Guidelines for the Successful Transition of People with Behavioral Health Disorders from Jail and Prison

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Participant passcode: CARE
Guidelines for the Successful Transition of People with Behavioral Health Disorders from Jail and Prison

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Welcome
Welcome and Introduction

Henry J. Steadman, Ph.D.
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Fred C. Osher, M.D.

*Director, Health Services and Systems Policy, Council of State Governments Justice Center*
Today’s Presentation

The Need for Transition Guidelines

Underlying Principles

Overview of Guidelines

A Practitioner’s Perspective
An Expanding Population under Correctional Supervision

7 MILLION AND COUNTING

Led by probation, the correctional population has tripled in 25 years.


NOTE: Due to offenders with dual status, the sum of these four correctional categories slightly overstates the total correctional population.
Substantially Higher Rates across Demographic Lines

WHO’S UNDER CORRECTIONAL CONTROL?

Correctional control rates vary drastically across demographic lines.

**TOTAL 1 IN 31**

**WOMEN 1 IN 89**

**MEN 1 IN 18**

**WHITE 1 IN 45**

**HISPANIC 1 IN 27**

**BLACK 1 IN 11**


Alcohol and Drug Use Disorders: Household vs. Jail vs. State Prison

- Alcohol use disorder (Includes alcohol abuse and dependence)
- Drug use disorder (Includes drug abuse and dependence)

Source: Abrams & Teplin (2010)
Not All Substance Use Disorders Are Alike

The Substance Abuse Continuum
Not All Mental Illnesses Are Alike

Mental Illness in the General Population

- Diagnosable mental disorders: 16%
- Serious mental disorders: 5%
- Severe mental disorders: 2.5%
Prevalence of Serious Mental Illness and Co-Occurring Disorders in Jail Populations

General Population

- Serious Mental Illness: 5%
- No Serious Mental Illness: 95%

Jail Population

- Serious Mental Illness: 17%
- Co-Occurring Substance Use Disorder: 28%
- No Co-Occurring Substance Use Disorder: 72%

Council of State Governments Justice Center

SAMHSA's GAINS Center for Behavioral Health and Justice Transformation
Heterogeneity of Behavioral Disorders

Populations with Co-occurring Disorders (NASMHPD-NASADAD, 2002)

High severity
Alcohol and other drug abuse
Low severity
Mental Illness

I
Locus of Care: Primary health Care settings

II
Locus of Care: Mental health system

III
Locus of Care: Substance abuse System

IV
Locus of Care: Hospitals, ERs, Jails/prisons,
Vulnerable Time for Individuals Returning to the Community

- Large numbers of people are released from jails and prisons each year
  - Approximately 650,000 individuals are released from state and federal prisons.
  - Over 9 million different individuals are released from jails.

- Most people released from jail and prison recidivate
  - 30% of individuals released from state prisons will be rearrested in the first six months following their release.
  - Within three years:
    - the percentage increases to two-thirds rearrested.
    - over half (52%) will return to prison for either new crime or parole revocation.
Vulnerable Time for Individuals Returning to the Community

- Elevated health risks following release
  - Higher risk of drug use.
  - A 12-fold increased risk of death in the first two weeks after release.

- However, effective transition planning and implementation can:
  - minimize the risk of these hazards;
  - enhance public safety by increasing the possibility that individuals will participate in, and complete, supervision and treatment requirements; and
  - promote recovery and improve individual outcomes.

Why Guidelines?

- To advance collaboration and communication by:
  - Developing a shared language around risk of criminal activity and public health needs; and
  - Establishing common priorities between criminal justice and behavioral health systems for individuals who have treatment needs and are likely to commit future crimes.

- To ensure scarce resources are used efficiently by promoting the use of validated assessment tools to:
  - Gauge individuals’ behavioral health needs and criminogenic risk; and
  - Identify the right people for the right interventions.
Why Guidelines? (cont’d)

- To promote effective practices by:
  - Matching individuals’ risk and needs to programs and practices associated with research-based, positive outcomes; and
  - Refocusing transition and other reentry efforts for individuals leaving prisons and jails to equip them with the necessary skills and competencies.

- To improve continuity of care and community integration through development of policies and practices to share information across systems.
Today’s Presentation

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Incarceration Is Not Always a Direct Product of Mental Illness

How likely is it that the inmates’ offenses were a direct result of serious mental illness (SMI) or substance abuse (SA)?

Source: Junginger, Claypoole, Laygo, & Cristina (2006); Slide developed by Dr. Jennifer Skeem, University of California-Irvine
What do we mean by “Criminogenic Risk”?

- ≠ Crime type
- ≠ Failure to appear
- ≠ Sentence or disposition
- ≠ Custody or security classification level
- ≠ Dangerousness

**Risk =**
How likely is a person to commit a crime or violate the conditions of supervision?
Reducing Recidivism by Addressing “Criminogenic Needs”

Static Risk Factors
- Criminal history
  - number of arrests
  - number of convictions
  - type of offenses
- Current charges
- Age at first arrest
- Current age
- Gender

Dynamic Risk Factors
- Anti-social attitudes
- Anti-social friends and peers
- Anti-social personality pattern
- Substance abuse
- Family and/or marital factors
- Lack of education
- Poor employment history
- Lack of pro-social leisure activities
Risk-Need-Responsivity (RNR) Model as a Guide to Best Practices

- Focus resources on high RISK cases

- Target criminogenic NEEDS, such as antisocial behavior, substance abuse, antisocial attitudes, and criminogenic peers

- RESPONSIVITY – Tailor the intervention to the learning style, motivation, culture, demographics, and abilities of the offender. Address the issues that affect responsivity (e.g., mental disorders)
Without Assessing Risk of Re-Offending…

High
Supervision/Program Intensity

Moderate
Supervision/Program Intensity

Low
Supervision/Program Intensity
After Assessing Risk of Re-Offending...

Risk of Reoffending:

- **Low Risk**
  - 10% re-arrested
  - Typically 1/3 of the population

- **Moderate Risk**
  - 35% re-arrested
  - Typically 1/3 of the population

- **High Risk**
  - 70% re-arrested
  - Typically 1/3 of the population

Supervision/Program Intensity:

- **High**
- **Moderate**
- **Low**
After Applying the Risk Principle…

<table>
<thead>
<tr>
<th>Supervision/Program Intensity</th>
<th>Risk of Reoffending</th>
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<tbody>
<tr>
<td>High</td>
<td>LOW RISK 10% re-arrested</td>
</tr>
<tr>
<td>Moderate</td>
<td>MODERATE RISK 35% re-arrested</td>
</tr>
<tr>
<td>Low</td>
<td>HIGH RISK 70% re-arrested</td>
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</tbody>
</table>

Typically 1/3 of the population

LOW RISK: Typically 1/3 of the population re-arrested
MODERATE RISK: 20-30% reduction
HIGH RISK: 70% re-arrested
If We Don’t Use the Risk Principle, Recidivism Can Increase

- **High** Supervision/Program Intensity
  - **Low Risk** (10% re-arrested)
    - Typically 1/3 of the population
  - **Moderate Risk** (35% re-arrested)
    - Typically 1/3 of the population
  - **High Risk** (70% re-arrested)
    - Typically 1/3 of the population

- **Moderate** Supervision/Program Intensity
  - **Low Risk** (10% re-arrested)
  - **Moderate Risk** (35% re-arrested)
    - 20-30% reduction
  - **High Risk** (70% re-arrested)
    - 0% reduction

- **Low** Supervision/Program Intensity
  - **Low Risk** (10% re-arrested)
  - **Moderate Risk** (35% re-arrested)
  - **High Risk** (70% re-arrested)

0-5% increase

Typically 1/3 of the population
RISK PRINCIPLE:
Match the intensity of individual’s intervention to their risk of reoffending

NEEDS PRINCIPLE:
Target criminogenic needs, such as antisocial behavior, substance abuse, antisocial attitudes, and criminogenic peers

RESPONSIVITY PRINCIPLE:
Tailor the intervention to the learning style, motivation, culture, demographics, and abilities of the offender. Address the issues that affect responsivity (e.g., mental illnesses)
Recidivism Reduction as a Function of Targeting Criminogenic Needs

Better outcomes

More criminogenic than non-criminogenic needs

Poorer outcomes

More non-criminogenic than criminogenic needs

(Andrews, Dowden, & Gendreau, 1999; Dowden, 1998)
Responsivity: You Can’t Address Dynamic Risk Factors Without Attending to Mental Illness

- Antisocial Attitudes
- Antisocial Personality Pattern
- Antisocial Friends and Peers
- Substance Abuse
- Family and/or Marital Factors
- Lack of Education
- Poor Employment History
- Lack of Prosocial Leisure Activities

Mental Illness
ADULTS WITH BEHAVIORAL HEALTH NEEDS UNDER CORRECTIONAL SUPERVISION:
A Shared Framework for Reducing Recidivism and Promoting Recovery
### Criminogenic Risk and Behavioral Health Needs Framework

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<th>Group 1</th>
<th>Group 2</th>
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- **Low Criminogenic Risk (low)**
- **Medium to High Criminogenic Risk (med/high)**
- **Low Severity of Substance Abuse (low)**
- **Low Severity of Mental Illness (low)**
- **Low Severity of Substance Dependence (med/high)**
- **Serious Mental Illness (med/high)**

[Table continues]
Two Critical Components

Target Population

Comprehensive Effective Community-based Services
The APIC Model

**Assess** the individual’s clinical and social needs, and public safety risks

**Plan** for the treatment and services required to address the individual’s needs (while in custody and upon reentry)

**Identify** required community and correctional programs responsible for post-release services

**Coordinate** the transition plan to ensure implementation and avoid gaps in care with community-based services
It is assumed these responses will:
- Incorporate EBPs and promising approaches
- Be implemented with high fidelity to the model
- Undergo ongoing testing/evaluation
Evidence-Based Practices and Programs (EBPs)

- Practices or programs that research shows increase likelihood of positive outcomes
- Most reliable way to achieve desired outcomes and should be used whenever possible
- However, are many services that are not designated EBPs, but that are still important components of a comprehensive treatment plan

Source: COCE, 2007
### Comprehensive, Effective Community-Based Services

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<td>Medications</td>
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<td>CBT</td>
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Today’s Presentation

- The Need for Transition Guidelines
- Underlying Principles
- Overview of Guidelines
- A Practitioner’s Perspective
Guideline 1:

- Conduct universal screening as early in the booking/intake process as feasible and throughout the criminal justice continuum to detect substance use disorders, mental disorders, co-occurring substance use and mental disorders, and criminogenic risk.
Assess the individual’s clinical and social needs, and public safety risks

Guideline 2:

- For individuals with positive screens, follow up with comprehensive assessments to guide appropriate program placement and service delivery. The assessment process should obtain information on:
  - Basic demographics and pathways to criminal involvement
  - Clinical needs
  - Strengths and protective factors
  - Social and community support needs
  - Public safety risks and needs
Guideline 3:

- Develop individualized treatment and service plans using information obtained from the risk and need screening and assessment process.
  - Determine the appropriate level of treatment and intensity of supervision (when applicable).
  - Identify and target an individual’s criminogenic needs.
  - Plan how to address those aspects of individuals’ disorders that affect function.
Guideline 4:

- Develop collaborative responses between behavioral health and criminal justice that match individuals’ level of risk and behavioral health need with the appropriate levels of supervision and treatment.
Guideline 5:

- Critical Time Interventions - Anticipate that the periods following release (the first hours, days, and weeks) are critical and identify appropriate interventions as part of transition planning practices for individuals with mental disorders and co-occurring substance use disorders leaving correctional settings.
Guideline 6:

- Develop policies and practices that promote continuity of care through the implementation of strategies that promote direct linkages (i.e., warm hand-offs) for post-release treatment and supervision agencies.
Guideline 7:

- Support adherence to treatment plans and supervision conditions through coordinated strategies that:
  - Provide a system of incentives and graduated sanctions to promote participation in treatment, maintain a “firm but fair” relationship style, and employ problem-solving strategies to encourage compliance.
  - Establish clear protocols and understanding across systems on how to respond to behaviors that constitute technical violations of community supervision conditions.
COORDINATE the transition plan to ensure implementation and avoid gaps in care with community-based services

Guideline 8:

- Develop mechanisms to share information from assessments and treatment programs across different points in the criminal justice system to advance cross-system goals.
COORDINATE the transition plan to ensure implementation and avoid gaps in care with community-based services

Guideline 9:

- Encourage and support cross training to facilitate collaboration between workforces and agencies working with people with mental disorders and co-occurring substance use disorders who are involved in the criminal justice system.
COORDINATE the transition plan to ensure implementation and avoid gaps in care with community-based services

Guideline 10:

- Collect and analyze data to
  - Evaluate program performance;
  - Identify gaps in performance; and
  - Plan for long-term sustainability.
New Opportunities under Health Reform

ACA provides two key vehicles for health insurance coverage expansion

- Health insurance marketplaces, combined with premium and cost sharing subsidies for those with incomes between 100-400% FPL
- Medicaid expansion for individuals under age 65 with incomes up to 138% FPL
Medicaid Expansion Decisions

Medicaid Expansion Status by State

24 states are expanding, with 6 on the fence and 21 not moving forward

- The Congressional Budget Office estimates 15 million will gain coverage in 2014
  - 8 million in Medicaid
  - 7 million in the Exchange

- Nearly 2/3 of all individuals potentially eligible for Medicaid under the ACA live in states that are not expanding or are still debating expansion

Source: Kaiser Family Foundation, July 2014
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A Practitioner’s Perspective

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Benefits of the “Guidelines”

The Guidelines:

- Leverage research to help focus resources where they can be most effective.
- Recognize that offender populations are shared among multiple organizations.
- Provide a platform for enhanced collaboration among varied partners that can benefit collaborators and the populations we work with.
Increasingly, criminal justice systems are looking beyond the walls of institutions.

Recent efforts in criminal justice settings to (1) better address mental illness within institutions and (2) reduce recidivism have led to initiatives like Transitions from Prison to Community (TPC).

These broad-based efforts build linkages between corrections and community behavioral health services.

But- these efforts also highlight “gaps and challenges.”
Gaps & Challenges

- Systemic
  - Systems of care are episodic for chronic illnesses.
  - Criminal justice and behavioral health systems have different languages, philosophies, and priorities.
  - Funding, funding, funding…
- Criminal Justice
  - Housing and treatment services are difficult to secure for offender populations.
- Behavioral Health
  - Systems of care are not often designed for offender populations.
  - Staff are infrequently trained to work effectively with offenders.
  - Behavioral health provider systems are already taxed…
- Information systems
Opportunities

- Changes in health care coming.
  - New funding sources
  - New funding models
  - Increasing recognition of structural changes needed for treatment of chronic conditions (i.e., “health homes”)

- Criminal justice systems can provide support, structure to increase adherence to treatment plans.

- Both systems can provide helpful training across provider groups.

- Working together can help significantly reduce the need for re-incarceration, reducing costs and improving public safety.
Recommendations

- Develop or expand substance abuse treatment services in institutional settings.
  - Long enough, intense enough
  - Co-occurring
  - Address criminogenic factors
  - Access to transition services
- Administratively, remove barriers from coordinating mental health and substance abuse treatment services.
- Invest in specialized release and reintegration planning.
Recommendations (cont’d)

- Develop efficient shared information strategies.

- Work at the systems level to form collaborations with key stakeholders across criminal justice and community behavioral health systems.

- Criminal justice systems “reach out” to community behavioral health providers.
An overview document with a summary of the guidelines

Available at http://gainscenter.samhsa.gov/

The full document will be available on the GAINS Center’s website later this Fall.
Resources

Websites

- Council of State Governments Justice Center: csgjusticecenter.org
- GAINS Center for Behavioral Health and Justice Transformation: gainscenter.samhsa.gov

Publications

Thank You!

The webinar recording and PowerPoint presentation will be available on http://gainscenter.samhsa.gov/ within a week.

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