



# Iowa

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JAIL PROGRAM  
Bridges of Iowa

# Jail Program



**Bridges of Iowa**

**Current FY2022 RSAT funded program**

## OVERVIEW OF PROGRAM

The RSAT funded program at Polk County Jail - Bridges of Iowa (BOI) has the capacity to serve 100 men and women. BOI also serves community members in need of SUD treatment within the same facility. BOI occupies an entire wing of the Polk County Jail and has separate access from the rest of the facility. The RSAT BOI Program provides services through a residential component which lasts for 30 days and through a 90–120-day community program which offers RSAT participants the opportunity to engage in pro-social activities in the community. There are also outpatient services available for RSAT Program participants. Both community treatment clients and RSAT participants attend the same groups, use the same curriculum, and benefit from the same therapeutic modalities of the program.

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

RSAT participants admitted to the Bridges Program have been detained at the Polk County Jail and have not yet been sentenced. While in jail and prior to sentencing, they are given an SUD evaluation based on ASAM criteria by Bridges staff. If they score moderate to severe on the Iowa Risk Revised screening instrument administered by the Department of Corrections, a recommendation is made to the court and the court determines eligibility based on the recommendations of the evaluation. Individuals must be age 18 or over and must be willing to participate in treatment.

Individuals are evaluated for co-occurring mental health disorders upon intake by Bridges Staff. If needed, Mental Health referrals are made to the Medical Director and the individual would be seen by the program's mental health provider. Diagnostic tools used to assess co-occurring disorders as well as substance withdrawal include: a Mental Status Exam, PHQ9 to assess depression, GAD7 assessment to measure generalized anxiety, Clinical Opiate Withdrawal Scale (COWS), CIWA assessment for alcohol withdrawal and Substance Cravings scale.

## MODALITY OF RSAT PROGRAM

BOI is a Therapeutic Community (TC) that utilizes cognitive behavioral treatments (CBT) and cognitive behavioral interventions (CBI) and a standardized curriculum throughout each program phase. BOI has the characteristics of a TC with the recognition of the participants as representatives of change and demonstrated progression in status and privileges. Evidence-based and promising practices are utilized throughout all components of the program. Individualized treatment plans are developed based upon collaboration with a participant and information accumulated through a biopsychosocial assessment and other screenings once an individual enters BOI and throughout the duration of the program. The program is open to both men and women and all staff are trained in trauma informed care. Trauma informed journals and education materials are a critical part of the program.

### **What We Can Learn from this RSAT Program**

This program has a robust plan of continuing care for participants post release through a partnership with a community-based organization that provides wraparound services for participants and their families for up to two years.

Clinical services are provided within the program and include psychological, psychiatric, and medical care. A strength of the program is that alumni from the program return to BOI to speak with participants about their personal success, participate in activities and attend graduations. These alumni have gone through peer support training but there are not formal peer support specialist roles in this program. Additionally, there are three staff integrated into the program who were former BOI participants. There are also 12-step sponsors that lead in-facility meetings and transport guests to outside support meetings.

The BOI RSAT Program utilizes a phase model which is tailored to acuity and individual needs. Clinical staff are trained in using the RSAT curriculum, assessments, Motivational Interviewing (MI), and other evidence-based interventions. Re-entry is an integral part of treatment plan development.

## MAT PROGRAMMING

Medication treatment for participants is decided on a case-by-case basis by the medical director, a board-certified physician and psychiatrist, who works the local hospital, Broadlawns Medical Center. Participants who are screened and determined to potentially need MAT are referred to the medical director, Dr. Wadle, through Broadlawns Medical Center. MAT is then managed through the medical center rather than at the residential center. Medications available to participants include Naltrexone and Sublocade. Sublocade can be newly prescribed or continued.

An outside expert trained all staff on Naloxone (Narcan) administration and then in house follow up trainings were conducted. The training is now part of the annual staff compliance training. Naloxone provision to participants before or after release is not available.

## CONTINUING CARE/REINTEGRATION

A significant strength of the program is a partnership with a community organization, St. Vincent de Paul which provides wraparound services for up to 2 years for individuals and families of BOI in addition to the many services provided within the program. RSAT participants benefit from outpatient treatment services in a community BOI program which allows for a seamless transition out of the residential facility and rapid transition into a higher level of care if an individual experiences relapse or other issues upon reentry. There are no co-occurring groups or trauma informed programming offered at this time.

BOI staff and St. Vincent de Paul staff provide wraparound services for 6 months to 2 years for both individuals and families of BOI participants. There are a variety of services and pro-social programming which include parenting and financial education, food and clothing, transportation, employment, and vocational training. Case management staff coordinate reintegration needs including providing medical referrals and making appointments prior to release when possible. There is a 100% success rate of participant employment upon reentry.

Staff conduct aftercare updates and progress checks on participants for up to twenty-four months. Once discharged, surveys are sent to RSAT participants monthly for a period of up to five years to maintain communication and an “open door” if an individual needs support.

### PROGRAM CONTACT INFORMATION

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*Information updated 12/26/23*