

To: Executive Office of Public Safety and Security

From: Plymouth County Sheriff's Department - Program Description - December 2018

Philosophy and Goals:

The Plymouth County Sheriff's Department is dedicated to strengthening public safety through corrections and specialized support services for all criminal justice agencies. The Department's current objective is to provide educational and vocational opportunities, substance use disorder treatment, violence prevention, and reentry services to our inmate population for successful transition back to their communities.

Substance Use Disorder Unit

The Substance Use Disorder Unit is a four month, 62 bed program for sentenced inmates who have a history alcohol and/or drug use. It is a four phase program based on cognitive-behavioral curriculum. Mandatory meetings on the unit focus on disease concept, denial, relapse prevention, interpersonal and family relationships, emotional awareness, dual diagnosis education and anger management, group process, criminality, spirituality, coping skills, and 12 step work. Monthly mandatory groups focus on opiate overdose prevention, infectious diseases, compulsive gambling, and tobacco education. There are also AA and Big Book meetings, mastering resentments, mediation and mindfulness groups, and Houses of Healing curriculum.

Sheriff's Anti-Violence Effort (SAVE Unit)

The SAVE Unit is a four month comprehensive treatment model geared towards rehabilitating violent offenders committed and held at Plymouth County Correctional Facility. The goal is to focus on the participants thought patterns and how it correlates with their violent and criminal behavior. The objective is to have the participants recognize their errors in thinking and assist them in finding alternative behaviors, thereby changing their responses, their consequences, and reducing recidivism. There are eight mandatory classes: Anger Management; Victim Impact; Errors in Thinking; Fatherhood; Life Management; Houses of Healing; Meditation; and Mentor groups. There are also voluntary and intermittent classes based on a rotating basis: Path of Freedom/Mediation study group; parenting class; Prose and Cons; other classes held at various times are: AA meetings; literature circles; Parents Helping Parents; goal setting and mindfulness.

Education Dept:

HiSET: This class is designed for those inmates who are preparing to take the HiSET exam and whose skills levels are grades 9-12. The course requires intense study of the following five content areas:

Language Arts Writing; Language Arts Reading; Mathematics; Social Studies; Science.

Pre-HiSET: This class is designed for those inmates who are preparing to take the HiSET exam and whose skills levels are grades 5-8.

The Education Department also currently offers:

OSHA 10 for general industry providing an overview of the basic health and safety hazards present in the workplace.

Servsafe: this course provides nationally recognized certification in food safety and fulfills the new mandatory food handler certification requirement. The course is intended to provide functional knowledge of food protection and risk management and foodservice production.

ESOL: this class is offered to our non-English speaking population.

Intro to Computer Aided Drafting (AutoCAD): AutoCAD is a 2-D and 3-D computer-aided drafting (CAD) software program used to create blueprints for buildings, bridges, and computer chips among other things.

The Education Department also offers other courses such as construction math, current events, financial literacy with Excel, introduction to algebra, and sports marketing on a rotating basis.

We also have educators certified to teach OSHA 30 for general industry. The course covers the basics of general health and safety regulations for the workplace and an overview of how the Occupational Safety and Health Administration operates. Some of the topics covered include fire prevention and protection, hazardous materials, combustible liquids, respiratory protection, fall protection, and managing safety and health.

The Inside-Out Program: This program offered by Bay State College brings outside students from Bay State College and their professor into the facility to conduct class with inside students (inmates). The Inside-Out program takes place once a year usually during the spring semester and the course title is Sustainable Justice. Course work comes from four required readings: Manifesto for the Earth by Mikhail Gorbachev; the Necessary Revolution: Working Together to Create a Sustainable World by Peter Senge; Earth Democracy: Justice, Sustainability and Peace by Vandana Shiva; and Breakthrough Communities: Sustainability and Justice in the Next American Metropolis by M. Paloma Pavel. Completion of the class and class project results in three college credits at Bay State College for inmates who consider continuing their education there.

Reentry Unit: The goal of the Reentry Unit is to provide classes designed to help inmates be successful upon their return to the community. Sentenced inmates who are within 4-6 months of release are screened for participation in the Reentry Unit. The following are core classes that are provided: resume writing; computer skills; interviewing skills and mock interviews; job search; life skills; and parenting class. Other classes offered on a rotating basis include: AA meetings; alcohol and drug education; gambling disorder group; mindfulness and goal setting group; entrepreneurship class. The Reentry Unit also organizes job fairs inside the facility for CORI friendly employers; the Reentry Advocates also

provide reentry services for those inmates who are not eligible to be housed and participate in the Reentry Unit.

Incarcerated Veterans Transition Program: The Plymouth County Sheriff's Department created the Veterans Reach Team (VRT). The VRT notify sentenced veterans of services available for them within 72 hours of commitment. In conjunction with Volunteers of America, veterans can get involved in one on one counseling, support groups for veterans, case management services, VA paper work assistance, and post-release services.

Print Shop: This vocational education program is designed for inmates to learn various aspects of the printing business such as offset and digital printing, embroidery, and silkscreening. Inmates in the program are involved in learning layout, plate making, and bindery including stapling, folding, padding, collating, tabbing, and cutting.

Vocational Painting Program: This four week program is offered eight times per year and is based on the standards of the Painting and Decorating Contractors of America. The painting company that facilitates the program issues a certificate and has contracted with four other painting contractors who have agreed to participate in the hiring process upon successful completion of the program. The curriculum covers working with various equipment (some of which will be used during the class), application techniques, getting started on the job, preparation, repairs, exterior painting procedures, and interior painting procedures.

Industrial Cleaning Program: This program meets four times per week for a three month cohort. The program offers instruction on understanding safety procedures needed to be an effective employee; understanding the relationship of sustainability and the environment; the process of cleaning floors, bathrooms, office space, and hallways; understanding industry standards with both products and equipment. The program also offers classroom work and hands on application.

Culinary Arts Program: This five week cohort offers inmates training in the basics of making soups, sauces, cold salads and sandwiches, saute cooking, grilling, baking, and desert making. They will also have the opportunity to make some foods from scratch. Participants will also be introduced to menu development and costing of menus. The Culinary Director will assist with resume development and coach them on industry specific interview techniques. The Culinary Director will also work with outside restaurants, hotels, other food establishments and temp agencies to help with job placement.

Institutional Greenhouse and Horticulture Program/Farm and Community Crew: This vocational training program teaches basic horticulture/farming; the Community Crew teaches basic construction skills.

Peace from Within with the Louis D. Brown Peace Institute: This mindfulness and peace building program is designed to provide tools for the participants to use to practice self-focus and to lead a peaceful life regardless of where they are. The participants are introduced to the seven Principles of Peace and the Multicultural Guidelines that the Louis D. Brown Peace Institute uses in the work they do

in the community. The Peace Institute is facilitating six cohorts this year. Each cohort meets once a week for seven weeks and uses the Peace From Within workbook.

The Peace Education Program: This is a media-based educational program created by the Prem Rawat Foundation. It consists of 10 hours of workbook material that focuses on core themes from the Prem Rawat's international addresses. The video topics include: choice, dignity, clarity, understanding, peace, hope, self-awareness, appreciation, inner strength, and contentment.

Community Reentry Focus Group: This group meets once a month and is facilitated by a returning citizen. The group encourages discussion among the participants on topics such as changing the thought process (you are as you think), desire vs. needs, pride vs. humility. The goals of the group are to ease the apprehension of returning to society and to instill confidence and a belief that there is a better way; to stimulate mature and responsible thinking; to deter criminal behavior via the adoption of alternative life style choices; minimize the chances for recidivism.

Mass Health applications: Plymouth County Sheriff's Department has certified application counselors who submit Mass Health applications 30 days prior to release on our sentenced inmate population.

Religious services: Religious services are available to all inmates and include Catholic discussion, Jewish service, Jehovah Witness service, Rosary, Muslim prayer services, Protestant Bible study, Portuguese Bible study, and Spanish Bible study. Chapel services include Spanish, Protestant, and Catholic.

HIV Peer Education and Support: These services are available for our inmate population and include counseling and aftercare protocols for inmates identified as HIV positive.

Plymouth County Sheriff's Department has also partnered with two agencies in Brockton that were recent recipients of grants to work with offenders. The Gandara Center will be working with our dual diagnosed sentenced population sentenced to three months or more and who are within four months to release and are returning to the Plymouth/Brockton area. Brockton Neighborhood Health Center is the recipient of a RIZE grant and their case manager is working with our pre-trial population providing overdose prevention groups, case management, and process groups. The case manager also provides information on medication assisted treatment and post-release case management services for those inmates returning to the Brockton area or who can get to Brockton for follow-up services.