



## FREQUENTLY ASKED QUESTIONS ABOUT A NEW DIRECTION

### HOW LONG DOES EACH MODULE TAKE?

The only module with a specific timeline is the starting module, *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 because each module presents principles that reinforce the other modules.

### WHAT TIME COMMITMENT DO I HAVE TO MAKE FOR TRAINING?

To ensure proper implementation, the Minnesota Department of Corrections suggests a four-day training session—ideally, a Wednesday through Saturday. Your purchase of an entire short- or long-term curriculum comes with a free training slot. You can choose to have one person attend all four days, or have two or more people rotate attendance. Because of the scope of this curriculum, having more than one person attend training is the best-case scenario.

Annual refresher trainings are also available so you can train new staff and keep your current staff up to date. If you wish to have these trainings, please specify them in your proposal as they are not available for all facilities.

### WHAT IF I HAVE QUESTIONS ALONG THE WAY?

Your best source is your Hazelden inside sales representative, who will answer your question or forward it to the proper person. At this time, Hazelden does not have a formal training assistance or help line in place. However, Hazelden will direct significant inquiries to the Minnesota Department of Corrections.

### DOES IT INCORPORATE BEST PRACTICES?

Yes. Gendreau and Goggin (1994) define a set of interventions that improve treatment outcomes, all of which *A New Direction* meets. 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.

### 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 orally rather than in reading assignments. This works well for all clients, but especially for clients with reading levels at sixth grade or less. 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 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 correctional facilities in which the curriculum was developed were therapeutic communities in the truest sense of the word. Each client was his brother's keeper. 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?

There are no published outcome studies at this time. However, *A New Direction* is based on national research that shows that inmates who complete treatment are substantially less likely to be arrested for a new offense than their counterparts who did not receive treatment.

The *Outcome Study Guidebook* allows you to better track outcomes at your facility. You can track the results yourself, or purchase report writing services from Hazelden at an additional cost. Either way, you're being accountable for your program's outcomes.

WE ALREADY DEVELOPED OUR OWN PROGRAM. WHY DO WE NEED THIS ONE?

We are finding that many facilities are facing financial constraints. We would be happy to work with you to better understand your current and future program needs and structure a step-by-step process for building a treatment program that accommodates your implementation constraints. The module *Criminal & Addictive Thinking* is a good starting point as it introduces the concept of cognitive-behavioral therapy. Also, by purchasing the module *Release & Reintegration Preparation* you will be eligible for Going Home Initiative funding.