

DUTCHESS COUNTY JAIL RESTART PROGRAM OUTLINE

(RE-ENTRY
TRACK)

STABILIZATION TRANSITION AND REINTEGRATION

MULTI-AGENCY PARTNERSHIP

The RESTART initiative is collaborative effort combining the historical knowledge, skill and experience of the following agencies:

- Dutchess County Sheriff's Office (DCSO)
- Dutchess County Office of Probation and Community Corrections
- Dutchess County Dept. of Behavioral and Community Health (DBCH)
- Hudson Valley Mental Health (HVMH)
- Project MORE



TARGET POPULATION

It is the goal of the RESTART program to provide treatment and re-entry services to male and female inmates housed in the Dutchess County Jail (DCJ) who are at high risk for reoffending.

A 50 bed DCJ housing unit for male inmates has been designated for RESTART participants only; this unit has typically been at capacity since October 2015.

15 -20 female inmates are routinely enrolled for intensive RESTART services.

High risk inmates with an anticipated length of stay of 6 weeks or longer will be seen as promising candidates.



JAIL TRANSITIONS PROGRAM RESTART SYSTEM FLOWCHART

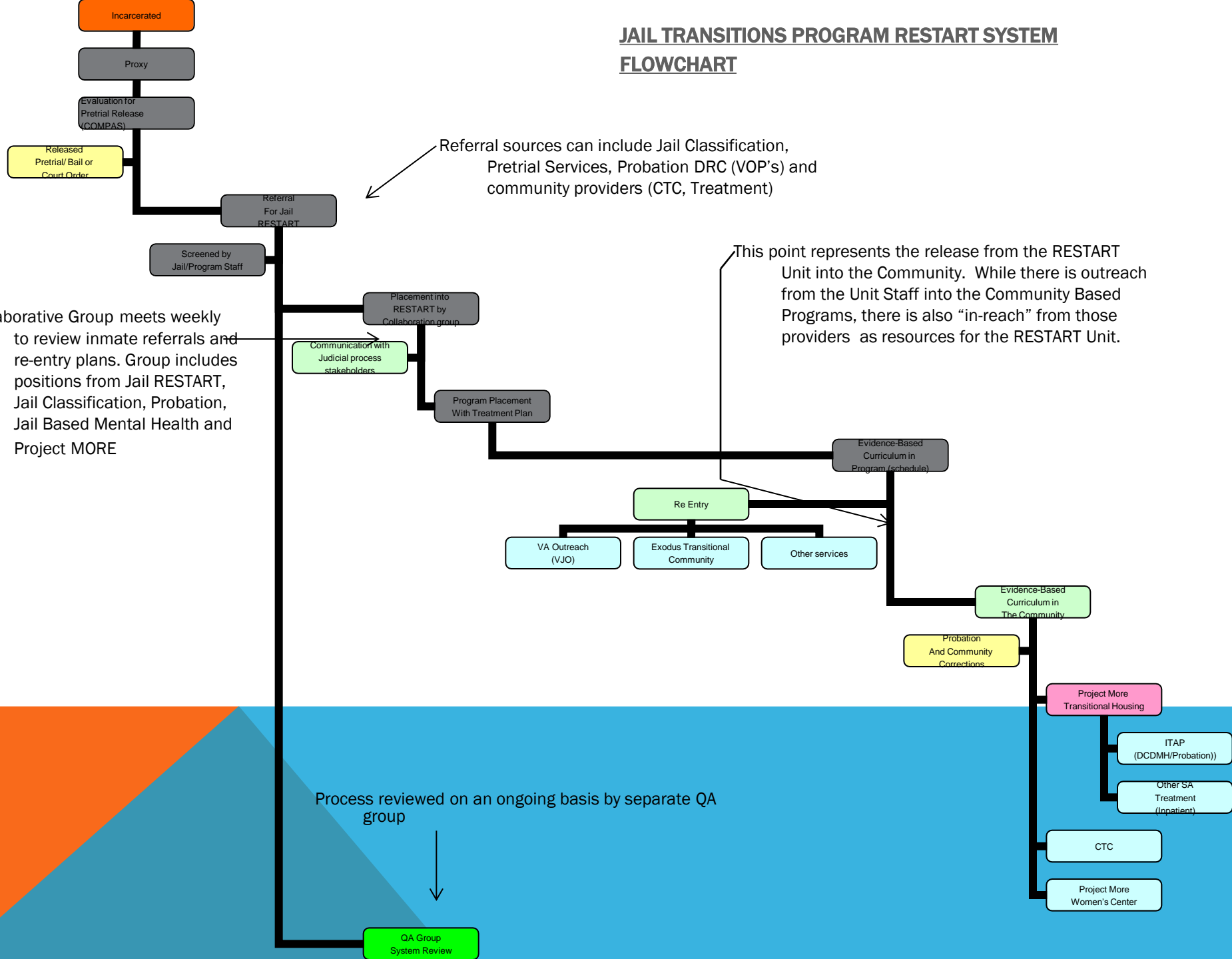
Referral sources can include Jail Classification, Pretrial Services, Probation DRC (VOP's) and community providers (CTC, Treatment)

This point represents the release from the RESTART Unit into the Community. While there is outreach from the Unit Staff into the Community Based Programs, there is also "in-reach" from those providers as resources for the RESTART Unit.

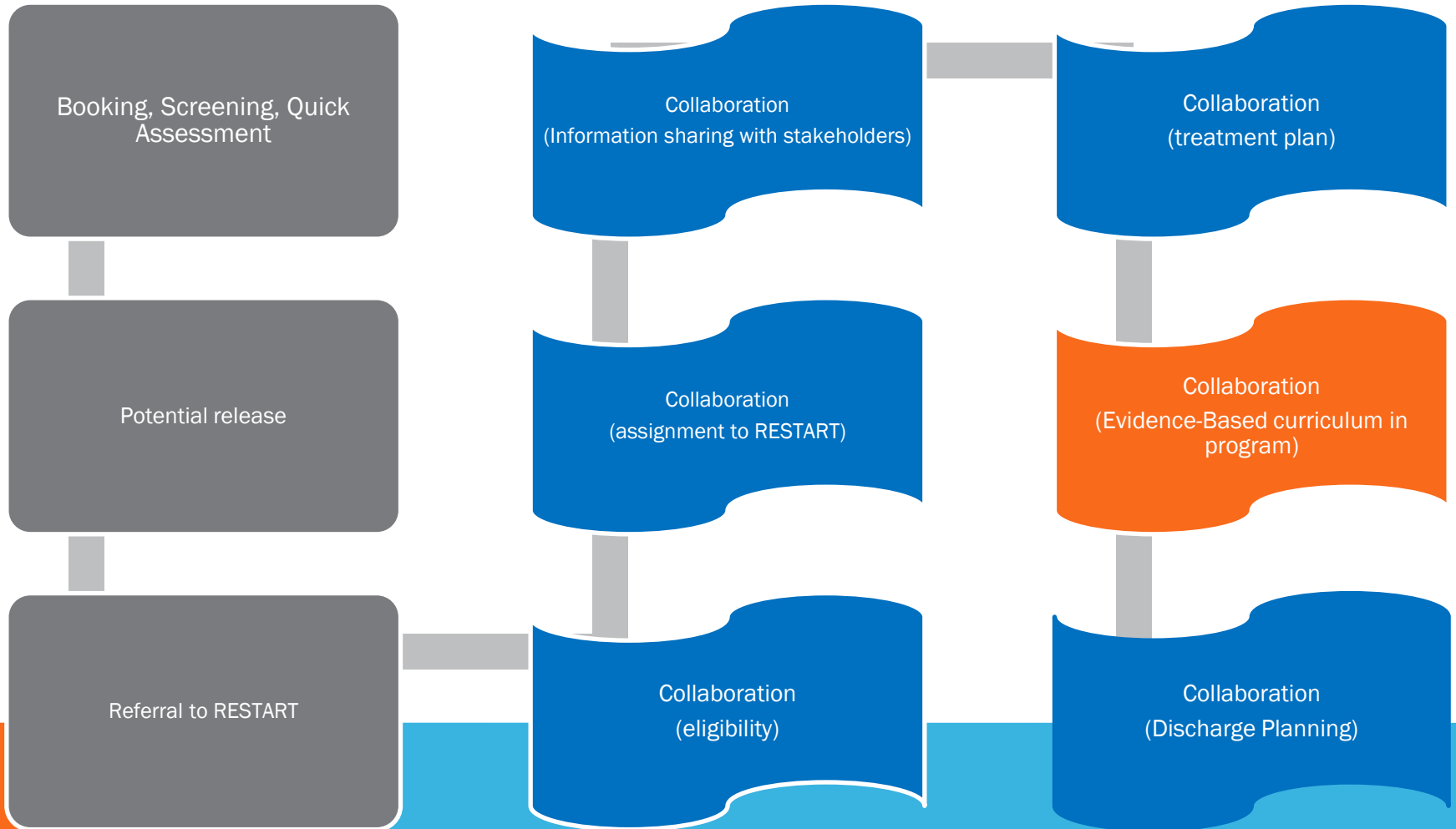
Collaborative Group meets weekly to review inmate referrals and re-entry plans. Group includes positions from Jail RESTART, Jail Classification, Probation, Jail Based Mental Health and Project MORE

Process reviewed on an ongoing basis by separate QA group

QA Group System Review



RESTART



Collaboration
(Evidence-based curriculum in the
community)

Department of Behavioral and
Community Health

Department of Probation and
Community Corrections

Hudson Valley Mental Health

Project MORE services

Other Community partners

RESTART

Collaboration
*ANY COMINATION OF
PROGRAMMING*



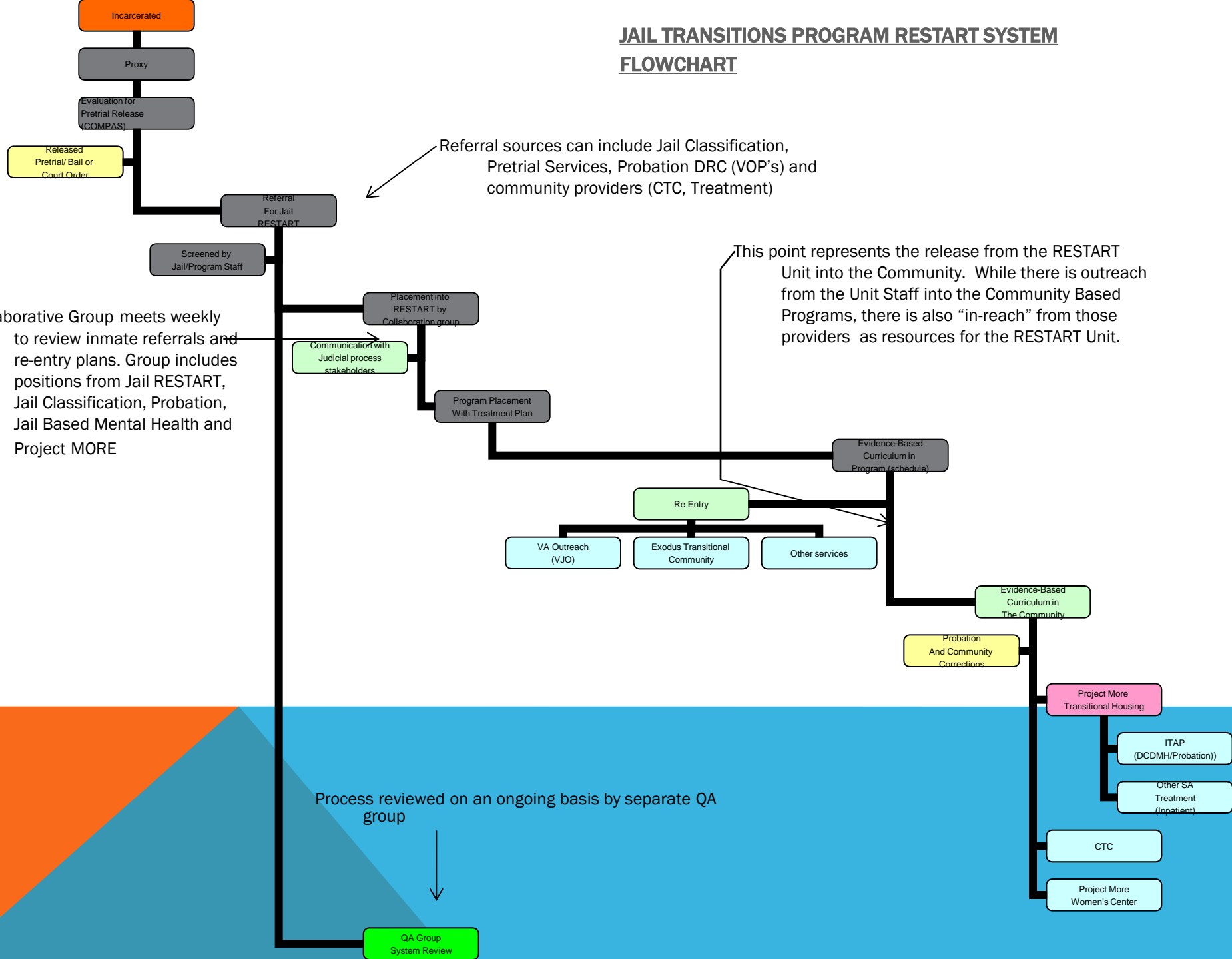
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SCREENING AND ASSESSMENT

PROXY – this instrument generates a score within a 0-6 range; the higher the score the more likely an individual is to recidivate. Inmates with PROXY scores between 4 and 6 are screened for RESTART services.

COMPAS – an actuarial assessment that generates risk scores over a series of domains:

- Associates/peers
- Family
- Financial Status
- Leisure/recreation
- Residential stability
- Social environment
- * Vocation
- * Education
- *Mental health
- * Substance abuse
- *Criminal attitudes/thinking
- * Current charges/offense history

PROGRAMMING (HOMEWORK!)

Current evidence indicates that treatment approaches consistent with Cognitive Behavioral Therapy (CBT) techniques are beneficial with criminal justice populations. RESTART is currently utilizing the following CBT related curricula:

- Moral Reconation Therapy (MRT) – a nationally recognized, manualized, CBT curriculum focused on antisocial personality traits and thinking. Facilitators must complete a four (4) day training. All RESTART staff are trained in MRT.
- New Directions – a Hazelden curriculum utilizing CBT techniques (thinking reports) targeting both substance abuse and criminal attitudes. Appropriate for high risk offenders. Expansive course with multiple modules (Intake-Discharge).
- Anger Management (SAMHSA Curriculum) – available online, twelve (12) chapters, participants have individual workbooks.
- Ready Set Work (RSW) – ten (10) session employment readiness course for criminal justice population. Facilitators must complete a three (3) week training

PROGRAMMING (CONTINUED)

- Habits of Mind – developed by James Anderson and initially utilized in school environments; explores positive thinking strategies. Simple basic curriculum applicable to many target groups.
- Seeking Safety – a trauma informed approach to substance abuse, currently provided to women in the RSTART program but can be used with men as well. Facilitator is “tutored” by a Seeking Safety Trainer by sitting in with an on-going group.
- Dialectical Behavior Therapy – highly structured approach to emotional and behavioral regulation. Emphasizes skill building. Requires specific training and on-going supervision (Linehan Institute)



RESTART Group Programming

[illegible]

CASE MANAGEMENT

- Initial Screening – getting “buy in”
- Intake – COMPAS assessment
- Case Plan – connecting programming to risk factors
- Ongoing Transition Planning
- Jail Release – implementation of transition plan



POST RELEASE CONTINUITY

In order to provide for the continuation of recommended treatment “dosage” we have advocated that our community based partners utilize a uniform set of curricula consistent with RESTART approaches.

- ITAP (DBCH) – MRT, New Directions, Seeking Safety, DBT
- CTC (Project MORE) – MRT, Ready Set Work!, Anger Management
- Women’s Reporting Center (Project MORE) – MRT, Ready Set Work!
- RSC (Project MORE) – MRT, Ready Set Work
- Hudson Valley Mental Health (HVMH) – DBT, MRT, Seeking Safety
- Lexington Ctr. for Recovery (LCR) – MRT, Seeking Safety
- Probation and Community Corrections - MRT, Ready Set Work!

The logo features a white triangular area in the upper left, an orange triangular area in the lower left, and a large blue triangular area on the right. The text "HUDSON VALLEY MENTAL HEALTH, INC." is written in bold, black, sans-serif capital letters, rotated 45 degrees counter-clockwise, and positioned within the white triangle.

**HUDSON VALLEY MENTAL
HEALTH, INC.**

HUDSON VALLEY MENTAL HEALTH, INC.

Hudson Valley Mental Health, Inc. (HVMH) is a not-for-profit corporation formed in 2006, and is charged with developing comprehensive and integrated services to meet the behavioral health needs of adults living in the community. In carrying out this mission HVMH strives to ensure that services are accessible, affordable, cost-effective, culturally competent and community-oriented.

- HVMH currently operates a total of 9 adult outpatient mental health clinics in the Hudson Valley region (6 clinics in Dutchess County and 3 in Ulster County).
- HVMH provides over 50,000 services to over 5,000 people each year.
- HVMH staff includes licensed clinical social workers, licensed mental health counselors, psychiatrists, nurse practitioners, & registered nurses.
- HVMH clinicians regularly receive training in best practices and evidence based treatments.
- HVMH is also proud to be part of the RESTART program in the Dutchess County Jail!



HVMH & RESTART

HVMH helps people transition to the community by getting them the treatment and services they need to succeed!

- DBT
- CBT in individual therapy & groups
- Medication Management
- Referrals to other services such as care coordination, peer advocacy, vocational training, education, housing, and medical services.
- MRT & Seeking Safety will be available by the Fall



Project MORE, Inc.

Project Model Offender Reintegration Experience, Inc.

Headquarters are located at:

830 Grand Avenue, New Haven, CT





Our Agency History

- *Founded in 1974*
- *Has successfully served a variety of offender populations over the past 42 years*
- *The agency has a strong record of offering community-based ATI programming*
- *Combines supervision and monitoring with skill-building and opportunities for personal growth.*

PROJECT MORE, INC. MISSION:

Provide a structured and systematic process to reintegrate ex-offenders into the community and to provide services to their families. In providing this service, Project M.O.R.E. works with individuals on parole, probation, bail and those released from correctional facilities.

Transitional Housing Facility - 2007
Residential Stabilization Center - 2009

In-Jail RESTART Program - 2015

Community Transition Center - 2015

Women's Reporting Center - 2014



Project MORE, Inc. - New York

Staffing

- ▣ Staff hired to reflect the specific needs of the program
 - Culturally competent; preference given to community applicants
 - Gender responsive
 - Human Services experience
 - Knowledgeable regarding clientele and security
- ▣ Adequate numbers to provide security, supervision, and services
- ▣ Project MORE, Inc. requires an extensive orientation training, followed by on-going training according to national standards

PROGRAMS

Transitional Housing Program (DCT): 2007

- ▣ Highly Structured
- ▣ Supervised
- ▣ 38 – bed, locked facility
- ▣ Utilized for pretrial or sentenced cases
- ▣ Services individuals with chronic substance abuse problems that need
 - Structured
 - Safe
 - Sober housing



Residential Stabilization Center (RSC)

2009

- **8 Bed Co-ed Capacity**
- **Services Multiple Counties**
- **Case Management**
- **MRT**
- **Ready Set Work!**
- **Housing**
- **GED**

RSC Advantages

- ▣ Works with individual Probation Officers
- ▣ Flexible program duration based on participant needs
- ▣ Individualized program components based on needs
- ▣ Client Centered Approach

R_{e-}

E_{ntry}

S_tabilization

T_ransition

A_{nd}

R_eintegration

T_rack

In-Jail RESTART Program - 2015

- Implementation & development of transition/release plans
- Individual case management and group sessions
- Moral Reconciliation Therapy (MRT)
- Ready, Set, Work!
- Habits of Mind
- Anger Management (SAMHSA)
- Seeking Safety (trauma/substance abuse)
- New Directions (substance abuse)
- Dialectical Behavior Therapy (mental health)

RESTART Group Programming

[illegible]

- ▣ Moral Recognition Training (MRT) is effective.
- ▣ Incorporates step by step format to enhance self-image by raising moral reasoning levels, assessments of life purposes, and positive personality variables.

Major Elements of MRT

1. Confrontation and assessment of self
2. Assessment of current relationships
3. Reinforcement of positive behavior and habits
4. Positive identity formation
5. Enhancement of self-concept
6. Decreased hedonism
7. Developing higher stages of moral reasoning

COMMUNITY TRANSITION CENTER (CTC) 2015

A Day Reporting Program Focused on Recidivism
Reduction Through a Collaborative Approach

Community Transition Center (CTC)

Day Reporting

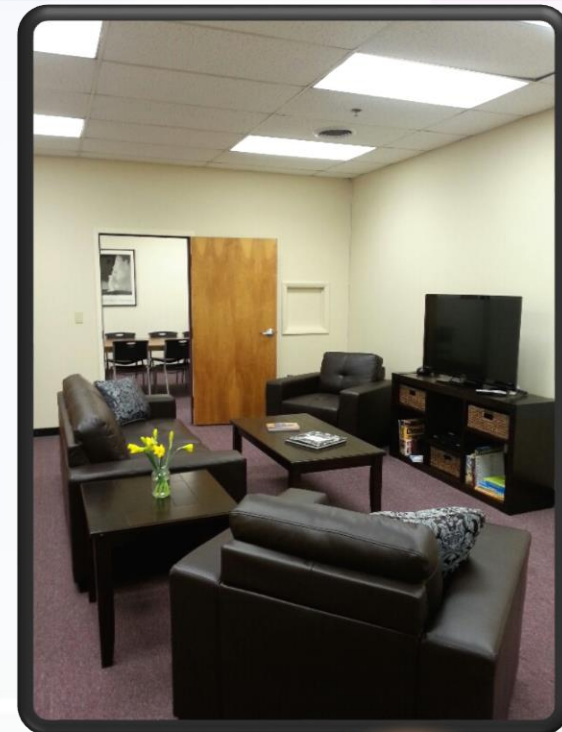


- ▣ Provides services for 60 people
- ▣ Individual assessments
- ▣ MRT
- ▣ Education and vocation assistance
- ▣ Psycho-educational groups for
 - Parenting
 - Substance abuse
 - Health issues
- ▣ Ready Set Work!
- ▣ Anger Management

CTC Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GED 10:00-11:30	GED 10:00-11:30	GED 10:00-11:30	GED 10:00-11:30	GED 10:00-11:30
Anger Management 10:30-12:00	MRT 10:30-12:00	Anger Management 10:30-12:00	Life Skills 10:30-12:00	
Community Service 10:30-12:00	Community Service 10:30-12:00	Community Service 10:30-12:00	Community Service 10:30-12:00	
Lunch 12:00-12:30	Lunch 12:00-12:30	Lunch 12:00-12:30	Lunch 12:00-12:30	Lunch 12:00-12:30
GED 12:30-3:00	GED 12:30-3:00	GED 12:30-3:00	GED 12:30-3:00	GED 12:30-3:00
Community Service 12:30-3:00	Community Service 12:30-3:00	Community Service 12:30-3:00	Community Service 12:30-3:00	
	Anger Management 12:30-2:00	Employment 12:30-2:00	MRT 2:00-3:00	
MRT (Female Only) 5:00-6:30	Anger Management (Female Only) 5:30-7:00			
MRT 5:30-7:00	MRT 5:30-7:00	Anger Management 5:30-7:00		

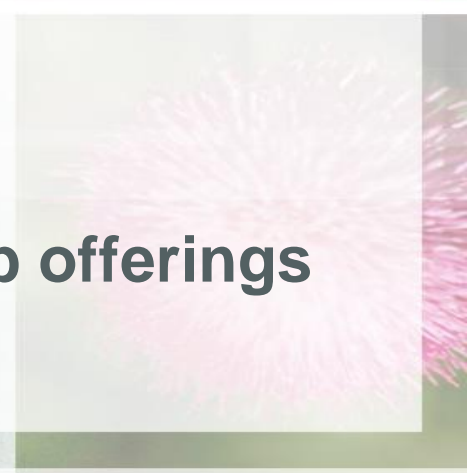
The Women's Center



Women's Center Program Offerings



- **Case Management Services**
 - Stabilization, Basic Needs, Referrals to Substance Abuse/Mental Health Services and Community Resources
- **Gender responsive risk/needs assessments**
- **Moral Reconation Therapy (MRT)**
- **Employment Services**
 - Offender Workforce Development Specialists offering *Ready, Set, Work!*
 - Individual employment readiness, job search, employment support, life skills
- **Transportation**
- **Child care**
- **Pro-social activities and on-site educational group offerings**





PRIVATE/PUBLIC PARTNERSHIP

PARTNERSHIPS



- **Relieve overcrowding at the jail**
- **Prevent unnecessary pretrial detention**
- **Provide alternative to bail for those without financial resources**