

# Alaska Department of Corrections Programs and Services



The Alaska Department of Corrections (ADOC) provides rehabilitative programs that enhance the security of our institutions, safeguard the public, and reduce recidivism by providing offenders with needed tools to assist them in becoming productive, law-abiding citizens.

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

## **Anchorage Correctional Complex, Anchorage**

- Educational, Vocational, Pro-Social Educational, Health/Rehabilitation & Faith Based Programs

### Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ ABE Tutor
- ❖ General Education Development (GED) classes and testing

### Pro-Social Education Services:

- ❖ Parenting
- ❖ Alaska Reentry Services Presentation – Partners for Progress
- ❖ Anchorage Neighborhood Health Center Presentation/Medicaid Enrollment
- ❖ Veterans Administration Presentation
- ❖ Anger Management

### Vocational Services:

- ❖ Computer Instruction Courses

### Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Acute Psychiatric Treatment Unit
- ❖ Subacute Psychiatric Treatment Unit
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Living in Balance
- ❖ Seeking Safety
- ❖ Anger Management
- ❖ Healthy Living: Coping with Incarceration
- ❖ Art Therapy
- ❖ Dialectical Behavior Therapy
- ❖ Social Skills

- ❖ Changing Criminal Thinking
- ❖ General Health Care Group
- ❖ Yoga
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ Moral Reasoning
- ❖ Substance Abuse Assessment
- ❖ Dual Diagnosis Intensive Outpatient Substance Abuse Treatment
- ❖ Medication Assisted Treatment
- ❖ Methadone Bridging
- ❖ Alcoholics Anonymous/Narcotics Anonymous
- ❖ Relapse Prevention

Faith Based:

- ❖ Full-time DOC Chaplain
- ❖ Multiple Sunday Chapel services
- ❖ Weekly Multi-Religious Studies
- ❖ Transformational Living Community
- ❖ Practical Positive Parenting Classes
- ❖ Celebrate Recovery (substance abuse)
- ❖ Prodigals Alaska (sexual addiction)
- ❖ Anticipate Reentry
- ❖ God Behind Bars
- ❖ Mentor Net

**Anvil Mountain Correctional Center, Nome**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services

Vocational Services:

- ❖ Employment Workshop
- ❖ Computer Skills
- ❖ Alaska Food Service Worker Card
- ❖ NCCER Carpentry
- ❖ Hazardous Painter Certification
- ❖ AMSEA Maritime Safety
- ❖ Hazwoper 40hr
- ❖ NSTC w/H2S
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ Traffic Control Technician, "Flagging"
- ❖ Motor Vehicle and commercial Driver Book

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment

Pro-Social Education Services:

- ❖ Anger Management
- ❖ Parenting Classes (Understanding Dads, Inside Out Dad and Aurora Ministries-OCS approved and the Adverse Childhood Experience)
- ❖ Alaska Reentry Services
- ❖ Commitment to Change: The Power of Consequences
- ❖ Commitment to Change: Overcoming Errors in Thinking
- ❖ Book Club: Traditional Storytelling from the Region
- ❖ Building Self-Esteem
- ❖ Resources for Change: A complete Re-Entry program
- ❖ Knitting
- ❖ Guitar Class
- ❖ Art Lab
- ❖ Life Changes and Transitions
- ❖ Grief Work
- ❖ Meditation Stress Based Reduction

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Intensive Out-Patient Substance Abuse Treatment
- ❖ Sex Offender Treatment
- ❖ Mental Health & Crisis Intervention
- ❖ Traumatic Brain Injury Clinic/Diagnosis
- ❖ Anger Management
- ❖ Healthy Living: Coping with Incarceration

Faith Based:

- ❖ Part-time volunteer Chaplains
- ❖ Sunday Chapel services
- ❖ Weekly Religious studies

**Fairbanks Correctional Center, Fairbanks**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ ABE Tutor
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services

Vocational Services:

- ❖ Ironworker Welding instruction
- ❖ Traffic Control Technician, "Flagging"
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ NSTC w/H2S

- ❖ Hazwoper 40hr
- ❖ Hazardous Painter Certification
- ❖ Computer Lab
- ❖ Seafood Processing Orientation
- ❖ Food Handlers Card
- ❖ AMSEA – Fishing Vessel Drill Training
- ❖ Paws for Purple Hearts – Veteran’s program

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment
- ❖ Employment After Incarceration

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes
- ❖ Anger Management
- ❖ Reformers Unanimous
- ❖ Employment After Incarceration
- ❖ Beyond Violence – Anger Management for Women

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Anger Management
- ❖ Healthy Living
- ❖ Domestic Violence Perpetrator Intervention
- ❖ Healthy Living: Coping with Incarceration
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ Substance Abuse Assessments
- ❖ Intensive Outpatient Substance Abuse Treatment (CRC)
- ❖ Medication Assisted Treatment
- ❖ Methadone Bridging
- ❖ Alcoholics Anonymous
- ❖ Narcotics Anonymous
- ❖ Sex Offender Treatment via Telehealth

Faith Based:

- ❖ Full-time faith funded Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Multi-Faith studies
- ❖ Genesis Project
- ❖ Alpha Recovery Class

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services
- ❖ Licensed Barber School
- ❖ Goose Creek Career and Technical Training Center, Alaska Commission on Post-Secondary Education

Vocational Services:

- ❖ Ironworker Welding instruction
- ❖ First Aid CPR, AED
- ❖ Blood Borne Pathogens
- ❖ NCCER Applied Construction Math
- ❖ NCCER Core Curriculum
- ❖ NCCER Tools for Success
- ❖ NCCER Carpentry Level 1-3
- ❖ NCCER Electrical levels 1-4
- ❖ NCCER HVAC/R Levels 1-4
- ❖ NCCER Heavy Equipment Simulator Level 1-3
- ❖ U.S. Forklift Certification
- ❖ Forklift Competency
- ❖ Lincoln Welding 360 Simulator
- ❖ Hazardous Painter Certification
- ❖ Hazwoper 40hr
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ North Slope Training Course (NSTC) with H2S
- ❖ Traffic Control Technician “Flagging”
- ❖ Asbestos Abatement 40hr
- ❖ Alaska Food Worker Card
- ❖ Alaska Seafood Handler’s Card
- ❖ DMV Written Test (no road test)

USDOL Apprenticeship Programs:

- ❖ Culinary Arts
- ❖ Maintenance

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Re-Entry Class
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes
- ❖ Anger Management

Arts & Activities:

- ❖ Piano/Orchestra/ Music

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Subacute Mental Health Unit
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Anger Management
- ❖ Wellness Recovery Action Plan (WRAP)
- ❖ Peer support
- ❖ Life Skills
- ❖ Stress Management
- ❖ Healthy Living: Coping with Incarceration
- ❖ Seeking Safety
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ 360 Wise Ways
- ❖ Art Therapy
- ❖ Criminal Thinking Errors
- ❖ Yoga
- ❖ Talking Circles
- ❖ Exercise Groups
- ❖ Ad Seg Step Down
- ❖ Family Violence Intervention Program
- ❖ 48 Week Offender Program
- ❖ Substance Abuse Assessments
- ❖ Sober Living Community Module
- ❖ Intensive Out-Patient Substance Abuse Treatment
- ❖ Dual Diagnosis Intensive Out Patient Substance Abuse Treatment
- ❖ Substance Abuse Psychoeducation
- ❖ Alcoholics Anonymous
- ❖ Narcotics Anonymous
- ❖ Medication Assisted Treatment
- ❖ Sex Offender Assessments
- ❖ Out Patient Sex Offender Treatment

Faith Based:

- ❖ Two Full-time faith funded Chaplains, two part-time faith funded Chaplains
- ❖ Sunday Chapel services
- ❖ Weekly Multi-Faith studies
- ❖ 128 bed Faith Mod
- ❖ TUMI The Urban Bible Institute (BA)
- ❖ Academy Prison Fellowship Courses (multiple classes)
- ❖ Fresh Start
- ❖ God Behind Bars
- ❖ Financial Peace University

- ❖ Emmaus Bible Programs

### **Hiland Mountain Correctional Center, Eagle River**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

#### Educational Services:

- ❖ New Path High School
- ❖ Adult Basic Education (ABE)
- ❖ ABE Tutor
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services
- ❖ English as a Second Language (ESL)
- ❖ Stress Management
- ❖ Dealing with Emotions
- ❖ Conflict Resolution
- ❖ Assertiveness Skills
- ❖ Customer Service
- ❖ Communication Skills
- ❖ Workplace Expectations

#### Vocational Services:

- ❖ AMSEA Maritime Safety
- ❖ Traffic Control Technician “Flagging”
- ❖ Hazardous Painter Certification
- ❖ Hazwoper 40hr
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ North Slope Training Course (NSTC) with H2S
- ❖ Asbestos Abatement 40hr
- ❖ NCCER Electrical 1
- ❖ NCCER Solar Photovoltaics
- ❖ NCCER Carpentry
- ❖ NCCER Plumbing Contract
- ❖ OSHA 10 Construction
- ❖ NCCER Core
- ❖ Food Protection Manager Certification with Servsafe
- ❖ Alaska DOL Seafood Orientation Program
- ❖ Pre-Apprenticeship Ironworkers
- ❖ Weatherization
- ❖ Scaffolding
- ❖ Forklifting
- ❖ CPR/First Aide

#### Computer Courses:

- ❖ Keyboarding Skills
- ❖ Computer Word Processing
- ❖ Computer Spreadsheets

- ❖ Computer Databases
- ❖ Computer Presentation (PowerPoint)

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment

USDOL Apprenticeship Programs:

- ❖ Building Maintenance Repair
- ❖ Culinary Arts

AKDOL Pre-Apprenticeship Programs:

- ❖ Heavy Equipment Operator / Local 302

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Anger Management
- ❖ Practical Positive Parenting Classes

Extracurricular:

- ❖ Yoga
- ❖ Creative Writing
- ❖ Art
- ❖ Orchestra
- ❖ Running Free
- ❖ Magic Yarn

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Acute Care Mental Health Unit
- ❖ Subacute Care Mental Health Unit
- ❖ Trauma Workshops
- ❖ Healthy Living: Coping with Incarceration
- ❖ Anger Management
- ❖ Moral Reasoning
- ❖ Criminal Thinking Errors
- ❖ Relapse Prevention
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ DBT Skills Training
- ❖ Art Therapy
- ❖ Walk to Walk
- ❖ Wellness Recovery Action Plan (WRAP)
- ❖ Substance Abuse Assessments
- ❖ Residential Substance Abuse Treatment (RSAT)
- ❖ Intensive Outpatient Substance Abuse Treatment
- ❖ Dual Diagnosis Intensive Outpatient Substance Abuse Treatment
- ❖ Substance Abuse Psychoeducation
- ❖ Alcoholics Anonymous/Narcotics Anonymous



- ❖ Medication Assisted Treatment
- ❖ Methadone Bridging
- ❖ Sex Offender Assessments
- ❖ Residential Sex Offender Treatment

Faith Based Programs:

- ❖ Two full-time faith funded Chaplains
- ❖ Sunday Chapel services
- ❖ Weekly Multi-faith services
- ❖ Faith Mod
- ❖ Transformational Living Community.
- ❖ Practical Positive Parenting
- ❖ God Behind Bars
- ❖ Anticipate Recovery
- ❖ Higher Ground Barista training
- ❖ Kairos annual retreat

**Ketchikan Correctional Center, Ketchikan**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ ABE Tutor
- ❖ General Education Development (GED) Classes and Testing

Vocational Services:

- ❖ Computer Lab
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ AMSEA Maritime Safety
- ❖ Traffic Control Technician, "Flagging"
- ❖ Hazardous Painter Certification
- ❖ CPR/First Aid
- ❖ Alaska Food Worker Card
- ❖ Alaska Host visitor industry training
- ❖ Seafood Worker Orientation

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes

Faith Based:

- ❖ Part-time faith funded Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Faith studies
- ❖ God Behind Bars

Health & Rehabilitation

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention

**Lemon Creek Correctional Center, Juneau**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services

Vocational Services:

- ❖ Computer Lab
- ❖ Alaska Food Worker Card
- ❖ DMV Written Test (no road test)
- ❖ AMSEA Maritime Safety
- ❖ Hazardous Painter Certification
- ❖ Traffic Control Technician, "Flagging"
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness
- ❖ Gainful Employment

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes
- ❖ Anger Management
- ❖ Financial Literacy and Money Management

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Anger Management
- ❖ Mindful Meditation
- ❖ Yoga
- ❖ Healthy Living: Coping for Change
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ Domestic Violence Perpetrator Intervention
- ❖ Substance Abuse Assessments
- ❖ Medication Assisted Treatment
- ❖ Alcoholics Anonymous
- ❖ Narcotics Anonymous
- ❖ Residential Sex Offender Treatment
- ❖ Sex Offender Pre-Treatment

Faith Based:

- ❖ Full-time faith funded Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Multi-Faith studies
- ❖ Life Connection studies
- ❖ God Behind Bars
- ❖ Ambassador program

**Point Mackenzie Correctional Farm**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing

Vocational Services:

- ❖ Computer Lab
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ Traffic Control Technician, "Flagging"
- ❖ Hazardous Painter Certification
- ❖ Hazwoper 40hr
- ❖ NSTC w H2s
- ❖ CPR/First Aid
- ❖ Small Engine Repair EETC certification
- ❖ Alaska Food Worker Card
- ❖ Forklift
- ❖ NCCER Core Curriculum
- ❖ NCCER Heavy Equipment
- ❖ NCCER Electrical Level 1
- ❖ NCCER Plumbing Level 1

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment
- ❖ Alaska Driver's License Written Test

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Parenting Classes
- ❖ Criminal Attitudes Program (CAP)
- ❖ Anger Management

Faith Based:

- ❖ Part-time faith funded Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Faith studies

**Matsu Pretrial, Palmer**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services

Vocational Services:

- ❖ Computer Lab
- ❖ First Aid, CPR/AED
- ❖ Alaska Food Worker Card

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment

Pro-Social Education Services:

- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes
- ❖ Alaska Reentry Services

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Substance Abuse Assessments
- ❖ Medication Assisted Treatment
- ❖ Methadone Bridging

Faith Based:

- ❖ Part-time Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Faith studies

**Spring Creek Correctional Center, Seward**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services
- ❖ Inter-library loans through Seward Public Library

Vocational Services:

- ❖ Ironworker Welding instruction
- ❖ Computer Lab
- ❖ Alaska Marine Safety Education
- ❖ National Center for Construction Education & Research (NCCER) Core Curriculum
- ❖ NCCER Carpentry (1-2)
- ❖ NCCER Cabinet making
- ❖ NCCER Plumbing, Level 1
- ❖ NCCER Electrical Level 1
- ❖ Intro to Weatherization
- ❖ Hazardous Painter Certification

- ❖ Asbestos Abate 40hr
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ Hazwoper 40hr
- ❖ NSTC w H2s
- ❖ Traffic Control Technician, “Flagging”
- ❖ Alaska Food Handlers Card
- ❖ CDL
- ❖ Math for Trades
- ❖ Custodial Sciences

Workforce Development:

- ❖ KeyTrain/Career Skills

USDOL Apprenticeship Programs:

- ❖ Culinary Arts
- ❖ Materials Handling
- ❖ Building Maintenance

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes
- ❖ Anger Management

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Subacute Care Mental Health Unit
- ❖ Alternatives to Violence
- ❖ Wellness Recovery Action Plan (WRAP)
- ❖ Anger Management
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ Seeking Safety
- ❖ Art Therapy
- ❖ Victim Impact
- ❖ Healthy Living
- ❖ Mood Regulation
- ❖ Peer Support
- ❖ Mindful Meditation
- ❖ Story Group
- ❖ Grief Support
- ❖ Criminal Thinking Errors
- ❖ Video-Based Anger Management (Segregation)
- ❖ Substance Abuse Assessments
- ❖ Sober Living Unit
- ❖ Substance Abuse Psychoeducation

- ❖ Addictions Discussion Group
- ❖ Video-Based Substance Abuse Education (Segregation)
- ❖ Video-Based Relapse Prevention (Segregation)

Faith Based

- ❖ Full-time DOC Chaplain
- ❖ Sunday Chapel services
- ❖ Weekly Multi-Faith studies
- ❖ Life Connection studies
- ❖ God Behind Bars
- ❖ Genesis Project
- ❖ Celebrate Recovery
- ❖ Alpha Recovery (Reentry plan)
- ❖ Prodigals Ministry
- ❖ Real Solutions (Peer Substance Abuse Program)

**Wildwood Correctional Center, Kenai**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ General Education Development (GED) Classes, Individual Tutoring and Testing
- ❖ Post-Secondary Academic Services
- ❖ Computer Lab (basic instruction, using different aspects of MS Office, Word, Excel, Access, & PowerPoint)
- ❖ IC3 Computer Competencies (computer classes for more advanced students offering certificates in computer fundamentals, key applications, and living online)
- ❖ Mavis Beacon Typing
- ❖ Rosetta Stone Spanish/English
- ❖ Basic Accounting
- ❖ Writing Music/Composition

Vocational Services:

- ❖ Alaska Food Worker Card
- ❖ MSHA New Miner Part 48 (Mine Safety & Health Administration)
- ❖ NCCER Core
- ❖ NCCER Intro to Weatherization
- ❖ NCCER Weatherization Technician
- ❖ NCCER Forklift
- ❖ NCCER Welding I, II, & III
- ❖ NCCER Construction I
- ❖ NCCER Cabinetry
- ❖ NCCER Heavy Equipment Operator I, II, III
- ❖ NCCER Industrial Maintenance Mechanic
- ❖ Welding Simulator

- ❖ American Welding Society Qualification
- ❖ Alaska Marine Safety Education
- ❖ Hazardous Painter Certification
- ❖ Asbestos Abatement 40hr
- ❖ OSHA 10
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ NSTC (North Slope Training Cooperative) w H2s
- ❖ Hazwoper 40hr
- ❖ Traffic Control Technician, "Flagging"
- ❖ Build toy donations to local community
- ❖ Build auction items for local fundraisers

Workforce Development:

- ❖ KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment
- ❖ Community Work Service
- ❖ Transitional Work Opportunity Program
- ❖ Vocational Work Release Program

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Alternatives to Violence Project
- ❖ Temper Your Temper
- ❖ Inside Out Dad

Extracurricular:

- ❖ Green House Program feeding inmates and contributions to the community
- ❖ Crochet Program – crochet hats sent to St. Jude hospital
- ❖ Special Pet Obedience Training

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Anger Management
- ❖ 48 Week Offender Program
- ❖ Healthy Living: Coping with Incarceration
- ❖ REBT for Depression
- ❖ REBT for Anxiety
- ❖ Art Therapy
- ❖ Criminal Thinking Errors
- ❖ Alternatives to Violence
- ❖ Moral Reasoning
- ❖ Substance Abuse Assessment
- ❖ Residential Substance Abuse Treatment
- ❖ Substance Abuse Psychoeducation
- ❖ Relapse Prevention

- ❖ Medication Assisted Treatment
- ❖ Outpatient Sex Offender Treatment

Faith Based:

- ❖ Two part-time faith-funded Chaplains
- ❖ Sunday Chapel services
- ❖ Weekly Multi-Faith studies
- ❖ Kairos annual retreat
- ❖ Kairos weekly prayer
- ❖ Mentor-Net
- ❖ Anticipate Recovery
- ❖ Celebrate Recovery
- ❖ God Behind Bars

**Yukon-Kuskokwim Correctional Center**

- Educational, Vocational, Pro-Social Educational, Rehabilitation & Faith Based Programs

Educational Services:

- ❖ Adult Basic Education (ABE)
- ❖ ABE Tutor
- ❖ General Education Development (GED) Classes and Testing
- ❖ Post-Secondary Academic Services

Vocational Services:

- ❖ AMSEA Maritime Safety
- ❖ Hazardous Painter Certification
- ❖ OSHA 30 General
- ❖ OSHA 30 Construction
- ❖ NSTC w H2s
- ❖ Hazwoper 40hr
- ❖ Traffic Control Technician, "Flagging"
- ❖ Alaska Food Worker Card

Workforce Development:

- ❖ Career Skills/ACT WorkKeys Career Readiness Assessment

Pro-Social Education Services:

- ❖ Alaska Reentry Services
- ❖ Criminal Attitudes Program (CAP)
- ❖ Parenting Classes

Health & Rehabilitation:

- ❖ Health Care Education
- ❖ Mental Health Counseling & Crisis Intervention
- ❖ Anger Management
- ❖ Substance Abuse Assessments
- ❖ Substance Abuse Psychoeducation
- ❖ Sex Offender Treatment (CRC)

Faith Based:

- ❖ One part-time Lay-Leader



- ❖ Sunday Chapel Service
- ❖ Weekly Religious studies
- ❖ Faith Mod
- ❖ Academy Prison Fellowship Courses
- ❖ Ambassador program
- ❖ Celebrate Recovery

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

### **Educational, Vocational and Pro-Social Educational Programs**

#### **Educational Services**

Adult Basic Education: Classes include basic education instruction in reading, writing, and computational skills below the 9<sup>th</sup> grade level.

General Education Development (GED) Classes and Testing: is a program that prepares students for the four subject GED examinations that certify an individual as attaining high school equivalent academic skills. Our delivery has been primarily as a drop-in learning center where students are tutored individually, and their progress is tracked. Although we do offer classes by contract to teachers to groups of individuals who are studying at the same level in math or English. Placement and progress in the program are measured by the Test of Adult Basic Education (TABE) and the GED Ready Practice Tests.

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

#### **Vocational Services**

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

Alaska Department of Labor & Workforce Development (AK DOL WD): Alaska Seafood Worker Card: AK DOL WD representatives instruct course and proctor exam for inmates to become marketable in the seafood industry (cannery, processors, vessels and harvesters).

Alaska Marine Safety Association (AMSEA) Marine Survival and Drill Conductor Training: Trains the students to prepare as emergency drill conductors on commercial fishing boats (deck hand).

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

Asbestos Abatement 40hr- This course is for all workers, contractors, supervisors, consultants, and site-surveillance technicians that work on asbestos abatement projects. This certification is the minimal level of training needed for the asbestos professional. Topics covered, but not limited to, include the history and uses of asbestos, health effects, protective equipment, work practices, inspections, safety, and more. This course prepares students to immediately apply knowledge to the field, with extensive hands-on training and real-world examples from experienced instructors. This course meets the requirements of the State of Alaska DOL 8 AAC 61.600-790, OSHA 29 CFR 1910, 1915 and 1926, and the EPA/AHERA 40 CFR Part 763 subpart E.

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

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

1. Keyboarding Skills: Training to improve keyboarding with an emphasis on correct techniques, increasing speed and accuracy using the touch-typing methods.
2. Computer Word Processing: Introduces basic, intermediate, and advanced word processing operations which creates, formats, and revises documents from simple memos to a report incorporating graphics.
3. Computer Spreadsheets: Use of spreadsheets as analysis and decision-making tools and their use in the business environment which introduces fundamental, intermediate, and advanced spreadsheet concepts and operations and covers how to create, format, and revise spreadsheets as a business analysis and decision-making tool.
4. Computer Databases: Fundamentals, intermediate and advanced database concepts and operations to help keep track of business or personal information which includes designing, creating, and revising databases, business analysis and decision-making tools.
5. Computer Presentation: To learn how to use a powerful presentation graphics program that provides everything needed to produce an effective presentation in the form of black & white or color overheads or slides to be used for business and professional environmental tasks.

CPR/ First Aid Certification: CPR with Automated Electronic Defibrillator certification and basic first aid.

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

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

Electrical Level 1 with Math: Provides offenders with electrical instruction as outlined in the National Center for Construction Education and Research (NCCER) curriculum. A beginning level course covering electrical safety, hand bending, fasteners, electrical theory one and two, test equipment, National Electrical Code, boxes and fittings, conductors, blueprints and residential wiring.

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

Forklift: The purpose of this course is to provide forklift training class. This class will be a requirement for warehouse inmate handlers as well as the building trade's construction class students.

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

Hazardous Painter certification: The course is designed to train and certify painters under Alaska Statute AS18.63.010-100 for painters using paints that contain HAZARDOUS materials. Some of the paints that are covered are those that contain lead, solvents such as toluene and xylene, isocyanides, epoxies, and acrylics. Excluded from the definition of hazardous paints are water-based paints such as acrylics.

HAZWOPER 40 Hr: Introduces students to recognition of, protection from, and work with hazardous substances during clean-up activities at work sites containing hazardous waste substances. This course complies with federal and EPA regulations.

Introduction to Solar Photovoltaics: NCCER course only, provides a basic knowledge and application of solar photovoltaic system operations which includes maintenance of the existing solar panels installed on HMCC's Building Trades classroom.

Welding Simulator Course: Provides offenders with welding safety instruction as outlined in the National Center for Construction Education and Research (NCCER) curriculum. Practical's are provided using the Lincoln VR- 360 Virtual Welding Simulator.

Introduction to Welding Course: Students can certify with the American Welding Society D1.1 Structural Weld Certificate on real world welding equipment. Education is offered in MIG, TIG, and SMAW (Stick) welding and certificates are currently offered in Shielded Metal Arc Welding. Oxy-Fuel Cutting and Plasma Arc Cutting education is also offered in this course.

Ironworker Mobile Welding Trainer: Ironworker Local 751 provides two instructors and a semi-trailer for this 1-week class: Introduction to shielded Metal Arc Welding and Oxy fuel torch use; Certification in American Welding Society 1F (Flat), 3F (Vertical), and 4F (Overhead) and interactive recruitment for Ironworkers Apprenticeships.

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

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

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

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

30 Hour OSHA Approved Construction Standards: Introduction to the major hazards recognized by OSHA in the workplace, fall hazards, caught in or between, struck by and electrocution hazards, reviews on site company inspections, citations and proposed penalties along with recording and reporting of occupational injuries and illnesses.

30 Hour OSHA Approved General Industry Standards: Training will emphasize hazard identification, avoidance, control and prevention.

Plumbing Level 1: Covers the reading and interpretation of plumbing drawings, measuring, cutting and fitting techniques for various types of pipe and the installation of fixtures.

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

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

Traffic Control Technician (Flagging): This course provides a flagging certification for temporary traffic control in a work zone. This certification meets the State of Alaska’s requirements for working as a flagger on construction projects.

### **Pro-Social Education Services**

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

**Anger Management:** The purpose of this course is to understand anger and recognize early warning signs of anger before it is out of control. This course provides intervention strategies that have been proven to be effective in the management of anger.

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

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

### **Workforce Development Courses**

**KeyTrain/Career Skills/ACT WorkKeys Career Readiness Assessment:** KeyTrain is a self-paced computer-based training program that offers courses in applied technology, locating information, reading for information, applied math, writing, business writing, listening, observation, and teamwork. It is designed to improve basic workplace skills and prepare individuals for the ACT WorkKeys Assessment. Career Skills is computer based training that helps develop work habits and employability skills; it has five courses: work habits, communication skills, workplace effectiveness, business etiquette, and job search. The ACT WorkKeys Career Readiness Assessment is a series of tests measuring foundational and soft skills and offers specialized assessments to target industry needs.

### **Apprenticeship**

**Building Maintenance Apprenticeship:** A certificate offered through the US Department of Labor and the Alaska Vocational Technical Education Center (AVTEC) which includes 4000 hours of on the job training and 450 hours of NCCER instruction supplemented by ILC vocational courses.

**Culinary Arts Apprenticeship:** A certificate offered through the US Department of Labor and the Alaska Vocational Technical Education Center (AVTEC) which includes 4000 hours of on the job training and 450 hours of American Culinary Federation instruction supplemented by Alaska DEC Food Handler and Alaska CHARR Education Fund ServSafe courses.

**Ironworker Pre-Apprenticeship:** A program offered in conjunction with the Alaska DOC and the LOCAL 751 Ironworker Union. It prepares students for union employment and introduces them to specific trade skills.

**Heavy Equipment Operator Pre-Apprenticeship:** A program in conjunction with the Alaska DOC and the LOCAL 302 Heavy Equipment Operators Engineers. It prepares students for Union employment and introduces them to specific trade skills.

## **Health and Rehabilitation Programs/Services:**

**Acute Psychiatric Treatment:** The Department has 18 female and 36 male beds dedicated to treating individuals whose symptoms of mental illness or behaviors have resulted in them being a danger to themselves, a danger to others or who may be gravely disabled. The primary focus of these services is crisis intervention, stabilization and brief intervention so that individuals may return to a less restrictive environment.

**Addictions Discussion Group:** Addiction Discussion groups are psycho-educational groups focused on a variety of topics associated with obtaining and maintaining sobriety while managing the day to day life stressors associated with being incarcerated, re-entering the community and family reintegration.

**Administrative Segregation Step Down:** This program focuses on those individuals who have been placed in the most restrictive housing environments during incarceration due to ongoing criminal and behavioral issues. The focus is to provide individuals with the tools needed to transition to and maintain in a less restrictive environment during incarceration. In addition, these services focus on decreasing the criminogenic needs/behaviors through intensive individual and small group interventions.

**Alcoholics Anonymous/Narcotics Anonymous:** These programs are staff sponsored, community peer based Twelve Step programs focused on aiding those individuals struggling with addiction the additional supports and tools to aid in their recovery.

**Alternatives to Violence:** The Basic AVP Workshop is an intensive, three-day learning experience which teaches interpersonal conflict resolution skills through a series of step-by-step processes. The Advanced AVP workshop focuses on the underlying causes of violence, both in ourselves and in the world we live in. AVP focuses on the following core concepts: Affirmation — Building self-esteem and trust. Communication — Improving both listening skills and assertive methods of expression. Cooperation — Developing cooperative attitudes that avoid competitive conflicts.

**Anger Management:** Anger Management: A Cognitive Behavior Approach is an evidenced based Anger Management Program endorsed by SAMHSA. This group utilizes a CBT approach that employs relaxation, cognitive, and communication skills interventions. This combined approach presents the participants with options that draw on different interventions and encourages them to develop individualized anger control plans using as many of the techniques as possible.

Art Therapy : Art therapy groups integrate psychotherapeutic techniques with the creative process to improve mental health and well-being. These groups are primarily offered on the Department's mental health units and are focused on providing the severe and persistent mentally ill individuals with a positive pro-social environment to aid in improving activities of daily living such as social skills.

Domestic Violence Perpetrator Intervention Program: These programs deliver education intended to promote behavioral changes in these men that will increase victim safety and offender well-being. The programs provide opportunities to understand the abusive nature of their behavior and the effects of their violence on their families.

Changing Criminal Thinking & Criminal Thinking Errors: Criminal Thinking groups are Cognitive behavioral therapy (CBT) groups that provide a problem-focused, therapeutic approach that attempts to help people identify and change dysfunctional beliefs, thoughts, and patterns of behavior that contribute to their problem behaviors. These groups help adult offenders gain insight into how cognitive deficits, distortion, and flawed thinking processes can lead to criminal behavior.

Dialectical Behavior Therapy Skills Group: Dialectical Behavior Skills groups utilize four skills modules designed to specifically assist individuals in better managing behavioral, emotional and cognitive instability. Their intent is to help individuals with problems with anger or the expression with anger, episodic depression, irritability or anxiety, intense or chaotic relationships, impulsivity, stress and feelings of emptiness.

Dual Diagnosis Intensive Outpatient Substance Abuse Treatment: This program is an intensive outpatient based services focuses on treating those individuals diagnosed with a severe and persistent mental illness who also struggle with addiction.

Exercise Group: These groups are primarily offered on the department's mental health units and are focused on providing the severe and persistent mentally ill individuals with a positive pro-social environment to aid in improving activities of daily living such as social skills. In addition to promoting prosocial skills it focuses on a wholistic approach to wellness and symptom management.

Grief Support: These groups focus on aiding individuals who have experienced loss to gain the skills needed to understand the impact the loss has had on their lives and to aid in managing the impact loss has on their daily functioning.

Healthy Living: Coping with Incarceration: These groups provide individuals with the skills needed to adjust to the impact that being incarcerated has on their day to day functioning and how to manage the stressors often associated with incarceration.

Intensive Outpatient Substance Abuse Treatment: This program is a 90-day treatment program that utilizes cognitive behavioral interventions focused on giving individuals the skills need to manage their addictions while addressing criminogenic needs often associated with addiction.

Life Skills: These groups are primarily offered on the Department's mental health units and are focused on providing the severe and persistent mentally ill individuals with a positive pro-social environment to aid in improving activities of daily living such as symptom management, social skills, basic hygiene along with overall health and wellbeing.

Living in Balance & Substance Abuse Psychoeducation: These programs provide psycho educational program focused on addictions education, identifying triggers and basic skills associated with relapse prevention.

Medication Assisted Treatment (MAT): MAT services utilize a combination of medication, brief intervention and treatment to provide additional tools needed to obtain and maintain sobriety. The department currently uses Vivitrol to aid in re-entry along with Methadone Bridging for those individuals who are in custody for 30 days or less.

Mental Health Counseling & Crisis Intervention: The department offers a wide array of brief interventions and crisis interventions for those individuals struggling with stressors associated with incarceration. In addition, the department provides ongoing routine monitoring for those individuals diagnosed with a mental illness.

Mindful Meditation & 360 Wise Ways: These groups utilize a collection of daily meditation reading and skill building focused on improving coping skills needed to live a productive, pro-social lifestyle.

Mood Regulation & Stress Management: These group uses a variety of cognitive behavioral techniques to aid individuals in identifying and regulating mood symptoms such as anxiety and depression along with the tools to manage day to day stressors associated with being incarcerated.

Moral Reasoning: These groups aid individuals in identifying thinking errors through presenting them with a variety of moral dilemmas along with the skills needed to aid in managing/correcting the identified.

REBT for Anxiety and Depression: These groups utilize cognitive behavioral interventions to aid individuals in managing symptoms of anxiety and depression by identifying the Activating Event: an event that happens in the environment, the Beliefs: the belief you have about the event and the Consequence: the emotional response to your belief. This model educates



individuals on how beliefs are the cause of emotional and behavioral responses, and not that events cause our emotional reactions.

Release Planning: This group focuses on individuals who are currently being followed by mental health and who are within 60 days of release. This group focuses on community resources to include housing, benefits, employment, social services resources and probationary/parole requirements. The goal is to aid individuals in developing a release plan that will meet the requirements of their probation/parole and mental health needs.

Residential Substance Abuse Treatment (RSAT): This program is a 180-day 3.5 level treatment program that utilizes cognitive behavioral interventions focused on giving individuals the skills need to manage their addictions while addressing criminogenic needs often associated with addiction.

Seeking Safety: This program is an evidence based, present focused program designed to aid individuals to aid individuals in managing symptoms related to trauma and/or substance abuse.

Sober Living Unit: These are specifically designated units within the department focused on aiding individual in obtaining and maintain sobriety. These units offer a variety of self-help and staff led groups focused on living a sober life.

Social Skills: These groups are primarily offered on the department's mental health units and are focused on providing the severe and persistent mentally ill individuals with a positive pro-social environment to aid in improving the skills needed to improve social skills.

Subacute Care Mental Health Unit: These are designated units designed to residential mental health units designed to provide psychiatric and other therapeutic services for individuals whose mental illness or cognitive impairments impede their ability to function in a less restrictive environment.

Substance Abuse Assessments: The department provides a comprehensive psychosocial assessment utilizing ASAM criteria to determine the severity of addiction an individual may be struggling with along with the recommended treatment level of care needed to address their individualized needs.

Talking Circle: These groups are rooted in the traditional ways for Native American peoples to solve problems. It is designed to remove any barrier and allow individuals to express themselves openly and honestly. This process is utilized along with a variety of topics to aid in coping with incarceration.

Trauma Workshops: These are workshops designed to aid individuals in gaining insight into the impact that trauma has had on their lives along with their daily functioning. In addition to identifying the impact of trauma it these workshops also provide brief interventions and skill building to aid in managing symptoms associated with being exposed to a traumatic event.

Traumatic Brain Injury(TBI) Diagnostic Clinic: These are clinics conducted with community partners to aid in identifying and diagnosing individuals who may be suffering from a TBI or other cognitive deficits, such as FAS, to aid in treatment and release planning.

Victim Impact: These groups are designed to aid individuals in grasping the concept that crimes are committed against real people and that a victim is forever changed.

Video-Based Anger Management, Relapse Prevention, Substance Abuse Education (Segregation): These programs provide individuals housed in segregation the opportunity to participate in self-guided programming to aid in developing the skills needed to aid in anger management, improving skills to manage addiction and to aid in developing a relapse prevention plan.

Walk to Walk: These groups are primarily offered on the Department's mental health units and are focused on providing the severe and persistent mentally ill individuals with a positive pro-social environment to aid in improving activities of daily living such as social skills. In addition to promoting prosocial skills it focuses on a wholistic approach to wellness and symptom management.

Wellness Recovery Action Plan (WRAP): WRAP® groups utilize a wellness and recovery approach that helps individuals decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

Yoga: These groups utilize a combination of skill building and yoga to aid individuals in improving their overall mental health and impulse control.

360 Wise Ways: These groups utilize a collection of daily meditation reading and skill building focused on improving coping skills needed to live a productive, pro-social lifestyle.

48 Week Offender Program: The 48 Week Offender Treatment Program (48Wk OTP) is based on research of predictive models of criminal behavior as well as criminal rehabilitation. These groups take and in depth look at and help adult offenders gain insight into how cognitive

deficits, distortion, and flawed thinking processes can lead to criminal behavior. These programs emphasize individual accountability and attempt to help adult offenders to understand their thinking processes and the choices they make before they commit a crime .