



# The Haumietiketike Stepping Stones Programme

A New Zealand group therapy programme for  
the treatment of emotion regulation difficulties  
in offenders with an intellectual disability

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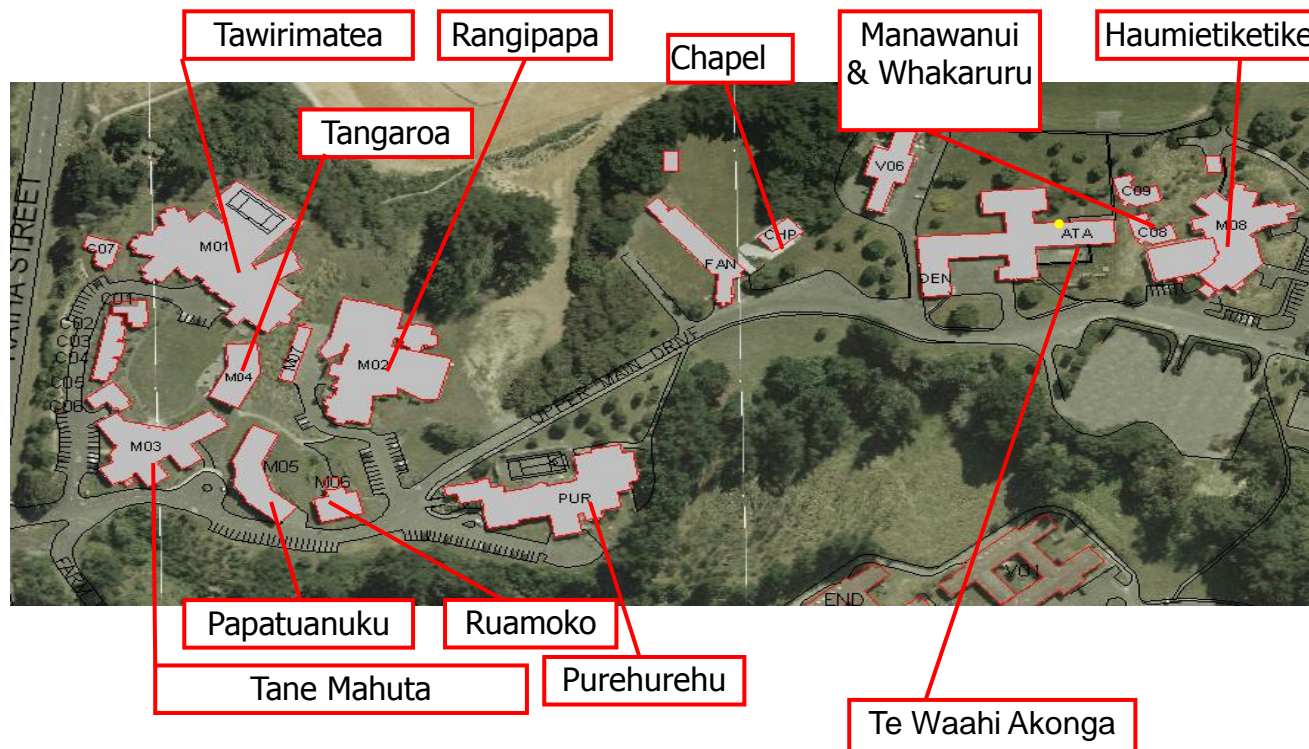


# Haumietiketike

- A secure facility for people with an intellectual disability who have committed an imprisonable offence and present with behavioural concerns that pose a serious risk to themselves or others.
- Eleven-bed inpatient unit
- Two four-bedroom cottages, Manawanui and Whakaruru
- Regional facility
- Clients come under orders from the Court

# Te Korowai Whariki

The Central Region Forensic Mental Health, Rehabilitation and Intellectual Disability Service.





# Look out for the birds!!!!



# Can we come too?



It's hard!!!!!!

Helps us to move on;

People outside of group support us to come;

Need a break half way through .....

“What's said in the group stays in the group”

The rules – the group makes the rules;

Honesty and respect;

Biscuits “shortbread is everyone's favourite”, “No, Anzac biscuits”, “when can we make chocolate banana swirl cake again – that was the best!!!!!!”

DVDs – Napoleon Dynamite, Angry Britain;

Role plays;

Prizes;

Certificates;

Graduation and meal out “this is our group, we choose how we celebrate, if other people have a group it’s up to them what they want to do”

We have a laugh;

Non judgemental;

Homework;

Tool box;

Helps us to get where we want to be;

Smoko and coffee;

We can show off to other people all the good work we do;

People outside of group help us to go over our work;

I like the presentation at the end of the year;

Rules – 3 strikes and you’re out;

Closed group – private confidential;

People want to be there;

Tell them how we started;

The right name;

Honesty;

Chains;

Progress – tell them how well we are doing;

Three years – how we started – no programmes before or therapy for anger management

Toolbox;

Quizzes;

This is a safe place;

Support;

Listen;

“We are all stars”

What are we doing next year?

# So this is what we are going to talk about

- “Tell them how we started”
- What do we do in group?
- What are the things we like?
- What’s hard?
- What helps?
- “Helps us move on – tell them how well we are doing”
- Personal highlights
- What else would you like to know? (or early lunch!)

# Background to the Programme - How we started

- Most of the clients at Haumietiketike lack skills to effectively manage unpleasant emotions (e.g., sadness, frustration, annoyance, anxiety, anger).
- This is in part related to the difficulty the clients have in understanding and tolerating ambiguous situations.
- Their attachment and developmental experiences were commonly traumatic and they failed to learn adaptive ways to self-soothe.

- They learned to develop ways of managing distress that that often included the use of violence towards people (themselves and others) and property.
- They have also learned how to get others to take responsibility for regulating their emotional states.

“Its all your fault - you don't know me, you don't know how to work with me, you're crap at your job”

“Its all your fault – you know that winds me up, you shouldn't put me in this position, you're crap at your job”

# Establishing the Programme

- Idea raised in early 2007 to address violent offending and significant behavioural management issues.
- At that time Haumietiketike had a high staff turnover, our approaches were reactive rather than proactive, inconsistent and anxiety-provoking for clients.
- Concerns about the capacity of our client group to understand the concepts.
- Where do we start???? (too hard basket).



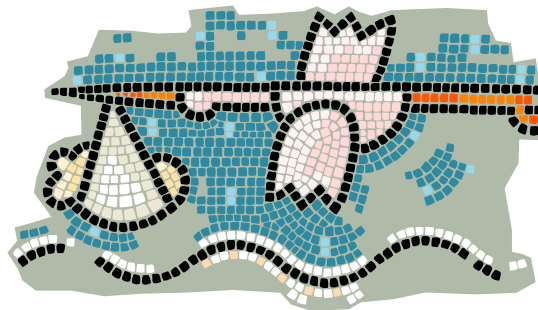
# The first 'Anger Management Group' 2008

- Who?
- When?
- Where?
- What?
- How?



## Moving on to 2009 .....

- 2 groups – advanced and new beginners;
- Changing focus;
- Staff support;
- Stepping Stones is born



# What do we do in group?

- Group rules
- Getting to know each other – feeling safe
- Weekly format: greeting
  - recap of the previous week
  - chain analysis
  - break/smoko/social time
  - introduce new material
  - homework
  - relaxation

## Haumietiketike Stepping Stones Programme – Chain Analysis

Name:

Staff Member's Name:

Date:

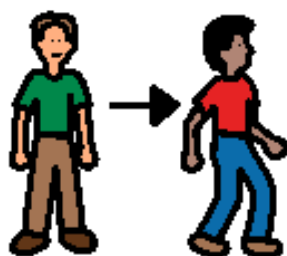
<p><b>What was happening leading up to the problem?</b> <i>How has my week been? Ask about stress, physical health, anniversaries, visits, lack of sleep, diet, medication, family issues etc? What was happening to me right before the problem? What was going through my head? How was I feeling? How did my body feel?</i></p>	<p><b>What was the problem?</b> <i>What happened? What exactly did I do? Where did the problem happen? Who was there? What was going through my head? How was I feeling? How did my body feel?</i></p>	<p><b>What are the consequences of the problem?</b> <i>What were the negative effects? Were people hurt? Have I lost trust? Have I lost other things that are important to me?</i></p>	<p><b>What do I need to do now?</b> <i>What do I have to do to get back on track? What could I have done differently to avoid this problem? What do I need to do in the future to protect myself from this kind of thing happening again? Who can help me?</i></p>

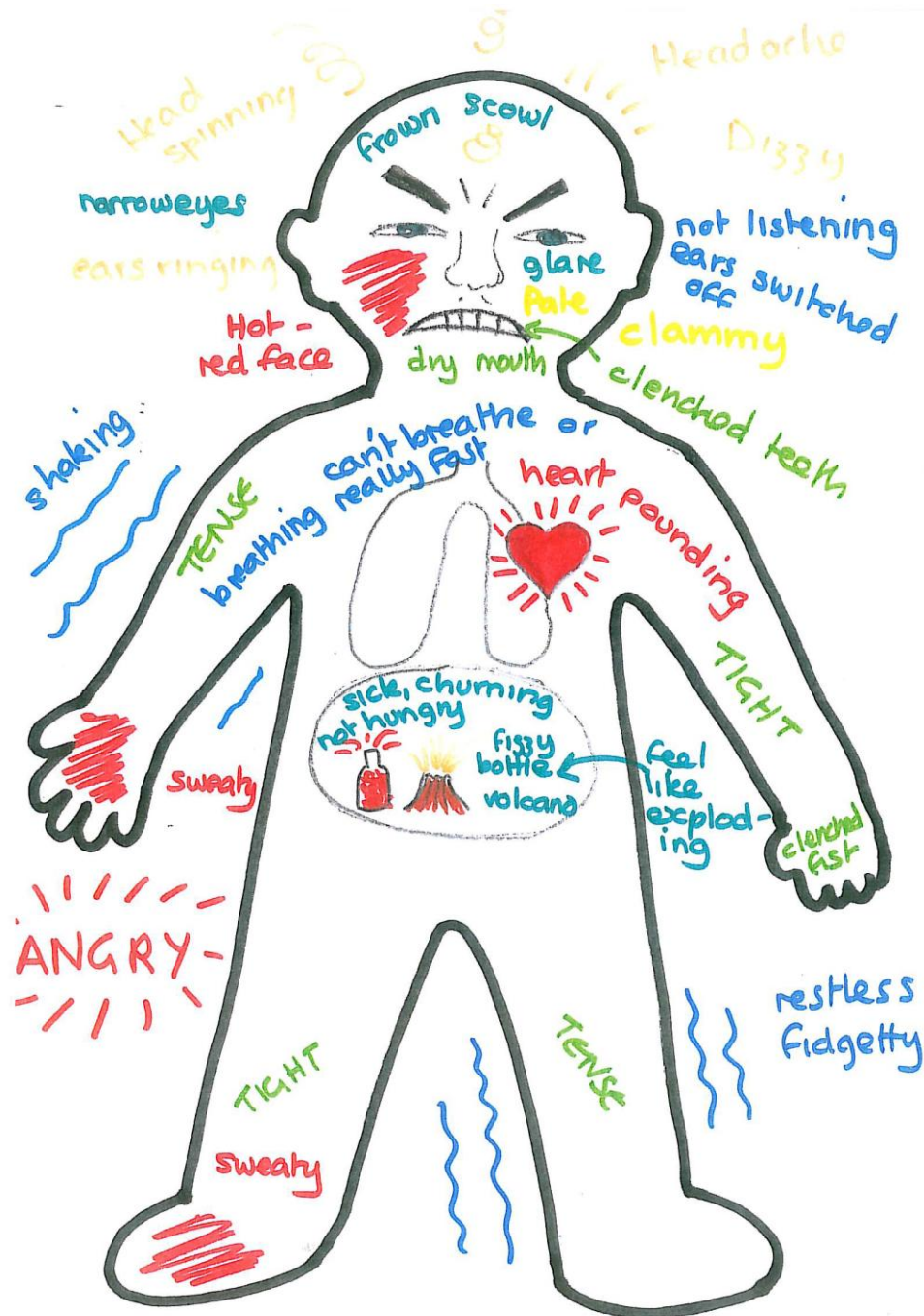
Break time!



# Skill Development

- Identifying and understanding a range of emotions.
- Coping skill development with an increased emphasis on clients taking responsibility for their emotional responses.
- Using our five senses to get to know our emotions
- Rumination and grudges
- Arousal/winding up
- Recognising and understanding others' emotions
- Stress inoculation and imaginal exposure
- Expressing ourselves
- Passive, aggressive, assertive, and passive-aggressive communication
- Personal strength profiles





# Homework example

Complete the puzzle.

Draw a line from the name of the emotion to the picture it describes and record what clues you used to help you to decide which emotion matched which picture.

For example:

Emotion

Picture

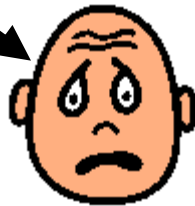
Clues

Scared



Scowling;  
Not smiling;  
Eyebrows make him  
look fierce;  
Hand on chin.

Grumpy



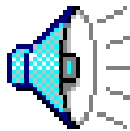
Mouth open, corners down;  
Eyes wide open;  
Looks worried about something

# Homework example

1. Discuss with your staff member and write down 3 things that we covered in group this week.
2. Discuss with your staff member and write or draw 3 things that you find hard to say “no” to.
3. Discuss with your staff member and write or draw 2 things that you need to remember when you are expressing yourself in an assertive way. These might be to do with the things you say or the body language you use. Staff may wish to refer to their own life experiences when assisting the group members with this work.
4. Remember to complete a chain analysis for a problem that has come up during the week.

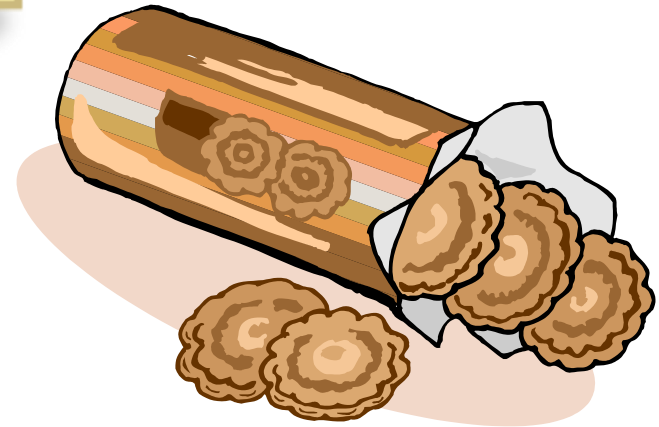
# Relaxation

Guided imagery;  
Progressive muscle  
relaxation;  
Mindfulness;  
Music.



# What do people like?

- Smoko
- DVDs
- Quizzes
- Games
- Role Play
- Relaxation
- Sharing
- Certificates



## What's Hard

Some of us guys are doing a new programme at Haumietiketike. It is called Stepping Stones and its all about moving on and having a good life.

Its hard work and at first I didn't want to be there. I would rather be at work. Then Teresa talked to me and she said "Charlie it takes a real man to do this work" and she was right.

We have a group that meets once a week. That's where we are learning heaps of stuff that will help us when we move on. We all have our own paths and we will all be moving on to different places and the stepping stones are the things we need to do to get to where we want to be.

Over the week we have work to do and we support each other. I am really proud of the work I have done and I am proud to share it at group. I help other people when I talk about how I am handling things. We all help each other.

Its still hard work but we have a laugh too sometimes and it's about making a good life for yourself and getting what you want.

# Treatment Outcomes 2008-2010

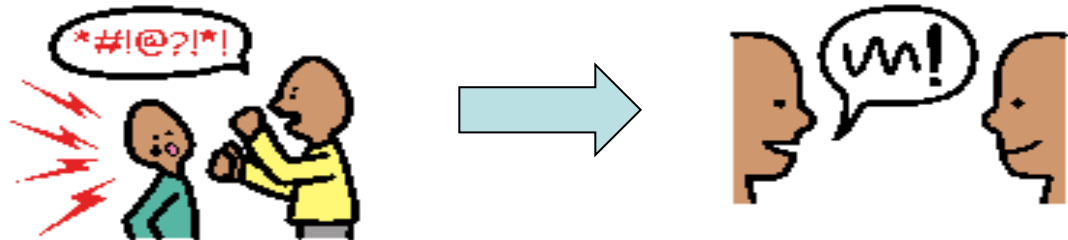
Client feedback:

- “We’re doing well, making progress”
- “We are stars at the end of the year”
- “Stepping Stones helps us to move on”
- “Helps us to get where we want”
- “We can show off to other people all the good work we do”



# Treatment Outcomes 2008-2010

- Staff qualitative observation: client gains across domains of emotion recognition, emotion regulation, self-esteem, quality of life.....
- Gradual improvement in their ability to identify problem situations, triggers, warning signs and consequences of behaviour.
- Increasingly comfortable in talking through problems and utilising adaptive skills.

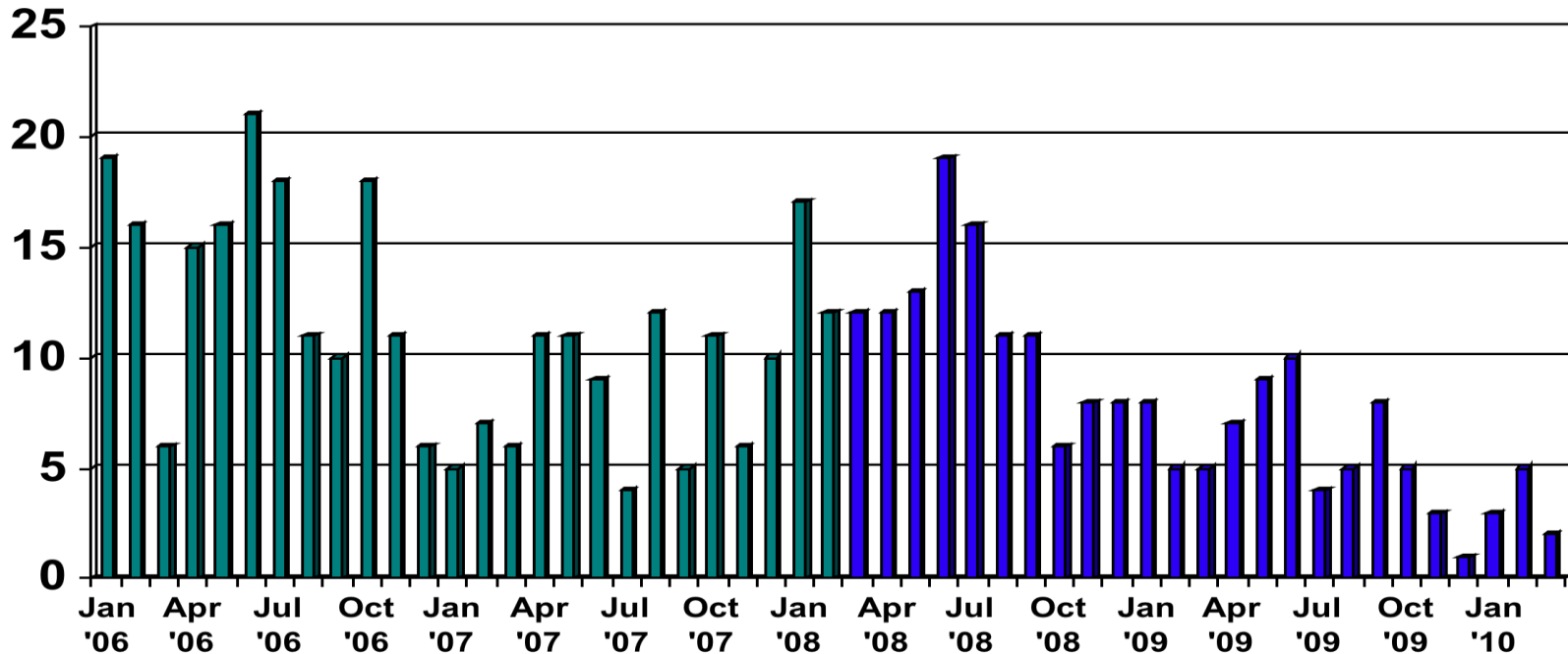


# Treatment Outcomes 2008-2010

- Increased understanding of a range of emotions. Openness to share experiences of negative emotions, not just anger.
- Increased ability to tolerate negative emotions without resorting to impulsive maladaptive coping strategies.
- Improved self-esteem and quality of life outcomes.
- Problem: Lack of pre and post data.



# Violent Incidents at Haumietiketike



- Jan 06-Feb 08      Average of 12 per month
- March 08 – Jan 09      Average of 8 per month
- Last 12 months      Average of 6 per month
- Last six months      Average of 3 per month

## Outcomes for staff and services

- Improved staff awareness and confidence.
- Improved staff morale and retention.
- The programme is becoming integrated in to our evolving 'model of care' – is shaping our service's culture.

## Personal highlights

- Clients taking ownership of the group
- Clients supporting and challenging each other
- Relaxation!
- Celebration at the end of the year



# Setting up your own group - What you need to know:



- Prepare well and then just take the plunge!
- You have to tolerate the unexpected and roll with the punches!
- Facilitator cohesion and support.
- Develop a treatment manual but be prepared to ditch the manual at times!

## Setting up your own group - What you need to know:

- Practical resources – laminator, lots of flip charts, colour photocopier, pens, and a LOT of biscuits!!
- Talk with us or pay us a visit. I'm sure if you do the clients will make you welcome and will be happy to talk with you about the group.