



**Arizona
Criminal
Justice
Commission**

**FFY 2006
Annual
Report**

**Residential
Substance
Abuse
Treatment
Program**



ARIZONA CRIMINAL JUSTICE COMMISSION



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The Arizona Criminal Justice Commission (ACJC) is a statutorily authorized entity mandated to carry out various coordinating, monitoring and reporting functions regarding the administration and management of criminal justice programs in Arizona. In accordance with statutory guidelines, the Commission is comprised of 19 members who represent various elements of the criminal justice system in Arizona. Fourteen of the 19 Commissioners are appointed by the governor and are municipal, county or elected officials. The remaining five are state criminal justice agency heads. Appointed Commissioners serve for two years and terminate when the first regular session of the legislature is convened; they may be re-appointed.

The ACJC was created in 1982 to serve as a resource and service organization for Arizona's 480 criminal justice agencies on a myriad of issues ranging from drugs, gangs, victim compensation and assistance to criminal record improvement initiatives. The ACJC works on behalf of the criminal justice agencies in Arizona to facilitate information and data exchange among state-wide agencies by establishing and maintaining criminal justice information archives, monitoring new, and continuing legislation relating to criminal justice issues and gathering information and researching existing criminal justice programs.

ACJC Mission: To sustain and enhance the coordination, cohesiveness, productivity, and effectiveness of the Criminal Justice System in Arizona.

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STATE OF ARIZONA
2006 STATE ANNUAL REPORT
RESIDENTIAL SUBSTANCE ABUSE TREATMENT PROGRAM
ACTIVITIES

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The Arizona Criminal Justice Commission is assisted in the review of applications for Residential Substance Abuse Treatment (RSAT) grants by Ms. Christina A. Dye, Substance Abuse Services Chief, and staff at the Arizona Department of Health Services, Behavioral Health & Substance Abuse Division. The expertise of their staff in helping the Commission ensure that proposed substance abuse treatment programs are viable and consistent with treatment services offered throughout Arizona is deeply appreciated.

Executive Summary

The Arizona Criminal Justice Commission (ACJC) is pleased to present Arizona's Annual Report on activities carried out under the Residential Substance Abuse Treatment (RSAT) Grant program for the period October 1, 2005 and ending September 30, 2006.

According to the National Institute of Drug Abuse (NIDA) *Principles of Drug Abuse Treatment for Criminal Justice Populations* treatment offers the best alternative for interrupting the drug abuse/criminal justice cycle.

Psychological research shows treating prisoners drug problems during and after prison helps keep them off drugs, out of prison, and employed. In Arizona, federal Residential Substance Abuse Treatment (RSAT) funds are used to help the state and local governments improve residential substance abuse treatment programs within the state and local correctional and detention facilities. Residential treatment provides care 24 hours per day, in correctional settings, using the therapeutic community (TC) and cognitive-behavioral therapy models.

The therapeutic community residential programs are a planned treatment of six to 12 months prior to release from the institution, and focus on the re-socialization of the individual. Those in treatment are segregated from the general prison population, so that the "prison culture" does not overwhelm progress toward recovery. As might be expected, treatment gains can be lost if inmates are returned to the general prison population after treatment. Addiction is viewed in the context of an individual's social and psychological deficits, and treatment focuses on developing personal accountability and responsibility and social productive lives. Activities are designed to help residents examine damaging beliefs, self-concepts, and patterns of behavior and to adopt new, more harmonious and constructive ways to interact with others.

The state of Arizona awarded \$879,159 in federal funds; the grantees provided \$317,672 in cash matching funds to 10 programs. Seven of these programs are residential programs within the state and local correctional and detention facilities, while three of the programs are community-based aftercare programs.

Arizona Department of Corrections has three residential programs and one aftercare program:

Men in Recovery and *Women in Recovery* programs use the "stages of change" model. This program recognizes the participant's continuum of awareness, motivation, and readiness to take positive action toward his/her substance abuse problem. In addition, the program places emphasis on re-entry and family re-unification during and after treatment. In addition, labs are offered to the *Women in Recovery* that helps provide interaction between mothers and children, as well as other family members.

Progressive Recovery program provides treatment for dually diagnosed sex offenders with substance abuse problems. This program is managed distinctly but administered therapeutically in a manner that fosters mutual support. Phase I of the program is the sex offender treatment stage. Phase II begins substance abuse treatment and places emphasis on curriculum that educates the inmate about cognitive behavior change, coping skills, and substance abuse addiction. Phase III addresses common relapse triggers and shows offenders how to create crisis management plans. Phase IV is continuing substance abuse group therapy. RSAT funds are used only for the substance abuse portions of the program.

The *Total Recovery* aftercare program addresses housing assistance and continued treatment needs for recently released inmates. Funds help with transitional housing for inmates who complete *Men in Recovery* and *Women in Recovery* programs.

Arizona Department of Juvenile Corrections has three residential programs and one aftercare program:

Programs at Adobe, Black Canyon, and Catalina Mountain schools are rooted in cognitive behavioral therapy motivational enhancements, social learning, risk factor management, and relapse prevention. The curriculum has logical progression, first addressing defensiveness, then developing coping skills, then relapse prevention, and finally community risk factor prevention.

The *Recovery* aftercare program helps strengthen relapse prevention skills. Youth are assisted with continued drug treatment that is cultural and gender-based, as well as employment opportunities and school placement.

The Maricopa County Sheriff's Office has one residential and one aftercare program:

The *Alpha* program is divided into phases. Phase 1 develops the inmate's positive pre-treatment attitude, building self-esteem and awareness of substance abuse patterns. Phase 2 consists of intensive group therapy that focus on substance abuse, personal relationships, anger control, and other cognitive skills. Phase 3 continues group therapy, develops recovery plans, and assists community transition issues.

The *Transition Alpha* aftercare program is designed to provide transitional treatment upon release from jail into the community. Housing, vocational, and education skills are part of the program. Gender specific programs have been developed for substance abuse, life skills, trauma, and anger management.

The success of Arizona's RSAT programs is evident. Arizona Department of Corrections (ADOC) and Arizona Department of Juvenile Corrections (ADJC) residential programs operate 365 days a year. Maricopa County Sheriff's Office (MCSO) residential programs operate 210 days per year. Since 1998, 4,347 (64%) of the 6,768 offenders who entered Arizona's residential substance abuse treatment have successfully completed the programs. Of the offenders who completed the residential program in FFY2006, one hundred percent remained drug-free during the residential program.

The success of Arizona's RSAT program is not only evident by the high success rate, but by the impact residential substance abuse treatment has on the offenders. ADOC

reports that the majority of the offenders are now employed or in school full-time. Many expressed that the voluntary nature of the program contributed to their success by making them feel as though they chose to change their behavior, which increased their commitment to recovery after treatment. A unique component of the ADOC aftercare program is the provision of a one-month housing subsidy. This proves very beneficial because offenders felt that this gave them a head start in obtaining a job by having an address and a phone number for potential employers to contact.

FY 2006 Program Progress

Goals	Objectives	Performance Measures	RSAT Program Progress
Develop programs that will break the cycle of drug abuse and associated violence by providing programs that develop the inmates cognitive, behavioral, social, vocational, and other skills that will help the inmate overcome substance abuse, anti-social behavior, and prepare inmates for community re-entry.	Enhance the capability of states and units of local government to provide residential substance abuse treatment for incarcerated inmates.	<i>Amount of Services:</i> Number of days of residential treatment provided: 365 Number of days of aftercare provided: 365 Previously funded RSAT beds continued during grant cycle: 440 New Treatment beds added with RSAT grant funds during this cycle: 0* Treatment beds funded through other sources but enhanced with RSAT-funded services: 0 Average length of stay in the residential program, in days, for those completing the program: 255 <i>***Offenders entering treatment:</i> Number of participants in RSAT: 1,014 <i>Program Cost:</i> Average cost per day for residential program: \$613	
	Prepare offenders for reintegration into the communities from which they came by incorporating re-entry planning activities into treatment programs.	<i>Recidivism and drug use:</i> Number/percent of participants completing the program, who have remained drug-free during the residential program: 914 (100%) Number/percent of participants completing the program who have remained drug-free during the aftercare program: 709 (77.6%) Number/percent of the participants who remained arrest-free during the aftercare program: 718 (78.5%) Of the participants who completed the program, the number/percent who have remained arrest-free for 1 year following release from aftercare (most recent available year): 774(84.6%) Number of participants that pass drug testing (annual/long term) while in the RSAT funded program: 1,033	

		<i>***Residential treatment success:</i> Total number of offenders successfully completing the residential program: 914 Total number of offenders who dropped out of the residential program: 104 Total number of offenders who were terminated from the residential program: 160	
Provide housing, job-placement, counseling, and related post-release services that will help recently released inmates cope with the pressures associated with community living.	Assist both the offenders and their communities through the re-entry process through the delivery of both community-based treatment and other broad-based aftercare services.	<i>Offenders entering Aftercare programs:</i> Total number of offenders entering an RSAT funded aftercare program: 143 Average length of stay in the aftercare program in days, for those completing the program: 111 <i>Aftercare successes:</i> Total number of offenders successfully completing the aftercare program: 82 Total number of offenders who dropped out of aftercare: 1 Total number of offenders who were terminated from the aftercare program: 61** <i>Program Cost:</i> Average cost per day for the aftercare program: \$167	

* Due to the reductions in federal RSAT funds in FFY 2006 there has been a loss of 36 RSAT beds statewide in addition to the 51 beds lost in FFY 2005

** High termination data is due to juveniles that are terminated on their 18th birthday

*** Residential success do not equal number entering the RSAT program, there may be offenders already in the program counted the prior year.

The statistics above only tell a partial story, for data only shows quantitative success. It is the actual individual successes that make the data realistic. The narratives that follow show how grant funds completely change the lives of people who complete the RSAT program. Stories like these make the program a success.

Sheriff Arpaio and MASH Celebrate New Dog Park



Alpha participants that painted the mural at the park.

On December 20, 2005, Sheriff Joe Arpaio and his Maricopa Animal Safe Hospice (MASH) staff welcomed the public and media to the Grand Opening of Sheriff Joe's Jail Tails Park, the new dog recreation park on the roof of the 1st Avenue Jail. It was the finality of a joint effort by the MASH staff, the Alpha Program graduates, and the female trustees assigned to MASH I. After months of cleaning and painting, as well as laying of the artificial grass, the dogs finally have a new and wonderful place to run, play, and enjoy the fresh air. Sheriff Joe's Jail Tails couldn't be happier!

Alpha participants are involved in an animal rehabilitation program that provides nurturing and recuperative care for abused and neglected animals whose owners are in court regarding animal abuse. The Alpha participants get the abused animals ready for adoption through obedience training, behavioral exercises, and give them a thorough grooming. Additionally, each animal is spayed or neutered prior to being adopted.

The program began at the request of Sheriff Arpaio when he recognized that

there were many cases of animal abuse and neglect that were not being prosecuted to the extent he felt appropriate. His concern led him to start the program that would give the animal victims a place to heal and regain strength, while experiencing the positive impact of loving and compassionate Alpha participant caretakers. In the process, he created a win-win situation for the Alpha participants and the pets each gained a loving relationship. Some of the inmates have returned, following release, to adopt one of their favorite animals and some have gone on to find jobs in the community taking care of animals.

Arpaio Park was possible because of generous donations from local companies. Thanks to Turf Paradise Race Track who donated the funds to purchase the artificial grass and to Turf Tech of the Valley (Waterless Grass, Inc.) who gave a vast discount on their synthetic grass and who donated their installation fees.



Maricopa County Sheriff Joe Arpaio with Alpha program participants.

Previous Substance Abuser Reinstates Relationships

Michelle, a participant of the Arizona Department of Corrections Addiction Treatment Program with a history of domestic violence and substance abuse graduated in February. While in the program, she made significant strides to improve her life: initiating and obtaining a divorce from her abusive husband and repairing family relationships that have been severely damaged due to her past choices. These good decisions by Michelle were particularly significant with the family member who had been serving as the caretaker for her child. Prior to Michelle's treatment, the caretaker was very hesitant about allowing any interaction between the offender and her child. In the months after release, Michelle obtained a job and further worked on her relationships with family. As of last report, Michelle's child regularly spends the weekends with her and there are plans for her to assume full custody very soon. Not only has Michelle cleaned up her own life, but has assumed a parental role for her child and has transitioned well into society.

Incarcerated Female Obtains Managerial Position upon Release

A participant of the Women in Recovery program at ASPC-Perryville, Jackie, wanted a head start on life once released from prison, so she began her job search while still incarcerated.

Within a month, Jackie received two job offerings for when she was back in the community. She took one position and is still working in a management capacity for the company. Jackie has remained clean and sober and even lives in her

own apartment. She has done well on parole and is scheduled to complete her full program soon.

Recovered Male Adapts Well Into Society

Daniel, a participant of Arizona Department of Corrections Addition Treatment Services, was released and went to a half-way house for three months to complete his program. He then moved into a three quarter house, taking his time before moving out on his own because he wanted to be ready to succeed. Daniel is doing very well in adapting to his new lifestyle, and even attends meetings and church on a regular basis. More importantly, Daniel has been able to remain drug and crime free. He has been very successful, and has even made the choice to refuse to interact with people he previously knew who are still engaged in a lifestyle of drugs and crime. This remarkable individual is very pleased to be achieving the lifestyle that he wants.

Former Catalina Mountain School Recovery Youth Finds Success

Former Catalina Mountain School Recovery youth, Javier, now age 23, has turned his life around since his run-in with Tucson Parole five years ago. He's proud to have obtained a respectable job, in which he works for a well-known plumbing company, drives a company truck, wears a uniform, and carries a company cell phone. Javier, not only has taken an active role in society, he has stayed clean and sober for the past five years. He is loving life and is very glad to have received help to make his turnaround!

Tucson Youth to Graduate Apollo College in February 2007

Mayra was committed to Arizona Department of Juvenile Corrections on April 22, 2004 for armed robbery, probation violations, and buying alcohol. She appeared to be a misguided youth who lacked good role models in her life. Her siblings were in the system before her and this prompted Mayra to take the crucial step to change her life. Since Mayra made this decision, she has graduated the Recovery Program and earned her GED while at Black Canyon School.

She also successfully completed counseling requirements of her parole by meeting with AICC and Functional Family Therapy at the home. Mayra also participated in Sin Puertas, a girls' community drug program, meeting every Monday night. She loved going and they gave her a lot of support. Please with all her drastic changes, Mayra enrolled in the Medical Assistant training program at Apollo College with the help of Vocational Rehabilitation.

Mayra has really understood the importance of her sobriety and a life without drugs and crime. She made changes in her life so that she didn't turn into what she disliked most about her siblings and peers. Overall, she was on parole for a total of 20 months and it has put her life in the right direction. Mayra earned her absolute discharge from parole on September 14, 2006 and has been attending classes and working ever since. Mayra is very excited about graduating from Apollo College this February and she will then begin a related internship. She is an inspiration to other troubled youth and she has finally achieved a life of success.

Youth Makes Good Choices to Reunite with Brother

When Willy entered the Department of Juvenile Corrections program, he was having several issues with his family. His mother was a methamphetamine user on and off, and this factor put this youth in a bind as he was working on his own transition. Willy made the decision to be sober, despite his mother's choices, and worked very hard throughout the Seven Challenges program. He was released to a group home in November 2006, and his Parole Officer reported that he did well there and stayed out of trouble. WS continued substance abuse treatment and due to his successful lifestyle change has been placed with his brother.

Traumatized Youth Overcomes Own Addictions

Andy not only battled with his own recovery, but also faced trauma issues related to his parents being shot to death by police in a drug raid. He graduated the Arizona Department of Juvenile Corrections Recovery Program in January 2006 and returned home to live with his grandmother in a rural area. Andy reentered the public school system and is very successful there. He attends AA meetings regularly and his Parole Officer reports that he is doing extremely well. This youth has really beaten the odds and has remained sober and clean.

Youth Takes Challenges in Stride

Alice has overcome all challenges posed to her and has reestablished a healthy, sober lifestyle. She finished the Residential Substance Abuse Treatment Program (RSAT) successfully in early February and took the next step and

entered family counseling. Alice motivated herself to pass her GED, enroll in junior college, and maintain a part-time job in clothing retail, all while taking care for her infant son. Her Parole Officer reports that Alice is not only stable, but she is truly happy with her life changes. What a turnaround!

Youth's Good Behavior Allows an Early Release into Community

Chuck had been in the Adobe Mountain School Residential Program for almost a year and petitioned for an early release.

The three-month early release was granted, due to Chuck's hard work, progress in treatment, and the support of the treatment team, and he then began preparing for a transition home. His Parole Officer reports that he is following his parole plan and all drug tests have been negative. Chuck is also being helpful around his house with his younger siblings and has obtained a part-time job. Chuck attends school regularly and has made the school's football team. This youth is still reported as successful in the community.

These success stories are possible because of the federal funding that has been provided under the Residential Substance Abuse Treatment grant program. The proposed elimination of the RSAT program for FFY 2008 will dramatically impact the three Arizona institutions providing RSAT services. The lack of FFY 2004 funds resulted in a loss of 51 beds statewide. The reduction of federal funds in FFY 2005 and 2006 have further reduce that by 36 RSAT beds available. Without the continued federal support, the future of these programs and the positive results stemming from the program would no longer exist.

Chart 1

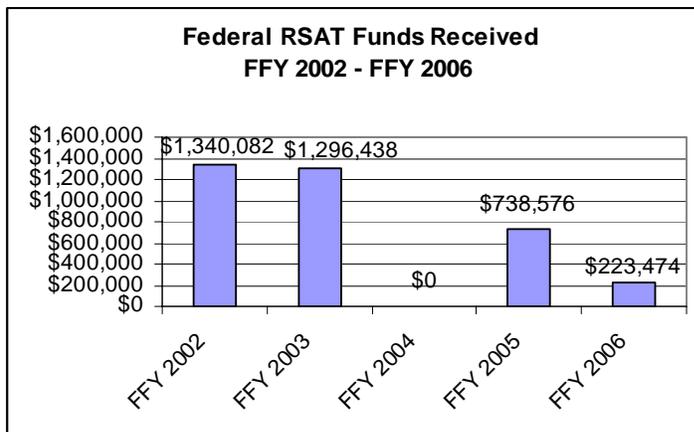


Chart 1 provides an overview of funding for the Residential Substance Abuse Treatment program from FFY 2002 to FFY 2006. As noted in the chart, no federal funds were provided in FFY 2004, and since then the program size has been reduced due to a reduction in federal funds at that time.

This report contains information on each Residential Substance Abuse Treatment (RSAT) program funded in FFY 2006 (October 1, 2005 – September 30, 2006).

Arizona Department of Corrections Men in Recovery

The Arizona Department of Corrections (ADC) was awarded \$154,400 in federal dollars and supplied \$38,600 in cash matching funds to continue the Men in Recovery program in FY 2006 (July 1, 2005 – June 30, 2006).

The *Men in Recovery (MIR)* program places special emphasis on re-entry and family reunification during and after treatment. The program's format is a "stages of change" model which recognizes the participant's continuum of awareness, motivation, and readiness to take positive action. It is designed as a four-phase treatment and pre-release program for 92 male inmates. Male inmates eligible for *Men in Recovery* must meet security eligibility criteria and must be at least 12 months from their release date. The program's goals are to: 1) prepare participants for treatment (Phase I); 2) deliver substance abuse treatment in conjunction with family reunification activities (Phase II); 3) provide intensive relapse prevention and pre-release planning for all participants through a contracted case manager (Phase III); and 4) deliver after-release services with structured case management for men eligible for services under Proposition 200 funding (Phase IV). All inmates participating in Phase I, II, and III are tested for drugs once a month. The male participants are separately housed at the Arizona State Prison Complex (ASPC) Tucson Echo and Catalina Units.

Criteria for entrance into the RSAT Program:

- Participants are selected based on their public and institutional risk factors, should be within 12 months from their earliest release and demonstrate a need for services through an Arizona Department of Corrections substance abuse classification screening and the Addiction Severity Index Multimedia Version.

The Phase I treatment component uses curriculums designed specifically for substance criminal offenders and is delivered by certified substance abuse counselors. Inmates participating in the program have work assignments, education classes, vocational training, and treatment activities. Phases I and II provide skills for interaction with family members and offer several opportunities for family encounters. These programs reinforce the unity of family, and specifically, men's role as parents. One program is designed and delivered by a qualified academic service provider and focuses on parenting skills, rebuilding family relationships, and communication. Some of the course topics include personal and family role development, parent/child communications, conflict resolution, personal and family financial security, and domestic violence. The program offer labs that provide interaction between fathers and children, as well as other family members.

The following is an overview of the *Men in Recovery* program's phases:

Phase I: This is an eight week pre-treatment stage that readies the participant for structured treatment. This phase is a workshop called *Awakening*. The prime objective of the workshop is for each individual in recovery to look inward and take full responsibility for their behavior and their future. Through a group process, individuals are asked to set aside the mind-set of blaming others for their present situation, and to

set up new positive feelings about who they are and what they can become. This program serves as a preparation for the formal substance abuse treatment and education phases of the Arizona Department of Corrections Office of Substance Abuse Services (OSAS) program. The *Awakening* workshop has a core message that individual emotions and emotional development, going back to childhood and adolescence, need to be examined and addressed. It then proposes concrete methods for each individual to integrate this new awareness into everyday life. Office of Substance Abuse Services seeks to maximize this newly internalized shift in attitude and expands on it with a program that can offer the participant the real possibility of a lifestyle free of substance abuse.

Phase II: This 32 week component focuses on intense structured treatment. The curriculum consists of two main programs: The *New Direction* program and *The Relaxation and Stress Reduction Workbook*. The *New Direction* treatment curriculum is a cognitive-based model developed by Hazelden in partnership with the Minnesota Department of Corrections and includes six modules: Inmate Orientation, Criminal and Addictive Thinking, Drug and Alcohol Education, Socialization, Relapse Prevention, and Release and Reintegration Preparation. This program includes two days of training for treatment staff, was designed for use with offenders in the criminal justice system, and meets all RSAT requirements. *The Relaxation and Stress Reduction Workbook*, authored by Martha Davis, is a well recognized program designed to give clients the cognitive tools necessary to successfully focus on recovery and change in their lives. These two curricula are the primary resource for the program.

Phase III: To ensure that gains made during in-prison treatment continue upon release, an after-release component is essential. After-release services are coordinated between the correctional treatment program and human service and rehabilitation prior to release. The Department believes that blending the in-prison treatment stage with specialized pre-release planning will improve enrollment and engagement in community-based treatment. For this reason, Phase III begins two months prior to the participant's release date so that pre-release planning and case management can begin. The program staff facilitates participant introduction to the Treatment Assessment Screening Center (TASC) case manager. This case manager will assist the participant in the community re-entry process by participating in relapse prevention activities and intense re-entry planning. This planning identifies treatment and other service needs such as drug-free housing, job placement services, and social service referrals to community based programs.

Phase IV: This phase begins when the inmate is released from prison. To reduce the likelihood of relapse, long-term relapse management programs and after release need to be available. The participants released to community will be directly linked to the Men's Treatment Network (MTN). The Network in conjunction with the Department of Corrections parole officer will closely manage the participant's case for up to 12 months.

Highlights from the past fiscal year:

- The number of group hours that *Men in Recovery* meet was expanded from three hours once a week to four hours twice a week. This resulted in the offenders remaining more focused during the group sessions and the frequency allowed for addressing problems in a timely manner.
- From October 1, 2005 through June 30, 2006, 80 inmates successfully completed the program.

Challenges:

- The loss of funding caused counselors to shift or re-assign participants to new groups and wrap up their group sessions.
- Although the unit will continue to operate, it has been greatly reduced due to loss of federal funding.

After-Release Services Provided:

- All after-release services are arranged through the assigned Substance Abuse Counselor and Community Corrections parole staff. Counselors typically assist participants in gaining entry to half-way houses in the Phoenix and Tucson metropolitan areas. After-release counseling services are offered through contracts with the Correctional Officer Offender Liaison (COOL).

The final report for this program is as follows:

Grantee Agency: Arizona Department of Corrections
 Project Title: Men in Recovery (Program discontinued 6/30/2006)
 Project Start Date: 7/1/2002
 Project Grant Number: SAT-06-109
 Report Period: FFY06 – 10/1/2005 – 6/30/2006

Amount of Services	FFY 2006 10/01/2005- 6/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	92
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	273
Offenders Entering Residential Treatment	
Total number of RSAT participants	78
Number of adult males	78
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	80(100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	80(100%)
Residential Treatment Success	
Total number of participants successfully completing the residential program	80
Total number of participants that dropped out of the residential program	45
Total number of participants that were terminated from the residential program	49
Program Costs	
Average cost per day for the residential program	\$529

Arizona Department of Corrections Progressive Recovery

The Arizona Department of Corrections (ADC) was awarded \$70,000 in federal dollars and supplied \$17,500 in cash matching funds to continue the *Progressive Recovery* program in FY 2006 (July 1, 2005 – June 30, 2006).

The Arizona Department of Corrections Substance Abuse Treatment (OSAS-RSAT) and Inmate Mental Health Sex Offender Program (IHS) is managed distinctly, but administered therapeutically in a manner that fosters mutual support and over-arching goals. Inmate Mental Health Sex Offender staff works closely with Office of Substance Abuse Services (OSAS) RSAT staff. All inmates in the Winchester Unit receive an introduction to Sex Offender Treatment (Phase I) and they may choose to participate in Phase II. Phase II encompasses the Substance Abuse Treatment Program. The OSAS-RSAT program is comprised of a 10 to 12 month structured treatment program, plus ten closely related psycho-educational courses organized into five instructional blocks. Participants in Phase II are initially screened for OSAS-RSAT participation by substance abuse treatment needs scores of 3 or higher (with 5 being the most acute need for intervention and treatment). All OSAS-RSAT participants are placed in specialized housing with IHS program participants.

Criteria for entrance into the RSAT Program:

- Participants are selected based on their public and institutional risk needs score and should be within 12 to 15 months from their earliest release, and demonstrate a need for services through an ADC's substance abuse classification screening and the Addiction Severity Index Multimedia Version.

Participants in the program are initially screened by length of sentences and by the alcohol/drug classification scores of 3 or higher. All *Progressive Recovery* participants are placed in specialized housing. Once the inmate has been oriented and enrolled in the voluntary program, he is given a pre-test, consent to treat form, a release of information form, program guidelines, and a psychological/social history.

Formal assessments using the Alcohol Addiction Severity Assessment (ASI) are conducted on every new participant. The following is an overview of the *Progressive Recover*" program's phases:

Phase I: This phase is a readiness stage to prepare the participant for formal treatment. During once a week sessions, which last three hours, the inmate will examine individual emotions and emotional development through group exercises and experiences.

Phase II: This component begins formal treatment and places emphasis on a curriculum that educates the participant about cognitive behavior change, coping skills, and an understanding of substance abuse addiction. *Progressive Recovery* is designed around a cognitive-behavioral treatment curriculum called *New Direction* and developed by Hazelden. It is a multi-format, multi-module program encompassing four modules the first three being *Criminal and Addictive Thinking*, *Drug and Alcohol Education*, and *Socialization*. The fourth module, *Relapse Prevention*, is used in Phase III.

Phase III: The final 12 weeks of the curriculum addresses common relapse triggers and shows offenders how to create a crisis management plan to avoid a relapse. Structured case management, focused on transition, is conducted between the counselor and the participant.

Phase IV: In this phase inmates are placed in an on-going substance abuse Continual Care Group Therapy program until their release to the community. This group meets weekly and offers support group discussions and relapse prevention activities, utilizing the *New Direction* module *Release and Reintegration*.

Highlights from the past fiscal year:

- The relocation of the housing unit is complete, and 31 new inmates were admitted to the program this fiscal year, three have completed the program.
- Group sessions meet twice a week, and two additional groups are in the planning stages.

Challenges:

- After the move to the Arizona State Prison Complex-Tucson/Winchester Unit, some logistical issues and scheduling of classroom space occurred. This is currently being addressed.

After-Release Services Provided:

- All after-release services are arranged through the assigned Substance Abuse Counselor and Community Corrections parole staff. After-release counseling services are offered through contracts with the Correctional Officer Offender Liaison (COOL).

Grantee Agency: Arizona Department of Corrections
 Project Title: Progressive Recovery
 Project Start Date: 7/1/1999
 Project Grant Number: SAT-06-107
 Report Period: FFY06 – 10/1/2005 – 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	33
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	300
Offenders Entering Residential Treatment	
Total number of RSAT participants	31
Number of adult males	31
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	3 (100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	3 (100%)
Residential Treatment Success	
Total number of participants successfully completing the residential program	3
Total number of participants that dropped out of the residential program	11
Total number of participants that were terminated from the residential program	0
Program Costs	
Average cost per day for the residential program	\$240

Arizona Department of Corrections Women in Recovery

The Arizona Department of Corrections (ADC) was awarded \$145,000 in federal dollars and supplied \$36,250 in cash matching funds to continue the *Women in Recovery* program in FY 2006 (July 1, 2005 – June 30, 2006).

The *Women in Recovery (WIR)* program places special emphasis on re-entry and family re-unification during and after treatment. The program format is a “stages of change” model which recognizes the participant's continuum of awareness, motivation, and readiness to take positive action. It is designed as a gender responsive treatment and pre-release program for 60 female inmates. Female inmates eligible for *Women in Recovery* must meet security eligibility criteria and be 12 to 18 months from their release date. The program's goals are to: 1) prepare participants for treatment; 2) deliver substance abuse treatment in conjunction with family reunification activities; 3) provide intensive pre-release planning for all participants through a re-entry manager; and 4) deliver aftercare services with structured case management. All inmates participating in the program are tested for drugs once a month. The female participants are separately housed at the Arizona State Prison Complex (ASPC) Perryville-San Pedro Unit.

Criteria for entrance into the Women in Recovery program:

- Participants are selected based on their Public Risk Needs score of two or lower, an Institutional Risk Needs score of three or lower, and have 12 to 18 months until their earliest release. An Alcohol/Drug Treatment Need score of two or higher, a Mental Health Needs score of two or lower (Scores of three are considered on a case by case basis), and a detainee score of two or lower.

The WIR program uses curricula designed specifically for substance abusing women in the criminal justice system and it is delivered by licensed substance abuse counselors. Female inmates participating in the program have work assignments, education classes, vocational training, and treatment activities. In addition to the treatment groups, participants in WIR also are afforded the opportunity to participate in the Healthy Options Prevention and Education (HOPE) program. This program reinforces the unity of family and the woman's role as a parent. It is designed and delivered by a qualified academic service provider and focuses on parenting skills, rebuilding family relationships, and communication. Some of the course topics include personal and family role development, parent/child communications, conflict resolution, personal and family financial security, domestic violence, and distant parenting. The program offers labs that provide interaction between mothers and children, as well as other family members. Whenever possible this portion of the program is offered in the later half of the treatment year occurring close to release.

The following is an overview of the *Women in Recovery* program:

WIR is a 52 week program that begins with the participant's screening and assessment using a standardized substance abuse assessment tool called the *Texas Christian University Drug Screen (TCUDS-II)* and a psycho-social interview. This is a cognitive-based program using a treatment curriculum that is women oriented delivered by professionally licensed staff. Cognitive therapy is used to help women recognize errors

and fallacies in their thinking. The curriculum used is designed for female offenders in the criminal justice system called *Helping Women Recover* authored by Dr. Stephanie Covington. The curriculum consists of two components: a *Facilitator's Guide* and the *Women's Journal*. The treatment activities are based on four curriculum modules (17 lessons), as well as processing groups. The groups meet twice a week for two hours per meeting. To maximize seat utilization, groups are open entry but every attempt is made to keep the same cohort through the entire year of programming.

To ensure that gains made during in-prison treatment continue after release, an aftercare component is essential. Aftercare services are coordinated between the correctional treatment program, parole, and community resources prior to release. The ADOC believes that blending the in-prison treatment stage with specialized pre-release planning will improve enrollment and engagement in community-based treatment. To accommodate the necessity of parole visiting and approving release placements, WIR participants first meet with their re-entry plan manager seven months before their release date. The purpose of this first meeting is to determine and secure an appropriate release placement for the client. After this initial meeting, participants meet with their re-entry manager on a need basis. Re-entry plan encompasses topics such as identifying further treatment needs, drug-free housing, job placement services, locations of local self-help groups, beginning the process of obtaining legal documents like birth certificates, and social service referrals to community-based programs.

Upon release from prison, the re-entry manager maintains contact with the participant for at least six months. Contact is maintained through a combination of in person visits, phone calls, e-mails, and contact with parole officers. The purpose of this continued contact is to assist in a smooth transition to the community and to identify and work on problematic issues as they arise as to reduce the likelihood of relapse and recidivism.

Highlights from the past fiscal year:

- Family members received permission to attend graduation ceremonies, which added an additional dimension to the celebration.
- A graduate of the first WIR group came to speak at a graduation ceremony. The speech she gave reached the women on a deeper level because she had walked in their shoes. She is now a successful and productive citizen.
- The reputation of the WIR program has become favorable with the correctional officers. They are now referring inmates to the program that they feel would benefit from treatment.

Challenges:

- Staffing shortages have been a continued challenge this past fiscal year.
- 36 beds were discontinued due to the reduction in federal funds that started July 1, 2006.

Aftercare Services Provided:

- Aftercare services are arranged through the assigned re-entry manager, substance abuse counselor, and/or community corrections parole staff. Re-entry managers, counselors, and parole staff assist participants with gaining entry into half-way houses on the Phoenix and Tucson Metropolitan areas. Aftercare counseling services are offered through contracts with the Correctional Officer Offender Liaison (COOL) program.

Grantee Agency: Arizona Department of Corrections
 Project Title: Women in Recovery
 Project Start Date: 7/1/2002
 Project Grant Number: SAT-06-109
 Report Period: FY06 – 10/1/2005 – 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	60*
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	365
Offenders Entering Residential Treatment	
Total number of RSAT participants	85
Number of adult females.	85
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	48 (100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	48 (100%)
Residential Treatment Success	
Total number of participants successfully completing the residential program.	48
Total number of participants that dropped out of the residential program	10
Total number of participants that were terminated from the residential program	17
Program Costs	
Average cost per day for the residential program	\$497

* 36 beds were lost due to reduced federal RSAT funds

Arizona Department of Corrections Total Recovery (After Release)

The Arizona Department of Corrections (ADC) was awarded \$18,750 in federal dollars and supplied \$6,250 in cash matching funds to continue the *Total Recovery* after release program in FY 2006 (July 1, 2005 – June 30, 2006).

Arizona Department of Corrections (ADC) *Total Recovery* program seeks to address the housing assistance and continue treatment needs of recently released inmates. Aftercare activities carried out with grant funds provide funds for transitional housing for inmates that complete *Men in Recovery* and *Women in Recovery* programs. This is useful to the inmates because housing assistance is one of the primary needs for many released inmates. Each half-way house is visited and inspected by a case manager and, if found to meet the desired criteria, added to the “approved halfway house list.” Houses that do not meet criteria are not approved to receive Arizona Department of Corrections transitional funds.

Criteria for approved half-way house:

- Availability of employment services or referrals to employment agencies. Provide housing assistance and relapse prevention services for up to 30 days after release. Facilitate a minimum of three groups a week. Accessible certified counselor and house employees on-site/on-call. Ability to conduct drug tests either on-site or at a laboratory as needed.

Continued treatment is another critical need for the substance abusing offender. The first 90 days after release are the most critical time during which the likelihood of an offender relapsing is very high. ADC’s community supervision accesses the Drug Treatment Education Fund to provide continuous treatment for released offenders on community supervision. However, program linkages and continuity of care for RSAT participants is lost upon release from ADC. Even though they are referred to services, the offender may need continuing support and encouragement to make a successful transition. Direct community linkage to services, instead of merely referrals, will enable the prison-based case manager to offer a continuum of care in a sober living environment.

The ADC’s RSAT program has been designed with an on-site manager who works directly with the inmate early in the program to begin preparing the inmate for re-entry at the point the individual begins formal treatment. The case manager helps the inmate identify their needs and assists the inmate with obtaining vocational training, GED, life skills, etc. Release planning will be an ongoing process for the re-entry team that consists of the case manager, offender, assigned parole officer, and the counseling staff.

Highlights from the past fiscal year:

- 29 participants completed the program of the 31 who entered the program.
- Service providers report that they prefer to receive RSAT graduates because they have been through intense treatment and are serious about recovery.

Challenges:

- Working with transitional housing programs that require a deposit prior to inmate's placement.
- With programming and education a priority in prison, some offenders are unable to work full-time or part-time to make the \$100.00 housing deposit.
- This program was discontinued on June 30, 2006, due to reduction in federal funds. Although aftercare services will continue, the re-entry plan managers had to assist clients to find either alternative methods for housing deposits or housing, due to loss of funding.

The final report for this program is as follows:

Grantee Agency: Arizona Department of Corrections
 Project Title: Total Recovery (Program Discontinued 6/30/2006)
 Project Start Date: 7/1/2003
 Project Grant Number: RAC-06-100
 Report Period: FFY06 – 10/1/2005 – 6/30/2006

Amount of Services	FFY 2006 10/01/2005- 6/30/2006
Number of days of aftercare provided	255
Average length of stay in the aftercare program in days for those completing the program	30
Offenders Entering Aftercare Program	
Total number of participants entering an RSAT funded aftercare program	31
Number of adult males	20
Number of adult females	11
Recidivism and Drug Use	
Number/percent of participants completing the program, who remained drug-free during the aftercare program	31 (100%)
Number/percent of participants completing the program who remained arrest-free during the supervised aftercare program	31 (100%)
Of the participants that completed the program, the number that remained arrest-free following release from the aftercare program (1 yr)	N/A
Aftercare Program Success	
Total number of participants successfully completing the aftercare program	29
Total number of participant who dropped out of the aftercare program	1
Total number of participants that were terminated from the aftercare program	1
Program Costs	
Average cost per day for the aftercare program	\$98

Arizona Department of Juvenile Corrections
Adobe Mountain School
Freedom Unit

The Arizona Department of Juvenile Corrections (ADJC) was awarded \$153,000 in federal dollars and supplied \$38,250 in cash matching funds to continue the Adobe Mountain School program FY 2006 (July 1, 2005 – June 30, 2006).

The ADJC Adobe Mountain School opened its *Freedom* treatment housing unit in December 1998, which is a 32-bed male youth facility located in North Phoenix. The program helps male youth with moderate to severe drug problems and whose length of stay is consistent with the grant requirements of six to 12 months in the secure care program.

Criteria for entrance into RSAT Freedom Program:

- Youth must be diagnosed with a substance dependence that presents as severe in nature, verified by Psychology Associate II or Psychologist II. If the youth has a co-occurring mental health diagnosis, the youth must be psychiatrically stable enough to benefit from the program. The youth agrees to receive treatment for their substance dependence problem in the *Freedom* unit for six months to a year. The youth signs consent forms for urinalysis testing while in the unit and during aftercare.

The New Freedom treatment program started February 12, 2006. New Freedom is a comprehensive substance abuse and behavioral health program which includes more than 140 easy-to-use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression, and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, then relapse prevention planning, and finally client-specific risk factors encountered in community re-integration preventing relapse and/or a return to criminal involvement. Assignments will be given during the forty-five minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding and appropriate responses to the workbook task at hand. Up to three urinalysis tests are conducted during the youth's stay in secure care.

The Freedom program held Family Day in May. Ninety-three family members of 31 RSAT participants attended the event. There was a pot luck picnic brought by family members, and treatment staff had a great visit with the youth and family members. Freedom youth and staff sponsored a miniature golf activity for the agency norms event in May. The event had a carnival theme. The agency norms are: safe environment, responsibility, positive communications, and respect. Golfers tried their skills at sinking a putt into holes decorated to represent each of these norms. Other units hosted face

painting, and water polo activities. A grilled steak lunch was the culmination of a very successful event enjoyed by all.

Other activities and enrichment programs give youth more chances to be involved. One youth was involved in Student Council, while another worked with the Student Council to set up a presentation with an Army recruiter who talked about various career paths in the military. Eight youth participated in Chaya, which is a religious retreat put on through chaplaincy programs. These were some of the activities that they youth took part in.

Highlights from the past fiscal year:

- The New Freedom treatment program and behavioral level system started on February 12, 2006.
- In an effort to improve the RSAT units program, a nationally renowned expert was selected. His expertise includes adolescent development and psychopathology, addictive behavior, evidence-based interventions, and ethnic minority psychology.
- The staff has begun training in evidence based treatment for chemical dependency, and adjustments to early substance abuse assessments have been made at the recommendations of the expert.
- The new assessments classification components are currently being tested with anticipated completion in early 2007.
- Youth continue to enroll in vocational classes, such as building trades, small engine, culinary arts, and maintenance work programs.
- Seven youth received their GED'S this year.

Challenges:

- Staff turn around continues to be a challenge.
- Issues with staff adapting and implementing the new program improvements developed based on suggestions by the national expert.

Aftercare Services Provided:

- Clinical staff members from the Freedom program developed a transition plan in conjunction with the youth, his family, the education transition coordinator, the parole officer, and the family services coordinator provided by ADJC. These plans include aftercare outpatient counseling and urinalysis testing through an automated youth offender management system.
- A variety of contract providers are typically utilized in Maricopa County for aftercare services to Freedom graduates. The services are tailored to the youth's individual needs. Some examples of clinical services provided include home-based individual, group, family, counseling, and/or functional family therapy

several times a week, and two follow-up urinalysis tests. Selected providers are sensitive to youth's racial, ethnic, cultural, and gender issues.

Grantee Agency: Arizona Department of Juvenile Corrections
 Project Title: Adobe Mountain School – Freedom Unit
 Project Start Date: 7/1/1998
 Project Grant Number: SAT-06-105
 Report Period: FFY06– 10/1/2005 – 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	32
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	215
Offenders Entering Residential Treatment	
Total number of RSAT participants	58
Number of juvenile males	58
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	58 (100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	86 (100%)
Residential Treatment Success	
Total number of participants successfully completing the residential program	58
Total number of participants that dropped out of the residential program	0
Total number of participants that were terminated from the residential program	12
Program Costs	
Average cost per day for the residential program	\$524

***Arizona Department of Juvenile Corrections
Black Canyon School
Recovery Unit***

The Arizona Department of Juvenile Corrections was awarded \$144,000 in federal dollars and supplied \$36,000 in cash matching funds to continue the Black Canyon School program in FY 2006 (July 1, 2005 – June 30, 2006).

The ADJC Black Canyon School opened its *Recovery* treatment housing unit in July 1998, which is a 24 bed female youth facility located in North Phoenix. The program helps female youth with moderate to serious drug problems, and whose length of stay is consistent with the grant requirements of six to 12 months in the secure care program.

Criteria for entrance into RSAT Recovery Program:

- Youth must be diagnosed with a substance dependence that presents as severe in nature, verified by Psychology Associate II or Psychologist II. If the youth has a co-occurring mental health diagnosis, the youth must be psychiatrically stable enough to benefit from the program. The youth agrees to receive treatment for their substance dependence problem in the Recovery unit for six months to a year. Youth signs consent forms for urinalysis testing while in the unit and during aftercare.

The New Freedom treatment program started February 12, 2006. New Freedom is a comprehensive substance abuse and behavioral health program which includes more than 140 easy to use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression, and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, then relapse prevention planning and finally client specific risk factors encountered in community re-integration preventing relapse and/or a return to criminal involvement. Assignments will be given during the forty-five minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding and appropriate responses to the workbook task at hand. Up to three urinalysis tests are conducted during the youth's stay in secure care.

In addition, Black Canyon School staff in an effort to become more responsive to the female residents issues is receiving training in gender specific programming.

The Recovery program continues to participate in the mentor program with Arizona State University (ASU). The juveniles meet weekly with assigned mentors and participate in classes/workshops one evening per week. Vocational and pre-vocational services continue at Black Canyon School. Currently five juveniles are participating in the culinary arts program. This exiting program begins with classroom instruction and culminates in the youth running The Pink Diamond Café, located at the institution and

serves a gourmet lunch menu to staff members who serve as customers. This program offers college credit through Rio Salado Community College.

As part of the agency norms kick-off event held in May, the Recovery youth participated in a musical skit demonstrating the norm of respect. The agency norms are: safe environment, responsibility, positive communications, and respect. The juveniles in the Black Canyon School choir presented a song that represented positive communication, as well as respect. Juveniles and staff also participated in activities hosted by other units.

Highlights from the past fiscal year:

- The New Freedom treatment program and behavioral level system started on February 12, 2006.
- In an effort to improve the RSAT units program a nationally renowned expert was selected. His expertise includes adolescent development and psychopathology, addictive behavior, evidence-based interventions and ethnic minority psychology.
- The staff has begun training in evidence based treatment for chemical dependency and adjustments to early substance abuse assessments have been made at the recommendations of the expert.
- The new assessments classification components are currently being tested with anticipated completion in early 2007.
- About half the youth are involved in youth leadership at Black Canyon School. Four youth are part of the Student Body Leadership, and 6 are part of the Positive Quality Leadership Committee. Both these groups are involved in planning activities for the youth in the institution.
- Seven youth received their GED'S, two received their 8th grade certificates, and three graduated from the culinary arts vocational program this year.

Challenges:

- Staff turnaround continues to be a challenge.
- Issues with staff adapting and implementing the new program improvements developed based on suggestions by the national expert.
- The Recovery unit often struggles with behavioral issues which involve girls who act out because of trauma histories. In response to this issue, staff has been trained to handle these behavioral issues.
- Poor family visitation continues to be a problem. In response to this, youth who do not get family visitations are connected with mentors who visit regularly. Also, a new "Family Night" program will be established once a month that will feature structured activities with the youth and families.

Aftercare Services Provided:

- Various state contracted providers are utilized in Maricopa and Pima Counties for aftercare services to graduates. Some co-eds transition to a group home before returning to their community, because of recommendations of the parole officer. Alternatively, aftercare services also include: home-based individual, group, family counseling and/or functional family therapy several times a week, and two follow-up urinalysis tests. Providers are sensitive to youth's racial, ethnic, cultural, and gender issues.
- Through funding from the re-entry grant, RSAT graduates transitioning to one of four outlying counties (Pinal, Mohave, Cochise, and Yuma) now have an ADJC Community re-entry specialist trained to supervise, intervene, and coordinate aftercare services that were previously unavailable. Aftercare providers conduct counseling using a treatment modality that is consistent with the clinical services cognitive restructuring approach. Providers are experienced in substance abuse counseling for delinquent co-eds.

Grantee Agency: Arizona Department of Juvenile Corrections
 Project Title: Black Canyon School
 Project Start Date: 7/1/1998
 Project Grant Number: SAT-06-104
 Report Period: FFY06 – 10/1/2005 – 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	24
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	223
Offenders Entering Residential Treatment	
Total number of RSAT participants	24
Number of juvenile females	24
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	36(100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	56(62%)
Residential Treatment Success	
Total number of participants successfully completing the residential program	36
Total number of participants that dropped out of the residential program	0
Total number of participants that were terminated from the residential program	3
Program Costs	
Average cost per day for the residential program	\$493

Arizona Department of Juvenile Corrections
Catalina Mountain School
Recovery Unit

The Arizona Department of Juvenile Corrections was awarded \$166,000 in federal dollars and supplied \$41,500 in cash matching funds to continue the Catalina Mountain School program in FY 2006 (July 1, 2005 – June 30, 2006).

Catalina Mountain *Recovery* is based on the original model of the Adobe Mountain School. The program helps male youth from the Tucson-Pima County area with moderate to severe drug problems and whose length of stay is comparative with the grant requirements of six to 12 months in the secure care program. The program helps youth combat delinquent and substance abuse urges, using the cognitive approaches. The unit houses 24 youth.

Criteria for entrance into RSAT Freedom Program:

- Youth must be diagnosed with a substance dependence, verified by Psychology Associate II or Psychologist II. If the youth has a co-occurring mental health diagnosis, the youth must be psychiatrically stable enough to benefit from the program. The youth agrees to receive treatment for their substance dependence problem in the Recovery unit for six months to a year. The youth signs consent forms for urinalysis testing while in the unit and during aftercare.

The New Freedom treatment program started February 12, 2006. New Freedom is a comprehensive substance abuse and behavioral health program which includes more than 140 easy to use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, then relapse prevention planning and finally client specific risk factors encountered in community re-integration preventing relapse and/or a return to criminal involvement. Assignments will be given during the forty-five minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding, and appropriate responses to the workbook task at hand. Up to three urinalysis tests are conducted during the youth's stay in secure care.

The Recovery unit continues its partnership with the Adopt-a-Cottage program and the volunteers from the Santa Catalina Church. This church group provides mentors, as well as monthly birthday and annual Christmas parties. The relationships developed with the mentors continue into the community and provides additional support after the youth are released. These volunteers also meet with the youth weekly for arts and crafts and to play board games. The youth and volunteers build a brick BBQ that is the envy of the facility.

As part of the ADJC norms initiative, *ADJC Changing Attitude and Behaviors (A CAB)* the *Recovery* youth participated in an assembly. A taxi cab served as the symbolic logo of this initiative. The boys created a cab out of cardboard that was used as the main prop in the skit, rap songs were written by the *Recovery* youth as part of the performance. The youth created and acted out a skit on safe environments one of the norms. The agency norms are: safe environment, responsibility, positive communications, and respect. They received second the second place award for their presentation.

Highlights from the past fiscal year:

- The New Freedom treatment program and behavioral level system started on February 12, 2006.
- In an effort to improve the RSAT units program, a nationally renowned expert was selected. His expertise includes adolescent development and psychopathology, addictive behavior, evidence-based interventions, and ethnic minority psychology.
- The staff has begun training in evidence based treatment for chemical dependency, and have made adjustments to early substance abuse assessments as recommended by the expert.
- Testing of the new assessments classification components are currently being done with anticipated completion in early 2007.
- Alcoholic Anonymous meeting are being held weekly.
- Six recovery participants were enrolled in college classes through the education department and are earning college credit. Youth continue to receive vocational training in plumbing, carpentry, computer refurbishing, electrical wiring, and automotive repair.
- Nine youth received their GED'S this year.

Challenges:

- Issues with staff adapting and implementing the new program improvements developed and based on suggestions by the national expert.
- Staff turnaround continues to be a challenge.

Aftercare Services Provided:

- Youth completing the program receive aftercare upon release from the institution, providing they remain in the department's jurisdiction (prior to age 18). All youth are required to submit to two additional drug tests in the first three months following discharge. The majority of youth graduating from the program receive aftercare counseling, group, and/or family counseling. Home based counseling is also available as needed.

- The family service coordinators at the Parole Office screen youth for individual, group, and family counseling. Aftercare services are a high priority and are written into the parole plan for the youth. The extent of the aftercare services are based on individual need and are discussed by the multi-disciplinary treatment team at the youth transition staffing.

Grantee Agency: Arizona Department of Juvenile Corrections
 Project Title: Catalina Mountain School
 Project Start Date: 1/1/1997
 Project Grant Number: SAT-06-106
 Report Period: FFY06 – 10/1/2005– 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	365
Previously funded RSAT beds continued during this grant period	24
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	228
Offenders Entering Residential Treatment	
Total number of RSAT participants	30
Number of juvenile males	30
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	34 (100%)
Number/percent of the participants completing the program that pass drug testing (annual long term) while in an RSAT funded program	57 (100 %)
Residential Treatment Success	
Total number of participants successfully completing the residential program	34
Total number of participants that dropped out of the residential program	0
Total number of participants that were terminated from the residential program	6
Program Costs	
Average cost per day for the residential program	\$568

Arizona Department of Juvenile Corrections ***Recovery After Release***

The Arizona Department of Juvenile Corrections was awarded \$15,000 in federal dollars and supplied \$5,000 in cash matching funds to continue the *Recovery After Release* program in FY 2006 (July 1, 2005 – June 30, 2006).

The grant currently supports family therapy and urinalysis screenings for those youth returning to the community. Participants will receive at least three urinalysis tests in the community.

The goal of the *Recovery After Release* program is to reduce the risk of delinquent criminal and drug activity by youth who require long-term specialized treatment due to substance abuse patterns. After release works to strengthen relapse prevention skills where the youth lives upon release. Case managers assist youth with: 1) obtaining employment, attending school or job training; 2) decreasing the number of relapses to drug abuse; and 3) reducing recidivism rates.

A coordinator is responsible for developing RSAT Community Corrections systems to strengthen the connectivity between the graduates and their provider communities. This person creates linkages between youth, parole officers, and providers. This person directs systems to set up clinical resources, measure progress data, and track performance trends of youth.

As in previous years, referrals are being made to the American International Community Care. They have the widest geographical reach in providing counseling services to RSAT participants. A second relationship has been forged with Human Services Consultants in Maricopa County. This agency has counselors with special expertise in cultural and gender based counseling.

Parole officers have been trained in motivational interviewing. Motivational interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence developed by William R. Miller, Ph.D., and Stephen Rollnick, Ph.D. Compared with non-directive counseling, motivational interviewing is more focused and goal directed. The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal. Motivational interviewing relies upon identifying and mobilizing the client's basic values and goals to stimulate behavior change. Ambivalence takes the form of a conflict between two courses of action (e.g., indulgence versus restraint), each of which has perceived benefits and costs associated with it. The counselor's task in motivational interviewing is to facilitate the client's expression of both the pros and cons of the action under consideration, and guide the client toward an acceptable resolution that triggers change. The specific strategies of motivational interviewing are designed to elicit, clarify, and resolve ambivalence in a client-centered and respectful counseling atmosphere.

Highlights from the past fiscal year:

- 100 percent of the offenders who completed the program remained drug-free and arrest-free during the aftercare program.

Challenges:

- A high percent of offenders dropped out of the program. Juveniles who are part of the after-release program who turn 18 years old, are dropped from the juvenile system, therefore this percentage is high.

The final report for this program is as follows:

Grantee Agency: Arizona Department of Juvenile Corrections
 Project Title: Recovery After Release (Program discontinued 6/30/2006)
 Project Start Date: 7/1/2003
 Project Grant Number: RAC-06-200
 Report Period: FFY06 – 10/1/2005– 6/30/2006

Amount of Services	FFY 2006 10/01/2005- 6/30/2006
Number of days of aftercare provided	180
Average length of stay in the aftercare program in days for those completing the program	122
Offenders Entering Aftercare Program	
Total number of participants entering an RSAT funded aftercare program	83
Number of juvenile males	56
Number of juvenile females	27
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the aftercare program	20 (100%)
Number/percent of participants completing the program who remained arrest-free during the supervised aftercare program	20 (100%)
Of the participants that completed the program, the number that remained arrest-free following release from the aftercare program (1 yr)	*
Aftercare Program Success	
Total number of participants successfully completing the aftercare program	20
Total number of participant who dropped out of the aftercare program	0
Total number of participants that were terminated from the aftercare program	42**
Program Costs	
Average cost per day for the aftercare program	\$111

* Not Available

** Juveniles are terminated from custody at 18 years old, which accounts for the high numbers of terminations

Maricopa County Sheriff's Office Jail Alpha Program

The Maricopa County Sheriff's Office Jail was awarded \$241,335 in federal dollars and supplied \$60,334 in cash matching funds to continue the *Alpha Program* in FY 2006 (July 1, 2005 - June 30, 2006).

The *Alpha Program* is available to inmates sentenced to a minimum of six months of incarceration. Alpha volunteer participants are segregated from the general population and are housed in pods of 30 inmates. The inmates are required to fully participate in all assigned classes, treatment groups, and work, based on the initial and continuing psychological/social, motivation level, and security assessments. A minimum of two hours of daily therapy is provided, and drug testing is a requirement of the program.

Criteria for entrance to the RSAT *Alpha Program*:

- A one-on-one interview is conducted with each potential group member, a copy of which is maintained in his/her file. Information is obtained regarding all aspects of the person's life, including substance use/abuse, treatment history, education level, relationship issues, and medical/mental health issues. This information is used to determine the focus of treatment for the individual, while, at the same time, continuing to maintain the integrity of the program by following the Alpha Program curriculum.

The first phase of Alpha (Pre-Alpha) concentrates on developing a positive pre-treatment attitude. It builds self-esteem and an awareness of substance use patterns. A supplement class for women is added that focuses self-esteem and co-dependent relationships. The Pre-Alpha phase of the program can last up to six weeks.

The second phase of Alpha (Primary Alpha) consists of intensive group therapy focusing on substance use, sexual abuse, personal relationships, cognitive patterns, environment influences, anger control, criminal patterns, and self responsibility.

The third phase of Alpha (Post Alpha) continues until the inmate is released. This portion of the program includes a continuation of group therapy, developing recovery plans and community resources and transitional issues. In addition, cognitive restructuring and family re-orientation groups are required.

Southwest Behavioral Health is contracted to provide two hours of gender/age (male/female/adult/juvenile) specific cognitive restructuring groups twice per week for Alpha participants. Concepts of Change, Southwest Behavioral Health and Sage Counseling, Inc. provide two hour daily groups focusing on gender specific anger issues and teaching control techniques. Employment issues and ethics classes are conducted through Sage Counseling, Inc. and Concepts.

New Opportunities for Work (NOW) is a four week class focusing on gaining and retaining employment. Concepts for Change and the Alpha staff have designed a curriculum to teach inmates and their families/significant others how to deal with anger, build trust, heal relationships, and set boundaries so inmates can transition into a new

environment and successfully follow their recovery plans with support. Inmate's families are encouraged to attend group sessions during the last month of incarceration. Sage Counseling Inc. and Concepts for Change provide self-esteem and codependency group counseling for female inmates.

The Fathering program has been implemented for male group members who have young children to help them with their parenting skills.

Highlights from the past fiscal year:

- All male participants were moved into a new jail facility, which brought all the male Alpha participants into the same dormitory. This change has reduced the number of participants who were removed due to disciplinary reasons. This could be attributed to less contact with the general inmate population who are not motivated toward recovery.
- Drug testing continues to be a requirement for Alpha participants and is conducted in all phases (pre-, primary, and post-Alpha).
- A social service agency was obtained to work with the graduates as they explore their employment options following release from jail.

Challenges:

- For sometime jail staff has been trying to replicate the Alpha program for inmates diagnosed with co-occurring disorders such as mental illness and drug abuse. However, staff has been unable to hire sufficient numbers of counselors to provide the group sessions needed.

Aftercare Services Provided:

- Graduates are allowed to remain in the segregated housing unit with their fellow group members for the duration of their incarceration. This allows the participants to continue in the support system that has been created. They continue working together with common work assignments and attend aftercare programming consisting of Cognitive Restructuring and Anger Management/Domestic Violence counseling.
- All programming and activities are coordinated so that all members can participate together to maintain group cohesiveness. In addition, another RSAT award has allowed the program to provide a continuum of services following release from incarceration.

Grantee Agency: Maricopa County Sheriff's Office Jail
 Project Title: Alpha Program
 Project Start Date: 7/1/1998
 Project Grant Number: SAT-06-108
 Report Period: FFY06 – 10/1/2005 – 9/30/2006

Amount of Services	FFY 2006 10/01/2005- 9/30/2006
Number of days of residential treatment provided	210
Previously funded RSAT beds continued during this grant period	175
New treatment beds added with RSAT grant funds during this grant period	0
Treatment beds funded through other sources, but enhanced with RSAT funded services	0
Average length of stay in the residential program in days for those completing the program	183
Offenders Entering Residential Treatment	
Total number of RSAT participants	708
Number of adult males	559
Number of adult females	112
Number of juvenile females	37
Recidivism and Drug Use	
Number/percent of participants completing the program who remained drug-free during the residential program	658(100%)
Number/percent of the participants completing the program that pass drug testing (annual long-term) while in an RSAT funded program	703 (99%)
Residential Treatment Success	
Total number of participants successfully completing the residential program	658
Total number of participants that dropped out of the residential program	38
Total number of participants that were terminated from the residential program	73
Program Costs	
Average cost per day for the residential program	\$1,437

**Maricopa County Sheriff's Office Jail
Transition Alpha Program (After release)**

The Maricopa County Sheriff's Office Jail was awarded \$40,108 in federal dollars and supplied \$13,369 in cash matching funds to continue the *Transition Alpha Program* in FY 2006 (July 1, 2005 – June 30, 2006).

The *Transition Alpha Program (TAP)* is designed to provide transitional treatment upon release from jail into the community. The transitional treatment is provided by contracted agencies that currently provide supplemental components of the *Alpha Program*. These agencies are well versed on the Alpha philosophy, programmatic content, and how to interface with Alpha participants. They have agreed to create a continuation program in the community for referred *Alpha Program* graduates. The *Alpha Program* meets the Residential Substance Abuse Treatment requirements.

The two agencies currently providing these services are: Concepts for Change, Inc., which operates a community residential treatment program and SAGE Counseling Inc., which has 12 outpatient counseling groups throughout the community. Both agencies and the Maricopa County Adult Probation Department work closely with Alpha counselors to select inmates to participate in TAP.

Criteria for acceptance:

- Those individuals who receive services, make a commitment to succeed, and have the greatest potential for benefit. Screening assessment of inmate's motivational level and treatment needs. Individual psych-social assessment. Previous Alpha group participation. Additional consideration is given to those individuals who have extremely limited options such as no home, no family in the area, and those who are unfamiliar with available social services.

TAP participants share an apartment, attend daily treatment, attend support groups, and obtain a sponsor. All participants are expected to find employment and improve their education and/or vocational skills as part of the program. Gender specific programming includes: substance abuse treatment, criminal behavior, life skills, trauma, and anger management group treatment. Additionally, family, multi-family group, and couples counseling is available for participants. On-site drug testing is conducted regularly, as well. TAP participants are allowed up to three months of residential treatment at Concepts for Change, Inc. with an additional nine months of weekly recovery support group therapy at SAGE Counseling, Inc.

Highlights from the past fiscal year:

- In FFY 2006, 78 percent remained drug free during the aftercare program and 81 percent remained arrest free.

- A new procedure was implemented for participants in order to reinforce the importance of remaining compliant with all terms and conditions of their release. On the day of their release from jail, the new participants must attend a hearing session with the sentencing judge who holds jurisdiction over the TAP clients, and then must attend monthly reinforcement meetings with that same judge as long as they are being supervised by the criminal justice system.

The final report for this program is as follows:

Grantee Agency: Maricopa County Sheriff's Office Jail
 Project Title: Transition Alpha Program (Program Discontinued 6/30/2006)
 Project Start Date: 7/1/2003
 Project Grant Number: RAC-06-300
 Report Period: FFY06 – 10/1/2005 – 6/30/2006

Amount of Services	FFY 2006 10/01/2005- 6/30/2006
Number of days of aftercare provided	365
Average length of stay in the aftercare program in days for those completing the program	182
Offenders Entering Aftercare Program	
Total number of participants entering an RSAT funded aftercare program	29
Number of adult males	4
Number of adult females	33
Recidivism and Drug Use	
Number/percent of participants completing the program, who remained drug-free during the aftercare program	14(78%)
Number/percent of participants completing the program who remained arrest-free during the supervised aftercare program	15(83%)
Of the participants that completed the program, the number/percentage that remained arrest-free following release from the aftercare program (1 yr)	13(72%)
Aftercare Program Success	
Total number of participants successfully completing the aftercare program	33
Total number of participant who dropped out of the aftercare program	0
Total number of participants that were terminated from the aftercare program	18
Program Costs	
Average cost per day for the aftercare program	\$294