

Module 5: The TC Social Structure and Physical Environment

Module 5 Goals and Objectives

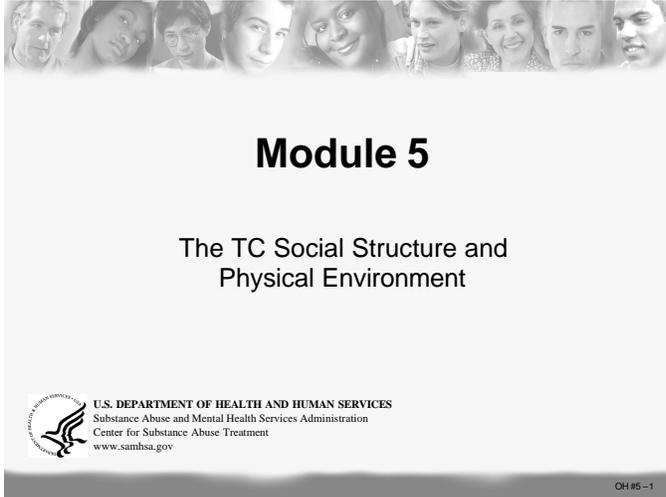
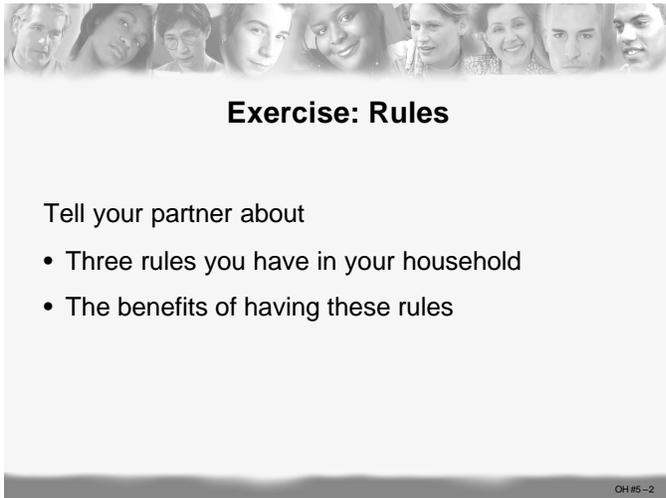
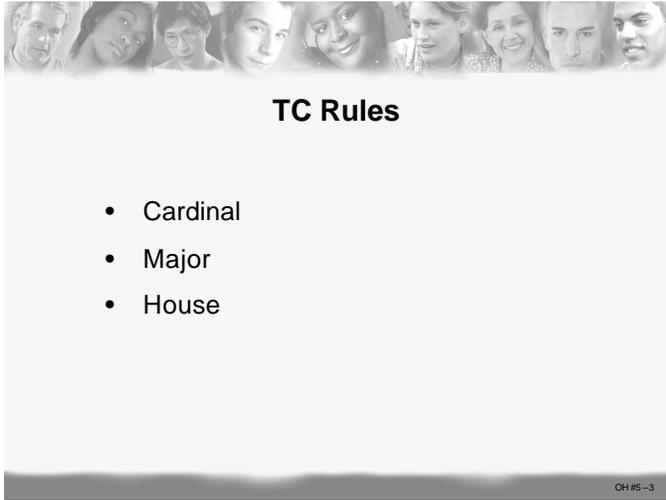
Goals: To understand how the TC social structure and the physical environment promote residents' return to a healthier lifestyle in mainstream society and to understand that rules, structure, work, meetings, and other components of the daily routine, as well as features of the physical facility, are integral components of the TC approach to treatment.

Objectives: Participants who complete Module 5 will be able to

- State at least three reasons why rules are important in TCs
- Explain four aspects of the TC social organization (structure, systems, communications, and daily schedule) and explain how each aspect benefits TC residents
- Explain the purpose of each type of resident meeting: morning, house (or general), closing, and seminar
- Explain how the physical environment of the TC benefits residents
- Explain how rules related to security and access contribute to residents' healing and recovery process.

Content and Timeline

Introduction	20 minutes
Exercise: Rules	30 minutes
Presentation: TC Rules—Cardinal, Major, and House	15 minutes
Presentation: Structured Socialization	45 minutes
Break	15 minutes
Presentation: Resident Meetings	30 minutes
Exercise: Simulation of a Morning Meeting	30 minutes
Presentation: Seminars	15 minutes
Break	15 minutes
Presentation: The Physical Environment of the TC	15 minutes
Presentation: Access and Security	15 minutes
Summary and Review	20 minutes
Journal Writing and Wrapup	20 minutes
Total Time	4 hours, 45 minutes

Slides	Notes
 <p>Module 5</p> <p>The TC Social Structure and Physical Environment</p> <p> U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment www.samhsa.gov</p> <p>OH #5-1</p>	
 <p>Exercise: Rules</p> <p>Tell your partner about</p> <ul style="list-style-type: none">• Three rules you have in your household• The benefits of having these rules <p>OH #5-2</p>	
 <p>TC Rules</p> <ul style="list-style-type: none">• Cardinal• Major• House <p>OH #5-3</p>	

Slides	Notes
 <p style="text-align: center;">Structured Socialization</p> <p>Structured socialization is the step-by-step process through which residents learn prosocial behavior and attitudes that allow them to become productive members of mainstream society.</p> <p style="text-align: right; font-size: small;">OH #5 -4</p>	
 <p style="text-align: center;">TC Social Organization</p> <ul style="list-style-type: none"> • Structure • Systems • Communication • Daily regimen of scheduled activities <p style="text-align: right; font-size: small;">OH #5 -5</p>	
 <p style="text-align: center;">Resident Meetings</p> <p>Resident meetings are used to</p> <ul style="list-style-type: none"> • Enhance sense of community • Provide structure • Resolve issues • Communicate to all members of the TC • Assess individual and collective moods of the TC <p style="text-align: right; font-size: small;">OH #5 -6</p>	

Slides	Notes
 <p data-bbox="402 390 651 422">Morning Meetings</p> <ul data-bbox="233 495 727 709" style="list-style-type: none">• Are intended to be uplifting• Engage residents who may be withdrawn• Motivate residents• Start the day in a positive way• Enhance residents' sense of community <p data-bbox="805 779 846 789">OH #5-7</p>	
 <p data-bbox="326 909 727 940">House (or General) Meetings</p> <ul data-bbox="233 1014 732 1182" style="list-style-type: none">• Address issues and problems that pose a physical or psychological threat to the community• Discuss community concerns and ways to correct community problems <p data-bbox="805 1297 846 1308">OH #5-8</p>	
 <p data-bbox="402 1428 651 1459">Closing Meetings</p> <ul data-bbox="233 1533 764 1728" style="list-style-type: none">• Conduct community business in a structured fashion• Provide closure to the day's activities• Make announcements• Assess mood <p data-bbox="805 1812 846 1822">OH #5-9</p>	

Slides	Notes
 <p style="text-align: center;">The Physical Environment</p> <p>The physical setting of the TC allows residents to</p> <ul style="list-style-type: none"> • Disengage from previous lifestyle • Attain positive affiliation • Achieve self-discipline • Reinforce recovery principles and right living <p style="text-align: right; font-size: small;">OH #5-10</p>	
 <p style="text-align: center;">Access and Security</p> <p>TCs are not locked facilities but restrict access to provide security for residents and promote recovery.</p> <p style="text-align: right; font-size: small;">OH #5-11</p>	
 <p style="text-align: center;">Journal Writing and Wrapup</p> <ul style="list-style-type: none"> • What information from this module did you find most useful? • In what ways might you use this information in your role as TC staff member? • How are you feeling about your role in this training community? <p style="text-align: right; font-size: small;">OH #5-12</p>	

Resource Sheet #5-1: Morning Meeting Simulation

The Morning Meeting: Overview

The purposes of the morning meeting are to

- Start the day in a positive way
- Motivate residents
- Enhance the sense of community.

Components of a Morning Meeting

- *Coming-together ritual:* All members of the community start the meeting by saying “good morning, family” and reciting the community’s creed or philosophy.
- *Social awareness:* Current events outside the TC and local weather reports are briefly presented.
- *Thought of the day:* A brief thought designed to focus the community on personal growth or problemsolving is presented; for example, a department head may present “trusting each other” and allow residents time to reflect on how they will incorporate this thought into the day.
- *“Up” ritual or energizer:* This is a group activity, such as singing or playing a game, to energize and engage members. It is not simply entertainment but is intended to reinforce recovery and concepts of right living.
- *Closing ritual:* This is a shared activity that signals the end of the meeting. For example, some TCs have adopted theme songs that residents sing together with locked arms to close the meeting.

Morning Meeting Rules

- Maintain an emphasis on the “here and now.”
- Only one person may speak at a time.
- Individuals speak only for themselves, but they may encourage others to participate.
- Attention is focused on being positive and uplifting.

The Role of TC Staff Members

- All staff members on duty sit in the back of the room to observe.
- Staff members assess resident participation, overall group energy, attitudes, and affect.
- Staff members may contribute humor or an uplifting thought.
- Staff members and resident community leaders meet later in the day to discuss
 - The degree to which the residents in charge of the meeting were prepared and appropriate

- The need for any treatment plan adjustments for the residents.

Morning Meeting Simulation: Participant Roles

- *Staff member:* One participant acts as the staff member and assists in planning the morning meeting. The staff member writes the agenda on newsprint, guides the coordinators if necessary, tells a joke or adds humor, and intervenes if a resident acts out.
- *Two resident coordinators:* Two participants are responsible for conducting the meeting. The resident coordinators begin the meeting by greeting group members with “Good morning, family” and ask residents to recite the TC philosophy. The coordinators state the purpose of the meeting, remind participants of the rules, and conclude with the closing ritual.
- *Resident #1:* This resident is responsible for the social awareness component and presents the weather report and one current event.
- *Resident #2:* This resident is responsible for the thought for the day.
- *Resident #3:* This resident is responsible for the “up” ritual or energizer and may lead the group in singing a song intended to reinforce recovery or a concept of right living.
- *Remaining participants:* The remaining participants play the parts of residents and may complain or pretend to be bored, tired, or hostile at the beginning of the meeting.

The resident coordinators begin the simulation of the morning meeting with the coming-together ritual.

Summary of Module 5

TC Rules

Rules guide the actions of residents, establish healthy boundaries, and allow prosocial behavior to be reinforced. By following rules, residents gradually learn to maintain a physically and psychologically safe community. Rules create a safe and predictable community that allows personal growth and recovery to occur.

Cardinal rules protect the physical and psychological safety of the community and are strictly enforced. Violating a cardinal rule nearly always results in automatic dismissal from the TC. Cardinal rules include

- No physical violence
- No threats of violence or intimidation
- No drugs or alcoholic beverages
- No sexual activity.

Major rules are essential to the recovery process. Residents who break major rules are subject to learning experiences designed by staff members. Breaking a major rule more than once threatens the physical and psychological safety of the community. Usually, only one episode of breaking major rules is tolerated. Major rules include

- No stealing or other illegal activity
- No vandalizing or destroying property
- No contraband.

House rules are similar to society's expectations, are related to prosocial behavior patterns residents are expected to adopt gradually, and include

- Following instructions
- Being punctual
- Maintaining appropriate appearance
- Using proper manners
- Not lending or borrowing money or other possessions.

Structured Socialization

Structured socialization is a step-by-step process through which residents learn prosocial behavior and attitudes that allow them to become productive members of mainstream society. The TC social organization helps residents learn this process and includes the following four aspects:

- Structure
- Systems
- Communication
- Daily regimen of scheduled activities.

Structure

Structure enables residents to learn

- *A step-by-step approach for success:* For residents who have a history of real and perceived failures, the step-by-step staged approach to treatment provides opportunities to succeed and receive positive reinforcement.
- *How their behavior affects others:* For residents who are indifferent to the consequences of their behavior, the highly structured procedures force them to be aware of their surroundings and the effect of their behavior on others.
- *To recognize and address their underlying issues:* The social structure exposes residents to various roles that can reveal emotional, attitudinal, and behavioral problems.
- *Positive interactions with authority:* For residents who have had difficulties with authority figures, the structured program provides many opportunities to have positive interactions with staff authority figures.

System

TC systems help residents learn to

- *Function in a hierarchical social system:* For residents who are mistrustful, cynical, or fearful of systems, the TC provides opportunities to learn how to function in a hierarchical social system.
- *Follow through:* For residents with poor accountability, TC systems monitor their behavior as they learn to be responsible for their actions and follow through on work and promises.
- *Make gradual progress:* For residents who tend to give up, the TC teaches tolerance, patience, and gradual progress to meet goals. Adherence to procedures requires residents to control their impulses, delay gratification, handle frustration, and manage emotions.

Communication

Open communication and a communication system enhance residents' healing and learning because

- *Breakdowns are discussed:* All breakdowns are reported and discussed to further residents' healing and learning processes.
- *Provoked reactions are resolved:* Information and reactions (thoughts, feelings, and questions) are discussed openly and resolved to further the healing and learning processes.
- *Positive affiliation is achieved:* Informal peer communication is the primary way residents start to experience a sense of community with the TC.

Daily Regimen of Scheduled Activities

- *To be productive:* For residents who lack structure in their lives, the TC teaches goal setting, how to establish productive routines, the completion of chores, and time management.
- *The benefits of consistent performance:* For residents who have trouble achieving long-term goals, the TC routine teaches that goal attainment occurs one step at a time and rewards consistent performance.
- *What to do with free time:* The full schedule provides certainty and reduces anxiety associated with free time that typically triggered drug-related behavior in the past.
- *To minimize self-defeating thoughts:* For residents who may be withdrawn, the structured day lessens their preoccupation with self-defeating thoughts.

Meetings

Meetings are organized components of the day. Participation in meetings is part of the healing and recovery processes and contributes to a sense of orderliness and purpose. Meetings provide a structured way to address individual and collective concerns and to reinforce the main messages of recovery.

Daily meetings help staff members account for each resident and to assess individual or group moods. Residents who are withdrawn or not participating are considered at risk for dropping out, violence, or suicide. TC meetings include the following:

- *Morning* meetings are brief (30 to 45 minutes) and are led by residents to start the day on a positive note.
- *House* or *general* meetings are held as needed to address communitywide problems.
- *Closing* meetings are held every night to disseminate information and plan for the next day.

Seminars are considered meetings and

- Educate residents about various topics
- Provide intellectual stimulation
- Help residents examine their personal values
- Stimulate insightful thinking
- Help residents understand the TC and its philosophy
- Raise awareness of important recovery issues
- Help members develop the ability to express themselves, building confidence and self-esteem
- Enhance residents' attention spans and listening and speaking skills.

TC Physical Environment

The physical environment of the TC is structured to enhance residents' sense of community and to help them learn to take care of themselves and their environment. It is important for staff

members to reinforce the importance of taking care of the TC environment and to serve as role models for the residents.

Indoor areas (such as the residents' rooms and common areas) are used to reinforce the sense of community and foster a sense of home and ownership. Residents must keep these areas clean and orderly and are encouraged to take pride in keeping these areas neat and attractive.

Access and Security

TCs are not locked facilities, but they have restricted access for security purposes and as part of the therapeutic process. The TC is designed to separate residents from their previous surroundings socially, physically, and psychologically. Residents must disengage from the people, places, and things associated with their previous lifestyle.

