



# Ohio

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PRISON PROGRAM

MonDay Community Correctional Institution

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Current FY2022 RSAT funded program

## OVERVIEW OF PROGRAM

RSAT funding supports the Residential Drug Abuse Treatment cognitive curriculum for high-risk residents (male and female) at MonDay Community Correctional Institution. The program was first funded in 1998 and was created with the intent to increase the opportunity for success in a long-term residential treatment setting among people who have extensive substance use and mental health disorder histories.

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

To be eligible for the six-month RSAT program, an individual must: (1) score as high risk to reoffend using the Ohio Risk Assessment System (ORAS); and (2) be diagnosed with a substance use disorder (SUD) or co-occurring mental health by a licensed mental health professional using the DSM-5 and biopsychosocial assessments.

## MODALITY OF RSAT PROGRAM

This six-month program includes multiple activities, such as group work and individual counseling sessions. Screening eligibility and admission criteria are established by MonDay's governing board. Men and women who have committed felonies are referred by the sentencing Court of Common Pleas, as well as by Judicial Release. Staff use cognitive behavioral therapy (CBT) interventions and integrate treatment into this residential setting. CBT focuses on treating the residents' SUD, criminogenic behavior, and any co-occurring mental health disorder. For these high-risk residents, the RSAT program integrates the biopsychosocial perspective with the causes of SUDs, using the Stages of Change model.

Each resident is assigned a clinician who provides counseling and case management services. The clinician and resident develop an individual case plan addressing criminogenic needs by developing goals and a timetable for completion. The case plan is based on the risk-needs-responsivity (RNR) principle and revised as necessary based on the resident's progress. Treatment consists of cognitive curricula and a behavior management system that requires the resident demonstrate the ability to acquire and integrate social skills to successfully complete it. Group work focuses on self-accountability and interactive journaling. The separate programs are tailored to meet gender-specific needs.

Some other approaches/classes used by the team are:

- Thinking for a Change is a National Institute of Corrections (NIC) curriculum that utilizes an approach to change residents' behavior with a combination of techniques to increase self-awareness.
- The University of Cincinnati Corrections Institute Cognitive Behavioral Interventions — Substance Abuse (UCCI CBI-SA) curriculum teaches strategies to avoid relapse, with an emphasis on skill-building activities.
- Anger management class teaches residents about the anger cycle, how thinking affects behavior, the physical symptoms of anger, and how to effectively deal with conflicts.
- Relationships class is specifically designed for female residents, with an emphasis on developing interpersonal skills.
- Parenting class is designed to assist residents in building on their strengths to develop or enhance their parenting skills.

### **PROGRAM HIGHLIGHT**

A family meeting night is held once a month.

Participants must actively participate and demonstrate progress in the program, without breaking facility and/or program rules.

## **CONTINUING CARE/REINTEGRATION**

On average, 30 residents (20 males; 10 females) are enrolled in the RSAT Program at one time. The program serves about 60 residents per year and their goal is for 65% to complete the program successfully. Participants who successfully complete it continue on probation as they transition into their community's services and supports. MonDay serves six counties and works with multiple agencies to connect people to their continuing care or reintegration needs prior to release.

## **MAT PROGRAMMING**

Residents are eligible for the SOR program to receive at least 2 Vivitrol shots while in the facility and continue with it upon release. Some residents defer getting their first shot until the day of their release.

## PROGRAM CONTACT INFORMATION

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