

CONNECTICUT DEPARTMENT OF CORRECTION

Addiction Services Unit –Program Structure

The Connecticut Department of Correction's (DOC) Objective Classification System indicates that 88% of inmates have a substance abuse history and a significant need for treatment. The DOC Addiction Services Unit operates programs in 16 correctional facilities and 4 Parole and Community Services Offices. Programming focuses on level of intervention, point of impact, and the successful re-integration of the offender into the community

Definitions:

- **Level of Intervention:** The amount and intensity of treatment required for an individual to begin recovery from substance abuse.
- **Point of Impact:** The point of incarceration at which intervention and treatment are most effective.
- **Continuity of Care:** Substance abuse treatment is available throughout the correctional system. Inmates can continue their treatment as they move from institutional programs to community based care.

The Addiction Services Unit operates on the premise that recovery is a developmental process in which a client learns new skills, values and ways of thinking. The recovery process includes three stages and requires specific issues, tasks and skills to be mastered at each stage:

- The initial stage requires the inmate to address denial and to confront the consequences of their substance abuse.
- The second stage requires the inmate to identify self-defeating thoughts and patterns of behavior, learn coping and stress management skills, and to develop an identification with a lifestyle of recovery.
- During the later stage of recovery, the inmate learns to alter self-defeating thoughts and behavioral patterns, acknowledge interpersonal responsibilities and develop a balanced substance free lifestyle. During this phase of treatment the inmate will begin to address community reintegration and re-entry.

Each facility conducts specific Tier programs in accordance with written CT DOC and facility mission. Program models are designed to meet the needs of specialized populations (i.e., male, female, youth, residential, etc.).

Direct Admission Facilities Assessment/Orientation Program.

Assessment and Orientation

The Assessment and Orientation Program serves as an entry point intervention at pre-sentence and direct admission facilities to encourage as many inmates as possible to seek further treatment involvement. This program includes the assessment of Treatment Need for Objective Classification utilizing the TCUDS or ASI screening tools. In addition to the assessment, the Orientation program provides Basic Substance Abuse Education and Resource Information for offenders.

Tier 1 and Tier 2 are primarily "motivational" programs.

Tier 1 – Pre-Release Substance Treatment Program (Direct Admission Facilities)

Tier I is a 9 session program based upon the evidenced based “Beat the Streets” curriculum. This program focuses on re-entry and reintegration issues for inmates re-entering the community from a pre-sentence or direct admission facility. The optimal inmate to counselor ratio will be 25:1.

In addition, a Community Resources Day is held quarterly. This program provides a linkage with community resource agencies located in their respective communities for inmates who are within ninety days of release.

Tier 2 – Intensive Outpatient Substance Abuse Treatment

Tier 2, the next level of intervention, is an evidence based curriculum program provided four times a week in a non-residential setting. Using the “Living in Balance” program Tier 2 will help the inmate develop an understanding of addiction, the substances of abuse, triggers and relapse prevention and how addiction has effected the cognitive, physical, social and familial spheres of their lives. Tier 2 will also help the inmate identify and plan for the educational, vocational and consumer based issues they may face upon release.

The optimal inmate to counselor ratio is 20:1. Tier 2 graduates who are positive role models may be utilized as Inmate Peer Mentors. Tier 2 serves to lay a foundation of basic information, promote a personal identification with recovery, and motivate inmates to seek further treatment involvement.

Tier 3 and Tier 4 are long term "change" programs.

Tier 3 – Recovery and Re-entry Units

The Tier 3 - Recovery and Re-entry Unit is a residential substance abuse treatment program designed to provide recovery and relapse prevention skills in preparation for re-entry and reintegration into the community. This program is

based on a modified therapeutic community model, in which inmates are encouraged to practice recovery and personal responsibility and self-discipline, as well as taking lead roles in recovery activities. The optimal ratio of counselors to inmates is 1:15. Tier 3 graduates who are positive role models may be utilized as Inmate Peer Mentors.

Tier 4 – Therapeutic Community Programs

Tier 4 is the highest level of intervention. Outcome research has demonstrated positive long-term outcomes for this level of intervention. This 6-month program is conducted in a residential modified therapeutic community setting with full time programming. Programs are located in a housing unit separate from general population inmates. Within this milieu, inmates are encouraged to practice and learn the material presented in the curriculum. The program components and community atmosphere stimulate the development of personal responsibility and discipline. Inmates take an active role in the treatment community through assignments to jobs and program committees. Tier 4 participants are expected to attend school or hold a job while in the program. Inmates in the Tier 4 programs move through phases as they demonstrate improvement in their behavior and attitude. The optimal inmate to counselor ratio is 10:1. Tier 4 certificates are presented to inmates who have successfully completed the required phases. Tier 4 graduates who are positive role models may be utilized as Inmate Peer Mentors.

Facility Aftercare Programs

All facilities with Tier 2, 3 or 4 programs shall offer Aftercare Programs to program graduates within their facilities. Aftercare programs are designed to provide a continuum of care and maintenance of a recovery identity, which fosters independence, personal responsibility, and application of relapse prevention skills. Each inmate shall attend one "open" group per week co-facilitated by Addiction Services staff person and inmate participants. A general outline of discussion topics shall be developed to address and promote self-inventory and reinforce practice and performance of recovery attitudes and behaviors. The Optimal inmate to counselor ration is 20:1.

Community Addiction Services Programs

Community Addiction Services (CAS) provides Substance Abuse Treatment for offenders placed on Transitional Supervision (TS) following release from DOC facilities. CAS programming serves to lay the foundation of basic substance abuse information, promote personal identification with recovery, and motivate participants to engage in continued substance abuse treatment as part of their community reintegration plan. Program Components include: psycho-educational groups in Primary Substance Abuse Treatment and Relapse Prevention, Women's Recovery group, Life Skills Seminars, individual counseling sessions and 12-step fellowship attendance. Treatment services will be provided primarily in a group setting. Completion of admission and intake process shall be conducted in an individual counseling session. Crisis intervention shall be conducted in individual counseling sessions as needed

Any exceptions to the Addiction Services Program Structure shall require prior written approval from the Director of Health, Mental Health and Addiction Services or designee.

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