



The Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

University of Missouri-Kansas City  
Addiction Technology Transfer Center  
National Office  
5100 Rockhill Road  
Kansas City, MO 64110-2499

**an equal opportunity institution**

This publication was made possible by grants from the Substance Abuse and Mental Health Services Administration (SAMHSA). The contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA.

*The ATTC Networker* is a publication of the ATTC National Office. Direct comments to Angie Olson, editor, at [olsona@nattc.org](mailto:olsona@nattc.org) or call 816-482-1200.



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# attc Networker

Vol. 7, No. 2 • Fall 2005



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Funded by Substance Abuse and Mental Health Services Administration

*Unifying science, education and services to transform lives.*

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## CRIMINAL JUSTICE: REENTRY

*This issue of The ATTC Networker highlights ideas, programs, publications, Web sites and other resources related to offender reentry and criminal justice.*

# Reentry Programs Serve Everyone: 97% of Offenders Will Be Released

Recently, in a suburb of Kansas City, Mo., a young man was killed while trying to retrieve the purse of an elderly woman who had been robbed in a store parking lot. The robber tried to drive away while the young man was still partially in the car. "The Good Samaritan" as he has been named in Kansas City, was eventually pinned between the car and a building. He left behind a young, pregnant wife.

The robber is also a young man in his twenties. Cocaine use took over his life at age 18. His addiction led to purse-snatching to pay for drugs. He had been released from prison just days before this crime.

This story has no good ending. One man is dead, and the other will be tried for first-degree murder – something his family could never have imagined. The young robber didn't set out to kill someone, and was motivated to commit robbery to support his disease. These facts don't absolve him from guilt, but they do shed light on the importance of treatment during incarceration and ongoing reentry programs.

Ninety-seven percent of all offenders will eventually return to their communities – many without having received treatment, education or any life-skills preparation while incarcerated. Upon release, many will return to the lifestyle they left. This "revolving door" is costly to society in terms of financial burdens and reduced safety for our communities. These events show us that treating addiction and helping inmates reenter society successfully, not only serves the offenders, but everyone.

The Bureau of Justice Statistics Web site indicates that more than 600,000 offenders are released from prison each year.

Up to 60% are rearrested within 3 years.

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# A Profile of Reentry in the U.S.

**“People leaving prison and jail have a host of complex needs, which often serve as barriers to successful re-entry.”**

**Three-quarters of those released ... have a history of substance abuse; two-thirds have no high school diploma.**

**Nearly half of those leaving jail earned less than \$600 per month immediately prior to their incarceration, and their opportunities for employment are significantly diminished once they have a criminal record.”**

**- 2005 Reentry Policy Council Report, *Charting the Safe and Successful Return of Prisoners to the Community***

## What Is Reentry?

The U.S. Department of Justice, Office of Justice Programs (USDOJ), defines reentry as “the process of managing the transition from the status of ‘imprisoned offender’ to the status of ‘released ex-offender.’”

An article in the May 2000 issue of *Sentencing and Corrections: Issues for the 21st Century*, called *But They All Come Back: Rethinking Prisoner Reentry*, by Jeremy Travis, senior fellow with the Urban Institute, discusses the true aim of successful reentry efforts. He states, “The overarching goal of reentry...is to have returned to our midst an individual who has discharged his legal obligation to society by serving his sentence and has demonstrated an ability to live by society’s rules.”

## Demographics

- 97% of people in U.S. prisons will be released; nearly 650,000 each year.
- Nearly half of people in prison have been convicted of a violent offense.
- In a 15-state study, over two-thirds of inmates were rearrested within three years. The first six months accounted for 44% of that recidivism.
- 43% of state prisoners have been incarcerated or sentenced to probation three or more times.
- 88% of returning prisoners are male.
- The median age of releasees is 34.
- The median education level of releasees is 11th grade.
- People released from prison are disproportionately Black or Latino.

Demographics from *Charting the Safe and Successful Return of Prisoners to the Community* (CSSRPC), 2005, Reentry Policy Council

## Barriers to Successful Reintegration

A 2005 report by the Re-entry Policy Council called, *Charting the Safe and Successful Return of Prisoners to the Community* (CSSRPC), states, “People leaving prison and jail have a host of complex needs, which often serve as barriers to successful re-entry. Three-quarters of those released...have a history of substance abuse; two-thirds have no high school diploma. Nearly half of those leaving jail earned less than \$600 per month immediately prior to their incarceration, and their opportunities for employment are significantly diminished once they have a criminal record. More than a third of jail inmates report having some physical or mental disability.”

Another barrier to successful reintegration is often incarceration itself. An article in the September 2004 issue of *Federal Probation* called *The Offender and Reentry: Supporting Active Participation in Reintegration*, states, “Prison environment tends to undermine treatment or rehabilitation efforts. ...A major challenge is that the very nature of prisons is counter to the stated goals of reentry.”

David Leathery, assistant director for Probation and Pretrial Services Programs in the Education Division of the \*Federal Judicial Center, believes there are more barriers than ever facing released offenders. He explains, “The U.S. correctional system is very overcrowded. Many inmates are now receiving longer sentences for crimes that historically have received lesser sentences. Being removed from society and placed in the prison environment for such a long time has a huge impact on how a person copes. Often when inmates come out, they are much less prepared to live by society’s rules than when they entered. They are disconnected from their families and friends. They have barriers that impact their ability to gain employment and housing. They are often uneducated and have no money. A large percentage of inmates have substance abuse and mental health histories. Without support the likelihood of failure is extremely high.”

## The Substance Abuse Component

Addiction often plays a key role in whether a released inmate returns to crime. As prison populations have increased, resources have become limited and many corrections agencies have eliminated or condensed substance abuse treatment services. In addition, many sentencing laws have reduced the incentives to enter treatment that were once available to inmates. The following statistics highlight the importance of treatment during and after incarceration.

- A Columbia University study shows that 80% of offenders report substance abuse problems.
- The Office of National Drug Control Policy indicates that 85% of state prisoners need addiction treatment, but only 13% receive it while in prison.
- Up to three-quarters of parolees who leave prison without drug treatment for cocaine or heroin addiction resume drug use within three months of release.
- A National Institute of Justice study found that inmates who completed treatment were less likely to be rearrested after release especially if residential treatment was followed by aftercare services.

## Shifting the Correctional Paradigm

The 2005 CSSRPC report states, "Although spending on corrections has increased nearly seven-fold in the past two decades...the likelihood of a former prisoner succeeding in the community...has not improved over that time." Because of high recidivism rates, Kate Lynott, senior education specialist for the \*Federal Judicial Center, sees a need for practitioners and policymakers to change the way our correctional system works. She states, "Reentry has been a difficult issue since incarceration began. We should look at what research is saying, and

**"The overarching goal of reentry...is to have returned to our midst an individual who has discharged his legal obligation to society by serving his sentence and has demonstrated an ability to live by society's rules."**

- Jeremy Travis, *Sentencing and Corrections: Issues for the 21st Century*, May 2000.

move from a controlling corrections attitude to one of rehabilitation."

USDOJ research shows that assisting released offenders with employment, housing, addiction treatment and health care can significantly reduce recidivism rates, resulting in safer communities and a substantial cost savings to society.

Leathery believes that the community corrections and probation and parole systems need more resources if reentry efforts are to succeed. "Community corrections groups are the last to get funded and the first to be cut. Their caseloads are heavier and they are dealing with tougher cases than ever before. We must find the resources to have multiple systems – community corrections, mental health, substance abuse treatment, employment, housing – all working in tandem to combat the multitude of issues facing releasees."

Lynott concludes, "If we can help everyone view their jobs as breaking a vicious cycle and intervening in people's lives, it will help offenders move in new directions. Everyone involved needs to understand that they have authority and influence to create change."

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*Their caseloads are heavier and they are dealing with tougher cases than ever before.*

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- David Leathery,  
Federal Judicial  
Center

*\*The Federal Judicial Center is the research and education agency of the Federal judicial system. The Education Division plans and produces educational resources for judges and other court personnel. Products include trainings, Web-based resources, television programs broadcast by satellite, manuals and monographs. Resources are based on the latest research in areas such as substance abuse treatment, mental health, offender supervision, domestic violence, offenders with special needs and many other topics. To learn more, visit [www.fjc.gov](http://www.fjc.gov).*

## President Proposes \$300 Million for Reentry

Prisoner reentry has grabbed the attention of a number of groups in recent years including the U.S. President. In his 2005 State of the Union Address, President Bush proposed a four-year, \$300 million initiative to assist inmates

upon their release from incarceration. Working with businesses and service providers, the

program would provide job training, housing options and transitional services to help ex-offenders reenter their communities successfully.

The U.S. Departments of Labor (USDOL), Housing and Urban Development (USHUD), and Justice (USDOJ), will partner to administer these programs. The proposal expands elements of a pilot program underway at the USDOL, the Ready4Work program, which has begun to see promising results.

In addition to housing, employment and mentoring, this initiative will review the health needs of ex-offenders including whether substance abuse treatment is needed says Kenneth Robertson, team leader for Criminal Justice and TCE (Targeted Capacity Expansion) Programs at the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT). "Both DOL and DOJ are viewing the issue of reentry from a holistic perspective. CSAT has been involved since the beginning attending meetings and providing information about substance abuse."

President Bush is the first President to highlight the issue of reentry in such an important manner. Robertson is pleased at the attention this issue is getting. "We have really put a lot into the front portion of the criminal justice system with drug courts and prevention efforts. But the fact is that more than 600,000 prisoners are released from prison every year and return to their communities. A majority of these people come back into the system at some point. This information shows that the current system isn't

working. Now there is political authority to create the bipartisan support needed to correct the current state of reentry," he notes.

The Bush administration intends for faith- and community-based organizations to play a huge role in this initiative. Robertson thinks this is a wise move. "Teaming the justice system with ancillary services in the community makes sense. Community and faith agencies can help ex-offenders create stability when they go back home. These groups can help them reintegrate with their families, keep their jobs and pay bills."

SAMHSA will continue to be involved with this initiative. Robertson concludes, "I see our role as providing counsel about substance abuse and mental health issues for all the agencies involved. We want to help everyone understand what resources are available and what the current research shows. Everyone knows the substantial role substance abuse plays in crime and the disproportionate number of individuals in the criminal justice system who have mental health disorders. Our involvement will help ensure that treatment needs are addressed with these populations."

To learn more about the President's new initiative, visit [www.dol.gov/cfbci/Ready4Work.htm](http://www.dol.gov/cfbci/Ready4Work.htm).

*"...The fact is that more than 600,000 prisoners are released from prison every year and return to their communities.*

*A majority of these people come back into the system at some point.*

*This information shows that the current system isn't working.*

*Now there is political authority to create the bipartisan support needed to correct the current state of reentry."*

- Kenneth Robertson, CSAT

### Eye on the Field

Your Monthly Guide to News, Research, Funding, Training and Online Resources

Each month, the ATTC National Office creates and delivers an online magazine for practitioners, educators and researchers in the addiction treatment and prevention fields. Anyone with e-mail can subscribe for free. The publication will be delivered to your inbox as an e-mail. To subscribe, visit [www.nattc.org/eyeonthefield](http://www.nattc.org/eyeonthefield).

## Serious and Violent Offender Reentry Initiative Is Underway

In 2002, a Serious and Violent Offender Reentry Initiative (SVORI), was developed as a comprehensive effort that would address both juvenile and adult populations, and would provide funding to develop, implement, enhance and evaluate reentry strategies to ensure community safety and reduce the likelihood of repeat serious, violent crime.

SVORI is funded by the U.S. Departments of Justice, Labor, and Health and Human Services. The U.S. Departments of Housing and Urban Development, Education, Veteran's Affairs and the U.S. Social Security Administration are providing advice, support and technical assistance.

### Goals of SVORI:

- Improve the quality of life and self-sufficiency of ex-offenders through housing, employment, family and community involvement
- Improve the health of ex-offenders by addressing substance use and physical and mental health needs
- Reduce criminality through supervision and monitoring
- Achieve systems change through multi-agency collaboration/case management

The reentry area of the Office of Justice Programs Web site explains the need for programs like SVORI. "...Long, fixed prison terms for serious offenders can sometimes

## ATTC Network Leads New Cross-Training Initiative for SVORI

The ATTC Network is leading a cross-training effort for the Serious and Violent Offender Reentry Initiative (SVORI) by mentoring teams of trainers who are delivering a new curriculum designed to bring criminal justice and addiction treatment workforces together.

Director of the ATTC National Office, Mary Beth Johnson, explains, "The project began a year ago when the ATTC National Office revised an ATTC Network curriculum entitled, *Criminal Justice Substance Abuse Cross Training: Working Together for Change* to meet the specific needs of SVORI. Since then, we have trained more than

180 trainers around the country. They are now prepared to deliver this curriculum or components of the curriculum in their regions. We will provide on-site mentoring at a limited number of trainings. The ultimate goal is to create an interconnected community of criminal justice and substance abuse treatment professionals who collaborate

and share knowledge."

"CSAT and the ATTC Network have provided an invaluable contribution to the process of change," says Tom Carter, policy advisor for the Office of Justice Programs, Bureau of Justice Assistance at the U.S. Department of Justice. "This curriculum brings two very separate systems together. That will go a long way in developing agency-wide changes and ultimately more successful outcomes for offenders. This training teaches each group to be respectful of the others contributions."

"...Long, fixed prison terms for serious offenders can sometimes have the perverse effect of returning the most risky offenders to the community with the least control and supervision. ...Communities of law-abiding citizens are victimized by these offenders... ."

- Office of Justice Programs Web Site

- continued on page 13

- continued on page 13

The U.S. Department of Justice, Office of Justice Programs defines violent crime as criminal homicide, sexual assault, robbery and aggravated assault.

The Bureau of Justice Statistics Web site indicates that among state prison inmates in 2000 nearly half were sentenced for a violent crime (49%), and four in ten jail inmates had a current or past sentence for a violent offense.

# Indiana Reentry Court Gives Ex-Offenders an Opportunity to “Get Back on Their Feet”

*Judicial authority to provide rewards and sanctions has proven to have a dramatic effect on offenders involved with Drug Courts. The success of these programs has led a number of communities to develop new approaches for reintegrating prisoners. Over the last few years, a number of “Reentry Courts” have been created. While each court’s approach is different, they all work to combine judicial supervision, comprehensive support services and a range of sanctions and rewards. One successful Reentry Court is profiled below. The success of pilot programs like this one, lead many to believe similar Reentry Courts will be developed around the country.*

*“The Reentry Court allows eligible offenders who want to participate...an early release from prison.*

*The release time is determined based on the type of crime the offender committed.*

*Program stipulations include supervision through electronic monitoring, reporting to a reentry judge every few weeks, and participating in required programs such as random drug testing, substance abuse treatment and anger management training.”*

*- Judge John Surbeck,  
Allen County, Indiana  
Superior Court*

In 1999, the Indiana State Legislature passed a community supervision statute that enabled each county to create its own plan for transitioning offenders from prison to the community. In 2000, the mayor of Fort Wayne, Indiana, began seeking advice about how to deal with the city’s high rate of crime.

He brought together a number of parties including Judge John Surbeck of the Allen County Superior Court Criminal Division, and Sheila Hudson, executive director of Allen County Community Corrections. Together, the group developed an innovative program to manage the way offenders are integrated into the Fort Wayne area – the Allen County Reentry Court.

“The Reentry Court allows eligible offenders who want to participate in the program an early release from prison,” explains Surbeck. “The release time is determined based on the type of crime the offender committed. Program stipulations include supervision through electronic monitoring, reporting to a reentry judge every few weeks, and participating in required programs such as random drug testing, substance abuse treatment and anger management training.”

Other services available to participants can include educational programs, sex offender intervention and treatment, violence and crisis intervention and mental health services. The court uses a pre-established set of guidelines to reward positive progress and sanction negative conduct.

Surbeck says two of the biggest challenges facing participants are housing and employment. “Many times these people have no place to go,” he notes. “We are working to create a

program where participants learn construction and then build housing. Eventually, we would like to help them build housing that they can move into. We have also created a very successful in-house employment program. We are partnering with local organizations and community colleges to provide job training and educational programs. Currently, our unemployment rate for participants is only about 15 percent.”

The local faith community has become involved with the Reentry Court as well, and provides mentoring programs and half-way houses

*- continued on page 14*

## The Change Book:

**A Blueprint for Technology Transfer**

*The Change Book: A Blueprint for Technology Transfer* now includes a separate workbook

so users can more easily create their own step-by-step plan for creating change within an organization. Developed by the ATTC Network, and published by the ATTC National Office, this document has become a landmark publication. See why so many people are using it! To download it for free, visit the ATTC Network Web site at [www.nattc.org/thechangebook](http://www.nattc.org/thechangebook) or call 816-482-1200 to order a hard copy.

*New Enhanced Edition with Workbook*



# Landmark Report Will Guide Future Reentry Initiatives

Earlier this year, a ground-breaking reentry report was released by the Re-Entry Policy Council (RPC). At approximately 700 pages, the report provides a vision for creating and developing model reentry programs in communities around the nation. It highlights the services, programs, and stakeholders that must come together to successfully help offenders reenter society and thrive in their communities.

Mark Carey, president of the American Probation and Parole Association, believes the report provides invaluable guidance for correctional systems throughout the U.S. He states, "This report is a practical and comprehensive roadmap for policymakers who are serious about reducing the re-arrest rates of inmate releases. It contains useful information, how-to tips, relevant research and guidance to engage policymakers in a meaningful dialogue around effective reentry policies and practices. It is the Rand McNally of reentry."

The RPC was established by the Council of State Governments. A variety of groups contributed to the report including lawmakers, researchers, practitioners and people who have been incarcerated and their families. Experts from many areas were involved including criminal justice, employment, housing, health, mental health, substance abuse treatment, victims rights and faith communities.

The document addresses the entire criminal justice system and acknowledges the roles of correctional facilities and community-based organizations. Included in the report are 35 policy statements in the areas of reentry planning, the reentry process, and elements of effective health and social service systems such as substance abuse treatment, mental health services, housing, employment, physical health, and family and children.

*- continued on page 14*

## CSAT Young Offender Reentry Program (YORP)

*The Office of Justice Programs Web site indicates that in 1999, juveniles were involved in 16 percent of all violent crime arrests and 32 percent of all property crime arrests. It also estimates that approximately 100,000 youth are released from secure and residential facilities every year.*

In 2004, the Center for Substance Abuse Treatment (CSAT) announced a Young Offender Reentry Program (YORP). Twelve grants were awarded around the country to expand treatment and reentry services for juveniles and young adult offenders being released from correctional confinement.

"States and local communities have struggled with an increasing number of young people returning to their communities from incarceration," says Kenneth Robertson, team leader for Criminal Justice and TCE (Targeted Capacity Expansion) Programs at the Center for Substance Abuse Treatment. "As this trend continued, it became obvious that there is a need for a comprehensive system of care to help these individuals successfully reenter society."

The YORP program was designed to create stakeholder partnerships to plan, develop and provide treatment and reentry services at a community level. Robertson continues, "YORP emphasizes the importance of a complete, multi-agency approach to treatment and ongoing criminal justice supervision. The program also helps individuals improve family functioning, develop job skills and find jobs. All of these factors reduce the likelihood that these young people will return to a life of crime."

The program will be expanded to include an additional 11 grants this year. For more information, visit [www.samhsa.gov](http://www.samhsa.gov).

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*- Kenneth Robertson, CSAT*

# ATTC Criminal Justice Resources

## Criminal Justice Trainings from Mid-Atlantic ATTC

The Mid-Atlantic ATTC (Mid-Atlantic) offers criminal justice related online courses. They are instructor facilitated, and provide 10 contact hours of training during a four-week period.

*Ethics and Criminal Justice for Substance Abuse Counselors* is designed to provide counselors with the knowledge and skills needed to utilize ethical theories and principles when working with criminal justice clients/systems. (This course is offered online and traditionally.)

*Substance Abuse and the Juvenile Justice System* helps participants develop an understanding about the relationship between addiction and juvenile delinquency. An overview of current best practices in addressing substance abusing juvenile offenders and relevant program models are included. (This course is offered online.)

*Criminological Theory* provides participants with an overview of popular criminological theories with particular emphasis on addiction and substance abuse treatment theories. (This is offered as a traditional course.)

For more information about Mid-Atlantic's criminal justice trainings, visit their Web site at [www.mid-attc.org](http://www.mid-attc.org) or call 804-828-9910.

## Criminal Justice Related Products from Great Lakes ATTC

*Neuroscience of Addiction for Criminal Justice Professionals* is a workshop guide for trainers on the science of addiction as it relates to offenders. It focuses on how addiction affects neurological functioning, and ways this can manifest in criminal justice settings.

*Strength-Based Interventions for Criminal Justice Offenders* is a two-day workshop that teaches practitioners to identify and work with client strengths, both internal and external, during the change process. This is in contrast to focusing only on client pathologies.

In addition to these products/trainings, the Great Lakes ATTC's Center for Excellence in Criminal Justice offers a full training series. Contact them at 312-996-1373 or visit [www.glattc.org](http://www.glattc.org) for more information.

## Criminal Justice Initiatives Involving the Pacific Southwest ATTC

*Applied Behavioral Health Policy (ABHP)* is directly involved with the two projects below. ABHP shares staff with the Pacific Southwest ATTC. Therefore, Pacific Southwest is indirectly involved and is incorporating information from these projects into trainings and resources.

The Arizona Co-Occurring State Incentive Grant (AZ COSIG) is funded by the Substance Abuse and Mental Health Services Administration, and promotes enhanced collaboration and coordination between agencies serving individuals affected by co-occurring disorders who are in the state's correctional systems. The program works to integrate treatment so individuals can more readily access care at any point. It also develops collaborative treatment strategies which are holistic and prepares individuals exiting the criminal justice system with the life skills and ongoing support services necessary for successful reentry into their communities. Visit [www.azcosig.arizona.edu](http://www.azcosig.arizona.edu) to learn more.

*An Epidemiological Study of the Prevalence and Needs of Children of Incarcerated Parents within the State of Arizona* is a study of inmates in custody within the Arizona Department of Corrections. It investigates the demographics of inmates, their anticipated post-release status and needs, and also the ages, living situation, education and social service needs of the inmates' children. Access the report at [www.abhp.arizona.edu](http://www.abhp.arizona.edu).

Pacific Southwest staff also conduct many trainings on other topics relating to criminal justice. Visit their Web site at [www.psattc.org](http://www.psattc.org) or call 866-892-3724 for more information.



# Great Lakes ATTC Assists with Development of Largest Dedicated Drug Prison in the U.S.

The Great Lakes ATTC (Great Lakes), through its Center for Excellence in Criminal Justice (CECJ), located at Treatment Alternatives for Safe Communities (TASC), is involved with a number of projects related to offender reentry. In partnership with the Illinois Department of Corrections (IDOC), Great Lakes' CECJ participates in training and technical assistance efforts for the largest fully dedicated state drug prison and community crime reduction program in the nation.

In January 2004, the Sheridan Correctional Center opened outside of Chicago. The prison has an inmate capacity of 1,300, making it the largest therapeutic community of its kind. Participants undergo intensive evidence-based drug treatment, counseling, education and job training while incarcerated. Upon release, ex-offenders become part of a comprehensive community reentry safety and supervision program.

"The primary goal of the Sheridan program is to reduce recidivism and societal and economic costs by using integrated, evidence-based services from the point of prison entry throughout parole," says Lonnetta Albright, director of Great Lakes ATTC. "Project leaders approached the challenge of closing the revolving door of drugs and crime by focusing on the development of a system-wide offender integration plan that involves all key stakeholders and service elements. Progress and compliance are closely monitored throughout an inmate's sentence at Sheridan. All of these factors come together to give offenders the best opportunity to become productive, contributing citizens after release."

A unique component of the Sheridan program is the development of Community and Support Advisory Councils (CSACs). These

*The Great Lakes ATTC Center for Excellence in Criminal Justice (CECJ) serves as a resource for treatment providers and criminal justice professionals working with substance abusing offenders. For more information, contact Great Lakes at 312-996-1373 or visit their Web site at [www.glattc.org](http://www.glattc.org).*

groups were established to help the communities that receive the majority of returning offenders, primarily from inner city areas, develop trust with releasees and stop the cycle of crime. The CSACs are made up of community leaders, faith organizations and mentoring programs. Members of the CSACs work with clinical reentry managers to ensure that the formerly incarcerated transition successfully.

Kevin Downey, Ph.D., the new director of Great Lakes ATTC's CECJ, states, "The Sheridan experience will go a long way toward forging an essential alliance between treatment, community service providers, supervision and the citizenry to ensure future success in reducing drug-related crime."

Great Lakes continues to work with the IDOC and TASC to provide trainings for offenders in recovery on a variety of topics designed to help participants increase motivation for behavior change, build resilience, explore individual growth and restore citizenship.

Recovery Fairs are another way Great Lakes is supporting graduates of Sheridan. The fairs provide participants with educational opportunities and a chance to network. "This kind of support

*"The Sheridan experience will go a long way toward forging an essential alliance between treatment, community service providers, supervision and the citizenry to ensure future success in reducing drug-related crime."*

*- Kevin Downey, Great Lakes ATTC's Center for Excellence in Criminal Justice*

*- Continued on page 14*

## September is CSAT's 2005 Recovery Month!

*Join the Voices for Recovery: Healing Lives, Families and Communities*

[www.recoverymonth.gov](http://www.recoverymonth.gov)



# Are Clients, not Treatment Methods, the Key to Creating Lasting Behavior Change?

*“Researchers suggest that these (client) factors contribute 40 percent to the overall change process.*

*Therefore, overly directive treatment is counter-productive.*

*The more staff include and encourage the client and the client’s family to participate in the treatment process, and the more a client’s perceptions are valued, the more likely change will occur.”*

*- Michael Clark,  
Center for Strength-Based Strategies*

Modern treatment research has traditionally focused on determining which models of treatment work best with specific populations. Similarly, educational institutions consistently focus academic and continuing education programs on teaching practitioners to deliver specific types of treatment. Michael Clark, MSW, CSW, director of the Center for Strength-Based Strategies, indicates that these approaches may be “missing the boat” in developing practitioners who are able to elicit true behavior change within clients.

“A few years ago, the American Psychological Association facilitated a study conducted by Hubble, Duncan and Miller, which reviewed therapy outcomes over several decades. This study concluded that therapy and prevention are indeed effective. The most interesting finding, however, was that no one intervention

model was shown to be more effective than any other,” explains Clark. “Researchers have since concluded that the primary ‘engine’ for creating behavior change are clients themselves, not the type of intervention used.”

Studies have shown that client factors – what the clients comes to treatment with – plays the most significant role in creating behavior change. “Client factors include personal strengths, talents, aspirations, social support systems, resources and beliefs, among others. Research suggests that these factors contribute 40 percent to the overall change process. Therefore, overly-directive treatment is counter-productive. The more staff include and encourage the client and the client’s family to participate in the treatment process, and the more a client’s perceptions are valued, the more likely change will occur,” Clark says.

In fact, studies show that there are four common factors that work together to create positive behavior change within all interventions: client factors, relationship factors, hope and expectancy, and the model/technique employed. Relationship factors, or the strength of the alliance between the client and staff, contribute 30 percent to the process of change. These factors include perceived empathy, acceptance, warmth, trust and self-expression. “Typically, research has focused on the staff’s perception about whether a strong alliance was being formed, but the greatest positive outcomes have been noted when clients themselves report a positive alliance,” Clark points out. “This is another example that we need to stop focusing on the professional and/or model, and begin concentrating on clients.”

A client’s belief that treatment services will be beneficial and create change in their lives (hope and expectancy) contributes 15 percent to the process of change, and the model or techniques used by treatment staff also contribute 15 percent. “I find it humbling that the majority

*- continued on page 15*

## Motivational Interviewing

Motivational Interviewing (MI) is a client-centered method of counseling designed to enhance a person’s intrinsic motivation to change by exploring and resolving ambivalence.

[www.motivationalinterview.org](http://www.motivationalinterview.org)  
This site includes information about MI, pertinent links, training resources, recent research and publications.

[www.mid-attc.org/mi.htm](http://www.mid-attc.org/mi.htm)  
The Mid-Atlantic ATTC has a Center of Excellence in Motivational Interviewing. Their Web page provides information about MI resources, online courses, training programs and research.

## Corrections-Based Treatment Assessed in Prominent Study

"Nationally, three out of four inmates have a history of illegal drug use, yet fewer than 20 percent receive treatment while incarcerated," explains Kevin Knight, Ph.D., a researcher at the Institute of Behavioral Research (IBR) at Texas Christian University. "Until we document for policymakers and the public that treatment works with offenders, correctional-based treatment will continue to be under funded and unavailable at the level it is needed."

Knight is part of an IBR team heading up landmark studies aimed at assessing effective corrections-based treatment and developing brief evidence-based targeted interventions, ultimately in hopes of having a positive impact on drug use and crime-related costs to society.

IBR is one of ten national research centers involved in the Criminal Justice Drug Abuse Treatment Study (CJ-DATS), a five-year cooperative agreement funded by the National Institute on Drug Abuse (NIDA). Knight believes this momentous project will have a long-term impact on the way treatment is delivered within the U.S. corrections system. "CJ-DATS will provide recommendations for enhancing outcomes and improving the overall efficiency of treatment services that are delivered," he notes. "It will build on research that has shown graduates of long-term treatment programs have significantly lower recidivism rates than their untreated counterparts, and that positive outcomes are even more likely for offenders who participate in aftercare treatment following their release."

IBR is partnering with the Texas Department of Criminal Justice (TDCJ) and the Federal Bureau of Prisons (BOP) for this project. Previous research with TDCJ and BOP has shown that effective offender treatment involves completing sequential components across time. These components begin with primary treatment during prison, followed by structured half-way

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### CSAT TIPS/TAPS

**TIP 35:** Enhancing Motivation for Change in Substance Abuse Treatment (1999)

**TAP 23:** Substance Abuse Treatment for Women Offenders: Guide to Promising Practices (1999)

**TIP 30:** Continuity of Offender Treatment for Substance Use Disorders from Institution to Community (1998)

**TIP 23C:** Treatment Drug Courts: Integrating Substance Abuse Treatment with Legal Case Processing – Clinician's Version (1996)

**TAP 19:** Counselor Manual for Relapse Prevention with Chemically Dependent Criminal Offenders (1996)

**TIP 17:** Planning for Alcohol and Other Drug Abuse Treatment for Adults in the Criminal Justice System (1995)

**TIP 12:** Combining Substance Abuse Treatment with Intermediate Sanctions for Adults in the Criminal Justice System (1994)

**To order these free publications, call SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 or visit [www.health.org](http://www.health.org).**

# Why Men with High Levels of Anger and Low Anger Control Shouldn't Drink Alcohol

Each month, the ATTC National Office partners with the Research Society on Alcoholism to translate alcohol-related research into easy-to-read articles. *Addiction Science Made Easy (ASME)* articles, like the excerpt below, are posted on the ATTC Web site at [www.nattc.org/asme](http://www.nattc.org/asme).

This excerpt was written based on the following published research:

Parrott, D.J., & Giancola, P.R.

A further examination of the relation between trait anger and alcohol-related aggression: *The role of anger control.* (June 2004).

*Alcoholism: Clinical & Experimental Research*, 28(6) 855-864.

To view the complete article, visit [www.nattc.org/asme](http://www.nattc.org/asme).

Trait anger – a tendency to experience frequent and intense episodes of anger – has been identified as a risk factor for alcohol-related aggression. A study in the June 2004 issue of *Alcoholism: Clinical and Experimental Research*, finds that a person's inability to control the outward expression of their anger plays a key role in alcohol-related aggression.

"Our previous research showed that men with high levels of trait anger are most at risk for becoming violent when they drink," said Peter R. Giancola, associate professor of psychology, director of the University of Kentucky Alcohol Research Laboratory, and corresponding author for the study. "This study adds to that by showing that the combination of high trait anger and low anger control further increases your risk."

"This topic is exceedingly relevant as, generally, alcohol intoxication co-occurs with violence in approximately half of all rapes, murders and assaults, including family violence," added

Robert O. Pihl, professor of psychology and psychiatry at McGill University.

Researchers examined 164 healthy male social drinkers (159 Caucasians, 5 African Americans) between the ages of 21 and 35 years who were recruited through local advertisements and paid for their participation. Trait anger and anger control were assessed with the State-Trait Anger Expression Inventory. Participants were given either an alcoholic or a placebo beverage, and then participated in a laboratory aggression task.

Higher levels of trait anger were associated with increased aggression, but only among men who were intoxicated and also reported low levels of anger control. "The Giancola paper suggests that the inability to control anger is an important factor in the equation," says Pihl. "For individuals who fit the characteristics described, drinking during emotionally provocative situations...is a license to aggress. ...This is a time these individuals should avoid alcohol."

## Addiction Science Made Easy

## Related Web Resources

### Resources Relating to Criminal Justice and Reentry

Bureau of Justice Statistics Reentry Trends.....	<a href="http://www.ojp.usdoj.gov/bjs/reentry/fedtrend.htm">www.ojp.usdoj.gov/bjs/reentry/fedtrend.htm</a>
Juvenile Reintegration and Aftercare Center.....	<a href="http://www.csus.edu/ssis/cdcps/iap.htm">www.csus.edu/ssis/cdcps/iap.htm</a>
National GAINS Center for People with Co-Occurring Disorders in the Justice System.....	<a href="http://www.gainsctr.com">www.gainsctr.com</a>
Office of Justice Systems Reentry Pages.....	<a href="http://www.ojp.usdoj.gov/reentry">www.ojp.usdoj.gov/reentry</a>
Reentry National Media Outreach Campaign.....	<a href="http://www.reentrymediaoutreach.org">www.reentrymediaoutreach.org</a>

### Federal Resources

National Institute on Alcohol Abuse and Alcoholism (NIAAA).....	<a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>
National Institute on Drug Abuse (NIDA).....	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
Center for Mental Health Services (CMHS).....	<a href="http://mentalhealth.samhsa.gov">mentalhealth.samhsa.gov</a>
Center for Substance Abuse Prevention (CSAP).....	<a href="http://prevention.samhsa.gov">prevention.samhsa.gov</a>
Center for Substance Abuse Treatment (CSAT).....	<a href="http://csat.samhsa.gov">csat.samhsa.gov</a>
Substance Abuse and Mental Health Services Administration (SAMHSA).....	<a href="http://www.samhsa.gov">www.samhsa.gov</a>

# Publications

## **Federal Probation: A Journal of Correctional Philosophy and Practice** Vol 68, No. 2 – Issue about Reentry

[www.uscourts.gov/fedprob/September\\_2004](http://www.uscourts.gov/fedprob/September_2004)

This issue focuses on what works in prisoner reentry; model programs; system reform; and the role technology, the police and the Federal probation system play in offender reintegration.

## **From Prison to Home: The Effect of Incarceration and Reentry on Children, Families and Communities**

<http://aspe.hhs.gov/hsp/prison2home02>

This document includes a series of commissioned papers for a 2002 national policy conference for the U.S. Department of Health and Human Services and the Urban Institute.

## **Offender Substance Abuse Report**

[www.civicsresearchinstitute.com/co17.html](http://www.civicsresearchinstitute.com/co17.html)

This publication is a working tool to help clinicians manage and treat substance abusing offenders, promote rehabilitation and reduce recidivism.

## **Outside the Walls: A National Snapshot of Community-Based Prisoner Reentry Programs**

[www.reentrymediaoutreach.org](http://www.reentrymediaoutreach.org)

This guide and videotape are distributed by the Reentry National Media Outreach Campaign. The research and report were developed by the Urban Institute in collaboration with Outreach Media.

## **But They All Come Back – 2005**

**Book Author: Jeremy Travis**

[www.urban.org/JeremyTravis](http://www.urban.org/JeremyTravis)

This publication proposes organizing the criminal justice system around five principles of reentry to encourage change and spur innovation.

## **Treating Addicted Offenders: A Continuum of Effective Practices 2004 – Book Editors: Kevin Knight and David Farabee**

[www.civicsresearchinstitute.com/co22b.html](http://www.civicsresearchinstitute.com/co22b.html)

This publication highlights effective interventions for substance-abusing offenders spanning the entire criminal justice spectrum.

## **Serious & Violent Offender – from page 5**

have the perverse effect of returning the most risky offenders to the community with the least control and supervision. ...Communities of law-abiding citizens are victimized by these offenders, making these communities less safe, less desirable places to live."

There are 69 SVORI grantees at state and local levels covering all 50 states, the District of Columbia and the U.S. Virgin Islands. SVORI is designed to address three stages an offender goes through when returning to the community. The process involves education, parenting instruction, vocational training, treatment and life skills programs while offenders are incarcerated; services and supervision as they reenter the community; and networks of agencies and individuals to support offenders as they become productive and law-abiding members of their communities after release.

For more information, visit the SVORI site at [www.ojp.usdoj.gov/reentry/learn.html#serious](http://www.ojp.usdoj.gov/reentry/learn.html#serious).

## **ATTC Network Leads – from page 5**

Angel Lee, SVORI program manager for the ATTC National Office, believes this curriculum motivates participants to work together at many levels. "The training doesn't necessarily give participants concrete examples of how they should work together. Rather, they are empowered to create change on their own. They leave the training understanding that they don't have to wait for a 'top-down' approach. Participants seem to love the curriculum and go home enthused about motivating the stakeholders in their states."

Johnson concludes, "It is imperative that these two systems work together effectively to give offenders with substance use disorders the best opportunities to find recovery. This curriculum is designed to improve communication, collaboration and coordination between these groups by shaping attitudes and behaviors. We hope these trainings will 'open the door' for new ways of working together."

To learn more about the trainings or the curriculum, visit [www.nattc.org/reentry](http://www.nattc.org/reentry).

## 14 *Indiana Reentry Court – from page 6*

for participants. One local church provides regular dinner workshops where participants and their families share a meal with volunteers and court staff. Information is provided about developing successful family relationships and then is followed by recreational time. “Participants are very motivated by the opportunity to earn privileges such as time with their families,” Hudson notes. “These opportunities really have an inspiring effect. It seems everyone’s defenses come down at these dinners.”

Preliminary numbers from the Reentry Court show a reduction in recidivism. Twenty-three percent of participants have been shown to recidivate during the first year versus 45 percent prior to the court. During the third year, the court has a 34 percent recidivism rate versus 66 percent before.

“The court is definitely a pet project for us,” Hudson says. “We participate in addition to our other duties, and for it to continue successfully, there will have to be a legislative vehicle that defines the court. But it’s a very rewarding experience knowing we are helping people get back on their feet and improving the community.”

Visit [www.allencountycorrections.com/services/reentry.shtml](http://www.allencountycorrections.com/services/reentry.shtml) for more information about this innovative Reentry Court initiative.

## *Landmark Report – from page 7*

Each policy statement includes a consensus-based principle that forms the foundation for a related reentry initiative. Corresponding research and statistics are included throughout. The bulk of the report provides recommendations for bringing each policy statement to fruition. Whenever possible, program, policy, practice and statute examples are included to aid users in developing model programs.

For more information about RPC or to view the report, visit [www.reentrypolicy.org](http://www.reentrypolicy.org).

## *Great Lakes ATTC – from page 9*

is invaluable,” says Albright. “A prisoner interacting with someone who has been in prison but has come out and ‘made it,’ gives others hope that they can make it too.”

Along with these programs, GLATTC co-sponsors a learning circles training series and an annual conference for peer mentors from the recovery community who are involved with the justice system. Great Lakes is also a key partner with the TASC Restoring Citizenship Project, a CSAT-funded Recovery Community Services Program. For more information about Great Lakes, visit their Web site at [www.glattc.org](http://www.glattc.org).

## It's on the Web!

### **The Urban Institute** **[www.urban.org](http://www.urban.org)**

The Urban Institute (UI) is a nonpartisan economic and social policy research organization. UI is involved with a number of national and regional research projects related to reentry. At their site, you'll find information about current research, articles and other criminal justice projects.

### **American Probation and Parole Association • [www.appa-net.org](http://www.appa-net.org)**

The American Probation and Parole Association (APPA) is an international association of people involved with probation, parole and community-based corrections in both adult and juvenile sectors. Their Web site provides a variety of information relating to reentry and criminal justice.

## Are Clients Key to Change – from page 10

of research and training is focused on specific treatment methods, and yet these elements have been shown through numerous research studies to be one of the least crucial components in creating lasting positive change."

Clark believes many systems need to change the paradigm from which they operate. "We need to be in the behavior change business, not the treatment business," he says. "Too often, especially in the criminal justice system, staff have a 'hard versus soft' view of dealing with mandated clients. We need to help practitioners understand that they can expect compliance with regulations and also help clients achieve therapeutic change. It doesn't have to be an either compliance or behavior change, but rather an inclusive situation of 'both/and.'"

So what's the solution? Clark advocates for a change-focused model where client factors serve as the foundation for treatment. "The goal of this approach is to encourage the client to take responsibility for his or her actions by allowing them to be an integral part of the treatment process. Clients and their families are not people on whom treatment techniques need to be applied. Rather, efforts are aimed at initiating positive movements together in small, attainable steps with the practitioner. This approach focuses on the potential of the client, rather than his/her pathology, and encourages a balanced view of the individual's weaknesses and strengths."

Clark encourages all practitioners to review the research about these four common factors, and integrate the research into their work. "Client motivation is not fixed, but dynamic. When we focus on the client, true change can occur and criminal behavior is reduced." For more information, see the following publications by Clark.

- *Common Factors Research in Mid-Atlantic ATTC's Addiction Exchange:* [http://mid-attc.org/addex/addex3\\_8.htm](http://mid-attc.org/addex/addex3_8.htm)
- *Change-Focused Youth Work: The Critical Ingredients of Positive Behavior Change in the Journal of the Center for Families, Children and the Courts:* [www.courtinfo.ca.gov/programs/cfcc/pdf/files/V3Clark.pdf](http://www.courtinfo.ca.gov/programs/cfcc/pdf/files/V3Clark.pdf)

## Free Screening Assessments

The Institute of Behavioral Research at Texas Christian University provides a number of screening assessments designed for professionals in criminal justice. Forms are available in these areas: substance abuse treatment needs, client needs and progress, organization readiness for change and organization training needs.

Download the forms at:  
[www.ibr.tcu.edu/pubs/datacoll/datacoll.html#TCUCorrectional](http://www.ibr.tcu.edu/pubs/datacoll/datacoll.html#TCUCorrectional)

## Prominent Study – from page 11

houses and outpatient treatment upon release, and then long-term aftercare services. The new CJ-DATS studies are furthering this research by investigating methods for improving screening and referral procedures for drug-involved offenders, exploring the effectiveness of different treatment models, examining the best structure for transitional aftercare and community reentry programs, and studying how to best address the treatment needs of special offender populations.

"CJ-DATS will serve policymakers and taxpayers alike," says Knight. "The opportunities presented by this project are enormous for furthering our national understanding of successful and efficient drug abuse treatment in correctional settings. This information can lead to more successful treatment delivery, thus lowering the financial burdens on our communities, and reducing the likelihood that these offenders will return to crime."

For more information about IBR involvement in the CJ-DATS project, visit the IBR Web site at [www.ibr.tcu.edu](http://www.ibr.tcu.edu).