



**Release and  
Community  
Reassurance  
Plan**

**by**

## TABLE OF CONTENT

	Page
<b>Introduction</b>	6
A. Date of birth	
B. Family History	
C. Developing a release plan	
D. Developing a Release Plan	
<b>1. <u>Release Plane</u></b>	
A. Housing	
B. Financial Resources	
C. Transportation	
D. Employment	
E. Education and Vocation	
F. C.D.C. and D.M.H. Work History	
G. Modification of employment	
H. Achievements	
<b>2. <u>Interpersonal Relationships</u></b>	
A. Immediate Family	
B. In-Laws	
C. Friends that I met while Incarcerated	
D. Family not excepting me.	8.
<b>3. <u>High Profile of Offence</u></b>	
<b>4. <u>Accountability and Responsibility</u></b>	
A. Comply with sex offender registration	
B. Journaling	
C. Scheduling	
D. Safety Zones	
E. Support Team, Shopping	
F. Support Team	
G. Groups	
H. Necessary Notification	
I. Cell Phone	

<b>5. <u>Therapy</u></b>	8
A. Treatment	
B. Support Team	
<b>6. <u>Self Sabotage / Fear of Success</u></b>	
<b>7. <u>Institutionalized</u></b>	
<b>9. <u>Recreation</u></b>	9
A. Relaxation	
B. Hobbies	
<b>10. <u>Commitment to Abstinence</u></b>	
<b>11. <u>The S.A. Question</u></b>	10.

## **COMMUNITY REASSURANCE PLAN**

<b>Introduction</b>	11.
<b>1. <u>Commitment to Adult Relationships Only</u></b>	
<b>2. <u>Maintaining Abstinence</u></b>	
A. Emergency intervention	
B. Controlling my environment	
C. Avoidance strategies	
D. Stopping deviant thoughts	12.
E. Positive self-talk	
F. Negative self-talk	
G. Empathy	
<b>3. <u>Cognitive Distortions</u></b>	
<b><u>Premises that led to my offence</u></b>	13.
1. Loneliness	
2. Deviant Thinking	
3. Not Accepted By Peers	
4. Doing what I wanted to do	
5. Manipulation	.
6. Control / Access	
7. Justification /Rationalization	
8. Secret Life Style	
<b>Relapse Prevention Module</b>	14.
<b>I. Risk Factors—Internal</b>	15.
<b>1. <u>Distorted Thoughts that led to sexual offending</u></b>	17.
A. Children can give consent to having sex.	
B. I treat children the way their fathers do not.	

- C. Masturbating hurts no one.
- D. He kept coming back.

**2. Feelings that can trigger offending**

16

- A. Cognitive distortions
- B. Early warning signs to my feelings
- C. Dealing with my feelings
- D. Communication with my support team

**3. Deviant sexual arousal**

- A. Masturbation
- B. Sexual Fantasies
- C. Fantasizing about children
- D. Participating in S.O.C.P.

**4. Substance abuse**

- A. No arrests for alcohol
- B. A.A. and S.A. attendance

**5. Indulging in precursor behavior**

- A. Make a List Of Leisure Activities
- B. Do Not Keep Secrets
- C. Discussing feelings of Futility

**II. Risk Factors—External**

17.

**1. Access to victims**

- A. Structured time
- B. Offence Pattern
- C. Volunteering
- D. Associations

**2. Interpersonal Relationships**

- A. Communication with family
- B. Outside Relationships
- C. Notifying outside relationships about my past
- D. Significant others participating in treatment

**3. Lack of Structure and Supervision**

- A. Weekly Schedules
- B. Spot checks on me
- C. On going therapy
- D. carrying a cell phone

- 4. Possession of pornography**
- A. Possession of pornography 17.
  - B. Pornographic movies
  - C. Television shows
  - D. Treatment provider making spot checks.

**Thinking Skills For Relapse Prevention** 18.

**Character Traits** 19

**Support Group Roster** 21

**Supporting documents**

- Thinking Skills Certificate
- Thinking Skills Attendance Report
- Thinking Skills Information
- Thinking Skills Information
- Letter of support (mother, sisters (3),
- Letter of support Uncle Harold Rosen
- Letter of Support Uncle D. Rosen

**Attachment**

- Twin Cities Men's Center
- Books I have read and Movies that I have seen related to empathy.

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## **INTRODUCTION**

- A. **Date and Place of Birth**
  
- B. **Family History**
  
- C. **Relationship and Marital Status**
  
- D. **Developing a Release Plan**

## **1. RELEASE PLAN**

- A. **HOUSING:**
  
- B. **FINANCIAL RESOURCES**
  
- C. **TRANSPORTATION:**
  
- D. **EMPLOYMENT:**
  
- E. **EDUCATION AND VOCATION:**
  
- F. **C.D.C. & D.M.H. WORK HISTORIES:**

G. MODIFICATION OF EMPLOYMENT:

H. ACHIEVEMENTS:

2. INTERPERSONAL RELATIONSHIPS:

A. Immediate Family

B. In-Laws

C. Friends That I Met While Incarcerated

D. FAMILY NOT ACCEPTING ME:

3. HIGH PROFILE OF OFFENSE:

4. ACCOUNTABILITY and RESPONSIBILITY:

5. THERAPY:

6. SELF SABOTAGE / FEAR OF SUCCESS:

7. INSTITUTIONALIZED:

8. RECREATION:

## **COMMUNITY REASSURANCE PLAN**

### **INTRODUCTION**

This plan spells out in detail my coping tools to make a successful transition back into the community. It is important that I have a solid base through good coping skills and support groups. I have my families backing and full support in this endeavor. I am willing to do whatever it takes not to re-offend. If I do mess up again my family has made it perfectly clear that they will not be there for me any more. This is my last chance to be a free man. I cannot afford to make any victims.

I am a different person then I was 20 years ago, or even 3 years ago. I have grown in maturity, empathy, and no longer lead a secretive life style. I have made a solid stand in a commitment to abstinence. I have taken a class offered by Father Miskella called Thinking Skills. I have taken the hospitals state of the art Sex Offender Commitment Program also and several specialty groups. I have learned about empathy to learn the results that my criminal activities have had on my victims. I feel shame and guilt for causing pain to these children and their families.

### **COMMITMENT TO ADULT RELATIONSHIPS ONLY**

### **MAINTAINING ABSTINENCE**

### **COGNITIVE DISTORTIONS**

### **PREMISES THAT LED TO MY OFFENCE**

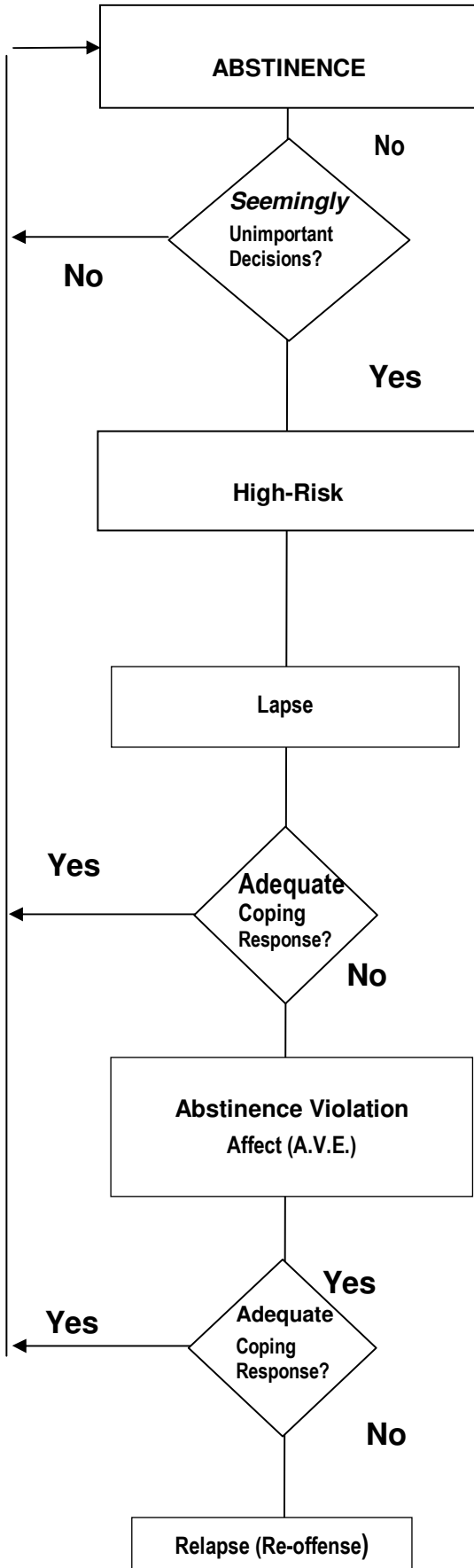


## RELAPSE PREVENTION MODEL

**Purpose:** To show the chain of events (choices) leading to the offense. It doesn't "just happen".

Each diamond below represents a choice point, an opportunity to return to abstinence.

# Road To Abstinence



### Abstinence is a Sense of Control / Confidence / Commitment

- No deviant thoughts/fantasies
- Responsible, Aware, Making thoughtful choices & decisions
- Self-esteem up

### AKA "Seemingly Unrelated Behavior That Leads to Error (S.U.B.T.L.E.)"

- seems reasonable, justifiable, unrelated
- Leads to high-risk

### High Risk is When Your Self-control is *threatened*, but not lost.

- *Potential* for a chance of relapse is increased
- *Separate behavior from interpretation*

#### Within the person

- Behavior
- Thought
- Emotion

#### Event

- Situation (place, time)
- Behavior of another

### Lapse

- Recognition of the S.U.B.T.L.E.
- Form a more realistic and objective interpretation
- Make a decision and self-instruct
- Coping response-take action
  - Immediate — escape/avoid situation
  - permanent/preventive — talk about it life-style balance
- Requires extra effort to get back to abstinence
- A deviant thought or fantasy.
- Close to RELAPSE.

### Abstinence Violation Effect (only if committed to abstinence)

Emotions/thoughts associated with lapse. Manifests as depression, anxiety, anger, blaming others, and victim stance.

- Feel out of control
- Poor self-esteem
- Belief that treatment failed
- Must cope with both A.V.E. and lapse.
- Must believe in self-control. Make choices and act on them.
- Usually involves getting help.

### MOLEST

## RISK FACTORS

### **I. RISK FACTORS—INTERNAL**

#### **1. Distorted thoughts / Risk / Coping strategy**

##### **A. Distorted thought:**

**Risk:**

**Coping strategy:**

##### **B. Distorted thought:**

**Risk:**

**Coping strategy:**

##### **C. Distorted thought:**

**Risk:**

**Coping strategy:**

##### **D. Distorted thought:**

**Risk:**

**Coping strategy:**

2. Feelings that can trigger sexual offending:

3. Deviant sexual arousal:

4. Substance Abuse:

5. Indulging in precursor behavior:

**II Risk Factors—External**

1. Access to Victims:

2. Interpersonal Relationships:

3. Lack of structure and supervision:

3. Possession of Pornography:

**THINKING SKILLS FOR RELAPSE PREVENTION:**

<b>RISK FACTORS</b>	<b>CHARACTER TRAITS</b>	<b>THINKING SKILL</b>
To exchange... UNSTABLE & FLOODED "I just go off"	for STABLE & POISED "I keep cool...."	Q = QUARANTINE
To exchange... THOUGHTFULNESS & EGOCENTRIC "I look out for number one"	for THOUGHTFUL & ALTERISTIC "I look out for all involved..."	E = EMPATHISE
To exchange... RECKLESSNESS & IMPULSIVE "I want it, I just go for it"	for RESPONSIBLE & DELIBERATIVE "First I focus, then I act..."	T = TARGET
To exchange... INDIFFERENT & UNETHICAL "I could care less!"	for GOOD & ETHICAL "I act with conscience..."	U = UNIVERSALIZE
To exchange... CLOSED & RIGED "My views are it, period!"	for OPEN AND FLEXIBLE "I am open to others views..."	B = BRAINSTORM
To exchange... PUSHY & DOMINANT "My way or the highway!"	for KIND AND ACCOMODATING "Let us find a way together..."	O = OPTION
To exchange... DENSE & CONCRETE "Those big ideas are stupid!"	for INSIGHTFUL & PERCEPTIVE "Show me the big picture..."	W = WEIGH
To exchange... FOGGY & IRRATIONAL Logic is for fools!"	for CLEAR & RATIONAL "Things have to make sense..."	S = SEQUENCE
To exchange... CHILDISH & EXTERNAL "Others make me do things"	for MATURE & INTURNAL "I choose my own actions..."	P = PRIORITIZE
To exchange... ANTISOCIAL THINKING "I am a prime rebel"	for SOCIAL THINKING "I am a civil citizen..."	A = ACT

## CHARACTER TRAITS

**FIRST:** I learned to QUARANTINE:

I discovered that I could sense when a situation is starting to get emotional, when it is starting to get out of hand. I learned that I can stop my primal brain from acting in the heat of emotion if I where to try. I learned to put my rational brain and compassionate brain to work on the situation and think tings through before I act. I became more stable and poised.

**SECOND:** I learned to EMPATHISE:

I find it within my ability to put myself into another person's shoes. I find that between two opposing views a careful and considerate look will show that neither view is 100% wrong. I see that just as there are differences in two people's views, there are also similarities, and that which might be right for me, may not be right for everyone. Then I understood how to become more sharing and it works so well. I began feeling better about my self. However, the feeling is fleeting. I frankly realize my new way of thinking does not really feel like me.

**THIRD:** I learned to TARGET:

I found out by "thinking" as opposed to "reacting" I can set goals for myself. I discovered that setting goals puts into action a chain of events resulting in the achievement of big goals. I learned to be more deliberate and more responsible, getting results.

**FOURTH:** I learned to UNIVERSALIZE:

Here I discovered that I could make good ethical decisions by asking myself, what would the world be like if everyone acted in the way I am considering acting? I then resolve to "treat others the way I want to be treated". I noticed, however, that others do not always treat me the way I like to be treated. They can be primal, but they will not stop me from being civil. I am deeply inspired now to live my life at a higher level than I ever have before.

**FIFTH:** I now BRAINSTORM:

In this phase of thinking skills, I began to see the big picture. I now see that to make an informed decision there are many different aspects to consider. Suddenly I realized that thinking in this manner makes me more flexible and more open-minded. This allows me to reverse my initial impulsive response in situations and figure out what the very best thing to do is for all around. At this point, my mind is boggled. It is as if I was going through my entire life blindfolded. I decided there might be something to this thing called "THINKING SKILLS".

**SIXTH:** I can now use OPTIONS:

Now I am beginning to get to the heart of the class. I see now that if I had thought more and reacted less my life would have taken an entirely different course. I had been in the habit of going with my gut instincts, but not anymore. I see that for every bad decision I have made there were positive alternatives; kind-hearted, accommodating alternatives I failed to consider. I have in the past seen the obvious, but failed to see what was true. I went for the easy way when what I really wanted I could only have by putting forth more effort. I now know that all those people who were calling me "out of control" were 100% right.

**SEVENTH:** I can now WEIGH:

Here I learned to list the pro and cons in a situation. The first thing that impressed me about thinking skills is that I can quickly filter out bad ideas. I can see how good it is to use reason to make decisions, especially when I consider where all my instincts have gotten me. By listening to the good points about an idea, as well as to its bad points (and any other interesting observations that seem to come to mind about the idea) I find out that I am a lot more insightful than I was. However, then it struck me that I could have always been this way had I just taken the time to think things through instead of making rash decisions.

**EIGHTH:** I can now SEQUENCE:

I learned to think in a clear and rational way. I found out about short-range, mid-range, and long-range consequences. I never looked past next month's rent and even that was a stretch! I even learned about getting opinions from objective outsiders. I learned how to choose between consequences that are reversible, and those that are not. In addition, I learned that a good consequence is one that is helpful, while a bad consequence is one that is hurtful either to someone else or to me.

**NINTH:** Finally, I am able to PRIORITIZE:

Here, I am challenged to be a mature, internally controlled, self-disciplined member of society. I stayed with Thinking Skills and found that with patience, determination I can use the nine Thinking Skills to sift through everything and know in my heart what is best, and what has lasting appeal.

I have fixed QUETUBOWSPA in my mind. I now think of myself as being able to be a contributing member of society.



**BIBLIOGRAPHY: BOOKS READ AND MOVIES SEEN ON THE SUBJECTS  
OF SEXUAL ABUSE, DEPENDENCY, ABSTINENCE, ETC.**

	TITLE	BOOK/MOVIE	AUTHER/EDITOR	PUBLISHER	SUBJECT/CONTENT SUMMARY
1.					
2.					
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