

# Gallatin County Detention Center

## Program List & Schedule



### GOAL

To provide a variety of programs to help you learn new skills and meet people who can assist you upon your release.

### TIMES

Watch for programs during the following times:

Mornings	8:00 AM – Noon
Afternoons	2:00 PM – 5:00 PM
Evenings	7:00 PM – 9:00 PM

**Please be up and ready for classes!**

## ATTENDANCE

Everyone is welcome to attend programs when offered to their pod. Making contact while in the Detention Center will make things easier upon your release. Volunteers give their time to meet with you, it is important to attend programs so volunteers continue to come to the facility!

## RULES

*Please respect our program spaces, volunteers, and any rules they set.* Remember volunteers are donating their time and resources to come to the Detention Center. Volunteers have the authority to remove disruptive people from their group.

## PROGRAM DIRECTOR

If you have ideas, questions, concerns or would like a one on one session with a volunteer please send a message via the tablet under the Program Tab. The Program Director will respond as quickly as possible.

## DESCRIPTION OF PROGRAMS

Any program that denotes 1:1, please kite programs to request a meeting.

### **Addiction & Substance Abuse Understanding (E/O Friday Morning)**

Learn ways to avoid returning to substance use, topics include; tolerance, cravings, blackouts, loss of control social impairments, and relapse.

### **Alcoholics Anonymous –Times Vary - Mondays, Tuesdays, Saturdays**

Only you can decide whether you want to give A.A. a try —and determine whether it can help you. “We who are in A.A. came because we finally gave up trying to control our drinking. We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.”

### **Bozeman Prison Ministries – Sunday & Thursday night**

A fellowship of Christians brings church services Sunday evening, the program often includes music.

### **Calvary Chapel – Sunday afternoon**

We believe that simply teaching God's Word is the means by which we as Christians mature the most in our faith. We rely on the Holy Spirit in this work to convict hearts and produce lasting fruit.

### **Celebrate Recovery Inside © (CRI) – Wednesday evening**

This is the prison and jail expression of Celebrate Recovery (CR), a Christ-centered recovery program operating in over 20,000 churches worldwide. CRI is a biblical and balanced program that helps individuals overcome hurts, hang-ups, and unhealthy habits. Participants in the CRI Program receive a 25-lesson Participant Guide and a CRI Bible. CRI provides an excellent avenue

of transition and continuum of care back into the community since many local churches offer the CR program.

### **Chaplain – One on one**

We have a number of different clergy who come to the facility for programs and to meet with you. If there is a specific denomination with whom you would like to meet, please put in a program request to the Program Director. We do have contact with numerous churches.

### **Church of Jesus Christ of Latter Day Saints - Two Sunday afternoons a month**

Come learn of the hope that one can receive through the Gospel of Jesus Christ.

### **Coping with Anger – Apply to participate in class through Fresh Start Reentry**

This group builds awareness to mindfully attend to anger, identify physical sensations, thoughts and action urges. The class will teach you to change your behavior, regulate your emotions and find an alternative behavior.

### **Driver's License Manuals – Independent study**

Is your license expired and you need to study? Are you driving a motorcycle without an endorsement? Thinking about studying for your commercial driver's license? We have the Montana manuals available which enable you to study. Please send programs a message on the kiosk.

### **Fresh Start Reentry Coordinator – One on one**

Our Fresh Start Coordinator may be able to assist those being released into the Bozeman Community and surrounding area. Please kite the Fresh Start tab on the kiosk to meet with the Social Worker and see what this program may be able to offer you. The coordinator will also teach a group on reentry skills at various times.

### **GOGI – Thursday afternoon**

Getting out by Going In offers simple tools for positive decision making. These tools were created by inmates for inmates. You will be able to Power Up your life in new and exciting ways.

### **Healthy Minds, Healthy Lives – Times Vary**

Help to educate and empower individuals to better manage mental illness or behavioral problems. We will learn to understand symptoms, see warning signs for triggers, provide intervention and coping skills for support.

### **HRDC – One on one**

The Human Resource & Development Council has a number of community programs such as food bank, streamline bus system, community café, housing assistance and more. If you need assistance, we can set up a 1:1 meeting.

**Inmate Worker Positions – 7 Days a week**

We have a number of positions that assist in the kitchen, laundry, janitorial, and other special projects. If you are classified as general population and interested in a worker position please complete an application on the kiosk.

**Jehovah's Witness – Saturday morning**

Volunteers with the Jehovah's provide a bible study.

**Law Library – Individual schedule**

The GCDC uses the Lexis Nexis legal system which is available on the tablets.

**Library – Weekend circulation of carts**

Library books are circulated on carts through the pods on a weekly basis. Books are purchased and donated by the community, please be kind to the books so they will last for others to read. At this time, we are unable to take requests for specific books.

**Life Skills – Various Times throughout week**

This class teaches a variety of life skill such as; communication, money management, parenting, co-dependency, friendships, adverse childhood experiences, resiliency, goal setting, physical and social wellness.

**Medical Insurance – One on one**

Medicaid expansion and the affordable care act are now available. Community Health Partners can help provide the resources to the appropriate agencies to apply for health coverage.

**Medical/Health Lessons – One on one**

Staff from Gallatin County Detention Center Medical Clinic provides one on one education on medical and health issues such as diabetes, high blood pressure, high cholesterol, etc. Please kite medical and request education on your specific need.

**Meditation – Thursday morning**

Learning to observe your experiences from a place of stillness enables you to relate to life with less fear, anger and craving. Seeing life as a constantly changing process, one begins to accept pain, fear and joy, and all aspects of life with increasing clarity and balance. As your insight deepens, wisdom and compassion arise. Insight meditation is a way of seeing clearly the totality of one's being and experience. Although this meditation practice has its roots in the Buddhist tradition, this practice requires no belief commitments and is compatible with all religious affiliations.

### **MRT – Apply to participate in class through Fresh Start Reentry**

Are you tired of living in the jail you are living in?

You can begin to change your behavior and decision making through completing the steps of Moral Reconciliation Therapy, MRT. In MRT you will begin to have a better self-image and identity, learn positive social behaviors and beliefs, and begin to make your decisions from a higher level of moral judgment. Using the skills you learn in MRT will help you avoid and stay away from illegal activity and problems in the future by redirecting your life. If you are interested in climbing out of the jail you have built and attending MRT, please write Fresh Start and request to attend MRT.

### **Morning Devotional – Monday through Friday early morning**

Morning Devotional is a time for interested inmates to meet with a pastor, chaplain, or other faith-based leader for spiritual fellowship. The Morning Devotional time may involve scripture reading, devotional reading, prayer, specific prayer requests and sharing. The overall theme of the Morning Devotional time is centered on whole person health – a health-enhancing wellness approach that addresses the body, mind and spirit or the physical, emotional/mental and spiritual aspects of an individual.

### **Narcotics Anonymous – Every other Monday evening**

Perhaps you admit you have a problem with drugs, but you don't consider yourself an addict. All of us have preconceived ideas about what an addict is. There is nothing shameful about being an addict once you begin to take positive action. If you can identify with our problems, you may be able to identify with our solution.

### **Parenting – Every other Monday evening**

Parenting and Family Values is a course that teaches how to manage raising your family during the various stages of a child's development.

### **Pause & Effect – Thursday afternoon**

Teamwork, communication, body language, presentation of self, productive failure, thinking outside of the box, managing expectations, thinking on your feet, forgiveness, self-regulation, resiliency, identifying personal strengths, valuable/productive risk taking, broadening perspective....

### **Quitting Tobacco Products Cold Turkey**

See pointers at the end of this brochure to help you during your time at the GCDC.

### **The RED ROAD TO WELLBRIETY – Self Study**

We currently do not have a volunteer but do have books available. This is a journey of hope and healing for Native Americans (although not limited to Native Americans) seeking recovery from addictions. What is this the word WELLBRIETY? It was translated from an Indian word

which means a balanced being, a balanced warrior with both a developed male and female side, strongly connected to principles, laws and values of the universe, someone who walks the Red Road.

### **Seventh Day Adventist – Friday evening**

Members of the Seventh Day Adventist Church come in on Friday evenings to run groups for those interested.

### **Sexual Health & Relationships – Times Vary**

Health educators from Bridger Care offer discussion on topics that may include; birth control, sexually transmitted infections, HIV, healthy relationships, talking with children about sex, and questions/answers on sexual and reproductive health.

### **Specialty Groups – Varies**

Notices will be posted of special groups offered through MSU interns, and other volunteers. Topics vary but will include life skills.

### **Tablets – Self Study**

Our tablets have a number of self-study opportunities on them. Many are free of charge, new items are added on an ongoing basis.

### **Writing– Thursday & Friday afternoon**

In this group experience, we will have the opportunity to practice writing in a free and unstructured way. This is not a class to learn how to write, but an opportunity to set loose the writer who already lives inside each of us. Through a variety of exercises, we will jump in and get our pens moving. We will talk about what writing means to us, and how it can become a tool for healing and growth. We will explore techniques to maintain an ongoing journal. Most of all, we will write for the sheer pleasure of writing, and the surprises that come forth.

### **Yoga – Tuesday afternoon**

Yoga is an excellent way to help you focus on your body and mind. Join various instructors as they provide classes.

## Quitting Tobacco Products Cold Turkey

You are in a situation where you have no option but to quit use of tobacco products, here are some things to expect and a few techniques to help you.

1. The first 72 hours can be the hardest. After that, cravings will decrease.
2. No craving will last longer than three minutes. Nicotine cessation causes serious time distortion so three minutes can feel like hours.
3. Mentally, you will experience anxiety, anger, irritability, impatience and restlessness. These are common and temporary effects of withdrawal.
4. Physically, you may experience what is known as the “quitter’s flu” as the body withdraws and detoxifies from the harmful effects of cigarettes. As the lungs begin to clear themselves of mucus, you may cough and experience tightness in your chest. You may have nausea, headaches, fatigue, postnasal drip, and/or sore throat, tongue and gums. Again, these are all temporary effects.
5. You will go through the following six phases 1) denial 2) anger 3) bargaining 4) depression 5) acceptance 6) complacency. Each stage can last a few minutes or a number of days.
6. Nicotine is one of the most addictive substances. It has rewired your brain and your sense of taste and smell.
7. You may have extremely vivid smoking dreams.
8. Drink lots of water, it will flush the chemicals from your body. Plus carrying around a cup of water will give your hands something to do.
9. Do not skip meals! Nicotine released stored fats and sugars into your system and you may have wild blood sugar swings. It is important to eat all three meals.
10. Make a list of why you need to quit and the benefits. Read your list every day.
11. Use the recreation yard to exercise! Walk laps; do pushups/pull ups, play basketball, jumping jacks, etc.
12. Deep breathing exercises can be helpful. Breath in through your nose for 5-10 seconds, hold your breath for 5-10 seconds, breath out through your mouth for 5-10 seconds. Repeat 5 times.
13. Keep your mind busy! Attend programs, play games, talk to other inmates, read a book.
14. Don’t think about not smoking forever; quit one day at a time.
15. Be proud of yourself!
16. Quitting cold turkey gives you the best chance of success!
17. When released do not take up the habit again!
18. Hang in there . . .you will be ok.

## **Do you have a problem with alcohol?**

1. Have you ever decided to stop drinking for a week or so, but only lasted a couple of days?
2. Do you wish people would mind their own business about your drinking – stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have blackouts?
12. Have you ever felt that your life would be better if you did not drink?

Did you answer yes four or more times? If so, you are probably in trouble with alcohol.

(Information quoted from AA Pamphlet.)

Kite programs to meet with an AA sponsor or attending a meeting on Tuesday night.



## **Do you have a problem with drugs?**

1. Do you use alone?
2. Have you ever substituted one drug for another, thinking that one particular drug was the problem?
3. Have you ever manipulated or lied to a doctor to obtain prescription drugs?
4. Have you ever stolen drugs or stolen to obtain drugs?
5. Do you regularly use a drug when you wake up or when you go to bed?
6. Have you ever taken one drug to overcome the effects of another?
7. Do you avoid people or places that do not approve of you using drugs?
8. Have you ever used a drug without knowing what it was or what it would do to you?
9. Has your job or school performance ever suffered from the effects of your drug use?
10. Have you ever been arrested as a result of using drugs?
11. Have you ever lied about what or how much you use?
12. Do you put the purchase of drugs ahead of your financial responsibilities?
13. Have you ever tried to stop or control your using?
14. Have you ever been in a jail, hospital, or drug rehabilitation center because of your using?
15. Does using interfere with your sleeping or eating?
16. Does the thought of running out of drugs terrify you?
17. Do you feel it is impossible for you to live without drugs?
18. Do you ever question your own sanity?
19. Is your drug use making life at home unhappy?
20. Have you ever thought you couldn't fit in or have a good time without drugs?
21. Have you ever felt defensive, guilty, or ashamed about your using?
22. Do you think a lot about drugs?
23. Have you had irrational or indefinable fears?
24. Has using affected your sexual relationships?
25. Have you ever taken drugs you didn't prefer?
26. Have you ever used drugs because of emotional pain or stress?
27. Have you ever overdosed on any drugs?
28. Do you continue to use despite negative consequences?
29. Do you think you might have a drug problem?

(Information quoted from an NA brochure.)

### **Are you depressed?**

Depression affects people differently. Some people cry a lot and feel sad. Others seem angry, irritable, or anxious. For others, depression shows itself in vague physical problems like constipation, muscle aches, headaches. Take a minute to think about how you have felt over the past two weeks. Which of these statements describe you? (Quiz from WebMD)

1. I feel sad or down most of the time.
2. I've lost interest in the activities I used to enjoy.
3. I feel tired almost every day.
4. I have problems sleeping. I'm either sleeping too much or staying awake at night.
5. My appetite has changed. I'm not eating enough, or I'm eating too much.
6. My friends say I'm acting different. I'm either anxious and restless or lethargic.
7. I find myself thinking a lot about dying.
8. I feel worthless or hopeless.
9. I'm having frequent headaches, stomach problems, muscle pain or back problems.

Please send a note to medical, mental health, the Program Director, or talk to an Officer if you are concerned about depression.