**M4-A. Structured Socialisation**

Structured socialisation is a step-by-step process through which members learn pro-social behaviour and attitudes that allow them to become productive members of mainstream society. The TC social organisation helps members learn this process and includes the following four aspects:

* Structure
* Systems
* Communication
* Daily regimen of scheduled activities

**Structure**

Structure enables members to learn:

* *A step-by-step approach for success*: For members 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 behaviour affects others*: For members who are indifferent to the consequences of their behaviour, the highly structured procedures force them to be aware of their surroundings and the effect of their behaviour on others.
* *To recognize and address their underlying issues*: The social structure exposes members to various roles that can reveal emotional, attitudinal, and behavioural problems.
* *Positive interactions with authority*: For members who have had difficulties with authority figures, the structured program provides many opportunities to have positive interactions with staff and peer authority figures.

**System**

TC systems help members learn to:

* *Function in a hierarchical social system*: For members 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 members with poor accountability, TC systems monitor their behaviour as they learn to be responsible for their actions and follow through on work and promises.
* *Make gradual progress*: For members who tend to give up, the TC teaches tolerance, patience, and gradual progress to meet goals. Adherence to procedures requires members to control their impulses, delay gratification, handle frustration, and manage emotions.

**Communication**

Open communication and a communication system enhance members’ healing and learning because:

* *Breakdowns are discussed*: All breakdowns are reported and discussed to further members’ 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 members  start to experience a sense of community with the TC.

**Daily Regimen of Scheduled Activities**

* *To be productive*: For members 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 members 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 behaviour in the past.
* *To minimize self-defeating thoughts*: For members who may be withdrawn, the structured day lessens their preoccupation with self-defeating thoughts.

**Meetings**

Meetings are organised 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. Members 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 members to start the day on a positive note.
* *House or general meetings* are held as needed to address communitywide problems.
* *Evening (or ‘Closing’) meetings* are held every night to disseminate information and plan for the next day.

*Seminars* are considered meetings, are offered by TC members, staff and occasional guests and will:

* Educate members about various topics
* Provide intellectual stimulation
* Help members examine their personal values
* Stimulate insightful thinking
* Help members 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 members’ attention spans and listening and speaking skills.  TC Physical

**Environment**

The physical environment of the TC is structured to enhance members’ 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 members.

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

**Access and Security**

The TC is designed to separate members from their previous surroundings socially, physically, and psychologically. Members must disengage from the people, places, and things associated with their previous lifestyle. Access to the TC section of the prison should be carefully monitored and should resemble the security settings to enter the prison itself. It is vital that TC members feel protected and safe. Change will only occur in a setting where TC members are safe from external influences. Urine analysis may be required (possibly only during initial induction).