



**OFFICE OF THE SHERIFF
BUNCOMBE COUNTY, NORTH CAROLINA**

**60 Court Plaza, Fourth Floor
Asheville, N.C. 28801**

Van Duncan, Sheriff

BCSO Detention Facility Volunteer Program List

Ministry- Jehovah Witness	Jehovah Witness based program is presented to male and female inmates.
Ministry- Catholic	Catholic ministry presented to women.
Anger Management (RHA)	For Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual; group model focused on learning healthy coping strategies. For men and women. (Two times a week for six weeks.)
Thinking for a Change (RHA)	T4C is an integrated Cognitive Behavior Change Program, focuses on improving social skills, teaching the process of cognitive self-change and improving problem solving skills.
Ministry- Christian	Assortment of Christian based programs are presented to inmates in housing units.
Male Yoga	A somatic practice of the body & mind to focus on breathing & yoga poses to bring awareness to the physical body to achieve a calmness.
PEP Program	Created by Prem Rawat, International spiritual leader. Five week closed program. Scheduled occasionally.
Mental Health Group (RHA)	For Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual to develop healthy coping strategies. For men and women.
Substance Use Group (RHA)	Substance Abuse Education Group- focused on educating participants about the etiology of addiction, relapse prevention strategies, recovery and support.
Narcotics Anonymous	12 step program for recovery from all drugs.
Find Your Future (AB Tech)	Volunteer rotates weekly on all housing units to educate about AB Technical College. Applying, financial aid, location, etc.
Meditation	Mindfulness, mediation practices are discussed and practices on housing units.

Alcoholics' Anonymous	12 step recovery meeting- primary focus is getting sober from alcohol.
Sunrise Community for Recovery	Cognitive behavioral approach for substance abusing offenders.
HIV/Hep C Education	Volunteer rotates weekly on all housing units to educate and discuss on WNCAP, HIV and Hep C.
Library	Volunteers donate, sort, shelve, rotate and fill bin boxes with books that are delivered to each housing unit every two weeks.
Yoga Research Study	Study with Western Carolina University to determine physiological effects on individuals that are practicing yoga.
Ministry- Islamic	Islamic based program is presented to inmates. Both male and female.
Female Yoga	A somatic practice of the body & mind to focus on breathing and yoga poses to bring awareness to the physical body to achieve a calmness.
Community Resiliency Model/Canine	Skill building to understand how the brain and body work under stress and trauma to stay in the "Resilient Zone". Used with a certified therapy service dog.
Fatherhood Initiative	Program for fathers to learn how to be involved, responsible, committed fathers; while increasing awareness and knowledge about the elements to being a good father and carry out what they have learned.
Dialectical Behavior Therapy (DBT) (RHA)	Teaches four sets of behavioral skills: mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation.
Seeking Safety (RHA)	Evidenced-based, focused discussion for individuals experiencing substance use disorders and trauma. Participants learn how to become safer in their relationships, thinking, behavior and emotions. Discusses topics such as; protecting oneself, healthy relationships and becoming more stable.
Project RIGHT (RHA)	Salvation Army project.
Moral Reconciliation Therapy (MRT)	A structured, cognitive-behavioral step-by-step treatment strategy designed to enhance self-image and facilitate the development of higher stages of moral reasoning.
Helpmate	Help survivors gain a better understanding of intimate partner violence and the services that are available through Helpmate. Experiential exercises, educational handouts and information about Helpmate.
GED	Designed to instruct and test applicable students in achieving their GED.
RHA	BCDF Behavioral Health employees/interns.