

Exhibit F

SAFPF and IPTC Curriculum:

1. Orientation
(rules, tools, adjusting to program)
(HIV/STD/Chronic Illnesses)
2. Core Programming

Cognitive Intervention – A Program for Offenders Substance Use Treatment
 - a. “Alcohol, Drugs and the Brain” with Dr. Carlton Erickson
 - b. “Set up for Relapse” with Michael Johnson
 - c. “Commitment to Change Series Volume I: Overcoming Errors in Thinking with Dr. Stanton Samenow: Part I, II and III
 - d. Clean and Sober (1988) Starring Michael Keaton
3. “Good Intentions, Bad Choices Series” with Dr. Stanton Samenow
4. Supplemental Curriculum:
 - a. “Anger Management for Substance Abuse and Mental Health Clients” by the Substance Abuse and Mental Health Services Administration (SAMHSA).
 - b. “Living in Balance Series” by Hazelden Publishing:
 1. Core Program Series 1-12;
 2. Recovery Management Sessions 13-37; and
 3. Co-Occurring Sessions 38-47 *** (for Special Needs only)

Special Needs only

“Taking Action: A mental Health Recovery Self-Help Educational Program” by the Substance Abuse and Mental Health Services Administration (SAMHSA).

*For the female gender-specific programming: “Cage Your Rage for Women” and “Picking Up the Pieces – a Workbook for Incarcerated Women.” “Getting It Right, Contributing to the Community” journals from the Change Companies.

PRSAP (Prerelease Substance Abuse Program) – This is a TC.

- Addressing Chronic Diseases
- Cognitive Intervention
- Living in Balance (Sessions 1-37)
- New Directions Criminal and Addictive Thinking
- Helping Men Recover
- SAMHSA Anger Management

Phase I – (~ 2 weeks)

- Orientation Manual – becoming familiar with the TC
- Addressing Chronic Diseases

Phase II – (90 days/~ 3 months)

- Helping Men Recover
- Cognitive Intervention
- Anger Management
- Living in Balance (this will be in phase II and III)
- New Direction Criminal Addictive Thinking

Phase III – (Relapse Prevention/Re-entry) – (~60 days)

- Living in Balance (this will be in phase II and III)
- Relapse Prevention Planning – Each client will complete a Relapse Prevention Plan within 45 days of projected completion date of the program.

- Two days per month will be designated for clients to share their Relapse Prevention Plan and receive feedback from their peers.

PRTC (Prerelease Therapeutic Community)

**** Two tracks**

PRSTP (Prerelease Specialized Treatment Program)

- Addressing Chronic Diseases
- Living in Balance (Sessions 1-37)
- New Directions Criminal and Addictive Thinking
- Helping Men Recover
- Cognitive Intervention
- SAMHSA Anger Management

PRBCP

- Addressing Chronic Diseases
- Living in Balance (Selective Chapters focusing on Cognitive Behaviors)
 - Definition, Terms and Self-Assessment
 - Spirituality
 - Stress and Emotional Well-Being
 - Skills for Reducing Stress
 - Negative Emotions
 - Anger and Communication
 - Sexually Transmitted Diseases
 - Focus and Aids
 - Nutrition and Exercise
 - Physical Wellness
 - Attitudes and Beliefs
 - Human needs and social relationships
 - Family Matters
 - You and Your Parents
 - Child Development and Parenting Skills
 - Educational and Vocational Goals
 - Money Management
 - Insurance and consumer credit
 - Spirituality and Personality
- Good Intentions, Bad Choices
- New Directions Criminal and Addictive Thinking
- Helping Men Recover
- SAMHSA Anger Management

In-Prison Substance Use Treatment Program (IPSUTP)

Curriculum

- Addressing Chronic Diseases
- Living in Balance (1-12 Core Programming)
- New Directions Criminal and Addictive Thinking
- Helping Men Recover – (*Male Programs only*)
- Living Skills (OnDemand focus on Living Skills by Hazelden)
 - Workbooks will be printed via access to the living skills program digitally (Treatment on Demand)
 - 6 DVD Resources
 - Making Decisions

- Values and Responsibilities
- Refusal Skills
- Interpersonal Skills
- Parenting and Child Development
- Setting and Attaining Goals
- SAMHSA Anger Management
- Picking up the Pieces – A workbook for Incarcerated Woman. (*Female programs only*)

Layout of Curriculum

Phase I – (30 days/~ 1 month)

- Orientation Manual – becoming familiar with the TC
- Addressing Chronic Diseases

Phase II – (90 days/~ 3 months)

- Helping Men Recover (*male programs*) or Picking up the Pieces – A workbook for Incarcerated Woman. (*Female programs*)
- Anger Management
- Living in Balance (this will be in phase II and III)
- New Direction Criminal Addictive Thinking
- Living Skills

Phase III – (Relapse Prevention/Institutional Adjustment) – (60 days)

- Living in Balance (this will be in phase II and III)
- Relapse Prevention Planning – Each client will complete a Relapse Prevention Plan within 45 days of projected completion date of the program.
 - Two days per month will be designated for clients to share their Relapse Prevention Plan and receive feedback from their peers.
- At least 1x per month (keep consistent i.e. “first Tuesday every month”) the Lieutenant, Captain, Major or Warden does a one (1) hour group on correctional awareness/adjustment and question/answer in regards to information pertinent for transitioning out of the treatment unit and into a CID unit.
- At least 2xs per month the unit Chaplain will facilitate a one (1) hour group discussing resources available on the units to be involved in.
- Discuss TDCJ rules and policies on the unit as they may differ from treatment units
- Peer led - Question and Answer session with testimonials of positive clients who have experienced both Therapeutic Community and CID facilities.
- Other resources available

ISF Curriculum:

** Two tracks

Substance Use Track (90 days)

- Anger Management by SAMHSA;
- “Living in Balance Series” by Hazelden Publishing:
Core Program Series; Recovery Management Sessions and Co-Occurring Sessions
- “Mapping Your Reentry Plan: Heading Home (Special Version for Criminal Justice Populations)” by TCU Texas Institute of Behavioral Research;
- “Getting Motivated to Change (Special Version for Criminal Justice Populations)” by TCU Texas Institute of Behavioral Research;

- “Partners in Parenting” by TCU Texas Institute of Behavioral Research;
- “Commitment to Change Series, Volume I, Overcoming Errors in Thinking” by FMS Productions (Item #0710DVD);
- “The Ex-Offender’s New Job Finding and Survival Guide: 10 Steps for Successfully Re-Entering the Work World” by Impact Publications (Item #9218);
- “Best Resumes and Letters for Ex-Offenders” by Impact Publications (Item #4273);
- “Job Interview Tips for Overcoming Red Flags: Winning Strategies, Examples, and Short Stories for People with Not-So-Hot Backgrounds” by Impact Publications (Item #9520);
- Personal improvement skills, which may include, but are not limited to, personal hygiene; communication and listening skills; conflict resolution; goal setting; maintaining a healthy lifestyle; time management; managing personal finances; and emotional intelligence.

Cognitive Track (45 days)

- “Cognitive Intervention: A Program for Offenders” by Windham School District
- Living In Balance (Sessions specific to cognitive)
 - Definition, Terms and Self-Assessment
 - Spirituality
 - Stress and Emotional Well-Being
 - Skills for Reducing Stress
 - Negative Emotions
 - Anger and Communication
 - Sexually Transmitted Diseases
 - Focus and Aids
 - Nutrition and Exercise
 - Physical Wellness
 - Attitudes and Beliefs
 - Human needs and social relationships
 - Family Matters
 - You and Your Parents
 - Child Development and Parenting Skills
 - Educational and Vocational Goals
 - Money Management
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- “The Ex-Offender’s New Job Finding and Survival Guide: 10 Steps for Successfully Re-Entering the Work World” by Impact Publications (Item #9218);
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- Personal improvement skills, which may include, but are not limited to, personal hygiene; communication and listening skills; conflict resolution; goal setting; maintaining a healthy lifestyle; time management; managing personal finances; and emotional intelligence.

DWI Curriculum:

A multimodal DWI-specific curriculum is offered to address the specific needs of the offender through didactic skills training and therapeutic group process. This curriculum includes a blend of evidence-based practices which focus on alternatives to drinking and driving, alcohol addiction and abuse, victim awareness, medical effects, lifestyles, stress, assertion, cognitive therapy, journaling, etc.

Curriculum:

- Living in Balance by Hazelden
- Thinking for a Change by National Institute of Corrections (NICIC.gov)
- Residential Drug Abuse Program (RDAP) by the Change Companies
- Flex Module Series by the Change Companies

Phase I – Orientation:

(Approx. 30 days)

Phase II – Rational Thinking:

(Approx. 30 days)

Phase III – Criminal Lifestyles:

(Approx. 30 days)

Phase IV – Living with Others:

(Approx. 30 days)

Phase V – Lifestyle Balances:

(Approx. 30 days)

Phase VI – Recovery Maintenance: (Approx. 30 days)