs, BRAVE Programs, Challenge Programs, FIT, Mental Health Step Down Programs, Sex Offender Treatment Program, Skills Programs, and STAGES Programs.

The Basic Cognitive Skills journal was designed as a lead-in to other CBT protocols, specifically Emotional Self-Regulation and Criminal Thinking.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

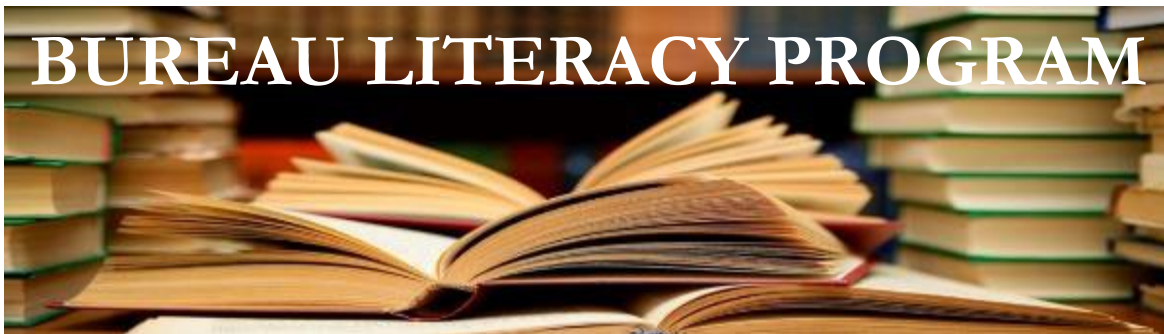
Available at all BOP institutions.

NEEDS

Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Basic Cognitive Skills** must be delivered by Psychology Services.



DESCRIPTION

The Bureau of Prison's Literacy Program is designed to assist every individual who does not have a high school diploma or high school equivalency credential. The literacy curricula consist of an Adult Basic Education and General Educational Development (GED) to accommodate all academic levels. Upon arrival, each person is evaluated to determine their current level of education and academic needs. They are placed in a class based on their academic levels, and an individualized plan is developed for them to assist with their knowledge/skill in reading, math, and written expression to prepare for the GED exam.

The GED curricula is comprehensive and was designed around College and Career Readiness (CCR) Standards that provide guidelines for what students should learn, and offers consistent expectations of students across all BOP institutions. The curriculum offers a "Teaching Notes" section to help teachers work across a number of content areas. Additionally, "Suggested Class Activities and Resources" sections include activities to use in the classroom to support specific objectives. Lastly, it identifies skills assessed on the GED test, which help instructors make a significant impact on increasing student performance on GED tests.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Education

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Bureau Literacy Program** must be delivered by the appropriately credentialed contractors or Education.

CERTIFICATION COURSE TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under three broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Certification Course Training: Training programs that lead to obtaining an industry recognized certification.

Generally, these programs require individuals to have completed the high school equivalency, but concurrent enrollment is sometimes possible. Each individual program is designed to enhance post-release employment opportunities by providing those individuals with the ability to obtain marketable, in-demand employment skills. Most programs follow a competency-based curriculum, which teaches specific job skills and leads to a recognized credential, or certificate.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

To ensure program fidelity and proper credit, **Certification Course Training** must be delivered by Education or Federal Prison Industries employees. This program may also be delivered by a qualified volunteer or contractor.



COGNITIVE PROCESSING THERAPY

DESCRIPTION

Cognitive Processing Therapy is an evidence-based intervention for the treatment of Posttraumatic Stress Disorder. This intervention combines cognitive techniques with written exposure therapy to address negative affect, intrusive images, dysfunctional thoughts, and avoidance behavior.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Cognitive Processing Therapy** must be delivered by Psychology Services.



DESCRIPTION

The purpose of Criminal Thinking group is to help the participant see how criminal thinking errors impact decisions in daily life. Techniques from cognitive behavioral therapy, including Rational Self Analysis (RSA), are used to identify the patterns of criminal thinking that occur in a wide range of situations. The protocol can be used in a group or in an individual format as outlined in the curriculum. The curriculum and journal are available in English and Spanish and are gender-responsive.

The Criminal Thinking journal reviews criminal thinking errors, provides education on the influence of thoughts and feelings on behaviors, and details how to conduct an RSA to improve decision-making. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Criminal Thinking** must be delivered by Psychology Services.



DESCRIPTION

Dialectical Behavior Therapy is a cognitive behavioral treatment teaching self-management of emotions and distress. This program is specifically for individuals who engage in self-directed violence, such as self-cutting, suicidal thoughts, urges, and suicide attempts. The types of skills discussed and practiced include, but are not limited to, mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills.

Employees should consult with the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Dialectical Behavior Therapy** must be delivered by Psychology Services.



DESCRIPTION

Emotional Self-Regulation is a cognitive-behavioral therapy protocol that helps the participant to explore emotions and patterns of behavior and learn strategies for managing difficult emotions. The protocol can be used as a group or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The Emotional Self-Regulation journal explores helpful ways for the participant to respond to difficult emotions that lead to more positive interactions and outcomes. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions and Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Emotional Self-Regulation** must be delivered by Psychology Services.



ENGLISH-AS-A- SECOND LANGUAGE

DESCRIPTION

English-as-a-Second Language (ESL) is an English language education study program for non-native speakers. Students receive individual attention from their teachers as a part of differentiated learning classroom models driven by individual needs. Students learn English in cultural and social contexts that are found in the community. Classes teach different English language skills according to the students' English ability, interest, and needs. The ESL program teaches the following skills: grammar, reading, comprehension, writing and vocabulary.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Education and Work

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **English-as-a-Second Language** must be delivered by a trained Education employee, contractor, or volunteer.

FAITH-BASED CONFLICT MANAGEMENT (FBCM) PROGRAM



Conflict

DESCRIPTION

The Faith-Based Conflict Management (FBCM) Program builds upon evidence-based practices and cognitive behavioral modalities including interactive journaling, motivational interviewing, and the use of a therapeutic community. Through active participation in the 10 sessions, students will strengthen their anger management skills, interpersonal communication skills, and conflict resolution techniques using practical spiritual principles and practices. Each session will last one hour. This non-residential program is open to offenders of all faiths and to those with no particular religious affiliation. The FBCM program is comprised of a standard curriculum consisting of a participant journal, supplemental DVD, and facilitator guide.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Anger Management and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Faith-Based Conflict Management (FBCM) Program** must be delivered by leadership in Chaplaincy Services or by a qualified religious community volunteer or contractor.

FAMILY PROGRAMMING SERIES



DESCRIPTION

The Family Programming Series is a 5-part gender-responsive and trauma informed care curriculum for incarcerated women and men, which is grounded in evidenced based practices of: cognitive behavioral therapy; motivational interviewing; the transtheoretical model of behavior change; and interactive journaling. The program is designed to support participants in strengthening family relationships during incarceration and after release. The program consists of a Women's Family Program Series and a Men's Family Program Series designed to address the unique challenges faced by offenders and families during incarceration. Components include: changing family dynamics, building a healthy partnership, connecting with family, becoming a caregiver, and parenting skills in prison and beyond. The program also includes interactive activities with family members and interactive videos that can be utilized during visitation to promote health family relationships.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting; Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Family Programming Series** must be delivered by the Special Populations Program Coordinator, Social Worker, Reentry Affairs Coordinator, Unit Team or qualified volunteer.



DESCRIPTION

Hooked on Phonics is a proven, expert-designed early language-readiness Reading program that is beneficial for adult Bureau offenders who have not yet developed English language reading capacity. It is an intervention-based set of educational materials used to assist early readers. Although it was initially designed for grades K-2, it can be used with some adults who have lower intelligence levels or who are ELL/ESL students whose command of the English language is below the 2nd grade level. Hooked on Phonics utilizes systematic phonics instruction through scaffolding of simple sentences and paragraphs to teach letter-sound correlations for reading purposes.

NOTE: Hooked on Phonics is not the Bureau-designated EBRR program for dyslexia; rather, The Barton Reading and Spelling System is to be implemented for students who have been identified with characteristics of the condition of dyslexia.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Education

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Hooked on Phonics** must be delivered by Education.



ILLNESS MANAGEMENT AND RECOVERY

DESCRIPTION

Illness Management and Recovery (IMR) is a consumer-oriented psychological treatment protocol for individuals diagnosed with serious mental illness. Topics include recovery strategies, practical facts about mental illness, the stress-vulnerability model, building social support, using medication effectively, reducing relapses and coping with stress, problems, and symptoms. IMR is considered a front-line intervention for the treatment of serious mental illness.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Illness Management and Recovery** must be delivered by Psychology Services.



DESCRIPTION

Money Smart for Adults is an instructor-led course that covers 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.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Money Smart for Adults** must be delivered by the Business Office or Unit Team. This program may also be delivered by a Special Populations Coordinator or a qualified volunteer or contractor.

MONEY SMART FOR OLDER ADULTS



DESCRIPTION

Money Smart for Older Adults (MSOA) provides awareness among older adults on how to prevent elder financial exploitation and to encourage advance planning and informed financial decision-making. 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, and How to Be Financially Prepared for Disasters.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Money Smart for Older Adults** must be delivered by the Business Office or Unit Team. This program may also be delivered by a Special Populations Coordinator or a qualified volunteer or contractor.

NATIONAL PARENTING FROM PRISON PROGRAM

DESCRIPTION

The Bureau's National Parenting from Prison Program is a 2-phase model, focusing on services for incarcerated parents.

PHASE I: National Parenting Program Workshop. Phase I is a dynamic, psychoeducational course focused on parenting basics. This phase covers topics such as appropriate discipline and developmental milestones supplemented with discussion and practical exercises. An interactive DVD series is used for a portion of the Phase I program, to ensure standardization across facilities. The DVDs include discussion clips from national experts and incarcerated persons. Individuals engage in discussion and complete significant homework assignments as part of this program.

PHASE II: National Parenting Specialty Programs. Phase II focuses on specific parenting needs such as parenting as an incarcerated mother, father, grandparent or parenting a child with a disability. Phase II programming includes the following courses: Inside Out Dad, Mothers of Adolescents, Preparing for Motherhood, Parenting Inside Out, Parenting a Second Time Around (PASTA), Partners in Parenting, Parenting Children with Special Needs (available in Spanish), and To Parent or Not to Parent (available in Spanish).

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **National Parenting from Prison Program** is to be delivered by a Special Populations Program Coordinator, Reentry Affairs Coordinator, Social Worker, or Correctional Counselor. Phase II may be delivered by a qualified volunteer.



NON-RESIDENTIAL DRUG ABUSE TREATMENT PROGRAM

DESCRIPTION

The Non-Residential Drug Abuse Treatment Program (NRDAP) is a psychoeducational/therapeutic group designed for general population individuals who report a history of problematic substance use. NRDAP is available to individuals at every institution. The purpose of NRDAP is to afford all individuals with a substance use problem the opportunity to receive treatment.

The content addresses criminal lifestyles and provides skill-building opportunities in the areas of managing difficult emotions, rational thinking, communication skills, and institution/community adjustment.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Anti-Social Peers, Cognitions and Substance Use

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Non-Residential Drug Abuse Treatment Program** must be delivered by Psychology Services.



RESOLVE PROGRAM

DESCRIPTION

The Resolve Program is a cognitive behavioral therapy program designed to address the trauma-related mental health needs of individuals. Specifically, the program seeks to decrease the incidence of trauma-related psychological disorders and improve level of functioning. In addition, the program aims to increase the effectiveness of other treatments, such as drug treatment and healthcare. The program uses a standardized treatment protocol consisting of three components: 1) initial educational workshop (Trauma in Life/Traumatic Stress & Resilience); 2) a skills-based treatment group (Seeking Safety) and; 3) Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT), and/or a Skills Maintenance Group.

The purposes of the program include the following:

- Improving the individual's functioning by decreasing mental health symptoms that result from trauma;
- Increasing the effectiveness of other treatment programs available to the individual;
- Reducing misconduct that results from mental health and trauma related difficulties; and
- Reducing recidivism.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

FPC Alderson (F)	FCI Aliceville (L)(F)	FCI Ashland (M)	FPC Bryan (F)(S)
FMC Carswell (F)	FCI Coleman (M)	USP Coleman (H)	FCI Cumberland (M)
FCI Danbury (L)	FCI Dublin (L)(F)	FCI Edgefield (M)	FCI Englewood (L)
ADX Florence	USP Florence (H)	SCP Greenville (F)	SFF Hazelton (L)(F)
USP Leavenworth (M)	USP Lewisburg (M)	FCI Loretto (L)	SCP Lexington (F)
SCP Marianna (F)	FCI Otisville (M)	FCI Oxford (M)	FPC Pekin (F)
FPC Phoenix (F)	FCI Safford (L)	FCI Sheridan (M)	FCI Tallahassee (L)(F)
USP Terre Haute (H)	FCI Victorville (M)	SCP Victorville (F)	FCI Waseca (L)(F)

Key: ADX = Administrative; SFF = Secure Female Facility; SCP = Satellite Camp; FPC = Federal Prison Camp;
(L) = Low; (M) = Medium; (H) = High; (F) = Female; (S) = Spanish

NEEDS

Anti-Social Peers, Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Resolve Program** must be delivered by Psychology Services.

RESOURCE TOOLS FOR REENTRY FOR TRANSGENDER INDIVIDUALS



DESCRIPTION

The Resource Tools for Reentry for Transgender Individuals is a gender-responsive curriculum for incarcerated women and men, grounded in the evidenced based practices of: cognitive behavioral therapy; the transtheoretical model of behavior change; motivational interviewing, mindfulness, and interactive journaling. The program is designed to help prepare transgender participants for the challenges of reintegrating into society in the topics of ID documentation, housing, employment, healthcare, and mental health. These hurdles may be related to their gender identity as well as their criminal history. Participants will learn how to advocate for themselves and are given tools to face these challenges. Components include getting legal identification, finding safe housing, finding reliable employment, finding proper healthcare, and caring for your mental health.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions

NEEDS

Cognitions, Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Resource Tools for Reentry for Transgender Individuals** must be delivered by the Special Populations Program Coordinator, Reentry Affairs Coordinator or Unit Team.



DESCRIPTION

Seeking Safety is a present-focused, evidence-based approach to treat trauma symptoms and substance use concurrently. It is based on the premise that healing from each disorder requires attention to both disorders. This intervention teaches individuals to manage and decrease symptoms and gain control over both disorders by addressing current life problems. The Seeking Safety curriculum is called Seeking Strength at male institutions.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers, Cognitions, Mental Health, Substance Use, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Seeking Safety** must be delivered by Psychology Services.



DESCRIPTION

Social Skills Training for Schizophrenia is a structured skills training intervention focused on improving social skills. Although designed for individuals suffering from schizophrenia, this resource is appropriate for any individual with moderate social skills deficits. With this intervention, social skills are taught and practiced in a small group setting but can be offered on an individual basis, as needed. Skills include basic social skills, conversation skills, assertiveness skills, conflict management skills, communal living skills, friendship and dating skills, health maintenance skills, vocational/work skills, and coping skills for drug and alcohol use.

The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers, Cognitions, and Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Social Skills Training** must be delivered by Psychology.

STRONGER TOGETHER, EMERGING PROUD (S.T.E.P.)



DESCRIPTION

Stronger Together, Emerging Proud (S.T.E.P.) is a gender-responsive and trauma informed care curriculum for incarcerated women and men, grounded in the evidenced based practices of: cognitive behavioral therapy; the transtheoretical model of behavior change; motivational interviewing, mindfulness, and interactive journaling. The program is designed to provide a safe, supportive place for participants to discuss shared experiences as a transgender person, build their resilience and create a support system. The program consists of a Women's Program Series and a Men's Program Series, each designed to address the unique challenges faced by offenders during incarceration. Components include finding support, skills for resilience, exploring identity, coming out, navigating relationships, and reflecting on S.T.E.P. The program also includes interactive videos that can be utilized during program delivery.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Stronger Together, Emerging Proud (S.T.E.P.)** must be delivered by the Special Populations Program Coordinator or Psychology Services.

THRESHOLD PROGRAM

Faith-based program focused on values and life skills

DESCRIPTION

The Threshold Program is a non-residential faith-based reentry program open to both male and females. Like the more intensive Life Connections Program, it is open to those across the agency seeking grounding in positive values and responsibility, regardless of the presence of a religious affiliation. Ordinarily, individuals should have less than 24 months from their proposed release dates to be considered for the program. Curriculum is also designed for participants who desire to participate from a non-religious perspective.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Threshold Program** must be delivered by leadership in Chaplaincy Services, or the appropriately credentialed religious community volunteer, contractor, or mentor.

TRANSITION ACCEPTANCE



DESCRIPTION

Transition Acceptance is a gender-responsive and trauma informed care curriculum for incarcerated women and men, grounded in the evidenced based practices of: cognitive behavioral therapy; the transtheoretical model of behavior change; motivational interviewing, mindfulness, and interactive journaling. The program is designed to provide a supportive place for participants to explore the journey they're on with their gender transition. The program consists of a Women's Program Series and a Men's Program Series, each designed to address the unique challenges faced by offenders during incarceration. Components include setting out on my path, emotional transition, social transition, medical transition, and looking forward. The program also includes interactive videos that can be utilized during program delivery.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Transition Acceptance** must be delivered by the Special Populations Program Coordinator or Psychology Services.

VOCATIONAL TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under three broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Vocational Training is marketable training and provides specific entry level or advanced job skills and certification that is instructor led with hands on skill building, as well as, live work projects. A variety of skilled-trades are offered to include: building trades, welding, heating ventilation and refrigeration (HVAC), highway construction, and wind-turbine technology.

Generally, these programs require individuals to have completed the high school equivalency, but concurrent enrollment is sometimes possible. Each individual program is designed to enhance post-release employment opportunities by providing those with the ability to obtain marketable, in-demand employment skills. Most programs follow a competency-based curriculum, which teaches specific job skills and leads to a recognized credential, certificate, or degree. It should be noted that some programs offer "exploratory courses," which allow individuals to explore a possible program before making a long-term commitment.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

To ensure program fidelity and proper credit, **Vocational Training** must be delivered by Education or Federal Prison Industries. This program may also be delivered by a qualified volunteer or contractor.

WELLNESS: INSIDE AND OUT



DESCRIPTION

The Wellness: Inside and Out program is a fully scripted curriculum with workbooks and an administrator manual. This program will present and build upon the *Eight Dimensions of Wellness*. Additionally, the curriculum will integrate 5 areas of concentration to include: assessments of needs, social inclusion, interaction, self-assessment, services upon release, and identified coping mechanisms.

The Wellness: Inside and Out program will target individuals who bring both physical and mental health problems to prison by offering skill-building lessons and specific goals. Using these skills, participants will begin to educate themselves and make changes in their behavior. The goal-oriented programming will also build skills that translate into successfully reentry, helping former inmates avoid future incarceration.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Mental Health and Recreation/Leisure/Fitness

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Wellness: Inside and Out** program must be delivered by Recreation Services.

STRUCTURED, CURRICULUM-BASED PRODUCTIVE ACTIVITIES

Productive Activities (PA) are group or individual activities that allow an incarcerated individual to remain productive and thereby maintain or work toward achieving a minimum or low risk of recidivating. PAs include a variety of groups, programs, classes and individual activities which can be either structured or unstructured. This guide only provides information about structured, curriculum-based PAs.

To ensure program fidelity and proper credit, program delivery includes a list of qualified employees/disciplines, contractors or volunteers who can deliver the PAs listed. Those not listed are not recommended.

Employees should consult with program material for length and duration of the class activity. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

Productive Activities & Descriptions	Location(s)	Need(s) Addressed	Program Delivery
A Healthier Me The Healthier Me Program is designed to help incarcerated women build healthy lifestyles by considering what a healthy life means to them and practicing skills for stress management, healthy relationships, physical activity, and mindful eating.	All female sites	Recreation/Leisure/Fitness	Recreation Special Populations Program Coordinator Social Worker Unit Team
A Matter of Balance 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 individuals to problem-solve and improve their self-esteem.	All institutions	Recreation/Leisure/Fitness	Health Services Recreation
AARP Foundation Finances 50+ 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 that translates into positive financial behaviors.	All institutions	Finance/Poverty	Special Populations Program Coordinator Unit Team Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Academic Success This program is designed to prepare inmates for academic programs. It is delivered in a group format and may be offered to individuals in restrictive housing if the facilitator has frequent contact with the participant(s)-essentially leading discussion and demonstrating content through correspondence. The Academic Success Program consists of training in motivation and goal setting; time-management; metacognition; listening and note-taking; reading to learn; preparing for tests; interacting with others; and writing.	All institutions	Anti-Social Peers Cognitions Education	Education Volunteer/Contractor with knowledge of program content
Access This program is designed for incarcerated women who are survivors of domestic violence. It assists women in identifying suitable career options to become economically independent upon reentry. An interactive computer component (which can be printed and used in class) is used to explore career options. Participants also complete testing to determine what career field is best for them.	All female sites	Cognitions Mental Health Trauma	Social Worker Special Populations Program Coordinator
Alcoholics Anonymous (AA) Support Group This self-help approach to change reduces the likelihood of problematic drinking behaviors. AA can be guided by any Bureau employee but is essentially a self-help program.	All institutions	Substance Use	Contractor Volunteer
Aleph Institute The Aleph Correspondence Course program offers a wide array of learner-friendly materials from a Hebrew Reading and Writing Course to the mystical teachings of the Kabbalah. These courses further develop the student's spiritual growth and knowledge. The Aleph Institute Correspondence Course program focuses on supporting and fostering each student's individual spiritual growth. Each course includes coursework and research.	All institutions	Anti-Social Peers Cognitions Education	Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Arthritis Foundation Walk with Ease The Arthritis Foundation's Walk with Ease six-week program teaches participants how to safely make physical activity part of everyday life. Backed by studies from the Institute on Aging and Thurston Arthritis Foundation's Research, after completing this program, participants will reduce the pain and discomfort of arthritis; increase balance, strength, and walking pace; build confidence in the ability to be physically active; and improve overall health.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer
Bereavement Support Group The Bereavement Support Group is a guide for starting and leading a support group for individuals experiencing grief. This is a twelve-session time-limited support group. Individuals in the group may utilize both the Understanding Your Grief book and the Understanding Your Grief journal.	ALD ALI ALX ATL BRO BRY BUX CAA CRW COX DAN DEV FLX FTW GIL GRE HAX LEX LOX LOS MAR OAX PEK PHL RCH SPG TAL TRM THX TCP VIX WAS	Mental Health	Social Worker
Beyond Violence: Prevention Program for Criminal-Justice Involved Women Beyond Violence focuses on anger and utilizes a multi-level approach and evidence-based therapeutic strategies (i.e., psychoeducation, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers). The program is designed to assist women in understanding trauma, the aspects of anger, and emotional regulation.	All female sites	Anger/Hostility Cognitions	Special Populations Program Coordinator Social Worker
Brain Health as You Age: You can Make A Difference! Improve memory and decision-making This program fosters self-improvement by providing those with knowledge related to brain health and its impact on memory, judgment, decision-making, and overall physical health, as well as the contributory effect brain health has on society as a whole.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Brief CBT for Suicidal Individuals This treatment was developed for individuals who are at risk of suicide and is typically started following a suicide attempt or suicide risk assessment. The initial focus is on understanding the suicide mode and implementing crisis intervention strategies such as the development of a safety plan. The protocol also focuses on the development of cognitive strategies to help modify negative thoughts that can lead to self-directed violent behaviors. This treatment can be offered individually or in a group setting.	All institutions	Mental Health	Psychology
CBT for Eating Disorders Cognitive Behavioral Therapy for Eating Disorders involves assessment, stabilization, and education for individuals who have been diagnosed with an eating disorder. The program focuses on behavioral monitoring, body image concerns, and the development of new skills. It can be offered in an individual or group therapy format.	All institutions	Mental Health	Psychology
CBT for Insomnia Cognitive Behavior Therapy for Insomnia helps to identify maladaptive thoughts and behaviors that can lead to persistent insomnia. This program combines aspects of sleep hygiene, stimulus control, sleep restriction, and cognitive therapy into an integrated approach. It can be offered individually or in a group format.	All institutions	Mental Health	Psychology
CBT for Prison Gambling This set of 4 self-guided cognitive-behavioral handouts is designed to help individuals assess their prison gambling behavior and to develop the commitment to quit.	All institutions	Anti-Social Peers Cognitions	Psychology
Change Plan The Change Plan focuses on the goal established in the Foundation EBRR. As part of the Foundation Program's Personal Priorities Plan, participants identified 3 positive changes they wanted to make during incarceration. Change Plan gives participants the opportunity to focus on 1 of these changes, guiding them through 10 evidence-based strategies they can apply to this change.	All female sites	Cognitions Education Mental Health Work	Contractor Education Health Services Psychology Special Populations Program Coordinator Social Worker Unit Team Volunteers

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Circle of Strength Circle of Strength is a gender responsive intervention designed specifically for incarcerated persons in Federal Detention Centers or other short-term settings. It uses a structured format to provide information and resources about topics important to newly incarcerated persons while encouraging social support among participants.	All Detention Centers	Cognitions Mental Health Trauma	Psychology Special Populations Program Coordinator Unit Team
Complicated Grief Treatment Complicated Grief Treatment (CGT) is a structured 16-session psychotherapy program designed to treat individuals with prolonged grief symptoms by promoting healing milestones and addressing individuals that are “stuck” adapting to loss. The underlying assumption of the intervention is that grief is a universal life event. Treatment focuses on two areas: 1) restoration of effective functioning by generating enthusiasm for the future, and 2) helping patients think about the death without evoking intense feelings of anger, guilt, or anxiety. The seven core components include: understanding grief, managing painful emotions, thinking about the future, strengthening relationships, telling the story of the death, learning to live with reminders, and remembering the person who died.	ALD ALI ALX ATL BRO BRY BUX CAA CRW COX DAN DEV FLX FTW GIL GRE HAX LEX LOX LOS MAR OAX PEK PHL RCH SPG TAL TRM THX TCP VIX WAS	Mental Health	Social Worker
Disabilities Education Program (DEP) DEP is a support group designed specifically for individuals living with physical disabilities while in institutions of varying security levels and focusing on reentry concerns. It uses a structured format to provide information and resources about topics important to those with varying physical disabilities while encouraging social and peer support among participants.	All institutions	Anti-Social Peers Cognitions Medical	Reentry Affairs Coordinator Special Populations Program Coordinator

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Drug Education This program is designed to encourage participants with a history of drug use to consider the consequences of their drug use and identify their drug treatment needs. Participants learn about the available treatment programs and are connected with providers from the Residential Drug Abuse Treatment Program (RDAP) or the Non-Residential Drug Abuse Treatment Program (NRDAP). Drug Education is a required class for many inmates with a drug history code.	All institutions	Substance Use	Psychology
Embracing Interfaith Cooperation Embracing Interfaith Cooperation fosters interfaith dialogue, discussion, and understanding. It breaks down stereotypes and barriers for people and communities to serve together toward meeting common civil rights and community goals. The goal of this program is to provide an effective strategy in countering religious discrimination and extremism.	All institutions	Cognitions	Chaplaincy Services Contractor Volunteer
Federal Prison Industries (FPI) Lean Basic Training Lean Basics Training provides the 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.	(51) FPI facilities (see page 25 for a list of facilities)	Work	FPI Certified Instructor
Franklin Covey 7 Habits on the Inside This program addresses interpersonal skills impacting relationships. It emphasizes character, integrity, and becoming trustworthy. It helps individuals move from the dependent state to the independent state where they accept responsibility for their thoughts and actions. The ultimate goal of the course leads to improved relationships with family, work, and peers.	All institutions	Family/Parenting	Unit Team (Certification Required)

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Getting to Know Your Healthy Aging Body This program discusses changes in organs, physique, and other physiological processes as we age. It also helps the aging population understand how to maintain the health of major biological systems. These major biological systems include the cardiovascular, digestive, and renal systems. The program also gives you valuable information on skin, ear and eyes, weight management, and sexual health.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer
Health and Wellness Throughout the Lifespan This program addresses the psychological effects of stress and aging. It explores the developmental psychology of people changing throughout life from infancy, through childhood, adolescence, adulthood, and death with individual needs being met at every stage of growth and development. It stresses the importance of understanding the development and the psychological effects of aging that occurs throughout the human lifespan.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer
Healthy Mind and Bodies Healthy Mind and Bodies is designed to enhance participation in healthy behaviors by offering group and individual activities to offenders. Participants will be provided the opportunity to reduce stress and enhance their overall health and emotional well-being through in-person classes, discussions, journal entries and homework. This program will provide participants with the knowledge of the importance of healthy living choices by addressing diet, exercise and weight management, health promotion, and disease/illness prevention.	All institutions	Recreation/Leisure/Fitness	Recreation Special Populations Program Coordinator Volunteer
Healthy Steps for Older Adults Healthy Steps for Older Adults is an evidenced-based falls prevention program designed to raise participants' knowledge and awareness of steps to take to reduce falls and improve health and well-being. The goal of the program is to prevent falls, promote health, and ensure that older adults remain as independent as possible for as long as possible.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Houses of Healing: A Prisoner's Guide to Inner Power and Freedom Houses of Healing is an intervention program that teaches emotional literacy skills. Emotional literacy is the ability to perceive, understand, and communicate emotions with self and to 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 thinking and actions.	All institutions	Cognitions	Chaplaincy Services Contractor Volunteer
K2 Awareness Program This program is for individuals suspected of or known to have used K2. It is designed to educate them about the risks of drug use, motivate them to seek drug treatment during their incarceration, and increase their awareness of available treatment resources. The ultimate goal is to reduce K2 use, thereby increasing the safety and security of the institution for employees and offenders.	All institutions	Substance Use	Contractor Custody Education Health Services Unit Team Volunteer
Living a Healthy Life with Chronic Conditions This program assists participants in improving mental and physical well-being. This program is designed for older adults impacted by chronic conditions. It includes 19 topics with flexibility to modify sessions based on group needs.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer
Managing Your Diabetes Managing Your Diabetes is designed to teach individuals how to effectively manage their chronic disease.	All institutions	Medical	Health Services Volunteer (with appropriate credentials Nurse/Dietician)
Mindfulness-Based Cognitive Therapy Mindfulness-Based Cognitive Therapy is a group intervention aimed at preventing symptom relapse in individuals who have a history of depression. In this treatment program, participants learn to engage in daily practice of mindfulness skills and cognitive behavioral techniques to treat the symptoms of depression.	All institutions	Mental Health	Psychology

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Narcotics Anonymous (NA) This self-help approach to change reduces the likelihood of future drug use. NA can be guided by any volunteer, but is essentially a self-help program.	All institutions	Substance Use	Volunteer
National Diabetes Prevention Program This is a preventative program to assist at-risk and older adults in living healthier lifestyles and increasing physical activity. 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.	All institutions	Medical Recreation/Leisure/Fitness	Contractor Health Services Recreation Special Populations Program Coordinator Unit Team Volunteer
Create New Beginnings (CNB) Create New Beginnings (CNB) is a value-based art program that empowers incarcerated women to acknowledge and process their emotions as well as develop their self-awareness through artistic expression. Studies show that creativity promotes positive behavior, self-confidence, and increases the likelihood of pursuing further education, particularly within incarcerated populations. By creating a safe place for the women to share and the utilization of music and art activities to process painful emotions, CNB creates a peaceful, safe atmosphere for ongoing healing. CNB helps women in custody be open to change, develop empathy for self and others, and strengthen their resiliency skills.	All female sites	Trauma	Certified Volunteer with Prison Fellowship
PEER The Personal Education & Enrichment Resources (PEER) support group is designed for those living with cognitive and physical disabilities while in institutions of varying security levels. This facilitator-led group provides information and resources about topics important to individuals with varying disabilities while encouraging social and peer support among participants.	All institutions	Anti-Social Peers	Special Populations Program Coordinator Social Worker Unit Team

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Pu'a Foundation Reentry Program This is a trauma-informed care program for female offenders at FDC Honolulu grounded in Hawaiian culture. The program focuses on families affected by trauma and incarceration with a special emphasis on women, girls, and Native Hawaiian participants.	FDC Honolulu	Family/Parenting Trauma	Contractor Education Social Worker Unit Team Volunteer
Reach Out, Stay Strong, Essentials for Mothers of Newborns (ROSE) The ROSE Program is a five-session intervention to reduce the occurrence of postpartum depression symptoms that is delivered during pregnancy and includes a postpartum session. ROSE may be delivered in groups of up to 12 participants or individually. This program offers open enrollment so participants may join at any time during its provision and may complete the sessions out of order. The core elements include psychoeducation on postpartum depression, managing stress in transition to motherhood, social support, redefining expectations for self, and relationships. Session topics include communication skills via role play, stress management skills, and building social support.	All female sites	Family/Parenting Mental Health	Social Worker
Resilience Support Resilience Support is a support group designed specifically for veterans living in institutions of varying security levels. It uses a structured format to provide resilience-building skills to veterans of all uniformed services encouraging peer and social support among participants. It emphasizes positive interpersonal relationships, physical and mental wellness, discovery of life purpose and meaning, self-compassion, and personal growth. The support group provides strategies to improve an individual's ability to adapt to adversity.	All institutions	Anti-Social Peers Cognitions	Reentry Affairs Coordinator Special Populations Program Coordinator Unit Team Volunteer
Service Fit This program is an 8-week, uniformed service inspired program designed specifically for veterans housed in a correctional facility. It uses a structured format to provide physical activity supporting a healthy lifestyle while encouraging social and peer support among participants.	All institutions	Recreation/Leisure/Fitness	Contractor Health Services Recreation Unit Team Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
<p>Sexual Self-Regulation (SSR)</p> <p>The SSR treatment protocol is designed to teach the practice of self-management skills to gain effective control over sexually deviant behaviors and sexual preoccupation. To accomplish this task, participants are 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. The protocol can be used within a Sex Offender Treatment Program or as a stand-alone group. Prior to starting SSR, participants should complete Basic Cognitive Skills (BCS), which teaches the basics of Rational Emotive Behavioral Therapy (REBT) and Rational Self Checks (RSC.)</p> <p>Provision of sex offender treatment services requires specialized knowledge and competencies. Non-Sex Offender Management Program (SOMP) institutions proposing to implement SSR require approval from the Sex Offender Program employees in the Central Office Psychology Services Branch. If you are interested in offering this group at your institution, please contact the National Sex Offender Treatment Program Coordinator. We may be able to assist you in obtaining the requisite training. Clinicians approved to provide SSR will receive an approval email, which should be retained for verification purposes. Psychology employees lacking approval should not implement SSR at their institution.</p>	All institutions	Cognitions	<p>Psychology</p> <p>(Provider must consult and receive written approval by PSB prior to delivery of services)</p>
<p>Soldier On</p> <p>Soldier On is a support group designed specifically for veterans living in varying security levels. It uses a structured format to provide information and resources about topics important to veterans of all uniformed services encouraging social and peer support among participants.</p>	All institutions	Anti-Social Peers Trauma	<p>Contractor</p> <p>Special Populations Program Coordinator</p> <p>Social Worker</p> <p>Unit Team</p> <p>Volunteer</p>

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Square One: Essentials for Women Square One is a basic life skills program designed specifically for female offenders. Although any woman may participate, it is designed to meet the needs of lower functioning women or those who have not lived or worked independently. The program adheres to principles associated with cognitive-behavioral approaches.	All female sites	Finance/Poverty Mental Health Recreation/Leisure/Fitness	Business Office Contractor Education Health Services Special Populations Program Coordinator Social Worker Unit Team Volunteer
Start Now This program is designed for use in correctional facilities to treat offenders with behavioral disorders and associated behavioral problems. Start Now is designed as a strengths-based approach, focusing on an accepting and collaborative clinical style. It places the primary responsibility for change on the individual. It includes a gender-responsive program that was developed specifically for female offenders.	All institutions (gendered curricula)	Anger/Hostility Cognitions	Contractor Education Health Services Psychology Special Populations Program Coordinator Social Worker Unit Team Volunteer
Supported Employment Supported Employment is designed to carefully match seriously mentally ill individuals with competitive job opportunities in the institutional setting suitable to their interests and abilities. The program incorporates therapeutic support through the process of job acquisition and daily performance.	All institutions	Education Mental Health Work	Psychology
Talking with Your Doctor: Guide for Older Adults 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.	All institutions	Medical Recreation/Leisure/Fitness	Health Services Recreation

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Trauma Education Trauma in Life (for females) and Traumatic Stress and Resilience (for males) - The purpose of the Trauma Education workshop is to provide information about understanding traumatic experiences, the impact of traumatic experiences, building resilience, and resolving difficulties through treatment. This group is designed to be educational and does not discuss specific personal traumas during group sessions. Completion can help determine if further trauma treatment is needed.	All institutions	Mental Health Trauma	Psychology
Ultra Key 6: The Ultimate Keyboarding Tutor Ultra Key 6 places a strong emphasis on learning proper typing technique and typing accuracy, as well as speed. It emphasizes mastery of correct typing posture and fluent keystroke memory results in improved typing speed with practice. The program is adaptive and allows users to progress at their own pace.	All institutions	Education Work	Contractor Education
Understanding Your Feelings: Shame and Low Self Esteem This program helps women evaluate the role of shame and low self-esteem in their lives. Risk factors are identified for each individual, and coping skills to improve self-worth are learned and practiced.	All female sites	Cognitions Mental Health Trauma	Education Health Services Special Populations Program Coordinator Social Worker
Veterans Career Exploration A three-part career explorations program for incarcerated veterans which helps identify skills for pursuing, applying for and being successful in a long-term civilian career. This program places emphasis on translating military skills into civilian career skills, finding meaning and purpose in a civilian career, communication in a civilian workplace, finding a work-life balance and managing stress.	All institutions	Finance/Poverty Work	Contractor Special Populations Program Coordinator Volunteer
Victim Impact: Listen and Learn A rehabilitative program that puts "victims first." Students who participate will be provided with a skillset to understand the impact crimes have on their victims.	All institutions	Cognitions	Health Services Unit Team

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Wellness Recovery Action Plan The Wellness Recovery Action Plan (WRAP) is a recovery-oriented, evidence-based practice that teaches individuals with a serious mental illness to maintain their recovery through wellness activities and to identify desired treatment and supports prior to crises.	All institutions	Mental Health	Psychology
Women in the 21st Century Workplace This program addresses workforce and soft skills of women with longer sentences. It is based on a Department of Labor program and adapted for use with incarcerated women. The program identifies women's roles in the modern workforce and assists participants in understanding important job-related skills.	All female sites	Education Work	Contractor Education FPI Special Populations Program Coordinator Social Worker Volunteer
Women's Aging: Aging Well The Aging Well Program is for incarcerated women ages 45 and up. Its goal is to help women learn valuable information on aging, learn helpful strategies for change, and access the support of positive peers. The program helps women age well in the areas of meaning and purpose, physical health, mental and emotional well-being, healthy relationships, and planning for the future.	All female sites	Medical Recreation/Leisure/Fitness	Special Populations Program Coordinator Social Worker Volunteer
Women's Relationships This cognitive behavioral therapy group assists women in identifying and developing healthy, prosocial relationships with friends, family, and acquaintances.	All female sites	Anti-Social Peers Cognitions Family/Parenting	Contractor Education Special Populations Program Coordinator Social Worker Volunteer
Women's Relationships II This 7-part gender responsive and trauma informed series for women examines the relationships of incarcerated women. The program explores self-image, connections with others, building healthy relationships, communication techniques and the transitioning of relationships.	All female sites	Anti-Social Peers Cognitions Family/Parenting Trauma	Contractor Education Special Populations Program Coordinator Social Worker Volunteer

Productive Activities & Descriptions	Location(s)	Needs Addressed	Program Delivery
Women's Reflections Group The Women's Reflections Group targets women who are struggling to make good choices, may be transitioning from special housing, or are experiencing difficulty addressing environmental stressors. The program gives incarcerated women a safe and comfortable place where they can process problems and emotional concerns they are experiencing, and gain tools needed to work toward solving these problems. Members gain insight into their own thoughts and behavior.	All female sites	Anti-Social Peers Cognitions	Special Populations Program Coordinator Reentry Affairs Coordinator
Your Guide to Labor and Birth Your Guide to Labor and Birth is a comprehensive pregnancy education program completed during pregnancy. It covers the perinatal period and provides education to expectant mothers on pregnancy-related topics, such as preparing for birth, having a healthy pregnancy, nutrition and exercise, pain and comfort, labor and birth, medical interventions during pregnancy, parenting adjustment, and newborn care. It may be delivered in a group setting or individually with a flexible number of sessions.	All female sites	Family/Parenting	Social Worker

BOP Institution Index

Alabama

FCI Aliceville (ALI) FPC Montgomery (MON) FCI Talladega (TAL)

Arizona

FCI Phoenix (PHX) FCI Safford (SAF) FCC Tucson (TCP)

Arkansas

FCC Forrest City

California

USP Atwater (ATW) MDC Los Angeles (LOS) FCI Herlong (HER) FCC Lompoc (LOX)
 FCI Mendota (MEN) MCC San Diego (SDC) FCI Terminal Island (TRM) FCC Victorville (VIX)
 FCI Dublin (DUB)

Colorado

FCI Englewood (ENG) FCC Florence (FLX)

Connecticut

FCI Danbury (DAN)

Florida

FCC Coleman (COX) FCI Marianna (MNA) FCI Miami (MIA) FDC Miami (MIM)
 FPC Pensacola (PEN) FCI Tallahassee (TAL)

Georgia

USP Atlanta (ATL) FCI Jesup (JES)

Hawaii

FDC Honolulu (HON)

Illinois

MCC Chicago (CCC) FCI Greenville (GRE) USP Marion (MAR) FCI Pekin (PEK)
 USP Thomson (TOM)

Indiana

FCC Terre Haute (THP)

Kansas

USP Leavenworth (LVN)

Kentucky

FCI Ashland (ASH) USP Big Sandy (BSY) FCI Manchester (MAN) USP McCreary (MCR)
 FMC Lexington (LEX)

Louisiana

FCC Oakdale (OAX) FCC Pollock (POX)

Maryland

FCI Cumberland (CUM)

Massachusetts

FMC Devens (DEV)

Michigan

FCI Milan (MIL)

Minnesota

FPC Duluth (DTH) FMC Rochester (RCH) FCI Sandstone (SST) FCI Waseca (WAS)

Mississippi

FCC Yazoo City (YAZ)

Missouri

MCFP Springfield (SPG)

New Hampshire

FCI Berlin (BER)

New Jersey

FCI Fairton (FAI)

FCI Fort Dix (FTD)

New York

MCC New York (Temporarily Closed)

MDC Brooklyn (BRO)

FCI Otisville (OTV)

FCI Ray Brook (RBK)

North Carolina

FCC Butner (BUX)

Ohio

FCI Elkton (ELK)

Oklahoma

FCI El Reno (ERE)

FTC Oklahoma City (OKL)

Oregon

FCI Sheridan (SHE)

Pennsylvania

FCC Allenwood (ALX)

USP Canaan (CAA)

USP Lewisburg (LEW)

FCI Loretto (LOR)

FCI McKean (MCK)

FCI Schuylkill (SCH)

FDC Philadelphia (PHL)

Puerto Rico

MDC Guaynabo

South Carolina

FCI Bennettsville (BEN)

FCI Edgefield (EDG)

FCI Estill (EST)

FCI Williamsburg (WIL)

South Dakota

FPC Yankton (YAN)

Tennessee

FCI Memphis (MEM)

Texas

FCI Bastrop (BAS)

FCC Beaumont (BMX)

FCI Big Spring (BIG)

FPC Bryan (BRY)

FMC Carswell (CRW)

FMC Fort Worth (FTW)

FDC Houston (HOU)

FCI La Tuna (LAT)

FCI Seagoville (SEA)

FCI Texarkana (TEX)

FCI Three Rivers (TRV)

Virginia

USP Lee (LEE)

FCC Petersburg (PEX)

Washington

FDC Sea Tac (SET)

West Virginia

FPC Alderson (ALD)

FCI Beckley (BEC)

FCI Gilmer (GIL)

FCC Hazelton (HAX)

FCI McDowell (MCD)

FCI Morgantown (MRG)

Wisconsin

FCI Oxford (OXF)

Specific information for each location can be found: <https://www.bop.gov/locations/list.jsp>

APPENDIX A

Federal Bureau of Prisons Occupational Training Directory

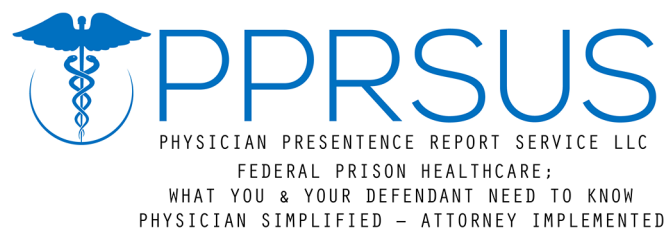
OCCUPATIONAL EDUCATION PROGRAMS	
PROGRAM DESCRIPTION	<p>The Occupational Education Program is designed to help inmates acquire marketable skills in a wide variety of trades. Programs which vary from institution to institution are provided by either career civil-service vocational training instructors or through contracts with colleges and technical schools. Many institutions also provide registered apprenticeships through the United States Department of Labor's Office of Apprenticeship.</p> <p>An Inmate Occupational Training Directory, outlining the specifics for programs offered at each institution was published in September 2013. The Directory is accessible via:</p> <p>http://www.bop.gov/inmates/custody_and_care/docs/inmate_occupational_training_directory.pdf</p>
TIME FRAME	<p>Program length varies with the provider and the complexity of the program. Upon completion of a marketable occupational education program, inmates may earn an AA, AS, AAS degree and/or an industry recognized certification. Apprenticeship programs are usually 2,000+ hours and may take three to four years to complete.</p>
ADMISSION CRITERIA	<p>All inmates are eligible to participate in an institution's occupational education program. The inmate's unit team, in consultation with the Education Department, determines if a particular course of study is suited to the inmate's needs. Inmates with a demonstrated need for occupational training may have their enrollments deferred until the latter part of their sentence, to ensure their training is current upon release. Occupational education programs typically require an inmate to have a GED or high school diploma or concurrent enrollment in the Literacy Program.</p> <p>Inmates under orders of deportation, exclusion, or removal may participate in an institution's occupational education program if institution resources permit after meeting the needs of other eligible inmates.</p>
PROGRAM CONTENT	<p>Program content focuses on developing the skills necessary for entry-level employment in a given trade.</p>
EMPIRICAL SUPPORT	<p>Evidence shows a relationship between correctional education program participation before release and lower odds of recidivating after release (Davis et al., 2014; Saylor and Gaes, 1996; Aos, Phipps, Barnoski and Lieb, 2001). In a study conducted in Maryland, Minnesota and Ohio, correctional education participants had lower recidivism rates in the categories of re-arrest, re-conviction, and re-incarceration (Steurer, Smith and Tracy, 2001). There is some evidence that in-prison vocational education is effective in improving individuals' likelihood of post-release employment (Davis et al., 2014).</p>
APPLICABLE POLICIES	<p>5353.01 Occupational Education Programs.</p> <p>5300.21 Education, Training and Leisure Time Program Standards.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities are mandated to offer Occupational Training with the following exceptions: metropolitan correctional centers, metropolitan/federal detention centers, the Federal Transportation Center, satellite camps, and the administrative maximum facility.</p>



FEDERAL BUREAU OF PRISONS

Occupational Training Directory (OTD)
by Institution

Course Title	DOL Category DOL Specific Category Program Type	Months Duration	Pre-Requisite	Instructional Source Specific Degree Job Title	Credit Types CEUs / College
Institution: OTISVILLE FCI					
Computer Skills Location: Main	Office and Administrative Support - Desktop Publishers - Occ Ed Class	6	Concurrent GED Enrollment	BOP Employee BOP Certificate Only Computer Clerical	0 / 0
Floor Care Maintenance Custodial Technician Location: Main	Building and Grounds Cleaning - Janitors and Building Cleaners - Occ Ed Class	12	High School Diploma or GED	BOP Employee BOP Certificate & Industry Recognized Certificate Maintenance Custodial Technician	0 / 0
Horticulture/Landscape Location: Main	Farming, Fishing, and Forestry - Agricultural Workers - Occ Ed Class	18	High School Diploma or GED	BOP Employee BOP Certificate Only Horticulturist / Landscaper	0 / 0
Textiles and Production Location: Main	Production - Upholsterers - Occ Ed Class	6	High School Diploma or GED	BOP Employee BOP Certificate Only Sewer/ Upholsterer	0 / 0



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