

# Missouri's first female community supervision center aims to rehabilitate women on probation and parole

Fulton Community Supervision Center's four-phase program is based on gender- and trauma-informed approaches. The center opened in February.

## Phase 1: Intake

The women familiarize themselves with the facility and get treatment referrals for any substance abuse or mental health conditions.

Under federal law, staff, volunteers and the women are required to undergo sexual assault prevention training.

**Length:** Up to two weeks.

## Phase 2: Programming

Programs including family reunification and parenting, employment readiness and nutrition classes begin. The women also start mental health and substance abuse treatment.

A large component of this phase is cognitive journaling, a form of behavioral therapy.

**Length:** Up to eight weeks.

## Phase 3: Discharge planning

Program involvement continues, and the women spend time connecting with center community.

Staff will help participants develop a job search, practice interview skills and establish a monthly budget.

Planning begins for housing and discharge.

**Length:** Up to four weeks.

## Phase 4: Maintenance

The women engage with their support groups and continue working on job planning.

During this phase, the women are eligible for overnight or weekend passes.

As the women prepare to leave the center, work is done to obtain future mental health or substance abuse treatment.

**Length:** Up to two weeks.

