

Therapeutic Community

The logo for CORIZON features the word "CORIZON" in a bold, white, sans-serif font. The letter "O" is replaced by a stylized graphic consisting of a white circle with an orange semi-circle on top and a white swoosh that curves from the bottom left of the circle towards the right. A small "TM" trademark symbol is positioned to the upper right of the final "N".

CORIZONTM

What is a TC?

- A self-contained substance abuse treatment unit that directs treatment around the clock. You are in treatment even when you are not in a group with counseling staff.
- A minimum of 8 months in treatment
- The Therapeutic Community is housed in dorm units dedicated to the treatment of substance abuse disorders, criminal thinking, and learning of new life skills separate from the general population.
- The community, made up of men or women, is the agent of change. The Therapeutic Community directs treatment around the themes of brotherhood (sisterhood), right living, membership, accountability, community interaction, sharing, and group responsibility.

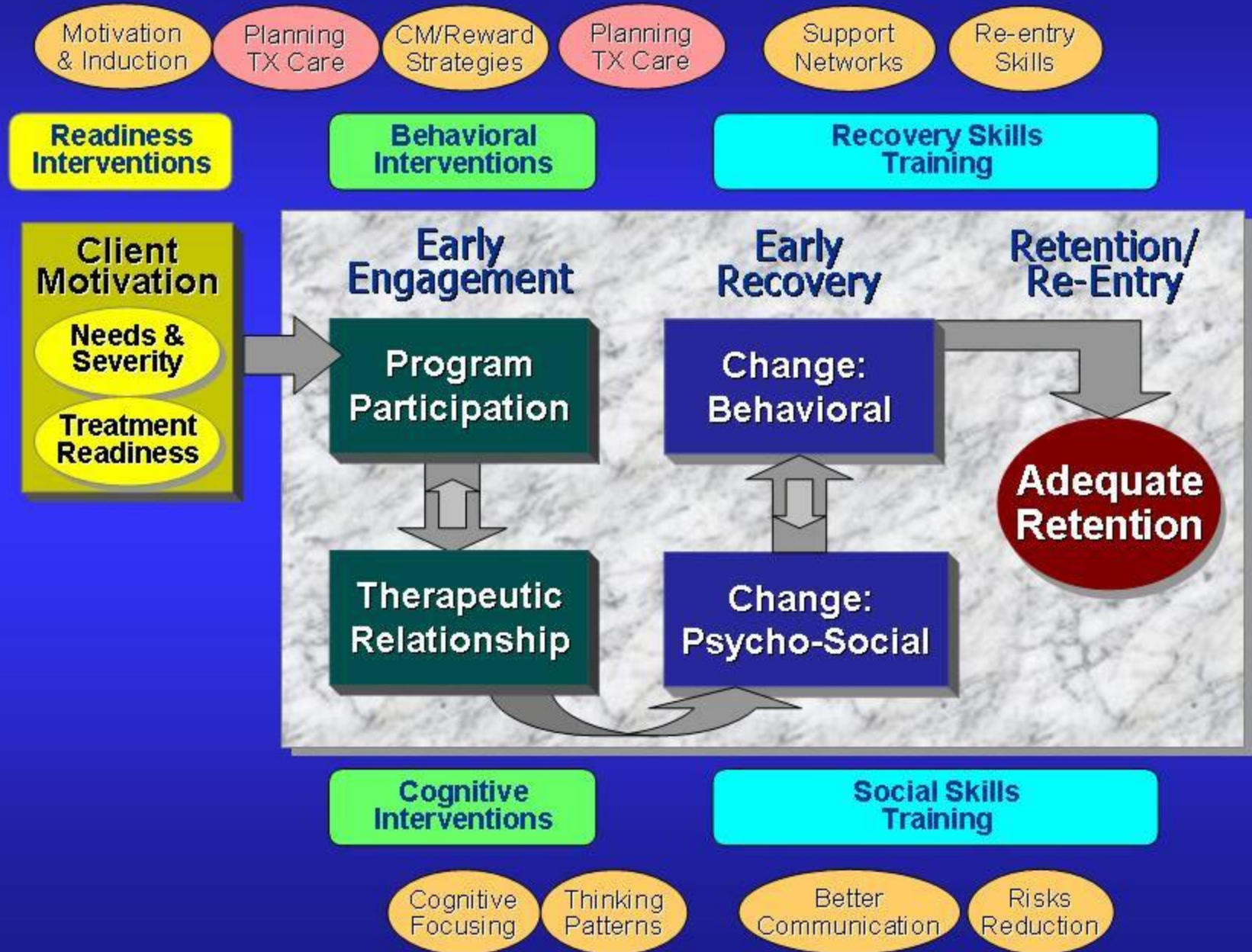
TC Overview

- Intensive treatment that holds the offenders highly accountable. Offenders earn privileges and responsibilities in the community as they progress in their recovery.
- The TC treatment approach focuses on your role in the community, your membership as a role model to others, feedback to each other, and changes in relationships.
- Addiction is viewed as a disorder of the whole person. This means that the addiction has affected the person physically, emotionally, socially, and spiritually. We look at drug and alcohol abuse as the symptom of the problem, not the single problem.
- We are all responsible for our decisions and choices. Treatment in a TC works to change the lifestyle and affiliation- how you view your world and yourself. Coming into treatment is the first step. It means you recognize that what you did before did not really work for you. There is a saying, “If you do what you did, you’ll get what you got.” Treatment in TC is focused on “right living.” You are the agent of your change, with the help of the community and the professional counseling staff.

TC Overview

- Cognitive Behavioral best practice interventions are used
- Stanton Samenow's Commitment to change; Overcoming errors in thinking series is utilized
- Evidence based programming obtained from Texas Christian University Institute of Behavioral Research
- Support group meetings are available to offenders in the TC (AA, NA, GA, etc.)
- The program is also based on peer accountability and personal responsibility. (see next slide)
- Following the intensive phase, they will participate in relapse prevention programming for the remainder of their incarceration
- O/C's have the ability to engage in electives such as; Yoga, Cage your Rage, Mediation, CDL classes, Celebrate Recovery, Financial Peace, Growing up Fatherless, Inside outside Dads, and so many more.

TCU Treatment Process Model



Stages of Treatment:

A performance based program

- **ORIENTATION STAGE I-**
- Demonstrate a basic understanding of program concepts, structure, procedures, and expectations.
- Demonstrate willingness to accept direction from peers
- Demonstrate willingness to participate fully in program activities
- Develop and begin working on completion of Individual Treatment Plan tasks
- Pass orientation test.
- Complete Orientation Stage I Lecture Modules
- Attend all groups as scheduled.
- Participate in assigned job role.

- **MAINSTREAM Stage II-**
- Make measurable progress on Treatment Plan goals
- Demonstrate willingness to receive and give information (feedback on behavior)
- Learn how to use the Cognitive program to solve problems and change behaviors
- Achieve progress by advancing through the Cognitive model with the required ABC reports
- Follow IDOC and TC rules, and hold self accountable with violations
- Be fully involved in community activities (i.e., dropping encounter slips, holding peers accountable, using the Encounter process, conducting basic seminars, participating in community projects, and seeking status in peer structure)
- Attend and complete all required Group therapy sessions, lecture classes, cognitive and Encounter groups.
- Demonstrate personal accountability
- Demonstrate the ability to identify emotional states, self manage emotions, and make self corrections.
- Complete all items on the client performance check list

Community Roles and Departments

DEPARTMENT ORGANIZATION

- Community
- Coordinator
- Department Head
 - Ramrod
 - Member

• Departments you would typically see in a TC unit:

• ***Expeditor***

• ***Service Crew***

• ***Support Groups***

• ***Structure Squad***

• ***Secretaries***

Education

Creative Energy

Re-Entry Transitions

Encounters

Resource Room

Process of Structure

- The TC model states specifically that *treatment takes place in the community and treatment takes the form of structure!*
- Structure in the TC environment takes the form of house tools, applied with a motive of true care and concern. House tools consist of:
 - Self-Awareness
 - Push ups – A written note of appreciation or recognition of a job well done;
 - Pull ups – Verbal awareness given to a peer concerning behavior that is inappropriate;
 - One-on-ones – A formal meeting between two individuals in an attempt to resolve, typically, personal disagreements over specific incidents. These meetings require the presence of an Elder and the Senior Coordinator, respective Squad Leader for each party, and respective Big Brother for each party;
 - Encounters – A process in which peers identify specific behavioral issues in front of the community to identify similar behavior, gain positive feedback, and resolution. This process is facilitated by a peer in the presence of a staff person;
 - Behavior slips – A written document requiring the identification of a specific behavior and cross referenced to the LE Grid. Behavior slips are maintained by the Senior Coordinator and Elders. Behavior slips require specific written descriptions of the incident and written statements from witnesses, including a written statement from the Senior Coordinator. Behavior Slips initiated by TC Staff do not require statements. Behavior slips can result in an Encounter, Therapeutic Peer Review, Term Warning, Learning Experience, or other disposition deemed fit by the clinical team.

Stages of Treatment:

A performance based program

- **RE-ENTRY STAGE III –**
- Actively participate in all groups
- Complete and demonstrate understanding and application of Cognitive groups.
- Complete all Lecture modules in Transitions
- Present one or more advanced seminars per month during Re-Entry
- Demonstrate leadership, personal accountability, and right living principals
- Remain fully involved in all program activities by signing a recommitment agreement
- Demonstrate competency in the Cognitive program by self-correcting negative behavior and self-directing personal growth
- Demonstrate a leadership role
- Assist others, including your “Little Brother” in all stages of his personal development and in his recovery planning.
- Develop a written plan for Recovery and Release
- Receive successful advancement with awarding of state credit time cut

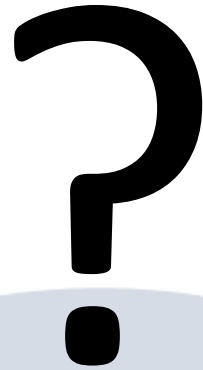
- **TRANSITITONS STAGE IV-**
- Participate in Community Service work, teaching, assisting, mentoring
- Serve as a Peer leader in the job structure
- Continue role as positive peer role model.
- Remain, by contract, in the TC Community. You are not released to general population

Locations of the Therapeutic Communities

- Branchville Correctional Facility
- Correctional Industrial Facility
- Plainfield Correctional Facility
- Westville Correctional Facility
- Madison Correctional Facility
- Miami Correctional Facility
- Putnamville Correctional Facility
- Rockville Correctional Facility

Currently we have over 2300 TC offender/clients

Questions?



Emily Kirk BA, CADAC II
Regional Director of Addiction Recovery
Emily.Kirk@CorizonHealth.com
Cell: 219-221-1966
Office: 1-317-844-2992 ext. 1420

Addiction Recovery Services

