

Category Code	Category	Description
CA	Clinical assessments	Screenings include mental health or substance use needs
CC	Choices for change	Programs include mediation, cognitive behavioral therapy (CBT), DBT, Thinking for change (T 4 C), Moral Reconation and other decision-based programming
Court	Court-ordered programs	Programs including alternative corrections options and mandated treatment
ED	Education	Degree-based formal education programs from GED to college.
FAM	Family	Programming to foster family relationships, including mediation and parenting classes
Health	Health services	Includes health and prevention education, including sexual health and substance use harm reduction education.
JAS	Jail addiction services	Substance use disorder services including treatment, education or support
LS	Life skills	General enrichment programming incorporating practical skills, non-degree educational programming, and hobbies. Examples include book clubs and knitting.
MHS	Mental health services	Programming for mental health needs, including anger management and domestic violence counseling.
RE	Re-entry	All programming focused on preparation for release and community reintegration.
REL	Religion	Religious services and programs, including bible study & prayer services.
WFD	Workforce development or job skills	Classes that specifically focus on skills for securing employment, successful job seeking, and non-degree oriented trade training.

Table 1: Jail Program Responses

County	CA	CC	Court	ED	FAM	Health	JAS	LS	MHS	Pretrial	RE	REL	WFD	Total
Allegany				1			3	3						7
Anne Arundel		1	4	1	2		2		3	Y	2		1	16
Baltimore			2	4	3	3	8	2	4	Y	4	1	4	35
Baltimore City							3		1					4
Calvert		3		1	3	1	5	2	2		2	2		21
Caroline	1	1	1	1	1	1	3	2	3		1			15
Carroll				1	3		5	2	1					12
Cecil				2	1		4		2		1			10
Charles				1	1	2	3	4	4			3		18
Dorchester			1	1	1		2		1	Y	1			7
Frederick		1	2	1	2	1	3	4	3	Y		1	2	20
Garrett				1		1	2					1		5
Harford		2		1	1	1	2	1	4		2	3	1	18
Howard		4			1	2	2		1		1		1	12
Kent	1	1	1	1	3		3	1	2	Y		1		14
Montgomery	4	15		10	3	1	4	19	9		13	15	5	98
Prince George's		2	1	3	1	3	3	9	1		4	1	2	30
Queen Anne's				1			2		1					4
Somerset				1	1		1							3
St. Mary's			1	4	2	2	4	6	3	Y	1		2	25
Talbot		4	2	2	1		3	3	1		1	2	1	20
Washington				1		1	2		1		1	1		7
Wicomico		1		1	1	3	4	2	2				2	16
Worcester			2	1			2		1	Y	1	1	2	10
TOTAL	6	35	17	41	31	22	75	60	50	0	35	32	23	427

Code	Category	Code	Category
CA	Clinical assessments	JAS	Jail addiction services
CC	Choices for change	LS	Life skills
Court	Court-ordered programs	MHS	Mental health services
ED	Education	RE	Re-entry
FAM	Family	REL	Religion
Health	Health services	WFD	Workforce development or job skills

Table 2: Evidence-Based Programs

County	CA	CC	Court	ED	FAM	Health	JAS	LS	MHS	RE	WFD	Total
Allegany							1					1
Anne Arundel					1		1					2
Baltimore					1		1					2
Baltimore City							2					2
Calvert		3	1		1	1	2			1		9
Caroline		1				1	1		1			4
Carroll												0
Cecil							1					1
Charles						1	1					2
Dorchester												0
Frederick		1										1
Garrett												0
Harford						1	1					2
Howard		2				1	1					4
Kent		1					1		1			3
Montgomery	1	3		1	2	P	2		4	2	2	17
Prince George's		1					1					2
Queen Anne's							1					1
Somerset												0
St. Mary's						1	3	1				5
Talbot		2					1					3
Washington							1					1
Wicomico		1				1	2					4
Worcester												0
TOTAL	1	15	1	1	5	7	24	1	6	3	2	66

Table 3: Programs with Evidence-basis, Promising Practices, or State Certification

County	CA	CC	Court	ED	FAM	Health	JAS	LS	MHS	RE	WFD	Total
Allegany							2					2
Anne Arundel					1		2					3
Baltimore					1		2		1			4
Baltimore City							3					3
Calvert		3	1		1	1	3			1		10
Caroline		1				1	1		1			4
Carroll							3					3
Cecil							2					2
Charles						1	2					3
Dorchester							1					1
Frederick		1					1					2
Garrett							1					1
Harford						1	1					2
Howard		2				1	2					5
Kent		1					1		1			3
Montgomery	1	4		1	2	1	3	2	4	2	2	22
Prince George's		1					1					2
Queen Anne's							2					2
Somerset												0
St. Mary's						1	4	1				6
Talbot		2					2					4
Washington							2					2
Wicomico		1				1	3					5
Worcester							1					1
TOTAL	1	16	1	1	5	8	45	3	7	3	2	92

Table 4: Evidence-based Program Comparison

Programs	Total	Total EPB	Percentage EPB
CA	6	1	17%
CC	35	15	43%
Court	17	1	6%
ED	41	1	2%
FAM	31	5	16%
Health	22	7	32%
JAS	75	24	32%
LS	60	1	2%
MHS	50	6	12%
RE	35	3	9%
REL	32	0	0%
WFD	23	2	9%
Grand Total	427	66	15%

Program Dictionary

Program Name	Program Description	Evidence-Basis	Population	Staff	County sites
Alcoholics Anonymous (AA)	Alcoholics Anonymous is a mutual help group for people with alcohol use disorder, guided by standard literature and twelve steps aimed at helping people make amends, develop spiritually, and connect with peers in similar situations. It encourages total abstinence and peer mentorship.	Promising Practice	Men and Women	Volunteers	11
Anger Management	Most jail programs teach a cognitive behavioral approach to anger management, a learned behavior. These classes provide prosocial skills to change attitudes and behavior. Correctional officials have identified three common variables in inmates: history of family violence, disorganized family unit, and inadequate role models. Anger management can be a component of, but not a replacement for, Abuser Intervention Programs (AIP) which are evidence-based and generally court-ordered, specific, and longer in duration.	CBT techniques, relaxation coping skills	Men and Women	Licensed counselors, mental health providers, conflict resolution center	13
Community Service	Community service is a form of restitution. It is ordered by the court in hour increments and is given to those non-violent offenders as a condition of a suspended sentence or probation, or in lieu of fines, fees, and court costs. The court stipulates the amount of time by which the community service needs to be completed. The court can also order the location for the community service to be performed, or may defer to the Sheriff's department. Community service can also be supervised by a jail or the Division of Parole & Probation.	N/A		-	5
Domestic Violence	Domestic violence classes in jails are provided for educational purposes and as precursors to a court-ordered Abuser Intervention Programs (AIP). Domestic violence classes intend to enhance awareness, provide a victim's viewpoint, and can assist inmates who were also victims. Classes mainly address the relationship between the offender and a domestic partner or family member. Some sentences include mandatory successful completion of AIP in the community. AIP is generally 26 weeks in duration and includes clinician interaction with family members and victims.	AIP	Generally men but is also offered for women		4
Faith-based programs/ support	These are programs or support groups that use the tenets of a religious belief to lend value to the program. The Substance Abuse & Mental Health Services Administration (SAMHSA) supports several programs. Some of the classes are for support and fellowship, but others, such as Authentic Manhood 33, incorporate open discussions about gender roles and men's issues while also offering bible study to create an honest, close-knit fraternity.		Men and Women	Volunteers	6
Adult Education and General Equivalency Diploma (GED)	Adult basic education is for inmates who need to improve their reading, writing, and basic math skills. Adult secondary education is for inmates preparing to take the high school equivalency exam. Inmates who have been committed to DPSCS after June 1, 1996 must attend school successfully for 120 days if they do not have their GED or high school diploma, and have 18 months left on their sentence. This is a mandatory remediation program. Due to population constraints and short sentences, jails cannot meet that requirement, but many case managers encourage inmates to attend classes.	Certain Programs	Men and Women		24

Program Dictionary

Program Name	Program Description	Evidence-Basis	Population	Staff	County sites
Jail-Based Treatment	This is a two phase program widely used nationally to treat co-occurring disorders. Phase 1 incorporates jail programming such as Moral Reconciliation Therapy (MRT). Phase 2 prepares the inmate for re-entry including supportive case management. There are some variations in implementation. Some research identifies a reduction in recidivism risk from 34% to 10% for inmates who have completed this program.	Yes	Men and Women		7
Medication Assisted Treatment (MAT)	Medication-Assisted Treatment (MAT) is the use of medications in combination with counseling and behavioral therapies to treat substance use disorders. The combination of medication with behavioral therapies is effective in the treatment of substance use disorders, and can help some people to sustain recovery. Evidence supports the use of three FDA approved medications for the treatment of opioid use disorder: methadone, buprenorphine, and naltrexone.	Yes	Men and Women	Behavioral health professionals	12
Naloxone Training	Naloxone, brand name Narcan, is a prescription medication that can reverse an opioid-related overdose by quickly restoring breathing and consciousness. Training classes engage in various levels of harm reduction programming, but at minimum include education on naloxone, formal training in naloxone nasal spray administration, and overdose prevention education. Evidence most strongly supports training in naloxone administration for injection drug users, but training for family, associates, and likely bystanders as a promising practice.	Yes	Men and Women	Health professionals	6
Narcotics Anonymous (NA)	Narcotics Anonymous is a mutual help group for people with substance use disorder, guided by standard literature and twelve steps aimed at helping people make amends, develop spiritually, and connect with peers in similar situations. It encourages total abstinence and peer mentorship.	No	Men and Women	Peers, Volunteers	8
Parenting	Jails offer a variety of non evidence-based programs, often taught by outside groups, providing education about child rearing practices, communication with children within the family dynamic, and specifically strengthening maternal or paternal bonds. The Parenting Inside Out® program is an evidence-based parenting skills training program developed for criminal justice involved parents. The prison version is appropriate for both incarcerated mothers and incarcerated fathers who are parenting from prison. The community version is appropriate for parents on parole or probation or parents with a history of substance abuse or involvement with the child welfare system.	Parenting Inside Out		Varies	8
Pre-release	Pre-release reflects not only an inmate within three years of a projected release date, but also applies to the lowest level of security. Inmates with good behavior records who are housed in pre-release facilities have access to work release and other rehabilitative programs limited to those near release. There are currently six local facilities that may house DOC pre-release inmates usually within one year of release.		Men and Women		6

Program Dictionary

Program Name	Program Description	Evidence-Basis	Population	Staff	County sites
Pre-trial Programming	Pre-trial programs, or pre-trial diversion (PTD), can have program completion components that are alternatives to prosecution. Programs may include community service, GPS monitoring, payment of restitution, and supervision. Currently, 97% of all U.S. jurisdictions have some form of pre-trial supervision. On average, 65% of all Maryland detention center inmates are in pre-trial status. Some jails offer pre-trial services which are comprised of three main elements: risk assessment, recommendations to the court as to conditions of release, and supervision. Pre-trial supervision can entail urinalysis and reporting to the Sheriff's department or a jail case manager.		Men and Women	Jail staff, case managers, law enforcement	7
Re-entry	Re-entry encompasses a broad spectrum of potential services provided to inmates. Re-entry programs focus on those nearing release and reentry into their communities. Some facilities have a reentry coordinator who can provide guidance and referrals before and after release. Other jails offer a comprehensive program that combines services with classes to address each aspect of anticipated needs.		Men and Women	Reentry coordinators	15
Re-entry Mediation	Re-entry mediation is often recommended to assist inmates in healing damaged relationships with friends and family, since stability and support can be predictors for improved outcomes in the community. Initial research shows that a single two hour session can reduce the probability of re-incarceration by 10%. Mediation is available on demand at almost every jail and prison and is free of charge to the inmate and family.	Certain programs	Men and Women		6
Religious Services	Every Maryland jail and prison offers access to religious guidance, materials, services and/or text study. Attendance by inmates depends on their level of security. Some services are non-denominational, but most Abrahamic religions are represented in larger facilities.		Men and Women	Clergy, staff, volunteers	24
Residential Substance Abuse Treatment (RSAT)	RSAT is an intensive, specific 6-12 month program that is intended for inmates with SUD who are within one year of release. The program is comprehensive and includes social, vocational, behavioral, and cognitive skills training. The program can be funded and offered to both local and state facilities, and can include jail-based treatment programming as a component. Each inmate should have an individual pre-release case plan and engage in treatment for up to one year post-release. RSAT program participants are generally housed separately from the general population.	Yes	Men and Women	Behavioral health professionals	1
Sexual Health and Recovery	Educational classes cover safe sexual practices, recovering from Sexually Transmitted Diseases (STDs), and AIDS prevention education. Some programs utilize Video Opportunities for Innovative Condom Education & Safer Sex (VOICES) interventions to control sexually transmitted infections (STIs). The program curriculum is designed by the Center for Disease Control (CDC).			Requires two facilitators	5
Substance Abuse Education	This class is a theoretical study of substance use and prevention, and is not considered treatment. There may be a component of harm reduction education incorporated into the class depending on the particular class and the facilitator.		Men and Women		3

Program Dictionary

Program Name	Program Description	Evidence-Basis	Population	Staff	County sites
TAMAR	Trauma, Addiction, Mental Health & Recovery (TAMAR) is a trauma focused, voluntary program for women in select detention centers. The program aims to help both women inmates and correctional officers understand the impact of trauma. Classes are offered for women with a self-identified history of physical and/or sexual abuse who want to break the cycle of substance abuse and arrest.		Women	Licensed Clinician	7
Thinking for Change	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. T4C stresses interpersonal communication skills development and confronts thought patterns that can lead to problematic behaviors. The program has three components: cognitive self-change, social skills, and problem-solving skills. The program is divided into 25 lessons, with the capacity to extend the program indefinitely.	Promising Practice			3
Work Detail	Work detail is offered as an option between institutional employment and work release. Work is coordinated by the jail, and inmates who are part of a contracted crew are transported from the jail to a specific supervised job site. A county can contract with its jail to have inmates perform a variety of tasks including road clean up, grass trimming, and some road construction. Generally, these jobs are coordinated through the local county Department of Public Works or roads division.		Men	-	1
Work Release	Work release is an inmate privilege to leave the institution to work at a wage earning job. Inmates can obtain jobs independently or through a work release case manager. Generally, the institution provides transportation, but employers may as well.		Men	-	8