

ALASKA DEPARTMENT OF CORRECTIONS PROGRAMS AND SERVICES

In keeping with its mission the Alaska Department of Corrections (ADOC) provides evidence-based rehabilitative programs that enhances the security of our institutions, safe guards the public, and reduces recidivism by providing prisoners with needed tools to assist them in becoming law-abiding citizens.

Below is a list of the ADOC institutions and the corresponding programming available at each individual facility. At the end of the list is a description of each program offered.

Anchorage Correctional Complex, Anchorage

- Substance abuse services
 - 12-step recovery meetings
 - Life Success substance abuse treatment services (LSSAT)
 - Substance abuse assessment and referral
- Educational, Vocational & Pro-Social Educational Services (West)
 - Educational Services:
 - Adult Basic Education (ABE)
 - Computer Lab
 - Computer Instruction Courses
 - General Education Diploma Classes & Tests
 - Post-secondary Academic Services
 - English as a Second Language Instruction
 - Vocational services:
 - Department of Labor- Vocational Interest Assessment
 - Resume Writing Workshop
 - Pro-Social Education Services:
 - Parenting Classes
 - Criminal Attitudes Program Testing
 - Alaska Reentry Course
- Educational, Vocational & Pro-Social Educational Services (East)
 - Educational Services:
 - New Path High School (ASD)
 - Adult Basic Education (ABE)
 - Computer lab
 - General Education Diploma Classes & Tests
 - Post-secondary Academic Services
 - Child Support Education
 - Veteran's Affairs Support Education
 - Vocational services:
 - Resume Writing Workshop
 - Pro-Social Education Services:
 - Parenting Classes
 - Criminal Attitudes Program Testing
 - Alaska Reentry Course

- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Acute care psychiatric unit
 - Sub-acute care psychiatric unit
 - Anger management
 - Healthy Living Groups
 - On-site Dual Diagnosis clinical services
 - On-site clinical services
- Sex offender services
 - Sex offender assessments

Anvil Mountain Correctional Center, Nome

- Substance abuse services
 - 12-step recovery meetings
 - Alaska Native-based Substance Abuse Treatment (ANSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult Basic Education (ABE)
 - Computer Lab
 - General Education Diploma Classes & Tests
 - Mavis Beacon Typing
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Alaska Marine Safety Association (AMSEA) marine survival and drill conductor training
 - Driver's license study
 - CPR/First Aid
 - Small engine repair
 - Water treatment classes (UAF)
 - NCCER Introduction to the construction trades
 - NCCER, Plumbing Level 1
 - Skin Sewing
 - Small Business Basics
 - Commercial Driver's License Coursework
 - Computer Training (Microsoft Office Specialist)
 - Pro-Social Education Services:
 - Parenting Classes
 - Criminal Attitudes Program
 - Alaska Reentry Course
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Contracted clinical services

- Telepsychiatry
- Sex offender services
 - None

Fairbanks Correctional Center, Fairbanks

- Substance abuse services
 - 12-step recovery meetings
 - Life success substance abuse treatment services (LSSAT)
- Educational, Vocational & Pro-Social Educational Services

Educational Services:

 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Mavis Bacon typing classes
 - Post-secondary academic services
 - High School refresher classes

Vocational services:

 - Microsoft Certification

Pro-Social Education Services:

 - Parenting Classes
 - Criminal Attitudes Program
 - Alaska Reentry Course
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Healthy Living groups
 - On-site clinical services
 - Telepsychiatry
- Sex offender services
 - Sex offender assessments
- Other programs
 - Batterer's Intervention Program

Goose Creek Correctional Center

- Substance abuse services
 - 12-step recovery meetings
 - Life Success substance abuse treatment services (LSSAT)
 - Residential substance abuse treatment services (RSAT) - *tentative start date: 5/1/13*
- Educational, Vocational & Pro-Social Educational Services

Educational Services:

 - Adult basic education (ABE)

- Computer lab
- General Education Diploma classes
- Post-secondary academic services
- English as a Second Language
- Mavis Beacon Typing

Vocational services:

- Alaska Department of Environmental Conservation Safe Food Handler program
- DOL Alaska Sea Food Worker Card
- Computer Information and Office Systems Training
- Microsoft Certification - *tentative start date:5/1/13*
- Building Trades - *tentative start date:7/1/13*
- KeyTrain and WorkKeys: DOL Testing quarterly
- DOL Career Training and Support for Vocational Grants
- NCCER: Introduction to construction trades - *tentative start date:7/1/13*
- NCCER, Introduction to Welding
- Carpentry - *tentative start date:7/1/13*
- AMSEA marine survival and drill conductor training - *tentative start date:7/1/13*
- Confined space entry certification- *tentative start date:7/1/13*
- HAZWOPPER certification- *tentative start date:7/1/13*
- Industrial Health and Safety- *tentative start date:7/1/13*
- Flagger certification- *tentative start date:7/1/13*
- Commercial Driver's License Coursework- *tentative start date:7/1/13*

Pro-Social Education Services:

- Parenting Classes
- Criminal Attitudes Program
- Alaska Reentry Course

- Chaplaincy services

- Transformational Living Community - *tentative start date:5/1/13*
- Chaplaincy core services
- Kairos- *tentative start date:5/1/13*
- MentorNet- *tentative start date:5/1/13*

- Mental health services (under development)

- Anger management
- Healthy Living Groups
- On-site clinical services
- Contracted psychiatric services
- Understanding & Coping with Depression
- Understanding & Coping with Anxiety
- Thinking for a Change
- Returning Home: Getting Ready to Re-enter Society

- Sex offender services

- Sex offender assessments - *tentative start date:7/1/13*

Hiland Mountain Correctional Center, Eagle River

- Substance abuse services
 - 12-step recovery meetings
 - Residential substance abuse treatment services (RSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic services
 - English as a Second Language
 - Reentry- DOL Workplace & Community Transition Program
 - Hiland College Club
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Animal care apprenticeship
 - NCCER, Tools for success
 - NCCER, Carpentry level 1 & 2
 - NCCER, Rigging and Scaffolding
 - NCCER, Plumbing level 1
 - NCCER, Electrical Level 1 with Math
 - Field Safety and OSHA
 - NSTC North Slope Training Card
 - Weatherization Instruction
 - Forklift certification
 - Flagger certification
 - HAZWOPPER certification
 - USDOL Apprenticeship programs (building maintenance repair and culinary)
 - First Aid CPR with AED
 - Pro-Social Education Services:
 - Parenting Classes
 - Criminal Attitudes Program
 - Alaska Reentry Course
- Chaplaincy services
 - Transformational Living Community
 - Chaplaincy core services
 - Faith wing
 - Kairos
 - MentorNet
- Mental health services
 - 48-week offender program
 - Acute care psychiatric unit

- Anger management
- Healthy Living groups
- On-site clinical services
- On-site Dual Diagnosis clinical services
- Sub-acute care psychiatric unit
- Thinking Errors group
- Sex offender services
 - Sex offender assessments
 - Residential sex offender treatment

Hudson Correctional Facility, Hudson, CO

- Substance abuse services
 - 12-step recovery meetings
 - Residential substance abuse treatment services (RSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic services
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Apprenticeship programs (Welding and Carpentry)
 - Pro-Social Education Services:
 - Anger Management
 - Parenting Classes
 - Criminal Attitudes Program
 - Alaska Reentry Course
- Chaplaincy services
 - Transformational Living Community
 - Chaplaincy core services
 - Kairos
 - MentorNet
- Mental health services
 - Healthy Living groups
 - On-site clinical services
- Sex offender services
 - Sex offender assessments

Ketchikan Correctional Center, Ketchikan

- Substance abuse services
 - 12-step recovery meetings
- Educational, Vocational & Pro-Social Educational Services

Educational Services:

- Adult basic education (ABE)
- General Education Diploma classes

Vocational services:

- None

Pro-Social Education Services:

- Parenting Classes
- Criminal Attitudes Program
- Alaska Reentry

- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Contracted clinical services
 - Telepsychiatry
- Sex offender services
 - None

Lemon Creek Correctional Center, Juneau

- Substance abuse services
 - 12-step recovery meetings
 - Life success substance abuse treatment services (LSSAT)
- Educational, Vocational & Pro-Social Educational Services

Educational Services:

- Adult basic education (ABE)
- Computer lab
- General Education Diploma classes
- Mavis Bacon typing classes
- Post-secondary academic service

Vocational services:

- Alaska Department of Environmental Conservation Safe Food Handler program
- Alaska Marine Safety Association (AMSEA) marine survival and drill conductor training
- Driver's license
- CPR/First aid certification
- Flagger certification
- OSHA 10
- North Slope Training card
- Laundry services
- Employment Preparation
- Commercial Driver's License Coursework
- Planning for Success (Annual Job Fair)

Pro-Social Education Services:

- Parenting Classes
- Criminal Attitudes Program

- Alaska Reentry Course
 - Infectious Diseases Education
 - Child Support Education
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - 48-week offender program
 - Anger management
 - Healthy Living groups
 - On-site clinical services
 - Telepsychiatry
- Sex offender services
 - Residential sex offender treatment
 - Sex offender assessments
- Other programs
 - Batter's intervention program

Mat-Su Pretrial, Palmer

- Substance abuse services
 - 12-step recovery meetings
 - Substance abuse assessment and referral
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Mavis Bacon typing classes
 - Post-secondary academic services
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Pro-Social Education Services:
 - Alaska Reentry Course
 - Choosing Change
 - Criminal Attitudes Program
 - Parenting Classes
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Anger management
 - Healthy Living
 - On-site clinical services
- Sex offender services
 - None

Palmer Correctional Center, Palmer

- Substance abuse services
 - 12-step recovery meetings
 - Life success substance abuse treatment services (LSSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic services
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - USDOL Apprenticeship programs (Carpentry and Electrical)
 - NCCER: Introduction to Construction Trades
 - Small engine repair
 - Intro to Welding with practical and AWS d1.1 certification
 - Pro-Social Education Services:
 - 48-week offender program
 - Alaska Reentry Course
 - Criminal Attitudes Program
 - Parenting Classes
- Chaplaincy services
 - Transformational Living Community
 - Chaplaincy core services
 - MentorNet
- Mental health services
 - Anger management
 - Healthy Living groups
 - On-site clinical services
 - Sub-acute care psychiatric unit
- Sex offender services
 - Sex offender assessments
- Other programs
 - Batterer's Intervention Program

Point Mackenzie Correctional Farm, Wasilla

- Substance abuse services
 - 12-step recovery meetings
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic service

Vocational services:

- Alaska Department of Environmental Conservation Safe Food Handler program
- Driver's license Study

Pro-Social Education Services:

- Alaska Reentry Course
- Criminal Attitudes Program
- Parenting Classes

- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - None
- Sex offender services
 - None
- Other programs
 - Batterer's Intervention Program

Spring Creek Correctional Center, Seward

- Substance abuse services
 - 12-step recovery meetings
 - Life success substance abuse treatment services (LSSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic services
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Commercial Driver's license
 - CPR/First aid certification
 - USDOL Apprenticeship programs (Baker, Cook, Building Maintenance and Material Coordinator)
 - Pro-Social Education Services:
 - Alaska Reentry Course
 - Criminal Attitudes Program
 - Parenting Classes
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - 48-week offender program
 - Anger management
 - Healthy Living groups
 - On-site clinical services

- Sub-acute care psychiatric unit
 - Telepsychiatry
 - Victim Impact classes
- Sex offender services
 - Sex offender assessments

Wildwood Correctional Center, Kenai

- Substance abuse services
 - 12-step recovery meetings
 - Life success substance abuse treatment services (LSSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - Computer lab
 - General Education Diploma classes
 - Post-secondary academic services
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Apprenticeship programs (Baker, Cook, and Building Maintenance, Plumbing)
 - Confined space entry certification
 - HAZWOPPER certification
 - Industrial Health and Safety
 - Pro-Social Education Services:
 - Alaska Reentry Course
 - Criminal Attitudes Program
 - Parenting Classes
- Chaplaincy services
 - Alpha reentry
 - Chaplaincy core services
 - Kairos
 - MentorNet
- Mental health services
 - 48-week offender program
 - Anger management
 - Healthy Living classes
 - On-site clinical services
 - Relapse Prevention program
 - Telepsychiatry
 - Thinking Errors
- Sex offender services
 - Sex offender assessments

Yukon-Kuskokwim Correctional Center, Bethel

- Substance abuse services
 - 12-step recovery meetings
 - Alaska Native-based Substance Abuse Treatment (ANSAT)
- Educational, Vocational & Pro-Social Educational Services
 - Educational Services:
 - Adult basic education (ABE)
 - General Education Diploma classes
 - Post-secondary academic services
 - Computer lab
 - Vocational services:
 - Alaska Department of Environmental Conservation Safe Food Handler program
 - Pro-Social Education Services:
 - Alaska Reentry Course
 - Criminal Attitudes Program
 - Parenting Classes
- Chaplaincy services
 - Chaplaincy core services
- Mental health services
 - Contracted clinical services
 - Telepsychiatry
- Sex offender services
 - None

Community based programming

- Substance abuse services
 - Assessment and Referral – Anchorage.
 - Life success substance abuse treatment services (LSSAT) – in Anchorage, Kenai, Juneau, Palmer, and Fairbanks.
 - Continuing care substance abuse treatment services – in Anchorage, Kenai, Juneau, Palmer, and Fairbanks.
- Mental health services
 - Assess/Plan/Identify/Coordinate (APIC) – services available statewide.
 - Jail Alternative Services (JAS) – in Anchorage and Palmer.
 - Institutional Discharge Project Plus (IDP+) – services available in Anchorage.
- Sex offender services
 - Outpatient sex offender treatment – in Anchorage, Fairbanks, Kenai, Juneau, Ketchikan, Bethel, and Palmer.
 - Residential sex offender treatment – in Bethel.
 - Polygraph testing – in Fairbanks, Anchorage, Ketchikan, Kenai, Bethel, Barrow, Dillingham, Palmer, Nome, Sitka, and Juneau.

A description of the programs and services listed above may be found below:

SUBSTANCE ABUSE PROGRAMMING

12-Step recovery meetings: Alcoholics Anonymous and/or Narcotics Anonymous meetings lead by community volunteers. These meetings are premised upon a set of guiding principles that outline a course of action for recovery from substance related addictions.

Alaska Native-based Substance Abuse Treatment (ANSAT): These programs provide substance abuse treatment services from an Alaska Native cultural perspective to incarcerated individuals. They are based on a modified Intensive Outpatient Treatment (ASAM PPC-2R Level II.1) model. Generally, inmates in the program are required to participate for a minimum of four weeks (12-16 hours per week).

Assessment and Referral: These services include an informational orientation in which the offender is offered information on substance abuse treatment options within ADOC institutions and in the community. Comprehensive substance abuse assessments are also available along with a referral based upon the assessment results.

Life Success Substance Abuse Treatment (LSSAT): These programs are based on the Intensive Outpatient Treatment (ASAM PPC-2R Level II.1) criteria. The services provided use a cognitive behavioral approach. Inmates in the program are required to participate for a minimum of three to four months (however, provisions will be made to treat offenders who have less than three months and/or are transferring to another facility where they can continue their treatment). Program capacity is 25 participants at a time.

Residential Substance Abuse Treatment (RSAT): These programs are based on the Residential/Intensive Inpatient Treatment (ASAM PPC-2R Level III.1 – III.5) criteria. The comprehensive and intensive program uses a cognitive behavioral approach designed to intervene and treat substance use disorders using a Therapeutic Community model. Inmates in this program are expected to participate for six months (modifications to the total length of stay are made based upon an individual's needs). Program capacity is between 32 and 45 participants at a time.

Continuing care: These programs are based on the Outpatient Treatment (ASAM PPC-2R Level I) criteria. The services are designed to complement the treatment that the offender has previously received while incarcerated. Length of the program, and the program requirements, are based upon individual needs.

EDUCATIONAL, VOCATIONAL & PRO-SOCIAL EDUCATIONAL PROGRAMMING

Educational Services

Adult Basic Education (ABE): Classes include basic education instruction in reading, writing, and computational skills below the ninth-grade level.

Computer lab: Basic computer instruction, using different aspects of Microsoft Office, Word, Excel, and PowerPoint.

English as a Second Language: Classes include instructions on improving basic English speaking, reading, and writing skills.

General Education Diploma (GED) classes and testing: Secondary education in the form of instruction and testing opportunities leading to a GED.

Mavis Bacon Typing: A computer typing program that improves both typing speed and accuracy.

New Path High School: Facilitated by the Anchorage School District this program provides services that include ongoing needs assessment, daily academic support, high school education programming, academic counseling and transitional services for the reintegration into the community. The goal of the program is to provide a segregated environment where students between the ages of 16 and 24 are given the opportunity to earn their high school diploma and gain the skills necessary to succeed upon release.

Post-secondary academic service: This service allows inmates access to college-level academic classes, which may include correspondence classes, at their own expense. Remedial instruction, on-site tutorial assistance, and supplemental instruction is provided.

Vocational services

Alaska Department of Environmental Conservation Safe Food Handler program: Required by the State of Alaska of all food service workers, this credential enhances participants employment opportunities in the hospitality industry upon release.

Alaska Marine Safety Association (AMSEA) marine survival and drill conductor training: Trains the students to be emergency drill conductors on commercial fishing boats.

Animal care vocational certification: The animal behavior and obedience and grooming training is designed to provide instruction in skills to obtain animal grooming related employment opportunities when inmates are released from incarceration.

Apprenticeship programs: Department of Labor approved programs designed to assist offenders in receiving the knowledge and skills necessary to obtain employment in a specific field.

Building Trades: This program is registered with the Associated General Contractors of Alaska and certified by the National Center for Construction Education and Research (NCCER). Classes offered include the core requirements and the Carpentry Level I, II, and III.

Carpentry level 1 & 2: Provides offenders with carpentry instruction as outlined in the national Center for Construction Education and Research (NCCER) curriculum.

Child Support Education: Services provided by a Child Support Services representative which include assistance in the following areas: locate absent parents, establish paternity, establish, enforce, and review child support orders.

Commercial Driver's License (CDL): Coursework provided to help assist offender to obtain CDL upon release.

Computer Information and Office Systems Training: Computer certification-training program includes Microsoft Office Specialist (MOS) - Windows XP, Office 2002 and 2003, Microsoft Certified Applications Specialist (MCAS) – Windows Vista, Office 2007, Internet and Computing Core Certification (IC³) program and the CompTIA A+ certification exams. UAA Occupational Endorsement Certificates will be offered in Office Support and Office Foundations.

Computer Instruction Courses: Instructors utilize MOS, MAS, IC3 and A+ approved course materials that are aligned with industry standards.

Computer Training (Microsoft Office Specialist): The Microsoft Office Specialist certification program provides computer program literacy, measures proficiency, and identifies opportunities for enhancement of skills. Successful candidates receive a Microsoft Office Specialist certification credential that sets them apart from their peers in the competitive job market.

Confined space entry certification: Delivered by OSHA certified instructor and designed to train and certify individuals who work in confined spaces under the OSHA definition.

CPR/First Aid Certification: Basic first aid/CPR with automated defibrillator certification.

Culinary Arts: This training has Hospitality Foundations which is a pre-requisite training step. To be complete in Culinary Arts, the student is required to complete the Hospitality Foundations and Culinary Arts training. ServSafe Certification testing is offered to students who successfully complete both requirements for this training.

Department of Labor - Vocational Interest Assessment: Vocational evaluation is a comprehensive process in which individuals and evaluators of DOL work together to identify and evaluate an individual's vocational interests, abilities, strengths, weaknesses,

aptitudes and functional strengths and limitations relative to an individual's vocational goal.

DOL Alaska Sea Food Worker Card: DOL representative proctors tests for inmates to become marketable in the seafood industry (cannery, processors, vessels and harvesters).

Driver's license: Prepare inmates to take the written part of the general driver's license and to prepare inmates to take the written portion of the Class A or B commercial license test.

DOL Career Training and Support for Vocational Grants: DOL representatives refer/assist offenders to the Division of Vocational Rehabilitation for services acquiring training for employment.

Electrical Level 1 with Math: Provides offenders with electrical instruction as outlined in the national Center for Construction Education and Research (NCCER) curriculum.

Employment Preparation: Reentry Instructors teach offenders job finding techniques, resume writing, interviewing skills and job preparation plans.

Field Safety and OSHA: Vocational instruction in a marketable skill for a career in Occupational Health and Safety. Certification provides job readiness for employment at general work sites, the North Slope or self-employment.

Flagger Certification: Allows an inmate to earn a four year certification after completing the flagger course and exam.

Forklift: The purpose of this course is to provide a Fork-lift Training class. This class will be a requirement for warehouse inmate handlers as well as the Building Trades Construction class students.

HAZWOPPER Certification: Emergency response training for general site workers engaged in hazardous substance cleaning-up operations. Each inmate will be certified as an individual who is OSHA certified.

High School Classes: High school refresher to prepare for College placement tests.

Hiland College Club: Trades R Us Club: Mandatory club for any offender who is enrolled in a trade class at HMCC. Offenders have monthly meetings that include female guest speakers who are in the trade field.

Industrial Health and Safety: Instruction in the construction field that focuses on preventing occupational illnesses and injuries.

Infectious Diseases Education: Instruction to reduce sexual risk behaviors and related health problems among offenders including behaviors that reduce their risk for HIV, other STDs, and unintended pregnancy.

Introduction to Welding: Provides offenders with welding safety instruction as outlined in the National Center for Construction Education and Research (NCCER) curriculum. Practicals are provided using the Lincoln VR-360 virtual welder simulator. Palmer Correctional students can certify with the American Welding Society D1.1 structural weld certificate on real world welding equipment. Offenders are marketable welders after certification.

KeyTrain and WorkKeys: WorkKeys is a job skills assessment system measuring “real world” skills that employers believe are critical to job success. These skills are valuable for any occupation—skilled or professional—and at any level of education. The WorkKeys practice curriculum is called KeyTrain/Career Ready 101.

Laundry services: This program provides inmates an opportunity to work in a commercial laundry and laundry sterilization setting.

Microsoft Certification: The Microsoft Office Specialist certification program provides computer program literacy, measures proficiency, and identifies opportunities for enhancement of skills. Successful candidates receive a Microsoft Office Specialist certification credential that sets them apart from their peers in the competitive job market. The certificate is a valuable credential that is recognized worldwide as proof that an individual has the desktop computing skills needed to work productively and efficient.

NCCER: National Center for Construction Education Research introduction course that provides offenders with the basic knowledge necessary for employment in the construction trades industry. I.E. tools for success, rigging and scaffolding, carpentry, electrical, plumbing and welding.

NSTC: The North Slope Training Cooperative (NSTC) is a collaborative effort between the North Slope unit owners and their contractors to ensure all employees (company and contract) have basic safety, health and environmental policy classes before going to work on the North Slope.

OSHA 10: Basic Occupational Safety and Health Administration (OSHA) 10 training is provided to assist an inmate for potential employment with unions and public work sites.

Skin Sewing: Instructor teaches Alaska Native traditional skin sewing techniques.

Small Business Basics: Volunteer from DOL instructs basics on how to start a small business.

Small Engine Repair: A 66 hour, two and four cycle, small engine repair class offering classroom and hands on training.

Reentry- DOL Workplace & Community Transition Program: A partnership with DOL. Instructor provides reentry and transition training for current job market.

Resume Writing Workshop: Instructor teaches offenders how to research, plan and build a resume using a computer.

Veteran's Affairs Support Education: Volunteer comes to institution and teaches veterans how to obtain benefits.

Water treatment classes (UAF): Instruction in theoretical and applied aspects of the movement of contaminants through saturated and unsaturated soil. This class provides offenders a marketable advantage in a community where clean water has been a challenge.

Weatherization: The purpose of this course is to provide Weatherization Technician course and will be a complementary course to the Building Trades Construction Course. This course follows the NCCER Accreditations.

Pro-Social Education Services

Parenting classes: A program that provides practical and innovative ways to help overcome the physical and psychological challenges that incarcerated parents face both inside and outside of prison.

Choosing Change: A program that examines criminal thinking errors, tactics to avoid change, and barriers to positive changes; provides instruction and skill building exercise to help inmates lead a more pro-social life.

Criminal Attitude Program (CAP): A cognitive behavioral course (6 to 16 weeks in duration) designed to assist offenders with altering their criminal attitudes and behaviors.

Alaska Reentry course: Utilizing the Alaska Reentry manual, inmates prepare for reintegration and transition back into the community.

CHAPLAINCY SERVICES/PROGRAMS

Transformational Living Community (TLC): This is a multi-phase, intensive 12-18 month program that is designed to provide a spiritual based approach to correctional rehabilitation. The inmates live together in a supportive community environment and are expected to embrace personal accountability, responsibility, and commitment to change in all aspects of their life.

Alpha reentry: Participants in this Christian-based program are enrolled in various classes designed to foster spiritual growth, accountability and personal responsibility as well as

moral and character development. Additionally, these courses focus on the issues of preparing for release and are designed to better equip prisoners for their return to community life. Prisoners are also matched with a mentor from the community who will work with them once per week during the pre-release phase to be a role model and a source of support and encouragement during incarceration and upon release to the community.

Chaplaincy core services: The goal of these services is to provide opportunities for prisoner reformation through religious programs, spiritual counseling, and pastoral care. All religious activities and programs are provided on a volunteer participation basis. Specific services include worship services, pastoral care and counseling, crisis intervention, death notifications, hospital/medical visitation, segregation visitation, religious literature distribution, and critical incidents stress management.

Faith wing: This is a short term 6 month faith-based residential program that provides inmates an opportunity to live in a positive, supportive, spiritual-based community environment with an emphasis on spiritual growth, personal responsibility, and accountability.

Kairos: This program addresses the spiritual needs of prisoners. Kairos volunteers go into prisons to pray and share meals and fellowship with inmates on a one-to-one basis. The first visit is a three-day event, during which time the team teaches a short introductory course on Christianity. Subsequent visits are monthly half-day reunions with the prisoners over a twelve-month period.

MentorNet: This program utilizes community volunteers as mentors working on a one to one basis with inmates who have volunteered for the program. It is designed to be an intensive level of mentoring in which the mentors meet once per week with the inmate they are assigned to, including upon release from the institution. The focus is on spiritual formation, guidance, role modeling, encouragement, and accountability.

MENTAL HEALTH SERVICES

48-Week Offender program: This program specifically targets antisocial attitudes, values and beliefs (personal cognitive supports for crime.) This program focuses on the specific dynamic risk factors of impulsivity, egocentrism, weak problem-solving / self-regulation skills, aggressiveness and deficits in critical reasoning and abstract thinking.

Acute care psychiatric unit: This unit is an in-patient mental health treatment unit that provides 24-hour hospital-level psychiatric care for acutely and chronically mentally ill offenders. Inmates are placed on these units for stabilization, medication management, safety concerns and for observation, evaluation, and diagnostic clarification. The unit is a highly structured therapeutic environment where patients are taught to build upon successes and prepare for functioning in other, less restrictive, settings.

Anger management: SAMHSA's 12 session evidence based Anger Management Program addresses the following: Events and Cues: A Conceptual Framework for Understanding Anger, Anger Control Plans: Helping Group Members Develop a Plan for Controlling Anger, The Aggression Cycle: How to Change the Cycle, Cognitive Restructuring: The A-B-C-D Model and Thought Stopping, Assertiveness Training and Conflict Resolution Model: Alternatives to Expressing Anger and Anger and the Family: How Past Learning Can Influence Present Behavior. Along with class participation, each individual is required to complete homework assignments and develop an Anger Management Plan incorporating the skills that they obtained throughout treatment.

Assess/Plan/Identify/Coordinate (APIC): This service provides case manager assistance with release planning and service coordination for offenders with mental illness who are returning to the community.

Contracted clinical services: Services are provided by a local community mental health clinician and include assessments, crisis intervention, and ongoing mental health treatment.

Healthy living groups: This groups is designed to assist the offender in the basics, and implementation, of the multi-dimensional aspect of healthy living

Jail Alternative Services (JAS): This program provides clinical supervision and case management for mentally ill misdemeanants released to court ordered community treatment.

Institutional Discharge Project Plus (IDP⁺): This program provides legal and clinical and case management supervision to mentally ill felons released on parole/probation.

On-site clinical services: Services offered include suicide assessment and intervention, diagnostic assessment, psychiatric referral, treatment planning, counseling, community treatment referral, release planning, and medication monitoring.

On-site Dual Diagnosis clinical services: Clinical services focused specifically on assessment, treatment and release planning for offenders diagnosed with a severe and persistent mental illness in conjunction with a substance abuse diagnosis.

Relapse prevention program: A program designed to assist offenders in maintaining the positive changes they have made in their lives.

Sub-acute care unit: This unit is an in-patient mental health treatment unit that provides structured supportive environments for mentally ill offenders. Inmates are placed on this unit when they are not able to function well in general population due to their mental illness. The sub-acute unit is a structured therapeutic environment that encourages individual growth and responsibility.

Telepsychiatry: A system which enables qualified mental health providers to remotely deliver psychiatric services.

Thinking errors groups: A psycho-education group developed to assist offenders in the identification and correction of thinking errors.

Victim impact classes: An educational program designed to teach offenders about the human consequences of crime.

Understanding & Coping with Depression: an 8 to 12 session evidence based program designed to aid offenders in coping with depression. This program uses Rational-emotive and Cognitive Behavioral Therapies to teach offenders skills proven to aid in managing depressive symptoms.

Understanding & Coping with Anxiety: an 8 to 12 session evidence based program designed to aid offenders in coping with anxiety. This program uses Rational-emotive and Cognitive Behavioral Therapies to teach offenders skills proven to aid in managing anxiety symptoms.

Thinking for a Change: Thinking for a Change (T4C) is an evidence based, 25 session integrated, cognitive behavioral change program for offenders that includes cognitive restructuring, social skills development, and development of problem solving skills.

Returning Home: Getting Ready to Re-enter Society: a 12 session program designed to aid offenders in preparing to deal with some of the stressors associated with transitioning back into the community.

SEX OFFENDER SERVICES

Residential sex offender treatment: This program is a two year; evidence-based group therapy that uses cognitive behavioral techniques to help convicted sex offenders lower their risk to re-offend. The therapist and offender identify criminogenic needs and high risk situations that lead to re-offending. The offender is then given skills or tools to avoid or deal with high risk situations. Program capacity is 24 participants at a time.

Outpatient sex offender treatment: This program, providing services up to two years, is an evidence based group therapy that uses cognitive behavioral techniques to help convicted sex offenders lower their risk to re-offend. The therapist and offender identify criminogenic needs and high risk situations that lead to re-offending. The offender is then given skills or tools to avoid or deal with high risk situations.

Sex offender assessments: These assessments consist of the latest validated risk scoring instruments, personality tests, IQ tests and mental health screening tools. The information from the assessments is used to help monitor and provide the appropriate level of care for the offender.

OTHER PROGRAMS

Batterer's intervention program: This 32-week program provides education for men serving time for a domestic violence conviction. The program is based on the Duluth Model which is a nationally recognized victim-safety centered program that uses skill building for the offender to learn how to have a healthy non-violent relationship.

Family violence intervention program: a program designed to end the effects of the cycle of violence in families by increasing self-esteem and empowering individuals to become self-sufficient and maintain independence in a violence-free lifestyle.