

ARIZONA STATE PRISON COMPLEX – KINGMAN

SUBSTANCE ABUSE PROGRAMS Substance Abuse Department Services

DUI Education and Treatment:

This program is recognized by the State of Arizona Department of Health Services for treatment of DUI offenders. This program consists of a minimum of 20 contact hours of Level I DUI Treatment and 20 hours of Level II Education. Upon successful completion of the program, clients/inmates will receive a certificate of completion and a MVD confirmation letter with a confirmation number.

Moderate Treatment:

This program is cognitive behavioral in nature and addresses a holistic approach to recovery. The curriculum includes: communication, relationships, employment, education, and treatment. It is based on the Roadmap to Change curriculum. Clients/Inmates are encouraged to do work in the course workbooks and required participate in group discussion. After a minimum of 120 contact hours, the client/inmate will be eligible for certificate of completion provided they have completed all requirements to include a post test.

Intensive Treatment:

This program is cognitive behavioral in nature and addresses a holistic approach to recovery. The curriculum includes: communication, relationships, employment, education, and treatment. It is based on the Roadmap to Change curriculum. Clients/Inmates are encouraged to do work in the course workbooks and are required participate in group discussion. After a minimum of 240 contact hours, the client/inmate will be eligible for a certificate of completion provided they have completed all requirements to include a post test.

Life Skills (Health, Relationships, Employment, and Personal Growth):

This program reviews a variety of topics, which aid the client/inmate in navigating life more successfully. The program consists of 160 contact hours, which are broken down into 4 subsets of 40 hours each. The four parts are: Health Life Skills, Relationship Life Skills, Employment Life Skills, and Personal Growth Life Skills. Clients/Inmates will receive a certificate of completion after each subset has been completed.

Moral Reconciliation Therapy (MRT):

This program is a systematic, cognitive behavioral, step-by-step treatment strategy designed to enhance self-image, promote positive growth, promote productive identity, and facilitate the development of higher stages of moral reasoning. The program consists of 12 steps that will be completed prior to the completion of the course. Clients/inmates will work at their own pace while attending each class. No more than one step can be completed in any one class.

Inside Out Dads:

This program is designed to help clients/inmates develop insight and understanding of their responsibility as a parent. The goal of this program is to help clients/inmates develop parental awareness by examining their life from birth to present, as well as their values and beliefs, and issues many fathers face today. Clients/inmates receive a certificate of completion after attending 16 contact hours.

Relapse Prevention:

Those enrolled in this program will look at past relapses and identify triggers that lead to relapse. Clients/inmates will also develop a relapse prevention plan to assist in avoiding future relapses. Clients/inmates will receive a certificate of completion. Class length varies depending on participant and group needs, minimum of 40 hours.

Stress Reduction Management:

This program offers insight to the client/inmates regarding stress and developing coping strategies to effectively deal with stress. They will go through meditations, learn breathing exercises, and some yoga. Clients/inmates will receive a certificate of completion after completing 12 hours.

Victim Impact: Listen and Learn

The program's curriculum is approved by the Arizona Department of Corrections. The purpose of the program is to help clients/inmates identify the level of impact their crimes have on the victims, and help identify who the victims are. The program requires a learning environment which enables the power learning from your own personal stories. Clients/inmates will receive a certificate of completion after attending 32 hours of participation provided they attend every session and complete all assigned tasks.

Alcohol Anonymous (AA):

This program allows inmates the opportunity to share their experiences, strengths, and hopes in society. The program is spiritually based and addresses issues with alcohol use and abuse.

Narcotics Anonymous (NA):

This program allows inmates the opportunity to share their experiences, strengths, and hopes in society. The program is spiritually based and addresses issues with drug use and abuse.

Crystal Meth Anonymous (CMA):

This program allows inmates the opportunity to share their experiences, strengths, and hopes in society. The program is spiritually based and addresses issues with crystal methamphetamine use and abuse.

12-Step Study Group:

This self-study group is designed for inmates who wish to study the 12-steps of Alcoholics Anonymous. It is centered on the Big Book to aid inmates on how to follow the 12-steps for living. One day at a time. Inmates receive a certificate of completion after attending 20 sessions. This program is staff facilitated.

SMART Recovery:

SMART Recovery is a self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the scientific research and participate in a community which includes free, self-empowering, science-based mutual help groups.

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Substance Abuse Dept. Staff

<u>Position</u>	<u>Name</u>	<u>Credential</u>	<u>Unit</u>
Programs Administrator	S. Seney, Ph.d		Complex
Department Manager	J. Courtney, MS	LISAC	Complex
Supervisor	Dr. Cartwright	LASAC	Hualapai
Technician	Ms. Evans, AAS	LSAT	Hualapai (part time)
Behavioral Health Specialist	Ms. Phillips		Hualapai
Behavioral Health Specialist	Ms. Blackburn		Hualapai
Behavioral Health Specialist	Ms. Giron		Hualapai
Programs Secretary	Ms. Lewis		Hualapai
Supervisor	Mr. Cretal, MA	LISAC	Cerbat - Pm
Technician	Ms. Roehrick, AAS	LSAT	Cerbat - North am
Technician	Ms. Creek, AAS	LSAT	Cerbat - East am
Behavioral Health Specialist	Mr. Dobbyn		Cerbat - am
Behavioral Health Specialist	Mr. Foster		Cerbat - am
Behavioral Health Specialist	Ms. More		Cerbat - Pm
Behavioral Health Specialist	Ms. Guyan, BA		Cerbat - am
Behavioral Health Specialist	Mr. Hobbs		Cerbat - am
Programs Secretary	Ms. Medley		Cerbat - am