Improving Programs and Services for Women in Jail: Comprehensive Integrated Treatment

Doreen Salina, Ph.D.
President
Salina & Associates, Inc.

Terrie McDermott
Director of Criminal Justice Initiatives
Salina & Associates, Inc.

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National Resource Center on Justice Involved Women
A project of the Bureau of Justice Assistance and the National Institute of Corrections
The Integrated Treatment Model for Women

- Developed in collaboration with Cook County Sheriff’s Women’s Justice Programs
  - Tom Dart, Sheriff
  - Deborah Boecker, Assistant Executive Director
  - Terrie McDermott, Former Executive Director

- Funded by:
  - Cook County Sheriff’s Office
  - Cook County Board of Commissioners
Building Collaborations

- National Institute of Corrections
- Court Systems
- Treatment Providers
- Community Providers
Officers’ Training

- Recruited specifically to be gender responsive
- Developed & refined collaborative curriculum
- Creates gender responsive environment
- Addresses trauma & treatment needs
- Creates “buy-in” from Officers
Role of the Courts

- Specialty courts mandate participants into Gender Responsive treatment
- Develop & refine collaborative curriculum
- Educate Judges & Judiciary about treatment
- Increased mandates for treatment
- Creates “buy-in” from Courts
Assessments & Screening in General Population (Div. 3 & 8)

Specialty Court Screens

- S&A staff work closely with the State’s Attorneys and Judges to recruit participants from general population for Co-occurring Court.
- Diversion program: 120 days in Div. 17 and 2 years mental health/addictions probation

General Div. 17 screens

- S&A staff work with CCDOC staff to identify participants who may require specific mental health needs while incarcerated.
- Communicate the appropriate housing situation for participants
Choosing Right Treatment Provider

- Professionally trained staff
- Address both substance abuse & mental illness
- Experience in trauma informed treatment
- Experience in criminal justice system
- Support NIC guidelines for Gender Responsiveness
Our Integrated Treatment Model for Women

- Accurate assessments at intake
- Provide multiple evidence-based programming and practices (EBPP)
- Identify desired program outcomes
- Utilize these outcomes for continuous program development
Comprehensive Integrated Program Philosophy

- Integrated all aspect of correctional system to assess, treat and adjudicate women
- Provide gender and culturally specific evidenced-based treatment services for women
- Create opportunities for treatment and successful reentry
Conceptual Framework for an Integrated Model

- Women’s Residential Program
  - Intensive Core Treatment
- Sheriff’s Female Furlough Program
  - Continued Comprehensive Treatment
  - Engage in Community Re-entry Activities
- Empowerment Center
  - Transitional Clinic where Individualized Treatment Continues
  - Greater emphasis on Re-entry Activities
Core Values of Integrated Model

- Attachment
- Containment
- Respect
- Communication
- Interdependence
- Relationships
- Participation
- Process
- Balance
- Responsibility
Essential Action Steps

- Strategize to engage all key stakeholder
- Develop shared values for best results
- Collaborate and Disseminate!
Psychological Services
Clinical Treatment Services
Services

- Provide comprehensive mental health and substance abuse services to women in a correctional setting.

- Assess crises and develop appropriate steps for safety, triage, and treatment for emergency situations.

- Administer valid and reliable screening tools for diagnostic and assessment purposes.

- Provide group therapy based upon evidenced-based curricula.

- Integrate these curricula to address multiple problem areas.
Components of Integrated Treatment Model

- Women’s Addiction Workbook
- Helping Women Recover
- Seeking Safety
- Living in Balance
- Mindfulness
- Re-Entry
- Anger Management
- Life Skills
Specialty Groups

- WAVE
- Glee
- Stress Management
- Body Empowerment
- Coping Skills
- Creative Writing
- Grief and Loss
- Harm Reduction
Safety and Empowerment Program

What is The WAVE?

- Women identified at intake as having a co-occurrence of PTSD, addiction and mental health issues.
- Many of these participants are in one of Cook County’s Specialty Courts.
- They participate in a month-long specialty group called WAVE that focuses on processing traumatic experiences with the safety of healthy coping skills.
Model of Case Management Services

Strength-based Case Management

- Principles
  - Focus on Strength
  - Client Driven
  - Primary Relationship
  - Use of Formal and Informal Resources
  - Aggressive Outreach
  - A Belief that each Client is able to Learn, Grow and Change

- Core Functions:
  - Assessing
  - Planning
  - Linking
  - Coordinating
  - Advocating
Case Management Services Provided

- Conduct of Assessments
  - Psychosocial Intake
  - Women’s Risk and Needs Assessment
  - Additional Needs Assessment

- Program Orientation & Case Planning

- Discharge Planning

- Aftercare Planning
Case Management Services Provided

- Advocacy Services
- Linkage/Referral Services
- Monitoring Services
- Court Services
  - Developing and Processing of Court Reports
  - Assistance in Specialty Courts
Empowerment Center Services

- Individual Mental Health Therapy
- Intensive Case Management
- Group Treatment
- Peer Led Support Groups
- Access to Community Services
Our Participants

- N = 489

- Comprised of women entering Cook County Sheriff’s Women’s Justice Programs

- Information is gathered from Clinical Intakes and Case Management Assessments
Race

- White: 23%
- African American: 66%
- Latino: 4%
- Latino/White: 5%
- Latino/Asian: 1%
- Latino/Black: 1%
- Indian: 0%
Women with Public Aid

- Yes: 65%
- No: 35%
Number of Unmet Needs

0% 2% 4% 6% 8% 10% 12% 14% 16% 18% 20%

0 1 2 3 4 5 6 7 8 9 10 11 12+

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DSM-IV Mental Health Diagnoses

- Substance Dependence
- Depressive
- PTSD
- Substance Abuse
- Mood
- Anxiety
- Other
- Depressive/Anxiety
- Bereavement
- Psychosis
DSM-IV Co-Occurring Disorders

- 0 Diagnoses: 1% of cases
- 1 Diagnosis: 7% of cases
- 2 Diagnoses: 4% of cases
- 3 Diagnoses: 22% of cases
- 4 Diagnoses: 14% of cases
- 5 Diagnoses: 26% of cases
- 6 Diagnoses: 26% of cases
- 7 Diagnoses: 0% of cases

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Recidivism

According to Salina, Lesondak & Razzano (2007) in an Integrated Health Treatment for Women Drug Users Study:

- Analyses found that recidivism could be accurately predicted when a woman had –
  - Post Traumatic Stress Disorder
  - Substance Abuse Disorder of Crack/Cocaine Dependence
## Prior Documented Arrests

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Recidivism Rate – 1 Year Post Release

- Yes: 25%
- No: 75%