

# **MARICOPA COUNTY SHERIFF'S** **OFFICE**

JOSEPH M. ARPAIO, SHERIFF

## **CUSTODY SUPPORT DIVISION** **ADULT PROGRAMS**

Amy A. Rex, Division Commander  
Margaret Brazel, Section Commander

***For exact details regarding program scheduling, please have inmates submit a tank order to Programs Staff.***  
***This listing changes frequently, and does not include the multitude of Religious Services also available.***

### **ALCOHOL/CHEMICAL TREATMENT SERIES (A.C.T.S.):**

THIS TWELVE HOUR PROGRAM OFFERS A HOLISTIC APPROACH THAT ENCOMPASSES THE EMOTIONAL, PHYSICAL AND SPIRITUAL ASPECTS OF THE INDIVIDUAL. LESSONS CONTAIN EDUCATIONAL INFORMATION REGARDING THE PHYSICAL, PSYCHOLOGICAL AND EMOTIONAL CHANGES ASSOCIATED WITH ALCOHOL OF CHEMICAL ABUSES.

Available to eligible inmates at Estrella, and Tents Jails (both male and female)

### **ALCOHOLICS ANONYMOUS:**

THIS IS A 12-STEP PROGRAM FOR RECOVERING ALCOHOLICS.

All eligible adult inmates at all facilities

Programs for the Spanish speaking are currently available at Durango, Lower Buckeye and males in O dorm at Tents

### **AL ANON**

A SUPPORT PROGRAM FOR THE FAMILIES OF ALCOHOLICS.

All eligible adult females at Estrella and female Tents

Spanish Al Anon is offered at Estrella Jail only

### **ANGER MANAGEMENT:**

ANGER MANAGEMENT CLASSES FOCUS ON ANGER CONTROL, TRIGGERS, AND CAUSES. THE SPECIFICALLY DESIGNED CURRICULUM COMPONENTS HELP OFFENDERS TAKE RESPONSIBILITY FOR THEIR ACTIONS, TO LEARN IMPULSE CONTROL, RELATE IT TO THEIR LIVES, AND MAKE REAL CHANGES IN INDIVIDUAL THINKING, BEHAVIOR, AND BELIEFS.

All eligible adult inmates

Classes are offered in Spanish at Estrella, LBJ, 4<sup>th</sup> Ave, Durango and Tents

### **CRYSTAL METH ANONYMOUS:**

THIS IS A 12 STEP PROGRAM FOR RECOVERING CRYSTAL METH USERS.

All eligible adult inmates at all facilities

### **COCAINE ANONYMOUS:**

THIS IS A 12-STEP PROGRAM FOR RECOVERING COCAINE ADDICTS.

All eligible adult inmates

**COGNITIVE RESTRUCTURING:**

HIGHLY STRUCTURED GROUP TREATMENT DESIGNED TO TEACH INMATES HOW TO IDENTIFY AND EXAMINE COGNITIVE PATTERNS, INCLUDING DISTORTIONS, AND HOW TO REPROGRAM AND PRACTICE NEW, ADAPTIVE, PRO-SOCIAL THOUGHT PATTERNS. SPECIFIC EMPHASIS WILL BE PLACED ON TEACHING PARTICIPANTS HOW TO RECOVER FROM CHEMICAL DEPENDENCY; HOW TO EFFECTIVELY CONTROL ANGER AND VIOLENCE, PARTICULARLY DOMESTIC VIOLENCE; HOW TO EXAMINE AND DISCONTINUE ANTI-SOCIAL, COGNITIVE AND BEHAVIOR PATTERNS, AND HOW TO SET UP ADAPTIVE AND RESPONSIBLE CHOICE-MAKING.

[All eligible adult inmates](#)

[Classes are offered in Spanish at LBJ, 4<sup>th</sup> Ave, Durango and Tents O dorm](#)

**CONFRONTING ADDICTIVE BEHAVIOR/GAMBLING ANONYMOUS:**

THIS IS A 12-STEP PROGRAM FOR THOSE WITH ANY ADDICTIVE BEHAVIOR INCLUDING GAMBLEING.

[All eligible adult inmates at Estrella Jail](#)

**COURT CUTS:**

THIS PROGRAM ALLOWS THE FEMALE INMATE POPULATION TO BE IN COMPLIANCE WITH THE HYGIENE POLICY, HELPS BUILD THEIR SELF-ESTEEM BEFORE APPEARING IN COURT, AND GIVES THEM A BETTER FEELING ABOUT THEMSELVES.

[All eligible adult females both English and Spanish speaking at Estrella Jail](#)

**D.I.G.N.I.T.Y DEVELOPING INDIVIDUAL GROWTH AND NEW INDEPENDENCE THROUGH YOURSELF**

THE DIGNITY PROGRAM WAS DEVELOPED AND IMPLEMENTED AT THE ESTRELLA JAIL TO HELP WOMEN INVOLVED IN PROSTITUTION LEAVE THE SEX INDUSTRY AND OVERCOME THEIR DESTRUCTIVE LIFESTYLES.

[All eligible adult females at Estrella and Tents Jails](#)

**ENGLISH LEARNING INSTRUCTION (ELI)**

THIS CLASS TEACHES VERY BASIC ENGLISH PHRASES TO THE SPANISH SPEAKING POPULATION SO THAT THEY WILL ABLE TO COMMUNICATE BASIC NEEDS TO DETENTION OFFICERS.

[Classes rotate between all facilities as needed.](#)

**GENERAL EDUCATION DEVELOPMENT (GED):**

THIS CLASS PREPARES PARTICIPANTS TO TAKE THE GED EXAM, AND CONCENTRATES ON THE SUBJECT AREAS OF WRITING, READING, SOCIAL STUDIES, SCIENCE, AND MATH. INDIVIDUAL ATTENTION IS PROVIDED AS NECESSARY.

[All eligible adult inmates](#)

**GIRL SCOUTS BEYOND BARS:**

THE "GIRL SCOUTS BEYOND BARS" PROGRAM IS A UNIQUE PARTNERSHIP BETWEEN THE MARICOPA COUNTY SHERIFF'S OFFICE AND THE ARIZONA CACTUS-PINE GIRL SCOTT COUNCIL. THE PROGRAM BRINGS ELIGIBLE INCARCERATED MOTHERS AND DAUGHTERS, BETWEEN THE AGES OF FIVE AND THIRTEEN, TOGETHER EVERY OTHER SATURDAY IN A GIRL SCOUT TROOP SETTING AT THE ESTRELLA JAIL. ACTIVITIES FOCUS ON CHARACTER AND SELF-ESTEEM BUILDING THROUGH VARIOUS PRO-SOCIAL ACTIVITIES, EDUCATIONS AND LEADERSHIP OPPORTUNITIES. ON THE ALTERNATE SATURDAYS, THE GIRLS MEET IN A COMMUNITY TROOP MEETING. MEMBERS OF THIS TROOP INCLUDE THE DAUGHTERS OF WOMEN WHO HAVE BEEN SENTENCED TO PRISON TIME, RELEASED WOMEN, AND THE GIRLS OF THE INCARCERATED WOMEN WHO ARE INVOLVED IN THE PROGRAM. THE PROGRAM WAS ORIGINALLY DEVELOPED BY THE NATIONAL INSTITUTE OF JUSTICE (NIJ), AND OUR PROGRAM IS THE FIRST JAIL IN THE COUNTRY TO IMPLEMENT THIS MODEL. OCTOBER, 2014 CELEBRATES THE 20<sup>TH</sup> ANNIVERSARY OF THIS PARTNERSHIP.

[All eligible adult females at Estrella Jail](#)

**JOURNEY HOME:**

THIS SIX WEEK THERAPEUTIC ARTS CLASS CONSISTS OF WRITING, MOVEMENT, AND VISUAL ART. IT IS DESIGNED TO HELP THE INMATE EXPLORE ISSUES OF SELF-ESTEEM THROUGH THE DEVELOPMENT OF PERFORMANCE SKILLS. IT ALSO HELPS TO BUILD SKILLS IN COOPERATION, MUTUAL RESPECT, AND COMMUNICATION. FINAL PERFORMANCE IS VIDEO TAPED BY CHANNEL 8 AT THE END OF THE SIX WEEK CLASS.

[Eligible adult female inmates at Estrella Jail](#)

**NARCOTICS ANONYMOUS:**

A 12-STEP PROGRAM FOR RECOVERING NARCOTIC ADDICTS.

[All eligible adult inmates at Estrella, Lower Buckeye, Durango and 4<sup>th</sup> Ave. Jails](#)

**NEW OPPORTUNITIES FOR WORK (NOW):**

THIS PROGRAM PROVIDES EMPLOYMENT READINESS TRAINING INCLUDING RESUME WRITING, CAREER EXPLORATION, AND SELF-ESTEEM BUILDING. THE PROGRAM TEACHES HOW TO SUCCESSFULLY HANDLE THE ISSUE OF INCARCERATION ON AN EMPLOYMENT APPLICATION AND DURING A JOB INTERVIEW.

[Classes are offered in Spanish at LBJ](#)

**PARENTING:**

THE GOALS OF THIS PROGRAM ARE TO: 1) BUILD STRONG AND HEALTHY NON-VIOLENT FATHER/CHILD RELATIONSHIPS, 2) REDUCE FAMILY VIOLENCE, AND 3) BREAK THE CYCLE OF ABUSE, GENERATIONAL INCARCERATION AND RECIDIVISM. PARENTING SKILLS SUCH AS HOW TO PARENT BY USING APPROPRIATE DISCIPLINE, UNDERSTANDING THE STAGES OF CHILD DEVELOPMENT, SETTING BOUNDARIES, STEPS TO REBUILD THE TRUST AND RESPECT WITH THEIR CHILDREN, ARE A FEW OF THE TOPICS DISCUSSED.

[All eligible adults at Durango, Estrella, Tents, Towers and Lower Buckeye Jails](#)

[Classes are offered in Spanish at Durango, Estrella, Tents and Lower Buckeye](#)

**PROJECT LINUS:**

THIS PROGRAM ALLOWS SELECTED FEMALE INMATES TO TIE PRE-CUT FLEESE BLANKETS. THE BLANKETS ARE DELIVERED TO CHILDRENS HOSPITALS TO CHILDREN IN CRISIS. THE PROGRAM IS

[Selected eligible adult female inmates at Estrella Jail](#)

**READ TO ME MOMMY/DADDY:**

THIS PROGRAM ALLOWS ELIGIBLE INMATES WITH CHILDREN UP TO THE AGE OF 10, THE OPPORTUNITY TO READ A BOOK TO THEIR CHILD ON A DIGITAL RECORDING. THIS PROGRAM IS DESIGNED TO BENEFIT THE PARENT AND CHILD ALIKE, BY KEEPING THE BOND BETWEEN THE PARENT AND CHILD STRONG WHILE THEY ARE SEPARATED. THE INTENTION IS ALSO TO HELP WITH THE CHILD'S LITERACY AS CAREGIVERS ARE ENCOURAGED TO PURCHASE THE BOOK OR BORROW IT FROM A LIBRARY SO THE CHILD CAN FOLLOW ALONG WHILE THE BOOK IS BEING READ. ELIGIBLE PARENTS ARE ENCOURAGED TO PARTICIPATE IN THIS PROGRAM INCLUDING SPANISH SPEAKERS.

[Any eligible inmate parent with a child up to the age of 10](#)

**THINKING FOR A CHANGE:**

THIS CLASS IS DESIGNED TO HELP PARTICIPATING INDIVIDUALS POSITIVELY EVALUATE CURRENT ATTITUDES, THOUGHT PROCESSES AND BELIEF SYSTEMS, TO LOOK INTROSPECTIVELY AND MAKE BENEFICIAL ADJUSTMENTS WHERE NECESSARY. AN EMPHASIS ON HEALTHY EMOTIONAL REGULATION, STRESS, ANGER MANAGEMENT AND SELF-ESTEEM IMPROVEMENT, ALL OF WHICH, ARE TO ENABLE A MORE SMOOTH AND SUCCESSFUL TRANSITION BACK INTO SOCIETY UPON RELEASE FROM JAIL.

[Selected inmates at Estrella, male and female Tents Jails](#)