Georgia Gender-Specific Combined Self-Study and Group Model

Key features:

- 12-week program of weekly self-study packets of 30-45 pages each, weekly staff-led group session, and resources supporting peer-led groups.
- Sequential model - closed group format
- Group sessions are shaped for 120 minutes.
- Self-study packets are designed for individual study and do not contain lesson plans or tools for use in group setting.
- Specific resources are provided for the staff-led groups. These group resources include guidance on specific resources, and indicate the most critical or key resources. The guidance also suggests the optimal order for use of the resources provided for that session.
- Supports peer counselor-facilitated weekly group(s) on core self-study resources; additional materials for these sessions are included. The peer leader is provided with a guide sheet (topics to be covered, topics to be avoided, etc.).
- The materials are targeted to a grade 4-6 reading level, and meet the "high-interest/easy reading" agenda. Topics and materials vary within the packet, and from packet to packet.
- Staff tools include a Fidelity Monitoring Checklist; a Progress Evaluation Resource to assess inmate participation, understanding, and insight; a Motivational Interviewing Toolkit; and other MI tools.
- Program begins with a group session that helps lay the proper foundation for the self-study elements.

Program focus:

- Self-discovery, self-awareness, identity clarification. Increased understanding, insight (personal growth; internal change).
- Exploration of importance, confidence and readiness to make selected changes. Movement from precontemplation stage of change (selected issues).
- Increased confidence in exercising independent judgement and making functional choices.

- Documented action planning to make selected changes.
- Goal: decrease in selected areas of disciplinary violations.
- An additional underlying objective: gang desistance and a decrease in gang-related incidents.

Key gender-specific program topic areas:

- Self-discovery, self-awareness, identity evaluation and re-formation.
- Relationships and boundaries; assessment of self-confidence in addressing key past relationships issues. Identification of effective options and coping strategies - self-confidence questionnaire (SCQ).
- Impact of past abuse, victimization and trauma. Action planning.
- Self-image and body image.
- In-facility issues (conflicts, victimization, bullying, relationships, aggression, violence, self-management).
- Assessment of self-efficacy in specific in-facility problem situations - self-confidence questionnaire (SCQ).

Details for each session begin on the next page.

Program model:

Week ➡	1	2	3	4
	Introduction	Self-discovery/ identity	Self-discovery/ identity	Choices and changes
Self-study core resource		Workbook SD2: What went wrong? Pre4: How important is it to you? Pre15: There's no point Adjustment #1, 2	Workbook SD6: Reasons to change Pre8: At home in the lockup CT situations #5 Adjustment #3 FFT Waiting for the magic wand FFT Michelle's future	CC1: What's been getting you in trouble? CC3: What does your future look like? CC6: I have my reasons CF5: Everybody's got an opinion Workbook SD1: Introduction FFT Maya's choices FFT Some words CT Situations #2
Peer group focused topic		SD2 workbook Adjustment #1, 2	SD6 workbook FFTs Adjustment #3	SD1 workbook; CF5 (parts 1-3) FFTs, CT Situations #2
Staff-led group focus	Pre6: What's this program all about? Pre17 Being locked up right now Pre11: You can't change me FFT The revolving door *Distribute and explain the first packet*	Review selected Pre4, Pre15 workbook elements Criminal Thinking (CT) Situations #3	(SD6 and Pre8: MI portion) FFTs Criminal Thinking (CT) Situations #5	CC Workbooks (above) CF5 (parts 4-9)

Week	5	6	7	8
	Choices and changes	Relationships	Relationships	Relationships/ Conflicts
Self-study core resource	CC7: Who do you think you are? CC10: Who is making your choices? CC11: Why am I thinking about changing? FFT Nobody gets FFT Hitting bottom Worksheet Values #1 CT Situations 9, 14 CC4: Trust and distrust Worksheet: Agree or disagree?	Workbook W2: Healthy Relationships and healthy boundaries Worksheet: What happened in your life? FFT Where do you fall? Worksheet: Changes in relationships Worksheet: Family life scales	Workbook W7: Avoiding your old relationships traps FFT Rosie's future Worksheet: What happened to you? Looking back, part 1 Worksheet: Relationships checklist	Workbook W8: Avoiding your old family traps FFT Making sense of things CF13 Personal space - and respect FFT Samantha's pathway Practical question #11 - Maria's faith Practical question #5 - A life change CT Situation #7 FFT I want to feel like I have a family
Peer group focused topic	Worksheet: Values (identity activity)#1 FFTS, CT Situations #14 Panel of Experts, Part 1 *(optional)*	W2 workbook FFTs Panel of Experts, Part 2 *(optional)*	W7 workbook FFTs, worksheets	W8 workbook FFTs and Practical questions CT Situation #7
Staff-led group focus	Review of self-study resources (CC elements and worksheet) CT Situations #9	(W2 review, and worksheets) On the Unit (OTU) Problems #6, 16, 17 Trigger event #6	(W7 and worksheets quick review) Worksheet: Relationships checklist OTU Problems #12, 13 People issues #11	(W8 quick review) OTU Problems #9,10,15 Worksheet: Situational confidence (relationships SCQ)

Week	9	10	11	12
	Violence/Conflicts	Violence/Conflicts	Trauma	Going forward
Self-study core resource **Self-study additional elements**	<u>Part 1</u> Workbook W12: Body image and self-image Worksheet: Put downs and self-esteem FFT Do I get a "do–over?" <u>Part 2</u> Workbook CF6: Aggravation Worksheet: (Violence; Growing up with violence; Experiences with violence; Violence and fighting)	Workbook CF4: Risk Factors Workbook CF11: What are my options? Workbook CF12: Where are you setting yourself up? Changing thoughts, #3 (Respect) Worksheet: What was going on (taking a look . . .) A Practical question, #8 Aggravation and disrespect #15	**NOTE: Trauma-informed (to be reviewed with GA DOC staff)** Workbook GS-AV-1: Abuse and victimization* Workbook W11: Surviving abuse and trauma* Worksheet: Does being a victim make you helpless? Worksheet TC: How do certain experiences TP8 Resilience TP16 I can do this FFT Hurt people hurt people	Workbook TP1: Turning points Workbook TP3: The new reinvented you Workbook TP2: Drawing a line* CF8 Importance (summary)* CF9 Confidence (summary)* ** to be processed in staff-led group only*
Peer group focused topic	Workbook W12 and Worksheet: Put downs and self-esteem FFT	Worksheet (above) Activity: What's the best way (multiple problems)	Workbook TP8: Resilience TP16 I can do this FFT Worksheet: Life experience **Peer staff to be instructed to avoid trauma discussion.**	Workbook TP3: The new reinvented you

Staff-led group focus	Workbook CF6 and Worksheets OTU Problems #10, 14 People problem #10	Workbooks and Worksheets (above) FFT One thing you'd do Trigger events #2,3,4 (optional) OTU problem #4 (optional) A practical question #13, #14 Worksheet: Situational confidence - fighting and violence	GS-AV-1 Abuse and Victimization W11 Surviving abuse and trauma FFT I don't feel Worksheet: SCQ Abuse and victimization	Brief review of TP #1,#2, #3 CF8 Importance CF9 Confidence (includes SCQ and action plans) and