

# STEP-DOWN PROGRAM

- Program provides structure for step down: alternatives to solitary housing.
- Nine month lesson-based model, targeted to aggression, violence, and people problems (facility, unit, and cellmate).

<b>Orientation</b>	Preparation and assessment
8 hours	8 short packets for engagement, self-awareness

Goals:  
participation,  
completion

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

<b>Phase 1</b>
<b>Self-Discovery</b>
30+ hours

Unit A - Introduction to group
Unit B - People problems #1
Unit C - Fighting/violence #1
Option: <i>Qualifier</i> workbooks**
Assessment resource*

Goals:  
participation,  
adherence to  
group rules,  
understanding,  
motivation, some  
Contemplation  
Stage

<b>Phase 2</b>
<b>Conflict Reduction</b>
60+ hours

Unit D - People problems #2
Unit E - Anger
Unit F - Fighting/violence #2
Unit G - Mindset and choices
Unit H - Handling tough times
Unit I - People problems #3
Assessment resource*

Goals:  
participation,  
demonstrated  
understanding,  
(CBT), success at  
problem solving,  
Contemplation  
Stage,  
some (limited)  
Preparation/  
Determination  
Stage

<b>Phase 3</b>
<b>Situational Confidence</b>
30+ hours

Unit J - Aggression & Violence
Unit K - Stress Management
Unit L - Cellmates & Transition
Assessment resource*

Goals: success at  
skills, problem  
solving to avoid  
violence, prepared  
for successful  
transition from  
unit

## STEP-DOWN MODEL

### ORIENTATION UNIT (8 elements)

For group or in-cell use. In addition to providing an introduction and overview, the priority is engagement and the beginning of self-awareness as an early step in the change process.

1	Pre6	Introduction to the program	
2	SD1.1	Introduction to Self-Discovery	
3	SD1.2	Introduction to Self-Discovery	
4	Pre16a	Being locked up right now	
5	Pre11	You can't change me	
6	Pre3c	Self-disclosure/self-image activity	
7	Pre9ac	A starting point	
8	Worksheet	Getting started	FFT: Waiting for a magic wand

Possible "qualifier" options:

SD7a -My life story. 43-page workbook

SD2 - What went wrong. 32 page workbook

These two workbooks can, optionally, be used at this stage, or as part of the next unit. As "qualifiers," they might be helpful in assessing readiness to proceed to the next step. A brief summary/review Competency Checklist is provided for each of these workbooks.

### UNIT A: INTRODUCTION TO GROUP (10 sessions)

Introduction to group programming. Focus is engagement (participation) and increasing awareness of their choices and options. Certain elements build toward contemplation of life issues as well as past and present choices.

Preparation ● PreContemplation <input type="checkbox"/> engagement <input type="checkbox"/> awareness	1	Introductions and clarification of program rules and expectations ( <i>staff led</i> ) Pre3a1, part 1 (engagement activity) Pre 8ac - At home in the lockup
	2	Pre3a, part 2 (engagement and early self-disclosure activity) FFT - It's just like magic
	3	Pre3a, part 3 (engagement and self-disclosure activity) Worksheet - Where do you stand?
	4	Pre3a, part 4 (engagement and early self-disclosure activity) Pre15 - There's no point FFT - Do I get a do-over

<ul style="list-style-type: none"> <li>● PreContemplation</li> <li><input type="checkbox"/> engagement</li> <li><input type="checkbox"/> awareness</li> <li><input type="checkbox"/> acceptance</li> </ul>	5	ICD.1 - What's treatment all about? Worksheet - Prior program experiences (opener)
	6	ICD.2 - What's treatment all about? FFT - If you learned
	7	CC1 - What's been getting you in trouble? FFT - Anyone who hurt the people I love
	8	Pre12 -I can do this Worksheet - Values activity #1
	9	CC6 - I have my reasons FFT - Change is hard
	10	Pre4 - How important is it to you? Worksheet - Program assessment (motivation)

**UNIT B: HANDLING PEOPLE PROBLEMS HERE SUCCESSFULLY #1 (10 sessions)**

**GOALS:** Success in handling people problems, specific problem situations.  
 Reduction in vulnerability to selected high risk factors.  
 Participation, adherence to group rules.  
 Increased understanding, motivation, some movement to Contemplation Stage.

<ul style="list-style-type: none"> <li>● PreContemplation</li> <li>□ engagement</li> <li>□ awareness</li> </ul>	1	FFT - The revolving door Worksheet - What happened to you (ages 4-8)
	2	Worksheet - What happened to you (ages 9-12) Worksheet - What was going on? (situational assessment)
<ul style="list-style-type: none"> <li>● Contemplation stage</li> </ul>	3	CF16 -Adjustment #1 (Learning the ropes); CF16- Adjustment #2 (Nothing is free) CF2 - People Problems #5 (Gambling) CF2 - People Problems #10 (The observer)
	4	CF16 - Adjustment #4 (Being tested) CF16 - Adjustment #3 (What you mean and what you say) A practical question #10 (Healing)
	5	CF5.1 - Everybody's got an opinion 1 FFT - Categories FFT - Choice
	6	CF5.2 - Everybody's got an opinion 2 FFT - Gladiators FFT - Labels
	7	CF2 - People Problems #1 (Trust) CF2 - People Problems #2 (The job) On the unit #1 (Meds) On the unit #4 (Staff)
	8	CF2 - People Problems #7 (Bullying) CF2 - People Problems #9 (Harassment) On the unit #5 (Extortion) On the unit #7 (Harassment)
	9	CF2 - People Problems #3 (Family) CF2 - People Problems #4 (Contraband) FFT - Survival
<ul style="list-style-type: none"> <li>● Preparation/ determination, and action planning</li> </ul>	10	TPI - Turning Points Summary activity and checkpoint: "Where do you fall?"

**UNIT C: FIGHTING AND VIOLENCE #1** (10 sessions)

**GOALS:** Reduction in assault and acting out behaviors.  
 Success in handling feelings from specific problem situations.  
 Participation, adherence to group rules.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage

<ul style="list-style-type: none"> <li>● PreContemplation</li> <li>- aggression and violence-specific</li> <li><input type="checkbox"/> engagement</li> <li><input type="checkbox"/> awareness</li> <li><input type="checkbox"/> acceptance</li> </ul>	1	Worksheet - Fighting and violence Worksheet - Experiences with violence Changing thoughts, making choices that work #1 (The letter)
	2	CF6.1 - Aggravation #1 Aggravation and disrespect (1-4)
	3	CF6.2 - Aggravation #2 Aggravation and disrespect (5-8)
<ul style="list-style-type: none"> <li>● Contemplation stage; correctional-specific trigger scenarios</li> </ul>	4	Worksheet - Violence CC6 - I have my reasons Aggravation and disrespect #12
	5	GG13d.1 - Disrespect 1 Changing thoughts, making choices that work #3 (Respect) Aggravation and disrespect #17
	6	GG13d.2 - Disrespect 2 Aggravation and disrespect #15 Aggravation and disrespect #16
	7	CC8 - Retaliation A practical question #1 (The enemy)
	8	CF12-Where are you setting yourself up? On the unit #2 (Top dog) A practical question #12 (The lookout) A practical question #13 (Gang pressure)
	9	Aggravation and disrespect (5 elements #9-11) Worksheet - Take a look at what is going on around you (situational awareness and analysis) A practical question #14 (Recruitment) A practical question #6 (Making a change)
<ul style="list-style-type: none"> <li>● Confidence assessment and action planning</li> </ul>	10	FFT - Going forward CF-11 What are my options? Sharing a cell #12 (Agitation)

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

**UNIT D: HANDLING PEOPLE PROBLEMS HERE SUCCESSFULLY #2 (10 sessions)**

**GOALS:** Success in handling people problems; success in handling specific problem situations.  
 Participation, adherence to group rules.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage, and some (limited) Preparation//Determination Stage.

<ul style="list-style-type: none"> <li>● PreContemplation</li> <li>- aggression and violence-specific</li> <li><input type="checkbox"/> engagement</li> <li><input type="checkbox"/> awareness</li> </ul>	1	FFT - The trade off CF14.1 - Victimization #1 grooming People problems #6 (Peer pressure)
	2	CC2 - Impact (victim empathy) FFT - Jamal's story
<ul style="list-style-type: none"> <li>● Contemplation stage, self-assessment, and change</li> </ul>	3	CF14.2 - Victimization #2 (Extortion ) CF14.3 - Victimization #3 (Where are you setting yourself up? ) FFT - When you need to keep things private
	4	CF13 - Personal space FFT - Hard to say "no"
	5	Vulnerability FFT - Setting yourself up #5 (Becoming a target/borrowing and debts) FFT - Setting yourself up #1 (Confidence)
	6	Cellmate issue #9 (Meds) Difficult situations #6a (Anger) Dealing with tough feelings #2 (Relationships)
	7	On the unit #7 (Extortion - your meds) Cellmate issues #6 (Other people's meds) Difficult situations #6b (Anxiety)
	8	Cellmate issue #5 (Talking to himself) Difficult situations #6c (Depression or sadness) Dealing with tough feelings #1 (Loss issues)
<ul style="list-style-type: none"> <li>● Preparation/ determination; confidence assessment</li> </ul>	9	TP4 - Then and now Dealing with tough feelings #3 (Money and trust)
	10	TPI6 - I can do this Worksheet - Confidence scale

**UNIT E: ANGER (10 sessions)**

**GOAL S:** Increased understanding and successful management of angry feelings.  
Success in handling angry feelings from specific problem situations.  
Demonstrated understanding, (CBT).  
Movement to Contemplation Stage.

<ul style="list-style-type: none"><li>● Contemplation stage</li><li><input type="checkbox"/> awareness</li><li><input type="checkbox"/> understanding</li><li><input type="checkbox"/> insight</li><li><input type="checkbox"/> acceptance</li></ul>	1	F10 - Your feelings, part 1 FFT - On the day you were arrested
	2	F10 - Your feelings, part 2 WDYT 37 - I can't remember a normal life
	3	F10 - Your feelings, part 3 FFT - Time to think
	4	F2 - Anger, part 1 FFT - Richie's future
	5	F2 - Anger, part 2 FFT - Four cases
	6	F2 - Anger, part 3 WDYT 42 - Pablo cries at night
	7	F2 - Anger, part 4 FFT - Small problems add up
	8	F13 What does anger do to you?, part 1 FFT - Shawn's choices
	9	What does anger do to you?, part 2 FFT - Conflict resolution
<ul style="list-style-type: none"><li>● Assessment and action planning</li></ul>	10	Worksheet - Anger Triggers Summary FFT - One thing you'd do FFT - JTs Anger

**UNIT F: FIGHTING AND VIOLENCE #2 (10 sessions)**

**GOALS:** Reduction in assault and acting out behaviors.  
 Success in handling feelings from specific problem situations.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage,.  
 Increased confidence in anticipation of specific high risk or problem situations (SCQ).

<ul style="list-style-type: none"> <li>● PreContemplation - aggression and violence-specific</li> </ul>	1	Worksheet - What happened in your life? Activity– Trigger events #1
	2	Worksheet - Growing up around violence Activity– Trigger events #2 Changing thoughts, making choices that work #2 (anger)
	3	FFT - Anger GG13r - Respect, Part 1
<ul style="list-style-type: none"> <li>● Contemplation stage</li> </ul>	4	GG13r - Respect, Part 2 FFT - Fear vs respect
	5	CC4 - Trust and distrust CF3-5 - Dealing with tough feelings #5 (loss)
	6	CC8 - Retaliation CF3 - Dealing with tough feelings #4 (What's going on?)
	7	CF9 - Adding to your troubles: Importance checklist Worksheet - Values Activity #2
	8	FFT - Hurt people hurt people CC11 - Why am I thinking about changing?
<ul style="list-style-type: none"> <li>● Situational confidence assessment and action planning (correctional-specific)</li> </ul>	9	CF8 - Adding to your troubles: Importance FFT - What's really important to me
	10	Fighting and Violence Summary.pdf CF-11 What are my options

**UNIT G: YOUR MINDSET AND YOUR CHOICES** (10 sessions)

**GOALS:** Success in reducing and acting out on specific risk factors.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage, and some (limited) Preparation//Determination Stage.

<p>● Contemplation</p> <p>This unit examines thinking (CBT), risk factors, and choices</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p>	<p>GG1- What was on your mind, part 1 FFT - I shouldn't be here</p> <p>GG1- What was on your mind, part 2 FFT - What really matters to you?</p> <p>GG1- What was on your mind, part 3 FFT - On the day you were arrested</p> <p>GG1- What was on your mind, part 4 FFT - I knew they were watching me</p> <p>GG1- What was on your mind, part 5</p> <p>GG13I - Loyalty FFT - Introduction to risk factors</p> <p>GG7 - Understanding yourself, part 1 Worksheet - Values activity #2</p> <p>GG7 - Understanding yourself, part 2 Discussion starter: What do <u>you</u> think?</p> <p>GG7 - Understanding yourself, part 3 WDYT 45 - Out of sight, out of mind</p>
<p>● Determination and action planning</p>	<p>10</p>	<p>TP 7 - I can't ever do that again Discussion starter: What do <u>you</u> think?</p>

**UNIT H: HANDLING THE TOUGH TIMES (10 lessons)**

**GOAL:** Increased self-awareness and improved self-management skills.

*This unit includes complete lesson plans, worksheets and participant activities.*

1	TT3	<p>What happened to you?                      Discussion starter: What do <u>you</u> think? #9                      FFT: I was helpless</p>	
2	TT4	<p>What pushes your buttons?                      Discussion starter: What do <u>you</u> think?</p>	
3	TT9	<p>Living smarter. Living longer                      FFT: Anger and stress</p>	
4	TT10	<p>How am I doing today                      Discussion starter: What do <u>you</u> think?</p>	
5	TT11	<p>What to do when you are having bad feelings                      Symptoms management (assessing frequency, intensity, duration)                      Using the feelings rulers for triggers (anger version)</p>	
6	TT12	<p>Get yourself together                      Discussion starter: What do <u>you</u> think?</p>	
7	Worksheet	<p>It's good to be me                      FFT: Doing your time</p>	
8	Activities	<p>Trigger Events #1                      Trigger Events #2                      Trigger Events #3                      Discussion starter: What do <u>you</u> think?</p>	
9	TT18	<p>How to be good to yourself                      Discussion starter: What do <u>you</u> think?</p>	
10	TP3	<p>The new <u>reinvented</u> you</p>	<p>This lesson provides the opportunity to explore giving yourself a fresh start. It helps participants clarify new goals, assess their strengths and assets, briefly summarize their new external support system, and clarify their commitment to change. It summarizes with a brief action plan.</p>

**UNIT I: HANDLING PEOPLE PROBLEMS HERE SUCCESSFULLY #3 (10 sessions)**

**GOALS:** Success in handling people problems and trigger situations.  
 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>□ engagement</li> <li>□ awareness</li> </ul>	1	CC3 - What does your future look like? FFT - Why they have these places
<ul style="list-style-type: none"> <li>● Contemplation stage; correctional-specific trigger scenarios</li> </ul>	2	GG13cv - Criminal values FFT - Nobody tells me what to do
	3	CF4-1 Risk Factors #1 Sharing a cell #8 (Theft) Trigger events #5 Trigger events #6
	4	CF4-2 Risk Factors #2 Trigger events #7 Trigger events #8 Trigger events #10
	5	A practical question #8 (Loyalty) A practical question #15 (The mule) A practical question #5 (Leaders and followers) A practical question #4 (STG) A practical question #7 (Bad choices)
	6	Trigger events #9 Trigger events #4 People problems (bad choices) Summary element "C"
<ul style="list-style-type: none"> <li>● Preparation/ determination stage; drawing a line</li> </ul>	7	FFT - Agree or disagree TP2 - Drawing a line
	8	TP8 - Resilience Worksheet - What's important to me FFT - Masks
<ul style="list-style-type: none"> <li>● Assessment of importance; situational confidence assessment</li> </ul>	9	CF8 - Adding to your troubles: Importance checklist Worksheet - Change talk FFT - Some words I hate
	10	CF9 - Adding to your troubles: Confidence assessment (SCQ)

**UNIT J: MANAGING AGGRESSION AND VIOLENCE (10 lessons)****GOAL:** Increased self-awareness and improved interpersonal and self-management skills.*Skills development resource - with complete lesson plans, worksheets and participant activities.*

1	MAV1 - Introduction to anger Discussion starter: What do <u>you</u> think?
2	MAV2 - Introduction to anger2 Using the feelings rulers for triggers (anger version) Discussion starter: What do <u>you</u> think?
3	MAV3 - Why we need good communication skills Discussion starter: What do <u>you</u> think?
4	MAV4 - Why we need good communication skills2 Discussion starter: What do <u>you</u> think?
5	MAV14 - Before you get angry Symptoms management (assessing frequency, intensity, duration) Discussion starter: What do <u>you</u> think?
6	MAV 16 - How to keep out of fights Discussion starter: What do <u>you</u> think?
7	MAV 17 - How to keep out of fights 2 Changing thoughts, making choices that work #4 (carry yourself)
8	MAV20 - Handling Provocations Using the feelings rulers for triggers (anger version)
9	MAV21 - Handling Provocations 2 Discussion starter: What do <u>you</u> think?
10	MAV22 - When someone else is angry at you Symptoms management (assessing frequency, intensity, duration) Discussion starter: What do <u>you</u> think?

**UNIT K: STRESS MANAGEMENT (10 sessions)**

**GOALS:** Reduction in assault and acting out behaviors.  
 Success in handling feelings from specific problem situations  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage,.

<ul style="list-style-type: none"> <li>● Contemplation (living a non-violent life)</li> </ul>	1	GG4 - Living a non-violent life, part 1 - see note below FFT - Getting into problems - by accident
	2	GG4 - Living a non-violent life, part 2 FFT - The identity activity
	3	GG4 - Living a non-violent life, part 3 FFT - Changes
	4	GG4 - Living a non-violent life, part 4 FFT - Hurting
<ul style="list-style-type: none"> <li>● Stress management unit</li> </ul>	5	CS9.1 - Stress management, part 1 FFT- I ain't afraid
	6	CS9.1 - Stress management, part 2 Discussion starter: What do <u>you</u> think?
	7	CS9.1 - Stress management, part 3 Discussion starter: What do <u>you</u> think?
	8	CS9.1 - Stress management, part 4 Discussion starter: What do <u>you</u> think?
	9	CS9.1 - Stress management, part 5 Discussion starter: What do <u>you</u> think?
<ul style="list-style-type: none"> <li>● Action planning</li> </ul>	10	TPI5 - The future FFT - Where do you stand <u>today</u> ?

**UNIT L: 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