



# Maryland

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## PRISON PROGRAM

Baltimore County Department of Corrections

## CONTINUING CARE/REMIGRATION PROGRAM

Prince George's County Corrections

My Covenant Place

## Prison Program



### Baltimore County Department of Corrections Formerly Funded RSAT Program

#### OVERVIEW OF PROGRAM

The RSAT Program at the Baltimore County Detention Center (BCDC) is a separate 45-bed unit at a facility with 1,500 residents. There are currently only 13 clients enrolled in the program because of the COVID-19 pandemic. Typically, 30 to 45 individuals participate at one time. The RSAT Program provides evidence-based and trauma-informed services to individuals with co-occurring disorders (COD). Medication-assisted treatment (MAT) is offered at the facility.

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

Individuals entering Baltimore County Detention Center receive a mental health screening and other assessments that include the Addiction Severity Index (ASI), Level of Services Inventory (LSI-R), Mental Health Screening Form-III (MHSF III), Criminal Thinking Scale (CTS), University of Rhode Island Change Assessment Scale (URICA) and the Texas Christian University (TCU) assessment.

Referral to the program is generally court ordered. Participants must score between a 6 and 9 on the TCU assessment or have a BCDC-approved clinical override. The typical length of stay in the RSAT Program is 6 months.

#### MODALITY OF RSAT PROGRAM

The RSAT Program is a therapeutic community. The programming is divided into three progressive phases that focus on criminal thinking, criminogenic needs, thinking errors, and reentry issues. RSAT staff and peers address chemical dependency, life skills (e.g., responsibility, time management, positive work habits, teamwork), and relapse prevention.

Each phase uses approved curricula and includes clear, measurable clinical interventions and individualized personal objectives, levels of responsibilities, expectations, and privileges. Gaudenzia Inc. utilizes cognitive behavioral, risk factors, criminogenic thinking, and other best practices approaches to motivate and rehabilitate participants.

To complete the treatment phase of the program, a participant must show considerable positive change and demonstrate prosocial thinking, attitudes, and behavior. The individual must have substantially achieved most general and individualized treatment goals and objectives according the TCU phase change form, demonstrate personal self-discipline and commitment, and complete required assignments.

On a regular basis, program participants attend a variety of life skill seminars, including:

- Anger management and dealing with authority;
- Improving family connections and family involvement;
- Preventing domestic violence;
- Learning parenting skills;
- Communication and listening skills;
- Problem solving and decision making;
- Personal goal setting;
- Budgeting, financial planning, bank accounts, and saving/investing;
- Constructive leisure time activities;
- Changing behavior, being responsible, and being self-sufficient.

In addition, as part of continuing care planning, participants are referred to a variety of community agencies for appropriate follow-up as needed.

Program activities run from 8 a.m. to 6 p.m. Monday through Friday with activities on weekends. Activities include

- Morning meeting and/or morning “inspiration”
- Participant-led relapse prevention
- Community meetings
- Cognitive behavioral therapy (CBT) groups, such as “regulators” and sexual health and awareness
- Reentry meetings
- Narcotics Anonymous/Alcoholics Anonymous (AA/NA) meetings
- Relapse prevention
- Gym
- Movies and shared meals
- Yoga

## **MAT PROGRAMMING**

RSAT Program participants are offered medication-assisted treatment (MAT) through BCDC’s other government grants and through its partnership with Gaudenzia, Inc. to provide a robust treatment program.

The BCDC in conjunction with the Department of Health and Human Services (HHS) has implemented an evidence-based practices program of MAT with FDA-approved medications to treat individuals with opioid use disorder (OUD). Recovery support services include evidence-based practices of motivational interviewing, CBT, and alcohol / substance use disorder counseling (e.g.,

problem-solving approaches, techniques to identify and manage triggers to prevent relapse, and facilitation of 12-step group involvement). RSAT staff help participants access post-release MAT treatment in the community and provide ongoing support via peer recovery specialists and case managers.

## CONTINUING CARE/REINTEGRATION

Gaudenzia has partnerships with diverse treatment, recovery, and peer-based recovery support services (PBRSS) in Baltimore and all contiguous counties. Upon release, RSAT participants receive their appropriate referred community partner services and are strongly encouraged to attend 12-step and other self-help groups, faith-based approaches, or alternative support networks. Gaudenzia also offers a job readiness training program.

### PROGRAM HIGHLIGHT

For the first year after release, RSAT participants attend bi-monthly continuing care groups monitored by the intake aftercare coordinator where they receive motivational recovery management checkups (RMCs) for 12 months.

## PROGRAM CONTACT INFORMATION

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*Information updated 6/23/2019*

# Continuing Care/Remigration Program



Prince George's County Corrections

Current FY2022 RSAT funded program

## OVERVIEW OF PROGRAM

The RSAT Program in Prince George's County is a continuing care program that focuses on post-incarceration treatment and sober housing. The program is known as the Recovery Points Reentry Residential Treatment Program. The program hopes to serve 30 and 40 clients by July 2021. The RSAT Program is designed to serve people who are or have been incarcerated, have completed substance abuse disorder (SUD) treatment, and have a history of homelessness or housing instability.

The program was first funded in 2019 and began offering services in 2020.

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

Individuals are identified for the program through a biopsychosocial assessment used by the Department of Corrections (DOC) and community partners for reentry case management. Primary flags for eligibility include current involvement in treatment or recent completion and history of homelessness or housing instability.

The DOC's reentry case management plan is the primary tool for treatment planning. This plan is driven by the Level of Service Inventory (LSI) assessment.

The typical length of treatment is approximately 6 months depending on the treatment track for that individual. Treatment services are provided by DOC clinical staff in 6-week modules.

There are no definable stages of programming as each case may present at a different point in the individual's incarceration and treatment status. The focus is on ensuring that sober housing is available to each participant for up to approximately 6 months.

## MODALITY OF RSAT PROGRAM

All SUD treatment is evidenced-based and trauma informed. Some participants join via their involvement with the Men's Trauma Recovery Empowerment Model (M-TREM), which examines the connection between male stereotypes and trauma and addiction.

## MAT PROGRAMMING

Individuals are offered naltrexone (Vivitrol) and buprenorphine while in custody. Once released, clients have access to medication-assisted treatment (MAT) through a clinic run by a designated medical vendor or through referral to other locations.

## CONTINUING CARE/REINTEGRATION

A Housing Coordinator manages each participant's case including enrolling them in a separate program that assists with funds for vital documents, food, transportation, and any other needs. If there are greater clinical case management needs, they are referred to the County Health Department's SMART Reentry case management program.

### PROGRAM HIGHLIGHT

The RSAT Program is a collaborative effort to help individuals maintain stable, safe, and sober housing upon release to support sustainable recovery.

## CONTINUING CARE PROVIDERS

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*Information updated 5/11/2022*



## My Covenant Place

### Current FY2022 RSAT funded program

## OVERVIEW OF PROGRAM

The RSAT Program in My Covenant Place is a continuing care program that focuses on post-incarceration treatment for clients with diagnosed substance use disorders. The program currently supports 13 individuals. The RSAT Program ensures targeted support to foster reintegration and recovery for their clients.

The program was first funded in 2022.

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

The RSAT Program utilizes a systematic approach to accurately distinguish eligible candidates for the program. Upon intake, every client undergoes a comprehensive assessment that includes a thorough review of their personal background, criminal charges, and incarceration history, among other relevant factors. This rigorous evaluation enables us to efficiently discern between returning citizens and those who do not meet this criterion. As such, the process effectively segregates the RSAT participants from the rest of the client population within the facility, ensuring the specialized focus and resources of the RSAT Program are properly allocated to the intended demographic.

In order to qualify for the RSAT Program, two primary eligibility criteria must be satisfied. Firstly, the client must have a diagnosed substance use disorder, indicating a requirement for our specialized resources and interventions. Secondly, the individual must be a returning or returned citizen, having been previously incarcerated and subsequently released from jail or prison. The program is specifically tailored to meet the unique needs of this distinct demographic, ensuring targeted support to foster their reintegration and recovery.

As part of the onboarding process, all incoming clients are subjected to an exhaustive set of screenings. These screenings are aligned with the guidelines of the American Society of Addiction Medicine (ASAM), ensuring a robust and clinically validated approach. During these evaluations, staff not only identifies the specific needs of each client, but also confirms their current diagnostic status. This detailed intake process allows staff to tailor program offerings to best meet each client's unique situation and requirements.

Treatment plans in the RSAT Program are meticulously developed post the completion of comprehensive assessments and screenings. These plans are individually tailored, taking into account the distinct needs and capacities of each client. This approach ensures that the interventions are targeted, relevant, and maximally effective in supporting the recovery journey of every participant in the program.

## MODALITY OF RSAT PROGRAM

The typical length of treatment for RSAT participants is 6-9 months for IOP clients (can be longer) and for Outpatient Treatment care can be 3 months and up depending on the clients progress.

The foundational modality is rooted in the American Society of Addiction Medicine's Level of Care II.1: Intensive Outpatient Program (IOP). As a medium-intensity outpatient service, this approach allows program participants to maintain their daily routines, including school and work obligations, while concurrently engaging in a minimum of nine hours of treatment weekly. This balance facilitates ongoing recovery management without significant disruption to the individual's everyday responsibilities and activities.

Evidenced based therapies that we use are a combination of:

- DBT
- CBT
- PCC
- MI
- 12 Steps

At present, the treatment model is primarily based on the Intensive Outpatient Program (IOP) and Outpatient Program (OP), which aligns with Level I of the ASAM criteria. Additionally, the RSAT Program will be implementing a Level 2.5 ASAM service, namely Partial Hospitalization Program (PHP). This model will see clients transitioning from the most intensive phase of treatment towards the least, based on their individual progress.

## MAT PROGRAMMING

MAT treatment includes buprenorphine/suboxone.

## CONTINUING CARE/REINTEGRATION

My Covenant Place and Alpha II Omega Behavioral Health's partnership has been instrumental in creating a network of community linkages. My Covenant Place's wide-ranging community services and Alpha II Omega Behavioral Health's experience in comprehensive behavioral health services have enriched our ability to address the diverse needs of our participants.

### PROGRAM HIGHLIGHT

The RSAT Program was able to begin admitting individuals into the program as the very start of the project award date.

Together, they have established relationships with property management agencies and landlords to secure respectable sober living houses for re-entry and criminal justice involved persons and those needing addiction services. They have participated in Reentry Fairs and statewide conferences facilitate access to resources and services that are necessary during and post-treatment, leveraging our community linkages to foster a seamless transition back into the community.



## PROGRAM CONTACT INFORMATION

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