



Illinois

PRISON PROGRAM

Logan Correctional Center

JUVENILE AND YOUNG ADULT PROGRAM

Illinois Youth Center Harrisburg

Prison Program



Logan Correctional Center

Current FY19 Funding: \$84,715* (\$28,238 state match)

OVERVIEW OF PROGRAM

The Illinois Department of Corrections (IDOC) has contracted for residential mental health and substance abuse treatment with a licensed provider through a request for proposal (RFP) process to administer a combined mental health and substance use disorder (SUD) treatment program at the Logan Correctional Center, a multi-security level facility for women inmates. This dual diagnosis program has been designed to treat mental health, criminal thinking, and SUDs in one setting at the same time. IDOC has established and implemented a comprehensive continuum of care that effectively provides SUD treatment services to women who have been assessed in need of and amenable to change.

Program participants receive both comprehensive SUD treatment and mental health services, using gender-specific materials whenever possible. The overall goal is to reduce disruptive behavior, drug use, and criminal behavior. The program is located in a separate housing unit and group therapy sessions are facilitated in a classroom away from other inmates and staff.

IDOC was first awarded RSAT funds for this program in 2017.

Participants must expect six months of programming, complete at least 85% of their treatment plan, and set up a recovery plan prior to graduation. Currently, 26 women are enrolled. In the period May 2018 through April 2019, 30 women successfully completed the RSAT program and 26 women did not.

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

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Eligibility for the RSAT program is based on a diagnosed SUD and individual need.

The target population is female inmates who meet the following criteria:

- Housed at program site;
- History of drug abuse/use prior to incarceration;
- Has an SUD requiring special treatment;
- Has a diagnosis of mental health disorder(s);
- Behavior is stabilized, including the use of medication, as necessary;
- Treatment will be as close as possible to the end of the period of confinement

During the arrival phase into IDOC, women are screened for SUDs with evidence-based screening tools and a biopsychosocial assessment, which identifies risk factors.

Treatment plans are developed and program participants address their problem areas and goals. The focus is on making treatment plans individualized as well as measurable.

Participants are provided both group and individual therapy through a total of 15 hours of mental health and substance use group sessions. They also receive treatment planning, individual sessions, and case management. Mental health, IDOC, TASC, and WestCare staff hold a case collaboration meeting every week to discuss participant needs and help further the stability of each.

Group participation lasts for three hours in the morning, and is often followed by school or work in the afternoon. If the individual is not engaged in either of those, she may participate in an individual session or a treatment plan review. Those who have school or work will meet with staff before or after their commitments. Everyone is expected to complete clinical assignments during free time.

MODALITY OF RSAT PROGRAM

Programming is based on a systems model. The systems model integrates major elements of an SUD community, mental health treatment environment, and corrections. The program design provides for a structured environment that includes strict expectations for inmate behavior, participation, and involvement. Within the treatment community, individuals are expected to help and support each other, learn new information about their co-existing disorders, comply with medication schedules, monitor their own mental health status, and change their behaviors.

There are three treatment phases:

- *Pre-treatment Orientation Phase.*
The pre-treatment orientation phase lasts approximately one to three months and includes four main activities: ascertain treatment needs; plan a course of action that systematically addresses identified needs; familiarize the individual with the institution, program rules, and

PROGRAM HIGHLIGHT

Each new participant is paired with someone who has been in the program at least six months so she can learn the vocabulary of the treatment unit, the rules of the program, and the structure of the dual diagnosis unit.

expected behaviors; and actively engage her in treatment. At this time, the participant's initial treatment plan is developed and she is assigned a primary counselor.

- **Main Treatment Phase.** The next phase lasts approximately 6 to 12 months. The goal of this period is to reinforce the process initiated in orientation and provide participants with a spectrum of leisure activities, treatment services, medication compliance, and information required to maintain a self-supporting crime- and drug-free life after release. As a woman moves into this phase, she will focus on her core issues, attend individual and group treatment sessions, and work to make progress on her treatment plan goals.
- **Pre-release Phase.** This phase prepares each woman for reintegration into the community as she builds on the skills she acquired during the treatment phase. Relapse prevention programming, finding a sponsor, and identifying further SUD treatment needs are all elements of this phase. The individual will meet with her SUD treatment counselor, the IDOC counselor, and the field services representative to plan the best re-entry possible. Contact with community-based treatment providers, the parole reentry group, and parole all occurs during this phase of programming.

The three phases of treatment usually last 6 to 12 months. Treatment begins from the moment the individual enters the program and lasts into continuing care. The three phases are not distinct and separate, but continuous and intermingled, differing in intensity from time to time depending on the individual and her response to the program.

Participants can join or use Matrix, A Woman's Way Through the 12 Steps, Helping Women Recover, Managing Co-Occurring Disorders, Seeking Safety, Healing Trauma, Hazelden Experiential Learning Program, Connections, Self-Esteem Garden, NAMI, and Cage Your Rage. These are held on a cyclical basis and all participants who receive at least six months of treatment are eligible to participate. They are also entitled to treatment planning, individual sessions, and case management.

CONTINUING CARE/REINTEGRATION

Program participants are set up with a continuing care appointment for substance use and mental health. They are assigned to a parole site and provided with six weeks of medication.

PROGRAM CONTACT INFORMATION

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Juvenile and Young Adult Program



Illinois Youth Center Harrisburg

Current FY19 Funding: \$46,060* (\$15,353 state match)

OVERVIEW OF PROGRAM

The Illinois Department of Juvenile Justice (IDJJ) has contracted with a licensed provider for a residential substance use disorder (SUD) treatment program at the Illinois Youth Center (IYC) Harrisburg. The program design provides a structured environment that includes strict expectations for behavior, participation, and active involvement. Within the residential treatment community, youth are expected to help and support each other, learn new information, comply with program rules and expectations, and monitor and change their behavior. Treatment focuses on the thinking and choice patterns that lead to substance use, drug sales, and related criminal activity.

The IDJJ was first awarded RSAT funds for this program in 2017. Additional Illinois general revenue funds also support program activities. The RSAT funds provide 32 residential SUD treatment beds at IYC-Harrisburg and services to youth. The length of the program is four months minimum. Currently, 20 youth are enrolled. During the period May 2018 through April 2019, 66 youth successfully completed the program and 22 did not. Participants are housed away from the general population.

To complete the program, youth must finish the three phases and test out of each one. They must also present a relapse prevention plan and show improvements in not only their substance-using behaviors, but their criminal behaviors as well.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Participants must have been assessed as having intensive residential substance use treatment needs and have a planned stay at IYC-Harrisburg of four months or longer.

Program participation criteria are the individual:

- Is between 13 and 20 years of age;
- Has been assessed with an SUD that requires specialized treatment;
- Has a history of drug abuse/use prior to incarceration;
- Will receive treatment as close as possible to the end of the period of confinement

A screening and assessment counselor administers the Texas Christian University Drug Screen 5 (TCUDS-5) and completes a review of the individual's master file (taking into account any drug use history, drug treatment history, and additional information) to determine if the youth's self-report is consistent with the information provided. If a prospective participant has a score of two or higher on the TCUDS-5, he will be administered a Global Appraisal of Individual Needs (GAIN) assessment. If he scores below two on the TCUDS-5 and the master file review supports his self-report, no further assessment is needed. If he scores below a two but the master file review indicates his self-report is inconsistent with the collateral information available and there is additional substance use history that warrants further need for assessment, a GAIN assessment is done to better determine the appropriate treatment needs.

Once the individual is moved to the parent facility, he is placed on a waitlist for the next available bed in the SUD treatment unit.

Treatment plans rely on information from the GAIN assessment, the individual's self-report, and any social history and/or supplemental information. The treatment plan goals are determined in collaboration with the participant.

There are three residential SUD treatment phases:

- **Orientation phase.** Orientation lasts from one to three weeks. During this phase, staff administer a substance use screening and assessment, if one was not done during intake. Youth are then introduced to the program, classes, and activities, and together with staff determine specific treatment goals. Those may include personal development and enhancement of self-esteem, accepting responsibility for actions, openly admitting the extent of use/abuse/sale of drugs, improving personal skills, or making decisions regarding a drug-free and independent lifestyle.
- **Intensive or main treatment phase.** The intensive phase lasts for three to six months. Activities include social and life-skill building, counseling—both group and individual sessions—and personal development, and physical development and recreation.
- **Pre-release phase.** The pre-release phase lasts from one to two months and is focused on preparing the individual for reintegration into the community. Activities include pre-release case planning, reinforcement of skills and information introduced during the intensive phase, and relapse prevention planning. Time may be allotted for preparing for a return to the community and home; transitioning to community-based treatment;

dealing with family and friends; relating to positive peers; and planning educational, employment, and leisure activities.

MODALITY OF RSAT PROGRAM

Program participants live in a modified therapeutic community with group education sessions and group and individual therapy sessions. They participate in prosocial activities and multidisciplinary groups. Each person receives a minimum of 15 hours weekly of SUD services. They can join groups on anger management, handling difficult feelings, positive attitudes for change, family, relationships and communication, victim awareness, and responsible behaviors, and explore relapse prevention plans and be linked with continuing care services.

Program participants go to school in the morning, meet in groups during their lunch hour, go back to school, and meet in groups again in the evening. Afterward, they engage in some type of extracurricular activity, recreation, or gym activity.

CONTINUING CARE/REINTEGRATION

All participants are referred to continuing care services and given an appointment for appropriate SUD treatment placement upon release.

PROGRAM HIGHLIGHT

Facility and treatment staff work together to make sure participants are able to meet their educational and treatment requirements while still enjoying some downtime.

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