

**Massachusetts Department  
of Correction**

**Program Description Booklet**

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***Commissioner***  
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# **Massachusetts Department of Correction**

## **Mission Statement**

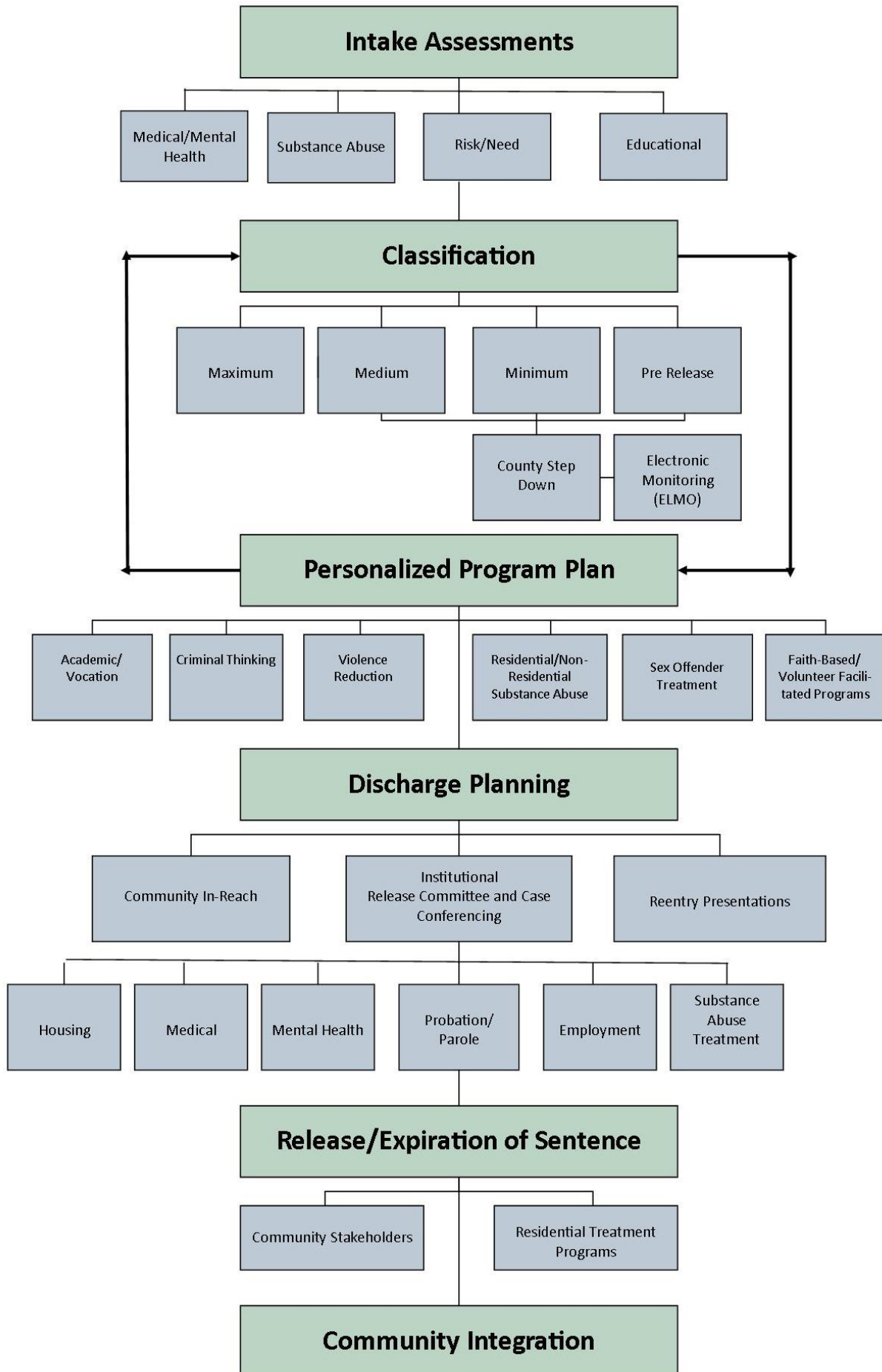
The Massachusetts Department of Correction's mission is to promote public safety by managing offenders while providing care and appropriate Programs in preparation for successful reentry into the community.

Manage - Care - Program - Prepare

## **Vision Statement**

The Massachusetts Department of Correction's vision is to effect positive behavioral change in order to eliminate violence, victimization and recidivism.

Massachusetts Department of Correction — Reentry Continuum



***Program Division***  
**Services and Programs**

**Religious Services**

The Department provides a variety of religious services, which are supervised and coordinated by chaplain staff. Volunteer clergy and community churches assist chaplains in the provision of services. Chaplains provide regular religious services, religious education and pastoral care. In addition, chaplaincy services include Bible Study, Prayer Groups, Christian Fellowship, Christian Twelve Step, Parenting Groups, Family Religious Services, Religious Seminars and Holiday Observances. The Department recognizes that Chaplaincy Services are important in changing criminal behavior by helping the inmate develop prosocial values. *These services are available at all facilities.*

**Recreation Services**

The Department offers a wide variety of staff supervised recreational and leisure time activities designed to reduce inmate idleness and teach pro-social skills to use their time constructively. *These services are available at all facilities.*

**Volunteer Services**

There are currently approximately 1,500 volunteers providing a variety of services that supplement established departmental programs. Volunteer services include faith-based, substance abuse, self help, support groups, literacy, cognitive skills and cultural awareness. Volunteer services enhance Programs and the process of reintegration by disrupting the delinquency network and providing inmates with a network of pro-social community members and activities. *These services are available at all facilities.*

**Community Partnerships**

The Department has established partnerships with community based organizations and other state agencies with the goal of enhancing public safety and providing inmates with support and critical linkages to community based organizations.

**Community Partnerships and External Stakeholder Collaborations**

- Representatives of the Program Services Division and Classification Division serve on the Hampden County Reentry task force. The task force includes multiple criminal justice and social service stakeholders and is designed to identify barriers and resources associated with offenders reentering the greater Hampden County area.
- The department is collaborating with the Hampden County Sheriff's Office to facilitate the Hampden County Reentry program. This program targets high risk state offenders towards the end of their sentence. The objective of the program is to step down offenders to the community and reconnect them with their family/support systems, potential employers and community based providers.
- A Memorandum of Understanding between the Department of Correction and the Social Security Administration was developed to establish a process for offenders to secure a replacement social security card prior to release.
- MassHealth and the Department of Correction continue to partner to ensure releasing offenders are provided with medical coverage upon release. This partnership creates a continuum of care that allows for a smoother transition to the community and enables discharge planners to schedule medical and mental health appointments prior to an inmate's release.
- The Department of Correction has established a partnership with the Boston Police Department and other local criminal justice agencies in an effort to promote offender reentry while enhancing public safety. The Department of Correction regularly shares intelligence and

other relevant information regarding offenders releasing from state prison to the greater Boston area. This partnership is intended to create a transparent transition from prison that better prepares the community and criminal justice agencies to respond to the both the needs and potential risk presented by the releasing offender.

- The Department of Correction is collaborating with Probation in an attempt to expand information exchange to enhance offender accountability and access to community based resources.
- The Department has partnered with Veterans Affairs (VA) to provide services to discharging veterans. The VA assists with determining veteran's benefits and eligibility in the areas of housing, employment, education, medical/mental health and substance abuse services. Staff from Reentry Services meets with VA on a quarterly basis to exchange information and enhance services.

### **Self-Improvement Groups**

Inmate Self Improvement Groups are structured inmate coordinated groups designed to reduce inmate idleness and enhance reentry by providing offenders with a forum to develop interpersonal communication, problem solving and basic life skills. The following are approved Self Improvement Groups:

- *African American Coalition Program*
- *African Heritage Coalition Program*
- *Chess Club*
- *Elderly Affairs*
- *Fellowship Discussion Group*
- *Imagination Art*
- *Latino-Hispanic Heritage Group*
- *Long Termer's Group*
- *Pawn Pushers*
- *Second Degree Lifers Group*
- *Spanish United*
- *Stitch For Life*
- *UGP HIV/AIDS Awareness*
- *United for Gay, Bisexual and Transgender Progress*
- *Young Men's Committee/Reaching Beyond the Bars*
- *Youthful Offender Coalition*

### **Vendor Facilitated Core Programs ~ Spectrum Health Systems, Inc.**

#### **Male Offender Program Continuum**

##### **Core Skills**

The department offers a vendor facilitated program to inmates housed in the Behavioral Management Unit with Programs once a week for two hours. The program runs for approximately 4 months and utilizes a Core Skills curriculum.

##### **Correctional Recovery Academy (CRA)**

The CRA is an intensive skill-based residential substance abuse treatment program located at four institutions. The CRA targets substance abuse and relapse prevention. The program utilizes rolling admissions and combines the elements of a therapeutic community's social learning approach with an advanced cognitive behavioral curriculum.

##### **Correctional Recovery Academy Graduate Support Program**

Graduates of the CRA may apply to participate in the peer support program. Peer participants are responsible for co-leading groups under the supervision of the CRA counselor. Graduates are also required to attend the community meetings and the weekly continuing care plan group.

**Criminal Thinking Program (CT)**

This program is a vendor facilitated program designed to focus on altering the pro-criminal thinking patterns that have been identified as separating those who are serious repeat offenders from those who are not. The program focuses specifically on criminal sentiments and how to develop pro-social alternatives for them. The program assists the offender in developing pro-social alternatives to past activities and associates.

**Gateway to Treatment**

Gateway to Treatment is a non-residential substance abuse treatment program designed to educate and raise awareness of the consequences of continued substance use. Emphasis is placed on biological, psychological, and social consequences of continuing to use substances.

**General Population Maintenance Program**

A Maintenance Program for offenders who have completed the Violence Reduction and/or Criminal Thinking program. The program is intended to provide an opportunity for inmates who have completed either of these programs to remain engaged in treatment to practice and internalize learned skills. The program meets once per week for two hours per session.

**Graduate Maintenance Program – Substance Abuse**

This program is offered to graduates of the residential substance abuse programs who have returned to general population. During Graduate Maintenance, the program concepts are reviewed, program skills are practiced, and there is individual work on a recovery plan.

**Graduate Maintenance Peer Facilitator Program – Substance Abuse**

The Graduate Maintenance Peer Facilitator Program offers offenders the opportunity to remain engaged in their treatment and recovery by becoming a role model and mentor for participants of the Graduate Maintenance Program. After successfully meeting eligibility requirements and completing a 12-week training course facilitated by Spectrum staff, the participant will have the opportunity to co-facilitate all curriculums for GMP with a staff facilitator.

**High Risk Offender Program-DDU**

The DDU/High Risk Offender program is provided at MCI Cedar Junction and is directed at inmates that have been placed in the Departmental Disciplinary Unit (DDU) as a result of having displayed a history of staff or inmate assaults, gang activity, and chronic disruptive behavior and/or have been identified as a threat to the correctional system in general. A goal of this program is to provide inmates with the skills to prepare them for their return to general population and participation in more intensive programs. The program consists primarily of independent workbook assignments and small group activities using a cognitive behavioral treatment model.

**High Risk Offender Program Expansion-SBCC**

The High Risk Offender program includes a continuum of care at Souza-Baranowski Correctional Center (SBCC) for those offenders who have completed the program at MCI-Cedar Junction. The program includes a skills maintenance program for offenders classified from the DDU to SBCC in order to capitalize on the initial gains made with the HRO program and to reduce the incidences of aggressive behavior at SBCC. The program includes a skills review phase, skills maintenance phase and an aftercare phase.

**Medication Assisted Treatment Reentry Initiative (MATRI)**

The purpose of the Medication Assisted Treatment Re-Entry Initiative is to provide pre-release treatment and post-release referral for opioid-addicted and alcohol-addicted inmates at participating

sites in the Department of Correction (DOC). This program involves prison-based residential substance abuse treatment and collaboration with community based clinics to provide aftercare treatment. The goal is to facilitate transition into an outpatient substance abuse treatment program which employs a multi-faceted approach to treatment including the use of the medication Vivitrol/Naltrexone, counseling, and aftercare referral to community based providers. This program is available to offenders who have a documented opioid or alcohol addiction and have completed or are enrolled in a Substance Abuse Treatment program.

### **Motivational Enhancement**

Motivational Enhancement is an eight week program that meets two times per week. This program introduces participants to basic program concepts while encouraging positive behavioral change.

### **New Freedom Program**

The goal of the program is to build resilience and prevent the escalation of violence among high-risk individuals. The program includes an evidence-based intervention that allows time to focus on motivational enhancement and identify immediate or acute security concerns while building communication and interpersonal skills. The first three months of programming focuses on enhancing motivation to change, exploring individual attributes, understanding consequences, introducing a personal value system, and the concept of personal choice. Groups are held once per week. Three months to release, the concept of group interaction is expanded. Larger weekly groups focus on demonstrating personal behavioral controls and rational thinking to act more responsible. Individuals learn and practice pro-social skills, how to “out think” violent behaviors and work on developing a crisis plan and continuing care plan. During the last month of incarceration, individual sessions are increased to once per week. Individuals are then referred to community programming for up to seven months post release.

### **Pathway to Recovery**

Pathway to Recovery is a non-residential substance abuse program that is 16 weeks in duration and meets three times per week for a total treatment dosage of 72 hours. Groups are psycho-educational in nature and consist of didactic lectures, group discussions, and skills practice. Upon completion of the program, participants are recommended to the SA Graduate Maintenance Program. This program is intended to allow participants to remain engaged in their recovery and SA treatment for the duration of their sentence.

### **Project Peer Connection (PPC)**

Project Peer Connection is a statewide reentry mentoring project providing one-to-one peer support to higher risk individuals who complete substance abuse treatment while incarcerated to help them lead drug-free, crime-free lives. The peer mentoring program is available to offenders releasing anywhere in Massachusetts. The goals of the program include providing experienced guidance in planning for reentry, overcoming obstacles to successful community living and providing a bridge from pre-release reentry services to community based resources.

### **Reentry and Employment Readiness Workshop**

The 5-day Reentry and Employment Readiness Workshop meets for 2.5 hours per day and is offered to inmates who have a defined release date. During the Reentry and Employment Readiness Workshop, reentry planners facilitate curriculum designed to assist inmates in the development of the necessary skills that are needed for a successful transition back into the community. The focus of the workshop is employment readiness to include resume building, cover letter, job application, mock interviews and how to maintain employment. The workshop also includes victim impact, social support, housing plans, financial awareness and budgeting, educational referrals, criminal impact, and attainable goal setting.



**Substance Abuse Education**

This is a vendor facilitated program that meets for two hours per day, two times per week, for eight weeks. This program is designed to educate and raise awareness of the consequences of continued substance use. The focus of the groups is to educate the inmate about substances and issues related to their use. Emphasis is placed on biological, psychological, and social consequences of continuing to use substances while incarcerated.

**Violence Reduction (VR)**

The Violence Reduction Program targets cognitions that contribute to violent behavior. The goals of the program are to decrease violent behavior and the likelihood of institutional disturbances. During the program inmates identify the specific cognitions which have led to their violent behavior. Once identified, they are taught pro-social strategies and skills to diminish the likelihood of continued violence. The program is facilitated by staff two to three times per week.

**Female Offender Program Continuum**

Gender responsive and trauma-informed approaches have been incorporated into the framework of treatment services for female offenders. Specific tracks of treatment have been designed to address each offender's specific pathway into the criminal justice system with the goal of reducing the likelihood of recidivism by addressing the unique issues associated with female offenders such as trauma, abuse, relationship dysfunction, substance abuse and mental illness. The programs listed below are also available for female offenders.

**Life in Recovery**

The treatment focus involves basic substance abuse treatment, such as relapse prevention and general substance abuse education. Offenders in this group have access to parenting programming, education and job development to build self-efficacy and reentry planning. *This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).*

**Building Positive Connections**

The focus of this pathway is addressing past trauma or abuse, relationship dysfunction, as well as substance. This pathway explores how past abuse or trauma can influence current behaviors such as substance abuse or engagement in unhealthy relationships. *This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).*

**Healthy Living**

Focuses on disrupting criminal behavior and substance abuse as social norms. Using community as method, women confront many aspects of criminal behavior as social norms to develop pro-social attitudes. This is done through cognitive behavioral groups and community activities. *This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).*

**Healing for the Future**

Focuses on disrupting criminal behavior and substance abuse as social norms, while addresses past abuse and trauma. This pathway also works to address significant mental health issues, either present or past. *This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).*

**Female Offender Motivational Enhancement**

This program introduces participants to basic program concepts while encouraging positive behavioral change. The program is designed to motivate offenders to participate in more intensive programs to

address their broader criminogenic need areas. *This program is available at MCI-Framingham and South Middlesex Correctional Center.*

### **First Step Program**

The First Step Program is a vendor facilitated program that offers voluntary substance abuse treatment services to women who are awaiting trial or have been sentenced (90 days or less). Program participants have been identified as needing immediate detoxification and further treatment. The treatment component consists of a 20-day schedule of classes on substance abuse education, overdose and relapse prevention, and interpersonal skill acquisition. The program also offers an individualized aftercare/discharge planning component to support program participants with identifying community-based treatment to access upon release. *This program is available at MCI-Framingham.*

### **Methadone Maintenance Program**

This program is available to pregnant females who are opioid addicted. The goal of the Methadone Maintenance Program is to maintain a safe, effective and functional system in the overall treatment of drug addiction, through methadone administration to, and monitoring of pregnant women. The program serves as a component of the comprehensive medical care provided to pregnant females who are addicted to opiates. Only pregnant inmates addicted to opiates are provided methadone at MCI Framingham.

### **Family Preservation**

Family Preservation is designed to promote appropriate mother/child bonding, relationship building and communication. This program offers a wide range of services to include parenting education classes, parenting support, children's visit preparation, coordination and referral to available services, professional collaboration with state agencies, and special activity planning. This program also functions as a liaison between offenders and Department of Children and Families (DCF) for incarcerated mothers whose children are in the custody of DCF. *This program is available at MCI Framingham and South Middlesex Correctional Center (SMCC).*

A Family Reunification House is located on the grounds at South Middlesex Correctional Center is used for overnight and weekend visits. Graduates of the parenting education classes are eligible to be screened to participate in the Family Reunification House program. This program allows mothers nearing release to have progressively less supervised visits with their children.

### **Vendor Facilitated Programs ~ Counseling and Psychotherapy Center, Inc.**

#### **Sex Offender Treatment Program**

The Department of Correction offers a comprehensive Sex Offender Treatment Program (SOTP). The purpose of the SOTP is to reduce the participant's risk to reoffend, to increase the participant's ability to have a successful reintegration into the community, and to increase the participant's overall well-being. The SOTP incorporates concepts of the Relapse Prevention Model, the Risk-Need-Responsivity Model, the Good Lives Model, and the Self-Regulation Model. There are two satellite sites, namely NCCI-Gardner and Old Colony Correctional Center, where an introduction program is offered, as well as a less intensive programming for lower risk offenders and specialized programming for female offenders (MCI-Framingham) and those who have committed sexual crimes involving possession and distribution of child sexual exploitation material. The vast majority of the program is facilitated at the Massachusetts Treatment Center, a facility designated exclusively for the purpose of sex offender treatment.



### **MassCor Correctional Industries**

The mission of Correctional Industries is to instill a positive work ethic in offenders by providing training and skills for a successful reentry into the community through work opportunities, while ensuring the highest level of customer service by providing a quality product at a competitive price. Through work assignments offenders develop occupational skills and discipline that enhances successful reintegration. With acquired on the job training and work ethics gained through Correctional Industries, released offenders have a greater chance of being gainfully employed and succeeding after their release. Current certification programs and upcoming certifications are made available to all eligible incarcerated individuals. Correctional Industries employs over 450 offenders at eight institutions. The workforce has the opportunity to work with state of the art equipment to stay current in the outside employment field. The goal is to employ the maximum number of offenders consistent with effective use of program capital. MassCor has created numerous programs and certifications in order to give offenders opportunities to gain marketable skills and a better chance of securing employment in our communities thus reducing the possibility of recidivism.

### **Education Division**

The mission of the Education Division is to prepare offenders for successful reentry into the community by providing comprehensive academic and vocational programs based upon individual risk and need; moreover, to further reinforce social and career skills that are needed for offenders to transition into productive members of society.

Research tells us that educational and vocational achievements reduce recidivism:

- The Three State Recidivism Study, (Correctional Education Association/Office of Correctional Education, US Department of Education 2001) determined that for participants in prison education programs, recidivism was reduced by 12% in Maryland, 28% in Minnesota and 19% in Ohio.
- Our own recidivism study published in 2006 concluded that receiving a GED in prison reduced recidivism by 17%.
- The Washington State Institute of Public Policy completed an exhaustive meta-analysis of a wide variety of correctional program studies done across the country, and in 2006, published its *Evidence-Based Adult Corrections Programs: What Works and What Does Not*. It found that adult basic education programs in prison reduced recidivism by 5.1% and for vocational programs, a remarkable 12.6%.
- The MA Department of Labor reports that less than 25% of jobs available in Massachusetts are available to a person without a high school diploma or equivalency credential

Research reveals that nearly one half of inmates coming into correctional custody do not have a high school diploma or equivalency credential. Most do not have a work history. Research also tells us that if an inmate is to have the chance to return home successfully and not re-offend, a job and the means to support him/her and family are critical. We must reduce the likelihood that inmates will commit another crime, thus increasing public safety by providing education and training that will assist inmates in obtaining employment.

Emphasis is placed upon competency achievement, development of basic literacy skills and the acquisition of salable skills along with an appreciation of a formidable work ethic. To complete these tasks, Education's Supervisory Staff coordinate classes taught by full-time teachers and vocational instructors, and part-time College Career Coordinators. The Division's responsibilities include teaching academic and vocational programs, providing educational counseling services, assessing each inmate at reception by administering the Test of Adult Basic Education (TABE) and administering the High School Equivalency Test, (HiSET) previously, the GED test.

**I. Assessments**

As each new inmate comes into custody educational background information is obtained and they are required to take the Test of Adult Basic Education (TABE). The TABE test provides a grade level in math, reading and language. Speakers of other languages are given the TABE CLAS E. Education staff at each institution will receive this information when an inmate is transferred there and they will discuss educational alternatives and will place the inmate in appropriate classes or on waiting lists.

**II. Grants**

The Education Division receives several grants from the Massachusetts Department of Elementary and Secondary Education and from the U.S. Department of Justice that support staff and program supplies at several institutions, which are critical in providing necessary education and vocational services.

**III. Educational Programs**

**Academic Programs-Adult Basic Education Continuum**

**Adult Basic Education**

Adult Basic Education (ABE) is designed to serve those students who are struggling with basic reading, writing, and math skills. These individuals are functioning below the sixth grade level. ABE provides students with the academic skills that are necessary for entrance into adult secondary courses. ABE focuses on reading, language, and mathematics with student progress being measured by the Tests of Adult Basic Education (TABE) (GLE 0.0→5.9).

**Pre-Adult Secondary Education**

The Pre-Adult Secondary Education (Pre-ASE) class is designed to prepare intermediate level students for the ASE Program where students prepare to take the HiSET (High School Equivalency Test) exam. The class' focus is on reading comprehension, writing skills, math, social studies, and science. These individuals typically function between sixth and ninth grade levels according to TABE scores (GLE 6.0→8.9).

**Adult Secondary Education**

The Adult Secondary Education (ASE) program is specifically designed to prepare students to successfully take the HiSET (High School Equivalency Test) exam. The class focuses on reading, writing, math, social studies, and science – the five main components of the HiSET exam. These individuals typically function above the ninth grade level according to TABE scores (GLE 9.0→12.9).

**Limited English Proficient Continuum**

**English as a Second Language 1-Beginner**

English as a Second Language (ESL) is a language development program designed for the adult learner with limited English proficiency. The primary emphasis of the program is to provide students with the

fundamentals of speaking, reading, writing, and listening skills in English so they may be mainstreamed into academic classes and/or participate in vocational programs. The three-level program is taught exclusively in English and is available to those students whose native language is not English.

### **English as a Second Language 2-Intermediate**

This program works to develop and refine skills needed in conversation beyond survival needs. The focus is on reading comprehension of short pieces, vocabulary development, and oral answers to reading questions. Writing skills focus on paragraph organization and essay construction and formal English grammar. Informational articles as well as short stories are introduced. Practice is given in letter writing, both informal and formal business letters, complaints and requests.

### **English as a Second Language 3-Advanced**

In this program, focus is on more complex English grammar, sentence structure, and punctuation, including self-editing skills. Practice is given in writing and editing two to three paragraph essays. Reading comprehension and academic vocabulary is stressed and applied to word problems in mathematics as well as geography and history selections and informational historical and literary documents. Emphasis is placed on preparing the student to advance from ESL classes to regular academic classes and vocational programs.

### **Advanced Academic Programs**

#### **Boston University Program**

Students who meet the eligibility requirements by passing an entrance exam and interview have an opportunity to achieve a Bachelor's Degree in Liberal Studies from BU's Metropolitan College. Funded in full by Boston University, this program operates at MCI Norfolk and MCI Framingham.

#### **Mount Wachusett Community College**

Students who meet the eligibility requirements by passing an entrance exam and interview have an opportunity to achieve a Business Administration Certificate from Mount Wachusett Community College. This program operates at MCI-Shirley and NCCI-Gardner.

#### **Tufts University**

Students who meet the eligibility requirements by passing an entrance exam and interview have an opportunity to earn their Associate of Arts degree. Tufts partnered with Bunker Hill Community College in order to provide this degree program.

#### **Emerson College**

Students who meet the eligibility requirements by passing an entrance exam and interview have an opportunity to take credit-bearing courses with the potential of earning their Bachelor of Arts degree.

#### **Post-Secondary Education**

Taught by staff, academic teachers focus on critical thinking, classes are offered in a variety of subjects including literature, advanced mathematics, college study skills, and financial literacy. These programs are offered to students who have a high school or equivalency diploma.

#### **Inside-Out Program**

Offered at MCI-Framingham, Souza-Baranowski Correctional Center, MCI-Concord, and Old Colony Correctional Center, this program is offered to students who have a high school or equivalency diploma. Taught by an outside college instructor, this criminal justice class combines college students from the outside with inmates, collectively covering current events and topics within the Criminal

Justice field. Universities that are currently offering these courses include Tufts, Bridgewater State, and Framingham State.

### **Supplemental Academic Programs**

#### **Education: Specialized Housing Units**

For those inmates housed outside of general population due to mental health, discipline, or protective custody status, a variety of academic, technology, and vocational programs is supplied where possible.

### **Technology Education Programs**

#### **Introduction to Microsoft Office**

The Introduction to Microsoft Office program is designed to provide students with basic technology skills and enhance their digital literacy. This program consists of four components: Introduction to Computers, Microsoft Office 2010 and Windows 7, Microsoft Word 2010, and Microsoft Outlook 2010. A high school diploma or high school equivalency is required for admittance, along with a 7<sup>th</sup> grade reading level on the TABE. Furthermore, students who meet these requirements will be invited to an interview and a skills assessment in order to gauge current digital literacy skills.

#### **Advanced Microsoft Office**

The Advanced Microsoft Office program is being added as an opportunity to advance beyond Introduction to Microsoft Office. Advanced Microsoft Office consists of four components: Microsoft Word 2010, Microsoft PowerPoint 2010, Microsoft Excel 2010, and Microsoft Access 2010. A passing, final grade in Introduction to Microsoft Office is required for admittance into Advanced Microsoft Office. In addition, students must partake in an interview and skills assessment in order to be considered. It is the intent of the program to have prepared students sit for the Microsoft Office Specialist exam in the application of their choice (Word, Excel, PowerPoint, or Access) in order to earn a valued certificate in the workforce.

### **CISCO IT Essentials**

This program teaches inmates the operation and repair of computers, laptops, and printers with up-to-date technology, resulting in Cisco certification. This course offers a broad-based introduction to the field of Information Technology (IT) including its evolution, current trends and future directions. Students will be introduced to the various aspects of IT along with an understanding of the technical support that is provided to employees and organizations. IT fundamentals, operating systems and hardware, end user support, and networking will be covered. This program is offered at MCI-Concord.

### **Vocational Education Programs**

#### **Auto Body Repair**

In this program, the students study design and engineering of auto body construction, body repair, use of MIG welding, painting, estimate writing, insurance policy understanding, automotive mechanical systems, air bag and safety restraint systems, vehicle restoration, and automotive HVAC systems with emphasis on mobile air conditioning which will provide students with the opportunity to obtain a Mobile Air Conditioning Society (MACS) license.

#### **Automotive**

Fundamentals of auto mechanics are taught by providing book work in addition to hands-on training achieved by working on state vehicles. Students work toward Automotive Service Excellence (ASE) certification and become proficient in shop safety, electric systems, scan systems, tune, tune-ups, tires

and wheels, restraint systems, brake systems, and air conditioning systems. Students are able to earn their OSHA 10 General Industries Training and Mobile Air Condition Society (MACS) license Worldwide, Section 609 Certification.

### **Barber Training**

The Barber Training Program is a professionally licensed, 1000-hour, state credentialed program that includes a 12-18 month commitment from potential students. Students become proficient in professional ethics, hygiene, shaving and facial hair design, history of barbering, the use of tools and equipment, safe work practices, men's haircutting and styling, barbershop management, and job search. This program encompasses all the practical applications of barbering, training and education required to become a licensed professional barber in the state of Massachusetts. This program is offered at SBCC, MCI-Concord, MCI-Shirley, and MCI-Norfolk.

### **Building Trades**

In this program, safety, rough and finished carpentry, sheetrock work, and wood working are covered. Hands-on experience is provided by either completing institutional projects or mock-ups, and students become NCCER Certification eligible and receive OSHA 10 General Industries Training. This program is offered at MCI-Concord and the Mass Treatment Center.

### **Cosmetology**

In a class of 12 students, training is given in all aspects of hairstyling, skin care and nail beautification. Combining written and hands on work, 1000-hours are achieved, preparing students to take to take the Massachusetts State License Examination in Cosmetology. This program is offered at MCI-Framingham.

### **Culinary Arts: Foundations I**

Culinary Arts is structured to provide both theory and hands-on experience in the areas of applied foodservice sanitation and hygiene and in professional cooking. The course of study generally runs for nine months with the first three months focusing on obtaining the knowledge and skills required to successfully pass the National Restaurant Association's Education Foundation's ServSafe certifying exam covering sanitation and hygiene. The next six months focuses on Foundations Level 1 Restaurant Management and Culinary Arts. This program is offered at SBCC, MCI-Shirley, NECC-Concord, MCI-Concord, NCCI-Gardner, MCI-Norfolk, MCI-Framingham, and Old Colony Correctional Center, and the Massachusetts Treatment Center.

### **OSHA**

This two day, ten-hour training safety course includes electric and fire safety, slip and fall prevention, chemical safety, and more. This course satisfies the OSHA 10 training requirement for workers of general industries. Students are required to provide the \$8 exam fee. No GED or high school diploma is required and is open to low risk/low need inmates.

### **ServSafe**

This program is designed to provide students with the education necessary to earn a nationally recognized ServSafe Certification. This certification is useful for obtaining employment in the food service industry. Students who complete the course then take the National ServSafe Exam, and upon completion of the ServSafe program and certification, students are eligible to apply for a position in the Culinary Arts Program. Students are responsible for payment of the ServSafe exam.

### **Small Engine Repair**

This class provides the students training in the outdoor power equipment field. Students learn troubleshooting and repair in all engine systems. Students learn entry level skills to better themselves

for employment. Upon completion, students take the Equipment and Engine Training Counsel (EETC) exam to become certified. Students are required to take the 4 stroke exam, and the 2 stroke exam is optional. This program will be offered at NECC.

**Welding**

This eight-week, 180-240 hour training program teaches basic job skills, safety protocols, and a variety of welding techniques used to weld different metals including steel, stainless steel, and aluminum. Upon successful completion of this program, students receive credentials from the National Center for Construction Education and Research, (NCCER) a nationally recognized authorizing agency. This program is being offered at NCCI-Gardner and MCI-Norfolk.



## **Volunteer and Chaplain Facilitated Program Descriptions**

**AA Reentry Fellowship Program:** This program is considered among the most effective treatment approaches for addiction. A growing volume of research shows that programs that engage individuals like AA are most effective for changing addictive behavior. *This program is available at Boston Pre Release Center, Northeastern Correctional Center and North Central Correctional Center Medium and Minimum, and MCI Shirley Medium.*

**AAWOL:** This program is an in-depth study of the 12 steps that Alcoholics Anonymous and Narcotics Anonymous utilize. This is a cognitive behavioral self-awareness program with an emphasis on a higher power. *This program is available at Boston Pre Release Center and MCI Framingham.*

**A Book from Mom:** This program is designed to enhance literacy in children. A children's library is available for women to select age appropriate books to read during visits with their children. After the visit, children are allowed to leave the visiting room with a book from Mom. The child is allowed to receive a new book during each visit to create his/her own personal library at home. Books are also made available for women to mail home to children during the holidays and on birthdays. *This program is available at MCI Framingham.*

**Able Minds:** Facilitated book discussion group designed to shift criminal thinking and teach inmates in-terpersonal problem solving skills. Inmates expected to read 4-5 works of literature, participate in group discussions and book analysis, and write personal reflections utilizing the "Think First" method of consequential thinking. *This program is available at MCI Cedar Junction, MCI Concord, MCI Framingham, MCI Norfolk, and Old Colony Correctional Center Medium and Minimum.*

**Advanced Writing for Results:** This is a job-readiness program that advances the DOC's goals of reducing recidivism. This class provides the building blocks of successful resumes, cover letters and proposals. *This program is available at Souza Baranowski Correctional Center.*

**Alcoholics Anonymous:** A volunteer facilitated working support program where inmates learn about triggers to their behavior, understand past behavior and learn how to build a new, healthier sober lifestyle. *This program is available at most facilities.*

**Alternatives to Violence (AVP):** A volunteer facilitated program that teaches inmates how to reduce violence by introducing alternative ways of resolving conflict resulting in a diminished need to resort to violence. Workshops focus on conflict resolution. *This program is available at MCI Cedar Junction, MCI Norfolk, MCI Shirley, Northeastern Correctional Center, North Central Correctional Institution, Medium and Minimum, Old Colony Correctional Center Medium, and Souza Baranowski Correctional Center.*

**American Vet Dogs:**The Guide Dog Foundation sponsors this program which provides assistance dogs to disabled veterans and active military personnel. *This program is offered at MCI-Framingham, MCI-Shirley medium, Old Colony Correctional Center Medium, and Pondville Correctional Center.*

**American Veterans in Prison:** This program serves to educate incarcerated veterans in the areas of housing, taxes, motor vehicle registration, outreach and counseling. *This program is available at The Massachusetts Treatment Center, MCI Norfolk, MCI Shirley, and Old Colony Correctional Center Medium.*

**Art Program:** Volunteer facilitated Programs. Inmates learn skills in different art modalities and the opportunity to work on individual projects. The goal of this Programs is to encourage inmates to develop self-esteem and self-awareness through the expressive arts. *This program is available at The Massachusetts Treatment Center, MCI Shirley, Massachusetts Alcohol and Substance Abuse Center at*

*Plymouth, Northeastern Correctional Center, and Old Colony C.C.*

**AVP Writing Program:** To augment current AVP workshops, the writing program component offers men who have completed the training for facilitators a chance to develop their writing and reading skills. *This program is available at North Central Correctional Institution Medium.*

**Back to Basics:** This program will guide inmates through the Twelve Steps as described in the book, Alcoholics Anonymous. This condensed material exposes beginners to the steps, helps explain what the steps mean, and how to apply them. *This program is available at MCI Framingham.*

**Basic Computer Skills:** The program is designed for participants to master basic computer operation and become proficient in Microsoft Word, Excel and Power point. *This program is available at MCI-Concord.*

**Beacon Facilitator Training:** this program explores human behavior and emotions, with the intent of increasing skills for identifying emotions and developing new strategies and behaviors for responding to them more effectively. The goal is to increase awareness of why we do the things we do, so we can develop new behaviors and strategies for dealing with conflicts that serve us better. *This program is available at MCI Concord.*

**Beacon Program:** (Behavior, Emotions and Changing Oneself): Volunteer facilitated, twelve week program which explores human behavior and emotions with the intent of increasing skills for identifying emotions and developing new strategies and behaviors to respond more effectively. *This program is available at South Middlesex Correctional Center, MCI Shirley, MCI Concord, and Northeastern Correctional Center.*

**Beacon Study Group:** This program is for participants who have completed the Beacon Program. This program encourages the participant to continue working on emotional literacy. *This program is available at MCI Concord.*

**Book Discussion Group:** Changing Lives through Literature, Cultural Identity and Book Discussion. *This program is available at Pondville Correctional Center, Souza Baranowski Correctional Center and MCI Shirley.*

**Book Giveaway for Children:** This volunteer facilitated program encourages children to read and provides books that can be taken home by the child. *This program is available at MCI Concord.*

**Building Foundations:** This is a volunteer facilitated reentry program which provides the support necessary to secure employment, housing, transportation upon release. *This program is available at South Middlesex Correctional Center.*

**Career Pathway Workshop:** This is a volunteer facilitated program that is designed to assist inmates in the development of the necessary skills that are needed for successful transition back into the community. The focus of the workshop is employment readiness to include resume building, cover letter, job application, mock interviews and how to maintain employment. The workshop also includes social support, housing plans, financial awareness and budgeting, criminal impact and attainable goal setting. *This program is available at most facilities.*

**Career Skills Seminar:** This course is designed to provide participants the opportunity to develop career-related skills in small hands on environment. *This program is available at MCI Framingham.*

**Center for Spiritual Living:** The Spiritual Circle discussions promote personal responsibility and growth that allows for eliminating negative behaviors and promotes respectful honest caring. This

program builds personal self-esteem that allows for successful reentry into the community. *This program is available at the Massachusetts Treatment Center.*

**Chess Club:** Volunteer and/or staff supervised program where inmates learn how to play chess and participate in tournaments. This program provides a structured environment where chess enthusiasts from beginners to advanced players can learn more about the aspects of the game. *This program is available at MCI Concord, MCI Norfolk, and Old Colony Correctional Center Medium.*

**Cognitive Skills Workshops** - Volunteer facilitated cognitive-based programs: Active Listening, Problem Solving, Setting Goals, Asking for Help, Assertive Communication, Negotiating, and Using Self Control. *This program is available at most facilities.*

**Community Gardening and Landscaping:** The participants learn skills to assist in the development of work ethic, commitment, self-fulfillment and social interaction, team work and inclusion. *This program is available at North Central Correctional Institution.*

**Companion Program:** Staff facilitated program that provides training to inmates who then provide support and encouragement to inmates. *This program is available at Old Colony C.C. and MCI-Shirley.*

**Creative Writing:** Teaches basic English Composition covering expository, descriptive and narrative writing, dialogue, and short stories. *This program is available at MCI Concord.*

**Community Services Overview Seminar:** Provides inmates who are releasing within 6 months and current detainees with an overview of the services that Planned Parenthood has and how to access services when released. *This program is available at MCI-Framingham.*

**Companion/Environmental Cleaning Program:** This proactive program is designed to improve the hygiene practices of inmates, reducing the transmission of infectious microorganisms in the skilled nursing and assisted living units. *This program is available at MCI-Shirley.*

**Concord Public Library Program:** Volunteer facilitated library program that allows inmates to request and borrow books out of the Concord Public Library. *This program is available at Northeastern Correctional Center.*

**Count Down to Freedom Program:** This DVD based program helps reduce recidivism and takes offenders step by step through the transition from incarceration to community integration. Candid interviews with professionals and ex-offenders offer a unique perspective on what offenders should expect to face throughout their journey from incarceration back to society. *This program is available at MCI Norfolk, Pondville Correctional Center, and South Middlesex Correctional Center.*

**Current Affairs Discussion Group:** Throughout this program, inmates will have the opportunity to discuss current affairs and news items in an environment that is safe for inmates to express their own viewpoints, feelings and comments on the issues at hand. *This program is available at MCI-Concord.*

**Moving Steps:** Volunteer facilitated program that promotes self-awareness, self-esteem, and a sense of calm through simple choreography and guided expressive dance. *This program is available at South Middlesex Correctional Center.*

**DCF Visit Coordination:** Staff coordinates with the Department of Children and Families & facilitates on site Foster Care Reviews and supervised visits for inmates whose children are in the custody of DCF. Similar services are provided with child service agencies outside the Massachusetts area. Services are provided as well for Court Appointed Investigators, Guardian Ad Litem DYS, Residential placement and Adoption Mediators. *These services are available at MCI Framingham and South Middlesex Correctional Center.*

**Doing The Right Thing:** This program is designed to assist inmates with making ethical decisions. The program uses video seminars, role modeling and discussion facilitated by the instructor. *This program is available at Boston Pre-Release, MCI Concord, and Northeastern Correctional Center.*

**Emerald Gardening Program :** A volunteer facilitated course designed that covers Introduction to Horticulture and Landscape Maintenance. *This course is available at Boston Pre Release.*

**Emotional Awareness / Houses of Healing:** Volunteer coordinated program designed to foster emotional and spiritual growth and promote responsibility and accountability toward ones self and others. Inmates are also taught skills to reduce disruptive behavior. *This program is available at MCI Norfolk, South Middlesex Correctional Center and Souza Baranowski Correctional Center.*

**Entrepreneurship 101-Venturing Out:** A course designed to introduce inmates to the fundamentals of small business. *This course is available at Northeastern Correctional Center and South Middlesex Correctional Center.*

**Entrepreneurship Concord Prison Outreach:** The program is intended to educate and prepare individuals interested and/or curious in starting a business. Content covered each class wil include; Market Research, Budgeting, Financing, Business Plan, and Goals/Objectives. *This course is available at Northeastern Correctional Center.*

**Family Day Program:** Offered four times per year, volunteers design structured activities that allow inmates to interact with their children. *This program is available at Northeastern Correctional Center.*

**Family Reunification House:** A house located on the grounds at South Middlesex Correctional Center is used for overnight and weekend visits. Graduates of the parenting education classes are eligible to be screened to participate in the Family Reunification House program at SMCC. This program allows mothers nearing release to have progressively less supervised visit time with their children. Support and education, on such topics as healthy nutrition and meal preparation, is provided in this area to aid in attaining a successful mother-child visiting experience. *This program is available at South Middlesex Correctional Center.*

**Family Social Unit:** This program is focused on a fundamental change in an inmate's behavior by encouraging them to focus on members of their family, friends and relatives with a particular emphasis on their well-being instead of only their own. Alternatives to past bad decisions and behaviors will be offered to promote overall behavioral changes in lifestyle. *This program is available at MCI-Concord and Northeastern Correctional Center..*

**Fatherheart Program:** Volunteer facilitated 8-week faith based program designed to assist offenders in family skills. *This program is available at Northeastern Correctional Center, Boston Pre Release.*

**Formative Writing for Success:** The curriculum is designed for inmates who have achieved a GED or high school diploma and are interested in writing. Students will enhance their skills by learning some of the more common literary devices. *This program is available at Souza Baranowski Correctional Center and MCI Concord.*

**Fully Alive Program:** This volunteer facilitated program focuses on spiritual growth and choosing responsible living. Topics include relationships, recovery, anger management and understanding the relationship between attitudes, choices and consequences. *This program is available at Boston Pre Release, MCI Framingham, and South Middlesex Correctional Center.*

**Gardening and Landscaping:** Volunteer facilitated program that encourages patience, responsibility, attention to detail and the ability to work as a team in problem solving to produce the desired result. *This program is available at Massachusetts Alcohol and Substance Abuse Center at Plymouth.*

**Getting Beyond the Wall Workshop:** This program will build awareness, insight and skills to

maximize their ability to engage in successful re-entry. Inmates will be working with the documentary "Beyond the Wall" and will follow stories of a small community of men released from prison and attempting to rebuild their lives, Using their stories as guide's inmates will build skills, confidence and resilience necessary to navigate challenges and obstacles post release. This will be obtained through meditation, journaling and story exploration. *This program is available at North Eastern Correctional Center.*

**GiftEd:** This is a volunteer facilitated program designed to assist inmates in discovering their motivational gifts. The emphasis is on recognizing and developing employment skills to contribute towards a successful reentry upon release. *This program is available at North Eastern Correctional Center.*

**Greenhouse/Garden Program:** Staff supervised program during which inmates grow flowers and vegetables in designated individual garden plots. In some institutions volunteers provide basic horticultural education and/or the produce grown is donated to local charities. *This program is available at North Central Correctional Institution Minimum, Northeastern Correctional Center, and South Middlesex Correctional Center.*

**Guitar Program:** A volunteer facilitator teaches the inmates how to play guitar, a creative way to spend leisure time. This program has been acknowledged as a positive vehicle to reduce stress and promote positive climate. *This program is available at Northeastern Correctional Center.*

**Healing from the Heart:** this Yoga class focuses on the mental and physical benefits of yoga for prisoners and its application to the issues they face related to their rehabilitation, such as mental health, addiction recovery and impulse control. *This program is available at MCI Framingham.*

**Health Awareness (HIV/AIDS Education):** Programs ranges from basic education and awareness to support groups for inmates who are HIV positive. Instructors include vendor and department staff, volunteers and inmates. *This program is available at most facilities.*

**Impact Fitness: Health and Wellness Beyond Walls:** Individuals who participate will learn a variety of practical skills for the fitness industry. These skills are transferrable to areas of employment across multiple fields, as well as leading to healthier lifestyle choices while incarcerated. *This program is available at South Middlesex Correctional Center.*

**Introduction to Horticulture:** This program is designed to help participants understand the fundamental concepts of horticulture and teach the core skills required to produce small-scale sustainable gardens. This program is available at *Old Colony Minimum.*

**Introduction Music Theory & Instrument Retention Program:** The Music Theory course is an instructor-taught program with class interaction and homework to teach basic western music theory principles and how to play a keyboard. This program provides inmates the opportunity for rehabilitation through the study and performance of music. *This program is available at MCI Concord.*

**Iericho Circle:** Volunteer facilitated group that targets a variety of criminogenic risk factors that are pre-cursors to criminal behavior in an effort to develop integrity, accountability and emotional intelligence. *This program is available at MCI Norfolk.*

**Iericho Circle Project Weekend Intensive Workshop:** These trainings are focused on developing skills in the exploration and expression of emotional needs and life decisions. *This program is available at MCI Norfolk.*

**Job Search:** Eight-week program designed to prepare inmates for job searching upon release. Topics include developing realistic expectations, utilizing employment resources, identifying interests, skills and values and preparing for interviews. *This program is available at Northeastern Correctional Center.*

**Just Running: Cultivating Goodness Through Fitness:** This program encourages personal, moral and social responsibility through running. *This program is available at Pondville Correctional Center.*

**Last Hope K9:** The inmates learn a sense of purpose and responsibility through learning to teach dogs basic obedience skills. The goal of the program is to retain shelter dogs so that they can be adopted and become family pets. *This program is available at Old Colony Correctional Center Minimum.*

**Law Clerk Training:** Facilitated program that provides pre-employment training in basic legal research and use of electronic legal resources for potential inmate law library clerks or inmates interested in legal research. *This program is available at MCI Framingham and Old Colony Medium.*

**Leadership and Transformational Thinking:** The program is a volunteer facilitated program developed by The End Violence Project which is a nonprofit organization with the vision of ending violence without violence. This program support offenders in successfully transitioning from prison back into society as they join their families and communities. *This program is available at MCI Norfolk.*

**Learning to Foolproof Your Life:** Participants are encouraged to acknowledge patterns and cycles of poor decisions that brought them to their current situation. The goal is to develop a plan for success by applying the principals outlined in the program. *This program is available at MCI Concord and Northeastern Correctional Center.*

**Managing Difficult Conversations:** This course is intended to support learning and growth in communication, difficult conversations and conflict management. The course involves a combination of interactive exercises, small group scenarios, individual analysis and facilitated discussion. *This program is available at MCI Concord.*

**Massachusetts Community Outreach Initiative:** This collaborative reentry initiative between MCOI and the DOC facilitates spiritual, emotional and physical preparation for release and a smooth assimilation into society. *This program is available at Northeastern Correctional Center and MCI Shirley Medium and Minimum.*

**MDK Brand Management:** this is an interactive program to help men and women believe in their potential, feel confident about their future and rebuild their lives following incarceration. *This program is available at MCI- Framingham.*

**Men's Health Series:** This program is designed to provide relevant medical information about men's health issues. *This program is available at Pondville Correctional Center.*

**Menswork:** Eight to twelve week program designed to provide creative educational services that support the personal and social rehabilitation of convicted offenders. *This program is available at MCI Shirley.*

**Methadone Maintenance Program:** A program for women who are pregnant and on methadone. Health issues, relapse prevention, overdose prevention, healthy relationships and child development are discussed. *This program is available at MCI Framingham.*

**Mindfulness, Meditation and Resiliency:** This program will focus on the mental and physical health benefits of yoga for inmates. The yoga practices will follow the Prison Yoga Project's guidelines based on their effectiveness in prison classes with a variety of students with different physical and psychological issues. *This program is available at MCI-Concord and MCI Norfolk.*

**Money Management and Career Strategy:** program is designed to instruct inmates and teach them basic skills in key areas that will afford them a better opportunity of success during their re-entry into society and post incarceration life. *This program is available at Northeastern Correctional Center.*

**Money Smart:** This program covers topics such as developing spending plans, budgeting skills, how to chose and maintain a checking account and the basics of building/repairing credit. *This program is available at MCI Concord, MCI Norfolk, MCI Framingham, Pondville Correctional Center, and South Middlesex Correctional Center.*

**Music Theory Program:** Staff and/or volunteer supervised program that enables participants to learn basic music theory, comprehension and practice. Inmates join bands to rehearse and perform. In cell use of instruments varies among facilities. It is often limited to those inmates that can be utilized with headphones and do not disrupt the housing unit. *This program is available at Massachusetts Treatment Center, MCI Norfolk, North Central Correctional Institution, Northeastern Correctional Center, MCI Shirley Medium and Old Colony Correctional Center Medium.*

**Narcotics Anonymous:** Staff supervised, volunteer facilitated discussion/support/fellowship group that focuses on the twelve steps of narcotics anonymous and providing community information as appropriate. *This program is available at most facilities.*

**National Education for Assistant Dog Services-Puppy Program:** NEADS is a non-profit service dog organization established to provide Hearing, Service and Assistance Dogs for veterans, adults and children. For example: children on the autism spectrum; veterans or civilians who are deaf or use wheelchairs or whose activities are limited by their disability. These Service Dogs become extensions of their owners and bring freedom, independence, increased mobility and relief from social isolation to their partners. This is an 18-month program designed to utilize inmate handlers to teach dogs basic obedience and other skills needed to prepare them for future “careers” as Service Dogs assisting people who are physically disabled. Following their training with the inmates, the dogs will then learn the more advanced Service Dog skills at NEADS’ National Assistance Dog Training Campus in Princeton, MA. *This program is available at MCI- Concord, MCI Framingham, Northeastern Correctional Center, MCI Norfolk, and North Central Correctional Institution Medium.*

**Parenting Support Group:** Vendor facilitated group that provides a continuum of parenting classes reinforcing the skills developed in Parenting Education. This group encourages women to take a leadership role in continuing to address the multifaceted aspects surrounding parenting. This process is aided by the support of the group facilitator. *This program is available at MCI Framingham.*

**Parenting/Family Services:** Volunteers and staff provide programs, which range from skill building, basic education, and reintegration information to support groups. *This program is available at MCI Norfolk and South Middlesex Correctional Center.*

**Parents Helping Parents:** This program helps to reduce isolation, enhance resiliency and improve parenting skills. *This program is available at MCI Framingham.*

**Parenting on the Inside:** Inmates are challenged to consider new ways of relating to and interacting with their children by discussing their strengths and barriers. *This program is available at MCI-Shirley.*

**Passion to Profit: Creating Your Own Business**

Entrepreneurship workshop course introduces students to the fundamentals of small business. Students will be led through the process of writing their own business plan and developing negotiating, networking, self- preservation and interview skills. *This program is available at the Pondville Correctional Center.*

**Path of Freedom:** This program is a mindfulness-based, cognitive-behavioral and integral approach to self-transformation and personal development. *This program is available at MCI Concord, North Central Correctional Institution, Northeastern Correctional Center, MCI Norfolk, MCI Shirley and Souza Baranowski Correctional Center.*

**Peace Education Program:** This program is a non-religious-based program, the aim of which is to increase the participant's awareness of the innate resources they have to manage challenges of life both while incarcerated and after release in a more constructive and positive manner than they might have prior to taking classes. *This program is available at North Central Correctional Institution, Souza Baranowski Correctional Center and MCI Shirley.*

**Peer Educator:** This training program is a twelve week program that prepares offenders to assist UMASS staff in the facilitation of the Health Awareness Program. Offenders must complete the Health Awareness class to be eligible for the Peer Educator class. *This program is available at MCI Framingham, and MCI Norfolk.*

**Physical and Mental Well Being:** Because yoga is designed to quiet the mind and teach discipline, it will have a positive effect on the men and reduce violence. This program is about self-care and uniting the mind, body and spirit and taking it back into their everyday lives. *This program is available at Old Colony C.C. Medium.*

**Planning to Achieve Lifetime Success - Obtaining a Parole Permit:** This two session program helps the inmate understand the importance of successful reentry. This program also guides the inmate in order to get a favorable parole decision. *This program is available at MCI Concord.*

**Poetry Group:** A former Boston University professor coordinates this group. Every other month, artists from the community meet with inmates to review and critique their poems. *This program is available at MCI Norfolk.*

**Prison Fellowship Program:** This program helps participants to become increasingly pro-social and emphasizes pro-social attitudes and skills developed in a community. *This program is available at MCI-Norfolk and Old Colony Minimum and Medium.*

**Project Good Dog:** This program rehabilitates shelter dogs and provides the training so that the dogs can then be placed in a loving home. The inmates gain a sense of purpose through this training. *This program is available at North Central Correctional Institution.*

**Project Youth:** Staff supervised program in which inmates discuss with high school students their personal experiences and consequences that resulted in incarceration. *This program is available at MCI Norfolk, Old Colony Correctional Center Medium, North Central Correctional Institution, MCI Shirley Medium, and MCI Cedar Junction.*

**Protection Methods Workshop:** this workshop would provide inmates who within 1 year of release with education surrounding preventative care and protection methods as it applies to sexual health. *This program is available at MCI- Framingham.*

**Read to Me Daddy:** A staff and volunteer facilitated program where the male offenders are assisted in selecting a book that is age appropriate and speaks to their child's interest level. The male offender is then filmed while he reads the book and when the video is finished both the book and video tape are mailed to the child. *This program is available at Northeastern Correctional Center and North Central Correctional Center, Massachusetts Alcohol and Substance Abuse Center at Plymouth, and MCI Norfolk.*

**Read to Me Father:** The goal of this program is to give individuals who are fathers, an opportunity to create ongoing contact with their children. This will aid in family separation stress and improving



family support during the incarceration period. *This program is available at MCI Concord.*

**Read to Me Mommy:** Chaplain facilitated program where the female offenders are assisted in selecting a book that is age appropriate and speaks to their child's interest level. The female offender is then filmed while she reads the book and when the video is finished both the book and video tape are mailed to the child. *This program is available at MCI Framingham and South Middlesex Correctional Center.*

**Reclaiming Reality:** This program is a volunteer facilitated, non-residential substance abuse program. The program is eight weeks in length and follows a detailed lesson plan addressing addictive behavior. *This program is available at Pondville Correctional Center.*

**Restorative Justice Monthly Book Group:** The monthly book group is designed to facilitate discussions. A book will be chosen each month that deals with male role beliefs, male socialization, and issues of violence, accountability, and responsibility. *This program is available at MCI Norfolk.*

**Restorative Justice Reading Group:** This is a reading program designed to introduce the participant to what it means to be accountable, responsible and to make amends. *This program is available at MCI Norfolk, Old Colony Correctional Center Medium, Massachusetts Treatment Center, Northeastern Correctional Center, and South Middlesex Correctional Center.*

**Restorative Justice Mindfulness Program:** This program is designed to help inmates learn to be more present in the moment, and engage in pro-social behaviors. The program allows inmates to cultivate skills that bring awareness to destructive patterns of behaviors. *This program is available at MCI Norfolk.*

**Restorative Justice Repairing Harm:** This program is designed to encourage positive behavioral changes within oneself, within the inmate's families and within their communities by implementing a curriculum that includes storytelling, reading, deep introspection, self-evaluation, conflict resolution within oneself and with others, forgiveness and acceptance. *This program is available at MCI Concord, Northeastern Correctional Center and MCI Shirley.*

**Restorative Justice Sunday Sessions:** These sessions will allow students and the members from the law enforcement community to better understand the impact that restorative practices have on the incarcerated and the ways in which these restorative practices create a more peaceful and healing prison community. *This program is available at MCI Norfolk.*

**Reverence:** This program's intent is to validate, enhance or restore an inmate's self-respect, along with a sense of community are essential to the inmate's restraint to reoffend. *This program is available at Northeastern Correctional Center and MCI Concord.*

**Reverence Program Facilitator Training:** The treatment model for this program is based on the theory of intrinsic motivation and positive reinforcement. *This program is available at Northeastern Correctional Center and MCI Concord.*

**Self Help/Twelve Step Programs:** Volunteer facilitated substance abuse support groups based on abstinence. Self Help/Twelve-step Programs includes Alcoholics Anonymous, Narcotics Anonymous and Al Anon. The program is available in both Spanish and English. *This program is available at most facilities.*

**Spiritual Rehabilitation Program:** this program provides spiritual guidance, discussion and reflection as it addresses the causes and results of recidivism while offering opportunities to reconsider past behaviors and develop positive structure for returning as productive members of society. *This program is available at Northeastern Correctional Center.*

**Stepping Up: Call to Courageous Manhood:** Using wisdom and principles, this program will assist inmates in acquiring increased communication and negotiating skills. *This program is available at Boston Pre Release Center and Northeastern Correctional Center.*

**Successful Steps to a Successful Job Search:** This is a job readiness program that will help teach inmates the necessary skills to network and how to effectively communicate. *This program is available at Souza Baranowski.*

**Talking Information Center:** the Talking Information Center provides human voiced broadcasts of local news, articles and items of interest to visually impaired and otherwise disabled listeners throughout MA to promote independence and enrich quality of life. *This program is available at MCI-Norfolk.*

**There Is A Way :** This ten week program will address areas of risk prevention for women who experienced sex trafficking and sexual violence previous the incarceration. *This program is available to South Middlesex Correctional center.*

**Toastmasters:** Public speaking program that enables inmates to develop more effective communication skills. Through a series of presentations, inmates learn to express thoughts in a clear and non-threatening manner. Toastmasters are an internationally recognized organization. *This program is available at most facilities.*

**Toastmasters (Spanish) :** A volunteer facilitated program which is designed to enhance an inmate's ability to communicate more effectively. This is a six week program and is a pre-requisite to the Toastmasters' Program. *This program is available at Old Colony Correctional Center Medium.*

**Transforming Anger with Non Violent Communication:** This 12 week program addresses violence in our culture and fosters community safety by teaching communication and life skills. *This program is available at MCI Concord, Northeastern Correctional Center and Souza-Baranowski Correctional Center.*

**Victim Offender Education Group:** (VOEG) This restorative justice program provides opportunities for the inmates to internalize accountability, responsibility and learn empathy towards their victims and the community. *This program is available at MCI Norfolk, MCI Concord MCI Framingham and South Middlesex.*

**Victim Offender Education Group Maintenance Program:** This program is designed to provide graduates of the VOEG program the opportunity to explore even more deeply the realities of what it means to be responsible and accountable. *This program is available at MCI Norfolk.*

**Virtual Reality Program:** This program mirrors the DOC mission statement "Promote public safety by managing offenders while providing care and appropriate programming in preparation for successful reentry into the community". Virtual Reality programming will help better manage the population by offering a program that is new and relatable to the population. *This program is available at SMCC.*

**VOSH/NECO:** Eyeglasses recycling program. Staff coordinated program in which inmates repair donated eyeglasses to be repackaged and sent to developing countries where members of VOSH/NECO will examine patients and distribute the eyeglasses. Volunteer Optometry Services to Humanity /New England Council Optometrists (VOSH/NECO) is a non-profit organization dedicated to the preservation of human sight, mainly in developing countries where there is no welfare. *This program is available at MCI Norfolk.*

**Wellesley College Volunteer Program:** Wellesley College is offering a variety of classes facilitated by volunteers to help inmates prepare for release, making better life choices such as healthy eating, and education in both self-awareness and world events. Faculty and staff volunteers from the college will educate students on giving back to the community, topics of interests in a lecture series, and workshops for post-release employment. *This program is available at South Middlesex Correctional Center.*

**Writing For Results:** Students learn the basic steps to writing clean, compelling prose for job related or personal growth. *This program is available at Souza Baranowski Correctional Center.*

**Writing for the Soul:** Staff Facilitated program designed to improve writing skills and encourage interest in reading while strengthening self-confidence and employability. *This program is available at Boston Pre Release Center.*

**Writers Group:** This program is intended to engage participants to use writing as a means to cope with frustration, express their emotions, learn how to express self-constructively, and subsequently improve their writing skills. *This program is available at MCI-Framingham.*

**Writing Skills:** Students learn basic writing skills and punctuation along with enhancing reading and listening skills. *This program is available at Northeastern Correctional Center.*

**Zen Buddhism:** This weekly program is modeled on the traditional forms as taught in the Kwan Um School of Zen. Included is sitting, walking and chanting meditation. *This program is available at MCI Concord.*

## **SECURE FACILITIES**

### **MCI CEDAR JUNCTION**

#### **Departmental Services and Programs**

Core Skills

Criminal Thinking (BMU)

High Risk Offender Program (DDU)

Gateway to Treatment

Graduate Maintenance Program-Substance Abuse

Graduate Maintenance Peer Facilitator Program – Substance Abuse

Medication Assisted Treatment Reentry Initiative

Recreation Services

Religious Services

Violence Reduction (BMU)

Volunteer Services

#### **Correctional Industries**

Cedar Junction is home to the License Plate Shop where offenders produce the license plate requirements set forth by the Registry of Motor Vehicles.

#### **Supplemental Academic Programs**

Education in Specialized Housing Units

#### **Vocational Education Programs**

Culinary Arts Foundations I

OSHA

ServSafe

#### **Institutional Programs**

Able Minds

Alcoholics Anonymous

Cognitive Skills Workshops

Narcotics Anonymous

Project Youth

Toastmaster

## **MCI CONCORD**

### **Departmental Services and Programs**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Violence Reduction  
Volunteer Services

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Emerson College  
Tufts University

### **Supplemental Academic Programs**

Education in Specialized Housing Units

### **Technology Education Programs**

Introduction to Microsoft Office  
Advanced Microsoft Office  
CISCO IT Essentials

### **Vocational Education Programs**

Barber Program  
Building Trades  
Culinary Arts Foundations I  
ServSafe

### **Institutional Programs**

Able Minds  
Basic Computer Skills  
Beacon Facilitator Training  
Beacon Program - Behavior, Emotions and Changing Oneself  
Beacon Study Group  
Book Giveaway for Children  
Career Pathway Workshop  
Chess Club  
Cognitive Skills Workshops  
Creative Writing  
Current Affairs Discussion Group

Doing the Right Thing  
Family Social Unit  
Formative Writing for Success  
Health Awareness (HIV/AIDS Awareness)  
Introduction Music Theory & Instrument Retention  
Learning To Foolproof Your Life  
Managing Difficult Conversations  
Mindfulness, Meditation and Resiliency  
Money Management & Career Strategy  
Money Smart  
National Education for Assistant Dog Services-Puppy Program  
Path of Freedom  
Planning to Achieve Lifetime Success  
Read to Me Father  
Restorative Justice Repairing Harm  
Reverence  
Reverence Program Facilitator Training  
Self/Help Twelve Step Programs  
Toastmasters  
Transforming Anger with Non Violent Communication  
Victim Offender Education Group  
Zen Buddhism

## **MCI FRAMINGHAM**

### **Departmental Services and Programs**

Building Positive Connections  
Family Preservation Programs and Services  
First Step Program  
Healthy Living Community  
Life in Recovery  
Medication Assisted Treatment Reentry Initiative  
Methadone Maintenance Program  
Parenting Inside out  
Parenting Support Group  
Recreation Services  
Religious Services  
Sex Offender Treatment Program  
Volunteer Services

### **Correctional Industries**

This operation currently manufactures United States, Commonwealth of Massachusetts, POW/MIA, and Custom Flags, Laundry Bags and Belt Pouches. The offenders learn valuable skills that are related to the various employment opportunities in the sewing industry within the state. Our Embroidery Shop can embroider caps, jackets, tee shirts and many other items.

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Boston University  
Framingham State University

### **Supplemental Academic Programs**

Education in Specialized Housing Units

### **Vocational Education Programs**

Cosmetology Program  
Culinary Arts Foundations I  
OSHA  
ServSafe

### **Institutional Programs**

AAWOL  
Able Minds  
A Book from Mom  
Alcoholics Anonymous  
American Vet Dogs  
Back to Basics  
Career Pathway Workshop

Career Skills Seminar  
Cognitive Skills Workshops  
Community Services Overview Seminar  
DCF Visit Coordination  
Fully Alive Program  
Healing from the Heart  
Health Awareness (HIV/AIDS Education)  
Law Clerk Training  
MDK Brand Management  
Money Smart  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Parents Helping Parents  
Peer Educator (HIV/AIDS Peer Education)  
Protection Methods Workshop  
Read to Me Mommy  
Self/Help Twelve Step Programs  
Victim Offender Education Group  
Writers Group



## **MCI NORFOLK**

### **Departmental Services and Programs**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Violence Reduction  
Volunteer Services

### **Correctional Industries**

Our largest operation, Norfolk has offenders working in a wide range of manufacturing settings. This operation houses a Clothing Shop where fabric is cut from rolls and sewn to create garments used in a number of areas throughout the Commonwealth; our Mattress Shop produces a variety of mattresses for use in a number of environments; the Janitorial shop has a complete line of cleaning products available; the Metal operation is able to supply custom fabricated metal cell furniture to provided specifications; the Upholstery Shop produces a number of quality upholstered office chairs, and can re-upholster sofas, chairs, and other furniture; a Binder Shop which produces 3 ring vinyl binders in a number of sizes. Lastly, a Furniture Assembly Shop assembles various furniture items from a number of outstanding furniture manufacturers.

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Post-Secondary Education  
Boston University Program  
Tutor Training Program

### **Supplemental Academic Programs**

Education in Specialized Housing Units

### **Technology Education Programs**

Introduction to Microsoft Office  
Advanced Microsoft Office

### **Vocational Education Programs**

Barber Training  
Culinary Arts Foundations I  
OSHA  
ServSafe  
Welding

**Institutional Programs**

Able Minds  
Alcoholics Anonymous  
Alternatives to Violence  
American Veterans in Prison  
Career Pathway Workshop  
Chess Club  
Cognitive Skills Workshops  
Count Down to Freedom  
Emotional Awareness / Houses of Healing Program  
Health Awareness (HIV/AIDS Education)  
Jericho Circle  
Jericho Circle Project Weekend Intensive Workshop  
Leadership and Transformational Thinking  
Mindfulness, Meditation and Resiliency  
Money Smart  
Music Theory Program  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Parenting/Family Services  
Path of Freedom  
Peer Educator (HIV/AIDS Education)  
Poetry Group  
Prison Fellowship Program  
Project Youth  
Read to Me Daddy  
Restorative Justice Monthly Book Group  
Restorative Justice Reading Group  
Restorative Justice Mindfulness Program  
Restorative Justice Sunday Sessions  
Self/Help Twelve Step Programs  
Talking Information Center  
Toastmasters  
Victim Offender Education Group  
Victim Offender Education Group Maintenance Program  
VOSH/NECO

## **MCI SHIRLEY**

### **Departmental Services and Programs**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Criminal Thinking  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Violence Reduction  
Volunteer Services

### **Correctional Industries**

This site houses a sewing operation that manufactures sheets, towels, and socks. The offenders learn valuable skills that are related to the various employment opportunities in the sewing industry within the state.

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Mount Wachusett Program  
Post-Secondary Education

### **Technology Education Programs**

Introduction to Microsoft Office  
Advanced Microsoft Office

### **Vocational Education Programs**

Culinary Arts Foundations I  
Barber Training  
OSHA  
ServSafe

### **Institutional Programs**

AA Reentry Fellowship Program  
Alcoholics Anonymous  
Alternatives to Violence  
ALPHA Program  
American Vet Dogs  
American Veterans in Prison  
Art Program  
Beacon Program - Behavior, Emotions and Changing Oneself  
Book Discussion Club  
Career Pathway Workshop

Cognitive Skills Workshop  
Companion Program  
Health Awareness (HIV/AIDS Education)  
Companion/Environmental Cleaning Program  
Massachusetts Community Outreach Initiative  
Menswork  
Music Theory Program  
Parenting on the Inside  
Path of Freedom  
Peace Education Program  
Project Youth  
Restorative Justice Repairing Harm  
Toastmasters (also offered in Spanish)  
Toastmasters Inc. Gavel Club

## **NORTH CENTRAL CORRECTIONAL INSTITUTION**

### **Departmental Services and Programs**

Criminal Thinking  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Pathway to Recovery  
Recreation Services  
Religious Services  
Sex Offender Treatment Program  
Violence Reduction  
Volunteer Services

### **Correctional Industries**

The Optical shop is a full scale eyewear laboratory providing services to many providers throughout Massachusetts. The offenders currently working at this site grind, polish, and assemble eyeglasses for a number of customers. The industrial instructor's at NCCI-Gardner are facilitating the process of testing offenders working in the Optical Shop to gain a certification from the American Board of Optometry, a nationally recognized organization. The test is designed to reveal the competency in the optical field and their overall knowledge. The individual taking this exam will be provided a certification from the American Board of Opticianry (ABO). This in turn, will allow the offender to show qualifications and a work history to potential employers.

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Mount Wachusett Program

### **Technology Education Programs**

Introduction to Microsoft Office  
Advanced Microsoft Office

### **Vocational Education Programs**

Culinary Arts Foundations I  
OSHA  
ServSafe  
Welding  
Wheelchair Repair

### **Institutional Programs**

AA Reentry Fellowship Program  
Alternatives to Violence  
AVP Writing Program  
Alcoholics Anonymous  
Career Pathway Workshop

Community Gardening and Landscaping  
Music Theory Program  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Path of Freedom  
Peace Education Program  
Project Good Dog  
Project Youth  
Read to Me Daddy

## **OLD COLONY CORRECTIONAL CENTER**

### **Departmental Services and Programs**

Criminal Thinking Program  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Sex Offender Treatment Program  
Substance Abuse Education  
Violence Reduction Program  
Volunteer Services

### **Correctional Industries**

Printing is the trade being taught at our full scale, state-of-the-art, Printing Plant. Offenders working in the print shop are able to use the latest technology to produce a quality product and therefore also gain valuable skills which are easily transferable to private industry. Products offered vary from letterhead to continuous forms, to City and Town Reports. There is also a Validation Shop that produces Registry of Motor Vehicle stickers and decals.

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Inside-Out Program/Bridgewater State University

### **Technology Education Programs**

Introduction to Microsoft Office

### **Supplemental Academic Programs**

Education in Specialized Housing Units

### **Vocational Education Programs**

Culinary Arts Foundations I  
OSHA  
ServSafe

### **Institutional Programs**

Able Minds  
Alcoholics Anonymous  
Alcoholic Anonymous 12 Step Program  
Alternatives to Violence  
American Veterans in Prison  
American Vet Dogs  
Career Pathway Workshop  
Chess Club

Companion Program  
Health Awareness (HIV/AIDS Education)  
Law Clerk Training  
Music Theory Program  
Narcotics Anonymous  
Peer Education (HIV/AIDS Education)  
Physical and Mental Well Being  
Prison Fellowship Program  
Project Youth  
Restorative Justice Reading Group  
Sampson Art Program (SHU only)  
Sampson Book Club (SHU only)  
Self/Help Twelve Step Programs  
Toastmasters  
Toastmasters (Spanish)



## **SOUZA BARANOWSKI CORRECTIONAL CENTER**

### **Departmental Services and Programs**

Bridging Treatment (Co-Occurring Disorders)  
Criminal Thinking  
Gateway to Treatment  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
High Risk Offender Graduate Support Program  
Medication Assisted Treatment Reentry Initiative  
Motivational Enhancement  
New Freedom Program  
Recreation Services  
Reentry and Employment Readiness Workshop  
Religious Services  
Violence Reduction  
Volunteer Services

### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Inside-Out Program/Tufts University

### **Supplemental Academic Programs**

Education in Specialized Housing Units

### **Technology Education Programs**

Introduction to Microsoft Office  
Advanced Microsoft Office

### **Vocational Education Programs**

Barber Training  
Culinary Arts Foundations I  
OSHA  
ServSafe

### **Institutional Programs**

Advanced Writing for Results  
Alternatives to Violence  
Book Discussion Club  
Cognitive Skills Workshops  
Emotional Awareness / Houses of Healing  
Formative Writing for Success  
Health Awareness (HIV/AIDS Education)  
Path of Freedom

Peace Education Program  
Successful Steps to a Successful Job Search  
Toastmasters  
Transforming Anger with Non-Violent Communication  
Writing for Results

## **COMMUNITY CORRECTIONS**

### **BOSTON PRE-RELEASE CENTER**

#### **Departmental Services and Programs**

Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Volunteer Services

#### **Institutional Programs**

AAWOL  
AA Reentry Fellowship Program  
Alcoholics Anonymous (also available in Spanish)  
Basic Computer Literacy  
Career Pathway Workshop  
Cognitive Skills Workshop  
Doing The Right thing  
Emerald Gardening Program  
Fatherheart Program  
Fully Alive Program  
Narcotics Anonymous  
Stepping Up: Call to Courageous Manhood  
Writing for the Soul

#### **Community Programs (Level two inmates only)**

Educational Release  
Office of Community Corrections  
Step Down Community Assistance under Community Program

## **MCI SHIRLEY, MINIMUM**

### **Departmental Services and Programs**

Correctional Recovery Academy  
Correctional Recovery Academy Graduate Support Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Volunteer Services

### **Institutional Programs**

Alcoholics Anonymous  
Cognitive Skills Workshop  
Massachusetts Community Outreach Initiative  
Toastmaster

**NORTH CENTRAL CORRECTIONAL INSTITUTION, MINIMUM UNIT**

**Departmental Services and Programs**

Recreation Services

Religious Services

Volunteer Services

**Institutional Programs**

AA Reentry Fellowship Program

Alcoholics Anonymous

Alternatives to Violence

Greenhouse/Garden Program

Narcotics Anonymous

## **NORTHEASTERN CORRECTIONAL CENTER**

### **Departmental Services and Programs**

Criminal Thinking  
General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Violence Reduction  
Volunteer Services

### **Vocational Education Programs**

Culinary Arts Foundations I  
Culinary Arts Foundations II  
OSHA  
ServSafe  
Small Engine Repair

### **Institutional Programs**

Alcoholics Anonymous  
AA Reentry Fellowship Program  
Alternatives to Violence  
Art Program  
Beacon Program - Behavior, Emotions and Changing Oneself  
Career Pathway Workshop  
Concord Public Library Program  
Doing The Right thing  
Entrepreneurship - CPO  
Family Day Program  
Family Social Unit  
Fatherheart Program  
Garden/Greenhouse Program  
Getting Beyond the Wall Workshop  
GiftEd  
Guitar Program  
Health Awareness (HIV/AIDS Education)  
Job Search  
Learning to Foolproof Your Life  
Massachusetts Community Outreach Initiative  
Money Management and Career Strategy  
Music Theory Program  
Narcotics Anonymous  
National Education for Assistant Dog Services-Puppy Program  
Path of Freedom  
Peer Education (HIV/AIDS Peer Education)  
Read to Me Daddy  
Restorative Justice Repairing Harm

Restorative Justice Reading Group  
Reverence  
Reverence Program Facilitator Training  
Self/Help Twelve Step Programs  
Spiritual Rehabilitation Program  
Stepping Up: Call to Courageous Manhood  
Toastmasters  
Transforming Anger with Non Violent Communication  
Writing Skills

## **OLD COLONY CORRECTIONAL CENTER, MINIMUM**

### **Departmental Services and Programs**

Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Recreation Services  
Religious Services  
Thinking for a Change  
Violence Reduction  
Volunteer Services

### **Institutional Programs**

Able Minds  
Alcoholics Anonymous  
Cognitive Skills Workshops  
Introduction to Horticulture  
Last Hope K9  
Prison Fellowship Program  
Self/Help Twelve Step Programs



## **PONDVILLE CORRECTIONAL CENTER**

### **Departmental Services and Programs**

General Population Maintenance Program  
Graduate Maintenance Program-Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Milford Kitchen Culinary Arts  
Recreation Services  
Religious Services  
Thinking for a Change  
Violence Reduction  
Volunteer Services

### **Correctional Industries**

MassCor's Central Office utilizes offenders from this facility to perform varied tasks.

### **Vocational Education Programs**

Automotive Program (Milford)  
OSHA  
ServSafe

### **Institutional Programs**

American Vet Dogs  
Book Discussion Club  
Career Pathway Workshop  
Count Down to Freedom  
Just Running: Cultivating Goodness through Fitness  
Men's Health Series  
Money Smart  
Passion to Profit: Creating Your Own Business  
Reclaiming Reality  
Self/Help Twelve Step Programs

## **SOUTH MIDDLESEX CORRECTIONAL CENTER**

### **Departmental Services and Programs**

Building Positive Connections  
Community Work Crew  
Family Preservation Programs and Services  
Family Reunification House Program  
Healthy Living Community  
Institutional Work  
Life in Recovery  
Medication Assisted Treatment Reentry Initiative  
Motivational Enhancement Program  
Parenting Education Program  
Pre-Release Employment  
Recreation Services  
Reintegration Services  
Religious Services  
Volunteer Services

### **Academic Education Programs**

Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education  
Boston University Program  
Inside-Out Program/Framingham State University

### **Vocational Education Programs**

Cosmetology  
OSHA  
ServSafe

### **Institutional Programs**

Beacon Program - Behavior, Emotions and Changing Oneself  
Building Foundations  
Career Pathway Workshop  
Cognitive Skills Workshops  
Count Down to Freedom  
DCF Visit Coordination  
Emotional Awareness / Houses of Healing  
Entrepreneurship 101-Venturing Out  
Fully Alive Program  
Greenhouse/Garden  
Impact Fitness: Health and Wellness Beyond Walls  
Money Smart  
Moving Steps  
Parenting/Family Services  
Path to Freedom  
Read to Me Mommy  
Restorative Justice Reading Group

Self/Help Twelve Step Programs  
There is a Way  
Toastmasters  
Victim Offender Education Group  
Virtual Reality Program  
Wellesley College Volunteer Program

## **SPECIALIZED FACILITIES**

### **MASSACHUSETTS TREATMENT CENTER**

#### **Departmental Services and Programs**

Graduate Maintenance Program – Substance Abuse  
Graduate Maintenance Peer Facilitator Program – Substance Abuse  
Medication Assisted Treatment Reentry Initiative  
Pathway to Recovery  
Recreation Services  
Religious Services  
Sex Offender Treatment Program  
Volunteer Services

#### **Academic Education Programs**

ESL I-Beginner  
ESL II-Intermediate  
ESL III-Advanced  
Adult Basic Education  
Pre-Adult Secondary Education  
Adult Secondary Education

#### **Technology Education Programs**

Introduction to Microsoft Office

#### **Vocational Education Programs**

Building Trades Program  
Culinary Arts Foundations I  
OSHA  
ServSafe

#### **Institutional Programs**

Alcoholics Anonymous  
American Veterans in Prison  
Art Program  
Center for Spiritual Living  
Music Theory Program  
Restorative Justice Reading Group  
Self/Help Twelve Step Programs

## **MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER AT PLYMOUTH**

The Massachusetts Alcohol and Substance Abuse Center at Plymouth is a truly unique Department of Correction facility. The facility not only houses individuals who are civilly committed under MGL 123, Section 35, but also minimum security inmates as well.

For those men who are civilly committed, MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER provides a detoxification and substance abuse program which consists of three phases:

1. Medically supervised detoxification
2. Mandatory counseling and Programs
3. Individual discharge planning

Commitments participate in a comprehensive, multi-phase progression of classes in relapse prevention. In addition, case management services, twelve step Programs, and assistance in after care planning are offered to provide each commitment with an individual discharge plan for community based treatment and support. For those men who are sentenced, MASSACHUSETTS ALCOHOL AND SUBSTANCE ABUSE CENTER offers a variety of work, education, religious, and substance abuse Programs.

### **Departmental Services**

Recreation Services  
Religious Services  
Volunteer Programs

### **Institutional Programs**

Alcoholics Anonymous  
Art Program  
Gardening and Landscaping  
Health Awareness (HIV/AIDS Education)  
Narcotics Anonymous  
Read to Me Daddy  
Self/Help Twelve Step Program  
Toastmasters