



DEPARTMENT OF PUBLIC SAFETY
REPORT TO THE 2016 LEGISLATURE

ACT 193
COGNITIVE RESTRUCTURING

Department of Public Safety
Corrections Program Services Division
December 2015

INTRODUCTION

In 2010, the Twenty-Fifth Legislature passed Act 193 with the purpose of authorizing the Department of Public Safety (PSD) to offer reentry/reintegration programs within Hawaii's correctional facilities that included cognitive-behavioral therapy with cultural and other interventions. The legislative intent of these programs was to promote the successful transition of offenders from incarceration to the community by addressing domestic violence, addictions, self-mastery through identity and community connections.

As a result of the Justice Reinvestment Initiative, the Department was able to redirect allocated funds during FY 2015 to increase the delivery of services for reentry/reintegration programs that included cognitive restructuring that focused on self development, substance abuse treatment and/or sex offender treatment.

EDUCATION PROGRAM SERVICES

General Course Descriptions/Criteria

Self Development Courses focus on personal change and personal growth. Courses in this group include Cognitive Skills, Parenting for active parents, Hawaiian Studies, Yoga, Basic and Technical Education, Career and Technical Education,

Criteria: Cognitive skills requires a reading level at grade point 6.0 as determined on the Tests of Adult Basic Education. Parenting is open to all students who are custodial parents. All other self-development courses are open to any interested student or students referred to the course by their case manager.

Lifestyles for Women is a comprehensive transition skills training program planned to provide assessments, cognitive skills, job development, job placement, transition services, and intensive re-entry services. The program uses social education and skills training to assist inmates to recognize positive and negative behavior patterns to minimize errant decisions and unintended consequences. This training program has four phases:

- Phase I – Cognitive Skills Training
- Phase II – Life Skills Training
- Phase III – Self-directed Job Search
- Phase IV – Personal Transition Planning

SUBSTANCE ABUSE TREATMENT SERVICES

The Substance Abuse Treatment Services Branch provides screening, assessment, outpatient, intensive outpatient, residential, continuing care, and reentry services for sentenced felons who have substance abuse problems. Substance abuse and criminal conduct are addressed in each level of treatment. Treatment is provided by in-facility staff and contracted private providers. The screening process determines if an offender needs treatment and if so, the dosage or intensity of treatment needed.

The Department uses the Level of Supervision Inventory – Revised (LSI-R) as a screening instrument to help determine the level of risk for re-offending. This instrument in conjunction with the Adult Substance Use Survey (ASUS) is currently used to determine level of care and appropriate placement in treatment services. For those in need of substance abuse treatment, the screening results in placement in one of three levels of programming:

Outpatient (Level 2) substance abuse treatment utilizes a cognitive behavioral treatment component meeting one to two times a week for 2-3 hours. The curriculum utilized is the Change Companies' Residential Drug Abuse Program, which is an evidenced based, cognitive-behavioral curriculum. The first 4 manuals are used as a stand-alone program. Each unit systematically builds on the previous module, thereby increasing the level of knowledge and awareness. Outpatient services are for inmates who are at lower risk of criminal conduct and meet diagnostic criteria for mild to moderate substance use disorders. These inmates have minimal disruption in their psychosocial or vocational functioning due to substance abuse.

Intensive Outpatient substance abuse treatment (Level 2.5) is provided for male offenders at Halawa Correctional Facility and Waiawa Correctional Facility through a Department of Public Safety's Purchase of Service Contract. Due to the minimal of female offenders in need of this level of treatment, PSD staff at WCCC operates the IOP program for female offenders.

The IOP consists of daily, two to three hour group sessions, 4 days per week for approximately nine months with accompanying individual counseling sessions as needed. The program utilizes the Change Companies' Residential Drug Abuse Program, which is an evidenced based, cognitive-behavioral curriculum. Each group is an open ended group with a maximum of 15 participants per group. Participants meet the criteria for moderate substance use disorders and score as moderate risk for re-offending. Assessment and treatment planning, individual and counseling on family issues, and aftercare services are provided for each participant.

Residential (Level III) substance abuse treatment provides intensive long-term residential treatment utilizing the therapeutic community (TC) model. Offenders are in the program from 12-15 months. Residential is for inmates who are diagnosed with moderate to severe substance use disorders who are assessed as having high risk for criminal conduct.

In the therapeutic community model, Cognitive-Behavioral Treatment and Social Learning Theory are combined to address criminal thinking and behavior. The inmates work through all manuals of the Residential Drug Abuse Program curriculum. An emphasis is placed on role modeling, role playing, and skill building. As the TC residents live and work together separated from the general population, they hold each other accountable to practice recovery skills and change their criminal thinking and behavior under the guidance and supervision of trained and qualified staff.

The Department has two therapeutic communities currently in operation, KASHBOX at Waiawa Correctional Facility, and Ke Alaula at Women's Community Correctional Center. KASHBOX (Knowledge, Attitudes, Skills, Habits, Behaviors, Opinions, and X factor) is operated by Department staff and has the capacity for 102 inmates. Ke Alaula is operated by Hina Mauka through a service contract with the Department and has capacity for 50 female offenders.

In 2010 many changes were implemented at the KASHBOX program to further enhance the use of evidence-based practices.

- A KASHBOX Program Manual was created to ensure compliance with the Corrections Program Checklist, an instrument that measures compliance with evidence based practices for offender programs.
- A KASHBOX Curriculum and Lesson Plan manual was developed which utilizes the Residential Drug Abuse Program curriculum and marries it to specific daily lesson plans. Each lesson plan has a scheduled period for homework review, introduction of the lesson for the day, role modeling of the skills taught, and practice sessions for those skills.
- A Participant Workbook was developed that is provided to each inmate in the program and to help them understand what their substance abuse diagnosis, their top 3 criminogenic areas, and their treatment plan mean to them. They will also keep important homework assignments in this workbook.
- A retreat was held to introduce these new manuals and procedures to staff, which included some team building activities.

As a result of the KASHBOX team's hard work in implementing these changes over the last two years, the KASHBOX program earned the rating of "Highly Effective" in a Corrections Programs Checklist (CPC) that was conducted on July 17, 2012. KASHBOX is the second program in the State of Hawaii, and the first government operated program to earn this rating.

Outpatient and Residential substance abuse treatment programs are also available at Saguaro Correctional Center in Arizona, a facility contracted by the Department to house inmates on the mainland and provide the treatment services.

In FY 2015, the Department entered into purchase of service contracts to provide two new intervention programs at the work furlough centers statewide. The intent of these programs is to require inmates that commit minor infractions in the furlough program to attend remedial cognitive restructuring training before being allowed to proceed in the Re-entry process.

The Cognitive Behavioral Intervention program (CBIP) is designed to address a pattern of negative attitudes and behaviors displayed by the inmate. These attitudes and behaviors are documented on a referral form by the case manager and then submitted to a contracted service provider. The purpose of this program is to provide an opportunity for the inmate to "get back on track" without changing custody level and being transferred from community based status to a higher custody level. A participant of this program would be permitted to keep their job but all other privileges would be suspended until they were able to demonstrate significant progress. Once the inmate has made significant progress, the case manager will gradually return privileges until they have all been restored.

The Relapse Intervention Program (RIP) is designed to provide an opportunity for offenders in furlough programs who receive a positive urinalysis result to go to a minimum security status as

opposed to medium security status. The case manager would document the circumstances regarding the positive UA on the referral form and submit it to a contracted service provider. These inmates will receive 6 to 9 months of intense intervention and relapse prevention planning. Once completed, the inmate will be eligible to re-apply for transfer to a work furlough program. The Department also provides substance abuse specific reentry services for inmates transitioning from the institution to the community in work furlough programs at Laumaka Work Furlough Center (LWFC) and Women's Community Correctional Center. The Bridge programs focus is re-integration to the community with job development services, life skills, and family counseling and re-unification. Inmates continue to work on substance abuse issues and criminogenic areas assisted by the staff and contracted programs. Grants were obtained in FY 13 to fund the expansion of the Bridge program at LWFC. The Bridge Program at LWFC currently provides 64 beds to serve the population, up from 32 beds as a result of the expansion efforts.

The Community Transition Program for Women was newly awarded to the Young Women's Christian Association (YWCA), Fernhurst House on Oahu, through a service contract to provide community based residential programs for female offenders that focus on transition and re-integration to the community. This program provides job development, money management, life skills, anger management, and domestic-violence, relapse prevention and work furlough opportunities. The program is currently called Ka Hale Ho'Ala Hou No Na Wahine (Home of Re-awakening for Women) and consist of 30 beds.