Hampshire Sheriff's Office Treatment and Educational Programs

Updated for 2026

Education Programs *80 percent of the HSO's population is involved in education/treatment programs*		
Academic Enrichment	Reading Support for students with HS Diplomas or Equivalencies whose reading scores fall below 12th grade	Ongoing throughout incarceration
Adult Secondary Education	High School Equivalency for 9-12 grade readers to include individual with both SU and MH.	Ongoing throughout incarceration
Baking	Vocational training and education for entry-level restaurant kitchen employment.	1.5 hours, Once per week. 12 Weeks
Cane Shop	Hands-on basic chair caning and weaving tutorial using old furniture in need of repair, and wooden weaving materials.	20 hours per week
Career Development	Workforce Readiness preparation offered through MassHire-Holyoke/ Re-entry & Recovery Services Department. Exploration of program offerings, wrap-around services, and employment opportunities.	15 Hours
Computer Literacy (Northstar)	Basic Computer and Digital Literacy skills for all inmates receiving Education Services. Northstar curriculum supports Adult Basic Education Content Standards, including the Northstar Digital Literacy standards, College & Career Readiness Standards for Adult Education (CCRS) and the ACES Transitions Integration Framework (TIF). Standards include: Essential computer Skills, Essential Software Skills, and Using Technology in Daily Life.	15 Hours
Computer Literacy (Tech Goes Home)	Tech Goes Home is focused on fundamental digital skills, inclusive of Google Docs, Google Sheets, Google Slides, Banking and Finance, and Online Career Search. Upon completion, each learner receives a Chromebook, hotspot, and 12 months of free internet services.	12 Hours

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Culinary Arts	Vocational training and education for entry-level restaurant kitchen employment.	3.5 hours., once per week. 12 Weeks
Financial Literacy	Basic Consumer Economics, including Banking, Credit Cards, Budgeting, Debt and Saving, Home Ownership; Investments and Retirement; Automobile options.	15 Hours
Financial Literacy Bank of America	Basic Consumer Economics: Banking, Consumer Credit, Financial Goals, Loans and Debt, Insurance, Investments and Retirement, Scams and Fraud, Taxes and Forms education.	1 hour, twice per week. 6 Weeks
Interplay Clean Energy	This certificate program offers self-directed, immersive learning in Construction and Solar Basics, Electrical Basics, Water Heating Systems, HVAC Systems, and HVAC Calculations.	1 hour, once per week. 15 Weeks
Landscaping	The classes are designed to be introductory skills training with the goal of educating individuals in the best landscape/hardscape practices necessary to gain job placement upon release.	1.5 hours, once per week. 12 Weeks
Library Services	Regular, weekly library periods to provide inmate access to books and periodicals; Librarian support provided.	Ongoing throughout incarceration
Pre-Adult Secondary Education	High School Equivalency for 4-8 grade readers to	Ongoing throughout incarceration
Pre-Apprentice Carpentry Program (PACT)	HBI's award-winning Pre-Apprenticeship Certificate Training (PACT) curriculum integrates performance-based learning in the building trades with vocational and academic skills training and includes life skills, career development, and on-the-job training. PACT curriculum aligns closely with STEM, is based on NAHB's Green Building Standard™ and National Skills Standards, and is one of only three pre-apprenticeship curricula recognized by the Department of Labor (DOL).	2 hours, four times per week. 14 Weeks

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Serv Safe	Vocational training and education for safe handling of food for restaurant workers.	2 hours, once per week. 10 Weeks
Special Education	Additional academic support for those inmates who were assessed and identified as eligible for Special Education services while still enrolled in school.	Ongoing throughout incarceration
Title I Support Services	Additional academic support for at-risk inmates 18-21 years of age, who do not yet possess a high school diploma or equivalency.	Ongoing until equivalency is met
UMass Amherst: Math	Math 100: Discrete Math and Statistical Probability. Fully credited college class for Hampshire County inmates alone.	2 hours, once per week. 14 Weeks
UMASS Amherst: College Writing	ENG112: College Writing emphasizes critical thinking, communication and self-reflection.	2 hours, once per week. 14 Weeks
UMASS Amherst Philosophy	PHIL180: Death and the Meaning of Life/3-credits. Contemplate the suffering and injustice that is experienced. Examine various theories regarding the purpose of existence.	2 hours, once per week. 14 Weeks
Umass Amherst Introduction to Sociology	Intro to Sociology: Theory, methods, and approaches to the study of society. The use of several key sociological perspectives such as culture, social class, social psychology, and to analyze contemporary social issues.	2 hours, once per week. 12 Weeks
UMASS Amherst: Teaching & Learning In Carceral Spaces	This for-credit course enrolls select students who are qualified to offer academic support to peers in the Hampshire County Jail who are working toward their HiSET diploma. The course will train students to provide quality tutoring and will include a weekly seminar focusing on educational theory and practice.	2 hours, once per week. 10 Weeks

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UMASS Tutoring	Through the UMASS Jail Education Initiative program, UMASS students offer one to one, tutoring assistance, during academic semesters, to those who are enrolled in Adult Education.	2 hours, once per week. Ongoing
Wellness Program	The Wellness Program is an experience-based approach to greater mental, physical, emotional, and spiritual wellbeing. Program encompasses mindfulness, yoga, and labyrinth. This course focuses on clearing and stimulating the mind, calming the body, revitalizing energy and spirit, and finding peace and serenity.	Ongoing
Wood Shop	This course is offered Monday-Friday for two hours each day. The Woodshop course teaches students how to build from templates, hand make children's rocking chairs, rocking horses, and cutting boards.	2 hours, five days per week. Ongoing
Work Release Program	The work release program provides an opportunity for individuals living at the Bridge to the future program, who are deemed appropriate for pre-release classification, to work in the community for local employers.	Ongoing
Treatment Programs		
Acceptance and Commitment Therapy (On Hold)	A form of psychotherapy that combines acceptance and mindfulness strategies with commitment and behavior-change strategies to enhance psychological flexibility.	1 hour, once per week. 8 Weeks
Alcoholics Anonymous (Bridge)	AA is a Self-Help Support Group facilitated by volunteers in recovery to help maintain sobriety. The in-house/ facility groups are provided by volunteers and operational for many years. These meetings offer our residents the opportunity to engage with the greater recovery community, potentially obtain "sponsors" and potentially begin working "the 12 steps of recovery".	1 hour, once per week. Ongoing

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All Recovery Meeting	All Recovery Meetings are facilitated by a trained and certified Recovery Coach. The voluntary meeting provides social support for those seeking or maintaining recovery. The meetings are non-denominational and offer an opportunity to focus on the hope found in recovery.	1 hour, twice per week. Ongoing
Anger Management	A twelve week psychoeducational and CBT based curriculum that helps clients understand anger and develop skills and awareness surrounding their own anger. Anger awareness is addressed to include calming techniques, shame and shadow materials, dysfunctional thinking patterns, conflict management, practical solutions and mindfulness.	1 hour, twice per week. 12 Weeks
Bridge to the Future Program	The Bridge to the Future program is a 16 bed transitional step down program which houses minimum security and pre-release inmates. The program places an emphasis on planning for release and community reintegration. Increased levels of personal responsibility and conduct are expected from each participant.	Ongoing
Case Management	All inmates are assigned a case manager upon entry to the Hampshire Sheriff's Office. Their case manager will assist in assessing the individuals risk/ need areas and making treatment recommendations based on each individual's circumstances.	Ongoing
CARE Program	The C.A.R.E unit serves both sentenced and pre-trial inmates at the Hampshire County Sheriff's Office. This treatment unit operates as a community which promotes responsibility, honesty, accountability, and participation.	Ongoing
Community AA Meetings (Bridge)	Residents of the Bridge to the future program are escorted to community based AA Meetings 3-5 times per week by HSO staff. Attending community AA meetings provides lower security inmates with an opportunity to acclimate to the structure of community based meetings while building a support network for post-release.	1 hour, five times per week. Ongoing

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Community Aftercare Program	In partnership with the Northampton and Ware Recovery Centers, HSO staff provides aftercare support via weekly groups and individual sessions to individuals who have a history of justice involvement.	3 hours, once per week. Ongoing for post release individuals.
Community Based Training and Certifications	In partnership with Community Action, inmates who are classed to a pre-release level of security may attend in person education courses held at Holyoke Community College and Greenfield Community College. Community Action provides job placement support services specific to the certification following completion of the program.	4 hours, five days per week. 12 Weeks
Community Justice Support Center (CJSC)	The Hampshire Sheriff's Office Community Correction Center is a program (supported by The Hampshire Sheriff's Office and The Office for Community Corrections) providing supervision, education and counseling to probationers, and men living in our minimum and pre-release housing units. The program includes however is not limited to performing intakes, providing education, treatment and job readiness services.	Duration specific to each individual.
Connecting with your Child Program/Family Event	Fathers incarcerated with the Hampshire Sheriff's Office are eligible to apply to participate in periodic events where their children come into the facility and engage in educational bonding activities with participants.	4 hours Quarterly
Criminal Thinking (Tru Thought)	TruThought LLC is a cognitive behavioral based problem solving curriculum founded upon the understanding that an individual develops behavior patterns to explain, support and validate one's world view. Ongoing instruction, including identifying thinking barriers, tactics and consequences as well as implementing responsible thinking are targeted.	1 hour, twice per week. 10 Weeks

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Criminal Thinking House Block	TruThought LLC is a cognitive behavioral based problem solving curriculum founded upon the understanding that an individual develops behavior patterns to explain, support and validate one's world view. Ongoing instruction, including identifying thinking barriers, tactics and consequences as well as implementing responsible thinking are targeted. This group is offered to individuals in House Block who are declining to participate in the CARE Program.	1 hour, twice per week. Ongoing
Decisional Training	A volunteer facilitated curriculum introducing a Five Step approach to decision making. Each resident is paired with a Decisional Training volunteer with whom they meet weekly for one hour individually. A five step decision making process is introduced supporting the development of good thinking and discernment skills. Additionally this supports developing pro-social relationships with members of the community.	2 hours, once per week. 12 Weeks
Dialectical Behavior Therapy (DBT) Group	Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment (CBT) approach with two key characteristics: 1) a behavioral, problem-solving focus, and 2) an acceptance-based strategy toward change. DBT emphasizes balancing behavioral change, problem-solving, and emotional regulation with validation, mindfulness, and acceptance of clients.	1 hour, once per week. 14 Weeks
DBT II: Advanced Skills Practice	Dialectical Behavior Therapy (DBT) II builds off of the skills and knowledge learned in the first cycle of the curriculum to further hone and practice behavioral problem solving skills to aid in emotional awareness and regulation.	1 hour, one per week. 6 Weeks
Employer Panel	In partnership with MassHire, three to four local CORI friendly employers come into the facility to present post-release employment opportunities and answer questions specific to their agencies.	2 hours Quarterly

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Healthy Relationships Group	Participants examine the characteristics and benefits of healthy relationships and the characteristics of unhealthy relationships. They also learn about the importance of effective communication to the development and maintenance of a healthy relationship. They examine elements and styles of communication throughout the curriculum.	1 hour, once a week. 12 weeks
Helping Men Recover	Helping Men Recover is a gender-responsive, trauma-informed treatment program for men. The materials are grounded in research, theory, and clinical practice. This curriculum addresses what is often missing in prevailing treatment modes: a clear understanding of the impact of male socialization on the recovery process, a consideration of the relational needs of men, and a focus on the issues of abuse and trauma. This particular curriculum is tailored to treat men in the criminal justice system.	1 hour, twice per week. 6 weeks
Individual Therapy (Behavioral Health Clients)	Individuals are screened and assessed by HSO behavioral health clinicians for appropriateness for individual therapy. Those who express an interest and meet appropriate criteria will meet with a clinician on a bi-weekly basis. Clinicians establish treatment plans, therapeutic goals and skill building in each individual session. These sessions are also utilized in monitoring signs and reported symptoms related to behavioral health diagnoses and ensure appropriate care throughout their incarcerations.	Ongoing throughout incarceration
Individual Therapy (MOUD Clients)	Individuals are screened and assessed by HSO MOUD coordinator. All MOUD clinicians are assigned a licensed clinician who meets with clients for treatment planning, goal setting, re-entry planning and harm reduction strategies in individual sessions.	Ongoing throughout incarceration

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Institutional Job Assignments	Institutional Job assignments include pod cleaners, kitchen work, trash pickup, cane/wood shop, hallway cleaners, barber shop are needed for the orderly running of the facility. Helps develop a strong work ethic and prepares them for jobs in the community.	Ongoing throughout incarceration
Medication for Opioid Use Disorder Treatment	At every intake, a substance use disorder assessment is completed. If an inmate reports that they are diagnosed with an opioid use disorder they will be screened for participation in the MOUD program. Anyone who enters the facility who is currently prescribed one of the 3 federally approved medications for treatment of opioid use disorder in a supervised, licensed, and certified clinic, and verified thru MASSPAT are eligible to be maintained on those medications through the MOUD program.	Ongoing throughout incarceration
Men's Health	Health Curriculum outlining current information on Nutrition, Health Risks, Communicable Diseases, Mental Health and Well-being, Fitness/Exercise, and Healthy Sleep Practices.	1 hour, once per week. 15 hours
Mental Health Treatment Services	Assessment, treatment planning, interventions and medication monitoring provided to this population on an individual basis via licensed clinicians and facility prescriber.	Ongoing throughout incarceration
Mentorship Program	The Hampshire Sheriff's Office Mentorship Program fosters positive and supportive relationships between community mentors and current inmates (mentees) at the Hampshire County House of Correction. Our goal is to provide guidance and encouragement to help mentees successfully reintegrate into their communities.	1 hour weekly sessions throughout incarceration.

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Mindfulness Orientated Recovery Enhancement (MORE)	Mindfulness-Oriented Recovery Enhancement (MORE) is an evidence-based therapy that unites innovative mindfulness, reappraisal, and savoring techniques rooted in mindfulness meditation, cognitive-behavioral therapy, and principles from positive psychology into an integrative, unique, and sequenced mind-body treatment approach.	1 hour, twice per week. 18 weeks
Narcan Training	In partnership with Tapestry health, individuals who are being released from the facility within the next month attend Narcan administration and education training facilitated by staff from Tapestry Health. All individuals releasing from the facility are provided with Narcan post-release in their personalized release packet.	1 hour Once per month.
Narcotics Anonymous	NA is a Self-Help Support Group facilitated by volunteers in recovery to help maintain sobriety. The in-house/ facility groups are provided by volunteers and operational for many years. These meetings offer our residents the opportunity to engage with the greater recovery community, potentially obtain "sponsors" and potentially begin working "the 12 steps of recovery". These opportunities decrease stress that may accompany a transitioning individual as he accesses resources post release.	1 hour, once per week. Ongoing
Northampton Recovery Center (NRC)	The Northampton Recovery Center (NRC) is a safe peer-driven community that provides a positive welcoming environment for people in all stages of recovery from addiction, as well as for support, resources and hope.	3 hours, once per week. Ongoing.
Nurturing Fathers (Community Based Program)	The Nurturing Fathers Program is an evidence - based, 13-week course designed to teach parenting and nurturing skills to men. Each 2 ½ hour class provides proven, effective skills for healthy family relationships and child development. The Hampshire Sheriff's Office Treatment Department includes the optional additional week focusing on Domestic Violence. This Curriculum is recognized by DCF, The DOR and The Probate Court Probation Department.	2.5 hours, once per week. 14 weeks

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Nurturing Fathers (Inside Facility)	The Nurturing Fathers Program is an evidence - based, 13-week course designed to teach parenting and nurturing skills to men. Each 2 ½ hour class provides proven, effective skills for healthy family relationships and child development. The Hampshire Sheriff's Office Treatment Department includes the optional additional week focusing on Domestic Violence. This Curriculum is recognized by DCF, The DOR and The Probate Court Probation Department.	2.5 hours, once per week. 14 weeks
Orientation	Orientation provides an explanation of the property, mail and visiting procedures for inmates as well as grievance procedures, education, programs, and eligibility requirements. Provide explanation of health services and how to access medical care and communicable disease testing. Includes PREA education and review.	1 hour, once weekly.
Partakers Empowerment Program. (PEP)	PEP is a 12 week workshop program conducted via zoom and taught by Brandeis graduate students and staff. During the 12 weeks, the workshops focus on Technology, Professionalism, Financial Literacy, Civic Reengagement, Wellness, and Education.	3 hours, once per week. 12 weeks.
Phase One Group (CARE Program)	The first phase in the CARE program requires each individual to assess the areas that brought them into this setting. This group assists participants in assessing their risk areas and setting goals to help reduce those risks post release. This group is ongoing until they "phase up" to phase two of the CARE Program.	1 hour, once per week. Ongoing until phase 1 completed.
Phase Four Group (CARE Program)	Participants of the CARE program who are in this group have completed phases 1-3. Phase 4 is the final phase in the program. This group helps to reinforce skills learned and use these skills to continue to plan for release while setting additional goals for themselves.	1 hour, once per week. Ongoing.

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Recovery Coaching	Recovery Coaching is primarily one on one work conducted with residents. A recovery coach offers mentoring and peer support to residents planning for return to the community and provides follow up upon living in the community.	Ongoing throughout incarceration.
Re-Entry Case Management	Re-entry case managers collaborate with community agencies to assess needs and develop effective reentry plans for incarcerated individuals. Re-entry case managers coordinate support services for transitioning inmates through individual re-entry planning sessions and presentations offered by various community agencies.	Ongoing throughout incarceration.
Reentry Workshop	Educating individuals, due to be released within 30 - 60 days from end of sentence, with the community outreach resources available to them. This particular workshop pulls community sources directly into the facility to meet with immanently releasing individuals.	3 hours, once per month.
Seeking Safety	Integrative treatment approach developed specifically to address PTSD and substance use. Providing residents with dual diagnosis specific tools to manage symptoms associated with this diagnosis.	1 hour, twice per week. 12 weeks.
SMART Recovery	Cognitive Behavioral Therapy based recovery self-help group.	1 hour, once per week. 12 weeks.
Soldier-On	Soldier- On program provides treatment programming, mental health treatment, employment, and housing assistance to our Veteran population.	Ongoing
Stages of Change	Stages of Change is an eight week group program; incorporating a brief introduction into stages of change model: pre-contemplation, contemplation, preparation, action, maintenance, and relapse.	1 hour, twice per week. 4 weeks.

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Start Now	The START NOW Skills program was originally designed for use specifically in correctional facilities to treat offenders with behavioral disorders and associated behavioral problems.	1 hour, once per week. 10 weeks.
Sexual Health Education and Testing	Individual counseling pertaining to sexually transmitted diseases, safe sexual practices and STI testing is offered to all individuals incarcerated at the Hampshire County Jail and House of Correction in partnership with Tapestry Health.	Ongoing.
Thinking for a Change(T4C)	Thinking for a Change (T4C) is a cognitive–behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of offenders. T4C is a cognitive–behavioral therapy (CBT) program that includes cognitive restructuring, social skills development, and the development of problem-solving skills.	1 hour, twice per week. 5 weeks.
Thinking for a Change (T4C) II	Thinking for a Change (T4C) is a cognitive–behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of offenders. T4C is a cognitive–behavioral therapy (CBT) program that includes cognitive restructuring, social skills development, and the development of problem-solving skills.	1 hour, once per week. 7 weeks.
Tobacco Awareness Group	Psycho-educational group for individuals who were using nicotine products prior to incarceration. Education surrounding health consequences of nicotine use and strategies, medications and supports to quit nicotine use post-incarceration.	1 hour, once per week. 4 weeks.
Veterans Affairs	Social workers from the Leeds VA campus provide in-reach to individuals incarcerated at the Hampshire Sheriff's Office who are eligible for services through the VA.	Ongoing

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Victim Impact	Victim impact addresses the emotional effects of criminal acts on the victims.	1 hour, once per week/ 10 weeks.
Ware Recovery Center	The Ware Recovery Center (WRC) is a safe peer-driven community that provides a positive welcoming environment for people in all stages of recovery from addiction. Resources and hope are offered.	3 hours, once per week. Ongoing.
Wise Mind	This group is facilitated by an LICSW. The group focuses on the DBT principle of "Wise Mind", clients who struggle with healthy decision-making, communication, impulse control, or emotion regulation benefit from the topics covered.	1 hour, once per week. Ongoing
Young at Heart	Community group (The Young at Heart Chorus: singing group of 70-plus year olds, who perform regularly: locally, nationally and globally) to promote musical skills and development, introduce and foster pro-social relationships and activities with members of the local community. Bringing together two over looked population, the older and the young, through musical arts	1 hour, once per week. Ongoing.
Yoga	Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. Yoga provides many other mental and physical benefits.	1 hour, once per week. Ongoing.
Religious Programs		
Bible Study	Religious group where members of a particular belief system gather to teach, practice, and gain spiritual growth.	1 hour, once per week. Ongoing.
Catholic Services	Religious Services, instruction and counseling specific to the teachings of the Catholic Church.	1 hour, once per week. Ongoing.

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Divine Mercy Rosary Group	Volunteers from the community facilitate a weekly Divine Mercy prayer group where participants learn about the Divine Mercy practice and pray using rosary beads.	1 hour, once per week. Ongoing.
Muslim Prayer Services	Religious group where members of a particular belief system gather to teach, practices, and gain spiritual growth. Muslim prayer services and teaching occurs weekly for those individuals interested in participating.	1 hour, once per week. Ongoing.
Spanish Praise Worship	Religious group where members of a particular belief system gather to teach, practices, and gain spiritual growth. Spanish Praise and Worship is a volunteer led program conducted in Spanish.	1 hour, once per week. Ongoing.