

# Cambria County Prison



## **Inmate Programs / Services**

**October 2019**

# TREATMENT PROGRAMS / SERVICES AVAILABLE

## **Counseling Services**

Corrections Counselors  
Mental Health Professional  
Board Certified Psychiatrist  
Chaplin / Spiritual Advisors

## **Drug and Alcohol Treatment**

Remembering Adam D&A  
Alcoholics Anonymous  
AA 12 Step  
DUI School / Tours  
AOD (Alcohol and Other Drugs)  
Narcotics Anonymous  
Truth About Drugs

## **Educational / Vocational Programming**

Alternative Education Programming  
Literacy  
GED  
Inmate Work Program  
Courthouse Renovation Crew  
Workforce Development / Life Launch

## **Miscellaneous Programming**

Beginnings Yoga / Parenting

Parenting Class

Basic Life Skills

Pre-Release / Re-Entry

Stress and Anger Management

Victim Awareness Education PA Act 143

Sex Offender's Program

Back On Track Outside

Relationships

Empowerment Group

Citizenship Group

Seeking Safety

Way to Happiness

Finance

Employment

Thinking for a Change

# **COUNSELING SERVICES**

## **Corrections Counselors**

Cambria County Prison employs six (6) full-time Corrections Counselors that spend time on the housing units daily. The counselors not only act as the Inmate's liaison to the outside world but are available to offer one on one counseling to the inmate population.

## **Mental Health Professional**

The prison also offers the services of a Mental Health Worker, employed through PrimeCare Medical, for inmates suffering from both long term mental health issues and for more immediate cases that require the need of a mental health professional.

## **Board Certified Psychiatrist**

After an initial evaluation by the Mental Health Professional, inmates in need of psychiatric services are referred to a board certified psychiatrist, employed through PrimeCare Medical. The psychiatrist evaluates inmates weekly, via tele-medicine and prescribes the necessary course of action.

## **Chaplin / Spiritual Advisors**

Cambria County Prison employs a part-time chaplain that is available to the inmate population to counsel inmates, on a religious-based level, who are dealing with inner / personal conflicts. The chaplain also recruits local religious volunteers. "Spiritual Advisors" who come into the prison to meet and discuss issues with inmates on a one on one basis. Inmates who belonged to a house of worship before coming to prison may have their own priest, minister etc., come meet with them.

## **Inmate Orientation**

This program is coordinated through an institutional counselor and involves a video presentation and verbal discussion concerning the institutions rules and procedures. The program is mandatory for all new commitments to educate them to the everyday operations of the Cambria County Prison.

# **DRUG AND ALCOHOL TREATMENT**

## **“Remembering Adam “Drug and Alcohol Education**

This is a drug and alcohol educational program offered to any interested inmate. The course is taught by an instructor from the Remembering Adam Foundation. To complete the program successfully, the inmate must attend all scheduled classes. The classes are offered once a week for males and once a week for females.

## **Alcoholic’s Anonymous**

This is a group of men and women from all walks of life who meet together to attain and maintain sobriety. Meetings are held on a weekly basis and are available to any inmate that wished to be involved. The instructors are volunteers, mostly alcoholics themselves who are on the road to recovery.

## **Alcoholic’s Anonymous 12-Step – *working on re-implementing this program***

This is an extension program of AA meetings. Like the regular AA meetings, this program deals with inmates maintaining sobriety. However, the difference with this program, is that it concentrates on the 12 steps of recovery. Meetings are held once per week.

## **DUI School**

The program is offered to those inmates mandated to attend DUI education as part of their sentence or as a requirement of their parole. It is conducted by a Cambria County Probation Officer and is intended to provide the DUI offender with education concerning the seriousness of driving under the influence.

## **AOD (Alcohol and Other Drugs), moderate and high intensity**

The program is offered to inmates as part of their treatment plan for release. It is open to all inmates with precedence given to those with known Substance Use Disorders. It teaches the skills used to Recognize, Avoid, and Cope with Substance Abuse. It uses the “Commitment to Change” series to help identify Thinking Errors. There is also Problem Solving worksheets to identify the personal Thinking Errors of the individuals. Classes are taught twice a week.

### **Narcotics Anonymous (NA) meetings** – *working on re-implementing program*

This program is a program similar to the AA meetings, but geared more towards the recovering drug addict. These meetings are conducted by volunteers and are held once per week. The program is open to any inmate that requests such. The main goal of this program is to help those heavily involved in drug use/abuse achieve and maintain a drug-free lifestyle.

### **Truth About Drugs**

This program teaches inmates about the dangers of drugs. It tells the first-hand account of former users who survived the nightmare of addiction. This program provides lessons, assignments and classroom activities that elicit participation. Classes are twice per week.

## **EDUCATIONAL / VOCATIONAL PROGRAMMING**

### **Alternative Education Program**

This program is provided through Appalachia Intermediate Unit 8 (IU8) in conjunction with Central Cambria School District. Instructors from IU8 come to the prison on a daily basis and provides interested individuals under the age of 21 with a public education. Once an inmate agrees to participate in this program, their name is forwarded to Central Cambria School District. The records are gathered and the district will determine the inmates grade level and IU8 will then start the inmate in the program. Attendance is mandatory for inmates under 18 years of age and optional for those 18 to 21 years of age. Those who earn enough high school credits will graduate with a High School Diploma.

### **Literacy**

This program is offered to any inmate who is struggling with comprehending basic reading, math and writing. Volunteers from the Cambria County Literacy Program come five times a week.

### **GED (General Education Development) / HI-STEP**

This program is offered to any interested inmate who did not complete high school and wishes to take the equivalency test while incarcerated. Inmates must have adequate literacy skills to be enrolled. This course is taught by a volunteer and is held twice per week.

### **Inmate Work Program**

This program is limited to sentenced inmates. Inmates are given labor positions in the prison's kitchen, maintenance dept, laundry and hygiene dept, where they are taught various work skills as well as work ethic. The work crews are supervised by corrections officers and other prison personnel. Inmates may be eligible for holiday and / or conditional home furloughs.

Job Positions include:

- Maintenance Crew
- Hygiene Crew
- Laundry
- Food Service
- Community Renovation Crew

### **Courthouse Renovation Crew Program**

This program is limited to sentenced male inmates who are court ordered to participate in this program. Inmates work off-site under the supervision of a corrections officer and civilian work supervisors. They participate in a variety of renovation and restoration projects for non-profit or county owned facilities. Inmates in this program learn a variety of trades and techniques and may become eligible for holiday and /or conditional home furloughs.

### **Workforce Development / Life Launch / SIG**

This program is offered through Good Will of the Southern Alleghenies. This program is offered to pre-release inmates who are within 150 days of their release date. The program is a workforce development curriculum specializing in job skills, interviewing and resumes. Upon release from jail, if eligible, they may be placed into intensive case management. This class is held weekly for a total of eight hours and is instructed by a volunteer.

## MISCELLANEOUS PROGRAMMING

### **Beginnings (Yoga / Family Strengthening)**

This course is open to inmates who are on county probation. The class is held on a weekly basis, one hour of yoga and one hour of family strengthening. It is an 8 week program held once per week.

After the inmates release from jail, they are ordered by the Judge to follow up with Beginnings as part of their probation conditions.

### **Parenting Class**

This program is open to all pre-release inmates with children and must successfully complete it to receive approval for contact visits with their children. It is designed to help inmates learn proper parenting techniques and help them become more involved parents. To complete this program, inmates must attend 8 class sessions. It is instructed by one of the institutions counselors and is held twice per week.

### **Basic Life Skills**

This program is based off of the Resources for Change curriculum and is designed to teach inmates the skills necessary for everyday living. Topics of discussion include, but are not limited to recovery, locating programs outside of prison. Finding housing, resources for employment, dealing with job issues, interview skills and learning to budget. To complete the program, the inmate must attend an 8 week course, including four video sessions. This program is taught by an institutional counselor and is held twice per week.

### **Pre-Release Program / Re-entry**

This program is limited to sentenced inmates who are considered pre-release status. Participants must be model inmates with little or no history of misconducts and have no detainers or pending charges. The program is video programming and hand-outs focusing on family reunification. The program's goal is to help inmates who are preparing to leave prison, make a smooth transition to family life. To complete this program, inmates must attend one class per week. Class is taught by an institutional counselor.



### **Stress and Anger Management**

This program is open to most inmates but preference is granted to sentenced inmates. This program is a video based class based on the “Cage Your Rage” program. It is designed to teach inmates how to constructively deal with aggressive feelings and offers them a variety of ways to deal with problems. It is instructed by one of the institutions counselors and is held twice per week.

### **Victim Awareness Education, PA ACT 143**

This program is open to inmates that have crimes involving a victim, but is mandated for those who have committed the offenses of murder, manslaughter, aggravated assault, rape, involuntary deviate sexual intercourse, incest, sexual assault, arson, kidnapping, burglary, robbery or criminal attempt to complete any of the above listed crimes. It focuses on the victim and is designed to teach the inmate what the victims of their crimes must endure as a result of the inmate’s actions. To complete this program, inmates must attend two classes per week. It is taught by an institutional counselor who is D.O.C. certified to instruct the program.

### **Sex Offender’s Program**

This program is limited to convicted sex offenders and is most often part of an inmate’s sentencing. The program is based off of the curriculum developed by the Medlin Training Institute. Sessions are held once per week for one hour and classes are on-going. There is no actual “completion” of this program. This program is conducted by an institutional counselor and is primarily group therapy/ discussion. The program’s prime focus is getting the offender to admit and take responsibility for his / her crime and to work through all seven phases of treatment. Progress reports are kept on each individual for use in parole recommendations. Classes are held two times per week.

### **Back on Track Outside (BOTO)**

This program is a cognitive behavioral and motivational enhancement based therapy that helps create a plan for re-entry into society. The program teaches the inmates about goals, stages of change, criminal relapse prevention, actions and consequences, problem solving etc. This program is taught two times per a week.

## **Relationships**

This program is open to all inmates. This course helps inmates take personal responsibility for their lives, recognize that relationships are a critical element in living a decent and free life. It also helps realize the importance of taking personal responsibility for becoming people who can make relationships work and comprehend that if they don't take personal responsibility, it's nobody's fault but their own. Classes are taught two times a week.

## **Citizenship Group**

Peerstar, LLC's Citizenship program is an interactive and non-traditional mutual support group designed to be a beneficial resource for peers involved in the criminal justice system. Group sessions cover a wide range of topics such as healthy relationships, communication skills, negotiating the criminal justice system and strategies for successful community reintegration. Groups are facilitated by a Forensic Certified Peer Specialist. Re-Entry program for the mental health population and like to accept referrals that are 90 days out. The groups are a rolling enrollment.

## **Seeking Safety / Empowerment**

Seeking Safety is a therapeutic program for women / men suffering from trauma, substance abuse, and/or posttraumatic stress disorder (PTSD). It can be conducted in group (any size) and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories). This program is held once a week.

## **Finance**

This program is open to all inmates. This course teaches inmates about borrowing and loans, how to budget and save, how to write a check and balance a checkbook. The Money Smart curriculum is followed. The program is instructed by an institutional counselor and is held twice per week.

## **Employment**

This program teaches inmates how to find employment. The inmates learn how to fill out applications properly, write cover letters and resumes, and do interviews, how to network with people to find a job. They also learn about job / career fairs and what to wear to these. Classes are twice a week and is taught by an institutional counselor.

## **Thinking for a Change**

This program has three components such as cognitive self-change, social skills, and problem solving skills. Cognitive self-change teaches individuals a concrete process for self-reflection aimed at uncovering antisocial thoughts, feelings, attitudes, and beliefs. Social skills instruction prepares group members to engage in pro-social interactions based on self-understanding and consideration of the impact of their actions on others. Problem solving skills integrates the two previous interventions to provide group members with an explicit step-by-step process for addressing challenging and stressful real life situations. This program is taught by an institutional counselor and is taught twice a week.

## **The Way to Happiness**

This program gives the inmates tools they need to restructure their thinking and straighten out their life. Inmates learn self-respect, setting good examples and how to be a productive citizen of society. Classes are held twice a week and is taught by an institutional counselor.

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