

# **Massachusetts Department of Correction**

## **Program Description Booklet**

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*Commissioner*

*Updated August 25, 2015*

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# **Massachusetts Department of Correction**

## **Mission Statement**

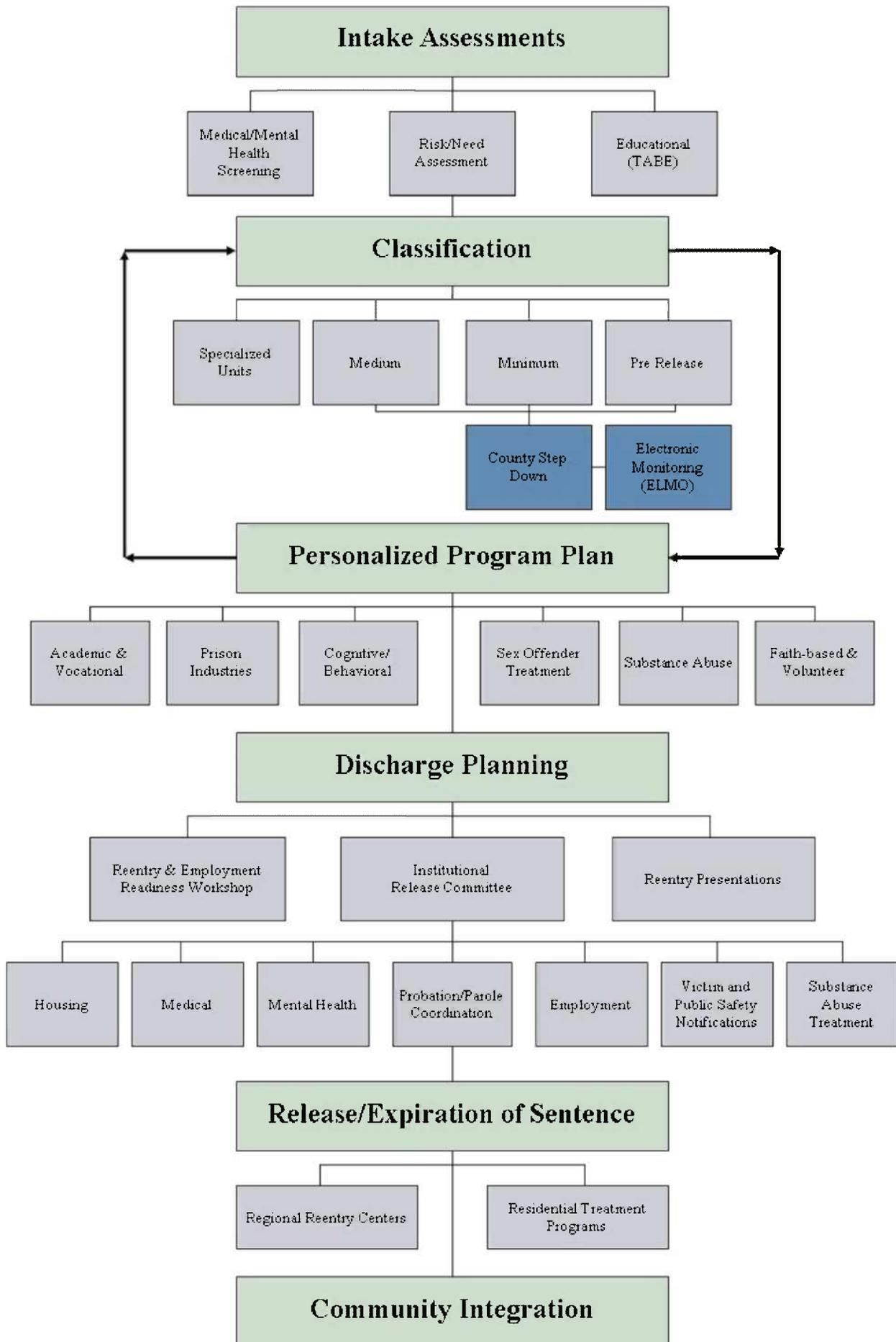
The Massachusetts Department of Correction's mission is to promote public safety by managing offenders while providing care and appropriate programming in preparation for successful reentry into the community.

Manage - Care - Program - Prepare

## **Vision Statement**

The Massachusetts Department of Correction's vision is to effect positive behavioral change in order to eliminate violence, victimization and recidivism.

# Massachusetts Department of Correction Reentry Continuum



***Program Division***  
***Services and Programs***

**Religious Services**

The Department provides a variety of religious services, which are supervised and coordinated by chaplain staff. Volunteer clergy and community churches assist chaplains in the provision of services. Chaplains provide regular religious services, religious education and pastoral care. In addition, chaplaincy services include Bible Study, Prayer Groups, Christian Fellowship, Christian Twelve Step, Parenting Groups, Family Religious Services, Religious Seminars and Holiday Observances. The Department recognizes that Chaplaincy Services are important in changing criminal behavior by helping the inmate develop prosocial values. *These services are available at all facilities.*

**Recreation Services**

The Department offers a wide variety of staff supervised recreational and leisure time activities designed to reduce inmate idleness and teach pro-social skills to use their time constructively. *These services are available at all facilities.*

**Volunteer Services**

There are currently approximately 1,500 volunteers providing a variety of services that supplement established departmental programs. Volunteer services include faith-based, substance abuse, self help, support groups, literacy, cognitive skills and cultural awareness. Volunteer services enhance programming and the process of reintegration by disrupting the delinquency network and providing inmates with a network of pro-social community members and activities. *These services are available at all facilities.*

**Community Partnerships**

The Department has established partnerships with community based organizations and other state agencies with the goal of enhancing public safety and providing inmates with support and critical linkages to community based organizations.

**Community Partnerships and External Stakeholder Collaborations**

- Representatives of the Program Services Division and Classification Division serve on the Hampden County Reentry task force. The task force includes multiple criminal justice and social service stakeholders and is designed to identify barriers and resources associated with offenders reentering the greater Hampden County area.
- The department is collaborating with the Hampden County Sheriff's Office to facilitate the Hampden County Reentry program. This program targets high risk state offenders towards the end of their sentence. The objective of the program is to step down offenders to the community and reconnect them with their family/support systems, potential employers and community based providers.
- A Memorandum of Understanding between the Department of Correction and the Social Security Administration was developed to establish a process for offenders to secure a replacement social security card prior to release.
- MassHealth and the Department of Correction continue to partner to ensure releasing offenders are provided with medical coverage upon release. This partnership creates a continuum of care that allows for a smoother transition to the community and enables discharge planners to schedule medical and mental health appointments prior to an inmate's release.
- The Department of Correction has established a partnership with the Boston Police Department and other local criminal justice agencies in an effort to promote offender reentry while enhancing public safety. The Department of Correction regularly shares intelligence and other relevant information regarding offenders releasing from state prison to the greater Boston area. This partnership is intended to create a transparent transition from prison that better prepares the community and

criminal justice agencies to respond to the both the needs and potential risk presented by the releasing offender.

- The Department of Correction is collaborating with Probation in an attempt to expand information exchange to enhance offender accountability and access to community based resources.
- The Department has partnered with Veterans Affairs (VA) to provide services to discharging veterans. The VA assists with determining veteran's benefits and eligibility in the areas of housing, employment, education, medical/mental health and substance abuse services. Staff from Reentry Services meets with VA on a quarterly basis to exchange information and enhance services.
- ROCA Pay for Success – the department is collaborating with the Commonwealth's Pay for Success project which is a program for young men entering the community from custody. It is a voluntary, outcome driven, behavioral health intervention. ROCA's mission is to help disengaged and disenfranchised young men move out of violence and poverty.
- A Memorandum of Agreement between United Teen Equality Center (UTEC) and the Department of Correction was established to offer supportive re-entry services to young adults returning to Lowell and Lawrence communities. Releasing offenders between 18 and 24 years old at time of release are eligible. UTEC strives to connect young adults to employment and educational opportunities and operates an integrated Workforce Development Program which includes GED classes, life skills workshops, mental health services and substance abuse services.
- SPAN Inc services are open to individuals who are returning to the greater Boston area, with some specific geographic specificity depending on individual programs. The goal is to begin work with as many inmates as possible prior to their release from incarceration and to continue services through the release process as inmates return to their communities.
  - HIV Services: Span offers several HIV services all designed to assist individuals to prepare for release, access and maintain health services when released, and make a successful transition to the community with particular emphasis on health maintenance. Some services begin inside the correctional facilities while others are only provided in the community.
  - Employment Related Services: Span offers several employment assistance services through grants from the US Department of Labor. The overall goal of the programs is to assist clients with obtaining and retaining employment to become independent and self-sufficient.
  - Women's Services- MISSION RAPS: Maintaining Independence and Sobriety through Systems Integration, Outreach, and Networking: Re-entry and Peer Support assists women with dual diagnosis of substance abuse and mental health to make a successful and supported reintegration to the greater Boston community.
  - Substance Abuse Services: Boston Offender Needs Delivery (BOND) offers substance abuse and case management services based on the MISSION model to men and women with substance abuse and co-occurring mental health issues who are wrapping up from incarceration.

### **Self-Improvement Groups**

Inmate Self Improvement Groups are structured inmate coordinated groups designed to reduce inmate idleness and enhance reentry by providing offenders with a forum to develop interpersonal communication, problem solving and basic life skills. The following are approved Self Improvement Groups:

*African Heritage Coalition Program*  
*American Veterans in Prison*  
*Building Self Esteem*  
*Chess Club*  
*Croche for the Ill*

*Fellowship Discussion Group*  
*Imagination Art*  
*Longtermers Group*  
*Pawn Pushers*  
*Runners Club*

## **Vendor Facilitated Core Programming ~ Spectrum Health Systems, Inc.**

### **Correctional Recovery Academy (CRA)**

The CRA is an intensive skill-based residential substance abuse treatment program located at four institutions with a capacity of 528 beds. The CRA targets substance abuse and relapse prevention. The program utilizes rolling admissions and combines the elements of a therapeutic community's social learning approach with an advanced cognitive behavioral curriculum. *This component of treatment is available at MCI-Concord, MCI Norfolk, MCI Shirley Medium and MCI Shirley Minimum.*

### **CRA Graduate Peer Support Program**

Graduates of the CRA may apply to participate in the peer support program. Peer participants are responsible for co-leading groups under the supervision of the CRA counselor. Graduates are also required to attend the community meetings and the weekly continuing care plan group. *This component of treatment is available at MCI-Concord, MCI Norfolk, MCI Shirley Medium and MCI Shirley Minimum.*

### **The Graduate Maintenance program**

This program is offered to graduates of the residential substance abuse programs who have returned to general population. During Graduate Maintenance, the program concepts are reviewed, program skills are practiced, and there is individual work on a recovery plan. *This program is available at MCI-Shirley medium, MCI-Shirley minimum, MCI-Concord, Northeastern Correctional Center, Boston Pre-Release Center, MCI-Norfolk, Old Colony Correctional Center, MCI-Framingham and South Middlesex Correctional Center.*

### **Medication Assisted Treatment Reentry Initiative (MATRI)**

The purpose of the Medication Assisted Treatment Re-Entry Initiative is to provide pre-release treatment and post-release referral for opioid-addicted and alcohol-addicted inmates at participating sites in the Department of Correction (DOC). This program involves prison-based residential substance abuse treatment and collaboration with community based clinics to provide aftercare treatment. The goal is to facilitate transition into an outpatient substance abuse treatment program which employs a multi-faceted approach to treatment including the use of the medication Vivitrol/Naltrexone, counseling, and aftercare referral to community based providers. *This program is available to offenders who have a documented opioid or alcohol addiction and have completed or are enrolled in the Department's Residential Substance Abuse Treatment program. This program is available at MCI Cedar Junction, MCI Concord, MCI Norfolk, MCI Shirley, Northeastern Correctional Center, Old Colony Correctional Center and Pondville Correctional Center.*

### **Gateway to Treatment**

Gateway to Treatment is a non-residential substance abuse treatment program designed to educate and raise awareness of the consequences of continued substance use. Emphasis is placed on biological, psychological, and social consequences of continuing to use substances. *This program is available at MCI-Shirley medium, MCI-Shirley minimum, MCI-Concord, Northeastern Correctional Center, Boston Pre-Release Center, MCI-Norfolk, Old Colony Correctional Center, MCI-Framingham and South Middlesex Correctional Center.*

### **Introduction to Treatment**

This program is a four-week, twelve-session vendor facilitated program designed to prepare inmates to utilize the basic information and skills that they will receive through participation in future programming. *This program is available at MCI-Cedar Junction.*

### **Introduction to Twelve Step Programming**

This program is a vendor facilitated four-week, twelve-session program designed to teach inmates how to access and utilize twelve step programming to enhance their recovery. *This program is available at MCI-Cedar Junction.*

### **Substance Abuse Education Service**

This is a vendor facilitated program that meets for two hours per day, two times per week, for eight weeks. This program is designed to educate and raise awareness of the consequences of continued substance use. The focus of the groups is to educate the inmate about substances and issues related to their use. Emphasis is placed on biological, psychological, and social consequences of continuing to use substances while incarcerated. *This program is available at MCI-Cedar Junction, Old Colony Correctional Center and Souza Baranowski Correctional Center.*

### **DDU/High Risk Offender Program**

The DDU/High Risk Offender program is provided at MCI Cedar Junction and is directed at inmates that have been placed in the Departmental Disciplinary Unit (DDU) as a result of having displayed a history of staff or inmate assaults, gang activity, and chronic disruptive behavior and/or have been identified as a threat to the correctional system in general. A goal of this program is to provide inmates with the skills to prepare them for their return to general population and participation in more intensive programming. The program consists primarily of independent workbook assignments and small group activities using a cognitive behavioral treatment model. *The DDU/High Risk Offender program is available at MCI Cedar Junction.*

### **High Risk Offender Expansion-SBCC**

The High Risk Offender program includes a continuum of care at Souza-Baranowski Correctional Center (SBCC) for those offenders who have completed the program at MCI-Cedar Junction. The program includes a skills maintenance program for offenders classified from the DDU to SBCC in order to capitalize on the initial gains made with the HRO program and to reduce the incidences of aggressive behavior at SBCC. The program includes a skills review phase, skills maintenance phase and an aftercare phase.

### **Criminal Thinking Program**

This program is a vendor facilitated program designed to focus on altering the pro-criminal thinking patterns that have been identified as separating those who are serious repeat offenders from those who are not. The program focuses specifically on criminal sentiments and how to develop pro-social alternatives for them. The program assists the offender in developing pro-social alternatives to past activities and associates. *This program is available at MCI-Concord, MCI- Norfolk, MCI-Shirley medium, MCI-Shirley minimum, and Souza Baranowski Correctional Center.*

### **Moving Forward**

This is a vendor facilitated group that meets three times per week for eight weeks. The program is based on the Five Stages of Grief developed by Dr. Elizabeth Kubler-Ross. The group will focus on each stage of the life changing event to assist the inmate to get to acceptance of their sentence. The program utilizes a combination of curriculum driven classes and process groups so that the inmates may discuss and process the changes necessary to move to the next stage of grief. *This program is available at Souza Baranowski Correctional Center.*

### **Motivational Enhancement**

Motivational Enhancement is an eight week program that meets two times per week. This program introduces participants to basic program concepts while encouraging positive behavioral change. *This program is available at MCI-Framingham, South Middlesex Correctional Center and Souza Baranowski Correctional Center.*

### **Bridging Treatment**

This is a vendor facilitated program that meets for two hours per day, two times per week, for eight weeks. Detailed lesson plans instruct inmates on personal responsibility and self-efficacy for change, creating a foundation for future goal setting. The program will target issues of education, coping skills, and support.

The emphasis is on education and developing coping skills to deal with symptoms and behaviors. *This program is available at Souza Baranowski Correctional Center.*

### **Thinking for a Change**

The Thinking for a Change Program is a cognitive skills based program focused on reducing recidivism. The program is approximately fourteen weeks in length and is facilitated by staff two to three times per week. Inmates at higher risk to recidivate are targeted for this program. *This program is available at Souza Baranowski Correctional Center, MCI Plymouth, Old Colony Correctional Center Minimum Unit, Pondville Correctional Center and Massachusetts Alcohol and Substance Abuse Center.*

### **Violence Reduction**

The Violence Reduction Program targets cognitions that contribute to violent behavior. The goals of the program are to decrease violent behavior and the likelihood of institutional disturbances. During the program inmates identify the specific cognitions which have led to their violent behavior. Once identified, they are taught pro-social strategies and skills to diminish the likelihood of continued violence. The program is facilitated by staff two to three times per week. *This program is available MCI Concord, Souza Baranowski Correctional Center, MCI-Plymouth, MCI Norfolk, MCI-Shirley medium, MCI-Shirley minimum, Old Colony Correctional Center Minimum Unit and Pondville Correctional Center.*

### **Behavioral Management Unit – Core Skills**

The department offers a vendor facilitated program to inmates housed in BMU with programming once a week for two hours. The program will run for approximately a 4 month cycle and utilize a Core Skills curriculum. This is a 12 group curriculum to be run on a rolling admission as the lessons do not need to build on themselves. *This program is available at MCI-Cedar Junction.*

### **Reentry and Employment Readiness Workshop**

The 10-day Reentry and Employment Readiness Workshop meets for 2.5 hours per day and is offered to inmates who have a defined release date. During the Reentry and Employment Readiness Workshop, reentry planners facilitate curriculum designed to assist inmates in the development of the necessary skills that are needed for successful transition back into the community. The focus of the workshop is employment readiness to include resume building, cover letter, job application, mock interviews and how to maintain employment. The workshop also includes social support, housing plans, financial awareness and budgeting, educational referrals, criminal impact and attainable goal setting. Every inmate who attends the workshop will receive an Employment Readiness Release Portfolio. This release document can include identification, resume, cover letter, practice job applications, WOTC forms, Federal bonding, MassCor work verification, transcripts, certificates, and licenses. Once the inmate has completed the workshop the portfolio is stored within the institution and distributed on the day of release. *The Reentry and Employment Readiness Workshop is available at all facilities except the Lemuel Shattuck Hospital.*

### **Sex Offender Treatment Program**

The Department of Correction offers a comprehensive Sex Offender Treatment Program (SOTP). There are two satellite sites where an introduction program is offered although a vast majority of the program is facilitated at the Massachusetts Treatment Center, a facility designated exclusively for the purpose of sex offender treatment. The SOTP is designed to reduce an offender's risk of re-offending.

### **Assessment and Treatment Introduction**

The first phase of the Sex Offender Treatment Program (SOTP) is the Assessment and Treatment Introduction. The primary focus of this program is motivation and engagement in the treatment process, which includes an introduction to treatment concepts and education and information about the benefits of treatment. *This program is available at MCI-Norfolk, NCCI-Gardner and Old Colony Correctional Center.*

### **Assessment and Treatment Preparation (ATPU)**

Consistent with the Risk-Need-Responsivity Model, intensive involvement in a comprehensive evaluation is the primary focus of this phase. The purpose of the evaluation is to guide and direct treatment, including the identification of treatment intensity level and specific individualized treatment needs. *This program is available at the Massachusetts Treatment Center.*

### **Sex Offender Nonresidential Treatment Unit and Residential Therapeutic Communities**

Treatment within a nonresidential treatment unit and a residential therapeutic community is delivered in various forms including group therapy, psycho educational classes, involvement in the therapeutic community, and other therapeutic tasks. *This program is available at the Massachusetts Treatment Center.*

### **Sex Offender- Maintenance Program**

The goal of the maintenance program is to uphold treatment gains, continue to make positive changes in dynamic factors, and maximize successful reintegration. All completers are encouraged to participate in a maintenance treatment program. By the time offenders engage in the maintenance treatment program they have a fully developed Successful Reintegration Plan to help identify their individualized primary goods, appropriate means to attain these goods, internal capabilities, external opportunities, self-regulation strategies, and risk management strategies.

### **Sex Offender- Successful Reintegration**

Inmates serving less than 18 months are referred to a track of programming that focuses on reentry and planning for release. *This program is available at MCI-Norfolk, NCCI-Gardner and Old Colony Correctional Center.*

### **Female Offender Program Continuum**

Gender responsive and trauma-informed approaches have been incorporated into the framework of treatment services for female offenders. Specific tracks of treatment have been designed to address each offender's specific pathway into the criminal justice system with the goal of reducing the likelihood of recidivism by addressing the unique issues associated with female offenders such as trauma, abuse, relationship dysfunction, substance abuse and mental illness. The programs listed below are also available for female offenders.

### **Motivational Enhancement**

This program introduces participants to basic program concepts while encouraging positive behavioral change. The program is designed to motivate offenders to participate in more intensive programs to address their broader criminogenic need areas.

### **Graduate Maintenance**

This program is offered to women with substance abuse issues who have completed their respective track of programming. During Graduate Maintenance, the program concepts are reviewed, program skills are practiced and there is individual work on a recovery plan.

### **First Step Program**

First Step is a residential substance abuse program located at MCI Framingham. This program provides substance abuse treatment services to women, who have been sentenced, are awaiting trial, have been civilly committed pursuant to Massachusetts General Laws, c. 123 section 35, or have been identified as needing immediate detoxification and treatment. The treatment component consists of a 20 day schedule of classes on substance abuse education, relapse prevention, parenting and interpersonal skill acquisition. The major emphasis of this program is linking participants to aftercare services both in the facility and post-release in the community.

### **Family Preservation**

Family Preservation is designed to promote appropriate mother/child bonding, relationship building and communication. This program offers a wide range of services to include parenting education classes, parenting support, children's visit preparation, coordination and referral to available services, professional collaboration with state agencies, and special activity planning. This program also functions as a liaison between offenders and Department of Children and Families (DCF) for incarcerated mothers whose children are in the custody of DCF. This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).

A Family Reunification House is located on the grounds at South Middlesex Correctional Center is used for overnight and weekend visits. Graduates of the parenting education classes are eligible to be screened to participate in the Family Reunification House program. This program allows mothers nearing release to have progressively less supervised visits with their children.

### **Sex Offender Treatment**

The SOTP is a comprehensive program that provides a wide range of services including assessment, therapy, psycho-educational classes, and supplemental groups and activities as clinically indicated. Any state inmate at MCI-Framingham who has been convicted of a sexual offense or an offense of a sexual nature is eligible to participate in the SOTP. Any inmate who wants to participate must consent to treatment. The treatment goals for the females SOTP will be based on each individual's treatment needs but may include establishing and maintaining healthy intimate relationships, increasing understanding of healthy sexual development and boundaries, developing a positive sense of self, improving assertiveness and self-sufficiency, process traumatic experiences, and effective emotion regulation (Elliot et al., 2010). In addition to gender-responsive treatment targets, traditional goals of sex offender treatment are applicable to female offenders (Giguere & Bumby, 2007). Treatment targets for the female SOTP include accepting responsibility, modifying cognitive distortions, processing trauma and emotional tolerance, managing deviant arousal, identifying risk factors, enhancing empathy, and developing a strengths-based Successful Reintegration Plan. Different offense pathways will be considered when developing the individualized treatment plans (Giguere & Bumby, 2007).



### **MassCor Correctional Industries**

The mission of Correctional Industries is to instill a positive work ethic in offenders by providing training and skills for a successful reentry into the community through work opportunities, while ensuring the highest level of customer service by providing a quality product at a competitive price. Through work assignments offenders develop occupational skills and discipline that enhances successful reintegration. With acquired on the job training and work ethics gained through Correctional Industries, released offenders have a greater chance of being gainfully employed and succeeding after their release. Current certification programs and upcoming certifications are made available to all eligible incarcerated individuals. Correctional Industries employs over 450 offenders at eight institutions. The workforce has the opportunity to work with state of the art equipment to stay current in the outside employment field. The goal is to employ the maximum number of offenders consistent with effective use of program capital. MassCor has created numerous programs and certifications in order to give offenders opportunities to gain marketable skills and a better chance of securing employment in our communities thus reducing the possibility of recidivism.

### **Division of Inmate Education and Training**

The mission of the Division of Inmate Training and Education is to prepare offenders for successful reentry into the community by providing comprehensive academic and vocational programming based upon individual risk and need. And further, reinforce social and career skills that are needed for offenders to transition into productive members of society.

Research tells us that educational and vocational achievements reduce recidivism:

- The Three State Recidivism Study, (Correctional Education Association/Office of Correctional Education, US Department of Education 2001) determined that for participants in prison education programs, recidivism was reduced by 12% in Maryland, 28% in Minnesota and 19% in Ohio.
- Our own recidivism study published in 2006, concluded that receiving a GED in prison reduced recidivism by 17%.
- The Washington State Institute of Public Policy completed an exhaustive meta-analysis of a wide variety of correctional program studies done across the country, and in 2006, published its *Evidence-Based Adult Corrections Programs: What Works and What Does Not*. It found that adult basic education programs in prison reduced recidivism by 5.1% and for vocational programs, a remarkable 12.6%.
- The MA Department of Labor reports the less the 25% of jobs available in Massachusetts are available to a person without a high school diploma or Equivalency.

Research reveals that nearly one half of inmates coming into correctional custody do not have a high school diploma or equivalent. Most do not have a work history. Research also tells us that if an inmate is to have the chance to return home successfully and not re-offend, a job and the means to support him/herself and family is critical. We must reduce the likelihood that inmates will commit another crime, thus increasing public safety by providing education and training that will assist inmates in obtaining employment.

Emphasis is placed upon competency achievement, development of basic literacy skills and the acquisition of salable skills along with an appreciation of the work ethic. To complete these tasks, eight school principals and school counselors coordinate classes taught by 76 full time and 38 part time teachers and vocational instructors. The Division's responsibilities include teaching academic and vocational programs, providing educational counseling services, assessing each inmate at reception and classification by administering the Test of Adult Basic Education (T.A.B.E.) and administering the High School Equivalency (Hi-SET) (previously GED) test. The Division is the one of the largest high school equivalency testing centers in Massachusetts administering nearly 600 tests last year.

#### I. **Assessments**

As each new inmate comes into custody educational background information is obtained and they are required to take the Test of Adult Basic Education (TABE). The TABE test provides a grade level in math, reading and language. Speakers of other languages are given the TABE CLAS E. Education counselors at each institution will receive this information when an inmate is transferred there and they will discuss educational alternatives and will place the inmate in appropriate classes or on waiting lists.

#### II. **Grants**

The Division of Inmate Training and Education receives three grants from the Massachusetts Department of Elementary and Secondary Education, and a Second Chance Act grant from the U.S. Department of Justice that support staff and program supplies at several institutions, which are critical in providing necessary education and vocational services.

#### III. **Educational Programs**

##### A. **Academic**

##### **Adult Basic Education**

Adult Basic Education (ABE) (Literacy Development) is a program servicing those who are learning to read and write, or who are functioning at or below the fifth grade level.

##### **Pre-Adult Secondary Education**

The Pre-Adult Secondary Education (Pre-ASE) programs are designed to prepare

intermediate level students for entrance into the Adult Secondary Education program. The focus of instruction is on math, English, grammar and usage, writing skills, and reading comprehension.

### **Adult Secondary Education**

The Adult Secondary Education (ASE) program is specifically geared toward preparing a student to successfully take his or her High School Equivalency Exam (HiSET). The classes focus on math, writing, skills, social studies, reading and science, as well as reading comprehension and study skills.

### **English for Speakers of Other Languages (ESOL)**

English for Speakers of Other Languages is a language development program geared to the adult with limited English proficiency. The main emphasis of this program is to provide limited or non-English speakers with the fundamentals of speaking, reading and writing English, so they may be mainstreamed into existing academic classes, or for those who have a high school equivalency in Spanish, an opportunity to participate in vocational programs. The three-level program is taught exclusively in English and is available to those students whose native language is something other than English.

### **Boston University Program**

This program is designed to meet the needs of the students who have accumulated a minimum of twelve transferable college credits. Students eligible to enter this program have an opportunity to achieve a Bachelor's Degree in Liberal Studies from BU's Metropolitan College. This program is donated in full by Boston University and operates at MCI Norfolk, MCI Framingham and South Middlesex Correctional Center.

### **Special Education**

This program is designed to provide individual or small group instruction to all inmates under the age of twenty-two who have been diagnosed with learning or developmental disabilities. Individual testing is utilized to determine functional levels, strengths, weakness, and learning styles.

### **Computer Skills**

The goal of this program is to familiarize each student with computer technology and how its capabilities can be utilized to accomplish various tasks. The focus is on skills needed to function effectively in an office environment. Students are provided with hands-on experience in the areas of basic literacy, keyboarding, word processing, data base use, spreadsheet use and simple programming.

## **B. Vocational Programs**

### **Auto Body Repair**

Repairing, restoring and painting of vehicles is taught.

### **Automotive**

Fundamentals of auto mechanics are taught. Hands-on training is provided through working on state vehicles. ASE (Automotive Service Excellence) certification is the goal for successful completers.

### **Barber School**

Licensing requires that students obtain one thousand hours of hands-on experience and that they pass both a written and hands-on comprehensive licensing exam. The hours of hands-on experience generally requires a student to make a twelve to eighteen month commitment in order to successfully complete the barber program.

### **Building Trades**

The Building Trades Program is conducted for fourteen to twenty weeks and cover the areas of safety, rough and finished carpentry, sheetrock work and wood working. Mock-ups are used to provide hands-on experience unless institutional projects are available to be completed.

### **Commercial Drivers License (CDL)**

The topics in this program are those that must be learned in order to pass the written portion of the CDL testing.

### **Cosmetology Program**

Cosmetology will train 12 students at a time in all aspects of hairstyling, skin care and nail beautification. The 1000 hours of training will prepare the students to take the Massachusetts State License Examination in Cosmetology.

### **Culinary Arts**

Culinary Arts is structured to provide both theory and hands-on experience in the areas of applied foodservice sanitation and hygiene and in professional cooking. The course of study generally runs for nine months with the first three months focusing on obtaining the knowledge and skills required to successfully pass the National Restaurant Association's Education Foundation's ServSafe certifying exam covering sanitation and hygiene. The next six months focuses on Foundations Level 1 Restaurant Management and culinary arts. A Foundations Level 2 component has been added to the curriculum to further enhance an inmate's job readiness upon release.

### **Horticulture**

This program includes techniques on the production, care, and management of plants, flowers and shrubs including the instruction and practice in the methods of plant propagation, pruning, cultivation, and fertilization.

### **IT Essentials**

This course has just received the support of a major Department of Justice grant increasing its capacity to three additional facilities. IT Essentials teaches inmate the operation and repair of computers, laptops and printers with up to date technology, leading to the marketable A+ Certification.

### **Small Engine Repair**

Provides instruction in the diagnosing and repair of small engine equipment. Successful completers pass the OPE (Outdoor Power Equipment) national certification exam.

### **Welding**

The sixteen-week welding program provides theory and applied instruction on oxyacetylene, MIG, TIG and stick welding. Individuals passing the licensing exam pre test are then able to take 3/8 and 1 inch State Welding Certification exam.

## **IV. Library Services**

Library Services encompasses both law and general library services. Institutional libraries are equipped to provide full library services and are staffed by a professional librarian. The general library is an information center for the institution, supporting, broadening and strengthening the

institution's programs through materials and in-library programming such as literacy. Print and non-print materials are selected to meet the needs of a culturally, linguistically and educationally diverse population. Law collections contain Federal and State materials.

**Able Minds:** Staff facilitated book discussion group designed to shift criminal thinking and teach inmates interpersonal problem solving skills. This program is available at Bridgewater State Hospital, MCI Framingham, MCI-Norfolk, North Central Correctional Center in Gardner, Souza Baranowski Correctional Center, and MCI-Concord.

**Law Library Clerk Training:** This staff-facilitated program available at all Department of Correction facilities with full law libraries. This program provides pre-employment training in basic legal research and use of electronic legal resources for potential inmate law library clerks.

**Read to Your Child Program:** This staff-facilitated program offered at North Central Correctional Center makes children's books available in the inmate library, allowing the inmate to practice his reading skills before reading a copy of the same book with his child in the visiting room. The child is given the book to take home at the end of the visit.

**Reaching out through Reading Program** This staff-facilitated program offered at North Central Correctional Institution focuses on family bonding through literacy. Inmates will be video-recorded reading a children's book of his choice, and later the book and video will be mailed to the inmates' child(ren).

**Skill Building Techniques for Stress Reduction** The program introduces humor-based stress-coping mechanisms designed to aid prisoners both in the avoidance of aggression during incarceration and in preparation for their release using the Library and its resources as the therapeutic base. This program is available at MCI Norfolk.

## **INSTITUTION SPECIFIC PROGRAM DESCRIPTIONS**

**A Book from Mom:** This program is designed to enhance literacy in children. A children's library is available for women to select age appropriate books to read during visits with their children. After the visit, children are allowed to leave the visiting room with a book from Mom. The child is allowed to receive a new book during each visit to create his/her own personal library at home. Books are also made available for women to mail home to children during the holidays and on birthdays. *This program is available at MCI Framingham.*

**A Journey Into the Joy of Christ –** This program is a six week program that covers: Introduction to the Christian Spiritual Journey, How the Mind Reacts to One's Changing Life Situations, God Provides All We Need, To Follow Jesus, We Must Leach Attachments Behind, Principal and Foundation, and Central Importance of Faith. This is an opportunity for inmates to develop Christian values as to bring about a moral or ethical conversion. *This program is available at NECC.*

**A Place for Mom:** This program is designed for mothers who are seeking to improve their relationships and involvement with their children. South Bay mental health clinicians engage the inmates in therapy and kinship counseling to facilitate the mother's reintegration in the family system. *This program is available at MCI Framingham.*

**Advanced Communication Skills:** This group is offered to committed patients. This is a time limited psycho educational group designed to introduce participants to effective communication skills. Patients need to be able to tolerate a group setting and have the ability to process abstract concepts. This group will learn to identify communication styles and to express their needs assertively in every day situations. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Alcoholics Anonymous:** A volunteer facilitated working support program where inmates learn about triggers to their behavior, understand past behavior and learn how to build a new, healthier sober lifestyle. *This program is available at Bridgewater State Hospital, Boston Pre-Release Center, MCI Cedar Junction, Massachusetts Treatment Center, MCI Norfolk, MCI Plymouth, North Central Correctional Institute Medium & Minimum, Old Colony Correctional Center Medium, Pondville Correctional Center, MCI Concord MCI Framingham and MCI Shirley Medium & Minimum.*

**Alternatives to Violence (AVP):** A volunteer facilitated program that teaches inmates how to reduce violence by introducing alternative ways of resolving conflict resulting in a diminished need to resort to violence. Workshops focus on conflict resolution. *This program is available at MCI Cedar Junction, MCI Concord, MCI Norfolk, MCI Shirley, Northeastern Correctional Center, North Central Correctional Center Medium and Minimum, Old Colony Correctional Center Medium, MCI Shirley Minimum and Souza Baranowski Correctional Center.*

**Amachi Program** - This is a mentoring program developed to provide support to children who have or have had incarcerated mothers. This program is facilitated through the Big Sister and Big Brother Program of Greater Boston. The program partners with faith-based organizations, community and civic organizations to match children to caring individuals. The age identified for this program is children between the ages of 7-15. *This program is available at MCI Framingham.*

**American Red Cross First Aid and CPR Courses:** Program providing inmates information and training about First Aid and CPR. *This program is available at Northeastern Correctional Center.*

**American Vet Dogs-**The Guide Dog Foundation sponsors this program which provides assistance dogs to disabled veterans and active military personnel. *This program is offered at MCI-Framingham, Massachusetts Alcohol and Substance Abuse Center, Old Colony Correctional Center Medium, Pondville Correctional Center and South Middlesex Correctional Center.*

**American Veterans in Prison:** This program serves to educate incarcerated veterans in the areas of housing, taxes, motor vehicle registration, outreach and counseling. *This program is available at The Massachusetts Treatment Center.*

**Anger Management:** Volunteer facilitated program designed to help inmates identify and begin to deal with the root causes of their anger. *This program is available at The Massachusetts Alcohol and Substance Abuse Center, MCI Cedar Junction, MCI Framingham, and MCI Shirley.*

**Anger Management/SAMHSA**-Volunteer facilitated program designed to help inmates identify and begin to deal with the root causes of their anger. *This program is available at South Middlesex Correctional Center.*

**Art Program:** Volunteer facilitated programming. Inmates learn skills in different art modalities and the opportunity to work on individual projects. The goal of this programming is to encourage inmates to develop self-esteem and self-awareness through the expressive arts. *This program is available at The Massachusetts Treatment Center and Northeastern Correctional Center and Souza Baranowski Correctional Center.*

**Art Therapy:** Staff supervised art program which offers morning and afternoon classes, five days per week. Classes are offered in all art modalities. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**AVP Writing Program:** To augment current AVP workshops, the writing program component offers men who have completed the training for facilitators a chance to develop their writing and reading skills. *This program is available at North Central Correctional Center.*

**Basic Computer Skills:** The program is designed for participants to master basic computer operation and become proficient in Microsoft Word, Excel and Power point. *This program is available at MCI-Concord Pondville and Massachusetts Alcohol and Substance Abuse Center.*

**BEACON Program:** (Behavior, Emotions and Changing Oneself): Volunteer facilitated, twelve week program which explores human behavior and emotions with the intent of increasing skills for identifying emotions and developing new strategies and behaviors to respond more effectively. *This program is available at Boston Pre Release Center, MCI Concord, South Middlesex Correctional Center, MCI Cedar Junction, MCI Shirley, North Central Correctional Institution Medium and Minimum, MCI Shirley Minimum and Souza Baranowski Correctional Center.*

**Beacon Study Group:** This program is for participants who have completed the Beacon Program. This program encourages the participant to continue working on emotional literacy. *Available at MCI Concord*

**Best You Can Be:** This program focuses on personal, moral and spiritual growth achieved via the teaching of problem solving and coping skills. *This program is available at Bridgewater State Hospital.*

**Biggest Loser Program:** This three month wellness program focuses on engaging offenders in living a healthy life style. Utilizing the concept of the “Biggest Loser”, each unit will encourage participants to lose weight. *This program is available at Bridgewater State Hospital.*

**Body & Mind Fitness:** Volunteer facilitated wellness program incorporating fitness and stress reduction exercises. *This program is available at Bridgewater State Hospital and South Middlesex Correctional Center.*

### **Book Discussion Club I, II, III**

Changing Lives through Literature, Cultural Identity and Book Discussion. *This program is available at MCI Concord, MCI Shirley and Souza Baranowski Correctional Center.*

**Book Giveaway for Children:** This volunteer facilitated program encourages children to read and provides books that can be taken home by the child. *This program is available at MCI Concord.*

**BoyScouts Beyond Bars:** This is a family preservation program which affords incarcerated mothers and grandmothers the opportunity to bond with their male children and grandchildren. *This program is available at MCI Framingham.*

**BSH Newsletter:** The newsletter, which specific to Bridgewater State Hospital, provides the hospital a tool to share information with the inmates, staff and family members. The newsletter highlights program opportunities and other hospital information.

**Bridging the Gap:** This program is designed for those state inmates who are releasing within the next 12 months. The goal of Bridging the Gap is to better prepare this long term population for their eventual release to our communities. To accomplish this goal we invite and welcome monthly community speakers to our groups as well as introduce reentry topics, group discussions and process groups. BTG meets at least three times a month. BTG inmates are all offered an opportunity to participate in a Labyrinth walk conducted by volunteers. Women will

leave with a portfolio that will include SAGE results, resume, resources, certificates etc. *This program is available at MCI Framingham.*

**Buddhist Meditation Retreat:** This program incorporates both Zen meditations, a Buddhist spiritual practice of developing mindfulness. *This program is available at Bridgewater State Hospital.*

**Building Foundations:** This is a volunteer facilitated reentry program which provides the support necessary to secure employment, housing, transportation upon release. *This program is available at South Middlesex Correctional Center.*

**Cancer Survivor Support Group:** This program is for inmates who have a diagnosis of cancer and would like to meet to share information and provide support to each other. *This program is available at South Middlesex Correctional Center.*

**Cardiovascular Management:** In conjunction with UMASS, this program is designed to enhance self management and improve over-all quality of life for those inmates who are affected by heart disease. *This program is available at MCI Concord.*

**Catch the Hope:** Vendor facilitated program that provides medical and social services to pregnant and post-partum inmates. *This program is available at MCI Framingham.*

**Chess Club:** Volunteer and/or staff supervised program where inmates learn how to play chess and participate in tournaments. This program provides a structured environment where chess enthusiasts from beginners to advanced players can learn more about the aspects of the game. *This program is available at MCI Concord, MCI Norfolk, Northeastern Correctional Center and Old Colony Correctional Center Medium.*

**Child Custody Workshop:** Volunteer facilitated 9-week workshop providing training regarding family law issues involving minor children. The program prepares women to advocate for themselves when addressing custody, adoption, visitation and guardianship. *This program is available at MCI Framingham.*

**Children's Story Hour:** Volunteer facilitated program that promotes interaction between the inmate and child through interactive storytelling and group activities. *This program is available at Pondville Correctional Center.*

**Christian Twelve Step Group:** This program is based on the 12 Steps of Alcoholics Anonymous and The Bible. Participants are encouraged to replace criminal beliefs and attitudes with spiritual values. *This program is available at MCI Cedar Junction.*

**Clubhouse Educational and Peer Support Program:** This program is dedicated to expanding employment, housing, educational, social and leadership opportunities to the patients of Bridgewater State Hospital who will soon be re-entering the community. *This program is available at Bridgewater State Hospital.*

**City Mission Fellowship:** Weekly meetings are held to discuss various topics and issues. Audio/visual presentations and guest speakers are used to guide and stimulate discussion. *This program is available at Old Colony Correctional Center.*

**City Mission Society** - Volunteers from the City Mission Society provide the Arts and Crafts Program, and the inmate prison newsletter "Behind the Wall". *This program is available at MCI Framingham.*

**Cognitive Skills Workshops** - Volunteer facilitated cognitive-based programs: Active Listening, Problem Solving, Setting Goals, Asking for Help, Assertive Communication, Negotiating, and Using Self Control. *This program is available at Bridgewater State Hospital, MCI Plymouth, MCI Framingham, MCI Norfolk, MCI Shirley Medium & Minimum, North Central Correctional Institution Minimum, Northeastern Correctional Center, Old Colony Correctional Center Minimum, Pondville Correctional Center, South Middlesex Correctional Center, Sousa Baranowski Correctional Center, Boston Pre Release, MCI Concord, and MCI Cedar Junction.*

**Come on People:** From the book "On the Path from Victims to Victors" this program teaches personal responsibility and encourages the changing of behaviors that limit chances for success. *This program is available at MCI Framingham.*

**Companion Program:** Staff facilitated program that provides training to inmates who then provide support and encouragement to inmate patients. *This program is available at Bridgewater State Hospital and MCI-Shirley.*

**Computer Program:** This program is facilitated through Library services. Basic computer skills are taught to patients. *This program is available at Bridgewater State Hospital.*

**Computer Program (Basic Computer Literacy):** Volunteer facilitated program teaching basic computer skills. *This program is available at Pondville Correctional Center and Boston Pre Release..*

**Creative Writing:** Teaches basic English Composition covering expository, descriptive and narrative writing, dialogue, and short stories. *This program is available at MCI Shirley and MCI Concord .*

**Concord Public Library Program:** Volunteer facilitated library program that allows inmates to request and borrow books out of the Concord Public Library. *This program is available at Northeastern Correctional Center.*

**Count Down to Freedom Program:** This DVD based program helps reduce recidivism and takes offenders step by step through the transition from incarceration to community integration. Candid interviews with professionals and ex-offenders offer a unique perspective on what offenders should expect to face throughout their journey from incarceration back to society. *This program is available at Bridgewater State Hospital, MCI Norfolk, Mass. Alcohol and Substance Abuse Center, Pondville Correctional Center, and South Middlesex Correctional Center.*

**Creative Writing:** Teaches basic English Composition covering expository, descriptive and narrative writing, dialogue, and short stories. *This program is available at MCI Shirley and MCI Concord.*

**Croche For the Ill:** The purpose of this program is to provide lap blankets for the elderly and for those receiving hospice care. This provides a positive outlet for the inmates affords them the opportunity to give back to the community. *This program is available at South Middlesex Correctional Center.*

**Daddy Read To Me:** The Read to your Child Program enhances the relationship between father and child. The goal is to form a bond which would reduce stress, which in turn will decrease the offender's rate of recidivism. *This program is available at Souza Baranowski Correctional Center.*

**Daily Living Skills Program:** Staff facilitated program designed to teach committed patients daily living skills with a primary focus on personal hygiene issues. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Dance Leela:** Volunteer facilitated program that promotes self-awareness, self-esteem, and a sense of calm through simple choreography and guided expressive dance. *This program is available at South Middlesex Correctional Center.*

**Day Treatment Program:** Vendor supervised program for treatment resistant patients who are chronically mentally ill. This program enables patients to develop the skills to gain insight into their disabling behavior. Patients are taught skills in the areas of basic living, hygiene, social skills, work habits, substance abuse and health. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**DCF Visit Coordination:** Staff coordinates with the Department of Children and Families & facilitates on site Foster Care Reviews and supervised visits for inmates whose children are in the custody of DCF. Similar services are provided with child service agencies outside the Massachusetts area. Services are provided as well for Court Appointed Investigators, Guardian Ad Litem DYS, Residential placement and Adoption Mediators. *These services are available at MCI Framingham and South Middlesex Correctional Center.*

**Developmental Service Program:** The Developmental Service Program is staffed and funded by the Department of Developmental Services. This program prepares patients for release by making referrals for eligibility with DDS. A major component of this program is social skills training. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Dialectical Behavior Therapy - Skills Group Program (DBT):** Staff supervised program that teaches patients social skills that will enable them to meet needs without engaging in violent and/or self-destructive behaviors. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Doing The Right Thing:** This program is designed to assist inmates with making ethical decisions. The program uses video seminars, role modeling and discussion facilitated by the instructor. *This program is available at Boston Pre-Release, and Northeast Correctional Center.*

**Domestic Violence Program:** Vendor facilitated ten-week psycho educational group, which focuses on treatment and prevention strategies for women involved in domestic violence situations. *This program is available at MCI Framingham.*

**Don't Throw Us Away:** Staff supervised and volunteer facilitated program that partners inmates with shelter dogs. The inmates work with a professional trainer for eight weeks in order to prepare the dogs for adoption by families. *This program is available at NCCI-Gardner Minimum.*

**Eldercare:** Chaplain supervised and volunteer coordinated program in which inmates create small crafts for senior citizen centers. *This program is available at South Middlesex Correctional Center.*

**Emerald Gardening Program :** A volunteer facilitated course designed that covers Introduction to Horticulture and Landscape Maintenance. *This course is available at Boston Pre Release.*

**Emotional Awareness / Houses of Healing:** Volunteer coordinated program designed to foster emotional and spiritual growth and promote responsibility and accountability toward ones self and others. Inmates are also taught skills to reduce disruptive behavior. *This program is available at Bridgewater State Hospital, Boston Pre Release, Massachusetts Alcohol and Substance Abuse Center, MCI Concord, MCI Framingham, MCI Norfolk, MCI Shirley, North Central Correctional Institution, Northeastern Correctional Center, South Middlesex Correctional Center and Souza Baranowski Correctional Center.*

**Entrepreneurship 101-Venturing Out-:** A course designed to introduce inmates to the fundamentals of small business. *This course is available at Northeastern Correctional Center and South Middlesex Correctional Center.*

**Ethics for the Modern Society:** This program encourages the development of ethical thinking skills, communication skills and personal reflection. *This program is available at Pondville Correctional Center.*

**Family Day Program:** Offered four times per year, volunteers design structured activities that allow inmates to interact with their children. *This program is available at Northeastern Correctional Center.*

**Family Issues Group:** Staff facilitated group designed to help patients begin to explore feelings related to family issues and learn the skills needed to survive/cope with separation/conflict due to incarceration/hospitalization. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Family Reunification House:** A house located on the grounds at South Middlesex Correctional Center is used for overnight and weekend visits. Graduates of the parenting education classes are eligible to be screened to participate in the Family Reunification House program at SMCC. This program allows mothers nearing release to have progressively less supervised visit time with their children. Support and education, on such topics as healthy nutrition and meal preparation, is provided in this area to aid in attaining a successful mother-child visiting experience. *This program is available at SMCC.*

**Fatherheart Program:** Volunteer facilitated 8-week faith based program designed to assist offenders in family skills. *This program is available at Northeastern Correctional Center and Boston Pre Release.*

**Fatherhood in Action:** This program is designed to teach fathers specific skills for developing positive, engaged relationships with their children. A strong focus will be to improve one's self esteem while taking responsibility for raising their children to be emotionally strong and succeed in school and the community. *The program is available at Bridgewater State Hospital.*

**Father's Parenting Program:** Volunteer facilitated 12-week course consisting of classes in moral and legal responsibilities of fatherhood. *This program is available at MCI Concord, MCI Shirley, Northeastern Correctional Center and Souza Baranowski Correctional Center.*

**Father/Child Homework Assistance Program:** This program is designed to create opportunities for positive behavioral change by encouraging a shared experience between a father and his child while fostering an appreciation for education. The program targets literacy, parenting skills and family rebuilding. *This program is available at MCI-Norfolk.*

**Fine Art Workshop: Painting & Drawing:** This volunteer facilitated art course assists the development of decision-making and self esteem building. The development of art projects encourage patience and help to suppress detrimental impulsivity. *This program is available at MCI concord.*

**Fully Alive Program:** Chaplain coordinated, volunteer facilitated program that focuses on spiritual growth and choosing responsible living. Topics include relationships, recovery, anger management and understanding the relationship between attitudes, choices and consequences. *This program is available at Boston Pre Release, MCI Framingham and South Middlesex Correctional Center.*

**Gardening and Landscaping:** Volunteer facilitated program that encourages patience, responsibility, attention to detail and the ability to work as a team in problem solving to produce the desired result. *This program is available at MCI-Concord, Massachusetts Alcohol and Substance Abuse Center and Northeastern Correctional Center.*

**Getting and Keeping a Job:** Program designed to prepare inmates for job searching upon release. Topics include developing realistic expectations, utilizing employment resources, identifying interests, skills and values and preparing for interviews. *This program is available at Northeastern Correctional Center.*

**GiftEd:** This is a volunteer facilitated program designed to assist inmates in discovering their motivational gifts. The emphasis is on recognizing and developing employment skills to contribute towards a successful reentry upon release. *This program is available at North Eastern Correctional Center.*

**Gospel Worship Service:** This program consists of prayer, music, testimony and teaching by the band “Joyful Noise” out of Community Christian Church of N.H. *This program is available at Bridgewater State Hospital.*

**Greenhouse and/or Garden Program:** Staff supervised program during which inmates grow flowers and vegetables in designated individual garden plots. In some institutions volunteers provide basic horticultural education and/or the produce grown is donated to local charities. *This program is available at Bridgewater State Hospital, Massachusetts Treatment Center, MCI Cedar Junction, MCI Concord, MCI Framingham, North Eastern Correctional Center, North Central Correctional Institution Medium & Minimum, Old Colony Correctional Center – Minimum, Pondville Correctional Center, South Middlesex Correctional Center, MCI Shirley Minimum, and MCI-Cedar Junction.*

**Guitar Program:** A volunteer facilitator teaches the inmates how to play guitar, a creative way to spend leisure time. This program has been acknowledged as a positive vehicle to reduce stress and promote positive climate. *This program is available at Northeastern Correctional Center.*

**Healthy Human Relationships:** An eight-week, staff facilitated program designed to assist inmates in distinguishing between healthy and unhealthy relationships. *This program is available at MCI Framingham.*

**Health Awareness (HIV/AIDS Education):** Programming ranges from basic education and awareness to support groups for inmates who are HIV positive. Instructors include vendor and department staff, volunteers and inmates. *This program is available at Massachusetts Alcohol and Substance Abuse Center, MCI Concord, MCI Framingham, MCI Norfolk, MCI Plymouth, MCI Shirley, MCI Concord, North Central Correctional Institution-Medium and Minimum and Old Colony Correctional Center.*

**Homeward Bound:** This volunteer facilitated program focuses on marriage skills and communication skills. The goal is to strengthen family relationships, which have been shown to be a deterrent to recidivism. *This program is available at Northeastern Correctional Center.*

**Inmate Companion/Environmental Cleaning Program:** This proactive program is designed to improve the hygiene practices of inmates, reducing the transmission of infectious microorganisms in the skilled nursing and assisted living units. *This program is available at MCI Shirley.*

**Inmate Worker Companions:** This program pairs inmates is designed to emphasize the mutuality of both the inmate workers and the patients. Successful programs such as this identify and stress ways that both parties give,

and receive opportunities to exchange education, skills and friendship. *This program is available at Bridgewater State Hospital.*

**Interview Skills Training:** Ten lessons that are focused on employment interviewing techniques; goals, strengths, and opportunities for improvement, resume writing, and mock interviews for skill rehearsal. *This program is available at MCI Cedar Junction.*

**Introduction to Horticulture:** This program is designed to help participants understand the fundamental concepts of horticulture and teach the core skills required to produce small-scale sustainable gardens. This program is available at *Bridgewater State Hospital.*

**Introduction to Motivational Enhancement:** This program attempts to increase inmate motivation toward addressing their own behavioral needs no matter what their criminogenic risk factors are. *This program is available at MCI Cedar Junction.*

**Improv Improves:** A theater based workshop using improvisational comedic activities to foster self-esteem and build communication skills. *This program is exclusive to Bridgewater State Hospital.*

**Jericho Circle Project:** Volunteer facilitated group that targets a variety of criminogenic risk factors that are precursors to criminal behavior in an effort to develop integrity, accountability and emotional intelligence. *This program is available at MCI Cedar Junction, MCI Concord, MCI Norfolk, and Pondville Correctional Center.*

**Job Search:** Eight-week program designed to prepare inmates for job searching upon release. Topics include developing realistic expectations, utilizing employment resources, identifying interests, skills and values and preparing for interviews. *This program is available at Northeastern Correctional Center and Old Colony Correctional Center.*

**Joys & Challenges of Human Relationships:** Class identifies the ways in which behavior patterns contribute positively and negatively to forming healthy, caring relationships. *This program is available at Northeastern Correctional Center.*

**Kids Corner:** Program utilizes a corner of the visiting room at MCI-Concord where the small children of inmates can draw, hear stories and play with a few toys while their parents talk over their often-serious problems and issues. *This program is available at MCI Concord, MCI Shirley and North Eastern Correctional Center.*

**Leadership & Transformation Thinking:** The program is a volunteer facilitated program developed by The End Violence Project which is a non profit organization with the vision of ending violence without violence. This program support offenders in successfully transitioning from prison back into society as they join their families and communities. *This program is available at MCI Concord, MCI Framingham, North Central Correctional Center, Pondville Correctional Center, South Middlesex Correctional Center.*

**Life's A Stage:** Short plays and skits are utilized to explore issues such as forgiveness, accepting others and alternatives to violence. This program is exclusive to *Bridgewater State Hospital.*

**Life Skills:** The focus of this program is to identify risk factors which may trigger impulsive behaviors and to encourage the development of good decision making in order to prepare the inmates to handle the day to day issues upon reentry. *This program is available at MCI-Concord MCI Framingham and Bridgewater State Hospital.*

**Longtermers' Group:** This program is designed for inmates serving lengthy sentences in an effort to provide support and the skills needed to successfully cope with long term incarceration by encouraging participation in positive and productive activities. *This program is available at MCI-Framingham and Souza-Baranowski Correctional Center.*

**Massachusetts Community Outreach Program:** This collaborative reentry initiative between MCOI and the DOC facilitates spiritual, emotional and physical preparation for release and a smooth assimilation into society. *This program is available at Boston Pre- Release, Northeastern Correctional Center, MCI Norfolk and MCI Shirley.*

**Math Skills for HS Grads and GED Holders:** A review of math curriculum to encourage problem solving skills, and refresh memory of strategies, formula's and conceptual thinking. *This program is available at MCI-Concord.*

**Men's Health Series:** This program is designed to provide relevant medical information about men's health issues. Topics include basic nutrition, hypertension, heart disease, diabetes, etc. *This program is available at Bridgewater State Hospital.*

**Menswork:** Eight to twelve week program designed to provide creative educational services that support the personal and social rehabilitation of convicted offenders. *This program is available at MCI Cedar Junction, MCI Shirley and Souza Baranowski Correctional Center.*

**Military Veterans Support Group:** This volunteer facilitated program includes discussions relevant to post traumatic stress disorder, addictions & substance abuse, spousal relationships and fatherhood. This program is available at MCI Shirley.

**Mindful Stretching and Breathwork:** The Kripalu breathing and mindfulness exercises are designed to calm and settle participant. *This program is available at Bridgewater State hospital and South Middlesex Correctional Center.*

**Mindfulness Meditation:** This program promotes peace, inner reflection, compassion and tolerance. *This program is available at MCI Concord.*

**Mom & Me Art:** Chaplain facilitated, volunteers involved in creating a variety of art with their moms. *This program is offered at MCI-Framingham.*

**Money Management:** Volunteer facilitated program designed to provide information and skills associated with banking services, establishing credit, keeping a checking account, budgeting and the importance of good credit history. *This program is available at MCI Concord and MCI-Shirley Medium & Minimum.*

**Money Smart:** This program covers topics such as developing spending plans, budgeting skills, how to chose and maintain a checking account and the basics of building/repairing credit. *This program is available at MCI Concord, MCI Norfolk, MCI Plymouth, Pondville Correctional Center, and South Middlesex Correctional Center.*

**Music Appreciation and Guitar Theory:** This program focuses on the reentry of the inmate through skill building and team building while offering a positive outlook for expression. *This program is available at MCI Concord.*

**Music Theory Program:** Staff and/or volunteer supervised program that enables participants to learn basic music theory, comprehension and practice. Inmates join bands to rehearse and perform. In cell use of instruments varies among facilities. It is often limited to those inmates that can be utilized with headphones and do not disrupt the housing unit. *This program is available at Bridgewater State Hospital, Massachusetts Treatment Center, MCI Norfolk, North Central Correctional Institution, Northeastern Correctional Center, MCI Shirley Medium and Old Colony Correctional Center Medium.*

**Narcotics Anonymous:** Staff supervised, volunteer facilitated discussion/support/fellowship group that focuses on the twelve steps of narcotics anonymous and providing community information as appropriate. *This program is available at Bridgewater State Hospital, Boston Pre-Release Center, Bay State Correctional Center, Massachusetts Treatment Center, Northeastern Correctional Center, North Central Correctional Center Medium and Minimum, Old Colony Correctional Center Medium, Pondville Correctional Center, MCI Plymouth, MCI Framingham, MCI Norfolk and MCI Cedar Junction, MCI Shirley Minimum, and Bridgewater State Hospital.*

**Narrative Art:** Individuals will be encouraged to develop their own abilities to articulate thoughts and emotions through process of keeping an artistic journal. *This program is available at MCI Framingham.*

**National Education for Assistant Dog Services-Puppy Program:** NEADS is a non-profit service dog organization established to provide Hearing, Service and Assistance Dogs for veterans, adults and children. For example: children on the autism spectrum; veterans or civilians who are deaf or use wheelchairs or whose activities are limited by their disability. These Service Dogs become extensions of their owners and bring freedom, independence, increased mobility and relief from social isolation to their partners. This is an 18-month program designed to utilize inmate handlers to teach dogs basic obedience and other skills needed to prepare them for future "careers" as Service Dogs assisting people who are physically disabled. Following their training with the inmates, the dogs will then learn the more advanced Service Dog skills at NEADS' National Assistance Dog Training Campus in Princeton, MA. *This program is available at Boston Pre Release Center, Bridgewater State*

*Hospital, MCI- Concord, MCI Framingham, Northeastern Correctional Center, MCI Norfolk, MCI Plymouth, MCI Shirley and Pondville Correctional Center.*

**Newsletter/Journalism Course:** Vendor facilitated program that teaches fundamental writing, formatting and publication skills. A newsletter, written and printed by inmates, is published four times per year. *This program is available at the Massachusetts Treatment Center.*

**Non Violent Communication:** This is a 12 week program that addresses the violence in our culture and fosters community safety by teaching communication and life skills. The basic Nonviolent Communication program's aim is to teach individuals how to relate with others out of awareness of feelings and needs rather than judgments, labels, punishment, guilt, and shame. *This program is available at MCI Concord.*

**Novel in a Month:** This volunteer facilitated program uses the healing power of creative expression. The course emphasizes goal-setting and problem solving as methods for completing substantial tasks which otherwise might seem insurmountable. *This program is available at South Middlesex Correctional Center and Pondville Correctional Center, and MCI Cedar Junction.*

**Nutrition Series:** Program at NECC consisting of three workshops: Weight Loss without Starvation; Diet for a Healthy Heart; and Power Eating – Building Muscle Not Fat. *This program is available at Northeastern Correctional Center.*

**Nutrition and Health Program:** This program consists of four sessions and serves as an introduction to diet and nutrition. Upon completion, the participants should have a good foundational knowledge of what to consume to maintain optimal nutrition. *This program is available at Northeastern Correctional Center.*

**Occupational Therapy Life Skills Groups II and I:** Staff facilitated program designed to provide services to patients who require assistance in learning the skills necessary to lead independent lives. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Opioid Treatment Program:** A program for women who are pregnant and on methadone. Health issues, relapse prevention, overdose prevention, healthy relationships and child development are discussed. *This program is available at MCI Framingham.*

**Open Art Studio Workshop:** Volunteer facilitated program that involves multi-step art projects intended to develop patience and suppress detrimental impulsivity. *This program is available at MCI-Framingham.*

**Parenting Support :** Vendor facilitated group that provides a continuum of parenting classes reinforcing the skills developed in Parenting Education. This group encourages women to take a leadership role in continuing to address the multifaceted aspects surrounding parenting. This process is aided by the support of the group facilitator. *This program is available at MCI Framingham.*

**Parenting/Family Services:** Volunteers and staff provide programs, which range from skill building, basic education, and reintegration information to support groups. *This program is available at MCI Framingham, MCI Norfolk, MCI Shirley, South Middlesex Correctional Center and Souza Baranowski Correctional Center.*

**Parents Anonymous/Parenting Support:** Volunteer facilitated child abuse prevention self-help program offered weekly. *This program is available at MCI Framingham.*

**Partners in Parenting:** In conjunction with the Sesame Street program, this curriculum is aimed at teaching mothers the skills needed to develop positive, engaging relationships with their children. *This program is available at South Middlesex Correctional Center and MCI Concord.*

**Passion to Profit: Creating Your Own Business**

Entrepreneurship workshop course introduces students to the fundamentals of small business. Students will be led through the process of writing their own business plan and developing negotiating, networking, self-preservation and interview skills. *This program is available at the Pondville Correctional Center.*

**Pastoral Visitors:** The objective is to provide individuals with visitors from the community in order to enrich the quality of their lives. *This program is available at Bridgewater State hospital.*

**Path of Freedom:** This program is a mindfulness-based, cognitive-behavioral and integral approach to self-transformation and personal development. *This program is available at MCI Concord, North Central Correctional Institution, South Middlesex Correctional Center and Souza Baranowski Correctional Center.*

**Personal Finance:** This program is designed to give offenders a basic understanding of credit, budgets, cash flow requirements, how to track spending and preparation for tax returns. The goal is to increase coping skills with regards to money, family finances and personal finances. *This program is available at MCI-Plymouth.*

**Poetry Group:** A former Boston University professor coordinates this group. Every other month, artists from the community meet with inmates to review and critique their poems. *This program is available at Bay State Correctional Center MCI Concord and MCI Norfolk.*

**Poetry, Reading and Writing Workshop:** Staff facilitated program that aims to effect positive behavioral change by improving communication skills and increasing emotional intelligence through the experiences of reading, writing, hearing and speaking poetry. *This program is available at Northeastern Correctional Center.*

**Practical Writing Skills for the World of Work:** This is a writing program based on practical examples, designed to be transferable to written demands of getting and holding a job. *This program is available at MCI Concord.*

**Preparing for Release: Reentry Discussion:** This program will be a topic specific discussion group offered to patients related to a variety of reentry issues. The program is designed to provide specific information on the following topics like: DMH Facilities, Parole, AA/NA Sponsor just to name a few. *This program is available at Bridgewater State Hospital.*

**Project Good Dog:** This program rehabilitates shelter dogs and provides the training so that the dogs can then be placed in a loving home. The inmates gain a sense of purpose through this training. *This program is available at NCCI.*

**Project Youth / Project Wake Up:** Staff supervised program in which inmates discuss with high school students their personal experiences and consequences that resulted in incarceration. *This program is available at MCI Norfolk, Old Colony Correctional Center Medium, North Central Correctional Institution, MCI Shirley Medium, MCI Concord, MCI Cedar Junction.*

**Public Speaking:** This program will offer public speaking training to those who wish to develop their self-confidence and leadership potential by delivering short speeches on a range of topics and by offering constructive, friendly feedback to their colleagues. *This program is available at South Middlesex Correctional Center.*

**Rational Recovery Program:** Volunteer facilitated substance abuse program based on the premise that 12 Step programming fosters dependency. *This program is available at MCI Concord and Old Colony Correctional Center Medium.*

**Rational Thinking:** Volunteer facilitated self awareness program targeted towards building self esteem. This program includes exercises for increasing self control and lectures to promote the understanding of rational versus irrational behaviors. *This program is available at North Central Correctional Center Medium and Minimum.*

**Read to Me Daddy Program:** A staff and volunteer facilitated program where the male offenders are assisted in selecting a book that is age appropriate and speaks to their child's interest level. The male offender is then filmed while he reads the book and when the video is finished both the book and video tape are mailed to the child. *This program is available at MCI Concord and Northeastern Correctional Center and North Central Correctional Center and Old Colony Correctional Center.*

**Read to Me Mommy Program:** Chaplain facilitated program where the female offenders are assisted in selecting a book that is age appropriate and speaks to their child's interest level. The female offender is then filmed while she reads the book and when the video is finished both the book and video tape are mailed to the child. *This program is available at MCI Framingham and South Middlesex Correctional Center.*

**Reclaiming Reality:** This program is a volunteer facilitated, non-residential substance abuse program. The program is eight weeks in length and follows a detailed lesson plan addressing addictive behavior. *This program is available at MCI-Cedar Junction.*

**Recreational Guitar Program:** This is a leisure program designed to creatively make use of leisure time. Music is used as a positive vehicle to reduce stress and promote a positive climate. *This program is available at Northeastern Correctional Center.*

**Reentry Assistance Program (RAP):** Staff/volunteer facilitated program to offer support services to offenders releasing within six months to the Concord/Metro Northwest Area. *This program is available at Northeastern Correctional Center.*

**Reentry Seminar Series:** This weekly forum explores critical issues that impact an inmates criminal behavior. The program teaches effective communication skills, conflict resolution skills and how to develop positive friendships. *This program is available at Souza Baranowski Correctional Center.*

**Re-motivation Program:** Implemented and run by the Rehabilitation Services Department, this motivational group is designed to engage patients who are presently not attending any treatment groups. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Responsibility Group:** This group is offered to committed patients who repeatedly deny responsibility or externalize behaviors related to their criminal offense. Patients must be able to tolerate direct feedback in a group setting. This group focuses on the patient's behavior and how that may have lead to his criminal behavior. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**Restorative Justice:** This is a reading program designed to introduce the participant to what it means to be accountable, responsible and to make amends. *This program is available at MCI Framingham.*

**Security Threat Group Derailment:** This program employs an interdiction strategy that focuses on impulsivity, consequential thinking, interpersonal communication and conflict resolution as alternatives to aggression. *This program is available at Souza-Baranowski Correctional Center.*

**Self-Esteem Group:** Staff facilitated four-week program designed to examine self-esteem and its development. *This program is available at MCI Framingham.*

**Self Help/Twelve Step Programs:** Volunteer facilitated substance abuse support groups based on abstinence. Self Help/Twelve-step programming includes Alcoholics Anonymous, Narcotics Anonymous and Al Anon. Programming is available in both Spanish and English. *This program is available at most facilities.*

**Seventy x Seven:** Chaplain facilitated program that focuses on forgiveness, examining loss, coping and creating hope. *This program is available at Bridgewater State Hospital and Massachusetts Alcohol and Substance Abuse Center.*

**Smart Recovery:** This program is a self-empowerment program which is directed towards engendering rational thinking, internal locus of control and circumspect, deliberate behavior both in the realms of addiction and criminal activity as well as in everyday interaction. It is also directed towards helping the inmate avoid the victim role. *This program is available at MCI Concord.*

**Speaking Without Fear:** A staff facilitated program which is designed to enhance an inmate's ability to communicate more effectively. This is a six week program and is a pre-requisite to the Toastmasters' Program. *This program is available at Old Colony Correctional Center Medium.*

**Spiritual Formation in Segregation:** This program aims to replace criminal beliefs with spiritual values. The goal is provide the inmate with self discipline and a greater understanding of how spirituality and self reflection can strengthen can exert a positive influence on the inmate's thinking and choices. *This program is available at MCI Cedar Junction.*

**Step-Up Venture University Program:** The goal of this program is to provide inmates with the tools and basic concepts to develop their own business, post- release. Topics include goal setting, marketing, sales, negotiations, and customer service. *This program is available at Boston Pre-Release Center.*

**Substance Abuse Video Program:** Volunteer facilitated program consisting of inmates viewing substance abuse treatment videos followed up by a discussion period on substance abuse issues. *This program is available at MCI Shirley – Minimum Unit.*

**Teacher Assistance Program:** Through the coordination of the Catholic Chaplain at MCI Framingham and South Middlesex Correctional Center, the volunteers will reach out to 8-12 primary school teachers about classroom needs, bulletin boards, posters, classroom decorations and other projects similar in nature. This program will benefit various communities by providing school districts and teachers with a resource to help with the classroom aids. *This program is available at MCI Framingham and South Middlesex Correctional Center.*

**The Bridge Program:** Previously known as SEALS. A vendor supervised program that provides patients with an opportunity to learn basic fundamental work skills and at the same time contribute to the Department's goals for community reparation. *This program is geared toward the special needs patient population at Bridgewater State Hospital.*

**The Fatherhood Project:** This volunteer facilitated program takes an educational and clinical approach to improve specific skills needed to develop positive, engaging relationships between incarcerated fathers and their children. *This program is available at MCI-Concord, MCI Shirley and Pondville Correctional Center.*

**The Lazarus Project:** This reentry initiative brings ex-offenders back to the facility to share with inmates how they were able to successfully re-enter the community. *This program is available at MCI Framingham and South Middlesex Correctional Center.*

**The Path to Freedom:** This program is a mindful-based, cognitive-behavioral approach to self transformation and personal development. *This program is available at MCI Concord, MCI Norfolk, Northeastern C.C., and MCI Shirley Medium.*

**Therapeutic Art Studio:** Volunteer facilitated program that involves multi-step art projects. This program is designed to build self-esteem, improve coping skills, decision making skills, patience and suppression of detrimental impulsivity. *This program is available at South Middlesex Correctional Center.*

**There Is A Way :** This ten week program will address areas of risk prevention for women who experienced sex trafficking and sexual violence previous the incarceration. *This program is available to South Middlesex Correctional center.*

**Thirty (33) Days to Glory:** The program is a volunteer facilitated, do-it-yourself retreat by means of Marian consecration through which participants will be invited to give themselves to Mary to be formed into the image of her son, Jesus. *The program is available at MCI Shirley Medium.*

**Toastmasters:** Public speaking program that enables inmates to develop more effective communication skills. Through a series of presentations, inmates learn to express thoughts in a clear and non-threatening manner. Toastmasters are an internationally recognized organization. *This program is available at Boston Pre Release, MCI Cedar Junction, MCI Concord, MCI Framingham, MCI Norfolk, MCI Plymouth, MCI Shirley Medium and Minimum, Old Colony Correctional Center Medium, Pondville Correctional Center, Souza Baranowski Correctional Center and Bridgewater State Hospital.*

**Trauma Informed Mind Body Program:** This research based, volunteer facilitated program provides women with the tools to address the patterns and symptoms that lead to recidivism. *This program is available at MCI Framingham.*

**Transforming Anger with Non Violent Communication:** This 12 week program addresses violence in our culture and fosters community safety by teaching communication and life skills. *This program is available at Northeastern Correctional Center.*

**Transitioning Forward Discussion Group:** This is a 8 week discussion group where participants will be discussing relevant and current topics, participants reflect on their own lives and can brought into consciousness and potentially moved to a heightened level of functioning and reasoning. Through active discussion this program will assist the participants in exercising their mind and reconnecting with the outside world and events. *This program is available at MCI Pondville Correctional Center*

**Transitional Housing Program:** On-site trailer located at the MCI Framingham used for visits between female inmates and their children. The inmates are required to successfully complete the Parenting Education Program before being eligible for this program. In addition, there are various resources and support services that assist the offender and their children while participating in the Visiting Trailer Program. *This program is available at MCI Framingham.*

**Trauma Informed Mind Body Program:** A structured curriculum that leaves students with tools to address their habituated patterns and symptoms that lead to recidivism, relapse and the entrapment in the cycle of trauma. *This program is available at MCI Framingham.*

**Turning the Pages:** Volunteer facilitated program. This program relies on fostering and encouraging the participants' responses to literature. The primary reading will utilize the National Public Radio series, "This I Believe". By reading and discussing the essays and other literature other have written to disclose and analyze their deepest beliefs and core ideas, we are able to explore each individual's identity and encourage the internal excavation of their beliefs and decision making structures. *The program is available at MCI Concord and South Middlesex Correctional Center.*

**Tutoring for Men:** Volunteer facilitated program. *This program is available at MCI Concord.*

**Venturing Out-Entrepreneurship- 101:** This course is designed to introduce inmates to the fundamentals of small business. This course also devotes time for interpersonal skill building, networking, marketing oneself and interviewing skills. *This program is available at Northeastern Correctional Center and South Middlesex Correctional Center.*

**Veterans Support Group:** This is a peer support group to build a community of men who share the experience of being veterans. *This is available at MCI Concord.*

**Victim Impact Education:** This program is designed to enhance the inmate's capacity to understand his impact on others. The goal is to expand a person's awareness of the ways they hurt themselves and others through crime and violent behavior. *This program is available at MCI Concord.*

**Voices Against Violence:** The mission of the program is to end sexual and domestic violence. Staff members work to empower victims and survivors to help themselves and their children. The group meets one time per week for 4-6 weeks. *This program is available at MCI Framingham.*

**Women Helping Women:** The goal of this program is to comfort inmates who are in the process of dying, or women assigned to the HSU with a chronic medical condition that requires long term care. This program is coordinated in conjunction with volunteers from Metro West Hospice of Framingham. *This program is available at MCI Framingham.*

**Women's HIV and AIDS Network:** Through DPH and Great Brook Valley Health Center, Inc., inmates are provided HIV/AIDS education, support groups and individual counseling. Aftercare case management services are also provided for HIV+ inmates to set up substance abuse treatment, medical care, and social and support services in the community. An advanced education component is provided for those inmates who serve as peer educators. A component of this program includes crocheting afghans for donation to hospitals with neonatal intensive care units and programs for HIV+ infants. *This program is available at MCI Framingham.*

**Writing For Results:** Students learn the basic steps to writing clean, compelling prose, to assist them with job related and personal growth. *This program is available at MCI Framingham.*

**Writing for the Soul:** Staff Facilitated program designed to improve writing skills and encourage interest in reading while strengthening self confidence and employability. *This program is available at Bridgewater State Hospital, Boston Pre Release Center and the Massachusetts Alcohol and Substance Abuse Center.*

**Writing from the Heart:** This program is an educational program that has had positive effects on both inmate behavior and recidivism. *This program is available at MCI Shirley.*

**Victim Impact Education:** This volunteer facilitated program raises awareness in the areas of self reflection and self analysis. This program teaches how violence and crime affect others and what it means to take responsibility for your own actions. *This program is available at MCI Concord.*

**Victim Offender Education group:** (VOEG) This restorative justice program provides opportunities for the inmates to internalize accountability, responsibility and learn empathy towards their victims and the community. *This program is available at MCI Concord and also has an eight week graduate component.*

**VOSH/NECO:** Eyeglasses recycling program. Staff coordinated program in which inmates repair donated eyeglasses to be repackaged and sent to developing countries where members of VOSH/NECO will examine patients and distribute the eyeglasses. Volunteer Optometry Services to Humanity /New England Council Optometrists (VOSH/NECO) is a non-profit organization dedicated to the preservation of human sight, mainly in developing countries where there is no welfare. *This program is available at MCI Norfolk.*

**Yoga Hope:** This program provides a structured curriculum that leaves students with tools to address their patterns that lead to recidivism and relapse in the cycle of trauma. *This program is available at MCI Framingham.*

**Zen Buddhism:** This weekly program is modeled on the traditional forms as taught in the Kwan Um School of Zen. Included is sitting, walking and chanting meditation. *This program is available at MCI Concord.*

## SECURE FACILITIES

### MCI CEDAR JUNCTION

#### **Departmental Services and Programs:**

Intro to Treatment  
Intro to Twelve Steps  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Substance Abuse Education  
Volunteer Services

#### **Correctional Industries:**

Cedar Junction is home to the License Plate Shop where offenders produce the license plate requirements set forth by the Registry of Motor Vehicles.

#### **Academic Education Programs:**

Adult Secondary Education (formerly GED)  
Law Clerk Training Program  
Library Services

#### **Vocational Education Program:**

Commercial Drivers License (CDL)

#### **Institutional Programs:**

Alcoholics Anonymous  
Alternatives to Violence  
Anger Management  
Beacon Program - Behavior, Emotions and Changing Oneself  
Christian Twelve Step Group  
Cognitive Skills  
Employability Skill Building  
Greenhouse/Garden Program  
Interview Preparation and Skills Training  
Introduction to Motivational Enhancement  
Jericho Circle Project  
Literacy for Adults  
Narcotics Anonymous  
Novel in a Month  
Project Youth  
Reclaiming Reality  
Spiritual Formation in Segregation  
Toastmaster

## MCI CONCORD

### **Departmental Services and Programs:**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Violence Reduction  
Volunteer Services

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Literacy  
Pre-ASE (formerly Pre-GED)  
Special Education  
Title I  
Tutor Training Program

### **Vocational Education Programs:**

Barber School  
Building Trades  
CISCO/ IT Essentials

### **Institutional Programs:**

African Heritage Coalition  
Alcoholics Anonymous  
Alternatives to Violence (Basic/Advanced)  
Basic Computer Skills  
Basic Literacy  
Basic English and Reading for English Language  
Beacon Program - Behavior, Emotions and Changing Oneself  
Beacon Study Group  
Book Discussion Groups  
Book Giveaway for Children  
Chess Club  
Cognitive Skills Workshops  
Creative Writing  
Entrepreneurship Group  
Father's Parenting Program  
Fellowship Discussion Group  
Fine Art Workshop  
Gardening/Landscaping  
Health Awareness (HIV/AIDS Awareness)  
Jericho Circle  
Life Skills

**MCI-Concord – continued**

Math Skills for HS Grads and GED Holders  
Mindfulness Meditation  
Money Management  
Money Smart  
Music Appreciation and Guitar Theory  
National Education for Assistant Dog Services-Puppy Program (NEADS)  
Non Violent Communication  
Partners in Parenting  
Path of Freedom  
Poetry Group  
Practical Writing Skills for the World of Work  
Read To Me Daddy  
Self/Help Big Book Program and Twelve Step Programs  
Smart Recovery  
The Fatherhood Project  
The Path to Freedom  
Toastmasters, Inc. Gavel Club  
Turning the Pages  
Tutoring for Men  
Victim Impact Education  
VOEG-Victim Offender Education Group  
Zen Buddhism

## MCI FRAMINGHAM

### **Departmental Services and Programs:**

Criminal Thinking  
Family Preservation Programming and Services  
First Step Program  
Gender Roles in the Media  
Healthy Relationships for Women  
Opiate Treatment Program  
Parenting Education Program  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Self Esteem Group  
Sex Offender Treatment Program (Assessment and Treatment Prep, Assessment and Treatment Intro, Non Residential Treatment, Residential Treatment & Maintenance Programming)  
Steps to Recovery  
Victims of Violence Program  
Violence Reduction  
Volunteer Services  
Women's Recovery Academy  
Women's Recovery Academy Graduate Support Program  
Women's Recovery Academy Reintegration Services

### **Correctional Industries:**

This operation currently manufactures United States, Commonwealth of Massachusetts, POW/MIA, and Custom Flags, Laundry Bags and Belt Pouches. The offenders learn valuable skills that are related to the various employment opportunities in the sewing industry within the state. Our Embroidery Shop can embroider caps, jackets, tee shirts and many other items.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Boston University Program  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Special Education  
Title I  
Tutor Training Program

### **Vocational Education Program:**

CISCO/ IT Essentials  
Cosmetology Program  
Culinary Arts

### **Institutional Programs:**

A Book from Mom Program  
Activity Center

**MCI-Framingham-continued**

Aid to Incarcerated Mothers  
Alcoholics Anonymous  
American Vet Dogs  
A Place for Mom-Empowering Parents  
Boston Bar Association Lecture Program  
Bridging the Gap  
Catch the Hope  
Child Custody Workshop  
City Mission Society  
Cognitive Skills  
DCF Visit Coordination  
Emotional Awareness / Houses of Healing  
Fully Alive Program  
Greenhouse/Garden Program  
Health Awareness (HIV/AIDS Education)  
Leadership and Transformational Thinking  
Life Skills  
Longtermers' Group  
Misuse and Use of Food  
Narcotics Anonymous  
Narrative Art  
National Education for Assistant Dog Services-Puppy Program  
New Horizons  
Parenting/Family Services  
Parents Anonymous/Parenting Support  
Peer Educator Program (HIV/AIDS Peer Education)  
Peer Support Program  
Read to Me Mommy  
Residential Treatment Unit  
Restorative Justice  
Self/Help Twelve Step Programs  
Self-Esteem Group  
Sexual Abuse Survivors Group  
Teacher Assistance Program  
The Lazarus Project  
Trauma Informed Mind Body Program  
Voices Against Violence  
Women Helping Women  
Women's HIV and AIDS Network  
Writing for Results  
Yoga Hope

## MCI NORFOLK

### **Departmental Services and Programs:**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Sex Offender Treatment Program (Assessment and Treatment Introduction and SOTP Maintenance)  
Violence Reduction  
Volunteer Services

### **Correctional Industries:**

Our largest operation, Norfolk has offenders working in a wide range of manufacturing settings. This operation houses a Clothing Shop where fabric is cut from rolls and sewn to create garments used in a number of areas throughout the Commonwealth; our Mattress Shop produces a variety of mattresses for use in a number of environments; the Janitorial shop has a complete line of cleaning products available; the Metal operation is able to supply custom fabricated metal cell furniture to provided specifications; the Upholstery Shop produces a number of quality upholstered office chairs, and can re-upholster sofas, chairs, and other furniture; a Binder Shop which produces 3 ring vinyl binders in a number of sizes. Lastly, a Furniture Assembly Shop assembles various furniture items from a number of outstanding furniture manufacturers.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Boston University Program  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Life Skills  
Literacy  
Pre-ASE (formerly Pre-GED)  
Special Education  
Title I  
Tutor Training Program

### **Vocational Education Programs:**

Barber School  
CDL (Commercial Drivers License)  
Culinary Arts  
OSHA  
Welding

### **Institutional Programs:**

Alcoholics Anonymous  
Alternatives to Violence  
American Veterans in Prison  
Chess Club  
Countdown to Freedom  
Cultural Groups

**MCI Norfolk –continued**

Emotional Awareness / Houses of Healing program  
Health Awareness (HIV/AIDS Education)  
Jericho Circle  
Lifer's Group  
Massachusetts Community Outreach Program  
Money Smart  
Music Theory Program  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Parenting/Family Services  
Peer Educator (HIV/AIDS Education)  
Poetry Group  
Project Youth Program  
Read to me Daddy  
Second Thoughts  
Self/Help Twelve Step Programs  
The Path of Freedom  
Toastmasters  
Victim Offender Education Group-VOEG  
VOSH/NEC

## MCI SHIRLEY

### **Departmental Services and Programs:**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Violence Reduction  
Volunteer Services

### **Correctional Industries:**

This site houses a sewing operation that manufactures sheets, towels, and socks. The offenders learn valuable skills that are related to the various employment opportunities in the sewing industry within the state.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
College Prep Math  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Special Education  
Title I  
Tutor Training Program

### **Vocational Education Programs:**

Barber School  
Culinary Arts

### **Institutional Programs:**

Alcoholics Anonymous  
ALPHA  
Alternatives to Violence  
American Veterans in Prison (AVIP)  
BEACON  
Book Discussion  
Cognitive Skills Series  
Companion Program/Environmental Cleaning  
Health Awareness (HIV/AIDS Education)  
Massachusetts Community Outreach Initiative  
Menswork  
Money Management  
Music Theory  
Peer Educator (HIV/AIDS Education)  
Pawn Pushers-Chess Club  
Project Youth  
Runners Club  
Self Help/Twelve Step Programs  
The Four Agreements

**MCI Shirley –continued**

The Most Excellent Way

The Path of Freedom

Toastmasters (also offered in Spanish)

33 Days to Glory

## NORTH CENTRAL CORRECTIONAL INSTITUTION

### **Departmental Services and Programs:**

Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Sex Offender Treatment Program (Assessment and Treatment Introduction, Reintegration and Maintenance)  
Volunteer Services

### **Correctional Industries:**

The Optical shop is a full scale eyewear laboratory providing services to many providers throughout Massachusetts. The offenders currently working at this site grind, polish, and assemble eyeglasses for a number of customers. The industrial instructor's at NCCI-Gardner are facilitating the process of testing offenders working in the Optical Shop to gain a certification from the American Board of Optometry, a nationally recognized organization. The test is designed to reveal the competency in the optical field and their overall knowledge. The individual taking this exam will be provided a certification from the American Board of Opticianry (ABO). This in turn, will allow the offender to show qualifications and a work history to potential employers.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
General Library Video Program  
Library Law Clerk Training  
Library Services  
Pre-ASE (formerly Pre-GED)  
Read to Your Child Program

### **Vocational Education Programs:**

Barber School  
Building Trades  
Culinary Arts  
Small Engine Repair  
Welding

### **Institutional Programs:**

Alternatives to Violence  
AVP Writing Program  
Alcoholics Anonymous  
Greenhouse and/or Garden Program  
Music Theory Program  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Path of Freedom  
Project Youth (Project Wake up)  
Rational Thinking  
Read to me Daddy  
The Good Dog Program

## OLD COLONY CORRECTIONAL CENTER

### **Departmental Services and Programs:**

Motivational Enhancement  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Sex Offender Treatment Program (Assessment and Treatment Prep, SHU Unit Only)  
Substance Abuse Education  
Volunteer Services

### **Correctional Industries:**

Printing is the trade being taught at our full scale, state-of-the-art, Printing Plant. Offenders working in the print shop are able to use the latest technology to produce a quality product and therefore also gain valuable skills which are easily transferable to private industry. Products offered vary from letterhead to continuous forms, to City and Town Reports. There is also a Validation Shop that produces Registry of Motor Vehicle stickers and decals.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Special Education  
Tutor Training Program

### **Vocational Education Programs:**

Culinary Arts  
ServSafe

### **Institutional Programs:**

African Heritage Coalition  
Alcoholics Anonymous (also offered in Spanish)  
Alternatives to Violence Program  
American Veterans in Prison  
American Vet Dogs  
Big Book  
Chess Club  
Health Awareness (HIV/AIDS Education)  
Lifer's Group  
Music Theory Program  
Narcotics Anonymous (also offered in Spanish)  
Project Youth  
Rational Recovery Program  
Self/Help Twelve Step Programs  
Spanish United Project  
Speaking Without Fear  
Toastmasters

## SOUZA BARANOWSKI CORRECTIONAL CENTER

### **Departmental Services and Programs:**

Bridging Treatment (Co-Occurring Disorders)  
Core Skills  
Criminal Thinking  
Motivational Enhancement  
Moving Forward – Stages of Change  
Reentry and Employment Readiness Workshop  
Religious Services  
Substance Abuse Education  
Violence Reduction  
Volunteer Services

### **Correctional Industries:**

The Furniture Shop at Souza Baranowski Correctional Center has offenders working in a complete wood manufacturing plant. These workers are trained on state of the art woodworking equipment and produce an extensive product line of furniture. Lumber is transformed into quality furniture exposing the workers to a trade that is in high demand in the Commonwealth.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Family Library Program  
GED  
Library Law Clerk Training  
Library Services  
Pre ASE (formerly Pre-GED)  
Special Education  
Title I

### **Vocational Education Programs:**

Barber School  
Culinary Arts

### **Institutional Programs:**

Alternatives to Violence  
Art Program  
Beacon Program - Behavior, Emotions and Changing Oneself  
Book Discussion Group  
Cognitive Skills  
Emotional Awareness and Healing  
Health Awareness (HIV/AIDS Education)  
Path of Freedom  
Read to Me Daddy  
Reentry Seminar Series  
Security Threat Group Derailment  
Self/Help Twelve Step Programs  
Toastmasters

COMMUNITY CORRECTIONS

BOSTON PRE-RELEASE CENTER

**Departmental Services and Programs:**

Reentry and Employment Readiness Workshop  
Recreation Services  
Religious Services  
Volunteer Services

**Academic Education Programs:**

Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Life Skills  
Pre-ASE (formerly Pre-GED)

**Institutional Programs:**

Alcoholics Anonymous (also available in Spanish)  
Basic Computer Literacy  
Beacon Program - Behavior, Emotions and Changing Oneself  
Boston University Book Club  
Child Support Enforcement Seminars  
Cognitive Skills Workshop  
Doing The Right thing  
Emerald Gardening Program  
Father Heart Parenting Program  
Fully Alive  
Movies with a Message  
Narcotics Anonymous  
Span-Reentry  
Step-Up Venture University Program  
Toastmasters  
Writing For the Soul

**Community Programs: (Level two inmates only)**

Community Resources for Justice Brooke House Program  
Educational Release  
Job Development  
Office of Community Corrections  
Step Down Community Assistance under Community Program

## MCI PLYMOUTH

### **Departmental Services and Programs:**

Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Thinking for a Change  
Violence Reduction  
Volunteer Services

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
English for Speakers of Other Languages  
Law Clerk Training Program  
Library Services  
Pre-ASE (formerly Pre-GED)

### **Vocational Education Programs:**

Automotive Repair  
OSHA  
Small Engine Repair

### **Institutional Programs:**

Alcoholics Anonymous  
Cognitive Skills  
Family Reunification  
Father's Group  
Money Smart  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Personal Finance  
Self Help/12 Steps Program  
Toastmasters Inc

## MCI SHIRLEY, MINIMUM

### **Departmental Services and Programs:**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Violence Reduction  
Volunteer Services

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
English for Speakers of Other Languages  
Law Clerk Training  
Library Services  
Pre-ASE (formerly Pre-GED)

### **Vocation Education Programs:**

CISCO  
Horticulture  
IT Essentials  
OHSA  
ServSafe  
Wheels for the World Wheelchair Repair

### **Institutional Programs:**

Alcoholics Anonymous  
Alternatives to Violence  
Beacon Program - Behavior, Emotions and Changing Oneself  
Cognitive Skills  
Greenhouse/Garden Program  
Health Awareness (HIV/AIDS Education)  
Military Veterans Support Group  
Money Management  
Narcotics Anonymous  
Toastmasters  
Writing from the Heart

**NORTH CENTRAL CORRECTIONAL INSTITUTION, MINIMUM UNIT**

**Departmental Services and Programs:**

Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Volunteer Services

**Academic Education Program:**

Library Services

**Vocation Education Program:**

ServSafe

**Institutional Programs:**

Alcoholics Anonymous  
Alternatives to Violence  
Beacon Program - Behavior, Emotions and Changing Oneself  
Cognitive Skills  
Greenhouse/Garden Program  
Don't Throw us Away-Dog Partnership  
Leadership and Transformational Thinking  
Narcotics Anonymous  
Rational Thinking  
Self/Help Twelve Step Program

## NORTHEASTERN CORRECTIONAL CENTER

### **Departmental Services and Programs:**

Health Awareness (HIV/AIDS Education)  
Peer Education (HIV/AIDS Peer Education)  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Volunteer Services

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
English as Second Language  
Library Services  
Life Skills  
Pre ASE (formerly Pre-GED)  
Tutor Training Program

### **Vocational Education Programs:**

Auto Body Repair  
Culinary Arts

### **Institutional Programs:**

A Journey into the Joy of Christ  
Alternatives to Violence  
American Red Cross First Aid and CPR Courses  
Art Program  
Beacon Program - Behavior, Emotions and Changing Oneself  
Chess  
Christian Action Fellowship  
Concord Public Library Program  
Cognitive Skills  
Doing The Right Thing  
Entrepreneurship 101  
Family Day Program  
Fatherheart  
Father's Parenting Group  
Garden/Greenhouse Program  
GiftEd  
Homeward Bound  
Job Search  
Kid's Korner  
Massachusetts Community Outreach Initiative  
Movies with a Message  
Music Theory Program  
National Education for Assistant Dog Services-Puppy Program  
Nutrition and Health Program  
Poetry, Reading and Writing Workshop  
Preparing for Employment through I-Ching  
Read to Me Daddy  
Recreational Guitar Program

**Northeastern C.C. –continued**

Self/Help Twelve Step Programs

The Path of Freedom

Transforming Anger with non Violent Communication

**OLD COLONY CORRECTIONAL CENTER, MINIMUM**

**Departmental Services and Programs:**

Job Search Workshop  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Thinking for a Change  
Violence Reduction  
Volunteer Services

**Academic Education Programs:**

Adult Basic Education  
Adult Secondary Education (formerly GED)  
English for Speakers of Other Languages  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Tutor Training Program

**Vocation Education Program:**

OSHA

**Institutional Programs:**

Beacon Program - Behavior, Emotions and Changing Oneself  
Garden Program  
Read To Me Father  
Self/Help Twelve Step Programs

## PONDVILLE CORRECTIONAL CENTER

### **Departmental Services and Programs:**

Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Volunteer Services

### **Correctional Industries:**

MassCor's Central Office utilizes offenders from this facility to perform varied tasks such as clerical.

### **Academic Education Programs:**

Adult Basic Education  
Adult Secondary Education (formerly GED)  
English for Speakers of Other Languages  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)

### **Vocational Education Programs:**

CDL (commercial driver's license)  
OSHA  
ServSafe

### **Institutional Programs:**

Alcoholic Anonymous – A Way of Life (AWOL)  
American Vet Dogs  
Beacon Program - Behavior, Emotions and Changing Oneself  
Basic Computer Literacy  
Career Coaching Workshop  
Children's Story Hour  
Cognitive Skills Programs  
Countdown to Freedom Program  
Critical Thinking, Reading, and Writing  
Ethics for Modern Society  
GED Tutoring Program  
Intermediate Computer Application  
Jericho Circle Program  
Leadership & Transformational Thinking  
Men's Discussion Book  
Milford Kitchen Culinary Arts  
Money Smart Program  
Narcotic Anonymous  
Novel in a Month  
Passion to Profit  
Self/Help Twelve Step Programs  
The Fatherhood Project  
Toastmasters  
Transitioning Forward Discussion Group

## SOUTH MIDDLESEX CORRECTIONAL CENTER

### **Departmental Services and Programs:**

Criminal Thinking  
Family Preservation Programming and Services  
Gender Roles in the Media  
Healthy Relationships for Women  
Parenting Education Program  
Recreation Services  
Reentry and Employment Readiness Workshop  
Reintegration Services  
Religious Services  
Self Esteem Group  
Steps to Recovery  
There is a Way  
Turning the Pages  
Victims of Violence  
Violence Reduction  
Volunteer Services  
Reintegration Services

### **Academic Education Programs:**

Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Library Services  
Pre-ASE (formerly Pre-GED)

### **Vocational Education Programs:**

CISCO/ IT Essentials  
Horticulture

### **Institutional Programs:**

Able Minds  
Anger Management-SAMHSA  
Beacon Program - Behavior, Emotions and Changing Oneself  
Body/Mind Fitness  
Book Club  
Building Foundations  
Cognitive Skills Workshops  
Countdown to Freedom  
Dance Leela  
DCF Visit Coordination  
Emotional Awareness and Houses of Healing  
Family Reunification House Program  
Fully Alive Program  
Greenhouse/Garden  
Leadership & Transformational Thinking  
Money Smart  
Novel in a Month  
Parenting/Family Services  
Partners in Parenting  
Path to Freedom  
Public Speaking

**South Middlesex C.C. –continued**

Read to Me Mommy Program

Self/Help Twelve Step Programs

Therapeutic Art Studio

Venturing Out-Entrepreneurship 101

## SPECIALIZED FACILITIES

### BRIDGEWATER STATE HOSPITAL

#### **Departmental Services and Programs:**

Health Awareness (HIV/AIDS Education)  
Recreation Services  
Reentry and Employment Readiness Workshop (Cadre Unit only)  
Religious Services  
Violence Reduction (Cadre Unit only)  
Volunteer Services

#### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Audio Book Program  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Life Skills  
Pre-ASE (formerly Pre –GED)  
Special Education  
Tutor Training Program

#### **Vocation Education Program:**

OSHA

#### **Institutional Programs:**

Advanced Communication Skills  
Alcoholics Anonymous  
Anger Management  
Art Therapy  
Best You Can Be  
Biggest Loser  
BSH Newsletter  
Buddhist Meditation Retreat  
Chess Club  
Companion Program  
Competency Restoration  
Cognitive Skills  
Countdown to Freedom for Men  
Daily Living Skills Program  
Day Treatment Program  
Developmental Service Program  
Dialectical Behavior Therapy - Skills Group Program  
Family Issues Group  
Fatherhood in Action  
Finding the Spirit  
Gospel Worship Service  
Greenhouse/Garden  
How Things Work  
Inmate Worker Companions  
Introduction to Horticulture

**Bridgewater State Hospital-continued**

Improv Improves  
Library Educational Movie Series  
Life's a Stage  
Men's Health Series  
Mindful Stretching and Breath work  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Occupational Therapy Life Skills Groups I and II  
Older Men's Group  
Pastoral Visitors  
Preparing for Release: Reentry Discussion  
Re-motivation Program  
Responsibility Group  
Self/Help Twelve Step Programs  
The Bridge Program  
Toastmasters  
70 X 7 Program  
Walking Club  
Writing for the Soul  
Younger Men's Group

## MASSACHUSETTS TREATMENT CENTER

### **Departmental Services and Programs:**

Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Sex Offender Treatment Program (Assessment and Treatment Prep, Non Residential Treatment, Residential Treatment & SOTP Maintenance Program)  
Volunteer Services

### **Correctional Industries:**

This locations' offender's work in a setting consisting of a Sign Shop that is capable of manufacturing standard street signs that can be used on just about every street corner in the state. MassCor's Silk Screen Shop manufactures high quality custom decals and silk-screened clothing.

### **Academic Education Programs:**

Able Minds  
Adult Basic Education  
Adult Secondary Education (formerly GED)  
Computer Skills  
English for Speakers of Other Languages  
Library Law Clerk Training  
Library Services  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Special Education  
Tutor Training Program

### **Vocational Education Program:**

Building Trades Program

### **Institutional Programs:**

Alcoholics Anonymous  
American Veteran in Prison  
Art Program  
Garden Program  
Music Theory Program  
Narcotics Anonymous  
Relapse Prevention  
Self/Help Twelve Step Programs

## MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER

### **Overview**

The Massachusetts Alcohol and Substance Abuse Center is a truly unique Department of Correction facility. The facility not only houses individuals who are civilly committed under MGL 123, Section 35, but also minimum security inmates as well.

For those men who are civilly committed, MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER provides a detoxification and substance abuse program which consists of three phases:

1. Medically supervised detoxification
2. Mandatory counseling and programming
3. Individual discharge planning

Commitments participate in a comprehensive, multi-phase progression of classes in relapse prevention. In addition, case management services, twelve step programming, and assistance in after care planning are offered to provide each commitment with an individual discharge plan for community based treatment and support.

For those men who are sentenced, MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER offers a variety of work, education, religious, and substance abuse programming.

### **Departmental Services:**

Anger Management- MHM Staff  
Health Awareness (HIV/AIDS Education)  
Recreation Opportunities  
Reentry and Employment Readiness Workshop  
Religious Services  
Responsible Fatherhood Program-MHM Staff  
Thinking for a Change  
Violence Reduction  
Volunteer Programming  
Work Opportunities

### **Academic Education Programs:**

Adult Basic Education  
Adult Secondary Education (formerly GED)  
English for Speakers of Other Languages  
Life Skills  
Pre-ASE (formerly Pre-GED)  
Tutor Training Program

### **Vocation Education Programs:**

OSHA  
Serve Safe

### **Institutional Programs:**

Able Minds  
Alcoholics Anonymous  
American Vetdogs  
Basic Computer Literacy  
Choices  
Countdown to Freedom  
Family and Friends Education and Resource Program  
Gardening and Landscaping  
Men's Health Awareness Series

**MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER –continued**

Narcotics Anonymous

NEADS puppy program

Peer Educator

Toastmasters

Writing for the Souls

Topics in Recovery

Tutor Training

Twelve Steps

70 X 7 Program

Writing for the Soul