



# Course Catalogue of Offender Programs

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*Kentucky Department of Corrections  
Adult Institutions*

## INTRODUCTION

Supporting a successful transition to the community and maintaining stability within the offender population is central to the mission of the Kentucky Department of Corrections. The Department protects public safety by ensuring that offenders receive programming to support their successful return to the community. Programs are standardized across the Department, implemented with dedicated resources, and regularly reviewed for quality assurance.

This practical guide was prepared to highlight the Department's programs. Each program summary in this directory contains key information: a Program Description, Time Frame, Admission Criteria, Program Content, Applicable Policies and locations.

The Department maintains a catalogue of evidence-based, life skills, promising practice, and substance abuse programs to address a wide range of reentry, supervision, and incarceration needs. Program offerings vary based on available resources and the needs of the offender population. The Department of Corrections maintains a list of the programs that are currently available.

### General Information

Evidence Based Programs are programs demonstrated by scientific research to reliably produce reductions in recidivism.

Promising Practice represents a program that may have some research or data showing positive outcomes but does not meet criteria as an Evidence Based program. Promising practices have a clear focus and includes processes of accountability and evaluation.

Life Skills Programs provide strategies to assist in removing barriers for successful reintegration and address skill areas including time management, money management, use of technology, communication, and social skills.

Substance Abuse Programs are an evidence based drug treatment program for individuals with a substance use disorder.

Case Management An unstructured collaborative process of meeting with a member of the behavior management team/contract staff in a small group or individual setting, to discuss needs, progress in programming, conduct assessment of needs, safety planning, relapse prevention planning, and care coordination. Does not include attendance tracking or progress review.

**Applicable Corrections Policies and Procedures:**

**CPP 10.2** Special Management Housing and Restrictive Housing

**CPP 18.1** Classification of the Inmate

**CPP 18.2** Central Office Classification Committee

**CPP 30.1** Program Evaluation and Measurement

**CPP 30.2** Program Credit

**CPP 30.3** Risk and Needs Assessment and Quality Assurance

**CPP 30.5** Sex Offender Treatment Program

**CPP 30.6** Division of Addiction Services Substance Abuse Program

***Disclaimer(s):***

*The Kentucky Department of Corrections provides this directory as a means of describing programs offered throughout the Department. This list contains information, which is accurate as of December 1, 2020, but programming offered is subject to change over time. Locate the most recent directory on the Department's website: [corrections.ky.gov](https://corrections.ky.gov).*

*Offenders shall not be able to complete the same program or course twice unless authorized staff have approved.*

*Faith Based program shall not receive program credit.*

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## Adult Institutions

Program Name	<b>Challenges – Challenges Mentor</b>
Program Description	<p>This <b>Evidence Based</b> program assists offenders with mental illness. It is intended to help them lead a more pro-social lifestyle by thinking more realistically and exhibiting healthier behaviors. Topics that are addressed include stress management, medication management, family history, relationship skills, socialization, coping with emotions, recreation, thinking errors, and substance abuse.</p> <p>The Challenges Mentor position is designed to assist with the Challenges Treatment Program in the Lonnie Watson Center and CPTU. A Mentor will be assigned to assist with various Challenges tasks, structured activities, and additional treatment components identified by the group leader.</p>
Time Frame	Depending on offender needs, this program lasts approximately six months. Groups are held daily and individual attention is offered weekly.
Program Credit	These programs receive <b>90</b> days program credit upon completion.
Admission Criteria	<p><b>Pre –requisite:</b> Challenges Mentor requires completion of the Challenges Program</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment. This program targets offender that are clinically diagnosed with mental health issues.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement</p> <p>CPP 30.2 Program Credit</p> <p>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance</p> <p>KRS 197.045</p>
Program Locations	KCIW and KSR

Program Name	<b>Getting Started</b>
Program Description	This <b>Evidence Based</b> program utilizes interactive journaling materials from the Change Companies and is designed to serve a very specialized population: offenders who have a substance abuse history and require training and treatment of pre-contemplation in order to trigger the drive and motivation to enroll and complete the Substance Abuse Program.
Time Frame	Depending on offender needs, this program lasts approximately six months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	EKCC, KCIW, LLCC, NTC, and RCC

Program Name	<b>Go Further</b>
Program Description	This <b>Evidence Based</b> program is a specialized CoreCivic program offered at Lee Adjustment Center. Offenders enrolled in this program participate in a 4-part process to release from incarceration. Parts include On Ramp, Highway, Off Ramp, and Destination. This program walks an offender from the beginning of his incarceration to the end and reentry to the community. This is an evidence based, interactive journaling program.
Time Frame	Depending on offender needs, this program lasts approximately six months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	LAC

Program Name	<b>MRT<sup>®</sup> Moral Reconciliation Therapy</b> <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i>
Program Description	<p>This <b>Evidence Based</b> program combines group presentations and individual assignments, along with facilitator guidance when necessary. The program was designed in a criminal justice setting for offenders involved in the criminal justice system. MRT<sup>®</sup> targets an offender's belief system and attempts to raise their level of moral reasoning in their decision-making process. The MRT<sup>®</sup> program has been researched for over thirty years and has proven reduction in recidivism levels at multiple points of progress within the program, as well as after overall program completion. MRT<sup>®</sup> is designed to achieve formal program completion after 12 in-group steps. The workbook for this program is entitled 'How to Escape Your Prison'<sup>®</sup> and includes the use of a separate facilitator guide.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 14 Adult Facilities</b>



Program Name	<b>MRT<sup>®</sup> Anger Management</b> <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i>
Program Description	<p>This Cognitive-Behavioral program is designed to assist offenders in recognizing and overcoming anger. This program includes completion of 8 modules with a minimum of 8-10 group sessions utilizing the 'Coping with Anger'<sup>®</sup> workbook, various supplemental materials, and the completion of homework assignments prepared outside of group.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Depending on offender needs and progression, offenders can expect to participate in a minimum of 10-12 group sessions.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 14 Adult Facilities</b>

Program Name	<b>MRT® Parenting</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>This Cognitive-Behavioral program focuses on family values and individual priorities, and is appropriate for all parents.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 sessions utilizing the 'Parenting and Family Values'® workbook.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p><b>Prerequisite:</b> Offenders should be in an active parenting role.</p> <p>All program recommendations are based on their specific criminogenic needs, as identified in the KYRAS assessment.</p>
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	BCFC, KCIW and Ross-Cash, EKCC, GRCC, KSP, KSR, LAC, LLCC, LSCC, LLCC, WKCC, and RCC

Program Name	<b>MRT® Staying Quit</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>This Cognitive-Behavioral program is designed to assist with relapse prevention by helping offenders to recognize risky situations, cravings, and triggers. This program requires completion of eight (8) modules over a minimum of 8-10 group sessions. Groups are open-ended and require the completion of the 'Staying Quit'® workbook, as well as preparation of homework assignments outside of group.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Depending on offender needs and progression, the offender should expect to participate for a minimum of 8-10 sessions.
Program Credit	This program receives <b>60</b> days program credit upon completion.
Admission Criteria	<p><b>Prerequisite:</b> Must have successfully completed the SAP program prior to admission.</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment and having a substance use history.</p>
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	EKCC, GRCC, KCIW, KSP, LAC, LLCC, LSCC, RCC, SSCC, WKCC, and NTC

Program Name	<b>MRT® – Thinking for Good</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>This Cognitive Behavioral program was developed to confront Anti-Social and Criminal Thinking errors.</p> <p>Completion entails 10 modules with a minimum of 10-12 group sessions utilizing the ‘Thinking for Good’® Workbook, and the completion of homework assignments prepared outside of group.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Depending on offender needs and progression, the offender should expect to participate in a minimum of 10 – 12 group sessions.
Program Credit	This program receives <b>60</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	NTC, LSCC, and RCC

Program Name	<b>MRT® – Untangling Relationships</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>This Cognitive-Behavioral program focuses on providing treatment to offenders involved in addictive/co-dependent relationships – confronting the issues of manipulation and dependence. Targets domestic violence, unhealthy relationships, enabling, substance abusers and criminality. Offenders will be required to participate in a minimum of 12 group sessions, along with preparation of homework assignments outside of group. This program utilizes the ‘Untangling Relationships’® workbook.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 group sessions utilizing the ‘Untangling Relationships’® workbook.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	EKCC, GRCC, KCIW, LLCC, and NTC

Program Name	<b>MRT® Mentor</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>The MRT® Mentoring program strives to ensure a higher success rate for those who have previously completed MRT®. A Mentor within the MRT® program will be held to a higher behavioral expectation than those participating in the MRT® group. Mentorship is beneficial for both the offender serving as the mentor, as well as for the offenders participating in the MRT® program. As a mentor, this offender will be expected to revisit steps 1-4 from the offender's original 'How to Escape your Prison'® workbook, along with completion of the 'Character Development'® Workbook.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<b>Prerequisite:</b> completion of MRT®. All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 14</b> adult facilities

Program Name	<b>RHU - Short Term Behavioral Modification</b>
Program Description	This program is designed to help offenders identify thinking patterns that will assist them in the assessment of emotional and cognitive reasoning. Offenders will engage in cognitive behavioral restructuring using a structured manual that encompasses the following subjects: active listening, successful change, responsible behavior, taking responsibility, cognitive behavioral chains, and identification of high-risk situations.
Time Frame	Offenders complete within 8 weeks (meeting within the Restrictive Housing Unit for 4 weeks and in General Population/Transition for 4 weeks)
Program Credit	<b>Offenders will complete the program when: 1) offender transitions to general population, 2) completes curriculum under program standards, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 90 days post transition to general population.</b>  <b>Offender will receive 30 days program credit upon completion.</b>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	KSP and EKCC

Program Name	<b>RHU - Administrative Behavioral Modification</b>
Program Description	This program is designed specifically for women and assists offenders in working through the transtheoretical model of change using a multimodal approach. Offenders learn a multitude of behavioral modification strategies along with evidence-based coping skills and techniques. This is accomplished through SMART goal setting, safety and relapse prevention planning, exploration, motivation enhancing/discrepancy building exercises, journaling, group meetings, case management, and the confrontation of distorted belief systems.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include homework and Case Management.
Program Credit	<b>Offenders will complete the program when: 1) offender transitions to general population, 2) completes curriculum under program standards, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 90 days post transition to general population.</b>  <b>Offender will receive 45 days program credit upon completion.</b>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	KCIW



Program Name	<b>RHU - Extended Behavioral Modification</b>
Program Description	This step-down program parallels a progressive/transitional model that follows the theoretical and practical underpinnings within its evidence-based approach. Through the utilization of the Violent Risk Scale offenders are progressively assessed and later led through stages of change and rehabilitation through a series of Interactive Journaling® books, Seeking Safety modules and Cognitive Self Change discussion and treatment points. The blend of these modalities provides for a perfect dosage, frequency, and diversity in exercises to treat even the most treatment-resistant offender including Substance Abuse offenders.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include Seeking Safety group and case management.
Program Credit	<p><b>Offenders will complete the program when: 1) offender transitions to general population, 2) completes curriculum under program standards, 3) attend all sessions to include case management and group, 4) abstains from disciplinary infraction 3.11, cat 4 or higher for 180 days post transition to the general population.</b></p> <p><b>Offender will receive 90 days program credit upon completion.</b></p>
Admission Criteria	Offenders are referred to the RHU Transition Unit during Central Office Classification Committee Administrative Control hearings. Typically, the Classification committee and/or Warden have recommended it during their findings.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	WKCC

Program Name	<b>RHU – Transitional Behavioral Modification</b>
Program Description	This step-down program parallels a progressive/transitional model that follows the theoretical and practical underpinnings within its evidence-based approach. Through the utilization of the Violent Risk Scale offenders are progressively assessed and later led through stages of change and rehabilitation through a series of Interactive Journaling® books, Seeking Safety modules and Cognitive Self Change discussion and treatment points. The blend of these modalities provides for a perfect dosage, frequency, and diversity in exercises for offenders who pose the highest risk.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include Seeking Safety group and maintaining case management.
Program Credit	<p><b>Offenders will complete the program when: 1) offender transitions to general population, 2) completes curriculum under program standards, 3) attend all sessions to include case management and group, 4) abstains from disciplinary infraction 3.11, cat 4 or higher for 180 days post transition to the general population.</b></p> <p><b>Offender will receive 90 days program credit upon completion.</b></p>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	<p>CPP 10.2 Special Management Housing and Restrictive Housing</p> <p>CPP 18.1 Classification of the Inmate</p> <p>CPP 18.2 Central Office Classification Committee</p>
Locations	EKCC and KSP

Program Name	<b>Healthy Lifestyles - CBT</b>
Program Description	This <b>Evidence Based</b> program utilizes an independent assessment (to develop and guide treatment), along with multiple phases and interventions of treatment including group, individual, milieu, peer support and case management. Healthy Lifestyles will target male clients between the ages of 18 – 24 who meet the criteria for anti-social personality disorder and are high risk.
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to achieve formal program completion after 12 – 24 months and three total phases (Phase I – Treatment Readiness, Phase II – Control & Restore, Phase III – Responsibility & Productivity).
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. Additionally, this program has prerequisites of the following criteria: male clients between the ages of 18 – 24 who meet the criteria for anti-social personality disorder and are high risk.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Locations	<b>Pilot: Luther Lockett Correctional Complex *</b> *Additional locations may be added as pilot progresses.

Program Name	<b>PORTAL New Direction</b>
Program Description	<p>This <b>Life Skills</b> program is designed to provide information and resources to address the most common reentry needs and barriers. Some barriers addressed in this program are housing, employment, transportation, money management, parenting, etc.</p> <p>*PORTAL New Direction certification is required to facilitate this program.</p>
Time Frame	Completion of this program is a minimum of 20 hours of group participation, a pre/post-test, and preparation and presentation of a Reentry/Maintenance plan in front of the group. PORTAL New Direction consists of 16-modules.
Program Credit	This program receives <b>60</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 14 Adult Facilities</b>

Program Name	<b>Seeking Safety</b>
Program Description	This <b>Evidence Based</b> program is a present-focused therapy to help people attain safety from Post-Traumatic Stress Disorder and substance abuse. It will teach those with PTSD and substance abuse problems a number of different coping skills including learning how to ask for help, recognizing warning signs for drug/alcohol use, self-care, and coping with PTSD symptoms.
Time Frame	Depending on inmate needs and progression, this treatment program consists of 25 topics and lasts for six months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance CPP 13.13 Behavioral Health Services KRS 197.045
Program Locations	EKCC, GRCC, KCIW, KSP, KSR, LAC, LLCC, LSCC, NTC, RCC, WKCC, and Ross-Cash

Program Name	<b>Trauma Based Seeking Safety</b>
Program Description	This <b>Evidence Based</b> program is a present-focused therapy to help people attain safety from Post-Traumatic Stress Disorder. It has a co-occurring substance abuse component built into the curriculum. It will teach those with PTSD critical coping skills, as well as learning how to ask for help, recognizing warning signs for drug/alcohol use, self-care, grounding techniques, and the recognition of PTSD symptoms.
Time Frame	Depending on inmate needs and progression, this treatment program consists of 25 topics and lasts for six months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment, and review of health services record by mental health to ensure a PTSD diagnosis by MH Provider.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance CPP 13.13 Behavioral Health Services KRS 197.045
Program Locations	LLCC

Program Name	<b>Sex Offender Treatment Program - I</b>
Program Description	This <b>Evidence Based</b> treatment program consists of individual and group counseling geared to provide tools that offenders can use for controlling their sexually assaultive behavior. Offenders apply and are screened for acceptance into the program. The program provides treatment for sex offenders to allow them to manage their deviant behavior and thoughts. The program primarily provides cognitive-behavioral group treatment based on Relapse Prevention Principles. The Program blends an overarching consistent framework of tasks with recognition that each offender has unique individual dynamic risk factors.
Time Frame	Depending on inmate needs and progression, this treatment program may take from 18 months to 24 months to complete.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	This treatment program is statutorily required based on the inmate's crime and conviction date.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.5 Sex Offender Treatment Program KRS 197.045
Locations	KCIW, KSR, LLCC, and NTC

Program Name	<b>STAR (A Wing) - KSR</b>
Program Description	This <b>Promising Practice</b> is a residential treatment program in CPTU for men who have been identified as needing intensive mental health services. These men demonstrate significant impairment in different areas of functioning, resulting in their inability to attend or complete other programs offered at KSR and other institutions. Potential participants undergo a thorough review process in order to determine program suitability.
Time Frame	Timeframe of this program depends on offender needs and progression with this specialized population.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance CPP 13.13 Behavioral Health Services KRS 197.045
Program Locations	KSR only



Program Name	<b>Threshold</b>
Program Description	This <b>Evidence Based</b> program is a residential setting as to promote an atmosphere of peer accountability and sharing at Lee Adjustment Center. The program focuses on life controlling issues, life literacy, relationships, and spiritual formation.
Time Frame	Depending on offender needs and progression, this program meets for 4 hours per week for 6 months and is augmented by other resources to allow for individual goal development.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	LAC only

## Addiction Services

Program Name	<b>Outpatient Substance Abuse Treatment Program (SAP) (Prison)</b>
Program Description	<p>The Ross Cash Center Outpatient Substance Abuse Program provides treatment services for 25 female offenders, while KSR program's capacity is 20 male offenders. Participants are housed with general population offenders and report in the morning and afternoon for classes or group sessions.</p> <p>The primary curriculum for both programs is the Hazelden A New Direction® Series. Evidence-based interventions such as Cognitive Behavior Therapy, 12 step facilitation, Social Skills Training, Brief Intervention, and Relapse Prevention are also utilized. Offenders receive individual and group counseling services, as well as drug and alcohol education throughout the duration of programming. Evidence-based activities and learning tools, such as role-plays and skits, are incorporated in the daily schedule.</p> <p>Upon entering the program, each offender is assigned a primary counselor. The clinician and offender work together to develop an individualized treatment plan and eventually a continuum of care plan. This plan includes aftercare recommendation to be followed once released to active supervision.</p>
Time Frame	Six (6) Months
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p>Confirmed Substance Use Disorder  Less than 36 months to parole eligibility or serve out  No Category 5 or higher disciplinary within last 60 days (exception Cat 6-14 and 6-15)  Category 3-11 or Category 4 disciplinary violation shall be reviewed by clinical staff on an individual basis  Must complete SOTP first if required, unless subject to KRS 197.045(4).</p> <p>Applicants who are restricted to housing at the Kentucky State Reformatory for medical purposes may be eligible for KSR outpatient substance abuse program. Minimum-security female applicants for substance abuse programming, currently residing at Ross Cash may be eligible for the outpatient substance abuse program at Ross Cash.</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program  CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing  CPP 18.15 Protective Custody  KRS 197.045</p>
Program Locations	KSR and Ross Cash

Program Name	<b>Substance Abuse Program (SAP) – Prison</b>
Program Description	<p>An <b>Evidence Based</b> Substance Use Disorder treatment opportunity for those individuals assessed with Substance Use Disorder and housed in a prison setting. Residents in these programs are housed separately from the prison general population, thereby forming their own community. This encourages responsibility and accountability through peer support and uninterrupted focus on substance use treatment.</p> <p>Therapeutic Community Model which includes but not limited to:</p> <ul style="list-style-type: none"> <li>○ Practicing prosocial behaviors and attitudes;</li> <li>○ Experiencing success or failure through trial and error learning process;</li> <li>○ Being supported and guided by the community and staff;</li> <li>○ Internalizing new behaviors and attitudes and becoming accustomed to living them on a daily basis;</li> <li>○ Accountability is utilized by staff and offenders to bring awareness to Criminal &amp; Addictive Thinking Patterns and behaviors;</li> <li>○ Organization through a structure board that creates clear and understandable expectations;</li> <li>○ Curriculum- Hazelden “A New Directions”<sup>®</sup> Workbook Series (Intro to Treatment, Criminal &amp; Addictive Thinking, Drug &amp; Alcohol Drug Education, Socialization, Co-Occurring Disorders, Relapse Prevention, and Preparing For Release.)</li> </ul>
Time Frame	Minimum of 6 months but not to exceed 9 months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p>Confirmed Substance Use Disorder</p> <p>Less than 36 months to parole eligibility or serve out</p> <p>No Category 5 or higher disciplinary within last 60 days (exception Cat 6-14 and 6-15)</p> <p>Category 3-11 or Category 4 disciplinary violation shall be reviewed by clinical staff on an individual basis</p> <p>Must complete SOTP first if required, unless subject to KRS 197.045(4).</p> <p>May participate in (1) other program eligible for 90 days of program credit in conjunction with SAP</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program</p> <p>CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing</p> <p>CPP 18.15 Protective Custody</p>

	KRS 197.045
Program Locations	BCC, GRCC, KCIW, , LAC, LSCC, NTC, RCC, SSCC, WKCC

Program Name	<b>Substance Abuse Program (SAP) Mentor – Prison</b>
Program Description	<p>An evidence based ongoing Substance Use Disorder treatment opportunity for those individuals assessed with Substance Use Disorder, have completed the SAP Program, and have been classified to be housed in a prison setting. Residents in these programs are housed separately from the general population, thereby forming their own leadership within a community. This encourages pro-social behavior, responsibility, and accountability through peer support and uninterrupted focus on substance use treatment.</p> <p>Therapeutic Community Model which includes but not limited to:</p> <ul style="list-style-type: none"> <li>○ Model prosocial behaviors and attitudes;</li> <li>○ Model success or failure through trial and error learning process;</li> <li>○ Model support and guidance to peers and staff in community;</li> <li>○ Model new behaviors, attitudes, and responsible living on a daily basis;</li> <li>○ Model appropriate accountability to bring awareness to Criminal &amp; Addictive Thinking Patterns and behaviors for self and peers;</li> <li>○ Model leadership through structure board tasks assigned to create clear and understandable expectations;</li> <li>○ Hazelden “Now That You’re Sober”<sup>®</sup> workbook</li> </ul>
Time Frame	6 months to complete SAP Mentor Program. May continue as SAP Mentor as an assigned job.
Program Credit	This program receives <b>90</b> days program credit upon completion. Additional credit is not awarded if transition into the assigned job of SAP Mentor.
Admission Criteria	<p>Must have completed SAP prior to applying to become a SAP Mentor. Individuals must submit an application approved by clinical staff.</p> <p>Applicants selected demonstrate strong leadership skills, ability to communicate effectively with others, continually demonstrate honesty and integrity.</p> <p>Applicants with any disciplinary violation shall be reviewed by clinical staff.</p> <p>May participate in (1) other program eligible for 90 days of program credit in conjunction with SAP.</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program</p> <p>CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing</p> <p>CPP 18.15 Protective Custody</p> <p>KRS 197.045</p>
Program Locations	BCC (M), GRCC (M), KCIW (F), KSR (M), LAC (M), LSCC (M), NTC (M), RCC (M), Ross Cash (F), SSCC (M), WKCC (M)

Program Name	<b>Substance Abuse Program Co-Occurring Disorder (SAP - COD)</b>
Program Description	Individuals with verifiable histories of Substance Use Disorder and Mental Health Disorders are eligible to receive integrated treatment to address both mental health and substance use disorders in the SAP-COD (Substance Abuse Program Co-Occurring Disorder) program. Treatment is provided utilizing a modified therapeutic community model.
Time Frame	Six (6) months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p>Participants must meet standard admission criteria. They must apply for mainstream substance abuse programming. If offenders are determined to have a mental health history, they are screened for appropriateness for the SAP-COD program. Applicant's file must indicate evidence of a substance use disorder and mental health disorder.</p> <p>Less than 36 months to parole eligibility or serve out  No Category 5 or higher disciplinary within last 60 days (exception Cat 6-14 and 6-15)  Category 3-11 or Category 4 disciplinary violation shall be reviewed by clinical staff on an individual basis  Must complete SOTP first if required, unless subject to KRS 197.045(4).</p>
Applicable Policies	CPP 30.6 Division of Addiction Services Substance Abuse Program CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing CPP 18.15 Protective Custody KRS 197.045
Program Locations	KCIW and KSR

Program Name	<b>Substance Abuse Program Co-Occurring Disorder (SAP - COD) Mentor</b>
Program Description	Individuals who have completed Co-Occurring Disorder SAP may participate in the mentoring program by serving as a mentor. Mentors serve as role models for participants and complete tasks as assigned by the administrator. Mentors are chosen at the discretion of the program administrator. Mentors are engaged in activities and assignments designed to teach leadership.
Time Frame	The program is six (6) months in length.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p>Must have completed SAP prior to applying to become a Mentor.</p> <p>Individuals must submit an application approved by clinical staff.</p> <p>Applicants selected demonstrate strong leadership skills, ability to communicate effectively with others, continually demonstrate honesty and integrity.</p> <p>Applicants with any disciplinary violation shall be reviewed by clinical staff.</p> <p>May participate in (1) other program eligible for 90 days of program credit in conjunction with SAP.</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program</p> <p>CPP 14.7 Sexual Abuse Prevention and Intervention Programs</p> <p>CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing</p> <p>CPP 18.15 Protective Custody</p> <p>KRS 197.045</p>
Program Locations	KCIW and KSR

Program Name	<b>Supporting Others in Active Recovery (SOAR)</b>
Program Description	<p>Supporting Others in Active Recovery (SOAR) supports offenders in their goal to stay safe and sober after completing their program. SOAR is targeted towards relapse prevention, education, and reentry skills/resources.</p> <p>SOAR participants are given evidence-based curriculum from Hazelden called MORE (My Ongoing Recovery Experience)®. SOAR developed a treatment team to include Program Administrator, Unit Administrator, Clinicians, Security Staff, and Case Manager. The treatment team meets monthly to discuss offender progress and recommendations for program participation. While enrolled in SOAR, offenders are eligible to participate in up to two other programs/activities, which are regulated by the treatment team. See available programs/activities below:</p> <ul style="list-style-type: none"> <li>• MRT (90 day)</li> <li>• MRT Anger Management (90 day)</li> <li>• MRT Parenting (90 day)</li> <li>• GED (90 day)</li> <li>• PORTAL New Directions (60 day)</li> <li>• SMART Recovery</li> <li>• NA/AA</li> </ul> <p>SOAR offenders who are not eligible to leave incarceration upon completion of SOAR are permitted and encouraged to remain in the SOAR dorm after completion. SOAR graduates are given the same opportunities for continuum of care as active participants. SOAR graduates who choose to remain in the dorm are required to demonstrate leadership skills by leading educational groups, AA/NA, tutoring and mentoring active participants in SAP and SOAR.</p> <p>SOAR is also designed to encourage family communication and engagement. SOAR offenders are given the opportunity to participate in Family Engagement events. During these events, family and offenders are given an opportunity to learn the importance of family involvement and recovery.</p>
Time Frame	Six (6) Months.
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p> <p>Offenders may choose to continue to participate in the program after completion, however no additional credit is awarded.</p>



Admission Criteria	<p>SOAR Entry requirements:</p> <ul style="list-style-type: none"> <li>• Substance Abuse Program graduate.</li> <li>• MRT graduate if not recommended to complete SAP.</li> <li>• Must have 60 days clear conduct for Category 4 or above and Category 3 Item 11.</li> <li>• No break in custody since SAP completion.</li> <li>• Any evidence of relapse since SAP completion may result in recommended reentry into SAP.</li> <li>• Must complete SOTP prior to entry into SOAR, unless subject to KRS 197.045(4).</li> <li>• Must meet housing custody level requirements of the dorm location facility.</li> </ul>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program  CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing  CPP 18.15 Protective Custody  KRS 197.045</p>
Program Locations	NTC

Program Name	<b>Supporting Others in Active Recovery (SOAR) Mentor</b>
Program Description	<p>SOAR Mentors demonstrate their leadership skills, life and program experience to help others currently enrolled in treatment. Mentors are instrumental in the link between staff and offenders. Mentors assist and address offender issues and concerns with support from staff.</p> <p>SOAR Mentors expectations:</p> <ul style="list-style-type: none"> <li>○ Model prosocial behaviors and attitudes;</li> <li>○ Model success or failure through trial and error learning process;</li> <li>○ Model support and guidance to peers and staff in community;</li> <li>○ Model new behaviors, attitudes, and responsible living on a daily basis.</li> <li>○ Model appropriate accountability to bring awareness to Criminal &amp; Addictive Thinking Patterns and behaviors for self and peers.</li> <li>○ Model leadership through structure board tasks assigned to create clear and understandable expectations.</li> <li>○ Hazelden- Now That You're Sober® workbook.</li> </ul> <p>May participate in (2) other programs eligible for 90 days of program credit in conjunction with the SOAR Mentor program.</p>
Time Frame	Six (6) months for SOAR Mentor completion but may stay on as a SOAR Mentor as an assigned job assignment.
Program Credit	This program receives <b>90</b> days program credit upon completion. Additional credit is not awarded if transition into the assigned job of SOAR Mentor.
Admission Criteria	<p>Completion of SOAR prior to application.</p> <p>Individuals interested in becoming a SOAR Mentor must submit an application and participate in an interview.</p> <p>Applicants are approved by clinical staff.</p> <p>Applicants selected must demonstrate strong leadership skills, ability to communicate effectively with others, continually demonstrate honesty and integrity.</p> <p>An applicant with any disciplinary violation shall be reviewed by clinical staff on an individual basis.</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program</p> <p>CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing</p> <p>CPP 18.15 Protective Custody</p> <p>KRS 197.045</p>
Program Locations	NTC

Program Name	<b>Supportive Assistance with Medication for Addiction Treatment (SAMAT) - Prison</b>
Program Description	SAMAT is focused on preventing overdose, relapse, and recidivism for individuals with Opioid Use Disorder and/or Alcohol Use Disorder whom have completed or are currently engaged in a Substance Abuse Program (SAP) through the implementation of FDA-approved medication for addiction treatment, which includes Vivitrol (naltrexone).
Time Frame	<p>SAMAT candidates are identified and screened for eligibility approximately 2 months prior to their anticipated release from incarceration.</p> <p>SAMAT participants are provided medication services for up to 2 months before release from incarceration, which may include 2 Vivitrol injections.</p>
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	<p>Participants must:</p> <ul style="list-style-type: none"> <li>○ Be identified as having an Opioid Use Disorder or Alcohol Use Disorder</li> <li>○ Complete or be an active participant in a Substance Abuse Program (SAP)</li> <li>○ Receive SAMAT education and voluntarily consent to participate.</li> <li>○ Have a verified release date within 2 months of starting participation</li> </ul> <p>Be recommended as appropriate for treatment by both medical and clinical staff</p>
Applicable Policies	<p>CPP 30.6 Division of Addiction Services Substance Abuse Program</p> <p>CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing</p> <p>KRS 197.045</p> <p>Kentucky Department of Corrections SAMAT Protocol</p>
Program Locations	BCFC, BCC, EKCC, GRCC, KSP, KSR, KCIW, LAC, LSCC, LLCC, NTC, RCC, WKCC, SCCC, and Ross Cash

## Adult Institutions Prison Matrix

Note: Matrix represents approved locations, not current programs facilitated within the facility.

Program	Program cred.it	BCFC	BCC	EKCC	GRCC	KCIW	KSP	KSR	LAC	LSCC	LLCC	NTC	RCC	SSCC	WKCC	Ross Cash
Challenges EB	90					X		X								
Challenges Mentor EB	90					X		X								
Getting Started EB	90			X		X					X	X	X			
Go Further EB	90								X							
Healthy Lifestyles-CBT EB	90										X					
MRT - Anger Management EB	90	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
MRT- Moral Reconation Therapy EB	90	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
MRT - Mentor EB	90	X	X	X	X	X	X	X	X	X	X	X	X		X	X
MRT - Parenting EB	90	X		X	X	X	X	X	X	X	X		X		X	X
MRT – Staying Quit EB	60			X	X	X	X		X	X	X	X	X	X	X	
MRT – Thinking for Good EB	60									X		X	X			
MRT – Untangling Relationships EB	90			X		X					X	X				
Outpatient – SAP EB	90							X								X
PORTAL New Direction LS	60	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
RHU – Short Term BMOD EB	30			X			X									
RHU - Administrative BMOD EB	45					X										
RHU – Extended BMOD EB	90														X	
RHU Transition Program EB	90			X			X									
SAMAT EB	90	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SAP – COD EB	90					X		X								
Seeking Safety EB	90			X	X	X	X	X	X	X	X	X	X		X	X
Sex Offender Treatment EB	90					X		X			X	X				
SOAR EB	90											X				
SOAR Mentor EB	90											X				
STAR A Wing – KSR PP	90							X								
Substance Abuse Mentor EB	90		X		X	X		X	X	X		X	X	X	X	X
Substance Abuse Program EB	90		X		X	X				X		X	X	X	X	
Trauma Based Seeking Safety EB	90										X					
Threshold EB	90								X							

## Faith Based Programs

Program Name	<b>Celebrate Recovery</b>
Program Description	This <b>Faith Based</b> program is based on the Beatitudes, and covers issues such as alcoholism, divorce, sexual abuse, codependency, domestic violence, drug addiction, sexual addiction, food addiction, and gambling.
Program Credit	<i><b>Faith Based programs are not eligible for program credit.</b></i>
Time Frame	Depending on offender needs, this program lasts approximately twenty-five weeks.
Program Locations	KCIW and Ross Cash

Program Name	<b>Malachi Dads</b>
Program Description	This <b>Faith Based</b> program is a tool used to train and equip offenders to break the cycle of crime in their children and family by being a godly father using the following concepts and components: Fathering Development, Spiritual Development, Educational Development, Moral Rehabilitation and Vocational Development.
Program Credit	<b><i>Faith Based programs are not eligible for program credit.</i></b>
Time Frame	Depending on offender needs, this program lasts approximately fifty-two weeks.
Program Locations	EKCC, GRCC, KSP, KSR, RCC, and WKCC

Program Name	<b>Boundaries</b>
Program Description	This <b>Faith Based</b> program is a Christian Oriented Therapeutic Group Program consisting of four phases: Personal Boundaries, Marriage Boundaries, Parenting Boundaries and Teen Parenting Boundaries.
Program Credit	<b><i>Faith Based programs are not eligible for program credit.</i></b>
Time Frame	Depending on offender needs, this program lasts approximately thirty-six weeks.
Program Locations	LLCC

Program Name	<b>Rubies for Life</b>
Program Description	This <b>Faith Based</b> program addresses issues such as, being responsible as a mother, a wife, and a Christian. Class participants are required to write their children every other week, attend church weekly, begin a vocational program, and devote time to a weekly personal journal and more. Other areas addressed are relationships, attitudes, actions, appearance, reputation and character. Proverbs 31:10, 15-19 and 26-31 are used as a reference for a “Model Woman”.
Program Credit	<b><i>Faith Based programs are not eligible for program credit.</i></b>
Time Frame	Depending on offender needs, this program lasts approximately fifty-two weeks.
Program Locations	Ross Cash



Program Name	<b>Prison Fellowship</b>
Program Description	This <b>Faith Based</b> program focuses on criminogenic needs, life controlling issues, life literacy, relationships and spiritual formation. This program contains Christian content and utilizes five Change Companies Journaling books.
Program Credit	<b><i>Faith Based programs are not eligible for program credit.</i></b>
Time Frame	Depending on inmate needs and progression, this program in its entirety meets 2-3 times per week for 12 months.
Program Locations	BCC and NTC