

## CELLMATE ISSUES (10 sessions)

**GOALS:** Reduction in assault and acting out behaviors.  
 Success in handling people problems, specific problem situations; reduction in vulnerability to selected high risk factors.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage, and some (limited) Preparation//Determination Stage.  
 Increased confidence in anticipation of specific high risk or problem situations (SCQ).

<ul style="list-style-type: none"> <li>● PreContemplation</li> <li><input type="checkbox"/> engagement</li> <li><input type="checkbox"/> awareness</li> </ul>	1	Sharing a cell #14 (The long view) FFT - Some time to think Worksheet - What's really important to me
	2	Sharing a cell #1 (Messy cellmate) Sharing a cell #2 (Hygiene) Sharing a cell #5 (The lockdown)
<ul style="list-style-type: none"> <li>● Contemplation stage; correctional-specific trigger scenarios</li> </ul>	3	Sharing a cell #13 (Getting along) Cellmate issue #14 (Trying to sleep) Sharing a cell #3 (The talker) FFT_2cell_11 (The fanatic)
	4	Cellmate issue #1 (At night) Cellmate issue #2 (Aggression) Cellmate issue #7 (Heroin) Sharing a cell #4 (Conflict)
	5	Cellmate issue #13 (Canteen) Cellmate issue #12 (Debts) FFT_2cell_3 (Controlling) Sharing a cell #9 (Borrowing)
	6	Cellmate issues #3 (talker) FFT_2cell_11 (chess fanatic) Cellmate issues #9 (talk about killing) Sharing a cell #7 (Drugs)
	7	Sharing a cell #10 (Mental health) Cellmate issue #4 (Rocking) Cellmate issue #8 (Voices) Asking for help
	8	Problems with authority FFT - Resistance (staff issue) FFT - Tough words (a staff issue)
	9	On the unit #3 (Acting out for attention) Calling for help/Asking for help Issues in asking for help Skills practice - making a request for a cell move

<ul style="list-style-type: none"> <li>● Preparation/ determination; self-assessment and action planning</li> </ul>	10	Sharing a cell #6 (The search) Worksheet - Change self-assessment Cellmate issue summary Worksheet - Goal setting activity	
Optional: 3-session review element			
CF8	Adding to your troubles: Importance checklist	Summary activity assesses the degree of importance in avoiding violence in a range of common correctional high risk situations. (MI resource)	2
CF9	Adding to your troubles: Confidence assessment (SCQ)	Summary activity assesses confidence in handling a range of the most common high risk potential situations for violence in the correctional setting, (MI resource)	1