

# Commission on Alternatives to Incarceration

Department of Human Services  
February 1, 2012



# Coordination between Department of Human Services and Department of Corrections and Rehabilitation

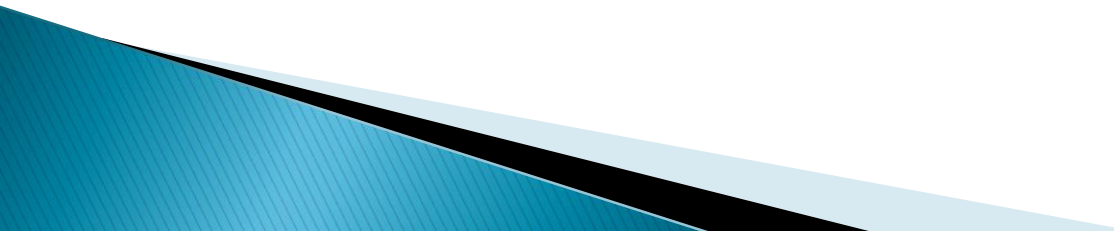
# Coordination at Multiple Levels

- ▶ Regional Human Service Centers
  - ▶ North Dakota State Hospital
  - ▶ Central Office Divisions
  - ▶ Executive Level
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# Regional Human Service Centers

- ▶ Released inmates access many services:
  - Addiction
  - Mental Health
  - Psychiatric
  - Psychological
  - Case managements
  - Case aide
  - Sex offender treatment

# Routine Collaboration–All Centers

- ▶ Aftercare Coordinators–all regions
    - Contact point at regional centers for integration cases
  - ▶ Release & Integration Program
    - Monthly meetings to discuss upcoming releases and discuss previously released inmates
  - ▶ Parole and Probation coordination on specific cases
  - ▶ Reintegration collaboration
  - ▶ Consultation
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# Specialized Collaboration Efforts

- ▶ Drug Court locations– weekly contact with Probation & Parole
- ▶ Re–entry and Integration Program – Region III
  - 28 bed re–entry program – resulting in referrals to Lake Region Human Service Center
- ▶ Lake Region Transition from Prison to Community Advisory Council & Re–entry Working Group
- ▶ Badlands – Sex offender Treatment Team
  - Probation is member on team

# Specialized Collaboration Efforts

- ▶ West Central Human Service Center –
  - monthly calls with North Dakota State Penitentiary
  - member of screening committee for Bismarck Transition Center (BTC)
  - Pilot Site for 'Thinking for Change' Aftercare Group  
WC staff trained in cognitive behavioral therapy approach to criminality.
- ▶ South East Human Service Center
  - Integrated Dual Disorder Program (IDDT) – Probation officer is part of team and process
  - Sex Offender Treatment Program – Probation and Parole officers part of program
  - Monthly calls with NDSP

# Central Office Divisions and Institutions

- ▶ Transition to Community
  - Multiple members on workgroups
- ▶ State Review Team
  - DOCR team member
- ▶ Community-Based Services
  - Joint-funded continuous quality assurance effort for residential child care facilities and psychiatric residential treatment facilities – 4 pilot sites 2012
- ▶ Post Commitment Community Placements
  - DOCR providing community supervision
  - DHS providing Sex offender Treatment through RULE-CPC contract



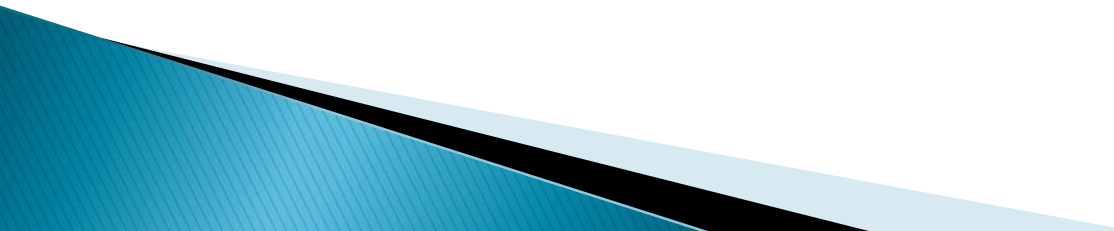
# Central Office Divisions and Institutions

- ▶ Tompkins Rehabilitation Program
  - Residential addiction treatment program targeted to incarcerated inmates via contract with DOCR
- ▶ Civil Commitment Program – Secure Services – North Dakota State Hospital
- ▶ Unique and only jointly utilized foster care and correctional out-of-home placement system in nation

# Executive Level Collaboration

- ▶ High Risk Sex Offender Treatment
  - Executive level group – quarterly meetings with agencies and Governor's Office

# Evidence-Based Practices – Department of Human Services

- ▶ MATRIX Model
  - ▶ Dialectic Behavioral Therapy–DBT
  - ▶ Trauma focused – cognitive behavioral therapy
  - ▶ Motivational Interviewing–MI
  - ▶ Supported Employment Program – EBP
  - ▶ Integrated Dual Disorder Treatment (IDDT)
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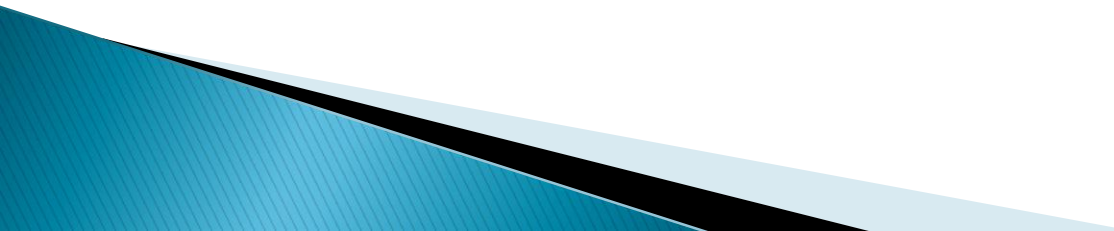
# MATRIX Model

- ▶ The Matrix Model is a multi-element package of therapeutic strategies that complement each other and combine to produce an integrated outpatient treatment experience
- ▶ Uniquely designed to accommodate brain damage by alcohol and drug use

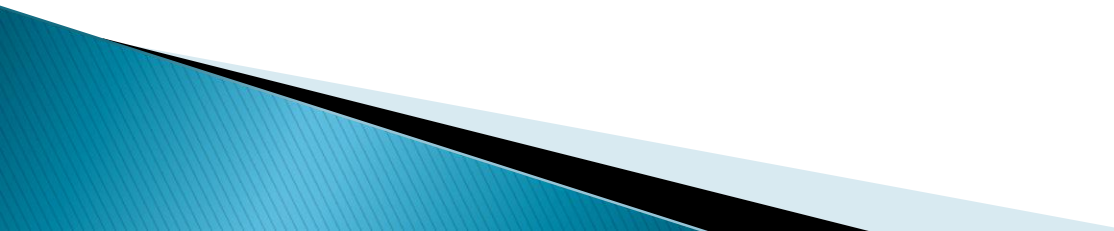
# MATRIX Model

- ▶ 3 regional human service centers first to be internationally certified in the MATRIX model
- ▶ Fidelity reviews are conducted
- ▶ MATRIX used by Robinson Recovery Center – contract via DHS

# Dialectic Behavioral Therapy–DBT

- ▶ DBT was created for people who were suicidal and struggling with self-harm urges
  - ▶ DBT is considered to be an empirically supported treatment for individuals with Borderline Personality Disorder (BPD)
  - ▶ Also used to treat individuals who struggle with emotions but who do not meet criteria for BPD.
  - ▶ Recently, DBT has been modified to treat individuals with other psychological problems including substance abuse and eating disorders
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# Dialectic Behavioral Therapy–DBT


- ▶ Each regional human service center has staff trained or receiving training in DBT
  - ▶ NDSH is providing a learning collaborative of 15 staff over 9 months
  - ▶ Approximate number of staff trained in this model is at least 30
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# Trauma Focused – Cognitive Behavioral Therapy

- ▶ Collaboration with university, research institute, and mental health agencies both public and private
- ▶ Dr. Steve Wonderlich, UND, NRI, and his staff
- ▶ Treatment Collaborative for Traumatized Youth formed– public and private effort–in 2006
- ▶ Uses a ‘learning collaborative’ method of implementation
- ▶ 3 programs –
  - **TF-CBT**–trauma–focused CBT – children ages 3 – 18
  - **SPARCS** – Structured Psychotherapy for adolescents responding to chronic stress – adolescents who have experienced chronic trauma such as interpersonal violence, community violence, life–threatening illness, etc.
  - **AF-CBT –Alternative for Families** – family–centered treatment designed to address family conflict, coercion and hostility, emotional abuse, and child physical abuse
- ▶ Outcomes demonstrate better youth functioning for these youth
- ▶ Published in Journal of Behavior Research and Therapy, 2011



# Motivational Interviewing–MI

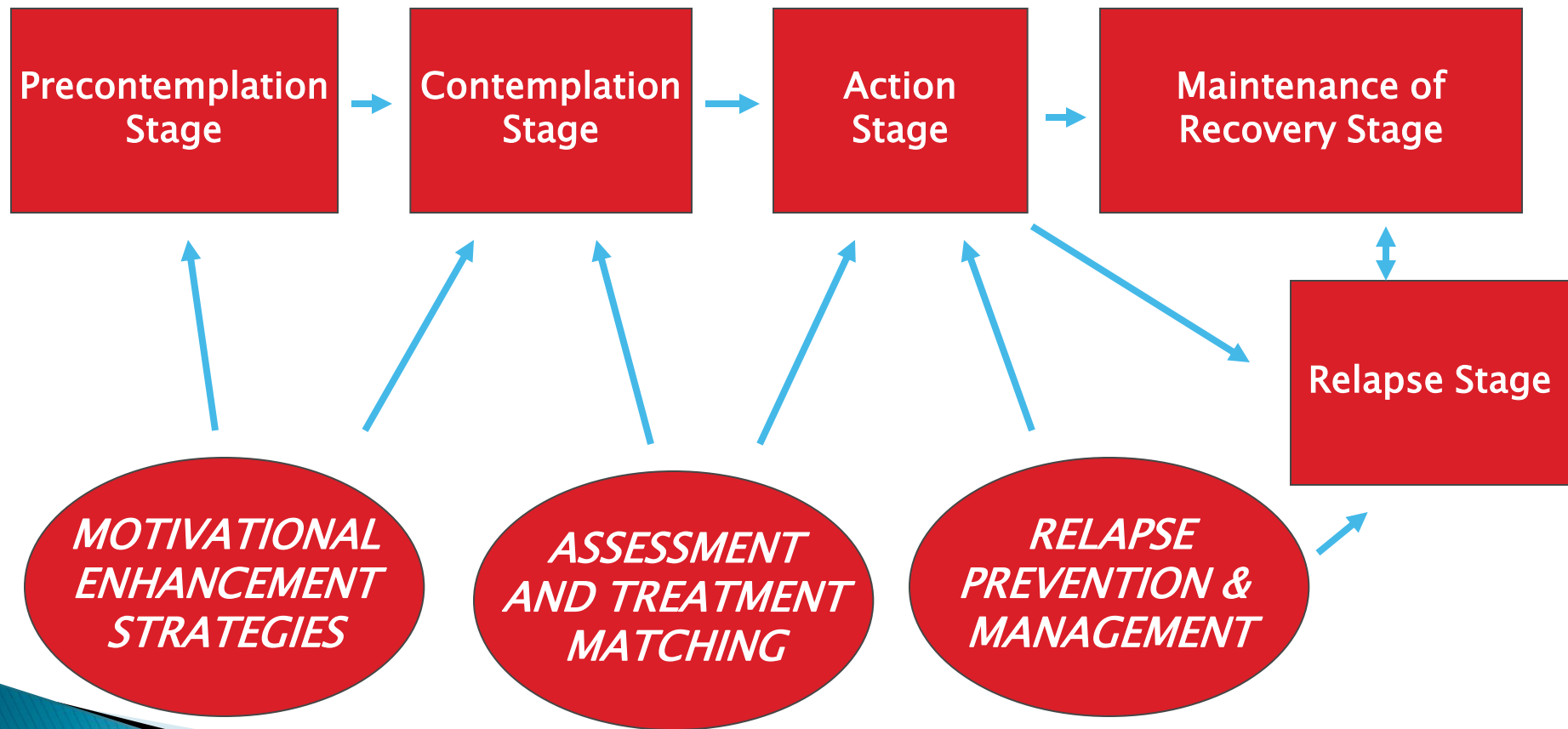
- ▶ To increase a person's motivation for change and to strengthen that commitment to change
  - ▶ A randomized, control group study (Martino et al., 2000) found that participants who received a single session of motivational interviewing as part of the admission process were more likely to participate in treatment and to stay in the program longer than those who only received the standard preadmission interview
  - ▶ Involvement in treatment = better outcomes
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# Motivational Interviewing–MI

- ▶ Prairielands Addiction Technology Transfer Center is providing ongoing training in MI
  - Initial training in the technique
  - Ongoing coaching calls–monthly
  - Submission of tapes

# Stages of Change in Substance Abuse and Dependence: Intervention Strategies


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# Motivational Interviewing– MI

- ▶ In 2007, the National Institute of Corrections commissioned a guide for the delivery of motivational interviewing: *A Guide for Probation and Parole: Motivating Offenders to Change* (Walters, et al., 2007).
- ▶ As a clinical practice for promoting behavior change among criminal justice populations, motivational interviewing has been identified as central to treatment responsivity (Harper & Hardy, 2000; Scott, 2008; McMurren, 2009).

# Supported Employment Program – EBP

- ▶ Supported Employment helps people with mental illnesses find and keep meaningful jobs in the community
  - ▶ Programs following evidence-based principles of Supported Employment have better outcomes
  - ▶ Included within Integrated Dual Disorder Treatment (IDDT) at SEHSC
    - Employment coaches part of the IDDT team
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# Integrated Dual Disorder Treatment (IDDT)

- ▶ <http://www.centerforebp.case.edu/stories/southeast-center-in-north-dakota-achieves-significant-outcomes-honored-as-champion-of-integrated-treatment>

IDDT Champion Award to Southeast Human Service Center in Fargo for its unwavering commitment to the implementation of Integrated Dual Disorder Treatment in the communities it serves.

“According to Ric Kruszynski, MSSA, LISW, LICDC, director of SAMI consulting and training at the Center for Evidence-Based Practices, the service teams in North Dakota have been so successful with engaging people in treatment and helping them reduce and manage symptoms of both disorders that it is now developing criteria for discharging people from services. Many no longer need the intensive services that IDDT provides. “



# Integrated Dual Disorder Treatment (IDDT)

- ▶ IDDT is considered an evidence-based practice because research shows that individuals who receive it experience better recovery from both their illnesses: they have fewer hospitalizations and relapses, fewer criminal justice problems and more housing stability.



# Group #1 –Consumers in the IDDT program for at least 48 months

- ▶ *29% drop in emergency room admissions from the 1st year to the 4th year (10 of 12 consumers)*
- ▶ *drop in emergency room admissions from 24 during the 1st year to 17 during the 4th year (10 of 12 consumers)*



# Psychiatric Hospitalization

- ▶ *90% drop in acute psychiatric hospitalization days from the 1st year to the 4<sup>th</sup> year (8 of 12 consumers)*
- ▶ *drop in acute psychiatric hospitalization days 97 during the 1st year to 10 during the 4th year (8 of 12 consumers)*



# Long-Term Psychiatric Hospitalization

- ▶ *70% drop in long-term psychiatric hospitalization days from the 1st year to the 4th year (7 of 12 consumers)*
- ▶ *drop in long-term psychiatric hospitalization days 908 during the 1st year to 268 during the 4th year (7 of 12 consumers)*



# Crisis Bed Utilization

- ▶ *40% drop in ACS days from the 1<sup>st</sup> year to the 4th year (9 of 12 consumers)*
- ▶ *drop in ACS days from 83 during the 1st year to 50 during the 4th year (9 of 12 consumers)*



# Incarceration Days

- ▶ *98% drop in number of days incarcerated from the 1st year to the 4th year (5 of 12 consumers)*
- ▶ *drop in number of days incarcerated from 199 during the 1st year to 3 during the 4th year (5 of 12 consumers)*



# IDDT –

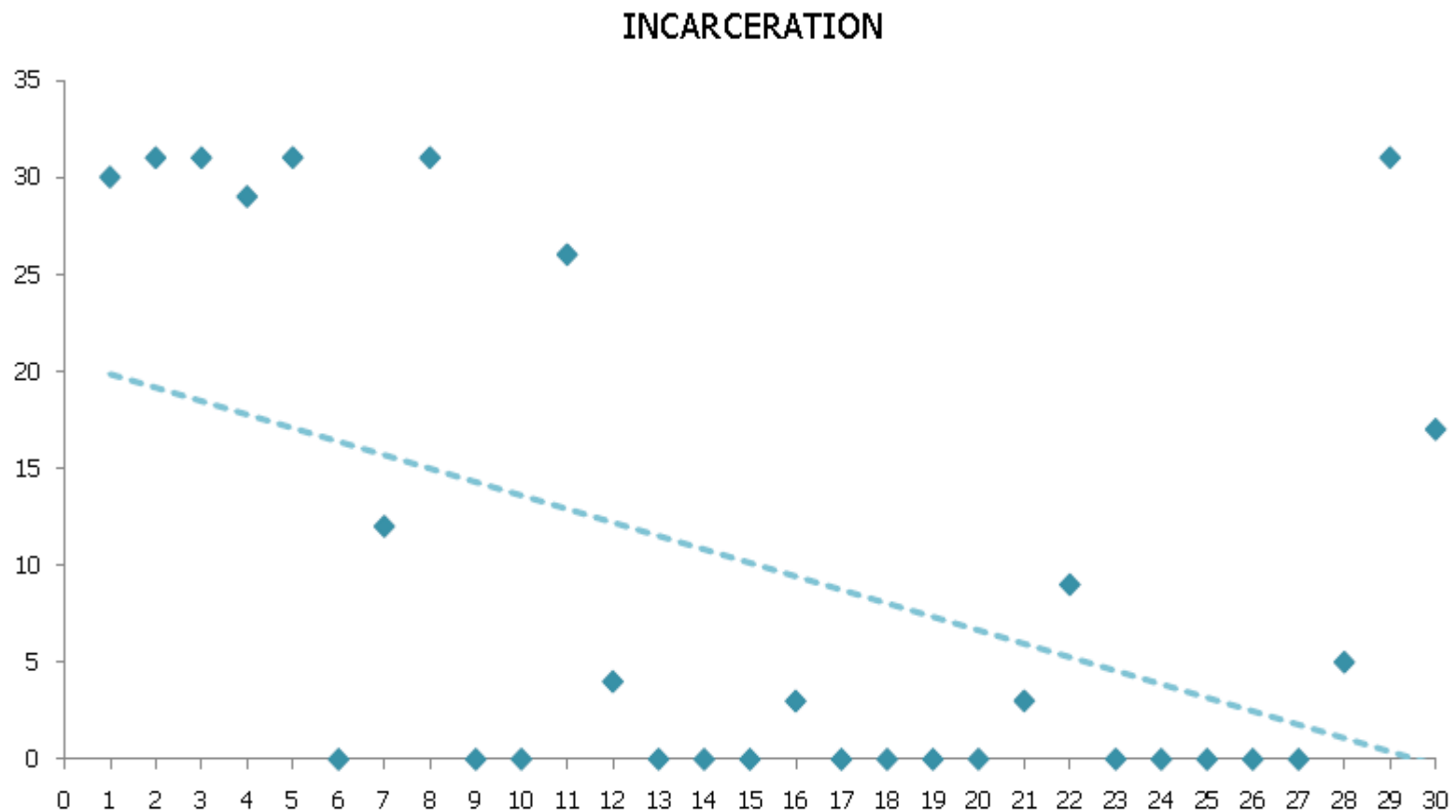


Figure 2.13. Number of Days Cohort Two Consumers Were Incarcerated for Month One Through Month 30

# The Integrated Dual Disorder Treatment Fidelity Scale

## ▶ ORGANIZATIONAL CHARACTERISTICS

- Subscale Total
  - 53 (4.4)

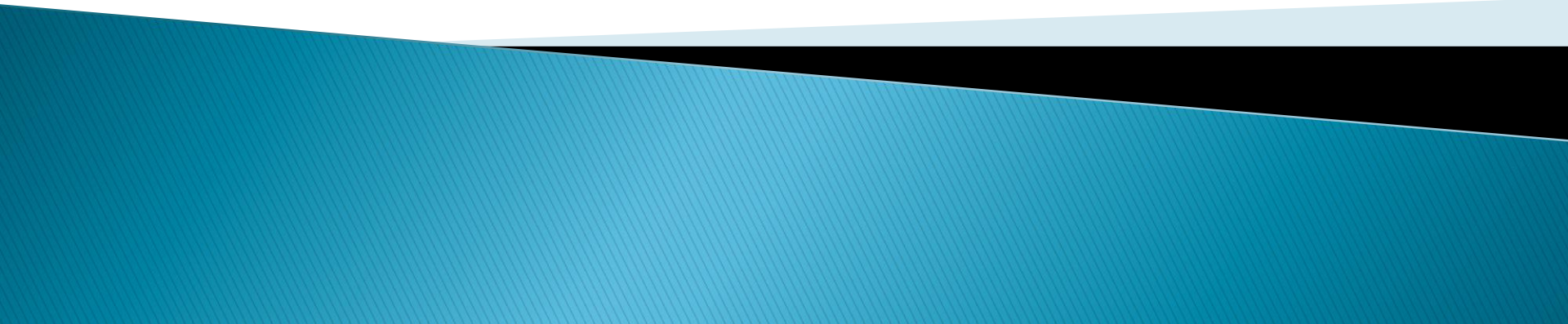
## ▶ TREATMENT CHARACTERISTICS

- Subscale Total
  - 59 (4.2)

based on a scale of  
1 to 5

1 = no evidence of implementation  
5 = full implementation.

**DHS is committed to  
implementing evidence-  
based treatments and  
positive client outcomes**





# Questions?

