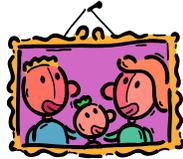


Family Based Prisoner Substance Abuse Treatment Program



The Greater Nashua Council on Alcoholism, Inc. (GNCA), more commonly referred to as Keystone Hall (KH), is a non-profit organization whose mission is to provide comprehensive substance use treatment and recovery services to individuals and families in a supportive environment while providing a strategic framework for substance use prevention in New Hampshire.

Justice Reinvestment in New Hampshire

In June 2009, Governor John Lynch, Supreme Court Chief Justice John Broderick Jr., then-Attorney General Kelly Ayotte, Senate President Sylvia Larsen, and House Speaker Terie Norelli requested intensive technical assistance from the Council of State Governments Justice Center (Justice Center) to help develop a statewide policy framework that reduces spending on corrections and reinvests in strategies that increase public safety and reduce recidivism.

In its initial report released in January, 2010, the Justice Center found that the number of parolees who are revoked to state prison has increased 50% since 2000. They also found that the resources to provide substance use treatment for parolees/probationers are extremely scarce, leading to a significant recidivism increase.

The Justice Center reported the following:

- State spending on corrections doubled from \$52 million to \$104 million from FY1999 to FY2009.
- People revoked from parole supervision are the largest and fastest growing category of admissions to prison, increasing from 35% in 2000 to 43% in 2009.
- The number of women admitted to prison has increased 133% since 2003.
- More than half of the women admitted to prison in FY2009 were incarcerated because they had violated their conditions of probation or parole, with 75% of those being revoked for drug and/or alcohol use.

- Unlike many other states, no state dollars are appropriated to the NH Department of Corrections for substance use treatment or intermediate sanction facilities to monitor, treat and sanction people on parole or probation.
- 54% of parole revocations are for non-violent offenses, the vast majority being drug and/or alcohol use in violation of parole conditions.

- ▶ Although New Hampshire's crime rate has been low and stable for the past ten years, the prison population has increased 31 percent –
- ▶ and spending on corrections has nearly doubled – over the same time period.
- ▶ Three key factors contribute to the growth:
 - Rising recidivism rates
 - Few resources to sanction and to treat people under community supervision
 - Inefficiencies in parole processes

In 2009, New Hampshire Department of Justice received a grant award for the Second Chance Act Demonstration Program under the Bureau of Justice Assistance. The demonstration program currently serves the Merrimack County area and is for both male and female parolees. It does not serve probationers who are being supervised at the county level.

Second Chance Act Demonstration Program under the Bureau of Justice Assistance

The population targeted by this Family-Based Substance Abuse Treatment Program consists of the following:

Strafford County currently has 118 female inmates, placed from Strafford County, Rockingham County, the state Department of Corrections, the Immigration and Naturalization Service, and other counties. The New Hampshire State Prison for Women has 130 inmates, the Merrimack County Department of Corrections houses 40 women and the Hillsborough County Department of Corrections has 75. Shea Farm houses 44 offenders who may serve short minimum-security terms.

Initially we anticipate accepting fifty women into the program in the first year. The curriculum of Nurturing Families is twelve weeks, so as women graduate/move/drop out, we will be able to admit more clients. At the end of 24 months we anticipate being able to serve a vast majority of those 248 women who would not have been exposed to services. The clients will first be screened six months pre-release and will be enrolled in the program until six months' post-release or longer, depending on need.

The New Hampshire Department of Justice has a partnership with the regional child advocacy centers. This partnership will enable Keystone Hall to utilize the CACs in Merrimack, Hillsborough and Strafford Counties to convene group treatment sessions, family unification treatment and other contact with the clients.

Of those female inmates incarcerated in the three jails, the prison and the halfway house, approximately 80% have children, giving us a potential target population of 325 to be screened. Of that 325, 276 will potentially screen for substance use/addiction disorders, based on research done by the Council for State Governments, which states that 85% of incarcerated individuals have substance use/addiction disorders.

Unfortunately, the New Hampshire Bureau of Drug and Alcohol Services reports that only 10% of the people in New Hampshire who have substance use/addiction disorders are exposed to treatment via New Hampshire's publicly-funded addiction treatment system, leaving 248 women in the target population without services.

Program Design and Implementation

The New Hampshire Department of Justice, along with its community-based partners under the umbrella of the Partnership for Successful Living has designed a Family-Based Prisoner Substance Abuse Treatment Program wherein incarcerated women who have children are given access to evidence-based programming and services designed to reduce recidivism, increase public safety, and to unify families who are involved with the criminal justice system. These women will be referred by the New Hampshire State Prison for Women in Goffstown, the state halfway house for women, Shea Farm, and the Departments of Corrections in Hillsborough, Merrimack and Strafford Counties.

Women are screened using the Global Appraisal of Individual Needs – Quick Version to identify the high risk, high needs women who screen for substance use/addiction disorder with particular attention made to family unification. During this process, the women will identify the family members they wish to participate in treatment, and at that point family members of potential clients are approached by the treatment partner, Keystone Hall, in the hope that they will engage in the treatment process. At all times strict adherence to HIPAA and privacy laws will be observed.

Family-centered treatment is comprehensive

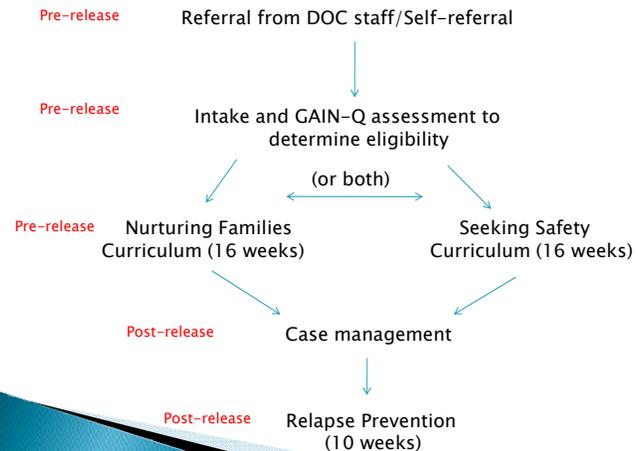
- Women define their families



- Treatment is based on the unique needs and resources of individual families
 - Families are dynamic, and thus treatment must be dynamic
 - Conflict is inevitable, but resolvable
 - Meeting complex family needs requires coordination across systems



Program Implementation



Intake and GAIN-Q Assessment

Pre-release

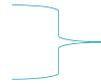
- Program overview (policies and procedures)
- Guidelines for Confidentiality
- Client Rights
- Code of Conduct
- Client contact form
- Notice of Privacy Practices (HIPPA)
- Releases (New Hampshire Department of Corrections/Probation & Parole)

→Family Based Assessment

1. Child Identity Assessment



2. Family Needs Assessment



Releases for identified family members

→ Administration of GAIN-Q

Nurturing Families Curriculum (16 weeks)

Pre-release

The Nurturing Program for Families in Substance Abuse Treatment and Recovery (Bavolek, Bogage, et al, 2006)

- Open enrollment (rolling admissions)
- Week 1 - Hope
- Week 2 - Growth and Trust
- Week 3 - Families and Substance Abuse
- Week 4 - Feelings
- Week 5 - Self-esteem
- Week 6 - Communication
- Week 7 - Confrontation and Problem Solving
- Week 8 - Body Talk
- Week 9 - What Babies Teach Us
- Week 10 - Managing Stress
- Week 11 - Setting Boundaries
- Week 12 - Schedules and Routines
- Week 13 - Safety and Protecting Children
- Week 14 - Guiding Behavior
- Week 15 - Knowing our Values
- Week 16 - Recovery: Loss and Love



Seeking Safety Curriculum (16 weeks)

Pre-release

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Najavits, 2002)

- Closed group
- Week 1 - Introduction/Getting the Most out of Treatment
- Week 2 - When Substances Control You
- Week 3 - Creating Meaning
- Week 4 - Red and Green Flags
- Week 5 - Detaching from Emotional Pain
- Week 6 - Honesty
- Week 7 - Healing from Anger
- Week 8 - Recovery Thinking
- Week 9 - PTSD
- Week 10 - Setting Boundaries in Relationships
- Week 11 - Respecting your Time
- Week 12 - Integrating the Split Self
- Week 13 - Coping with Triggers
- Week 14 - Getting Others to Support Your Recovery
- Week 15 - Self-nurturing
- Week 16 - Life Game - Termination



Case Management Services (First 6 months post-release)

Post-release

- Welcome letter following release
- At least monthly check in phone calls (additional in times of stress/crisis or requested by client)
- Check in regarding basic needs (food, clothing, shelter, tx)
- Check in regarding needs of family members or if any other additional family members have been identified as needing services

Referrals by CM if necessary



Reminder of referrals (not limited to)

- Substance Abuse Treatment
- Family Counseling Services
- Cognitive Based Treatment Services
- Mental Health Services
- Child Care Services
- Educational Services
- Employment Services
- Pro-social Services



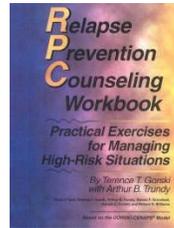
Relapse Prevention Group (10 weeks) Post-release

Relapse Prevention Counseling Workbook: Practical Exercises for Managing High-Risk Situations (Gorski, 2000)

→Open enrollment (rolling admissions)

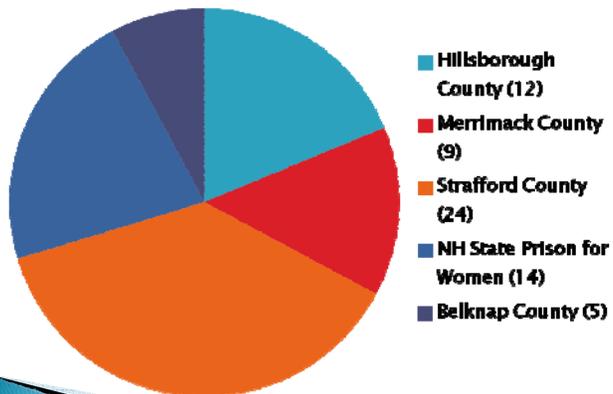
Topics:

- ❖ Making the Commitment to Stop Using
- ❖ Planning to Stop Relapse Quickly if it Occurs
- ❖ Identifying High-Risk Situations
- ❖ Mapping and Managing High-Risk Situations
- ❖ Managing Personal Reactions to High-Risk Situations
- ❖ Developing a Recovery Plan
- ❖ Evaluation High-Risk Situation Management Skills

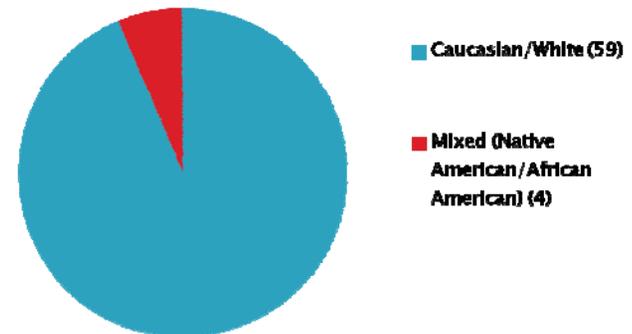


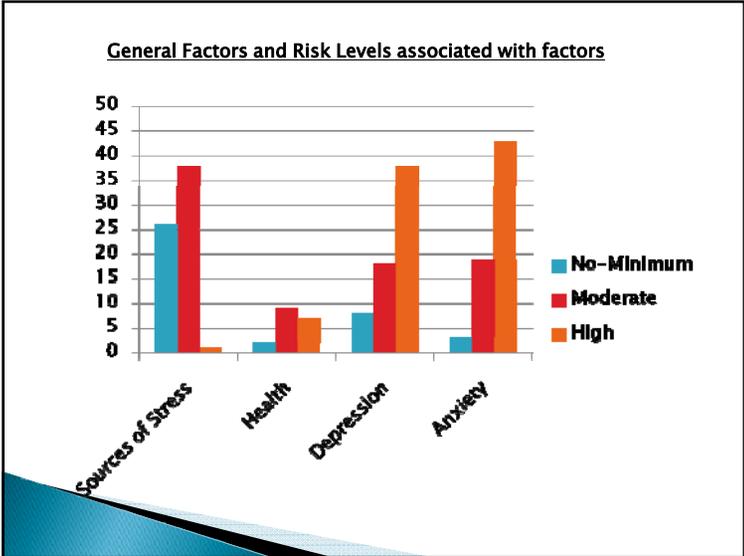
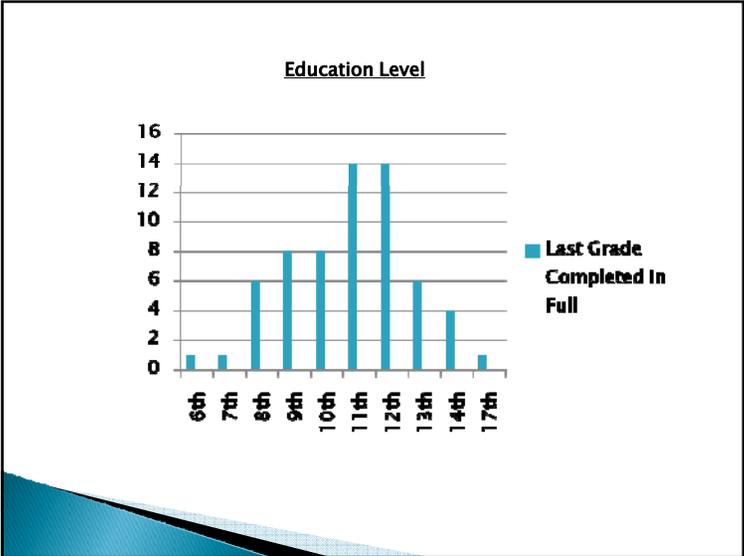
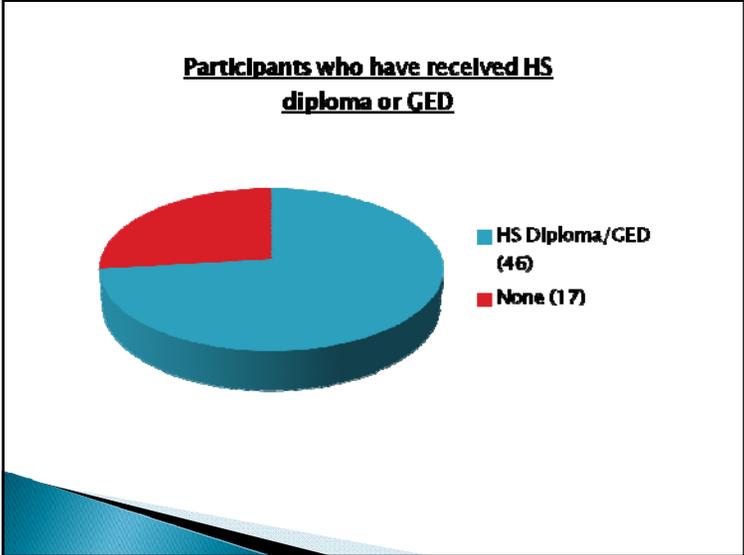
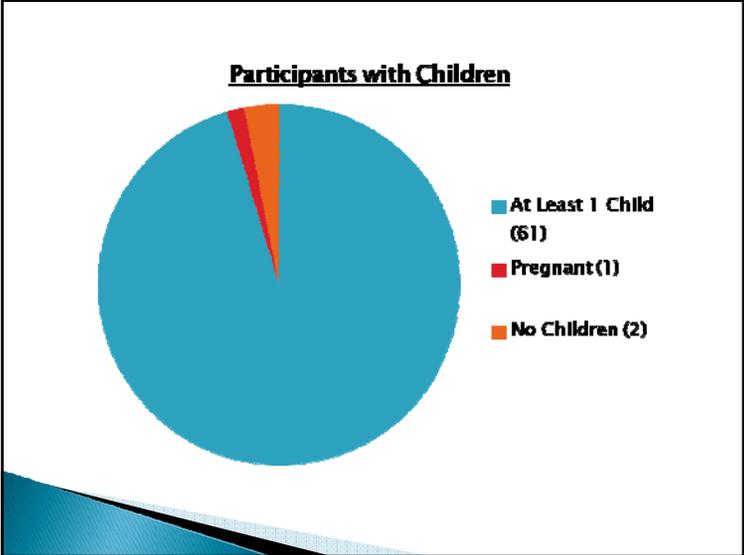
Demographics and Level of Risk from Intake/GAIN-Q

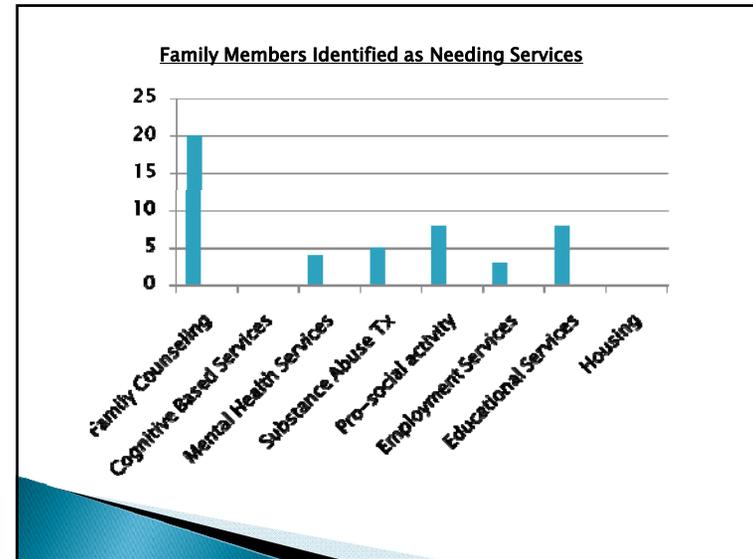
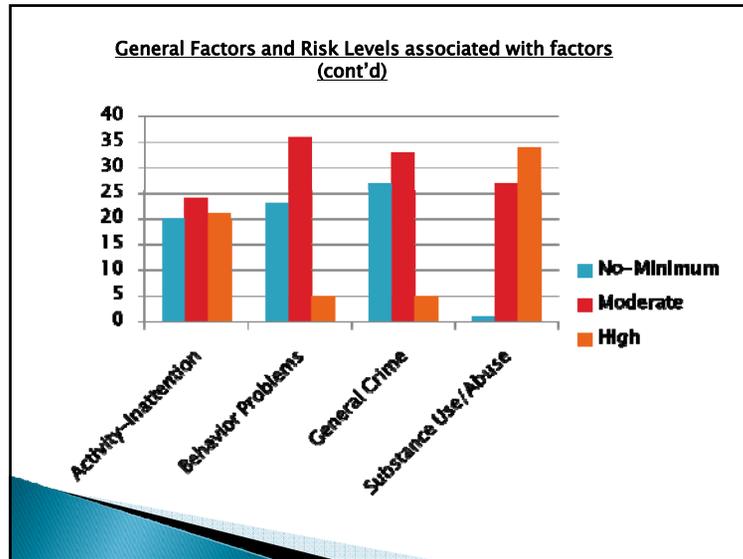
Facility Participants



Race/Ethnicity







Challenges

- >Building rapport within correctional facility
- >Family involvement (signing releases for family involvement)
- >Location, location, location!
- >Relapse prevention attendance

The overall success of the project will be measured by an analysis of how closely the products and deliverables reflect the project previously stated goals of:

Evaluating the state's existing services to offenders; and identifying gaps in services; Enhancing those service areas; and

Should funding allow:
 Institutionalizing the program in a manner that will facilitate replication of the model in other correctional settings and in smaller states around the country.

