

DAVID Y. IGE  
GOVERNOR



DEPT. COMM. NO. 182

STATE OF HAWAII  
**DEPARTMENT OF PUBLIC SAFETY**  
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No. \_\_\_\_\_

December 24, 2019

The Honorable Ronald D. Kouchi,  
President and Members of the Senate  
Thirtieth State Legislature  
State Capitol, Room 409  
Honolulu, Hawaii 96813

The Honorable Scott K. Saiki, Speaker  
and Members of the House of  
Representatives  
Thirtieth State Legislature  
State Capitol, Room 431  
Honolulu, HI 96813

Dear President Kouchi, Speaker Saiki, and Members of the Legislature:

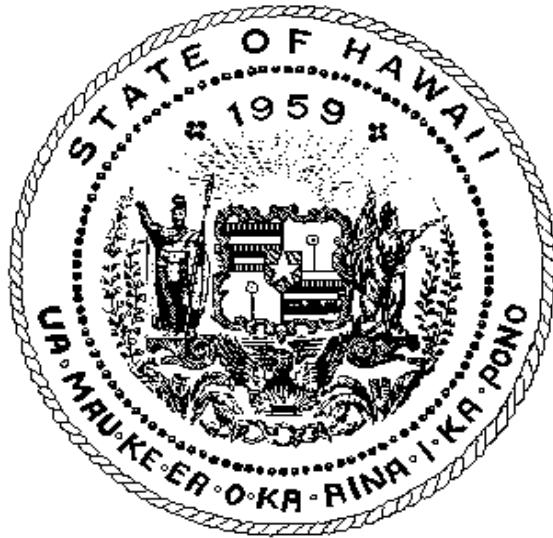
For your information and consideration, I am transmitting a copy of the **Corrections Program Services Division Report on Cognitive Restructuring**, as required by Act 193, Session Laws of Hawaii 2010. In accordance with Section 93-16, Hawaii Revised Statutes, I am also informing you that the report may be viewed electronically at: [https://dps.hawaii.gov/wp-content/uploads/2019/12/Corrections Program Services Division Report on Cognitive Restructuring.pdf](https://dps.hawaii.gov/wp-content/uploads/2019/12/Corrections_Program_Services_Division_Report_on_Cognitive_Restructuring.pdf).

Sincerely,

A handwritten signature in black ink that reads "Nolan P. Espinda". The signature is fluid and cursive.

Nolan P. Espinda  
Director

Enclosures



**DEPARTMENT OF PUBLIC SAFETY  
REPORT TO THE 2020 LEGISLATURE**

**ACT 193  
COGNITIVE RESTRUCTURING**

**Department of Public Safety  
Corrections Program Services Division  
November 2019**

## INTRODUCTION

In 2010, the Twenty-Fifth Legislature passed Act 193 with the purpose of authorizing the Department of Public Safety (PSD) to offer reentry/reintegration programs within Hawaii's correctional facilities that included cognitive-behavioral therapy with cultural and other interventions. The legislative intent of these programs was to promote the successful transition of offenders from incarceration to the community by addressing domestic violence, addictions, self-mastery through identity and community connections.

PSD was unable to implement new contracts for reentry/reintegration programs that included cognitive-behavioral therapy with cultural and other interventions. PSD was able, however, to continue with the provision of intervention programs to address reentry/reintegration during FY 2019 with previous allocations for cognitive-behavioral programs that focused on self development, substance abuse treatment and/or sex offender treatment.

## EDUCATION PROGRAM SERVICES

### General Course Descriptions/Criteria

**Self Development Programs** focus on personal change and personal growth. Programs in this group include Cognitive Skills, Creative Writing, Explorations, Parenting, Hawaiian Studies, Language and Culture, Yoga, Toastmaster, and Career and Technical Education.

**Criteria:** Cognitive Skills requires a reading level at grade point 6.0 as determined on the Test of Adult Basic Education. Parenting is open to all students who are custodial parents. All other self-development courses are open to any interested student or students referred to the course by their case managers.

### Cognitive Restructuring Programs (Refer to Tables 1 - 5.)

**Lifestiles.** A 12 week program of self-change that meets the cognitive skills requirement. It teaches criminal thinking intervention, building motivation, setting goals, thinking skills, and learning thinking errors, making critical choices and getting a discharge plan.

**Thinking for a Change 4.0 (T4C)** is an integrated cognitive behavioral change program authored by Jack Bush, Ph.D., Barry Glick, Ph.D., and Juliana Taymans, Ph.D., under a cooperative agreement with the National Institute of Corrections (NIC). T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem solving skills.

**Transformations.** A program based on research demonstrating that antisocial thoughts and cognitive skill deficits area causally related to criminal behavior. It targets these antisocial thoughts and skill deficits by using a behavioral approach that includes modeling, rehearsing and rewarding. It is not for substance abuse treatment. This program could not take enough participants due to the limitations set by the Contract.

## **SUBSTANCE ABUSE TREATMENT SERVICES**

PSD began assigning inmates to substance abuse treatment levels on July 1, 2009, by utilizing LSI-R/ASUS summary score results. This was accomplished after implementing an Intensive Outpatient Program (IOP) at Halawa and Waiawa Correctional Facility for moderate risk offenders. With the implementation of IOP, PSD is able to provide three levels of separate and specific substance abuse treatment for low, moderate, and high risk sentenced male and female felons including ancillary services to promote continuity within the system. This system continues today.

### **General Treatment Description (Refer to Table 6.)**

#### **Outpatient Substance Abuse Treatment**

The Halawa and Waiawa Correctional Facilities, the the Women's, Kauai and Maui Community Correctional Centers all provide Outpatient substance abuse treatment services (OPS) through PSD's Purchase of Service Contract with Salvation Army. The exception is the Kulani Correctional Facility (KCF) which provides OPS via permanent State civil-service staff. Overall OPS numbers were down due to unexpected transfers to Saguaro Correctional Center (SCC) caused by issues at HCF regarding locking mechanisms.

OPS services utilize a cognitive-behavioral treatment component lasting approximately 44 hours, typically meeting once per week. Evidence-based cognitive-behavioral therapy curriculum is utilized. Outpatient services are for inmates who are at lower risk for criminal conduct and meet diagnostic criteria for substance abuse or dependence. They have had minimal disruption in their psychosocial or vocational functioning due to substance abuse.

For FY 2019, there were 254 admissions and 274 successful completions (there were approximately 30+ participants carried over from the last FY).

#### **Intensive Outpatient Substance Abuse Treatment**

Halawa Correctional Facility and the Women's Community Correctional Center provides Intensive Outpatient substance abuse treatment services (IOP) through PSD's Purchase of Service Contract with the Salvation Army's Addiction Treatment Services staff. PSD was also successful in developing and implementing an IOP program at the Waiawa and Kulani Correctional Facilities by utilizing existing qualified civil servant staff to administer the program. Overall IOP numbers were down due to unexpected transfers to Saguaro Correctional Center (SCC) caused by issues at HCF regarding locking mechanisms.

IOP services are for inmates who are at moderate risk for criminal conduct and meet diagnostic criteria for substance abuse or dependence. The IOP consists of daily, two to three hour group sessions, 4 days per week with accompanying individual counseling sessions as needed. The Change Companies' Residential Drug Abuse Program, which is an evidenced based, cognitive-behavioral curriculum, is utilized. The duration of the program is up to 9 months to complete. Each group is a partially closed-ended group with a maximum of participants per group. Assessment and treatment planning, individual and family counseling, and aftercare services are provided for each participant.

For FY 2019 there were 46 admissions and 32 successful completions. No inmates were terminated due to rule violations.

## **Women's Community Correctional Center IOP**

The IOP consists of daily, two to three hour group sessions, 4 days per week with accompanying individual counseling sessions as needed. Staff utilizes the Change Companies' Residential Drug Abuse Program, which is an evidenced based, cognitive-behavioral curriculum. The duration of the program is up to 9 months to completion. Each group is a closed ended group with up to 20 women per group. Assessment and treatment planning, individual and family counseling, and aftercare services are provided for each participant.

For FY 2019 there was a decrease in participants serviced within the women's IOP programming due to vendor staff vacancies and turnover which included both a line staff and supervisory positions. There were only 14 admissions and 13 successful completions.

### **Residential Substance Abuse Treatment**

There are two Cognitive Therapeutic Communities that operate within PSD; *Ke Alaula* (Women's program) and *KASHBOX* (Men's program). The KASHBOX acronym stands for **K**nowledge, **A**ttitudes, **S**kills, **H**abits, **B**ehaviors, **O**pinions, and **X**-factors or *Unknown*.

Ke Alaula is a 50-bed capacity therapeutic community (TC) operated by Hina Mauka through a purchase of service agreement with PSD and is located within the WCCC facility. KASHBOX is a 52-bed capacity TC operated by the State of Hawaii with full-time civil services positions. Both programs are intensive, longterm, 9 to 12 month therapeutic communities that target high risk and high needs populations. Programming may exceed 12 months to meet the high needs of some participants.

Cognitive-Behavioral Treatment and Social Learning Theory combine to address criminal thinking and behavior. As the TC residents live and work together, separated from the general population, they hold each other accountable to practice recovery skills and change their criminal thinking and behavior. Specialized services are also provided in the area of sexual and physical abuse, domestic violence, criminality and other types of gender responsive issues.

The average daily participation of inmates in the Ke Alaula program is 45. At the beginning of FY 2018, there were approximately 50 inmates in the program. Between July 1, 2018 and June 30, 2019 there were 65 new admissions and 32 successful completions. The remaining three are still participating and carried over into the next fiscal year.

The Ke Alaula program allows women to remove themselves from treatment as treatment is voluntary. At times, various personal issues arise within the treatment context in which participants are encouraged to address to promote personal growth. While the reward is substantial in doing so in some, it also increases some anxiety in others. So much so that participants deem themselves "not ready" to address those issues and remove themselves from programming.

The KASHBOX Therapeutic Community located at the Waiawa Correctional Facility is a Residential Program (Level 3.0) which has a 52-bed capacity. The program is an intensive program averaging 9 to 12-month serving male population with the highest risk and highest needs.

Cognitive-Behavioral Treatment and Social Learning Theory combine to address criminal thinking and behavior. As the TC residents live and work together, separated from the general

population, they hold each other accountable to practice recovery skills and change their criminal thinking and behavior on a daily basis.

Between July 1, 2018 and June 30, 2019, there were 57 new admissions and 35 successful completions.

### **Oahu Community Correctional Center, Laumaka Work Furlough Center**

**Laumaka Bridge Program** is a residential substance abuse reentry, work furlough program for inmates moderate to high risk for recidivism who have completed IOP, or residential substance abuse treatment while incarcerated. The program provides opportunities to practice social learning, cognitive, and recovery skills learned in treatment while transitioning to the community. Family therapy and job development services are provided as the inmate reconnects with family and community resources.

At the beginning of FY 2018, there were approximately 64 inmates participating in the Laumaka Bridge program. Between July 1, 2018 and June 30, 2019, there were 109 new admissions and 71 successful completions. The daily average inmate participation was 64 inmates at any given time.

### **Women's Community Correctional Center**

**The Bridge Program** is a residential substance abuse reentry, work furlough program for inmates who have completed IOP, or residential substance abuse treatment while incarcerated. The program provides opportunities to practice social learning, cognitive, and recovery skills in treatment while transitioning to the community. Family therapy, psychological, and job development services were provided as the inmate re-connects with family and community resources.

At the beginning of FY 2018, there were approximately 15 inmates in WCCC Bridge program. During the period from July 1, 2018 to June 30, 2019, there were 27 new admissions and 29 successful completions.

### **Saguaro Correctional Center**

The Saguaro Correctional Center is contracted under the *Mainland Branch* of the *State of Hawaii Public Safety Department* and offers Outpatient (Level 2) and Intensive Residential Treatment (Level 2.5) substance abuse treatment for adult male offenders. During the July 1, 2018 through June 30, 2019 fiscal year, there were approximately 353 new admissions and 205 successful completions recorded for both levels of treatment services combined.

**Table 1**

<b>Assessments Class Completions by Ethnicity</b>									
<b>July 1, 2018 through June 30, 2019</b>									
<b>Course</b>	<b>Hawaiian</b>			<b>Non-Hawaiian</b>			<b>Totals</b>		
	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>
<b>High School Equivalency Testing</b>	17	26	65%	53	65	82%	70	91	77%
<b>Assessments</b>	462	1,003	46%	773	1,524	51%	1,235	2,527	49%
<b>Academic</b>	23	26	88%	24	27	89%	47	53	89%
<b>Vocational</b>	27	47	57%	54	72	75%	81	119	68%
<b>Totals</b>	529	1102	48%	904	1688	54%	1,433	2,790	51%

**Table 2**

<b>Academic Class Completions by Ethnicity</b>									
<b>July 1, 2018 through June 30, 2019</b>									
<b>Course</b>	<b>Hawaiian</b>			<b>Non-Hawaiian</b>			<b>Totals</b>		
	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>
<b>Adult Basic Education I</b>	1	46	2%	7	89	8%	8	135	6%
<b>Adult Basic Education II</b>	23	151	15%	31	235	13%	54	386	14%
<b>Adult Basic Education III</b>	27	146	18%	46	193	24%	73	339	22%
<b>Adult Basic Education IV</b>	12	54	22%	24	72	33%	36	126	29%
<b>GED</b>	1	75	1%	14	142	10%	15	217	7%
<b>General Education</b>	243	1,310	19%	365	1,711	21%	608	3,021	20%
<b>Study Period</b>	8	78	10%	24	114	21%	32	192	17%
<b>Post-Secondary Independent Study</b>	18	37	49%	78	121	64%	96	158	61%
<b>Totals</b>	333	1897	18%	589	2677	22%	922	4574	20%

**Table 3**

Career & Technical Education Class Completions by Ethnicity									
July 1, 2018 through June 30, 2019									
Course	Hawaiian			Non-Hawaiian			Totals		
	Completed	Enrolled	%	Completed	Enrolled	%	Completed	Enrolled	%
Basic Career & Technical Education	3	29	10%	8	46	17%	11	75	15%
Intermediate Career & Technical Education	0	3	0%	0	9	0%	0	12	0%
Core Curriculum	8	33	24%	6	34	18%	14	67	21%
OSHA Safety	9	9	100%	31	32	97%	40	41	98%
Applied Construction Math	5	13	38%	8	21	38%	13	34	38%
General Construction	27	44	61%	69	104	66%	96	148	65%
Plumbing	5	13	38%	17	33	52%	22	46	48%
Electrical	13	20	65%	33	44	75%	46	64	72%
Cabinetry	2	10	20%	8	27	30%	10	37	27%
Culinary Arts	17	21	81%	36	46	78%	53	67	79%
Automotive Basics	13	15	87%	24	26	92%	37	41	90%
General Courses	24	64	38%	61	130	47%	85	194	44%
Introduction to Information Technology	10	32	31%	39	83	47%	49	115	43%
Microsoft Office Specialist 2013	0	4	0%	8	8	100%	8	12	67%
Microsoft Office Specialist 2016	10	28	36%	32	69	46%	42	97	43%
Employment Services	1	8	13%	3	11	27%	4	19	21%
Agriculture	19	21	90%	51	67	76%	70	88	80%
Coding	10	16	63%	9	16	56%	19	32	59%
Welding	10	10	100%	12	13	92%	22	23	96%
<b>Totals</b>	<b>186</b>	<b>393</b>	<b>47%</b>	<b>455</b>	<b>819</b>	<b>56%</b>	<b>641</b>	<b>1212</b>	<b>53%</b>



**Table 4**

<b>Language and Cultural Studies Completions by Ethnicity</b>									
<b>July 1, 2018 through June 30, 2019</b>									
<b>Course</b>	<b>Hawaiian</b>			<b>Non-Hawaiian</b>			<b>Totals</b>		
	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>
<b>Pacific Island Culture</b>	2	4	50%	4	6	67%	6	10	60%
<b>Hawaiian Culture</b>	3	3	100%	9	10	90%	12	13	92%
<b>Chinese Language</b>	17	26	65%	1	1	100%	18	27	67%
<b>Spanish Language</b>	0	1	0%	4	8	50%	4	9	44%
<b>Japanese Language</b>	4	13	31%	7	34	21%	11	47	23%
<b>Totals</b>	26	47	55%	25	59	42%	51	106	48%

**Table 5**

<b>Self-Development Class Completions by Ethnicity</b>									
<b>July 1, 2018 through June 30, 2019</b>									
<b>Course</b>	<b>Hawaiian</b>			<b>Non-Hawaiian</b>			<b>Totals</b>		
	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>	<b>Completed</b>	<b>Enrolled</b>	<b>%</b>
<b>Thinking for a Change</b>	4	4	100%	9	10	90%	13	14	93%
<b>Cognitive Skills Basic Course</b>	11	87	13%	7	57	12%	18	144	13%
<b>Cognitive Skills</b>	18	34	53%	43	62	69%	61	96	64%
<b>Parenting</b>	120	201	60%	132	248	53%	252	449	56%
<b>Health Management</b>	6	75	8%	25	162	15%	31	237	13%
<b>Toastmasters</b>	5	41	12%	15	101	15%	20	142	14%
<b>Tutor Training</b>	1	2	50%	9	10	90%	10	12	83%
<b>Men in Transition</b>	15	19	79%	33	41	80%	48	60	80%
<b>Women in Transition</b>	8	12	67%	4	11	36%	12	23	52%
<b>Intensive Re-entry for Women</b>	19	28	68%	18	24	75%	37	52	71%
<b>Explorations</b>	4	18	22%	7	26	27%	28	69	41%
<b>Life Skills</b>	30	33	91%	54	63	86%	84	96	88%
<b>Men's Health</b>	3	3	100%	6	6	100%	9	9	100%
<b>Self-Improvement</b>	199	371	54%	276	447	62%	475	818	58%
<b>Employment</b>	5	16	31%	14	30	47%	19	46	41%
<b>Communication</b>	4	4	100%	4	4	100%	8	8	100%
<b>Creative Writing</b>	9	18	50%	7	21	33%	16	39	41%
<b>Arts &amp; Crafts</b>	24	25	96%	36	37	97%	60	62	97%
<b>Guest Speaker</b>	45	102	44%	67	132	51%	112	234	48%
<b>NIC/DPS</b>	83	83	100%	119	119	100%	202	202	100%
<b>Totals</b>	<b>613</b>	<b>1176</b>	<b>52%</b>	<b>885</b>	<b>1611</b>	<b>55%</b>	<b>1498</b>	<b>2,787</b>	<b>54%</b>

**Table 6**

**SUBSTANCE ABUSE TREATMENT SERVICES**

<b>Treatment Type</b>	<b>Completed</b>	<b>Admitted</b>	<b>%</b>
<b>Outpatient Treatment Services</b>	<b>274</b>	<b>254</b>	<b>92</b>
<b>Intensive Outpatient</b>	<b>122</b>	<b>179</b>	<b>68</b>
<b>Residential</b>	<b>67</b>	<b>122</b>	<b>55</b>
<b>CBIP</b>	<b>100</b>	<b>110</b>	<b>91</b>
<b>RIP</b>	<b>17</b>	<b>17</b>	<b>100</b>
<b>Saguaro</b>	<b>205</b>	<b>353</b>	<b>58</b>
<b>Bridge</b>	<b>87</b>	<b>136</b>	<b>64</b>
<b>Total</b>	<b>872</b>	<b>1171</b>	<b>74</b>

**NOTE:** Inmate ethnicity is not available for those that received substance abuse treatment.