

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

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