

GETTING FREE BEHIND THE WALLS

Comprehensive Addictions Treatment

"Drugs led me where I am today in prison. Here I decided to change my life for the better so today I am sober with 2 years and 3 months of sobriety. Now I put my sobriety first... I am making real changes in my life, I am tired of prison. I am not coming back."

Angelo G. TC Inmate

Robert J. Perry
Corrections Secretary

Dona Wilpolt
Deputy Secretary,
Programs

Charles A. King
Director of Addictions
Services

Mission Statement

To increase public and institutional safety, reduce recidivism and increase the capacity of offenders to live responsible lives through aggressive treatment of substance addiction

New Mexico
Corrections
Department

September, 2000

Facts on Therapeutic Communities

- **The problem:** 87% of new NMCD inmates in FY 99 were diagnosed with substance misuse disorders.
- **Treatment works!** National research has demonstrated dramatic reductions in recidivism and relapse resulting from in-prison treatment coupled with transitional after-care.
- **NMCD has treatment.** More than 10% of NMCD beds are dedicated Therapeutic Community treatment beds, and NMCD has established community partnerships to provide both residential and outpatient transitional after-care in the community.

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Screening and	<p>Addiction is recognized by NMCD as a multi-faceted, treatable disease, which if left untreated is associated with higher rates of recidivism and increased social, public safety and public health burdens. Rob Perry, Cabinet Secretary, and Dona Wilpolt, Deputy Secretary for Programs of the NMCD have focused significant resources on the problem and have been actively involved in developing an integrated and dynamic, system-wide response. Available treatment options include Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) 12-step groups, “outpatient” treatment groups, relapse prevention groups, individual therapy, residential faith-based communities and state-of-the-art residential Therapeutic Communities (TCs).</p>	<p>Therapeutic Community at PNM Minimum Restrict Unit</p>	History 2
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(History continued)

When national research showed TCs to be a highly effective treatment for substance dependence among incarcerated populations, the department aggressively pursued expansion of the TCs. By January 2000 there were 526 TC beds (more than 10% of the NMCD population) in six facilities staffed by 40 trained, professional providers, with further expansions being planned.

Drug-free units have been established in three facilities, including one in a minimum-custody level facility. Residential faith-based units have been developed in three facilities, where community volunteers provide programming. Outpatient groups continue to provide treatment as an option in a spectrum of treatment intensities.

The department has collaborated with community volunteers to increase the number of 12-step meetings from fewer than 5 meetings per week to more than 30 per week statewide.

Transitional (post-incarceration) treatment is recognized as a vital element in the continuum of care for addictions treatment in this population. National research has demonstrated significant reductions in relapse and recidivism when in-prison TC treatment is coupled with residential treatment upon parole. NMCD Community Corrections opened a 48-bed six-month residential treatment program for men in Ft. Stanton, NM in July 2000.

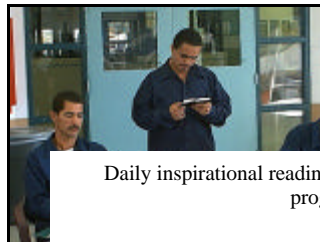
Through the support of Gov. Johnson and the New Mexico State Legislature, with interagency collaboration and increased federal grant funding, the NMCD is providing what the department is proud to characterize as an integrated, progressive “best practices” approach to the treatment of substance addiction.



Performance Goals and Objectives

Overarching Goals:

- Increase the capacity of the offender to live a responsible life, free of substances
- Reduce recidivism due to substance abuse and addiction by aggressive treatment of the disease
- Increase community safety and the safety of NMCD staff and inmates



Daily inspirational readings guide members through program

Primary objectives:

- reduce the presence and use of illicit drugs within the prisons
- Identify inmates with history of substance abuse
- motivate inmates to access treatment
- provide a broad spectrum of treatment for inmates during incarceration
- match inmates with appropriate treatment intensity
- provide transitional treatment for paroling inmates

Screening and Diagnosis

Initial Assessment, Reception and Diagnostic Center (RDC)

RDC psychologists administer a substance abuse screening test designed for criminal justice populations, and a structured interview during the intake assessment. The results, combined with a urine drug screen and pre-sentence reports, form the basis for diagnosis of substance abuse or addiction. Initial treatment recommendations are based on the severity of disease, length of sentence to be served, treatment history and the inmate's motivation for treatment. Inmates are reassessed for treatment needs throughout incarceration and as they prepare for parole.

Treatment

Therapeutic Community (TC)

A TC is a designated housing unit that provides a highly structured environment in which intensive treatment integrates insight and experience to promote a pro-social identity and responsible behavior. TC treatment is one-year in duration and is divided into 3 phases that reflect significant change in the inmate's self-awareness and social functioning. Inmates who are diagnosed with substance addiction, who have less than 2 years to serve and who indicate high motivation for treatment are the first priority for TC placement.



Outpatient Treatment

Educational classes and psychoeducational groups provide sessions twice weekly for 8 weeks. Outpatient groups are available at all facilities and frequently stimulate an inmate's motivation for more in-depth TC treatment. Ongoing relapse prevention groups provide continuing support for the recovery process for both outpatient and TC graduates.

Alcoholics Anonymous and Narcotics Anonymous (AA and NA)

NMCD has collaborated with state and regional service committees of AA and NA to facilitate approved volunteers bringing 12-step meetings into all NMCD prison facilities. AA and NA volunteers also provide Bridge the Gap and Clean Connections services. These services link inmates to sponsors and meetings in the community upon parole or release to support the inmate's transition to the free world and enhance his or her probability of staying clean outside the walls.

Other NMCD Services

Faith-based units

NMCD recognizes the role that spirituality often plays in recovery from addiction and supports the formation of non-denominational faith-based units where volunteers from local spiritual communities provide programming. Placement in these designated housing areas is based on the inmate's request. Faith-based community members may also participate in outpatient treatment or be members of selected TC programs.

Impact

Impact is a community-based program that provides education in parenting skills for both male and female inmates who have children.

Corrective Thinking

Corrective Thinking is a cognitive restructuring curriculum which has been incorporated into the Education Department's overall strategy for inmate educational services. The curriculum is designed to assist the offender to identify and change erroneous patterns of thinking that result in non-productive or harmful behaviors and to promote personal responsibility for making positive change.

Success for Offenders After Release (SOAR)

Project SOAR is a life skills program that takes a proactive stance to reduce recidivism. Through the SOAR program, Education Staff conduct a comprehensive educational and vocational assessment of an inmate and design a customized program to help the inmate gain the academic and life skills necessary for his or her successful reintegration into society. At the time of parole and on completion of the curriculum, each participating inmate will be given a job placement in the community in collaboration with the Department of Labor prior to discharge from the correctional facility.

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(soar continued)

Several of the SOAR modules may be taken independently of the total curriculum.

Employability Skills is training that focuses on skills essential to obtaining and maintaining employment.

Pre Release programming is provided for inmates nearing the end of incarceration. The curriculum focuses on problem solving, communication, parenting and family relationships, health maintenance and emotional management, financial management, available community resources and conditions of parole.

Transitional Post-incarceration Services **Coordination**

NMCD Addictions Services has developed a Transitional to oversee the linking of TC participants to appropriate community services prior to parole and to follow their progress upon parole. Through the work of this office, Addictions Services is able to track the TC participants as they reintegrate into their communities.



Coordination Office
community services prior
the work of this of-
as they reintegrate

Residential

Amity at Fort Stanton provides an intensive and comprehensive array of services for 48 male offenders under probation or parole supervision. In this model, the community itself is the primary therapeutic tool, and all daily activities including encounter groups, seminars, chores and work assignments, community service and recreation are considered therapeutic education. The participants complete a six-month program designed to improve social functioning, build positive relationships, develop excellent work habits and end criminal behaviors, including substance abuse.

Comprehensive Addictions Treatment

Outpatient

The University of New Mexico Center on Alcoholism, Substance Abuse and Addictions (CASAA) has received federal grant funding to provide aftercare treatment specifically designed for male and female participants of in-prison TCs under parole supervision in the Albuquerque area. Many other community treatment services are available to parolees throughout New Mexico.

Community Corrections

Community Corrections is a branch of the Probation and Parole Division that places and closely supervises probationers and parolees in selected community rehabilitative treatment services throughout the state.

Department of Health (DOH)

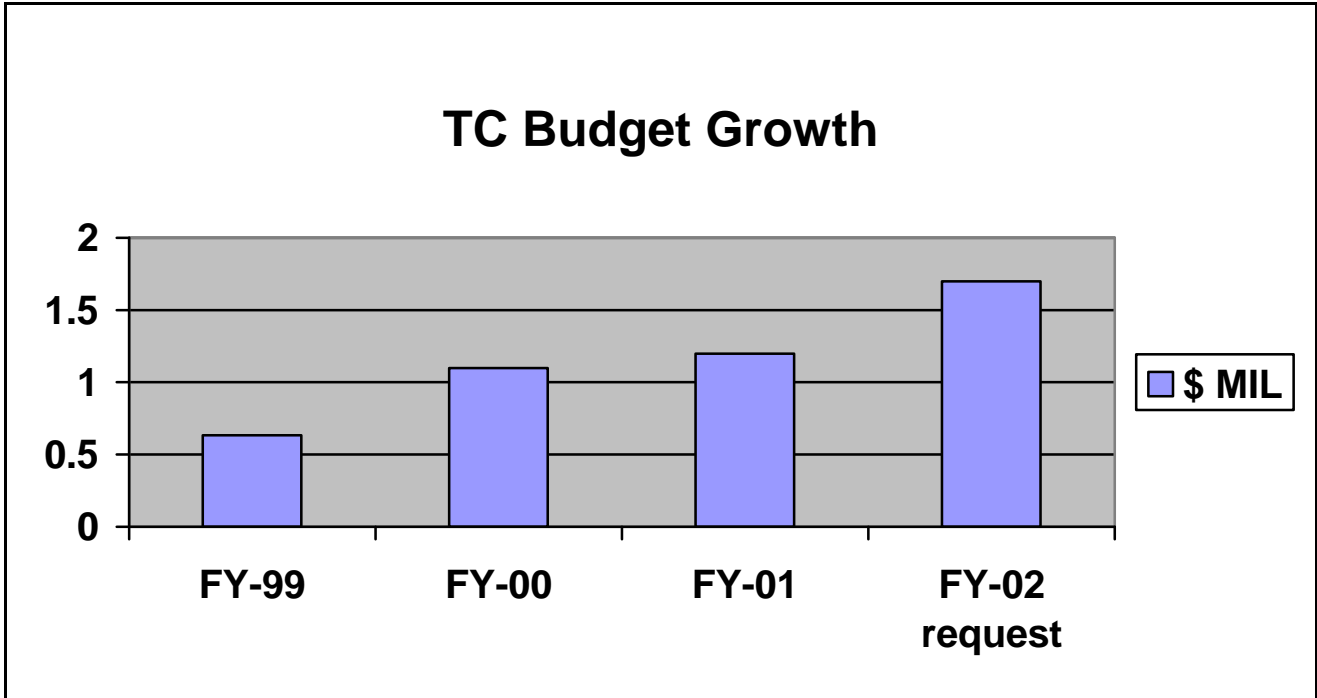
NMCD is collaborating with DOH through memorandums of understanding to provide services to NMCD inmates upon release.

Evaluation

NMCD is studying the efficacy of its substance addiction treatment strategies to estimate cost-effectiveness and to guide decisions regarding program improvement and best use of treatment resources. Inmates who are TC participants are being compared to similar inmates who are not TC participants to look for differences in both short- and long-term indicators of importance to the department and to the public. Short-term indicators include disciplinary infractions, disciplinary sanctions, random urine drug screens and emergency room and hospital usage. Longer-term indicators include measures of community functionality and rates of relapse and recidivism.

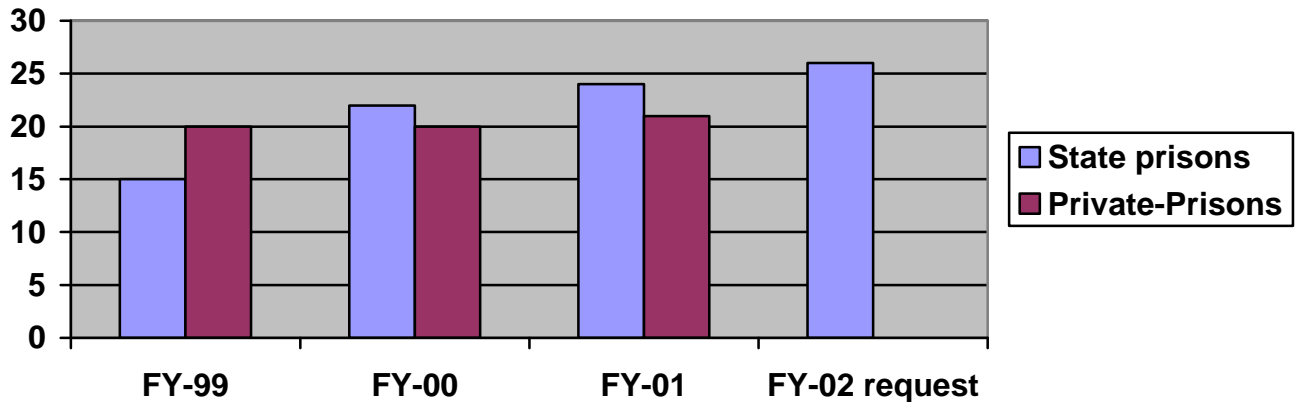
My Father painted pictures with wisdom, love and hope. Me. I painted pictures with alcohol and dope. But God he is the master he paints with loving hands and now I 'm painting pictures the both can understand."

Keith K. TC Inmate



"I will always remember that I am a whole man, with body and spirit as one. As I turn to the Steps, my whole being is healed."
 Tim C. TC Inmate

Therapeutic Community Staff Growth



Comprehensive Addictions Treatment

Current Therapeutic Communities in Prisons

Year Started	Facility	Current Program Capacity	Target Population	Length of Program	Age Range	Number Completed In 1999
2000	PNM MRU	50	Minimum Restrict Male	9-12 months	26-48	New Program
1999	LCCF	300	Medium Male	12 months	17-51	24
1998	CMRU	36	Minimum Restrict Male	12 months	19-68	20
1997	SNMCF JSU	32	Medium Male	12 months	21-56	11
1997	SNMCF POU	50	Minimum Restrict Male	12 months	19-69	14
1996	NMWCF	80	All-custody Female	12-15 months	20-50	15

Planned Therapeutic Communities in New Mexico Prisons

Projected Opening Date	Projected Location	Target Population	Projected Length of Program	Projected Program Capacity
Fall 2000	RCC	Minimum Males	10-12 months	24
Winter 2000	CMU	Minimum Males	10-12 months	24
Winter 2000	GCCF	Medium Males	12 months	60

Substance Abuse & After-Care Partners	
<ul style="list-style-type: none"> • University of California, San Diego • Amistad-Espanola • Amity at Ft. Stanton- Residential Treatment for Men • New Mexico Department of Health • UNM-CASAA, Substance Abuse Treatment 	<ul style="list-style-type: none"> • Alliance Behavioral Health Services • BI Incorporated • Human Resource Development Associates, Inc. • Socorro Mental Health Foundation • San Juan Counseling Services
<ul style="list-style-type: none"> • Ayudantes, Inc. Women's Residential Treatment Program 	

"To develop a better me is to create a better person within to live a successful life is to adjust and learn a new way of living. I am co-dependent. But my co-dependency is helping others."
Michael S.J. TC Inmate

Conclusion

NMCD believes an integrated approach to the treatment of addiction is vital to the successful outcome of treatment. NMCD values collaboration with all levels of the criminal justice system, with community providers and with other state agencies.

For further information, please contact Charles A. King, M.S., Director of Addictions Services and Chief Coordinator for Recidivism Reduction at (505) 827-8762, or via email at charles.king@state.nm.us.

**Intervention and treatment
 for alcohol and drug addiction to reduce
 recidivism and relapse**