



Delaware

CONTINUING CARE/REINTEGRATION PROGRAM
Delaware Department of Corrections New Expectations Program

JUVENILE AND YOUNG ADULT PROGRAM
The Ferris School

Continuing Care/Reintegration Program



Delaware Department of Corrections New Expectations Program

Current FY19 funding: \$60,000*

OVERVIEW OF PROGRAM

New Expectations is a program that allows women who are pregnant or have recently given birth to receive intensive treatment and avoid incarceration while living in a group home overseen by the Delaware Department of Corrections (DDOC). The New Expectations Program is a partnership between Connections Community Support Programs (Community CSP) and the DDOC.

The program has the capacity to serve 17 women in 9 rooms. The average home occupancy ranges from six to nine participants per month. Treatment is available a few minutes away at Community CSP. Women participate in individual and group sessions, attend first time mother classes, and receive prenatal care. Cognitive behavioral therapy (CBT) is available for women who have experienced trauma.

PROGRAM HIGHLIGHT

New Expectations is a 90-day program with the added opportunity for mother and baby to reside at the New Expectations facility until the child is 6 months old.

The New Expectations Program first received funding in 2014 and began admitting participants that year. The RSAT grant expands a portion of the Delaware Maternal Residential Secure Housing Program.

ELIGIBILITY CRITERIA SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Women enrolled in the New Expectations Program are pregnant or have recently given birth and have a substance use disorder (SUD). Referrals may be received from a judge as a court-ordered

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

alternative treatment to incarceration or from the DDOC Bureau of Community Corrections. These referrals are often submitted because of a parole violation or because a woman has been placed in Level 5 (incarceration) and is being considered for alternative treatment option in lieu of incarceration. Individuals may also be referred by the DDOC Bureau of Prisons. These referrals are the result of reentry assessment of individuals in Level 5 who are preparing to reenter the community.

Women entering the program are interviewed and undergo a biopsychosocial and other assessments to determine their individual treatment plan. The treatment program lasts a minimum of 6 months and up to 6 months after the baby is born. There are four phases of treatment:

- **Orientation Phase: 14 to 30 days.** Includes initial assessments/evaluations, individual counseling and groups, discharge planning, resident meetings, and initial treatment.
- **Phase 1 (Active Treatment): 30 to 60 days.** Includes following the individual treatment plan, individual counseling and groups, family therapy, resident meetings, treatment groups, clinical groups, random urine drug screens (UDS), medical treatment, and financial classes.
- **Phase 2 (Active Treatment): 60 to 90 days.** Includes following the individual treatment plan, individual and group counseling, family therapy, clinical groups, random UDS, medical treatment, financial classes, resident meetings, parenting class, and Alcoholics Anonymous/Narcotics Anonymous (AA/NA) meetings.
- **Phase 3 (Community Reintegration and Aftercare): 60 to 180 days.** Includes review of individual treatment plan, individual and group counseling, family therapy, clinical groups, medical treatment, financial classes, resident meetings, parenting class, AA/NA meetings, and random UDS.

MODALITY OF RSAT PROGRAM

The New Expectations Program is a therapeutic community offering evidence-based treatment and trauma-informed care. Treatment services are provided at a Community CSP. Participants attend groups in-house with guest speakers and staff with focus on topics such as:

- Relapse/addiction and trigger,
- Coping skills,
- Stress management and anger,
- Co-occurring disorders and health,
- Birth/child plans,
- Children born into families with addiction, and
- Impact on children during incarceration.

Participants must meet requirements of their treatment and discharge plan, attend 80% of all groups, submit required journal entries, complete an eco-map and resource notebook for community reentry, comply with OB-GYN and prenatal/postpartum care, complete parenting and financial classes, have a negative UDS, and comply with the policies and rules of New Expectations in order to graduate from the program.

MAT PROGRAM INFORMATION

Mothers may receive medication-assisted treatment (MAT) from Community CSP.

CONTINUING CARE/REINTEGRATION

The New Expectations program is in the process of hiring a trauma therapist and coach that will assist with continuing care needs, including a monthly follow-up for up to 6 months after the participant leaves the program. There are no community linkages in place. However, participants are expected to continue treatment and find employment and housing before leaving the program.

PROGRAM CONTACT INFORMATION

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Information updated 6/16/2020

Juvenile and Young Adult Program



The Ferris School

Current FY17 Funding: \$35,840* (state match \$11,956)

OVERVIEW OF PROGRAM

The Ferris School is an American Correctional Association (ACA)-accredited, secure-care treatment facility providing services for up to 72 court committed males ages 13 to 18. The average length of stay is 6 months to a year, followed by a 6-week transition program. Youth admitted to the Ferris School are identified as having serious and/or chronic criminal histories who pose a risk to themselves or others and require intensive rehabilitative treatment.

The Ferris School first received RSAT funding and began the current programming in 2014. The Division of Youth Rehabilitative Services (YRS) currently uses their RSAT grant to fund clinicians to work with Level 5 youth with substance use disorders (SUD). The program uses *The Seven Challenges* curriculum [Robert Schwebel Ph.D] and serves 18 individuals. Reportedly, most participants entering the program have a history of marijuana and prescription opioid (i.e., oxycodone) use.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Students receive a comprehensive mental health and substance use evaluation upon admission to the Ferris School. Based on this assessment, students with a diagnosable SUD are referred to The Seven Challenges Program. These students meet individually with the substance abuse program administrator, who orients them to the program, including expectations and requirements. A minimum length of stay between 4 to 6 months is required to participate.

Program participants are assigned to a group facilitator and attend weekly 1.5-hour group treatments. In addition, they receive individual counseling.

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MODALITY OF RSAT PROGRAM

The RSAT program at the Ferris School is a therapeutic community based on *The Seven Challenges* curriculum. *The Seven Challenges* is a comprehensive counseling program for young people that incorporates work on alcohol misuse and SUDs. It is designed to motivate youth to evaluate their lives, consider changes they may wish to make, and succeed in implementing the desired changes. It supports them in taking power over their own lives. *The Seven Challenges* supports young people to address their SUDs and co-occurring disorders (CODs), life skill deficits, and situational and psychological problems.

Although counselors in the program provide a structure for groups and a framework for individual sessions, the content of each session is exceptionally flexible, in response to the immediate needs of the youth. Residents must meet all programmatic criteria, including regular attendance and participation in all group, individual, and family sessions (if parent(s) or guardian(s) want to participate); and a best effort in to complete a journal and *Moving On to New Challenges* packet. Participation is discussed monthly with members of the youth's treatment team.

CONTINUING CARE/REINTEGRATION

Due to YRS policy, staff at the Ferris School are not allowed to follow residents after their discharge. The resident's probation officer and youth advocacy worker (YAP) provide a continuum of care for 6 months or longer. In some cases, facilitators will recommend SUD treatment providers in their home community.

PROGRAM CONTACT INFORMATION

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