



# Arizona

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## PRISON PROGRAM

Arizona State Prison Complex (ASPC) –  
Tucson, Manzanita Unit

## COUNTY JAIL PROGRAMS

Coconino County Jail  
Yavapai County Jail

## JUVENILE AND YOUNG ADULT PROGRAM

Adobe Mountain School

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Chicanos Por La Causa Inc.

## Prison Program



### Arizona State Prison Complex (ASPC) – Tucson, Manzanita Unit FY2024 RSAT funded program

#### OVERVIEW OF PROGRAM

The RSAT Program, known as the Residential Substance Abuse Treatment Community (RSATC), is a 6-month treatment program for men with co-occurring disorders (COD) on the medium-custody Manzanita Unit. Individuals who participate in the program live together, but they interact with non-RSATC residents during daily activities, such as work, school, visitation, dining, and medical appointments. In addition, they share a common prison yard with other residents who require mental health services to foster a community atmosphere in which all are engaged in treatment. RSATC is focused on assisting inmates with addiction recovery during the last 18 months prior to an inmate's release from prison. RSATC offers a perspective of "Living in Recovery" which includes making better choices and using tools that serve as guides in living a healthy and pro-social lifestyle.

Currently there are 15 individuals in 6 groups enrolled in the program. The grant budget includes a Reentry Coordinator, and approximately \$4,000 worth of supplies (\$1,584 for urinalysis cups, \$1,896 for participant workbooks, and \$600 for office supplies). The counselor and peer support specialist are paid separately, RSATC is also funded through a grant called "Improving Reentry" through the Department of Justice.

RSATC received its first RSAT grant from the Arizona Criminal Justice Commission (ACJC) for the 2009 calendar year. This first grant funded a substance abuse counselor dedicated to providing treatment to people incarcerated due to sexual related offenses. In 2010, the focus of the program shifted to individuals with COD and has added staff over the years.

## ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

ADCRR uses a priority ranking report as a screening tool. Individuals with a community risk score of 4 or 5, a substance abuse score of 3 or above, and who are 6 to 12 months from their release date appear on this report and are considered potential program participants. The counselor meets with each potential participant to complete a psychosocial assessment, consent to treatment, and to review program guidelines. If the program candidate agrees to attend the program, they develop a treatment plan. In addition, the counselor administers the Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) and a pre-test during the assessment. If the candidate is appropriate for the program and agrees to treatment, he enrolls in the program.

Treatment plans are developed with participants during the assessment process and are updated as needed. All treatment plans are individualized to the participant's specific needs.

## MODALITY OF RSAT PROGRAM

Participants in this program receive substance use disorder (SUD) treatment in a group setting twice a week for 2 hours per day from a certified inmate recovery support specialist. They also receive 2 hours per day of group counseling four times a week. Lastly, participants receive individual counseling as needed. Mental health treatment is provided by an outside contractor, NaphCare.

The program is based on cognitive behavioral therapy (CBT) and trauma-informed care. They use a CBT based co-occurring disorders curriculum. Additional intervention and modalities include:

- 10 minutes of group meditation/mindfulness at the start of all sessions,
- Risk-needs-responsivity (RNR) model of rehabilitation,
- *Stages of Change* model,
- Motivational interviewing interventions, and
- Parenting skills.

### What we can learn from this RSAT program

This program focuses on pro-social activities and skills by allowing participants to interact with other individuals not in the program, as well as encouraging participants to hold each other accountable while the program shifts to a less punitive focus.

The goals of the program will be achieved through creating and living in a pro-social community. RSATC has traditionally been focused on the disciplinary process and punitive philosophy. While the disciplinary process will still be in place, the focus will shift to changing the behavior through learning experiences and holding one another accountable.

The over-all objective of the program is to reduce recidivism. Currently the state has a recidivism rate of 39% versus the RSAT program which is 9.2%.

Members will be living in a community with one another. Members will be engaged in programs with Recovery Support Specialists, made up of 30 peers, and Licensed Substance Abuse Counselors for four hours a day. The Peer Recovery Support Specialists were certified through the state. Additionally, members will be engaged in homework, a small job that benefits the community and other pro-social activities for four hours a day. While there are no services specifically for tribal community members within the RSAT program, tribal community members do make up some of the

RSAT program participants and the program works to ensure they have resources when they get released back into their community.

## **MAT PROGRAMMING**

The program currently offers Suboxone and the state is working on obtaining a license for Methadone but does not yet have it. Only Suboxone is available for induction and individuals already prescribed Suboxone before entering the program can continue this medication.

## **CONTINUING CARE/REINTEGRATION**

The correctional officer III (COIII) works with participants to develop a specific reentry plan. This may include helping the participant get a replacement identification (ID), Arizona Health Care Cost Containment System (AHCCCS) benefits (i.e., Medicaid), appropriate housing, and other reentry needs. The counselor reviews community mental health and SUD resources with all program participants. NaphCare works with participants with serious mental illness individually on release planning. NapCare is contracted with RSATC to provide mental health and medical services to inmates.

## **CONTINUING CARE PROVIDERS**

HOPE, Inc.  
520-770-1197

Old Pueblo Community Services  
520-546-0122

Vivre  
602-626-8112

## **PROGRAM CONTACT INFORMATION**

Stacey Paul  
Counseling and Treatment Services Administrator  
Arizona Department of Corrections Rehabilitation & Reentry  
1601 West Jefferson Street (MC320)  
Phoenix, Arizona 85007  
(O) 602-542-0023  
(C) 520-345-2087  
[spaul1@azadc.gov](mailto:spaul1@azadc.gov)

Lee Neil  
Program Manager RSAT  
Counseling and treatment Services  
Tucson Complex, Manzanita Unit  
(O) 520-574-0024 x37489  
(C) 602-856-5406  
[Ineil@azadc.gov](mailto:Ineil@azadc.gov)

Sharon Sherrill  
520-282-3752

# County Jail Program



## Coconino County Jail

Formerly funded RSAT program

### OVERVIEW

The RSAT Program at the Coconino County Jail (CCDF) is known as the Exodus Program. CCDF has three housing units dedicated to substance use disorder (SUD) treatment; two for men and one for women. The dedicated RSAT unit currently serves 22 men.

The Exodus Program was first funded and began accepting participants in 2011. In addition to BJA funding, the program receives some funding from the Arizona Community Foundation for participants' rent at sober living facilities, as well as travel and/or hotel costs if needed.

The program is currently on hold as RSAT participants were released due to COVID-19 protocol. The unit is currently being used as a quarantine dorm.

### ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Men who enter the Exodus Program must have a substance or alcohol use disorder (SUD/AUD). Prior to admission into the program an individual takes a drug test and is interviewed by an Exodus counselor to determine if they are experiencing any behavioral issues that might acutely disrupt the therapeutic community. Additionally, the individual must be on the path to probation or currently on probation and scheduled to be released back into the community within 3 to 4 months. The program length is typically 90 days.

### MODALITY OF RSAT PROGRAM

The Exodus Program at the CCDF is a therapeutic community. There is a continuous rolling curriculum that individuals can join at any point in the program. There are no stages or phases of treatment. The program employs evidence-based and trauma-informed modalities such as:

- The Matrix model [Hazelden], which combines cognitive behavioral counseling and motivational interviewing;
- Seeking Safety [Treatment Innovations – Lisa Najavits]; and
- SMART Recovery.

Counselors use recovery and sobriety-based conversations to shift an individual's behaviors and perspectives. Individuals participate in psychoeducation and/or processing groups daily,

as well as weekly expressive art and writing classes, parenting classes, 12-steps meetings, meditation, and talking circles.

A typical day consists of:

1. 9 a.m. morning inspirational readings.
2. Two 1.15-hour classes.
3. Break for lunch.
4. Two additional 1.15-hour classes.
5. Program ends at 3 p.m.

Graduation from the program requires the individual to have fully participated in all aspects of classwork throughout the duration of their treatment and to have completed a relapse prevention worksheet.

## CONTINUING CARE/REINTEGRATION

Exodus has been a part of the Flagstaff community for 13 years. Over this time the program has established and maintained relationships with other community stakeholders, social service providers, and local resources that are critical bridges for the success of individuals after release. These resources include probation services, mental health, and counseling services. The Exodus Program has developed a nearly seamless relationship with their Probation Department focused on helping their clients sustain recovery and prevent recidivism.

RSAT case workers meet with participants prior to their release for an exit interview to develop a plan for release. The case worker assesses the participant's needs and connects them to sober living houses, long-term housing, clothing, medical services, and other community resources. If there is money in the budget, participants receive 1 month's rent to help with post-release housing.

## PROGRAM HIGHLIGHT

The Exodus Program has culturally response programming that includes access to sweat lodges on a voluntary basis when possible.

The Exodus Program encourages past graduates to mentor participants by sharing their experiences during treatment and after release.

## PROGRAM CONTACT INFORMATION

Michael Vaughan  
Exodus Substance Abuse Counselor  
928-226-5323  
[mvaughan@coconino.az.gov](mailto:mvaughan@coconino.az.gov)

*Information updated 5/15/2020*



## Yavapai County Jail FY2024 RSAT funded program

### OVERVIEW OF PROGRAM

The Yavapai County Jail (YCJ) RSAT Program is known as the Reach Out Program. The program's goal is to improve cross-system collaborations to reduce involvement in the justice system by people with mental and substance use disorders. The Reach Out Program offers individualized care coordination and release planning for participants beginning immediately upon booking. The program provides coordination of treatment connections and diversions to participants while they are incarcerated and links them to treatment and resources upon their release from custody. This program is a cross-collaborative initiative with a variety of stakeholders in Yavapai County and is available to all individuals at YCJ.

As of October 5, 2023, the jail's daily population was 529. The number of participants in the Reach Out Program is fluid. There is no separate housing unit for program participants. There is a designated office for the staff to conduct screenings and address the needs of program participants.

The Yavapai County Sheriff's Office utilizes Arizona RSAT funding to enhance the existing Reach Out Program. Other funding is provided by the Arizona Criminal Justice Commission (ACJC), Arizona Health Care Cost Containment System (AHCCCS), State Opioid Response (SOR) grant, as well as the NARBHA Institute Arizona Attorney General's Office, and Arizona state legislation.

### ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Every inmate admitted into the YC Jail will complete to a Medical History and Screening by Wexford Medical professionals. Every inmate admitted into the YC Jail will have the opportunity to participate in a Release Coordination Screening by Inmate Services Staff. Inmates found to be addicted to or utilizing opiates will be undergo the Clinical Opioid Withdrawal Screening (COWS) to ascertain the appropriate medical treatment needed inside the facility. Participants in an active withdrawal will be housed in the infirmary while receiving the detox protocol from our medical staff. Inmate Services Staff will ensure enrollment for qualified inmates into the state Medicaid system prior to release from custody. Consultation will occur with the Medicaid health plans to identify and reach out to the appropriate substance abuse disorder provider or inmate provider of choice.

Inmate Services Staff will facilitate the development of Individualized Treatment Plans through the Substance Abuse Treatment Providers and immediate connections to Peer Support Specialists through the local peer run agency. If possible, the Inmate Services Staff will assist in implementing medically assisted treatment while the inmate is in custody through coordination with Wexford Medical Staff. Inmate Services Staff will participate in discharge planning with treatment providers and coordinate the release of inmates utilizing assessments and treatment plans, including any needed treatment to health homes and substance abuse treatment centers. Inmate Services Staff will arrange for transitional housing, peer support, and transportation to treatment if needed.

## **MODALITY OF RSAT PROGRAM**

The participants are provided evidenced-based services, trauma informed care and are offered Vivitrol and Naloxone prior to and after release if necessary. Inmate Services staff are regularly trained in using a trauma informed approach, motivational interviewing, Mental Health First Aid and Crisis Intervention Teaming.

To enable easy access to care and enhanced coordination between jail staff and behavioral health service providers, the Yavapai County Sheriff's Office built a Connections Center next door to the newly built jail in Prescott and is managed by Yavapai County Health Services. This separate standing building includes a variety re-entry services through partnerships with community-based service providers. Being next door to the jail makes it easy for people to connect with social services and integrated healthcare immediately upon release from jail – capitalizing upon an important window of opportunity for engagement. This center is prepared to meet the needs of high-risk individuals to reduce recidivism and justice involvement, and/or prevent justice system reentry.

Through funding from the Arizona Attorney General's Office, Yavapai County Camp Verde Detention Center has begun a remodel to incorporate a Reentry Center with the same model and goal. The reentry portion of the center will provide a physical location for community agencies to meet releasing citizens where they are and conduct on-site intakes, assessments, and other care management services to support behavioral health, housing, employment, transportation, and other needs.

## **MAT PROGRAMMING**

For women who are pregnant and have met requirements, YCJ/Wexford has Subutex available and could possibly provide Methadone through coordination with a community provider. For all individuals, we have Vivitrol available under certain circumstances for those who will be releasing into the community. Naloxone is offered to be placed into an individual's property if they meet that requirement upon screening. Further coordination occurs with community substance use treatment providers to connect participants to additional medically assisted treatment immediately upon release.

## **CONTINUING CARE/REINTEGRATION**

If a participant requests SUD treatment the Inmate Services staff discusses community provider options and begins care coordination prior to release. Inmate Services Staff participate in discharge planning with appropriate treatment providers and coordinates the release of individuals utilizing the



treatment providers' assessments and treatment plans. Staff will arrange for transitional housing such as behavioral health homes and or substance abuse treatment centers as well as referrals to peer support groups. Staff will also ensure enrollment for qualified participants into AHCCCS (the state Medicaid System) prior to release. All participants are offered Naloxone kits upon release. When asked, the program states that they try to partner with tribal neighbors to help connect tribal community members to service options. Lastly, the program is partnering with a Northern AZ University PhD fellow whose research is focusing on the program and specific needs of the female populations.

## CONTINUING CARE PROVIDERS

### Spectrum Healthcare Group

928-634-2236  
April Rhodes, CEO  
[april@spectrumhg.org](mailto:april@spectrumhg.org)

Shawn Hatch, Regional Vice-President  
[shawnh@spectrumhealthcare-group.org](mailto:shawnh@spectrumhealthcare-group.org)

### Polara Health

928.445.5211  
Tamara Player, CEO  
[t.player@polarahealth.com](mailto:t.player@polarahealth.com)

Erin Kantor, CCO  
[e.kantor@polarahealth.com](mailto:e.kantor@polarahealth.com)

### Southwest Behavioral Health

Loretta Holdsworth, Program Director  
[LorettaH@SBHSERVICES.ORG](mailto:LorettaH@SBHSERVICES.ORG)

## PROGRAM CONTACT INFORMATION

Linn Montjoy  
Manager Inmate Services Bureau, Program Manager Inmate Services Division Yavapai County Sheriff's Office  
928-554-8886

[LINN.MONTJOY@YAVAPAI.AZ.GOV](mailto:LINN.MONTJOY@YAVAPAI.AZ.GOV)

Beya Thayer  
Director of Behavioral Health Services, Yavapai County Sheriff's Office  
928-554-8820

[Beya.Thayer@yavapaiaz.gov](mailto:Beya.Thayer@yavapaiaz.gov)

*Information updated 12/5/2023*

# Juvenile and Young Adult Program



**Adobe Mountain School**  
FY2024 RSAT funded program

## OVERVIEW OF PROGRAM

Adobe Mountain School is a secure-care facility operated by the Arizona Department of Juvenile Corrections, which provides supervision, rehabilitation, education, and evidence-based treatment to address criminogenic and non-criminogenic factors to youth ages 14 to 18 (age 19 for youth designated as Extended Jurisdiction). The RSAT Program, known as the Substance Use Disorder Treatment Program, provides evidence-based services and trauma-informed care in two dedicated housing units: Freedom and Hope. The program currently serves 21 youth with co-occurring disorders (COD). The program was first funded and began admitting participants around 1997.

There are 14 in-house staff including psychiatrists who assist with the treatment of co-occurring disorders such as depression and anxiety. Staff utilizes the Seven Challenges Curriculum [Robert Schwebel Ph.D.] in the secure care facility.

Participants in the RSAT program most commonly have a history of one or multiple substance use disorders, including alcohol, cannabis, opioids, stimulants, or other substances.

## ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

All residents are screened for the substance use disorder treatment program upon intake. Screening involves:

- The Adolescent Substance Abuse Subtle Screening Inventory (SASSI-A3);
- A structured clinical interview to determine the presence of DSM-5-TR substance use disorder (SUD) and severity; and
- Determination if substance use plays a significant role in offending behavior, is life or health-threatening, or has a negative impact on their mental health.

Other eligibility criteria include an expected length of stay between 6 and 12 months, the minimum time to complete the treatment plan. Individuals who have identified sexualized behavior treatment needs that might be better served on the Sexually Abusive Behaviors treatment unit are not eligible.

The screening information is one of many assessment tools used to assign the youth to one of four substance use classifications. Those in the highest-level classification are enrolled in the RSAT Program, designed to be completed in 6 to 12 months.

## MODALITY OF RSAT PROGRAM

All ADJC treatment programs, including the Substance Use Disorder Treatment Program, follow the five-level phase system. All phases have behavioral, educational, and treatment requirements for the youth to advance to the next phase.

- The *acknowledgement* phase focuses on acknowledging problem behaviors and taking accountability.
- The *understanding* phase focuses on understanding the reasons behind behaviors and their impact on the individual and others.
- The *application* phase gives youth the opportunity to apply and practice the new prosocial skills they have been taught.
- The *demonstration* phase requires youth to consistently demonstrate the use of new prosocial skills in previously problematic situations and develop a success/relapse prevention plan.
- In the *re-entry* phase all treatment has been completed, a release board is scheduled, and the success/relapse prevention plan continues to be reviewed and improved.

Youth have an opportunity to engage in a variety of treatment modalities. The primary modality for substance use is *The Seven Challenges* curriculum. The curriculum includes working sessions, journal groups, dialectical behavior therapy skills training groups, and aggression replacement training. A typical day consists of:

1. Wake up at 6 a.m., eat, and prep for classes.
2. Attend school to earn credits toward their high school diploma.
3. Break for lunch and recreational activities.
4. Attend treatment groups.
5. Responsibility time to finish up any treatment work and engage in other activities.
6. Dinner and showers.

Youth in the RSAT program must complete the phases previously discussed and complete The Seven Challenges program, Dialectical Behavioral Therapy (DBT) skills training groups, and, if assigned, Aggression Replacement Training.

## **MAT PROGRAMMING**

Medications for opiate use disorder are prescribed on a case-by-case basis. ADJC does not use Methadone; however, youth who arrive with a prescription for Naltrexone or Buprenorphine will be continued on their medications. In some instances, Naltrexone and Buprenorphine may be initiated by both psychiatrists and medical providers trained in the use of the medications in the treatment of patients with substance use disorder (SUD) utilizing Medications for Opioid Use Disorder (MOUD) based on current clinical guidelines.

Youth who are identified with a SUD or at risk for SUD are provided with naloxone (Narcan) upon discharge, a pre-release training on how to administer naloxone, and the Narcan Leave Packet, which for additional Narcan, and a two-dose pack of nasal Narcan for administration in an overdose emergency.

RSAT drug testing at the facility is coordinated through health services and our specialized substance abuse housing units. Health services receive a randomized list from the specialized housing units, and the health services unit collects urine samples to test monthly. Any positive sample results prompt an immediate medical evaluation and repeat testing.

## **PROGRAM HIGHLIGHT**

Participants engage in a “multidisciplinary staffing” every 30 days in which members of the residential treatment team meet with parents, parole officers, the Department of Child Safety (DCS), and other community members to discuss treatment progress and organize the participant’s reentry into the community. The Parole Officer begins developing the parole plan and ensures that services are set up well before a youth’s release.

## **PROGRAM CONTACT INFORMATION**

Raymonda Matheka- Clinical Director  
Arizona Department of Juvenile Corrections  
2800 N. Pinnacle Peak Road  
Phoenix, AZ 85027  
623-869-9050  
Rmatheka@azdjc.gov

*Information updated 2/6/2024*

## Continuing Care Program



**Chicanos Por La Causa Inc.**

**FY2024 RSAT funded program**

### OVERVIEW OF PROGRAM

Chicanos Por La Causa (CPLA) runs a continuing care program called Corazón that utilizes RSAT funding to cover up to 30 days of residential substance abuse treatment for individuals with history of incarceration within the past year. Corazón is a Commission on Accreditation of Rehabilitation Facilities (CARF) Accredited program with a 30-year history of providing behavioral health and substance abuse services individuals struggling with addiction. Corazón is a client-centered, multi-cultural and bilingual residential substance abuse treatment center.

Corazón offers a wide range of services utilizing a variety of treatment modalities and approaches to deliver behavioral health services that are effective and meets the needs of the individual person. The Corazón program includes a Level II substance abuse residential treatment program with treatment length of stay being a minimum of 30 days, and then further determined by the client, his supports, and Corazón treatment team.

In December 2022, Corazón opened their doors to their first Transitional Housing. The housing allows Corazón clients to transition into a sober environment in which they can work, obtain outpatient treatment, attend meetings, and obtain support for CPLC staff.

### ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Eligibility for Chicanos Por La Causa's Corazón program says the person is eligible if they are struggling with a substance use disorder, male over the age of 18, meet ASAM criteria for residential services, and are open to recovery.

Assessment and screening tools used by Corazón are the American Society of Addiction Medicine Criteria (ASAM), Columbia Suicide Risk Rating Scale, Patient Health Questionnaire (PHQ-9), PREPARE, the University of Rhode Island Change Assessment Scale (URICA-32), and Core Assessment.

While in residential treatment, clients are assigned to a counselor, obtain group/individual counseling, case management, peer support services, peer run meetings, and nursing assessment.

## MODALITY OF RSAT PROGRAM

Participants complete the program in an average of thirty days. Clients are provided with three meals every day, evening snacks, therapeutic groups twice a day, nightly Alcoholics Anonymous/Narcotics Anonymous peer run meetings, peer support and counselors 7 days a week, and case management as needed.

The Corazon program uses evidence-based treatment services such as motivational interviewing and the cognitive behavioral model with emphasis on client center approaches. Corazon also practices psycho-educational and didactic format coming from a holistic approach (treating mind, body, spirit, and relationships) including sweat lodge.

Corazón utilizes peer mentor support services throughout the program. In addition to providing one-on-one support and facilitating meetings, peer mentors help connect clients with outside resources such as: sponsors, meetings, taking participants to church, connecting participants with potential employers/interviews, housing, and connecting participants to sober events in the community.

Corazón is a co-occurring facility and accept participants with Serious Mental Illness (SMI). Clients who are observed or express needing psychiatric evaluations are provided with referrals. The Corazón curriculum includes discussions on co-occurring disorders and their impact on substance use.

Trauma informed care is incorporated into the program through the clinician's use of therapeutic approaches such as Dialectical behavioral therapy, Cognitive Processing therapy, Narrative therapy, Somatic therapy, Mindfulness, Psychotherapy, Psychodynamic therapy, and Family Therapy. Trauma informed care is incorporated from the environment to client interactions. Clinicians are also required to complete continued education and trainings within the agency which include modalities for trauma informed care.

## MAT PROGRAMMING

Program participants are offered Naltrexone (Vivitrol), Buprenorphine (Suboxone, Subutex, Sublocade), and Methadone. For continuation of medications, the program has an established relationship with MAT clinics so that participants are able to have their medications delivered while in treatment. Corazón assists clients with scheduling appointments, transportation, coordination of care, and deliveries while at treatment. In addition, nursing staff coordinates with MAT clinics if participants are needing assistance with establishing themselves in a MAT clinic.

For participants to be induced on the above medications, a SOWS/COWS assessment is conducted by clinicians and nurses and then if appropriate, Corazón nurses will connect the members with clinics that are able to take them either same day or next to obtain MAT services.

In addition, individuals are provided overdose education training and are provided with information on how to obtain Narcan, as well as being connected to nursing staff that can connect them with clinics offering Narcan.

## PROGRAM CONTACT INFORMATION

Mercedes Hernandez, Program Director  
Chicanos Por La Causa Inc.  
3639 W. Lincoln St  
Phoenix, AZ 85009  
602-233-9747  
Mercedes.Hernandez@CPLC.Org

*Information updated 3/4/24*