

# ACTCS

## Corrections Programs

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The Corrections Programs Unit facilitates programs and services in the community, the Periodic Detention Centre and the Alexander Maconochie Centre. The services of the Unit are consistent with a focus on specific programs for offenders that address identified risks and criminogenic needs.

### Programs include:

#### Adult Sex Offender Program (ASOP)

**Target/Eligibility:** For men convicted of a sexual offence or a sexually motivated offence, recently or in the past. **Length:** Duration is up to 2yrs based on 1 session per week.

The ASOP aims to replace sexual offenders' cognitive distortions with thinking that correctly attributes responsibility to them, in order to reduce the risk of further offending. Men do not have to be sentenced to 2 yrs in prison with a non-parole-period; they can commence the program in prison and continue it in the community if they have a significant period of parole or a post prison Good Behaviour Order.

#### Cognitive Self Change Program (CSC)

The Cognitive Self Change program takes participants through a series of four steps designed to facilitate their skills development in mindfulness, objectivity, recognition of how their own risk thinking, attitudes and beliefs lead them to harmful and or rule breaking behaviour and building competency in restructuring their thinking creatively to replace Criminogenic thinking while maintaining self esteem

#### Family Violence Cognitive Self Change Program (FVCSC)

**Target/Eligibility:** For men who have offended against a family member.

**Length:** Duration is a minimum of nine months based on one session per week.

The FVCSC follows the same principles as the CSC however focuses of family violence. Participants are challenged to consider situations where they have harmed family members across a broad range of behaviours considered controlling or abusive. They must deal with all family violence incidents that are recorded on a criminal history as well as acknowledge other incidents of harm that have not been responded to by the criminal justice system.

## **Violent Offender Program (VOP)**

Target/Eligibility: for men with a history of violent offending. The program offers two streams of the program, the moderate intensity and the high moderate intensity. Eligible participants must meet a minimum score on the Violence Risk Scale (VRS) of 35 to be considered for the moderate intensity group and a minimum of 50 for the high intensity group.

Length: All participants eligible for the VOP must complete the Exploring Change Program which is an introductory six session program. Upon completion of this, participants who have been assessed for the high intensity VOP are to complete a minimum of 165 hours of program delivery which is approximately 52 weeks if run twice weekly. Some participants may be required to complete up to four additional modules if so identified in their treatment plan. The estimated time to complete the moderate intensity VOP is a minimum of 82.5 hours which is approximately five months if delivered twice weekly.

The Violence Offender Program is a modularised, group-based therapeutic program. It aims to reduce participant's risk of violent recidivism by increasing their self-awareness, self-management, and conflict resolution skills, and better regulating affective responses and behavioural outcomes.

## **First Steps - Relapse Prevention Program**

Target/Eligibility: For men and women who have an active or history of alcohol and/or drug use.

Length: Six modules delivered over a nine week period.

The First Steps program aims to support participants with the challenges faced when ceasing or reducing substance use. First Steps is an alcohol and other drug awareness, education and relapse prevention program, designed to assist offenders identify risk factors associated with relapse and develop healthy alternative coping responses to habitual substance misuse and offending behaviour.

## **Back in Control - Relapse Prevention Program**

Target/Eligibility: For men and women who have an active or history of alcohol and/or drug use.

Length: 20 modules delivered over a 20 week period.

Back in Control is Psycho-Educational Relapse Prevention Program and supports offenders to expand upon and consolidate skills previously learnt in First Steps. The program aims to improve participant's mental and physical health, increase lifestyle opportunities and enhance quality of life. These goals are achieved through comprehensive analysis of the factors that trigger substances misuse, and by assisting participants to learn and consolidate the knowledge, skills and confidence needed to make informed decisions when considering future substance use.

## **Solaris Therapeutic Community (TC)**

Target/Eligibility: For men who have alcohol and other drug dependencies.

Length: Six months

The TC offers rehabilitative treatment and care for prisoners serving a custodial sentence who have alcohol and other drug dependencies. Solaris incorporates a staged throughcare approach that includes assessment, readiness, treatment, transition and release.

### **Sober Driver Program**

Target/Eligibility: This program is designed for male or female participants who have current or previous drink driving offences. Only offenders sentenced to Periodic Detention are eligible for this program.

Length: Nine weeks.

The program aims to provide accurate information about alcohol to participants, explain short and long term effects of alcohol on the body, explain the ways in which alcohol affect's one ability to drive safely, develop participants understanding of the effects of drink-driving on oneself and the community, assist participants to develop essential skills and positive attitudes for safe driving and assist drink-drivers to develop and implement strategies and to access additional support to avoid relapse behaviours.