

## FCSO Responses to Questions for Staff from December 5<sup>th</sup> JET Workforce Development Subcommittee

### Programs Overview & Responsibilities

#### Overview

The Inmate Programs Section serves as the gateway for inmates to access numerous services available to them while incarcerated in the Adult Detention Center and the Alternative Incarceration Branch. The mission of the section is to provide an opportunity for self-improvement and to prepare inmates for re-entry into the community. The Inmate Programs Section is responsible for managing and enrolling inmates in over 200 educational, spiritual, skills based, and behavioral health courses as well as assisting inmates by providing other programs such as health education, yoga, art and literary appreciation. Over 300 volunteers make up the course instructors as well as an on-staff chaplain, Fairfax County Public School teachers, certified yoga instructors and skill services aides. Over 60% of eligible inmates participate in at least one program and, of that group, many participate in multiple programs. In addition to the coursework piece, Inmate Programs is responsible for maintaining and operating the Inmate Law Library and Leisure Library. All agency volunteers are vetted, enrolled into the Fairfax County mandated Volunteer Management System and trained in basic security procedures through the work of the Inmate Programs staff. Meeting the spiritual and educational needs of the inmate population are mandated by strict accreditation standards requiring record keeping, data collection and annual review.

#### Educational Opportunities

Currently we have 9 paid public-school teachers and 3 volunteers providing education services within the ADC. The courses offered are ESOL, Alternative High School, GED, Post-Secondary Education and Basic Reading. We have inmate tutoring opportunities for those with advanced degrees or have proven to do well in post-secondary education. Additionally, in 2015 we began to offer the inmates an opportunity, at their own expense, to enroll in a college correspondence program through **Adams State University**. The Programs Section will proctor exams and facilitate the delivery of materials to enrolled inmates.

We also offer skills-based education and on-the-job training opportunities for our inmate population. ServSafe is a program that was developed by the National Restaurant Association to promote food safety. Inmates assigned to the jail kitchen are offered the opportunity to take the classes to receive this certification. Since this certification is sought after in the restaurant industry, inmates who earn it will have a better opportunity for gainful employment once released. Inmates also operated our inmate laundry as well as participate in a clothing repair program. Commercial laundry and cleaning facilities are always looking for skilled laborers to work in their businesses. Inmates who receive this on-the-job training opportunity can use our facility as a reference once released.

#### Religious Services

We have partnered with Good News and Jail Ministries to provide Chaplaincy services to include interdenominational programs of religious services and activities for our inmate population. They coordinate volunteer religious mentors and are the agency's liaison to a multitude of faith systems in the community. Religious materials are distributed based on inmate request. The Chaplain performs crisis intervention for inmate emergencies to include death notifications and notification of serious illness of family members.

The Chaplain also facilitates a partnership with the Aftercare Ministry program. Aftercare is a faith-based program that is available to inmates who will be transitioning into the immediate area. Inmates are screened and assigned an Aftercare mentor. Together, they work through a faith based curriculum to help with support and self-help. The goal is to continue that mentor-mentee relationship post release to aid with stress of re-entry.

#### Community Partnerships and Re-Entry Services

OAR Fairfax is a non-profit providing Opportunities, Alternatives and Resources to at risk populations in the Northern Virginia Area. Currently, OAR offers a variety of classes to provide life skills to the population. Some of the classes offered are: Fatherhood Skills, Impact of Crime, Anger Management, Resume Writing, Financial Planning, Basic Computer Skills, Employability Skills and Mock Interviews. Since January 2016, OAR's case managers identify pre-release inmates within a 120-day window of release and screen them. They pair them with services such as housing, job skills, transportation, health care options, etc. These case managers will follow up them post incarceration to assist them with job placement, etc.

The Fairfax County Sheriff's Office is a member of the Fairfax Re-entry Council. It is an opportunity for members of county and community service agencies to meet and discuss opportunities for inmates post-release. Together, we coordinate the ADC Inmate Resource Fair. In both the Fall and Spring we invite service vendors into the jail and allow the inmates the opportunity to speak with these vendors. Past vendors include, Substance Abuse treatment programs, alternative housing solutions, employers, Department of Veteran's Affairs members, and many others.

We have enrolled in DMV Connect which is DMV's newest service outreach program. Connection teams carry portable equipment to serve incarcerated individuals pending release, connecting Virginians with services they need. Identification is necessary to secure jobs, open bank accounts, enter public buildings, and apply for benefits. To ensure inmates leave incarceration with an ID card to be successful on the outside, DMV connection teams come inside the jail to provide services to inmates preparing for release. Since 2016, we have produced approximately 100 ID cards, allowing inmates the capability to go into work release programs.

#### Health Programs

**Substance Abuse** - In 2018, we developed the STAR (Striving to Achieve Recovery) became a part of our services community. S.T.A.R. Program participants receive the most comprehensive services relating to substance abuse. The curriculum followed is evidenced based and covers a myriad of topics relating to substance use and recovery. All deputies assigned to the housing unit are C.I.T. certified and are assigned for a period of at least 6 months. Peer Support Specialists from the CSB implement the curriculum and a therapist offers weekly trauma group therapy.

CSB staff meet with inmates with substance abuse issues and assist them with finding groups in the community to aid with treatment upon re-entry. We offer substance abuse programs to include Narcotics Anonymous and Alcoholics Anonymous

**CHARLI** - CHARLI, first funded in 2009, is a collaboration between HIV Prevention and HIV Care Services. The purpose of the program is to provide a continuum of HIV services to inmates with 60 days or less to serve in state prisons, local and regional jails. Services include pre-release HIV prevention education, rapid HIV testing, discharge planning and case management for HIV-infected persons, and post-release case management and primary prevention for HIV-infected persons. Additional services may include

client support, follow-up on those lost to care and medication adherence counseling. We offer this program two times per month. One class for men and one for women.

**Fairfax County Office for Women & Domestic and Sexual Violence Services** – We have an established relationship with this county agency, and they will be providing a lecture series for the inmate population. Their first class, Financial Empowerment was extremely well-received, and we look forward to having small groups as well as large group sessions covering a myriad of subjects.

**Yoga** - Yoga for beginners is a program is offered weekly. Developing self-discipline, emotional intelligence and impulse control are the benchmarks of the yoga program, particularly as it applies to addiction recovery and violence prevention (numerous studies confirm the effectiveness of Hatha Yoga in supporting addiction recovery). The fundamentals of yoga help people shift unconscious behavioral patterns of reacting into conscious ways of responding by teaching them the skill of clearly witnessing their moment-to-moment experience. Learning this fundamental behavioral shift can make the difference between a person committing a crime, going back to using or getting tangled in confrontation. Also, overall health improvement is a focus.

**Book Club** – We currently have a book club for both men and women. The attendees read books with a common theme. The theme changes monthly.

**Inmate Kiosks** – Currently about 80% of the inmate population has access to the information on the inmate kiosks. The inmate orientation video, health education, and other information is available to the inmate at the touch of a button. The Program's Section Supervisor is responsible for approving any content to be added to the kiosks.

**Alternative Incarceration (AIB)** – Approximately 10% of the jail population qualifies for housing and placement in one of our Alternative Incarceration programs. These programs include home incarceration, work release, community labor force and sewing. Virginia Career Works has a workforce center within the AIB and works with various employers to give inmates an opportunity to work outside the jail but live in the jail. Our community labor force program offers inmates the opportunity to work under the supervision of a deputy sheriff on various projects throughout Fairfax County. These inmates earn credits toward commissary items and good time credit to shorten their jail sentences. They learn skills such as landscaping, lawn maintenance and snow removal. Women in the AIB can learn how to sew. They repair inmate clothing, but also, through donated material make blankets, handbags and backpacks for women who are living at local domestic violence shelters.