A New Freedom – Guide to Constructing Your Program

PROGRAM CONCEPT

Program specification:

Specific target population

Type of facility, site, or community setting

Dosage (number of desired hours of programming for typical participant)

Group treatment/programming format

Risk, Needs and Responsivity Principles

Criminogenic needs addressed

Program options:

Gender-specific resources

Adult and Juvenile programs

Correctional, Forensic, Probation, Parole, and Community models

In-cell, self-study, and step-down programs

Custom programs – up to 600 hours dosage

Workbook-based programs or Lesson-based programs

Key assumptions:

Open group/open admissions

Stages of change model

MI/CBT/Social Learning theory

Motivational Interviewing tools and techniques

Adherence to the program model (basic fidelity)

PROGRAM TOPIC AREAS

RESOURCES

PROGRAM TOPIC AREAS	RESOURCES
Substance Abuse and Risk Factors	*Open to Change:* Core resources address key internal and external risk factors, and substance use/abuse, as well as selected underlying issues. 6 units with 10 sessions in each unit. Highly successful CBT/MI resources originally developed for Rikers Island jails in New York.
Core (basic) mental health	*The Bridge*. 6 units with 10 sessions in each unit. Basic mental health and stress management units (CBT, MI, and selected DBT elements). Peer-reviewed resources originally developed for New York City's Rikers Island jails.
Supplemental: topics in mental health	Supplemental/topical behavioral health resources: Anxiety, Depression, Trauma, Anger, Sleep Disturbances, Self-harm (CBT/MI/selected DBT). 10-session units and similar models.
Dual diagnosis	*Dual Diagnosis*. True parallel Integrated and flexible substance abuse and core mental health program (6 units).
Severe and persistent mental illness	*Comprehensive Symptoms Management Curriculum* (CSMC). 50-session models for mood disorder and psychotic spectrum disorders. (CBT/DBT).
In-facility adjustment for selected populations (including mental health, new inmates, and stepdown from segregation)	*Functional Behavior Program.* 5 units with 10 sessions in each unit. Male and female gender-specific models, extended resources available.
Female gender-specific program resources	*Female Program Resources:* Core substance abuse resources address key internal and external risk factors and relapse prevention, as well as selected underlying issues. 6 units with 10 sessions in each unit. Additional topical female resources address relationships/boundaries, abuse/victimization, trauma, violence, neglect/abandonment, self-harm, body issues/low self-esteem, and sleep disturbances.
Conflict Reduction/ Aggression/Violence Anger Management Criminogenic Thinking and Behavior	*Conflict Reduction.* Problem solving, violence reduction, and self-management, including social and anti-violence skills. 13 units with 10 sessions in each unit. Specific units target in-facility adjustment, violence, bullying, gang/STG, and victimization issues. *Criminal Thinking*. Two units target common areas of criminogenic thinking/behavior.
Life Skills	*Pathways to Daily Living.* Life Skills: Basic activities for daily living (ADLs), Employment Preparation, Handling the Tough Times, Making Good Use of Your Leisure Time, Money Management, Stress Management.
Community Reintegration Relapse Prevention	*Returning Home, post-release, aftercare, and recidivism/relapse prevention.* Comprehensive and interactive preparation for community reintegration and transitions. Includes protective factors and post-release/parole options. 7 units with 10 sessions in each unit. *Relapse Intervention* models also provided for parole violators.

FEATURES

Program format supports the Open Group/Open Admissions Model - The 10-session Unit Concept:

Programs of 10-300+ sessions can be created by selecting from the range of 10-session units described here.

Units can be scheduled flexibly, basically in any order, supporting open group/open admissions programs.

Each 10-session unit includes:

- 2-3 lessons targeting precontemplation
- 6-7 lessons focusing on core concepts and skills (primarily contemplation stage)
- multiple problem-solving opportunities, role plays, and activities
- 1-2 lessons on preparation/ determination, skills development, action planning

Quality Assurance:

Included are fidelity monitoring and performance evaluation tools.

Summary elements in most units provide documentation of progress and achievement of behaviorally-stated objectives.