

# “Recovery While Incarcerated”

## Transforming the Delivery of Addiction Recovery Services in IDOC Facilities

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# Addiction Recovery Division

- Julie Lanham, IDOC Deputy Commissioner
- Stephanie Spoolstra, IDOC Executive Director of Addiction Recovery
- J. David Reid, IDOC Assistant Director of Addiction Recovery
- Christopher Hufford, Wexford Regional Director of Addiction Recovery
- Mari Lane, Wexford Corporate Director of Operations (assigned to Indiana ARS Project)
- Jayson Harvey, Wexford Regional Addiction Recovery Re-Entry Coordinator
- In collaboration with the full IDOC/Wexford Medical Services Team
  - Monica Gipson, IDOC Director of Health Care Services
  - Dr. Bill VanNess, IDOC Chief Medical Officer
  - Mark Levenhagen, IDOC Executive Director of Mental Health & Special Populations
  - John Dallas, VPO for Indiana Wexford
  - Rebecca Hess, Melinda Titus, & Lisa Burgeson, Wexford Regional Operations Directors

# “Recovery While Incarcerated” - RWI

- The RWI Project seeks to transform the way addiction recovery services (ARS) are delivered in IDOC facilities
- Responds to Governor Holcomb’s call for action by naming the Addiction Epidemic as one of the key pillars during his administration
- Work collaboratively with Case Management Policy and Operations Policy
- Shift the culture of corrections towards a Recovery Oriented System

# Genesis of RWI

- Prioritize education & literacy
- Remove time restrictions for entrance to addiction recovery services
- Address the unintended negative impact of Purposeful Incarceration
- Improve and update the curriculum
- Provide a full continuum of care
- Expand access to MAT and effective re-entry strategies
- Integrate with medical and mental health services
- Increased training in evidence-based practice for AR staff



# Goals of RWI

- **Provide the right treatment, right place, right time** so that offenders can begin the journey into recovery from the beginning of their incarceration
- **Develop a continuum of care** that spans the duration of incarceration for offenders, allowing offenders to engage in substance use disorder treatment at all stages of their incarceration
- **Provide a recovery-based environment** that promotes structure, accountability, development of coping skills, and emotional support for offenders seeking change and recovery
- **Individualize treatment curriculums** to address an offender's unique needs, to prepare them for successful re-entry into the community

# Key Features of RWI Treatment

- Orientation and Mentoring
- Individualized Treatment Planning
- Process Group
- Spirituality Group
- Instructional Group
- AA, NA, Celebrate Recovery self-help support groups
- DBT Skills Training
- Anger Management
- Grief and Loss
- Life Skills
- Helping Women Recover
- Relapse Prevention
- Recovery Coaching
- MAT (as clinically appropriate)



# Screening for SUD

# RWI SUD Screening

- Beginning in July 2017, every offender newly committed to IDOC is screened at their intake facility for the presence of substance use and mental health disorders
  - Screening instrument is the **Global Appraisal of Individual Needs-Short Screener** (GAIN-SS; Chestnut Health Systems, 2007)
- GAIN-SS scores indicate whether an offender needs to be referred to ARS and/or Mental Health for additional assessment



# RWI SUD Screening

## INITIAL RESULTS:

- Approximately 90% of male offenders score a 2\* or higher
- **Approximately 70% of male offenders score a 3\* or higher**

### \*GAIN-SS Scores:

- < 2: Offender is not likely to have a Substance Use Disorder (SUD)
- = 2: Offender has had some problem behaviors that may make them susceptible to a full SUD
- $\geq 3$ : Offender most likely has already developed a SUD and warrants referral for assessment as a top priority.

The background of the slide features a large, faded seal of the Department of Corrections. The seal is circular and contains a central shield with a sunburst and stars. The words "EMPLOYEES" and "EFFICIENCY" are written on the top half of the shield, and "EFFECTIVENESS" is on the bottom half. The outer ring of the seal contains the text "DEPARTMENT OF CORRECTIONS" and is decorated with stars and stripes.

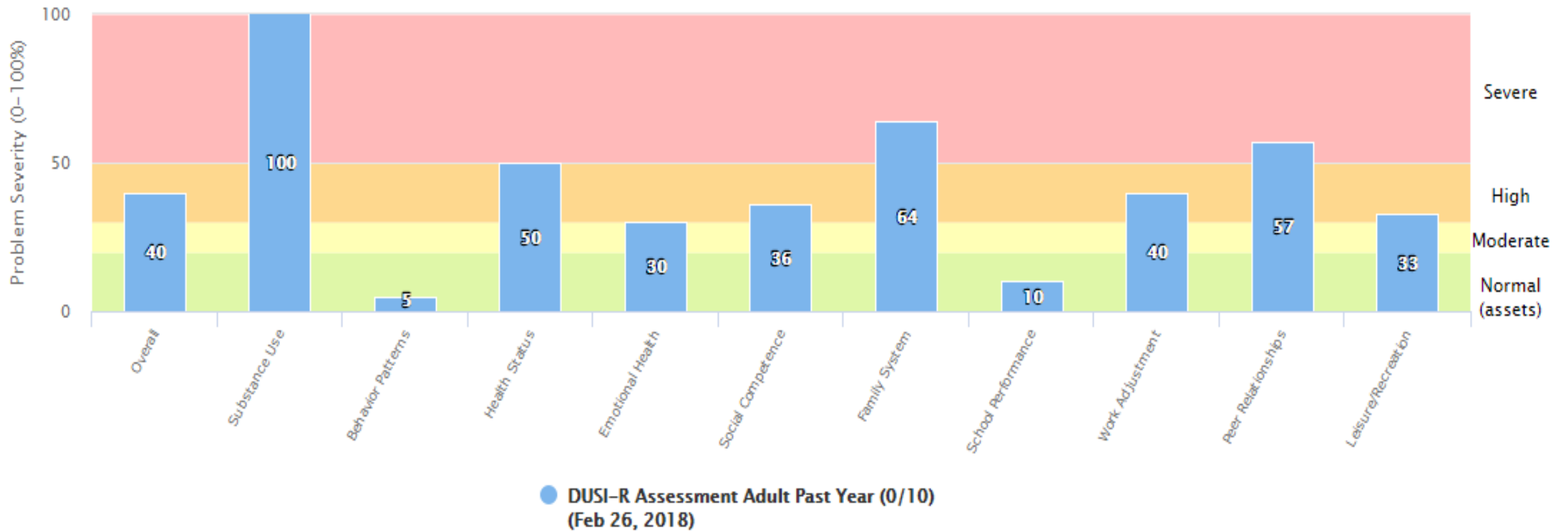
Assessing for SUD

# RWI Improved Assessment

- Drug Use Screening Inventory – Revised (DUSI-R)
  - Overall Problem Density Index Score
    - 10 sub-category domain scores
  - Criminogenic Risk Score
    - 3 sub-category domain scores
  - Increased individualized treatment planning
  - Shows progression/regression over time

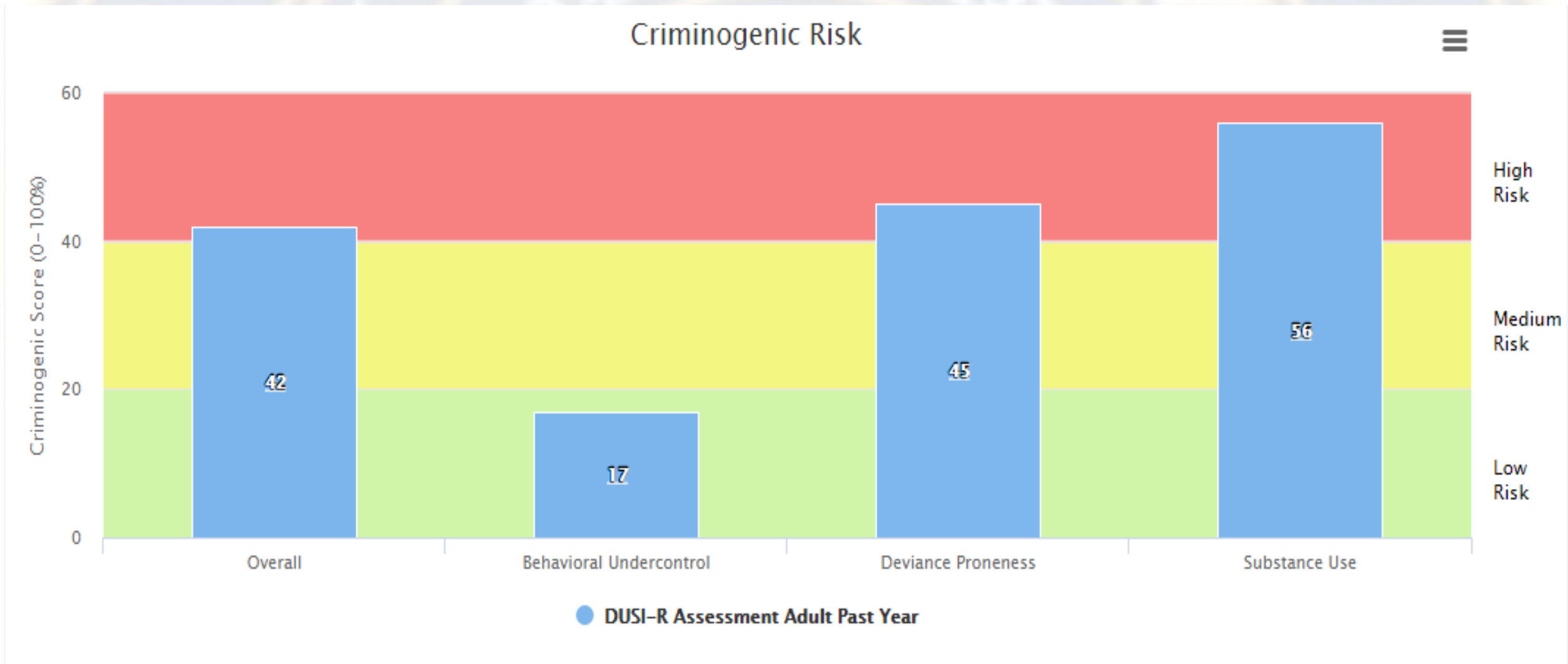
# DUSI-R Sample

Absolute Problem Density





# DUSI-R Criminogenic Risk Profile





# RWI Program Operations

# The Core of RWI – Sober Living Environment (SLE)

- SLE is a designated pod or housing unit exclusively for offenders enrolled in the RWI program
- SLE will allow offenders in all levels of treatment and phases of recovery to congregate together, to provide support in a controlled recovery environment
- Depending on facility design, SLE may also incorporate offenders from other character programs such as PLUS and ICAN, similar to an “honor dorm” concept

# RWI Framework

## Continuum/Modality

- Intensity/frequency of service
- 4 distinct modalities
- Placement determined by assessment scores

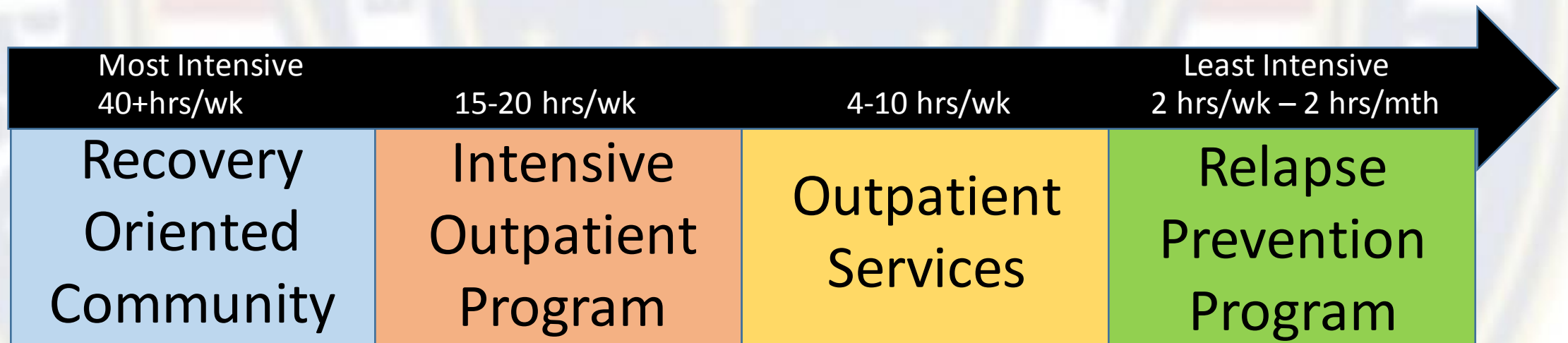
## Progression

- Stage of Change
- Level of competency in recovery skills
- Six total progressions
- Every enrolled offender will demonstrate mastery of each progression



# The RWI Treatment Continuum

- Offenders “enter” the treatment modality indicated by their addiction recovery needs assessment



# RWI Programming Basics

- Programming is grouped into six progressions, each with a primary focus
  1. Inclusion and Orientation: learning rules, policies, procedures, structure
  2. Assimilation: developing a direction for an offender's personal recovery
  3. Action: addressing and resolving personal issues, learning coping skills
  4. Accountability: developing personal responsibility and accountability
  5. Maintenance/Relapse Prevention: enhancing skills and tools needed to transition back into community
  6. Preparing for Re-entry: connection to aftercare programs
- “Progression work” occurs in every setting and at every level of treatment within the RWI system

# Example of RWI at Work

PROGRESSION	1	2	3	4	5	6
Johnny	ROC	ROC	IOP	OP	OP	RP
Joe	IOP	IOP	OP	OP	RP	RP

- Johnny – Return from PV due to drug use and admitted daily use for past three months; GAIN scores in severe range; Mood is labile; had previous success when in ROC like setting
- Joe – Has been in education and doing well; no conduct reports in past year; history of drug use and admits using about a month ago although he wasn't caught; recent separation from significant other has led to increased cravings and he is concerned he will relapse; updated GAIN scores indicate moderate need

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# Medication Assisted Treatment



# Medication Assisted Treatment (MAT) Basics

- Three FDA approved medications for addiction MAT
  - Methadone
    - DEA Special License and Indiana DMHA Special Certification
  - Buprenorphine (Subutex)
    - DEA DATA 2000 Waiver (Drug Addiction Treatment Act of 2000)
  - Buprenorphine/Naloxone Combination (Suboxone, Bunavail, Zubsolv)
    - DEA DATA 2000 Waiver
  - Naltrexone (Revia, Vivitrol)
    - Not opioid based = no special license/certification
- Emergency Overdose Medication
  - Naloxone (Narcan, Evzio)

# MAT at the IDOC

- Historically
  - Small re-entry pilot utilizing Naltrexone IM (Vivitrol)
    - Received one injection 5-7 days prior to release with referral for continued treatment post-release
- RWI Project
  - Naltrexone PO (Revia) whenever clinically indicated
  - 60 days of Naltrexone PO pre-release → Naltrexone IM (Vivitrol) 1 week prior to release → Referral for continued MAT upon release



Engagement, Training & Planning

# RWI – Staff Engagement

- Leadership/Administrative Staff
  - Facility requirements
  - Customization of service delivery
  - Overall strategic planning
- Custody/Operations Staff
  - Recognition of acute intoxication/overdose
  - Urine drug screening
  - General recovery principles
- Unit Team/Case Management staff training
  - Offender referral/access to ARS
  - General recovery principles
- Parole staff training
  - Recognition of acute intoxication/overdose
  - Identifying highest risk populations
  - Red flag conversations
  - MAT



# Present and Future

## Where have we been?

- August/September 2017
  - Indiana State Prison
  - Westville Correctional Facility
- September/October 2017
  - Indiana Women's Prison
- October/November 2017
  - Pendleton Correctional Facility
  - Correctional Industrial Facility
  - Miami Correctional Facility

## What's next?

- Division of Youth Services Programming
- Continued targeted planning and roll-out at all adult facilities
- Goal to have all sites in the roll-out phase by September 30, 2018

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# Questions?

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