

# Gallatin County Detention Center Program List & Schedule



This Booklet Belongs To \_\_\_\_\_

January 2014

## GOAL

To provide a variety of programs to help you learn new skills and meet people who can assist you upon your release.

## TIMES

Watch for programs during the following times:

Early Morning	7:30 AM – 8:30 AM
Mornings	9:00 AM – Noon
Afternoons	1:30 PM – 5:00 PM
Evenings	7:00 PM – 9:00 PM

**Please be up and ready for classes!**

## ATTENDANCE

Our East Wing pods have the majority of program opportunities as they are the lower classifications. Being respectful and following the rules will help you move toward the East housing units. Everyone is welcome to attend programs when offered to their pod. Many programs will continue to assist you when released from the facility (such as; job service, survivors, AA, NA, GED, Mental Health Services etc.) Making contact while in the Detention Center will make things easier upon your release. Volunteers give their time to meet with you, it is important to attend programs so volunteers continue to come to the facility!

## RULES

*Please respect our program spaces, volunteers, and any rules they set.* Remember volunteers are donating their time and resources to come to the Detention Center. Volunteers have the authority to remove disruptive people from their group.

## PROGRAM DIRECTOR

If you have ideas, questions, concerns or would like a 1:1 session please send a message via the kiosk under the Program area (please do not use special requests as this delays your answer). The Program Director will respond as quickly as possible.

## **DESCRIPTION OF PROGRAMS**

### **12 Step Study – Monday Evening**

Each week the group studies one of the twelve steps and ways to “work the program” to guide you to a new life.

### **Affordable Care Act – TBA**

In January of 2014 we will begin a training course on the affordable care act to teach about obtaining health care.

### **Alcohol & Drug Services of Gallatin County – Friday Days**

Mission - Providing prevention, education, addiction and mental health treatment services to help on your road to a healthy lifestyle. The mission of Alcohol and Drug Services of Gallatin County is to provide confidential and caring addiction-focused services through professionally directed treatment and prevention programs.

### **Alcoholics Anonymous –Tuesday evenings**

Only you can decide whether you want to give A.A. a try —whether you think it can help you. “We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.”

### **Adult Basic Education – 1:1**

Even if you have a High School Diploma or your GED you may still struggle with basic skills such as math, reading, and writing. We can find a tutor to work with you 1:1 or in small groups.

### **Bozeman Job Service – Monday Afternoons**

The Job Service sends a staff person to work on a variety of skills such as; job searches, writing a resume, filling out an application, preparing for an interview, answering interview questions, even the tough ones!

### **Bozeman Prison Ministries – Sunday Night & Thursday Night**

A fellowship of Christians brings church services Sunday evening and Bible studies on Thursday evenings. The program often includes music.

### **Calvary Chapel – Every Other Sunday Afternoon**

We believe that simply teaching God's Word is the means by which we as Christians mature the most in our faith. We rely on the Holy Spirit in this work to convict hearts and produce lasting fruit.

### **Celebrate Recovery Inside © (CRI) – Wednesday Evening**

This is the prison and jail expression of Celebrate Recovery (CR), a Christ-centered recovery program operating in over 20,000 churches worldwide. CRI is a biblical and balanced program that helps individuals overcome hurts, hang-ups, and unhealthy habits. Participants in the CRI Program receive a 25-lesson Participant Guide and a CRI Bible. CRI provides an excellent avenue of transition and continuum of care back into the community since many local churches offer the CR program.

### **Chaplain – 1:1**

We have a number of different clergy who come to the facility for programs and to meet with you. If there is a specific denomination you would like to meet with, please put in a program request to the Program Director. We do have contact with numerous churches.

### **Connections – Time Varies**

Connections Mission is to support and encourage positive life changes for individuals, and family members of those, who have been incarcerated, addicted to drugs, youth at risk, and HepC positives. They offer a class offered called Larry the Liver to show the impact to your health when using.

### **Computer Skills – Monday Afternoon**

Small classes are taught in the basics of Microsoft such as typing skills, Word, Power Point and Excel. Time can also be spent on working on your resume.

### **Current Events – Thursday Morning (Sept-May)**

MSU professors bring in a weekly discussion on current events and the impact on our day to day lives.

### **Discharge Planning – (Monday afternoon once a month)**

This program discusses the many supports and resources available to you in our community such as; medical, dental, addiction, spiritual, food, clothing, housing, and much more!

### **Drivers License Manuals – Independent Study**

Is your license expired and you need to study? Are you driving a motorcycle without an endorsement? Thinking about studying for your commercial driver's license? We have the Montana manuals available to study with. Please send the Programs Director a message on the kiosk.

### **English as a Second Language- 1:1 (Send a kite to programs)**

To help those who are not fluent in the English language.

### **Fitness Groups – Varies**

At times we have volunteers donate time to teach Yoga, Pilates, and run fitness DVD's. Groups will be announced in the Pod when offered.

### **Gambling Addiction – 1:1**

Counselors work 1:1 to discuss gambling addiction. Please contact the Program Director.

### **GED (General Educational Development) – 1:1**

If you haven't received your high school diploma you can begin (or continue) the process to work toward your GED certificate. We have tutors who work 1:1 or in small groups to assist you in the 5 areas of the GED; Math, Reading, Writing, Social Studies, Science.

### **Health Education – Available in computer lab**

This ongoing program is to help individuals learn how to obtain, process and understand basic health information. Areas include: keeping a personal health record, addiction, infectious diseases, oral health, preventative care screening, nutrition, self advocacy, major health concerns of inmates, tobacco cessation and where to go to get more information on health related concerns.

### **Inmate Worker Positions – 7 Days a Week**

We have a number of positions that assist in the kitchen, laundry, janitorial, library, and other special projects. If you are interested in a worker position speak with an Officer. A panel will interview the applicants and choose the person best suited for the position.

### **Journaling – 1:1**

A journal is a journey consisting of a record of a person's most meaningful thoughts, personal experiences, observations and reflections. Keeping a personal journal is one of the oldest and most widely practiced forms of self-help therapy through writing.

Studies have shown that journaling aides in improving self-awareness and self-development. Basically, a journal is a record of high points, low points, thoughts, events, feelings, teaching and learning points for future reference. You may purchase a journal for \$2.00 through kiosk.

### **Kicking Butt – 1:1**

We have a variety of information from the tobacco hotline, please kite programs to get information.

### **Ladies Bible Study – Wednesday Mornings (April-November)**

A group taught by Daryl Todd a volunteer with Survivors.

### **Man In the Mirror – (April-November)**

This is a program based off of a book by the same name. It is a Christian based book on various tools such as; communication, positive self image, forgiveness, and more.

### **Medical/Health Lessons – 1:1**

Staff from Spectrum Medical provides 1:1 education on medical and health issues such as diabetes, high blood pressure, high cholesterol, etc.

### **Meditation – Thursday Morning**

Learning to observe your experiences from a place of stillness enables you to relate to life with less fear, anger and craving. Seeing life as a constantly changing process, one begins to accept pain, fear and joy, and all aspects of life with increasing clarity and balance. As your insight deepens, wisdom and compassion arise. Insight meditation is a way of seeing clearly the totality of one's being and experience. Although this meditation practice has its roots in the Buddhist tradition, this practice requires no belief commitments and is compatible with all religious affiliations.

### **Mental Health Services – 1:1**

Gallatin Mental Health provides staff to work at the Detention Center. They teach groups and meet 1:1 with individuals as available. Please complete a KITE on the kiosk under Mental Health.

### **Money Management – Upon Request (please send kite to programs)**

Money management examines spending patterns; values, wants and needs; emergency funds and savings; budgeting and expense projections; goal setting; credit reports and identity theft; transportation costs; finding an affordable place to live. Special topics include the “cost” of impulsive spending (with or without addictions), when it is appropriate to negotiate with creditors, understanding garnishments.

### **Morning Devotional – Monday through Friday Early Morning**

Morning Devotional is a time for interested inmates to meet with a pastor, chaplain, or other faith-based leader for spiritual fellowship. The Morning Devotional time may involve scripture reading, devotional reading, prayer, specific prayer requests and sharing. The overall theme of the Morning Devotional time is centered on whole person health – a health-enhancing wellness approach that addresses the body, mind and spirit or the physical, emotional/mental and spiritual aspects of an individual.

### **Montana State University – 1:1**

Are you interested in attending MSU? We can have a person from the University come talk to you about the application process.

### **My Childs Health – 1:1**

Are you concerned about your child's immunizations or nutrition? Are you Pregnant? We can have a nurse with the Gallatin Health Department talk with you about opportunities for those who are low income.

### **Narcotics Anonymous – E/O Monday Evening**

Perhaps you admit you have a problem with drugs, but you don't consider yourself an addict. All of us have preconceived ideas about what an addict is. There is nothing shameful about being an addict once you begin to take positive action. If you can identify with our problems, you may be able to identify with our solution.

### **Parenting – Wednesdays**

A program for parents (or people who want to be parents in the future) to learn how to guide children to be responsible, caring, independent adults. These presentations include: 1) Mistaken goals of children and adults 2) Differences between consequences and punishment 3) Parenting styles 4) Birth order 5) Praise versus encouragement and punishment 6) Family meetings and effective communication skills.

### **Sexual Health & Relationships – As requested (put in request under programs)**

Health educators from Bridge Care offer discussion on topics which may include; birth control, sexually transmitted infections, HIV, healthy relationships, talking with children about sex, and questions/answers on sexual and reproductive health.

### **Special Guests – Various**

On occasion we will have special guests or projects these classes will be announced and/or posted as available.

## **Spiritual Enrichment Class – Wednesday Mornings**

This class is based on inmate requests and interests in enhancing their spiritual growth. Using a non-denominational lesson format, special topics and individual studies are addressed with various resource materials including books, workbooks, reference materials, DVDs, CDs and guides. For instance, the first class used the Discovery House Publishers five lesson guide entitled *“How Can I Be Filled With the Holy Spirit?”*

## **Steps to Knowledge-Twice a month**

PRACTICAL and SACRED Spiritual Book of Practices that will take the Engaged and Serious Student on a Journey of Self-Discovery within to that Source of Truth and Purpose. The Power to Transform One's Life is what this New yet Ancient Pathway is all about and it is this *Divine Source within that will make ALL THE DIFFERENCE*. From Step #2 in the Practice: *“What is Knowledge? Knowledge represents your True Self, your True Mind and your True Relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all your inherent abilities and skills, even your limitations, all to be given for good in the world.”*

## **Survivors – Monday Afternoon**

The Survivors group is sponsored by the St. James Episcopal Church. Survivors commit their life to the recovery from addiction. Survivors strive each day to do whatever it takes so that at the end of the day they will not have used addictive substances or taken addictive actions.

## **What is Treatment Court – 1:1**

The Gallatin County Treatment Court is a voluntary post-conviction adult treatment court. The program accepts felony defendants and misdemeanor defendants. The program does not accept violent or sexual offenders or drug dealers. Established using nationally recognized and evidenced based ten (10) key components, the program provides an alternative in criminal cases where substance abuse is a motivating factor. The program provides participants the needed tools to overcome their addictions and modify their behavior so that they can lead productive crime-free lives

## Quitting Tobacco Products Cold Turkey

You've been put in a situation where you have no option but to quit use of tobacco products, here are some things to expect and a few techniques to help you.

1. The first 72 hours can be the hardest after that, cravings will decrease.
2. No craving will last longer than three minutes. Nicotine cessation causes serious time distortion so three minutes can feel like hours.
3. Mentally, you will experience anxiety, anger, irritability, impatience and restlessness. These are common and temporary effects of withdrawal.
4. Physically, you may experience what is known as the "quitter's flu" as the body withdraws and detoxifies from the harmful effects of cigarettes. As the lungs begin to clear themselves of mucus, you may cough and experience tightness in your chest. You may have nausea, headaches, fatigue, post nasal drip, sore throat, tongue and gums. Again these are all temporary effects.
5. You will go through the following six phases 1) denial 2) anger 3) bargaining 4) depression 5) acceptance 6) complacency. Each stage can last a few minutes or a number of days.
6. Nicotine is one of the most addictive substances. It has rewired your brain and your sense of taste and smell.
7. You may have extremely vivid smoking dreams.
8. Drink lots of water, it will flush the chemicals from your body. Plus carrying around a cup of water will give your hands something to do.
9. Do not skip meals! Nicotine released stored fats and sugars into your system you may have wild blood sugar swings. It is important to eat all three meals.
10. Make a list why you need to quit and the benefits. Read your list every day..
11. Use the recreation yard to exercise! Walk laps; do pushups/pull ups, play basketball, jumping jacks, etc.
12. Deep breathing exercises can be helpful. Breath in through your nose for 5-10 seconds, hold your breath for 5-10 seconds, breath out through your mouth for 5-10 seconds. Repeat 5 times.
13. Keep your mind busy! Attend programs, play games, talk to other inmates, read a book.
14. Don't think about not smoking forever; quit one day at a time.
15. Be proud of yourself!
16. Quitting cold turkey gives you the best chance of success!
17. Stay quit when you are released!
18. Hang in there . . .you will be ok.

## **Do you have a problem with alcohol?**

1. Have you ever decided to stop drinking for a week or so, but only lasted a couple of days?
2. Do you wish people would mind their own business about your drinking – stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have blackouts?
12. Have you ever felt that your life would be better if you did not drink?

Did you answer yes four or more times? If so, you are probably in trouble with alcohol.

(Information quoted from AA Pamphlet.)

## **Are you an Addict?**

1. Do you use alone?
2. Have you ever substituted one drug for another, thinking that one particular drug was the problem?
3. Have you ever manipulated or lied to a doctor to obtain prescription drugs?
4. Have you ever stolen drugs or stolen to obtain drugs?
5. Do you regularly use a drug when you wake up or when you go to bed?
6. Have you ever taken one drug to overcome the effects of another?
7. Do you avoid people or places that do not approve of you using drugs?
8. Have you ever used a drug without knowing what it was or what it would do to you?
9. Has your job or school performance ever suffered from the effects of your drug use?
10. Have you ever been arrested as a result of using drugs?
11. Have you ever lied about what or how much you use?
12. Do you put the purchase of drugs ahead of your financial responsibilities?
13. Have you ever tried to stop or control your using?
14. Have you ever been in a jail, hospital, or drug rehabilitation center because of your using?
15. Does using interfere with your sleeping or eating?
16. Does the thought of running out of drugs terrify you?
17. Do you feel it is impossible for you to live without drugs?
18. Do you ever question your own sanity?
19. Is your drug use making life at home unhappy?
20. Have you ever thought you couldn't fit in or have a good time without drugs?
21. Have you ever felt defensive, guilty, or ashamed about your using?
22. Do you think a lot about drugs?
23. Have you had irrational or indefinable fears?
24. Has using affected your sexual relationships?
25. Have you ever taken drugs you didn't prefer?
26. Have you ever used drugs because of emotional pain or stress?
27. Have you ever overdosed on any drugs?
28. Do you continue to use despite negative consequences?
29. Do you think you might have a drug problem?

(Information quoted from an NA brochure.)

## Are you depressed?

Depression affects people differently. Some people cry a lot and feel sad. Others seem angry, irritable, or anxious. For others, depression shows itself in vague physical problems like constipation, muscle aches, headaches. Take a minute to think about how you have felt over the past two weeks. Which of these statements describe you? (Quiz from WebMD)

1. I feel sad or down most of the time.
2. I've lost interest in the activities I used to enjoy.
3. I feel tired almost every day.
4. I have problems sleeping. I'm either sleeping too much or staying awake at night
5. My appetite has changed. I'm not eating enough, or I'm eating too much.
6. My friends say I'm acting different. I'm either anxious and restless or lethargic.
7. I find myself thinking a lot about dying.
8. I feel worthless or hopeless.
9. I'm having frequent headaches, stomach problems, muscle pain or back problems.

Please send a note to medical, mental health, the Program Director, or talk to an Officer if you are concerned about depression.



## **Will you be homeless when you are released?**

Please send the Program Director a kite if you are concerned about being homeless when you are released. Although Bozeman has limited availability, we can put you in touch with those who can assist you.

## **The List**

When you are released from this facility into the Bozeman community, the Booking Officers will give you a pamphlet called “The List”. It is full of resources to assist you with employment, transportation, financial services, mental health, drug & alcohol treatment, companions, education and more. Those listed are very supportive of our inmates and want to see you succeed!

## **Library**

Library books are circulated on carts through the pods on a weekly basis. At this time we are unable take requests for specific books.

## **Bibles**

Bibles are donated to the facility from a variety of sources. Although we will try to find the version you would like, we are unable to guarantee a specific type or look of bible.

**Program Availability** is based on your classification and housing pod.

**A pod & G3**

- 1:1 Chaplain Visits
- Mental Health

**D, E, G Pods**

- Mental Health
- Church & Morning Devotions
- 1:1 Chaplain Visits
- Addiction Groups (AA/NA, 12 Step Study,
- Alcohol & Drug Services)
- GED
- Job Services

**B, C, F, H, I Pods**

- All Programs described in this booklet are offered. Please note all programs are run by volunteers and times may change on occasion.

# NOTES: