

Application of CBT in Community Corrections Sri Lanka

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Community Based Corrections – Alternatives to Imprisonment

Many countries in the world use imprisonment as the common mode of punishment.

Prison overcrowding is a major problem in most countries.

There are various kinds of alternative sentencing methods around the world. Community-based corrections orders give the courts an alternative to imprisonment.



Substance Abuse

- According to the statistics of the department about 70% of offenders were convicted for substance abuse such as illicit liquor, cannabis and heroin and have low levels of education and social status.
- Now there is a tendency to use methamphetamine. (in Sri Lanka it is called (ICE)



Community-Based Corrections Orders referred by Courts related to Substance

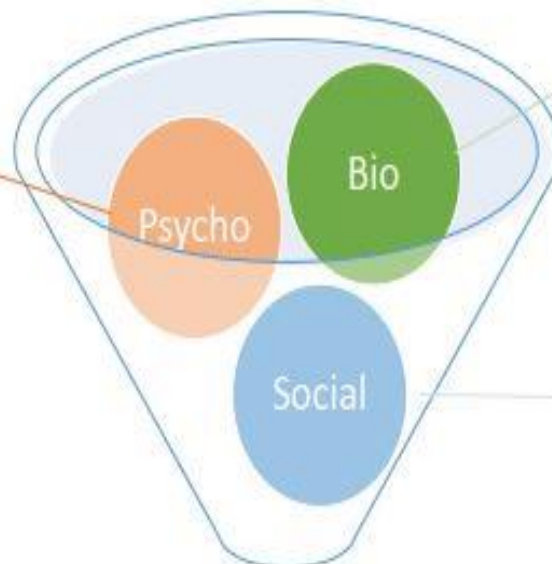
Year	Total number of offenders	Number of drug related offenders	Percentage % (drug related offenders)
2015	13,889	10,286	74.1
2016	14,086	9,720	69.0
2017	14,324	9,299	64.9
2018	12,783	8,337	65.2
2019	12,062	8,942	74.1
2020	8,961	6,945	77.5
2021	5,743	3,702	65
2022	7,988	6,153	77
2023	14,026	10,319	73.5
2024	15,631	12,602	80.6
2025	19,203	14,846	77.3

Drug use disorder is multi-factorial health disorder

- Chronic and relapsing in nature

Ex.

- Anxiety
- Psychological trauma
- ACE: Adverse Childhood Experiences
- Emptiness



Ex.

- Some genetic types
- Mental health diseases

Ex.

- Availability of drugs
- Drug use of family members
- Peer pressure
- Joblessness

Initiation of Drug Use

Development of Drug Use Disorders
Incl. drug dependence

Neuroscience of psychoactive substance use and dependence



Treatment Process

- Basic screening and assessment to identify the risks and needs of the offenders and prepare treatment plans.
- According to the treatment process refer them to pharmacotherapy (Medication) for their withdrawal symptoms.
- According to the treatment process, refer them to Psychological interventions – Cognitive Behavioral Therapy and psychosocial support.



Treatment Process

Psychosocial Interventions

- Cognitive Behavioral Therapy
- Contingency Management
- Motivational Interviewing
- Relapse Prevention

Pharmacotherapy

- (To address the withdrawal symptom – Detoxification)



Correctional approaches



Community
Work Approach

Treatment
Approach

Counseling
Approach

Supervision
Approach

Enforcing
Approach

Clinical
Treatment

Residential
Treatment

Individual
Counseling

Family
Counseling

Psycho
education

Identifying
potentials

Identifying
real needs

Cognitive Behavioral Therapy
Motivational interviewing
Relapse prevention &
Collaborative approach

Vocational training &
Skill development

Livelihood Development



Follow Up – (Modify beliefs, Irrational thoughts)



Social Support and Address the Stigma



Motivational Interviewing (MI)

Resolve Ambivalence)



Relapse Prevention Programmes



Spiritual Development Programmes (mindfulness)



Socializing client in CBT- skill development



Psychoeducation



SUCCESS STORIES



Self-Employment Assistance and Supervision



Courts – heroin addicted client has now completely recovered from his addiction, and is now a self employer operating a cinnamon stick business with the supervision of the Department



Courts - Minuwangoda

Heroin addicted client who has now completely recovered, and is now operating a roadside stall selling fruit juice



Stalls for the exhibition and sale of products created by offenders through new self-employment





Court- Kaduwela, Women convicted under the vagrants ordinance being trained in proper employment through a trained beautician under the guidance of the Department



Court- Minuwangoda , offender who is now employed as a talented wood carver

Court- Kandy- Now a businessman



Thank you!