NEW FREEDOM IN-CELL PROGRAM MODEL

Features:

- 200 session model (10-months). Supports weekly packets of 30-45 pages each for 10 months. Group program elements are provided to support a 1-2 hour session each week (various options are available).

- The materials are targeted to a grade 4-6 reading level, and meet the *high interest-easy reading* agenda. Topics and materials deliberately vary within the packet, and from packet to packet. These resources are adult male-specific, developed for this population.

- Materials appropriate for independent (in-cell) use. Topics include: criminal thinking and behavior, substance use/abuse, CBT (dysfunctional and functional thinking, feelings, and behavior), self-awareness, self-discovery (insight), feelings, symptoms management, internal and external risk factors, violence.

- **The original version of this program model was developed and is in use in maximum security facilities in Texas DCJ, Tennessee DOC, and Georgia DOC (Statewide).** Similar resource sets have been provided to more than 100 Federal Bureau of Prisons programs or sites.

- Each of the modules below includes elements for a month of self-study or 20 group sessions. Each is divided into four (4) weekly packages provided in PDF format. Each package can then be distributed to inmates once a week, or at any desired interval. Descriptions of each of the workbook-type resources are provided in the ***New Freedom Resource Manual***.

Self Discovery 1	**Self Discovery 2**	**Self-Discovery 3**
CBT 1 - Thinking/Feeling	**CBT 2 - Thinking/Feeling**	**CBT 3 - Thinking/Feeling**
Self-Management 1	**Self-Management 2**	**Substance Abuse**
Anger/Violence	**Gang issues #1 (optional)**	**Gang issues #2 (optional)**

Program elements

1 Every weekly packet has a cover sheet, a list of the resources in that packet, and a list of the behaviorally-stated objectives for the workbook elements in that packet.

2 Each weekly packet includes a summary competency checklist, a list of questions for the inmate, based on the behaviorally stated objectives that probes comprehension as well as completion.

3 Training and introductory materials for staff include a helpful PowerPoint resource, and an overview/summary resource.

4 Fidelity Monitoring Checklist (optional, for staff).

5 Progress Evaluation Resource assesses inmate participation, understanding, and insight; useful in determining readiness for step-down.

6 "Motivational Interviewing Toolkit" (with explanation page), useful for cell-door conversation.

7 Comprehensive collection of MI tools focused specifically on the Precontemplation stage of change (resource "STD-MI-1").

Key points strengths and limitations of this model:

This resource is shaped specifically for the following settings:

- Facilities where there are limited opportunities for group treatment programs, staff limitations, or waiting lists for formal psycho-educational or therapeutic programs.
- Administrative segregation (Ad Seg) inmates.
- As a first step in a "Step Down" program model.
- As a key supplemental programming resource in special housing units (protective custody, mental health, single-cell housing, etc).

1 This resource may be particularly helpful for those situations where it is most useful to distribute the same resource to a number of inmates - regardless of how long they have been in the in-cell or (cell study, or self-study) setting. It does not have any required sequence. Inmates thus can begin at any point.

This allows staff to prepare the same packet for everyone. It also provides a continuity of programming across units - or even facilities - when a master schedule is followed. An inmate who is transferred to a new location will pick up where he left off.

2 Phoenix/New Freedom provides other models which are built sequentially, like traditional curriculum. Likewise, this model does not specifically support the stages of change (TTM) approach. Many inmates will progress through the stages of precontemplation and contemplation (and some elements of preparation/determination), but the in-cell model does

not generally provide the opportunity for guidance, support, and evaluation that may be needed to progress to the action stage. Please contact us for more information on those models if they are more appropriate for your setting.

3 Designed for individual study, this resource does not contain lesson plans or tools for use in group therapy settings. Again, we are happy to provide such models (and many of them include some of the same materials that are included here).

4 Because this resource is intended for cell-door conversations (and similar settings), the packets do not include many of the motivational Interviewing (MI) elements that we typically provide. Should such resources be helpful, we have included a few in the staff resource set accompanying this resource.

5 The materials do not probe too deeply into sensitive or confidential areas, including trauma and the nature of offenses. Confidentiality of responses should not normally become an issue.

How to use this resource

Facilities may develop their own protocols. The following describes one option for implementation.

1 Prepare a master schedule. For example, each unit contains four packets, each of which could be assigned for a one-week period. Thus ten (10) units could be scheduled for a 10-month cycle.

2 Each packet (a typical one-week assignment) is duplicated for all inmates receiving the programming. Packets vary in length and topic, but generally are 35-45 pages in length.

3 Writing implements are essential, so should be accessible for all inmates. Written response are limited to short answers, and the materials include a lot of interactive elements (self-quizzes, tables and charts).

4 Staff then distribute the packets (at the cell door, for example), and hold a brief conversation on the previous packet's materials. These conversations can be brief. At a minimum, the staff should review the final page of the packet. Titled "Competency Check," this page addresses the key points from the major element in that packet. Normally it consists of a small number of questions, and the inmate provides answers in writing. This allows for quick review:

- Did they do the expected work?
- Did they understand the concept or issue?
- Did they draw any constructive conclusions about themselves, their choices, etc.?

Should an inmate who is highly motivated ask for additional resources we suggest providing them with some of the materials from previous units. This allows them to be in the same sequence with the others when new packets are distributed.

5 If the program intends to use this resource as part of a step-down program, the satisfactory completion of the materials (perhaps specifically the competency checks) can be part of the documentation used to determine eligibility for the next step.

6 At the end of the cell door conversation (or similar encounter), the staff member should provide the next packet.

7 Depending on the experience and qualifications of the staff, the Fidelity Monitoring Checklist may be a useful training and/or monitoring tool.

When the entire cycle of units is completed, the cycle can begin again with the first unit.

Note: we suggest that the Gang Issues units be provided after the other elements, and only as needed.

Program Options

- Enhanced aggression and violence model.
- Enhanced substance abuse model.
- Issue-specific models shaped to the behaviors which brought them into ad seg: fighting/violence, staff/authority issues, gang activity, gang leadership, target of victimization or bullying, etc.
- "Preparation for Group" resource for inmates in ad seg placement.
- Ad Seg Step-Down Program. Tailorable to facility or program needs (2-person cells, small units, gang intervention, mental health, community reintegration, etc.).

Please contact us for more information.

Note: "CC" is weekly Competency Check (summary)

SELF-STUDY AND IN-CELL PROGRAM MODEL					
MONTH	Theme	Week 1	Week 2	Week 3	Week 4
1	Self Discovery #1	Pre7 Choices SD1 Introduction to self-discovery FFT I shouldn't be here FFT Shawn's choices FFT Too far gone?	FFT Do I get a do-over Pre6a Introduction to the program CC1 What's been getting you in trouble? CC3 What does your future look like? Worksheet What happened to you 1,2 WDYT38 CC	FFT On the day FFT Hard to say no Worksheet Introduction to Risk factors Worksheet What's important in my life? CC2 Impact (empathy) Pre4 How important is it to you? TP8 Developing resilience CC	FFT Back again SD2 What went wrong? Worksheet Identity activity Journaling (3) CC
2	Self Discovery #2	Pre9 A turning point ICD 1, 2 What is it all about? CF6 Everybody's got an opinion CF4 Risk factors Journaling (3) CC	WDYT 49 Worksheet Where do you stand? CF11 What are my options? Worksheet Where do you fall? F12 Let's talk about feelings TP3 The new reinvented you CC	WDYT 70 FD4 Coping with uncomfortable feelings SP6 Protective factors checklist Journaling (3) CC	Pre16c Being locked up right now FD6 Learning to trust TP15 The future WDYT 61 Journaling (3) CC

3	Self Discovery #3	Pre8 At home in the lockup CC4 Trust and distrust FFT Waiting for the magic wand F1 Introduction to feelings FFT I've become the kind of person I always hated CC	Pre11 You can't change me SD6 Reasons to change WDYT 57 CC	FFT Time to think FD3 Control Worksheet Empathy Worksheet Your internal resources Journaling (2) CC	FFT Anger and stress CS9 Stress Journaling (2) CC
4	Feelings and symptoms #1	FFT Ten troubles F3 Anxiety and fear F14 What does anxiety do to you? CC	FFT One thing you'd do CC11 Thinking about changing F4 Guilt Journaling (2) CC	FFT I don't feel anything F6 Sadness F15 What does depression to do you? CC	FFT It's often a matter of degree Worksheet Is it troubling you? F7 Loneliness FID check WDYT 47 Journaling (2) CC
5	Feelings and symptoms #2	FFT Hurting FFT Hurt people hurt people F8 Hurt FFT Trauma Journaling (2) CC	WDYT 62 F5 Shame WDYT 69 CC	FFT Another Loss SD4 Grief and loss FFT Closure FFT Institutional losses CC	WDYT 51 F9 Positive feelings FID check TP16 I can do this Worksheet Values activity #1 Journaling (2) CC

6	Substance abuse	FFT I was helpless FFT Hitting bottom SD5 Understanding your dependencies FFT The warning signs of addiction CC	Pre13 It's just like magic SA3 Self-awareness CC9 Denial F10 Your feelings and relapse Pre14 Famous Last words CC	FFT Why should it matter? SA1 Some of our life's experiences FFT What's the difference CC	FD2 Facing your dependencies CS10 Reducing your risk CC
7	Thinking and Feelings #1	CBT1 Introduction to functional thinking CC7 Who do you think you are? Journaling (3) CC	FFT I knew they were watching me Pre15 There's no point CBT3 Feelings Worksheet Values activity #2 CC	Pre10 A new direction? CC6 I have my reasons CBT4 Symptoms and early warning signs WDYT41 CC	FFT The negative CBT5 Triggers Worksheet Stress and Health CC
8	Thinking and Feelings #2	FFT Some time to think CBT7a Functional behaviors FFT Anticipated change CC	FFT Long time to go CBT7b Coping skills for emergencies CC	FFT If you learned F11 Are you an excitement junkie? SP2 Getting it right this time TP4 Then and now Journaling (2) CC	FFT Small problems add up SP3 Learning how to keep life in balance TP6 Making a transition Journaling (2) CC

9	Aggression/ Violence1	FFT Anger WDYT 48 F2 Anger WDYT 63 Journaling (3) CC	F13 What does anger do to you? Worksheet Violence Worksheet Fighting and violence Worksheet Experiences with violence CC8 Retaliation TP1 Turning points WDYT 58 Journaling (3) CC	WDYT 44 GG13 Loyalty WDYT 45 GG13 Criminal values Worksheet Take a look GG17 Your story Worksheet What was going on? WDYT 55 CC	WDYT 36 FFT Gladiators GG13 Respect WDYT 60 GG Disrespect WDYT 64 Journaling (3) CC
10	Going forward	WDYT 52 SP1 Readiness for change Worksheet Getting started CC	Worksheet Is it troubling you? SP3 Worksheet Making a choice Journaling (2) CC	WDYT24 FD1 Giving your thinking a reality check Worksheet Going forward TP7 I can"t ever do that again CC	FD5 Becoming realistic and honest with yourself Worksheet Turning points Journaling (2) CC

Special Unit	
Improving your sleep	
Sleep Disturbances Resource #1 WDYT 37 Mindfulness Resource Journaling (7 activities)	Sleep Disturbances Resource #2 FFT I lose sleep Mindfulness Resource Journaling (8 activities_ summary is "Competency Check"