

# **H.E.A.T.**

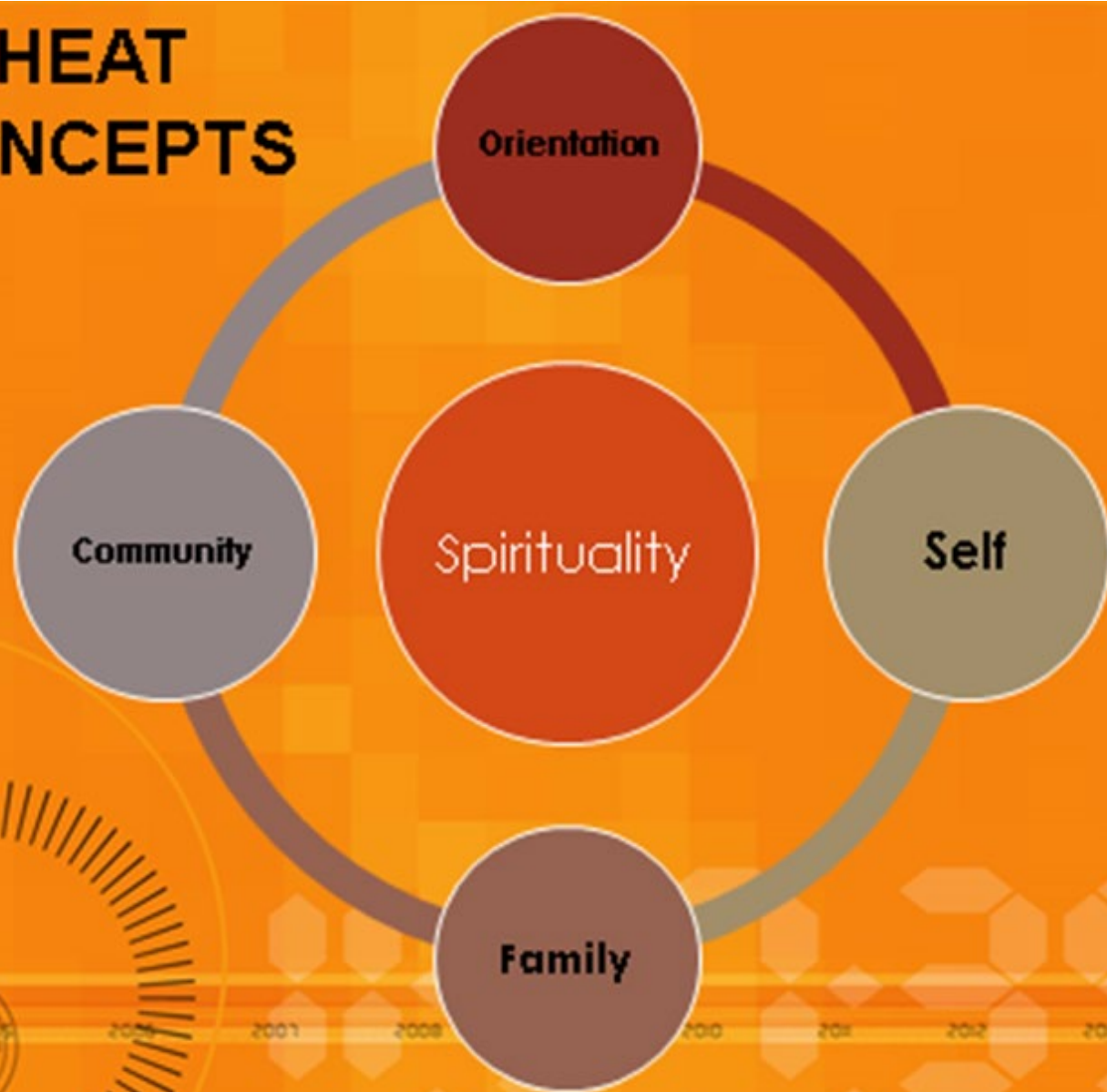
## **Habilitation Empowerment Accountability Therapy**

Darryl Turpin, MPA, CADC  
Guy Wheeler MSW, CAP, CCJAP  
The Pinwheel Group

# Disclaimer

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- Points of views or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

# HEAT CONCEPTS



# H.E.A.T.

- 18 – 29 year old
- African American Males /Black Males
- Abuse, mild, moderate (some severe) DX
- 9 month (misdemeanors and felonies)
- Risk/Need Analysis (Accountability Emphasis)
- Cognitive based intervention
- Trauma Informed
- Addresses ambivalence and resistance
- Promising practice
- Alexandria LA, Seattle WA, Denver CO, Marion IN, Indianapolis IN, St Louis MO, Beaumont TX, Gary IN, Greenville MS, Springfield MO, Cleveland OH, Portland OR

# Habilitation vs. Rehabilitation"

- Treatment providers increasingly note that many clients require "habilitation," not simply "rehabilitation." In other words, some addicted persons have not lost functional capacities and skills as a result of their addiction but have, in fact, never acquired them.
- Many persons, for example, have not acquired the capacity to control impulses or to distinguish between emotional states. Some lack the skills to sustain day-to-day relationships with others, or suffer from Attention Deficit Disorder. The fact that more and more clients suffer from a lack of basic capabilities and skills makes the treatment of the underlying addiction more difficult.

PUMPKIN PIE OR....



SWEET POTATO PIE

# PETS- African American Summary

- Marijuana is the primary problem substance
- 63% are criminal justice referrals
- Likely to be from single parent homes
- Have high rates of victimization
- High rates of sexual activity
- Less severe substance use symptoms at admission to treatment

# Dr Dwayne Williams- Psychologist

- Communalism- bonding – preference for inter-dependence over independence
- Movement-emphasis expressive
- Stimulation – vs. mundane activities



# Content and Process

- CONTENT-MANY SCHOLARS EXPLAIN THAT EDUCATORS MUST TEACH BLACK STUDENTS ABOUT SUCCESSFUL BLACK AMERICANS WHO HAVE CONTRIBUTED TO CIVILIZATION.
- PROCESS-HOW YOU IMPLEMENT INSTRUCTIONS AND INTERVENTIONS. MAKE THE INFORMATION RELEVANT

# Cultural Relevancy

- PROFESSOR GLORIA LADSON-BILLINGS COINED  
– ***"CULTURALLY RELEVANT TEACHING"***
- **RESEARCHERS ARGUE:**
  - *.... "students of color disengage in the classroom because they receive an education that DOES NOT speak to their culture, history, experiences, and values"*
    - White & Parham
    - (example of culture in the 4<sup>th</sup> grade Miami Herald)

# Lifestyle

- Does the client have a lifestyle issue or a substance abuse issue?
- Can treatment adequately address the issues of lifestyle if it addresses the issues of substance abuse?

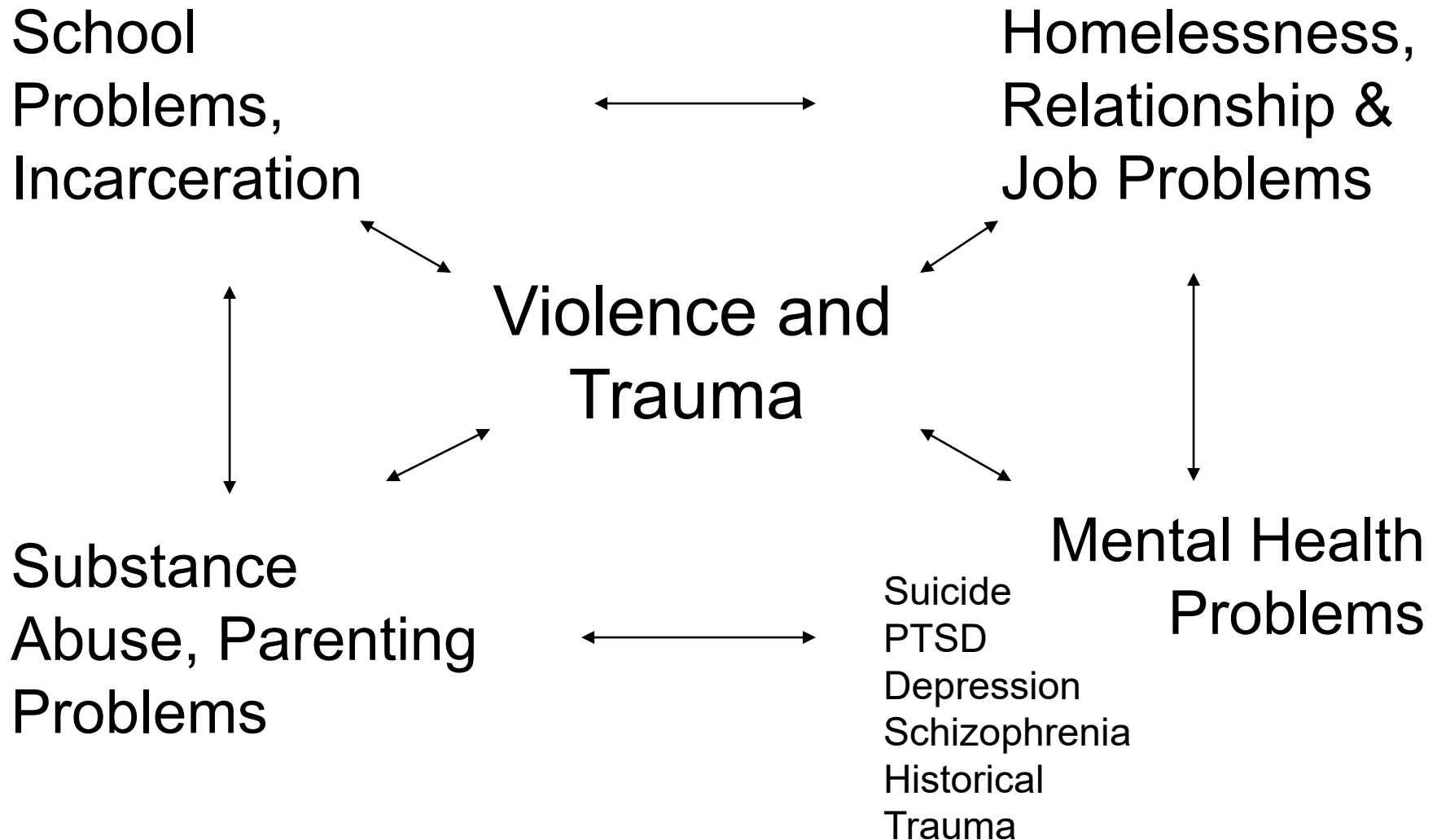
# What is Trauma?

- Experiences or situations that are emotionally painful and distressing, and that overwhelm an individual's ability to cope
- Chronic adversity (e.g., discrimination, racism, oppression, poverty)

# The Impact of Trauma

- Trauma is cumulative
- Trauma affects the developing brain
- Trauma increases likelihood of health risk behaviors (smoking, drinking, overeating) as means of coping
- Trauma is directly related to mental health symptoms, substance abuse, chronic physical illness, early mortality

# Trauma at the Core



# Impact of Mass Incarceration

- Mass incarceration affect poor and minority communities in a much more drastic way than the general population.
- 70% chance that an African-American man who does not earn a high school diploma will wind up in jail before he reaches his mid-30's.
- African-American child under the age of 14 has a 50% chance of having his father go to prison. 10% for white children

Brooking's Institution's Hamilton Project May 2015

# The New “Jim Crow”

Michelle Alexander





# HEAT

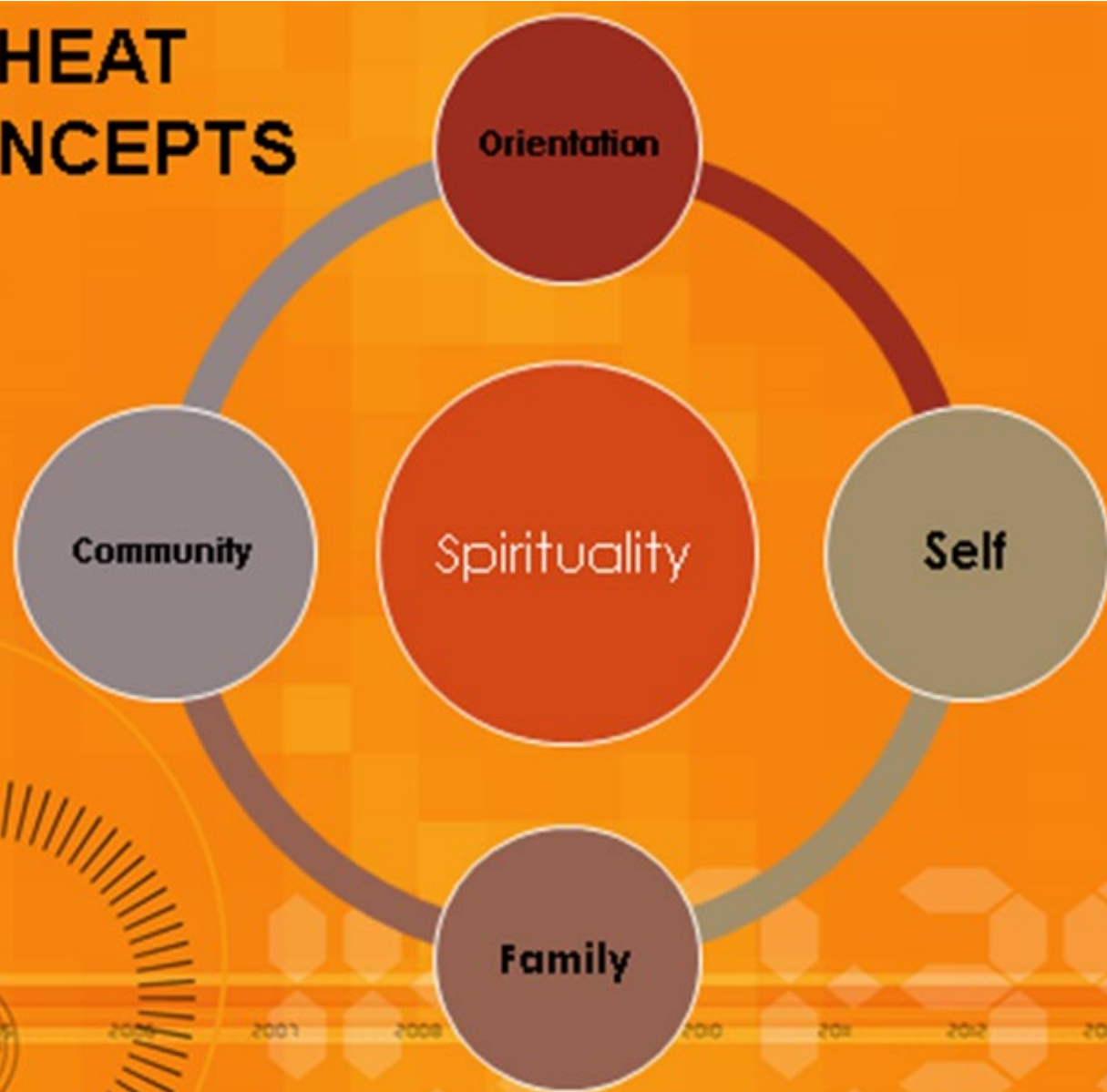
HABILITATION EMPOWERMENT  
ACCOUNTABILITY THERAPY



## TIME FOR CHANGE

FACILITATOR'S MANUAL

# HEAT CONCEPTS



# Lexington-Fayette KY Drug Court Study

- Improvements were seen in housing stability and employment
- showed improvements in substance use and mental health
- Increase in drug abstinence
- Reduction in participant depression, anxiety, hallucinations, and violent behavior
- Increases in attendance to non-religious and religious self-help groups and other recovery support

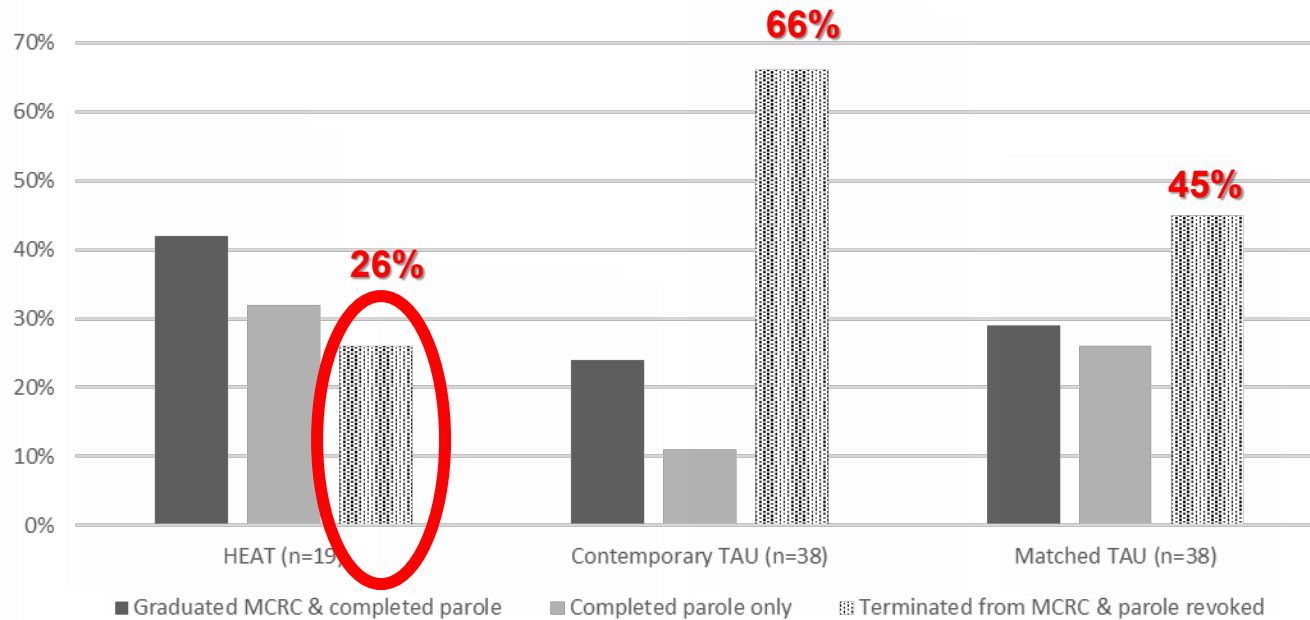
# H.E.A.T.

## ■ Paradigm

- strength based
- culturally relevant
- empowerment
- self; knowledge of self
- family
- community; collective responsibility
- spirituality; principles to live by

# Study : Effect Size (n=19)

- Reentry drug court
- Condition of parole
- Administrative discharge from parole
- Contemporary comparison group (n=38)
- Matched comparison group (n=38)



# Lessons Learned (Clinical)

- Boundaries
- Responds to structure
- Confronting issues
- Risk/ need
- Substance use disorder
- Black male authority
- Gender/ cultural specific
- Lot's of prayer

# Lessons Learned (Operational)

- Case management
- Mentoring
- Jobs
- Housing
- Education/ literacy
- Accountability
- Incentives
- Ecumenical group
- Recovery specialist

# Orientation

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“Point of Engagement”



# Self

- Stay Out the HEAT
- Black Manhood
- Decisions
- High Cost of low Livin'
- Messed Up Thinking
- F\_\_\_\_ It
- The Last Poets
- Blame
- Survival
- Disrespect
- Hustlin'
- The Ideal Self

# Family

- Impact On the Black Family
- Wounded
- Forgiveness
- Enabling and Entitlement
- Absent Father
- Breaking the Chain
- Love or Lust
- Intimate Partner Violence
- Baby Momma Drama
- Fatherhood
- Being an Involved Father
- Strengths of the Black Family

# Community

- Safe and Healthy Community
- Institutional Barriers to Equity
- Advocacy, Policy and Social Justice
- Who Are Our Leaders
- My Hood
- Root Causes
- Healing Voices

# Spirituality

- Honesty
- Acceptance
- Perseverance
- Accountability
- Hope
- Faith
- Self- Control
- Responsibility
- Forgiveness
- Commitment
- Strength
- Love

# Questions and Comments

## ■ Contact:

Darryl Turpin

www.heattime.com

[darrylturpin@yahoo.com.com](mailto:darrylturpin@yahoo.com.com)

502.558.1224

Guy Wheeler

[guyawheeler@aol.com](mailto:guyawheeler@aol.com)

954-797-1617

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