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GOVERNOR  
KE KIA'ĀINA



DEPT. COMM. NO. 197

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STATE OF HAWAII | KA MOKU'ĀINA O HAWAI'I  
**DEPARTMENT OF CORRECTIONS  
AND REHABILITATION**  
*Ka 'Oihana Ho'omalua Kalaima a  
Ho'oponopono Ola*  
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No. \_\_\_\_\_

December 23, 2024

The Honorable Ronald D. Kouchi  
President and Members of the Senate  
Thirty-third State Legislature  
State Capitol, Room 409  
Honolulu, Hawai'i 96813

The Honorable Nadine K. Nakamura  
Speaker and Members of the  
House of Representatives  
Thirty-third State Legislature  
State Capitol, Room 431  
Honolulu, Hawai'i 96813

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

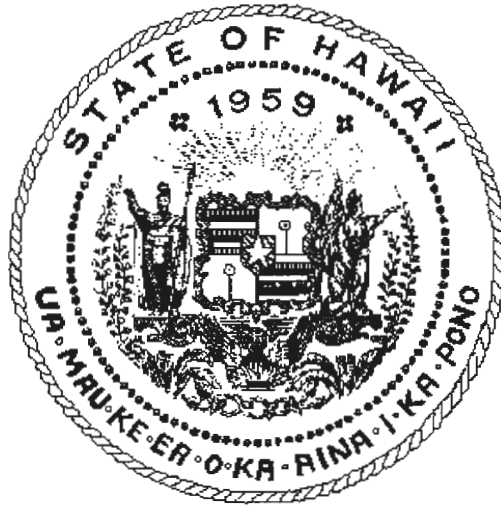
For your information and consideration, I am transmitting a copy of the Annual Report on the Cognitive Restructuring, in response to Act 193, 2010 Session Laws of Hawaii. In accordance with Section 93-16, Hawaii Revised Statutes, I am also informing you that the report may be viewed electronically at: <https://dcr.hawaii.gov/2025-reports-to-legislature/>.

Should you have any questions regarding this report, please have your staff contact Teresita V. Fernandez, Business Management Officer, at 587-1236.

Sincerely,

  
Tommy Johnson  
Director

Enclosure



**DEPARTMENT OF CORRECTIONS AND REHABILITATION  
REPORT TO THE 2025 LEGISLATURE**

**IN RESPONSE TO ACT 193  
COGNITIVE RESTRUCTURING**

**December 2024**

## **INTRODUCTION**

In 2010, the Twenty-Fifth Legislature passed Act 193 with the purpose of authorizing the Department of Corrections and Rehabilitation (previously Public Safety) 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.

The Department of Corrections and Rehabilitation (DCR) continues to focus on implementing programs that are evidence-based. Intervention programs to address reentry/reintegration during FY 2024 focused on self development, substance abuse treatment and/or sex offender treatment.

Important Note: The Corrections Programs and Services Division continues to face the challenges presented by the COVID-19 Pandemic. Staffing shortages and contractor availability have affected the delivery of programming for the high-risk, high-need population within our facilities, resulting in program completion numbers to remain low.

## **EDUCATION PROGRAM SERVICES**

### **General Course Descriptions/Criteria:**

**Self Development Programs** focus on personal change and personal growth. Programs in this group include Cognitive Skills, Building Healthy Relationships, Parenting, Mindfulness, Languages, Yoga, Toastmasters, and Career and Technical Education.

**Criteria:** Cognitive Skills requires a reading level at grade point 4.0 as determined on the Test of Adult Basic Education (TABE). All other self-development courses are open to any interested student or students referred to the course by their case managers.

### **Cognitive Restructuring Programs**

**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 delivered by Worknet, Inc. at Halawa CF, Waiawa CF, and Women's CCC.

**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 and is delivered by Corrections Program Services- Education Branch staff at Maui CCC, Kauai CCC, and Kulani CF.

**Transformations CBT.** An evidence-based program developed by The Change Companies curriculum, contracted and delivered by Salvation Army ATS, at Halawa CF, Waiawa CF, and Women's CCC demonstrates 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.

## **SUBSTANCE ABUSE TREATMENT SERVICES**

DCR began assigning offenders to substance abuse treatment levels on July 1, 2009, by utilizing LSIR/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, DCR 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**

**Outpatient** substance abuse treatment or *OPS* is offered at the Halawa, Waiawa and Kulani Correctional Facilities, as well as the Women's, Maui and Kauai Community Correctional Centers.

OPS programming places an emphasis on cognitive-behavioral based treatment components and strategies. This allows the offenders to develop a system to examine their thinking and its link to their substance use and criminal behaviors. Offenders examine these concepts during group instruction at least two times per week for up to two hours per session. Most cohorts are completed within a four to six-month period. However, for more complex cases, programming may be extended.

The curriculum utilized varies slightly from facility to facility. However, programs utilize evidence-based curriculum developed by The Change Companies. Each unit or *Interactive Journal* is modular in design and can be utilized independently of one another. This arrangement allows offenders to enter treatment cohorts almost seamlessly, while minimizing wait times.

Outpatient services are best matched to inmates who are at *lower risk of criminal conduct* with *low* needs, meeting the diagnostic criteria for mild to moderate substance use disorders. Offenders meeting these criteria typically have had minimal disruption in their psychosocial or vocational functioning due to substance use/abuse.

Fiscal year 2024 data indicates that 143 offenders housed at correctional facilities within the State of Hawaii participated in Outpatient or RTL 3 substance treatment services (down 23% from last FY). One-hundred thirty-two (132) or 92% of offenders successfully completed treatment.

## **Intensive Outpatient Substance Abuse Treatment**

**Intensive Outpatient** or *IOP* relies heavily on cognitive-behavioral principles that examine an offender's thinking, feelings and behaviors linked to substance use and/or criminal activity. IOP consists of no less than four groups per week, often providing instruction for up to three hours per group session in some instances. Most cohorts are completed within a nine-month period. However, for more complex cases, programming may be extended.

IOP programming also utilizes the Change Companies' evidence-based, cognitive-behavioral interactive journaling curriculum to address offender substance use and criminal thinking needs. Each group is a modified open-ended group with a maximum of 15 participants. The limited number allows a more intensive interaction with group members.

Outpatient services are best matched to inmates who are at *moderate risk of re-offending* and *moderate to high* needs, meeting the diagnostic criteria for mild to moderate substance use disorders, meaning individuals have had moderate to high disruption in their psychosocial or vocational functioning due to substance use/abuse. Assessment and treatment planning, individual counseling on family issues, and continuing care services are available for each participant.

IOP services are provided through purchase of services contract for offenders at the Halawa Correctional Facility and the Women's Community Correctional Center. Civil-Service staff provide IOP treatment services at both the Waiawa and Kulani Correctional Facilities.

Fiscal year 2024 data indicates that 135 offenders housed at correctional facilities within the State of Hawaii participated in Intensive Outpatient or RTL 4 substance treatment services (down 19% from last FY) of which eighty-three (83) or 61 % of offenders successfully completed treatment.

## **Residential Substance Abuse Treatment**

**Residential** substance abuse treatment provides intensive long-term residential treatment utilizing the Therapeutic Community (TC) model. Most cohorts' average length of stay is approximately between a nine and twelve-month period. However, for more complex cases, programming may be extended. Residential programming is best matched for offenders that score as being at high-risk for re-offending and have moderate to high needs for substance use/abuse treatment.

Therapeutic community model relies heavily on both Cognitive-Behavioral Treatment and Social Learning Theory. These strategies are combined to address criminal thinking and behavior. The inmates work through nine interactive journals: Community, Opportunity to Change, The ABC's of Thinking, Rational Self-Counseling, Challenging Thinking, Pro-Social Lifestyle, Connecting with Others, Strategies for Success, and Movig Forward. These journals are a part of the Residential Drug Abuse Program (RDAP) curriculum *series* developed by the Change Companies. A large emphasis is placed on role modeling, role playing, and skill building. As TC residents are separated from the general population of inmates, a "community" can be developed where offenders live and work together; holding one another accountable to the practice of recovery and skill development to change their criminal thinking and behavior with guidance from program staff serving as the rational authority.

The Department offers two therapeutic communities: *KASHBOX* at the Waiawa Correctional Facility, and *Ke Alaula* at the Women's Community Correctional Center.

*KASHBOX* which is an acronym for Knowledge, Attitudes, Skills, Habits, Behaviors, Opinions, and X factor, is operated and staffed by the Department and has the capacity to serve *up to 52 inmates*. *Ke Alaula* is operated by Hina Mauka through a contract with the Department. The normal capacity serves *up to 50 female offenders*. However, due to staffing pattern challenges, program capacity has been limited to 25 female offenders at a time.

*KASHBOX* program continues the use of evidence-based practices.

A *KASHBOX* Program Manual was created to ensure compliance with the Corrections Program Checklist, an instrument that measures compliance with evidence-based practices for offender programs.

A *KASHBOX* Curriculum and Lesson Plan manual continues to be utilized based on the Residential Drug Abuse Program curriculum and marries it to specific daily lesson plans. Each lesson plan has a scheduled period for homework review, introduction of the lesson for the day, role modeling of the skills taught, and practice sessions for those skills.

For fiscal period 2024, total residential programming logged 62 participants (down 43%) of which 56 or 90% successfully completed programming. For success to be possible with this population, it is imperative that the population receive consistent and persistent programming at a high dosage and duration. Achieving the targets proved difficult as programming for this high-risk, high-need population was greatly impacted by staffing challenges at both programs and subsequent suspensions in programming periodically throughout the year to contend with facility lockdowns and other programmatic stoppages.

### **Saguaro Correctional Center**

Intensive Outpatient and Intensive Residential substance abuse treatment programs are available via contract through Core Civic. Services are provided at the Saguaro Correctional Center located in Eloy, Arizona.

**Intensive Residential Treatment (IRT- IOP within a Therapeutic Community)** is available for offenders housed at the Saguaro Correctional Center (SCC) in Arizona. Services offered through the IRT program are similarly structured to IOP services in scope. The only significant difference is the modality in which the program is administered and facilitated.

The IRT program is facilitated in a Therapeutic Community (TC) setting. TCs are structured, psychologically informed environments – they are places where the social relationships, structure of the day and different activities together are all deliberately designed to help people's health and well-being provision that separates the treatment program from the general inmate population within a prison setting. The IRT/TC provides a treatment environment that spans 24-hours, and creates the offenders from the general population and have built-in routines and responsibilities that are a large part of the treatment process which are paired with the groups and individual sessions traditionally found in the IOP programs.

Fiscal year 2024 data indicates that 256 offenders enrolled into Intensive Residential (TC) programming with 138 or 53% successfully completed.