



New Infographic on Mindfulness From PRA Well-Being

Policy Research Associates, Inc. (PRA) Well-Being is pleased to announce the release of a new infographic on mindfulness. The infographic, *Mindfulness in Our Everyday Lives*, provides an overview of how people can incorporate mindfulness techniques into their daily routines. Chelle Pean, cofounder of [Root3d](#), presents the concepts showcased in this infographic. Root3d is a holistic health center for all based in Albany, New York.

This infographic presents mindfulness in an accessible format, providing an overview of what mindfulness is (and is not), useful anchors, ways in which mindfulness can help you, and selected mindfulness practices. Highlighted mindfulness practices include belly breathing, body visualization, and tuning into your senses.

PRA Well-Being encourages you to print out this infographic and place it in a visible place to remind you to incorporate mindfulness into your daily routine!



Mindfulness in Our Everyday Lives

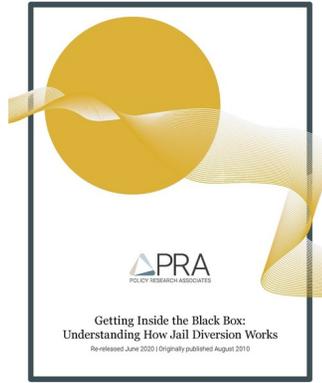
[Download the Infographic](#)

Publication Re-release: *Getting Inside the Black Box*

PRA is re-releasing *Getting Inside the Black Box: Understanding How Jail Diversion Works* to the field as a reference document. Originally published in August 2010, *Getting Inside the Black Box* explores how jail diversion programs can be used to redirect high-risk individuals from criminal justice settings into community-based services and supports. The publication reviews data from the Targeted Capacity Expansion Jail Diversion programs, presents major findings from a cross-sectional analysis of the data, provides strategies to define a target population for diversion, and offers lessons learned and next steps.

The findings presented in *Getting Inside the Black Box* include the following:

- Diversion programs improved mental health outcomes and well-being among participants.
- Participation in diversion programs reduced participants' symptoms of behavioral health conditions.
- Diversion programs improved public safety outcomes (through the reduction of re-arrests, number of days in jail, and charges).
- Successful diversion programs tend to use individualized, client-oriented services and implement evidence-based practices.



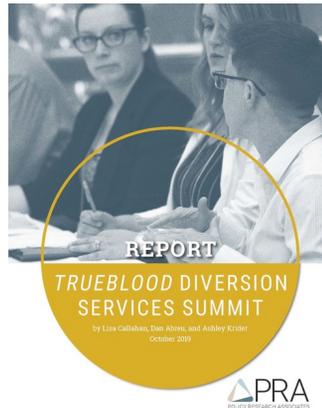
Getting Inside the Black Box

The 2020 release of *Getting Inside the Black Box* is for reference purposes only. The document has been re-branded to allow for broad distribution to the field, but the content has not been updated from the 2010 publication. Readers should view this publication as a reference resource.

[Download the Publication](#)

New Resource: *Trueblood* Summit Report

Since 2018, PRA has provided technical assistance to 15 diversion services programs in Washington State funded by the *Trueblood* class-action lawsuit settlement. *Trueblood* enforces a person's constitutional right to timely competence evaluation and restoration services. As part of this technical assistance, PRA hosted the *Trueblood* Diversion Services Summit in September 2019 with participation from stakeholders across Washington State. The purpose of the Summit was to assist with the implementation of the state's diversion services plan and to expand jail diversion programs state-wide. PRA is pleased to release the final report from the 2019 *Trueblood* Diversion Services Summit.



Trueblood Diversion Services Summit Report

The report provides an overview of the background, timeline, and activities leading up to and following the Summit. The event provided a national perspective on diversion of individuals with mental illness, offered opportunities to learn about diversion programs underway throughout the state, and supported ample cross-community networking and dialogue. Readers will find a detailed overview of recommendations to enhance diversion programs and competence restoration services within the report. Recommendations include, but are not limited to, the following:

- Expand and enhance the crisis care continuum and law enforcement/mental health co-response.
- Develop formal and coordinated screening and diversion strategies for arraignment diversion and pre-plea diversion.
- Develop guidance to courts and diversion stakeholders on requesting a re-evaluation of competency status for those in jail awaiting transfer to a restoration bed.
- Pursue multiple strategies to improve access to housing for justice-involved individuals.

[Download the Report](#)

New Article Examines Using University-Community Partnerships for SOAR Implementation as a Mechanism to

End Homelessness

PRA is pleased to announce the publication of a new article co-authored by PRA staff members in the *Journal of Social Work Education*. "The SOAR Model as an Effective Mechanism for University-Community Partnerships to End Homelessness," co-authored by Vice President Kristin Lupfer and Senior Project Associate Jen Elder, explores how universities can play a role in ending homelessness in local communities. The article explores a National Center for Excellence in Homeless Services initiative to use social work education as a mechanism to enhance and expand local capacity for Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI) Outreach, Access, and Recovery (SOAR) services. Four universities that have applied the SOAR model locally are provided as case studies to highlight implementation success. The following universities are highlighted as case studies:

- California State University, Long Beach (California)
- The University at Albany, State University of New York (New York)
- The Catholic University of America's National Catholic School of Social Service (Washington, DC)
- The University of Texas at Austin (Texas)

[Read the Article](#)

New Podcast! Income and Benefits With VA and SOAR

In May 2020, Jen Elder, senior project associate at PRA and assistant director of the SOAR Technical Assistance Center, joined Dr. Carma Heitzmann, national director of the U.S. Department of Veterans Affairs (VA) Homeless Veterans Community Employment Services program, to discuss how communities can connect Veterans to income through employment and benefits. Adrienne Nash Melendez from the VA Grant and Per Diem Program Office facilitated the dialogue, which offered creative tips for serving Veterans during the COVID-19 pandemic.

[Listen to the Podcast](#)

Upcoming Webinars From PRA's Projects

[GAINS: Cultural Competence Across the Sequential Intercept Model](#)

June 29, 2020; 2:30–4:00 p.m. ET

This webinar, hosted by SAMHSA's GAINS Center, will provide participants with practical strategies to reduce racial and ethnic disproportionality among individuals with mental and/or substance use disorders who are interfacing with the justice system.

[GAINS: Data Sharing Virtual Learning Community](#)

July 28, 2020; 12:00–1:00 p.m. ET

This webinar, hosted by SAMHSA's GAINS Center, will present three jurisdictions that have worked through the challenges of data and information sharing and have working systems in place.

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"I Can't Come" Is the New "I Love You"



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