



Reentry and Cognitive Programming

Reentry and Cognitive Programming is a unit within the Georgia Department of Corrections (GDC) mandated to reduce recidivism by providing research-based programs. They provide constitutionally mandated or legally required programs and implement evidence-based programs that target crime producing behavior. These services focus on changing criminal thinking and reducing criminal behavior. Services are selected by an assessment process that identifies an offender's risk and needs. The primary targets of effective offender interventions are criminal thinking, substance abuse, education, and employment.

MISSION

To protect Georgians by operating secure facilities and providing opportunities for offender rehabilitation.

Tyrone Oliver, Commissioner

Alan Watson, Chief of Staff

Jay Sanders, Assistant Commissioner Inmate Services

PROGRAMS

COGNITIVE BEHAVIORAL PROGRAM

- The Evidence Based Practices Model supports and encourages correctional agencies to employ and utilize cognitive behavioral programs for the offender population. The research indicates that this treatment approach has the highest return on reducing recidivism when implemented with integrity of the model. There is strong evidence that cognitive-behavioral therapy (CBT) reduces recidivism among youth and adults (Campbell-Lipsey 2007, Wilson 2005). Effects are strongest for offenders with a high risk of recidivism (Campbell-Lipsey 2007). CBT can also reduce recidivism by persons who abuse substances (McMurrin 2007) and sex offenders (Schmucker 2008). For serious juvenile offenders, CBT is particularly effective at reducing the recurrence of serious crimes (Campbell-Garrido 2007).

MOTIVATION FOR CHANGE

- Motivation for Change is considered an intervention rather than a program. It reduces the resistance participants have to more intensive programming and helps them identify for themselves where they are at in their stage of change regarding their criminal behaviors, addictions, attitudes, values, and beliefs. This program meets the legal mandate for Substance abuse counseling and is a pre-requisite for all other programming needs. Program Sites: State Prisons, Private Prisons, County Camp, Transitional Centers, Probation Detention Centers

MORAL RECONATION THERAPY (MRT®)

- Moral Reconciliation Therapy (MRT). MRT® is an objective, systematic treatment system designed to enhance ego, social, moral, and positive behavioral growth in a progressive, step by step fashion. MRT® has 12 to 16 steps, depending on the treatment population. MRT® attempts to change how offenders make decisions and judgments by raising moral reasoning from Kohlberg's perspective. Briefly, MRT® seeks to move clients from hedonistic (pleasure vs. pain) reasoning levels to levels where concern for social rules and others becomes important. Research on MRT® has shown that as clients pass steps, moral reasoning increases in adult drug and alcohol offenders and juvenile offenders. MRT focuses on changing criminal attitudes, beliefs, values, thinking pattern, and behaviors. Program Sites: State Prisons, Private Prisons

THINKING FOR A CHANGE (T4C)

- Thinking for a Change (T4C) is an integrated, cognitive behavioral change program for offenders that include cognitive restructuring and skill building. The program is focused on changing destructive attitudes and behaviors that reinforce criminal behavior. The program helps offenders develop problem-solving skills and identify what they are telling themselves to justify breaking a rule or law, and then helps them to come up with new attitudes and beliefs to counter the faulty attitudes and beliefs they already have that keep getting them into trouble. Currently our offenders will ignore a problem until it is too big for them to handle. This class gives them steps to follow on how to manage problems while they are still manageable. Program Sites: State Prisons, Private Prisons

PROBLEM SOLVING SKILLS IN ACTION

- The Sex offender curriculum is designed to provide a teaching structure that addresses the following: focus the offender on the reality of harm to his victim (s) regardless of the specific details of his/her conviction; insures that the offender recognizes that he/she made choices throughout every step of the process that ended with his present position in the group and that he must accept responsibility for all choices; provides focus on sexual offending as abuse of power to meet one's own needs despite the cost to others; provides a forum for discussion relevant to the task of controlling one's behavior for the rest of one's life; provides a setting in which the offender can practice new ways of handling feelings and urges. Program Sites: State Prisons, Private Prisons

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PROGRAMS CONTINUED

SEX OFFENDER PSYCHO-EDUCATIONAL PROGRAM (SOPP)

- The Sex offender curriculum is designed to provide a teaching structure that addresses the following: focus the offender on the reality of harm to his victim (s) regardless of the specific details of his/her conviction; insures that the offender recognizes that he/she made choices throughout every step of the process that ended with his present position in the group and that he must accept responsibility for all choices; provides focus on sexual offending as abuse of power to meet one's own needs despite the cost to others; provides a forum for discussion relevant to the task of controlling one's behavior for the rest of one's life; provides a setting in which the offender can practice new ways of handling feelings and urges. Program Sites: State Prisons, Private Prisons

ANGER MANAGEMENT

- The Anger Management program is a cognitive behavioral intervention program that teaches cognitive skills. The intervention directly teaches offenders the critical prosocial skills- alternatives to antisocial behavior. Such interventions often address deficiencies in basic social skills, problem solving, anger management, perspective taking, and empathy. These skills are broken down into component steps and taught in class much by a process of first understanding the benefits of using the skill, then watching clear and realistic modeling, followed by opportunities for participant's role play and give one another constructive feedback, before eventually transferring the skills to realistic setting. This program is a closed ended 8 session group. Program Sites: State Prison, Private Prison, County Camps, Transitional Centers preparation, technology, and other relevant topical sessions. Program Sites: Transitional Centers

FAMILY VIOLENCE INTERVENTION PROGRAM (HEREIN "FVIP")

- Any program that is certified or seeking certification by the Department of Corrections pursuant to Code Section 19-13-14 and designed to rehabilitate family violence offenders. The term includes, but is not limited to, batterer intervention programs, anger management programs, anger counseling, family problem resolution, and violence therapy. Program Sites: State Prisons, Private Prisons

MOVING ON

- This gender-specific program addresses many risk factors that can lead to a woman's criminal behavior. It provides women with alternatives to criminal activity by helping them identify and mobilize personal and community resources. Moving On is a flexible, open-ended intervention program that allows continuous intake. It draws on evidence-based treatment models of relational theory and cognitive-behavioral therapy. The program content is organized around four main themes: Program Sites: Female Prisons
 1. Encouraging personal responsibility and enhancing motivation for change
 2. Expanding connections and building healthy relationships
 3. Skill enhancement, development, and maintenance
 4. Relaxation and stress management skills

ACTIVE PARENTING NOW

- A video-based parenting education program targeting parents of children from early childhood through early teens who want to improve their parenting skills and their child's behavior. It is based on the application of Adlerian parenting theory, which includes mutual respect among family members, nonviolent discipline, problem solving, communication skills training, family enrichment, and encouragement. Active Parenting Now is conducted in one 2-hour class per week for 6 weeks. The program features a video that contains vignettes of a variety of typical family situations depicted by professional actors. Each scene provides an example of how an autocratic or permissive parenting technique fails to handle a situation and then models the alternative authoritative (or "active") skills. Program Sites: Female Prisons; Helms Unit

BREAKING THE CHAINS OF TRAUMA

- The Trauma-MRT program is for treatment for trauma-related experiences. The Trauma-Focused- MRT (TF- MRT) approach incorporates all of the key issues identified in SAMHSA's Trauma Informed Treatment Protocol. MRT is a NREPP program included on the SAMHSA National Registry of Evidence-based Programs and Practices. The TF-MRT curriculum, Breaking The Chains of Trauma, is for use with offenders, mental health clients, substance abusers and individuals struggling with day -to-day responsibilities due to trauma-related experiences. The curriculum is designed to be an 8-session group format that can be implemented in an open-ended format – where new participants can enter at any time – or as an 8-session psycho-educational class. There are separate workbooks for female and male participants. Program Sites: Lee State Prison

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PROGRAMS CONTINUED

OFFENDERS UNDER TRANSITION (O.U.T.)

- A Cognitive Behavioral Program utilized in the level 5 TIER II non-mental health facilities designed to enhance an offender's motivation to change a problem behavior, combined with programming to provide new skills. The curriculum is based on Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) treatment concepts. O.U.T is a 9-month program designed to modify anti-social behavior for offenders who are housed in the TIER II housing unit. Program Sites: Hays SP, Macon SP, Georgia SP, Telfair SP, Valdosta SP, Smith SP, Ware SP, Hancock SP, Georgia Diagnostic SMU

ODYSSEY PROGRAM

- Consist of four weeks of lessons on interactive journaling for substance abuse, transition skills, social skills, financial literacy, employment

PATHFINDERS

- The program equips offenders with the development and facilitation skills necessary to mentor others. Participants will gain the tools and skills for one on one and group facilitations, strategies to approaching challenging situations, and activities of best practices for diverse groups. This course is designed to introduce the offender to mentoring skills that will provide support and inspire others to develop the attitudes and skills that will help them become successful in their lives as community members.

STATEWIDE LIFER'S PROGRAM

- This is an interactive program that helps in guiding personal development along with restoring hope, empowerment, and purpose. The Statewide Lifer's Program is a 6-month long program. The curriculum provides cognitive lessons to support prosocial thinking and behavior. Program is available to all lifers with and without parole, and any serving a 20+ year sentence.

IDENTITY REFORMATION

- The program was created for offenders who have been validated as STG (Security Threat Group). It's a 24-lesson class that focuses on the following concept: before a person can change their identity and who they are, they must have a replacement. This allows the participants to explore who they can be, thus changing self-concept. Program Sites: Lee State Prison, Hancock State Prison, and Lee Arrendale State Prison.

SEEKING SAFETY

- Program uses a combination of cognitive approaches to increase offender's awareness of trauma and substance abuse. The goal is to provide contextual instruction and related experiences, so offenders are confident and motivated to use pro-social thinking when faced with interpersonal problems. Seeking Safety is very safe and optimistic. It has 25 topics, although you can do as few or many as you choose to. Examples of the topics are: Safety, Taking Good Care of Yourself, Honesty, Asking for Help, Recovery Thinking, Setting Boundaries in Relationships, Healthy Relationships, Creating Meaning, Compassion, Detaching from Emotional Pain (Grounding), Community Resources, Discovery, Getting Others to Support Your Recovery, Integrating the Split Self, Commitment, Respecting Your Time, Coping with Triggers, Self-Nurturing, Red and Green Flags, and Life Choices.