

DAVID Y. IGE  
GOVERNOR



DEPT. COMM. NO. 319

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STATE OF HAWAII  
**DEPARTMENT OF PUBLIC SAFETY**  
919 Ala Moana Boulevard, 4th Floor  
Honolulu, Hawaii 96814

No. \_\_\_\_\_

December 30, 2021

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

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

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

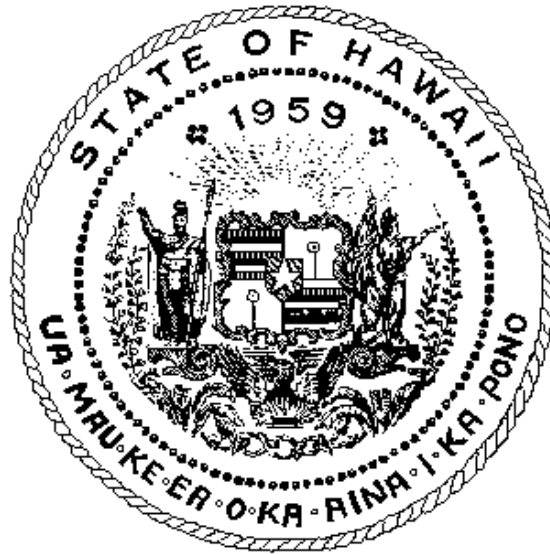
For your information and consideration, I am transmitting a copy of the **Report on Cognitive Restructuring**, as required by Act 193, Session Laws of Hawaii 2010, Section 353C-8, Hawaii Revised Statutes. In accordance with Section 93-16, Hawaii Revised Statutes, I am also informing you that the report may be viewed electronically at: <https://dps.hawaii.gov/wp-content/uploads/2022/01/Report-on-Cognitive-Restructuring.pdf>.

Sincerely,

A handwritten signature in black ink, appearing to read "Max N. Otani".

Max N. Otani  
Director

Enclosure



**DEPARTMENT OF PUBLIC SAFETY  
REPORT TO THE 2022 LEGISLATURE**

**ACT 193  
COGNITIVE RESTRUCTURING**

**Department of Public Safety  
Corrections Program Services Division  
December 2021**

## **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 require 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 students referred to the course by their case managers.

### **Cognitive Restructuring Programs**

**Lifestyles.** A 12 week program of self-change that meets the cognitive skills requirement. It teaches criminal thinking intervention, motivation building, goal setting, thinking skills, and learning thinking errors, making critical choices, and obtaining 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**

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

The Women's Community Correctional Center (WCCC), Halawa Correctional Facility (HCF), Kulani Correctional Facility (KCF), Waiawa Correctional Facility (WCF), Kauai Community Correctional Center (KCCC), and the Maui Community Correctional Center (MCCC) offer contracted, outpatient substance use treatment services through with Salvation Army's Addiction Treatment Services (ATS).

Outpatient services provided at KCF are provided by State civil service personnel.

Outpatient services utilize a cognitive-behavioral treatment component lasting approximately 40 to 60 hours, meeting at least once per week. An evidence-based, cognitive-behavioral therapy curriculum is utilized by these programs. Outpatient services are for inmates who are at low risk for criminal conduct and meet diagnostic criteria for substance use disorders. Offenders within this modality of treatment tend to have had minimal disruption in their psychosocial or vocational functioning due to substance use. This level of service may also be appropriate (based on assessment) for inmates who have completed treatment programs in the community or during previous incarcerations but have not been able to consistently maintain their recovery goals.

For FY 2021, there were 192 new admissions and 162 successful completions. Many of those enrolled into treatment are still in programming due to program suspensions and delays related to the COVID-19 pandemic.

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

Intensive Outpatient (IOP) substance abuse treatment services are provided at the following facilities: WCCC, HCF, WCF, and KCF. Services provided at WCCC and HCF are procured via contract with the Salvation Army-ATS, while services at WCF and KCF are provided by State civil service personnel.

The IOP consists of group sessions ranging 2 to 3 hours in duration. These groups meet at least 3 days per week and are accompanied by monthly individual counseling sessions or more, as needed. The program facilitators utilize a mix of the Change Companies' Residential Drug Abuse Program and other resources from the company that are evidenced-based, cognitive-behavioral curricula. The program duration is approximately 9 months to completion. Each group operates via a

modified, closed-ended group format with a maximum of 15 offenders per group. Assessment, treatment planning, individual and group sessions, and continuing care services are provided for each participant.

For FY 2021, there were 62 new admissions with 43 successful completions.

### **Women's Intensive Outpatient Treatment Services**

The Intensive Outpatient Treatment program consists of 2 to 3-hour group sessions, at least 3 days per week with accompanying individual counseling sessions as needed. Contracted staff of the Salvation Army Addiction Treatment Services team utilizes the Change Companies' Residential Drug Abuse Program, which is an evidenced-based, cognitive-behavioral curriculum. The duration of the program is approximately 9 months to completion. Each group is a closed-ended group with a maximum of 15 women per group. Assessment and treatment planning, individual and family counseling, and aftercare services are provided for each participant.

For FY 2021 there were 15 admissions and 13 successful completions.

### **Residential Substance Abuse Treatment**

There are two Cognitive Therapeutic Communities that operate within PSD; *Ke Alaula* (Women's program) located at the Women's Community Correctional Center and *KASHBOX* (Men's program) located at the Waiawa Correctional Facility.

The KASHBOX acronym stands for **K**nowledge, **A**ttitudes, **S**kills, **H**abits, **B**ehaviors, **O**pinions, and **X**-factors or *Unknown*.

### **Waiawa Correctional Facility**

**KASHBOX** Therapeutic Community (TC): 52 beds, Operated by PSD's Corrections Program Services-Substance Abuse Services Branch

KASHBOX is an intensive long-term, TC treatment program lasting approximately 12 months. In response to more complex cases, the duration may increase to 15-months, but that is uncommon. Ideal participants for this level of treatment are those assessed as high-risk for criminal conduct and recidivism.

Cognitive Behavioral Treatment and Social Learning Theory are combined to address criminal thinking and behaviors. Participants work through an evidence-based, Residential Drug Abuse Program cognitive-behavioral curriculum. This process assists program participants to learn, develop, and practice skill sets essential to changing criminal thoughts and behaviors while addressing criminogenic needs. The TC provides the environment to safely develop and practice "community is method" skills in a community setting within the prison. As the TC residents live and work together separate from the general population, they are accountable to one another and the group in practicing recovery skills.

The FY 2021 reporting period recorded 27 new admissions and 40 successful completions. The data reflect participant carryover from the previous fiscal period.

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

**Ke Alaula** Therapeutic Community (TC): 50 beds.

The program is operated by Hina Mauka through a purchase of service agreement with PSD and is located within the WCCC. The program is an intensive long-term, 9 to 12-month therapeutic community. In response to more complex cases, the duration of the program may be extended to meet the individual's 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. Specialized services were also provided in sexual and physical abuse, domestic violence, criminality and other types of gender responsive issues.

Between July 1, 2020, and June 30, 2021, there were 35 new admissions and 11 successful completions. Programming experienced a suspension of services for the greater part of this fiscal period.

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

**Laumaka Bridge Program** is a 64-bed residential substance abuse reentry, work furlough program for offenders who have completed IOP, or Residential substance abuse treatment while incarcerated and fall within the moderate to high-risk range for recidivism. In March of 2015, the number of beds increased from 32-beds to currently 64-beds with the help of federal funding of the Bridge expansion grant. The program provides opportunities to practice social learning, cognitive learning, and recovery skills learned in treatment while transitioning to the community. Family therapy and job development services are also provided as the offender reconnects with family and community resources.

During the fiscal year, July 1, 2020, through June 30, 2021, Bridge experienced 65 new admissions and 50 successful completions. Data reflects participant carryover from previous fiscal period.

### **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 targeted population would be of moderate to high risk of recidivating. The program provides opportunities to practice social learning, cognitive, and recovery skills learned in treatment while transitioning to the community. Family therapy, psychological, and job development services are provided as the inmate reconnects with family and community resources.

During the period from July 1, 2020 to June 30, 2021, there were 3 new admissions and 6 successful completions. Furlough programs, including Bridge, have experienced extensive COVID-19 related suspension of services, accounting for the lower-than-normal participant rates.

### **Saguaro Correctional Center**

The Saguaro Correctional Center is contracted under the *Mainland Branch* of the *State of Hawaii Public Safety Department* and offers Outpatient and Intensive Residential substance abuse treatment (Intensive Outpatient treatment in a Residential setting) for adult male offenders. Detailed reports may be viewed via the Mainland Branch data reports.

State of Hawaii - Department of Public Safety - CPS-E  
 Quarterly Report  
 7/1/2020 through 6/30/2021

Report type: Ethnic Access  
 Facilities: WCCC  
 Programs: All  
 Ethnicity: Hawaiian

Program	Course	Class	Enrolled	Percentage		Hawaiian Enrolled		Non-Hawaiian Enrolled					
				Completed	Hawaiian Completed	Non-Hawaiian Completed	Percentage	Percentage					
Academic	Adult Basic Education I & II	ABE Mixed Level Math	29	4	13%	11	1	9%	18	3	16%		
		ABE Mixed Level Reading	24	3	12%	11	1	9%	13	2	15%		
		ABE Multi-Level Math	18	16	88%	9	8	88%	9	8	88%		
		ABE Multi-Level Reading	19	16	84%	8	8	100%	11	8	72%		
		Adult Basic Education II	1	0	0%	0	0	0%	1	0	0%		
		ABE Reading 2	1	0	0%	0	0	0%	1	0	0%		
		DL HSE Essential Education	11	0	0%	3	0	0%	8	0	0%		
		DL Essential ED Academy	6	5	83%	3	2	66%	3	3	100%		
		General Education	1	1	100%	0	0	0%	1	1	100%		
		Study Period	1	1	100%	0	0	0%	1	1	100%		
		Study Hall (GED)	2	0	0%	1	0	0%	1	0	0%		
		Study Session: HSE Prep	1	0	0%	1	0	0%	0	0	0%		
		Academic Totals			112	45	40%	47	20	42%	65	25	38%
		Assessments	Assessments	GED Testing	1	1	100%	0	0	0%	1	1	100%
				Intake Testing	44	31	70%	19	11	57%	25	20	80%
		TABE 11/12 Testing	35	22	62%	18	13	72%	17	9	52%		
		WCCC Counseling	9	9	100%	3	3	100%	6	6	100%		
		GED Exam	1	0	0%	0	0	0%	1	0	0%		
Assessments Totals			90	63	70%	40	27	67%	50	36	72%		
Career & Technical Education	Computer Skills	Microsoft Excel: Introduction and Intermediate	9	7	77%	6	5	83%	3	2	66%		
		Microsoft Word: Introduction and Intermediate	14	7	50%	8	5	62%	6	2	33%		
		Fundamental of Cookery	10	6	60%	3	2	66%	7	4	57%		
		Intermediate Cookery	5	5	100%	1	1	100%	4	4	100%		
		Introduction to Culinary	8	8	100%	2	2	100%	6	6	100%		
		Safety and Sanitation	10	10	100%	4	4	100%	6	6	100%		
		CULIN 130 Intermediate Cookery	7	7	100%	1	1	100%	6	6	100%		
		CULIN 112 Sanitation and Safety	2	0	0%	0	0	0%	2	0	0%		
		Career & Technical Education Totals	65	50	76%	25	20	80%	40	30	75%		
		New Class Orientation	Windward Community College Puuhonua Orientation	WCC Puuhonua College Program Orientation	9	0	0%	3	0	0%	6	0	0%
				WCC Puuhonua College Program Orientation	10	5	50%	1	1	100%	9	4	44%
		New Class Orientation Totals			19	5	26%	4	1	25%	15	4	26%
		Post Secondary	Counseling	Academic Counseling	14	7	50%	4	2	50%	10	5	50%
				CHW 101 Fundamentals	10	9	90%	4	3	75%	6	6	100%
				CHW 101 /35 Combo Comm. Health Worker	10	7	70%	4	3	75%	6	4	66%
HDFS 230 Human Development	9			7	77%	4	3	75%	5	4	80%		
IS 103 Intro to College	11			8	72%	2	2	100%	9	6	66%		
PSY 100 Intro to Psychology	12			8	66%	3	2	66%	9	6	66%		
PSY 260 Psychology of Personality	12			12	100%	4	4	100%	8	8	100%		
SOC 100 Intro to Sociology	7			7	100%	1	1	100%	6	6	100%		
SOC 218 Social Problems	4			4	100%	3	3	100%	1	1	100%		
WS 151 Introduction to Women's Studies	5			3	60%	5	3	60%	0	0	0%		
Post Secondary Totals				94	72	76%	34	26	76%	60	46	76%	
Self Development	Cognitive Skills Basic Course			Thinking for a Change	8	0	0%	4	0	0%	4	0	0%
				Ukulele	10	5	50%	1	0	0%	9	5	55%
				Health Management	23	7	30%	14	4	28%	9	3	33%
				Intensive Re-entry for Women	10	6	60%	6	5	83%	4	1	25%
		Parenting	16	0	0%	9	0	0%	7	0	0%		
		Mother Read	17	5	29%	8	3	37%	9	2	22%		
		Try Think Ohana	26	13	50%	11	7	63%	15	6	40%		
		Financial Literacy	12	2	16%	5	1	20%	7	1	14%		
		Toastrmasters	1	0	0%	0	0	0%	1	0	0%		
		Tutor Training	1	0	0%	0	0	0%	1	0	0%		
		Tutor Training & Occupational Development	1	1	100%	0	0	0%	1	1	100%		
		Self Development Totals			124	39	31%	58	20	34%	66	19	28%
		Workshops/Seminars	Arts & Crafts	Flower Arranging	16	3	18%	6	0	0%	10	3	30%
				Haku Mobile Read 2 Me	14	0	0%	7	0	0%	7	0	0%
				CARE Project	11	0	0%	4	0	0%	7	0	0%
DYAC Hoohai Ka	10			1	10%	4	1	25%	6	0	0%		
Lifestiles Orientation	10			0	0%	6	0	0%	4	0	0%		
Creative Life Journey/Art	3			1	33%	1	0	0%	2	1	50%		
Lifestiles for Women Continuing Care	1			0	0%	0	0	0%	1	0	0%		
Women In Need	17			2	11%	9	0	0%	8	2	25%		
Workshops/Seminars Totals				82	7	8%	37	1	2%	45	6	13%	
Totals				586	281	47%	245	115	46%	341	166	48%	