



# Delaware

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CONTINUING CARE/REINTEGRATION PROGRAM  
Delaware Department of Corrections New Choices Program

JUVENILE AND YOUNG ADULT PROGRAM  
The Ferris School

# Continuing Care/Reintegration Program



## Delaware Department of Corrections - New Choices Program

FY2024 RSAT funded program

### OVERVIEW OF PROGRAM

New Choices is an alternative-to-incarceration program for pregnant women overseen by the Delaware Department of Correction (DDOC) supervision. The New Choices program operates as a partnership between Gaudenzia, Inc. and DDOC.

The program is designed to serve up to 20 residents during the contract year and can house up to 5 residents at a time. This program provides secure, supervised housing for expectant and postpartum women with substance use disorder (SUD). Treatment comprises of high- and low-intensity ASAM levels of care using cognitive-behavioral interventions that focuses on recovery-oriented interventions. Residents participate in individual and group sessions, attend parenting education, receive prenatal care and postpartum care, and trauma therapy.

The New Choices program has a case manager assigned to each resident, who addresses the resident's needs through comprehensive trauma-informed assessment, and case planning that is responsive to their primary criminogenic and service needs. In addition, residents have access to community programs for medication-assisted treatment and professional Doula services to support women before, during and after delivery.

The New Choices Program first received funding in 2014 and began admitting participants that year.

### PROGRAM HIGHLIGHT

New Choices is a two-phase ASAM certified treatment program offering individualized levels of care where mom can reside with her baby and up to two other children.

## ELIGIBILITY CRITERIA SCREENING/ASSESSMENT, AND TREATMENT PLANNING

New Choices accepts referrals of justice-involved women who are within four months of their due date, are identified as at-risk of relapse or reincarceration, and have a primary substance use diagnosis. Residents receive a risk assessment, a biopsychosocial assessment, and psychiatric evaluation following admission.

Residents are also screened for post-traumatic stress and severity of substance use. The assessments, collateral information (i.e. LS/RNR), and the resident's feedback are used to inform the development of an individualized treatment recovery plan. Treatment can last from 4 months up to a year.

There are two phases of treatment:

- **Phase I:** High-Intensity treatment: ASAM 3.3 Level of Care: Represents the initial assessment and treatment plan phase. Residents are receiving and in need of intense individual and group therapy and medical management. The individual treatment recovery plan is initiated, along with random drug screening, parenting education, nutritional education, trauma therapy and routine psychiatric service.
- **Phase II:** Low-Intensity treatment: ASAM 3.3 Level of Care: Represents a step-down/outpatient level of care at which time the resident receives increased access to unsupervised community activities such as home visits, medical appointments, and employment. Residents continue with individual and group therapy, medication management, and psychoeducation programming. During this phase, residents are putting into action aspects of their recovery plan to ensure a smooth transition to independent living such as identifying pediatric, primary, specialist providers, and identifying behavioral health providers.

Treatment is reflective of clinical and recovery-focused services such as individual, group and family counseling, and education on health and wellness. In addition, each resident completes a discharge plan that represents demonstration of recovery strategies, positive family functioning, and parent-child well-being.

## MODALITY OF RSAT PROGRAM

New Choices is a residential substance abuse treatment program offering trauma-informed, evidence-based care. Gaudenzia, Inc. is the provider of service. Residents receive individual, group therapy, and psychoeducation in the residence, and receive medication-assisted treatment and specialty medical care from community providers. In addition, residents have access to educational supports and family reunification opportunities. Transportation to providers in the community is available for all residents.

Residents establish program completion following attainment of goals that include successful management of life skills, parenting, and recovery status

## MAT PROGRAM INFORMATION

Mothers may receive medication-assisted treatment (MAT) from the community provider of their choice in the local area.

## CONTINUING CARE/REINTEGRATION

Residents will work with their case manager to address transitional needs such as housing, employment, childcare, transportation, and healthcare services. The provider will arrange a warm hand-off to community services for continued care. Residents are provided a seven day and 30-day follow-up after completion of the program.

## PROGRAM CONTACT INFORMATION

Dr. Vanessa Bennifield  
Treatment Director of Bureau of Healthcare, Substance Abuse, and Mental Health Services  
302-857-5372  
[Vanessa.bennifield@delaware.gov](mailto:Vanessa.bennifield@delaware.gov)

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# Juvenile and Young Adult Program



The Ferris School

FY2024 RSAT funded program

## OVERVIEW OF PROGRAM

The Ferris School is an American Correctional Association (ACA) accredited, secure-care treatment facility providing services for up to 72 court committed males ages 13 to 18. The average length of stay is 6 months to a year. Youth admitted to the Ferris School are identified as having serious and/or chronic criminal histories who pose a risk to themselves or others and require intensive rehabilitative treatment.

The Ferris School first received RSAT funding and began the current programming in 2014. The Division of Youth Rehabilitative Services (YRS) currently uses their RSAT grant to fund clinicians to work with Level 5 youth with substance use disorders (SUD). The program uses *The Seven Challenges* curriculum [Robert Schwebel Ph.D] and serves those youth who are recommended for substance use treatment.

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

Students receive a comprehensive mental health and substance use evaluation upon admission to the Ferris School. Based on this assessment, students with a diagnosable SUD are referred to The Seven Challenges Program. These students meet individually with the substance abuse program administrator, who orients them to the program, including expectations and requirements.

Program participants are assigned to a group facilitator and attend weekly 1.5-hour group treatments. In addition, they receive individual counseling.

## MODALITY OF RSAT PROGRAM

The RSAT program at the Ferris School is a therapeutic community based on *The Seven Challenges* curriculum. *The Seven Challenges* is a comprehensive counseling program for young people that incorporates work on alcohol misuse and SUDs. It is designed to motivate youth to evaluate their lives, consider changes they may wish to make, and succeed in implementing the desired changes. It supports them in taking power over their own lives. *The Seven Challenges*

supports young people to address their SUDs and co-occurring disorders (CODs), life skill deficits, and situational and psychological problems.

Although counselors in the program provide a structure for groups and a framework for individual sessions, the content of each session is exceptionally flexible, in response to the immediate needs of the youth. Residents must meet all programmatic criteria, including regular attendance and participation in all group, individual, and family sessions (if parent(s) or guardian(s) want to participate); and a best effort in to complete a journal and *Moving On to New Challenges* packet. Participation is discussed monthly with members of the youth's treatment team.

## CONTINUING CARE/REINTEGRATION

Due to YRS policy, staff at the Ferris School are not allowed to follow residents after their discharge. The resident's probation officer and youth advocacy worker (YAP) provide a continuum of care for 6 months or longer. In some cases, facilitators will recommend SUD treatment providers in their home community.

## PROGRAM CONTACT INFORMATION

### **Megan Burrows**

Substance Abuse Program Administrator  
Division of Youth Rehabilitative Services  
959 Centre Road  
Wilmington, DE 19805  
[Megan.e.burrows@delaware.gov](mailto:Megan.e.burrows@delaware.gov)  
302-993-3807

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