

# Programs Overview

## Orientation & Screening

All inmates that arrive at the Hampden County Sheriff's Department and House of Correction are provided with an institutional orientation that provides the inmate with understanding of operations, expectations and responsibilities. Medical, Mental Health and Educational testing is also conducted during this time period.

During this orientation phase inmates are screened for their risk of repeating criminal behavior using the LSI-R:SV screening (published by Multi-Health Systems Inc., N. Tonawanda, NY). The screening score indicates an inmate's level of risk for recidivism as well as criminal behavior. This is a highly predictive and valid research-based tool.

## The Challenge: Put High-Risk Offenders on Notice

The major idea put forward is that correctional programs should target the criminogenic risk/need areas outlined above. More specifically, programs should target those risk/need areas that are "Dynamic" (i.e. changeable) as opposed to "Static" (unchangeable).

## Direction: Reducing Risk for Public Safety

The LSI-R: SV samples the domains of employment, family and substance abuse; these items not only contribute to the predictive validity of the LSI-R: SV, but also tap some of the information important to offender treatment planning.

The LSI-R: SV was designed to maximize the use of the least restrictive criminal sanctions and to ensure that high-risk offenders that require the greatest attention receive that attention.

For example, while criminal history is considered a static risk factor (cannot be changed), criminal thinking is considered dynamic (changeable) and therefore should be targeted with specific interventions. So while all of the aforementioned criminogenic factors contribute to one's overall level of risk, only certain areas are appropriate targets for correctional intervention.

High-risk offenders should be prioritized for targeted intervention in the correctional setting as well as the community. Research indicates that a "one size fits all" approach should be avoided. Programs should vary, therefore, in terms of their duration and intensity. Programs should be matched to meet the specific levels of risk/need of targeted offenders.

## **PHASE I: Fundamental Programming**

### **Purpose**

- **To provide Fundamental Programming to every sentenced offender.**
- **These programs target criminogenic or crime-producing risk factors that research indicates are most important to reduce recidivism and criminal behavior.**
- **The programs focus on the following criminogenic factors: Substance abuse, Education/employment, Anger management.**
- **These targeted criminogenic factors that must be addressed in both Phase I and II.**
- **The parallel program for female offenders is called Discovery. This program focuses on such core areas as attitudes, substance abuse, work, relationships, parenting, and mental health.**

### **Benefit**

- **The Phase I Fundamental Program provides a foundation of services for every sentenced offender. This foundation of service enables offenders to build upon what they were exposed to throughout their incarceration and beyond into the community.**
- **This Fundamental Programming approach provides education and awareness regarding anger management, substance abuse, and education. Phase I is a building block for more intensive core programming.**

## **Phase II: Transitional Program**

### **Process**

- **After Phase I men and women offenders attend the Phase II Transitional Program during their first 4 weeks in sentenced population.**
- **This program ensures all offenders receive the basic core programs at the front end of their incarceration. Offenders must meet expectations of each program to receive additional privileges and lower security consideration.**
- **All Transitional Program classes are open-ended.**

### **Purpose**

- **To provide Core programming to every sentenced offender.**
- **Research indicates that programs targeting criminogenic or crime-producing risk factors are most important in reducing recidivism and criminal behavior.**
- **Effective programs focus on the following criminogenic factors:**

- *Substance abuse, education, employment, anger management, victim impact and cognitive thinking skills.*
- These are targeted criminogenic factors addressed in both Phase I and II.

### **Benefit**

The PHASE II Transitional Program greatly reduces the idle time of offenders while targeting criminogenic risk factors during the first 5 weeks of incarceration.

This model addresses the Core programming needs for every sentenced offender, capitalizing on the significant success, and culture-changing approach provided in Phase I.

### **Transitional Program “Intensive Regimen” Model**

- Individual Service Plan Contracts are completed for every sentenced offender.
- Inmates are escorted to identified classrooms to participate in programs.
- Programs provided 2X a day to reduce idle time of inmates and to ensure minimal conflicts for attendance.

Offenders must complete approximately 5 weeks of core programming for other considerations such as moves to lower security.

### **Core Programs:**

During Phase II, men attend a 4 week Transitional Program in which they participate in core programming classes that focus more intensely on substance abuse, anger management, cognitive thinking, and victim impact. Phase II classes also focus on vocational skills, employment, and career resources through a Learn 2 Earn curriculum developed by The Corrections Learning Network. This pre-employment training is enhanced by vocational program and industry overviews that each vocational instructor presents during the 4-week program. Education Program staff discusses the Adult Basic Education and college level programs offered here in a curriculum entitled Why School? Emphasis is also placed on reintegration services and post-release planning from this early point in an inmate’s period of incarceration.

Women attend a 4-week Transitions Program that has been carefully crafted to meet the gender specific needs of female offenders. Program staff teaches curriculum units such as Beginners Addiction Program, Staying Out of Jail, Exploring the World of Work, and Thinking about Relationships.

## **PHASE III: Program Mapping**

### **Mapping Meetings & Required Start Dates**

Mapping Meetings is the vehicle to assign inmates into PHASE III core programs. PHASE III programs are tailored to address the specific needs of each inmate. At each Mapping Meeting, Managers provide required program start dates for each inmate in order to continue to address the major criminogenic risk factors of each individual. Inmates are assigned required start dates and times for the Core Programs to Include but are not limited to the following:

- *School, ESOL, ABE, GED, SPED, Title I*
- *Violence Prevention*
- *28 Day Program Substance Abuse & Basic Life Skills*
- *Pre-employment Training Programs*

### **Phase III Core Programs:**

After completing the Transitional Programs, each sentenced offender is required to participate in the mandatory programs outlined in his/her Individual Service

Plan (ISP). The ISP is developed and based on the results of the LSI screening and psychosocial assessments completed by counselors during Phase II. Offenders begin Phase III programs within one week of completing Phase II. The weekly ISP Mapping Meeting has been instituted to ensure the prioritized and organized matriculation of inmates into Phase III programs.

Phase III programs are designed to help inmates gain skills and abilities to avoid re-offense in the future. Inmates experience a busy and productive 40-hour “work week” during their sentence here. The programs offered are designed to address core criminogenic factors and to provide a continuum of services as the offenders step down to lower security settings. The Phase III Programs are comprehensive in nature and cover a wide array of topics including:

### **SUBSTANCE ABUSE:**

Substance abuse programs are offered in our men’s units, women’s units, Pre-release Center , Day Reporting, and at the Western Massachusetts Correctional Alcohol Center .

- **FOCUS**
- **Breakthrough**
- **28 Day Intensive Substance Abuse Treatment**

- **Basic Life Skills Training**
- **Ongoing Treatment**
- **Ethos Discharge Planning**
- **AA Meetings**
- **NA Meetings**
- **New Attitudes**
- **Pathways Community Treatment**
- **Relapse Prevention**
- **Residential Treatment Programs**
- **Blind Spots/Issues of Denial**
- **Basic Drug and Alcohol Education**

### **EDUCATION:**

Education classes are offered for men and women at our main institution, Pre-release Center, Day Reporting, and at the Western Massachusetts Correctional Alcohol Center.

- **Adult Basic Education – Literacy Level**
- **Pre GED**
- **GED Preparation and testing**
- **Special Education**
- **Title I**
- **ESL – Beginner**
- **ESL – Intermediate**
- **College Classes – STCC**
- **Voices from the Inside**
- **Creative Writing**

### **FAMILY RELATIONSHIPS:**

- **Father's Work**
- **Mother/Child Connection**
- **Parenting**
- **Family Program**
- **Couples Support Program**

### **MISCELLANEOUS:**

- **Veterans in Prison Program**

## **RELIGIOUS SERVICES:**

- **Chaplain's Bible Study**
- **Christian Fellowship**
- **Protestant Services**
- **Protestant Choir**
- **Catholic Bible Study**
- **Catholic Masses**
- **English Bible Study**
- **English Video Bible Study**
- **Islamic Community Meeting**
- **Islamic Daily Prayer**
- **Islamic Jummu'a Prayer**
- **Islamic Quranic Studies**
- **Jehovah's Witness**
- **R.E.C. Bible Study**
- **R.E.C. Reunion**
- **Rescue Mission**
- **Shiloh 7 th Day Adventist Bible Study**
- **Spanish Bible Study**
- **Spanish Choir**
- **Spanish Protestant Services**
- **Spokesman's Club Bible Study**
- **Russian Bible Study**

## **VOCATIONAL SERVICES:**

**Vocational Training is offered to men and women offenders at the Main Institution, Pre-release Center, Day Reporting, and at the Western Massachusetts Correctional Alcohol Center.**

- **Vocational Exploration Program**
- **Pre-employment Training Program**
- **Business Vocational Skills**
- **Culinary Arts**
- **Custodial Maintenance Training**
- **Graphic Arts**
- **Construction Trades**
- **Welding Shop**
- **York Street Industries**
- **Keyboarding Metro Farming Project**
- **Barber/Beautician Apprentice**
- **Auto Shop**
- **Job Search**

Programs are offered for men and women at the Main Institution, Western MA Regional Women's Correctional Center, Pre-release Center, Day Reporting, and the Western MA Correctional Addictions Center.

**PERSONAL/EMOTIONAL AND ATTITUDES :**

- Violence Prevention
- Life Management Skills
- Anger Management Treatment
- Domestic Violence Reduction Group
- Sex Offender Education Group
- Sex Offender Treatment Group
- Despierta
- Conflict Resolution
- Anger Basics
- Channeling your Anger
- Love and Violence I & II
- Trauma Program I&II
- Victim Impact
- Interpersonal Relationships
- Thinking for Changes
- Self-esteem
- Community Accountability Board
- Community Service
- Transition to Community
- Criminal Thinking
- Stress and Anger Management

**HEALTH EDUCATION:**

- Asthma Education
- AIDS Education
- Diabetes Education
- Men's Health
- Fitness for Life
- Women's Health Issues
- Wellness Training

**WORK:**

- Unit/Pod Workers
- Barber Shop
- Gym Worker
- Kitchen
- Library
- Peer Educator
- Peer Literacy Tutor
- Facility Maintenance
- Grounds Maintenance
- Laundry
- Hairdressers
- Warehouse Workers

**PHASE IV: Release Planning**

- Each inmate creates a Release that is reviewed by [After Incarceration Support Systems Staff \(AISS\)](#).
- [AISS](#) staff helps inmates schedule appointments at community agencies.
- [AISS](#) staff provides ongoing support for released offenders through drop in services and support groups.

**For More In Depth Information on After Incarcerations Support Systems, [Click Here!](#)**

If you would like more information on our programming regiment, please contact Dan O'Malley at 1-413-547-8000 x2459 or e-mail him at [dan.o'malley@sdh.state.ma.us](mailto:dan.o'malley@sdh.state.ma.us)