

Sanctions

- *Methods of shaping Client Behavior*

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Definition

- **Sanctions:**
are consequences for inappropriate behavior, with the intent of changing the inappropriate behavior.



Why are they used?

- Addressing client behavior
- To aid in reducing recidivisms
- To help promote self awareness

10 Principles that shape behavior effectively:

- Not painful, humiliating, or injurious
- Responses are in the Eye of the Behaver
- Sufficient intensity
- Delivered for every Target Behavior
- Delivered immediately
- Target Behavior reliably detected
- Predictable and controllable
- Responses may have unintentional side effects
- Behavior does not change by punishment alone
- Method of delivery as important as response itself

Painful, Humiliating or Injurious

- certainty of sanctions **does** exert a specific deterrent effect on future behavior
- perceived severity **does not** exert a deterrent effect on future behavior
- defiant behavior results when sanctions are perceived as being unfair, punishing the individual and not the act

Responses in the Eyes of the Behaver

- Incarceration is not necessarily viewed by the offender as the harshest punishment.
- Sanctions tend to be a motivator for those who have a lot to lose
- We need to individualize our response to the target behavior

Sufficient Intensity

- Sanction must be of sufficient consequence for the behavior to motivate change
- Graduated sanctions work best in alternative programs like youth courts and drug courts

Target Behavior

- punishment is only effective if delivered for every target behavior
- offenders who receive sanctions on a consistent basis have lower arrest rates than those who receive them on a sporadic basis

Immediate and Certain

- delay in delivery of sanctions can allow other behaviors to interfere with the message of the sanction
- Research has shown that sanctions received soon after an action are more important than sanctions received later.

Reliably Detected

- Your program must have a way to reliably detect the Target Behaviors. For instance, drug screens must be random and frequent. Attendance at required groups must be monitored and documented.

Predictable and Controllable

- Sanctions must be clear, concise and made aware to the client
- Perceived certainty of a response is based on what will occur but also what the client expects to happen
- It is helpful to provide participant with a clear, usually written agreement of what to expect

Side Effects

- Punishments that are too excessive or used inappropriately may cause unanticipated side effects
- Negative side effects that can take place for the client is fear, anger, escape and avoidance

Punishment Alone

- Punishment is most effective when used in combination with other behavior modification techniques such as positive reinforcement

Delivery of Response

- Client must feel the sanction is fair to themselves as well as to others; if not they can become defiant
- The Judge must explain the difference in two behavioral similar situations where unlike punishment is given. If not perceived, unfairness can be expected.
- Interpersonal skills and empathetic communication can improve client behavior

Examples

BEHAVIOR

- Drug use 1st violation
- 2nd violation

SANCTION

Write essays, lower curfew, client apologizes to those effected: family, caseworker, judge and to self.

24-48 hours in jail/house arrest, community service, loss of drivers license, increase drug screens(client pays)

Examples

Behavior

- 3rd violation

Sanction

Return to previous phase/stage,
Increase treatment

- 4th violation

7 to 14 days in jail, meet with
adult drug court participant
(regular basis), immediate
termination,

Examples

Behavior

- Truancy, tardiness, not turning in school assignments
- Missing group/individual assignments

Sanction

- Mentoring/Tutoring, write essay(to be read in court), driver license taken, community service, strict curfew
- Book report, supervised study by CM, pay a fine, increased attendance at treatment groups, no DL for 2 wks.

Examples

Behavior

- Disruptive conduct/
disrespectful attitude
- Negative peer association,
possession of drugs/alcohol

Sanction

- Community Service, 3 page
letter of apology, essay(read
in court in front of peers),
increase curfew, detention
- Increase screening(client
pays), increase probation,
drop a level in treatment,
parent must attend a review
team hearing.