

**WHY DAY PROGRAMMING IS
MORE THAN STATS: THE
IMPORTANCE OF STAYING
CONNECTED DURING A PANDEMIC**

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OVERVIEW

Day Programming as a therapeutic adjustment tool

It enables participants the ability to feel connected

Learn specific effective evidence based practices to assist participants

What does the data say? What information do STATS provide?



OVERVIEW

What is behind the STATS...

How has Day Programming assisted the Will County Problem Solving Court participant during COVID-19



OBJECTIVES

You will learn the purpose of having a Day Program

How establishing a Day Program can be utilized as a therapeutic adjustment in lieu of a jail sanction

Why it is important for participants to stay connected during times of crisis



SO, WHAT DO THE STATS SAY...

Moreover, experts caution that more social services will be needed to address the needs of the population that would otherwise be incarcerated. Community supervision (e.g., probation, parole, problem solving courts and the Adult Redeploy Illinois program) require investment in community service providers who provide programming to reduce recidivism.



WHAT IS THE COST-BENEFIT REWARDS...

According to Schlueter (2017), if the trend of incarceration continues a prison system designed to hold about 32,000 could be crammed with 55,450 by 2025, according to an Illinois Sentencing Policy Advisory Council report a couple of years ago.

What is the cost? According to The Institute for Illinois' Fiscal Sustainability at the Civic Federation the average cost of incarceration in IDOC is \$72.00 a day per inmate.

Schlueter reports, “non violent drug offenders, would benefit from alternative drug-treatment programs that are much less expensive than prison and directly treat the root causes of crime. The cost of these interventions, through programs such as Adult Redeploy, for example, is only about \$4,400 per person.”

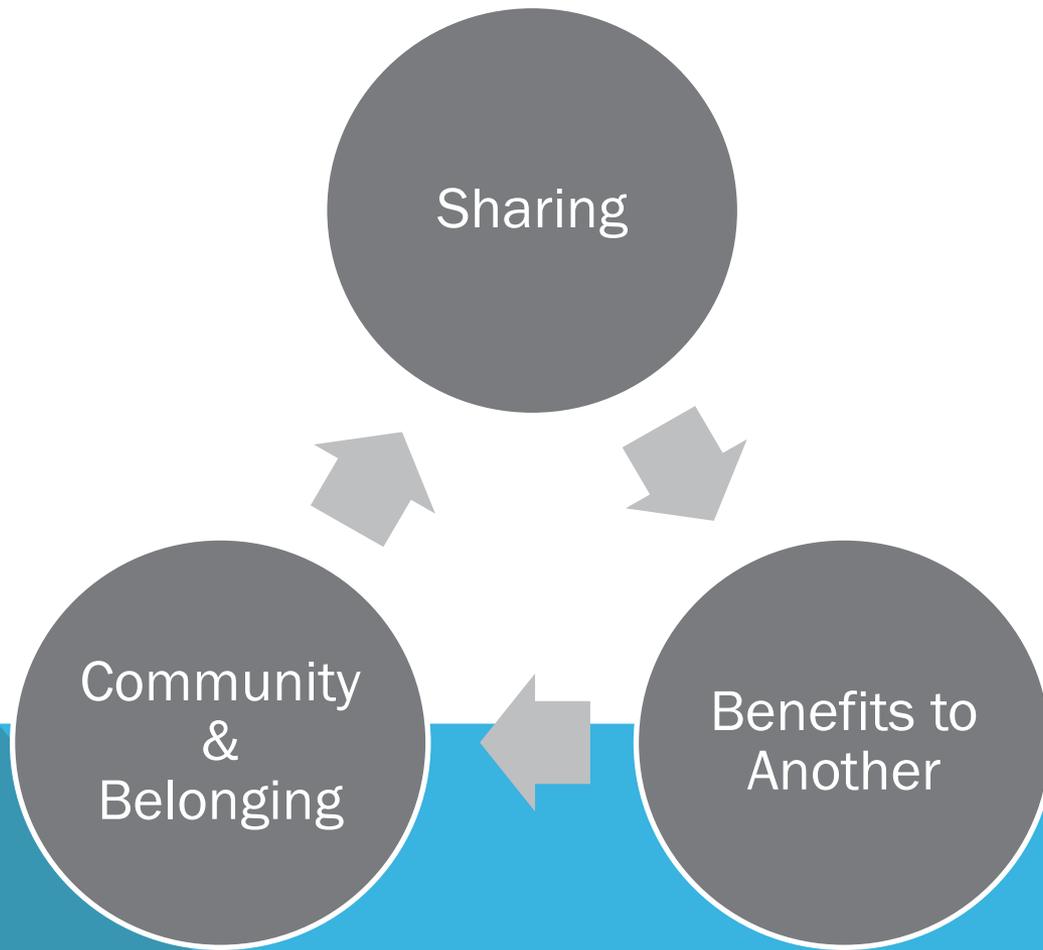


DIVING DEEPER INTO DEVELOPMENT OF SOCIAL INTEREST/ RESPONSIBILITY

“It is the individual who is not interested in his fellow men who has the greatest difficulties in life and provides the greatest injury to others. It is from among such individuals that all human failures spring.”

— Alfred Adler, What Life Could Mean to You





NAVIGATING EFFECTIVE TREATMENT TOOLS DURING A PANDEMIC

- WCPSC's approach began at the onset of the pandemic. As we began cancelling DP services we offered participants the option of signing out prosocial activities from the office.
- As we transitioned from temporary suspension of DP to long term suspension of services we began to implement the following:
 1. Made outreach to participants via telephone, Facebook, and email
 2. Began disbursement of prosocial activities for participants & identified children in their homes
 3. Began identifying participants in need of curriculum which could be completed at home with directives from clinical case manager via telephone. (eg. Thinking for a Change, Info. On Coronavirus, Anxiety worksheets, relapse prevention workbooks, etc.)
 4. Obtained licensing agreement with ZOOM for telehealth, and developed informed consent for telehealth services.

NAVIGATING A PANDEMIC (CONT.)

5. Developed and began ZOOM groups

(e.g.. Substance Abuse Prevention, MRT)

6. Continuation of a weekly distribution/pick-up schedule for participants at their residences.



THERAPEUTIC ADJUSTMENT

Day Programming uses evidence based practices to assist participants in development of psychoeducation related to substance use disorders, job skill readiness, prosocial activities, fitness & nutrition, cognitive behavioral groups, life skills, criminal addictive thinking, mindfulness, and process group.

All Day Programming groups were developed to be utilized to provide an alternative to incarceration while encompassing a sense of community amongst participants.

Participants are able to receive a therapeutic adjustment by being assigned to specific Day Programming group(s) to meet their needs, or if needed required to report everyday .

Day Programming allows participants to learn a new skill set , address behaviors and/or relapse versus sitting in jail waiting out their sanction.



WRAP UP

QUESTIONS & ANSWERS

In conclusion, Program participants were surveyed in Somerset County's Day Reporting Center, and the STATS support the following:

1. Participants perception of the criminal justice system improved.
2. Analysis of COMPAS data revealed statistically significant improvement in risk scores over time.
3. DRC graduates exhibited lower levels of official recidivism at 6 and 12 months.
4. Felony recidivism at 12 months was very low across all DRC participants.

REFERENCES

Illinois profile: *Prison Policy Initiative (2018)*

<http://www.prisonpolicy.org/profiles/IL.html>

Incarceration Trends in Illinois: *Vera Institute of Justice. Arnold Ventures*

<https://www.vera.org/downloads/pdfdownloads/state-incarceration-trends-illinois.pdf>

This is How Much Illinois Spends per Inmate Each Year; *Schlueter, R. (2017)*

<http://www.bnd.com/living/liv-columns-blogs/answer-man/article/166830882.html>

Evaluation Results from the Somerset County Day Reporting Center: *Meyers, D., Lee, D., Giever, D. (2018)*. <http://www.ebposociety.org/blog/education/389-evaluation-results-from-the-somerset-county>

The Institute for Illinois' Fiscal Sustainability At The Civic Federation; *Trends in Illinois Department of Corrections Spending and Prison Population (March, 2020)*

The background consists of several overlapping geometric shapes. A large blue triangle occupies the right side of the frame. On the left, there is a smaller orange triangle and a teal triangle, both pointing towards the center. The word 'MINDFULNESS' is written in a bold, black, sans-serif font, rotated 45 degrees counter-clockwise, and positioned in the white space between the orange and blue triangles.

MINDFULNESS

WHAT IS IT?

- Mindfulness is the **psychological process** of purposely bringing one's attention to experiences occurring in the present moment **without judgment**, which one develops through the practice of meditation and through other training
- Mindfulness has its origins in contemplative practices that go back thousands of years, including **Buddhism, Hinduism, Taoism** and **Stoicism**. Some of these are religious traditions, and some are not
- **Praying**, regardless of religion, can be a form of **mindful meditation**
- Taking 3 deep breaths can be a type of mindfulness
- You can practice it while **walking, eating, talking**, and in almost every aspect of life

WHAT IS THE POINT OF IT ALL?

- Can help **relieve stress**
- **Treat heart disease**
- **Lower blood pressure**
- **Reduce chronic pain**
- **Improve sleep**
- Alleviate **gastrointestinal difficulties**
- Grow **grey matter** in the brain
- **Treat depression, anxiety, PTSD, substance abuse,** and other mental health issues
- Practicing **mindfulness** can give more **insight** into emotions, **boost** attention and concentration, and **improve** relationships

MINDFULNESS AND THE COURTS

- It can assist in finding **patterns** in the **mental process** and **behavioral** patterns
- Mindfulness Based Relapse Prevention (MBRP)
 - offers practices **cultivating mindful awareness** to individuals suffering from the **addictive trappings and tendencies**
 - designed as an aftercare program integrating mindfulness practices and principles with cognitive-behavioral relapse prevention skills
 - It assists in:
 - **Developing awareness** of personal triggers and habitual reactions, and learning ways to create a **pause** in this seemingly **automatic process**
 - Changing our relationship to discomfort, **learning to recognize** challenging emotional and physical experiences and responding to them in skillful ways
 - Fostering a **nonjudgmental, compassionate** approach toward ourselves and our experiences
 - Building a lifestyle that supports both mindfulness practice and **recovery**

HOW IT WORKS

- Can be taught in a **group or individual** format
 - Lasts **6 to 10 weeks**
- Mindfulness is entry level meditation that can be practiced by anyone with **little to no teaching required**
- The techniques in MBRP can be applied to more than just substance use issues
 - They can address **anxiety, depression, stress, criminal behavior**, and more
- Curriculum's are already developed and can be added easily to any program
- The **key** to successfully practicing mindfulness is to **practice a little a lot**
 - A practice could be as short as 2 minutes or as long as several hours

AN 8 WEEK SCHEDULE

- **Session 1**
 - Automatic Pilot and Relapse
 - **Session 2**
 - Awareness of Triggers and Craving
 - **Session 3**
 - Mindfulness in Daily Life
 - **Session 4**
 - Mindfulness in High-Risk Situations
 - **Session 5**
 - Acceptance and Skillful Action
 - **Session 6**
 - Seeing Thoughts as Thoughts
 - **Session 7**
 - Self-Care and Lifestyle Balance
 - **Session 8**
 - Social Support and Continuing Practice
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CLOSER LOOK AT A SESSION

Session 1

- **Goals**
 - Introduce “automatic pilot” and bring awareness to how unaware we often are
 - Introduce foundations and practices of MBRP
 - Introduce mindfulness as a means of becoming aware of the patterns of the mind
 - Introduce the body scan as a way of bringing awareness to physical expression
- **Techniques this session**
 - Raisin Exercise
 - Body Scan

BODY SCAN PRACTICE!

RESOURCES TO START APPLYING MINDFULNESS

- **Mindfulness-Based Relapse Prevention for Addictive Behaviors : A clinician's guide** by Sarah Bowen, Neha Chawla, and G. Alan Marlatt
 - Has a complete step by step guide
- <https://mindfulrp.com/>
 - Offers resources for clinicians and clients. Also offers trainings in MBRP
- https://www.youtube.com/watch?v=iCf_6v1oKSk&list=PLOafJ4rP1PHyiRW4qwYqGS2niellxdd6r&index=9
 - Dialogue with the Dalai Lama about MBRP