



# Virginia

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## PRISON PROGRAM

Rustburg Correctional Unit

## COUNTY JAIL PROGRAMS

Newport News City Jail

Norfolk City Jail

## Prison Program



### Rustburg Correctional Unit

Current FY19 Funding: \$88,671\* (\$29,557 state match)

### OVERVIEW OF PROGRAM

The RSAT Program within the Rustburg Correctional Center is known as the Rustburg Substance Abuse Program. Participants live in a separate unit where they receive evidence-based services and trauma-informed care. The program is open to men with substance use disorders (SUD) and mental health conditions. Presently there is one full-time cognitive counselor working with the program. When staffing is at full capacity, there are three employees: the full-time cognitive counselor, a part-time cognitive counselor, and a part-time reentry specialist. Individuals entering the RSAT Program reportedly have used alcohol, marijuana, crystal meth (methamphetamine), opioids, benzodiazepine, and cocaine/crack.

The RSAT Program was first funded in 2017 and began accepting residents in 2018. As of this writing, it was providing services to 42 individuals: 19 in Phase 1 of the program and 23 in the post-Phase 1 Peer Support Program.

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

When an individual arrives at Rustburg Correctional Center, cognitive counselors perform assessments using the Addiction Severity Index (ASI). Eligibility for the RSAT Program is determined by an individual's substance abuse score (high/highly probable for substance abuse) on the Correctional Offender Management Profiling for Alternative Sanctions (COMPAS), a validated risk/need instrument used to determine criminogenic risk, along with eligibility for placement in a Level 1 facility. The classification unit then uses this information to select individuals for placement in the program. RSAT staff develop treatment plans based on the individual's COMPAS assessment, ASI assessment, personal input, and clinical interpretation. Priority is given to individuals with two years left on their sentence.

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

## MODALITY OF RSAT PROGRAM

The RSAT Program at Rustburg Correctional Facility is a therapeutic community. The program consists of three phases that resemble a modified cognitive community model.

- **Phase 1.** This is a 27-week curriculum-based program utilizing *Cognitive Behavioral Intervention for Substance Abuse* (CBI-SA) [University of Cincinnati Corrections Institute].
- **Phase 2.** This phase of the program is relapse prevention based on *A New Direction* curriculum [Hazelden]. The duration of this phase is dictated by the treatment plan.
- **Phase 3.** In this phase, individuals participate in peer support groups, which last until they are released or transferred out of the facility into community corrections. Other classes and groups include group counseling and process groups. Guest speakers who have faced similar challenges are invited to speak to participants to share their success stories.

The criteria for RSAT graduation is successfully transitioning through the eight stages in CBI-SA, participation in group and individual sessions, proper dress and appropriate behavior in the classroom, completed classroom and practice work assignments, completion and presentation of a success plan, and maintaining a Level 1 security level.

## MAT PROGRAM INFORMATION

The RSAT Program offers naltrexone (Vivitrol) to participants with opioid use disorder (OUD) who would benefit from its use. At the time of this survey, if a participant was identified as someone who would benefit from an agonist medication (e.g., methadone), they would be transferred out of the RSAT Program to another facility. In the future, the RSAT Program plans to expand MAT options.

## CONTINUING CARE/REINTEGRATION

A reentry specialist or cognitive counselor meets with residents to develop individualized reentry and continuum of care plans. The reentry specialist schedules appointments with community resources to discuss housing, employment, education, transportation, medical, and peer support options. Most Virginia probation and parole districts work with the local Community Services Boards for ongoing treatment needs.

## PROGRAM CONTACT INFORMATION

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*Information updated 7/10/2020*

## County Jail Programs



### Newport News City Jail

Current FY19 Funding: \$42,008\* (no state match)

### OVERVIEW OF PROGRAM

In May of 2016, the Newport News Sheriff's Office implemented Crossroads, a 22-week, evidence-based substance use disorder (SUD) program. This program addresses post-traumatic stress disorder (PTSD) and SUD and incorporates trauma-informed care. During the first year of operation, 103 individuals entered Crossroads and 84 completed the program.

RSAT funding awarded in 2019 supports the addition of a medication-assisted treatment (MAT) component to this therapeutic community. At the time of this writing, the program was in the planning stage. It will be available to individuals that already reside in the therapeutic blocks in the jail's Crossroads program and the moral reconnection program (MRT).

The MAT planning team participated in an on-site visit at the Chesterfield County Jail to observe their highly successful HARP program, which will be used as a model for the Crossroads Program. If awarded an implementation grant, participants can enter as early as August or September of 2020. The jail currently plans to enroll 14 participants. However, there is an additional cell block with 14 beds that could be used if space is needed.

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

MAT program staff and medical providers will identify and confirm individuals suitable for participation in the program. People with high recidivism rates and who have struggled with opioid and/or alcohol use disorders (OUD/AUD) will rank high on the list of potential candidates, as will individuals most likely to make a commitment to the program. These individuals must also be medically eligible to receive naltrexone (Vivitrol) and consent to post-release treatment, as well as demonstrate self-motivation for treatment.

Intake for the jail's SUD program will be initiated by a request from the individual or by court order. For those not court ordered, the program counselor will visit the person to provide program information and to gather information about why they would like to be placed in a MAT program. If they agree to program expectations, they will be screened using the Substance Abuse Subtle Screening Inventory (SASSI). Additionally, the Texas Christian University Drug Screen II (TCUDS II) may be used to gather information about an individual's substance use history. This tool is currently being utilized by the Massachusetts Department of Corrections Medication-Assisted Treatment Re-Entry Initiative (MATRI) program. Unfortunately, COVID-19 stalled the jail staff's site visit to see the MATRI program in action.

Treatment plans will be developed through collaboration between the jail's program staff, recovery staff, medical professionals, and community-based treatment providers. The length of treatment will be customized to the individual depending on where they are in their addiction and/or recovery. Program completion/graduation will be determined once the program is underway.

## MODALITY OF RSAT PROGRAM

This program utilizes the *Seeking Safety* [Treatment Innovations, Lisa Najavits] curriculum, which addresses PTSD and SUD through trauma-informed care. There is also a moral reconnection program (MRT) in which facilitators guide participants in moral reasoning through self-assessment, building trust, setting and accomplishing goals, learning to help themselves and others, and redirecting behavior so they are able to think through the decision process. This program fosters moral development in individuals who are resistant to treatment. Individual and group clinical counseling services will be available. Additionally, participants will have access to a peer recovery support specialist.

## CONTINUING CARE/REINTEGRATION

The Newport News reentry assessment planning (RAP) team has been in place since 2014. The team is comprised of service providers from mental health, U.S. Department of Veterans Affairs, public safety, child support enforcement, probation and parole, law enforcement, and justice-involved citizens.

Individuals graduating from the Jail's Crossroads and MRT programs, and who meet the eligibility criteria, can participate in the Community Crossroads Program. In this program, graduates receive services to increase their chances of maintaining a healthy, positive living environment. Services include:

- Mental health and SUD treatment,
- Family reunification,
- Transportation,
- Job readiness training,
- Regular drug screenings, and
- Peer recovery support services.

Community Crossroads offers sober living through a partnership with Oxford House.

### **PROGRAM CONTACT INFORMATION**

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*Information updated 5/8/2020*



## Norfolk City Jail

Current FY20 Funding: \$36,410\* (planning/implementation phase)

### OVERVIEW OF PROGRAM

The RSAT Program at the Norfolk City Jail is in the planning/implementation phase. At the time this information was collected, the goal was to begin accepting participants in July of 2020. The program will run for 12 weeks in a cyclic format to allow for maximization of program space.

The RSAT Program will have housing blocks separate from the general population to encourage a therapeutic community environment. These will include one male block and one female block, each housing up to 17 residents.

### PROGRAM HIGHLIGHT

Partner organizations were included as part of the core planning team to formulate the best approach to treating common clients and to utilize their experience and resources to further enhance the program. These include the NSO grants manager, reentry coordinator, and director of programs, and community partners including representatives from Norfolk Combined Courts, Norfolk Community Services Board, Norfolk Reentry Council, Norfolk Drug Court, and Norfolk Probation.

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

Participants will have a history of long-term substance use. Candidates may be eliminated from eligibility based on length of sentence, criminal history that includes violence, and gang status. Eligible candidates may have less than a 2-year sentence, be court ordered to participate, or are already involved in the Drug Court Program.

Individuals will be screened by the jail-contracted Mental Health Clinician for substance use disorder (SUD) and initial referral. The substance abuse counselor will further screen participants using the CAGE-AID substance use screening tool and the Modified Offender Screening Tool (MOST) using motivational interviewing skills. Treatment plans will be developed based on an individual needs assessment and delivered utilizing agency resources and partner organizations.

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## MODALITY OF RSAT PROGRAM

All participants will engage in:

- Cognitive behavior therapy (CBT),
- Trauma-informed care classes,
- Reentry classes, and
- Medication-assisted treatment (MAT).

Individuals must complete 12 weeks of the program and show progress in personal growth as assessed by the treatment staff to graduate. They will not be penalized for missing classes or sessions due to court obligations or illness.

## MAT PROGRAM INFORMATION

MAT will primarily utilize naltrexone (Vivitrol) for opioid / alcohol use disorder (OUD / AUD) but may include acamprosate (Campral) for AUD as part of an individual's treatment plan.

## CONTINUING CARE/REINTEGRATION

The Inmate Rehabilitation Coordinator will collaborate with partner agencies to identify issues that may impact reentry. Residents who graduate from the program and still have time left to serve will be referred to their work release program for workforce placement or possible vocational training.

Continuing care/reintegration services will include:

- Registering for Medicaid prior to release;
- Securing identification (ID) documents prior to release (e.g., photo ID, Department of Motor Vehicles [DMV], birth certificate, Social Security card);
- Referral to medical providers for continuing treatment of medical conditions and MAT;
- Referral to mental health providers (i.e., Norfolk Community Services Board [NCSB] or private) to provide continued therapy and case management as needed;
- Referral to long-term residential service providers by the Norfolk Reentry Council;
- Referral to emergency food or clothing assistance upon release;
- Coordination with court ordered community-based supervision through local probation or pretrial services to ensure continuance of support services; and
- Referral to SUD services and community support groups (i.e., Alcoholics Anonymous [AA]/Narcotics Anonymous [NA]) by the Norfolk Community Service Board (NCBS).

### PROGRAM HIGHLIGHT

The Norfolk County Jail has seen significant reduction in recidivism (20%) with their Addiction Recovery Program and expects the RSAT program to contribute even more to that success. By addressing all stages of a participant's life (where they came from including past trauma, where they are now, and where they are going in the future), participants can have a fresh start free of the weight of addiction and become productive members of the community.



## CONTINUING CARE PROVIDERS

Norfolk Reentry Council  
757.664.7799

Norfolk Community Services Board  
757.823.1600

## PROGRAM CONTACT INFORMATION

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