

IN-CELL PROGRAM MODEL

This program model includes:

- the 200-session in-cell program
- the 16 session introduction to group treatment

The model includes both workbooks (covering multiple days) and 1-day elements. All are heavily based on Motivational Interviewing (MI) and appropriate for in-cell application, though many have also been used in group treatment in other facilities.

In addition to the core program materials, these resources also include stage-based Motivational Interviewing (MI) elements for use by counseling staff in 1:1 conferences.

Each of the modules below includes elements (with lesson plans) for 50 sessions. They will be divided into weekly packages of 5 sessions each provided in PDF format. Each package can then be distributed to inmates once a week. The modules are structured to follow the Stages of Change (TTM) sequence, are based on Cognitive-Behavioral (CBT) concepts, and include Motivational Interviewing (MI) elements. Descriptions of each resource are provided in the ***New Freedom Resource Manual***.

SELF-DISCOVERY CORE MODULE

**COGNITIVE-BEHAVIORAL (CBT)
CORE MODULE**

**NEW FREEDOM CORRECTIONAL/
SUBSTANCE ABUSE MODULE**

**NEW FREEDOM ANTI-VIOLENCE
MODULE**

Each daily element is tailored for approximately an hour of reading, thinking, and writing by a typical inmate. They range from 2-6 pages in length, and are written for high-interest, easy reading (typically about Grade 5 reading level). Each weekly package includes a brief competency checklist to aid in evaluation of participants' comprehension, insight, self-disclosure, and motivation to change.

SELF-DISCOVERY CORE MODULE (WEEKS 1 - 10)**50 SESSIONS:**

Comprehensive core program for correctional settings. This module emphasizes the earlier stages of change (precontemplation and contemplation). Most of the materials are workbooks with accompanying competency checklists. The Food For Thought (FFT) elements are individual 1-day elements.

COGNITIVE-BEHAVIORAL (CBT) CORE MODULE (WEEKS 11 - 20)**50 SESSIONS:**

Comprehensive CBT program, including pre-contemplation, contemplation, preparation/determination, and action stages of change. Addresses key areas of thinking, feelings, symptoms and triggers, as well as critical internal and external coping strategies. Based on stages-of-change (TTM), MI, and evidence-based CBT models of Ellis, Beck, Burns, etc..

NEW FREEDOM CORRECTIONAL/SUBSTANCE ABUSE CORE MODULE (WEEKS 21 - 30)**50 SESSIONS:**

This correctional-focused resource combines the typical elements of substance abuse treatment with significant Motivational Interviewing (MI) resources in a stages-of-change model. This model is primarily workbook-based. Each workbook includes lesson plans and summary competency checklists.

NEW FREEDOM ANTI-VIOLENCE MODULE (WEEKS 31 - 40)**50 SESSIONS:**

This resource addresses issues in the preparation/determination stages of change.

Competency checklists are provided for each workbook. Most workbooks also include MI tools to support change-focused discussions.

PREPARATION FOR TREATMENT - PRE-CONTEMPLATION RESOURCE**16 SESSIONS:**

As we discussed, this resource is designed for use as the first step in the group treatment portion of the program, led by counseling staff. It explains the purpose and type of treatment, establishes the process of group participation, increases participant comfort in the process, and directly addresses the issues of importance, confidence, and readiness for change.

DETAIL OF THE ADULT IN-CELL MODEL

Month	Week 1	Week 2	Week 3	Week 4
I	<p>FFT: A Starting Point</p> <p>Pre7: Choices/Decisions</p> <p>WDYT 70: Choices</p> <p>ICD part 1</p> <p>ICD part 2</p> <p>FFT: Shawn's Choices</p> <p>WDYT 30: Making Own Choices</p>	<p>Pre I I: You can't change me</p> <p>FFT: Being Locked Up</p> <p>FFT: Do-Over</p> <p>WDYT 41: Where Do I Go From Here?</p> <p>FFT: I shouldn't be here</p> <p>WDYT 19: 13 and hanging out</p> <p>FFT: Long time to go</p> <p>WDYT 24: I'm institutionalized</p>	<p>Choices & Changes: What's Been Getting You in Trouble</p> <p>FFT Hurting</p> <p>FFT an Early Start to Trouble</p> <p>FFT Identity Activity</p>	<p>FFT: Values Activity</p> <p>SDI: Introduction to Self-discovery</p> <p>WDYT 51: Numb</p>
Month 2	Week 5	Week 6	Week 7	Week 8
	<p>FI I: Are You an Excitement Junkie?</p> <p>FI: an Introduction to Your Feelings</p> <p>WDYT 18: People who like to start trouble</p>	<p>SD2: What Went Wrong? (Part One)</p>	<p>SD2: What Went Wrong? (Part Two)</p> <p>Choices & Changes: What Does Your Future Look Like?</p> <p>WDYT 36: Too young</p> <p>WDYT 61: Michael</p> <p>WDYT 38: I'm their damn role model</p>	<p>CS9: Managing Your Stress</p>

Month3	Week 9	Week 10	Week 11	Week 12
	Sleep Disturbances	Sleep Disturbances	SD11: What's Going On In My Life	F2: Anger
Month4	Week 13	Week 14	Week 15	Week 16
	F2: Anxiety and Fear	F4: Guilt	SD5: Understanding Your Dependencies, Part 1	SD5: Understanding Your Dependencies, Part 2 SD7b: My Life Story
Month 5	Week 17	Week 18	Week 19	Week 20
	F5: Shame	SD6: Reasons to Change	Choices & Changes: Empathy FFT: Another Loss FFT: Anger FFT: Changes WDYT 8: Afraid to ask for help WDYT 47: Hit old lady	FFT: What Happened In My Life? SD7A: My Life So Far
Month 6	Week 21	Week 22	Week 23	Week 24
	CBT1: Intro to Functional Thinking	CBT3: Feelings Toolkit CC: Trust and Distrust	CBT4: Symptoms and Early Warning Signs FFT: Initiative FFT: Problem Behaviors	CBT5: Triggers FFT: Wrong Place at Wrong Time

Month 7	Week 25	Week 26	Week 27	Week 28
	CBT7A: Making Choices That Work WDYT 54: Lonnie	F7: Loneliness FFT: Tough Start	FD6: Learning to Trust WDYT: Loyalty	FD6: Learning to Trust Part Two FFT: Trauma FFT: Too Late for George FFT: the Right Call
Month 8	Week 29	Week 30	Week 31	Week 32
	FD2: Facing Your Dependencies	M2: Healy Relationships and Healthy Boundaries	SP6: Protective Factors FFT: Richie's Future FFT: Ray's Future	F9: Positive Feelings WDYT: Safety net WDYT: Out of sight out of mind
Month 9	Week 33	Week 34	Week 35	Week 36
	SD3: Get Stronger	F8: Feeling Hurt WDYT: Can't remember normal life WDYT: Pablo cries at night WDYT: 2 minutes to live	GG13: Disrepect GG13: Respect	SD4: Grief & Loss

Month 10	Week 37	Week 38	Week 39	Week 40
	CSI: Coping Skills for Emergencies	GG13: Old Friends GG13: Loyalty GG13: Criminal Values GG13: Your Story	F5: Being honest with yourself FFT: Where Do You Stand Today?	SD8: Your Internal Strengths CSI0: Reducing Your Risk WDYT: Tony WDYT: Robert/Max

PREPARATION FOR TREATMENT GROUP RESOURCE

1. What Does Your Future Look Like?	5. What's Important 1	9. Introduction to the Program	13. Coat of Arms Activity
2. Costs and Consequences	6. What's Important 2	10. The Revolving Door	14. What Happened To You? 1
3. Reasons to Change	7. What's Important 3	11. How Important Is It?	15. What Happened To You? 2
4. How Did I Get Here?	8. What's Important 4	12. Dreams Come True	16. A New Direction