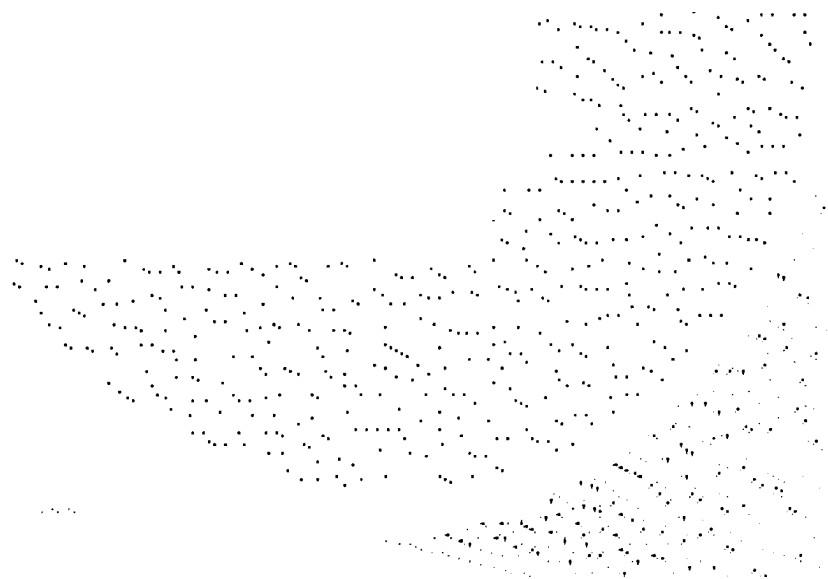


*South Australian  
Department for Correctional Services*

CORE

PROGRAM

INFORMATION



**The following is a brief outline of the Core Programs being delivered across all locations within the Department for Correctional Services. Most of the Core Program areas have more than one program to target a variety of needs.**

**All programs (except for Cognitive Skills) are also available on a one -to -one basis for offenders with special needs.**

**Timetables of delivery are currently being developed in both Community Corrections and the Prisons and will be made available through the Program Standards Group.**

**Further information regarding manual distribution, training requirements, and quality assurance is available from Project officer, Jenni MacKenzie on 8226 9106.**

## **ANGER MANAGEMENT**

### **Therapeutic Program, 10 x 2 hr sessions**

Targets offenders whose poor anger control has led to offending.

Utilises a cognitive approach to learning new skills and addresses issues of anger build up, irrational thinking and male/female socialisation as they impact on anger management. Behaviour modification approaches used include Time Out and Progressive Muscle Relaxation.

### **Brief Intervention, 2 Hours Session**

Targets all offenders who have been convicted of a violent offence or are identified as having an anger control problem.

A Brief Intervention to provide basic skills knowledge and motivate towards therapeutic / behaviour change options. It identifies the difference between Domestic Violence and Anger Management programs.

### **Relapse Prevention, 4 x 2 hr sessions**

Targets ex-prisoners who are assessed as requiring further intervention despite having completed the therapeutic program whilst in custody.

Revisits specific content of therapeutic program according to identified need. Reinforces prior learning.

## **DOMESTIC VIOLENCE**

### **MEN, Therapeutic, 12 x 2 hr Sessions**

Targets men who have been violent in their close relationships. Based on feminist theories and analysis of gender and power issues, this program offers an opportunity for men to take responsibility for their violence in the home and learn new coping mechanisms for anger control and conflict resolution.

It explores issues of socialisation and utilises both a cognitive and narrative approach to learning pro-social skills.

### **Brief Intervention, 2 Hour Session**

A Brief Intervention to provide basic skills knowledge and motivate towards therapeutic options. It identifies the difference between Domestic Violence and Anger Management programs.

### **WOMEN, Therapeutic 10 x 2 hr Session**

Targets women offenders who have or are surviving in a Domestic Violence situation

Based on Feminist theories of empowerment this program offers information and support. It explores the links between the loss of control in these relationships with substance use and offending behaviour. The program informs the participants about Community Resources.

### **Brief Intervention, 2 Hour Session**

This program identifies DV as a complex social problem and provides the women with a range of information to assist in these situations. It also aims to motivate women into the longer term support program when needed.

## **VICTIM AWARENESS**

### **therapeutic, 5 x 2hr Sessions**

Targets offenders who have some insight into the impact of their offending on victims.

This is a program (pilot) aimed at raising awareness of the impact of crime generally and provides an opportunity for offenders to acknowledge their victims and commit themselves to a Restorative program to redress the balance to the wider community.

## **LITERACY & NUMERACY**

### **Prisons -Certificate of General Education for Adults**

This course is an accredited general education course to provide skill development in reading , writing, numeracy, oral communication and generic skills to meet personal needs and facilitate participation in the community and workplace. It also provides a pathway for further education.

### **Community Corrections - Directory of Resources**

A Resource Kit is available to provide Community Correctional Officers with up- to- date information about Community based literacy and numeracy programs available to our client group.

In-house delivery options are currently being researched.

## **ALCOHOL AND OTHER DRUGS**

### **Therapeutic, Part A 3 x 2hr sessions Part B 3 X 2hr sessions**

Targets offenders who have offended as a result of their substance use and are considering change.

This program utilises the work of Proschaska-D i Clemente's Motivational Counselling to engage the offender into taking action to address substance abuse. It is a harm minimisation program and includes a Mutual Aid approach to enhance adult learning and change.

### **Brief Intervention, 2 X 2 Hour Session**

Targets all offenders with alcohol or drug related offending. The 2 programs can be done individually or as a set. They are information and motivational programs that aims to a) provide enough information so that those participants considering change can utilise it without further intervention and b) motivate "pre-contemplators" into a decision to further explore options in the therapeutic program.

### **Relapse Prevention, 4 x 2hr sessions**

Targets offenders have maintained their goals about cutting down or cutting out for a substantial period of time but who are at risk of reverting back into harmful use. It reframes the notion of failure to provide the opportunity for further addressing use of alcohol and/or drugs.

Supports these offenders to reassess their situation and return to m-aintained harm reduction.

## **ALCOHOL AND OTHER DRUGS (Cont)**

### **Ending Offending, 6 x 2hr sessions**

Targets young (under 25) offenders who have an alcohol abuse problem. It increases participants knowledge of the harmful effects of alcohol abuse especially in relation to offending and teaches self monitoring skills.

Ending Offending is a behavioural training program designed to provide its participants with practical skills, experiences and understanding which will enable them to develop patterns of responsible, law abiding drinking and behaviour. The course material involves skill acquisition, in addition to providing information.

The emphasis is on participative learning with offenders discovering answers to problems themselves through written exercises, brainstorming sessions, self assessment and group discussions.

### **Aboriginal Ending Offending, 6 x2 hr session**

Targets Aboriginal offenders with problematic alcohol use. Based on harm minimisation principals this is an adaptation of the above mentioned program that is culturally appropriate for young Aboriginal offenders.

## **COGNITIVE SKILLS**

### **Reasoning and Rehabilitation, 36 x 2hr sessions**

Targets young repeat offenders who exhibit cognitive deficit.

This is a program that focuses on addressing faulty thinking patterns that typify the haphazard strategies offenders employ to make life decisions.

Cognitive Behavioural in style, the program combines didactic methods of teaching cognitive skills with guided group and individual exercises which provide opportunities to practice the skills.

Cognitive training focuses on modifying the impulsive, egocentric, illogical and rigid thinking of offenders. It aims to teach them to stop and think before acting, consider the consequences of their behaviour, conceptualise alternative ways of responding to interpersonal problems and consider the impact of their behaviour on other people, including their victims.

The program consists of 9 interrelated modules:

Problem Solving # Social Skills \* Negotiation Skills + The Management of Emotions  
# Creative Thinking

+Values Enhancement  
+Critical Reasoning  
\*Skills In Review  
+Cognitive Exercises