

Fifth Judicial District
Department of Correctional Services

Policy Manual

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Approved By:


Sally Kremer, Director
Fifth Judicial District
Department of Correctional Services

Approval Date: 09/09

Unit: 5th Judicial District Substance Abuse
Treatment Programs

Subject: Treatment Philosophy

POLICY

The 5th Judicial District Substance Abuse Treatment Program will provide effective and evidenced based outpatient substance abuse treatment services that targets alcohol and drug use and other criminogenic needs.

PROCEDURES

1. Program Philosophy
 - A. Substance abuse and dependence are risk factors for criminal behavior and treatment is effective at reducing alcohol, drug use and crime.
2. Program Description
 - A. The 5th Judicial District Substance Abuse Treatment Program provides outpatient substance abuse treatment to high risk criminal offenders in a modified therapeutic community setting while they reside at the Residential Correctional Facilities. At minimum, all clients receive 10 hours of treatment services for a minimum of three (3) months.
 - B. The Program utilizes the Level of Service Inventory-Revised (LSI-R) and a bio-psychosocial history interview to assess the client's strengths, criminogenic needs and course for treatment planning.
 - C. The Counselor incorporates motivational interviewing into the assessment process, during the negotiation of the treatment planning and throughout the client's involvement in treatment and is responsive to the client's stage of change.
 - D. All of the clients, if capable, are expected to gain and maintain full time employment. All clients participate in weekly group therapy with their individual Counselor, 1 to 5 community groups per week as well as outside recovery groups, and they are expected to establish a relationship with a sponsor or mentor. All clients will also have a conjoint session with their primary support person and their Counselor prior to treatment completion. In addition, the clients may be referred to other in-house programming based on need to include but not limited to drug and alcohol education, family group, relapse group, sober living skills, Criminal Conduct Substance Abuse Treatment and/or components of the A New Direction: A Cognitive Behavioral Treatment Curriculum. The clients may also be referred to programming offered by the 5th Judicial District Support Services Center which includes Corrective Thinking, Controlling Anger and Learning to Manage it, Thinking for a Change and Seeking Safety for the men and Moving On, Beyond Trauma and Seeking Safety for the women. Outside agencies are used and referrals are also made to address needs that cannot be met by the Program. These may include such things as mental health counseling, education, employment and housing assistance.
 - E. Positive reinforcement and engagement in pro-social activities are integral parts of the Program. All clients receive increased furlough time as they progress in phases, time out of the facility for receiving no disciplines, and Counselors caseloads earn group outings for pro-social behaviors. Other small rewards are given throughout the course of treatment as well in an attempt to reinforce target behaviors.
 - F. Clients move through a phase system based on performance targets and are staffed, assessed and approved to move in phase by the treatment team. As they progress in phases, clients earn more privileges. On-going support in the community is increased while their involvement in the facility is decreased. All clients are referred to aftercare services and the Men's Program offers weekly aftercare groups for a minimum of six (6) months.
3. Program Targets
 - A. Recovery from alcohol and drug use
 - B. Improvement in identification of and response to high risk situations
 - C. Improvement in identification and change of maladaptive thinking patterns that lead to negative emotions and behavior
 - D. Improvement in decision making, problem solving, handling frustration, controlling impulsive behavior and conflict resolution
 - E. Development of pro-social coping skills
 - F. Change in anti-social attitudes, orientation and values and reduction in anti-social behaviors

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- G. Increase in self-efficacy towards remaining alcohol/drug and crime free
- H. Reduction in anti-social friends and acquaintances and increase in pro-social friends, acquaintances and support system
- I. Improvement in pro-social family relationships
- J. Improvement in job retention and/or education and in performance at work or school
- K. Improvement in ability to budget finances
- L. Improvement in constructive use of leisure time
- M. Improvement in housing