

THREE TO SEVEN MINUTES FOR 153% REDUCTION IN RECIDIVISM

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WHO IS HERE?



- Length of Time Presiding Over a PSC
- Type of PSC
- Size of Jurisdiction
- Geographical Location

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LEARNING OBJECTIVES

- Better prepare for meaningful interaction with participants
- Improve the effectiveness of your interaction with participants, including finding ways to make sure you achieve the minimum recommended time on a consistent basis
- Develop a list of questions and resources to maximize the effectiveness of your time with each participant

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ALL RISE BEST PRACTICE STANDARDS

- Drug court judges greatly influence participants' success in the program. A drug court further reduces both crime and substance use when the judge is informed, approachable, fair, respectful, attentive, open, and caring... ***Drug court judges who spend at least 3 minutes with each participant will produce 153% greater reductions in recidivism.***
- Since the advent of treatment courts, studies have consistently found that participants perceived the quality of their interactions with the judge to be among the most influential factors for success in the program.

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NATIONAL STUDIES SHOW 5 TIMES GREATER REDUCTION IN RECIDIVISM WHEN JUDGES ARE:

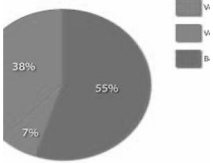


- Respectful
- Fair
- Attentive
- Enthusiastic
- Consistent
- Caring

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ELEMENTS OF PERSONAL COMMUNICATION

7% Spoken Words
38% Voice, Tone
55% Body Language



Element	Percentage
Body Language	55%
Voice, Tone	38%
Spoken Words	7%

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DEMEANOR AND BODY LANGUAGE

- Sincerity
- Enthusiasm
- Respect
- Optimism
- Patience
- Humor

- Lean Forward
- Make Eye Contact
- Smile
- Be Present
- Avoid "Leaking Attitude"
- Find Something to Like and Respect

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DISCUSSION IDEAS



- Surface/Life Events
- General
- Change Talk
- Miscellaneous
 - Personal growth
 - Support
 - Encouragement
 - Other
- Motivational Interviewing

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DISCUSSION
IDEAS

Surface/Life Events

- Family
- Job search
- Housing Search
- Children's Activities
- Activities (sporting events, concerts, family outings)
- Personal Milestones

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DISCUSSION
IDEAS

General

- Tell me about a time you were happy this week (ask for details)?
- Who inspires you (and why)?
- If you had a theme song, what would it be?
- What's the best thing that happened to you since I last saw you?
- What challenges did you face this week and how did you handle them?
- How have you expressed gratitude this week?
- What do you enjoy most/least about your daily routine?

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DISCUSSION IDEAS
CHANGE TALK

- **PRECONTEMPLATION**
What would need to be different in your life for you to consider making a change?
What do you like about your current behavior? What do you dislike?
- **CONTEMPLATION**
What are some reasons for making a change?
Imagine you decided to make a change. What would it be like?
- **PREPARATION**
I can tell you what has worked for others in your situation, but what do you think would work best for you?

- **ACTION**
What barriers have you encountered? How have you managed them?
What successes do you feel especially pleased or proud of?
- **MAINTENANCE**
If you have experienced urges to resume old behaviors, what coping strategies have proven to be useful?
- **RELAPSE AND RECYCLING**
What led you to experience a return to the old behavior patterns?
How did you manage to get back to where you want to be?

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MISCELLANEOUS

• PERSONAL GROWTH:

What is something you can do now that you couldn't do a year ago?

Name one thing you're overcoming and one thing you're grateful for.

How do you handle negative situations differently since entering the program?

• SUPPORT

What is your plan to allow for reflection every day?

What did you learn at treatment or a meeting recently that helped you?

If you are working in a 12-step program, what step has been most difficult for you and why?

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MISCELLANEOUS, continued

• ENCOURAGEMENT

If you could write a letter to yourself at age 16, what would you say?

Describe what courage means to you.

What do you value most in a friendship? Has that changed since you've been in this program?

• OTHER MISCELLANEOUS

What impact has _____ court had on your life?

What three small things have you done to take care of yourself recently? What are two things you can do this week?

Who will you use for support after you complete this program? What are you doing now to prepare for that time?

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MOTIVATIONAL INTERVIEWING

- Motivational Interviewing is an evidence-based style of communication designed to help people strengthen motivation and commitment to a specific goal.
- "Motivational interviewing is a helpful way of assisting people in finding their own reasons to change." Michael D. Clark, MSW
- "All change is self-change." Author Unknown

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MI TECHNIQUES OARS

- Ask Open-ended questions
- Affirm positive steps, no matter how small, and linger over success
- Reflect back what was said to show you were listening
- Summarize to show that you heard

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MI TECHNIQUES, CONTINUED

- Polish the little nuggets
- Think of struggling participants as being ambivalent, not resistant
- Use scaling question
- Use the "two doors" metaphor
- Refer to the problem as an outside entity
- Have the participant look at the situation from someone else's point of view
- Emphasize personal choice and control
- Ask what others close to them think

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THINGS TO AVOID



- Yes/No Questions
- Why Questions
- Arguing and Lecturing
- Insincerity
- Sarcasm
- "Winging It"

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IT'S 3-7 MINUTES, NOT 30-70




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(ALMOST) FINAL THOUGHTS

- If you have too many participants on the docket to spend at least 3 minutes with each on average, find a way to add another session
- Take breaks (recesses) if necessary
- The last participant is just as deserving of your "best" as the first

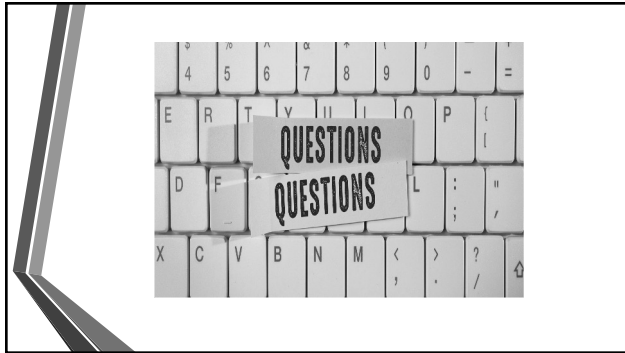
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FINAL THOUGHT

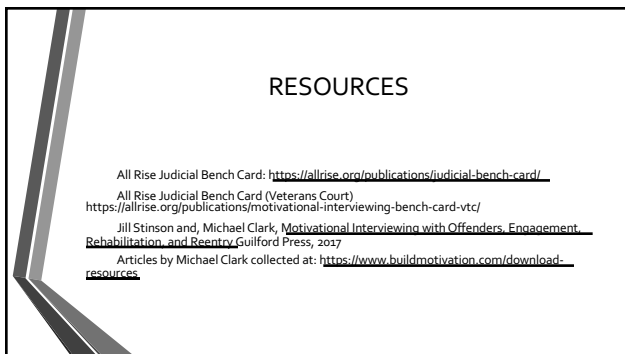


- Ask someone to time you and regularly let you know how much time you are spending with each participant!!

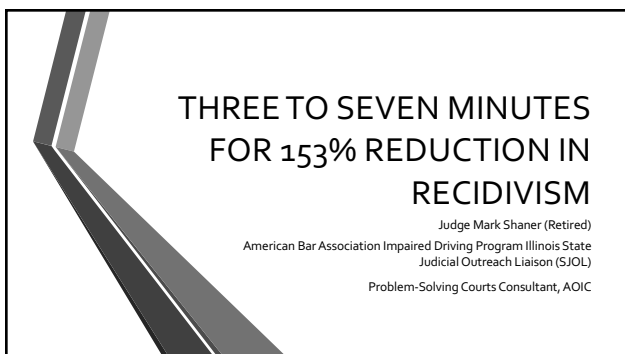
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