|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment Name** | **Summary of Program** | **Eligibility** | **Duration to Complete** |
| 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 | 3 days 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 medium. 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**.** | **Must** be housed in E or G Pod, classified at least a level medium. Closed Group, Evidence Based | 4/8 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 B,C or D, E, G and classified a medium. | 1 day a week, Open Group ongoing basis |
| Big Book/ 12 Step | Based on an alternating AA and NA meeting format utilizing group discussion. | **Must** be housed in Pod E and be classified a medium. | 1 day week, ongoing basis. |
| 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 medium. Offered ion Pod C, E, G. 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 medium. 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 Yoga | Participants focus on a healthy way to express their emotions for their wellbeing. | **Must** have completed Bridge and be sentenced and classified a level medium. | 1 day 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 |
| Bridge Therapeutic Recreation | Taught in the Gym by the Therapeutic Recreational instructor for the purpose of team building and trust issues. | **Must** be involved in the Bridge program and be a level medium. | 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 a level medium. Offered in Pod E, G. Evidence based program. | 8 weeks, 1 day a week |
| Community Support Groups, Tapestry Health, Parenting Journey, Berkshire Works, Overcome Project, Music Class, Equestrian Program. | 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. Entrepreneur program with financial literacy taught by local bankers. Taught by a local musician. Inmates with a defined therapeutic focus to work on emotional stability. | **Must** be housed in sentenced Pods and classified a medium. Open group. | 1 day a month, or 1 day a week.  Ongoing basis |
| Criminal Thinking | **ON HOLD** | ON HOLD | ON HOLD |
| Getting Motivated to Change | Encourages the adoption of strategies for strengthening commitment to change. | **Must** be classified level medium. Offered E or G Pod. Closed Group, Evidence Based | 4 weeks,  1 day a week |
| Healthy Relationships | Addresses how to interact with your spouse, family, children, and friends in a healthy and productive manner. **ON HOLD** | **Must** be a level medium or higher. RSAT program | 8 weeks, 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. **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. **Evidence Based** | 8 weeks, 1 day a week  Ongoing basis |
| Meditation | Program in G- Pod training on how to meditate. | **Must** be Housed G-pod. | 1 day a week, Ongoing basis |
| 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 medium to attend the meeting. Meeting is open. Offered in C,G, H. | 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 involved in Substance Abuse services, Offered in Pod G,H and C. | 3 weeks, 1 day week |
| Relapse Prevention | This course is designed to address relapse by exploring triggers, warning signs and other issues of early recovery. | **Must** be housed 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 medium and housed in G Pod. | Everyday |
| Science and Health | Will address the damaging health consequences related to substance abuse; the science of addiction; how drugs alter brain chemistry and change thinking and behavior; and identify Medication-Assisted-Treatments currently available to treat opiate addiction. | **Must** be a level medium and be identified as a substance abuser; be housed in G Pod RSAT. | 8 week Bridge Program,  3 days week |
| Step by Step | 7 Habits of highly effective people. | RSAT program- Bridge | 7 weeks, 1 session a week. |
| Social Networking | Evidence based behavioral change therapy group focused on connecting inmates with the right people and peer groups. | **Must be a** level medium. Offered in Pod G, RSAT**. Evidence Based** | 8 weeks, 1 day a week |
| Unlock your Thinking | Integrated, cognitive behavioral change program for offenders that includes cognitive restructuring, social skills development, and development of problem solving skills**.** | **Must** be housed in G-Pod, classified at least a medium. Closed meetings**. Evidence Based** | 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 medium**. Evidence Based** | 8 weeks, 2 days a week  Ongoing basis |
| Vivitrol Presentation | The medical staff present to inmates during medical orientation. | Offered to all inmates | Ongoing |
| MAT”s Program/ Vivitrol | A shot is given before release by our medical staff and then the inmate is referred to a Community Based resource for Continued administration and treatment. Brien Center offers a community outreach worker to come in and meet with the inmates prior to discharge. | **Must** be an opioid abuser or alcohol abuser. Offered to all inmates. | Ongoing |