

## **INSIGHT AND OUTLOOK RESOURCES**

### Appendix: Detailed Description of Outcomes

#### **BOX 1**

##### **Pre-Contemplation**

1. Begin developing trust between program staff and inmate
2. Identification of life goals

#### **BOX 2**

##### **Contemplation**

###### *Immediate*

1. Identification of issues relating to readiness for change
2. Identify and address current feelings
3. Gain insight into feelings and symptoms contributing to past patterns of behavior
4. Identify current values and life goals; identify areas of criminal values

###### *Intermediate*

1. Demonstrate increased understanding of concepts
2. Demonstrate readiness for moving to the next program stage (behavior evaluation by program staff)

#### **BOX 3**

##### **Preparation**

###### *Immediate*

1. Demonstrate insight into prior behavior (including substance abuse, other dependencies, and criminal activity) through curriculum-based activities and interaction with program staff.
2. Identify uncomfortable feelings previously contributing to aspects of past problem behaviors.
3. Identify and address area of “stinking thinking”; learn cognitive thinking strategies which provide alternative ways to process critical information (cognitive restructuring).
4. Understand their personal cycle of thoughts, feelings and behaviors in dependencies, and how they lead to significant life problems.
5. Begin to learn more effective strategies for coping.
6. Demonstrate competence at specific social skills and communication skills.
7. Demonstrate competence in use of problem solving skills.
8. Understand aggression and violence in their lives and develop behavioral alternatives.
9. Demonstrate competence at specific anger management skills.
10. Demonstrate understanding of empathy and specific aspects of victim empathy.
11. Evaluate the mind-set underlying their past substance abuse, other dependencies, and criminal activity
12. Identify specific risk factors for past problem behaviors.
13. Identify individual needs met by past problem behaviors.
14. Through completion of assigned materials, demonstrate understanding and active participation in programming.

### *Intermediate Outcomes*

1. Demonstrate readiness for moving to the next program stage (behavior evaluation by program staff)
2. Demonstrate competence in use of problem solving skills (specifically use of the problem solving technique).
3. Demonstrate competence at specific anger management and communication skills (specifically avoidance of violence).

### **BOX 4**

#### **Action**

### *Immediate Outcomes*

1. Demonstrate competence in use of decision making skills.
2. Demonstrate competence at using specific coping skills to curtail impulsive responses.
3. Increase competence at use of a range of specific assertion skills (to protect personal boundaries, to defend against peer pressure, relationships pressure, gang pressure, etc.).
4. Address specific highest risk factors relating to past problem behaviors.
5. Address specific needs previously met by past problem behaviors.
6. Address issues (and identify techniques) for developing healthy boundaries and healthy relationships.
7. Demonstrate competence at specific skills: refusal skills, resistance skills, resiliency skills, violence avoidance.
8. Demonstrate competence in the use of coping skills for handling uncomfortable feelings and thoughts.
9. Learn, practice, and demonstrate competence at specific effective coping options (coping skills) to prevent return to specific high risk behaviors (develop self-efficacy). These behaviors will include gang-related activity, relapse, other criminal behavior, and specific high risk situations, people, things, and places.
10. Complete assignments addressing post-release planning and recovery. These assignments will be evaluated for completeness, applicability to the client's highest risk situations, and likelihood of self-efficacy.
11. Post-release residence plan (with options as appropriate)
12. Post-release education, employment, or vocational plan
13. Post-release family relationships plan
14. Post-release gang-avoidance plan
15. Post-release support/counseling plan, including self-help groups (as appropriate)
16. Post-release safety-net plan
17. Post-release high-risk situation relapse prevention/recidivism prevention plan
18. Demonstrate readiness for moving to the next program stage (behavior evaluation by program staff)

19. Complete assignments addressing post-release planning and recovery. These assignments will be evaluated for completeness, applicability to the student's highest risk situations, and likelihood of self-efficacy. Post-release residence plan (with options as appropriate)

### *Intermediate*

1. Demonstrate competence at using specific coping skills to curtail impulsive responses.
2. Increase competence at use of a range of specific assertion skills (to protect personal boundaries, to defend against peer pressure or gang pressure etc.).
3. Demonstrate competence at specific skills: avoidance skills, skills for escaping from high risk situations, refusal skills, resistance skills, resiliency skills, violence avoidance.
4. Well developed post-release education, employment, or vocational plan
5. Well developed post-release family relationships plan
6. Well developed post-release gang-avoidance plan
7. Well developed post-release support/counseling plan, including self-help groups (as appropriate)
8. Well developed post-release safety-net plan
9. Well developed post-release high-risk situation relapse prevention/recidivism prevention plan
10. Maintain a positive outlook; avoid gang-related activity; avoid behavior leading to discipline.

## **BOX 5**

### **Maintenance**

#### *Immediate*

1. Through curriculum materials, develop concrete vocational/employment plan for post-release
2. Continue to develop detailed written post-release plan, including development of safety net.
3. Demonstrate (to program staff) self-efficacy at handling personal highest risk areas.
4. Identify and demonstrate competence at addressing specific risks to be experienced during the community reintegration process.
5. Develop an action plan for dealing effectively with family, friends, and (if applicable) former gang members upon release.
6. Develop action plan for addressing issues likely to be faced the first few days after release.
7. Develop action plan for dealing with uncomfortable feelings likely to be experienced upon returning to the community.
8. Develop action plan for addressing specific responsibilities upon returning home (drug testing, probation, employment, family responsibilities, etc.).
9. Develop realistic set of positive activities and options available as alternatives upon returning home.

10. Develop specific plan to avoid (or limit) access to specific people, places, things, and situations at home.
11. Demonstrate effectiveness in coping with peer pressures - including relationship pressure, gang pressure, etc.
12. Demonstrate competence in dealing effectively with authority figures.
13. Demonstrate effective responses to symptoms and cues that they are at increasing risk. Demonstrate competence in selected options for dealing with "lapses."
14. Systematically address these risks in individual and group counseling experiences.
15. Revise assignments addressing post-release planning and recovery. These assignments will be evaluated for completeness, applicability to the client's highest risk situations, and likelihood of self-efficacy. Where possible, these materials should include current involvement with outside "safety net."

*Intermediate*

1. Demonstrate competence in dealing effectively with authority figures.
2. Maintain a positive outlook; avoid gang-related activity; avoid behavior leading to discipline.

**BOX 6**

**Aftercare**

*Immediate/Intermediate*

1. No post-release gang involvement (re-joining the gang)
2. No post-release criminal behavior (recidivism)
3. Relapse
4. No post-release infractions of probation regulations and requirements
5. Compliance with substance abuse testing standards
6. Active participation in post-release treatment/counseling/support group activities as required