



**STATE OF COLORADO**  
**Interagency Advisory Committee**  
**on Correctional Treatment**

**Training Application Form**  
**Strategies for Self-Improvement and Change (SSC)**  
**Criminal Conduct and Substance Abuse Treatment**

**INSTRUCTIONS** - Please use this form to apply and register for SSC training. Incomplete forms will not be accepted. You must complete both pages to be considered for the training. You must also submit a completed SSC Pre-Test as part of the application process. Failure to submit a complete application form and Pre-Test will result in denial of your application for the training.

You may submit your form **AND PRE-TEST** through email. Please type or print so we are able to read your application:

**EMAIL:** Scan and email the forms to [mary.mcmahon@state.co.us](mailto:mary.mcmahon@state.co.us)

<input checked="" type="checkbox"/> Check One Only	Do not leave anything blank, be sure e-mail is correct.
<input type="checkbox"/> Full Training July 20, 21, 22 2022	Online Zoom Meeting
<input type="checkbox"/> Full Training September 21, 22, 23 2022	Online Zoom Meeting
<input type="checkbox"/> Full Training November 16, 17, 18 2022	Online Zoom Meeting
<input type="checkbox"/> Full Training January 25, 26, 27 2023	Online Zoom Meeting
<input type="checkbox"/> Full Training March 22, 23, 24, 2023	Online Zoom Meeting
<input type="checkbox"/> Full Training June 7, 8, 9 2023	Online Zoom Meeting

Your Contact Information (Please ensure legible and no blanks)		<input checked="" type="checkbox"/> Check One
Name		<input type="checkbox"/> Treatment Agency <input type="checkbox"/> Community Corrections <input type="checkbox"/> Probation <input type="checkbox"/> DOC Facility/Institution <input type="checkbox"/> Other (Specify Below) _____ _____
Job Title		
Agency/Organization		
FULL Work Address (include zip code)		
Email Address		
Work Phone (w/ Ext)	(      )	

Please complete each item thoroughly, DO NOT OMIT ANY INFORMATION!

1. SUD Agency License Number (Not individual CAT/CAS/LAC number)	
2. Are you an Approved Treatment Provider for the CO Dept of Corrections?	<input type="checkbox"/> No <input type="checkbox"/> Yes
3. Formal Education Level	
4. List all professional credentials. YOU MUST SPECIFY THE LEVEL OF YOUR CAC CERTIFICATION, if applicable.	
5. Describe types of clients served	
6. Will YOU be <u>DIRECTLY</u> facilitating SSC groups as part of your regular job duties?	<input type="checkbox"/> No <input type="checkbox"/> Yes Explain
7. List Years of Experience - (Substance Abuse Treatment)	
8. List Years of Experience - (Working with Offenders)	
9. Describe your experience with the SSC Curriculum	
10. Do you have previous training in SSC? Describe dates and trainer(s)	<input type="checkbox"/> No <input type="checkbox"/> Yes (Describe below)
11. List previous trainings in other curricula for substance abusing offenders	
12. Do you intend to utilize the SSC curriculum for your clients after the training? Explain.	<input type="checkbox"/> No (Describe below) <input type="checkbox"/> Yes (Describe below) <input type="checkbox"/> Not Sure (Describe below)
13. Special Accommodations (i.e. ADA) please describe	

If you are unable to attend this training, cancellation must be provided no later than 10 working days prior to the beginning of the course. Contact Mary McMahon, [mary.mcmahon@state.co.us](mailto:mary.mcmahon@state.co.us) or by phone at 303.656.7968 if you have questions.

Strategies for Self-Improvement and Change  
Pre-Test (Part of Application)

Name \_\_\_\_\_ Date \_\_\_\_\_

**True - False** (2 points each)

1. T F Self-improvement and change involves developing and enhancing a climate of rapport, trust and openness, and developing a working relationship with the client.
2. T F The origins, expressions and continuation of criminal conduct and substance abuse are multidimensional in nature.
3. T F Effective assessment will identify the multiple conditions and factors operating in the individual's life that contribute to substance abuse and criminal conduct.
4. T F The basic purpose of assessment is to match treatment to the client's socioeconomic level.
5. T F The client's treatment plan is based on changing the conditions and factors that contribute to substance abuse and criminal conduct.
6. T F Both relapse/recidivism and relapse/recidivism prevention are essential components of treatment.
7. T F Confrontation of denial is a basic principle of Motivational Interviewing used in SSC.
8. T F Individuals go through stages when making changes in life adjustment problems.
9. T F Studies indicate that the severity of official processing and criminal sanctions is associated with increased recidivism rates.
10. T F In SSC, relapse is considered the return to drug use and the return to criminal behavior.

**Multiple Choice** (circle all that apply) (4 points each question)

11. A common component of Strategies for Self-Improvement and Change (SSC) is:
  - a. Individuals are actively involved in the construction of their realities
  - b. Treatment initially places emphasis on the present
  - c. There is a strong focus on relapse/recidivism prevention
  - d. There is emphasis on identifying and changing dysfunctional beliefs and thoughts
  - e. All of the above
  
12. Stage I: Challenge to Change is most closely identified with which of Prochaska and DiClemente's stages of change?
  - a. Relapse/Recidivism
  - b. Determination/Action
  - c. Precontemplation/Contemplation
  - d. Maintenance
  
13. Stage II: Commitment to Change is most closely identified with which of Prochaska and DiClemente's stages of change?
  - a. Relapse/Recidivism
  - b. Determination/Action
  - c. Precontemplation/Contemplation
  - d. Maintenance
  
14. Stage III: Taking Ownership of Change is most closely identified with which of Prochaska and DiClemente's stages of change?
  - a. Relapse/Recidivism
  - b. Determination/Action
  - c. Precontemplation/Contemplation
  - d. Maintenance
  
15. Which is not one of the broad therapeutic skills used by SSC to implement change?
  - a. Skills which facilitate self-disclosure (client telling their story)
  - b. Skills which confront denial (getting the client to see their weaknesses)
  - c. Skills which facilitate self-awareness (getting the client to hear their story)
  - d. Skills which implement or reinforce change (getting the client to act on their story)
  
16. Which of the four behaviors below prove effective when included in the criminal justice client's service plan:
  - a. Anti-social behavior and anti-social attitude
  - b. Low impulse control and anti-personality traits
  - c. Substance abuse and antisocial behavior disorder
  - d. a and b
  
17. The underlying principle of cognitive therapy is that:
  - a. Emotions are created by thoughts
  - b. The decline in moral functioning is related to negative thoughts about the self, resultant from parental neglect
  - c. Disturbances in behaviors, emotions and thought can be modified or changed by altering the cognitive processes
  - d. Thoughts are secondary mental processes mirroring behaviors and neurological functions

18. SSC focuses on which of the following areas that are basic in bringing about change in maladaptive and dysfunctional cognition and behavior?
- Automatic thoughts
  - Underlying assumptions
  - Cognitive distortions
  - All of the above
19. According to Marlatt (1985), craving may be seen as:
- The mentally incapacitating effects of drug euphoria
  - The tendency to seek out positive feeling states
  - The relief effect from the anxiety reducing quality of a drug experience
  - The anticipation of the reinforcing effects of a drug
20. "Static" or "fixed" risk predictors are:
- Activities present in the offender's current life
  - Unalterable aspects of the offender's criminal life
  - Ideas that are deep-seated in the offender's mind
  - Long-term criminal attitudes and beliefs held by the offender
21. Which of the following factor/s are associated with reported relapses?
- Interpersonal conflict
  - Negative emotional states
  - Social pressure
  - All of the above
22. In Colorado, the initial screening and treatment placement tool used, as mandated by the statute, for offenders with substance use disorders is:
- The Clark Revised System of Placement
  - The SSI
  - The SOA-R
  - The ASUS
23. At a very broad level, an antisocial personality is represented by a pattern of behavior involving:
- Alienation
  - Low self-esteem and anger toward self
  - Disregard for, and violation of, the rights of others
  - Pre-criminal aggression, truancy and lying
24. Substance abuse is seen as having a:
- 10% correlation to criminal behavior
  - 35% correlation to criminal behavior
  - 50% correlation to criminal behavior
  - 75% correlation to criminal behavior
25. We identify our clients as:
- Crack-heads
  - Felons
  - A person who has a history of substance abuse and criminal conduct
  - Drunks

**Matching (2 points each)**

- 26. \_\_\_\_\_ Expectancies
- 27. \_\_\_\_\_ Appraisals
- 28. \_\_\_\_\_ Attributions
- 29. \_\_\_\_\_ Decisions
- 30. \_\_\_\_\_ Beliefs
- 31. \_\_\_\_\_ Attitudes
- 32. \_\_\_\_\_ Self-Efficacy
- 33. \_\_\_\_\_ Automatic Thoughts
- 34. \_\_\_\_\_ Cultural Incapacity
- 35. \_\_\_\_\_ Cultural Competence

- A) Why we believe things happen to us.
- B) An individual's perceived ability to deal with an outside event.
- C) A value or idea we use to judge or evaluate outside events, situations, people or ourselves.
- D) Recognition of the dynamics of cross-cultural interactions, presence culturally-preferred service models.
- E) Thinking that produces a thinking pattern or thinking habit.
- F) What we expect from certain behaviors.
- G) Orients us for or against a situation.
- H) Conscious thoughts that direct our behavior.
- I) How we judge or evaluate ourselves or others.
- J) Paternalistic/negative attitudes toward people of color or other culturally distinct groups.