



Alabama

PRISON PROGRAMS

Alabama Department of Corrections
Easterling Correctional Facility

Prison Programs



Alabama Department of Corrections

\$495,456* (supplemented with fines received from drug offenses)

OVERVIEW OF PROGRAM

The Alabama Department of Corrections (ADOC) currently funds RSAT programs at seven prisons statewide that collectively serve 143 men and women in separate substance use treatment dorms away from the general population. The residents are provided evidence-based services and trauma-informed care. The programs are operated at the following facilities:

- Bullock Correctional Facility
- Bibb Correctional Facility
- Donaldson Correctional Facility
- Easterling Correctional Facility (please see separate summary for the details of this program)
- Staton Correctional Facility
- Tutwiler Correctional Facility
- Ventress Correctional Facility

RSAT programming was first funded around 1998 and receives supplemental county funding from fines received from individuals convicted of substance related offenses.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

The Classification Division administers substance use and mental health screenings based on the American Society of Addiction Medicine (ASAM) diagnostic dimension criteria to all individuals who enter the DOC in order to determine the level and type of treatment needed (e.g., RSAT, Substance Abuse Program [SAP], co-occurring, Matrix Model [Hazelden]). The DOC uses the UNCOPE, a proprietary six-question screening instrument for substance misuse.

* Funding information estimated or extracted from best available information and may be subject to change

MODALITY OF RSAT PROGRAM

The RSAT programs at Alabama DOC facilities are therapeutic communities based on the ASAM diagnostic criteria. They are 6-month, 3-phase treatment programs that utilize *the Residential Substance Abuse Program* curriculum published by The Change Companies. This is an evidence-based program with seven modules. It is based on the “interactive journaling” model of treatment that has an extensive history of effectiveness in the treatment of substance misuse issues. Elements include:

- **Phase 1:** In this 2-month phase, the individual participates in full-time treatment activities aimed at their denial of addiction, their understanding of the cycle of addiction, their recognition of the consequences of substance misuse, and their understanding of the cycle of recovery.
- **Phase 2:** In this 2-month phase, individuals participate in half-day sessions dedicated to addressing recovery issues that are closely related to substance misuse. These include anger management, changing criminal thinking, redirecting poor aspects of relationships into positive outcomes, and changing poor coping skills/habits into accomplishment-oriented behaviors.
- **Phase 3:** In this final 2-month phase, individuals participate in classes designed to develop positive job skills and work habits. They also learn relapse prevention skills, and work on their continuing care plans for after they complete the RSAT Program. This serves to prepare them for participation in daily reintegration activities while simultaneously functioning in a regular living and working environment.

Upon completion of the RSAT program, individuals are encouraged to participate in the reintegration program. This is a structured, evidence-based program that consists of the following four modules:

1. Transitional skills for recovery.
2. The interactive film series “Living Sober.” [Gerald T. Rogers Productions]
3. Workbook of Corrective Thinking.
4. Brief interventions to promote recovery.

Each participant develops an individualized reintegration plan that includes steps to maintain and grow in their recovery. RSAT participants are expected to participate in continuing care as long as they are in the ADOC’s custody. The reintegration program gives individuals the opportunity to apply the recovery tools developed during their initial treatment to everyday living and requires that they practice community involvement, participation, and personal responsibility.

CONTINUING CARE/REINTEGRATION

The ADOC’s prerelease and reentry program is provided 30 to 90 days prior to release from custody. The program provides direction to access faith-based mentoring and community support services, SUD treatment services, continuing care, and mental health services available throughout the state. Information is also provided on how to obtain medical and/or dental care. The program places a huge emphasis on discharge planning, prelease, and continuing care: all factors in preparing an individual for reentry into the community and gaining basic living skills.

The continuing care/reintegration process provides linkages to the following organizations and agencies:

- The Social Security Administration, which can certify individuals for Medicaid / disability eligibility;
- The Alabama Department of Mental Health (ADMH), which provides inpatient and outpatient substance misuse program services, AA and NA self-help meetings and services, and certified mental health center services;
- The Alabama Department of Human Resources (DHR), which can certify individuals for Medicaid eligibility;
- The Alabama Medicaid Agency, which can certify individuals for Medicaid eligibility;
- The Alabama Department of Public Health (ADPH); and
- The Alabama Department of Senior Services, which provides Medicaid information, caregiver resources, and services available to seniors.

PROGRAM HIGHLIGHT

The ADOC has collaborative partnerships with other federal, state, and local agencies as well as community organizations that provide linkages to external community resources as a means of assisting people in complying with their individualized continuing care plans.

PROGRAM CONTACT INFORMATION

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Easterling Correctional Facility

Current FY18 Funding: \$504,892* (statewide)

OVERVIEW OF PROGRAM

The RSAT Program at Easterling Correctional Facility is known as the 6-Month Crime Bill Substance Abuse Program. This program serves 80 men at a time who reside in a separate dorm from the rest of the facility. The program is a therapeutic community model focused on long-term rehabilitation and recovery of individuals with substance use disorder (SUD). There are three, 8-week phases that become progressively more challenging. The program incorporates lectures, printed material, videos, and small group discussions. Individuals who complete the program may participate in up to 6 months of continuing care in a separate dorm.

The RSAT Program at Easterling was first funded about 1999. About 50% of participants complete the program; the others leave the program voluntarily or are terminated for disciplinary reasons. For those who complete the program, 79% do not recidivate.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

The voluntary 6-Month Crime Bill Substance Abuse Program is open to individuals who have been diagnosed with an SUD and have enough time left on their sentences to complete the 6-month program prior to release. Eligibility for the RSAT Program is determined at Kilby Correctional Facility, a reception facility, prior to individuals arriving at Easterling. Many men who are eligible decline to participate.

Individuals who would like to participate reside in a pre-treatment section of the dormitory while waiting for the next 6-month program to begin. All participants are required to attend the same daily programming using a structured curriculum.

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MODALITY OF RSAT PROGRAM

The RSAT Program at Easterling Correctional Facility Center is a highly structured therapeutic community. The program includes three phases, each more challenging than the prior phase, which must be completed successfully to move to the next phase and to complete the program.

- **Phase 1:** This phase focuses on education of the addiction and recovery cycles.
- **Phase 2:** This phase develops anger management and coping skills.
- **Phase 3:** This phase concentrates on relapse prevention and aftercare planning.

The program is focused on long-term rehabilitation and recovery of individuals with substance use disorders and is always in search of new solutions to substance dependency using a variety of counseling techniques. The behavior shaping techniques of the program are simple and direct. The curriculum emphasizes that the recovery of each member is related to the recovery of all and participants are expected to monitor their own behavior and the behavior of their peers. Participants are expected to serve as role models, provide support to each other, and to confront each other as needed in group sessions. The goal is for participants to understand and resolve the cause of their addiction and gain the tools they need for their continued recovery.

Participants are required to participate in programming from 8 a.m. to 2 p.m., Monday through Friday. Daily activities focus primarily on formal classroom instruction that includes lectures, videos, worksheets, and structured discussion. From 2 p.m. to 4:30 p.m., participants work at various jobs, such as cleaning and office work. Participants have nightly homework assignments.

To satisfactorily complete the program, participants must attend all required sessions for each of the 8-week phases of the program, which includes 3 classroom sessions each weekday. In addition, participants cannot have any behavior problems serious enough to warrant removal from the program.

CONTINUING CARE/REINTEGRATION

Participants can receive up to 6 months of continuing treatment if they are not yet eligible for release. Although there is no formal continuing care program, graduates are given reading materials on program-related topics. Those who have successfully completed the program may stay in the dedicated dorm for up to 6 months before being placed back in general population.

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