

STARR



*An Effective
Alternative Sanction*



**BOULDER COUNTY
Community Justice Services**

Justice Center, 6th and Canyon
Boulder, CO 80306
303-441-3808

WHAT IS THE STARR PROGRAM?

The Skills Training And Recidivism Reduction Program is a motivationally enhanced, cognitive-behavioral treatment program for adult females who are involved in the Boulder County criminal justice system. STARR is a comprehensive, specifically designed program for women emphasizing the development of critical reasoning, problem solving and pro-social life skills while providing opportunities to address problematic behaviors and relationships, establish healthy boundaries and set goals for themselves.

Other aspects of the program include: anger management, recovery action planning, substance abuse education, parenting, and life management.

STARR provides opportunities and encouragement through training, multi-media presentations, action-oriented group activities, role rehearsal, and interactive journaling for women to learn new skills, make positive changes, utilize community resources, and create a supportive network. STARR presents a unique approach to dealing with the problems female offenders face by offering creative avenues for self-exploration and solutions to criminal behavior.

WHO IS ELIGIBLE FOR STARR?

Women 21 years and older who are emotionally stable and appropriate to participate in a group setting; sentenced by the courts and have a minimum of 365 days probation; complete the assessment process; are available to attend programming for 36 weeks; commit to being free from alcohol and drugs for the length of the program; are motivated and willing to fully participate; have reliable transportation in order to get to the Justice Center; do not have a history of sexual offenses nor serious crimes against persons; and agree to the terms and conditions of the program, including the group guidelines.

HOW LONG IS THE STARR PROGRAM AND WHAT DOES IT INVOLVE?

STARR is a 36-week client-centered, change-oriented program utilizing the *Moving On* . . . curriculum. This "What Works" literature-based material is tailored for the female offender and will be presented in 2½ -hour classes, twice a week at the Justice Center. Additional materials and relevant information will supplement the core program, including assessment for Dialectical Behavioral Therapy (DBT). If selected, women will attend DBT Skills Training following the completion of the Moving On curriculum.

ARE CLIENTS ON PROBATION WHILE IN STARR?

Yes, clients must be court-ordered to complete the program and have a minimum of 365 days probation attached.

Clients will need to report to their Probation Officer in addition to attending STARR classes. Depending upon the individual case, there may be additional sanctions involved, such as monitored sobriety, community service, day reporting, EHM, or fines.

WHY SHOULD WOMEN CONSIDER ATTENDING THE STARR PROGRAM?

The STARR Program is carefully designed to provide women with effective skills to eliminate problematic behavior and help them create a supportive network for themselves. The program promotes critical reasoning and encourages the goal of self-reliance. STARR emphasizes learning new ways to think and behave that will assist offenders in dealing with the stressors of life without resorting to criminal behavior or falling back into an unhealthy environment. Social support and community resources are available throughout the entire program.

WHO TEACHES STARR CLASSES?

STARR is staffed by a case manager and a Certified Addictions Counselor who utilize cognitive-behavioral therapeutic techniques and practice a motivational interviewing style. They are trained in the latest evidence-based model for female offender education.

HOW MUCH DOES THE STARR PROGRAM COST?

The only charge--\$50--is for the materials used while in the program.

Fees charged by the Courts, Probation Dept., Jail, or for monitoring expenses are the client's responsibility.

HOW DO I FIND OUT MORE ABOUT THE STARR PROGRAM?

Contact the following for additional information:

Karlene Dancinwolf, CAC III, 303-441-3808
Program Coordinator.

Whitney Kramish, MA, 303-441-3692
Case Manager.

Clients can be referred by the Courts, Probation, or Boulder County Jail.

WHAT IS THE TYPICAL PROFILE OF WOMEN SENTENCED TO STARR?

Most clients have had previous probation sentences and possibly prior jail time. In addition, most have at least one school-aged child; have completed high school or have their GED; range in age from 21-40; offenses include, but are not limited to theft; forgery; criminal mischief; drug possession; DUI; and low level assault. These are women who are considered to be medium risk for reoffending and have multiple needs and/or limited skills for success.

WHAT IS THE MOVING ON . . . CURRICULUM?

Moving On is a unique, evidence-based program especially designed for women in the criminal justice system. It offers female offenders the knowledge, resources and skills that can assist them to succeed in living lives free of criminal behavior. It uses an "empowerment model of skill building."

Moving On . . . is:

Skills development and training in communication, positive self-talk and image, personal reflection, stress reduction, decision making, goal-setting, assertiveness, embracing change, and saying no to harmful activities . . .

An opportunity to assemble community resources for employment, education, housing, health care, parenting, self-help, financial, or legal issues . . .

An opportunity to assemble personal resources for support, encouragement, affirmation, self-esteem and confidence, constructive advice and practical help . . .

A means for getting in touch with emotions and expressing them in appropriate ways . . .

A safe place to explore the nature of relationships and learn techniques to improve them . . .

A chance to focus on oneself as a woman and learn how to meet needs effectively, and discover how to achieve success in life . . .

A great opportunity for female offenders to learn how to break the cycle of crime and "move on" with their lives !

STARR IS DESIGNED TO REDUCE CRIMINAL RECIDIVISM AND TEACH PRO-SOCIAL SKILLS TO OFFENDERS

Goals of the STARR Program include:

- ❖ *To identify needs and provide specialized services to medium risk and high needs women;*
- ❖ *To delineate and examine the factors involved in criminal behavior and relapse;*
- ❖ *To address cognitive distortions and faulty reasoning;*
- ❖ *To utilize cognitive skills for problem-solving and decision-making;*
- ❖ *To provide women with alternatives free from criminal activity by assisting them to mobilize both personal and community resources;*
- ❖ *To address the substance abuse issues unique to women;*
- ❖ *To address relationship issues that particularly impact women;*
- ❖ *To offer one-to-one case management to female offenders;*
- ❖ *To provide structure and encouragement for compliance with court-ordered requirements;*
- ❖ *To identify and develop resiliency factors, strengths and positive qualities necessary for women to make life changes and become self-sufficient;*
- ❖ *To provide assistance for successful transition back into the community;*
- ❖ *To provide opportunities for assessment and referrals to local human service agencies; and*
- ❖ *To help women become better parents.*