



DELAWARE
DEPARTMENT
OF CORRECTION



REHABILITATIVE PROGRAMS & ACTIVITIES DIRECTORY

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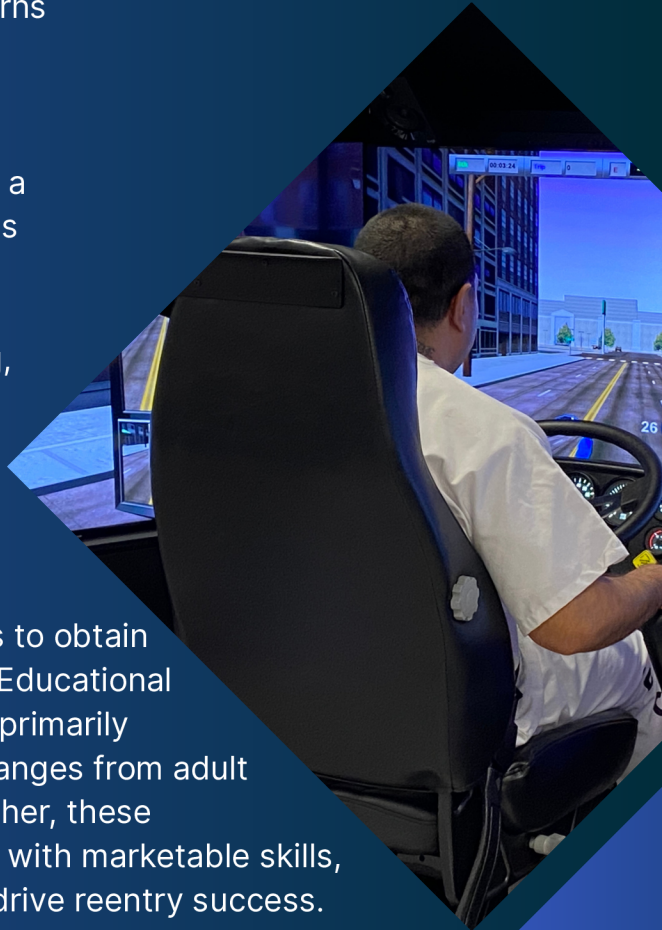


INTRODUCTION

The Delaware Department of Correction (DOC) provides a wide variety of rehabilitative programs that focus on reducing recidivism, facilitating successful reentry and family reunification, and supporting public safety. These programs include evidence-based substance use treatment, educational instruction, vocational training, behavioral health treatment and counseling, restorative justice programs, and more.

Experience has shown that providing a variety of rehabilitative supports to incarcerated individuals, including substance use treatment, mental health services, education, and vocational training, lowers reoffending rates, improves employment after reentry, and creates safer prison environments. DOC's rehabilitative programs are built around these needs:

- A significant percentage of incarcerated individuals struggle with addiction and many experience co-occurring disorders including substance use disorder and mental illness. DOC provides **specialized treatment programs** that are offered in a variety of intensities and durations based on patient needs, including residential in-patient care.
- Criminal, or criminogenic, thinking – thought patterns that include impulsiveness, poor decision-making, feelings of entitlement and failure to accept responsibility - are leading predictors of criminal behavior. **Cognitive Behavioral Therapy (CBT)** is a highly effective evidence-based method that helps individuals recognize their own negative thought patterns and develop skills for positive behavior change by focusing on improving problem-solving, self-control, and decision-making.
Educational instruction, vocational training
- **Educational instruction, vocational training, work experience, and interpersonal and communication** skill-building create opportunities to obtain and keep a job and sustain positive relationships. Educational and vocational training in DOC facilities, provided primarily through the Delaware Department of Education, ranges from adult basic education to college-level instruction. Together, these programs help incarcerated students return home with marketable skills, a pathway to a meaningful job, and life skills that drive reentry success.



HOW DOC MAKES DECISIONS ABOUT PROGRAM PLACEMENT

Participation in well-designed and implemented rehabilitative programs are proven to reduce an individual's risk of recidivism.

Program placement starts with evidence-based assessments that collect specific information about an individual, analyzing that data to identify that person's rehabilitative needs and matching that person with programs that are designed to get at the root cause of their criminal behavior. The DOC employs two assessment tools:

Risk Needs Assessment

The **Level of Service Risk, Needs, Responsivity tool** (LSRNR) gathers detailed information about the individual to identify their rehabilitation needs, their risk of recidivism, and personal barriers such as mental illness, substance use, lack of motivation, cognitive impairments, or other issues that need to be addressed to support their rehabilitation.

Risk, Need, Responsivity Tool

The **Risk, Need, Responsivity tool** (RNR) uses the data from the LSRNR to match individuals with programs designed to address their assessed criminogenic needs and risk level. Programs may target criminal thinking, substance use education/employment, etc.



REHABILITATIVE PROGRAM GROUPS

DOC rehabilitative programs fall under six groups ranked in priority order, with Group A representing the highest need or the most likely driver of criminal behavior. Individuals are placed in programs to address their needs from highest to lowest.

Program Group A: Severe Substance Use Disorder

Program Group B: Criminal Thinking and Cognitive Restructuring

Program Group C: Self-Improvement and Self-Management

Program Group D: Social and Interpersonal Skills

Program Group E: Life Skills, Vocational Instruction, Education

Program Group F: Supervision Only

<p>GROUP A SEVERE SUBSTANCE USE DISORDER</p>	<p>Intensive in-patient level of treatment for severe dependence on drugs and/or alcohol, which is statistically associated with criminogenic behavior patterns, in conjunction with cognitive restructuring and interpersonal and social skills interventions.</p>
<p>GROUP B CRIMINAL THINKING / COGNITIVE RESTRUCTURING</p>	<p>Reduce antisocial cognition such as attitudes, beliefs, and rationalizations, recognize risky thinking and feeling and substitute positive alternatives, reduce social support for crime, increase anti-crime social support, and adopt anti-criminal identity. Focus on criminal thinking using cognitive restructuring techniques but also include interpersonal and social skills interventions.</p>
<p>GROUP C SELF-IMPROVEMENT AND SELF-MANAGEMENT</p>	<p>Focus on self-improvement and management, including mental health treatment and medication management, treatment for mild/moderate substance use disorder, and emotional regulation. Emphasis on problem-solving and self-control related to mental health and substance use. Cognitive restructuring to target criminal thinking and replace antisocial thought patterns with positive pro-social alternatives.</p>
<p>GROUP D STRENGTHENING INTERPERSONAL SKILLS</p>	<p>Focus on social and interpersonal skills targeting destabilizing issues such as unhealthy communication skills, problem solving deficiencies, extreme interpersonal difficulties and relationship building challenges. Learn emotional self-regulation and empathy and practice healthy communication skills to foster stability in school, home/family, and community environments.</p>
<p>GROUP E LIFE SKILLS, EDUCATION, AND EMPLOYMENT</p>	<p>Instruction in academic programs, vocational training, and life skills. Program delivery addresses lack of academic completion lack of demonstrated employment knowledge and skills and lack of experience with household/life skills.</p>
<p>GROUP F SUPERVISION ONLY</p>	<p>Individuals encouraged to participate in pro-social groups and activities and supplemental in-person or tablet-based academic and vocational instruction. Prison work jobs reinforce positive work habits and enhance employability and job stability.</p>

Programs & Activities

DOC provides a range of **programs** and **activities**. Programs incorporate a formal evidence-based curriculum that demonstrate their effectiveness, are usually taught by a licensed teacher, healthcare provider, or other certified professional and provide "Good Time" credits to the participant. Program placement is driven by DOC's risk/needs assessment process. Activities are less structured, are meant for enrichment, and are available on-demand to most or all participants regardless of assessed needs. Activities support recreation, wellness, quality-of-life and personal interests and do not provide Good Time credits for participation.

Programs



Utilizes a formal curriculum that is reviewed and approved by the DOC. Curriculum is evidence-based and shown to reduce recidivism.



Participants must achieve specific requirements to complete or graduate.



Completion has positive impact on daily functions and address root cause/s of criminal behavior.



Meritorious Good Time credits may be granted to promote participation in evidence-based rehabilitative programs.



Establish individualized goals such as those in substance use or mental health treatment.

Activities



May not use a formal curriculum. Primary objectives are personal enrichment, leisure, or general wellbeing.



No set completion dates or completion requirements.



Participation is voluntary. No measurable impacts or consequences for failure to actively engage or complete the activity.



May be less structured; participation promotes pro-social behavior and physical/mental/spiritual health and wellness.



Generally open to any participant and no specific measured outcomes.

Earning Good Time for Program Participation

Good Time has been shown to incentivize positive behavior, demonstrate commitment to rehabilitation, encourage participation in therapeutic, treatment and training programs, foster a safer prison environment and support the potential for reduced recidivism.

There are three types of Good Time:

- Statutory Good Time is provided by Delaware law at the rate of two days per month for the first year of a prison term and three days per month for each subsequent year.
- Meritorious Good Time is earned for active participation in approved work, education, treatment, and rehabilitation programs.
- Meritorious Bonus Good Time is earned for successful completion of an approved treatment, educational, and therapeutic program designed to reduce recidivism.

Statutory Good Time is calculated and applied at the beginning of a prison sentence. Meritorious Good Time and Meritorious Bonus Good Time is calculated each month based on participation in and successful completion of work, programming, and treatment. Up to 180 days of combined meritorious and meritorious bonus good time may be earned per year.

Each day of Good Time reduces a sentence by one day.



Each month, individuals incarcerated in Delaware prison facilities earn approximately 19,000 meritorious and meritorious bonus good time days combined for participating in work, education, treatment and rehabilitation programs.

REHABILITATIVE PROGRAMS DIRECTORY

Note: Programs listed below are offered at the time of publication. Programs may not be offered at every facility. Availability is based on operational needs, participant interest, staffing & funding.

Level IV Community Corrections Programs Directory by Title

Program Name	Provider	Rehabilitative Program Group
5 for 5 (5 for 4) Skills Certification	DOC	Group E: Education & Life Skills
Culinary Arts Cake Decorating	DTCC	Group E: Education & Life Skills
Culinary Arts Commercial Kitchen	DTCC	Group E: Education & Life Skills
Entrepreneurship	Project New Start	Group E: Education & Life Skills
EPA Training	West End Neighborhood House	Group E: Education & Life Skills
Flagger Certificate (ATSSA)	DOC	Group E: Education & Life Skills
Forklift Training	DOC	Group E: Education & Life Skills
Gambling Addiction	DE Council on Gambling Problems	Group E: Education & Life Skills
GED® Prep	DOC	Group E: Education & Life Skills
Hydroponics	DOC	Group E: Education & Life Skills
InsideOut DAD	First State Community Action Agency	Group D: Social & Interpersonal Skills
Inside/Out	Widener University	Group E: Education & Life Skills
Money Management	Project New Start	Group E: Education & Life Skills

REHABILITATIVE PROGRAMS DIRECTORY

Level IV Community Corrections Programs Directory by Title (continued)

NCCER Core	DOC	Group E: Education & Life Skills
OSHA 30 Hour	DOC	Group E: Education & Life Skills
Parenting	Maternity Care Coalition	Group D: Social & Interpersonal Skills
Project New Start	Project New Start	Group D: Social & Interpersonal Skills
Road to Recovery Track 1 (inpatient level of care)	VitalCore	Group A: Severe Substance Use Disorder
Road to Recovery Track 2 (intensive outpatient care)	VitalCore	Group C: Self-Improvement & Management
Road to Recovery Track 3 (outpatient care)	VitalCore	Group C: Self-Improvement & Management
Thinking for a Change (T4C)	VitalCore	Group B: Criminal Thinking
Thresholds	Thresholds Inc.	Group C: Self-Improvement & Management
Transitions (Sex Offender Treatment)	VitalCore	Group B: Criminal Thinking
Small Engine Repair	First State Vocational Training	Group E: Education & Life Skills



Community Corrections Treatment Center residents in Road to Recovery

REHABILITATIVE PROGRAMS DIRECTORY

Note: Programs listed below are offered at the time of publication. Programs may not be offered at every facility. Availability is based on operational needs, participant interest, staffing & funding.

Level V Prisons Programs Directory by Title

Program Name	Provider	Rehabilitative Program Group
Academics adult basic education, GED®, ESL, High School Diploma, Special Education services	DOE	Group E: Education & Life Skills
University of Delaware Inside-Out	UD	Group E: Education & Life Skills
Washington College courses	DOE	Group E: Education & Life Skills
Alternatives to Violence	AVP	Group D: Social & Interpersonal Skills
Anger Management	VitalCore	Group C: Self-Improvement & Management
ATSSA Flagger Certification	DOE	Group E: Education & Life Skills
Automotive Technology	DOE	Group E: Education & Life Skills
Carpentry	DOE	Group E: Education & Life Skills
Commercial Driver's License	DOC	Group E: Education & Life Skills
Certified Logistics	DOE	Group E: Education & Life Skills
Computers	DOE	Group E: Education & Life Skills
Culinary Arts	DOE	Group E: Education & Life Skills
DE Money School	DE Money	Group E: Education & Life Skills
Delaware Tech Associate's Degree	DTCC	Group E: Education & Life Skills
Life Skills (MRT)	DOE	Group B: Criminal Thinking
Life Skills (T4C)	DOE	Group B: Criminal Thinking
NCCER Core	DOE	Group E: Education & Life Skills

REHABILITATIVE PROGRAMS DIRECTORY

Level V Prisons Programs Directory by Title (continued)

Parenting	Child Inc	<i>Group D: Social & Interpersonal Skills</i>
Patient Companion	DOC	<i>Group E: Education & Life Skills</i>
Peer Support Specialist	Mental Health Association in Delaware	<i>Group E: Education & Life Skills</i>
Private Boarding School (GED®)	DOE	<i>Group E: Education & Life Skills</i>
Road to Recovery Track 1 (inpatient care)	VitalCore	<i>Group A: Severe Substance Use Disorder</i>
Road to Recovery Track 2 (intensive outpatient care)	VitalCore	<i>Group C: Self-Improvement & Management</i>
Road to Recovery Track 3 (outpatient care)	VitalCore	<i>Group C: Self-Improvement & Management</i>
Reflections (DUI Treatment)	VitalCore	<i>Group C: Self-Improvement & Management</i>
Residential Treatment Unit /Structured Treatment Unit	VitalCore	<i>psychiatric treatment/several groups</i>
ServSafe® Food Safety	DOE	<i>Group E: Education & Life Skills</i>
Tattoo Artist Career Pathway	DOC	<i>Group E: Education & Life Skills</i>
Tech Impact	DOE	<i>Group E: Education & Life Skills</i>
Think Things Through (TTT)	VitalCore	<i>Group B: Criminal Thinking</i>
Thinking for a Change (T4C)	VitalCore	<i>Group B: Criminal Thinking</i>
Thresholds	Thresholds	<i>Group C: Self-Improvement & Management</i>
Transitions (Sex Offender Treatment)	VitalCore	<i>Group B: Criminal Thinking</i>
Victim Impact (Impact of Crime on Victims; Courage to Change)	Missed Opts.	<i>Group B: Criminal Thinking</i>

REHABILITATIVE PROGRAMS DESCRIPTIONS

Anger Management

This low-dosage anger management Cognitive Behavioral Therapy group utilizes SAMHSA's "Anger Management for Substance Use Disorder and Mental Health Clients," curriculum. The program is generally 12 weeks in length, with one 90-minute session weekly and self-paced worksheets in between sessions.

Alternatives to Violence Project (AVP)

This volunteer-run program is designed to teach participants about conflict resolution. AVP helps participants understand anger and teaches them to deal with it in a healthy way that produces honesty, openness, and trust. The program consists of 3 workshops: Basic, Advanced, and Inmate Facilitator Trainers.

Cognitive Community

The purpose of the Cognitive Community is to prepare incarcerated individuals with the cognitive and behavioral tools for a successful transition to reenter society. The Cognitive Community combines elements of demonstrated successes from the Modified Therapeutic Community model (TC) and Cognitive Behavioral Therapy (CBT). The Cognitive Community uses the structure of a Therapeutic Community as well as its social learning foundations with the full integration of the Cognitive Behavioral Restructuring and Skills Building approach. The Delaware Department of Correction will deploy a pilot of the Cognitive Community at James T. Vaughn Correctional Center among maximum security individuals with the intent to expand in the future.

Courage to Change

The program utilizes cognitive-behavioral interactive journaling methods, supported by interaction with the facilitator and other group members, allowing participants to address their individual problem areas over 13 weekly sessions.

Delaware Money School

Money Management: This 11-session program is designed to equip participants with hands-on experience and information that increases their financial knowledge and skills in budgeting, banking, establishing/repairing credit, debt elimination, handling money effectively in relationships, and entrepreneurship. Its objective is to provide relevant financial information and increased financial awareness, along with an overall improvement in financial decision-making ability.

Money Club: Builds on successful completion of the Money Management Program. This 11-session program provides an opportunity for participants to further explore the financial concepts of budgeting, credit, debt, entrepreneurship, and other topics.

Money Letters: Builds on successful completion of the Money Club Program. This 9-session program features self-reflection on money habits, considers lessons learned, and how to personally apply that knowledge upon release from incarceration.

InsideOut DAD

InsideOut Dad® connects inmate fathers to their families, helping to improve behavior while still incarcerated and to break the cycle of recidivism by developing pro-fathering attitudes, knowledge, and skills, along with strategies to prepare fathers for release. Incarcerated fathers get the tools they need to become more involved, responsible, and committed in the lives of their children – providing increased motivation for them to get out and stay out.

Life Skills (Moral Reconciliation Therapy)

The Life Skills class utilizes the Moral Reconciliation Therapy (MRT) cognitive behavioral therapy curriculum. Life Skills participants gain the skills to assume responsibility for making positive future choices. Topics include parenting, employment, financial literacy, and other life skills.

Life Skills (Thinking for a Change)

The Life Skills class utilizes the Thinking for a Change (T4C) Curriculum facilitated by a DOE staff member. T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem-solving skills.

Living the 4 Agreements

A locally developed program provided by Project New Start. Utilizing The Four Agreements text, participants are guided in developing a personal code of conduct to better control their thoughts and emotions.

Maternity Care Coalition

The Maternity Care Coalition provides contracted support to incarcerated women who are pregnant or recently gave birth. Support includes a parenting group that follows the evidence-based curriculum “Growing Great Kids” geared towards parents of children 0-5 years of age. The program supports child development through the growth of the parent-child relationship and builds skills with parents who may have experienced childhood adversity and traumatic events.

Parenting Classes

The program utilizes the research-based Children Come Without Instructions curriculum developed by Child Inc. and incorporates the protective factors identified by the US Department of Health and Human Services as essential components of effective parenting programs. Children Come Without Instructions is designed to increase knowledge of child development, teach effective communication skills and positive discipline strategies for setting limits and guiding behavior. Other topics include brain development, child safety and wellbeing, and managing stress.

Pathways for Success

Pathways for Success curriculum aims to reduce future criminal behavior by addressing criminogenic needs in the following areas: Anger, Antisocial Associates, Emotional Regulation, Interpersonal Skills, Empathy, Antisocial Thinking, Engaging Prosocial Others, Interpersonal Skills, Involving Family and overcoming family challenges, Moral Reasoning, Problem Solving, Prosocial Leisure Activities, Substance Abuse, and Success Planning. The skill building tools used in the program may include:

1. Thinking pattern identification to support cognitive restructuring.
2. Values and Beliefs comparison
3. Defeating harmful thoughts
4. Role play/Skill practice
5. Trigger recognition
6. Stop and Think to correct for impulsivity
7. Decrease emotional strength using Subjective Units of Distress Scale (SUDS)

Project New Start

The program provides a comprehensive cognitive behavioral change/workforce development initiative for individuals transitioning out of state and federal institutions. The goals of the PNS Reentry Program are to assist individuals in developing marketable skills, obtaining and sustaining employment, and developing positive behaviors through cognitive restructuring. This program begins as in-reach during Level IV/V stays for individuals approved for participation.

Redirecting for Success

Redirecting for Success curriculum aims to reduce future negative behavior that led to higher security placement by addressing criminogenic needs in the following areas: Anger Management, Problem Solving, Anti-Social Thinking, and Emotional Regulation. The program is utilized to assist individuals who are in higher security reduce negative patterns and flow back out to lower security with tools for success.

Reflections (Felony DUI Intervention)

The Reflections Program is a 90-day residential program for those convicted of multiple DUI charges. The Reflections program has recently updated the curriculum to utilize CBI-CA and the Responsible Decisions: Impaired Driving Program. The program is a closed group format with up to 30 individuals per group. Individuals must have a statutory requirement to attend Reflections to be classified to the program. The program is embedded within DOC's Road to Recovery (R2R) therapeutic communities.

Residential Treatment Unit/Structured Treatment Unit

The Residential Treatment Unit and Structured Treatment Unit provide structured care to individuals with Serious Mental Illness (SMI). This includes both severe and persistent mental disorders (SPMI) and individuals with significant functional impairment (SFI). Individuals receive a minimum of ten hours per week of structured treatment and/or structured therapeutic activity to include behavioral health curricula, group and individual therapy, social skills reinforcement, and substance use disorder treatment if applicable. Dosage and exact curricula are developed via individual treatment plans, but the range is 3 months to several years depending on severity of treatment needs.

R2R (Road to Recovery)

This program utilizes group meetings, individual counseling, classroom-style instruction, and education delivered in a modified therapeutic community setting. It focuses on negative behavior patterns, thinking, and feelings related to substance use and criminal activity. Program is divided into 3 Core Tracks which are designed using evidence-based practices for corrections and American Society of Addiction Medicine (ASAM) continuity of care. The level (residential, IOP) corresponds with ASAM treatment levels in "traditional" rehab models and does not reflect the individual's incarceration level.

Think Things Through (TTT)

The Think Things Through (TTT) program consists of 55 sessions lasting approximately 6.5 months (28 weeks). It utilizes the University of Cincinnati's Cognitive Behavioral Intervention-Core Adult (CBI-CA). The curriculum is comprised of nine modules and is designed to provide a thorough intervention to criminogenic needs, relying on a cognitive behavioral approach to teach participants how to effectively manage risk factors.

Thinking for a Change (T4C)

T4C is an eight week, 48-hour cognitive behavioral intervention targeting criminogenic thought and behavior and cognitive restructuring needs. It utilizes the "Thinking for a Change (T4C)" curriculum. The program utilizes closed cohorts, meaning that an individual must start and complete the program in sequence for successful completion. Cohorts are designed to support up to twelve individuals each and are offered on a rolling basis with varied hours to support the needs of facilities and populations.

Thresholds

Thresholds is a non-profit volunteer organization that began programming to teach decision-making and problem-solving skills to persons under the direct supervision of the DOC and to reduce the number of people making decisions that lead to incarceration by teaching skills and processes that enable them to take personal and responsible directed control of their lives for the benefit of themselves, their families, and our communities.

Transitions (Sex Offender Treatment)

The Transitions Sexual Offender treatment program features two tracks, based on an individual's assessed level of risk and the nature of their offense. Transitions Low Risk (approximately 10-12 months) involves journaling on topics such as self reflection, challenging distorted thinking, and understating victim impact. Transitions High Risk (approximately 12-14 months) is focused on motivational engagement, emergency coping strategies to handle urges, cognitive restructuring, and success planning.

Turning Point Domestic Violence Program

Turning Point DVP is a DVCC-certified domestic violence program delivered in Level V facilities. People's Place—one of only two approved DV providers in Delaware—offers this Tier 3 program, currently the only DV program at this level. The curriculum combines Cognitive Behavioral Intervention (CBI-CA) and the Duluth Model to address abusive behaviors, change thinking patterns, and manage risk factors across all forms of domestic violence.

Victim Impact

Impact of Crime on Victims- Seeks to develop empathy for victims of crime among participating violent justice involved individuals. The Victims Voices Heard curriculum addresses the impact of property crime, violent crime, family violence, financial crime, institutional crime, drug dealing, and driving under the influence. The objective of each session is to create empathy among the participants for the victims of these crimes.

Educational and Vocational Instruction

All sentenced individuals in Level V prison facilities who are classified to receive services from the Department of Education (DOE) are assessed on the Test of Adult Basic Education or the Best Plus 2.0 for English language proficiency. These assessments determine placement into classes. Level V prison students participating in academics receive Employability Skills and Work Readiness instruction. Individuals in Level IV community corrections facilities are offered individualized GED® Prep via DOC and DOE staff via Polytech Adult Education.

Academic Instruction

Adult Basic Education (ABE)

Adult Basic Education (ABE) provides instruction to improve the academic skills of adults with less than 9th grade level skills. Adult Basic Education classes provide skills instruction that enhance an adult learner's ability to function as a worker, a family member, and a community member. ABE classes include basic education in reading, math, writing skills, computer literacy, and workplace soft skill development.

Delaware Technical Community College Associate's Degree

As part of the Second Chance Pell Partnership, the DOC and DTCC have partnered with the assistance of DOE to offer two associate degree programs:

Human Services Degree: Provides practical information for counseling, understanding human behavior, and policy/program development. The mission of the program is for students to successfully gain entry level employment within the human services arena. This degree is offered at BWCI and is a total of 64 possible course credits.

General Studies: This degree is designed to prepare students to transfer to DTCC's 4-year degrees in Allied Health or Nursing program, or transfer to a 4-year institution upon completion. It provides a foundation in biology, chemistry, physics and/or mathematics, supplemented by electives in English, humanities, and social sciences.

English as a Second Language (ESL)

Adult English Language classes are designed to help students who have not yet developed proficiency in English to acquire the basic knowledge and skills they need to function effectively as parents, workers, and citizens. The classes serve those who have a limited ability in speaking, reading, writing, or understanding the English language; whose native language is a language other than English; or who live in a family or community where a language other than English is the dominant language.

GED® Preparation Program

The General Education Development (GED®) preparation component provides an opportunity for adults to learn and demonstrate skills that will allow them to attain a secondary credential. At each institution, students prepare for and take the 2014 version of the GED® test in Reasoning through Language Arts (RLA), Math, Social Studies, and Science.

James H. Groves Adult High School Program (Groves)

The James H. Groves Adult High School is the only statewide secondary adult high school, is approved by the Delaware State Board of Education, and is accredited by the Middle States Association for Colleges and Schools. James H. Groves Adult High School provides educational opportunities at the high school level that lead to graduation with a diploma. Participants may have previously earned credits that can be transferred from previous schools or earn all the necessary credits to graduate with a diploma, depending on their graduation plan/year.

Private Boarding School (PBS)

PBS is administered by the Department of Correction and facilitated by Department of Education staff. PBS offers complete educational programs to obtain the GED® certification or a High School Diploma, as well as several other educational programs. PBS offers 10 hours per week towards GED® certification testing (for which the GED® Teacher is present) and 300-310 total program hours.

UD Inside-Out Prison Exchange Program

Facilitated by instructors from the University of Delaware and Widener University, the Inside-Out Prison Exchange program (Inside-Out) is an international program based in Temple University since 1997 to bring college students and incarcerated men and women together as peers to explore and learn about issues of crime and justice from behind prison walls. Through 3-credit hour college classes with equal numbers of incarcerated and college students, the program seeks to deepen the conversation about and transform approaches to understanding crime, justice, inequality, and other issues of social concern.

Vocational Instruction / Career & Technical Education

5 for 5/5 for 4 Skills Certification

This program is administered and coordinated by DOC staff and taught by industry trainers in coordination with DTCC and the DE Safety Council. Participants attend a full week of instruction to obtain 4 industry certifications:

- OSHA 10-hour General Industry and Construction Training Program
- Aerial and Scissor Lifts safety training and introductory operations
- ATSSA Flagger Certification
- Forklift safety training and introductory operations

In partnership with the Delaware Restaurant Association, participants can also take a self-paced online version of ServSafe® Food Handling for their fifth certificate.

Automotive Technology

This program provides instruction in Automobile Technology including detailing, general maintenance, engine repair, automatic transmission/transaxle; suspension and steering; brakes; electrical/electronic systems; heating and air conditioning; and engine performance. All instruction focuses on the content needed to receive Automotive Service Excellence (ASE) certification. Students work with the instructor on simulated automotive repair and maintenance activities.

Cake Decorating

This course builds upon Fundamental Skills of Culinary Arts & Hospitality management. Students incorporate standards from the hospitality industry through the identification and use of small and large utensils, appliances, and equipment during the preparation of foods. Reading, planning, designing, and preparing meals and menus are emphasized throughout laboratory experiences. Students will be able to plan and prepare a variety of foods, manage kitchen supplies and equipment, and be familiar with a wide variety of cuisines and culinary techniques as well as aesthetic food presentation.

Carpentry

This program follows the The National Center for Construction Education and Research (NCCER) General Carpentry Curriculum. Individuals complete NCCER Core prior to entering the General Carpentry course. Together, NCCER Core and General Carpentry provide 247.5 hours of construction education that translate to entry level positions in the carpentry trade.

CDL

During this 60-hour training, participants will become Entry Level Driver Training certified and get hands-on experience using a CDL driving simulator. Upon completion, students will be prepared to test for their CDL permit upon release. They will be able to continue with over the road training upon release.

Certified Logistics Training

CLT is a nationally portable, industry-led program that prepares individuals for front-line material handling and supply chain logistics jobs in fulfillment centers, warehouses, distribution centers, and factories. This online training program includes a stackable certification for employees with the 21st Century, in-demand skills needed for long-term career paths in over 6.2 million supply chain logistics jobs. This is currently a pilot program with hopes of expanding to other institutions. There is a certification exam at the end of the classroom instruction.

Commercial Kitchen

This course prepares students to become professionals in the culinary and hospitality management industry. Students learn hospitality industry standards and customer service skills and receive hands-on instruction in food handling practices and procedures mandated by The National Restaurant Association. Upon graduation, participants may have the opportunity to take the nationally accredited ServSafe® Food Protection Manager Certification Exam and earn a nationally accredited certification valid for five years. This certification is required by most restaurants as a basic credential for their management staff and is a required course at most accredited postsecondary culinary arts programs.

Computers

Computer classes provide instruction including keyboarding skills, employability skills, the Microsoft Office Suite: Word, Excel, Access, Publisher and Financial Literacy.

Culinary Arts

The Culinary Arts & Hospitality Management program of study is a Career and Technical Education (CTE) program that is supported by the National Restaurant Association Education Foundation and the Delaware Restaurant Association. Students explore management and culinary skills needed for success in the restaurant/hospitality industry. Students receive training in industry-specific skills, leading to industry recognized credentials that can be used in all aspects of the restaurant and hospitality industry along with employability skills like leadership, accountability, teamwork, and responsibility. Courses vary by institution.

EPA Training

This off-site training for Level IV community corrections facility residents is a 4-week hands on course that individuals can earn up to 12 certifications such as OSHA Safety, Forklift Operation, Mold Remediation, Asbestos Removal and more. The target population is unemployed and underemployed individuals. Upon completion of the program and release from incarceration job placement assistance is available.

Flagger

The ATSSA Flagger Certification course is required for personnel who are involved with traffic control safety in highway work zones. This course meets all flagger training qualifications for Delaware. Certification for this course is valid for 4 years.

Forklift

This comprehensive classroom training addresses pre-start safety inspection, lift truck design considerations and safety procedures for picking up, moving with, and setting down a load. Students will learn practical techniques to help prevent costly and tragic lift truck collisions. OSHA requires that forklift operators regularly receive safety training. This course is the classroom portion of the Forklift Operator Safety Training only. Students will receive a certificate signed by the instructor to show the individual is ready for hands on training. There is a place for the employer to sign later certifying that the person received the hands-on training.

Hydroponics

Students learn to grow plants commercially in hydroponics and learn about the equipment and materials used in both amateur and professional hydroponics.

National Center for Construction Education and Research (NCCER) Core

The National Center for Construction Education and Research (NCCER) Core Curriculum is an entry-level prerequisite course that teaches Basic Safety, Communication Skills, and Introduction to Construction Drawings. Completing this curriculum gives the student basic skills needed to continue NCCER education in any craft area.

Patient Companion Program

This program is a collaboration between DOC and Delaware Technical Community College Workforce Development Training. After certification/academic completion, the participants move to institutional employment. As Patient Companion Technicians, they are provided on-the-job training and practical skills certification by a clinical supervisor. They serve as functional Patient Companions for patients in the infirmary (and other duties as assigned) for the term of their employment. Upon release from incarceration, participants who have successfully completed the practical learning and on-the-job training are eligible for work placement through DTCC Workforce Development. They can be paired with a workplace to complete 75 long-term care clinical hours, after which they are qualified to take the Delaware Certified Nursing Assistant (CNA) Competency Exam for certification.

Peer Support Specialist

The program trains individuals to become Peer Support Specialists. The training helps individuals engage with peers, learn how to provide support, and assist individuals in the recovery process. They can be for either substance use recovery and/or mental health, but also carries into other areas where the specialist has a shared life experience.

ServSafe®/Food Safety

The ServSafe® Food Handler course delivers food safety training and assessment to individuals. The program covers five key areas: Basic Food Safety, Personal Hygiene, Cross-contamination & Allergens, Time & Temperature, and Cleaning & Sanitation. Passing the exam results in nationally accredited certification valid for five (5) years. This certification is required by most restaurants as a basic credential for their management staff. It is also a required course during the first year of most accredited postsecondary culinary arts programs.

Small Engine Repair

Students learn the theory of operation, how to service and troubleshoot the starter, ignition, and fuel system, maintenance and tune up procedures, and safety factors of small engines (two- and four-cycle design of lawn mowers, weed eaters, chain saws, snow blowers, and small marine engines).

Tattoo Artist Career Pathway

This program teaches individuals tattooing skills from the basics to the advanced, including sanitation, finances, building a portfolio, attracting clients, and the art behind tattooing. The program is broken down into three phases with the first two representing instruction and programming and the third being a paid apprenticeship. Once the first two phases are complete participants begin a work assignment and begin tattooing live skin. If an individual completes the first phase, they are eligible for unpaid apprenticeships upon release. If the second phase is completed individuals are eligible for a paid internship upon release. Upon completion of all phases the program provides job placement in a professional studio upon release.

Tech Impact CXWORKS

CXWorks is Tech Impact's 8-week call center customer experience training program for individuals who experience barriers to affordable education and meaningful employment. CXWorks provides intensive customer service and computer skills training, soft skills development, mentorship, and job preparation. Placement assistance is also provided to help participants obtain jobs in a call center environment. Corporate volunteers cover topics such as resume writing, interviewing, leadership, time management, and financial management.

DOC ACTIVITIES LIST

Learn the difference between activities and program on page 6.

- 6-for-1 Program (intensive, voluntary, Modified Therapeutic Community program for unsentenced detainees)
- Alcoholics Anonymous/Narcotics Anonymous
- American Legion
- Animal Assisted Therapy
- Cake Decorating
- Faith-based services (religious services, religious studies, choir)
- Garden Club
- IAHV Inmate Breathing & Meditation Course
- Incarcerated Veterans Group
- Inmate Advisory Committee
- Lego Activity Project
- Lifer's Group
- MAT (Medication Assisted Therapy) workshop
- MOMobile
- New Beginnings - Next Step reentry support group
- Read Aloud Delaware / Read in-Read out
- Recreation and sports leagues
- SARC (Sexual Assault Response Center)
- SELF (Safety, Emotion, Loss, and Future)
- SOAR (Survivors of Abuse in Recovery)
- Tablet-based self-directed educational instruction and enrichment
- TAMAR (Trauma, Addiction, Mental Health, and Recovery)
- Under 21 Adjustment Group



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