

The TRUST Program is a re-entry system for offenders that provides intensive evidence-based treatment and mental health counseling services during incarceration along with aftercare options post release. The combination of intensive treatment and aftercare support helps provide participants with the tools and resources necessary for success once back in the community.



Candidates for TRUST will be sentenced along with the courts recommendation. Assessments are then completed to determine if the individual is appropriate for placement into the TRUST program.

Upon completion of the court sentence, participants are supported for up to one year of aftercare so that the skills acquired in TRUST are reinforced.



## TRANSITIONING FROM JAIL TO COMMUNITY

The Carroll County Department of Corrections partners with a wide range of community resources to support individuals returning to the community.

- Carroll County Adult Education
- Drug Treatment Court
- FEAT – Father Engagement Action Team
- NH Department of Health & Human Services
- Northern Human Services
- NH Employment Security
- NH Probation & Parole
- ServiceLink Resource Center
- Starting Point
- Tri-County Community Action Program
- Veterans Affairs

## CARROLL COUNTY DEPARTMENT OF CORRECTIONS



### TRUST PROGRAM

Transitional

Reentry

Under

Supportive

Treatment

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Carroll County Department of Corrections

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# TRUST PROGRAM

*Anger Management* is a therapeutic process in which participants learn to recognize signs/triggers of anger and learn the skills to reduce their anger. In this program, individuals will also learn how to manage their anger more effectively, develop self-control over thoughts and actions, and receive support from others. This group will guide individuals to overall improved physical and mental health.

*Seeking Safety* is an evidence-based, present-focused curriculum that addresses trauma and/or substance abuse. The primary goal of this program is to teach individuals how to safely cope with both substance use and mental health symptoms. This is done through a process including: discontinuing substance abuse, letting go of unhealthy relationships, and learning grounding skills.

*Thinking for a Change* is designed to provide participants the tools they need to take charge of their lives by identifying and changing unhealthy patterns of thinking and actions that lead to problems. Participants also learn specific skills for self-improvement including cognitive self-change, social skills, and problem solving skills.



*Helping Women Recover* is an evidence-based program that integrates theories of women's psychological development, trauma, and addiction to meet the needs of women with addictive disorders. The comprehensive curriculum contains four modules that address the areas that women in treatment identify as triggers for relapse: self, relationships, sexuality and spirituality. They include the issues of self-esteem, sexism, family of origin, relationships, domestic violence, and trauma.

*Helping Men Recover* is a gender-based, trauma-informed treatment program for substance use disorders. The curriculum addresses what is often missing in prevailing treatment modes: a clear understanding of the impact of male socialization on the recovery



process, a consideration of the relational needs of men, and a focus on the issues of abuse and trauma. Existing models often provide little direction in helping men to establish a healthy sense of self outside of stereotypical masculine scripts. In contrast, this is one of the primary goals of *Helping Men Recover*.

*Mindfulness* is an evidence-based program that promotes the overall well-being of an individual. It involves paying attention to whatever is going on right now, i.e., being able to stay focused and present. Through the practice of breathwork, guided imagery and meditation; participants develop the skills to be more open, attentive, relaxed, and clearheaded. *Mindfulness* practice also teaches participants how to make choices and decisions from a place of calm and clarity, rather than reactivity, fear, or impulse.



## Case Management Services

All TRUST program participants meet with case management so that together they can identify individual needs for the development of a person-centered transition plan. This is done through various assessments. Case plans address identified needs and a comprehensive discharge plan accompanies individuals upon release. Case plans can include behavioral health, substance use treatment, medical, education, housing, employment, and other community based resources.