

# Programs & Addiction Services at Manson Youth Institution

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- Currently 43 youth incarcerated at MYI.
  - 13 sentenced offenders
- Upon sentencing, an Offender Accountability Plan (OAP) is completed by the Unit Counselor.
- Based on the offenders classification scores and criminal history, programs are recommended for the OAP.
- The Counselor meets with the Offender to go over their classification scores and OAP requirements.
- OAP requirements are reviewed every 6 months to 1 year during a regular review of their classification.
- OAP also reviewed when we receive any new information such as a police reports.

# Programs offered at MYI:

## **VOICES** (Victim Offender Institutional Correctional Educational Services)

- Victim impact, understanding and sensitivity to the impact of their crime on others.
- Volunteers as guest speakers

## **Anger Management**

- Skill building, cognitive techniques and relaxation techniques.

## **Unlock Your Thinking**

- Encouraged to think about the difference between what they are feeling and thinking.
- Creates better communication skills.
- Participants introduced to common thinking patterns that lead to frustration, distortion and avoidance of personal responsibility.

## **Domestic Violence**

- Required for any offender who has committed a domestic violence offense.
- Youth specific for male youthful offenders.



## **Embracing Fatherhood**

- Designed to assist incarcerated fathers in gaining awareness of the important role they play in the lives of their children.
- This awareness will enable participants to successfully embrace their roles as fathers and begin to build healthy lifestyles that will benefit their children and themselves.

## **Life Skills – A New Freedom**

- 24 hour curriculum specific to juvenile offenders.
- Provides basic information about nutrition, proper hygiene, managing money, use of leisure time and how to connect to their community
- Teaches coping skills and stress management.

## **Discharge planning/ ID procurement/ Re-entry Services**

- Obtain copies of their driver's license, State ID's, birth certificates and Social Security cards.
- Discuss various topics such as employment, housing and education.
- Assist with resume writing, completing applications and mock interviews.

## Volunteer run Programs:

### **Thresholds**

- Community-based therapeutic counseling system which is led by trained volunteers.
- The focus is on developing decision-making and problem solving skills.
- 16 sessions

### **Young Father's Program**

- Promotes responsible fatherhood while emphasizing development of parenting and co-parenting skills.
- Post release focus is case management, children and family reunification.

### **Mentoring Program – Family Re-entry, Inc.**

- Meet as a group weekly and paired up with an individual mentor to discuss re-entry into the community.
- Meet weekly with mentors and continue to be in touch once they are released into the community.

## **Current Events**

- Weekly group led by Yale student volunteers to discuss current events that would interest the youth population.

## **Tutoring**

- Yale student volunteers, meet one on one with offenders to address specific problem areas in school.
- Referrals from the school.

## **College courses**

- Offered classes through Yale University to include Basic Drawing, Painting Basics and a Writing class.
- Have completed the Inside Out Program through Southern CT State University.



## Other opportunities:

- Resource fair – community outreach, employment and various resources (addiction services, education, mental health).
- Guest speakers – varying topics appropriate to the youth.



## Future Plans:

- Counselors have recently started running groups on the units for any youth that are interested in specific programs.
- Offering groups to offenders when class is cancelled due to a Teacher's absence.

# Programs offered by Addictions Services at MYI:

## **Tier 1**

- New Directions is an evidence-based curriculum program and is 9 weeks in length. It is a cognitive-behavioral treatment based on real-life experiences of incarcerated youths involved in substance use treatment which addresses criminal and addictive thinking.
- The goal of the Tier 1 program at Manson Youth Institution is to provide substance use education, and information on healthy decision making.

## **Tier 2**

- The Matrix model of treatment is an evidence-based curriculum program provided three times per week for ten weeks, for a total of thirty group sessions. The curriculum is designed to assist Tier-2 participants in developing an understanding of addiction, substances of abuse, triggers and relapse prevention and its effect on cognitive, physical, and social areas of their lives.
- The goal of the Tier-2 program at Manson Youth Institution is to provide education, information, and experiences allowing inmates to lead healthy and productive lives without the use of alcohol and drugs.



# 7 Challenges

The Seven Challenges is an evidenced based program designed to for adolescent and young adult substance using individuals to develop motivated decisions and commitments to change using a healthy decision making model. It is 6 months in duration and meets three times per week.



## Goals of the program include:

- To allow youth to make thoughtful decisions
- To utilize journals for healthy dialogue between participant and counselor
- To encourage an honest look at substance use and allow them to determine if continued use is beneficial
- To allow participants to identify issues and then work with counselor as their problem solving partner
- To create an opportunity for group members to ask themselves pertinent life questions.

## Volunteer run Programs:

12 Step Fellowship Narcotics Anonymous & Alcoholics Anonymous



# **SMART RECOVERY**

## *“Discover the Power of Choice”*



SMART Recovery (Self Management And Recovery Training)

The 4-Point Program offers specific tools and techniques for each of the program points:

**Point 1:** Building and Maintaining Motivation

**Point 2:** Coping with Urges

**Point 3:** Managing Thoughts, Feelings and Behaviors

**Point 4:** Living a Balanced Life

- SMART Recovery meets twice weekly and offers 2 components, Recovery Program group and Pro-social peer support activities. This group is currently through voluntary engagement.
- Some of the pro-social activities include games, basketball, movies, volunteer led chair yoga, meditation, mindfulness, sound therapy, art and music projects.

Program Goals:

- Teaches self-empowerment and self-reliance.
- Encourages individuals to recover and live satisfying lives.
- Teaches tools and techniques for self-directed change.

# SMART Family and Friends Group

SMART Recovery® for Family and Friends provides support and tools for people who are affected by the addictive behavior of someone close to them. The program aims to help participants develop more effective coping strategies and find a greater sense of fulfillment in their own lives.

The program recognizes that being in a close relationship with someone struggling with an addiction can be a frustrating, painful and sometimes lonely journey, in which it is easy to lose one's bearings.

Family and friends are offered a once a week group with our specially trained social worker to learn new skills and reduce stress. Special groups are offered such as sound therapy and meditation practices. Incentives are provided and a visit with their loved one following group is offered.

It is our future plan to increase family engagement and increase group sessions for all three components of this program.

