Behind and Beyond the Walls: Peer Supports in Jail Settings

Welcome and Introductions
Welcome

• Timothy Jeffries, Senior Policy Advisor, BJA
• Diana Williams, Project Manager, Altarum
• Elizabeth Burden, Technical Assistance Director, Altarum
• Sadé Richardson, Analyst, Altarum
• Erin Etwaroo, Analyst, Altarum

Guest Presenters

• McShin Foundation—Honesty Liller
• Indiana Addiction Issues Coalition—Brandon George
• Essex County Sheriff’s Department—Darya Maslova
• Essex County Sheriff’s Department—Jillian Nelson
Honesty Liller

• A woman in long-term recovery from a substance use disorder since May 27, 2007
• Chief Executive Officer of the McShin Foundation, a nonprofit peer-to-peer recovery community organization (RCO) that serves individuals and families with substance use disorders
• Served on the Enforcement Workgroup for Governor Terry McAuliffe’s Prescription Drug and Heroin Task Force
• Recipient of the 2015 Vernon Johnson Award given by Faces and Voices of Recovery
• Featured on “Face the Nation” discussing addiction and recovery in America

Brandon George

• Director of Indiana Addiction Issues Coalition, which advocates for recovery through public policy and education
• As a person in long-term recovery, Brandon dedicates his time personally and professionally to fighting addiction and promoting recovery
• Served as a consultant for SAMHSA’s Opioid Response Network; is on the expert panel for Indiana University School of Medicine’s Project ECHO, providing continuing medical education for physicians; and helps implement programming in jails across the state
Darya Maslova

- Darya serves as the Assistant Superintendent/Director of Programs/Detox/Re-Entry for the Essex County Sheriff’s Department, having worked for the department for more than 11 years. She has more than 13 years of professional experience within the Massachusetts Criminal Justice system, with assignments ranging from law enforcement to reentry and treatment. Darya is a multilingual attorney, admitted to the Bar of the Commonwealth of Massachusetts as well as the U. S. District Court, District of Massachusetts. She is a Notary Public and a dedicated public servant who speaks Russian fluently and is also proficient in Spanish.

Jillian Nelson

- Jillian currently serves as the Director of Pre-Trial Re-Entry Services in the Middleton House of Corrections (ECCF Middleton), a medium-/high-security facility of the Essex County Sheriff Department that houses approximately 1,150 inmates, with 760 being pre-trial. During her 13-year career, Jillian worked as a corrections officer at ECCF Middleton for 10 years, including 3 years in the department’s Treatment & Recovery for Addictions in Corrections (TRAC) treatment unit. Jill earned a bachelor’s degree in criminology and law from Suffolk University.
Overview of the McShin Foundation Programs

Honesty Liller, CEO

The McShin Foundation
The McShin Foundation provides:
- Peer-to-peer recovery services
- Same-day intervention and consultation services
- Recovery housing and coaching
- 15,000 sq. ft. recovery community center
- Ongoing recovery support—alumni support
- Drug testing
- Daily 12-Step meetings, faith-based groups, yoga, acupuncture, fun in recovery groups, holistic healing groups, and family groups
- Daily group sessions conducted by volunteers, staff members, and peer leaders
- Recovery jail program development and facilitation
- Criminal justice referral programming
- Reentry planning and employment opportunities
- Recovery advocacy, recovery, and addiction education
- Family and youth programming, recovery events
- Training providers—recovery coach training

McShin Jail-Based Recovery Program Includes:
- Group sessions coordinated by both McShin and internal peer leaders
- 4-hour-a-day training on topics ranging from addiction to anger management, goal-setting, and gender-specific agendas
- Groups on trauma, healthy boundaries, and parenting
- Recovery and addiction documentaries, speaker series audio/videos
- Connections to self-help groups post-release
- Reentry planning—housing, employment, etc.
- Weekly alumni association for McShin members and their families post-release
Evaluation

• Four-stage mixed-methods approach
  • Comparisons among both experimental and control groups are utilized to examine quantitative outcome measures of cost savings and recidivism
  • Focus groups look at qualitative methods to determine true significance that McShin played during incarceration and reentry
  • Interviews provide deeper insight into effectiveness on an individual basis
  • Surveys track individuals’ recovery time, recidivism rates, employment, and family life

What Is a Recovery Coach?

A peer-recovery coach is a person actively and authentically engaged in a recovery pathway

The coach strives to meet the requirements or goals of his or her own pathway

The coach represents a new perspective on life that has been gained through recovery

Coaches can clearly communicate both the benefits and the challenges of recovery
Roles of the Recovery Coach

- The coach as mentor
- The coach as consultant
- The coach as mirror
- The coach as advocate
- The coach as a navigator
- The coach as listener

Strengths and Challenges of Peers in Jail Programs

**Strengths**
- Lived experience of addiction and recovery—walk the walk in their own lives
- Helpful to have peers who have been incarcerated before and are now in recovery
- Willing participants in the programs in jails

**Challenges**
- Negative outlook on addiction by jail staff
- Depending on recovery, experience/time can be a challenge
- Facility-specific—lockdown times, cleaning pod times, commissary, etc.
Inmate Programs

- On January 5, 2015, Pamunkey Regional Jail and The McShin Foundation started an authentic peer-developed and delivered recovery-oriented system of care for inmates volunteering as individuals who needed recovery from substance use disorders. The primary focus of the program is to provide hope and recovery to those who need and want it through continued personal contact with successfully recovering people. “Hope of recovery” is vital and the main desired outcome. The authentic recovery facilitator is equally vital.

- Six months in the program will allow an inmate to experience a true Recovery Oriented System of Care (ROSC). The cycle includes a 40-hour certification, 90 recovery or motivational unduplicated films, 200 speaker DVDs, outside guests and speakers, a daily schedule of activities, and an appropriate transition at the end of the six-month cycle.

- Since the inception of the McShin Program, around 193 male and female inmates have participated in the program. Over the last two years, the inmates who participated in the program were tracked to determine whether any had recidivated by returning to Pamunkey Regional Jail or any other jail within the state of Virginia. The statistics below were gathered from the jails’ records management system, JailTracker, and the Department of Corrections inmate management system, LIDS-CORIS. The PRJ recidivism rate for the McShin Program is approximately 31%, compared with 53% across the entire jail population.
Overview of the Indiana Addiction Issues Coalition Programs
Overview of Indiana Addiction Issues Coalition

- Advocate Through Public Policy and Education
- Development of Recovery Culture and Ecology
- Capacity Building for Recovery Support Services

Indiana Jail and DOC Peer Support Programs

- Boone County Through InWell
- North Central Indiana Quick Response Team
- Next Step Foundation’s Healthy Family Peer Program
Integrative Wellness, LLC

- Mental health and addiction provider serving Boone County
- Certified by DMHA to provide addiction services
- IHCP provider
- Recovery Works provider (jail pilot program provider)

About Our Recovery Coaches

- 7 total coaches
- All in recovery
- 1 coach is an MSW
- 1 coach is a BSW
- 6 coaches are certified (5 are level II and 1 is level I)
- 6 coaches are MAT certified
- All of our coaches are key components in supporting our clients with treatment services throughout their continuum of care
Services in the Boone County Jail

- Began in June 2017 as a pilot program through Recovery Works
- 56 hours of services per week in the Boone County Jail
- 3 certified peer recovery coaches
- 1 LMHC
- Verify Recovery Works eligibility
- Complete biopsychosocial assessments
- Begin recovery coaching
- Some therapy services
- Link to behavioral health treatment post-incarceration, including psychiatry services

Post-Incarceration Treatment Options

- Individual therapy
- Family therapy
- Recovery coaching
- Skills training
- Case management
- Extended outpatient program
- Psychiatry
- Integrated in MAT clinic
Program Outline—Criminal Justice

• On Tuesdays and Thursdays, the team visits inmates in the Tippecanoe County Jail. Any inmate who is within six months of release is assisted in creating a recovery plan and connecting with healthy resources

• Tippecanoe County Community Correction’s case managers are also a direct referral source for the team. We even hold a Multiple Pathways to Recovery and QRT information group at TCCC once a week for their work-release clients
  • PBRS serve as “resource brokers,” companions, and liaisons to your inmates, uncovering their own recovery identities!
Next Step 2 Healthy Families Project (NS2HF)

• In 2016, Indiana State University Department of Social Work and the Next Step Foundation, Inc. were awarded a grant from the Office of Juvenile Justice and Delinquency Prevention to provide a mentoring program aimed at interrupting the generational cycle of incarceration for young mothers.

• The project initially recruited 40 non-peer volunteer mentors but quickly learned that young mothers incarcerated mainly on drug charges had a strong preference for a peer mentor who could relate to their unique struggles.

• A certified addiction peer recovery coach was hired as the mentor coordinator in 2017, and five peer coaches (or certified recovery specialists) were hired to mentor in six county jails in west central Indiana.
Incarcerated Mothers—Resources

- Though prisons may offer many programs, most young mothers in west central Indiana are found within county jails, where very limited programming is available
- Getting into a recovery program for substance abuse or a parenting education program is very difficult

Women’s Mentoring Programs: What Works?

While it is true that a woman in reentry has many tangible needs (housing, employment, family reunification, formal education), attention to intangible needs (empowerment, a sense of belonging, someone to talk to) can promote personal growth through positive reinforcement of progress, encouragement, and support in the face of defeat and temptation, as well as a place to feel like a regular person

Women’s Prison Association (WPA), 2008, p. 3
Women’s Mentoring Programs: What Works?

Mentoring is the glue for the reentry process

Women value relationships that are supportive and nonjudgmental. Peer mentors can listen, empathize, cheerlead, and advocate for reentry mothers.

NS2HF has provided peer recovery coaches for weekly mentoring sessions to more than 200 women.

A recent evaluation report of the data from 197 of the mentees found that nearly all (96.6%; N = 197) of the mentees thought that their mentors had been helpful to them. Most (98.0%; N = 195) would recommend the mentorship program to other women.

Mentoring Evaluation Report, 2019

Recidivism in Indiana and in Program

- The NS2HF peer mentoring program for women lowers recidivism rates

Indiana Department of Correction, 2015, pp. 2–4 and NS2HF mentoring evaluation, 2019, pp. 2–3

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<th>County</th>
<th>Recidivism 2015 Data</th>
<th>NS2HF Recidivism; 1 year</th>
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<td>Parke</td>
<td>38.1</td>
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**Mentoring critical components**

1. Match mentor and mentee by finding some common ground (NS2HF uses Innovative Mentoring software)
2. Provide peer mentors with orientation training and ongoing training
3. Arrange for a pre-release contact to provide a bond before reentry and regular post-release contact
4. Recruit peer mentors, since mentees have shown a preference for a peer mentor who understands prison life and the challenges of parenting issues

### Indiana Department of Correction

<table>
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<tr>
<th>Year</th>
<th>Events</th>
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| 2015 | • Trained two treatment team members from eight facilities  
• IYC and Rockville continued trainings |
| 2017 | • Completed a second training of trainers to DOC staff members  
• Branchville and Madison have continued with trainings |
| 2019 | • Inmates who complete a treatment program are to be peer trained and given jobs  
• Inmate certification while in DOC |
Strengths and Challenges of Peers in Jail Programs

✓ Builds trust in hard-to-reach populations because peer supports can identify with recoverees
✓ Peer supports are apolitical, helping steer towards all resources, not just within one treatment system
✓ Helps recoverees with transition into community. People are at a higher risk of overdose leaving corrections. Having a guide during transition has many benefits

✗ Some negative culture inside of correctional settings
✗ Decades of being taught to “catch the bad guys/girls” as part of the job
✗ Leadership buy-in—most critical component
Overview of the Essex County Sheriff’s Department
TRAC Program Treatment and Recovery for Addictions in Corrections

• Our 80 lower block is a treatment unit based in the therapeutic community (TC) philosophy
  • 70–80 inmates participate in a four-month substance abuse program
  • Recovery orientation focuses on the whole person and lifestyle changes, not simply on abstinence
  • Program acknowledges chronic, relapsing nature of SUDs
  • Recovery is seen as a gradual, ongoing process of cognitive change through clinical interventions, and time is built in to allow participants to advance through stages of treatment and to set personal goals along the way
  • As program participants progress, they assume greater personal and social responsibilities “on the block”; in other words, in our community

TRAC Peer Leaders

• As program participants proceed through the stages of recovery, some become peer leaders. To do so, they must
  • Demonstrate leadership qualities; be focused on their recovery and display high levels of care and concern for the whole community
  • Provide opportunities to exercise their skills in various ways
  • Peer leader presenters
    • Since 2016, peer leaders have facilitated an hour-long group discussion in our male detox unit with 42 participants, twice a week
    • By peer leader’s choice, this discussion may include, but not be limited to, inspirational readings, topics on relapse prevention strategies, treatment planning, and personal sharing. Each detox participant is encouraged and given the opportunity to speak freely
    • Feedback has been positive from detox participants, who cite the ease in self-disclosing personal experiences and working through issues that hinder efforts to maintain their sobriety. Some report that it has had a significant impact in their lives and outlook
ECSD Partners With PAARI

- Since November 2017, the ECSD has partnered with the Police Assisted Addiction Recovery Initiative (PAARI) and added a recovery coach to teams in its male and female detox units under an AmeriCorps grant
  - Combines the power of community service with the power of the recovery community and of law-enforcement-based referral programs
  - 1 of 73 law enforcement partners and the only sheriff’s department in the Commonwealth of Massachusetts to receive an AmeriCorps grant from PAARI
  - Integration of recovery coaches makes it easier for individuals battling addiction during the critical stage of transitioning to their home communities
  - Enables ECSD to reach beyond its walls and connect its detox participants to vitally important community-based resources to better their chances for sustained recovery
  - In September 2018, the ECSD/PAARI partnership expanded to include Volunteers of America under a SAMHSA Targeted Capacity Expansion: Medication Assisted Treatment—Prescription Drug and Opioid Addiction grant to address the growing need to expand and enhance medication-assisted treatment (MAT) and other recovery services for inmates with opioid use disorders

Questions?

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