



The TDCJ Discharge Process

What's a Shellbook &
What's the *Somebody Cares*
Curriculum?

What are Shellbooks?

The Problem: Antiretroviral Therapy for HIV Following Release

- ~2/3 of 2,400 HIV-infected offenders at TDCJ are on antiretroviral therapy (ART)
- 5% of offenders filled a script within 10 days
- 30%, within 60 days

Measures to Improve Medication Adherence Postincarceration

- TCOOMMI will hire 3 staff with funds provided through a DSHS contract to provide pre-release continuity of care
- Update HIV policy -- more attention on discharge planning
- Educate offenders regarding why and how to take medications and access resources

*The greatest problem of communication is
the illusion that it has been accomplished.*

George Bernard Shaw

Characteristics of Effective Health Education Materials

- Literacy level low enough for audience
- Illustrated
- Narrative

Vulnerable Populations

- ≥ 60 – 2/3 have marginal literacy
- Minorities
- Immigrants
- Low income -- ~1/2 of Medicare/Medicaid recipients read $< 5^{\text{th}}$ grade
- People with chronic mental and/or physical health conditions

Patient Attention, Recall, & Adherence by Graphic Content of Materials (n=234)

	Text (%)	Text & Cartoons (%)
Read instructions	79	98
Answer 4 wound care instructions correctly	6	46
Adhere to wound care instructions	54	77
< HS: adhere to wound care instructions	45	82

Cervical Cancer Pamphlet Comprehension with/without Illustrations (n=217)

Comprehended
>6 of 8 points

Not Illustrated (%)

Illustrated (%)

Total

53

65

Low WRAT*

35

61

High WRAT

72

70

*WRAT =wide range achievement test

How to Take Medicine Study in Low Literacy Group, South Africa

Question	Correct Response (%)	
	Text only	Text & Pictures
How must you take this medicine?	47	93
What are the actual times?	3	73

*Mansoor LE. *Ann Pharmacother.* 2003

Characteristics of Good Illustrations for Health Education

- Line drawings better than shaded or photos
- Color is better than B&W
- Simple is better
- Culturally relevant is important – an iterative process is best

Ways of Knowing: Paradigmatic & Narrative

- Paradigmatic: relies on empirical and experimental methods to discover facts
- Narrative: may include stories, drama, historical accounts, personal experience
 - Engagement depends on absorption/transportation identification with characters, quality of plot, suspense, perceived realism



The
Lone Ranger
rides again...



RCT of Story Telling to Improve Medication Adherence: Uncontrolled Hypertensives

	Baseline	3 months	6-9 months
Systolic mm Hg			
Intervention	152	135	137
Comparison	153	147	149
Diastolic mm Hg			
Intervention	87	79	83
Comparison	84	84	86

The Summer Institute of Linguistics (SIL) International

- Has worked in >1,600 unwritten languages
- Papua New Guinea (PNG) has 800 languages
- SIL linguist Michael Trainum developed Shellbook Method (SBM) in PNG in 1989
- PNG Dept Educ used SBM to localize
 - 80 Elementary Reform K-2 curriculum titles
 - 435 languages from 1993 to 2003

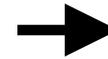
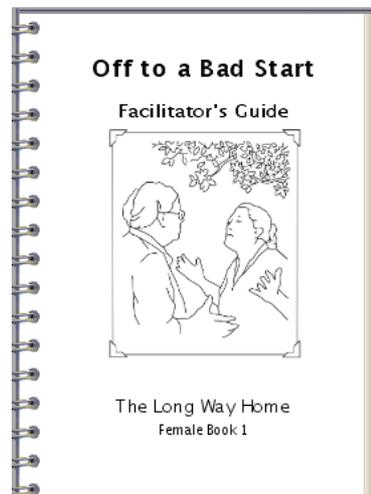


What is a Shellbook (or “learning shell”)?

- Case-studies/stories
- That convey expert-developed key concepts
- Illustrated flashcards with Facilitators Guide
- End-user groups write text & micro-publish



+



What is a Case Study?

CASE RECORDS OF THE MASSACHUSETTS GENERAL HOSPITAL

Case 2-2011 — A 30-Year-Old Woman with Shock after Treatment of a Furuncle

January 20, 2011 | Moellering R.C., Abbott G.F., Ferraro M.J. | N Engl J Med 2011; 364:266 - 275

A 30-year-old woman was transferred to this hospital because of hypotension and respiratory failure. One month earlier, cultures of an abscess on her leg grew MRSA; antibiotics were prescribed and the abscess resolved. On the day of admission, the patient was found unresponsive at home.

HANDLING CONFLICT



Female - Bk 1; page 6

DISCUSSION KEY: HANDLING CONFLICT

THINGS TO POINT OUT OR TALK ABOUT AS YOU SHOW THE PICTURE:

- Jane's mother keeps shouting at Jane.
- She tells Jane all the things she's been worried about.
- She doesn't even give Jane a chance to tell her what happened.

SAMPLE QUESTIONS:

- Was it Jane's fault that she had to work a double?
- Is Jane a victim? Is her mother treating her unjustly?
- Why is Jane's mother acting that way?
- What are some good ways Jane can respond?
- What are some ways Jane might calm herself and her mother?

SOMETHING IMPORTANT TO THINK ABOUT:

- Winning every battle isn't important. Instead, focus on making your life better.
- It can be hard to forgive someone. But forgiving will keep anger from eating up your energy and time.

HANDLING CONFLICT

In her anger, her mom says a lot of hurtful things. She doesn't even let Jane explain.

Finally Jane has had it. She shouts ...



"I'm a grown woman now. But you still treat me like a child!"

IMPULSIVE DECISION

Jane jumps back and drive away.



"I have

What is the Shellbook Method?

- A facilitated process within a community
- Flashcard illustrations allow a broadly inclusive, visual-oral engagement with the concepts
- Discussion and feedback ensure accurate understanding
- Group members then paraphrase the concepts from their own cultural perspective & re-illustrate as required
- Ownership through authorship

Off to a Bad Start



By Kelly, Angie, Nicole & Sharon

Crain Unit
September 2010



Steps to Localizing a Shellbook

- Trainers learn key concepts and how to train Peer Educators (PEs)
- Trainers train PEs on key concepts and the SBM
- PEs engage peer groups in localization process
- Each group authors their own version
- Once the group completes their version, the PE verifies that it is faithful to the key concepts
- Version is mailed out to be micro-published (ie, copies printed for offenders' use & to share with family members and others via lifestories.shellbook.net)



Life Stories

for a healthy family life!

Quick Links ...

Here are some great ways to connect with family members and friends in prison... and help them do well when they get out.

[How to use Life Stories](#)

[How to print a Life Story](#)

[How to adapt a Life Story](#)

[What's Your Life Story?](#)

[Write a Life Story](#)

[Illustrate Life Stories](#)

Home

Life Stories

Write a Story

Our Story



Have you... or a member of your Family, or someone you know... ever been in prison?

If so, the *Life Stories* on this website are for you! [Read more...](#)



The Long Way Home Series

These *Life Stories* are based on true events. They tell how people with HIV can live a healthy and happy life.

[Read these new Life Stories...](#)



Copyright © 2011 Life Access Technology Trust. All rights reserved.

Life

www.lifestories.shellbook.net



Life Stories

for a healthy family life!

...beyond the walls

Home

Life Stories

Write a Story

Our Story

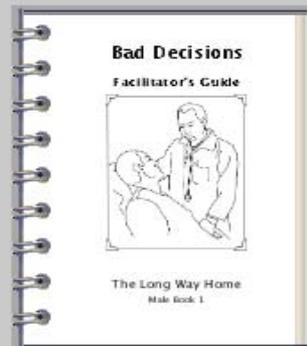
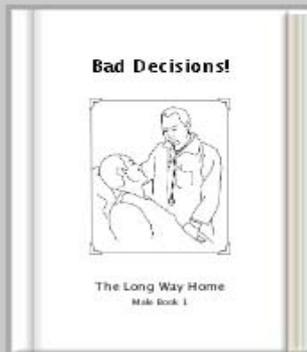
The Long Way Home Series



These *Life Stories* are about the struggles and then success of a man and a woman -- Joe and Jane -- after they are released from prison. Click any of the covers below to read these stories or view the Facilitators Guides online. Or you can download a PDF file (print-ready for duplex printers). Download the Shellbooks and Flashcards to personalize and print copies with *Shellbook Maker*.



Men's Book 1 - *Bad Decisions!*



Joe makes some really bad decisions when he first gets out of prison. Then he starts making some really good ones!

Download Print-Ready PDFs

Download Editable Shellbooks

▶ [Men's Book 2 - Joe Gets Help](#)

▶ [Women's Book 1 - Off to a Bad Start](#)

▶ [Women's Book 2 - Finding the Way](#)

TDCJ Shellbooks to Enhance Medication Adherence Postincarceration

- Focus groups with offenders that included the following groups
 - HIV+/HIV-
 - Male/female
 - Incarcerated/free world
 - Black, White, Hispanic
 - Literate/illiterate
- Discussed key concepts provided by experts and provided vignettes from their own lives that illustrated success/failure with the concepts
- “Case-study” story plots were developed to incorporate these

Key Concepts from Focus Groups

- Health is good
- Drug use takes you away from health
- Sobriety is good
- HIV/AIDS
 - What it is
 - Why take medication
 - Adherence
- Stigma

Key Concepts from Focus Groups

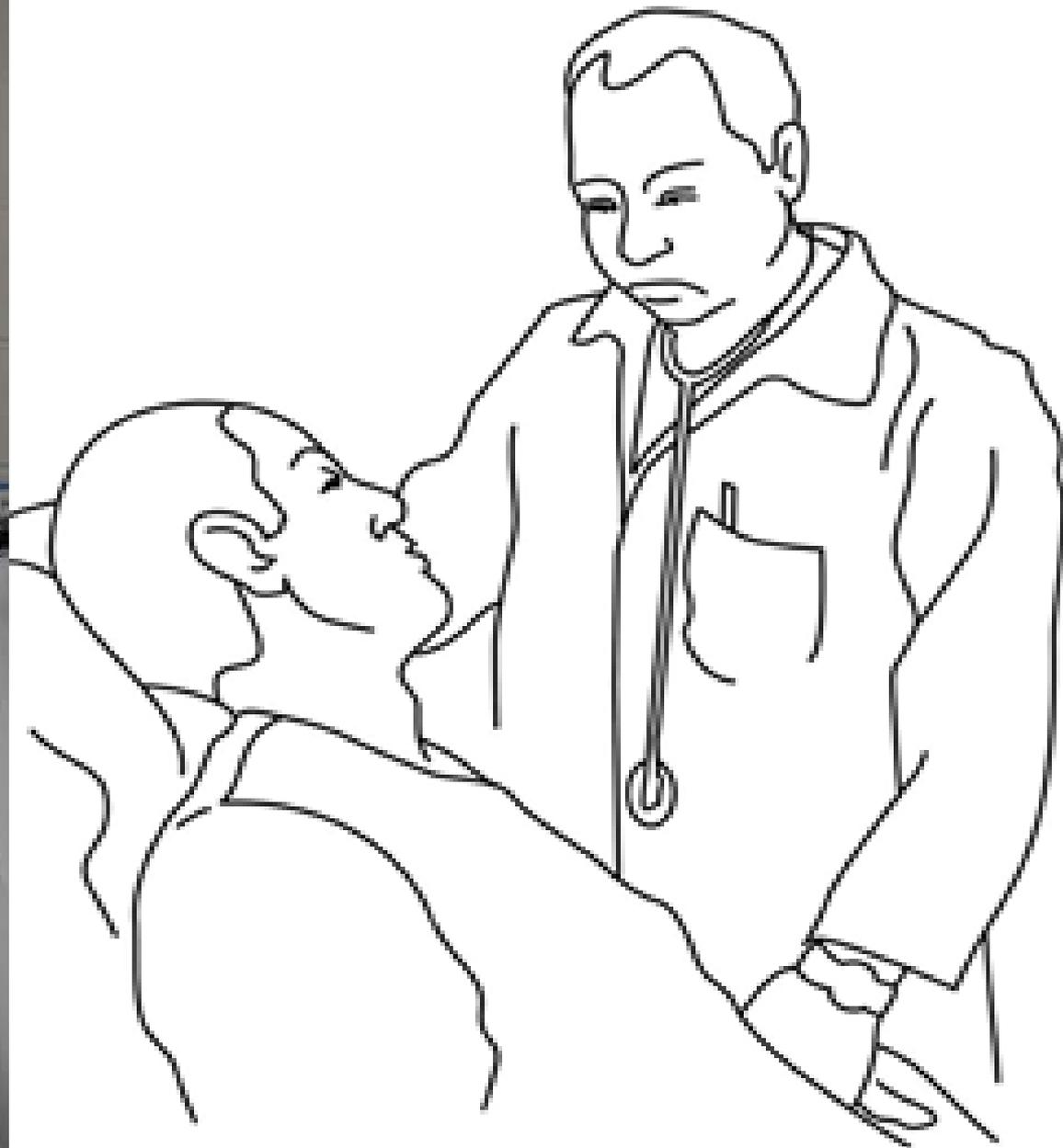
- Re-entry is hard
 - You need help with decisions
 - Avoid manipulative people
 - You probably need a case-manger
- Self-esteem
 - Be the helper when you can
 - Earn trust by helping out
- Everybody waits/bureaucracies are challenging
- Persistence pays off

Key Concepts from Focus Groups

- Somebody cares
 - Local, state, & federal agencies
 - Churches
 - NGOs, CBOs, & ASOs
- Support services are available
 - ADAP
 - Food, housing, & transportation
 - Work

Offenders Co-Wrote & “Produced” Stories

- 2 day writing session with males at HV unit
- 1 day writing session with females at Crain
- Photographed scenes
- Professional illustrator made scenes from the photos
- Editor smoothed out stories & held one session each with focus groups to check on the stories with illustrations





What's the
Somebody Cares Curriculum?

Somebody Cares Curriculum Goal

To provide an effective peer-led course for TDCJ offenders three months prior to discharge that improves medical outcomes through increased medication adherence and access to needed resources

Somebody Cares Curriculum Objectives

- 1: To have at least 70% of all Somebody Cares Discharge class participants complete the course by attending all sessions.
- 2: To improve participant attitudes regarding their ability to be successful in caring for their medical needs upon release.
- 3: To increase participant knowledge about available resources they can access to address their medical needs following release.

Somebody Cares Curriculum Objectives

- 4:** To increase participant knowledge about how to care for their disease.
- 5:** To improve participant self efficacy about their ability to maintain their health care regimen following release.
- 6:** To increase participant intentions to follow the recommended health care regimen upon release.

Somebody Cares Curriculum Objectives

- 7:** To increase the proportion of HIV+ offenders who enroll in ADAP following release.
- 8:** To increase the proportion of offenders who fill their antiretroviral prescriptions within 10 days of release.
- 9:** To increase the proportion of offenders who fill their antiretroviral prescriptions within 30 days of release.

Somebody Cares Curriculum Objectives

- 10:** To increase the proportion of offenders who adhere to antiretroviral therapy following release.
- 11:** To increase the proportion of offenders who find a medical home/case management service in the first 30 days following release.