

# Correctional Alternative Placement Program (CAPP) Conflict Resolution Program (CRP) Program Summary

## I. PURPOSE

The CRP program will provide a total of six-months of treatment with the focus on violence mitigation. The CRP program will help the inmates change their violent criminogenic attitudes and beliefs as well as teach them the healthy pro-social mood management, thought regulating, and behavior skills required for successful release back into the community.

## II. TREATMENT FACILITY AND LOCATION

This program will be located at the CAPP facility in Boise providing services for 100 offenders, in classes of 20 offenders each (five concurrent classes). The specific staff, class area and housing will be determined by the facility administration in accordance with contractual agreement. Attention will be placed on the best arrangement to assure privacy and safety.

## III. TARGET POPULATION

**Classification Criteria:** Meet the minimum program, housing and security requirements of CAPP.

**Admission Criteria:** CRP is designed to provide services to Riders and parole violators who have been identified as having a history of significant violence. Identification of candidates for the program will occur at the Idaho Department of Correction (IDOC), Receiving and Diagnostic Unit (RDU) located at the Idaho State Correctional Institution (ISCI) in Boise. Selection will be based on the nature of the instant offense, offense history, and results on administered assessment instruments.

## IV. PROGRAM DESCRIPTION AND METHODOLOGY

The program will focus on the mitigation of violent behavior, controlling attitudes and entitlement beliefs in addition to teaching the pro-social knowledge, skills and abilities necessary to experience and promote healthy emotions, thoughts and behaviors. This program is designed to teach non-violent thinking and behavior as well as regulate violent emotions. This is approximately a six month program consisting of one-week of orientation coming in and one-week of transition going out, with 23 weeks (161 days) of active CRP programming (460 hours) in between. The program is designed with open enrollment, anticipating new enrollment and graduation of about four offenders per week for an average of sixteen new offenders and graduates program wide each month (about 190 per year). Even though this is a modularized program, placing the inmates in a common housing unit to enhance the learning, social and psychological change impact of the community milieu model is desirable.

The methodology is found in the following modularized manuals which define the curriculum:

1. ***Self-Management And Regulation Training (SMART)***, (Authored by Wolberd, 2000) An anger & stress management regulation skills manual that focuses on understanding the interplay between feelings, thoughts and behaviors in the context of dysfunctional social relationships and experiences. It utilizes a cognitive behavioral format that targets criminogenic behavior with specific treatment procedures such as positive reinforcement and consequences; pro-social emotional, thinking and behavior regulation skills training; skill rehearsal/practice & role play as well as class assignment presentations and discussion. (126.5 hrs. group & 161 hrs. hm. wk., total 287.5 hrs.)
2. ***Moral Reconciliation Therapy (MRT)***, (Little & Robinson, 1986) The MRT program consists of a systematic, cognitive-behavioral, step-by-step treatment strategy designed to enhance self-image,

promote growth of a positive & productive identity and facilitate the development of higher stages of moral reasoning. (46 hrs. group & 23 hrs. homework, total 69 hrs.)

3. **TAP 19**, (A SAMHSA manual by Gorski & Kelley, 1996) This program is primarily designed for treating substance abuse addicted criminal offenders. This relapse prevention treatment model specifically targets offenders who have failed in traditional treatment by addressing effects on the body, mind and behavior. The focus of the program encompasses a biological, psychological, cognitive, social and behavioral approach to relapse prevention. (46 hrs. group & 23 hrs. hm. wk., total 69 hrs.)
4. **Anger Management**, (A SAMHSA manual by Reilly & Shopshire, 2002) This program is designed for, but not exclusively, substance abuse and mental health clients. It is designed as an 18-hour program, cognitive behavioral treatment model that employs relaxation, cognitive and communication skill interventions. (18 hrs. group & 18 hrs. homework, total 36 hrs.)

## V. AFTERCARE

- **Provider:** CRP Aftercare will be provided at the community correction district offices by the DARS in their aftercare groups.
- **Content:** The current sixteen-week curriculum content (A New Direction Relapse Prevention program by Hazelden) is followed by attendance at aftercare one time per month for another eight months. The *Self-Management And Regulation Training* (SMART) program, which is the core of the CRP program, has been added to this sixteen-week curriculum but not the one time per month, eight-month follow-up aftercare.
- **Training:** Training on the essential SMART material will be provided at all community correction district offices for DARS and clinician staff, with an invitation to any interested parole officers and other staff to attend. The purpose of this training is to provide the essential new SMART content for staff to be knowledgeable about that curriculum content and able to incorporate it into a 30-minute (maximum) add on to the sixteen-week aftercare group. A Conflict Resolution Program (CRP) Aftercare Manual, including detailed lesson plan will be provided for the sixteen-week component.

### **Requests for additional information may be directed to:**

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**SMART**  
(Self-Management and Regulation Training)

**A New Direction In  
Domestic Violence  
Intervention Services**

By  
Patrick Wolberd, MSW, LCSW

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**Learning Objectives**

1. Learn the underlying theory of the SMART, pain driven model.
2. Understand the importance of what we learned about pain, anger and stress over the past two decades to effectively regulate violent behavior.
3. Experience how the SMART, concepts and tools apply to domestic violence intervention services.

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SMART  
Self-Management And Regulation Training

Underlying  
Pain Model

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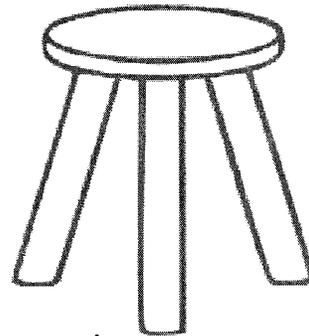
What is the Purpose of Feelings,  
Thoughts and Behavior?

The three legged stool

Feelings: **Define** our experiences

Thoughts: **Plan** what to do with the experiences

Behaviors: **Act** on the plan to deal with the experiences



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## Anger

Anger, not fear, is the survival emotion triggered by emotional or physical pain.

It warns us of imminent danger.

This is its most helpful purpose.



Anger: Fury

Pain: Threatened

Need: Safety

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## Stress

The breakdown of healthy responses to painful experiences.



Stress: Overwhelmed

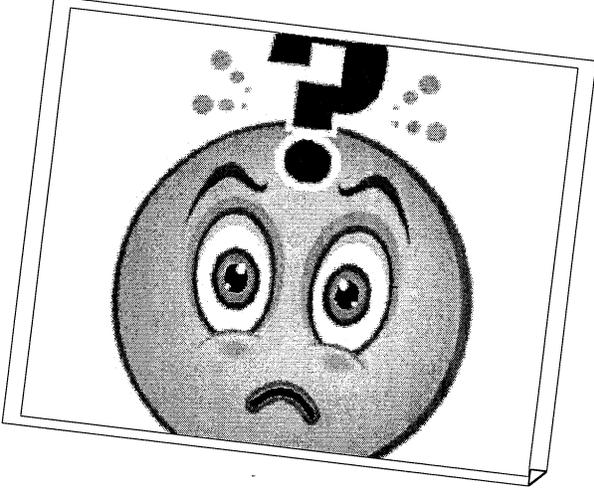
Pain: Incompetent

Need: Competent

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**Anger and Stress**

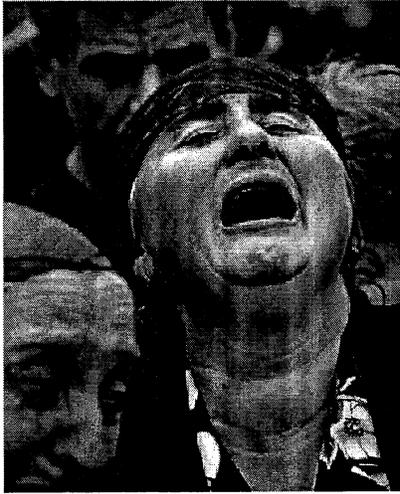
Anger and stress define the intensity of the threat to our wellbeing or survival, yet offer no clue to the source of the problem or solution, that is pain's job.



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**Pain is Triggered by Unfulfilled Needs**

**Pain** is the mental or physical distress or suffering caused by the disappointment or anguish of unfulfilled expectations or needs.



Anger: Enraged / Stress: Distraught      Pain: Grief  
Need: Joy

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## The Pain Iceberg



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SMART

Self-Management And Regulation Training

## Brain Research of the Past Two Decades

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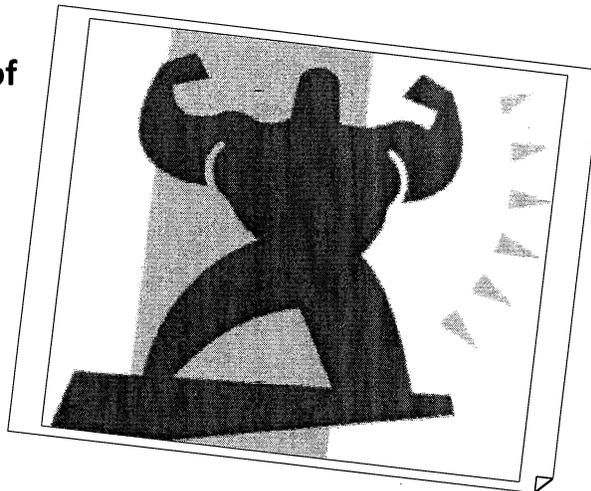
## What We Now Know about Pain, Anger and Stress

1. Pain triggers stress as well as anger.  
Anger is not triggered by the need to control. (The need to control is the outcome, not the trigger.)
2. Anger is the survival emotion, not fear.  
(100% of all of our organs and muscles are triggered by intense anger.)

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### Brain Research of the 1990s

100% of all of  
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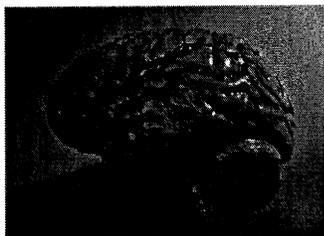
## What We Now Know about Pain, Anger and Stress (cont.)

3. There are two types of anger, originating from two different brain locations.
  - a. Warning anger – is regulated by the thinking brain, the area behind the forehead (prefrontal cortex).
  - b. Survival anger – is regulated by the survival brain, the area around the brainstem (limbic system).

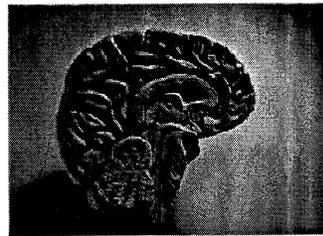
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## Brain Research since the 1990s

**Prefrontal Cortex  
(Thinking Brain)  
Warning Anger**



**Limbic System  
(Survival Brain)  
Survival Anger**



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## What We Now Know about Pain, Anger and Stress (cont.)

4. Warning anger is controlled & civilized and takes 200 milliseconds from trigger to outcome.
5. Survival anger, as it spins out of control and violates personal and social standards of conduct, shuts down the thinking brain (40 milliseconds from trigger to outcome).
6. Survival anger is recognizable after the fact by the feeling of regret for offending another emotionally or physically.

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### Brain Research since the 1990s

**Survival anger violates personal and social standards of conduct.**

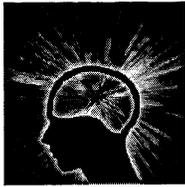
It is recognizable only after-the-fact by the feeling of regret for attacking another emotionally or physically.



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## What We Now Know about Pain, Anger and Stress (cont.)

7. We also learned:



- a. The brain is not fully developed until age 25 +/-.
- b. The last piece of wiring is judgment.
- c. Emotional capacity is fully develop by age 5 +/-.
- d. A child's emotions lack a cognitive context, which must be provided by adults.



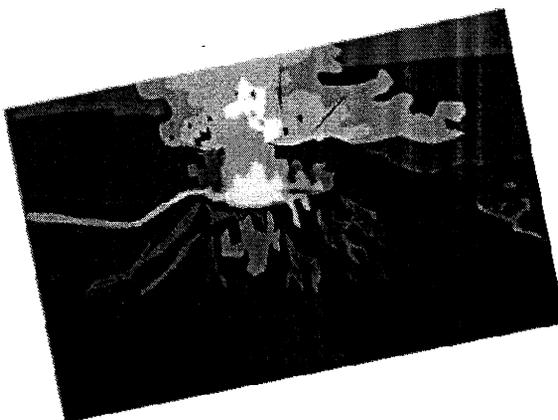
**SMART**  
Self-Management And Regulation Training

## Brain Operational Rules

## Brain Operational Rules

### 1. RULE OF VULNERABILITY (amplification, magnification and distortion)

The brain blows things out of proportion.



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## Brain Operational Rules

### 2. RULE OF SURVIVAL (speed and priority)

The survival brain has a better safe than sorry response that often results in regrettable outcomes.



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## Brain Operational Rules

### 3. RULE OF ORIENTATION (person, place and time)

The survival brain's only reference is the present.



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## Brain Operational Rules

### 4. RULE OF SIMPLIFICATION (comparative imprint sorting)

This is a quick and dirty system. It is prone to error and subject to distorted perceptions of current events, resulting in over reactions as in rule 1.



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**Brain Operational  
Rules**

**5. RULE OF  
MIMICKING  
(negative imprints)**

For better or worse,  
mimicking works.  
Hostile life  
experiences promote  
hostile responses to  
conflict.



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**Brain Operational  
Rules**

**6. RULE OF SIMILAR  
EMOTIONS (shared  
feelings or empathy)**

Being aware of one's  
own feelings is an  
important first step  
toward empathy and  
ultimately compassion  
(for self and others),  
especially  
when in pain.

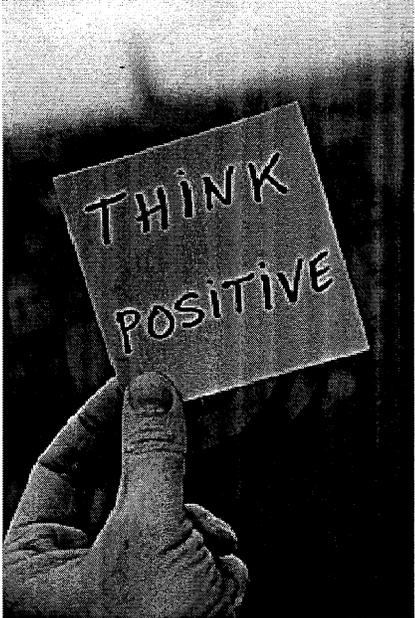


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**Brain Operational Rules**

**7. RULE OF NEGATIVE EMOTIONS (negative feelings trump positive feelings)**

Negative assumptions can be changed with a positive mental attitude.



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**Brain Operational Rules**

**8. RULE OF MOTIVATION (motive matters)**

When deciding what to do in an emergency, focus on the right thing to do not fear of consequences.



**EMERGENCY**

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**Brain Operational  
Rules**

**9. RULE OF  
RECONCILIATION  
(sense out of non-  
sense)**

Some of the brain's  
perceptions of  
experiences and  
others are factually  
wrong.



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**SMART**  
Self-Management And Regulation Training

**Tools and Application**

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# The Prime Directive Is:

## Disengage immediately. Re-engage later.

**Purpose:** This is a disengage tool that will help to do no harm when in extreme anger or stress. It will help the brain develop the habit of choosing harmless disengaging behavior instead of harmful attacking behavior. Even though the purpose of this tool is to regulate extreme anger or stress, practice this tool only when in mild forms of anger or stress. It is too risky to wait for extreme forms of anger or stress when mild conditions will work.

**Application:** Use this tool daily until it becomes a habit. Stop the interaction every time anger or stress is experienced, by following these four steps:

1. **STOP TALKING** – Stop talking by closing my mouth and not mumbling.
2. **LOOK DOWN** – Break eye contact by looking down. (exit only if necessary)
3. **BREATH** – Take four full breaths.
4. **CONCENTRATE** – Focus on a mental activity that requires concentration. Examples are silently: counting or skip counting forward or backward, singing a favorite song, reciting a favorite verse or visualizing the scene of a happy time.

Developing the habit of disengaging immediately will result in a harmless response. This will allow the time needed to calm down before completing the prime directive by re-engaging to resolve the conflict. Consider which other tools will help reengagement later when calmed down. Then use the ones which best fit the situation.

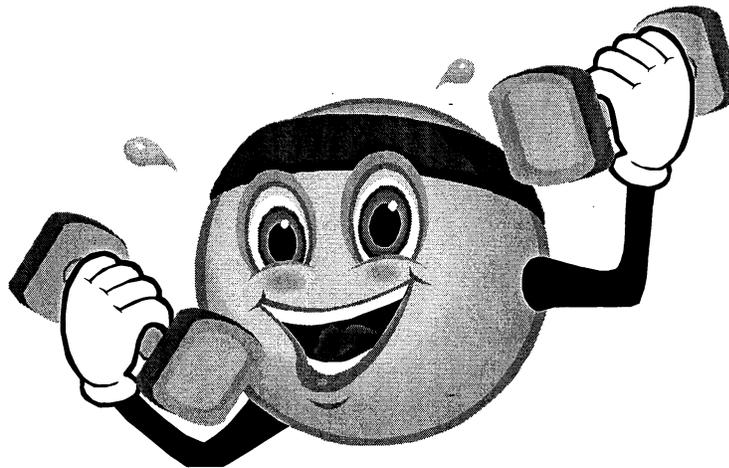
**Instruction:** Fill in the blanks. Practice works, so use this tool daily until it becomes a habit.

1. I will stop talking by \_\_\_\_\_.
2. I will break eye contact by looking \_\_\_\_\_.
3. I will take \_\_\_\_\_ full breaths.
4. My activity of concentration will be \_\_\_\_\_.

**PRACTICE – PRACTICE – PRACTICE**

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## Class Exercise: SMART CD TRANSCRIPT



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## SMART CD Transcript

Instruction: Before starting this exercise, have in mind an angry/upsetting event and a happy time. Do an Intensity Rating Scale (IRS) on the angry/upsetting event before and after the exercise. This is the intensity of the anger or upset you are experiencing at the time of the rating, with zero (0) as neutral and ten (10) as the most intense you can imagine.

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## Quote on Belief

**“Whether you  
believe you can  
do a thing or not,  
you are right.”**

Henry Ford 1863-1947  
US Automobile Industrialist 32

# Prime Directive

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**Instruction:** Fill in the blanks. Practice works, so use this tool daily for the remainder of the program.

1. I will stop talking by \_\_\_\_\_.
  2. I will break eye contact by looking \_\_\_\_\_.
  3. I will take \_\_\_\_\_ full breaths.
  4. My activity of concentration will be \_\_\_\_\_.
- 

**PRACTICE – PRACTICE – PRACTICE**