

Peer Support Partnerships:

Improving Treatment Engagement and Outcomes in Corrections

Bureau of Justice Assistance (BJA)

Residential Substance Abuse Treatment (RSAT)
Program for State Prisoners

Training and Technical Assistance Resource

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Today's Moderator



Lynn A. Miller, M.Ed

Director of Wellness Recovery
Action Plan (WRAP)

Advocates for Human
Potential, Inc.

What is Peer Support?

- An evidence-based model of care
- Basic modality: a qualified peer support practitioner assists individuals with their recovery from substance use and mental health conditions
- Supportive rather than directive
- Core principles and values:
 - Voluntary
 - Non-judgmental
 - Empathic and respectful
 - Honest and direct communication
 - Mutual responsibility
 - Power-sharing and reciprocity



Who Can Be a Peer?



“A person who uses [their] lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resilience.”
- SAMHSA, 2017

- In correctional settings, peer supporters are persons with lived experience of recovery from substance use disorders (SUDs) and/or co-occurring mental health (MH) conditions and may or may not have had criminal justice involvement.

Types of Peer Support and Language Used

Internal Volunteer

- Currently incarcerated and may be receiving treatment services
- Act as volunteer, not paid
- Require training and supervision, not necessarily certification
- “Mentor”, “Elder”, “Big Brother/Sister”, “Brother’s/Sister’s Keeper”

Internal Paid

- Currently incarcerated and may be receiving treatment services
- Receive compensation for time spent providing peer services within the program
- Require training, supervision, and likely certification
- “Resident Peer”, “Certified Peer Specialist”, “Peer Support Specialist”

External/Community Based

- Not currently incarcerated, may have history of incarceration, may be active in their own community-based treatment services.
- Employed by an organization to provide peer services in different settings
- Require training, supervision, and certification
- “Recovery Support Specialist”, “Recovery Coach”

Peer Support in Criminal Justice: An Evidence-Based Practice

- Peer services can be provided from initial contact with law enforcement, throughout the judicial process, and provide services through incarceration and re-entry.
- Evidence demonstrated benefits of peer support:
 - Reducing risky behaviors and improve emotional well-being (Bagnall et al., 2015)
 - Fill gaps in service provision, increase staff availability (South et al., 2016)
 - Positive impact on prison culture, improving staff-participant relationships (Brookes, 2012)
 - Reduce rates of recidivism (Bellamy et al., 2019)



Today's Panelists

Heartland Regional Alcohol and Drug Assessment Center Kansas Department of Correction



Sandi Brooks, LMAC

Substance Use Treatment
Provider

Substance Abuse Recovery
Program at Topeka
Correctional Facility



**Benjamin Holloway, RN,
LMAC**

Director of ReEntry

Heartland Regional Alcohol
and Drug Assessment Center

Kansas Department of Corrections

Topeka Correctional Facility

- Facility Total Capacity: 960
- Only all female facility statewide
- RSAT Funded Program: Substance Abuse Recovery Program (SARP)
- Staffed by contractor: Heartland Regional Alcohol & Drug Assessment Center (RADAC)
- Utilize resident peers and mentors within program.
- Employ recovery support specialists



Connecticut Department of Correction



**Sherrie Gaudet, LCSW,
LADC**

Correctional Counselor
Supervisor

Addiction Treatment Unit –
Cybulski Community
Reintegration Center



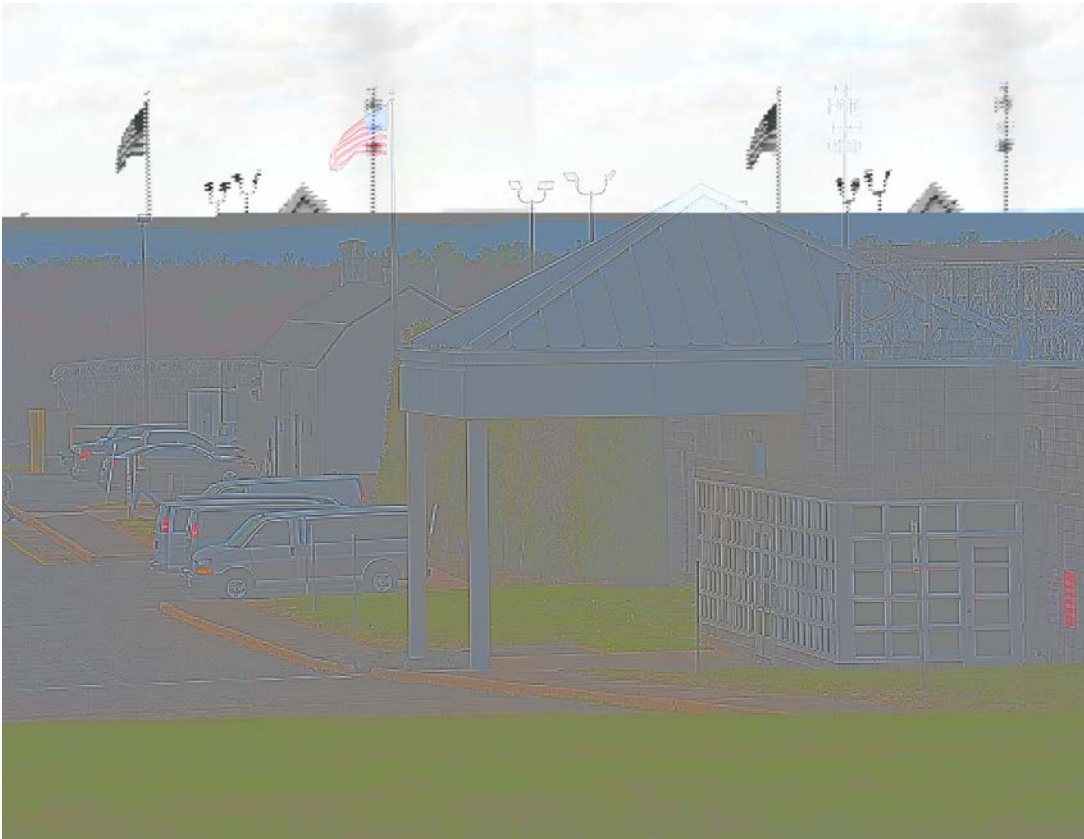
Erica Rogers, CAC

Correctional Counselor
Supervisor

Addiction Treatment Unit –
Carl Robinson Correctional
Institute

Connecticut Department of Corrections

Carl Robinson Correctional Institution



- Facility Total Capacity: 2,169
- Houses level 3 (medium) men
- RSAT Funded Program: Tier IV Addiction Services Residential Treatment Program
- Utilize Peer Mentors and Elders
- Trains certified Recovery Coaches eligible for work post-release.
- Work with Connecticut Community Addiction Recovery (CCAR) Recovery Coaches

Connecticut Department of Corrections

Cybulski Community Reintegration Center

- Facility Total Capacity: 692
- Houses level 1 and 2 men
- RSAT Funded Program: Tier II Addiction Services Intensive Outpatient Program
- Special population focus: alcohol use disorder and DUI convictions
- Utilize Peer Mentors and Elders
- Work with Connecticut Community Addiction Recovery (CCAR) Recovery Coaches



Panel Discussion

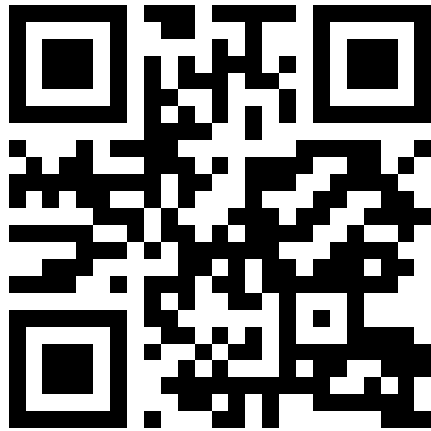


QUESTIONS

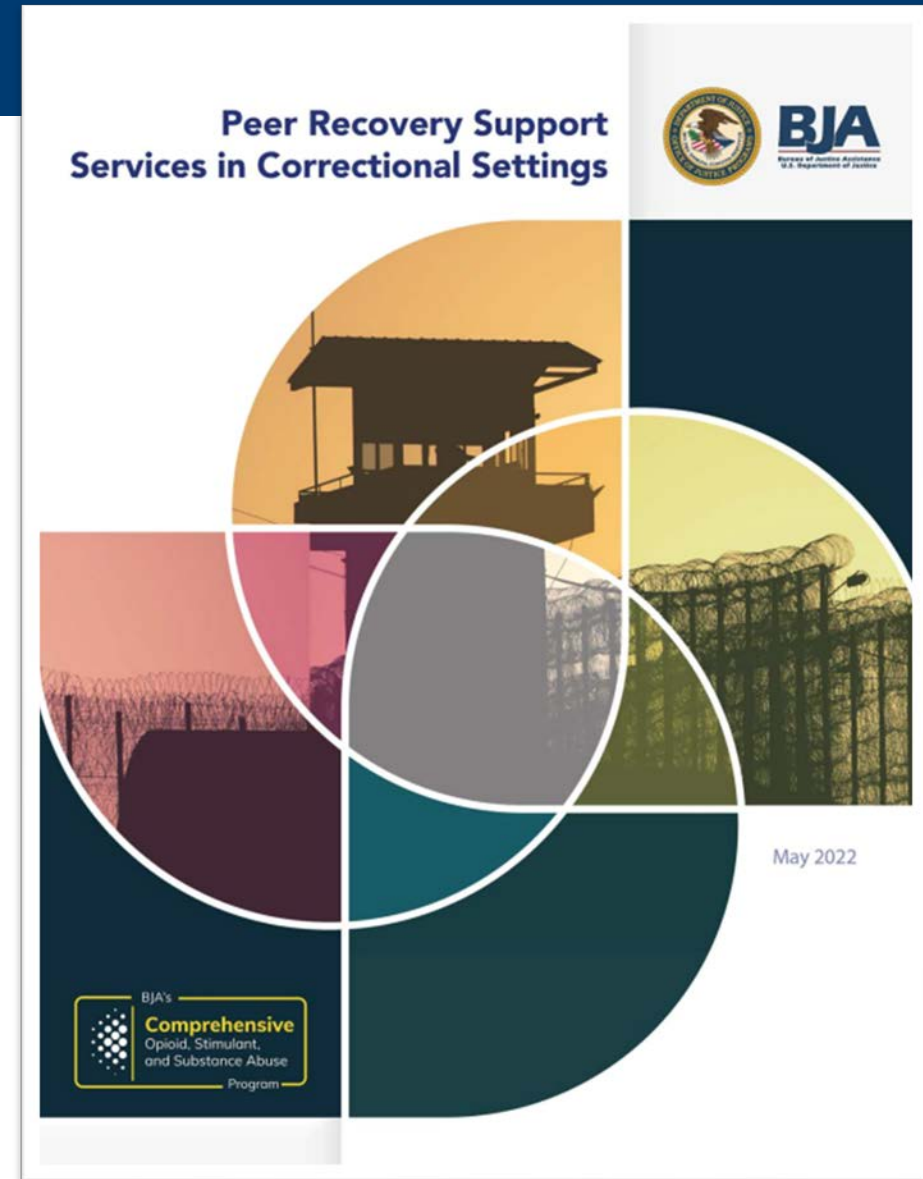


Resources

Peer Recovery Support Services in Correctional Settings



https://www.cossup.org/Content/Documents/Publications/Altarum_PRSS_in_Correctional_Settings.pdf



Peers and Reentry

Facilitating Successful Reentry Through Peer Recovery Support Services

Catching Up With COSSAP, October 2020

In 2018, there were approximately 738,000 individuals incarcerated in jails nationwide; in 2016, there were nearly 1.5 million people in state or federal prisons (Bureau of Justice Statistics [BJS], 2020; BJS, 2019). In addition, each year a significant number of individuals cycle in and out of jails: in 2018 there were a total of 10.7 million jail admissions in the United States. (BJS, 2020).

Most individuals who are incarcerated return to their communities after serving their time. Individuals with substance use disorders (SUDs) returning after incarceration face significant challenges in trying to successfully integrate back into society, comply with community corrections requirements, and maintain recovery. Research on reentry policies and practices has identified many factors that impact reentry, including family support, stable housing, education and employment, and access to behavioral health and other health services (Bales and Mears, 2008; Berg and Huebner, 2011; Spjeldnes et al. 2012).

There is also a growing body of research that suggests that peers can provide returning individuals, reduce and increase desistance (abstention and prosocial behavior (LaBel

Research has also shown that persons prefer to receive peer support from others who have been successful in their own recovery. Peers with lived experience of recovery for overcoming stigma, strengthening beliefs, and enhancing active engagement can lead to increased life satisfaction and psychological well-being for people reentering society (LeBel, Ritchie, and Maruna, 2015).

Recovery coaching and mentoring are two key processes that persons with lived experience engage in to facilitate successful re-entry. The coaching process involves a strengths-based approach to one-on-one support over an extended period. The coach supports a recoveree's chosen pathway to recovery, including navigating the SUD treatment



https://www.cossup.org/Content/Documents/Articles/Altarum_PRSS_and_Recovery_for_BJA_FINAL.pdf

Supervision of Peers

Bureau of Justice Assistance Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Effective Integration Toolkit Supporting and Managing Peer Specialists: Supervision of Peer Recovery Support Services

Overview

As peer specialists move into a variety of roles in the criminal justice system, programs need to carefully plan and prepare to integrate peer supports into their portfolio of services. This section of the Effective Integration Toolkit focuses on step 5 in the process—providing effective supervision patterned on best practices of peer recovery support services and working with criminal justice populations.

Introduction

Peer support is a unique discipline that recognizes that recovery from substance use disorders (SUDs) and co-occurring disorders involves more than symptom reduction or abstinence. Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Among other things, recovery is supported by peers and allies through relationships and positive social networks (Substance Abuse and Mental Health Services Administration [SAMSHA] 2012).

Peer recovery support services (PRSS) in criminal justice settings are often implemented in collaboration with



many different partners across different systems. Program supervisors play key roles in the successful integration of peer supports within these settings. Supervision can be defined as a professional and collaborative process between a supervisor and a worker, in which guidance and support are given to promote competent and ethical delivery of services and supports (SAMHSA, n.d.). Program supervisors can support peer



https://www.cossup.org/Content/Documents/Publications/Altarum_Supporting_and_Managing_Peer_Specialists.pdf

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