

## Productive Activities (PA)

PA Name (short description)	Duration	Frequency	Hours	Program Location(s)	Needs(s) Addressed
English-as-a-Second Language	Depends on inmate progress	Minimum of 1.5 hours/day	500	All BOP institutions	Education, Work
Drug Education	Varies	Varies	15	All BOP institutions	Substance Abuse
> Non-Residential Drug Abuse Treatment Program	3-6 months	1.5 - 2 hours/week	24	All BOP institutions	Cognitions, Substance Abuse
> Sex Offender Treatment Program (Residential and Non-Residential)	9-12 months	12 hours/week	500	Carswell; Devens; Elkton; Englewood; Petersburg-Medium; Marianna; Marion; Seagoville; Tucson-High	Cognitions
Ultra Key 6: The Ultimate Keyboarding Tutor (Typing skills)	Varies	Self-paced	20	All BOP institutions	Education, Work
A Healthier Me in the BOP (Educational wellness program for women)	4 sessions	1.25 hours/week	5	All female sites	Recreation/Leisure/Fitness
A Matter of Balance (Helps build self-efficacy in strength and mobility)	8 sessions	2 hours/week	16	All BOP institutions	Recreation/Leisure/Fitness
AARP Foundation Finances 50 + (Financial literacy for older adults)	3 sessions	1.5 hours/week	5	All BOP institutions	Finance/Poverty
Access (Program to assist women overcoming domestic violence)	5 sessions	2 hours/week	10	All female sites	Cognitions, Mental Health, Trauma
Alcoholics Anonymous	Varies	Varies	50	All BOP institutions	Substance Abuse
Arthritis Foundation Walk with Ease	6 weeks	Varies	6	All BOP institutions	Medical, Recreation/Leisure/Fitness
Beyond Violence: A Prevention Program for Criminal-Justice Involved Women (Women focusing on	20 sessions	2 hours/week	40	All female sites	Anger/Hostility, Cognitions
Brain Health as You Age: You can Make a Difference! (Improved memory and decision-making)	Varies	Varies	5	All BOP institutions	Medical, Recreation/Leisure/Fitness
Brief CBT for Suicidal Individuals (Addresses	Varies	Varies	20	All BOP institutions	Mental Health
CBT for Prison Gambling	Varies	Varies	20	All BOP institutions	Antisocial Peers, Cognitions
Circle of Strength (Support group that introduces CBI to women)	13 sessions	1.5 hours/week	20	All female sites	Cognitions, Mental Health
CBT for Eating Disorders	Varies	Varies	20	All BOP institution	Mental Health
CBT of Insomnia	4-8 Session	Varies	10	All BOP institutions	Mental Health
> Cognitive Process Therapy (CBT to address trauma)	12 sessions	1.5 hours/week	18	All BOP institutions	Cognitions, Mental Health, Trauma

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> Dialectical Behavior Therapy Skills Training (CBT for managing emotions and distress)	52 sessions	1.5 - 2 hours/week	104	All BOP institutions	Cognitions, Mental Health, Trauma
Embracing Interfaith Cooperations (Fosters interfaith understanding)	5 sessions	1-2 hours/week	10	All BOP institutions	Cognitions
Federal Prison Industries (FPI) Lean Basics Training (Business processing training class)	16 hours	Varies	16	51 FPI facilities	Work
> Foundation (Reentry focused goal setting program for women)	10 sessions	1.5 hours/week	15	All female sites	Cognitions, Education, Mental Health, Work
Getting to Know Your Healthy Aging Body (Discusses changes over the lifespan)	12 sessions	1 hour/week	12	All BOP institutions	Medical , Recreation/Leisure/ Fitness
Health and Wellness Throughout the	3 sessions	.75 hours/week	3	All BOP institutions	Recreation/Leisure/ Fitness
Healthy Steps for Older Adults (Reduce falls)	3 sessions	Varies	3	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Hooked on Phonics (Aids in combating dyslexia)	Varies	1.5 hours/day	500	All BOP institutions	Dyslexia, Education, Work
Houses of Healing: A Prisoner's Guide to Inner Power and Freedom (Emotional literacy and understanding)	12 sessions	2 hours/week	24	All BOP institutions	Cognitions
> Key Train for ACT WorkKeys (Building job-relevant skills)	Varies	Varies	50	All BOP institutions	Education, Work
Living a Healthy Life with Chronic Conditions	Varies	Varies	24	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Managing Your Diabetes	12 sessions	1 hour/week	12	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Mindfulness-Based Cognitive Therapy	8 sessions	2 hours/week	16	All BOP institutions	Mental Health
Money Smart for Older Adults	14 sessions	1-2 hours/week	28	All BOP institutions	Finance/Poverty
Narcotics Anonymous	Varies	Varies	50	All BOP institutions	Substance Abuse
National Diabetes Prevention Program	16 sessions	Varies	16	All BOP institutions	Medical, Recreation/Leisure/ Fitness
PEER (Disabilities support group)	10 sessions	1 hour/week	10	All BOP institutions	Antisocial Peers
Pu'a Foundation Reentry Program (Program for women grounded in Hawaiian)	Varies	2 hours/week	20	FDC Honolulu	Family/Parenting, Trauma
Service Fit (Wellness group for veterans)	8 weeks	2 hours/week	16	All BOP institutions	Recreation/Leisure/ Fitness
Sexual Self-Regulation (SSR) (CBT programs for sex offenders)	3-6 months	Varies	100	All BOP institutions	Cognitions

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<b>Soldier On</b> (Support <b>group for veterans</b> )	10 weeks	1-1.5 hours/week	15	All BOP institutions	Antisocial Peers, Trauma
<b>Square One: Essentials for Women (Psychoeducation life skills for women)</b>	8 sessions	1.5 hours/week	12	All female sites	Finance/Poverty, Mental Health, Recreation/Leisure/Fitness
<b>START Now</b> (Program behavior disorders)	32 sessions	Varies	32	All BOP institutions (gendered curricula)	Anger/Hostility, Cognitions
<b>Supported Employment</b> (Matching SMI with jobs)	Varies	Varies	20	All BOP institutions	Education, Mental Health, Work
<b>Talking with Your Doctor - Guide for Older Adults</b> (Prepares for medical appointments)	Varies	Varies	5	All BOP institutions	Medical, Recreation/Leisure/Fitness
<b>Understanding Your Feelings: Shame and Low Self Esteem</b> (Program for women)	7 sessions	1 hour/week	7	All female sites	Cognitions, Mental Health, Trauma
<b>Victim Impact: Listen and Learn</b>	13 Sessions	2 hours/week	26	All BOP institutions	Cognitions
<b>Wellness Recovery Action Plan (Manage mental illness)</b>	8 Sessions	2.5 hours/session	20	All BOP institutions	Mental Health
<b>Women in the 21st Century Workplace</b> (Occupational program for women)	10 sessions	1 hour/week	10	All female sites	Education, Work
<b>Women's Relationships</b> (Teaching women about healthy interpersonal dynamics)	5 sessions	1 hour/week	5	All female sites	Antisocial Peers, Cognitions, Family/Parenting
<b>K2 Awareness Program</b>	5 weeks	1 hour/week	5	All BOP institutions	Substance Abuse

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