

General PICS Workshop

For returning citizens · six weeks of understanding and tools

A comprehensive study of the five Post-Incarceration Syndromes (PICS) — the psychological aftermath that follows people home from prison and shapes employment, recovery, and family life long after release.

What the program covers

Each weekly four-hour session engages the full five-syndrome framework through teaching, discussion, and open forum:

- Institutionalized Personality Traits — the survival rules of inside, and unlearning them
- Post-Traumatic Stress Disorder — the alarm system that will not shut off
- Antisocial Personality Traits — the armor that protected, and what it costs now
- Substance Use Disorders — why relapse is a PICS story, not a willpower story
- Social Sensory Deprivation Syndrome — rebuilding comfort with a world that kept moving

Key takeaways

- Mastery of syndrome identification — participants can name what they carry
- Evidence-based coping techniques usable the same day
- Open forums and collaborative group activities that build a peer community
- A practical credential: free Online CPR Certification access included

Funding & sponsorship

Cohorts are typically funded by reentry agencies, workforce programs, municipalities, grants, and community sponsors — participants do not pay out of pocket. A full cohort serves up to 30 people, about \$267 per life engaged. Sponsorships are tax-deductible through Urban H2O Foods, BCMM's 501(c)(3) fiscal partner.

AT A GLANCE

DURATION

6 weeks · 4 hours per week

CAPACITY

Limited to 30 participants

INCLUSIONS

PICS Workbook · free Online CPR Certification access · light lunch

DELIVERY

On-site across Michigan · virtual available

INVESTMENT

\$8,000

Transform Lives & Build Stronger Communities

Seats are highly limited — reserve a workshop package today to guarantee placement and certification access.