



### DESCRIPTION

The LifeSkills Laboratories program was developed by Psychology Services to help individuals with serious mental health illness practice life skills and prepare for experiences they may encounter in prison and when released. Program components include a placement assessment; check pads for each module; gender-responsive facilitator guide, pocket guide, and video content; and a laboratory space. Participants in LifeSkills Laboratories will work to improve their skills in five modules: health and hygiene, budgeting and shopping, manners and self-advocacy, cleaning and clothing care, and cooking.

Each module will have three levels: beginner, intermediate and advanced. Placement in one of the three levels is determined by the completion of a comprehensive assessment prior to program entry. Participants may start at a different placement level for each of the different modules.

Staff should consult with 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

FCI Allenwood	FCI Danbury	FCI Coleman	FMC Devens
USMCFP Springfield	FCI Hazelton	FCI Tallahassee	FMC Carswell
FMC Rochester	FCI Tucson	FCI Waseca	

### NEEDS

Mental Health, Finance/Poverty, and Recreation/Leisure/Fitness

### PROGRAM DELIVERY

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