

# The PROGRAM

"It's About Change"

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## Pre-Release Services

**Pre-Release Services** are offered through The PROGRAM – "It's About Change" by the Manager of Pre-Release & Auxiliary Services in collaboration with the Dauphin and Cumberland County Prisons. The PROGRAM – "It's About Change" visits female inmates in Dauphin and Cumberland County prisons on a weekly basis to provide life skills training, individual and/or group counseling and supportive services.

## Opportunity

Any woman who is housed at Dauphin and Cumberland County prisons is eligible to receive services and participate in programming.

The Manager of Pre-Release & Auxiliary Services can also act as an advocate by contacting probation/parole officers, make various referrals, contact family members, help female inmates seek employment, obtain information on housing, and obtain information on treatment providers on behalf of the female inmate making the request(s) for assistance.

## Programing/Services

Pre-Release Services are provided to female inmates in prison in an effort to prepare them for eventual release into the community.

The following list of programing/services includes, (but is not limited to):

- Individual/Group Counseling
- Advocacy
- Assistance with pre-employment activities
- Community resources/referral (i.e. D&A, MH/MR, housing)
- HIV/AIDS – Comprehensive Risk Counseling Services (CRCS)
- Life Skills Training (decision making skills, problem solving, stress management, budgeting, goal planning)
- Referrals to The PROGRAM's transitional living facility – Promise Place, or other community residential facilities

## Eligibility

Any woman who is incarcerated in Dauphin or Cumberland County Prison is eligible to receive services from The PROGRAM – "It's About Change" and can inform their Treatment Counselor they would like to request services.

If you know of a woman in prison who is need of our services, you can contact The PROGRAM – "It's About Change".

## Contact information

### Located at:

1515 Derry Street  
Harrisburg, PA 17104  
(717) 238-9950  
Fax: (717) 236-3585

### Hours:

Weekdays 8:00 a.m. to 4:00 p.m.

**For more information contact Ms. Jessica Doody, Manager of Pre-Release & Auxiliary Services at (717) 238-9950 or email [jdoody@theprograminc.org](mailto:jdoody@theprograminc.org).**