



TRAINING

C R I T E R I A

To be eligible for the program, offenders must meet certain criteria through a process of screening and evaluation based upon the following:

- Major infraction free for at least 90 days
- High School Diploma, or GED (or ability to obtain a GED)
- Willing to work in all weather
- No less than five months to their Earned Release Date (ERD), no longer than 15 months to ERD
- Able to obtain a valid driver's license
- Able to physically lift and carry 50 lbs.

Participants can expect to receive the following safety and technical training:

- Ergonomics
- Scaffold User
- Flagging
- Oxy/Acetylene Cutting and Burning
- Fall Protection
- Personal Protective Equipment

Soft Skills Training:

- Financial Tools for the Trades
- Survival of the Fittest
- Makin' It Work
- Construction Site Safety and Etiquette

S U C C E S S

S T O R Y

Like many individuals facing a prison sentence, Holly-Erin felt depressed and alone. She wanted to take responsibility for her decisions and recognized she was at her low point in life. She realized she was the driving force for her own change, so she took initiative and made good use of the resources available to her.

After learning about TRAC from a recruitment poster, Holly-Erin was first concerned that her age would make the program difficult, but had confidence in her drive and desire to succeed. She wasn't afraid of hard work and long hours, so a career requiring both sounded like a perfect opportunity.

After completing the 16-week program, Holly-Erin felt prepared to change her life. Upon her release, she joined the iron workers union and loves the opportunity to make an honest, livable wage and provide for her family. Union employment offers Holly-Erin excellent benefits and growth opportunities and she is excited about her future.



"I know that everything I have become and everything I will be, is because of making GOOD choices, the right choices."
— Holly-Erin White




Trades Related Apprenticeship Coaching

Contact Information

Steven Petermann, TRAC Program Manager
steven.petermann@doc.wa.gov
 Washington Corrections Center for Women
 9601 Bujachich Road NW
 Gig Harbor, WA 98332-8300
 Office: 253.858.4200 ext. 347



TRAC

M I S S I O N

The Trades Related Apprenticeship Coaching mission is to prepare offenders for competitive entry into a union apprenticeship. Participants are taught self-confidence, self-esteem, and the job skills necessary to begin a life-long career, earn a living wage, and prosper as a productive citizen.

LABORER CARPENTER IRON WORKER



The Trades Related Apprenticeship Coaching program, better known as “TRAC”, is designed to provide work training in non-traditional jobs for women offenders. TRAC provides education and job training intended to reduce the probability that they will re-offend after release. While the average rate for female offenders in Washington is close to 50 percent, TRAC graduates re-offend at a rate of less than five percent. TRAC trains participants to become carpenters, laborers and iron workers.

REENTRY

P R O G R A M

Up to 12 women offenders, per 16-week session, receive 460 hours of theoretical and practical instruction aimed at preparing them for competitive eligibility within a variety of union trade apprenticeship programs.

TRAC covers a broad range of academic, safety and technical skills training as well as behavioral, lifestyle and soft skills training.

Upon completion of the training, participants' carpentry, iron-working, and labor skills are tested. To graduate, the student must successfully pass a minimum of one of the three skills tests.

Since its creation in 1997, TRAC has graduated over 300 women. Commencement ceremonies are held after each 16-week program. Participants and their families are encouraged to participate in this special occasion.

Once TRAC graduates are back in their communities, they are qualified to enter apprenticeship programs for the International United Brotherhood of Carpenters and Joiners; the International Association of Bridge, Structural, Ornamental, and Reinforcing Iron Workers; and/or the Laborers International Union of North America.

Former TRAC Offender/Guest Speaker

“Should you be ashamed that you were in prison? No,” Ms. Gilman told the offenders. “The only thing that you would have been ashamed of is if you hadn’t taken the opportunity while you were in here to make yourself a better person, and you’ve taken advantage of that.”

— Krystal Gilman

