

2015 Reentry Symposium

National Corrections Academy

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Objectives

- To summarize the ND DOCR's application of the Risk-Needs-Responsivity Model with offenders convicted of sex offenses
- To discuss the content and program delivery style of Cognitive-Behavioral Interventions for Sexual Offending (CBI-SO), as well as its implementation in institutional and community settings
- To learn strategies for effective probation contacts in order to identify and target risk for sexual recidivism

Risk-Needs-Responsivity

- Risk: Offenders who score at 4 or above on the Static-99R are referred for treatment while incarcerated, with consideration of the STABLE-2007 and other factors
- Need: Treatment programs focus on the factors that have a predictive relationship with sexual recidivism
- Responsivity: Individualized treatment planning, as well as separate groups for those with low cognitive functioning or other needs; choosing facilitators who work well with this population

The Risk Principle

- 2003 data using a North Dakota sample
- N=182 for prison sample; mean years at liberty was 8
- N=271 for probation sample; mean years at liberty was 10.75

Static -99	% Recidivism on SO Charge	% Recidivism on SO Conviction
ND Prison Sample Scores		
6 and above (High)	65%	65%
4-5 (Mod. High)	18%	18%
2-3 (Mod. Low)	8%	8%
0-1 (Low)	8%	8%
ND Probation Sample Scores		
6 and above (High)	82%	82%
4-5 (Mod. High)	6%	6%
2-3 (Mod. Low)	5%	5%
0-1 (Low)	2%	2%

CBI-SO Structure

- Motivational Engagement
- Basic CBT Concepts
- Cognitive-Restructuring
- Emotion Regulation
- Social Skills
- Problem Solving
- Success Planning

- Optional Arousal Control module for use in concurrent individual sessions

CBI-SO Implementation

- 50 lessons delivered in twice weekly 90 to 120 minute sessions
- Program lasts about 6 and a half months with Success Plan preparation and presentations
- Each group employs a tangible reinforcement system
- Each group member's treatment plan is reviewed after each module for progress and necessary changes

Behavior Chain

SITUATION

THOUGHTS

FEELINGS

CONSEQUENCES

+

-



ACTIONS

Video Clip

- Behavior chain

Structured Skill Building

1. Staff **defines** and **sells** the skill to be learned
2. Staff **models** the skill – *demonstrates* for offender
3. Offender **practices** –engages in role play
4. Offender receives **reinforcement** and **feedback**
5. Offender **generalizes** skill—practices the skill in real situations via homework

Dealing with Mixed Messages

1. Listen carefully to the person's message and tone, while observing body language. (Thinking)
2. Decide if the person is sending mixed messages. (Thinking)
3. Calmly ask the person to clarify anything you do not understand. (Action)
4. Continue clarifying until the person agrees that you have understood correctly. (Action)

Video Clip

- Skills training

RNR Treatment Planning

- The STABLE-2007 risk areas are used to formulate each offender's treatment plan in both prison and community programming:
 - Significant social influences
 - Capacity for relationship stability
 - Emotional identification with children
 - Hostility toward women
 - General social rejection
 - Lack of concern for others
 - Impulsivity
 - Poor problem solving skills
 - Negative emotionality
 - Sex drive/sex pre-occupation
 - Sex as coping
 - Deviant sexual preference
 - Cooperation with supervision

Capacity for Relationship Stability

- **Problem:** Instability in interpersonal relationships has led to seeking self-confidence from inappropriate sexual partners (e.g. minors and unconscious women).
- **Goal:** Learn and practice social skills to increase the likelihood of stability and success in interpersonal relationships with adults.

Treatment Activities	Status (either complete or in progress)
Learn and practice the skill of Resolving Conflict for use in high risk relationship situations.	In progress
Learn and practice Communicating Interest and Communicating Disinterest in sexually risky situations with age-peers.	In progress
Learn and practice the skill of Asking Permission in sexually risky situations with age-peers.	Complete
Learn and practice the skill of Taking the Perspective of Others to increase empathy in high risk relationship scenarios.	In progress

Negative Emotionality/Sex as Coping

- **Problem:** Poor emotion regulation strategies have led to high risk sexual behaviors as a means of coping with negative feelings.
- **Goal:** Learn and practice emotion regulation skills for use in high risk situations.

Treatment Activities	Status (either complete or in progress)
Learn options for emotion regulation, including the skill Using Self-Control.	Complete
Identify meaningful risky situations in which to practice the skills.	In progress
Practice self-control strategies in role plays during group.	Complete
Implement self-control strategies in real-life high risk situations.	In progress
Learn and practice the skill of Avoiding Trouble with Others for use in emotionally risky situations.	Complete

Cooperation with Community Supervision

- **Problem:** Continued high risk sexual and other behaviors while on community supervision.
- **Goal:** Equip Mr. Doe to apply treatment information in real-life high risk situations in the community.

Treatment Activities	Status (either complete or in progress)
Identify characteristics of supportive relationships and supportive people in Mr. Doe's life.	In progress
Identify a list of warning signs that Mr. Doe should ask for help.	In progress
Learn and practice the skill of Asking for Help.	Complete
Summarize risky life history and lifestyle factors that contributed to Mr. Doe's sexual offending.	Complete
Complete a comprehensive Success Plan that includes key high risk situations, risky thought patterns, and risky emotions for Mr. Doe.	In progress
Complete a comprehensive Success Plan that also includes alternative thinking patterns, self-motivating statements, and key cognitive and behavioral skills Mr. Doe expects will be effective for him in managing future high risk situations.	In progress

Sex Offender Release and Integration

- Hold a monthly release and integration meeting for offenders convicted of sexual offense
- Cases are staffed at least 90, 60, and 30 days pre-release for behavioral health referrals, housing needs, employment, and relevant risk factors
- Attendees include representative from the prison behavioral health department, prison case management, STAND, Parole & Probation, and other community partners as needed

Community Treatment Program

- Sex Offender Treatment and Assessment of North Dakota (STAND)
- Utilizes CBI-SO, which provides for continuity and a variety of referral options
 - Standard group intervention using the full CBI-SO module
 - Review of specific modules
 - Maintenance/advanced practice
 - Individualized programming or programming that is responsive to specialized needs
- Ongoing assessment and containment model

Structured Contacts for Probation Officers

- Homework review
- Identification of risk
 - STABLE-2007
 - ACUTE-2007
- Intervention
 - Behavior chain
 - New skill or advanced practice of previously learned skill
- Assign homework