



Information for Family and Friends of Residents



Pre-Release and Reentry Services (PRRS)
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Introduction

Every offender is a part of a family. We here at PRRS understand that incarceration is a difficult time not only for the offenders, but also for their families and friends. Separation from a loved one can be emotionally, spiritually, and economically overwhelming at times. Having a loved one incarcerated can cause relationship challenges, strain on family financial resources, and shifting roles and responsibilities.

This guide has been developed for you as a guide in understanding the process and the programs that will be used to govern your loved one's stay here at PRRS. It will also provide you with information on what kind of services and programs that is available in the community that your family may obtain to assist you during this time. Sponsor Group classes will be provided to you that are aimed at preparing you for the day your loved one returns home. Although this guide may not answer all of your questions, it will provide you information about PRRS to hopefully assist you during this difficult time.

Families and the support they provide play a very important role in helping the offender- our residents- be successful once released. Families provide housing, financial support, transportation, help finding employment, and are the go to for child care. We encourage you to maintain regular contact with your loved one who is in PRRS so you may be able to provide emotional support and stay informed on his or her progress.

PRRS understands there is a significant impact on families that have a loved one incarcerated and sometimes these families receive little support or understanding from the community. The sponsorship program offer these families' structure, information of community resources, and serves as a support group for those participating in the program. By developing a positive partnership, your loved one will have a better chance of being able to successfully reenter the community.

Mission of Montgomery County Department of Corrections:

To protect the public and citizens of Montgomery County by providing a wide range of constructive, professional correctional services for pretrial and convicted detainees.

To ensure the safety and welfare of staff, visitors, and residents by operating facilities and programs in a secure, humane environment which meets professional and standards and constitutional requirements.

To reduce the rate to reincarceration by providing residents with the opportunity for self improvement and the inner resources necessary to make a successful adjustment within the community.

To meet the future correction and rehabilitation needs of the County by means of effective planning and responsible fiscal and resource management.

Mission of Pre-Release Reentry Services:

The mission of the Pre-Release Reentry Services of Montgomery County is to promote public safety and to provide residents with the opportunities to develop progressive responsible behavior.

What does PRRS offer the resident?

Pre-Release and Reentry Services offers highly structured programs designed to assist residents in examining the issues that contribute to their criminal behavior. The programs and services offered are substance abuse treatment and counseling, parenting, life skills, employment assistance, housing assistance, cognitive restructuring, problem solving skills, and meditation services. All services and programs are geared toward releasing residents better prepared to reenter the community and better equipped to meet life's responsibilities.

Each resident is assigned a case manager, who will work with the resident to identify issues that need to be addressed and together they will develop an individual reentry plan.

How does one get selected to participate in PRRS program?

Within the first ten days of the inmate arriving at the jail to begin their sentence, a member of PRRS screening team will assess their eligibility to participate in PRRS program. Once it is determined an inmate is suitable, the screening team will conduct a personal interview to ensure there are no concerns that would preclude the inmate from participating, i.e. outstanding charges, medical issues. Once the screening team accepts the inmate, they will determine his or her starting date into the program.

What will my loved one be doing the first week at PRRS?

During the first week your loved one will participate in PRRS orientation. Orientation provides the new resident the opportunity to learn the rules, regulations and policies that govern PRRS. Residents are informed of the programs and services offered by PRRS and the expectations of PRRS. Residents are afforded the opportunity to ask questions and address any concerns they may have.

New residents receive a briefing by each department, to include work release coordinator, medical staff and accounting departments. The first Tuesday after arrival the new resident will meet with their unit team. This provides the new resident and unit staff the opportunity to get to know each other and to discuss the goals he or she wishes to work toward while participating in PRRS.

Who will be managing my loved one reentry plan?

Each resident is assigned a Case Manager and a Work Release Coordinator upon their arrival. The relationship between the resident and the case manager is an important one. It requires both parties to be actively involved in identifying issues that need to be addressed and the programs that will best address those issues. The case manager and the resident will meet within the first five days to formulate an individualized reentry plan for the resident. The case manager is responsible for overseeing the resident's reentry progress, level movement, approval of visitors and sponsors.

The case manager of your loved one is the person you should contact if you believe you have information that would be helpful to the case manager or if you have any problems or concerns.

The Work Release Coordinator's primary function is to assist residents with securing meaningful full time employment. Work Release Coordinators provide vocational guidance, counseling, and by facilitating job readiness/retention seminar. Work Release Coordinators recruit resources and educate the employment community about the need to provide opportunities to residents nearing release.

Can I drop off clothing or hygiene items for my loved one?

Yes, items can be dropped off during normal working hours. Remember items can not contain any alcohol.

Does PRRS have a web site?

Yes, that information can be found at: www.montgomerycountymd.gov/cor

This page will provide you information on PRRS, including the resident guide book.

How many groups must I attend?

All sponsors are required to attend a minimum of **six** (6) sponsor meetings. After the sponsor completes the six meeting requirement, the sponsor must meet with the case manager within two weeks to complete the sponsorship program.

When does sponsor group meet?

Sponsor groups meet twice a week, **Mondays and Wednesdays** in the outside classroom from 7:30 PM to 8:45 PM (excluding holidays and County closures due to weather, emergencies). Sponsors can chose the topics they wish to attend that best fits their situation from the yearly sponsor group calendar that's provided in this guide.

Sponsor should arrive for sponsor group at 7:15 PM to begin the sign in process at the Front Desk. Sponsors arriving after 7:40 PM will not be able to attend sponsor group.

Is there anything I need to bring to the sponsor group?

No. All required material will be provided to you.

May I bring children to the sponsor group?

No, children are not allowed during sponsor meeting. However, the resident whom you are sponsoring can provide childcare services while you are participating in the meeting.

What are the topics covered in Sponsor Group?

The following topics are covered on a rotating basis.

1. **Cognitive Restructuring:** This topic teaches the process of how the subconscious mind controls human behavior. The goal is to help people understand what controls human behavior and how to overcome behavior that is undesirable.
2. **Change:** Change has always been a necessary aspect of life. People react, respond and adjust to change in a sequence of six predictable stages. This group session will focus on those six stages and the behaviors associated with each stage of change.
3. **Working a Program:** This group session will go over what “Working a Program” is and provide guidance on understanding and following your loved one’s *Reentry Plan*.
4. **Recovery is a Family Affair:** This group session explores different roles family members assume when a member of the family is addicted to drugs or alcohol. We will examine these new roles and the effects they have on the addict’s recovery.
5. **Enabling:** Enabling is doing for others what they are capable of doing for themselves. There are both positive and negative connotations to enabling: Negatively, enabling can be through dysfunctional behavior approaches with intentions to help resolve a specific problem, but actually perpetuates or exacerbates the problem. Positively, enabling can be through a pattern of interaction which allows individuals to develop and grow through their own empowerment.
6. **Anger:** In this group session we will explore this completely normal, usually healthy, human emotion. But anger can lead to problems at work, personal relationship, and in our overall quality of life.
7. **Questions and Answers:** This is a time to ask questions regarding the Center, including expectations, rules, opportunities and privileges. An overview of the program from screening to movement of Levels, case management and work release coordinator roles through release is provided as a foundation. Individual case information is not shared in this group setting.
8. **Community Supervision (Probation/Parole) Overview:** In this monthly group session, a representative from probation and parole will provide an overview of expectations and services available to their clients.

We welcome family and friends’ suggestions for Sponsor Group topics!

Sponsor Group Calendar

| Date | Topic | Date | Topic |
|----------------------------|------------------------------|-------------------------------|-----------------------------|
| Monday, January 04, 2016 | Cognitive Restructuring | Wednesday, January 06, 2016 | Change |
| Monday, January 11, 2016 | Mommie's and Daddies in Jail | Wednesday, January 13, 2016 | Working a Program |
| Monday, January 18, 2016 | No Group~Holiday | Wednesday, January 20, 2016 | Recovery is a Family Affair |
| Monday, January 25, 2016 | Enabling | Wednesday, January 27, 2016 | Anger |
| Monday, February 01, 2016 | Questions & Answers | Wednesday, February 03, 2016 | Cognitive Restructuring |
| Monday, February 08, 2016 | Probation and Parole | Wednesday, February 10, 2016 | Change |
| Monday, February 15, 2016 | No Group~Holiday | Wednesday, February 17, 2016 | Working a Program |
| Monday, February 22, 2016 | Recovery is a Family Affair | Wednesday, February 24, 2016 | Enabling |
| Monday, February 29, 2016 | Anger | Wednesday, March 02, 2016 | Questions & Answers |
| Monday, March 07, 2016 | Cognitive Restructuring | Wednesday, March 09, 2016 | Change |
| Monday, March 14, 2016 | Probation and Parole | Wednesday, March 16, 2016 | Working a Program |
| Monday, March 21, 2016 | Recovery is a Family Affair | Wednesday, March 23, 2016 | Enabling |
| Monday, March 28, 2016 | Anger | Wednesday, March 30, 2016 | Questions & Answers |
| Monday, April 04, 2016 | Cognitive Restructuring | Wednesday, April 06, 2016 | Change |
| Monday, April 11, 2016 | Probation and Parole | Wednesday, April 13, 2016 | Working a Program |
| Monday, April 18, 2016 | Recovery is a Family Affair | Wednesday, April 20, 2016 | Enabling |
| Monday, April 25, 2016 | Anger | Wednesday, April 27, 2016 | Questions & Answers |
| Monday, May 02, 2016 | Cognitive Restructuring | Wednesday, May 04, 2016 | Change |
| Monday, May 09, 2016 | Probation and Parole | Wednesday, May 11, 2016 | Working a Program |
| Monday, May 16, 2016 | Recovery is a Family Affair | Wednesday, May 18, 2016 | Enabling |
| Monday, May 23, 2016 | Anger | Wednesday, May 25, 2016 | Questions & Answers |
| Monday, May 30, 2016 | No Group~Holiday | Wednesday, June 01, 2016 | Cognitive Restructuring |
| Monday, June 06, 2016 | Change | Wednesday, June 08, 2016 | Working a Program |
| Monday, June 13, 2016 | Probation and Parole | Wednesday, June 15, 2016 | Recovery is a Family Affair |
| Monday, June 20, 2016 | Enabling | Wednesday, June 22, 2016 | Anger |
| Monday, June 27, 2016 | Questions & Answers | Wednesday, June 29, 2016 | Cognitive Restructuring |
| Monday, July 04, 2016 | No Group~Holiday | Wednesday, July 06, 2016 | Change |
| Monday, July 11, 2016 | Probation and Parole | Wednesday, July 13, 2016 | Working a Program |
| Monday, July 18, 2016 | Recovery is a Family Affair | Wednesday, July 20, 2016 | Enabling |
| Monday, July 25, 2016 | Anger | Wednesday, July 27, 2016 | Questions & Answers |
| Monday, August 01, 2016 | Cognitive Restructuring | Wednesday, August 03, 2016 | Change |
| Monday, August 08, 2016 | Probation and Parole | Wednesday, August 10, 2016 | Working a Program |
| Monday, August 15, 2016 | Recovery is a Family Affair | Wednesday, August 17, 2016 | Enabling |
| Monday, August 22, 2016 | Anger | Wednesday, August 24, 2016 | Questions & Answers |
| Monday, August 29, 2016 | Cognitive Restructuring | Wednesday, August 31, 2016 | Change |
| Monday, September 05, 2016 | No Group~Holiday | Wednesday, September 07, 2016 | Working a Program |
| Monday, September 12, 2016 | Probation and Parole | Wednesday, September 14, 2016 | Recovery is a Family Affair |
| Monday, September 19, 2016 | Enabling | Wednesday, September 21, 2016 | Anger |
| Monday, September 26, 2016 | Questions & Answers | Wednesday, September 28, 2016 | Cognitive Restructuring |
| Monday, October 03, 2016 | Change | Wednesday, October 05, 2016 | Working a Program |
| Monday, October 10, 2016 | Recovery is a Family Affair | Wednesday, October 12, 2016 | Enabling |
| Monday, October 17, 2016 | Anger | Wednesday, October 19, 2016 | Questions & Answers |
| Monday, October 24, 2016 | Cognitive Restructuring | Wednesday, October 26, 2016 | Change |
| Monday, October 31, 2016 | Working a Program | Wednesday, November 02, 2016 | Recovery is a Family Affair |
| Monday, November 07, 2016 | Enabling | Wednesday, November 09, 2016 | Anger |
| Monday, November 14, 2016 | Probation and Parole | Wednesday, November 16, 2016 | Questions & Answers |
| Monday, November 21, 2016 | Cognitive Restructuring | Wednesday, November 23, 2016 | Change |
| Monday, November 28, 2016 | Working a Program | Wednesday, November 30, 2016 | Recovery is a Family Affair |
| Monday, December 05, 2016 | Enabling | Wednesday, December 07, 2016 | Anger |
| Monday, December 12, 2016 | Probation and Parole | Wednesday, December 14, 2016 | Questions & Answers |
| Monday, December 19, 2016 | Cognitive Restructuring | Wednesday, December 21, 2016 | Change |
| Monday, December 26, 2016 | Working a Program | Wednesday, December 28, 2016 | Recovery is a Family Affair |