



**DAUPHIN COUNTY PRISON
TREATMENT
DEPARTMENT**

**PROGRAMS &
SERVICES**

**Most programming groups have halted due to COVID-19.
All volunteer service has stopped as well.**

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DAUPHIN COUNTY PRISON TREATMENT DEPARTMENT PROGRAMS

The Treatment Department provides Counseling, Educational, Operational, and Community Connection services to approximately 1,000 inmates (minimum through maximum security). The department is separated into four areas:

The Counseling Department, supervised by the Treatment Coordinator, provides group and individual counseling, therapeutic community programs, and casework advocacy services. A treatment plan is completed for each inmate to determine which groups they will be recommended to attend based on their individual needs.

The Educational Department provides Adult Basic and General Equivalency Diploma classes, English Language classes, GED Testing and Library Services. The Education Coordinator is responsible for their oversight.

The Operations Department provides services by assigning inmates to trusty status, job details, and work release. The Operation's Department is responsible for classification including the initial intake procedure, and proper housing of all inmates. The operations staff handles all parole recommendations and provides secretarial/clerical support services. The Treatment Evaluator supervises this section.

The Community Connections section provides religious programming through its two full-time chaplains and two part-time clerks and covers all religions. Over 300 volunteers provide group services and post-release support services through the Mentor Program. The Community Connections Coordinator supervises these services and personnel.

COUNSELING SERVICES

The Functional Unit Management (FUM) system was instituted at Dauphin County Prison in 1989. The team consists of a Treatment Specialist and correctional officer, who are assigned to each cellblock.

In 2014, The Treatment Department Trained Treatment Specialist in the Ohio Risk Assessment System. The ORAS is an assessment tool that assists in developing a comprehensive risk and needs assessment of the offender population. These assessments are utilized to aid in identifying the treatment needs of the inmate population.

Treatment Specialist have been trained to deliver services utilizing best practice. They have received training in techniques such as Motivational Interviewing and Cognitive Behavioral Therapy. In addition, Treatment Specialist are also trained in the National Institute of Corrections Thinking for a Change Program.

Treatment Specialist - A Treatment Specialist (Treatment Specialist /caseworker) is assigned to each cellblock to help inmates contact criminal justice agency providers such as Pre-Trial Services, Public Defenders and the Probation office. The caseworker assists in the completion of parole applications, makes classification recommendations, answers family member's questions, as well as being an advocate for the inmate to outside agencies. Treatment Specialist also are trained to assist with the implementation of the ORAS assessment tool.

Block Orientation - Conducted by Treatment Specialist for new inmates on each block. Covers rules for the block, programs available, process for requesting counseling and casework services. Block orientation is provided to inmates upon movement to their permanent housing location.

Counseling - Individual one-on-one counseling is conducted by Treatment Specialist on an as-needed basis at the inmate's request or the request of prison staff. Treatment Specialist help inmates identify and address individual and personal issues such as childhood abuse, relationship problems, coping strategies, stress, etc.

Group Counseling- Facilitated by the Treatment Specialist and offered throughout the facility. The inmates are given a basic treatment plan by the Treatment Coordinator/ Treatment Specialists. The counseling services are cut into five major areas: Aids Awareness, Addictive/Compulsive Behaviors, Violence Intervention, Support Skills, and Sex Offenders.

HIV/AIDS/STI Awareness – A two-hour course conducted by UPMC Pinnacle REACCH instructors. The course defines HIV, AIDS, STI, how it is transmitted, and offers safety precautions.

Pre-test HIV Counseling – PrimeCare Medical/ UPMC Pinnacle REACCH offer pre-test counseling, as needed. Counseling is offered to all inmates by request.

Post-test HIV Counseling – PrimeCare Medical /UPMC Pinnacle REACCH staff does notification and post-test counseling. Post-test counseling is offered to all inmates.

Addictive/Compulsive Behaviors – Offered to all inmates. It is conducted one to two times a week by counseling staff. The course covers recognition of addictive and/or compulsive behaviors, thinking errors leading to such behaviors, discussion of techniques to avoid people, places, and things that contribute to relapse, and taking personal responsibility for continuing recovery from addictive or compulsive behaviors. Sessions also cover recovery issues such as overcoming denial, 12-step programs, behavior modification and Rational Emotive Therapy recovery techniques, Cognitive Behavioral techniques and preparation for life after prison.

Addictive/Compulsive Behaviors for Mental Health – This group tries to change specific thoughts and behaviors which allow for re-incarceration or maladaptive lifestyles. Group members include inmates with medical problems and/or mental health issues.

Dual Diagnosis Group – Group offered once a week for inmates diagnosed as having mental health and substance abuse problems. The group follows the Alcoholics Anonymous 12-step recovery program format and is conducted by a staff Treatment Specialist and the staff psychologist.

Hispanic D&A – An on-going discussion group for Spanish-speaking inmates when a Spanish-speaking Treatment Specialist is on staff. It is offered once a week. It covers the same topics as the Addictive Compulsive Behaviors program.

Alcoholics Anonymous (AA) – Weekly group meetings conducted by volunteers. Available to inmates housed in all complexes. Meetings follow the 12-step recovery format of AA.

Maternal Assistance Program (MAP) – Referral source for pregnant inmates with addiction problems. Discussion includes the effects of alcohol and drugs on the fetus. Funded through the Holy Spirit Hospital.

Narcotic Anonymous (NA) – Weekly group meeting conducted by volunteers. Available to inmates housed in all complexes, except Spring Creek men. Meetings follow the 12-step recovery format.

Second Chance – See Therapeutic Communities

Relapse Prevention Community – See Therapeutic Communities

Mazzitti and Sullivan IOP program – See Therapeutic Communities

Violence Intervention:

Violence Intervention – Groups of this nature are offered in each section of the Prison. It is conducted one or two times a week by a staff Treatment Specialist. This class is designed to teach participants how to be assertive, not aggressive, work on power and control issues, identify the different ways anger and aggression surface and the effects, and learn other techniques to deal with anger. Coping strategies and alternatives to violence are taught through behavior modification techniques and Rational Emotive Therapy. There are two optional sections on Gang Violence and Domestic Violence that may also be covered as appropriate for the population.

Violence Intervention for Mental Health – The purpose of this group is to lower the participant's level of unnecessary anxiety. Often, group conversations revolve around gaining realistic perspectives about the world.

Sex Offenders – An intensive staff-run group for inmates with charges of a sexual nature. This group deals with power and control issues that lead the offender to commit deviant crimes. This group works on sex addiction, relapse prevention and rational thinking.

Domestic Violence Recovery – Weekly counseling group conducted for female inmates who have been victims of domestic violence. Group is conducted by staff from the YWCA.

Sexual Assault Crisis – Individual and group counseling conducted by the YWCA for victims of rape and incest.

Pennsylvania Prison Society – Individual counseling by volunteers for all inmates who request counseling for problems associated with incarceration.

MENDS – See Therapeutic Community

Victim Awareness Counseling- Offer by Mazzitti and Sullivan designed to educate offenders about the impact of crime on victims and the community. The activities throughout the curriculum provide offenders the opportunity to move from thinking about a subject in a detached anti-social manner to involving themselves personally at the feeling level.

Support Skills:

****Support Skills*** – Groups are staff-run and are offered throughout the facility one or two times a week. Support Skills classes cover a broad area of topics that help integrate the inmate back into society. Some of the topics include: Goal Setting, Job Skills, Interviewing Techniques, Financial Planning, Responsibility, Stress Management, Self-Esteem, and Community Resources.

Support Skills for Mental Health - Weekly group conducted by staff for inmates with mental health concerns. Topics for discussion include personal interaction issues, stress and anger management, family relationships, and community programs available. It targets deficient social skills and aids the level of the participants' social function and amount of social support.

Mental Health groups (Males and Females) - Psychotherapy group conducted weekly by a Prime Care MH and Treatment Specialist and staff psychologist. This group helps inmates who have been identified as having a mental health disorder learn life skills. A wide variety of topics are covered and range from drug & alcohol to proper hygiene and behavior. The focus is on adjusting to prison life and the establishment of a suitable home plan.

Head Start - Offered once a week and conducted by volunteers from Capitol Area Head Start. This course is offered to incarcerated mothers and fathers who wish to work on parenting skills. All parents with pre-school age children 3-5 years are eligible. After 6 weeks, the parents earn a structured contact visit with children.

Inside Out Dad – Offered by a staff Treatment Specialist. The average group size is 10-15 men. The curriculum used is InsideOut Dad developed by the National Fatherhood Initiative (NFI). InsideOut Dad is a curriculum for incarcerated fathers that bridges the gap between the inmate father and his children. Through the program, inmate dads deal with their pasts in order to discover their futures—and the possibility that they can parent differently from their own, often absent, fathers. InsideOut Dad consists of 12 one-hour core sessions designed to address the specific needs of incarcerated fathers.

Hispanic Inside Out Dad – Inside out Dad program offered to Spanish Speaking inmates.

Parents Anonymous - Offered once per week by Pressley Ridge volunteers. An educational group designed to support parents and strengthen families. Offered to mothers with children between the ages of 2 and 15 years of age.

Father to Daughter - Offered once per week by volunteers. This Christian based program for incarcerated mothers is a character-based educational and support program. Designed to help women to become more involved and supportive mothers. Upon completion of six weekly sessions, the parent can earn a structured contact visit with their child

Father to Father - Offered once per week by volunteers. This Christian based program for incarcerated fathers is a character-based educational and support program. Designed to help men to become more involved and supportive fathers. Upon completion of six weekly sessions, the parent can earn a structured contact visit with their child.

Men & Women's Enrichment Class - Offered once a week for each group by volunteers from the Women's Enrichment Center. It promotes self-understanding and understanding of the world they live in through reading, discussion and creative expressions on topics of the participants' choice.

ServSafe - Offered by volunteers from the TRI-County OIC to Learn basic food safety practices for preparing and serving food. Inmate can earn their food handler certificate from the foodservice experts, the National Restaurant Association.

Breaking the Chains— Offered by volunteers once per week for men and women. Provides interactive and integrative Prevention and Intervention program aimed at keeping individuals from returning to prison upon release. Assist newly released inmates in making a smooth transition from incarcerated inmate to productive Citizen.

THERAPEUTIC COMMUNITIES

Therapeutic Communities are modeled after residential treatment programs. Three areas of Dauphin County Prison serve as in-house therapeutic communities. Inmates are required to attend group programs six hours per day, five days per week. These treatment programs provide intensive group and individual therapy. Three key theories that are utilized in all of the Therapeutic Communities are Aaron Beck's Cognitive Behavior Therapy (CBT), whose model focuses on changing the inmates thinking, behavior, and emotional responses. Albert Ellis' theory of Rational-Emotive therapy RET, whose goal is to challenge the individual's belief system, and Reality Therapy, by Dr. William Glasser, that involves intense personal involvement, facing reality, rejecting irresponsible behaviors and learning more positive ways of behavior. Various topics include: job skills, resume writing, co-dependency characteristics, relapse triggers, self-esteem, confidence building, and aftercare.

Second Chance - Drug & Alcohol/Relapse Prevention program for male inmates. The program is designed to benefit any eligible inmate willing to engage in the change process. The design of the program accounts for those unreceptive of the change process and/or required to complete the program.

The program takes a cognitive-behavioral treatment approach to recovery and focuses on changing patterns of behavior and thoughts which have led to drug/alcohol use and criminal activities. The program utilizes a multi-faceted therapeutic approach, including a 12-step philosophy, which has proven to be effective in reducing destructive behavior patterns.

On a daily basis, participants are required to contribute in various job functions, which promote responsibility and teamwork within the block. Throughout these functions, conflict resolution, time management and work ethic are promoted.

The program addresses the mental, physical, emotional and spiritual needs of its participants through individual and group counseling. Throughout the three stages of the program, participants are required to complete both verbal and written assignments in order to earn their way to completion status. During daily activities, participants are encouraged to challenge each other and hold each other accountable, specifically addressing behaviors, thoughts, attitudes and beliefs which have primarily led to incarceration. Because developing empathy is a key component in reducing recidivism, victim awareness is emphasized throughout the program. This encourages participants to identify with how they have harmed people in the community and how their behavior has affected others. National prison-based therapeutic standards have been instituted and promoted throughout the daily activities and operations of the Therapeutic Community.

Relapse Prevention (Females) - An intensive Relapse Prevention program for females ran by staff Treatment Specialist. This program covers an array of issues to include addiction, co-dependency, anger, domestic violence, sexual assault, and improving self-esteem, problem-solving and social skills. This is a guided self-help program that focuses on changing patterns of behavior and thoughts.

Group counseling, peer feedback, accountability, and limited individual counseling, concentrate on teaching inmates positive tools to maintain sobriety and to become a productive citizen in the community.

Progress in the program is shown by advancement through the level system. Completion of the program requires inmates to adhere to program rules and guidelines, completion of clinical work and working towards self-growth at each of the three levels. Each level requires more work, responsibility and self-growth than the previous level.

The program requires that inmates take responsibility for the crimes they have committed and the people they have harmed. They are also required to develop relapse prevention and release plans in an effort to prepare for community re-entry and plan for ways to give back to their victims and the community.

MENDS/Power & Control - This therapeutic community is designed for individuals incarcerated on charges related to power, control, sex, or anger/violence issues. A sex offender's group is run once a week off the block (see Sex Offenders) and inmates charged with sexual offenses are required to attend. The key counseling approaches used are Cognitive Behavioral Therapy and Reality Therapy.

The primary objectives of this program are: 1) To assist the individual in understanding that his acts of violence are a means of controlling another person's actions, thoughts and feelings by examining the intent of his abusive behavior and the belief system from which he operates; 2) To provide practical information on how to change abusive thoughts and behaviors by exploring non-controlling and non-violent ways of relating to others, skill enhancement and real-life experiences on the block; 3) To help the individual begin to see that expressions of anger are just the "tip of an iceberg" and that there are underlying feelings that must be identified and communicated in a healthy manner; 4) To increase his willingness to change his actions by examining the negative effects of his behavior on his relationships, his partner, his children, his family and himself; 5) To encourage the individual to become accountable to those he has hurt through his violence, by helping him to acknowledge his abuse, accept responsibility for impact, and take specific steps to change.

To accomplish these objectives, inmates will have a variety of learning experiences, both structured (group and individual therapy) and unstructured (real life block experiences). Inmates are encouraged and assisted with resolving all conflicts in a non-violent manner.

Mazzitti and Sullivan IOP program - Mazzitti & Sullivan Counseling Services provides comprehensive outpatient treatment services to inmates struggling with substance abuse. They offer a full range of drug and alcohol counseling services designed to help inmates address addiction, while working towards a state of mental, emotional, and spiritual stability throughout the treatment process. The Intensive Outpatient Program (IOP) is an effective treatment option for individuals who have either relapsed and where reincarcerated and for those working toward reentry by way of work release or directly back into the community.

Thinking for a Change (T4C) –T4C was developed by the National Institute of Corrections. Treatment staff received specialized training in order to conduct the program. The program integrates cognitive approaches for changing behavior by restructuring offenders' thinking (e.g., antisocial attitudes, values, or beliefs) and teaching prosocial cognitive skills (e.g., effective problem solving and the ability to consider consequences). This is a fairly intensive program consisting of twenty-five lessons that require the participants to complete homework assignments and participate in role-plays related to those assignments. This evidenced based program is offered to inmates throughout the prison.

EDUCATIONAL PROGRAMS

Adult Basic Education (ABE) - classes are conducted six days per week by Pennsylvania State certified teachers. The main emphasis is on reading, math, and writing skills. These classes are offered to inmates who have not attained necessary skills to function on a secondary school level. These classes are funded partially by a grant through the Pennsylvania Department of Education.

English as a Second Language (ESL) - classes are conducted twenty hours per week by a Pennsylvania State certified teacher. Non-English speaking students or inmates to whom English is their second language can improve English language skills. The program is funded partially by a grant through the Pennsylvania Department of Education.

General Equivalency Diploma (GED) – classes are offered six days per week and are conducted by Pennsylvania State certified teachers. These classes prepare students to take the GED Test and to earn a Pennsylvania High School Equivalency Diploma. This program is partially funded by a grant through the Pennsylvania Department of Education.

General Equivalency Diploma (GED) Testing – Dauphin County Prison became an Authorized Pearson Vue Testing Center in 2015 for GED Testing services. GED tests are free of charge to qualified inmates.

Library Services - are conducted by two Library Specialists six days a week and offer law library services and materials to the inmates. Inmates are provided access to law materials weekly or as requested. Lending library is offered weekly to inmates through funding provided by Central Dauphin School District throughout the school year.

Central Dauphin High School Program - classes are conducted by Central Dauphin School District teachers to special needs inmates under the age of 22 and juvenile inmates under the age of 18.

OPERATIONS SERVICES

Classification - Assessment and initial intake of all inmates at the time of commitment. Inmates are evaluated and assigned to a housing unit.

Parole/Intermediate Punishment Evaluation - Evaluation and recommendation for inmates eligible for release. Treatment Specialists advise inmates as to requirements for a positive recommendation for release. A Treatment Specialist reviews the inmate's involvement in Prison programming and makes a recommendation based on programming, treatment evaluation, Treatment Specialist evaluations, and institutional/work release record.

Work Program:

In-House Job Assignment Program - Evaluation, recommendation, orientation, and supervision of trustees who work in the Prison, other County agencies, and non-profit agencies. Inmates must participate in programming to remain on a work detail. There are approximately 100 inmates participating in this work program.

Work Release Program - Male and female inmates participating in the program are housed at the Work Release Center. The work release program is currently maintained in a separate facility. Those that come into the Prison with a job and are court ordered for immediate work release are transferred to the Work Release Center upon appropriate approval.

COMMUNITY CONNECTIONS
RELIGIOUS PROGRAMS

Bible Study - Weekly discussion group conducted by staff chaplain and volunteers.

Catholic Mass - is a weekly service conducted by volunteer priest.

Catholic Confession and Visitation - is an occasional service conducted by a volunteer priest and Catholic volunteers.

Chapel Talk/Exodus - is a weekly pastoral counseling group conducted by a staff chaplain and volunteers. It includes discussion of ways in which inmates can apply religious principles to everyday life situations. Inmates help each other find spiritual/religious resources to get through what they are going through and to get where they ought to be going.

Choir/Choir Practice - is a weekly group conducted by staff chaplain and volunteers.

Christian Education - is a weekly Bible study group conducted by volunteers. It provides education on Christian religious principles as they apply to everyday life.

Correspondence Bible Study - is available through the Gospel Echoes and/or Emman's Bible Studies Courses. Offered on an individual basis at the request of the inmate.

Ecumenical Christian Worship Service - are conducted weekly by staff chaplain and volunteers for inmates housed on protective custody and medical cellblocks.

Exodus - see Chapel Talk.

Ecumenical Spanish Church Worship - is a weekly Protestant worship service conducted by volunteers in Spanish.

Hispanic Catholic Service - is a weekly Catholic liturgy (service) conducted by volunteers in Spanish.

Jehovah's Witness Individual Visitation/Counseling - weekly religious sessions conducted by volunteers.

Jumah Muslim Service - are weekly worship and prayer service conducted by volunteer Iman or supervised by volunteers.

Going for the Gold - weekly Christian fellowship prerelease/mentor group conducted by volunteers.

Hedges and Highways Mount Hope Prison Ministries - weekly inspirational and discussion group conducted by volunteers.

Muslim Education (Taleem) - weekly group conducted by volunteer Imam. Provides education on Muslim principles as they apply to everyday life.

Overcomers - weekly Christian drug and alcohol program utilizing the 12 steps with Christian scriptures.

Pastoral Counseling - individual weekly religious counseling sessions conducted by staff chaplains.

Pennsylvania Baptist Laymen League - weekly religious discussion group conducted by volunteers.

Prison Christian Growth Group- weekly group for catholic men and women. Weekly discussion group led by volunteers.

Protestant Worship Service - weekly church service conducted by staff chaplain.

Second Chance Ministries- weekly religious prerelease/mentor group conducted by volunteers.

RCJA (Women)-offered once per week for the females. Offers Catholic principles of the Catholic Church.

Rosary Club - weekly Catholic prayer service conducted by volunteers.

Yoke fellowship - weekly religious discussion group conducted by volunteers.

That Man Is You (TMIY) - weekly religious discussion group for men conducted by volunteers

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