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Wisconsin Resource Center Overview of Treatment Programming

Inmates are referred to the Wisconsin Resource Center (WRC) and Wisconsin Women's Resource Center (WWRC) due to severe impairments in daily living due to mental health and behavioral issues. The Department of Corrections (DOC) has identified key issues that WRC/WWRC works with inmates on including acute mental health symptoms, suicidality, self-injurious behavior, severe trauma and stress reactions, highly reactive and maladaptive responses to incarceration; serious substance use disorders; and needs for significant assistance in release planning due to mental health issues. WRC/WWRC focuses its treatment programming around these key issues -- our Core Treatment Programs.

The living units likewise work with inmates in these areas. Inmates are placed in small units that support and encourage positive change; monitor and document daily living skills and social interactions; and prepare them for return to DOC or for release to the community.

DOC psychological staff refers inmates to WRC/WWRC to address specific problems such as those identified above. During this referral process WRC/WWRC seeks to gain a better understanding of the issues to be addressed and to prepare for the inmate's arrival. When an inmate is sent to WRC/WWRC he or she is met at admission by health care and professional staff from the unit that will be working with him/her. Unit professional staff includes a social worker, psychological associate and institution unit supervisor. After 1 – 2 weeks, unit assigned staff in psychology, nursing, social work, education, therapeutic services (activity therapy) as well as the unit manager and unit line staff, meet with the inmate in a staffing. This meeting agrees on treatment goals and ways to help the inmate meet those goals. Typically, the inmate is referred for treatment programs that are focused on the area of greatest concern. The treatment team and the inmate participate in a staffing approximately every 2 months thereafter to monitor progress and then prepare for transfer to their next living situation (such as return to maximum security or release to the community.)

UNITS

The housing units at WRC/WWRC are divided into 5 service areas. Each service area shares a common mission. Treatment is coordinated to meet the needs of the inmates within the service area. Units typically house 18 to 30 inmates in the men's units and 8 to 20 in the women's units. The link for more detailed descriptions of units: [Unit Descriptions](#)

Psychiatric Service Area – Units 2, 12 and 15 receive and work with inmates with the most acute mental health symptoms. Many of the inmates on these units are presently or are in the process of mental health commitment (Chapter 51). Inmates sent to WRC after a finding of Not Competent to Stand Trial also are treated on these units.

Maximum Service Area – Units 16, 17 and 18 are designed for men referred from and returning to maximum security institutions in DOC. While maintaining efforts to engage inmates in their treatment and work through issues; the units also seek to model more closely the higher level of restrictions found at maximum security.

Medium Service Area – Units 1 and 7 are designed for men referred from and returning to medium security institutions in DOC. The Medium Service Area engages inmates in treatment as well as prepares them for return to DOC at medium custody levels. Most inmates are in double cells.

Alcohol and Other Drug Abuse (AODA) and Release Service Area – Units 3, 5, 6 and 8 focus on preparing inmates for release to the community, including working on drug and alcohol issues if that is needed. The unit program emphasizing inmates’ choice-making and release planning. Inmates from both Maximum and Medium security institutions send inmates to WRC for release preparation, including engaging in combined substance abuse and mental health treatment.

High Management – Units 4 and 11 provide highly controlled and structured facilities for inmates unable to be managed safely on more open units. Safety concerns are both for dangerousness to self and to others. The units actively seek to re-engage Inmates in treatment and assist inmates in moving to less restrictive areas as soon as is safely possible.

Women’s Service Area (WWRC) – Units 20, 21 & 22 provide a range of mental health services to female inmates from Taycheedah Correctional Institution. Units 21 and 22 work collaboratively to provide a range of structure and support as needed by the women while they are involved in therapeutic treatment services. Unit 20 is the Specialized Treatment Unit (STU) offering a 6 month closed-treatment group for women struggling with severe traumatic reactions.

Core Programs

Core Treatment Programs are evidence-based interventions that target the most frequent reasons that inmates are referred to WRC/WWRC. Program resources are prioritized for these programs and they include on-going assessment of their effectiveness. Inmates are referred by their treatment teams based on the inmate’s treatment plan.

Program	Program Description
Applying Wellness and Recovery Everyday (AWARE) WRC/WWRC	Applying Wellness and Recovery Everyday (AWARE) is a group which explores ways to achieve and maintain physical and mental wellness. Based on the 5 key recovery concepts (Hope, Personal Responsibility, Education, Self-Advocacy, and Support), participants will create their own plan to stay well.
Coping Skills	Teach coping skills, strategies to manage frustration, anxiety, anger, challenge mistaken beliefs and thought distortions. Provide inmates with coping skills they can use in both DOC and in the community. Offered on units 4, 11, and 16.

Program	Program Description
Dialectical Behavior Therapy (DBT) WRC/WWRC	Individuals who have a history of significant behavior problems including such things as self-injury, aggression, impulsivity, or interpersonal difficulties related to intense and reactive emotions may be referred to this group. They will learn skills in the areas of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Skills practice outside of group sessions is an important part of participation and the focus is on using skills to reduce or eliminate their maladaptive behaviors.
Illness Management & Recovery (IMR)	Class topics may include but are not limited to maintaining mental health, mental health problems, interventions, and understanding mental health disorders and their symptoms; coping styles and alternatives to negative coping styles, institution and community support systems, developing and maintaining participant support systems and developing a healthier quality of life during incarceration especially when also addressing major mental health diagnoses and interventions. Some classes may also include medication compliance and/or issues.
Individual Trauma Therapy WRC/WWRC	Individuals whose trauma symptoms are causing significant problems in their daily functioning. (Note: individual treatment is offered to those inmates who have participated in MTREM/TREM, but are still experiencing significant problems in their daily functioning.) Three different types of individual trauma therapy are currently being offered at WRC: Eye Movement Desensitization and Reprocessing (EMDR), Exposure Therapy (ET), and Cognitive Processing Therapy (CPT).
Trauma Recovery and Empowerment Model (M-TREM/TREM) WRC/WWRC	MTREM/TREM is for individuals whose trauma symptoms are causing significant problems in their daily functioning. This is a group that meets twice a week for 24 sessions to explore and discuss the impact of violence on their lives and healthy ways of coping with and healing from their past.
Pre-Release	Pre-Release programs are for inmates approaching release to the community. A wide range of educational, skill-focused and treatment groups are offered. Each inmate goes through a process called, "Mapping" in which the area(s) most relevant to the individual's success is identified. Then groups & classes are chosen to address those areas.

Program	Program Description
Successful Treatment and Recovery (STAR)	The WRC Dual Diagnosis AODA Program is open ended requiring approximately 6 months to complete. As the inmate's readiness to engage in treatment increases, he will be assigned to modules which have been identified specifically for him via an individualized mapping process. The inmate is an active participant in designing his own treatment plan; his input is sought and respected throughout his program. The program requires participation in the Core AODA treatment Group (4 hrs/wk), the Emotional Management Skills group (2 hrs/wk) as well as the development of a wellness plan. Other modules are selected according to the inmate's needs and interests. Completion of treatment is determined upon presentation of a series of assignments and a final project discussing their treatment journey.
Treat to Competency	To provide the student with a thorough understanding of the U.S. Court System, a citizen's legal rights and basic information included in the competency manual necessary to pass the valuator's assessment.
Psychological Assessment WRC/WWRC	An in-depth psychological assessment can be completed with people who require an evaluation beyond that available by unit psychological staff. Referrals can assess issues related to mental health diagnosis, personality and behavioral functioning, treatment recommendations, and behavioral risk.

ADDITIONAL TREATMENT AND PROGRAMMING SERVICES

Clinical Programs and Services

Clinical Treatment Programs are specialized individual and group therapies offered by licensed mental health professionals. Inmates are referred by their treatment teams based on the inmate's treatment plan.

Group	Group Description
Dialectical Behavior Therapy - Aftercare	DBT aftercare focuses on reviewing the DBT skills, how they can be applied to everyday life situations, and providing other group members with positive feedback in praise, validation, or problem solving. The DBT aftercare group is less intensive than the DBT skills group yet it follows the outline of the group according to the Marsha Linehan module of mindfulness, diary card review, and skills building.

Program	Program Description
Dialectical Behavior Therapy -Tutoring	This group will address the needs of those that are currently enrolled in the DBT program and are having a difficult time understanding concepts. This includes needing additional support with the DBT material, generalization of the skills in the individuals' environment, and repetition of the skills.
Depression Support Group	The depression process group is a dynamic support-based group designed to foster and maintain positive change. In this group, members share their struggles, concerns, and successes and receive feedback, advice, guidance, and support. Group participants have the opportunity to hear and react to multiple perspectives in a safe and confidential environment. The interactions that occur in this group often catalyze and increase self and interpersonal awareness and the group environment is maintained by its facilitators with this goal in mind. The overarching purpose of this group is to help individuals experiencing depressive symptoms live more functional and fulfilling lives.
Emotions Management Skills (EMS) WRC/WWRC	EMS is a form of cognitive-behavioral therapy derived from Dialectical Behavior Therapy. Its main goal is to teach inmates skills to cope with stress, regulate emotions and improve relationships. EMS focuses on utilizing dialectics and validation to assist with the process of change as it relates to addiction. EMS highlights four specific skill areas: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
Emotion Management Skills (EMS)	EMS focuses on utilizing dialectics and validation to assist with the process of change as it relates to addiction. EMS highlights four specific skill areas: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.
Healthy Relationships	Healthy Relationships group is a process group focusing on improving the relationships among our inmates and their families, peers, and correctional staff. This is an inmate run group, and inmates are responsible for the topics chosen for discussion. Facilitators assist inmates in processing thoughts and emotions regarding a variety of interpersonal and relationship issues. Through discussion and feedback, maladaptive interpersonal patterns are identified. Through supportive feedback, inmates are assisted in recognizing these negative interaction patterns while the group provides a safe space to develop and practice new, more effective interpersonal skills. The group is limited to eight members and inmates may remain in the group as long as the inmate, treatment team, and facilitators see continued improvement and value in attendance.
Mental Health Education – Anxiety	Provides a forum for inmates to share their personal struggles and triumphs with anxiety. Inmates will gain insight and understanding of their anxiety through facilitator guidance and group discussion. Inmates will also learn new information about anxiety including ways to manage and cope with symptoms. Active participation in the group will allow inmates to ease the discomfort of their anxiety by learning ways to decrease its severity.

Program	Program Description
Mental Health Education - Depression	Provides a better understanding of depression and other mood disorders including understanding of the causes of mood disorders, recognizing one's symptoms, working through grief-related issues, and learning adaptive methods of coping with depression (i.e. taking care of self, cognitive interventions, etc.). The group also incorporates a process-oriented approach that focuses on each participant's individual needs while also emphasizing mutual support, cohesion, and constructive feedback between group participants. The group has an open-ended format and is linked to the Mental Health Education program.
In Your Own Voice	In Your Own Voice serves inmates who are waiting for or have completed Anxiety Group. The interaction between group members is guided to foster appropriate group dynamics and reinforce learning related to coping with anxiety. The group is open-ended to provide support and education related to participants overall mental health concerns. The group meets weekly, independent of current programming schedules. The group will be guided to process mental health issues related to medication concerns, managing setbacks, symptom management, coping, and general institutional adjustment.
Moral Reconciliation Therapy (MRT) - WWRC	MRT uses a step-by-step, cognitive-behavioral approach designed to enhance self-image, promote growth of a positive and productive identity, and facilitate the development of higher stages of moral reasoning. The term <i>moral reconciliation</i> was chosen for this system because the underlying goal is to change conscious decision-making to higher levels of moral reasoning. Program participants demonstrate achievement of these goals through increased pro-social behavior. Offered on units 20, 21, and 22.
Positive Practice WWRC	This evening group rotates between various topics during the year and uses some positive psychology interventions. Topics have included psycho-education on successfully managing symptoms of depression; identifying triggers and physiological responses of anxiety to reduce the emotional and behavioral impacts of it; and, learning to contain and resolve angry feelings by recognizing external situations that trigger anger and the thoughts associated with subsequent rage and outbursts.
Supportive Reasoning	The Supportive Reasoning Group introduces ways to live more positively. The group intentionally nurtures and builds positive feelings through meaningful assignments and group support. Group members are encouraged to acknowledge the negative while continuing to focus on their strengths and abilities. The group also provides opportunities to share current feelings and observations; so it encourages members to be open to discussing their qualities and how they plan to use them after leaving WRC.

Program	Program Description
Voices of Support	The Voices of Support Group is an educational and support-based group designed to foster and maintain positive change. In this group, education on symptoms of various psychotic disorders is provided within a safe and supportive atmosphere. Group members share their struggles, concerns, and successes and receive feedback, advice, guidance, and support from their peers and facilitators. Group participants have the opportunity to hear and react to their peers' opinions and experiences in a safe and confidential environment. The interactions which occur in this group often provide practice for participants to improve in their self-awareness and their ability to communicate effectively and assertively with other group members and staff. Group facilitators keep this goal in mind when encouraging and guiding discussion and feedback on the various educational topics covered. The overarching purpose of this group is to encourage positive coping and to facilitate pro-social interpersonal interactions.

Academic Programs

Although inmates at WRC/WWRC reflect the complete range of academic abilities, on the average, they function at a lower academic level than their peers in other DOC facilities or the community. A large portion is functionally illiterate or need remedial work due to limited intellectual ability, learning disabilities, emotional disturbances, or lack of formal schooling. To address these needs, the education staff provides a wide-range of services.

Class	Class Description
5.09 Class	To provide an alternative method to obtain an HSED through a competency-based program. Allow students to work at an individual pace. Provide competency-based assignments in Study skills, Reading, Math, Science, Social Studies, Writing Skills, Health, Civics, and Employability Skills/Careers. Allow students who have not been successful in taking timed GED tests a chance to be successful in a competency-based program. Allow students with a documented learning disability that affects their ability to test an alternative method that doesn't include timed tests. Allow students to develop study skills that can be applied to advanced studies through assignments and projects. Allow students to work as a class on certain assignments/projects that provide a "real" school atmosphere. Keep a competency checklist up-to-date for each student.
Basic English	To provide the foundation and fundamentals of the English language that will increase both oral and written communication skills. Throughout the course of continuing semesters, the student will demonstrate through worksheet and tests the ability to recognize the structure of a complete sentence. Identify and use proper punctuation, capitalization, and word choice to the best of the students' cognitive abilities. Use correct English when filling out applications, order forms, and work related requests. Increase their capacity for and written communication.
Civics	To prepare inmate population to take HSED Civics exam.
Correspondence Course Support- WWRC	A group for women enrolled in distance learning programs to proctor exams, facilitate access to educational resources, and other forms of support to aid participants' completion of assignments and exams.

Program	Program Description
Ed Assessment	We use the Test of Adult Basic Education, from McGraw-Hill Publishing, also known as the TABE test. We currently have 5 levels of Survey tests: Literacy, Easy, Medium, Difficult, and Advanced. We can test reading, mathematics computation, mathematic applications, language, vocabulary, language mechanics, and spelling. We can assign a grade level score to each test. Based on test findings inmates are assigned to academic classes that are consistent with their instructional levels.
HSED Employability Skills WRC/WWRC	To demonstrate knowledge and skills needed to obtain/maintain employment in the community. Complete a personal job network, complete an error free job application, write an error free cover letter, participate in a “mock” job interview, develop an error free resume.
Goal Lab-WWRC	Provides Adult Basic Education (refresher) and GED test preparation. The instruction is personalized and flexible. Each student will set academic goals and complete a learning style assessment, which forms the basis for an individualized plan. The student will work independently using a variety of materials and support/instruction
HSED	Inmates are able to earn their HSED upon successful completion of their GED and Civics, Health and Employability Skills classes. The HSED is awarded by the Wisconsin Dept. of Public Instruction.
HSED Health	Assess the participants’ knowledge, with a pretest, of the HSED Health Education objectives that he will be tested on to obtain his HSED. Provide instruction and assist in preparation for the HSED Health Education examination with the use of textbooks, worksheets, tests, audio-visual materials and group discussion. Refer participant to testing examiner when ready to take test.
Math	<p>Math-Basic Prepare student to take GED test. Increase math skills related to everyday life. Engage students in productive activities off the units. Teach students to add, subtract, multiply and divide without the use of a calculator.</p> <p>Math-Intermediate Given written practice, written tests, and oral discussion students will with 80% accuracy demonstrate proficiency with the concepts of Fractions, Decimals, Ratios/Proportion, Percent’s, Data Analysis, Measurement, Geometry, and Algebra. Given practice and study exercise, students will gain knowledge and confidence in Mathematical concepts in order to earn a 410 or better on the GED mathematics examination.</p>
Plato/Pathways Learning Lab	Plato is a comprehensive software package that provides education lessons on topics from beginning reading and writing to pre-calculus and managing finances. Plato also provides a comprehensive curriculum of learning activities at multiple levels of skills, from first grade through post-high school, allowing progress from one to the next. Subject areas include science, social studies, and mathematics, reading, writing, life and job skills.

Program	Program Description
Reading	<p>Reading-Specific Goals</p> <ul style="list-style-type: none"> • Basic Level <ul style="list-style-type: none"> • Complete a reading indicator assessment to identify current reading ability • Focus on phonemic awareness/word recognition at the level indicated by the assessment • Use self-advocacy by asking for assistance as needed using assertive communication skills • Demonstrate the ability to work with the teacher, with a tutor, and independently • Intermediate Level <ul style="list-style-type: none"> • Complete a reading level indicator to identify current reading ability • Maintain or make progress on all grade-appropriate academic work which includes main idea, inference, comprehension, and context clues • Demonstrate the ability to work with the teacher, with a tutor, and independently
English Language Learners Reading (ELL)	<p>Improve English Language skills of students who do not speak English as a first language. On a daily basis, students will participate verbally in class, using English 20% to 80% (depending on skill level of each student) of each class period. Participate in oral reading four days out of five. Complete written work in English packets, books and board work with 80% accuracy. Complete class vocabulary units with 80% accuracy.</p>
Science	<p>Complete the HSED Science requirement by scoring 410. Within one year of regular attendance, 80% of students will complete book pre-test. Complete sections of book identified on pre-test as deficient. Complete book post-test with 80% or higher accuracy. Take and score 450 or higher on the Official HSED practice Science test. Take and score 410 or higher on the Official HSED Science test.</p>
Social Studies	<p>To prepare inmate population to take GED Social Studies exam.</p>
Writing Skills	<p>To master grammar and writing skills in order to pass the GED and/or HSED test requirements, and to allow students to communicate better by writing more effectively. Students will be able to pass workbook pre-tests. Students will be able to gain competency in grammar and usage to score 75% or higher on worksheets and practice tests. Students will improve their fluency and organization in the written essay portion of the GED/HSED exam with a score of 2-4, (marginal to effective) which is passing. Students will be able to take and score a 410 or higher on the official GED/HSED writing skills test.</p>

Psycho-Educational Programs

Psycho-educational programs are offered by a variety of treatment disciplines to address important mental health and behavioral issues using educational and skills training approaches. Inmates are referred by their treatment teams based on the inmate's treatment plan.

Group	Group Description
Apple-A-Day WWRC	Educational class led by nursing staff that discusses basic physical health care issues, healthy lifestyles, and the interaction between stress and physical health.
Commitment to Change	Raises awareness of thinking errors that lead to criminal activity. Group members are challenged to begin noticing these errors in their own thinking and how they interfere with effective decision making. Requirements include completing homework assignments and being willing to discuss them in a group setting.
Communication Skills	Handouts, discussions, and activities educate participants on various components of communication, such as verbal communication, non-verbal behavior, and listening. The group also addresses different communication styles and their benefits.
Community Supervision	If you will be under community supervision when you are released, this group will help you understand the rules you must follow and the skills needed to have a good relationship with your agent. It can sometimes be difficult to agree with these rules and often there can be tension between an agent and his/her parolee. You will discuss these thoughts and feelings in group and learn ways to manage them so that you can be successful. A community agent will also visit the class and share what he/she thinks you can do to make the most of your supervision and achieve the goals you have set.
W-Compassion- Focused Therapy WWRC	The goal of the group is to provide clients with the opportunity to become knowledgeable about the sources of shame and begin to explore how to separate if from their core view of themselves.
Daily Skills	The goal of this group is to engage participants in basic, meaningful, community service type jobs within this institution designed to develop and promote positive, safe work habits. Participants will be evaluated on punctuality, attendance, following directions, staying on task, following appropriate safety measures, project completion, and accuracy. Assist the participant in developing and exhibiting positive social skills. Evaluate and provide feedback as needed on participant's team work and social skills observed within the group.
Forgiveness Therapy - WWRC	Forgiveness Therapy is an evidence-based, structured, facilitator-guided learning of the functional process to forgive self and others. Participants "Uncover Anger" by exploring layers of pain in order to stop obsessing about harmful events. In Phase 2 participants "Decide to Forgive" and deliberately commit to not propagate harm. In Phase 3 participants "Work toward Forgiveness" by cultivating compassion and understanding while accepting the existence of pain. In Phase 4 participants look at how suffering exists in humanity and focus on developing an alternative purpose for their life. Research found that participants consistently reported decreased anxiety, depression and anger after involvement in Forgiveness Therapy.

Program	Program Description
W-Getting Motivated WWRC	This program serves dual purposes of developing and enhancing participants' self-concept while addressing motivation and readiness for change. In addition to increasing participants' awareness of their own characteristics, skills, and interests, participants will identify the role of motivation in behavioral change. They will learn the art of self-motivation by identifying areas for self-improvement and setting goals to improve target areas.
Health Education	In this class you will learn to identify the components of a healthy lifestyle and how this type of lifestyle can have a positive effect on your life after release. The teacher will help you to develop personal, healthy lifestyle changes based on your current health status and lifestyle practices.
Illness Management & Recovery Aftercare	<p>The IMR Aftercare program practitioners assist these men by supporting them in their continued personal pursuits; to maintain and improve their definition of perceived wellness. (The Basics of Illness Management & Recovery, p.5 of IMR text). The following IMR program topics are covered in eleven educational handouts and will be continued conversations and serve as ongoing reminders of these learned strategies in the IMR Aftercare Support group:</p> <ol style="list-style-type: none"> 1. Recovery strategies 2. Practical facts about mental illness 3. The stress-vulnerability model and treatment strategies 4. Building social support 5. Using medication effectively 6. Drug and alcohol use 7. Reducing relapses 8. Coping with stress and common problems 9. Coping with symptoms 10. Getting your needs met in the mental health system 11. Healthy Lifestyles 12. AWARE manual completion
Long Term Incarceration	The Long Term Incarceration Group is a group designed for men who are serving very long sentences, including those with life sentences. These men are generally able to function in the prison setting and have been incarcerated for a number of years already. Even though they appear to be functioning well on the surface, they struggle trying to find meaning and a purpose to their lives. The group utilizes principles from existential and positive psychology to assist participants in increasing awareness of coping skills they successfully employ, in sharing support with those in similar situations, and building upon their strengths to develop and achieve goals. Candidates for referral ideally should have been incarcerated for at least eight to ten years at the point of referral, have a long sentence, and do not typically engage in behavior that causes high management placements.

Program	Program Description
Managing Anger	To provide appropriate methods of dealing with controlling anger. And to better understand anger in ourselves as well as others. Students will be able to delineate between anger and aggression. Students will be able to effectively reduce their levels of anger during the eight week course. Students will be able to use “thought stopping” and “time-out” anger reducing techniques to prevent undesirable consequences. Students will be able to provide examples of handling problem situations throughout the semester.
Medication Education WRC/WWRC	Class led by nursing staff to educate participants on medications, their benefits, and potential side effects.
Mindfulness	Mindfulness refers to being aware of the present moment, being open to it, and not judging the experience or your thoughts about it in a positive or negative manner. Some benefits of practicing mindfulness are improved ability to endure pain, better problem solving, decreasing levels of distress in response to events, and participating more fully in joyful moments of life.
W-Mindfulness for Rest, Regulation, and Return WWRC	The purpose of the group is three-fold: 1. Provide education about sleep disturbance as part of PTSD hyper arousal. 2. Teach and employ sleep hygiene, cognitive-behavioral therapy (CBT), and mindfulness strategies to improve sleep quality. 3. Teach new habits and thoughts that lead to improved sleep quality.
W-NAMI Peer to Peer	A recovery-focused educational program led by peers for adults who wish to establish and maintain wellness in response to mental health challenges. The course provides critical information and strategies related to living with mental illness while assisting the individual in developing a relapse prevention plan.
Narcotics Anonymous (NA)	NA’s primary focus is linking together the recovery process and a peer support network to help individuals for whom drugs had become a problem. Participants share their successes and challenges in overcoming addiction and living drug-free, productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the NA recovery program.
W-Non-Violent Communication	As a group, the inmates will work through one chapter per week and hold group discussions and activities, including role plays, to refine and practice the nonviolent communication process. The goals of this group will be to improve the inmates’ individual lives, their relationships, and to hopefully have a positive, permanent transformation for all involved.
W-Parenting at a Distance	This group is designed to address issues of parenting for women who are involved in some form of partial parenting.

Program	Program Description
Pathways to Success - WWRC	This group is an eclectic mix of individual's sharing their interest/goals while looking at the challenges and choices they have made that did not bring them to their desired outcome. Participants will be evaluating their thoughts, beliefs, feelings, and consequences. The next phase is to move forward and self-identify by using a cost and benefits analysis, what the cost or benefit is of keeping these beliefs or giving them up. Finally we will explore five main "life traps" identifying how these "traps" may have led to their current situation, what a more balanced approach might be, what a healthy relationship or interaction/communication consists of, and role playing positive, assertive communication.
Personal Development- WWRC	This group helps the women of the Moderate Acuity Unit set pro-social goals. Each week, the women will set a goal that they will share with the group (facilitator must approve the goal is appropriate, realistic, and beneficial for the inmate). The goal will include an action plan. The following week, the women will complete an assessment on how well they carried out their action plan and if they are closer to reaching their goal. The group will share their thoughts. The women will then have the choice to modify their goal or set a new goal for the coming week. Throughout the sessions we will discuss the importance of goals, how to refine our goals, and use different strategies to reach our goals.
Re-Entry Parenting	This class will help you learn through discussion and written work knowledge of Fetal Growth and Development, Fetal Alcohol Syndrome and Effects, Brain Development in Children, Positive Discipline/Guidance Techniques, and Moral Development of Children. You will learn to communicate a positive attitude toward your children and understand their needs in the early, middle, and adolescent years of development. You will develop the necessary tools to successfully integrate back into their families or role as a father when they re-enter society upon release.
Relationships	This class provides you the opportunity to evaluate what is important to you when developing healthy and successful relationships. Students complete handouts, watch videos and participate in discussion to explore various aspects of healthy relationships, the differences between men and women, as well as abusive relationships and their warning signs. By the end of the term, it is our hope that you will have increased self-awareness and a better understanding of what it takes to develop and maintain healthy relationships.
Setting Up for Success	Discusses the concerns and interests of offenders approaching release to the community. Specific topics include the development of a plan to structure the first 30 days post-incarceration, such as making appointments and identifying pro-social support networks. Utilizes scenarios and role-plays to rehearse responses to likely situations in the community.
Thinking for a Change (T4C) WRC/WWRC	The idea behind Thinking For A Change is that we can learn to take charge of our lives and lead more productive and effective lives by taking control of the thoughts and feelings that go on inside us. The idea that thinking connects to the way we feel and act is the basic idea of the program. Because thinking controls so much about us, we can learn to control our own lives by learning how to take control of our thinking. T4C has 3 parts: The skill of cognitive self-change, social skills, and problem solving skills.

Program	Program Description
Thinking for a Change (T4C) Aftercare	This group will practice skills learned in Thinking for a Change in the areas of cognitive self-change and problem-solving. Using thinking reports and check-ins of real life situations, group members will identify new thoughts, attitudes and beliefs that will reduce the risk in their old ways of thinking and continue to develop their skills.
W-Voices of Support WWRC	A support group for those inmates who experience auditory hallucinations that are distressing. In group participants share their voice-hearing experiences, the strategies they employ to cope with voices, and other issues (e.g. medication compliance) surrounding voice-hearing.

Therapeutic Services Programs

Therapeutic Services, (TS,) follows a systematic process that utilizes recreation and other activity-based interventions. TS will meet and assess individuals, working collaboratively with the inmate and the treatment team, and will then enroll them in treatment groups or refer them to open recreation. The purpose of TS is to improve or maintain physical, cognitive, social, and emotional functioning in order to facilitate full participation in life. TS aim is to improve an individual's functioning and keep them as active, healthy and independent as possible.

Group	Group Description
Basic Cooking	Basic Cooking is a group designed specifically for inmates with upcoming release dates. The group focuses on teaching simple recipes, budgeting, and other hands on learning experiences related to cooking.
Card Club	A therapeutic recreation group that generally uses card and other board games to help promote socialization, appropriate management of emotions and problem solving strategies. This group also provides the opportunity to learn and practice new leisure activities that can be used in life following WRC.
Ceramics	Ceramics is a group used to offer an opportunity for individuals to work on creative expression, developing healthy leisure skills, improving social skills, and the ability to focus on a task. Due to the process and structure of this group it is also an environment to work on patience, time management, frustration tolerance, and self-esteem issues.

Program	Program Description
Challenge Course WRC/WWRC	<p>Challenge Course is a group that utilizes the low element initiatives course that challenges the participants to identify successful problem-solving techniques. Participants are also challenged to use and learn skills including communication, decision making, planning, trust, listening, cooperation, problem solving, taking charge, following directions, taking risks, expressing feelings, and much more. Each individual also benefits in the areas of improving social skills, more independence/self-reliance, and higher self-esteem. They will be challenged to identify individual motivators, personality characteristics, and conflict resolution styles.</p> <p>Provides the opportunity for participation in organized, movement and activity in a socially interactive environment that promotes brain growth. This will lead to a reduction in anxiety, depression while increasing the inmates stress threshold.</p> <p>Provides participants the experience of engaging in a variety of group initiatives that involve teamwork, problem solving, trust, communication, and group cohesion. Group members will gain an understanding of challenge by choice, learn the 4 statements of choice, and demonstrate the ability to apply this toward their treatment, and recovery.</p> <p>The challenge course is a low element initiatives course that challenges the participant to identify successful problem-solving techniques.</p>
Cinema	<p>Participants learn to view movies with conscious awareness and participate in discussion about the movie's characters and storylines. Outcomes: To improve awareness, social and communication skills through the use of films.</p> <p>This group will view a variety of movies that promote discussion, debate, and empathy, based on the roles, and situations portrayed by the characters in each movie.</p>
Cinema Study WWRC	<p>Cinema Study is an enrichment group where group members watch movies featuring a variety of themes incorporating therapeutic value. Group members are given discussion questions and encouraged to discuss their thoughts following the showing of each movie.</p>
Communication	<p>Group will focus on communication skills such as – verbal, non-verbal, listening, effective communication, conflict resolution, communication styles and benefits of each.</p>
Decreasing Isolation	<p>Decreasing isolation provides an opportunity for inmates who show poor motivation and have difficulty in a group setting. This group focuses on appropriate social skills as well as increasing independence. Inmates are expected to interact appropriately in small groups and learn to cooperate with others.</p>
Gardening	<p>Gardening group provides an opportunity to learn a new leisure skill that provides endless benefits and promotes one to live a healthier lifestyle. Participants will increase their self-esteem and self-confidence, develop social skills and other related life skills by learning how to plant, grow and maintain the flower gardens.</p>
Gratitude	<p>Involves expression of gratitude through journaling, and discussion. It improves attitude, and self-efficacy, as it empowers group members to become more independent, and experience greater control in their lives.</p>

Program	Program Description
Guitar Group	This is a leisure exploration group in which participants gain a basic understanding, and ability to read music, chords, and tablature. They will also begin development of skills necessary to play this instrument, should they choose to pursue it as a hobby/ coping strategy to help manage stress more effectively in the future.
Healthy Habits	Healthy Habits is a group that meets 3 times per week and is offered to ATR inmates at WRC. This group focuses on preparing inmates to return to the community setting and developing a healthy leisure lifestyle. Participants discuss topics such as healthy versus unhealthy leisure, time management, journaling, and community resources. Inmates also engage in physical fitness sessions and other healthy leisure activities during groups.
Leisure Center	Leisure Center meets 1 or 2 times per week and is designed to allow participants the opportunity to choose and participate in a leisure activity of their choice. Activities may be on an individual basis, or with peers and/or staff. The structure of the group requires individuals to work on issues such as decision making, time management, cooperation, taking turns. It is also used as an environment to develop and utilize skills in emotional regulation, stress management, and relaxation.
Mindful Stretching	Utilizes mindful breathing, mindful stretching, and resistance bands exercises to stimulate the sympathetic and parasympathetic nervous systems. This creates awareness between the opposing forces of tension, and calmness for participants enabling them to summons these breathing and stretching techniques at a time of flight or fight. When participants are stretching they are addressing much more than just the length tension relationships of our bodies. We are stretching our physical, mental, emotional, and spiritual bodies as well. Stretching along with breath is a powerful healing tool, but to use it as such we must bring awareness and intention to our stretches. Mindful stretching is an opportunity for participants to practice these skills in a safe and relaxing environment
Morning Energizer	An on unit group. Meets three times a week. The goal is to get inmates up and moving, stretching to music and to understand how exercise can improve mental health.
Morning Stretch	An on unit group for the acute psychiatric unit. Meets every morning in the dayroom or courtyard and is a required part of the unit program. The goal is to get inmates up and moving, stretching to music.
Motivation	This class is provided for inmates who have spent a significant amount of time in segregation, are working on attaining GP status and struggle at times being around other inmates. The goal of the class is to learn social skills for coping outside of segregation.
Move	Provides the opportunity for participation in organized, movement and activity in a socially interactive environment that promotes brain growth. This will lead to a reduction in anxiety, depression while increasing the inmates stress threshold.

Program	Program Description
Open Recreation WRC/WWRC	This program is intended to provide participants with opportunities to have fun, expend energy, release stress and develop leisure and social skills in a less structured environment than groups and classes. A daily recreation schedule is provided to the units and inmates are encouraged to attend. A variety of small and large group activities are planned to meet the needs and abilities of our diverse population.
Relaxation/Stress Management	<p>The purpose of this group is to increase knowledge and practice skills relating to relaxation. Ideally, individuals will independently practice relaxation techniques for reducing stress and anxiety and improving emotional and physical health.</p> <p>A group designed for individuals to learn the physical and emotional benefits of relaxation and to learn and practice the different relaxation techniques. Progressive Muscle Relaxation, Deep breathing, Aroma Therapy and Guided Imagery are practiced in a darkened classroom with background relaxation music and sounds. Outcome: Ideally, individuals will independently practice relaxation techniques for reducing stress and anxiety and improving emotional and physical health.</p>
Self-Awareness	The objective of the Self Awareness group is to assist participants in gaining an increased understanding of themselves; to help them set goals and review progress in reaching their goals, to help them identify the areas contributing to their problems and to develop strategies to overcome these problems.
Sensory Integration	The sensory integration program will work as a compliment to other forms of treatment at WRC. Its basic function is to provide the inmate with immediate relief from over/under-stimulation by using the senses as a modality to regulate emotions. By using the sensory integration program, the inmate will learn to modify arousal levels and make the necessary emotional adjustments to stay in control and function in a productive matter.
Shuffle Board	Shuffleboard is a group used for individuals to acquire the necessary skills and knowledge for a healthy leisure lifestyle. It is a small group environment that is beneficial for helping improve interpersonal skills, coping skills, emotional management, and to work on individual issues which may be identified in TLP. It fosters a safe and positive environment for individuals uncomfortable with large groups and who isolate on a housing unit.
Stress Management	Group members learn about daily things that can cause unnecessary stress and the toll stress can take on the body physically, mentally, and emotionally. The curriculum teaches participants cognitive and behavioral tools and skills that can help reduce the negative outcomes of stress.
Team Sports	Group members participate in a physically active group playing a variety of team sports- basketball, volleyball, ultimate Frisbee, soccer, hockey, and scooter ball. Goals include: physical health, exercise as a coping skill, sportsmanship, cooperation, learn new leisure activities, impulsiveness, team work, tolerance of other people, and frustration tolerance.

Program	Program Description
Teamwork	Group will focus on qualities of effective teamwork and practice working with different teams/groups of people.
Therapeutic Crafts	Therapeutic Crafts is a class provided for inmates who have privileges of attending off unit programming. The class meets 2 times per week, but is flexible depending on the inmate and facilitators scheduling need. Overall goal of the class is to learn independent positive leisure time activities for help with boredom, self-confidence and coping skills.
Therapeutic Fitness WRC/WWRC	<p>Therapeutic Fitness meets 5 times per week. Participants are enrolled 1-5 days per week depending on need and scheduling availability. The group focuses on physical fitness, nutrition, and using fitness as a healthy coping skill. To improve physical, social, mental and emotional health through exercise. Participants will gain an understanding of the benefits of exercise, learn about the importance of stretching, cardiovascular and strength training in their workout routine, learn the proper techniques for stretching and exercising, learn how to operate equipment properly, learn how to monitor their heart rate, etc. Outcome: Individuals will provide verbal reports of feeling better and independently incorporate exercise into their life style. Therapeutic fitness is a group provided for individuals to increase general knowledge of the various muscle groups of the body, the various exercises and equipment used for maintenance and development of the various muscle groups of the body, skills and interests for continued participation in an independent fitness program, the cardiovascular exercises and their benefits, and the stretches that will promote the health and maintenance of the body.</p> <p>It is also a group used to increase positive social interaction and to enhance social skills in areas of goal setting, self-presentation, communication, and self-esteem Fitness offers an opportunity for participation in organized, movement and activity in a socially interactive environment that promotes brain growth. This can lead to a reduction in anxiety, depression while increasing the inmates tolerance to stress.</p>
Therapeutic Rec WRC/WWRC	Therapeutic Recreation is a group provided for inmates that focuses on interactive social skills and problem solving. A variety of activities are provided. Outcome: learn social skills, leisure skills for coping, improve physical, mental, social, and emotional wellness through a variety of activities; improve problem solving, communication and teamwork. Participants are encouraged to accept responsibility for their actions and change their attitudes and behaviors.
TS Cleaners	Inmates are hired as cleaners in order to gain employment, have direct contact with therapeutic staff in a small group environment, and to learn or improve work skills. Referral criteria are based on availability and treatment team recommendations.

Program	Program Description
Vocational Workshop	The Vocational Workshop Program has the belief that work provides meaning and purpose to life, and when combined with other treatment programs, provides opportunities for personal growth and development resulting in greater independence for people with special needs. The Vocational Workshop program provides an additional means to assess the individual's ability to appropriately function in a group setting and assist in preparing and motivating the individual for other rehabilitative programming, leading to increased self-awareness, cooperation, empathy, and new, positive attitudes. It is the goal of this program to provide within the confines of the Wisconsin Resource Center, meaningful work experience and positive reinforcement for individuals receiving treatment and preparing for community reintegration.
Volleyball	Volleyball is a team sports activity where participants will learn and develop skills in the areas of teamwork, sportsmanship, physical fitness, and communication. Individuals will be encouraged to participate at their comfort and skill level. Basic volleyball rules, techniques, and instruction will be given by group therapist.
Walking	To provide inmates with knowledge related to fitness walking and the benefits of a walking program and to provide a therapeutic environment where by participants can utilize walking to improve their physical, social, emotional and mental health. Outcome: Participants will be encouraged to walk within their target heart range and display progress (improved fitness level, use of an exercise log and display an improved cardiovascular and overall fitness level). Fitness walking is a group provided for individuals to participate in a low impact exercise that promotes improving physical, emotional, and mental health. Participants learn proper stretching techniques, walking techniques, and how to monitor pulse and heart rate. It is also used as an environment to develop and utilize skills in emotional regulation, stress management, and relaxation.

Enrichment Programs

Enrichment Classes offer inmates a range of positive opportunities to develop and deepen interests and skills. These classes are offered by the Education Department and the inmate has great latitude in choosing his/her Enrichment Classes.

Group	Group Description
Art Expression-WRC/WWRC	WRC/WWRC- Participants use different materials, techniques, and artistic methods to learn a new leisure activity and outlet to express themselves. The group utilizes a supportive environment to build skills, knowledge, and self-efficacy. In addition to completing individual projects, participants learn teamwork and enhance social skills through different group projects.

Group	Group Description
Mrs. B's Book Project-WRC	In order to provide incarcerated adults with a means of communicating with their children, the Wisconsin Resource Center developed the Mrs. B's Book Project in 1989. The program attempts to break the chain of illiteracy by encouraging inmates to read to young family members. Each inmate that is approved for the program gets to choose 3 books from our children's book collection, and then read the books aloud onto an audio tape. The tape and all three books are then mailed to the child. All materials are supplied, and the inmate is only responsible for the cost of postage. Since the development of the program, 315 children have received this gift of communication and encouraged literacy. Inmates frequently report the positive feedback they receive from their family members, and their own feelings of accomplishment after connecting with their children and relatives. The readings have proven to be a wonderful opportunity for inmates to recognize special occasions, such as birthdays and holidays.
Book Club-WWRC	This group utilizes reading to increase awareness of literature, develop additional recreational activities, stimulate thoughts and increase verbal communication skills, and enhance tolerance of alternative perceptions. Participants are introduced to various genres of literature. Requirements include participating by reading, taking notes, discussing the content of readings in a group setting, and being open to others' comments.
Brain Games-WRC	Assist participants in acquiring knowledge of the basic function of the human brain. Engage participants in various brain stimulating activities that are challenging and enjoyable. Activities will be completed individually, as well as in small groups. Files of all participants will be maintained to assure that they are working at the appropriate level of difficulty.
Chess-WRC	Engage students in groups off the unit. Learn basic strategies of chess. Learn and use chess etiquette.
Creative Writing-WRC/WWRC	-WRC-To provide a classroom atmosphere that promotes journaling, free writing, and expression through written communication. Students will be able to submit for a variety of levels of publication throughout the year. Student will be given the opportunity to craft their work. Student will be able to identify elements of poetry and prose and to synthesize these elements into their own writing mastery. -WWRC-
Diversity Enhancement - WWRC	DEP focuses on exploring the differences present among us, in our communities, and throughout our world. Participants will learn about different cultures while fostering tolerance, respect, and a mutual understanding of our differences. Participants will discuss issues such as social responsibility, teamwork, civic responsibility/participation, community service, and positive problem solving.

Group	Group Description
Drama-WRC/WWRC	The goal of this group is to improve self-esteem through the use of drama. Students will participate in brainstorming, writing, rehearsal and performance of a one-act play. A second goal is for students, through performing before peers, to overcome feelings of anxiety and to learn how creative expression can affect self-image.
Evening Relaxation-WWRC	This group compliments other groups addressing relaxation and stress management. Strategies to relax, decompress, and wind down for the evening are introduced and practiced. Activities include progressive muscle relaxation, imagery, yoga, and mindful listening. The goal of the group is to give women practical ideas and options to help feel more relaxed in correctional and community settings
Exploring Music-WWCR	This group focuses on the power of music to teach, to inspire, to reduce stress and to heal. Group activities will include listening to music selections, learning about different musical genres, discussing the impact of music on one's thoughts and feelings, and group singing. Objectives include learning to use music more fully for enjoyment, stress reduction and confidence-building, and "finding one's own voice" through song.
Exploring Success-WRC	This course is an open enrollment and open-ended program. Inmates needs at least a 6 th grade reading level or higher, but are not essential. Inmates must attend all 4 weekly scheduled sessions. This course is designed to help participants “explore” learn and understand what makes people successful. Participants listen to audio cassettes, view videos and real books written and published by some of the most successful people in America today. The participant’s challenge is formulating a plan on how to take what he learns and apply it to his current life situation(s) so he may become “successful.” Participants are required to take notes, discuss the information presented and do assignments that will help them learn the secrets of success and to build their own success formula. Explore Success give the participants an opportunity to explore ad improve their self-esteem, self-concept, and inter/intra-personal skills, how to set and reach goals, and how to get the most out of life. Participants will learn how to: Set goals, improve self-talk, improve relationships, improve rapport, reform belief systems, unlock mental powers, obtain maximum performance, understand yourself and others, have power with people, and achieve.
Fathers Support Group-WRC	Educate participants about subjects relating to good parenting and child development. Help participants reconnect or connect more effectively with their children. Support participants to be more caring parents.

Group	Group Description
Giving Back-WWRC	Giving Back is a program to help women at WWRC give back to the local community through a series of community service projects. The goal of the group is to help women improve their self-esteem, find pro-social leisure activities, and discover how communities work together for the greater good; all of which should help them become a successful and productive member of their community upon release.
Humanities-WRC	To examine and reflect on human history and culture that helps us understand where we have been, where we are, what we value and why. Each student will verbally express what they have learned in each unit and how it applies to his life. Each student will verbally express how the topic studied applies to modern society.
Humor-WRC	Humor classes are offered to inmates to help expand their interpersonal skills and allow them an opportunity to examine their thoughts and beliefs. The class has an open-ended format and encourages inmates to look at life experiences from different perspectives.
LAUGH-WWRC	Uses humor and play to help participants cope with anger, frustration, and other distressing emotions. It is designed to help participants adapt to their difficulties by creating a positive outlook, empowering themselves to take charge of their situations, and finding new ways to allow laughter into their lives.
Library-WWRC/WRC	The Library aims to provide resources for recreational reading, educational access and legal research needs of inmates. It functions within the public library model as it serves the diverse reading and community needs of its patrons. Inmates can engage in pleasure reading of all varieties of books, fiction and non-fiction. Interlibrary-loan service is offered as a method of expanding learning by borrowing resources from libraries across the state. They can stay up-to-date with current events via newspapers and magazines. Inmates engaged in legal research have full access to Wisconsin and Federal court cases, statutes and rules, along with a variety of other pertinent legal references. The library also serves as an education and job research center by offering the latest GED and college prep information, along with job hunting and occupational research handbooks. Typewriters are available for typing legal work and resumes.
Meditation & Relaxation-WWRC	Participants learn different meditation and breathing techniques to relieve stress and promote relaxation. Techniques help participants focus on concentration, become aware of bodily sensations, and understand and control emotions. Participants will also learn and practice basic yoga movements, postures, and stretching to increase flexibility, strength, balance, and relaxation.

Group	Group Description
Nutrition Education-WWRC	This group is for anyone who wants to take steps towards living a healthy lifestyle in order to prevent and/or manage diseases through diet and exercise. During this class we will explore a variety of nutrition related topics through group discussion, activities, and games. Class topics will vary each week, but will include: MyPlate, fad diets, nutrition myths, healthy food choices, portion control, weight management, and much more!
Painting & Drawing-WRC	The goal of this class is to provide students structural, creative outlet for positive creative expression through drawing and painting. Students will be introduced to materials & explore line form, & structure with easy exercises in mar-making. Students will learn to look subjects, to think about structure and perspective in order to create convincing 3 dimensional drawings. Students will be encouraged to continue developing drawing skills that pertain to the 5 elements of design. Students will be introduced to basic painting materials, different painting techniques or ways to apply the paint with interesting effects. Students will learn general information on different types of painting, such as, landscapes, portraits, and still life, also the elements of putting a painting together. Students will be critiqued on the rise of these elements & principals & given positive criticism where improvement is needed.
PLATO Learning Lab-WRC	To Utilize the Plato Pathways Learning System for instructing students without HSED, HS or higher education.
Positive Interaction - WWRC	This group explores various team building activities focusing on positive interactions with others in a group setting. It is intended to be an informal group where individuals are encouraged to relax and share their thoughts/ideas in a judgment free setting. The group will consist of various team building exercises, a variety of games, karaoke, as well as some structured group conversations.
Quote of the week-WWRC	Quote of the Week is a High Acuity unit group in which group members are presented with several different quotes related to a given topic to read and discuss. They are encouraged to take the quotes with them at the end of group to review themselves.

Group	Group Description
Relaxation and Stress Management	Relaxation and Stress Management is offered to integrate the Relaxation Response to existing skills to improve institutional adjustment and overall coping. Identifying specific stressors and utilizing the Relaxation Response during these stress points is role played and practiced. Role play or describing problems to increase mild anxiety in participants is followed by practicing the Relaxation Response. There is also regular viewing and practicing skills from “A Day Away from Stress” and “The Relaxation Tape.” Participants are also provided with a copy of the Relaxation and Stress Reduction Workbook, Sixth Edition by M. Davis, E. Eshleman & M. McKay for supplemental reading. This group is ideal for IMR, MTREM and Anxiety group participants.
Science Fiction-WRC	To explore, assess, interpret, and discuss the nature of science fiction through literature and film. Course is an open ended class. Students will be able to distinguish elements of science fiction from other types of fiction. (i.e. that which distinguishes it from fantasy and other forms of fiction.) Through discussion, explore the possibility of science related possibilities not yet discovered. Identify subgenres of science fiction including futuristic, alternative timelines, out space/alien encounters, and stories involving the future of technology.
Stories of Change	Assist individuals who choose to participate in exploring their own journey of change- where they came from, what happened, what they want for themselves, and where they are now in the “change process”.
Story Club-WWCR	In this group participants read a common short story or novella and discuss plots, characters and themes found therein. The purpose of the group is to encourage reading and the discussion of literature as lifelong leisure activities that are enjoyable, skill-enhancing and pro-social.
Tutor Training	<p>WILC Tutor Training (Wisconsin Institutions Literacy Council)</p> <p>To train inmate tutors to assist students in a classroom setting using WILC approved approaches and materials. Students will practice and demonstrate techniques learned to the instructor. Students will complete a final exam at the end of the training session, scoring 95% to be certified.</p> <p>Referrals Inmates to be referred to become WILC tutors include those with:</p> <ul style="list-style-type: none"> • 9.0 TABE reading & math level: High School diploma or HSED. • Security clearance. • Treatment Team approval. • The ability to establish rapport with client. • An appreciation for the program’s academic and social value. • An adequate institutional employment history.
Tutors	Upon completion of the training, inmate tutors may be assigned to assist students in academic classes. They are also eligible for employment as tutors in 17 DOC institutions.

Group	Group Description
WRC Newsletter	To provide a creative outlet for students to write, draw, or learn about the computer and to acquaint students with the process of gathering material and printing it in a newsletter format. Each class member will compose at least two written articles or pieces of art per term. Each class member will word process at least two written articles per term. Each class member will learn at least one Microsoft publisher task per term. Each class member will proofread at least two articles per term. The class will print at least one newsletter per term.
WWRC Newsletter	A collaborative group designed for individuals who have an interest in creating a printed forum for sharing current events, creative writings, and entertaining information with others at WWRC. Goals focus on enhancing academic and social skills, such as written and verbal communication, cooperation and group membership, awareness of current issues, and decision-making and organizational abilities.
Yoga for Beginners	A class that will teach the basics of yoga and its benefits. It is an open ended-open enrollment class for serious learners . Yoga is one of the few forms of exercise that anyone can do—and excel at—regardless of age or physical condition. Yoga builds strength, increases flexibility, improves circulation, lowers blood pressure and reduces psychological stress—and it’s easier on the body than high-impact workouts. Yoga is loved by people who are interested in becoming more fit and flexible, looking for stress relief, seeking to live a more peaceful and joyful life. Benefits: relieves tension and stress, stimulates the mind, helps maintain stable weight, controls appetite, boosts self-image, improves muscle tone and strength, improves flexibility, lowers blood pressure, relieves insomnia, increase “good” (HDL) cholesterol, prevents diabetes.

Religious Activities

Inmates are able to express and strengthen their faith and practice in their chosen religion. Under the oversight of the chaplains, the seven umbrella religions recognized by DOC provide religious services and activities.

Class	Class Description
Religious Study- WWRC/WRC	Congregate religious study within a given Umbrella Religious Group (URG) for the purpose of increased knowledge and spiritual growth. Umbrella Religious Group: An inclusive group designed to appeal to a wide range of religious beliefs with a given faith tradition: Catholic, Eastern Religions, Islam, Jewish, Native American, Pagan and Protestant.
Religious Service- WWRC/WRC	Congregate services of an Umbrella Religious Group for the purpose of worship and spiritual expression embracing a wide range of religious beliefs. Umbrella Religious Group: An inclusive group designed to appeal to a wide range of religious beliefs with a given faith tradition: Catholic, Eastern Religions, Islam, Jewish, Native American, Pagan and Protestant.

Giving Back

WRC offers a range of opportunities for inmates to engage in constructive activities that also give back to the communities harmed by their offenses. Giving back and making amends provides avenues for growth and healing for victims, communities and offenders.

Class	Class Description
Crochet	Crochet is a group provided for inmates to teach them a lifelong leisure skill and to improve social skills and focus. It also provides an opportunity for inmates to give back to the community by completing projects and donating the items to various community organizations.
Inmate Art Show	The Inmate Art Show came about from staff involvement with Victims' Rights Awareness Week. Many painting and drawing students were encouraged to participate in a drawing contest. WRC staff selected the pieces to be included in the Victims' Rights Awareness Week calendar. The calendar was sold to the public and the money was donated to the Christine Ann Center in Oshkosh. Currently the Inmate Art Show is a partnership with WRC and community organizations or businesses that host the event. Through this continued fundraising event, inmates are engaged in an act of restitution for their crimes, enhancing feelings of self-worth that may have deteriorated. To date the Inmate Art Show partnership has raised over \$8,000 with all proceeds going to various charities.
Restorative Justice	<p>The Restorative Justice (RJ) philosophy represents a very different lens to view, understand and respond to crime and victimization. RJ is a way of thinking about how a community can respond to crime. RJ holds offenders accountable and places emphasis on repairing the harm done to the victim and the community.</p> <p>Once a year WRC runs a 10 week Restorative Justice program that brings together community volunteers, victims, and offenders to discuss and explore the ripple effect of crime. RJ seeks to establish empathy and healing for all parties so that each individual recognizes their commitment, role and responsibility to this, and the broader community, to create NO MORE VICTIMS! Each person is challenged to become a "lifeguard", to cause no more harm and create positive ripples.</p> <p>WRC hosts four activities a year seeking to challenge its community (inmates and staff) to come together and "Give Back" to the community in hopes of increasing the opportunity for success, change, and reparation of individuals and communities. In the last 5 years the WRC community has raised over \$10,000 to "Give Back" with all proceeds going to various community organizations that assist victims of crime and other agencies to assist children and families.</p>
Restorative Justice Alumni Group	The group is for men who have completed Restorative Justice at WRC or another DOC facility. The alumni group provides the men incentive to continue the work they started in the Restorative Justice program. Volunteers from the community come in to encourage the participants to continue working toward "no more victims". The topics and activities addressed in the group are similar to the Restorative Justice program.