New Freedom/Phoenix Program Resource Model – Emerging Adults (160+) *11/1/21*

PROGAM MODEL AND THEORY

160-hour resource
- Lesson-based
- Open group
- Open admission

Structured and monitored comprehensive curriculum based on CBT, MI, and social learning philosophies will reduce the resistance to behavioral change and decrease antisocial behaviors in the facility and after community reintegration

Targets major risk factors for recidivism

Sets up and supports community-based programming

Features:

- Flexible group model
- Targets highest dynamic criminogenic recidivism risk factors
- Targets highest risk factors for difficulties while incarcerated
- Resource units follow the stages-of-change model
- MI change-focused elements included in the actual lessons
- Highly interactive - problem solving focus
- Easy to implement
- Comprehensive staff support resources included

Site license provides for unlimited duplication for all facility programs.

PROGRAM FOCUS

Implementation: Program Facilitators/Staff
- Prepare staff to deliver curriculum components with fidelity

For each program topic area:
- Resources are provided in units of 10 lessons
- Units may be provided in any order
- Participants may be added at any time
- Lesson plans and inmate resources provided for every lesson
- All materials are provided in PDF format

Program emphasis:
- Reduction in antisocial thinking (cognitive restructuring) and behavior (emotion regulation)
- Increased motivation and social/interpersonal skills to reduce risk factors for violence (in-facility and afterwards)
- Problem solving skills to reduce risk factors for in-facility issues (victimization, vulnerabilities, etc.)
- Motivation and development in self-efficacy for relapse prevention (substance use/abuse)
- Demonstrated increase in problem solving and other skills for successful community reintegration
- Documented increase in specific protective factors

Major program resources:
- ***Risk Factors/Open to Change:*** Core resource addresses key internal and external risk factors, as well as selected underlying issues. Comprehensive resource also targets substance use/abuse. 3 units with 10 sessions in each unit.
- ***The Bridge***. Two 10-session basic mental health and emotion regulation/self-management units.
- ***Conflict Reduction***: problem solving and self-management, including social and anti-violence skills, as well as inmate survival skills. Targets specific major criminogenic risk factors including criminogenic thinking. Six (6) units -10 sessions in each unit.
- ***Returning Home***: comprehensive and interactive preparation for community reintegration and relapse/recidivism prevention. Includes protective factors, Four (4) units with 10 sessions in each unit.
- ***Gang intervention option*** (4-5 units)

CORE PROGRAM ELEMENTS

Introduction to programming – 1 unit during reception and assessment process

Risk Factors *(MI and CBT resource) -5 units*

A: internal risk factors and difficult symptoms
B: external risk factors and triggers
C: insight for change, internal strengths
Bridge A: Mental health resource
Bridge B: Mental health resource

Conflict Reduction - CBT/MI - 6 *units*

CR-A: Adjustment
CR-B: Fighting/violence
CR-C: Anger
CR-D: Aggression & violence self-management skills
CR-E: Handling people problems successfully
CR-CT: Criminal thinking/Changing your thinking

Recidivism OPTION
(interactive MI and CBT resource) - 4 units

RA - Recidivism and relapse prevention
RB – Getting yourself ready (problem solving practice)
RC – Responsibilities and red flags
RD – Your highest risk factors (problem solving)

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
- Summary elements providing documentation of progress and achievement of behaviorally-stated objectives.

Included are fidelity monitoring and performance evaluation tools.

INTERMEDIATE OUTCOMES

Demonstration of increase in problem solving skills, strengths/ assets/ resiliency factors targeted by program, including:

- Use of problem solving/self-regulation skills in daily situations
- Practice of avoidance of key external risk factors (environmental controls)
- Use/practice of skills for dealing with high risk thoughts, cravings, and feelings
- Behaviors in the program environment reflect positive self-management and change (program rules are followed)
- Use of goal setting skills (concrete action planning for recovery)
- Mastery of specific coping skills for relapse prevention/ recidivism issues
- Documentation of personal safety nets and other protective factors
- MI-based self-evaluation reflects positive change
- Program measures assess and document participant progress, including summary activities for each unit

- Staff assessments of motivation reflects positive change
- Staff assessments of competency checklists (behaviorally-stated objectives) reflect positive changes in understanding, insight, skills mastery, and completion of assignments

FINAL OUTCOMES

Major Goal #1: In-facility
- Reduction in violence
- Reduction in ad seg placements
- Reduction in requests for special housing due to incidents of victimization or bullying

Major Goal #2 Post release
- Decreased prevalence and incidence of relapse or **recidivism**
- Decreased prevalence and incidence of post-release substance use
- Increased compliance with parole conditions
- Active participation in post-release treatment/ counseling/ support groups activities as required

Gang Intervention OPTION *- 4 or 5 units*

G: core gang intervention
H: core gang intervention
GG-Push/Pull: builds importance to change
GG-Turning Points: guides movement to determination or action stages
GG-RH- supports linkage with protective factors and life/lifestyle changes