

Western Massachusetts Regional Women's Correctional Center

Participant's Guide to Programs



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Goodtime Recommendations

Eligible offenders serving a county sentence are eligible to earn a maximum of ten (10) days of earned good time to be deducted from their sentence for each month of participation in a work, educational, vocational and/or treatment programs at the facility.

Eligible offenders are awarded 129D earned goodtime by successful participation in these activities.

Good time recommendations will be made by the assigned Counselor/CCW based on the inmate's compliance with their service plan.

- **Type A Recommendation** (10 days) = Service Plan Review: Compliant – Good Participation – Inmate is participating in treatment related programming, education classes (if applicable), and maintaining a job and participating in work related programming.
- **Type C Recommendation** (5 days) = Service Plan Review: Compliant – Partial Participation - Inmate is participating in a combination of the above three expectations, but is not meeting all requirements.
- **No Recommendation** (0 days) = Service Plan Review: Non-Compliant - Inmate is not meeting any of the requirements.

You must be here past the 15th of the month in order to receive good time for that month. You cannot be released before the 15th of the month in which you are receiving goodtime for.

Offenders forfeit earned good time for any "A" Violation or the equivalent of 3 "B" Minor Violation of the discipline. Discipline may disqualify you for Good Time if occurring within the applicable month.

Phase 1: Orientation

TRAX: W.ORIENT

❖ WCC Facility Orientation

Frequency: Daily

Duration: Varies

This group is intended to provide all new intakes with the necessary tools to promote positive behavior while at the WCC. An overview of behavior expectations, rules, and services are reviewed with all new intakes during their orientation. All offenders are empowered to make the necessary changes to their behavior by targeting those risk factors that lead them to incarceration.

Phase 2: Transitional Program

TRAX: W.TRANSITN

To provide information on common topics and problem areas experienced by most female offenders; to introduce pro-social thinking and healthy attitudes and values; to introduce the concept of problem-solving skills and the need to learn new skills; to teach the idea of informed choice; and to provide an overview of community resources in the key problem domains.

❖ Urban Impact

Frequency: 1x per week

Duration: 1 hour

This group is intended to provide clients with information on Urban Impact's dedication to prioritizing the reduction of the impact of poverty for Black, Indigenous, and People of Color in the Commonwealth. The organization offers a plethora of small business, corporate, and community opportunities. These opportunities include workforce development with re-entry services, digital equity, small business assistance, DEI workshops, and youth services.

❖ YWCA, Safety & Grounding

Frequency: 1x per week

Duration: 1 hour

This group is designed to support clients with becoming familiar with domestic violence service providers in the county, ways they support survivors and reduce violence against women.

❖ YWCA, SA/Human Trafficking 101

Frequency: 1x per week

Duration: 1 hour

This group is designed to support clients with becoming educated on basic information about Sexual Assault including definition, types, and statistics. Participants will be educated on the YWCA's Sexual Assault Services, including: counseling, support Groups, advocacy, and both Hotline and Shelter Services.

❖ YWCA, DV 101

Frequency: 1x per week

Duration: 1 hour

This group is designed to educate clients on basic information about Domestic Violence including Definition, Cycle of Violence, Statistics, Myths, and Facts. Participants will be educated on different types of abuse including: Verbal, Emotional/Psychological, Physical, Sexual, Financial, Cyber/Technological, and Stalking and on the physical and emotional/psychological effects of Domestic Violence on adults and children.

❖ Breaking Through the Barriers Part I

Frequency: 1x per week

Duration: 1 hour

This group is designed to have clients learn about, and how to access, services through the Reentry & Recovery Program of MassHire Holyoke/Springfield and to learn how these services can help them meet their employment and training goals.

❖ **Breaking Through the Barriers Part II**

Frequency: 1x per week **Duration: 1 hour**

This group is intended to enhance your job search opportunities by helping clients understand the barriers one might face when trying to secure employment, and how to approach the workforce when you have a criminal record, and to consider how setting goals and taking the necessary steps to achieve them can help you make positive change in your life.

❖ **Mentorship**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to provide clients with information and mentorship and the benefits of having a mentor to provide support throughout their recovery journey.

❖ **V.O.I.C.E.S Empowerment**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to introduce the VOICES treatment model and to provide information about the VOICES treatment unit to the population.

❖ **Peer Recovery Centers**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to provide information about Peer Recovery centers, and their goal to support individuals while promoting values of recovery.

❖ **Planned Parenthood**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to provide vital reproductive health care, sex education, and information to clients regarding their sexual health and wellness.

❖ **Cambridge Credit Counseling, Financial Literacy I**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to provide information about the differences between income and expenses. Clients will be able to implement a budget spreadsheet to assist in managing their finances, and examine their finances to discover money saving tips.

❖ **Cambridge Credit Counseling, Financial Literacy II**

Frequency: 1x per week **Duration: 45 minutes**

The goal of this group is to provide financial guidance and information on effective money management, savings and budgeting.

❖ **Specialty Court & Recovery Coaching**

Frequency: 1x per week **Duration: 1 hour**

The goal of this group is to provide information about recovery courts, eligibility and the application process as well as introduce clients to recovery-oriented supports offered by the court to promote positive change, reduce recidivism and celebrate sustained recovery.

❖ **Understanding Anger**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to understand anger, learn how to manage anger in relationships, and review the aggression cycle.

❖ **Re-entry**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to introduce clients to resources in the community and explain the services they provide to support a client's recovery upon discharge. This group will include outside agencies directly presenting about their services to the clients.

❖ **Fitness, Nutrition & Wellness**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to learn the categories of wellness, provide an introduction to nutrition, learn skills for weight and stress management, and understand the components of fitness including cardiovascular training and flexibility.

Phase 3: Treatment Programming

❖ **Victim Awareness**

Frequency: 3x per week

Duration: 1 hour

TRAX: W.VIP

This group is designed to teach individuals the impact of their attitudes and behavior of the participating offender. It is aimed to reduce the participant's victimizing behavior, both in this facility as well as in the community.

❖ **Healing Trauma**

Frequency: 1x per week

Duration: 1.5 hour

TRAX: W.HEALTRAU

This program is designed to support individuals gain insight and skills in order to better deal with the effects of trauma in their lives, assist participants in seeing the strengths they have and increasing their sense of self and increase participants' knowledge of healthy relationships and improve their understanding of what they bring to relationships.

❖ **Grief & Loss**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.GRIEFLSS

This program is designed to support individuals reduce distressing symptoms of grief, normalize and validate participants' diverse experiences of grief and loss, provide healthy and positive ways for expression of grief and improve a participants' capacity to cope with grief, maintain hope, & build resiliency.

❖ **Beyond Violence**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.BEYONDV

This program is designed to help participants look at the impact of violence in their lives and to create an opportunity to make changes to prevent violence in the future.

❖ **Reducing Anger in Relationships**

Frequency: 1x per week

Duration: 1 hour

W.ANGERTRT

This program is designed to support individuals to stop their use of violence as a means of meeting basic needs. Any male or female inmate who has been convicted of assault and battery or a related crime or who has a history of being abusive to other persons has the opportunity to apply for treatment in the Anger Management Treatment Program.

❖ **Safe Exit Initiative (S.E.I.)**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.SEI

This program is designed to prevent re-victimization of incarcerated women who have experienced sex trafficking and sexual exploitation, and to prevent the entry or re-entry of post-incarcerated women into the sex trafficking industry.

❖ **Recovery Coaching**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.WRECOVER

This program is to provide information regarding Specialty courts, recovery coaching and recovery-oriented services available within the community that supports positive changes and promotes sustained recovery.

❖ **Peer Support**

Frequency: 1x per week

Duration: 1 hour

This is an open voluntary group held weekly by sign-ups only that focuses on grounding exercises, positive affirmations, feelings check-in and topic based activity and discussion.

❖ **Turning Points**

Frequency: 1x per week

Duration: 1 hour

TRAX: TURNPNT1

This program is to assist incarcerated individuals to become more aware of their own parenting experiences, to educate and increase parenting skills, and to facilitate and increase positive communication skills with participant's children and caregivers.

❖ **Opioid Treatment Program (OTP) Education Group**

Frequency: 2x per week

Duration: 45 minutes

TRAX: OTPEWCMED

The goal of this group is to learn and practice the core concepts of recovery, develop the skills necessary to successfully manage progress in recovery, and support pathways of treatment.

❖ **AA Meetings**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.AATHRSMD

This program is to familiarize individuals with and connect them to Alcoholics Anonymous, a nonprofessional community based recovery program.

❖ **Relationship Support Group**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.YWCA

This open cycle support group will provide clients with a safe space to discuss their experiences, ask questions, obtain resources, and for facilitators to provide education on healthy and unhealthy relationships. Topics include: consent, boundaries, cycle of abuse, power and control, red & green flags in a relationship, online dating, internet safety, self-esteem, self-care, safety planning, stigma to getting help, resources, etc.

Phase 3: V.O.I.C.E.S Treatment Program

TRAX: W.VOICESTX

The V.O.I.C.E.S. Treatment Program assists participants to develop and utilize skills that support pro-social and adaptive thinking patterns, emotional well-being, behavioral stability, interpersonal effectiveness, and personal growth and success.

❖ Cognitive Behavioral Skills (CBT)

Frequency: 2x per week

Duration: 1 hour

The goal of this group is to empower clients to change their lives in the present moment, assist participants with identifying and separating thoughts, feelings, and behaviors, and increase an understanding of how our thoughts, feelings, and behaviors all affect each other.

❖ Alive & Free

Frequency: 2x per week

Duration: 1 hour

The goal of this program facilitated by is to provide job seekers with a variety of job assistance services, including working with experienced career counselors, workshops and trainings, accessing up-to-date local, statewide, and national job listings, developing resumes, writing cover letters, and more.

❖ Health & Wellness

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to define physical fitness, its components, and benefits of regular exercise and to have clients become aware of the definition of nutrition and what a balanced diet is and portion

❖ Many Pathways of Recovery/Recovery Coaching

Frequency: 1x per week

Duration: 1 hour

This group introduces clients to the pathways of Recovery including peer support model and the benefits of connection during recovery to promote positive and sustained change.

❖ Treatment Process/daily Meditation

Frequency: 1x per week

Duration: 1 hour

This group reviews the progress of those engaged in the VOICES treatment programming, eliciting what clients are learning, skills being practiced and how a client is healing, growing and transforming within the treatment structure.

❖ Anger Management

Frequency: 2x per week

Duration: 1 hour

The goal of this group is to support client's to learn about and practice the core concepts of anger management and to develop the skills necessary to successfully manage anger. Clients will learn to manage anger effectively, stop violence or the threat of violence, develop self-control over thoughts and actions, give to and receive support from others.

❖ **Self-Discovery**

Frequency: 2x per week

Duration: 1 hour

The goal of this group is to provide opportunity for facilitator-guided, peer-supported self-exploration, values identification, and positive personal change, increase sense of personal identity, explore the consequences of values and choices, recognize the effects of attitude and behavior on the future direction of their lives, and to explore, discern, and practice pro-social values.

❖ **Ideas for Better Communication**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to identify roadblocks to effective communication, learn strategies to examine and begin to repair past relationship problems, and define different communication styles and their impact on relationships.

❖ **Animal Assisted Treatment**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to support client's throughout their time in programming, to improve one's overall wellbeing, and learn how to cope with stressors with the assistance of a trained therapy animal. This group is designed specifically to help those in recovery who will benefit from an alternative treatment method.

❖ **Moving Forward in Recovery**

Frequency: 2x per week

Duration: 1 hour

This program is designed to support individuals with considering the concepts of addiction and recovery as well as their relationship to drugs and alcohol.

❖ **Creative Writing**

Frequency: 1x per week

Duration: 1 hour

The goal of this group is to introduce the power of therapeutic writing and provide an opportunity for clients to practice this skill and experience the benefits to both their mental wellness and recovery.

Phase 3: Education & Vocational Programming

❖ **Serve Safe**

Frequency: 1x per week

Duration: 1 hour

TRAX: W.SERVSAFE

The goal of this group is to support client's to learn and test for Serve Safe Certification. This group offers food and alcohol safety training and certification exams created by foodservice professionals.

❖ **Vocational Training**

Frequency: Daily

Duration: 8 hours

TRAX: W.VOCTRAIN

The goal of this group is to keep clients productively occupied, teaching them work discipline and job skills to prepare them for the working world upon release.

❖ **Institutional Work**

Frequency: Day

Duration: Varies

W.INSTWR

The goal of this program is to place participants in appropriate work within the facility and provided job specific training and supervision.

❖ **701 Grille**

Frequency: Daily

Duration: AM/PM shifts offered

TRAX:W.701GRILL

The goal of this position is to offer participants the opportunity for entry-level positions in the Culinary Arts industry.

❖ **Career Ready 101**

Frequency: 1x per week

Duration: 1.5 hours

W.CARER101

The goal of this class is to offer participants the opportunity to attend an informational session regarding vocational career opportunities offered in the community.

❖ **OSHA 10 General Industries**

Frequency: 2x per week

Duration: 2 hours

W.OSHA10MD

The OSHA Program is intended to teach workers about their rights, employer responsibilities, how to identify, abate, avoid, and prevent job related hazards. Participants who complete all classes will receive an OSHA-10 General Industries Card within 90 days.

Educational Opportunities

❖ Digital Literacy

Frequency: 2x per week

Duration: 8:30-9:20 a.m.

TRAX: W.LTRCYMED

Students focus on developing higher level digital literacy skills with a computer simulation program called NorthStar Digital Literacy. Areas of focus include Computer Basics, Email Basics, Internet Basics, Microsoft Word, and Microsoft Excel.

❖ Digital Literacy 2

Frequency: 2x per week

Duration: 9:30-10:20 a.m.

TRAX: W.LTRCYMED2

Students focus on developing their lower level digital literacy skills, which include, reading, writing, and computer based programming.

❖ College Level Lab

Frequency: 2x per week

Duration: 8:30-9:45 a.m.

TRAX: W.COLLSTMD

A college level class of web based programs such as Coursera, Khan Academy, Newsela to grant college level students opportunities to build skills.

❖ Book Club

Frequency: 1x per week

Duration: 8:30-9:45 a.m.

TRAX: W.GRPS-3

Weekly book club held for 5 weeks – this round is on “The Lovely Bones’ and most meetings are discussion based. Another cycle will begin in February.

❖ Adult Basic Education

Frequency: 3x per week

Duration: 10:00-11:15 a.m.

TRAX: W.ABE1MDL

Students focus on developing their foundational skills, which include reading, writing, and math.

❖ Transition to College-Math

Frequency: 2x per week

Duration: 8:30-10:00 a.m.

TRAX: W.COLLTRNM

Students focus on developing higher level math skills that will prepare them for introductory college level math courses. This class is a 7 week intensive cycle.

❖ Adult Secondary Education I

Frequency: Daily

Duration: 1:00-2:15 p.m.

TRAX: W.ASE1

Students study core skills in the four sections of the GED exam – Math, ELA, Science and Social Studies.

❖ **Adult Secondary Education II**

Frequency: Daily

Duration: 2:30-3:45 p.m.

TRAX: W.ASE2

Students study core skills in the four sections of the GED exam – Math, ELA, Science and Social Studies.

❖ **Adult Secondary Education III**

Frequency: 2x per week

Duration: 1:00-2:15 p.m.

TRAX: W.ABE2MDM

Students study core skills in the four sections of the GED exam – Math, ELA, Science and Social Studies.

❖ **Adult Secondary Education III**

Frequency: 2x per week

Duration: 2:30-3:45 p.m.

TRAX: W.ABE2MDL

Students study core skills in the four sections of the GED exam – Math, ELA, Science and Social Studies.

❖ **English for Speakers of Other Language**

Frequency: 2x per week

Duration: 4:00-4:45 p.m.

TRAX: W.ESOLMED

Students develop skills in speaking, listening, reading, writing, and with a focus on improving their ability to function in an English speaking society.