

Carey Guides and BITS

Revised 8/27/22

Overview:

The Carey Guides set includes thirty-three guides to help corrections professionals use Evidence Based Practices (EBP) with inmates. There are thirteen Blue Guides that address criminogenic needs and twenty Red Guides that address case management concerns. Each Guide follows a consistent format: background information provides the corrections professional with important research findings and contextual information to support the application of evidence-based approaches. Each Guide also contains a number of "skill practice tools."

The Tools are designed for use by inmates, with the assistance of their corrections professionals, to understand key criminogenic issues and build plans for successful behaviors in the future. The entire Guide should not be provided to the inmate. The first section of the Guide (i.e., the narrative portion) is intended for the corrections professional. Correctional professionals only provide inmates copies of the actual Tools. The Tools themselves provide enough information to enable offenders to fill them out properly.

Each site has been provided with sets of the Carey Guides and can be copied for use by WI DOC staff only and cannot be utilized by contracted providers at this time. Spanish versions of the Carey Guides are available electronically. Each institution may have up to two requested licenses; if your site has not requested a license to secure the electronic version contact the Office of Program Services.

Brief Intervention Tools (BITS)

BITS are intended for correctional professionals working with inmates in addressing skill deficits related to criminogenic needs through brief, structured interventions. The tools can be used as a supplement to The Carey Guides.

BITS are beneficial due to being brief, user-friendly, few in number, require minimal preparation or training and are intended to be used for spontaneous situations. BITS are an

effective tool in providing a quick response to an issue that presents itself, as a method to help an inmate get “unstuck” or as way to intervene prior to or during risky thinking.

The tools focus on six key skill deficits that underlie a variety of manifested behaviors:

1. Decision Making
2. Overcoming Automatic Responses
3. Overcoming Thinking Traps
4. Problem Solving
5. Thinking Traps
6. Who I spend Time With

Social Worker/Treatment Specialist/Designee Responsibilities:

Carey Guides and BITS worksheets may be used when an inmate is displaying some of the following: not following rules or staff directives, displaying anti-social attitude/behavior with staff or other inmates, inmate struggles to hold him/herself accountable for his/her actions, or the inmate may be struggling in an area that the Carey Guide or BITS worksheet covers. All Staff can provide the inmate with the Carey Guide or BITS worksheet to complete. Staff will explain the intent of the intervention and provide direction on completion and follow up. If Carey Guides or BITS are used as an intervention document completion in unified case plan and level of engagement in a COMPAS note.

References/Resources

DAI 300.00.25 Primary Program Status

MyDOC/Resources/BITS Toolkit