

## Potential Programs & Cost per Offender

Based on the FY15 cost per participant, this can be used as a guide for “average” cost to provide an offender a program. I would like to note that when the Department issues fiscal notes, we use an average cost per offender that is based on all offenders and all programming costs. Without a case by case analysis, we can’t predict what programs each offender will need.

Potential Programs Available:

### Reentry Life Skills Program

A new program that was started late in Fiscal Year (FY) 2015. The Reentry Life Skills Program offers modular components and is 60 hours. The crux of the instruction is changing the reasoning skills needed to make good judgments and decisions by addressing cognitive deficits associated with criminal behavior and includes material for offenders that have been incarcerated for a long period and need reentry skills. The Reentry Life Skills Program consists of 10 consumable workbooks and a teacher’s guide. Workbook titles include:

- Personal Development
- Problem Solving & Decision Making
- Anger Management
- Values Clarification, Goal Setting, & Achieving
- Victim Awareness & Restitution
- Employment Skills
- Job Placement Assistance
- Money Management Skills
- Reentry Support Resources
- Counseling on Individual Community Reentry Concerns

→ **Cost per Participant:** \$486 based on current participation. If participants per class could be increased to at least 15, the cost per participant would decrease to \$399 per participant.

### Sex Offender Treatment Program (SOTP)

SOTP is a treatment program for sex offenders (see fact sheet).

The three main goals of SOTP are:

1. Help the offender learn to reduce and manage their risk to reoffend.
2. Provide information to aid DOC and the community to monitor and manage offenders more effectively.
3. Remain accountable to the people of the State of Washington by routinely evaluating and aligning SOTP with evidence based practices.

→ **Cost per Participant:** Approximately \$6,200.

## Chemical Dependency Services

Treatment services are provided, within available resources, to offenders who meet eligibility criteria established by legislation and DOC policy.

- Therapeutic Community (TC) – As an evidenced and phase-based level of care, TC is the most intensive form of treatment available within DOC in both prison facilities and community settings. TC provides a separate living area and a highly structured environment where offenders participate in CD treatment, right living skills, work, and education and where they practice community and personal accountability. The progressive nature of TC requires demonstration of right living prior to promotion to the next phase of treatment. Treatment teams include CD professionals, mental health staff, medical services staff, custody officers, classification counselors and site administrators.
- Intensive Day Treatment (IDT) - Meets five days a week for 16 weeks in a prison setting. It offers anger management, vocational skills, parenting education, criminogenic needs education, and chemical dependency. IDT is designed to target specific populations – veterans, domestic violence perpetrators, DUI offenders, and offenders who have participated in Hepatitis C treatment.
- Intensive Outpatient (IOP) – This is a highly structured intervention delivered in a day treatment environment. Programs are available in prison, work release, and the community.
- Co-occurring Disorder (COD) Treatments – Modified TC, IOP, and OP treatments are available for offenders who have significant mental health diagnoses and addiction. These treatments are modified in duration, intensity, and progression while incorporating mental health and addiction treatment, which has proven to benefit COD offenders.

→ **Cost per Participant:** Cost per day participant is \$3.67, or \$1,340 per fiscal year.

## Cognitive Behavioral Interventions

The theory of cognitive behavioral interventions (CBIs) sets forth a simple principle that thinking drives actions. DOC also aims to positively impact offenders by stressing personal responsibility and accountability, and by reducing recidivism.

In CBI programs, offenders learn to:

- Recognize and restructure risky thoughts
- Regulate emotional responses
- Improve pro-social skills
- Increase personal responsibility for their actions

This restructuring of offender thoughts and behaviors lead to more prosocial interactions in the community and provide skills for offenders to make better choices which ultimately leads to lower recidivism and safer communities.

→ **Cost per Participant:** Cost per day participant is \$6.22, or \$2,271 per fiscal year.