



Washington, DC

PRISON PROGRAM

DC Correctional Facility Treatment Facility (CTF)

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Current FY20 Funding: \$121,871*

OVERVIEW OF PROGRAM

The District of Columbia Department of Correction's (DC DOC) RSAT Program serves both men and women in two gender-specific, designated units within the correctional treatment facility (CTF). RSAT participants and mentors are the only residents of these units. At the time of this writing no residents were currently enrolled in the program due to COVID-19 restrictions.

The RSAT Program provides evidence-based care to individuals experiencing substance use disorders (SUD) and co-occurring disorders (COD). In addition, the RSAT program has adopted the Substance Abuse and Mental Health Services Administration (SAMHSA) peer support program to train RSAT mentors on becoming peer specialist.

The RSAT Program first received funding and began admitting residents in 2008. The RSAT Program is also funded by the DC DOC's annual budget, which includes the salaries for four clinicians, one clinical administrator, and one program administrator.

PROGRAM HIGHLIGHT

The DC DOC program has implemented tablet programming and is using smartboard technology to work with residents with cognitive and mental health disorders. These will also be used to expand trauma-informed care, introduce art therapy, and include the residents' family members as part of the therapeutic module.

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

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Individuals are referred to the RSAT Program by the United States Parole Commission (USPC) (for sanctioned residents), from the D.C. Superior Court, and from DC DOC staff, such as case managers (for non-sanctioned residents).

The lead clinical supervisor, the RSAT administrative manager, and the case manager conduct an eligibility screening assessment by reviewing DC DOC's electronic medical record (EMR) and the Jail and Community Correction System (JACCS) jail-based management system.

Eligibility criteria include:

- Evidence of substance use in the last 12 months,
- SUD diagnosis in accordance with the DSM-5,
- The ability to participate in the RSAT Program for a minimum of 30 days,
- A custody clearance by DOC,
- Medical and psychiatric stability, and
- No previous participation in the RSAT Program within the past 12 months.

A resident's history of institutional offenses may be taken into consideration on a case-by-case basis.

After clearing the eligibility screening process, the potential resident is scheduled for face-to-face interviews with the RSAT Program clinical team and undergoes psychological and substance use assessments. Upon completion of all assessments, residents who meet the RSAT criteria are admitted into the program and transferred onto the RSAT unit. All RSAT residents are required to take a urinalysis test prior to entering the program and monthly while enrolled in the program.

An assigned RSAT clinician in conjunction with the RSAT resident completes the treatment plan, utilizing all assessments (initial and ongoing), pre-screening interview notations, ongoing individual session, group session progress notes, and on-unit observations.

Treatment plans are developed within three days of admission and updated according to the following schedule:

- **Orientation phase:** Within 7 to 14 days from admission.
- **Phase 1:** Initial treatment plan; within 72 hours.
- **Phase 2:** Within 30 days from admission.
- **Phase 3:** Within 30 days from Phase 2 update.
- **Phase 4:** Within 30 days from Phase 3 update.

The typical length of stay is 120 days for male residents and 60 days for female residents.

MODALITY OF RSAT PROGRAM

The RSAT Program is a Level 3.1 clinically managed low-intensity residential program according to the American Society of Addiction Medicine's (ASAM) level of care requirements. This therapeutic community utilizes COD treatment protocols, trauma-informed care, and recovery therapy, as well as incorporating ASAM's six dimensions of multidimensional assessment. The program uses the Bureau of Justice Assistance's (BJA) practice guidelines for residential substance abuse treatment programs.

Areas of focus include:

Phase 1 (Orientation) and Phase 2 (Induction): The curriculum is focused on helping residents identify their SUD and develop realistic and achievable goals for their time in the program. In these phases, the resident's schedule is filled with SUD programming.

Phase 3 (Maintenance/Relapse Prevention) and Phase 4 (Reentry Planning): The residents' schedules include job training via the tablet program and DC DOC's Center for Professional Development (CPDL) work readiness programs, such as culinary arts, CTECH (an industry certification class for installing and programming broadband connection and smart devices in home), and others. Educational offerings include *Thinking for a Change* (T4C), customer service, and health education on chronic disease self-management, eating healthy, and HIV/AIDS.

Phase 4 (Reentry Planning): Residents and their families participate in family reunification therapy and residents are linked with the Resource to Empower and Develop You (READY) Center for employment services and housing. All graduating sanctioned residents receive additional reentry coordination between DC DOC and Court Services and Offender Supervision Agency (CSOSA), the District's community supervision agency, as they transition into a community continuing care program for SUD services.

The RSAT program provides the following groups/services:

- COD treatment,
- Trauma-informed care,
- Family reunification therapy,
- Wellness Recovery Action Plan (WRAP),
- Peer mentorship groups,
- Anger management,
- Parenting education,
- Recovery groups,
- Life skills,
- *Thinking for a Change* (T4C),
- Health education,
- Meditation,
- Financial planning,
- A bi-weekly empowerment series that provides opportunities for residents to engage with individuals living in their community who are working and living in recovery,
- Workforce readiness certification (CTECH and culinary arts), and

- Education courses (such as high school diplomas and college courses). DC DOC's education offerings and partnerships with universities such as Georgetown, Howard, and George Washington (GWU) provide curated courses for residents to obtain college credits and degrees.

CONTINUING CARE/REINTEGRATION

All RSAT residents are referred to DC DOC's READY Center within 30 days prior to release from DOC custody to share information about available continuing care services and resources that the resident may need to ensure a successful reintegration into the community. The READY Center is a centralized location where formerly incarcerated DC DOC residents can access services from:

- Community-based organizations (CBO),
- DC DOC,
- Department of Motor Vehicles (DMV),
- Department of Employment Services (DOES),
- Department of Human Services (DHS),
- Department of Behavioral Health (DBH), and
- The Mayor's Office on Returning Citizen Affairs (MORCA).

Soon-to-be released participants complete interest forms and are screened to determine their needs in order to link with appropriate service organizations. USPC sanctioned residents that are transitioning to aftercare programs are referred to the CSOSA for continuing care programs within the community.

PROGRAM CONTACT INFORMATION

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Information updated 9/9/2020