



The Commonwealth of Massachusetts
Middlesex Sheriff's Office
Peter J. Koutoujian
Sheriff

400 Mystic Avenue, 4th Floor
Medford, Massachusetts 02155

Phone (781) 960-2800
Fax (781) 960-2902

January 22, 2019

Secretary Thomas Turco
Executive Office of Public Safety and Security
One Ashburton Place, 21st Floor
Boston, MA 02108

Secretary Michael J. Heffernan
Executive Office ANF
State House, Room 373
Boston, MA 02133

Honorable Joan Lovely
Vice Chair, Senate Ways and Means
State House, Room 413-A
Boston, MA 02133

Chairperson, House Ways and Means
State House, Room 251
Boston, MA 02133

Pursuant to the Middlesex Sheriff's Office line item 8910-0107, "For the operation of the Middlesex Sheriff's Office; provided, that the office shall provide a comprehensive inventory of all current programs and practices....," the Middlesex Sheriff's Office is filing a comprehensive inventory of all current programs offered.

Thank you for your attention and please contact me if you have any questions or concerns at 781-960-2800.

Sincerely,



Peter J. Koutoujian
Sheriff

Middlesex Sheriff's Office Program Inventory List

The mission statement of the Middlesex Sheriff's Office states that we "take pride in preparing offenders for re-entry by providing a comprehensive risk assessment and individualized treatment, educational and vocational plans." Below you will find a comprehensive inventory of programs design to aid the successful re-entry of those in our care.

Our inmate programming is funded primarily using canteen revenue generated from the sale of items sold to inmates. Other resources include Federal grant funding and staff salaries (paid out of the MSO state operating budget) whose job responsibilities include programming as part or all of their daily job functions. The MSO also receives state funding from the Commonwealth including for substance use counseling contracted through AdCare Criminal Justice Services with assistance from a Department of Public Health grant.

Programs available at the MSO:

AA/NA

Alcoholics and Narcotics Anonymous meetings. Both organizations are international fellowships for people suffering with substance use issues.

Accountability Recovery Community (ARC)

ARC provides inmates with intense substance abuse treatment while in a modified therapeutic community setting to increase better health outcomes. The program currently treats over 120 inmates, nearly half of whom have an opioid use disorder. The ARC program uses an interactive journaling system which consists of four journals: Substance Use, Family Ties, Self- Control and Responsible Thinking. The Journals are implemented over a period of 90 days. Admission is done on a rolling basis. Treatment services are managed by Adcare Criminal Justice Services.

Addiction and the Brain

A bi-weekly Opiate Addiction didactic lecture offered to inmates on a rotating schedule. This training is facilitated by a physician who is an addictions medicine specialist from Middlesex Recovery in Woburn, MA.

Adult Basic Education

The Education Division's Adult Basic Education (ABE) grant program provides a comprehensive education program to a select number of incarcerated adults each year. The ABE program is partially funded through a grant from the Massachusetts Department of Education utilizing Federal Adult Basic Education monies. The ABE grant program focuses its instruction on basic transferable skills and offers literacy development, pre-HSE, and HSE preparation. The goals of the ABE grant program are to increase its students' functional literacy level, provide them with the capability to make a smooth re-entry into their community upon release and thereby reduce the Commonwealth's recidivism rate.

Afternoon Mandatory Meeting

Once a week, the unit is open for inmates to speak about their experience, strength and hope.

The objective of this group is substance use education integrating literature from The Big Book of Alcoholics Anonymous, Criminal and Addictive Thinking, "My Personal Journal", Twelve Steps of AA and NA and The Narcotics Anonymous Step Working Guide.

Anger Management

A four week program for inmates to learn how to manage their anger in an effort to end cycles of violence. Participants learn the concept of anger as a secondary emotion. They also learn new approaches to change existing attitudes, behaviors, beliefs and triggers surrounding personal anger and emotions.

Co-Dependency

An eight week group that defines co-dependency and how it fosters dysfunctional and unhealthy relationships. Patterns from childhood and unhealthy role models are discussed. Techniques are developed to help form healthier relationships with self and others.

Community Meeting

Daily open forum to discuss issues of the units. Readings from AA, NA Reflections and Daily Meditations. The day's schedule and updates on programming are discussed.

Computer Literacy

The goal of this program is to familiarize students with computer technology and how its capabilities can be utilized to accomplish various tasks. The focus is on skills needed to function effectively in an office environment as well as computer literacy skills to take computer-based assessments.

Culinary Arts

In partnership with Shawsheen Valley Technical High School, this three month program builds a desire and foundation for foodservice careers and enables individuals who are interested in an opportunity to change their behavior to better their life situation. This is a 360 hour Certificate Program that includes a five year ServSafe National Restaurant Association certification. Students are oriented in the following: sanitation, equipment, knife skills, food preparation, basic bake shop and other Culinary Arts areas. Upon successful completion of the program, students will receive a certificate from Shawsheen Valley Technical High School and twelve (12) credits in Culinary Arts from Middlesex Community College.

Custodial Training Program Certificate

This two month program familiarizes each student with the handling, care and dispensing of cleaning chemicals, OSHA guidelines, the Material Safety Data Sheet system (MSDS) of cleaning, and the care of

equipment. Upon successful completion of the classroom and hands-on training, students receive The Green Guard Certification.

Community Work to Release Program (CWP)

This program is designed begin the process of reintegrating inmates back into the community in a supervisory, limited manner. CWP crews are comprised of minimum security inmates who are nearing the end of their sentences and are supervised by a correctional officer. Crews provide manual labor and cleanup efforts on public property and in public buildings, but do not displace any public or private employees. The program is a way for inmates to begin the process of working while experiencing periods of time outside of the facility.

Digital Print Shop

The goal of this three month program is to familiarize each student with black and white, color, short-run, and variable digital printing. The students will understand how to complete specific tasks and emphasize why people choose one technology over another. Students who successfully complete all classwork and hands-on assignments will receive certification through the Xerox Corporation.

EDOVO Tablets

This program utilizes secure tablet technology to deliver free access to educational programming to pre-trial detainees and inmates living in specialty units. This program helps to improve safety within correctional environments, and increases opportunities for rehabilitation through intensive, therapeutic and academic coursework.

Electronic Monitoring Program

The Middlesex Sheriff's Office maintains a Global Positioning Satellite Monitoring Program designed to promote reintegration and to test the readiness of inmates for release by maximizing an inmate's time in the community prior to his or her actual parole or discharge. The program allows an inmate to demonstrate his or her competence in a realistic living environment while monitored under strict conditions of accountability.

Expressive Writing

A class to help develop one's ability to write clearly and effectively.

Healthy Home Life

An eight week program using content from a 40 week certified batterers intervention program. The group is designed for men who want to take accountability for their actions and discover ways to reduce the risk of re-offending. Goals of the program are to identify, confront and change abusive and controlling behaviors.

Houses of Healing

A group based on the book of the same name by Robin Casarjian. Emphasis is on emotional literacy based practices that teach stress management techniques and healthy practical coping strategies.

Homework

This group is mandatory for all Pod A participants. The theme of the group is Interpersonal Violence and uses interactive journaling and homework assignments. Two separate meetings are held in Hall A from 5:00 to 6:00pm and 6:00 to 7:00pm on Tuesdays and Wednesdays for 6 weeks.

HSE/Pre-HSE

The HSE programs are specifically geared toward preparing a student to successfully take his or her High School Equivalency Exam. The classes focus on math, writing skills, social studies, reading and science, as well as reading comprehension and study skills. The Pre-HSE programs are designed to prepare intermediate level students for entrance into the HSE program.

Housing Unit for Military Veterans (HUMV)

The Housing Unit for Military Veterans - or HUMV - creates a community among former military service personnel by fostering an environment geared toward shared experiences and common goals. Programs offered to those in this unit are specialized for veterans and include substance abuse treatment, vocational programming, employment readiness, veteran's services and transitional assistance. The guiding principles in this unit reflect those incorporated in military life: Respect, Honor, Duty and Integrity.

A typical day consists of cognitive behavioral therapy (CBT) groups, individualized case management through the VA/DVS and journaling through the Transition Workbook for Combat Veterans. Team members from the Veterans Court work in conjunction with the HUMV case manager to either divert pretrial cases out of the criminal justice system or to file revise and revoke petitions to the court for the sentenced men. Weekly guest speakers and Meditation and Mindfulness groups are integral features of the health and wellness program component.

Many inmates have been too embarrassed to identify as a United States Veteran. The goal of the HUMV unit is to alter this course so they are empowered to embrace their new identity and move forward while supporting other vets.

Inside-Out Prison Exchange Program

This program allows incarcerated men and college students from Framingham State University (FSU) to benefit from studying crime, justice, and related social issues together as peers within a prison setting. FSU students commute to the MHOC to participate in this program which allows inmates to enroll in college level coursework and earn transferable college credits.

Letting Go of Shame

The group is based on the book of the same name by Ronald and Patricia Potter-Efron. Participants learn to grasp the shame experience, its sources and healing. The goal is to replace shame with self-worth and pride.

Lexercise

This program offers an online resource for incarcerated men who are none to low-level readers. This does not replace instruction, but rather a supplement for continued practice. This program is overseen in a small group setting and focuses on basic reading skills and strategies that will allow individuals to enhance their decoding, comprehension, and site word skillsets.

Life on Life's Terms

The group is based on the book "12 Smart Things to do When the Booze and Drugs are Gone" by Allen Berger. The goal of this class is to create a personal development plan for the future by participating in the process of achieving emotional sobriety.

Life Skills

Various topics are discussed on a revolving basis. Topics include AA/NA, Relapse Prevention, Harm Reduction, Accountability, Physical and Mental Self Care, Asking for Help and Embracing Change.

Life Values

Inmates focus on readings and shared personal life experiences with an emphasis on new and old values. Culturally based values are explored and discussed.

Literacy Enrichment

Students engage in critical thinking through reading, writing and discussion activities. Participants are assessed through journal writings and reflections. Examples include: poetry, Op-Ed Literature, essays and dramatic literature.

Medication Assisted Treatment And Directed Opioid Recovery (MATADOR)

The objective of the MATADOR program is to provide medication assisted treatment coupled with a long term personalized treatment plan for participants. In an effort to do that, Middlesex Sheriff's Office treatment staff work with those involved in MATADOR to provide them with the tools for success both inside the facility and back in the community.

Our staff works with clients by educating them on all medication assisted treatment options, navigating health insurance enrollment, assisting with the establishment of relationships with community health

care providers and remaining in contact for an extended period of time after release to assist in each individual's recovery plan.

Another goal of the MATADOR program is to support recovery during the transition when returning home in an effort to help increase the chances of success, providing a pathway to a better life and to reduce future incarceration.

Middlesex Community College, First Year Experience

This program allows incarcerated men to benefit from the instruction of a college professor who walks them through appropriate study skills, journal writing and prepares them for intensive college coursework. The goal of this course is to help them decide what career path and major is best suited for them. This program allows the men to enroll in college level coursework and to earn transferable college credits.

Monday Moments

A monthly speaker series are offered to inmates in our Treatment Pods (Pods A and B) and the HUMV Unit. Speakers come from the treatment community with unique and varied backgrounds to share particularly impactful messages in the area of recovery. The goal is to educate and inspire positive lifestyle changes within our population.

One on One Counseling

Counseling sessions held by request for inmates as they move to minimum security housing. Primary areas of content are substance abuse and planning/strategies for staying clean and sober.

OSHA 10 Certification

This program covers the various aspects of construction safety, PPEs (Personal Protection Equipment), scaffolding and ladders, use of power tools, materials handling, excavation and various other safety topics. OSHA cards are required on all construction sites receiving State or Federal funds and are required by Massachusetts State law for anyone working on a prevailing wage job site. Most private General Contractors also require an OSHA card be on file for all employees on site, including all sub-contracted employees. An OSHA Construction Safety Card will be issued to each student who successfully completes the exam.

P.A.C.T. (People Achieving Change Together)

A new initiative serving inmates ages 18-24. A wide variety of needs are met including educational, vocational, substance use treatment and life skills. Uniformed officers and program services staff work collaboratively to help this population make positive and meaningful life changes. The mission of the P.A.C.T. Unit is to improve the quality of life of young offenders by providing a healthier living environment while incarcerated. This mission is accomplished by empowering young offenders to participate in various group activities, classes run by outside agencies and various educational and

vocational opportunities. They are also encouraged to engage in positive and healthy relationships with those who can help them succeed once they are released. By helping young offenders transform their lives, the P.A.C.T. Unit strives to end the cycle of incarceration for these young individuals.

Parenting Helping Parents

An eight week program designed to help inmates learn and understand key factors that face us all in the often challenging role of being parents.

Pod B: Pre-Trial Treatment Unit

This is a voluntary Treatment Unit dedicated to Substance Use education and Healthy Lifestyle choices. Each day starts with a Community Meeting. The 60 bed unit is divided into three smaller groups for treatment purposes. Outside Narcotics Anonymous and Alcoholics Anonymous meetings are held in the evening.

Current offerings include Relapse Prevention, SMART Recovery, Anger Management, Understanding Mental Health, Parenting, Coping Strategies, Life Values, Narcotics Anonymous and Cognitive Life Skills. Treatment groups are one hour in duration and are on five week cycles.

Pod C: Spanish Speaking Substance Abuse

An ongoing group that discusses issues of Substance Abuse, early Recovery and Relapse prevention in Spanish. Group is held on the fourth Tuesday of each month from 7:00pm-8:00pm.

Purpose Driven Life

An eight week program based on the book of the same name written by Rick Warren. Warren's writes of his 40 day spiritual journey. The group inspires discovery and answers to life's most difficult and important questions.

Relapse Prevention

An eight week group that defines relapse and how to identify situations that put individuals at risk for relapse. Development of a relapse prevention plan is a major component of the group.

Resilience: Wisdom for a Better Life

The goal of this group is to build purpose, discover our identity, confront pain and practice compassion in an effort to create happiness. The class is a compilation of inspiring readings for the warrior in us all.

Seeking Safety

An eight week group that defines safety, learning to cope with Post Traumatic Stress Disorder (PTSD) and substance use simultaneously. Group goals are learning to stay safe in all areas of life.

Self-Help

An inmate run group that meets to discuss various issues around substance use, sober living and life after incarceration.

ServSafe Certification

Upon completion of this course, students will be able to identify and understand how to minimize and prevent food safety hazards in the workplace, acquire basic safety practices required while working in a food business, identify and comply with personal hygiene standards, and have an understanding of the responsibilities of food handlers. A ServSafe Certificate will be issued to each student who successfully passes the exam.

SMART Recovery - Self-Management & Recovery Training

A six week group uses a cognitive behavioral approach to substance use. It is abstinence based and believes individuals have the inherent power to change their lives with the right knowledge and motivation.

Special Education

The role of the Department of Elementary and Secondary Education's (DESE) Special Education in Institutional Settings (SEIS) Program to ensure the provision of special education services to eligible students. The SEIS teacher works in collaboration with the MSO's Education Department as well as the local educational agencies (LEA).

The Four Agreements

An eight week group based on the teachings of the bestselling book of the same name by Don Miguel Ruiz. The group goals are personal growth through conversation and exploration of the following four agreements:

1. Be impeccable with your word
2. Take nothing personal
3. Never make assumptions
4. Always do your best

The Lowell Community Counseling Center

The Lowell Community Counseling Center serves as a place in the community for anyone looking for a variety of services. The LCCC is available to anyone looking for help, and resources include:

The Phoenix-The Phoenix aims to support sobriety through a peer-based physical fitness model. There is a complete gym at the LCCC, which provides free physical fitness to anyone with 48 hours of continuous sobriety.

The CO-OP-The Lowell Community Opioid Outreach Program (CO-OP) is a program made up of first responders and clinicians that brings together public and nonprofit organizations to address the opioid crisis. The CO-OP follows-up with overdose victims and their families within 24-48 hours of an opioid overdose, and facilitates access to treatment and harm reduction services for the overdose survivor and supportive services for their families. This team is based in the LCCC.

HISET/Employment-The MSO has an instructor on site that helps with HI-SET preparation, resume building, and job search.

EMP-The LCCC also houses the MSO's Electronic Monitoring Program, which aims to support the reentry process through the classification of low-risk inmates to serve the remainder of their sentence in the community.

Other community providers, including probation, are also provided space to run groups and workshops for clients.

The Obstacle is the Way: The Timeless Art of Turning Trials into Triumph

A group based on the book of the same name by Ryan Holiday. Discussions include the three disciplines of perception, action and will.

Twelve Step Group

An eight week program with reading and discussion of the twelve steps of Alcoholics/Narcotics Anonymous. Emphasis on implementing these steps into everyday life to help live healthier, sober and drug free lives.

Victim Impact Panel (VIP)

A seven week program designed for adult offenders to accept responsibility for criminal actions and to understand the impact of crime on victims. Group goals include developing personal safety skills; learn how to bond with positive healthy people and how to contribute to communities to prevent further victimization.

Women's Collaborative

The Middlesex Sheriff's Office has launched a program at MCI-Framingham to better meet needs of pre-trial women. Without a current facility in Middlesex County women are sent to MCI Framingham for pretrial detention and post adjudication. Under this program, staff from the Middlesex Sheriff's Office travel to Framingham twice a week to provide essential services for Middlesex County women and educate them about resources available, including how to navigate legal proceedings and pretrial diversion options.