

SUMMARY OF GOALS AND OBJECTIVES

From the Curriculum of the

Women's Institutional Program

Differential Substance Abuse Treatment (DSAT)

Excerpts from the Introduction to Facilitators

Level 1

Intended Audience -- Level 1

Women offenders who:

- ❖ Are currently incarcerated, and
- ❖ Have been assessed as having no dependence on drugs and/or alcohol

Broad Objectives for Intensive Phase – Level 1

The broad objectives of the Intensive Phase are to deliver a preventive intervention to inmates who may be at risk for developing dependence to substances after entering the Maine State prison system. The content of the sessions is psycho-educational and encourages offenders to learn a wide range of cognitive and behavioral coping skills. Specifically:

- To motivate offenders to examine the impact substance using behaviors could have on their lives and the lives of those around them.
- To prevent the development of substance using behaviors, and thus reduce the risk of recidivism which increases with substance use.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to substance abuse and criminal action.
- To teach inmates the value of healthy decision making and to exercise productive thinking skills.
- **Objectives by Session:** (Five 2-hour sessions)
 1. Program introduction; review of terms.
 2. What people get from drug/alcohol use, and what impact that has on them becoming incarcerated.

3. What impact substance use is likely to have on physical health and general well-being.
4. Why people use; how some people become addicted.
5. How a balanced lifestyle and constructive leisure aid re-integration after release.

Level 2

Intended Audience – Level 2

Women who:

- ❖ Are currently incarcerated but due for release within a three to nine month period
- ❖ Have been assessed as having a low level of dependence on drugs and/or alcohol
- ❖ Meet the criteria for a Level 2 intervention based on the results from the Comprehensive Assessment.

Broad Objectives for the Intensive Phase – Level 2

The broad objectives of the Intensive Phase are to deliver psycho-educational programming that encourages the offender to learn a wide range of cognitive and behavioral coping skills. Specifically:

- To motivate offenders to examine the impact their substance using behaviors have had or could have on their lives and the lives of those around them.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to substance abuse and criminal action.
- To prevent an escalation of substance use, and if possible further reduce use and the harm associated with it.
- **Objectives by Session:** (10 two-hour sessions)
 1. Program introduction; review of terms.
 2. What the participant gets from her drug/alcohol use, and what impact that had on her becoming incarcerated.
 3. What impact substance abuse is likely to have on physical health and general well-being.
 4. Why people use; how some people become addicted.
 5. Each participant establishes her own goals for the duration of the program.

6. Each participant learns what situations are most likely to trigger abuse for her.
7. How constructive thinking can help participants alter their usage patterns.
8. Understanding a problem-solving model to deal with interpersonal problems.
9. Practice in problem-solving and giving feedback.
10. Understanding and practicing assertiveness.

Level 2 -- Maintenance Phase

- Provide graduates of the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise during the maintenance period.
- Increase the probability that the positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through the Intensive Phase programming will be maintained.
- **Objectives by Session:** (3 sessions)
 1. The importance of, and how to build a personal support network.
 2. The relationship between values and decision-making, reducing the stress of decision-making.
 3. Practicing refusal skills.

Level 3

Intended Audience – Level 3

Women offenders who:

- ❖ Are currently incarcerated but due for release within three to nine months
- ❖ Have been assessed as having a moderate level of dependence on drugs and/or alcohol
- ❖ Meet the criteria for a Level 3 intervention based on the results from the Comprehensive Assessment

Broad Objectives for the Intensive Phase – Level 3

- To motivate offenders to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages the offender to learn a wide range of cognitive and behavioral coping skills.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.
- **Objectives by Session:** (15 sessions)
 1. Program introduction; review of terms.
 2. What the participant gets from her drug/alcohol use.
 3. Why people use; how some people become addicted.
 4. Each participant establishes her own goals for the duration of the program.
 5. Each participant learns what situations are most likely to trigger abuse for her.
 6. How constructive thinking can help participants alter their usage patterns.
 7. Learning to re-think in a more constructive fashion.
 8. Dealing with other people by using a problem-solving model.
 9. Understanding and practicing assertiveness.
 10. Support groups available to participants.
 11. The connection between taking control of their own health and personal safety and achieving their substance use goals.
 12. How to practice self-care.

13. How to achieve a balanced lifestyle.
14. The relationship between substance abuse and crime.
15. How to manage a slip and prevent a relapse.

Level 3 – Maintenance Phase

- Provide graduates of the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise during the maintenance period.
- Increase the probability that positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through treatment will be maintained.
- **Objectives by Session:** (5 sessions)
 1. The stages of change and how to effectively progress through them.
 2. The relationship between values and decision-making; reducing the stress of decision-making.
 3. Strengthen the participants' repertoire of tools for dealing with cravings.
 4. Understanding and starting to master the generic skills required to get and to keep a job.
 5. Review and reinforce relapse prevention skills.

Level 4+

Intended Audience for Level 4+

Women offenders who:

- ❖ Are currently incarcerated but due for release within a three to nine-month period
- ❖ Have been assessed as having a substantial level of dependence on drugs and/or alcohol
- ❖ Meet the criteria for a Level 4+ intervention based on the results from the Comprehensive Assessment.

Broad Objectives of the Intensive Phase – Level 4+

- To motivate offenders to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages the offender to learn a wide range of cognitive and behavioral coping skills.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
- To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.
- **Objectives by Session:** (26 sessions)
 1. Program introduction; review of terms.
 2. What the participant gets from her drug/alcohol use.
 3. Why people use; how some people become addicted
 4. Each participant establishes her own goals for the duration of the program.
 5. Each participant learns what situations are most likely to trigger abuse for her.
 6. How constructive thinking can help participants alter their use patterns.
 7. Learning to re-think in a more constructive fashion.
 8. Dealing with other people by using a problem-solving model.
 9. More application of the problem-solving model, and effective ways to give and receive feedback.
 10. Understanding and practicing assertiveness.
 11. Learning and practicing refusal skills.

12. How to interact through conversation and use reflective listening skills, especially in close relationships.
13. Support groups available to participants.
14. The connection between taking control of their own health and personal safety and achieving their substance abuse goals.
15. Emotion management, healthy eating, and relaxation techniques.
16. Self-care strategies.
17. Achieving lifestyle balance.
18. Understanding how thinking influences behavior, and how to cope with self-defeating thoughts.
19. How to improve employment potential and understand the work environment.
20. Looking for work.
21. Improve participants' abilities to communicate effectively with authorities and professionals with whom they're likely to interact.
22. Reflect on and re-establish personal goals.
23. Identifying the relationship between substance abuse and crime, and the impact on participants' lives.
24. Recognize and successfully handle cravings, to recognize contributing factors to slips and relapses and to prevent slips and relapses.
25. How to manage a slip and prevent a relapse.
26. Reviewing core skills and concluding the intensive phase of the program.

Level 4+ Maintenance Phase

- Provide graduates of the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise during the maintenance period.
- Increase the probability that the positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through treatment will be maintained.
- **Objectives by Session:** (6 sessions)
 1. Build an understanding of the stages participants will go through as they make life changes.
 2. The relationship between values and decision-making; reducing the stress of decision-making.
 3. The importance of, and how to build a personal support network.
 4. Identify key resources for helping offenders manage slips and prevent relapses.

5. Practice and integration of skills.
6. Refining personal goals and preparing for release