

The Female Offender

Prison Realities & Re-Entry Success

Countdown to Freedom: Ex-Offender Re-Entry and Re-Integration for Women

This essential new DVD series takes female offenders step-by-step through the transition process—from incarceration to community re-integration. Includes candid interviews with professionals and ex-offenders on what to expect as they transition to the free world. Ex-offenders learn what steps to take prior to release, which actions they must take for a smooth and successful transition, how to prevent relapse and overcome barriers, and much more. Each program runs 15-25 minutes. English-language subtitled. 2007. Can order separately for \$129.00 each. **SPECIAL:** \$695.00 for complete series of six programs:

- **Preparation for Release: Part One** – Focuses on changing the mindset of offenders. Professionals and former offenders discuss strategies for creating change in one's life, how to make those changes happen, and how to surround oneself with people and events that breed success.
- **Preparation for Release: Part Two** – Offenders learn how to create a proactive plan of action for their reentry into society and access "Outside the Walls" assistance.
- **Day of Release** – Discusses what offenders should expect on the day of their release and the actions they can take in their first 30 to 60 days after

release to increase their chances of making a successful transition.

- **Release and Beyond: Lifestyle Changes** – Encourages offenders to evaluate their behavior and the factors that influence it, and to develop specific strategies to persevere in overcoming barriers.
- **Release and Beyond: Relapse Triggers** – Helps offenders understand what factors may trigger their relapse and how to avoid and replace those triggers.
- **Release and Beyond: Support Systems** – Offenders learn how to develop support systems of people who can hold them accountable for their actions and get them off to a positive start.



DVDs

Your Way to Stay Out DVD Series

This course for women inmates empowers them to stay out of prison once they are released. The program helps them understand what went wrong to land them in prison, encourages them to change their behaviors while they are still in prison, and shows how to set obtainable goals and how to implement an effective plan of action. The 7 DVDs in this program cover such topics as drug abuse, rape, child abuse and molestation, nutrition, mental health, life skills, family relationships, and much more. The series also emphasizes the importance of participating in programs such as Alcoholics and Narcotics Anonymous. Included with the 7 DVDs are a teacher's guide and student workbook. \$440.00 for the set.



Women in Recovery

What gets in the way of recovery? Many things! Recovering women often face issues that men don't experience, issues that women may be unwilling to discuss in mixed-gender treatment groups: taking care of others while neglecting self-care, seeing other women as competitors rather than compatriots, and more. In this DVD, women talk about shame, relationships, victimization, and the importance of working a program with other women who have "been there." Closed-captioned. 25 minutes. 2002. \$225.00

Working With the Female Offender

It is essential for staff who work with female offenders to understand the factors—family, medical issues, and abuse—that govern her motivation, her reactions, and her concerns. The female population continues to grow at an alarming rate. This DVD discusses how these factors will have an impact on the female offender's interaction with staff and other offenders. Describes the key differences between the behavior and motivation of male versus female inmates. Demonstrates techniques for communicating positively with female offenders. Discusses how staff professionalism plays an important part in helping inmates to return to society determined to be productive citizens instead of criminals. 22 minutes. 1998. \$195.00

The Story of Mothers and Daughters

Winner of numerous awards, this moving documentary explores the special bond between mothers and daughters by letting dozens of ordinary women share their insights, emotions, and experiences. Their stories form a diverse tapestry of age and race, anger and understanding, sorrow and joy. Like the timeless cycle of motherhood itself, the program is arranged into basic sections: birth, growing up, separation, woman to woman, and death and renewal. 46 minutes. 1997. \$149.95

BOOKS

How to Be a Responsible Mother: A Workbook for Offenders

Diane E. Stawar and Terry L. Stawar

This new book prepares incarcerated women for the challenges of being a mother on the inside and gives them the tools to be a better parent on the outside. Covers overcoming barriers, understanding child development, using positive discipline, responsible parenting, and more. 200 pages. 2008. \$30.00

How to Be a Responsible Mother: Instructor's Manual

Diane E. Stawar and Terry L. Stawar

Designed to be used with the workbook, this resource includes activities counselors can use to assist their groups. Enables instructors to programs to meet the special needs of their female offender groups. 125 pages. 2008. \$50.00

Picking Up the Pieces: A Workbook for Incarcerated Women

Beverly Kay Welo

Pain and loss are a fact of life. In many cases, people cannot effectively deal with these issues. They make poor decisions that send their lives on a downward spiral. Until now, most resources were written to help men overcome loss, but very little attention was given to the needs of women. This all changes with this book. 200 pages (approximately). 2004. \$20.00

Cage Your Rage for Women

Judith Urquhart and Murray C. Cullen

Since men and women express their emotions, especially anger, in different ways, anger management programs must be modified to reflect these differences. Based on the principles of the bestselling Cage Your Rage program, this book incorporates changes to better work with women. 75 pages. 2003. \$20.00

Angry Women: Stop Letting Anger Control Your Life!

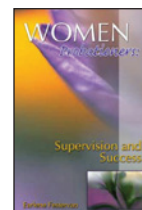
Lynne McClure, Ph.D.

Women let anger hurt their self-image, narrow their choices, limit their careers, and destroy their families. They let anger lead them into depression, eating disorders, and destructive relationships. Over time, without realizing what's happening, women let anger control their lives. Here's the book that shows women how to take—or take back—control of their lives. 2004. \$14.95

Women Probationers: Supervision and Success

Earlene Festervan

More than one in five probationers in the U.S. is female. These individuals have different needs and requirements from their male counterparts. It is your responsibility to know how to effectively manage these differences. This very insightful guide to women on probation includes: Who Are These Women?; Case-



work with the Female Offender; Developing a Philosophy and Mission; Problem Behaviors and Ways to Handle Them; Employment and Education; Sick, Crazy, and Pregnant; Relationships; Substance Abuse Issues; Residential Programs. 2003. 132 pages. \$20.00

Working With Women Offenders in Correctional Institutions

Joann B. Morton

Many people assume that supervising female offenders is not much different than managing men. This couldn't be further from the truth. Working with Women Offenders in Correctional Institutions takes a look at the unique challenges of managing women inmates. 454 pages. 2004. \$40.00

Complex Changes, Collaborative Solutions: Programming for Adult and Juvenile Female Offenders

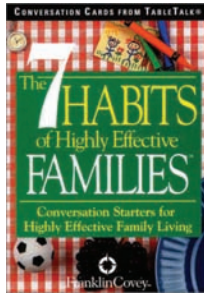
Joann B. Morton, D.P.A., Editor

Supervising female offenders provides a different set of challenges than supervising their male counterparts. This book offers insights into these differences. Section One contains general issues affecting programming for women and girls. Section Two describes programs that have proven effective in assisting adult female offenders in community and institutional settings. Section Three incorporates descriptions of several successful programs for at-risk youth and juvenile females who have been declared delinquent. Examines effective prevention programs for decreasing the number of women and girls coming into the corrections system. 1998. 240 pages. \$25.00

Handbook for Addiction Treatment for Women Programming for Adult and Juvenile Female Offenders

Shulamith Lala Ashenber Straussner (Editor)

Providing essential theoretical and practical guidelines for clinicians, educators, policymakers, and public health professionals, The Handbook of Addiction Treatment for Women is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment. This much needed guide offers an historical context on the issue of women and addiction, examines the myriad challenges of the female addict, and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict. 640 pages. Hardcover. 2002. \$85.00



Seven Habits of Highly Effective Families

Stephen R. Covey

Stephen R. Covey explains how families can use the principles he presented in *The 7 Habits of Highly Effective People*. He explains that strong families don't just happen, but need the combined energy, talent, desire, vision, and dedication of all their members. Sharing insightful, often poignant or humorous experiences from his own life and from the lives of other families, he imparts practical advice on solving common family dilemmas, such as finding quality time to spend together, dealing with family disputes, healing a broken relationship, and changing a negative family atmosphere. 400 pages. 1998. \$15.95

Assessment to Assistance

Maeve McMahan

As the number of women in the nations correctional systems continues to escalate, so does the need for post-release services. Based on the edited papers of the 1998 Conference of the International Community Corrections Association, Assessment to Assistance tackles a multitude of programs exclusively for women. 362 pages. 2000. \$31.00

Game Over!

Strategies for Redirecting Inmate Deception

Bill Elliott, Ph.D., and Vicki Verdeyen, Ed.D.

Anyone working in corrections has been trained to handle the basics of offender management. This training often fails to teach how to deal with offenders mind games. The authors offer the basics of offender con games and ways to beat them at their own game. 204 pages. 2002. \$25.00

What's in the Bag?

Gail Caputo, Ph.D.

Shoplifting is a huge drain on the economy. Unfortunately many of the people who engage in this activity are powerless to stop. *What's in the Bag?* addresses this problem. The program examines the costs of shoplifting, the consequences of this behavior, and the need for offenders to accept responsibility for their actions. Helps offenders achieve a higher level of self-esteem, understand the effects of their choices, and create an action plan to change their behaviors. The program consists of an *Instructor's Manual* (\$25.00, 50 pages) and a *Participant's Workbook* (\$10.00, 80 pages). 2003. \$34.95 for both.

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