

## Correctional Rehabilitation Programs

### **Lifeskills Programs (CRU)**

- Crafts – Inmates participate in self-directed craft activities (jewelry making, crocheting, needlepoint, drawing, card making, etc.)
- YOGA – Physical fitness and stress reduction program offered through Living Yoga.
- Quilting – Quilt-making program with skill building in math, sewing, measuring, tool use, cooperation, team building, and patience. Inmates make three quilts, two for charity and one for personal use.
- Between the Lines – A program sponsored by the Junior League of Portland where inmates are audio-recorded while reading a book to their children; the recording and the book are mailed to the children.
- Photo Program – Inmates employed in the program learn photography and digital computer skills. For general population, this program provides an opportunity for inmates to have their photos taken at scheduled times with tickets purchased from Canteen. This provides a means of keeping in touch with their families and loved ones.
- Non-Violent Communication – Program which emphasizes skill building in peaceful problem-solving and communication methods.
- Life Trac– Female inmates speak with at-risk adult females about thinking errors and what it is like to be incarcerated.
- Recreation Programs – Inmates meeting the requirements may sign up for recreation activities such as power walking and aerobics.
- Toastmasters – Inmates participate in the CCCF Toastmasters group learning better communication strategies including listening, speaking and developing presentations.
- Special Child-Centered Events– Special events are provided quarterly for inmates to attend with their children (who are approved as visitors) and caregivers. One event is usually held each quarter. Examples of these events have included pumpkin painting in the fall, making gingerbread houses for the winter holiday season, spring craft night and the Through A Child’s Eyes (TACE) summer event sponsored by the Wilsonville Rotary Club.
- Girl Scouts Beyond Bars – Girl Scout program that meets twice a month at Coffee Creek and occasionally off-site to deliver special programs. Inmate mothers participate in Girl Scout training and leadership development meetings twice a month. The girls and their incarcerated mothers participate in structured activities at the correctional facility which help to re-establish the parent-child relationship, reduce the incidence of risky behaviors and reduce the cycle of intergenerational incarceration. (Minimum & Medium Facility)
- Self Help Programs (AA, NA, Al-Anon, GA, GEAR) – Weekly Alcoholics Anonymous and Narcotics Anonymous meetings for inmates in the correctional setting. Monthly Al-Anon meetings are provided. Weekly Gambler’s Anonymous classes are also provided.
- Theatre Group – Gives inmates the opportunity for self-reflection and creative expression. Open Hearts Open Minds meet weekly for 3 hour working toward performing for family and friends.

- Running Group- Meets weekly in our minimum facility. Gives the inmates a opportunity to educate themselves on nutrition's, stretching and encourages keeping active. After the classroom portion they move outside to the track where they run or walk for 30 minutes. This program is ran by a certified RRCA running coach.
- Incentive Activities –Monthly activities such as movies, karaoke, games or concerts that inmates can participate in when they reach incentive level 3 in medium and incentive level 3 in minimum. Outside food selections are also offered during the events for the inmates to purchase.
- Savings Accounts – Wells Fargo offers the opportunity for qualified AIC to open savings accounts.
- Choir – Meets weekly in minimum. The choir is working towards performances being held for families and GP.

### **Library Services**

- General Reading Library – The general reading library houses 12,000 titles, all of which have been donated by community members.
- Law Library – The law library provides inmates access to laws and research materials in order to do research on their own cases. The law library handles approximately 1800 service requests each month.
- Book Club – Inmate participants select two books each month that they read and discuss.

### **Education Services**

#### **Education**

Inmates are assessed using the Comprehensive Adult Student Assessment System (CASAS) tests to determine education needs.

- Adult Basic Education (ABE) – Adult basic skill development in math, reading and writing. Pre-GED level classes, as well as life skills.
- GED Preparation Classes (GED) – Preparation in language arts, science, social studies and math. GED testing is done regularly.
- Computer Lab – Computer Literacy classes and keyboarding. Self paced classes in Microsoft Office including Word, Access, Excel, and Power Point. Also an integrated- learning system with lessons in math, reading, writing, science and social studies and career development training.
- English as a Second Language – Tutoring program for ESL qualified inmates to assist them in learning and improving English speaking and writing skills.
- Goodwill Job Connections – Goodwill Industries program in the Minimum Facility twice a month on job searching with a criminal record, job training and job placement services.
- Mercy Corp Business Development Program (minimum) – Program to prepare and support inmates for self-employment and small business ownership.
- Prison Inside-Out – Provides an opportunity for a group of students from Portland State University and group of residents from Coffee Creek Correctional Facility to be in a college level class together inside the institution.
- Write Around Portland (WRAP) (Minimum Only) – Creative writing, short stories, poetry writing and journal writing.

## **Work Based Education**

- Career and Technology Training Program: (Minimum Only) this 12-18 month program is composed of five computer courses designed to prepare students for Microsoft Office Specialist (MOS) certifications. Students learn highly marketable office technology skills including the latest versions of Word, Excel, PowerPoint, Access, Windows 7, familiarization with general business and accounting practice, and an introduction to basic computing concepts.
- Computer Technology Lab (Minimum Only) – An 18-month work based program that teaches inmates how to operate, troubleshoot, and maintain a personal computer, as well as gain skills in programs such as Word, Excel, and Access (database program). MOS (Microsoft Office Specialist (national certification).
- Hair Design (Medium Only) – Work based program providing an opportunity for inmates to become licensed cosmetologists.
- Eyeglass Recycling (Minimum Only) – Work based program partnering with Lions Club to recycle used eyeglasses to be sent to third world countries. Training in opticianry. National Paraoptometric and Advanced Paraoptometrics certifications
- Barista Training (Minimum Only) – Work based program providing inmates an opportunity to learn small business and customer service skills while becoming “Baristas” at the CCCF Coffee Cart.

## **Behavioral and Mental Health Services**

### **Mental Health Services**

- Basic Mental Health Services – All inmates are screened for mental illness. Mental health counselors are available for individual and group treatment of severe and persistent mental illness.
- Mental Health Infirmary – Quality treatment services provided in a safe and structured environment to inmates, who, due to mental illness and /or acute emotional disturbance, are behaving in a way as to endanger themselves or others, or are unable to provide for their basic needs.
- Dual Diagnosis Anonymous (DDA) – A bi-monthly support group based on an authorized version of the 12 steps of Alcoholics Anonymous plus an additional 5 steps that focus on dual diagnosis (mental illness and substance abuse).
- Mental Health Housing Unit – This is a housing unit designated for inmates who have been identified as having a mental health diagnosis and who would benefit from a more supportive community environment. The inmates on this unit are eligible for Day Treatment, which includes individualized treatment plans and increased access to case management as well as individual and group therapy.

### **Health Services**

- Risk Reduction Classes (Smart Start Program) – Educational classes for inmates who will be reentering the community within 3-6 months. The program focuses on reduction of the risk behaviors that are associated with the transmission of

- HIV/HEP C and other blood borne pathogens, and it also includes information on contraception use. Smart Start Packages containing contraceptive items are given to all inmates upon release.
- HIV/HEP C Pre and post test counseling – Counseling is provided to all inmates who are referred or request HIV/HEP C testing. Counselors assess the need/appropriateness for the tests, assure informed consent, and provide education about blood borne pathogens and ways to reduce the potential for risk behaviors.
  - Cancer Support Group – Provides emotional support and education in situations dealing with the diagnosis and treatment of cancer.
  - Chronic Disease Self-Management Program – 7-week program that teaches how to manage symptoms, proper use of medication, improved communication, exercise and nutrition to fit specific condition and how depression can play a role in chronic conditions.
  - Pre-Natal Education – Class meets once a month for pregnant inmates, focusing on pre-natal issues.
  - Hospice Program – Inmates voluntarily sign up for the hospice program
  - Breast Feeding Program - Provides services to mothers who have delivered babies while incarcerated at Coffee Creek Correctional Facility. Through participation in this program mothers are able to pump breast milk to provide to their infant. Breastfeeding education and support is provided through Health Services.

## **Other CCCF/CCCM Programs**

### **Treatment Programs**

- Living in Freedom Today (LIFT) – is a comprehensive six month, 14 hours a day, 7 days a week, Intensive Alcohol and Drug Outpatient and Cognitive Restructuring Program for women who qualify for an Alternative Incarceration Program (AIP), or who are identified with a high need for cognitive programming. In addition to facilitating intensive programming, case managers act as transition specialist to assist participants in successfully reentering the community after incarceration. LIFT’s primary curriculum is a ‘gender specific’ program designed for institutional and re-entry/transition. The Change Companies curriculum, SAMHSA Anger management for substance abuse and mental health clients and Cultivating a New Life (trauma informed coping skills) programs are tailored to help individuals address criminal justice and addiction issues specific to them.
- Turning Point – An intensive residential Therapeutic Community program in the Minimum Facility for women with identified chemical dependency and criminality issues. The program consists of 14 hours of structured activities, which includes a minimum of 20 clinical hours per week. The program helps women identify where they are in their own change process and supports them developing a range of recovery skills. Learning about addiction relapse & recovery is accomplished through ongoing information /support groups, assessment, community support meetings, family therapy and individual counseling. Co-occurring mental and physical health issues are addressed as well. Transition and relapse prevention planning begin at program admission.
- Alternative Incarceration Program (AIP) – Turning Point and LIFT are part of the AIP program, which admits women with ten months to three years left on

their sentence. Following a minimum of 6 months in the program, the AIP participants may have a 90 day transitional leave which also includes a 14 hour daily schedule of recovery focused activities. The regular program admits women with the highest need for substance abuse & criminality (Special Case Factor-25's) with 6-9 months left on their sentence. The 14-hour daily schedule of evidence-based best practices activities is consistent for both AIP and the Regular SCF-25 Program.

### **Transition Programs**

- African American Program – Provides culturally specific services to assist in the successful transition of African Americans from CCCF to the community. This program is administered through the Multnomah County Department of Adult Community Justice and provides assistance with employment, education, vocational training, finances, affordable housing, addiction issues and family stability.
- Home for Good in Oregon (HGO) – A corrections, community, and faith-based re-entry partnership. HGO is a statewide network of community and faith-based individuals and organizations committed to building strong communities for the successful reintegration of offenders. HGO has created a model re-entry program that is structured on three organizational and programmatic building blocks: transition focused prison chapel programs, volunteer community chaplains, and local and statewide community-based organizational structure. In each of these three blocks there are opportunities for volunteers to help reduce Oregon's rate of recidivism and make Oregon's communities both safer and more compassionate.
- Portland Partners Re-Entry Initiative (PPRI) – The Portland Partners Re-Entry Initiative (PPRI) is collaboration between SE Works, Volunteers of America, Central City Concern, and YWCA of Greater Portland. and the ODOC whose mission is to help people successfully re-enter the Portland community after incarceration by increasing their access to employment, education and support services. Program goals include: to build customized plans to support the re-entry process; to assist in increasing job skills and knowledge; to connect job seekers to living wage jobs with benefits; to assist with retention and develop long-term career paths; and to reduce recidivism in Oregon.
- Goodwill Job Connections – Goodwill Industries program in the Minimum Facility twice a month on job searching with a criminal record, job training and job placement services.
- Low ACRS Program (LAP) – is a six month, prosocial program for Adults in Custody who have an Alternative Incarceration Program (AIP) sentence. Women are required to fill a structured 14 hour day, 7 days a week, with approved prosocial activities. Approved activities will include work programs, 12 step groups, visiting, volunteer work, counselor meetings, religious services, homework, journaling, reading, exercise, hygiene, motivation group, incentive activities and release planning. AICs will also be required to write a book report or reflection on preselected books and movies. Components of Change Companies Curriculum will be used to address cognitive issues and interpersonal skills. Some of the criteria for LAP candidates include stable housing with a friend or family member upon release, ACRS score of 0.14 or below, and high motivation. LAP will commence on April 1st, 2015 with a limited number of

participants, and will continue using a drop-in model. The program will be piloted at CCCF and SCI.

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### **Parenting & Family Programs**

- Parenting Inside Out – Parenting training class (108 hours) that specifically teaches effective parenting skills to incarcerated parents. Topics include emotion regulation, child development, communication, problem solving, positive involvement, skill encouragement, limit setting, child health and safety, common child problems, taking care of adult relationships, preparing for transition home, and a class graduation.
- Early Head Start Program – Child Development Program for inmates and their children ages 0-3 years. Incarcerated mothers and their eligible children spend time two days a week together in a classroom setting. Activities with program staff are designed to strengthen and enhance the mother-child relationship and the caregiver-mother relationship in preparation for the mother's release. Comprehensive services include education, health and nutrition for children, family support services to mothers and caregivers as the primary educator of the child, transition planning for the child upon the mother's release. Staff also provides monthly home visits to caregivers to bridge the relationship between the incarcerated parent and caregiver. (Minimum Inmates Only)
- Baby Bonding Program – This program allows inmates who have recently given birth (many who have delivered their babies while in custody) the opportunity for extra visitation with their newborns in order to develop the mother-child bond in preparation for the mother's release.

### **Religious Services**

\*\* Designates mentoring programs in addition to their service or activity provided.

- ASATRU (Monthly)(Minimum & Medium)
- Baptist Service (Wkly) (Medium)
- Buddhist Service (Weekly)(Minimum & Medium)
- Catholic Service (Weekly)(Minimum & Medium)
- City Bible Church Service (3x Per Month)(Medium)\*\*
- Druid (monthly) (Medium & Minimum)
- East Hill Foursquare (Weekly)(Medium & Minimum)\*\*
- Episcopalian Service (Wkly) (Minimum)
- Grace Community Assembly of God (Monthly)(Minimum)
- Horizon Community Church (Monthly)(Minimum)
- Islamic Service (Weekly)(Medium & Minimum)
- Jehovah Witness Service (Weekly)(Minimum & Medium)
- Jewish Class (Bi-Monthly) (Minimum & Medium)
- Latter Day Saints (LDS) (Weekly)( Minimum & Medium)
- Native American Smudge (2-3x Per Month)(Minimum & Medium)
- Native American Sweat (As Scheduled) (Minimum & Medium)
- Native American Talking Circle (As Scheduled)(Minimum & Medium)

- New Thought Ministries (Weekly)(Minimum & Medium)\*\*
- Oregon Women's Prison Ministry (Weekly) (Minimum)
- Pagan gathering (Weekly) (Medium & Minimum)
- Pastor Jose, Spanish service (Monthly) (Medium)
- Powerhouse Temple (1x Per Month) (Minimum)
- Qi-Gong (Bi monthly) (Medium & Minimum)
- Russian Baptist (Monthly) (Medium)
- Servants of Grace (2x Per Month & 5<sup>th</sup> Sunday) (Minimum)
- Seventh Day Adventist (Weekly) (Minimum & Medium)
- Timberline Baptist Service (Weekly)(Medium)
- Vedanta (Hinduism) (2x quarter)(Minimum)
- WICCA Service (1-2x per month )(Minimum)
- Women's Aglow (Weekly)(Medium)

### **Religious Activities**

\*\* Designates mentoring programs in addition to their service or activity provided.

- AGLOW ("Women's Aglow") (Weekly)(Medium)
- Anticipate (Prison Fellowship transition Class) (Weekly) Medium & Minimum)
- ARMS (Abuse Recovery Ministries Service) (Wkly when scheduled) (Minimum & Medium)
- Baptist Bible Study (Weekly)(Medium)
- Bridgetown Christian Study (Weekly) (Medium & Minimum)
- Celebrate Recovery Inside (Weekly), (Medium & Minimum)
- Choir Program (Weekly) (Medium)
- Christian Women's Discipleship (Wkly) (Minimum)
- Chaplain Bible Study (Weekly) (Minimum & Medium)
- East Hill Bible Study (Wkly) (Minimum & Medium)
- Exploring your Beliefs (Weekly)(Medium)
- FITS (Freedom In The Son Ministries) (Weekly)(Minimum & Medium)\*\*
- Grief & Loss Class (Wkly when scheduled) (Minimum& Medium)
- Healing the Sacred Hoop (Weekly)(Medium)
- Insight: Victim/Offender Education (Weekly) (Medium)
- Intentional Spiritual Community for Lifers (Monthly)(Medium)
- Labyrinth Walk (Weekly)(Medium)
- Meditation (Weekly) (Medium & Minimum)
- Prison Fellowship (Weekly) (Minimum & Medium)\*\*
- Prison Fellowship, TDR Class (Weekly) (Minimum & Medium)
- Seventh Day Adventist Study (Weekly)(Medium)
- Threshold Class (Weekly)( Medium & Minimum)
- Transcendental Meditation (Weekly)(Medium)
- Women's Spirituality Group (Weekly 8 weeks twice a year)(Medium)

### **Religious Special Activities**

- Gospel Echoes Christmas Care packages (Minimum & Medium)
- LDS Choir (3x Per Year)(Medium)
- Native American Special Events (As Scheduled)(Minimum & Medium)

- Rolling Hills Puppet Show (Yearly)(Minimum)
- Singing Christmas Tree (Yearly)(Minimum & Medium)
- Special Concerts (Christian) (As scheduled)(Minimum & Medium)
- Religious Services Orientation (Male Intake) (Weekly) (Female Intake) (monthly)

### **Cognitive Based Programs**

- Pathfinders – Program (135 hours) includes facilitation and discussion on communication skills, teambuilding, anger management, problem solving, stress management, values, motivation and decision-making.

### **Work Programs**

- Off-Site Work Crews (Minimum Only) – Inmate labor for revenue producing work crews with local governments, ODOT, State Parks, etc.
- Institution Work (Food Service, Orderlies, Custodial, Maintenance, Landscaping, etc.) – Inmate labor for essential institution operations.

### **Oregon Corrections Enterprises (OCE)**

- DMV Call Center (Medium Only) – Inmates work for the Oregon Department of Motor Vehicles answering phones and addressing general questions about DMV services and requirements. Inmates in this position are held to professional standards of performance and conduct while on the job
- The CRC CAD curriculum is designed to provide a self-study training opportunity for the development of computer skills, drafting skills, and the knowledge necessary for understanding the basic principles behind CAD. Students will also get additional training in budgeting and job skills.
- Textiles - The Textiles program trains students in the basics of sewing, embroidery, and quilting. The embroidery curriculum trains students in the essentials for success in the commercial embroidery industry. Students will also get additional training in budgeting and job skills.
- Document Scanning – Inmates work for OCE and learn the document scanning business and the various formats that are used in this field. OCE can scan paper documents and convert them into a number of formats: .pdf, .tiff, .jpeg, etc. Inmates in this position are held to professional standards of performance and conduct while on the job.

### **Other Programs**

- CCCF Puppy Program – Female inmates are instructed by a Canine Companions for Independence (CCI) trainer on how to train assistance dogs. Inmates train puppies on site for approximately 18 months. The puppies then matriculate to Santa Rosa for expanded training. CCI place puppies with disabled individuals which include veterans. The program at Coffee Creek is available to incentive level 3 inmates only.
- Food Handler's Course – Offered to food service workers who wish to obtain their food handler's card.
- Community Service Programs – Inmates make or donate items to outside organizations.
  - Inmates crochet bears and donate to Camp UKANDU, a summer camp for children with cancer.

- Inmates crochet bears and blankets for Portland Fire & Rescue Mission.
- Inmates in treatment crochet blankets, hats and booties for Salud Medical Center in Woodburn.
- Inmates in Special Management Unit crochet blankets and donate to the LINUS Project.
- Inmates donate shoes that are in good condition to New Avenues, an organization that helps homeless youth.
- Minimum Organic Gardening Program – Gardening program run by volunteers and supported entirely through donations from the community which provides inmates with education and vocational training. The garden is used for community service as well as a children’s garden for parenting programs. The kitchens also utilize fresh produce for inmate meals throughout the year.
- Green House Project - The CCCF minimum greenhouse, which opened in spring of 2013, is an extension of the facility’s Organic Gardening program. Funding for the greenhouse was provided by a Healthy Food Access grant from Kaiser Permanente, and an Audubon/Toyota Together Green grant to engage more people in environmental action. The greenhouse is used by the inmate gardening crew to grow plants for the facility’s organic vegetable, herb and flower gardens, and for donations to the local food bank. Native plants will also be grown to donate to local organizations working to restore habitat for endangered butterflies. The greenhouse is also used as a classroom for gardening classes and science education.
- Oregon Silverspot Butterfly Project The Institute of Applied Ecology (IAE) and the Sustainability Office have successfully secured a grant from “Together Green” for CCCF to grow Viola to feed the Oregon Zoo’s Silverspot Butterfly caterpillars. The leaves are harvested and delivered to the Oregon Zoo each week. After the caterpillars begin their metamorphosis, the violas will be transported to designated land overseen by the US Forest Service and US Fish and Wildlife to have these native host plants used for habitat restoration efforts. DOC crews will out plant nearly 35,000 violas and 10,000 nectar plants.
- Beekeeper Apprenticeship In April 2014, our organization installed three bee colonies at the Coffee Creek Correctional Facility in Wilsonville which has tripled in size by July 2014. The beekeepers and correctional facility personnel, including Bruce Roller, Karessa Torgerson , Bunny Cramer, Ann Murray, Marsha McCorkhill, Marie Sanchez and Chad Naugle, have helped a group of very enthusiastic participants care for the hives. The new beekeepers were selected from a large pool of applicants based on their excellent performance at the prison and interest in the project. They have enjoyed classroom time and frequent visits to the hives, where each of them perform inspections and updates in hive management journals. Each participant is currently pursuing Apprentice certification in the Washington State Master Beekeeper program. Afterward, many plan to apply to earn the Journeyman certification through the Oregon State Extension Office as continued education when they release.
- Roots of Success A job readiness program that strengthens academic skills while also promoting sustainable practices inside the facilities. It prepares the adults in custody to work in a growing green economy upon re-entry. This empowering environmental literacy and job readiness curriculum prepares youth and adults

from underserved communities for opportunities to gain the knowledge and skills required to accelerate the transition to a more equitable, health, and sustainable society.

- Food as Medicine Every Day Taught by NCNM ( NW College of Naturopathic Medicine ) students and Naturopathic Physicians. Students will have a half hour of class room instruction and another hour of hands on preparing meals on a strict budget and using fresh garden produce. The class is a 8 week program meeting ounce a week.
- Aggression Replacement Training (ART) ART is a comprehensive intervention to combat aggression and violence. It is a research-based, proven-effective approach for working with challenging youth. It was initially developed to deal with adolescent violence and aggression. ART is a cognitive behavioral curriculum with three primary components: Structured Learning Training (STL) teaches participants what to do, helping them replace antisocial behaviors with positive alternatives; Anger Control Training (ACT) teaches participants what not to do, helping them respond to anger in a non-aggressive way; and Moral Reasoning (MR) helps raise participants' level of fairness, justice and concern for the needs and rights of others.
- Moving On (MO) -Moving On is a program developed for at-risk women that provides them with alternatives to criminal activity by helping them identify and mobilize personal and community resources. MO is a flexible and open-ended intervention program, allowing for continuous intake. It is gender-specific and requires that at least one co-facilitator be female. It draws on the evidence-based treatment models of relational theory and cognitive-behavioral therapy. It is also ideal for groups or individuals in community corrections as well as institutional settings. The MO program content is organized around four main themes: Encouraging personal responsibility and enhancing motivation for change; expanding connections and building healthy relationships; skill enhancement, development, and maintenance; and relaxation and stress management skills.
- Aggression Replacement Training (ART) ART is a comprehensive intervention to combat aggression and violence. It is a research-based, proven-effective approach for working with challenging youth. While it was initially developed to deal with adolescent violence and aggression, the young adult female population often face many of the same behavioral challenges due to a variety of factors. ART is used with adult incarcerated women who have been assigned to the Intensive Management Unit (IMU) due to their continued assaultive behavior and with women in General Population (GP) who may be on a path towards IMU due to assaultive behavior. ART is a cognitive behavioral curriculum with three primary components: Structured Learning Training (STL) teaches participants what to do, helping them replace antisocial behaviors with positive alternatives; Anger Control Training (ACT) teaches participants what not to do, helping them respond to anger in a non-aggressive way; and Moral Reasoning (MR) helps raise participants' level of fairness, justice and concern for the needs and rights of others.