



Justice
Corrective Services

Compendium of Offender Behaviour Change Programs in New South Wales

Offender Services & Programs

Offender Management & Programs Division
Corrective Services New South Wales (CSNSW)
Department of Justice

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Acronyms

Table 1 of Acronyms and their meanings

ACRONYM	Meaning
AA	Alcoholics Anonymous
ADHC	Ageing Disability and Home Care
AOD	Alcohol and Other Drugs
ASU	Additional Support Unit, CSNSW
AVO	Apprehended Violence Order
BOCSAR	Bureau of Crime Statistics and Research
BPD	Borderline Personality Disorder
CBT	Cognitive Behaviour Therapy
CC	Correctional Centre
CDTCC	Compulsory Drug Treatment Correctional Centre, CSNSW
CRES	Corrections Research and Evaluation of Statistics, CSNSW
CSNSW	Corrective Services NSW
CUBIT	Custody-based Intensive Treatment Program
DBT	Dialectical Behaviour Therapy
DASS	Depression, Anxiety and Stress Scale - Short form
DCC	Dillwynia Correctional Centre, CSNSW
DSM-V	Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders
ERD	Earliest Release Date
EQUIPS	Explore, Question, Understand, Investigate, Practise to Succeed
ESO	Extended Supervision Order
FPS	Forensic Psychology Services
GA	Gamblers Anonymous
HRMU	High Risk Management Unit, CSNSW
IDATP	Intensive Drug and Alcohol Treatment Program
LSIR	Level of Service Inventory Revised
MAAD	Mothering at a Distance Program
MCAA	Measuring Criminal Attitudes and Associates
MSOGS	Modified South Oakes Gambling Screen (assessment tool)
MSPC	Metropolitan Special Programs Centre, CSNSW
NA	Narcotics Anonymous
NEXUS	Pre-release program
NPP	Non Parole Period
OIMS	Offender Information Management System
OMMPCC	Outer Metropolitan Multipurpose Correctional Centre, CSNSW

ACRONYM	Meaning
OSP	Offender Services and Programs
PBDU	Personality Behavioural Disorder Unit, CSNSW
PCL-R/SV	Hare Psychopathy Checklist - Revised/Screening Version
PPSI	Pre-Program Suitability Interview
PRLC	Pre-Release Leave Committee
PTC	Parramatta Transitional Centre, CSNSW
RIT	Risk Intervention Team
RNR	Risk Needs Responsivity Principles
RUSH	Real Understanding of Self-Help Program
SAPOs	Services and Programs Officers
SDS	State-wide Disability Services, CSNSW
SMAP	Special Management Area Placement
SOP	Sex Offender Program
SORC	Serious Offender Review Council
SOP-PREP	Preparatory Program for Sexual Offenders
SRP-VO	Self-Regulation Program for Violent Offenders
STABLE-2007	An instrument that measures dynamic risk factors which are potentially changeable but endure for months or years; consists of a guided interview process covering 13 major areas of stable dynamic risk for sexual offenders
STATIC99R	A ten item actuarial sex offender risk assessment instrument
SVOTP	Sex & Violent Offender Therapeutic Programs staff
TC	Therapeutic Communities
TRQ	Treatment Readiness Questionnaire
VOP	Violent Offender Program
VOTP	Violent Offender Therapeutic Program
YAOP	Young Adult Offender Program
YAPP	Young Adult Preparation Program
YASP	Young Adult Satellite Program

1. Introduction

How the Compendium is organised

This compendium is the approved list of offender behavior change programs within Corrective Services NSW that directly or indirectly seek to reduce re-offending.

The compendium organises offender behavior change programs according to the following offence type or criminogenic needs:

- 'General' offending programs suitable for all offenders
- Addictions programs
- Aggression/violence programs
- Sex offender programs
- Young adult offender programs

In line with the *CSNSW Offender Program and Facilitation Standards* the empirically identified criminogenic needs that are targeted in these programs are outlined. For each program, the following is also described:

- Program description
- Eligibility criteria
- Suitability criteria
- Exclusion criteria
- Program delivery options
- Pre / post program requirements
- Facilitator training
- Related research

The compendium also includes a number of 'wellbeing' programs that are designed to address issues that might indirectly contribute to reduction in risk of re-offending or that might prevent offenders from effectively participating and completing rehabilitative programs.

The CSNSW Offender Program & Facilitation Standards

The *CSNSW Offender Program and Facilitation Standards* ([D14/404041](#)) are a set of 'standards' established for all offender behaviour change programs. These have been endorsed by the Corrective Services Administrators Council including the Commissioner CSNSW.

This *CSNSW Offender Program and Facilitation Standards* document sets out the 'standards' expected of offender behaviour change programs facilitated within CSNSW as well as the professional practice standards with which staff who deliver programs are expected to comply.

Within this document the *CSNSW Program Standards: Conceptual Document* details the standards regarding program content in Section 2.

The CSNSW Compendium of Offender Behavior Change Programs provides evidence for the ways in which we endeavor to meet the standard by containing a summary of the following information for each program:

- The Program is based on an articulated model of change, is empirically validated, and has evidence to justify its application to a target group.
- The program addresses identified criminogenic needs of the target group.
- The Program's content and delivery options address the responsivity characteristics of the target group and include strategies to address the individual responsivity needs of participants.
- The program intensity is clearly defined and matches the re-offence risk level of the target group.
- The Program documentation comprehensively defines the program including its purpose, monitoring, design and delivery, and implementation.

More information about how each compendium program meets all of the standards can be found in the individual program manuals or policy and procedure documents.

Principles of offender behaviour change programs in Corrective Services New South Wales

In line with the NSW government's priorities to reduce re-offending, the goal of Corrective Services NSW is to deliver criminogenic programs which will assist offenders to:

- understand the factors that led them to offend
- acquire the skills that enable them to independently manage their risk of re-offending

All Corrective Services NSW offender behaviour change programs are based on the Risk – Need - Responsivity principles (RNR) of offender management outlined below (Andrews & Bonta, 2010).

Treatment approaches consistent with the RNR principles have been demonstrated to lead to reductions in sexual offense recidivism (Hanson, Bourgon, Helmus & Hodges, 2009), violent recidivism (Dowden & Andrews, 2000), domestic violence recidivism (Stewart et al, 2014) and general recidivism (Andrews, Zinger et al., 1990).

The Risk principle - Match the level of intervention to the offender's risk of re-offending

This principle establishes that treatment should be reserved for higher risk groups of offenders, as assessed by actuarial assessment instruments. Only minimal, if any, services should be provided to low risk offenders.

The Need Principle - Assess criminogenic needs and target them in treatment

The content of programs should be based on the empirically established risk factors for re-offending ("criminogenic needs").

Andrews and Bonta (2010) identified eight central risk/need factors (the "Central Eight") for the development and maintenance of criminal behaviour:

1. *History of antisocial behaviour* characterised by early involvement in a number and variety of antisocial activities and settings.

2. *Antisocial personality pattern*, characterized by impulsive, adventurous, pleasure-seeking, and aggressive behaviours, and callous disregard for others. Associated risks consist of weak self-control, anger-management, and problem solving skills.
3. *Antisocial cognitions*, including attitudes, values, beliefs, and a personal identity favourable to crime.
4. *Antisocial associates* and relative isolation from pro-social individuals.
5. Problematic *circumstances of home* (family/ marital)
6. Problematic *circumstances at school or work*
7. *Few if any positive leisure activities*
8. *Substance abuse*

The Responsivity principle

This principle establishes that it is important to maximize the offender's ability to learn from a rehabilitative intervention by providing cognitive behavioural treatment and tailoring the intervention to the learning style, motivation, abilities and strengths of the offender.

The risk assessment used to determine eligibility for the majority of CSNSW programs is the Level of Service Inventory-Revised (LSI-R). For Sex Offender Programs the Static-99R and Stable 2007 are used to determine risk of sexual re-offending and eligibility for programs; and where necessary the Violence Risk Scale (VRS) may be referred to in decisions regarding eligibility for the Violent Offender Therapeutic Program (VOTP).

Since 2003, CSNSW has adopted the RNR principles in group work programs and puts these into action in three major ways:

1. Using a set of Program and Facilitation Standards to ensure that all programs adhere to these principles.
2. Providing comprehensive training for its group work facilitators
3. Providing ongoing support, quality monitoring and supervision to group work facilitators.

Model of change

Broadly, the model of change that is integrated into CSNSW program content and training is the Transtheoretical Stages of Change model (Prochaska & DiClemente, 1982; Prochaska, DiClemente & Norcross, 1992). The model is an integrative, bio-psychosocial model to conceptualize the process of intentional behaviour change. It explains behaviour change along a continuum from pre-contemplation; contemplation; preparation and action to maintenance. One of its core constructs is also 'self-efficacy', that is, increasing situation specific confidence of the individual to self-manage high risk situations without returning to problematic behaviour. A modified Stages of Change measure has also been integrated into assessment tools such as the Violence Risk Scale (VRS) (Wong & Gordon, 2006) to measure treatment change while taking into account the entrenched and serious nature of offending behaviours.

However, as we increasingly recognize the importance of environment or context – not only as a barrier to behaviour change but a potentially causal factor in offending behaviour itself – CSNSW compendium programs also draw from the Multifactor Offender Readiness Model (Ward, Day, Howells & Birgden, 2004) to inform our practice. This moves beyond individual or internal factors that may impede change to also incorporate the context or environment as an important variable in determining the success of any change process (Mossière & Serin, 2014; Ward et al. 2004). This is critically important in custodial settings and obstacles to successful behaviour change can reside in the person, the context or the therapeutic environment (Ward et al. 2004).

All CSNSW criminogenic programs are based on a Cognitive Behavioural Therapy (CBT) approach which has been demonstrated as the most effective modality for reducing re-offending (Skeem, Polaschek, & Manchak, 2009). In all criminogenic programs offenders will complete an offence map or an impact map linking their choices and behaviour to their offending. They will also complete a self-management plan to assist them to manage their risk of future re-offending and live a positive, pro-social life in the future.

Many of the criminogenic programs 'speak to' each other. For example, the moderate intensity EQUIPS (Explore, Question, Understand, Investigate, Practice and Succeed) suite

of programs follows the same structure and flow for each program. The four programs in the suite use the same language and model of change e.g. cognitive-behavioural therapy (CBT). The principle is that for each of the specific 20 session programs the same concepts are repeated to reinforce and build on skills across all the programs.

Moreover, the underlying principle of all criminogenic programs is for offenders to learn and use the same core skills to manage any problematic behaviours in their lives (e.g. aggression or addictive behaviour). The goal is to be able to generalise these new skills across contexts and across any problems they may face in future which may increase their risk of re-offending.

This principle also extends to the high intensity programs in respect of consistency in language and concepts so there is further opportunity to reinforce similar ideas and skills if greater intensity treatment is required.

Treatment dosage

As referred to in the CSNSW Offender Program and Facilitation Standards Section 2.4 hours of treatment intensity required to match level of risk is defined as 10-20 hours for low intensity; 50-100 hours for medium intensity and more than 100 hours for high intensity programs. The evidence for effective treatment of high risk violent and sexual offenders indicates 200+ hours is required to impact on risk reduction.

Therefore when considering the program available in this compendium, in most cases an offender assessed as medium-high or high risk of re-offending should participate in a high intensity therapeutic program where they would address all of the identified criminogenic needs for re-offending and meet the dosage required to reduce their future risk in the one program. For offenders assessed as medium risk their program pathway should be comprised of a sequence of more than one of the medium intensity compendium programs to address their identified criminogenic needs.

References:

Andrews, D. A., & Bonta, J. (2010). *The Psychology of Criminal Conduct* (5th Ed.).

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Training for group work facilitators

The skill and abilities of the group work facilitator are an important aspect of effective offender behaviour change programs.

Dowden and Andrews (2004), in their meta-analysis, reported that therapist behaviours that are predictive of good program outcomes include: conveying an enthusiastic, warm, and personally respectful style, making program rules clear and exerting authority without being authoritarian, frequently praising offenders for pro-social behaviour, and structuring offender learning into concrete, graded steps.

Given the influence of the group work facilitator skills, CSNSW requires all facilitators to have completed extensive training prior to facilitating offender behaviour change programs.

To facilitate medium intensity compendium programs, group work facilitators must complete the following 10 days training (or its equivalent):

1. Group Work Facilitation – (1 day, Corrective Services Brush Farm Academy)
2. Creative Group Work Skills – (6 days, State-wide Programs Team)
3. Introduction to Cognitive-Behavioral Therapy (CBT) – (1 day, State-wide Programs Team)
4. Program specific training (e.g. EQUIPS Foundation) – (2 days, State-wide Programs Team)

Individuals who have not completed this training may still facilitate an offender behaviour change programs only if they are:

- Paired with a trained and experienced co-facilitator
- Scheduled to complete training within the following six month period.

High intensity therapeutic programs (Intensive Drug & Alcohol Treatment Program, Violent Offender Therapeutic Program and Sex Offender Programs) are facilitated or supervised by registered psychologists who adhere to the registration and professional development requirements of:

- Psychology Board of Australia
- Australian Health Practitioners Regulatory Agency

- Australian Psychological Society

Many Sex Offender Programs psychologists are also accredited with bodies such as the Child Sex Offender Counsellors Accreditation Scheme (CSOCAS)

Support, quality monitoring, and supervision

CSNSW is committed to supporting group work facilitators through quality monitoring and supervision.

Clinical supervision of psychologists running high intensity therapeutic programs is done by senior psychologists or chief psychologists who are endorsed by the Psychology Board of Australia as supervisors.

Program quality assurance for moderate intensity compendium programs is performed by the State-wide Programs staff– either through program development workshops, file review, observing sessions, or through use of video recording.

Program quality assurance is carried out in accordance with procedures set out in the Policy for Implementation, Delivery and Evaluation of the EQUIPS Suite of Programs ([D14/444894](#)).

The intent of program quality assurance is to review all aspects of the program delivery (not just the facilitation) against the CSNSW Offender Program and Facilitation Standards ([D14/404041](#)) to ensure that programs are being delivered to a consistently high standard.

2. General Offender Program

The general offender program – EQUIPS Foundation – is available to all offenders, regardless of offence type. While the program is not offence-type specific it does aim to reduce re-offending by addressing criminogenic needs for general offence types therefore all offenders can benefit from it. It specifically caters for the needs of offenders who do not meet the criteria for violent, sexual or addiction interventions.

Criminogenic Needs targeted:

- Antisocial attitudes, values and beliefs
- Antisocial peers
- Impulsivity and risk-taking behaviour
- Poor cognitive problem solving
- Emotional regulation
- Interpersonal relationships
- Problems with employment/education
- Leisure activities

EQUIPS Foundation

Program description

Risk/intensity: Medium (only when included with other programs in the EQUIPS suite)

Duration: 20 x 2 hour sessions (40 hours)

EQUIPS Foundation is a general therapeutic program available to all offenders assessed as medium to high-risk of re-offending regardless of their offence type. The program consists of the following treatment modules:

Explore – Why are we here? - Being aware of our approach and goals

Question – What's it all about? - Being aware and working with what we know about thinking

Understand – What's the focus? - Being aware and working with emotional impulsivity/reactivity

Investigate – Why did this happen to me? - Linking offence to lifestyle, choices and risk of re-offending

Practise, Plan, Succeed – Where to from here? - Attitudes, values and planning a future that does not include offending behaviour

Eligibility Criteria

- ❑ **LSIR:** Offenders who are assessed as medium to high risk of recidivism as measured by the Level of Service Inventory-Revised (LSIR) (calculated risk score)
- ❑ Those who have a **current offence** resulting in a period of supervision or incarceration
- ❑ **Time left to serve:** Those who have sufficient time remaining in their total sentence/order to complete the program.
- ❑ **Gender:** The group can be mixed. Facilitators should be sensitive to gender-related issues that may arise. It is important that people feel safe and able to voice their views.
- ❑ **NB:** Please see *Policy for implementation, delivery and integrity monitoring of EQUIPS suite of programs* ([D14/444894](#)) for inclusion criteria for offenders with medium low, low or no LSI-R including SORC offenders, sex offenders, remandees and Community Service Orders.

Suitability

Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find the offender unsuitable.

- ❑ Offenders in custody who are eligible require a Pre-Program Suitability Interview (PPSI) to ascertain their suitability.
- ❑ Community Corrections Officers are responsible for assessing the suitability of offenders under their supervision in the community. This should be undertaken as part of the normal case planning process with consideration of the offenders' risks/needs and the schedule of programs at their location.

Exclusion criteria

- ❑ Excludes offenders who have active psychotic symptoms.
- ❑ Acute intoxication or withdrawal symptoms may exclude an individual until the issue is resolved.
- ❑ With the exception of the EQUIPS Addiction program, offenders with a current conviction for a sexual offence are generally excluded from participating in EQUIPS programs. This would particularly be the case if they have been referred and found suitable for Sex Offender Programs.
- ❑ Excludes offenders participating in the following programs or centres at the time of consideration for the program: Intensive Drug and Alcohol Treatment Program (IDATP), SOP-Custody-based Intensive Treatment Program (SOP-CUBIT), Violent Offender Therapeutic Program (VOTP), Ngarra Nura or Gurnang Life Challenge (GLC)–Men, Compulsory Drug Treatment Correctional Centre (CDTCC), High Risk Management Unit (HRMU), Bolwarra or Parramatta Transitional Centre (PTC).

Program delivery options

- The standard EQUIPS Foundation program consists of 20 x 2 hour sessions (40 hours) divided into five modules of four sessions each.
- Sessions can be run once or twice per week.
- EQUIPS Foundation can be undertaken as a stand-alone program for general offenders to target risk factors related to their offending.
- Alternatively, offenders can do this as part of an offence-targeted pathway which could include one or all of the EQUIPS offence-specific programs (i.e. EQUIPS Addiction, EQUIPS Aggression and/or EQUIPS Domestic Abuse) to increase the dosage of treatment.

This provides the flexibility to tailor a pathway which takes account of the offender's time to release or supervision end.

Pre / Post program requirements

- **Pre-program:** A Pre-Program Suitability Interview (PPSI) must be completed for all offenders in custody.
- The Measuring Criminal Attitudes and Associates (MCAA) questionnaire must be administered at the start and at the end of the program.
- **Post-program:** All participants must complete the EQUIPS program evaluation form.

Facilitator training

- Group Work Facilitation – provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- Creative Group Work Skills – 6 days in 2 blocks, delivered by the State-wide Programs Team
- Introduction to Cognitive-Behavioural Therapy (CBT) – 1 day, delivered by the State-wide Programs Team
- EQUIPS Foundation – 2 days, delivered by the State-wide Programs Team

Related research

Bourgon, G., & Armstrong, B. (2005). Transferring the principles of effective treatment into a “real world” prison setting. *Criminal Justice and Behavior*, 32, 3–25.

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Related policies

- *CSNSW Offender Program & Facilitation Standards* ([D14/404041](#))
- *Policy for Implementation, Delivery and Integrity Monitoring of the EQUIPS Suite of Programs* ([D14/444894](#))

3. *Addiction Programs*

Alcohol, drugs and addictions programs are designed to address substance use and risk-taking behaviour. Many offenders do not see their drug and alcohol use as problematic and are therefore not well-motivated to address it. The same often applies to gambling.

The first step therefore is to motivate participants and help them to recognise the harms of their current behaviour and the benefits of change. Once motivated, participants need to plan for change and learn new skills to put their behaviours into practice. Participants take responsibility for their behaviour and make plans for how to avoid relapse or deal with it if it occurs. Ongoing maintenance programs are helpful in supporting the change.

Criminogenic Needs targeted in Addictions programs:

The Addictions programs are unique in that their primary goal is to address substance use, which is only one of the criminogenic needs that may be related to offending behaviour. While offenders participating in these programs will also be exposed to tasks which may address other criminogenic needs such as anti-social attitudes or problem solving, they will not intensively target offending behaviour such as violence or sexual offending.

These programs are not based on the type of offending perpetrated but on the evidence that substance use (or addictive behaviour such as gambling) was related to the offending. In some cases an offender may only offend when under the influence of substances, and therefore addressing this factor may in itself reduce the risk of re-offence.

The Addiction programs include:

- [EQUIPS Addiction](#)
- [Criminal Conduct and Substance Abuse – Pathways](#)
- [Intensive Drug & Alcohol Therapeutic Program \(IDATP\) Pathways](#)
- [Yallul Kaliarna \(IDATP-Women\)](#)
- [IDATP Access](#)
- [IDATP Throughcare](#)
- [Ngara Nura](#)
- [Sober Driver Program](#)

Addiction support groups include:

- [Remand Addiction](#)
- [Smart Recovery \(in the community\)](#)
- [Alcoholics Anonymous \(AA\)](#)
- [Gamblers Anonymous \(GA\)](#)
- [Narcotics Anonymous \(NA\)](#)

EQUIPS Addiction

Program description

Risk/intensity: Medium (only when included with other programs in the EQUIPS suite)

Duration: 20 x 2 hour sessions (40 hours)

EQUIPS Addiction is designed to address the addictive behaviour of medium to high risk offenders and to provide participants with a pathway to support services for addictive behaviours. There are group process and self-management planning sessions in this program to help participants link their learning to their personal experience of addiction.

The program consists of the following modules:

1. Understanding how people change
2. Urges and cravings
3. Problem solving
4. Better living
5. Self-management planning.

Eligibility criteria

- **LSIR:** Offenders who are medium to high risk of recidivism as measured by the Level of Service Inventory-Revised (LSIR) and have a current Alcohol and Other Drugs (AOD) domain score of 5 or above.
- Offenders who have significant gambling addiction history
- **Gender:** This group can be mixed. Facilitators should be sensitive to gender-related issues that may arise. It is important that participants feel safe and are able to voice their views.
- Those who have a current offence resulting in a period of supervision or incarceration
- Those who have sufficient time remaining in their total sentence/order to complete the program
- **NB:** Please see *Policy for implementation, delivery and integrity monitoring of EQUIPS suite of programs* ([d14/444894](#)) for inclusion criteria for offenders with medium low, low or no LSI-R including SORC offenders, sex offenders, remandees and Community Service Orders.

Suitability criteria

Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find the offender unsuitable.

- Offenders in custody who are eligible require a Pre-Program Suitability Interview (PPSI) to ascertain their suitability.
- Community Corrections Officers are responsible for assessing the suitability of offenders under their supervision in the community. This should be undertaken as part of the normal

- case planning process with consideration of the offenders' risks/needs and the schedule of programs at their location.

Exclusion criteria

- Excludes offenders who have active psychotic symptoms.
- Acute intoxication or withdrawal symptoms may exclude an individual until the issue is resolved.
- With the exception of the [EQUIPS Addiction](#) program, offenders with a current conviction for a sexual offence are generally excluded from participating in EQUIPS programs. This would particularly be the case if they have been referred and found suitable for [Sex Offender Programs](#).
- Excludes offenders participating in the following programs or centres at the time of consideration for the program: [Intensive Drug and Alcohol Treatment Program \(IDATP\)](#), [SOP-Custody-based Intensive Treatment Program \(SOP-CUBIT\)](#), [Violent Offender Therapeutic Program \(VOTP\)](#), [Ngara Nura or Gurnang Life Challenge \(GLC\)–Men](#), [Compulsory Drug Treatment Correctional Centre \(CDTCC\)](#), High Risk Management Unit (HRMU), Bolwarra or Parramatta Transitional Centre (PTC).

Program delivery options

- The standard EQUIPS Addiction program consists of 20 x 2 hour sessions (40 hours) divided into five modules of four sessions each.
- Sessions can be run once or twice per week.
- EQUIPS Addiction can be undertaken as a stand-alone program.
- Alternatively, offenders can do this as part of an offence-targeted pathway which could include one or all the other EQUIPS programs (i.e. [EQUIPS Foundation](#), [EQUIPS Aggression](#) and/or [EQUIPS Domestic Abuse](#)).

This provides the flexibility to tailor a pathway which takes account of the offender's time to release or supervision end.

Pre / Post program requirements

- **Pre-program:** A Pre-Program Suitability Interview (PPSI) must be completed for all offenders in custody.
- The Measuring Criminal Attitudes and Associates (MCAA) questionnaire must be administered at the start and at the end of the program.
- **Post-program:** All participants must complete the EQUIPS program evaluation form.

Facilitator training

- Group Work Facilitation, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- Creative Group Work Skills – 6 days in 2 blocks, delivered by the State-wide Programs Team

- Introduction to Cognitive-Behavioural Therapy (CBT) – 1 day, delivered by the State-wide Programs Team
- EQUIPS Foundation – 2 days, delivered by the State-wide Programs Team
- Staff who have done the training for Getting Smart in the last two years but have not delivered the program, will need to do the one day training in EQUIPS Addiction.

Related research

Blatch, O'Sullivan, Delaney & Rathbone (2016) *Getting SMART, SMART Recovery programs and reoffending*, Journal of Forensic Practice, 18 (1), 3-14

Criminal Conduct and Substance Abuse – Pathways

Program description

Risk/intensity: Run as part of the Intensive Drug & Alcohol Treatment Program (IDATP) and Compulsory Drug Treatment Correctional Centre (CDTCC) intensive programs

The 'Criminal Conduct and Substance Abuse Treatment' program – Pathways to Responsible Living (Second Edition, 2006) was developed by Kenneth Wanberg and Harvey Milkman to provide a long duration, high intensity cognitive-behavioural intervention to offenders with a history of drug dependence. The program is designed to address past drug and alcohol misuse and criminal conduct and the relationship between these. The program also aims to enhance the participants' responsibility to self and others.

The Pathways program has three phases:

1. *Challenge to change* (20 sessions) – developing self-awareness and identifying thoughts and feelings that have led to unhelpful outcomes.
2. *Commitment to change* (22 sessions) – strengthening knowledge and skills in bringing about changes that lead to a more responsible and fulfilling life
3. *Taking ownership of change* (8 sessions) – further strengthening skills and developing strategies for a balanced and healthy lifestyle.

Because of its length, Pathways is most suitable for use in residential settings where it can be guaranteed that offenders will be available to attend the entire program to meet their treatment needs.

Eligibility criteria

- Adult offenders with a significant history of drug and alcohol use.
- LSIR:** Medium / Medium-High / High with an AOD domain score between 5 and 9

Suitability criteria

Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find the offender unsuitable.

Exclusion criteria

- Excludes offenders who have active psychotic symptoms.
- Acute intoxication or withdrawal symptoms may exclude an individual until the issue is resolved.

Program delivery options

- The program has a total of 50 sessions, each of two hours duration. The program can be delivered two to four sessions per week.
- Pathways may be facilitated as an open group.

Pre / Post program requirements

- While no specific pre-program assessment currently exists for the Pathways program, participants should undergo a pre-program interview to determine motivation, readiness and suitability for participation in a lengthy program.

Facilitator training

- Facilitators should have completed *Creative Group Work Skills Training* as well as training in the use of program material.

Related research

Wanberg, K. W. & Milkman, H. B. (2006). *Criminal Conduct and Substance Abuse Treatment: Strategies for self-improvement and change – Pathways to Responsible Living* (2nd ed.). Thousand Oaks, CA: Sage Publications.

Intensive Drug and Alcohol Treatment Program (IDATP)

Program description

Risk/intensity: High

Duration: 250 hours +

The Intensive Drug and Alcohol Treatment Program (IDATP) is a six to eight month high intensity group treatment program for male incarcerated offenders whose alcohol and other drug use have been identified to be directly linked to their offending behaviour(s).

IDATP was first opened by CSNSW in February 2012 and has been extended from John Morony Correctional Centre to also include the Outer Metropolitan Multipurpose Correctional Centre (OMMPCC) and Dillwynia Correctional Centre (DCC) all on the John Morony Correctional Complex. OMMPCC provides IDATP within a lower classification facility (namely, minimum security) and DCC accommodates women (see page 19 for criteria for women).

Eligibility criteria

Offenders who meet the following criteria are eligible to be referred to the IDATP:

- C classification for male offenders
- Assessed as Medium, Medium-High or High Risk of re-offending on the LSIR with an Alcohol & Other Drug (AOD) domain score of 6 and above for males
- Sentenced with no further court matters
- Have no current conviction of a child sexual offence
- Have at least six months to serve prior to the sentence expiry date
- If identified as a court based release, have sufficient time to complete the program

Suitability criteria

- Stabilised psychiatric or psychological concerns
- Stabilised medical concerns
- Offenders must be willing to sign off a Special Management Area Placement (SMAP) agreement to enter the program.
- Current and prior convictions for *importation* and *supply* offences will be considered on a case by case basis.

Exclusion criteria

- Periods of segregation in the three months preceding program entry
- Mobile phone related charges and/or fight or other combat charges in the six months preceding program entry
- Offenders on a Special Management Area Placement (SMAP) agreement who are unwilling to sign off the program.

- ❑ Excludes male offenders classified as A, E1, B or E2 Classification.
- ❑ Excludes those currently convicted of a child sexual offence.

Program delivery options

- ❑ The IDATP is operating as a modified Treatment Community and is facilitated at the Outer Metropolitan Multi-Purpose Correctional Centre (C Classification) and at Dillwynia Correctional Centre (Category 1, 2, 3 or E2 and Unsentenced Cat 1 and 2).
- ❑ IDATP is facilitated in a rolling group format with up to a total of 14 participants in each group at any one time.
- ❑ Participants will attend up to four group sessions per week and are expected to also engage in individual intervention and community meetings whilst maintaining employment or participating in education.
- ❑ The program treatment dosage is between 12 to 15 hours of group work per week, with additional one to one sessions. With the inclusion of education and employment, the treatment package includes 30 hours of meaningful activity per week.

Facilitator training

- ❑ Group work facilitation
- ❑ Creative Group Work
- ❑ Trauma-Informed Practice
- ❑ Motivational Interactions

Pre / Post program requirements

- ❑ Psychometric testing

Related research

- ❑ The University of New South Wales (UNSW), the Bureau of Crime Statistics and Research (BOCSAR) and CSNSW's Corrections Research and Evaluation of Statistics (CRES) are currently undertaking a process evaluation and outcomes evaluation of IDATP. The research is due for publication in 2017/18.

Useful reading:

Milkman, H. B., Wanberg, K .W. & Gagliardi, B. A. (2008). *Criminal Conduct & Substance Strategies for Self-Improvement and Change –The Participant's Workbook*. Adjunct Providers Guide. Sage: London.

Yallul Kaliarna (IDATP – Women)

Program description

Risk/intensity: High

Duration: 200 hours +

“Yallul Kaliarna” (Wiradjuri Language meaning ‘Always spread your wings’) is the sister program of IDATP. It was officially launched on 28 August 2014 and is facilitated by IDATP staff within Dillwynia Correctional Centre. This program was specifically established to provide an opportunity for women who have entered into the system to address their alcohol and other drug use as well as their offending behaviour(s) and responsivity needs.

Both sentenced and unsentenced women can be assessed for Yallul Kaliarna and commence the [Real Understanding of Self-Help \(RUSH\) Program](#) which is the readiness component. Sentenced participants can then progress to the [Criminal Conduct and Substance Abuse Program–Pathways](#) . Participants engage in a therapeutic community that promotes community-based living with a strong focus on reintegration. Program pathways will be developed for all participants with eligible graduates being able to transition to community-based programs (i.e., Bolwarra Transitional Centre, Jacaranda House and works release programs).

Eligibility criteria

- Gender:** The Yallul Kaliarna program is for females only.
- Category 1, 2, 3 or E2 classification (adjusted order so consistent w/ male eligibility criteria).
- LSIR:** Assessed as Medium, Medium-High or High Risk of re-offending with an Alcohol & Other Drug (AOD) domain score of **5** and above
- Unsented, Cat 1 and 2 and 3
- Time left to serve:** If sentenced, the offender must have at least 6 months remaining if sentenced and no further court

Suitability criteria

- Segregation periods within the last two months preceding program entry will be considered on a case by case basis
- Offenders must be willing to sign off a Special Management Area Placement (SMAP) agreement to enter the program.
- Current and prior convictions for *importation* and *supply* offences will be considered on a case by case basis.
- Stabilised psychiatric or psychological concerns.
- Stabilised medical concerns.

Exclusion criteria

- ❑ Excludes Cat 4 and E1 classification.
- ❑ Excludes males.

Program delivery options

- ❑ Yallul Kaliarna is a six to eight month program.
- ❑ Treatment is facilitated in rolling groups with 12 female participants per group. In providing treatment this way, it is hoped that offenders will learn from others in the program and grow together.
- ❑ New participants will enter into the program at different stages and those that graduate will do so when they have completed all aspects of the program.
- ❑ All participants have a full-time timetable comprising four group sessions a week, community meetings, employment or education.
- ❑ Participants also undertake frequent random urinalysis throughout the program.
- ❑ The program treatment dosage is between 12 to 15 hours of group work per week, with additional one to one sessions. With the inclusion of education and employment, the treatment package includes 30 hours of meaningful activity per week.

Facilitator training

- ❑ Group work facilitation
- ❑ Creative Group Work
- ❑ Trauma-Informed Practice
- ❑ Motivational Interactions

Pre / Post program requirements

- ❑ Psychometric testing

Related research

The University of New South Wales (UNSW), the Bureau of Crime Statistics and Research (BOCSAR) and CSNSW's Corrections Research and Evaluation of Statistics (CRES) are currently undertaking a process evaluation and outcomes evaluation of IDATP. The research is due for publication in 2017/18.

Milkman, H. B., Wanberg, K. W. & Gagliardi, B. A. (2009). *Criminal Conduct & Substance Abuse Treatment for Women in Correctional Settings: Female-focused strategies for self-improvement and change – Pathways to responsible living. Adjunct Providers Guide*. Sage: London.

Stathopolous, M. & Quadra, A. (2014). *Women as offenders, Women as victims: The role of corrections in supporting women with histories of sexual abuse*. Paper presented at the 'Women as Offenders, Women as Victims' Forum, hosted by NSW Department of Corrective Services, Sydney NSW.

IDATP Access

Program description

Risk/intensity: High

Duration: 250 hours +

The Intensive Drug and Alcohol Treatment Program: ACCESS (or IDATP ACCESS) is a new program for offenders who have alcohol and other drug histories as well as cognitive deficits or intellectual disability. This program is currently only being offered for male offenders whose criminal behaviour has been linked to their substance abuse.

The program is being developed in consultation with State-wide Disability Services (SDS). It is run at OMMPPCC and is facilitated by Offender Services and Programs Officers (SAPOs). The length of the program may be longer due to responsivity needs. However there are only a maximum of eight participants in the group at any one time. It is noted that where group sizes are smaller, the length of the program may be shorter.

Eligibility criteria

- ❑ **Gender:** IDATP ACCESS is currently for **male** offenders only.
- ❑ **LSIR:** Assessed as Medium, Medium-High or High Risk of re-offending on the LSIR with an Alcohol & Other Drug (AOD) domain score of 6 and above.
- ❑ **Time left to serve:** Participants must have a minimum six to ten months left to serve.
- ❑ Offenders must be sentenced with no further court matters.
- ❑ Offenders must have been identified to have cognitive deficits or intellectual disability, and have been discussed with the SDS team
- ❑ As per [IDATP program eligibility criteria](#) (follow link for more details)

Suitability criteria

- ❑ Referrals from the [Self-Regulation Program for Violent Offenders \(SRP-VO\)](#) will be considered.
- ❑ Offenders who have had periods of segregation within the last two months preceding program entry will be considered on a case by case basis.
- ❑ Offenders must be willing to sign off a Special Management Area Placement (SMAP) agreement to enter the program.
- ❑ Offenders who have current and prior convictions for drug *supply* offences will be considered on a case by case basis.
- ❑ Offenders must have stabilised psychiatric, psychological and/or medical concerns
- ❑ Consultation with SDS Placement Committee regarding suitability is required for offenders with an SDS alert

Exclusion criteria

- ❑ Excludes offenders with A and E1 classification.
- ❑ Excludes offenders convicted of a child sexual offence.
- ❑ Excludes female offenders.
- ❑ Excludes offenders with mobile phone-related charges and/or fight or other combat charges in the six months preceding program entry.

Program delivery options

- ❑ IDATP ACCESS is a six to ten month program. Treatment is facilitated in rolling groups. In providing treatment this way it is hoped that offenders will learn from others in the program and grow together.
- ❑ New participants will enter into the program at different stages and those that graduate will do so when they have completed all aspects of the program.
- ❑ There will be a total of eight participants per group.
- ❑ All participants have a full-time timetable comprising of four group sessions a week, community meetings, employment or education.
- ❑ Participants also undertake frequent random urinalysis throughout the program.
- ❑ Participants will attend at least four sessions per week and are expected to also engage in individual intervention while maintaining employment or participate in education.
- ❑ The program treatment dosage is between 12 to 15 hours of group work per week, with additional one to one sessions.

With the inclusion of education and employment the treatment package includes 30 hours of meaningful activities per week.

Facilitator training

- ❑ Group work facilitation
- ❑ Creative Group Work
- ❑ Trauma-Informed Practice
- ❑ Motivational Interactions
- ❑ Experience working with people with disabilities

Pre / Post program requirements

- ❑ Nil mandatory requirements. However any assessment that can inform responsivity needs such as intelligence testing or brain injury assessment would be considered extremely helpful. For example, IQ assessment, adaptive functioning assessment, core skills assessment, alerts regarding mobility and or impairment

Related research

- ❑ The University of New South Wales (UNSW), the Bureau of Crime Statistics and Research (BOCSAR) and CSNSW's Corrections Research and Evaluation of Statistics

- (CRES) are currently undertaking a process evaluation and outcomes evaluation of IDATP. The research is due for publication in 2017/18.

IDATP Throughcare

Program description

IDATP Throughcare aims to provide community reintegration services to enable offenders to prepare for their re-entry to the community. The emphasis is placed on:

- Comprehensive Throughcare and Placement (TAP) assessment
- Promotion of engagement with family (broadly defined) and community based service providers prior to release
- Maintenance through building on treatment gains
- Identification of a pathway that enables targeted support during the offender's custodial sentence and into the community.

IDATP Throughcare also seeks:

- to develop effective communication links between IDATP staff, community corrections, family (broadly defined) and community based service providers in order to support offenders to develop and maintain a robust community support network
- to evaluate the effectiveness of IDATP reintegration intervention in the context of CSNSW's mission to reduce re-offending.

Eligibility criteria

- Must be an IDATP Participant or IDATP Graduate housed on the John Morony Correctional Complex or IDATP Graduate residing in the community.

Suitability criteria

- As per male and female [IDATP suitability criteria](#) (follow link for more details)

Exclusion criteria

- Excludes offenders placed at another correctional complex.

Program delivery options

- IDATP Throughcare support is provided to IDATP participants from the point of program commencement.
- The nature and intensity of TAP intervention varies in accordance with participant program progression, offender needs, offender placement and proximity to the participant's earliest possible release date (EPRD).
- Reintegration support may be provided following graduation and following release from custody.

The IDATP reintegration framework is delivered on a one to one basis in an open group and rolling group format. TAP interventions focus on comprehensive TAP Assessment, [NEXUS](#), [Addiction Support Groups](#), [SMART Recovery](#), Support Network Meetings comprised of formal and informal stakeholders, Monthly Community Forums delivered by external agency guest speaker and the development of a Community Reintegration Plan.

If an IDATP graduate is housed at the Honour House, attendance to a fortnightly Community Re-integration group, Monthly Community Activity Program and Life Skills Workshops (depending on need) are provided.

Facilitator training

- Integrated Induction
- Security Awareness
- Business Continuity Planning Awareness
- Group Work Facilitation
- OS&P Case Management Workshop
- Managing Female Offenders
- Managing Young Adult Male Offenders
- Motivational Interactions
- Creative Group Work Skills

Pre / Post program requirements

- Current Participant or Graduate of IDATP
- Pre and Post TAP Assessment inclusive of Pre and Post Eco Mapping
- Motivation to engage with Throughcare and Placement Officer post release

Related research

- The University of New South Wales (UNSW), the Bureau of Crime Statistics and Research (BOCSAR) and CSNSW's Corrections Research and Evaluation of Statistics (CRES) are currently undertaking a process evaluation and outcomes evaluation of IDATP. The research is due for publication in 2017/18.

Ngara Nura

Program description

Risk/intensity: High

Duration: 250 hours +

The Ngara Nura program is an intensive medium term (six month) therapeutic and psycho-educational pre-release program within a modified therapeutic community (TC). The term “Ngara Nura” in Dharawal Language means “A Listening Place”. Ngara Nura provides an intensive learning environment for male offenders to address not just their substance misuse or other addictive behaviours, but also the factors underlying their addiction, misuse or dependence. As a therapeutic community, Ngara Nura provides a secure and structured community environment facilitating positive change, recovery from addictions, developing healthy relationships and behaviours. The Ngara Nura therapeutic program was established as a result of recommendations made in the National Drug Strategy (1999-2000), and has been operational since October 2000. It is a voluntary program.

The program is full time. On a regular basis, participants attend a daily community meeting, a weekly in-depth community meeting, psycho-educational and therapeutic groups three days per week, and a minimum of two Twelve Step groups per week (Alcoholics Anonymous and Narcotics Anonymous) and up to four meetings which may include meetings in the community under escort. They are expected to attend individual sessions to assist them with their full participation in group and in their post release planning.

As transition from custody to the community can be very stressful, especially for those who have a lengthy history of incarceration and/or relapsing and re-offending, some decide to take a gradual step and move to residential treatment facilities or supported accommodation in the community to continue their recovery program; while others who return directly into the general community are introduced to appropriate support agencies. The Ngara Nura program has a throughcare component, offering telephone support to all participants after their release, and through a voluntary fortnightly maintenance group available to all Ngara Nura participants residing in the community.

Eligibility criteria

- ❑ **LSIR:** Medium / Medium High / High
- ❑ Offenders with a history of drug, alcohol and addiction-related offending who want to change this
- ❑ **Gender:** Ngara Nura is only for male participants.
- ❑ **Classification:** C2 classification, C3 or pending C3 for Serious Offender Review Council (SORC) offenders

Suitability criteria

- ❑ **Time left to serve:** Offenders need to apply for entry into the program at any time during their sentence but no later than approximately one year prior to their expected earliest release date.
- ❑ Offenders must be willing to sign off a Special Management Area Placement (SMAP) agreement to enter the program.
- ❑ Offenders must be stable on all medication for a period of at least six months.
- ❑ Offenders must be on a stable dose of methadone to minimise harm to self and others.

Exclusion criteria

- ❑ Excludes offenders with a history of sexual offences.
- ❑ Excludes offenders who are currently prescribed buprenorphine.
- ❑ Offenders must complete the [Violent Offender Therapeutic Program \(VOTP\)](#) *first, if this is part of their case plan*, prior to their being admitted into the Ngara Nura program.

Program delivery options

- ❑ Ngara Nura is based in the Metropolitan Special Programs Centre (MSPC) at the Long Bay Correctional Complex and also provides a community-based maintenance support group at the City Community Corrections Office.
- ❑ The program has a total of 80 sessions each of 1.5 to 2 hours duration, delivered in six sessions per week.
- ❑ There are daily community meetings as well as attendance at Twelve Step meetings in the community.

Facilitator training

- ❑ Facilitators must have qualifications in counseling/social work or equivalent.

Pre / Post program requirements

- ❑ While no specific pre-program assessment currently exists for the Ngara Nura program, participants should undergo a pre-program interview to determine motivation, readiness and suitability for participation in a lengthy program.
- ❑ Any CSNSW staff member can assess and refer an inmate to Ngara Nura at any time during an offender's sentence, and the offender will be placed on a database waiting list according to his earliest possible release date.
- ❑ On graduation from Stage 2 of the program, offenders may be selected to enter Stage 3 as mentors and supporters of the values of the program to "give back" to the program.
- ❑ On release from custody, all participants are encouraged to maintain contact by phone, and if residing in or near the metropolitan area, to attend a fortnightly maintenance group at the City Community Corrections office.

Related research

De Leon, G. (1994). The therapeutic community: Toward a general theory and model. In F. Tims, G. De Leon & N. Jainchill (Eds.), *Therapeutic community: Advances in research and application* (pp. 16-53). Rockville, MD: National Institute on Drug Abuse.

Humphries, K. (1999). Professional interventions that facilitate 12 step self- help group involvement. *Alcohol Research and Health, National Institute on Alcohol Abuse and Alcoholism, National Institute of Health, 23(2)* 93-98.

Compulsory Drug Treatment Correctional Centre (CDTCC)

Program description

Risk/ Intensity: High

Duration: 18 months (minimum)

The Compulsory Drug Treatment Correctional Centre (CDTCC) program is a Drug Court diversion program that is run in accordance with legislation, including specific CDTCC amendments to the Crimes (Administration of Sentences) Act 1999 and the Drug Court Act 1998. The program provides compulsory intensive treatment and rehabilitation of recidivist drug offenders, addressing their physical, social and psychological needs and dynamic risk factors for drug-related offending.

The core program at the CDTCC is the Criminal Conduct and Substance Abuse Treatment: Strategies for Self-Improvement and Change – Pathways to Responsible Living ('Pathways'). Real Understanding of Self Help (RUSH) is run prior to the core program, to assist with treatment readiness, including emotion regulation and distress tolerance. Parenting from Afar is also offered. Accreditation for the above programs is discussed elsewhere in the Compendium. CDTCC maintenance groups are provided to Stage 2 participants (fortnightly) and Stage 2 participants (monthly).

Eligibility Criteria:

Referral is by the Sentencing Court Judge. Compulsory Drug Treatment Order (CDTO) eligibility and suitability is in accordance with specific legislation related to CDTCC (e.g., within the Drug Court Act) and is determined by the Drug Court Judge via screening conducted by the multidisciplinary and interagency Drug Court Team. Eligibility includes (1) sentenced to imprisonment between an unexpired 18 months at time of sentence and no more than 6 years when the CDTO is made; (2) not convicted of specified offences such as attempted murder, sexual assault, certain firearm offences or supply/manufacture offences; (3) reside in metropolitan Sydney (within the borders of Hawkesbury, Hornsby, Pittwater, Manly, Sutherland, Camden and Penrith Local Government Areas); and (4) is over 18 years of age. Suitability includes: (1) long-term drug dependence; (2) drug dependence is related to criminal offending; (3&4) no mental health, violence or serious disorder issues that would impact on active participation in the program.

Suitability criteria

- Generally Medium-High to High on the LSI-R
- Male

Exclusion criteria

- Individuals with unstable mental health issues
- Individuals who are openly and seriously hostile to their group's work, to the point where they disrupt the delivery of the program

Compulsory Drug Treatment Correctional Centre (CDTCC)

- Individuals whose cognitive functioning and inability to grasp abstract concepts makes it necessary to provide significant personal assistance (see advice from the Statewide Disability Service)
- Individuals who do not have sufficient time remaining on their sentence
- Individuals whose idiosyncratic needs are not well met by any program that is available (seek advice from the Serious Offenders' Assessment Unit or from a CSNSW psychologist)

Program Delivery Options

- The Compulsory Drug Treatment Program (CDTP) is a five-stage program:
 - Stage 1: Closed detention involving drug and criminal lifestyle rehabilitation and treatment, education and vocation training and case management;
 - Stage 2: Community Access involving social, vocational and employment leave to assist with effective reintegration;
 - Stage 3: Community Custody with intensive supervision and integration support. Minimum completion of Stage 1 to 3 is 18 months.
 - Stage 4: Parole
 - Stage 5: Voluntary case management plan where appropriate.
- Stages 1 and 2 of the CDTP operate in a treatment community environment. Stage 1 is facilitated at the Compulsory Drug Treatment Correctional Centre. During Stages 2 and 3, participants attend fortnightly to monthly Drug Court hearings for program participation review.
- A Personal Plan, approved by the Judge, is developed within three weeks for each participant. The Personal Plan is a contingency contract with the participant and provides an integrated treatment and case management plan throughout the Compulsory Drug Treatment Order.
- CDTP readiness and the core therapeutic group programs are both facilitated in Stage 1, in a closed group format with 10 participants per treatment group.
- Participants undertake frequent random and targeted urinalysis and breath analysis throughout the program.
- Each participant is allocated a dedicated case manager (Service and Programs Officer, Psychologist or Community Corrections Officer)
- The Judge approves completion of Stages 1 to 3 of the program, as well as progression to Parole.

Facilitator training

Staff complete relevant Certificate IV CSNSW induction training. Facilitators of State-wide compendium programs need to meet criteria for running each respective therapeutic group.

Compulsory Drug Treatment Correctional Centre (CDTCC)

Related Research

This year, an Australian Research Council (ARC)-funded evaluation of treatment effectiveness is being finalised, as well as a 10 year evaluation report conducted by CRES and CDTCC interagency partners.

Birgden, A. & Grant, L. (Nov-Dec 2010). Establishing a compulsory drug treatment prison: Therapeutic policy, principles, and practices in addressing offender rights and rehabilitation. *International Journal of Law and Psychiatry*, (33), 5-6: 341-9.

The article discusses the establishment of a prison based on the therapeutic policy, principles and practices that respond to participants as both rights-violators and rights-holders.

Dekker, J., O'Brien, K. & Smith, N. (2010). An evaluation of the Compulsory Drug Treatment Program (CDTP). NSW Bureau of Crime Statistics and Research, Department of Justice and Attorney General.

The results showed that participants' health and wellbeing appeared to improve over time on the program. Although the participants were ordered to be on the CDTP, the majority felt that their participation in the program was voluntary. Their comments about the program were mostly positive and they consistently expressed their desire to be in the program no matter what stage they were in.

Sober Driver Program (SDP)

Program description

Risk/intensity: Low

Duration: 9 x 2 hour sessions plus a 2-hour take-home task (a total of 20 hours)

The Sober Driver Program (SDP) is an evidence-based, nine session group program that targets serious and/or repeat drink drivers. It assists these offenders to understand the consequences of their behaviour, identify their personal risk factors in relation to drink driving and it guides them to formulate realistic personalised strategies to avoid drink driving in future.

The educational and therapeutic aspects of the program enable the offender to understand the chain of events, behaviours and decisions that led to their offence. Unlike driver education programs, SDP uses group work facilitators who are trained to engage the participants in activities while encouraging them to interact with and learn from each other in a therapeutic group program format.

Outcome evaluations conducted in 2006 and 2010 state that the program is highly effective in reducing offending.

Eligibility criteria

To be eligible, offenders must have a current court-based order for a drink driving offence or a driving offence where alcohol has been established as a contributing factor. Additionally they must meet the criteria of one of the following categories:

Category 1

If the offender has been convicted of **2 or more drink driving offences within 5 years** they are eligible and are considered the key target group for SDP. LSIR is **not** an eligibility consideration for these offenders.

Category 2

This category includes offenders who have been convicted of a **single serious drink driving offence** (e.g. HRPDA, DUI /Alcohol and Fail/Refuse Breath Test) and have no other drink driving convictions on their criminal history, **and** offenders who have been convicted of a **repeat drink driving offence after more than 5 years and less than 10 years** from their last offence.

These offenders are eligible if they meet at least one of the following criteria:

- the offender admits or suggests that they regularly drink and drive without being detected by police and/or;
- the offender's pattern of alcohol consumption continues to place them at risk and/or;
- the offender's LSIR is *24 or greater.

* As LSIRs are not always performed as part of a pre-sentence report, the report writer may use their professional judgment as to whether the offender would meet this criterion were such an assessment performed.

Suitability

If an offender is eligible for the Sober Driver Program they are generally considered suitable. There should be very few reasons not to include an eligible offender in a Sober Driver Program. The program is designed to accommodate responsivity issues such as low levels of literacy and low motivation.

Participants should be interviewed prior to referral to determine suitability and address barriers to program participation such as childcare responsibilities, transport availability and employment/study commitments. Offenders who have active psychotic symptoms or who have alcohol or drug intoxication or withdrawal symptoms are excluded from the program.

Program delivery options

- The program is presented in 9 sessions of 2 hours duration.
- These sessions may be delivered in single sessions over nine weeks or in three session blocks over three weeks.
- The program is 20 hours in total.
- This includes 18 hours of group and 2 hours of take home tasks.

Pre / Post program requirements

Participants must complete the pre- and post-SDP program evaluation forms. These are then posted to the Sober Driver Program team for evaluation purposes.

Facilitator training

Facilitators must complete: (a) the Sober Driver Program facilitator training (3 days) that can be arranged through the SDP Unit, and (b) Group Work Facilitation training provided by Brush Farm Academy (or have similar qualifications from a recognised teaching facility or have reasonable experience in program facilitation).

Facilitators must commit to completing the Creative Group work training (provided by the State-wide Programs Team) within 12 months of SDP facilitator training.

Related research

ARTD Consultants (2006). *Evaluation report on the Sober Driver Program*. (Unpublished report). Commissioned by Department of Corrective Services NSW.

ARTD Consultants (2010). *Analysis of recidivism among Sober Driver Program participants* (Unpublished report). Commissioned by Department of Corrective Services NSW.

Addiction Support Groups

Addiction support groups include:

- Remand Addiction
- Smart Recovery in the community
- Alcoholics Anonymous (AA)
- Gamblers Anonymous (GA)
- Narcotics Anonymous (NA)

Remand Addiction

EQUIPS Addiction is offered to offenders on remand who have an identified need in addiction. An LSIR is not required. The program is offered on the following basis:

- there is evidence of a significant addiction history (determined at initial intake and screening)
- the remandee is not in acute detox
- there is voluntary participation in the program
- offence details are not discussed during the program

The “Remand Addiction” program will be run as an open group. Attendance is voluntary and offenders can attend as many (or as few) sessions as their circumstances allow. Given this, and the fact that the sessions delivered will not follow the module sequence, Remand Addiction should not be considered as in any way equivalent to the full EQUIPS Addiction program. For this reason, a schedule for the program should not be created. Attendance

should be recorded by creating appointments under the Addictions support group service line on OIMS using the module “Remand Addiction”.

Offenders who participate in Remand Addiction will receive an attendance statement only.

Smart Recovery in the Community

SMART Recovery describes itself as “a voluntary self-help group that assists people in recovering from alcohol, drug use and other addictive behaviours. SMART Recovery teaches practical skills to help participants deal with problems enabling them to abstain and achieve a healthy lifestyle balance.”

The SMART Recovery program allows offenders to maintain the skills, tools and strategies they learnt in substance abuse group interventions. It assists them to monitor and update their progress in managing addictive behaviours and preventing relapse. It also provides an opportunity for offenders to access support from fellow participants who have similar goals.

Participants who have completed the [EQUIPS Addiction](#) program can enter into SMART Recovery maintenance meetings so that they can have a clearer understanding of recovery principles and be familiar with the language and context that is presented at these meetings.

Although it is not mandatory for participants to have completed the EQUIPS Addiction program prior to attending SMART Recovery maintenance meetings, this can assist participants to adjust to the meetings' environment and encourage them to share their progress addressing their addiction.

Alcoholics Anonymous (AA)

Alcoholics Anonymous is an organisation set up to directly help alcoholics. Alcoholics Anonymous is a fellowship of men and women who gather together to support each other in the pursuit of abstinence from alcohol dependence/abuse.

The goal is to create a satisfying and meaningful life that does not include the abuse/dependence of alcohol. The AA program, known as The Twelve Steps, provides a framework for self-examination and a road to recovery, free of alcohol.

Gamblers Anonymous (GA)

Gamblers Anonymous (GA) is a fellowship of men and women who share their experience, strength and hope with each other to help them and others recover from gambling addiction. The only requirement for membership is a desire to stop gambling.

Narcotics Anonymous (NA)

Narcotics Anonymous (NA) describes itself as a "nonprofit fellowship or society of men and women for whom drugs had become a major problem". Narcotics Anonymous uses a traditional 12-step model that has been expanded and developed for people with varied substance abuse issues.

There are two basic types of meetings, "open" and "closed". Anyone is welcome to attend an open meeting. Closed meetings are limited to addicts and people who think they may have a problem with drugs. Meeting formats vary, but often include reading aloud NA literature which is written by and for members of NA.

4. Aggression/Violence Programs

Aggressive and violent behaviour can be related to a number of factors including anti-social beliefs about offending behaviour and its impact on others, as well as emotional dysregulation or disinhibitors such as alcohol and drug abuse. Aggression and Violence programs identify and explore the participants' unhelpful beliefs, thinking patterns and emotions that contribute to their aggressive, abusive and violent behaviour. Participants are encouraged to take responsibility and ownership for the way they think, feel and behave.

Aggression and violence programs attempt to equip participants with pro-social strategies and problem solving skills for use in their relationships with family, friends and the wider community. Participants are also invited to consider the values that motivate their actions and to develop relapse prevention plans and strategies for the future. If alcohol or drug use is found to be a significant factor contributing to aggressive and violent behaviour, the offender should also undertake treatment for this.

Criminogenic needs targeted in Aggression & Violence programs

- Antisocial attitudes including attitudes towards violence; and power and control
- Antisocial peers
- Impulsivity and risk-taking behaviour
- Poor cognitive problem solving
- Negative affect and mood e.g. anxiety; and jealousy (specifically in programs addressing Domestic Abuse)
- Anger and hostility
- Substance use and related problems
- Interpersonal relationships
- Treatment alliance and adherence

The programs aimed at addressing the criminogenic needs of violent offenders include:

- EQUIPS Aggression
- EQUIPS Domestic Abuse
- Violent Offender Therapeutic Program (VOTP) – High intensity
- VOTP – Maintenance Program
- Self-Regulation Program for Violent Offending

EQUIPS Aggression

Program description

Risk/intensity: Medium (only when included with other programs in the EQUIPS suite)

Duration: 20 x 2 hour sessions (40 hours)

The EQUIPS Aggression program is designed to increase participants' ability to manage difficult life events and minimise aggressive behaviour. It is based on a strong cognitive behaviour therapy approach and is linked to mindfulness and values. It targets both expressive and instrumental aggression. The addition of an offence mapping process will help participants link their aggressive behaviour to their offence. Its five modules are:

1. Identifying emotions
2. Aggression management
3. Beliefs and values
4. Offence Mapping and
5. Self-management planning.

Eligibility criteria

- ❑ Offenders who have a current criminal conviction for a violence-related offence
- ❑ **LSIR:** Offenders who are medium to high risk of recidivism as measured by the Level of Service Inventory-Revised
- ❑ **Gender:** Males and female offenders cannot be mixed in a group.
- ❑ Those who have a current offence resulting in a period of supervision or incarceration
- ❑ **Time left to serve:** Those who have sufficient time remaining in their total sentence/order to complete the program
- ❑ **NB:** Please see *Policy for implementation, delivery and integrity monitoring of EQUIPS suite of programs* ([d14/444894](#)) for inclusion criteria for offenders with medium low, low or no LSI-R including SORC offenders, sex offenders, remandees and Community Service Orders.

Suitability criteria

Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find the offender unsuitable.

- ❑ Offenders in custody who are eligible require a Pre-Program Suitability Interview (PPSI) to ascertain their suitability.
- ❑ Community Corrections Officers are responsible for assessing the suitability of offenders under their supervision in the community. This should be undertaken as part of the normal case planning process with consideration of the offenders' risks/needs and the schedule of programs at their location.

Exclusion criteria

- ❑ Excludes offenders who have active psychotic symptoms.
- ❑ Acute intoxication or withdrawal symptoms may exclude an individual until the issue is resolved.
- ❑ With the exception of the [EQUIPS Addiction](#) program, offenders with a current conviction for a sexual offence are generally excluded from participating in EQUIPS programs. This would particularly be the case if they have been referred and found suitable for [Sex Offender Programs](#).
- ❑ Excludes offenders participating in the following programs or centres at the time of consideration for the program: [Intensive Drug and Alcohol Treatment Program \(IDATP\)](#), [SOP-Custody-based Intensive Treatment Program \(SOP-CUBIT\)](#), [Violent Offender Therapeutic Program \(VOTP\)](#), [Ngara Nura or Gurnang Life Challenge \(GLC\)–Men](#), [Compulsory Drug Treatment Correctional Centre \(CDTCC\)](#), High Risk Management Unit (HRMU), Bolwarra or Parramatta Transitional Centre (PTC).

Program delivery options

- ❑ The standard EQUIPS Aggression program consists of 20 x 2 hour sessions (40 hours) divided into five modules of four sessions each. Sessions can be run once or twice per week.
- ❑ EQUIPS Aggression can be undertaken as a stand-alone program.
- ❑ Alternatively, offenders can do this as part of an offence-targeted pathway which could include one or all the other EQUIPS programs (i.e. [EQUIPS Foundation](#), [EQUIPS Addiction](#) and/or [EQUIPS Domestic Abuse](#)).

This provides the flexibility to tailor a pathway which takes account of the offender's time to release or supervision end.

Pre / Post program requirements

- ❑ **Pre program:** A Pre-Program Suitability Interview (PPSI) must be done for all offenders in custody.
- ❑ The Measuring Criminal Attitudes and Associates (MCAA) questionnaire must be administered at the start and at the end of the program.
- ❑ **Post program:** All participants must complete the EQUIPS program evaluation form.

Facilitator training

- ❑ Group Work Facilitation, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- ❑ Creative Group Work Skills – 6 days in 2 blocks, delivered by the State-wide Programs Team
- ❑ Introduction to Cognitive-Behavioural Therapy (CBT) – 1 day, delivered by the State-wide Programs Team
- ❑ EQUIPS Foundation – 2 days, delivered by the State-wide Programs Team

- Staff who have done the training for the CALM (Controlling Anger and Learning to Manage It) in the last two years but have not delivered the program will need to do the one day training in EQUIPS Aggression.

Related research

McGuire (2008) *A review of effective interventions for reducing aggression and violence*
Philosophical Transactions of the Royal Society B, 363, 2577-2597.

EQUIPS Domestic Abuse

Program description

Risk/intensity: Medium (only when included with other programs in the EQUIPS suite)

Duration: 20 x 2 hour sessions (40 hours)

The EQUIPS Domestic Abuse program is based on a psycho-behavioural framework and has strong therapeutic influence in its delivery. Narrative and Gestalt approaches are evident throughout the program. It has a strong emphasis on inviting perpetrators to accept responsibility for their offending behaviour. It also encourages them to increase their level of accountability to the wider community.

The modules of the EQUIPS Domestic Abuse program are:

1. Identifying abuse
2. Managing emotions, beliefs & attitudes
3. Offence mapping
4. Victim impact
5. Sexual respect, relationship skills & self-management strategies

Eligibility criteria

- ❑ **LSIR:** Offenders who are medium to high risk of recidivism as measured by the Level of Service Inventory-Revised
- ❑ Those who have a current offence resulting in a period of supervision or incarceration
- ❑ Those who have sufficient time remaining in their total sentence/order to complete the program
- ❑ Offenders whose offence is against their intimate partners
- ❑ **NB:** Please see *Policy for implementation, delivery and integrity monitoring of EQUIPS suite of programs* ([d14/444894](#)) for inclusion criteria for offenders with medium low, low or no LSI-R including SORC offenders, sex offenders, remandees and Community Service Orders.

Suitability

Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find the offender unsuitable.

- ❑ Offenders in custody who are eligible require a Pre-Program Suitability Interview (PPSI) to ascertain their suitability.
- ❑ Community Corrections Officers are responsible for assessing the suitability of offenders under their supervision in the community. This should be undertaken as part of the normal case planning process with consideration of the offenders' risks/needs and the schedule of programs at their location.

Exclusion criteria

- ❑ Excludes offenders who have active psychotic symptoms.
- ❑ Acute intoxication or withdrawal symptoms may exclude an individual until the issue is resolved.
- ❑ With the exception of the [EQUIPS Addiction](#) program, offenders with a current conviction for a sexual offence are generally excluded from participating in EQUIPS programs. This would particularly be the case if they have been referred and found suitable for [Sex Offender Programs](#).
- ❑ Excludes offenders participating in the following programs or centres at the time of consideration for the program: [Intensive Drug and Alcohol Treatment Program \(IDATP\)](#) , [SOP-Custody-based Intensive Treatment Program \(SOP-CUBIT\)](#), [Violent Offender Therapeutic Program \(VOTP\)](#), [Ngara Nura](#) or [Gurnang Life Challenge \(GLC\)–Men](#), [Compulsory Drug Treatment Correctional Centre \(CDTCC\)](#), [High Risk Management Unit \(HRMU\)](#), [Bolwarra](#) or [Parramatta Transitional Centre \(PTC\)](#).

Program delivery options

- ❑ The standard EQUIPS Domestic Abuse program consists of 20 x 2 hour sessions (40 hours) divided into five modules of four sessions each.
- ❑ Sessions can be run once or twice per week.
- ❑ EQUIPS Domestic Abuse can be undertaken as a stand-alone program.
- ❑ Alternatively, offenders can do this as part of an offence-targeted pathway which could include one or all the other EQUIPS programs (i.e. [EQUIPS Foundation](#), [EQUIPS Addiction](#) and/or [EQUIPS Aggression](#)).

This provides the flexibility to tailor a pathway which takes account of the offender's time to release or supervision end.

Pre / Post program requirements

- ❑ **Pre program:** A Pre-Program Suitability Interview (PPSI) must be done for all offenders in custody.
- ❑ The Measuring Criminal Attitudes and Associates (MCAA) questionnaire must be administered at the start and the end of the program.
- ❑ **Post program:** All participants must complete the EQUIPS program evaluation form.

Facilitator training

- ❑ Group Work Facilitation, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- ❑ Creative Group Work Skills – 6 days in 2 blocks, delivered by the State-wide Programs Team

- Introduction to Cognitive-Behavioural Therapy (CBT) – 1 day, delivered by the State-wide Programs Team
- EQUIPS Foundation – 2 days, delivered by the State-wide Programs Team
- Staff who have done the training for Domestic Abuse Program (DAP) in the last two years but have not delivered the program will need to do the one day training in EQUIPS Domestic Abuse.
- See [Minimum standards for Men's Behaviour Change programs](#) regarding hours of supervised practice required

Related research

Blatch, O'Sullivan, Delaney, van Doorn & Sweller (2016) Evaluation of an Australian domestic abuse program for offending males, *Journal of Aggression, Conflict & Peace Research*, 8 (1) 4-22

Violent Offender Therapeutic Program (VOTP) – High intensity

Program description

Risk/intensity: High

Duration: 300 hours +

The Violent Offenders Therapeutic Program (VOTP) is a residential therapy program for men who have a history of violent behaviour. A modified therapeutic community setting enables offenders to work intensively on changing the thinking, attitudes and feelings that led to their offending behaviour. Individuals will work on understanding the factors surrounding their offending behaviour, challenging cognitive distortions, developing perspective taking skills, identifying their offence cycle, risk factors and warning signs and developing detailed self-management plans to assist them in living an offence-free and more satisfying life in the future.

VOTP has been designed to reduce the harm of violence to people in the community and correctional system through a high integrity, therapeutic and educational program for violent offenders. It is an intensive program which aims to address criminogenic needs and risks of re-offending by targeting high risk/needs offenders with a history of violent behaviour (within the correctional system, in the community, or both).

Eligibility criteria

- Current violent offence resulting in non-parole period of at least two years.
- History of committing one or more violent offences or history of committing violence within custodial settings
- **LSIR:** Medium-High or high risk of recidivism as measured by the LSIR.
- Sufficient time remains in total sentence to complete VOTP treatment (at least 12 months).

Decisions regarding the *eligibility* of violent offenders who fall outside of the above criteria will be made at the discretion of the Senior Psychologist, VOTP in consultation with Director, State-wide Programs.

Suitability criteria

If they meet eligibility criteria, the following types of violent offenders *are suitable* for the VOTP:

1. Violent offenders who are assessed as having high levels of psychopathic tendencies (i.e., as measured by PCL-R/SV) **are** suitable for VOTP.
2. Violent offenders with domestic violence convictions.
3. Violent offenders who have committed a sexual offence are suitable for VOTP but this will need to be assessed on a case by case basis (on the basis that there may be a significant risk of harm to this offender).
4. Violent offenders appealing against the severity of their sentence.
5. There will be instances where, even if suitable on the basis of the above, an offender will **not** be offered a position (e.g. in the event that a violent offender has committed a sexual offence against a child and is well known as a sexual offender).

Exclusion criteria

The following violent offenders, even if they meet above eligibility criteria, *would not usually be considered suitable* for the VOTP.

1. Violent offenders appealing against their conviction **will not be suitable** for VOTP.
2. Violent offenders who have committed a serious violent offence against a child will need to be assessed on a case by case basis (on the basis that there may be a significant risk of harm to this offender).
3. Violent offenders who have been assessed as unable to successfully complete the program on the basis of psychiatric, cognitive or intellectual functioning or physical abilities.

Immediately prior to an offender being offered a place in the VOTP an assessment of his *immediate suitability* will be completed.

The following violent offenders, who have met eligibility and suitability criteria, will **not** be offered a treatment place if they have:

1. Been non-compliant with psychiatric medication or methadone regimes **within the last two months**.
2. Been assessed as at risk of suicide/self-harm or managed by RAIT **within the last two months**.
3. Received aggression or drug-related charges within custody **within the last two months**.
4. Received adverse intelligence reports **within the last one month**.
5. Been segregated in custody **within the last one month**.
6. Received additional charges that are subject to Court proceedings which would adversely affect participation in group.

Program delivery options

- The VOTP is delivered in two-hour sessions three to four times a week for approximately 12 months. This includes the Assessment Phase and a Treatment Phase.
- Each group consists of a maximum of 10 to 12 offenders.
- Facilitated as an open group.

Facilitator training

- Facilitators must be trained psychologists.

Pre / Post program requirements

- As part of the referral process offenders are interviewed to determine readiness, motivation and other responsivity issues (e.g. mental health). Participants undertake a battery of tests administered by therapeutic staff when they enter the program.

Related research

Ang, J. (2007). *Evaluation of the Violence Prevention Program: Effects on recidivism, overcontrolled hostility and severity of violence in those who re-offend* (Unpublished master's thesis), University of New South Wales, Sydney, Australia.

Roman (2006) *Effects of the Violence Prevention Program on Institutional Behaviour and Recidivism* (Unpublished master's thesis), University of New South Wales, Sydney, Australia.

VOTP – Maintenance & Outreach

Program description

The Violent Offender Therapeutic Program (VOTP)–Maintenance & Outreach is only provided for graduates of the VOTP–High Intensity Program or SRP: VO. The VOTP–Maintenance & Outreach service aims to decrease incidents of violence by offenders both in the correctional system and in the community upon their release through:

- ongoing management of risk factors
- reinforcing knowledge and skills learned during the VOTP
- practising and generalising acquired skills in a variety of situations
- providing reliable, consistent contact with staff who are aware of their background
- supporting transition and to living in the community.

Eligibility criteria

- **LSIR:** High
- **Gender:** VOTP Maintenance is currently available only for male participants.
- Most graduates of VOTP–High Intensity are referred to VOTP–Maintenance & Outreach after they complete the treatment program. Eligible participants are then interviewed or included in a maintenance group to determine their overall eligibility to participate. Offenders may be referred to VOTP–Maintenance & Outreach via the [referral form on the intranet](#) (opens in new window), or by contacting staff.

Suitability criteria

- Even if violent offenders meet the eligibility criteria a suitability assessment is made on a case by case basis. An offender can be considered unsuitable due to responsivity and/or safety issues.

Exclusion criteria

- Excludes those who have **not** completed the [VOTP–High Intensity program or SRP: VO](#).
- Offenders who return to custody for a serious violent offence are *not* automatically suitable for VOTP Maintenance. The case will be reviewed on an individual basis.

Program delivery options

- VOTP–Maintenance & Outreach is available both in custody and in the community.
- Sessions are conducted in a group format either face to face or by video link. One to one sessions are conducted face to face, by video link or telephone for those offenders who are not able to access a group.
- Offenders are eligible for VOTP Maintenance while they are supervised by parole.

Facilitator training

- Facilitators must be trained psychologists.

Pre / Post program requirements

- Offenders who have completed the VOTP treatment can be assessed for suitability to participate in VOTP–Maintenance & Outreach.

Related research

Ware, J., Cieplucha, C. & Matsuo, D. (2011). The Violent Offender Therapeutic Programme (VOTP) – Rationale and effectiveness. *Australasian Journal of Correctional Staff Development*, v. 6. To download the full article, click.

VOTP – Community-based Risk Management Intervention

Description

CSNSW does not provide a treatment program in the community of a high enough intensity to meet the criminogenic needs of high risk/needs violent offenders. However, high risk untreated violent offenders that are subject to an order under the *Crimes (High Risk Offenders) Act 2006* may be assessed as suitable for limited risk management intervention on a one to one basis provided by VOTP–Maintenance & Outreach psychologists in the community.

Risk management aims to address the risk behaviours by implementing alternate behavioural strategies to manage high risk situations. This differs from the [VOTP–High Intensity custody-based](#) program which provides treatment or intensive therapy aimed to reduce risk over the long term by changing the entrenched causal factors, such as attitudes or core beliefs, which are related to risk.

Eligibility criteria

- ❑ Offenders must be serving a sentence for a serious violent offence.
- ❑ Offenders must be in the community.
- ❑ Offenders can be male or female.

Suitability criteria

- ❑ Offenders must have outstanding risk-needs pertaining to violent offending behaviour or have an LSIR of medium-high to high.
- ❑ Offenders must be under the supervision of Community Corrections Extended Supervision Order Team.
- ❑ Ideally, offenders should have sufficient time remaining on their order/parole/supervision, although priority will be given to those offenders who do not have much time remaining.
- ❑ Offenders must consent to engage with the [VOTP–Maintenance and Outreach](#).

Exclusion criteria

- ❑ Offenders who do not consent to engage with the [VOTP–Maintenance and Outreach](#).
- ❑ Offenders who have outstanding mental health issues (i.e. active psychosis).
- ❑ Offenders who display aggressive behaviour that would put staff at risk.

Self-Regulation Program: Violent Offenders (SRP:VO)

Program Description

Risk/intensity: High

Duration: 300 hours +

The Self-Regulation Program: Violent Offending (SRP: VO) is a unique treatment alternative for people with intellectual disability or cognitive impairment who offend, who have limited adaptive skills in the gaol environment, and who need both intensive treatment tailored to their unique responsivity issues and a controlled safe environment. The program provides:

- long term intensive programming, combining the latest empirical research with modalities suited to the participants' responsivity needs
- comprehensive treatment occurring in a secure setting separate from the mainstream gaol
- training in self-help and self-regulation that counters institutional dependence
- Treatment methodologies that engage thoughts, feelings and behaviour
- a supportive, firm and consistent holistic treatment atmosphere
- extensive transition services with community follow up through Ageing Disability and Home Care (ADHC) and other external agencies
- education, training and networking of resources and methods for the wider community through maintenance programming.

SRP: VO has been designed to reduce the harm of violence to people in the community and correctional system through a high integrity, therapeutic and educational programme within a therapeutic community for people with intellectual and other cognitive impairment who are incarcerated for violent offences (i.e. not of a primary sexual nature). It is an intensive programme which aims to address criminogenic needs and risks of re-offending by targeting medium to high risk/needs offenders with a history of violent behaviour (within the correctional system, in the community, or both).

Eligibility criteria

- LSIR.** Medium-high to high risk of recidivism as assessed by the LSIR
- Time left to serve.** Offenders may be considered for program placement from 2.5 years to their earliest possible release date. A minimum requirement is two years to latest release date
- Intellectual disability or cognitive impairment confirmed by Statewide Disability Services (SDS)
- Current conviction for a violent offence
- Have a history of committing one or more violent offences or have a history of committing violence within custodial settings
- Suitable for one-out cell placement
- May be any classification.

Self-Regulation Program: Violent Offenders (SRP:VO)

Suitability criteria

- A suitability assessment is made on a case by case basis due to the necessity of determining the responsiveness needs of the person, safety needs and how these can each be met.
- Violent offenders who: (a) have committed a sexual offence, (b) are assessed as having high levels of psychopathic tendencies (i.e., as measured by PCL-R/SV), or (c) have domestic violence convictions are suitable for SRP: VO but this would need to be considered on a case by case basis (on the basis that there may be a significant risk of harm to this offender).
- Offenders appealing the *severity* of sentence will be considered on a case by case basis due to the risk of not being able to complete the program and their motivation to engage in treatment. Offenders appealing against their *conviction* are not considered suitable.

Exclusion criteria

The following violent offenders, even if they have met the eligibility and suitability criteria, will *not* be offered a treatment place if they have:

- been non-compliant with psychiatric medication or methadone regimes *within the last two months*
- been assessed as at risk of suicide/self-harm or managed by RAIT/RIT *within the last two months*
- received aggression related charges within custody *within the last month*
- received drug related charges within custody *within the last two months*
- received adverse intelligence reports *within the last two months*
- been segregated in custody within the last two months
- received additional charges that are subject to Court proceedings.

Violent offenders who do not meet the eligibility or suitability criteria *may* be suitable to attend other programmes listed within the CSNSW Compendium of Correctional Programmes such as VOTP, programs in the Compendium listed under Aggression and Violence, or other Additional Support Unit (ASU) programs. Recommendations for other program attendance will be made on a case by case basis and will be outlined in the Treatment Needs and Suitability Assessment Report developed by the SRP–VO therapists undertaking this assessment in the Assessment Phase.

Program delivery options

- The SRP: VO is a residential therapy program for men who have a history of violent behaviour. The SRP:VO is run in the VOTP Unit in MSPC Area 1, Long Bay Correctional Complex.
- The setting is designed to enable participants who, due to their individual responsiveness needs as people with cognitive impairment, require additional supports in programs, to explore and address their offending behaviour within a therapeutic community environment.
- Treatment groups are of two hours duration and occur three times a week. Each group consists of up to 10 participants. Participants remain in treatment for 12 to 18 months.

Self-Regulation Program: Violent Offenders (SRP:VO)

- Facilitated as an open group.

Facilitator training

- Facilitators must be trained psychologists.

Pre / Post program requirements

- Offenders who have completed the SRP: VO treatment can be assessed for suitability to participate in [VOTP–Maintenance & Outreach](#).

5. Sex Offender Programs

The goal of **Sex Offender Programs** is to help participants acquire the knowledge, skills, attitudes and self-confidence necessary to achieve a greater level of satisfaction and happiness in their life and the lives of the people around them. The programs aim to help individuals enhance the range of positive skills and characteristics they already have as well as to assist them develop new skills and knowledge.

Criminogenic needs targeted in Sex Offender Programs

The criminogenic needs, or risk factors, are identified from the sex offender specific literature (e.g. Mann, Hanson & Thornton, 2010) and therefore reflect slightly different language to those factors identified for other offence types. They are:

- Sexual self-regulation – sexual deviance, sexual preoccupation, sex as coping
- Offence-supportive attitudes
- Emotional congruence with children
- Intimacy deficits
- Conflicts in intimate relationships
- Lifestyle impulsivity
- General self-regulation problems
- Poor cognitive problem solving
- Noncompliance with supervision
- Grievance/hostility
- Negative social influences

There are separate programs to prepare/motivate, treat and then maintain the treatment gains of sexual offenders.

- PREP - Preparatory Program for Sexual Offenders
- CUBIT – Custody-based Intensive Treatment (CUBIT) Program
- CORE – CUBIT Outreach
- Deniers Program
- Custody-based Maintenance Program
- Self-regulation Program: Sexual Offenders (SRP: SO)
- Community-based Treatment Group
- Community-based Maintenance Program
- Community-based Risk Management Intervention

PREP - Preparatory Program for Sexual Offenders

Program description

The Custody-based Preparatory Program (PREP) for Sexual Offenders aims to increase a sexual offender's motivation and/or readiness to participate in a treatment program. PREP is *not* a treatment program and is *not* a pre-requisite for sex offender treatment. By participating in PREP, sexual offenders are informed about and can start to experience the actual content and process of treatment. They have an opportunity to briefly complete a number of discussions/exercises relating to coping styles, self-esteem, relationship skills and victim empathy. They also have an opportunity to start the process of understanding how and why they offended sexually.

Participation in the PREP program is voluntary. It is for male sexual offenders who have indicated they wish to participate in treatment ('already motivated') and also for those who are not sure about treatment ('ambivalent') but want to know more. Ideally, each PREP group should, at all times, have a mix of both motivated and ambivalent participants, so as to maximise the effectiveness of the program. Ideally, there should be a greater number of 'motivated' sexual offenders in the PREP group at any one time.

Eligibility criteria

- Offenders must meet the criteria of a **sex offender as per CSNSW definition**. Within CSNSW a 'sexual offender' is defined as:
 - any **convicted** offender whose current offences include one of sexual violence
 - any **convicted** offender whose history of offences includes a conviction for sexual violence
 - any **convicted** offender who tells us that he/she has committed acts of sexual aggression (whether they be officially known or not, e.g. includes 'no billed' charges) or
 - any **convicted** offender whose offence(s) are determined to have entailed an underlying sexual motivation.
- Offenders must at the time of referral be serving a custodial sentence.
- Offenders must be males.

Suitability

- A STATIC-99R (if appropriate) and a STABLE-2007 (if required) are risk assessment measures that should be completed prior to an offender participating in PREP. An offender's level of risk is not an eligibility criterion for the PREP program. However, entry into the program is prioritised according to risk rating.
- An offender must have sufficient time remaining on their total sentence to complete the program. Entry into the PREP program is prioritised based on an offender's earliest release date or sentence expiry.
- An offender's immediate circumstances may mean that it is not in his best interest to participate in PREP at that particular time. An example is when an offender is experiencing active psychotic symptoms that would significantly impede his ability to meaningfully participate in PREP at that immediate time. The facilitator of the PREP

program will review the offender prior to commencement and ascertain, in consultation with a Senior Psychologist, whether or not it is appropriate at this immediate time for him to participate.

Exclusion criteria

- ❑ Excludes unsentenced offenders.

Program delivery options

- ❑ PREP involves 1.5 to 2 hour group-based sessions once a week, totaling 12 to 14 sessions.
- ❑ Each group has approximately 8 to 10 participants and can be facilitated by either a psychologist or a Services and Programs Officer (SAPO).

Facilitator training

- ❑ PREP is facilitated by gaol of classification staff in the centres where the program runs with supervision from Sex Offender Programs (SOP) staff.
- ❑ Facilitators must have completed the Group Work Facilitation training, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or have similar qualifications from a recognised teaching facility.

Pre / Post program requirements

- ❑ Offenders are identified for PREP locally by gaol of classification staff in the centres where the programs are facilitated.
- ❑ Potential participants can be identified by Sex Offender Programs staff when a refusal to consent to referral to custody-based sex offender treatment is received. On these occasions an offender can be moved to the gaol of classification where PREP is run, so as to facilitate their participation in the PREP program. This situation raises difficulties in terms of Change of Placement and Movements and as such is considered on an individual basis.

Related research

Sheehan, P., & Ware, J. (2012). Preparing sex offenders for treatment: A preliminary evaluation of a preparatory program. *Sexual Abuse in Australia and New Zealand*, 4(2), 3-12.

Hanson, R. K., Bourgon, G., Helmus, L., & Hodgson, S. (2009). *A meta-analysis of the Effectiveness of Treatment for Sexual Offenders: Risk, Need, and Responsivity*. User Report 2009-01. Ottawa: Public Safety Canada.

CUBIT - Custody-based Intensive Treatment Program

Program description

Risk/intensity: High

Duration: 300 hours +

CUBIT is a prison based residential therapy program for men who have sexually abused adults and/or children. These settings, known as a “therapeutic community” are designed to help participants work intensively on changing the thinking, attitudes and feelings that led to their offending behaviour. During this time, individuals will work on understanding and taking responsibility for their offending behaviour; they will examine victim issues; identify their offence pathway; and, develop self-management plans to assist them in living an offence-free and more satisfying life in the future.

CUBIT is run in a rolling group format, which means that when a participant leaves treatment, another replaces him. This format allows for an individual’s needs to be assessed by the therapeutic staff in consultation with the participant to ensure that the therapeutic journey is an individualised one. In addition to the therapy groups, dependent on program location, CUBIT community members are offered the opportunity to become involved in education programs, sporting activities and horticulture. This is to promote improved general life skills. Educational programs available may include literacy, art, ceramics and music. Participants may also have the opportunity to pursue academic courses.

Eligibility criteria

- ❑ Offenders must meet the criteria of a [sex offender as per CSNSW definition](#).
- ❑ Offenders must at the time of referral be serving a custodial sentence.
- ❑ Offenders must be males.

Suitability

- ❑ Offenders must have an assessed moderate to high risk category as determined by a STATIC-99R (if appropriate) and a dynamic risk/needs assessment.
- ❑ Offenders must have sufficient time remaining on their total sentence to complete the program.
- ❑ Offenders must acknowledge some level of responsibility for their sexual offence(s) or behaviours.
- ❑ Offenders must *not* be appealing the conviction or sentence they are in custody for.
- ❑ Suitable for offenders for whom a decision has been made by SOP staff that a sex offender program pathway is most appropriate given the offender’s treatment needs.
- ❑ Offenders must have no serious aggression related charge within the month prior to being offered a treatment position.
- ❑ Individuals participating in CUBIT are required to be managed under Special Management Area Placement (SMAP). If an individual is not managed under SMAP prior to entering CUBIT he will be required to do so upon his arrival.

CUBIT – Custody-based Intensive Treatment Program

Exclusion criteria

- Excludes unsentenced offenders.
- Excludes offenders currently recommended by SOP staff for other custody-based sex offender treatment programs.

Program delivery options

- The CUBIT program is of six to ten months duration with three sessions per week.
- The exact length of treatment for each offender depends on the extensiveness and severity of their treatment needs and their responsiveness to treatment.
- The CUBIT program is delivered in an open (rolling) group therapy format within a therapeutic community setting.
- Custodial staff that are trained and committed to supporting the rehabilitative efforts by participants support them throughout their treatment.
- Offenders admitted to the CUBIT program are accommodated in either of two sites:
 - A self-contained 40 bed unit located in the Metropolitan Special Programs Centre (MSPC 2) at Long Bay Correctional Complex (for minimum security classification only).
 - A self-contained 40 bed unit located at Cessnock Correctional Centre (for all security classifications).

Facilitator training

- Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Referral:** Participants must consent to be referred to the program.
- **Treatment offer:** Participants must consent to the treatment offer.
- **Pre program.** Participants undertake a battery of tests administered by therapeutic staff when they enter the program.
- **Post program.** Participants undertake a battery of tests administered by therapeutic staff on completion of the program.

Related research

Ware, J. & Bright, D. A. (2008). Evolution of a treatment programme for sex offenders: Changes to the NSW Custody-Based Intensive Treatment (CUBIT). *Psychiatry, Psychology and Law*, 15(2), 340-349.

Woodrow, A. C. & Bright, D. A. (2010). Effectiveness of a sex offender treatment program: A risk band analysis. *International Journal of Offender Therapy and Comparative Criminology*, 20(10), 1-13.

CORE - CUBIT Outreach

Program description

Risk/intensity: Medium

Duration: 100 hours +

CORE Moderate is a prison based non-residential therapy program for men who have sexually abused adults and/or children. CORE is designed to help participants work on changing the thinking, attitudes and feelings that led to their sexual offending behaviour.

CORE targets the core issues common to men who commit sexual offences. As with CUBIT, during the CORE program, participants are expected to develop an understanding of and take responsibility for their offending behaviour, examine victim issues, identify their offence pathway and develop detailed self-management plans to assist in their release planning.

Eligibility criteria

- Offenders must meet the criteria of a [sex offender as per CSNSW definition](#).
- Offenders must at the time of referral be serving a custodial sentence.
- Offenders must be males.

Suitability criteria

To be suitable for the program, offenders must:

- have an assessed low-moderate to moderate-high risk category as determined by a STATIC-99R (if appropriate) and a dynamic risk/needs assessment
- have sufficient time remaining on their total sentence to complete the program.
- acknowledge some level of responsibility for the sexual offence(s) or behaviours
- not be appealing the conviction/sentence he is in custody for
- have been assessed by Sex Offender Programs staff that a sex offender program pathway is most appropriate given the offender's treatment needs
- have a 'C' Classification
- have no serious aggression related charge within the month prior to being offered a treatment position
- Individuals participating in CORE at the Metropolitan Special Programs Centre (MSPC) and at the Cessnock Correctional Centre are required to be managed under Special Management Area Placement (SMAP). If an individual is not managed under SMAP prior to participating in CORE at these locations he will be required to do so upon his arrival to the area.

Exclusion criteria

- Excludes unsentenced offenders.
- Excludes offenders currently recommended by SOP staff for another custody-based sex offender treatment program.

Program delivery options

- ❑ CORE runs in a group format and is approximately six to eight months in length, with two group sessions per week.
- ❑ CORE is run at multiple locations, primarily at the Metropolitan Special Programs Centre (MSPC) at Long Bay Correctional Complex and at Cessnock Correctional Centre.
- ❑ CORE program can be facilitated within the general Correctional Centre area (i.e. non-residential) or within the CUBIT area (i.e. residential) of the aforementioned correctional centres. The physical location of where the group is facilitated is dependent on gaol and program needs and is not reflective of the offenders participating in the program.
- ❑ As a non-residential program, participants attending CORE continue with their regular institutional activities such as work duties, education, etc. CORE may also be run within the CUBIT therapeutic community, in which case the CUBIT routine applies.

Facilitator training

- ❑ Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- ❑ **Referral:** Participants must consent to be referred to the program.
- ❑ **Treatment offer:** Participants must consent to the treatment offer.
- ❑ **Pre program.** Participants undertake a battery of tests administered by therapeutic staff when they enter the program.
- ❑ **Post program.** Participants undertake a battery of tests administered by therapeutic staff on completion of the program.

Related research

Woodrow, A. C. & Bright, D. A. (2010). Effectiveness of a sex offender treatment program: A risk band analysis. *International Journal of Offender Therapy and Comparative Criminology*, 20(10), 1-13.

Deniers Program

Program description

Risk/intensity: Medium

Duration: 100 hours +

The Custody based Deniers program aims to provide a prison-based non-residential treatment program for men who have been convicted of sexually abusing adults or children yet have always maintained that they were wrongfully accused or falsely identified for all sexual offences they have been convicted of. These offenders are categorically denying that any sexual contact occurred between themselves and the victim(s). There are sometimes exceptions made by Sex Offender Programs based on the treatment needs of the individual and this will be determined by a case by case basis. The definition of denial used for the Deniers program is that of Categorical Denial.

The Deniers Program is an adaptation of a standard treatment program where the risk factors associated with sexual offending are addressed without participants needing to admit to the actual offending. It aims to help these men understand the factors or problems in their lives that led them to be in a position where they could be accused of a sexual offence and helps them develop strategies to prevent this from happening again. It aims to help participants take responsibility for their being accused of a sexual offence and their future, examine victim issues, identify how and why they were accused, develop new strategies and skills to use in relationships and in coping with their emotions and develop a detailed self-management plan to assist in their release planning.

Eligibility criteria

- ❑ Offenders must be males and meet the criteria of a sex offender as per CSNSW definition.
- ❑ Offenders must at the time of referral be serving a custodial sentence.
- ❑ Offenders must have always maintained categorical denial for all sexual offences that they have been convicted of. There are sometimes exceptions made by Sex Offender Programs based on the treatment needs of the individual and this will be determined by a case by case basis
- ❑ Offenders must have an assessed moderate to high risk category as determined by a STATIC-99R (if appropriate) and a dynamic risk/needs assessment
- ❑ Offenders must have sufficient time remaining on their total sentence to complete the program

Suitability criteria

To be suitable for the Deniers program, offenders must:

- ❑ not be appealing the conviction/sentence he is in custody for
- ❑ have been assessed by Sex Offender Programs staff that a sex offender program pathway is most appropriate given the offender's treatment needs

- have a 'C' Classification
- have no serious aggression related charge within the month prior to being offered a treatment position
- Individuals participating in the Deniers program at the Metropolitan Special Programs Centre (MSPC) are required to be managed under Special Management Area Placement (SMAP). If an individual is not managed under SMAP prior to participating in the Deniers program at the MSPC he will be required to do so upon his arrival to the MSPC.

Exclusion criteria

- Excludes unsentenced offenders.
- Excludes offenders currently recommended by SOP staff for another custody-based sex offender programs treatment program.

Program delivery options

- The Deniers Program is delivered by psychologists from the Sex Offender Programs Unit in a closed group therapy format with two sessions per week. The program is approximately six to seven months in length run as a closed group.
- The frequency with which the Deniers program is run is in response to treatment waiting list needs. The Sex Offender Programs Unit can provide further information as to when the next Deniers group is anticipated to commence.

Facilitator training

- Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Referral:** Participants must consent to be referred to the program.
- **Treatment offer:** Participants must consent to the treatment offer.
- **Pre program:** Participants undertake a battery of tests administered by therapeutic staff when they enter the program.
- **Post program:** Participants undertake a battery of tests administered by therapeutic staff on completion of the program.

Related research

Ware, J. & Mann, R. E. (2012). How should "acceptance of responsibility" be addressed in sexual offending treatment programs? *Aggression and Violent Behavior* 17, 279–288.

Marshall, W. L., Marshall, L. E. E., & Ware, J. (2009). Cognitive distortions in sexual offenders: Should they all be treatment targets? *Sexual Abuse in Australia and New Zealand*, 2, 21-33.

Custody-based Maintenance Program

Program description

The SOP–Custody-based Maintenance Program has been designed to be a continuation of sexual offence-specific treatment. It aims to assist participants to start to generalise skills and implement strategies developed in treatment and to allow offenders to demonstrate behaviour change in a supportive environment. The program aims to strengthen the participants' self-management and release plans.

Eligibility criteria:

- ❑ Offenders must have previously participated in a CSNSW sex offender treatment program (e.g. CUBIT, CORE, SRP: SO etc.)
- ❑ Offenders must be currently serving a custodial sentence.
- ❑ Offenders must be male.

Suitability criteria

- ❑ The offender must have been recommended by SOP staff to participate in the program
- ❑ Offenders must not be appealing the conviction/sentence they are in custody for.
- ❑ Individuals participating in the Custody-based Maintenance program at the MSPC and at CUBIT Cessnock are required to be managed under Special Management Area Placement (SMAP). If an individual is not managed under SMAP prior to participating in the Custody-based Maintenance program he will be required to do so upon his arrival to the area.

Exclusion criteria

- ❑ Excludes men who have not completed a sex offender treatment program.
- ❑ Excludes unsentenced offenders.

Program delivery options

- ❑ The Custody-based Maintenance Program is facilitated on a fortnightly basis at the Metropolitan Special Programs Centre (MSPC) at Long Bay Correctional Complex and within the CUBIT Cessnock Unit at Cessnock Correctional Centre.
- ❑ Custody-based maintenance is available to men who have completed a sex offender treatment program.
- ❑ The Custody-based Maintenance Program is delivered in a group format. As a non-residential group, participants attending Custody-based Maintenance continue with their regular institutional activities such as work duties, education, etc.

Facilitator training

- ❑ Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Recommended for Custody-based Maintenance:** Participants must have an identified therapeutic need for participation in the program. Specific goals must also be identified for the participant to address or demonstrate during their time in the program.
- **Referral:** Participants must consent to be referred to the program.

Related research

Ware, J. (2011). The importance of contextual issues within sexual offender treatment. In D. P. Boer, R. Eher, L. A. Craig, M. H. Miner & F. Pfafflin (Eds.). *International perspectives on the assessment and treatment of sexual offenders: Theory, practice, and research* (pp. 299-312). Chichester, England: Wiley-Blackwell.

Self-Regulation Program: Sexual Offenders (SRP: SO)

Program description

Risk/intensity: High

Duration: 300 hours +

The Self-regulation Program: Sexual Offenders (SRP: SO) is a prison based residential therapy program for men who have sexually abused adults and/or children. It is targeted towards providing sex offender treatment to offenders with an intellectual disability or other cognitive impairment and those who have limited adaptive skills in the gaol environment.

The SRP: SO runs in a group format and is offered to moderate and high risk/needs offenders. Individuals accepted into the program become “community members” and can expect to remain in the program for approximately 12 to 18 months. During this time, individuals will work on understanding and taking responsibility for their offending behaviour; they will examine victim issues; identify their offence pathway; and develop detailed self-management plans to assist them in living an offence-free and more satisfying life in the future. Other fundamental treatment issues of men who commit sexual offences are also addressed during an individual’s time in the program.

Eligibility criteria

- ❑ Participants must meet the [criteria of a sex offender as per CSNSW definition](#).
- ❑ The offender must be currently serving a custodial sentence.
- ❑ The SRP: SO is only for male participants.
- ❑ Offenders must have an assessed moderate to high risk category as determined by a STATIC-99R (if appropriate) and a dynamic risk/needs assessment.
- ❑ Offenders must have an intellectual or cognitive impairment confirmed by CSNSW’s State-wide Disability Services (SDS).

Suitability criteria

- ❑ Offenders must have been assessed by SOP staff that a sex offender program pathway is most appropriate given their treatment and cognitive needs.
- ❑ Offenders must have sufficient time remaining on their total sentence to complete the program.
- ❑ Offenders must acknowledge some level of responsibility for the sexual offence(s) or behaviours.
- ❑ Offenders must not be appealing the conviction/sentence he is in custody for.
- ❑ Offenders must have a ‘C’ Classification.
- ❑ Offenders must have no serious aggression related charge within the month prior to being offered a treatment position.

Self-Regulation Program: Sexual Offenders (SRP: SO)

- ❑ Individuals participating in the Self-regulation Program: Sexual Offenders within the CUBIT unit (MSPC) are required to be managed under Special Management Area Placement (SMAP). If an individual is not managed under SMAP prior to participating in the Self-regulation Program: Sexual Offenders program he will be required to do so upon his arrival to the MSPC.

Exclusion criteria

- ❑ Excludes men who have not completed a sex offender treatment program.
- ❑ Excludes unsentenced offenders.

Program delivery options

- ❑ The SRP: SO is of 12 to 18 months' duration with three sessions per week.
- ❑ The exact length of treatment for each offender depends on the extensiveness and severity of their treatment needs and their responsiveness to treatment.
- ❑ The Self-Regulation Program: Sexual Offenders is delivered in an open (rolling) group therapy format within a therapeutic community setting.
- ❑ The treatment program is delivered by Sex Offender Programs psychologists in consultation with State-wide Disability Services (SDS).
- ❑ Individual treatment sessions are also offered to participants as deemed necessary by the treating psychologist.
- ❑ The content and structure of the program are similar to that of the [CUBIT Program](#) although it is delivered in a manner that is responsive to the learning needs of the participants.
- ❑ The program is run in the CUBIT area in the Metropolitan Special Programs Centre 2 (MSPC 2) at Long Bay Correctional Complex. CUBIT MSPC is a 40 bed unit and is a C classification area.
- ❑ Individuals admitted to the program are accommodated in a special, self-contained unit. This setting, known as a "therapeutic community" is designed to help participants work intensively on changing the thinking, attitudes and feelings that led to their offending behaviour.
- ❑ The program is conducted by a multi-disciplinary clinical team with the involvement of custodial staff who are trained and committed to supporting effective work by all participants.
- ❑ Facilitated as an open group.

Facilitator training

- ❑ Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Referral:** Participants must consent to be referred to the program.
- **Treatment offer:** Participants must consent to the treatment offer.
- **Pre program.** Participants undertake a battery of tests administered by therapeutic staff when they enter the program.
- **Post program.** Participants undertake a battery of tests administered by therapeutic staff on completion of the program.
- Offenders who have completed the SRP: SO treatment can be assessed for suitability to participate in Sex Offender Programs custody and community-based maintenance groups.

Related research

Keeling, J. A., Rose, J. L. & Beech, A. R. (2006). An investigation into the effectiveness of a custody-based cognitive-behavioural treatment for special needs sexual offenders. *The Journal of Forensic Psychiatry & Psychology*, 17(3), 372–392.

Community-based Treatment Group

Program description

Risk/Intensity: Medium

Duration: 100 hours +

The Community-based Treatment Group is a group therapy program for men who have sexually abused adults and/or children. These treatment programs are available for offenders who have not received a custodial sentence or for those who completed a custodial sentence but were unable to participate in a sex offender treatment program while incarcerated.

Community-based treatment is offered only to sexual offenders with low-moderate risk/needs (Please see suitability criteria below. This may include high Static-99R scores). An offender who has been assessed as low risk may not require specialised treatment. These treatment groups are facilitated at CSNSW's [Forensic Psychology Services \(FPS\)](#) in Surry Hills, NSW.

Eligibility criteria

- Offenders must meet the criteria of a sex offender as per CSNSW definition.
- Offenders must be in the community, being supervised by Community Corrections.
- Offenders must be male.

Suitability criteria

- Participants must have sufficient time left on their order/supervision.
- Participants must score moderate-high on the Static-99R. Those who score high on the Static-99R, with low victim-harm offences are also accepted.
- Participants who score moderate/low on the Static-99R, but present with high treatment needs will also be accepted.
- Participants must consent to participate in the program.

Exclusion criteria

- Excludes offenders who are unable to engage in a cognitive behavioural program due to intellectual disability, have a history of significant non-compliance with supervision, are non-English speaking, or have significant substance abuse/dependence that is not being managed.
- Excludes offenders who present a risk of violence to community, staff and other participants.
- Excludes offenders who do not have adequate time to complete the program.
- Excludes offenders who have psychosis or other mental illness that is active and is not receiving psychiatric care. This may include severe depression or anxiety disorders and suicidal ideation.

Community-based Treatment Group

- ❑ Excludes offenders who categorically deny their sexual offence: for example, “the offence did not occur”; “It was someone else”; or “I was not there”, etc.
- ❑ Excludes offenders who have been assessed as high risk and with high intensity treatment needs.
- ❑ Excludes offenders who have been assessed as low risk and with low intensity treatment needs.

Program delivery options

- ❑ SOP–Community based treatment groups are delivered in an open (rolling) group therapy format for approximately six to twelve months with one session per week.
- ❑ The exact length of treatment for each offender depends on the extensiveness and severity of their treatment needs and their responsiveness to treatment. The content and structure of these treatment programs are consistent with the custodial sex offender programs.

Facilitator training

- ❑ Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- ❑ **Referral:** Participants must consent to be referred to the program.
- ❑ **Treatment offer:** Participants must consent to the treatment offer.
- ❑ **Pre program:** Participants undertake a battery of tests administered by therapeutic staff when they enter the program.
- ❑ **Post program:** Participants undertake a battery of tests administered by therapeutic staff on completion of the program.

Related research

Collins, E., Brown, J., & Lennings, C. (2010). Qualitative review of community treatment with sex offenders: Perspective of the offender and the expert. *Psychiatry, Psychology and Law*, 17(2), 290-293.

Manderville-Norden, R., Beech, A., & Hayes, E. (2008). Examining the effectiveness of a UK community-based sexual offender treatment programme for child abusers. *Psychology, Crime and Law*, 14(6), 493-512.

Community-based Maintenance Program

Program description

The SOP-Community-based Maintenance Program is provided for sexual offenders who have successfully completed sex offender treatment in custody. Attending community maintenance is normally a parole condition. These groups are currently run only at [Forensic Psychology Services \(FPS\)](#).

The SOP - Community-based Maintenance Program seeks to help offenders who have completed [CUBIT](#) or [CORE](#) or SRP: SO to reinforce and generalise the knowledge and skills that they gained from treatment or to continue to work on areas that need further development. It also is designed to help these offenders to further develop and implement their self-management plans and to access support networks in a community context.

Eligibility criteria

- Adult male sexual offenders who have completed a treatment program in custody. Usually, all CUBIT graduates will be required to participate in a maintenance program.
- High risk sex offenders will take priority.
- Moderate and some low risk offenders who present with significant transitional issues requiring short-term Maintenance as follow-up.
- Offender has provided signed informed consent to participate.
- An offender who is under the supervision of Community Corrections. Once the parole period has expired, the offender can no longer receive services from [FPS](#).

Suitability criteria

A CORE graduate may be suitable for the Community-based Maintenance Program if the offender has:

- sexual deviancy or problems with sexual self-regulation
- no support in the community
- poor treatment outcome or participation
- been specifically recommended in the CORE treatment report (e.g. mental health issues requiring transitional support)
- a history of alcohol abuse when relapse is considered significant.

Exclusion criteria

In some cases, a treated sex offender will not be required/or will not need to attend Maintenance. These may include, for example:

- Low or moderate-low risk offenders who have successfully completed a custodial-based treatment program (e.g. CORE) as indicated by demonstrating limited dynamic risk factors with no significant outstanding issues and family and community support that is stable without conflict
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Community-based Maintenance Program

- Low or moderate-low risk offenders who have completed a custodial treatment program and are otherwise receiving follow-up treatment in the community by an appropriate psychologist when the remaining treatment needs are not offence-specific.

Program delivery options

- The Community-based Maintenance Program is delivered in an open (rolling) group therapy format with participants eligible to attend sessions until they have completed their sentence.
- All high risk offenders are expected to commence maintenance on a weekly basis, and their progress is reviewed regularly.
- As offenders demonstrating successful reintegration into the community the frequency of their attendance is gradually reduced, with some offenders only attending every four weeks.
- Supplementary individual sessions are also offered for those offenders who demonstrate additional risk-needs.
- Maintenance may also be offered exclusively on an individual basis, for those offenders who demonstrate significant outstanding treatment areas or those who would have their responsivity needs better met through an individual modality. At a later time, these offenders may then be placed into a maintenance group, if deemed appropriate.

Facilitator training

- Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Referral:** Participants must consent to be referred to the program, usually at the completion of CUBIT or with their parole officer, upon release. All CUBIT graduates are required to participate in maintenance, unless they are released to a rural location or there are extenuating circumstances (i.e. mental health). CORE graduates who also have significant high risk needs (i.e. sexual self-regulation) can also be referred.
- **Pre program:** All participants have an individual meeting with the allocated psychologist in order to assess maintenance needs and goals.
- **Post program:** Participants usually sit with their psychologist for an 'exit interview' which may also include referral onto community services or other follow-up services as needed.

Related research

Wilson, R. J., Stewart, L., Stirpe, T., Barrett, M., & Cripps, J. E. (2000). Community-based sex offender management: Combining parole supervision and treatment to reduce recidivism. *Canadian Journal of Criminology*, 42(2), 177-188.

McGrath, R., Cumming, G., Livingston, J., & Hoke, S. (2003). Outcome of a treatment program for adult sex offenders: From prison to community. *Journal of Interpersonal Violence*, 18(1), 3-17.

Community-based Risk Management Intervention

Program description

CSNSW does not provide a treatment program in the community of a high enough intensity to meet the criminogenic needs of high risk/needs sex offenders. However, high risk sex offenders that are found unsuitable to participate in a moderate intensity treatment group may be assessed as suitable for limited risk management intervention on a one to one basis provided by SOP psychologists.

Risk management aims to address the risk behaviours by implementing alternate behavioural strategies to manage high risk situations. This differs from the Sex Offender Programs high intensity custody-based group program which provides treatment or intensive therapy aimed to reduce risk over the long term by changing the entrenched causal factors, such as attitudes or core beliefs, which are related to risk.

Eligibility criteria

- ❑ Offenders must meet the criteria of a [sex offender as per CSNSW definition](#).
- ❑ Offenders must be in the community.
- ❑ Offenders can be male or female.
- ❑ Offenders can be deniers as well as those who acknowledge responsibility.

Suitability criteria

- ❑ Offenders must have outstanding risk-needs pertaining to sexual offending behaviour or have a Static-99R of moderate-high to high.
- ❑ Offenders must be under the supervision of Community Corrections.
- ❑ Ideally, offenders should have sufficient time remaining on their order/parole/supervision, although priority will be given to those offenders who do not have much time remaining.
- ❑ Offenders must consent to engage with the [Forensic Psychology Services \(FPS\)](#).

Exclusion criteria

- ❑ Offenders who do not consent to engage with the FPS.
- ❑ Offenders who have outstanding mental health issues (i.e. active psychosis).
- ❑ Offenders who are engaging in drug use.
- ❑ Offenders who display aggressive behaviour.

Program delivery options

- ❑ Risk management sessions usually take the form of individual sessions. These sessions can be time-limited (i.e. three to four risk management sessions to address specific issues or due to expiration date) or long-term depending on the offender's needs [i.e. untreated offenders on the Extended Supervision Order (ESO), high risk offenders].
- ❑ Session frequency can range from weekly (for those requiring more intensive intervention) to six weekly (for those who are being stepped-down or preparing for expiration of parole/supervision).

Community-based Risk Management Intervention

- Offenders who receive longer-term risk-management intervention are reviewed, as progress is made, and a decision is made regarding their frequency of attendance.

Facilitator training

- Program facilitators must be psychologists specially trained and experienced in the management and treatment of people who have sexually offended.

Pre / Post program requirements

- **Referral:** The offender must consent to be referred to [Forensic Psychology Services \(FPS\)](#).
- **Service offer:** The offender must consent to participating in sessions.
- **Pre session:** Offenders will be seen by a Community Corrections psychologist or a psychologist from FPS to determine intervention needs.
- **Post program:** Referral on to community services as needed. A summary is also made including issues covered as well as those requiring ongoing support.

Related research

Robbers, M. (2009 Feb). Lifers on the outside: Sex offenders and disintegrative shaming. *International Journal of Offender Therapy and Comparative Criminology*, 53(1), 5-28.

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6. *Young Adult Offender Programs*

The Young Adult Offender programs include:

- Young Adult Preparation Program (YAPP)
- Gurnang Life Challenge (GLC) – Men
- Adventure Based Challenge (ABC) – Women
- Young Adult Satellite Program (YASP)

Young Adult Preparation Program (YAPP)

Program description

The Young Adult Preparation Program (YAPP) was developed in 2009 as a three-day readiness and/or behaviour modifier program (as opposed to a dynamic risk program). It uses experiential learning to develop initiative, openness and trust as well as communication exercises to accelerate the learning potential of young adult offenders and to motivate them to enter programs (e.g. as Gurnang Life Challenge). YAPP also allows for offenders to take an active and proactive involvement in their case plans.

Essentially, YAPP is designed to prepare (or make 'ready') young adult offenders by instilling motivation and purpose to proactively enter programs, improve communication skills and begin the process of achieving self-efficacy and most importantly review and revise case planning.

Eligibility criteria

To be eligible to participate in the Young Adult Preparation Program, offenders:

- must be 18 to 25 years old
- have an LSIR (any category)
- can hold an A, E, B, C1 or C2 security classification
- can be under the supervision of the Serious Offender Review Committee (SORC), Pre-Release Leave Committee (PRLC) or the Department of Immigration and Borders DIAB
- can be on opiate substitution programs
- must be clear of Special Management Area Placement (SMAP)
- must be clear of segregation orders.

Suitability criteria

- Nil

Exclusion criteria

- Excludes offenders with uncontrolled mental health issues.

Program delivery options

- The Young Adult Preparation Program (YAPP) is unique to Stage 2 Specialised Young Adult Offender Program.

Facilitator training

- As a unique feature of the YAPP program, custodial, Offender Services & Programs (OS&P), education and Industrial staff are invited to facilitate YAPP as a co-facilitator initially. As such, they assist in: coordinating participant selection, delivering the program, mustering participants on a daily basis and liaises with the lead facilitator. Eventually, they can be accredited to conduct a YAPP as lead facilitator at their centre. Please note training and accreditation can be complex, detailed and requires commitment from these staff.

Pre / Post program requirements

- **Post program:** After completing YAPP, depending on their offence, existing case plans and risk, needs and responsivity issues, participants are to be prioritised for further assessments and interviews. These include:
 - For those with Alcohol and Other Drugs (AOD) issues – assessment should include the Severity of Dependence Scale Assessment (SDSA)
 - If gambling is an identified issue – assessment should include the Modified South Oakes Gambling Screen (MSOGS). If the participant has a Non Parole Period (NPP) period of 12 months or more and an LSIR AOD domain of 5 or more, an interview for entry into [Intensive Drug Alcohol and Treatment Program \(IDATP\)](#) is mandatory.
 - For educational issues – Core Skills Assessment (CSA) is mandatory for all participants. Should a participant have a Non Parole Period (NPP) of six months or more and an Australian Core Skill Assessment of '3 or below', an interview for entry into an Intensive Learning Centre (ILC) is mandatory.
 - For issues related to violence – Dependent upon crime and NPP, participants should undergo assessments/interviews for suitability for the [Violent Offenders Therapeutic Program \(VOTP\)](#) and/or the [EQUIPS Aggression](#) and/or the [EQUIPS Domestic Abuse](#).
 - For those with sex offending issues – Static 99 assessments are mandatory, followed by interview for suitability for a [Sex Offender Program \(SOP\)](#).

Gurnang Life Challenge – Men

Program description

The 'Gurnang Life Challenge–Men's Program has been operating at Oberon Correctional Centre since 1993. The program is designed to give minimum security young adult male offenders opportunity to address issues that have contributed to their offending behaviour. The program includes interventions that address offending as well as vocational education, work readiness, personal development and dynamic risk.

The Gurnang Life Challenge–Men's program:

- provides a combination of adventure and experiential based activities, linked to cognitive based learning and other interventions which address common dynamic risk and specific criminogenic risks
- assesses each individual's progress during the program
- includes induction information for newly arrived offenders
- offers opportunities for program participants to gain vocational qualifications and employment
- prepares young offenders who graduate from the program to enter pre-release programs while completing their custodial sentence; or being released into the supervision of Community Corrections.

Eligibility criteria

- **Age and gender:** The Gurnang Life Challenge program is only for male offenders aged 18 to 25.
- The program is suitable for offenders classified as C2 minimum security.
- **Time to serve:** Offenders must have a minimum of four months to serve or longer.
- **Dynamic risk:** To gain access to the various pre-release programs, offenders must demonstrate that they have addressed their criminogenic or dynamic risk needs.
- Participants must be able obtain Justice Health Remote Centre clearance (JH&FMHN Isolated sites).

Suitability criteria

- The program is suitable for offenders classified as C2 minimum security.

Exclusion criteria

- Excludes offenders on opiate substitution programs.
- Excludes offenders on protection unless willing to sign off prior.
- Excludes offenders with medical conditions that require 24 hour clinic services and or supervised medication.

Program delivery options

- The 'Gurnang Life Challenge' is a 16-week program that is run at Oberon Correctional Centre (OCC).

Facilitator training

Staff must complete the following training to be able to facilitate the Gurnang Life Challenge–Men's program:

- Group Work Facilitation, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- Certificate 4 in Outdoor Recreation

Pre / Post program requirements

- **Pre program:** Participants should undergo a pre-program interview and complete the Treatment Readiness Questionnaire (TRQ).

Related research

Carey, D. & Thompson, B. (2002). *Recidivism rates for Oberon graduates*. Download the full report in pdf [here](#) (opens in a new window)

National Outdoor Education & Leadership Services. 1999. *A unique program for young adult offenders: Making a difference*. Download pdf report [here](#) (opens in new window).

Adventure Based Challenge (ABC) – Women

Program description

The Adventure Based Challenge (ABC) Women's Program is a personal growth developmental and adventure therapeutic program for young adult female offenders. It aims to examine common dynamic risk factors of women young adult offenders and features planning for specific dynamic risk intervention requirements in the future for participants while in custody and post release.

The program uses the outdoor environment for initiative activities, openness, situation leadership, trust development and communication exercises as well as goal setting, decision making, social and personal responsibility processes that accelerates a person's learning potential in a personal development growth process. The program uses developmental programming and therapeutic programming to achieve its aims and objectives.

The program includes activities such as:

- cognitive and experiential initiative and problem solving activities
- high challenge ropes course
- wilderness camping and bushwalking
- abseiling.

Eligibility criteria

- **LSIR:** The program is suitable for all offenders classified as Cat 2 minimum security regardless of LSIR rating.
- **Gender and age:** The program is for female offenders aged 18 to 30 years old.
- **Time left to serve:** Female offenders must have at least 1 month remaining in their sentence.
- Offenders must be able to obtain Justice Health Remote Centre clearance. (JH&FMHN Isolated sites).
- ABC programs operate four times per year

Suitability criteria

- The program is suitable for female offenders classified as Category 2 minimum security.

Exclusion criteria

- Excludes offenders on opiate substitution programs.
- Excludes offenders on protection unless willing to sign off prior.
- Excludes offenders with medical conditions that require 24 hour clinic services and or supervised medication.

Program delivery options

The ABC program is made up of three parts:

- 1st day = delivered at the offender's gaol of classification (selection process, introduction to the program, motivational and adult learning theory)
-

- 1 week = delivered at Oberon Correctional Centre (Sessions on communication, trust, team work, self-efficacy and self-concept)
- An overnight wilderness expedition (tenacity, self and other's reliance, reflection and self-responsibility).

Facilitator training

- Facilitators should have a Certificate 4 in Outdoor Recreation.

Pre / Post program requirements

- **Pre program:** Participants should undergo a pre-program interview and complete the Treatment Readiness Questionnaire (TRQ) prior to being admitted into the program.

Young Adult Satellite Program (YASP)

Program description

The Young Adult Satellite Program (YASP) was developed to enable more offenders who previously have been excluded, to participate in the Specialised Young Adult Offender Program. These include young adult offenders with maximum security classification, those serving short sentences, those on opiate substitution programs, and those in protective custody.

The YASP is typically seven working days in length and consists of the following modules and strategies:

- Adventure Based Challenge initiative activities addressing; trust, communication, open thinking, goal setting, social and personal responsibility.
- Cognitive learning, addressing; adult learning theory, goal focus, perspectives, individuality, attitudes, planning skills and peer pressure and bullying.
- A feature of YASP, drawn from the specialised program is the incorporation of immediate future planning incorporating goals and programs.

Eligibility criteria

- **Gender and age:** The program is offered to male offenders aged 18 to 25 years as well as to female offenders aged 18 to 30 years old.
- **LSIR:** Offenders must have an LSIR completed (open to all risk categories).
- **Classification:** Open to all types of security classification.
- **Time left to serve:** Offenders must have at least one month remaining before their release date.
- Offenders can be on opiate substitution programs.
- Although not a priority for selection, young adult offenders on remand are also eligible especially those that are likely to be sentenced.

Suitability criteria

- Nil

Exclusion criteria

- Nil

Program delivery options

- The program can be delivered in any custodial or community setting.

Facilitator training

- Two facilitators are required to deliver the program.
- If the group consists of women offenders, at least one facilitator should be a woman.
- Facilitators should have completed the Adventure based learning modules.
- Staff wishing to facilitate this program should complete the Young Adult Satellite Facilitator Training Course.

Pre / Post program requirements

- Participants should undergo a pre-program interview and complete the Treatment Readiness Questionnaire (TRQ) prior to being admitted into the program.

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7. Wellbeing Programs

These programs are described as Wellbeing as they most often do not directly address factors that are empirically linked to reduction in offending behaviour. Rather they holistically target those responsibility factors that can get in the way of an offender's ability to engage in a program that targets criminogenic factors. This would then aid the offender to re-integrate into the community in a pro-social way.

Wellbeing programs include:

- Dads and Family (Aboriginal Babiin-Miyagang) Program
- Mothering at a Distance (MAAD)
- Real Understanding of Self-Help (RUSH)
- Out of the Dark
- Seasons for Growth

Dads and Family (Aboriginal Babiin-Miyagang) Program

Program description

The Dads and Family (Aboriginal Babiin-Miyagang) Program aims to help participants:

- understand the changing role of Aboriginal dads in society
- understand kids' needs and how dads can take care of their kids
- understand grief, loss and anger (for the child, the dad and the mum)
- develop new communication skills necessary for improved relationships
- understand the needs of the kids' mum and form more supportive ways of managing kids' issues
- develop new coping skills for dealing with life's stress
- develop new child management skills (both in families that live together and apart)
- recognise ways Aboriginal dads can protect their kids.

Eligibility criteria

- LSIR:** All categories
- Gender:** This program is for Aboriginal men only.
- Time left to serve:** Participants must have sufficient time to complete the program.

Suitability criteria

- Note that even if an offender meets the eligibility, criteria a suitability assessment is still required on a case by case basis as certain factors may find him unsuitable.

Dads and Family (Aboriginal Babiin-Miyagang) Program

Exclusion criteria

- ❑ Excludes those with current child protection orders.
- ❑ Excludes those with current sex offences.
- ❑ Excludes those with serious mental health issues.

Program delivery options

The Dads and Family (Aboriginal Babiin-Miyagang) Program has five sessions of approximately 3 hours duration. These include:

- ❑ *Being a dad today* – explores the role of a father and the participants' experiences of parenting and being a parent.
- ❑ *Understanding our kids* – explores issues concerning child development and developmental needs of children
- ❑ *Yarning* – explores communication issues and various effective communication techniques.
- ❑ *Keeping our kids safe* – explores issues surrounding the safety and security of our children and strategies to enhance kid's safety.
- ❑ *Coaching our kids* – explores issues of discipline, education, various parenting skills and strategies to enhance these areas of being a dad.

Facilitator training

- ❑ Aboriginal facilitators should complete CSNSW's Creative Group Work Skills Training and be trained by the Aboriginal Program Facilitator and/or Centacare, Broken Bay.

Pre / Post program requirements

- ❑ **Pre program:** It is suggested that a pre group interview with participants be conducted in a group setting.
- ❑ **Post program:** Follow-up group meetings are also suggested with those who have completed the program.

Related research

Alt Beatty Consulting. (2007). *Evaluation Report – Hey Dad! Program for Indigenous dads, uncles and pops*. Commissioned by Uniting Care Burnside and Centacare. Sydney, Australia: Doran Beatty. Retrieved from <http://www.aifs.gov.au/afrc/docs/heydadeval.pdf>

Brown, C. P. & O'Sullivan, K. (2013). Somebody's mum, somebody's dad: Parents as offenders and offenders and parents in New South Wales. *Australasian Journal of Correctional Staff Development (AJCSD)*. To access the full article click [here](#)

Mothering at a Distance (MAAD)

Program description

The Mothering at a Distance (MAAD) is an educational program that was written as a joint initiative between CSNSW and the Tresillian Family Care centres, Mothers and Children Program and the National Crime Prevention Program. MAAD is provided under the “Keep Them Safe: A Shared Approach to Child Wellbeing” strategy of the NSW Government. This strategy aims to enhance the delivery of family of community services to improve the safety, welfare and well-being of children and young people by enhancing universal service delivery and strengthening partnerships with non-government organisations in delivery of community services.

MAAD aims to enhance the mother-and-child relationship, increase the participant’s maternal sensitivity and reduce trauma during separation caused by incarceration. MAAD aims to break the intergenerational cycle of crime by:

- enhancing the mother-and-child relationship
- increasing the mother’s ability to reflect on their own and their infants’ behaviours, thoughts and feelings in regards to attachment
- building on maternal strengths
- increasing the mother’s knowledge and skills to care for her infant
- enhancing the positive impact of the mother’s current caregiving patterns
- reducing negative (punitive) parenting practices.

The program sessions cover the following topics: Celebrating children, Parenting strengths, Impacts of safety, Building stronger connections, Limits Setting, Discipline, Craft activities, and Self- reliance strategies.

Eligibility criteria

- Participants must be mothers or caregivers, who once released, will have significant parenting responsibility for children aged 0 to 5 years. This includes aunts and grandmothers if they are the primary caregiver.
- **LSIR:** All categories
- **Gender:** Female caregivers who have significant parenting responsibility and who have children aged 0 to 5 years. Mothers with older children may also be eligible.

Suitability criteria

- Note that even if an offender meets the eligibility criteria a suitability assessment is still required on a case by case basis as certain factors may find her unsuitable.

Exclusion criteria

- Excludes offenders who have active psychotic symptoms.
- Excludes offenders who have alcohol or drug intoxication or withdrawal symptoms
- Excludes offenders who have active Apprehended Violence Orders (AVO) naming the children
- Excludes individuals with offences related to sexual misconduct or child protection issues.

Program delivery options

- The program is delivered in a group setting. It consists of 10 sessions, each of 1.5 to 2 hours duration.
- The program has some flexibility as it can be delivered in variety of modes:
 - over a block of 5 days with two sessions and a craft component each day or
 - over 5 weeks with a double session or twice a week or
 - over 10 weeks with a craft component at the end of each session.
- The program can be delivered to suit the constraints of the centre.

Facilitator training

- Group Work Facilitation, provided by Brush Farm Academy, or equivalent to that provided in the Plan and Conduct Group Activities Course (CHCGROUP403D), or similar qualifications from a recognised teaching facility
- Creative Group Work Skills – 6 days in 2 blocks, delivered by the State-wide Programs Team
- Introduction to Cognitive Behavioural Therapy (CBT) – 1 day, delivered by the State-wide Programs Team

Pre / Post program requirements

- **Pre program:** Participants should be interviewed and referred by the primary Case Worker or Service and Program Officer prior to acceptance to determine their level of readiness, motivation and to screen out any significant mental health issues that would prevent them from successfully participating in the program.
- **Post program:** Participants must complete a post program evaluation. A follow up session is recommended once the program is complete.

Related research

Perry, V., Fowler, C. & Heggie, K. (2009). *Evaluation of the Mothering at a Distance Program*. Barton. ACT: Commonwealth of Australia.

Raeder, M. (2013). *Pregnancy- and child-related legal and policy issues concerning justice-involved women*. US Department of Justice National Institute of Corrections. Download the full report in pdf [here](#) (opens in a new window).

Real Understanding of Self-Help (RUSH)

Program description

The Real Understanding of Self-Help (RUSH) program is an Australian forensic adaptation of Dialectical Behaviour Therapy (DBT). It was specifically developed for a remand offender population by Laura Sorbello and Lynne Eccleston, Myndscape/The University of Melbourne in conjunction with Corrections Victoria.

RUSH is a skills-based group treatment program comprising adapted versions of Marsha Linehan's DBT skills-training modules. Eccleston and Sorbello suggest the dynamic interaction between the prison environment, offender psychopathology and individual coping styles elevates the risk of dysfunctional behaviours, including: impulsivity, distress intolerance, emotional instability, self-harm/suicide and interpersonal dysregulation. These behaviours are consistent features of Borderline Personality Disorder (BPD). For offenders, these typically manifest as withdrawal from self and/or others, verbal or physical abuse to self and/or others, or trashing/destroying one's belongings.

The RUSH program addresses: anti-social attitudes/beliefs, poor self-control, impulsivity, difficulties with self-management such as poor decision making, and lack of interpersonal skills.

RUSH uses cognitive, behavioural and acceptance-based interventions to validate the offender's current emotional, cognitive and behavioural responses to stressful situations as they occur in the moment, and ultimately facilitate and encourage self-help and life enhancement skills.

Eligibility criteria

- **LSIR:** Generally, eligibility for the program is not based on the LSIR score with respect to risk but should be based on an assessment of the offender's needs. For example, the program can be run for lower risk offenders and specific attention could be paid to the LSIR Relationships and Emotional/Personal domains which may highlight areas of need.
- **NB:** Provided offenders meet the above eligibility criteria, they should not be excluded on the basis of their offence type (e.g. sex offenders). However consideration should be given to whether particular offenders can participate safely in a group together.
- An LSIR score of medium/medium-high/high is required for entry where RUSH becomes part of a sequence of programs to address offending behaviour.
- **Gender:** The group can be mixed.

Suitability

- Diagnosis of BPD or characteristics and/or skills deficits similar to those displayed by individuals with BPD. **NB:** Many offenders who would be considered eligible for the RUSH program offenders are described as 'antisocial' rather than 'borderline' (although they might display behaviours consistent with BPD). Given this, rather than focusing only on offenders who meet the [DSM-V](#) clinical criteria for BPD, it is more useful to target individuals who exhibit overt dysfunctional and problematic behaviours within the prison

Real Understanding of Self-Help (RUSH)

environment but nevertheless display behaviours consistent with borderline characteristics.

- ❑ History of suicidal and/or self-harming behaviour
- ❑ History of significant institutional violence/aggression

Program delivery options

- ❑ RUSH consists of 23 x two hour sessions. While ideally it would be run twice per week, flexibility should be employed depending on the location and context in which it is being run and therefore it could be run once per week or up to three times per week.
- ❑ The three modules can also be run as open or 'rolling' modules (i.e. an offender can enter the program at the beginning of any module).
- ❑ It should also be possible for offenders to start the program at one location and complete it at another if necessary.
- ❑ The program should be delivered wherever possible by two facilitators, one of whom should be a fully registered psychologist. Any deviation from this model should be discussed in advance with the State-wide Manager, Programs.

Facilitator training

- ❑ The two-day RUSH training provided by CSNSW is a pre-requisite for delivering the program. This is provided by psychologists from Sex and Violent Offender Therapeutic Programs (SVOTP) and the Personality & Behavioural Disorders Unit (PBDU). In some cases, psychologists with experience and training in DBT may be able to facilitate the program without this training. However, this must be discussed in advance with the RUSH trainers.

Pre / Post program requirements

- ❑ Pre and post quantitative evaluations are conducted using the Depression, Anxiety and Stress Scale - Short form (DASS) (Lovibond & Lovibond, 1995). This scale consists of 21 items pertaining to symptoms of depression, anxiety and stress, asking participants to indicate how much each statement has applied to them within the past seven days. This scale adequately taps into the key concepts associated with suicide, self-harming and associated dysfunctional behaviours that are targeted for change with RUSH skills. The DASS should be administered during the first and last sessions of the program.

Related research

Eccleston, L., & Sorbello, L. (2002). The RUSH Program – Real Understanding of Self-Help: A suicide & self-harm prevention within a prison setting. *Australian Psychologist*, 37(3): 237-244.

Eccleston, L., & Sorbello, L. (2006). A structured Intervention for prisoners who are at risk of self-harming. In G. Dear (Ed.), *Preventing suicide and other self-harm in prison*. Hampshire: Palgrave Macmillan.

Out of the Dark

Program description

Out of the Dark is a program for women who have experienced domestic and family abuse as victims. It is designed to help participants identify issues around domestic and family violence and to identify the options and support available.

Women who are dealing with traumatic experiences such as domestic abuse may have difficulty engaging in the personal work of rehabilitation and behaviour change in other programs. Out of the Dark is an opportunity for them to address these issues in such a way as to help them enter other programs.

Eligibility criteria

- **LSIR:** None prescribed
- **Gender:** This program is for female offenders who have been *victims* of domestic violence.
- **Time left to serve:** Participants must have enough time remaining in their sentence to complete the program.

Suitability criteria

- Note that even if an offender meets the eligibility criteria, a suitability assessment is still required on a case by case basis as certain factors may find her unsuitable.

Exclusion criteria

- Excludes women who have been perpetrators of domestic violence even if they have also been victims.
- Where there is some confusion in regards to suitability, each case should be discussed and a decision made that outlines the reasons an offender is either included or excluded from the group. This should be recorded in the Offender Information Management System (OIMS).

Program delivery options

- The program has a total of six sessions, each of 1.5 to 2 hours duration delivered one to two sessions per week. Facilitators must ensure there is adequate time between sessions for participants to integrate the learning from previous sessions.

Facilitator training

- Facilitators should have completed Creative Group Work Skills Training, Out of the Dark program training and the Working with Domestic Violent Offenders Training at Corrective Services Brush Farm Academy.

Pre / Post program requirements

- While no specific pre-program assessment currently exists for Out of the Dark, participants should undergo a pre-program interview to determine motivation, readiness and suitability.

Related research

Hando, K. (2011). Baseline study of the Out of the Dark Program. *OPU Practice Development Series No. 17*, Corrective Services NSW.

Moloney, K., Van den Bergh, B., & Moller, L. (2009). Women in prison: The central issues of gender characteristics and trauma history. *Public Health*, 123, 426–430.

Zust, B. (2009). Partner violence, depression, and recidivism: The case of incarcerated women and why we need programs designed for them. *Issues in Mental Health Nursing*, 30, 246–251.

Seasons for Growth

Program description

Using the four seasons to illustrate a cyclical approach to change, the Seasons for Growth program teaches participants the process needed to make a healthy adjustment to any significant loss which occurs in their lives. The program is based on the understanding that grief involves the need to accept the reality of loss, experience the pain of grief and learn to adjust to changed circumstances and to reinvest their emotional energy. Persons who experience traumatic grief and loss may experience difficulty engaging with rehabilitation programs and services until they have at least begun to address and coped with the after-effects of the trauma.

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Eligibility criteria

- **LSIR:** None prescribed
- **Gender:** This group can be mixed. Facilitators should be sensitive to gender-related issues that may arise. It is important that people feel safe and able to voice their views.
- Offenders who have experienced significant and traumatic grief and loss.

Suitability criteria

- None prescribed

Exclusion criteria

- Nil

Program delivery options

- The program can be delivered in different formats. Check with the [Chaplain](#) at your location.

Facilitator training

- The program is facilitated by CSNSW's [Chaplaincy Service](#). Chaplains are trained to run the program by Good Grief Ltd.

Pre / Post program requirements

- **Pre program:** Participants should be interviewed prior to acceptance to determine any significant responsivity issues that may impact on successful participation.

Related research

Pew Research Center. (2012). *Religion in Prisons: A 50-State Survey of Prison Chaplains*. Washington, DC: Pew Research Center. Download the full report on [Religion in Prisons \(PDF\) here](#)

Leach, R. M., Burgess, T. & Holmwood, C. (2008). Could recidivism in prisoners be linked to traumatic grief? A review of the evidence. *Journal of Public Health, 4*(2), 104-119.

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