Compendium Program: 12 Step Program
Gender Specific for: BOTH; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
12 step fellowship self-help group for men and women who provide mutual support in obtaining and maintaining sobriety while also helping others to recover from addiction. Meetings are held in a variety of formats, ie, step meetings, speaker meetings, etc.; and are held on a weekly basis. Addiction services or volunteer services staff coordinate the meetings and provide oversight for the program.
* Alcoholics Anonymous
* Narcotics Anonymous
* Sponsorship Behind the Walls
* Al-Anon
* Alcoholics Anonymous - Spanish
* Alcoholics Anonymous - English
*** Not all 12 step Programs are run at all facilities

Facilities:
YORK CI

Auspices:
Addiction Services

Treatment Types:
Substance Abuse (SA)

Domains:
Self Efficacy; Substance Abuse; Substance Abuse and Mental Health

Types:
Substance Abuse Services/Treatment

Program Status:
Active Program Category Level: 1

Compendium Program: Addiction Services Integrated Care for Women with Co-Occurring Program
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This Integrated Care for Women/Co-Occurring Program provides treatment for inmates who have a psychiatric disorder in combination with a substance abuse disorder. This program is eight weeks in duration and covers motivational enhancement therapy, cognitive behavioral therapy and is supported by specially designed 12 step meeting.

Facilities:
YORK CI

Auspices:
### Addiction Services

**Treatment Types:**  
Mental Health (MH); Substance Abuse (SA)

**Domains:**  
Mental Health; Substance Abuse

**Types:**  
Addiction

**Program Status:**  
Active Program Category Level: 1

<table>
<thead>
<tr>
<th>Compendium Program: Administrative Segregation - York CI - Phase 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender Specific for: FEMALE; RT Program Code: C3</td>
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<tr>
<td>Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False</td>
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</tbody>
</table>

**Description:**

**Facilities:**  
YORK CI

**Auspices:**  
Unknown

**Treatment Types:**  
Behavior Modification (BM)

**Domains:**  
Anger/Hostility; Antisocial Attitudes; Criminal Attitudes and Behavioral Patterns; Self Efficacy

**Types:**  
Unknown

**Program Status:**  
Active Program Category Level: 1

<table>
<thead>
<tr>
<th>Compendium Program: Administrative Segregation - York CI - Phase 2</th>
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</thead>
<tbody>
<tr>
<td>Gender Specific for: FEMALE; RT Program Code: C4</td>
</tr>
<tr>
<td>Open Close: True, Session Group: False, Session Numbers: 8, Evidence Based: False</td>
</tr>
</tbody>
</table>

**Description:**

**Facilities:**  
YORK CI

**Auspices:**  
Unknown

**Treatment Types:**  
Behavior Modification (BM)
Compendium Program: Administrative Segregation - York CI - Phase 3

Gender Specific for: FEMALE; RT Program Code: C5

Open Close: True, Session Group: False, Session Numbers: 16, Evidence Based: False

Description:

Advanced TREM (Trauma Recovery and Empowerment Model) is a gender specific, trauma-informed recovery group that meets for 16 weeks. It constitutes Phase Three of the CHANGE program which is a series of mental health, trauma informed and gender responsive programs. Therefore it is assumed that all participants have completed TARGET (Trauma Affect Regulation Guide for Education and Treatment), Phase One and TREM, Phase Two. The group is designed to expound on concepts learned in TREM by providing a safe group for female offenders to learn more about trauma and to continue to share their studies.

Facilities:
YORK CI

Auspices:
Mental Health; The Change Group

As of: 11/21/2019
Treatment Types:
Mental Health (MH); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Mental Health

Types:
Unknown

Program Status:
Active Program Category Level: 1

Compendium Program: Al-Anon
Gender Specific for: MALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This is a self-help support group for friends and family members of alcoholic or problem drinkers. Discussions primarily focus on problematic behaviors exhibited by the alcoholic, helping the attendees develop coping strategies. This on-going evening group is offered weekly.

Facilities:
YORK CI

Auspices:
Addiction Services; Volunteer Services

Treatment Types:
Substance Abuse (SA)

Domains:
Unknown

Types:
Addiction

Program Status:
Active Program Category Level: 3

Compendium Program: Alcoholics Anonymous, Conducted in English
Gender Specific for: BOTH; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program is conducted in English. Alcoholics Anonymous is a Fellowship self help group for women who provide mutual support in obtaining and maintaining alcohol free lifestyle while also helping others to recover from alcohol addiction. Meetings are held on weekly basis. Addiction Service staff coordinate the meetings and provide oversight for the program.

Facilities:
YORK CI

Auspices:
Addiction Services

Treatment Types:
Unknown

Domains:
Unknown

Types:
Female;Mental Health;Self Improvement

Program Status:
Active Program Category Level:3

Compendium Program: Art Therapy (YCI)

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 12, Evidence Based: False

Description:
This group is designed to allow offenders the opportunity to express themselves through art in a therapeutic and structured environment. It allows offenders with no developed skills the opportunity to creatively express themselves by using basic art forms (drawing, painting, coloring and tracing)

Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Mental Health (MH)

Domains:
Criminal Attitudes and Behavioral Patterns; Substance Abuse and Mental Health

Types:
Unknown

Program Status:
Active Program Category Level:3
Compendium Program: Artists In Residence-Community Partners in Action (CPA)

Gender Specific for: BOTH; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
Accomplished artists provide inmates with an introduction to the basic principles of fine art. Volunteer Artists-In-Residence within correctional institutions bring art behind bars and serve to broaden inmates' abilities to express themselves by developing talents or skills in drawing, painting, music and creative writing. Inmate artwork is collected annually by a Prison Art Program Curator from Hartford's Community Partners in Action (CPA) which operates this service solely through the support of grants from local foundations, corporations and the Connecticut Commission on the Arts. This art collection is arranged for exhibition in community spaces across the state. The CPA also publishes an annual journal of arts in correction serving to bring creative writing, poetry and visual art produced by inmates to the broader community.

Facilities:
YORK CI

Auspices:
Contracted Program; Volunteer Services

Treatment Types:
Life Skills (LS)

Domains:
Self Efficacy

Types:
Self Improvement

Program Status:
Active Program Category Level: 3

Compendium Program: Beyond Violence: A Prevention Program for Women

Gender Specific for: FEMALE; RT Program Code: BV

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
The curriculum uses a Social-Ecological Model to understand and contextualize violence. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing or perpetrating violence. This model is used by the Centers for Disease Control and Prevention and was used in the Prison Rape Elimination ACT research on women in prison.

Facilities:
YORK CI

Auspices:
All Facility Staff; Programs & Treatment Unit

Treatment Types:
Aggression Replacement Training (ART); Family Support (FS); Victim Impact (VI)
**Compendium Program: Books for Babies**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
Through Read to Grow Organization this program provides a literacy packet to families with babies born at one of five hospitals. The goal is to promote early literacy by ensuring that every newborn receives a book and by encouraging parents to share books with their baby from birth. The supplies are delivered and we assemble the supplies creating these packages.

**Facilities:**
YORK CI

**Auspices:**
- Charlene Perkins Center - Facility Staff
- Volunteer Services

**Treatment Types:**
- Family Support (FS)

**Domains:**
- Parenting

**Types:**
- Community Service

**Program Status:**
- Active Program Category Level: 1

---

**Compendium Program: CARE PROGRAM: Cope, Affirm, Renew, Empower**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 8, **Evidence Based:** False

**Description:**
The CARE Program is an intensive outpatient program designed for long term offenders. Programming will be gender responsive and will address quality of life, adjustment, resilience, hope, substance use, trauma, interpersonal discord, mental health issues and spirituality. Treatment modalities will include a mixture of group psychotherapy, recreational therapies, spiritual opportunities, and independent learning activities facilitated by a number of disciplines dedicated to the program.

**Facilities:**
YORK CI
Auspices:
Mental Health

Treatment Types:
Life Skills (LS); Mental Health (MH); Substance Abuse (SA)

Domains:
Family; Mental Health; Substance Abuse

Types:
Unknown

Program Status:
Active Program Category Level: 2

**Compendium Program: CHANGE Program**

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
The CHANGE program is a series of mental health, trauma informed and gender responsive programs comprised of three phases. Each phase is an individual program or comprised of optional programming (phase three.) Phase one is TARGET (Trauma Affect Regulation: Guide for Education and Treatment) which is a 10 week program. Phase Two is TREM (Trauma-Recovery Empowerment Model) which is a 16 week program. Lastly Phase Three has programming options such as Advanced TREM-16 weeks, A Woman's Way Through the 12-Steps, Tai-Chi (movement therapy), Stress Management (east side only) and Mindfulness/Meditation.

Facilities:
YORK CI

Auspices:
Mental Health

Treatment Types:
Education (Ed); Mental Health (MH)

Domains:
Antisocial Friends; Mental Health; Substance Abuse

Types:
Unknown

Program Status:
Active Program Category Level: 1
Compendium Program: Chronic Discipline Program - York CI
Gender Specific for:FEMALE; RT Program Code: D1
Open Close:True, Session Group:False, Session Numbers: 9, Evidence Based:False
Description:

Facilities:
YORK CI

Auspices:
Unknown

Treatment Types:
Behavior Modification (BM)

Domains:
Anger/Hostility;Antisocial Attitudes;Antisocial Friends;Self Efficacy

Types:
Unknown

Program Status:
Active Program Category Level:1

Compendium Program: CLICC Literacy Program
Gender Specific for:BOTH; RT Program Code: CL
Open Close:True, Session Group:True, Session Numbers: 24, Evidence Based:False
Description:

Facility-Based Services
Utilizing trained mentors and contracted grant partners, The Center will offer a twenty-four (24) session program that fosters discussions among parents regarding reconnecting with their children and nurtures parent/child communication through the use of literature. Throughout the course of the facility based component of the program, both child and parent will be assigned specific books (one per month), and will complete literacy exercises through letters to/from child and parent. These exercises will be facilitated by The Center staff, partners and mentors.

Facilities:
YORK CI

Auspices:
Parenting Unit- Facility Staff;Programs & Treatment Unit

Treatment Types:
Education (Ed);Family Support (FS)

Domains:
Family;Family and Social Support;Parenting

Types:
Re-Entry

As of :11/21/2019
Program Status:
Active Program Category Level: 3

Compendium Program: Community Meeting
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program is open to those offenders housed on the mental health unit. The program serves to set the tone for the days therapeutic activities and to organize the offender's tasks, which might include anything from housekeeping duties to peer support.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH)

Domains:
Mental Health

Types:
Female; Mental Health

Program Status:
Active Program Category Level: 3

Compendium Program: Community Outreach Program
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program provides assistance with Public Service projects for the state, local governments and non-profit organizations. Projects include general cleaning, painting, stripping and waxing floors, office work and outside grounds work. Includes programs:
* Habitat For Humanity
* Warm the Baby/Warm the Elderly

Facilities:
YORK CI

Auspices:
All Facility Staff

Treatment Types:
Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Employment/Financial
**Types:**
Community Service; Community Work Group; Re-Entry; Self Improvement

**Program Status:**
Active Program Category Level: 0

**Compendium Program: Connecticut College Tutoring Program**

**Gender Specific for:** FEMALE; RT Program Code: 0

**Open Close:** True, Session Group: False, Session Numbers: 16, Evidence Based: False

**Description:**
The York Tutoring Program supplements education in correctional institutions by preparing volunteers, primarily college students, to provide free, quality tutoring and related programming to support the academic achievement of incarcerated people.

**Facilities:**
YORK CI

**Auspices:**
Volunteer Services

**Treatment Types:**
Education (Ed)

**Domains:**
Education, Employment, and Financial Situation

**Types:**
Education

**Program Status:**
Active Program Category Level: 2

**Compendium Program: Coping Skills- York CI**

**Gender Specific for:** FEMALE; RT Program Code: 0

**Open Close:** True, Session Group: False, Session Numbers: 1, Evidence Based: False

**Description:**
This five-session group meets weekly. This group covers issues common to the York CI population; including adjustment, detoxification, difficulty sleeping, anxiety, depression and stress. Stress as a topic is highlighted insofar as it may relate to all of the common themes.

**Facilities:**
YORK CI

**Auspices:**
Health Services

**Treatment Types:**
Mental Health (MH); Substance Abuse (SA)

**Domains:**
Mental Health; Substance Abuse

Types:
Female; Self Improvement

Program Status:
Active Program Category Level: 3

Compendium Program: COPING: Sleep
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This group focuses on introducing participants to sleep hygiene practice and related skills for coping with insomnia, especially given the challenges entailed re:sleeping within a correctional environment.

Facilities:
YORK CI

Auspices:
Mental Health

Treatment Types:
Life Skills (LS); Mental Health (MH)

Domains:
Abuse/Trauma; Mental Health

Types:
Mental Health

Program Status:
Active Program Category Level: 3

Compendium Program: CPC Charlene Perkins Center York CI
Gender Specific for: FEMALE; RT Program Code: 39
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
The Charlene Perkins Center is a re-entry programming unit designed to prepare individuals for a successful re-integration into the community. This 98 bed housing unit offers a variety of programs, meetings, presentations and services all based around making connections and concrete plans prior to release. Includes programs:
* Houses of Healing

Facilities:
YORK CI

Auspices:
All Facility Staff; Charlene Perkins Center - Facility Staff

Treatment Types:
Defy Ventures is an employment, entrepreneurship, and personal development training program that supports the incarcerated and formerly incarcerated to become successful, legal entrepreneurs and employees. We “transform the hustle” and maximize the potential of Entrepreneurs-in-Training (EITs) impacted by the criminal justice system by building redemptive communities that pursue entrepreneurship and personal growth.
Compendium Program: ECAD - Puppy Program

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program involves the use of female offenders to assist in training canines to be of service to individuals with disabilities. The female offenders are responsible for training and caring for the dogs twenty-four hours a day. The training sessions take place multiple times a day, and during these sessions the dogs are learning basic skills that they will use once they graduate and start their service.

Facilities:
YORK CI

Auspices:
Contracted Program; Volunteer Services

Treatment Types:
Education (Ed); Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Education; Peer Associations

Types:
Unknown

Program Status:
Active Program Category Level: 3

Compendium Program: Evening Group

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program open to those offenders housed in the Mental Health Unit, includes topics dealing with personal development, community issues, and specific mental health and/or medical issues. It is conducted by unit nursing staff.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH)

Domains:
Mental Health

Types:
Female; Medical; Mental Health
Program Status:
Active Program Category Level:3

Compendium Program: Exercise Class
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program run by the Recreation Department is designed to provide inmates with exercise instruction to improve overall health-fitness. Stretching, walking, jogging and calisthenics provide the basic format of these health skills. Classes are conducted in a low impact aerobic package.

Facilities:
YORK CI

Auspices:
Recreation Services

Treatment Types:
Life Skills (LS)

Domains:
Education

Types:
Recreation

Program Status:
Active Program Category Level:0

Compendium Program: Financial Literacy
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 12, Evidence Based: False

Description:
Participants in this program learn basic budgeting skills, discuss checking and savings accounts and learn how to set financial goals, track daily spending habits, prepare a personal spending plan, identify ways to decrease spending and use tools that will help you manage your expenses. There is a section on credit where participants discover what having credit means, what a credit report and FICO score is, what affects a credit report, how to check it, and what you should do and not do to improve your credit. The women also learn how to identify your financial situation, identify ways to increase income and prioritize expenses, develop a financial recovery plan, and recognize how to guard against credit repair scams.

Facilities:
YORK CI

Auspices:
Programming Unit - Facility Staff
Treatment Types:
Education (Ed); Life Skills (LS)

Domains:
Education, Employment, and Financial Situation

Types:
Unknown

Program Status:
Active Program Category Level: 2

**Compendium Program: Good Works**

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
A non-profit mentoring program -New Beginnings- in which mentors help mentees transition from prison to successful re-entry in the community.

Facilities:
YORK CI

Auspices:
Charlene Perkins Center - Facility Staff; Volunteer Services

Treatment Types:
Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Anger/Hostility; Antisocial Attitudes; Antisocial Friends; Education; Employment/Financial; Family; Housing Safety; Parenting; Relationships; Self Efficacy; Substance Abuse

Types:
Re-Entry

Program Status:
Active Program Category Level: 3
**Compendium Program: Greenhouse Program**

**Gender Specific for:** BOTH; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
This program reduces offender idleness and exposes them to socially acceptable leisure time and activities by teaching through hands on experience, plant identification, irrigation, propagation, fertilization, garden layout, greenhouse organization, weeding and general garden maintenance. Along with hands on experience, this program may develop patience, a respect for nature, and a sense of pride in one’s accomplishments. On the practical side of things, this program will be used to grow vegetables that will be utilized by the food service department for the purpose of subsidizing the menu and realizing monetary savings. The program will also grow flowers to beautify the exterior of the institution and donate the seedlings to local non-profit organizations.

**Facilities:**
YORK CI

**Auspices:**
Recreation Services

**Treatment Types:**
Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

**Domains:**
Education; Employment/Financial; Peer Associations; Self Efficacy

**Types:**
Self Improvement

**Program Status:**
Active Program Category Level: 2

---

**Compendium Program: Grief & Loss Recovery**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
This group focuses on providing a supportive setting to guide participants through the process of understanding and working through the grieving process.

**Facilities:**
YORK CI

**Auspices:**
Health Services

**Treatment Types:**
Mental Health (MH)

**Domains:**
Mental Health
Grief Recovery Group is for inmates dealing with losses past and present that may include death, family separation, faith, or growing up in an abusive home. The course addresses the effect of incarceration and substance abuse on the grief process. The goal is to support each person to find their own inner resources, to feel complete in their grief process, and move forward in their lives with a renewed sense of meaning and purpose.

Picking up the Pieces; a Workbook for Incarcerated Women.

Habitat for Humanity

As part of York CI's Community Outreach program, participants will help provide opportunities for home ownership to families in need by partnering with public, private, faith based organizations and community volunteers in the building of decent affordable homes.
Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Employment/Financial; Self Efficacy

Types:
Community Service

Program Status:
Active Program Category Level: 0

Compendium Program: Healthy Relationships

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This group examines relationship issues with particular attention to domestic violence. The trauma often inherent in unhealthy relationships is discussed. Coping skills are taught. Offenders are encouraged to examine past destructive relationships and are given guidance in making healthy relationship decisions in the future. This program is open to offenders in the Social Rehabilitation Program.

Facilities:
YORK CI

Auspices:
Health Services; The Social Rehabilitation Program

Treatment Types:
Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Abuse/Trauma; Relationships; Self Efficacy

Types:
Domestic Violence; Female; Self Improvement; Trauma Informed

Program Status:
Active Program Category Level: 3

Compendium Program: Houses of Healing

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
A 12-session program that helps inmates to identify, express and manage their feelings. It fosters self-understanding, emotional and spiritual growth along with encouraging responsibility and accountability towards one's self and others.

Facilities:
YORK CI

Auspices:
Charlene Perkins Center - Facility Staff: Volunteer Services

Treatment Types:
Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Self Efficacy

Types:
Re-Entry

Program Status:
Active Program Category Level:3

Compendium Program: Houses of Healing Self-Study
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 14, Evidence Based: True

Description:
The Houses of Healing made available in a self-study course for offenders in segregated/restrictive housing units. A 14-week evidence based program in emotional literacy, designed to teach emotional regulation techniques, foster emotional and spiritual growth, and encourage responsibility and accountability for one's self and toward others. Offenders create meaningful narratives of their lives through working toward healing experiences of trauma and grief and learning emotional regulation and practices. The self-study course offers additional support while in segregation/restrictive housing and prepares the offender for returning to general population and reintegration into the community.

Facilities:
YORK CI

Auspices:
Religious Services

Treatment Types:
Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Criminal Attitudes and Behavioral Patterns

Types:
Unknown

Program Status:
Active Program Category Level:3
**Compendium Program: How to be Happy**

**Gender Specific for:** MALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
This is an open group in the Social Rehabilitation Program designed to educate participants in changing their thought processes in a more positive direction. This psychoeducational group focuses on mental health and life circumstances and supplies the necessary positive skill-sets needed to help change negative thinking and learn how to handle situations and our behavior in ways that produce a more suitable and happy outcome.

**Facilities:**
YORK CI

**Auspices:**
Mental Health; The Social Rehabilitation Program

**Treatment Types:**
Cognitive Behavioral Therapy (CBT); Life Skills (LS); Mental Health (MH)

**Domains:**
Criminal Attitudes and Behavioral Patterns

**Types:**
Mental Health; Social Rehabilitation

**Program Status:**
Active Program Category Level: 3

---

**Compendium Program: Individual Spiritual Direction Counseling**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 15, **Evidence Based:** False

**Description:**
Individual Spiritual Direction counseling is presently offered to the women in the Reintegration program and the Marilyn Baker substance abuse program. This one-to-one relationship provides a safe, confidential place for inmates to talk with a trained, certified spiritual director. Each individual session is approximately forty-five minutes in duration. Through reflection and deep listening, the director (companion, guide) gently encourages the development of emotional and spiritual tools for successful living on the outside. The process of Spiritual Direction offers guidance, support and compassion which encourage inmates to move towards self-forgiveness and inner freedom.

**Facilities:**
YORK CI

**Auspices:**
Volunteer Services

**Treatment Types:**
Life Skills (LS)

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As of :11/21/2019
<table>
<thead>
<tr>
<th>Compendium Program: Job Center - Pre-Employment Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender Specific for:</strong> BOTH; <strong>RT Program Code:</strong> J1</td>
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<tr>
<td><strong>Open Close:</strong> True, <strong>Session Group:</strong> False, <strong>Session Numbers:</strong> 6, <strong>Evidence Based:</strong> False</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
</tr>
<tr>
<td>The Job Center is designed to help inmates get and maintain a job after release. It does this by providing job readiness training, resume writing, and employment referrals. Specific jobs are located by the Job Center's computer connection to the Department of Labor's Connecticut Job Bank and by using the Department of Correction Job Bank.</td>
</tr>
<tr>
<td><strong>Facilities:</strong></td>
</tr>
<tr>
<td>YORK CI</td>
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<tr>
<td><strong>Auspices:</strong></td>
</tr>
<tr>
<td>Employment Services; Programs &amp; Treatment Unit</td>
</tr>
<tr>
<td><strong>Treatment Types:</strong></td>
</tr>
<tr>
<td>Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Compendium Program: Judy Dorwin Performance Support Group</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender Specific for:</strong> FEMALE; <strong>RT Program Code:</strong> 0</td>
</tr>
<tr>
<td><strong>Open Close:</strong> True, <strong>Session Group:</strong> False, <strong>Session Numbers:</strong> 1, <strong>Evidence Based:</strong> False</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
</tr>
<tr>
<td>This group is voluntary and meets for the participants the month prior to and following the Judy Dorwin Performance Project. It was developed for the purpose of allowing additional processing time regarding the themes and life stories that are brought to the surface through Judy's Performance Project.</td>
</tr>
<tr>
<td><strong>Facilities:</strong></td>
</tr>
<tr>
<td>YORK CI</td>
</tr>
<tr>
<td><strong>Auspices:</strong></td>
</tr>
<tr>
<td>Mental Health; The Change Group</td>
</tr>
</tbody>
</table>
Treatment Types:
Mental Health (MH)

Domains:
Abuse/Trauma;Relationships;Self Efficacy

Types:
Mental Health

Program Status:
Active Program Category Level:3

Compendium Program: Labor Coaches

Gender Specific for:FEMALE; RT Program Code: 0

Open Close:True, Session Group:False, Session Numbers: 1, Evidence Based:False

Description:
This program is a collaborative effort between York CI volunteers and Health Services staff in conjunction with Lawrence & Memorial Hospital’s High Risk Infant Program. Community volunteers are trained as labor coaches to work specifically with inmate patients delivering babies at L&M Hospital.

Facilities:
YORK CI

Auspices:
Health Services;Volunteer Services

Treatment Types:
Family Support (FS);Life Skills (LS)

Domains:
Parenting

Types:
Family;Mental Health

Program Status:
Active Program Category Level:3

Compendium Program: Mental Health Peer Mentoring Program: Sisters Standing Strong

Gender Specific for:FEMALE; RT Program Code: 0

Open Close:True, Session Group:False, Session Numbers: 1, Evidence Based:False

Description:
This mentor program is comprised of offender mentors/helpers who demonstrate pro-social, adaptive coping skills, as well as, offenders who have recently entered YCI and are presenting with difficulty adjusting to the correctional environment. The program, with staff present supervising, provides an outlet for the female offenders to receive peer-support and insight into common adjustment issues. The following topics are addressed: basic sleep hygiene, drug withdrawal, court stressors, managing the YCI system and coping strategies.<br>

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Life Skills (LS)

Domains:
Abuse/Trauma;Anger/Hostility;Antisocial Friends;Mental Health;Self Efficacy;Substance Abuse

Types:
Mental Health;Self Improvement

Program Status:
Active Program Category Level:0

Compendium Program: MHU-Afternoon Group

Gender Specific for:FEMALE; RT Program Code: 0

Open Close:True, Session Group:False, Session Numbers: 1, Evidence Based:False

Description:
MHU-Afternoon Group is actually any of the following groups or activities depending on the needs based the needs/level of functioning of the population at the time:
Start Now-usually Mondays and/or Tuesdays
Library-Thursdays when the Librarian is available
Coping Skills-usually Tuesdays and or Thursdays if there is no Library. The group reviews basic skills to utilize in everyday life both while incarcerated and while in the community.
Social Group-usually on Fridays. The members of the group are encouraged to interact positively with each other and use each other and the leader for extra support. Members get to know each other by socializing and relaxing while playing cards, board games, drawing, and engaging in small group discussions.

Facilities:
YORK CI

Auspices:
Mental Health

Treatment Types:
Mental Health (MH)

Domains:
Mental Health

Types:
Mental Health

Program Status:
Active Program Category Level:3
Compendium Program: Microsoft Group
Gender Specific for:FEMALE; RT Program Code: 0
Open Close:True, Session Group:False, Session Numbers: 1, Evidence Based:False
Description:
The east side Job Center Counselor at York CI provides instruction on how to use Microsoft software to create resumes and cover letters in an effort to obtain employment upon release.
Facilities:
YORK CI
Auspices:
Programs & Treatment Unit
Treatment Types:
Education (Ed);Life Skills (LS);Reintegration Enhancement/Relapse Prevention (RERP)
Domains:
Education
Types:
Unknown
Program Status:
Active Program Category Level:3

Compendium Program: Miracle of Melody
Gender Specific for:FEMALE; RT Program Code: 0
Open Close:True, Session Group:True, Session Numbers: 5, Evidence Based:False
Description:
This program offers any eligible woman at YCI the chance to explore the connection between women’s voices and what makes women’s voices sing. The program meets weekly and explores vocal improvisation, circle singing, lyric writing, song writing, breathing, sounding and grounding.
Facilities:
YORK CI
Auspices:
Contracted Program;Volunteer Services
Treatment Types:
Education (Ed)
Domains:
Family and Social Support
Types:
Unknown
Program Status:
**Compendium Program: Mommy and Me**

**Gender Specific for:** FEMALE; **RT Program Code:** MA

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
The program consists of two hour visitation time with York CI mother and their children, held at least every other month on a Saturday to enable children to spend quality time with their mothers in the visiting center. Games, toys, books and a craft project facilitated by volunteers will be planned for each session. Pictures of the family unit will be taken by a staff member and distributed to mothers and their families.

**Facilities:**
YORK CI

**Auspices:**
Parenting Unit - Facility Staff

**Treatment Types:**
Family Support (FS); Life Skills (LS)

**Domains:**
Parenting

**Types:**
Family

**Program Status:**
Active Program Category Level: 3

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**Compendium Program: New Life Ministries**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
A mentoring program for offenders discharging to the New London area, conducted by a faith community. Mentors establish a relationship with offenders six months prior to release. They provide housing, clothing, transportation and a network of support to help the individual build a successful life in society.

**Facilities:**
YORK CI

**Auspices:**
Charlene Perkins Center - Facility Staff; Volunteer Services

**Treatment Types:**
Family Support (FS); Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

**Domains:**
Anger/Hostility; Antisocial Attitudes; Antisocial Friends; Employment/Financial; Housing Safety; Parenting; Relationships; Self Efficacy

---

As of: 11/21/2019
Types: Re-Entry

Program Status: Active Program Category Level: 3

**Compendium Program: Overeater's Anonymous**

Gender Specific for: MALE; RT Program Code: N/A

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

**Description:**
This program is conducted in English. Overeater's Anonymous is a Fellowship self-help group for women who provide mutual support in obtaining and maintaining a healthy lifestyle while also helping others to recover from overeating addiction. Volunteers chair the meetings on a weekly basis. Addiction Service staff coordinate the meetings and provide oversight for the program.

**Facilities:**
YORK CI

**Auspices:**
Addiction Services

**Treatment Types:**
Unknown

**Domains:**
Unknown

**Types:**
Addiction; Mental Health; Self Improvement

Program Status: Active Program Category Level: 3

**Compendium Program: Parenting-How to Be a Responsible Mother**

Gender Specific for: FEMALE; RT Program Code: 38

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

**Description:**
This program is designed to help inmates with children become responsible parents. Inmates have classes in parenting skills and in some cases read children's books into audio cassettes to send home to their children. Components of the parenting skills classes include parenting from a distance, discipline techniques, and communicating with children.

**Facilities:**
YORK CI

**Auspices:**
Parenting Unit- Facility Staff

**Treatment Types:**
Education (Ed); Family Support (FS)
Domains: Education, Employment, and Financial Situation; Family and Social Support

Types: Education; Employment; Family; Financial

Program Status: Active Program Category Level: 2

Compendium Program: Post-Partum Education
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
The post partum group is available to all female offenders that have given birth while incarcerated. The group is facilitated by the Lawrence and Memorial Hospital High Risk Infant Social Worker. The participants are educated on what types of physical and hormonal changes to expect after delivery and how to best take care of themselves during this transition.

Facilities:
YORK CI

Auspices:
Contracted Program

Treatment Types:
Education (Ed)

Domains: Education; Parenting; Self Efficacy

Types: Unknown

Program Status: Active Program Category Level: 3

Compendium Program: Pre-natal Education
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
Pre-natal group offers weekly childbirth education classes to all pregnant York CI inmates. The group facilitator is a pre-natal educator from Lawrence Memorial Hospital. The program topics include: nutrition, exercise, growth and development of baby, maternal changes with pregnancy, drug and alcohol use in pregnancy, signs & stages of labor, comfort techniques and pain medications, informed choice, postpartum care, newborn bonding, breast vs. bottle feeding, birth control and family planning, hospital protocols and labor coach volunteers.

Facilities:
YORK CI

Auspices:
Health Services; Volunteer Services

Treatment Types:
Family Support (FS)

Domains:
Family; Parenting

Types:
Health Education

Program Status:
Active Program Category Level: 3

Compendium Program: Quinnipiac University Courses
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
Quinnipiac University provides qualified offenders with opportunities to participate in for-credit undergraduate courses while incarcerated at York CI. In order to qualify for the program, the participating offender must have a high school diploma or GED equivalency.

Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Education (Ed)

Domains:
Education; Self Efficacy

Types:
Unknown

Program Status:
Active Program Category Level: 3

Compendium Program: Recreation
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program is open to those offenders housed on the mental health unit. The offenders are accompanied by mental health staff to the gymnasium, where they engage in physical activities designed to build self-esteem and group cohesion.

Facilities:
YORK CI

Auspices:
<table>
<thead>
<tr>
<th>Health Services; Recreation Services</th>
</tr>
</thead>
</table>

**Treatment Types:**
*Education (Ed); Life Skills (LS)*

**Domains:**
*Self Efficacy*

**Types:**
*Female; Mental Health; Recreation; Self Improvement*

**Program Status:**
*Active Program Category Level: 3*

<table>
<thead>
<tr>
<th><strong>Compendium Program:</strong> Reintegration Unit at York CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender Specific for:</strong> FEMALE; <strong>RT Program Code:</strong> RY</td>
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<tr>
<td><strong>Open Close:</strong> True, <strong>Session Group:</strong> False, <strong>Session Numbers:</strong> 1, <strong>Evidence Based:</strong> False</td>
</tr>
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</table>

**Description:**
Residential program to assist female offenders with reintegration

**Facilities:**
*York CI*

**Auspices:**
*All Facility Staff*

**Treatment Types:**
*Unknown*

**Domains:**
*Unknown*

**Types:**
*Unknown*

**Program Status:**
*Active Program Category Level: 0*

<table>
<thead>
<tr>
<th><strong>Compendium Program:</strong> Rikers Debate Team</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender Specific for:</strong> FEMALE; <strong>RT Program Code:</strong> 0</td>
</tr>
<tr>
<td><strong>Open Close:</strong> True, <strong>Session Group:</strong> False, <strong>Session Numbers:</strong> 1, <strong>Evidence Based:</strong> False</td>
</tr>
</tbody>
</table>

**Description:**
The Rikers Debate Project (RDP) teaches competitive debate skills - including communication, conflict resolution, and public citizenship - to students held in Rikers Island jail and York Correctional Facility. RDP’s modular curriculum helps our students advocate for their political interests, resolve conflicts peacefully and productively, and empathize with a variety of perspectives. Debate classes pair lessons about argumentation and logical reasoning with discussions of contemporary civic and political issues. Lesson goals are delineated for novice, intermediate, and advanced students, and we work hard to keep the RDP volunteer-student ratio small.
Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Education (Ed); Life Skills (LS)

Domains:
Neighborhood Problems; Peer Associations

Types:
Unknown

Program Status:
Active Program Category Level: 3

Compendium Program: Safe Passage: Your Future Group

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This group targets the growing population of women who have been incarcerated for more than 5 years and will be discharging within the next 2 years. Group members will address their fears regarding release to the community; specifically becoming prepared for changes with family, life skills, social groups and modern technology. The participants are given the opportunity to utilize the group to process information from the schools re-entry group and job fair to foster their learning process.

Facilities:
YORK CI

Auspices:
Mental Health

Treatment Types:
Mental Health (MH)

Domains:
Substance Abuse and Mental Health

Types:
Re-Entry

Program Status:
Active Program Category Level: 0
**Compendium Program: Seeking Safety**

**Gender Specific for:** FEMALE; **RT Program Code:** 0  
**Open Close:** True, **Session Group:** False, **Session Numbers:** 25, **Evidence Based:** True

**Description:**
Seeking Safety is an evidence based, present-focused, coping skills therapy to help people attain safety from trauma and/or substance abuse. It is an extremely safe treatment model as it addresses trauma and addiction, but without requiring participants to develop into the trauma narrative.

**Facilities:**  
YORK CI

**Auspices:**  
Mental Health

**Treatment Types:**  
Cognitive Behavioral Therapy (CBT); Mental Health (MH); Substance Abuse (SA)

**Domains:**  
Substance Abuse and Mental Health

**Types:**  
Mental Health Services/Treatment

**Program Status:**  
Active Program Category Level: 3

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**Compendium Program: Self-Esteem**

**Gender Specific for:** FEMALE; **RT Program Code:** 0  
**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
This group employs psycho-education, cognitive behavioral intervention, and expressive modalities to help participants address self-esteem deficits, and develop improved self-esteem. It is part of the Safe Passage Program.<br>

**Facilities:**  
YORK CI

**Auspices:**  
Health Services

**Treatment Types:**  
Reintegration Enhancement/Relapse Prevention (RERP)

**Domains:**  
Mental Health; Self Efficacy

**Types:**  
Female; Mental Health; Self Improvement

**Program Status:**
Compendium Program: Sex Treatment Program - York CI

Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
The Sex Treatment Program is a specialized program open only to offenders with sex-offender charges. The program is provided by mental health staff with specialized training in the treatment of sex offenders. It deals with both specific behavioral issues typical of the offense and the likely underlying individual issues. This is both a supportive group and a highly structured psycho-educational group. It is an integral part of the state wide Sex Treatment Program.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Behavior Modification (BM); Mental Health (MH); Victim Impact (VI)

Domains:
Abuse/Trauma; Anger/Hostility; Antisocial Attitudes; Criminal Attitudes and Behavioral Patterns; Relationships; Self Efficacy; Substance Abuse and Mental Health

Types:
Self Improvement; Sex Offender

Program Status:
Active Program Category Level: 1

Compendium Program: Shift Program

Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 8, Evidence Based: False

Description:
A component of the WORTH (18-25) Program. 8 Week Volunteer Led Workshop (Jenn Kuehn) Each Class = 1 hour. Activities include: Warm up, Work out, Stretch & Meditation, Journaling the Weekly Focus, Goal Setting, Vision Boarding, motivation (a weekly focus topic) ie. Finding your why, Later is never, Potential, Creating your own opportunities, etc.

Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Education (Ed)

Domains:
## Family and Social Support

**Types:**
Unknown

**Program Status:**
Active Program Category Level:3

**Compendium Program:** Sisters Standing Strong

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
The York CI Mentor Program is comprised of inmate mentors who demonstrate pro-social, adaptive coping skills as well as inmates who have recently entered YCI and are presenting with difficulty adjusting to the correctional environment. The program also provides an outlet for the female offenders to receive peer support and insight into common adjustment issues. Topics addressed include: basic sleep hygiene, drug withdrawal, court stressors, managing the YCI system and coping strategies.

**Facilities:**
YORK CI

**Auspices:**
Health Services

**Treatment Types:**
Life Skills (LS); Mental Health (MH)

**Domains:**
Housing Safety; Mental Health; Relationships

**Types:**
Mental Health

**Program Status:**
Active Program Category Level:3
### Compendium Program: Social Rehabilitation Program

**Gender Specific for:** FEMALE; RT Program Code: D2

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
The Social Rehabilitation Program (SRP) is a residential program housed in 2-North. There is a weekly schedule of groups and each participant is expected to attend five of these. In addition, the women are encouraged to be active in other forms of programming, including religious services. Recovery is emphasized, whether that is recovery from addiction, mental illness or trauma. In particular treatment is emphasized, as the vast majority of the participants are trauma survivors. Includes programs:

- *How To Be Happy*
- *Women’s Empowerment/Supportive Therapy*
- *Healthy Relationships*
- *Skills Training*
- *Tier Meeting*
- *Start Now Programming*

**Facilities:**
YORK CI

**Auspices:**
Mental Health; The Social Rehabilitation Program

**Treatment Types:**
Aggression Replacement Training (ART); Cognitive Behavioral Therapy (CBT); Family Support (FS); Life Skills (LS); Medical (Med); Mental Health (MH); Reintegration Enhancement/Relapse Prevention (RERP); Substance Abuse (SA); Victim Impact (VI)

**Domains:**
Abuse/Trauma; Mental Health; Substance Abuse

**Types:**
Mental Health

**Program Status:**
Active Program Category Level: 2

### Compendium Program: Spiritual Direction

**Gender Specific for:** FEMALE; RT Program Code: 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**
This program involves mentoring the female offenders in an effort to ease the transition from prison to the community. The mentor is a volunteer who comes into the facility to meet with individual offenders once a week for one hour sessions.

**Facilities:**
YORK CI

**Auspices:**
Contracted Program; Volunteer Services
Treatment Types:
Education (Ed); Life Skills (LS); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Criminal Attitudes and Behavioral Patterns

Types:
Unknown

Program Status:
Active Program Category Level: 3

**Compendium Program: SRG Affiliation - York CI**

**Gender Specific for:** FEMALE; **RT Program Code:** C9

**Open Close:** True, **Session Group:** False, **Session Numbers:** 32, **Evidence Based:** False

**Description:**

The Storybook Project is a program available for inmates with children 10 years of age or younger. Volunteers assist the women in selecting a new, age-appropriate book to read and record on an audio cassette. The books and audio cassettes are sent to the children. An inmate may participate one time only and DCF approval is required, as necessary.

**Facilities:**
YORK CI

**Auspices:**
Unknown

**Treatment Types:**
Behavior Modification (BM)

**Domains:**
Anger/Hostility; Antisocial Attitudes; Antisocial Friends; Criminal Attitudes and Behavioral Patterns; Neighborhood Problems; Self Efficacy; Substance Abuse and Mental Health

**Types:**
Unknown

**Program Status:**
Active Program Category Level: 1

**Compendium Program: Storybook Project**

**Gender Specific for:** FEMALE; **RT Program Code:** 0

**Open Close:** True, **Session Group:** False, **Session Numbers:** 1, **Evidence Based:** False

**Description:**

The Storybook Project is a program available for inmates with children 10 years of age or younger. Volunteers assist the women in selecting a new, age-appropriate book to read and record on an audio cassette. The books and audio cassettes are sent to the children. An inmate may participate one time only and DCF approval is required, as necessary.

**Facilities:**
YORK CI

**Auspices:**
All Facility Staff; Volunteer Services
Treatment Types:
Family Support (FS)

Domains:
Parenting

Types:
Family

Program Status:
Active Program Category Level:3

Compendium Program: Stress Management-York
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 5, Evidence Based: False
Description:
A five session group providing instruction and practice of Benson's Relaxation response, progressive muscle relaxation, self-hypnosis for sleep induction and introduction to interpersonal conflict resolution.

Facilities:
YORK CI

Auspices:
Mental Health

Treatment Types:
Mental Health (MH)

Domains:
Abuse/Trauma; Anger/Hostility; Self Efficacy

Types:
Mental Health

Program Status:
Active Program Category Level:3

Compendium Program: Supportive Therapy
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This program is open to all who sign up. It is intended to serve as an outlet for inmates who often express concerns for the future as they approach discharge.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Abuse/Trauma; Anger/Hostility; Antisocial Attitudes; Antisocial Friends; Education; Employment/Financial; Family; Housing Safety; Mental Health; Parenting; Relationships; Self Efficacy; Substance Abuse

Types:
Re-Entry

Program Status:
Active Program Category Level: 3

Compendium Program: Survivors of Sexual Abuse/Trauma & Empowerment
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This group provides a safe environment where victims of sexual abuse can share their experience, beliefs about abuse and begin the healing process. The group helps participants gain insight into how abuse has influenced their lives and how to increase their self-esteem.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH)

Domains:
Abuse/Trauma; Self Efficacy

Types:
Self Improvement

Program Status:
Active Program Category Level: 3

Compendium Program: Talk it Out
Gender Specific for: MALE; RT Program Code: N/A
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This group which is part of the Safe Passage Program meets once a week with rolling admissions of 15 participants (limit 15). This group's purpose is to foster interpersonal peer support. Individuals come with an agenda and express their issues, concerns and ideas in the group and then receive support and feedback.

Facilities:
YORK CI

Auspices:
Health Services; Safe Passage

Treatment Types:
Unknown

Domains:
Antisocial Attitudes; Mental Health; Self Efficacy

Types:
Dual Diagnosis; Health Education; Mental Health; Self Improvement; Social Rehabilitation

Program Status:
Active Program Category Level: 3

Compendium Program: The Bridge-Supportive Therapy

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This psychotherapy group includes a fixed membership group (closed admission) inviting participants to focus on how they can develop a "bridge" from where they are currently in their lives to where they would like to be in the near and distant future. The focus is on addressing internal and external barriers to positive change, employing constructive problem solving and developing a positive support system for change.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH)

Domains:
Self Efficacy

Types:
Mental Health; Self Improvement; Social Rehabilitation

Program Status:
Active Program Category Level: 3

Compendium Program: Tier Meeting

Gender Specific for: FEMALE; RT Program Code: 0

Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
Tier meetings meet weekly to discuss matters touching life on the individual tier (24 beds/12 cells). Offenders are encouraged to deal in an appropriate manner with local concerns that may well be causing friction within the group. These meetings occur in various housing units at York CI as part of therapeutic community mental health programs.
Facilities: 
YORK CI  

Auspices:  
Health Services; The Social Rehabilitation Program  

Treatment Types:  
Life Skills (LS); Mental Health (MH); Reintegration Enhancement/Relapse Prevention (RERP)  

Domains:  
Mental Health; Self Efficacy  

Types:  
Female; Mental Health; Social Rehabilitation  

Program Status:  
Active Program Category Level: 3  

Compendium Program: Time of Prayer  
Gender Specific for: FEMALE; RT Program Code: 0  
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False  
Description:  
This is a prayer group that is held once per month.  

Facilities:  
YORK CI  

Auspices:  
Religious Services; Volunteer Services  

Treatment Types:  
Unknown  

Domains:  
Unknown  

Types:  
Religious  

Program Status:  
Active Program Category Level: 3  

Compendium Program: Trauma Informed Mindfulness-Based Stress Reduction  
Gender Specific for: FEMALE; RT Program Code: 0  
Open Close: True, Session Group: False, Session Numbers: 8, Evidence Based: False  
Description:  
The volunteer led course in Trauma Informed Mindfulness-Based Stress Reduction will take place over eight weeks. Classes will be approximately two to two and one-half hours long. Each class consists of lead meditations, gentle movement exercises, didactic lecture, and group discussion. Between classes, students deepen their participation by practicing 30-45 minutes a day, as well as doing additional reading from course handouts.  

As of: 11/21/2019
Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Life Skills (LS); Mental Health (MH)

Domains:
Abuse/Trauma; Mental Health

Types:
Unknown

Program Status:
Active Program Category Level: 3

Compendium Program: TREM: Trauma Recovery and Empowerment Model (Female)
Gender Specific for: FEMALE; RT Program Code: FT
Open Close: True, Session Group: False, Session Numbers: 16, Evidence Based: False

Description:
TREM (Trauma Recovery and Empowerment Model) is a gender specific, trauma-informed recovery group that meets in 16 sessions. It constitutes Phase Two of the Change Program. Therefore, it is assumed that all participants have completed TARGET (Trauma Affect Regulation Guide for Education and Treatment,) Phase One. The group is designed as a safe place where women in the group can learn more about trauma and its effect on the person and, importantly, begin sharing their stories.

Facilities:
YORK CI

Auspices:
Mental Health; The Change Group

Treatment Types:
Aggression Replacement Training (ART); Life Skills (LS); Mental Health (MH)

Domains:
Abuse/Trauma

Types:
Mental Health

Program Status:
Active Program Category Level: 1
Compended Program: Trinity College Courses

Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
Trinity College is providing a credit-bearing college seminar entitled "Identity in a Global World" to York CI inmates. The seminar will be provided in a multi-disciplinary format at the rate of one seminar per year. Seminar will include up to fifteen inmates. To be eligible participants must have a high school diploma or GED equivalency.

Facilities:
YORK CI

Auspices:
Volunteer Services

Treatment Types:
Education (Ed)

Domains:
Education; Self Efficacy

Types:
Unknown

Program Status:
Active Program Category Level: 3

Compended Program: USD#1 Voc. Ed: Hospitality Operations Technology

Gender Specific for: FEMALE; RT Program Code: 79
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This program prepares students to work in the field of hospitality. Skill based training for 12 of the major positions of employment within the hospitality industry is available. During this 6 month course, students learn about guest service professionalism, safety and effective communication. The lodging and hospitality industry is a diverse, rapidly growing field. Many opportunities are available for entry level staff who are dedicated to a career in this field.

Facilities:
YORK CI

Auspices:
USD#1

Treatment Types:
Education (Ed)

Domains:
Education; Education, Employment, and Financial Situation; Employment/Financial

Types:
Career Technical Education; Re-Entry
Program Status:
Active Program Category Level: 1

Compendium Program: Voices of Joy Choir
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False

Description:
This is a group that meets to practice gospel music and participates in Protestant Worship services and community functions.

Facilities:
YORK CI

Auspices:
Religious Services

Treatment Types:
Unknown

Domains:
Unknown

Types:
Religious

Program Status:
Active Program Category Level: 3

Compendium Program: W.O.R.T.H. Unit
Gender Specific for: FEMALE; RT Program Code: WW
Open Close: True, Session Group: False, Session Numbers: 4, Evidence Based: False

Description:
WORTH UNIT: The women of W.O.R.T.H. Unit’s objectives are centered on restoration, rehabilitation and reintegration readiness. This restorative community, which resembles and functions more like the outside world than an institution, engages in gender responsive and youth specific strategies that are implemented through collaborations between residents, their families, staff, and the community. The WORTH unit focuses on the fostering of pro-social behaviors and the empowerment of women through the development of critical thinking and decision making skills that enhance women’s opportunities to build character and positive community connections. Four Phases: Orientation Phase (14 Days) Restorative Living Phase, Restorative Leadership Phase, Transition Phase

Facilities:
YORK CI

Auspices:
Addiction Services; Health Services; Mental Health; Programming Unit - Facility Staff; Religious Services; Volunteer Services

As of: 11/21/2019
Participants of this rehabilitative workshop class, writing mostly about their lives, read their first drafts and receive useful feedback about what is working successfully and what they might add, cut, clarify, or reposition to make the writing more effective. Students learn that the best writing emerges from revision and that the process of reworking their prose is an opportunity to reclaim their pasts and stand in the truths that are revealed. Time plus consistent effort has resulted in tremendous growth for many of the women in our program, both in terms of their writing and critiquing skills and their ability to reflect deeply about their lives and invest in their rehabilitation.
Compendium Program: Warm Up to the Day (community Meeting)
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This group fosters open communication on the unit between staff and inmates as it provides a safe supportive environment to vocalize one's issues with the unit, tier, roommates, etc. Walk/Stretch follows, providing valuable exercise in the morning, teaching new stretch/exercises, promoting leadership as offenders lead the stretching/exercise, and educates them on correct form and alternatives to do in their rooms during lock time.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH)

Domains:
Self Efficacy

Types:
Mental Health

Program Status:
Active Program Category Level: 3

Compendium Program: Women's Empowerment/Supportive Therapy
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This group is designed to meet the needs of inmate's with acute mental health disorders. This group is mainly psychoeducational as well as providing support to this population. This group focuses on; hygiene, psychotropic medicine management, mental health diagnosis, communication skills, anger management, and healthy relationships. Members are encouraged to provide feedback and support each other in a safe, encouraging atmosphere.

Facilities:
YORK CI

Auspices:
Mental Health; The Social Rehabilitation Program

Treatment Types:
Life Skills (LS); Mental Health (MH)

Domains:
Mental Health; Substance Abuse

Types:
Alphabetic Listing of Programs for YORK CI, All Auspices, All Types

Mental Health

Program Status:
Active Program Category Level: 3

Compendium Program: Worth Unit Program Mentor
Gender Specific for: FEMALE; RT Program Code: WM
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
The State of Connecticut Department of Correction’s program for young adults incarcerated in CT ages 18 through 25; located at the York Correctional Institution.

Facilities:
YORK CI

Auspices:
All Facility Staff

Treatment Types:
Unknown

Domains:
Unknown

Types:
Unknown

Program Status:
Active Program Category Level: 0

Compendium Program: WOW - Wellness of Women
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
WOW is a monthly program for women, who choose to join, designed to help motivate them to lose weight, educate them about nutrition, and the value of exercise. In addition, a special twice weekly exercise class is available to members of this group only. During each class weights and waists are measured. The participants are responsible for tracking their results on a form designed for this purpose.

Facilities:
YORK CI

Auspices:
Health Services; Recreation Services

Treatment Types:
Medical (Med); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Self Efficacy
Compendium Program: Yoga Class
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This class provides offenders with a broad understanding of the principles of yoga. Offenders learn low impact cardiovascular and meditation techniques. This class is designed to decrease stress and increase self-assessments.

Facilities:
YORK CI

Auspices:
Charlene Perkins Center - Facility Staff; Health Services; The Social Rehabilitation Program; Volunteer Services

Treatment Types:
Life Skills (LS); Mental Health (MH); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Abuse/Trauma; Self Efficacy

Types:
Mental Health; Recreation; Self Improvement

Program Status:
Active Program Category Level: 3

Compendium Program: Youthful Offenders Community Meeting
Gender Specific for: FEMALE; RT Program Code: 0
Open Close: True, Session Group: False, Session Numbers: 1, Evidence Based: False
Description:
This weekly group is held on the youthful offender unit. It deals with community issues and emphasizes collaborative problem solving. Socialization is a prominent feature of this group, which is designed to serve as a flexible tool for supporting harmony in the group and the growth of these young people.

Facilities:
YORK CI

Auspices:
Health Services

Treatment Types:
Mental Health (MH); Reintegration Enhancement/Relapse Prevention (RERP)

Domains:
Relationships; Self Efficacy

Types:
Female; Self Improvement; Youth; Youth - York CI

Program Status:
Active Program Category Level: 3