

Iowa Department of Corrections Institutional Core Programming

*ACTV-P: (Achieving Change Through Values-Based Behavior - Prison): 12 weeks in length**

The 24 sections of this manual guide people to put their lives and relationships on an entirely different track by equipping them to make different choices than they've made in the past. Staff work with clients to increase their awareness of the factors that influence their behavior (e.g., past experiences, unwanted mental experiences, barriers to change) and, building on that awareness, to learn new, workable behaviors consistent with their values. One of the main goals is to help the participants learn these skills by direct experience. A good analogy is teaching someone to ride a bike. Verbal instruction alone will never be enough. They need to get on the bike and let their body learn how to do it. The same thing is true of the skills presented in this manual. As the group members move through the skill-building sessions, staff may be tempted to help them with advice, problem-solving, and extra explanations or instructions, but staff need to let them come to realizations on their own and experience the confusion and frustration that inevitably comes with learning these new (and sometimes counterintuitive) skills. A major obstacle to this type of learning is the mind. Participants' rules, beliefs, attitudes, thoughts, etc. will act as barriers to the learn-by-doing approach, although the use of metaphors and in-the-moment exercises will help them get past some of the barriers that language and thinking create. Overall, the ACTV facilitator's stance is non-confrontational and collaborative. Staff relate to the participants from an equal, compassionate, genuine and sharing point of view, and respect their ability to shift from ineffective to effective behavior. Staff can model the supportive, respectful behavior wanted to teach and roll with resistance in two valuable ways: by showing willingness to experience staff's own discomfort, and by not arguing, lecturing, or attempting to convince the participants. Finally, staff try not to express judgment or opinions about a participant's experience.

Offered at: Anamosa State Penitentiary (ASP), Clarinda Correctional Facility (CCF - this is the ONLY program offered at CCF), Fort Dodge Correctional Facility (FDCF), Iowa Correctional Institution for Women (ICIW), Iowa Medical and Classification Center (IMCC), Iowa State Penitentiary (ISP), Mount Pleasant Correctional Facility (MPCF), Newton Correctional Release Center (NCF-CRC), North Central Correctional Facility (NCCF)

*CBI-SA (Cognitive-Behavioral Interventions for Substance Abuse): 16 weeks in length**

The Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population. The curriculum is non-

proprietary, but training is required. The components of the curriculum include pretreatment (optional), Motivational Enhancement, Cognitive Restructuring, Emotional Regulation, Social Skills, Problem Solving, and Relapse Prevention. An adolescent version is also available.

Offered at: FDCF and NCF-CRC (as needed)

MRT (Moral Reconciliation Therapy): 12 weeks in length*

Correctional Counseling, Inc. (CCI) is committed to being a partner in cognitive-behavioral treatment that not only targets the deeply ingrained “thinking errors” and long-standing cognitive issues that create and drive criminal behaviors but also develops pro-social attitudes and behaviors in individuals.

CCI founder Dr. Kenneth Robinson is the co-creator of a highly effective, evidence-based, cognitive-behavioral counseling program for substance abuse treatment and criminal justice offender.

Moral Reconciliation Therapy – MRT® combines education, group and individual counseling, and structured exercises designed to foster moral development.

Over the past three decades, MRT has facilitated positive, measurable change around the world for those struggling with addiction, incarceration, and mental health issues, and the communities affected by it. [Learn more about the history of MRT here.](#)

The results have been noteworthy.

MRT outcome studies show a reduction in the recidivism rate of offenders 30%–50% for periods up to 20 years after release. Re-arrest and re-incarceration rates can be up to 65% lower than expected.

For more information on MRT, please take a look at Correctional Counseling, Inc.'s website: <https://www.ccimrt.com/about>

Offered at: ASP, CCF for individuals with Special Needs, FDCF, IMCC, ISP (as needed), MPCF, NCF and NCF-CRC, NCCF

Prime For Life®: drinking driver course - 12 hours

Drinking Driver Course Iowa requires that individuals who offend in Iowa or Iowa drivers who offend in another state complete a course for drinking drivers. Iowa utilizes the Prime for Life 12-hour curriculum. For additional information visit: <http://owi.educateiowa.gov>

Prime For Life® provides a judgment-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and why sometimes we need help. It's for the curious, the concerned, and those making high-risk choices.

Offered at: ASP, FDCF, ICIW, IMCC, ISP, MPCF, NCF-CRC, NCCF

Seeking Safety: 8-12 weeks in length*

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group (any size) and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of clients and easy to implement.

Offered at: ASP, CCF (offered as needed), FDCF, IMCC, NCCF

SOTP (Sex Offender Treatment Programming):

Track 1, 12-13 weeks in length*

Track 2, 24-26 weeks in length*

Special Needs SOTP, 24-26 weeks in length*

The Sex Offender Treatment Program utilizes the ISORA and the STATIC-99R as primary tools to determine the level of treatment for an offender. Those that assess as low and low moderate on the combined STATIC/ISORA are placed in Track 1. Those that assess as moderate-high, high and very high are placed in Track 2. Additional information can be considered for placement.

For special needs we complete the following:

Review chart/records and look for the following: IQ and TABE reading score. Documentation of level of education with any placement in special education. Mental health diagnosis, medication, treatment, etc. Any behavior concerns from referring staff such as ability to clean, hygiene, etc. Psychologists interview the offenders, as well.

Offered at: ICIW, IMCC (for people with special needs), NCF

T4C (Thinking for a Change): 12 weeks in length*

Thinking for a Change (T4C) is a cognitive-behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of people. T4C is a cognitive-behavioral therapy (CBT) program that includes cognitive restructuring, social skills development, and the development of problem-solving skills.

The program may be delivered to a variety of people, including adults and juveniles, probationers, prison and jail inmates, and people in aftercare or on parole (however, studies that have examined program effectiveness of T4C so far have included only samples of adult probationers).

T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking (Bush, et al. 2011). The foundation of T4C is the utilization of CBT principles throughout the group sessions. There is an extensive body of research that shows cognitive-behavioral programming significantly reduces recidivism of people (Landenberger and Lipsey 2005).

T4C stresses interpersonal communication skills development and confronts thought patterns that can lead to problematic behaviors. The program has three components: cognitive self-change, social skills, and problem-solving skills. Lessons on cognitive self-change provide participants with a thorough process for self-reflection concentrated on uncovering antisocial thoughts, feelings, attitudes, and beliefs. Social skills lessons prepare participants to engage in prosocial interactions based on self-understanding and awareness of the impact that their actions may have on others. Finally, problem-solving skills integrate the two other components and provide participants with a step-by-step process to address challenges and stressful situations they may encounter.

The program is divided into 25 lessons (each lasting approximately 1 to 2 hours), with the capacity to extend the program indefinitely. The curriculum is designed to be implemented with small groups of 8 to 12 people. Each lesson teaches people important social skills (such as active listening and asking appropriate questions) as well as more complex restructuring techniques (such as recognizing the types of thinking that get them into trouble and understanding the feelings of others). Most sessions include didactic instruction, role-play illustrations of concepts, a review of previous lessons, and homework assignments in which participants practice the skills learned in the group lesson.

Examples of some of the lessons are Active Listening Skill; Thinking Controls Our Behavior; Paying Attention to Our Thinking; Recognize Risk; Use New Thinking; Understanding the Feelings of Others; Apologizing; Responding to Anger; Introduction to Problem Solving; Stop and Think; and State the Problem.

Offered at: Fort Dodge (most likely phased out after grant comparison study has been completed), ISP

*all timeframes are approximate