

Correctional Alternative Placement Program (CAPP) Conflict Resolution Program (CRP) Program Summary

I. PURPOSE

The CRP program will provide a total of six-months of treatment with the focus on violence mitigation. The CRP program will help the inmates change their violent criminogenic attitudes and beliefs as well as teach them the healthy pro-social mood management, thought regulating, and behavior skills required for successful release back into the community.

II. TREATMENT FACILITY AND LOCATION

This program will be located at the CAPP facility in Boise providing services for 100 offenders, in classes of 20 offenders each (five concurrent classes). The specific staff, class area and housing will be determined by the facility administration in accordance with contractual agreement. Attention will be placed on the best arrangement to assure privacy and safety.

III. TARGET POPULATION

Classification Criteria: Meet the minimum program, housing and security requirements of CAPP.

Admission Criteria: CRP is designed to provide services to Riders and parole violators who have been identified as having a history of significant violence. Identification of candidates for the program will occur at the Idaho Department of Correction (IDOC), Receiving and Diagnostic Unit (RDU) located at the Idaho State Correctional Institution (ISCI) in Boise. Selection will be based on the nature of the instant offense, offense history, and results on administered assessment instruments.

IV. PROGRAM DESCRIPTION AND METHODOLOGY

The program will focus on the mitigation of violent behavior, controlling attitudes and entitlement beliefs in addition to teaching the pro-social knowledge, skills and abilities necessary to experience and promote healthy emotions, thoughts and behaviors. This program is designed to teach non-violent thinking and behavior as well as regulate violent emotions. This is approximately a six month program consisting of one-week of orientation coming in and one-week of transition going out, with 23 weeks (161 days) of active CRP programming (460 hours) in between. The program is designed with open enrollment, anticipating new enrollment and graduation of about four offenders per week for an average of sixteen new offenders and graduates program wide each month (about 190 per year). Even though this is a modularized program, placing the inmates in a common housing unit to enhance the learning, social and psychological change impact of the community milieu model is desirable.

The methodology is found in the following modularized manuals which define the curriculum:

1. ***Moral Reconciliation Therapy (MRT)***, (Little & Robinson, 1986) The MRT program consists of a systematic, cognitive-behavioral, step-by-step treatment strategy designed to enhance self-image, promote growth of a positive & productive identity and facilitate the development of higher stages of moral reasoning. (46 hrs. group & 23 hrs. homework, total 69 hrs.)
2. ***Anger Management***, (A SAMHSA manual by Reilly & Shopshire, 2002) This program is designed for, but not exclusively, substance abuse and mental health clients. It is designed as an 18-hour program, cognitive behavioral treatment model that employs relaxation, cognitive and communication skill interventions. (18 hrs. group & 18 hrs. homework, total 36 hrs.)
3. ***Self-Management And Regulation Training (SMART)***, (Authored by Wolberd, 2000) An anger & stress management regulation skills manual that focuses on understanding the interplay between feelings, thoughts and behaviors in the context of dysfunctional social relationships and

experiences. It utilizes a cognitive behavioral format that targets criminogenic behavior with specific treatment procedures such as positive reinforcement and consequences; pro-social emotional, thinking and behavior regulation skills training; skill rehearsal/practice & role play as well as class assignment presentations and discussion. (126.5 hrs. group & 161 hrs. hm. wk., total 287.5 hrs.)

4. **TAP 19**, (A SAMHSA manual by Gorski & Kelley, 1996) This program is primarily designed for treating substance abuse addicted criminal offenders. This relapse prevention treatment model specifically targets offenders who have failed in traditional treatment by addressing effects on the body, mind and behavior. The focus of the program encompasses a biological, psychological, cognitive, social and behavioral approach to relapse prevention. (46 hrs. group & 23 hrs. hm. wk., total 69 hrs.)

V. AFTERCARE

- **Provider:** CRP Aftercare will be provided at the community correction district offices by the DARS in their aftercare groups.
- **Content:** The current sixteen-week curriculum content (A New Direction Relapse Prevention program by Hazelden) is followed by attendance at aftercare one time per month for another eight months. The *Self-Management And Regulation Training* (SMART) program, which is the core of the CRP program, has been added to this sixteen-week curriculum but not the one time per month, eight-month follow-up aftercare.
- **Training:** Training on the essential SMART material will be provided at all community correction district offices for DARS and clinician staff, with an invitation to any interested parole officers and other staff to attend. The purpose of this training is to provide the essential new SMART content for staff to be knowledgeable about that curriculum content and able to incorporate it into a 30-minute (maximum) add on to the sixteen-week aftercare group. A Conflict Resolution Program (CRP) Aftercare Manual, including detailed lesson plan will be provided for the sixteen-week component.