

Gallatin County Detention Center Program List & Schedule



This Booklet Belongs To _____

01/26/12

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

Classes are split among the pods; frequently we have more than one program running at a time. At times programs do not have enough volunteers to meet with all pods.

Please be up and ready for classes!

ATTENDANCE

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, pre-trial, AA, NA, GED, Mental Health Services etc.) Making contact while in the Detention Center will make things easier upon your release. You may also earn certificates of completion for attending. 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.

PROGRAM DIRECTOR

If you have ideas, questions, or concerns please send a message via the kiosk under the Classification/Program area. The Program Director will respond as quickly as possible.

DESCRIPTION OF PROGRAMS

12 Step Study – Wednesday Evening

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

Alcohol & Drug Services of Gallatin County – Thursday Morning

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 Evening & Inmate Run Group Saturday Evening

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.”

Al-Anon – 3rd Thursday Evening

At Al-Anon Family Group meetings, the friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. This is for anyone affected by a friend or family member who is a problem drinker or drugs.

Anger Management – Wednesday Afternoons

Anger is a natural human emotion and is nature's way of empowering us to "ward off" our perception of an attack or threat to our well being. The problem is not anger, the problem is the mismanagement of anger. Mismanaged anger and rage is the major cause of conflict in our personal and professional relationships. This course teaches appropriate tools to use when you feel angry.

Adult Basic Education – Monday-Friday

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.

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 – Sunday Afternoons

We believe that simply teaching God's Word simply 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. We desire the whole body to be built up for the work of ministry. We know the Lord wants to work in us and then work through us!

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 and have Catholic communion available.

Connections – Friday Morning

Connection's is a statewide non-profit organization run by two former felons, Casey and Eddie Rudd. We are prisoner advocates who assist prisoners before and after release from incarceration. We were established in October of 1998 with the purpose of providing mentoring, writing parole plans and helping with transitional services such as, housing, jobs, clothes, household items, furniture, transportation and referrals to other agencies. Our goal is to reduce the recidivism rate in Montana by helping with a successful re-entry.

The populations we serve are sometimes at high risk for Hepatitis C and HIV so we offer education, and anonymous testing and counseling for FREE. We support and encourage positive life changes and a drug free lifestyle.

Computer Skills – Monday Afternoon

Small classes are taught in the basics of Microsoft such as work, power point and excel. Time can also be spent on working on your resume.

Current Events – Thursday Morning

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

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 – Scheduled 1:1

Trained instructors meet 1:1 with individuals who do not speak/read English as their first language to help teach them the English language.

The Evolution Revolution – Thursday Afternoons

The Evolution Revolution course promotes Self-Awareness or Mindfulness—and the opportunity to transform old habits and attitudes that no longer serve one's best interests. It is based on the handbook of the same name, and directly addresses the issues of the incarcerated. (Copies of the Handbook will be available for those interested.)

Gambling Addiction – 1:1

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

GED (General Educational Development) – Monday-Friday

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.

The Healing of the Heart – Friday Evening

Father Peter Tobias, from the local Orthodox Christian Church, teaches on the spiritual life of ancient The Christian Church.

Health Literacy – Monday, Wednesday, and Friday Afternoons

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, and where to go to get more information.

Inmate Worker Positions – 7 Days a Week

We have approximately 8 inmate worker positions that assist in the kitchen, laundry, janitorial, library, and other special projects. When an opening is available the position is posted and applications are taken. A panel will interview the applicants and choose the person best suited for the position.

Journaling – Tuesday Afternoon

The purpose of this class is to introduce inmates to the basic aspects and benefits of journaling. Keeping a journal is different than keeping a diary. A journal is not necessarily a daily record of events, happenings and private issues. 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. Entries in a journal will be reflected and meditated on periodically. Frequently, a journal is a record of what is speaking most vividly to an individual at a particular time and they feel a need to record it for future reference.

Kicking Butt – Monday Mornings

You have taken the first step in quitting tobacco products by being in our facility. “Kicking Butt” is a presentation on nicotine addiction and what you can do to remain tobacco free when you are released.

Medical/Health Classes – 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 & Afternoon

Learning to observe our experiences from a place of stillness enables us 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 our 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. To meet with a mental health provider please complete a KITE on the kiosk.

Money Management – Tuesday Morning

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, starting a business.

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. Morning Devotional time is conducted in small groups or one-on-one, depending on the number of interested inmates and their classification. Morning Devotional time is brief, lasting about 15 - 30 minutes with anyone group or individual.

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.

National Alliance on Mental Illness – 1st & 3rd Thursday Afternoon

NAMI's support and public education efforts are focused on educating America about mental illness. This class is not only meant for a person with a mental illness but friends or family members who have been affected by and individual with a mental illness.

Parenting – Wednesday Afternoon

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.

Pathways – Tuesday Morning

Licensed professional counselors work on strategies for self-improvement and change. Topics discussed vary but may include; relationships, addiction, communication, positive thinking, anger management, and self-control.

Pre-Trial Services – Wednesday

An officer with pre-trial services discusses how pre-trial will work with you when released on a bond or what is happening with your case as you wait in jail.

Pursuit of Happiness – Monday Evening

In this class we will read a short book by Gordon Livingston MD., Too Soon Old Too Late Smart: *Thirty true things you need to know now.* We will discuss the essays in

which the author acknowledges that while there may be no escaping who we are, we have the capacity to face loss, misfortune, and regret and to move beyond them – for it is never too late to become the person we would most like to be.

Reentry – Wednesday Evening

This class is based on the foundational concept and 35 years of documented success of Prison Fellowship connecting Bible Study with successful reentry. As Prison Fellowship states, *“At its core, crime is a moral and spiritual problem. When people have distorted values and attitudes, they make poor moral choices that can cause harm and destruction.”* The central theme of this class is that God has a purpose, a plan and a ministry for each one of us and good works prepared in advance for each one of us to be doing. The class uses the Bible and *“The Purpose Driven Life”* by Rev Rick Warren as resources for discussion. Topics discussed in this class center around love, faith, hope, forgiveness, repentance, accountability, discipline, character-building, obedience, truth, trust, recovery, restoration, prayer and lifestyle transformation.

Safe & Sober Housing – 1:1

Michael McClary runs a private home for those interested in safe and sober housing. To make an appointment to meet with Mr. McClary please send a message on the kiosk to the Programs Director.

Spirituality & Meditation – 2nd & 4th Thursday Evening (when requested)

This course will be an introduction to spirituality through the world’s oldest religion Hinduism and its associated religion Buddhism. This will enable a person to discover the essence of his/her being in this world or the deepest values and meanings of life by which people live. This course involves the teachings of: Hinduism and Buddhism and their way of a spiritual and meaningful life; the Bhagwad Gita; and Yoga and various meditation techniques.

Survivors – Monday Evening

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.

Yoga – Saturday Afternoon

Hatha Yoga is a system of physical postures designed to stretch, tone, strengthen and make the muscles more flexible. It also includes breathing techniques that facilitate calm and concentration. Regular practice creates a harmonious body/mind system.

What is Treatment Court - Wed Afternoon

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. Contact Steve Ete, Treatment Court Coordinator, 1709 West College, Bozeman, MT 59715 (406) 582-3706. Steve comes to the DC Wednesday afternoons to answer questions.

Classes I would like to attend. (Fill in below)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 AM- 8:30 AM							
9 AM- Noon							
2 PM- 5 PM							
7 PM- 9 PM							

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. If you would like a Journal to write in, please ask Miss Jackie.
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.)

Am I 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.
10. I find myself thinking a lot about dying.

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

NOTES: