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KEY STRATEGIES FOR WORKING WITH JUVENILE OFFENDERS

# KEY STRATEGIES FOR WORKING WITH JUVENILE OFFENDERS

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**Welcome!**

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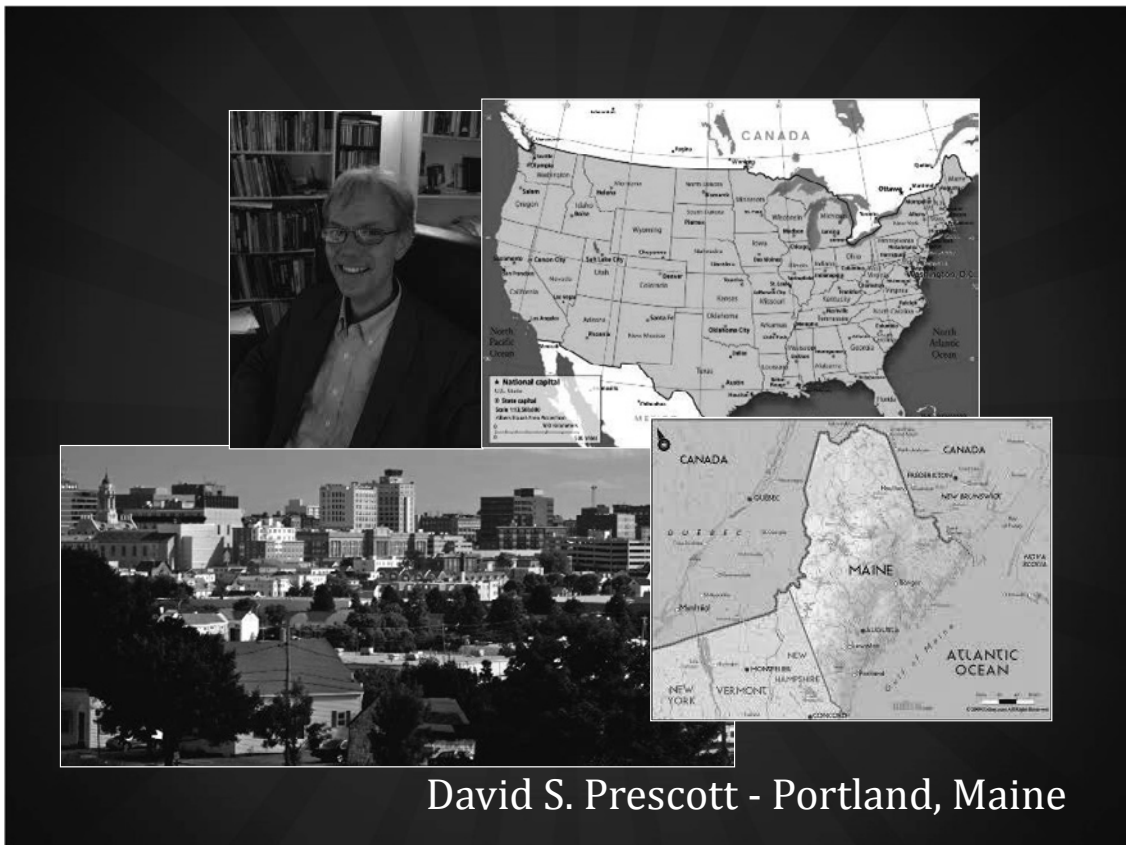
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***Healthy lives,***  
***Safe communities***





David S. Prescott - Portland, Maine

## INTRODUCTORY REMARKS

And the responsivity principle

## WHAT'S OUR GOAL?

- Stopping the behavior?
- Justice for the victim?
- Preventing re-offense?



## WHAT WORKS?

- Do we want them to re-offend or not?
- What can we do?
- Who should we be?
- Is that enough?



## BEFORE YOU PAINT YOUR HOME...

❖ This is the first step to change



This is awakening motivation

❖ This is treatment



This is maintaining motivation

## REALITY

❖ We need to ...

- build willing partners in change
- build treatment completers
- build responsivity



# EFFECTIVE PROGRAMS

## RESPONSIVITY principle

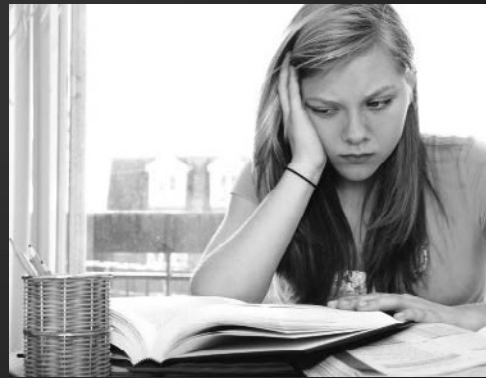
- ❖ effective programs are those which are responsive to client characteristics
  - cognitive abilities
  - maturity
  - motivation
  - mode of intervention
  - scheduling concerns
  - neurological impact of trauma



# RELATIONSHIP PROBLEMS



## LEARNING DIFFICULTIES



## HYPERACTIVITY



## COMMUNICATION DIFFICULTIES



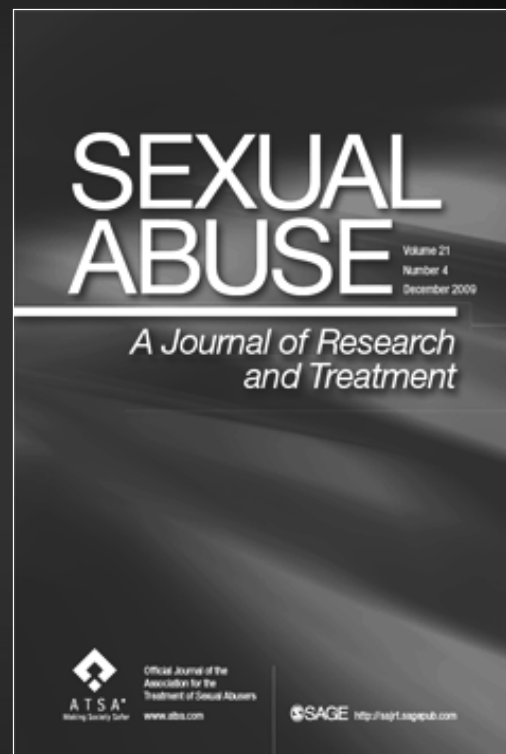
## COGNITIVE RIGIDITY



## AMBIVALENCE

- ❖ I want to work with you, and I don't want to sacrifice myself
- ❖ I want to change, and I want to be respected
- ❖ I want to be in treatment, and I don't want to be in a one-down position
- ❖ I want to look at myself, and I don't want to feel less of a man
- ❖ etc. etc. etc. etc. etc.

MARSHALL, 2005





## MARSHALL, 2005

- Warm
- Empathic
- Rewarding
- Directive



Problem: Many people think they have these qualities, but don't

## Telling "The Hard Truth"

- Feedback Sandwich
  - Affirm => Feedback => Affirm
- Elicit => Provide => Elicit
  - Ask permission to give feedback, give the feedback, then elicit the client's thoughts about your feedback
- Motivational approaches are not necessarily warm and fuzzy

## USE APPROACH GOALS

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### APPROACH/AVOIDANCE (FROM PRESCOTT/WILSON)

- I don't want any more victims.
- I don't want to smoke anymore.
- I don't want any more trouble with the law.
- I don't want any more violence towards my partner.
- I don't want to use drugs or alcohol to excess any more.
- I don't want to gamble any more.
- I have been ordered to stay away from the victim of my crime.
- I don't want to be on probation.
- I don't want to look stupid.
- I want people to be able to trust me.
- I want to be clean and sober.
- I want to get my health back.
- I want a respectful relationship with my partner.
- I want to save money.
- I want to complete all my obligations to the court.
- I want to be good at my job or good in school.
- I want to be able to keep myself calm.
- I want activities in my life that I'm good at (like hobbies).

## FROM MY CASELOAD

- Mr. X will demonstrate to others that he has changed
- Mr. X will become the person he wants to be
- Mr. X will improve his relationships with others
- Mr. X will work to prevent further allegations

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## BE TRAUMA-INFORMED

And I mean really trauma-informed

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## WHAT IS TRAUMA?

- PTSD
- Complex PTSD
- DEHNOS
- Complex trauma
- Developmental Trauma Disorder



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## WHAT IS TRAUMA?

- Trauma is the desperate hope that the past was somehow different.

• -- Jan Hindman



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## WHAT IS TRAUMA?

- APA:
- **Trauma** is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help these individuals find constructive ways of managing their emotions.

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## TRAUMA (FORD ET AL., 2012)

- Approximately 90% of youth in juvenile detention facilities reported at least one potentially traumatic event in two independent surveys.
  - E.g., being threatened with a weapon (58%), traumatic loss (48%), and physical assault (35%)

## TRAUMA (FORD ET AL., 2012)

- Two complex trauma sub-groups:
- 20% reported some combination of sexual or physical abuse or family violence
- 15% emotional abuse and family violence but not physical or sexual abuse
- 35% for complex trauma history
  - about three times higher than the 10-13% estimates of other children and adolescents

## REAVIS ET AL., 2013

- 9.3% of the sample reported no adverse events in childhood,
- compared with 38% of the male sample in the ACE study.
- As well, 48% reported four or more adverse experiences, compared with 9% of the men in the ACE study.

## LEVENSON, PRESCOTT, & WILLIS, 2014

- 679 Adult male sex offenders
  - ACE questionnaire
  - Compared with males in the general population:
    - Three times the odds of child sexual abuse
    - nearly twice the odds of physical abuse
    - 13 times the odds of verbal abuse
    - > 4 times the odds of emotional neglect/broken home
- 16% endorsed no ACEs, and nearly half endorsed four or more

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## ABSENCE OF CURIOSITY



## TRAUMA

- Relational issues
- Somatic challenges





## WHAT IS TRAUMA?

• The goal of (trauma) treatment is to help people live in the present, without feeling or behaving according to irrelevant demands belonging to the past.

• -- Bessel van der Kolk

## ULTIMATELY

*No intervention that takes power away from the survivor can possibly foster her recovery, no matter how much it appears to be in (his or) her immediate best interest.*

-- Judith Herman, M.D.

- Reframe: Interventions that empower survivors foster recovery

## POST-TRAUMATIC STRESS DISORDER



## POST-TRAUMATIC STRESS DISORDER

- Traumatic event including
  - Actual or threat of death or serious injury
  - Threat to physical integrity
  - Response of intense fear, helplessness, horror
- Persistent re-experiencing of events
- Persistent avoidance of associated stimuli & numbing of responsiveness
- Persistent symptoms of increased arousal
- Duration >1 month, significant disturbance in functioning

## POST-TRAUMATIC STRESS DISORDER

- Re-experiencing distress
  - Recollections, images, thoughts, perceptions
  - Dreams
  - Flashbacks, illusions, hallucinations
- Avoidance of related stimuli
  - Thoughts, feelings, conversations
  - Activities, places or people

## POST-TRAUMATIC STRESS DISORDER

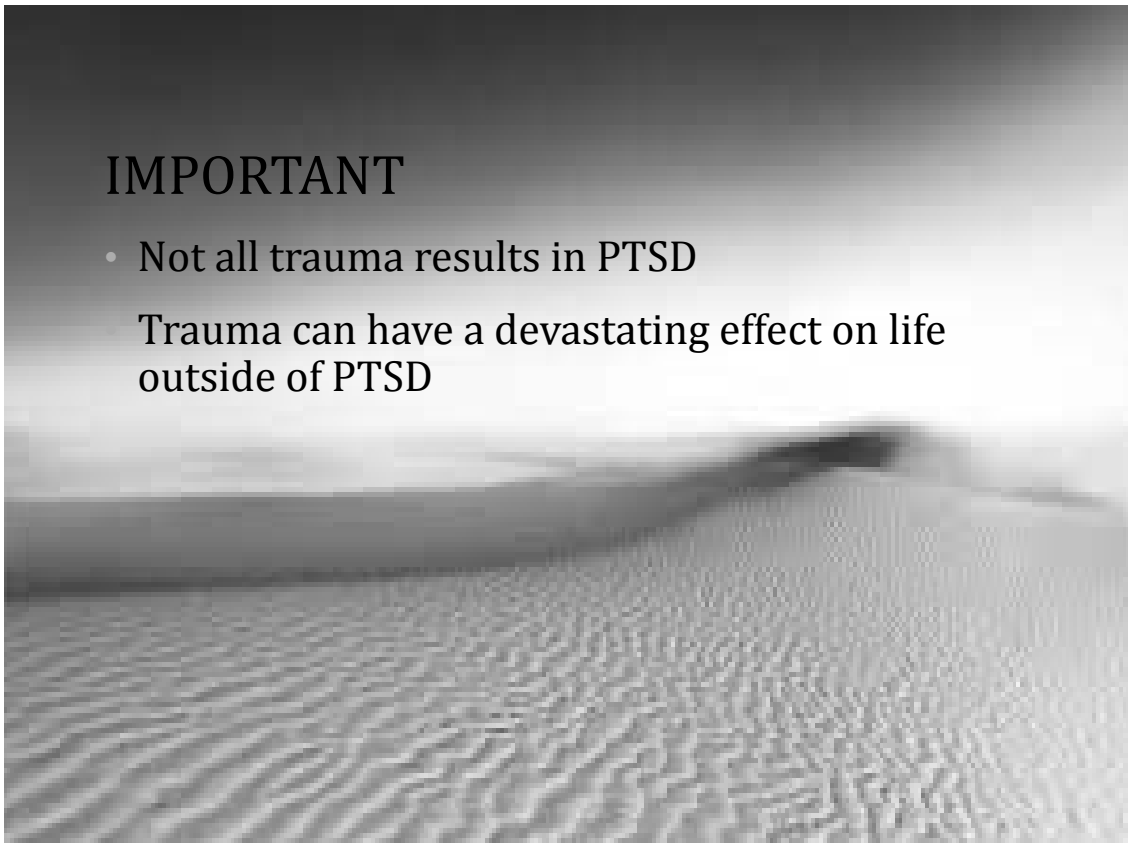
- Numbing of general responsiveness
  - Inability to recall important aspects of event
  - Diminished interest/participation in activities
  - Detachment/estrangement from others
  - Restricted range of emotions (e.g., love)
  - Sense of foreshortened future
- Arousal symptoms
  - Insomnia, anger, hypervigilance, difficulty concentrating, exaggerated startle response

## POST-TRAUMATIC STRESS DISORDER

- Events
  - Military combat
  - Violent personal assault (physical, sexual, mugging)
  - Kidnapping, terrorism, torture, incarceration, disasters, auto accidents, terminal diagnosis)
  - Witnessing fatal accident, body parts
- Typically worse when event is of human design
- Typically worse when stressor is repeated, chronic

## IMPORTANT

- Not all trauma results in PTSD
- Trauma can have a devastating effect on life outside of PTSD



# PREPARE MORE THAN YOU THINK YOU SHOULD

## Strategy #5

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## SPECIFIC STEPS

1. Get into the mindset that you are creating new mindsets
2. 10,000 foot rule
3. Relax your body
4. Lower your shoulders
5. Slow your breathing
6. Reject all distractions
7. Spend 1<sup>st</sup> 20% of every interaction engaging
8. It's hard to argue with a relaxed person

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# PRACTICE SPECIFIC MOTIVATIONAL TECHNIQUES

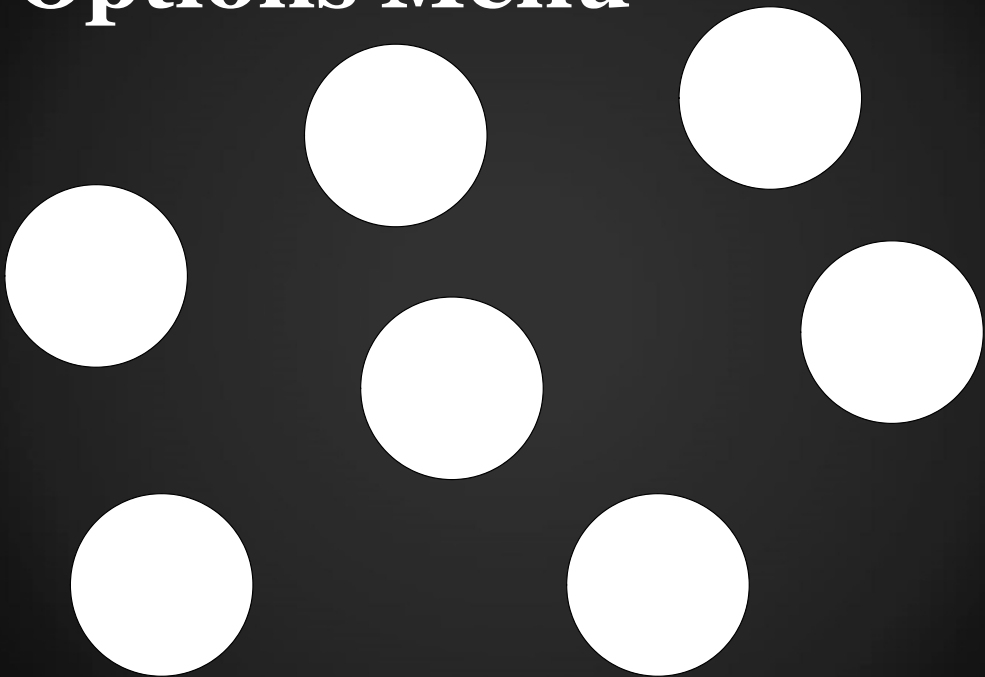
Strategy #6

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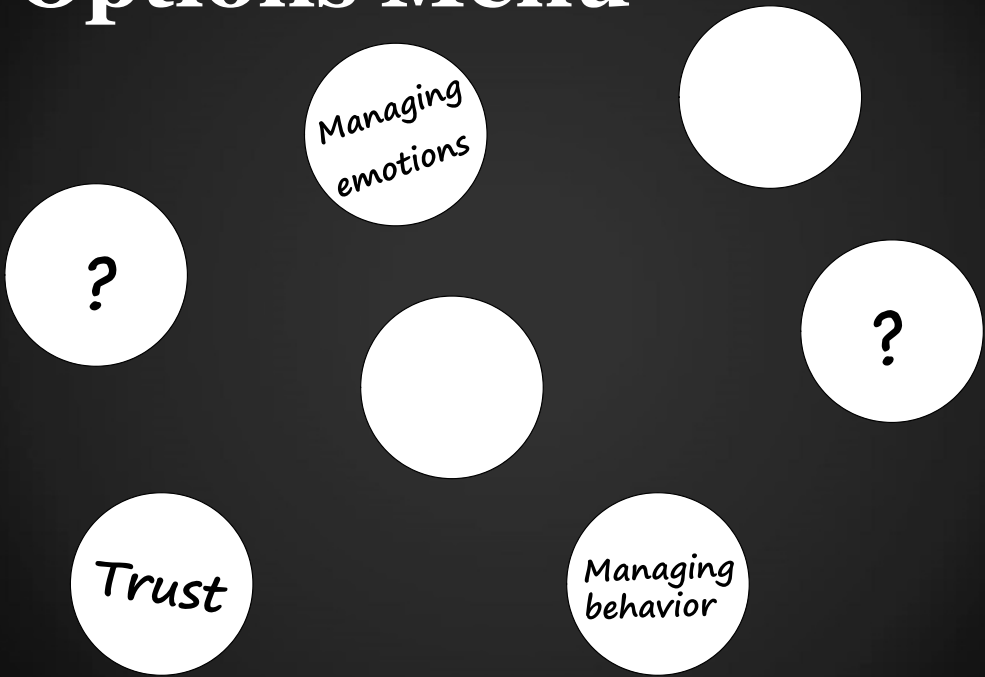
WHEN YOU'RE  
WITH ME...

**You always have options**

# Options Menu



# Options Menu





# ARE WE READY?

0 1 2 3 4 5 6 7 8 9 10

MOTIVATION = IMPORTANCE + CONFIDENCE

Backwards Questions

## TAKE-AWAY MESSAGES

- People change
- Punishment alone does not reduce recidivism
- When all else fails, get back to the basics

**Change** the way you *think...*  
*and you will*  
**Change** the way you *live!*



## TAKE-HOME MESSAGES

- Change Talk



“No, no, no...”

## TAKE-HOME MESSAGES

- Change Talk
- Acceptance
- Less Is More
- Righting Reflex
- Michelangelo Belief
- Autonomy and Choice



# LET'S START WITH STRENGTHS



## STRENGTHS

- CASE SUMMARY A
- 46, female, 2 children, second marriage; grossly obese for many years; leads an inactive life. Moderate to heavy drinker, smokes 15+ a day, and has a diet that is high in fried food, with little fruit or vegetables.



## STRENGTHS

- CASE SUMMARY B
- 46, account manager and mother of two; very determined person. It's her second marriage, and she keeps a keen eye on her children's well-being. It's a happy house. They work and play hard. She has lots of friends, smokes and drinks in the pub, and gets little exercise. She likes to make sure everyone has a good filling meal, and this often means fried food.



## FIND THE STRENGTH



# FIND THE STRENGTH



# FIND THE STRENGTH



# FIND THE STRENGTH



# FIND THE STRENGTH



# FIND THE STRENGTH



UP TO THIS POINT...

- Options menu
- Readiness ruler
- Basic MI concepts
- Importance of finding strengths



## PRACTITIONER'S DEFINITION

- Motivational interviewing is a person-centered counseling style for addressing the common problem of ambivalence about change.



## THE SPIRIT OF MOTIVATIONAL INTERVIEWING

- Partnership
- Acceptance
- Compassion
- Evocation





## FOUR PROCESSES

- Engaging
- Focusing
- Evoking
- Planning



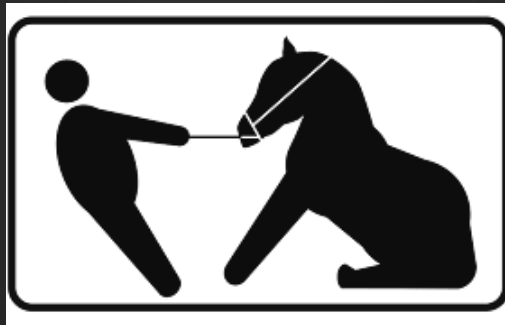
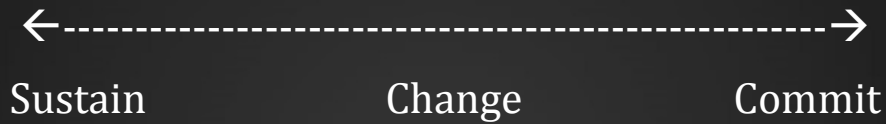
## THESE PROCESSES ARE...

- Somewhat linear
- And also recursive





# TALK



**There is no such thing as “resistance”**

## CHANGE TALK

- Desire *“I want to...”*
- Ability *“I can...”*
- Reason *“There are good reasons to...”*
- Need *“I need to”*



## RESPONDING TO CHANGE TALK

- *When you hear change talk, don't just stand there!*
- Elaborate (tell me more)
- Affirm
- Reflect
- Summarize



## GETTING MOVING: OARS

- Open questions
- Affirmations
- Reflections
- Summaries



## REFLECTIVE LISTENING

- Simple Reflection
  - Exact words
  - Closely related words
- Complex Reflection
  - Continuing the paragraph
  - Reflecting emotion



TO BE CONTINUED...

• By you