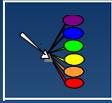




SENSITIZING
PROVIDERS to the
EFFECTS of
CORRECTIONAL INCARCERATION on
TREATMENT and
RISK
MANAGEMENT



About SPECTRM

- The Challenge: Clinical Impact of Doing Time
- The Approach: Cultural Competence
- The Technology: Cognitive Behavioral
- The Objective: Therapeutic Engagement



The first night's the toughest, no doubt about it. They march you in naked as the day you were born, skin burning and half blind from that delousing shit they throw on you, and when they put you in that cell...and those bars slam home... that's when you know it's for real. A whole life blown away in the blink of an eye. Nothing left but all the time in the world to think about it.

SPECTRM The Clinical Impact of Doing Time



RNR



- Risk
 - Match treatment intensity to level of risk
- Needs
 - Treat the offender, not the offense
- Responsivity
 - Modality must be one to which offender is responsive
 - CBT
 - Engagement



Responsivity: Tailoring Treatment

- General
 - Responsive to learning styles
 - e.g. CBT
- Specific
 - Responsive to socio-biological personality factors



Responsivity Principle

- Engagement Challenges
 - Motivation
 - Motivational Interviewing
 - Stigma
 - CJ culture Adaptation
 - SPECTRM



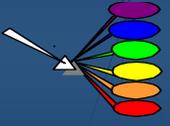
Why focus on engagement?

- Treatment outcome and premature termination predicted by engagement
 - Treatment outcome related to patient effort
 - Manner of therapist related to engagement and effort

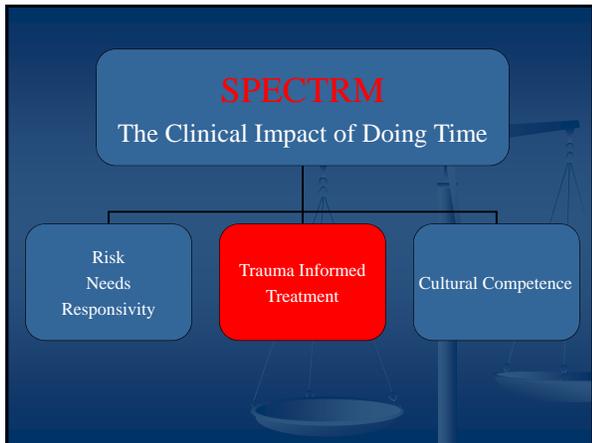


Responsivity

- Readiness of the program for the population



- Readiness of the person for the program



Trauma

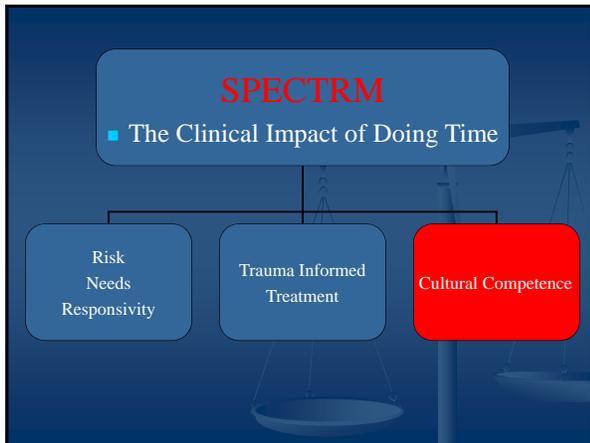
- Inmate trauma history prevalence
 - 33% of men
 - 55% of women
- Incarceration experience
 - Verbal and physical victimization
 - Witness violence
 - Fear of violence



Trauma

- Consequences
 - Isolation
 - Hypervigilance
 - Emotional reactivity
- Intervention principles
 - Safe environment
 - Processing of Trauma
 - Identification of coping strategies





Cultural Competence

- Cultural Awareness
 - Similarities and differences between groups
- Cultural Sensitivity
 - Emotional expression
 - Problems, struggles and joys
- Cultural Competence
 - Beliefs, norms and values
 - Knowledge and skills to incorporate



Cultural Competence

- Cultural Proficiency
 - Meaning of symptoms, illness, stressors
 - Meaning of treatment
 - Relationship with professionals
 - Overcoming mistrust
 - Communication
 - Rapport
 - Disclosure
 - Using “natural” community support



Incarceration as Cultural Adaptation



These walls are kind of funny. First you hate 'em, then you get used to 'em. Enough time passes, gets so you depend on them. That's institutionalized.

"Those of us who do assessment research in correctional settings must continually remember that we are dealing with **atypical, highly biased samples of people exposed to massive situational influences specifically designed to alter their attitudes, personality and behavior.** Incarceration is a massive intervention that affects every aspect of a person's life for extended periods of time."



Megargee, 1995

Cultural Sensitivity

The Environment: Problems, Struggles (and Joys?)

Psychological Environment

Constant threat of danger – of violence

Social Environment

Racial/Ethnic associations

Urban/Rural differences

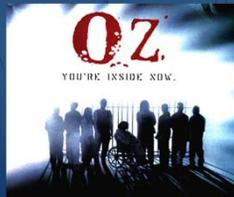
Gangs/Organizations

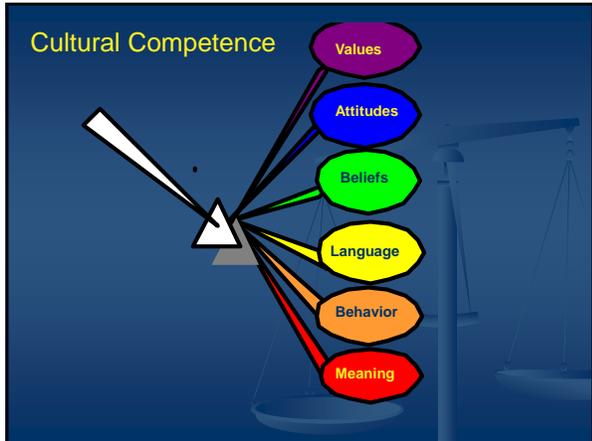
DOC's rules/**Inmate Code**

Physical Environment

Jail vs. Prison

Gen Pop vs. MH Housing vs. SHU





Cultural Competence

Prison and jail populations typically value **strength** in all its manifestations - from physical strength to self reliance. Projecting an image of being tough and menacing as an example is highly adaptive in these environments.

Meaning?

Cultural Competence

Prison and jail populations typically are characterized by presumptive **distrust** – distrust of staff – distrust of peers. Guardedness and secretiveness are adaptive attitudes within correctional environments.

Meaning?

Cultural Competence



"Snitches get stitches" is a prison and jail belief shared by everyone. While snitching goes on all the time in prison and jail – because information is a commodity that can be traded for gain – everyone is aware of the consequences of being caught – of being identified as a snitch.

Meaning?

Cultural Competence



Behavior

Prison and jail are environments of constant danger and threat of violence. They require a level of alertness which anywhere else would be characterized as **hypervigilance**.

Meaning?

Cultural Competence



"Punk City" - "Push up on" - "Kite" - "Boomerang" - "Newjack" - "Hang up" - "Juice" - "Box" - "Bing" - "Hole" - "SHU" - "Shank" - "Gun" - "Bug" - "MO" - "Skittle" - "703" - "Jailin"

Meaning?

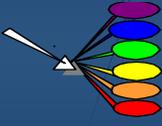
Inmate Code

- Do Your Own Time
- Mind Your Own Business
- Trust No One
- Show Respect
- Ignore Others' Infractions
- Don't Steal
- Don't Snitch
- Don't Show Weakness
- Don't Stare

Inmate Code

- | VALUE | MEANING |
|---------------------|-------------------------|
| Do Your Own Time | Isolate |
| Trust No One | Manipulate |
| Don't Snitch | Don't share information |
| Don't Show Weakness | Look aggressive |

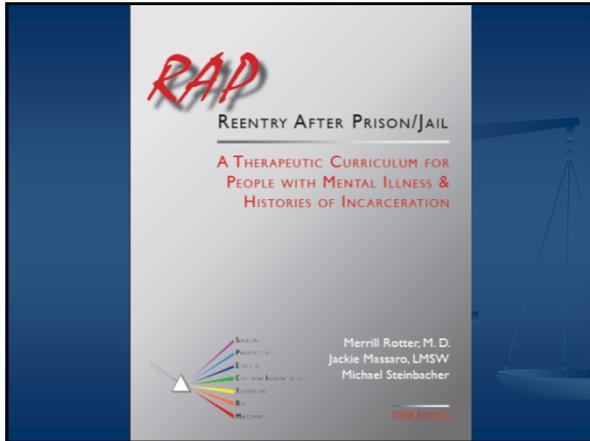
Responsivity

- Readiness of the program for the population
- 
- Readiness of the person for the program

Client Readiness: RAP



I have trouble sleepin' at night. I have bad dreams like I'm falling. I wake up scared. Sometimes it takes me a while to remember where I am.



RAP: Group Processes

CONNECTING

War stories

EXPLORING

Psycho-Education: Setting Differences and Similarities: Scripts

CHANGING

Cognitive Behavioral Technology: ABCD analysis





CONCLUSIONS Three Principles

- **CONNECTING**
 - Be willing to listen and learn: Where were you and what was it like?
- **EXPLORING**
 - Be aware of differences and similarities in the two cultures: What are the cues?
- **CHANGING**
 - Be neutral: Is it working for you here?

“The insane criminal has nowhere any home: no age or nation has provided a place for him. He is everywhere unwelcome and objectionable. The prisons thrust him out; the hospitals are unwilling to receive him...And yet humanity and justice, the sense of common danger, and a tender regard for a deeply degraded brother-man, all agree that something should be done for him—that some plan must be devised different from, and better than any that has yet been tried, by which he may be properly cared for, by which his malady may be healed, and his criminal propensity overcome.”

*Howard Jarvis,
American Journal of
Insanity, 1857*



Free!

Free!

