

Berkshire

<u>Treatment Name</u>	<u>Summary of Program</u>	<u>Eligibility</u>	<u>Duration to Complete</u>
12 Step Program	Based on an alternating AA and NA meeting format utilizing group discussion and group therapy. RSAT Program presently on Hold	Must be a resident of the RSAT Program. Closed Group Grant just approved	9 weeks 63 days
12 Step Program NA	Meeting is to familiarize the inmates with NA Meetings and build a level of comfort to increase the probability of them attending community meetings upon their release.	Must be housed in a pre-trial pod, have a history of opiate abuse, and be in STOPP.	3 weeks
Alcoholics Anonymous	AA speakers from outside the facility come in and put on a formal meeting. The topics of discussion will involve addiction and recovery.	Offered throughout the institution, sentenced or Pre-trial on a rotating basis. Open meetings	1 day a week ongoing basis
Addiction Education	Group sessions focusing on providing participants with comprehensive, up to date information on drugs and alcohol.	Must be housed in E-Pod, classified at least a level 2. Open group	1 day a week Ongoing basis
Anger Management	To increase personal awareness of the nature of anger and the ways in which it can be managed in order to reduce violent behavior. On HOLD due to RSAT Grant.	Must be housed in D or E Pod, classified at least a level 2. Closed Group	8 weeks 1 day a week
Anxiety	Skills and techniques on how to manage stress and anxiety during incarceration and after.	Must be housed in Pod C also part of the STOPP program.	Occurs in Pod D, B and C. Part of STOPP and also open group.
Basic Recovery	Discussions of inherent vs learned behavior, high-risk situations, relapse prevention, honesty and change, social responsibility, coping skills, relaxation, and mindfulness.	Must be classified a level two or greater to attend the meeting. Open Meetings	2 days a week Ongoing basis
Bridge I	The Bridge I program will address, in depth, a study on the familial, social, emotional and spiritual factors that contribute to and support the ongoing substance abuse and criminal behavior.	Must be housed in G-Pod, classified at least a level 2. Closed group	8 weeks 3 days a week
Bridge II	Participants are encouraged to practice and use the tools learned in Bridge I in order to regain control in their lives.	Must be housed in H-Pod, and have completed Bridge I. Closed group	1 day a week Ongoing basis
Bridge Process Group	Participants of Bridge I meet with a counselor to discuss their mental health and emotional status.	Must be in Bridge I. Closed group	8 weeks 1 day a week

Bridge to Re-entry	Provides participants with substance abuse and/or criminal thinking and/or behavior issues with tools and direction for making better life decisions. On Hold	Must be housed in H-Pod, and have completed Bridge I. Closed group	8 weeks 1 day a week
Unlock Your Thinking & Change Your Mind	Evidence Based behavioral modification group. Altering negative actions, turning into positive choices and addresses anger management.	Must be part of STOPP. Will be offered again in sentenced Pods. Evidence based program.	1 day a week
Community Support Groups, Tapestry Health, Parenting Journey, Berkshire Works	Focus on identifying and addressing issues that may arise when reintegrating back into the community by developing an effective service plan to reduce the likelihood of future incarcerations. Narcan training, parenting information, work related information and training.	Must be housed in sentenced Pods. Open group	1 day a month Ongoing basis
Criminal Thinking	ON HOLD due to RSAT Grant Funding		
Getting Motivated to Change	Encourages the adoption of strategies for strengthening commitment to change.	Must be addicted to opiates, housed in D or E or C pod, and completed STOPP. Closed	4 weeks 1 day a week Presently in STOPP
HARPP 1	An intensive evidence based program provided by the Brien Center that is focused on uncovering the underlying issue of substance abuse and encouraging behavioral change. Grant Driven- ON HOLD	Must be housed in G-pod and have a history of opioid abuse.	4 weeks 5 days a week
HARPP 2	A continuation of HARPP 1 educating participants on the mental and physiological effects of opioids and the individual steps necessary to avoid relapse. Grant Driven-ON HOLD	Must be housed in G or H-pod and have completed HARPP 1	4 weeks 5 days a week
HARPP 3	the re-entry phase of the HARPP program that is focused entirely on cultivating the skills learned in HARPP 1&2 to avoid relapse. Grant Driven- ON HOLD	Must complete HARPP 1&2 or be referred to HARPP 3 by the court and probation or parole	4 weeks 3 days a week
HARPP Process Group	Participants of HARPP 1&2 meet with a counselor to discuss their mental health and emotional status. Grant Driven-ON HOLD	Must be a participant of HARPP 1 or 2. Open for Individual Participants	8 weeks 1 day a

Healthy Relationships	Addresses how to interact with your spouse, family, children, friends in a healthy and productive manner. Grant Driven-ON HOLD	Must be a level 2 or higher. RSAT program	2 days a week
Houses of Healing	A series of stories written in the First Person Perspective by people who have experienced incarceration focusing on substance abuse and behavioral change. The readings are discussed in open forum. Grant Driven-ON HOLD	Must be level 2 or higher. RSAT	1 day a week Rotating basis
Parenting Journey	Program for incarcerated fathers that provides practical ways to help overcome the physical and psychological challenges that fathers face "Inside" (while incarcerated) and "Out" (after incarceration)	Must be housed in D and G pod. Closed Group. Will be starting on 01/08/2019.	1 day a week Ongoing basis
Living Sober	a meeting format, with all of the appropriate readings from "Living Clean." A chapter is read out of the book and then a discussion follows. ON HOLD	Must be housed in G-Pod, classified at least a level 2. Meetings open	1 day a week Ongoing basis
Meditation	Program in G- Pod training on how to meditate.	Must be Housed G-pod. Starting 01/16/2019	1 day a week
Narcotics Anonymous	NA speakers from outside the facility come in and put on a formal meeting. The topics of discussion will involve addiction and recovery.	Must be classified a level 2 two or greater to attend the meeting. Meeting is open.	1 day a week ongoing basis
Overdose Prevention Group	This group will focus primarily on Opioid prevention but will also touch on overdose situations involving mixing substances.	Must be in the STOPP program.	3 weeks 21 days
Path to Recovery	This is an open group for clients housed in Pod B. The group will focus on topics that relate to recovery and incarceration.	Must be housed in B or C Pod, classified at least a level 2, Rotating.	1 day a week Ongoing basis
Relapse Prevention	This course is designed to address relapse by exploring triggers, warning signs and other issues of early recovery.	Must be housed B, C or G, RSAT unit.	1 day a week Ongoing basis
RSAT	Residential Substance Abuse Treatment program that encompasses both substance abuse and behavioral change groups.	Must be a level 2 or higher and housed in G.	Everyday
Science and Health	Will address the damaging health consequences related to substance abuse; the science of addiction; how drugs alter	Must be identified as a substance abuser; be housed in Pre-Trial B or C POD and	3 weeks 21 days

	brain chemistry and change thinking and behavior; and identify Medication-Assisted-Treatments currently available to treat opiate addiction.	participating in STOPP.	
Step by Step	7 Habits of highly effective people.	RSAT program- Bridge	7 weeks – 1 session a week.
STOPP Program	Pre-trial inmates	Must be awaiting adjudication and be identified an opiate addict.	3 weeks 21 days
Social Networking	Evidence based behavioral change therapy group focused on connecting inmates with the right people and peer groups. ON HOLD	Must level 2 or higher. Pods C and G. STOPP and RSAT	1 day a week
Thinking for a Change	Integrated, cognitive behavioral change program for offenders that includes cognitive restructuring, social skills development, and development of problem solving skills. ON HOLD	Must be housed in G-Pod, classified at least a level 2, & be selected. Closed meetings	8 weeks 1 day a week
Victim Impact	Intended to help offenders understand and acknowledge that their actions have caused harm to their victim, the victim's families, and their community.	Must be housed in G-Pod, classified at least a level 2, & be selected.	1 day a week Ongoing basis
Vivitrol Presentation	The medical staff present to inmates during medical orientation.		
Vivitrol Program	A shot is given before release by our medical staff and then the inmate is referred to the Brien Center for Continued administration and treatment.	Must be an opioid abuser or alcohol abuser	Offered to all inmates

<u>Religious Program Name</u>	<u>Overview</u>	<u>Eligibility</u>	<u>Days and Duration</u>
Arabic Study & Juma Prayer	Study of the Arabic language and adherence to congregational prayer	No restrictions on religious services	1 day a week
Bible Study	Bible study provided by In-House Chaplain; Multi-denominational. A class on learning the bible and exploring Christianity.	No restrictions on religious services	2 days week 45 minutes ongoing
Catholic Service	Full Catholic Service provided by in-house Reverend, and team of volunteer Deacons	No restrictions on religious services	3 days a week 45 min
Catholic Holy Day	Observance of all Catholic Holidays, access to Catholic Service	No restrictions on religious services	All Holy Days
God Talk	Various discussions on faith inspired by diverse materials and topics facilitated by volunteers	No restrictions on religious services	1 day a week ongoing
Music Lessons	Religious inspired music is listened to and inmates are taught how to participate	No restrictions on religious services	3 days a week
Muslim Service	Full Islamic service provided by the outside Imam.	No restrictions on religious services	1 day a week
Muslim Study	Karan study provided by In-House Imam; A class on learning the Karan and the Islamic traditions and practices.	No restrictions on religious services	1 day a week 30-45 mins ongoing
Protestant Service	Full religious service provided by protestant Chaplain and volunteers every Sunday	No restrictions on religious services	1 day a week ongoing
RCIA	Rite of Christian Initiation of Adults	No restrictions on religious services	As needed Must request
REC Retreat	A religious retreat provided by the religious leaders and volunteers	Must be a Level 2 or higher	Various times throughout year
REC Reunion	Follows the REC weekend. The people that went on the retreat meet.	Must be a Level 2 or higher	1 night a week
REC Weekend	Follow up to REC retreat. Religious gathering to discuss the Bible and its teachings	Must be a Level 2 or higher	1 night a week

<u>Work Program Name</u>	<u>Overview</u>	<u>Eligibility</u>	<u>Days and Duration</u>
Community Service 1&2	Teaching maintenance, carpentry, landscaping, and other trade skills as well as providing a service to the community	Open to re-entry candidates, levels 4 or 5	5 days a week
Community Service 3	Pic-an-stick, a state run of cleaning up the local highways	Level 4	5 days a week
Custodial Technician Class	Inmates will leave facility with a certificate of Custodial Maintenance establishing their competency. A Nationally Accredited Program	Level 2 or higher	8 weeks 3 days a week Offered twice annually
Graphic Communication	Teaches printing skills, including desktop publishing, and AutoCAD	Level 2 or higher	4 days a week ongoing
Horse Handling Group	Work group, on grounds, teaches how to handle a horse, and daily care and maintenance of horses	Level 3 or higher	Everyday
Inside Out Program	Williams College provides group of 9 Williams College Students and 9 Berkshire Students in class together learning philosophy. Williams College Philosophy Course.	Level 2 or higher	Full Semester Once a year
Inside Work	Pod workers, hallway workers, intake workers, laundry workers, commissary workers,	Level 2 or higher	Everyday
K-1 through K-4	Learning the skills necessary to work in a kitchen from running a dish washer, short order cook, baking, frying, how to prep food	Level 2 or higher	Everyday
Manufacturing 1/ Welding hands on training <small>See also BUCLEHV127</small>	Berkshire Community College Manufacturing practical skills and application of learning from Man127	Level 4 or higher	Daily
Manufacturing class <small>See also BUCLEHV127</small>	Teaching manufacturing methodology, Manufacturing customs language and vocabulary	Level 4 or higher	Daily
Laundry	Learn how to run large capacity washing and drying machines and caring out washing duties, and maintain the machines	Level 3 or higher	Daily
On grounds crew	Maintains the maintenance and proper upkeep of the outside grounds of the facility; painting, mowing, weed-whacking, shoveling, running snow blowers and other winter and summer equipment etc..	Level 3 or higher	Daily
Pothole Crew	Working with the city of Pittsfield, helping to maintain Pittsfield roads alongside the highway department	Level 4 or higher	Summer
Serv. Safe	Learning the kitchen skills necessary to work in the kitchen and using the practical skills in doing so	Level 2 or higher	4 times a year
Tutoring	Peer tutoring is done with students who have a high level of competency	Level 2 or higher	2 days a week
Work Release	LTI Smart Glass, Sampco Ind., Unistress, Schnopp Construction. Inmate is allowed to work in the community unsupervised.	Level 5	Everyday ongoing

<u>Education Program Name</u>	<u>Overview</u>	<u>Eligibility</u>	<u>Days and Duration</u>
ABE	Adult Basic Education – lays a foundation of learning for more advanced studies such as secondary education or higher education.	Level 1A or higher	5 days a week
ASE	Adult Secondary Education – an alternative to the GED program. Learning focused on high school level subject matter.	Level 2 or higher	5 days a week
BCC Manufacturing 1/ Welding	Manufacturing 1 course by Berkshire Community College. Provides textual and hands-on teaching of Manufacturing 1 / Welding	Level 2 or higher	1 night a week 1 semester a year
Building Social Network	Building awareness of local social service agencies, housing, SSI benefits, Mental Health Agencies, and MassHealth.	Level 2 or higher	1 night a week
Canyon Ranch Healthy Choices	Two executive Chefs from Canyon Ranch teach affordable healthy choice meals and the necessary, requisite cooking skills.	Open to re-entry candidates, levels 4 or 5	1 day a month ongoing
Community Service 1&2	Teaching maintenance, carpentry, landscaping, and other trade skills as well as providing a service to the community.	Open to re-entry candidates, levels 4 or 5	5 days a week
Community Service 3	Pic-an-stick, a state run of cleaning up the local highways. Teaches positive work ethic.	Level 4	5 days a week
Computers	Education, teaching computer skills such as using Windows, Microsoft Word, PowerPoint, Excel and training for other software.	Level 2 or above	2 days a week
Creative Art	Education in and training on teaching art skills	Level 2 or higher	1 day a week
Custodial Technician Class	A nationally accredited program in which inmates leave our facility with a certificate of Custodial Maintenance establishing their competency in the trade.	Level 2 or higher	8 weeks 3 days a week Offered twice annually
Education Orientation	A "how to" on accessing available education programs in our facility and also works to change thinking to improve self and learning.	Level 2 or higher	1 day a week ongoing
Education Re-entry <small>See also Building Social Network</small>	Preparation for re-entry by helping participants continue education, provide HiSet or GED testing, teaching life skills, health, nutrition, financial literacy, & personal growth.	Level 2 or higher	1 day a week ongoing
Big Head Books, The Overcome Project	Literacy Program teaching inmates the importance of reading through parenting. Motivational program which centers on positive influences and entrepreneur.	Level 2 or higher	Monthly 3 sessions
Graphic Communication	Teaches printing skills, including desktop publishing, and AutoCAD.	Level 2 or higher	4 days a week ongoing
HiSet, GED Testing	High School Equivalency Test	Level 2 or higher	Yearly As needed
Inside Out Program	Williams College provides 9 Williams College Students and 9 Berkshire Community College Students to teach an undergraduate level philosophy course to participants.	Level 2 or higher	Full Semester Twice a year
Manufacturing off-grounds <small>See also INCEP 177</small>	Berkshire Community College practical skills and application of Manufacturing and learning from Man127.	Level 3 or higher	1-2 days week 1 semester yr

Landscaping Class <small>See also BCC 11127</small>	Teaching landscaping methodology, customs, usage, language, and vocabulary of the trade.	Level 3 or higher	1 day a week 1 semester yr
<u>Education Program Name</u>	<u>Overview</u>	<u>Eligibility</u>	<u>Days and Duration</u>
Manufacturing Read/Math	Teaching the reading and math skills necessary to do Manufacturing.	Level 3 or higher	1 day a week 1 semester yr
Law Library	How to access Westlaw and a crash course on how to use Westlaw.	Open to all	2 days a week
Library Skills	Inmates learn how to catalog books and shelf books according to the Dewey decimal system.	Open to all	5 days a week
Literacy Assessment 1	Mandated RUFO literacy testing.	Mandated for all inmates incarcerated for at least 30 days	1 day a week
OSHA Training	OSHA 10 card granted after completion of 10 hours of OSHA awareness, safety regulations.	Level 2 or higher	2 weeks 2 days 10 hours total 2 times a year
Parole Prep	Educating the inmate about their upcoming parole hearing, preparing them for the interview, and making sure their expectations are realistic.	Level 2 or higher	Monthly
Pre-HiSet, GED Tutoring	Tutoring for low level students with reading comprehension and for those who have reading difficulties.	Level 2 or higher	1 day a week ongoing
Pre ASE	Pre Adult Secondary Education- for students trying to increase their competency to a level necessary for HiSet testing.	Level 2 or higher	6 times a week
Reading Coach	Digital basic phonics for low level readers which is done on by computer.	Level 2 or higher	1 day a week ongoing
Reading/Writing Class	For students with high school level reading skills offered to improve their comprehension and vocabulary.	Level 2 or higher	1 day a week
Re-Assessments	TABE test that is a post-test to assess growth.	Level 2 or higher	As needed
Re-Connect	Berkshire Community Action Counsel, an outside community based agency, works with inmates returning to the community providing various reentry services.	Level 2 or higher	Weekly
SEIS	Special education in institutionalized setting	Level 1 or higher	3 days a week
Serv. Safe	A nationally accredited training program teaching kitchen regulations and safety. Inmates leave with a certificate in ServSafe.	Level 2 or higher	4 times a year
STAR Reading	A reading program designed for middle school level reading skills.	Level 2 or higher	1 day a week
STAR Testing	An assessment to qualify for STAR Reading.	Level 2 or Higher	
TABE Assessments	Pre-testing for TABE to assess need and to assess level placement in the ABE program.	Level 2 or higher	As needed 2-3 days/wk
Tutoring	Peer tutoring is done with students who have a high level of competency for students with low levels of competency.	Level 2 or higher	2 days a week
Work Ethics Course <small>See also BCC 11127</small>	Goes with BCC Manufacturing course and trainings. Teaches interviewing skills, how to create resume, and ethics of business.	Level 3 or higher	1 day a week 1 semester yr
Writing Class	Exploration of creative writing.	Level 3 or higher, H-Pod,	2 month