

WELLNESS: INSIDE AND OUT



DESCRIPTION

The Wellness: Inside and Out program is a fully scripted curriculum with workbooks and an administrator manual. This program will present and build upon the *Eight Dimensions of Wellness*. Additionally, the curriculum will integrate 5 areas of concentration to include: assessments of needs, social inclusion, interaction, self-assessment, services upon release, and identified coping mechanisms.

The Wellness: Inside and Out program will target individuals who bring both physical and mental health problems to prison by offering skill-building lessons and specific goals. Using these skills, participants will begin to educate themselves and make changes in their behavior. The goal-oriented programming will also build skills that translate into successfully reentry, helping former inmates avoid future incarceration.

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

Mental Health and Recreation/Leisure/Fitness

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Wellness: Inside and Out** program must be delivered by Recreation Services.