



Massachusetts

JAIL PROGRAM

Barnstable County Correctional Facility

Berkshire County Sheriff's Office

Essex County Sheriff's Office

Franklin County Sheriff's Office

Hampshire County Jail

Middlesex Sheriff's Office

Norfolk County Sheriff's Office

Plymouth County Correctional Facility

Worcester County Sheriff's Office

Jail Program



Barnstable County Correctional Facility
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Current FY2022 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program within the Barnstable County Correctional Facility (BCCF) is known as the SHOCK Program, a name created by participants that is an acronym for Sober, Healing, Outstanding, Committed, and Knowing.

SHOCK Program participants live in a separate unit and, with few exceptions, treatment group programs and educational programming are also done in a separate unit from the rest of the facility. There are currently 19 program participants. The residents are provided evidence-based services, trauma-informed care, and access to medication-assisted treatment (MAT).

The primary drugs used by participants are alcohol, opioids, and cannabis; most participants are polysubstance users. Methamphetamine use has recently increased in this population.

The SHOCK Program has been in continuous operation since the mid-1990s and Barnstable was one of the first counties in Massachusetts to receive federal RSAT funds in 1998. The program served as a BJA peer mentor program in 2014.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Men admitted to the SHOCK Program have a substance use disorder (SUD) and are at highest risk for relapse. Sometimes individuals are admitted to the program who do not have SUD but have other compulsive/addictive behaviors (e.g., criminality, violence, impulse control disorders, behavioral addictions, etc.) that lead to high recidivism and for which cognitive behavioral treatment (CBT) based programming may be helpful.

Potential participants are required to have at least 9 to 10 months remaining on their sentence so they can complete the full 6-month program. The additional required time allows for earned “good time” that may move up the end of sentence date (approximately 7.5 to 10 days per month earned). On rare occasions, a pre-trial individual may request and gain admission to the program. In these circumstances the director of Classification closely screens the individual and only admits those who seem likely to be housed at BCCF for a significant period of time.

Assessments for new participants include the National Institute on Drug Abuse (NIDA) Quick Screen, the Michigan Alcohol Screening Test (MAST), and the Level of Service Inventory-Revised Screening Version (LSI-R:SV). New enrollees also participate in an interview to establish their personal history.

A participant is asked to identify and prioritize areas of concern and associated goals during the intake process, which then becomes the basis for a treatment plan. The treatment plan is revisited after their first 2 months in the program. This is part of the assessment process to determine eligibility to advance from Phase 1 (Prep status) to Phase 2 (SHOCK status). They again revisit the treatment plan when the participant reaches month 4 in the program, with a new emphasis on identifying reentry needs and goals.

The SHOCK program is 6 months. If a participant is granted parole during this time, the parole board frequently requires that the participant successfully complete the program before approval for release, even if their parole eligibility date is earlier than their program completion date.

MODALITY OF RSAT PROGRAM

The SHOCK Program at BCCF is a therapeutic community and is run in a quasi-military environment with CBT-based treatment programming presented within an accountability model of treatment. The program takes a biopsychosocial perspective on substance use and employs motivational interviewing (MI) skills. In classroom style groups individuals learn to change from criminal and antisocial behaviors to pro-social, healthy behaviors. Substance use and criminal behavior are the primary targets for change. All curricula and materials utilized are evidence-based to address criminogenic and responsivity needs.

The SHOCK Program teaches participants to:

- Identify habits of thinking that are directly connected with their criminal behaviors and patterns of substance use;
- Understand the consequences of destructive patterns of pro-criminal cognition and behavior; and
- Utilize techniques for controlling and changing these habits of thinking and behaving, and to know that they can change.

The SHOCK Program has two phases:

- **Phase 1 (2 months):** “Prep” status, during which residents have basic SUD education and learn the disease model of addiction and various methods of recovery. They are also introduced to basic CBT skills for behavioral change.
- **Phase 2 (4 months):** “SHOCK” status, during which participants take more advanced groups to learn life skills, such as problem solving, values clarification, relationship skills, anger management, and relapse prevention. This phase expands on the cognitive-behavioral model by exploring criminal and at-risk styles of thinking.

Groups and activities include:

- Four times weekly Prep group (focus on addiction, recovery, and CBT skills);
- Four times weekly SHOCK group (CBT focus on problem-solving, addictive/criminal thinking, and building healthy relationships);
- 10-week mandatory anger management group;
- Cyclical groups that include an 8-week reentry/recovery group with MAT education and an 8-week co-occurring/resiliency group;
- Required education classes three mornings a week;
- *Path to Freedom* [Prison Mindfulness Institute];
- Raising healthy families;
- Health awareness;
- Financial literacy; and
- Narcotics Anonymous/Alcoholics Anonymous (NA/AA).

The military-based lifestyle of the BCCF RSAT Program includes four peers called squad leaders who are SHOCK status RSAT community members selected by staff based on the merit of their participation in the program.

There is a weekly peer led community meeting with a structured format. At this meeting each community member in the RSAT Program states their reasons for being in the program, indicates who or what they are grateful for, reads an inspirational quote of their choosing, and talks about their goal(s) for the week. There are also special readings, prayers, speeches, and awards given out each week.

PROGRAM HIGHLIGHT

Designated “squad leaders” meet daily with security staff, provide mentoring assistance, and serve as role models to other participants in the program.

MAT PROGRAMMING

BCCF offers naltrexone (Vivitrol) treatment just prior to and following release. The SAMHSA grant-funded Vivitrol Increased Participant (VIP) program is also available. VIP provides Vivitrol treatment along with counseling and recovery coaching prior to and 6 or more months following release. BCCF also offers Project ROAR, another SAMHSA-funded program that provides case management services for several months following release.

CONTINUING CARE/REINTEGRATION

Participants meet with reentry staff beginning 90 to 120 days before their anticipated release date to discuss individual reintegration needs and plans. Program staff assist individuals in the following ways:

- Placement in long-term residential programs and sober houses;
- Transportation to programs;
- Setting up medical, psychiatric, and counseling appointments;
- Providing information about community-based services, including educational and vocational programs and CORI-friendly employers;
- Activation of MassHealth coverage; and
- Information about available BCCF MAT services.

In order to complete the program, an individual must adhere to the strict behavioral guidelines required in a quasi-military environment (for which the security staff utilizes a progressive disciplinary approach to behavioral change) and participation in all required treatment groups and activities. Participants may also be required to submit a recovery/relapse prevention plan.

PROGRAM CONTACT INFORMATION

Joseph Trabucco, Director of Inmate Services
Barnstable County Sheriff's Office
6000 Sheriff's Place
Buzzards Bay, MA 02542
508-564-4443

Information updated 5/11/2022



Berkshire County Sheriff's Office

Current FY2018 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at the Berkshire County Jail and House of Correction serves approximately 49 men. It is designed to give participants an opportunity to address individual needs that led to their involvement with substance use and illegal activities and subsequent incarceration. The program is 3 to 6 months long. It offers group and individual treatment in a therapeutic environment that allows participants to focus on the connection between their criminal thinking and substance use disorders (SUD).

The goals of the RSAT Program are to create an environment in which participants can gain a greater understanding of the underlying reason for their current situation and for this knowledge to change their behavior, resulting in the reduction of the overall recidivism rates of program graduates.

The program was developed and implemented in September 2001. In 2003 they were recognized by the National Sheriff's Association *Sheriff's Magazine* as a program of the year for their "productive and well thought out program."

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Those most in need of services are considered first for the Berkshire County House of Correction (BCHOC) RSAT Program. This is determined by type and severity of criminogenic risk/needs and presence of substance use and mental health disorders.

The BCHOC assessments include the Level of Service Inventory-Revised (LSI-R) to identify criminogenic risk, the Texas Christian University Drug Screen V (TCUDS-V), and the TCUDS-V Opioid Supplement to identify SUD. Because the RSAT Program can be either 90 days or 180 days in length, time left on an individual's sentence is also a factor for eligibility. Occasionally, men enter the program with less than 90 days left on their sentence if there is a consensus among RSAT staff that they could benefit from participation.

RSAT staff develop initial individual service plans with participants based upon original screening and assessment results, as well as their wishes for the future. Service plans are reviewed every 60 days and/or when issues arise. Continuing care/reintegration planning begins on their first day of booking and reintegration needs are identified at the beginning of an individual's sentence. Discharge plans are the natural extension of the participant's re-assessed service plan throughout the RSAT Program.

MODALITY OF RSAT PROGRAM

The program is recovery-oriented and takes a holistic and comprehensive approach to treatment based on evidence-based practices. The program aims to help participants:

- Understand the reasons for their use;
- Address their mental health and SUD during groups and counseling sessions; and
- Have a lifestyle free of substance use after release.

The program has a 71-participant maximum capacity. Participants attend various programs, such as group therapy, individual therapy, and Alcoholics Anonymous/Narcotics Anonymous (AA/NA) meetings. Staff use evidence-based curricula such as *Thinking for a Change* [National Institute of Corrections], *Anger Management* [Substance Abuse Mental Health Services Administration (SAMHSA)] and *Building Social Networks* [TCU].

The Bridge Program, an important component of the RSAT Program, is an intensive 8-week cognitive behavioral-based SUD treatment program that uses a biopsychosocial/spiritual perspective. Individuals meet for:

- 1.5 hours of treatment classes three times per week;
- 1 hour of process group per week;
- 1 hour of yoga per week; and
- 1 hour of therapeutic recreation per week.

Therapeutic leisure time helps participants learn to have fun without alcohol or substances. The Bridge Program is limited to 10 men. It includes a facilitator's guide and participant's curriculum, pre- and post-tests, a client self-evaluation, and client program evaluation.

MAT PROGRAMMING

Participants receive naloxone (Narcan) upon release and naloxone training is offered to all units through a community-based provider. People who enter the facility on prescribed methadone or buprenorphine are currently tapered using buprenorphine and comfort medications for 6 to 8 days. By the end of 2020, the medication-assisted treatment (MAT) program will be expanded to include buprenorphine and methadone.

CONTINUING CARE/REINTEGRATION

Participants must complete tasks listed on a discharge checklist upon release for continued treatment. They also receive reminders through the mail about their next MAT and counseling appointments. Sheriff's Office staff are available to drive released participants to appointments if transportation becomes a barrier to access to continued services.

RSAT participants have access to many community-based agency and service representatives that visit the program. These include:

- Religious and 12-step groups;
- Residential facilities;
- Parenting resources;
- The Brien Center (a behavioral health community center);
- Tapestry (an educational and healthcare provider); and
- Several other local health centers.

The Berkshire County Sheriff's Office operates a Reentry Center in Pittsfield where men released from Berkshire County Jail and House of Corrections can obtain a range of services at no cost. Services include:

- Job search;
- Parenting classes;
- Men's and women's re-entry group;
- Narcotics Anonymous (NA) meetings;
- Support for homeless individuals (e.g., transportation, housing application assistance); and
- Assessment, case management, and referrals.

PROGRAM HIGHLIGHT

The Bridge Program incorporates yoga and meditation to make the body/mind course the cornerstone of the RSAT Program.

PROGRAM CONTACT INFORMATION

Trevor Johnson, Director of RSAT
467 Cheshire Road
Pittsfield, MA 01201

Information updated 1/1/2020



Essex County Sheriff's Office

Current FY2020 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at the Essex County Jail is known as the Correctional Recovery Academy™ (CRA) and is operated in partnership with Spectrum Health Systems, Inc. CRA is an advanced form of therapeutic community programming designed to change the thinking and behavioral habits of moderate to high risk/need individuals. Spectrum's CRA functions as a distinctive community within the Essex County Jail, providing a highly structured and supportive learning environment in which to address criminal and addictive behaviors.

There are currently 39 individuals enrolled in the program. CRA provides individuals with evidence-based services and medications to treat opioid use disorder (OUD) including naltrexone (Vivitrol), methadone, and buprenorphine/naloxone (Suboxone).

The Essex County Sheriff's Office was first awarded RSAT funding more than 18 years ago. There was already an existing program in place to address alcohol/drug treatment for incarcerated men, so participants were admitted immediately.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

RSAT-funded beds in the CRA Program are primarily for men who have been diagnosed with a substance use disorder (SUD). Individuals may be ordered into the program, request CRA, or may be classified to the program based upon screening and assessment results.

PROGRAM HIGHLIGHT

The program has a high completion rate with several individuals graduating each month.

Individuals are screened for SUD using the Texas Christian University Drug Screen (TCUDS). Clinicians use motivational interviewing (MI) skills to complete an individual's biopsychosocial and substance use history assessment. A treatment plan includes goals and objectives based on the client's substance use behavioral patterns, current situation, and reentry needs.

MODALITY OF RSAT PROGRAM

The CRA Program is a 4-month therapeutic community based on Spectrum Services, Inc.'s Accountability Program. Mutual respect, accountability, and responsibility are emphasized, and motivational interviewing (MI) skills are used to engage participants in treatment and prepare them for active participation and successful completion of Spectrum's structured cognitive behavioral programming.

Core accountability groups utilize the *Living in Balance* [Hazelden] curriculum twice daily Monday through Friday. Other optional classes include education, life skills, violence alternatives, and music therapy.

CONTINUING CARE/REINTEGRATION

Continuing care services begin while individuals are still enrolled in the CRA Program. Each participant is assigned a reentry counselor who helps to develop an aftercare plan that will follow the participant into the community. Housing, continued treatment, medical case management, and other wraparound services are available before release. Community linkages include, but are not limited to, Mass Rehabilitation Commission (MRC) and long-term residential homes such as Link House, Chase House, and Gavin House.

PROGRAM CONTACT INFORMATION

Jillian Nelson, Assistant Superintendent of Inmate Programs
jnelson@essexsheriffma.org

Marufa Hupper, CRA Clinical Director
marufa.hupper@spectrumhealthsystems.org

Information updated 9/13/2020



Franklin County Sheriff's Office

Current FY2018 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT funded program at the Franklin County Sheriff's Office (FCSO) provides groups and individual treatment in their 28-bed minimum-security unit. There are six licensed behavioral health clinicians who provide behavioral health treatment. (RSAT funding partially pays for one behavioral health clinician.) This program was first awarded RSAT funding in 2013.

Franklin County Jail is the only RSAT Program in MA that has provided buprenorphine since 2016. They currently provide all three FDA-approved medications for opioid use disorder (OUD) and were also the first jail to become a federally approved Outpatient Treatment Program (OTP) for methadone.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

The program uses the Level of Service/Risk, Need, Responsibility (LS/RNR) assessment tool to assess risk, identify criminogenic needs, and coordinate treatment and programming. They also assess substance use involvement and severity using the Adult Substance Use Inventory Revised (ASUS-R). There are additional screenings for co-occurring disorders (COD) and trauma upon admission to the program.

Staff collaborate with participants to develop a treatment plan based upon the results of screenings and assessments. Staff use motivational interviewing skills and consider a person's stage of readiness when developing assessments and treatment plans. This information helps target which behavioral health groups will most benefit participants.

Staff and participants reassess treatment plans every 60 days. During these case meetings, they also discuss housing, food assistance, childcare, and family reunification needs.

MODALITY OF RSAT PROGRAM

The Franklin County Jail is a locked treatment facility. The program is based on the belief that through treatment, programming, and case management support, incarcerated individuals are better able to reintegrate into the community and end the cycle of crime and incarceration.

FCSO uses an evidence-based approach to RSAT programming. The program is trauma-informed and relies on mindfulness-based therapies like dialectical behavior therapy (DBT) and acceptance and commitment (ACT) therapy. The program also provides:

- Substance use disorder (SUD) and COD treatment;
- Family-based services;
- Criminal thinking groups;
- Educational and vocational programming; and
- WRAP (wellness recovery action plans).

MAT PROGRAMMING

The Franklin County jail offers all three FDA-approved medications for OUD. The jail is a federally approved Outpatient Treatment Program (OTP) for methadone.

CONTINUING CARE/REINTEGRATION

The FSCO employs post-release reentry caseworkers to help individuals navigate resources and systems to find the best support in their communities. These reentry caseworkers help with a variety of services, including health insurance, supplemental nutrition assistance program (SNAP) benefits, housing support, employment, school placements, recovery, detox, and many others.

Participants receive individualized continuing care plans developed in collaboration with a behavioral health counselor upon release. This plan includes information about intense wraparound services including finding a job, housing, and how to navigate detoxification/relapse. Post-release caseworkers and supervising officers (parole/probation) also receive copies of the plan.

PROGRAM HIGHLIGHT

The Franklin County Sheriff's Office was the first to offer buprenorphine in the Massachusetts and has become a federally certified opioid treatment program (OTP), conducts mindfulness exercises before staff meetings, and offers family program for participants.

PROGRAM CONTACT INFORMATION

Ed Hayes, Assistant Superintendent
160 Elm Street
Greenfield, MA 01301
413-774-4014 ext. 2158
ed.hayes@fcs.state.ma.us



Hampshire County Jail

Current FY2022 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at Hampshire County Jail is a 6-month modified therapeutic community that currently serves 27 men in a “mod” within the jail. Prior to the COVID-19 pandemic, 64 men were enrolled, but COVID-19 safety protocols and court closures have led to a decrease in enrollment.

The RSAT Program provides evidence-based services, trauma-informed care, and medication-assisted treatment (MAT) services for men with substance use disorders (SUD). Individuals entering the program most frequently have used opioids, alcohol, methamphetamine, and cocaine.

The RSAT program was first funded in 2004 and began admitting participants that year.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

All men who enter the Hampshire County Jail are assessed within the first 72 hours of their arrival using the Level of Service/Case Management Inventory (LS/CMI) and Adult Substance Use Survey (ASUS). These evidence-based assessments are used to determine strengths, needs, and risk areas related to both substance use and criminogenic factors and overall likelihood for recidivism.

Once the LS/CMI assessment is completed, men may complete an application to enter the first phase of the RSAT Program, the Community Accountability Program (CAP). To be considered eligible for the CAP, participants must have a substance use history and be willing to address their identified high-risk behaviors. Clinicians, case workers, reentry, and security staff review CAP applications at the weekly staff meeting. The entering participant and their caseworker develop a treatment plan based upon the needs identified in the assessment.

MODALITY OF RSAT PROGRAM

The RSAT Program at Hampshire County Jail is a modified therapeutic community. There are four phases of treatment for a total of 190 days.

Phase 1: Community Accountability Program. This phase begins as soon as the assessments have been completed. Orientation is held each Wednesday morning and reviews all rules and program expectations. Reintegration services are initiated during orientation and all men are provided a discharge planning book. New arrivals participate in substance use education, relapse prevention, educational services, criminal thinking, victim impact groups, aftercare groups, and anger management and domestic violence treatment, as needed. If sentence structure dictates, some individuals are placed in release preparation groups while in Phase I. There is one community meeting each afternoon that all participants are expected to attend. The primary goal of Phase I is to prepare participants for Phase II. Participants are involved in a minimum of two staff-facilitated groups daily, as well as self-help and volunteer-run groups.

Phase 2: Lifeskills Program. Phase 2 is for individuals who are at least 6 months from release. The director of treatment, mental health clinician, case managers, substance abuse clinicians, supervisor of education, communicable disease coordinator, and security staff discuss Phase 2 applications at a weekly staff meeting. Approved applicants are maintained on a waitlist as needed for admission to Phase 2.

The Lifeskills Program is increasingly more structured, demanding, and rewarding than Phase 1, with emphasis on the unit as a community, and the individual as a prosocial member of the recovery community. Men take on increased responsibility and earn increasing rewards throughout the duration of the program. Participants in Phase 2 Lifeskills are prioritized for more in-depth and advanced treatment groups, advanced college level classes from Amherst College, and creative activities such as writing classes, working in the cane and wood shops, participating in the Labyrinth group, and the NEADS puppy training program. Participants are eligible to receive a certificate after 6 continuous months in Phase 2.

Phases 3 and 4 are part of the continuing care reintegration process.

The RSAT program uses the following curricula:

- *Helping Men Recover* [Stephanie Covington Ph.D.];
- *Thinking for a Change* (T4C) [National Institute for Corrections];
- *TruThought LLC*;
- *Seeking Safety* [Treatment Innovations, Lisa Najavits];
- The Duluth curriculum for domestic violence [Domestic Abuse Intervention Programs];
- *Science of Addiction* [NIDA]; and
- The MORE curriculum.

The program also offers groups that include:

- Work readiness;
- Living skills;
- Parenting, including the evidence-based *Nurturing Father's Program* [Center for Growth and Development];

- Mentoring services;
- Recovery coaches;
- Stress management groups including the Labyrinth group, an ongoing pathway of flat stones among gardens within the facility's borders;
- Alcoholics Anonymous/Narcotics Anonymous (AA/NA) meetings; and
- Big Book study groups;
- Religious services.

Many participants also hold institutional work assignments in the kitchen, cane and wood shops, barber shop, block maintenance, and yard crew.

MAT PROGRAMMING

MAT is available in the form of buprenorphine, naltrexone (Vivitrol), and methadone.

PROGRAM HIGHLIGHT

Educational and vocational services are available to RSAT participants, including Adult Basic Education (ABE), High School Equivalency Test (HiSET) classes, college courses from Amherst College and the University of Massachusetts at Amherst, ServSafe training, culinary arts courses, and foundational manufacturing classes.

CONTINUING CARE/REINTEGRATION

Continuing care/reintegration encompass phases 3 and 4 of treatment.

Phase 3: Minimum Security. The Classification Board must deem Phase 1 or Phase 2 individuals eligible for Minimum Security. Participants spend at least 30 days attending in-house groups and completing Phase 3 assignments. Requirements include aftercare counseling, reentry groups, and full completion of the discharge plan, which individuals begin working on during orientation. Participants begin attending AA in the local community during this phase.

Phase 4. Pre-Release. After successful completion of Phase 3, a completed and approved discharge plan, and positive reviews, participants may apply for Phase 4 Pre-Release. This phase includes at least 30 days of community service, attendance at group treatment and AA meetings, and groups facilitated at Community Corrections. Many men can pursue employment and occasional furloughs while in Phase 4.

Transportation is provided for all released participants transitioning to halfway houses, sober houses, and/or shelters; to probation and parole; and the local bank if necessary. Community service is a large component of phases 3 and 4, including working with organizations such as Bag Share, Habitat for Humanity, Department of Public Works (DPW), Hadley Housing, Easthampton Senior Housing, and Community Corrections.

Each participant has a reentry case manager to work with on release planning and applications to sober homes, halfway houses, etc. Reintegration plans are designed for all participants and routinely updated as accomplishments are made. Men in Phases 3 and 4 have access to local community resources and are encouraged to connect with services that meet their needs. They also attend self-help groups, participate in programming at the Northampton Recovery Center, meet with sponsors and mentors, attend therapy, search for housing, complete resumes, and work in the community.

CONTINUING CARE PROVIDERS

ServiceNet Inc (Northampton)
Karen Franklin VP of Outpatient Services
kfranklin@servicenet.org
413-584-6855

On Call (OBOT Program, Northampton)
Lynn Macdonald
lynnmmacdonald@comcast.net
413-584-7425

PROGRAM CONTACT INFORMATION

Melinda Cady, Asst Deputy Superintendent (Treatment)
Hampshire County Sheriff's Office
205 Rocky Hill Road
Northampton, MA 01060
413-582-7720
Melinda.Cady@hsd.state.ma.us

Information updated 5/18/2022



Middlesex Sheriff's Office

Current FY2018 RSAT funded program

OVERVIEW OF PROGRAM

The Middlesex Sheriff's Office (MSO) RSAT Program is 126-bed unit for men who have substance use disorders (SUD). At the time of this writing, there were 94 men enrolled in the program.

RSAT funds were first awarded for this program in 2011. MSO was already operating a program for men working toward recovery at that time, so participants were available for the RSAT Program immediately.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

RSAT-funded beds are reserved for men who have SUD and have no violent or sexual-related offenses on their record. This is determined by the Sheriff's Office Intake Department, where they utilize the Level of Service/Case Management Inventory (LS/CMI) and the Adult Substance Use Survey — Revised (ASUS-R) to help determine risk and identify criminogenic needs of all individuals admitted in the facility. Those eligible for the RSAT Program meet with RSAT staff to develop a treatment plan based upon already completed assessments and a comprehensive biopsychosocial. Treatment plans are reviewed every 30 days until they complete the program.

Licensed and clinically trained mental health professionals diagnose any mental health disorders. Additional services are available for individuals who have a mental health disorder both within the facility and in the community.

MODALITY OF RSAT PROGRAM

The MSO RSAT Program is based on the Accountability Program Model. It is 90 days in length, although most individuals stay longer. AdCare Criminal Justice Services, Inc. provides staff to the program.

Groups are based on the cognitive behavioral model and utilize the Change Companies curricula. Classes and groups focus on skill-building in the areas of empathy, social values, and moral recalibration. An interpersonal violence class addresses domestic violence. The program asks for participants to have a “change of heart” during their enrollment.

Once a RSAT participant completes all mandated classes and homework, they are eligible for program completion. Some RSAT graduates are released to serve more time in another facility or at a lower level of security with the Essex County facility, or they may stay within the RSAT or be eligible for release. In 2018, of the 415 men who were admitted in the RSAT Program, 189 (45%) completed the program successfully while 226 (54%) did not.

PROGRAM HIGHLIGHT

Participants who stay beyond the 90 days may earn the privilege to become “advanced members” and run self-help groups, co-facilitate other groups, and give “advice, insight and recommendations” to newer participants.

CONTINUING CARE/REINTEGRATION

The program has a philosophy of self-sufficiency (i.e., Keep Improving Self-Sufficiency [KISS]) that encourages participants to focus on “being a provider (job), being a father/son (family), and being a man.”

The MSO has a strong history of continuing care services as exemplified by their Medication-Assisted Treatment and Directed Opioid Recovery (MATADOR) program developed in 2015. Through the MATADOR program, recovery coaches followed individuals who chose to use naltrexone (Vivitrol) for 6 months post-release to support, advocate, and act as communication links between the various entities in the person’s life. With the expansion of medications for opioid use disorder (OUD) from Vivitrol to all three FDA-approved medications (buprenorphine/naloxone and methadone), MATADOR has begun to play an even larger role with those individuals released from the MSO with medications for OUD.

PROGRAM CONTACT INFORMATION

Ed Bleu, ACJS RSAT Director
269 Treble Cove Rd.
Billerica, MA 01862
978-932-3438

Information Updated 11/1/2020



Norfolk County Sheriff's Office

Current FY2018 RSAT funded program

OVERVIEW OF PROGRAM

The Norfolk Sheriff's Office RSAT Program is a small program that is located within the general population of the jail. The current jail was built for 232 people but houses approximately 500, which makes it logistically unfeasible for the RSAT Program to have its own unit.

The RSAT Program serves 10 to 12 men at a time. All participants are separated into specialized RSAT classes and groups for the duration of the program. The focus is not only on treating substance use disorder (SUD) but also addressing the employment and vocational needs necessary for reintegration in the community. Peer mentors and recovery coaches are utilized whenever possible to facilitate groups targeting recovery and criminal attitudes.

The Norfolk Sheriff's Office was first awarded RSAT funds for this program over 18 years ago. There was already an existing program in place to treat men with addiction so RSAT participants were admitted immediately.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

To be eligible for the RSAT Program, men must have an SUD. The Classification Department uses a standardized risk/needs instrument to assess all individuals when first sentenced, which informs which men are eligible for RSAT programming. All men learn about the various programming during their intake, so many applicants for RSAT originate from sentenced individuals. Others are referred by staff. A group of RSAT staff, along with the Director of Education and Programs, review all applications to decide which individuals are most in need of services provided by RSAT.

Licensed and clinically trained mental health professionals identify mental health disorders prior to RSAT Program admission. Individuals who have a mental health disorder may utilize additional services both within the facility and the program.

RSAT participants and staff collaboratively develop treatment plans with a special emphasis on reintegration. Almost all participants end programming with different goals than when they started due to the prosocial changes that they have experienced during the program.

MODALITY OF RSAT PROGRAM

The Norfolk County Sheriff's Office RSAT Program is 90 days in length, although some participants stay for longer if they express a desire to do so and they still have time to serve on their sentence.

The emphasis on RSAT programming is transition and reintegration into the community. Programming includes:

- Cognitive behavioral based groups that utilize standardized curricula to address substance use, criminal thinking and attitudes, trauma, and cognitive reframing.
- Programming dedicated to job readiness and vocational training, such as OSHA 10 classes, computer programming, and other technical certifications.
- Peer mentors, recovery coaches, and volunteers in recovery who facilitate recovery-oriented groups.

There is approximately an 80% completion rate for RSAT members. Some people are admitted into the program without enough time to finish RSAT services and others are disciplined out of RSAT.

PROGRAM HIGHLIGHT

A public speaking class is mandated for all RSAT participants. This helps individuals find their voice, converse with others, and speak with confidence.

CONTINUING CARE/REINTEGRATION

Reentry planning begins with a person's entry into the RSAT Program. Every RSAT member develops a unique transition plan based on their individual needs. The reentry manager holds RSAT classes and meets with members individually to provide comprehensive education. There is a monthly reentry panel for all sentenced people that includes representatives from sober homes, the Registry of Motor Vehicles, criminal justice entities, and other community-based providers that can assist upon release.

PROGRAM CONTACT INFORMATION

Christopher Dawley, Director of Education and Programs
200 West Street, PO Box 149
Dedham, MA 02077
781-751-3441

Information updated 1/18/2019



Plymouth County Correctional Facility

Current FY2020 RSAT funded program

OVERVIEW OF PROGRAM

The RSAT Program at the Plymouth County Correctional Facility is named the Substance Use Disorder Program. The program provides evidence-based treatment and trauma-informed care to individuals experiencing substance use disorders (SUD) and co-occurring disorders (COD) in a 62-bed designated housing unit. There are currently 12 individuals enrolled in the RSAT Program.

The RSAT program was first funded in 2008 and began accepting residents that year.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

The Classification Department makes the initial referral to the program during the intake/ classification process. Referrals can also be made by caseworkers, reentry advocates, a licensed clinician, or via self-referral. Upon receipt of referral, an RSAT staff person conducts an interview with the candidate. If approved, the individual again meets with a licensed clinician who develops an individual's treatment plan.

The Adult Substance Use Survey – Revised (ASUS-R) is used to assess severity of substance use. The Texas Christian University Criminal Thinking Scale (TCU-CTS) is used for individuals who have been assessed for SUD and CODs and deemed appropriate to participate in individual counseling. RSAT staff develop treatment plans with the participant as part of the program orientation. They also administer a biopsychosocial assessment that is used along with the clinical assessment to develop a participant's goals. Treatment plans are reviewed every 30, 60, 90, and 120 days.

MODALITY OF RSAT PROGRAM

The Substance Use Disorder Program is a therapeutic community based on evidence-based SUD treatment and trauma-informed education and resources. Program staff use the *New Directions* curriculum [Hazelden] and *Interactive Journaling* [The Change Companies], as well the *Nurturing Program for Families in Substance Abuse Treatment and Recovery* [Institute for Health and Recovery].

The 4-month program consists of four phases with an option to become a mentor upon completion of Phase 4. The phases are designed to build an understanding and acceptance of the disease of addiction and insight into the individual's rationale for use. The primary emphasis of each phase includes:

Phases 1 and 2: Groups focusing on the disease concept, acceptance of one's problems, relapse prevention, thinking errors, and 12-step work.

Phases 3 and 4: Groups focusing on addiction in families, process groups, and 12-step work. Individual counseling is provided in addition to group therapy. Program participants take part in:

- Narcotics Anonymous/Alcoholics Anonymous (AA/NA) meetings;
- Overdose education groups, meditation;
- Spiritual groups such as Refuge Recovery (a Buddhist inspired practice and path to recovery from addiction)
- Houses of Healing [The Lionheart Foundation, Robin Casarjian] (optional group);
- Peace from Within mindfulness and peacebuilding class [Louis D. Brown Peace Institute] (optional group).

Criteria for program completion includes group attendance that requires speaking and sharing during meetings and 4 months of satisfactory participation.

CONTINUING CARE/REINTEGRATION

The Plymouth County Sheriff's Department employs reentry advocates that work inside the facility, as well as a community outreach specialist who works 2 days a week in-house and 3 days a week at Brockton City Hall in partnership with the Mayor's Office. The program has partnered with Brockton Neighborhood Health and Clean Slate Plymouth for post-release medication-assisted treatment (MAT) appointments and services.

PROGRAM HIGHLIGHT

The program partners with The Gandara Center in Brockton whose staff establish relationships with individuals during their incarceration and continues working with them upon their return to the community. The Mission of the Gandara Center is to promote the well-being of Hispanics, African Americans and other culturally diverse populations through innovative, culturally competent behavioral health, prevention, and educational services.

CONTINUING CARE PROVIDERS

Brockton Neighborhood Health
508-559-6699

The Gandara Center Brockton
774-257-5660

Clean Slate Plymouth
508-503-5020

Louis D Brown Peace Institute
617-825-1917

PROGRAM CONTACT INFORMATION

Laurel McLean, RSAT Program Manger
508-830-6200 X805

Robin McGrory, Director of Program Services
508-830-6200 X519

Jim Frazier, Reentry Specialist
508-897-6812 or 508-830-6200 X438

Information update 9/21/2020



Worcester County Sheriff's Office

Current FY2018 RSAT funded program

OVERVIEW OF PROGRAM

The 6-month RSAT Program is a separate unit at the Worcester County House of Correction. The program is a modified therapeutic community with a high completion rate that has resulted in a reduction in recidivism.

The RSAT Program has been in place since 2006.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Incarcerated individuals can request to participate in the RSAT Program during the intake process. RSAT program staff receive the request, and then screen, classify, and interview the interested individual. During the RSAT interview, staff look for the desire to be sober and help individuals move from the pre-contemplation to contemplation stage of change. Individuals participate in a variety of assessments including a psychosocial, Texas Christian University Drug Screening (TCUDS), and the Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES). Staff also review program rules, expectations, and guidelines at this time. The treatment plan is reviewed every 30, 60, and 90 days with RSAT participants.

There is a system of accountability and sanctions for any issues that arise during RSAT Program involvement. This includes verbal warnings followed by a behavioral contract, with the last resort being removal from the program.

MODALITY OF RSAT PROGRAM

The RSAT Program uses cognitive-behavioral therapy (CBT) and motivational interviewing (MI), along with an integrated treatment approach to mental health and substance use disorders (SUD). Treatment is divided into three phases.

- **Phase 1:** 90 days of basic education
- **Phase 2:** 90 days of recovery focused treatment
- **Phase 3:** Development of a “release plan”

Individual counseling is provided once every 2 weeks, Monday through Friday. Classes and groups include:

- Victim impact groups, that include on-site visits from volunteers who have been victims of various crimes and a required writing assignment;
- Anger management;
- A 10-week music therapy course;
- A 12-week recovery and spirituality class; and
- Cognitive behavioral therapy (CBT).

The RSAT Program includes a part-time clinician specifically to address MH needs of participants. In addition, there are clinician-led groups for individuals with co-occurring disorders (COD). All RSAT graduates can apply to a sober house.

PROGRAM HIGHLIGHT

The program is based on research that shows that 300 hours of evidence-based treatment or more changes thinking patterns.

CONTINUING CARE/REINTEGRATION

RSAT participants receive a Recovery Action Plan with the address and phone number of a full-time reentry support person to work with them upon release. Case load groups meet in person twice a week, along with CBT classes and meetings with participants to check in to see if the program is working well for them. These supports help participants gain awareness in the way they are thinking, their behaviors, and healthier coping methods to address symptoms of mental health issues.

PROGRAM CONTACT INFORMATION

George Perkins, Grants Manager
5 Paul X. Tivnan Drive
West Boylston, MA 01583
508-854-1973
gperkins@sdw.state.ma.us

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