

DOC Program	Prog. cred.	Eff. date for Credit	BCFC	BCC	EKCC	GRCC	KCIW	KSP	KSR	LAC	LSCC	LLCC	NTC	RCC	WKCC	Ross Cash
Advanced In 2 Work PP	**	1/2013		X							X	X		X		
AODA EB			X													
Cage Your Rage						X					X					
Canine Program			X	X		X			X		X	X	X	X	X	
Celebrate Recovery FB							X									X
Challenges	**						X									
Challenges Mentor	**	8/2013					X									
Con Game EB	**	4/2018							X				X			
Corrective Action											X					
Emergency Medical Technician EB	**													X		
Financial Peace												X				
Getting Started EB	**	7/2018				X	X					X	X		X	X
Good Grief																X
Go Further EB	**	5/2018								X						
Horse Program	**	2/2012												X		
In 2 Work PP	**		X	X	X	X	X	X	X	X	X	X	X	X	X	
Inside Out Dads EB	**	4/2011	X	X	X	X		X		X	X	X	X			
Life Without A Crutch						X					X		X			
Malachi Dads Program FB					X	X		X	X					X	X	
MRT - Anger Management EB	**	7/2014	X	X	X	X	X	X	X	X	X	X	X	X	X	
MRT - Anger Mgmt. Mentor EB	**	6/2015		X	X	X	X	X	X	X	X	X	X	X	X	
MRT –Trauma for Women EB	**	5/2016					X									X
MRT – Trauma for Men EB	**	5/2016			X			X								
MRT-Moral Reconation Therapy EB	**	7/2012	X	X	X	X	X	X	X	X	X	X	X	X	X	X
MRT - Mentoring EB	**	7/2013	X	X	X	X	X	X	X	X	X	X	X	X	X	X
MRT - Parenting for Men EB	**	12/2015				X		X		X				X	X	
MRT- Parenting for Women EB	**	11/2014					X									X
MRT – Relapse Prevention EB	**	12/2015	X	X	X	X		X		X		X	X			
MRT – Relapse Prev Mentor EB	**	7/2018		X	X	X							X			
MRT – Reentry to Community EB	**	12/2015	X	X	X	X				X		X	X	X		
MRT – Thinking for Good EB	** 60	6/2015												X		X
MRT – Untangling Relationships EB	**	5/2016			X		X						X			
MRT - Veterans EB	**	7/2014		X	X					X						

Program	Prog. cred.	Eff. date for Credit	BCFC	BCC	EKCC	GRCC	KCIW	KSP	KSR	LAC	LSCC	LLCC	NTC	RCC	WKCC	Ross Cash
MRT – Veterans Mentor EB	**			X	X											
MRT – Veterans Trauma EB	**	5/2016														
MRT – RHU Transition Program EB		1/2017					X	X							X	
MRT- Short Term Behavioral Mod EB		7/2014						X								
Paws With Purpose							X									
Phoenix Program EB	**	2/2010							X							
PORTAL New Direction PP	**	7/2012	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Positive Mental Attitude (PMA)													X			
Prison Fellowship EB	**	12/2017											X			
Responsible Thinking											X					
Rubies for Life FB																X
Safety Specialist PP	**	2/2017		X												
Seeking Safety EB	**	4/2011		X	X	X	X	X	X			X	X			X
Sex Offender Treatment EB	**	4/2008					X		X			X	X			
Soft Skills Bootcamp	** 30	3/2018	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Stable Management	**			X												
STAR A Wing – KSR PP	**	5/2009							X							
Substance Abuse Mentor EB	**					X	X			X	X		X	X	X	X
Substance Abuse Program EB	**					X	X		X	X	X		X	X	X	X
Thinking for a Change EB	**	4/2008			X			X								
Threshold EB	**	9/2018								X						
THRIVE B-Wing – KSR PP	**	8/2012							X							
WILLOW EB	**	5/2012					X									
WILLOW Mentor EB	**	7/2013					X									

EB – Evidenced Based Programs

PP – Promising Practice Programs

FB – Faith Based Programs

Revised 4-25-2019

[illegible]

[illegible]

[illegible]

JAIL PROGRAM	Lewis	Lincoln	Logan	Madison	Marion	Marshall	Mason	McCracken	Meade	Montgomery	Muhlenberg
MRT Moral Reconation Therapy			X		X	X		X	X	X	X
MRT Mentor					X			X	X		
MRT Untangling Relationships								X			
MRT Anger Management			X		X	X		X		X	X
MRT Anger Management Mentor								X			
MRT Parenting for Women			X			X		X	X	X	
MRT Parenting for Men			X					X		X	
MRT Relapse Prevention					X	X		X		X	
MRT Reentry to the Community								X			
Thinking for Good										X	
MRT Trauma for Men/Women								X		X	
NCRC	X	X	X	X	X	X	X	X	X	X	X
Nurturing Fathers							X				
InsideOut Dads						X					
24/7 Dads											
PORTAL New Direction	X		X					X		X	
SAP Male					X		X				
SAP Female											
SAP Mentor Male					X		X				
SAP Mentor Female											
Softskills Bootcamp											
REACH					X						

[illegible]

JAIL PROGRAM	Warren	Wayne	Webster	Whitley	Woodford
MRT Moral Reconation Therapy	x	x	x	x	x
MRT Mentor					
MRT Untangling Relationships					
MRT Anger Management	x		x	x	
MRT Anger Management Mentor					
MRT Parenting for Women	x		x	x	
MRT Parenting for Men	x		x	x	x
MRT Relapse Prevention				x	
MRT Reentry to the Community					
Thinking for Good					
MRT Trauma for Men/Women				x	
Nurturing Fathers					
NCRC	x	x	x	x	x
InsideOut Dads					x
24/7 Dads					
PORTAL New Direction	x	x			x
SAP Male					
SAP Female					
SAP Mentor Male					
SAP Mentor Female					
Softskills Bootcamp	x				
REACH					

Revised 5-2-2019

Advanced In2Work

The Advanced I2W Program would be a continuation for individuals completing the I2W program. The individuals would need to apply to be accepted into the advanced class and meet all qualifications to be considered. These qualifications would consist of Minimum of 85% on their ServSafe test, medical clearance, sufficient time to complete program and successful completion of I2W. They would also need to working on or completion of High School Diploma or GED.

The class would be 6 months in duration with a minimum of 4 hours working in the kitchen on their work day. During the kitchen time students would be expected to take a leadership role in the kitchen and help others prepare for work and the ServSafe Test. Skills tests would be given to make sure the student knows the information and training needed to run a kitchen. This OJT (on the job training) would help them prepare for the job skills necessary to re-entry into society. The classroom portion would consist of quizzes, homework, projects and Job Readiness study. Employment and Leadership skills will be stressed during classroom time. A job portfolio along with a mock interview would be done at the end of the program.

AODA

This program targets inmates who have a history of substance abuse, as well as those who have received drug convictions. It is designed to help inmates realize their addiction and to find positive replacements for negative habits. AODA also addresses other stressors in the inmates' lives, as well as adverse effects on their families. The program targets inmates that have any type of addiction, i.e., drugs, alcohol, gambling, etc. This program lasts approximately five weeks.

Cage Your Rage

The goal of this program is to provide inmates with the skills to reduce their anger and gain back control over their lives. The program focuses on changing irrational thinking, teaching positive coping strategies, and teaching inmates to take responsibility for their angry emotions and anti-social behavior related to that anger. The program targets a variety of inmates that have assault charges, a history of domestic violence, or a history of institutional violence. It is available to compound and MSU inmates.

Canine Program

Inmates train the dogs for future adoptability by the members of the general public and second, the program serves as a rehabilitation effort for inmates. The program establishes a work program that will provide specialized training and skills that inmates can take with them once they are released. SAFE helps dogs from the shelter become more socialized as well as learn basic obedience skills. This provides the dogs with better socializing skills which in term helps dogs become better candidates to be adopted.

Celebrate Recovery

Celebrate Recovery is a faith based program which meets once a week for twenty-five weeks. It is based on the Beatitudes, and covers issues such as alcoholism, divorce, sexual abuse, codependency, domestic violence, drug addiction, sexual addiction, food

addiction, and gambling.

Challenges

Challenges is a program for inmates with mental illness. It is intended to help them lead a more pro-social lifestyle by thinking more realistically and exhibiting healthier behaviors. Designed as a 6-month program, topics that are addressed include stress management, medication management, family history, relationship skills, socialization, coping with emotions, recreation, thinking errors, and substance abuse. Groups are help daily and individual attention is offered weekly.

Challenges Mentor

The Challenges Mentor position is designed to assist with the Challenges Treatment Program in Lonnie Watson Center. A Mentor will be assigned to the Challenges dorm (E-wing) to assist with various Challenges tasks, structured activities, and additional treatment components identified by the group leader.

Con Game

This program addresses the criminal thinking patterns that are associated with the lowest level of moral reasoning. Those who participate address criminal thinking errors of entitlement, insecurity, manipulation, selfishness, lying, cutting corners, superiority and dominance. This is an evidence based, interactive journaling program.

Corrective Action

This program focuses on how the “con game” may be at the core of an individual’s faulty beliefs and behaviors. It guides individuals toward self-responsibility and positive life change. This is an eight-week program

Emergency Medical Technician

This program is offered at Kentucky State Reformatory. Minimum-security inmates are trained by KSR’s certified EMS director and are licensed by the National Registry of Emergency Medical Technicians.

Financial Peace

This program explains the basic steps to financial success and happiness: saving, investing, giving, credit card debt, interest fees, and proper attitude toward money. This program is now offered only in the Minimum Security Unit, but will be offered in the spring to the Medium Security Unit.

Getting Started

This program is designed to serve a very specialized population: inmates who have a substance abuse history and require training and treatment of pre-contemplation in order to trigger the drive and

motivation to enroll and complete the Substance Abuse Program. This is an evidence based, interactive journaling program.

Good Grief

Is a Christ centered supportive group that strives to provide female inmates with the opportunity to gain healthy coping skills related to dealing with grief in their lives. "Good grief" acknowledges that there are many types of grief, and believed that many females have engaged in negative behaviors and destructive lifestyles potentially as the result of not dealing with grief in appropriate ways. "Good Grief" is affiliated with Freedom Forever ministries at WKCC. It is a 1.5 hours a week class that meets for approximately 20 minutes, then splits into three small groups for discussion.

Go Further

This program is a specialized CoreCivic program offered at Lee Adjustment Center. Inmates enrolled in this program participate in a 4-part process to release from incarceration. Parts include On Ramp, Highway, Off Ramp, and Destination. This program walks an inmate from the beginning of his incarceration to the end and reentry to the community. This is an evidence based, interactive journaling program.

Horse Program

Over the last few years the focus of the Department of Corrections has evolved to help inmates succeed upon release and after rather than just have them serve their time. This program was designed with that concept in mind; however, this program will give the inmates more than a vocation. This program goes beyond that, for when you deal with training or changing the behavior patterns of another living being, your behavior and beliefs are challenged as well. To be an effective trainer, the inmate must learn how to ask the horse so it can understand what is expected. Once that trust is established, the inmate will find that he has fostered a relationship that will help him build even more confidence in himself and the horse so that he and his partner can achieve even more.

In2Work

This program is designed to provide hands-on training that consists of three phases – kitchen basics, retail basics, and ServSafe certification, which is highly regarded in the food service industry. The program is available to inmates assigned to the food service area and those closest to their release date. Basic reading and writing skills are taught.

InsideOut Dads

This program is relevant for incarcerated dads, those in the process of being released, and those recently released. This program focuses on cognitive and attitudinal change, helping men on the path to becoming involved, responsible and committed fathers, as well as better able to function positively as individuals and in the community.

Life Without a Crutch

This is a ten to twelve-week program that uses classroom participation, books, and homework assignments to get the inmates to be open and honest with themselves and

others about their addictive behaviors. They learn to view their situation and actions through the eyes of their family members, friends, neighbors, and co-workers. This helps them to understand the hurt and pain of those around them when they indulge in their addictive behaviors and take time away from their relationships with family, work, and children. It describes what addiction is, its causes and effects, the rewards of overcoming it, and ideas on how to begin. The program is used in a group counseling type setting and group participation is mandatory. The criteria for participation are a documented substance abuse problem and a willingness to admit such.

Malachi Dads Program

This program is a tool used to train and equip inmate men to break the cycle of crime in their children and family by being a godly father using the following concepts and components: Fathering Development, Spiritual Development, Educational Development, Moral Rehabilitation and Vocational Development.

MRT™ Anger Management

Anger Management MRT targets identifying step-by-step the underlying issues of this massive storm that manifests itself in different forms of anger. This 6 month – 8 step program approach targets clients that tend to destroy themselves, their home, their family, their jobs/possessions and health by letting themselves get carried away by something that triggered an adrenaline rush. Anger Management MRT is considered a cognitive behavioral approach (evidence based and SAMSHA accredited) that identifies Anger and deals with it. It is an open-ended program with the following target:

- Identifying Anger/Escalation, Interpreting triggers of Anger, Stabilizing mood and mental health
- Identifying filters/healthy coping mechanisms, Setting goals De-Escalation Techniques/ Relaxation Techniques
- Re-identify with things/persons lost

MRT™ Breaking Trauma for Men and Women

This program focuses on providing treatment to individuals who are unable to cope with their traumatic situations and require additional assistance. The program follows trauma informed care and assists in identifying traumatic events that cause problems in their daily functioning. This program teaches coping mechanisms and strategies while encouraging life-changing planning to be made.

Facilitators will work closely with KYDOC Mental Health Department to ensure clients receive any additional support and assistance while the program is in progress. This program is a component of MRT and is Evidence Based.

MRT™ Mentoring (MRT – Anger Management – Veterans)

After completion of the MRT “How to Escape Your Prison” curriculum, most individuals have developed:

- ✓ An understanding of internal prisons (habits, attitudes) and have identified solutions and goals toward restructuring beliefs and defense mechanisms toward behavioral modification
- ✓ Honesty and Trust with self and others
- ✓ Lasting connections with community partners or support system, while restructuring social network to associate with pro-social vs. pro-criminal individuals
- ✓ Compassion to help others (selfless acts vs. selfish acts)

- ✓ A sense of self-worth by identifying meaning of existence (positive self-concept and identity)
- ✓ An understanding of why rules need to be followed (regardless of how small or large)
- ✓ Coping mechanism for Anger

The MRT Mentoring program was designed to ensure a higher success rate for those who complete MRT (maintenance), those that are treatment resistant (help those who are new to MRT), and to change the culture of those who surround us (modeling positive change). **Pre-requisite: completion of MRT program. Varied systematic treatment approach (homework, facilitation, presentation, individual counseling, groups counseling) facilitated.**

MRT Mentoring can only be utilized by clients who are pre-selected based on qualifications/application criteria to include prior completion of MRT. It is a combination of two curricula: MRT Steps 7, 8, 13-16, and Character Development: Through Will Power and Self-Discipline, as well as, the responsibility to monitor and assist currently involved MRT clients in their step completion/MRT journey. This program is designed to assist the client in setting and tracking previously set goals, while strengthening will power to maintain behavior. MRT Mentorship is set at higher level as pertaining to participation, attendance, involvement, knowledge, etc. Moreover, it helps the client with presentation skills, communication skills, writing and critical thinking and analysis. The program entails conducting qualitative research, creating projects and presentations, as well as, writing speeches and essays.

MRT™ Moral Reconciliation Therapy

MRT is a systematic step-by-step group counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development *in treatment resistant clients*. MRT addresses beliefs and reasoning. The program is designed to alter how clients think and make judgments about what is right and wrong. The MRT system approaches the problem of treating populations by targeting problems associated with *low levels of moral reasoning*. MRT seeks to move clients from hedonistic (*pleasure vs. pain*) reasoning levels to levels where *concern for social rules* becomes important. MRT re-search shows that with each step completed, *moral reasoning increases in adult and juvenile offenders*.

MRT systematically focuses on seven basic treatment issues:

- Confrontation of *beliefs, attitudes and behaviors*
- Assessment of *current relationships*
- Reinforcement of *positive behaviors and habits*
- Positive *identity formation*
- Enhancement of *self-concept*
- Decrease in hedonism and *development of frustration tolerance*

MRT™ Parenting for Men and Women

This program focuses on re-structuring family values and individual priorities. This curriculum targets: Parenting Values, Individual Values, Child Development by age group (infant to young adult), Children's Values, Children's Needs, Behavioral Management Strategies, Coping with Children's Problems, Healthy Family Values and Objectives, Adolescents and Teens, and Problems with Adolescents and Teens. The program's mission is to strategically and systematically teach/re-teach parents the role of being "the

provider” and what that entails. Moreover, it depicts that family values do not include egocentric decision making, but rather what is best for the child and the family unit. Furthermore, the program takes a look at not the sole definition of being a parent: “One who begets, or brings forth, offspring; a father or mother” but rather what it means to be a parent: the active process of parenting.

- 1) Decreasing/Eliminating ego-centric decision making to include substance use
- 2) Managing anger by defining individual needs (to include the needs of the child)
- 3) Stabilizing mood and mental health (assisting parenting in decision making process)
- 4) Identifying filters/healthy coping mechanisms for children and self
- 5) Setting goals for a healthier family life
- 6) Mending relationships- working through glitches
- 7) Digging through suppressed feelings/wants/needs of the child and the individual
- 8) Help re-identify with family

MRT™ Relapse Prevention

This program has been designed as a step down program (into general population) from the SAP (Substance Abuse Program). This program does not include a utilization of a therapeutic community, but rather, is intended to assist clients in transitioning, maintaining and preventing relapse while exposed (once again) to potential triggers within general population. The program is aimed at those lacking strength and stability within their road to full recovery. Progressive treatment includes the following strategic lessons: drug education (description, treatments, short-long term effects, logical responses by users), identifying most immediate needs (maintaining), teaching to overcome triggers (social, physical, emotional, visual, etc...), constructing a plan of action (how to quit-what works best and tracking progress), and a brief repeat of SAP through a written essay and oral presentation to the class. The program is based on the following notion: “Drug dependence is actually proven by withdrawal symptoms that appear after a drug is used for an extended period of time.” The treatment strategy utilized encompasses multi-directional approaches and methodologies.

MRT™ Successful Re-entry into the Community

This program is aimed at clients who have 6 months to a year prior to being released from the institution and who will be re-entering the realms of their old community. The purpose of treatment is to further decrease recidivism by providing them with the tools necessary to not engage in relapse. A progressive treatment approach includes four curriculums, to include: Family Support (financial obligation to family that has been neglected due to absence from their lives, Filling the Inner Void (general and specific concepts on material possessions- why people have so many materialistic needs), Untangling relationships (co-dependency: teaching clients not to be co-dependent but rather independent), Job Readiness (post conversion into a dependent, defining those lines in terms of financial security and being independent). Progressive treatment includes the following organization:

- 1) Working on Filling the Inner Void throughout the year long program with the assistance and continuous collaboration with support system (to include clients within the group, their facilitator, and support system in the community) - client has to share letters/phone logs.
- 2) Untangling Relationships (1st curriculum)
- 3) Family Support and Job Readiness worked on simultaneously (Family Support also includes a lot of parenting concepts/values/ideals, however, it is not only for the population that has children as obligation to family can include obligation toward a mother figure or a sibling as well).

The treatment strategy utilized encompasses multi-directional approaches weekly in which clients receive education, support, skills/tools, security and safety, ability to plan/work on a

realistic/measurable/attainable master goal plan for when they exit the institution and re-join the community. Its purpose is to train the individual to recognize what tools to utilize in what situation in order to become and remain successful in the transformation/transition.

MRT™ Thinking for Good

This program aims at the individuals who are currently in an Assessment Center setting. This special population faces several recent emotional and behavioral difficulties as they re-visit the last moments prior to “being caught-up in the corrections system.” The program first looks at confronting antisocial and criminal thinking, in other words, separating oneself from victimization taking action as pertaining to what the next few months or years will look like while incarcerated. Moreover, this program takes a hard look at unrealistic expectations, hedonistic pleasure seeking, greed and low moral values and teaches the tools needed to redefine and restructure one’s beliefs (altering defense mechanisms) to reduce the behavioral outcomes that are associated with flawed thinking patterns. Once the client has removed flawed layers, this program teaches the client how to discover their inner self (identity) by re-defining moments that were either traumatic or those that appear as “missed chances in life”. In each case, the clients evaluate each moment while journaling, in order to dissect “an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.” (SAMHSA’s definition of Trauma).

- 1) Work through the “fight, flight or freeze” response
- 2) Decrease the following: withdrawal, isolation, avoidance, substance abuse, anger, violence, irrational behavior, hyper-vigilance, sleep disturbances, depression
- 3) Decreasing/Eliminating ego-centric decision
- 4) Stabilizing mood and mental health by finding self-purpose
- 5) Identifying filters/healthy coping mechanisms
- 6) Digging through suppressed feelings/wants/needs and creating a new identity for self
- 7) Raising moral awareness and development

MRT™ Untangling Relationships

This program focuses on providing treatment to female inmates involved in addictive/co-dependent relationships that produce severe problems and anxiety for individuals. This program helps inmates identify what relationships are supposed to look like and assess their closest current involvements to determine changes needed to remove themselves from something unhealthy and focus their energy on efforts to fixing their individual error thinking.

This program is a component of MRT utilizing two MRT curricula and one Interactive Journaling curriculum and is Evidence Based.

MRT™ - Veterans

This 6 month – 16 step program approach targets Veterans’ mental health, substance abuse/addiction problems and triggers, PTSD and other emotional health difficulties presented over the years, etc. As this population is specialized and requires a specific treatment approach, MRT offers this self-discovery type treatment and allows the individual to move at his/her pace while processing suppressed emotions and flashbacks

to overcome these obstacles of life. It is an open-ended program with the following targets:

- 1) Decreasing substance use/abuse, managing anger through identifying triggers
- 2) Stabilizing mood and mental health, identifying filters/healthy coping mechanisms
- 3) Setting goals, mending relationships, help re-identify with society
- 4) Digging through suppressed feelings/wants/needs

MRT™ Veterans Trauma (Battling Shadows)

This program focuses on providing treatment to veterans who are unable to cope with trauma induced thoughts and behaviors including PTSD issues. This program identifies healthy coping mechanisms, regaining control, stabilizing mood and mental health, setting goals and de-escalation techniques, rebuilding relationships, acceptance, and re-identifying with things and persons lost. This program includes the Beck Depression Inventory to determine type/extent of trauma, level of depression and PTSD.

Facilitators will work closely with KYDOC Mental Health Department to ensure clients receive any additional support and assistance while the program is in progress. This program is a component of MRT and is Evidence Based.

Paws with Purpose

This program trains service dogs to help individuals with disabilities. The inmate trainers help Paws with Purpose train four different types of dogs. Service dogs are trained to help individuals with limited mobility, signal dogs are partnered with individuals with hearing impairments, facility dogs are trained to work in professional facilities such as nursing homes and rehabilitation centers, and assisted-service dogs are trained to help children and adults with disabilities.

Phoenix Program - KSR

A residential dual-diagnosis treatment program for men with mental illness and addiction located in Unit C at KSR. Components of the integrated program include a therapeutic community, motivational enhancement therapy, cognitive behavioral therapy, medication management, and twelve-step involvement.

PORTAL New Direction

This program is designed to provide information and resources to address the most common reentry needs and barriers. Some barriers addressed in this program are housing, employment, transportation, money management, parenting, etc.

Positive Mental Attitude (PMA)

This program is based on Napoleon Hill's Keys to Success and reveals his seventeen essential principles of personal achievement, with concrete descriptions of their implementation. Inmates learn the secrets of developing definiteness of purpose, creating a positive attitude, building self-discipline, organizing time and energy, cultivating creative vision, budgeting money, perfecting personality, making good health a habit, and more.

Prison Fellowship

Prison Fellowship focuses on criminogenic needs, life controlling issues, life literacy, relationships and spiritual formation. This program contains Christian content but is not a religious program and utilizes five Change Companies Evidence Based Journaling books. This is a life skills program that attendees of any faith or no faith are encouraged to apply.

This program in its entirety meets 2-3 times per week for 12 months/200 hours.

Relapse Prevention Mentor

This program utilizes interactive journaling in conjunction with group counseling to call to action the values and behaviors of inmates exhibit while attempting to retain sobriety and a drug-free lifestyle while mentoring inmates who are in the relapse prevention stage.

Responsible Thinking

This video-based program focuses on overcoming errors in thinking. Inmates are taught to look at the thinking errors that brought them to their present circumstances and how they can work toward change. The summary includes realistic and practical ways to change their thinking.

Rubies for Life

Rubies for Life is a faith based program for women who are incarcerated. The program addresses issues such as, being responsible as a mother, a wife, and a Christian. The class meets weekly for 52 weeks. Class participants are required to write their children every other week, attend church weekly, begin a vocational program, devote time to a weekly personal journal and more. Other areas addressed are relationships, attitudes, actions, appearance, reputation and character. Proverbs 31:10, 15-19 and 26-31 are used as a reference for a "Model Woman".

Safety Specialist

This program includes a 70-hour training with no less than 6-month commitment in that role at the institution. It provides a progressive and advantageous approach to maintaining the safety of a complex facility operation and includes the certification in a field for realistic employment opportunities for felons reentering society. This program provides an OSHA 30-hour Industry Card, OSHA 30-hour Construction Industry Card, Emergency Care and Safety Institute CPR/AED/First Aid Provider, and HAZMAT Awareness provided by State Fire and Rescue Training.

Seeking Safety

Seeking Safety is a present-focused therapy to help people attain safety from Post-Traumatic Stress Disorder and substance abuse. It will teach those with PTSD and substance abuse problems a number of different coping skills including learning how to ask for help, recognizing warning signs for drug/alcohol use, self-care, and coping with PTSD symptoms. The treatment program consists of 25 psychotherapy topics and lasts for six months.

Sex Offender Treatment Program

This is a program that consists of individual and group counseling geared to provide tools that inmates can use for controlling their sexually assaultive behavior. Inmates apply and are screened for acceptance

into the program that typically takes eighteen months to two years to complete. The program provides treatment for sex offenders to allow them to manage their deviant behavior and thoughts.

Soft Skills Bootcamp

This video-based program includes nine required modules and two bonus videos. This program identifies the soft skills needed to be considered for and maintain employment upon release.

Stable Management

The Blackburn Correctional Complex Stable Management Program is a branch of the Kentucky Thoroughbred Retirement Foundation. This program is geared towards training inmates in caring for, grooming, and developing horsemanship skills that will enable them to go back into their communities and become productive members of society on release. The Stable Management Program is also designed to take in injured race horses that can no longer race and have no homes and care for them to get them healthy enough to be adopted and put to a useful task rather than be destroyed.

STAR A-Wing - KSR

A residential treatment program in CPTU for men who have been identified as needing intensive mental health services. These men demonstrate significant impairment in different areas of functioning, resulting in their inability to attend or complete other programs offered at KSR and other institutions. Potential participants undergo a thorough review process in order to determine program suitability.

Substance Abuse/Mentor Program

This is a voluntary six-month program designed to address substance abuse and behavior modification issues and teach inmates the tools to effectively combat their addiction. The program is approximately six to seven months in length. It is targeted toward inmates convicted of drug charges.

Thinking for a Change

This program helps inmates examine their attitudes, beliefs, and thinking patterns. There are twenty-two lessons or segments. It is divided into six steps, three cognitive self-change steps and three social skills steps.

Threshold

This program is offered in a residential setting as to promote an atmosphere of peer accountability and sharing at Lee Adjustment Center. The program focuses on life controlling issues, life literacy, relationships, and spiritual formation.

THRIVE B-Wing - KSR

A residential treatment program in CPTU developed to meet the current mental health treatment needs of inmates within the Kentucky Department of Corrections. Program participants learn and practice pro-social behaviors via five levels. Potential participants undergo a thorough review process in order to determine program suitability.

Willow/Willow Mentor

The WILLOW Program is an evidence based, co-occurring substance abuse and mental health program housed in Ridgeview Dormitory at Kentucky Correctional Institution for Women. This program was developed to meet the needs of women who had substance abuse disorders, but their mental health needs were beyond those that could be met in a traditional Substance Abuse Program. WILLOW (Women Invested in Learning and Loving Ourselves Well). The program includes several curricula to address the needs of this population that have evidence to support the use of these interventions with a co-occurring female population. The program includes five levels of advancement to graduation. A minimum of six months' participation is required to complete requirements for graduation. Trauma, addiction, and recovery are all critical components of the treatment. All participants complete a plan for reentry to the facility and community with a relapse prevention plan.