

QUOTATIONS FROM JIM CAMPBELL

Dr. Yochelson stated: "What is a crime and why do men and women commit crimes? A crime is to break the law that was established by society to provide an atmosphere of security and tranquillity for each individual. There are a small few who did not realize they were breaking the law - but the vast majority knew they were and, even with that full knowledge, no social incentive to be a law abiding citizen nor threat of punishment deterred them from the act. More than any other factor, crime is directly related to how certain individuals think. If society is to share responsibility, for how these certain people came to think as they do, then society has a mandate to provide the program to affect the change. By the same standard, the criminal has a mandate to participate willingly or never be released to victimize again."

With that premise in mind, and as our technology to effectively teach "Mental Fitness" increases, we can expect the future of "Corrections" will take on more and more the primary role of the "Rehabilitator" than the "Warehouser" of criminals.

Due to the length of training required to staff programs, State Corrections will begin providing a Jail Alternative Sentence Option Program (JASOP) to each county. Judges will give much longer or indeterminate sentences, for the very first offense, to motivate offenders to "do time for their crime" in a program for change - rather than incur an indeterminate sentence lasting until they are considered safely ready to reenter society. The JASOP would last at least 2-3 years and even longer if the individual did not demonstrate readiness for release from the program."

In the Book "Equal Value, Jim Campbell wrote:

"The present discipline problems in schools,.. over crowding of prisons, divorce rate and increasing youth suicide rate.. clearly indicate the need for Life Management Skills Training.

For the past century and a half,.. the world of Psychology has been going in the wrong direction... It has poured billions of dollars into the study of mental illness.. It has become expert at saying what mental illness is.. and what's wrong with people.

I feel we could have been more intent on defining mental fitness,.. in learning what wellness is,.. or what can be right with people... People are not interested in learning what's wrong with them.. They would rather invest their time in learning what to do about it.

Mental Fitness is a subject!... It is a subject like English, history, geography or algebra are subjects.... I say, there is a greater demand for lifeskills training than for counseling... We need to think effectively so we can solve our own problems... No one can learn for us... or change for us.

Mental Fitness is a new subject. It's about how to think effectively.. and how to achieve mental fitness... After we study this new subject,.. we discover we are able to solve more complex human relations problems much easier... We no longer say "you make me mad" or "you make me depressed".. as we no longer think others control our emotions... We change much of our behavior because we discover it was unknowingly causing results directly opposite our intent.

I believe we are at the beginning of the greatest cultural

awakening in the history of mankind.. We are now learning about mental fitness.. and how to teach it so that it can be applied.. We are going to be able to teach our children how to think and communicate in a way they can maintain successful marriages and hold jobs.

What's holding us back?.... In today's schools, Mental Fitness,.. as a subject,.. is normally presented as a minor part of personal hygiene.... In the 10th grade, a student receives either half a semester of training.. or none at all,.. and the training focuses primarily on physical wellness.

The VALUE placed on Mental Fitness,.. as a subject,.. should be equal to.. or greater than.. the value placed on English, history, geography or algebra.. It's not poor math that's killing us - it's human relations problems..... We can do better.... and we can do better NOW!

Campbell, 1987 Speech to the Oregon Correctional Association

"The Correction Officer, more than any other group, knows that when an offender is convicted and incarcerated, he or she enters a system where his or her thinking errors may be reinforced significantly... Although it is not the intent, or the criminal justice system, to improve the criminal's abilities to commit crimes, in actuality, we are sending them to a "Criminal University" where they learn every trick of the trade from the most seasoned experts. Oregon presently has no, I repeat no, comprehensive program to teach offenders the thinking skills that would offset their thinking errors.

After all that has been written about the need for this type program, it is appalling to say it. There is no comprehensive program having Order, Continuity, and providing a Cumulative

change experience anywhere in the system - Why? Why is there no program like this?

Probably the word "Technology" is the key to understanding.

It takes a long time to accomplish rehabilitation... I doubt that will ever change in the near future... And, time means money spent and human resources consumed. I've listed three primary reasons we have to overcome to implement a viable program.

First, In the past, the thought of installing a comprehensive program for rehabilitation instantly put up the red flag.. It will cost a great deal of money. Budget people instantly freaked out and politicians wouldn't touch it for fear the taxpayers might instantly revolt. It certainly would have cost more money than any budget would allow. The reason for this exorbitant cost was probably due to the fact that everything had to be done manually. Computers and video recorders were not available to aid in implementing the program so that labor cost could be cut to an acceptable figure. But now, the delivery technology has improved.

Second, so much time, money, and effort, has been spent studying mental illness that the field of mental fitness (or wellness) was a neglected child. That is no longer true. Now the "technology" of teaching mental fitness (as a subject) is available. This new technology is replacing the older counseling concepts and strategies of how you go about getting change in those individuals who have significant attitudinal problems. In other words,.. I'm saying,.. that in the past, we did not even have the capability, within ourselves, to produce an effective rehabilitation program in a format that even had a chance of being financially acceptable.

Third, primarily because of the two previous considerations, some of the individuals, presently administering the criminal justice system, grew up in the era that didn't have this new technology... they have not experienced the new technology of teaching mental fitness... and are still in control of the decision making process that would allow the new technology to come forth.

In view of this,... As I see it..., there is only one single thing that needs to be accomplished to allow rehabilitation to become the cornerstone of the criminal justice system ... And that is - a thoroughly documented Success!

But, to implement any program that is going to prove itself, it is going to have to start at the top. It's going to take time to convince those in leadership positions that Corrections can do the job successfully. Unless the decision makers get involved, the scenario of "no rehabilitation in the system" will continue."

"Over a year ago, I gave a lengthy briefing on the SOC program to a large number of Parole and Probation Officers here in Multnomah County. I was completely unprepared for the negative reaction I got during the briefing. I had interrupted my vacation with my family, at the coast, to give the briefing. I had a good two hours to think about the extremely negative reaction on the trip back in my car. When I was entering Seaside, on my return trip, it dawned on me that they apparently had a "Mind Set" about any program of this nature being successful. I concluded they, as individuals, had tried everything they knew,.. in attempting to get their clients to make the changes needed to stop offending,.. and had met consistently with more failures than successes... It appeared to me they had unknowingly adopted the attitude that it therefore

couldn't be done by anyone else either - a don't tell me anything buster, I know from experience and you have never even been a probation officer... Since that time, some of those same parole and probation officers, who were present at that meeting, have experienced portions of the SOC program,.. and their attitude toward the program has become supportive - their attitudes have changed.

It is an understandable situation. Like any person would, the POs entered into their jobs with a very positive attitude,... intending on doing something meaningful to help the offenders,.. but the POs slowly became disillusioned about prospects for success. Through their repeated experiences, they proved to themselves they couldn't get the clients to make changes.... When they can't get their clients to do what they want them to do, it can often lead some probation officers to unknowingly exhibit a permanent attitude of hostility towards their clients... They can develop a cynical attitude toward the shortcomings of the system... They begin to react emotionally with the client rather than responding rationally using more successful strategies. The reason I say they experienced more failures than successes was that they didn't have the tools, equipment, facilities, and the training to achieve the desired result... They didn't have a comprehensive program for rehabilitation working with them to get the change they wanted to see happen....

The "Mind Set" of the people of the community must change too. Most surveys reveal taxpayers are reluctant to put more money into the crime problem. They want the crime problem solved by those administering the Criminal Justice System... but are unwilling to approve taxes to do the job... If we achieve success,.. I firmly believe we have a better chance of gaining their support...

SOC recommends Oregon establish a comprehensive program for rehabilitation that begins with the first arrest and continues throughout the entire time an individual continues to commit arrestable offenses. The SOC program is designed to start at a pre-trial confinement facility... or while the individual is out on bail awaiting trial... The SAME program continues progressively during periods of incarceration in prison or while at a restitution center... And then, the SAME program continues on during the entire period the individual is on parole & probation - the offender continues in the SAME program until he or she is no longer committing offenses - and is a tax-paying citizen...

There must be a training records jacket that accompanies the individual just like the "Jacket" containing his or her record of offenses. Testing, performance evaluations, and oral reviews are required to assure the individual has progressed step by step through the program. The training record must coordinate a specific plan for rehabilitation that fits the offenders specific needs... based on the type crime the individual has committed.

A program of this type must have ORDER, CONTINUITY, and be a CUMULATIVE experience.

ORDER means that each and every lesson in each and every training session must state a purpose and objective for that specific training session - with the individual either knowing or being able to do something he or she didn't know or couldn't do before that specific class.... we cannot merely conduct group meetings where nothing is accomplished except a good discussion.

CONTINUITY means that each lesson builds upon the previous

lesson. Each series of lessons adds to the overall program objectives... Each objective accomplished contributes to eventually attaining the goal of complete recovery..

CUMULATIVE means the longer the individual is in the program the more the chance for successful and complete recovery to society as a productive citizen... It means those committing serious crimes are exposed longer to the program... Are evaluated over a longer period of time... Have a greater chance for recovery.

To achieve ORDER, CONTINUITY and be a CUMULATIVE experience,... The program must provide COGNITIVE, AFFECTIVE and EFFECTIVE learning experiences.... Not just COGNITIVE.."

I think sometimes the greatest problem we have to overcome is the stereotyping - the tendency is to think "all" offenders are "ONE" kind of criminal.... And I'm sure you'll agree that's just not so. They are persons with Thinking Errors (paradigms) that are easily changed. I think we have to give them a program to live up to - permit them to do something very meaningful with their lives... while.. "doing time for their crime."

Letter from Jim Campbell to Vern Faatz, Chairman, Board of Parole & Post Prison Supervision, dated March 21, 1991

In 1982 Skills Of Communication (SOC) began a "THINKING SKILLS" program through the 7th Step Foundation at Oregon State Penitentiary. The program is designed specifically to offset the THINKING ERRORS normally associate with habitual offenders. Since 1982, almost 300 inmates have completed Phase 1 of the program. Although the average recidivism rate is 35 - 50%, current figures indicate that less

than 10% of "THINKING SKILLS" students return to confinement within the 3 year monitoring period following their release. If this information is even close to being accurate, the budgetary savings to the Criminal Justice System (CJS) far outweighs the expenditures for establishing a JASOP.

Letter from Jim Campbell to Bob Skipper, Sheriff of Multnomah County, dated March 21, 1991.

SOC believes:

A. Sending offenders to prison is like sending them to "Criminal University." While in prison they learn how to commit crimes and avoid conviction more effectively - to beat the system. Incarceration without rehabilitation is one of the poorest strategy to reduce recidivism. The reasons there is such a great need for the new JASOP program are:

1) Most offenders are not incarcerated or placed in any program for their first offense - there is no program to which they can be sentenced.

2) When offenders are committed for only short periods (for the first few offenses), they are not in long enough to complete a program of any merit. When there is a program, and they don't complete it, there is no continuation of the same program upon release to parole and probation. Every institution is autonomous. The system currently does not provide a complete rehab experience that has ORDER, CONTINUITY, and is a CUMULATIVE long term (3-5 years) experience.

3) Successfully completing a "THINKING SKILLS" program is not a requirement for release from incarceration or Parole & Probation. A judge can NOT require completing a program that

does NOT exist.

4) Since time began, there have been few, if any, rehabilitation programs that have proven effective at reducing recidivism. This poor record still affects the attitude of decision makers in best distributing the budget. Since they are unsure about rehab programs, they see more and more jail space as their best (only available) answer to reducing crime. Politicians must prove to the taxpayer that they are doing something about crime. Everyone is led to believe building more jail space meets that need. It does NOT.

5) The attitude of inmates is that I am here as punishment, not for punishment - you can't make me do anything. The attitude of the staff is that we're here to warehouse them - not to rehabilitate them. Both wait out the time. We are not yet capitalizing on the opportunity to win them to the system. Although it's not our intention, we further alienate them from society - the system unintentionally cross-fertilizes the problem.

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