




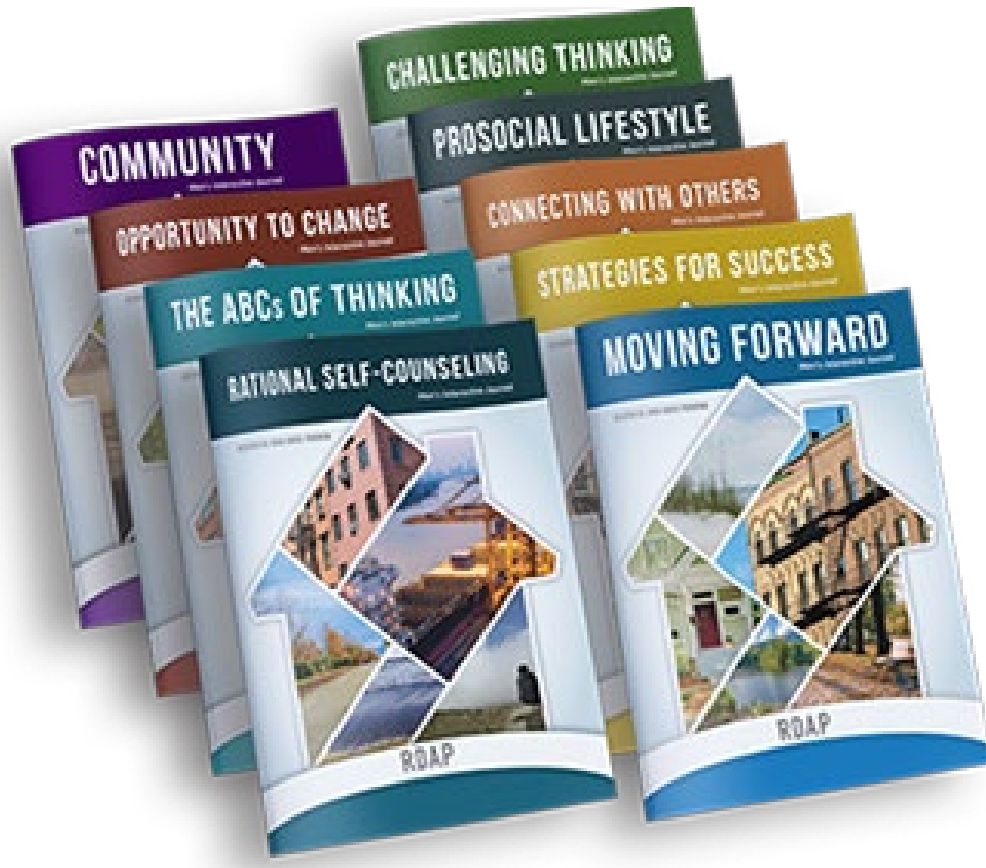
# RESIDENTIAL DRUG ABUSE PROGRAM (RDAP)



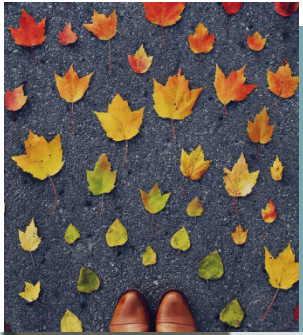
## GOALS:

- UNDERSTAND THE THEORETICAL FRAMEWORK OF RDAP
  - PROVIDE AN OVERVIEW OF CURRICULUM
  - SKILLS ACQUIRED
  - ASK QUESTIONS AND UNDERSTAND BJCC'S TREATMENT APPROACH
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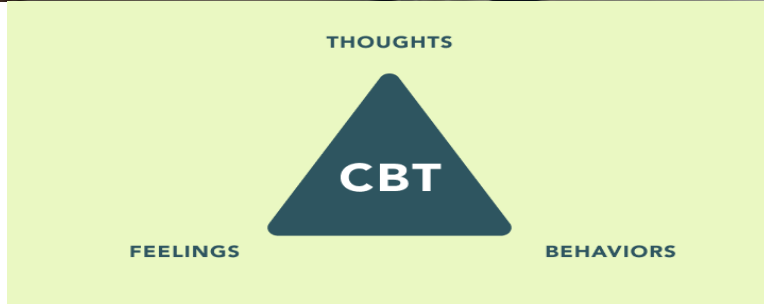
# WHAT IS RDAP?



The Change Companies' *Residential Drug Abuse Program (RDAP)* was developed in collaboration with the Department of Justice, Federal Bureau of Prisons, and is used in state departments of corrections nationally for RSAT funding. The program is gender responsive and available in both English and Spanish.



## CRIMINALITY



## HOW DOES RDAP WORK?

TRANSTHEORETICAL MODEL (STAGES OF CHANGE)

MOTIVATIONAL INTERVIEWING (MI)

COGNITIVE BEHAVIOR THERAPY (CBT)

ADDRESSING CRIMINALITY





# STAGES OF CHANGE

The stages of change describe the process people go through when modifying behavior. Here are the stages:

- 1.Precontemplation:** Not yet considering change or unaware of the need to change.
- 2.Contemplation:** Acknowledging the problem and considering the possibility of change, but not yet ready to occurs,.
- 3.Preparation:** Getting ready to change, planning and taking small steps toward the desired behavior.
- 4.Action:** Actively making changes and implementing new behaviors.
- 5.Maintenance:** Sustaining the new behavior over time and working to prevent relapse.
- 6.Termination or Relapse:** The new behavior is fully integrated, and there is no desire to return to the old behavior, or a relapse occurs, and the stages start again.



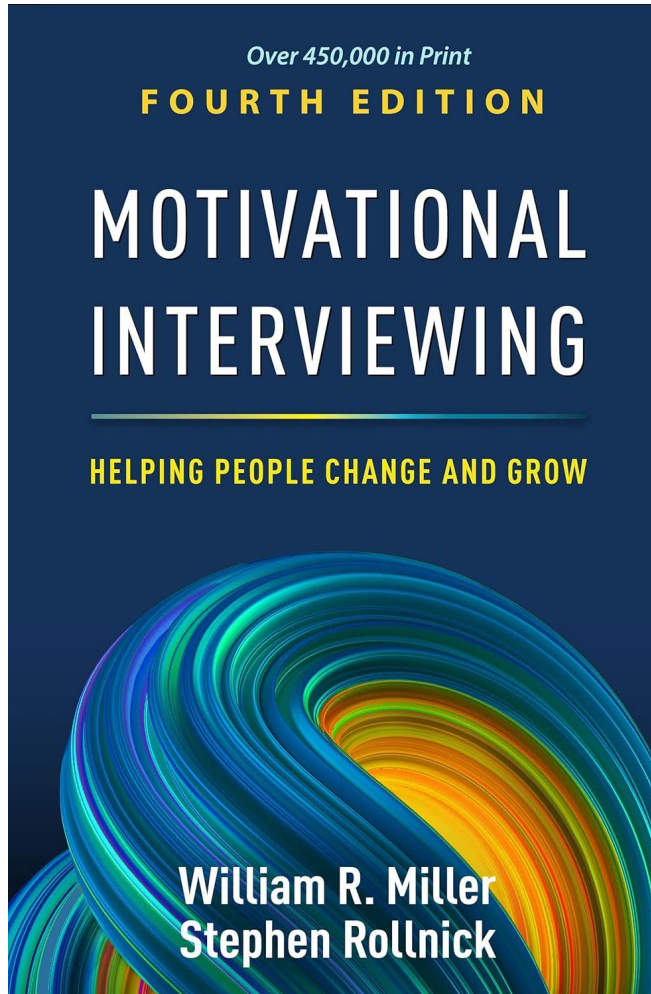
# MOTIVATIONAL INTERVIEWING



Motivational Interviewing (MI) is a counseling approach designed to help individuals find the motivation to make positive decisions and accomplish established goals. It is particularly effective in addressing ambivalence or resistance to change. Here are some key aspects:

- 1. Collaborative:** MI is a partnership between the counselor and the client, emphasizing mutual respect and shared decision-making.
- 2. Evocative:** It seeks to draw out the individual's own thoughts and feelings about change, rather than imposing ideas or solutions.
- 3. Autonomy:** MI respects the individual's autonomy and empowers them to take responsibility for their own change.

# OARS



**OPEN-ENDED QUESTIONS:** ENCOURAGING CLIENTS TO EXPLORE THEIR THOUGHTS AND FEELINGS.

**AFFIRMATIONS:** RECOGNIZING AND REINFORCING THE CLIENT'S STRENGTHS AND EFFORTS.

**REFLECTIVE LISTENING:** DEMONSTRATING UNDERSTANDING AND EMPATHY BY REFLECTING BACK WHAT THE CLIENT SAYS.

**SUMMARIZING:** BRINGING TOGETHER KEY POINTS FROM THE CONVERSATION TO REINFORCE UNDERSTANDING AND PROGRESS.



COGNITIVE BEHAVIORAL THERAPY (CBT) IS A WIDELY USED AND EFFECTIVE FORM OF PSYCHOTHERAPY THAT FOCUSES ON IDENTIFYING AND CHANGING NEGATIVE THOUGHT PATTERNS AND BEHAVIORS. HERE ARE THE MAIN COMPONENTS:

**Cognitive Restructuring:** Identifying and challenging distorted or unhelpful thoughts and replacing them with more realistic and positive ones.

**Behavioral Activation:** Encouraging engagement in activities that are enjoyable or meaningful to counteract depression and improve mood.

**Exposure Therapy:** Gradually facing and confronting fears or anxieties in a controlled and safe manner to reduce avoidance behaviors.

**Skills Training:** Teaching practical skills such as problem-solving, stress management, and assertiveness to help cope with challenging situations.

**Mindfulness and Relaxation Techniques:** Incorporating practices like mindfulness meditation and relaxation exercises to reduce stress and improve emotional regulation.

**Homework Assignments:** Practicing new skills and techniques outside of therapy sessions to reinforce learning and promote long-term change.

# SKILLS LEARNED IN RDAP

## 1. Community:

- a. Learn how to give and receive constructive feedback
- b. Give positive praise to others. Find the good around them.
- c. Help a peer become aware of a negative action or behavior.

## 2. Opportunity to Change:

- a. Develop and set SMART goals to work towards positive life changes.
- b. Seek out community (pro-social) activities that promote a healthy and balance lifestyle.
- c. Interact with others in a respectful and tolerant manner.

## 3. The ABC's of Thinking:

- a. Identify errors in thinking by examining self-talk.
- b. Replace unhelpful self-talk with more helpful, positive beliefs and self-talk.
- c. Take healthy actions in order to work through or cope with strong feelings.

# SKILLS LEARNED IN RDAP

## 4. Rational Self-Counseling:

- a. Make awareness of activating events more accurate and objective.
- b. Consider whether thoughts are leading me towards feeling the way I want to feel.
- c. Consider whether thoughts are leading towards achievement of short and long-term goals.

## 5. Challenging Thinking:

- a. Think carefully about whether short term rewards of my behavior are worth the long term consequences.
- b. Identify thinking errors that might lead to irresponsible behavior.
- c. Challenge and change criminal thinking errors when they occur.

## 6. Prosocial Lifestyle:

- a. Practice strategies that help live a more prosocial lifestyle.
- b. Think carefully about the ways negative choices have an impact on other people.
- c. Think carefully about the ways positive choices are impacting other people.

# SKILLS LEARNED IN RDAP

## 7. Connecting with Others:

- a. Talk assertively in a way that is direct, firm, focused on behavior and shows personal responsibility.
- b. Listen to others in a way that gives full attention and repeats or rephrases what was said to ensure understanding.
- c. Take steps to strengthen positive relationships in life.

## 8. Strategies for Success:

- a. Reflect on the positive progress made as a way to motivate continued change efforts.
- b. Think about the ways accomplishments and strengths will help work toward bigger goals.
- c. Strengthen resilience so there is a bounce back from challenges that come up in life.

## 9. Moving Forward:

- a. When noticing getting off course with goals or behaviors, use the skills previously learned to back on track.
- b. Anticipate potential obstacles that might get in the way of success and think of ways to overcome them.
- c. Rely on the support of those in safety net during challenging times.



# IMPACTING CRIMINALITY

## General Thinking Errors

- 1.Blaming:** Shifting responsibility for one's actions onto others or external circumstances.
- 2.Minimizing:** Downplaying the significance or impact of one's behavior.
- 3.Rationalizing:** Justifying or explaining away negative behavior with seemingly logical reasons.
- 4.Assuming:** Making assumptions about others' thoughts, feelings, or intentions without evidence.
- 5.Catastrophizing:** Expecting the worst possible outcome in any situation.
- 6.Overgeneralizing:** Drawing broad conclusions based on limited evidence or a single event.
- 7.Black-and-White Thinking:** Viewing situations in extremes, without recognizing the middle ground.
- 8.Emotional Reasoning:** Believing that one's feelings reflect reality, regardless of evidence to the contrary

## Criminal Thinking Errors

- 1.Mollification:** Making excuses or justifying negative behavior.
- 2.Cutoff:** Quickly dismissing or ignoring the consequences of one's actions.
- 3.Entitlement:** Believing one deserves special treatment or privileges.
- 4.Power Orientation:** Seeking control or dominance over others.
- 5.Sentimentality:** Using emotions to manipulate or justify behavior.
- 6.Superoptimism:** Overestimating one's abilities or chances of success.
- 7.Cognitive Indolence:** Avoiding effortful thinking or problem-solving.
- 8.Discontinuity:** Inconsistent or fragmented thinking, leading to impulsive actions

# FOCAL POINT

The Residential Drug Abuse Program (RDAP) emphasizes the development of eight positive attitudes to support successful rehabilitation and personal growth. These attitudes are integral to the RDAP process and help participants build a foundation for lasting change. Here are the eight positive attitudes:

- 1.Honesty:** Being truthful and transparent in all aspects of life.
- 2.Humility:** Recognizing one's limitations and being open to learning and growth.
- 3.Objectivity:** Viewing situations without bias and focusing on facts rather than emotions.
- 4.Gratitude:** Appreciating opportunities for change and the support received from others.
- 5.Caring:** Showing concern and support for others in the community.
- 6.Responsibility:** Taking ownership of one's actions and their consequences.
- 7.Open-Mindedness:** Being willing to accept feedback and consider new perspectives.
- 8.Willingness:** Demonstrating a commitment to making positive changes and putting in the necessary effort

## QUESTIONS?

