

# Psych 268

## Chapter 5

### **1. Describe the situation of an unfit defendant**

- The process involving an accused who is found unfit to stand trial include both the judicial and health systems and can be very complex
- Defendant is sent to a forensic facility to undergo treatment for some period of time
- Number of persons found unfit are increasing because more defendants are raising the issue of mental disorder in court

### **2. What is the treatment of unfit individuals?**

- Most common treatment is psychotropic medication
- Some treatments have established educational treatment programs to increase the accused's understanding of the legal process
- Some have addressed the issue that causes the individual to be unfit
- Success of treatment depends on the type of treatment, type of illness, and type of individual
- Findings suggest that training for individuals with mental retardation might not be that effective
- Research findings suggest that successful restoration is related to how well the individual responds to psychotropic medications
- Lack of literature and research on the treatment or restoration of fitness

### **3. What are the 3 things that may happen to an individual found NCRMD?**

- 1) may be unconditionally released and go home
- 2) may be conditionally released and permitted to live in the community under certain conditions
- 3) may be committed to a mental health facility for treatment

### **4. What is the criteria for detention and release?**

- Protection of the public, reintegration of the offender into society, mental condition of the offender, and other needs of the offender
- These criteria are reviewed annually

### **5. What is an insanity acquittees?**

- The American term for NCRMD

### **6. Explain the length of confinement**

- Relation between the length of confinement and severity of crime
- Offence seriousness was a stronger predictor of length of confinement than a mental disorder
- NCRMD offenders are likely to be held for a lengthy period of time

### **7. What is recidivism?**

- Engaging in criminal behaviour after being punished for engaging in criminal behaviour

**8. Explain the treatment issues for insanity acquittees**

- Sometimes treatment is focused on primary disorder and neglects a secondary disorder, such as substance abuse
- NCRMD patients with substance abuse disorder would gain maximum benefit from their treatments that addressed both primary disorder and their substance abuse disorders
- Addressing social skill training also seems to benefit

**9. What is the MDO's?**

- An offender who has been diagnosed with a major mental illness

**10. Explain the prevalence of mental illness in jails and prisons**

- 1) large number of people with mental disorders in these institutions
- 2) a large proportion of incoming inmates reported attempting suicide
- 3) rates of mental illness in correctional populations are significantly higher than the rates in the general population
- The prevalence of mental disorders in jails has led to the development of specialized screening tools

**11. How is the mental health services in jails and prisons?**

- Jails typically provide little mental health services because of the shorter stays of the offenders, which makes them less motivated to stay in a long-term treatment
- There is more drug and alcohol services available in jail, but very little mental health services
- Most common form of treatment offered in prison and jail is psychotropic medications
  - CBT is also popular

**12. What are the goals of treatment?**

- Reduction of the symptoms of mental illness and the reduction of criminal recidivism
- Various programs and interventions have been developed in an attempt to accomplish these goals

**13. What are the treatment programs for MDO's?**

- Behavioural oriented treatments, skill training, and pharmacological treatment have shown to be effective in reducing active psychotic symptoms, reducing aggression, and reducing depression
- Effective treatment programs for MDO's must target the symptoms of the disorder and the criminal behaviour

**14. What are the treatment programs for sexual offenders?**

- Non behavioural psychotherapy, pharmacological, and behavioural or CBT
- CBT has shown to be more effective
- One important aspect of treatment is the monitoring and case management of these offenders after they leave the institution

**15. Explain the relationship between mental disorder and violence**

- Positive relation between some symptoms of mental illness and violent behaviour

**16. What is the treatment for violent offenders?**

- 1) risk
  - More intensive services should be provided for higher-risk cases
- 2) needs
  - Services should target the relevant needs of the offender
- 3) style of treatment
  - Treatment programs offered to offenders should be matched to their individual learning styles, motivations, strengths, and abilities

**17. Why is it difficult to implement effective treatment programs?**

- Been more focused on punishing offenders than rehabilitating them
- Difficulty implementing behaviourally oriented programs in an institution that are not run a behaviourally oriented way

**18. What is the main focus on intervention?**

- Treatment programs for those individuals who are not designated as MDO's focus on recidivism, rather than on mental disorder or its symptoms, unless it relates to substance abuse

**19. Describe the treatment programs for recidivism**

- Behavioural treatment programs seem to be effective
- Awareness of their toxic patterns may help offenders change their habits
- Allows to understand more appropriate actions to replace their typical pattern of responding
- Programs that target those offenders who are at the highest risk to reoffend are more effective

**20. What is the treatment program for substance abuse?**

- CBT seems to be effective
- Relapse prevention includes both behavioural skills training procedures and cognitive techniques
  - Has strong monitoring, social support, and general lifestyle changes for effective maintenance of the desired behaviour changes
  - Follow-ups are very crucial for effective change and success of treatments

**21. Explain community-based forensic treatment**

- Three key features for effective monitoring and treatments of individuals on parole or probation:
  - 1) having one person be a decision maker and have primary authority over and responsibility of these individuals
  - 2) have a uniform system of treatment and supervision
  - 3) have a network of community services