



## Male Community Reentry Program Forums Engage Inmates and Staff

➔ The Male Community Reentry Program (MCRP) was established to help participants successfully reenter the community from prison and reduce recidivism. The program was designed to provide a connection for offenders to a range of community based, rehabilitative services that assist them with substance use disorders, mental health care, medical care, employment, education, housing, family reunification, and social support. MCRP is a voluntary program for male inmates who have approximately 120 days left to serve. MCRP allows eligible inmates committed to state prison to serve the end of their sentences in the community in lieu of confinement in state prison.

### EDUCATIONAL TRAINING

The Division of Rehabilitative Programs (DRP) has taken the initiative to educate offenders, offenders' families and staff about MCRP. DRP has created an

*“If you’re serious and willing to change your life for the better, you can get there with MCRP...”*

— **MCRP Video Participant**

informational video that is available on the CDCR Internet and CDCRNet sites, and is also being shown daily inside all male institutions. Four informational events for inmates and staff were held at Avenal State Prison (ASP), Pleasant Valley State Prison (PVSP), California State Prison - Corcoran (COR) and Substance Abuse Treatment Facility (SATF). These institutions were selected due to their close proximity to the Kern County Bakersfield MCRP facility and the number of potential eligible inmates for the MCRP programs. MCRP specialists provided the Correctional Counselor III (CCIII) and a mental health professional at

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## eReaders Project Wins Outstanding Team Award



eReaders project team ( pictured above) received the “Outstanding Team Award” at the 2015 Project Delivery Summit in Sacramento. The project is a partnership between the Office of Correctional Education (OCE), Office of Program Accountability and Support (OPAS), and Enterprise Information Services (EIS) on behalf of the California Department of Corrections and Rehabilitation ( CDCR).

*Continued on Page 2...*

## NOW PLAYING!



### MCRP Video Release

DRP is proud to announce the new *Male Community Reentry Program* (MCRP) video which is available to view on the DRP website [here](#).\* MCRP joins the growing collection of innovative rehabilitation programming videos created from the DRP Studio, which will join the library of DRP videos such as *Transitions* and *Offender Mentor Certification*.

The MCRP video is being shown at all male institutions and has been well-received by staff and inmates. The complete marketing campaign for MCRP includes the video, poster, brochure, and handouts to encourage program interest and future participation for inmates that qualify for the program.

\* The MCRP video may be viewed at: [www.cdcr.ca.gov/rehabilitation/videos.html](http://www.cdcr.ca.gov/rehabilitation/videos.html)

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The eReader project team was awarded the “Outstanding Team Award” at the 2015 Project Delivery Summit held in downtown Sacramento on December 9, 2015.

**OUTSTANDING TEAM AWARD**

These awards recognized project teams that successfully delivered project objectives benefiting the state. Nominees for the award provided descriptions of business outcomes and specific metrics. Additionally, nominees also gave information on how they have achieved and exceeded projected outcomes which included results impacting citizens, savings, safety, health and/or welfare of employees, and the public.

**THE EREADERS PROJECT**

CDCR provides a mobile and cloud provider technology solution for inmate education through the implementation of eReaders. Project managers from OPAS and OCE served as leads during the life cycle of the project. This endeavor required the committed involvement, support, and partnership from a multitude of cross-functional agencies within CDCR, including DRP; EIS; Division of Adult Institutions; Division of Facility Planning, Construction and Management; Legal Affairs; Office of Labor Relations; and external vendor partners. Project team members collectively worked through business, technical, and security requirements. They defined business and technical guidelines, evaluated vendor solutions, and conducted software and hardware user acceptance testing from each

*“This award gives DRP credibility with the Department of Technology as we move forward with new technology initiatives.”*

**— DRP Director (A) Brant Choate**

of their business perspectives. This also included the security risks associated with the device. The eReader project team achieved successful project implementation two weeks ahead of schedule.

**THE BENEFIT**

During Fall semester, CDCR had approximately 6,000 inmates enrolled in distant learning college courses. These numbers are expected to increase for Spring semester, resulting in a higher number of inmates completing college courses and achieving milestones. This will help the department in reduction of prison overcrowding.

The project aligns with the three-judge panel mandate to reduce prison population by increasing inmate credits towards release and rehabilitation. Increased educational opportunities provided by the use of eReaders can help inmates stay focused and guide them towards job opportunities that will assist them in reintegrating into the community. □

**Reentry begins the first day of incarceration.**

**Academic Education**

Increasing an inmate’s proficiency to the 9th grade reading level, and achieving a GED or high school diploma. Access to college courses also available.

**Arts-in-Corrections**

Programs in theater, dance, music and art instill pro-social behavior, self-esteem and problem-solving skills.

**CAL-ID Card Program**

Assists in obtaining state-issued California identification cards used to secure employment, housing, bank accounts, travel, and more.

**Career Technical Education**

Prepares inmates for viable vocational career paths upon release by training to industry certification levels.

**Cognitive Behavioral Treatment**

Provides evidence-based treatment for substance abuse, anger management, family relationships and criminal thinking.

**Long-Term Offender Pilot Program**

Provides evidenced-based treatment programming in criminogenic behavior to inmates serving long-term sentences.

**Offender Mentor Certification**

Trains and certifies long-term inmates as interns to assist as mentors in various substance abuse treatment programs.

**Transitions**

Provides job readiness skills, including job search, resume, interviewing, financial skills and access to career centers.

**Reentry Hubs**

Provides relevant training and services to eligible and interested inmates within four years of release.

**Step Down Program**

Provides alternatives to a criminal gang lifestyle to reduce confinement in Security Housing Units (SHU).

**Single Level and Multi-Level Substance Abuse Treatment**

Promotes positive social behavior and helps inmates develop knowledge and skills necessary to avoid substance use relapse and successfully reintegrate back into the community, through single and multi-level substance abuse treatment programs.

**MCRP Updates** ...continued from Page 1



MCRP Program Poster

each participating institution listed above, with in-depth education and program training. The MCRP training session provided information on criteria for inmate participation eligibility, methods on screening potential participants, and techniques to handle case-by-case situations. DRP’s goal is to provide continued education, engagement, and participation in the program.

**TOWN HALL**

Approximately 500 inmates attended MCRP Town Hall meetings held by DRP staff at ASP, PVSP, COR and SATF. The Parole Agent II assigned to the Kern County Bakersfield MCRP facility shared and explained in detail the benefits of participating in such a unique program. Inmates took

the opportunity to ask questions and share concerns about the program. The question-and-answer portion of the Town Hall was a great success and generated many valuable comments and feedback. □

The right inmate, in the right program, at the right time.

**Computer Literacy Learning Centers (CLLC)**

Offers computer-based courses provided by certified instructors for basic reading, writing and math.

**Day Reporting Centers (DRC) and Community-Based Coalition (CBC)**

Addresses parolees' needs through assessment and placement in classes and support services. One-stop shop for education, life skills, financial and employment training, substance use disorder treatment and counseling. Some transitional housing available.

**Female Offender Treatment and Employment Program (FOTEP)**

Provides gender-responsive residential treatment services for women and their children.

**Parolee Service Centers (PSC)**

Provides group and family reunification, life skills and employment skills in a residential program.

**Residential Multi-Service Centers (RMSC)**

Helps at-risk parolees transition back into the community with housing, substance use disorder treatment and independent living skills.

**Specialized Treatment for Optimized Programming (STOP)**

Provides comprehensive residential and outpatient programs and services supporting parolees needs for housing, substance use disorder treatment, cognitive behavioral intervention, employment, education, family relations and community referrals.

**Substance Abuse Treatment and Recovery Program (STAR)**

Provides substance use disorder treatment education by certified instructors in select parole offices.

# Fitness Competition Goes Beyond Fitness



Coach Wippel addresses "Fittest Man" competition participants at COR gym.

**THE CHANGE**

Two of the competitors accomplished more than just pull-ups, burpees, push-ups, and running. Brian Sheppard and Stewart Holland were from rival gangs prior to incarceration. Through fitness and with their gospel musical group called the "Sons of Thunder," they have formed a new common bond. Holland is the singer and songwriter, and Sheppard plays piano and sings backup along with twelve other inmates from their yard. Holland

views his body as his temple and continues to focus on a balance of mental, spiritual, and physical strength. Sheppard began serving his term when he was 16 years old and has spent the last 24 years discovering who he is. When asked what message he would send to other young people seeking shelter in the life of gangs and crime, he stated, "Put education first because it will open doors for your future but remember you can't do it on your own; discover who you are before you discover who you want to be."

It takes a lot of creativity to pull off contests in the institutions, where safety and security are always top priority. During the weeks leading up to the competition, the yard was a place where inmates of different histories, neighborhoods, and backgrounds came together to compete, support and work together to achieve personal goals. Competitions like the "Fittest Man" can give inmates a chance to work towards something positive and is another way DRP uses innovative strategies to engage inmates in positive activities. ■

California State Prison - Corcoran (COR) hosted the "Fittest Man" competition on September 2015. The event was designed by Heidi Wippel, the first female coach at COR. Recreation programs in the institutions are supervised by the Office of Correctional Education (OCE). This competition goes beyond fitness; it's about encouraging inmates to participate in activities and programs where they can learn the value of discipline, structure, and competition. The inmates competed in a grueling four-day challenge modeled after "The Crossfit Games" on ESPN.

The competition was judged based on a point system, with first place going to the first participant to achieve 100 points per day. Participants earned points by doing the overall best times and number of repetitions for the assigned exercises of the day, such as run 250 yards with a 50 pound heavy bag, 30 burpees (a full body exercise used in strength training and as an aerobic exercise), run 500 yards with a 50 pound heavy bag, and finish with another 30 burpees.

**MORE THAN FITNESS**

Inmate Edward Wilson won first place in COR's "Fittest Man" competition. He will soon transition back into the community, leaving prison with a high school diploma and a new goal to earn his national certification as a Certified Personal Fitness Trainer. COR has launched a pilot program to allow him to earn this certification and a chance at a lucrative and rewarding career. According to Coach Wippel, "He led the contest with unbelievable stamina, strength, and determination! His competitors even cheered him on as he shattered their times."



Competition winner, inmate Edward Wilson has a new goal to earn his national certification as a Certified Personal Fitness Trainer.

## FACT Provides Hope to Female Parolees

➔ Females Achieving Change Together (FACT) is a new program that utilizes gender responsive strategies to help female parolees thrive in society and reduce their likelihood of going back to jail or prison. The program was created to focus on the unique needs facing female parolees. Many female offenders have suffered physical, emotional, and sexual abuse. Those factors create unique challenges for females reintegrating back into the community.



*Parolees model new business attire received at San Francisco FACT meeting.*

FACT events bring together female parolees and community resource providers. These providers specialize in programs and services that benefit female parolees, such as helping them gain access to the higher education system, introduce them to health programs for children of offenders, and connect them to community housing and workforce assistance programs that help females get jobs to support themselves. FACT was created in 2014 by the Northern Region Program Staff of the Division of Adult Parole Operations (DAPO) in Fresno. Since then, FACT has spread to Sacramento and most recently to San Francisco.

The Division of Rehabilitative Programs (DRP) shares DAPO's goals in creating programs and supervision strategies aimed to reduce recidivism. Program Agents from DAPO serve as liaisons between state-contracted providers of DRP and DAPO field staff. DRP and DAPO continue to bridge the gap between community resource agencies specific to the female parolee population and state-contracted service providers. This partnership helps strengthen and build the relationship between the parolees and the service providers. ■



## Mural at CIW Inspires and Promotes Change

➔ The idyllic mural at the California Institution for Women (CIW) Reentry Hub (RH) serves as a representation of the transformational internal changes occurring within the inmates who participate in DRP's program offerings. The artist, Kim, is a former inmate of CIW who used her artistic talent to single-handedly design and hand-paint the extensive mural outside one of the RH buildings. In a letter to RH staff, Kim attributes both the program and staff for helping her take the steps toward positive choices. Kim is now on parole and utilizing her skills in a job where she has the chance to showcase her artistic talents. The mural was featured in CIW's in-house newsletter article by inmate Dorotik, who also serves as the managing editor for the publication. The Reentry Hub at CIW offers Substance Use Disorder Treatment, Family Relationships, and Anger Management classes. Additionally, the Transitions program offers job readiness skills that focus on resume development, financial literacy, business etiquette and how to market yourself during the interview process and job search. ■

### REHABILITATIVE ADVANCEMENTS

#### ARCAID Machines

Automated Rehabilitation Catalog and Information Discovery Machines enable offenders to find community-based rehabilitative programs and resources via self-serve information kiosks in parole offices (and coming soon to Reentry Hubs).



#### ARMS

The Automated Reentry Management System enhances case management for CDCR and contracted program providers, streamlining data collection while improving measurement of program performance and offender progress.



#### eReaders

Helps offenders achieve milestone credits with increased access to college curriculum textbooks. Tablets, pre-loaded with Voluntary Education Program (VEP) textbooks, are provided to inmates enrolled in VEP college courses.



#### Law Library Touch Screen Technology

Provides Administrative Segregation Unit inmates with electronic touch-screen access to the Gilmore Law Collection as mandated by Casey v. Lewis court case. This also reduces time and costs required to escort high security inmates to the library.



#### Internet Protocol Television Integration

Supports adult education on multiple-channel television networks for inmates, using more efficient technology and increased opportunities for milestone credit achievement.



✉ [rehab.today@cdcr.ca.gov](mailto:rehab.today@cdcr.ca.gov)

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## Rehabilitation Happenings in DRP

Since 2008, WestCare, through its various contracts with CDCR, has organized volunteers from its Day Reporting Center (DRC) and Residential Multi-Service Center (RMSC) to help sort, organize and distribute toys for local community programs and children. Pictured (right), DRC and RMSC parolees work together to bring children toys for Christmas.



Pleasant Valley State Prison (PVSP) celebrated their seventh Substance Abuse Treatment (SAT) Program graduation. On October 30, 2015, 46 inmates participated in the ceremony and were awarded a certificate of completion. PVSP activated the multi-level SAT Program on July 2014 and had 206 inmates successfully complete at least one level of the program. The SAT Program

consists of three levels: the Outpatient level is a three month program, the Intensive Outpatient level is a five month program and the Modified Therapeutic Community level is a six month program. *"The California Department of Corrections and Rehabilitation is dedicated to creating rehabilitative programs for the inmates incarcerated in prison. This SAT Program is just one of the rehabilitative programs offered. Our mission here is to give these inmates the tools necessary to succeed upon their release back into the community. The success of this program is largely attributed not only to the dedicated contract staff who work with the inmates each day but also to the support of Warden Scott Frauenheim and executive staff,"* said Jennifer Cota, Correctional Counselor III and SAT Coordinator.

Mule Creek State Prison Inmates participated in an eReader focus group in October 2015. The goals of the focus group were to promote continued learning and best practices for the device. Additionally, future improvements and potential changes based on user experience testing and instructor feedback were also discussed.



## DRP EMPLOYEE RECOGNITION AWARDS: 2015 3RD QUARTER WINNERS

DRP's Recognition Awards Program (RAP) recognizes the extraordinary efforts of employees who support DRP's rehabilitative initiatives to reduce recidivism. Quarterly, staff are nominated by their management and peers, and the DRP executive team select the winners. Congratulations to the winners of the Third Quarter!



(Pictured left to right) Associate Governmental Program Analyst (AGPA), Trish Nguyen from the Office of Program Accountability and Support, DRP Director (A) Brant Choate, AGPA Andrea Thorpe from the Office of Correctional Education, and Staff Services Analyst Carlos Hernandez from Community and Reentry Services.



In-Prison Programs field staff winner Parole Service Associate, Kindra Cuidad-Real pictured on location at the California Correctional Center.



We love story ideas! If you have an article idea or photo that you would like to see in *Rehabilitation Today*, please send details to: [rehab.today@cdcr.ca.gov](mailto:rehab.today@cdcr.ca.gov)

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