

# THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

## THIS MONTH'S FEATURE

BEYOND PUNISHMENT: HARM REDUCTION WITH JUSTICE-INVOLVED CLIENTS-ARTICLE

The justice-involved population represents one of our most underserved communities. When we get this work right, we don't just change individual lives—we break cycles that have persisted for generations.

### Includes:

- ✓ THE COMPLIANCE TRAP
- ✓ THE REAL STORY BEHIND "NON-COMPLIANCE"
- ✓ BEYOND PUNISHMENT: A DIFFERENT FRAMEWORK
- ✓ THE GRADED RESPONSE REVOLUTION

**BASED ON OUR COMPREHENSIVE JUSTICE-INVOLVED INTERACTIVE BOARD**

[ACCESS IN BLOG NOW](#)

PLUS SUBSCRIBER-EXCLUSIVE WORKSHEETS AND CASE STUDIES

## BONUS SPECIAL: JUSTICE-INVOLVED TREATMENT MASTERY SERIES: LAUNCH

Specialized training that fills the gaps most addiction programs skip. Includes downloadable worksheets and case study breakdowns

## QUICK WIN TOOL OF THE MONTH

Pause Before You React: Justice-Involved Client Response Guide

When justice-involved clients show challenging behavior, pause before reacting. This simple decision tree helps you distinguish between trauma responses, practical barriers, and boundary testing—then choose therapeutic responses that build connection instead of escalating conflict. Transform "non-compliance" moments into opportunities for deeper engagement.

### IMPLEMENTATION NOTES

This month's tool puts our "compliance to care" philosophy into immediate practice—transforming challenging moments into therapeutic opportunities.

### Pause Before You React: Justice-Involved Client Response Guide

TRANSFORM CHALLENGING MOMENTS INTO THERAPEUTIC OPPORTUNITIES

When to use: Useful when a justice-involved client presents with concerning behavior.

Is this trauma-reactive or willful defiance?

STEP 1: PAUSE AND ASSESS  
Before taking any action, ask yourself:

- Are they showing signs of fight/flight/freeze?
- Does their response seem proportional to the situation?
- What pressures might be contributing right now?

STEP 2: CHOOSE YOUR PATHWAY

PATH A: TRAUMA-REACTIVE BEHAVIOR

- Validate the stress: "This seems overwhelming right now"
- Pause session if needed; give time to regulate
- Look for underlying needs, not resistance
- Lower stimulation; reduce demands

PATH B: PRACTICAL BARRIERS

- Investigate barriers: housing, transportation, work
- Problem-solve together; offer flexible options
- Connect to resources for survival needs
- Adjust treatment plan to meet them where they are

PATH C: TESTING BOUNDARIES

- Set clear, consistent boundaries calmly
- Maintain therapeutic relationship despite behavior
- Explore what need the behavior is meeting
- Offer choices within structure

STEP 3: DOCUMENT THOUGHTFULLY

Avoid biased language. Focus on observations and interventions.

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## OCTOBER MISSION UPDATES

- **Mastery Series** (10/12) 1st Article Release with Materials
- **Featured Board** (10/1) Justice Involved Population
- **Monthly Content Drop** (10/15)
- **Our initial Founding Member phase is complete.** Current pricing reflects our expanded resource library.

## Underrated Tactic: 3-Question Reframe

TURN DEFENSIVENESS INTO DIALOGUE

- 🧠 "What would someone who cares about you want you to know about this situation?"
- 🧠 "If you could give advice to someone in your exact position, what would you tell them?"
- 🧠 "What would need to be different for this to feel less overwhelming?"

**PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: JUSTICE-INVOLVED CLIENT RESPONSE GUIDE**

Coming Soon: Tips from the Field (Want your clinical tip featured? Submit your wisdom for a future dispatch!)