



**ACT**  
Government

Justice and Community Safety

ACT CORRECTIVE SERVICES  
COMPENDIUM OF PROGRAMS  
2020

ACT CORRECTIVE SERVICES  
DECEMBER 2019

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## FOREWARD

The ACT Corrective Services (ACTCS) Compendium of Programs is anchored in the ACTCS Rehabilitation Framework, providing offenders and detainees with opportunities to address their identified criminogenic needs. Working towards the strategic pillar of reducing reoffending by 25% by 2025, programs offered to offenders and detainees are evidence based and holistic.

The sentence management continuum ensures offenders and detainees are active participants in their transition through ACT Corrective Services. Targeting the Central Eight factors aimed at reducing the risks of reoffending, the ACTCS Compendium of Programs details the interventions available commensurate to assessed risk and needs. Offering a range of preparation, offence specific, offence related, wellbeing, and mandatory programs, the Corrections Programs Unit (CPU) provides a vital link for offenders and detainees to develop essential skills and thereby increase both community safety and their likelihood of reintegration into community life.

Annual compendium updates include the replacement of the previous Adult Sex Offender Program (ASOP) with the Sex Offender Program Suite, including preparation, treatment and maintenance modules.

Jon Peach  
Executive Director  
ACT Corrective Services  
December 2019

## INTRODUCTION

The Corrections Programs Unit is committed to offering a range of high quality programs that form an essential part of the rehabilitation of offenders in the community and detainees in custody at the Alexander Maconochie Centre (AMC). There is a strong body of evidence that well designed programs based on cognitive based learning with a focus on skill development are most effective in working with offenders. The following principles for group programs have been demonstrated to contribute to effectiveness in reducing recidivism:

1. The risk principle states more intensive treatments or interventions should target offenders who are at greatest risk of re-offending. There is a body of evidence that requiring treatment participation of low risk offenders may perversely increase their risk of reoffending<sup>1</sup>. In response to this principle, this compendium includes details of eligibility for program referrals and the level of risk.
2. The needs principle states programs should focus on offenders' criminogenic needs, also known as dynamic risk factors. The Level of Service Inventory – Revised (LSI-R) and other risk assessment tools including the Static-99R and Violence Risk Scale (VRS) assist with identification of program offerings that will be relevant for the overall AMC case load. This enables delivery of programs to target treatment relevant to the dynamic risk factors of individual offenders.
3. The responsivity principle states the way programs are delivered must take into account all the issues that may adversely affect the participants' ability to engage effectively with the program. These issues may include an offender's motivation to participate, individual learning styles, literacy level, cognitive capacity to understand course content, individual social and interpersonal skills and style, and their ability to maintain behavioural control within a group context.
4. Programs based on cognitive behavioural principles have been demonstrated to be the most effective in assisting offenders to reduce their rate of reoffending<sup>2</sup>.
5. The skill of facilitators in engaging with offenders in the group context and success in maintaining the integrity of programs is also a key principle for effectiveness.

This compendium provides a brief overview and outline of each program, the target population, duration and referral process.

ACTCS is committed to delivering programs in line with the Corrective Services Administrators' Council (CSAC) Australian Offender Program and Facilitation Standards.

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<sup>1</sup> Andrews, D.A. & Bonta, J. (2006) *The Psychology of Criminal Conduct (4<sup>th</sup> ed.)* Cincinnati: Anderson. 280.

<sup>2</sup> Landenberger, N. A., & Lipsey, M. W., *The positive effects of cognitive-behavioural programs for offenders: A Meta-analysis of factors associated with effective treatment*. In *Journal of Experimental Criminology* (2005) 1:451-476

Wilson, D. B., Bouffard, L. A. & MacJebusue, D. L. (2005). A quantitative review of structured, group-oriented, cognitive-behavioural program for offenders. *Criminal Justice and Behaviour*, 32(2), 172-204.

# CORRECTIONS PROGRAM UNIT

## GENERAL INFORMATION

The Corrections Programs Unit facilitates programs at the AMC and the Community Corrections programs room at 249 London Circuit, Canberra City. Additional programs are facilitated by internal and external service providers.

Programs facilitated in the community and the AMC may consist of two ACTCS staff members, or one ACTCS staff member and an external service provider member, or two external provider members. The Corrections Programs Unit is committed to enhancing collaborative facilitation arrangements to offer best practice programs to offenders in the community and detainees in the AMC.

To commence any program, participants must have sufficient time on their order or sentence in which to successfully complete all sessions.

Group program participant numbers range from four to eighteen, depending on factors such as resources, need, detainee (AMC) numbers, and offender (community) numbers. Whilst some programs are ongoing with rolling entry, other programs are scheduled on a non-ongoing basis dependent upon identified areas of detainee need and staffing availability.

In the AMC, programs are facilitated at different times of the day for different accommodation areas and security classifications. Please check with the Programs Unit Team Leader or the Offender Services Coordinator for specific times.

Participants are individually assessed by ACTCS staff for offence specific programs. This process can take up to six weeks. This may increase if the nature of offending history requires further research, i.e. multiple interviews and interstate information. An integral part of the assessment process is assessing specific risks of re offending and this may assist to determine suitability for the program.

Participants attending the Sex Offender Programs and Cognitive Self Change (CSC) programs are able to transfer from AMC to Community based programs, and vice versa.

Where required, all referrals for programs are made by Sentence Management Officers (SMOs) in AMC and Community Corrections Officers (CCOs) in the Community, and submitted by email to the Programs Unit Team Leader.

The following types of programs are available:

### PREPARATION PROGRAMS

Preparation programs are introductory/preparatory programs to accustom detainees to the group work environment.

### OFFENCE SPECIFIC PROGRAMS

Offence specific (criminogenic) programs target the dynamic factors that influence an offender's criminal behaviour. Programs address different areas of offending behaviours (for example, violent or sexual offences), and provide detainees with the opportunity to learn and demonstrate new behaviours learning from their criminal history.

Offence specific programs are not available to the remand cohort as they have not been convicted of any current offence/s.

## **OFFENCE RELATED PROGRAMS**

These programs offer a range of supports for detainees who use Alcohol and Other Drugs (AOD). They are not offence specific and are available to both remand and sentenced detainees. Entry is available to all detainees who have a history of AOD use and/or abuse and a next court date scheduled for after the course completion date.

## **WELLBEING PROGRAMS**

Wellbeing programs offer remand and sentenced detainees the opportunity to attend mental health and personal development programs. Ideally, programs will be facilitated twice per week to capture detainees serving short periods on remand.

## **OTHER INFORMATION**

### **Referral Processes**

Not all programs require a paper referral. Please refer to each program heading for confirmation of the referral process.

### **Rolling and Closed program delivery**

A rolling group is facilitated continuously, with new participants able to join the group at any time. After an assessment report is complete, the participant will be allocated a date to commence group.

A closed group is facilitated between set dates, with no new participants able to commence after the start date.

Please refer to each program heading for confirmation of the program delivery type.

## FREQUENTLY ASKED QUESTIONS

- **Can a detainee commence a program in the AMC and transfer to a community group when released to a supervised order?**

Detainees in rolling groups such as the sex offender programs and Cognitive Self Change (CSC) programs can transfer to a community group if released to a supervised order.

All closed group programs must be commenced and completed in one location.

- **If a detainee is assessed as suitable for sex offender programs or the CSC programs in the AMC, is this assessment valid for the community groups?**

Yes. The assessment process and program content is the same in both locations.

- **Can detainees/offenders with low literacy attend and complete programs?**

Yes. All programs are accessible to detainees/offenders with low literacy.

Facilitators will work with each detainee to ensure they are able to complete all work required.

- **The detainee/offender does not meet the eligibility criteria for a program. Can I refer them anyway?**

No. Some programs have strict eligibility criteria that are unable to be altered. Programs must be delivered to the appropriate participants, at the appropriate risk level and to address their identified needs. This consistent with the Risk, Needs, Responsivity model.

- **How do I submit a referral?**

Please complete the Corrections Programs Unit Referral Form and submit it by email to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au).

- **If a program is not listed on the referral form, can I submit a referral anyway?**

No. Some programs do not require referral forms. Please see each program entry for further information on referral pathways for specific programs.

- **Can an offender/detainee complete a program 1:1 instead of in a group?**

No. The programs are designed to be delivered in a group-based format and do not meet program integrity guidelines if delivered 1:1. An offender/detainee's ability to participate in a group environment is considered during the assessment process.



# OFFENCE SPECIFIC PROGRAMS

## SEX OFFENDER PROGRAM SUITE

### 1. Overview

The sex offender program suite is a mix of closed entry and rolling group modules that facilitate cognitive and behavioural change in ways that are directly linked to offenders' individual risk, needs and responsivity factors to enable them to manage and reduce their risk of sexual re-offending. Offenders are provided with opportunities and experiences which allow them to gain understanding of how and why they came to sexually offend and what they need to do to alter mechanisms and circumstances in the future. The program encourages men who have committed sexual offences to develop skills, abilities, knowledge and commitment to develop meaningful, satisfying and fulfilling lifestyles which will protect them from future desires and decisions to re-offend.

Assessment includes scoring of the STATIC-99R and STABLE 2007 risk assessment tools which will determine placement in the moderate or high intensity program.

### 2. Location

AMC and Community Corrections

\*SOP can be commenced in custody and continued in the community, and vice versa

### 3. Target Population and Risk Level (if required)

Sentenced male detainees with conviction/s for a current or prior sexual or sexually motivated offence

Pathfinder (Moderate) – must have a supervised order with at least 12 months remaining (imprisonment, parole or other supervised order)

Pathfinder (High) – must have a supervised order with at least 18 months remaining (imprisonment, parole or other supervised order)

\* referrals may be submitted regardless of sentence length. Assessment will determine placement in program suite, SOLID, or other interventions and make treatment recommendations.

### 4. Duration

Participants will complete New Beginnings, Pathfinder (Moderate or High) and New Pathways

New Beginnings (Preparation)

6 weeks, facilitated twice per week in 2 hour sessions

\*This program is offered several times per year (closed entry)

Pathfinder (Moderate Intensity)

22 weeks, facilitated twice per week in 3 hour sessions

Pathfinder (High Intensity)

37 weeks, facilitated three times per week in 3 hour sessions

New Pathways (Maintenance)

10 weeks, facilitated once per week in 3 hour sessions

\*This program is offered several times per year (closed entry)

## **5. Referral Process**

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

## **6. Facilitators**

Two ACTCS staff members

## **7. Outline**

The Pathfinder programs are rolling entry, process driven programs delivered in a sequential format. Treatment targets are addressed through the following task development, processing and completion:

- Sexual Offending
- Autobiography
- Map of Offending
- Consequences of Offending
- Intimacy, Sexuality and Attachments
- Managing Emotions
- New Futures Plan

## SEX OFFENDERS WITH A LEARNING OR INTELLECTUAL DISABILITY (SOLID)

### 1. Overview

SOLID is a rolling entry, group-based therapeutic intervention for adult men convicted of sexual offences with learning or intellectual disabilities, plus individuals with mental health disorders who are assessed as not suitable for the sex offender program suite. SOLID addresses each offender's treatment targets as identified during the assessment and therapeutic process. The program considers each offender's sexual offending behaviour/s, contributing lifestyle factors, cognitive distortions and incorporates both static and dynamic risk factors (such as victim awareness and empathy) through group discussion.

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Sentenced male detainees with conviction/s for a current or prior sexual or sexually motivated offence

**AND** not suitable for the sex offender program suite due to learning and/or intellectual disability and/or mental health

Must have a supervised order with at least 12 months remaining (imprisonment, parole or other order)

### 4. Duration

Most offenders will take approximately 1 to 2 years to complete the program

SOLID is facilitated fortnightly

### 5. Referral Process

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

\*Detainee is referred to the sex offender program suite, outcome may be placement in SOLID

### 6. Facilitators

One ACTCS staff member and one external service provider

### 7. Outline

SOLID comprises the following components:

- My story
- Factors contributing to my charges and convictions
- Quality of life treatment targets
- Good life plan
- Effects of my convictions
- Victim empathy
- Scenario planning
- Self-reflection exercise

## SEX OFFENDER INDIVIDUAL COUNSELLING

### 1. Overview

Sex offender individual counselling is offered for sex offenders who have been assessed as not suitable for the sex offender program suite in the community.

### 2. Location

Community Corrections only

### 3. Target Population and Risk Level (if required)

Sentenced male detainees with conviction/s for a current or prior sexual or sexually motivated offence

**AND** assessed by CPU as not suitable for the sex offender program suite due to:

- Intellectual disability
- Specialised assessment and treatment needs (for example, fetishism)
- Female
- Conviction/s for online child pornography offences only
- Denial of offence/s

Note: group sessions specific to denial may be provided

\*offender is referred to the sex offender program suite, outcome may be individual counselling

### 4. Duration

As deemed necessary by service provider

Sessions may be provided weekly, fortnightly or monthly as required

### 5. Referral Process

ACTCS Sex Offender Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### 6. Facilitators

One or two external service providers

### 7. Outline

Sex offender individual counselling comprises an assessment session and identification of treatment needs. Therapeutic goals may include development of tasks and discussion including:

- Offence Pathway
- Risk factors
- Good Life Plan

## STATIC-99R RISK ASSESSMENT

### 1. Overview

The static risk assessment tool used by ACT Corrective Services, the Static-99R (Hanson & Thornton, 1999; Harris, Phenix, Hanson & Thornton, 2003) is an actuarial measure which is based on factors that are static, non-changeable, and do not take into account any treatment gains.

All offenders/detainees convicted of sexual offence/s under supervision, sentence or during the preparation of a Pre Sentence Report (PSR) or Pre Release Report (PRR) are required to have a current STATIC-99R score.

### 2. Location

AMC and Community Corrections

### 3. Target Population and Risk Level (if required)

Sentenced male detainees with conviction/s for a current or prior sexual or sexually motivated offence

### 4. Duration

STATIC-99R scores are valid for two years and a request must be submitted for an updated score.

An updated score must also be requested upon conviction for further sexual offence/s.

### 5. Referral Process

Email request to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

\*Referral form not required

### 6. Facilitators

N/A

### 7. Outline

N/A

## COGNITIVE SELF CHANGE PROGRAM (CSC)

### 1. Overview

CSC is a rolling entry, Cognitive Behaviour Therapy (CBT) based program that defines criminality as being rooted in a set of learned cognitive behaviours, not as a characteristic inherent in personality. These learned behaviours are subject to change and CSC requires that the offender learns how to change by identifying risk thinking and relacing this with new thinking, and developing accountability for those choices.

### 2. Location

AMC and Community Corrections

\*CSC can be commenced in custody and continued in the community

### 3. Target Population and Risk Level (if required)

Sentenced male detainees with an LSI-R score of 20 or above

Sentenced female detainees with an LSI-R score of 13 or above

Must have a supervised order with at least 12 months remaining (imprisonment, parole or other supervised order)

### 4. Duration

Total approximately 100 hours, facilitated in 2 hour sessions

CSC may be offered either once or twice per week

It is estimated that most offenders will take approximately 1 year (once per week) or 6 months (twice per week) to complete the program

Please contact the Team Leader, Corrections Programs Unit to confirm frequency

### 5. Referral Process

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### 6. Facilitators

Two ACTCS staff members

### 7. Outline

CSC uses progressive skill development through stepwise task completion and discussion:

- Step 1: Learn to pay attention to your thoughts
- Step 2: Learn to recognise how your risk thoughts contribute to crime/violence
- Step 3: Find new ways of thinking that don't lead to crime/violence and have self worth
- Step 4: Practice new thinking in a variety of real life situations

## **DOMESTIC ABUSE PROGRAM (DAP)**

### **1. Overview**

DAP is a closed entry program that draws on a gendered understanding of violence and abuse within relationships and addresses these issues from the perspective of power and control. The program explores links between behaviours, thoughts and feelings in relation to offending with a clear focus on accountability and assisting them to gaining insight and skills to engage in non violent, non abusive and respectful relationships.

\*Program scheduling is only confirmed when sufficient referrals have been received

\*DAP must be commenced and completed in either the AMC or Community – participants cannot transfer between locations

### **2. Location**

AMC and Community Corrections

### **3. Target Population and Risk Level (if required)**

Sentenced male detainees with conviction/s for violence/abuse towards an intimate female partner

LSI-R score of 24 or above

Must sign the 'DAP Information and Consent Form' to authorise contact with current partner

### **4. Duration**

Total 40 hours, facilitated in 2 hour sessions

DAP is facilitated twice per week, total 10 weeks

### **5. Referral process**

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### **6. Facilitators**

Two ACTCS staff members, one male and one female

### **7. Outline**

DAP consists of five modules with four sessions in each module:

- Module 1: Identifying Abuse
- Module 2: Managing Emotions, Beliefs & Attitudes
- Module 3: Offence Mapping
- Module 4: Victim Impact
- Module 5: Sexual Respect, Relationship Skills & Safety Strategies

## **VIOLENCE INTERVENTION PROGRAM (VIP)**

### **1. Overview**

VIP is a closed entry program for detainees with an established history of violence. VIP aims to reduce the participant's risk of violent recidivism by increasing their self awareness, self management, conflict resolution skills, and better regulate affective responses and behavioural outcomes. The program addresses violence as a way of life and the resulting violent and criminal behaviours. It links current behaviours to historical roots in a therapeutic manner that helps contextualise problems and promote self-efficacy.

Assessment includes scoring of the Violence Risk Scale (VRS) risk assessment which will determine placement in the moderate or high intensity program. Detainee who are scored low risk on the VRS are not suitable for the VIP program.

\*Program scheduling is only confirmed when sufficient referrals have been received

### **1. Location**

AMC only

\*VIP must be commenced and completed in the AMC

### **2. Target Population and Risk Level (if required)**

Sentenced male detainees with conviction/s for violence related offence/s

LSI-R score of 24 or above

VRS score of moderate or high

### **3. Duration**

Total 180 hours, facilitated in 2 hour sessions

VIP (Moderate Intensity) is facilitated twice times per week, total approximately 6 months

VIP (High Intensity) is facilitated three times per week, total approximately 9 months

### **4. Referral Process**

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### **5. Facilitators**

Two ACTCS staff members

### **6. Outline**

VIP consists of the following modules with between 8 and 15 sessions in each module:

- Exploring Change
- Introduction
- Life Pathways
- Offence Process
- Prosocial Thinking
- Managing Emotions
- Victim Awareness
- Interpersonal Relationships & Substance Use and Violence (VIP High only)



# OFFENCE SPECIFIC / OFFENCE RELATED / WELLBEING

## PROGRAMS LIAISON SPECIALIST OFFICER (PLSO)

### 1. Overview

The Programs Liaison Specialist Officer (PLSO) offers community based offenders with complex needs who require additional support specialised, individual assistance to engage with ACTCS and address outstanding identified treatment needs. Typical referrals include sex offenders who are not suitable for the sex offender program suite but require some offence specific intervention, offenders who are seeking additional mental health support in the short term, or other complex needs.

### 2. Location

Community Corrections only

### 3. Target Population and Risk Level (if required)

Must have a supervised order

### 4. Duration

As deemed necessary by PLSO

Sessions may be provided weekly, fortnightly or monthly as required

Note: this a part time position

### 5. Referral Process

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### 6. Facilitators

One ACTCS staff member with psychological qualifications

### 7. Outline

The PSLO provides an initial assessment session and identification of treatment needs. Therapeutic goals may include development of tasks and discussion including offence specific, offence related and wellbeing issues.

# OFFENCE RELATED PROGRAMS

## HARM MINIMISATION

### 1. Overview

Facilitated by Directions ACT, Harm Minimisation is a closed entry, stand alone information education session which discusses ways to minimise harms associated with alcohol and other drug use.

\*This program is facilitated by an external service provider

### 2. Location

AMC only

\*This program is facilitated in each accommodation area on a rotational basis

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees with a substance use history

Remand and sentenced female detainees with a substance use history

### 4. Duration

Total 2 hours, facilitated in one 2 hour session

### 5. Referral Process

No referral required.

Facilitators will attend accommodation areas one week prior to session commencement to obtain expressions of interest from detainees

### 6. Facilitators

Two external service providers

### 7. Outline

Informal round table discussion with opportunity for questions and feedback.

## **ALCOHOL AND DRUG AWARENESS AND HARM PREVENTION TRAINING (ADAPT)**

### **1. Overview**

ADAPT is a closed entry psychoeducational group promoting drug and alcohol awareness. Completion of this program is compulsory for detainees wishing to access Directions ACT support upon release from custody.

\*This program is facilitated by an external service provider

### **2. Location**

AMC only

\*This program is facilitated in each accommodation area on a rotational basis

### **3. Target Population and Risk Level (if required)**

Remand and sentenced male detainees with a substance use history

Remand and sentenced female detainees with a substance use history

### **4. Duration**

Total 6 hours, facilitated in 2 hour sessions

ADAPT is facilitated once per week, total 3 weeks

### **5. Referral Process**

No referral required.

Facilitators will attend accommodation areas one week prior to session commencement to obtain expressions of interest from detainees

### **6. Facilitators**

Two external service providers

### **7. Outline**

ADAPT comprises the following topics:

- Session 1: Information and education
- Session 2: Impact on lives
- Session 3: Harm minimisation

## **FIRST STEPS ALCOHOL AND DRUG PROGRAM**

### **1. Overview**

First Steps is closed entry drug educational program for detainees with offending behaviour relating to substance abuse.

### **2. Location**

AMC only

\*This program is facilitated in each accommodation area on a rotational basis

### **3. Target Population and Risk Level (if required)**

Remand and sentenced male detainees with a substance use history

Remand and sentenced female detainees with a substance use history

### **4. Duration**

Total 12 hours, facilitated in 2 hour sessions

First Steps is facilitated either once or twice per week, total 3 or 6 weeks

### **5. Referral Process**

No referral required.

Facilitators will attend accommodation areas one week prior to session commencement to obtain expressions of interest from detainees

### **6. Facilitators**

Two ACTCS staff members

### **7. Outline**

First Steps comprises the following topics:

- Session 1: Substances and their effects
- Session 2: Substance use patterns and impacts
- Session 3: Triggers and the process of relapse
- Session 4: Automatic thinking
- Session 5: Substance use and emotions
- Session 6: Problem solving and refusal skills

## SELF MANAGEMENT & RECOVERY TRAINING (SMART) PROGRAM

### 1. Overview

SMART is closed entry psychoeducational program which assists with problematic behaviours, such as alcohol, drugs, cigarettes, gambling, food, shopping, internet use etc. Guided by trained peers and professionals, participants come to help themselves and each other by using a cognitive behavioural therapy and motivational tools and techniques. Through comprehensive analysis of the factors that trigger the behaviour, participants learn and consolidate the knowledge, skills and confidence needed to make informed decisions.

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees with an addictive behaviour

Remand and sentenced female detainees with an addictive behaviour

### 4. Duration

Minimum 14 hours, maximum 20 hours, facilitated in 2 hour sessions

SMART is facilitated once per week, total 7 to 10 weeks

### 5. Referral Process

Corrections Programs Unit Referral Form submitted to [CorrectionsProgramsUnit@act.gov.au](mailto:CorrectionsProgramsUnit@act.gov.au)

### 6. Facilitators

Two ACTCS staff members

### 7. Outline

SMART is a four point skill development program, practised by participants on real life situations:

- Point 1: Building and maintaining motivation
- Point 2: Coping with urges
- Point 3: Managing thoughts, feeling and behaviours
- Point 4: Living a balanced life

## SOLARIS THERAPEUTIC COMMUNITY

### 1. Overview

Co facilitated with Karralika Programs Inc., the Solaris Therapeutic Community (TC) is a closed entry residential program for male detainees in the AMC who have alcohol and other drug dependency issues. It uses a therapeutic community approach to treatment and ongoing recovery. Solaris TC aims to provide a safe, secure and supportive learning environment within a correctional setting where participants can explore and establish change within a social and personal context.

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Sentenced male detainees assessed as having moderate to severe substance use history

Remand male detainees will be assessed on a case by case basis

Must have at least 12 months remaining on their custodial sentence

Must not have unresolved appellant matters that may impact sentence length

### 4. Duration

Total 20 weeks residential plus up to 14 months graduate and transition support

Projected 2020 intake dates

Intake 53: 10 February 2020

Intake 54: 30 March 2020

Intake 55: 29 June 2020

Intake 56: 17 August 2020

\*Please confirm intake dates with the Team Leader, Therapeutic Community

### 5. Referral Process

Corrections Program Referral Form submitted to [AMC\\_TC@act.gov.au](mailto:AMC_TC@act.gov.au).

### 6. Facilitators

One ACTCS staff member and one external service provider, or two staff from each

### 7. Outline

The Solaris TC program operates as a residential program with staff on site each weekday and comprises the following phases:

- Readiness (4 weeks): in preparation for treatment
- Treatment (16 weeks): that seeks to address the relationship between criminal conduct and substance misuse
- Graduate (8 weeks): focussing on solidifying the tools and knowledge gained in treatment
- Transition (up to 12 months): support to assist with community reintegration

## **SOLARIS THERAPEUTIC COMMUNITY (CONTINUED)**

During the Readiness and Treatment phases, participants are required to attend group meetings, specific therapeutic sessions and focus groups each weekday. There are sessions facilitated by external agencies to deliver additional programs, for example, financial literacy and creative therapy. There may also be in-house health-focussed education sessions, specific men's health topics, organised sports and/or cultural group sessions.

All participants attend a weekly individual case management session with their allocated Solaris Case Manager focussing on program comprehension and relapse prevention. Throughout the Graduate phase, a participant is expected to attend all meetings along with co-facilitating Readiness sessions with staff for new participants until such time as they gain employment within the AMC, be moved to the Transitional Release Centre (TRC) or are released from custody.

Within the Transition phase, support is given to each voluntary participant to help practice and maintain their commitment to recovery including help to establish links to additional services for example, medical professionals, counsellors, and/or further AOD treatment options.

## **DIRECTIONS ACT: INDIVIDUAL COUNSELLING**

### **1. Overview**

Directions ACT provide one to one counselling to detainees to assist them to address substance misuse issues with alcohol, illicit or legal drugs, and cigarettes. Incorporating Motivational Interviewing (MI) techniques with a Cognitive Behaviour Therapy (CBT) strengths based perspective, trained counsellors work with detainees in a client centred approach.

\*This program is facilitated by an external service provider

### **2. Location**

AMC

### **3. Target Population and Risk Level (if required)**

Remand and sentenced male detainees with an illicit substance use history

Remand and sentenced female detainees with an illicit substance use history

### **4. Duration**

Total 4 to 8 hours, facilitated in 1 hour sessions

Directions ACT counselling is facilitated once every three to four weeks

### **5. Referral Process**

Directions ACT Referral Form submitted to Directions ACT

### **6. Facilitators**

One external service provider

### **7. Outline**

Directions ACT individual counselling comprises an assessment session and development of an Individual Treatment Support Plan (ITSP). The ITSP comprises a range of strategies including self-soothing for anxiety management, problem solving, and managing emotions. The client centred approach focuses on relevant and important individual detainee needs.



## **ACT HEALTH ALCOHOL AND DRUG SERVICE (ADS): INDIVIDUAL COUNSELLING**

### **8. Overview**

ACT Health Alcohol and Drug Service (ADS) provide one to one counselling to detainees to assist them to address substance misuse issues with alcohol, illicit or legal drugs, and cigarettes. Incorporating Motivational Interviewing (MI) techniques with a Cognitive Behaviour Therapy (CBT) strengths based perspective, trained counsellors work with detainees in a client centred approach.

\*This program is facilitated by an external service provider

### **9. Location**

AMC

### **10. Target Population and Risk Level (if required)**

Remand and sentenced male detainees with an illicit substance use history

Remand and sentenced female detainees with an illicit substance use history

### **11. Duration**

Total 3 to 4 hours, facilitated in 1 hour sessions

ADS individual counselling is facilitated fortnightly

Ongoing counselling may be possible if required

### **12. Referral Process**

ADS Referral Form submitted to ADS

### **13. Facilitators**

One external service provider

### **14. Outline**

ADS individual counselling comprises an assessment session and development of an Individual Treatment Support Plan (ITSP). The ITSP comprises a range of strategies including self-soothing for anxiety management, problem solving, and managing emotions. The client centred approach focuses on relevant and important individual detainee needs.

## ANGER MANAGEMENT PROGRAM

### 1. Overview

Anger Management is a closed entry Cognitive Behaviour Therapy (CBT) based program that employs behavioural and cognitive skills interventions. An introduction to anger management, it targets the emotional and physiological components of anger and conflict resolution skills. The program presents participants with options that draw on these interventions and develop individualised 'anger control plans' using as many as possible of the techniques presented.

### 2. Location

AMC only

\*This program is facilitated in each accommodation area on a rotational basis

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees

Remand and sentenced female detainees

### 4. Duration

Total 12 hours, facilitated in 2 hour sessions

Anger Management is facilitated once or twice per week, total 3 to 6 weeks

### 5. Referral Process

No referral required.

Facilitators will attend accommodation areas one week prior to session commencement to obtain expressions of interest from detainees

### 6. Facilitators

Two ACTCS staff members

### 7. Outline

Anger Management comprises the following topics:

- Session 1: Overview
- Session 2: Events and cues
- Session 3: Anger control plans
- Session 4: The aggression cycle and how to change the cycle
- Session 5: Cognitive restructuring
- Session 6: Presentation of anger control plan

## STRESS LESS PROGRAM

### 1. Overview

Stress Less is a closed entry Cognitive Behaviour Therapy (CBT) based psychoeducational program focussed on managing and reducing depression, anxiety and stress. The program presents participants with options for mood and stress management.

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees

Remand and sentenced female detainees

### 4. Duration

Total 14 hours, facilitated in 2 hour sessions

Stress Less is facilitated once per week, total up to 7 weeks

### 5. Referral Process

Specialist Interventions Referral Form submitted to [ACTCSSpecialistInterventions@act.gov.au](mailto:ACTCSSpecialistInterventions@act.gov.au)

### 6. Facilitators

Two ACTCS staff members

### 7. Outline

Stress Less comprises the following modules:

- Module 1: Stress and anxiety
- Module 2: Coping and relaxation
- Module 3: Depression
- Module 4: Behaviour activation
- Module 5: Challenging unhelpful thoughts
- Module 6: Sleeping better
- Module 7: Happiness and values
- Module 8: Structured problem solving
- Module 9: Goal setting
- Module 10: Review

# WELLBEING PROGRAMS

## CIRCLES OF SECURITY

### 1. Overview

Co facilitated with Child, Youth and Families Workers from the Community Services Directorate, this closed entry program is designed for male and female detainees with active parenting roles. The program is designed to improve the developmental pathways of children and their parents, and promote secure attachments within the family unit.

\*This program is facilitated by an external service provider

\*This program is only offered when external service providers are available

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees with active parenting roles

Remand and sentenced female detainees with active parenting roles

### 4. Duration

Total 16 hours, facilitated in 2 hour sessions

Circles of Security is facilitated once per week, total 8 weeks

### 5. Referral Process

Referrals will be requested when start dates are confirmed.

Please note, a waiting list will not be maintained for this program.

### 6. Facilitators

One ACTCS staff member and one external service provider

### 7. Outline

Circles of Security topics will be discussed with participants during the program.

## SEASONS FOR GROWTH

### 1. Overview

Seasons for Growth is a psychoeducational program for people who have experienced significant change or loss. It is based on the belief that change, loss and grief are a normal and valuable part of life. It examines the impact of changes such as death, separation, divorce and natural disaster and explores how people can learn to live with and grow from these experiences. Seasons for Growth promotes social and emotional wellbeing.

\*This program is facilitated by AMC Chaplaincy Services

### 2. Location

AMC only

### 3. Target Population and Risk Level (if required)

Remand and sentenced male detainees who have experienced significant change or loss

Remand and sentenced female detainees who have experienced significant change or loss

### 4. Duration

Total 12 hours, facilitated in 2 hour sessions

Seasons for Growth is facilitated once per week, total 6 weeks

### 5. Referral Process

Contact AMC Chaplaincy Services

### 6. Facilitators

Two ACTCS staff members

### 7. Outline

Seasons for Growth comprises the following topics:

- Seasons and change (Autumn)
- My story and grief reactions (Winter)
- Feelings and memories (Spring)
- Choices and moving forward (Summer)

## **OUT OF THE DARK**

### **1. Overview**

Out of the Dark is a closed entry program for women who have experienced domestic and family violence as victims. It assists participants to identify issues around domestic and family violence and identifies 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 women to address these issues so as to be able to participate in other programs.

\*This program is only offered when sufficient referrals have been received

### **2. Location**

AMC and Community Corrections

### **3. Target Population and Risk Level (if required)**

Remand and sentenced female detainees who have experienced domestic and/or family abuse as victims

\*Women convicted of domestic and/or family violence offences are not eligible

### **4. Duration**

Total 12 hours, facilitated in 2 hour sessions

Out of the Dark is facilitated once per week, total 6 weeks

### **5. Referral Process**

Corrections Programs Unit Referral Form

### **6. Facilitators**

Two ACTCS staff members, both female

### **7. Outline**

Out of the Dark comprises the following topics:

- Session 1: Types of domestic abuse
- Session 2: Cycles of abuse
- Session 3: Effects of abuse
- Session 4: Unhealthy and healthy relationships
- Session 5: Myths and facts
- Session 6: Apprehended Violence Orders (AVO) and community information

## **REAL UNDERSTANDING OF SELF-HELP (RUSH) PROGRAM**

### **1. Overview**

The RUSH program is a closed entry adaptation of Dialectical Behaviour Therapy (DBT) used within custodial environments to assist individuals who are vulnerable to suicidal and self harming behaviour.

\*This program is facilitated by an external service provider

### **2. Location**

AMC only

### **3. Target Population and Risk Level (if required)**

Remand and sentenced men

Remand and sentenced women

Minimum 3 months remaining on custodial sentence

At risk of self injurious behaviour

### **4. Duration**

Total 40 hours, facilitated in 2 hour sessions

RUSH is facilitated once per week (total 40 weeks) / twice per week (total 20 weeks)

### **5. Referral Process**

Contact Winnunga (AMC)

### **6. Facilitators**

Two external service providers

### **7. Outline**

RUSH comprises the following modules, characterised by group activities, discussion and acronyms to enhance skill acquisition:

- Module 1: Healthy mind, healthy body
- Module 2: Dealing with distress
- Module 3: Looking after number one
- Module 4: Getting the best out of yourself and your relationships

# PROJECTED PROGRAMS CALENDAR 2020 – AMC

## PROJECTED PROGRAMS CALENDAR 2020

### ALEXANDER MACONOCHIE CENTRE

#### OFFENCE SPECIFIC PROGRAMS (SENTENCED DETAINEES ONLY)

##### MEN – COGNITIVE SELF CHANGE (CSC) PROGRAM (ROLLING ENTRY)

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###### Protection:

- Wednesdays 9.30am to 11.30am (2x Programs Officers)

###### Mainstream:

- Wednesdays 1.30pm to 3.30pm (2x Programs Officers)

##### WOMEN – COGNITIVE SELF CHANGE (CSC) PROGRAM (ROLLING ENTRY)

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Fridays 9.30am to 11.30am (2x Programs Officers)

##### DOMESTIC ABUSE PROGRAM (DAP) (CLOSED ENTRY) 10 WEEKS

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The program is available subject to receipt of sufficient referrals

- March – May (2x Programs Officers)
- July – September (2x Programs Officers)
- October – December (2x Programs Officers)

##### NEW BEGINNINGS (PREPARATION) SEX OFFENDER PROGRAM (CLOSED ENTRY)

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This program will be further scheduled subject to sufficient suitable referrals and is mandatory prior to commencing Pathfinder (Moderate)

- January 2020 (2x Programs Officers)

##### PATHFINDER (MODERATE) SEX OFFENDER PROGRAM (ROLLING ENTRY)

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Tuesday 9am to 11.30am and Friday 1.30 to 4pm (2x Programs Officers)

##### SEX OFFENDERS WITH LEARNING AND INTELLECTUAL DISABILITIES (SOLID) (ROLLING ENTRY) (FORTNIGHTLY)

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2nd and 4th Wednesdays of the month 1.30pm to 3.30pm (1x external, 1x Programs Officer)

##### THERAPEUTIC COMMUNITY (TC) – APPROXIMATELY 5 INTAKES PER CALENDAR YEAR (16 WEEKS)

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Please contact Team Leader, Therapeutic Community for intake dates

##### VIOLENCE INTERVENTION PROGRAM (VIP) (CLOSED ENTRY)

HIGH: 3 SESSIONS WEEKLY OVER 9 MONTHS

MEDIUM INTENSITY: 2 SESSIONS WEEKLY OVER 6 MONTHS

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The program is available subject to receipt of sufficient referrals

- February 2020 (intensity to be confirmed)



## OFFENCE RELATED SHORT PROGRAMS (REMAND AND SENTENCED POPULATIONS)

### ADAPT (ROTATION ACROSS ALL AMC ACCOMMODATION AREAS) (3 SESSIONS)

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#### Protection:

- Thursday 9:30am – 11:30am (2x external facilitators)

#### Mainstream:

- Thursday 1.30pm – 3.30pm (2x external facilitators)

### ANGER MANAGEMENT (CLOSED ENTRY) (ROTATION ACROSS ALL AMC ACCOMMODATION AREAS)

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1 session weekly over 6 weeks (2x Programs Officers) OR

2 sessions weekly over 3 weeks (2x Programs Officers)

### FIRST STEPS (CLOSED ENTRY) (ROTATION ACROSS ALL AMC ACCOMMODATION AREAS)

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1 session weekly over 6 weeks (2x Programs Officers) OR

2 sessions weekly over 3 weeks (2x Programs Officers)

### HARM MINIMISATION (ROTATION ACROSS ALL AMC ACCOMMODATION AREAS) (1 SESSION)

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#### Protection:

- Thursday 9:30am – 11:30am (2x external facilitators)

#### Mainstream:

- Thursday 1.30pm – 3.30pm (2x external facilitators)

### STRESS LESS (CLOSED ENTRY) (ROTATION ACROSS ALL AMC ACCOMMODATION AREAS)

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1 session weekly over 6 weeks (1x Programs Officer, 1x CPSS)

### MEN – SMART RECOVERY PROGRAM (ROLLING ENTRY)

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To commence 2020

### WOMEN – SMART RECOVERY PROGRAM (ROLLING ENTRY)

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Mondays 9.30am to 11.30am (2x Programs Officers)

## WELLBEING PROGRAMS (REMAND AND SENTENCED POPULATIONS)

### CIRCLES OF SECURITY (COS) (CLOSED ENTRY) (10 SESSIONS)

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- Availability to be confirmed with external service provider

### ASSISTED CARE UNIT (ACU) CRAFT GROUP

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Tuesdays 9.30am to 11.30am (1x Programs Officer)

### WOMEN'S CRAFT GROUP

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Wednesdays 9.30am to 11.30am (1x Programs Officer)

# PROJECTED PROGRAMS CALENDAR 2020 – COMMUNITY CORRECTIONS

## PROJECTED PROGRAMS CALENDAR 2020

### COMMUNITY CORRECTIONS

#### OFFENCE SPECIFIC PROGRAMS (SENTENCED OFFENDERS ONLY)

##### ASOP MAINTENANCE (ROLLING ENTRY) (MONTHLY)

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Last Tuesday of the month 4.30pm to 6.30pm (2x Programs Officers)

- November 2019
- January, February, June and November 2020 only

##### COGNITIVE SELF CHANGE (CSC) PROGRAM (ROLLING ENTRY)

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Thursdays 4.30pm to 6.30pm (2x Programs Officers)

- Daytime program to be added in 2020 (2x Programs Officers) pending sufficient referrals

##### DOMESTIC ABUSE PROGRAM (DAP) (CLOSED ENTRY) 10 WEEKS

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The program is available subject to receipt of sufficient referrals

- January – March (2x Programs Officers)
- May – July (2x Programs Officers)
- September – November (2x Programs Officers)

##### NEW BEGINNINGS (PREPARATION) SEX OFFENDER PROGRAM (CLOSED ENTRY)

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This program will be scheduled subject to sufficient suitable referrals and is mandatory prior to commencing Pathfinder (Moderate)

##### PATHFINDER (MODERATE) SEX OFFENDER PROGRAM (ROLLING ENTRY)

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Tuesdays and Thursdays 4pm to 6.30pm (2x Programs Officers)



**ACT**  
Government

Justice and Community Safety

ACT CORRECTIVE SERVICES  
MONTH 2019