



**Arizona  
Criminal  
Justice  
Commission**

**Annual  
Report  
2002**

**Residential  
Substance  
Abuse  
Treatment  
Program**



# THE STATE OF ARIZONA

## 2002 STATE ANNUAL REPORT RESIDENTIAL SUBSTANCE ABUSE TREATMENT PROGRAM ACTIVITIES

Presented to:

The U.S. Department of Justice,  
Office of Justice Programs,  
Bureau of Justice Assistance

By:

The Arizona Criminal Justice Commission

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# Arizona Residential Substance Abuse Treatment

## Annual Report FFY 2002

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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 of the Arizona Department of Health Services, Behavioral Health & Substance Abuse Division, 2122 E. Highland Ave. Phoenix, AZ 85016-4739. 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.

## Arizona Department of Corrections Men in Recovery

The “Men in Recovery” (MIR) program is a new approach for Arizona Department of Corrections because it places special emphasis on reentry and family reunification during and after treatment. The programs 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 ninety-two male inmates. Male inmates eligible for “Men in Recovery” must meet security eligibility criteria and must be at least be twelve months from their release date. The program’s goals are to: 1) ready 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 aftercare 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 Manzanita Unit.

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. The Phase I and II provide the skills for interaction with family members and offer several opportunities for family encounters. These programs reinforce the unity of family, 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” programs’ 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 what they do with themselves. 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 will serve as a preparation for the formal substance abuse treatment and education phases of Arizona Department of Corrections Office of Substance Abuse Services (OSAS) program. The

*Awakening* workshop has as its core message how 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 lifestyle free of substance abuse.

Phase II: This is a thirty-two week component focused on intense structured treatment. The curriculum consists of two main programs: The *New Direction* program by Hazelden, 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, 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 is the primary resource for the program.

Phase III: 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 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 before the participants release date so that pre-release planning and the case management can begin. The program staff facilitates the 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 aftercare 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 twelve months.

Highlights from the past fiscal year:

- Start up phase has been implemented.
- Program classroom, counseling room and staff office space identified.
- Computer, Furniture and Program Curriculum selected and purchase requisition submitted for processing.
- Program Modules and Agreement developed between the Department of Corrections and the Huger Foundation for Phase I.
- Initial communication and Agreement between the Department of Corrections and Rio Salado Community College for family reintegration classes and labs.
- Submitted paperwork to establish correctional administrator and counselor positions for the program.
- Enrolled, assessed and completed treatment plans for sixteen clients.
- Continual Care Therapy group expands and is conducted twice a month.

After Care Services Provided:

- No aftercare services are funded by the RSAT program, however participants who successfully complete the program and are released to community supervision receive transition and aftercare services as determined appropriate by a case management team that consists of a treatment provider, the parole officer, and the participant as outlined in Phase IV.

Criteria for entrance into the RSAT Program:

- Public Risk and Institutional Risk score of 3 or lower (Criteria for ASPC Tucson/Manzanita Unit). Alcohol and Drug Treatment Needs Score of 2 or higher (per Department of Corrections Classification Manual). Mental Health Needs Score of 2 or lower (Criteria for Manaznita Unit). No active detainers. Twelve to fifteen months to earliest release date.

Technical assistance needed for program implementation:

- The program staff would benefit from training in the use of the Addiction Severity Index (ASI) and motivational interviewing. We anticipate that this need will be met though the Department's involvement with the Arizona

Practice Improvement Collaborative and Pacific Southwest Addiction  
Technology Transfer Center.

GRANTEE AGENCY: ARIZONA DEPARTMENT OF CORRECTIONS  
 PROJECT TITLE: MEN IN RECOVERY  
 PROJECT START DATE: 7/1/2002  
 PROJECT GRANT NUMBER: SAT-03-109  
 REPORT PERIOD: FFY01 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
White Males	8	8
Black Males	2	2
Hispanic Males	6	6
Native American Males	0	0
Other Males	0	0
Total Males	16	16

Number of male offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	0	0

Number of male offenders who:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	1	1
Terminated from program	0	0

Number of male offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	0	0

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	92	92
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	Not Applicable	Not Applicable
3. Total number of male offenders admitted to the grant funded treatment program.	16	16
4. Total number of female offenders admitted to the grant funded treatment program.	0	0
5. Total number of adult offenders admitted to the grant funded residential program.	16	16
6. Total number of juvenile offenders admitted to the grant funded treatment program.	0	0
7. Total number of offenders successfully completing the residential program.	0(a)	0(a)
8. Average length of stay in the residential program, for those completing the program (in days).	0	0
9. Total number of offenders that dropped out of the program.	1	1
10. Total number of offenders that were terminated from the program.	0	0
11. Total number of offenders that successfully completed the aftercare program.*	Not Applicable	Not Applicable
12. Of the offenders that completed the program, the percentage that have remained drug free during the residential treatment program.	0%(a)	0%(a)
13. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.*	Not Applicable	Not Applicable
14. Of the offenders that completed the program, the percentage that have remained arrest free during the residential program.	100%	100%
15. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.*	Not Applicable	Not Applicable
16. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).*	Not Applicable	Not Applicable
The following questions are for those programs in existence for two years or more.		
17. Average cost of the program per offender that completed the residential program.	Not Applicable	Not Applicable
18. Average cost of the program per offender that completed the aftercare program.*	Not Applicable	Not Applicable

(a) Program is and has been existence 7/1/2002

\* No aftercare program funded

## Arizona Department of Corrections Progressive Recovery

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 overarching goals. Inmate Mental Health Sex Offender staff work closely with Office of Substance Abuse Services (OSAS) RSAT staff. All inmates in the Cook Unit receive an introduction to Sex Offender Treatment (termed 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 ten to twelve 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.

The Substance Abuse Treatment Program (Progressive Recovery Program previously known as Substance Abuse Treatment for Sex Offenders) begins with a two day orientation that includes the assessment component. It is currently operating at the Arizona State Prison Complex Eyman/Cook. The program is structured around two program curricula, each twenty weeks in length. The first, the *Design for Living* program, was written by Hazelden Publishing for the correctional population, incorporating an in-depth study of the Twelve Steps of Alcoholics Anonymous and other basic alcohol and drug education information. The second curriculum, entitled *Thinking Straight*, was written by the Department of Corrections staff based on principles of rational emotive therapy and cognitive behavioral approaches to managing addictive behaviors. As participants work through these two twenty-week courses, they may simultaneously participate in psycho-educational courses to assist them in developing cognitive, behavioral, social and other skills to address substance abuse, sex offenses and related problems. The psycho-educational course blocks are; 1) Stress and Anger management and Critical Thinking, 2) Human Sexuality and Communication and Social Skills, 3) Cognitive and Behavioral Training and Dynamics of Behavior, 4) Family and Parenting and Moral Development and Personal Values, and 5) Understanding Sexual Assault and Vocational and Future Planning. Participation in the five blocks of psycho-educational courses will continue until they are completed.

Upon completion of the two formal substance abuse curricula (forty weeks), each inmate participant is re-assessed by a qualified clinician for further need for substance abuse treatment. Inmates who have appropriately addressed their substance abuse issues will be released from the substance abuse portion of their treatment and may continue in the other phases of Sex Offender Treatment

in the specialized housing unit or be released to the community when their sentence have been fulfilled. Inmates who are deemed in need of further substance abuse treatment shall be formally reassessed to assist treatment staff in understanding the client's level of inclination toward continued substance abuse, ongoing dual diagnosis issues and the need for follow up in any of these areas.

Highlights from the past fiscal year:

- This year, staffing achieved 100 percent.
- Activities added included the participants creation of a "recovery collage", researching and writing essays about the participants "drug of choice" and writing essays and presenting oral presentation to the group on topics such as Hepatitis C, HIV, Goal Setting, Anger, Stress Management, Teen Suicide and Fetal Alcohol Syndrome.
- Continual Care Therapy group expands and is conducted twice a month.

After Care Services Provided:

- No aftercare services are funded by the RSAT program, however inmates who successfully complete the program and are released to community supervision receive transition and aftercare services as determined appropriate by a case management team that consists of a treatment provider, the Parole Officer and the inmate.

Criteria for entrance into the RSAT Program:

- The Arizona RSAT program is housed within a sex offender unit, so all participants have been convicted of sex offenses and have substance abuse problems. Participants in the RSAT program must have a Substance Abuse Treatment Needs (per ADC Classification Manual) classification score of 2 or higher. Public Risk and Institutional Risk score of 3 or lower. Mental Health Needs Score of 2 or lower (criteria for Manzanita unit). No active detainer. Twelve to fifteen months to earliest release date.
- To strengthen treatment efforts a formal assessment of their mental health and substance abuse treatment needs is administered:
  - SASSI – Substance Abuse Subtle Screening Inventory.
  - The Millon Clinical MultiAxial Inventory (MCMI).
  - Based on the results of the MCMI, the Hare Psychopathic Checklist-Revised will be administered by the psychology staff.

- Program participation is limited to inmates with one year or less remaining on their sentences.
- Further, inmate participants must be willing to participate.

Result of Program and Project Evaluations:

Goals	Objective	Update
Goal 1: Conduct a formal assessment of the historic patterns of drug abuse and severity of addictions of each participant.	Objective 1: All program participants will have an intake assessment completed within 30 days of beginning of program and assessments will be incorporated into the treatment plan for guiding treatment process.	All 76 assessments were completed within 30 days of entry to the program. The program manager, a certified substance abuse counselor, performed all the intake assessments.
Goal 2: Provide a minimum of three substance abuse curricula within a forty-eight week period to each inmate enrolled in the program. Enrolled inmates will achieve a passing score of 70 percent on exams relating to the drug addiction topics.	Objective 1: The project will track and record the number of attendees completing each curricula review of the course roster and exam scores.	Upon review of course rosters all participants that have graduated the program completed each curriculum and achieved a passing score of 70 percent on exams.
	Objective 2: The project will conduct a comparison between pre and post assessment tests.	All participants have their pre-test upon entry and post test are given upon completion.
Goal 3: Each inmate, upon completion of the forty-eight week program, shall be reassessed through evaluation with a qualified therapist to identify any changes in the thoughts of the inmate participant with respect to his addiction.	Objective 1: At least 80 percent of the participants show awareness of their own cognitive distortions with respect to drug and/or alcohol addiction and that 100 percent of the participants shall have written relapse prevention plans.	All participants have shown awareness of their own cognitive distortions with respect to drug/alcohol addiction as evidence by the counselor's progress notes, treatment plan, and their own written relapse prevention plans.
Goal 4: at least 90 percent of the program participants will be drug and alcohol free while participating in the program and those released to community will remain drug free for a least 90 days after release.	Objective 1: The project will conduct urinalyses on 100 percent of program participants each month and track outcomes.	A list of active program inmates is turned into Eyman Complex and Cook Unit Security on a monthly basis. At the end of each month the Complex UA Officer forwards the results to the program manager.
	Objective 2: The project will track drug testing results via linkages with the Department of Corrections Community Supervision of participant completers. Inmates directly released to community will be asked to contact their program counselor for self-supporting progress.	During the time covered within this Annual Project Evaluation there were 18 program graduates released from the Department of Corrections. Only one of those on community supervision are known to have had a positive urinalysis within 9 days after release.

Technical assistance needed for program implementation:

- The program staff would benefit from training in the use of the Addiction Severity Index (ASI) and motivational interviewing. We anticipate that this need will be met through the Department's involvement with the Arizona Practice Improvement Collaborative and Pacific Southwest Addiction Technology Transfer Center.

GRANTEE AGENCY: ARIZONA DEPARTMENT OF CORRECTIONS  
 PROJECT TITLE: PROGRESSIVE RECOVERY  
 PROJECT START DATE: 7/1/1999  
 PROJECT GRANT NUMBER: SAT-02-107  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
White Males	46	163
Black Males	3	15
Hispanic Males	22	56
Native American Males	5	16
Other Males	0	0
Total Males	76	250

Number of male offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	53	82

Number of male offenders who:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	32	57
Terminated from program	1	2

Number of male offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	Not Available	Not Available

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	0	100
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	Not Applicable	Not Applicable
3. Total number of male offenders admitted to the grant funded treatment program.	76	250
4. Total number of female offenders admitted to the grant funded treatment program.	0	0
5. Total number of adult offenders admitted to the grant funded residential program.	76	250
6. Total number of juvenile offenders admitted to the grant funded treatment program.	0	0
7. Total number of offenders successfully completing the residential program.	53	82
8. Average length of stay in the residential program, for those completing the program (in days).	337	336
9. Total number of offenders that dropped out of the program.	32	57
10. Total number of offenders that were terminated from the program.	1	2
11. Total number of offenders that successfully completed the aftercare program.*	Not Applicable	Not Applicable
12. Of the offenders that completed the program, the percentage that have remained drug free during the residential treatment program.	91%	93%
13. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.*	Not Applicable	Not Applicable
14. Of the offenders that completed the program, the percentage that have remained arrest free during the residential program.	100%	100%
15. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.*	Not Applicable	Not Applicable
16. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).*	Not Applicable	Not Applicable
The following questions are for those programs in existence for two years or more.		
17. Average cost of the program per offender that completed the residential program.	\$2,878	\$6,404
18. Average cost of the program per offender that completed the aftercare program.*	Not Applicable	Not Applicable

\* Aftercare program is not funded

## **Arizona Department of Corrections Women in Recovery**

The “Women in Recovery” (WIR) program is a new approach for the Arizona Department of Corrections because it places special emphasis on reentry 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 gender responsive treatment and pre-release program for ninety-six female inmates. Female inmates eligible for “Women in Recovery” must meet security eligibility criteria and be twelve months from their release date. The program’s goals are to: 1) ready 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 aftercare services with structured case management for women eligible for the Women’s Treatment Network (Phase IV). All inmates participating in Phase I, II and III are tested for drugs once a month. The female participants are separately housed at the Arizona State Prison Complex (ASPC) Perryville-San Pedro Unit.

The Phase I treatment component, uses curriculums designed specifically for substance abusing women in the criminal justice system and is delivered by certified substance abuse counselors. Female inmates participating in the program have work assignments, education classes, vocational training and treatment activities. The Phase II and III provide the skills for interaction with family members and offer several opportunities for family encounters. These programs reinforce the unity of family and the woman’s role as a parent. 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, domestic violence and distant parenting. The program offer labs that provide interaction between mothers and children as well as other family members. This session begins in mid-treatment and extends into Phase III so family activities are occurring close to release.

Developing community partnerships is critical to the “Women in Recovery”. The Corrections Department has joined with the Arizona Cactus Pine Girl Scout Council to provide the “Girl Scouts Beyond Bars” program. This program offers the opportunity for incarcerated mothers and their daughters to bond while participating together in girl scouting activities inside the prison. Mothers and daughters meet twice a month on Saturdays. When not meeting with their mothers, the daughters participate in community troops. This is an opportunity for women in recovery to understand that they serve as models to their daughters.

The following is an overview of the “Women in Recovery” programs’ phases;

Phase I: This is an eight week pre-treatment stage that readies the participant for structured treatment. This phase called *Awakening* is delivered by the staff of the Huger Foundation, a local nonprofit organization that provides this program within the community. The foundation donated the entire cost of redesigning and delivering the program to the Arizona Department of Corrections. The correction staff is working closely with the Foundation to assist in the coordination of the program. The prime objective of the workshop is for each individual in recovery to look inward and take full responsibility for what they do with themselves. Through a group process, individuals are asked to set aside the internal 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 will serve as a preparation for the formal substance abuse treatment and education phases of Arizona Department of Corrections Office of Substance Abuse Services (OSAS) program. The *Awakening* workshop has as its core message how 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. The 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 lifestyle free of substance abuse.

Phase II: This is a thirty two week program that begins with the participant’s screening and assessment using a standardized substance abuse assessment tool called Addiction Severity Index (ASI). This is cognitive-based program using a treatment curriculum that is women oriented using specially trained 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 is based on four curriculum modules (17 lessons) as well as processing groups.

Phase III: 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 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 before the participants release date so that pre-release planning and the case management can begin. The program staff facilitates the 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 aftercare need to be available. The participants released to community supervision in the Phoenix metropolitan area will be directly linked to the Women's Treatment Network (WTN). The Network in conjunction with the Department of Corrections parole officer will closely manage the participant's case for up to twelve months.

Highlights from the past fiscal year:

- Start up phase has been implemented.
- Program classroom, counseling room and staff office space identified.
- Computer, Furniture and Program Curriculum selected and purchase requisition submitted for processing.
- Program Modules and Agreement developed between the Department of Corrections and the Huger Foundation for Phase I.
- Initial communication and Agreement between the Department of Corrections and Rio Salado Community College for family reintegration classes and labs.
- Submitted paperwork to establish correctional administrator and counselor positions for the program.
- Enrolled, assessed and completed treatment plans for sixteen clients.
- Continual Care Therapy group expands and is conducted twice a month.

After Care Services Provided:

- No aftercare services are funded by the RSAT program, however, participants who successfully complete the program and are released to community supervision receive transition and aftercare services as determined appropriate by a case management team that consists of a treatment provider, the parole officer, and the participant as outlined in Phase IV.

Criteria for entrance into the RSAT Program:

- Public Risk and Institutional Risk score of 3 or lower. Alcohol and Drug Treatment Needs Score of 2 or higher (per Department of Corrections Classification Manual). Mental Health Needs Score of 2 or lower (Criteria of San Pedro Unit). No active detainers. Twelve to fifteen months to earliest release date.

Technical assistance needed for program implementation:

- The program staff would benefit from training in the use of the Addiction Severity Index (ASI) and motivational interviewing. We anticipate that this need will be met through the Department's involvement with the Arizona Practice Improvement Collaborative and Pacific Southwest Addiction Technology Transfer Center.

GRANTEE AGENCY: ARIZONA DEPARTMENT OF CORRECTIONS  
 PROJECT TITLE: WOMEN IN RECOVERY  
 PROJECT START DATE: 7/1/2002  
 PROJECT GRANT NUMBER: SAT-03-108  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
White Females	11	11
Black Females	1	1
Hispanic Females	4	4
Native American Females	0	0
Other Females	0	0
Total Females	16	16

Number of female offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 - -9/30/2002)	Since start of project to 9/30/2002
Total	0	0

Number of female offenders who:

	FFY 2002 (10/01/2001 - -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	1	1
Terminated from program	0	0

Number of female offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 - -9/30/2002)	Since start of project to 9/30/2002
Total	0	0

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	16	16
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	Not Applicable	Not Applicable
3. Total number of male offenders admitted to the grant funded treatment program.	0	0
4. Total number of female offenders admitted to the grant funded treatment program.	16	16
5. Total number of adult offenders admitted to the grant funded residential program.	16	16
6. Total number of juvenile offenders admitted to the grant funded treatment program.	0	0
7. Total number of offenders successfully completing the residential program.	0(a)	0(a)
8. Average length of stay in the residential program, for those completing the program (in days).	Not Applicable	Not Applicable
9. Total number of offenders that dropped out of the program.	1	1
10. Total number of offenders that were terminated from the program.	0	0
11. Total number of offenders that successfully completed the aftercare program.*	Not Applicable	Not Applicable
12. Of the offenders that completed the program, the percentage that have remained drug free during the residential treatment program.	0% (a)	0%(a)
13. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.*	Not Applicable	Not Applicable
14. Of the offenders that completed the program, the percentage that have remained arrest free during the residential program.	100%	100%
15. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.*	Not Applicable	Not Applicable
16. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).*	Not Applicable	Not Applicable
The following questions are for those programs in existence for two years or more.		
17. Average cost of the program per offender that completed the residential program.	Not Applicable	Not Applicable
18. Average cost of the program per offender that completed the aftercare program.*	Not Applicable	Not Applicable

(a) Program is new and has been existence since 7/1/2002.

No aftercare program exists

**Arizona Department of Juvenile Corrections  
Adobe Mountain School  
Freedom Unit**

Adobe Mountain Freedom is based on the original model at Adobe Mountain School. A federal grant was awarded to the Department of Juvenile Corrections through the Arizona Criminal Justice Commission to expand these services to additional youth. The Department was awarded RSAT grant funds in 1997 that were used to open the Recovery site at Catalina Mountain School, a secure care facility in Tucson, Arizona. As a result of additional RSAT funding, Adobe Mountain School opened its Freedom treatment housing unit in December 1998, a 24 bed male youth facility located in North Phoenix.

The Recovery program helps male youth with moderate to severe drug problems whose length of stay is comparative with the grant requirements of six to twelve months in the secure care program. The program helps youth combat delinquent and substance abuse urges, using the cognitive approaches. The Recovery unit is based upon the treatment model program design, which was developed by Clinical Services' Chief of Counseling. The program components used are "cognitive restructuring". Research has shown that the cognitive restructuring approach to treatment helps youth turn around delinquent and drug abuse urges.

The cognitive program set up for RSAT continues to emphasize the interruption of delinquent thinking. The program uses group treatment of delinquency through the *Limit and Lead* group counseling activities developed by Dr. M. Ferrara.

For substance abuse urges, staff conducts individual counseling using cognitive interventions, such as *Rational Emotive Behavior Therapy* (REBT). The staff has received training and certification in REBT for Substance Abusing Adolescents from the Albert Ellis Institute of New York City. Dr. Ellis is known as the "grandfather of cognitive restructuring".

*The Seven Challenges* developed by Dr. Robert Schwebel are cognitive workbooks based on steps that help substance abusing youth make wiser decisions about themselves and drugs. The workbooks are based upon the original materials on the *Sates of Change* by DiClemente.

The core program is based on a special cognitive restructuring curriculum. It is described in the *Recovery Program Manual* for facilitators. It is put into practice in the bound *Recovery Individual Treatment Plan* (ITP) booklets for the youth in treatment. Youth begin the *Recovery ITP* at the Freshman Level, after they

finish the generic *Orientation Level* (ITP) booklet that all youth complete during their first 30 days in secure care. The *Recovery ITP* helps youth through shifts in thinking, decide about their drug abuse and criminal patterns of behavior. The *Recovery ITP* includes delinquent offense cycle worksheets and *The Seven Challenges* activities so the youth are able to process their written work in group settings. *Thinking for a Change* worksheets are also included in the new *Recovery ITP*, so that youth can practice and develop social and coping skills. *Thinking for a Change* is developed by nationally recognized consultants in conjunction with OJJDP.

The Recovery program helps youth with moderate to serious drug problems. Recovery aims to help youth interrupt offense cycles and drug abuse patterns that may trigger criminal acts. It helps youth replace them with drug free choices and citizen competencies. By the time a youth graduates from the special substance abuse program, he will have progressed through the Level System. He should be at an advanced Senior Level so that pro-social decision making is consistently demonstrated, along with work on drug relapse prevention skills.

Three urinalysis tests are conducted during the youth's stay in secure care. Behind the fence urinalysis is funded by RSAT. Also, aftercare urinalysis testing is set up for program graduates. These tests are not paid for with RSAT funds.

The RSAT housing unit, as designed, typically treats 24 youth, and utilizes a special staffing pattern, noted as follows:

<b>Staff Position</b>	<b>Number of Staff</b>
Youth Program Supervisor	1
Youth Program Officer – Clinical Specialists	2
Psychology Associate	1
Transition Psych Associate	1 (part-time)
Psychologist II	1 (part-time)
Administrative Assistant	1 (part-time)

All three RSAT sites share the efforts of the Transition Psychology Associate, the Psychologist, and the Administrative Assistant positions. The Administrative Assistance job duties are focused on helping youth get services, and staff training. This position has been approved by the Department of Justice.

Highlights from the past fiscal year:

- *Artists in Residence Essential Theater* program provides youth with the opportunity to be exposed to a variety of art forms. This creative

learning helps youth find alternatives to delinquent and drug urges. Youth are becoming less resistive and more interested in treatment as a result of all the program support offered. The program consisted of three sessions of twelve workshops; each program session totaled forty-eight hours. The workshops consisted of education about art, theater performance, African dance and Folklore. The Department applied for and received additional grants from the Arizona and Phoenix Commission of the Arts to continue this program.

- A series of interactive workbooks designed by cognitive restructuring based Serenity Support Services have been utilized to supplement the core program. These workbooks are used with youth having a difficult time grasping various concepts of the treatment program. The books allows for individual one-to-one counseling sessions with the youth.
- *Neurotherapy Treatment* is in its implementation phase, due to the long process of selecting the vendor. The specifications for the neurotherapy vendor Request for Proposal (RFP) were prepared in August, 2001. The neurotherapy Psychologist II was hired at the end of September. A competitive bid process had selected the vendor for neurotherapy in January. The contract and vendor was approved by the assistant attorney general in March, 2002. The vendor, Lexicor, will supply the department with neurophtheraphy equipment, training, and case consultation. This promising approach has been used with teens and adults with severe substance abuse problems to help curb drug urges. During sessions of neurotherapy feedback, youth increase brain wave efficiency and alpha theta waves, while decreasing the urge to use drugs, according to research. Clinical interventions with the Psychologist or trained clinician help enhance the treatment effect. This program became available to youth with their parental and/or legal guardian consent during May, 2002. For more information on Neurotherapy see Appendix A.
- *Vocational Preparedness* is a program that continues for consenting youth. This program prepares youth to become serious about their employment potential. Youth participate in psychological screening for emotional illness and job interests, one to one and group counseling. The coals of this modality include helping youth overcome delinquent and emotional issues that are barriers to vocational training and employment.
- Four Freedom team members were certified in Rational Emotive Behavior Theraphy (REBT) by the Albert Ellis Institute of New York City.

Aftercare Services Provided:

- The RSAT funds used for this time period do not extend to the community. Other state and community resources fund aftercare providers for the graduates. Graduates from Freedom have staff set up aftercare outpatient counseling and urinalysis testing through state contracted providers. Services are available until the youth turns 18, when the department's jurisdiction ends.
- Three state contracted providers are typically utilized in the Pima County area for aftercare services to graduates. Intensive outpatient counseling several times a week, urinalysis, and weekly in-home counseling are available through the providers. Providers are sensitive to youth's racial, ethnic, cultural, and gender issues. Aftercare provides conduct counseling using a treatment modality that is consistent with the cognitive restructuring approach. Providers are experienced in substance abuse counseling for delinquent youths.

Criteria for entrance into RSAT Recovery Program:

- All youth agree to receive treatment for their substance abuse problem in the Special Treatment housing unit for six months to one year. Doing so may mean that their length of stay in secure care needs to be extended past their court ordered mandatory minimum date for secure care.
- The Recovery Program criteria for program admission:
  - Youth is a newly committed to secure care.
  - Youth is between the ages of fourteen and seventeen.
  - Youth is able to complete a minimum six months or a maximum of twelve months in the Freedom Unit and will be released on parole upon completion of the program.
  - Youth graduates and is released several months before the age of 18, and he is able to receive at least three months of aftercare counseling.
  - Youth has a history, or present diagnosis, of substance abuse or dependence. The problem presents as moderate to severe in nature. Substance Use Survey Needs Assessment or Clinical Interview verifies the substance abuse. A Psychology Associate or Psychologist administers the Clinical Interview. In addition, the youth has no history of chronic inhalant abuse or dependence.
  - Youth has no criminal issues related to violent or sexualized behavior.
  - Youth is not presently on psychoactive medications.

- Youth has no history of the following mental illnesses: emerging borderline, emerging antisocial personality, severe depression, psychosis, rapid cycling mood disorder, bipolar disorder, schizophrenia, thought disorder, dissociative disorder, post traumatic stress, attention deficit or attention deficit hyperactivity disorder, dementia, or organic brain disorder (as verified by Clinical Interview).
  - Youth reads at seventh grade level or above as indicated by the TABE academic achievement test, administered by Education or by the Psychology staff within the last six months.
  - Youth consents to join Recovery, to work in the program to deal with drug problems, and to participate in aftercare counseling following release from Recovery.
  - Youth consents to three urinalysis tests while in the unit (entrance, midpoint and exit), at least two tests during aftercare, and signs urinalysis test consent forms.
- With the exception of length of stay and urinalysis testing, one or more criteria may be over-ridden by the Psychologists, with the approval of the Superintendent or the Project Leader. The length of stay and the substance abuse criteria cannot be overridden.

Results of program or project evaluation:

- The National Council on Crime and Delinquency (NCCD). Is gathering data for an outcome evaluation of the Recovery program at the Freedom Unit. Data collection began during this reporting period. This project has been funded by the Director of Arizona Department of Juvenile Corrections. We are anticipating learning more about the effectiveness of the Freedom program from the results of the outcome evaluation.
- Exit interviews with youth who graduate from the Freedom Unit indicate that 85% of youth are satisfied with the services they have received while participating in the Recovery program.

Technical assistance needed for program implementation:

- None Requested

Grantee Agency: Arizona Department of Juvenile Corrections  
 PROJECT TITLE: ADOBE MOUNTAIN SCHOOL – FREEDOM UNIT  
 PROJECT START DATE: 7/1/1998  
 PROJECT GRANT NUMBER: SAT-02-105  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
White Male Juveniles	12	59
Black Male Juveniles	1	7
Hispanic Male Juveniles	21	60
Native American Male Juveniles	2	3
Other Male Juveniles	1	1
Total Male Juveniles	37	130

Number of male juvenile offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	30	76

Number of male juvenile offenders who:

	FFY 2001 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	0	4
Were terminated from program	5	23

Number of male juvenile offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	13	36

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	0	24
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	0	0
3. Total number of male juvenile offenders admitted to the grant funded treatment program.	37	130
4. Total number of female juvenile offenders admitted to the grant funded treatment program.	Not Applicable	Not Applicable
5. Total number of offenders successfully completing the residential program.	30	76
6. Average length of stay in the residential program, for those completing the program (in days).	262	253
7. Number of offenders that dropped out of the program.	0	4
8. Total number of offenders that were terminated from the program.	5	23
9. Total number of offenders that successfully completed the aftercare program.*	13* (b)	36*(b)
10. Of the offenders the percentage that have remained drug free during the residential treatment program.	70%	85%
11. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.	100%	92%
12. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.	62%	73%
13. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> )*	unknown *(a)	unknown *(a)
The following questions are for those programs in existence for two years or more.		
15. Average cost of the program per offender that completed the residential program.	\$16,145	\$17,732
16. Average cost of the program per offender that completed the aftercare program.	Not Available	Not Available

\*(a) Youth finish aftercare by the time they turn 18, the age of majority in Arizona. The Department of Juvenile Corrections jurisdiction ends at that time.

\*(b) Youth successfully completing aftercare program is defined by the number who complete a minimum of three months on parole or until the youth turns 18 when the ADJC jurisdiction terminates.

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

Black Canyon Recovery is based on the original model at Adobe Mountain School. A federal grant was awarded to the Department of Juvenile Corrections through the Arizona Criminal Justice Commission to expand these services to additional youth. The Department was awarded RSAT grant funds in 1997 that were used to open the Recovery unit at Catalina Mountain School, a secure care facility in Tucson, Arizona. As a result of additional RSAT funding, Adobe Mountain School opened its Freedom treatment housing unit in December 1998, a 24 bed male youth facility located in North Phoenix.

Girls in secure care also needed special substance abuse treatment. RSAT funds allowed the Department to open the third treatment housing unit at Black Canyon School in north Phoenix, known as Black Canyon Recovery. This is the first substance abuse program unit for girls. The Recovery unit is based upon the treatment model program design, which was developed by Clinical Services' Chief of Counseling. The program components used are "cognitive restructuring". Research has shown that the cognitive restructuring approach to treatment helps youth turn around delinquent and drug abuse urges.

The cognitive program set up for RSAT continues to emphasize the interruption of delinquent thinking. The program uses group treatment of delinquency through the *Limit and Lead* group counseling activities developed by Dr. M. Ferrara.

For substance abuse urges, staff conducts individual counseling using cognitive interventions, such as *Rational Emotive Behavior Therapy* (REBT). The staff has received training and certification in REBT for Substance Abusing Adolescents from the Albert Ellis Institute of New York City. Dr. Ellis is known as the "grandfather of cognitive restructuring".

*The Seven Challenges* developed by Dr. Robert Schwebel are cognitive workbooks based on steps that help substance abusing youth make wiser decisions about themselves and drugs. The workbooks are based upon the original materials on the *States of Change* by DiClemente.

The core program is based on a special cognitive restructuring curriculum. It is described in the *Recovery Program Manual* for facilitators. It is put into practice in the bound *Recovery Individual Treatment Plan* (ITP) booklets for the youth in treatment. Youth begin the *Recovery ITP* at the Freshman Level after they finish the generic *Orientation Level* (ITP) booklet that all youth complete during their

first 30 days in secure care. The *Recovery ITP* helps youth through shifts in thinking, decide about their drug abuse and criminal patterns of behavior. The *Recovery ITP* includes delinquent offense cycle worksheets and *The Seven Challenges* activities so the youth are able to process their written work in group settings. *Thinking for a Change* worksheets are also included in the new *Recovery ITP*, so that youth can practice and develop social and coping skills. *Thinking for a Change* is developed by nationally recognized consultants in conjunction with OJJDP.

The Recovery program helps youth with moderate to serious drug problems. Recovery aims to help youth interrupt offense cycles and drug abuse patterns that may trigger criminal acts. It helps youth replace them with drug free choices and citizen competencies. By the time a youth graduates from the special substance abuse program, she will have progressed through the Level System. She should be at an advanced Senior Level so that pro-social decision making is consistently demonstrated, along with work on drug relapse prevention skills.

Three urinalysis tests are conducted during the youth's stay in secure care. Behind the fence urinalysis is funded by RSAT. Also, aftercare urinalysis testing is set up for program graduates. These tests are not paid for with RSAT funds.

A gender specific Recovery Manual for delinquency, offense cycles, social skills, and substance abuse issues was developed for Black Canyon School. Gender specific psycho-educational group counseling helps bridge the gap for the co-eds. The staff is experienced in drug and gender issues.

The RSAT housing unit, as designed, typically treats 24 youth, and utilizes a special staffing pattern, noted as follows:

<b>Staff Position</b>	<b>Number of Staff</b>
Youth Program Supervisor	1
Youth Program Officer – Clinical Specialists	2
Psychology Associate	1
Transition Psych Associate	1 (part-time)
Psychologist II	1 (part-time)
Administrative Assistant	1 (part-time)

All three RSAT sites share the efforts of the Transition Psychology Associate, the Psychologist, and the Administrative Assistant positions. The Administrative Assistance job duties are focused on helping youth get services, and staff training. This position has been approved by the Department of Justice.

Highlights from the past fiscal year:

- *Artists in Residence* provides youth with the opportunity to learn skills from noted artists. This creative learning youth find alternatives to delinquent and drug urges. Youth were pleased to experiment with creating art works after they learned from nationally recognized artists, serving as mentors during the seminars. Co-eds are becoming less resistive and more interested in Recovery treatment as a result of all the program support offered. The Department applied for and received additional grants from the Arizona and Phoenix Commission of the Arts to continue this program.
- *Neurotherapy Treatment* is in its implementation phase, due to the long process of selecting the vendor. The specifications for the neurotherapy vendor Request for Proposal (RFP) were prepared in August, 2001. The neurotherapy Psychologist II was hired at the end of September. A competitive bid process had selected the vendor for neurotherapy in January. The contract and vendor was approved by the assistant attorney general in March, 2002. The vendor, Lexicor, will supply the department with neurotherapy equipment, training, and case consultation. This promising approach has been used with teens and adults with severe substance abuse problems to help curb drug urges. During sessions of neurotherapy feedback, youth increase brain wave efficiency and alpha theta waves, while decreasing the urge to use drugs, according to research. Clinical interventions with the Psychologist or trained clinician help enhance the treatment effect. This program became available to youth with their parental and/or legal guardian consent during May, 2002. For more information on neurotherapy see Appendix A.
- *Vocational Preparedness* is a program that continues for consenting youth. This program prepares youth to become serious about their employment potential. Youth participate in psychological screening for emotional illness and job interests, one to one and group counseling. The goals of this modality include helping youth overcome delinquent and emotional issues that are barriers to vocational training and employment.
- The Recovery program received the Black Canyon School "Separation Housing Unit of the Year Award". This award recognizes Recovery as a safe, supporting and positive peer culture. It demonstrates that Recovery had the least referrals to 24 hour Separation. Separation is where youth are temporarily sent if they are a danger to themselves or others, or if they escape, destroy property or disrupt activities.

- The original project leader, Dr. Joanne Babich, was interviewed by an editor for a Juvenile Accountability Incentive Block Grant (JAIBG) national newsletter. The resulting article highlighted Black Canyon's Recovery unit for girls. As a result of the article, JAIBG officials visited Black Canyon Recovery, along with representatives from the Governor's office. All expressed their strong support of the RSAT program site for teenage girls, the first and only substance abuse special treatment program for co-eds in secure care in Arizona. For additional information see Appendix B.

#### Aftercare Services Provided:

- The RSAT funds used for this time period do not extend to the community. Other state and community resources fund aftercare providers for the graduates. Graduates from Recovery program have staff set up aftercare outpatient counseling and urinalysis testing through state contracted providers. Services can be available until the youth turns 18, when the department's jurisdiction ends.
- Three state contracted providers are typically utilized in the Maricopa County area for aftercare services to graduates. Some co-eds transition to a group home before returning to their community. Alternatively, intensive outpatient counseling several times a week, urinalysis, and weekly in-home counseling are available through the providers. Providers are sensitive to youth's racial, ethnic, cultural, and gender issues. Aftercare provides conduct counseling using a treatment modality that is consistent with the cognitive restructuring approach. Providers are experienced in substance abuse counseling for delinquent co-eds.

#### Criteria for entrance into RSAT Recovery Program:

- All youth agree to receive treatment for their substance abuse problem in the Special Treatment housing unit for six months to one year. Doing so may mean that their length of stay in secure care needs to be extended past their court ordered mandatory minimum date for secure care.
- The Recovery Program criteria for program admission:
  - Youth is a newly committed to secure care.
  - Youth is between the ages of fourteen and seventeen.
  - Youth is able to complete a minimum six months or a maximum of

twelve months in Recovery and will be released on parole upon completion of the program.

- Youth graduates and is released several months before the age of 18, and she is able to receive at least three months of aftercare counseling.
  - Youth has a history, or present diagnosis, of substance abuse or dependence. The problem presents as moderate to severe in nature. Substance Use Survey Needs Assessment or Clinical Interview verifies the substance abuse. A Psychology Associate or Psychologist administers the Clinical Interview. In addition, the youth has no history of chronic inhalant abuse or dependence.
  - Youth has no criminal issues related to violent or sexualized behavior.
  - Youth is not presently on psychoactive medications.
  - Youth has no history of the following mental illnesses: emerging borderline, emerging antisocial personality, severe depression, psychosis, rapid cycling mood disorder, bipolar disorder, schizophrenia, thought disorder, dissociative disorder, post traumatic stress, attention deficit or attention deficit hyperactivity disorder, dementia, or organic brain disorder (as verified by Clinical Interview).
  - Youth reads at seventh grade level or above as indicated by the TABE academic achievement test, administered by Education or by the Psychology staff within the last six months.
  - Youth consents to join Recovery, to work in the program to deal with drug problems, and to participate in aftercare counseling following release from Recovery.
  - Youth consents to three urinalysis tests while in the unit (entrance, midpoint and exit), at least two tests during aftercare, and signs urinalysis test consent forms.
- With the exception of length of stay and urinalysis testing, one or more criteria may be over-ridden by the Psychologists, with the approval of the Superintendent or the Project Leader. The length of stay and the substance abuse criteria can not be overridden.

#### Results of program or project evaluation:

- No formal evaluations have yet been done. However, an outcome evaluation (recidivism rate) of three of the department's four substance abuse programs has been chosen to be conducted. Among them will be the RSAT funded Recovery Program at Catalina Mountain and the Freedom Program at Adobe Mountain. This is being undertaken by the National Council on Crime and Delinquency (NCCD).

State Law requires all programs within the Department of Juvenile Corrections be evaluated. The Department is currently developing protocol and working on consent issues, since records of minors are protected. This evaluation is being funded by other sources.

Technical assistance needed for program implementation:

- None Requested

GRANTEE AGENCY: ARIZONA DEPARTMENT OF JUVENILE CORRECTIONS  
 PROJECT TITLE: BLACK CANYON SCHOOL  
 PROJECT START DATE: 7/1/1998  
 PROJECT GRANT NUMBER: SAT-02-104  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
White Female Juveniles	15	69
Black Female Juveniles	1	4
Hispanic Female Juveniles	17	60
Native American Female Juveniles	4	8
Other Female Juveniles	0	1
Total Female Juveniles	37	142

Number of female juvenile offenders successfully completed the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	16	80

Number of female juvenile offenders who:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	0	7
Were terminated from program	15	26

Number of female juvenile offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	17	61

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	0	24
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	0	0
3. Total number of male juvenile offenders admitted to the grant funded treatment program.	Not Applicable	Not Applicable
4. Total number of female juvenile offenders admitted to the grant funded treatment program.	37	142
5. Total number of offenders successfully completing the residential program.	16	80
6. Average length of stay in the residential program, for those completing the program (in days).	267	264
7. Number of offenders that dropped out of the program.	0	7
8. Total number of offenders that were terminated from the program.	15	26
9. Total number of offenders that successfully completed the aftercare program.*	17*(b)	61*(b)
10. Of the offenders the percentage that have remained drug free during the residential treatment program.	100%	100%
11. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.	70%	67%
12. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.	76%	66%
13. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).	unknown *(a)	unknown *(a)
The following questions are for those programs in existence for two years or more.		
14. Average cost of the program per offender that completed the residential program.	\$13,659	\$16,872
15. Average cost of the program per offender that completed the aftercare program.	Not Applicable	Not Applicable

\*(a) Youth finish aftercare by the time they turn 18, the age of majority in Arizona. The Department of Juvenile Corrections jurisdiction ends at that time.

\*(b) Youth successfully completing aftercare program is defined by the number who complete a minimum of three months on parole or until the youth turns 18 when the ADJC jurisdiction terminates.

**Arizona Department of Juvenile Corrections  
Catalina Mountain School  
Recovery Unit**

Catalina Mountain Recovery is based on the original model at Adobe Mountain School. A federal grant was awarded to the Department of Juvenile Corrections through the Arizona Criminal Justice Commission to expand these services to additional youth. The Department was awarded RSAT grant funds in 1997 that were used to open the Recovery site at Catalina Mountain School, a secure care facility in Tucson, Arizona. As a result of additional RSAT funding, Adobe Mountain School opened its Freedom treatment housing unit in December 1998, a 24 bed male youth facility located in North Phoenix.

The Recovery program helps male youth from the Pima County area, with moderate to severe drug problems whose length of stay is comparative with the grant requirements of six to twelve months in the secure care program. The program helps youth combat delinquent and substance abuse urges, using the cognitive approaches. The Recovery unit is based upon the treatment model program design, which was developed by Clinical Services' Chief of Counseling. The program components used are "cognitive restructuring". Research has shown that the cognitive restructuring approach to treatment helps youth turn around delinquent and drug abuse urges.

The cognitive program set up for RSAT continues to emphasize the interruption of delinquent thinking. The program uses group treatment of delinquency through the *Limit and Lead* group counseling activities developed by Dr. M. Ferrara.

For substance abuse urges, staff conducts individual counseling using cognitive interventions, such as *Rational Emotive Behavior Therapy* (REBT). The staff has received training and certification in REBT for Substance Abusing Adolescents from the Albert Ellis Institute of New York City. Dr. Ellis is known as the "grandfather of cognitive restructuring".

*The Seven Challenges* developed by Dr. Robert Schwebel, are cognitive workbooks based on steps that help substance abusing youth make wiser decisions about themselves and drugs. The workbooks are based upon the original material on the *States of Change* by DiClemente. They challenge the youths decisions and life choices around drugs.

The core program is based on a special cognitive restructuring curriculum. It is described in the *Recovery Program Manual* for facilitators. It is put into practice in the bound *Recovery Individual Treatment Plan* (ITP) booklets for the youth in

treatment. Youth begin the *Recovery ITP* at the Freshman Level after they finish the generic *Orientation Level* (ITP) booklet that all youth complete during their first 30 days in secure care. The *Recovery ITP* helps youth through shifts in thinking, decide about their drug abuse and criminal patterns of behavior. The *Recovery ITP* includes delinquent offense cycle worksheets and *The Seven Challenges* activities so the youth are able to process their written work in group settings. *Thinking for a Change* worksheets are also included in the new *Recovery ITP*, so that youth can practice and develop social and coping skills. *Thinking for a Change* is developed by nationally recognized consultants in conjunction with OJJDP.

The Recovery program helps youth with moderate to serious drug problems. Recovery aims to help youth interrupt offense cycles and drug abuse patterns that may trigger criminal acts. It helps youth replace them with drug free choices and citizen competencies. By the time a youth graduates from the special substance abuse program, he will have progressed through the Level System. He should be at an advanced Senior Level so that pro-social decision making is consistently demonstrated, along with work on drug relapse prevention skills.

Three urinalysis tests are conducted during the youth's stay in secure care. Behind the fence urinalysis is funded by RSAT. Also, aftercare urinalysis testing is set up for program graduates. These tests are not paid for with RSAT funds.

The RSAT housing unit, as designed, typically treats 24 youth, and utilizes a special staffing pattern, noted as follows:

<b>Staff Position</b>	<b>Number of Staff</b>
Youth Program Supervisor	1
Youth Program Officer – Clinical Specialists	2
Psychology Associate	1
Transition Psych Associate	1(part-time)
Psychologist II	1(part-time)
Administrative Assistant	1(part-time)

All three RSAT sites share the efforts of the Transition Psychology Associate, the Psychologist, and the Administrative Assistant positions. The Administrative Assistance job duties are focused on helping youth get services, and staff training. This position has been approved by the Department of Justice.

Highlights from the past fiscal year:

- *Artists in Residence* provides youth with the opportunity to learn skills from noted artists. This creative learning helps youth find alternatives to delinquent and drug urges. Youth were pleased to experiment with creating art works after they learned from nationally recognized artists, serving as mentors during the seminars. Youth are becoming less resistive and more interested in Recovery treatment as a result of all the program support offered. The program consists of three sessions of twelve workshops. The Department has applied for and received additional grants from the Arizona and Phoenix Commission of the Arts to continue this program.
- A new curriculum was added to the Individual Treatment Plan (ITP). This curriculum consists of interactive workbooks or journals. The journals are produced by The Change Company and follow the *Stages of Change* model. The workbooks are a combination of two sets, one journal was written for youth in drug rehabilitation and the other for adults in correctional settings. The workbooks were modified to fit the juvenile population; the faith based recovery modality was excluded. This new curriculum meshes well with the program materials *Limit and Lead*, *Thinking for a Change* and *The Seven Challenges*. The new curriculum will continued to be monitored.
- *Neurotherapy Treatment* is in its implementation phase, due to the long process of selecting the vendor. The specifications for the neurotherapy vendor Request for Proposal (RFP) were prepared in August, 2001. The neurotherapy Psychologist II was hired at the end of September. A competitive bid process had selected the vendor for neurotherapy in January. The contract and vendor was approved by the assistant attorney general in March, 2002. The vendor, Lexicor, will supply the department with neurotherapy equipment, training, and case consultation. This promising approach has been used with teens and adults with severe substance abuse problems to help curb drug urges. During sessions of neurotherapy feedback, youth increase brain wave efficiency and alpha theta waves, while decreasing the urge to use drugs, according to research. Clinical interventions with the Psychologist or trained clinician help enhance the treatment effect. This program became available to youth with their parental and/or legal guardian consent during May, 2002. For more information on Neurotherapy see Appendix A.
- *Vocational Preparedness* is a program that continues for consenting youth. This program prepares youth to become serious about their

employment potential. Youth participate in psychological screening for emotional illness and job interests, one to one and group counseling. The goals of this modality include helping youth overcome delinquent and emotional issues that are barriers to vocational training and employment.

- Six treatment team members attended the annual National Association of Alcohol and Drug Abuse Conference (NAADAC) in Tucson in October 2001. The paraprofessional staff benefited from the drug abuse counseling seminars provided at this conference.
- One youth, on transition to community was selected to graduate. He and his father were interviewed and highlighted on the front page of the Arizona Daily Star, the Tucson newspaper. The Strengths of the Recovery program were discussed, as well as his own personal journey to Recovery. (See Appendix C)
- All new Recovery staff members were certified in Rational Emotive Behavior Therapy (REBT) by the Albert Ellis Institute of New York.

#### Aftercare Services Provided:

- The RSAT funds used for this time period do not extend to the community. Other state and community resources fund aftercare providers for the graduates. Graduates from Recovery have staff set up aftercare outpatient counseling and urinalysis testing through state contracted providers. Services are available until the youth turns 18, when the department's jurisdiction ends.
- Three state contracted providers are typically utilized in the Pima County area for aftercare services to graduates. Intensive outpatient counseling several times a week, urinalysis, and weekly in-home counseling are available through the providers. Providers are sensitive to youth's racial, ethnic, cultural, and gender issues. Aftercare provides conduct counseling using a treatment modality that is consistent with the cognitive restructuring approach. Providers are experienced in substance abuse counseling for delinquent youths.

#### Criteria for entrance into RSAT Recovery Program:

- All youth agree to receive treatment for their substance abuse problem in the Special Treatment housing unit for six months to one year. Doing so may mean that their length of stay in secure care needs to be extended past their court ordered mandatory minimum date for secure care.

- The Recovery Program criteria for program admission:
  - Youth is a newly committed to secure care.
  - Youth is between the ages of fourteen and seventeen.
  - Youth is able to complete a minimum six months or a maximum twelve months in the Recovery Unit and will be released on parole upon completion of the program.
  - Youth graduates and is released several months before the age of 18, and he is able to receive at least three months of aftercare counseling.
  - Youth has a history, or present diagnosis, of substance abuse or dependence. The problem presents as moderate to severe in nature. Substance Use Survey Needs Assessment or Clinical Interview verifies the substance abuse. A Psychology Associate or Psychologist administers the Clinical Interview. In addition, the youth has no history of chronic inhalant abuse or dependence.
  - Youth has no criminal issues related to violent or sexualized behavior.
  - Youth is not presently on psychoactive medications.
  - Youth has no history of the following mental illnesses: emerging borderline, emerging antisocial personality, severe depression, psychosis, rapid cycling mood disorder, bipolar disorder, schizophrenia, thought disorder, dissociative disorder, post traumatic stress, attention deficit or attention deficit hyperactivity disorder, dementia, or organic brain disorder (as verified by Clinical Interview).
  - Youth reads at seventh grade level or above as indicated by the TABE academic achievement test, administered by Education or by the Psychology staff within the last six months.
  - Youth consents to join Recovery, to work in the program to deal with drug problems, and to participate in aftercare counseling following release from Recovery.
  - Youth consents to three urinalysis tests while in the unit (entrance, midpoint and exit), at least two tests during aftercare, and signs urinalysis test consent forms.
  
- With the exception of length of stay and urinalysis testing, one or more criteria may be over-ridden by the Psychologists, with the approval of the Superintendent or the Project Leader. The length of stay and the substance abuse criteria cannot be overridden.

Results of program or project evaluation:

- The clinical staff met with National Council on Crime and Delinquency (NCCD) to prepare for their extensive outcome evaluation. The

evaluation criteria have been carefully considered to ensure a true measure of the program. On September 10, 2002 the evaluation was approved and underway. This evaluation is being funded by other sources.

Technical assistance needed for program implementation:

- None Requested

GRANTEE AGENCY: ARIZONA DEPARTMENT OF JUVENILE CORRECTIONS  
 PROJECT TITLE: CATALINA MOUNTAIN SCHOOL  
 PROJECT START DATE: 1/1/97  
 PROJECT GRANT NUMBER: SAT-02-106  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
White Male Juveniles	6	46
Black Male Juveniles	0	6
Hispanic Male Juveniles	16	85
Native American Male Juveniles	2	10
Other Male Juveniles	0	0
Total Male Juveniles	24	147

Number of male juvenile offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	11	80

Number of male juvenile offenders who:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Dropped out of program	0	1
Were terminated from program	13	36

Number of male juvenile offenders who successfully completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total	17	50

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	0	20
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	0	0
3. Total number of male juvenile offenders admitted to the grant funded treatment program.	24	147
4. Total number of female juvenile offenders admitted to the grant funded treatment program.	Not Applicable	Not Applicable
5. Total number of offenders successfully completing the residential program.	11	80
6. Average length of stay in the residential program, for those completing the program (in days).	261	267
7. Number of offenders that dropped out of the program.	0	1
8. Total number of offenders that were terminated from the program.	13	36
9. Total number of offenders that successfully completed the aftercare program. *	17*(b)	50*(b)
10. Of the offenders the percentage that have remained drug free during the residential program.	100%	100%
11. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare phase	100%	72%
12. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare phase.	59%	66%
13. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).*	unknown *(a)	unknown *(a)
The following questions are for those programs in existence for two years or more.		
14. Average cost of the program per offender that completed the residential program.	\$24,425	\$18,698
15. Average cost of the program per offender that completed the aftercare program.	Not Available	Not Available

\*(a) Youth finish aftercare by the time they turn 18, the age of majority in Arizona. The Department of Juvenile Corrections jurisdiction ends at that time.

\*(b) Youth successfully completing aftercare program is defined by the number who complete a minimum of three months on parole or until the youth turns 18 when the ADJC jurisdiction terminates.

## **Maricopa County Sheriff's Office Alpha Program**

The Alpha program is available to inmates who are assessed as to have a minimum of six months of incarceration. Specific segments of substance abuse therapy have been identified and incorporated in the Alpha Program. Alpha volunteer participants are segregated from the general population and are housed in pods of thirty 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. Drug testing is a requirement of the program.

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 of women is added that focuses self-esteem and codependent 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. Inmates' 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.

Highlights from the past fiscal year:

- This past year there has been a greater focus on self-esteem and co-dependency in the female Anger Management groups.
- The men's RSAT Alpha program has tripled in size.
- An emphasis has been placed on domestic violence component of the Anger Management portion of the supplemental services provided to the male and female participants in the post-Alpha phase of the program. Cognitive Restructuring groups were added to the post phase of the program.

Aftercare Services Provided:

- Graduates remain in the segregated housing unit with their fellow group members for the duration of their incarceration. This allows the participants to attend aftercare programming consisting of Post-Alpha groups. Cognitive restructuring groups also begin at this time. All programming and activities are coordinated so that all members can participate together to keep the cohesiveness of the group going.

Criteria for entrance to the RSAT 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. All of 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 highly successful Alpha Program.

Result of Program or Project Evaluations:

- Program evaluations are done on an individual basis in the form of a pre and post test administered by counselors and facilitators. Results are based on progress made by the individuals during the time that they are in the group. The counselors and Alpha staff monitor these reports. Success is determined by exhibited and stated improvement in skill building, anger management, recognition of substance using behavior and other similar patterns.

Technical assistance needed for program implementation:

- None at this time.

GRANTEE AGENCY: MARICOPA COUNTY SHERIFF'S OFFICE  
 PROJECT TITLE: ALPHA PROGRAM  
 PROJECT START DATE: 7/1/1998  
 PROJECT GRANT NUMBER: SAT-02-108  
 REPORT PERIOD: FFY02 – 10/1/2001 – 9/30/2002

Number of offenders admitted to the grant supported treatment program this Federal Fiscal Year:

	FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002		FFY 2002 (10/01/2001 - 9/30/2002)	Since start of project to 9/30/2002
White Males	254	581	White Females	111	362
Black Males	46	155	Black Females	10	55
Hispanic Males	81	310	Hispanic Females	39	92
Native American Males	14	37	Native American Females	11	21
Other Males	0	2	Other Females	0	1
Total Males	395	1085	Total Females	171	631

Number of offenders successfully completing the grant supported treatment program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total Males	312	840
Total Females	93	282

Number of offenders who:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Males dropped out of program	36	93
Females dropped out of program	12	52
Males terminated from program	81	255
Females terminated from program	51	98

Number of offenders who successfully  
completed an aftercare program:

	FFY 2002 (10/01/2001 -9/30/2002)	Since start of project to 9/30/2002
Total Males	254	720
Total Females	89	1060

Requested Information ( <b>Please provide one evaluation form for each grant funded project</b> )	FFY 2002 (10/01/2001 -9/30/20002)	Since start of project to 9/30/2002
1. Treatment beds added or supported with RSAT grant funds ( <b>Federal &amp; Match</b> )	30	105
2. Treatment beds enhanced with RSAT grant funds ( <b>for previously established programs, beds enhanced by new services</b> )	30	105
3. Total number of male offenders admitted to the grant funded treatment program.	395	1085
4. Total number of female offenders admitted to the grant funded treatment program.	171	531
5. Total number of adult offenders successfully completing the residential program.	566	1616
6. Total number of juvenile offenders admitted to the grant funded treatment program.	19	376
7. Total number of offenders successfully completing the residential program.	405	1122
8. Average length of stay in the residential program, for those completing the program (in days).	183	183
9. Total number of offenders that dropped out of the program.	48	145
10. Total number of offenders that were terminated from the program.	132	352
11. Total number of offenders that successfully completed the aftercare program.	343	1060
12. Of the offenders that completed the program, the percentage that have remained drug free during the residential treatment program.	99%	99%
13. Of the offenders that completed the program, the percentage that have remained drug free during the aftercare program.	97%	97%
14. Of the offenders that have completed the program, the percentage that have remained arrest free during the aftercare program.*	100%	100%
15. Of the offenders that completed the program, the percentage that have remained arrest free following release from aftercare ( <b>at least one year follow-up</b> ).	83%	83%
The following questions are for those programs in existence for two years or more.		
16. Average cost of the program per offender that completed the residential program.	\$1,364	1,364
17. Average cost of the program per offender that completed the aftercare program.*	Not Applicable	Not Applicable

\*Aftercare not funded

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