

Transitional Housing Unit Workshops - 2016

OREINATION WORKSHOP - ALL	LIFE SKILLS	RELATIONSHIPS	EMPLOYMENT BRANCH	BUDGETING	TRANSITIONAL WORKSHOPS	
One 1 1/2 hour module	Stay On Track	From the Inside Out	Employment Modules (EMP)	Money Smart (MS)	Character Development	Cultural Reality
<i>Facilitated by: SCI Reentry Coordinator & Reentry Program Manager</i>	<i>20 modules</i>	<i>12 modules</i>	<i>8+ Modules + CareerScope (60 hours)</i>	<i>8 modules</i>	<i>9 modules</i>	<i>1 module: 2 - 3 sessions</i>
	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>
Purpose	<i>Facilitated by: Reentry Specialist (RS)</i>	<i>Facilitated by: Reentry Specialist (RS)</i>	<i>Facilitated by: OWDS or OES trained staff (Parole or DOC) + ABE staff</i>	<i>Facilitated by: ABE staff</i>	<i>Facilitated by: Reentry Specialist (RS)</i>	<i>Facilitated by: Reentry Specialist (RS)</i>
Expectations	What is Reentry?	Why Relationships Are Important		Module: Bank On It	Introduction	Four Common Stages of Cultural Adjustment
Workshops Offered	Taking a Closer Look/Cost Benefit Analysis	What Does Love Look Like?	Employment Workshop Retention Handouts	bank accounts, deposits, services	Habit #1 Be Proactive	
Question/Answer		Looking at Bad Relationships	CAREER SEARCH - OES	Module: Borrowing Basics	Habit #2 Begin with the End in Mind	Review of Day to Day Society Domains from Social Etiquette Workshop
HEALTHY LIVING	Values & Personal Responsibility, Pt. 1	3 Principles of Building Good Relationships	CareerScope/Career Track Identification	credit & loans	Habit #3 Put First Things First	Adaption Strategies
<i>6 modules</i>	Values & Personal Responsibility, Pt. 2	Your Relationships Start With You	Explaining Prison Record	Module: Check It Out	Public Victory	Locus of Control
<i>Cohort Admissions</i>	Goal Setting	Relationships Take Both People	The Interview	checking account & recordkeeping	Habit #4 Think Win Win	Way to Get to Get the Most Out of Your Transition
<i>Facilitated by: Activity Staff/Peer Support Specialists</i>	Managing Risk Factors	Relationships Take Skills	An Interview Is	Module: Money Matters	Habit #5 Seek First to Understand	Top Challenges
	Check Your Thinking	Taking Action to Change Yourself	Dress and Grooming No No's	budget & spending habits	Habit #6 Synergize	
Introduction to Healthy Living	Relapse Prevention Related to Reentry	Relationships and Anger	Three Steps to Answering Problem	Module: Pay Yourself First	Habit #7 Sharpen the Saw	
Healthy Eating	Feelings	Being Trustworthy Is Key to Commun.	Questions	saving money & financial goals	Coping Skills for Life	Technology Workshop
Physical Health	Anger Management, Pt. 1	Conflict Resolution in Relationships	Video-taped Interviews	Module: To Your Credit	<i>7 modules</i>	<i>module</i>
Managing Stress	Anger Management, Pt. 2	Checklist for Making and Keeping	TOOLS FOR SUCCESS - ABE	use of credit report & building credit	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>
Grief - Transitional Mourning	Stress Managemet	Healthy Relationships	First Impressions: Starting Your New Job	Module: Loan To Own	<i>Facilitated by: Reentry Specialist (RS)</i>	<i>Facilitated by: Reentry Specialist (RS)</i>
Life Style Balance	Expectations	PARENTING	Professionalism: Keeping a Job	installment loans & rent-to-own options	Skill #1 Good Coping & Mindfulness	Prequel - Computer Basics
MENTAL HEALTH	Coping with Rejection	<i>10 modules</i>	Building a Strong Relationship w Supervisor	Module: Your Own Home	Skill #2 Ways of Thinking	Section 1 - The Internet
Two 3 hour modules	Time Management	<i>Cohort Admissions</i>	Teamwork: Getting Along with Your Co-Workers	owning vs renting & mortgages	Skill #3 Relaxation	Section 2 - Portable Hardware
<i>2 modules</i>	Problem Solving Skills	<i>Facilitated by: RS + Community Family Agencies</i>	Diversity in the Workplace	LIVING UNDER SUPERVISION	Skill #4 Goal Setting	
<i>Cohort Admissions</i>	Communication Skills		VOCATIONAL CERTIFICATION	<i>5 modules</i>	Skill #5 Problem Solving	Section 3 - Community-Based Technology
<i>Facilitated by: Psychology Staff/Peer Support Specialists/ OMHSAS</i>	Recognizing & Avoiding Negative Relationships, Pt. 1	Family Changes & Expectations	<i>Number of Hours determined by Vocational Program chosen</i>	<i>Cohort Admissions</i>	Skill #6 Communication	Section 4 - Online Financing
Define the disorder	Recognizing & Avoiding Negative Relationships, Pt. 2	Punishment vs. Discipline	<i>Cohort Admission</i>	<i>Facilitated by: Parole staff/ASCRA</i>	Skill #7 Social Support	Section 5 - Social Networking
Identify symptomology		Providing a Healthy Environment	<i>Facilitated by: Voc. Ed. staff</i>	Color Assessment	Social Etiquette	Transitional Mourning
Discuss treatment options	Review	School Success	Occupational Safety & Health (OSHA) - 2 days (10 hr. trng.)	Understanding Pennsylvania Parole	<i>1 module: 2 sessions</i>	<i>42 Grief Activities</i>
Explore approaches to managing symptoms		Unhealthy Environments	Conditions Governing Parole/Reparole	The Parole Handbook	<i>Cohort Admissions</i>	<i>Cohort Admissions</i>
		The Story of Father' and Sons	Nat'l Center for Construct. Resrch. (NCCR) - 2 days (10 hr. trng.)	Preparing For Your Return To the Community: What Offenders And Their Families Need to Know	<i>Facilitated by: Reentry Specialist (RS)</i>	<i>Facilitated by: Reentry Specialist (RS)</i>
VICTIM IMPACT & AWARENESS		Self-Examination	Ward Flex - Gas Piping System - 2-3 wks		What is Etiquette?	
One 1 1/2 hour module		Reintegration with Family		RENTERS WORKSHOP	Basic Social Etiquette	
<i>Facilitated by: RS or someone trained in impact of crime and a parole agent</i>		Community Support	COMPUTER BASICS - ALL	<i>Facilitated by those trained in PREP</i>	Role Play	
The Trauma of Victimization			One 1 1/2 hour module			
The Immediate Crisis Reaction			<i>Facilitated by: OES/RS</i>	PREP - Prepared Renter Program		
Rebuilding Balance and Long Term Care Reactions			Computer Basics			
Restitution Handout			Resume Writer			
No Contact with Victims Activity			Trainer Program(s): Job Applications; O*Net; CareerLink; Monster.com			