ORGANIZATION INFORMATION

Organization Name: Guidance/Care Center, Inc.

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PROJECT INFORMATION

Project Title: Women's Jail Incarceration Drug Abuse Treatment Program

Project Director: Adeline McTavous, PhD

Primary Physical Location of Program: Monroe County Detention center – Key West

Project Period: **October 01, 2016 through September 30, 2017**

PROJECT OVERVIEW

JAG Funds may be used for any one of the following purpose areas.
Choose ONE Federal Purpose Area

- ☐ Law Enforcement Programs
- ☐ Prosecution and Court Programs
- ☐ Prevention and Education Programs
- ☐ Corrections and Community Corrections Programs
- x **Drug Treatment and Enforcement Programs**
- ☐ Planning, Evaluation, and Technology Improvement Programs

PROBLEM IDENTIFICATION

Provide a description of the problem addressed with the proposed project.

Be sure to address the following items:

1. Problem Description. What is the problem, define the problem?
2. Problem Significance. Why is the problem significant and who is affected by the problem? Why do we need your project to address this problem now?
3. Needs Assessment. Identify the current scope of the problem and support your statements with factual information. Use measurable and descriptive data.

South Florida, including Monroe County and the Florida Keys, continues to have the unfortunate distinction of being designated as a high-intensity drug trafficking area and, as such, is a leading illicit drug importation area. This has increased the availability of illicit drugs in Monroe County resulting in drug abuse rates higher than both the state and national averages. Specifically in regards to the female population of Monroe County which is the population of focus for this grant request, the latest Behavioral Risk Factor Surveillance Survey compiled by the Florida Department of Health reports rates of drug involvement as over twice that of the state average and four times that of the much larger Miami-Dade County to the north. The Agency for Healthcare Administration in its Emergency Department and Inpatient Hospitalization Data of 2011 publication indicates that female residents of our county had over twice the state rate per 100,000 populations for emergency room treatment for acute drug intoxication. In addition, Monroe has over twice the state average for DUI arrests and, consequently, almost three times the state average for vehicular deaths involving drug use. Opioid and crack cocaine addiction also continues to ravage the community and lead addicts quickly into the criminal justice system. The GAINS Center estimates that US jails admit approximately 1.1 million people with serious mental illness annually and among these admissions, 72% also meet criteria for co-occurring substance use disorders. Monroe County Sheriff's Department reports that between January 2012 and March 2015, there were over 3,000 females who were rearrested for substance related crimes.

For many drug involved women, the obsession surrounding use and attainment of illicit and legal drugs of abuse often lead to legal involvement, criminal conduct, neglect of family and self, and ultimately incarceration. In addition; the destruction of parent-child relationships, increased domestic violence, increased crime, child abuse and neglect, foster care placement, divorce, stress on the legal and medical systems of a county with very limited resources, and global negative effects on our communities and quality of life are also directly affected. Recognizing the significant need for appropriate treatment among greater numbers of

incarcerated women whose level of drug involvement is such that they would not benefit from available outpatient treatment, the Guidance/Care Center along with the Monroe County Sheriff's Office created the Jail In-House Drug Treatment Program located within the Monroe County Detention Center in 1992. It remains today as one of the few such programs operated within a county jail in Florida and the only opportunity for women to receive intensive drug abuse treatment within Monroe County. Moreover, these women are able to get treatment quickly instead of being one of the 66% of substance abusing Florida residents who desire help but are unable to access treatment due to Florida's lengthy waiting list for substance abuse services as reported by the Florida Department of Children and Families. Increasingly, the behavioral health field is moving toward integrated care, which means recognizing that substance abuse also goes hand in hand with a mental illness and primary care needs. Through the use of evidence-based practices and curriculums, the program has been able to reduce its mean 6-year recidivism percentage from 20.7% to 7% in the last 12 months. Further, there has only been one rearrests in the past 18 months of those women who graduated the program. The program has a very close relationship with county judges, attorneys, and the administration and staff of the Monroe County Detention Center as well as city and county authorities. Women who complete treatment are often granted early release from incarceration to return to their families and begin rebuilding their lives and the lives of their loved ones thereby saving the county the expense of their continued detainment. Skills attained within the context of treatment increases the chances of sustained recovery, healthier family and other personal relationships, healthier children, and safer communities.

PROJECT SUMMARY (SCOPE OF WORK)

Describe how your proposed project will focus on the problem.

Be sure to address any of the following items that are relevant to your project:

1. What will your project accomplish?
2. Who will receive services? **Participants must be involved with the criminal justice system.**
3. Who will provide services?
4. **State what documentation will be provided to document deliverables.**
5. Give a general description of cost covered by grant funds.

Please note, there will be a focus on validating delivery of services and ensuring deliverables were met. Supporting documentation will be required and reviewed throughout the project and will be provided to FDLE.

In 1992, The Jail In-House Program (JIP), as it was initially named, was developed in the Monroe County Detention Center and began providing substance abuse treatment services to county inmates in order to lay the foundation for sustained recovery. The majority of clients are court ordered by the Drug Court, Circuit Court and County Court Judges in Monroe County. Others enter the program as volunteers who have met the criteria for drug/alcohol treatment and will be in the county jail a minimum of 182 days. The program has established a positive reputation county wide, working closely with judges, prosecutors and defense attorneys throughout the county. DCF and CARF accreditation audits for the past six years reported that this program meets or exceeds Best Practice standards with 100% compliance. This year's funding will allow services to continue for this population in the detention center.

In May 2010, the Commission on Accreditation of Rehabilitative Facilities (CARF) evaluated the JIP program for accreditation. The process of accreditation has strengthened assessment and treatment. The program received renewed three-year accreditation in June 2016. The Jail Incarceration Program met the highest CARF standards and received recognition for its positive relationships between correctional staff and treatment/clinical staff. The agency has submitted its 2016 Annual Conformance to Quality Reports to CARF and continues to meet the highest accreditation standards.

Client-centered individualized treatment plans tailored to the needs of women are a cornerstone of gender-responsive treatment. After developing these plans in partnership with the program participant, treatment plan reviews, and case management services to provide community continue to refine the plan. The assessment at enrollment provides a comprehensive picture of client needs and assists in developing a person-centered Wellness

Plan that is updated with the participant every 30 days. A licensed clinician also provides a Brief Behavioral Status Exam upon admission to diagnose and make appropriate recommendations. Admission policies are welcoming to individuals with co-occurring disorders, learning disabilities, and illiteracy, as well as other special individualized needs. This allows access for all who probably otherwise would not receive services.

If identified as having a possible mental health issue, the client receives a referral to an Armor Correctional psychiatrist as well as participating in services to address the substance use disorder, trauma specific treatment and criminal thinking. Treatment of mental illness is monitored by program staff as a vital part of recovery from substance abuse. Participants are given appointments with the Guidance/Care Center psychiatrist upon completion of the program and are assigned a case manager to help them with appointments, treatment adherence, accessing of community services and medication assistance. Psychotropic medications are provided with a discount or free of charge to participants who cannot afford their medications or who lack insurance coverage. The case manager helps the client apply for Medicaid or Affordable Health Care upon discharge from the program.

Treatment in the program is a minimum of six months and a maximum of one year. Aftercare services are encouraged as a part of re-entry planning and last up to six months once the participant is released. The Guidance/Care Center provides aftercare throughout the county in community-based facilities. Aftercare is given priority and participants are enrolled before they are released. These services are not funded by the grant and are available to all participants regardless of ability to pay.

The Guidance/Care Center employs the program staff and has a 43 year history of providing behavioral health services. The program will require 1 full time counselor to provide all core program services to no less than 30 women for the one-year grant period and a clinical supervisor. Administrative support to conduct regular case staffing, provide services, collect and report data, and monitor program outcomes will be billed at .25 FTE.

Program services will be delivered using several evidence based practices including a Cognitive Behavioral Therapy (CBT) based curriculum. Additionally, Moral Reconation Therapy, another systematic treatment strategy that seeks to decrease recidivism among criminal offenders by increasing moral reasoning is included. Throughout the treatment episode participants use a client workbook that belongs to them. Treatment in the correctional setting will incorporate trauma-informed and gender-responsive treatment through the use of the evidenced-based "Seeking Safety" treatment model that incorporates treatment of PTSD into traditional treatment of substance use disorders. Seeking Safety offers 25 treatment topics, each with a clinician guide and client handouts and four combination topics .These relational models support the development of healthy relationships with self, significant others, and the

community at large in order to reduce the risk of relapse and recidivism. Staff will use individual and group formats to deliver core services. Relapse Prevention Therapy incorporates Motivational Interviewing to facilitate movement through the stages of change, and helps participants develop real life tools to cope with relapse triggers. Additionally, there is a curriculum taught in Anger Management. Together, these five curriculum models have served to strengthen the efficacy of the program and have lowered the rate of drop-out in the program and recidivism. The program staff, in conjunction with the corrections staff, conduct random drug testing on all participants and positive tests can result in 30 days in lock-up and a return to court for judicial review of the case. Tests used are a 10 panel dip stick testing for amphetamine, benzodiazepines, cocaine, opiates, synthetic opiates, THC, PCP, barbiturates, MDMA and methadone. These tests also include adulteration and temperature strips to ensure the sample has not been tampered or masked.

Comprehensive treatment components of this program include: Education about addiction and the consequences of criminal behavior; Anger and emotional control; Teaching and learning about healthy ways of thinking, feeling, and acting in an atmosphere of mutual respect; Trauma-informed care and treatment to include sexual abuse and domestic violence; Emphasis on physical and emotional wellness; Learning, developing, and practicing positive coping skills; Developing and implementing a realistic and hopeful life plan; Continuum of care supports; Connecting and coordinating aftercare in the community and though 12-step/support group involvement; and Discharge with transition planning.

Deliverables for this grant are the specific services provided including assessment, individual therapy, group therapy and case management. Each client has a clinical chart that includes the assessment, treatment plan, and each service provided. Progress as well as how the service is connected to the individual treatment plan is indicated on each note. Each month GCC will submit the summary of events by unit to Monroe County as documentation for the deliverables of this grant.

PROJECT ACCOMPLISHMENTS – Objectives and Measures

Describe the accomplishments or benefits of the project. The description should link back to the project Summary (Scope of Work). Explain how the accomplishments will be measured and documented.

Also, select **ONE** of the Federal Purpose Areas below, which should correspond to your selection from page one, and answer all of the questions for that item.

1. Will your project be implementing a **Law Enforcement Program?** (*Law enforcement organizations only*)
    a. Describe the law enforcement program you will be implementing, expanding, and sustaining?
    b. How many programs will be new and what type of program will they be?
    c. What is the target population and what type of events will be held?
2. Will your project be a **Prosecution and Court Program** (activities conducted in courts)?
    a. What types of court programs will you have?
    b. How many new cases will be prepared, how many will be drug related?
3. Will your project be a **Prevention and Education Program**?
    a. How many prevention and education programs will you implement?
    b. How many will be substance abuse prevention or education programs?
    c. What types of prevention and education programs will be provided?
    d. How many participants will the program serve?
    e. Will you be developing program materials? If yes, what types of materials will be developed and how many?
    f. How many educational activities and materials will be disseminated and where will they be disseminated?
4. Will your project be a **Corrections and Community Corrections Program**? (*Activities conducted by corrections agencies in correctional facilities or in the community*).
    a. Will you provide cognitive based corrections and community corrections (CCC) services?
    b. Will you provide education, employment, Health Care/Medicaid Eligibility, Housing, pro-social, or substance abuse CCC services?
    c. How many participants will you serve?
    d. How many participants will be new and how many will complete the program?
    e. Will your CCC program provide evidence-based services?
    f. If yes, how many evidence-based services will be provided?

g. If yes, what type of evidence-based serves will be provided?

5. Will your project be a **Drug Treatment and Enforcement Program**?
    a. Will your program admit participants to drug treatment programs? If so, how many participants will be enrolled programs?
    b. Will your drug treatment program provide evidence-based treatment services?
    c. How many evidence-based services will be provided?
    d. What type of evidence-based services will be provided?
    e. Will the program provide inpatient services? If yes, how many days of inpatient services will participants receive?
    f. Will the program provide outpatient services? If yes, how many sessions of outpatient services will participants receive?
    g. Will participants be tested for the presence of alcohol or illegal substances? If so, how many will be tested and how many will test positive?
    h. How many participants will successfully complete all program requirements?
    i. Will this program expand existing services? If yes, identify the services which are being added.
6. Will your project be a **Planning, Evaluation, and Technology Improvement Program**?
    a. How many programs will be evaluated?
    b. What kind of new programs will be evaluated and evaluated?
    c. How many evidence-based programs/practices will you implement?
    d. What type of evidence-based programs/practices will be implement?
    e. How many evidence-based program/practices will be evaluated?
7. Will your project be a **Crime Victim and Witness Program**?
    a. How many crime victims and/or witnesses will be served?
    b. What types of services will be provided?
    c. How many will receive referrals for additional services?

Please note, these questions are to provide us with specific details regarding the nature of the purposed project. Should your project be selected for funding, additional Objectives and Measures will be necessary to meet Federal and State requirements. Quarterly performance reporting on the Objectives and Measures of the project will also be required.

PROJECT ACCOMPLISHMENTS (Continued)

A total of 25 women have been enrolled into the program and 13 have graduated the program to date this year, with 0 women terminated for disciplinary action. (Women with unsuccessful completion were released from jail before 6 months or were sent to prison on their original charge.) All women were referred for aftercare in the community. Recidivism rate is currently <7%, and several women have gone on to complete the Offender Reentry Program, Samuel's House, Diversion, probation, and other aftercare programs. JIP participants are prioritized for work release and trustee programs based on their dedication to change. Two women have continued employment the work release program with McDonalds. We have also had two others who have returned to college to complete their degrees. Several women have been praised in court by their sentencing judges for significant changes in attitude and behavior. The program is fully staffed, which leaves more time to focus more closely on individual needs, including improved substance abuse and mental health treatment.

5. **Drug Treatment and Enforcement Program**
    a. Will your program admit participants to drug treatment programs? **Yes** If so, how many participants will be enrolled programs? **30 women**
    b. Will your drug treatment program provide evidence-based treatment services? **Yes**
    c. How many evidence-based services will be provided? **4**
    d. What type of evidence-based services will be provided? **Group and Individual Therapy using Cognitive Behavioral Therapy, Seeking Safety, Relapse Prevention, Moral Reconation Therapy (MRT)**
    e. Will the program provide inpatient services? **No** If yes, how many days of inpatient services will participants receive? **N/A**
    f. Will the program provide outpatient services? **Yes** If yes, how many sessions of outpatient services will participants receive? **5,040 (6 to 8 hours per week for each participant for 24 weeks) Services include assessment, individual therapy, group therapy and case management**
    g. Will participants be tested for the presence of alcohol or illegal substances? **Yes** If so, how many will be tested and how many will test positive? **There are approximately 108 tests per year. All participants are tested randomly and no more than 3 will be positive.**
    h. How many participants will successfully complete all program requirements? **26**
    i. Will this program expand existing services? **No** If yes, identify the services which are being added.

BUDGET NARRATIVE

Provide a detailed Budget Narrative for the purposed project.

Be sure to include the following in your Budget:

1. Identify the type of Budget, either Unit Costs or Unit Rates, for each service provided.
2. Provide a definition and cost for each service.
3. Describe the basis for the Unit Costs/Unit Rates and state when the basis was established or updated.
4. Will your project be funded by any other source(s) and if so, state the other source(s)?

*Please note, **Federal funds may not supplant state or local funds.** Monroe County will be the subrecipient of Federal FDLE funds. Monroe County will enter into a contract with the organization should this Project Proposal be selected for funding. **All applicable Federal requirements of the granting agency will also be the responsibility of the proposal organization and will be included in the contract.***

Budget Detail

Salaries and Benefits	$ 0
Expenses:	
Contractual Services:	
• Assessments 80 quarter hours @ $17.71	1,417
• Individual Therapy 387 quarter hours @ $20.33	7,868
• Group Therapy 3,069 quarter hours @ $5.08	15,590
• Case Management 658 quarter hours @ $18.93	12,456
Total Contractual Services	$37,331
Total Budget	**$37,331**

Budget Narrative:

The budget reflects costs directly associated with the provision of substance abuse treatment, mental health and educational services to inmates of Monroe County jail. The unit cost rates were derived by using the hourly rates from the FY 2016-17 state funding contract for Substance Abuse and Mental Health services and dividing by 4 to arrive at the quarter hour rates. A contract with the treatment provider will be developed to be utilized during the established grant period.

Psychosocial Assessment: Monroe County through a contracted treatment provider will interview all program participants for the purposes of data collection of educational, employment, criminal, medical, family, substance abuse and mental health histories to assist in the determination of the inmates' appropriateness for the program and to update treatment plans.

Unit of Service: Client direct service quarter hour

Unit Rate $17.71

Units Requested 80 quarter hours to be paid for by this grant.

Total Cost $1,417

Individual Counseling: Monroe County through its contracted treatment provider will provide counseling to all program participants to review progress and develop treatment plans and work on treatment plan goals and objectives.

Unit of Service: Client direct service quarter hour:

Unit Rate $20.33

Units Requested 387 quarter hours to be paid for by this grant.

Total Cost $7,868

Group Therapy: Monroe County through its contracted treatment provider will provide group therapy to all program participants weekly. Group counseling among program participants will be conducted to include the introduction of "Self-help groups" and their attendance to establish an ongoing support network.

Unit of Service: Client direct service quarter hour

Unit Rate $5.08

Units Requested 3,069 quarter hours to be paid for by this grant.

Total Costs $15,590

Case Management: Monroe County through its contracted treatment provider will provide the

coordination of adjunctive services, discharge planning, communication with collateral contacts, linkage with other treatment resources to all program participants.

Unit of Service: Client direct service quarter hour

Unit Rate $18.93

Units Requested 658 quarter hours to be paid for by this grant.

Total Cost $12,456

Monthly invoices are provided to Monroe County by the treatment provider summarizing activities for which they seek payment. These are reviewed by Monroe County staff for approval of payment.

TOTAL PROGRAM COST $37.331.00