CDCR DRP Cognitive Behavioral Interventions

Providing Meaningful Opportunities for Change-Based Thinking to Participants in ISUDT Programming

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ISUDT Implementation: Improving Outcomes

- Critical Components of ISUDT Implementation
  - Combined Support from CCHCS
  - Programming Consistency Across CA
  - Top Rated Curriculum for Efficacy
  - Highly Qualified Contracted Staff at DRP

Program Integrity: Staff Training and Qualifications

- Contract staff have higher levels of education and expertise than in previous contracts (AOD certifications, degrees, years experience)
- Expert training on curriculum for CBIs by licensed providers
- Many other required trainings, including:
  - Trauma-informed care
  - Criminal justice treatment
  - Gender-responsive treatment
  - Impact of trauma on SUD and criminality
  - Motivational Interviewing

Cognitive Behavioral Theory

- Iceberg Theory
- Actions/Behaviors
- Thoughts
- Feelings
- Core Beliefs
- Self Worth

Cognitive Behavioral Treatment: Participant Objectives

- Cognitive Restructuring
- Building Empathy and Emotional Intelligence
- Developing Social Skills
- Applying Pro-Social Problem Solving

Cognitive Behavioral Interventions

- Group Education - Evidence Based Curricula
- Social Learning Theory
- Application of Learning and Skills
  - Role Play
  - Thinking Reports
  - Group Activities
  - Practice Outside of Group

Cognitive Behavioral Interventions: Group Education - Evidence Based Curricula

- **Understanding and Reducing Angry Feelings:** Assists participants in learning how to understand and respond to anger in more appropriate ways
- **Getting Motivated to Change:** Designed to help participants begin to think about aspects of motivation that govern decisions to change behavior
- **Parenting Inside Out:** A behavioral parent management skills training course created for incarcerated parents; works to engage in healthy family behaviors
- **Thinking for a Change:** Focuses on cognitive restructuring, social skills development and the growth of pro-social problem-solving skills
- **Helping Men/Women Recover:** A gender-responsive and trauma-informed CBI for participants with Substance Use Disorders (SUD)

Cognitive Behavioral Interventions: Additional Evidence Based Curriculum

- **Victim Impact** – Restorative Justice and Building Empathy
  - Created to help incarcerated individuals become more aware of the impact that crime has on victims.
    - Knowledge about the effects of crime on victims;
    - Express empathy for the victim(s) of crime;
    - Decrease in victim blaming;
    - Increase in personal responsibility for their actions.

VICTIM IMPACT: Listen and Learn

Therapeutic Community as Method

- Essential elements create and support holistic change
  - Lifestyle and Identity
- Creating a Different Context
- Environment
- Supportive Relationships
- Feedback
- Accountability

Measuring Outcomes

- Documenting Participant Progress: ARMS System
  - Contract Requirements
    - Orientation
    - Treatment Plans
    - Case Notes
    - Progress Notes
- Fidelity
  - In Prison Contract Compliance
    - Program Assessment Reports (PARS)

Successful Completion Metrics

1. Participants acknowledge SUD needs and/or criminogenic behaviors and the need for change
2. Internalize decisions to work toward recovery and a crime free lifestyle
3. Voluntary participation in the various aspects of the program
4. Exhibit increased empathy for others and responsibility for own actions
5. Provide and accept constructive and insightful feedback to/from other group members and the staff
6. Demonstrate internalization of their relapse prevention plan by clearly discussing their plan

Observing progress in the Context of Community

- Participant Engagement
- Motivation
- Internalizing and Articulating Change

The Need for Continuing Care Upon Release

- Sustained Change in Lifestyle and Identity
- Treatment Providers and Partners Encourage and Motivate Participants to Commit to Continuing Care Upon Release
- Participants Commit and Follow Through
- Making Amends Where Possible
- Family Reunification
- Community Involvement
- Job Readiness and Placement
- Addressing Housing Needs

Thank you

- Questions
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