COLLABORATIVE CARE: SUD TREATMENT MODELS WITHIN INSTITUTIONAL SETTINGS:

An Introduction and Overview of Theories, Models and Processes

"The social organization of the TC, its structure, and its systems essentially constitute an environment for engineering social learning."

- George DeLeon

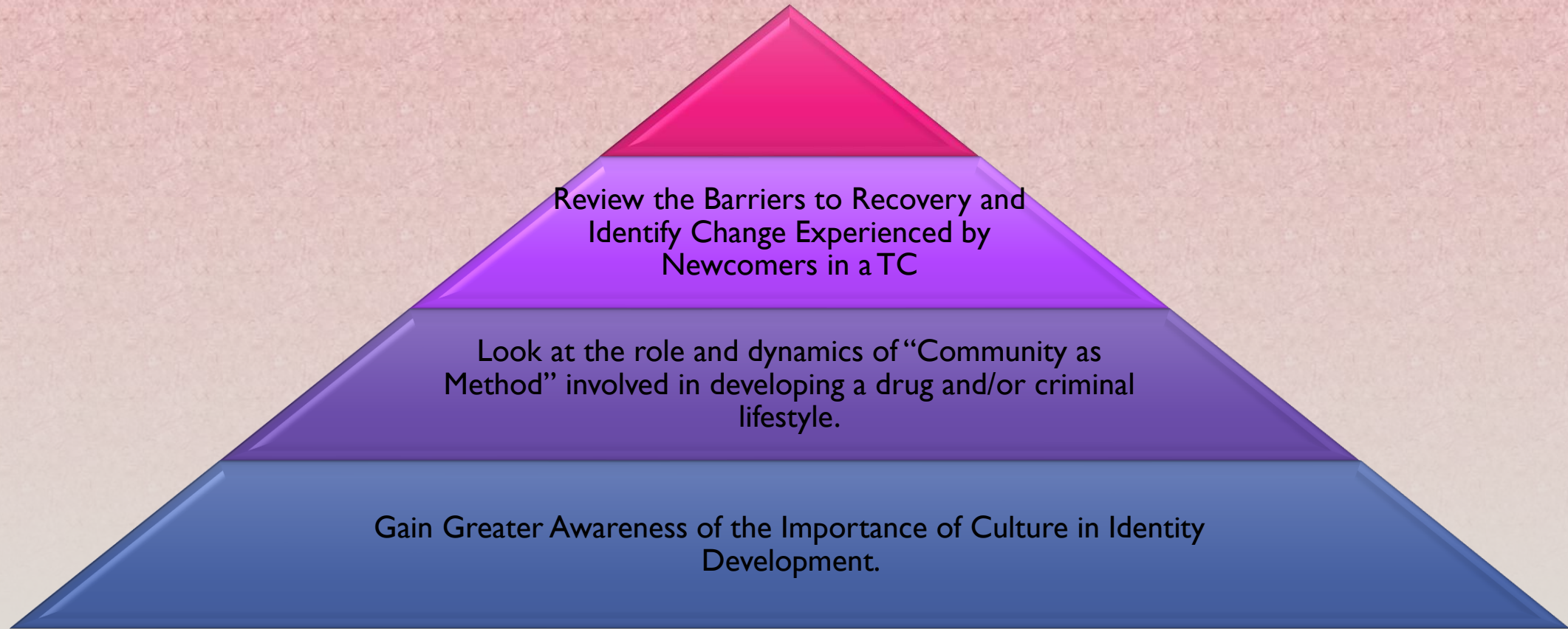# LEARNING OBJECTIVE (OR GOAL) 1:

Understand how the Therapeutic Community Model functions in a prison-based setting:

- Examine the unique characteristics of a Therapeutic Community in a correctional setting
- Describe client population and explore how TC methods intervene in changing their behavior
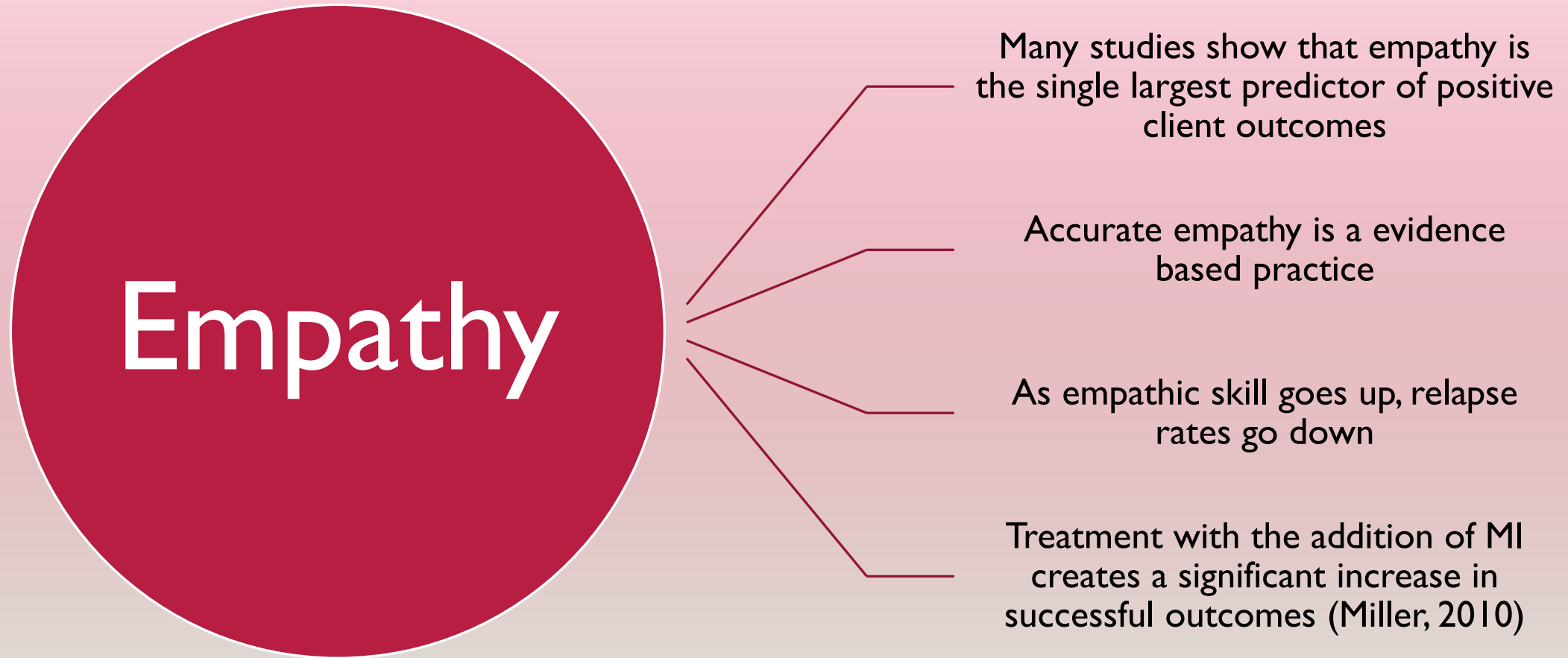
Understand the developmental stages for Residents in a corrections-based TC setting:

- Examine the effect of the Therapeutic Community on the resident community
- Define the developmental stages of becoming an effective community member in a TC setting
- Self-assess individual stage of development

LEARNING OBJECTIVE (OR GOAL) 2:

Review the Barriers to Recovery and Identify Change Experienced by Newcomers in a TC

Look at the role and dynamics of "Community as Method" involved in developing a drug and/or criminal lifestyle.

Gain Greater Awareness of the Importance of Culture in Identity Development.

WHAT WORKS IN BEHAVIORAL CHANGE?

Empathy

Many studies show that empathy is the single largest predictor of positive client outcomes

Accurate empathy is a evidence based practice

As empathic skill goes up, relapse rates go down

Treatment with the addition of MI creates a significant increase in successful outcomes (Miller, 2010)

PROGRAM PLACEMENT

- Collaborative effort between Classification, DOC officials (e.g., administration and security), and SUD treatment staff

- Comprehensive Assessment Tools

All utilized when determining appropriate treatment placement

THERAPEUTIC COMMUNITY 101
DEFINITION – ORIGINS – ESSENTIAL ELEMENTS

WHAT IS A THERAPEUTIC COMMUNITY?

A TC is a structured method and environment for changing human behavior in the context of community life and responsibility.

- You can change – unfold

- The group can facilitate this change

- Individual must take responsibility

- Structures can accommodate this

- Act as if – go through the motions – David Deitch, UCSD, 1994

Characteristics:

- TB Hospital Physicians

- AA's influence – Bill & Bob

- Maxwell Jones – 1st

- 1958 Charles Dederich's Synanon Model

- Daytop Village & Phoenix House

- TC's in Delaware Department Of Corrections (DDOC)

Modern Day TC:

- Trained Custody Staff

- Credentialed SUD Staff

- Staff as role models

- Evidenced based curricula

- Community as the agent of change

- Staff work on the community; Participants work in the community

View of the Person

- The person or individual is distinguished along dimensions of psychological and social dysfunction

- For example, problems with authority, poor impulse control, as well as educational and vocational deficits

View of Right Living

- Truth/Honesty

- Here and now

- Personal responsibility for destiny

- Social responsibility ("brother's or sister's keeper")

- Moral code concerning right and wrong behavior

- Work ethic

- Inner person is "good," but behavior can be "bad"

- Change is the only certainty

- Learning to learn

- Economic self-reliance

- Community involvement

- Good citizenry (Refer to handout)

Certain precepts, beliefs and values are essential to self-help recovery, social learning, personal growth, and healthy living.
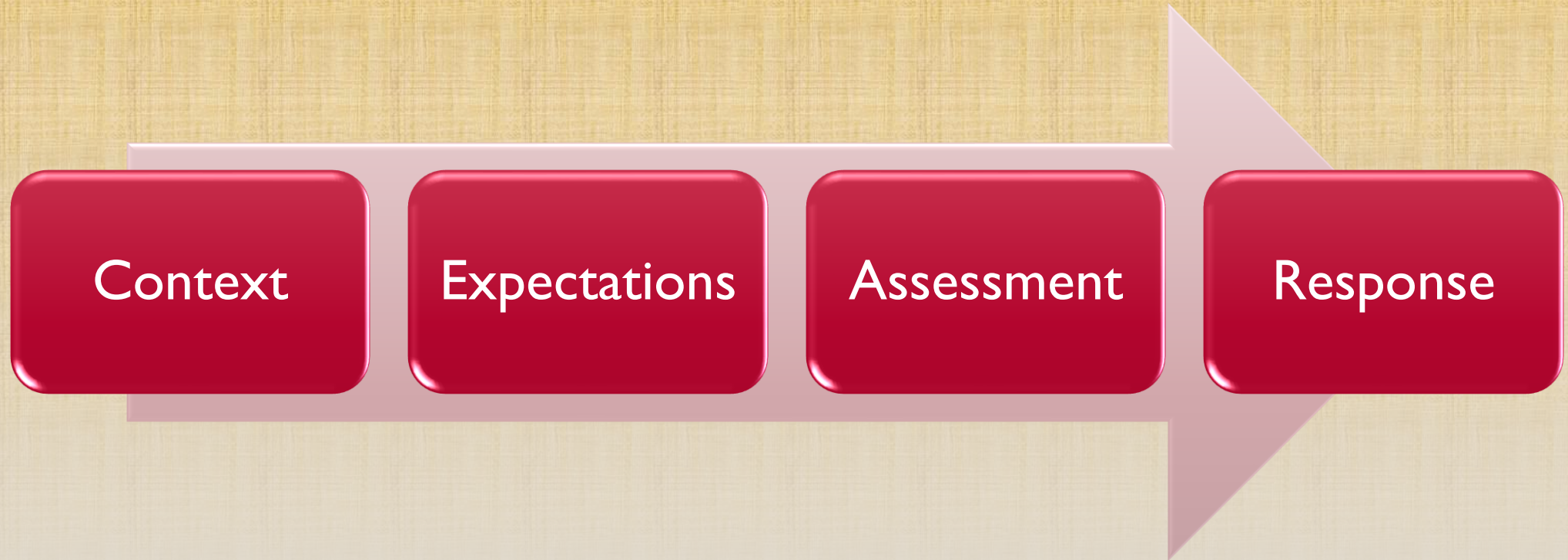
COMMUNITY AS METHOD

COMMUNITY AS METHOD

- The community is the primary agent of change.

- It brings about needed social and psychological change in the individual participants.

- Every activity within the community has a therapeutic and educational purpose and are designed to promote individual change.

- The community is both a teacher and healer.

COMMUNITY AS METHOD

Context → Expectations → Assessment → Response

COMMUNITY AS METHOD

Context – All of the elements of the community:

- Program structure
- Daily regimen of activities
- Social relationships
- Routine, structure and format

Context & Participation:

- Groups
- Meetings
- Workshops
- Seminars
- Relationships

COMMUNITY AS METHOD

Expectations – The standards set by membership concerning the goals of participation:

- Performance
- Responsibility
  - Self
  - Peers
  - Community

COMMUNITY AS METHOD

Assessment – The various strategies for evaluating whether and how residents are meeting expectations:

- Exposure
- Teaching
- Measuring Outcomes (e.g., testing or benchmarks)

COMMUNITY AS METHOD

Response – The communities positive or negative reactions to its assessment of the individuals efforts in meeting expectations:

- Supportive
- Affirmative
- Corrective

ESSENTIAL INGREDIENTS OF "COMMUNITY AS METHOD"

1. Roles of Staff
2. Membership Feedback.
3. Importance of the Group.
4. Use of Structure & Systems.
5. Use of Open Communication.
6. Use of Participant Roles
7. Members as Role Models
8. Use of Shared Norms & Values
9. Lines of Responsibility & Communication vs "Authority"
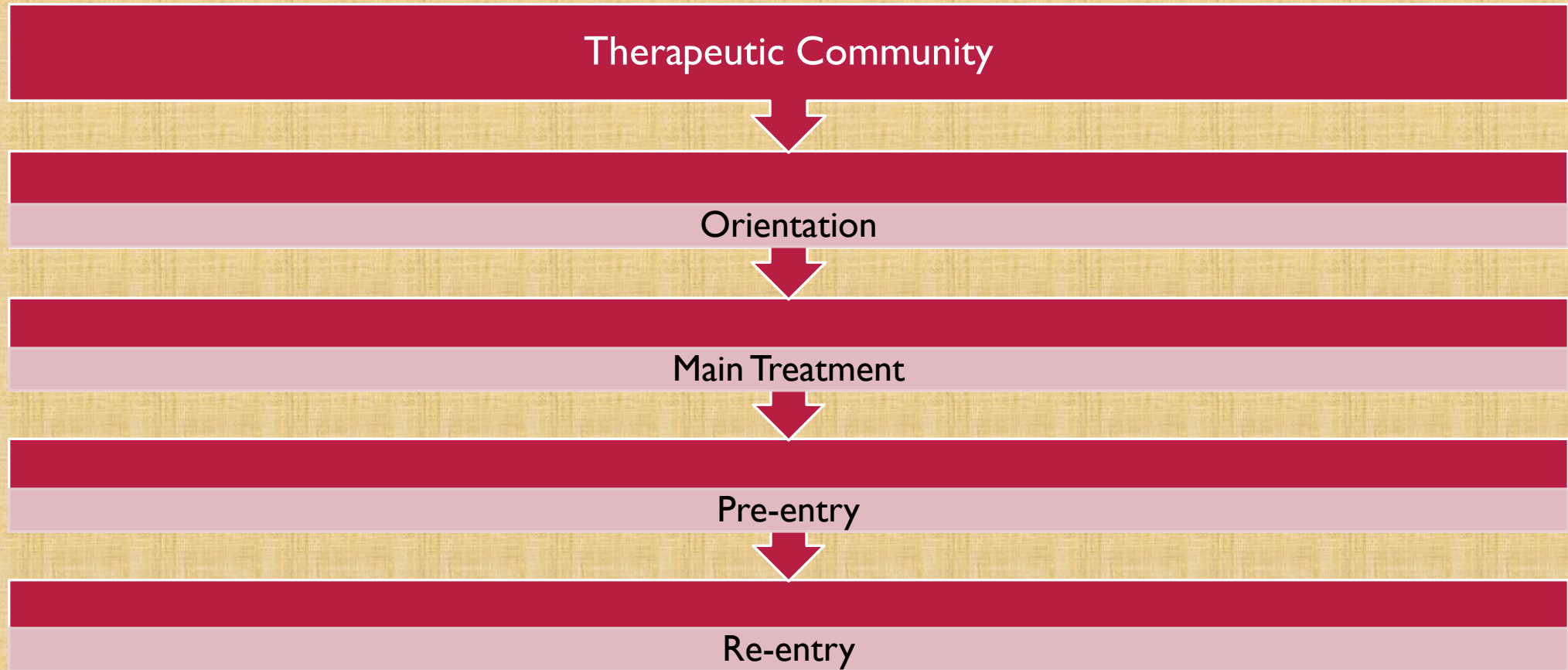10. Use of Tension
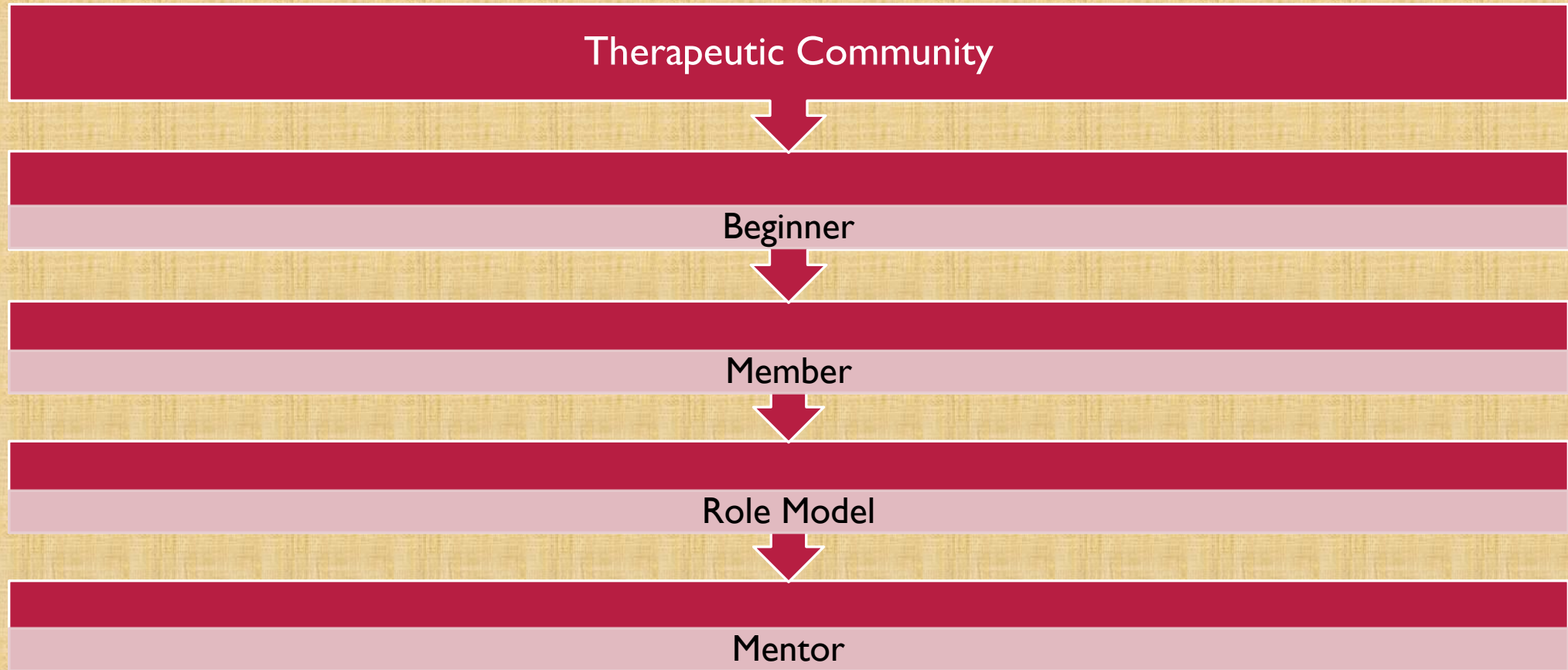
THERAPEUTIC COMMUNITY MODEL

COMPONENTS OF A GENERIC TC

- Community Separateness
- Community Environment
- Community Activities
- Peers as Community Members
- Staff as Community Members
- A Structured Day
- Phase Format

- Work as Therapy and Education
- TC Concepts
- Peer Awareness Groups
- Awareness Training
- Emotional Growth Training
- Planned Duration of Treatment
- Continuance of Recovery

PHASED SYSTEM

Therapeutic Community

Orientation

Main Treatment

Pre-entry

Re-entry

MOVEMENT THROUGH THE COMMUNITY PROCESS

Therapeutic Community

Beginner

Member

Role Model

Mentor

STAGES IN COMMUNITY BUILDING

Pseudo-Community

Focus on Functioning

Community Forming

Reaching Community

Stage I

Stage II

Stage III

Stage IV

THE ROLE OF COMMUNITY AND CULTURE

COMMUNITY & CULTURE

➤ Culture is an important aspect of criminal and drug-using lifestyles, just as it is for other lifestyles.

➤ It's also an important aspect of recovery.

➤ The ability to leave the criminal or drug culture, and replace it with a recovering one, is most often the difference between whether somebody succeeds in changing their lives or not.

CULTURE & IDENTITY

➢ We all like to think of ourselves as being our "own person."

➢ We are in the sense that as adults, we get to choose the groups and cultures to which we belong.

➢ But being your own person does not mean that you are not influenced by others and by the communities with which you choose to identify.

➢ In fact, these have great influence over all of us.

➢ Whether we realize it or not, community and culture play a major role in providing us with our sense of identity.

WHAT IS CULTURE?

➢ Culture is the sum total of common life patterns that bond groups together.

➢ It includes institutions, roles, language, ideals and patterns of relating to one another.

➢ It also includes beliefs, values, customs and rituals.

➢ It can also effect patterns of leisure or work activities, dress, music and food.

➢ In short, culture teaches people how to be a part of a group or community – what ideas to believe, what values to uphold, how to dress and interact with others, and what rituals or customs to take part in.

CULTURE AND COMMUNITY

Aspects of Culture

- Values
- Language
- Rituals
- Music
- Activities

Drug/Criminal

- Culture
- Getting High/Getting Over/ Manipulation & Deceit/Lying
- Revolves around Slang for Drug Use/Criminal Activity
- Centered around taking drugs or criminal activity
- Songs that glorify drugs and crime
- Getting high/committing crimes, seeking drugs or planning crimes, "war" stories

Recovery Culture

- Staying "clean", "Right Living," Honesty in Word & Deed
- TC Terms & Right Living slogans
- Focused on staying clean, honoring life- style/identity change
- Songs about redemption and change
- Meetings, support groups, celebration & stories about change

BARRIERS TO LIFESTYLE CHANGE

1. **Culture Clash** – Just as was the case when you first got involved in the drug/crime culture, in the TC there is an indoctrination process all new members must go through. And, just like when you first got involved in a drug or crime lifestyle, some of the values of this new way of living and thinking will be in direct conflict with drug and criminal lifestyle values.

2. **Stress/Coping Imbalance** – Beginning to have to follow structure and guidelines, and having to "go with the flow" when not understanding the process is all very challenging. Also, being expected to adhere to a different value system in the TC, many are tempted to quit early on because they are not used to working through difficulty and frustration.

3. **Cognitive/Emotive Dissonance** – Thinking one way and feeling another. You may be able to see that the new ways of the TC are often right, but nonetheless, they are in conflict with the values that have been previously internalized from the street, so they don't _**feel**_ right.

4. **Avoidance** – A common way of trying to cope with the clash of values and cultural expectations experienced in the early stages of TC involvement, is attempting to avoid the process. This is called, "Laying in the Woodwork", or "Woodworking."

Characteristics:

- Have a common purpose

- Share common values

- Establish a set of norms and rules

- Establish some structure or accountability

- Share common language – review Common TC Terminology/Language

- Have some sense of belonging, pride or loyalty (e.g., BIG, BOLD & BEAUTIFUL)