



New Hampshire

COUNTY JAIL PROGRAMS

Strafford County Jail

Sullivan County Jail

CONTINUING CARE/REINTEGRATION PROGRAM

**Merrimack County Department of Corrections Edna McKenna
Community Corrections Center**

County Jail Programs



Strafford County Jail

Current FY19 Funding: \$31,000* (county match)

OVERVIEW OF PROGRAM

The Strafford County Jail RSAT Program is a separate unit within the facility with approximately 480 residents. The program is currently known as the Therapeutic Community Program (for men) and the Women's Recovery Program (for women). These programs follow a segregated therapeutic community model where men and women receive alcohol and substance use counseling, cognitive behavioral change programming, and peer support activities to promote recovery from substance use disorder (SUD) and alcohol use disorder (AUD). There are currently 17 individuals participating in the program. Individuals are offered evidence-based services, trauma-informed care, and medication-assisted treatment (MAT) in the form of Suboxone (buprenorphine/naloxone) and methadone.

The RSAT Program was first funded in 2004.

ELIGIBILITY/ASSESSMENT, AND TREATMENT PLANNING

Participants may be court ordered to complete specific phases of the program as a precursor or sanction for community release or complete all phases as an alternative to community-based programs. Individuals may also apply for admission to the program. The treatment team reviews all applications. If the application is approved, a second interview with a program counselor is held. Individuals admitted to the RSAT Program must be diagnosed with a SUD and must attend 12 classes prior to admission.

Participants are held to a high standard of behavior. Any infraction of a facility rule may constitute removal from the program. In addition to institutional regulations, there are also program specific rules in place.

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

MODALITY OF PROGRAM

The RSAT Program is a therapeutic community based on cognitive behavioral change programming and peer support activities to promote recovery from SUD. It is a 90-day program with three phases of treatment. Each phase is a minimum of 30 days.

Program counselors and treatment team members develop individual treatment plans within each phase. As individuals progress through each phase they are afforded more privileges and responsibilities. Participants take part in group and individual counseling for 4 cumulative hours per day on Tuesday, Wednesday and Thursday, and 6 cumulative hours on Monday and Friday. They also attend daily classes in substance and alcohol use education, including 12-step programming.

Any participant without at least a general equivalency diploma (GED) is required to attend GED classes in conjunction with the program. Women take part in a program called Take Back Your Life in which volunteers from the service agency A Safe Place work with participants on women's empowerment and domestic violence recovery issues.

Participants must pass daily unit inspections and formal weekly inspections. All participants follow a rigorous daily schedule that includes a 5:30 a.m. wake-up and 9:00 p.m. lights out. Spiritual programs include daily meditation with volunteer clergy and yoga offered by volunteers. Participants take life skills and education classes, including:

- Anger management,
- Parenting,
- Positive options,
- Positive mental attitude, and
- Nutrition.

MAT PROGRAM INFORMATION

MAT programming includes Suboxone (buprenorphine/naloxone) and methadone.

CONTINUING CARE/REINTEGRATION

Prior to release, individuals connect with transitional housing and enroll in Medicaid and other services. RSAT programming includes vocational training, employment skills classes, and career planning to facilitate an individual's entrance into the job market. Discharge and sobriety plans are also put in place.

**Southeastern New Hampshire
Services**
SENHS@co.strafford.nh.us
603.516.8160

Dover Adult Learning Center
(603) 742-1030

PROGRAM CONTACT INFORMATION

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Information updated 7/6/2020



Sullivan County Jail

Current FY19 Funding: \$33,600*

OVERVIEW OF RSAT PROGRAM

The RSAT Program at the Sullivan County Department of Corrections (DOC) is known as the TRAILS (Transitional Reentry and Inmate Life Skills) Program. The TRAILS Program consists of two treatment phases. The first phase is a 90-day, in-house substance use disorder (SUD) program. The second phase is a 6- to 12-month post-release program. RSAT funding currently supports the post-release component of the TRAILS program.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

A participant must first successfully complete the initial 90-day, in-house treatment program, which includes psychoeducational interventions, weekly individual sessions, group and skill building, and post-release case management planning. Participants meet with a clinical team at 30, 60, and 90 days of their incarceration to review their progress and move on to the work search/release phase if approved by both the in-house clinical and security teams.

MODALITY OF RSAT PROGRAM

The TRAILS Program utilizes trauma-informed and client-centered care in the two phases of the program. Counselors are trained through the GAINS Center for Behavioral Health.

- **Phase 1:** 90 days of in-house SUD programming.
- **Phase 2:** 6 to 12 months of post-release programming.

PROGRAM HIGHLIGHT

Participants transition into the post-release program using the National Institute of Corrections' Transition from Jail to Community (TJC) model designed to advance coordinated and collaborative relationships between jail and local community organizations.

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

CONTINUING CARE/REINTEGRATION

During the relapse prevention phase of in-house treatment, participants begin reentry planning. Participants are released from the jail with a plan and set schedule for group or individual follow-up sessions. Each participant is given an individualized release plan folder that contains probation/parole reporting instructions, continuing care/reintegration directions, community resources, and random drug screening information. At this time due to the COVID-19 crisis, all sessions are handled via telehealth or telephone, and drug screens are done only as a call-in notice.

The TRAILS Program works with various community partners to provide post-release services to participants. For mental health referrals, TRAILS partners with West Center Behavioral Health and Counseling Associates in Sullivan County. Other partners include the Center for Recovery, which provides peer and coaching support; Southwestern Community Services, which assists with supportive housing; and Turning Points Network, who provide guidance with domestic violence issues. Each participant is given the opportunity to apply for Medicaid and receives a suspended number if accepted by the system. Additionally, participants receive a resource guide if they want to make connections on their own.

CONTINUING CARE PROVIDERS

**Victim Witness Advocate
Program**
603-863-8345

NH Alcoholics Anonymous
603-622-6967

NH Narcotics Anonymous
888-624-3578

Turning Points Claremont
603-543-0155

Hope for Recovery Claremont
603-287-7919

PROGRAM CONTACT INFORMATION

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Information updated 5/28/2020

Continuing Care/Reintegration Program



**Merrimack County Department of Corrections Edna McKenna
Community Corrections Center**

Current FY19 Funding: \$35,000*

OVERVIEW OF PROGRAM

The RSAT Program at the Merrimack County Department of Corrections (MCDOC) is named the Successful Offender Adjustment & Re-entry Program (SOAR). It is a separate 38-bed unit within the Edna McKenna Community Corrections Center. The SOAR Program provides services for individuals with co-occurring disorders (COD). The residents are provided evidence-based services and trauma-informed care and are offered medication-assisted treatment (MAT), including Suboxone (buprenorphine/naloxone), methadone, and Vivitrol (naltrexone). Reportedly, individuals entering the program have histories of opioid, methamphetamine, and alcohol use.

The SOAR Program was first funded in 2009 and began admitting participants in 2010. This program has reduced recidivism rates to less than 24% in some counties.

ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

Individuals entering the SOAR Program are assigned an individual clinician that administers the Ohio Risk Assessment System (ORAS) and the Texas Christian University (TCU) DSM-5 assessments to establish risk to reoffend and the severity of substance use disorder (SUD) in order to develop a needs-based treatment plan.

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

MODALITY OF RSAT PROGRAM

The SOAR Program is a therapeutic community. Treatment includes both trauma-informed and COD care to address issues in a recovery-oriented manner. The program includes gender-specific, trauma-informed modalities to address specific issues related to both men and women's recovery efforts.

These include:

- *Seeking Safety* [Treatment Innovations, Lisa Najavits],
- *SMART Recovery*,
- *Thinking for a Change* (T4C) [National Institute of Corrections],
- *Helping Men Recover* gender-responsive treatment program [Stephanie Covington Ph.D.],
- *Helping Women Recover* treatment program [Stephanie Covington Ph.D.],
- Relapse prevention/early recovery skills,
- Parenting groups,
- Financial literacy groups, and
- Other groups to support skill building to provide the best chance of success in the community.

PROGRAM HIGHLIGHT

The SOAR Program is 90 days and consists of SUD treatment and evidence-based programming classes 5 days a week. Once an individual has completed classes, they are released back into the community to continue for a 1-year continuing care/reintegration component of the SOAR Program.

Clinicians and case managers provide extra support and services to address specific individual needs and issues to ensure a successful transition back into the community. Participants receive a certificate of completion after completing all required classes and the 1-year continuing care component.

MAT PROGRAM INFORMATION

The RSAT Program offers MAT in the form of Suboxone (buprenorphine/naloxone), methadone, and Vivitrol (naltrexone).

CONTINUING CARE/REINTEGRATION

Participants have an in-house case manager who works with them to address any issues related to reentry, such as housing, employment, MAT appointments, mental health/counseling appointments, and insurance. Through a partnership with Riverbend Community Health, individuals are provided a case manager who assists them with their transition back into the community and follows up with them on their case management needs from 1 month prior to release through their first year of continuing care services. Individuals receive an electronic monitoring device with intensive supervision until they are released on their "good time" date followed by probation. Individuals have access to their SOAR team throughout their first year after release for support in connecting to any other needed services.

CONTINUING CARE PROVIDERS

Riverbend Community Health
Concord, NH
603-228-1600

PROGRAM CONTACT INFORMATION

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Information updated 6/17/2020