

DEARBORN COUNTY JAIL CHEMICAL
ADDICTION PROGRAM &

BOONE COUNTY JAIL-BASED
TREATMENT SERVICES

A new look at addiction treatment services for those incarcerated

Jail Chemical **A**ddiction **P**rogram



Dearborn County Court Services

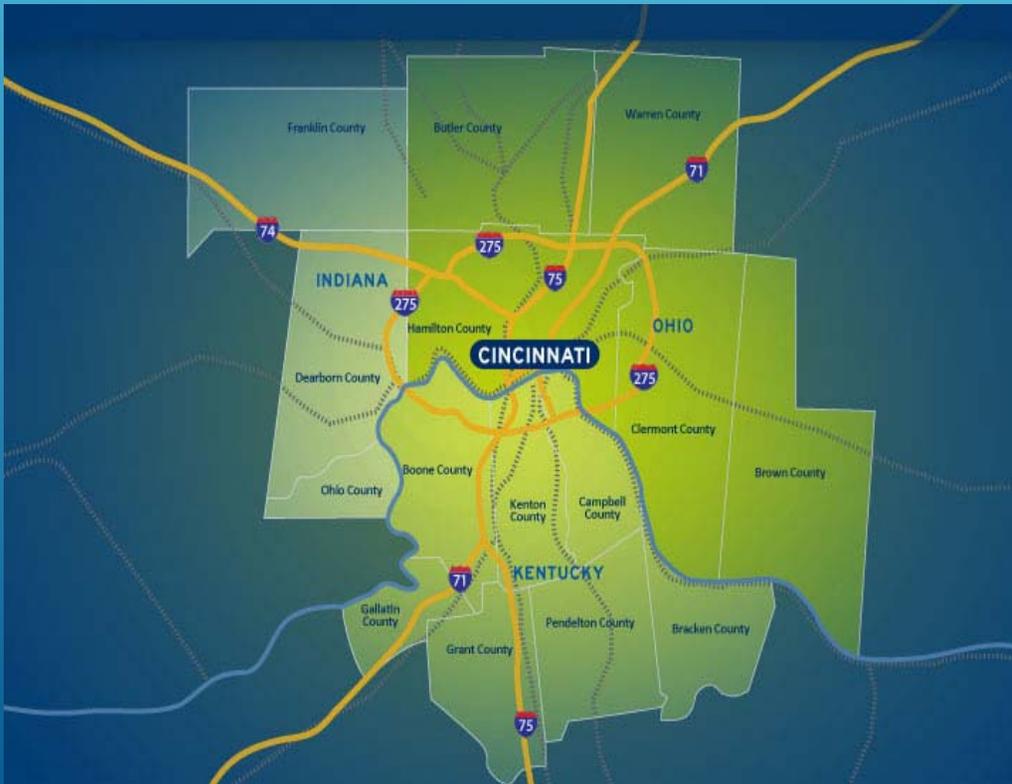
Indiana University through a collaborative research initiative published in 2015 found **JCAP** highly effective in addressing substance abuse and community safety.

JCAP..... Path of Progress

The Jail Chemical Addiction Program, like many of the participants, is a work in progress.

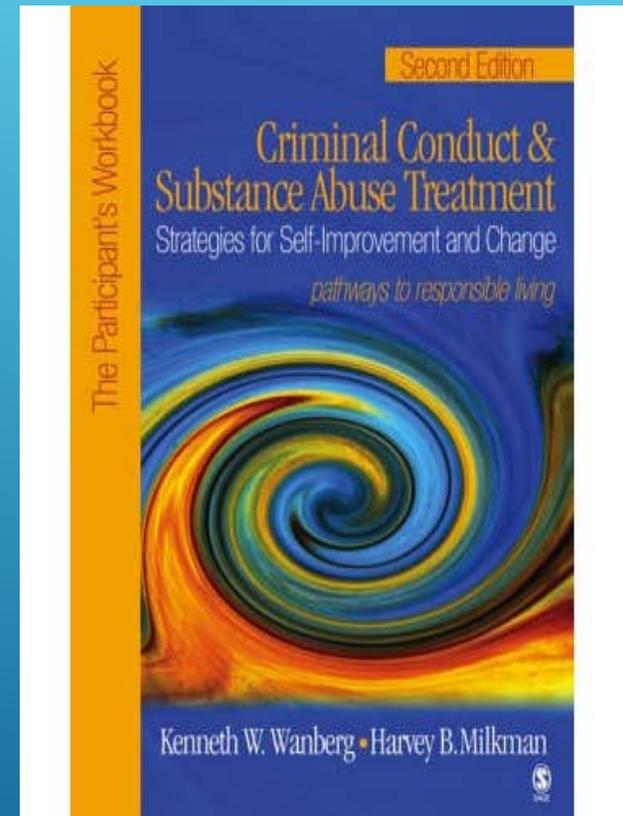
- In 2007, Superior Court II and probation staff began exploring new ways to address the devastation of drug and alcohol abuse on the lives of individuals, children and families in our community.
- Through resources from the Indiana Judicial Center and a site visit to the Superior Court Jail Program in Boone County, Indiana.
- With support of the Sheriff, Jail Commander, County Council and the Prosecutor, the first Program Director was hired.
- JCAP is funded from grants and probation user fees with little to no use of county tax dollars.

- ❖ The tragedy of addiction has taken its toll on the lives of many in Southeastern Indiana. The Jail Chemical Addictions Program (JCAP) has provided an avenue of success, outreach and education in the midst of the crisis.



JCAP utilizes Evidence Based Cognitive Behavioral Therapy which is designed to combat the “revolving door” of those in acute active addiction.

- JCAP is a minimum of 90 days (average stay is approximately 120 days).
- The Program is based on Cognitive Behavioral Therapy and Substance Abuse Counseling.
- JCAP utilizes the “Strategies for Self-Improvement and Change (SSC)” model as its core programming, to be delivered in an intensive inpatient format..



**JCAP provides a restrictive intervention,
pre-trial and post sentencing, to promote
recovery while protecting lives and
community safety.**

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

Why a Jail Treatment Program?

- The majority of crimes in Southeastern Indiana are fueled by illegal drugs and substance abuse. There is a lack of inpatient and outpatient programs, and timely referral to treatment is extremely rare.
- **JCAP provides a restrictive intervention which allows those in active addiction an opportunity to receive treatment in a secure, drug-free environment.**
- On release, with no appropriate or timely intervention, an individual in active addiction will likely commit further crimes to gain access to illegal drugs; put themselves, their family members, their children at risk; and/or drive impaired risking community safety.
- **JCAP provides an opportunity to begin positive life changes and protects community safety.**

Many JCAP participants affirm jail is the first step to their recovery.

" When initially arrested and coming to jail addicted to drugs, if there is any way to make bond, I would go to any length to post it. In the grips of insanity of addiction, the only thing on my mind is how to get high at all cost- including my life, freedom and soul. Now that I have gotten the privilege of JCAP, I have had the opportunity of talking and trying to figure out the epidemic of addiction. In JCAP, I am growing into a man with integrity, a accountability, hope, compassion, respect and finally finding value and purpose to my life.

JCAP Participant 2017

"Coming to jail this time turned out to be the best thing that could have happened to me. I never would have said that I wanted to be arrested, but now I'm glad I was. By being in here, I could not drink so I had to get sober. Then with a clearer mind, I knew I needed help.

JCAP Participant 2016

Is JCAP a Proven Program?

- **Evidence Based Program:** utilizes Cognitive Behavioral Therapy and is certified through the Indiana Department of Mental Health and Addictions.
- **A collaborative research initiative through Indiana University found the Dearborn County JCAP to be an effective program** that has successfully contributed to lower recidivism rates while keeping the community safer by helping reduce crime.
- **Cognitive Behavioral Therapy (CBT)** teaches effective coping skills to reduce dependence on drugs and alcohol.
- **Qualified staff** include Master's level social workers trained in Individual and Group Counseling.
- **"Therapeutic Community"** which fosters a safe environment to engage in treatment and focus on recovery.

2015 Indiana University JCAP Brief

DEARBORN COUNTY JCAP 2015 Brief

JCAP

Dearborn County Jail Chemical Addictions Program

2015 Brief

"I feel that JCAP is another chance at life for me. Those who really want the change can find it here.

Today I have tools that I can use to help me succeed and be the person that I want to be for myself, my family, and my kids."

~ JCAP Participant

OVERVIEW

The Dearborn County Jail Chemical Addiction Program (JCAP) serves men and women who struggle from addiction issues, with rates of heroin and other opiates being particularly troublesome in the Southeastern Indiana region. The unique context of JCAP is that it serves a population residing in a jail setting, prior to sentencing for felony crimes or probation violations.

JCAP participants voluntarily apply for the program and are submitted to a rigorous assessment procedure that utilizes a variety of data sources in order to identify and admit participants who are ready and willing to change.

JCAP men and women participate in evidence-based programming, *Thinking for a Change*, which is based on the well-researched therapeutic intervention, Cognitive Behavioral Therapy (CBT), and is geared specifically for offender populations. Participants learn effective coping skills to help reduce their dependence on drugs and alcohol.

JCAP participants also adhere to additional rules and self-governing principals that create a therapeutic community. The positive effects of therapeutic communities have been researched for over 20 years, and show that therapeutic communities, particularly in jail and prison settings help foster a safe environment to engage in treatment and focus on recovery.

Components of JCAP

- ✓ 90 day program
- ✓ (CBT)-based program: *Thinking for a Change*
- ✓ Group & Individual Counseling
- ✓ AA/NA meetings
- ✓ Daily exercise

Qualified Staff

- ✓ Masters-level social workers
- ✓ Trained and certified in *Thinking for a Change*

Research shows that CBT can reduce 12-month recidivism rates by 25%.

Landenberger & Lipsey, 2005

DEARBORN COUNTY JCAP | 2015 Brief

JCAP BY THE NUMBERS

392
of offenders JCAP served since 2007.

\$13.84
Cost per day of serving a JCAP offender.

47%
JCAP offenders used heroin or other opioids

History

- ◆ 2007 opening with 16 male bed pod
- ◆ 2011 expansion to include 8 female bed pod
- ◆ 392 offenders served since 2007

Cost of JCAP

- ◆ Total operating costs of JCAP are \$161,681.00 per year, including salary and operating expenses
- ◆ Court fees fund program, using no taxpayer money.

Expansion

JCAP plans to increase the number of beds to 24 for both men and women. This would increase the daily capacity to 48 offenders.

Cost Per Day of Serving Offenders

This graph shows the cost of serving an offender in the JCAP program compared to at IDOC. The potential column represents the cost of expanding JCAP by increasing the # of beds and adding a therapist.

Category	JCAP	IDOC
Current	\$13.84	\$55.00
Potential	\$14.27	\$55.00

JCAP SUCCESS

Reduced Recidivism Rates

JCAP has successfully contributed to lower recidivism rates for those who have participated in the program. Compared to significantly higher county and state rates of recidivism, JCAP stands as an effective program that ultimately helps reduce crime as well as social and economic burdens.

Comparison of 2014 Recidivism Rates

Entity	Overall	Female	Male
JCAP	16.90%	17.40%	16.50%
Dearborn	44.80%	33.90%	42.80%
Indiana	38.90%	29.90%	37.80%

*Sources: *Indiana Department of Correction (2014). 2014 Adult recidivism rates. Retrieved from http://www.in.gov/ldoc/files/2014_Adult_Recidivism_Summary.pdf
 *Indiana Department of Correction (2014). 2014 Adult recidivism, by county of commitment. Retrieved from http://www.in.gov/ldoc/files/2014_Adult_Recidivism_CountyofCommit.pdf

INDIANA UNIVERSITY
School of Education
Bloomington

Who is Eligible/How Do You Apply?

JCAP is a voluntary program within the Dearborn County Law Enforcement Center. Anyone can apply. Applications are at the Law Enforcement Center. Once an application is received, the JCAP staff will review for placement in JCAP. The Defendant's attorney and the prosecutor will be notified of the application. The successful completion of the program may be considered in sentencing but there is no guarantee. Applicant's primary goal should be recovery. The program is a minimum of 90 days.

Can you Re-Apply?

Yes. The nature of addiction is that relapse can occur. Some individuals have benefited from repeating JCAP. How they failed may provide insight which prevents other new JCAP participants from making the same mistakes.

Jail Chemical Addiction Program Video

<https://youtu.be/gqXhjYXCAPE>

JCAP: Key Components of the Program

- All Participants of JCAP Volunteer.
- Participants of JCAP are not promised anything for completing the program.
- JCAP focuses on Moderate-High Risk Offenders who are Chemically Dependent.
- JCAP participants must adhere to all jail rules but must also follow self-governed JCAP rules which are set by what is called the Senior Committee.
- JCAP is housed within the Dearborn County Jail but both the male and the females have their own "Therapeutic Pods" which separate them from the jail inmates not in the program.
- *Aftercare component is individualized and an essential key to the program.*

Services Received While in JCAP

- Cognitive Behavioral Therapy Based Treatment
 - ❖ Thinking Reports
 - Relapse Prevention Treatment
 - Individual Counseling at a minimum of every 2 weeks
 - Self Help Meetings
 - Peer to Peer Support
 - Parenting Classes
 - Life Skills Groups
- 

- *Since its implementation, JCAP has become a known entity in our community and is supported by both defense attorney's and prosecutors.*
- Accountability, self-management, and giving back to the community are keys to the individual and overall success of JCAP.
- "Open houses" have been an integral part of the program. State legislators, city and county officials, concerned citizens, educators, law enforcement, and many others have participated.
- JCAP participants volunteer to speak to high schools and do so now on an annual basis.
- JCAP is part of the Court's annual Leadership In Law program, a summer internship for high school students.
- JCAP graduates serve as mentors for those battling addiction and have taken leadership roles in community projects.
- *Not only is JCAP a symbol of hope for those in active addiction, JCAP is now a part of our school and community prevention as well as leadership initiatives.*

Giving Back to the Community

"I was once again arrested for a violation and possession. I was miserable, lost, hopeless...at the end of my rope, JCAP found me. I was a shell of a man entering this program. How could people in jail know how to help? JCAP gave me more than I ever imagined possible. I was given tools to use in the problem areas of my life...it was like getting a new pair of spectacles to view the world in a positive way. Although JCAP was just the start of my recovery, it truly saved my life in many ways. I have been clean and sober for over 7 years now. My children and wife are back in my life. I still use the tools I've learned in JCAP. I found a passion in me to help others and use these tools to help them. I hope to keep working hard in my recovery and continue to give to others what was graciously given to me."

**JCAP and ACC (Drug) Court Graduate, Mentor,
Community Mental Health Case Manager, Community Leader**

Boone County Sheriff's Office

What Are We Doing?

Statistical Data – Important?



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

PRO-ACTIVE RESOURCES

Boone County Overdose Deaths

- We know for certain 18 OD deaths in 2016
 - What we don't know is how many died in Marion County when transported for care
 - Could be as many as another 10 OD deaths
- We know 24 months ago we put 150 doses of Narcan on the streets and we have deployed it approximately 52 times
- We know that we have an opiate/drug issue in our county – some don't want to admit it....



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

Boone County Data

- Boone County Inmates
 - ADP (Average Daily Population) – 220 inmates
 - 63.2% increase in ADP since 2014
 - 20.3% increase in female population
 - Steady increase in drug related offenses
 - 75% for PV or other crimes supporting



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

Better Mental Health Services?

■ Mental Health for Inmates

- Factual data supports that mental health and substance abuse are intertwined and should be treated concurrently
- Boone County was providing its inmates 2-4 hours a month of mental health services TOTAL for 200 inmates - absurd



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

PRO-ACTIVE RESOURCES

Mental Health and Addiction

■ Comorbidity

- 76% of inmates meet criteria for mental health disorders
- 65% have addiction issues
- 49% have both: **comorbidity**

Source: Bureau of Justice



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

PRO-ACTIVE RESOURCES

Better Mental Health Services to Go Along With Addiction Services?

- With the new program implemented this year
 - 24 hours a week of institutional mental health services – Quality Correctional Care
 - 24 hours a week of community mental health services – In-Well Community Health
 - Grant from Recovery Works for the re-entry 90 days prior to release



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy



PRO-ACTIVE RESOURCES

The logo for Pro-Active Resources, featuring a stylized graphic of a person or figure in red and white, positioned above the text "PRO-ACTIVE RESOURCES".

Better Mental Health Services?

- When do we fail our inmates?
 - When they leave
 - Finally provide continuity of care with this program
- With these additional services I believe that we will begin to see a reduction in recidivism (18 month goal of 18% reduction), reduction in OD deaths, and reduction in overdose calls



Boone County Sheriff's Office
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A large, stylized graphic of a balance scale is positioned in the background on the right side of the slide. The scale is tilted, with the right pan being lower than the left. The right pan contains several red, triangular shapes that resemble a stack of papers or a small structure. The entire graphic is rendered in a dark brown color that blends with the slide's background.

PRO-ACTIVE RESOURCES

All Hands on Deck

- We need a holistic approach with all stakeholders involved
 - We cannot solve this problem alone
 - Community involvement is essential
 - Partnerships with vendors
- Jail-based program is centerpiece of our approach
- Both programs have foundation but each is pliable to county needs



Boone County Sheriff's Office
Michael T. Nielsen, Sheriff ♦ Tony Harris, Chief Deputy

Brandon George

CEO

Pro-Active Resources



PRO-ACTIVE RESOURCES



Epidemic * Crisis * Emergency

64,000 overdoses (2016)

\$50 Billion per year in cost

Unprecedented impact on communities



We Need All Hands on Deck

- Lack of services in rural communities
- Jails have become default mental institutions
- Jail-based programs provide much needed services to high-risk demographic
- Any program must operate within current reality
- Criminal justice and treatment can live together



Common Characteristics of Dearborn and Boone County Programs

Evidence-Based Practices

Therapeutic Communities

Long-Term Client Engagement



Individualized Aspects

Medication Assisted Treatment

Addition of Mental Health Services

Certified Peer Recovery Coaches



Medication Assisted Treatment

- First two weeks post-incarceration is critical time
- 120x more likely die from overdose upon release



Continuity Of Care

- Aftercare (6 months)
- Recovery Coach (starts 90 days pre-release)
- Mental Health Services
- Medication Assisted Treatment (6 months post release)
- TeamPatient Pilot –
 - Provides one place for all stakeholders to help client/patient
 - Breaks through barriers to increase communication and information sharing
 - Enables real-time coordination across patient continuum of care



LET'S HEAR FROM GRADUATES OF
BOTH PROGRAMS.....

The image features a solid blue background with a gradient from light blue at the top to a darker blue at the bottom. In the lower right quadrant, there are several thin, white, parallel lines that appear to be part of a larger graphic element or logo, extending from the right edge towards the center.