



SAN MATEO COUNTY SHERIFF'S OFFICE
A TRADITION OF SERVICE SINCE 1856

NEWS RELEASE

Incident Date and Time: December 23, 2021

Location: Maple Street Correctional Facility

Type of Crime/Incident: Prison Program Silent Retreat

Summary:

Prison Program Silent Retreat

The San Mateo County Sheriff's Office is the 1st county jail in the United States, and the 2nd jail in the world (India was 1st) to offer incarcerated individuals a Silent Retreat led by the International Association of Human Values (IAHV) <https://us.iahv.org/portfolio/prison-program/>. IAHV teaches the Prison Program to men and women at the Maple Street Correctional Center, a program-centric jail in Redwood City. The Stress Management and Rehabilitation Training teach incarcerated persons how to manage their stress, aggression, and trauma. The Prison Program helps individuals to prepare for re-entry into their communities. The program brings together Sudarshan Kriya meditation, breathwork, and yoga to help individuals manage their emotions.

Individuals who completed the Stress Management and Rehabilitation Training were invited to participate in the first Prison Program Silent Retreat. The 3-day retreat took place on December 27, 2021, from 7:00 pm – 9:30 on Day 1, 7:00 am – 9:00 pm on Day 2, and 7:00 am – 2:00 pm on Day Three, December 30, 2021.

"We are always looking to implement unique programs to help reduce recidivism and offer other rehabilitative services which are essential for improving the quality of life for all residents of San Mateo County." Sheriff Carlos G. Bolanos

Written by: Detective Javier Acosta

