



## Offense Related Therapeutic Communities

### WORK & EDUCATION

Mandatory Education  
 Special Education  
 GED  
 Secondary Diploma  
 Vocational Education - General  
 Vocational Education - Apprenticeship

### CITIZENSHIP

Unit Based Citizenship  
 Character Development

### FAMILY/RELATIONSHIP/SELF

Long Distance Dads  
 Fresh Start  
 Parenting Program Services  
 Parents Anonymous  
 Reading To Your Children  
 Foundation Parenting  
 Religious Programming  
 Elderly Inmates  
 Long Term Offenders  
 Positive Relationships

### OFFENSE RELATED

Thinking for a Change

### Therapeutic Communities

Residential Substance Abuse Treatment  
 AOD Abuse Education  
 AOD Group Counseling  
 Relapse Prevention  
 12 Step Facilitation  
 Sex Offender Program  
 Violence Prevention  
 Batterers Program  
 Impact of Crime  
 Victim Awareness Education

### RE-ENTRY

COR, Aftercare, Continuum of Care

### Description

The therapeutic communities under consideration are residential drug treatment programs in which inmates are housed in a separate unit in the facility.

### Goals and Benefits

At the conclusion of the program, the participant should: embrace a total life-style change; abstain from alcohol and other drugs; eliminate antisocial behavior; develop pro-social attitudes and values; participate in self-help groups; and take responsibility for their own recovery.

### Research

Several studies have cited TC's as a successful treatment intervention. The TC model views addiction as a disorder of the whole person, reflecting problems in conduct, attitudes, values, moods, and emotional management. The 3-year Amity Prison follow-up study revealed a 27% reincarceration rate for inmates who completed the TC program and aftercare as compared to a 75% reincarceration rate for the untreated inmates.

The research report, "Evaluation of Prison-Based Therapeutic Community Drug Treatment Programs in Pennsylvania," was completed on May 23, 2003. The report validated the above findings, stating that TC's significantly lowered the likelihood of reincarceration and rearrest (30% vs. 41% for reincarceration and 24% vs. 33% for rearrest). Aftercare was not included as part of the research (Welsh, 2003).

### Cost

Total AOD Program Costs (FY 01-02) = \$24,325,567

## Therapeutic Communities (TCs)

<b>Location</b>	14 DOC facilities, with 22 TC's, 2 of which are women's programs.
<b>Type</b>	Institution-based
<b>Intensity</b>	6 to 12 months
<b>Target Groups</b>	Male/female inmates who are heavy drug users convicted of a criminal offense
<b>Commencement Date</b>	The earliest TC program (SCI Graterford) began in 1989. The most recent TC program (SCI Waynesburg) opened in May 2002.
<b>Duration</b>	24 hours per day/7 days per week. The TCs are time designated as follows: 6 months=10 TCs, Variable Length (6 to 12 months)=3 TCs, and 12 months=9 TCs
<b>Theoretical Orientation</b>	Cognitive Behavioral (Holistic Health Model) - The needs of the whole person are addressed.
<b>Program Components</b>	AOD abuse education, individual counseling, group therapy, self-help groups, relapse prevention, aftercare groups, community as method (TC), encounter groups (TC)
<b>Program Targets</b>	Engagement, communication, criminal thinking, denial, defensiveness, relationships, self-esteem, self-awareness, trauma, anger management, assertiveness, life skills and numerous therapy groups.
<b>Admission Criteria</b>	Inmates with scores of 5 or above on the Texas Christian University (TCU) Drug Screen, who would not benefit from outpatient treatment alone, shall be recommended for the TC Program.
<b>Service Delivery Mode</b>	Education groups, individual counseling, group sessions of 10-25
<b>Program Deliverers</b>	Drug and Alcohol Treatment Specialists (DATS) provide delivery of the program. Professional personnel are utilized in the contracted programs.

Principle	Therapeutic Communities (TCs)
<b>Targets offender's deficiencies and needs</b>	"TCs" target criminogenic factors by targeting: Changing antisocial attitudes; Changing/managing antisocial feelings; Reducing antisocial peer associations; Promoting familial affection/communication; Promoting identification/association with anti-criminal role models; Increasing self-control, self-management and problem-solving skills; Replacing the skills of lying, stealing, and aggression with more pro-social alternatives; Ensuring that the inmate is able to recognize risky situations for return to criminal activity, and has a concrete and well-rehearsed plan for dealing with those situations.
<b>Targets high-risk cases</b>	"TCs" target only the most high-risk individuals for program participation. Knight, et al. (1999), concluded in a three-year reincarceration outcome study that TC research strongly suggests that the most effective programs are those that serve the highest risk offenders.
<b>Conducts risk and needs assessments</b>	Inmates are assessed using the TCU Drug Screen. Those with scores of 5 or above, who would not benefit from outpatient treatment alone, are recommended to the TC.
<b>Utilizes a cognitive-behavioral approach</b>	"TCs" are "cognitive behavior" change programs specifically designed to provide inmates with the opportunity to change their attitudes and behavior with the ultimate goal of abstinence. Through intensive, structured treatment programs, inmates shall be given the opportunity to learn to effectively deal with recovery and relapse issues while they pursue better interpersonal communication skills, emotional stability, and adjustment toward a law-abiding life.
<b>Disrupts the delinquency network</b>	The "Therapeutic Community" Program provides an AOD relapse prevention component.
<b>Includes a relapse prevention component</b>	The primary therapeutic agent in the "Therapeutic Community" is the whole milieu, best defined as "community-as-healer." There is an organized curriculum focused on teaching the TC perspective, particularly its self-help recovery concepts and view of healthy living. The concepts, messages, and lessons of the curriculum are repeated in the various groups, meetings, seminars, and peer conversations as well as in readings, signs and personal writings. A key factor is the separation of the TC community from the General Population as specified by the Office of National Drug Control Policy (1999).
<b>Reinforces integrity of services</b>	The Department of Corrections provides training for "Therapeutic Community" therapists. The professional staff is encouraged to continue in credentialing and further education in the performance of their duties. Peer facilitators are trained by the Education Department of the DOC. These individuals assist the DATS in presenting the materials to inmates.
<b>Integrates with community-based program</b>	During phase-3: Re-Entry of the "Therapeutic Community" Program, aftercare planning takes place. During this phase, every effort is put forth to ensure a successful transition into the community. This phase is 1 to 3 months in duration.
<b>Based on a proven theoretical model</b>	TCs are "Holistic Health Model" change programs. The TC model views addiction as a disorder of the whole person, reflecting problems in conduct, attitudes, values, moods, and emotional management. According to Griffith (1999), the TC model has proven to be a successful treatment intervention in DE, CA, and TX.
<b>Provides intensive services</b>	According to the "what works" research, effective programs offer services that occupy 40 – 70% of the offender's time while in the program and last 3 to 9 months. The "Therapeutic Community" program is intensive, meeting the above criteria. "Dosage" for the program consists of 6 to 12 months, at 24 hours per day of involvement.
<b>Matches offender's personality and learning style</b>	Drug and Alcohol Treatment Specialists (DATS) provide the AOD abuse treatment to those with AOD abuse histories and/or offenses. These individuals are professionals with various degrees and credentials. The DATS Supervisor/DAT Manager exercises responsibility over the DATS. The Corrections Classification and Program Manager (CCPM) oversees the DATS, DATS Supervisor, and DAT Managers.