



Indiana

PRISON PROGRAM

Indiana Department of Corrections

COUNTY JAIL PROGRAM

Kosciusko County Jail

AFTERCARE PROGRAM

Bartholomew County Corrections Center

Prison Program



Indiana Department of Corrections

FY2024 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at the Indiana Department of Corrections (IDOC), “Recovery While Incarcerated,” is a six-month long program that began in 2021. The IDOC has been providing treatment for decades, but the current treatment model was implemented in 2021 and is based on the most up to date community practices. The current treatment model is based on the individual and unique needs of each patient. Group sessions, individual sessions, peer services, and digital based resources are available in the program.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

The program uses multiple screening tools to assess eligibility for the program. These include the Texas Christian University Drug Screen 5 (TCUDS-5), the Drug Abuse Screening Test (DAST-10), and the Alcohol Use Disorders Identification Test (AUDIT).

MODALITY OF RSAT PROGRAM

The program lasts an average of 6 months and does not currently operate as a therapeutic community. Group treatment sessions with addiction recovery staff are an essential part of the program as well as peer services provided by a Certified Addiction Peer Recovery Coach. Peer recovery coaches lead group and individual sessions. They work with staff to develop relevant topics of discussion for groups as well as resources needed for the participant population.

Mental health recovery staff also work to provide the evidence-based curriculum to ensure the program is addressing the needs of participants with co-occurring mental health disorders. Trauma

What We Can Learn from this RSAT Program

Trauma informed care as well as collaboration with mental health staff is provided to ensure individualized treatment for individuals with co-occurring mental health disorders; and digital technology is used in conjunction with traditional treatment through “Breaking Free” digital modules.

informed care is incorporated into the program in groups and individual sessions as needed. Treatment interventions in the program include:

- Dialectical Behavior Therapy
- Twelve Step Facilitation by Hazelden Publishing
- Breaking Free Online

MAT PROGRAMMING

Program participants have access to naltrexone, buprenorphine (Suboxone, Subutex, Sublocade), and methadone as part of their treatment. These medications are available for continuation if a participant already has a prescription for them prior to starting the program and new induction. Individuals are also provided with overdose education at multiple points during the program and provided with naloxone (Narcan) upon release.

CONTINUING CARE/ REINTEGRATION

Areas considered as part of reentry planning by the program include medical care such as addiction recovery and mental health services, housing, employment transportation, technology access and family support. Medication continuation is planned by providing assessments and referrals during incarceration and scheduling appointments for participants with community providers upon release. There is a Transitional Health Team that provides referrals and resources for participants to increase their chance of successful release into the community.

PROGRAM CONTACT INFORMATION

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County Jail Program



Kosciusko County Jail

FY2024 funded program

OVERVIEW OF PROGRAM

The RSAT Program in the Kosciusko County Jail is known as the Jail Chemical Addiction Program (JCAP). The program has one male and one female group complete the program this year. Due to the overall inmate population increasing and limited space, the program is only able to run one group at a time with a maximum of 10 participants.

JCAP currently receives no RSAT grant funding. JCAP utilizes a grant through the ISA to cover the cost for mental health services. Additional funding comes from private and corporate donors

Grant funding is used to support mental health services and substance use disorder group master's level counselors. There are currently two counselors serving JCAP. The program also employs additional class instructors for ServSafe certification, INWork Job Readiness, Be Heart Smart, art therapy, and high school equivalency tutoring.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

JCAP is open to all individuals at the Kosciusko County Jail. Potential participants fill out a pre-application, which includes questions about residency, level of offenses, length of sentences or anticipated length of stay, history of sexually related or violent offenses, cases or holds in other counties, Department of Child Services or CASA cases, level of charges, veterans' information, and whether they have received their GED or high school diploma. The second page of the application asks for detailed information on charges and why they feel they would be a good fit for JCAP.

What We Can Learn from this RSAT Program

To fulfill the community service requirement of MRT, the program offers a unique opportunity for participants, who during their second phase of treatment, volunteer at a local animal shelter.

Once the pre-applications are received, the jail commander and JCAP coordinator screen individuals who do not have enough time to complete the program, have a history of sexually related or violent offenses, are not residents of Kosciusko County, or do not have any drug- or alcohol-related charges. A list of eligible candidates is then sent to the JCAP committee for review. Once committee members review the candidates, a meeting is held to discuss the best participants for the program based on history, desire, and possibility of future modification to either work release, community corrections, or probation. Selected candidates are then presented with a full application that includes consent forms, notices to counsel and the prosecuting attorney, zero-tolerance rules, a media release form, release of confidential information, client's rights form, and the CRAFFT screening tool.

Every program participant must have a history of drug or alcohol abuse, show considerable need through the CRAFFT screening tool, express a sincere desire to utilize the programs offered through JCAP, have at least four months left on their sentence, and be a resident of Kosciusko County.

Treatment plans are developed by the JCAP coordinator and the mental health professionals together with individual participants. They focus on past trauma, family relationships, personal mental health issues, future goals, and specific reentry plans. Treatment plans will constantly evolve as individual participants move through the program.

Individuals enter JCAP at the same time, attend and complete classes at the same pace, and graduate together. Having everyone start at the same time builds unity among participants both during the program and after release. It also makes offering high school equivalency (HSE) tutoring, ServSafe certification, Grace College certificate classes, and CORE Mechanical's Intro to Construction classes easier to navigate and schedule.

MODALITY OF RSAT PROGRAM

JCAP is a therapeutic community utilizing evidenced-based treatment and trauma-informed care, as well as cognitive behavioral therapy (CBT) and evidence-based treatment programs such as Moral Reconciliation Therapy (MRT) and the Matrix Model. Each participant's Adverse Childhood Experiences (ACE) score is also used to determine the best treatment.

Classes and groups include a balanced program divided evenly between recovery-based classes, individual counseling, and life skills focused classes.

Recovery-based services include MRT, Matrix, individual counseling, process group, Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Self-Management and Recovery Training (SMART) Recovery, Co-Dependents Anonymous (CoDA), Seeking Safety, Boundaries, Self-Esteem, and Celebrate Recovery.

For the community service component of MRT, participants work at a local animal shelter cleaning and walking dogs. Life skills services include a hospitality certificate (females), a logistics certificate (males), parenting classes, HSE tutoring and test, Be Heart Smart, job readiness classes, Introduction to Construction, ServSafe and ServSafe managers courses, fitness classes, art therapy, banking 101, personal finance, Diet and the Mind, and Navigating Health Care.

JCAP participants' days vary greatly. Individuals attend two hours of group counseling five days a week (one day each of MRT and process group and three days of Matrix). Each participant attends

individual counseling once a week. The other three to five hours a day are made up of life skills services. JCAP works with local community organizers to bring in guest speakers as often as possible.

To graduate, participants must complete all 12 of the MRT steps, attend all required classes and counseling services, receive no more than three minor write-ups for discipline infractions, and complete a comprehensive relapse prevention plan.

The graduation ceremony is attended by all class instructors, community contributors, and financial backers, as well as the sheriff, mayor, chief of police, county council members and commissioners, representation from local recovery homes and treatment centers, local media outlets, law enforcement officers, and other prominent community leaders.

CONTINUING CARE/REINTEGRATION

Each JCAP participant writes and reviews his or her own relapse prevention plan (RPP) and discusses personal needs, goals, and potential problem areas with the JCAP coordinator and mental health professionals. RPPs are completed under the care of mental health providers and those plans follow the participant to the Kosciusko County Work Release Center (if their sentence permits) where they then continue to work on the goals and boundaries set in the RPP with a full-time mental health counselor.

Intake is done with the Beaman Home, a local domestic violence shelter, during CoDA, Boundaries, and Self-Esteem classes. The intake allows participants access to all of Beaman Home's classes and counseling services, including services for the participants' children. JCAP works with local sober living homes and treatment facilities to find appropriate housing and/or treatment.

Combined Community Services, a local resource for self-sufficiency programs, emergency assistance, housing guidance, and direction to other local resources, meets with JCAP participants toward the end of the program to discuss their services and hand out information. A Bridge to Hope offers recovery coaches, free of charge, to all JCAP graduates. Work One starts paperwork with each participant and follows up with them after release to assist with job placement and continued educational needs. Work One also pays for HSE testing for program participants. Local human resource directors teach a 10-week job-readiness class and the Purdue Extension Office teaches INWorks, another job-readiness course. Both culminate in mock interviews with 12-15 local human resource directors, hiring managers, and general managers; many participants have gone on to work for some of these employers.

New Life Christian Church & World Outreach offers spiritual classes as well as a Celebrate Recovery group; although the classes are not mandatory, there has been 100% attendance. New Life offers help to individuals with such re-entry needs as housing and transportation.

Ivy Tech Community College meets with participants during the last month of the program to discuss further education options and provides information on grant-funded certificate programs that have been identified in the community as high need and/or high paying. Lutheran Health Network offers a four-session class on navigating the health care system. Delta Fitness provides JCAP participants with access to yoga and HIIT classes. CORE Mechanical teaches an Introduction to Construction course that paves the way for further instruction for graduates upon their release.

The program has also implemented a family support group for the loved ones of those in JCAP. Helping the families understand healthy boundaries, good communication techniques and how to spot a mental relapse has proven quite effective in aiding the transition from corrections to community for our graduates and their families.

Kosciusko County JCAP also has a mentor program in place to help graduates upon release. Mentors become friends and can be utilized as a resource for life questions that graduates may need help with. Mentors attend a training and are introduced to the JCAP participants while they are still incarcerated and begin to build a relationship throughout the last month of the program.

MAT PROGRAMMING

Kosciusko County JCAP program has not implemented any medication assisted treatment to date but hopes to work with their employed mental health professionals to incorporate this in the future.

PROGRAM CONTACT INFORMATION

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Aftercare Program



Bartholomew County Corrections Center

FY2024 RSAT funded program

OVERVIEW OF PROGRAM

In March 2011, Bartholomew County Court Services partnered with the Community Corrections Center and began operating their Women Recovering with a Purpose (WRAP) program. Then, in February of 2019, the equivalent continuing care program for men, Recovery Enables A Life for Men (REALM), began. These RSAT-funded continuing care programs provide therapeutic, residential substance abuse treatment and case management services to non-violent female (WRAP) and male (REALM) offenders who have substance use and often co-occurring disorders and a high risk of repetitive criminal behavior.

The risk of recidivism and commitments to local jails and Indiana DOC is reduced by implementing a linguistically and culturally competent residential Substance Abuse treatment program for both female and male offenders and maintaining community-based aftercare services for women and men who successfully complete the residential program. This joint effort by Bartholomew County Corrections Center (BCCC) and Centerstone, a comprehensive treatment facility, with referrals from both Bartholomew and Monroe counties' criminal justice systems, aligns with Indiana's court strategies to utilize problem-solving and alternative sentencing solutions and to form/solidify partnerships with community providers.

Since the WRAP program's implementation in 2011, 69% of the women who have entered the WRAP program are either still active or have successfully completed the year long program. In 2023, the program celebrated its 153rd successful program graduate.

Since the REALM program began in 2019, they have had 44 participants successfully complete the program, and held two graduation ceremonies in 2022 and 2023.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

To be eligible for both the WRAP and REALM programs, an individual must be considered at high risk to reoffend and diagnosed with a substance use or co-occurring mental health and substance use disorder (COD), as well as they must have been court ordered to complete the program. Staff at both programs use the Indiana Risk Assessment System (IRAS) tool, the Texas Christian University's (TCU) Client Evaluation of Self and Treatment-Intake Version Intake Version (CJCEST-Intake), the TCU Offender Functioning in Treatment (CJ-CEST), and the TCU Criminal Thinking Scales (CTS) to assess and screen program participants.

Treatment services available within the WRAP program include the Residential Drug Abuse Program (RDAP), Texas Christian University Mapping Enhanced Counseling, University of Cincinnati's Cognitive Behavioral Intervention (CBI-Core), Seeking Safety, Helping Women Recover, and Moving On.

Treatment services available within the REALM program include the National Fatherhood Initiative's InsideOut Dad Curriculum, Texas Christian University (TCU)'s Mapping-Enhanced Counseling, University of Cincinnati's Cognitive Behavioral Intervention Comprehensive Curriculum (CBI-CC), The Federal Bureau of Prison (BOP)'s Residential Drug Abuse Program (RDAP), and The Change Companies Changing Offender Behavior Curriculum, which is a cognitive-behavioral, evidence-based program that helps offenders recognize and practice responsible behavior.

MODALITY OF RSAT PROGRAM

For both WRAP and REALM, residential services will be provided for 4-6 months, followed by 6-8 months of aftercare services, including day reporting with Community Corrections/intensive case management, for a total of 12 months of services. The staff utilize all of the treatment services listed above, respective to each program. Individuals with co-occurring disorders in the WRAP or REALM programs are supported through classes and appointments with the Clinical Coordinator. Trauma-informed care is incorporated into WRAP through the Seeking Safety classes. Trauma-informed care is incorporated into REALM through the Helping Men Recover classes.

Assessment, case management, individualized treatment planning, the transition process (including the participant's goals and objectives for returning to the community), and routine/random urine drug and alcohol testing begin at the time of referral and continue throughout program engagement. A Program Director, Clinical Coordinator, Case Manager, and Residential Officers provide the services for the respective WRAP or REALM programs.

MAT PROGRAMMING

Both WRAP and REALM program participants have access to Naltrexone and Buprenorphine (Suboxone, Subutex, Sublocade). These medications are available for continuation. In addition, these medications are available for induction, and the WRAP or REALM program would set them up

with their medication prior to leaving the residential portion of the program. Naloxone is provided to individuals by their MAT provider.

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