The Practical Application Of The Science Of Behavior Change

Part 1 Staffing





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Overview

- Review and demonstrations of the principles/best practices of behavior change
- What does the judge and team need to know in staffing?
- What are effective incentives and sanctions?

Purpose

What is the purpose of Sanctions?

What is the purpose of Incentives?

What other court responses are there?

Basic Terminology

SANCTIONS

Decrease or STOP behavior

INCENTIVES

Increase or START behavior

Therapeutic Adjustments

Treat sick behavior

Supervision/Drug tests

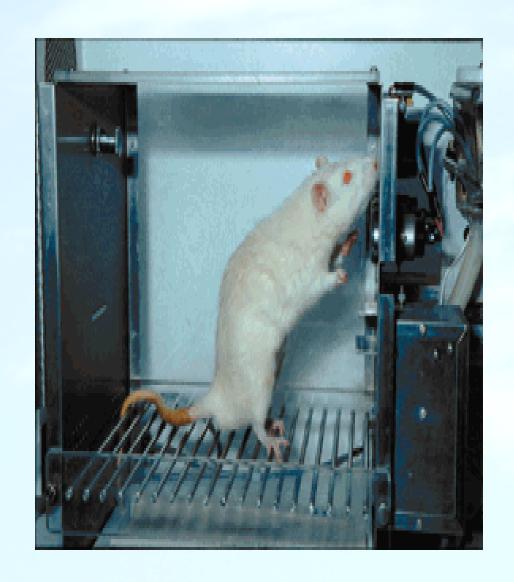
Monitors behavior

Purpose

Why do any of this?

To Change Behavior

The Beginning



"All Behavior is followed by a consequence, and the nature of that consequence modifies the organisms tendency to repeat the behavior in the future"

B.F. Skinner

(Applies to humans as well as rats!)

change is so VERY fun!!!

Certainty

Consistent Detection

(Behavior and <u>Immediate</u> Consequence)

Reliable detection

(Detection allows the gathering of information needed by judge and team to determine appropriate response)

Speeding ex.

Supervision

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(See	L		Last name		Your social siscurity i	number
instructions on page 21.)	B If	a joint return, spouse's first name and initial	Last name		Spouse's social secur	rity number
Use the IRS label.	H Ho	ome address (number and street). If you have	a P.O. box, see page 21.	Apt. no.	▲ Importar	atl 🛦
Otherwise, please print	R C	ty, town or post office, state, and ZIP code.	If you have a foreign address	see page 21	You must ente	r
or type. Presidential		ty, town or post office, state, and 25° code.	ii you nave a loreigh address,	July page 21.	your SSN(s) ab	
Election Campa (See page 21.)	ign	Note. Checking "Yes" will not chang Do you, or your spouse if filing a join	e your tax or reduce your r	refund.	You Sp	ouse
	1	Single		Head of household (with	qualifying person). (See	page 21.) If
Filing Status		☐ Married filing jointly (even if only or ☐ Married filing separately. Enter spo		the qualifying person is a this child's name here.		ndent, enter
Check only one box.	3	and full name here. ►		Qualifying widow(er) w	with dependent child (year
	6a	☐ Yourself. If your parent (or some		spouse died >). (See page 21.)	
Exemptions		return, do not check b	ox 6a	a dependent offres of fr	checked on 6a and 6b	
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If more than five					or separation	ace
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ore pega au.						ovo
	d	Total number of exemptions claimed			on lines above ►	Ш
Income	7	Wages, salaries, tips, etc. Attach For			7	=
	8a b			57 * * * * * * * * *	8a	-
Attach Forms W-2 and		Ordinary dividends. Attach Schedule	B if required		9	
W-2G here. Also attach	10	Taxable refunds, credits, or offsets of Alimony received		xes (see page 24)	10	-
Form(s) 1099-R if tax was	12	Business income or (loss). Attach Sc			12	
withheld.	13	Capital gain or (loss). Attach Schedu		red, check here	13	_
If you did not	14 15a	Other gains or (losses). Attach Form IRA distributions		able amount (see page 25)	15b	
	16a	Pensions and annuities 16a		able amount (see page 25)	16b	-
	1	Rental real estate, royalties, partnersh Farm income or (loss). Attach Sched		etc. Attach Schedule E	18	
/	`	nemployment compensation			19	
	٠.	al security benefits . 20a income. List type and amount	(see page 29)	able amount (see page 27)	20b 21	
		amounts in the far right column	n for lines 7 through 21. Thi	s is your total income >	22	-
11		r expenses (see page 29) uction (see page 29)				
<i>II</i> /	•	loan interest deduction (see	page 31) Zč	5		
71.1		ind fees deduction (see page MSA deduction, Attach Form				
_ // /)		expenses. Attach Form 3903	28	3		
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(19		nployed health insurance dedu mployed SEP, SIMPLE, and qu				
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Reliable Detection

- Urine drug testing at least twice per week
- Random testing all 7 days
- Continuous detection methods (patches, bracelet)
- Electronic monitoring
- Home visits (Extend supervision into natural social environment - work, home, school, street, cell phones)
- Include law enforcement on the team
- Case manager, supervision, treatment

Achieving Immediacy

- Remote responses have no power
 – and can cause real harm.
- Insist on quality testing and real-time devices.
- Insist on "fresh news."
 - Address lab issues.
 - Utilize interlock dashboards with team access.

 Empower CM's to administer lower level responses (incentives and sanctions) immediately per response matrix.

Proximal? Distal? What the heck is that?

Proximal = Proximate/Close



- Show up
- Try hard
- Tell the truth

Distal = Distant



- Abstain from use
- Accept disease
- Work program

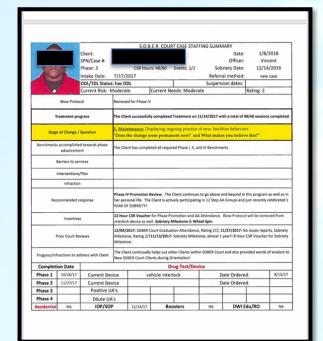
Focus on Incentives

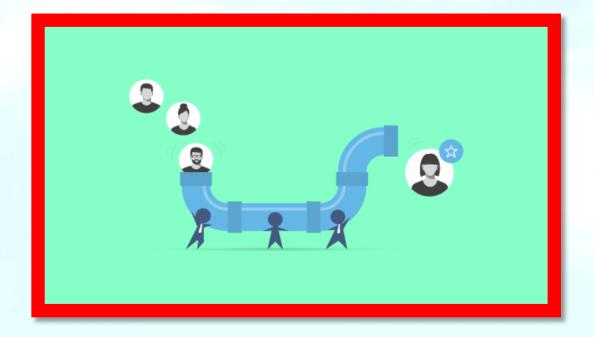
Number one incentive is acknowledgment from the judge ("Tinna Quee")



WHAT THE TEAM NEEDS

Changing Behavior Requires Information





	1			S.O.B.E.R. CO	URT CASE STAFF	ING SUMMARY		
		Client: SPN/Case #:		S.O.O.E.M. CO	17	Date: Officer:	1000	
Married Street	_ 1	Phase: 1		CSR Hours: 20/60	Events: 0/2	Sobriety Date:	5/15/	2017
		Intake Date:	11/2/201	7		Referral method:	new	case
		ODL/TDL Statu	s: ODL eligi	ble		Suspension dates:		
		Current Risk: 1	Moderate	Current	Needs: Moderat	te	Rating: 2	
	Blow Protoc	lo	5-8am, 11-	1pm, 3-5pm, 7-8pm,	& 10-12am			
Tre	atment pro	gress	The Client has successfully completed 18/47 Treatment Sessions. Ms. Millis continues to willingly participate and demonstrate pro-social thinking by the feedback given to Counselor and other groupmates.					
Stage of Change / Question			Preparation - Planning for Change How will you know you have been successful in making this change?*					
Benchmarks accomplished towards phase advancement			The Client has successfully completed all Phase I Benchmarks					
Ba	rriers to ser	vices	7		1			
let	erventions/	Plan						
	Infraction	10						
Recommended response		Since SDBER Court titake, the Client has never had a violation and has been a strong groupmate to others during treatment with her great feedback/input. The Client's sobriety is at the forefront of her priorities while in this program.						
	Incentive(s)		Skype Review and 8 Hour CSR Voucher for being sanction free since starting the program.					
Prior Court Reviews:			12/18/2017: Phase II Promo, 12 Hour CSR Voucher, Rating 2/2; 12/04/2017: Sober Court Graduation Attendance, Rating 2/2; 11/27/2017: Helpding Hand Award, Sobriety Milestone, B Hour CSR Voucher, Rating 2/2; 11/13/2017: No Issues Reported, Rating 2/2					
Additional Items to address with Client			The Client has yet to attend a SOBER Event					
Completio	n Date				Drug Test/Devi	ce		
Phase 1	17/18/17	Current De	vice	at home device		Date Ordered:		11/10/1
Phase 2		Current De	vice		- 11 - 1	Date Ordere	ed:	
Phase 3		Positive UA's						
Phase 4		Dilute U	A's					
		IOP/SOP						

STAFFING CONSIDERATIONS

BEHAVIOR RESPONSES:

- WHO are they in terms of risk and need?
- WHERE are they in the program (phase)?
- WHY did this happen (circumstances)?
- WHICH behaviors are we responding to?
 - Proximal or distal?
- WHAT is the response choice/ magnitude?
- HOW do we deliver and explain response?

TREATMENT / SUPERVISION CHANGES?



Staffing Sheets

- Staffing takes time
- CM should have up to the minute info
- CM recommended responses based on response matrix
- CM/ Treatment should have recommended questions/topics for the judge to ask participant



STATIC INFO

- Name, Case No.
- Program Entry Date
- Offense Charged
- Priors
- Driving Facts, BAC
- Driver's License Suspension
- Family
- ProgramCompletions
- Phase Promotions
- Response History

DYNAMIC INFO

- Sobriety Date, Phase
- Risk / Needs Level
- Current Barriers
- Client Goals
- Changes in Employment
- New Completions (CS, Tx, etc)
- UA Results, Interlock
- Law Enf. / Field Visit Notes
- Tx Provider Notes & Progress
- Prosocial Accomplishments
- Sober Support Network
- Recs for Incentives, Sanctions,
 Changes in Tx, Supervision

ATTENDA			S.O.B.E.R. COU	RT CASE STAFFI	NG SUMMARY		
	Client: SPN/Case #: Phase: 1 Intake Date:	CSF 12/13/2017	Hours: 0/60	Events: 0/2	Date: Officer: Sobriety Date: Referral method:	Vincent 11/7/2017	
	ODL/TDL Statu	\$1		3000	Suspension dates:		
	Current Risk: I	Moderate	Current N	leeds: Moderate	The second secon	Rating: 1	
Blow Prote	ocol	5-8am, 11am-1;	om, 3-5pm, 7-8pm				
Treatment pr	rogress	Treatment into assessment scheduled for 12/19/2017 and will start group on oxygon and					
Stage of Change	/ Questio	"How has your			ing in this program? and	what behaviors do y	
Benchmarks accomplish advancem			***	6			
Barriers to se	ervices						
Intervention	s/Plan						
Infractio		morning); 01/0:	1/18 (3-5pm, blev		.0am); 01/02/18 (10-12a n, blew at 10:50am); 12/		
Recommended response		Sanction; Judicial Admonishment Supervision Response: Remain on Blow Protocol and Cost Benefit Analysis Worksheet Treatment Response: Client to Start Treatment on 01/08/2018					
Goals							
Prior Court R	eviews:	12/20/2017: W	elcome to SOBER	Court			
Additional Items to ad	dress with Clien	OOL Paperwork					

WHEN AND HOW TO EFFECTIVELY USE THE INFO PROVIDED

You are a Change Agent!

WWYD

Roles and Information for the Team

- Each team member has a specific role
- We respect those boundaries!
- Disagreement is healthy and needed.
- We all share common goals:
 - -Public safety
 - -Program completion
- Many of our team members face ethical dilemmas



TEAM DEFENSE ATTORNEY

- Role often described as "murky"
 - Represents/ counsels clients as needed
 - Advocates for clients-- in a non-adversarial way
 - May assist with pleas, documents
 - Shares goal of program completion and health and well being of clients.



TEAM DEFENSE ATTORNEY

Attends staffing and gives input regarding appropriate sanctions / incentives

Must be mindful of the client's due process rights, but encourage client's honesty and accountability

Must be careful about client confidentiality— the attorney's silence often speaks volumes



TEAM DEFENSE ATTORNEY: SANDRA

- One of her clients, Amy, has confessed to her that she smoked "K-2/ Spice," a substance that Sandra knows is not routinely tested for.
- Amy deeply regrets the decision and wants to know if she should be honest and tell the judge.
- The team judge routinely sanctions this type of behavior with 3 days of jail.
- Without Amy's confession, no one would ever know.

What would you do?

- 1. Encourage honesty. Warn her jail is likely. Don't mention the truth about K-2 testing. Seek permission to disclose to team/advocate.
- 2. Tell all to Amy: K-2 won't show up on a drug test. If she's silent, no one will know. Don't tell team.
- 3. Encourage honesty. Don't tell her about testing and the jail. Ask permission to disclose to team. Advocate hard for lesser sanction.
- 4. Disclose the K-2 use even if client objects. Advocate for sanction reduction.

TREATMENT COUNSELOR

- Examely mindful of client confidentiality.
- Will not, and should not, share everything, including positive UAs.
- Participates in staffing
- Monitors progress, makes treatment recs to the Court
- Identifies and provides continuum of care for



TREATMENT/ COUNSELOR

- Address barriers that may exist (mental / physical health, language, etc).
- Services could include detox, residential treatment, SOP,
 IOP, cognitive education, boosters and aftercare.
- If a client has slipped or relapsed, the team must reassess the client's needs.
- Your treatment partner's input is essential.

COUNSELOR: CHERYL

- Client, Rob, is in trouble yet again after many alcohol and drug violations.
- Rob served two terms in Iraq and Afghanistan. A friend was killed next to him by a sniper just before he returned home.
- He has severe anxiety issues, along with a terrible attitude and resistance to treatment.
- Deputy Jones (Sheriff) saw Rob drinking a beer at the rodeo. Rob shot him the bird and chugged it.
- The team unanimously calls for termination.



Cheryl Gets Rob to Open Up

- Cheryl met with Rob. One of Rob's few redeeming factors is that he is an extremely proud, devoted father who shares custody of his 13-year-old son, Rob, Jr.
- Rob confided days before the incident, was served with papers, where his son's mother was seeking full custody.
- It gets worse...



Rob's Bad Week

- After a quarrel, his son told him he was a "dope-head loser," a "horrible father" and he wanted to live with mom.
- Rob's new girlfriend gave him gonorrhea.
- All of this happened a week after he had finally weaned himself off of his anxiety meds.
- Rob insisted she <u>must not</u> tell the judge and team.
- Rob expects termination and doesn't really want to fight it.



Rob Gives Up. Cheryl Doesn't.

 Cheryl firmly believes Rob needs to remain in the program to get him through this rough patch.

- These troubling events could be the catalyst for a long-awaited breakthrough for Rob.
- Though clients sign confidentiality waivers,

Cheryl is not sure how much she should share.

What would you do?

- 1. Tell the team <u>everything</u>; advocate for treatment.
- 2. Tell the team about everything except the STD. The team doesn't need to know that.
- 3. Don't disclose any confidential info. Say, "There are some big issues that I'm not at liberty to disclose, but please trust me on this one."
- 4. Urge the client to be honest with the team and not give up. Say little at staffing, but urge all to reconsider termination.

Incentives and Sanctions What do you use?

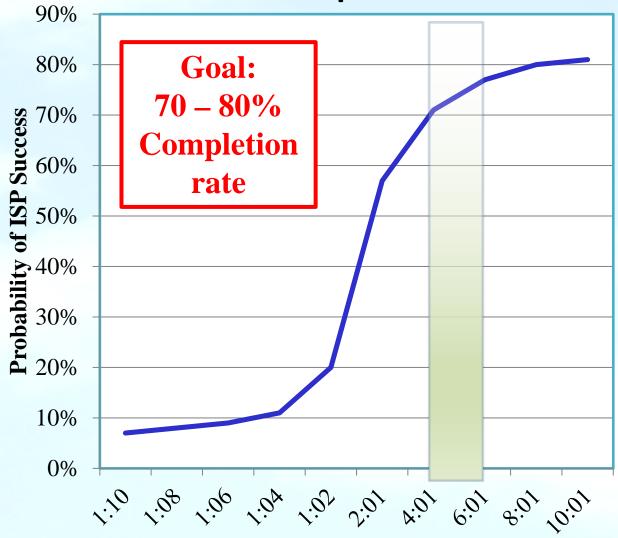
INCENTIVES

- If you are using not incentives in your program you are hindering your clients progress.
- Keep an incentives history, too.
- Tracking incentives increases use.
- Reinforcers should far outnumber punishers.
- How many incentives is enough?



Towns .	S.O.B.E.R. COU	RT CASE STAFFIN	NG SUMMARY	H/D			
Client:			Date:				
SPN/Case #:	02891187/2131	476	Officer:	Vincent			
Phase: 3	CSR Hours: 60/60	Events: 2/2	Sobriety Date:	6/26/2017			
Intake Date:	6/19/2017		Referral method:	new case			
ODL/TDL Status	: has ODL		Suspension dates:				
Current Risk:	Current N	leeds:	Rating: 2				
Blow Protocol	Removed for Phase IV						
Treatment progress	The Client successfully completed 46/46 Treatment Sessions on 10/17/2017 as well as Boosters on 12/20/2017						
Benchmarks accomplished towards phase advancement	The Client has completed all required Phase III Benchmarks.						
Stage of Change / Question	S. Maintenance - Ongoing practice of new, healthier behavior "What are you doing to keep from going back to the old way of doing things?"						
Interventions/Plan							
Infraction							
Recommended response	Phase IV Promotion Review. The Client ran into a few issues with Diluted UA Specimens, but regained compliance and has maintained compliance since. The Client has always presented an amazing and pleasant attitude throughout the program even when faced with tough situations. The Client has been a helpful peer to those in her Treatment Class as well as her SOBER Sisters Group.						
Incentive(s)	Wheel Spin						
Prior Court Reviews	11/27/2017: Phase III Promotion, Rating 2/2; 11/13/2017: No Issues, 8 Hour CSR Voucher, Sobriety Milestone (5mths), 30 Hour CSR Voucher from Wheel Spin, Rating 2/2;						

Ratio of Rewards to Punishments and Probability of Success on Intensive Supervision



Ratio of Rewards to Punishments

Widahl, E. J., Garland, B. Culhane, S. E., and McCarty, W.P. (2011). Utilizing Behavioral Interventions to Improve Supervision Outcomes in Community-Based Corrections. Criminal Justice and Behavior, 38 (4).

Does an Emphasis on Incentives Really Make a Difference?

- State of Texas DWI Ct Program Completion Rate: 69%
- Harris Co. SOBER DWI Ct Program Completion Rate: 87%



How Do We Know What Rewards Work? ASK THEM!

L3. What are your	favorite incentives?	(Circle all	that apply)
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Fish Bowl Spin the Wheel Praise, positive feedback

Gift Card Bus Passes CSR Voucher

Skype report Candy, treats Certificate (Sobriety, etc.)

Praise, positive feedback Other: (Specify)_____

14. What are some fun things you do that help you stay

sober?

What if we have no budget for incentives?

- You don't need gift cards! (See handouts!)
- Some of the most powerful are free.
- The best, most long-lasting incentives are "natural": paycheck from a job, diploma, regaining custody, repairing relationships, feeling better, etc.
- Natural reinforcers are the byproduct of good treatment, and will help clients long after probation ends.
- Our responses keep clients engaged until natural reinforcers kick in.





Н

YOU'RE DOING GREAT! YOU EARNED A "LEAVE COURT EARLY" PASS!

Congrats! You have earned a Report by Pass!

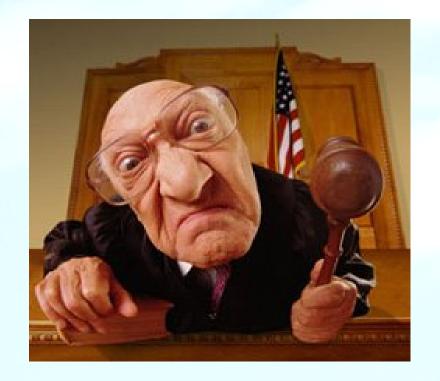
SKIP TO THE HEAD OF THE LINE GO FIRST AT YOUR NEXT UA

YOU'RE #1!
GO 1ST AT COURT
REVIEW!

You've got it made in the shade!!
Subtract 8 HOURS of community service.

Effective Punishment

"4:1" Only Works if the "1" is Occurring



Punishment is NOT the goal of imposing of Sanctions CHANGING BEHAVIOR IS THE GOAL

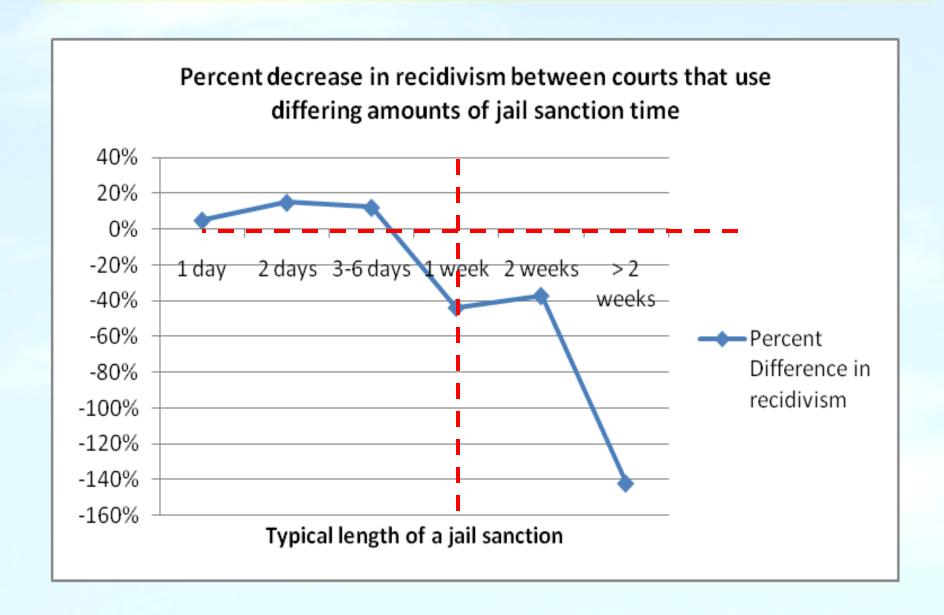
"What will they learn from the sanction?"

Punishers Often Include:

- Verbal admonishment
- Curfew, house arrest
- Reduced driving privileges
- Confinement in jury box, holdover cell
- Community service, work projects
- Escalating periods of jail: 1 5 days max (2-3)
- Others--A note about these:
 - Essays, Thinking Reports, Apology Letters
 - Increased court appearances
 - Do NOT demote to earlier program phases*



Courts that typically impose jail longer than 6 days have worse (higher) recidivism



Jail

- Often not effective
- Can make client's situation much worse
- Should be reserved for serious infractions
 - Public Safety
 - -Illegal activity
 - Violation of Behavior contract



Staffing

Understand: this is about them, not you.

Responses are in the eyes of the behaver, not you.

CRAFTING RESPONSES

- Response matrix should have options keyed to clients current level of competence and motivation
- Matrices should have several options— No "one size fits all."
- 10-20% of the time matrix may not work
- FOCUS ON THE BIG PICTURE AND LOOK FOR PATTERNS
- Consider: "What do you want the participant learn?"

CRAFTING RESPONSES - Scenario

- Carol is in Phase 2
- Positive EtG for Alcohol 3rd positive
- Perfect attendance at treatment and engaged in treatment

Step 1. Identify the **Behavior**

	Low	Moderate	High	Very High
(Late for Scheduled	Risky behavior	 Alcohol Use 	 Criminal behavior (new
	Event	 Unexcused Absence tx 	 Drug Use 	crimes, drinking and
(Failure to Complete	 Missed UA 	 Tamper w/ UA or device 	driving)
	Assignments	 Failure to follow 		Arrest
(Missed payment	download procedures		

Step 2. Determine the **Response**

	Low	Moderate	High	Very High
Phase 1	Level 1	Level 2	Level 2	Level 4
Phase 2	Level 1	Level 2	Level 3	Level 4
Phase 3	Level 2	Level 3	Level 4	Level 5
Phase 4	Level 3	Level 4	Level 5	Level 5

Step 3. Choose the **Sanction** Level 2 Level 1 Level 5 Level 4 **CSR** ≤ 4 hrs ≤8 hrs ≤ 16 hrs ≤ 32 hrs ≤ 40 hrs **House Arrest** ≤ 5 days ≤ 7 days ≤ 24 hrs ≤ 72 hrs ≤ 15 days Curfew ≤ 3 days ≤ 5 days ≤ 7 days ≤ 10 days ≤ 15 days **Driving Restriction** ≤ 3 days ≤ 5 days ≤ 7 days ≤ 15 days Jail ≤ 3 days ≤ 7 days Review Other **Termination Placement**

Treatment Responded

Level 1	Level	 Level 3	Level 4	Level 5
Behavior Chain Cost/Benefit Analysis Skill Development Thought Restructuring Disapproval Homework/Practice	Level 1 plus: • LOC Review	Level 1, 2, plus: CRAM Sober-Link Referral Medication Eval Treatment Team Review	Level 1, 2 • Re-Ass	, 3, plus: sessment

Supervision Regionates

Level 1	Level 2		Level 3	Level 4	Level 5
 ≤ 3 additional report days Official Letter in File 	 ≤ 5 additional report da Home Visit Curfew 	·	 ≤ 7 additional report days Home Visit Increase ETG/UA Test Contingency Contract External Monitor Device Additional Court Report Case Conference 	≤ 3 addition Contingency External Mo • Case Confe • Curfew	nitor Device

Incentive Response Matrix

Step 1. Identify the Behavior

Easy	Moderate	Difficult
 Compliance Attendance Report to UA Payment 	 Health/Prosocial Employment Progress toward TX Goals Progress in TX Complete TX LOC 	 Specific Target Abstinence Treatment Goals Completed

Step 2. Determine the Response

	Easy	Moderate	Difficult
Phase 1	Small	Medium	Large
Phase 2	Small	Medium	Large
Phase 3		Small	Medium
Phase 4			Small

Step 3. Chestare mentive

Small	Medium	Large
 Verbal Praise Raffle Ticket Bus Pass ≤ \$10 Gift Card ≤ 1 day reduction of curfew 	 Any small or: ≤ 3 day reduction of curfew Supervisor Praise Written Praise Positive Peer Board Certificate Voucher for _h CS 	 Any small, medium or: Driving Privileges Certificate Travel Pass Reduction of Curfew
	Voucher for \$_ feesLetter Home	

Treatment Response

	Phase 1	nase Z	Phase 3	Phase 4
Single Event	Behavior ChainCost/BenefitAnalysis	Behavior ChainCost/BenefitAnalysis	Behavior Chain	Behavior Chain
Continued Progress		Change in LOC	 Aftercare Fqcy Re-evaluate Pharmacological Interventions 	 Aftercare Fqcy Re-evaluate Pharmacological Interventions

Supervision Responses

Phase 1	Diaza 7	Phase 3	Phase 4
Change in Curfew Status	 Red red Contacts Decre red G/UA Testing Reduce in Home Visit 	 Reduced Contacts Decreased ETG/UA Testing Reduction in Home Visits Reduction in External Monitoring Devices Random Home Visits 	 Reduced Contacts Decreased ETG/UA Testing

Remember: The enemy is a difficult opponent We're in this for the long run!

