Jail Based Behavioral Health Services

- Overall Program Report for FY 12-13
- Panel Presentation from El Paso and Jefferson County Programs
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Office of Behavioral Health
Colorado Department of Human Services
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Office: 303 866 7504
Program History

- May 2010 HB 10-1352 passed
- Lowered penalties for drug use and possession
- Directed expected savings to Drug Offender Treatment fund for substance use disorder treatment of offenders
- $1.5 million allotted to OBH
- OBH targeted the jail population; one of the populations identified to be served with these dollars
- 10 awards were made using a competitive bid process
- 24 counties were initially receiving services in October 2010
In May 2012, the Correctional Treatment Board voted to allot an additional $1.2 million dollars for additional counties to be served.

OBH and the Colorado Sheriffs Association collaboratively determined six new counties to be served to reach over 90% of the jail population in Colorado.
Currently Funded Counties
What is the JBBS Program?

- Supports the County Sheriffs in providing screening, assessment and treatment for substance use disorders and co-occurring substance use and mental health disorders to people who are in jail.

- Provides appropriate behavioral health services to inmates while supporting continuity of care within the community after release from incarceration.
Goals

- Approach should result in shorter jail sentences
- Decreased recidivism through better identification and treatment of behavioral health needs
- Successful linkage to community based services
<table>
<thead>
<tr>
<th>COUNTY SHERIFF</th>
<th>TREATMENT PROVIDER(S)</th>
<th>El Paso</th>
<th>El Paso County Jail</th>
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<tr>
<td>Adams</td>
<td>Community Reach Center</td>
<td>Jefferson</td>
<td>Jefferson Center for Mental Health</td>
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<td>Arapahoe House</td>
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<td>San Luis Valley Mental Health Center</td>
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<td>Axis Health Systems</td>
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<td>Montrose and San Miguel)</td>
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<td>Denver</td>
<td>BI, Inc</td>
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<td>Mind Springs Health</td>
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<td>The Council (Mile High Council on Substance Abuse &amp; MH)</td>
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<td>Spanish Peaks Mental</td>
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All programs are required to provide the following services:

- Screen all inmates for presence of substance use disorders, mental health disorders, trauma and traumatic brain injury;
- Identify inmates with active duty or veteran military status;
- Provide culturally competent and appropriate services
- Community transition case management services
Clients Served per County
FY12-13

Admissions
Discharges
Total Services Provided FY 12-13

JBBS FY 13 Total Services

- Groups: 37,844
- Assessment: 2,461
- Other Case Management Services: 26,268
- Transition Tracking: 1,045
- SUD Tx Other: 1,479
- MH Tx Other: 1,268
- Individual Therapy: 6,442

Legend:
- Assessment/Eval
- Total Group Services
- Individual Therapy
- MH Treatment Other
- SUD Tx Other
- Transition Tracking
- Other CM Services
Screening Results- All Counties

MH Total Screened
MH Positive Screen
SUD Total Screened
SUD Positive Screen
Trauma Total Screened
Trauma Positive Screen
TBI Total Screened
TBI Positive Screen
TBI & Trauma Positive Screen
Veterans
Transition Tracking Outcomes
FY 12-13

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<tr>
<th>Status</th>
<th>Count of Month 12 Transition Status</th>
<th>Count of Month 6 Transition Status</th>
<th>Count of Month 2 Transition Status</th>
<th>Count of Month 1 Transition Status</th>
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<tr>
<td>Not in Treatment</td>
<td>71</td>
<td>262</td>
<td>412</td>
<td>451</td>
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<tr>
<td>Not Applicable</td>
<td>29</td>
<td>41</td>
<td>50</td>
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<td>New Crime/Regressed</td>
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<td>581</td>
<td>595</td>
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Future Direction for JBBS

- Recovery Support Services
- Clinical Outcome Measurement
- Recidivism Study
JBBS – Jefferson County Detention Center

Ashley Hall – Jefferson Center for Mental Health
Jess Watahovich – Arapahoe House
Program History

- Program launch January 2012
- Budget: $300k – increased budget $340k for 2014-2015 fiscal year
- Treatment providers submitted proposals and were chosen after review by program director and grant writer
- Program design and implementation was a result of collaboration amongst the three chosen providers
- Collaboration towards a common goal remains a key piece in the success and growth of the program
Overview of Staff

- Ashley Hall, MSW [Jefferson Center for Mental Health - Clinician]
- Kellie Brown, LPC [Jefferson Center for Mental Health – Clinician]
- Jessica Watahovich, MA [Arapahoe House - Clinician]
- Sarah Fox, BA [Arapahoe House – Intern]
- Kayla Wischer, MSW [Behavioral Treatment Systems – Clinician]
- Alyssa Hetschel, BSW [Behavioral Treatment Systems – Intern]
- Katy Bruscino, LPC [Jefferson Center for Mental Health – Supervisor]
- Jasmine Aranda, LPC, LAC [Arapahoe House – Supervisor]
- Chaya Abrams, LPC, LAC [Behavioral Treatment Systems]
- Mike Fish – Program Director [Jefferson County Sherriff’s Office]
- Dixie Cook – Program Supervisor [Jefferson County Sherriff’s Office]
Weekly group therapy:
IMR [Illness Management & Recovery]
Seeking Safety
SSC [Strategies for Self-improvement and Change]
Re-entry and Re-integration
Individual therapy [varies by agency – weekly/bi-weekly]
Case Management, Discharge, and Transition Planning
Eligibility

- Voluntary self referral process by kite; referrals from mental health and counseling staff; referrals from probation as well as public defender
- 60-90 days mandatory incarceration time at time of screening [pre-sentenced and sentenced]
- Motivation for treatment and community follow-up
- Positive result on screen assessment(s):
  - SSI-R
  - PCL-C
  - CCJMHS-A
  - HELPS
- If inmates do not meet eligibility at time of screening, they are provided a follow-up packet for community services.
Clinicians meet weekly to collaborate on completed screens and assess eligibility and referral for intake and admission

- 50+ screens completed monthly; roughly 12-18 inmates admitted for services
- Intakes completed within 2-4wks of screening process
Collaboration amongst agencies and with Jefferson County Detention Center and Sherriff’s Office

- Staff size and program implementation [increased staff July 2013]
- Successful discharge and community follow-up – emphasizing community transitions/discharge planning at intake
  - staff provides “warm hand-off” to community clinicians for follow-up treatment
  - Tracking/contact with clients is continual

- Flexibility in managing barriers and staff transition
- Program growth to include implementation of services in Special Housing Unit [Shu]
- Long-term treatment options for inmates [ranging from 2.5-9 months]
Challenges

- Navigating security measures within facility
- Communication amongst varied and diverse entities within facility
- Funding for transition services and resources
- Work schedules and subsequent limitations for inmate workers
- Length of incarceration – unexpected discharges and sentencing outcomes
- Space/accommodations for treatment services [construction at facility]
- Community treatment follow-up with high-risk clients
Weekly meetings for collaboration, discussion, and support
Monthly JBBS staff meetings [program director, supervisors, counseling, and clinical staff present]
Monthly team-building activities
Treatment cross-over for group therapy
Treatment cross-over for community referrals, based on client needs and appropriate level of care
Communication with mental health and counseling staff
Program culture reflects a shared perspective for goals, implementation and problem-solving efforts
Future Goals/Directions

- Implementing transition funding for reintegration services [estimated July 2014]
- Collaborative re-entry groups to begin post-construction
- Collaborative weekly wellness group [i.e. nutrition, yoga/mindfulness, life skills]
- Goals for increased program service overall
- Ongoing efforts re: transition planning and community follow-up
Reintegration and Recovery/Gateways Program
Program History

- EPSO Jail industry Program: Gateways (GTR) inception fall of 1996.
- GTR Program acquired a county bid project to remove illegally dumped tires in El Paso County and transport to a green house.
  - 1.5 million illegally dumped tires removed
  - Back to Work Project
  - Participants earned a nominal wage.

- Since inception, GTR has partnered with eighty-five (85) various business partnerships in the community for general laborers.
  - Work details from landscaping to recycling to various janitorial services.
  - Work experience for 3,000+ participants.

- Prior to the Reintegration & Recovery (R&R) minimal treatment opportunities were available.
  - Curricula: addressed life skills and tools for working sober.
  - Contractual instructors provided education curricula referencing criminal conduct and substance use concerns.
  - No therapy offered
Spring of 2007, R&R Program was initiated through a JAG Grant

- Created a Therapeutic Environment in three (3) designated housing units
- Contracted all therapy through community treatment providers.
- EPSO instituted a contractual agreement with CHM Medical/mental health section to provide staff for large group teaching.
September 2011, R&R became a licensed outpatient treatment provider
  • Three (3) FTE R&R staff obtained CAC II or higher credentialing
  • No longer contracting education or therapy services
  • Maintained collaborations for treatment referral resources.

Continue to utilize community collaborations for transitioning clients

October of 2011, received new program funding source:

**JBBHS Contract**
Program Staff

Program overseen by

Sheriff Terry Maketa
  • Undersheriff Paula Presley
  • Commander Clif Northam
  • Lieutenant Glen Athey
Program Staff

Becky Boerjan CAC III- FT Director over R&R and Gateways
  • Certifications/Trainings
    • DUI Level II Education and Therapy
    • SOARS
    • SSIC
    • Matrix

Thomas Manus, BA CACII- FT Assistant Director over R&R and Gateways
  • Certifications/Trainings
    • DUI Level II Education and Therapy
    • SOARS
    • SSIC
    • Love and Logic
Laura Ridenour, MA CAC II- FT Clinician
  • Certifications/Trainings
    • DUI Level II Education and Therapy
    • SOARS
    • SSIC
    • DBT

Jesus Garcia, BS CAC III- PT Clinician
  • Certifications/Trainings
    • DUI Level II Education and Therapy
    • SSIC
    • Domestic Violence Provider
Jennifer Harmon, MA - PT Transition Coordinator
Elizabeth Villamarin, MA - PT Transition Coordinator

District 11 school teachers instruct general elective curricula. - Overseen by Joyce Schooler

Gateways Supervisors
- Taylor Elgas - GTR Worksite supervisor
- Jim Slusher - GTR Worksite supervisor
- Melvin Dunlap - GTR Worksite supervisor
Program Design

- Licensed Level I and II DUI Education and Therapy
- Licensed Offender Education and Treatment (Non-DUI)
- Utilizes CBT approach
- Large and small groups education

- **Retired District 11 school teachers** instruct general elective curricula from basic math to resume writing/computer skills.

- **Designated Deputies** are instructors/mentors/advisor for the curricula: *Thinking for a Change (T4C).*

- All clients are involved in work programs to mirror society and to practice new behaviors and skills.
Client Eligibility

Since R&R inception, clients receiving services: 3,164

- Program accepts approximately 400-500 clients per year

- R&R Eligibility
  - Approximately 60 day EPCJ sentence
  - No sex offenders
  - Violent offenders, case by case basis
  - No US Marshal Hold or INS Hold
  - May be referred through Parole or Drug Court
  - All EPCJ sentenced inmates are screened and reviewed for eligibility
Admission Process

- Meet with R&R Deputies for program rules and expectations
- Meet with R&R Clinician for intake process
- Meet with R&R Clinician individually for assessment
  - SOARS assessment tool utilized
  - Enroll in groups/classes
  - Tx plan created
  - Create client file
Services Offered

- Therapy Services
  - Level II Education and Therapy
    - No charge
    - Treatment books provided
    - Curriculum: *Driving with Care*
    - Meets court mandated and/or DMV mandated DUI treatment
    - Addresses relapse and recidivism prevention
    - Abide by all DUI treatment requirements
    - Full documentation provided
Therapy Services

- Offender and Substance abuse: Strategies for Self Improvement and Change
  - Treatment books provided
  - Licensed provider
  - Staff trained in curriculum
  - Address relapse and recidivism prevention
  - Utilized CBT approach
Education Services

- DOC Remediation- 90 day program for regressed/short term transition Parole violators
  - Utilizes TCU (Texas Christian University Curriculum)
    - Unlock your thinking
    - Getting Motivated to Change
    - Ideas for Better Communication
Domestic Violence

- Jesus Garcia licensed DV provider
- Meets all court mandated requirements
- Receive assessments (Domestic Violence Risk Needs Assessment and Spousal Assault Risk Assessment)
- Worksheets provided
- Cover core competencies per state statutes
R&R Deputies

Thinking for a Change Program has one Master trainer on staff

Twelve (12) R&R deputies are actively instructing Thinking for a Change curricula to all enrolled R&R clients.

- (EPSO staff trained in T4C since inception = 50 deputies)
- R&R deputies are assigned groups and instruct during their assigned ward duties detail.
Services Offered Cont.

- Large group education
  - Anger Management - *Cage your Rage, SAMSHA Anger Management and Substance Use*
  - DAAB- Drugs Alcohol and Addictive Behaviors
  - Relapse Prevention- Matrix
  - Healthy Lifestyle
  - Methamphetamine Awareness
Services Offered Cont.

Education
- Mandatory- Dave Ramsey *Wealth Building*
- General Electives (clients must pick at least two additional electives)
  - Basic Math
  - Covey’s 7 Habits of Highly Effective People
  - Resumes, Cover Letters and Interview Techniques
  - GED Study Class
  - Business Plans
  - Creating Personal and Professional Success
  - Parenting with Love and Logic
  - Computer typing program
  - Independent read
  - Spanish Class
Services Offered Cont.

- Optional through jail programming
  - AA/NA
  - Yoga
  - Religious
  - Music Therapy
  - Family Values
  - VA Employment Assistance
Services Offered Cont

- Medical and Mental Health
  - General medical and dental concerns
  - Mental Health
    - May make referrals to Mental Health/Psych
    - Aspen Point Jail Diversion Program
Services Offered Cont.

- Transition Planning
  - Clients meet with planner at assessment (Individual)
  - Approximately one month before release (group)
  - Couple days before release (individual)
  - Utilize the Coordinated Needs Scale
    - Topics Covered
      - Sobriety
      - Relationships
      - Medical/Mental Health
      - Credit/Legal
      - Leisure/Recreation
      - Treatment
      - Employment
      - Education/Skills
      - Transportation
      - Housing
      - Food
      - Behavior Goal
Community Collaborations

- Housing
  - Alano (Sober living)
  - Second Chance Homes (Sober living)
  - Pikes Peak Sober Living (Sober living)
  - Oxford House (Sober living)
  - Ithaka Land and Trust (Transition)

Representatives will either meet with client while incarcerated or clients may be placed on a waiting list.
Community Collaborations Cont.

- General Services
  - Ecumenical Social Ministries - various services
  - Catholic Charities - various services
  - Pikes Peak Workforce Center - employment
  - Springs Rescue Mission - Homeless Services
  - COMCOR - various services
Gateways

- Jail industry work program
- Earn wage
- Leave facility to work
- Possible employment opportunities upon release
In 2010, the R/R Program was recognized by the National Association of Counties Achievement Award for: “Reducing Recidivism and Substance Abuse through Reintegration & Recovery/Detoxification Services in El Paso County.”

In 2011, the R/R Program received their second national recognition for the commitment to reduce recidivism, through a proactive approach addressing substance use and criminal behaviors. The National Criminal Justice Association honored the El Paso County Reintegration and Recovery Program and Community Detoxification Program with the Outstanding Criminal Justice Program Award for the Western Region. This prestigious award is given out annually at the National Forum on Criminal Justice and Public Safety to only five agencies in the United States.
Successes

- Recidivism Rate, since R&R inception 37%
  - Successful Completes 2,419
  - Returned to EPCJ 903
- Recidivism tracked through R&R alert (JMS)
- Tracking system utilizes R&R Database

Success Stories
Challenges

- Admission
  - Finding Clients that meet admission criteria

- Transition
  - Developing Community Support
  - Reaching Clients for follow up after release
Future Direction

Treatment

- Increased treatment to include therapy classes such as Seeking Safety, DBT and Anxiety and Depression

- Client workbooks
  - Anger Management
  - Goal Setting
  - Relationships
  - Problem Solving
  - Communication
  - Resumes and Cover Letters
  - Emotions Regulation
  - Budgeting
  - Self-esteem
  - Combating Boredom
Future Direction

Transition

- Increase community collaboration through establishing Case Management

- Increased services provided by R&R and Gateways programs
  - 31 day bus passes
  - Up to $100 in clothing vouchers
  - Working on transitional housing assistance

- Transition treatment workbooks
  - Change Companies
    - Managing My Life
    - Passport to Action
Questions or Comments?