

# Caraniche

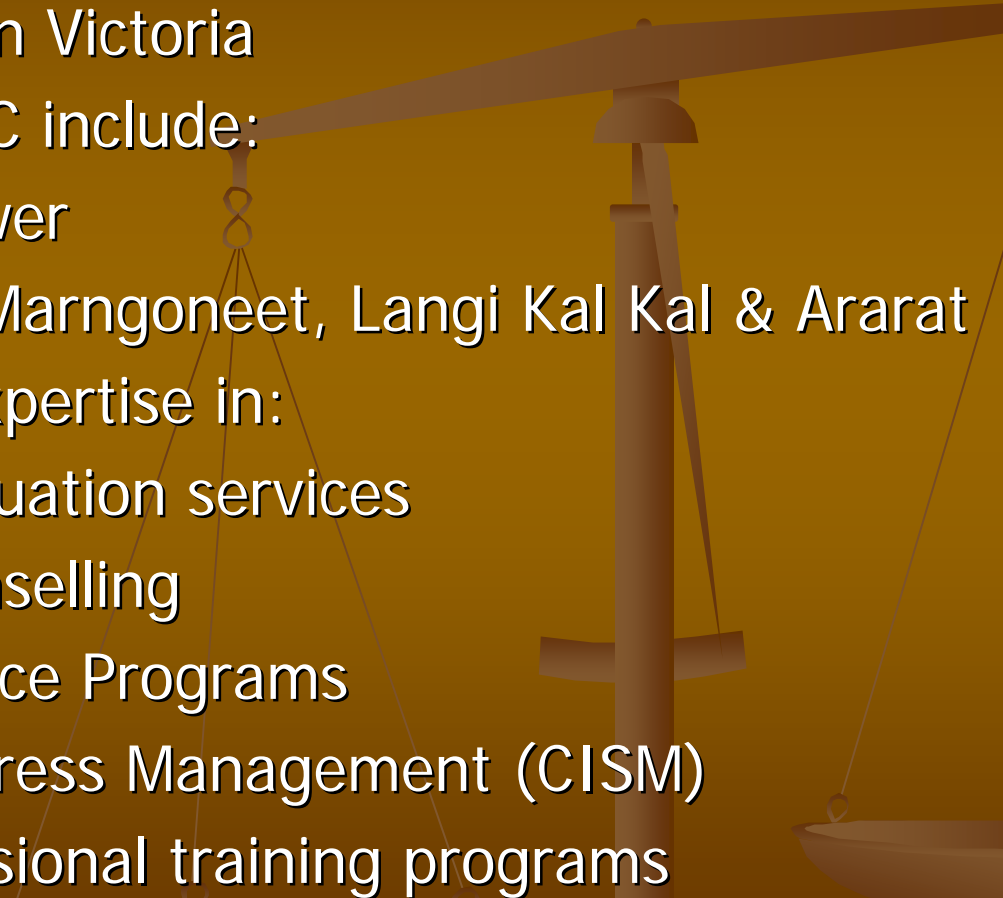
## Drug & alcohol treatment at the Dame Phyllis Frost Centre: Are we getting results?



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(Drug & Alcohol Clinician  
& Psychologist)

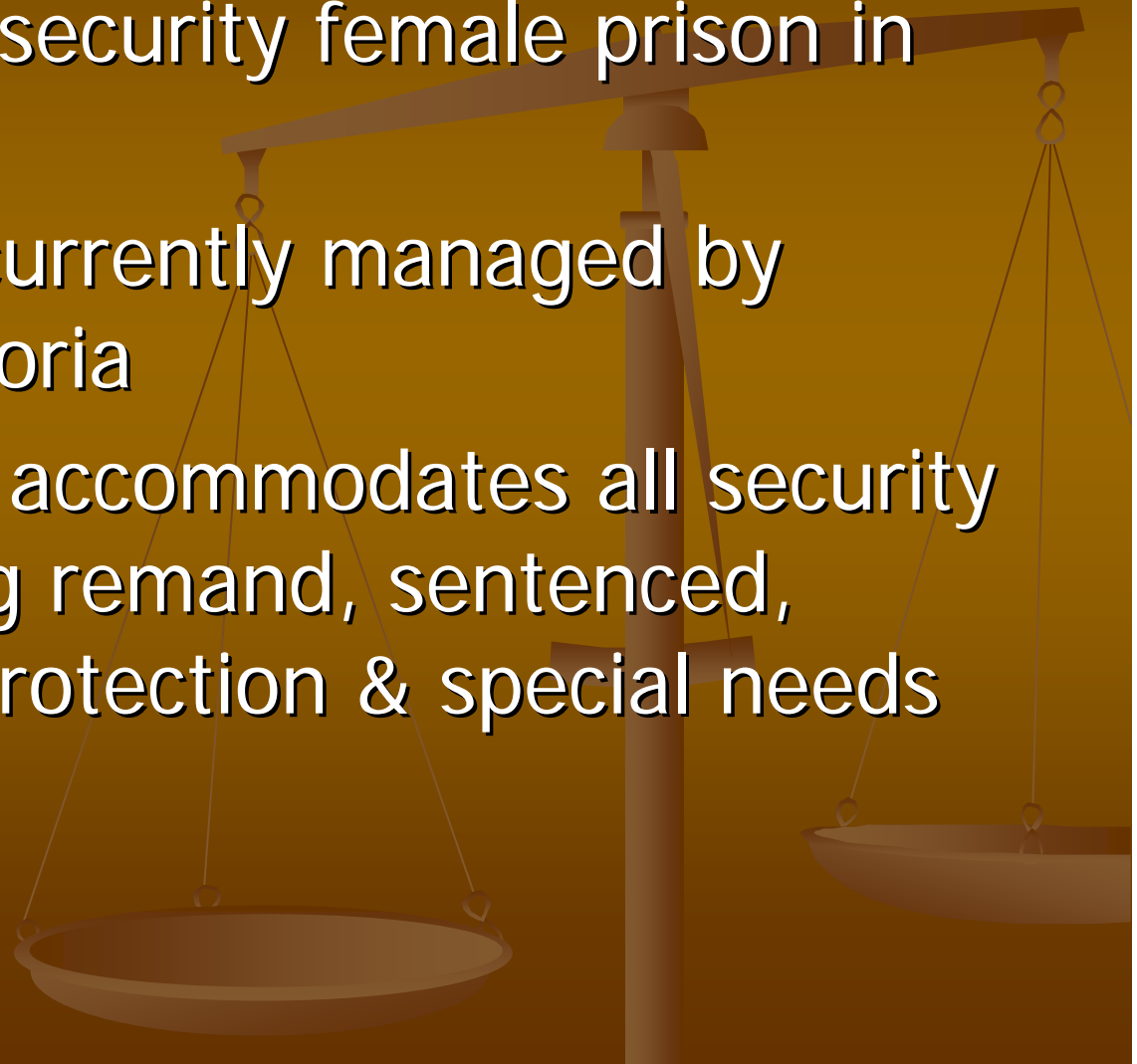
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# Caraniche

- Leading provider of drug and alcohol services and prison treatment programs in Victoria
  - Prison locations in VIC include:
    - DPFC & Tarrengower
    - Loddon, Barwon, Marngoneet, Langi Kal Kal & Ararat
  - Caraniche also has expertise in:
    - Research and evaluation services
    - Psychological counselling
    - Employee Assistance Programs
    - Critical Incident Stress Management (CISM)
    - Conducting professional training programs
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# Dame Phyllis Frost Centre (DPFC)

- Only maximum security female prison in Victoria
- Opened 1996, currently managed by Corrections Victoria
- 260-bed facility accommodates all security ratings including remand, sentenced, management, protection & special needs prisoners



# Caraniche service model at DPFC

All prisoners with sentence  
>2mths conduct reception I/V

Drug &/or Alcohol  
issues reported

No D&A issues reported

Brief Assessment  
conducted

Referral to other services

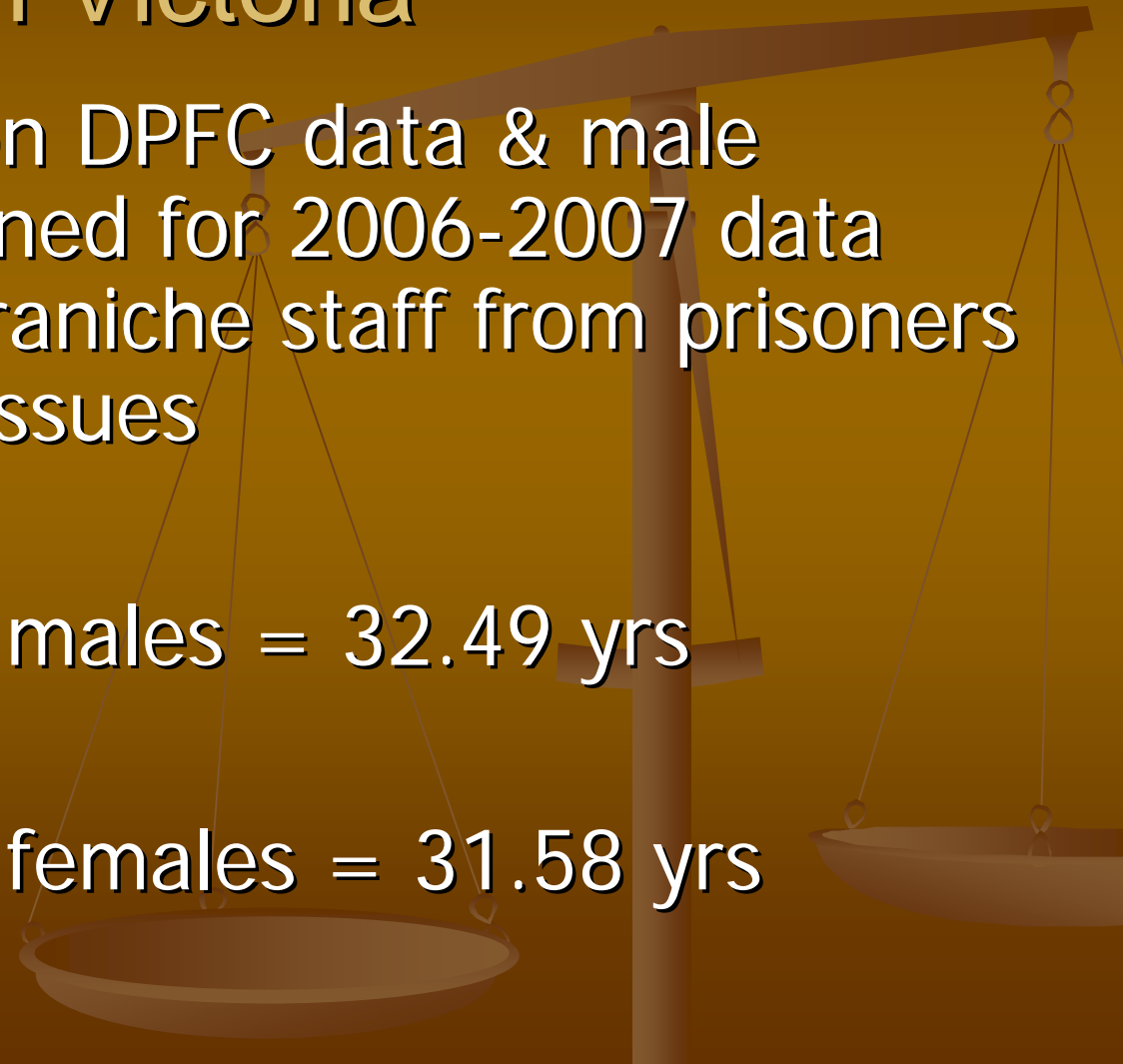
24 hour program

40 hour program

Drug Treatment Unit

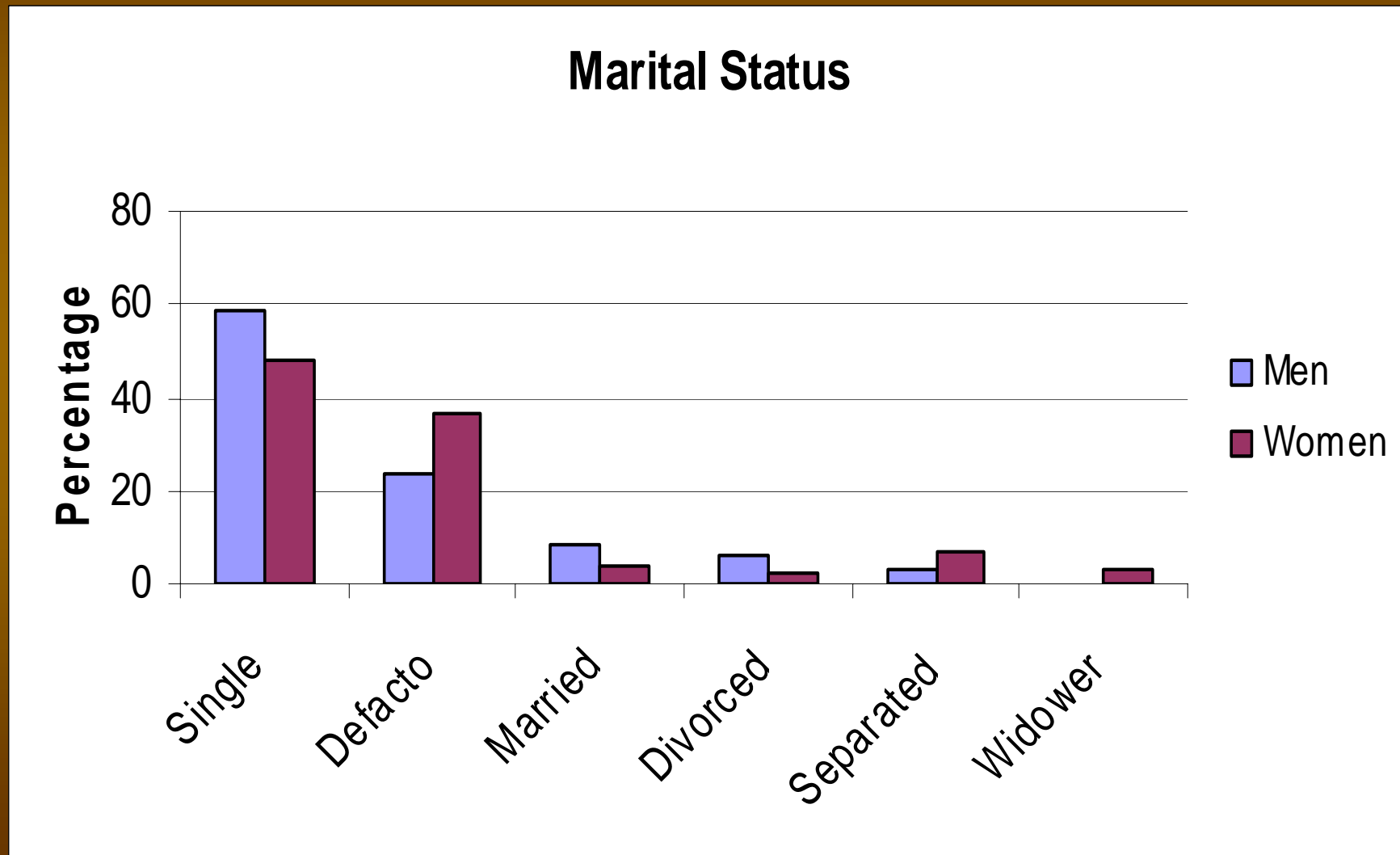
Individual counselling

# Demographic characteristics of male and female offenders in Victoria

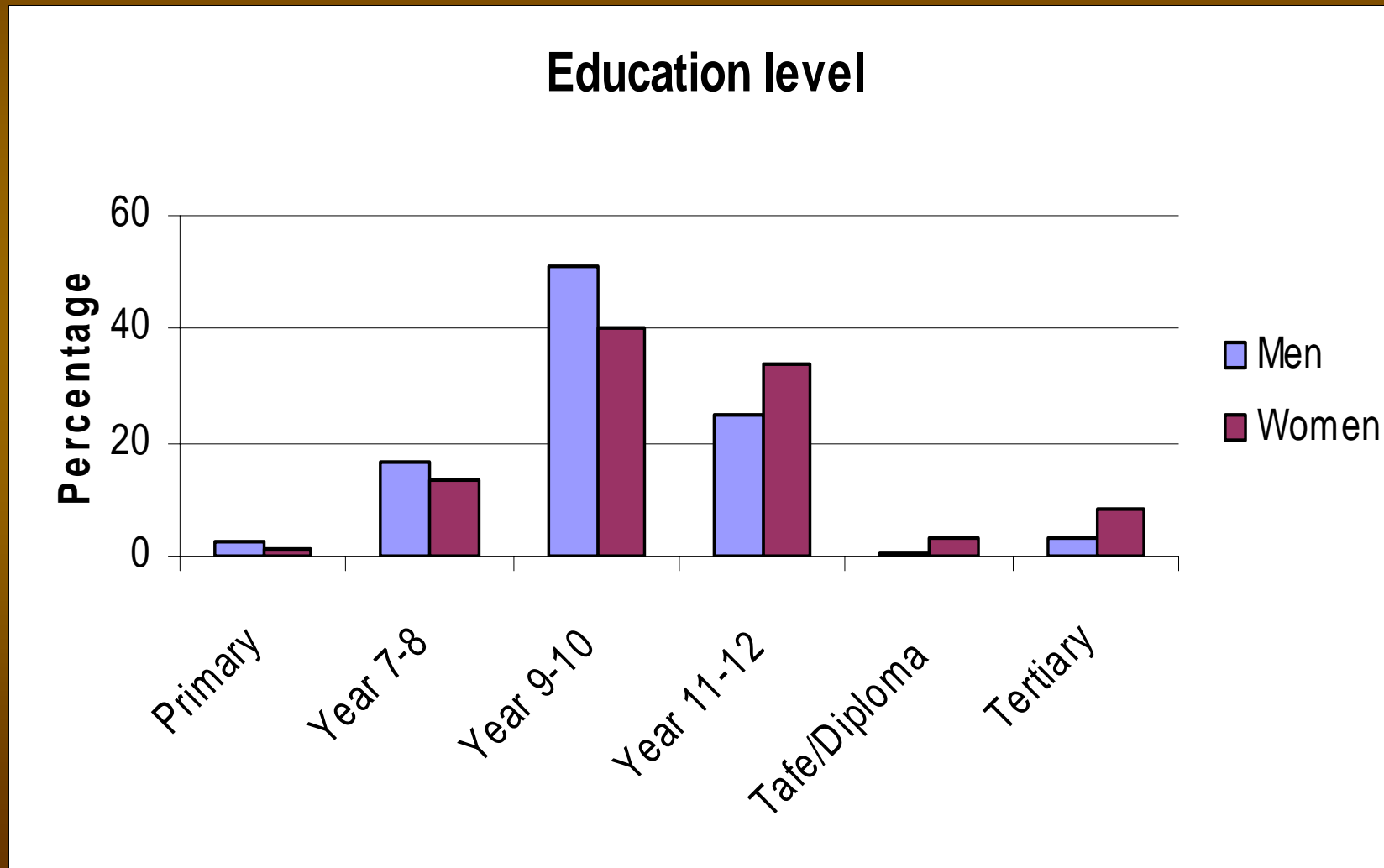


- Results based on DPFC data & male locations combined for 2006-2007 data collected by Caraniche staff from prisoners reporting D&A issues
- Average age of males = 32.49 yrs
- Average age of females = 31.58 yrs

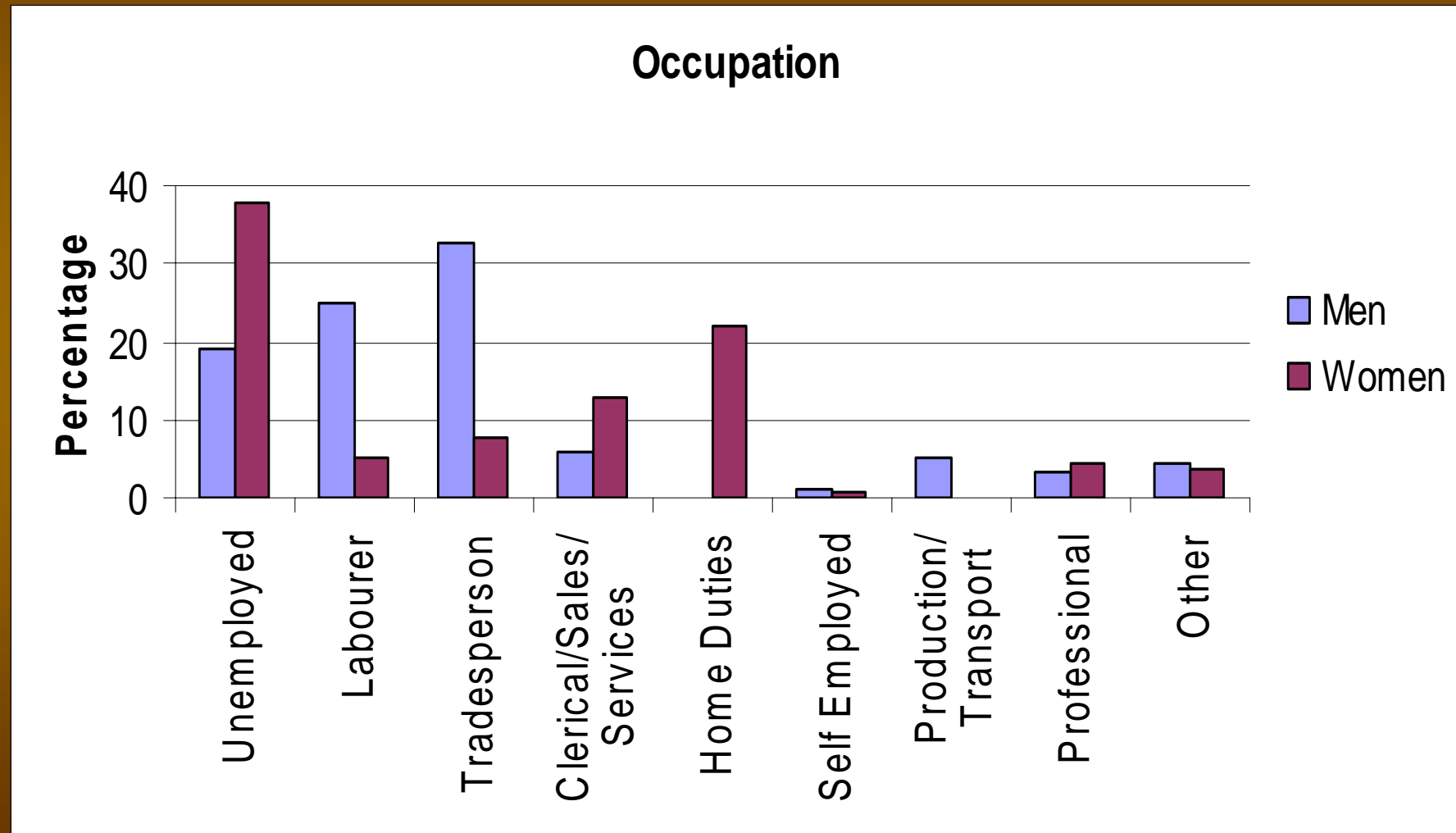
# Marital status of males & females



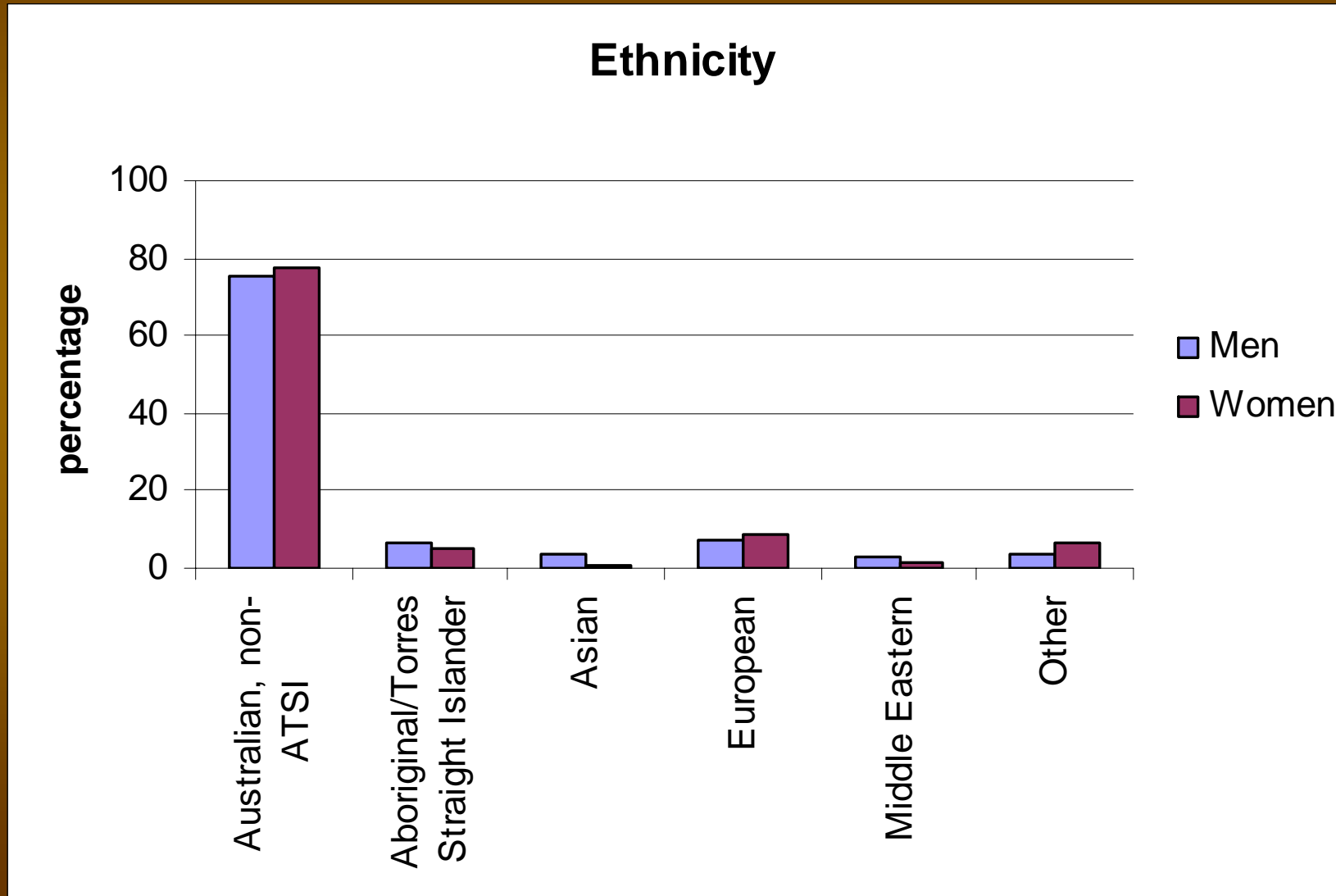
# Highest level of education for males & females



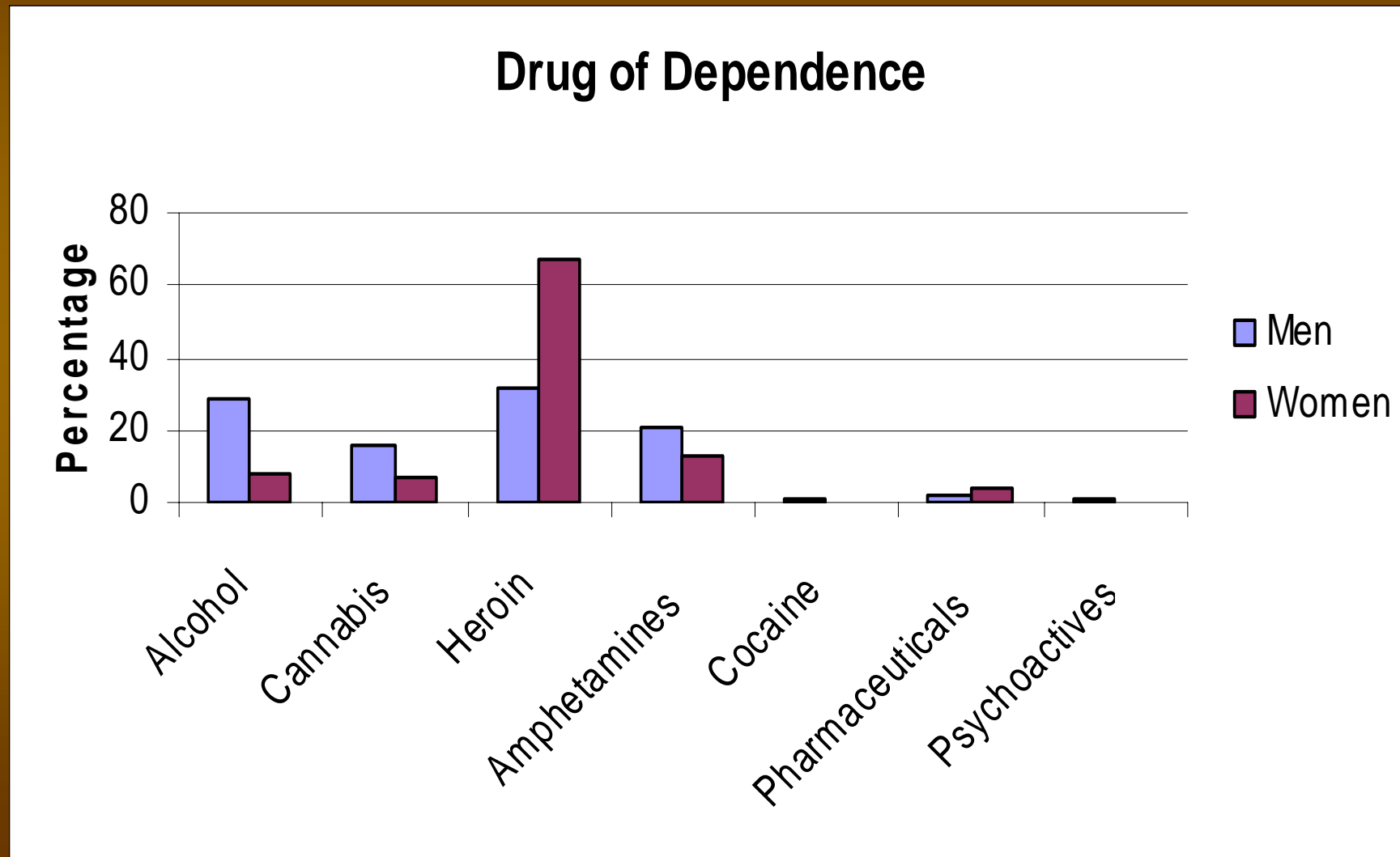
# Occupation of males & females



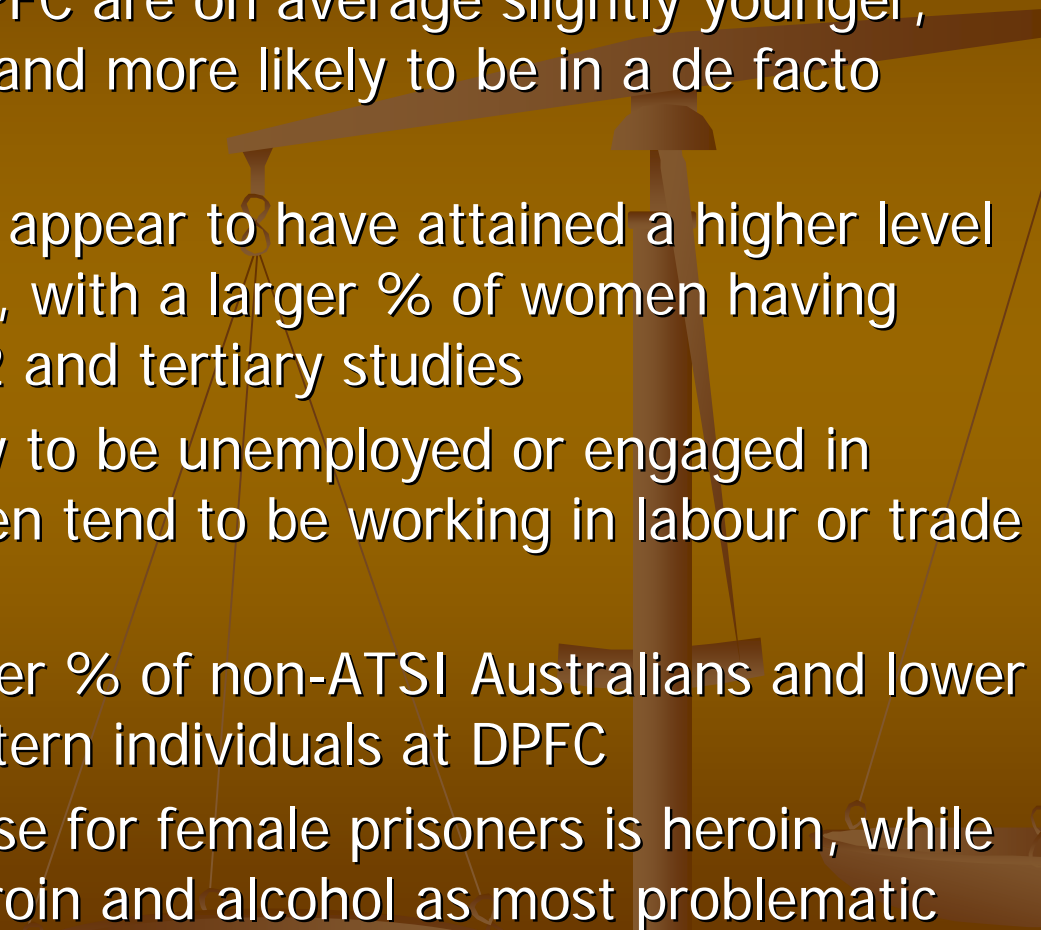
# Ethnicity of males & females



# Substance use for males & females

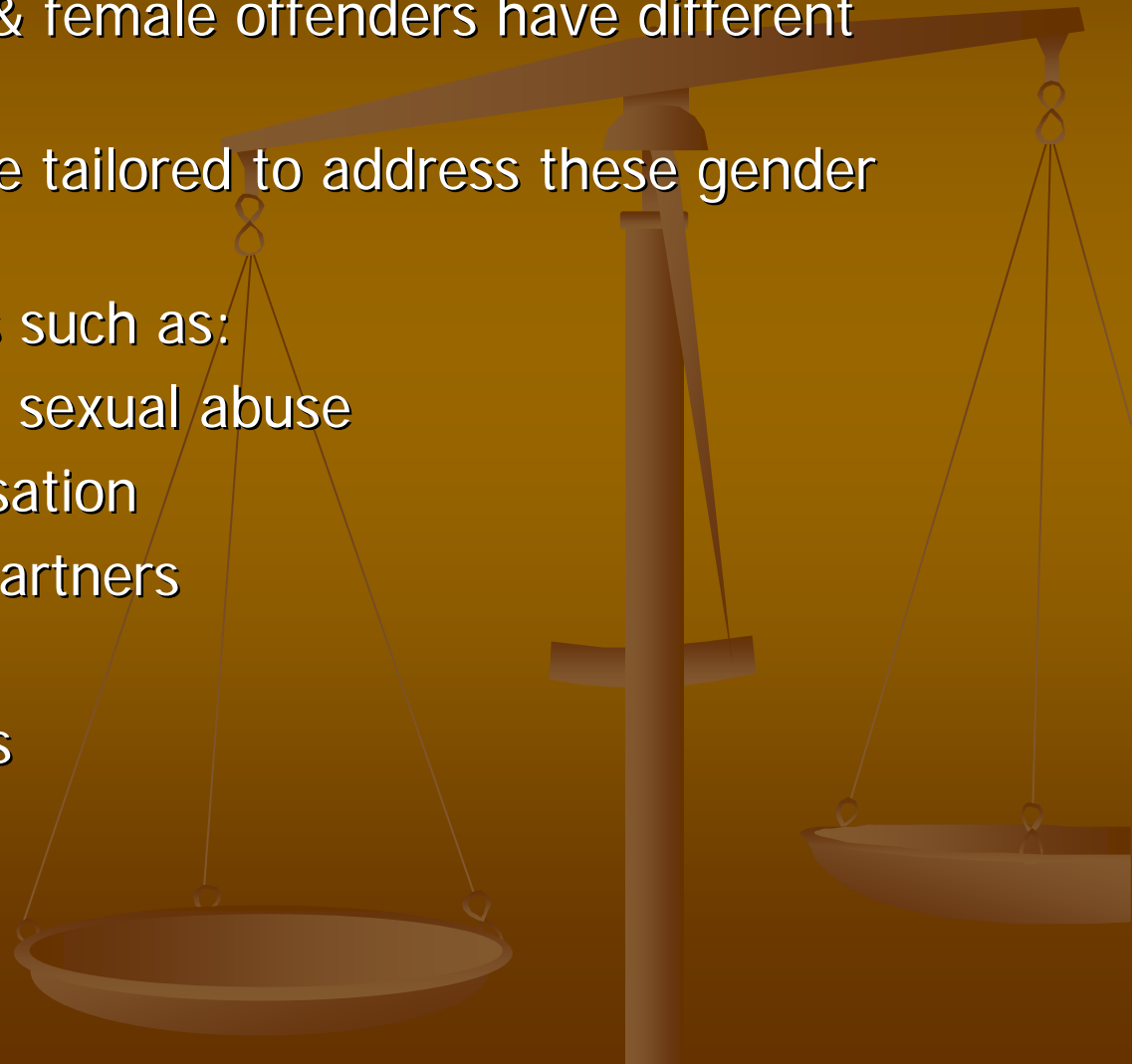


# Female demographics summarised

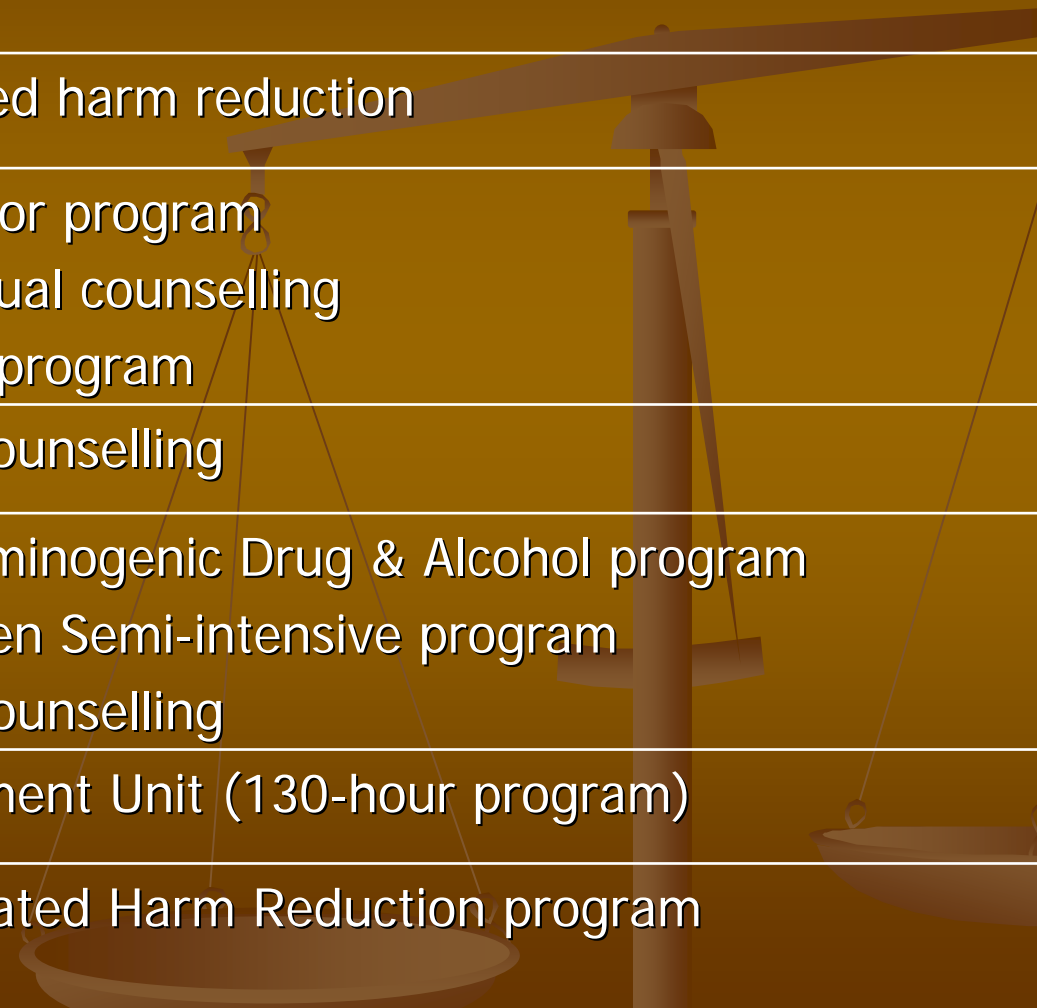
- In comparison to male prisoners:
  - Female prisoners at DPFC are on average slightly younger, less likely to be single and more likely to be in a de facto relationship
  - DPFC prisoners overall appear to have attained a higher level of education than men, with a larger % of women having completed Years 11-12 and tertiary studies
  - Women are more likely to be unemployed or engaged in home duties, whilst men tend to be working in labour or trade roles
  - There is a slightly higher % of non-ATSI Australians and lower % of Asian/Middle Eastern individuals at DPFC
  - Main substance of abuse for female prisoners is heroin, while men tend to report heroin and alcohol as most problematic
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# Caraniche programs addressing women's needs at DPFC

- Data shows that male & female offenders have different presentation & needs
- Caraniche programs are tailored to address these gender specific needs
- Focus on female issues such as:
  - Physical, emotional, sexual abuse
  - Trauma and victimisation
  - Co-offending with partners
  - Parenting
  - Mental health issues
  - Relationships



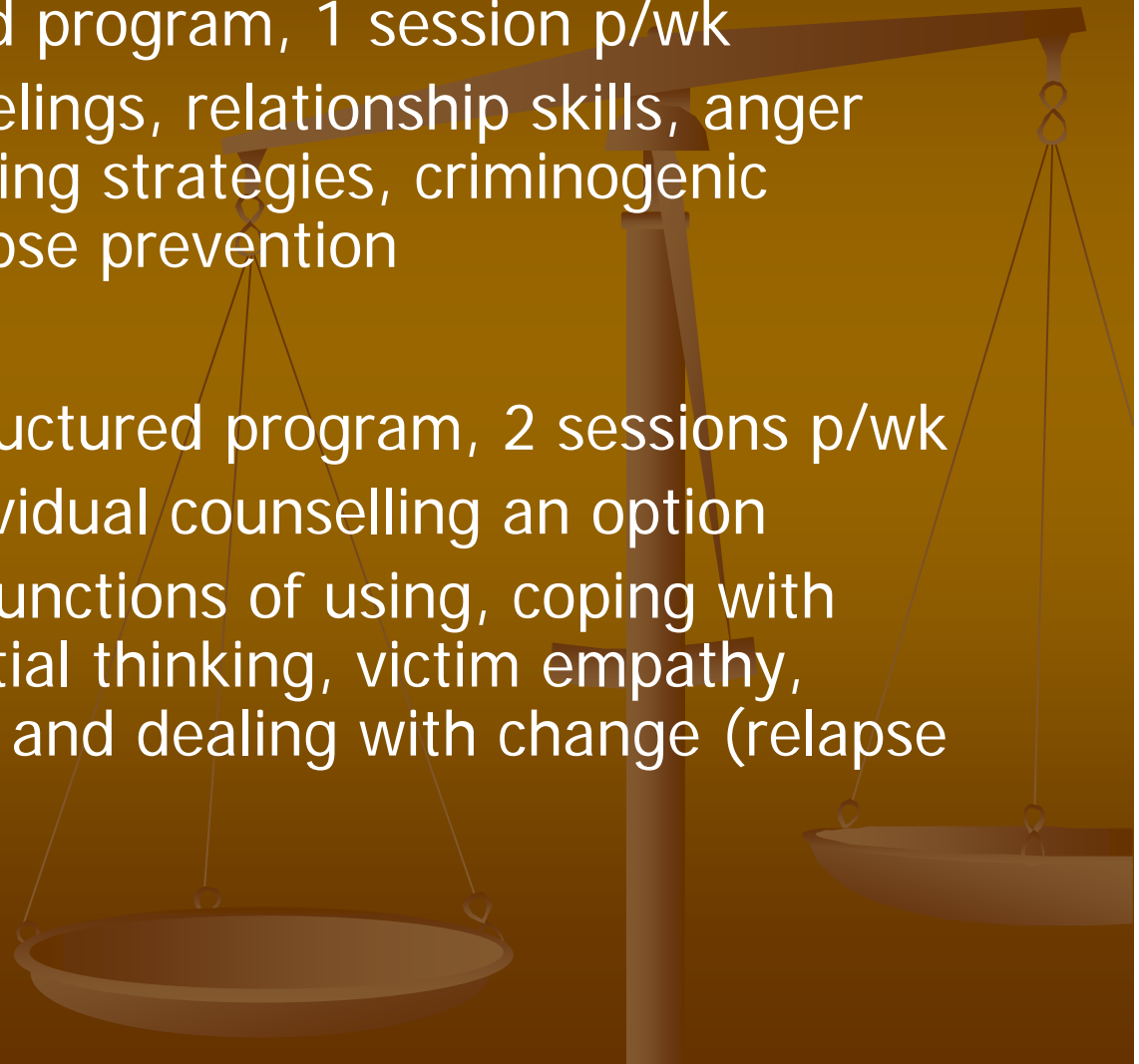
# Caraniche programs delivered at DPFC



PROGRAM LEVEL	PROGRAMS AVAILABLE
I	Prison related harm reduction
II	Peer Educator program Brief individual counselling Orientation program
III	Individual counselling
IV	24-hour Criminogenic Drug & Alcohol program 40-hour Open Semi-intensive program Individual counselling
V	Drug Treatment Unit (130-hour program)
Transitional programs	Release Related Harm Reduction program

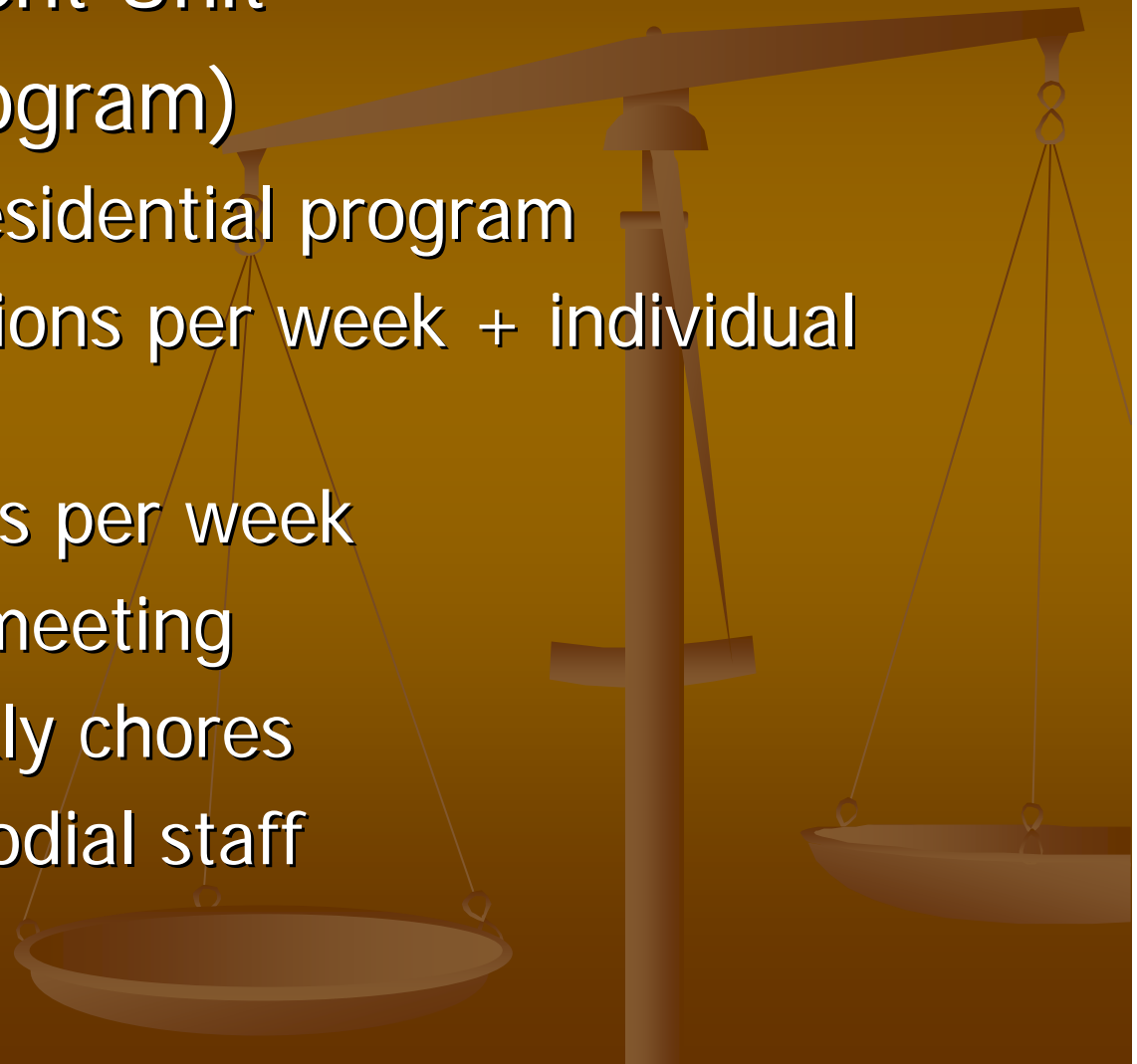
# Level IV programs at DPFC

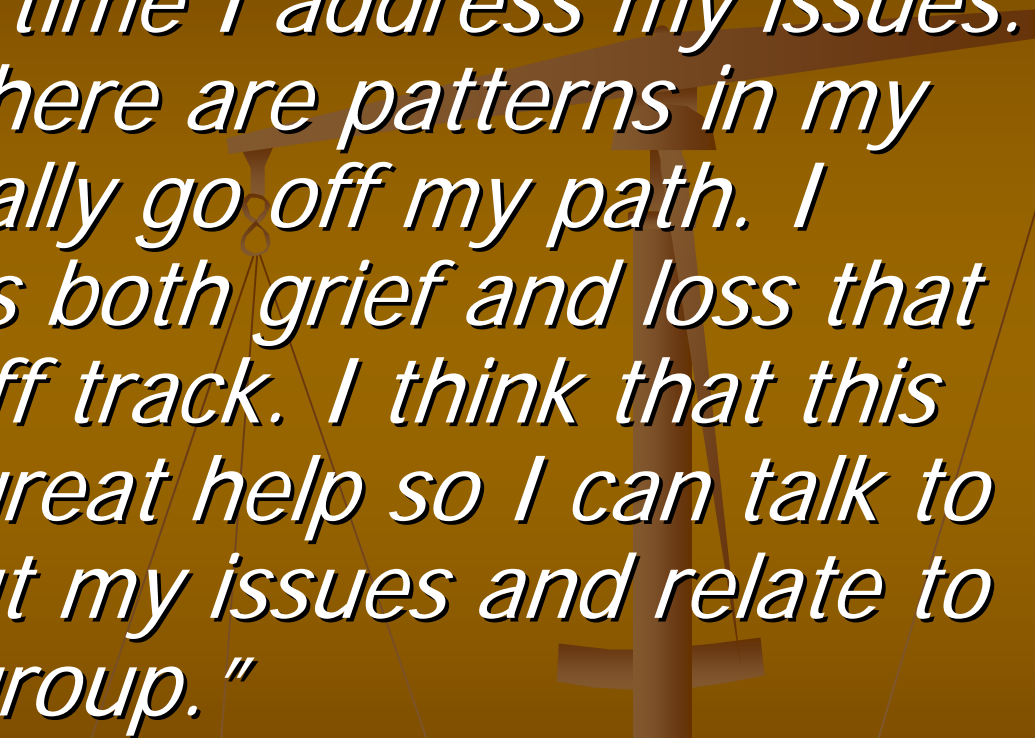
- 24-hour program
  - 8 week, structured program, 1 session p/wk
  - Topics include: feelings, relationship skills, anger management, coping strategies, criminogenic thinking, and relapse prevention
- 40-hour program
  - 10 week, semi-structured program, 2 sessions p/wk
  - Open format, individual counselling an option
  - Themes include: functions of using, coping with drugs, consequential thinking, victim empathy, offence processes and dealing with change (relapse prevention)



# Level V programs at DPFC

- Drug Treatment Unit  
(130-hour program)
  - 4-6 month residential program
  - 3 group sessions per week + individual counselling
  - 2 clean urines per week
  - Community meeting
  - Daily & weekly chores
  - Regular custodial staff

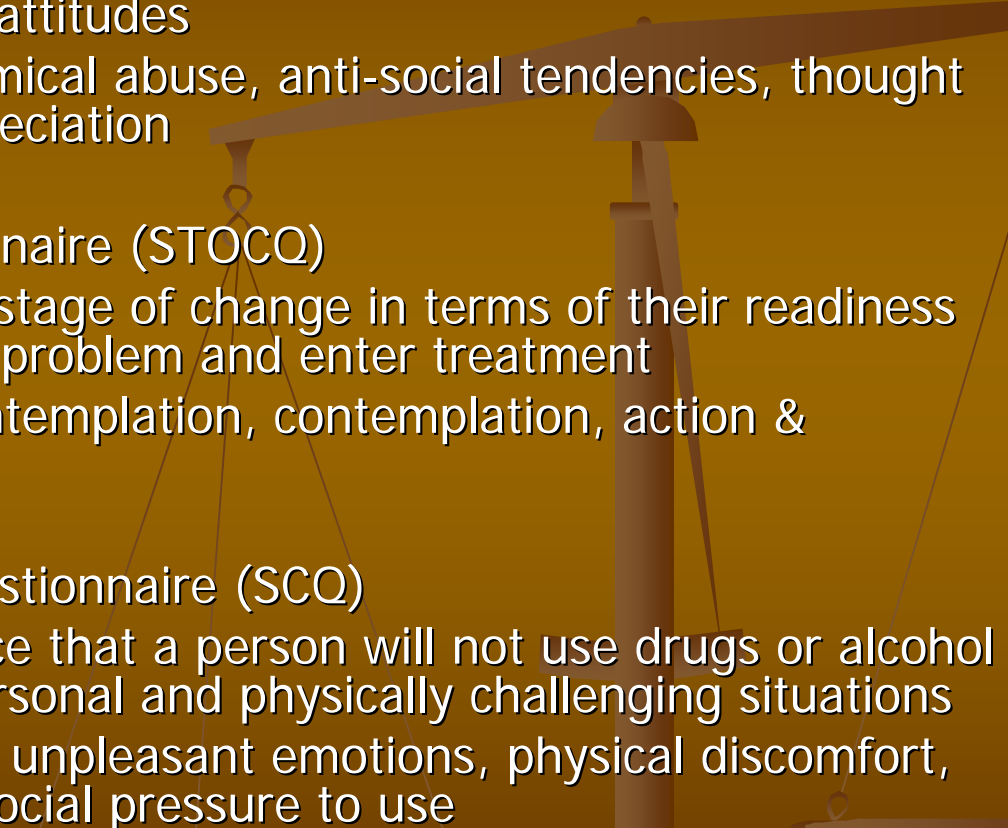




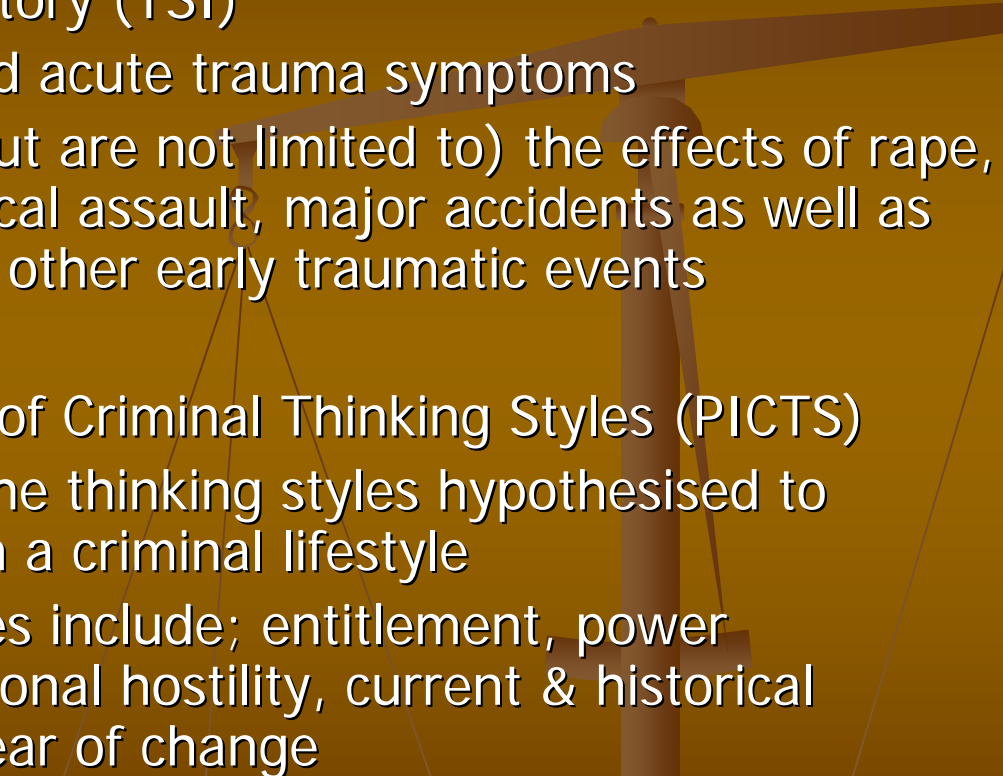
*“ The reason I came into the Drug Treatment Unit is because I’m 34 years of age and it’s time I address my issues. I realise that there are patterns in my life when I totally go off my path. I believe that it’s both grief and loss that have set me off track. I think that this unit will be a great help so I can talk to someone about my issues and relate to others in the group.”*

Drug Treatment Unit participant – November 2007

# Tools used to assess programs

- Carlson Psychological Survey (CPS)
    - Used to evaluate prisoner's D&A use in terms of association with offending & anti-social attitudes
    - Subscales include; chemical abuse, anti-social tendencies, thought disturbance & self-depreciation
  - Stages of Change Questionnaire (STOCQ)
    - Measures the person's stage of change in terms of their readiness to acknowledge a D&A problem and enter treatment
    - Stages include; pre-contemplation, contemplation, action & maintenance
  - Situational Confidence Questionnaire (SCQ)
    - Measures the confidence that a person will not use drugs or alcohol in a range of social, personal and physically challenging situations
    - Examples of subscales; unpleasant emotions, physical discomfort, conflict with others & social pressure to use
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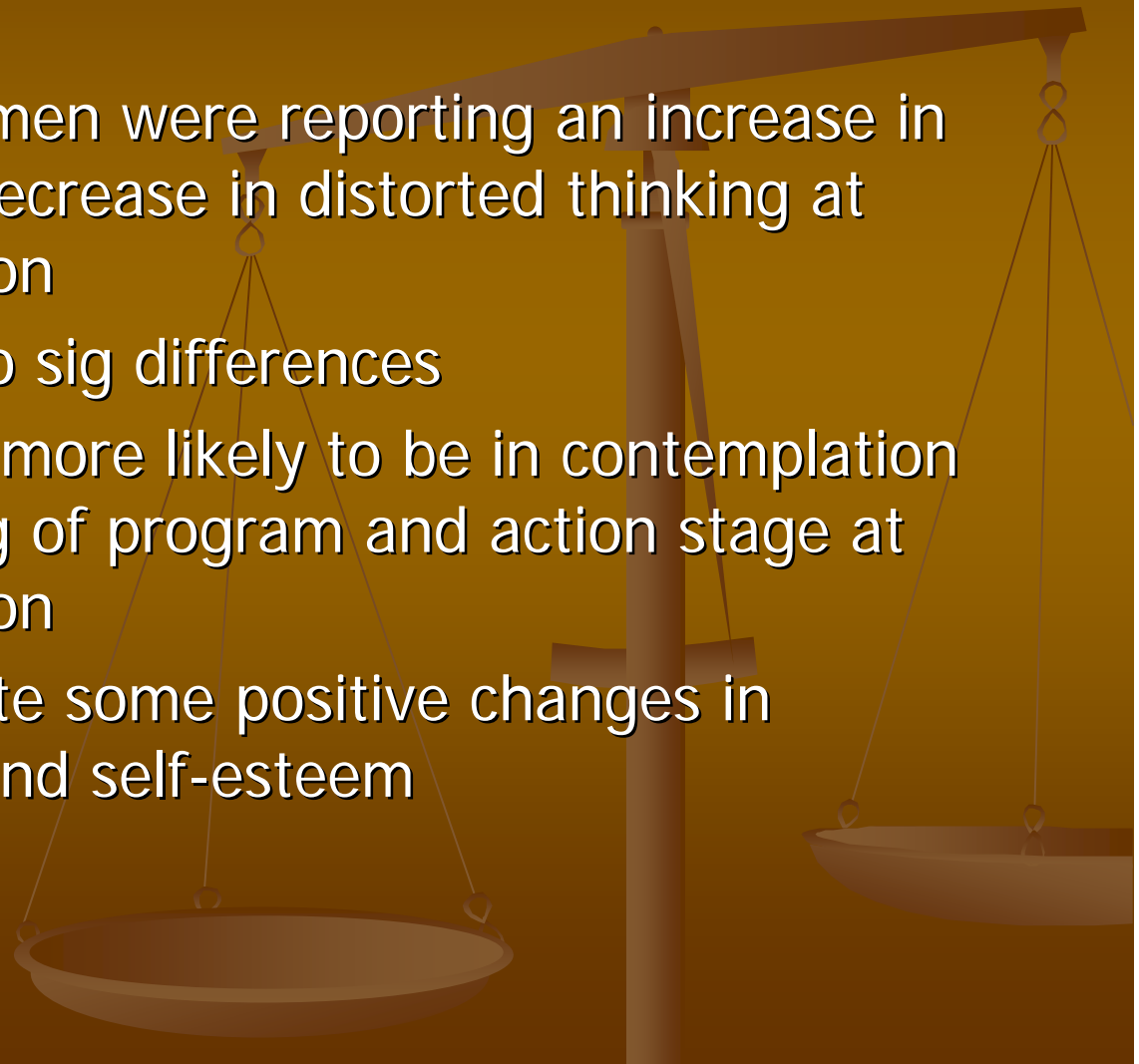
# Tools used to assess programs cont...

- Trauma Symptom Inventory (TSI)
    - Evaluates chronic and acute trauma symptoms
    - Symptoms can be (but are not limited to) the effects of rape, spousal abuse, physical assault, major accidents as well as childhood abuse and other early traumatic events
  - Psychological Inventory of Criminal Thinking Styles (PICTS)
    - Designed to assess the thinking styles hypothesised to support and maintain a criminal lifestyle
    - Examples of subscales include; entitlement, power orientation, interpersonal hostility, current & historical criminal thinking & fear of change
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# Results of Level IV programs

## 24-hour program

- CPS showed sig reduction in thought disturbance & self-depreciation
- Indicates that women were reporting an increase in self-esteem and decrease in distorted thinking at program completion
- STOCQ showed no sig differences
- However, women more likely to be in contemplation stage at beginning of program and action stage at program completion
- Overall results indicate some positive changes in disordered thinking and self-esteem



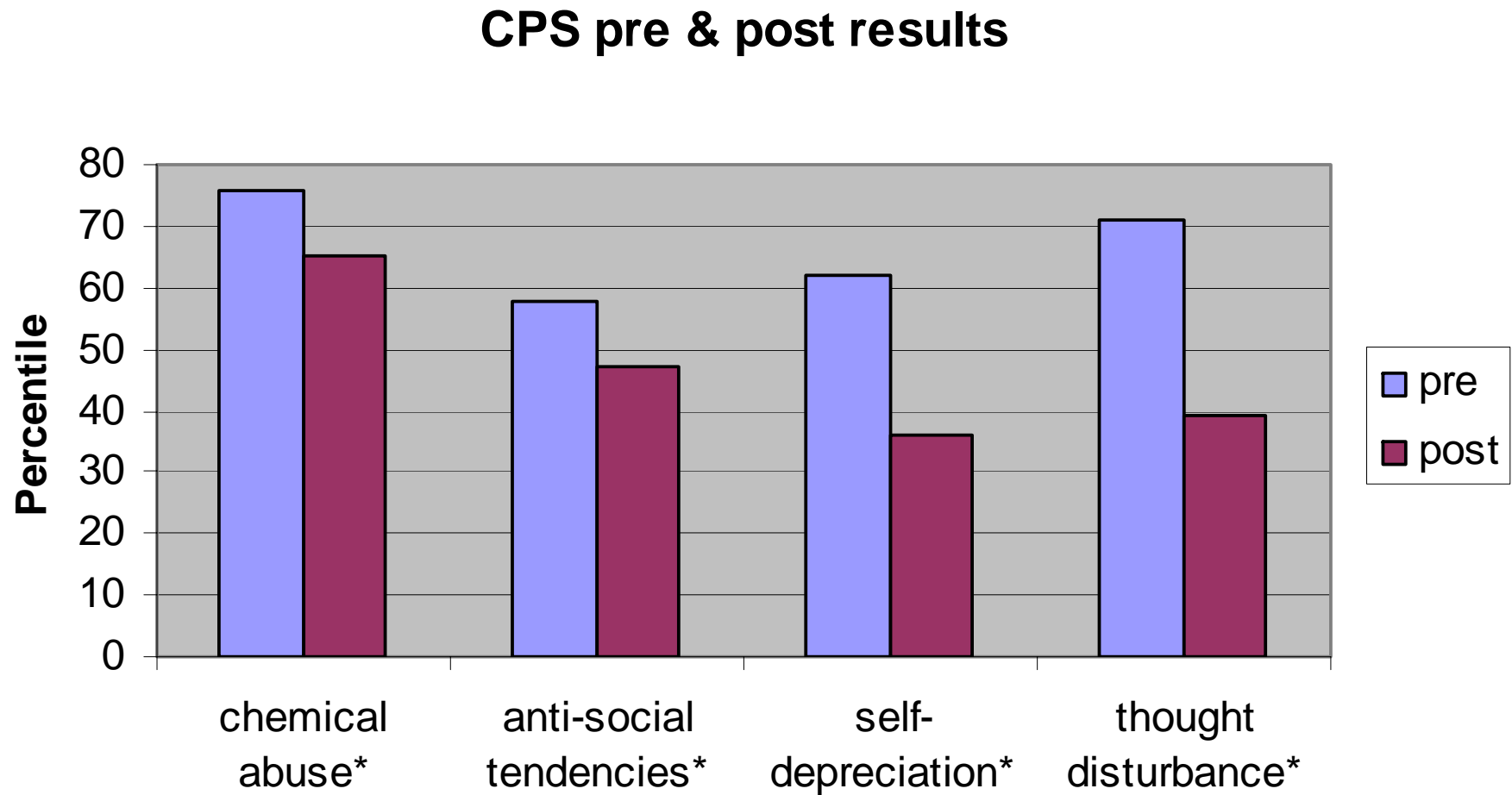
# Results of Level IV programs cont...

## 40-hour program

- CPS showed sig reduction in chemical abuse & self-depreciation
- Indicates women are less likely to use drugs and more likely to feel better about themselves
- STOCQ showed sig increase in women reporting action stage
- Indicates that program is encouraging women to take action to address their problematic behaviours
- SCQ showed sig increase on all subscales indicating women were more confident they could resist D&A use in a range of situations
- PICTS showed several subscales were sig reduced at program completion
- Among these was a reduction in Current Criminal Thinking, which is hypothesised to be related to recidivism
- Overall results indicate that 40-hour program is addressing both substance abuse and its relationship to criminal behaviour

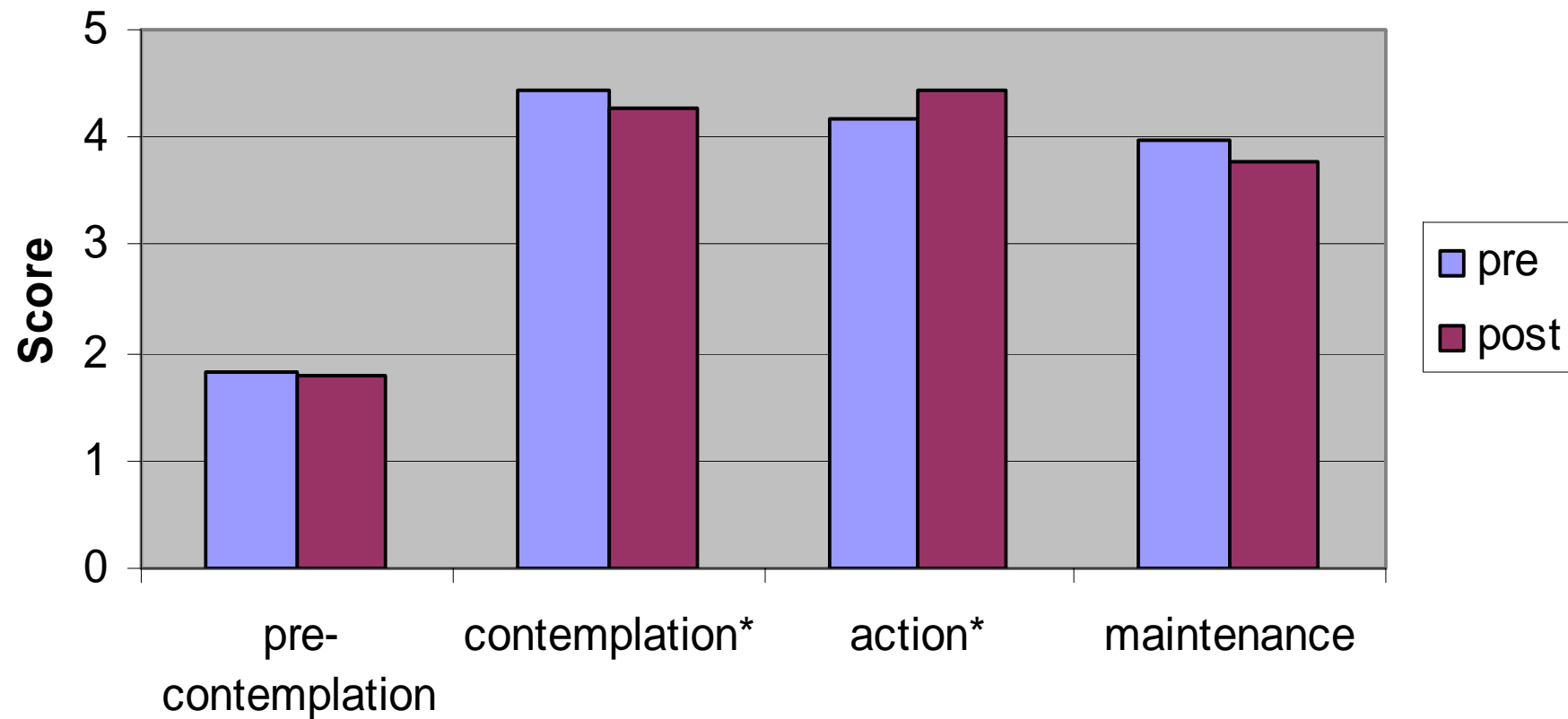
# Results of Level V program Drug Treatment Unit

- Data accumulated from 1st July 2003 to 30th June 2007 ~ 40 cases



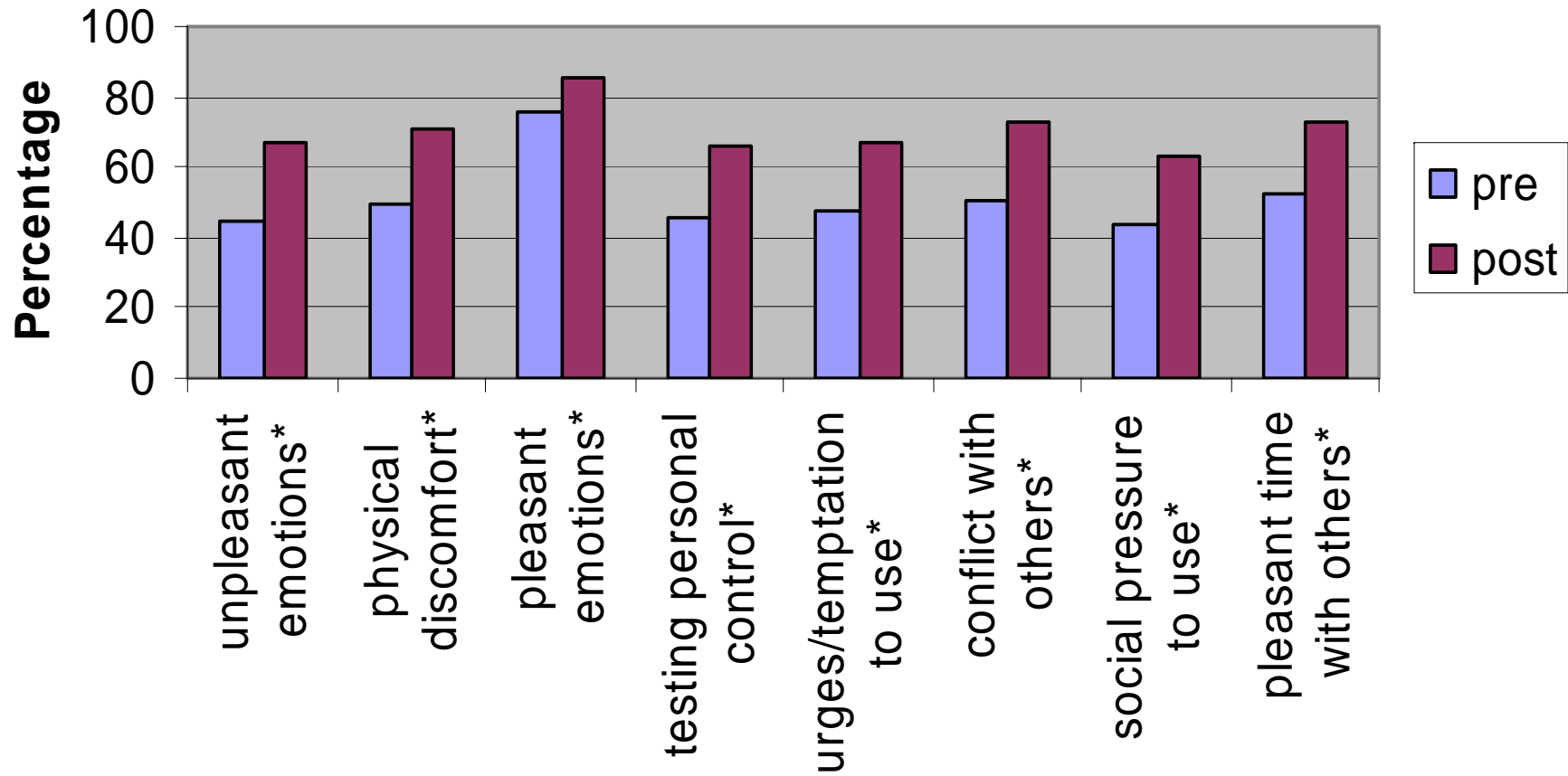
# Drug Treatment Unit results cont...

## STOCQ pre & post results

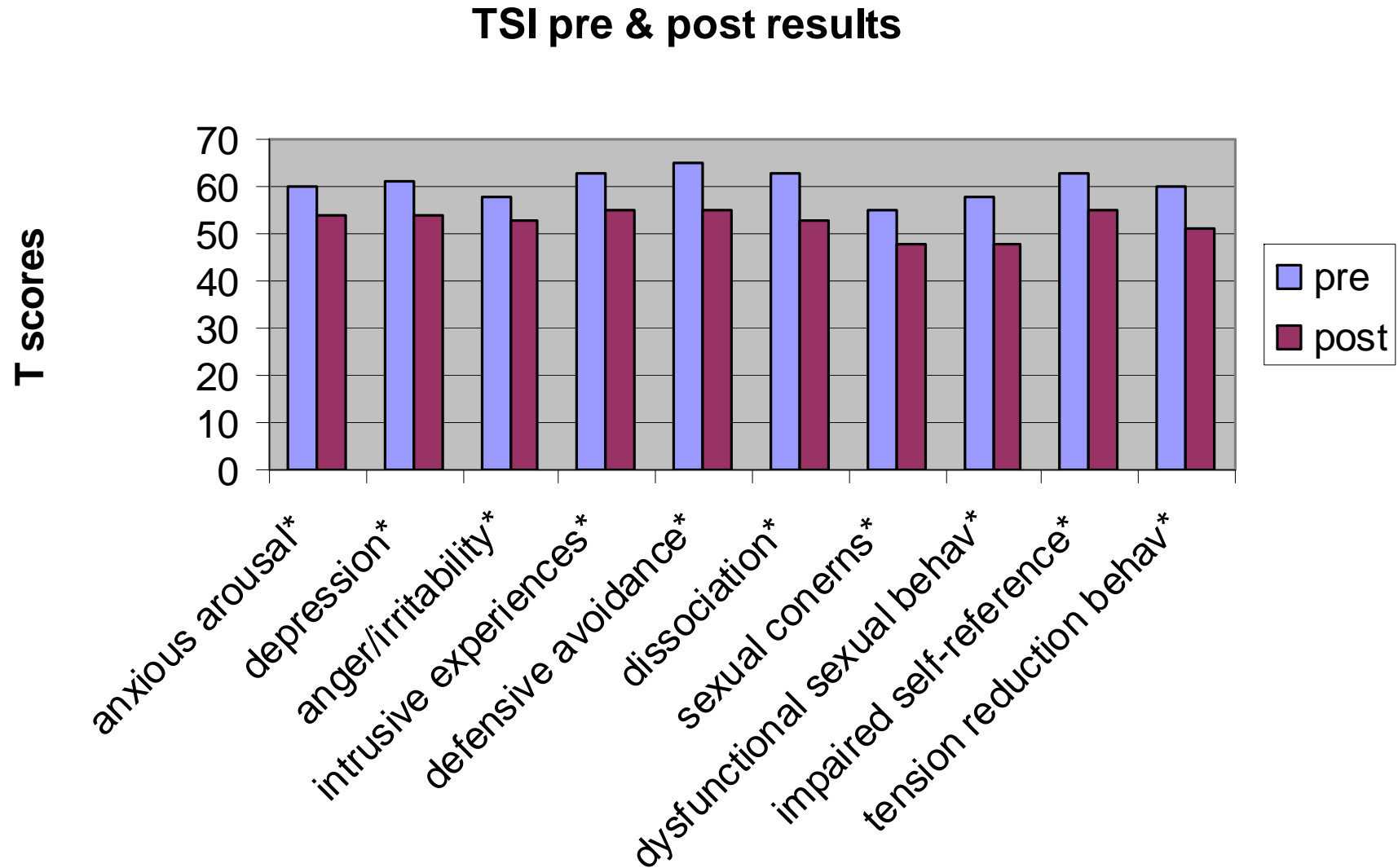


# Drug Treatment Unit results cont...

## SCQ pre & post results

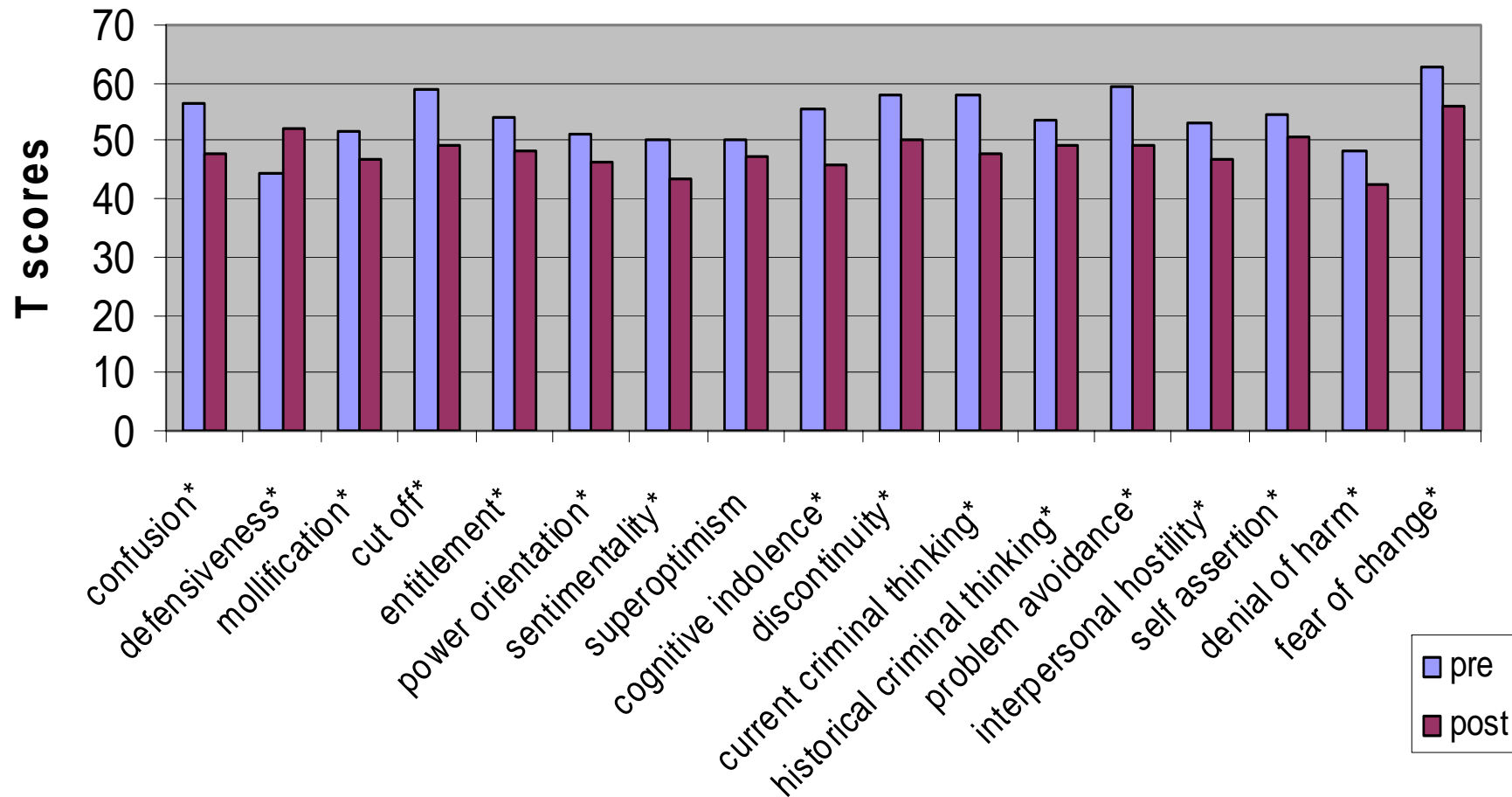


# Drug Treatment Unit results cont...

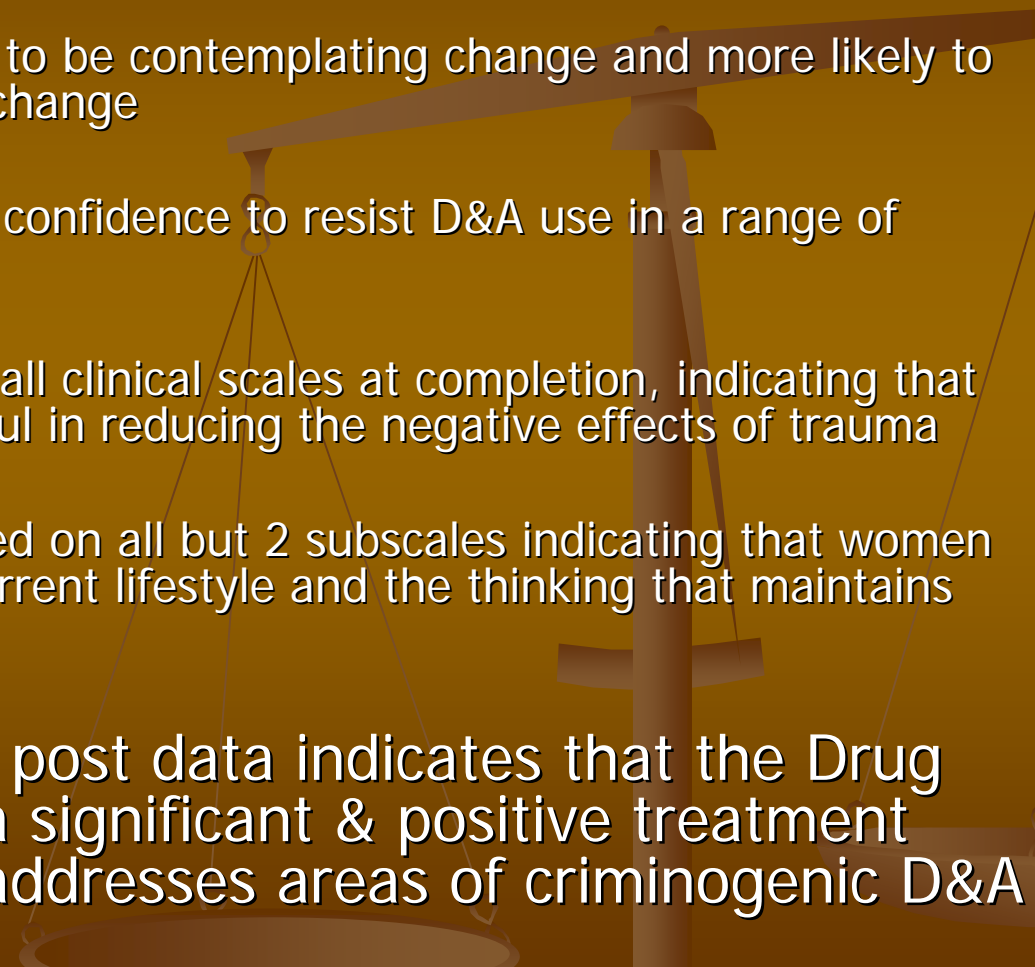


# Drug Treatment Unit results cont...


## PICTS pre & post results



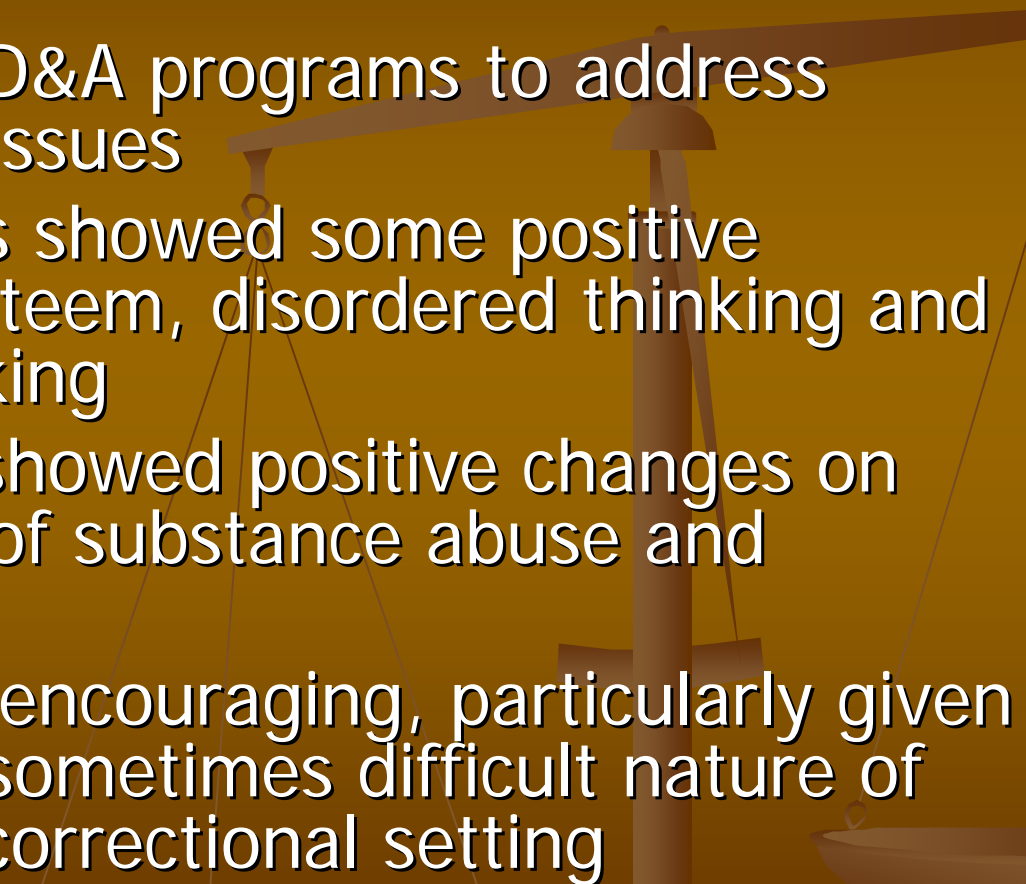
# Summary of Drug Treatment Unit results

- CPS
    - All subscales were significantly reduced at program completion
  - STOCQ
    - Women were less likely to be contemplating change and more likely to be actively engaged in change
  - SCQ
    - Women have increased confidence to resist D&A use in a range of situations
  - TSI
    - Significant decrease on all clinical scales at completion, indicating that the program is successful in reducing the negative effects of trauma
  - PICTS
    - Criminal thinking reduced on all but 2 subscales indicating that women are questioning their current lifestyle and the thinking that maintains that lifestyle
  - Therefore, the pre & post data indicates that the Drug Treatment Unit has a significant & positive treatment effect for women & addresses areas of criminogenic D&A behaviour
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## Limitations & barriers

- Data collected based on prisoner self-report
  - Tools used are normed on USA & Canadian samples
  - Difficulties recruiting appropriate women with motivation, length of sentence, willingness to participate
  - Complex prison environment creates competing demands that are driven by prisoner numbers, bed availability, other program participation & clinical readiness
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# Conclusion

- Male & female offenders have different treatment needs
  - Caraniche tailors D&A programs to address women's specific issues
  - Level IV programs showed some positive changes in self-esteem, disordered thinking and criminogenic thinking
  - Level V program showed positive changes on most dimensions of substance abuse and criminal thinking
  - These results are encouraging, particularly given the dynamic and sometimes difficult nature of working within a correctional setting
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# Thank you

Any questions?

