

# **SAN FRANCISCO SHERIFF'S OFFICE**



**COUNTY JAIL #3  
1 MORELAND DRIVE  
SAN BRUNO, CALIFORNIA 94066**

**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 incarcerated men housed at the jail in San Bruno, called County Jail #3 (CJ#3). County Jail #3 opened in 2009, having replaced an outdated, unsafe linear jail, is the largest jail in the Department's system with a rated capacity to house up to 768 incarcerated individuals. It is designed with 16 housing units each holding up to 48 men with double occupancy cells.

At County Jail #3, 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 program pods is not mandatory. 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 men. 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. These groups were paused during the pandemic but resumed in 2023.

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#3 are designed and provided to help the men become contributing members to their families and communities upon release.

## PSYCHIATRIC SHELTERED LIVING UNIT

### (1A)

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
Anger Management <b>*ME</b>	An opportunity to learn and practice strategies, provide/offer support and guidance for those who struggle with anger.	Ongoing 1 time per week 1 hour per session
Art Therapy <b>*ME</b>	Groups that utilize artistic activities to enhance people's wellbeing – increase self-esteem, and self-awareness, and promote positive social skills.	Ongoing 1 time per week 1 hour per session
Cognitive Behavioral Therapy (CBT) <b>*ME</b>	Groups that focus on identifying the thinking patterns that cause distress and provide techniques to improve cognition, relational skills, and impacted behaviors.	Ongoing 1 time per week 1 hour per session
Community meeting <b>*ME</b>	A meeting that JBHS staff facilitate along with the Pod Deputy to discuss pod issues, make important announcements, and a forum for client to address concerns about the pod. We close the meeting by having a peer lead a stretching exercise for the community.	Ongoing 1 time per week 1 hour per session
Dialectical Behavior Therapy (DBT) <b>*ME</b>	DBT Skills are taught to reduce self-destructive behaviors and learn more adaptive ways to manage painful emotions.	Ongoing 1 time per week 1 hour per session
Dual Diagnosis <b>*ME</b>	Groups that address mental health conditions or substance use disorders and the symptoms of both disorders to provide the best opportunities for relapse prevention and overall positive treatment outcomes.	Ongoing 1 time per week 1 hour per session
Illness Management and Recovery (IMR) <b>*ME</b>	Evidence-based practice designed to provide mental health clients with knowledge and skills necessary to cope with aspects of their mental illness while maintaining and achieving goals in their recovery.	Ongoing 1 time per week 1 hour per session
Mindfulness groups <b>*ME</b>	Group exercises to help reduce stress and improve overall health.	Ongoing 1 time per week 1 hour per session
Peer Support/Reentry <b>*ME</b>	Mentoring and Peer Support (MAPS) staff discuss topics about SMART recovery, harm reduction, reentry planning, and peer support.	Ongoing 1 time per week 1 hour per session
Recreation/Social Groups <b>*ME</b>	Recreation activities that will improve mood, relieve/cope with stress, and foster team building skills.	Ongoing 1 time per week 1 hour per session

**WORKER DORM**

**(1B)**

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
Recipe for Success <b>*ME</b>	California Law requires all food handlers to have a California Food Handler Card. All men working in the kitchen at CJ3 will obtain the food handlers card by attending this course which is also designed to prepare them for employment in the food service industry. The course teaches personal hygiene, kitchen sanitation and cleanliness, food handling storage and rotation, temperatures for food safety, kitchen equipment, tools, and terminology, safety, recipes, prep sheet and pull reports. The course includes a chapter on success in food service.	2 times per week 2 hours per session. Completion at 6 weeks Target: 4 cohorts per year
Coping with Stress <b>*ME</b>	Offered by staff from the Roads to Recovery program, this 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.

**C.O.V.E.R.**  
**(COMMUNITY OF VETERANS ENGAGED IN RESTORATION)**  
**(1B)**

PROGRAM	DESCRIPTION	DOSAGE
Anger Management <b>*ME</b>	Provides specific coping methods to transform negative thoughts into positive actions and handle destructive emotions. Group exercises include anger triggers, body warning signs, alternative coping skills, and relaxation techniques.	Ongoing 1 time per week 1 hour per session
Harm Reduction <b>*ME</b>	Participants discuss how drug use and other harmful behaviors are a part of our society, but that their harmful effects can be reduced, rather than ignored or condemned.	Ongoing 1 time per week 1 hour per session
Living in Balance <b>*ME</b>	Provides a comprehensive recovery program incorporating 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
Reentry Avenues <b>*ME</b>	Strategies to prevent the transitional pitfalls of life after custody by creating release plans, locating culturally competent community networks, and securing employment and housing.	10 modules 1 time per week 1 hour per session
Seeking Safety <b>*ME</b>	Seeking Safety is an evidence-based curriculum that helps people having life difficulties associated with trauma, post-traumatic stress disorder, and substance misuse. Seeking Safety teaches present-focused coping skills to help clients attain safety in their lives.	12 modules 1 time per week 1 hour per session
Vet-to-Vet <b>*ME</b>	Process group that examines issues specific to veterans.	Ongoing 1 time per week 1 hour per session

## GENERAL POPULATION

PROGRAM	DESCRIPTION	DOSAGE
Stanford Lecture Series *ME	Stanford University provides educational services including creative writing groups and book clubs. All educational services are taught by Stanford graduate students (masters' students, law students, doctoral students) and post-doctoral and research fellows drawn from a range of disciplines, including law, education, sociology, engineering, biology, and psychology. Incarcerated students are required to complete weekly reading and writing assignments, attend weekly class meetings, and meaningfully participate in class discussions and activities.	Ongoing 6 weeks per cohort 1 time per week 1.5 hours per session  These classes are offered in the Education Corridor.
Stories from Dad	This program seeks to foster a better relationship between incarcerated fathers and their children. Fathers record themselves reading children's books. The recorded story is delivered to the child.	1 time per month 2 hours per session  Currently alternating between pods 6A/8A and 6B/8B.

## ROADS TO RECOVERY

### (6A)

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
Coping with Stress <b>*ME</b>	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 2 times per week 1 hour per session
Anger Management <b>*ME</b>	A guide to managing emotions and breaking the cycle of anger.	Ongoing 1 time per week 1 hour per session
Recovery Skills <b>*ME</b>	This offering incorporates Early Recovery Skills and Relapse Prevention with components from the Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders by the Center for Substance Abuse Treatment.	Ongoing 1 time per week 1 hour per session
Living in Balance <b>*ME</b>	Provides a comprehensive recovery program incorporating 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 2 times per week 1 hour per session
Community Meeting	Holds space for community concerns and kudos and addresses any pod challenges.	Ongoing 1 time per week 1 hour per session



**RSVP**  
**(RESOLVE TO STOP THE VIOLENCE PROGRAM)**  
**(6B)**

PROGRAM	DESCRIPTION	DOSAGE
Manalive *ME	Focusing on guiding men to stop using violent behavior taught through a construct that explains and categorizes controlling coercive behaviors and attitudes. Using a cognitive behavioral peer-based model designed to address and challenge why men are socialized into violence. The purpose of this group is to help men develop practical skills to recognize what triggers them to react with anger and violence with the goal of replacing those behaviors with alternate prosocial choices; providing a clear map for recovery from violent behavior.	Ongoing 1 time per week 1.5 hours per session
Manalive Stage 1- Destruction Cycle: Understanding Where Your Violence Comes From *ME	The focus is on demonstrating an understanding of the course content by doing a destruction cycle where the participant agrees that he is violent and resolves to work toward stopping the violence.	Ongoing 6 times per week 1.5 hours per session
Manalive Stage 2- Assertion Cycle: Self- awareness *ME	The focus is on understanding the importance of self-awareness and noticing physical reactions to emotions. Participants learn to translate emotions into words and set healthy boundaries.	Scheduled as clients advance within the program
Manalive Stage 3- Self-Expression Cycle *ME	The focus is on creating a plan for healing, recovery, and restoration upon release.	Scheduled as clients advance within the program
Survivor Impact *ME	Gives victims of violent crime the opportunity as speakers to share their stories with the pod to help the men understand the impact of their past violent behaviors. Film as well as other programs can be used to illustrate this impact. Shared stories are followed by process group model / debrief to identify various types of violence / impact, demonstrate accountability and build empathy.	Ongoing 1 time per month 4 hours per session
Discharge Planning *ME	Developing a plan for release. Ongoing meetings to review the plan with the group and receive feedback from their peers. Open to all, but primarily for individuals with a forecasted release date within 90 days.	Staff are currently meeting with clients individually for reentry planning
Restorative Justice Circle *ME	Uses restorative justice and a community-based, victim-centered approach to dealing with crime, the effects of crime, and crime prevention.	Scheduled to resume September 2023

**RSVP**  
**(RESOLVE TO STOP THE VIOLENCE PROGRAM)**  
**(6B)**

PROGRAM	DESCRIPTION	DOSAGE
Community Meeting  *ME	Addresses pod issues (housekeeping, schedules, events, or issues that facilitators may want to address). Peer-led (with assistance from facilitators as needed). An important goal of these meetings is to reinforce and practice Manalive concepts on how to give and receive feedback without being violent.	Ongoing 1 time per week 1.5 hours per session

**FIVE KEYS PROGRAMS**  
**(8A/8B)**

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
Self-Directed Learning <b>*ME</b>	Individual packets covering subjects such as financial literacy, life skills, reentry planning and anger management.	Ongoing. Packets distributed as participants submit completed work
City College <b>*ME</b>	Classes resumed in the corridor Spring of 2023. Next class will be offered in October 23.	3 times per week 2.5 hours per session
House of Healing <b>*ME</b>	Students learn how to confront issues such as childhood wounding, grieving, managing anger, facing the impact of crime, and taking ultimate responsibility for themselves and their actions. The program offers guidance in stress management techniques and healthy, practical coping strategies.	Ongoing 1 time per week 1 hour per session
Healthy Relationships <b>*ME</b>	Teaches life and social skills on how to be accountable in interpersonal relationships.	Ongoing 1 time per week 1 hour per session
Art <b>*ME</b>	Groups that utilize artistic activities to enhance people's wellbeing – increase self-esteem, and self-awareness, and promote positive social skills.	Ongoing 1 time per week 1 hour per session
Community Building	Uses Restorative Justice principles to build community in the pod.	Ongoing 1 time per week 1 hour per session

## FIVE KEYS SCHOOL

Limited classes resumed in the education corridor in 2023, 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
<b>TOTAL</b>	<b>180</b>

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#3)**

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
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 time per week 1.5 hours per session
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

**ADMINISTRATIVE SEPARATION CASE MANAGEMENT/COUNSELING**

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>DOSAGE</b>
One-on-one case management/counseling	Provides an outlet with a trained listener to help address barriers that prevent them from engaging in programs in the general population.	Ongoing 30-60 minute sessions