

THU

(Transitional Housing Unit)



What is the THU?

It is a Transitional Housing Unit that is to improve the reentry process for offenders

Who is eligible?

- Any offender that is within 8-9 months of their minimum date
- Offenders who are being released to the local area

What's in it for me?

You will gain the knowledge and build a resource base that is essential for reentry into your community. The THU will focus on exploring pro-social activities and look at dismissing your criminal thinking errors.

Who makes up the THU staff?

- Reentry parole agent
- Reentry corrections counselor
- Unit manager
- Treatment specialists
- Corrections officers

What do I need to do while in the THU?

Participate in workshops tailored to your needs

What workshops are provided?

- Orientation
- Stay on Track (SOT)
- Parenting
- Relationships
- Healthy Living
- Mental Health
- Living Under supervision (Parole)
- Employment
- Vocational
- Money Smarts
- Victim Awareness

Community Transitional Reentry Unit Workshops

ORIENTATION WORKSHOP - ALL
Four modules
<i>Facilitated by: SCI Reentry Coordinator & Reentry Program Manager</i>
Introduction to Unit
Out for Good video/questions
PA Reentry Survival Manual
Reentry Portfolios
COMPUTER BASICS - ALL
One 1.5 hour module
<i>Facilitated by: OES/TS</i>
Computer Basics
Resume Writer
Trainer Program(s): Job Applications; O*Net; CareerLink; Monster.com
HEALTHY LIVING
6 modules
<i>Cohort Admissions</i>
<i>Facilitated by: Activity Staff/Peer Support Specialists</i>
Introduction to Healthy Living
Healthy Eating
Physical Health
Managing Stress
Grief
Life Style Balance
MENTAL HEALTH
7 modules
<i>Cohort Admissions</i>
<i>Facilitated by: Psychology Staff/Peer Support Specialists/ OMHSAS</i>
Identify Mental Health Disorders & Their Symptoms - Depression
Identify Mental Health Disorders & Their Symptoms - Schizophrenia
Identify Mental Health Disorders & Their Symptoms - Bipolar Disorder
Identify Coping Strategies for Managing Mental Health Symptoms
Mental Health Treatment and Staying Healthy
Goal Setting for Recovery Wellness
Review

LIFE SKILLS
Stay On Track
20 modules
<i>Cohort Admissions</i>
<i>Facilitated by: Treatment Specialist</i>
What is Reentry?
Taking a Closer Look/Cost Benefit Analysis
Values & Personal Responsibility, Pt. 1
Values & Personal Responsibility, Pt. 2
Goal Setting
Managing Risk Factors
Check Your Thinking
Relapse Prevention Related to Reentry
Feelings
Anger Management, Pt. 1
Anger Management, Pt. 2
Stress Management
Expectations
Coping with Rejection
Time Management
Problem Solving Skills
Communication Skills
Recognizing & Avoiding Negative Relationships, Pt. 1
Recognizing & Avoiding Negative Relationships, Pt. 2
Victim Awareness
Prepared Renter Program
Review
PARENTING
10 modules
<i>Cohort Admissions</i>
<i>Facilitated by: TS + Community Family Agencies</i>
Family Changes & Expectations
Communication
Punishment vs. Discipline
Providing a Healthy Environment
School Success
Unhealthy Environments
The Story of Father' and Sons
Self-Examination
Reintegration with Family
Community Support

Community Transitional Reentry Unit Workshops

RELATIONSHIPS
From the Inside Out
<i>12 modules</i>
<i>Cohort Admissions</i>
<i>Facilitated by: Treatment Specialist</i>
Why Relationships Are Important
What Does Love Look Like?
Looking at Bad Relationships
3 Principles of Building Good
Your Relationships Start With You
Relationships Take Both People
Relationships Take Skills
Taking Action to Change Yourself
Relationships and Anger
Being Trustworthy Is Key to Commun.
Conflict Resolution in Relationships
Checklist for Making and Keeping
Healthy Relationships

EMPLOYMENT BRANCH
Employment Modules (EMP)
<i>9+ Modules + CareerScope (Number of modules will be needs driven.)</i>
<i>Cohort Admissions</i>
<i>Facilitated by: OWDS or OES trained staff (Parole or DOC) + ABE staff</i>
CAREER SEARCH - OES
CareerScope/Career Track Identification
Explaining Prison Record
The Interview
An Interview Is
Dress and Grooming No No's
Three Steps to Answering Problem
Questions
Video-taped Interviews
TOOLS FOR SUCCESS - ABE
First Impressions: Starting Your New Job
Professionalism: Keeping a Job
Building a Strong Relationship with Supervisor
Teamwork: Getting Along with Your Co-Workers
Diversity in the Workplace

BUDGETING
Money Smart (MS)
<i>8 modules</i>
<i>Cohort Admissions</i>
<i>Facilitated by: ABE staff</i>
Module: Bank On It
bank accounts, deposits, services
Module: Borrowing Basics
credit & loans
Module: Check It Out
checking account & recordkeeping
Module: Money Matters
budget & spending habits
Module: Pay Yourself First
saving money & financial goals
Module: To Your Credit
use of credit report & building credit
Module: Loan To Own
installment loans & rent-to-own options

LIVING UNDER SUPERVISION
<i>6 modules</i>
<i>Cohort Admissions</i>
<i>Facilitated by: Parole staff/ASCRA</i>
Real Colors
Understanding Pennsylvania Parole
Conditions Governing Parole/Reparole
The Parole Handbook
Preparing For Your Return To the Community: What Offenders And Their Families Need to Know

VOCATIONAL CERTIFICATION
<i>Number of Hours determined by Vocational Program chosen</i>
<i>Cohort Admission</i>
<i>Facilitated by: Voc. Ed. staff</i>
Occupational Safety & Health (OSHA) - 2 days (10 hr. trng.)
Nat'l Center for Construct. Resrch. (NCCR) - 2 days (10 hr. trng.)
Ward Flex - Gas Piping System - 2-3 wks

How long are the THU modules?

Each module runs approximately 1 hour in length. The modules vary from 4 sessions to 20 sessions.

Can I still work while in the THU?

Yes, as long as you are still able to participate in workshops. However, there may be some institutional employment opportunities that are not available to THU inmates.

Is the THU mandatory for parole?

No, not at this time.

Will the THU help me get paroled?

Being in the THU does not increase your chances of parole, it is designed to give you information that will make you more prepared when you are paroled.

If I am granted parole and have not completed all of my workshops will my parole be held up?

No, your release will not be held up until you complete all of your workshops. However, it is important for you to continue to participate in all assigned workshops until you are released.

Will the THU staff help me find a home plan?

The reentry parole agent will assist you with home plan options and provide you with a statement of resident form, but they are not responsible for securing a home plan for you.

How do I sign-up for the THU?

Send a request slip to the reentry corrections counselor and the THU staff can determine your eligibility.

Where is the THU located within the prison?

The THU is located on a specific block except for SCI Pine Grove, Quehanna Boot Camp, SCI-Muncy and SCI-Cambridge Springs.

How long is the THU program?

The THU program is designed to be approximately 6 months long, however, time in the THU may vary depending on time between admission to the THU and release as well as how many workshops are determined appropriate for you.

To participate in the THU program will I have to live on the block?

Yes, because it is a transitional housing unit our goal is to house all THU inmates on the same block.

Participating institutions: Albion, Cambridge Springs, Camp Hill, Chester, Graterford, Laurel Highlands, Mahanoy, Muncy, Pine Grove, Quehanna Boot Camp and Pittsburgh.
