

BETTER TOGETHER

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Essential Elements of a Delivery System for Effective Treatment

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For sex offender treatment providers, a significant ethical issue is that the treatment must be state-of-the-art, i.e., must be based on empirically-based evidence of effective treatment (See among others, Marshall & Marshall, 2013). In the field today, this means treatment programs should/must employ the Risk-Needs-Responsivity (RNR) principles and apply the methods of cognitive-behavioral therapy. While most, if not all, programs are following these imperatives, there is still considerable variation in outcomes across programs. In fact, the impact of sex offender treatment remains, at best, rather small – some would argue that it has no impact or is not effective – despite state-of-the-art programming.

We have learned that no matter how well-supported the treatment goals (dynamic risk factors) and the cognitive-behavioral methods used to treat them, the biggest variable in producing effective outcomes is the way the treatment is delivered. No matter how well-designed and supported the program, it is the quality of the treatment's delivery that most determines the effectiveness of the outcomes.

Outcome research has paid little attention to the delivery system and the production of outcomes. In fact, the research treats the delivery system as a “black box” into which clients enter and then leave only to be followed some time later to see if they have recidivated.

This workshop will open that black box and outline the five essential elements you need to develop and implement a high quality treatment delivery system – a system that operates with integrity. These elements will operationalize the empirically-based program principles and methods.

Element 1 is the program philosophy or mission.

Element 2 is the population properly targeted for treatment.

Element 3 is the theoretical and empirical foundation of the program – the theory of cause (how sex offenders come to commit sexual crimes) and the theory of change (how the treatment methods help clients change)/

Element 4 is mapping the treatment process to define and measure it (using a logic model).

Element 5 is monitoring and evaluating the performance of the process and the program (integrity) – Continuing Quality Improvement.

This workshop is applicable to programs treating both juveniles and adult, both outpatient and inpatient, both community and institutional. Handouts will present forms for developing the theoretical foundation, a logic model, and continuing quality improvement.

Learning Goals:

- Participants will learn the content of a program theory.
- Participants will understand the development of a logic model.
- Participants will understand the meaning of program integrity.

Alan Listiak, PhD received his Ph.D. from the University of Toronto. He has been on the faculty at the University of Toronto, York University, Queen's University in Kingston Ontario, and the University of Minnesota.

Dr. Listiak began working with sex offenders in the early 1980s while at the Program in Human Sexuality at the University of Minnesota. He went on to work in residential treatment at Nexus, and then in out-patient treatment at Alpha Service Industries. He was hired by the Department of Corrections in 1992 to start a juvenile sex offender treatment program. He then promulgated administrative rules regulating residential treatment for juvenile and adult sex offenders and is currently the Administrator of Sex Offender Program Certification at the Minnesota Department of Corrections.

Dr. Listiak also maintains a practice through Alpha Service Industries, Inc. where he provides outpatient treatment for persons with sexual abuse issues and does Able Assessments and plethysmographic assessments.

His current research interests include quality improvement in sex offender treatment, the role of sexual motivation in sexual offending, and the development of measures of treatment progress.

Mark S. Carich, PhD is currently in private practice and has been a faculty member at Lindenwood University, Belleville campus, teaching in the graduate counseling program since 2007. He is currently on the faculty of McKendree University, Counseling Dept. and in Private Practice. Dr. Carich retired from the Illinois Department of Corrections after 27 years of service. He spent the vast majority of his career working with the Sexually Dangerous Persons of Illinois, providing assessments, treatment, training and managing the program. Dr. Carich co-edited the *Handbook for Sexual Abuser Assessment and Treatment* (Safer Society Press, 2001) and co-authored the *Adult Sexual Offender Assessment Report* (Safer Society Press, 2003) and *Contemporary Treatment of Adult Male Sex Offenders* (Crown Publishers, 2011). Dr. Carich with Dr. Mussack has recently co-edited a new book *The Safer Society Handbook of Sexual Abuser Assessment & Treatment*, Safer Press, Oct. 2014. He is a licensed sexual offender assessment and treatment provider in Illinois and provides supervision to professionals interested in obtaining licensure.