

## WaySafe: Improving decision-making around health risk behaviors for prisoners transitioning back to the community

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**DRR<sub>1</sub>**

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## TCU Disease Risk Reduction (DRR)

The purpose of the DRR-1 project was to develop and test an intervention that...

- ✓ focused on the critical high-risk transition time between incarceration and return to the community
- ✓ was designed to increase positive decision-making skills among offenders for healthy living
- ✓ included skills for making decisions for reducing disease risk behaviors, particularly those involving HIV and Hepatitis B & C




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## TCU DRR-1 Intervention

Two components –


- ✓ **WaySafe** – six session, manual-based interactive intervention focused on decision-making skills taught during later stages of prison substance abuse programs
- ✓ **Keep It Safe** – four-part workbook given to offenders when they leave the correctional facility designed to reinforce decision-making skills during transition back to the community



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## WaySafe

- ✓ 6 one-hour, highly interactive group sessions
- ✓ Focus on motivation, decision-making, overcoming cognitive roadblocks to change, and personal risk reduction planning
- ✓ Discussions about: sexual health, sexual decision making, behavioral intentions, and HIV and other viral infections
- ✓ Incorporates TCU Mapping-Enhanced counseling, an NREPP recognized approach



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## What is TCU Mapping?



Mapping adds visual graphics to enhance communication and understanding

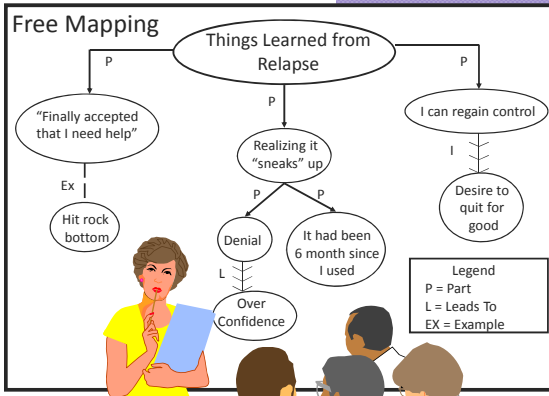
Maps help “show” thoughts, feelings, actions, and goals and how they are related or “linked” together

Mapping is an **adjunct** to effective counseling – a visual, cognitive enhancement



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## Free Mapping

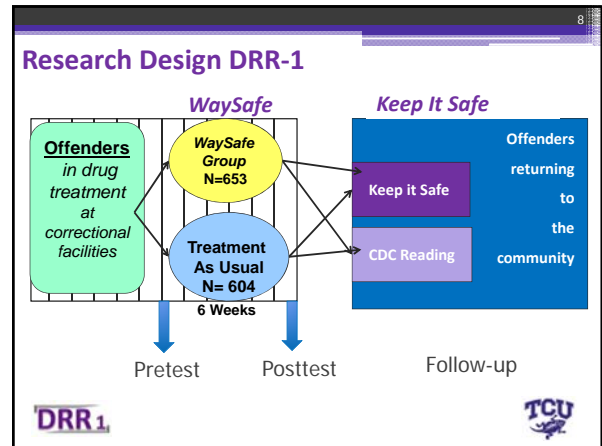


Legend  
P = Part  
L = Leads To  
EX = Example

### WaySafe Sessions

1. Introduction to Mapping	Introduce TCU mapping, a problem solving tool helps people explore their beliefs and decisions.
2. Risks and Reasons	Thinking about why people take risks and examine own beliefs about risk-taking.
3. The Game	Reviewing what you know and don't know about HIV and other illnesses.
4. The Should/Want Problem	Distinguishing between WANTS and SHOULDs.
5. Risk Scenes	Learning about and identifying risky situations.
6. Planning for Risks	Planning to deal with risks in life. Learning how to think ahead and enjoy the benefits.

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### Sample Characteristics

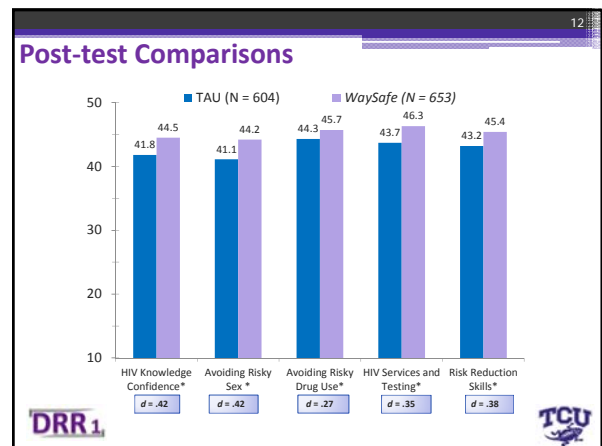
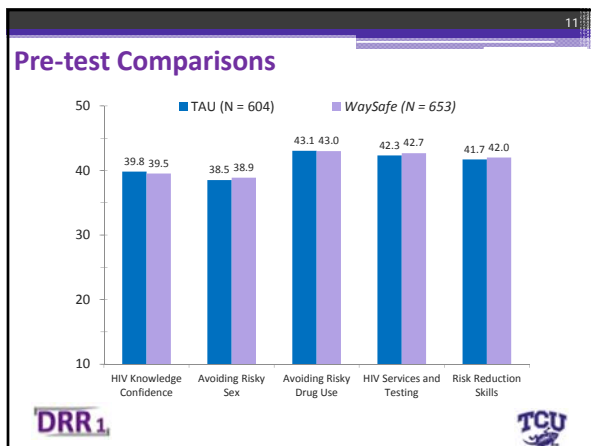
	TAU (N=604)	WaySafe (N=653)
White	54%	50%
African-American*	19%	27%
Hispanic	21%	19%
Male	58%	55%
H.S diploma, GED or higher	61%	61%
Age (mean)	34	34
Single	43%	48%
Married	23%	23%
Divorced or separated	34%	29%

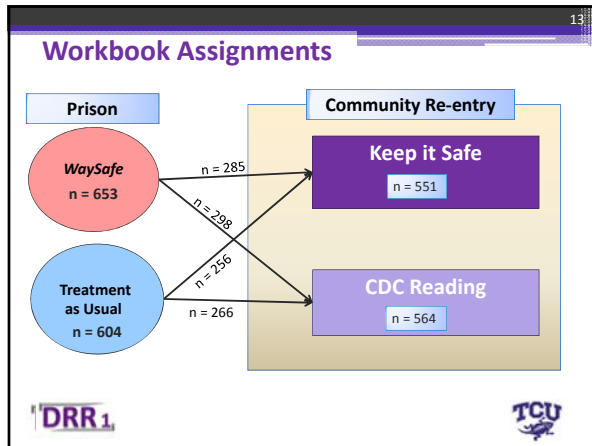
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### WaySafe Pre- and Post- Measures

Measure	Alpha	# items	Description
HIV Knowledge Confidence	.89	13	Knowledge about avoiding HIV and confidence and motivation to talk with others about avoiding HIV
Avoiding Risky Sex	.91	13	Knowledge about risky sex and confidence and motivation to avoid risky sex activities
Avoiding Risky Drug Use	.85	12	Knowledge about risky drug use and confidence and motivation to avoid risk drug use activities
HIV Services and Testing	.76	7	Knowledge about getting tested for HIV and obtaining HIV services and motivation to get tested regularly
Risk Reduction Skills	.85	14	Having skills for preventing HIV and having the confidence and motivation to use those skills

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### Keep it Safe Toolkit

Thinking Tools for Risk Reduction

- Frequent HIV risk
- Less Frequent HIV Risk
- HIV risk you have already mapped taking

Toolkit Instructions

Read and complete the 5 assignments in this toolkit and complete the Final Quiz at the end of the workbook.

### HIV Safety Information

Reading Assignment

Read the information sheets in this booklet. Complete the short quiz for each reading assignment. Then complete the Final Quiz at the end of the packet.

Should I get an HIV Test?

The following behaviors increase your chances of getting HIV. If you answer yes to any of them, you should definitely get an HIV test. If you continue with any of these behaviors, you should be tested every year.

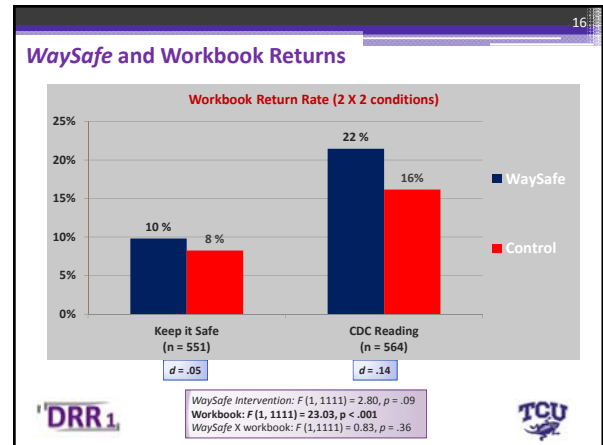
- Have you injected drugs or steroids or shared equipment (such as needles, syringes, works) with others?
- Have you had unprotected vaginal, anal, or oral sex with men who have sex with men, multiple partners, or anonymous partners?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or treated for hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD), like syphilis?
- Have you had unprotected sex with someone who could answer yes to any of the above questions?

If you have had sex with someone whose history of sex partners or drug use is unknown to you or if you or your partner has had many sex partners, then you have more of a chance of being infected with HIV.

Both you and your new partner should get tested for HIV, and learn the results, before having sex for the first time.

For women who plan to become pregnant, testing is even more important. If a woman is infected with HIV, medical care and prevention drugs given during pregnancy can lower the chance of passing HIV to her baby.

All women who are pregnant should be tested during each pregnancy.



### PREDICTION OF POST-RELEASE WORKBOOK RETURN

Predictive Variables	Odds Ratio	Wald	p	95% CI	
Avoiding Risky Sex	1.46	4.37	0.04	1.024	2.079
Previous Treatment experience	1.16	4.05	0.04	1.004	1.337

Model fit:  $\chi^2(2) = 7.89, p = .02$

- ### Summary
- ✓ The WaySafe curriculum was successfully implemented in eight different prison-based substance abuse treatment programs in two different states, varying by gender, type of program and program length.
  - ✓ WaySafe had positive results for offenders with lower levels of treatment engagement and improved treatment engagement for participating offenders
  - ✓ Among women's programs, offenders in WaySafe showed improvement in all program lengths, although the greatest improvement was in the shorter term programs

19


### Summary (cont.)

- ✓ *WaySafe* Intervention group had a slightly higher tendency to complete and return a workbook than the TAU group
- ✓ CDC Reading workbook (easier and quicker to complete) had a higher return rate than Keep it Safe workbook
- ✓ Posttest endorsement of avoiding risky sex, knowledge about avoiding HIV and a history of previous treatment experiences significantly predict the likelihood of returning a workbook
- ✓ Low post prison release workbook return rates (20%) led our focus away from self study workbooks toward the interactive tablet computer – DRR 2

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20

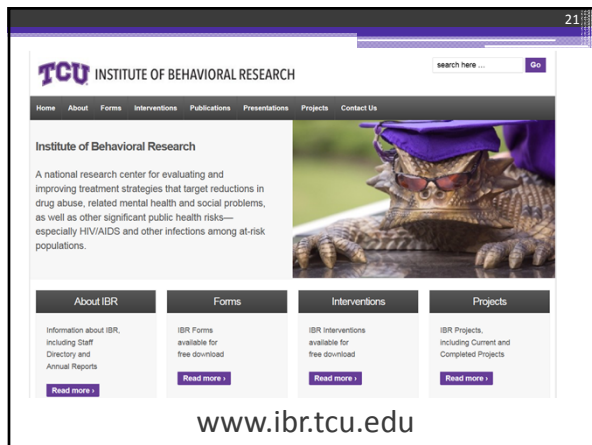
### WAYSAFE EFFECTIVENESS



The evidence supports the effectiveness of *WaySafe* in improving knowledge, confidence; knowledge, confidence and motivation in avoiding risky sex and drug use activities; knowledge and confidence for getting tested for HIV and skills for preventing HIV and confidence and motivation to use those skills.

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21



The screenshot shows the homepage of the TCU Institute of Behavioral Research. The header includes the TCU logo and the text 'INSTITUTE OF BEHAVIORAL RESEARCH'. A search bar is located in the top right. Below the header is a navigation menu with links for Home, About, Forms, Interventions, Publications, Presentations, Projects, and Contact Us. The main content area features a large image of an owl wearing a purple graduation cap and glasses. To the left of the image is a text block describing the institute as a national research center for evaluating and improving treatment strategies. Below this is a grid of four columns: 'About IBR', 'Forms', 'Interventions', and 'Projects'. Each column contains a brief description and a 'Read more' button. The URL 'www.ibr.tcu.edu' is displayed at the bottom of the page.

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