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The Entré-program: A community-based treatment program for violent and gang-affiliated adult offenders.

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Agenda

- What is Entré?
- Entré clients
- Treatment dynamics
- Themes in focus
- Core treatment strategies
- Potential & Challenges
- Some case examples from our pilot study

What is Entré?

- The Entré program is 1 of 14 treatment programmes in Swedish prison and probation service
- Developed within the organisation
- Delivered by experienced program facilitators
- Today there are 35 program facilitators in 16 different probation offices working with Entré

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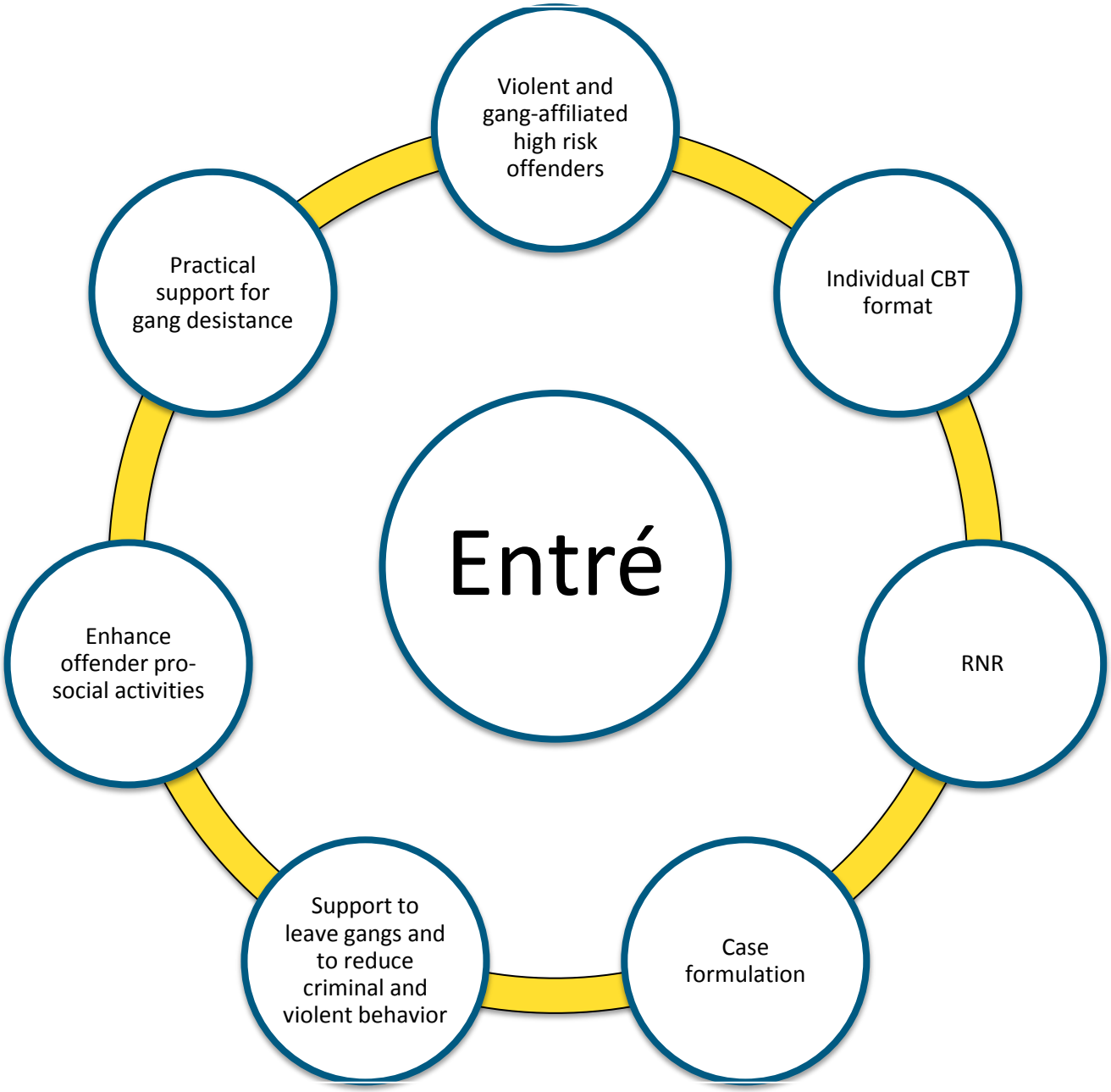

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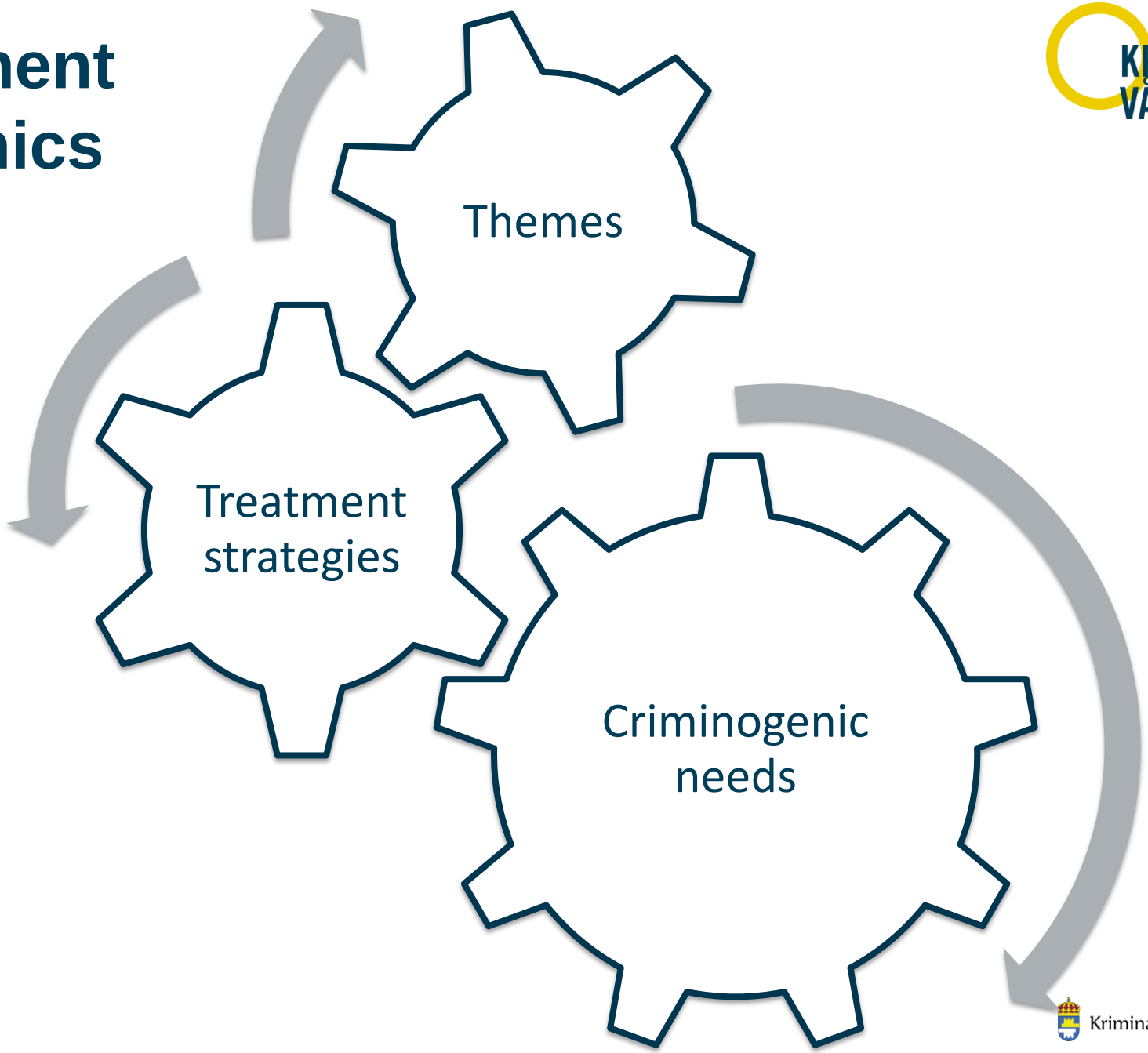
Entré clients

- **Total: Approx 200 clients**
- **Target group**
  - High risk violence
  - Desire to leave gang/high risk violence
  - Desire to leave gang
- **Gender**
  - Developed for men
  - 5 female clients
- **Age (starters)**
  - Mean 29 years (19-52).

Treatment

- Completers/ dropouts: about 50/50
- **Treatment length (completers)**
  - Average 8 months
- **Treatment dose:**
  - Average 22 sessions
- **Substance abuse**
  - 146 clients - registered criminogenic need of alcohol and/or drugs

Treatment dynamics



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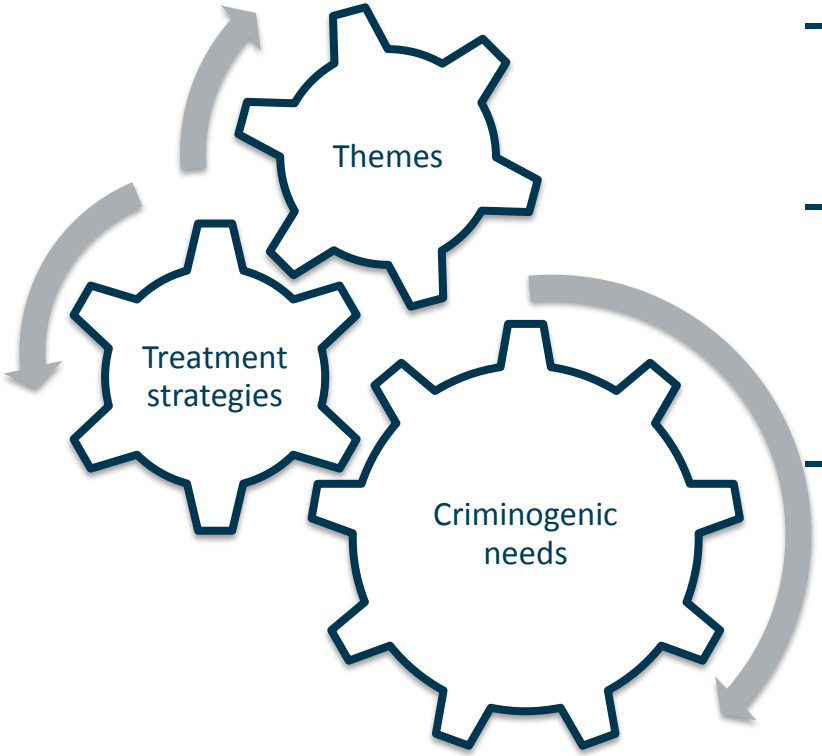
Themes in focus



- Need for a structured but flexible approach
- Program facilitators need to plan and evaluate every session
- Themes in Entré
  - Relations and associates
  - Attitudes and values
  - Aggression and violence
  - Identity and self image
  - Alcohol and drugs
  - Practical social situations

Core treatment strategies

- CBT proficiency and adherence
- Alliance and motivation
- Strategies
  - Functional analysis
  - Goal formulation
  - Self control and anger management
  - Social problem solvning
  - Cognitive restructuring

Potential

- MI + CBT
- Case formulation: Treatment tailored for client needs and responsivity
- Cooperation within the community: psychiatry, social services, defector groups, employment agency
- Treatment and supervision flexibility
  - *Dose*
  - *Length*
  - *Intensity*
  - *Focus*

Challenges

- Treatment drop out
- Rearrest
- Treatment intensity and length
- Treatment supervision needs
- Client responsivity
  - *Attention*
  - *Aggression*
  - *Hostility*
  - *Substance abuse*
  - *Missing appointments*

Case examples from the pilot

- **Client goals:**
  - ”To live an ordinary life with work, a salary, drivers license and to feel well”, ”Have an ordinary life with work, exercise and time with my daughter”, ”Being looked upon and to feel like an ordinary human being”, ”To live a structured life in good order”.
- **Client change described by treatment staff:**
  - ”He has started to think differently, that is, he tryes to think a head”, ”Babysteps sometimes and fall backs sometimes, but with a focus on moving forward” ”All the risk factors remain, but in a smaller scale”
  - ”The client has started to question his surroundings. It has become clear who is helpful and who is not. He has also become more aware of his own behavior and how it affects others. Through his change he has noticed that a different kind of people engage with him. More prosocial relations has entered his life. He is noticing that living in a way where he tryes to act pro social results in positive consequences in several aspects of life”
- **Responsivity described by treatment staff**
  - ”It´s important to show that I will be there no matter what, but also be able to handle conflicts when they arise and stand my ground. Show that I am reliable regarding both client rights and obligations” ”firm and fair”.

Thank you for your attention!

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