

**Exhibit Number: 15**

***Warm Springs Addictions  
Treatment and Change Program  
(WATCH)***

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# *Warm Springs Addictions Treatment and Change Program (WATCH)*



P.O. Box G - Warm Springs, MT 59756  
(406) 693-2272



*"Think of Every Day  
Every Challenge,  
Every Triumph, and Indeed...  
Every Defeat  
As Feathers on Your Wings  
Then One Day,  
The Sum of all Your Wisdom  
Will Let You Fly..."*

*(Artist Unknown)*

## What is the WATCH Program?

WATCH is the Warm Springs Addictions Treatment and Change Program. WATCH is a partnership between *Community, Counseling, and Correctional Services, Inc.* (CCCS, Inc.) and the Montana Department of Corrections (MDOC). The program is based on a modified **THERAPEUTIC COMMUNITY** model of treating addictions and the subsequent social issues.

Located on the Warm Springs campus, the WATCH Program opened on February 1, 2002 and was the culmination of efforts by CCCS, Inc. and the MDOC to provide an alternative, proactive response, to traditional sentencing of adult felony DUI offenders. WATCH serves both males and females and has a capacity of 140 individuals.

### *What makes us different?*

The WATCH Program is the longest (approximately six months) and most intensive treatment program currently offered in the State of Montana. The program hosts a multitude of programs for a greater length of time than is seen in other more “traditional” treatment programs. We are fortunate to have our clients for as long as we do and we strive to address as many core issues during that time as is possible.



## What is a Modified Therapeutic Community?

A modified therapeutic community like the WATCH Program is an intensive, long-term residential treatment program. According to the National Institute on Drug Abuse, the therapeutic community treatment model has been found to be very effective in reducing drug use and criminal recidivism. The concept behind a therapeutic community is to teach individuals how to live/function within the greater society and within their own families. As such, our clients are not labeled as “offenders”, “residents” or even “clients”; they are referred to as “Family Members”. Furthermore, each individual who enters the program will be assigned to one of four units, which we refer to as “Families.” We believe that these terms help to reinforce the idea that we all belong to a family, of sorts, from our family of origin, to our extended family, to the “family” of the human race. These families, again, act as a pseudo-model of the nuclear family, and to some extent a small community. The actions of one person, within this framework take on a new perspective from a traditional treatment model in that we stress how the action(s) of one person has a ripple effect on others and everyone will experience the consequences – whether those be positive or negative. Many people ask us, why should others “pay” for the actions of another, but truly, this is how life and our society works. We remind our family members that they are the one’s who committed the crime, however, there are others who are also suffering consequences for their individual actions – their families who are now living without a father, son, mother, daughter, etc.; the employer who is having to fill a position, and the tax payers who are helping to pay for their treatment. As Family Members we all have responsibilities and one’s actions effect others.

## What are some of the key components of the WATCH Program?

### *Programming Intensity and Daily Schedule:*

Family Members in the WATCH Program receive extensive and varied programming seven days a week. Family Members are also responsible to complete individual assignments, participate in recreational and religious opportunities, complete therapeutic tasks and participate in other projects as determined by their respective treatment team and family. A sample of the daily schedule is shown as Attachment 1. The daily schedule provides for structured activities that are organized, consistent and routine, while still allowing individuals to have free time.

### *Security:*

Security is a primary focus at the WATCH Program. The Program has never had an escape nor have we ever had a positive urinalysis or breath analysis test result due to use while in the program. The perimeter security includes: fencing; lighting; and exterior security cameras. Family Members are supervised via: staff supervision; regular and random counts; regular and random urinalysis and breath analysis testing; room and property searches; and 23 security cameras. Furthermore, upgrades have been made to the facility's existing security control systems (locking doors, sally port, and emergency control devices).

### *Program Phases:*

The WATCH Program includes three distinct phases. Each phase has specific requirements, as well as individual responsibilities and privileges. Family Members may not progress through the phases without the endorsement of their respective treatment team. The following is a brief overview of the phases:

#### **PHASE 1**

The first phase of the WATCH Program is known as the orientation/motivation phase. A Family Member begins Phase 1 upon entry into the WATCH Program and remains in this phase until completion of the phase change requirements, and as determined by the family unit and staff. This phase will last approximately six weeks.

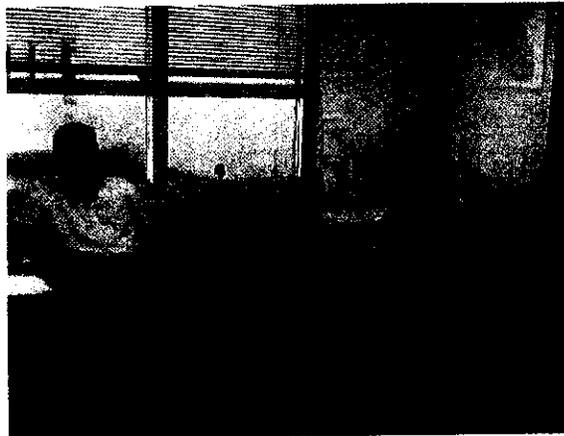
During this phase a Family Member is assigned to a treatment family (unit), a 'Senior Peer' to serve as his/her mentor, a primary Chemical Dependency Counselor, and is introduced to the other members of his/her treatment team (secondary Chemical Dependency Counselor, Case Manager and Counselor Technician).

The Family Member begins the process of integration into his/her treatment family during this phase. The family council assigns the Family Member to specific crews/therapeutic tasks and his/her mentor provides an introduction to the program.

The Family Member must make a *Who I am/Life Story* presentation to his/her treatment family. The family must approve the individual as a member of the family unit based on the indicated desire and motivation to change his/her life.

During Phase 1 the Family Member must complete the *Challenge to Change* component of the chemical dependency treatment curriculum, begins and nears completion of, the Initial Phase of the Cognitive Principles and Restructuring Program and begins work on the criminal thinking error component. Completion of Steps 1 & 2 of the Twelve Steps of AA are required as well as attendance at all educational lectures, videos or other groups as assigned.

The Family Member meets with his/her assigned Chemical Dependency Counselor and Case Manager for an initial session, and as needed throughout this phase. An individualized treatment plan is formalized for the Family Member that addresses both chemical dependency and case management issues.



**Phase 1 privileges/restrictions:**

- After ten (10) days, Family Member may initiate collect or calling card telephone calls.
- Family Member may have visitation once they have received the appropriate authorization.
- May receive two (2) packages per month in the mail.
- Family Member must attend all community meetings but may not participate until his/her *Why am I here/Life story* presentation has been accepted by the family.
- Family Member may not serve as a member of the elected or appointed family hierarchy.
- Family Member may not vote in treatment family elections.
- Receives \$0.50 per day for therapeutic tasks.
- May only purchase items in the Writing & Mailing, Misc. category from the commissary.
- Cannot watch television during recreation/free time unless it is a family activity.