



Incarcerated Women's Resource Guide 2026

Creating Success, Inside and Out



Pennsylvania

Department of Corrections

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Female Correctional Institution Overview

The Pennsylvania Department of Corrections houses women at one of two state correctional institutions (SCIs).

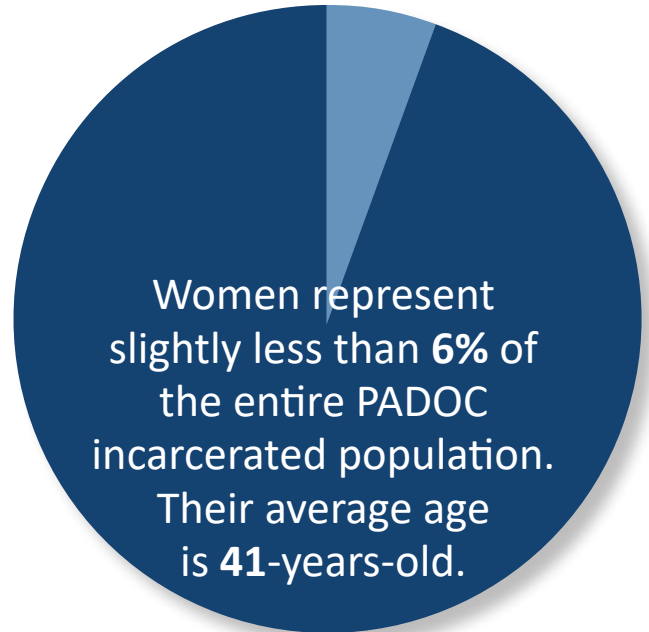


SCI Muncy

Located in Lycoming County, SCI Muncy is home to the female Diagnostic and Classification Center. Every woman committed to PADOC custody goes through the classification process at SCI Muncy before being assigned a permanent facility.

MISSION STATEMENT

The Pennsylvania Department of Corrections provides those committed to our care with programming, education, and mental health services to reduce recidivism, while respecting victim rights and collaborating with stakeholders to ensure every reentrant has the opportunity to successfully reintegrate back into the community.



SCI Cambridge Springs

Located in Crawford County, SCI Cambridge Springs originally operated as a college campus before being converted into a state correctional institution in 1992.



Timeline of Incarceration: Intake to Reentry



Arrival and Intake at SCI Muncy

Upon arrival at the Diagnostic and Classification Center at SCI Muncy, individuals are permitted one complimentary phone call to notify a family member or friend. The intake and classification process typically takes up to 90 days to complete.

Screening and Assessment

Each woman receives a comprehensive medical and psychological assessment to help guide placement and programming decisions. Once the evaluation process is complete, individuals are either assigned to SCI Muncy or transferred to SCI Cambridge Springs to serve their sentence and participate in assigned programming.

Reentry Preparation

Eighteen months before reaching their minimum sentence date, individuals begin working with reentry services to prepare for their return to the community. Although reentry information and resources are available throughout incarceration, participation in in-person workshops is reserved for those within 18 months of their minimum sentence date.

For questions about contacting or visiting an inmate please refer to:
www.cor.pa.gov



Health & Wellness Care



The PADOC provides community-standard medical care to all incarcerated women. SCI Muncy and SCI Cambridge Springs both have on-site medical infirmaries dedicated to meeting the healthcare needs of the female population. In addition to these services, SCI Muncy offers skilled nursing care for women who require long-term inpatient treatment due to age, illness, injury, disease, or recovery from a physical or mental condition. This skilled care provides professionally supervised nursing and continuous medical support to ensure consistent, quality treatment and attention.

Medication-Assisted Treatment (MAT)

Involves the use of medications to support individuals with substance

use disorders. It is intended for those diagnosed with a substance use disorder and is prescribed based on clinical judgment.

Preventive Health and Screenings

- All incarcerated women receive annual physical exams and OB/GYN visits.
- Mammograms are offered at both female facilities beginning at age 40. If any abnormalities are detected, follow-up screenings or treatments are scheduled as needed to ensure appropriate care.

Hygiene and Personal Care Products

- Menstrual products are provided to incarcerated women free of charge for their intended use:
 - Maxi pads (adhesive & winged)**
 - Tampons (super & regular)**
 - Sanitary disposal bags**
- Bladder control and incontinence products are also available at no cost.
- For additional personal care needs, supplementary hygiene products can be purchased through the commissary.



Pregnancy Care

Labor, Delivery, and Post-Delivery Bonding

- Incarcerated expectant mothers in the PADOc receive prenatal vitamins and regular OB/GYN visits to ensure proper prenatal care. When it is time for delivery, the expectant mother is transported to a community hospital. Post-delivery bonding is guided by the hospital's policy.



Child Visitation

- At SCI Muncy, **Project IMPACT** provides opportunities for qualifying incarcerated women in the general population to connect with their children. Children under 17 on the approved visitors list, with guardian approval, are eligible to visit. Priority

is given to individuals visiting with their own children. More details are available in the “**Parenting Programs**” section.

- At SCI Cambridge Springs, incarcerated women visit their children in a designated visitation room.

Doula and Lactation Support Programs

- The **Doula Program** is grant-funded and offered at SCI Muncy and SCI Cambridge Springs. It provides expecting and new mothers with non-clinical physical and emotional support throughout pregnancy, labor, delivery, and postpartum.
- SCI Muncy also offers a grant-funded **lactation program**. Mothers can pump breast milk in a designated lactation room, which is then shipped home for their child's use.

PARENTING SUPPORT

Women who enter the PADOc while pregnant receive community-standard medical care along with access to a variety of parenting programs to support both maternal and child well-being during incarceration.



Parenting Programs



Cambridge Springs

Strong Mother's Group offers a supportive space for women with children and/or grandchildren to share experiences, learn from one another, and build parenting skills.

Muncy

Project IMPACT provides a home-like environment where mothers and their children can connect. The program offers age-appropriate activities and crafts, snacks and seasonal or monthly themes including birthday celebrations for children and holiday gifts for all children visiting in December.

Parenting Reentry Program helps

mothers prepare for successful reintegration into their family by teaching strategies for effective parenting and relationship-building.

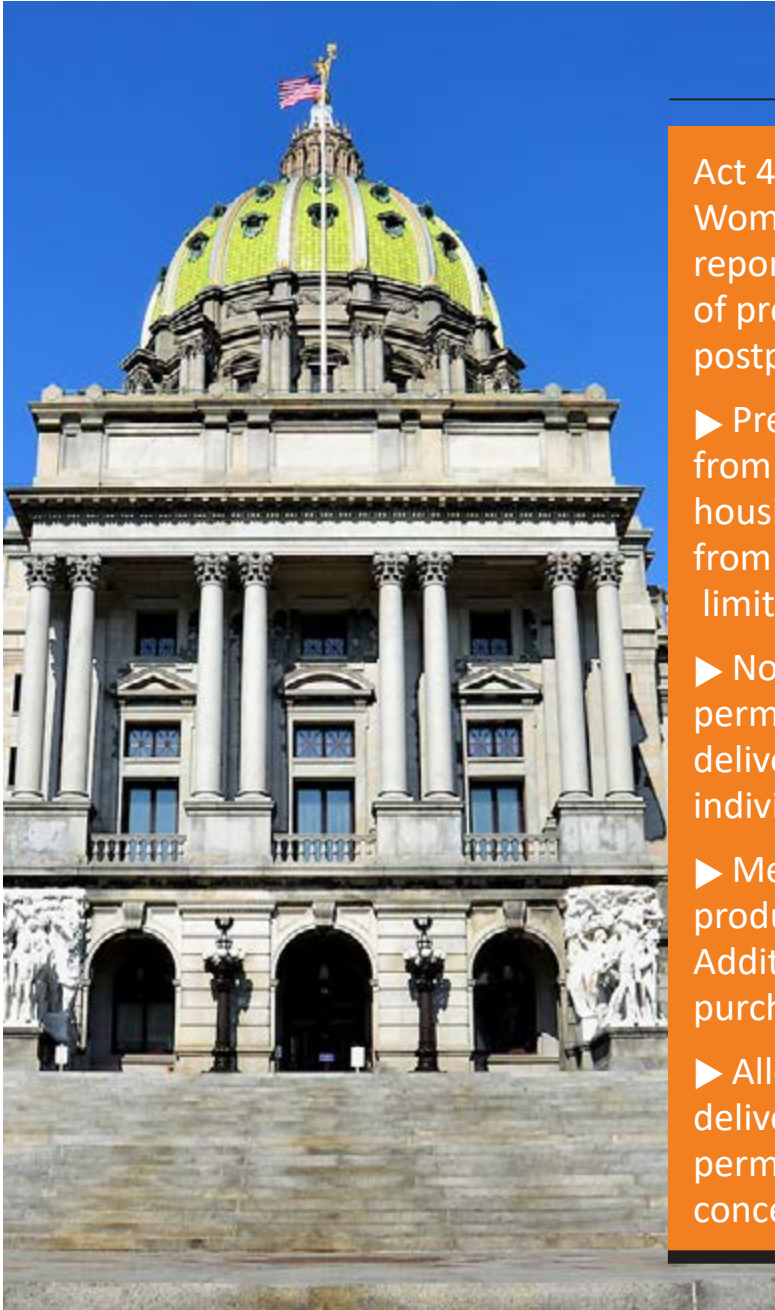
Cambridge Springs and Muncy

Read to Your Child strengthens the bond between parent and child through shared reading. Children receive a book selected by the parent along with a recording of the parent reading it.

Parenting Inside Out is a four month program designed to promote effective parenting skills, support healthy childhood adjustment and build resilience in children.



Act 47: Dignity for Incarcerated Women



Act 47, the Dignity for Incarcerated Women Bill, includes protections and reporting requirements for all stages of pregnancy and up to eight weeks postpartum.

- ▶ Pregnant individuals are prohibited from placement in restrictive housing conditions and are exempt from the use of restraints, with limited exceptions.
- ▶ Non-medical male staff are not permitted to be present during labor, delivery, examinations, or when the individual is undressed.
- ▶ Menstruation and incontinence products are provided free of charge. Additional products may be purchased through commissary.
- ▶ Allows up to 72 hours for post-delivery hospital stays if the hospital permits and there are no security concerns or risks to the child.



Educational Opportunities



The PADOE offers many academic and vocational opportunities to better prepare individuals for reentry back into the community.

Academic opportunities include high school, adult basic education, and college classes that focus on developing intellectual abilities and knowledge. Those without proof of a high school diploma are required to complete 360 hours of academic education.

Vocational education provides training

designed to equip individuals with specific skills and knowledge related to a particular trade or profession, emphasizing practical, hands-on instruction.

Cambridge Springs and Muncy

- Both offer the Commonwealth Secondary School Diploma. Individuals have the opportunity to earn credits while incarcerated to obtain a diploma through the Department of Education. Both offer Adult Basic Education. These classes help students prepare for the official GED exam by covering reading, math, language, social studies, and science.
- SCI Muncy offers college coursework through Commonwealth University. This program gives students the opportunity to earn transferable and stackable credits toward a bachelor's degree. Tuition is paid through PELL funding.
- Bucknell Inside Out is a program that allows students to gain unique perspectives while engaging with members of the community. Students from Bucknell University attend classes with students from SCI Muncy inside the institution.

DID YOU KNOW

The PADOE achieved an 84% GED/Diploma pass rate in 2024—11% above the national average!



Vocational Opportunities



Cambridge Springs

Carpentry/CORE: Students learn construction basics and OSHA standards. Participants develop knowledge of planning, repair, maintenance, and construction of various types of structures through theory and hands on practice. NCCER (National Center for Construction Education and Research) certification is offered.

OSHA: Training and education on workplace safety and health.

Optical Lab/Optical Class: At the Cambridge Springs Optical Lab, participants receive training in eyeglass manufacturing to provide prescription eyewear for individuals incarcerated within the PA Department of Corrections, with the opportunity to earn certification as opticians from the American Board of Opticianry.

ServSafe Training: The ServSafe certification is a training program that upholds standards and safety among professionals in the restaurant and service industry. The certification covers areas such as kitchen safety, proper food handling, and prevention of foodborne illnesses.

Braille Transcription: The Braille Laboratory is a special work program that typically requires about five years of study while working in the Braille lab. The two-year correspondence program, offered free of charge through the federal government, provides foundational training. Students assist in producing materials for public schools, government agencies and others to use with the blind.

Muncy

Automotive: A CDL simulator is used to prepare participants with skills to take the CDL permit test.

Machine Shop: Participants can earn a National Center for Construction Education and Research (NCCER) certification.

Restaurant Trades: Participants can earn their ServSafe certification while learning baking and cooking in a full kitchen with a hands-on environment.

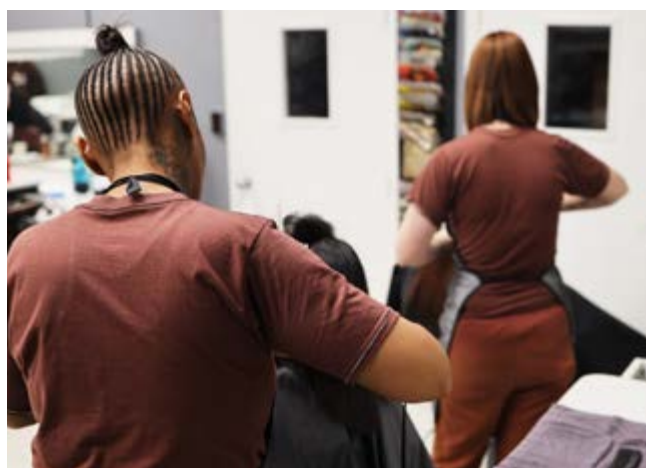


Penn College Baking: Students gain practical experience in various aspects of baking and pastry arts.

Garment Factory: Participants manufacture clothing and uniforms for the PA Department of Corrections population and employees.

Cambridge Springs and Muncy

Horticulture Program: Students learn about the basics of horticulture as well as the job opportunities available in this field. Participants will grow vegetables, annual flowers, house plants and perennials using traditional outdoor gardening techniques, greenhouse propagation and hydroponic growing methods. Students will learn how to design hardscapes and proper plant selection and placement in landscaping.



Cosmetology: After completion of classroom theory, individuals will train in shampooing, hair cutting, styling, hair straightening, permanent waving, hair coloring, and scalp treatment on a variety of hair textures, as well as manicuring, by providing cosmetology services to the female population. Upon completion of the program, the individual is eligible to take the State Cosmetology Examination to become a licensed cosmetologist.

Flagging certification: Two day certification course provides training in proper flagging techniques and traffic laws.



Specialized Housing Units and Programs



SCI Muncy and SCI Cambridge Springs are equipped with specialized housing units and programs designed to provide targeted assistance based on unique needs.

Cambridge Springs

Boot Camp: This is a six-month, military-style program designed for eligible individuals that combines discipline, substance use treatment, cognitive therapy, work ethic development, and reentry preparation.

Muncy

Mental Health Unit (MHU): The MHU is licensed by the Pennsylvania

Department of Human Services, Office of Mental Health.

DAILE unit: This unit teaches daily living skills.

Cambridge Springs and Muncy

Residential Treatment Unit (RTU): Designed to provide structure, consistency, and support to individuals who have been diagnosed with a serious psychiatric disorder and/or a serious impairment with psychological functioning.

Diversionary Treatment Unit (DTU): This unit is for individuals diagnosed with a serious mental illness or intellectual disability. This unit provides mental health care and programming as an alternative to restrictive housing.

DID YOU KNOW

Approximately 64% of the PADOH incarcerated women have a mental health diagnosis. Access to qualified mental health clinicians to support their care and well-being is provided.





Veterans Service Unit

This unit at SCI Muncy is designed to support incarcerated veterans as they prepare for a successful reentry into their communities. One of its key initiatives, the **Victory Garden**, produces fresh vegetables for use within the facility and for donation to the Central Pennsylvania Food Bank in Williamsport, PA. Through this program, incarcerated veterans have the opportunity to give back to the community, including fellow veterans.

The Senior Life Enhancement Program (SLEP) at SCI Muncy provides specialized resources for individuals age 50+ to help them stay engaged and active. Offerings include Never Alone (a psychology group), monthly medical discussions, a weekly chaplaincy group, dedicated library time and a book club, weightlifting, and long-term programming for the aging population.

“ Everyone seems much more positive and encouraging. We are all there for the right reasons. – SLEP Participant ”



Evidence-based programs



The PADOC is committed to creating opportunities for rehabilitation, self-improvement, and trauma recovery for the individuals in its care. Through evidence-based programming, the department strives to build safer facilities and foster stronger, more resilient communities. SCI Cambridge Springs and SCI Muncy both offer structured, evidence-based programming tailored to the unique needs of incarcerated women.

These programs are:

- Grounded in research and proven best practices.
- Informed by individual assessments

to address criminogenic needs.

- Designed to reduce recidivism and support successful reintegration.
- Focused on areas such as trauma, substance use, cognitive-behavioral change, and life skills.

Cambridge Springs and Muncy

Moving on: Designed specifically for women who are involved with the criminal justice system, the goal of this program is to assist women in mobilizing and developing personal and social resources that mitigate the risk of



future criminal behavior.

Living Safely: This program is offered to women who are assessed as needing violence prevention treatment. The program focuses on why women use violence and how they can live safely without violence. The goal is to provide participants with tools and strategies that allow for alternative options to self-harm and aggressive behavior.

Cognitive-Behavioral Intervention for Interpersonal Violence: This program is designed for people who have a recent pattern of interpersonal violence and are at moderate to high risk for recidivism*. This program uses evidence-based practices to improve public safety, and reduce recidivism for individuals engaged in interpersonal violence and aggression.

Dialectical Behavioral Therapy (DBT) Psychology Group is an evidence-based treatment that emphasizes skill development for a range of mental health challenges, including suicide attempts, non-suicidal self-injury, depression, anger, emotional dysregulation, binge eating, and Borderline Personality Disorder.

ACT 143 Victim Awareness Class: Completion of this class is statutorily required for any individual convicted of a crime of violence on or after February 21, 1999, in order to be

eligible for parole. This 10-hour class teaches individuals the impact of their crimes on victims.

Sex Offender Programming: This is a standardized treatment model made available to every individual convicted of a sexual offense. In cases where assessment indicates, treatment is also made available to individuals who have a history of sexual offenses.

Therapeutic Community

As part of evidence-based treatment, a Therapeutic Community is a structured and supportive program where staff and participants share responsibilities. The key ideas are taught in group sessions. The therapy continues throughout the daily life in the community during one-on-one counseling, group activities, conversations, homework, and everyday experiences.

***Recidivism:** Calculated using the first re-arrest or re-incarceration after each release. This means that some individuals who recidivate are only re-arrested, some are only re-incarcerated, and some are both.



Trauma-based programs



Cambridge Springs and Muncy

House of Hope: SCI Muncy offers a Therapeutic Community called House of Hope. This community provides a safe living community to work through trauma from domestic violence, childhood abuse and sexual assault/rape.

House of Healing: SCI Cambridge Springs offers a Therapeutic Community called House of Healing. This community provides a safe place to obtain trauma-based services for those that have any form of trauma in their life and are seeking healthy coping skills, mental health services, awareness, growth, and healing from their traumatic experiences.

Seeking Safety is a voluntary program for women experiencing PTSD and substance abuse issues. All incarcerated women are assessed for trauma. If the assessment indicates trauma, they are offered Seeking Safety. This is a program to help individuals attain safety from trauma/PTSD and substance abuse.

Beyond Trauma is a gender responsive trauma program designed for women.

As part of the Pennsylvania Department of Corrections **trauma-informed initiative**, nearly 2,000 new staff members were trained in 2024, following the training of all existing staff in 2023.

The Pennsylvania Department of Corrections utilizes a multidisciplinary team to identify victims of **human trafficking**. In 2025, six regional training sessions were provided to security staff, parole agents, reentry agents, supervisors, counselors, treatment staff, and Bureau of Community Corrections staff. During this training, staff were taught the definition and scope of human trafficking. They learned recruitment tactics, trauma and brain science, victim branding, and heard survivor testimonies.



Substance Use Disorder Treatment

Evidence-Based Programs

Outpatient/Inpatient Alcohol or Other Drug treatment is a structured counseling or therapeutic program delivered on a regular, predetermined basis. The program includes clinical elements and educational material to address both addictive behaviors and living skills.

Co-Occurring Therapeutic Community provides treatment services designed for individuals with co-occurring mental health disorders and substance use disorders.

State Drug Treatment Program is a two-year substance abuse program for eligible individuals. This program is designed for those convicted of drug-related offenses (i.e., offenses related to consumption of and/or addiction to alcohol or other drugs).

Support Groups

Narcotics Anonymous (NA) is a voluntary, peer-led support group that offers a respectful and inclusive environment where individuals

recovering from substance use challenges can share experiences, support one another, and build a sustainable path toward recovery. NA provides an ongoing network of encouragement for those seeking to live a substance-free life.

Alcoholics Anonymous (AA) is a voluntary, peer-led support group that offers daily meetings in many communities worldwide. AA is an inclusive international fellowship for individuals who have experienced challenges with alcohol use and are seeking to maintain sobriety. The program provides a supportive environment where participants share experiences, foster personal growth, and support one another in achieving and sustaining a sober lifestyle.

SMART Recovery is the leading self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a worldwide community which includes free, self-empowering, science-based mutual help groups.



Voluntary Programs and Support Groups

Cambridge Springs

Safe Journey Level 1 teaches participants about domestic violence and the effects of the violence on the victim and the family.

Safe Journey Level 2 teaches participants about the abuser, how they became an abuser, the techniques they use, and what drives them to continue to abuse. Participants must complete level 1 prior to participating in level 2.

Adults in Trauma teaches participants how trauma affects a person, explores PTSD, and introduces coping skills and healing strategies.

Learning Boundaries after Abuse and Trauma teaches participants what boundaries are and how to set and maintain them.

Building Resiliency After Abuse and Trauma teaches participants skills and strategies to recover, grow, and thrive in the aftermath of abuse and trauma.

Adult Survivor of Childhood Sexual Abuse is focused on healing from

childhood sexual abuse, and covers content relevant for adult victims.

Healing Guilt and Shame after Abuse and Trauma teaches participants about shame and guilt, the difference between the two, and how to start working through them.

Generational Trauma is a group that teaches participants how trauma and abuse are passed down through generations of families and how to break the cycle.

Don't Let Your Emotions Run Your Life teaches participants how abuse and trauma affect emotions, how to understand them and how to regulate them.

Abuse, Trauma, Attachment and Codependency teaches participants about the connection between abuse/trauma and attachment and codependency issues, and how to work on being in healthy relationships.

Wellness Development Program is a voluntary self-paced workbook program reviewed by psychology staff upon completion. Topic areas include Trauma,



Suicide Prevention, Co-occurring diagnoses, and Incarcerated women.

Muncy

Basic Coping Skills uses creative writing to teach individuals how to write fictional short stories, poetry, or answer journal prompts. The idea behind the group is that individuals learn a new, healthy way to process mental health stressors and symptoms via writing.

Lifers Mental Health Support Group discuss the commutation process, the challenges of being in prison for a lengthy period, missing family, and any institutional concerns.

Art/Music Therapy uses guided coping techniques to process past trauma and build future-focused thinking through group art-making, meditative music, and individualized journaling.

Anger Management Group focuses on developing effective strategies to help individuals manage their anger while incarcerated and in the community.

Grief Share is a Christ-centered, biblically based support group designed to help people heal from the deep pain of loss, particularly the death of a loved one.

Never Alone is a support group for individuals who are at least 50 years old. They process the struggles

one may face as they age in prison, such as difficulties with daily tasks, access to medical care, and how to handle ageism.

Cambridge Springs and Muncy

Long Term Offenders is designed for individuals serving life sentences or those with a minimum expiration date of 10 years or more. The goal of the program is to address adjustment issues and ways to make the best of living in prison.

Healthy Relationships is a psychoeducational group run by Certified Peer Specialists (an individual trained to offer support to peers with a mental health diagnosis).

Topics include: co-dependency, dysfunctional families, and boundaries.

Technical Parole Violator Phase Program is a comprehensive, individually-focused treatment and reentry-based program. The program includes opportunities for self-evaluation to enhance motivation, thorough assessments, supportive environments that facilitate change, and a variety of treatment programs and reentry opportunities. The goal of this program is to help each participant be the best version of themselves and to decrease recidivism rates.



Reentry Services Offices



- **Digital Literacy**
- **Employment Resources**
- **Budgeting**
- **Community Resources**
- **Banking/Financial**
- **Resource Library**
- **Effective Communication**
- **Career Link Employment Workshop**
- **Computer Lab**
- **NCTI Real Colors***

The Reentry Services Office (RSO) supports individuals in preparing for a successful transition back into their communities after incarceration. The RSO provides life skills training and connects individuals with valuable community resources to support their reentry journey. Each of the PADOc's facilities has an RSO available to individuals preparing for release.

*This workshop is based on the Real Colors Personality instrument to improve communication skills while promoting personal and professional development.

Additional external community resources are available at
PA Navigate



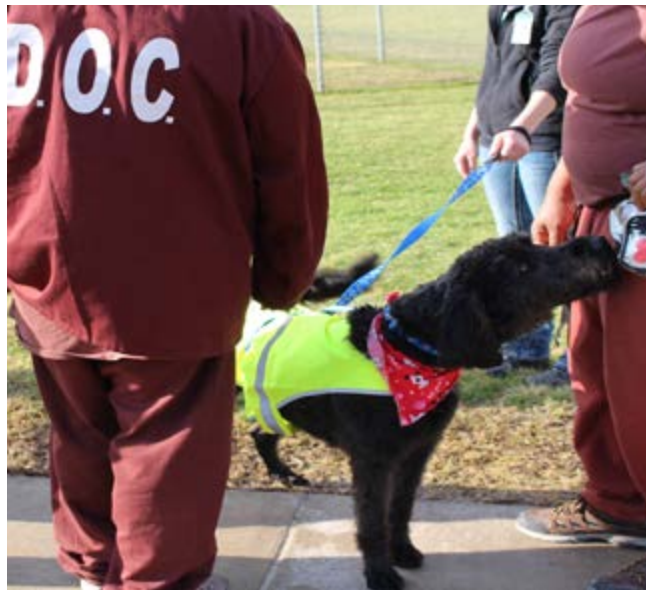
PADOC Dog Programs



The Pennsylvania Department of Corrections operates 24 state facilities, with 19 hosting specialized dog programs. In these programs, incarcerated individuals are taught how to care for and train the dogs, helping prepare them for meaningful futures, whether as service animals or beloved pets in adoptive homes. Through these initiatives, participants develop responsibility, patience, and compassion while contributing to a meaningful cause. Today, there are two main types of canine programs offered across the state.

Service Dog Training Program

Incarcerated handlers work with



partner programs to raise puppies to become service dogs for individuals with physical or cognitive disabilities.

Adoption Dog Training Program

Incarcerated handlers work with puppies and dogs from local rescues and train them in socialization and obedience to make them more adoptable.

SCI Cambridge Springs offers a program in partnership with Canine Partners Inc., while **SCI Muncy** collaborates with Canine Partners for Life, marking 30 years of successful partnership at the facility.