

A NEW DIRECTION

*Developed by the Minnesota Department of Corrections
in partnership with Hazelden, **A New Direction** allows real inmates to
tell the real story about recovering from a life of addiction and crime.*

FEATURES AND BENEFITS

- based on actual program experience in a Department of Corrections setting
- incorporates Best Practices
- helps you standardize treatment across facilities
- qualifies for RSAT and Going Home Initiative funding
- adaptable for any setting: jail, prison, drug court, probation division, or community corrections
- based on national research
- modular structure helps you develop a program that meets your clients' needs—and the needs of your budget, facility, and department
- program participants create their own therapeutic community
- Outcome Study Guidebook available
- unparalleled quality and comprehensiveness of scope

BACKGROUND

A New Direction is a joint venture between the Minnesota Department of Corrections (DOC) and the Minnesota-based Hazelden Foundation, a substance abuse treatment center and publisher.

In the spring of 1999 the Minnesota DOC established a committee to explore the effectiveness of the state's chemical dependency treatment for offenders. The committee, known as CARE (Chemical Abuse and Recovery Evaluation), was comprised of industry leaders in the corrections and chemical dependency treatment fields as well as community members. CARE found that the Minnesota DOC had a good treatment program, but one with shortcomings: it wasn't complete, it wasn't consistent from facility to facility, and it didn't offer a baseline for determining progress in treatment.

Based on these findings, the Minnesota DOC created the curriculum that came to be known as *A New Direction*. They brought the partnership idea to Hazelden in October of 1999. It was the first collaborative effort by the Minnesota DOC and a private agency.

Treatment programs at the following Minnesota correctional facilities were key in the development of *A New Direction*:

- Sex Offender Treatment Program at Lino Lakes, MN
- TRIAD Chemical Dependency Program at Lino Lakes, MN
- Reshape Chemical Dependency Program at Saint Cloud, MN
- Atlantis Chemical Dependency Program at Stillwater, MN
- New Dimensions Chemical Dependency Program at Faribault, MN

Regarding Best Practices, *A New Direction* meets the following set of interventions that improve treatment outcomes as defined by Gendreau and Goggin (1994): treatment should be based on behavioral strategies; be provided for at least three to four months (100 hours) of direct service with daily contact; target criminogenic needs; provide optimal conditions for learning pro-social behaviors; and provide continuing assistance or aftercare once the formal treatment phase ends.

THE TRAINING

Professional training for *A New Direction* is conducted by the same corrections professionals and chemical dependency therapists who helped develop the curriculum. The training component allows correctional facilities to customize the curriculum for their own specific needs.

Bundled training is included in the purchase of the complete short-term or long-term curriculum. Training will be given by the Minnesota Department of Corrections and presented in Minneapolis. Offer does not include airfare, lodging, or other travel expenses.

SIX MODULES

Each module features videos, workbooks, and facilitator's guides. Each module is available in a short-term (3–6 months) or long-term (6–12 months) format. The videos are the same for both formats. The long-term workbooks and facilitator's guides are more extensive than the short-term workbooks. Both short-term and long-term curricula can be adapted for medium-length programs.

The Videos

The majority of the videos for *A New Direction* were taped in Minnesota correctional facilities. Inmates, not actors, candidly discuss the tactics they have used to exact power and control over others. These videos present a powerful, direct, and liberating message about finding a life of recovery and freedom.

The Workbooks

Based on real-life experiences of incarcerated addicts involved in substance abuse treatment. Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. Workbooks use phrases and describe situations that are familiar to criminals and addicts. Quotes from offenders underscore key concepts.

The Facilitator's Guides

Each facilitator's guide contains the entire client workbook with sidebar notes, suggestions, and supplemental information for facilitators.

THE GUIDEBOOKS

Three guidebooks—Administrator's Guidebook, Staff Guidebook, and Outcome Study Guidebook—provide a thorough understanding of the philosophy of corrections-based treatment programming, examine the criminal/addictive thinking connection, and offer practical information for successful program development and implementation.

THE MODULES

Intake & Orientation

"I don't want to say I had a spiritual awakening that day. But I will say that this day made me realize that everything I'd been doing had finally caught up with me."

—From the video *Introduction to Treatment*

Get inmates thinking about why they chose to participate in a treatment program, and what they need to do to turn their lives around. They will discover:

- why criminal behavior and drug use are so closely related
- why being honest about their feelings and attitudes is critical to progress
- what it means to be a responsible member of a therapeutic group
- how to feel safe disclosing personal information

Intake & Orientation Video

Introduction to Treatment

Inmates talk about their biggest fears and greatest challenges in becoming involved in a prison treatment program. Whether their initial motivation to participate was to get out of the general population for a while, to please a spouse or family member, or to truly make life changes, the inmates candidly discuss their reasons for entering a cognitive-behavioral therapy program and their experiences during treatment. Among their discoveries about treatment:

- change won't happen unless you are honest about your attitudes, behaviors, and choices
- in time, you have to be willing to share feelings and disclose personal information
- as a group member you are responsible for holding yourself and others accountable for words and actions
- reaching out to others for help and support is difficult but necessary

Intake & Orientation Workbook

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Intake & Orientation workbook:

- introduces inmates to the concept of a therapeutic community
- introduces the concept of thinking about one's thinking
- explores the criminal and addictive thinking concept
- provides an overview of the basics of drug and alcohol addiction

The same 103-page workbook is used for the short-term and long-term modules.

Intake & Orientation Facilitator's Guide

The facilitator's guide contains the entire Intake & Orientation workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Criminal & Addictive Thinking

"Alcoholism and addiction being a progressive disease, you're worse the next time around. Which was me, you know. I went from being a robber to being a murderer through my addiction."

—From the video *Thinking about Your Thinking*

Get inmates thinking about and challenging their core beliefs, attitudes, and assumptions that fuel manipulative, aggressive, and destructive behaviors. They will examine:

- how their thinking influences their feelings and behaviors
- how to recognize their own distorted thinking patterns (e.g., jumping to conclusions, selective focusing, excuse making)
- how to stop criminal and addictive thinking patterns

Criminal & Addictive Thinking Workbooks

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Criminal & Addictive Thinking workbook:

- introduces the concept of thought maps
- examines the client's drug or alcohol use and criminal activity
- introduces common thinking distortions, criminal and addictive thinking patterns, and core beliefs
- educates clients on how to complete a thinking report

There is one 192-page workbook for the short-term module. The 320-page workbook for the long-term module is two volumes long and contains 42 additional exercises.

Criminal & Addictive Thinking Facilitator's Guide

The facilitator's guide contains the entire Criminal & Addictive Thinking workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Criminal & Addictive Thinking Videos

Thinking about Your Thinking, Part 1

Inmates discuss their new understanding of how distorted thinking keeps them stuck in addictive and criminal behaviors. In a group setting as participants in a cognitive-behavioral treatment program, the inmates reflect on and challenge each other about their core beliefs, attitudes, and assumptions about themselves and the world around them. Among their discoveries about the way they think:

- seeing yourself as a victim allows you to victimize others
- distorted thinking leads to manipulative and aggressive behaviors
- feelings of entitlement and criminal pride play into distorted thinking
- in criminal thinking, self is first and everybody else is second

Thinking about Your Thinking, Part 2

Inmates present a series of eight real-life, everyday prison scenarios that could easily escalate into violent incidents. After each scenario, viewers are asked to analyze the event, identify the feelings and distorted thinking involved, and determine possible replacement thoughts and behaviors. Using their own words and drawing from their own experiences, the inmates role-play situations that realistically portray how criminal and addictive thought patterns lead to destructive behaviors. The situations include:

- an inmate's overreaction to a routine shakedown
- a discussion among three inmates about whether to retaliate for a fight
- a scuffle after an egregious foul on the basketball court
- an inmate's angry phone call to his spouse who refuses to send money
- a quarrel between roommates about how to resolve a conflict

Criminal & Addictive Behavior: Tactics

Inmates candidly discuss the tactics they have used to exact power and control over others—in prison and out of prison. In a group setting as participants in a cognitive-behavioral treatment program, the inmates share personal stories about manipulating, intimidating, physically assaulting, and even murdering individuals who got in the way of what they wanted. Raw, real, and tragic, the inmates' stories reveal:

- how distorted thoughts and unresolved feelings fuel criminal behavior
- why using drugs and committing crimes are fundamentally linked
- what it really means to take charge of your life and respect others

Drug & Alcohol Education

“Our bodies can only tolerate extreme conditions for so long. When we overload the body with drugs and alcohol, we strip it of its strength. We create an internal wasteland.”

—From the video *Medical Aspects of Chemical Dependency*

Get inmates thinking about addiction as a chronic, progressive, and treatable disease. They will:

- learn about the nature and symptoms of addiction and the process of recovery
- understand the effects of alcohol and other drugs (emotional, spiritual, social, legal, financial, and vocational)
- work through the fear and grief of taking a First Step
- recognize the warning signs of relapse (HALT: hungry, angry, lonely, tired)

Drug & Alcohol Education Workbooks

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Drug & Alcohol Education workbook:

- explains the effects of addiction on body, mind, spirit, relationships, and community
- explores the criminal code in relation to gang affiliation and drug dealing
- explores the consequences of criminal behaviors and drug and alcohol addiction
- explores distorted thinking patterns
- shows how to create a crisis management plan to avoid relapse

The short-term workbook is 157 pages. The long-term workbook is 233 pages and contains 25 additional exercises.

Drug & Alcohol Education Facilitator’s Guide

The facilitator’s guide contains the entire Drug & Alcohol Education workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Drug & Alcohol Education Videos

The Disease of Addiction: Symptoms and Phases

Popular Hazelden counselor Bruce Larson, M.A., L.A.D.C., explains why addiction is viewed as a disease and describes how the illness develops and progresses. Emphasizing that addiction is neither a moral failing nor a personal weakness, Larson outlines the primary, chronic, genetic, progressive, and fatal aspects of the disease. As Larson reveals in the video, the progression of addiction takes individuals from initial thoughts about how their alcohol or drug use interfere with their life, to eventual thoughts about how their lives interfere with their alcohol or drug use.

This video is part of the Hazelden Live video series.

Medical Aspects of Chemical Dependency

You know how alcohol and drug use make you feel. But what are the physical effects of alcohol and drug use on the human body and brain? In this video, Dr. David E. Smith of the Haight Ashbury Free Medical Clinic explains how mood-altering substances affect brain chemicals, and how these biochemical reactions alter heart rate, breathing, sensory perceptions, and more. Viewers will:

- understand how different drugs affect brain chemistry
- realize why an initial “high” from cocaine is followed by a “crash”
- see how some drugs affect sensory perception: sight, sound, touch
- learn about the effects of withdrawal on brain chemistry

This video is part of the Medical Aspects of Chemical Dependency program.

Socialization

“We have difficulty getting along because we lie and cheat and manipulate to get what we want.”

—From the video *Getting Along*

Get inmates figuring out why they have difficulty building relationships based on trust and respect. They will learn to:

- understand the dynamics of healthy relationships
- manage anger in a positive manner
- appreciate the consequences of their actions
- identify and practice personal values

Socialization Workbooks

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Socialization workbook:

- teaches inmates how to establish and maintain healthy relationships with self, others, and a higher power
- focuses on skill-building for effective relationships with loved ones, peers, work colleagues, and strangers
- examines victim impact
- builds self-esteem
- shows how to live responsibly without using drugs or alcohol
- explores family systems

The short-term workbook is 128 pages. The long-term workbook is 200 pages and contains 19 additional exercises.

Socialization Facilitator’s Guide

The facilitator’s guide contains the entire Socialization workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Socialization Video

Getting Along

Inmates talk about their lifelong difficulty in getting along with others, and their new understanding—through participation in a cognitive-behavioral treatment program—of how to develop healthy relationships. Whether their socialization problems stem from childhood abuse, fear of abandonment, or feelings of worthlessness, the inmates candidly discuss the challenges and benefits of learning to build relationships based on trust and respect. Among their discoveries about relationships:

- empathy for others can be learned and developed
- the inability to admit fault keeps you isolated
- genuine relationships are based on honesty
- conflict is a natural part of relationships
- alcohol and drugs distort the way we experience relationships

Relapse Prevention

“The biggest problem I see with most guys going through treatment is they . . . still have that hope that ‘once I get out, and . . . everything is just wonderful, then I can start getting high again. Responsibly.’ Well, I don’t know any responsible crackheads.”

from the video *Preventing Relapse*

Get inmates discussing the biggest challenges to their recovery and developing personal strategies for staying clean and sober. They will consider:

- what triggers and cravings put them at risk for relapse
- how to avoid high-risk situations and people
- why they need to find a good sponsor
- how to build a reliable, effective support network

Relapse Prevention Workbooks

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Relapse Prevention workbook:

- introduces and addresses common relapse triggers
- offers inmates specific strategies to support their recovery
- discusses strategies for dealing with situations that could potentially involve relapse
- provides specific tools for avoiding relapse

The short-term workbook is 152 pages. The long-term workbook is 208 pages and contains 13 additional exercises.

Relapse Prevention Facilitator’s Guide

The facilitator’s guide contains the entire Relapse Prevention workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Relapse Prevention Video

Preventing Relapse

Inmates talk about their recovery struggles and setbacks and offer suggestions for staying clean and sober in prison or out. Sharing their experiences, inmates make it clear that relapse is a real and menacing threat, particularly for the newly sober and newly released. Among their ideas for preventing relapse:

- avoid high-risk situations and people
- get a good sponsor
- go to Alcoholics Anonymous, Narcotics Anonymous, or other support groups regularly
- before acting, ask yourself: Is it illegal? Immoral? Irresponsible?

Release & Reintegration Preparation

“The time and energy we once wasted on our addiction is now available for developing our talents and skills.”

—From the video *Looking for Work*

Get inmates actively preparing for life after incarceration. They will make plans for themselves, including:

- where to live
- how to find a job
- what to do with spare time
- who to turn to for support

Release & Reintegration Preparation Workbooks

Information, exercises, and activities help offenders see that criminality and addiction are thinking problems before they become behavior problems. The Release & Reintegration Preparation workbook:

- introduces and addresses common relapse triggers
- offers inmates specific strategies to support their recovery
- discusses strategies for dealing with situations that could potentially involve relapse
- provides specific tools for avoiding relapse

The short-term workbook is 128 pages. The long-term workbook is 168 pages and contains 10 additional exercises.

Release & Reintegration Preparation Facilitator's Guide

The facilitator's guide contains the entire Release & Reintegration Preparation workbook with sidebar notes, suggestions, and supplemental information for facilitators.

Release & Reintegration Preparation Videos

Looking for Work

For people in recovery, the work they choose to do for a living becomes an important part of their personal growth. Finding a job that's right takes a bit of investigation, which includes identifying not only skills and abilities but also priorities and values. This video explores all these facets, plus important job-seeking skills such as creating a resume, looking for work, and networking. Important issues raised include:

- thinking about new job leads
- defining the type of work you want
- understanding informational interviews versus job interviews

This video is part of the Complete Hazelden Living Skills Program.

Managing Money

One of the biggest challenges in the early stages of recovery is getting finances straight. While financial problems may seem overwhelming at first, they become easier to control once money management techniques are put into practice. This video helps viewers get their financial situation on track through exploring budgeting and other money management skills. Important issues raised include:

- knowing the difference between fixed and flexible expenses
- identifying income sources in addition to a paycheck
- exploring budgeting options when your expenses exceed your income
- understanding credit and dealing with creditors

This video is part of the Complete Hazelden Living Skills Program.

Life on Life's Terms

The newest volume in the video series for A New Direction, this inspiring video spotlights ex-inmates who have navigated the journey from behind bars to a life of freedom and recovery. It's a difficult journey, but one that can be done. The video explores:

- the need for persistence when searching for a job with a criminal record
- how to avoid "triggers" if you're returning to a problem neighborhood
- the importance of maintaining a support system to maintain recovery

GUIDEBOOKS

Administrator's Guidebook

Developing and operating a chemical dependency treatment program within a correctional setting presents a unique set of challenges. Security issues, staffing concerns, program logistics, and balancing budgets and priorities are among key considerations. This guidebook provides corrections administrators with a thorough understanding of the philosophy of corrections-based treatment programming, examines the link between criminal and addictive thinking, and offers practical information for successful program development and implementation.

This guidebook is designed to help administrators identify and address issues that invariably arise in establishing and managing a chemical dependency program within a correctional facility, including:

- ensuring a secure environment
- hiring and training staff
- developing an operations manual
- providing adequate time and support for inmates
- working successfully within larger institutional dynamics

Excerpt from chapter, *“Developing a Treatment Philosophy and Approach”*

“Good programs are not created all at once nor, once created, do they remain static. Rather, they evolve—thanks to changes in the chemical dependency treatment field, staffing turnover, and the changing nature of offenders and the corrections field itself.”

Outcome Study Guidebook

How well is your chemical dependency treatment program working? As a corrections professional, your response to this question holds significant internal and external ramifications with regard to accountability and credibility.

Now, using the data and analysis of an outcome study survey designed specifically for use with A New Direction, you will be able to provide facts and figures that demonstrate the effectiveness of your program at your facility and with your treatment participants. This guidebook leads you through a step-by-step process for collecting data that an outside evaluator can use to generate two critical documents. The corrections profile tells you about the background and demographics of your program participants, and the outcome report identifies program benefits for participants, such as knowledge, skills, and behaviors.

Here is the tool you need to summarize your treatment results and respond with fidelity to the question, “How well is your treatment program working?”

Excerpt from Chapter 2, *“The Importance of an Outcome Study for You”*

“As a program administrator, it can be difficult to justify allocating a portion of your corrections budget for treatment when there are so many equally important demands on your resources. Today, there is more pressure than ever for administrators to demonstrate that the programs they implement make a difference. That is why the outcome study is so important. With the evaluation you receive at the end of this outcome study, you will, we hope, finally be able to say, ‘This program works, and this is why.’”

Staff Guidebook

This guidebook provides corrections staff with a thorough understanding of the general philosophy of A New Direction, as well as practical information for successful program implementation. The ideas and suggestions in this guidebook are from the Minnesota Department of Corrections treatment staff and are based on many years of work with inmate populations.

Three guiding principles have proven most effective in treating chemically dependent criminal offenders:

- a cognitive-behavioral therapy framework
- a group-based process for change
- a policy of total abstinence from alcohol, other drugs, and criminal activity

Excerpt from chapter, *“Creating a Therapeutic Environment”*

“Inmates have problems. Our goal is not to make their problems disappear, but rather to help them learn how to handle their problems differently and more positively. Inmates will make mistakes. They need the opportunity to own their problems and the time and support to practice how to deal with them in a more positive manner.”

QUOTE SHEET

Intake & Orientation

#9711	Introduction to Treatment	Video
#970100	Workbook, pkg. of 100	
#9700	Facilitator's guide	

Criminal & Addictive Thinking

#9708	Thinking about Your Thinking, Part 1	Video
#9714	Thinking about Your Thinking, Part 2	Video
#9705	Criminal & Addictive Behavior: Tactics	Video
#972100	Short-term workbook, pkg. of 100	
#970400	Long-term workbook, parts 1-3, pkg. of 100	
#977400	Long-term workbook, parts 4-6, pkg. of 100	
#9720	Short-term facilitator's guide	
#9703	Long-term facilitator's guide	

Drug & Alcohol Education

#5853	Medical Aspects of Chemical Dependency•	Video
#1002	The Disease of Addiction: Symptoms and Phases•	Video
#972300	Short-term workbook, pkg. of 100	
#970700	Long-term workbook, pkg. of 100	
#9722	Short-term facilitator's guide	
#9706	Long-term facilitator's guide	

Socialization

#9702	Getting Along	Video
#972700	Short-term workbook, pkg. of 100	
#971300	Long-term workbook, pkg. of 100	
#9726	Short-term facilitator's guide	
#9712	Long-term facilitator's guide	

Relapse Prevention

#9717	Preventing Relapse	Video
#972500	Short-term workbook, pkg. of 100	
#971000	Long-term workbook, pkg. of 100	
#9724	Short-term facilitator's guide	
#9709	Long-term facilitator's guide	

Release & Reintegration Preparation

#5784	Managing Money•	Video
#5782	Looking for Work•	Video

#9697	Life on Life's Terms	Video
#972900	Short-term workbook, pkg. of 100	
#971600	Long-term workbook, pkg. of 100	
#9728	Short-term facilitator's guide	
#9715	Long-term facilitator's guide	

Administrator's Guidebook

#9731 Softcover, 80 pp.

Staff Guidebook

#9732 Softcover, 96 pp.

Outcome Study Guidebook

#9733 Softcover, 40 pp.

YOUR BEST VALUE

One curricula doesn't fit all—especially a curriculum with the magnitude of *A New Direction*. Call Hazelden sales manager, Will Alexander, to determine your most cost-effective package for *A New Direction*. He can assist you in building a package of materials and implementation to best meet your specific situation.

1-800-328-9000, ext. 4653, or walexander@hazelden.org.

Intake & Orientation

#9737 Introductory module \$525.00
Includes 1 video, 1 facilitator's guide, and 100 workbooks

Criminal & Addictive Thinking

#9744 Short-term module \$825.00
Includes 3 videos, 1 facilitator's guide, and 100 workbooks

#9738 Long-term module \$1,475.00
Includes 3 videos, 1 facilitator's guide, and 200 workbooks (100 each of parts 1–3 and parts 4–6)

Drug & Alcohol Education

#9745 Short-term module \$695.00
Includes 2 videos•, 1 facilitator's guide, and 100 workbooks

#9739 Long-term module \$875.00
Includes 2 videos•, 1 facilitator's guide, and 100 workbooks

Socialization

#9747 Short-term module \$525.00
Includes 1 video, 1 facilitator's guide, and 100 workbooks

#9741 Long-term module \$695.00

Includes 1 video, 1 facilitator's guide, and 100 workbooks

Relapse Prevention

#9746 Short-term module \$525.00

Includes 1 video, 1 facilitator's guide, and 100 workbooks

#9740 Long-term module \$695.00

Includes 1 video, 1 facilitator's guide, and 100 workbooks

Release & Reintegration Preparation

#9748 Short-term module \$525.00

Includes 3 videos•, 1 facilitator's guide, and 100 workbooks

#9742 Long-term module \$695.00

Includes 3 videos•, 1 facilitator's guide, and 100 workbooks

Videos from other Hazelden curricula are denoted with a •.

For more details, see www.hazelden.org/bookplace.

FAQs

What is this program?

A New Direction is an abstinence-based cognitive-behavioral treatment program for criminal offenders with chemical abuse issues. It was designed and constructed from materials and processes in use for quite some time in prison treatment programs in the Minnesota Department of Corrections. The program is designed in six modules. They are not sequential, but rather compliment each other, with several themes running throughout the entire program. The videos that accompany this program feature inmates or staff in prisons. No actors were used, so the words are those of inmates experiencing the program firsthand.

How long does each module take?

The only module with a specific timeline is Intake & Orientation. It is intended to be completed within two weeks, with daily sessions of four or more hours. Time required for the subsequent modules depends on several factors: your choice of short- or long-term module, your ratio of therapists to inmates, and whether inmates will be completing assignments outside of class. For these reasons, we have intentionally not specified module lengths.

Once you've completed Intake & Orientation, you can present the next modules simultaneously if you wish. You can also present them sequentially, as each module presents principles that reinforce the other modules.

What about training?

To ensure proper implementation, the Minnesota Department of Corrections suggests a three-day training session—ideally, a Wednesday through Friday. Hazelden can also devise a training plan that fits your staff's needs, and which prepares your staff for delivering this program to offenders.

What if I have questions along the way?

Your best first source is Wendy Martin, Hazelden's Criminal Justice Sales Associate. Her number is **1-800-328-9000, ext. 4661**. Our Criminal Justice Sales Manager, Will Alexander, is the originator of *A New Direction*. His number is **1-800-328-9000, ext. 4653**. He initiated the partnership with Hazelden while still a member of the Minnesota Department of Corrections. These folks are knowledgeable about this program, and treatment in a correctional environment, and can assist you in many ways.

This sounds like pretty complex stuff, and some of my clients have low reading levels. Will there be a problem?

The ideas in *A New Direction* are best presented in discussion form rather than as reading assignments. This holds true for all clients, but especially for clients with reading levels at sixth grade or lower. Later in the curriculum, you may wish to assign parts for clients to read on their own. Then, they can explain what they've learned to other clients who aren't as far along in the curriculum, or who are at a lower reading level.

Was A New Direction developed in a therapeutic community?

Yes. The curriculum was developed in correctional facilities that were modified therapeutic communities. There was no such thing as cruising through treatment or keeping one's head down. The phrase "each one

teach one" aptly describes *A New Direction*.

Is it research based?

Each portion of this curriculum was supported by existing field research and by Best Practices. As the program in its current form was first published in March 2002, there has not been sufficient time to produce a longitudinal outcome study on the program in its entirety. Data is currently being collected at several locations. We will make the results available as soon as we have sufficient data to make qualified statements regarding outcomes.

Of course, a number of studies indicate the effectiveness of treatment for offenders that present with addiction issues, especially in reducing future involvement in the criminal justice system.

Does this program work with female inmates?

Although *A New Direction* was designed for male inmates, a number of women's facilities have begun to use this program. Hazelden is reviewing information from our customers and are considering adding a women's gender-specific module to *A New Direction*, probably in 2004. Until then, women's facilities are reporting little resistance from their inmates. Many facilities report that the women involved with the program enjoy the challenge that this approach presents for them.

Hazelden is currently in the process of designing a Women and Trauma curriculum, which will be available in late 2003.

We already developed our own program; why do we need this one?

A New Direction can make a good program even better. Because the curriculum modules can be used independently as well as sequentially, they're ideal for filling in any gaps you may have in your program. Consider *A New Direction* the engine and transmission that powers your treatment program. Customizing it with options is up to you.

How do I integrate A New Direction into a Twelve Step-oriented program?

A New Direction and Twelve Step curricula aren't mutually exclusive. The Twelve Steps involve cognitive acts: admitting, coming to believe, making a decision. The cognitive-behavioral curriculum of *A New Direction* addresses elements found in the Steps: acknowledging unmanageability, seeking spiritual development, accepting a Higher Power. *A New Direction* also embraces strategies and values that are compatible with the Steps, such as the importance of sponsors. *A New Direction* can be the engine that drives your Twelve Step curriculum, and vice versa. Both are abstinence-based methods that help people change the way they think and the way they live their lives.

FEEDBACK

“*A New Direction* has given us a curriculum that is written for and directed at our clients making it relevant to them. Because the curriculum appeals to them on a level they can relate to, they are more interested and involved in the group process. The more clients buy into the curriculum, the easier it is to actually get to the root of the problem and begin to make changes. It helps eliminate some of the shell that must be broken before our clients will open up and let the information in.

“The curriculum touches on most all of the aspects relevant to the addict in a criminal setting. It is to the point and forces clients to address their thinking and their subsequent behavior.

“We use this curriculum with males and females in an outpatient setting where they have court reviews and their charges are pending. In this capacity, *A New Direction* serves as a reminder of the life they could be living with one more bad decision.”

Jennifer Humphrey, MSW
Program and Resource Coordinator/Case Manager
Hall County Drug Court, Gainesville, GA

“*A New Direction* is by far the most honest program we have seen. Our clients feel it truly deals with their issues. They especially compare with the inmates in the videos—there’s no room for conning.

They look forward to coming to class; having their own workbooks gives them a sense of belonging. In the true sense of a therapeutic community, the clients make each other more accountable. In fact, they punish themselves if they don’t do their homework.”

Mary Jane Saksa
Worcester County Sheriff’s Office
West Boylston, MA