

## **SHAPING THE FUTURE**

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### **Evaluating Treatment Gains in the Rocky Mountain Program**

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The Rocky Mountain Program (RMP) is a strength-based cognitive-behavioural group therapy program for provincially incarcerated sexual offenders. The program adheres to the Risk-Needs-Responsivity (RNR) principles of effective offender treatment (Andrews & Bonta, 2010). This relatively new program, which has been operating continuously since June 2017 within the Calgary Correctional Centre, is modeled after Rockwood's prison-based CBT/RNR sex offender program (Marshall & Marshall, 2011). **Objective:** Ultimately, this longitudinal study will strive to examine the relationship between RMP treatment effects and future recidivism. In the short-term, this study will examine preliminary data on pre versus post-group change using a battery of self-report questionnaires that are related to potential dynamic need areas. The *ULCA Loneliness Scale*, the *Self-Compassion Scale (SCS)*, the *Depression Anxiety and Stress Scale (DASS)*, the *Pathos* scale, the *Social Self-Esteem Inventory (SSEI)*, the *Difficulties in Emotion Regulation Scale (DERS)*, and the *Social Problem Solving Inventory (SPSI)* were administered before and after the 6-month inpatient program. **Results:** Preliminary analyses show statistically significant treatment gains across self-report measures. **Future Directions:** Does effective treatment that targets dynamic risk variables lead to a reduction in sexual recidivism?

**Dr. Kate Hamilton** is a clinical and forensic psychologist. She is a graduate of the Clinical Psychology program at the University of Calgary, with a specialized focus on depression. She has been employed by Alberta Health Services in the department of Forensic Assessment and Outpatient Services (FAOS) since 2003. Her clinical work has primarily focused on forensic risk assessment, and specialized sexual offending treatment. She is currently the Clinical Lead for the Rocky Mountain Program, an inpatient sexual offending program for provincially incarcerated offenders. Dr. Hamilton's research has focused on clinical depression, transdiagnostic group cognitive behavioral therapy, and sexual offending.

**Dr. Cynthia Baxter** is a well-known forensic psychiatrist and award-winning teacher. She completed her Medical Degree (with Distinction) in 1999 at the University of Alberta and then her Psychiatry Residency and Forensic Training at the University of Calgary. She is board certified in both Canada and the United States. She has been assessing and managing violent offenders and sex offenders for the criminal justice system, law enforcement, and the health care system since 2002. She has served as an expert witness in court around issues of violence, mental health, risk assessment, personality disorders, and psychiatry (both forensic psychiatry and general psychiatry). Dr. Baxter has been the recipient of numerous awards for teaching medical students, other physicians, and a variety of other professionals.