



PROGRAMS AND SUPPORT SERVICES

EDUCATION

Book Club (Peer led)

SDSO

Book club provides enrichment and promotes literacy skills with a peer led model. The book is read on a set schedule and group members are assigned chapters. In addition, participants are given the opportunity for a group discussion on thoughts and opinions of the book assigned.

College Courses

EMRF, LCDRF, VDF

Community College

Southwestern/Grossmont/Palomar

College courses are taught by the San Diego Community College District and offer transferrable credit classes, with an opportunity to continue higher education with the San Diego Community College District upon release. Students are mentored and encouraged to continue their education when they return to the community.

Computer Literacy

Contract

Grossmont Adult Education

This class offers instruction and tutorials in basic computer skills focusing on Microsoft applications.

High School Equivalency (HSE)

Contract

Grossmont Adult Education

The HSE program allows incarcerated persons who do not possess a high school diploma to seek their high school equivalency certification through instruction, preparation and testing for the HiSET in a classroom setting or via correspondence.

Job Center

EMRF, LCDRF

Contract

Workforce Partnership

The Job Center assists participants to align resources and services for a more successful reentry process, reduce return to custody and promote public safety. It offers career assessment and counseling, information about and referrals to education/training programs, resume development, interview techniques, cover and thank you letter development, and more.

Science, Technology, Engineering, Mathematics (STEM) Program

EMRF, LCDRF

Vol

University of California San Diego (UCSD)

UCSD students provide workshops that cover scientific investigation, concepts in biology, DNA and genetics. Class allows opportunities to engage a variety of learning styles by implementing project-based learning, writing, art, and hands-on projects, to include the study of the biological principles that apply to all living systems.

CAREER TECHNICAL EDUCATION

Bakery

EMRF

Contract

Grossmont Adult Education

This program teaches students to master recipes and baking skills, learn about catering and production, as well as decorating techniques through course instruction with hands-on experience fulfilling catering requests made for internal and community events.

Bicycle Program

EMRF

SDSO

This program provides practical instruction and hands-on experience in the functions of bicycle repair and mechanics via lecture and video. Skills taught include pedal replacement, wheel truing, replacement of broken spokes, hub overhaul and replacement, brake system adjustment and derailleur system maintenance. Participants gain a sense of service knowing that refurbished bicycles are donated to nonprofit charitable organizations.

Commercial Laundry

EMRF, LCDRF

Contract

Grossmont Adult Education

This program offers practical instruction and hands-on experience in various commercial laundry operations including a combination of core and specialized competencies for the different areas of laundry. Skills include receiving and sorting garments for cleaning, operating, and controlling industrial washing machines, operating, and controlling drying machines, and preparing products for storage and dispatch. In addition, the program supports the laundry needs for the facility.

Construction Trades

EMRF

Contract

Grossmont Adult Education

This program offers practical instruction and hands-on experience in various construction trades including commercial painting, carpentry, cement work, OSHA-10 training, etc. This program also supports the construction needs of the facility by planning and implementing small-scale projects.

Culinary Arts – Restaurant Management

EMRF, LCDRF

Contract

Grossmont Adult Education

This program is designed around the National Restaurant Association's (NRA) ManageFirst® Program. Students participate in direct service in the kitchen/dining room and completion of homework. The Barista training is a component of the Culinary Arts Program; students learn beverage recipes and procedures used in the fast-paced environment of free-standing coffee bars.

Food Handler's

Contract

Grossmont Adult Education

This certification combines education in food safety and the subsequent test required for participants to earn a food handler's card. The food handler's card is valid for use throughout San Diego County for a three-year period.

Healthcare Services Assistant Training (HSAT)

EMRF, GBDF, RMDF, SBDF, SDCJ,

Contract

Grossmont Adult Education

This program provides instruction on standard medical facility cleaning. The HSAT program is comprised of education on terminology, cleaning methods, standard practices, and OSHA requirements. Throughout the program, participants spend time each day performing on-the-job training in medical and other designated areas of the facility.

Industrial Sewing Program

LCDRF

Contract

Grossmont Adult Education

This program provides practical experience in a commercial sewing environment. Education in patternmaking, cutting, sewing, surging and other practical methods is provided. Additionally, the program supports the clothing needs of the facilities.

Landscaping and Horticulture Program

EMRF, LCDRF

Contract

Grossmont Adult Education

This program focuses on landscape design and maintenance. Students receive educational instruction in addition to hands-on training in irrigation installation, maintenance, and repair, as well as managing a vegetable garden involving succession planting, pest management, harvesting, and composting. The Community Involved Vocational Incarcerated Crew Services (CIVICS) program is an additional component of the Landscaping and Horticulture Program. In partnership with the Department of Parks and Recreation, students are conducting weed abatement for fire prevention, and support the Comprehensive Tree Program, growing and planting oak trees in local parks.

Screen Print

LCDRF

Contract

Grossmont Adult Education

This program offers practical, commercial-level experience in screen printing. Students work on screen printing jail uniforms and linens used in all detention facilities. Students gain knowledge of the latest technology, equipment, and trends in commercial screen printing.

PSYCHOSOCIAL

12 Step Meetings

Vol

NA, AA

This program offers support and education on the effects of addiction through working a twelve-step program. The group atmosphere provides help from peers and offers an ongoing support network for those who wish to pursue and maintain a substance-free lifestyle.

Anger Management

Contract
Healthy Relationships of CA

This class is designed to assist students with impulse control and the development of coping skills using a cognitive behavioral approach.

Anti-Theft

Contract
Healthy Relationships of CA

This class meets the court and probation requirements. It consists of cognitive behavior-based education focused on changing underlying belief systems supportive of criminal activities and the development of pro-social attitudes and beliefs.

Art of Inclusive Communication

Contract
National Conflict Resolution Center

This interactive workshop helps explore personal, cultural identity and learn how it relates to communication style. Students learn how these different styles can sometimes be the root of communication breakdown and how to be a more inclusive communicator.

Celebrate Recovery

Vol
Celebrate Recovery

Celebrate Recovery uses religious and spiritual based curriculum that guides participants through the "8 Recovery Principles." Participants engage in the curriculum and their personal recovery by strengthening their faith and sharing past experiences, strengths and hopes with one another.

Communications

Vol
SDSU School of Communications

This class teaches healthy ways of communicating with family, friends, coworkers, etc. in a variety of social and professional settings.

Getting Healthy

Contract
Healthy Relationships of CA

This class teaches how health and illness are created, and the 10 Primary Determinants of Health that go beyond the usual "Diet and Exercise" approach to well-being. The Health Determinants include Biological Health Factors, Psychological Health Factors and Social Health Factors.

Getting Motivated to Change

SDSO

This class helps students begin to think about aspects of motivation that govern decisions to change behavior. Students explore the meaning of motivation and the ways in which individuals develop and put it into action. Students are introduced to the thought processes and action phases of motivation and change.

Healthy Relationships

Contract
Healthy Relationships of CA

This class teaches students about the 16 Pillars that will help obtain and keep a job as well as to develop and maintain healthy relationships with family members.

Interactive Journals

SDSO

Cognitive Behavioral Therapy (CBT) based interactive journals are available for individuals who are in specialized housing and or upon request. Facility Correctional Counselors provide the interactive journals and provide instruction and feedback. Individuals may earn a certificate if all lessons are completed.

Parenting

Contract
Healthy Relationships of CA

This class provides students with education on developmental stages, appropriate disciplinary techniques, bonding and other essential topics regarding becoming an effective, loving and confident parent.

Restorative Justice Foundations

Contract
National Conflict Resolution Center

This class introduces students to the concepts, methodology, and skills used in Restorative Practices. Helping students develop Restorative Mindsets (a mindset that has the foundation to build, maintain and repair relationships) with the intention that the cycle of incarceration can be disrupted, and students can build healthy and healing relationships in the future.

Substance Use Disorder Treatment

Contract
Family Health Centers San Diego

The classes offered to students are evidence-based curriculums drawing from cognitive behavioral therapy and experiential techniques, in addition to twelve step approaches to help students achieve lifelong recovery. Students learn about triggers, coping strategies for cravings, and relapse prevention planning.

The Bystander Challenge

Contract
National Conflict Resolution Center

This class examines a bystander's role in decreasing inappropriate communication and behavior. Bystanders often hear comments and witness behaviors that can escalate someone being bullied and treated disrespectfully. This course teaches students to be upstanders in a way that supports everyone in the community in a healthy way. The class is geared toward the realities faced by individuals in the jails to make it relatable to their experience and needs.

The Family Connection

Contract
National Conflict Resolution Center

This class helps incarcerated parents find support and connection with each other and their children. It focuses on four key components: nurturing our children and ourselves, communicating effectively with our children's caregivers, protecting, and advocating for our

children, and teaching/modeling healthy adaptation to life inside and outside the jail system. Information about best parenting practices while incarcerated as well as how to transition in a healthy way once released are taught.

Thinking for a Change

SDSO

This evidence-based curriculum from the National Institute of Corrections program offers cognitive restructuring, rethinking, and skill building. The Thinking for a Change curriculum teaches problem-solving skills, cognitive restructuring, and social-skills interventions that promote prosocial behavior and reduce the risk of recidivism.

Understanding and Reducing Angry Feelings

SDSO

This class provides students with an appreciation of emotions that contribute to experiencing anger, recognizing anger triggers, managing anger in relationships, and expressing anger appropriately. Students learn coping strategies, complete mapping activities, and gain an understanding of communication styles.

Unlock Your Thoughts, Open Your Mind

SDSO

This class includes addressing the ingrained pattern of criminal thinking. Interventions include Feelings, Thoughts, and Mind Traps, Roadblocks to Healthy Thinking, Thinking and Behavior Cycles, and Mapping Worksheets.

WELLNESS

Old Globe

LCDRF, VDF

Vol

The Old Globe Theater

The *Globe for All* program provides a compelling theatrical experience that fosters a shared sense of connection between performers and audiences. The *Reflecting Shakespeare* program engages students to read and discuss Shakespeare; and create original poetry and dialogue that relate to moments in the play to moments in their own lives. Students come together to produce a performance that includes Shakespeare's play side by side with their own original works. The *Community Voices* workshops are dedicated to the process of creating short plays based on students' writings and culminating in a presentation of their own plays, which are performed by professional actors.

Playwrights Project

EMRF, VDF

Vol

Playwrights Project

This program helps students develop their own script for a play with the mission of improving literacy, communication, and creativity. The class concludes by having Playwrights Project volunteer actors come into the facility and act out the student's written plays; and are welcomed

to volunteer to act. The program supports individuals in creating fictional plays that examine hardships and explore positive solutions.

Poetic Justice

LCDRF

Vol

Poetic Justice

Restorative writing workshops are offered to emphasize voice, hope, and power to change. Students use transformational communication skills with the intention to lead restored, meaningful lives.

Prison Yoga Project

EMRF, LCDRF, VDF

Vol

Prison Yoga Project

This class provides a combination of yoga exercises along with meditation techniques with a focus on stress management.

Religious Services

Vol

Various Faith-Based Volunteers

Services are provided at each facility with additional one-on-one meetings with facility chaplains and faith representatives throughout the county. Religious materials are available upon request.

Toastmasters

EMRF, LCDRF

Vol

Toastmasters

This class is designed to enhance public speaking and effective communication skills. Students present on a variety of topics. Their presentations are timed and scored based on factors such as eye contact, pronunciation, ability to engage the audience, and other proficiencies that enrich their communication style.

SUPPORTIVE SERVICES

Birth Certificate Program

SD COUNTY

Assessor Recorder County Clerk

This program assists in obtaining a certified copy of a birth certificate from a California County Recorder's office. The certified copy of the Birth Certificate is placed on the individual's property. Applicants must have a minimum of 6 weeks left to serve in custody and have been born in the state of California.

Child Support Services

SD COUNTY

Department of Child Support Services

This program allows the County's Department of Child Support Services to work with individuals who have child support obligations. Assistance is provided for the management of debt as a result of incarceration.

Child and Family Well-Being Services

LCDRF

SD COUNTY

HHSA Child and Family Wellbeing

This one-time workshop will guide the individual through a typical case, educates on the difference between custody and guardianship and explains other aspects of the Juvenile and or Family Court process.

DMV ID Program

CA DMV

This program assists in obtaining a government issued identification (ID) card from the California Department of Motor Vehicles (DMV), for those who are eligible. The replacement ID card is placed on the individual's property. Applicants must have a minimum of 120 days left to serve in custody and meet other eligibility criteria.

Know Your Rights

EMRF, LCDRF

SD County

Office of Labor Standards and Enforcement

County partners from the Office of Labor Standards and Enforcement provide individuals with education on the Fair Chance Act, including the rights they hold as job applicants and employees. This class teaches about the process for reporting labor violations, filing a wage claim, and are advised on employer standards and requirements.

Medi-Cal Enrollment Assistance

Contract

Family Health Centers of San Diego

In collaboration with the Health and Human Services Agency (HHSA) the Sheriff's Office has partnered with community-based organizations to facilitate enrollment of eligible individuals within the jail system into Medi-Cal.

Raising a Reader

LCDRF

SD County

Santee County Library

This program is offered through the County Library and is dedicated to offering instruction on age-appropriate literature, book selection for children, ways to engage children from specific age ranges in learning to develop an appreciation for literacy, and how to identify reading milestones. Students learn about the importance of phonetics, sound, and patience when reading with children and receive two books to share with the children in their lives.

Reading Legacies

Contract

Reading Legacies

This program provides education for parents and other family members who are incarcerated, along with the benefits of being a positive role model for children in their family by reading aloud on video. Individuals are able to choose a children's book provided by community members to read aloud while being recorded. The video is made available electronically to the families via email. The book is sent to the individual's child, to be watched and read along. In this manner, children not only remain connected with their incarcerated family member but have been shown to have increased literacy rates as well.

Reentry Class

SDSO

This class is designed to prepare individuals for reentry back into the community. Information provided includes San Diego County resources, coping strategies, support networks, employment, drug treatment options, and how to construct a successful reentry plan.

Reentry Planning

SDSO

Reentry Planning is provided to individuals with release dates based on self-identified needs or any court mandated services through facility Correctional Counselors. A Reentry Plan is created with the individuals and community referrals are made based on needs and intrinsic motivation for continuum of care upon release.

Veteran's Outreach

US DOJ

Veterans Affairs of San Diego

Veterans Affairs of San Diego representatives engage participants and connect them to VA resources including housing, medical, mental health, substance abuse, employment services, and other benefits. Clients receive guidance on the specific issues that will allow them to be successful in the community.

Gender Responsive Trauma Informed – LCDRF only

Book Club – *Freedom Through Words*

Vol

National Association of Women Judges

The National Association of Women Judges offers this book club to promote literacy and reinforce the benefits of reading. Volunteers engage the students in group discussion that focus on relevant social issues and allows for the population to genuinely interact with attorneys and judges outside of a courtroom setting.

A Woman's Way Through the Twelve Steps

SDSO

A Dr. Stephanie Covington curriculum focusing on how to understand the Twelve Steps of Alcoholics Anonymous from the perspective of female students. Topics such as gender and sexuality, relationships, power dynamics, spirituality, and trauma are addressed. A Woman's Way empowers people to take ownership of their recovery as well as to grow and flourish in sobriety.

Healing Trauma

SDSO

A Dr. Stephanie Covington curriculum focusing on a short-term 5-week group addressing the trauma that often keeps people tied to addiction and dysfunction.

Ending the Game

Vol

North County Lifeline/ Freedom from Exploitation

Ending the Game offers individuals involved in human trafficking a safe support system and outlet for emotional growth. Students learn about the control dynamics involved in human trafficking and reflect on the impact to their own lives. They are empowered to take control of their lives and make decisions based on their own goals and values.

Every Woman Counts

Vol

California Health Collaborative

This program provides education on breast and cervical cancer, emphasizes the importance of participation in routine screenings, and offers community support for follow-up services for those who meet eligibility requirements.

Planned Parenthood

Vol

Planned Parenthood

This program offers informational sessions with rotating topics on general women's health with an educational focus on contraception, STI's, family planning, menopause, lactation, and healthy relationships.

Women's Health

Vol

University of California San Diego

This program offers informational sessions focused on women's menstrual cycle, contraception, infections, female anatomy, and pregnancy. Instruction provided by obstetrics and gynecology medical professionals working with UCSD, to educate the population on monitoring their health and communicating with healthcare providers.

