

Parenting Class: This program covers topics such as; preventing drug use in the family, creating healthy beliefs and clear standards, managing conflicts, and increasing family bonds through active involvement.

TASC/HSE: Test Assessing Secondary Education. Mandatory daily education required by NYS Law for inmates between the age of 18-21 without a high school diploma or High School Equivalency certificate. Mandatory twice a week for adult inmates between the age of 21-40 without a high school diploma or HSE certificate.

Transition: This two-part class will cover the journey from jail to employment as well as the tools to help you develop a practical transition plan that will lead to success along with a crisis plan to deal with unexpected challenges.

Transition Circles: Offered in connection with FLACRA counseling services, this program led by the Center for Dispute Settlement will assist you in transitioning back into life on the outside such as family mediation, planning and problem solving.

Safe Harbors: Raise awareness and work towards the prevention of rape, sexual assault, child sexual abuse, sexual harassment, incest, and domestic violence. To eliminate the stigma often associated with sexual offenses and/or abuse by a partner. Enable woman to make healthy decisions regarding relationships.

Storybook: This program allows inmates to audio record themselves reading a book to their children. The recording is then burned on to a CD and the book and CD are mailed to the child (ren).

Supplemental Nutrition Assistance Program SNAP: SNAP offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities. You must be within 30 days of release to apply.

The Adult Basic Education Test TABE: The Test for Adult Basic Education (**TABE**) is a diagnostic test used to determine a person's skill levels and aptitudes. This test is required in order to enroll in the following classes: GED, OSHA, Hospitality, Computers and Resume.

Veterans Outreach: This group session is designed to discuss each other's morale, and the resources to help you be proactive in being successful after your release such as housing, treatment providers, employment, and quality of life.
Instructor: Jeremy Marshall, Director of Ontario County Veteran's Service Agency.

YOGA: Learn and develop basic Yoga poses, work on stretching, learn and work on meditation, and relieve stress

Ontario County Correctional Facility



FEMALE INMATE PROGRAMS

Alcoholics Anonymous: Is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to address his or her drinking problem.

Anger Management: Is the process of learning to recognize signs that you're becoming **angry**, and taking action to calm down and deal with the situation in a positive way. **Anger management** doesn't try to keep you from feeling **anger** or encourage you to hold it in.

Art Therapy: A form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial activity or an aid to diagnosis.

Boundaries: Are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards him or her and how he/she will respond when someone passes those limits

Bible Studies: In Christianity, Bible study is the study of the Bible by ordinary people as a personal religious or spiritual practice. Some denominations may call this devotion or devotional acts; however in other denominations devotion has other meanings.

Bible Correspondence: The Bible Study course begins with a few lessons that shows how the Bible fits into history and how it is relevant to mankind today. Using these initial Bible lessons as a foundation and guide, the course dives deeper into God's plan of salvation. By the time you finish the entire Bible Study series, you should know whether God considers you to be guilty of sin; and if you realize that He does, you should also understand what you need to do to receive God's pardon and become a member of His family.

Choices: Discusses the dynamics of and the opportunity or power to choose between two or more possibilities; the opportunity or power to make a decision.

Computer & Resume Class: Develop or expand on basic computer skills. Some of the programs utilized are Microsoft Word and Microsoft Excel. Participants have the chance to create or update their resume for when they are released.

Crochet: A handicraft in which yarn is made up into a patterned fabric by looping yarn with a hooked needle. Designed to help females overcome the stress and anxiety in a therapeutic manner.

Cardiopulmonary Resuscitation CPR: A procedure designed to restore normal breathing after cardiac arrest that includes the clearance of air passages to the

lungs, mouth-to-mouth method of artificial respiration, and heart massage by the exertion of pressure on the chest.

Commitment to Change CTC: This program offers individuals coping skills to help them avoid making choices that their cause was a contributing factor of their incarceration.

FLACRA: On-site counseling services that are designed to help overcome the unique problems that individuals are faced with when trying to recover from their addiction to alcohol and/or other mood altering substances.

Forgiveness: This class teaches individuals to utilize coping skills with prior incidents in life and how to come to terms and forgive.

Health Insurance: Weekly on-site visit with a representative from United Healthcare who will assist you in enrolling into an accepted health care plan upon your release.

Health & Wellness: This program promotes healthy lifestyles through choices made by individuals. Topics vary from STD's, alcohol, tobacco and illegal drug use to nutrition and hereditary disease awareness.

Hospitality: Gain the most comprehensive, real-world training to those who see positions in the hospitality and tourism industry.

Literature of Recovery: Is a class/workshop of reading and the discussion of topics relating to recovery from any substance abuse, not just alcohol.

Mindfulness Training: Is a program that helps to calm the mind and body to help individuals cope with the stress, pain, and challenges of everyday life. Individuals will learn techniques to help deal with disturbing events with less anxiety and drama.

Narcotics Anonymous NA: This program offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers (non-professional counselors) and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

OSHA 10: The 10-hour class is intended for entry level workers. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights, and contribute to our nation's productivity.

OSHA 30: The 30-hour class is more appropriate for supervisors or workers with some safety responsibility.