



**2017 New Hampshire Department of Corrections
Behavioral Health Treatment Programs**

Title	Brief Description
Addictive Behavior	Provides tools to patients to manage addictive behavior
Aftercare	Follow up once patients complete Substance Abuse and Sexual Offender Treatment
Anger Management	Provides tools to patients to understand and manage their anger
Art Group	A therapy allowing patients to express themselves in art
Attention Deficit Hyperactivity Disorder (ADHD)	A therapy designed to slow the patient's thought process
Benefits/Community Resources	Information for soon-to-be-released patients offering referrals to community based treatment
Body Image	Treatment for eating disorders
Breaking the Cycle	Group-based with the focus on managing their criminal and negative behavior
Challenging Minds	Helps patients challenge old thinking and better adapt to current situations
Co-Occurring Disorders	Developing treatment plan for patients with co-occurring mental health, substance abuse, and other disorders
Cognitive Behavioral Therapy	Therapy to challenge negative thought patterns about the patient's self and the world to alter unwanted behavior patterns or treat mood disorders
Commitment to Change	Assists patients in developing skills to understand commitments that they make and their impact on the future.
Communication Skills	Providing patients with skills to better communicate
Connections	Assists patients in developing healthy connections with family and friends.
Coping and Hoping	Group coping skills with motivational thinking as they move forward in the future
Coping Mindfully	Two levels. Helps the patient understand and manage when is the best time to use these skills.
Coping Mindfully-Advanced	
Coping Skills	Three levels. Coping skills assist patients in coping with and better managing and responding to stressful situations. It enhances the patients overall wellness.
Coping Skills I	
Coping Skills II	
Coping with Incarceration	This therapy provides the same level of assistance but is focused on the period time they are incarcerated.
Core Group	This is part of the Sexual Offender Treatment program.
Criminal and Addictive Thinking	This therapy includes a substance abuse component and its impact on criminal and addictive thinking. It helps improve the patient's thinking patterns.
Crossing Boundaries	This is part of the Sexual Offender Treatment program and focuses on victim empathy.

Current Events	This helps the patient apply the treatment they receive to current events.
Dealing with Feelings	Another form of coping skills
Depression Group	Group therapy that allows patients to learn from other patients suffering from depression.
Dialectical Behavioral Therapy	Nationally recognized therapy, which is a specific type of cognitive-behavioral psychotherapy developed in the late 1980s by psychologist Marsha M. Linehan to help better treat borderline personality disorder.
Domestic Violence	Therapy to help patients better control emotions and thought patterns that lead to domestic violence
Drop-In Group	This is a sick-call protocol Provides increased access to services.
Emotions Through Art	Another recreational therapy that allows the patients to express their emotions through art
Frustration Tolerance	Therapy that helps patients better manage and control their moments of frustration that can lead to addictive or criminal behavior.
Grief Support	Providing support to patients who are grieving the loss of a loved one or friend in their life before or during their incarceration
Gym Group	Recreational therapy in the Secure Psychiatric Unit/Residential Treatment/Wellness Unit that promotes positive social skills
Health and Fitness	
Healthy Relationships	This helps the patients reconnect with their families and improves their ability to care about a fellow human.
Here and Now	Therapy that helps the patient ground their anxieties in the moment.
High Risk Relapse Prevention	This is connected to Substance Abuse and Sexual Offender Treatment.
House of Healing	Nationally recognized group therapy with mindful-based practices and curriculum geared to the male population
Illness Management and Recovery	A variation of after care support for the patient based on their specific needs and risk factors.
Inpatient Support	Inpatient psychiatrist treatment following initial mental health assessment
Integrated Services	This is similar treating patients with co-occurring disorders.
Intensive Sex Offender Treatment	Driven by Departmental Policy, Procedure, and Directives #6.33, 6.34, and 6.35.
Journey of Awareness	It is a variation on the practices of Life Coaches that helps improve their self-awareness and understand their feelings.
Leisure and Recovery	
Leisure Education	Multi faceted therapies that educate the patient on the importance of leisure in development of social skills.
Leisure Skills Development	
Life After Release	Most of the NHDOC behavioral health offerings better prepares patients for their release back into the community.
Life Skills	This is therapy that promotes the patient's ability to function in the world by weighing risks versus consequences.
Managing Anxiety	Therapy to assist patients diagnosed with anxiety disorders
Managing Bipolar	Therapy to assist patients that are diagnosed with Bipolar disorders

Managing Depression	Therapy to assist patients diagnosed with depression.
Medication Education	These are seminars presented by Psychiatrists contracted as part of the DOC's mental health contract with MHM Services
Men's Work	A national curriculum, which runs one year that focuses specifically on male psychology and psychotherapy.
Mental Health Block	Specific housing unit blocks in which the patients live together and participate in mental health treatment together as a group. The participants work through but never forget what they have done and promotes victim empathy.
Mental Illness Awareness	A program designed to help patients better understand mental illness and how that impacts them.
Mind Boosters	Specific to Serious and Persistent Mental Illness (SPMI) patients and promotes a healthy mind.
Mindfulness in Meditation	Using meditation as a form of relaxation and inner strength.
Moving On	Assists patients in moving forward in their lives.
Next Step	
Pain Management	These are medication referrals.
Parole Violators Group	There is a mental health component to the 28-Day Parole Violators Program.
Post-Traumatic Stress Disorder	Therapy to assist patients diagnosed with PTSD.
Preparing for Change	This is offered to patients in the final weeks before their release from prison to provide them with tools to manage their behavioral health outside of prison.
Pro Social Skills	This promotes positive social skills for patients under our care.
Problem Solving	This assists patients in better analyzing and finding appropriate solutions to problems they face inside and outside of the prison.
Psycho Educational	These are drug and alcohol treatment seminars.
Relapse Prevention	This is focused on patients in substance abuse treatment programs.
Relaxation and Stress Reduction	Techniques to help patients reduce stress and relax in their daily lives.
Safety Plans / Maintenance Contract	This is specific to patients who exhibit suicidal ideation or actually attempt to harm themselves. A specific safety and maintenance is plan is developed for their individual needs.
Seeking Safety	This grant-funded and provided to women at the Shea Farm Transitional Housing Unit.
Self-Discovery	This is provided to patients to enhance their self-awareness
Self Esteem	This is provided to patients to enhance and improve their self-esteem
Severely Persistent Mentally Ill	This is an ongoing all-encompassing management tool for patients who are severely persistently mentally ill.
Shame Resiliency Group	Treatment for individuals who suffered trauma.
Sleep Hygiene	It promotes self-care for individuals.
Social Skills	A wide array group and individualized treatments to provide social skills tools and resources to the patients in our care.
Social Support	
Socialization	

Stress Management	A wide array of mindful therapeutic resources and tools to manage stress.
Taking Positive Steps	A motivation based therapy
Trauma and Recovery	Geared to those who suffered past or current trauma and tools to recover from that.
Understanding Anger	Instills into the patient a sense of understanding where their anger comes from and how to control it.
Understanding Your Cycle	This is part of the Sexual Offender Treatment Program
Walk Group	Recreation therapy is an important tool for promoting healthy actions and full body wellness.
Weight Room	
Women's Adjustment and Support	This is a gender-specific therapy to improve coping skills for women in our care and custody.
WRAP	Wellness Recovery Action Plan, a certified evidence-based focus on improving healthy, happiness, and success for the patient.
Yoga	Recreation and mindful therapy.