

WARM SPRINGS ADDICTIONS & CHANGE PROGRAM

WATCH FELONY DUI PROGRAM

BACKGROUND

Montana sentencing statute (61-8-731), M.C.A. was revised in the 2001 Legislature allowing the Department of Corrections (DOC) to place fourth and subsequent DUI offenders in a treatment facility rather than prison. The sentence is for 13 months. However, if the offender successfully completes the program, the remainder of the sentence may be served on probation. If the offender does not participate in the program, or if it is determined the offender is inappropriate for treatment in the Modified Therapeutic Community, the offender will be placed at a state prison for 13 months. The treatment program gives the Department a critical tool for controlling population levels. If the offender fails to complete the program, the offender will be sent to a state prison for the remainder of their sentence.

The Department chose to contract for the operation and management of the Modified Therapeutic Community via the Request for Proposal (RFP) process. Community, Counseling and Correctional Services, Inc. (CCCS) was the successful bidder. CCCS operates the treatment program in a state owned building located on the grounds of Montana State Hospital at Warm Springs, Montana. CCCS named the program Warm Springs Addictions, Treatment and Change Program (WATCH). The cost is \$51.45 per offender per day.

The contract between the DOC and CCCS requires that a "Screening Committee" determines acceptance into the WATCH program. The Screening Committee is composed of two representatives from the WATCH Program, two representatives from the Department of Corrections, one representative from Anaconda/Deer Lodge County Law Enforcement and one representative from the Montana State Hospital. Generally, all offenders convicted of a fourth or subsequent DUI are accepted. However, several exclusions may apply such as a history of violence, medical or mental health conditions impacting the offender's ability to participate in the program.

MISSION

The WATCH Program is a six-month, intensive, cognitive/behavioral based addictions treatment community designed to assist offenders in the development of the skills necessary to create pro-social change, reduce anti-social thinking, criminal behavior patterns, and the negative effects of chemical addictions while integrating more fully into society.

PURPOSE

Effective treatment for fourth and subsequent DUI offenders can be part of the solution in reducing the incidence of DUI arrests.

Research¹ indicates that the most promising approach to substance abuse treatment is cognitive/behavioral-based programs utilizing the Modified Therapeutic Community Model. The program believes that treatment strategies for achieving increased self-regulation for chemical abuse and criminal conduct must be made to fit the offender's level of awareness, cognitive development and determination to change disruptive patterns of thought and behavior. At the WATCh Program, staff use the appropriate strategies at the particular stages of each offender's process of change.

It is believed that self-improvement and change involves, first and foremost, developing the motivation to change. Once a therapeutic alliance is forged, self-regulating skills may then be learned through motivational counseling, therapeutic confrontation and reinforcement of life enhancing behavior. Effective treatment must integrate the principles of both therapeutic and correctional treatment models.

PROGRAM OVERVIEW

The WATCh Program provides services for up to 140 fourth and subsequent DUI offenders for a treatment stay of 6 months. Over the 2004 fiscal year, the program has served 280 offenders.

The WATCh Program is unique in its intensity and duration in that programming is provided 8.5 hours per day. The therapeutic community model ensures that offenders are held accountable all waking hours.

The WATCh Program utilizes the Modified Therapeutic Community Model that is cognitive/behavioral based. It has both the Wanberg and Milkman's curriculum, "Criminal Conduct and Substance Abuse Treatment: Strategies for Self-improvement and Change" and Cognitive Principles and Restructuring as its foundation. There is also a strong emphasis on Criminal Thinking Errors, twelve-step programming, relapse prevention and skill building. The program is six months in duration followed by mandatory aftercare in the community. The WATCh Program is divided into three phases as follows:

- ▶ Phase I Orientation to the Therapeutic Community
- ▶ Phase II Modified Therapeutic Community Treatment
- ▶ Phase III Relapse Prevention and Discharge Planning

The therapeutic community model simulates a health family and uses community as a treatment

¹ Harry K. Wexler, PhD, "The Success of Therapeutic Communities for Substance Abusers in American Prisons"

method. Roles for each family member and rules are well defined and are to be followed by program participants.

PROGRAM COMPONENTS

1) SCREENING AND ASSESSMENT

Within the first week of the offender's placement, a comprehensive assessment is completed to determine the following: medical status, mental health status, level of risk and risk factors for recidivism, level of substance abuse, and other items necessary to the development of a comprehensive individualized treatment plan.

The Life Skills Inventory - Level of Service Inventory - Revised (LSI-R) that contains both static and dynamic factors relating to recidivism is administered at intake and discharge. This tool demonstrates indicators of pro-social change.

2) MODIFIED THERAPEUTIC COMMUNITY MODEL

As compared to the traditional Therapeutic Community Model, this model is more staff intensive and structured. The Program has implemented a model that consists of the following:

- ▶ Four living areas designated as separate families.
- ▶ Community meetings held twice daily.
- ▶ Family structure and roles.
- ▶ Programming conducted separately within each family unit.
- ▶ Each family unit has two chemical dependency counselors, one case manager and a counselor technician.
- ▶ Therapeutic Tasks
- ▶ Responsibility and Discipline
- ▶ Rules and Regulations

3) CHEMICAL DEPENDENCY PROGRAMMING

- ◆ Wanberg and Milkman's curriculum, "Criminal Conduct and Substance Abuse Treatment: Strategies for Self-Improvement and Change" has been implemented.

This curriculum is cognitive/behavioral based. As the curriculum provides for three distinct phases, it is ideally suited for the WATCH program.

- ▶ Phase I Challenge to Change or the reflective-contemplative phase.
- ▶ Phase II Challenge to Change is an action phase that involves the Family member in an active demonstration of implementing and practicing change.
- ▶ Phase III Ownership of Change phase is a stabilization and maintenance phase. The concepts of relapse and recidivism prevention are reviewed.

- ◆ Twelve-step Programming focusing on completion of the 12 steps of Alcoholics Anonymous.
- ◆ Involvement in AA and NA meetings to encourage participation in these support groups after discharge.

4) **COGNITIVE PRINCIPLES AND RESTRUCTURING**

The curriculum is cognitive based and divided into two phases: the *initial phase* (4 weeks) and the *intermediate phase* (16 weeks). The focus is on criminal thinking reports and identifying each offender's criminal cycle, then developing an action plan to change the behavior.

5) **CRIMINAL THINKING ERRORS**

A structured program of lectures and specific group work exercises that explore the underlying reasons for negative and antisocial thinking and offer remedial methods to redirect thinking and actions to achieve a change to pro-social behavior.

6) **FAMILY RELATIONSHIPS/PARENTING PROGRAMMING**

All Family Members are screened and assessed for participation in our Family Relationships/Parenting group. This program consists of 12 weekly sessions, lasting approximately one (1) hour and is open-ended. Family Members begin at any point and progress at their own pace. The program consists of group work, reading assignments, reflections and written work which look to educate Family Members on family patterns and positive tools that they can employ when parenting their own children.

7) **ANGER MANAGEMENT**

All Family Members are screened and assessed for participation in Anger Management. This group is held weekly for approximately one (1) hour and consists of five lessons aimed at dealing with the underlying issues, which cause anger, and positive, pro-social interventions to appropriately deal with angry thoughts and feelings. This is a "closed program" and therefore one group will begin and end together, which helps to enhance trust and sharing of sensitive issues.

8) **LIFE SKILL DEVELOPMENT**

All Family Members at the WATCH Program participate in Life Skill Development classes. These classes, which are conducted by the Community and Employment Specialist, and Intensive Community Case Manager/After Care Coordinator, cover the following topics: interpersonal skills, financial management, food management, personal appearance, health, employment seeking, employment maintenance, legal skills, emergency and safety skills, community resources, and housekeeping.

9) VICTIM ISSUES/RESTORATIVE JUSTICE

A cognitive behavioral approach to assist offenders in understanding the serious consequences of their actions, appreciate the pain and trauma they have caused their victims and build empathy for their victims.

10) SPECIALITY GROUPS

Grief Group:

WATCH Utilizes a program written by one of its counselors, Beverly Welo, entitled: Life Beyond Loss: A Workbook for Incarcerated Men. This group addresses the grief and loss issues that many of our Family Members face. Individuals are referred by their primary treatment team and the group typically lasts two months. Ms. Welo has also recently published a workbook entitled: Picking Up The Pieces which addresses grief and loss issues for women, and was developed out of her work with women at the WATCH Program.

Women's and Men's Issues:

These separate groups are focused on addressing the unique needs and issues which face men and women. The Woman's Group utilizes the Helping Women Recover series, which is specifically targeted at helping women who are in a correctional setting. The Men's Group utilizes the Men's Work Workbooks, by Paul Kivel. This series incorporates three workbooks titled: "Anger, Power, Violence and Drugs"; "Becoming Whole"; and "Growing Up Male." Both groups consist of group work, reading assignments and journaling.

11. OTHER PROGRAM COMPONENTS

- ▶ UA Testing
- ▶ System of Incentives and Sanctions
- ▶ Recreational Programming
- ▶ Art Therapy

PROGRAM EVALUATION

Evaluation efforts commence on day one of the offender's placement. Initially, the evaluation efforts focus on the Structure and Process of the program itself. Phase progression and completion of modules and assignments is tracked throughout the offender's treatment experience.

Outcome measures are tracked on an on-going basis following the offender's discharge as follows:

- ▶ Arrest data
- ▶ Technical Violations
- ▶ Revocations
- ▶ Convictions
- ▶ Degree of Compliance with the Aftercare/Discharge Plan

- ▶ Continuity of Care
- ▶ Sobriety or use information
- ▶ AA attendance

Offenders successfully completing the program will be tracked for five years. Two methods of tracking will be used:

1. Utilizing the Adult Corrections Information System (ACIS)/PRO-Files for convictions and technical violations on a monthly basis.
2. Collection of the above measures from the supervising Probation and Parole Officer on a quarterly basis.

WATCH PROGRAM STATISTICS

The following is a compilation of statistics for the WATCH Program. These numbers were generated from information gathered from all Family Members who have entered into the program since February 1, 2002 through September 30, 2004.

AVERAGES

- Age at admission: **42.81** (Age Range: 20-78)
- BAC at time of arrest: **.208** (BAC Range: 0.8 - .391)
- Number of DUT'S: **5.80** (DUI Range: 4 - 14)
- # of misdemeanors: **17.55**
- # of felonies(includes current charge(s)): **2.26**
- # of prior outpatient treatments: **.76**
- # of prior inpatient treatments: **1.29**
- Age of first use: **13.59**
- Longest time clean and sober: **12.55 months**
- Individuals with co-morbid (psychiatric) conditions: **28%**
- Level of education: **11.81** (Education range: 4th grade - Ph.D.)
- Primary Drug of Choice: **Alcohol**
- Secondary Drug of Choice: **Marijuana**
- Length of stay for those who complete: **183.75 days**
- Length of stay for those who do not complete: **99.52 days**
- Average LSI Score upon admission: **23.76**
- Average LSI Score upon discharge: **20.63**

SCREENING and WAITING LIST

- Total number screened: **875**
 - Males screened: **761**
 - Females screened: **114**
- Total Approved: **791** (91 % of total screened)
- Number Withdrawn: **25** (3% of total screened)
- Total Deferred: **5** (0.5% of total screened)
- Number denied: **47** (5.4% of total screened)
 - due to criminal history: 23
 - due to inappropriate sentence: 4
 - medically inappropriate: 4
 - denied by DOC: 13
 - denied by Parole Board: 3

Screening



- | |
|------------|
| ■ Accepted |
| ■ Denied |

ADMISSIONS

TOTAL # OF FAMILY MEMBERS ADMITTED TO THE PROGRAM: 778

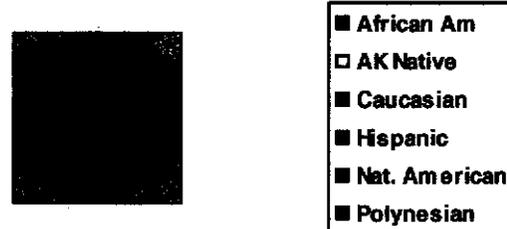
Of these 778 there have been:

- 670 Males (86%)
- 108 Females (14%)
- 1 Polynesian (.1%)
- 3 African Americans (.4%)
- 14 Hispanics (1.8%)
- 2 Alaska Native (.3%)
- 164 Native Americans (21%)
- 594 Caucasians (76%)

Gender



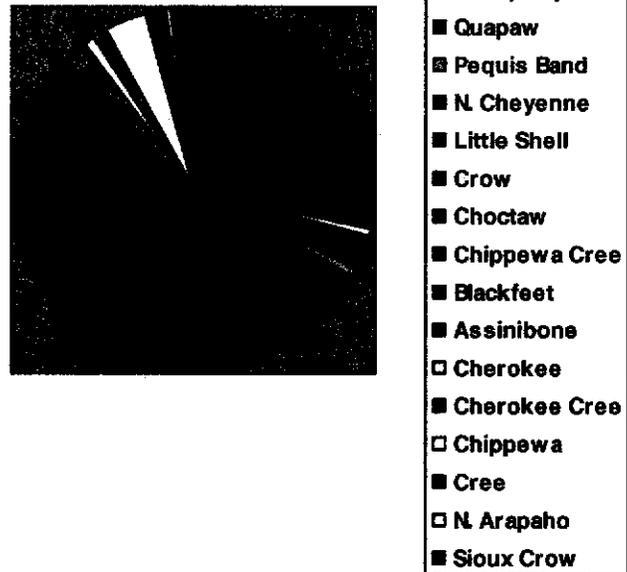
Ethnicity



BREAKDOWN OF NATIVE AMERICAN POPULATION BY TRIBE/AFFILIATION:

TRIBE/AFFILIATION	NUMBER
Assinibone	4
Blackfeet	22
Cherokee	2
Cherokee-Cree	2
Chippewa	6
Chippewa Cree	30
Choctaw	1
Cree	3
Crow	23
Gros Ventre	7
Little Shell	1
Navajo	2
Northern Arapaho	1
Northern Cheyenne	12
Pequis Band	1
Quapaw	1
Rocky Boy	4
Salish/Kootenai	18
Sioux	7
Sk`allam	1
Sioux Crow	3
Unknown	13

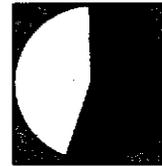
Tribal Affiliation



OTHER INFORMATION:

- # of Escapes: 0
 - # of positive UA's: 0
 - # of positive BA's: 0
 - # of Class I write-ups: 2
 - # of Class II write-ups: 146
 - # of Class III write-ups: 121
- (NOTE: positive UA's and BA's does not include intake UA's or BA's)

Disciplinary Write-Ups



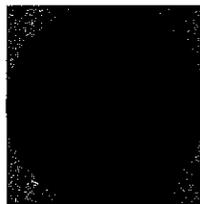
- Class I
- Class II
- Class III

DISCHARGE INFORMATION

TOTAL NUMBER OF DISCHARGES: 643 (91 females, 552 males)

- 576, or 89.6% of the total discharged, have completed the program.
 - ✓ 81 females – 89% completion rate
 - ✓ 495 males – 89.7% completion rate
- 67, or 9%, were removed from the program (10 females, 57 males)
 - ❖ Of these 67 :
 - 7 were temporarily removed from the program due to a disciplinary sanction, but then returned.
 - 3 were temporarily removed due to a medical condition, and once stabilized, were returned
 - 9 were as a result of voluntary resignation.
 - 1 did not complete the program due to death.
 - 3 were transferred to a another facility due to needing a different level of care.
 - 12 did not complete the program due to his/her sentence expiring
 - 3 received an incomplete, however, they may receive a complete upon completion of their aftercare counseling.
 - 29 were the result of a disciplinary decision.

Discharge Categories



- Complete
- Other Discharge
- Disciplinary
- Vol. Resign

AFTERCARE/COMPLIANCE DATA

The following numbers have been generated by contact with aftercare counselors and probation officers, and are for those individuals who completed the program. The sample size is indicated next to the reporting period and represents the total number of people for whom we have received information on.

ONE MONTH POST DISCHARGE (n= 494)

- 90% were in compliance with Probation/Parole mandates or requirements.
- 64% were employed/retired/attending school.
- 67% were making payments on their fines/restitution.

THREE MONTHS POST DISCHARGE (n= 329)

- 79% were in compliance with Probation/Parole mandates or requirements.
- 82% were employed/retired/attending school.
- 70% were making payments on their fines/restitution.

SIX MONTHS POST DISCHARGE (n= 419)

- 66% were in compliance with Probation/Parole mandates or requirements.
- 77% were employed/retired/attending school.
- 70% were making payments on their fines/restitution.

ONE YEAR POST DISCHARGE (n=196)

- 65% were in compliance with Probation/Parole mandates or requirements.
- 71% were employed/retired/attending school.
- 70% were making payments on their fines/restitution.

18 MONTHS POST DISCHARGE (n=84)

- 75% were in compliance with Probation/Parole mandates or requirements.
- 70% were employed/retired/attending school.
- 82% were making payments on their fines/restitution.

TWO YEARS (22-24 months) POST DISCHARGE (n=26)

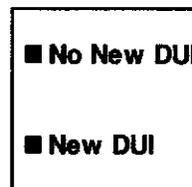
- 81% were in compliance with Probation/Parole mandates or requirements.
- 85% were employed/retired/attending school.
- 76% were making payments on their fines/restitution.

✓ Out of the 576 individuals who have completed the program: 36 individuals have been charged with, or convicted of, a new DUI. This breaks down to:

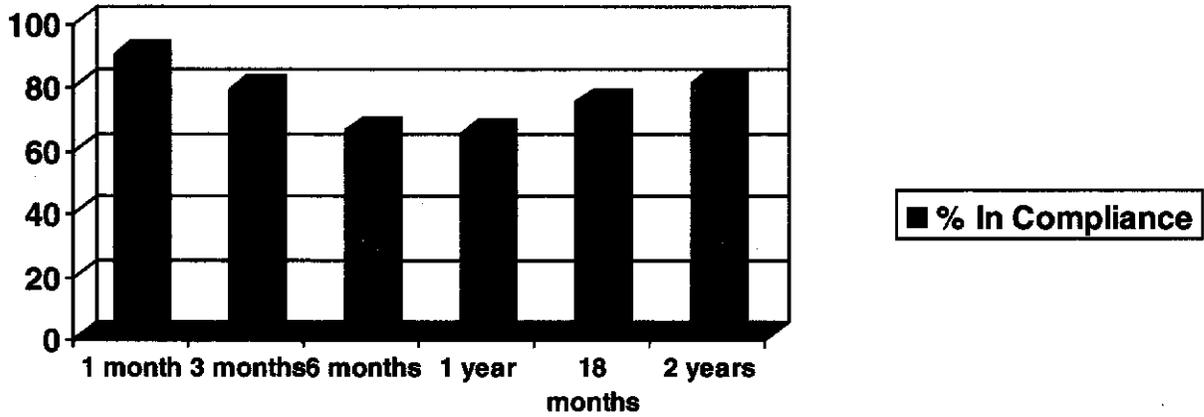
93.7% of our graduates have not committed a new DUI.

6.3% of our graduates have been charged with, or convicted of, a new DUI.

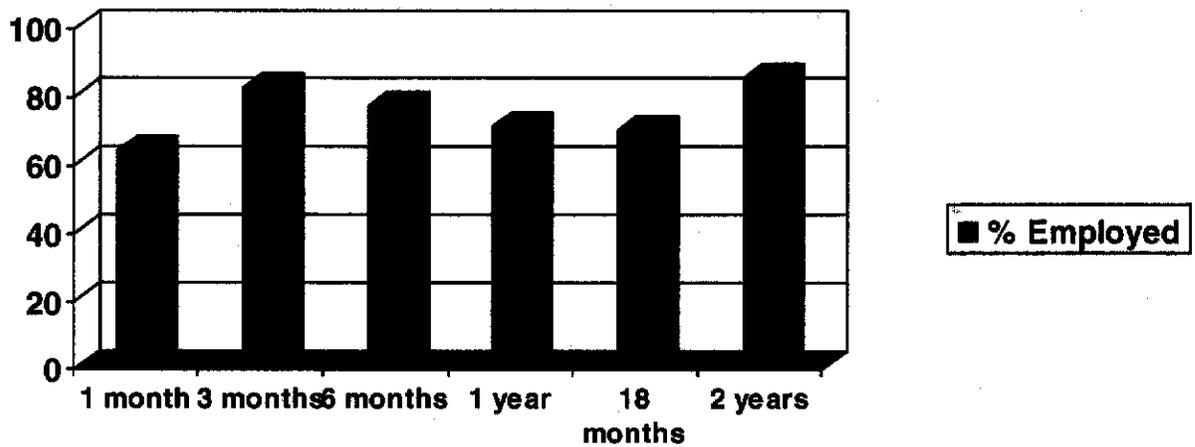
DUI RECIDIVSIM



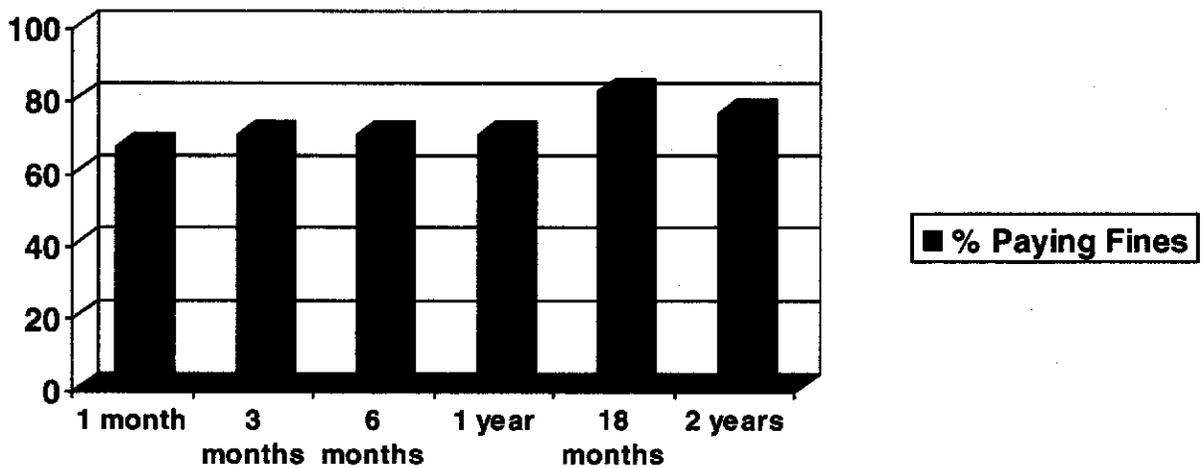
Compliance with Probation/Parole



Employment



Fines & Resitution



ADMISSIONS BY COUNTY:

COUNTY	TOTAL	COUNTY	TOTAL
Beaverhead	7	McCone	0
Big Horn	5	Meagher	1
Blaine	2	Mineral	5
Broadwater	4	Missoula	72
Carbon	2	Musselshell	2
Carter	0	Park	14
Cascade	55	Petroleum	0
Chouteau	0	Phillips	0
Custer	2	Pondera	6
Daniels	0	Powder River	1
Dawson	11	Powell	12
Deer Lodge	19	Prairie	0
Fallon	0	Ravalli	34
Fergus	7	Richland	7
Flathead	39	Roosevelt	1
Gallatin	72	Rosebud	14
Garfield	2	Sanders	5
Glacier	9	Sheridan	1
Golden Valley	1	Silver Bow	55
Granite	4	Stillwater	1
Hill	23	Sweet Grass	2
Jefferson	8	Teton	1
Judith Basin	2	Toole	3
Lake	38	Treasure	1
Lewis & Clark	75	Valley	2
Liberty	0	Wheatland	0
Lincoln	25	Wibaux	0
Madison	2	Yellowstone	124