Cognitive Behavioral Programs

Program Name	Challenges
Program Description	This **Evidence Based** 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.
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 **90** days program credit upon completion.
Admission Criteria	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.
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	CKMCC & KSR

Program Name	CHALLENGES-SHARE
Program Description	This **Evidence Based** program assists offenders with mental illness and co-occurring mental illness and substance use disorder (SUD). The program is divided into two (2) treatment tracks – one for offenders diagnosed with serious mental illness (SMI) or other mental illness (MI) and one for offenders diagnosed with co-occurring (COD) MI and SUD. Services are targeted to include stress management, relapse prevention, family history, relationships skills, socialization, coping with emotions, and thinking errors, integrating the twelve-step model with the peer-driven therapeutic community model, supplemented with licensed mental health professionals to provide direct services and support.
Time Frame	Depending on offender needs and progress, offenders can expect to participate for a minimum of 6 months.
Program Credit	This program receive **90** days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment. Offenders may be referred to CHALLENGES-SHARE if they have a diagnosis of a serious mental illness or other mental illness (SMI/MI track) or a diagnosis of a co-occurring MI and SUD (COD track).
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 30.6 Division of Addiction Services Substance Abuse Program CPP 15.8 Possession or Use of Unauthorized Substance and Substance Abuse Testing KRS 197.045
Program Locations	KCIW

Program Name	Challenges-Share Mentor
Program Description	This **Evidence Based** on-going mental health and co-occurring disorders treatment opportunity for those assessment with mental health or co-occurring disorder, have completed the Challenges-Share 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 mental health and co-occurring disorders treatment. Therapeutic Community Model which includes, but is not limited to: ■ Model prosocial behaviors and attitudes; ■ Model success or failure through trial and error learning process; ■ Model support and guidance to peers and staff in the community; ■ Model new behaviors, attitudes, and responsible living on a daily basis; ■ Model appropriate accountability to bring awareness to criminal & addictive thinking patterns and behaviors for self and peers; ■ Model leadership through tasks designed to create clear and understandable expectations; ■ Model appropriate interpersonal boundaries, conflict resolution, and stress coping skills; ■ Hazelden "Living with Co-occurring and Mental Health Disorders" © ■ New Harbinger "The Addiction Recovery Skills Workbook" ©
Time Frame	Time frame for completion is an average of **6 months** for Challenges-Share Mentor Program. May continue as Challenges-Share Mentor as an assigned job.
Program Credit	This program receives **90** days program credit upon completion. Additional credit is not awarded if transitioned into the assigned job of Challenges-Share Mentor.
Admission Criteria	1) Must have successfully completed the Challenges-Share Program or predecessor program; 2) Must submit an application and have completed an interview with staff and receive staff recommendation; 3) Applicants selected demonstrate strong leadership skills, effective communication skills, honesty, and integrity; 4) Applicants with any disciplinary violations will be reviewed and considered by staff on a case-by-case basis. 5) While enrolled in Challenges-Share Mentor program, an inmate/offender may enroll in one (1) other evidence-based program. In addition, anyone eligible to attend GED may do so and this will not count as the one additional program. 6) Minimum of 6 months to parole eligibility

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	KCIW

Program Name	Employment Program *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.*
Program Description	This Cognitive-Behavioral program is designed to assist offenders in job readiness. This program includes completion of 8 modules with a minimum of 8-10 group sessions utilizing the 'Job Readiness'© workbook, resume preparation and completion, various supplemental materials, and the completion of homework assignments prepared outside of group. *MRT and Employment Program certifications are required to facilitate this program.
Time Frame	Depending on offender needs and progression, offenders can expect to participate in a minimum of 9-12 group sessions.
Program Credit	This program receives **45** days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. Offenders should be within 24 months prior to release.
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	BCC, BCFC, EKCC, GRCC, KCIW, KSP, LAC, LLCC, LSCC, NTC, RCC, SSCC, & WKCC

Program Name	Getting Started
Program Description	This **Evidence Based** 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 **90** 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, KSP, LAC, LLCC, NTC, RCC, and WKCC

Program Name	Go Further
Program Description	This **Evidence Based** 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 **90** 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	MRT© Moral Reconation Therapy *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.*
Program Description	This **Evidence Based** 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© targets an offender's belief system and attempts to raise their level of moral reasoning in their decision-making process. The MRT© 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© is designed to achieve formal program completion after 12 in-group steps. The workbook for this program is entitled 'How to Escape Your Prison'© and includes the use of a separate facilitator guide. *MRT certification is required to facilitate this program.
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 **90** 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	All 15 Adult Facilities

Program Name	MRT© Anger Management *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.*
Program Description	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'© workbook, various supplemental materials, and the completion of homework assignments prepared outside of group. *MRT certification is required to facilitate this program.
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 **90** 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	BCC, BCFC, CKMCC, EKCC, GRCC, KCIW, KSP, KSR, LAC, LLCC, LSCC, NTC, RCC, SSCC, WKCC and Ross Cash.

Program Name	MRT© Parenting *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.*
Program Description	This Cognitive-Behavioral program focuses on family values and individual priorities, and is appropriate for all parents. *MRT certification is required to facilitate this program.
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 **90** days program credit upon completion.
Admission Criteria	**Prerequisite:** Offenders should be in an active parenting role of a minor child under the age of 18. All program recommendations are based on their specific criminogenic needs, as 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	BCC, BCFC, EKCC, GRCC, KCIW, KSP, LAC, LLCC, LSCC, NTC, RCC, SSCC, and WKCC

Program Name	MRT© Staying Quit *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.*
Program Description	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. *MRT certification is required to facilitate this program.
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 **60** days program credit upon completion.
Admission Criteria	**Prerequisite:** Must have successfully completed a Substance Use Disorder Treatment program as approved by DOC on the current conviction and sentence. All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment and having a substance use history.
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	BCC, EKCC, GRCC, KCIW, KSP, LAC, LSCC, NTC, RCC, and WKCC

Program Name	MRT© – Thinking for Good *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.*
Program Description	This Cognitive Behavioral program was developed to confront Anti-Social and Criminal Thinking errors. 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. *MRT certification is required to facilitate this program.
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 **60** 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	BCFC, CKMCC, EKCC, GRCC, KCIW, KSP, LAC, LLCC, LSCC, NTC, RCC, Ross Cash, SSCC, and WKCC

Program Name	MRT© – Untangling Relationships *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.*
Program Description	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. *MRT certification is required to facilitate this program.
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 **90** 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	BCC, BCFC, EKCC, GRCC, KCIW, KSP, LAC, LLCC, LSCC, NTC, RCC, and WKCC/Ross Cash

Program Name	MRT© Mentor *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.*
Program Description	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, participants will complete steps 13-16 from their original 'How to Escape your Prison'© workbook, along with completing of the 'Your Lifework'© Workbook. Participants must also complete a total of twelve (12) dedicated 'helping sessions' where the mentor's focus is exclusively assisting regular MRT group participants with no focus on their own step work. A maximum of 3 mentors per MRT group of 15 (ratio of 1:5) shall assist in monitoring and assisting the current involved group with step completion while working through their own specific program curriculum. * MRT and KY DOC MRT Mentor certification are required to facilitate this program.
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 **90** days program credit upon completion.
Admission Criteria	**Prerequisites:** completion of MRT© in the last 30 months. No convictions of major disciplinary violations or Violation of Supervision Reports for the preceding 6 months. Must still possess original 'How to Escape your Prison' workbook from MRT program completion. Must successfully demonstrate retention of MRT principles via essay questions submitted to program facilitator for review. 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	BCC, BCFC, EKCC, GRCC, KCIW, KSP, KSR, LAC, LLCC, LSCC, NTC, RCC, SSCC, and WKCC/Ross Cash

Program Name	MRT© Trauma *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.*
Program Description	This **Evidence Based** program combines group presentations and individual assignments, along with facilitator guidance when necessary. **A recovery program for Trauma-Informed care, Breaking the Chains of Trauma is based on the MRT approach. It is designed to target trauma-related symptoms by incorporating the key issues outlined by SAMHSA's Trauma-Informed Treatment Protocol.** The workbook for this program is entitled 'Breaking the Chains of Trauma'© and includes the use of a separate facilitator guide. The workbooks are designated by gender, as this program requires separate groups for women & men. *Training certification specific to the MRT Trauma (Breaking the Chains of Trauma) program is required to facilitate this program.
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 9 -12 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 **60** 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	BCC, BCFC, CKMCC, EKCC, GRCC, KCIW, KSP, KSR, LAC, LLCC, LSCC, NTC, RCC, SSCC, and WKCC/Ross Cash

Program Name	RHU - Short Term Behavioral Modification
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	**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.** **Offender will receive 30 days program credit upon completion.**
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	RHU - Administrative Behavioral Modification
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. The first part of programming occurs in the Restrictive Housing Unit (inclusive of 2 subphases) before clients transition to General Population to complete remaining Case Management**.**
Program Credit	**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.** **Offender will receive 45 days program credit upon completion.**
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	RHU - Extended Behavioral Modification
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 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	**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.** **Offender will receive 90 days program credit upon completion.**
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	RHU – Transitional Behavioral Modification
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	**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.** **Offender will receive 90 days program credit upon completion.**
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	RHU Phase: EKCC and KSP GP Phase: EKCC, GRCC, KSP, KSR, LAC, LSCC, NTC, RCC, SSCC, and WKCC

Program Name	The Bridges Program
Program Description	This **Evidence Based** program utilizes an independent assessment (to develop and guide treatment), along with multiple phases and interventions of treatment including group, individual, milieu, and peer support. Treatment focuses on the psychological and social components that increase the risk of engaging in criminal behavior. The Bridge Program will target male clients between the ages of 18 – 26 who are between 1 and 10 years to the parole board / ultimate date.
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to achieve formal program completion after approximately 12 months and three total phases (Phase I – Assessment & Orientation, Phase II – Working Phase, Phase III – Digging Deep).
Program Credit	This program receives **90** 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 – 26, have a KYRAS score of medium or higher, and a custody score of medium or maximum. They must also receive a clinical review to establish that the treatment need matches the treatment offered.
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	**Pilot: Luther Luckett Correctional Complex *** *Additional locations may be added as pilot progresses.

Program Name	The Bridges Mentor Program
Program Description	This **Evidence Based** program utilizes a clinical interview and treatment planning to tailor treatment to individuals within the program. The Bridge Mentor Program will target male graduates of The Bridges Program who have demonstrated significant personal growth in their treatment needs and have a desire to assist others obtain similar gains. During this program, participants will continue to receive group treatment to continue personal growth and expand their ability to effectively support peer growth.
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 months.
Program Credit	This program receives **90** 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 must be a graduate of The Bridge Program or Healthy Lifestyles program, receive a recommendation from staff, and complete an interview.
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	**Pilot: Luther Luckett Correctional Complex *** *Additional locations may be added as pilot progresses.

Program Name	Sex Offender Treatment Program
Program Description	This **Evidence Based** 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 24 months to 30 months to complete.
Program Credit	This program receives **90** 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	CKMCC, KCIW, KSR, LLCC, LSCC, and NTC

Program Name	Strategies to Empower People (STEP)
Program Description	The Strategies to Empower People (STEP) program is a 6-month mental health program housed at Little Sandy Correctional Complex. The target population is individuals with Severe Mental Illness (SMI) diagnoses, and/or documented, or suspected, intellectual disabilities. As opposed to the STAR program, STEP participants are housed in general population. The mission for the program is to provide participants with the skills necessary to live successfully in general population, by gaining knowledge and skills related to mental illnesses and recovery and improving social skills and self-care. This program provides a therapeutic environment with daily access to support, through assisted living aides, social services clinicians (SSCs), licensed mental health providers, and other institutional staff. Participants can sign up for other programs provided at the institution concurrently with STEP, if it does not interfere with STEP programming.
Time Frame	Depending on offender needs, this program lasts approximately six months.
Program Credit	This program receives **90** days program credit upon completion.
Admission Criteria	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 and/or documented, or suspected, intellectual disabilities
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	LSCC

Program Name	STAR
Program Description	This **Promising Practice** 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 **90** 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	CKMCC & KSR

Program Name	Threshold
Program Description	This **Evidence Based** program is a non-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 **90** 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