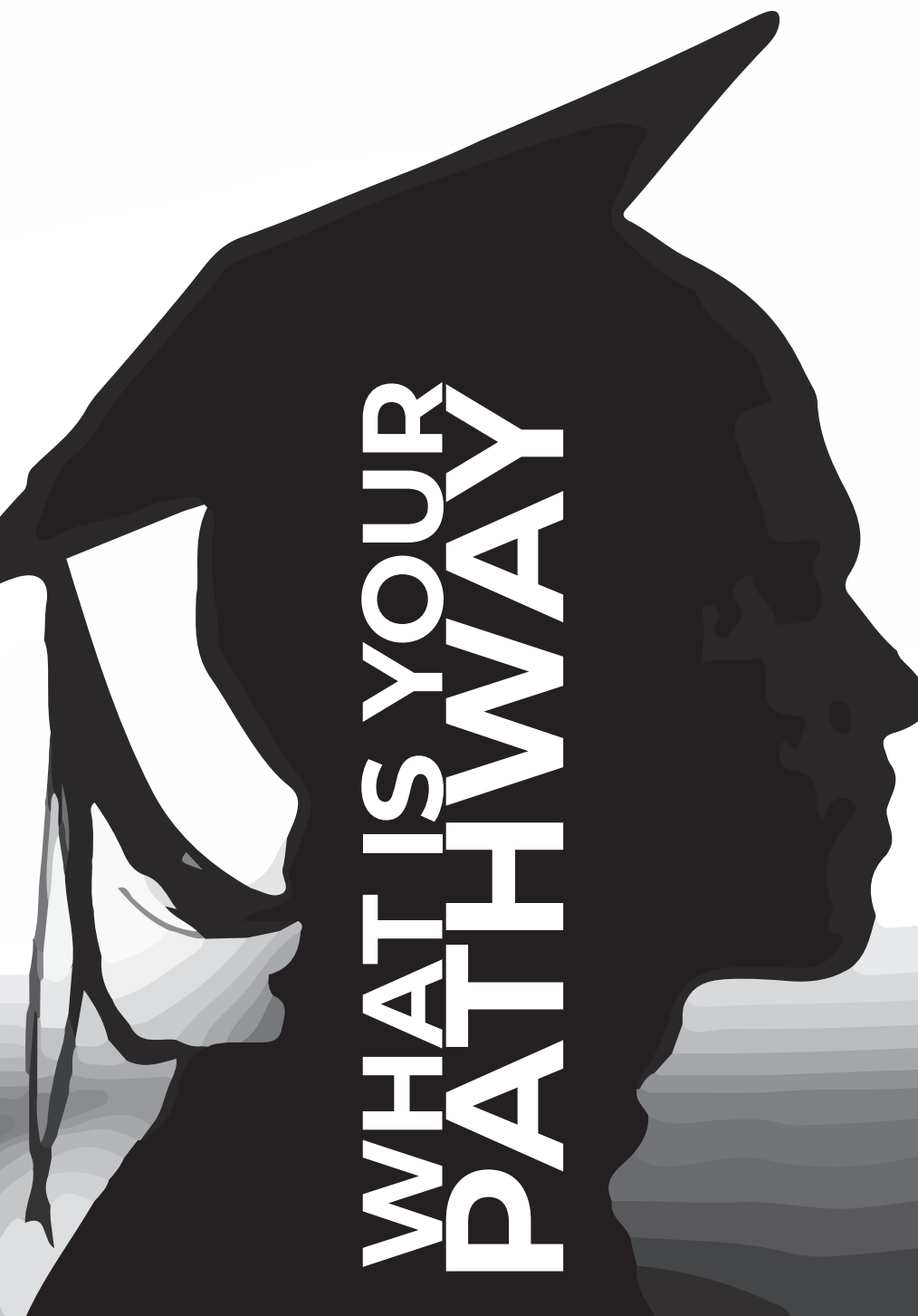


PATHWAYS



CCAS



WHAT IS YOUR PATHWAY



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YOUR PATHWAY

Welcome to Contra Costa Adult School (CCAS). CCAS is Western Association of Schools and Colleges certified (WASC) and affiliated with Contra Costa County Adult Education Consortium. We are excited to work with you on your pathway to success. Contra Costa Adult School provides education and reentry services in the three Contra Costa County Detention Facilities. As an adult school inside a county jail, also called correctional education or in-custody education, Contra Costa Adult School is a program that offers you a chance to continue your education while you are incarcerated. It's like a regular school, but with classes and resources adapted to the unique environment of a jail and your individual needs.

IT'S NEVER TOO LATE TO LEARN

Don't let your past define your future. Education is the key to unlocking your potential and building a brighter future. Taking advantage of the opportunities offered by Contra Costa Adult School will make a big difference in your life after release.

IMMEDIATE BENEFITS

- Productive time away from the dorms. Up to 4 days per week, 2x a day.
- Letter of Student Participation for court appearances
- Printed certificates to present to family & friends, attorneys & court
- Potentially earn attendance for school time posting, early release
- **HS Diploma & HS Equivalency Completion:**
10 Days
- **DEUCE Completion & 180hrs:**
10 Days
- **Earn MC3 Certificate Completion & 120hrs:**
5 Days

LIFE LONG BENEFITS

- **Improve your future:** Earn High School Diploma or High School Equivalency. Education can lead to better job opportunities and higher wages, making it easier to find stable housing and support yourself after release.
- **Spend your time productively:** Participating in school can provide a positive structure and purpose during your incarceration. Develop life skills to prevent recidivism & strengthen family bonds.
- **Gain new skills:** Learning new things can boost your confidence and self-esteem, and help you make positive changes in your life.
- Enhance employment opportunities by staying abreast in career searches and by preparing resumes and advancing interviewing skills.
- **Be pre-apprentice construction trade ready with MC3.**
- **Be competitive with Microsoft Suites, coding, and photoshop.** Advance your education and earn college credit towards an AA. Stay prevalent with your digital abilities.
- **Prepare for release:** Education with reentry services can help you transition back into society successfully, reducing your chances of returning to jail.

1

Basic Education

Earn your diploma or HiSET, which can open doors to better jobs and further education after release. Brush up on reading, writing, and math skills you might have missed or want to improve.

2

Personal Development

Learn specific skills for trades like carpentry, or computer applications, preparing you for future employment.

3

Career & Technical Education

Develop skills like communication, anger management, and conflict resolution, helping you build a better life after release.

4

Rising Scholars

Through the Rising Scholars Program, CCC provides college-level, for credit, and transferable courses at West County Detention Facility.

5

Transition Services:

Individualized Reentry Transition Planning tools and services that set you up with referrals and a successful plan for your transition back to the community.

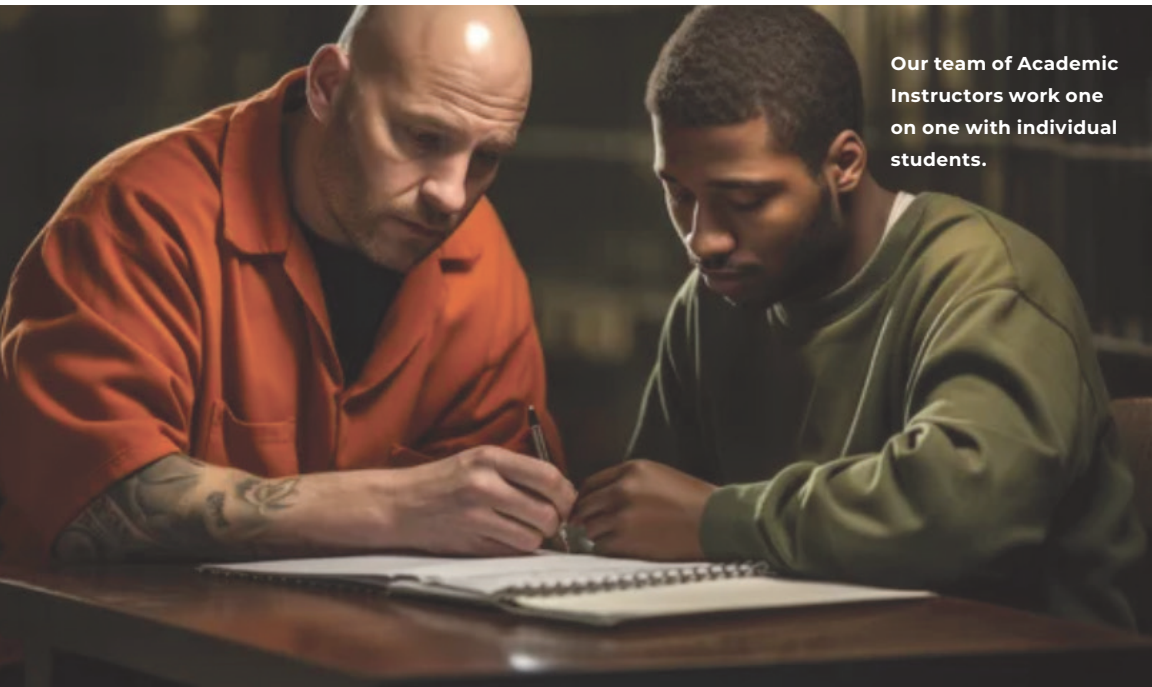


ACADEMICS

**ADULT BASIC EDUCATION
ENGLISH 2ND LANGUAGE**



ACADEMICS



Our team of Academic Instructors work one on one with individual students.

WHY JOIN ACADEMICS?

Make your family proud, be a role model, make more money, go to college and/or join a union. Finish what you started and earn your high school diploma or diploma. When you earn your diploma or pass the HSE, you may be eligible to receive time off your sentence.

- **Algebra** (10 credits)
- **Economics** (5 credits)
- **English** (40 credits)
- **Government** (5 credits)
- **Biological Science** (10 credits)
- **Math** (20 credits)
- **Physical Science** (10 credits)
- **U.S. History** (10 credits)
- **Visual/Performing Arts/CTE** (10 credits)
- **World History** (10 credits).

CCAS has a 130-credit requirement which is less than most adult schools.

- **Adult High School Diploma**
- **GED/HiSET**
- **Adult Basic Education**
- **English as a Second Language**

Sign up for academics (Independent Studies) in order to finish your high school diploma or take the high school equivalency exam. Let us help you- you may be closer than you think.

SHOW UP FOR ORIENTATION:

You will receive a request slip response stating when and where to attend the ORIENTATION. Show up, pay attention, take a school assessment, listen and read about all the school classes, and get all your school questions answered.

STUDY EVERY DAY + SHOW UP FOR CLASS:

Whether you are in a classroom or working independently in your housing unit, study every day and commit everyday to completing your work. Commitment takes time and self discipline and developing good habits.

1

SIGN UP FOR ORIENTATION:

Send a Request Slip (IR) to Schools/Orientation requesting school sign up. You will receive the slip back stating day and time of next orientation to attend.

2

3

SIGN UP FOR ACADEMICS:

You will learn at which level you will begin (either ESL/Adult Basic Education or high school academics and you will receive your class schedule.

4

5

DO THE SCHOOL WORK ASSIGNED TO YOU EACH WEEK:

High School subject matter credits are earned weekly so even if you do not stay long enough to finish, keep in mind that all subject matter weekly assignments earn you both release time and credits towards your diploma.

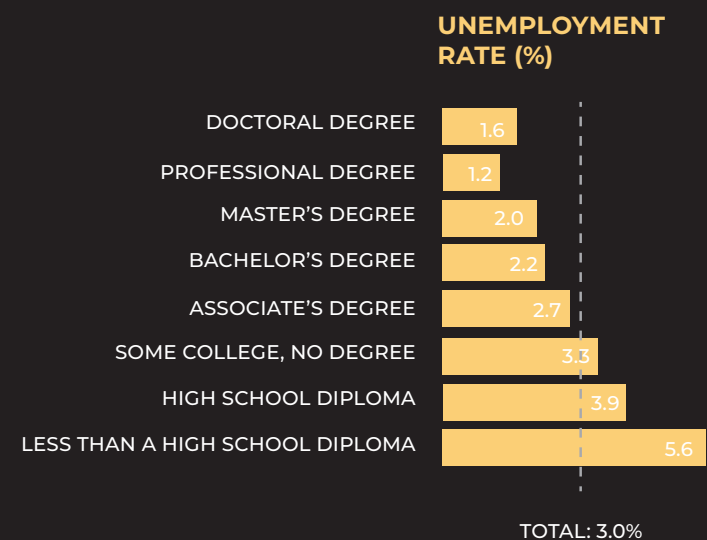
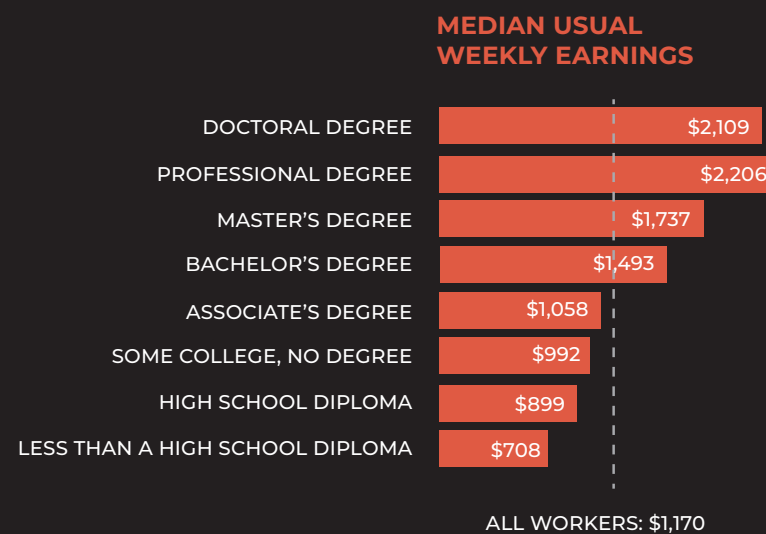
CONGRATS, YOU DID IT!

FINANCIAL BENEFITS

Students who earn a diploma or pass the HSE exam can obtain higher wages at elevated levels of employment. Students with a diploma or HSE can earn an average of \$7,800 more per year than those students without one.



Earnings and unemployment rates by educational attainment, 2023



Note: Data are persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: U.S. Bureau of Labor Statistics, Current Population Survey.



ABE + CCAS Service Flow

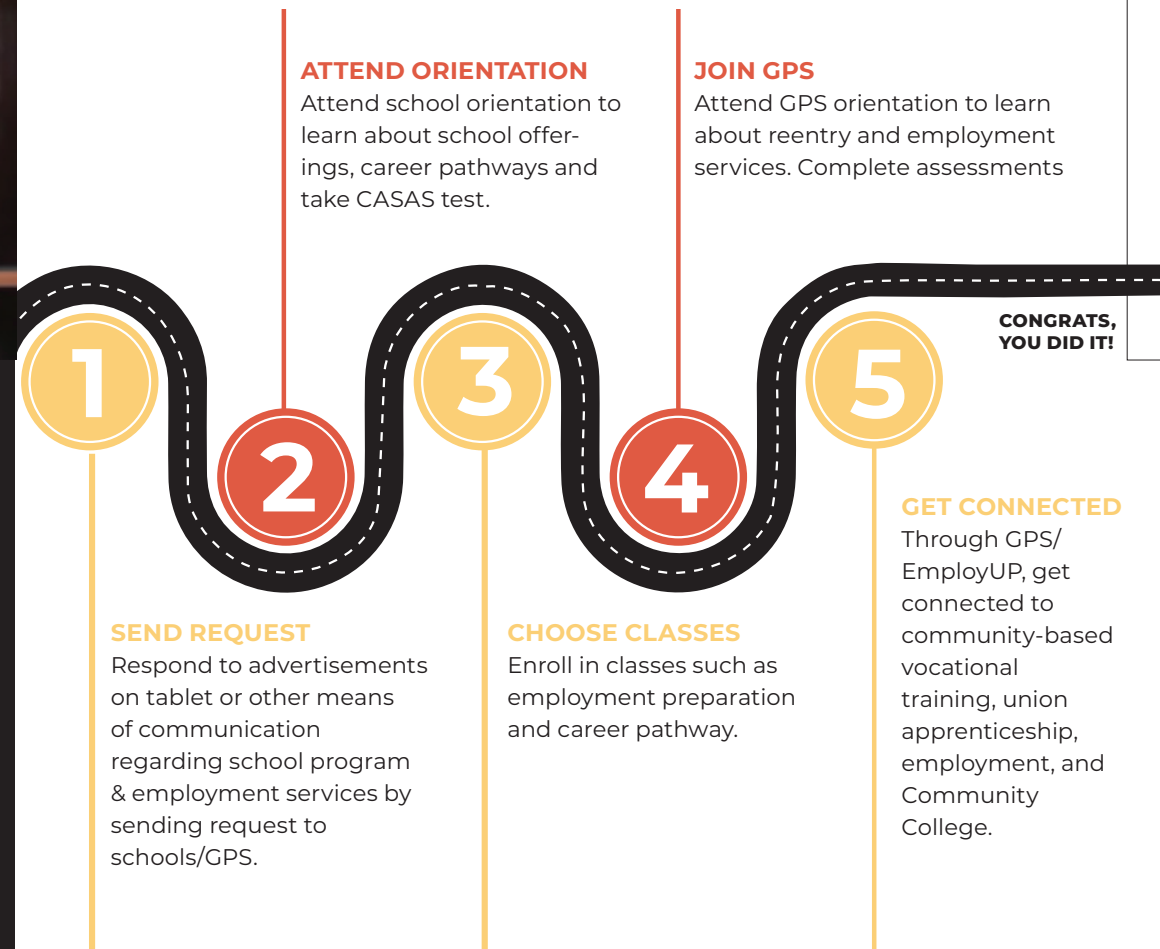
Adult Basic Education (ABE)

Improve your math and English skills with Adult Basic Education. Learn how to comprehend what you read, feel confident in what you write, and understand how numbers work. This class will build your fundamental educational skills at your level, one on one.

English Second Language (ESL)

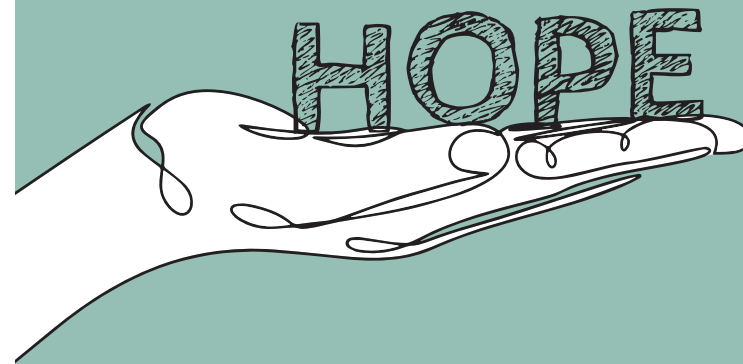
Communicate with your community. Understand the people and environment around you and break down the language barrier. Join the ESL class and improve your basic speaking, reading, writing, and computer skills while learning English.

- **Speak, *Hablar***
- **Read, *Leer***
- **Write, *Escribir***
- **Communicate, *Comunicarse***



BECOMING YOUR BEST SELF

**PERSONAL
DEVELOPMENT**



D.E.U.C.E

“Catch Your
Errors
in Thinking”

WHAT DO I NEED TO DO TO BECOME MY BEST SELF

Are you tired of living on the edge with regret, guilt & shame weighing you down? Would you like to learn strategies for dealing with stress & anger, family & personal relationships, drug or alcohol abuse and other addictions? DEUCE is here to help you learn tools to overcome emotional reactions, to understand why we do what we do, and to plan for a healthy, balanced & satisfying life.

Personal Development Pathway

DEUCE will give
you **LIFE SKILLS**
for success and
hope for a healthy,
balanced and
satisfying life!

**You will learn tools
for overcoming
self-destructive
behaviors such as:**

- Life on the edge
- Drug (of choice) abuse
- Lying / Cheating / Stealing
- See it / Want it / Take it
- Too stressed to bless
- Too angry to cope
- Crazy making emotional reactions
- Buried dreams
- Regret, guilt, shame

DECIDING

to make changes; to
make better decisions

D

EDUCATING

getting the life skills /
tools needed to
manage one's life

E

UNDERSTANDING

ourselves and others toward
better relationships

U

COUNSELING

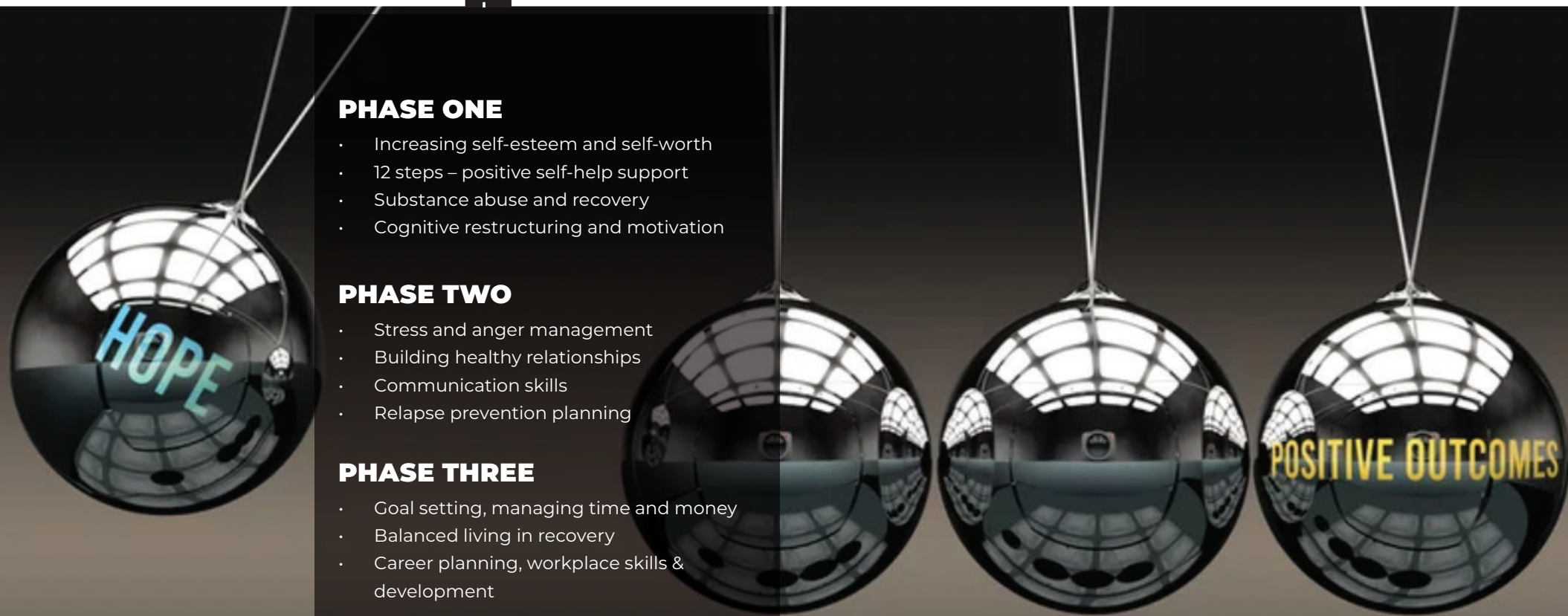
help each other in
the way of 12-step
programs

C

EVALUATING

self-reflection and awareness
toward a healthy future

E



PHASE ONE

- Increasing self-esteem and self-worth
- 12 steps – positive self-help support
- Substance abuse and recovery
- Cognitive restructuring and motivation

PHASE TWO

- Stress and anger management
- Building healthy relationships
- Communication skills
- Relapse prevention planning

PHASE THREE

- Goal setting, managing time and money
- Balanced living in recovery
- Career planning, workplace skills & development

RE-ENTRY SUCCESS

Work with **Game Plan for Success** to enter treatment programs, enroll in Thinking for a Change programs, continue parenting classes or receive family reunification services.

Game Plan for Success also sets you up with an assigned Re-Entry person from the community to assist with your successful transition. Typically they are from the Reentry Success Center, the Reentry Network, Centerforce and/or Men & Women of Purpose.

If you need to go to a treatment program upon release work with Alcohol & Other Drugs (AOD) counselors in custody to get accepted prior to release.



Counseling Options
and Parent Education
We Listen. We Act. We Care.

Healing the Hearts of Women

Healing Hearts of Women is aimed at healing generational cycles of pain and trauma for mothers, to prevent perpetuation of mental injury and promote healthy child outcomes. The premise of this project is to elevate awareness and create a safe space to understand the importance of mental wellness.

WHAT WILL BE COVERED

- Pathology of maternal wounding
- Cause and effect of trauma
- The power of empathy and forgiveness
- Steps to recovery and healing
- Generational health, wealth, and inheritance



Supporting Father Involvement

The Supporting Father Involvement (SFI) Program

is an evidence based approach to increasing positive father involvement. Parenting is important for all men because it enriches their lives, strengthens family dynamics, and contributes to the positive development of future generations. SFI is based on five interconnected family domains known to positively affect family health, mental health, and child abuse outcomes.

WHAT WILL BE COVERED

- Individual characteristics of the parents;
- Parent-child relationship quality
- Couple or co-parenting relationship quality
- The intergenerational transmission of parent-child involvement and relationships
- External influences such as employment, environmental stressors, and social support.

WORKFORCE READINESS (WFR)

Getting a job can be easy with preparation. However, keeping a job is completely different. Enroll in WFR and find out how to keep a job, gain strategies to support resume and cover letter development, learn online job searching techniques and so much more.

**Earn a certificate
for each phase
completed.**

PHASE 1:

- Introduction
- Pre-employment success
- Required employment skills

PHASE 2:

- Anger & other negative emotions
- Communication styles inventory
- Electronic communication & job search

PHASE 3:

- Resume & cover letter development
- Interview technique
- Self-marketing techniques

INDIVIDUALIZED EMPLOYMENT SERVICES

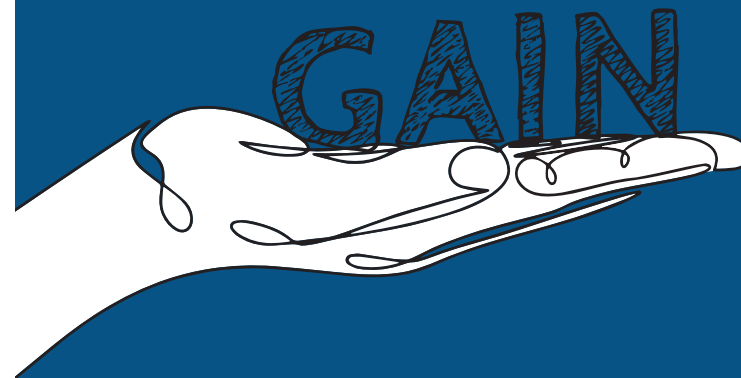
- Resume & cover review and writing
- Mock interviews
- Career exploration
- Referral to local employers

RE-ENTRY

Work with Game Plan for Success to receive personalized job recommendations and prepare for meeting those employers.

CAREER PATHWAY

**CAREER +
TECHNICAL
EDUCATION**



MULTI-CRAFT CORE CURRICULUM

(MC3)



High-demand jobs
Job security
High pay with benefits
Pride in your work

ENVISION working in construction through the MC3 curriculum. Practice the foundational skills: tools and materials, construction math, job safety, jobsite conduct, and more.

Earn industry-recognized safety and training certifications (OSHA, CPR, MC3). Receive additional teacher certificates to show family and the courts your progress.

According to the Associated General Contractors of America and Autodesk, 78% of construction companies are having difficulty hiring construction workers.

Bricklayers, drywall installers, pipelayers, carpenters, sheet metal workers, and plumbers are the hardest trade careers to fill.

Why not fast track your way into this industry by enrolling in the Multi-Craft Core Curriculum (MC3), a comprehensive pre-apprenticeship training program.

MC3 is a standardized 120-hour construction course. The union-endorsed curriculum offers a comprehensive overview of the construction industry and provides technical and job readiness skills, as well as industry certifications, to succeed in any trade.

When you earn a NABTU MC3 Certificate you can bypass some of the entry requirements for local union apprenticeship training centers.



CONSTRUCTION COURSE

EMPLOYUP

Below is a checklist of items that you will need to complete in order to be successful in obtaining a career in this pathway. Please check off each item as you complete them.

MC3 –Required curriculum & minimum required hours

- ☐ Construction & Industry Awareness – 8hrs
- ☐ Construction Trades Awareness – 8hrs
- ☐ Construction Health & Safety – 2hrs
 - ☐ CPR/First Aid – 10hrs
 - ☐ Women's Health & Safety – 2hrs
 - ☐ OSHA – 10hrs
- ☐ Tools and Materials – 8hrs (must include hands on component)
- ☐ Construction Math – 40hrs
- ☐ Heritage of the American Worker – 8hrs
- ☐ Diversity in the Construction Industry – 12hrs
 - ☐ Diversity Awareness – 4hrs
 - ☐ Sexual Harassment – 8hrs
- ☐ Blueprint Reading – 4 to 8 hrs
- ☐ Green Construction – 4 to 8 hrs
- ☐ Financial Literacy – 4 to 8 hrs

Here are the required sections you need to complete in order to earn you MC3 Certificate.

All MC3 programs require a minimum of 120hrs

These are organizations where you can finish the MC3 program or just brush up on skills like Math for Union Apprenticeship.

RE-ENTRY

- ☐ Rising Sun (10 week program in Oakland)
- ☐ Future Build (16 week program in Pittsburg)
- ☐ Richmond BUILD (11 week program in Richmond)
- ☐ Los Medanos College (Semester-long program in Pittsburg)
- ☐ Cypress Mandela (16 week program in Oakland)
- ☐ Adult School Construction Test Prep Class (rolling enrollment at multiple locations)
- ☐ Community college course in welding, construction management, or other related skill (multiple locations)

You may select multiple:

I want additional construction training and job placement support.
All programs are free or offer financial aid:

- ☐ I was formerly with a construction union and want to return.
- ☐ I want to obtain employer/contractor sponsorship with a "hunt" trade.
- ☐ I want to apply and get on an eligibility list for employment with a "list" trade.

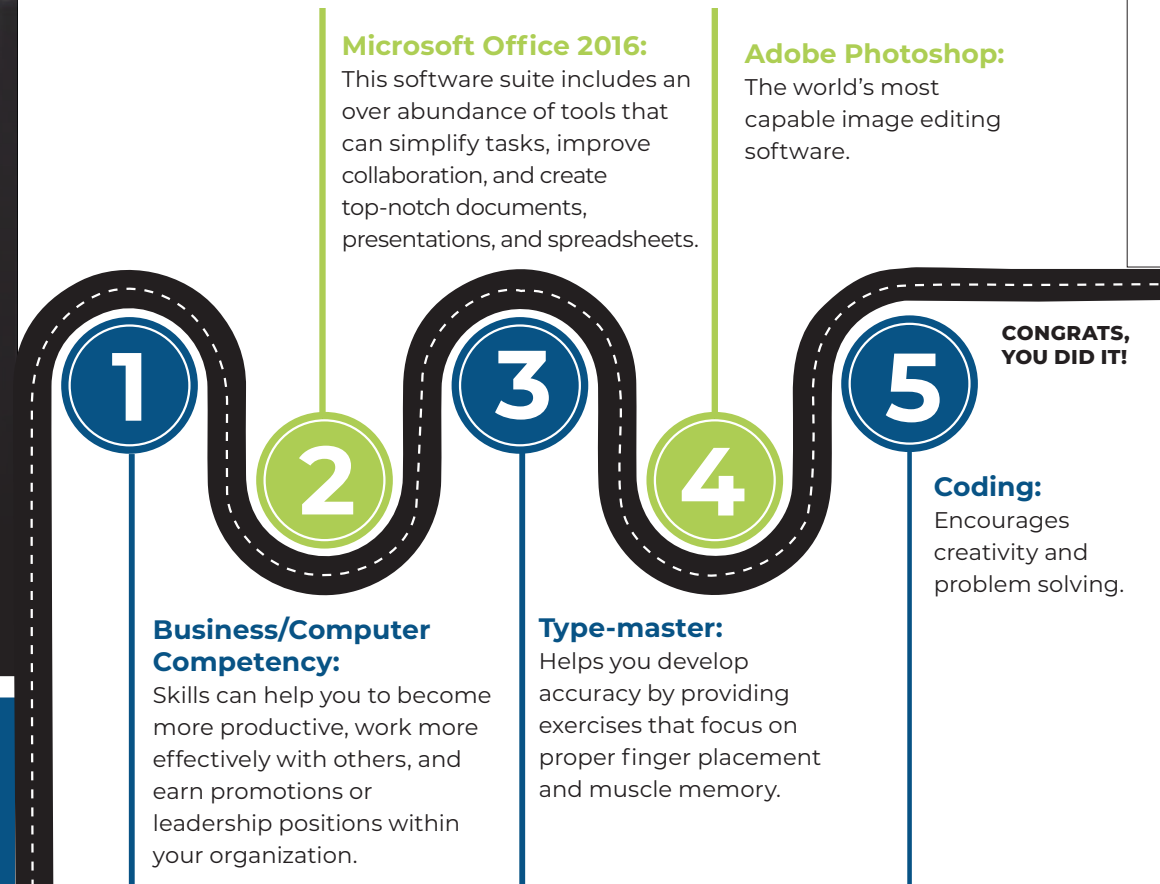
COMPUTER APPLICATIONS



Technology is everywhere in the modern world and continues to develop at an astonishing rate.

Seeking education in computer applications is a practical and strategic career choice. Students will develop skills and learn the foundations of Microsoft Office (Word, PowerPoint, Excel, and Access), Adobe Photoshop, Type-master, and Coding. This course will increase your level of computer competency, business, and expand your technical knowledge that is a fundamental key to improve your career prospects to attain employment. Students will engage through comprehensive curriculum designed to prepare them with a strong foundation in the current digital world.

Computer applications is a certificate -based program and offers six different certifications you can earn: Microsoft Office 2016 Essential Concepts and Skills, MS Word, MS PowerPoint, MS Excel, MS Access, and Type-master. These certifications will document achievements and enhance students' resumes. It also gives you the opportunity to enroll in a local community college and earn college credits that help increase your knowledge and career resources that lead to employment.



Earning Microsoft certifications lead to employment with better salaries, and provide tangible proof of your expertise and testifies to your dedications to continuous learning and professional advancement. The more qualifications and professionally recognized accreditations that you have, the more valuable and sought-after you become.



DIGITAL TECHNOLOGY

EMPLOYUP

ENVISION yourself working in the most notable tech companies in the Bay Area. Whether It is coding, robotics, computer-aided design, publishing, etc. There are many career choices. Earn industry-recognized technology certifications and college credit.

- **Complete Business Foundations:**

- Computer Literacy
- The Internet and Online Communication
- Online Safety and Security
- Introduction to ProductivityApplication

- **Complete Business Professional Essentials:**

- Microsoft Word: OfficeEssentials
- Microsoft Excel: Office Essentials
- Microsoft Access: Office Essentials
- Microsoft PowerPoint: Presentation Creation and Delivery
- Microsoft Outlook: Calendar and Task Management
- Office Technologies: Intro to Digital Work Space
- Online Presence: Developing a ProfessionalProfile

- **Adobe Photoshop**

- Photo Corrections
- Photo Editing

- **Coding**

- Introduction to Blockly
- Introduction to Python

RE-ENTRY

- Community College courses in Coding, Computer Science, Computer Aided Design, Desktop Publishing, etc.
- Short-term vocational training through the Workforce Innovation & Opportunity Act *(if you qualify)*
- Entry-level employment on this career path, leading to more sustainable career development

RE-ENTRY NOTES

PARTNER PATHWAYS

**RISING
SCHOLARS**

SUPPORT



COLLEGE BOUND



HOW TO GO TO COLLEGE

Contra Costa College partners with the County Office of the Sheriff and the Contra Costa County Office of Education through the Contra Costa County Adult Education Consortium (CCCAEC), a consortium established to design a coordinated adult education system that accelerates academic and career success for adult students. Beginning in Summer 2023 our collaboration allows incarcerated persons at the Contra Costa West County Detention Center to earn UC and CSU transferable credits and, in some cases, earn time off of their sentencing

For those of you wanting to enter college upon release no worries, **Rising Scholars** has your back and we're so happy to have you come here! We know that starting or continuing your academic journey might have some unique challenges, but we're here to help you out. We'll give you all the support you need to make the transition as easy as possible. So take a deep breath and get ready to love your academic journey with us!

Here's What We Can Do For You

- Provide personalized assistance to guide you through the application process
- Assist you with making counseling appointments
- Offer specialized referrals to both on and off campus resources
- Provide you with Free Success Workshops"

Each of the community college campuses in Contra Costa have welcome centers and additional services for those who want to enroll in college. Work with GPS so we can provide a transition to the college of your choice.

1 GET STARTED:
Request Slip (RS)

2 ORIENTATION: Learn about GPS & identify needs (take a test, sign up for classes, ask a school employee questions for the first time...etc)

3 SET GOALS:
Identify what you want to accomplish

ATTEND WORKSHOPS
Learn about programs & services offered.

4 SET UP A GAME PLAN:
What will you do?

GAME PLAN CHECK IN:
Planned check-in

**5 MATCHED WITH
PARTNER PROGRAMS**
Community based program referral(s)

6 FINISH LINE:
Review transition plan

**7 STAY IN
THE GAME:**
Follow your plan,
work on your
goals, call case
manager if
needed.



GAMEPLAN FOR SUCCESS PROGRAM

CONTRA COSTA COUNTY
Office of Education

NOTES

COMMUNITY RESOURCES & REFERRALS

LOS MEDANOS
COLLEGE



How to sign up for school:

Step 1) Write a Request Slip to Schools
"I want to attend school"

Step 2) Receive a confirmed response with
your scheduled date and time to attend school
orientation.

Step 3) Enjoy learning and further developing
yourself.

Academics

English Second Language

DEUCE

C.O.P.E. Parenting

Workforce Readiness

Multi-Craft Core Curriculum (MC3)

Computer Applications

Rising Scholars

Game Plan for Success

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CONTRA COSTA COUNTY
Office of Education