

ALICEVILLE

A low security federal correctional institution with an adjacent minimum security satellite camp.

11070 Highway 14
Aliceville, AL 35442

ALICEVILLE SUMMARY PAGE

FEMALE OFFENDERS

The Greenbrier Birthing Center MINT Program is overseen by the Baltimore Residential Reentry Office. For more information on referrals, please contact (304) 653-4882 Monday to Friday from 8:00 a.m. to 4:00 p.m.

The MINT program is a residential reentry center-based program that promotes bonding and parenting skills for low-risk female offenders who are pregnant. Women are eligible to enter the program if they are in their last three months of pregnancy, have less than five years remaining to serve on their sentence, and are eligible for furlough. The decision to refer an offender to the MINT program is at the discretion of the offender's unit team if incarcerated, or probation officer if on supervision.

LOCATION: FCI LOW (L, mS)

Admission & Orientation Handbook

Carpenter - Apprenticeship

Electrician - Apprenticeship

HVAC - Apprenticeship

Plumbing - Apprenticeship

VT Carpentry - Occupational Education

VT Computer Skills - MS Office
- Occupational Education

VT Electrical - Occupational Education

Admission & Orientation Handbook Camp

VT Computer Skills - MS Office (Camp)
- Occupational Education

SECURITY KEY

(A): Administrative

(mS): Minimum Satellite Camp

(mC): Minimum Federal Prison Camp

(L): Low **(LS):** Low Satellite Prison

(M): Medium

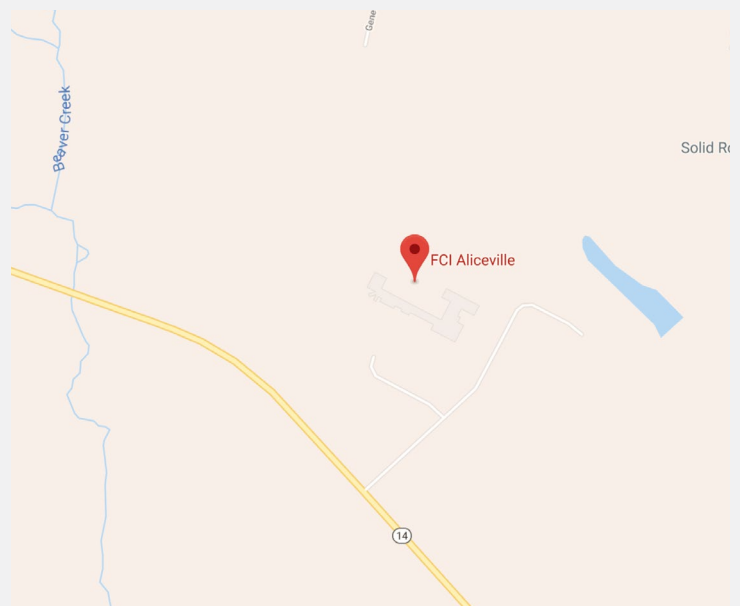
(H): High

(Mx): Maximum

Unless otherwise specified, all facilities are Male Only.

11070 Highway 14
Aliceville, AL 35442

Hotels near Aliceville, AL



Evidence-Based Recidivism Reduction (EBRR) Programs

* **Bureau Rehabilitation and Values Enhancement (BRAVE) Program** – a cognitive-behavioral, residential treatment program for young males serving 1st sentence, to create a smoother adjustment to prison.

* **Challenge Program** – a program for male inmates in Penitentiary (High Security) facilities. Treats those with substance abuse and/or mental illness disorders (psychotic, mood, anxiety, or personality).

Federal Prison Industries Program (UNICOR) is designed to protect society and reduce crime by preparing inmates for successful reentry through job training.

F **Life Connections Program** – a residential faith-based program, not religion specific.

* **Mental Health Step Down Program** – a program for inmates who do not require inpatient treatment, but lack the skills to function in a general population prison setting.

Post-Secondary Education College level classes are provided by credentialed instructors from the community who deliver coursework leading to either the Associates or Bachelor's degree.

* **Residential Drug Abuse Program (RDAP)** – an intensive treatment program where offenders experience living in a pro-social community.

L **Resolve Program** – a program for those with a mental health diagnosis related to trauma.

Sex Offender Treatment Program: Nonresidential, (SOTP-NR) – a program for low- to moderate-risk first-time sex offenders with a single history of an Internet sex crime.

* **Sex Offender Treatment Program: Residential (SOTP-R)** – a program for high-risk sex offenders with a history of multiple sex crimes.

* **Skills Program** – a program for inmates with intellectual disabilities, neurological deficits, and social deficiencies (i.e., Autistic).

* **Steps Toward Emotional Growth and Awareness (STAGES) Program** – a program for those with a serious mental illness and/or a borderline personality disorder.

Assert Yourself For Female Offenders In this program, women learn to be assertive while respecting the boundaries of others.

* **Female Integrated Treatment (FIT)* Foundation** For female inmates with substance use, trauma (PTSD), and other mental illnesses.

Foundation Program was designed to help women chart a healthy path for themselves during their time incarcerated

*RESIDENTIAL (MODIFIED THERAPEUTIC COMMUNITY), FSA

AVAILABLE AT ALL FACILITIES

Anger Management

A Matter of Balance (self-efficacy)

AARP Foundation Finances 50+

Alcoholics Anonymous

Apprenticeship Training (2022)

Arthritis Foundation Walk

Basic Cognitive Skills

Brain Health-Improves memory and decision-making

Brief CBT for Suicidal Individuals

CBT for Eating Disorders

CBT for Prison Gambling

CBT of Insomnia

Certification Course Training (2022)

Change Plan

Cognitive Process Therapy (CBT for trauma)

Criminal Thinking

Dyslexia

Dialectical Behavior Therapy

Skills Training

Drug Education

Embracing Interfaith Cooperation's

Emotional Self-Regulation

English-as-a-Second Language

Federal Prison Industries (FPI)

Getting to Know Your Healthy Aging Body

Health and Wellness Throughout the Lifespan

Healthy Steps for Older Adults (Reduce falls)

Hooked on Phonics (Aids in Dyslexia)

Houses of Healing: Emotional literacy

Illness Management and Recovery

Key Train for ACT Work Keys

Literacy: BUREAU LITERACY PROGRAM

Living a Healthy Life with Chronic Conditions

Managing Your Diabetes

Money Smart for Adults ,

Money Smart for Older Adults

National Diabetes Prevention Program

Non-Residential Drug Abuse Tx

Occupational Vocational training Parenting:

National Parenting From Prison Program

RDAP

PEER (Disabilities support group) Resilience

Support For Veterans

Service Fit (Wellness group for veterans)

Seeking Safety (F) – Seeking Strength (M)

Sexual Self-Regulation (SSR) (CBT programs

for sex offenders)

Social Skills Training / Schizophrenia

Soldier On (Support group for veterans)

START Now (Program behavior disorders)

Supported Employment (Matching SMI with

jobs)

Talking with Your Doctor -for Older Adults

(Prepares for medical appointments)

Threshold Program (Faith-based)

Ultra Key 6: (Typing)

UNICOR

Victim Impact: Listen and Learn

Wellness Recovery Action Plan (Manage mental illness)

PPRS Disclaimer: <https://pprsus.com/disclaimer>

Recommended for current details: <https://bop.gov>

For assistance with Client/Facility specific placement contact: 240.888.7778, or at, info@pprsus.com

LIFE CONNECTIONS PROGRAM

Residential



DESCRIPTION

The Life Connections Program (LCP) is a faith-based reentry program designed to address religious beliefs and value systems. Participants are connected with a community mentor at the institution and with a faith-based or community organization at their release destination. The LCP is an 18 month residential program aimed at strengthening participants' understanding of what it means to live and work effectively in the community. The LCP is open to inmates of all faiths and those who have no religious background. Participants approach the program from their own faith teachings or values-based background. The program uses standardized curricula including interactive journaling in a therapeutic group setting. It seeks to engage participants in community service projects, victim impact, mentoring, healthy living skill development, and release preparation.

The LCP uses agency chaplains and mentor coordinators as well as contracted spiritual guides, community mentors, and volunteers to work in small groups and one-on-one with program participants. This gives participants the opportunity to learn from others. Upon release, the LCP connects them with continued community mentoring and faith group support for these returning citizens.

HOURS

This program is typically completed in 500 hours.

LOCATIONS

FCC Petersburg (L) FCI Milan (L) FMC Carswell (F) USP Leavenworth (M) USP Terre Haute (H)
FCI Aliceville (F)

Key: (L) = Low; (M) = Medium; (H) = High; (F) = Female

NEEDS

Family/Parenting

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Life Connections Program** must be delivered by Chaplaincy Services staff or appropriately credentialed volunteers or contractors.

ASSERT YOURSELF FOR FEMALE OFFENDERS

DESCRIPTION

This program for incarcerated women promotes interpersonal effectiveness and targets behavior that can lead women to feel helpless about their lives. The majority of female offenders are survivors of abuse and struggle with low self-esteem. In this program, women learn to be assertive while respecting the boundaries of others. Through homework assignments and role-play, women practice skills learned throughout the program.

HOURS

This program is typically completed in 8 hours.

LOCATIONS

FPC Alderson	FCI Aliceville	MDC Brooklyn	FPC Bryan
FMC Carswell	MCC Chicago	SCP Coleman	FSL/SPC Danbury
FCI Dublin	SCP Greenville	MDC Guaynabo	SFF Hazelton
FDC Honolulu	FDC Houston	SCP Lexington	MDC Los Angeles
SCP Marianna	FDC Miami	FTC Oklahoma City	SCP Pekin
FDC Philadelphia	SCP Phoenix	MCC San Diego	FDC SeaTac
FCI Tallahassee	FCC Tucson	SCP Victorville	FCI Waseca

NEEDS

Cognitions and Family/Parenting

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Assert Yourself for Female Offenders** is to be delivered by a Special Population Program Coordinator or Unit Team Staff.



DESCRIPTION

Foundation is a program designed to assist women in assessing and advocating for their individual needs and translating the results of that assessment into the selection of programs and plans to meet their reentry goals. The Foundation Program was designed to help newly incarcerated women chart a healthy path for themselves during their time of incarceration. Throughout the program, participants learn about a number of issues facing women. They have the opportunity to identify positive changes that will lead to a successful reentry, and consider programs and services within the facility that can help them make these changes.

The Change Plan, a Productive Activity, is a follow up to the Foundation Program that focuses on the goals established in Foundation.

HOURS

This program is typically completed in 15 hours.

LOCATIONS

FPC Alderson	FCI Aliceville	MDC Brooklyn	FPC Bryan
FMC Carswell	MCC Chicago	SCP Coleman	FSL/SCP Danbury
FCI Dublin	MDC Guaynabo	SCP Greenville	SFF Hazelton
FDC Honolulu	FDC Houston	SCP Lexington	MDC Los Angeles
SCP Marianna	FDC Miami	FTC Oklahoma City	SCP Pekin
SCP Phoenix	FDC Philadelphia	MCC San Diego	FDC SeaTac
FCI Tallahassee	FCC Tucson	SCP Victorville	FCI Waseca

NEEDS

Cognitions, Education, Mental Health, and Work

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Foundation** must be delivered by a Special Population Program Coordinator or Social Worker. At facilities housing pretrial women the Reentry Affairs Coordinator can also deliver the Foundation program.

BUREAU LITERACY PROGRAM (GED)

PROGRAM DESCRIPTION	<p>The Literacy Program is designed to help inmates develop foundational knowledge and skill in reading, math, and written expression, and to prepare inmates to get a General Educational Development (GED) credential.</p> <p>The completion of the Literacy Program is often only the first step towards adequate preparation for successful post-release reintegration into society.</p>
TIME FRAME	<p>Depending on student needs, students participate in literacy classes for a varied length of time. Literacy classes are scheduled Monday through Friday. Each literacy class session meets a minimum of 1 1/2 hours per day. With few exceptions, inmates without a confirmed GED or high school diploma are required to enroll and participate in the Literacy Program for a minimum of 240 instructional hours or until they achieve a GED credential.</p>
ADMISSION CRITERIA	<p>All inmates without a GED or a high school diploma are enrolled in literacy classes in Bureau correctional facilities.</p> <p>The following inmates are not required to attend the Literacy Program:</p> <p>(1) pretrial inmates; (2) inmates committed for purpose of study and observation under the provisions of 18 U.S.C. 4205(c), 4241(d), or, effective November 1, 1987, 18 U.S.C. 3552(b); (3) sentenced deportable aliens; and (4) inmates determined by staff to be temporarily unable to participate in the Literacy Program due to special circumstances beyond their control (e.g., due to a medical condition, transfer on writ, on a waiting list for initial placement). However, these inmates are required to participate when the special circumstances are no longer applicable.</p>
PROGRAM CONTENT	<p>Program content focuses on developing foundational knowledge and skill in reading, math, and written expression, and preparing inmates to get a GED.</p> <p>Inmates withdrawing from literacy programs prior to obtaining a GED will be restricted to the lowest pay and have an inability to vest or earn the maximum amount of Good Conduct Time. Occupational training programs generally require a GED/High School Diploma or concurrent enrollment in a Literacy Program.</p>
EMPIRICAL SUPPORT	<p>Research has shown that passing the GED test increases earnings for some dropouts, but that labor market payoffs take time (Murnane, Willett, & Tyler, 2000; Tyler, 2004; Tyler & Berk, 2008; Tyler, Murnane, & Willett, 2000, 2003). GED credentials provide a pathway into postsecondary education, and finishing even a shortterm program offers important economic benefits to GED recipients (Patterson, Zhang, Song & Guison-Dowdy, 2010).</p>
APPLICABLE POLICIES	<p>5350.28 Literacy Program (GED Standard). 5300.21 Education Training and Leisure Time Program Standards. 5353.01 Occupational Education Programs.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities offer the Literacy Program.</p>

DRUG ABUSE EDUCATION

PROGRAM DESCRIPTION	Drug Abuse Education is designed to encourage offenders with a history of drug use to review the consequences of their choice to use drugs and the physical, social, and psychological impacts of this choice. Drug Abuse Education is designed to motivate appropriate offenders to participate in nonresidential or residential drug abuse treatment, as needed; Drug Abuse Education is not drug treatment. Drug Abuse Education is available in all Bureau institutions.
TIME FRAME	Drug Abuse Education is a 12-15 hour educational course. Class lengths and times are varied to meet the scheduling needs of each institution. Since the goal of Drug Abuse Education is to motivate offenders to participate in treatment, inmates are given the opportunity to participate in the course at the beginning of their sentence, ordinarily within the first 12 months.
ADMISSION CRITERIA	Inmates are required to participate in Drug Abuse Education if any of the following criteria are met: their substance use contributed to the instant offense; their substance use resulted in a supervised release violation; a significant substance use history is noted; or a judicial recommendation for substance abuse treatment is noted. Additionally, any inmate may volunteer to take the course.
PROGRAM CONTENT	<p>Participants in Drug Abuse Education receive information on what distinguishes drug use, abuse, and addiction.</p> <p>Participants in the course also review their individual drug use histories, explore evidence of the nexus between drug use and crime, and identify negative consequences of continued drug abuse.</p>
EMPIRICAL SUPPORT	Research has demonstrated psycho-educational techniques are effective motivational strategies, particularly in moving individuals toward seriously considering a significant life change.
APPLICABLE POLICIES	5330.11 Psychology Treatment Programs.
INSTITUTION LOCATIONS	All Bureau facilities offer the Drug Abuse Education Program.

ENGLISH-AS-A-SECOND LANGUAGE (ESL) PROGRAM

PROGRAM DESCRIPTION	The English-as-a-Second Language (ESL) Program is designed to help limited English proficient inmates improve their English until they function at the equivalency of the eighth grade level in listening and reading comprehension.
TIME FRAME	Depending on English skills and motivation, inmates participate in the ESL program for a varied length of time. ESL classes are scheduled Monday through Friday. Each class session meets a minimum of 1 ½ hours per day. With few exceptions, limited English proficient inmates are required to participate in the ESL program until they function at the eighth grade level as measured by standardized reading and listening assessment tests.
ADMISSION CRITERIA	<p>All limited English proficient inmates in the Bureau's correctional facilities are required to participate in the ESL program.</p> <p>The following inmates are exempt from the mandatory ESL participation requirement:</p> <p>(1) pretrial inmates; (2) inmates committed for the purpose of study and observation under the provisions of 18 U.S.C. 4205(c) or, effective November 1, 1987, 18 U.S.C. 3552 (b); (3) sentenced aliens with a deportation detainer; and (4) other inmates whom, for documented good cause, the Warden may excuse from attending the ESL program. Such inmates, however, shall be required to participate when the special circumstances are no longer applicable.</p> <p>Although exempted from mandatory ESL participation requirement, all limited proficient English speaking inmates are strongly encouraged to participate in the ESL program.</p>
PROGRAM CONTENT	Program content primarily focuses on developing functional English listening and reading comprehension skills such as locating and utilizing resources (e.g., libraries, public transportation, drug stores, grocery stores, employment opportunities).
EMPIRICAL SUPPORT	<p>Research has shown that individuals who are literate only in a language other than English are more likely to have non-continuous employment and earn less than those literate in English (Greenberg, Macias, Rhodes, & Chan, 2001). Data from the 2000 U.S. Census on immigrant earnings revealed a positive relation between earnings and English skill ability (Chiswick & Miller, 2002).</p> <p>An analysis of higher quality research studies has shown that on average, inmates who participated in correctional education programs (to include ESL instruction) had a 43 percent lower recidivism rate than those inmates who did not (Davis et al., 2014). Lower quality research studies revealed a 13 percent lower recidivism rate for those inmates who participated in correctional education programs than those inmates who did not participate (Davis et al., 2014). The same research study also has shown that correctional education is cost effective (a savings of \$5.00 on re-incarceration costs for every dollar spent on correctional education).</p>
APPLICABLE POLICIES	<p>5300.21 Education, Training, and Leisure Time Program Standards.</p> <p>5350.24 English-as-a-Second Language Program (ESL).</p>
INSTITUTION LOCATIONS	All Bureau facilities offer the ESL Program.

NONRESIDENTIAL DRUG ABUSE PROGRAM

PROGRAM DESCRIPTION	<p>The Nonresidential Drug Abuse Program is a flexible, moderate intensity cognitive-behavioral treatment program. The program is designed to meet the needs of a variety of inmates including inmates who are waiting to enter the Residential Drug Abuse Program (RDAP); inmates who do not meet admission criteria for the RDAP, but who wish to benefit from less intensive drug abuse treatment services; and inmates who have been referred by other Psychology Services or institution staff for drug abuse treatment.</p>
TIME FRAME	<p>The Nonresidential Drug Abuse Program is comprised of 90-120 minute weekly group treatment sessions, for a minimum of 12 weeks and a maximum of 24 weeks. Treatment staff may offer treatment beyond the 12 week minimum based upon the treatment needs of the inmate and supplemental treatment services available at the facility.</p>
ADMISSION CRITERIA	<p>An inmate must have a history of drug abuse as evidenced by self-report, Presentence Investigation Report (PSR) documentation, or incident reports for use of alcohol or drugs to be eligible to participate in the program.</p>
PROGRAM CONTENT	<p>The Bureau's treatment of substance abuse includes a variety of clinical activities organized to treat complex psychological and behavioral problems. The activities are unified through the use of Cognitive Behavioral Therapy (CBT), which was selected as the theoretical model because of its proven effectiveness with the inmate population.</p>
EMPIRICAL SUPPORT	<p>The Nonresidential Drug Abuse Program utilizes cognitive-behavioral interventions, which have been proven to be effective in the treatment of substance use disorders. The group treatment format used in this program also offers empirically supported benefits from pro-social peer interaction among participants.</p>
APPLICABLE POLICIES	<p>5330.11 Psychology Treatment Programs.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities offer the Nonresidential Drug Abuse Program.</p>

OCCUPATIONAL EDUCATION PROGRAMS

PROGRAM DESCRIPTION	<p>The Occupational Education Program is designed to help inmates acquire marketable skills in a wide variety of trades. Programs which vary from institution to institution are provided by either career civil-service vocational training instructors or through contracts with colleges and technical schools. Many institutions also provide registered apprenticeships through the United States Department of Labor's Office of Apprenticeship.</p> <p>An Inmate Occupational Training Directory, outlining the specifics for programs offered at each institution was published in September 2013. The Directory is accessible via: http://www.bop.gov/inmates/custody_and_care/docs/inmate_occupational_training_directory.pdf</p>
TIME FRAME	<p>Program length varies with the provider and the complexity of the program. Upon completion of a marketable occupational education program, inmates may earn an AA, AS, AAS degree and/or an industry recognized certification. Apprenticeship programs are usually 2,000+ hours and may take three to four years to complete.</p>
ADMISSION CRITERIA	<p>All inmates are eligible to participate in an institution's occupational education program. The inmate's unit team, in consultation with the Education Department, determines if a particular course of study is suited to the inmate's needs. Inmates with a demonstrated need for occupational training may have their enrollments deferred until the latter part of their sentence, to ensure their training is current upon release. Occupational education programs typically require an inmate to have a GED or high school diploma or concurrent enrollment in the Literacy Program.</p> <p>Inmates under orders of deportation, exclusion, or removal may participate in an institution's occupational education program if institution resources permit after meeting the needs of other eligible inmates.</p>
PROGRAM CONTENT	<p>Program content focuses on developing the skills necessary for entry-level employment in a given trade.</p>
EMPIRICAL SUPPORT	<p>Evidence shows a relationship between correctional education program participation before release and lower odds of recidivating after release (Davis et al., 2014; Saylor and Gaes, 1996; Aos, Phipps, Barnoski and Lieb, 2001). In a study conducted in Maryland, Minnesota and Ohio, correctional education participants had lower recidivism rates in the categories of re-arrest, re-conviction, and re-incarceration (Steurer, Smith and Tracy, 2001). There is some evidence that in-prison vocational education is effective in improving individuals' likelihood of post-release employment (Davis et al., 2014).</p>
APPLICABLE POLICIES	<p>5353.01 Occupational Education Programs. 5300.21 Education, Training and Leisure Time Program Standards.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities are mandated to offer Occupational Training with the following exceptions: metropolitan correctional centers, metropolitan/federal detention centers, the Federal Transportation Center, satellite camps, and the administrative maximum facility.</p>

PARENTING PROGRAM

PROGRAM DESCRIPTION	<p>The Parenting Program provides inmates information and counseling through directed classes on how to enhance their relationship with their children even while incarcerated. All parenting programs include a classroom component and relationship building visitation activities. In addition, social services outreach contacts are often established to facilitate the provision of services to the inmate parent, visiting custodial parent, and children.</p>
TIME FRAME	<p>Inmates may participate in the Parenting Program at any point during their sentence. The duration of the program varies by institution-to-institution.</p>
ADMISSION CRITERIA	<p>All inmates are afforded the opportunity to participate in the Parenting Program.</p>
PROGRAM CONTENT	<p>The Parenting Program varies in length, depth, and content from institution-to-institution. Providers of Parenting Program components may include educational staff, as well as volunteers from a community group and/or a social service organization. However, the program's curriculum is recommended to address parenting skills, skills for family support, family literacy education, substance abuse education, and prenatal care information for expectant mothers.</p>
EMPIRICAL SUPPORT	<p>Research has shown parenting programs for incarcerated parents can improve their self-esteem, parenting attitudes, and institutional adjustment.</p>
APPLICABLE POLICIES	<p>5355.03 Parenting Program Standards. 5267.08 Visiting Regulations. Volunteers and Citizen Participation Programs. Education Training and Leisure Time Program Standards.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities offer the Parenting Program.</p>



DESCRIPTION

Seeking Safety is a present-focused, evidence-based approach to treat trauma symptoms and substance use concurrently. It is based on the premise that healing from each disorder requires attention to both disorders. This intervention teaches inmates to manage and decrease symptoms and gain control over both disorders by addressing current life problems. The Seeking Safety curriculum is called Seeking Strength at male institutions to encourage participation among male inmates. This group is 12-15 sessions.

HOURS

This program is typically completed in 15 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers, Cognitions, Mental Health, Substance Use, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Seeking Safety** must be delivered by Psychology Services staff.



RESOLVE PROGRAM

DESCRIPTION

The Resolve Program is a cognitive behavioral therapy (CBT) program designed to address the trauma-related mental health needs of inmates. Specifically, the program seeks to decrease the incidence of trauma-related psychological disorders and improve level of functioning. In addition, the program aims to increase the effectiveness of other treatments, such as drug treatment and healthcare. The program uses a standardized treatment protocol consisting of three components: 1) initial educational workshop (Trauma in Life/Traumatic Stress & Resilience); 2) a skills based treatment group (Seeking Safety) and; 3) Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT), and/or a Skills Maintenance Group.

The purposes of the program include the following:

- Improving the inmate’s functioning by decreasing mental health symptoms that result from trauma;
- Increasing the effectiveness of other treatment programs available to the inmate;
- Reducing misconduct that results from mental health and trauma related difficulties; and
- Reducing recidivism.

HOURS

20-90 hours of EBRR program credit.

LOCATIONS

FPC Alderson (F)	FCI Aliceville (L)(F)	FCI Ashland (M)	FPC Bryan (F)
FMC Carswell (F)	FCI Coleman (M)	USP Coleman (H)	FCI Cumberland (M)
FCI Danbury (L)	FCI Dublin (L)(F)	FCI Edgefield (M)	ADX Florence
USP Florence (H)	SCP Greenville (F)	SFF Hazelton (L)(F)	USP Leavenworth (M)
USP Lewisburg (M)	FCI Loretto (L)	SCP Lexington (F)	SCP Marianna (F)
FCI Otisville (M)	FCI Oxford (M)	FPC Pekin (F)	FPC Phoenix (F)
FCI Safford (L)	FCI Sheridan (M)	FCI Tallahassee (L)(F)	USP Terre Haute (H)
FCI Victorville (M)	SCP Victorville (F)	FCI Waseca (L)(F)	

Key: ADX = Administrative; SCP = Satellite Camp; (L) = Low; (M) = Medium; (H) = High; (F) = Female

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

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

ANGER

MANAGEMENT



DESCRIPTION

Anger Management is a cognitive-behavioral curriculum designed to help individuals better manage their anger. The protocol can be used as a 10-session group or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The journal is designed to be used in group or individual treatment by individuals who have demonstrated a need for learning skills to manage strong emotions such as anger. It provides participants with a summary of core concepts, worksheets for completing between-session challenges, and space to take notes for each of the sessions. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

HOURS

This program is typically completed in 18 hours.

LOCATIONS

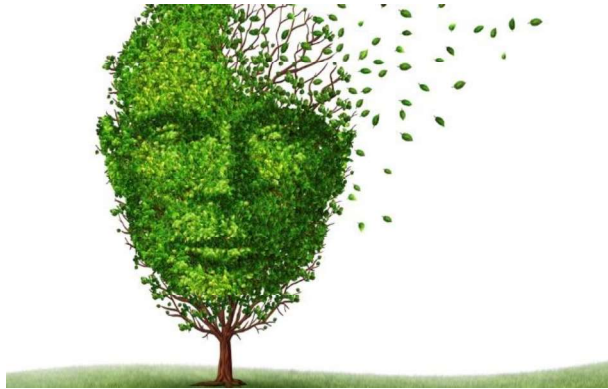
Available at all BOP institutions.

NEEDS

Anger/Hostility and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Anger Management** must be delivered by Psychology Services staff.



BASIC COGNITIVE SKILLS

DESCRIPTION

Basic Cognitive Skills is a cognitive behavioral therapy (CBT) protocol that is used primarily for group treatment but may be used for individual treatment, in some cases. Through the use of this protocol, participants are taught basic concepts of CBT, including the Five Rules for Rational Thinking and the use of Rational Self-Analysis (RSA). This resource is consistent with the cognitive skills modules utilized in the Bureau's Drug Abuse Treatment Programs, BRAVE Programs, Challenge Programs, FIT, Mental Health Step Down Programs, Sex Offender Treatment Program, Skills Programs, and STAGES Programs.

The Basic Cognitive Skills journal was designed as a lead-in to other CBT protocols, specifically *Emotional Self-Regulation* and *Criminal Thinking*.

HOURS

This program is typically completed in 24 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Basic Cognitive Skills** must be delivered by Psychology Services staff.



COGNITIVE PROCESSING THERAPY

DESCRIPTION

Cognitive Processing Therapy is an evidence-based intervention for the treatment of Posttraumatic Stress Disorder. In a 12-session format, this intervention combines cognitive techniques with written exposure therapy to address negative affect, intrusive images, dysfunctional thoughts, and avoidance behavior.

HOURS

This program is typically completed in 10-12 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Cognitive Processing Therapy** must be delivered by Psychology Services staff.



DESCRIPTION

The purpose of Criminal Thinking group is to help the participant see how criminal thinking errors impact decisions in daily life. Techniques from cognitive behavioral therapy (CBT), including Rational Self Analysis (RSA), are used to identify the patterns of criminal thinking that occur in a wide range of situations. The protocol can be used as a 10-session group (Minimum and Low security) or a 20-session group (Medium or High security) or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The Criminal Thinking journal reviews criminal thinking errors, provides education on the influence of thoughts and feelings on behaviors, and details how to conduct an RSA to improve decision-making. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

HOURS

This program is typically completed in 27 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Criminal Thinking** must be delivered by Psychology Services staff.



DESCRIPTION

Dialectical Behavior Therapy is a cognitive behavioral treatment teaching self-management of emotions and distress. This program is specifically for individuals who engage in self-directed violence, such as self-cutting, suicidal thoughts, urges, and suicide attempts. The types of skills discussed and practiced include, but are not limited to, mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills. This treatment protocol is 2 hours in length for 25 sessions.

HOURS

This program is typically completed in 50 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Dialectical Behavior Therapy** must be delivered by Psychology Services staff.



DESCRIPTION

Emotional Self-Regulation is a cognitive-behavioral therapy (CBT) protocol that helps the participant to explore emotions and patterns of behavior and learn strategies for managing difficult emotions. The protocol can be used as a 10-session group or in an individual format. The curriculum and journal are available in English and Spanish and are gender-responsive.

The Emotional Self-Regulation journal explores helpful ways for the participant respond to difficult emotions. These skills lead to more positive interactions and outcomes. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments.

HOURS

This program is typically completed in 24 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions and Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Emotional Self-Regulation** must be delivered by Psychology Services staff.



ILLNESS MANAGEMENT AND RECOVERY

DESCRIPTION

Illness Management and Recovery (IMR) is a consumer-oriented psychological treatment protocol for individuals diagnosed with serious mental illness. It is composed of ten modules and can be completed through weekly sessions over the course of a year. Topics include recovery strategies, practical facts about mental illness, the stress-vulnerability model, building social support, using medication effectively, reducing relapses and coping with stress, problems and symptoms. IMR is considered a front line intervention for the treatment of serious mental illness.

HOURS

This program is typically completed in 60 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Illness Management and Recovery** must be delivered by Psychology Services staff.



NON-RESIDENTIAL DRUG ABUSE PROGRAM

DESCRIPTION

The Non-Residential Drug Abuse Treatment Program (NRDAP) is a psychoeducational, therapeutic group designed for general population inmates who report a history of problematic substance use. NRDAP is available to inmates at every institution. The purpose of NRDAP is to afford all inmates with a substance use problem the opportunity to receive treatment.

NRDAP groups are conducted 90 – 120 minutes per week for a minimum of 12 weeks and a maximum of 24 weeks. The content addresses criminal lifestyles and provides skill-building opportunities in the areas of rational thinking, communication skills, and institution/community adjustment.

HOURS

This program is typically completed in 24 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions and Substance Use

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Non-Residential Drug Abuse Program** must be delivered by Psychology Services staff.

APPRENTICESHIP TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under three broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Apprenticeship Training: Apprenticeship training prepares the student for employment in various trades through structured programs underneath a journeyman in that trade, approved at the state and national levels by the Bureau of Apprenticeship and Training, U.S. Department of Labor.

Generally, these programs require inmates to have completed the high school equivalency, but concurrent enrollment is sometimes possible. Each individual program is designed to enhance post-release employment opportunities by providing inmates with the ability to obtain marketable, in-demand employment skills. Programs follow standardized work processes with related trade instruction, which teaches specific job skills and leads to a Department of Labor apprenticeship certificate.

A large variety of standardized Department of Labor apprenticeships are offered throughout the Bureau and are highly encouraged; inmates may participate in 2,000 to 8,000 hour programs, which are supervised by local journeymen.

HOURS

This program is typically completed in 500 hours.

LOCATIONS

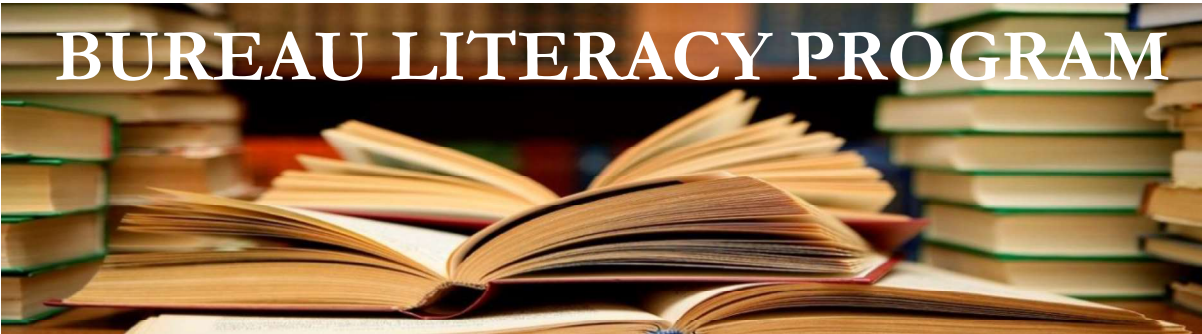
Available at all BOP institutions.

NEEDS

Work

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Apprenticeship Training** must be delivered by a qualified journeyman in the specific trade. Related Trades instruction must be delivered by Education staff.



DESCRIPTION

The Bureau of Prison’s literacy program is designed to assist every inmate who does not have a high school diploma or high school equivalency credential. The literacy curricula consists of an Adult Basic Education and General Educational Development (GED) to accommodate all academic levels. Upon arrival, each inmate is evaluated to determine their current level of education and academic needs. They are placed in a class based on their academic levels, and an individualized plan is developed for them to assist with their knowledge/skill in reading, math, and written expression to prepare for the GED exam.

The GED curricula is comprehensive and was designed around College and Career Readiness (CCR) Standards that provide guidelines for what students should learn, and offers consistent expectations of students across all BOP institutions. The curriculum offers a “Teaching Notes” section to help teachers work across a number of content areas. Additionally, “Suggested Class Activities and Resources” sections include activities to use in the classroom to support specific objectives. Lastly, it identifies skills assessed on the GED test, which help instructors make a significant impact on increasing student performance on GED tests.

HOURS

This program is typically completed in 240 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Education

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Bureau Literacy** program must be delivered by the appropriately credentialed contractors or Education staff.

CERTIFICATION COURSE TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under three broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Certification Course Training: Training programs that lead to obtaining an industry recognized certification.

Generally, these programs require inmates to have completed the high school equivalency, but concurrent enrollment is sometimes possible. Each individual program is designed to enhance post-release employment opportunities by providing inmates with the ability to obtain marketable, in-demand employment skills. Most programs follow a competency based curriculum, which teaches specific job skills and leads to a recognized credential, or certificate.

Some institutions offer inmates the opportunity to acquire college certificates and associates degrees through Advanced Occupational Education or local Pell Grant programs.

HOURS

This program is typically completed in 50 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

To ensure program fidelity and proper credit, **Certification Course Training** must be delivered by Education and Federal Prison Industries staff. This program may also be delivered by a qualified volunteer or contractor.



DESCRIPTION

Money Smart for Adults is an instructor-led course consisting of eleven training modules that cover basic financial topics. Topics include a description of deposit and credit services offered by financial institutions, choosing and maintaining a checking account, spending plans, the importance of saving, how to obtain and use credit effectively, and the basics of building or repairing credit.

HOURS

This program is typically completed in 32 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Money Smart for Adults** must be delivered by Business Office Staff or Unit Team. This program may also be delivered by a qualified volunteer or contractor.

MONEY SMART FOR OLDER ADULTS



DESCRIPTION

Money Smart for Older Adults (MSOA) provides awareness among older adults on how to prevent elder financial exploitation and to encourage advance planning and informed financial decision-making. There are seven segments covering the following topics: Common Types of Elder Financial Exploitation, Scams Targeting Veterans, Identity Theft, Medical Identity Theft, Scams that Target Homeowners, Planning for Unexpected Life Events, and How to Be Financially Prepared for Disasters.

HOURS

This program is typically completed in 28 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Money Smart for Older Adults** must be delivered by Business Office Staff or Unit Team. This program may also be delivered by a qualified volunteer or contractor.



DESCRIPTION

The Bureau’s National Parenting from Prison Program is a two-phase model, focusing on services for incarcerated parents.

PHASE I: National Parenting Program Workshop. Phase I is a dynamic, psychoeducational course focused on parenting basics. This phase covers topics such as appropriate discipline and developmental milestones supplemented with discussion and practical exercises. An interactive DVD series is used for a portion of the Phase I program, to ensure standardization across facilities. The DVDs include discussion clips from national experts and incarcerated persons. Inmates engage in discussion and complete significant homework assignments as part of this program.

PHASE II: National Parenting Specialty Programs. Phase II focuses on specific parenting needs such as parenting as an incarcerated mother, father, grandparent or parenting a child with a disability. Phase II programming includes the following courses: Inside Out Dad, Mothers of Adolescents, Preparing for Motherhood, Parenting Inside Out, Parenting a Second Time Around (PASTA), Partners in Parenting, Parenting Children with Special Needs (available in Spanish), and To Parent or Not to Parent (available in Spanish).

HOURS

This program is typically completed in 40 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting

PROGAM DELIVERY

To ensure program fidelity and proper credit, the **National Parenting from Prison** program is to be delivered by a Special Population Program Coordinator, Social Worker, Reentry Affairs Coordinator, or Correctional Counselor.

VOCATIONAL TRAINING



DESCRIPTION

The Bureau's Career Technical Education (CTE) program falls under three broad categories: 1) Apprenticeship Training, 2) Certification Course Training, and 3) Vocational Training.

Vocational Training: Marketable training that provides specific entry level or advanced job skills and certification that is instructor led with hands on skill building, as well as, live work projects. A variety of skilled-trades are offered to include: building trades, welding, heating ventilation and refrigeration (HVAC), highway construction, and wind-turbine technology.

Generally, these programs require inmates to have completed the high school equivalency, but concurrent enrollment is sometimes possible. Each individual program is designed to enhance post-release employment opportunities by providing inmates with the ability to obtain marketable, in-demand employment skills. Most programs follow a competency based curriculum, which teaches specific job skills and leads to a recognized credential, certificate, or degree. It should be noted some programs offer "exploratory courses," which allow inmates to explore a possible program before making a long-term commitment.

HOURS

This program is typically completed in 125 hours.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

To ensure program fidelity and proper credit, **Vocational Training** must be delivered by Education and Federal Prison Industries staff. This program may also be delivered by a qualified volunteer or contractor.

WOMEN'S CAREER



EXPLORATION SERIES

DESCRIPTION

The Women's Career Exploration Series is a three part gender-responsive and trauma informed care series, grounded in the evidenced based practices of: Cognitive Behavioral Therapy; Motivational Interviewing; the Transtheoretical Model of Behavior Change; and Interactive Journaling. It teaches strategies to help women succeed in the workplace and offers insights to assist women overcome employment barriers and move forward toward success in a long-term career. Components include: career path exploration, steps for success in the work place, identifying career paths that align with individual interests, building a professional network, applying for and gaining a job which leads to a career, establishing good work habits, and learning skills for thriving in the work place.

HOURS

This program is typically completed in 32 hours.

LOCATIONS

Available at all BOP institutions with designated females.

NEEDS

Work

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Women's Career Exploration Series** must be delivered by the Special Populations Coordinator or Education staff.

WOMEN'S BASIC FINANCIAL



LITERACY PROGRAM

DESCRIPTION

The Women's Basic Financial Literacy Program teaches women strategies to assist in preparing them to meet their financial reentry goals. This program targets the financial deficits incarcerated women face including: avoiding financial pitfalls, using a checking account, methods for beginning to save for the future, understanding the use of credit and loans, creating a budget, accessing financial resources, understanding the purpose and use of insurance, and gaining financial independence.

HOURS

This program is typically completed in 18 hours.

LOCATIONS

Available at all BOP institutions with designated females.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Women's Basic Financial Literacy Program** must be delivered by the Special Populations Coordinator, Education or Business Office staff.

STRUCTURED, CURRICULUM-BASED PRODUCTIVE ACTIVITIES

~ ≤ 1900 Hours

Productive Activities (PA) include a wide range of activities including work assignments, community service, inmate led-classes, and other unstructured but valuable ways to spend time. This guide only provides information about structured, curriculum-based PAs.

Productive Activities & Descriptions	Hours	Location(s)	Need(s) Addressed	Program Delivery
<p>A Healthier Me</p> <p>The Healthier Me Program is designed to help incarcerated women build healthy lifestyles by considering what a healthy life means to them and practicing skills for stress management, healthy relationships, physical activity, and mindful eating.</p>	10	All female sites	Recreation/Leisure/Fitness	Recreation Special Population Program Coordinator Unit Team
<p>A Matter of Balance</p> <p>Falling, or fear of falling, can negatively impact older adults by causing them to refrain from enjoyable or therapeutic activities. This program helps to build self-efficacy related to strength and mobility by decreasing fall-related fears. It teaches older inmates to problem-solve and improve their self-esteem.</p>	16	All institutions	Recreation/Leisure/Fitness	Health Services Recreation
<p>AARP Foundation Finances 50+</p> <p>This program provides financial education and counseling for vulnerable households, particularly adults age 50+. Older adults face unique challenges in financial planning and weak job prospects. This program will assist the older adult in financial goal setting that translates into positive financial behaviors.</p>	5	All institutions	Finance/Poverty	Reentry Affairs Coordinator Unit Team Volunteers
<p>Access</p> <p>This program is designed for incarcerated women who are survivors of domestic violence. It assists women in identifying suitable career options to be economically independent upon reentry. An interactive computer component (which can be printed and used in class) is used to explore career options. Participants also complete testing to determine what career field is best for them.</p>	10	All female sites	Cognitions Mental Health Trauma	Special Population Program Coordinator

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Alcoholics Anonymous (AA) Support Group</p> <p>This self-help approach to change reduces the likelihood of problematic drinking behaviors. AA can be guided by any Bureau staff member but is essentially a self-help program.</p>	50	All institutions	Substance Use	Contractors Volunteers
<p>Aleph Institute</p> <p>The Aleph Correspondence Course program offers a wide array of learner-friendly materials from a Hebrew Reading and Writing Course to the mystical teachings of the Kabbalah. These courses further develop the student's spiritual growth and knowledge. The Aleph Institute Correspondence Course program focuses on supporting and fostering each student's individual spiritual growth. Each course includes coursework and research. The program is a 12-month per year or 50-hour commitment.</p>	50	All institutions	Anti-Social Peers Cognitions Education	Volunteers
<p>Arthritis Foundation Walk with Ease</p> <p>The Arthritis Foundation's Walk with Ease six-week program teaches participants how to safely make physical activity part of everyday life. Backed by studies from the Institute on Aging and Thurston Arthritis Foundation's Research, after completing this program, participants will reduce the pain and discomfort of arthritis; increase balance, strength, and walking pace; build confidence in the ability to be physically active; and improve overall health.</p>	6	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Beyond Violence: Prevention Program for Criminal-Justice Involved Women</p> <p>Beyond Violence focuses on anger and utilizes a multi-level approach and evidence-based therapeutic strategies (i.e., psychoeducation, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers). The program is designed to assist women in understanding trauma, the aspects of anger, and emotional regulation.</p>	40	All female sites	Anger/Hostility Cognitions	Special Population Program Coordinator
<p>Brain Health as You Age: You can Make A Difference! Improve memory and decision-making</p> <p>This program fosters self-improvement by providing inmates with knowledge related to brain health and its impact on memory, judgment, decision-making, and overall physical health, as well as the contributory effect brain health has on society as a whole.</p>	5	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Brief CBT for Suicidal Individuals</p> <p>This treatment was developed for individuals who are at risk of suicide. Initial focus is crisis intervention such as the development of a safety plan. The protocol also focuses on the development of cognitive strategies to help modify negative thoughts that can lead to self-directed violent behaviors. This treatment can be offered individually or in a group setting.</p>	20	All institutions	Mental Health	Psychology
<p>CBT for Eating Disorders</p> <p>Cognitive Behavioral Therapy for Eating Disorders involves assessment, stabilization, and education for individuals who have been diagnosed with an eating disorder. The program focuses on behavioral monitoring, body image concerns, and the development of new skills. It can be offered in an individual or group therapy format over the course of 20 one-hour sessions.</p>	20	All institutions	Mental Health	Psychology
<p>CBT for Insomnia</p> <p>Cognitive Behavior Treatment for Insomnia helps to identify maladaptive thoughts and behaviors that can lead to persistent insomnia. This program combines aspects of sleep hygiene, stimulus control, sleep restriction, and cognitive therapy into an integrated approach. It can be offered individually or in a group format.</p>	10	All institutions	Mental Health	Psychology
<p>CBT for Prison Gambling</p> <p>This set of four self-guided cognitive-behavioral handouts is designed to help individuals assess their prison gambling behavior and to develop the commitment to quit.</p>	20	All institutions	Anti-Social Peers Cognitions	Psychology
<p>Change Plan</p> <p>The Change Plan, a Productive Activity is a follow up to this program and focuses on the goal established in Foundation. As part of the Foundation Program's Personal Priorities Plan, participants identified three positive changes they wanted to make during incarceration. Change Plan gives participants the opportunity to focus on one of these changes, guiding them through ten evidence-based strategies they can apply to this change.</p>	15	All female sites	Cognitions Education Mental Health Work	Contractors Education Health Services Psychology Special Population Program Coordinator Unit Team Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Circle of Strength</p> <p>Circle of Strength is a protocol designed specifically for women in Federal Detention Centers or other short-term settings. It uses a structured format to provide information and resources about topics important to women while encouraging social support among participants.</p>	20	All female sites	Cognitions Mental Health Trauma	Psychology Special Population Program Coordinator Unit Team
<p>Disabilities Education Program (DEP)</p> <p>DEP is a support group designed specifically for inmates living with physical disabilities while in institutions of varying security levels and focusing on reentry concerns. It uses a structured format to provide information and resources about topics important to inmates with varying physical disabilities while encouraging social and peer support among participants.</p>	10	All institutions	Anti-Social Peers Cognitions Medical	Reentry Affairs Coordinator Special Population Program Coordinator
<p>Drug Education</p> <p>This program is designed to encourage participants with a history of drug use to consider the consequences of their drug use and identify their drug treatment needs. Participants are connected with appropriate treatment programs such as the Residential Drug Abuse Program (RDAP) or the Non-Residential Drug Abuse Program (NRDAP).</p>	15	All institutions	Substance Use	Psychology
<p>Embracing Interfaith Cooperation</p> <p>Embracing Interfaith Cooperation fosters interfaith dialogue, discussion, and understanding. It breaks down stereotypes and barriers for people and communities to serve together toward meeting common civil rights and community goals. The goal of this program is to provide an effective strategy in countering religious discrimination and extremism.</p>	10	All institutions	Cognitions	Chaplaincy Contractors Volunteers
<p>English-as-a-Second Language</p> <p>English-as-a-Second Language (ESL) is an English language education study program for non-native speakers. Students receive individual attention from their teachers as a part of differentiated learning classroom models driven by individual learning needs. Students learn English in cultural and social contexts found in the community. Classes teach different English language skills according to the students' English ability, interests, and needs. The ESL program teaches the following skills: grammar, reading, comprehension, writing, and vocabulary.</p>	500	All institutions	Education Work	Contractors Education Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Federal Prison Industries (FPI) Lean Basic Training</p> <p>Lean Basics Training provides the foundation of Lean Six Sigma practice, methodology and experience with basic tools for process improvement. This includes information regarding the development and success of LSS practice as it has evolved in major corporations.</p>	16	(51) FPI facilities	Work	FPI
<p>Franklin Covey 7 Habits on the Inside</p> <p>This program addresses interpersonal skills impacting relationships. It emphasizes character, integrity, and becoming trustworthy. It helps individuals move from the dependent state to the independent state where they accept responsibility for their thoughts and actions. The ultimate goal of the course leads to improved relationships with family, work, and peers.</p>	50	All institutions	Family/Parenting	Unit Team
<p>Getting to Know Your Healthy Aging Body</p> <p>This program discusses changes in organs, physique, and other physiological processes as we age. It also helps the aging population understand how to maintain the health of major biological systems. These major biological systems include the cardiovascular, digestive, and renal systems. The program also gives you valuable information on skin, ear and eyes, weight management, and sexual health.</p>	12	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Health and Wellness Throughout the Lifespan</p> <p>This program addresses the psychological effects of stress and aging. It explores the developmental psychology of people changing throughout life from infancy, through childhood, adolescence, adulthood, and death with individual needs being met at every stage of growth and development. It stresses the importance of understanding the development and the psychological effects of aging that occurs throughout the human lifespan.</p>	3	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Healthy Steps for Older Adults</p> <p>Healthy Steps for Older Adults is an evidenced-based falls prevention program designed to raise participants' knowledge and awareness of steps to take to reduce falls and improve health and well-being. The goal of the program is to prevent falls, promote health, and ensure that older adults remain as independent as possible for as long as possible.</p>	3	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Hooked on Phonics</p> <p>Hooked on Phonics is a program that aides in combating Dyslexia as well as low level readers. Research has shown that combining phonics instruction and reading is the best way to develop a good reader. Reading that includes a high percentage of familiar patterns gives the student the opportunity to read for meaning. Hooked on Phonics includes books and stories woven into the program at the appropriate readability level to provide opportunities for someone to read for meaning and enjoyment.</p>	500	All institutions	Dyslexia	Contractors Education Volunteers
<p>Houses of Healing: A Prisoner's Guide to Inner Power and Freedom</p> <p>Houses of Healing is an intervention program that teaches emotional literacy skills. Emotional literacy is the ability to perceive, understand, and communicate emotions with self and to others. Emotional literacy is also consistent with the concept of emotional intelligence--the ability to monitor one's feelings and emotions, and to use that information to guide thinking and actions.</p>	24	All institutions	Cognitions	Chaplaincy Contractors Volunteers
<p>K2 Awareness Program</p> <p>This program is for individuals suspected of or known to have used K2. It is designed to educate them about the risks of drug use, motivate them to seek drug treatment during their incarceration, and increase their awareness of available treatment resources. The ultimate goal is to reduce K2 use among the inmate population, thereby increasing the safety and security of the institution for staff and inmates.</p>	5	All institutions	Substance Use	Contractors Custody Education Health Services Reentry Affairs Coordinator Unit Team Volunteers
<p>Living a Healthy Life with Chronic Conditions</p> <p>This program assists participants in improving mental and physical well-being. This program is designed for older adults impacted by chronic conditions. It includes 19 topics with flexibility to modify sessions based on group needs.</p>	24	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Managing Your Diabetes</p> <p>Managing Your Diabetes is designed to teach inmates to effectively manage their chronic disease.</p>	12	All institutions	Medical	Medical Volunteers (with appropriate credentials Nurse/Dietician)

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Mindfulness-Based Cognitive Therapy</p> <p>Mindfulness-Based Cognitive Therapy is a group intervention aimed at preventing symptom relapse in individuals who have a history of depression and anxiety. In this treatment program, participants learn to engage in daily practice mindfulness skills and cognitive behavioral techniques to treatment the symptoms of depression and anxiety.</p>	16	All institutions	Mental Health	Psychology
<p>Narcotics Anonymous</p> <p>This self-help approach to change reduces the likelihood of future drug use. NA can be guided by any Bureau staff member but is essentially a self-help program.</p>	50	All institutions	Substance Use	Volunteers
<p>National Diabetes Prevention Program</p> <p>This is a preventative program to assist at-risk and older adults in living healthier lifestyles and increasing physical activity. Diabetes can affect persons at all ages, but this program is recommended by the developers for any person over 60, because risk increases with age.</p>	16	All institutions	Medical Recreation/Leisure/Fitness	Contractors Medical Recreation Unit Team Volunteers
<p>PEER</p> <p>The Personal Education & Enrichment Resources (PEER) support group is designed for inmates living with cognitive and physical disabilities while in institutions of varying security levels. This facilitator-led group provides information and resources about topics important to inmates with varying disabilities while encouraging social and peer support among participants.</p>	10	All institutions	Anti-Social Peers	Special Population Program Coordinator Unit Team
<p>Pu'a Foundation Reentry Program</p> <p>This is a trauma-informed care program for female inmates at FDC Honolulu grounded in Hawaiian culture. The program focuses on families affected by trauma and incarceration with a special emphasis on women, girls, and Native Hawaiian participants.</p>	20	FDC Honolulu	Family/Parenting Trauma	Contractors Education Unit Team Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Resilience Support</p> <p>Resilience Support is a support group designed specifically for veteran inmates living in institutions of varying security levels. It uses a structured format to provide resilience-building skills to veteran inmates of all uniformed services encouraging peer and social support among participants. It emphasizes positive interpersonal relationships, physical and mental wellness, discovery of life purpose and meaning, self-compassion, and personal growth. The support group provides strategies to improve an individual's ability to adapt to adversity.</p>	8	All institutions	Anti-Social Peers Cognitions	Reentry Affairs Coordinators Special Population Coordinators Unit Team Volunteers
<p>Service Fit</p> <p>This program is an eight-week, uniformed service inspired program designed specifically for inmate veterans. It uses a structured format to provide physical activity supporting a healthy lifestyle while encouraging social and peer support among participants.</p>	16	All institutions	Recreation/Leisure/Fitness	Contractors Medical Recreation Reentry Affairs Coordinators Unit Team Volunteers
<p>Sexual Self-Regulation (SSR)</p> <p>The SSR treatment protocol is designed to teach the practice of a set of self-management skills to gain effective control over deviant sexual urges and behaviors. To accomplish this task, participants are required to understand deviant sexual fantasies or urges and the factors that exacerbate or escalate sexual arousal. With this understanding, participants construct a plan to manage recurrent deviant arousal.</p>	100	All institutions	Cognitions	Psychology
<p>Soldier On</p> <p>Soldier On is a support group designed specifically for veterans living in varying security levels. It uses a structured format to provide information and resources about topics important to veterans of all uniformed services encouraging social and peer support among participants.</p>	15	All institutions	Anti-Social Peers Trauma	Contractors Special Population Program Coordinator Unit Team Volunteers
<p>Square One: Essentials for Women</p> <p>Square One is a basic life skills program designed specifically for female offenders. Although any woman may participate, it is designed to meet the needs of lower functioning women or those who have not lived or worked independently. The program adheres to principles associated with cognitive-behavioral approaches.</p>	12	All female sites	Finance/Poverty Mental Health Recreation/Leisure/Fitness	Business Office Contractors Education Medical Reentry Affairs Coordinators Special Population Program Coordinator Unit Team Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>START NOW</p> <p>This program is designed for use in correctional facilities to treat offenders with behavioral disorders and associated behavioral problems. Start Now is designed as a strengths-based approach, focusing on an accepting and collaborative clinical style. It places the primary responsibility for change on the individual. It includes a gender-responsive program that was developed specifically for female offenders.</p>	32	All institutions (gendered curricula)	Anger/Hostility Cognitions	Contractors Education Health Services Psychology Reentry Affairs Coordinators Special Population Program Coordinator Unit Team Volunteers
<p>Supported Employment</p> <p>Supported Employment is designed to carefully match seriously mentally ill (SMI) individuals with competitive job opportunities suitable to their interests and abilities by incorporating therapeutic support through the process of job acquisition and daily performance.</p>	20	All institutions	Education Mental Health Work	Psychology
<p>Talking with Your Doctor: Guide for Older Adults</p> <p>This program offers tips on how older adults can prepare for a medical appointment; effectively discuss health concerns; coordinate assistance from family and friends; make decisions with the doctor about treatment; identify appropriate assisted living; and much more.</p>	5	All institutions	Medical Recreation/Leisure/Fitness	Education Health Services
<p>Trauma Education</p> <p>Trauma in Life (for females) and Traumatic Stress and Resilience (for males) - The purpose of the Trauma Education workshop is to provide information about understanding traumatic experiences, the impact of traumatic experiences, building resilience, and resolving difficulties through treatment. This group is designed to be educational and does not discuss specific personal traumas during group sessions.</p>	8	All institutions	Mental Health Trauma	Psychology
<p>Ultra Key 6: The Ultimate Keyboarding Tutor</p> <p>Ultra Key 6 places a strong emphasis on learning proper typing technique and typing accuracy, as well as speed. It emphasizes mastery of correct typing posture and fluent keystroke memory results in improved typing speed with practice. The program is adaptive and allows users to progress at their own pace.</p>	20	All institutions	Education Work	Contractors Education

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Understanding Your Feelings: Shame and Low Self Esteem</p> <p>This program helps women evaluate the role of shame and low self-esteem in their lives. Risk factors are identified for each individual, and coping skills to improve self-worth are learned and practiced.</p>	7	All female sites	Cognitions Mental Health Trauma	Education Health Services Special Population Program Coordinator
<p>Victim Impact: Listen and Learn</p> <p>A rehabilitative program that puts "victims first." Students who participate will be provided with a skillset to understand the impact crimes have on their victims.</p>	26	All institutions	Cognitions	Health Services Unit Team
<p>Wellness Recovery Action Plan</p> <p>The Wellness Recovery Action Plan (WRAP) is a recovery-oriented, evidence-based practice that teaches individuals with a serious mental illness to maintain their recovery through wellness activities and to identify desired treatment and supports prior to crises. It consists of 8 sessions of 2.5 hours each.</p>	20	All institutions	Mental Health	Psychology
<p>Women in the 21st Century Workplace</p> <p>This program addresses workforce and soft skills of women with longer sentences. It is based on a Department of Labor program and adapted for use with incarcerated women. The program identifies women's roles in the modern workforce and assists participants in understanding important job-related skills.</p>	10	All female sites	Education Work	Contractors Education FPI Special Population Program Coordinator Volunteers
<p>Women's Aging: Aging Well</p> <p>The Aging Well Program is for incarcerated women ages 45 and up. Its goal is to help women learn valuable information on aging, learn helpful strategies for change, and access the support of positive peers. The program helps women age well in the areas of meaning and purpose, physical health, mental and emotional well-being, healthy relationships, and planning for the future.</p>	10	All female sites	Medical Recreation/Leisure/Fitness	Special Population Program Coordinator Volunteers
<p>Women's Relationships</p> <p>This cognitive behavioral therapy group assists women in identifying and developing healthy, prosocial relationships with friends, family, and acquaintances.</p>	5	All female sites	Anti-Social Peers Cognitions Family/Parenting	Contractors Education Special Population Program Coordinator Volunteers

Productive Activities & Descriptions	Hours	Location(s)	Needs Addressed	Program Delivery
<p>Women's Relationships II</p> <p>This seven-part gender responsive and trauma informed series for women examines the relationships of incarcerated women. The program explores self-image, connections with others, building healthy relationships, communication techniques and the transitioning of relationships.</p>	74	All female sites	Anti-Social Peers Cognitions Family/Parenting Trauma	Contractors Education Special Population Program Coordinator Volunteers
<p>Women's Reflections Group</p> <p>The Women's Reflections Group targets women who are struggling to make good choices, may be transitioning from special housing, or are experiencing difficulty addressing environmental stressors. The program gives incarcerated women a safe and comfortable place where they can process problems and emotional concerns they are experiencing and gain tools needed to work toward solving these problems. Members gain insight into their own thoughts and behavior.</p>	36	All female sites	Anti-Social Peers Cognitions	Special Population Program Coordinator Reentry Affairs Coordinator

APPENDIX A

Federal Bureau of Prisons Occupational Training Directory

OCCUPATIONAL EDUCATION PROGRAMS	
PROGRAM DESCRIPTION	<p>The Occupational Education Program is designed to help inmates acquire marketable skills in a wide variety of trades. Programs which vary from institution to institution are provided by either career civil-service vocational training instructors or through contracts with colleges and technical schools. Many institutions also provide registered apprenticeships through the United States Department of Labor's Office of Apprenticeship.</p> <p>An Inmate Occupational Training Directory, outlining the specifics for programs offered at each institution was published in September 2013. The Directory is accessible via: http://www.bop.gov/inmates/custody_and_care/docs/inmate_occupational_training_directory.pdf</p>
TIME FRAME	<p>Program length varies with the provider and the complexity of the program. Upon completion of a marketable occupational education program, inmates may earn an AA, AS, AAS degree and/or an industry recognized certification. Apprenticeship programs are usually 2,000+ hours and may take three to four years to complete.</p>
ADMISSION CRITERIA	<p>All inmates are eligible to participate in an institution's occupational education program. The inmate's unit team, in consultation with the Education Department, determines if a particular course of study is suited to the inmate's needs. Inmates with a demonstrated need for occupational training may have their enrollments deferred until the latter part of their sentence, to ensure their training is current upon release. Occupational education programs typically require an inmate to have a GED or high school diploma or concurrent enrollment in the Literacy Program.</p> <p>Inmates under orders of deportation, exclusion, or removal may participate in an institution's occupational education program if institution resources permit after meeting the needs of other eligible inmates.</p>
PROGRAM CONTENT	<p>Program content focuses on developing the skills necessary for entry-level employment in a given trade.</p>
EMPIRICAL SUPPORT	<p>Evidence shows a relationship between correctional education program participation before release and lower odds of recidivating after release (Davis et al., 2014; Saylor and Gaes, 1996; Aos, Phipps, Barnoski and Lieb, 2001). In a study conducted in Maryland, Minnesota and Ohio, correctional education participants had lower recidivism rates in the categories of re-arrest, re-conviction, and re-incarceration (Steurer, Smith and Tracy, 2001). There is some evidence that in-prison vocational education is effective in improving individuals' likelihood of post-release employment (Davis et al., 2014).</p>
APPLICABLE POLICIES	<p>5353.01 Occupational Education Programs. 5300.21 Education, Training and Leisure Time Program Standards.</p>
INSTITUTION LOCATIONS	<p>All Bureau facilities are mandated to offer Occupational Training with the following exceptions: metropolitan correctional centers, metropolitan/federal detention centers, the Federal Transportation Center, satellite camps, and the administrative maximum facility.</p>



FEDERAL BUREAU OF PRISONS

Occupational Training Directory (OTD)
by Institution

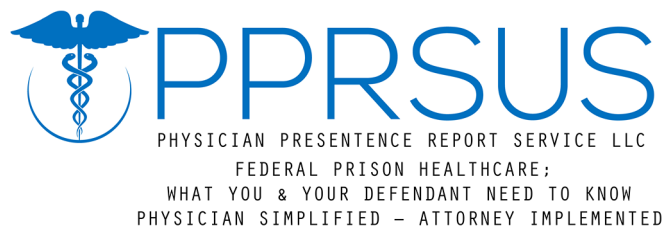
Course Title	DOL Category DOL Specific Category Program Type	Months Duration	Pre-Requisite	Instructional Source Specific Degree Job Title	Credit Types CEUs / College
Institution: ALICEVILLE FCI					
Apprenticeship - Carpenter Location: Main	Construction and Extraction - Carpenters - Apprenticeship	41	High School Diploma or GED	BOP Employee BOP Certificate & Department of Labor Certificate Carpenter Maintenance	0 / 0
Apprenticeship - Electrician Location: Main	Construction and Extraction - Electricians - Apprenticeship	41	High School Diploma or GED	BOP Employee BOP Certificate & Department of Labor Certificate Electrician	0 / 0
Apprenticeship - HVAC Location: Main	Installation, Maintenance, and Repair - Heating, Air Conditioning, and Refrigeration Mechanics and Installers - Apprenticeship	41	High School Diploma or GED	BOP Employee BOP Certificate & Department of Labor Certificate HVAC-Entry Level	0 / 0
Apprenticeship - Plumbing Location: Main	Installation, Maintenance, and Repair - General Maintenance and Repair Workers - Apprenticeship	44	High School Diploma or GED	BOP Employee BOP Certificate & Department of Labor Certificate Plumber	0 / 0
VT Carpentry Location: Main	Construction and Extraction - Carpenters - Occ Ed Class	6	High School Diploma or GED	BOP Employee Vocational/Technical School Certificate Only Carpenter	0 / 0



FEDERAL BUREAU OF PRISONS

Occupational Training Directory (OTD)
by Institution

Course Title	DOL Category DOL Specific Category Program Type	Months Duration	Pre-Requisite	Instructional Source Specific Degree Job Title	Credit Types CEUs / College
Institution: ALICEVILLE FCI (Cont'd)					
VT Computer Skills - MS Office Location: Main	Office and Administrative Support - Desktop Publishers - Occ Ed Class	4	High School Diploma or GED	BOP Employee BOP Certificate Only Clerk	0 / 0
VT Computer Skills - MS Office Location: Camp	Office and Administrative Support - Desktop Publishers - Occ Ed Class	4	High School Diploma or GED	BOP Employee BOP Certificate Only Clerk	0 / 0
VT Electrical Location: Main	Construction and Extraction - Electricians - Occ Ed Class	6	High School Diploma or GED	Accredited Vocational/Technical School Vocational/Technical School Certificate Only Electrician Tech	0 / 0



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