

SAN FRANCISCO SHERIFF'S OFFICE



**COUNTY JAIL #2
425 7TH STREET
SAN FRANCISCO, CA 94103**

**IN-CUSTODY PROGRAMS
DESCRIPTIONS AND DOSAGE**

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INTRODUCTION

The San Francisco Sheriff's Office (SFSO) provides for safe, secure, humane, and constitutional detention of persons arrested or under court order; operates three (3) county jails, including in-custody educational, vocational and post-custody transitional programs; operates alternative sentencing for in-custody and out-of-custody criminal defendants and offers community based programs; provides law enforcement services for a number of city and county facilities and the surrounding area; provides bailiffs to maintain the security of all adult civil and criminal courts and executes criminal and civil warrants and court orders.

This document outlines the programs and services delivered to the persons housed at the jail at 425 7th St, named County Jail #2 (CJ#2). County Jail #2 is the only jail where women are housed and it includes a medical observation pod that provides specialized medical and psychiatric care to those with special needs. CJ2 has a rated capacity to house up to 392 incarcerated individuals and is designed with 6 housing units.

At County Jail #2, Rehabilitation Services Coordinators are responsible for overseeing the current programs as well as developing additional programs in collaboration with contracted service providers and volunteers. Deputy Sheriff's patrol the housing units as well as other areas in which there is program activity in order to provide a safe and secure environment for the delivery of programs and services.

The programs described in this document include classes which can be on-going or may have a prescribed number of modules necessary for course completion. Modules, and/or classes, are complete after either a set number of days have been attended and / or a prescribed amount of coursework completed. Group attendance in the designated program pods is not mandatory and currently participants are required to be fully vaccinated. Reentry services focus on planning for the transition to the community following a period of incarceration. Participants receive information on the resources available to them in the City & County of San Francisco.

SFSO religious services provides a wide variety of spiritual services, one-on-one spiritual counseling, as well as grief counseling to the incarcerated. SFSO has also had a long history of facilitating the provision of numerous self-help groups that utilize the principals of Alcoholics Anonymous. With respect to the principal of anonymity, these groups have not been listed in Description and Dosage documents and attendance is not counted for milestones.

In May of 2019, SFSO implemented a Milestone policy which affords the privilege and opportunity to earn "Milestone" Credits for successful completion of specific program performance objectives, for approved educational and rehabilitative programming. In accordance with Penal Code 4019.4, persons in custody can earn additional sentence credit of not less than one week and not more than six weeks per year. A Milestone is awarded for completion of five high school credits, three college credits or sixty hours of approved program participation. The Administration and Programs Division Chief Deputy and/or the Director of Programs are charged with maintaining, updating and disseminating a list of approved programs and classes for Milestone Credits. Milestone eligible classes are indicated throughout this document by "***ME**".

Crime prevention strategies play a critical role of any law enforcement agency. The SFSO offers educational, vocational, recovery and life skills classes to provide tools for successful reentry. With the goal of building healthier communities, minimizing crime and reducing the number of new victims, the classes and services at CJ#2 are designed and provided to help the participants become contributing members to their families and communities upon release.

A POD
(UPPER LEVEL)
TRANSGENDER AND NONBINARY

PROGRAM	DESCRIPTION	DOSAGE
Relapse Prevention SISTER *ME	A cognitive-behavioral approach to relapse with the goal of identifying and preventing high-risk situations which lead to relapse.	Ongoing 2 times per week 1 hour per session
Living in Balance SISTER *ME	Provides a comprehensive recovery program that incorporates a biopsychosocial approach to strengthening neglected areas of a participant's life. This program draws from cognitive-behavioral, experiential, and Twelve Step approaches to help achieve lifelong recovery.	12 Modules 1 time per week 1 hour per session
Trans Representation Group San Francisco Public Library	Book club and reading group that is focused on LGBTQI	Ongoing 1 time per week 1 hour per session
Coping with Stress SISTER *ME	Group helps participants identify triggers, explores self-help tools, provides motivation, and challenges them to think critically around topics connected to their feelings and emotions.	Ongoing 1 time per week 1 hour per session
Seeking Safety Survivor Reentry Program *ME	Focuses on developing tools to maintain healthy personal boundaries, coping tools, and plans to ensure personal safety when confronted with unhealthy or dangerous situations.	Ongoing 12 Sessions 1 time per week 1 hour per session
Queerly Beloved Community Forward SF	Support and process group that examines queer history, culture, community.	Ongoing 1 time per week 1 hour per session
Yoga	Breath control, simple meditation, and bodily postures practiced for health and relaxation to support the physical health and mental health and motivation to change.	This group alternates between A and B pods every 12 weeks

A POD
(UPPER LEVEL)
DROP OUT

PROGRAM	DESCRIPTION	DOSAGE
Reentry Support group Mentoring Men's Movement	Provides reentry planning services and linkage to mentors post-release.	Ongoing 1 time per week 1 hour per session via Zoom
Yoga	Breath control, simple meditation, and bodily postures practiced for health and relaxation to support the physical health and mental health and motivation to change.	Ongoing 1 time per week 1 hour per session.

A POD
(LOWER LEVEL)
SPECIAL NEEDS YARD

PROGRAM	DESCRIPTION	DOSAGE
Yoga	Breath control, simple meditation, and bodily postures practiced for health and relaxation to support the physical health and mental health and motivation to change.	Ongoing 1 time per week 1 hour per session
Reentry Support group Mentoring Men's Movement	Provides reentry planning services and linkage to mentors post-release.	Ongoing 1 time per week 1 hour per session via Zoom

B Pod
WOMEN'S GENERAL POPULATION

PROGRAM	DESCRIPTION	DOSAGE
Anger Management SISTER *ME	Curriculum designed for women. A guide to managing emotions and breaking the cycle of anger.	Ongoing 2 times per week 1 hour per session
Coping Skills SISTER *ME	Helps participants to create a personal wellness plan with built in periods of recovery and self-care to manage stress and empower themselves to make healthy life changes.	Ongoing 1 time per week 1 hour per session
Healthy Relationships SISTER *ME	Evidence-based Cognitive Behavioral processing group for developing strategies for changing negative mindsets and behaviors.	Ongoing 1 time per week 1 hour per session
Living in Balance SISTER *ME	Provides a comprehensive recovery program that incorporates a biopsychosocial approach to strengthening neglected areas of a participant's life. This program draws from cognitive-behavioral, experiential, and Twelve Step approaches to help achieve lifelong recovery.	Ongoing 1 time per week 1 hour per session
Relapse Prevention SISTER *ME	Class is based on learning effective communication skills for individual self-reflection around identified areas that trigger relapse.	Ongoing 1 time per week 1 hour per session
Socialization SISTER *ME	Teaches participants new skills to manage conflicts that arise in their lives.	Ongoing 1 time per week 1 hour per session
Yoga	Breath control, simple meditation, and bodily postures practiced for health and relaxation to support the physical health and mental health and motivation to change.	Ongoing 1 times per week 1 hour per session
Seeking Safety Survivor Reentry Program *ME	Focuses on developing tools to maintain healthy personal boundaries, coping tools, and plans to ensure personal safety when confronted with unhealthy or dangerous situation.	12 Sessions 1 time per week 1 hour per session This group alternates between A and B pods every 12 weeks.
Emerging Leaders Young Women's Freedom Center	Provides culturally based gender responsive pre-release planning.	Ongoing 1 times per week 1 hour per session

C POD
PSYCHIATRIC SHELTERED LIVING UNIT
(PSLU)

Jail Behavioral Health Services staff provides 22 hours of groups per week utilizing the following curriculums:

PROGRAM	DESCRIPTION	DOSAGE
The Dimensions of Happiness	Experiencing pleasure and learning skills to build and maintain positive emotions. Rather than trying to decrease or eliminate sadness, it instead focuses on increasing happiness and well-being.	Ongoing 2 hours per session
Coping Skills	Strategies for reducing anxiety. Strategies include deep breathing, progressive muscle relaxation, imagery, and challenging irrational thoughts.	Ongoing 2 hours per session
Beauty Bar	Beauty Bar is a great outlet for self-expression that can make you feel more confident about your appearance. Making choices about personal style is empowering—not only do you get to take charge of your personal image, but you can also celebrate all the features that make you special	Ongoing 2 hours per session
Morning Meditation	Morning meditations can bring a deep sense of calm to your mind and reduce needless worry and habitual thought patterns. Starting your day with a clear and still mind will minimize creating excess worry and monkey-mind thoughts throughout the rest of your day.	Ongoing 2 hours per session
My Strengths & Qualities	People who recognize their own strengths tend to be happier and have greater self-esteem. However, when a person uses their strengths every day, they can almost become desensitized to them.	Ongoing 2 hours per session
Relaxation Techniques	Educate clients about deep breathing, progressive muscle relaxation, and imagery using the Relaxation Techniques info sheet.	Ongoing 2 hours per session
What is Anxiety	Anxiety is a mental and physical reaction to perceived threats. In small doses, anxiety is helpful. It protects us from danger, and focuses our attention on problems. But when anxiety is too severe, or occurs too frequently, it can become debilitating.	Ongoing 2 hours per session
Deep Breathing	Deep breathing is a popular relaxation technique that helps to control the symptoms of stress, anxiety, and anger. The skill is easy to learn and provides near immediate relief from uncomfortable symptoms. As the name suggests, deep breathing works by taking slow, deep breaths, to trigger the body's relaxation response.	Ongoing 2 hours per session

Gratitude Exercises	Gratitude means appreciating the good things in your life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.	Ongoing 2 hours per session
Habit Plan	Developing new healthy habits is an important part of working toward long-term goals. For example, the goal of improving one's health can't be achieved without habits such as eating well or exercising. To get started, it helps to create a habit plan.	Ongoing 2 hours per session
Documentary Exploration	Giving the clients topics to pick and voting on a specific documentary. Watching documentaries and getting input from clients about what they learned. Answering any questions and sharing everyone's input.	Ongoing 2 hours per session

D Pod
GENERAL POPULATION

PROGRAM	DESCRIPTION	DOSAGE
Older Adult Case Management	Reentry planning group	Ongoing 1 time per week 1 hour per session
Reentry Support group Mentoring Men's Movement	Provides reentry planning services and linkage to mentors post-release.	Ongoing 1 time per week 1 hour per session via Zoom

FIVE KEYS SCHOOL

Two classes are held daily in A pod: Monday – Friday from 9:00 a.m. - 10:00 a.m. and from 10:00 a.m. - 11:00 a.m. All other students are offered an Independent Studies Program.

GRADUATION REQUIREMENTS

Subject	Required
Art / Foreign Language	10
Advanced / Common-Core English*	10
English	20
Advanced / Common-Core Math*	10
Algebra	10
Science (must be a mix of biological and physical science)	20
Economics	5
Government	5
US History	10
World History	10
Computers and Technology*	5
Five Keys* (credits related to employment, community, family, recovery or education)	5
Vocational / Electives	60
Total	180

Note: Students must also earn five (5) units of restorative justice, which can be part of the elective selection or English credits.

ONE FAMILY
(CJ#2)

PROGRAM	DESCRIPTION	DOSAGE
Parenting Class: “Parenting Inside- Out” *ME	A program designed specifically for incarcerated parents by the Children's Justice Alliance and Oregon Social Learning Center. It is approved by the San Francisco Department of Human Services -Family and Children's Services. Core components: Communication, problem solving, monitoring, positive reinforcement, and nonviolent discipline techniques.	20 modules 1 times per week 1 hour per session in B Pod
Parent/Child contact visits	Gives parents and children the opportunity to visit together at the jail in supervised, supportive encounters without the alienating glass window between them.	Ongoing 1 time per week 2 hours per session.
Parent/Child Video Visits	Provides additional opportunities for parents and children to connect virtually. Also provides an option for children unable to travel to the facility.	30 min sessions