Frequently Asked Questions

What programs are available to me?
This catalog lists the current counseling and education programs that are available throughout the Travis County Correctional Complex. Questions about religious programs should be directed to the CHAPLAINS by an Inmate Request.

Who can attend programs?
Inmate housing location, custody status, and other factors may affect participation in programs. All classes are for male and female inmates unless otherwise noted.

How do I sign up for programs?
To sign up or be placed on a waiting list, send an Inmate Request to the program’s coordinator. Please note on your written request any Americans with Disabilities Act (ADA) accommodations that you require.

Why does it take so long to get into a class?
Please remember that hundreds of inmates are requesting to get into programs. You should not expect to be placed in a program immediately. Factors such as limited staff and volunteers, as well as providing equal programs to all areas, are taken into consideration.

When do classes start?
Students should be prepared to attend classes at any point during the day, beginning at 8 a.m. Please use the restroom and be dressed by this time each day.
GED CREDENTIAL PREPARATION AND TESTING

Mon.-Fri. | Coordinator: Ms. Henry

Students should not have previously received a general equivalency diploma (GED) or high school diploma and must attend all sessions. You will be placed on a wait list and called as space is available.

To earn a GED/HSE credential, you must pass four tests: Science, Social Studies, Mathematical Reasoning, and Reasoning Through Language Arts. Preparation classes are offered on an ongoing basis Mon.-Fri.

**Females**
Science: Mon. & Wed. 09:00-10:00
Social Studies: Mon. & Wed. 12:15-13:15
Mathematical Reasoning: Tues. & Thurs. 09:00-10:00
Reasoning Through Language Arts: Fri. 11:00-13:00

**Males**
Science: Mon. & Wed. 10:30-12:00
Social Studies: Mon. & Wed. 13:00-15:00
Math Fundamentals: Tues. & Thurs. 10:30-12:00
Problem Solving: Tues. & Thurs. 12:15-13:15
Mathematics in Science: Fri. 11:00-13:00

**Testing**
Tues. 10:30-13:00
Pre-requisite: You must pass the GED practice tests with 80% proficiency.
ENGLISH AS A SECOND LANGUAGE (ESL) / INGLÉS COMO SEGUNDA IDIOMA

***Males only at this time***

Mon.-Thurs. 09:00-10:00 / 11:00-14:00 | Coordinator: Ms. Henry

ACC offers the opportunity to learn English to students who primarily speak another language. ESL classes begin with an orientation session.

ACC ofrece estudiantes que hablan otra idioma como primaria, la oportunidad de aprender inglés aquí.

SPECIAL EDUCATION

Mon.-Fri. (times available upon registration) | Coordinator: Ms. Doyle

Del Valle Independent School District provides special education services to students who have not completed their high school education. To participate, students must be under 22 years of age and must have been in special education classes while in school.

READING FOR SUCCESS

***Males only—Individual tutoring available for females on Saturdays***

Tues. 12:30-14:30 | Coordinator: Ms. Henry

Increase your reading level and vocabulary. Ongoing.

READING WORLD LIT

Days/times vary by semester (4 weeks) | Coordinator: Ms. Stan

Do you have a love and passion for reading? If so, Reading World Literature—taught by UT instructors—is the class for you! Take this opportunity to expand your horizons and learn about the history of our world through literature.

WRITING YOUR STORY

***Females only***

Mon. & Thurs. 10:30 | Coordinator: Ms. Henry

CREATIVE WRITING

Ongoing | Coordinator: Ms. Henry

Poetry, Storytelling, and the Practice of Memoir are offered from time to time for males and females. Classes last four to six weeks.
HEALTHY LIVING
Thurs. 10:30-11:30 (females) (5 weeks) | Coordinator: Ms. Stan
Thurs. 11:45-12:45 (males) (5 weeks)
Educate yourself and learn about various topics that will help you make good choices inside and outside the jail. This course is taught by Concordia University students. Topics include: STIs, birth control, menopause and hormones, nutrition, heart disease, stroke, exercise, flu and cold season, keeping germs away, and basic anatomy.

DIABETES
Thurs. 13:30-14:40 | Coordinator: Ms. Stan
Have diabetes? Know a family member or a friend who does? Just want to learn more about it? Sign up for this Travis County health class. Certificates given upon completion.

HYPERTENSION
Thurs. 13:00-14:00 | Coordinator: Ms. Stan
Join this Travis County health class to expand your knowledge on hypertension (high blood pressure). Certificates given upon completion.

SEXUAL AWARENESS
Mon. 13:30-14:30 | Coordinator: Ms. Stan
Sexually transmitted infections: how we get them, how to treat them, and how to stay safe with our partners! Travis County health class; certificates given upon completion.

NUTRITION 101
Fri. 14:15-13:15 | Coordinator: Ms. Stan
Are you curious about the science of nutrition? Join this one-time class to learn about cool facts and theories! Health snacks provided; certificate given upon completion.

INTRO TO MEN’S YOGA
Tues. 12:45-14:00 (4 weeks) | Coordinator: Ms. Stan
A challenging, beginner-friendly introduction to the practice of yoga.

MEN’S YOGA
Fri. 11:30-12:45 | Coordinator: Ms. Stan
This class will use yoga mats and the practice of vinyasa (the linking of postures) will be introduced. Foundational poses will be the focus of the class. Classes include a brief meditation and incorporate yoga breathing techniques. Weekly self-study assignments will be given. **Students must complete a four-week session of Intro to Yoga and will advance only with the instructor’s recommendation. Do not send a request for this class.**

MEN’S ASHTANGA YOGA
Wed. 13:15-14:30 | Coordinator: Ms. Stan
This alternative yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

INTRO TO WOMEN’S YOGA
Fri. 13:00-14:00 | Coordinator: Ms. Stan
A challenging, beginner-friendly introduction to the practice of yoga.

MEDITATION
***Males only at this time***
Tues. 13:30-14:30, Thurs. 12:00-13:00 | Coordinator: Ms. Stan
This class explores the art of meditation via educational instruction and exercise to create self-awareness, relaxation, serenity, and good health. Active participation is required.
**DAILY HEALTH NEWS**
Fri. 13:30-14:30 | Coordinator: Ms. Stan
Learn about how to be a better YOU and put health first in your life in this one-time class.

**4C’S (BIBLE STUDY)**
Wed. 10:30 (males), Wed. 11:45 (females) | Coordinator: Ms. Moran
You will be placed on a wait list and called as space is available.

**DOGS 101**
Wed. 9:00-10:30 | Coordinator: Ms. Stan
Must love dogs! Travis County and the Austin Animal Center are teaming up to provide hands-on instruction for the inmates to train shelter dogs. Basic obedience training will be implemented so that the animal can master the skill of sit, stay, down, and loose-leash walking. This in turn gives the animal a better chance for being adopted. Real dogs from the animal center will be present.

**PET THERAPY**
Mon. 14:30-15:30 (2nd and 4th Mon.) | Coordinator: Ms. Stan
Volunteers from Divine Canine bring their personal pooches to provide a relaxed and stress-free environment for our population. These dogs are all certified pet therapy dogs and bring a loving and non-judgmental atmosphere to relieve daily stress and anxiety. Participation is considered on a case-by-case basis; participants must meet certain criteria.

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**Parenting & Pregnancy**

**PARENTS & CHILDREN TOGETHER (PACT)**
***Males only***
Date/Time (12 weeks) | Coordinator: Ms. Scott
Students in P.A.C.T. learn their emotional parenting styles and how those styles affect relationships with their children (including listening and bonding tips. Topics include:

- Change, Growth, and Letting Go
- Improving Self-Worth
- Celebration of Culture, Cultural Values, and Parenting Practices
- Expectations and Development of Children
- Developing Empathy
- Parent and Children’s Needs
- The Importance of Parent/Child Touch
- Recognizing and Understanding Feelings
- Understanding Discipline
- Masculinity and Fatherhood
- Working with Mom and Co-Parenting
- Healthy Relationships
- Emotions, Communication, and Anger
- Fathering from the Inside

Participants may be allowed one contact visit per month with their children. You will be placed on a waiting list and called when space is available.

Participants in PACT must meet the following criteria:
(1) No charges involving children
(2) No current family violence charges
With the intent of lessening intergenerational incarceration, the mission of PRIDE is to assist incarcerated Travis County women with building stronger relationships with their children and families. PRIDE provides information addressing physical, emotional, and spiritual needs. Classes include:

- Seeking Safety
- Yoga, Parenting
- Always a Parent
- Money Management
- Relapse Prevention
- SafePlace
- Anger Management
- Truth Be Told
- Women’s Health
- Conspire Theatre

All classes are subject to change. Before admission, participants must complete any other ongoing classes. Once enrolled, participants must attend all classes to complete program; a certificate is awarded upon completion. **Participants may be allowed one contact visit per month with their children.** You will be placed on a waiting list and called when space is available.

Students must not be enrolled in other classes while attending PRIDE. Students may be trustees only upon completion of the program—not during.

**Participants in PRIDE must meet the following criteria:**

1. No charges involving children
2. No current family violence charges
PREGNANCY SUPPORT GROUP
***Pregnant females only***
Mon. 11:30-12:30 (3rd Mon.) | Coordinator: Ms. Scott
Healthy pregnancy discussion and pregnancy celebrated.

GIVING AUSTIN LABOR SUPPORT (GALS)
***Pregnant females only***
Mon. 11:30-12:30 | Coordinator: Ms. Scott
Childbirth education and support provided.

LULLABY PROJECT
***Pregnant females only***
Weds. 09:00-10:00 | Coordinator: Ms. Scott
Pregnant women create lullabies for their babies with Austin Classical Guitar.

WIC
***Pregnant females only***
Mon. 11:30-12:30 (3rd Mon.) | Coordinator: Ms. Scott
Breastfeeding support and education.

WEE CARE
***Pregnant females only***
Mon. 11:30-12:30 (2nd and 4th Mon.) | Coordinator: Ms. Scott
This program from Life Steps has the goal of providing helpful services and resources to pregnant women as they navigate their path to parenthood. Life Steps does this in order to prevent substance abuse among pregnant women.

Youth Program

CHANCE
***Males only***
Mon.-Fri., 2-3 classes per day (6 weeks) | Coordinator: Ms. Ballard
This youth program encompasses GED, cognitive classes, healthy relationships, money management, young fatherhood parenting, storytelling, meditation, and other classes to be added soon. We take the sports approach, meaning that we are “coaches” rather than teachers or counselors. We guide each “player” to reach their fullest potential. Participants are also given the opportunity to connect with community services on the outside, enabling them to continue some of these programs upon release.

IN THE MIDDLE OF DIFFICULTY
lies opportunity
Albert Einstein
VETERANS PROGRAM (MVP)

Mon.-Fri., 2-3 classes per day | Coordinator: Ms. Ballard

This program is designed to meet the unique needs of Military Veterans (verified). It includes cognitive classes, PTSD group, parenting, re-entry planning (job readiness, VA support, and other resources), yoga/meditation, healthy relationships, substance abuse assistance (with referral to additional substance abuse programs in the jail if appropriate), and additional classes as available. A special housing unit at TCCC is also available for qualified/interested participants.

MVP RESOURCES AND RE-ENTRY

Fri. 09:00-10:00 | Coordinator: Ms. Ballard

Weekly meetings to assist with community resources and re-entry planning specific to Veterans. The first Friday of every month will be a presentation from Travis County Veteran’s Services regarding entitlement programs (pension, disability, etc.). Additionally, once a month a representative from the VA will present on medical and mental health services. Guest speakers from other community Veteran agencies/resources will be invited to present on other Fridays as available. The remaining sessions will be used for needs assessments and allow time for individuals to create their own personalized re-entry plan.

POWER

Daily | Coordinator: Ms. Hernandez

A series of classes designed to address substance abuse, recovery, and critical thinking. Schedule subject to change.

Tues. 12:30  Sounds of Addiction (SOA) (Male guitar class)
Wed. 10:30  Anger Management
Wed. 13:45  Criminal Thinking
Thurs. 10:30  Time is Money (TIM)
Thurs. 12:00 12-Step Study
Thurs. 08:30  Yoga
Fri. 13:00  Re-entry: Planning/Critical Thinking

RISE UP

TBA | Coordinator: Ms. Hernandez

Focuses on individuals with more chronic substance abuse problems or addictions. A series of sessions designed to address dependency, recovery, and critical thinking.
BRAVE
***Females only***
TBA | Coordinator: Ms. Hernandez
A program focused on women with substance abuse issues.

ALCOHOLICS ANONYMOUS (AA)
Mon. 11:00-12:00 (females) | Coordinator: Ms. Hernandez
Wed. 11:00-12:00 (males)
Self-help support group that allow alcohol abusers an avenue through
which to maintain successful recover using a 12-step approach in a
supportive environment of peers.

NARCOTICS ANONYMOUS (NA)
***Males only***
Mon. 10:30-11:30 | Coordinator: Ms. Hernandez
Self-help support group that allows substance abusers an avenue through
which to maintain successful recover using a 12-step approach in a
supportive environment of peers.

CELEBRATE RECOVERY
Tues. 19:00-20:30, bldg. 3 MPA (females) | Coordinator: Ms. Hernandez
Fri. 13:00-14:30 (males)
You will be placed on a wait list and called as space is available.

COMMUNITY RESOURCE WEEK
Held each spring and fall, dates TBA
TCSO is committed to reintegrated individuals with criminal history to
become a constructive part of our community. At Community Resource
Week, various agencies will share information about their resources that
are available upon release. Employers who hire individuals with criminal
backgrounds will be there to answer your questions and share
information. Don’t miss this positive, energizing event!

MEDICAL ACCESS PROGRAM (MAP)
Tues. 9:00 (males), 10:30 (females) | Coordinator: Ms. Moran
The Medical Access Program (MAP) is a local program provided by
Central Health that covers primary care, prescriptions, specialty care, and
hospital care. This class is ONLY for individuals who:
• Have no income
• Live in Travis County
• Do not have other health care coverage such as Medicaid, Medicare
  (through SSI/SSDI), VA health benefits, or private insurance
• Will be released from the county jail within 30 days
• Are U.S. citizens
If you meet all of these requirements, you may send a request to sign up.
JOB READINESS TRAINING
Mon.-Fri. 8:30-11:00 or 12:15-15:00 (1 week) | Coordinator: Ms. Stan

This 12-hour course will help you prepare for and conduct an effective, targeted job search upon release from jail. Topics covered include:

- Career assessment
- Job search campaign
- Resume basics
- Interview strategies
- Retention

At the end of the program, you will receive copies of your edited resume along with a completion certificate.

TRANSITION FROM JAIL TO COMMUNITY (TJ2C)
Thurs. 9:00 (males), 10:45 (females) | Coordinator: Ms. Moran

TJ2C focuses on helping homeless inmates and those who have medical/mental health concerns transition into the community with continuity of care and referrals to agencies that can help. The program specializes in housing issues, including hospice, nursing homes, and sober living, as well as transportation, medical/mental health, employment, ID, and applying for and/or reinstating SSI and SSDI benefits.

Maximum Security Programs: Males

GED PREPARATION (BLDG. 12)
Mon.-Fri. 10:30 | Coordinator: Ms. Henry

CDL CLASS (BLDG. 12)
Mon., Weds., Fri. 10:30 | Coordinator: Ms. Henry

INTRO TO YOGA (BLDG. 12)
Wed. 13:15-14:15 (4 weeks) | Coordinator: Ms. Stan

A challenging, beginner-friendly introduction to the practice of yoga.

POETRY (BLDG. 12)
TBA | Coordinator: Ms. Henry

ART PROJECT (BLDG. 12)
Mon.-Fri. 10:30 | Coordinator: Ms. Henry
Maximum Security Programs: Females

ANGER MANAGEMENT (BLDG. 3)
Thurs. 13:15 | Coordinator: Ms. Scott

FICTION WRITING (BLDG. 12)
TBA | Coordinator: Ms. Henry

PEOPLE EMBRACING ACTIONS CENTERED ON EMPOWERMENT (PEACE) (BLDG. 12)
Daily, with classes starting at 9:00 (6 weeks) | Coordinator: Ms. Scott

A program offering classes on drug/alcohol relapse prevention, coping with trauma, and anger management. Schedule subject to change.

Mon. 09:00 Parenting
Mon. 11:00 Relapse Prevention
Tues. 10:45 Money Management
Tues. 14:15 Parenting
Wed. 11:00 Anger Management
Thurs. 11:00 Seeking Safety
Fri. 09:00 Anger Management
Fri. 11:00 Truth Be Told
Fri. 12:45 Parenting
Fri. 11:00 Conspire Theatre (3rd Friday)

Programs Resources

To request a booklet on one of the following topics, submit an Inmate Request Form to PROGRAMS.

Only one booklet per request.

Travis County Resource Guide. Information on the many resources in Travis County available to ex-offenders and their families.

Travis County Guide of Job Readiness Programs for People with Criminal Histories.

Texas Drivers Handbook. Introduction to safe driving practices and helps you qualify for a Texas Drivers License.

Texas Commercial Drivers Handbook. Information on how to obtain a Texas Commercial Drivers License.

Veteran’s Services Resources. A Guidebook for Vets Incarcerated in Texas, Health Care for Homeless Veterans, Travis County Vet Services, 211 Texas (Connecting People and Services).

Succeed at Work Express. Information on managing a career, workplace functions, differences between school and work, and employer expectations.

Your Next Job Express. Information on the psychology behind, warning signs of, and ways to deal with job loss, as well as how to prepare for your next job.

Narcotics Anonymous. An introduction to the Fellowship of NA that discusses principles and essentials of recovering from drug addiction.

Behind the Walls. This booklet was written by addicts recovering in NA and is specifically for individuals who are currently incarcerated and may have a drug problem.

Memo to an Inmate Who May Be an Alcoholic. A message from AA members who have themselves been inmates.
It Sure Beats Sitting in a Cell. Presents the experience of seven inmates who found AA in prison, as well as dos and don’ts for staying sober after release.

Bank on Your Future. Available en español. Contains the following pamphlets: How to Open a Checking or Savings Account; Identification Needed for an Account; Credit, Debit, and ATM Cards; Using Credit Cards; Avoiding Dangerous Loans; Car Loans; Reduce Your Taxes; How to Buy a Home; Sending Money Back Home.


Counseling and Education
Mission Statement

TCSO Counseling and Education Services is a team of dedicated professionals, community partners, and volunteers who offer quality programming concentrated on stabilization, self-improvement, and transition back to the community by addressing the mental, emotional, and educational needs of inmates.

Inmate Programs
TCCC-HSB Programs
3614 Bill Price Road
Del Valle, TX 78617