

Substance Abuse Treatment Services in the Alaska Department of Corrections



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

Overview of Services:

The AKDOC uses a manualized cognitive behavioral treatment curriculum throughout its substance use disorder treatment programs to ensure consistency in the services being provided to individuals. Cognitive behavioral therapy is an evidence based practice, meaning that research indicates it positively alters human behavior. Cognitive behavioral therapy provides skills, tools, and resources that science indicates are necessary to accomplish risk and recidivism reduction. An abundance of research shows positive effects of cognitive behavioral approaches with offenders. An example of a study is from Pearson in 2002, when he conducted a meta-analysis of 69 studies covering both behavioral and cognitive behavioral programs and determined that the cognitive behavioral programs are more effective in reducing recidivism—mean reduction in recidivism was 30%. The National Institute of Justice published an article on the effectiveness of the use of Cognitive Behavior Therapy. This article listed several references related to the effectiveness of CBT in reducing recidivism. The most compelling research cited in this article was that of Nana Landenberger and Lipsey. In the article, Landenberger, N.A., and M. Lipsey, "The Positive Effects of Cognitive-behavioral Programs for Offenders: A Meta-analysis of Factors Associated With Effective Treatment," *Journal of Experimental Criminology*, 1 (2005): 451-476, it showed that programs based on cognitive behavioral therapy are effective with juvenile and adult criminal offenders in various criminal justice settings, including prison, residential, community probation and parole. They examined research studies published from 1965 through 2005 and found 58 that could be included in their review and analysis. The researchers found that cognitive behavioral therapy significantly reduced recidivism even among high-risk offenders. One of the reasons cognitive behavioral therapy is so effective is because it's problem oriented and a skill focused intervention which challenges and changes the beliefs, attitudes, and assumptions that support offenders' chemical dependency and criminal behavior.

In FY16 the AKDOC offered the following substance use interventions/services to aid those individuals struggling with addiction: screening, assessment, psychoeducational (PsychEd) programming, intensive

outpatient substance abuse treatment (IOPSAT), dual diagnosis (DD) IOPSAT, residential substance abuse treatment (RSAT), and continuing care (CC). Services are provided both in custody and out of custody, for sentenced and non-sentenced offenders, and for males and females. In addition to these services, the Department provides referrals to the appropriate levels of care in the community. A brief description of each of the programs, the locations they were provided, the numbers served and the cost for each of the programs is listed below:

Screening

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

In FY16, 5996 offenders were screened.

Assessment

In FY16 2340 ADOC offenders received a substance use disorder assessment to assess for their addiction related issues and determine the most appropriate level of care/intensity of service to best address their issues. Each assessment includes the nature and extent of an offender's drug problems; establishes whether problems exist in other areas that may affect recovery, helps form an appropriate treatment plan; and uses American Society of Addictions Medicine (ASAM) criteria and DSM 5 to determine the level of care placement.

Psychoeducational Substance Abuse Services

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

In FY16, 600 offenders were served in PsychEd services.

PsychEd services were provided at the following locations:

Anchorage Correctional Complex

- Total Served in FY16 28
- ACC PsychEd total participants completed in FY 16 5
- ACC PsychEd total cost in FY16 \$70,157
- ACC PsychEd average cost per participant completed \$1,872

Anvil Mountain Correctional Center

- Total Served in FY16 98
- AMCC PsychEd total participants completed in FY 16 39
- AMCC PsychEd total cost in FY16 \$63,662
- AMCC PsychEd average cost per participant completed \$517

Goose Creek Correctional Center

- Total Served in FY16 109
- GCC PsychEd total participants completed in FY 16 58
- GCC PsychEd total cost in FY16 \$65,400
- GCC PsychEd average cost per participant completed \$471

Hiland Mountain Correction Center

- Total Served in FY16 145
- HMCC PsychEd total participants completed in FY 16 55
- HMCC PsychEd total cost in FY16 \$62,812
- HMCC PsychEd average cost per participant completed \$402

Mat-Su Pretrial Facility

- Total Served FY16 49
- MSPT PsychEd total participants completed in FY 16 22
- MSPT PsychEd total cost in FY16 \$77,688
- MSPT PsychEd average cost per participant completed \$977

Yukon-Kuskokwim Correctional Center

- Total Served FY16 137
- YKCC PsychEd total participants completed in FY 16 54
- YKCC PsychEd total cost in FY16 \$84,730
- YKCC PsychEd average cost per participant completed \$594

Intensive Outpatient Substance Abuse Treatment (IOPSAT)

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

ADOC has several IOPSATs which are located in custody and in the community. The female program uses gender specific curriculum, Criminal Conduct and Substance Abuse Treatment. The male program uses New Directions and Living in Balance. In addition to standard IOPSAT programming, there are

two IOPSATs for males with a dual diagnosis in custody. Dual diagnosis is when the offender has a mental health and substance use disorder diagnosis. The target population for IOPSAT services include, individuals screened as having a potential substance use disorder, sentenced felon, a classification of medium or higher, and having a substance abuse related criminal history. Priority is given to offenders with an upcoming release date and offenders with a legal requirement to complete substance abuse treatment. Other offenders are eligible for the treatment program if members of the priority population are not available

Institutional Intensive Outpatient Substance Abuse Treatment (IOPSAT)

552 offenders were served in custody IOPSAT in FY16.
 337 offenders were served by community IOPSAT in FY16.

IOPSAT services were provided at the following locations:

Fairbanks Correctional Center

- Total Served FY16 48
- FCC IOPSAT total participants completed in FY 16 22
- FCC IOPSAT total cost in FY16 \$105,173
- FCC IOPSAT average cost per participant completed \$2,725

Goose Creek Correctional Center

- Total Served FY16 275
- GCC IOPSAT total participants completed in FY 16 164
- GCC IOPSAT total cost in FY16 \$508,368
- GCC IOPSAT average cost per participant completed \$2,115

Hiland Mountain Correctional Center

- Total Served FY16 61
- HMCC IOPSAT total participants completed in FY 16 35
- HMCC IOPSAT total cost in FY16 \$69,206
- HMCC IOPSAT average cost per participant completed \$1,169

Lemon Creek Correctional Center

- Total Served FY16 6
- LCC IOPSAT total participants completed in FY 16 0
- LCC IOPSAT total cost in FY16 \$18,350
- LCC IOPSAT average cost per participant completed N/A

Palmer Correctional Center

- Total Served FY16 53
- PCC IOPSAT total participants completed in FY 16 12
- PCC IOPSAT total cost in FY16 \$53,191
- PCC IOPSAT average cost per participant completed \$1,011

Palmer Correctional Center Dual Diagnosis

• Total Served FY16	28
• PCC IOPSAT DD total participants completed in FY 16	8
• PCC IOPSAT DD total cost in FY16	\$66,358
• PCC IOPSAT DD average cost per participant completed	\$2,421

Wildwood Correctional Center

• Total Served FY16	109
• WCC IOPSAT total participants completed in FY 16	77
• WCC IOPSAT total cost in FY16	\$184,482
• WCC IOPSAT average cost per participant completed	\$1,749

Spring Creek Correctional Dual Diagnosis

• Total Served FY16	17
• SCC IOPSAT DD total participants completed in FY 16	0
• SCC IOPSAT DD total cost in FY16	\$35,489

Community Intensive Outpatient Substance Abuse Treatment

Anchorage Community

• Total served in FY16	160
• Anchorage Comm. IOPSAT total participants completed	66
• Anchorage Comm. IOPSAT total cost in FY16	\$252,757
• Anchorage Comm. IOPSAT average cost per participant completed	\$1,582

Fairbanks Community

• Total served in FY16	20
• Fairbanks Comm. IOPSAT total participants completed	4
• Fairbanks Comm. IOPSAT total cost in FY16	\$82,425
• Fairbanks Comm. IOPSAT average cost per participant completed	\$3,551

Juneau Community

• Total served in FY 16	24
• Juneau Comm. IOPSAT total participants completed	9
• Juneau Comm. IOPSAT total cost in FY 16	\$113,673
• Juneau Comm. IOPSAT average cost per participant completed	\$5,564

Kenai Community

• Total served in FY16	40
• Kenai Comm. IOPSAT total participants completed	13
• Kenai Comm. IOPSAT total cost in FY16	\$97,085

- Kenai Comm. IOPSAT average cost per participant completed \$2,419

Palmer Community

- Total served in FY16 93
- Palmer Comm. IOPSAT total participants completed 31
- Palmer Comm. IOPSAT total cost in FY16 \$94,712
- Palmer Comm. IOPSAT average cost per participant completed \$979

Institutional Residential Substance Abuse Treatment (RSAT)

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

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

352 offenders were served in custody RSAT in FY16.

RSAT services were provided at the following locations:

Palmer Correctional Center

- Total Served FY16 145
- PCC RSAT total participants completed in FY 16 80
- PCC RSAT total cost in FY16 \$425,511
- PCC RSAT average cost per participant completed \$4,048

Spring Creek Correctional Center

One hundred and fourteen offenders received treatment at SCC RSAT in FY16.

- Total Served FY16 114
- SCC RSAT total participants completed in FY 16 60
- SCC RSAT total cost in FY16 \$224,958

- SCC RSAT average cost per participant completed \$2,264

Hiland Mountain Correctional Center

Ninety four offenders received treatment at HMCC RSAT in FY16.

- Total Served FY16 94
- HMCC RSAT total participants completed in FY 16 42
- HMCC RSAT total cost in FY 16 \$265,391
- HMCC RSAT average cost per participant completed \$5,269

Community Continuing Care

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

463 offenders were served by community providers in FY16.

CC services were provided at the following locations:

Anchorage Community

- Total served in FY 16 291
- Anchorage Comm. CC total participants completed 169
- Anchorage Comm. CC total cost in FY 16 \$78,120
- Anchorage Comm. CC average cost per participant completed \$383

Fairbanks Community

- Total served in FY16 44
- Fairbanks Comm. CC total participants completed 25
- Fairbanks Comm. CC total cost in FY 16 \$78,329
- Fairbanks Comm. CC average cost per participant completed \$1,705

Kenai Community

- Total served in FY 16 19
- Kenai Comm. CC total participants completed 15
- Kenai Comm. CC total cost in FY 16 \$72,030
- Kenai Comm. CC average cost per participant completed \$4,073

Palmer Community

- Total served in FY 16 109
- Palmer Comm. CC total participants completed 64

- Palmer Comm. CC total cost in FY 16 \$80,598
- Palmer Comm. CC average cost per participant completed \$1,002