

# First Step Act Approved Programs Guide



The Federal Bureau of Prisons (Bureau) protects public safety by ensuring those in federal prison receive relevant and meaningful reentry programming to support their return to the community as law-abiding citizens. Reentry efforts increase opportunities, reduce recidivism, promote public safety, and reduce institution misconduct. To this end, the Bureau is committed to provide a robust menu of programs to address thirteen need areas for a diverse population of various security levels located across the nation.

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# INTRODUCTION

The Federal Bureau of Prisons (Bureau) is composed of corrections professionals who foster a humane and secure environment and ensure public safety by preparing individuals for successful reentry into our communities. The Bureau strives to offer relevant and meaningful reentry programming to support a successful return to society, reduce recidivism, promote public safety, and reduce institution misconduct. The First Step Act (FSA) was signed into law on December 21, 2018, and directed the Bureau to further enhance reentry efforts in the following three ways:

## 1) Develop a risk and needs assessment system (RNAS).

**RISK:** Risk refers to the likelihood of reoffending, or recidivism, after release. The Prisoner Assessment Tool Targeting Estimated Risk and Need (PATTERN) assesses each individual when they begin serving their sentence, and calculates a risk of recidivism measured as high, medium, low, or minimum. The risk level is reassessed regularly throughout the sentence.

**NEED:** Need refers to the specific areas a person can address to lower their risk of recidivism. The Bureau assesses 13 needs areas with a tool referred to as the Standardized Prisoner Assessment for Reduction in Criminality (SPARC-13), that directly impact one's ability to live a healthy and productive life:

- |                    |                              |                 |
|--------------------|------------------------------|-----------------|
| • Anger/Hostility  | • Family/Parenting           | • Substance Use |
| • Antisocial Peers | • Finance/Poverty            | • Trauma        |
| • Cognitions       | • Medical                    | • Work          |
| • Dyslexia         | • Mental Health              |                 |
| • Education        | • Recreation/Leisure/Fitness |                 |

Bureau employees recommend programs from this guide that target each individual's needs, and needs are reassessed regularly throughout their sentence.

## 2) Develop standardized Evidence-Based Recidivism Reduction (EBRR) Programs and Productive Activities (PAs).

The Bureau programs are designed to increase reentry success upon release. All programs within this guide are standardized, curriculum-based programs led by employees, contractors, or volunteers and have fully developed and evaluated protocols that must be administered as written.

**EBRRs:** Structured groups or individual activities that address one or more identified needs. These programs are shown by empirical evidence to reduce recidivism or likely reduce recidivism.

**PAs:** A group or individual activity that enhances skills to address identified needs. These programs promote productivity and aid in maintaining or working toward minimum or low risk levels. PAs include a variety of structured programs (e.g., group therapy, classes) and unstructured

activities (e.g., teams, exercise, worship services). This guide only lists structured, curriculum-based, PAs.

To ensure program fidelity and proper credit, program delivery includes a list of qualified employees/disciplines, contractors or volunteers who can deliver the EBRRs and PAs listed. Those not listed are not recommended.

Employees should consult with program material for length and duration of the class activity. Program Materials and updated SENTRY codes are located under FSA programs on the First Step Act Sallyport page.

### 3) Develop incentives and rewards for program participation and completion.

The Bureau offers incentives (e.g., FSA time credits and financial awards) to encourage incarcerated individuals to participate in EBRRs and PAs. **An individual must be in opt-in status to earn FSA incentives, to include earning FSA time credits (FTCs).**

**Opt-In Status for FSA Incentives:** Adults in custody may begin opt-in status upon completion of the needs assessment surveys in TRULINCS. As noted below, earning of FTCs will begin once in opt-in status.

**Opt-Out Status for FSA Incentives:** Being in opt-out status will lead to disqualification from future benefits or privileges permitted by the FSA, including earning of FTCs, until the individual opts-in.

**Earning of FTCs will pause during periods of opt-out status.** Opt-out status begins when one or more of the following occur:

- refusal to complete any of the initial need assessments in TRULINCS
- refusal to participate in needs assessments conducted by Bureau employees
  - to return to opt-in status, the initial assessments must be completed
- decline recommended programming that correspond to an identified need
  - to return to opt-in status, the program decline code must be removed or changed
- refusal to participate in the Financial Responsibility Program (FRP)
  - to return to opt-in status, the individual must participate in the FRP
- placed in disciplinary segregation
  - opt-in status will automatically resume once removed from disciplinary segregation status
- leave a designated institution for an entire calendar day or more
  - opt-in status will automatically resume once returned to a designated institution.

**Programming Incentives:** Additional incentives may be available to those in opt-in status who meet specific criteria outlined for each incentive. These incentives include:

- Phone minutes at no charge for a one month's cycle with a limit of 30 minutes per day (or two 15-minute phone calls)
- Consideration for nearer release transfers

- A financial achievement award or preferred housing for individuals who complete EBRRs 100 hours or more
- Incentive Events at an institution for individuals who complete EBRRs under 100 hours

**First Step Act Time Credit (FTC) Incentive:** FTCs may be applied toward prerelease custody (i.e., community placement in and residential reentry center or home confinement) or early transfer to supervised release with United States Probation.

- **Eligibility for FTCs** – Eligibility status is determined by the nature of current and prior offenses, in addition to the convicting authority. Individuals are encouraged to meet with their unit team to discuss the specifics of their eligibility status.
- **Earning FTCs - Those eligible for FTCs may earn 10 days of credit for every 30 days in opt-in status for FSA incentives.** Those with low or minimum recidivism risk levels, over two consecutive assessments, will earn an additional 5 days of credit for a total of 15 days of FTCs for every 30 days in opt-in status. **Earning status is suspended when in opt-out status, and those days are not retroactively reinstated.**
- **Applying FTCs** – Only those with a low or minimum recidivism risk level may apply their earned FTCs.
  - Toward supervised release: Individuals must have a period of supervised release following the term of incarceration, and not have a final order of deportation or removal as defined in 8 U.S.C. 1101(a)(17). Up to 365 days of FTCs may be applied toward supervised release.
  - Toward prerelease: Individuals must be eligible to participate in prerelease custody and be in opt-in status at time of referral. Pre-release placement in a residential reentry center or home confinement will be based on FTCs other than those credits already applied to early transfer for supervised release. Those with medium or high-risk levels may petition the Warden to apply earned FTCs toward prerelease. The Warden will determine if the individual presents a danger to society, has made a good faith effort to reduce their risk level, and is unlikely to recidivate.

For general information or questions regarding the FSA or content of this guide, contact the Reentry Services Division (RSD) by sending an email to [FSA@BOP.GOV](mailto:FSA@BOP.GOV). Specific inquiries about programs should be directed to the responsible disciplines identified in the authorized facilitator section of this guide. Questions regarding FSA participation for specific individuals should be directed to unit management at the local institution.

The Reentry Services Division will update this guide at least once a year.

## GETTING THE MOST OUT OF EBRRS

<b>EBRRs</b>	<b>HOURS</b>	<b>Anger/Hostility</b>	<b>Antisocial Peers</b>	<b>Cognitions</b>	<b>Dyslexia</b>	<b>Education</b>	<b>Family/Parenting</b>	<b>Finance/Poverty</b>	<b>Medical</b>	<b>Mental Health</b>	<b>Rec/Leisure/Fit</b>	<b>Substance Use</b>	<b>Trauma</b>	<b>Work</b>
Anger Management	10	X		X										
Apprenticeship Training	500													X
Assert Yourself for Female Offenders	8			X			X							
Barton Reading and Spelling System	500				X									
Basic Cognitive Skills	12			X										
BRAVE	350		X	X										
Bureau Literacy Program	240					X								
Certification Course Training	50													X
Challenge Program	500	X	X	X								X		
Cognitive Behavioral Therapy for Chronic Pain	18								X					
Cognitive Processing Therapy	12			X						X			X	
Cognitive Behavioral Therapy for Late-Life Depression	20									X				
Criminal Thinking	10/20		X	X										
Dialectical Behavior Therapy	18			X						X			X	
Emotional Self-Regulation	10			X						X				
English-as-a-Second Language	500					X								X
Faith-Based Conflict Management	20	X		X										
Family Programming Series	40			X			X							
Federal Prison Industries (FPI)	500													X
Female Integrated Treatment (FIT)	500		X	X						X			X	X
Foundation	15			X		X				X				X
Hooked on Phonics	500					X								
Illness Management & Recovery	52									X				
Inmate Companion Program	12			X										X
Life Connections Program	500		X	X			X							

<b>EBRRs</b>	<b>HOURS</b>	<b>Anger/Hostility</b>	<b>Antisocial Peers</b>	<b>Cognitions</b>	<b>Dyslexia</b>	<b>Education</b>	<b>Family/Parenting</b>	<b>Finance/Poverty</b>	<b>Medical</b>	<b>Mental Health</b>	<b>Rec/Leisure/Fit</b>	<b>Substance Use</b>	<b>Trauma</b>	<b>Work</b>
LifeSkills Laboratories	90							X		X	X			
Management of Compulsions and Cravings	12			X								X		
Mental Health Step Down Program	500		X	X						X				
National Parenting from Prison Program	40						X							
Non-Residential Drug Abuse Program	24		X	X								X		
Post-Secondary Education	500													X
Residential Drug Abuse Program (RDAP)	500		X	X						X		X		
Resolve Program	80		X	X						X			X	
Seeking Safety & Seeking Strength	18		X	X						X		X	X	
Sex Offender Treatment Program (NR)	144		X	X										
Sex Offender Treatment Program	500		X	X										
Skills Program	500		X	X						X				
Social Skills Training	10		X	X						X				
STAGES Program	500		X	X						X			X	
Threshold Program	20		X	X			X							
Vocational Training	125													X
Waysafe	8								X					
Wellness: Inside and Out	30									X	X			
Women's Basic Financial Literacy Program	18							X						
Women's Career Exploration Series	32							X						X
Women's Career Skills	108							X						X
Women's Life Skills	81							X			X			X
Women's Sexual Safety	27			X									X	



## GETTING THE MOST OUT OF PAS

<b>PAs</b>	<b>Hours</b>	<b>Anger/Hostility</b>	<b>Antisocial Peers</b>	<b>Cognitions</b>	<b>Dyslexia</b>	<b>Education</b>	<b>Family/Parenting</b>	<b>Finance/Poverty</b>	<b>Medical</b>	<b>Mental Health</b>	<b>Rec/Leisure/Fit</b>	<b>Substance Use</b>	<b>Trauma</b>	<b>Work</b>
A Healthier Me	10										X			
A Matter of Balance	16										X			
AARP Foundation Finances 50+	5							X						
Academic Success	24		X	X		X								
Access	10			X						X			X	
Alcoholics Anonymous (AA)	20											X		
Aleph Correspondence Course	50		X	X										
Arthritis Foundation Walk with Ease	6								X		X			
BE-ACTIV	10									X				
Bereavement Support Group	12									X				
Brain Health as You Age	5								X		X			
Brief CBT for Suicidal Individuals	10									X				
Celebrate Recovery Inside	20		x	x								x		
CLEAR (Civil Legal Empowerment, Access, and Reentry) Program	6						X	X						
Cognitive Behavioral Therapy for Eating Disorders	20									X				
Cognitive Behavioral Therapy for Insomnia	8									X				
Cognitive Behavioral Therapy for Prison Gambling	4		X	X										
Change Plan	15			X		X				X				X
Complicated Grief Treatment	12									X				
Community Treatment Services	25											X		
Create New Beginnings (CNB)	10												X	
Disabilities Education Program (DEP)	10		X	X					X					
Doing time	10		X	X										
Drug Education	12											X		
Embracing Interfaith Cooperation	10			X										
FPI Lean Basic Training	16													X
FPI GenEdge Lean-Six Sigma Accelerated Green Belt Certification	40													X
Financial Responsibility Program (FRP)	5							X						
Franklin Covey 7 Habits on the Inside	50			X										
Functional Adaptation Skills Training	48		X	X						X				
Getting to Know Your Healthy Aging Body	12								X		X			
Health and Wellness Throughout the Lifespan	3								X		X			
Healthy Mind and Bodies	24										X			
Healthy Steps for Older Adults	3								X		X			
Hydroponics and Gardening	35										X			

<b>PAs</b>	<b>Hours</b>	<b>Anger/Hostility</b>	<b>Antisocial Peers</b>	<b>Cognitions</b>	<b>Dyslexia</b>	<b>Education</b>	<b>Family/Parenting</b>	<b>Finance/Poverty</b>	<b>Medical</b>	<b>Mental Health</b>	<b>Rec/Leisure/Fit</b>	<b>Substance Use</b>	<b>Trauma</b>	<b>Work</b>
International School of Ministry (ISOM)	6			X										X
Houses of Healing	24			X										
K2 Awareness Program	5											X		
Living a Healthy Life with Chronic Conditions	24								X		X			
Managing your Diabetes	12								X					
Mental Health Maintenance	12									X				
Mindfulness-Based Cognitive Therapy	8									X				
Money Smart for Adults	32							X						
Money Smart for Older Adults	28							X						
Narcotics Anonymous	20											X		
National Diabetes Prevention Program	16								X		X			
Opioid Use Disorder: Release and Recovery	5									X		X		
PEER	10		X											
Preparing for Success After Prison	30			X										
Pu'a Foundation Reentry Program	20						X						X	
Reach Out, Stay Strong, Essentials for Mother of Newborns (ROSE)	8						X			X				
Redefining the Mission: Veterans Reentry Program	24							X						X
Resilience Support	8		X	X										
Service Fit	16										X			
Sexual Self-Regulation (SSR)	100			X										
Soldier On	15		X										X	
Square One	12							X		X	X			
START NOW	32	X		X										
Supported Employment	15					X				X				X
Survivor Therapy Empowerment Program (STEP)	24												X	
Talking with your Doctor	5								X		X			
Trauma Education	8									X			X	
Ultra Key 6	20					X								X
Understanding Your Feelings	7			X						X			X	
Veterans Career Exploration	72							X						X
Victim Impact	26			X										
Wellness Recovery Action Plan	20									X				
Women in the 21 <sup>st</sup> Century Workplace	10					X								X
Women's Aging	10								X		X			
Women's Reflections Group	36		X	X										
Women's Relationships	5		X	X			X							
Women's Relationships II	72		X	X			X						X	
Your Guide to Labor and Birth	8						X							

## **UPDATES FOR MAY REVISION**

1. Updated Program statement referenced for Foundation Program, Pg. 91, to PS 5200.09
2. Updated Productive Activity: Managing Your Diabetes, Pg. 66, to require pre-requisite diabetes diagnosis for participation.
3. Updated Productive Activity: Your Guide to Labor and Delivery, Pg. 104, to remove “maximum of 2 participants.”
4. Added one Evidenced Based Recidivism Program (EBRR) to general programming:
  - a. Inmate Companion Program
5. Added two productive activities (PAs) to general programming:
  - a. CLEAR (Civil, Legal, Empower, Access, and Reentry)
  - b. Hydroponics and Gardening
6. Removed Evidenced Based Recidivism Reduction Program (EBRR):
  - a. Pathways
7. Removed Productive Activity (PA):
  - a. Beyond Violence
8. Decreased Credit Hours:
  - a. Dialectical Behavioral Therapy from 24 Credit Hours to 18 Credit Hours
9. Updated authorized facilitator for following Psychology programs:
  - a. Anger Management
  - b. Basic Cognitive Skills
  - c. Criminal Thinking
  - d. Dialectical Behavior Therapy
  - e. Emotional Self-Regulation
  - f. Illness Recovery Management
  - g. Management of Compulsions and Cravings
  - h. Seeking Strength, Seeking Safety
  - i. Social Skills Training
  - j. CBT for Insomnia
  - k. CBT for Prison Gambling
  - l. Mental Health Maintenance
  - m. Mindfulness-Based Cognitive Therapy
  - n. Supported Employment
  - o. Trauma Education
10. Updated Productive Activity Program Description
  - a. International School of Ministry (ISOM)

## **FSA APPROVED PROGRAMS AND PATTERN**

Select FSA Approved Programs impact 4 of the 15 items assessed for PATTERN. Please see the 4 items below with the respective FSA Approved Programs that will impact these item areas.

	<b>EBRR PROGRAMS</b>	<b>PA PROGRAMS</b>
<b>EDUCATION SCORE</b>	Bureau Literacy Program	
<b>DRUG PROGRAM STATUS</b>	<ul style="list-style-type: none"> <li>• Residential Drug Abuse Treatment Program (RDAP)</li> <li>• Non-Residential Drug Abuse Treatment Program</li> </ul>	
<b>PROGRAM COMPLETIONS</b>	<ul style="list-style-type: none"> <li>• BRAVE</li> <li>• Challenge</li> <li>• Life Connections</li> <li>• Mental Health Step Down</li> <li>• National Parenting Program</li> <li>• Post Secondary Education</li> <li>• Skills</li> <li>• Sex Offender Treatment Program (Residential)</li> <li>• Sex Offender Treatment Program (Non-Residential)</li> <li>• STAGES</li> </ul>	Drug Education
<b>WORK PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Certification Course Training</li> <li>• Occupational Training</li> <li>• Vocational Training</li> <li>• Apprenticeship Training</li> <li>• Federal Prison Industries</li> </ul>	
<b>NON-FSA PROGRAMS</b>		
<b>PROGRAM COMPLETIONS</b>	ACE Courses (contact local Education Department for what is available locally)	

# **CHAPTER 1: GENERAL PROGRAMMING**

## ANGER MANAGEMENT

### DESCRIPTION

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

The journal is designed to be used in group or individual treatment by those 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. Typically, this program is completed in 10 sessions, each lasting one hour, with a maximum of 12 participants.

### CREDITED HOURS

10

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the anger/hostility and cognitions needs from YES to NO.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Anger Management must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## 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 Office of Apprenticeship, Employment and Training Administration, U.S. Department of Labor.

The Department of Labor requires individuals to have completed the high school equivalency. Each individual program is designed to enhance post-release employment opportunities by providing individuals 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; individuals may participate in 2,000 to 8,000-hour programs, which are supervised by local journeymen.

### CREDITED HOURS

500

### LOCATIONS

Available at all BOP institutions except those exempted by policy.

### NEEDS

Will change the work need from Yes to NO.

### RISK

Will decrease risk points in the work category.

### AUTHORIZED FACILITATORS

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.

## THE BARTON READING AND SPELLING SYSTEM

### DESCRIPTION

The Barton Reading and Spelling System is an Orton-Gillingham influenced, scientific-based, evidence-driven, multi-sensory, direct, explicit, structured, sequential, one-to-one tutoring system that addresses the condition of dyslexia through intense intervention. It was originally designed to be used in adult literacy programs, making it an appropriate tool for use with Bureau offenders who have been identified as having characteristics of the condition of dyslexia. It was designed with adults in mind because it is never too late to significantly improve the reading, spelling, and writing skills of individuals with dyslexia.

The Barton System is aligned with the U.S. Department of Education's Federal guidelines for Multi-Tiered System of Supports (MTSS) as a 1:1 method of delivery. Following the MTSS Tier process (in which Tier 1 is instruction for all students, Tier 2 is explicit instruction for a small group of struggling students and Tier 3 is individualized instruction for one academically challenged student), the Barton System is designed to be Tier 3 individualized instruction (i.e., one student to one teacher). However, the Barton System can also be delivered as explicit instruction with up to three students at a time (3:1, or three students to one teacher) as a Tier 2 intervention, if the amount of instructional time is increased to accommodate more students.

### CREDITED HOURS

500

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the dyslexia need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, The Barton Reading and Spelling System must be delivered by trained Education employees.



## 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. Typically, this program completed in 12 sessions, each lasting one hour, with a maximum of 12 participants.

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

### CREDITED HOURS

12

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the cognitions need from YES to NO.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Basic Cognitive Skills must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## BUREAU LITERACY PROGRAM

### DESCRIPTION

The Bureau of Prison's Literacy Program is designed to assist every individual who does not have a high school diploma or high school equivalency credential. The literacy curricula consist of an Adult Basic Education and General Educational Development (GED) to accommodate all academic levels. Upon arrival, each person 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.

### CREDITED HOURS

240

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the education need from YES to NO.

### RISK

Will decrease risk points for the education score category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Bureau Literacy Program must be delivered by the appropriately credentialed contractors or Education. Please refer to **PS 5350.28, Literacy Program (GED Standard)**, for further guidance.

## 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 individuals 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 those individuals 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.

### CREDITED HOURS

50

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the work need.

### RISK

Will not impact the risk points.

### AUTHORIZED FACILITATORS

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

## COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN

### DESCRIPTION

Cognitive Behavioral Therapy (CBT) for Chronic Pain is a program that utilizes a structured approach beginning with an interview and assessment session. Through the 10 skills-based therapy sessions, individuals will begin to develop the skills necessary to gain a sense of control over their chronic pain. Using a therapeutic relationship CBT for Chronic Pain encourages individuals to adopt an active, problem-solving approach to cope with challenges associated with chronic pain. Exercise, pacing, and relaxation techniques are incorporated into this program. Additionally, individuals will also learn to reduce the negative impact of pain on daily life, improve physical and emotional functioning, and increase effective coping skills. Typically, this program is conducted in a group environment, with a maximum of 12 participants.

### CREDITED HOURS

18

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the medical need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, CBT for Chronic Pain must be delivered by a Mental Health Provider.

## COGNITIVE BEHAVIORAL THERAPY FOR LATE-LIFE DEPRESSION

### DESCRIPTION

Cognitive Behavioral Therapy (CBT) for Late-Life Depression is a structured, time-limited, three-phase treatment program for aging adults with depression or depressive symptoms. This program may be completed in an individual or group setting.

### CREDITED HOURS

20

### LOCATIONS

FPC Alderson	FCI Aliceville	FCC Allenwood	USP Atlanta
MDC Brooklyn	FPC Bryan	FCC Butner	USP Canaan
FMC Carswell	FCC Coleman	FCI Danbury	FMC Devens
FCC Florence	FMC Fort Worth	FCI Gilmer	FCI Greenville
FCC Hazelton	FMC Lexington	FCC Lompoc	MDC Los Angeles
USP Marion	FCC Oakdale	FCI Pekin	FDC Philadelphia
FMC Rochester	MCFP Springfield	FCI Tallahassee	FCI Terminal Island
FCC Terre Haute	FCI Tucson	FCC Victorville	FCI Waseca

### NEEDS

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, CBT for Late-Life Depression must be delivered by a Psychologist, Social Worker, or treatment Specialist.

## COGNITIVE PROCESSING THERAPY

### DESCRIPTION

Cognitive Processing Therapy is an evidence-based intervention for the treatment of posttraumatic stress disorder. This intervention combines cognitive techniques with written exposure therapy to address negative affect, intrusive images, dysfunctional thoughts, and avoidance behavior. Typically, this program is conducted in a group environment, consisting of 12 sessions, each lasting two hours, with a maximum of 12 participants.

### CREDITED HOURS

12

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the cognitions need from YES to NO.

Will address but not change the mental health and trauma needs.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

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

## **CRIMINAL THINKING**

### **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, 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 in a group or in an individual format as outlined in the curriculum. The curriculum and journal are available in English and Spanish.

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. Ordinarily, participants should have participated in Basic Cognitive Skills prior to enrolling in Criminal Thinking as concepts from Criminal Thinking draw from Basic Cognitive Skills principles. Typically, this program is completed at a camp/low in 10 sessions, each lasting one hour, with a maximum of 12 participants. In a medium/high, this program is typically completed in 20 sessions, each lasting one hour, with a maximum of 12 participants. Participants should complete Basic Cognitive Skills prior to enrolling in Criminal Thinking.

### **CREDITED HOURS**

Camp/Low: 10

Medium/High: 20

### **LOCATIONS**

Available at all BOP institutions.

### **NEEDS**

Will change the antisocial peers and cognitions needs from YES to NO.

### **RISK**

Will not impact risk points.

### **AUTHORIZED FACILITATOR**

To ensure program fidelity and proper credit, Criminal Thinking must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## **DIALECTICAL BEHAVIOR THERAPY**

### **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. Typically, this program is completed in a group environment, consisting of 12 sessions, each lasting two hours, with a maximum of 12 participants.

### **CREDITED HOURS**

18

### **LOCATIONS**

Available at all BOP institutions.

### **NEEDS**

Will change the cognitions need from YES to NO.

Will address but not change the mental health and trauma needs.

### **RISK**

Will not impact risk points.

### **AUTHORIZED FACILITATORS**

To ensure program fidelity and proper credit, Dialectical Behavior Therapy must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists must receive specialized training and may facilitate the treatment group with clinical supervision from a licensed psychologist.



## EMOTIONAL SELF-REGULATION

### DESCRIPTION

Emotional Self-Regulation is a cognitive-behavioral therapy 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 group or in an individual format. The curriculum and journal are available in English and Spanish and is available for both men and women.

The Emotional Self-Regulation journal explores helpful ways for the participant to respond to difficult emotions that 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. Typically, this program is completed in 10 sessions, each lasting one hour, with a maximum of 12 participants.

### CREDITED HOURS

10

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the cognitions need from YES to NO.

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Emotional Self-Regulation must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## ENGLISH-AS-A-SECOND LANGUAGE

### DESCRIPTION

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 needs. Students learn English in cultural and social contexts that are found in the community. Classes teach different English language skills according to the students' English ability, interest, and needs. The ESL program teaches the following skills: grammar, reading, comprehension, writing and vocabulary.

### CREDITED HOURS

500

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the work need from YES to NO.

Will address but not change the education need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, English-as-a-Second Language must be delivered by a trained Education employee, contractor, or volunteer. Please refer to **PS 5350.24, English-as-a-Second-Language Program (ESL)**, for further guidance.

## FAITH BASED CONFLICT MANAGEMENT

### DESCRIPTION

The Faith-Based Conflict Management (FBCM) Program builds upon evidence-based practices and cognitive behavioral modalities including interactive journaling, motivational interviewing, and the use of a therapeutic community. Through active participation in the 10 sessions, students will strengthen their anger management skills, interpersonal communication skills, and conflict resolution techniques using practical spiritual principles and practices. Each session will last one hour. This non-residential program is open to offenders of all faiths and to those with no particular religious affiliation. The FBCM program is comprised of a standard curriculum consisting of a participant journal, supplemental DVD, and facilitator guide.

### CREDITED HOURS

20

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the anger/hostility and cognitions needs from YES to NO.

This program will address spirituality in support of identified FSA needs.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Faith-Based Conflict Management (FBCM) Program must be delivered by leadership in Chaplaincy Services or by a qualified religious community volunteer or contractor.

## **FAMILY PROGRAMMING SERIES**

### **DESCRIPTION**

The Family Programming Series is a five-part trauma informed care curriculum for incarcerated women and men, which is grounded in evidenced based practices of: cognitive behavioral therapy; motivational interviewing; the transtheoretical model of behavior change; and interactive journaling. The program is designed to support participants in strengthening family relationships during incarceration and after release. The program consists of a Women's Family Program Series and a Men's Family Program Series designed to address the unique challenges faced by offenders and families during incarceration. Components include: changing family dynamics, building a healthy partnership, connecting with family, becoming a caregiver, and parenting skills in prison and beyond. The program also includes interactive activities with family members and interactive videos that can be utilized during visitation to promote health family relationships.

### **CREDITED HOURS**

40

### **LOCATIONS**

Available at all BOP institutions.

### **NEEDS**

Will change the family/parenting and cognitions needs from YES to NO

### **RISK**

Will not impact risk points.

### **AUTHORIZED FACILITATORS**

To ensure program fidelity and proper credit, the Family Programming Series must be delivered by the Special Populations Program Coordinator, Social Worker, Reentry Affairs Coordinator, Unit Team or qualified volunteer.

## FEDERAL PRISON INDUSTRIES

### DESCRIPTION

The mission of Federal Prison Industries, Inc. (FPI) is to protect society and reduce crime by preparing individuals for successful reentry through job training. FPI (also known by its trade name UNICOR) is a critical component of the Bureau's comprehensive efforts to improve reentry needs. By providing individuals the skills needed to join the workforce upon release, FPI reduces recidivism and helps curb the rising costs of corrections.

FPI is, first and foremost, a correctional program. Its impetus is helping individuals acquire the skills necessary to successfully make the transition from prison to law-abiding, tax paying, productive members of society. The production of items and provision of services are necessary by-products of those efforts, as FPI does not receive any appropriated funds for operation. FPI is required by statute to diversify its product offerings as much as possible in order to minimize the program's impact on any one industry. FPI currently produces over 80 types of products and services and has 6 business groups: Clothing and Textiles; Electronics; Fleet; Office Furniture; Recycling; and Services.

Workers are ordinarily hired through waiting lists. A renewed emphasis has been placed on the use of job sharing and half-time workers. This allows for an increase in the number of individuals who benefit from participating in the FPI program. FPI has placed emphasis on prioritizing those on the waiting list within three years of release for available FPI positions, with the aim of hiring individuals at least 6 months prior to release. FPI has also placed an emphasis on prioritizing those on the waiting list who are military veterans, as well as those with financial responsibilities.

### CREDITED HOURS

500

### LOCATIONS

FCC Allenwood (L)(H)	FCC Beaumont (L)	FCC Butner	FCC Coleman(L)(M)	FCC Forrest City (L)(M)	FCC Lompoc
FCC Oakdale	FCC Petersburg	FCC Pollock	FCC Terre Haute	FCC Victorville	FCC Yazoo City (L)(M)
FCI Ashland (L)	FCI Bastrop (L)	FCI Beckley (M)	FCI Cumberland (M)	FCI Edgefield (M)	FCI El Reno (M)
FCI Williamsburg	FCI Englewood (L)	FCI Mckean	FCI Fairton (M)	FCI Fort Dix (L)	FCI Gilmer (M)
FCI Greenville (M)	FCI Jesup (M)	FCI La Tuna (L)	FCI Manchester (M)	FCI Marianna (M)	FCI Aliceville (W)
FCI Miami (L)	FCI Milan (L)	FCI Phoenix (M)	FCI Safford (L)	FCI Sandstone (L)	FCI Schuylkill (M)
FCI Seagoville (L)	FCI Talladega (M)	FCI Tallahassee (L)(W)	FCI Texarkana (L)	USP Atlanta (M)	FCI Waseca (L)(W)
FMC Lexington	FPC Bryan (W)	FPC Pensacola	FCI Bennettsville	FCC Hazelton(M)	USP Marion (M)
USP Atwater (H)	FPC Montgomery	USP Leavenworth (M)	FCI Terminal Island (M)		

Key: FCC = Complex; FPC = Federal Prison Camp; (L) = Low; (M) = Medium; (H) = High; (W) = Women

### NEEDS

Will change the work need from YES to NO.

### RISK

Will decrease risk points for the work programs category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Federal Prison Industries must be delivered by UNICOR.

## HOOKED ON PHONICS

### DESCRIPTION

Hooked on Phonics is a proven, expert-designed early language-readiness Reading program that is beneficial for adult Bureau offenders who have not yet developed English language reading capacity. It is an intervention-based set of educational materials used to assist early readers. Although it was initially designed for grades K-2, it can be used with some adults who have lower intelligence levels or who are ELL/ESL students whose command of the English language is below the 2nd grade level. Hooked on Phonics utilizes systematic phonics instruction through scaffolding of simple sentences and paragraphs to teach letter-sound correlations for reading purposes.

NOTE: Hooked on Phonics is not the Bureau-designated EBRR program for dyslexia; rather, The Barton Reading and Spelling System is to be implemented for students who have been identified with characteristics of the condition of dyslexia.

### CREDITED HOURS

500

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the education need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Hooked on Phonics must be delivered by Education.

## ILLNESS MANAGEMENT AND RECOVERY

### DESCRIPTION

Illness Management and Recovery (IMR) is a consumer-oriented psychological treatment protocol for individuals diagnosed with serious mental illness. 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. Typically, this program is completed in 26 bi-weekly sessions or 52 weekly sessions, each lasting one hour, with a maximum of 12 participants.

### CREDITED HOURS

52

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Illness Management and Recovery must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## INMATE COMPANION PROGRAM

### DESCRIPTION

The Inmate Companion Program for suicide watch is part of the Suicide Prevention Program. Inmates selected for this program have been thoroughly screened by Special Investigative Services, Unit Team, Psychology Services, and their current work detail supervisor prior to selection. Inmates are selected based on their ability to perform the specific task but also for their reputation within the institution. Individuals must be mature, reliable individuals who have credibility with both staff and inmates. Inmates selected as inmate observer companions are considered to be on institutional work assignment when on their scheduled shift and receive performance pay for time spent monitoring a potentially suicidal inmate. Selected inmates will be required to participate in four (4) hours of initial training, four (4) hours of semi-annual training, and one (1) hour quarterly/debriefings for a total of four (4) hours. The Inmate Companion Program is a minimum one-year commitment.

### CREDITED HOURS

12

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the cognitions need from yes to no.

Will address but not change the work need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Inmate Companion Program must be delivered by Psychology Services. Please refer to PS 5324.008, Suicide Prevention Program, for further guidance.



## 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 a residential program aimed at strengthening participants' understanding of what it means to live and work effectively in the community. The LCP is open to those of all faiths and whom 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.

### CREDITED HOURS

500

### LOCATIONS

FCC Petersburg (L)

FCC Milan (L)

FMC Carswell (W)

FCI Greenville (M)

USP Terre Haute (H)

FCI Aliceville (F)

Key: (L) = Low; (M) = Medium; (H) = High; (W) = Women

### NEEDS

Will change the antisocial peers, cognitions, and family/parenting needs from YES to NO.

This program will address spirituality in support of identified FSA needs.

### RISK

Will decrease risk points for the program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Life Connections Program must be delivered by Chaplaincy Services or a qualified volunteer or contractor.

## LIFESKILLS LABORATORIES

### 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; a 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.

### CREDITED HOURS

90

### LOCATIONS

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

### NEED

Will change the finance/poverty and recreation/leisure/fitness needs from YES to NO

Will address but not change the mental health need

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

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

## MANAGEMENT OF COMPULSIONS AND CRAVINGS

### DESCRIPTION

Management of Compulsions and Cravings is a curriculum designed to help individuals with substance use disorders better manage their compulsions and cravings in support of recovery. A facilitator guide, handouts and homework assignments associated with each session are available in English.

The Management of Compulsions and Cravings curriculum is conducted in group or individual treatment sessions by those who have a substance use disorder and demonstrate a need for learning strategies to manage strong compulsions and cravings. The goal of this treatment protocol is management over elimination, with focus on learning to cope with powerful feelings, rather than trying to change them. The purpose of this program is to help participants learn to decrease their cravings to support stability in recovery by 1) developing self-awareness through assessment of triggers for compulsions and cravings; 2) understanding the relationship between feelings, thoughts, and behaviors; and 3) developing plans for coping with triggers. The Management of Compulsions and Cravings curriculum provides participants with a summary of core concepts and handouts to complete for in-between session challenges. The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments. Typically, this program is completed in 12 sessions, each last one hour, with a maximum of 12 participants. Participants must be enrolled in Medication Assisted Treatment (MAT) and/or cleared and waiting to begin treatment (MAT SC CMP) in order to participate in the Management of Compulsions and Cravings Program.

### CREDITED HOURS

12

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the cognitions need from YES to NO

Will address but not change the substance use need

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Management of Compulsions and Cravings must be delivered by a Social Worker or Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## NATIONAL PARENTING FROM PRISON PROGRAM

### DESCRIPTION

The Bureau's National Parenting from Prison Program is a 2-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. Individuals 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).

### CREDITED HOURS

40

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the family/parenting need from YES to NO.

### RISK

Will decrease risk points for the program completions category.

### APPROVED FACILITATORS

To ensure program fidelity and proper credit, the National Parenting from Prison Program is to be delivered by a Special Populations Program Coordinator, Reentry Affairs Coordinator, Social Worker, or Correctional Counselor. Phase II may be delivered by a qualified volunteer. Please refer to **PS 5355.04 Parenting, Children, and Families**, for further guidance.

## NON-RESIDENTIAL DRUG ABUSE TREATMENT PROGRAM

### DESCRIPTION

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

The content addresses criminal lifestyles and provides skill-building opportunities in the areas of managing difficult emotions, rational thinking, communication skills, and institution/community adjustment.

### CREDITED HOURS

24

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the anti-social peers, cognitions, and substance use need from YES to NO.

### RISK

Will decrease risk points for the drug program status category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Drug Abuse Treatment Program must be delivered by Psychology Services. Please refer to **PS 5330.11 Psychology Treatment Programs**, for further guidance.

## POST-SECONDARY EDUCATION

### DESCRIPTION

The Post-Secondary Education program includes courses offered to those who have completed high school equivalency requirements and are seeking to enhance their marketable skills. College level classes are provided by credentialed instructors from the community who deliver coursework leading to either the associate or bachelor's degree. Specific prerequisites for each program are determined by the school providing the service.

### CREDITED HOURS

500

### LOCATIONS

FCI Bennettsville	FCI Beaumont (L)(M)	MDC Brooklyn
FPC Bryan	FCI Cumberland	FCI Englewood
FCI Gilmer	FCC Lompoc	FCI Milan
FCI Ray Brook	FCI Williamsburg	FCI Waseca
FPC Yankton	FCI Yazoo City	

Key: (L) = Low; (M) = Medium

\*Program Sites for Post-Secondary Education are expanding in conjunction with the reinstatement of the Pell Grant for incarcerated students.

### NEEDS

Will change the work need from YES to NO.

### RISK

Will decrease risk points for program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Post-Secondary Education program must be delivered by Education, a credentialed contractor, or instructor from an approved accredited college/university. Please refer to **PS 5354.03 Postsecondary Education Programs for Inmates**, for further guidance.

## RESIDENTIAL DRUG ABUSE TREATMENT PROGRAM

### DESCRIPTION

The Residential Drug Abuse Treatment Program (RDAP) is operated as a modified therapeutic community (MTC); the community is the catalyst for change and focuses on the individual as a whole person with overall lifestyle change needs, not simply abstinence from drug use. RDAP encourages participants to examine their personal behavior to help them become more pro-social and to engage in "right living"—considered to be based on honesty, responsibility, hard work, and willingness to learn.

RDAP emphasizes social learning and mutual self-help. This aid to others is seen as an integral part of self-change. As program participants progress through the phases of the program, they assume greater personal and social responsibilities in the community. It is expected that program participants take on leadership and mentoring roles within the MTC as they progress in their program. Progress in treatment is based on the individual's ability to demonstrate comprehension and internalization of treatment concepts by taking behaviorally observable action to change his or her maladaptive and unhealthy behaviors. It is important to note that successful completion of the Bureau's RDAP requires completion of all three components of the program:

- Unit based treatment, described above, occurs in a BOP institution.
- Follow-up treatment continues for those who complete the unit-based component of RDAP. The individual must remain in Follow-Up Treatment for 12 months or until he/she is transferred to a Residential Reentry Center or home confinement.
- Community treatment is provided while the individual is residing at a Residential Reentry Center (RRC), home confinement, or Federal Monitoring Program (FLM) through Community Treatment Services.

### CREDITED HOURS

500

### LOCATIONS

Please refer to page 40 for institutions.

### NEEDS

Will change the antisocial peers, cognitions, and substance use needs from YES to NO.

Dual-Diagnosis RDAP will also address but not change the mental health need.

### RISK

Will decrease risk points for the drug program status category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Residential Drug Abuse Treatment Program must be delivered by Psychology Services. Please refer to **PS5330.11 Psychology Treatment Programs**, for further guidance.

# RESIDENTIAL DRUG ABUSE PROGRAMS (RDAP) AND LOCATIONS

The following list contains the RDAP locations. It is organized by region, security level and gender. We currently have 65 Residential Drug Treatment Programs at 53 Bureau locations.

## MID-ATLANTIC REGION

FPC Alderson (WV) ♦  
 FCI Beckley (WV)  
 USP Big Sandy (KY)  
 FCI-I Butner (NC) \*  
 FCI-II Butner (NC)  
 FCI Cumberland (MD)  
 SCP Cumberland (MD)  
 SFF Hazelton (WV) ♦(SUSPENDED)  
 FMC Lexington 1 (KY)  
 FMC Lexington 2 (KY) \*  
 FCI Memphis (TN)  
 FCI Morgantown (WV) (CLOSING)  
 FCI Petersburg – L (VA)  
 FCI Petersburg – M (VA)

## SOUTH CENTRAL REGION

FCI Bastrop (TX)  
 FCI Beaumont-L (SUSPENDED)  
 FCI Beaumont – M (TX)  
 USP Beaumont (TX)  
 FPC Bryan (TX) ♦  
 FMC Carswell (TX) ♦S\*  
 FCI El Reno (OK)  
 FCI Forrest City – L (AR)  
 FCI Forrest City – M (AR)  
 FMC Fort Worth (TX)  
 FCI La Tuna (TX)  
 FCI Seagoville (TX)  
 SCP Texarkana (TX)

## NORTH CENTRAL REGION

FPC Duluth (MN) (CLOSING)  
 FCI Englewood (CO)  
 FCI Florence (CO)  
 USP Florence (CO)  
 SCP Greenville (IL) ♦  
 SCP Leavenworth (KS)  
 USP Marion (IL)  
 FCI Milan (MI)  
 FCI Sandstone (MN)  
 MCFP Springfield (MO) \*  
 FCI Terre Haute (IN) \*  
 FCI Waseca (MN) ♦  
 FPC Yankton (SD)

## NORTHEAST REGION

FCI Allenwood – L (PA)  
 FCI Allenwood – M (PA)  
 USP Canaan (PA)  
 FCI Danbury (CT) ♦  
 FCI Elkton (OH)  
 FCI Fairton (NJ)  
 FCI Fort Dix 1 (NJ)  
 FCI Fort Dix 2 (NJ)  
 SCP Lewisburg (PA)  
 SCP McKean (PA)  
 FCI Schuylkill (PA)

## SOUTHEAST REGION

FCI Coleman – L (FL)  
 USP-II Coleman (FL)  
 SCP Edgefield (SC)  
 FSL Jesup (GA)  
 FCI Marianna (FL)  
 FCI Miami (FL) S  
 FPC Montgomery (AL)  
 FPC Pensacola (FL) (CLOSING)  
 FCI Yazoo City – L (MS)

## WESTERN REGION

FCI Herlong (CA)  
 FCI Lompoc (CA)  
 FCI Phoenix (AZ)  
 SCP Phoenix (AZ)  
 FCI Phoenix (AZ)  
 FCI Safford (AZ)  
 FCI Sheridan (OR) \*  
 FPC Sheridan (OR) (SUSPENDED)  
 FCI Terminal Island 1 (CA)  
 FCI Terminal Island 2 (CA) \*

## KEY

FCI = Federal Correctional Institution  
 FMC = Federal Medical Center  
 FPC = Federal Prison Camp  
 FSL = Federal Satellite Low  
 MCFP = Medical Center for Federal Prisoners  
 SCP = Satellite Prison Camp  
 SFF = Secure Female Facility  
 USP = U.S. Penitentiary  
 Red = RDAPs pending closure  
 ♦ Female Facility  
 S Spanish Program  
 \* Co-occurring Disorder Program or blended beds

## FEMALE INTEGRATED TREATMENT (FIT) PROGRAMS

### Northeast Region:

FCI Danbury (CT) ♦

### Southeast Region:

FCI Tallahassee (FL) ♦

### South Central Region:

FMC Carswell (TX) S ♦

### North Central Region:

FPC Greenville (IL) ♦



## RESOLVE PROGRAM

### DESCRIPTION

The Resolve Program is a cognitive behavioral therapy program designed to address the trauma-related mental health needs of individuals. 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. Participants should complete Trauma Education (Traumatic Stress and Resilience) prior to enrolling in the Resolve Program.

The purposes of the program include the following:

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

### CREDITED HOURS

80

### LOCATIONS

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

Key: ADX = Administrative; SFF = Secure Female Facility; SCP = Satellite Camp; FPC = Federal Prison Camp; (L) = Low; (M) = Medium; (H) = High; (W) = Women; (S)= Spanish

### NEEDS

Will change the antisocial peers, cognitions, and trauma needs from YES to NO.

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Resolve Program must be delivered by Psychology Services. Please refer to **PS 5330.11 Psychology Treatment Programs**, for further guidance.

## SEEKING SAFETY & SEEKING STRENGTH

### DESCRIPTION

Seeking Safety & Seeking Strength 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 individuals 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. Typically, this program is conducted in a group environment, consisting of 12 sessions, each lasting 1.5 hours, for a maximum of 12 participants. Ordinarily, participants enrolled in the Seeking Safety & Seeking Strength Program will have completed the Trauma Education or Survivor Therapy Empowerment Programs.

### CREDITED HOURS

18

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the antisocial peers, cognitions, and trauma needs from YES to NO

Will address but not change the mental health and substance use

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Seeking Safety & Seeking Strength must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## SEX OFFENDER TREATMENT PROGRAM NON-RESIDENTIAL

### DESCRIPTION

The Non-Residential Sex Offender Treatment Program (SOTP-NR) is designed to target dynamic risk factors associated with re-offense in sexual offenders, as demonstrated by empirical research. These factors include sexual self-regulation deficits and sexual deviancy; criminal thinking and behavior patterns; intimacy skills deficits; and emotional self-regulation deficits. The SOTP-NR uses cognitive-behavioral techniques, with a primary emphasis on skills acquisition and practice.

The SOTP-NR is available in nine institutions with varying security levels. Ordinarily individuals will participate in the program during the remaining 36-48 months of their sentence.

Most participants in the SOTP-NR have a history of a single sexual offense and many may be first-time offenders serving a sentence for an internet-based sexual crime. Programming is voluntary. Prior to placement in the SOTP-NR, potential participants are screened with a risk assessment tool to ensure their offense history matches with moderate intensity sexual offender specific treatment.

### CREDITED HOURS

144

### LOCATIONS

FMC Carswell (women only)	FCI Elkton	FCI Englewood	FCI Marianna
USP Marion	FCI Milan	FCI Petersburg	FCI Seagoville
USP Tucson			

### NEEDS

Will change the antisocial peers and cognitions need from YES to NO.

### RISK

Will decrease risk points for program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Non-Residential Sex Offender Treatment Program must be delivered by Psychology Services. Please refer to **PS 5324.10 Sex Offender Programs**, for further guidance.

## SOCIAL SKILLS TRAINING

### DESCRIPTION

Social Skills Training for Schizophrenia is a structured skills training intervention focused on improving social skills. Although designed for individuals suffering from schizophrenia, this resource is appropriate for any individual with moderate social skills deficits. With this intervention, social skills are taught and practiced in a small group setting but can be offered on an individual basis, as needed. Skills include basic social skills, conversation skills, assertiveness skills, conflict management skills, communal living skills, friendship and dating skills, health maintenance skills, vocational/work skills, and coping skills for drug and alcohol use.

The concepts and skills presented in this treatment protocol are best learned by interactive practice, review, and by completing the between-session assignments. This intervention is a component of the Challenge Program; however, the materials are also appropriate for a stand-alone Social Skills Training group. Typically, this program is completed in 10 sessions, each lasting one hour, with a maximum of 12 participants.

### CREDITED HOURS

10

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the antisocial peers and cognitions needs from YES to NO

Will address but not change the mental health need

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Social Skill Training must be delivered by Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

## THRESHOLD

### DESCRIPTION

The Threshold Program is a non-residential faith-based reentry program open to both male and women. Like the more intensive Life Connections Program, it is open to those across the agency seeking grounding in positive values and responsibility, regardless of the presence of a religious affiliation. Ordinarily, individuals should have less than 24 months from their proposed release dates to be considered for the program. Curriculum is also designed for participants who desire to participate from a non-religious perspective.

### CREDITED HOURS

20

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the antisocial peers, cognitions, and family/parenting need from YES to NO.

This program will address spirituality in support of identified FSA needs.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Threshold Program must be delivered by leadership in Chaplaincy Services, or the appropriately credentialed religious community volunteer, contractor, or mentor.

## 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 is marketable training and 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 individuals 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 those 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 that some programs offer "exploratory courses," which allow individuals to explore a possible program before making a long-term commitment.

### CREDITED HOURS

125

### LOCATIONS

Available at all BOP institutions except where exempt.

### NEEDS

Will change the work need from YES to NO.

### RISK

Will decrease risk points for work programs category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Vocational Training must be delivered by Education or Federal Prison Industries. This program may also be delivered by a qualified volunteer or contractor. Please refer to **PS 5353.01 Occupational Education Programs**, for further guidance.

## WAYS SAFE

### DESCRIPTION

WaySafe is a planning and decision-making intervention targeting adults in custody with substance use disorders in the last phase of treatment or approaching release. It helps participants make better decisions around health risk behaviors during transition to the community. The goal of this program is to improve decision-making skills so participants can avoid at-risk behaviors regarding HIV and other viral illness spread by sex or blood contact. The facilitator utilizes psychoeducational and process-oriented interventions over six weekly sessions. Typically, this program is conducted in a group environment, with a maximum of 12 participants.

### CREDITED HOURS

8

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will address but not change the medical need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, WaySafe must be delivered by a Mental Health Provider.

## 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 five 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.

### CREDITED HOURS

30

### LOCATIONS

Available at all BOP institutions.

### NEEDS

Will change the recreation/leisure/fitness need from YES to NO.

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

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



## GENERAL PROGRAMMING PRODUCTIVE ACTIVITIES

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### **A MATTER OF BALANCE**

#### **DESCRIPTION**

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 individuals to problem-solve and improve their self-esteem.

#### **CREDITED HOURS**

16

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.

#### **AUTHORIZED FACILITATORS**

Health Services and Recreation

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### **AARP FOUNDATION FINANCES 50+**

#### **DESCRIPTION**

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.

#### **CREDITED HOURS**

5

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the finance/poverty need from YES to NO.

#### **AUTHORIZED FACILITATORS**

Special Populations Program Coordinator, Unit Team, and Volunteer

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## **ACADEMIC SUCCESS**

### **DESCRIPTION**

This program is designed to prepare inmates for academic programs. It is delivered in a group format and may be offered to individuals in restrictive housing if the facilitator has frequent contact with the participant(s)- essentially leading discussion and demonstrating content through correspondence. The Academic Success Program consists of training in motivation and goal setting; time-management; metacognition; listening and note-taking; reading to learn; preparing for tests; interacting with others; and writing.

### **CREDITED HOURS**

24

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and Cognitions needs from YES to NO.

Will address but not change the education need.

### **AUTHORIZED FACILITATORS**

Education, School Counselor, and Volunteer/Contractor with knowledge of program content.

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## **ALCOHOLICS ANONYMOUS (AA) SUPPORT GROUP**

### **DESCRIPTION**

This self-help approach to change reduces the likelihood of problematic drinking behaviors. AA can be guided by any Bureau employee but is essentially a self-help program.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the substance use need.

### **AUTHORIZED FACILITATORS**

Contractor and Volunteer

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## **ALEPH CORRESPONDENCE COURSE**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

50

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and cognitions needs from YES to NO.  
This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Volunteer

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## **ARTHRITIS FOUNDATION WALK WITH EASE**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

6

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.  
Will address but not change the medical need.

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations  
Program Coordinator, Unit Team, and Volunteer

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## **BE-ACTIV**

### **DESCRIPTION**

BE-ACTIV is a psychosocial treatment program for depression in aging adults residing in nursing care center settings. This program seeks to improve positivity by increasing the availability of, and patient engagement in, personally meaningful activities. The Mental Health Provider (MHP) assesses participants and pinpoints specific pleasant activities for focus and meets weekly with participants to engage in pleasant events planning and setting of measurable goals. Motivational interviewing, psychotherapy and frequent positive reinforcement and engagement of other employees and support is continuous during the program. An Activity Facilitator (AF) will assist the MHP and participant in resolving any institutional barriers. The AF will coordinate the activities plan and will encourage the participant to carry out the plan. Typically, this program is conducted in an individual environment.

### **CREDITED HOURS**

10

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need.

### **AUTHORIZED FACILITATORS**

Mental Health Provider

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## **BEREAVEMENT SUPPORT GROUP**

### **DESCRIPTION**

The Bereavement Support Group is a guide for starting and leading a support group for individuals experiencing grief. This is a 12-session, time-limited support group with a recommendation of no more than 12 participants. Individuals in the group may utilize both the Understanding Your Grief book and the Understanding Your Grief journal.

### **CREDITED HOURS**

12

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Mental Health Provider and Chaplaincy Services

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## **BRAIN HEALTH AS YOU AGE: YOU CAN MAKE A DIFFERENCE! IMPROVE MEMORY AND**

### **DECISION-MAKING**

#### **DESCRIPTION**

This program fosters self-improvement by providing those 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.

#### **CREDITED HOURS**

5

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the recreation/leisure/fitness needs from YES to NO

Will address but not change the medical need

#### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations

Program Coordinator, Unit Team, and Volunteer

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## **BRIEF CBT FOR SUICIDAL INDIVIDUALS**

#### **DESCRIPTION**

This treatment was developed for individuals who are at risk of suicide and is typically started following a suicide attempt or suicide risk assessment. The initial focus is on understanding the suicide mode and implementing crisis intervention strategies 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. Typically, this program is completed in 10 sessions, each lasting one hour, with a maximum of 12 participants.

#### **CREDITED HOURS**

10

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will address but not change the mental health need

#### **AUTHORIZED FACILITATORS**

Psychology

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## **CBT FOR EATING DISORDERS**

### **DESCRIPTION**

Cognitive Behavioral Therapy for Eating Disorders is an empirically supported treatment that employs a transdiagnostic theory of eating disorders. This group 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. CBT For Eating Disorders can be offered in an individual or group therapy format. Treatment is divided into four phases. There is an option for a pre/posttest by using the Eating Disorder Examination (EDE) and/or the Eating Disorder Examination Questionnaire (EDE-Q). The concepts and skills presented in this treatment protocol are best learned by interactive practice, participation, review, and between session assignments. Typically, this program will be completed in a minimum of 20 (maximum of 40) sessions, each lasting one hour, with a maximum of 12 participants.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology

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## **CELEBRATE RECOVERY INSIDE**

### **DESCRIPTION**

Celebrate Recovery Inside is a 25-week Christ-Centered recovery program with three distinct components: worship, step study, and open share groups. Celebrate Recovery Inside curriculum consist of four participant guides which includes 25 total lessons. This program is available in both English and Spanish and includes the following: Eight Principles Based on the Beatitudes, 12-Steps and their Biblical Comparisons, Serenity Prayer, small group guidelines, lessons, questions, and the Celebrate Recovery Creed. This program is recommended to be conducted weekly for 90-minutes for a total of 25 sessions.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and cognitions needs from YES to NO.

Will address but not change the substance use need.

This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Chaplaincy Services or Trained Volunteers

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## **CLEAR (CIVIL, LEGAL, EMPOWERMENT, ACCESS, AND REENTRY) PROGRAM**

### **DESCRIPTION**

The ATJ-BOP CLEAR (Civil, Legal, Empowerment, Access and Reentry) Program supports successful reentry by empowering incarcerated individuals to address civil legal challenges, ultimately helping to reduce recidivism and build self-sufficiency. CLEAR provides civil legal services to incarcerated individuals at select FBOP institutions in Texas and Connecticut. This program works on (1) developing and providing self-help materials to address civil legal needs; (2) offers a series of empowerment workshops focused on family law, financial-related issues, and public benefits; (3) and created a Medical Legal Partnership (MLP) with Texas A&M to assist with pre-release Supplemental Income Mental Health Claims, before the Social Security Administration. Participation in this program is voluntary; however, failure to provide certain information may prevent the inmate from being able to fully participate in the program.

### **CREDITED HOURS**

6

### **LOCATIONS**

FCI Bastrop, FPC Bryan and FCI Danbury

### **NEEDS**

Will change the family/parenting and finance/poverty needs from YES to NO.

### **AUTHORIZED FACILITATORS**

Trained Government Providers or Volunteers

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## **CBT FOR INSOMNIA**

### **DESCRIPTION**

Cognitive Behavior Therapy for Insomnia (CBT-I) is an evidence-based treatment that includes a variety of components: assessment, motivational strategies, patient education, behavior treatments for insomnia, and cognitive approaches to decrease anxiety about sleep. This treatment 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. This program may be offered individually or in a group environment, consisting of four sessions, each lasting two hours, with a maximum of 12 participants OR eight sessions, each lasting one hour, with a maximum of 12 participants.

### **CREDITED HOURS**

8

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists.

Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **CBT FOR PRISON GAMBLING**

### **DESCRIPTION**

CBT for Prison Gambling is a cognitive-behavioral curriculum designed to help individuals assess their prison gambling behavior and develop the commitment to quit. It is a psychoeducational protocol with supplemental homework and activities to help participants understand their gambling behavior, why they gamble, and how gambling has become a problem in their life. The program will provide the participant ways to stop or reduce their gambling. The next steps after completing the Prison Gambling protocol would be Basic Cognitive Skills and Criminal Thinking. The Prison Gambling protocol is required to be conducted as four face-to-face group or individual documented sessions, each lasting for one hour. No partial sessions will receive credit.

### **CREDITED HOURS**

4

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **COMPLICATED GRIEF TREATMENT**

### **DESCRIPTION**

Complicated Grief Treatment (CGT) is a structured 16-session psychotherapy program designed to treat individuals with prolonged grief symptoms by promoting healing milestones and addressing individuals that are “stuck” adapting to loss. The underlying assumption of the intervention is that grief is a universal life event. Treatment focuses on two areas: 1) restoration of effective functioning by generating enthusiasm for the future, and 2) helping patients think about the death without evoking intense feelings of anger, guilt, or anxiety. The seven core components include: understanding grief, managing painful emotions, thinking about the future, strengthening relationships, telling the story of the death, learning to live with reminders, and remembering the person who died. Typically, this program is conducted in a group environment, with a maximum of 12 participants.

### **CREDITED HOURS**

12

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Mental Health Provider

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## **COMMUNITY TREATMENT SERVICES**

### **DESCRIPTION**

Community Treatment Services (CTS) provides continuity of care for Adults in Custody releasing from the institutions to the community that are placed in Residential Reentry Centers (RRCs), Day Reporting Centers (DRC), on Home Confinement, or on Federal Location Monitoring (FLM). CTS serves as the 3rd component needed to complete substance use treatment services successfully regardless of release method. The CTS office will review progress for consistency and progression. CTS substance use referral authorization is for the entire community placement period, not just 120 days, unless 120 days is the full length of community replacement.

### **CREDITED HOURS**

25

### **LOCATIONS**

All community sites

### **NEEDS**

Will change the substance use need from YES to NO

### **AUTHORIZED FACILITATORS**

Contract Employees

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## **DISABILITIES EDUCATION PROGRAM**

### **DESCRIPTION**

DEP is a support group designed specifically for individuals 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 those with varying physical disabilities while encouraging social and peer support among participants.

### **CREDITED HOURS**

10

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO.

Will address but not change the medical need.

### **AUTHORIZED FACILITATORS**

Reentry Affairs Coordinator and Special Populations Program Coordinator

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### **DOING TIME**

“Doing TIME” is a mentoring program designed to make a positive impact on adults in custody in the Bureau of Prisons. The primary goal of the program is to provide opportunities for adults in custody to engage in meaningful mentoring experiences guided by faith-based or community organization volunteers that can promote growth and chance. This is done through pairing participants with volunteers who are best matched for suitability including preferences of the mentor/mentee, common interests, culture, religion, and geographic proximity, as feasible. “Doing TIME” program complies with FSA requirements.

#### **CREDITED HOURS**

10

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO.  
This program will address spirituality in support of identified FSA needs.

#### **AUTHORIZED FACILITATORS**

Chaplains, Mentor Coordinators, and Reentry Affairs Coordinators

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### **DRUG EDUCATION**

#### **DESCRIPTION**

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 learn about the available treatment programs and are connected with providers from the Residential Drug Abuse Treatment Program (RDAP) or the Non-Residential Drug Abuse Treatment Program (NRDAP). Drug Education is a required class for many inmates with a drug history code. Please refer to for further guidance.

#### **CREDITED HOURS**

12

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will address but not change the substance use need

#### **RISK**

Will decrease risk points for drug program status category

#### **AUTHORIZED FACILITATORS**

Psychology

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## **EMBRACING INTERFAITH COOPERATION**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

10

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from YES to NO

This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Chaplaincy Services, Contractor, and Volunteer

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## **FEDERAL PRISON INDUSTRIES (FPI) LEAN BASIC TRAINING**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

16

### **LOCATIONS**

(52) FPI facilities

(see page 29 for a list of facilities)

### **NEEDS**

Will address but not change the work need

### **AUTHORIZED FACILITATORS**

FPI Certified Instructor

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**FEDERAL PRISON INDUSTRIES (FPI) GENEDGE LEAN SIX-SIGMA**  
**ACCELERATED GREEN BELT CERTIFICATION**

**DESCRIPTION**

GenEdge Lean Six-Sigma Accelerated Green Belt Certification applies to both manufacturing and service (transactional) environments. Eligibility for participation requires successful completion of FPI Lean Basic Training.

**CREDITED HOURS**

40

**LOCATIONS**

(52) FPI facilities

(see page 29 for a list of facilities)

**NEEDS**

Will address but not change the work need

**AUTHORIZED FACILITATORS**

FPI Certified Instructor

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**FINANCIAL RESPONSIBILITY PROGRAM (FRP)**

**DESCRIPTION**

This program provides education to incarcerated individuals regarding their obligations to satisfy court-ordered financial obligations, the negative impact of non-participation, and the positive impact of program participation both while in custody and subsequent to release.

**CREDITED HOURS**

5

**LOCATIONS**

All institutions

**NEEDS**

Will address but not change the finance/poverty need.

**AUTHORIZED FACILITATORS**

Unit Team

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## **FRANKLIN COVEY 7 HABITS ON THE INSIDE**

### **DESCRIPTION**

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. Typically, this program is conducted in a group environment, with a maximum of 25 participants.

### **CREDITED HOURS**

50

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from YES to NO.

### **AUTHORIZED FACILITATORS**

Any Certified BOP Employee

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## **FUNCTIONAL ADAPTATION SKILLS TRAINING (FAST)**

### **DESCRIPTION**

Functional Adaptation Skills Training (FAST) is a psychosocial intervention based on Social Cognitive Theory and the Social and Independent Living Skills Program for aging adults. FAST aims to improve independence and quality of life by targeting six areas of everyday functioning, which include: medication management, social and communication skills, organization and planning, transportation, and financial management. FAST utilizes a group setting with discussions around applying exercises to real world settings, in-session practice, and homework assignments. Programa de Entrenamiento para el Desarrollo de Aptitudes para Latinos (PEDAL) is the Spanish version of the program.

### **CREDITED HOURS**

48

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO.

Will address but not change the mental health need.

### **AUTHORIZED FACILITATORS**

Mental Health Provider

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## **GETTING TO KNOW YOUR HEALTHY AGING BODY**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

12

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.

Will address but not change the medical need.

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations

Program Coordinator, Unit Team, and Volunteer

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## **HEALTH AND WELLNESS THROUGHOUT THE LIFESPAN**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

3

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

Will address but not change the medical need

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations

Program Coordinator, Unit Team, and Volunteer

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## **HEALTHY MIND AND BODIES**

### **DESCRIPTION**

Healthy Mind and Bodies is designed to enhance participation in healthy behaviors by offering group and individual activities to offenders. Participants will be provided the opportunity to reduce stress and enhance their overall health and emotional well-being through in-person classes, discussions, journal entries and homework. This program will provide participants with the knowledge of the importance of healthy living choices by addressing diet, exercise and weight management, health promotion, and disease/illness prevention.

### **CREDITED HOURS**

24

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.

### **AUTHORIZED FACILITATORS**

Recreation, Special Populations Program Coordinator, and Volunteer

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## **HEALTHY STEPS FOR OLDER ADULTS**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

3

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

Will address but not change the medical need

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations  
Program Coordinator, Unit Team, and Volunteer

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## **HOUSES OF HEALING: A PRISONER'S GUIDE TO INNER POWER AND FREEDOM**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

24

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from YES to NO

This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Chaplaincy Services, Contractor, and Volunteer

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## **HYDROPONICS AND GARDENING**

### **DESCRIPTION**

The Hydroponics and Gardening Program offers a unique opportunity for inmates of all ages and backgrounds to learn about sustainable agriculture and gain hands-on experience with hydroponic gardening. In addition to developing practical skills, the program fosters a sense of accomplishment and connection to the broader national efforts aimed at improving nutrition and good quality. Most importantly, the Hydroponics and Gardening Program is a direct reflection of the Bureau of Prisons commitment to providing inmates with constructive, skill-building activities and soft skills training that will benefit them during their time in custody and after release.

### **CREDITED HOURS**

35

### **LOCATIONS**

FCI Berlin, FPC Bryan, FCI Estill, FCI Herlong FCC Hazelton, and FCI Oxford

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

### **AUTHORIZED FACILITATORS**

Recreation Specialist or Sports Specialist

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## **INTERNATIONAL SCHOOL OF MINISTRY (ISOM)**

### **DESCRIPTION**

International School of Ministry (ISOM) is an introductory course that delivers essential teachings for new and growing believers. In just six sessions, students are grounded in the core doctrines of the Christian faith, including the authority of the Bible, the Trinity, the deity and mission of Jesus, salvation, eternity, the Holy Spirit, divine healing, and church ordinances. Six (6) powerful one-hour lesson classes serve as both a preview of the full ISOM program and a foundational training for spiritual growth and discipleship.

### **CREDITED HOURS**

6

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from YES to NO.

Will address but not change the work need.

This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Chaplaincy Services and Volunteer (with appropriate credentials)

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## **K2 AWARENESS**

### **DESCRIPTION.**

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, thereby increasing the safety and security of the institution for employees and offenders.

### **CREDITED HOURS**

5

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the substance use need.

### **AUTHORIZED FACILITATORS**

Contractor, Custody, Education, Health Services, Unit Team, and Volunteer

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## **LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS**

### **DESCRIPTION**

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. Typically, this program is conducted in a group environment, with a maximum of 18 participants.

### **CREDITED HOURS**

24

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.

Will address but not change the medical need.

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations  
Program Coordinator, Unit Team, and Volunteer

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## **MANAGING YOUR DIABETES**

### **DESCRIPTION**

Managing Your Diabetes is designed to teach individuals how to effectively manage their chronic disease. Typically, this program is conducted in a group environment, with a maximum of 15 participants. Participating inmates should have a diagnosis of diabetes (type 1, type 2, or gestational) or be pre-diabetic.

### **CREDITED HOURS**

12

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the medical need

### **AUTHORIZED FACILITATORS**

Health Services and Volunteer (with appropriate credentials Nurse/Dietician)

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## **MENTAL HEALTH MAINTENANCE**

### **DESCRIPTION**

Mental Health Maintenance is a treatment protocol designed for CARE2-MH participants who have become proficient in self-management skills through participation in individual psychotherapy, a priority-practice group, or a psychology treatment program. The protocol is designed for clients who have met their primary treatment goals and have achieved a degree of stability in their mental health functioning, suggesting mental health recovery has been at least partially obtained. It uses a structured format focused on applying core treatment concepts to the participant's daily life.

### **CREDITED HOURS**

12

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **MINDFULNESS-BASED COGNITIVE THERAPY**

### **DESCRIPTION**

Mindfulness-Based Cognitive Therapy is a group intervention aimed at preventing symptom relapse in individuals who have a history of depression. In this treatment program, participants learn to engage in daily practice of mindfulness skills and cognitive behavioral techniques to treat the symptoms of depression. Typically, this program is conducted in a group environment, consisting of 8 sessions, each lasting 1 hour, with a maximum of 12 participants.

### **CREDITED HOURS**

8

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **MONEY SMART FOR ADULTS**

### **DESCRIPTION**

Money Smart for Adults is an instructor-led course that covers 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 and repairing credit.

### **CREDITED HOURS**

32

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the finance/poverty need from YES to NO

### **AUTHORIZED FACILITATORS**

Business Office, Qualified Contractor or Volunteer, Special Populations Coordinator, and Unit Team

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## **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.

### **CREDITED HOURS**

28

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the finance/poverty need from YES to NO

### **AUTHORIZED FACILITATORS**

Business Office, Qualified Contractor or Volunteer, Special Populations Coordinator, and Unit Team

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## **NARCOTICS ANONYMOUS (NA)**

### **DESCRIPTION**

This self-help approach to change reduces the likelihood of future drug use. NA can be guided by any volunteer but is essentially a self-help program.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the substance use need

### **AUTHORIZED FACILITATORS**

Volunteer

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## **NATIONAL DIABETES PREVENTION PROGRAM**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

16

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the medical and substance use needs

### **AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Special Populations  
Program Coordinator, Unit Team, and Volunteer

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## **OPIOID USE DISORDER: RELEASE AND RECOVERY**

### **DESCRIPTION**

Opioid Use Disorder Release and Recovery is a structured, time limited group designed to reduce recidivism and relapse, and address the psychosocial needs associated with both early recovery and release from a correctional setting. Typically, this program is conducted in a group setting, for six sessions, each lasting one hour.

### **CREDITED HOURS**

5

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health and substance use needs

### **AUTHORIZED FACILITATORS**

Social Worker

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## **PEER**

### **DESCRIPTION**

The Personal Education & Enrichment Resources (PEER) support group is designed for those 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 individuals with varying disabilities while encouraging social and peer support among participants.

### **CREDITED HOURS**

10

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the antisocial peers need from YES to NO

### **AUTHORIZED FACILITATORS**

Special Populations Program Coordinator, Social Worker, and Unit Team

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## **PREPARING FOR SUCCESS AFTER PRISON (PSAP)**

### **DESCRIPTION**

Preparing for Success After Prison (PSAP) is a condensed two-part program to include an Introductory Course and an Intermediate Course. This program is designed to assist current adults in custody with understanding the importance of making goal-oriented decisions that align with each individuals' values and definition of success through a five-step process: Defining Success; Creating a Plan; Setting Priorities; Building Tools, Tactics, and Resources; Creating accountability logs showing how you're executing the plan.

### **CREDITED HOURS**

30

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the Cognitions need from YES to NO

### **AUTHORIZED FACILITATORS**

Reentry Affairs Coordinator

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## **SEXUAL SELF-REGULATION (SSR)**

### **DESCRIPTION**

The SSR treatment protocol is designed to teach the practice of self-management skills to gain effective control over sexually deviant behaviors and sexual preoccupation. 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. The protocol can be used within a Sex Offender Treatment Program or as a stand-alone group. Prior to starting SSR, participants should complete Basic Cognitive Skills (BCS), which teaches the basics of Rational Emotive Behavioral Therapy (REBT) and Rational Self Checks (RSC.)

Provision of sex offender treatment services requires specialized knowledge and competencies. Non-Sex Offender Management Program (SOMP) institutions proposing to implement SSR require approval from the Sex Offender Program employees in the Central Office Psychology Services Branch. If you are interested in offering this group at your institution, please contact the National Sex Offender Treatment Program Coordinator. We may be able to assist you in obtaining the requisite training. Clinicians approved to provide SSR will receive an approval email, which should be retained for verification purposes. Psychology employees lacking approval should not implement SSR at their institution. Participants should complete Basic Cognitive Skills prior to enrolling in SSR.

### **CREDITED HOURS**

100

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from YES to NO

### **AUTHORIZED FACILITATORS**

Psychology (Provider must consult and receive written approval by PSB prior to delivery of services)

### **START NOW**

#### **DESCRIPTION**

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 is program that was developed specifically for women.

#### **CREDITED HOURS**

32

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the anger/hostility and cognitions need from YES to NO

#### **AUTHORIZED FACILITATORS**

Contractor, Education, Health Services, Psychology, Special Populations Program Coordinator, Social Worker, Unit Team, and Volunteer

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### **SUPPORTED EMPLOYMENT**

#### **DESCRIPTION**

Supported employment is an evidence-based practice that helps people with serious mental illness find and keep meaningful jobs as a part of their mental health recovery. It is a collaboration between a mental health provider, a work detail supervisor, and an inmate that aims to support the inmate in finding and keeping competitive employment in the institution setting that is suitable to their interests and abilities. This program incorporates therapeutic support through the process of job acquisition and daily performance. Typically, this program is conducted in an individual environment, consisting of 15 sessions, each lasting one hour. The first month of sessions will occur weekly. Sessions will then change to monthly for the subsequent 11 months.

#### **CREDITED HOURS**

15

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will address but not change the education, mental health, and work needs

#### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists. Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **TALKING WITH YOUR DOCTOR: GUIDE FOR OLDER ADULTS**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

5

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

Will address but not change the medical need.

### **AUTHORIZED FACILITATORS**

Health Services and Recreation

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## **TRAUMA EDUCATION (also referred to as Resolve Workshop)**

### **DESCRIPTION**

Trauma in Life (for women) 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, however, does have CBT components. Completion can help determine if further trauma treatment is needed through the post-test assessment. The concepts and skills presented in this treatment protocol are best learned by interactive practice, participation, and review. Typically, this program is conducted in a group environment, consisting of four sessions, each lasting two hours, with a maximum of 25 participants.

### **CREDITED HOURS**

8

### **LOCATIONS**

All institutions

### **NEEDS**

If completed and AIC is not determined to need Resolve or Seeking Safety & Seeking Strength, will change need from YES to NO

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists.

Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist. Post testing and clinical review must be completed by a psychologist or psychology trainee.

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## **ULTRA KEY 6: THE ULTIMATE KEYBOARDING TUTOR**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the education and work needs

### **AUTHORIZED FACILITATORS**

Contractor and Education

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## **VICTIM IMPACT: LEARN AND LISTEN**

### **DESCRIPTION**

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. Typically, this program is conducted in a group environment, with a maximum of 15 participants.

### **CREDITED HOURS**

26

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the cognitions need from Yes to NO

### **AUTHORIZED FACILITATORS**

Health Services and Unit Team

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## **WELLNESS RECOVERY PLAN**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

20

### **LOCATIONS**

All institutions

### **NEEDS**

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Psychology Services to include psychologists, psychology trainees, and treatment specialists.

Treatment Specialists may facilitate the treatment group with clinical supervision from a licensed psychologist.

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## **CHAPTER 2: MEN'S PROGRAMMING**

## BRAVE (RESIDENTIAL)

### DESCRIPTION

The Bureau Rehabilitation and Values Enhancement (BRAVE) program is a cognitive behavioral, residential treatment program for younger, initial designated adults in custody (AIC). Offenders typically participate in this program at the beginning of their sentence. Programming is delivered within a modified therapeutic community (MTC). Participants interact in groups and attend community meetings while living in a housing unit separate from the general population. The BRAVE program is designed to facilitate favorable institutional adjustment and reduce incidents of misconduct. In addition, the program encourages participants to positively interact with team members and take advantage of opportunities to engage in self-improvement activities throughout their incarceration. Program content focuses on developing interpersonal skills, behaving pro-socially in a prison environment, challenging antisocial attitudes and criminality, drug education, developing problem solving skills, success strategies and planning for release.

The protocol is delivered in a group/community format with tracked/documented sessions. Program length is typically completed over 6 months of half-day, face-to-face contact between treatment team members and participants. As of November 1, 2021, expanded eligibility criteria of the BRAVE program became effective. The purpose of this expansion beyond the original target population reference in policy for BRAVE programs (PS5330.11) was to allow for an increase in the offering of appropriate programming to many more AICs and to help meet the purpose of the First Step Act and mission of the Bureau of Prisons. The AIC must meet the following: AIC is 40 years of age or younger; AIC has a sentence of at least 36 months remaining to serve; AIC is a first time Bureau commitment; and AIC is within the first 18-months of his sentence.

### CREDITED HOURS

350

### LOCATIONS

FCI Beckley (M)  
FCI EL Reno (M)

FCC Victorville (M)  
FCI Williamsburg (M)

FCI Greenville (M)

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

### NEEDS

Will change the antisocial peers and cognitions need from YES to NO.

### RISK

Will decrease risk points for the category program completions.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, BRAVE must be delivered by Psychology Services. Please refer to **PS 5330.11, Psychology Treatment Programs**, for further guidance.

## CHALLENGE (RESIDENTIAL)

### DESCRIPTION

The Challenge Program is a cognitive behavioral, residential treatment program developed for male offenders in the United States Penitentiary (USP) settings. The Challenge Program provides treatment to high-security offenders with substance use problems and/or mental illnesses. Programming is delivered within a modified therapeutic community (MTC). Participants interact in groups and attend community meetings while living in a housing unit separate from general population. The Challenge Program is designed to facilitate both favorable institutional adjustment and successful reintegration to the community via treatment of substance use disorders and/or treatment/management of mental illnesses. Program content focuses on developing interpersonal skills, behaving pro-socially in a prison environment, challenging antisocial attitudes and criminality, improving communication skills, developing problem solving skills, violence prevention, recovery maintenance, success strategies, and planning for release.

The Challenge Program is available in 11 high security institutions. Offenders interested in this program may participate at any point during their sentence; however, they must have at least 18-months remaining on their sentence. The duration of the program varies based on personal need. An offender must meet one of the following criteria to be admitted into the Challenge Program: A history of drug use as evidenced by self-report, Presentence Investigation Report (PSI) documentation or incident reports for use of alcohol or drugs; A serious mental illness as evidenced by a current diagnosis of a psychotic disorder, mood disorder, anxiety disorder, or severe personality disorder.

### CREDITED HOURS

500

### LOCATIONS

USP Atwater	USP Beaumont	USP Big Sandy	USP Lee
USP Canaan	USP Coleman I & II	USP Hazelton	USP Tucson
USP McCreary	USP Pollock		

### NEEDS

Will change the anger/hostility, antisocial peers, cognitions, and substance use need from YES to NO.

Will address but not change the mental health need.

### RISK

Will decrease risk points for the program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Challenge Program must be delivered by Psychology Services. Please refer to **PS 5330.11, Psychology Treatment Programs**, for further guidance.

## MENTAL HEALTH STEP DOWN (RESIDENTIAL)

### DESCRIPTION

Mental Health Step Down (Step Down) is a unit-based, residential program offering intermediate level of care for those with serious mental illness who do not require inpatient treatment but lack the skills to function in general population. The goal of Step Down is to provide evidence-based treatment that maximizes the participants' ability to function while minimizing relapse and the need for inpatient hospitalization.

Step Down operates as a modified therapeutic community (MTC) using cognitive behavioral treatments, peer support, and skills training. Employees work closely with psychiatry to ensure participants receive appropriate medication and have the opportunity to build a positive relationship with the psychiatrist. Criminal thinking is addressed through the identification of criminal thinking errors and engagement in prosocial interactions with employees and peers. When individuals are preparing for release, intense coordination is done with social workers, Community Treatment Services (CTS), Residential Reentry Centers (RRC), Court Services and Offender Supervision Agency (CSOSA), and United States Probation Officers (USPOs) to facilitate continuity of care for reentry.

### CREDITED HOURS

500

### LOCATIONS

USP Allenwood (H)

USP Atlanta (H)

FCC Butner (M)

FMC Fort Worth (L)

FCI Sheridan (M)

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

### NEEDS

Will change the antisocial peers and cognitions needs from YES to NO.

Will address but not change the mental health need.

### RISK

Will decrease risk points for program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Mental Health Step Down program must be delivered by Psychology Services. Please refer to **PS 5330.11, Psychology Treatment Programs**, for further guidance.

## SEX OFFENDER TREATMENT PROGRAM (RESIDENTIAL)

### DESCRIPTION

The Residential Sex Offender Treatment Program (SOTP-R) is designed to target dynamic risk factors associated with re-offense in sexual offenders, as demonstrated by empirical research. These factors include sexual self-regulation deficits and sexual deviancy; criminal thinking and behavior patterns; intimacy skills deficits; and emotional self-regulation deficits. The SOTP-R uses cognitive behavioral techniques, with a primary emphasis on skills acquisition and practice. The modified therapeutic community (MTC) model is used to address criminal attitudes and values.

The SOTP-R is available at two institutions. Individuals ordinarily participate in the program during the remaining 36 to 48 months of their sentence.

Participants in the SOTP-R have a history of multiple sexual offenses, extensive non-sexual criminal histories, and/or a high level of sexual deviancy or hypersexuality. The program is voluntary. Prior to placement in the SOTP-R, potential participants are screened with a risk assessment tool to ensure their offense history matches with high intensity sexual offender specific treatment.

### CREDITED HOURS

500

### LOCATIONS

FMC Devens

USP Marion

### NEEDS

Will change antisocial peer and cognitions needs from YES to NO.

### RISK

Will decrease risk points for the program completions category.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Residential Sex Offender Treatment Program must be delivered by Psychology Services. Please refer to **PS 5324.10, Sex Offender Programs**, for further guidance.

## SKILLS PROGRAM (RESIDENTIAL)

### DESCRIPTION

The Skills Program is a unit-based, residential treatment program designed to improve the institutional adjustment of those who have intellectual and social impairments. Individuals with lower IQs, neurological deficits from acquired brain damage, fetal alcohol syndrome, autism spectrum disorder, and/or remarkable social skills deficits are more likely to be victimized and/or manipulated by those more sophisticated. As a result, they may be placed in the Special Housing Unit for their protection or may have frequent misconduct reports because of their limited decision-making skills. Only those who have a demonstrated need for the Skills Program and who are appropriate for housing in a medium or low security facility will be considered for participation.

Through using a modified therapeutic community (MTC), the Skills Program employs a multi-disciplinary treatment approach aimed at teaching participants basic educational and social skills. The goal of the program is to increase the academic achievement and adaptive behavior of this group of individuals, thereby improving their institutional adjustment and likelihood for successful community reentry. Some participants may become Mental Health Companions; these individuals are carefully screened and serve as supports and role models for Skills Program participants.

### CREDITED HOURS

500

### LOCATIONS

FCI Coleman (M) FCI Danbury (L)

Key: (L) = Low; (M) = Medium

### NEEDS

Will change the antisocial peers and cognitions needs from YES to NO.

Will address but not change the mental health need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Skills Program must be delivered by Psychology Services. Please refer to **PS 5330.11, Psychology Treatment Programs**, for further guidance.

## STAGES PROGRAM (RESIDENTIAL)

### DESCRIPTION

Steps Toward Awareness, Growth, and Emotional Strength (STAGES) is a unit-based residential Psychology Treatment Program for individuals with a diagnosis of Borderline Personality Disorder. The program uses an integrative model that includes an emphasis on a modified therapeutic community (MTC), cognitive behavioral therapy, dialectical behavior therapy, and skills training. It uses evidence-based treatments to increase the time between disruptive behaviors, fosters living within the general population or community setting, and increases prosocial skills. This program aims to prepare individuals for their transition to less-secure prison settings and promote successful reentry into society at the conclusion of their terms of incarceration.

The typical STAGES participant has the following behavioral characteristics:

- A history of long-term restricted housing placements;
- Multiple incident reports and/or suicide watches;
- A long and intensifying pattern of behavior disruptive to the institution; and/or
- A demonstrated willingness to engage with treatment employees and change the way s/he deals with incarceration (although behavioral problems may continue)

### CREDITED HOURS

500

### LOCATIONS

USP Florence      FCI Terre Haute (M)

Key: (M) = Medium

### NEEDS

Will change the antisocial peers and cognitions needs from YES to NO.

Will address but not change the mental health and trauma needs.

### RISK

Will decrease risk points for the category program completions.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the STAGES Program must be delivered by Psychology Services. Please refer to **PS 5330.11, Psychology Treatment Programs**, for further guidance.

## **CHAPTER 3: VETERANS PROGRAMMING**



## VETERANS PROGRAMMING PRODUCTIVE ACTIVITIES

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### **REDEFINING THE MISSION: VETERAN'S REENTRY PROGRAM**

#### **DESCRIPTION**

Redefining the Mission: Veterans Reentry Program is a non-residential interactive journal group for both male and women adults in custody. This program prepares veterans for the barriers they may face at the time of reentry by focusing on the veterans needs while transitioning into civilian life after the military.

#### **CREDITED HOURS**

24

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the finance/poverty need from YES to NO.

Will address but not change the work need.

#### **AUTHORIZED FACILITATORS**

Contractor, Special Populations Program Coordinator, and Volunteer

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### **RESILIENCE SUPPORT**

#### **DESCRIPTION**

Resilience Support is a support group designed specifically for veterans living in institutions of varying security levels. It uses a structured format to provide resilience-building skills to veterans 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.

#### **CREDITED HOURS**

8

#### **LOCATIONS**

All institutions

#### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO.

#### **AUTHORIZED FACILITATORS**

Reentry Affairs Coordinator, Special Populations Program  
Coordinator, Unit Team, and Volunteer

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**SERVICE FIT**

**DESCRIPTION**

This program is an eight-week, uniformed service inspired program designed specifically for veterans housed in a correctional facility. It uses a structured format to provide physical activity supporting a healthy lifestyle while encouraging social and peer support among participants.

**CREDITED HOURS**

16

**LOCATIONS**

All institutions

**NEEDS**

Will change the recreation/leisure/fitness need from YES to NO.

**AUTHORIZED FACILITATORS**

Contractor, Health Services, Recreation, Unit Team, and Volunteer

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**SOLDIER ON**

**DESCRIPTION**

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.

**CREDITED HOURS**

15

**LOCATIONS**

All institutions

**NEEDS**

Will change the antisocial peers need from YES to NO.

Will address but not change the trauma need.

**AUTHORIZED FACILITATORS**

Contractor, Special Populations Program Coordinator, Social Worker, Unit Team, and Volunteer

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## **VETERANS CAREER EXPLORATION**

### **DESCRIPTION**

A three-part career explorations program for incarcerated veterans which helps identify skills for pursuing, applying for and being successful in a long-term civilian career. This program places emphasis on translating military skills into civilian career skills, finding meaning and purpose in a civilian career, communication in a civilian workplace, finding a work-life balance and managing stress.

### **CREDITED HOURS**

72

### **LOCATIONS**

All institutions

### **NEEDS**

Will change the finance/Poverty need from YES to NO.

Will address but not change the work need.

### **AUTHORIZED FACILITATORS**

Contractor, Special Populations Program Coordinator, and Volunteer

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## **CHAPTER 4: WOMEN'S PROGRAMMING**

## **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 women 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.

### **CREDITED HOURS**

8

### **LOCATIONS**

Available at all BOP institutions with designated women.

### **NEED**

Will change the cognitions and family/parenting need from YES to NO.

### **RISK**

Will not impact risk points.

### **AUTHORIZED FACILITATORS**

To ensure program fidelity and proper credit, Assert Yourself for Female Offenders must be delivered by a Social Worker, Special Population Program Coordinator, or Unit Team.

## FEMALE INTEGRATED TREATMENT (FIT)

### DESCRIPTION

The Female Integrated Treatment (FIT) program is a residential program that offers integrated cognitive behavioral therapy (CBT) for substance use disorders, mental illness, and trauma-related disorders, as well as vocational training, to women offenders. Women with substance use disorders who qualify for the Residential Drug Abuse Treatment Program (RDAP) can complete RDAP in the context of the FIT Program and may be eligible for the associated early release benefit.

FIT operates as a modified therapeutic community (MTC) utilizing CBT in a trauma-informed environment. Criminal thinking is addressed through the identification of criminal thinking errors and the promotion of prosocial interactions with employees and peers. There is a special emphasis on vocational training to prepare women with the skills they will need to support themselves and their families upon release. For example, some women are trained as peer companions and have the opportunity to complete an apprenticeship that prepares them for work in the community as a Peer Specialist. This program works closely with Psychology Services, Recreation, Unit Management, Education, and Correctional Services to promote a multidisciplinary approach to treatment and skill building. Program content is designed to promote successful reentry into society at the conclusion of incarceration. Program employees further support reentry by collaborating with community partners prior to release.

### CREDITED HOURS

500

### LOCATIONS

FSL Danbury (L)

SFF Hazelton (L)

FCI Tallahassee (L)

Key: (L) = Low

### NEEDS

Will change the antisocial peers, cognitions, and work needs from YES to NO.

Will address but not change the mental health and trauma needs.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, the Female Integrated Treatment program must be delivered by Psychology Services and Education. Please refer **PS 5240.01, Female Integrated Treatment**, for further guidance.

## FOUNDATION

### 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.

### CREDITED HOURS

15

### LOCATIONS

Available at all BOP institutions with designated women.

### NEEDS

Will change the cognitions need from YES to NO

Will address but not change the education, mental health, and work needs

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Foundation must be delivered by a Special Populations Program Coordinator or Social Worker. At facilities housing pretrial women the Reentry Affairs Coordinator can also deliver the Foundation program. Please refer to **PS 5200.09, Female Offender Manual**, for further guidance.

## **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 goal. 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.

### **CREDITED HOURS**

18

### **LOCATIONS**

Available at all BOP institutions.

### **NEEDS**

Will change the finance/poverty need from YES to NO.

### **RISK**

Will not impact the risk points.

### **AUTHORIZED FACILITATORS**

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



## WOMEN'S CAREER EXPLORATION

### DESCRIPTION

The Women's Career Exploration Series is a 3-part trauma informed care series for women, 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 to overcome employment barriers and move forward toward success in a long-term career. Components include: career path exploration, steps for success in the workplace, 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 workplace.

### CREDITED HOURS

32

### LOCATIONS

Available at all BOP institutions  
with designated women.

### NEEDS

Will change the finance/poverty need from YES to NO.

Will address but not change the work need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

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

## WOMEN'S CAREER SKILLS

### DESCRIPTION

Women's Career Skills is designed to assist participants learn, develop and practice advanced skills for a fruitful career. This includes managing their daily habits, preparing for vocational training enrollment and planning for reentry job and career acquisition. This program includes four modules:

#### **Communicating at Work**

1. Communication Skills
2. Workplace Technology
3. Responsible Digital Use

#### **Planning Ahead**

1. Critical Thinking
2. Problem Solving
3. Goal Setting

#### **Connecting with Others**

1. Practicing Empathy
2. Understanding Culture
3. Managing Conflict

#### **Personal Growth**

1. Self-management
2. Self-acceptance
3. Personal Resilience

Each journal builds on the previous information for the next module in the series. This curriculum includes Interactive Journals, Facilitator Guides and Companion DVDs.

### CREDITED HOURS

108

### LOCATIONS

Available at all BOP institutions with designated women.

### NEEDS

Will change the finance/poverty and work needs from YES to NO.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Women's Career Skills must be delivered by a Special Populations Coordinator, qualified volunteer, or contractor.

## WOMEN'S LIFESKILLS

### DESCRIPTION

Women's Life Skills is designed to assist participants with life skill deficits to develop and practice skills for success in their basic daily habits and routines. This program addresses vocational preparation skill needs and planning for reentry. The program includes nine journals in three modules. The program includes nine journals in three modules:

#### **Taking Care of Myself**

1. Health and Hygiene
2. Nutrition and Physical Activity
3. Cleaning and Organizing

#### **Living in My Community**

1. Planning for My Home
2. Caring for My Family
3. Organizing My Life

#### **Preparing for Work**

1. Exploring My Interests
2. Developing My Skills
3. Finding Meaningful Work

This curriculum includes interactive journals, facilitator guides and companion DVDs. Completion of the series is awarded upon completion of all three modules.

### CREDITED HOURS

81

### LOCATIONS

Available at all BOP institutions with designated women.

### NEEDS

Will change the finance/poverty and recreation/leisure/fitness need from YES to NO.

Will address but not change the work need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Women's Life Skills must be delivered by a Special Populations Coordinator, qualified volunteers, or contractors.

## WOMEN'S SEXUAL SAFETY

### DESCRIPTION

In Women's Sexual Safety, participants explore topics related to sexual safety, relationships, and wellbeing. The program includes three components: Sexual Health, Sexual Safety, and Healthy Sexual Relationships. Sexual health is a key part of overall well-being. In journal one of the program, Sexual Health, participants explore five areas of sexual health: knowledge, values, beliefs, expressions, and healthcare. In journal two, Sexual Safety, participants learn about giving consent, setting boundaries, recognizing harmful sexual behavior, and taking steps to protect their right to sexual safety. Healthy Sexual Relationships is the third journal in the Women's Sexual Safety Program. In this journal, participants consider what kinds of future relationships may be healthy, satisfying, and meaningful for them.

Each journal builds on the previous component.

### CREDITED HOURS

27

### LOCATIONS

Available at all BOP institutions with designated women.

### NEEDS

Will change the cognitions need from YES to NO.

Will address but not change the trauma need.

### RISK

Will not impact risk points.

### AUTHORIZED FACILITATORS

To ensure program fidelity and proper credit, Women's Sexual Safety must be delivered by a Special Populations Coordinator, qualified volunteer, or contractor.

## WOMEN'S PROGRAMMING PRODUCTIVE ACTIVITIES

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### **A HEALTHIER ME**

#### **DESCRIPTION**

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.

#### **CREDITED HOURS**

10

#### **LOCATIONS**

All women's sites

#### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

#### **AUTHORIZED FACILITATORS**

Recreation, Special Populations Program Coordinator, Social Worker, and Unit Team

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### **ACCESS**

#### **DESCRIPTION**

This program is designed for incarcerated women who are survivors of domestic violence. It assists women in identifying suitable career options to become 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.

#### **CREDITED HOURS**

10

#### **LOCATIONS**

All women sites

#### **NEEDS**

Will change the cognitions need from YES to NO

Will address but not change the mental health and trauma needs

#### **AUTHORIZED FACILITATORS**

Social Worker and Special Populations Program Coordinator

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## **CHANGE PLAN**

### **DESCRIPTION**

The Change Plan focuses on the goal established in the Foundation EBRR. 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 10 evidence-based strategies they can apply to this change.

### **CREDITED HOURS**

15

### **LOCATIONS**

All women sites

### **NEEDS**

Will change the cognitions need from YES to NO

Will address but not change the education, mental health, and work needs

### **AUTHORIZED FACILITATORS**

Contractor, Education, Health Services, Psychology, Special Populations  
Program Coordinator, Social Worker, Unit Team, and Volunteers

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## **CREATE NEW BEGINNINGS**

### **DESCRIPTION**

Create New Beginnings (CNB) is a value-based art program that empowers incarcerated women to acknowledge and process their emotions as well as develop their self-awareness through artistic expression. Studies show that creativity promotes positive behavior, self-confidence, and increases the likelihood of pursuing further education, particularly within incarcerated populations. By creating a safe place for the women to share and the utilization of music and art activities to process painful emotions, CNB creates a peaceful, safe atmosphere for ongoing healing. CNB helps women in custody be open to change, develop empathy for self and others, and strengthen their resiliency skills.

### **CREDITED HOURS**

10

### **LOCATIONS**

All women's sites

### **NEEDS**

Will address but not change the trauma need.

This program will address spirituality in support of identified FSA needs.

### **AUTHORIZED FACILITATORS**

Certified Volunteer with Prison Fellowship

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## **PU'A FOUNDATION REENTRY PROGRAM**

### **DESCRIPTION**

This is a trauma-informed care program for women offenders 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.

### **CREDITED HOURS**

20

### **LOCATIONS**

FDC Honolulu

### **NEEDS**

Will change the family/parenting and trauma need from YES to NO

### **AUTHORIZED FACILITATORS**

Contractor, Education, Social Worker, Unit Team, and Volunteer

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## **REACH OUT, STAY STRONG, ESSENTIALS FOR MOTHERS OF NEWBORNS (ROSE)**

### **DESCRIPTION**

The ROSE Program is a five-session intervention to reduce the occurrence of postpartum depression symptoms that is delivered during pregnancy and includes a postpartum session. ROSE may be delivered in groups of up to five participants or individually. This program offers open enrollment so participants may join at any time during its provision and may complete the sessions out of order. The core elements include psychoeducation on postpartum depression, managing stress in transition to motherhood, social support, redefining expectations for self, and relationships. Session topics include communication skills via role play, stress management skills, and building social support.

### **CREDITED HOURS**

8

### **LOCATIONS**

All women's sites

### **NEEDS**

Will change the family/parenting need from YES to NO

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Social Worker and Special Populations Program Coordinator

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## **SQUARE ONE: ESSENTIALS FOR WOMEN**

### **DESCRIPTION**

Square One is a basic life skills program designed specifically for women 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.

### **CREDITED HOURS**

12

### **LOCATIONS**

All women sites

### **NEEDS**

Will change the finance/poverty and recreation/leisure/fitness needs from YES to NO

Will address but not change the mental health need

### **AUTHORIZED FACILITATORS**

Business Office, Contractor, Education, Health Services, Special Populations  
Program Coordinator, Social Worker, Unit Team, and Volunteer

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## **SURVIVOR THERAPY EMPOWERMENT PROGRAM (STEP)**

### **DESCRIPTION**

Survivor Therapy Empowerment Program for Women (STEP) is a treatment program designed to help women heal from trauma they have experienced, specifically domestic violence. This program includes psychoeducation, skill-building activities, and worksheets. The goals of STEP are to promote safety, validation and support, cognitive clarity, emotional stability, resilience and empowerment, and healing from PTSD by reducing trauma triggers, processing trauma memories, and promoting recovery and growth.

### **CREDITED HOURS**

24

### **LOCATIONS**

All women's sites

### **NEEDS**

Will change the trauma need from YES to NO

### **AUTHORIZED FACILITATORS**

Special Populations Program Coordinator and Psychology

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## **UNDERSTANDING YOUR FEELINGS: SHAME AND LOW SELF ESTEEM**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

7

### **LOCATIONS**

All women sites

### **NEEDS**

Will change the cognitions need from YES to NO

Will address but not change the mental health and trauma needs

### **AUTHORIZED FACILITATORS**

Education, Health Services, Special Populations Program Coordinator, and Social Worker

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## **WOMEN IN THE 21<sup>ST</sup> CENTURY WORKPLACE**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

10

### **LOCATIONS**

All women's sites

### **NEEDS**

Will address but not change the education and work needs

### **AUTHORIZED FACILITATORS**

Contractor, Education, FPI, Special Populations Program  
Coordinator, Social Worker, and Volunteer

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## **WOMEN'S AGING: AGING WELL**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

10

### **LOCATIONS**

All women sites

### **NEEDS**

Will change the recreation/leisure/fitness need from YES to NO

Will address but not change the medical need

### **AUTHORIZED FACILITATORS**

Special Populations Program Coordinator, Social Worker, and Volunteer

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## **WOMEN'S RELATIONSHIPS**

### **DESCRIPTION**

This cognitive behavioral therapy group assists women in identifying and developing healthy, prosocial relationships with friends, family, and acquaintances.

### **CREDITED HOURS**

5

### **LOCATIONS**

All women's sites

### **NEEDS**

Will change the antisocial peers, cognitions, and family/parenting needs from YES to NO

### **AUTHORIZED FACILITATORS**

Contractor, Education, Special Populations Program Coordinator, Social Worker, and Volunteer

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## **WOMEN'S RELATIONSHIPS II**

### **DESCRIPTION**

This seven part trauma informed series for women that examines the relationships of incarcerated women. The program explores self-image, connections with others, building healthy relationships, communication techniques and the transitioning of relationships.

### **CREDITED HOURS**

74

### **LOCATIONS**

All women sites

### **NEEDS**

Will change the antisocial peers, cognitions, and family/parenting needs from YES to NO

### **AUTHORIZED FACILITATORS**

Contractor, Education, Special Populations Program Coordinator, Social Worker, and Volunteer

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## **WOMEN'S REFLECTIONS GROUP**

### **DESCRIPTION**

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.

### **CREDITED HOURS**

36

### **LOCATIONS**

All women's sites

### **NEEDS**

Will change the antisocial peers and cognitions need from YES to NO

### **AUTHORIZED FACILITATORS**

Reentry Affairs Coordinator and Special Populations Program Coordinator

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## **YOUR GUIDE TO LABOR AND BIRTH**

### **DESCRIPTION**

Your Guide to Labor and Birth is a comprehensive pregnancy education program completed during pregnancy. It covers the perinatal period and provides education to expectant mothers on pregnancy-related topics, such as preparing for birth, having a healthy pregnancy, nutrition and exercise, pain and comfort, labor and birth, medical interventions during pregnancy, parenting adjustment, and newborn care. Typically, this program is conducted in a group environment or individually with a flexible number of sessions.

### **CREDITED HOURS**

8

### **LOCATIONS**

All women's sites

### **NEEDS**

Will change the family/parenting need from YES to NO

### **AUTHORIZED FACILITATORS**

Social Worker and Special Populations Program Coordinator

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## BOP INSTITUTION INDEX

### Alabama

FCI Aliceville (ALI)      FPC Montgomery (MON)      FCI Talladega (TAL)

### Arizona

FCI Phoenix (PHX)      FCI Safford (SAF)      FCC Tucson (TCP)

### Arkansas

FCC Forrest City

### California

USP Atwater (ATW)      MDC Los Angeles (LOS)      FCI Herlong (HER)      FCC Lompoc (LOX)  
 FCI Mendota (MEN)      MCC San Diego (SDC)      FCI Terminal Island (TRM)      FCC Victorville (VIX)  
 FCI Dublin (DUB) (Temporarily Closed)

### Colorado

FCI Englewood (ENG)      FCC Florence (FLX)

### Connecticut

FCI Danbury (DAN)

### Florida

FCC Coleman (COX)      FCI Marianna (MNA)      FCI Miami (MIA)      FDC Miami (MIM)  
 FPC Pensacola (PEN)      FCI Tallahassee (TAL)

### Georgia

USP Atlanta (ATL)      FCI Jesup (JES)

### Hawaii

FDC Honolulu (HON)

### Illinois

MCC Chicago (CCC)      FCI Greenville (GRE)      USP Marion (MAR)      FCI Pekin (PEK)  
 USP Thomson (TOM)

### Indiana

FCC Terre Haute (THP)

### Kansas

USP Leavenworth (LVN)

### Kentucky

FCI Ashland (ASH)      USP Big Sandy (BSY)      FCI Manchester (MAN)      USP McCreary (MCR)  
 FMC Lexington (LEX)

### Louisiana

FCC Oakdale (OAX)      FCC Pollock (POX)

### Maryland

FCI Cumberland (CUM)

### Massachusetts

FMC Devens (DEV)

### Michigan

FCI Milan (MIL)

### Minnesota

FPC Duluth (DTH)      FMC Rochester (RCH)      FCI Sandstone (SST)      FCI Waseca (WAS)

### Mississippi

FCC Yazoo City (YAZ)

**Missouri**

MCFP Springfield (SPG)

**New Hampshire**

FCI Berlin (BER)

**New Jersey**

FCI Fairton (FAI)

FCI Fort Dix (FTD)

**New York**

MCC New York (Temporarily Closed)

MDC Brooklyn (BRO)

FCI Otisville (OTV)

FCI Ray Brook (RBK)

**North Carolina**

FCC Butner (BUX)

**Ohio**

FCI Elkton (ELK)

**Oklahoma**

FCI El Reno (ERE)

FTC Oklahoma City (OKI)

**Oregon**

FCI Sheridan (SHE)

**Pennsylvania**

FCC Allenwood (ALX)

USP Canaan (CAA)

USP Lewisburg (LEW)

FCI Loretto (LOR)

FCI McKean (MCK)

FCI Schuylkill (SCH)

FDC Philadelphia (PHL)

**Puerto Rico**

MDC Guaynabo

**South Carolina**

FCI Bennettsville (BEN)

FCI Edgefield (EDG)

FCI Estill (EST)

FCI Williamsburg (WIL)

**South Dakota**

FPC Yankton (YAN)

**Tennessee**

FCI Memphis (MEM)

**Texas**

FCI Bastrop (BAS)

FCC Beaumont (BMX)

FCI Big Spring (BIG)

FPC Bryan (BRY)

FMC Carswell (CRW)

FMC Fort Worth (FTW)

FDC Houston (HOU)

FCI La Tuna (LAT)

FCI Seagoville (SEA)

FCI Texarkana (TEX)

FCI Three Rivers (TRV)

**Virginia**

USP Lee (LEE)

FCC Petersburg (PEX)

**Washington**

FDC Sea Tac (SET)

**West Virginia**

FPC Alderson (ALD)

FCI Beckley (BEC)

FCI Gilmer (GIL)

FCC Hazelton (HAX)

FCI McDowell (MCD)

FCI Morgantown (MRG)

**Wisconsin**

FCI Oxford (OXF)

Specific information for each location can be found: <https://www.bop.gov/locations/list.jsp>