



New Hampshire

COUNTY JAIL PROGRAMS

Strafford County Jail

Sullivan County Jail

CONTINUING CARE/REINTEGRATION PROGRAM

**Merrimack County Department of Corrections Edna McKenna
Community Corrections Center**

County Jail Programs



Strafford County Jail

Current FY2022 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Programs at the Strafford County Department of Corrections are modified therapeutic communities (MTC) that have the capacity to serve 20 men and 8-10 women. These programs follow a therapeutic community model where men and women receive alcohol and substance use counseling, cognitive behavioral change programming, and peer support activities to promote recovery from substance use disorder (SUD) and alcohol use disorder (AUD). The programs are 90 days in length and offers group and individual treatment within the therapeutic community, using standardized evidence-based curricula and trauma informed care. The Strafford County facility also has a Medication Assisted Treatment (MAT) Program accessible to anyone entering the facility with a substance use disorder, separate from the TC Program.

ELIGIBILITY/ASSESSMENT, AND TREATMENT PLANNING

During entry into the facility, all individuals receive a medical intake which includes suicidal ideation and mental health screening. Many New Hampshire courts use the Ohio Risk Assessment System (ORAS) to identify risk of recidivism and criminogenic needs prior to sentencing or program referral.

The Strafford County Program provides a course of comprehensive individual and group substance abuse treatment services. They utilize evidence-based manualized curriculum, coping skills such as anger management, provision of educational opportunities, and more.

MODALITY OF PROGRAM

The program is 90 days long and is located in a separate unit from the general population. There are three distinct phases in the program that are typically 30 days in length. Participants generally move through each phase at the same pace. Though it happens rarely, an individual may stay in one phase for additional weeks to ensure full participation. Phase one is considered an orientation period and phase three focuses on preparing for re-entry or their next phase of recovery and incarceration. Program counselors and treatment team members develop individual treatment

plans within each phase. As individuals progress through each phase, they are afforded more privileges and responsibilities.

Prosocial and recreational services include Sunday game nights, yoga, and meditation groups. Additionally, the women's unit has a volunteer crochet program and the men's unit has a special exercise group.

The programs have a strong focus on providing trauma-informed care to participants. It is a core belief of the programs that many participants have histories of trauma that are related to their substance use and criminal behaviors. Group and individual therapy, along with journal therapy, are provided by master's level clinicians with a focus on co-occurring disorders. Staff are trained in the use of evidence-based curriculum utilized in the program.

MAT PROGRAM INFORMATION

All individuals coming into the Strafford County Department of Corrections (SCDOC) complete a medical intake upon entry. If an individual enters the facility under the influence of alcohol or illicit substances, Medical Department staff follow withdrawal protocols for opioid, alcohol, and/or benzodiazepine withdrawal.

All individuals entering the facility can participate in the Medication Assisted Treatment (MAT) program which offers buprenorphine induction and naltrexone, upon approval from their detaining agency. All participants in the MAT program are required to participate in Drug/Alcohol Education, which includes overdose education.

During their intake assessment to the MAT Program, participants are asked if they have a preferred community-based provider. If they do not, MAT Program staff will help them find an appropriate program and arrange transfer of care upon release. All MAT Program participants receive a three-day bridge dose of buprenorphine upon release and a prescription called into the pharmacy of their choice.

CONTINUING CARE/REINTEGRATION

The facility has strong relationships with post-release supervisors and community-based service providers to help ensure a continuity of care following release, including information-sharing protocols. Staff work with individuals preparing to leave the facility and aid with a number of areas, including referrals to local community health centers, primary care physicians, housing search and public assistance applications, referrals to adult education centers, and continued treatment services.

**Southeastern New Hampshire
Services**
SENHS@co.strafford.nh.us
603.516.8160

Dover Adult Learning Center
(603) 742-1030

PROGRAM CONTACT INFORMATION

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Sullivan County Jail

Current FY2021 RSAT funded program

OVERVIEW OF RSAT PROGRAM

The RSAT Program at the Sullivan County Department of Corrections (SCDOC) is known as the TRAILS (Transitional Reentry and Inmate Life Skills) Program. The Program is housed in the Community Corrections Center (CCC) within the SCDOC facility. It has the capacity to serve 16 men and 8 women. The TRAILS Program consists of two treatment phases. The first phase is a 90-day, in-house substance use disorder (SUD) program. It includes cognitive behavioral groups, job readiness and employment opportunities, and educational programming. The second phase is a 6- to 12-month post-release program.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Most referrals for the TRAILS Program are court mandated, but individuals who are currently sentenced in Sullivan County Jail may also request to be transferred into the program. All participants must have a drug offense charge. Upon entry, all individuals are assessed using the (American Society of Addiction Medicine) ASAM Criteria. This includes use of the Addiction Severity Index (ASI) for substance use disorder, Mental Status Exam (MSE) and Patient Health Questionnaire-9 (PHQ-9) for co-occurring disorders, and the Ohio Risk Assessment System (ORAS) for criminogenic risk.

TRAILS staff administer a complete biopsychosocial assessment to obtain information about history and severity of substance use disorder and criminal thinking. Staff utilize the results of the ASAM Criteria assessments and ASI to inform the level of service for treatment planning. Staff also utilize motivational interviewing (MI) skills for individuals with lower levels of readiness and increasing participation in individual counseling.

MODALITY OF RSAT PROGRAM

The TRAILS Program main treatment phase is a minimum of 90 days and operates within its own unit in the Community Corrections Center (CCC) at the Sullivan County Jail.

The TRAILS program provides a course of comprehensive individual and group substance abuse treatment services, utilizing evidence based manualized curriculum, cognitive behavioral interventions, peer mentoring, prosocial activities, and more.

The program has 5 tracks that allow for individualized pathways through the program and act as a phase progression. Track 1 and track 2 are the treatment phases which are used to delineate between participant level of risk/need. Following the completion of these phases, participants may go on to track 3 which includes a work release program, track 4 which is post-release and may include electronic monitoring or probation supervision, and finally track 5 which operates on an as-needed basis for relapse prevention.

Pro-social programming accounts for the majority of the participants' days. Available activities include a gardening program with volunteers, cooking classes, a financial literacy program, African drumming, painting, yoga, and peer-run AA/NA meetings.

PROGRAM HIGHLIGHT

Participants transition into the post-release program using the National Institute of Corrections' Transition from Jail to Community (TJC) model designed to advance coordinated and collaborative relationships between jail and local community organizations.

MAT PROGRAM INFORMATION

All individuals entering the facility with a current or former prescription for medication to treat opioid use disorder (MOUD), including buprenorphine, naltrexone/Vivitrol, and methadone, are allowed to continue their current dosage pending confirmation of the prescription. The same is true for anyone entering the facility with a current psychiatric medication. They can also be inducted into the medication-assisted treatment (MAT) program at the facility for the first time through the Jail's partnership with West Center Behavioral Health.

CONTINUING CARE/REINTEGRATION

TRAILS Program staff, clinical staff, and Recovery Coaches work together to coordinate reintegration needs including providing medical referrals and making appointments prior to release when possible. Reentry services also include assistance with housing, obtaining vital documents, continued treatment, and connections with the local community college. The program also collaborates with the Veteran's Administration (VA) which can meet with eligible individuals in the facility prior to release.

Track 4 of the TRAILS program is considered the Post Release phase of the program. Participants are still considered part of the program at this time and may continue under probation supervision or electronic monitoring. They are required to attend weekly aftercare groups, meet with recovery coaches, and are provided individual counseling through the TLC Recovery Program. They also

offer a Recovery Coach Certification program, including 25 hours of initial training and internship with a licensed alcohol and drug counselor (LADC).

Upon release from the facility, individuals can receive up to a 4-week bridge dose of psychiatric medications and/or MOUD. Case Managers will assist participants in making an appointment in the community to access a primary care physician and a provider for psychiatric/medical/MOUD needs.

Recovery Coaches support participants throughout the TRAILS program and AA and NA supports are also available while in the program and upon release. The TLC Recovery Program works with TRAILS participants both within the facility and post-release to build relationships and better the opportunity for continuity of care. The TLC Recovery Program notes that they are committed to providing “all paths to recovery”.

CONTINUING CARE PROVIDERS

**Victim Witness Advocate
Program**
603-863-8345

NH Alcoholics Anonymous
603-622-6967

NH Narcotics Anonymous
888-624-3578

Turning Points Claremont
603-543-0155

Hope for Recovery Claremont
603-287-7919

PROGRAM CONTACT INFORMATION

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Continuing Care/Reintegration Program



**Merrimack County Department of Corrections Edna McKenna
Community Corrections Center**
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Current FY2021 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at the Merrimack County Department of Corrections (MCDOC) is named the Successful Offender Adjustment & Re-entry Program (SOAR). It is a separate unit within the Edna McKenna Community Corrections Center. The SOAR Program is an alternative sentencing option for individuals assessed as moderate to high risk to reoffend, and who are sentenced and referred by the Superior or District Court Judge. It provides services for individuals with co-occurring disorders (COD). The residents are provided evidence-based services and trauma-informed care and are offered medication-assisted treatment (MAT), including Suboxone (buprenorphine/naloxone), methadone, and Vivitrol (naltrexone).

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Individuals entering the SOAR Program are assigned an individual clinician that administers the Ohio Risk Assessment System (ORAS) and the Texas Christian University (TCU) DSM-5 assessments to establish risk to reoffend and the severity of substance use disorder (SUD) in order to develop a needs-based treatment plan.

Upon booking, all individuals are screened for co-occurring mental health disorders upon intake using the Brief Jail Mental Health Screening Tool. Medical Department staff also screen people during intake to identify significant mental health disorders or medications needs. Staff utilize results of assessment and screening instruments to inform and establish treatment and transition plans. There is a formalized procedure that guides treatment from intake and throughout all facets of the program. Input from the client is welcome.

Motivational level is gauged through the initial assessment process through parts of the ORAS and TCUDS and measured through the clinician's continuing professional evaluation of readiness to change. A core element of the program is a Care and Concern Board which is used as a means of addressing concerns and developing a plan to make changes.

MODALITY OF RSAT PROGRAM

The SOAR Program is a therapeutic community. Treatment includes both trauma-informed and COD care to address issues in a recovery-oriented manner. The program includes gender-specific, trauma-informed modalities to address specific issues related to both men and women's recovery efforts. The program operates a 60-day program within the Community Corrections Center and a community program component for one year for individuals on probation.

There are numerous pro-social activities for participants to engage in within the SOAR community. They include opportunities for artistic expression, life skills, technology educational classes, financial literacy classes, mindfulness, and others. A program called "Hero Pups" trains eligible SOAR participants to train puppies which are then adopted to individuals in the community experiencing mental health disabilities.

Clinicians and case managers provide extra support and services to address specific individual needs and issues to ensure a successful transition back into the community. Participants receive a certificate of completion after completing all required classes and the 1-year continuing care component.

MAT PROGRAM INFORMATION

People entering the facility on medications for OUD, once confirmed, can be continued on naltrexone, Subutex, suboxone and methadone through a community-based vendor. Prior to release or parole, the Case Manager ensures individuals have bridge doses of OUD medication until their pre-arranged appointment with a community MAT provider for a follow up Vivitrol injection. For all other medication needs, a 30-day prescription is called into the individual's pharmacy / provider of choice.

CONTINUING CARE/REINTEGRATION

SOAR Program staff, clinical staff, Probation Officers, and community partners work together to coordinate robust reintegration needs. There is a mandatory after-care program component which includes intensive wraparound services, mandatory weekly group attendance and access to case management and mental health clinical support along with probation supervision. All participants are released with an approved housing plan, follow up appointments in the community for MAT, mental health and medical services, and access to sober living services. There are case management calls to check in weekly with the individual and assist with relapse concerns / needs for up to one year post-release. There are many strong linkages with community partners, including advocacy groups, peer support centers, mental health centers and local stakeholder groups that prioritize collaboration with the MCDOC.

As part of reentry planning, medical staff ensure that a participant has continued naltrexone injections and counseling set up within the community prior to release. An injection is provided prior to release. Upon release, individuals receive a 30-day supply of mental health and most other medications with a follow-up appointment coordinated for most. In addition, a 30-day prescription for mental health and other medications can be called into the individual's pharmacy as necessary.

CONTINUING CARE PROVIDERS

Riverbend Community Health

Concord, NH
603-228-1600

PROGRAM CONTACT INFORMATION

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