



# RESOLVE PROGRAM

## DESCRIPTION

The Resolve Program is a cognitive behavioral therapy (CBT) program designed to address the trauma-related mental health needs of inmates. Specifically, the program seeks to decrease the incidence of trauma-related psychological disorders and improve level of functioning. In addition, the program aims to increase the effectiveness of other treatments, such as drug treatment and healthcare. The program uses a standardized treatment protocol consisting of three components: 1) initial educational workshop (Trauma in Life/Traumatic Stress & Resilience); 2) a skills based treatment group (Seeking Safety) and; 3) Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT), and/or a Skills Maintenance Group.

The purposes of the program include the following:

- Improving the inmate’s functioning by decreasing mental health symptoms that result from trauma;
- Increasing the effectiveness of other treatment programs available to the inmate;
- Reducing misconduct that results from mental health and trauma related difficulties; and
- Reducing recidivism.

## HOURS

20-90 hours of EBRR program credit.

## LOCATIONS

FPC Alderson (F)	FCI Aliceville (L)(F)	FCI Ashland (M)	FPC Bryan (F)
FMC Carswell (F)	FCI Coleman (M)	USP Coleman (H)	FCI Cumberland (M)
FCI Danbury (L)	FCI Dublin (L)(F)	FCI Edgefield (M)	ADX Florence
USP Florence (H)	SCP Greenville (F)	SFF Hazelton (L)(F)	USP Leavenworth (M)
USP Lewisburg (M)	FCI Loretto (L)	SCP Lexington (F)	SCP Marianna (F)
FCI Otisville (M)	FCI Oxford (M)	FPC Pekin (F)	FPC Phoenix (F)
FCI Safford (L)	FCI Sheridan (M)	FCI Tallahassee (L)(F)	USP Terre Haute (H)
FCI Victorville (M)	SCP Victorville (F)	FCI Waseca (L)(F)	

Key: ADX = Administrative; SCP = Satellite Camp; (L) = Low; (M) = Medium; (H) = High; (F) = Female

## NEEDS

Cognitions, Mental Health, and Trauma

## PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Resolve** program must be delivered by Psychology Services staff.