

**Men's Institutional Program  
Differential Substance Abuse Treatment (DSAT)**

**SUMMARY OF GOALS AND OBJECTIVES  
Level 4**

**Intended Audience for Level 4**

Male offenders who:

- ❖ Are currently incarcerated but due for release within a three to nine-month period
- ❖ Have been assessed as having a substantial level of dependence on drugs and/or alcohol
- ❖ Meet the criteria for a Level 4 intervention based on the results from the Comprehensive Assessment.

**Broad Objectives of Motivational Enhancement Therapy**

- Express concern regarding substance use.
- Consolidate commitment to behavior change.
- Increase motivation for treatment and ongoing behavior change.

**Objectives by Session: (5 sessions)**

1. Explore pros/cons of use and alternative for changing behavior.
2. Explore the short and long-term consequences of behavior change to motivate clients.
3. Mock trial as basis for motivating clients to change their behavior.
4. Exploring ambivalence and to examine reasons to not use alcohol/drugs in high-risk situations.
5. Explore pros/cons of treatment as a basis for behavior change.

**Broad Objectives of the Intensive Phase – Level 4**

- To motivate offenders to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages the offender to learn a wide range of cognitive and behavioral coping skills.
- To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.

- To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

**Objectives by Session:** (26 sessions)

1. Program introduction; review of terms.
2. What the participant gets from her drug/alcohol use.
3. Why people use; how some people become addicted
4. Each participant establishes her own goals for the duration of the program.
5. Each participant learns what situations are most likely to trigger abuse for him.
6. How constructive thinking can help participants alter their use patterns.
7. Learning to re-think in a more constructive fashion.
8. Dealing with other people by using a problem-solving model.
9. More application of the problem-solving model, and effective ways to give and receive feedback.
10. Applying effective listening and self-expression skills.
11. Learning different communication approaches for different situations.
12. Recognizing and managing anger.
13. Coping with a range of other difficult emotions.
14. How to manage and prevent self-defeating thoughts.
15. Understanding and practicing assertiveness.
16. Focusing on techniques for refusing in the face of peer pressure.
17. Support groups available to participants.
18. Looking for work.
19. Coping with different work environments.
20. How to achieve a balanced lifestyle.
21. Pursuing substance-free leisure.
22. Identifying the relationship between substance abuse and crime, and the impact on participants' lives.
23. Dealing with cravings, using constructive self-talk.
24. How to manage a slip and prevent a relapse.
25. Setting goals for the future in various life areas.
26. Identifying individual personal supports; concluding the intensive phase of the program.

#### **Level 4 Maintenance Phase**

- Provide graduates of the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise during the maintenance period.
- Increase the probability that the positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through treatment will be maintained.

##### **Objectives by Session: (6 sessions)**

1. Focus on the relationship between values and decision-making, and thus reduces the stress of decision-making.
2. Identifies key resources for helping offenders manage slips and prevent relapses.
3. Focuses on how to interact with intimates to build close relationships and reduce stresses that could trigger substance abuse.
4. Learn a critical skill for interacting with others, and thus reducing stress that could trigger substance abuse.
5. Builds an understanding of the stages participants will go through as they make life changes.
6. Learning a series of relaxation exercises participants can call upon to reduce stress.

#### **Broad Objective of the Community Treatment Program for DSAT Graduates – Level 4**

- Refresh offenders on concepts and skills covered during institutional programming.
- Position those concepts and skills within the community, and thus ease the transition from the institution to the community.
- Motivate the offenders to examine how their substance using behaviors have impacted on their lives and the lives of those around them.
- Deliver treatment services in a manner that encourages the offender to learn a wide range cognitive and behavioral coping skills.
- Increase the probability that positive changes are made during the intensive phase of treatment in areas of attitudes, knowledge, cognitive and behavioral gains.
- Establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

##### **Objectives by Session (10 sessions)**

1. Program introduction, review of basic terms.
2. What did I get from my drug/alcohol use?
3. Why people use; How some people become addicted.

4. Each participant establishes his own goals for the duration of the program.
5. Each participant learns what situations are most likely to trigger abuse for him.
6. Thinking skills
7. Dealing with other people.
8. Support groups available, and options if no organized support group meets a participant's needs.
9. How to deal with pressure to (to use) from others.
10. Understanding how and why relapses happen, and using that to prevent relapses.