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Texas Department of Criminal Justice

Rehabilitation Programs Division

We welcome you to the Modified Cognitive Intervention Transition Program (CITP).

This is an approximately 120-day program, which includes in-cell, classroom, and individual activity and is focused on providing you an excellent opportunity to become more familiar with and prepare for your upcoming transition to general population. As part of the CITP you will be encouraged to explore how your thoughts, feelings, and behaviors have both worked for and against you in the past. You will be given the opportunity to work on yourself, strengthening those areas that are healthy and productive while finding and practicing the use of improved coping strategies for those areas where you have been less successful. We hope and expect that your time in this program will be challenging but very much worthwhile. Growth and change often occur with conflict and discomfort. The level and amount of effort you use to help yourself will determine how much you get out of this process. You are in the position to decide what you want your life to look like and begin to create it prior to your release. CITP staff can and will help you to fine tune your goals and work towards achieving them. We believe this will make it more likely for you to have a successful life which does not include re-incarceration. Everything you will be asked or required to do in this program is geared towards that final goal.

This program gives you the opportunity you need to grasp the idea that in adopting and applying the principles laid out, you too can live a positive, prospering life in society. A lifestyle that is free from drugs (including alcohol) and criminal behavior is less likely to result in re-incarceration.

The choice is up to you. All we ask is that you take the time to stop, look, listen, and consider.

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What is the Cognitive Intervention Transition Program?

The Cognitive Intervention Transition Program (CITP) is a collaborative effort to provide programming to inmates' tentatively pending transfer from a close custody/restrictive housing to general population. The 120-day program curriculum will include a variety of topics and utilize energizing and thought-provoking strategies to target various factors related to problematic and criminogenic behavior patterns. This program includes a focus on increasing motivation for more productive decision making and follow through, self-care, anger/stress management, assessing and improving communication skills, and reducing violent and aggressive thoughts and behaviors.

Mission Statement

It is the mission of the Cognitive Intervention Transition Program to provide the proper tools to reintegrate inmates from close custody/restrictive housing environment to living in general population and eventually the community.

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Overview of the CITP Program

The following is a brief overview of the parts of the program in which you will be involved. Hopefully, this will answer some questions you may have and give you some idea of what will be expected while you are here.

This program is meant to give you the opportunity to stop, look, listen, and consider various aspects of your behavior and belief system, as well as give you the opportunity to learn and develop new skills. There are several elements involved, which are designed to combine into a total growth experience.

Orientation

- Assessments
- Equipment training
- Rules and Regulations
- Program requirements and objectives
- Responding to offender questions and concerns.

Core

- Cognitive Intervention
- Looking at the past, present, and future of your decision making
- Handling stress, emotion, and aggression
- Intense focus on interpersonal awareness and skills

Transition

- Maintaining positive change
- Ongoing self-reflection
- Goal setting and following through
- Creating and keeping positive peer support

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Program Principles

Crime and addiction are symptoms of your failure to find a healthy, effective lifestyle. There are some universal principles that you will find within healthy people, families, and communities. With time, we believe you too; will come to feel the power of a life based on these principles. These are the foundation upon which this program is built.

HONESTY – If you live a lie, the truth will beat you. If you live in the truth, you will be free. Honesty is not easy, especially at first. With practice, it will bring pride, self-esteem, and peace of mind.

RESPECT – We believe in the worth and dignity of all human beings. Everyone should be treated with respect. You do not have to like someone to respect them. You will be courteous and respectful of all staff, volunteers, and other participants for two reasons: It is good for you, and it is good for them.

DISCIPLINE – Discipline is a major ingredient of legitimate success. The more responsible you become, the more freedom you gain. Developing the habit of self-discipline is necessary to achieving greater freedom and less restriction.

TOLERANCE – We live in a diverse society, there will always be those whose ideas and lifestyles are uncomfortable or distasteful to you. Conflict is everywhere. Life is not always fair. You cannot do everything you want. Tolerance of race, color, sexual identity, authority, and personal limitations are required for successful living. Embrace in it yourself and give it freely to others. In the end, you will be the only one to benefit the most from it.

COURAGE – It takes strength to look at yourself honestly and to change. Courage is not the absence of fear, but it is the ability to face it. Being real and facing life without drugs or crimes takes courage. There are many problems for which there are no easy or quick solutions. Nonetheless, if you have the courage to face them and deal with the discomfort of finding legitimate, lasting solutions, the answers will come. This is the way to true freedom and peace.

RESPONSIBILITY – Our choices have rewards or consequences. You are responsible for the choices you make and will be held accountable for your behavior.

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RULES

- Rules are based on TDCJ, Unit, and program guidelines. Failure to adhere to rules, depending on the type, may lead to additional criminal charges, removal from the program, formal disciplinary procedures, or program sanctions.
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1. No physical violence, threats of physical violence or intimidation against any person.
 2. Possession or use of drugs (including alcoholic beverages) or drug/alcohol paraphernalia.
 3. Sexual acting out.
 4. Stealing.
 5. Possession of a weapon of any kind.
 6. Destruction of state property.
 7. Any act defined as a felony by the State of Texas or the United States.
 8. Being disrespectful to staff and/or volunteers. No vulgarity.
 9. Racial, ethnic, or sexual slurs.
 10. Failure to participate in program classes.
 11. Failure to follow program policy and procedures.
 12. Possession of contraband.
 13. Lying.
 14. Trafficking/Trading/Gambling.
 15. Must be appropriately dressed during class. In cell this would mean a minimum of T-shirt and shorts (not boxer shorts). For outside of cell this would mean your jumpsuit.
 16. No sleeping during programming.
 17. Be ready for class (or other program activities) at the designated time.
 18. Maintain good hygiene (shower, shave, brush teeth daily)
 19. Cell organization will be done as per TDCJ/Unit policy. The headphones should be stored after program activities are done.
 20. Follow instructions for the instructor or volunteer.

21. Turn the light on in your cell when someone walks up to the door before you come to the door.
22. No yelling or talking across the run.
23. Radios should not be loud enough to disrupt others, particularly during program hours.
This includes new arrivals that have not completed orientation or started classes.
24. What is said in group stays in group, except as required by either medical or instructor.
25. No snacks of any type allowed during class.
26. No speaking over others.
27. All communication must be in English unless approved by the instructor prior to the session.

Unit Rules

1. Facility- specific rules may be developed and issued by the Warden.
2. The Warden has the right to change rules for security reasons.
3. Follow the property policy as outlined in TDCJ property policy

Sanctions

Sanctions – Consequences received for inappropriate behaviors and violations of TDCJ rules, program rules, or facility rules and procedures.

- *Sanctions are imposed for selfish, destructive, antisocial behavior. These may range from a loss of a privileges to removal from the program.*

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Goals for Positive Change

1. To learn to distinguish between thinking and feeling.
2. Come to understand how you are viewed by self and others.
3. To understand that you have two options:
 - a. to spend the rest of your life going in and out of prison
 - b. change
4. To understand that the role of staff is to assist you in finding more effective options in terms of lifestyle, attitudes, and coping behaviors.
5. To understand the role of staff is to be direct, firm, and supportive.
6. To understand where distortions exist in your thinking patterns and perception of the world, and to work towards changing those that are determined to need changing.
7. To understand what your part is in the community.
8. To understand the meaning of respect for self and others.
9. To understand that the process of change is lifelong, therefore

Ongoing Support is Essential!

Program Goal

To increase pro-social attitudes and behaviors and to improve offender decision making by better preparing and assisting inmates confined to administrative segregation to successfully return to general population and eventually the community.