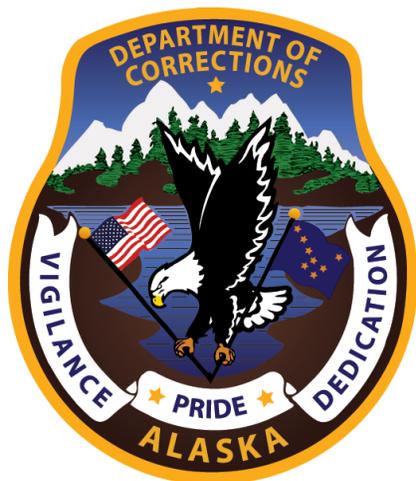


Substance Abuse Treatment Services Alaska Department of Corrections

January, 2017



According to the 2012-2013 National Survey on Drug Use and Health, Alaska was ranked as one of the top ten states for rates of illicit drug use and Alaska's criminal justice professionals recognize that alcohol is the primary abused substance in Alaska. Alcohol and substance use is correlated with criminal activity, accidental deaths and suicide, and domestic violence. The Alaska Justice Statistical Analysis Center analyzed arrests for drug offenses in Alaska from 2000-2011 and found that the number of adult arrests for drug offenses increased 34.3 percent (1,486 drug arrests in 2000 to 1,996 drug arrests in 2011). Offenders convicted of alcohol and drug related crimes make up approximately 14.45 of Alaska's total prisoner population—about 674 inmates on any given day. While these offenders are convicted of alcohol and drug related crimes, the data does not capture the significant number of inmates who have an alcohol and/or drug diagnosis. In 2014, Hornby Zeller Associates, Inc. produced a report regarding trust benefits in Alaska's Department of Corrections (ADOC); they found 70.1 percent of trust beneficiaries had substance abuse-related issues in their clinical profile. ADOC mental health data reports that 80% of offenders seen by ADOC Behavioral Health were diagnosed with a substance use disorder. By default, the Alaska Department of Corrections is the largest provider of mental health and substance use services in the State. In response, the Department of Corrections offers a full spectrum of substance use disorder treatment services.

Overview of Services:

The ADOC uses a manualized cognitive behavioral treatment curriculum throughout its substance use disorder treatment programs to ensure consistency in the services provided to individuals. Cognitive behavioral therapy is an evidence based practice, meaning that research indicates it positively alters human behavior. Cognitive behavioral therapy provides skills, tools, and resources that science indicates are necessary to accomplish risk and recidivism reduction. An abundance of research shows positive effects of cognitive behavioral approaches with offenders. An example of a study is from Pearson in 2002, when he conducted a meta-analysis of 69 studies covering both behavioral and cognitive behavioral programs and determined that the cognitive behavioral programs are more effective in reducing recidivism—mean reduction in recidivism was 30%. One of the reasons cognitive behavioral therapy is so effective is because it is problem oriented and a skill focused intervention which challenges and changes the beliefs, attitudes, and assumptions that support offenders' chemical dependency and criminal behavior.

In FY17 the ADOC offered the following substance use interventions/services to aid those individuals struggling with addiction: screening, assessment, psychoeducational (PsychEd) programming, intensive outpatient substance abuse treatment (IOPSAT), dual diagnosis (DD) IOPSAT, residential substance abuse treatment (RSAT), continuing care (CC), and Medication Assisted Treatment (MAT). Services are provided both in custody and out of custody, for sentenced and non-sentenced offenders, and for males and females. In addition to these services, the Department provides referrals to the appropriate levels of care in the community. A brief description of each of the programs, the locations they were provided, the numbers served and the cost for each of the programs is listed below:

Screening

The ADOC uses the Simple Screening Instrument for Substance Abuse (SSI-SA), a screening tool developed through the Center for Substance Abuse Treatment. The SSI-SA is used to determine when a referral for a complete substance use disorder assessment is warranted. The goal is to have all new offenders entering institutions are screened.

In FY17, 1884 offenders were screened.

Assessment

In FY17 848 ADOC offenders received a substance use disorder assessment to assess for their addiction related issues and determine the most appropriate level of care/intensity of service to best address their issues. Each assessment includes the nature and extent of an offender’s drug problems; establishes whether problems exist in other areas that may affect recovery, helps form an appropriate treatment plan; and uses American Society of Addictions Medicine (ASAM) criteria and DSM 5 to determine the level of care placement.

Psychoeducational Substance Abuse Services

PsychEd is a program which explores and addresses any problems or risk factors that appear to be related to use of alcohol, tobacco, and/ or other drugs and addictive behaviors and helps the individual to recognize the harmful consequences of high-risk use or behavior. The target population is the un-sentenced offender who has screened as potentially having an alcohol or drug problem. PsychEd meets twice a week for 1.5 hours for six weeks. Additionally, offenders receive individual sessions as needed. The curriculum uses Hazelden’s Living in Balance, which is on SAMHSA’s national registry of evidence based programs and practices. This program is an educational program designed to engage offenders to explore and address problems or risk factors that appear to be related to substance use and addictive behavior, and to help the individual recognize the harmful consequences of high-risk substance use and/or addictive behavior.

In FY17, 493 offenders were served in PsychEd services.

PsychEd services were provided at the following locations:

Anvil Mountain Correctional Center

- Total Served in FY17 120
- AMCC PsychEd total participants completed in FY 17 67
- AMCC PsychEd total cost in FY17 \$57,381

Fairbanks Correctional Center

- Total Served FY17 129
- FCC PsychEd total participants completed in FY 17 67
- FCC PsychEd total cost in FY17 \$37,360

Goose Creek Correctional Center

- Total Served in FY17 64
- GCC PsychEd total participants completed in FY 17 44
- GCC PsychEd total cost in FY17 \$39,436

Hiland Mountain Correction Center

- Total Served in FY17 13
- HMCC PsychEd total participants completed in FY 17 0
- HMCC PsychEd total cost in FY17 \$1,306

Mat-Su Pretrial Facility

- Total Served FY17 13
- MSPT PsychEd total participants completed in FY 17 7
- MSPT PsychEd total cost in FY17 \$20,875

Wildwood Correctional Center

- Total Served FY17 48
- WCC PsychEd total participants completed in FY 17 5
- WCC PsychEd total cost in FY17 \$9,448

Yukon-Kuskokwim Correctional Center

- Total Served FY17 100
- YKCC PsychEd total participants completed in FY 17 77
- YKCC PsychEd total cost in FY17 \$43,164

Intensive Outpatient Substance Abuse Treatment (IOPSAT)

Intensive Outpatient Substance Abuse Treatment (IOPSAT) provides a planned regimen of treatment, consisting of regularly scheduled sessions within a structured program that uses evidenced based interventions. Within the ADOC, IOPSATs are about 19 weeks long, with the expectation of the dual diagnosis program, which is 14 weeks long. Individuals are provided 15 hours of group per week plus individual sessions. When successfully completed, this program qualifies as an approved legal system substance abuse treatment program.

ADOC has several IOPSATs which are located in custody and in the community. The female program uses gender specific curriculum, Criminal Conduct and Substance Abuse Treatment. The male program uses New Directions and Living in Balance. In addition to standard IOPSAT programming, there are two IOPSATs for males with a dual diagnosis in custody. Dual diagnosis is when the offender has a mental health and substance use disorder diagnosis. The target population for IOPSAT services include, individuals screened as having a potential substance use disorder, sentenced felon, a classification of medium or higher, and having a substance abuse related criminal history. Priority is given to offenders with an upcoming release date and offenders with a legal requirement to complete substance abuse treatment. Other offenders are eligible for the treatment program if members of the priority population are not available

Institutional Intensive Outpatient Substance Abuse Treatment (IOPSAT)

- 306 offenders were served in custody IOPSAT in FY17.
- 34 offenders were served in custody IOPSAT DD in FY17.
- 132 offenders were served by community IOPSAT in FY17.

IOPSAT services were provided at the following locations:

Fairbanks Correctional Center

- Total Served FY17 27
- FCC IOPSAT total participants completed in FY 17 18
- FCC IOPSAT total cost in FY17 \$35,438
- FCC IOPSAT average cost per participant completed \$

Goose Creek Correctional Center

- Total Served FY17 149
- GCC IOPSAT total participants completed in FY 17 99
- GCC IOPSAT total cost in FY17 \$188,596

Hiland Mountain Correctional Center

- Total Served FY17 42
- HMCC IOPSAT total participants completed in FY 17 35
- HMCC IOPSAT total cost in FY17 \$41,796

Hiland Mountain Correctional Center Dual Diagnosis

- Total Served FY17 4
- HMCC IOPSAT DD total participants completed in FY 17 3
- HMCC IOPSAT DD total cost in FY17 \$14,250

Lemon Creek Correctional Center

- Total Served FY17 19
- LCC IOPSAT total participants completed in FY 17 7
- LCC IOPSAT total cost in FY17 \$39,466

Palmer Correctional Center

- Total Served FY17 20
- PCC IOPSAT total participants completed in FY 17 14
- PCC IOPSAT total cost in FY17 \$16,762

Palmer Correctional Center Dual Diagnosis

- Total Served FY17 16
- PCC IOPSAT DD total participants completed in FY 17 7
- PCC IOPSAT DD total cost in FY17 \$13,561

Wildwood Correctional Center

- Total Served FY17 45
- WCC IOPSAT total participants completed in FY 17 34
- WCC IOPSAT total cost in FY17 \$80,783

Spring Creek Correctional Dual Diagnosis

- Total Served FY17 14
- SCC IOPSAT DD total participants completed in FY 17 8
- SCC IOPSAT DD total cost in FY17 \$10,303

Community Intensive Outpatient Substance Abuse Treatment

Anchorage Community

- Total served in FY17 64
- Anchorage Comm. IOPSAT total participants completed 25
- Anchorage Comm. IOPSAT total cost in FY17 \$138,626 ***Assessment budget and IOPSAT budget

Juneau Community

- Total served in FY 17 8
- Juneau Comm. IOPSAT total participants completed 5
- Juneau Comm. IOPSAT total cost in FY 17 \$31,544

Kenai Community

- Total served in FY17 14
- Kenai Comm. IOPSAT total participants completed 3
- Kenai Comm. IOPSAT total cost in FY17 \$28,173

Palmer Community

- Total served in FY16 39
- Palmer Comm. IOPSAT total participants completed 24
- Palmer Comm. IOPSAT total cost in FY17 \$41,796

Institutional Residential Substance Abuse Treatment (RSAT)

RSAT services are based on a modified therapeutic community (TC) model of treatment. TC's use a combination of counseling, group therapy, and peer activities to promote multi-dimensional change of the whole person including drug abstinence, elimination of antisocial behavior, and the development of prosocial behavior, attitudes and values. Studies find that TC participants show improvements in substance use, criminal behavior and mental health symptoms. Additionally, they provide a cost effective way to decrease substance use and improve public safety.

During FY17 ADOC operated four RSATs, three male programs and one female program. The male programs use New Directions and Living in Balance for their curriculum. The female program uses gender specific curriculum, Moving On and Criminal Conduct and Substance Abuse Treatment. All three RSATs are about six months long and require 25 hours of group per week plus individual sessions. The target population for RSAT services include, individuals screened as having a potential substance use disorder, sentenced felon, a classification of medium or higher, and having a substance abuse related criminal history. Priority is given to offenders with an upcoming release date and offenders with a legal requirement to complete substance abuse treatment. Other offenders are eligible for the treatment program if members of the priority population are not available.

248 offenders were served in custody RSAT in FY17.

RSAT services were provided at the following locations:

Goose Creek Correctional Center

- Total Served FY17 73
- GCC RSAT total participants completed in FY 17 49
- GCC RSAT total cost in FY17 \$93,117

Palmer Correctional Center

- Total Served FY17 58
- PCC RSAT total participants completed in FY 17 25
- PCC RSAT total cost in FY17 \$99,201

Spring Creek Correctional Center

- Total Served FY17 70
- SCC RSAT total participants completed in FY 17 49
- SCC RSAT total cost in FY17 \$155,993

Hiland Mountain Correctional Center

- Total Served FY17 47
- HMCC RSAT total participants completed in FY 17 28
- HMCC RSAT total cost in FY 17 \$110,813

Community Continuing Care

Community Continuing Care (CC) is a program for individuals who have recently successfully completed a substance use treatment program. Preference is given to individuals who completed IOPSAT or RSAT in custody. CC is a vital piece to the continuum of care necessary to reduce recidivism. CC meets once a week for 1.5 hours for twelve weeks. Additionally, individuals receive three individual sessions. The curriculum uses Hazelden’s Relapse Prevention Skills.

184 offenders were served by community providers in FY17.

CC services were provided at the following locations:

Anchorage Community

- Total served in FY 17 147
- Anchorage Comm. CC total participants completed 105
- Anchorage Comm. CC total cost in FY 17 \$41,625

Fairbanks Community

- Total served in FY17 10
- Fairbanks Comm. CC total participants completed 7
- Fairbanks Comm. CC total cost in FY 17 \$6,966

Palmer Community

- Total served in FY 17 27
- Palmer Comm. CC total participants completed 18
- Palmer Comm. CC total cost in FY 17 \$23,347

Medication Assisted Treatment

The Medication Assisted Treatment-Reentry pilot program provides extended release injectable naltrexone (Vivitrol) to highly motivated offenders who are nearing release. The purpose of the Vivitrol injection is to reduce cravings for and block the effects of ingested opioids. The MATR program includes Screening and Brief Intervention (SBIRT) along with education pertaining to medication-assisted

treatment to offenders who are interested. This program also includes coordination of care to a community provider for follow up injections and counseling post release. The department allows open access to this program to both sentenced and unsentenced offenders.

304 total referrals were received for the MAT program in FY 17.

35 injections were given to 32 unique offenders.

Anchorage Correctional Center

- Anchorage MAT total referrals 129
- Anchorage MAT total injections given 15

Hiland Mountain Correctional Center

- Hiland MAT total referrals 137
- Hiland MAT total injections given 20

Fairbanks Correctional Center

- Fairbanks MAT total referrals 26
- Fairbanks MAT total injections given 0