

STRONGER TOGETHER, EMERGING PROUD (S.T.E.P.)



DESCRIPTION

Stronger Together, Emerging Proud (S.T.E.P.) is a gender-responsive and trauma informed care curriculum for incarcerated women and men, grounded in the evidenced based practices of: cognitive behavioral therapy; the transtheoretical model of behavior change; motivational interviewing, mindfulness, and interactive journaling. The program is designed to provide a safe, supportive place for participants to discuss shared experiences as a transgender person, build their resilience and create a support system. The program consists of a Women's Program Series and a Men's Program Series, each designed to address the unique challenges faced by offenders during incarceration. Components include finding support, skills for resilience, exploring identity, coming out, navigating relationships, and reflecting on S.T.E.P. The program also includes interactive videos that can be utilized during program delivery.

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

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Stronger Together, Emerging Proud (S.T.E.P.)** must be delivered by the Special Populations Program Coordinator or Psychology Services.