

STEP-DOWN MODEL - GANG DESISTANCE (158-hour model)

- Program provides structure for step down: alternatives to STG or solitary housing.
- 8-15 month lesson-based model, targeted to aggression, violence, and people problems (facility, unit, and cellmate).
- Includes expanded gang desistance elements.

Pre-program or Orientation	Preparation and assessment		Goals: participation, completion, qualifying for step-down process
In-cell options	8 short packets for engagement, self-awareness	Option: <i>Qualifier</i> workbooks*	

Each unit below includes 10 lessons, with lesson plans, participant worksheets, and activities.

Step 1 Self-Discovery 30+ hours	Unit - Introduction to group Unit - People problems #1 Unit - Fighting/violence #1 Option: <i>Qualifier</i> workbooks* Assessment resource	Goals: participation, adherence to group rules, understanding, motivation, some Contemplation Stage
Step 2 Conflict Reduction and Gang Desistance 70+ hours	Unit - People problems #2 Unit - Anger Unit - Fighting/violence #2 Unit - People problems #3 Unit - Mindset and choices Unit - Risk factors Unit - Violence Assessment resource	Goals: participation, demonstrated understanding, (CBT), success at problem solving, Contemplation Stage, some (limited) Preparation/ Determination Stage
Step 3 Situational Confidence 40+ hours	Unit - Criminal Thinking Unit - Handling the tough times Unit - Aggression & Violence Unit - Cellmates & Transition Assessment resource	Goals: success at skills, problem solving to avoid return to old behaviors, prepared for successful transition from unit

* *Qualifier* workbooks may optionally be assigned at In-cell or Self-Discovery stage.