



SUBSTANCE ABUSE PROGRAMS

New Directions

New Direction curriculum is grounded in the best research to date on how to effectively work with inmate populations. No matter the specifics of any program provided in an institutional or community correctional setting the following items must be present:

- A strong cognitive-behavioral therapy (CBT) approach
- Elements of a therapeutic community in the program's implementation
- Sufficient time for the program to take hold (three months at the very least)
- A continuum of care that includes the effective use of self-help and support groups (such as Alcoholics Anonymous or Men in Sobriety) along with community supervision and programming for ongoing support.

The program was developed to address some of the more promising target areas for change. Andrews and Bonta (1998) identified some of these most promising areas:

- Changing antisocial attitudes, values, and beliefs
- Changing antisocial feelings, including impulsivity, egocentrism, and poor frustration tolerance
- Reducing antisocial peer associations and developing anti-criminal associations
- Increasing self-control, self-management, and problem solving skills
- Reducing chemical dependency

Upon identifying these research based areas for direction, coupled with a cognitive behavioral therapy, *New Direction's* curriculum uses the following three basic premises as its' starting point:

1. Thinking affects feelings and behaviors. Inmates will address both, but the emphasis will be on behavior. They will examine not only events but also their interpretations of events (emotional content, intent, motives, criminal and addictive thinking, etc). Inmates will also examine beliefs, attitudes, and assumptions they have about themselves, others, and the world-especially those that support criminal behavior and alcohol and drug use.
2. With training and practice, program participants can self-monitor and change their thinking: this includes learning to identify their core beliefs.
3. Their behavior can change based upon changes in thinking.

The *New Direction* program is organized into six modules with each focusing on specific developmental areas.

Module One-Intake and Orientation

The module welcomes the offender to treatment and the expectations required. The module further provides intro to a therapeutic community, thinking issues, and addiction and recovery.



Module Two-Criminal and Addictive Thinking

The module begins the process of change by identifying thinking and behavior with mapping. The offender thoroughly identifies criminal and addiction history. Lastly, the offender begins to learn about thinking and behaviors and their affect.

Module Three-Drug and Alcohol Education

The module provides insight into the disease of addictive and its affect physically, emotionally, and collateral issues. The offender begins review change, its processes, and how transition can occur.

Module Four-Socialization

The module provides training in the socialization process. The offender identifies where they have been, what works and doesn't, and how to change.

Module Five-Relapse Prevention

The module provides exposure to the relapse process. The offender develops insight into their triggers, high-risk issues, and cravings. The offender then develops a plan to address these issues through self and support.

Module Six-Release and Reintegration Preparation

The module provides the framework to begin the reintegration process. The offender learns to establish goals with regard to residence, employment, budget, and other transitional issues.

Helping Women Recover

This program provides gender-specific programming on alcohol and other drug abuse and addiction. Created in collaboration with Stephanie Covington, Ph.D., and a leading expert in women's addiction programs. Recovering women have the opportunity to understand addiction and the signs and symptoms experienced by women who struggle with substance abuse and dependence. In this seventeen-session program, women use a journal. They examine the connection between substance abuse and high-risk behaviors and learn facts about alcohol and other drugs and how they affect women.

Helping Women in Recovery includes the following 5 components:

- Offense chain or cognitive-behavioral chain
- Relapse rehearsal
- Identify high-risk situations
- Self-efficacy
- Coping skills

Driving the Right Way

This program consists of four sessions, focused on changing thinking and decision-making of DUI/DWI offenders. Developed by the premiere names in the field of criminal justice treatment, the program is implemented in ongoing, open-ended groups.



Meth Matrix

This is a treatment model based upon the established, empirically supported chemical dependency treatment principles to treat meth users. The clinical outpatient protocols used in this model have been continuously adapted and revised over the last two decades. The model provides chemically dependent persons and their families the most thorough and up-to-date knowledge, structure, education, and support possible to achieve long term recovery. The method focuses on the following areas of intervention:

- Individual and Group Counseling
- Relapse Analysis and Prevention
- Stabilization
- Family Education
- Social Support
- Twelve Step Involvement

Therapeutic Community and TC Aftercare

Therapeutic Community (TC) simulates society with specific values principles, rules and structure specifically designed to teach pro-social attitudes and behavior. Participants (who are referred to as “Family”) are required to hold each other to the standard of the program through a series of accountability tools such as verbal cues (Pull-up’s), written slips (Booking slips) and public confrontation (Encounter). All aspects of the TC are engineered to change attitudes, and thinking that lead to incarceration. To keep the integrity of this process, participants are segregated fully from the other inmates on the compound. The program has three (3) phases, each requiring greater attitude, skill, and knowledge levels.

Programming and Activities in a Therapeutic Community

Morning Meeting

The Morning Meeting (AM Meeting) is the first group meeting of the day. The purpose of this meeting is to: 1) Bring the family together; 2) Organize the day ahead; 3) Motivate with a positive beginning. In addition to announcements, a major part of the AM Meeting is dedicated to inspirational activities such as reading a morning meditation and fun activities such as songs, jokes, or entertainment. The inspirational and fun activities often require family members to appear in front of the family. This helps to instill confidence, break down criminal images and fears, and to develop trust within the family.

Evening Meeting

Evening Meeting (PM Meeting) is the last group activity of each day. This meeting is for the purpose of bringing closure to the day. Information is disseminated from staff to the family, questions are answered, etc. At the completion of PM Meeting, the family should retire for the night with significant loose ends tied up.

Process Groups

The purpose of this activity is to provide a time and place where family members can learn to express their opinion in an appropriate manner. In addition, family members learn how to listen to opinions of others. This group teaches how to sort out the difference between thoughts and feelings, giving and receiving feedback, learn problem-solving techniques, and communication skills. This group teaches how to sort out the difference between assertive, aggressive, and passive behavior. Emphasis is placed on boundary setting skills.



Encounter Groups

Encounter group collectively brings observations and reactions concerning a family member's behavior and attitudes. The group confronts the individual with how he is perceived by others. This group raises awareness and also allows family members to support the change process by suggesting alternative right living behavior and attitudes.

Seminars

Seminars are instructional meetings led by family members. The topics are related, and the objective is to educate younger family members to the philosophy and workings of the TEAM Program. Facilitators of the seminars are older members of the family who have had the opportunity to experience life in the TEAM Program.

Cognitive Self-Change

Cognitive Self-Change (CSC) is designed to teach how to recognize, identify, control and alter attitudes, beliefs and thoughts supportive of criminal activities. CSC provides tools to learning how to direct and re-direct thinking about life choices. Without this ability, habitual beliefs and thinking determine choices in advance. CSC presents the ability to choose the direction in an offender's life and the responsibility for whatever choices are made. CSC doesn't try to **make** an offender change; it **teaches** change.

Relapse Prevention Group

Relapse Prevention Group (RPG) is designed to teach that relapse is the progression that creates the overwhelming need for alcohol and drugs. In RPG history of recovery and addiction is reviewed to develop warning sign identification, warning sign management, and recovery planning. In the day-to-day challenges of recovery from addiction, this program assists in coping with warning signs that precede a return to substance abuse or criminal behaviors. RPG provides tools and plans of action to prevent relapse in its earliest stages while incarcerated, on parole and/or final release.

Support Groups

There are a number of recovery based support groups. There will be some type of group practiced here by TEAM participants. All support groups are an opportunity for fellowship of individuals to share their experience, strength and hope with each other that they may solve their common problem and help others to a full and lasting recovery. The groups should support the TEAM Program principles and philosophies. Alcoholics Anonymous, Narcotics Anonymous, Primary Purpose, White Bison and Beat Your Own Addiction are offered as support groups in the TEAM program.