

Reflections Driving with Care Program



**Vendor for Mental Health and Substance Abuse Treatment Services
Bureau of Correctional Healthcare Services
Delaware Department of Correction**

REFLECTIONS DRIVING WITH CARE PROGRAM

The Reflections Driving with Care Program was developed for persons who have been convicted of driving while under the influence of alcohol. The Reflections Program is a 90 day program consisting of three Phases. Each PHASE is 30 days in length with exceptions that include disciplinary measures, unexcused illness, etc.

On the Friday preceding entry into the Reflections Program, the Reflections staff will conduct an ASI and an orientation with each new participant/offender that will include an introduction to the staff. The orientation will also include a review of the following:

- Consent to Treatment
- Inmate Rights
- Rules and Regulations
- Complaint Resolution
- Authorization for the Release of Confidential and Protected Health Information
- Program Overview
- Program Contract
- Initial 30 Day Treatment Plan

The participant/offender will indicate their understanding of the orientation information by signing each of the aforementioned forms. Each form will then be placed in the participant's individual charts which will also include a DDOC vital statistics and status sheet.

PHASE 1

The participant/offender will spend the first 30 days of the Reflections Program in the educationally based **PHASE 1**. The two main goals of the 12 program lessons of PHASE 1 are to **prevent recidivism** and to **prevent relapse**. This phase of the program is structured and presented by a trained counselor using an interactive teaching format.

The classroom component of **PHASE 1** is organized into morning sessions (8:30 am until lunch at 10:00 am. Code RED is from 10:50 until 11:30) and afternoon sessions (11:30 am until 2:00 pm). There is a 15 minute break at 1:00 pm and breaks for other DDOC business as needed: Individual sessions are conducted twice per month after 2:00 pm or as needed for each participant/offender. On Tuesdays there will be an AA meeting from 11:30 am until 1:00 pm.

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Completion Requirements and Expectations for PHASE 1

Participants/Offenders will exhibit competency and skill development in the following areas:

- Understanding the facts and details of the DUI conviction
- A basic understanding of the patterns of alcohol use and abuse and how their use fits these patterns
- A basic understanding of the cognitive-behavioral change principle that our thoughts, attitudes and beliefs, not the events outside of ourselves, lead to our feelings and behaviors.
- A basic understanding of the principles of relapse and recidivism as well as relapse and recidivism prevention.
- Know the difference between anti-social and pro-social attitudes and behaviors and demonstrate changes towards a more pro-social and caring approach toward community and society.
- Explore and disclose social-emotional issues and relate these to DUI behaviors.
- Develop a basic relapse and recidivism plan.

Participants/Offenders will meet the following program expectations:

- Complete all of the exercises and work sheets
- Attend all session and be on time
- Be involved in structured sharing exercises in the group
- Complete all weekend self-directed study by reading all materials and finishing all tasks and assignments.
- Keep all information learned about group members in trust and confidence.
- Complete the PHASE 1 exam with a score of 80%.
- A Change Presentation will be presented by the participant prior to entering next PHASE
- A comprehensive treatment plan will replace the initial 30 day treatment plan of PHASE 1. This treatment plan will be developed in partnership with the participant/offender to address their individual goals and needs.
- The participant/offender will complete each PHASE in a 30 day period.
- Participants/Offenders will initial a weekend roster after their assignments have been approved as satisfactory by their counselor.

PHASE 2 and PHASE 3

PHASE 2 and PHASE 3 are considered more therapeutically based and build on the core concepts and ideas of the educational component of PHASE 1. There is an increase of the intensity of all areas of cognitive-behavioral learning and change.

PHASE 2 consists of 14 Driving with Care lessons, supplemented with Seeking Safety as well as Relapse Prevention Skills.

PHASE 3 consists of Driving with Care lessons 15-21 as well as Driving with Care projects. This phase is supplemented with SAMHSA Anger Management for Substance Abuse and Mental Health Clients as well as Living in Balance.

The primary goals of PHASE 2 and PHASE 3 are **intrapersonal skill building, social and interpersonal skill building and developing strategies to increase responsible behavior in the community.**

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The classroom component of PHASE 2 and PHASE 3 is organized into morning sessions (8:30 am until lunch at 10:00 am. Code RED is from 10:50 until 11:30) and afternoon sessions (11:30 am until 2:00 pm). There is a 15 minute break at 1:00 pm and breaks for other DDOC business as needed. Individual sessions are conducted twice per month after 2:00 pm or as needed for each participant/offender. On Tuesdays there will be an AA meeting from 11:30 am until 1:00 pm.

Completion Requirements and Expectations for PHASE 2 and PHASE 3

Participants/Offenders will exhibit competency and skill development in the following areas:

- Explore in greater depth the concept of recidivism or returning to drive a motor vehicle while exceeding the legal BAC limits.
- Explore in greater depth the concept of relapse or returning to a pattern of thinking and a pattern of alcohol use that is harmful and disruptive to normal living, including impaired driving.
- Participants/Offenders will be challenged to accept the zero-tolerance risk goal as the basis of the recidivism plan.
- Work on a relapse and recidivism prevention plan using a lifestyle balance model
- Identify patterns and pathways to alcohol abuse and dependence problems and understand how they identify with those patterns and pathways
- Build and strengthen cognitive-behavioral skills to manage and change thoughts, emotions and beliefs in order to prevent negative outcomes that include recidivism and relapse.
- Build and strengthen interpersonal and social skills to manage and change relationships in order to increase positive relationship outcomes and prevent negative relationship outcomes that lead to recidivism and relapse.
- Build and strengthen community relationship attitudes and skills in order to increase responsible social behavior and prevent negative relationships with the community such as DUI behavior and alcohol abuse.

Participants/Offenders will meet the following program expectations:

- Participate in developing a treatment plan that addresses their individual goals and needs.
- Develop a plan for responsible living and change that will lead to positive outcomes for themselves, others and the community.
- Complete all weekend self-directed study by reading all materials and finishing all tasks and assignments. Participants/Offenders encouraged to complete their assigned work in a group setting according to each PHASE.
- Complete PHASE 2 exam with a score of 80%.
- Complete PHASE 3 exam with a score of 90%.
- A Change Presentation will be presented by the participant prior to Discharge
- The participant/offender will complete each PHASE in a 30 day period.
- Participants/Offenders will initial a weekend roster after their assignments have been approved as satisfactory by their counselor.



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- ❖ **IF AN INMATE IS TERMINATED FROM THE REFLECTIONS PROGRAM (i.e. FOUND GUILTY OF CLASS ONE WRITE UP) THE INMATE WILL BE ELIGIBLE FOR RECLASSIFICATION BACK INTO THE REFLECTIONS PROGRAM AT THE 90 DAY MARK FROM HIS TERMINATION. INMATE WILL ENTER REFLECTIONS PROGRAM AS A NEW INTAKE REGARDLESS OF THE POINT FROM WHICH HE WAS REMOVED FROM THE PROGRAM.**

- ❖ **IF THE INMATE IS FOUND NOT GUILTY OF THE WRITE UP, HE WILL BE ALLOWED REENTRY AT THE POINT FROM WHICH HE WAS REMOVED FROM THE PROGRAM.**