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Compendium 2000 strives to present a variety of opinions on, and approaches to current issues in corrections.

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Compendium 2000 on Effective Correctional Programming

Editors

LAURENCE L. MOTIUK

RALPH C. SERIN

VOLUME 2

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Compendium 2000 on Effective Correctional Programming

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Introduction

RALPH C. SERIN[1]

Volume 2 presents the results of a standardized national survey of existing programs being delivered in provincial and federal correctional jurisdictions and complements the research literature describing effective correctional programming and its evaluation in Volume I. Over the course of a year respondents completed either an Inventory of Correctional Programs (see Appendix A) or Best Practices Survey (see Appendix B), the latter being a more comprehensive version of the former. Correctional Programs include institutional and community settings, youth and adult populations, as well as specialized programs that address the needs of Aboriginal and women populations. Each is summarized as a single page, highlighting key aspects of the program. Importantly, this is a descriptive process and no evaluation was undertaken. In total there are 390 programs described in the Inventory of Correctional Programs, representing Correctional Service of Canada (CSC); all provinces, and territories except Quebec. For some jurisdictions a program is provided at multiple sites. There are 132 programs reflected in the Best Practices.

The purpose of this volume is to provide readers with an appreciation of the number and variety of correctional programs presently available. For some, this information will be helpful to consider referrals to specialized programs. For others this compilation of programs and best practices will assist planning and development initiatives for correctional programming. With the emphasis on resource management, this information may assist jurisdictions to determine if the program choices match the risk/need profile of their offender population.

Feedback from several respondents was that completion of the surveys prompted them to carefully consider the characteristics of their inventory of programs. In this manner they indicated the exercise has been helpful for prioritizing and planning initiatives in the are of correctional programs. As is clear from this *Compendium,* there is considerable expertise available in Canada regarding effective corrections. This second volume has been an opportunity to share best practices among jurisdictions. One goal of the *Compendium* is to facilitate dialogue among correctional administrators and practitioners so that the field will evolve, further contributing to public safety through effective correctional programs.

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PART FOUR

Inventory of Correctional Programs

Correctional Service of Canada

Atlantic Region

(inclusive of New Brunswick, Newfoundland–Labrador, and Nova Scotia)

Correctional Service of Canada

Education Program*

Location: All institutions or communities

Intensity/Type: Intermediate, institution, and community-based

Target groups: Offenders with education below grade 10, or learning disabilities

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment
- Learning disability

Service delivery mode: Group

**This is a national program available to all regions.*

Correctional Service of Canada

Sex Offender Awareness Program

Location: New Brunswick West District Parole Office, Saint John, New Brunswick

Intensity/Type: Low-intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 14 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Empathy (insight)
- Cognitive distortion
- Victim awareness
- Relapse prevention

Service delivery mode: Group

Program deliverers: Psychologist
Program director
Program staff

Correctional Service of Canada

Sex Offender Awareness Program: Maintenance

Location:	New Brunswick West District Parole Office, Saint John, New Brunswick
Intensity/Type:	Maintenance, community-based
Target groups:	Sex offenders, and sub-target groups of incest offenders, and all type of offenders
Commencement date of program:	1992
Duration:	On-going
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Disclosure • Homework
Program targets:	• Offence/crime cycle • Arousal reduction (sexual deviancy) • Empathy (insight) • Cognitive distortion • Relapse prevention
Service delivery mode:	Group
Program deliverers:	Psychologist Program director Program staff

Correctional Service of Canada

Sex Offender Program

Location:	Moncton, New Brunswick
Intensity/Type:	Low intensity, community-based
Target groups:	Sex offenders, and sub-target groups of incest offenders, and offenders who have completed high or moderate intensity programs
Commencement date of program:	1992
Duration:	11 Weeks
Theoretical orientation:	Cognitive-behavioural Psychotherapeutic Relapse prevention
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Successful participation in other programs
Service delivery mode:	Group and individual
Program deliverers:	Psychologist

Correctional Service of Canada

Sex Offender Program (Individual)

Location:	Bathurst, Campbelltown, Grand Sault, Miramichi, and Moncton, New Brunswick
Intensity/Type:	Low intensity, community-based
Target groups:	Sex offenders, and a sub-target group of incest offenders, and those who have completed high and moderate programs
Commencement date of program:	1992
Theoretical orientation:	Cognitive-behavioural Psychotherapeutic Relapse prevention
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Successful participation in other programs
Service delivery mode:	Group or individual
Program deliverers:	Psychologist

Correctional Service of Canada

Sex Offender Program (Maintenance)

Location:	Fredericton Parole Office, Fredericton, New Brunswick
Intensity/Type:	Maintenance, community-based
Target groups:	Sex offenders
Commencement date of program:	1994
Duration:	On-going
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Disclosure • Homework
Program targets:	• Offence/crime cycle • Empathy (insight) • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Interviews • Successful participation in other programs
Service delivery mode:	Group
Program deliverers:	Program director Program staff Social worker

Correctional Service of Canada

Sex Offender Program (Maintenance)

Location: Fredericton Parole Office, Fredericton, New Brunswick

Intensity/Type: Maintenance, community-based

Target groups: Sex offenders

Commencement date of program: 1994

Duration: On-going

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure
- Homework

Program targets:
- Offence/crime cycle
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program director
Program staff
Social worker

Correctional Service of Canada

Sex Offender Program (Maintenance)

Location: Grand Sault, Moncton, New Brunswick

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders, and those who have completed high and moderate programs

Commencement date of program: 1992

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Society of Aboriginal Recovery (SOAR) Program

Location: Dorchester Penitentiary, Dorchester, New Brunswick

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and sexual abuse victims other than incest

Commencement date of program: 1998

Duration: 9 Weeks

Theoretical orientation: All holistic approach

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Native liaison
Elder
Nurse

Correctional Service of Canada

Counterpoint Program

Location: St. John's, Newfoundland

Intensity/Type: Intensive, community-based

Target groups: Violent offenders but not specific to any offender group

Commencement date of program: 1998

Duration: 11 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Family Violence Program

Location: St. John's, Newfoundland

Intensity/Type: Intermediate, community-based

Target groups: Men batterers, and sub-target groups of domestic violence offenders

Commencement date of program: 1991

Duration: 12 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
Feminist theory

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Offender victimization

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Social worker

Correctional Service of Canada

Sex Offender Treatment and Supervision Program

Location: Newfoundland and Labrador District Office, St. John's, Newfoundland

Intensity/Type: Maintenance, and individual, in the community

Target groups: Sex offenders, and sub-target groups of incest offenders, and all types of sex offenders

Commencement date of program: 1990

Duration: 52 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Relapse prevention

Admission criteria:
- Interviews
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program director
Social worker
Parole officer

Correctional Service of Canada

Cognitive Living Skills Program

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Offenders who have deficits in such cognitive functions as social

Commencement date of program: 1988

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Role play
- Homework
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Time management
- Effective planning
- Strategies to overcome personal doubts/fears or new activities

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Conflict Resolution Program

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Interviews
- Pre-treatment testing
- Verbal aggression

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Effective Problem Solving Program

Location: Howard House, Community Residential Centre, Sydney, Nova Scotia

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1990

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Offender victimization

Admission criteria:

- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Leisure Skills Training Program

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders that make inappropriate use of leisure time

Commencement date of program: 1999

Duration: 13 Sessions

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Time management
- Effective planning for leisure
- Strategies to overcome personal doubts/fears of new activities

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Parenting Skills Program

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders with history of parenting problem

Commencement date of program: 1999

Duration: 18 Sessions

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Substance Abuse Program for Women

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Women substance abusers

Commencement date of program: 1995

Duration: 11 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Role play
- Homework
- Skills acquisition

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Relapse prevention
- Cognitive distortion

Admission criteria:

- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Survivors of Abuse and Trauma Program

Location: Nova Institution for Women (minimum- and medium-security), Truro, Nova Scotia

Intensity/Type: Intermediate, institution-based

Target groups: Women violent offenders, and sex offenders that are self-identified victims of abuse, with sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1995

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Understanding/Managing Anger Program

Location: Howard House, Community Residential Centre, Sydney, Nova Scotia

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of incest offenders, domestic violence offenders, and drunk drivers

Commencement date of program: 1991

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Skills acquisition
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Origins and roots of personal anger

Admission criteria:

- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Quebec Region

Correctional Service of Canada

Anger and Emotion Management Program

Location: Institution or community

Intensity/Type: Intermediate, institution, and community based

Target groups: Violent offenders

Commencement date of program: 1993

Duration: 25 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Role play
- Homework
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression
- Successful participation in other programs
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

CATTCS

Location:	Secteur Chicoutimi,
Intensity/Type:	Intermediate
Target groups:	Sex offenders, and sub-target groups of incest offenders and other types of delinquent sexual behaviour
Commencement date of program:	1991
Duration:	26 Weeks
Theoretical orientation:	Cognitive-behavioural Psychotherapeutic
Program components:	• Education • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Pre-treatment testing
Service delivery mode:	Group and individual
Program deliverers:	Psychologist

Correctional Service of Canada

Centre d'aide pour hommes oppresseurs Inc.

Location: East-West Quebec District Parole Office: Joliette, Repentigny, and Terrebonne

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1989

Duration: 21 Weeks

Theoretical orientation: Psychotherapeutic

Program components:

- Education
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction(general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Evidence of violent behaviour

Service delivery mode: Group

Correctional Service of Canada

Centre d'intervention en violence et abus sexuels de l'Estrie

Location: Sherbrooke

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and sub-target groups of incest offenders

Commencement date of program: 1992

Duration 52 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Criminologist
Sexologist

Correctional Service of Canada

Centre de désintoxication et de réadaptation Le Tremplin

Location: Mascouche, Joliette, Repentigny

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1989

Theoretical orientation: Psychodynamic
Psychotherapeutic
Bio-psycho-social

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Specialized assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Centre de réadaptation pour alcooliques et toxicomanes

Location: East-West Quebec District Parole Office, Saint-Jérôme

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1981

Duration: 4 Weeks

Theoretical orientation: Bio-psycho-social

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Reintegration

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Drug is a major problem

Service delivery mode: Group and individual

Correctional Service of Canada

Centre de réadaptation pour alcooliques et toxicomanes

Location: Pavillon Nouveau Point de Vue, Lanoraie

Intensity/Type: Intensive, community-based

Target groups: Adolescent substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1978

Duration: 4 Weeks

Theoretical orientation: Bio-psycho-social
AA/NA
12-step

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Reintegration

Admission criteria:
- Identified substance abuse problem

Service delivery mode: Group and individual

Correctional Service of Canada

CERUM

Location: Centre d'étude et de recherche de l'Université de Montréal, Montreal

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and sub-target group of incest offenders

Commencement date of program: 1990

Duration: 40 Weeks

Theoretical orientation: Cognitive-behavioural
Behaviour modelling

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Communication skills
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Psychologist
Sociologist
Social worker

Correctional Service of Canada

Choix de choisir sa vie

Location: Laurentides Area Parole Office and Laferrière Community Correctionnel Centre, Saint-Jérôme

Intensity/Type: Low intensity, community-based

Commencement date of program: 1998

Duration: 10 Weeks

Theoretical orientation: Reality Therapy

Program components:
- Education
- Skills acquisition
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Cognitive distortion

Admission criteria:
- Interviews

Service delivery mode: Group

Program Deliverers: Program staff

Correctional Service of Canada

Clinique d'évaluation et de traitement des troubles de comportement sexuel

Location: Centre Hospitalier Robert Giffard

Intensity/Type: Intensive, intermediate, community-based

Target groups: Sex offenders, violent sex offenders, and sub-target groups of incest offenders (abusers with cognitive skills difficulty).

Commencement date of program: 1985

Duration: 60 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Social competence

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group

Program deliverers: Sexologist

Correctional Service of Canada

Employment Program

Location: Institution or community

Intensity/Type: Intermediate, institution, and community-based

Target groups: Offenders with few or no skills

Commencement date of program: 1989

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Increase the skills

Admission criteria:
- Interviews
- Pre-treatment testing
- Specialized assessment
- Low level of education

Program deliverers:
- Training workshop

Correctional Service of Canada

Family Violence Prevention and Intervention Program

Location: Hull

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violent offenders

Commencement date of program: 1989

Duration: 30 Weeks

Theoretical orientation: Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history

Service delivery mode: Group

Program deliverers: Program director

Correctional Service of Canada

La Maison Carignan

Location: Trois-Rivières Area Parole Office

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Commencement date of program: 1995

Duration: 24 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Disclosure
- Autobiography
- Homework
- Skills acquisition

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Drug problem

Service delivery mode: Group and individual

Program deliverers: Supervisor

Correctional Service of Canada

Le Portage

Location: Laurentides

Intensity/Type: Intensive, community-based

Target groups: Substance abusers, and a sub-target group of their families

Commencement date of program: 1973

Duration: 36 to 52 Weeks

Theoretical orientation: Therapeutic community

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Parenting skills

Admission criteria:
- Interviews
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Pavillon Jellinek

Location: Locaux du Pavillon, Aylmer, Buckingham, Gatineau, Hull, and Maniwaki

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and sub-target groups of drunk drivers, and offenders with factors contributing to delinquency

Commencement date of program: 1980

Theoretical orientation: Bio-psycho-social (Ruschaska)

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Substance abuse
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Interviews
- Substance abuse assessment

Service delivery mode: Group and individual

Program deliverers: Psychologist
Social worker

Correctional Service of Canada

Programme Contrepoint

Location: Community

Intensity/Type: Intermediate, community-based

Target groups: General offenders

Commencement date of program: 1998

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Assertiveness
- Offence/crime cycle
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Programme d'accompagnement individualisé et communautaire

Location: Maison Radisson, Trois-Rivières

Intensity/Type: Low intensity, community-based

Target groups: Adapting difficulties when reintegrating into the community, and sub-target groups with difficult family/social relationships

Commencement date of program: 1995

Duration: 24 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- A true desire to change

Service delivery mode: Group (maximum 6)

Program deliverers: Psychoeducator
Educator

Correctional Service of Canada

Programme de gestion et de traitement de la délinquance sexuelle

Location: Maison Radisson, Trois-Rivières

Intensity/Type: Intermediate, and low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 35 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychodynamic
Psychotherapeutic
Neuro-linguistic program

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual sessions

Program deliverers:
Psychoeducator
Sexologist

Correctional Service of Canada

Programme de support pour clientèle en santé mentale

Location: Centre Hospitalier Pierre Janet, and in community, Hull

Intensity/Type: Community-based

Target groups: Mental health clientele

Commencement date of program: 1996

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Community support for mental health clientele

Admission criteria:
- Mental health problem

Service delivery mode: Individual

Program deliverers: Nurse

Correctional Service of Canada

Programme de traitement pour agresseurs sexuels adultes

Location: Institut Pinel de Montréal, Montreal

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders

Commencement date of program: 1979

Duration: 52 Weeks

Theoretical orientation: Cognitive-behavioural
Eclectic

Program components:
- Education
- Information sharing
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Correctional Service of Canada

Programme Parents unis Lanaudière

Location: Repentigny-Lanaudière

Intensity/Type: Intermediate and low intensity, community-based

Target groups: Sex offenders, and sub-target groups of incest offenders, and pedophiles

Commencement date of program: 1985

Duration: 72 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (Insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Nature of current offence
- Interviews
- Specialized assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Programme Parents unis Laurentides

Location: St-Jérôme

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 46 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Specialized assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Sentiers

Location: Port-Cartier Penitentiary, Port-Cartier

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Thérapie pour alcooliques et toxicomanes

Location: Le Rivage Inc., Ste-Clothilde-de-Horton, Trois-Rivières

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1976

Duration: 16 to 20 Weeks

Theoretical orientation: Reality therapy

Program components:
- Education
- Skills acquisition
- Role play
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program director
Social worker
Psychotherapist

Correctional Service of Canada

Trajectoires hommes

Location:	Community Residential Centre L'Arc-en-Soi de Rivière-du-Loup,
Intensity/Type:	Intermediate, community-based
Target groups:	Violent offenders, and a sub-target group of domestic violence offenders
Commencement date of program:	1992
Duration:	15 Weeks
Theoretical orientation:	Psychodynamic Psychotherapeutic
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Interviews • Verbal aggression
Service delivery mode:	Group (maximum 8)

Correctional Service of Canada

Violent Offender Program

Location:	Community
Intensity/Type:	Intermediate, community-based
Target groups:	Violent offenders, and a sub-target group of domestic violence offenders
Commencement date of program:	1987
Duration:	20 Weeks
Theoretical orientation:	Cognitive-behavioural Psychotherapeutic
Program components:	• Education • Skills acquisition • Role play • Disclosure • Autobiography
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Verbal aggression • Successful participation in other programs
Service delivery mode:	Group (maximum 8)

Correctional Service of Canada

Vivre sans violence dans la famille

Location:	Institution or community
Intensity/Type:	Low intensity, institution/community-based
Target groups:	General offenders, and a sub-target group of domestic violence offenders
Commencement date of program:	1992
Duration:	10 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Relapse prevention
Admission criteria:	• Nature of current offence • Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results • Verbal aggression • Specialized assessment
Service delivery mode:	Group (maximum 12)
Program deliverers:	Program staff

Correctional Service of Canada

Ontario Region

Correctional Service of Canada

Activities of Daily Living

Location: Prison for Women, Kingston

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders, lacking in personal hygiene

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills

Admission criteria:
- Interviews
- Pre-treatment test results

Service delivery mode: Individual

Correctional Service of Canada

Communication Skills Program

Location:	Prison for Women, Kingston
Intensity/Type:	Low intensity, institution-based
Target groups:	Women offenders lacking in effective communicate skills
Commencement date of program:	1997
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight)
Admission criteria:	• Interviews • Pre-treatment testing • Pre-treatment test result • Verbal aggression • Institutional aggression
Service delivery mode:	Group or individual

Correctional Service of Canada

John Howard Society Program

Location:	John Howard Society, Ottawa
Intensity/Type:	Low intensity, community-based
Target groups:	Violent offenders, substance abusers, and a sub-target group of domestic violence offenders
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Criminal history • Interviews
Service delivery mode:	Group and individual
Program deliverers:	Program director

Correctional Service of Canada

Kushnier, Foran, and Associates Program

Location: Area Parole Office, London

Intensity/Type: Intensive, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1998

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (sexual deviancy)
- Offence/crime cycle
- Social competence
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Social worker

Correctional Service of Canada

Living and Cognitive Skills Program

Location: Grand Valley Institution for Women, Kitchener

Intensity/Type: Intensive, institution-based

Target groups: Women offenders

Commencement date of program: 1994

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist

Correctional Service of Canada

Mental Health Awareness Program

Location:	Prison for Women, Kingston
Intensity/Type:	Low intensity, institution-based
Target groups:	Women offenders, and domestic violence offenders (anyone who signs up that has an interest to further their knowledge in this area)
Duration:	4 Weeks
Theoretical orientation:	Education-based
Program components:	• Education
Service delivery mode:	Group or individual

Correctional Service of Canada

Nutrition and Wellness Program

Location: Prison for Women, Kingston

Intensity/Type: Low intensity, institution-based

Target groups: Women offenders lacking nutritional skills

Commencement date of program: 1997

Duration: 10 Weeks

Theoretical orientation: Skills based

Program components:
- Education
- Skills acquisition

Program targets:
- Social competence
- Reintegration skills

Service delivery mode: Group (maximum 10)

Correctional Service of Canada

Parenting Skills Program

Location: Prison for Women, Kingston

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders who are mothers

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Empathy (insight)
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Individual

Correctional Service of Canada

Prerelease Planning Program

Location: Prison for Women, Kingston

Intensity/Type: Low intensity, institution-based

Target groups: Women offenders

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Assertiveness
- Offence/crime cycle
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Job search, résumé, interview skills

Admission criteria:
- Referral by staff
- Request by inmate

Service delivery mode: Individual

Correctional Service of Canada

Rational Emotive Therapy

Location: Prison for Women, Kingston

Intensity/Type: Intermediate, Institution

Target groups: Personality disordered women offenders

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Individual

Correctional Service of Canada

Relationship Counselling

Location: Prison for Women, Kingston

Intensity/Type: Low intensity, institution-based

Target groups: Women offenders

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Referral by staff
- Request by inmate

Service delivery mode: Individual or couple

Correctional Service of Canada

Self-esteem Program

Location: Prison for Women, Kingston

Intensity/Type: Low intensity, institution-based

Target groups: Women offenders

Commencement date of program: 1997

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Assertiveness
- Social competence
- Arousal reduction (general emotions)
- Communication skills

Admission criteria:
- Interviews

Service delivery mode: Individual

Correctional Service of Canada

Simcoe County Muskoka Program

Location: Barrie Area Parole Office, Barrie

Intensity/Type: Intensive, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers, or if offence included the use of alcohol or drugs

Commencement date of program: 1998

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test result
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Correctional Service of Canada

Stress Management Program

Location: Prison for Women, Kingston

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Communication skills

Admission criteria:
- Interviews
- Pre-treatment test results
- Referrals

Service delivery mode: Individual

Correctional Service of Canada

Symptom Management Program

Location: Prison for Women, Kingston

Intensity/Type: Low intensity, institution-based

Target groups: Mentally ill, low functioning, illiterate women offenders

Commencement date of program: 1998

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Nurse

Correctional Service of Canada

Windsor Sex Offender Treatment Program

Location: Community, Windsor

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1994

Duration: 50 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers: Psychotherapist

Correctional Service of Canada

Prairie Region

(inclusive of Alberta, Manitoba, and Saskatchewan)

Correctional Service of Canada

Adult Sex Offender Program

Location: Calgary, Alberta

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Theoretical orientation:
Cognitive-behavioural
System for couple/family therapy

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Social competence

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers:
Psychologist
Social worker

Correctional Service of Canada

Alpine Wellness Relapse Prevention Program

Location: Grande Cache Institution (minimum- and medium-security), Grande Cache, Alberta

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Offender victimization

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Anger Management Program

Location: Edmonton Institution for Women (minimum- and medium-security), Edmonton, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Women violent offenders, and a sub-target group of domestic violent offenders

Commencement date of program: 1997

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Communication skills
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist

Correctional Service of Canada

Cultural Awareness Program

Location: Pê Sâkâstêw Centre (minimum-security), Hobbema, Alberta

Intensity/Type: Intermediate, institution, and community-based

Target groups: Aboriginal offenders

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Aboriginal Elder

Correctional Service of Canada

Family Violence Program

Location: Edmonton Parole Office, Edmonton, Alberta

Intensity/Type: Intermediate, community-based

Target groups: A sub-target group of domestic violence offenders

Commencement date of program: 1999

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group

Program deliverers: Social worker

Correctional Service of Canada

First Nations Culture Program

Location: Drumheller Institution (medium-security), Drumheller, Alberta

Intensity/Type: Institution-based

Target groups: Aboriginal offenders

Commencement date of program: 1985

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- First Nations culture

Admission criteria:
- Interest in First Nations culture

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Marcon Life Program

Location: Area Parole Office, Lethbridge, Alberta

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1994

Duration: 24 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychodynamic
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group (maximum 7)

Program deliverers: Psychologist

Correctional Service of Canada

New Beginning Family Violence Program

Location: Edmonton Institution for Women (Multi-level security), Edmonton, Alberta

Intensity/Type: Low intensity, institution-based

Target groups: Women sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violent offenders, incest offenders, and drunk drivers

Commencement date of program: 1996

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Relapse prevention

Admission criteria: No specified criteria

Service delivery mode: Group (maximum 15)

Program deliverers: Social worker

Correctional Service of Canada

Parkland Wellness Program

Location: Bowden Institution (medium-security), Innisfail, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and sub-target groups of incest offenders, rapists, and pedophiles offenders

Commencement date of program: 1991

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Self-esteem

Admission criteria:
- Criminal history
- Interviews

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist
Program coordinator
Program staff

Correctional Service of Canada

Path Finding Program

Location: Drumheller Institution (medium-security), Drumheller, Alberta

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, drunk drivers, and those experiencing a history of grief and loss

Commencement date of program: 1996

Duration: 14 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic (Narrative systemic therapy)

Program components:

- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Social competence

Admission criteria:

- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Pre-Treatment Program

Location: Drumheller Institution (medium-security), Drumheller, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1994

Duration: 8 Weeks

Theoretical orientation: Holistic healing approach to addictions

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Aboriginal offenders with substance abuse
- Criminal history
- Pre-treatment testing

Service delivery mode: Group (maximum 12)

Program deliverers: Program staff

Correctional Service of Canada

Relapse Prevention Program

Location: Calgary District Parole Office, Calgary, Alberta

Intensity/Type: Intermediate, community-based

Target groups: General offenders

Commencement date of program: 1998

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group

Program deliverers: Psychologist

Correctional Service of Canada

Relapse Prevention Program

Location: Edmonton Parole Office, Edmonton, Alberta

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, substance abusers, and those with a general criminal lifestyle

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group

Program deliverers: Psychologist
Social worker

Correctional Service of Canada

Sacred Circle

Location:	Edmonton Institution, Edmonton, Alberta
Intensity/Type:	Intermediate, institution-based
Target groups:	Aboriginal offenders
Commencement date of program:	1998
Duration:	6 Weeks
Theoretical orientation:	Spiritual Cultural
Program components:	• Education • Information sharing • Disclosure
Program targets:	• Substance abuse • Aboriginal culture and spirituality
Admission criteria:	• Elder decision
Service delivery mode:	Group (maximum 10-12)
Program deliverers:	Elder

Correctional Service of Canada

Trauma and Abuse Education, and Awareness

Location: Edmonton Institution for Women, Edmonton, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Women offenders, and sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1997

Duration: 7 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Relapse prevention

Admission criteria:

- Nature of current offence
- Number of prior convictions
- Criminal history
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Base Exodus Program

Location: Rockwood Institution (minimum-security), Stony Mountain, Manitoba

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders

Commencement date of program: 1991

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Control/wellness plan

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program director
Program staff

Correctional Service of Canada

Clean and Sober Program

Location: Winnipeg, Manitoba

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of all types of offenders

Commencement date of program: 1998

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic
12-Step

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (general emotions)
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Individual

Program deliverers: Program director
Program staff

Correctional Service of Canada

Community Relapse Prevention Program

Location: Winnipeg, Manitoba

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of all types of offenders

Commencement date of program: 1995

Duration: 13 Weeks

Theoretical orientation: Cognitive-behavioural
12-Step

Program components:
- Education
- Information sharing
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Native Clan Organization Program

Location: Winnipeg Community Residential Facility, Manitoba

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of all type of offenders

Commencement date of program: 1974

Duration: 5 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
Native spirituality

Program components:
- Education
- Information sharing
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Native spirituality
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Norbert Foundation Program

Location: Winnipeg, Manitoba

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Commencement date of program: 1985

Duration: 3 to 6 Months

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
Native spirituality

Program components:
- Education
- Information sharing
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Cognitive distortion
- Relapse prevention
- Parenting

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers:
Program staff
Program director

Correctional Service of Canada

Salvation Army Anchorage Program

Location: Winnipeg, Manitoba

Intensity/Type: Intensive, community-based

Target groups: Substance abusers, and sub-target groups of domestic violence offenders, incest offenders, drunk drivers, and all types of offenders

Commencement date of program: 1989

Duration: 9 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
12-Step

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program director

Correctional Service of Canada

Tamarak Rehabilitation Program

Location: Winnipeg, Manitoba

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1974

Duration: 60 Days

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Communication skills
- Relapse prevention

Admission criteria:
- Interviews
- Motivated to attend
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Correctional Service of Canada

Aboriginal Alternative to Segregation Program

Location: Saskatchewan Penitentiary, Prince Albert, Saskatchewan

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and substance abusers

Commencement date of program: 1998

Duration: 4 to 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Alternative problem resolution
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Native liaison
Native Elder

Correctional Service of Canada

Alcohol and Drug Abuse Education Program

Location:	Prince Albert, Saskatchewan
Intensity/Type:	Low intensity, community-based
Target groups:	Substance abusers, and a sub-target group of drunk drivers
Duration:	3 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing
Program targets:	• Substance abuse
Admission criteria:	• Nature of current offence
Service delivery mode:	Group (maximum 20)
Program deliverers:	Program director

Correctional Service of Canada

Intensive Healing Program

Location: Churchill Unit, Regional Psychiatric Centre Prairie, Saskatoon, Saskatchewan

Intensity/Type: Intensive, institution-based

Target groups: Women offenders

Commencement date of program: 1996

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Autobiography
- Homework

Program targets:
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Relapse prevention

Admission criteria:
- Institutional aggression
- Self-harm
- Verbal aggression

Service delivery mode: Group and individual

Program deliverers: Program director
Psychologist
Social worker
Elder

Correctional Service of Canada

Macsi-Hawk Program

Location:	Prince Albert, Saskatchewan
Intensity/Type:	Low intensity, community-based
Target groups:	Substance abusers
Commencement date of program:	1998
Theoretical orientation:	Cognitive-behavioural
Program components:	• Information sharing
Program targets:	• Problem solving (impulse control) • Substance abuse • Cognitive distortion
Admission criteria:	• Nature of current offence
Service delivery mode:	Group (maximum 12)
Program deliverers:	Program staff

Correctional Service of Canada

Moderate Intensity Aboriginal Sex Offender Program

Location: Saskatchewan Penitentiary, Prince Albert, Saskatchewan

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history

Service delivery mode: Group and individual

Program deliverers: Psychologist
Social worker
Program staff

Correctional Service of Canada

New Choices for Men Program

Location:	Prince Albert, Saskatchewan
Intensity/Type:	Intermediate, community-based
Target groups:	Violent offenders, and a sub-target group of domestic violence offenders
Commencement date of program:	1990
Duration:	15 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Assertiveness • Offence/crime cycle • Arousal reduction (anger) • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion
Admission criteria:	• Nature of current offence
Service delivery mode:	Group and individual
Program deliverers:	Social worker

Correctional Service of Canada

Personal Counselling

Location: Prince Albert, Saskatchewan

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, drunk drivers, and general recidivism

Commencement date of program: 1996

Theoretical orientation: Psychotherapeutic

Program components:
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence

Service delivery mode: Individual

Program deliverers: Program director

Correctional Service of Canada

Regina Sex Offender Program

Location: Regina Parole Office, Regina, Saskatchewan

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1994

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program director
Program staff

Correctional Service of Canada

Self-Help Program

Location: Riverbend Institution, and community, Prince Albert, Saskatchewan

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1996

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Individual

Program deliverers: Counselor

Correctional Service of Canada

Sex Offender Program

Location:	North Battleford, Saskatchewan
Intensity/Type:	Low-intensity, community-based
Target groups:	Sex offenders, and a sub-target group of incest offenders
Commencement date of program:	1995
Duration:	16 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Disclosure • Homework
Program targets:	• Problem solving (impulse control) • Offence/crime cycle • Social competence • Empathy (insight) • Arousal reduction (sexual deviancy) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Interviews
Service delivery mode:	Group and individual
Program deliverers:	Psychologist

Correctional Service of Canada

Sex Offender Program

Location: Prince Albert, Saskatchewan

Intensity/Type: Community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Pre-treatment testing

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program staff

Correctional Service of Canada

Society of Aboriginal Addictions Recovery (SOAAR)

Location: Saskatchewan Penitentiary (medium-security), Prince Albert, Saskatchewan

Intensity/Type: Intermediate, institution-based

Target groups: Aboriginal substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Duration: 7 Weeks

Theoretical orientation: Spiritual
Holistic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Relapse prevention
- Healing through aboriginal culture
- Self-esteem
- Self-discovery
- Values

Admission criteria:
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program officer

Correctional Service of Canada

WA WA EE

Location: Riverbend Institution (minimum-security), Prince Albert, Saskatchewan

Intensity/Type: Intensive, institution-based

Target groups: Aboriginal sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1995

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Spirituality
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression
- History of foster homes
- Boarding school

Service delivery mode: Group and individual

Program deliverers: Native liaison officer

Correctional Service of Canada

Who Spa Gan

Location: Saskatchewan Penitentiary (medium-security), Prince Albert, Saskatchewan

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic
Psychotherapeutic

Program components:
- Information sharing
- Disclosure
- Autobiography
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and Individual

Program deliverers: Native Liaison

Correctional Service of Canada

Pacific Region

Correctional Service of Canada

Balanced Life Styles Program

Location: Circle of Eagles Lodge, and Community, British Columbia

Intensity/Type: Intermediate and low intensity, institution, and community-based

Target groups: Substance abusers

Commencement date of program: 1995

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Pre-treatment test results

Service delivery mode: Group (maximum 10)

Program deliverers: Program staff

Correctional Service of Canada

Personality Disordered Sex Offender Program

Location: Mountain Institution (medium-security), Agassiz, British Columbia

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1990

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Skills acquisition
- Disclosure
- Autobiography
- Homework
- Information sharing
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Psychologist

Correctional Service of Canada

Sex Offender Relapse Prevention Program

Location: Mountain Institution (medium-security), Agassiz, British Columbia

Intensity/Type: Intermediate and low intensity, institution-based

Target groups: Sex offenders, and sub-target groups of domestic violence offenders, incest offenders, pedophiles, and rapists

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Arousal (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Nature of current offence
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Sex Offender Relapse Prevention Program

Location: Vancouver Island District Parole Office, Victoria, British Columbia

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders

Commencement date of program: 1994

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers:
Psychologist
Parole officer

Correctional Service of Canada

Sex Offender Relapse Prevention Program

Location: Vancouver Parole Office, Vancouver, British Columbia

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Autobiography
- Homework
- Disclosure

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers: Psychologist
Parole Officer

Correctional Service of Canada

Substance Abuse and Reintegration Program

Location: Howard House Community Residential Facility, Vernon, British Columbia

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers and sub-target groups of educational/employment

Commencement date of program: 1996

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group and individual

Program deliverers: Program staff

Provinces and Territories

Provinces and Territories

Alberta

Alberta

A Christmas Humbug Program

Location: Young Offenders Centre, Edmonton

Intensity/Type: Low intensity, Institution-based

Target groups: All young offenders

Commencement date of program: 1999

Program components:
- Role play
- Disclosure

Program Targets:
- Arousal reduction (general emotions)

Admission criteria:
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program staff

Alberta

Academic Upgrading Program

Location: All Correctional Treatment Centres

Intensity/Type: Intermediate and low-intensity, institution-based

Target groups: Low functioning

Commencement date of program: 1977

Theoretical orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Communication skills

Admission criteria:
- Interviews
- Pre-treatment testing
- Offender request

Service delivery mode: Group and individual

Alberta

Addictions Awareness Program

Location: All Correctional Treatment Centres

Intensity/Type: Intermediate and low, institution-based

Target groups: Substance abusers, and sub-target groups of domestic violence, and drunk drivers

Theoretical orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Alberta

Addictions Awareness Program

Location: Calgary Attendance Centre, and Edmonton Intake

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1997

Duration: 12 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Substance abuse
- Relapse prevention

Admission criteria:
- Recognized addiction problem

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff
Chaplain

Alberta

Addictions Support Program

Location: Young Offenders Centre, Grande Prairie

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers, and children of alcoholics

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Self-referral

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

AIDS / STDS Awareness Program

Location: Young Offenders Centre, Calgary, and Lethbridge

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violent offenders, incest offenders, and drunk drivers

Commencement date of program: 1989

Theoretical orientation: Health/awareness

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria: Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program staff
Medical personnel

Alberta

Alternative Measure Program

Location: All Community Corrections Centres in Alberta

Intensity/Type: Intensive, community-based

Target groups: Those who can not pay fines

Commencement date of program: 1989

Admission criteria:
- Nature of current offence
- Number of prior convictions

Service delivery mode: Individual supervision

Program deliverers: Probation officer

Alberta

Alternatives to Violence Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1989

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

Anger Management Program

Location: All Correctional Treatment Centres

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1987

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 15)

Program deliverers: Psychologist

Alberta

Anger Management Program

Location: Calgary Attendance Centre, and Edmonton Intake

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1994

Duration: 3 to 4 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Role play

Program targets:
- Substance abuse
- Problem definition
- Arousal reduction (anger)
- Arousal reduction (general emotions)

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Interviews
- Verbal aggression

Service delivery mode: Group (maximum 15)

Program deliverers: Program director

Alberta

Anger Management Program

Location: Young Offenders Centre, Calgary, Edmonton, and Grande Prairie

Intensity/Type: Low intensity, institution-based

Target groups: Young offenders, and substance abusers with anger issues

Commencement date of program: 1997

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion

Admission criteria:
- Interviews
- Institutional aggression

Service delivery mode: Individual

Program deliverers: Psychologist
Program staff

Alberta

Baking Program

Location:	Calgary Correctional Centre (medium-security)
Intensity/Type:	Low intensity, institution-based
Target groups:	All offenders
Commencement date of program:	1987
Duration:	16 Weeks
Theoretical orientation:	Skills development
Program components:	• Education • Skills acquisition
Program targets:	• Problem definition • Problem solving (impulse control) • Relapse prevention
Service delivery mode:	Group (maximum 5)
Program deliverers:	Journeyman Baker

Alberta

Barber Program

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, sex offenders, and substance abusers

Duration: 16 Weeks

Theoretical orientation: Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Group (maximum 4)

Program deliverers: Hair stylist
Barber

Alberta

Black Rock / Restrictive Unit Program

Location: Young Offenders Centre, Calgary, and Edmonton

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers, violent offenders, and sex offenders

Commencement date of program: 1988

Theoretical orientation:
Cognitive-behavioural
Self-esteem
Problem solving

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers:
Psychologist
Youth workers

Alberta

Building Service Worker Program

Location: Fort Saskatchewan

Intensity/Type: Intensive, institution-based

Target groups: All offenders

Commencement date of program: 1992

Duration: 6 Weeks

Theoretical orientation: Adult education

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Social competence
- Communication skills
- Employment

Admission criteria:
- Interviews
- Interest

Service delivery mode: Classroom and practical application

Program deliverers: Program staff

Alberta

Carpentry Program

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1981

Duration: 12 Weeks

Theoretical orientation: Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Group (maximum 7)

Program deliverers: Journeyman Carpenter

Alberta

Chaplaincy Program

Location: All Correctional Treatment Centres

Intensity/Type: Low-intensity, institution-based

Target groups: Interested offenders

Commencement date of program: 1987

Theoretical orientation: Spiritual Counselling

Program components:
- Information sharing
- Disclosure

Program targets:
- Spiritual

Admission criteria:
- Interest
- Self-referral

Service delivery mode: Group and individual

Alberta

Chaplaincy Services

Location: Young Offenders Centre, Calgary, Edmonton, and Grande Prairie

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Theoretical orientation: Cognitive-behavioural
Spiritual

Program components:
- Education
- Information sharing

Service delivery mode: Group and individual

Program deliverers: Chaplain

Alberta

Child Friendly Calgary Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Low intensity, institution, and community-based

Target groups: Youth offenders aged 12 to 18

Commencement date of program: 1999

Duration: On-going

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Assertiveness
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Interviews
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program director

Alberta

Community Transition Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, institution, and community-based

Target groups: Prerelease offenders

Commencement date of program: 1999

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Assertiveness
- Cognitive distortion
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Relapse prevention

Admission criteria: Interviews

Service delivery mode: Group and individual

Program deliverers: Program director

Alberta

Conditional Sentence Program

Location: All communities

Intensity/Type: Intensive and intermediate, community-based

Target groups: Any offender sentenced by court

Commencement date of program: 1996

Program targets:
- Minimize risk of re-offending

Admission criteria: Sentence is imposed by court

Program deliverers: Probation officer

Alberta

Confined Spaces Program

Location:	Calgary Correctional Centre (medium-security)
Intensity/Type:	Low intensity, institution-based
Target groups:	All offenders
Commencement date of program:	1998
Duration:	16 Weeks
Theoretical orientation:	Skills acquisition
Program components:	• Education • Skills acquisition
Program targets:	• Problem definition • Relapse prevention • Skills knowledge acquisition
Service delivery mode:	Group (maximum 12)
Program deliverers:	Program staff

Alberta

Construction Safety

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1997

Duration: 6 hours

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Self-directed computer modules

Program deliverers: Certified teacher

Alberta

Crime Cycle Program

Location: Young Offenders Program Centre, Calgary, and Lethbridge

Intensity/Type: Low intensity, institution, and community-based

Target groups: All offenders

Commencement date of program: 1993

Duration: 9 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff
Volunteers

Alberta

Drug Abuse and Alcoholism Program

Location: Poundmaker's Lodge Adolescent Treatment Centre, St. Paul

Intensity/Type: Intermediate, institution-based

Target groups: Young offenders

Commencement date of program: 1990

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Addiction treatment

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention
- Anger management

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff
Elder
Support Staff

Alberta

Duke of Edinburgh Award

Location: Young Offenders Program Centre, Calgary

Intensity/Type: Intermediate, institution-based

Target groups: All young offenders

Commencement date of program: 1998

Theoretical orientation:
Cognitive-behavioural
Peer relationship
Participatory
Community commitment

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Social competence

Service delivery mode: Group and individual

Alberta

Educational Program

Location: Young Offenders Centre, Grande Prairie, and Lethbridge

Intensity/Type: Intermediate, institution-based

Target groups: All young offenders

Commencement date of program: 1986

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Social competence
- Communication skills
- Cognitive distortion

Program deliverers: Teacher

Alberta

Elders Program

Location: All Correctional Centres

Intensity/Type: Low intensity, institution-based

Target groups: Interested offenders

Commencement date of program: 1989

Duration: On-going

Theoretical orientation:
Spiritual
Knowledge
Self-awareness

Program components:
- Education
- Information sharing

Program targets:
- Substance abuse
- Spiritual

Admission criteria:
- Offender interest

Service delivery mode: Group and individual

Program deliverers: Native program coordinator

Alberta

Employment Skills Program

Location: Correctional Centre, Bow River, Calgary, and Lethbridge

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1996

Duration: 3 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Criminal history

Service delivery mode: Group (maximum 15)

Program deliverers: Social worker

Alberta

Family Violence Program

Location: All Correctional Treatment Centres

Intensity/Type: Intensive, intermediate, and low-intensity, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1988

Theoretical orientation:
Cognitive-behavioural
Educational
Self-awareness

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Victim awareness
- Offender victimization
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression

Service delivery mode: Individual and groups

Alberta

Family Violence Awareness Program

Location: Young Offenders Centre, Lethbridge

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, and sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1997

Theoretical orientation: Psychotherapeutic

Program components:
- Education
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

Fine Option Program

Location:	All Community Corrections Centres in Alberta
Intensity/Type:	Intermediate, community-based
Target groups:	Those who can't pay fines
Commencement date of program:	1975
Program targets:	Minimize incarceration
Admission criteria:	Able to work
Program deliverers:	Probation officer

Alberta

First AID and CPR

Location: All Correctional Treatment Centres

Intensity/Type: Intermediate, and low-intensity, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Commencement date of program: 1994

Duration: 16 hours

Theoretical orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group and individual

Program deliverers: Instructor

Alberta

H_2S Alive Learning Objective

Location:	Calgary Correctional Centre (medium-security)
Intensity/Type:	Low intensity, institution-based
Target groups:	All offenders
Commencement date of program:	1998
Duration:	8 hours
Theoretical orientation:	Skills acquisition
Program components:	• Education • Skills acquisition
Program targets:	• Problem definition • Relapse prevention
Service delivery mode:	Group (maximum 14)
Program deliverers:	Program staff

Alberta

High Risk Recognition Group

Location: Young Offenders Centre, Edmonton

Intensity/Type: Intermediate, institution-based

Target groups: Young offenders

Commencement date of program: 1998

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews

Service delivery mode: Group

Program deliverers: Program staff

Alberta

Independent Living Skills Program

Location:	Calgary Remand Centre
Intensity/Type:	Low intensity, institution-based
Target groups:	All offenders
Commencement date of program:	1993
Duration:	4 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Skills acquisition
Program targets:	• Problem definition • Problem solving (impulse control) • Relapse prevention
Admission criteria:	• Criminal history • Interviews
Service delivery mode:	Group (maximum 5)
Program deliverers:	Program staff

Alberta

Inmate Rehabilitation / Work Certification Program

Location: Metis Nation Wilderness Camp Society

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1993

Theoretical Orientation: Rehabilitation

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Native

Service delivery mode: Group and individual

Program deliverers: Program director
Elder

Alberta

Junior Achievement Program

Location:	Young Offenders Centre, Calgary
Intensity/Type:	Intensive, institution-based
Target groups:	All young offenders
Commencement date of program:	1999
Duration:	12 Weeks
Theoretical orientation:	Educational
Program components:	• Education • Homework • Skills acquisition
Program targets:	• Problem definition • Problem solving (impulse control) • Communication skills
Admission criteria:	• Part of anger program • Interviews
Service delivery mode:	Classroom
Program deliverers:	Teacher

Alberta

Junior Achievement Program

Location:	Young Offenders Centre, Edmonton
Intensity/Type:	Intensive, institution-based
Target groups:	All young offenders
Commencement date of program:	1996
Duration:	8 Weeks
Theoretical orientation:	Life skills
Program components:	• Education • Information sharing • Skills acquisition • Role play • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Social competence • Communication skills
Admission criteria:	• Must be in centre for 8 weeks

Alberta

Life Management Skills Program

Location: All Correctional Treatment Centres

Intensity/Type: Intermediate, and low-intensity, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Commencement date of program: 1979

Theoretical orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Cognitive distortion
- Communication skills
- Empathy (insight)
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist

Alberta

Life Skills Program

Location: Young Offenders Program Centre, Calgary, and Lethbridge

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1989

Duration: On-going

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

Long Term Group

Location: Young Offenders Centre, Calgary

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation:
- Cognitive-behavioural
- Adolescent problem solving
- Moral development training
- Social group skills

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Life skills
- Moral reasoning

Admission criteria:
- Nature of current offence
- Number of prior convictions

Service delivery mode: Group and individual

Program deliverers: Program director
Psychologist
Program staff

Alberta

Native Awareness Program

Location: Peace River Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: Interested offenders

Commencement date of program: 1995

Duration: 1 Week

Theoretical orientation: Educational

Program components:
- Education

Admission criteria:
- Interested offenders

Service delivery mode: Group

Program deliverers: Native program coordinator

Alberta

Native Awareness / Studies Program

Location: Young Offenders Centre, Calgary, Grande Prairie, and Lethbridge

Intensity/Type: Intermediate, institution-based

Target groups: Native sex offenders, violent offenders, substance abusers, and sub-target groups of Native domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1988

Duration: On-going

Theoretical orientation: Cognitive-behavioural
Native ways of life

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Empathy (insight)
- Cognitive distortion
- Respect for others

Admission criteria:
- Number of prior convictions
- Criminal history
- Interviews
- Self-referral

Service delivery mode: Group and individual

Program deliverers: Program staff
Elder
Psychologist

Alberta

Order of Disposition Program

Location: All Communities in Alberta

Intensity/Type: Low intensity, community-based

Target groups: Property offenders

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Victim awareness
- Relapse prevention

Admission criteria:
- Nature of current offence
- Court referral

Program deliverers: Probation officer

Alberta

Peace Bond Program

Location:	All Community Corrections Centres in Alberta
Intensity/Type:	Intensive, intermediate, and low-intensity, community-based
Target groups:	Selected offenders by courts
Commencement date of program:	1990
Program targets:	• To help keep the peace for an individual or family unit
Admission criteria:	• As chosen by the courts
Program deliverers:	Probation officer

Alberta

Pre-Trial Bail Supervision Program

Location: All Alberta

Intensity/Type: Intensive, intermediate, and low-intensity, community-based

Target groups: Offenders as directed by court

Theoretical Orientation: Court ordered released

Program targets:
- Problem definition

Program deliverers: Probation officer

Alberta

Prevention of Family Violence Program

Location: Community Corrections of Probation

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1996

Duration: 9 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Court order

Service delivery mode: Group (maximum 14)

Program deliverers: Probation officer
Psychologist

Alberta

Probation Program

Location: All Community Corrections Centres

Intensity/Type: Intensive, intermediate, and low-intensity, community-based

Target groups: Any offender sentenced by court

Program targets:
- Minimize reoffending

Admission criteria: Sentence is imposed by the court

Service delivery mode: Individual

Program deliverers: Probation officer

Alberta

Prostitution Awareness and Prevention Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, community, and institution-based

Target groups: Substance abusers, victims of violence, and victims of the sex trade

Commencement date of program: 1992

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Empathy (insight)
- Offender victimization
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs
- Self-referral

Service delivery mode: Group and individual

Alberta

Psychology for Success – Chapel

Location: Edmonton Rehabilitation Centre (maximum-security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1991

Duration: 3 Weeks

Theoretical orientation: Spiritual
Social
Psychological

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Arousal reduction (general emotions)
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group (maximum 10)

Program deliverers: Chaplain

Alberta

Safety – Workplace Program

Location: Peace River Correctional Centre (medium- security)

Intensity/Type: Intermediate, institution-based

Target groups: Interested offenders

Commencement date of program: 1997

Theoretical orientation: Educational
Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence

Admission criteria:
- Offender interest

Service delivery mode: Group (maximum 16)

Program deliverers: Instructor

Alberta

Scouts – EYOC Program

Location: Young Offenders Program Centre, Edmonton

Intensity/Type: Low intensity, institution-based

Target groups: All young offenders

Commencement date of program: 1997

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Teamwork
- Survival skills
- Leadership

Admission criteria:
- Age

Service delivery mode: Group

Program deliverers: Scout teacher

Alberta

Sewing and Upholstery Program

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1987

Duration: 16 Weeks

Theoretical Orientation
- Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Group (maximum 8)

Program deliverers: Instructor

Alberta

Sex Offender Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, institution, and community-based

Target groups: Sex offenders

Commencement date of program: 1990

Theoretical orientation:
Cognitive-behavioural
Psychoeducational
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions

Service delivery mode: Group and individual

Program deliverers: Psychologist

Alberta

Special Needs Unit

Location: Young Offenders Centre, Calgary

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers, violent offenders, and sex offenders

Commencement date of program: 1990

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Social/maturity skills
- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program director

Alberta

Starting a Small Business Program

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1998

Duration: 4 days

Theoretical orientation: Skills and knowledge acquisition

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Group (maximum 14)

Program deliverers: Certified teacher

Alberta

Temporary Absence Program

Location: All Alberta

Intensity/Type: Intensive, community-based

Target groups: Non-violent offenders

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Successful participation in other programs

Service delivery mode: Individual

Program deliverers: Probation officer

Alberta

The Girl's Group

Location: Young Offenders Centre, Edmonton

Intensity/Type: Low intensity, institution-based

Target groups: All young women offenders

Commencement date of program: 1997

Theoretical orientation: Information
Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Substance abuse
- Empathy (insight)
- Victim awareness

Service delivery mode: Group

Program deliverers: Program staff
Correctional service worker

Alberta

Tipping the Balance Program

Location: Young Offenders Centre, Grande Prairie

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Self-referral

Service delivery mode: Group

Program deliverers: Social worker

Alberta

Volunteer Probation Program

Location: Community Corrections Branch

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, sex offenders, and substance abusers

Commencement date of program: 1981

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs

Service delivery mode: Individual

Alberta

Volunteer Program

Location: All Correctional Centres

Intensity/Type: Institution, and community-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1980

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression
- Successful participation in other programs
- Pre-treatment test results
- Specialized assessment

Service delivery mode:
- Group and individual

Alberta

Volunteer Program

Location: Young Offenders Program Centre, Calgary

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1989

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Interviews
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Volunteers

Alberta

Welding (Metal and Welding Skills, Level – 11BS)

Location: Calgary Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Commencement date of program: 1980

Duration: 8 Weeks

Theoretical orientation: Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Relapse prevention

Service delivery mode: Group (maximum 5)

Program deliverers: Journeyman Welder

Alberta

Work Program

Location: Young Offenders Centre, Edmonton

Intensity/Type: Low intensity, community, and institution-based

Target groups: Work crew

Commencement date of program: 1988

Theoretical orientation: Work ethics

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

Young Offender Custody Home Program

Location: Community Corrections Branch

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and property offenders

Commencement date of program: 1986

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs

Service delivery mode: Individual

Program deliverers: Probation officer

Alberta

Young Offender Residential Program

Location: Catholic Social Services

Intensity/Type: Intermediate, community-based

Target groups: All young offenders

Commencement date of program: 1988

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Social competence
- Life skills

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Provinces and Territories

British Columbia

British Columbia

BB Youth Program

Location: All British Columbia

Intensity/Type: Intermediate, institution-based

Target groups: Chronic young violent offenders

Commencement date of program: 1997

Duration: 26 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychodynamic
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Self-esteem
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Psychologist

British Columbia

Exodus Substance Abuse Alcohol and Drug Treatment Program

Location: All British Columbia

Intensity/Type: Intensity, community-based

Target groups: Youth substance abusers

Commencement date of program: 1991

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Psychologist

British Columbia

Substance Abuse Management Program

Location: All British Columbia

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1998

Theoretical orientation: Cognitive-behavioural

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Cognitive distortion
- Relapse prevention

Service delivery mode: Group (maximum 12)

British Columbia

Violence Prevention Program

Location:	All British Columbia
Intensity/Type:	Intermediate, institution-based
Target groups:	Violent offenders
Commencement date of program:	1998
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (anger) • Cognitive distortion • Relapse prevention
Service delivery mode:	Group (maximum 12)

Provinces and Territories

Manitoba

Manitoba

Addiction Recovery Program

Location: Milner Ridge Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1990

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group and Individual

Program deliverers: Program staff

Manitoba

Adolescent Sexual Offender Program

Location: Brandon Probation

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1993

Duration: 18 to 24 months

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Assertiveness
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Probation officer
Psychiatrist
Teacher

Manitoba

Adult Education Program

Location: Headingley Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: All offenders

Theoretical orientation: Academic

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Life skills

Admission criteria:
- Interviews

Service delivery mode: Group and individual

Program deliverers: Teachers

Manitoba

Anger Management Program

Location: Agassiz Youth Centre, Portage La Prairie

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1996

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Pre-treatment test results

Service delivery mode: Group (maximum 12)

Program deliverers: Teacher

Manitoba

Anger Management Program

Location: Brandon Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1997

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 10)

Manitoba

Anger Management Program

Location: Community

Intensity/Type: Community-based

Target groups: Violent offenders

Commencement date of program: 1993

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Criminologist

Manitoba

Anger Management Program

Location: Community and Youth Corrections

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1993

Duration: 25 hours

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Probation officer

Manitoba

Anger Management Program

Location: Headingley Correctional Institution

Intensity/Type: Intermediate, community, and institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1990

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Number of prior convictions
- Pre-treatment testing
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Program director

Manitoba

Anger Management Program

Location: Milner Ridge Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders

Commencement date of program: 1991

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Program staff

Manitoba

Anger Management Program

Location: Probation Services to Midland

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders

Commencement date of program: 1992

Duration: 13 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Verbal aggression

Service delivery mode: Group and individual

Program deliverers: Social worker

Manitoba

Anger Management Program

Location: Community and Youth Corrections, Thompson Manitoba Region

Intensity/Type: Intermediate, community-based

Target groups: Offenders with anger issues

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Service delivery mode: Group format with individual session in other communities

Manitoba

Change Skills Program

Location:	Milner Ridge Correctional Institution
Intensity/Type:	Low intensity, institution-based
Target groups:	All offenders
Commencement date of program:	1996
Duration:	1 week
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Homework
Program targets:	• Problem definition • Cognitive distortion
Admission criteria:	• Interviews
Service delivery mode:	Group and individual
Program deliverers:	Correctional officer Program staff

Manitoba

Chemical Dependency Program

Location: Agassiz Youth Centre, Portage La Prairie

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1988

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 12)

Program deliverers: Teacher

Manitoba

Chemical Dependency Program

Location: Headingley Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and sub-target groups of drunk drivers, domestic violence offenders, and incest offenders

Commencement date of program: 1988

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group and individual

Manitoba

Commitment to Change Program

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, property offenders, and drug trafficking, and sub-target groups of domestic violence offenders, drunk drivers, and fraud offenders

Commencement date of program: 1995

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Institutional aggression
- Verbal aggression

Service delivery mode:
- Group and individual

Program deliverers
- Program director

Manitoba

Fresh Start Program

Location: Provincial Building, Brandon

Intensity/Type: Community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Duration: 18 Months

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group

Program deliverers: Social worker

Manitoba

Fresh Start (Adult Offenders) Program

Location: Brandon Probation

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1987

Duration: 18 Months

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 10)

Program deliverers: Probation officer

Manitoba

Gang Intervention Program

Location:	Headingley Correctional Institution
Intensity/Type:	Intensive, institution, and community-based
Target groups:	Gang member associates
Commencement date of program:	1998
Theoretical orientation:	Affective Motivation Spiritual Cognitive
Program components:	• Information sharing • Skills acquisition
Program targets:	• Problem definition • Offence/crime cycle • Offender victimization • Cognitive distortion
Admission criteria:	• Nature of current offence • Criminal history • Interviews • Gang affiliation
Service delivery mode:	Group

Manitoba

Literacy Program

Location: Brandon Correctional Institution

Intensity/Type: Intensive, intermediate, and low-intensity, institution-based

Target groups: Any offender with an interest/motivation in literacy

Commencement date of program: 1982

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Assertiveness
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Group and individual

Manitoba

Long Term Domestic Violence Program

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1995

Duration: 10 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychodynamic
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode:
- Group and individual

Program deliverers:
- Social worker

Manitoba

Making a Difference

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Mentally disordered offenders

Commencement date of program: 1998

Duration: 11 Weeks

Theoretical orientation:
Life skills
Psychoeducational
Cognitive-behavioural
Emotive

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Victim awareness
- Relapse prevention

Admission criteria:
- Psychology diagnosis
- Psychology nurse referral

Service delivery mode: Group and individual

Program deliverers: Program coordinator

Manitoba

Medicine Wheel Teachings

Location: Community and Youth Corrections

Intensity/Type: Intensive, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic
Holistic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Successful participation in other programs
- Interviews
- Pre-treatment testing
- Knowledge of their culture

Service delivery mode: Group and individual

Program deliverers: Probation officer

Manitoba

Partner Abuse - Short Term Program

Location: Brandon Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: A sub-target group of domestic violence offenders

Commencement date of program: 1995

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 10)

Manitoba

Partner Abuse – Short Term Program

Location: Community and Youth Corrections, Ashern, Interlake, Pequis, Selkirk, and St-Martin

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1994

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Offence/crime cycle
- Arousal reduction (general emotions)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Court mandated

Service delivery mode: Group

Program deliverers: Probation officer

Manitoba

Partner Abuse – Short Term Program

Location: Court mandated clients are reached

Intensity/Type: Intensive and intermediate, community-based

Target groups: A sub-target group of domestic violence offenders

Commencement date of program: 1992

Duration: 24 hours

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group (maximum 15)

Program deliverers: Probation officer or contract worker

Manitoba

Partner Abuse – Short Term Program

Location: Headingley Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1992

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 15)

Program deliverers: Social worker

Manitoba

Partner Abuse – Short Term Program

Location: Milner Ridge Correctional Centre

Intensity/Type: Low intensity, institution-based

Target groups: Sub-target group of domestic violence offenders

Commencement date of program: 1992

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Communication skills
- Social competence
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program staff

Manitoba

Partner Abuse – Short Term Program

Location: Provincially with community participation

Intensity/Type: Intermediate, institution, and community-based

Target groups: Sub-target group of domestic violence offenders

Duration: 3 days

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history

Service delivery mode: Group and individual

Program deliverers: Probation officer

Manitoba

Pathways Program

Location: Agassiz Youth Centre, Portage La Prairie

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Information sharing
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 12)

Program deliverers: Teacher

Manitoba

Sex Offender Program

Location: Headingley Correctional Centre

Intensity/Type: Intensive, institution, and community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1990

Duration: 6 Months

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Specialized assessment

Service delivery mode: Group and individual

Manitoba

Sex Offender Program

Location: Modern Court Probation Group

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Empathy
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers: Program staff

Manitoba

Sex Offenders Relapse Prevention Program

Location: Dauphin Correctional Institution

Intensity/Type: Community-based

Target groups: Sex offenders

Commencement date of program: 1985

Duration: 35 to 50 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group (maximum 9)

Program deliverers: Social worker

Manitoba

Sex Offender Relapse Prevention Program

Location: Community and Youth Corrections, Thompson Manitoba Region

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1993

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group and individual

Manitoba

Short Term Intervention Program

Location: Community and Youth Corrections, Thompson Manitoba Region

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1986

Duration: 12 sessions

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers: Social worker

Manitoba

Short Term Relapse Prevention Program for Sex Offenders

Location: Eastman Region

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders

Commencement date of program: 1998

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulsive control)
- Arousal reduction (sexual deviancy)
- Empathy (insight)
- Victim awareness
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Successful participation in other programs

Service delivery mode: Group (maximum 10)

Program deliverers: Probation officer

Manitoba

Step One Program

Location:	Brandon Probation
Intensity/Type:	Intermediate, community-based
Target groups:	Dual diagnosed mentally-ill, and mentally disabled sex offenders
Commencement date of program:	1996
Duration:	On-going
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Disclosure
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews
Service delivery mode:	Group and individual
Program deliverers:	Probation officer

Manitoba

Substance Abuse Intervention Program

Location: Brandon Correctional Institution

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group and individual

Manitoba

Target Program

Location: Brandon Probation Office

Intensity/Type: Intermediate, community-based

Target groups: High-risk offenders

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Offence/crime cycle
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history

Service delivery mode: Group (maximum 12)

Manitoba

Victim Awareness Program

Location: Agassiz Youth Centre, Portage La Prairie

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, all victimizers, and a sub-target group of domestic violence offenders

Commencement date of program: 1989

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 12)

Program deliverers: Teacher

Manitoba

Victim Awareness Program

Location: Milner Ridge Correctional Institution

Intensity/Type: Intermediate and low-intensity; institution-based

Target groups: All offenders

Commencement date of program: 1995

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Autobiography
- Homework

Program targets:
- Offence/crime cycle
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Victim awareness
- Offender victimization

Admission criteria:
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Program staff

Provinces and Territories

New Brunswick

New Brunswick

Anger Management Program

Location: Bathurst , Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders

Commencement date of program: 1997

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Booster sessions
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New Brunswick

Intensive Rehabilitation Program

Location: Bathurst , Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intensive, community-based

Target groups: Pre-charged offenders

Commencement date of program: 1996

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Victim awareness

Admission criteria:
- Nature of current offence
- Pre-treatment testing

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New-Brunswick

Offender Risk Reduction Program

Location: Bathurst , Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders with multiple offence history

Commencement date of program: 1997

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Booster sessions

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New Brunswick

Offender Substance Abuse Treatment Program

Location: Dalhousie Provincial Jail

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers with multiple offence history, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Booster sessions
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New Brunswick

Partner Abuse Program

Location: Bathurst, Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1997

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Booster sessions
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New Brunswick

Sex Offender Program

Location: Bathurst, Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, violent offenders with multiple offence history, and a sub-target group of incest offenders

Commencement date of program: 1997

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Booster sessions
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Community facilitator

New Brunswick

Substance Abuse Treatment Program

Location: Bathurst , Edmundston, Fredericton, Moncton, Saint John

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers with a multiple offence history, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Booster sessions
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Community facilitator

Provinces and Territories

Newfoundland-Labrador

Newfoundland-Labrador

Adolescent Sexual Offender Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Teenage offenders, and a sub-target group referring to adolescent sexuality

Commencement date of program: 1993

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Assertiveness
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Substance abuse
- Social competence
- Communication skills

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group and individual

Program deliverers: Youth care counsellor

Newfoundland-Labrador

Anger Management Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders with low impulse control, and a sub-target group of domestic violence offenders

Commencement date of program: 1993

Duration: 8 Weeks

Theoretical orientation: Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Social worker

Newfoundland-Labrador

Anger Management Program

Location: Water St. Learning Resources Programs, St. John's

Intensity/Type: Intensive, community-based

Target groups: Violent offenders

Commencement date of program: 1995

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program staff

Newfoundland-Labrador

Anger Management Program

Location: Her Majesty Penitentiary (medium-security), St. John's

Intensity/Type: Low intensity, institution-based

Target groups: Violent, and aggressive offenders

Commencement date of program: 1993

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Specialized assessment
- Verbal aggression

Service delivery mode: Group (maximum 10)

Program deliverers: Social worker

Newfoundland-Labrador

Batterer's Education Treatment Program

Location: Regional Probation Office, Corner Brook

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1996

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group (maximum 10)

Program deliverers: Probation officer
Social worker

Newfoundland-Labrador

Cognitive Skills Program

Location: West Coast Correctional Centre, (minimum- security), Stephenville

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with cognitive deficits

Commencement date of program: 1996

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Referrals and interviews by programmers

Service delivery mode: Group and individual

Newfoundland-Labrador

Criminal Behavioural Awareness Program

Location:	Water St. Learning Resources Program, St. John's
Intensity/Type:	Intermediate, community-based
Target groups:	All offenders
Commencement date of program:	1995
Duration:	2 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Homework
Program targets:	• Offence/crime cycle • Substance abuse • Arousal reduction (anger) • Cognitive distortion
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history
Service delivery mode:	Group and individual
Program deliverers:	Program staff

Newfoundland-Labrador

Empowerment Group for Women

Location:	Newfoundland and Labrador Correctional Centre for Women (medium-security), Clarenville
Intensity/Type:	Low intensity; institution-based
Target groups:	Women offenders with victimization issues
Commencement date of program:	1996
Duration:	10 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Arousal reduction (anger) • Arousal reduction (general emotions) • Communication skills • Empathy (insight) • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Verbal aggression
Service delivery mode:	Group (maximum 6)
Program deliverers:	Social worker

Newfoundland-Labrador

Healthy Life Style Program

Location:	Newfoundland and Labrador Youth Centre, Whitbourne
Intensity/Type:	Intensive, institution-based
Target groups:	Sex offenders
Commencement date of program:	1993
Duration:	16 Weeks
Theoretical orientation:	Psychotherapeutic
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Substance abuse • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Interviews • Pre-treatment test results • Specialized assessment
Service delivery mode:	Group and individual
Program deliverers:	Youth care counsellor

Newfoundland-Labrador

Intensive Intervention Program

Location:	Newfoundland and Labrador Youth Centre, Whitbourne
Intensity/Type:	Intensive, community-based
Target groups:	Young offenders at high-risk
Commencement date of program:	1995
Theoretical orientation:	Social work
Admission criteria:	• Number of prior convictions • Criminal history • Interviews
Service delivery mode:	Group and individual
Program deliverers:	Social worker

Newfoundland-Labrador

Intermittent Sentence Workshop Program

Location: Water St. Learning Resources Program, St. John's

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1995

Theoretical orientation: Psychoeducational
Educational

Program components:
- Education
- Information sharing

Program targets:
- Offence/crime cycle
- Substance abuse
- Communication skills
- Empathy (insight)

Admission criteria:
- Nature of current offence
- Criminal history

Service delivery mode: Group (maximum 20)

Program deliverers: Social worker

Newfoundland-Labrador

Life Skills Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with behavioural problems

Commencement date of program: 1993

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Number of prior convictions
- Interviews
- Verbal aggression

Service delivery mode: Group and individual

Program deliverers: Youth care counsellor

Newfoundland-Labrador

Low Intensity Sex Offender Program

Location: Water St. Learning Resources Program, St. John's

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Duration: 18 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Social worker
Program staff

Newfoundland-Labrador

Male Batterer's Group Program

Location: St. John's

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1997

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker

Newfoundland-Labrador

Male Batterer's Group Program

Location: Her Majesty Penitentiary (medium-security);
Salmonier Correctional Institute (minimum-security);
Bishops Fall's Correctional Centre (minimum-security);
Labrador Correctional Centre (medium-security)

Intensity/Type: Low intensity, institution-base

Target groups: Sub-target group of domestic violence offender

Commencement date of program: 1995

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Specialized assessment

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist
Social worker

Newfoundland-Labrador

Oasis Male Batterer's Program

Location: Water St. Learning Resources Program, St. John's

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders (male batterer's)

Commencement date of program: 1998

Duration: 18 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker
Program director

Newfoundland-Labrador

Offender Substance Abuse Prerelease Program

Location: West Coast Correctional Centre (minimum- security), Stephenville

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Specialized assessment

Service delivery mode: Group and individual

Newfoundland-Labrador

Reasoning and Rehabilitation Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Property offenders with low impulse control

Commencement date of program: 1993

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group (maximum 10)

Program deliverers: Teacher

Newfoundland-Labrador

Sex Offender Program – Level 1

Location: Her Majesty Penitentiary (medium-security), St. John's

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders

Commencement date of program: 1997

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Specialized assessment

Service delivery mode: Group (maximum 10)

Program deliverers: Social worker

Newfoundland-Labrador

Sex Offender Program – Level 2

Location: Her Majesty Penitentiary (medium-security), St. John's

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders

Commencement date of program: 1997

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Social worker

Newfoundland-Labrador

Social Thinking Skills Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Property offenders with low impulse control

Commencement date of program: 1993

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs

Service delivery mode: Group (maximum 10)

Program deliverers: Teacher

Newfoundland-Labrador

Substance Abuse Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1993

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Social competence
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Youth care counsellor

Newfoundland-Labrador

Substance Abuse Program

Location: Water St. Learning Resources Program, St. John's

Intensity/Type: Intensive, community-based

Target groups: Substance abusers, those with gambling problems, and a sub-target group of drunk drivers

Commencement date of program: 1995

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program staff
Social worker

Newfoundland-Labrador

Substance Abuse Program – Level 1

Location: Her Majesty Penitentiary (medium-security), St. John's; Salmonier Correctional Institution (minimum-security)

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1991

Duration: 12 to 15 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 10)

Program deliverers: Social worker

Newfoundland-Labrador

Substance Abuse Program – Level 2

Location: Her Majesty Penitentiary (medium-security), St. John's; Salmonier Correctional Centre (minimum- security)

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1995

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Successful participation in other programs

Service delivery mode: Group and individual

Program deliverers: Social worker

Newfoundland-Labrador

Victim Empathy Program

Location: Newfoundland and Labrador Youth Centre, Whitbourne

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, property offenders, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1995

Duration: 10 Weeks

Theoretical orientation: Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Successful participation in other programs
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Social worker

Provinces and Territories

Northwest Territories

Northwest Territories

Action North Program

Location:	Territorial Women's Correctional Centre (minimum-security)
Intensity/Type:	Intensive, community-based
Target groups:	Violent offenders, substance abusers
Program components:	• Education • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Victim awareness • Cognitive distortion • Relapse prevention

Northwest Territories

Alcohol and Drug Program

Location:	Dene Konia Young Offenders Facility (multi-level security)
Intensity/Type:	Intermediate, institution, and community-based
Target groups:	Substance abusers
Program components:	• Education • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention

Northwest Territories

Alcohol and Drug Program

Location:	Ridge River Young Offenders Facility (multi-level security)
Intensity/Type:	Low intensity, institution-based
Target groups:	Substance abusers
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention

Northwest Territories

Alcohol and Drug Program

Location:	South Mackenzie Correctional Centre (minimum- security)
Intensity/Type:	Intermediate, institution-based
Target groups:	Substance abusers
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention

Northwest Territories

Alcohol and Drug Program

Location: South Mackenzie Correctional Centre (minimum- security)

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Alcohol and Drug Program

Location: Territorial Women's Correctional Centre (minimum-security)

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers

Program components:
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion

Northwest Territories

Alcohol and Drug Program

Location: Yellowknife Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion

Northwest Territories

Alcoholics Anonymous

Location: Dene Konia Young Offenders Facility (multi-level security)

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers

Program components:
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion

Northwest Territories

Alcoholics Anonymous

Location: Ridge River Young Offenders Facility (multi-level security)

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers

Program components:
- Information sharing
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion

Northwest Territories

Alcoholics Anonymous

Location: South Mackenzie Correctional Centre (minimum- security)

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Program components:
- Information sharing
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Victim awareness
- Offender victimization
- Relapse prevention

Northwest Territories

Alcoholics Anonymous

Location: Territorial Women's Correctional Centre (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers

Program components:
- Information sharing
- Disclosure
- Autobiography

Program targets:
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion

Northwest Territories

Alcoholics Anonymous

Location: Yellowknife Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers

Program components:
- Information sharing
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Victim awareness
- Offender victimization
- Relapse prevention

Northwest Territories

Anger Management Program

Location: Dene Konia Young Offenders Facility (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Anger/hostility
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Anger Management Program

Location: Ridge River Young Offenders Facility (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Assertiveness
- Anger/hostility
- Substance abuse
- Communication skills
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion

Northwest Territories

Anger Management Program

Location: South Mackenzie Correctional Centre (minimum- security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:
- Information sharing

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Anger/hostility
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Anger Management Program

Location: Territorial Women's Correctional Centre (minimum-security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Offence/crime cycle
- Anger/hostility
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Anger Management Program

Location: Yellowknife Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Communication skills
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Manage anger/hostility

Northwest Territories

Cognitive Skills Program

Location: Yellowknife Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Counselling Program

Location: Dene Konia Young Offenders Facility

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, and substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Resolve personal issues

Northwest Territories

Counselling Program

Location: Ridge River Young Offenders Facility (multi-level security)

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Offence/crime cycle
- Assertiveness
- Substance abuse
- Social competence
- Victim awareness
- Offender victimization
- Resolve personal issues
- Communication skills
- Cognitive distortion
- Relapse prevention

Northwest Territories

Counselling Program

Location: South Mackenzie Correctional Centre (minimum- security)

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Resolve personal issues

Northwest Territories

Counselling Program

Location: Territorial Women's Correctional Centre (minimum-security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Resolve personal issues

Northwest Territories

Counselling Program

Location: Yellowknife Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Resolve personal issues

Northwest Territories

Healing Program

Location: Dene Konia Young Offenders Facility

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Personal and cultural issues

Northwest Territories

Healing Program

Location: Ridge River Young Offenders Facility

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Personal and cultural issues

Northwest Territories

Healing Program

Location: South Mackenzie Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Communication skills
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Personal and cultural issues

Northwest Territories

Healing Program

Location: Territorial Women's Correctional Centre

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion
- Personal and cultural issues

Northwest Territories

Healing Program

Location: Yellowknife Correctional Centre

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Communication skills
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Personal and cultural issues

Northwest Territories

Nat's Ejee K'eh Program

Location: Ridge River Young Offenders Facility

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Communication skills
- Social competence
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Nat's Ejee K'eh Program

Location: South Mackenzie Correctional Centre

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Offence/crime cycle
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Nat's Ejee K'eh Program

Location: Territorial Women's Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, sex offenders

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Relapse prevention
- Cognitive distortion

Northwest Territories

Northern Addiction Services

Location: South Mackenzie Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Northern Addiction Services

Location: Territorial Women's Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Northern Addiction Services

Location: Yellowknife Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Salvation Army Program

Location: South Mackenzie Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Salvation Army Program

Location: Yellowknife Correctional Centre

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Sex Offender Relapse Prevention

Location: Yellowknife Correctional Centre

Intensity/Type: Low intensity, Institution-based

Target groups: Sex offenders

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Northwest Territories

Women's Support and Resource Centre

Location: Dene Konia Young Offenders Facility

Intensity/Type: Intermediate, community, and institution-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:

- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography

Program targets:

- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Personal issues

Northwest Territories

Women's Support and Resource Centre

Location: Women's Territorial Correctional Centre

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, violent offenders, substance abusers

Program components:
- Information sharing
- Disclosure
- Autobiography

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Personal issues

Provinces and Territories

Nova Scotia

Nova Scotia

Controlling Anger and Learning to Manage it

Location: Nova Scotia Youth Centre

Intensity/Type: Intermediate, institution-based

Target Groups: Young offenders who show anger management problem

Commencement date of program: 1999

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Psychologist

Nova Scotia

Sexual Offender Assessment and Treatment Program

Location: Nova Scotia Hospital (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and sub-target groups of incest offenders, and pedophiles

Commencement date of program: 2000

Duration: 30 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group and individual

Program deliverers: Psychiatrist
Psychologist
Program director
Probation officer

Provinces and Territories

Ontario

Ontario

Addiction Counselling

Location: Brookside Youth Centre (secure custody), Cobourg

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Cognitive distortion
- Relapse prevention

Service delivery mode: Individual

Program deliverers: Addiction counsellor

Ontario

Addiction Program

Location: Guelph Assessment and Treatment Unit

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1990

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural
Asset focus

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker

Ontario

Addiction Program

Location: Guelph Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1994

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Identify substance abuse problem

Service delivery mode: Group and individual

Program deliverers: Social worker

Ontario

Alcohol and Drug Awareness Program

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1985

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group (maximum 8)

Program deliverers: Social worker

Ontario

Alcoholics Anonymous

Location: Brookside Youth Centre (secure custody), Cobourg

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers

Theoretical orientation: Self-help

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Social competence
- Communication skills
- Support group

Admission criteria:
- Interview with addictions counsellor
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Addiction counsellor

Ontario

Anger and Aggression Program

Location: Guelph Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural Psychotherapy

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker

Ontario

Anger Management Program

Location: All institutions, probation and parole services

Intensity/Type: Intensive, community, and institution-based

Target groups: Violent offenders

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural
Harm reduction

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group and individual

Ontario

Anger Management Program

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1985

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Institutional aggression

Service delivery mode: Group (maximum 8)

Program deliverers: Social worker

Ontario

Anger Management Program

Location: Guelph Assessment and Treatment Unit

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1991

Duration: 6 to 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Pre-treatment testing
- Screening by case manager

Service delivery mode: Group (maximum 15)

Program deliverers: Psychologist

Ontario

Anti-Criminal Thinking Program

Location: All institutions, probation and parole services

Intensity/Type: Intensive, community, and institution-based

Target groups: Substance abusers, violent offenders, sex offenders

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural
Harm reduction

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Service delivery mode: Group and individual

Ontario

Anti-Fraud Program

Location: Vanier Centre for Women (medium-security), Brampton

Intensity/Type: Intermediate, institution-based

Target groups: Fraud offenders, and a sub-target group of shoplifters

Commencement date of program: 1991

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group (maximum 12)

Ontario

Communication Skills Program

Location: Guelph Assessment and Treatment Unit

Intensity/Type: Low intensity, institution-based

Target groups: Variety

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (general emotions)
- Assertiveness
- Communication skills
- Cognitive distortion

Admission criteria:
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 18)

Program deliverers: Social worker

Ontario

Discharge Planning Program

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intermediate, institution-based

Target groups: Incarcerated young offenders

Commencement date of program: 1985

Duration: 5 Weeks

Theoretical orientation:
Cognitive-behavioural
Psychodynamic
Life skills

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews

Service delivery mode: Group (maximum 8)

Program deliverers: Social worker

Ontario

Emotional Control Training Program

Location:	Vanier Centre for Women (medium-security), Brampton
Intensity/Type:	Low intensity, institution-based
Target groups:	Emotional management difficulties
Commencement date of program:	1992
Duration:	4 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Skills acquisition • Role play • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Arousal reduction (anger) • Arousal reduction (general emotions)
Admission criteria:	• Interviews
Service delivery mode:	Group (maximum 8 to 10)
Program deliverers:	Program staff

Ontario

Family Conflict Group Program

Location: Guelph Assessment and Treatment Unit

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1992

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker

Ontario

Human Relations Group (Sex Offender Program)

Location: Guelph Assessment and Treatment Unit

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Role play
- Disclosure

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist
Social worker

Ontario

Individual Assessment / Counselling Program

Location: Brookside Youth Centre (secure custody), Cobourg

Intensity/Type: Institution-based

Target groups: All young offenders

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Individual

Program deliverers: Social worker

Ontario

Individual Treatment Program

Location:	Brookside Youth Centre (secure custody), Correctional Services, Cobourg
Intensity/Type:	Intensive, institution-based
Target groups:	Violent offenders
Commencement date of program:	1988
Theoretical orientation:	Cognitive-behavioural Psychotherapy
Program components:	• Education • Information sharing • Skills acquisition • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Pre-treatment testing • Institutional aggression
Service delivery mode:	Individual
Program deliverers:	Psychologist

Ontario

Interpersonal Skills Group

Location:	Guelph Assessment and Treatment Unit
Intensity/Type:	Intermediate, institution-based
Target groups:	Offender with schizophrenia/major mental illness
Commencement date of program:	1989
Duration:	8 Weeks
Theoretical orientation:	Cognitive-behavioural Interpersonal dynamics
Program components:	• Education • Information sharing • Skills acquisition
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Arousal reduction (sexual deviancy) • Social competence • Communication skills • Empathy (insight) • Cognitive distortion • Relapse prevention
Admission criteria:	• Interviews • Staff recommendation
Service delivery mode:	Group
Program deliverers:	Psychologist

Ontario

Male Survivors of Sexual Abuse Group

Location: Guelph Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Sexual abuse survivors

Commencement date of program: 1996

Theoretical orientation: Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Offender victimization
- Cognitive distortion

Admission criteria:
- Criminal history
- Interviews

Service delivery mode: Group and individual

Program deliverers: Social worker

Ontario

Non-Violent Approach Unit

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders

Commencement date of program: 1991

Duration: 10 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention
- Violent behaviour

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 8)

Program deliverers: Social worker

Ontario

Ontario Correctional Institute Offender Treatment

Location: Brampton

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1973

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural
Therapeutic community and positive peer

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Treatment application
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Ontario

On Track Group Therapy

Location: Sprucedale Youth Centre (medium-security)

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, substance abusers with criminal lifestyle and/or antisocial orientation

Commencement date of program: 1984

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Group (maximum 6)

Program deliverers: Psychologist

Ontario

Parenting Group Program

Location:	Brookside Youth Centre (secure custody), Cobourg
Intensity/Type:	Intermediate, institution-based
Target groups:	Young offenders who are fathers
Commencement date of program:	1998
Duration:	5 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Homework
Program targets:	• Social competence • Communication skills • Empathy (insight) • Parenting skills
Admission criteria:	• Interviews
Service delivery mode:	Group (maximum 5)
Program deliverers:	Social worker Volunteers

Ontario

Problem Solving / Stress Management Group Program

Location: Guelph Correctional Centre

Intensity/Type: Low intensity, institution-based

Target groups: Inmate generally

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Stress management

Admission criteria:
- Combination of self-select by release date

Service delivery mode: Group (maximum 12)

Program deliverers: Social worker

Ontario

Relapse Prevention of Crime Behaviour

Location: Guelph Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1995

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autoblography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history

Service delivery mode: Group (maximum 16)

Program deliverers: Psychometrist

Ontario

Rideau Treatment Centre

Location: Rideau River Young Offenders Facility, Merrickville

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers, violent offenders, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group and individual

Ontario

Social Cognitive / Behavioural Group

Location:	Guelph Correctional Centre
Intensity/Type:	Intermediate, institution-based
Target groups:	Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers
Commencement date of program:	1989
Duration:	12 Weeks
Theoretical orientation:	Cognitive-behavioural Educational
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Verbal aggression • Institutional aggression
Service delivery mode:	Group and individual
Program deliverers:	Psychologist

Ontario

Stress Management Program

Location: Guelph Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Psychiatric offenders

Commencement date of program: 1988

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Cognitive distortion
- Assertiveness

Admission criteria:
- Interviews
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Social worker

Ontario

Substance Abuse Program

Location:	All institutions, probation, and parole services
Intensity/Type:	Intensive, community, and institution-based
Target groups:	Substance abusers
Commencement date of program:	1998
Duration:	8 Weeks
Theoretical orientation:	Cognitive-behavioural Harm reduction
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results • Specialized assessment
Service delivery mode:	Group and individual

Ontario

Substance Abuse Control Program

Location: Vanier Centre for Women (medium-security), Brampton

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1991

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group (maximum 12)

Ontario

Thinking, Feeling, Behaviour Group

Location: Guelph Correctional Centre

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1988

Duration: 12 to 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group and individual

Program deliverers: Social worker

Ontario

Victim Impact Program

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, property offenders, substance abusers

Commencement date of program: 1996

Duration: 5 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 8)

Program deliverers: Social worker

Ontario

Winner's Problem Solving Skills Training Program

Location:	Vanier Centre for Women (medium-security), Brampton
Intensity/Type:	Intermediate, institution-based
Target groups:	All offenders
Commencement date of program:	1990
Duration:	4 Weeks
Theoretical Orientation:	Cognitive-behavioural
Program components:	• Skills acquisition • Role play • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Social competence • Communications skills • Empathy (insight) • Relapse prevention
Admission criteria:	• Interviews
Service delivery mode:	Group (maximum 12)
Program deliverers:	Program staff

Provinces and Territories

Prince Edward Island

Prince Edward Island

Anger Management Program

Location: Community Justice Resource Centre

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1997

Duration: 9 Weeks

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment test results
- Verbal aggression
- Institutional aggression
- Successful participation in other programs
- Specialized assessment

Service delivery mode: Group and individual

Prince Edward Island

Anger Management Program

Location: Provincial Correctional Centre, Miltonvale

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1997

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group

Prince Edward Island

Early Intervention Program

Location: Community

Intensity/Type: Community-based

Target groups: Low-risk and risk youth aged 12 to 17
Family

Theoretical orientation: Cognitive-behavioural
Social
Risk factors

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Successful participation in other programs
- Risk factors

Service delivery mode: Group and individual

Program deliverers: Co-ordinator research case planner

Prince Edward Island

Living Skills Program

Location: Community Justice Resource Centre

Intensity/Type: Intensive, community-based

Target groups: All offenders

Commencement date of program: 1996

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Empathy (insight)
- Social competence
- Communication skills

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Individual

Prince Edward Island

Livings Skills Program

Location: Provincial Correctional Centre, Miltonvale

Intensity/Type: Intensive, institution-based

Target groups: All offenders

Commencement date of program: 1996

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Empathy (insight)
-

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group

Prince Edward Island

Personal Development and Change Program

Location:	Community Justice Resource Centre
Intensity/Type:	Low intensity, community-based
Target groups:	All offenders
Commencement date of program:	1997
Duration:	6 Weeks
Theoretical orientation:	Psychoeducational
Program components:	• Education • Information sharing
Program targets:	• Social competence • Communication skills
Admission criteria:	• Successful participation in other programs

Prince Edward Island

Substance Abuse Program

Location: Community Justice Resource Centre

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Program deliverers: Program co-ordinator

Prince Edward Island

Substance Abuse Program

Location: Provincial Correctional Centre, Miltonvale

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1995

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interview

Service delivery mode: Group

Prince Edward Island

Turning Point Program

Location: Community work site

Intensity/Type: Intermediate, community-based

Target groups: Sub-target group of domestic violence offenders

Commencement date of program: 1983

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group and individual

Provinces and Territories

Saskatchewan

Saskatchewan

Abuse Intervention Program

Location: Regina Qu'Appelle Community Operations Region

Intensity/Type: Intermediate, community-based

Target groups: Domestic violence offenders

Commencement date of program: 1995

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group (maximum 10); one on one as required

Program deliverers: Program staff

Saskatchewan

Abuse Prevention and Education Program

Location: Regina Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, women offenders requiring education and literacy training, and a sub-target group of incest offenders

Commencement date of program: 1997

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 12); individual session offered as required

Program deliverers: Program staff

Saskatchewan

Abuse Prevention Educational Program (Domestic Violence)

Location: Regina Provincial Correctional Center (multi-level security)

Intensity/Type: Intermediate, institutional-based

Target groups: Domestic violence offenders

Commencement date of program: 1997

Duration: 16 weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communications skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria: Nature of current offence
Interviews

Service delivery mode: Group (maximum 12 to 14); individual session offered as required

Program deliverers: Program staff

Saskatchewan

Addictions Education Program

Location: Pine Grove Provincial Correctional Centre (women)

Intensity/Type: Low intensity, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Duration: 2 Weeks

Theoretical orientation: Women centered
Medical model based

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Anyone can attend including remands

Service delivery mode: Educational group

Program deliverers: Program staff

Saskatchewan

Addictions Education Program

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: All offenders

Duration: 1 Week

Theoretical orientation: Educational program

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Substance abuse
- Victim awareness
- Cognitive distortion

Admission criteria:
- Must complete the addiction education program at least once every two years

Service delivery mode: Education groups: classrooms presentations

Program deliverers: Program staff

Saskatchewan

Addictions Education Program

Location:	Regina Provincial Correctional Centre (multi-level security)
Intensity/Type:	Low intensity, institution-based
Target groups:	Substance abusers, and a sub-target group of drunk drivers
Commencement date of program:	1970
Duration:	1 Week
Theoretical orientation:	Educational
Program components:	• Education • Information sharing • Disclosure
Program targets:	• Problem definition • Problem solving (impulse control) • Substance abuse • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Identified need with alcohol
Service delivery mode:	Group (maximum 12)
Program deliverers:	Program staff

Saskatchewan

Adult Education Program

Location: Pine Grove Provincial Correctional Centre (women)

Intensity/Type: Low intensity, institution-based

Target groups: Women requiring education/literacy

Theoretical orientation: Education

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Communication skills

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Classroom setting/individualized program

Program deliverers: Teacher therapist

Saskatchewan

Adult Education Program

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Offenders requiring education/literacy

Commencement date of program: 1960

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Social competence
- Communication skills
- Readiness for vocational training

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Classroom setting/individualized program

Program deliverers: Teacher

Saskatchewan

Adult Education Program

Location: Regina Provincial Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Offenders requiring literacy and education

Commencement date of program: 1950

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Communication skills
- Readiness for vocational training

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Classroom setting/individualized program

Program deliverers: Education supervisor

Saskatchewan

Adult Education Program

Location:	Saskatoon Provincial Correctional Centre (multi-level security)
Intensity/Type:	Low intensity, institution-based
Target groups:	Offenders requiring literacy and education
Commencement date of program:	1980
Theoretical orientation:	Education
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Communication skills • Readiness for vocational training
Admission criteria:	• Interviews • Pre-treatment testing
Service delivery mode:	Classroom setting/individualized program
Program deliverers:	Program staff

Saskatchewan

Adult Sex Offender Treatment Program

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, community-based

Target groups: Sexual offenders, and a sub-target group of incest offenders

Commencement date of program: 1994

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 8); one on one as required

Program deliverers: Probation officer

Saskatchewan

Alcohol, Drugs and You

Location: Prince Albert Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1992

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Group (maximum 12)

Program deliverers: Program staff

Saskatchewan

Alcohol and Drug Education Program

Location: Regina Qu'appelle Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1980

Duration: 5 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness

Admission criteria:
- Nature of current offence
- Pre-treatment testing
- Interviews

Service delivery mode: Educational Group

Program deliverers: Program staff

Saskatchewan

Alcohol / Drugs Personal Choices Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers, and sub-target groups of drunk drivers, and traffickers

Commencement date of program: 1998

Duration: 5 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
-

Program targets:
- Substance abuse
- Victim awareness
- Relapse prevention

Admission criteria:
- Nature of current offence
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Educational group

Program deliverers: Program staff

Saskatchewan

Alternatives to Violence Program

Location: Yorkton Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1995

Duration: 32 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Educational group (maximum 18)

Program deliverers: Program staff

Saskatchewan

Anger Management Program

Location: Prince Albert Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1994

Duration: 4 Weeks

Theoretical Orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression

Service delivery mode:
- Educational group (maximum 10 to 12)

Program deliverers:
- Contract worker

Saskatchewan

Anger Management Program

Location: Regina Provincial Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders

Commencement date of program: 1998

Duration: 2 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Educational group (maximum 10 to 12)

Program deliverers: Social worker

Saskatchewan

Anger Management Program

Location: Regina Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target of domestic violence offenders

Commencement date of program: 1985

Duration: 9 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (emotions)
- Readiness for vocational training
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression

Service delivery mode: Educational group

Program deliverers: Program staff

Saskatchewan

Anger Management Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Women violent offenders requiring education and literacy, and a sub-target group of domestic violence offenders

Duration: 8 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Educational group

Program deliverers: Nurse

Saskatchewan

Anger Management Program

Location: Saskatoon Provincial Correctional Centre (multi-level security)

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1991

Duration: 3 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Interviews
- Verbal aggression
- Institutional aggression

Service delivery mode: Group; individual session offered as required

Program deliverers: Program staff

Saskatchewan

Family Matters Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Offenders with family conflicts

Duration: 8 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Interviews

Service delivery mode: Educational group

Program deliverers: Social worker

Saskatchewan

Family Violence Program

Location: La Ronge Probation (minimum-security), Saskatchewan Corrections

Intensity/Type: Intermediate, community-based

Target groups: Domestic violence offenders

Commencement date of program: 1996

Duration: 10 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Educational group (maximum 10 to 12); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Learning to Live Without Violence

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1994

Duration: 15 to 18 Hours

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- History of violence

Service delivery mode: Educational group; individual session offered as required

Program deliverers: Teacher therapist

Saskatchewan

Living Skills Program

Location: Regina Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1991

Duration: 8 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Interactive educational group (maximum 12); individual session offered as required

Program deliverers: Teacher therapist
Program staff

Saskatchewan

Men's Healing Circle

Location: Regina Qu'appelle Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Offenders with special or multiple needs

Commencement date of program: 1994

Duration: 8 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Role play
- Disclosure

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Educational group

Program deliverers: Program staff

Saskatchewan

Money Management Program

Location:	Saskatoon Community Operations Region (minimum- security)
Intensity/Type:	Low intensity, community-based
Target groups:	Offenders who benefit from money management
Duration:	7 Weeks
Theoretical orientation:	Educational
Program components:	• Education • Skills acquisition • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Money management skills
Admission criteria:	• Identify skills – fraud related
Service delivery mode:	Educational group

Saskatchewan

Money Management Program

Location: Regina Qu'appelle Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Fraud related offenders

Commencement date of program: 1980

Duration: 7 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem solving (impulse control)
- Communication skills
- Victim awareness
- Money management skills

Admission criteria:
- Nature of current offence
- Interviews

Service delivery mode: Educational group

Program deliverers: Home economist

Saskatchewan

No Fear – Relationships Program

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, and sub-target groups of domestic violence offenders, child abuse, and self-abuse

Commencement date of program: 1995

Duration: 3 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Verbal aggression
- Institutional aggression

Program delivery mode: Interactive group (maximum 9); individual session offered as required

Program deliverers: Correctional worker

Saskatchewan

Offender Substance Abuse Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 8); individual session offered as required

Program deliverers: Program staff

Saskatchewan

Offender Substance Abuse Program

Location: Regina Community Operations Region (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 8 to 10); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Offender Substance Abuse Program

Location: Yorkton Community Operations Region (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 8 to 10); individual sessions offered as required

Program deliverers: Probation officer

Saskatchewan

Offender Substance Abuse Prerelease Program

Location:	Regina Community Operations Region (minimum-security)
Intensity/Type:	Intermediate, institution-based
Target groups:	Substance abusers, and a sub-target group of drunk drivers
Commencement date of program:	1998
Duration:	6 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Substance abuse • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Interviews • Pre-treatment testing • Pre-treatment test results
Service delivery mode:	Group (maximum 8 to 10); individual session offered as required
Program deliverers:	Correctional officer

Saskatchewan

Offender Substance Abuse Prerelease Program

Location: Regina Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 8 to 10); individual session offered as required

Program deliverers: Program staff

Saskatchewan

Offender Substance Abuse Prerelease Program

Location: Saskatoon Provincial Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group (maximum 8 to 10); individual session offered as required

Program deliverers: Program staff

Saskatchewan

Opening Doors Program

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, and substance abusers

Commencement date of program: 1994

Duration: 2 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements
Life skills

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- All offenders are eligible to attend

Service delivery mode: Educational group; individual session offered as required

Program deliverers: Program staff

Saskatchewan

Phoenix Program: Drug and Alcohol

Location: Saskatoon Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1991

Duration: 9 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing

Service delivery mode: Group; individual session offered as required

Program deliverers: Correctional worker

Saskatchewan

Pluming of the Eagle

Location: Prince Albert Provincial Correctional Centre (multi-level security)

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with special needs

Commencement date of program: 1996

Duration: 2 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Interviews

Service delivery mode:
- Educational group (maximum 12 to 15)

Saskatchewan

PRISM Industries Program

Location:	Saskatoon Provincial Correctional Centre
Intensity/Type:	Low intensity, institution-based
Target groups:	Offenders requiring employment skills
Commencement date of program:	1989
Theoretical orientation:	Practical skills training
Program components:	• Education • Information sharing • Skills acquisition
Program targets:	• Assertiveness • Social competence • Communication skills
Admission criteria:	• Security level
Service delivery mode:	• Business setting - production shops
Program deliverers:	Manager

Saskatchewan

Psychoeducation and Relapse Prevention Program

Location: Moose Jaw Community Operations Region

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1996

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group (maximum 12); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Seasonal Choices Program

Location: Prince Albert Community Operations (minimum- security)

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1986

Duration: 12 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Court ordered or volunteering

Service delivery mode: Educational group; individual session as required

Program deliverers: Probation officer

Saskatchewan

Self-Discovery Program / Anger Management Program

Location: La Loche Probation (minimum-security), Saskatchewan Corrections

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1994

Duration: 8 Weeks

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Criminal history
- Interviews

Service delivery mode: Interactive educational group

Program deliverers: Probation officer
Mental health nurse

Saskatchewan

Sex Education and Healthy Relationships for the Developmentally Challenged

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders, sexually inappropriate persons, and a sub-target group of incest offenders

Commencement date of program: 1994

Theoretical orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Acceptance of responsibility

Service delivery mode: Group; individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Sex Offender Education Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1993

Duration: 11 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Acceptance of responsibility

Service delivery mode: Group (maximum 8 to 10); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Sex Offender Treatment Program

Location: North Battleford Community Operations Region

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1988

Duration: 13 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment test results

Service delivery mode: Group (maximum 10), and individual

Program deliverers: Psychologist
Correctional worker

Saskatchewan

Sex Offender Treatment Program

Location: Yorkton Community Operations Region

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1996

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing

Service delivery mode: Group (maximum 8 to 10); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Sexual Abuse Awareness Program

Location: Saskatoon Provincial Correctional Centre

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, sex offenders and sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1992

Duration: 1 Week

Theoretical orientation: Educational

Program components:
- Education

Program targets:
- Offence/crime cycle
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Mandatory program for all sentenced offenders

Service delivery mode: Educational group (maximum 12)

Program deliverers: Correctional worker

Saskatchewan

Sexual Offender Relapse Prevention Program

Location: Regina Qu'appelle Community Operations Region (minimum-security)

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1993

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group (maximum 10 to 12); individual session offered as required

Program deliverers: Probation officer

Saskatchewan

Taking Control Program

Location: Saskatoon Community Operations Region (minimum-security)

Intensity/Type: Low intensity, community-based

Target groups: Offenders who can benefit from stress management training

Duration: 8 Weeks

Theoretical Orientation: Educational with cognitive-behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (general emotions)
- Communication skills

Admission criteria:
- Interviews
- Pre-treatment testing
- Any client expressing an interest

Service delivery mode: Educational groups

Program deliverers: Nurse

Saskatchewan

The Meyoyawin Circle Project

Location: Pine Grove Provincial Centre (women)

Intensity/Type: Low intensity, institution-based

Target groups: Aboriginal mothers

Commencement date of program: 1995

Duration: 3 Weeks

Theoretical orientation: Educational with cognitive behavioural elements

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Social competence
- Communication skills
- Empathy (insight)
- Offender victimization

Admission criteria:
- Anyone can attend

Service delivery mode: Educational group

Program deliverers: Elder

Saskatchewan

The Right to Choose

Location:	Joint program by the Battleford Community Corrections
Intensity/Type:	Low intensity, institution-based
Target groups:	Property offenders
Commencement date of program:	1997
Duration:	3 full days
Theoretical orientation:	Educational with cognitive-behavioural elements
Program components:	• Education • Information sharing • Role play • Disclosure
Program targets:	• Problem solving (impulse control) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion
Admission criteria:	• Nature of current offence
Service delivery mode:	Interactive educational group
Program deliverers:	Correctional worker

Saskatchewan

Women's Healing Circle

Location: Pine Grove Provincial Correctional Centre (women)

Intensity/Type: Low intensity, institution-based

Target groups: Violent offenders, substance abusers, and victims of abuse

Commencement date of program: 1990

Duration: 3 Weeks

Theoretical orientation: Educational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Communication skills
- Empathy (insight)
- Substance abuse
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Educational group (maximum 12)

Saskatchewan

Women's Issues Group: Characteristics

Location:	Regina Qu'appelle Community Operations Region
Intensity/Type:	Low intensity, community-based
Target groups:	Women offenders with special or multiple needs
Commencement date of program:	1990
Duration:	8 Weeks
Theoretical orientation:	Educational
Program components:	• Education • Information sharing • Skills acquisition • Disclosure
Program targets:	• Problem solving (impulse control) • Offence/crime cycle • Substance abuse • Assertiveness • Arousal reduction (anger) • Social competence • Communication skills • Empathy (insight) • Offender victimization • Cognitive distortion
Admission criteria:	• Interviews
Service delivery mode:	Educational group
Program deliverers:	Program staff

Provinces and Territories

Yukon

Yukon

Anger and Emotions Management Program

Location: Whitehorse Correctional Centre (medium- security)

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders

Commencement date of program: 1997

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test result
- Verbal aggression
- Institutional aggression

Service delivery mode: Group (maximum 6 to 10)

Program deliverers: Case management officer

Yukon

Cognitive Skills Program

Location: Whitehorse Correctional Centre (medium- security)

Intensity/Type: Intermediate, institution-based

Target groups: Cognitive impairment

Commencement date of program: 1996

Duration: 7 to 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Value enhancement
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)

Admission criteria:
- Interviews
- Pre-treatment testing
- Low problem solving skills

Service delivery mode: Group (maximum 9)

Program deliverers: Program staff

Yukon

Crime Cycle Awareness Program

Location: Youth Achievement Centre (minimum-security), Government of Yukon

Intensity/Type: Intermediate, community-based

Target groups: Young offenders

Commencement date of program: 1998

Duration: 4 Weeks

Theoretical Orientation: Cognitive-behavioural
Educational

Program components:
- Education
- Information sharing
- Autobiography

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group and individual

Yukon

Offender Substance Abuse Prerelease Program

Location: Whitehorse Correctional Centre (medium- security)

Intensity/Type: Institution-based

Target groups: Substance abusers

Commencement date of program: 1994

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Pre-treatment testing
- Pre-treatment test result

Service delivery mode: Group (maximum 10), and individual

Yukon

Substance Abuse Education / Driving Without Impairment

Location: Teslin Correctional Centre

Intensity/Type: Low intensity, institution-based

Target groups: Sub-target group of drunk drivers

Commencement date of program: 1996

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Autobiography
- Homework

Program targets:
- Problem definition
- Substance abuse
- Empathy (insight)
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Pre-treatment testing
- Pre-treatment test results

Service delivery mode: Group and individual

Yukon

Intensive Supervision Program for High-Risk Offenders

Location: Youth Probation Services, Department of Health and Social Services, Whitehorse

Intensity/Type: Intensive, community-based

Target groups: Non-compliant high-risk young offenders

Commencement date of program: 1998

Duration: 6 Months

Theoretical orientation:
Cognitive-behavioural
Psychotherapy
Social systems theory

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history

Service delivery mode: Combination of working one on one with youth, working with the family and also working with a team approach

Program deliverers:
Youth probation team leader
Program staff

Yukon

Whitehorse Diversion Program

Location: Youth Probation Services, Department of Health and Social Services, Whitehorse

Intensity/Type: Low intensity, community-based

Target groups: First time young offenders with less serious offences

Commencement date of program: 1987

Duration: 4 Months

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Program deliverers: Program staff
Youth promotion team leader

PART FIVE

Best Practices

Correctional Service of Canada

Best Practices

(programs listed alphabetically)

Correctional Service of Canada

Aboriginal Alpine Wellness Program

Location: Grande Cache Institution (minimum-security), Grande Cache, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1998

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program staff

Correctional Service of Canada

Aboriginal Healing Program

Location: Bowden Institution (medium-security), Innisfail, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders

Commencement date of program: 1996

Theoretical orientation:
Cognitive-behavioural
Holistic
Spiritual

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Spiritual / cultural

Admission criteria:
- Nature of current offence

Additional specialized staff training:
- Risk assessment
- Cognitive-behavioural therapy
- Content specific
- Cultural / spiritual

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Psychologist

Correctional Service of Canada

Addiction Services (Hastings and Prince Edward Counties Inc.)

Location: Belleville, Ontario

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Commencement date of program: 1980

Duration: 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Successful participation in other programs

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Correctional Service of Canada

Alpine Wellness Relapse Prevention Program

Location: Grande Cache Institution (minimum/phase out of medium-security), Grande Cache, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Anger and Emotion Management Reinforcement Program

Location: Community, Quebec
Intensity/Type: Low intensity, community-based
Target groups: All offenders
Commencement date of program: 1998
Duration: 8 Weeks
Theoretical orientation: Cognitive-behavioural
Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No
Service delivery mode: Group
Program deliverers: Program staff

Correctional Service of Canada

Anger Management Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with problems controlling and dealing with anger

Commencement date of program: 1997

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Art Therapy Program

Location: Prison for Women (maximum-security), Isabel McNeil House (minimum-security), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, offenders with mental health need, incest offenders, and offenders at risk for self-injury

Commencement date of program: 1992

Duration: On-going

Theoretical orientation: Cognitive-behavioural
Art therapy theory

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Interviews
- Verbal aggression
- Institutional aggression
- Pre-treatment test results
- Likes doing art

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Art Therapy Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Impulsive, and aggressive offenders

Commencement date of program: 1999

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Cognitive distortion
- Critical thinking

Admission criteria:
- Interviews
- Verbal aggression
- Poor problem solving

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Centre d'intervention en violence et abus sexuels de l'Estrie

Location: Sherbrooke, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 52 Weeks

Theoretical orientation: Psychodynamic

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Additional specialized staff training:
- Risk assessment
- Content specific

Clinical supervisor: No

Service delivery mode: Group and individual

Program deliverers: Sexologist

Correctional Service of Canada

Centre l'Étape

Location:	Sherbrooke, Quebec
Intensity/Type:	Intensive, community-based
Target groups:	Substance abusers
Commencement date of program:	1988
Duration:	5 Weeks
Theoretical orientation:	Choice Theory
Program components:	• Education • Information sharing • Skills acquisition • Role play • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Interviews
Additional specialized staff training:	• Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group and individual
Program deliverers:	Program staff Program director

Correctional Service of Canada

Centre pour hommes opprimants / colériques

Location: Laval, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1985

Duration: 23 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Interviews

Clinical supervisor: No

Service delivery mode: Group (maximum 10)

Program deliverers: Psychosociologist

Correctional Service of Canada

CERUM

Location: Centre d'études et de recherche de l'Université de Montréal, Montreal, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1991

Duration: 40 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)

Program deliverers: Psychologist

Correctional Service of Canada

Choices Program

Location: Community Parole Offices

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers

Commencement date of program: 1990

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Additional specialized staff training:
- Content specific

Clinical supervisor: No

Service delivery mode: Group (maximum 10)

Program deliverers: Program staff

Correctional Service of Canada

Choices Program

Location:	John Howard Society of Ottawa-Carleton, Ontario
Intensity/Type:	Intermediate, and low intensity, community-based
Target groups:	Substance abusers
Commencement date of program:	1995
Duration:	2 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Skills acquisition • Information sharing • Role play • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Assertiveness • Substance abuse • Communication skills • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results
Additional specialized staff training:	• Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy
Clinical supervisor:	Yes
Service delivery mode:	Group (maximum 10)
Program deliverers:	Psychologist

Correctional Service of Canada

Choose Health in Prison (CHIPS)

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Low intensity, institutional-based

Target groups: Mentally-ill offenders

Commencement date of program: 1998

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Nurse

Correctional Service of Canada

Clearwater Sex Offender Program

Location: Regional Psychiatric Centre (all security level), Saskatoon, Saskatchewan

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders

Commencement date of program: 1984

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (Insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content Specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program director

Correctional Service of Canada

Cognitive Skills Program

Location: Grand Valley Institution for Women, Kitchener, Ontario

Intensity/Type: Intensive, institution-based

Target groups: All women offenders

Commencement date of program: 1994

Duration: 36 Sessions

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Additional specialized staff training:
- Content specific

Service delivery mode: Group (maximum 10)

Program deliverers: Psychiatric nurse

Correctional Service of Canada

Cognitive Skills Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intensive, institution-based

Target groups: High-risk, and high-need offenders

Commencement date of program: 1980

Duration: 36 Sessions

Theoretical Orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Cognitive deficits

Clinical supervisor: Yes

Service delivery mode: Group (maximum 10)

Correctional Service of Canada

Cognitive Skills Program: Family and Parental

Location: Community or institution, Quebec

Intensity/Type: Low intensity, community, and institution-based

Target groups: All offenders

Commencement date of program: 1999

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group (maximum 12)

Program deliverers: Program staff

Correctional Service of Canada

Cognitive Skills Program: Leisure

Location: Community or institution, Quebec

Intensity/Type: Low intensity, community-based

Target groups: All offenders

Commencement date of program: 1998

Duration: 11 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Empathy (insight)

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test result

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Cognitive Skills Reinforcement Program

Location: Community, Quebec

Intensity/Type: Low intensity, community-based

Target groups: All offenders

Commencement date of program: 1994

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Successful participation in other programs
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Cognitive Skills Training Program

Location: Community, and institution, Quebec

Intensity/Type: Intermediate, community, and institution-based

Target groups: All offenders

Commencement date of program: 1988

Duration: 36 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group

Program deliverers: Program staff

Correctional Service of Canada

Computer for Schools Program

Location:	Vancouver, British Columbia
Intensity/Type:	Intermediate, community-based
Target groups:	Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers
Commencement date of program:	1998
Duration:	12 Weeks
Theoretical orientation:	Skills acquisition
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Communication skills • Increase skills
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Verbal aggression • Institutional aggression • Successful participation in other programs
Additional specialized staff training:	• Dealing with resistant clients
Clinical supervisor:	No
Service delivery mode:	Group
Program deliverers:	Program staff

Correctional Service of Canada

Counterpoint Program

Location:	John Howard Society of Ottawa–Carleton, Ottawa, Ontario
Intensity/Type:	Intermediate, community-based
Target groups:	Medium, and high-risk offenders
Commencement date of program:	1995
Duration:	10 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Arousal reduction (sexual deviancy) • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Criminal history • Interviews • Pre-treatment testing
Additional specialized staff training:	• Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy
Clinical supervisor:	Yes
Service delivery mode:	Group
Program deliverers:	Program staff

Correctional Service of Canada

Dialectical Behaviour Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Offenders diagnosed with Borderline Personality Disorder

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Diagnosed with Borderline Personality Disorder

Clinical supervisor: Yes

Service delivery mode: Individual

Correctional Service of Canada

Effective Problem Solving Program

Location: Howard House Community Residential Centre, Sydney, Nova Scotia

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of incest offenders, domestic violence offenders, and drunk drivers

Commencement date of program: 1990

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Additional specialized staff training:
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group (maximum 12)

Program deliverers: Program staff

Correctional Service of Canada

Egratia Program

Location: Laferrière Correctional Community Centre, Saint-Jérôme, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1994

Duration: 15 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention

Service delivery mode: Group and individual

Correctional Service of Canada

Employment Readiness Program

Location: St. Leonard's Society of London, Ontario

Intensity/Type: Low intensity, community-based

Target groups: Job screening for offenders

Commencement date of program: 1997

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Employment search

Additional specialized staff training:
- Dealing with resistant clients
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Social worker
Program staff

Correctional Service of Canada

Étape de Laval

Location: Laval, Quebec

Intensity/Type: Low intensity, community-based

Target groups: Substance abusers

Commencement date of program: 1984

Duration: 20 Weeks

Theoretical orientation: MMPI Approach (Minnesota)

Program components:

- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Relapse prevention

Service delivery mode: Group (maximum 12)

Correctional Service of Canada

Forestry and Industrial Skills Program

Location:	P G Activators Kenneth Creek Camp, British Columbia
Intensity/Type:	Intensive
Commencement date of program:	1991
Theoretical orientation:	Employment skills
Program components:	• Education • Skills acquisition • Role play
Clinical supervisor:	No
Program deliverers:	Program director

Correctional Service of Canada

Intensive Family Violence Prevention Program

Location: Medium-security institution in each region

Intensity/Type: Intensive, institution-based

Target groups: Offenders with violence in their relationships, and sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1998

Duration: 14 Weeks

Theoretical orientation: Cognitive-behavioural
Social learning theory

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Intervention Program for Sexual Offenders: Preserving What One Already Knows

Location: Sainte-Anne-des-Plaines Institution (minimum- security), Sainte-Anne-des-Plaines, Quebec

Intensity/Type: Low intensity, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1995

Duration: 52 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Successful participation in other programs
- Specialized assessment

Clinical supervisor: No

Service delivery mode: Group (maximum 10)

Program deliverers: Psychologist

Correctional Service of Canada

L'Arc-en-Ciel, maison d'entraide pour alcooliques et toxicomanes

Location: Community, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1980

Duration: 4 Weeks

Theoretical orientation: Bio-psycho-social

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Successful participation in other programs
- Specialized assessment
- Motivation

Clinical supervisor: No

Program deliverers: Program director
Program staff

Correctional Service of Canada

Le Portage

Location: Laurentides, Quebec

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Commencement date of program: 1973

Theoretical orientation: Community therapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Interviews
- Pre-treatment test results
- High security level

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Maison Decision House

Location: Community Residential Facility, Ottawa, Ontario

Intensity/Type: Intermediate, intensive, and low intensive, community-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1998

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Communication skills
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Successful participation in other programs
- Pre-treatment test results

Additional specialized staff training:
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff
Social worker

Correctional Service of Canada

Maisonnée de Laval

Location:	Ville de Laval, Quebec
Intensity/Type:	Intermediate, community-based
Target groups:	Substance abusers
Commencement date of program:	1982
Duration:	4 Weeks
Theoretical orientation:	Gestalt 12-step AA
Program components:	• Education • Skills acquisition • Disclosure • Autobiography
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Substance abuse • Relapse prevention
Admission criteria:	• Toxicomania
Clinical supervisor:	Yes
Service delivery mode:	Group (maximum 10)
Program deliverers:	Nurse

Correctional Service of Canada

Native Elder Counselling

Location: Prince Albert, Saskatchewan

Intensity/Type: Low intensity, community-based

Target groups: All offenders

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Willingness to work with Elder

Clinical supervisor: No

Service delivery mode: Elder

Correctional Service of Canada

Offender Substance Abuse Prerelease Program

Location:	Minimum-, medium-, and maximum-security institutions
Intensity/Type:	Intermediate, institution-based
Target groups:	Substance abusers
Commencement date of program:	1987
Duration:	26 Sessions
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Skills acquisition • Role play • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Substance abuse • Communication skills • Cognitive distortion • Relapse prevention • Coping skills
Admission criteria:	• Interviews • Pre-treatment testing • Pre-treatment test results
Additional specialized staff training:	• Content specific
Clinical supervisor:	No
Service delivery mode:	Group and individual
Program deliverers:	Program staff

Correctional Service of Canada

Offender Substance Abuse Prerelease Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1987

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Pre-treatment test results

Service delivery mode: Group (maximum 10)

Correctional Service of Canada

Offender Substance Abuse Prerelease Maintenance Program

Location:	Prison for Women (maximum, and mental health), Kingston, Ontario
Intensity/Type:	Intermediate, institution-based
Target groups:	Substance abusers
Commencement date of program:	1987
Theoretical orientation:	Cognitive-behavioural
Program component:	• Education • Information sharing • Skills acquisition • Role play
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Communication skills • Cognitive distortion • Relapse prevention
Admission criteria:	• Graduated from OSAPP • Nature of current offence
Clinical supervisor:	Yes
Service delivery mode:	Group (maximum 10)

Correctional Service of Canada

Parents Unis Lanaudière

Location: Repentigny, and Lanaudière, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1985

Duration: 72 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:

- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:

- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Victim awareness
- Empathy (insight)
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:

- Nature of current offence
- Interviews
- Specialized assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Parents Unis Laurentides

Location: St-Jérôme, Quebec

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 46 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Specialized assessment

Additional specialized staff training:
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Social worker

Correctional Service of Canada

Partner Abuse Intervention Resource Services (PAIRS)

Location: Community Parole Office, Saint John, New Brunswick

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and sub-target groups of domestic violence offenders, and incest offenders

Commencement date of program: 1993

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Additional specialized staff training:
- Risk assessment

Clinical supervisor: Yes

Service delivery mode: Group (maximum 8)

Program deliverers: Program staff
Psychologist
Program director

Correctional Service of Canada

Persistently Violent Offender Program

Location: Collins Bay Institution (medium-security), Kingston, Ontario; Dorchester Penitentiary (multi-level security), Dorchester, New Brunswick

Intensity/Type: Intensity, institution-based

Target groups: Violent offenders

Commencement date of program: 1997

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural
Social problem solving

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Motivation

Admission criteria:
- Number of prior convictions
- Proximity to release

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Personality Disordered Sex Offender Treatment Program

Location: Mountain Institution (medium-security), Agassiz, British Columbia

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1990

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Release date

Additional specialized staff training:
- No additional specialized training

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Psychologist

Correctional Service of Canada

Positive Steps Program

Location: John Howard Society of Ottawa-Carleton, Ottawa, Ontario

Intensity/Type: Intermediate, community-based

Target groups: Women abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1990

Theoretical orientation: Cognitive-behavioural
Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Skill development
- Victim awareness
- Relapse prevention
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Individual

Program deliverers: Criminologist
Program director

Correctional Service of Canada

Problem Solving and Coping Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with impulsivity

Commencement date of program: 1997

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Interviews
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Programme de réadaptation et de réinsertion sociale pour toxicomanes

Location: Maison Mélaric, Carillon, Quebec

Intensity/Type: Intensive, community-based

Target groups: Substance abusers

Commencement date of program: 1983

Duration: 30 Weeks

Theoretical orientation: Reality Therapy

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Successful participation in other programs
- Internal Assessment

Service delivery mode: Group and individual

Correctional Service of Canada

Programme de thérapie intensive avec hébergement

Location: Montreal-Metropolitan District Parole Office, Montreal, Quebec

Intensity/Type: Intensive, intermediate, and community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1995

Duration: 25 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist
Social worker
Program director
Program staff

Correctional Service of Canada

Programme de traitement pour agresseurs sexuels adultes

Location: Institut Pinel, Montreal, Quebec

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders

Commencement date of program: 1979

Duration: 52 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: No

Service delivery mode: Group and individual

Correctional Service of Canada

Relapse Prevention Treatment Program

Location: Prison for Women (maximum, and mental health), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, shoplifters, and sub-targets groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1996

Duration: 16 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Salvation Army Vancouver Harbour Light Program

Location: Vancouver, British Columbia

Intensity/Type: Intensive, community-based

Target groups: Violent offenders, sex offenders, substance abusers, property offenders, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Duration: 12 Weeks

Theoretical orientation: Bio-psycho-social
Spiritual

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment test result
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Dealing with resistant clients
- Diagnosis/assessment
- Risk assessment
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Section Intégration Travail

Location: Montreal, Quebec

Intensity/Type: Intermediate, community-based

Target groups: All offenders

Commencement date of program: 1984

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Employability

Admission criteria:
- Motivation reintegration

Additional specialized staff training:
- Professional Orientation

Clinical supervisor: No

Service delivery mode: Individual and group

Program deliverers: Program staff

Correctional Service of Canada

Sentiers

Location: Port-Cartier Institution, Port-Cartier, Quebec

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1992

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test result
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Service d'aide pour homme en difficulté de couple et / ou problème de violence

Location: Le Seuil de l'Estrie, Sherbrooke, Quebec

Intensity/Type: Low intensity, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1983

Duration: 25 Weeks

Theoretical orientation: Psychotherapeutic

Program components:
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression
- Institutional aggression

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Sex Offender Assessment Therapy

Location: Native Clan Organization, Manitoba

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1984

Duration: 1 Week

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic
Native spirituality

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers:
Psychologist
Program staff

Correctional Service of Canada

Sex Offender Program

Location: Edmonton Area Parole office, Edmonton, Alberta

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1996

Theoretical orientation:
Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Wellness planning
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Additional specialized staff training:
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers:
Psychologist
Parole officer
Elder

Correctional Service of Canada

Sex Offender Program

Location:	Regional Treatment Centre (Ontario) (multi-level security), Kingston, Ontario
Intensity/Type:	Intensive, institution-based
Target groups:	Sex offenders
Commencement date of program:	1972
Duration:	26 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem solving (impulse control) • Office/crime cycle • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Interviews • Specialized assessment
Additional specialized staff training:	• Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy • Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group and individual
Program deliverers:	Psychologist

Correctional Service of Canada

Sex Offender Program – Intensive

Location: Regional Treatment Centre (Atlantic); Dorchester Penitentiary (medium-security), Dorchester, New Brunswick

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders

Commencement date of program: 1990

Duration: 31 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Sexual education
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Pre-treatment test results
- Specialized assessment
- Risk and need assessment

Additional specialized staff training:
- Risk assessment
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program staff
Sexologist

Correctional Service of Canada

Sex Offender Program – Moderate Intensity (Continuous Intake)

Location:	Regional Treatment Centre (Atlantic), Dorchester, New Brunswick
Intensity/Type:	Intermediate, institution-based
Target groups:	Sex offenders
Commencement date of program:	1996
Duration:	16 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (anger) • Empathy (insight) • Victim awareness • Offender victimization • Relapse prevention
Admission criteria:	• Nature of current offence • Criminal history • Pre-treatment test result • Specialized assessment
Additional specialized staff training:	• Risk assessment
Clinical supervisor:	Yes
Service delivery mode:	Group and individual
Program deliverers:	Program staff Program director

Correctional Service of Canada

Sex Offender Relapse Prevention Program

Location: Mountain Institution (medium-security), Agassiz, British Columbia

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and sub-target groups of domestic violence offenders, and incest offenders

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Successful participation in other programs

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Risk assessment
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Sex Offender Relapse Prevention Program

Location: Vancouver Island District Parole Office, Victoria, British Columbia

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders

Commencement date of program: 1994

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Sex Offender Treatment Network

Location: Community, Nova Scotia

Intensity/Type: Low intensity, community-based

Target groups: Sex offenders

Commencement date of program: 1990

Duration: 24 Weeks

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Social and Independent Living Skills Program

Location: Regional Treatment Centre (Ontario) (multi-level security), Kingston, Ontario

Intensity/Type: Intermediate, institution-based

Target groups: Mentally disordered offenders

Commencement date of program: 1997

Duration: 26 Weeks

Theoretical orientation: Cognitive-behavioural
Psychiatric rehabilitation

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Cognitive distortion
- Relapse prevention
- Medication adherence

Admission criteria:
- Interviews
- Voluntary

Additional specialized staff training:
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Behavioural technologist

Correctional Service of Canada

Society of Aboriginal Addiction Recovery (SOAAR)

Location: Bowden Institution (medium-security), Innisfail, Alberta

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1998

Duration: 6 Weeks

Theoretical orientation: Psychotherapeutic
Cultural healing circle

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Substance abuse
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Substance abuse problem identifier

Additional specialized staff training:
- No additional specialized training

Clinical supervisor: Yes

Service delivery mode: Group and individual

Correctional Service of Canada

Society of Aboriginal Addiction Recovery (SOAAR)

Location: Regional Reception Centre, Special Detention Unit, Sainte-Anne-des-Plaines, Quebec

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of incest offenders, and domestic violence offenders

Commencement date of program: 1997

Theoretical orientation: Recognition and not disapproval

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Institutional aggression

Additional specialized staff training:
- Risk assessment
- Content specific
- Cultural knowledge

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program staff

Correctional Service of Canada

Society of Aboriginal Recovery (SOAR)

Location: All Pacific institutions

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers

Commencement date of program: 1992

Duration: 8 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients

Clinical supervisor: No

Service delivery mode: Group and individual

Correctional Service of Canada

Substance Abuse Counselling for Women, Phase I–2

Location:	Grand Valley Institution for Women (minimum- medium-security), Kitchener, Ontario
Intensity/Type:	Intensive, institution-based
Target groups:	Substance abusers
Commencement date of program:	1997
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Homework
Program targets:	• Assertiveness • Substance abuse • Communication skills • Relapse prevention
Admission criteria:	• Interviews • Pre-treatment testing • Pre-treatment test results
Additional specialized staff training:	• Content specific
Clinical supervisor:	No
Service delivery mode:	Group and individual
Program deliverers:	Social worker

Correctional Service of Canada

The Salvation Army Anchorage Program

Location: Saskatoon, Saskatchewan

Intensity/Type: Intermediate, community-base

Target groups: Substance abusers

Commencement date of program: 1985

Duration: 12 Weeks

Theoretical orientation: Substance abuse programming

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Institutional aggression
- Successful participation in other programs

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Program staff
Program director

Correctional Service of Canada

Turning Point Program

Location:	Prison for Women (maximum, and mental health), Kingston, Ontario
Intensity/Type:	Low intensity, institution-based
Target groups:	Offenders with bulimia or anorexia
Duration:	7 Weeks
Theoretical orientation:	Psychoeducational
Program components:	• Education • Information sharing • Disclosure • Homework
Program targets:	• Cognitive distortion • Bulimia and anorexia
Admission criteria:	• Interviews • Pre-treatment testing • Specialized assessment
Additional specialized staff training:	• Dealing with resistant clients
Clinical supervisor:	Yes
Service delivery mode:	Group and individual

Correctional Service of Canada

Understanding and Managing Anger Program

Location: Howard House Community Residential Centre, Sydney, Nova Scotia

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1991

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression
- Successful participation in other programs

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: No

Service delivery mode: Group (maximum 10)

Program deliverers: Program staff

Correctional Service of Canada

Violence interdite sur autrui (VISA)

Location: Montée Saint-Francois Institution (minimum- security), Ville de Laval, Quebec

Intensity/Type: Between low and moderate, institution-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1991

Duration: 15 Weeks

Program components:
- Education
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Specialized assessment

Additional specialized staff training:
- Risk assessment
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist
Program staff

Correctional Service of Canada

Violence Prevention Program

Location: All CSC facilities

Intensity/Type: Intensive, institution, and community-based

Target groups: Violent offenders

Commencement date of program: 1999

Duration: 15 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention
- Impulse control

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Institutional aggression
- Pre-treatment testing
- Pre-treatment test result

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Violent Offenders Program

Location: Dorchester Penitentiary (multi-level security), Dorchester, New Brunswick

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and sub-target groups of domestic violence offenders, and interpersonal violence offenders

Commencement date of program: 1998

Duration: 20 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Institutional aggression

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Correctional Service of Canada

Way of Life Aboriginal Program

Location: Bath Institution, Bath, Ontario

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1996

Duration: 16 to 24 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Interview
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression
- Institutional aggression
- Interviews
- Successful participation in other programs

Additional specialized staff training:
- Diagnosis/assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Social worker, Psychologist

Provinces and Territories

Best Practices

Alberta

Alberta

Aboriginal Arts Program

Location: Peace River Correctional Centre (medium- security); Alberta Justice

Intensity/Type: Low intensity, and institution-based

Target groups: Any interested offender

Commencement date of program: 1997

Duration: 45 Weeks

Theoretical orientation: Educational
Skills development

Program components:
- Education
- Skills acquisition

Program targets:
- Business
- Craft skills

Admission criteria:
- Offender interest

Service delivery mode: Group

Program deliverers: Educational instructor

Alberta

Boxing Program

Location:	Young Offenders Centre, Edmonton
Intensity/Type:	Intermediate, institution-based
Target groups:	Non-violent young offenders
Commencement date of program:	1993
Duration:	On-going
Theoretical orientation:	Cognitive-behavioural
Program components:	• Skills acquisition
Program targets:	• Social competence • Communication skills • Relapse prevention • Assertiveness
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Institutional aggression • Successful participation in other programs
Service delivery mode:	Group
Program deliverers:	Boxing trainer

Alberta

Community Justice Forums

Location: Cochrane Probation Office

Intensity/Type: Intermediate, community-based

Target groups: Asset by the court

Commencement date of program: 1997

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing

Program targets:
- Empathy (insight)
- Victim awareness

Admission criteria:
- Set by court

Service delivery mode: Group and individual

Program deliverers: Probation officer

Alberta

Community Transition Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, institution, and community-based

Target groups: Prerelease offenders

Commencement date of program: 1999

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Role play
- Homework
- Skills acquisition

Program targets:
- Problem definition
- Assertiveness
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Interviews

Service delivery mode: Group and individual

Program deliverers: Program director

Alberta

Impaired Driver's Program

Location: Fort Saskatchewan Correctional Centre; Alsike Centre (minimum-security); Alberta Justice, Correctional Services Division

Intensity/Type: Intensive, institution-based

Target groups: Substance abusers, and a sub-target group of drunk drivers

Commencement date of program: 1987

Duration: 4 Weeks

Theoretical orientation:
Cognitive-behavioural
Reality theory
Rational/emotive theory
Group dynamics

Program components:
- Education
- Skills acquisition
- Information sharing
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Substance abuse
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Cognitive distortion
- Victim awareness
- Empathy (insight)
- Relapse prevention
- Self-help tools

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Security classification

Service delivery mode: Group and individual

Program deliverers: Program director

Alberta

Kennedale School Program

Location:	Young Offenders Centre, Edmonton
Intensity/Type:	Intensive, institution-based
Target groups:	Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers
Commencement date of program:	1995
Duration:	52 Weeks
Theoretical orientation:	Educational
Program components:	• Education • Skills acquisition • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Social competence • Communication skills • Cognitive distortion
Service delivery mode:	Group and Individual
Program deliverers:	Teacher

Alberta

Long Term Adolescent Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, and substance abusers

Commencement date of program: 1996

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions

Service delivery mode: Group and individual

Program deliverers: Program director

Alberta

Native Programs

Location: Young Offenders Centre, Calgary, Edmonton, Grande Prairie, and Lethbridge

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, violent offenders, substance abusers, and sub-target groups of incest offenders, domestic violence offenders, and drunk drivers

Commencement date of program: 1989

Theoretical orientation: Spiritual

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Relapse prevention

Service delivery mode: Group and individual

Program deliverers: Program staff

Alberta

Nobody's Perfect Program

Location: Young Offenders Centre, Edmonton

Intensity/Type: Low intensity, institution-based

Target groups: Parents

Commencement date of program: 1995

Duration: 5 to 6 Weeks

Theoretical orientation: Cognitive-behavioural
Parenting skills development

Program components:
- Education
- Information sharing

Service delivery mode: Group

Program deliverers: Chaplain

Alberta

Open Custody Group

Location: Counterpoint House, Edmonton

Intensity/Type: Intensive, community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Commencement date of program: 1986

Duration: 36 Weeks

Theoretical orientation: Eclectic

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Life skills

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Open custody disposition

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Alberta

Parenting Program

Location: Young Offenders Centre, Edmonton

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, sex offenders, substance abusers, and sub-target groups of domestic violence offenders, incest offenders, and drunk drivers

Commencement date of program: 1997

Duration: On-going

Theoretical orientation: School extra curriculum

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Communication skills
- Empathy (insight)

Admission criteria:
- Interested in learning

Service delivery mode: Group and individual

Program deliverers: Program staff
Teacher

Alberta

Sex Offender Program

Location: Young Offenders Centre, Calgary

Intensity/Type: Intermediate, institution, and community-based

Target groups: Sex offenders

Commencement date of program: 1990

Duration: On-going

Theoretical orientation: Cognitive-behavioural
Relapse prevention

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (Impulse control)
- Offence/crime cycle
- Social competence
- Arousal reduction (sexual deviance)
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence

Service delivery mode: Group and individual

Program deliverers: Psychologist

Alberta

Sex Offender Treatment Program

Location: Young Offenders Centre, Edmonton

Intensity/Type: Intermediate, institution-based

Target groups: Sex offenders, and sub-target group of incest offenders

Commencement date of program: 1996

Duration: 3 to 6 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition
- Information sharing
- Role play
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Commitment to treatment

Service delivery mode: Group and individual

Program deliverers: Psychologist

Alberta

The Breakfast Club

Location: Young Offenders Centre, Grande Prairie

Intensity/Type: Low intensity, institution-based

Target groups: Depressed, or suicidal offenders

Commencement date of program: 1992

Theoretical orientation: Psychoeducational

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Pre-treatment testing

Service delivery mode: Group and individual

Program deliverers: Program director

Alberta

The Magic Mirror Program

Location: Young Offenders Centre (multi-level security), Edmonton

Intensity/Type: Low intensive, institution-based

Target groups: Young and low functioning offenders

Commencement date of program: 1999

Duration: 1 Week

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Homework

Program targets:
- Substance abuse
- Communication skills

Service delivery mode: Group

Program deliverers: Program staff

Alberta

Turning Point Program

Location: Alberta Hospital, Edmonton

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and substance abusers

Commencement date of program: 1986

Duration: 26 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention
- Family therapy

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Institutional aggression
- Pre-treatment test results
- Motivation

Service delivery mode: Group and individual

Program deliverers: Program manager

Alberta

West Castle Forestry Program

Location: West Castle Camp

Intensity/Type: Low intensity, community-based

Target groups: Non-violent offenders

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Skills acquisition

Program targets:
- Offence/crime cycle
- Substance abuse

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Successful participation in other programs

Service delivery mode: Group

Program deliverers: Program staff

Alberta

Young Offender Mentor Society

Location: Young Offenders Centre (secure/open/remand facility), Calgary

Intensity/Type: Intensive, community, and institution-based

Target groups: For high-risk sex offenders, violent offenders, and substance abusers

Commencement date of program: 1988

Theoretical orientation: Cognitive-behavioural
Reintegration

Program components:
- Education
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Social competence
- Communication skills
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Service delivery mode: Individual

Program deliverers: Volunteer

British Columbia

British Columbia

Youth Forensic Psychologist Services

Location: Burnaby Out Patient Clinic

Intensity/Type: Intensive, community-based

Target groups: Sex offenders

Commencement date of program: 1986

Duration: 32 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Pre-treatment testing

Additional specialized staff training: Mentor Model

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist

Manitoba

Manitoba

Addictions Recovery Program

Location: Milner Ridge Correctional Centre

Intensity/Type: Intermediate, institution-based

Target groups: Substance abusers, and drunk drivers

Commencement date of program: 1990

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Social competence
- Communication skills
- Victim awareness
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Screening

Additional specialized staff training :
- Dealing with resistant clients
- Content specific
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group and individual

Manitoba

Adolescent Sexual Offender Program

Location: Brandon Probation

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1993

Theoretical orientation: Cognitive-behavioural

Duration: On-going

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Cognitive-behavioural therapy

Clinical supervisor: No

Service delivery mode: Group and individual

Program deliverers: Probation officer
Psychiatrist

Manitoba

Anger Management Program

Location: Headingley Correctional Institution (minimum- and maximum-security)

Intensity/Type: Intermediate, institution, and community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1989

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Institutional aggression

Additional specialized staff training:
- Risk assessment

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Program director

Manitoba

Chemical Dependency Program

Location:	Headingley Correctional Institution
Intensity/Type:	Intermediate, and intensive institution-based
Target groups:	Substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers (all offenders)
Commencement date of program:	1994
Duration:	5 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Substance abuse • Cognitive distortion • Relapse prevention
Admission criteria:	• Interviews
Additional specialized staff training:	• Cognitive-behavioural therapy
Clinical supervisor:	No
Service delivery mode:	Group and individual
Program deliverers:	Facilitator

Manitoba

Commitment to Change Program

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, sex offenders, property offenders, and sub-target groups of drunk drivers, domestic violence offenders, and fraud offenders

Commencement date of program: 1995

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Service delivery mode: Group and individual

Program deliverers: Program director

Manitoba

Corrections Gang Intervention Program

Location: Manitoba Provincial Adult and Youth Institution

Intensity/Type: Intensive, institution, and community-based

Target groups: Violent offenders, substance abusers, gang members, and a sub-target group of domestic violence offenders

Commencement date of program: 1998

Theoretical orientation:
Cognitive-behavioural
Spiritual
Affective

Program components:
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Offence/crime cycle
- Substance abuse
- Victim awareness
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Gang members

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Service delivery mode: Group

Manitoba

Domestic Violence Program

Location: The Pas and area

Intensity/Type: Intermediate, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1989

Duration: 8 to 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Additional specialized staff training:
- Risk assessment
- Cognitive-behavioural therapy
- Content specific

Service delivery mode: Group and individual

Program deliverers: Probation officer

Manitoba

Fresh Start Program

Location: Brandon Provincial Building

Intensity/Type: Community-based

Target groups: Sex offenders, and a sub-target group of incest offenders

Duration: 18 Months

Theoretical orientation: Cognitive-behavioural

Program components:
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews

Additional specialized staff training:
- Risk assessment

Service delivery mode: Group

Program deliverers: Social worker

Manitoba

Fresh Start Program

Location: Brandon Probation

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders

Commencement date of program: 1987

Duration: 5 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Service delivery mode: Group and individual

Program deliverers: Probation officer

Manitoba

Intensive Support and Supervision Program

Location:	Custody support Unit, Winnipeg
Intensity/Type:	Intensive, community-based
Target groups:	Substance abusers, violent offenders, and sex offenders
Commencement date of program:	1994
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Skills acquisition
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Substance abuse • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Cognitive distortion • Relapse prevention
Admission criteria:	• Post-custody youth
Additional specialized staff training:	• Dealing with resistant clients • Cognitive-behavioural therapy
Clinical supervisor:	Yes
Service delivery mode:	Individual
Program deliverers:	Program director

Manitoba

Long Term Domestic Violence Program

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1995

Duration: 10 Weeks

Theoretical orientation: Cognitive-behavioural
Psychodynamic
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Content specific

Service delivery mode: Group and individual

Program deliverers: Social worker

Manitoba

Making a Difference

Location:	Headingley Correctional Institution
Intensity/Type:	Intensive, institution-based
Target groups:	Mentally disordered offenders
Commencement date of program:	1998
Duration:	11 Weeks
Theoretical orientation:	Cognitive Life Skills Psychoeducational
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Victim awareness • Relapse prevention
Admission criteria:	• Psychiatric diagnosis
Additional specialized staff training:	• Diagnosis/assessment • Dealing with resistant clients • Cognitive-behavioural therapy • Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group and individual
Program deliverers:	Program coordinator

Manitoba

Medicine Wheel Teaching

Location: Youth Centres

Intensity/Type: Intensive, community-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Commencement date of program: 1989

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Empathy (insight)
- Social competence
- Communication skills
- Offender victimization
- Cognitive distortion

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Interviews
- Pre-treatment testing

Service delivery mode: Group and individual

Program deliverers: Program staff

Manitoba

Partner Abuse Short Term Group Program

Location:	Eastman Region
Intensity/Type:	Low intensity, community-based
Target groups:	Violent offenders, and a sub-target group of domestic violence offenders
Commencement date of program:	1992
Duration:	12 Weeks
Theoretical orientation:	Cognitive-behavioural Psychoeducational
Program components:	• Education • Information sharing • Skills acquisition • Homework
Program targets:	• Offence/crime cycle • Communication skills • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence
Additional specialized staff training:	• Risk assessment • Dealing with resistant clients
Clinical supervisor:	No
Service delivery mode:	Group
Program deliverers:	Probation officer

Manitoba

Sex Offender Program

Location: Headingley Correctional Institution

Intensity/Type: Intensive, institution-based

Target groups: Sex offenders

Commencement date of program: 1989

Duration: 6 Months

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: No

Service delivery mode: Group and individual

Manitoba

Step One
(A Sexual Offender Intervention for Mental Health Clients)

Location:	Brandon Probation
Intensity/Type:	Intermediate, community-based
Target groups:	Dual-diagnosis, mentally disabled sex offenders
Commencement date of program:	1996
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (sexual deviancy) • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Offender victimization • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews
Additional specialized staff training:	• Diagnosis/assessment • Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy
Clinical supervisor:	No
Service delivery mode:	Group and individual
Program deliverers:	Probation officer

Nova Scotia

Nova Scotia

Centre 24–7 Life Skills Learning Program

Location: Community School at Coldbrook as component of the Nova Scotia Youth Centre

Intensity/Type: Intensive, community-based

Target groups: Violent offenders, sex offenders, and substance abusers

Commencement date of program: 1999

Duration: 5 Months

Theoretical Orientation: Cognitive-behavioural
Adventure-Based Experiential Learning

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Supervisor
Teacher
Principal

Nova Scotia

Continuity of Care Methadone Program

Location:	Halifax Correctional Centre (multi-level security)
Intensity/Type:	Intensive, institution-based
Target groups:	Substance abusers
Commencement date of program:	1999
Theoretical orientation:	Psychoeducation Psychodynamic
Program components:	• Education • Information sharing
Program targets:	• Substance abuse
Admission criteria:	• Enrollment in Drug Dependency Services Methadone program
Additional specialized staff training:	• Content – poly-substance abuse
Clinical supervisor:	No
Service delivery mode:	Individual
Program deliverers:	Registered nurse

Nova Scotia

Controlling Anger and Learning to Manage It (CALM)

Location: Nova Scotia Youth Centre, open and secure custody, Waterville

Intensity/Type: Intermediate, institution-based

Target groups: Young offenders showing anger management problems

Commencement date of program: 1995

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Communication skills
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Interviews
- Anger problems reported by young offender, staff or the community

Additional specialized staff training:
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Psychologist

Nova Scotia

Sexual Offender Assessment and Treatment Program

Location:	Nova Scotia Hospital (minimum-security)
Intensity/Type:	Intermediate, community-based
Target groups:	Sex offenders, and sub-target groups of incest, and pedophile offenders
Commencement date of program:	2000
Duration:	30 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Offence/crime cycle • Arousal reduction (sexual deviancy) • Cognitive distortion • Relapse prevention
Admission criteria:	• Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results • Specialized assessment
Additional specialized staff training:	• Diagnosis/assessment • Cognitive-behavioural therapy • Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group and individual
Program deliverers:	Psychologist Psychiatrist Probation officer Program director

Ontario

Ontario

Anger Management Program

Location: Northern Treatment Centre (medium-security), Sault Ste. Marie

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and substance abusers

Commencement date of program: 1990

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Arousal reduction (anger)
- Arousal reduction (sexual deviance)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Psychologist

Ontario

Assessment Services

Location:	Brookside Youth Center (secure custody), Cobourg
Intensity/Type:	Intensive, institution-based
Target groups:	All new admissions
Commencement date of program:	1988
Theoretical orientation:	Assessment
Clinical supervisor:	Yes
Program deliverers:	Psychometrist

Ontario

Aware Anti-Criminal Thinking Program

Location: Northern Treatment Centre, Sault Ste. Marie

Intensity/Type: Intermediate, institution-based

Target groups: Offenders with criminal values

Commencement date of program: 1995

Duration: 26 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Program director
Social worker

Ontario

Domestic Violence Program

Location:	Northern Treatmerit Centre (medium-security), Sault Ste. Marie
Intensity/Type:	Intensive, institution-based
Target groups:	Violent offenders, and sub-target groups of domestic violence offenders, and substance abusers
Commencement date of program:	1990
Duration:	12 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Arousal reduction (anger) • Arousal reduction (general emotions) • Social competence • Communication skills • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results
Additional specialized staff training:	• Diagnosis/assessment • Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy • Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group
Program deliverers:	Psychologist Social worker

Ontario

Non-Violent Approach Program

Location: Bluewater Youth Centre (medium-security), Goderich

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders

Commencement date of program: 1991

Theoretical orientation: Cognitive-behavioural
Psychodynamic

Program components:
- Education
- Information sharing
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Social competence
- Communication skills
- Cognitive distortion
- Relapse prevention
- Violent behaviour

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Additional specialized staff training:
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Social worker

Ontario

Relating Without Violence Program

Location: Ontario Correctional Institute, Brampton

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, and a sub-target group of domestic violence offenders

Duration: 12 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Social competence
- Empathy (insight)
- Victim awareness
- Offender victimization
- Relapse prevention

Admission criteria:
- Nature of current offence
- Criminal history
- Interviews

Service delivery mode: Group

Ontario

Rideau Treatment Centre

Location: Rideau Correctional and Treatment Centre, Merrickville

Intensity/Type: Intensive, institution-based

Target groups: Violent offenders, substance abusers, and sub-target groups of domestic violence offenders, and drunk drivers

Commencement date of program: 1997

Duration: 5 to 10 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Additional specialized staff training:
- Risk assessment
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group and individual

Ontario

Substance Abuse Program

Location:	Northern Treatment Centre (medium-security), Sault Ste. Marie
Intensity/Type:	Intermediate, institution-based
Target groups:	Substance abusers
Commencement date of program:	1990
Duration:	26 Weeks
Theoretical orientation:	Cognitive-behavioural Social learning
Program components:	• Education • Information sharing • Skills acquisition • Role play • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Offence/crime cycle • Substance abuse • Social competence • Arousal reduction (general emotions) • Communication skills • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Criminal history • Interviews • Pre-treatment testing • Pre-treatment test results • Verbal aggression • Institutional aggression
Additional specialized staff training:	• Risk assessment • Dealing with resistant clients • Cognitive-behavioural therapy • Content specific
Clinical supervisor:	Yes
Service delivery mode:	Group
Program deliverers:	Program director Social worker

Ontario

Winners Problem Solving Skills Training Program

Location: Vanier Centre for Women, medium-security correctional institution, Brampton

Intensity/Type: Intermediate, institution-based

Target groups: All incarcerated adults

Commencement date of program: 1990

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Skills acquisition
- Role play
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Social competence
- Communication skills
- Empathy (insight)
- Relapse prevention

Admission criteria: Interviews

Additional specialized staff training:
- Risk assessment
- Cognitive-behavioural therapy

Clinical supervisor: No

Service delivery mode: Group

Program deliverers: Program staff

Prince Edward Island

Prince Edward Island

Alternative Residential Placement Program

Location: Province wide

Intensity/Type: Intensive, community-based

Target groups: High-risk young offenders aged 12 to 18

Commencement date of program: 1987

Theoretical orientation: Combination of theoretical basis

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Verbal aggression
- Institutional aggression

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group, family, and individual

Program deliverers: Social worker
Probation officer

Prince Edward Island

Community Youth Work Program

Location:	Community Services
Intensity/Type:	Intensive, community-based
Target groups:	1987
Commencement date of program:	Young offenders, age 12 to 17, and as sub-target group, their families
Theoretical orientation:	Multi-service
Program components:	• Education • Information sharing • Skills acquisition • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Problem solving (impulse control) • Assertiveness • Substance abuse • Arousal reduction (sexual deviancy) • Victim awareness • Cognitive distortion • Relapse prevention • Family/community
Admission criteria:	• Nature of current offence • Number of prior convictions • Criminal history • Interviews • Verbal aggression • Institutional aggression • Successful participation in other programs • Specialized assessment
Clinical Supervisor:	Yes
Service delivery mode:	Group, family, and individual

Prince Edward Island

Probation Services

Location: Province wide

Intensity/Type: Intensive, community-based

Target groups: All offenders

Commencement date of program: 1972

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Disclosure
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (sexual deviancy)
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Communication skills
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history

Additional specialized staff training:
- Diagnosis/assessment
- Risk assessment
- Dealing with resistant clients
- Cognitive-behavioural therapy

Clinical supervisor: Yes

Service delivery mode: Individual

Program deliverers: Probation officer
Program director

Prince Edward Island

Sexual Deviance Program

Location: Community

Intensity/Type: Intensive, community-based

Target groups: Sex offenders

Commencement date of program: 1988

Duration: 25 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Autobiography

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Specialized assessment

Service delivery mode: Group

Saskatchewan

Saskatchewan

Elizabeth Fry Society Women's Community Training Residence

Location: Saskatoon

Intensity/Type: Intensive, intermediate, low intensity, community, and institution-based

Target groups: Women violent offenders, substance abusers, and a sub-target group of domestic violence offenders

Commencement date of program: 1996

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Arousal reduction (anger)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Number of prior convictions
- Criminal history
- Interviews
- Successful participation in other programs

Additional specialized staff training:
- Risk assessment
- Dealing with resistant clients
- Content specific

Clinical supervisor: No

Service delivery mode: Group and individual

Program deliverers: Program director
Program staff

Yukon

Yukon

Anger Management Program

Location: Young Offenders Facility, Whitehorse

Intensity/Type: Intermediate, institution-based

Target groups: Violent offenders, substance abusers

Commencement date of program: 1997

Duration: 2 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play

Program targets:
- Problem definition
- Problem solving (impulse control)
- Social competence
- Arousal reduction (anger)
- Cognitive distortion

Additional specialized staff training:
- Dealing with resistant clients
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Program staff

Yukon

Crime Cycle Awareness Program

Location: Youth achievement Centre, Whitehorse

Intensity/Type: Low intensity, institution, and community-based

Target groups: Offenders that pose a risk in the child welfare system

Commencement date of program: 1998

Duration: 4 Weeks

Theoretical orientation: Cognitive-behavioural

Program components:
- Education
- Information sharing
- Skills acquisition

Program targets:
- Problem definition
- Problem solving (impulse control)
- Offence/crime cycle
- Social competence
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Criminal history

Service delivery mode: Group and individual

Yukon

Sexual Offender Risk Management Program

Location: Family Violence Prevention Unit

Intensity/Type: Intermediate, community-based

Target groups: Sex offenders (rapists), and a sub-target group of incest offenders

Commencement date of program: 1994

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance Abuse
- Arousal reduction (anger)
- Arousal reduction(sexual deviancy)
- Arousal reduction (general emotions)
- Social competence
- Communication skills
- Empathy (insight)
- Victim awareness
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test result

Additional specialized staff training:
- Dealing with resistant clients
- Cognitive-behavioural therapy
- Content specific

Clinical supervisor: Yes

Service delivery mode: Group

Program deliverers: Program director
Program staff

Yukon

Substance Abuse Education / Driving Without Impairment Program

Location:	Teslin Correctional Institution
Intensity/Type:	Low intensity, institution-based
Target groups:	Substance abusers, and a sub-target group of drunk drivers
Commencement date of program:	1997
Duration:	10 Weeks
Theoretical orientation:	Cognitive-behavioural
Program components:	• Education • Information sharing • Disclosure • Autobiography • Homework
Program targets:	• Problem definition • Substance abuse • Arousal reduction (general emotions) • Empathy (insight) • Victim awareness • Cognitive distortion • Relapse prevention
Admission criteria:	• Nature of current offence • Number of prior convictions • Pre-treatment testing
Additional specialized staff training:	• Addiction counselling
Clinical supervisor:	Yes
Service delivery mode:	Group (maximum 10)
Program deliverers:	Program staff

Yukon

Youth Sex Offender Program

Location: Community based outpatient treatment program

Intensity/Type: Intermediate, community, and institution based

Target groups: Sex offenders

Commencement date of program: 1994

Duration: 104 Weeks

Theoretical orientation: Cognitive-behavioural
Psychotherapeutic

Program components:
- Education
- Information sharing
- Skills acquisition
- Role play
- Disclosure
- Autobiography
- Homework

Program targets:
- Problem definition
- Problem solving (impulse control)
- Assertiveness
- Offence/crime cycle
- Substance abuse
- Social competence
- Arousal reduction (general emotions)
- Arousal reduction (anger)
- Arousal reduction (sexual deviancy)
- Communication skills
- Empathy (insight)
- Victim awareness
- Offender victimization
- Cognitive distortion
- Relapse prevention

Admission criteria:
- Nature of current offence
- Interviews
- Pre-treatment testing
- Pre-treatment test results
- Specialized assessment

Clinical supervisor: Yes

Service delivery mode: Group and individual

Program deliverers: Psychologist
Art therapist

APPENDIX A

Treatment Survey

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The purpose of this survey is to provide an up-to-date inventory of all correctional programs, both institutional and community-based, with an emphasis on "best practices" or "effective programming". Programs are defined as any intervention that is systematically applied to offenders with the expectation that it will result in reduced recidivism. Programs, then, target needs that are linked to criminal behaviour by an offender, i.e., criminogenic factors. A program that does not directly target criminogenic needs but nonetheless has as one of its objectives the successful reintegration of the offender into society should be included in the inventory. A program shall have clearly articulated objectives, participant selection criteria, a process for evaluating progress made by the participant and a process for measuring program effectiveness. A program that does not possess all of these characteristics may still be included in the inventory, however it would be preferable if it did meet this standard. The results of this survey will be incorporated into a compendium of "what works in offender programming" for Canadian criminal justice jurisdictions. This compendium will include separate volumes on assessment, effective programs, and evaluation, as well as an inventory of programs and best practices. The completed compendium will be made available to all jurisdictions for dissemination to the different sites. The survey inquires about program descriptions, assessments of treatment need, costs and evaluation. Additionally, you are requested to complete the section on best practices (Part D). Please feel free to append any information to the questionnaire if the space provided is insufficient. Your cooperation is greatly appreciated.

Part A

Administrative information

1) **Name of program** _____

2) Location of program: site (and security level) and jurisdiction (e.g., Kingston Penitentiary (maximum), Correctional Service of Canada) _____

3) How is treatment need assessed? (check more than one if applicable)

❑ Interview ❑ File review ❑ Questionnaire

❑ Collateral information (e.g., spouse, community assessment)

4) Do you develop a correctional treatment plan?

❑ No ❑ Yes

If yes, is a paper or electronic form of the plan built into policy for the delivery of treatment programs?

❑ No ❑ Yes

5) How many of these offenders completed the program over the last 12 months?_____

6) Do you conduct a risk assessment?

❑ No ❑ Yes

If yes, indicate whether or not the risk assessment is:

❑ Part of initial assessment ❑ Considered as part of admission criteria

❑ Included in post-treatment report

If yes, what risk measure is used?

❑ Statistical Information on Recidivism Scale (Revised) (SIR-R1)

❑ Psychopathy Checklist – Revised (PCL–R) ❑ Level of Service Inventory (LSI-R)

❑ Other (Please specify: _____)

7) Who can refer an offender to a program?

❑ A psychologist, a psychiatrist ❑ A lawyer, the courts ❑ A social worker

❑ Security ❑ Other (Please specify: Primary Workers_____)

8) Is the program delivered ❑ In the institution ❑ In the community?

If the program is delivered in the community, is it:

❑ Pre-trial ❑ Alternative to incarceration ❑ Follow-up/maintenance?

9) What is the intensity level of this program: ❑ Intensive ❑ Intermediate ❑ Low?

10) What year was the program first established? _____

11) How many programs do you complete per year? _____

Part B

Program development and evaluation

1) What is the theoretical basis of the program?

❑ Cognitive-behavioural ❑ Psychodynamic ❑ Psychotherapy

❑ Other (Please specify: _____)

2) Has the program ever been evaluated?

❑ No ❑ Yes ❑ Quarterly ❑ Semi-annually ❑ Annually ❑ Every two years

❑ Less than every two years

3) Is there a treatment manual?

❑ No ❑ Yes

4) Is there a participant manual?

❑ No ❑ Yes

Part C

Program description

1) What is the program target group and sub-target group?

target group	sub-target group
❑ violent offenders	❑ domestic violence
❑ sex offenders	❑ incest
❑ substance abusers	❑ drunk drivers
❑ other _____	❑ other _____

2) Which of the following are components of the program? (check more than one if applicable)

❑ Education ❑ Information sharing ❑ Skills acquisition ❑ Role play

❑ Disclosure ❑ Autobiography ❑ Homework

3) Which of the following are treatment targets? (check more than one if applicable)

❑ Problem definition ❑ Problem solving (impulse control) ❑ Assertiveness

❑ Offence/crime cycle ❑ Substance abuse ❑ Arousal reduction (sexual deviancy)

❑ Arousal reduction (anger) ❑ Arousal reduction (general emotions, e.g. anxiety, fear, stress)

❑ Social competence ❑ Communication skills ❑ Empathy (insight)

❑ Cognitive distortion (minimizing, denial, rationalization, criminal attitudes)

❑ Victim awareness ❑ Offender victimization (physical/sexual abuse)

❑ Relapse prevention ❑ Other (Please specify: _____)

4) How is the treatment provided (service delivery)?

❑ Individual therapy only (following standard program guidelines)

❑ Group therapy only (what is the maximum size of the group ___?)

❑ Combination of both individual and group therapy

❑ Other (Please specify: _____)

5) What are the explicit admission criteria? (check more than one if applicable)

❑ Nature of current offense ❑ Number of prior convictions ❑ Criminal history

❑ Interviews ❑ Pre-treatment testing ❑ Verbal aggression

❑ Institutional aggression ❑ Successful participation in other programs

❑ Pre-treatment test results ❑ Specialized assessment (e.g. phallometric)

❑ Other (Please specify: _____)

6) What are the explicit exclusionary criteria? (check more than one if applicable)

❑ Intelligence level ❑ *Active* psychosis ❑ Unmotivated ❑ Literacy

❑ Denies problem ❑ Appealing sentence ❑ Other (Please specify: _____)

7) What is the duration of the program? ___ weeks.

8) Are there formal follow-up sessions post-treatment?

❑ No ❑ Yes (❑ Daily ❑ Weekly ❑ Biweekly ❑ Monthly ❑ Quarterly)

9) What percentage of offenders completing treatment were:

❑ Aboriginal ___%? ❑ Women ___%? ❑ Juveniles ___%?

❑ Other ___%?

10) Do you measure treatment gain?

❑ No ❑ Yes

Part D

Best practices

1) Do you wish to nominate this program as a best practice?

❑ No ❑ Yes

If yes, please complete the **BEST PRACTICES SURVEY** for this program.

2) What would enhance this program?

_____

_____

Part E

Financial information

What is the total annual cost of the program? _____

	Profession	Level of education	Annual salary or contract	% of time dedicated to program	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

The first person listed in the table should be the person who is functionally responsible for the program.

1) Profession (please use the following letter code when completing the table):

a) Psychologist; b) Psychiatrist;
c) Social worker; d) Chaplain;
e) Program Director; f) Program staff;
g) Other (Please specify: _____

2) Level of education (please use the following letter code when completing the table):

a) High school or equivalent; b) Community college;
c) BA; d) BSW;
e) MA; f) MSW;
g) Ph.D.;
h) Other (Please specify: _____

This survey was completed by: _____

Telephone: _____

E-mail: _____

APPENDIX B

Best Practices Survey

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Part A

Administrative information

1) **Name of program**_____

2) Location of program: site (and security level) and jurisdiction (e.g. Kingston Penitentiary (maximum), Correctional Service of Canada)_____

   Is there a program advisory committee?

   ❑ No ❑ Yes (❑ Internal representatives ❑ External representatives ❑ Both)

3) Is there an assessment of treatment need?

   ❑ No ❑ Yes (❑ Assessed by program ❑ staff Assessed by non-program staff)

4) How is treatment need assessed? (check more than one if applicable)

   ❑ Interview ❑ File review ❑ Questionnaire

   ❑ Collateral information (e.g. spouse, community assessment)

5) Do you develop a correctional treatment plan?

   ❑ No ❑ Yes

   If yes, is a paper or electronic form of the plan built into policy for the delivery of treatment programs?

   ❑ No ❑ Yes

6) How many assessments (the number of offenders screened for the program) for this program were completed during the last 12 months _____ by ❑ Program staff ❑ Non-program staff?

7) Of these, how many were accepted into the program?

   _____, we were at the bottom of the barrel.

8) Following assessment, how many offenders were excluded from treatment? _____

9) How many of these offenders completed the program? _____

10) Which of the following explain offenders' non-completion of the program? (check more than one if applicable)

   ❑ Released ❑ Transferred ❑ Refused ❑ Drugs ❑ Group misbehaviour

   ❑ Institutional misbehaviour ❑ Intellectual concerns/Mental health

   ❑ Other (Please specify: _____)

11) Do you conduct a risk assessment?

❑ No ❑ Yes

If yes, indicate whether or not the risk assessment is:

❑ Part of initial assessment ❑ considered as part of admission criteria

❑ Included in post-treatment report

If yes, what risk measure is used?

❑ Statistical Information on Recidivism Scale (Revised) (SIR-R1)

❑ Psychopathy Checklist – Revised (PCL–R)

❑ Level of Service Inventory (LSI-R)

❑ Other (Please specify: _____)

12) Who can refer an offender to a program? (check more than one if applicable)

❑ A psychologist, a psychiatrist ❑ A lawyer, the courts ❑ A social worker

❑ Security ❑ Other (Please specify: _____)

13) Is the program delivered ❑ In the institution ❑ In the community?

If the program is delivered in the community, is it ❑ Pre-trial ❑ Alternative to incarceration

❑ Follow-up/maintenance?

14) What is the intensity level of this program: ❑ Intensive ❑ Intermediate ❑ Low?

15) What criteria define level of treatment intensity? (check more than one if applicable)

❑ Frequency of contact ❑ Number of sessions ❑ Treatment demands

❑ Number of therapists ❑ Number of treatment modules

❑ Other (Please specify: _____

16) What year was the program first established? _____

17) How many programs do you complete per year? _____

18) Is a waiting list maintained?

❑ No ❑ Yes, when applicable

If yes, number on the waiting list ___.

19) Is there a control group? (a no-treatment or an alternative treatment group)

❑ No ❑ Yes

If yes,

❑ Random assignment ❑ Waiting list control ❑ Cohort group

❑ Matched control (describe matching variables)

(check more than one if applicable)

❑ Age ❑ Criminal history/risk ❑ Current offence ❑ Pre-test treatment results

❑ Other (Please specify: _____)

20) Has a data base been developed?

❑ No ❑ Yes, for some information

Part B

Program development and evaluation

1) Did the program begin with a pilot effort to fine-tune procedures?

❑ No shaped from the Parkland Wellness program at Bowden ❑ Yes

2) Was a literature search conducted prior to program implementation?

❑ No ❑ Yes

3) What is the theoretical basis of the program?

❑ cognitive-behavioural ❑ Psychodynamic ❑ Psychotherapy

❑ Other (Please specify: _____)

4) Has the program ever been evaluated?

❑ No ❑ Yes (❑ Quarterly ❑ Semi-annually ❑ Annually ❑ Every two years

❑ More than two years ago)

❑ Formal (independent review) ❑ Informal (program staff)

❑ Pre/post measures ❑ Recidivism

❑ Other (Please specify: _____)

If yes, who contributed to the program evaluation?

❑ Program delivery staff ❑ Non-program staff ❑ Participant/offender

❑ Other consumers (e.g. Parole Board)

If yes, are the results published?

❑ No ❑ Yes (Please provide a copy) (❑ Internal document ❑ External peer-reviewed publication)

5) How has the program changed over time? (check more than one if applicable)

❑ Program content ❑ Duration ❑ Treatment targets ❑ Staffing ❑ Procedures

❑ Exclusions ❑ Report format ❑ Admission criteria ❑ Scheduling

❑ Other (Please specify:_____) ❑ No program changes

6) Is there a treatment manual?

❑ No ❑ Yes, a makeshift manual

If yes, does the manual describe (check more than one if applicable)

❑ Admission criteria ❑ Program rules

❑ Expulsion criteria ❑ Program content ❑ Homework assignments

❑ Test battery ❑ Report format or exemplar

❑ Other (Please specify: _____)?

7) Is there a participant manual?

❑ No, but we use plenty of handouts ❑ Yes

If yes, does the manual describe (check more than one if applicable)

❑ Admission criteria ❑ Program rules ❑ Expulsion criteria ❑ Program content

❑ Homework assignments ❑ Test battery ❑ Report format or exemplar

❑ Other (Please specify: _____)?

Part C

Program description

1) Please attach a current description of the program (one to two pages maximum).

2) What is the program target group and sub-target group?

target group	sub-target group
❑ violent offenders	❑ domestic violence
❑ sex offenders	❑ incest
❑ substance abusers	❑ drunk drivers
❑ other _____	❑ other _____

3) Which of the following are components of the program? (check more than one if applicable)

❑ Education ❑ Information sharing ❑ Skills acquisition ❑ Role play

❑ Disclosure ❑ Autobiography ❑ Homework

4) Which of the following are treatment targets? (check more than one if applicable)

❑ problem definition ❑ Problem solving (impulse control)

❑ Assertiveness ❑ Offence/crime cycle ❑ Substance abuse

❑ Arousal reduction (sexual deviance) ❑ Arousal reduction (anger)

❑ Arousal reduction (general emotions, e.g. anxiety, fear, stress)

❑ social competence ❑ Communication skills ❑ Empathy (insight)

❑ Cognitive distortion (minimizing, denial, rationalization, criminal attitudes)

❑ Victim awareness ❑ Offender victimization (physical/sexual abuse)

❑ Relapse prevention ❑ Other (Please specify: _____)

5) How is the treatment provided (service delivery)?

❑ Individual therapy only (following standard program guidelines)

❑ Group therapy only (what is the maximum size of the group ___?)

❑ Combination of both individual and group therapy

❑ Other (Please specify: _____)

6) What, if any, additional specialized training is provided for the program staff? (check more than one if applicable)

❑ Diagnosis/assessment ❑ Risk assessment ❑ Dealing with resistant clients

❑ Cognitive-behavioural therapy ❑ Content specific (e.g. relapse prevention in sex offenders; poly-substance abuse; managing dangerous offenders)

❑ Other (Please specify: _____)

Is this specialized treatment provided ❑ in house ❑ externally?

❑ No additional specialized training.

7) Is there a clinical supervisor?

❑ No ❑ Yes

If yes, what is the frequency of contact between the clinical supervisor and the program deliverers? ❑ Daily ❑ Weekly ❑ Biweekly ❑ Monthly ❑ Quarterly

8) What are the explicit admission criteria? (check more than one if applicable)

❑ Nature of current offense ❑ Number of prior convictions

❑ Criminal history ❑ Interviews ❑ Pre-testing ❑ Verbal aggression

❑ Institutional aggression ❑ Successful participation in other programs

❑ Pre-treatment test results ❑ Specialized assessment (e.g. phallometric)

❑ Other (Please specify: _____)

9) What are the explicit exclusionary criteria? (check more than one if applicable)

❑ Intelligence level ❑ *Active* psychosis ❑ Unmotivated x Literacy

❑ Denies problem ❑ Appealing sentence

❑ Other (Please specify: _____)

10) What is the program duration_____

How long is each group therapy/treatment session?_____

Number of sessions per week?_____

How long is each individual therapy/treatment session? ____ hours

Number of sessions per week? ____ Duration of program? ___ weeks

11) Are there formal follow-up sessions post-treatment?

❑ No, unless inmate comes in to ask for one.

❑ Yes (❑ Daily ❑ Weekly ❑ Biweekly ❑ Monthly ❑ Quarterly)

12) What percentage of offenders completing treatment were:

❑ Aboriginal ___%? ❑ Women ___%? ❑ Juveniles ___%? ❑ Other ___%?

13) How do you measure treatment gain? (check more than one if applicable)

❑ Offender rating of satisfaction ❑ Role play, skills performance

❑ Knowledge questionnaire ❑ Behavioural rating (clinical staff)

❑ Independent rating (other staff e.g. security; shop instructors; social work/classification)

❑ Institutional performance (staff ratings)

❑ Institutional charges ❑ Interaction with staff/offenders ❑ Pre/post-treatment test

❑ Other (Please specify: _____)

Part D

Best practices

Best Practices: Please list best practices or features of your program that you feel are particularly beneficial or innovative and that may prove helpful if exported to other settings.

_____

_____

_____

_____

_____

Challenges: Please list major obstacles to effective intervention based on your experience with this program.

_____

_____

_____

_____

_____

Part E:

Financial information

	Profession	Level of education	Annual salary or contract	% of time dedicated to program	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

The first person listed in the table should be the person who is functionally responsible for the program.

1) Profession (please use the following letter code when completing the table):

a) Psychologist; b) Psychiatrist;
c) Social worker; d) Chaplain;
e) Program Director; f) Program staff;
g) Other (Please specify: _____

2) Level of education (please use the following letter code when completing the table):

a) High school or equivalent; b) Community college;
c) BA; d) BSW;
e) MA; f) MSW;
g) Ph.D.;
h) Other (Please specify: _____

This survey was completed by: _____

Telephone: _____

E-mail: _____

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