



# Minnesota

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## PRISON PROGRAM

Minnesota Department of Corrections Lino Lakes

## JAIL PROGRAM

Beltrami County Jail

## Prison Program



### Minnesota Department of Corrections-Lino Lakes

Current FY19 Funding: \$354,088.74\* (state funds match the grant)

### OVERVIEW OF THE PROGRAM

The RSAT Program within the Minnesota Department of Corrections (MNDOC) Minnesota Correctional Facility (MCF)-Lino Lakes is known as the Release Violator Relapse Prevention Program. MCF-Lino Lakes is a state prison for incarcerated men that consists of a medium-security and a minimum-security unit with a population of 1,300. This facility has the highest concentration of educational and treatment programs in the state of Minnesota. In many cases, men serve the final phase of their sentence at Lino Lakes so they can obtain the services they need to prepare for release.

The Release Violator Relapse Prevention Program is a 90-day relapse prevention program for individuals that have previously been incarcerated and treated for substance use disorder (SUD). Clients live within an 80-bed therapeutic community with other individuals with SUD. There are currently 10 participants in the RSAT Program. However, another 10 clients will join the program once an additional therapist completes their training. Residents are provided evidence-based services, trauma-informed care and individuals diagnosed with opioid use disorder (OUD) are offered medication-assisted treatment (MAT) in the form of naltrexone (Vivitrol) and buprenorphine/naloxone (Suboxone).

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

Individuals that enter the program must meet the diagnostic criteria for SUD. They must have completed previous MNDOC treatment and violated conditions of release or have short sentences and they must be eligible for minimum custody and/or work release.

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

An intake therapist screens individuals to determine eligibility. When the client is admitted into the program, he completes a comprehensive questionnaire. The therapist and client collaboratively develop treatment plans to best address the issues and situations that brought the client back to jail if the client is incarcerated due to a violation of conditions of release.

## MODALITY OF RSAT PROGRAM

The RSAT Program a therapeutic community based on the consistent use of cognitive behavioral therapy (CBT) and motivational interviewing (MI). The program uses the *New Directions* curriculum, created by the Minnesota DOC in partnership with the Hazelden Foundation. This modular program encourages participants to think about and challenge their core beliefs, attitudes, and assumptions that fuel manipulative, aggressive, and destructive behaviors. Residents participate in:

- Accountability groups and community meetings that encourage self and peer accountability;
- Primary therapy groups;
- Dialectical behavioral therapy (DBT) groups;
- Sober support groups;
- Psychoeducational groups; and
- Individual therapy.

Successful completion of the program is gauged by the individual's ability to demonstrate some competency related to the issues that brought them back to prison (if incarcerated due to a violation of conditions of release).

## MAT PROGRAM INFORMATION

Vivitrol and Suboxone are available to participants with OUD.

## CONTINUING CARE/REINTEGRATION

RSAT case workers are designated as release planners. Clients are offered release plan services such as scheduling medical and psychiatric appointments, arranging for supportive housing, and residential and outpatient therapeutic continuing care services. If the client elects these services, therapists, caseworkers, and supervising agents collaborate to find the best placement.

## PROGRAM CONTACT INFORMATION

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*Information updated 5/18/2020*

# Jail Program



## Beltrami County Jail

Current FY19 Funding: \$40,832\* (county matches funding)

### OVERVIEW OF PROGRAM

The RSAT Program within the Beltrami County Jail is known as the Steps to Freedom Program. The program serves between five and nine individuals at a time. Participants live among the general population of the jail and are escorted by jail staff to a dedicated room for group counseling and activities. The jail contracts with The Bemidji Area Program for Recovery (BAPR) for substance use counseling. At this time there is one licensed alcohol and drug counselor dedicated to the program.

The program was first awarded RSAT funding on July 1, 2015. At the time of this survey report, the program was suspended due to COVID-19 protocol.

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

Individuals entering the program are administered the Minnesota Rule 25 (Rule 25/CD) assessment tool to determine if they have a substance use disorder (SUD). The Rule 25/CD looks at:

- Acute intoxication/withdrawal potential;
- Biomedical complications and conditions;
- Emotional, cognitive, behavioral conditions and complications;
- Readiness for change;
- Relapse, continued use, and continued problem potential;
- Recovery environment;
- Client choices and exceptions;
- Criteria for diagnosis; and
- Collateral contact summary.

Additionally, jail staff must approve a participant to attend the program. Treatment plans are developed with input from the participant.

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## MODALITY OF THE RSAT PROGRAM

The Steps to Freedom program employs cognitive behavioral therapy (CBT) utilizing curricula including *A New Direction* developed by the Minnesota Department of Corrections in partnership with the Hazelden Foundation. Process and theme groups are also offered that focus on trauma, adverse childhood events (ACEs), brain chemistry, sober support, and other topics.

## CONTINUING CARE/REINTEGRATION

Clients in the Steps to Freedom program are incentivized to take part in outpatient treatment following the completion of the program. Approximately one-third of participants have graduated from the program.

In addition, when COVID-19 restrictions are loosened, BAPR will offer a free store for clients to obtain clothing for interviews, jobs, cold weather, etc., along with hygiene bags, phones, or phone cards, if necessary.

The jail has recently created its own reentry program, called Tailwinds Re-Entry. This program will be run by a certified peer recovery specialist with the goal of connecting with clients prior to release and working with them upon release.

## PROGRAM HIGHLIGHT

Upon completion of the program, individuals are referred to New Beginnings, a reentry program in Bemidji that assists with housing placement, procuring insurance, obtaining cell phones, and other continuing care needs. They also provide clients with clothing and hygiene products. The program also contracts with Face It Together, a nonprofit peer recovery coaching agency that helps with continuing sober support.

## CONTINUING CARE PROVIDERS

**New Beginnings**, (a re-entry program through Sanford Behavioral Health)  
722 15th Street NW  
Bemidji, MN 56601  
218-333-2200

**Restore House** (residential treatment)  
3007 Birchmont Drive NW  
Bemidji, MN 56601  
218-444-9420  
[restor@paulbunyan.net](mailto:restor@paulbunyan.net)

**Face It Together**, Peer Recovery Specialists  
408 Beltrami Ave NW  
Bemidji, MN 56601  
218-444-9494

**Northwest Indian Community Development Center**  
1819 Bemidji Ave North  
Bemidji, MN 56601  
218-759-2022

## PROGRAM CONTACT INFORMATION

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