

## The R.I.S.E Program

### Henrico County Sheriff's Office



Sheriff Michael L. Wade

### **Overview of R.I.S.E Program**

The R.I.S.E programs history dates back to August 15, 2000 when a men's 20-bed community, based on the Social Learning Model of recovery, was started at Henrico County Regional Jail East. Since that time, the program has grown into seven communities at Jail East and one community at Henrico County Jail (Jail West). The model for the R.I.S.E program has changed since the beginning, but it is still based on principles that include social learning theory, the 12-step philosophy, and Cognitive-Behavioral strategies. More simply, the program provides tools for recovery and fosters self-esteem and self-efficacy (the belief that a person can make his/her life better).

Each community within the R.I.S.E program, with the leadership of appointed Advisors and guidance by Mental Health and Sheriff's Office, implements and monitors its schedule, programming, and rules. The Mental Health/Substance Abuse staff develops, revises, and monitors all components of the recovery program. Mental Health has ultimate responsibility for insuring the general content and direction of each community.

The entire R.I.S.E program is completely voluntary, which means participants may only enter through their own choice and can leave the program at any time through their own choice. Programming in all communities is seven days a week with a reduced schedule on the weekends.

## Phase 1 Components

1. **House of Healing** (by the Lionheart foundation)- is a prisoners guide to inner power and freedom, consisting of a series of videos and workbook activities dealing with both emotional and spiritual healing.



**James Houck in a pod discussing sobriety with the inmates.**

2. **From the Inside Out** (by Hazelden)- Is designed to help inmates after their release from prison and also taking responsibility for the relationships in their lives.

3. **Back to Basic** (by Wally Patton)- Is an introductory course on the origin of Alcoholics Anonymous, which includes the 12 steps of Alcoholics Anonymous and the necessary steps to stay sober.

4. **Relapse Prevention** (by Hazelden)- Is designed to help individuals recognize what relapse means and also gives them a chance to tell their own story about their relapses.



**Inmates during a group session.**

5. **Abused Boys Wounded Men** (by Hazelden)- Is designed to help inmates and parolees deal with their repercussions of childhood abuse and how to deal with breaking the cycle of pain.

6. **Anger Management** (by FMS Production)- Is designed to help inmates control their emotions and recognize anger cues. The program also helps to find better ways to deal with anger, unlike the way they have learned in the past.

7. **Talk Out Loud**- A course in public speaking, which is designed to help individuals feel comfortable speaking in front of audiences. Also focuses on the aspects of effective delivery such as eye contact, volume, gestures, and vocal variety.

8. **Life Without a Crutch** (by Open Inc. Offender Preparation & Education)- Is an introduction to recovery from addiction and how to take the first step to recovery. Discusses how addiction distorts lives and muddles the thinking of individuals. The program also helps the individuals and their families face the truth about their addiction and reclaim the individual who has become a slave to their drug.

## Phase 2 Components

**Relapse Prevention Therapy-** Is designed to help treat chemically dependent criminal offenders. This 153 page package consists of: self assessment (What are my problems?), warning sign identification, warning sign management, and recovery planning.

### Three 2<sup>nd</sup> Phase Projects:

1. Men's Therapeutic Project presentation consisting of five presentations which include:

- (a) Presentation on negative consequences of substance abuse
- (b) External and Internal triggers
- (c) Step one presentation
- (d) What I need for recovery (first step of relapse prevention plan)
- (e) Relapse prevention plan

2. **Employment Skills-** Designed to enable individuals as job seekers to become more skilled in the constant changes in the workforce, which focuses on:

- (a) Preparing for the job search
- (b) Applications and Resumes
- (c) A mock interview



**Preparing inmates with job skills upon release.**

3. **Talk Out Loud-** A course in public speaking designed to enhance ones ability to speak to an audience using proper eye contact, volume, gestures and vocal variety. This course consists of six speeches with set time limits which includes:

- (a) Introductory speech
- (b) Speech of personal experience
- (c) Speech to persuade
- (d) Victim of your crime speech
- (e) Impromptu "Grab bag" speech
- (f) Speech to a Judge/authority figure

## 3<sup>rd</sup> Phase Projects

**Rise Re-entry Recovery Plan-** Is designed to help individuals understand the nature of their addiction. The plan they are given will help individuals develop a plan to stay clean and sober in the community.

**Family Reunification-** Is designed to help the inmate leaving prison, make a smooth transition back to family life. Helps develop a plan for rebuilding relationships and communication with a spouse/significant other and children.

Consists of a series of six videos:

Video 1: Fear and Anticipation

Video 2: Anger

Video 3: Rebuilding Relationships

Video 4: Communication

Video 5: Forgiveness

Video 6: Insights and Advice

### **List of Videos used in the Program**

1. **Rage, Recidivism & Recovery**– Explores substance abuse problems with narrated videos by three formerly violent habitual offenders, defining concepts such as blame, anger, hate, rage and fear.
2. **They call me Mr. Trejo**– Video of ex-habitual offender Danny Trejo explaining the necessary steps to “Get Out” and “Stay Out” of prison.
3. **A Better Way**– Video designed to explain life changing behaviors that involve the word “acceptance”: (a) Responsibility (b) Decisions and Changes.
4. **Living Sober**– Interactive program designed to get the individual actively involved in trying to find solutions to the potential problems and challenges of recovery.
5. **Introduction to video Part I: Release Day**-Individuals talk about hitting rock bottom before they made a change in their lives. The video is geared to help participants with ideas and plans to help them stay out of prison.
6. **Introduction to video Part II: Family issues, Support Systems**– Is designed to address the question “Who will be there for me when I come home?” Family? Friends? Programs and Groups?
7. **Introduction to video Part III: Work, Anger and Self-Esteem**– Geared to help with the challenges of finding a job and the tough process that might bring you back to prison.

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