



### DESCRIPTION

The Female Integrated Treatment (FIT) program is a residential program that offers integrated cognitive behavioral therapy (CBT) for substance use disorders, mental illness, and trauma-related disorders, as well as vocational training, to female offenders. Women with substance use disorders who qualify for the Residential Drug Abuse Treatment Program (RDAP) can complete RDAP in the context of the FIT Program and may be eligible for the associated early release benefit.

FIT operates as a modified therapeutic community (MTC) utilizing CBT in a trauma-informed, gender-responsive environment. Criminal thinking is addressed through the identification of criminal thinking errors and the promotion of prosocial interactions with employees and peers. There is a special emphasis on vocational training to prepare women with the skills they will need to support themselves and their families upon release. For example, some women are trained as peer companions and have the opportunity to complete an apprenticeship that prepares them for work in the community as a Peer Specialist. This program works closely with Psychology Services, Recreation, Unit Management, Education, and Correctional Services to promote a multidisciplinary approach to treatment and skill building. Program content is designed to promote successful reentry into society at the conclusion of incarceration. Program employees further support reentry by collaborating with community partners prior to release.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

### LOCATIONS

FSL Danbury (L)

SFF Hazelton (L)

FCI Tallahassee (L)

Key: (L) = Low

### NEEDS

Antisocial Peers, Cognitions, Mental Health,  
Trauma, and Work

### PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Female Integrated Treatment** program must be delivered by Psychology Services and Education.