

## Shoplifting Prevention Education

### Class: "Something for Nothing"

Something for Nothing is a shoplifting prevention class that takes a cognitive behavior approach. The workbook involved is intended for use in a brief intervention conducted primarily in a group setting. Appropriate clients are those who have charges against them for shoplifting. This program is designed for 10 sessions with the completion of 6 exercises and 10 hours of community service. Some of the major topics that are addressed in this prevention class are;

1. **Who gets hurt by shoplifting?** Everyone gets hurt by shoplifting. This section sheds light on how the community as a whole is affected as well as how businesses, manufacturers and families while tackling the severity and danger of shoplifting.
2. **Types of shoplifters.** There are two basic types of shoplifters. This section elaborates on what these types are and how to decipher which one is at hand while effectively confronting the shoplifting behavior.
3. **Criminal Thinking.** We tackle the criminal thinking process that says that it's alright to violate others or the property of others. We address why individuals think the way they do, to aid the criminal thinker in developing, expanding and sustaining a moral conscious as well as informing them on errors in thinking.
4. **Prevention.** Crime prevention is the attempt to reduce and deter crime and criminal thinking. It is applied specifically to efforts made by governments to reduce crime, enforce the law, and maintain criminal justice. We want to diminish the unwanted behavior and help the individual take full responsibility of the situation that landed them there

Something For Nothing is designed to assist individuals with recognizing triggers and how to affectively overcome the urge to shoplift. With this 10 session cognitive approach, one will eliminate this undesired behavior and become positive and active members of the community. The fee for this service is \$100 in which payment plan are available upon request.

## Intensive Drug & Alcohol Counseling

**How to get in:** Must be Judge or Probation & Parole Officer ordered or have an ability to pay for services.  
**Services:** Substance abuse counseling provided by a state recognized or certified counselor. Individually and in group sessions are to assist in overcoming dependencies, adjusting to life, and making lifestyle changes. Develop participant treatment plans based on research, clinical experience, and participant histories. Review and evaluate participants' progress in relation to measurable goals described in treatment and care plans. Interview participants, review records, and confer with other professionals to evaluate individuals' mental and physical condition, and to determine their suitability for participation in a specific program. Intervene as advocate for participants or patients to resolve emergency problems in crisis situations. Provide participants or family members with information about addiction issues and about available services and programs, making appropriate referrals when necessary. Modify treatment plans to comply with changes in participant status. Coordinate counseling efforts with health professionals and other community services providers.

**Location:** 1900 Prathersville and 1200 Rangeline, Columbia Missouri 65202/65201.

**Length of Stay:** Determined by the RHP Counselor, generally 30 days.

**Fees:** \$40 per hour for individual session and \$15 per group session for outpatient services.

**Please call Admin staff at (573) 449-8117 for fee information for residential services. Also, visit our website at [www.realityhouse.org](http://www.realityhouse.org)**

### STAFF CONTACT INFORMATION

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**Contact us with your questions or concerns at anytime.**

## Reality House Programs, Inc.

Est. 1970



*Providing Quality  
Community Outpatient  
Treatment Services  
Since 1970*

## Reality House, Inc

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## **Family Counseling**

Family Counseling can be beneficial when the client exhibits signs that substance abuse is strongly influenced by family members behaviors or communications with them. Family involvement and support can be critical for substance abusers success, especially when family members reinforce or support the problem. Family counseling may not be as effective if family members are themselves active substance abusers, violent, excessively angry or deny the clients substance abuse

There are many models and approaches to family counseling. Reality House Programs primarily focuses on community reinforcement and family training (Craft) and concentrates on utilizing family strengths, enlisting family members help to motivate the abuser and provide support for ongoing recovery. This model analyzes patterns of behavior surrounding the abuser, substance abuse triggers and positive consequences that support sober behavior.

### **Reality House Programs family counselors work on:**

- Defining and exploring co-dependency issues.
- Resolving a specific problem in the family and working towards a solution.
- Dealing with present interactions with family members.
- Developing and establishing expectations of change within the family. This includes the substance abuser and family members which may require adjustments from both parties.
- Educating all parties on substance abuse and how it affects behavior, actions and motives.
- Educating the family on what is needed to effectively participate in the therapeutic process in dealing with substance abuse.
- Explore the effects substance abuse has had within the family.
- Providing feedback to the family about what is said during session and pointing out goals that are similar or different.
- Prioritizing conflict and providing direction for change.

## **Anger Management**

One and one half hour per week class held for 10 weeks for individuals seeking help in acquiring skills to appropriately deal with anger without the use of violence or threats.

The ten weeks of classes will cover anger management's essential treatment components and include 12 specific sections of anger management therapy.

### **Essential components**

- Understanding Anger- definitions;
- Understanding of specific techniques to de-escalate the cycle of anger.
- Develop self control over thoughts and actions and development of a personal Anger Management plan with immediate, short term and long term.

### **Sections**

1. Overview of anger management treatment
2. Events and cues
3. Anger control plans
4. The aggression cycle
5. Cognitive restructuring
6. Review
- 7- 8. Assertiveness and the conflict resolution model
- 9- 10. Anger and the family
11. Review
12. Closing and Graduations

**This course meets the MO Department of Corrections requirements for Successful completion of Anger Management and follows national evidence based treatment guidelines.**

**The cost of this course is \$80.00.**

## **MRT**

Moral Reconciliation Therapy (MRT) is a systematic, cognitive-behavioral, step by step treatment strategy designed to enhance self-image, promote growth of a positive, productive identity, and facilitate the development of higher stages of moral reasoning. The conation in re-conation is a term employed to describe the conscious process of decision making and purposeful behavior. The term moral reconnection was chosen for this system because the underlying goal is to change conscious decision-making to higher levels of moral reasoning. MRT is particularly beneficial for individuals identified as a "High Risk" for continued unlawful behavior due to their demonstrated values and morals. –This information obtained from Moral reconnection therapy workbook "How to escape your prison" written by Gregory L. Little and Kenneth D. Robinson

- The Reality House Programs MRT group is a one hour a week for 20-30 weeks depending on how each individual does in completing and submitting their steps. There are 12 steps total.
- If not funded by a 3<sup>rd</sup> party, individuals must be able to pay for a \$25 workbook & \$10 each week
- MRT participants will be required to be committed, punctual, studious, active, courteous, honest, and must demonstrate a willingness to change their criminal thinking and behavior.
- To complete MRT, participants are required to advance through 12 goal-oriented stages where they introspectively address their truthfulness, self-awareness, relationships, short & long term goals, dedication to change, and moral commitment. MRT requires the participant to accept personal responsibility for their behavior. MRT does not address feelings, employ talk therapy, debate rules & laws, allow blaming and excuses, or encourage victim contact of any type.

**All participants are required to enroll into MRT by scheduling an appointment. Call (573) 999-7763 between the hours of 8am to 4pm Monday through**