

## **Participant Enrichment Guide**

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## **Adult Basic Education**

All sentenced individuals at the Suffolk County House of Correction will be offered adult basic education classes. Each sentenced individual will be tested to assess their literacy level and then offered classes based on the results of the Test of Adult Basic Education (TABE) exam.

Title 1: This is a designation for students under the age of 21. Specific federal funding is available to ensure that educational services are provided for all Title 1 students.

English as a Second Language (ESL): This program assists non-native English speakers as they practice basic language structures and conversation skills. Within this course, participants will develop their writing ability, reading fluency, vocabulary and much more.

Literacy 1: This course is designed to successfully develop reading, spelling, and writing strategies for participants who read at or less than a fifth grade level.

Literacy 2: This class assists participants in improving their skills in reading comprehension, basic arithmetic, and essay writing.

High School Equivalency Test (HiSET): Individuals taking the HiSET exam will receive high school-level instruction in all subjects covered on the exam. The exam will be at the Suffolk County House of Correction on a regular basis at no cost to the participants.

Special Education: Special Education classes are available for individuals under the age of 22 who have been diagnosed with learning disabilities and had an Individualized Education Program (IEP) while enrolled in public schools.

Parenting: Fathers are taught parenting skills as well as skills on nutrition, discipline, nurturing, and developmental issues. Participants also engage in the Fathers Read Aloud program that encourages fathers to read to their children.

Financial Literacy: Participants learn how to make sensible financial decisions, manage money and credit, as well as negotiate any financial opportunities and/or problems they may encounter.

Creative Writing: This workshop is intended to teach women how to improve their writing skills. The course ends with a public reading and publication of their work.

Art: This class is an arts & crafts workshop for women that is offered by volunteers.

Reading & Writing Coach: Individuals who have difficulty reading and writing can receive one-on-one instruction from a reading coach. The coach also offers a workshop on essay writing and reading comprehension for high school-level students.

Tutoring: Tutoring sessions are available through programs provided by Boston College and Harvard University.

Freedom from Violence: This class leads participants to discover the idea that personal freedom is based more on inner control, rather than, external control or domination through violence.

Civics: This class teaches the basics of civic engagement and participation in our government. The course will cover current election cycles and the basics of state, federal and city government.

Street Math: This course introduces logic-based problem defining and solving. This course takes into account everything that needs to be counted: getting a good job, starting a small business, or helping children with their math homework.

Library: Our library staff teaches an assortment of enrichment classes throughout the year. Some of their offerings include Book Club, Film Class, Chess Club, Debating, and TV Club.

The Suffolk County Sheriff's Department encourages the pursuit of education at all levels. In addition to the numerous educational programs provided, we also offer programs to assist individuals in furthering their education to the post-secondary level.

Educational Counseling: Educational advising is available through a variety of counselors. Participants receive assistance with college applications, financial aid, references, and testing in order to assist their transition to post-secondary education.

College Bound: This is a transitional program to equip participants with the attitude, skills, and experience to graduate from college.

Inside-Out: Perspectives on Crime, Corrections, & Justice Course

This Inside-Out course is an opportunity for a group of students from Boston College and the Suffolk County House of Correction to exchange ideas and perceptions about crime, corrections and justice. It is a chance for all participants to gain a deeper understanding of the United States criminal justice system through the integration of theoretical knowledge and practical experience achieved in meetings throughout a semester. Topics include causes and definitions of crime, criminal justice institutions, myths and realities of prison life, experiences of crime victims, theories of punishment and rehabilitation, and the relationship between crime and community

### **Family Matters**

What is it/ How does it work?

The Family Matters program connects families to resources that help stabilize the household for the release and return of a formerly incarcerated member in order to prevent incarceration and reduce recidivism. This program facilitates referrals to organizations that address multiple challenges, while helping children overcome obstacles that are the by-product of an incarcerated family member. The program broadens the knowledge of how preparation for the family member's release impacts re-entry, family relationships and the community. The Family Matters program is committed to helping inmates and their families work toward positive relationships.

Who is eligible?

- Individuals who are currently serving their sentence at the House of Correction or Suffolk County Jail

- Individuals who have completed their sentences or formally incarcerated individuals who are living in the community
- The children, families, and support systems of formally incarcerated individuals

#### Community Partners

- Father's Uplift
- Home for Little Wanderers
- Family Nurturing Center (FNC)
- Boston Public School's Office of Social Emotional Learning & Wellness
- School of Social Work at Bridgewater State University
- Collaborative Parent Leadership Action Network (CPLAN)

#### Resource Assistance

- Family Resource Center at Suffolk County
- National Alliance on Mental Illness (NAMI)
- Brigham Health Bridge Clinic
- Patch Program (Family Nurturing Center)
- Community Connections
- Lower Roxbury Coalition
- Dorchester Coalition
- South Boston Fans

#### **Women's Program Services**

Women's Program Services aim to deliver gender-specific and individualized reintegration programming to females at the Suffolk County House of Correction. Every female is enrolled in a three-phase program model that helps address the psychological and educational barriers that have hindered their success in order to better prepare them for reentry. Phase One is a one-day program that provides an overview of the rules and regulations of the Department. Upon completing Orientation, they immediately move on to Phase Two.

In Phase Two, women participate in two weeks of psycho-educational workshops addressing four main topics: recovery; reentry (life skills and job skills); domestic violence and anger management. Each woman receives an Individual Service Plan (ISP) at the conclusion of Phase Two and is subsequently placed into longer-term programming that meets her individual needs during phase Three.

During Phase Three, the women participate in the specific treatment programs determined by the results of comprehensive assessments and the development of an ISP.

Phase Three programs include the following:

Alcoholics Anonymous (AA) & Narcotics Anonymous (NA)  
 Anger Management  
 Art & Spirituality  
 Community Reentry for Women  
 College Bound  
 Culinary Arts & Food Sanitation  
 Domestic Violence  
 Financial Literacy

HiSET  
Impulse Control  
Meditation  
Parenting  
Parents Helping Parents  
Pastel Art Class  
Recovery  
Retail Training  
Relapse Prevention  
Writing Workshop  
Yoga

### **Social Services**

#### Health Realization

Participants are taught methods to become self-aware and build their own wisdom. Upon completion, they are expected to understand prevention treatment, rehabilitation, and have the necessary skills to lead healthier lives.

#### Men's Health

An emphasis on healthy living is used to expose participants to information centered on men's health issues, problems, prevention, and care.

#### Meditation

Meditation is a course for male participants who express an interest in learning about centering their minds through meditation.

#### YOGA

YOGA offers the opportunity for participants to rewire physical reactions to stress and anger. This class focuses on helping participants build the strength and energy to assist them in enduring both physical and mental stressors.

#### Parents Helping Parents

This organization offers parenting help and support in order to prevent child abuse.

#### HIV Services

This program coordinates and provides all HIV/AIDS and STD services which include prevention, education, counseling, testing, and HIV primary care case management. Aftercare and reintegration planning are also part of the services provided.

#### Transitional Intervention Project (TIP)

This program screens every week to assist the highest risk HIV-positive individuals prepare for and cope with reintegration. Intensive case management and housing placement is provided as an attempt to avert homelessness.

#### Addictions Counselor Education Program

UMASS Boston teaches two training courses to become substance abuse counselors. These courses provide participants with a focused skill-building curriculum to deliver successful substance abuse and chemical dependency programming. Upon completion of this course, a pathway to become certified with the American College of Emergency Physicians (ACEP) is available upon completing three additional classes.

### Substance Abuse Recovery Program

Individuals housed in this unit are expected to participate in each recovery course provided.

**Orientation:** Participants are informed of the program standards; receive a journal for daily entries and an orientation packet.

**Early Recovery:** Participants discuss the various alcohol and drug issues that they are confronted with in their addiction.

**Peer-Led Opiate Overdose Prevention Class:** The participants are taught the steps necessary to reverse an opiate overdose by using NARCAN.

**Alcoholics Anonymous (AA) & Narcotics Anonymous (NA):** A group of volunteers coordinate groups and facilitate commitments from AA and NA central services.

**Unit Recovery Meeting:** An outside agency that is involved in the recovery community visits the unit in order to share information and answer questions.

### Relapse Prevention Group

The goal of this group is to help participants understand what the term 'relapse' means in terms of their sobriety and/or addiction. The group looks at the causes, environment, and other social issues that may hinder their process in working towards the goal of remaining sober. The group is introduced to a number of methods to control and track sobriety including the use of a 12-step program, meetings, sponsorship, and journaling.

### Criminal & Addictive Thinking

Criminal & Addictive Thinking is a Cognitive Behavioral Treatment Curriculum developed by the Hazelton Foundation. This approach is used to help break the continuous relapse cycle of addicts and criminals by helping participants change the way they think. This course encourages participants to focus on a few main ideas, which are as follows:

- Seeing how their thought processes keep them stuck in destructive behaviors
- Recognizing the connection between addictive, criminal activity, and lifestyle
- Developing new and healthier ways of relating to others
- Learning how to keep their recovery strong

### My Life My Choice

My Life My Choice is a program that addresses reentry areas of concern for individuals who are within 60 days of their release date. The group focuses on potentially stressful emotional and psychological states of mind and ways of thinking as individuals prepare themselves for release. Decision-making, overcoming criminal thinking, healthy choices and creating positive opportunities are all part of the mirror of self that forms the group discussion.

### Vivitrol

The Vivitrol Program offers services to selected participants who have identified an opiate or alcohol abuse problem and wish to utilize a medication and counseling approach to treatment. Participants who are screened and accepted into the program will agree to include a Vivitrol injection prior to release, participate in follow up treatment at a structured substance abuse community provider which will include ongoing Vivitrol patient management following release.

### **Opioid and Addiction Services Inside South Bay (OASIS)**

The Opioid and Addiction Services Inside South Bay (OASIS) treatment unit is dedicated to providing intensive substance use treatment and discharge planning services to male pretrial detainees. Our experienced addiction treatment team provides men in the unit with robust treatment schedules and round-the-clock support. Programming consists of peer-led recovery groups, mental and physical health education, education, referrals for Vivitrol and other medication-assisted treatment as well as Alcoholics Anonymous/Narcotics Anonymous commitments and support groups. The unit is a full community effort, as the Suffolk County Sheriff's Department (SCSD) works with local teams of recovery coaches and community agencies to work with detainees, ensuring they have a well-planned transition back to the community.

The Department also works closely with Suffolk County drug and specialty courts to increase communication and provide drug court participants thoughtful and individualized reentry plans. The collaboration between the Justices, Probation, District Attorney's Office, the Defense Bar, drug court staffing teams and community partners enables SCSD to better support both our pretrial and sentenced populations.

### **P.E.A.C.E. Unit**

The goal of P.E.A.C.E. Unit is to establish a peaceful mentality of every 18-25 year old inmate that enters this specialized unit. The different aspects of the P.E.A.C.E. unit are:

For the P.E.A.C.E. Unit staff to reflect a positive and respectful disposition in their appearance as well as their communication style.

To generate motivation and life style changes through thoughtful programming that inspires individuals to be better men upon finishing the unit.

To create a culture on the P.E.A.C.E. Unit that reflects being consistent, punctual, hygienic, presentable, articulate, and honoring your word as these practices foster success and build healthy relationships.

To encourage the young men in this unit to embrace their opportunity to create a new identity for the wellbeing of themselves, their families, and the greater community.

The most fundamental aspect of this unit is in our name P.E.A.C.E. - Positive Energy that Always Creates Elevation.

### **Re-Entry Services**

#### **Discharge Planning**

The HYPE (Helping You Pursue Excellence) team and Case Workers work with each returning citizen to ensure that they have taken the necessary steps to ensure the smoothest transition possible from incarceration to the community. These steps include but are not limited to; assisting the individual in exploring housing options and programs, starting the process for identification acquisition, and/or making referrals to the various resource providers located within the community.



### Professional Development Attitudinal Training (PDAT)

The purpose of this training is to prepare individuals to better understand attitudes, work habits and expectations so they may mentally and emotionally take ownership of their reintegration back into the community. This training also includes a one-week course on Mind Boost, which emphasizes techniques for test taking, memory and study skills.

### Job Readiness Training

The training will prepare participants to get, keep, and excel at a new job. Participants will learn soft skills needed for the workplace, how to present themselves to employers and how to discuss their CORI.

### Job Search & Placement Assistance

Participants will receive assistance with finding employment, enrolling in vocational trainings, connecting to one-stop career centers, community organizations, and local/state/federal agencies.

### Discharge/Recovery Panel

Collaboration between the Suffolk County Sheriff's Department and the City of Boston Mayor's Office of Recovery Services, to strengthen the continuum of service delivery for individuals returning to Suffolk County after incarceration.

### Brooke House

Brooke House is a residential community pre-release house for male participants. This community provides a structured and transitional environment fit to house fifty residents. The House's goal is to change the participant's criminal behavior and thinking as well as prepare them for successful reentry into their communities.

### Community Supervision

The objective of this program is to mentor and manage individuals, currently serving time, while in a community setting, with a goal of early reintegration into the community. Participants must be within six months of completing their sentence or have been granted parole. Once a part of the program, each participant must have an approved home plan and maintain a job or further education while in the community.

### **Religious Services**

The religious services at the Suffolk County Sheriff's Department are provided with the intent to allow individuals to practice their chosen religious tradition with the caveat that their religious beliefs do not conflict with the security of the Suffolk County Sheriff's Department. Department Chaplains and volunteers provide the various religious liturgies offered. In addition to the scheduled bible studies and worship services, an individual can request his or her own clergy to visit them. Outside clergy may also request to visit individuals if they are able to provide the proper credentials of their religious affiliation. The provided religious services are listed below:

Catholic Services

Protestant Services

Muslim Services

Jewish Services

## Armenian Orthodox

### Additional Authorized Religious Groups and Practices

- New Life Baptist Church
- Adonai Bible Center
- United Church of Christ
- Immanuel Indonesian Lutheran Church
- Bethel Baptist Church
- Calvary Praise and Worship Center
- Boston Chinese Evangelical Church
- Peace Assembly of God
- New Life Assembly of God
- Christ the King Presbyterian Church
- Jubilee Christian Church
- Presbyterian Immigrant Ministries
- Jehovah's Witness
- Christian Science Church
- Shawmut Community Church
- St. Paul's AME Church
- Refugee Immigration Ministries (RIM)

### **Vocational Training**

**Basic Auto 101:** This program is intended to advance the participants' knowledge on owning, maintaining, and repairing automobiles. Shop activities include completing design procedures that involve the inspection, replacement, and identification of automotive components.

**Small Engine Repair:** The course is designed to provide the participants with the introduction and training in the repair, maintenance and safe operation of small engine equipment. Maintenance and troubleshooting procedures of small gasoline combustion engines will be emphasized as well as the techniques for the proper use of this equipment.

**Keyboarding and Computer Literacy:** The computer literacy course will provide participants with the opportunity to learn the fundamentals of the keyboard, build their typing speed and learn how to write basic word documents.

**Culinary Arts Program:** The culinary arts program is designed to provide participants with 360 hours of instruction to begin their path in the food service industry. The participants will learn food preparation, cooking production, and product schedules while also being trained as a prep cook, line cook, assistant baker, etc.

**Food Sanitation:** Participants learn regulations governing sanitation where bacteria can be found, how food becomes contaminated, which foods are potentially hazardous and methods for elimination of those hazards. Upon successful completion of an examination, the participant will receive a National Institute of Food Industry (NIFI) Certificate.

**Graphic Arts & Print Program:** This class teaches participants how to create websites, computer games, graphical design, and printed media. Participants will be instructed in Adobe Creative Cloud applications of Dreamweaver, Photoshop, Illustrator, and InDesign.

Retail Training Program: The retail training program emphasizes skills utilized in the retail industry and other transferable skills. In addition to reviewing the intricacies of customer service skills, this program instructs participants about how to complete a sales transaction, and cover the basics of monitoring inventory, stocking inventory, ordering inventory and presentation of products being sold.

Tailoring Program: This class places emphasis on performing tasks that simulate professional work situations while also emphasizing the art of clothing alterations and repair. This class also works to develop the participants' transferable professional skills such as public speaking, teamwork, independence and the ability to work under the pressure of a deadline.

Urban Farming Initiative: Participants of this program are taught the basics of urban agriculture. They grow a wide range of produce that is then used in the institutions' kitchen. The ultimate goal of the program is to help reduce recidivism through the training and development of new streams of employment opportunities.

### **Common Ground Institute**

Common Ground Institute (CGI) is a 10-week vocational/skill-based program divided into two 5-week modules. Each section is designed to enhance and fortify employment skills that will aid in making a successful transition back into society post-incarceration. The Suffolk County Sheriff's Department (SCSD) is taking a proactive approach to reducing recidivism, in part, by placing an emphasis on vocational education.

#### Part One – Academics

- Financial Literacy: This course increases participants understanding of how the economy works and how to maintain their own financial stability and integrity. This course includes lessons on ensuring the soundness of their economic decisions, their ability to manage money and credit, as well as negotiation of any financial opportunities and/or problems they may encounter.
- Workforce Development: Participants will participate in two classes – Pathways to Reentry and Professional Development 101. Participants will meet with the Workforce Development team in order to learn about several pathways to employment.
- Building Maintenance: This course is designed to provide participants with procedures and solutions in building maintenance. The participants will be required to perform jobs independently and inspect their own work for quality.
- Carpentry: This class seeks to provide participants with training in the safe use of both hand and power tools. Additionally, references to general construction practices will be explained.
- Landscaping & Ground Maintenance: This class is designed to teach participants skills for careers in property management, as well as the proper methods for ground maintenance on a commercial or residential property.
- Occupational Safety and Health Administration (OSHA 30): This course is designed to prepare graduates for entry into construction-related occupational skills training programs upon release. The goal of this training is to heighten the awareness of unsafe conditions and to understand the OSHA standards. Upon successful completion of the exam, each participant will receive an OSHA 30 card, which is required on all federally funded job sites. This card makes the student's skills transferable from one state to another.

Part Two – Community Works Program (CWP): During the Community Works Program, CGI participants apply their knowledge in carpentry, building maintenance, landscaping, painting and ground maintenance as a means of community restitution. The CWP participants perform services for the Inspectional Services Department, the Department of Neighborhood Development, the Massachusetts Highway Department and many cities and towns within Suffolk County.