



Washington

COUNTY JAIL PROGRAMS

Jefferson County Jail

Island County Jail

PRISON PROGRAMS

Washington Corrections Center for Women

County Jail Programs



Jefferson County Jail

FY2024 RSAT funded program

OVERVIEW OF PROGRAM

The jail-based RSAT program in the Jefferson County Jail in Washington is operated by the contractor, Believe in Recovery, LLC. The RSAT program first received funding in the last quarter of 2020 and serves both pre-trial and sentenced men and women with both substance use disorders (SUDs) and mental health disorders.

Residents are provided evidence-based services and trauma-informed care. The program is currently serving 12 participants and has a maximum capacity of 12. RSAT participants are housed in their own block, separate from the general population.

Since the program's inception, individual treatment plans have varied, depending on the individual. The shortest program has lasted 1 day; the longest, 365 days. The average for all participants who have been discharged from the program is 68 days.

What We Can Learn from This RSAT Program

The RSAT program at Jefferson County Jail utilizes a holistic therapeutic approach including 40 hours of evidence-based treatment and personalized treatment plans.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Potential RSAT participants are screened to determine eligibility. Current eligibility criteria are:

- Meet diagnostic criteria for substance use disorder
- No infractions or no contact orders that would prohibit the individual from programming
- Willingness to submit to random urine drug tests

During the initial screening process, the individual fills out an application that is screened by correctional staff. Each potential candidate is screened for SUDs, co-occurring mental health

disorders, and criminogenic risk/needs. The initial screening includes a Global Appraisal of Individual Needs-Short Screener (GAIN-SS) form and a standardized risk/needs assessment.

After individuals are accepted into the program, they undergo a comprehensive biopsychosocial evaluation. This process includes several questionnaires, including the Adult Substance Abuse Subtle Screening Inventory – 4 (SASSI-4), the Michigan Alcohol Screening Test (MAST), and the Drug Abuse Screening Test (DAST); an American Society of Addiction Medicine (ASAM) evaluation; reviews of their driving record, criminal history, and police report; and a personal interview.

A treatment plan is developed for each individual, consisting of specific, measurable, attainable, relevant, and time-bound goals. Treatment plans are reviewed and revised at least weekly and include input from both participant and counselor.

Criteria for successful RSAT program graduation includes meeting all treatment plan goals and recommendations. This includes engaging with the case manager to ensure continuing care services have been arranged for the individual's transition back into the community. After graduation, each individual would also meet criteria to attend level two or below of care at an outpatient facility. The potential graduate would also need to provide negative drug screens for a minimum of 30 days prior.

MODALITY OF RSAT PROGRAM

The RSAT Program at Jefferson County Jail serves both sentenced and pre-trial detainees. The program offers their services as long as a person is incarcerated at the facility, but this period of time is often shorter than 90 days due to their pre-trial status. Jefferson County Jail has a small facility census, the majority of whom participate in the RSAT Program. There is a separate unit available to house participants, and classes and groups are all held in a separate area within the facility.

The RSAT Program is structured into 4 phases, including an induction phase when orientation is completed. Individuals progress through these phases according to their individual needs and meeting goals and not based on specific periods of time. The program also offers a post-graduation phase for individuals who remain incarcerated following the completion of the program. Pro-social programs available outside of treatment include AA/NA and church groups. Peer support services such as the use of peer support specialists are utilized.

Evidence-based cognitive behavioral therapy programming is based on Hazelden's A New Direction curriculum. This curriculum covers a number of different modules, including alcohol and drug information, criminal and addictive behaviors, socialization, relapse prevention, preparing for release, and co-occurring modules. A mental health professional meets individually with each participant weekly.

MAT PROGRAMMING

Individuals who enter the facility with a current prescription for oral naltrexone or buprenorphine (Suboxone) are continued on their prescriptions pending medical/psychiatric assessments. All individuals entering the facility undergo a medical screening and individuals in withdrawal are assessed using the COWS/CIWA protocol. Individuals can continue or start new prescriptions for psychiatric medications pending medical/psychiatric assessment. Participants are also provided naloxone and overdose prevention education prior to release. Naltrexone (Vivitrol) and Buprenorphine (Suboxone, Subutex, Sublocade) are offered in the program.

CONTINUING CARE/REINTEGRATION

Reentry needs are considered from the time a person enters the facility. Individuals meet with case managers on a weekly basis to discuss reentry needs and work on continuing care plans. These plans address a variety of needs including linkages to health care providers, continuing treatment services, housing, public assistance, and more. Individuals are also able to make connections with community-based providers prior to release.

Case managers work to ensure continuity of medical care and prescription medication. Bridge doses are provided for individuals through program staff and they ideally work to set up appointments the same day as release, or as soon as possible. For medications for opioid use disorder, same day appointments are always made.

RSAT participants have the opportunity to meet with a community-based peer on a daily basis while incarcerated and can continue these services post release. AA and NA supports are available and encouraged. RSAT participants in later phases in the program can be given the role of “big brother” and will help to orient new participants to the program. There are similar supports available for participants with co-occurring disorders.

COMMUNITY PARTNERS

Housing: Olympic Community Action Programs (OlyCAP)

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Outpatient: Believe in Recovery

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Mental Health: Discovery Behavioral Healthcare

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PROGRAM CONTACT INFORMATION

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Island County Jail

FY2024 RSAT funded program

OVERVIEW OF PROGRAM

The Island County Jail RSAT Program is a 90-day to 6-month residential program serving both individuals who are sentenced and held pre-trial who are diagnosed with a substance use disorder (SUD). The program first began operations in October of 2021, with the first participants being admitted in October of 2022.

The Island County Jail RSAT Program operates as a part of Washington's RSAT grant program, requiring recommended ASAM 3.5 Level of Care. The program is voluntary with the goal of at least 90 days of intensive substance use disorder treatment and mental health counseling aiming to offer participants insight and education to address substance use disorders and the criminal behaviors that result, in hopes of reducing recidivism and increasing recovery from substance use.

The curriculum offers education and strategies to learn and understand the issues around substance use and behaviors that have led to incarceration and to provide resources and tools needed to move forward in life with positive change, sobriety, and ongoing recovery.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Potential RSAT participants must meet the following criteria prior to entering into the program in order to be eligible for participation in the Island County Jail RSAT Program: A willingness to participate in the program and completion of SUD assessment; a completed Mental Health assessment and the Global Appraisal of Individual Needs- Short Screener (GAIN-SS); approval from a Jail Administrator; and a urinary analysis (UA).

During the initial screening process, individuals are assessed using the Columbia-Suicide Severity Rating Scale (C-SSRS), GAIN-SS, a comprehensive biopsychosocial assessment, and an SUD assessment.

At the beginning of the program the SUD professional reviews the completed assessments and meets individually with each participant to develop goals and outline a treatment plan. Treatment plan goals and objectives represent a combination of identified goals through assessments and individualized goals identified by the participant. Treatment plans are reviewed every 30, 60, and 90 days and every 30 days thereafter if the participant is part of the program longer

MODALITY OF RSAT PROGRAM

The Island County Jail RSAT program operates as a therapeutic community. Participants are housed together and engage in daily group activities, both psychoeducational and therapeutic process groups, homework assignments, and other therapeutic exercises along with one-on-one counseling with both licensed mental health and licensed substance use disorder professionals. The program utilizes a cohort model which requires a commitment of full participation, willingness to be honest and open with counselors and other program participants, as well as following all program rules and jail regulations.

A major part of the program's daily schedule includes two group therapy sessions consisting of an hour and 45-minute group in the morning and an hour in the afternoon. There are also homework and individual sessions throughout the week.

Treatment includes group psychoeducational and therapeutic SUD and Mental Health (MH) therapy, individual SUD treatment, individual MH therapy, as well as yoga group therapy, and art group therapy provided by a local certified Art Therapist.

The weekly yoga sessions are run by a certified yoga instructor who is also a Mental Health Professional (MHP). The instructor enhances sessions with education regarding mindfulness, relaxation techniques, and meditation. There are separate living pods for participants, with materials for homework, reflection, SUD podcasts, TedTalks, and films.

The RSAT program uses evidence-based curriculum for group work, specifically Seeking Safety and Breaking the Cycle along with cognitive behavioral therapy. In addition, the program utilizes peer mentors in a Recovery Navigator Program, and there are currently three former participants who have graduated and been released into the community who now serve as mentors. They visit the jail to participate and share their stories in group sessions approximately every two weeks.

All RSAT staff are trained in trauma informed care and trauma informed therapeutic techniques. Training is ongoing and jail custody staff have also participated in training regarding trauma informed care. In order to support individuals with co-occurring disorders, there are mental health counseling individual sessions, psychiatric medications as needed, and mental health counseling groups weekly.

What We Can Learn from This RSAT Program

Graduated participants report improved communication with others, improved mental health, improved ability to have hope for the future, motivation to remain substance free, and report having identified goals for the future, both for their remaining time in custody and when they leave custody. Graduates report two significant differences from previous incarceration after participating in the RSAT program, even when having previously attended some form of SUD treatment. First, the intensity and thoroughness of the long-term inpatient programming has made more of an impact on their ability to maintain long term sobriety. Second, they report the support of the transition to the community along with long term case management once in the community has created the support network they need to be successful (in work, housing, stability, and after program continued SUD treatment).

MAT PROGRAMMING

Individuals who enter the facility with a current prescription for naltrexone or buprenorphine are continued on their prescriptions. Individuals can also start new prescriptions for the available medications. Naltrexone (Vivitrol) and Buprenorphine (Suboxone, Subutex, Sublocade) are offered in the program. MAT is available for all participants during their stay at the jail through the program's medical provider, and there are two MAT providers in Island County that participants are referred to upon release. Participants are also provided naloxone and overdose prevention education prior to release.

CONTINUING CARE/REINTEGRATION

All social determinants of health are assessed prior to release along with recommendations for mental health treatment and substance use disorder treatment. The jail transition coordinator begins working with participants upon their entry into the RSAT program and maintains contact until release using the reentry check list as a guide. This check list includes assessment and treatment planning, core programming and structure, pre-release phase, step-down planning, and release. The reentry needs are often complex, particularly for housing, and the RSAT program has established relationships with several sober living facilities in the county as well as in nearby counties.

The continuity of care for medications for opioid use disorder is planned by the MAT and SUD providers based on OUD, and participants are given enough medication upon release for continuity until a prescription can be obtained from a new provider in the community. All participants are re-assessed for ASAM level of care prior to discharge and the transition coordinator arranges the appropriate treatment and takes the participant to their initial appointment after release.

Aftercare for the Island County Jail RSAT Program consists of six months of care coordination with the jail transition coordinator. In addition, a referral is made to the Recovery Navigator Program who can maintain contact with the participant until stabilized which is often up to a year or more. Additional aftercare consists of recommended mental health and SUD treatment and other needs as identified during the reentry phase.

PROGRAM CONTACT INFORMATION

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Prison Programs



Washington Corrections Center for Women FY2023 RSAT funded program

OVERVIEW OF PROGRAM

The program at the Washington Corrections Center for Women is overseen by the Washington State Department of Corrections and initially began as a Therapeutic Community for substance use disorder in 2016. A small pilot program was created in February 2023 for individuals with severe mental illness before launching their full RSAT program in July 2023.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Individuals who are housed at the minimum-security level and have a substance use disorder are eligible for this program. Three assessment tools are used by the program to screen participants. A biopsychosocial substance user disorder screening is used in conjunction with a mental health appraisal and the University of Rhode Island Change Assessment Scale (URICA), which measures stages of change such as precontemplation, contemplation, action, and maintenance.

What We Can Learn from this RSAT Program

The Washington Corrections Center employs trauma-based care to support recovery and healing, including weekly trauma groups.

The self-report questionnaire uses a Likert scale from 1 - strong disagreement to 5 - strong agreement. A participant is asked to respond with how they currently feel when starting therapy or approaching problems in their lives. After screening, mental health and individual service plans for participants are developed with their individual providers.

MODALITY OF RSAT PROGRAM

The length of time it takes for a participant to complete the program varies and is dependent on the individual. The average completion time is 6 months. The program operates as a therapeutic community to treat both substance use disorders and trauma. This model allows participants to be treated on an individualized basis and supports recovery and healing. Participants take part in groups as part of their daily schedule which include weekly trauma groups, daily morning meetings as well as recovery and right living groups.

Evidence based services include the Hazelden curriculum and the therapeutic community model. Other interventions utilized by program staff include individualized treatment plans, trauma informed yoga groups, and cognitive processing therapy groups.

Additionally, the program uses peer support services and mentors. Based on social learning theory in the TC model, participants are able to learn from their peers continuously. Peer mentors are also used, and the program hopes to have certified peer counseling in the future.

Support for individuals with co-occurring mental health disorders is available. When a participant is diagnosed with a mental health disorder or trauma, they participate in group and individual courses of trauma treatment. Trauma informed care is utilized throughout the program.

Separate from RSAT, facilities have some native services, such as sweats, change of seasons, and more. These services are normally provided by the facility's Chaplains Office.

MAT PROGRAMMING

Medications provided at the program include naltrexone (Vivitrol), buprenorphine (Suboxone, Subutex, and Sublocade), and methadone.

Medication at this program is available under specific circumstances. Vivitrol, Suboxone, and Sublocade are available for induction within the program. Participants can begin medication assisted treatment three months from their release date.

Participants in the program are provided with overdose education training as well as naloxone (Narcan) upon release.

CONTINUING CARE/REINTEGRATION

This program utilizes re-entry navigators to manage the process of reintegration into the community. The program also supports reentry of a participant into the general population of the prison so that there is a more successful transition into the community upon release. As the program is new and no participants have been released back into the community yet, the aftercare portion of the program is still under development. It is planned that a specific reentry navigator will be designated to the RSAT program.

PROGRAM CONTACT INFORMATION

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Information updated 8/1/2023