



**Sec. 18-96a. Consideration of psychiatrist diagnosis in assessment of and providing mental health services to inmate with a mental illness. Mental health issues training for custodial staff. Agency collaboration re assistance to inmate with a mental illness upon release. Report re mental health services.**

(d) On February first of each year, the Commissioner of Correction shall submit a report to the joint standing committees of the General Assembly having cognizance of matters relating to the judiciary, public health and appropriations and the budgets of state agencies, in accordance with the provisions of section 11-4a. Such report shall set forth (1) the number of inmates who have been determined to require mental health services during the previous calendar year, and (2) a description of program services provided by the Department of Correction and, if applicable, its contracted health services provider.

**Mental Health Services Calendar Year 2023**

**1) 8,249 inmates required mental health services in calendar year 2023.**

## Description of Program Services

PROG_NAME	PROG_OVERVIEW
Advanced TREM	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.
Armed Services Member Trauma Group	This program is offered to individuals that have experienced some trauma in their lives. The lesson plans address male role models, emotional and relationship patterns as well as various abuse and its relationship to psych symptoms as well as substance abuse. This program can be modified to work with identified trauma survivors who have also been in the military. The traumatic event could be pre/post military as well as taking place during their military time. This group is a psycho-educational skill building group with a goal of having individuals explore how their trauma exposure can be impacting current life events.
CBT - Chronic Pain Management	Cognitive Behavioral Therapy for Chronic Pain (CBT-CP) is a time limited psychotherapeutic group focused on examining the relationships between thoughts, emotions, and behaviors to chronic physical pain. Group members will learn new cognitive and behavioral skills to assist in pain reduction to increase quality of life.
CBTeens Group	10 week skill building sessions for healthy relationships and coping
CHANGE Program	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.
Coping skills	This group is designed to help offenders to effectively deal with daily living issues and stressors while incarcerated.
DBT Trauma Group	The Dialectical Behavior group therapy approach is evidence based for treating trauma for adults 12-21. Group practices includes practical exercises to treat trauma and PTSD. Using DBT skills which include mindfulness, distress tolerance, emotion regulation, dialectical thinking and interpersonal effectiveness skills. Activities help group members cope with stress, manage intense emotions, identify triggers and move pass unhealthy thoughts.
Dialectical Behavior Therapy (DBT Skills Group)	This highly structured treatment approach is designed to deal with individuals with a history of self-abuse, such as self-mutilation. It is a cognitive-behavioral modality with an additional element of relaxation/self-soothing.
Expressive Art Therapy	This program combines psychotherapy with the arts: including art therapy, music therapy, movement therapy, drama therapy and creative writing. It is designed to provide a positive way to manage stress and respond to critical issues of incarceration_ The goals of the program are to foster more positive behavior patterns, increase self awareness, and encourage participants to become more productive and kindle new and profound ways to move through the world_
Finding Your Best Self	Recovery from Addiction, trauma or both is a group based on the book by Lisa M Najavits, PhD. The group teaches patients to: build coping skills, keep themselves safe and find support, set goals, choose compassion over self blame and shame, and move toward their best selves.

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Getting Along and Keeping Cool	An evidence based manual-guided 10 session cognitive behavioral intervention designed for adolescents to learn anger management skills. This program was based on prior outcome research on Anger Management. This 10 week program includes skill building, cognitive techniques, relaxation training, and role play. The youth-specific version was developed in regards to principles of youth-specific programming for male youthful offenders. In addition an assessment tool is included to ensure fidelity to the treatment model. Baseline and follow-up information are collected for outcomes analysis, as well as, post-group participant interview satisfaction data.
Healthy Relationships	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.
How to be Happy	This is an open group 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.
Individual Therapy 15,30,45 or 60 minutes.	This is a Garner mental health unit specific program to identify contacts made with inmates by mental health staff for the times indicated.
Individual Treatment Plan	Individual Treatment Plan
Life Skills - Corrigan	Life Skills: Groups focus on a variety of topics, depending on patient/inmate concerns. Such topics include, but are not limited to, anger management, conflict resolution, self-esteem, problem-solving skills, interpersonal skills, and building life goals, as well as identifying obstacles/resources for life goals. This is a weekly group, which is provided on an ongoing- basis
Mental Health Relaxation Group	A mindfulness based group approach to teach youth to use a variety of DBT and mindfulness skills, such as meditation, grounding, progressive music relaxation, and deep breathing to deal with anxiety, stress and trauma. Appropriate for all age groups and skill levels.
Mental Health Social Skills Group	A group approach to teaching youth basic skills regarding emotional regulation, communication, self esteem, anger management and coping skills. This group is for Mental Health level inmates.
Mental Health Transition Group	The mental health transition group is a short-term group for offenders who are new to the correctional system. In this group, inmates Will learn how to deal with the stress that comes from being in jail. They Will learn skills to not only help them survive but to also function ki healthier ways. They will be able to identify the resources that are available within the system and how to access them.
MHU-Afternoon Group	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.
Mindfulness (MH)	Group therapy to teach mindfulness strategies and enhance self-regulation and improve coping skills.
M-TREM: Men's Trauma Recovery and Empowerment Model	M-TREM is a 24 session group that meets twice a week, and is divided into four parts. It is a gender-specific, educational, skills oriented group, designed to address trauma. The group's emphasis is on making connections between abuse histories and current functioning and on assisting with recovery skill development.

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Music Therapy: Intro	Music Therapy is a process group that is facilitated by a Rehabilitation Therapist (Music) which utilizes the medium of music to bring about positive changes in the youths' self image, emotion regulation and interpersonal relationships. During the intro program, youth will gain basic knowledge of recording equipment, music structure, music instruments and will begin to create music through the use of recordings and/or playing instruments.
Music Therapy: Music Legends	Music Therapy is a process group that is facilitated by a Rehabilitation Therapist (Music) which utilizes the medium of music to bring about positive changes in the youths' self- image, emotion regulation, and interpersonal relationships. During the Music Legends program, youth will gain advanced knowledge of mixing and producing music as well as learning to play instruments. Youth will be given more advanced writing topics to utilize in group to help with continuing to gain insight and promoting health self- expression. Youth in this program will have the opportunity to be mentors to lower levels of the music therapy program.
Music Therapy: Rising Stars	Music Therapy is a process group that is facilitated by a Rehabilitation Therapist (Music) which utilizes the medium of music to bring about positive change in the youths' self- image, emotion, regulation and interpersonal relationships. During the Rising Stars program youth will gain more in depth knowledge of beat making, recording original songs, and learning to play instruments. Youth will also begin to analyze lyrics and musical components of songs. Youth will begin to expand song topics that are utilized to help gain insight and promote healthy self- expression.
Office of Early Childhood Parenting Partnership	The Office of Early Childhood (OEC) offers a variety of parent education and health workshops to incarcerated inmates. They offer a 6-week parenting workshop and 12 weeks of wellness workshops. OEC offers support to Cybulski CI by utilizing the nurturing family network (NFN). Fathering Home staff will facilitate workshops/groups. The OEC also offers support to the re-entry population with children under the age of six (6), to get connected with NFN home visiting program services/groups within their respective communities.
Parenting from the Inside: Making the Mother-Child Connection	Parenting from the Inside is a 9-week, open group. The curriculum is based in Cognitive Behavioral Therapy (CBT) to provide psycho-education and build skills. Women will learn ways to manage their own emotions in order to respond in the best way to their child. They will learn skills to strengthen/develop a relationship with their children through topics that are specific to the Prison environment.
Post Traumatic Stress Group	This group assists the inmate to deal with past life traumas that influence the quality of life of the inmate. It utilizes relaxation technique, group discussion and conflict resolution.
Problem Sexual Behavior Evaluation	Evaluation of inmates that have a history of charges and/or a conviction or disciplinary reports/institutional rule violations for an offense that involves sexual misconduct which may indicate a possible need for treatment of problematic sexual behavior. A clinical interview is conducted and actuarial and/or dynamic risk assessment measures are utilized to determine level and intensity of treatment indicated to address the inmate's problematic sexual behavior.
Restorative Justice Circles	Restorative Justice Circles is a community based group focused on building peer relations, group cohesiveness, and better understanding of one another. The topics for the group are issues that affect their daily lives while incarcerated and in the community. Group topics may include healthy relationships, coping skills, current events, emotion regulation/ expression. youth are encouraged to express their individuality and have their voices heard in a safe milieu. At times youth have the opportunity to choose group topics and lead the group.
Second Act	The group is a process group that allows members to share any struggles or concerns with trained psychotherapists and utilize the opportunity to receive group support, feedback, and perspectives in a therapeutically safe environment.
Seeking Safety	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.

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Short Track Problem Sexual Behavior Group	Utilizing the risk, need, responsivity model inmates are assessed to determine dosage and level of intensity of treatment that is indicated. Those inmates who are determined to be at moderate to low risk level, who will be receiving on-going treatment post-release in the community, or who are unable to participate in a more intensive treatment program for other reasons are assigned to the Short-Term Sexual Offender treatment group. Treatment targets dynamic risk factors empirically associated with risk of recidivism such as deviant sexual preferences, lack of positive social influences, intimacy deficits, problems with sexual self-regulation, problems a general self-regulation, attitudes supportive of sexual assault, and problems related to cooperation with supervision, integrates models of Cognitive Behavioral Treatment (i.e. The Good Lives Model) and Relapse Prevention.
Sleep Hygiene - Corrigan	Groups focus on sleep enhancing strategies such as avoiding naps and caffeine. Other sleep-enhancing strategies include providing education with regard to the benefits of regular exercise, developing a regular sleep/routine, establishing a relaxing bedtime routine, stress/anxiety reduction, using the bed only for sleep, deep breathing/progressive muscle relaxation, and going to bed only when tired. This group is provided as needed.
Stress Management-MYI	This is an eight week group that meets once a week for an hour. The purpose of this group is to teach the group members what causes stress and the negative effects stress has on their daily lives. The group is CBT based where the group members will be taught various stress management skills and gain a better understanding of how stress affects their thoughts, feelings and behavior. The group members will learn the importance of time management, mindfulness, exercise, sleep, diet and relaxation in managing their stress.
Stress Management-York	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.
Track 1 Problem Sexual Behavior Treatment Group	The Sex Treatment Program is a specialized program for inmates who have committed a sexual assault. The program is provided by mental health staff with specialized training in the treatment of sex offenders. The overall goal of the program is to decrease sexual violence. The program teaches inmates about the nature of sexual assault, helping them develop an individualized relapse prevention strategy for themselves, helping them improve the quality of normal interpersonal relationships, helping them better manage their anger, and helping them develop victim empathy.
Trauma Resolution Program (TRP)	An open group therapy curriculum addressing the physical, emotional, and relational aspects of the healing journey. This group will focus on the after-effects of physical and/or sexual abuse and domestic violence. Women will gain education about trauma and it's impact on one's development, self-esteem, relationships, and sense of safety. Skill building will focus on ways to manage triggers/distress and establish healthy boundaries. This group will provide a foundation for women to pursue trauma therapy, during or after their incarceration.
TREM: Trauma Recovery and Empowerment Model (Female)	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.
VOICES (Victim Offender Institutional Correctional Educational Services)	Victim Offender Institutional Correctional Educational Services . This program is designed to use volunteer support to broaden inmates' understanding and sensitivity to the impact of their crime on others.
W.O.R.T.H. Unit	WORTH UNIT: The women of W.O.R.T. H'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

## Description of Program Services

PROG_NAME	PROG_OVERVIEW
Women's Empowerment/Supportive Therapy	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.