# A New Freedom - Guide to Constructing Your Program

#### PROGRAM CONCEPT

# Program specification:

Specific target population

Type of facility, site, or community setting

Dosage (number of desired hours of programming for typical participant)

Group treatment/programming format

Risk, Needs and Responsivity Principles

Criminogenic needs addressed

## Program options:

Gender-specific resources

Adult and Juvenile programs

Correctional, Forensic, Probation, Parole, and Community models

In-cell, self-study, and step-down programs

Custom programs – up to 600 hours dosage

Workbook-based programs or Lesson-based programs

## Key assumptions:

Open group/open admissions

Stages of change model

MI/CBT/Social Learning theory

Motivational Interviewing tools and techniques

Adherence to the program model (basic fidelity)

#### PROGRAM TOPIC AREAS

Substance Abuse and

Core (basic) mental

Supplemental: topics

Severe and persistent

In-facility adjustment

populations (including

inmates, and stepdown

Female gender-specific

mental health, new

from segregation)

program resources

Conflict Reduction/

Aggression/Violence

Anger Management

Life Skills

Community

Reintegration

Relapse Prevention

Criminogenic Thinking and Behavior

in mental health

**Dual diagnosis** 

mental illness

for selected

Risk Factors

health

#### RESOURCES

*Open to Change:* Core resources address key internal and external risk factors, and substance use/abuse, as well as selected underlying issues. 6 units with 10 sessions in each unit. Highly successful CBT/MI resources originally developed for Rikers Island iails in New York.

*The Bridge.* 6 units with 10 sessions in each unit. Basic mental health and stress management units (CBT, MI, and selected DBT elements). Peer-reviewed resources originally developed for New York City's Rikers Island jails.

**Supplemental/topical behavioral health resources**: Anxiety, Depression, Trauma, Anger, Sleep Disturbances, Self-harm (CBT/MI/selected DBT). 10-session units and similar models.

*Dual Diagnosis*. True parallel Integrated and flexible substance abuse and core mental health program (6 units).

Comprehensive Symptoms Management Curriculum (CSMC). 50-session models for mood disorder and psychotic spectrum disorders. (CBT/DBT).

*Functional Behavior Program.* 5 units with 10 sessions in each unit. Male and female gender-specific models, extended resources available.

Female Program Resources: Core substance abuse resources address key internal and external risk factors and relapse prevention, as well as selected underlying issues. 6 units with 10 sessions in each unit. Additional topical female resources address relationships/boundaries, abuse/victimization, trauma, violence, neglect/abandonment, self-harm, body issues/low self-esteem, and sleep disturbances.

**Conflict Reduction.** Problem solving, violence reduction, and self-management, including social and anti-violence skills. 13 units with 10 sessions in each unit. Specific units target in-facility adjustment, violence, bullying, gang/STG, and victimization issues.

Criminal Thinking. Two units target common areas of criminogenic thinking/behavior.

**Pathways to Daily Living.** Life Skills: Basic activities for daily living (ADLs), Employment Preparation, Handling the Tough Times, Making Good Use of Your Leisure Time, Money Management, Stress Management.

Returning Home, post-release, aftercare, and recidivism/relapse prevention.

Comprehensive and interactive preparation for community reintegration and transitions. Includes protective factors and post-release/parole options. 7 units with 10 sessions in each unit. Relapse Intervention models also provided for parole violators.

#### **FEATURES**

Program format supports the Open Group/Open Admissions Model - The 10-session Unit Concept:

Programs of 10-300+ sessions can be created by selecting from the range of 10-session units described here.

Units can be scheduled flexibly, basically in any order, supporting open group/open admissions programs.

#### Each 10-session unit includes:

- 2-3 lessons targeting precontemplation
- 6-7 lessons focusing on core concepts and skills (primarily contemplation stage)
- multiple problem-solving opportunities, role plays, and activities
- 1-2 lessons on preparation/ determination, skills development, action planning

## **Quality Assurance:**

Included are fidelity monitoring and performance evaluation tools.

Summary elements in most units provide documentation of progress and achievement of behaviorally-stated objectives.