

Therapeutic Community Program

Local non-profit Doors of Hope launched a new initiative with the Rutherford County Correctional Work Center on January 9 that will further their mission and greatly enhance the collaborative relationship that already exists between the two organizations. The re-entry program, a voluntary corrections-based program for women, will incorporate elements of the "Therapeutic Community" approach. Up to sixteen participants will occupy a separate housing space at the work center facility while in the program. TC participants receive six hours of structured programming per day, involving progressive stages of treatment designed to guide participants through recovery absent the challenges often associated with the typical incarceration culture. Participants commonly earn greater responsibilities or incentives as they progress through treatment. Services offered by the program include assessment, individual and group counseling, drug and alcohol education, twelve-step groups, high school equivalency tutoring and prep, and transitional planning.

"Inmates nearing release in today's society need to re-learn, or perhaps for the first time, learn how to effectively live life lawfully," says Captain William Cope. "Reentry programs are designed to assist incarcerated individuals with a successful transition to their community after they are released. Improving reentry efforts in Rutherford County is a critical component of The Rutherford County Correctional Work Center's mission to reduce recidivism. Our partnership with Doors of Hope recognizes the importance of offender reentry as a critical tool in breaking the cycle of criminogenic thinking, while improving the public health and public safety of our community. These ongoing efforts are necessary at all levels of government. The expanding incarcerated population continues to grow as a major national crisis. Taking a proactive stance on the local level, The Correctional Work Center and Doors of Hope are committed to playing an integral part in redefining our nation's correctional facilities as places for healing and positive growth."

Corrections-based Therapeutic Communities offer sessions that focus on a variety of topics, including self-esteem, anger management, assertiveness, healthy relationships, values, parenting, abuse, and trauma. Curricula are taught by retired educators and other community volunteers; subjects include literacy, creative writing, Spanish, yoga, financial literacy and more. Seminars are provided by community leaders addressing legal issues, medical and dental issues, nutrition, creating a resume, job search, workplace and a relapse prevention curriculum. Graduates of the pre-release component are eligible to apply for re-entry services and receive up to twelve months of voluntary community-based residential aftercare at one of five housing facilities operated by the Doors of Hope LIFE program. Aftercare programs provide individual and group counseling, family counseling, employment services, transportation, recreational activities, and more in a highly-structured, accountability program. Doors of Hope staff strongly encourage all participants to enroll in aftercare.