

# In-Prison Programs Overview for BPH Training

October 2024



Division of  
**Rehabilitative Programs**

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# In-Prison Programs

ISUDT

## INTEGRATED SUBSTANCE USE DISORDER TREATMENT

Addresses those with Substance Use Disorder (SUD) needs and includes:

- Medication Assisted Treatment
- Cognitive Behavioral Intervention (CBI) programming
- Short-Term Education
- Aftercare

OMCP

## OCCUPATIONAL MENTOR CERTIFICATION PROGRAM

Provides selected participants with an opportunity to earn a certification in Alcohol and Other Drugs (AOD) Counseling.

Participants assist in delivering CBI program to the incarcerated population.

AOD education and training programming at seven sites: SOL, VSP/CCWF, COR, CMC, LAC, CCI

YOP

## YOUTH OFFENDER TREATMENT PROGRAM

Identifies and connects youth offenders (ages 18-25) to rehabilitative and education resources targeted to their own specific needs.

Programming at VSP

13 weeks of Trauma Informed

One year DAI program

## WHO

CDCR's Division of Rehabilitative Programming (DRP) offers Cognitive Behavioral Intervention (CBI) programming through the Integrated Substance Use Disorder Treatment Program (ISUDT).

## WHAT

The ISUDT Program offers four CBI modules.

- Substance Use Disorder (SUD)
- Life Skills
- After Care Program (SUD)
- Short Term Education Program (SUD)

## WHY

DRP's objectives for providing incarcerated persons with CBI programming services are to:

- Increase knowledge and skills associated with substance use and criminal behavior.
- Prevent relapse and recidivism.
- Improve public safety.

**During fiscal year 2022-23, 8,913 participants successfully completed CBI – SUD Programs and 3,135 participants successfully completed CBI – Life Skills**

# CBI OVERVIEW



**STATEWIDE**



**16-28 WEEKS**

# CBI COMPONENTS

## CURRICULUM

**Evidence-based curriculum covering:**

Substance Use Disorder  
Treatment Readiness  
Anger Management  
Victim Impact  
Criminal Thinking  
Parenting

## CASE NOTES

**Individualized weekly case notes document:**

participant's level of interaction in group  
sessions and activities  
review of the completion and quality of assignments and homework  
level of readiness for change

## TREATMENT PLANS

Each participant and their AOD Counselor engage in a collaborative process to develop an individualized treatment/action plan that focuses on the treatment needs, goals, objectives and tasks specific of the participant.

## COMPLETION REQUIREMENTS

75% of Treatment Readiness and Anger Management curriculum  
80% Substance Use Disorder, Victim Impact, Criminal Thinking and Parenting curriculum  
**80% Overall completion of all curriculum**

# Substance Use Disorder Program

## **PARTICIPANT'S RECEIVE:**

- Evidence-based SUD curriculum – *Living in Balance* – featuring 47 individual sessions.
- Three two-hour group sessions per week for 16 weeks.
- Drop-in points throughout the curriculum where new participants can be added as openings become available to maximize participation.

The **Living in Balance** curriculum provides addiction intervention for persons who abuse or are addicted to alcohol and other drugs. Sessions cover topics such as drug education, relapse prevention, available self-help groups, and sexually transmitted diseases (STDs).

# CBI Life Skills Curriculum

The CBI Life Skills module consists of three (3) two-hour group sessions per week for twenty-eight (28) weeks.

1

## TREATMENT READINESS

“Getting Motivated to Change”

Four sessions

2

## ANGER MANAGEMENT

“Understanding and Reducing Angry Feelings”

Four sessions

3

## VICTIM IMPACT

“Victim Impact: Listen & Learn”

Thirteen sessions

4

## CRITICAL THINKING

“Thinking for a Change”

Twenty-five sessions

5

## PARENTING

“Parenting Inside Out”

Thirty sessions

# Getting Motivated to Change

The **Getting Motivated to Change** curriculum is based on four sessions focused on aspects of cognition that govern decisions to change behavior. Participants are encouraged to make a commitment on a specific behavior or attitude they are willing to work on over the course of the intervention.



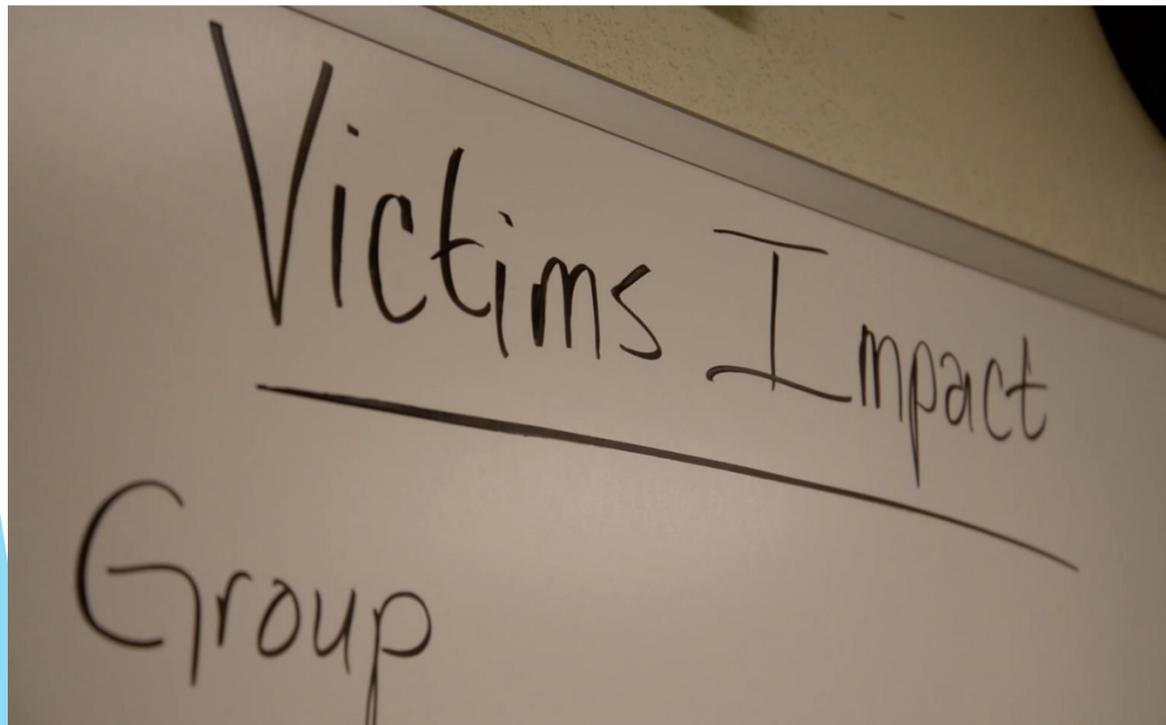
# Understanding and Reducing Angry Feelings

The **Understanding and Reducing Angry Feelings curriculum** is a four-session therapeutic intervention designed to help participants learn to understand and respond to anger in more appropriate ways. They learn to identify anger triggers, differentiate between healthy and unhealthy anger, to set goals, to plan strategies for interrupting angry patterns, and to utilize progressive muscle relaxation.



# Victim Impact: Listen & Learn

The **Victim Impact: Listen & Learn** curriculum is focused on helping incarcerated persons to become more aware of the impact that crime has on victims, to take responsibility for their actions, and begin to make amends. The curriculum makes victims and their rights a central premise.



# Thinking for a Change

The **Thinking for a Change** curriculum lessons include the following social skills: Active Listening, Asking questions, Giving feedback, Knowing your feelings, Understanding the feelings of others, Making a complaint, Apologizing, Responding to Anger, Problem Solving, and Choices and Consequences.



# Parenting Inside-Out



The **Parenting Inside-Out** Parenting Inside Out (PIO) is an evidence-based, cognitive-behavioral parent management skills training program created for incarcerated parents. The PIO program gives parents a way of navigating life that uses healthy, pro-social skills to interact with children, partners, co-parents, officials, friends, and family.

# SUD Aftercare Program

## **PARTICIPANT'S RECEIVE:**

- One one-and-a-half-hour group session per a week 13 weeks.
- Evidence-based SUD curriculum – Smart Recovery: Inside-Out Workbook (24 sessions)
- Two 30-minute one-on-one sessions used to develop individualized treatment /action plans and discuss progress in program.

The **SUD Aftercare Program** was developed to provide participants with formalized aftercare to prevent relapse after they have completed other ISUDT programs. The evidence-based curriculum used for the SUD Aftercare Program is **Smart Recovery: Inside-Out**. Research in Australian prisons showed that attending SMART meetings dramatically reduced reoffending rates after inmates are released.

# SUD Short Term Education

## **PARTICIPANT'S RECEIVE:**

- One Orientation Session
- A review of the evidence-based SUD curriculum – **Smart Recovery: Inside-Out Workbook** which will be completed independently.
- An overview of current resources available.
- One individual follow-up session (30 minutes) two weeks after the Orientation (optional).

Approximately 900 individuals per month or 10,800 per year come to CDCR with between seven (7) to fourteen (14) months remaining to serve and are in need of rehabilitative programming and SUD treatment prior to release. To address the needs of this population, DRP has implemented the **Short-Term Education** program that provides SUD-focused programming for this population prior to their release.

# CBI BACKGROUND

In 2021, a \$452.1 million Budget Change Proposal was approved for CDCR and CCHCS to expand the Integrated Substance Use Disorder Treatment (ISUDT) Program.

CBI is a core component of the Integrated Substance Use Disorder Treatment (ISUDT) program.

CBI programs provide substance use disorder (SUD) and criminogenic focused education and prevention resources.

CBI SUD programs are for individuals with at least 6-months to release. The CBI Life Skills program is for individuals with at least 12-months to release.

# ISUDT SUCCESS

Prior to ISUDT Program implementation, drug overdose was the third leading cause of death for CDCR's residents; however, by the end of 2020, it had fallen to the eighth leading cause of death, its lowest ranking in nine years.

"I've spent a lot of time in my life making poor choices that have led me to where I am now: in prison & losing time I should have been spending with my family. While serving the rest of my sentence I plan to get involved in as many (programs as I can and try to develop healthier ways of thinking so when my release date finally comes, I'll be able to create a successful future for myself."

Anonymous ISUDT Participant / North Kern State Prison

\*The ISUDT INSIDER May 2023

"What I see for myself in 2023 is a year of recovery. I will continue to work on myself so I'll be able to fully love who I am. I see me finding happiness, self respect, and integrity. By accomplishing these small tasks I hope I won't hate the man in the mirror."

Damion Hutson / ISUDT Participant at California Health Care Facility

\*The ISUDT INSIDER May 2023

**"ISUDT has given me invaluable tools of insight, self and social awareness and management"**

Paul Anthony Moreno / CBI Graduate from the California Training Facility

\*The ISUDT INSIDER May 2023

## WHO

The California Department of Corrections and Rehabilitation (CDCR) has established the Occupational Mentor Certification Programs (OMCP) for male and female incarcerated individuals. CDCR's Division of Rehabilitative Programs (DRP) utilizes an Options Recovery Services to provide and coordinate the services required for OMCP participants to obtain and maintain their Alcohol and Other Drugs (AOD) certification while incarcerated.

## WHAT

The OMCP provides selected incarcerated individuals (OMCP participants) with an opportunity to earn a certification in AOD counseling, recognized by the California Department of Health Care Services (DHCS).

## WHY

- The OMCP participants assist in delivering Cognitive Behavioral Interventions (CBI) programming to the incarcerated population promoting buy in to the CBI programs,
- Participants receive the skills necessary to secure gainful employment as an AOD Counselor upon release from prison,

**Many former OMCP have obtained employment in our institutions.**

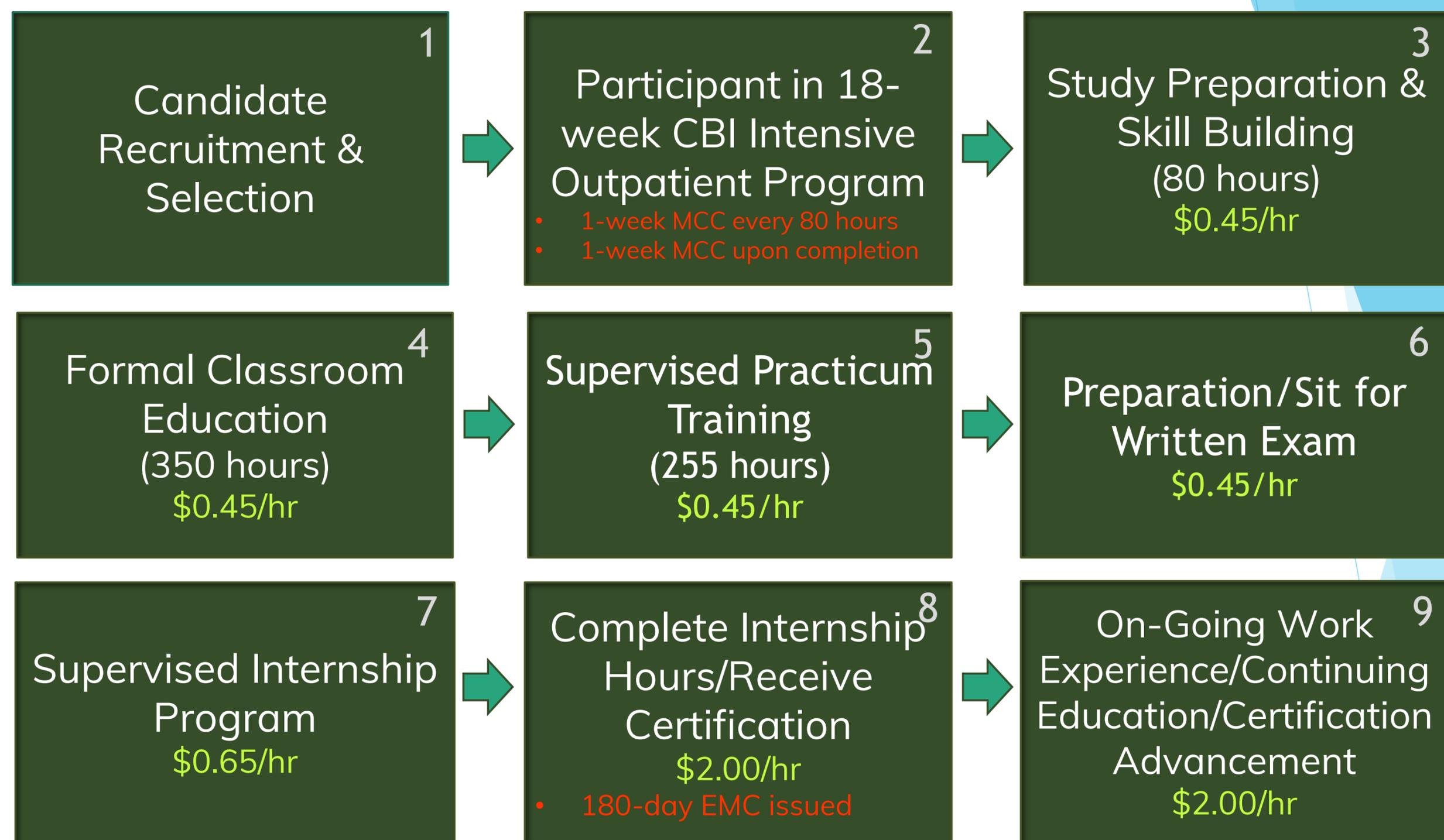
# OMCP OVERVIEW



**STATEWIDE**



**ONE YEAR**



# OMCP Candidate Recruitment & Selection

“Faith is defined as complete trust, which is something I lacked in others as well as myself. Halle Halle to the Godhead for restoring my faith. Walking by faith now and not by sight has led to many achievements; one being able to dive into the abyss within and explore why I became the person I became and resurface a better being. OMCP has furthered my progress into becoming a healthy individual. Today, I can say I am physical evidence of what happens when you trust the process!”

~ Kai Williams, OMCP

## Eligibility Criteria

- Indeterminately sentenced; Life Without Parole; or, have five years or more left to serve; and
- No pending or adjudicated-guilty serious Rules Violation Report (RVR) within the last 24 months; and
- No Security Housing Unit (SHU) term(s) within the last 36 months; and
- Have a reading level of 9.0 or above

## Screening and Selection

1. Local DRP CC III conducts evaluation of eligibility based on SOMS and ERMS review
2. If eligible, the CCIII/II and OMCP contractor, conducts interview with candidate
3. Once fully vetted, local CC III contacts OMCP training institution CC III for secondary screening (The Contractor and HQ staff can assist)
4. Prior to acceptance, candidate must sign OMCP Performance Agreement and Acceptance Chrono

# OMCP Program Components

“From a life consumed by addiction and destruction to the role of a counselor, it has been one hell of a journey. I made it this far only with the love and support of all my brothers and sisters; those who believed in me when I could not believe in myself, who were willing to lend me their strength when my own would not suffice, and who opened me to the truths I was hence unwilling to hear. With your help, I am returning to the person I always was inside. Even more though, I am growing into the man I was always meant to be.”

~Aaron King, OMCP

## 1) ACCELERATED SUBSTANCE USE DISORDER (SUD)

18-week intensive SUD Program; five days/week; four-hours/day  
Participants start and finish the program together as once they begin ISUDT they also begin the parallel process. This is a process of self-examination where they are analyzing their influences, experiences, and struggles with SUD along with its causes while concurrently observing and learning about their own criminal and addictive thinking.

## 2) STUDY PREP AND SKILL BUILDING

- Overall, 80 hours of Study Preparation and Skill Building Training
- Delivery - eight hours per day, five days per week by the OMCP contractor
- The purpose is to teach the OMCP participants how to study and learn effectively at a collegiate level
- Provide OMCP participants with information on how to be successful in delivering counseling services in a therapeutic environment, such as coping skills for counseling professionals (self-care).

# OMCP

## Program

### Components

“My dream had long been to be a surgeon and save lives, but through many years of trauma and addiction I found myself desperate, lost, and hurting, and causing a lot of hurt, destruction, and pain in the lives of other people. Today, by the grace of God and through working the parallel process I’ve found an immense amount of healing and am determined and committed to continue growing and healing every day. I am the healthiest and freest I’ve been in decades—I’ve rediscovered my true identity in Christ. I may not be a surgeon today, but thanks to the amazing opportunity of OMCP I’ve sworn the Hippocratic Oath nonetheless, and I am dedicated to a life of healing, service, and restoration as a Substance Use Counselor. “Primum non nocere.”

~Adam Ingala-Whiting

caption

## Formal Classroom AOD Education

- 350 hours of AOD Education – Up to eight hours a day, five days a week by the OMCP contractor
- OMCP Participant's role, responsibilities, expectations, limitations, and performance standards as an OMCP Mentor-Intern and Certified Mentor working in an institution's ISUDT program.
- Instruction on how to document hours
- Instruction includes Pharmacology, Counseling Theories, Cognitive Behavioral Therapy such as Denial Management, ACA/Family Dynamics, Relapse Prevention, Group Dynamics, ASAM Assessments, Co-occurring Disorders, Motivational Interviewing, Problem Gambling, Behavior Addiction, Cultural Awareness/Diversity, Law and Ethics and Criminal and Addictive Thinking

# OMCP AOD Education

OMCP participants are required to complete 350 hours of specific AOD Education in accordance with DHCS requirements.

1

OVERVIEW OF ADDICTION  
50 Hours

2

NEUROBIOLOGY AND  
PHARMACOLOGY  
50 Hours

3

LAW AND ETHICS  
50 Hours

4

CASE MANAGEMENT  
50 Hours

5

INDIVIDUAL, GROUP AND  
FAMILY COUNSELING  
50 Hours

6

PERSONAL AND  
PROFESSIONAL GROWTH  
50 Hours

7

PRACTICUM EDUCATION  
AND ORIENTATION  
50 Hours

# OMCP

## Program

### Components



## Practicum Training

- OMCP Recruits must complete 255 hours of Practicum Training.
- The OMCP participants have the opportunity to fulfill practicum hours by:
  - Co-facilitating ISUDT groups onsite at the OMCP training institution, and
  - Completing training activities provided by the contractor.

Practicum Training includes obtaining hands on experience in the 12 Core Functions:

- Screening,
- Intake,
- Orientation,
- Assessment,
- Treatment Planning,
- Counseling,
- Case Management,
- Crisis Intervention,
- Client Education,
- Referral,
- Report and Record Keeping,
- Consultation with Professionals.

# OMCP Program Components



## Exam Preparation and Examination

- OMCP participants are provided with targeted instruction and materials to prepare them for the AOD certification exam, including study guides, practice exams, and any other appropriate materials.
- The Contractor assists OMCP participants in completing the Certifying Organization's examination application process.
- Paper and pencil testing
- OMCP participants are provided 30 calendar days to prepare for a retest.

# OMCP Program Components



## Supervised Internship and Ongoing Work Experience

- OMCP Interns apply knowledge of the 12 Core Functions and skills developed in a practice setting. This is essential to professional counseling. Field work is how students learn to apply and integrate acquired knowledge and values; and to refine skills that are taught in the classroom.
- Each intern is required to obtain 2080 hours within five years of AOD registration.
- Upon obtaining a passing score on the AOD exam, OMCP Interns are transferred to other institutions to fulfill supervised internship hours.
- Hours are obtained by:
  - Co-facilitating ISUDT groups
  - Practicing mock scenarios
- \$0.65/hr.
- OMCP Performance Agreement
- CC IIs at the training institution and receiving institution shall work together prior to the transfer of the OMCP Mentor Intern. The OMCP participant's curricula and/or training materials to be included with their personal property.
- The Contractor is responsible for tracking all internship hours.

# OMCP Program Components



## Credentialing

- Once verification of all supervised internship hours are complete and the requirements for certification have been met, the Contractor shall submit all necessary credentialing paperwork to the Certifying Organization
- AOD certificate is presented to the OMCP participant
- \$2.00 per hour
- 180-day EMC credit

SOMS Code	Pay Level & Rate	Description and Duration
OM0	Non-Paid	<p>OMCP Mentor-Recruit</p> <ul style="list-style-type: none"> <li>- Starts: On the first day of OMCP CBI Intensive Program</li> <li>- Ends: Upon completion of OMCP CBI Intensive Program</li> </ul>
OM1	Pay Level 1: \$0.45/hour	<p>OMCP Mentor-Trainee</p> <ul style="list-style-type: none"> <li>- Starts: On the first day of the OMCP Program Education, starting with 80-hour study prep and skill building</li> <li>- Ends: Upon completion of formal classroom AOD education and the AOD exam (pass or fail)</li> </ul>
OM2	Pay Level 2: \$0.65/hour	<p>OMCP Mentor-Intern</p> <ul style="list-style-type: none"> <li>- Starts: On the first day of assignment within an institution to work in DRP's ISUDT as an OMCP Mentor-Intern</li> <li>- Ends: Upon receipt of the participant's professional AOD certification, validating that the participant has completed the supervised internship hours required by their certifying organization</li> </ul>
OMC	Pay Level 3: \$2.00/hour	<p>OMCP Certified Mentor</p> <ul style="list-style-type: none"> <li>- Starts: Upon receipt of AOD certification and assignment within an institution to work in DRP's ISUDT as an OMCP Certified Mentor</li> <li>- Ends: Upon receipt of approved written request to remove the participant from their OMCP assignment, from either CDCR or the participant</li> </ul>

# OMCP Pay Scales



# OMCP SUCCESSES/STATS

Current OMCP population statewide as of September 2024:  
**95** OMCP Certified Mentors, **165** OMCP Mentor Interns,  
**74** OMCP Mentor Recruits, and **141** OMCP Mentor Trainees.

- California State Prison, Solano (SOL)
  - First institution to activate OMCP
  - 13 Cohorts to date
- Central California Women's Facility (CCWF)
  - Only female institution offering OMCP.
  - 7 Cohorts to date
- Valley State Prison (VSP)
  - 7 Cohorts to date
- California Men's Colony (CMC)
  - 4 Cohorts to date
- California State Prison, Corcoran (COR)
  - 3 Cohorts to date
  - Recruiting for Cohort 4
- California State Prison, Los Angeles County (LAC)
  - 3 Cohorts to date
- California Correctional Institute (CCI)
  - 4 Cohorts to date
  - Recruiting for Cohort 5

**AOD Counselor Average Pay: \$31.65-\$45.00 hour**

# OMCP SUCCESSES/STATS

## Tina Marie Navarro

- ▶ Completed OMCP at CCWF 2014
- ▶ Paroled 2016
- ▶ Currently the Owner and Administrator of Del Norte DUI Program.
- ▶ Works closely with local law enforcement, the District Attorney and presiding judge of Del Norte County to provide SUD and DUI services in Del Norte and the surrounding area.

## Peter Maldonado

- ▶ Completed OMCP as one of the “First 50”
- ▶ Currently employed with CenterPoint, Inc as the Program Director for the CBI programs at Pelican Bay State Prison.

## Warren Hands

- ▶ Completed OMCP at CMC Cohort #1
- ▶ Paroled January 2023
- ▶ Currently employed with Uncommon Law as the Supervising Parole Success Advocate providing Trauma Informed Board Preparation Services to the incarcerated population.

# OMCP SUCCESSES/STATS



## WHO

- Division of Rehabilitative Programming (DRP) and Division of Adult Institutions (DAI) work in a collaborative partnership to implement and provide oversight

## WHAT

- Youth Offender Treatment Program is a CDCR-developed program that will identify and connect youth offenders (ages 18-25) to rehabilitative and education resources targeted to their own specific needs.

## WHY

- Create opportunities to reduce criminogenic risks
- Promote pro-social behaviors through education and CBT
- Increase employability through career training and transitional reentry programs

**YOP provides an opportunity to demonstrate these strategies with participants that are still maturing and receptive to change**

# YOP Overview



**VSP**



**13 WEEKS**

# YOP Background

## **Mission Statement:**

- The mission of CDCR has changed in recent decades, emphasizing opportunities to change criminal thinking patterns in inmates, promotion of pro-social behaviors through education and cognitive behavioral treatment, and increased employability through career technical training and transitional reentry programs

- The YOP provides an opportunity to demonstrate these strategies with inmates that are still maturing and receptive to change.
- Chapter 590, Statutes of 2014 was enacted, adding:
- Penal Code section 2905, which requires CDCR to afford special classification consideration to youth offenders housed at CDCR.
- Specifically, Penal Code section 2905 defines a “youth offender” as an individual committed to CDCR who is under 22 years of age, up until 25 years of age.

# YOP In-Depth



YOP graduation ceremony

## WHAT IS THE SCIENCE?

- Medical and mental health professionals, human brain is in a critical developmental stage until the age of 25.
- Trauma experienced during adolescence disrupts the brain development during this time.
- The YOP links youth offenders with specialized rehabilitative programs and services to reduce in-prison gang participation and violence and increase their likelihood of becoming productive members of society upon release.

## WHY IS THIS CRITICAL?

- Approximately 51 percent of the youth offender population re-enter within two years of incarceration.
- Therefore, it is critical for CDCR to target enhanced rehabilitative efforts to the youth offender population.
- The YOP will begin within the first 12 months of incarceration as a requirement of rehabilitation to improve the successful re-entry of this population into society

# YOP COMPONENTS

## CURRICULUM

Seeking Safety is the curriculum that is used. Seeking Safety goal is

## CASE NOTES

Case notes are documented every week to show the level of progress of participants, that allows the Counselors and Clinicians to assess their readiness change.

## TREATMENT PLANS

Within 15 days of enrollment a Rehabilitative Action Plan will be created by having a one on one with the participant that contains Risk Areas, Goals, Actions, and Tasks

## COMPLETION REQUIREMENTS

least 80 percent of sessions offered within the curriculum schedule. 20 out of the 25 curriculum sessions needs to be completed.

# YOP CURRICULUM

## Seeking Safety a Treatment Manual for PTSD and Substance Abuse by Lisa M. Najavits

1

SAFETY AS THE OVERARCHING GOAL (HELPING CLIENTS ATTAIN SAFETY IN THEIR RELATIONSHIPS, THINKING, BEHAVIOR, AND EMOTIONS)

2

INTEGRATED TREATMENT (WORKING ON BOTH TRAUMA AND ADDICTION AT THE SAME TIME IF THE PERSON HAS BOTH)

3

A FOCUS ON IDEALS TO COUNTER THE LOSS OF IDEALS IN BOTH TRAUMA AND ADDICTION

4

FOUR CONTENT AREAS: COGNITIVE, BEHAVIORAL, INTERPERSONAL, CASE MANAGEMENT

5

ATTENTION TO COUNSELOR PROCESSES (COUNSELORS' EMOTIONAL RESPONSES, SELF-CARE, ETC.)

# How the Groups are Structured

## **Documentation:**

- Orientation: documented at the start of the Program
- Session Attendance: record the level of participation of participants
- Rehabilitative Action Plan: created within 15 calendar days, which are created with a one-on-one that outlines goals, objectives, and tasks

- Seeking Safety curriculum is delivered to participants by AOD Counselors III and Mental Health Clinicians.
- With the assistance of Co-facilitator's, peer mentors.
- The participants are provided two-hour sessions, five days a week for a total of 13 weeks.
- This includes Interactive processes that are twice a week and curriculum topics are three times a week.
- Group setting composes of 12 to 15 students.

# YOP SUCCESSES/STATISTICS

## **Letter written by a participant who completed YOP:**

“Beginning with the class I believed that I did not have a problem and I didn’t need the class. But as we went on, I was able to understand myself and the inner problems but also it helped me be able to combat my addictions in a positive way. It shows us good coping skills, grounding, and how to strategically react to our problems. It Also shows us how to be aware of the triggers and take what we have learned into our everyday life. It shows me and others how to overcome any and everything, especially our addictions no matter what the addiction is. It shows us how to re-evaluate our perspective and focus on what is beneficial in our recovery process as well as the best step by step evaluation of our PTSD- addictions and feelings and our emotions strategically. An overall do not be afraid to talk about your pain. Do not hide your shame, embrace it. Face your fear and understand it is okay to feel guilt and your anger is your strength if you know how to manage it.”

**By Student Carl McWilliams**

**As of September 2024, 442 participants have completed Seeking Safety.**