OAKLAND COUNTY
MICHIGAN
David Coulter
County Executive

Criminogenic Need Resources Guide



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Frequent Contacts:

Step Forward Program ★ **Main Office** 250 Elizabeth Lake Road Pontiac, MI 48341 248.451.2314 or 248.451.2310 FAX 248.451.2349 stepforward_waterford@OaklandCountyMI.gov	**Troy Office** 1151 Crooks Road Troy, MI 48084 248.655.1267 or 248.655.1260 FAX 248.655.1281 stepforward_troy@OaklandCountyMI.gov	**Oakland County Jail Cog Groups** Cognitive Behavior Program (Felony) LESP (Life Employment and Skills Program – Misdemeanor) 248.858.5093 ocjprograms@OaklandCountyMI.gov
AIC PA511 Residential ★ Authorization contact 248.451.2337		

* *Pretrial & Justice Services Program*

FEMALE / Criminogenic Need Resources

Anger

***Step Forward Program** •Anger Management •Thinking Matters Group (Cognitive Restructuring) •Safety from Trauma •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)*	Lake Orion Counseling Center Care of Southeast Michigan	Education & Training Research Services (ETRS)	Charron Services Horizon Treatment Center RedeeMEd Fortitude Program

Cognitive Behavioral

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Anger Management •Safety from Trauma •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)* River's Bend	New Oakland Family Centers Oakland Psychological Clinic Oakland Family Services (OFS)	Perspectives of Troy Education & Training Research Services (ETRS)	Abaris Behavioral Health Great Lakes Psychology Catholic Charities Meridian

Criminal Associates/Peers

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)*	Great Lakes Psychology Group Life Stance Health	Lake Orion Counseling Center Jewish Family Services	Oakland Psychological Clinic Perspectives of Troy

Criminal Opportunity

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)*	Great Lakes Psychology Group	Perspectives of Troy	Oakland Psychological Clinic

Criminal Personality

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Safety from Trauma •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)*	Great Lakes Psychology Group Perspectives of Troy	Oakland Psychological Clinic River's Bend	Abaris Behavioral Health Education & Training Research Services (ETRS)

Criminal Thinking Self Report

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Moving On	**OCJ Cog Group (975.4441)** *(in jail program)*	Great Lakes Psychology Group Lake Orion Counseling Center	Life Stance Health	Oakland Psychological Clinic Education & Training Research Services (ETRS)

Experience of Abuse - Adult

***Step Forward Program** •WEAVE (DV) Group *($60 First session, $30 each additional)* •Safety from Trauma •Moving On	Birmingham Counseling Services for Women & Girls *- Private Insurance may be required*	Charron Services Haven	Counseling Centers for Women *-Private Insurance may be required*	Affirmations for LGBTQ+

Experience of Abuse - Child

***Step Forward Program** •WEAVE (DV) Group *($60 First session, $30 each additional)* •Safety from Trauma •Moving On	Charron Services Affirmations for LGBTQ+	Oakland Psychological Clinic Oakland Family Services	Abaris Behavioral Health Great Lakes Psychology Group	New Oakland Family Center Catholic Charities

Family Criminality

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Safety from Trauma •Moving On	Birmingham Counseling Services for Women & Girls	RedeeMEd Fortitude Program	OLHSA *(Oakland Livingston Human Services Agency)*	Counseling Centers for Women *-Private Insurance may be required*

Leisure/Recreation

***Step Forward Program** •Stages of Change I & II *(12 week open group)*	**OCJ Cog Group (975.4441)** *(in jail program)*	MCYPAA (mcypaa.org) *- For "young" people in recovery*	AA / Alano Clubs Eastwood Affirmations for LGBTQ+	Sacred Heart New Oakland Family Center

Mental Health

***Step Forward Program** •Co-Occurring Diagnosis Group	OCHN & associated providers: Easter Seals, TTI, CNS Horizon Treatment Center	Oakland Family Services Great Lakes Psychology Group Hope 365	New Oakland Family Centers Blue Water Mental Health Sollars & Associates	Catholic Charities Abaris Behavioral Health

Parental Stress

***Step Forward Program** •Co-Occurring Diagnosis Group •WEAVE (DV) Group *($60 First session, $30 each additional)*	Oakland County Youth Assistance *-offers current list of parenting classes* *-www.oaklandcountymi.gov/government/courts/youth-assistance*	Oakland Family Services Triad Counseling (Clarkston)	Next Step Pregnancy Center *(Pontiac)*	Horizon Treatment Center *(Southfield)*

Relationship Dysfunction

***Step Forward Program** •WEAVE (DV) Group *($60 First session, $30 each additional)* •Safety from Trauma	HAVEN Kaleidoscope Counseling	Counseling Centers for Women *-Private Insurance may be required*	Horizon Treatment Center Jewish Family Services	Affirmations for LGBTQ+

Residential Instability

***Step Forward Program** •Co-Occurring Diagnosis Group	The Rise Center OLHSA *(Oakland Livingston Human Services Agency)*	Lighthouse Hope 365	Community Housing Network	South Oakland Shelter

Social Adjustment Problem

***Step Forward Program** •Co-Occurring Diagnosis Group •WEAVE (DV) Group ($60 First session, $30 each additional)	Counseling Centers for Women *-Private Insurance may be required*	Birmingham Counseling Services for Women & Girls *-Private Insurance may be required*	Affirmations for LGBTQ+ Triad Counseling	Jewish Family Services

Social Environment

***Step Forward Program** •WEAVE (DV) Group •*($60 First session, $30 each additional)* •Stages of Change I & II *(12 week open group)*	Still Standing/RedeeMEd Fortitude Program Affirmations for LGBTQ+	Jewish Family Services	Birmingham Counseling Services for Women & Girls *-Private Insurance may be required*	Counseling Centers for Women *-Private Insurance may be required*

Social Isolation

***Step Forward Program** •Co-Occurring Diagnosis Group •Stages of Change I & II *(12 week open group)*	**OCJ Cog Group (975.4441)** *(in jail program)*	*Care of Southeast Michigan* *Oakland Family Services*	Great Lakes Psychology Groups Affirmations for LGBTQ+	New Oakland Family Center

Strength-Self-Efficacy

***Step Forward Program** •WEAVE (DV) Group *($60 First session, $30 each additional)* •Stages of Change I & II *(12 week open group)* •*Safety for Trauma*	Oakland Family Services Horizon Treatment Center	Counseling Centers for Women *-Private Insurance may be required*	Affirmations for LGBTQ+	Birmingham Counseling Services for Women & Girls *-Private Insurance may be required*

Substance Abuse

***Step Forward Program** •REDI *(Responsibly Exploring Driving Impaired)* - 19-week open group •Co-Occurring Diagnosis Group •Stages of Change I & II *(12-wk open group)*	**AIC PA511 Residential** 248.451.2337 **Adult Treatment Court** 248.452.2154 Hope 365	**OCJ Cog Group (975.4441)** *(in jail program)* Milford Counseling *-Also has 3/4 housing* FAN Re-Direct	Brighton Center for Recovery Education & Training Research Services (ETRS) Horizon Treatment Center	Outpatient: •Oakland Family Services •Eastwood Clinic •Sacred Heart •Recovery Consultants •Catholic Charities

Notes:

MALE / Criminogenic Need Resources

* *Pretrial & Justice Services Program*

Anger

***Step Forward Program** •Anger Management •Thinking Matters Group (Cognitive Restructuring) •Safety from Trauma	**OCJ Cog Group (975.4441)** (in jail program) Kaleidoscope Counseling	Lake Orion Counseling Center Care of Southeast Michigan	Education & Training Research Services (ETRS)	Charron Services Horizon Treatment Center

Cognitive Behavioral

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Anger Management •Safety from Trauma	**OCJ Cog Group (975.4441)** (in jail program)	New Oakland Family Centers Oakland Psychological Clinic	Perspectives of Troy	Abaris Behavioral Health

Criminal Associates/Peers

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring)	**OCJ Cog Group (975.4441)** (in jail program)	Great Lakes Psychology Group Life Stance Health	Lake Orion Counseling Center	Oakland Psychological Clinic

Criminal Opportunity

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring)	**OCJ Cog Group (975.4441)** (in jail program)	Great Lakes Psychology Group	Perspectives of Troy	Oakland Psychological Clinic

Criminal Personality

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •Safety from Trauma	**OCJ Cog Group (975.4441)** (in jail program)	Great Lakes Psychology Group Perspectives of Troy	Oakland Psychological Clinic Education & Training Research Services (ETRS)	Abaris Behavioral Health

Criminal Thinking Self Report

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring)	**OCJ Cog Group (975.4441)** (in jail program)	Great Lakes Psychology Group Lake Orion Counseling Center	Life Stance Health Education & Training Research Services (ETRS)	Oakland Psychological Clinic

Experience of Abuse/Trauma- Adult/Child

***Step Forward Program** •Safety from Trauma				

Family Criminality

***Step Forward Program** •Thinking Matters Group (Cognitive Restructuring) •HEAL, RedeeMEd, Choices, Pathways to Healthy Relationships (DV) Groups *($60 First session, $30 each additional, PHR is for Indigent)* •Safety from Trauma	Still Standing/RedeeMEd DV (Wayne) Choices (Waterford)	New Oakland Family Center	OLHSA *(Oakland Livingston Human Services Agency)*	Education & Training Research Services (ETRS)

Leisure/Recreation

***Step Forward Program** •Stages of Change I & II *(12 week open group)*	**OCJ Cog Group** **(975.4441)** (in jail program)	Sacred Heart	New Oakland Family Center	Eastwood AA / Alano Clubs

Mental Health

***Step Forward Program** •Co-Occurring Diagnosis Group	Easter Seals TTI Blue Water Mental Health	Oakland Family Services CNS Horizon Treatment Center	New Oakland Family Centers Sollars & Associates Hope 365	Catholic Charities of Southeast Michigan

Relationship Dysfunction

***Step Forward Program** •Safety from Trauma				

Residential Instability

***Step Forward Program** •Co-Occurring Diagnosis Group	The Rise Center Hope 365	Lighthouse	Community Housing Network	South Oakland Shelter

Social Environment

***Step Forward Program** •HEAL, RedeeMEd, Choices, Pathways to Healthy Relationships (DV) Groups *($60 First session, $30 each additional, PHR is for Indigent)* •Stages of Change I & II *(12 week open group)*	Still Standing/RedeeMEd Fortitude	Perspectives of Troy	Oakland Family Services	Education & Training Research Services (ETRS)

Social Isolation

***Step Forward Program** •Co-Occurring Diagnosis Group •Stages of Change I & II *(12 week open group)*	**OCJ Cog Group** **(975.4441)** (in jail program)	New Oakland Family Services Oakland Family Services	Care of Southeast Michigan	Great Lakes Psychology Group

Substance Abuse

***Step Forward Program** •REDI *(Responsibly Exploring Driving Impaired)* - 19 week open group •Co-Occurring Diagnosis Group •Stages of Change I & II *(12-wk open group)*	**OCJ Cog Group** **(975.4441)** (in jail program) Hope 365	**AIC PA511 Residential** 248.451.2337 Horizon Treatment Center	**Adult Treatment Court** 248.452.2154 Education & Training Research Services (ETRS)	**Outpatient:** •Oakland Family Services •Brighton Cetner for Recovery •Eastwood •Sacred Heart

Notes:

Step Forward

Program Information

- Group Descriptions
- Services Providers
- About Step Forward
- Intake & Assessment
- Case Management
- Anger Management
- Thinking Matters
- Domestic Violence
- Co-Occurring Diagnosis
- Responsibly Exploring Driving Impaired (REDI)
- Stages of Change I
- Stages of Change II
- Moving On
- Safety from Trauma Group

Oakland County Pretrial & Justice Services

Step Forward Group Descriptions

Anger Management: This is an educational, skill building group. Its' target population is people who are having trouble managing their anger. Participant's length of stay is performance based and dependent upon their participation and understanding of the concepts. The goal of the program is to increase accountability, explore factors contributing to destructive behaviors and gain insight as to alternative responses to difficult situations.

Choices: A 52-week virtual group for men based on the Duluth model. Choices has a heavy emphasis on redefining masculinity, as well as eight weeks of empathy. Choices will assign homework weekly. Homework allows clients to focus on topics such as motivation, making changes, trauma, and not traumatizing others.

Cognitive Restructuring/Thinking Matters: This is a skill building group. The goal is to have the clients learn and practice the following skills during their time in group with the hope that they will carry these skills on after completion, ultimately leading to greater awareness and changes in behavior.

Co-Occurring Diagnosis Group: This is a 16-week group. The goals of the group are to provide an educational and supportive forum for individuals who have co-occurring disorders, to offer information on the different types of mental illness, to identify the signs and symptoms of chemical dependency, to offer skill building to increase client's coping strategies and to share their experiences with other group members.

Domestic Violence (HEAL) for Men Group: This is a 52-week group for men based on the concept that battering is a choice and that participants need to integrate accountability into their lives. It is for this purpose that weekly homework is assigned. The homework provides participants with an opportunity to increase awareness, identify issues, tactics, core beliefs and practice accountable options in their daily lives.

Domestic Violence (WEAVE) for Women Group: This is a 30-week group program for women who have both been the victim of and a contributor to violent encounters. The group is structured and has a strong emphasis on the integration of their past victimization and their current choices to victimize.

Domestic Violence (RedeeMEd) for Men Group: This is a 52-week group program for men who live in Oakland or Wayne County. RedeeMEd creates an environment where men receive hope, healing, and transfiguration through personal accountability. The program provides men with the necessary tools to relearn, replace, and rebuild their thought processes, unhealthy habits and core beliefs increasing the safety of women, children, and society.

Domestic Violence (Pathways to Healthy Relationships) for Men Group: A men's domestic violence intervention program focused on promoting accountability, respect, and lasting behavioral change by supporting individuals in developing safe, healthy, and non-violent relationships. The program is facilitated by Step Forward staff who are certified in the Allies in Change curriculum. PHR is an evidence-based intervention designed to serve indigent individuals assessed as medium to high risk who are involved in domestic violence. The program utilizes a comprehensive approach that incorporates cognitive behavioral interventions, trauma-informed practices, structured group facilitation, and ongoing assessment of participant risk and progress. Through these methods, PHR provides participants with opportunities to increase self-awareness, develop healthier relationship skills, take responsibility for their behaviors, and build sustainable patterns of non-violence and respect. The program is a performance based lasting a minimum of 30-weeks.

Moving On: Moving On is an intervention program specifically for women who are involved with the criminal justice system. The overarching goal of this program is to assist women in mobilizing and developing personal and social resources to reduce the risk of future criminal behavior. The program aims not only at reducing criminal behavior but also increasing the health and well-being of women, their families, and the community. Moving On is open-ended; that is, it permits continuous intake of participants.

REDI - Responsibly Exploring Driving Impaired: The target population for this group is OUIL/OWI 3rd individuals in the criminal justice system. It also may be appropriate for OUIL/OWI 2nd individuals with other alcohol/drug related charges. This group will provide an environment that supports responsible, healthy exploration of decision-making skills relating to substance use and impaired driving for individuals with the goal of promoting accountability and positive change toward pro-social community behavior in clients with multiple impaired driving offenses through the use of material utilized in both Step Forwards Cognitive Restructuring group as well as the Stages of Change Phase I group.

Stages of Change – Phase I: This group is specifically designed to meet the intervention needs of clients with substance abuse issues and who are demonstrating that he/she does not think they have a problem with drugs/alcohol use and/or are not motivated to take positive steps toward change. This group will utilize techniques of Motivational Interviewing to move the client from denial and resistance to making the needed behavioral and lifestyle changes to create and maintain sobriety. This group will follow the 14-week "Pre-contemplation/ Contemplation/Preparation" series but will not be specific in length.

Stages of Change – Phase II: The second series will follow a 12-week format and is specifically designed to target those individuals with substance abuse issues who are in the "Action/Maintenance" stages of change. Participants will complete the entire series as this group is designed to help the clients build long term goals to maintain sobriety.

Safety from Trauma Group: This is an open group with a 12-week curriculum. The target population is individuals with felony and serious misdemeanor charges with a history of trauma and substance abuse. The group focuses on coping skills and psychoeducation utilizing cognitive behavioral therapy techniques. The group empowers clients to have hope that their lives can get better by initiating safety as the central theme in their recovery. The groups are gender specific and the curriculum utilized is "Seeking Safety".

Step Forward Contracted Service Providers

Program Provider	Group	Description of Groups
Jeffrie Cape, LMSW, ACSW, CAC 1	**Domestic Violence Group for Men (HEAL)**	A 52-week Group for men based on the concept that battering is a choice and that participants need to integrate accountability into their lives. Homework will be assigned weekly. Homework provides participants an opportunity to increase awareness, identify issues, tactics, core beliefs and practice accountable options in their daily lives.
Shari Ware	**Domestic Violence Group for Men (RedeeMEd)**	A 52-week group program for men who live in Oakland or Wayne County. RedeeMEd creates an environment where men receive hope, healing, and transfiguration through personal accountability. The program provides men with the necessary tools to relearn, replace, and rebuild their thought processes, unhealthy habits and core beliefs increasing the safety of women, children, and society.
Jeffrie Cape, LMSW, ACSW, CAC 1	**Domestic Violence Group for Women (WEAVE)**	A 30-week Group for women who have both been the victim of and a contributor to violent encounters. The Group is structured and has a strong emphasis on the integration of their past victimization and their current choices to victimize.
Rick Kleinstiver	**Choices**	A 52-week virtual group for men based on the Duluth model. Choices has a heavy emphasis on redefining masculinity, as well as eight weeks of empathy. Choices will assign homework weekly. Homework allows clients to focus on topics such as motivation, making changes, trauma, and not traumatizing others.
Sacred Heart	**Safety From Trauma Group**	This is an open group with a 12-week curriculum. The target population is felony and serious misdemeanor charges with a history of trauma and substance abuse. The group focuses on coping skills and psychoeducation utilizing cognitive behavioral therapy techniques. The group empowers clients to have hope that their lives can get better by initiating safety as the central theme in their recovery. The groups are gender specific.
Oakland County Pretrial & Justice Services	**Pathways to Healthy Relationships**	A men's domestic violence intervention program focused on promoting accountability, respect, and lasting behavioral change by supporting individuals in developing safe, healthy, and non-violent relationships. The program is facilitated by Step Forward staff who are certified in the Allies in Change curriculum. PHR is an evidence-based intervention designed to serve indigent individuals assessed as medium to high risk who are involved in domestic violence. The program utilizes a comprehensive approach that incorporates cognitive behavioral interventions, trauma-informed practices, structured group facilitation, and ongoing assessment of participant risk and progress. Through these methods, PHR provides participants with opportunities to increase self-awareness, develop healthier relationship skills, take responsibility for their behaviors, and build sustainable patterns of non-violence and respect. The program is a performance based lasting a minimum of 30 -weeks.

8 Principles of Effective Intervention

- Assess Risk and Needs
- Enhance Motivation
- Target Interventions
- Address Cognitive-Behavior Fuctioning
- Provide Positive Reinforcement
- Providing Ongoing Support
- Measure Outcomes
- Provide Feedback



Step Forward

Target Population:

Pretrial and Sentenced

Felons and Misdemeanors



Mission Statements

The mission of
Oakland County Pretrial & Justice Services
is to reduce recidivism by providing a continuum of services that adhere to evidence base principals.

OAKLAND COUNTY MICHIGAN

The mission of
Step Forward is to achieve harm reduction through evidence based practices.

The Step Forward program was created using the 8 principles of Evidenced Based Practices. Research shows that programs which employ these principles can achieve reductions in recidivism of up to 60%. The risk / needs assessment (COMPAS) is the cornerstone of the supervision plan. This tool determines the level of risk an individual poses, as well as the underlying criminogenic needs which must be addressed in order to change behavior. The groups and services offered at Step Forward all attend to various criminogenic needs. The groups use exercises and homework that teach, practice and reinforce new prosocial skills. In addition each individual is assigned a case manager, the relationship between the case manager and the individual is an important component in the success of the individual. The sensitivity of the case manager to responsivity factors such as mental health, functional ability, language, cultural background, gender, and motivation can greatly promote successful change.

SERVICES

Case Management Services

Co-Occurring Diagnosis Group

Anger Management Group

Cognitive Restructuring Group

Domestic Violence Group

Substance Abuse Group

Trauma Group

Intake & Case Management

$25 - Step Forward Enrollment
(for eligible clients)

FEES

$30 - Domestic Violence
(per session)

$25 - Anger Management
(this is a one time fee for clients enrolled in Anger Management only and not receiving Step Forward services)

Free - Pathways to Healthy Relationships
(Based on eligibility)

Referral Process

1. Go to ww.oaklandcountymi.gov/government/pretrial-justice-services and complete the Step Forward Referral Form



2. Fax or Email Referral
3. Client Calls to schedule an intake appointment.



Q & A:

What if the client does not call within 24 hours of the referral?

Two attempts are made to contact the client by phone. If no contact, a letter is mailed indicating the client must call Step Forward within 7 days.

What if the client does not show for his/her appointment?

The referring agent is notified of the No Show. Step Forward makes an attempt to reschedule. If no contact, a letter is mailed indicating the client must call Step Forward within 7 days.

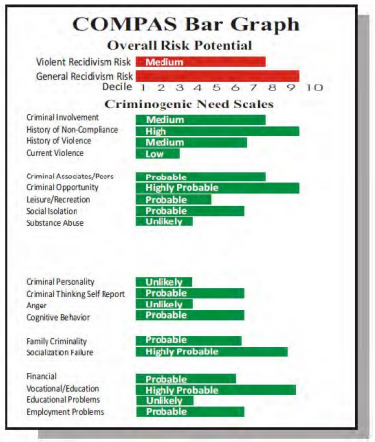
Intake

The Intake Appointment

Intake appointment takes approximately 1 1/2 hours



Using the COMPAS Assessment .....



- **We identify the RISK LEVEL**
- **We identify the NEED LEVEL**



Medium/High Risk

Assess and address CRIMINOGENIC Need

1 2 3 4 5 6 7 8 9 10

Low Risk (Not Eligible for Step Forward Services)

Referral to less intensive services

Eligible Clients are .....

- Assigned a Step Forward Case Manager and a supervision plan is developed based on the individual's specific criminogenic needs.
- Scheduled for their Initial One-One appointment with their case manager.

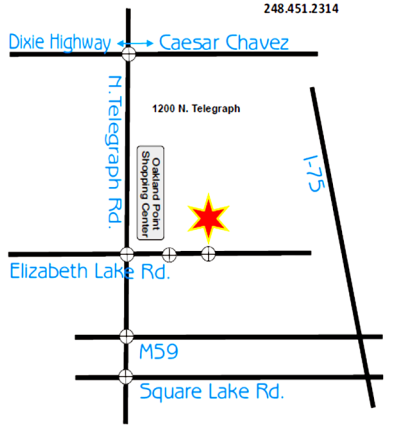
Referral Source is .....

- Notified of the completed intake and client's placement into the Step Forward program

Locations

Pontiac

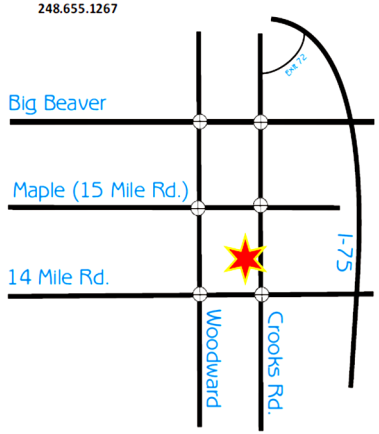
Main Office
250 Elizabeth Lake Road, Suite 1520
Pontiac, MI 48341
248.451.2314



N

Troy

South Oakland Office
1151 Crooks Road
Troy, MI 48084
248.655.1267



Carey Guides

Criminogenic Needs Topics

Antisocial peers
Empathy
Overcoming Family Challenges
Substance Abuse
Antisocial Thinking
Interpersonal Skills
Problem Solving
Anger
Emotional Regulation
Moral Reasoning
Pro-social Leisure Activities



Effective Case Management Strategies

Behavioral Techniques
Dosage and Intensity
Female Offenders
Involving Families
Maximizing Strengths
MI Techniques
Responding to Violations
Drug Dealers
Impaired Driving
Lethality
Mental Health
Rewards and Sanctions
Co-occurring Disorders
Engaging Prosocial Others
Intimate Partner Violence
Meth Users
Reentry

Case Management



Carey Guides - Case Management tool that includes 33 guides that address specific topics related to criminogenic needs and other critical case management issues

Progress Reports - Monthly (at a minimum)





One - One Appointments

Treatment Groups:



Performance Based Groups - No set duration

Open Groups - performance Based with entry into the group at any time

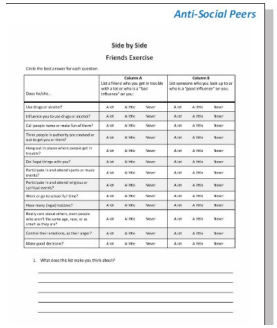
Closed Groups - Set number of weeks and must start on Week 1

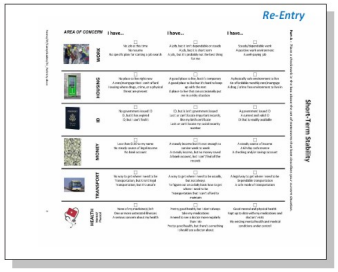
Carey Guide Exercises

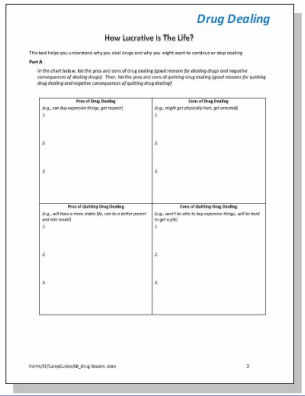
Samples of exercises used to address the criminogenic needs

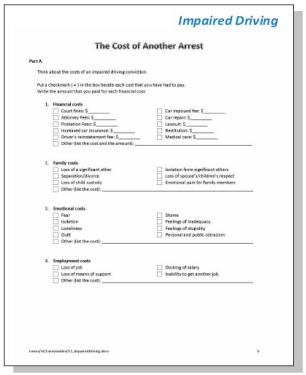
Criminogenic Needs

Criminal Involvement
History of Non-Compliance
Leisure and Recreation
Criminal Associates/Peers
Criminal Opportunity
Leisure and Recreation
Social Isolation
Substance Abuse
Criminal Personality
Criminal Thinking
Cognitive Behavioral
Family Criminality
Vocational/Educational
Residential Instability
Social Adjustment
Social Environment
Financial
Anger
Violence

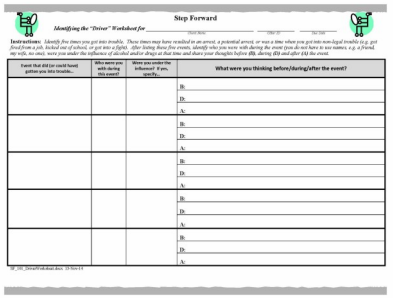








Driver

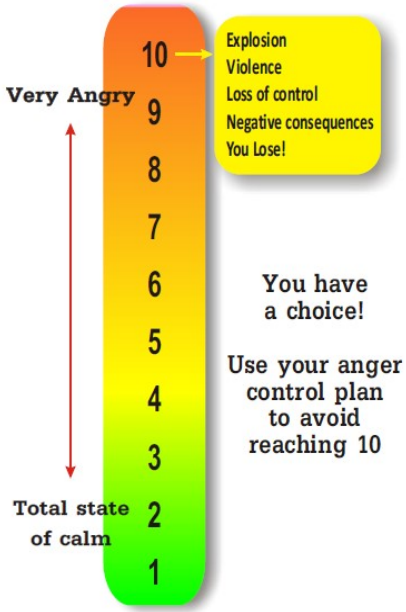


- The "Driver" worksheet is given to the client at time of their initial appointment to help bring to focus the negative behaviors which led to negative consequences.
- At their subsequent meetings with their case manager, it is used to determine/confirm that the treatment plan is addressing negative/criminal thinking.
- The client is to focus on the criminogenic need that tends to be influencing their decision making and is at the root of their criminal thinking by providing risk-reducing interventions.
- Once this has been identified and appropriate treatment interventions are in place, case managers will address the lesser influential /criminogenic needs.
- The ultimate goal is to address as many high risk need areas as possible to reduce the likelihood of further criminal behavior.

Description

The Anger Management Program utilizes the Cognitive Behavioral Therapy (CBT) model. The program is "performance based" which means clients must participate, complete homework assignments, and display that they are grasping/ utilizing the concepts being taught before moving forward or completing a group.

The groups last 1 1/2 hours and a client successfully completes the program on average within 13 to 16 weeks.



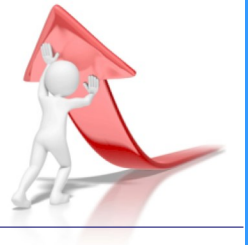
Anger Management

Criminogenic Needs Addressed

- Social Environment
- Social Adjustment Problems
- Social Isolation
- Anger
- Socialization Failure
- Criminal Behavior Problems
- Criminal Personality
- Criminal Thinking
- Family Criminality

The Primary Goals are to .....

- Increase understanding of angry feelings
- Understand what underlies anger
- Identify anger triggers
- Explore cognitive distortions and irrational beliefs which impair one's thinking
- Learn to recognize stress and triggers that can affect are responses to anger
- Identify healthy techniques to channel the anger more appropriately
- Identify usual choices of personal responses to anger triggers
- Identify alternative responses to anger that would be considered healthy and safe
- Successfully choose healthy responses to anger triggers in the heat of the action
- Broaden perspectives related to anger
- Learn ways to communicate effectively when angry
- Increase effective responses to anger
- Challenge irrational thoughts with reality

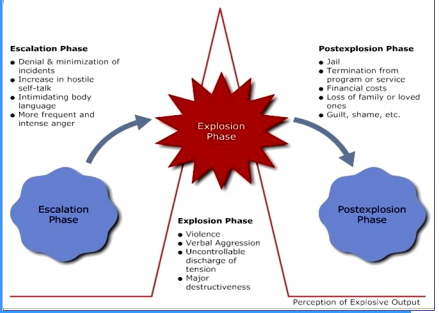




Open Group

Curriculum

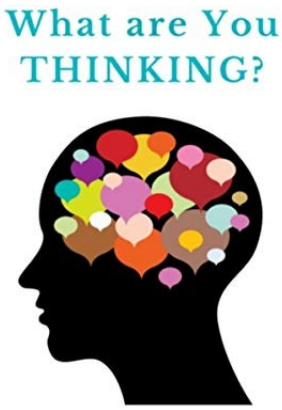
- **Lesson 1**
  Overview of Anger Management
- **Lesson 2**
  Events and Cues
- **Lesson 3**
  Anger Control Plan
- **Lesson 4**
  The Aggression Cycle
- **Lesson 5**
  Cognitive Restructuring
- **Lesson 6**
  Review / Thinking Report
- **Lesson 7**
  Assertiveness and Conflict Resolution Model
- **Lesson 8**
  Interpersonal Skills
- **Lesson 9**
  Anger and Family
- **Lesson 10**
  Forgiveness
- **Lesson 11**
  Thinking Report on Charge
- **Lesson 12**
  Graduation



Description

Thinking Matters is a Cognitive Restructuring program that forces individuals to examine the core attitudes and beliefs that motivate their thinking patterns and dictate their behaviors. It attempts to expose an individual to critical thinking errors that lead them to repeated, illegal, negative, or destructive behaviors.

Through a series of worksheets, the clients learn and practice a specific skill that helps reduce criminal thinking and behavior. They are required to demonstrate that the skill has been acquired by satisfactorily completing each worksheet.



Thinking Matters

Criminogenic Needs Addressed

- Cognitive Behavioral Issues - Criminal Personality
- Criminal Thinking - Family Criminality
- Substance Abuse - Social Environmental Issues
- Criminal Associates and Peers

The Primary Goals are to .....

- Help Clients Understand the thoughts and feelings that influence behaviors
- Learn how to identify and change thinking errors that have a negative influence on behavior
- Help Individuals challenge their risky beliefs and negative thinking patterns in the hopes that it will enable them to obtain and maintain positive change





Open Group

Moving On Curriculum - Women

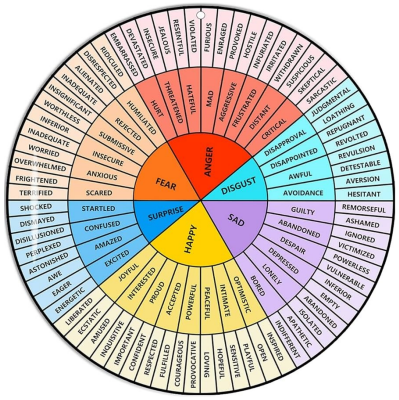
Moving On is an intervention program specifically for women who are involved with the criminal justice system. The overarching goal of this program is to assist women in mobilizing and developing personal and social resources to reduce the risk of future criminal behavior. This program is offered as a group to women who are living in the community.

Curriculum

- **Worksheet #1 Skill**
  Look at situations objectively and take responsibility for your role
- **Worksheet #2 Skill**
  Identify thoughts, feelings, beliefs and attitudes
- **Worksheet #3 Skill**
  Discovering content and meaning; how thinking and feelings are connected
- **Worksheet #4 Skill**
  Recognizing Thinking Patterns
- **Worksheet #5 Skill**
  Practicing Different Thinking; thinking that will lead away from trouble

Thinking Error Inventory

Identify commonly used thinking errors and make connections between thoughts, feelings, beliefs and actions.



The Feeling Wheel

Domestic Violence

Criminogenic Needs Addressed

Social Environment
Social Isolation
Anger
Socialization Failure
Social Adjustment Problems
Criminal Behavioral Issues
Criminal Personality
Criminal Thinking
Family Criminality

HEAL

Target Population

- **Violent male individuals**
- **Individuals who have been convicted of assaultive nature crimes**

(e.g. Felonious Assault, Domestic Violence I-III)

Goals

- Integrate accountability
- Increase awareness
- Identify issues, tactics and core beliefs

GOAL

Description

This is a group for men based on the concept that battering is a choice and participants need to integrate accountability into their lives. It is for this purpose that weekly homework is assigned. The homework provides participants with an opportunity to increase awareness, identify issues, tactics, core beliefs, and practice accountable options in their daily lives.



Open Group
52 Week Curriculum

Fees

$60 for First Session *(and orientation)*
$30 for each additional session

RedeeMed

Domestic Violence (RedeeMEd) for Men Group: This is a 52-week group program for men who live in Oakland or Wayne County. RedeeMEd creates an environment where men receive hope, healing, and transfiguration through personal accountability. The program provides men with the necessary tools to relearn, replace, and rebuild their thought processes, unhealthy habits and core beliefs increasing the safety of women, children, and society.

Choices

Target Population

- **Violent male individuals**

Goals

- Increase Motivation
- Stop the violence
- Redefining masculinity
- Understanding Empathy
- Accountability

A 52-week virtual group for men based on the Duluth model. Choices has a heavy emphasis on redefining masculinity, as well as eight weeks of empathy. Choices will assign homework weekly. Homework allows clients to focus on topics such as motivation, making changes, trauma, and not traumatizing others.

WEAVE

Target Population

- **Violent female individuals and victims of violent encounters**
- **Individuals who have been convicted of assaultive nature crimes**

(e.g. Felonious Assault, Domestic Violence I-III)

Goals

- Increase awareness of behavioral patters that led to victimization and patterns of abuse/violence
- Identify core beliefs

GOAL

Description



This is a group for women who have been the victim of and a contributor to violent encounters. The group is structured and has a strong emphasis on the integration of their past victimization and their current choices to victimize.



Open Group
30 Week Curriculum

Fees

$30 for each session

Domestic Violence

Pathways to Healthy Relationships

Description

PHR focuses on promoting accountability, respect, and lasting behavioral change by supporting individuals in developing safe, healthy, and non-violent relationships.

The program incorporates cognitive behavioral interventions, trauma-informed practices, structured group facilitation, and ongoing assessment of participant risk and progress. Through these methods, PHR provides participants with opportunities to increase self-awareness, develop healthier relationship skills, take responsibility for their behaviors, and build sustainable patterns of non-violence and respect.

PATHWAYS TO HEALTHY RELATIONSHIPS
• A MEN'S DOMESTIC VIOLENCE PROGRAM •
RESPONSIBILITY | RESPECT | CHANGE | GROWTH
OAKLAND COUNTY MICHIGAN
PRETRIAL AND JUSTICE SERVICES
STEP FORWARD PROGRAM

Criminogenic Needs Addressed

Social Environment	Criminal Behavioral Issues
Social Isolation	Criminal Personality
Anger	Criminal Thinking
Socialization Failure	Family Criminality
Social Adjustment Problems	

The Primary Goals are to .....

- Take responsibility for actions without blame or minimization
- Identify patterns of coercion and abuse behavior
- Challenge beliefs that support violence and control
- Develop communication, respect, and conflict resolution skills
- Understand the effects of behavior on partners and families
- Practice and apply new skills in everyday situations
- Build consistency and commitment to non-violent behaviors

GOAL

Program Length



Performance Based

30-week minimum curriculum

Fees

Excluding the one-time $25 enrollment fee, sessions are free.

Target Population

Medium/High risk indigent males involved in domestic violence

Evidence-Based Curriculum

This program utilizes the *Allies in Change* curriculum, a nationally recognized, evidence-informed batterer intervention model grounded in cognitive-behavioral principles.

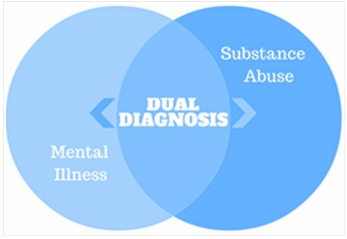
Participants engage in structured group sessions that emphasize accountability, self-reflection, and behavior change.

Description

This group, in an open forum, allows individuals to voice their experiences dealing with being co-occurring diagnosed. It provides individuals the chance to be given, as well as to offer, peer support and feedback. The curriculum consists of 16 topics/ exercises that are completed within a group setting.

In addition, participants are required to complete personal introspections which help the clients self-reflect on their symptoms of dual diagnosis and what that experience has been like for them.

The exercises also focuses on many aspects of the dually diagnosed and how an individual's mental health and substance use/ abuse are associated and related to one another other.



Clients with both mental health and substance abuse diagnosis

Co-Occurring Diagnosis

Criminogenic Needs Addressed



Substance Abuse
Cognitive Behavioral Issues
TCU Drug
Social Environmental Issues
Social Isolation
Socialization Failure
Social Adjustment Problems

The Primary Goals are to .....



- Increase awareness regarding the individual's mental health and substance abuse issues
- Assist the individual in understanding how best to live with a mental health issue without self-medicating or using destructive means of coping
- Further assess an individual's possible need for more intense types of services
- Provide a supportive forum for processing past and current emotional struggles and substance abuse issues
- Reduce the likelihood of future arrests or criminal involvement by focusing on the individual's substance abuse and the importance in maintaining their mental health to prevent errors in judgement and decision making



Performance Based/Open Group
16 Week Curriculum

Curriculum

- **Understanding co-occurring disorder**
- **Co-occurring disorders and criminal thinking**
- **Drugs & Alcohol**
- **Treating co-occurring disorders-thinking, feelings, and behaviors**
- **Seeking help for co-occurring disorders**
- **Medication management**
- **Do's & Don'ts of taking medications**
- **Breathing techniques**
- **Building a support network**
- **Relapse prevention & relapse warning signs**
- **Thinking patterns**

Description

This group provides an environment that supports responsible, healthy exploration of decision making skills relating to substance use and impaired driving for individuals in the criminal justice system, with the goal of promoting accountability and positive change toward prosocial community behavior in clients with multiple impaired driving offenses.

Targeting OUIL 3rd individuals, it may also be appropriate for OUIL 2nd individuals with a history of other drinking/drug related offenses.



Responsibly Exploring Driving Impaired

Criminogenic Needs Addressed



Anger Issues	Cognitive Behavioral Issues
Substance Abuse	Social Environment issues
Family Counseling	Social Adjustment Problems
Social Isolation	Criminal Associates and Peers
Socialization Failure	Criminal Thinking Self-Report

The Primary Goals are to .....

- Identify high risk thoughts and feelings associated with substance abuse, impaired driving as well as relapse and recidivism
- Challenge anti-social beliefs relating to impaired driving and enhance self-awareness of pro-social thinking
- Develop and implement a healthy recovery support plan to obtain and maintain positive social changes
- Gain understanding and self-awareness regarding addiction and the progression of the disease of addiction





Open Group
19 Week Curriculum



Faces of Change

Change Plan

Stages of Change

Expectations of Substance Abuse

Alcohol AUDIT & Drug Inventory

What I Value Most in Life

My Relationships

Thoughts, Feelings, and Actions

Who is Concerned

The Most Tempting Times for Me

The Hardest Times for Me

Goal Setting

Thinking Errors

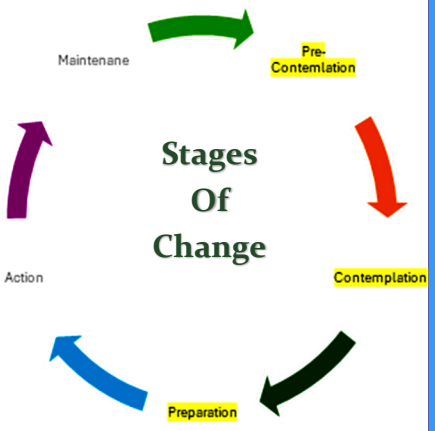
Warning Flags



Description

This group utilizes techniques of Motivational Interviewing to move the client from denial and resistance to making the needed behavioral and life-style changes to create and maintain sobriety.

PHASE I



Stages of Change I

Criminogenic Needs Addressed

Criminal Behavioral Issues

Criminal Personality

Substance Abuse

Social Environmental Issues

Criminal Associates & Peers

Socialization Failures



The Primary Goals are to .....

Abstain from substance use

Obtain and maintain positive social changes

Increase constructive daily activities

Create positive social opportunities

Reduce resistance





Open Group
12 Week Curriculum

Curriculum

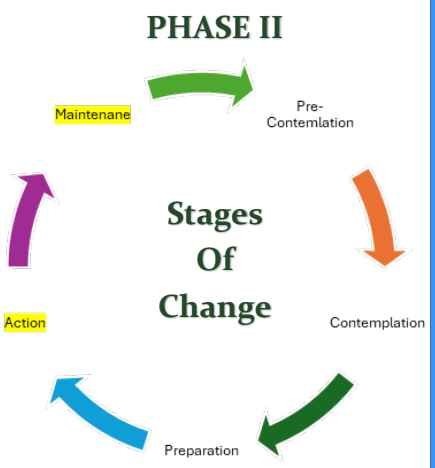
- **Week 1**
  Where am I in the Stages of Change?
- **Week 2**
  A day in the life of my addiction
- **Week 3**
  Alcohol and drug assessment
  Psychological effects of my abuse
- **Week 4**
  My expectations about substance use
- **Week 5**
  Who is concerned
- **Week 6**
  What I value most in my life
- **Week 7**
  Pros and cons of substance abuse
- **Week 8**
  My relationships
- **Week 9**
  What hats do I wear
- **Week 10**
  The most tempting times for me are
- **Week 11**
  Problem Solving
- **Week 12**
  Goal setting and change plan



Description

This group is a continuation of Stages of Change Phase I and will follow a 12 week format specifically designed to target individuals with substance abuse issues who are in the "Action/ Maintenance" stages of change. The curriculum assists individuals in building long term goals in order to maintain sobriety and establishes a relapse prevention plan.

- Referral / enrollment is based on where the individual is in the recovery stage (individuals are NOT required to complete Stages of Change I in order to attend Stages of Change II)



Stages of Change II

Criminogenic Needs Addressed



Criminal Behavioral Issues

Criminal Personality

Substance Abuse

Social Environmental Issues

Criminal Associates & Peers

Socialization Failure

The Primary Goals are to .....

Abstain from substance use

Obtain and maintain positive social changes

Increase constructive daily activities

Create positive social opportunities

Establish a relapse prevention plan





Open Group
12 Week Curriculum

Curriculum

- **Week 1**
  When am I most tempted to use mediation
- **Week 2**
  Rewarding my success
- **Week 3**
  Effective communication
- **Week 4**
  Practicing refusal
- **Week 5**
  Managing Criticism
- **Week 6**
  Maladaptive Thoughts
- **Week 7**
  To manage craving and urges I can...
- **Week 8**
  Alternatives to using
- **Week 9**
  My action plan
- **Week 10**
  What can I do after a slip?
- **Week 11**
  Where do I get help?
- **Week 12**
  My needs assessment / resource guide



Description

The target population is any individual with a history of trauma and/or substance abuse. The group focuses on coping skills, behavioral therapy, and cognitive skills to empower clients to attain safety from trauma and/or addiction. The program incorporates key principles that see safety as the overarching goal and help individuals attain safety in their relationships, thinking, behavior, and emotions. Integrated treatment is used to address trauma and addiction at the same time, focus on ideals to inspire hope and reduce harm, while using a clinician process to work on self-care and emotional responses.



Safety From Trauma Group

Criminogenic Needs Addressed

Anti-Social Personality	Social Adjustment Problems
Cognitive Behavioral	Socialization Failure
Anger	Criminal Personality
Family Criminality	Relationship Dysfunction
Substance Abuse	



The Primary Goals are to .....

- Reduce trauma and/or substance abuse symptoms
- Encourage understanding of the relationship between PTSD trauma and substance abuse
- Develop commitment to practicing safety
- Increase safe coping in relationships, thinking, behavior and emotions





Open Group
12 Week Curriculum

Curriculum

- **Week 1**
  Safety
- **Week 2**
  PTSD taking back your power
- **Week 3**
  Detaching from emotional pain (grounding)
- **Week 4**
  Asking for help
- **Week 5**
  Taking good care of yourself-self nurturing
- **Week 6**
  Red and Green flags
- **Week 7**
  Honesty
- **Week 8**
  Integrating the split self and commitment
- **Week 9**
  Respecting your time
- **Week 10**
  Setting boundaries in relationships (healthy relationships)
- **Week 11**
  Coping with Triggers
- **Week 12**
  Healing from Anger

OAKLAND COUNTY MICHIGAN

PRETRIAL AND JUSTICE SERVICES

The mission of Oakland County Pretrial & Justice Services is to reduce recidivism by providing a continuum of services that adhere to evidence base principles.

The mission of Pretrial Services is to uphold pretrial justice through legal and evidence-based practices.

The mission of Step Forward is to achieve harm reduction through evidence-based practices.

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