
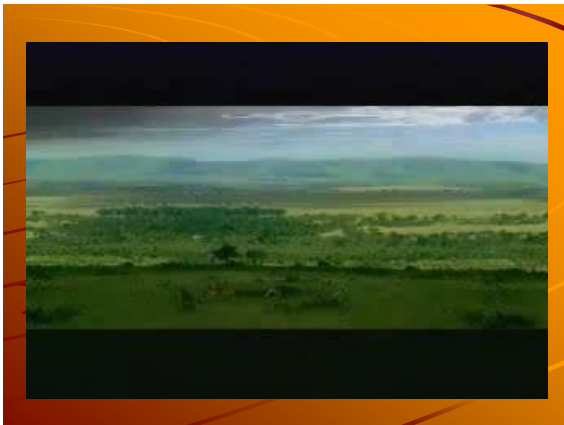


Best Practices
Working with Adults (18-25
years old)



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**• NEW YORK
MAN 'WANTED TO BE ONE WITH TIGER'**

NEW YORK — Police said Saturday that David Villalobos, who had a close encounter Friday with a Bronx Zoo tiger, told detectives that it was without fear that he leaped from the zoo's elevated train into the animal's den. His reason, they said, was that "he wanted to be one with the tiger."

Villalobos also recounted how, after he landed on all fours, the 400-pound beast attacked him and dragged him around by his foot, said New York Police Department spokesman Paul Browne. Despite serious injuries, he claimed he was able to get his wish and pet the tiger — a male Siberian named Bashuta — before his rescue, the spokesman added.

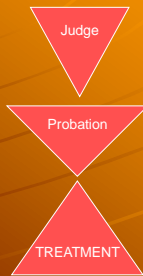
Police were planning to arrest the hospitalized Villalobos on trespassing charges, Browne said.

Working With 17-25 Year Olds

Objectives:

- Understand the thinking, attitudes, and behaviors of young adults in the criminal justice system.
- Understand the psychology of emerging adulthood; what is known, and what remains to be known?
- Learn new techniques and skills for treating and educating 17-25 year old.

THE DESIGN



PARTNERSHIP

- ◆ 15% (ONE TO THREE YEARS AFTER COMPLETION)
- ◆ 32% FOR THOSE WHO OPTED OUT THE PROGRAM
- ◆ 50% REDUCTION FOR NEW FELONIES



EMERGING ADULTHOOD
17-25

RISK FACTORS

- ✦ AGE (<25)
- ✦ EARLY ONSET OF SUBSTANCE USE(<14)
- ✦ EARLY ONSET CRIME(<16 YEARS)
- ✦ PRIOR TX FAILURES
- ✦ SUBSTANCE USE SEVERITY
- ✦ CRIMINAL HISTORY
- ✦ ANTISOCIAL PERSONALITY DISORDER

SOUTHWEST MIAMI-DADE

Home with hydroponics lab explodes

BY ALEXANDRA LEON
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Miami-Dade Police and Fire Rescue are investigating an explosion in Southwest Miami-Dade.

The right side of a home, including the roof, collapsed at 6357 SW 151st Pl. after a blast, according to Miami-Dade Fire Rescue, which received the call at 10:26 a.m. Saturday after neighbors heard a loud explosion.

According to WTVJ-NBC 6, the home contained a hydroponic lab. Police reported that a resident was seen fleeing the single-story home after the explosion, said Eri Dellacaters of Miami-Dade Fire Rescue.

Residents in the area were evacuated and no one was injured.

Rescue teams were expected to be on the scene until Sunday in the event of a flare up.

“Habilitation vs. Rehabilitation”

Treatment providers increasingly note that many clients require "habilitation," not simply "rehabilitation." In other words, some addicted persons have not lost functional capacities and skills as a result of their addiction but have, in fact, never acquired them.

Many persons, for example, have not acquired the capacity to control impulses or to distinguish between emotional states. Some lack the skills to sustain day-to-day relationships with others, or suffer from Attention Deficit Disorder. The fact that more and more clients suffer from a lack of basic capabilities and skills makes the treatment of the underlying addiction more difficult.

Did You Know...

“Very few addictions starts after *age 30*.
Most addiction starts between 18–25”.

Dr. Mark Willenbring M.D.
Director of Treatment & Recovery Research,
National Institute of Alcohol Abuse & Alcoholism



STAGES OF DEVELOPMENT

◆ Industry vs. Inferiority Competence

◆ Identity vs. Role Confusion Fidelity

◆ Intimacy vs. Isolation Love



GALLUP POLL

- ◆ STRESS, ANGER, AND WORRY OCCURS IN THE EARLY 20'S
- ◆ FEAR, FAILURE, FRUSTRATION , AND FUTURE

OUR PERCEPTION




BEHAVIOR

- ◆ Dress Sloppy
- ◆ Questioning
- ◆ Refusal to look in the eyes
- ◆ Tardy, incomplete tasks/assignments
- ◆ Non-verbal; speaking only when spoken to

PERCEPTIONS / LABELS

- Disrespectful, "Thug"*
- Distrustful, Arrogant, Problems with Authority*
- Angry, Hostile, Secretive, Not Honest, Unmotivated*
- Resistant / lacking commitment, not ready to change*
- Refuses to develop rapport, doesn't care, not buying into treatment*

BEHAVIOR	PERCEPTIONS / LABELS
◆ War Stories	<i>Defeatist attitude, unwilling to change</i>
◆ Loud/Boisterous	<i>Inappropriate, doesn't care</i>
◆ Denial/Minimizing	<i>Lacking motivation</i>



THEIR PERCEPTION



THEIR LENS (HOW DO THEY SEE US)

- ◆ UNAWARE
- ◆ INSENSITIVE
- ◆ UNWILLING TO LISTEN
- ◆ UNFAIR
- ◆ AUTHORITY/THE LAW
- ◆ MISTRUST

THEIR ("Street") THINKING

◆ I'm Smarter Than You / Manipulative

◆ You Don't Understand Where I Come From *(Great Defense)*



THEIR "STREET" THINKING

◆ Superopitimism

◆ Here & Now

◆ Physical Strength / Respect

◆ Slick

◆ System

◆ Trusting To Their Environment



Invisibility Syndrome

† Disillusionment and confusion

† Feeling trapped

† Conflicted success identity

† Internalized rage

† Depression

† Substance abuse

† Loss of hope

Anderson J. Franklin, Ph.D.

Invisible Man

♦ I am an invisible man. I am a man of substance, of flesh and bone, fiber and liquids - and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me.

Ralph Ellison

Locked Mind



Identity

“When I discover who I am, I'll be Free”.

Ralph Ellison

Where Do We Start?

University



REAL DEAL

- The Bottom Line – a significant number of young adults are having real difficulties. It is more difficult for those with the least resources (economic, psychological & intellectual).
- Moreover, efforts to change others' behaviors without understanding individuals' reasons for engaging in the behavior are short-sighted and likely to be unsuccessful, especially in the emerging adult population.

SURVIVAL MODE

- **Due to the emotional, spiritual and cultural breakdown with the family, combined with life obstacles, faulty thinking, and a overzealous ID, provides difficulty reaching our young adults.**







REPECT SCALE

➤ African American Adolescent Respect Scale (AAARS). Dr. Joy Leary

- 20 Questions – Arrested Development – Prefrontal Cortex
- Access Youth Attitudes Toward Respect
- The instrument was developed using four groups of items that dealt with “prosocial” attitudes toward respect. The four areas included:
 - Family
 - Peer Group
 - Society (part 1) Institutions
 - Society (part 2) Culture

Question???

➤ What is the strongest predictor of Change?



The Answer...

A

THERAPUETIC RELATIONSHIP



CHANGE PERCEPTION

- Strength Model (soldiers/servants)
- Study Them/and Their Culture
- Teach Them To Survive In Their Own Environment/Jungle
- LISTEN
- TRAUMA



Observations

Adjustment Issues

Stress / Anxiety

- Depressed Moods
- Quarter-like Crisis
- Not in Control
- Unprepared from Crossover from Education to Work Crisis

- ADHD
- Distress
- Crime
- Divorce/Family Disruption/Job
- Reality /Affect Distortions

Brook JS, Rosen Z, Brook GW. The effect of early marriage use on later anxiety and depressive symptoms. JFP Psychol. 15: 20 January 2011

Spoken Word

† If the word has the potency to revive
 and make us free, it has also the
 power to blind, imprison, and
 destroy.

Ralph Ellison

TECHNIQUES/SKILLS

RESPECT	ENTHUSIASM
STRUCTURE	EDUCATE
TIME	HARMONY
ADDRESS THEM	Point Out Conflict
Intrinsic Before Extrinsic	
Cognitive Restructuring	
Genuine Concern/Accurate Empathy	

TECHNIQUES/SKILLS CONTINUE

- ✦ Give them a VOICE
- ✦ Understanding
- ✦ Unconditional Positive Regards
- ✦ Attention
- ✦ Allow Resistance
- ✦ **Encourage Them**

More Solutions

- ✦ Capture their Strengths
- ✦ Challenge their Beliefs System
- ✦ Teach them to Deal w/Frustration & Anger
- ✦ Allow Appropriate Anger
- ✦ Make Suggestions & Provide Guidance
- ✦ Give Assignments for Peer Learning
- ✦ Inform them about criminal justice system
- ✦ Instill HOPE
- ✦ VISION

Ambivalence



Motivational Interviewing

- ◆ ESTABLISH RAPPORT (INTEREST)
- ◆ USE APPROPRIATE OPEN-ENDED QUESTIONS
 - Can you tell me where does your marijuana fit into all this?
 - May I ask about your use of alcohol?
- ◆ ASK ABOUT THE GOOD THINGS

Motivational Interviewing

- ◆ ASK ABOUT A TYPICAL DAY
- ◆ ASK ABOUT LIFESTYLE AND STRESS
- ◆ ASK ABOUT CONCERNS DIRECTLY
- ◆ ASK ABOUT THE NEXT STEP

REINFORCEMENT TECHNIQUES

- ◆ USING CRT SKILLS, TAKE THE CLIENT THROUGH ANY SITUATION THAT THEY MIGHT FACE:
 - Drug Refusal
 - Assertion
 - Respond To The Name Game
 - Gang or Group Pressure

LIFE

"Life is to be lived, not controlled, and humanity is won by continuing to play in face of certain defeat".

Ralph Ellison

H.E.A.T.

- ◆ Habilitation
- Empowerment
- Accountability
- Therapy

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Lifestyle Educational Groups (LEG)

- ❑ The Lifestyle Educational Group provides a blended approach addressing drug usage and dependency conducive to criminal behavior and social dysfunction.
- ❑ Dr. Staton Samenow's philosophy of criminal faulty thinking.
- ❑ Modality used for all groups
- ❑ We focus on habilitation skills opposed to just rehabilitation. Rehabilitation assumes that the person was responsible, capable, and stable before trouble happens.
- ❑ Whereas habilitation dictates the person needs to first gain the missed stability (in their lives) in order to build a solid foundation through coping strategies without excuses.
- ❑ Cultural proficiency concept utilizes a person-in-the environment approach that promotes change.

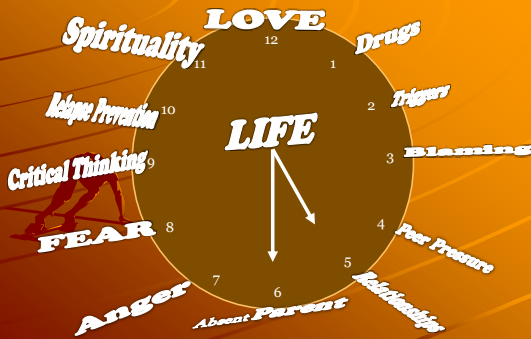
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Psycho-Educational Group (PEG)

- This judicial treatment alternative provides psycho-educational and counseling services that breaks the cycle of addiction and reduces recidivism while enhancing the public safety of our community.
- 12-Week (twelve week cycle) educational component.
- Emphasize a curriculum on relapse prevention planning while addressing other life issues such as denial, critical thinking, family, relationships and the addiction process.
- Each group has 12 different relative life topics that unveil the triggers of drug abuse and viable strategies of resistance.
- Therapeutic change occurs when treatment works in tandem with the criminal justice system.
- Intensive, multi-dimensional, systemic two phase approach.

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PSYCHOEDUCATIONAL GROUP (PEG)
"ANYTHING CAN TAKE OVER YOUR LIFE"



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QUESTIONS???

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The end



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Dr. James Cote



Professor of Sociology at the University of Western Ontario and author of "Arrested Development".

Different Perspective

- ↗ Social & Economic Factor
- ↗ Social Disorganization
- ↗ Baby Boomers – choices open

✦ Age of Identity Exploration – Young people are deciding who they are and what they want out of work, school and love.

✦ Age of Instability - The post high school years are marked by repeated residence changes, as young people either go to college or live with friends or a romantic partner.

✦ Age of Self-Focus - Freed of the parent and society-directed routine of school, young people try to decide what they want to do, where they want to go and who they want to be with (before those choices get limited by the constraints of marriage, children and a career).

✦ Age of Feeling In-Between - Many say they are taking responsibility for themselves, but still do not completely feel like an adult.

✦ Age of Possibilities – Optimism reigns.

Dr. Jeffrey Arnett (Emerging Adulthood-2004)



Emerging Adults "The In-Between Age"

Another Perspective

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