

FIRST STEP ACT

Approved Programs Guide



The Federal Bureau of Prisons (Bureau) protects public safety by ensuring federal inmates 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 inmate population, located in 122 institutions of varying security levels across the nation.

The FIRST STEP ACT Approved Programs Guide (FSA Guide) is a collection of the Bureau's robust reentry programs, designed to ensure all sentenced inmates have the skills necessary to succeed upon release. The approved programs are standardized across institutions, described in the Bureau's national policies, implemented with dedicated resources, and regularly reviewed to ensure program fidelity. Standardized programs in the FSA Guide have fully developed and evaluated protocols that must be adhered to as written.

The First Step Act (FSA) of 2018 created two different categories of programs highlighted in the FSA Guide that replaces the, now obsolete, Directory of National Programs and the Inmate Model Programs Catalog. The two FSA categories include Evidence-Based Recidivism Reduction (EBRR) Programs and Productive Activities (PAs). The FSA requires the Bureau to implement a risk and needs assessment system. Risk refers to the likelihood that each individual inmate will reoffend or recidivate after release. PATTERN calculations identify "who" is most at risk, measured as high, medium, low or minimum risk of recidivism. Need refers to the specific areas an inmate can address to lower his/her risk. In other words, need indicates "what" issues affect an inmate's risk and what he/she should address by taking programs.

The Bureau assesses needs in 13 areas that directly impact one's ability to live a healthy and productive life. Specifically, these areas are Anger/Hostility; Antisocial Peers; Cognitions; Dyslexia; Education; Family/Parenting; Finance/Poverty; Medical; Mental Health; Recreation/Leisure/Fitness; Substance Use; Trauma; and Work. Inmates are recommended to enroll in the approved programs designed to address their individual needs.

As outlined in the FSA, eligible inmates are required to earn First Step Time Credits for the completion of approved EBRR Programs and PAs. Inmates may not earn FTCs for a current or prior sentence for a disqualifying conviction. FTCs apply to inmates convicted in Federal District Court only. They DO NOT apply to military prisoners, state boarders, inmates convicted in DC Superior Court, or inmates with a final order of deportation.

The FSA Guide contains a program description, hours of program credits, institution locations, needs addressed, and the responsible department(s) or staff for program delivery, (e.g., Education, Psychology, Special Populations Programs Coordinator, Reentry Affairs Coordinator). For locations noted as "available at all BOP institutions," this means the program can be offered anywhere. Programs will vary based on the needs of the sentenced population of those locations. Similarly, some programs have pre-requisites or other required admission criteria.

For additional information on these programs, contact the Reentry Services Division (RSD) by sending an email to BOP-RSD-NRB-FSA@BOP.GOV. More specific inquiries about these programs should be directed to the responsible disciplines identified in the Program Delivery section of each program.

The FSA Guide will be updated minimally on an annual basis by the Reentry Services Division.

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*RESIDENTIAL (MODIFIED THERAPEUTIC COMMUNITY)

ANGER

MANAGEMENT



DESCRIPTION

Anger Management for Substance Abuse and Mental Health Clients is a cognitive-behavioral curriculum designed to help individuals better manage their anger. The protocol can be used in a 12-session group or in an individual format. The curriculum and workbook are available in English and Spanish.

The workbook is designed to be used in group treatment by individuals with substance use or mental health issues. 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 anger management treatment protocol are best learned by interactive practice, review, and by completing the between-session homework.

HOURS

18 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Anger/Hostility and Cognitions

PROGRAM DELIVERY

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

APPRENTICESHIP TRAINING



DESCRIPTION

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

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

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

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

HOURS

500 hours of EBRR program credits.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

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

ASSERT YOURSELF FOR FEMALE OFFENDERS

DESCRIPTION

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

HOURS

8 hours of EBRR program credit.

LOCATIONS

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

NEEDS

Cognitions and Family/Parenting

PROGRAM DELIVERY

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



BASIC COGNITIVE SKILLS

DESCRIPTION

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

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

HOURS

24 Hours of EBRR program credit.

LOCATIONS

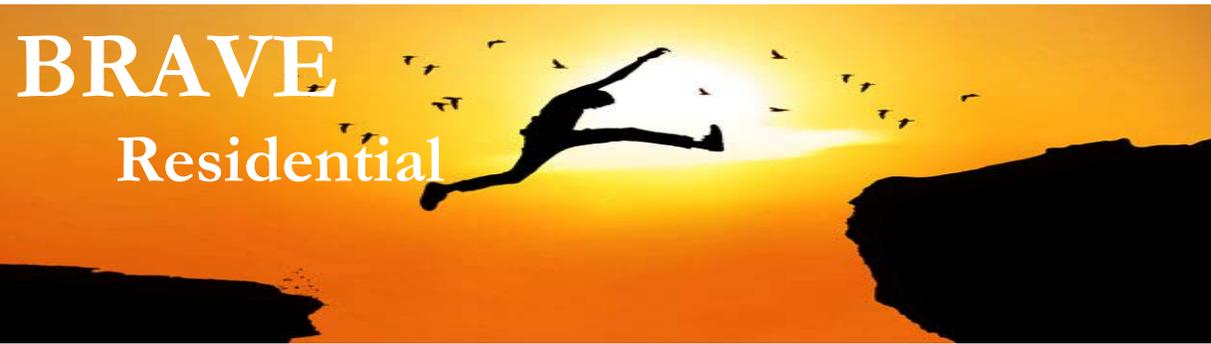
Available at all BOP institutions.

NEEDS

Cognitions

PROGRAM DEVLIERY

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



DESCRIPTION

The Bureau Rehabilitation and Values Enhancement (BRAVE) program is a cognitive behavioral, residential treatment program for young males serving their first federal sentence. Inmates 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 inmates to interact positively with staff members and take advantage of opportunities to engage in self-improvement throughout their incarceration. Inmates participate in treatment groups for four hours per day, Monday through Friday. Program content focuses on developing interpersonal skills, behaving prosocially in a prison environment, challenging antisocial attitudes and criminality, developing problem solving skills, and planning for release.

HOURS

500 hours of EBRR program credit.

LOCATIONS

FCI Beckley (Medium) FCC Victorville (Medium)

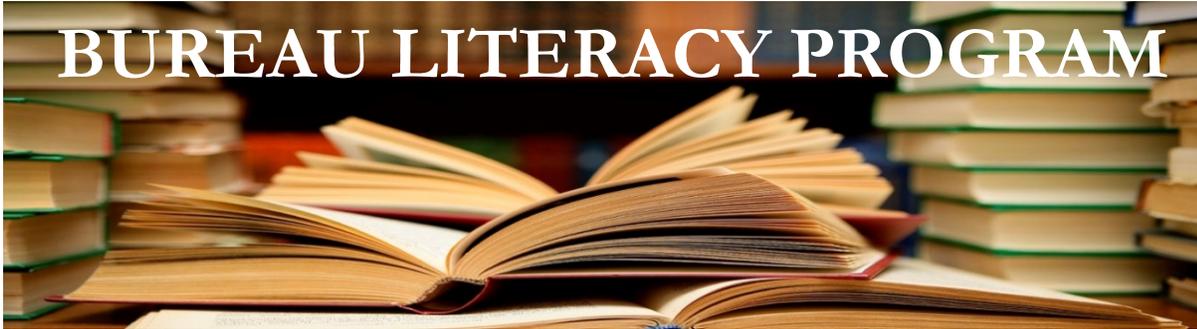
NEEDS

Antisocial Peers and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **BRAVE** is only delivered by Psychology Services staff.

BUREAU LITERACY PROGRAM



DESCRIPTION

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

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

HOURS

240 hours of EBRR program credits.

LOCATIONS

Available at all BOP institutions.

NEEDS

Education

PROGRAM DELIVERY

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

CERTIFICATION COURSE TRAINING



DESCRIPTION

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

Certification Course Training: Training programs that lead to an obtainment of an industry recognized certification and is comprised of 99 instructional hours or less.

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

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

HOURS

50 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGRAM DELIVERY

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



DESCRIPTION

The Challenge Program is a cognitive behavioral, residential treatment program developed for male inmates in the United States Penitentiary (USP) settings. The Challenge Program provides treatment to high-security inmates with substance use problems and/or mental illnesses. Programming is delivered within a modified therapeutic community (MTC); inmates participate in interactive groups and attend community meetings while living in a housing unit separate from the general population. In addition to treating substance use disorders and mental illnesses, the program addresses criminality, via cognitive behavioral challenges to criminal thinking errors.

The Challenge Program is available in 13 high security institutions. Inmates may participate in the program 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 inmate need, with a minimum duration of nine months.

An inmate 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.

HOURS

500 hours of EBRR program credit.

LOCATIONS

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

NEEDS

Anger/Hostility, Antisocial Peers, Cognitions, Mental Health, and Substance Use

PROGRAM DELIVERY

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



COGNITIVE PROCESSING THERAPY

DESCRIPTION

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

HOURS

18 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

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



DESCRIPTION

The purpose of the Criminal Thinking group is to help the participant see how criminal thinking errors impact decisions in daily life. Techniques from cognitive behavioral therapy (CBT), especially the Rational Self Analysis (RSA), are used to identify the patterns of criminal thinking occurring in a wide range of situational contexts.

The Criminal Thinking treatment groups are based on CBT and use the same eight criminal thinking errors as other BOP programs. Participants learn to conduct an RSA to improve decision making about criminal behaviors exercise.

HOURS

27 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers and Cognitions

PROGRAM DELIVERY

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



DESCRIPTION

Dialectical Behavior Therapy is a cognitive behavioral treatment teaching self-management of emotions and distress. This program is specifically for individuals who engage in self-directed violence, such as self-cutting, suicidal thoughts, urges, and suicide attempts. The types of skills discussed and practiced include, but are not limited to, mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills. This group is approximately 12-15 sessions, depending on the participants.

HOURS

104 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

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



DESCRIPTION

Emotional Self-Regulation is a cognitive behavioral therapy (CBT) protocol for mild to moderate depression, anxiety, or adjustment disorders. The Emotional Self-Regulation protocol is ideal for inmates presenting with mild to moderate symptoms of depression, anxiety, or stress. There is ample evidence that CBT approaches are as effective as medication in addressing these types of disorders. It may be used for either group or individual psychotherapy. Treatment in Emotional Self-Regulation group or individual therapy may be considered either an alternative to or an adjunct to treatment with medication.

HOURS

24 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions and Mental Health

PROGRAM DELIVERY

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



DESCRIPTION

The mission of Federal Prison Industries, Inc. (FPI) is to protect society and reduce crime by preparing inmates 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 inmate reentry. By providing inmates 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 inmates 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 six business groups: Clothing and Textiles; Electronics; Fleet; Office Furniture; Recycling; and Services.

Inmate 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 inmates who benefit from participating in the FPI program. FPI has placed emphasis on prioritizing inmates on the waiting list within three years of release for available FPI positions, with the aim of hiring inmates at least six months prior to release. FPI has also placed an emphasis on prioritizing inmates on the waiting list who are military veterans, as well as those with financial responsibilities.

HOURS

500 hours of EBRR program credits.

LOCATIONS

FCC Allenwood	FCC Beaumont	FCC Butler	FCC Coleman	FCC Forrest City	FCC Lumpoc
FCC Oakdale	FCC Petersburg	FCC Pollock	FCC Terre Haute	FCC Victorville	FCC Yazoo City
FCI Ashland (L)	FCI Bastrop (L)	FCI Beckley (M)	FCI Cumberland (M)	FCI Dublin (L)(F)	FCI Edgefield (M)
FCI El Reno (M)	FCI Elkton (L)	FCI Englewood (L)	FCI Estill (M)	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 Memphis (M)	FCI Miami (L)	FCI Milan (L)	FCI Phoenix (M)	FCI Safford (L)	FCI Sandstone (L)
FCI Schuylkill (M)	FCI Seagoville (L)	FCI Sheridan (M)	FCI Talladega (M)	FCI Tallahassee (L)(F)	FCI Texarkana (L)
FCI Waseca (L)(F)	FMC Lexington	FPC Bryan (F)	FPC Montgomery	FPC Pensacola	USP Atlanta (M)
USP Atwater (H)	USP Leavenworth (M)	USP Marion (M)	FCI Terminal Island (M)		

Key: FCC = Complex; FPC = Federal Prison Camp; SCP = Minimum; (L) = Low; (M) = Medium; (H) = High; (F) = Female

NEEDS

Work

PROGRAM DELIVERY

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



DESCRIPTION

The Female Integrated Treatment (FIT) Program functions as an institution-wide, residential treatment program that offers integrated cognitive behavioral therapy (CBT) for substance use disorders, mental illness, and trauma-related disorders, as well as vocational training, to female inmates. Inmates who would otherwise qualify for the Residential Drug Abuse Program (RDAP) and whose treatment plans address substance use in this residential program may qualify for the early release benefit associated with RDAP.

FIT operates as a modified therapeutic community (MTC) utilizing cognitive behavioral treatments in a trauma-informed, gender-responsive environment. Criminal thinking is addressed through the identification of criminal thinking errors and the promotion of prosocial interactions with staff 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. The 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 staff further support reentry by collaborating with community partners prior to release.

HOURS

500 hours of EBRR program credit.

LOCATIONS

FSL Danbury (Low) SFF Hazelton (Low)

NEEDS

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

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Female Integrated Treatment** program must be delivered by Psychology Services and Education staff.



DESCRIPTION

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

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

HOURS

15 Hours of EBRR program credits.

LOCATIONS

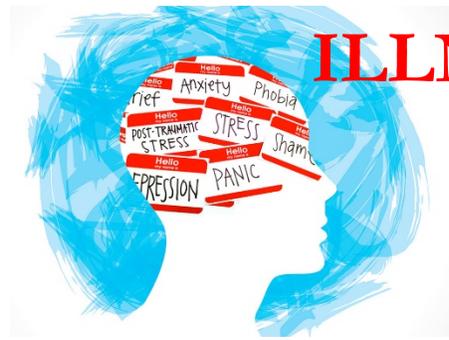
FPC Alderson	FCI Aliceville	MDC Brooklyn	FPC Bryan
FMC Carswell	MCC Chicago	SCP Coleman	FSL/SCP Danbury
FCI Dublin	MDC Guaynabo	SCP Greenville	SFF Hazelton
FDC Honolulu	FDC Houston	SCP Lexington	MDC Los Angeles
SCP Marianna	FDC Miami	MCC New York	FTC Oklahoma City
SCP Pekin	SCP Phoenix	FDC Philadelphia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

NEEDS

Cognitions, Education, Mental Health, and Work

PROGRAM DELIVERY

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



ILLNESS MANAGEMENT AND RECOVERY

DESCRIPTION

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

HOURS

60 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

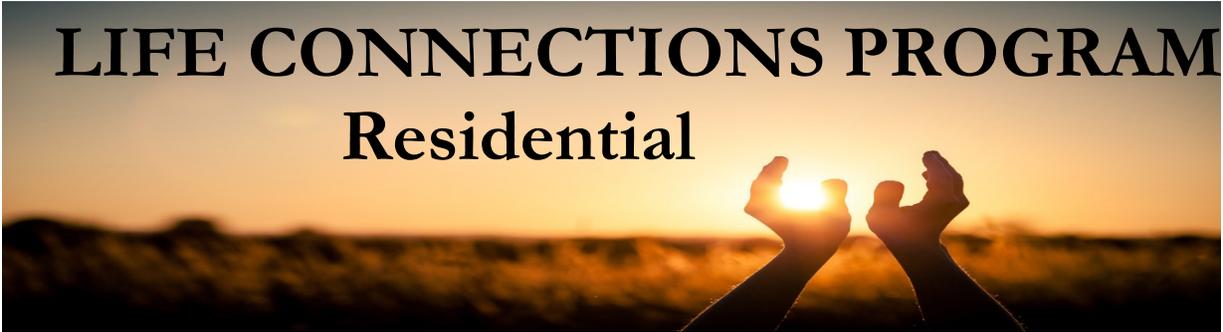
Mental Health

PROGRAM DELIVERY

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

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

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

HOURS

500 hours of EBRR program credits.

LOCATIONS

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

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

NEEDS

Family/Parenting

PROGRAM DELIVERY

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

MENTAL HEALTH STEP DOWN (Residential)



DESCRIPTION

Mental Health Step Down (Step Down) is a unit-based, residential program offering intermediate level of care for inmates 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. Staff 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 staff and peers. When inmates 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.

HOURS

500 hours of EBRR program credit.

LOCATIONS

USP Allenwood (H) USP Atlanta (H) FCC Butner (M) FMC Fort Worth (L)

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

NEEDS

Antisocial Peers, Cognitions, and Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Mental Health Step Down** program must be delivered by Psychology Services staff.



MONEY SMART FOR ADULTS

DESCRIPTION

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

HOURS

32 hours of EBRR program credits.

LOCATIONS

Available at all BOP institutions.

NEEDS

Finance/Poverty

PROGRAM DELIVERY

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



DESCRIPTION

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

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

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

HOURS

40 hours of EBRR program credits.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **National Parenting from Prison** program is to be delivered by a Teacher, Social Worker, Special Population Program Coordinator, or Unit Team staff.



NON-RESIDENTIAL DRUG ABUSE PROGRAM

DESCRIPTION

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

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

HOURS

24 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Cognitions and Substance Use

PROGRAM DELIVERY

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



DESCRIPTION

The post-secondary education program includes courses offered to inmates 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 Associates or Bachelor's degree. Specific prerequisites for each program are determined by the school providing the service.

HOURS

Up to 500 hours of EBRR program credits.

Credits will vary depending on the college program requirements leading to a Certificate, Associates, or Bachelor's degree awarded by the college.

LOCATIONS

FCI Bennettsville	FCI Beaumont (Low/Medium)	MDC Brooklyn
FPC Bryan	FCI Cumberland	FCI Dublin
FCI Englewood	FCI Gilmer	FCC Lompoc
FCI Milan	FCI Ray Brook	FCI Williamsburg
FCI Waseca	FPC Yankton	FCI Yazoo City

NEEDS

Work

PROGRAM DELIVERY

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

RESIDENTIAL DRUG ABUSE PROGRAM



DESCRIPTION

The Residential Drug Abuse Program (RDAP) is operated as a modified therapeutic community (MTC); the community is the catalyst for change and focuses on the inmate 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 inmate'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 prison.
- Follow-Up Treatment continues for inmates who complete the unit-based component of the RDAP and return to general population. An inmate must remain in Follow-Up Treatment for 12 months or until he/she is transferred to a Residential Reentry Center.
- Community Treatment is provided while the inmate transitions to the community through an RRC.

HOURS

500 hours of EBRR program credit.

LOCATIONS

Please refer to page 44 for institutions.

NEEDS

Antisocial Peers, Cognitions, Substance Use, and
Mental Health (Dual Diagnosis Programs)

PROGRAM DELIVERY

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



DESCRIPTION

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

The purposes of the program include the following:

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

HOURS

80 hours of EBRR program credit.

LOCATIONS

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

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

NEEDS

Cognitions, Mental Health, and Trauma

PROGRAM DELIVERY

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



DESCRIPTION

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

HOURS

12 – 16 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

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

PROGRAM DELIVERY

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



SEX OFFENDER 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. Inmates participate in interactive psychotherapy groups multiple times per week.

The SOTP-NR is available in eight institutions with varying security levels. Inmates ordinarily participate in the program during the remaining 36-48 months of their sentence. The duration of the program is 9-12 months.

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.

HOURS

500 hours of EBRR program credit.

LOCATIONS

FMC Carswell (females only)	FCI Elkton (program at the FSL)
FCI Englewood	FCI Marianna
USP Marion	FCI Petersburg
FCI Seagoville	USP Tucson

NEEDS

Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Non-Residential Sex Offender Treatment** program must only be delivered by Psychology Services staff.

SEX OFFENDER 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. Inmates ordinarily participate in the program during the remaining 36 to 48 months of their sentence. The duration of the program is 12-18 months.

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.

HOURS

500 hours of EBRR program credit.

LOCATIONS

FMC Devens

USP Marion

NEEDS

Antisocial Peers and Cognitions

PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Residential Sex Offender Treatment Program** must only be delivered by Psychology Services staff.



DESCRIPTION

The Skills Program is a unit-based, residential treatment program designed to improve the institutional adjustment of inmates who have intellectual and social impairments. Inmates 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 more sophisticated inmates. 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 inmates 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 over a 12-month period. The goal of the program is to increase the academic achievement and adaptive behavior of this group of inmates, thereby improving their institutional adjustment and likelihood for successful community reentry. Some participants may become Mental Health Companions; inmates who are carefully screened and serve as supports and role models for Skills Program participants.

HOURS

500 hours of EBRR program credit.

LOCATIONS

FCI Coleman (M) FCI Danbury (L)

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

NEEDS

Antisocial Peers, Cognitions, and Mental Health

PROGRAM DELIVERY

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



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 inmate with moderate social skills deficits. With this intervention, social skills are taught and practiced in a small group setting. 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.

HOURS

60 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Antisocial Peers, Cognitions, and Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Social Skills Training** must be delivered by Psychology Staff.

STAGES PROGRAM - Residential

High-Intensity Cognitive Behavioral Therapy for Serious Mental Illness and Personality Disorders



DESCRIPTION

Steps Toward Awareness, Growth, and Emotional Strength (STAGES) is a unit-based, residential Psychology Treatment Program for male inmates 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, 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 increase prosocial skills. This program aims to prepare inmates 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 inmate 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
- A demonstrated willingness to engage with treatment staff and change the way he deals with incarceration (although behavioral problems may continue)

HOURS

500 hours of EBRR program credit.

LOCATIONS

FCI Florence (H) FCC Terre Haute (M)

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

NEEDS

Antisocial Peers, Cognitions Mental Health, and Trauma

PROGRAM DELIVERY

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

THRESHOLD PROGRAM

Faith-based program focused on values and life skills

DESCRIPTION

The Threshold Program is a non-residential faith-based reentry program open to male and female federal offenders. Like the more intensive Life Connections Program, it is open to inmates across the agency seeking grounding in positive values and responsibility, regardless of the presence of a religious affiliation. Ordinarily, inmates should have less than 24 months from their proposed release dates to be considered for the program. Curriculum is also available for participants who desire to participate from a non-religious perspective. Typically, cohorts meet weekly in 90-minute sessions for six to nine months and include no more than 20 participants.

Threshold is offered throughout the Bureau utilizing the leadership of agency chaplains, religious contractors, community volunteers, and mentors.

HOURS

72 hours of EBRR program credits.

LOCATIONS

Available at all BOP institutions.

NEEDS

Family/Parenting

PROGRAM DELIVERY

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

VOCATIONAL TRAINING



DESCRIPTION

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

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

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

HOURS

125 hours of EBRR program credit.

LOCATIONS

Available at all BOP institutions.

NEEDS

Work

PROGAM DELIVERY

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

PRODUCTIVE ACTIVITIES

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

<p>Arthritis Foundation Walk with Ease</p> <p>The Arthritis Foundation's Walk with Ease six-week program teaches participants how to safely make physical activity part of everyday life. Backed by studies from the Institute on Aging and Thurston Arthritis Foundation's Research, after completing this program, participants will reduce the pain and discomfort of arthritis; increase balance, strength, and walking pace; build confidence in the ability to be physically active; and improve overall health.</p>	6	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Beyond Violence: Prevention Program for Criminal-Justice Involved Women</p> <p>Beyond Violence focuses on anger and utilizes a multi-level approach and evidence-based therapeutic strategies (i.e., psychoeducation, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers). The program is designed to assist women in understanding trauma, the aspects of anger, and emotional regulation.</p>	40	All female sites	Anger/Hostility Cognitions	Social Worker Special Population Program Coordinator
<p>Brain Health as You Age: You can Make A Difference! Improve memory and decision-making</p> <p>This program fosters self-improvement by providing inmates with knowledge related to brain health and its impact on memory, judgment, decision-making, and overall physical health, as well as the contributory effect brain health has on society as a whole.</p>	5	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Brief CBT for Suicidal Individuals</p> <p>This treatment was developed for individuals who are at risk of suicide. Initial focus is crisis intervention such as the development of a safety plan. The protocol also focuses on the development of cognitive strategies to help modify negative thoughts that can lead to self-directed violent behaviors. This treatment can be offered individually or in a group setting.</p>	20	All institutions	Mental Health	Psychology
<p>CBT for Eating Disorders</p> <p>Cognitive Behavioral Therapy for Eating Disorders involves assessment, stabilization, and education for individuals who have been diagnosed with an eating disorder. The program focuses on behavioral monitoring, body image concerns, and the development of new skills. It can be offered in an individual or group therapy format over the course of 20 one-hour sessions.</p>	20	All institutions	Mental Health	Psychology

<p>CBT for Insomnia</p> <p>Cognitive Behavior Treatment for Insomnia helps to identify maladaptive thoughts and behaviors that can lead to persistent insomnia. The program combines aspects of sleep hygiene, stimulus control, sleep restriction, and cognitive therapy into an integrated approach. It can be offered individually or in a group format.</p>	10	All institutions	Mental Health	Psychology
<p>CBT for Prison Gambling</p> <p>This set of four self-guided cognitive-behavioral handouts is designed to help individuals assess their prison gambling behavior and to develop the commitment to quit.</p>	20	All institutions	Antisocial Peers Cognitions	Psychology
<p>Change Plan</p> <p>The Change Plan, a Productive Activity, is a follow up program and focuses on the goals established in Foundation. As part of the Foundation Program's Personal Priorities Plan, participants identified three positive changes they wanted to make during incarceration. Change Plan gives participants the opportunity to focus on one of these changes, guiding them through ten evidence-based strategies they can apply to this change.</p>	15	All female sites	Cognitions Education Mental Health Work	Contractors Education Health Services Psychology Social Worker Special Population Program Coordinator Unit Team Volunteers
<p>Circle of Strength</p> <p>Circle of Strength is a protocol designed specifically for women in Federal Detention Centers or other short-term settings. It uses a structured format to provide information and resources about topics important to women while encouraging social support among participants.</p>	20	All female sites	Cognitions Mental Health Trauma	Psychology Social Worker Special Population Program Coordinator Unit Team
<p>Disabilities Education Program (DEP)</p> <p>DEP is a support group designed specifically for inmates living with physical disabilities while in institutions of varying security levels and focusing on reentry concerns. It uses a structured format to provide information and resources about topics important to inmates with varying physical disabilities while encouraging social and peer support among participants.</p>	10	All institutions	Antisocial Peers Cognitions Medical	Reentry Affairs Coordinator Special Population Program Coordinator Social Worker

<p>Drug Education</p> <p>This program is designed to encourage participants with a history of drug use to consider the consequences of their drug use and identify their drug treatment needs. Participants are connected with appropriate treatment programs such as the Residential Drug Abuse Program (RDAP) or the Non-Residential Drug Abuse Program (NRDAP).</p>	15	All institutions	Substance Use	Psychology
<p>Embracing Interfaith Cooperation</p> <p>Embracing Interfaith Cooperation fosters interfaith dialogue, discussion, and understanding. It breaks down stereotypes and barriers for people and communities to serve together toward meeting common civil rights and community goals. The goal of this program is to provide an effective strategy in countering religious discrimination and extremism.</p>	10	All institutions	Cognitions	Chaplaincy Contractors Volunteers
<p>English-as-a-Second Language</p> <p>English-as-a-Second Language (ESL) is an English language education study program for non-native speakers. Students receive individual attention from their teachers as a part of differentiated learning classroom models driven by individual learning needs. Students learn English in cultural and social contexts found in the community. Classes teach different English language skills according to the students' English ability, interests, and needs. The ESL program teaches the following skills: grammar, reading, comprehension, writing, and vocabulary.</p>	500	All institutions	Education Work	Contractors Education Volunteers
<p>Federal Prison Industries (FPI) Lean Basic Training</p> <p>Lean Basics Training provides the foundation of Lean Six Sigma practice, methodology and experience with basic tools for process improvement. This includes information regarding the development and success of LSS practice as it has evolved in major corporations.</p>	16	(51) FPI facilities	Work	FPI
<p>Franklin Covey 7 Habits on the Inside</p> <p>This program addresses interpersonal skills impacting relationships. It emphasizes character, integrity, and becoming trustworthy. It helps individuals move from the dependent state to the independent state where they accept responsibility for their thoughts and actions. The ultimate goal of the course leads to improved relationships with family, work, and peers.</p>	50	All institutions	Family/Parenting	Unit Team

<p>Getting to Know Your Healthy Aging Body</p> <p>This program discusses changes in organs, physique, and other physiological processes as we age. It also helps the aging population understand how to maintain the health of major biological systems. These major biological systems include the cardiovascular, digestive, and renal systems. The program also gives you valuable information on skin, ear and eyes, weight management, and sexual health.</p>	12	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Health and Wellness Throughout the Lifespan</p> <p>This program addresses the psychological effects of stress and aging. It explores the developmental psychology of people changing throughout life from infancy, through childhood, adolescence, adulthood, and death with individual needs being met at every stage of growth and development. It stresses the importance of understanding the development and the psychological effects of aging that occurs throughout the human lifespan.</p>	3	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Healthy Steps for Older Adults</p> <p>Healthy Steps for Older Adults is an evidenced-based falls prevention program designed to raise participants' knowledge and awareness of steps to take to reduce falls and improve health and well-being. The goal of the program is to prevent falls, promote health, and ensure that older adults remain as independent as possible for as long as possible.</p>	3	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Hooked on Phonics</p> <p>Hooked on Phonics is a program that aides in combating Dyslexia as well as low level readers. Research has shown that combining phonics instruction and reading is the best way to develop a good reader. Reading that includes a high percentage of familiar patterns gives the student the opportunity to read for meaning. Hooked on Phonics includes books and stories woven into the program at the appropriate readability level to provide opportunities for someone to read for meaning and enjoyment.</p>	500	All institutions	Dyslexia	Contractors Education Volunteers

<p>House of Healing: A Prisoner's Guide to Inner Power and Freedom</p> <p>Houses of Healing is an intervention program that teaches emotional literacy skills. Emotional literacy is the ability to perceive, understand, and communicate emotions with self and to others. Emotional literacy is also consistent with the concept of emotional intelligence--the ability to monitor one's feelings and emotions, and to use that information to guide thinking and actions.</p>	24	All institutions	Cognitions	Chaplaincy Contractors Volunteers
<p>K2 Awareness Program</p> <p>This program is for individuals suspected of or known to have used K2. It is designed to educate them about the risks of drug use, motivate them to seek drug treatment during their incarceration, and increase their awareness of available treatment resources. The ultimate goal is to reduce K2 use among the inmate population, thereby increasing the safety and security of the institution for staff and inmates.</p>	5	All institutions	Substance Use	Contractors Custody Education Health Services Reentry Affairs Coordinator Unit Team Volunteers
<p>Living a Healthy Life with Chronic Conditions</p> <p>This program assists participants in improving mental and physical well-being. This program is designed for older adults impacted by chronic conditions. It includes 19 topics with flexibility to modify sessions based on group needs.</p>	24	All institutions	Medical Recreation/Leisure/Fitness	Contractors Health Services Recreation Unit Team Volunteers
<p>Managing Your Diabetes</p> <p>Managing Your Diabetes is designed to teach inmates to effectively manage their chronic disease.</p>	12	All institutions	Medical	Medical Volunteers <i>(with appropriate credentials Nurse/Dietician)</i>
<p>Mindfulness-Based Cognitive Therapy</p> <p>Mindfulness-Based Cognitive Therapy is a group intervention aimed at preventing symptom relapse in individuals who have a history of depression and anxiety. In this treatment program, participants learn to engage in daily practice mindfulness skills and cognitive behavioral techniques to treatment the symptoms of depression and anxiety.</p>	16	All institutions	Mental Health	Psychology

<p>Money Smart for Older Adults</p> <p>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.</p>	28	All institutions	Finance/Poverty	Business Office Contractors Unit Team Volunteers
<p>Narcotics Anonymous</p> <p>This self-help approach to change reduces the likelihood of future drug use. NA can be guided by any Bureau staff member but is essentially a self-help program.</p>	50	All institutions	Substance Use	Volunteers
<p>National Diabetes Prevention Program</p> <p>This is a preventative program to assist at-risk and older adults in living healthier lifestyles and increasing physical activity. Diabetes can affect persons at all ages, but this program is recommended by the developers for any person over 60, because risk increases with age.</p>	16	All institutions	Medical Recreation/Leisure/Fitness	Contractors Medical Recreation Unit Team Volunteers
<p>PEER</p> <p>The Personal Education & Enrichment Resources (PEER) support group is designed for inmates living with cognitive and physical disabilities while in institutions of varying security levels. This facilitator-led group provides information and resources about topics important to inmates with varying disabilities while encouraging social and peer support among participants.</p>	10	All institutions	Antisocial Peers	Social Worker Special Population Program Coordinator Unit Team
<p>Pu'a Foundation Reentry Program</p> <p>This is a trauma-informed care program for female inmates at FDC Honolulu grounded in Hawaiian culture. The program focuses on families affected by trauma and incarceration with a special emphasis on women, girls, and Native Hawaiian participants.</p>	20	FDC Honolulu	Family/Parenting Trauma	Contractors Education Social Worker Unit Team Volunteers

<p>Resilience Support</p> <p>Resilience Support is a support group designed specifically for veteran inmates living in institutions of varying security levels. It uses a structured format to provide resilience-building skills to veteran inmates of all uniformed services encouraging peer and social support among participants. It emphasizes positive interpersonal relationships, physical and mental wellness, discovery of life purpose and meaning, self-compassion, and personal growth. The support group provides strategies to improve an individual's ability to adapt to adversity.</p>	8	All institutions	Antisocial Peers Cognitions	Reentry Affairs Coordinators Special Population Coordinators Unit Team Volunteers
<p>Service Fit</p> <p>This program is an eight-week, uniformed service inspired program designed specifically for inmate veterans. It uses a structured format to provide physical activity supporting a healthy lifestyle while encouraging social and peer support among participants.</p>	16	All institutions	Recreation/Leisure/Fitness	Contractors Medical Recreation Reentry Affairs Coordinators Unit Team Volunteers
<p>Sexual Self-Regulation (SSR)</p> <p>The SSR treatment protocol is designed to teach the practice of a set of self-management skills to gain effective control over deviant sexual urges and behaviors. To accomplish this task, participants are required to understand deviant sexual fantasies or urges and the factors that exacerbate or escalate sexual arousal. With this understanding, participants construct a plan to manage recurrent deviant arousal.</p>	100	All institutions	Cognitions	Psychology
<p>Soldier On</p> <p>Soldier On is a support group designed specifically for veterans living in varying security levels. It uses a structured format to provide information and resources about topics important to veterans of all uniformed services encouraging social and peer support among participants.</p>	15	All institutions	Antisocial Peers Trauma	Contractors Social Worker Special Population Program Coordinator Unit Team Volunteers

<p>Square One: Essentials for Women</p> <p>Square One is a basic life skills program designed specifically for female offenders. Although any woman may participate, it is designed to meet the needs of lower functioning women or those who have not lived or worked independently. The program adheres to principles associated with cognitive-behavioral approaches.</p>	12	All female sites	Finance/Poverty Mental Health Recreation/Leisure/Fitness	Business Office Contractors Education Medical Reentry Affairs Coordinators Social Worker Special Population Program Coordinator Unit Team Volunteers
<p>START NOW</p> <p>This program is designed for use in correctional facilities to treat offenders with behavioral disorders and associated behavioral problems. Start Now is designed as a strengths-based approach, focusing on an accepting and collaborative clinical style. It places the primary responsibility for change on the individual. It includes a gender-responsive program that was developed specifically for female offenders.</p>	32	All institutions (gendered curricula)	Anger/Hostility Cognitions	Contractors Education Health Services Psychology Reentry Affairs Coordinators Social Worker Special Population Program Coordinator Unit Team Volunteers
<p>Supported Employment</p> <p>Supported Employment is designed to carefully match seriously mentally ill (SMI) individuals with competitive job opportunities suitable to their interests and abilities by incorporating therapeutic support through the process of job acquisition and daily performance.</p>	20	All institutions	Education Mental Health Work	FPI Health Services Psychology
<p>Talking with Your Doctor: Guide for Older Adults</p> <p>This program offers tips on how older adults can prepare for a medical appointment; effectively discuss health concerns; coordinate assistance from family and friends; make decisions with the doctor about treatment; identify appropriate assisted living; and much more.</p>	5	All institutions	Medical Recreation/Leisure/Fitness	Education Health Services

<p>Trauma Education</p> <p>Trauma in Life (for females) and Traumatic Stress and Resilience (for males) - The purpose of the Trauma Education workshop is to provide information about understanding traumatic experiences, the impact of traumatic experiences, building resilience, and resolving difficulties through treatment. This group is designed to be educational and does not discuss specific personal traumas during group sessions.</p>	8	All institutions	Mental Health Trauma	Psychology
<p>Ultra Key 6: The Ultimate Keyboarding Tutor</p> <p>Ultra Key 6 places a strong emphasis on learning proper typing technique and typing accuracy, as well as speed. It emphasizes mastery of correct typing posture and fluent keystroke memory results in improved typing speed with practice. The program is adaptive and allows users to progress at their own pace.</p>	20	All institutions	Education Work	Contractors Education
<p>Understanding Your Feelings: Shame and Low Self Esteem</p> <p>This program helps women evaluate the role of shame and low self-esteem in their lives. Risk factors are identified for each individual, and coping skills to improve self-worth are learned and practiced.</p>	7	All female sites	Cognitions Mental Health Trauma	Education Health Services Social Worker Special Population Program Coordinator
<p>Victim Impact: Listen and Learn</p> <p>A rehabilitative program that puts "victims first." Students who participate will be provided with a skillset to understand the impact crimes have on their victims.</p>	26	All institutions	Cognitions	Health Services Unit Team
<p>Wellness Recovery Action Plan</p> <p>The Wellness Recovery Action Plan (WRAP) is a recovery-oriented, evidence-based practice that teaches individuals with a serious mental illness to maintain their recovery through wellness activities and to identify desired treatment and supports prior to crises. It consists of 8 sessions of 2.5 hours each.</p>	20	All institutions	Mental Health	Psychology
<p>Women in the 21st Century Workplace</p> <p>This program addresses workforce and soft skills of women with longer sentences. It is based on a Department of Labor program and adapted for use with incarcerated women. The program identifies women's roles in the modern workforce and assists participants in understanding important job-related skills.</p>	10	All female sites	Education Work	Contractors Education FPI Social Worker Special Population Program Coordinator Volunteers

<p>Women’s Aging: Aging Well</p> <p>The Aging Well Program is for incarcerated women ages 45 and up. Its goal is to help women learn valuable information on aging, learn helpful strategies for change, and access the support of positive peers. The program helps women age well in the areas of meaning and purpose, physical health, mental and emotional well-being, healthy relationships, and planning for the future.</p>	10	All female sites	Medical Recreation/Leisure/Fitness	Social Worker Special Population Program Coordinator Volunteers
<p>Women’s Relationships</p> <p>This cognitive behavioral therapy group assists women in identifying and developing healthy, prosocial relationships with friends, family, and acquaintances.</p>	5	All female sites	Antisocial Peers Cognitions Family/Parenting	Contractors Education Social Worker Special Population Program Coordinator Volunteers
<p>Women’s Relationships II</p> <p>This is a trauma-informed and gender-responsive program for women. It focuses on relationships and communications, setting healthy boundaries, relationship with self, relationships in prison, relationships outside of prison, and relationships in transition.</p>	10	All female sites	Cognitions Trauma	Social Worker Special Population Program Coordinator

BOP Institution Index

Alabama

FCI Aliceville FPC Montgomery FCI Talladega

Arizona

FCI Phoenix FCI Safford FCC Tucson

Arkansas

FCC Forrest City

California

USP Atwater MDC Los Angeles FCI Herlong FCC Lompoc
FCI Mendota MCC San Diego FCI Terminal Island FCC Victorville FCI Dublin

Colorado

FCI Englewood FCC Florence

Connecticut

FCI Danbury

Florida

FCC Coleman FCI Marianna FCI Miami FDC Miami FPC Pensacola
FCI Tallahassee

Georgia

USP Atlanta FCI Jesup

Hawaii

FDC Honolulu

Illinois

MCC Chicago FCI Greenville USP Marion FCI Pekin USP Thomson

Indiana

FCC Terre Haute

Kansas

USP Leavenworth

Kentucky

FCI Ashland USP Big Sandy FCI Manchester USP McCreary FMC Lexington

Louisiana

FCC Oakdale FCC Pollock

Maryland

FCI Cumberland

Massachusetts

FMC Devens

Michigan

FCI Milan

Minnesota

FPC Duluth FMC Rochester FCI Sandstone FCI Waseca

Mississippi

FCC Yazoo City

Missouri
MCFP Springfield

New Hampshire
FCI Berlin

New Jersey
FCI Fairton FCI Fort Dix

New York
MDC Brooklyn MCC New York FCI Otisville FCI Ray Brook

North Carolina
FCC Butner

Ohio
FCI Elkton

Oklahoma
FCI El Reno FTC Oklahoma City

Oregon
FCI Sheridan

Pennsylvania
FCC Allenwood USP Canaan USP Lewisburg FCI Loreto FCI McKean FCI Schuylkill
FDC Philadelphia

Puerto Rico
MDC Guaynabo

South Carolina
FCI Bennettsville FCI Edgefield FCI Estill FCI Williamsburg

South Dakota
FPC Yankton

Tennessee
FCI Memphis

Texas
FCI Bastrop FCC Beaumont FCI Big Spring FPC Bryan FMC Carswell
FMC Fort Worth FDC Houston FCI La Tuna FCI Seagoville FCI Texarkana
FCI Three Rivers

Virginia
USP Lee FCC Petersburg

Washington
FDC Sea Tac

West Virginia
FPC Alderson FCI Beckley FCI Gilmer FCC Hazelton FCI McDowell FCI Morgantown

Wisconsin
FCI Oxford

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

RESIDENTIAL DRUG ABUSE PROGRAMS (RDAP) AND LOCATIONS

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)

MID-ATLANTIC REGION

FPC Alderson 1 (WV) ★
FPC Alderson 2 (WV) ★
FCI Beckley (WV)
USP Big Sandy (KY)
FCI-I Butner (NC)
FCI-II Butner (NC)
FCI Cumberland (MD)
SCP Cumberland (MD)
FMC Lexington 1 (KY)
FMC Lexington 2 (KY) ★
FCI Memphis (TN)
FCI Morgantown 1 (WV)
FCI Morgantown 2 (WV)
FCI Petersburg – L (VA)
FCI Petersburg – M (VA)

SOUTHEAST REGION

FCI Coleman – L (FL)
USP-II Coleman (FL)
SCP Edgefield (SC)
FSL Jesup (GA)
FCI Marianna (FL)
FCI Miami 1 (FL) §
FCI Miami 2 (FL) §
SCP Miami (FL)
FPC Montgomery 1 (AL)
FPC Montgomery 2 (AL)
FPC Pensacola (FL)
FCI Tallahassee (FL) ★
FCI Yazoo City – L (MS)

NORTH CENTRAL REGION

FPC Duluth (MN)
FCI Englewood (CO)
FCI Florence (CO)
SCP Florence (CO)
SCP Greenville (IL) ★
USP Leavenworth (KS)
SCP Leavenworth (KS)
USP Marion (IL)
FCI Milan (MI)
FCI Oxford (WI)
FCI Sandstone (MN)
MCFP Springfield (MO) ★
FCI Terre Haute (IN)
FCI Waseca (MN) ★
FPC Yankton 1 (SD)
FPC Yankton 2 (SD)

SOUTH CENTRAL REGION

FCI Bastrop (TX)
FCI Beaumont – L (TX)
FCI Beaumont – M (TX)
SCP Beaumont (TX)
USP Beaumont (TX)
FPC Bryan (TX) ★
FMC Carswell 1 (TX) ★★
FMC Carswell 2 (TX) ★ §
FCI El Reno (OK)
FCI Forrest City – L (AR)
FCI Forrest City – M (AR)
FMC Fort Worth (TX)
FCI La Tuna (TX)
FCI Seagoville 1 (TX)
FCI Seagoville 2 (TX)
SCP Texarkana (TX)

WESTERN REGION

FCI Dublin 1 (CA) ★
FCI Dublin 2 (CA) ★
FCI Herlong (CA)
FCI Lompoc (CA)
FCI Phoenix (AZ)
SCP Phoenix (AZ) ★
FCI Safford (AZ)
FCI Sheridan (OR)
SCP Sheridan 1 (OR)
SCP Sheridan 2 (OR)
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 Camp Prison
SFF = Secure Female Facility
USP = U.S. Penitentiary

★ Female Facility
★ Co-occurring Disorder Program
§ Spanish Program

83 RDAPs at 71 Locations

RDAPs in **Red** are at the same facility

RDAP Location List Updated: 3/30/2021