



Government of **Western Australia**
Department of **Corrective Services**

Offender Services
Prison and Community Programs Guide
2009/10

Offender Management and Professional Development
Department of Corrective Services – W.A.
4th June 2009

Contents

Our approach to treatment programs for offenders.....	3
Addictions Offending Programs	4
Background	4
Moving On From Dependencies Program (MOFD).....	4
Pathways Program (New)	5
Getting Smart Program (New)	5
Breaking Out Program	6
Indigenous Men Managing Anger & Substance Use Program (IMMASU)	6
Womens Substance Use Program.....	7
Cognitive Skills Programs	8
Background	8
Think First Program	8
Cognitive Brief Intervention.....	8
Building On Aboriginal Skills Program (BOAS)	9
Legal & Social Awareness Program (LASA)	9
General Offending Programs	10
Background	10
Reconnections Program (New).....	10
Making Choices Program (New)	10
Change and Emotions Program.....	11
Sex Offending Programs.....	12
Background	12
Deniers Program.....	12
Community Based Sex Offender Treatment Program	12
Maintenance Program	13
Indigenous Medium Program (Updated)	13
Intellectual Disabilities Program.....	13
Medium Program	14
Intensive Program.....	14
Violent Offending Programs.....	15
Background	15
Building Better Relationships Program (BBR).....	15
Domestic Violence Program (DV)	15
Indigenous Family Violence Program	16
Medium Intensity Violence Program (MIV).....	16
Intensive Program (VOTP).....	17

Our approach to treatment programs for offenders

An offender's placement on a treatment program is dependent on various factors including;

1. the recommendation or outcome of the Treatment Assessment screening (prison)
2. the supervision level of the offender (community)
3. pre-group/program interview and assessment processes
4. availability of a place on the recommended program

Although the assessment criteria for accessing programs vary to some degree between different program areas (sex offending, violent offending, addictions offending, etc.) all take into account:

- the offender's risk of reoffending,
- criminogenic needs, and
- motivation to undertake a program.

Secondary matters taken into account in allocating offenders to programs are:

- the offender's psychiatric status,
- intellectual capacity,
- literacy, and
- ethnic background. Community based programs also take into account the offender's work status and issues related to childcare.

All programs offered to offenders are based on the "What Works" literature and take a perspective based on social learning theory. Cognitive behavioural group-work is recognised as the most therapeutic and cost effective means of delivering rehabilitation services to both male and female offenders, and is the basis of offender programs both nationally and internationally. In delivering group programs to offenders, a distinction is made between curriculum and therapeutic process. A best-practice curriculum is of little or no value unless it is delivered in a way that engages the group participants personally and emotionally. This is achieved by applying therapeutic group work theory and practice.

Wherever possible, two facilitators deliver programs, and, in the case of sex offending programs, these, ideally comprise a male and a female to model appropriate interactions and relationships.

The Relapse Prevention model provides the primary conceptual framework for most offence-related treatment programs. This model holds offenders accountable for their behaviour and is directed toward having offenders identify those factors that place them at risk of reoffending. They are then held responsible for instituting changes in their lives to remain offence-free. The emphasis is on control of behaviour rather than "cure".

Emotion Focussed Therapy is utilised in community-based programs more so than in prison programs due to the nature of this approach and the setting in which it is delivered.

Addictions Offending Programs

Background

Research indicates that the majority of prisoners have an alcohol or drug problem related to their incarceration. The large numbers of offenders with drug alerts listed on the Department of Corrective Services computer-based management records (Total Offender Management Solution (TOMS) system) confirms the prevalence of substance-use problems experienced by incarcerated men and women in Western Australia. Substance use programs have a primarily rehabilitative focus, but have an immediate additional benefit of enhancing prison safety and security by reducing drug use and associated violence, and the threat of blood borne diseases.

Drug Free Units have been established at Wooroloo, Albany and Bandyup prisons to provide a drug free environment to two streams of offenders. One stream consists of those who do not have a problematic drug history but can provide role-modelling for those who have had a problematic drug history. Incentives make this an attractive accommodation option for the second stream: offenders who wish to improve their lifestyle by refraining from drug use. Graduates from the Moving on From Dependency Program are given priority for this unit wherever possible.

Moving On From Dependencies Program (MOFD)

<i>Format:</i>	100 hour group program (3 days per week over 8 weeks).
<i>Objectives:</i>	To reduce offending and problematic substance use.
<i>Content:</i>	Clarification of connections between substance use, offending behaviours and associated problems; problem identification; relapse prevention, harm reduction; offending cycles and work and study options.
<i>Target group:</i>	Highly motivated male and female offenders with high risk/need.
<i>Availability:</i>	Albany, Bandyup, Boronia, Bunbury, Casuarina, Karnet and Wooroloo prisons.

Pathways Program (New)

<i>Format:</i>	126 hour group program (3 days per week over 21 weeks).
<i>Objectives:</i>	To reduce offending and problematic substance use.
<i>Content:</i>	High intensity substance abuse program for adults with a history of criminal conduct and alcohol and other drug use problems. The program used a cognitive behavioural approach.
<i>Target group:</i>	Highly motivated male and female offenders with high risk/need.
<i>Availability:</i>	To replace MOFD

Getting Smart Program (New)

<i>Format:</i>	24 hour group program (2 days per week over 6 weeks).
<i>Objectives:</i>	To help offenders overcome substance use.
<i>Content:</i>	Low intensity program that teaches offenders to use cognitive behavioural principles, theory, skills & techniques to abstain from any type of addictive behaviour.
<i>Target group:</i>	Medium risk offenders with substance abuse needs.
<i>Availability:</i>	To be decided.

Breaking Out Program

Format:	96 hour single gender group program.
Objectives:	To reduce offending where problematic substance use is identified as a primary criminogenic need.
Content:	<p>To provide the opportunity for participants to gain an understanding of the link between and impact of thoughts, feelings and behaviour; to develop emotional management strategies that will decrease the substance using behaviour; cognitive distortions; the nature of dependency and tolerance; childhood experiences and attachment styles; clarification of connections between substance use, offending behaviours and associated problems; problem identification; relapse prevention; harm reduction.</p> <p>An important aspect of the program includes establishing firm and reliable support networks to continue upon program completion. It is noted that in the community, external service providers are often limited by their internal agency guidelines about working with pre-contemplation or offending behaviour, and this program will work with offenders at any stage of change and directly address offending behaviour linked with entrenched or problematic substance use.</p>
Target group:	Male and female offenders with high – medium risk/high need. Particularly suited to newly released Parolees and those who are not work-ready.
Availability:	Delivered in the community only at most metro CJS sites and Warminnda.

Indigenous Men Managing Anger & Substance Use Program (IMMASU)

Format:	55 hour group program run over 4 weeks.
Objectives:	To improve anger management and reduce substance use problems.
Content:	Managing emotions, understanding family violence, developing alternative coping strategies and implementing relapse prevention. There is an emphasis on experiential and visual modes and art therapy is used in some sessions.
Target group:	Indigenous men in remote areas who have offending records characterised by violence and alcohol use.
Availability:	Broome, Casuarina, Eastern Goldfields, Greenough and Roebourne prisons.

Womens Substance Use Program

<i>Format:</i>	35 hour group program run over 4 weeks.
<i>Objectives:</i>	Explore the relationship between substance use, offending behaviour & the impact of these on the offender's lifestyle.
<i>Content:</i>	Using cognitive behavioural principles, offenders are taught about their substance use, how to make changes, emotional & stress management, self esteem and relapse prevention.
<i>Target group:</i>	Female offenders with a history of problematic substance use.
<i>Availability:</i>	Greenough prison.

Cognitive Skills Programs

Background

Cognitive Skills programs have been running in WA Public Prisons since 2001 and are delivered by prison officers, supported and supervised by Offender Services staff. Cognitive skills programs provide a platform to enhance pro-social thinking and encourage staff and prisoners to understand behaviour and improve interaction.

Think First Program

Format:	60 hour group program run over 10 weeks.
Objectives:	To help group members develop their skills for thinking about problems and for solving them in real life situations. To apply these skills to the problem of offence behaviour and reduce the risk of re-offending.
Content:	Social problem-solving skills, self management and self-control, social behaviour and social interaction skills, values beliefs and attitudes.
Target group:	Medium to high risk offenders.
Availability:	Albany, Bandyup, Boronia, Bunbury, Casuarina, Greenough, Karnet and Wooroloo prisons.

Cognitive Brief Intervention

Format:	20 hour group program run over 2 weeks.
Objectives:	The cognitive skills program is designed to provide participants with a range of skills that will help them gain a greater awareness of how they think about themselves, others and the world, whilst addressing offending behaviour.
Content:	Self control, critical reasoning, problem solving, interpersonal perspective taking and relapse prevention. The Cognitive Brief Intervention program was obtained through a reciprocal agreement in July 2005 with the Northern Territories Department of Corrections. It is used where delivery of the Think First program is unsuitable.
Target group:	Offenders unable to participate in Think First.
Availability:	Casuarinas and Hakea prisons.

Building On Aboriginal Skills Program (BOAS)

Format:	20 hour group program run over 2 weeks.
Objectives:	In line with Indigenous learning theory the key aim of the Building on Aboriginal Skills program is to focus on knowledge and ways of knowing as an organic process that is relational and connected to land, spirit, culture, family and community. This program uses 'Social Learning Theory' which is a learning approach that can support positive behaviour change, combining cognitive skills and emotional intelligence training.
Content:	Life Review, Personal Learning, Self Management, Social Awareness, Ongoing Learning. The Building on Aboriginal Skills program was written by Aboriginal Psychologist Darryl Henry in consultation with Aboriginal people of the North West.
Target group:	Indigenous offenders.
Availability:	Broome, Eastern Goldfields, Greenough, Roebourne and Casuarina prisons.

Legal & Social Awareness Program (LASA)

Format:	66 hour group program run over 2 weeks.
Objectives:	Increasing participants understanding of rules and laws, increase moral reasoning, decrease pro offending attitudes & beliefs, thereby reduce recidivism.
Content:	Introduction to rules & laws, examining attitudes towards law violation & towards victims, sociomoral decision making.
Target Group:	Offenders with recognised or borderline cognitive impairment.
Availability:	Casuarina prison.

General Offending Programs

Background

These programs have been introduced to specifically meet the needs of women and also more general criminogenic program needs.

Reconnections Program (New)

Format:	250 hour group program run over 15 weeks.
Objectives:	Address female-specific antecedents to reoffending.
Content:	Roles of women, self-worth, communication and perspective taking, relationships, parenting, attachment, anger management, depression and anxiety/panic, stress and PTSD, well-being and sleep, sexual abuse and domestic violence, positive social interactions and relapse management.
Target group:	Female offenders. The program is not designed to meet the cultural needs of traditional Aboriginal women from remote communities.
Availability:	Bandyup prison.

Making Choices Program (New)

Format:	100 hour group program.
Objectives:	Develop personal insight and working towards improving life outcomes.
Content:	Program utilizes a range of treatment methods which have been shown to be effective in reducing recidivism, including relapse prevention planning, problem solving, safety planning and mood management techniques.
Target group:	Female offenders.
Availability:	Bandyup and Greenough prisons.

Change and Emotions Program

<i>Format:</i>	50 hours single gender group program. This is held over 20 sessions, each session 2.5 hours - 50 hours.
<i>Objectives:</i>	To assist offenders take responsibility for their violent offending behaviour and develop pro-social emotional management techniques with an aim of relapse prevention.
<i>Content:</i>	Participants gain an understanding of the link between and impact of thoughts, feelings and behaviour; cognitive distortions; to develop emotional management strategies that will decrease the violent offending behaviour; offence analysis; relapse prevention with focus on triggers to violent offending and links with illicit substance use; communication techniques; childhood experiences and attachment styles; link with EVT services to further employment and training at program completion.
<i>Target group:</i>	Medium - High risk offenders subject to supervision orders who do not have entrenched substance abuse problems.
<i>Availability:</i>	Delivered in the community at most CJS centres (Metro and Bunbury) and Warminda.

Sex Offending Programs

Background

The systematic delivery of treatment programs to sex offenders in WA began in 1987. The initial program was modelled on institution-based programs in Canada and the USA.

A large number of sex offenders will initially deny their offences because of a combination of shame and fear. Most offenders are resistant to entering treatment and are to some degree involuntary. Among a number of topics, the programs address issues relating to victim empathy, social perspective taking, critical reasoning and values reasoning. In addition, the program provides participants with the relevant skills and insight they need to accept responsibility for their offending behaviour.

Deniers Program

Format:	95 hour group program.
Objectives:	To provide a treatment opportunity for sex offenders who feel they have been wrongly convicted or falsely accused of their offences.
Content:	It provides an opportunity for participants to identify problems in their life which led to accusations being made against them. The purpose is for participants to avoid being falsely accused in the future.
Target group:	Offenders who categorically deny guilt of their sex offending behaviour.
Availability:	Casuarina prison.

Community Based Sex Offender Treatment Program

Format:	100 hour group program.
Objectives:	Reduce sexual offending.
Content:	Taking responsibility, identifying and reducing cognitive distortions, addressing self-esteem issues, increasing victim empathy and implementing relapse prevention. This model utilises the approach that is suited to both admits and deniers, identifying precipitating and historical background factors that may have led to the sexual offending as a way of reducing risk.
Target group:	Medium - High risk sexual offenders subject to supervision orders in the metropolitan area.
Availability:	Delivered in the community at Bunbury and Perth CJS.

Maintenance Program

Format:	Open ended group program run in the community, that meets fortnightly for 2 hours.
Objectives:	Maintain previous treatment gains following release from prison and assist with reintegration into the community.
Content:	Issues and events related to the day to day management of participants offending behaviour.
Target group:	Male sex offenders who have completed one of the prison based programs (usually the intensive program) and who are still considered to represent some risk of reoffending and who have little or no community support.
Availability:	Delivered in the community at Perth CJS.

Indigenous Medium Program (Updated)

Format:	100 hour group program run over 4 months.
Objectives:	Reduce sexual offending.
Content:	This program has been recently updated and is written in line with current research which states that recidivism is reduced through therapeutic techniques designed to enhance self esteem and build skills for the future.
Target group:	Indigenous sex offenders.
Availability:	Greenough Regional Prison.

Intellectual Disabilities Program

Format:	To be revised.
Objectives:	Reduce sexual reoffending, increase level of observed social skills, increased insight and understanding of dysfunctional sexual behaviours and maintain increased monitoring and control over these behaviours.
Content:	This is adjusted to ensure comprehension, and addresses Social Skills, Relationships, Sexuality, Victim Empathy and Relapse Prevention.
Target group:	Medium risk sex offenders with low levels of Intellectual ability who are considered to present a significant risk of reoffending.
Availability:	Casuarina prison and Perth CJS.

Medium Program

<i>Format:</i>	105 hour group program run over 10 weeks.
<i>Objectives:</i>	Reduce sexual reoffending.
<i>Content:</i>	Taking responsibility, identifying and reducing cognitive distortions, increasing victim empathy and implementing relapse prevention.
<i>Target group:</i>	Medium risk sex offenders. These individuals may have committed offences involving some level of aggression and repetitive sex offences against a small number of victims.
<i>Availability:</i>	Bunbury and Karnet prisons.

Intensive Program

<i>Format:</i>	460 hour residential group program run over 30 weeks.
<i>Objectives:</i>	Reduce sexual reoffending.
<i>Content:</i>	Responsibility taking, emotional self-management, motivation to change, intimacy and relationship skills, distorted thinking, relapse prevention, fantasy, trust and consent, problem solving.
<i>Target group:</i>	Male sex offenders who pose the greatest risk of re-offending and will cause the greatest amount of damage to victims.
<i>Availability:</i>	Bunbury, Casuarina and Karnet prisons.

Violent Offending Programs

Background

Programs to address violent behaviour began to be systematically offered to offenders in WA in 1993 with the implementation of the Alternatives to Violence Unit. This unit was subsequently merged with the Sex Offender Treatment Unit in 1998, and subsequently into the Offender Services Branch.

Building Better Relationships Program (BBR)

Format:	75 hour group program run over 2 months.
Objectives:	Reduce further violent offending against partner by developing prosocial behaviour, attitudes and beliefs.
Content:	Cognitive behavioural treatment in accordance with “What Works”.
Target group:	Male domestic violence offenders.
Availability:	Casuarina prison.

Domestic Violence Program (DV)

Format:	40 hour group program run over 22 weeks in the community.
Objectives:	To reduce instances of DV and improve community safety.
Content:	There are two main models utilised in the treatment of these offenders; Stosny and Duluth.
Target group:	Intimate partner violence and general family violence perpetrators.
Availability:	There are a number of contracts in place with local service providers to deliver in the community throughout the state. Referrals for these programs come from the family violence court and people on court orders with community justice services.

Indigenous Family Violence Program

Format:	54 hour single gender group program.
Objectives:	Appreciating that Family Violence (FV) is a crime and is unacceptable; challenging attitudes and behaviours that support FV; accepting responsibility for FV; developing skills and behaviours required to cease FV.
Content:	Understanding FV; values and beliefs; cultural context; intergenerational aspects; law on FV; anger; violence and substance use; motivation; controlling behaviours; power and equality; dynamics of FV; self-talk; relationships; taking responsibility; change; conflict resolution; spiritual healing.
Target group:	Indigenous FV offenders, male or female.
Availability:	Casuarina, Greenough and Roebourne prisons. Also delivered in the community at Fremantle, Geraldton, Midland, Perth and Warwick CJS offices.

Medium Intensity Violence Program (MIV)

Format:	140 hour group program run over 14 weeks.
Objectives:	Examine causes of offending, develop specific skills, identify patterns in thinking, emotions and behaviours that lead to re-offending.
Content:	Development of perspective taking skills, lifestyle balance, offence mapping, emotional regulation skills, problem solving skills, substance use, relationships and safety planning.
Target group:	Violent and general offenders at medium risk of re-offending.
Availability:	Casuarina, Albany, Bunbury, Karnet and Wooroloo prisons. Planned also to introduce at Albany in the next financial year. Also delivered in the community at Perth CJS.

Intensive Program (VOTP)

<i>Format:</i>	450 hour group program run over 30 weeks.
<i>Objectives:</i>	Reduce further violent offending by developing pro-social behaviour, attitudes and beliefs.
<i>Content:</i>	Cognitive behavioural treatment in accordance with "What Works" delivered in a residential setting.
<i>Target group:</i>	High risk male violent offenders.
<i>Availability:</i>	Albany, Casuarina and Wooroloo prisons.