

CareNZ

Manaaki Aotearoa



ADDICTION TREATMENT AND RECOVERY

OCF DRUG TREATMENT UNIT

OVERVIEW

- Departments overarching goal is to reduce re-offending.
- The DTU contributes to this goal by providing addiction treatment using a “Therapeutic Community” model.

A Therapeutic Community Approach

'A hierarchical model with treatment stages reflecting increased levels of personal and social responsibility within an environment of *community driven change* requiring separation from contaminating influences'.

Recommended reading: George De Leon

OCF DTU

- The first of 3 new high intensity 3 mth DTU's earmarked for prisons throughout NZ.
- Targeting short term offenders serving 2yrs or less.???????
- Suitability to participate as set out by Corrections:
 - AA-AB
 - Roc/Roi $>.3$ (risk of recidivism)
 - Intervention category
 - High risk offenders that need \$'s spent on them

The Programme

- Operates in professional manner at all times and within guidelines of relevant Acts and Professional bodies
- Reflects utmost respect for prisoners as valued people; acknowledging, respecting and maintaining their culture
- Reflects belief that participants must take full responsibility for their actions and subsequent consequences
- Aims to stop participants re-offending and give skills to be, and feel, valued members of the community
- Staff model non-offending and pro-social behaviours for dealing with issues at all times

Pre-commitment Phase

4 weeks

- Comprehensive assessment including DSM IV criteria for Dependency
- Commitment to rules and nature of programme contract
- Motivational interviewing
- Behaviour modelling by senior phase members (TC model)
- Intro to classroom work, group work, group synergy
- Decision on suitability including prisoner presentation 'Am I ready?'
- Clean drug screen

Phase one

4 weeks

Commitment Phase

- Tx plan & set phase goals
- Motivational Interviewing
- Education modules
- Introduction to therapeutic tools
 - - 1x1
 - - Group therapy
 - - Introduction to recovery continuum
 - - Life story
 - - Presentation to peer group
- Review, evaluation, phase movement
- Behaviour modelling by senior phase members, graduates and staff (Care NZ & Corrections) (TC model)

Phase Two

4 weeks

Action Phase

- Education modules
- Group therapy
- Coat of Arms
- Implementation of therapeutic tools
 - T/A – communication skills
 - REBT – abc model – rational/irrational beliefs
 - Managing anger
 - Coat of Arms presentation to peer group
- Review, evaluation, phase movement
- Behaviour modelling by senior phase members and graduates (TC model)

Phase Three

4 weeks

Maintenance Phase

- Education modules
- Group therapy
- Relapse prevention
- Reintegration
- Aftercare plan
- Behaviour modelling and taking on further responsibilities for the wellbeing of the community (TC model)
- Graduation

Graduates

Allowance for up to ten graduates of the programme to stay on in the unit to participate in leadership roles and/or support, model appropriate behaviour and continue to contribute positively to community

Other groups & activities

- Seminars
- Electives (interest groups)
- Community groups (wide range of choices)
- C & A groups
- Individuals roles within community

A typical day:

- 9.00 –Morning meeting
- 9.15- Education
- 10.45 Group Therapy
- 1.00 – Afternoons vary between Community groups, Seminars, Electives or any other required meetings or activities

2006 evaluation found:

- Re-incarceration rates reduced by 14% for those who completed the programme.
- General recidivism was reduced by 9%
- Violent recidivism was reduced by 11%
- Speed of recidivism was significantly longer

WHY?

- **89%** of serious offenders have a dependence to alcohol or other drugs²
- **83%** of prisoners have had an alcohol or other drug dependency at some point in their lives.²