



# Arizona

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## PRISON PROGRAM

Arizona State Prison Complex (ASPC) –  
Tucson, Winchester Unit

## COUNTY JAIL PROGRAMS

Coconino County Jail  
Yavapai County Jail

## JUVENILE AND YOUNG ADULT PROGRAM

Adobe Mountain School

## Prison Program



### Arizona State Prison Complex (ASPC) – Tucson, Winchester Unit

Current FY20 Funding: \$140,430\*  
(\$105,323 RSAT grant, plus \$35,107 match)

#### OVERVIEW OF PROGRAM

The RSAT Program, known as Arizona Rehabilitation and Reentry Program (ADCRR), is a 6-month treatment program for men with co-occurring disorders (COD) on the medium-custody Winchester Unit. Individuals who participate in the program live together, but they interact with non-ADCRR residents during daily activities, such as work, school, visitation, dining, and medical appointments. In addition, they share a common prison yard with other residents who require mental health services to foster a community atmosphere in which all are engaged in treatment.

Currently there are 20 individuals in 2 groups enrolled in the program. There is capacity to run 4 groups of 12 participants. The grant budget includes a substance abuse counselor, a peer support specialist, and approximately \$4,000 worth of supplies (\$1,584 for urinalysis cups, \$1,896 for participant workbooks, and \$600 for office supplies). ADCRR receives no other funding, although there is a pending grant application with the U.S. Department of Justice to open a therapeutic community unit.

ADCRR received its first RSAT grant from the Arizona Criminal Justice Commission (ACJC) for the 2009 calendar year. This first grant funded a substance abuse counselor dedicated to providing treatment to people incarcerated due to sexual related offenses. In 2010, the focus of the program shifted to individuals with COD and has added staff over the years.

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

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

ADCRR uses a priority ranking report as a screening tool. Individuals with a mental health score of 3 and a substance abuse score of 2 or above and who are 6 to 12 months from their release date appear on this report and are considered potential program participants. The counselor meets with each potential participant to complete a psychosocial assessment, consent to treatment, and to review program guidelines. If the program candidate agrees to attend the program, they develop a treatment plan. In addition, the counselor administers the Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) and a pre-test during the assessment. If the candidate is appropriate for the program and agrees to treatment, he enrolls in the program.

Treatment plans are developed with participants during the assessment process and are updated as needed. All treatment plans are individualized to the participant's specific needs.

## MODALITY OF RSAT PROGRAM

Participants in this program receive substance use disorder (SUD) treatment in a group setting twice a week for 2 hours per day from a certified inmate recovery support specialist. Participants also receive individual counseling as needed. Mental health treatment is provided by an outside contractor, Centurion.

The program is based on cognitive behavioral therapy (CBT) and trauma-informed care. They use a CBT based co-occurring disorders curriculum. Additional intervention and modalities include:

- 10 minutes of group meditation/mindfulness at the start of all sessions,
- Risk-needs-responsivity (RNR) model of rehabilitation,
- *Stages of Change* model,
- Motivational interviewing interventions, and
- Parenting skills.

The program is in the process of hiring a grant-funded recovery support specialist that will provide one on one mentoring to assist with psychoeducational classes, assistance with homework, assignments, reentry efforts and follow-up on missed appointments.

The RSAT program does not have formal phases or stages of treatment. The counselor provides individualized treatment to participants based on a stages of change model using motivational interviewing techniques.

## CONTINUING CARE/REINTEGRATION

The correctional officer III (COIII) works with participants to develop a specific reentry plan. This may include helping the participant get a replacement identification (ID), Arizona Health Care Cost Containment System (AHCCCS) benefits (i.e., Medicaid), appropriate housing, and other reentry needs. The counselor reviews community mental health and SUD resources with all program participants. Centurion works with participants with serious mental illness individually on release planning. Centurion is contracted with ADCRR to provide mental health and medical services to inmates.

## CONTINUING CARE PROVIDERS

HOPE, Inc.  
520-770-1197

Old Pueblo Community Services  
520-546-0122

Vivre  
602-626-8112

## PROGRAM CONTACT INFORMATION

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*Information updated 5/5/2020*

# County Jail Program



## Coconino County Jail

Current FY19 Funding: \$215,726\*

### OVERVIEW

The RSAT Program at the Coconino County Jail (CCDF) is known as the Exodus Program. CCDF has three housing units dedicated to substance use disorder (SUD) treatment; two for men and one for women. The dedicated RSAT unit currently serves 22 men.

The Exodus Program was first funded and began accepting participants in 2011. In addition to BJA funding, the program receives some funding from the Arizona Community Foundation for participants' rent at sober living facilities, as well as travel and/or hotel costs if needed.

The program is currently on hold as RSAT participants were released due to COVID-19 protocol. The unit is currently being used as a quarantine dorm.

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

Men who enter the Exodus Program must have a substance or alcohol use disorder (SUD/AUD). Prior to admission into the program an individual takes a drug test and is interviewed by an Exodus counselor to determine if they are experiencing any behavioral issues that might acutely disrupt the therapeutic community. Additionally, the individual must be on the path to probation or currently on probation and scheduled to be released back into the community within 3 to 4 months. The program length is typically 90 days.

### MODALITY OF RSAT PROGRAM

The Exodus Program at the CCDF is a therapeutic community. There is a continuous rolling curriculum that individuals can join at any point in the program. There are no stages or phases of treatment. The program employs evidence-based and trauma-informed modalities such as:

- The Matrix model [Hazelden], which combines cognitive behavioral counseling and motivational interviewing;
- *Seeking Safety* [Treatment Innovations – Lisa Najavits]; and

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- **SMART Recovery.**

Counselors use recovery and sobriety-based conversations to shift an individual's behaviors and perspectives. Individuals participate in psychoeducation and/or processing groups daily, as well as weekly expressive art and writing classes, parenting classes, 12-steps meetings, meditation, and talking circles.

A typical day consists of:

1. 9 a.m. morning inspirational readings.
2. Two 1.15-hour classes.
3. Break for lunch.
4. Two additional 1.15-hour classes.
5. Program ends at 3 p.m.

Graduation from the program requires the individual to have fully participated in all aspects of classwork throughout the duration of their treatment and to have completed a relapse prevention worksheet.

## CONTINUING CARE/REINTEGRATION

Exodus has been a part of the Flagstaff community for 13 years. Over this time the program has established and maintained relationships with other community stakeholders, social service providers, and local resources that are critical bridges for the success of individuals after release. These resources include probation services, mental health, and counseling services. The Exodus Program has developed a nearly seamless relationship with their Probation Department focused on helping their clients sustain recovery and prevent recidivism.

RSAT case workers meet with participants prior to their release for an exit interview to develop a plan for release. The case worker assesses the participant's needs and connects them to sober living houses, long-term housing, clothing, medical services, and other community resources. If there is money in the budget, participants receive 1 month's rent to help with post-release housing.

## PROGRAM HIGHLIGHT

The Exodus Program has culturally response programming that includes access to sweat lodges on a voluntary basis when possible.

The Exodus Program encourages past graduates to mentor participants by sharing their experiences during treatment and after release.

## PROGRAM CONTACT INFORMATION

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*Information updated 5/15/2020*



## Yavapai County Jail

Current FY20 Funding: \$40,734\*

### OVERVIEW OF PROGRAM

The Yavapai County Jail (YCJ) RSAT Program is known as the Reach Out Program. The program's goal is to help individuals experiencing substance use disorders (SUD), specifically opioid use disorder (OUD). The Reach Out Program offers individualized care coordination and release planning for participants beginning immediately upon booking. The program provides treatment to participants while they are incarcerated and links them to treatment and resources upon their release from custody. This program is a cross-collaborative initiative with a variety of stakeholders in Yavapai County and is available to all individuals at YCJ.

As of May 13, 2020, the jail's daily population was 399, due to the COVID crisis. The average daily population is usually more than 500. The number of participants in the Reach Out Program is fluid. There is no separate housing unit for program participants. There is a designated office for the staff to conduct screenings and address the needs of program participants.

The Yavapai County Sheriff's Office utilizes Arizona RSAT funding to enhance the existing Reach Out Program. Other funding is provided by the Arizona Criminal Justice Commission (ACJC), Arizona Health Care Cost Containment System (AHCCCS), State Opioid Response (SOR) grant, NARBHA Institute, Substance Abuse & Mental Health Services Administration (SAMHSA) Mental Health Awareness Training (MHAT) grant, Yavapai County Attorney's Office, and Arizona state legislation. The funding was approximately \$500,000 in total in May 2018.

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

Wexford Medical professionals administer a medical history and screening to all new residents of the jail. A release coordinator then reviews an individual's medical history and conducts an SUD screening. The screening questionnaire is derived from evidence-based questionnaires used in

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detention settings. Individuals diagnosed with an OUD are administered the Clinical Opioid Withdrawal Screening (COWS). A release plan is developed after the screening is completed. Inmate Services staff discuss behavioral health options with participants to determine if there is a risk for withdrawal and if there is a need to implement a detoxification protocol.

Inmate Services staff facilitate the development of individualized treatment plans, which include access to 12-step programs, parenting classes, restorative justice, and educational programs.

## MODALITY OF RSAT PROGRAM

The participants are provided evidenced-based services, trauma informed care and are offered Vivitrol and Naloxone prior to and after release if necessary. Inmate Services staff are regularly trained in using a trauma informed approach, motivational interviewing, Mental Health First Aid and Crisis Intervention Teaming.

### **PROGRAM HIGHLIGHT**

The Yavapai County Jail has adopted a methodology for calculating and tracking recidivism in the community by the utilization of a unique cross-system, recidivism tracking database. YCJ has partnered with the Wellington Consulting Group to create a custom screening and data collection system unlike any other in the state. With this system, they can collect not only the screening, crime, court, release, and connection/referral information, but track on going progress with each request for service, recidivism tracking, and behavioral health engagement post-release. This enables them to have access to quick dashboards that provide outcome information. They have also partnered with Northern Arizona's Center for Health Equity Research as a third-party data validator. With this partnership, they can understand their program in-depth. Data analyzed include:

- The numbers of people screened by Release Coordinators upon booking into the Yavapai Detention Center;
- The numbers of individuals identified with behavioral risk factors;
- The numbers of 'other demographic risk factors' identified through screening;
- The number and type of service connections by behavioral risk level;
- Recidivism rates for the whole population versus those with behavioral risk factors; and
- Recidivism rates by service connection + those with behavioral risk factors + post release treatment engagement.

## CONTINUING CARE/REINTEGRATION

If a participant requests SUD treatment the Inmate Services staff discusses community provider options and begins care coordination prior to release. Inmate Services Staff participate in discharge planning with appropriate treatment providers and coordinates the release of individuals utilizing the treatment providers' assessments and treatment plans. Staff will arrange for transitional housing such as behavioral health homes and or substance abuse treatment centers as well as referrals to peer support groups. Staff will also ensure enrollment for qualified participants into AHCCCS (the state Medicaid System) prior to release. All participants are offered Naloxone kits upon release.

## CONTINUING CARE PROVIDERS

### Spectrum Healthcare Group

928-634-2236

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Shawn Hatch, Regional Vice-President

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### West Yavapai Guidance Clinic

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### Southwest Behavioral Health

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## PROGRAM CONTACT INFORMATION

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*Information updated 5/14/2020*

# Juvenile and Young Adult Program



## Adobe Mountain School

Current FY20 Funding: \$59,650.60\* (state match \$19,883.40)

### OVERVIEW OF PROGRAM

Adobe Mountain School is a secure-care facility that provides supervision, rehabilitation, treatment, and education to youth ages 14 to 18. The RSAT Program, known as the Substance Use Specialty Treatment Program, provides evidence-based services and trauma-informed care in two dedicated housing units: Freedom and Hope. The program currently serves 25 youth with co-occurring disorders (COD). The program was first funded and began admitting participants around 1997.

There are 25 in-house staff including psychiatrists who assist with the treatment of COD such as depression and anxiety. Contract staff manages *The Seven Challenges Curriculum* [Robert Schwebel Ph.D] and Treatment Alternatives for Safe Communities (TASC) for program supervision and drug testing.

Most participants in the RSAT program have a history of marijuana use, often in conjunction with alcohol, methamphetamine, opioids, and other substances.

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

All residents are screened for the Substance Use Specialty Treatment Program upon intake.

Screening involves:

- The Adolescent Substance Abuse Subtle Screening Inventory (SASSI-A2);
- A structured clinical interview to determine presence of DSM-5 substance use disorder (SUD) and severity; and
- Determination if substance use plays a significant role in offending behavior, is life or health threatening, or has a negative impact on their mental health.

Other eligibility criteria include a length of stay between 6 and 12 months. Individuals who have been diagnosed with severe mental illness or sexualized behavior treatment needs that might be better served by the mental health specialty treatment program are not eligible. This information is

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combined to assign the youth to one of four substance use classifications. Those in the highest-level classification can enroll in the RSAT Program.

The reception, assessment, and classification (RAC) process identifies initial treatment needs, which RSAT staff enter into an individual's continuous case plan. Further recommendations and conceptualization of the case plan typically occur within 30 days after the first multidisciplinary team meeting. The RSAT Program is designed to be completed in 6 to 12 months—typically around 9 to 10 months.

## MODALITY OF RSAT PROGRAM

The Substance Use Specialty Treatment Program is a therapeutic community. The program is comprised of 5 phases. All phases have behavioral, educational, and treatment requirements to move to the next phase.

- The *acknowledgement* phase focuses on acknowledging problem behaviors and taking accountability.
- The *understanding* phase focuses on understanding the reasons behind behaviors and the impact they have had on the individual and others.
- The *application* phase gives youth the opportunity to apply and practice the new prosocial skills they have been taught.
- The *demonstration* phase requires youth to consistently demonstrate the use of new prosocial skills in previously problematic situations, as well as to develop a success/relapse prevention plan.
- In the *re-entry* phase all treatment has been completed, a release board is scheduled, and the success/relapse prevention plan continues to be reviewed and improved.

Youth have an opportunity to engage in a variety of treatment modalities. The primary modality for substance use is *The Seven Challenges* curriculum. The curriculum includes working sessions, journal groups, dialectical behavior therapy skills training groups, and aggression replacement training. A typical day consists of:

1. Wake up at 6 a.m., eat, and prep for classes.
2. Attend school to earn credits toward their high school diploma.
3. Break for lunch and recreational activities.
4. Attend treatment groups.
5. Responsibility time to finish up any treatment work and engage in other activities.
6. Dinner and showers.

Youth in the RSAT program must complete the phases previously discussed and complete *The Seven Challenges* program, dialectical behavioral therapy (DBT) skills training groups, and, if assigned, aggression replacement training.

## CONTINUING CARE/REINTEGRATION

Typically, youth participate in individual or group treatment in the community and drug testing while on parole.

### **PROGRAM HIGHLIGHT**

Participants engage in a “multidisciplinary staffing” every 30 days in which members of the residential treatment team meet with parents, parole officers, Department of Child Safety (DCS), and other community members to discuss treatment progress and organize an individual’s reentry into the community. The Parole Officer begins development of the parole plan and ensures that services are set up well in advance of a youth’s release.

Eye Movement Desensitization and Reprocessing (EMDR) is offered to address trauma associated with SUD. All clinical staff have attended or are currently attending an EMDRIA (Eye Movement Desensitization and Reprocessing International Association)-approved EMDR training.

### **PROGRAM CONTACT INFORMATION**

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