

SUPPORTIVE PROGRAMS

Self Improvement (Cont.)

Successful Transitioning: Release and Reintegration

Structured preparation for reentry, including housing, employment, and community resources.

Sun Country (Work Program)

Work crew providing vocational training and work experience.

Thinking Straight

Cognitive skills program focused on logical decision-making and problem-solving.

Traffic School

Instruction on traffic safety, violations, and responsible driving.

Triple P Parenting

An internationally recognized parenting program offered through certified trainers that consists of 8 structured sessions and supplemental follow up. The facilitators are trained and certified by Triple P Parenting (Peer or Volunteer Led).

Values and Personal Responsibilities

Group program teaching responsibility, accountability, and ethical decision-making.



Wrong To Strong

Mindset coaching and fitness program, empowering participants to break free of old thought patterns. The program can lead to personal training certification.

Yoga's Arc

The Yoga's Arc Foundation (YAF) brings yoga to individuals in need of the benefits of yoga. Yoga improves strength, balance and flexibility. Yoga helps with back pain relief and benefits heart health.



Women's Services

Bend, Don't Break (Arouet)

A stand-alone program aimed at helping women cultivate a positive mindset, empowering them to reclaim their lives and embrace new opportunities. Arouet's pre-release program provides education on health and wellness, career preparation, community and family integration, and achieving personal goals.

Beyond Trauma

A Healing Journey for Women. Beyond Trauma is an evidence-based, twelve-session program by Stephanie Covington.

SUPPORTIVE PROGRAMS

Women's Services (Cont.)

Career Paths (Televerde)

The Career PATHS program is a six-month online, in-person, and virtual program that provides women who are incarcerated the training, development, and certification necessary to become customer service, inside sales, and computer tech professionals. The program includes curriculum provided by IvyTech Community College, LinkedIn, Factor8, and Cisco

Finding Your Best Self

Book-based program that offers a step by step road to recovery, addressing links between addiction and trauma.

Forever Moms

Nine week class session that offers customized curriculum and proven parenting tools, as well as targeted exercises and conversation starters for scriptural principles like forgiveness, patience, kindness and self-control to guide incarcerated moms and their children toward healthier communication.

Gina's Team

Supports the participants through a 6 week program focused on personal growth and empowerment. The program is free and maintains connections through pen pal work, and a networking space for women who were formerly incarcerated and their families

Girl Scouts Beyond Bars

Girl Scouts Representatives provide the Girl Scout Leadership Experience (GSLE) to Active Girl Scouts and their mothers who are incarcerated by building courage, confidence, and character. They demonstrate positive peer and adult relationships, and provide life skills to promote healthy relationships during and beyond incarceration.



Mother and Infant Bonding

Upon delivery, mothers are provided a 72 hour bonding time with their new born baby. This time is crucial for establishing an emotional connection and ensuring the well-being of both the mother and child by providing the opportunity for skin-to-skin contact and the development of a nurturing relationship.

Pregnancy Residential Program

Women who arrive pregnant at ASPC Perryville are housed together in a supportive, structured housing environment designed to support community and peer support. Women are provided weekly check-ins with their assigned Correctional Officer III, voluntary parenting classes, opportunities for voluntary milk expression, and Pregnancy Preparation classes with Hushabye Nursery. This program also offers Case management services to pregnant women participating in medication assisted opioid treatment.

Women in Recovery

This empowering, strength-focused workbook is designed to assist women in examining the root causes of their addiction, recognizing harmful life patterns, and beginning their recovery journey.