

# Arizona Criminal Justice Commission

## Drug Control and System Improvement Publication

Our mission is to sustain and enhance the coordination, cohesiveness, productivity and effectiveness of the Criminal Justice System in Arizona



## *Residential Substance Abuse Treatment Program*

*2005*

2006

**STATE OF ARIZONA**  
**2005 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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The Arizona Criminal Justice Commission is assisted in the review of applications for Residential Substance Abuse Treatment (RSAT) grants by Ms. Christina A. Dye, Substance Abuse Services Chief, and staff at the Arizona Department of Health Services, Behavioral Health & Substance Abuse Division at 150 North 18<sup>th</sup> Avenue, Suite 220, Phoenix, Arizona 85007. 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.

## Residential Substance Abuse Treatment

### Executive Summary

Arizona's proximity to Mexico's border makes it susceptible to drug smuggling from Central and South America. Thus, it is not surprising that Arizona has adults and youth with significant substance abuse issues. The National Center on Addiction and Substance Abuse at Columbia University study found that in March 2003, 80 percent of all offenders in the U.S. criminal justice system report having substance abuse problems. Arizona mimics these same statistics. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services, drugs such as amphetamines and marijuana were the [most common addictions of the people entering treatment facilities in Arizona](#) during 2004. The need for drug treatment in state and local jails is evident.

In Arizona, federal Residential Substance Abuse Treatment (RSAT) funds are used to help the state and local governments improve residential substance abuse treatment programs within the state and local correctional and detention facilities. RSAT also helps support community-based aftercare services for probationers and parolees.

In fiscal year 2005 (July 1, 2004 to June 30, 2005), the state of Arizona awarded \$1,443,063 in federal funds; the grantees provided \$48,022 in cash matching funds to 10 programs. Seven of these programs are residential programs within the state and local correctional and detention facilities. Three of the programs are community-based aftercare programs.

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

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

*Progressive Recovery* program provides treatment for dually diagnosed sex offenders with substance abuse problems. Phase I of the program is a readiness stage. Phase II begins formal treatment and places emphasis on curriculum that educates the inmate about cognitive behavior change, coping skills, and substance abuse addiction. Phase III addresses common relapse triggers and shows offenders how to create crisis management plans. Phase IV is continuing substance abuse group therapy. RSAT funds are used only for the substance abuse portion of the program.

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

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

Programs at Adobe, Black Canyon and Catalina Mountain schools are rooted in cognitive behavioral therapy and use multiple programming components such as limit and lead group counseling; cognitive behavioral interventions, such as Rational Emotive Behavior Therapy; *Seven Challenges* workbooks based on steps that help substance abusing youth make wiser decisions about themselves and drug use.

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

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

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

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

The success of Arizona's RSAT programs is evident. Arizona Department of Corrections (ADOC) and Arizona Department of Juvenile Corrections (ADJC) residential programs operate 365 days a year. Maricopa County Sheriff's Office (MCSO) residential programs operate 210 days per year. Since 1998, 3,433 (60%) of the 5,754 offenders who entered Arizona's residential substance abuse treatment, have successfully completed the programs. Of the offenders who completed the residential program in FFY2005, 90 percent have remained drug-free. While the offenders who completed the aftercare program in FFY2005, 92 percent remained drug-free and 94 percent remained arrest-free.

The success of Arizona's RSAT program is not only evident by the high success rate, but by the impact residential substance abuse treatment has on the offenders. ADOC reports that the majority of the offenders are now employed or in school full-time. Many expressed that the voluntary nature of the program contributed to their success by making them feel as though they chose to change their behavior and increased their commitment to recovery after treatment. A unique component of the ADOC aftercare program is the provision of a one-month housing subsidy. Offenders felt this gave them a break in obtaining a job by having an address and phone number for potential employers to call.

PERFORMANCE MEASURES

PROGRAM GOALS:

Goal 1 - Develop programs that will break the cycle of drug abuse and associated violence by providing programs that develop the inmates cognitive, behavioral, social, vocational and other skills that will help the inmate overcome substance abuse, anti-social behavior, and prepare inmates for community re-entry.

Goal 2 - Provide housing, job-placement, counseling and related post-release services that will help recently released inmates cope with the pressures associated with community living.

PROGRAM OBJECTIVES	PERFORMANCE MEASURES	FFY 2005 PROGRESS
<p>Enhance the capability of states and units of local government to provide residential substance abuse treatment for incarcerated inmates.</p>	<p><i>Amount of Services:</i></p> <ul style="list-style-type: none"> <li>• Number of days of residential treatment provided. 365</li> <li>• Number of days of aftercare provided. 365</li> <li>• Previously funded RSAT beds continued during grant cycle. 464</li> <li>• New Treatment beds added with RSAT grant funds during this cycle. 0*</li> <li>• Treatment beds funded through other sources but enhanced with RSAT-funded services. 0</li> <li>• Average length of stay in the residential program in days, for those completing the program. 263</li> </ul> <p><i>Offenders entering residential treatment:</i></p> <ul style="list-style-type: none"> <li>• Total number of offenders entering the RSAT funded treatment program. 1,193</li> </ul> <p><i>Program Cost:</i></p> <ul style="list-style-type: none"> <li>• Average cost per day for residential program all programs. \$921</li> </ul>	
<p>Prepare offenders for reintegration into the communities from which they came by incorporating re-entry planning activities into treatment programs.</p>	<p><i>Recidivism and drug use:</i></p> <ul style="list-style-type: none"> <li>• Of the offenders who completed the program, the number who have remained drug-free during the residential program. 584 (90%)</li> <li>• Of the offenders who completed the program, the number who have remained drug-free during the aftercare program. 49 (92%)</li> <li>• Of the offenders who completed the program, the number who remained arrest-free during the aftercare program. 50 (94%)</li> <li>• Of the offenders who completed the program, the number who have remained arrest-free for one year following release from aftercare (most recent available year). 20 (38%)**</li> </ul>	

PROGRAM OBJECTIVES	PERFORMANCE MEASURES	FFY 2005 PROGRESS
	<p><i>Residential treatment success:</i></p> <ul style="list-style-type: none"> <li>• Total number of offenders successfully completing the residential program.</li> <li>• Total number of offenders who dropped out of the residential program.</li> <li>• Total number of offenders who were terminated from the residential program.</li> </ul>	<p>652</p> <p>88</p> <p>251</p>
Assist both the offenders and their communities through the re-entry process through the delivery of both community-based treatment and other broad-based aftercare services.	<p><i>Offenders entering Aftercare programs:</i></p> <ul style="list-style-type: none"> <li>• Total number of offenders entering an RSAT funded aftercare program.</li> <li>• Average length of stay in the aftercare program in days, for those completing the program.</li> </ul> <p><i>Aftercare successes:</i></p> <ul style="list-style-type: none"> <li>• Total number of offenders successfully completing the aftercare program.</li> <li>• Total number of offenders who dropped out of aftercare.</li> <li>• Total number of offenders who were terminated from the aftercare program.</li> </ul> <p><i>Program Costs:</i></p> <ul style="list-style-type: none"> <li>• Average cost per day for the aftercare program.</li> </ul>	<p>129</p> <p>93</p> <p>53</p> <p>22</p> <p>0</p> <p>\$949</p>

\* Due to the reductions in federal RSAT funds in FFY 2004 & 2005 there has been a loss of 51 RSAT beds statewide.

\*\* This percentage is low, because data is not available from all programs.

Statistics tell a partial story; data indicates a quantitative success. However, individual successes tell a human story. Following are narratives that describe how grant funds changed the lives of individuals who completed RSAT programs.

## ALPHA PROGRAM GRADUATES SPEAK AT AWARD BANQUET

Each year, the Maricopa County Sheriff's Office Jail hosts a banquet to honor the contributions of hundreds of people who volunteer their time to enrich the lives of the inmates incarcerated in the county jail. Several former inmates who are graduates from the Residential Substance Abuse Treatment-funded Alpha program are invited back to speak to the volunteers and staff members who helped change their lives for the better. In addition, one year after graduation from the Alpha program, they are invited back to speak and offer advice to new graduates about the reward and challenges of life in recovery.



Maricopa County Sheriff's Office Jail's Alpha program banquet.

## VIETNAM VET FINDS HELP THROUGH THE ALPHA PROGRAM

Jeff's downward spiral into addiction began when he returned from combat in Vietnam. He was haunted by the horrors of combat and returned to an angry public. To make matters worse, Jeff was responsible for an accident that killed his best friend. His fiancé left him because of his drug addiction, but she told him to look her up after he had been drug-free for a year. Jeff's addictive lifestyle eventually landed him in the Maricopa County Jail where he enrolled in the Alpha program. While in the

program, he was challenged to evaluate his life and the decisions he had made. He graduated from the Alpha program in May 2003.

Eight years after his fiancé left him and one year clean and sober, Jeff called his ex-fiancé. They were married and are now celebrating their one-year anniversary. He spoke at the last Alpha program banquet. Jeff is working as a chef at the Veterans Hospital in Phoenix, Arizona.



Attendees enjoy Maricopa County Sheriff's Office Jail's Alpha program banquet.

## YOUTH BEATS METHAMPHETAMINE ADDICTION AND BECOMES A PEER MENTOR

Jay was committed to the Arizona Department of Juvenile Corrections (ADJC) in March and arrived to the Recovery drug treatment program in May. Jay has completed the majority of his treatment work and now is a peer mentor for groups and journaling. Prior to his ADJC commitment, Jay was smoking methamphetamine at least four or five times per day for several years. Jay's father also has a history of substance abuse. Jay would roam the streets at night committing burglaries and thefts to support his increasing methamphetamine habit. Jay was placed on probation when he was found incoherent on the roof of a house. He violated his probation on several occasions for testing positive on

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urinalysis tests and for failure to complete substance abuse treatment. When Jay arrived to the Recovery program, he seemed hesitant to address his needs. He is now a model youth in the program. He has completed his seven challenges program and is a peer leader with the implementation of the New Freedom program.

#### SIXTEEN-YEAR-OLD FATHER LEARNS PRIORITIES AND VALUES IN RECOVERY PROGRAM

Izzy was convicted on drug and endangerment charges and committed to ADJC. He had been running the streets with gang members, using drugs, skipping school, and was never at home. Just prior to his incarceration, his girlfriend became pregnant. ADJC staff worked with him to sort out his priorities and values. He decided he wanted to turn his life around, finish high school, be a good father to his baby, and a good partner to his girlfriend. He graduated Recovery in 2005 and continues to live with his mother. Izzy is 16-years-old and is committed to finishing high school. He works in the family-run business, cleaning office buildings and residences. He also

completed aftercare counseling with Touchstone (FFT). Izzy continues to be drug free. He is helping with the financial support of his four-month-old child. Izzy is also paying off all of his fines and court fees. His parole officer is in the process of completing the paperwork to give the youth an absolute discharge.

#### REHABILITATED YOUTH NOW VOLUNTEERS AT BOYS AND GIRLS CLUB

Jaime arrived at ADJC after being adjudicated on charges of drug possession, drugs at school, reckless driving, leaving the scene of an accident, disorderly conduct, and simple assault. Jaime graduated the Recovery program in 2005. He has earned his GED and is currently in aftercare individual and family counseling. Jaime's parole officer and mother both report the counseling continues to be helpful. He continues to be drug free. He is planning to go to school to learn how to be an auto mechanic. Jaime volunteers at the boys and girls club in Tucson where his sister works.

These success stories are possible because of the federal funding that has been provided under the Residential Substance Abuse Treatment grant program. The proposed elimination of the RSAT program for FFY 2007 will dramatically impact the three Arizona institutions providing RSAT services. The lack of FFY 2004 funds resulted in a loss of 51 beds statewide. The reduction of federal funds in FFY 2005 and 2006 will further reduce the number of RSAT beds available. Without the continued federal support, the future of these programs and the positive results stemming from the programs would not exist.

## Arizona Department of Corrections Men in Recovery

The Arizona Department of Corrections was awarded \$178,822 in federal dollars and supplied \$59,608 in cash match to continue the Men in Recovery program in FY 2005.

The "Men in Recovery" (MIR) program 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 treatment and pre-release program for 122 male inmates. Male inmates eligible for "Men in Recovery" must meet security eligibility criteria and must be at least 12 months from their release date. The program's goals are to: 1) 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 after release services with structured case management for men eligible for services under Proposition 200 funding (Phase IV). All inmates participating in Phase I, II and III are tested for drugs once a month. The male participants are separately housed at the Arizona State Prison Complex (ASPC) Tucson Echo and Catalina Units.

Criteria for entrance into the RSAT Program:

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

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

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

Phase I: This is an eight week pre-treatment stage that readies the participant for structured treatment. This phase is a workshop called *Awakening*. The prime objective of the workshop is for each individual in recovery to look inward and take full responsibility for their behavior and their future. Through a group process, individuals are asked to set aside the mind-set of blaming others for their present situation, and to set up new positive feelings about who they are and what they can become. This program serves as a preparation for the formal substance abuse treatment and

education phases of the Arizona Department of Corrections Office of Substance Abuse Services (OSAS) program. The *Awakening* workshop has 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 a lifestyle free of substance abuse.

Phase II: This 32 week component focuses on intense structured treatment. The curriculum consists of two main programs: The *New Direction* program 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 are the primary resource for the program.

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

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

Highlights from the past fiscal year:

- ADOC completed expansion of the Echo and Catalina Unit at ASPC-Tucson allowing inmates who transfer from medium to minimum custody to remain in drug treatment.
- 215 inmates enrolled in the program, 82 have completed the program.
- 26 or 12 percent of the 215 enrollees dropped out of the program. 19 percent of the enrollees were terminated from the program.
- 687 drug tests were given with only 3 percent testing positive for drug use.

Challenges:

- Reduction in staffing caused counselor caseloads to increase to 50 – 60 inmates per counselor.

After-Release Services Provided:

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

Grantee Agency: Arizona Department of Corrections  
 Project Title: Men in Recovery  
 Project Start Date: 7/1/2002  
 Project Grant Number: SAT-05-109  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	92	92
2.	New treatment beds added with RSAT grant funds during this grant period.	0	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	365	365
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	215	451
7.	Number of Adult Males.	215	451
8.	Number of Adult Females.	0	0
9.	Number of Juvenile Males.	0	0
10.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug-Use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	74 (90%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	74 (90%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program	82	133
14.	Total number of offenders that dropped out of the residential program.	26	47
15.	Total number of offenders that were terminated from the residential program.	40	76
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$1,292	\$1,209

\* Data is not available prior to FFY 2005.

## Arizona Department of Corrections Women in Recovery

The Arizona Department of Corrections was awarded \$168,007 in federal dollars and supplied \$56,002 in cash match to continue the Women in Recovery program in FY 2005.

The Women in Recovery (WIR) program 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 96 female inmates. Female inmates eligible for "Women in Recovery" must meet security eligibility criteria and be 12 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.

Criteria for entrance into the Women in Recovery program:

- Public Risk Needs score of 2 or lower.
- Institutional Risk Needs score of 3 or lower.
- Fifteen (15) to eighteen (18) months to earliest release.
- Alcohol/Drug Treatment Need score of 2 or higher
- Mental Health Needs score of 2 or lower (Scores of 3 are considered on a cases-by-case basis).
- Detainer score of 2 or lower.

The Phase I treatment component uses curricula 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 offers 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” program’s 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 their behavior and their future. 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 a lifestyle free of substance abuse.

Phase II: This is a 32 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 a 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 are 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 participant’s 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, intense re-entry planning and strengthening families therapy. 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: Phase IV 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 12 months.

Highlights from the past fiscal year:

- Implemented on-going substance abuse treatment groups to accommodate the sometimes high drop out (18%) and termination (15%) rates with a total enrollment of 130 inmates.
- Of the above, 86 or 66 percent have completed the program.
- 911 drug tests were given resulting 100 percent of inmates in the program being given urinalysis every month. As of the date of this report, none have tested positive.
- 5 percent of released offenders returned to ASPC with a new felony.

Challenges:

- 16 percent of released offenders returned to ASPC due to parole violations such as substance abuse relapse, violation of release conditions, and new crimes committed.

Aftercare Services Provided:

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

Grantee Agency: Arizona Department of Corrections  
 Project Title: Women in Recovery  
 Project Start Date: 7/1/2002  
 Project Grant Number: SAT-05-109  
 Report Period: FY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	96	96
2.	New treatment beds added with RSAT grant funds during this grant period.	0	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	365	365
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	130	347
7.	Number of Adult Males.	0	0
8.	Number of Adult Females.	130	347
9.	Number of Juvenile Males.	0	0
10.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	64 (74%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	64 (74%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program	86	174
14.	Total number of offenders that dropped out of the residential program.	24	61
15.	Total number of offenders that were terminated from the residential program.	20	37
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$640	\$682

\* Data is not available prior to FFY 2005

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## Arizona Department of Corrections Progressive Recovery

The Arizona Department of Corrections was awarded \$98,512 in federal dollars and supplied \$32,717 in cash match to continue the Progressive Recovery program in FY 2005.

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 Winchester 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 10 to 12 month structured treatment program, plus ten closely related psycho-educational courses organized into five instructional blocks. Participants in Phase II are initially screened for OSAS-RSAT participation by Substance Abuse Treatment Needs scores of 3 or higher (with 5 being the most acute need for intervention and treatment). All OSAS-RSAT participants are placed in specialized housing with IHS program participants.

Criteria for entrance into the RSAT Program:

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

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

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

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

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

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

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

Highlights from the past fiscal year:

- Treatment services were provided to the 22 inmates continuing in the Progressive Recovery program. No new inmates were added to the program during the 5 month relocation process.
- Due to limited number of inmates participating in the program, group sessions increased from 1 per week to 3 sessions per week.
- Inmates were given the opportunity to attend at least one recovery support group per week, including 12-step groups and/or Self Management and Recovery Training (SMART) Groups.

Challenges:

- The program was moved to Arizona State Prison Complex-Tucson/Winchester Unit and operated at limited capacity for 5 months.

After-Release Services Provided:

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

Grantee Agency: Arizona Department of Corrections  
 Project Title: Progressive Recovery  
 Project Start Date: 7/1/1999  
 Project Grant Number: SAT-05-107  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	33	80
2.	New treatment beds added with RSAT grant funds during this grant period.	0	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	0	365
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	**	220
7.	Number of Adult Males.	**	220
8.	Number of Adult Females.	0	0
9.	Number of Juvenile Males.	0	0
10.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug-Use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	0	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	0	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program.	0	86
14.	Total number of offenders that dropped out of the residential program.	0	60
15.	Total number of offenders that were terminated from the residential program.	0	2
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$139**	0

\* Data not available prior to FFY 2005. \*\*Expended 30% of grant funds due to movement to new facility. In addition, no new inmates were admitted to the program due to the move.

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## Arizona Department of Corrections Total Recovery (After-Release)

The Arizona Department of Corrections was awarded \$23,068 in federal dollars and supplied \$7,690 in cash match to continue the Total Recovery after-release program in FY 2005.

Arizona Department of Corrections (ADC) Total Recovery program seeks to address the housing assistance and continuing treatment needs of recently released inmates. Aftercare activities carried out with grant funds include providing funds for transitional housing for inmates that complete Men in Recovery and Women in Recovery programs. Housing assistance is one of the primary needs for many released inmates. Each halfway house is visited and inspected by a case manager and, if found to meet the desired criteria, added to the "approved halfway house list." Houses that do not meet these criteria are not approved to receive Arizona Department of Corrections transitional funds.

Criteria for Approved Halfway House:

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

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

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

Highlights from the past fiscal year:

- 24 or 80 percent of the offenders completed the program of the 30 who entered the program.
- 25 percent of the offenders dropped out of the program.

Challenges:

- Working with transitional housing programs that require a deposit prior to inmate's placement.
- With programming and education a priority in prison, some offenders are unable to work full-time or part-time to make \$100.00 housing deposit.
- The delay in payment to housing facilities has resulted in housing programs refusal to waive the \$100.00 deposit for the offenders.

Grantee Agency: Arizona Department of Corrections  
 Project Title: Total Recovery  
 Project Start Date: 7/1/2003  
 Project Grant Number: RAC-05-100  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

Amount of Services		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Average length of time each participant is in the aftercare treatment program in days, for those completing the program.	69	69
2.	Number of days of aftercare provided.	365	365
<b>Offenders Entering Aftercare Program</b>			
3.	Total number of offenders entering an RSAT funded aftercare program.	30	56
4.	Number of Adult Males.	17	30
5.	Number of Adult Females.	13	26
6.	Number of Juvenile Males.	0	0
7.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug-Use</b>			
8.	Of the offenders that completed the program, the number that remained drug-free during the aftercare program.	24 (100%)	41 (100%)
9.	Of the offenders that completed the program, the number that remained arrest-free during the aftercare program.	24 (100%)	41 (100%)
10.	Of the offenders that completed the program, the number that remained arrest-free following release from the aftercare program (1 yr).	*	*
11.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	**	**
<b>Aftercare Program Success</b>			
12.	Total number of offenders successfully completing the aftercare program.	24	41
13.	Total number of offenders that dropped out of the aftercare program.	6	6
14.	Total number of offenders that were terminated from the aftercare program.	0	0
<b>Program Costs</b>			
15.	Average cost per day for the aftercare program.	\$875	\$875

\* Data not available.

\*\*Data not available prior to FFY 2005.

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

The Arizona Department of Juvenile Corrections was awarded \$211,501 in federal dollars and supplied \$70,500 in cash match to continue the Adobe Mountain School program FY 2005.

Adobe Mountain School opened its Freedom treatment housing unit in December 1998, a 24-bed male youth facility located in North Phoenix and part of the Arizona Juvenile Department of Corrections.

The program helps male youth with moderate to severe drug problems whose length of stay is consistent with the grant requirements of 6 to 12 months in the secure care program. The Freedom unit is typically staffed with one Psychology Associate II (PSA II), and three Youth Program Officers III (YPO III) as well as security staff.

Criteria for entrance into RSAT Recovery Program:

All youth agree to receive treatment for their substance abuse problem in the Freedom Special Treatment housing unit for six months to one year. During the assessment process for the program prior to entry into the program, it is discussed with the youth and their family that in order to complete the program effectively, their length of stay in secure care may need to be extended past their court ordered mandatory minimum release date from ADJC.

- Youth is newly committed to secure care.
- Youth is between the ages of 14 and 17 (younger or older juveniles may be considered based on individual review and current housing unit dynamics).
- Youth is able to complete a minimum six months or a maximum of twelve months in the program and will be released on parole upon completion of the program.
- Youth has a history or current diagnosis of substance abuse or dependence that presents as moderate to severe in nature, verified by Substance Use Survey and Clinical Interview (or Mental Status Exam) administered by Psychology Associate II or Psychologist II; youth has no history of chronic inhalant abuse or dependence.
- Youth has no criminal issues related to violent or sexualized behavior.
- Youth has no history of the following mental illnesses as verified by Clinical Interview or Mental Status Exam by Psychology Associate II or Psychologist II: emerging borderline personality disorder, severe depression, psychosis, schizophrenia, dissociate disorder, dementia, or organic brain disorder.

- Youth reads at seventh grade level or above as indicated by the TABE or WRAT III achievement tests administered by Education or by the Psychology staff within the last six months.
- Youth signs consent form urinalysis testing while in the unit and during aftercare.
- Youth consents to join the program, work to deal with drug problems, and to participate in aftercare counseling following release from the program.

The clinical program is rooted in cognitive behavioral therapy and has had multiple programming components. The program uses *Limit and Lead* group counseling activities and cognitive/behavioral interventions, such as *Rational Emotive Behavior Therapy* (REBT). The program has also used *The Seven Challenges* workbooks are based on steps that help substance abusing youth make wiser decisions about themselves and drug use. The workbooks are based upon the original materials of the *Stages of Change* by Carlo C. DiClemente.

A new core clinical program, New Freedom, is in the process of being introduced and will become the primary counseling program for the unit. The New Freedom program consists of multiple clinical areas ranging from an introduction to the treatment process to issues related to substance abuse and gangs. The program has more than 140 easy to use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, relapse prevention planning and client-specific risk factors encountered in community reintegration preventing relapse and/or a return to criminal involvement. Assignments will be given during the forty-five minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding and appropriate responses to the workbook task at hand. Up to 3 urinalysis tests are conducted during the youth's stay in secure care.

The Freedom program has implemented a relaxation/meditation group. Youth are picked for this group due to a history of anger issues, Attention Deficit Hyperactivity Disorder (ADHD), difficulty with concentrating, sleep disturbance, and/or low tolerance for frustration. The group meets twice each week, and members learn relaxation techniques through visualization. Behavioral changes include fewer acts of aggression and a lower incident report rate. Youth are reporting better sleep habits and feeling well rested. Additional funds for intensive staff training should be considered in order to ensure quality programming.

At any given point at least 6 youth participate in the Chaya program, an optional faith-based enrichment and religious program staffed by volunteers. These volunteers assist youth with finding a church in their home communities after release, at their request. Further enrichment programming included 10 youth participating in a staff-led music class for which volunteers donated 2 guitars and a keyboard.

Highlights from the past fiscal year:

- 61 offenders entered the program, 32 or 52 percent of the offenders successfully completing the residential program.
- Grant funds continued to support staff positions of Psychology Associate, YPS, and YPO-III clinical.
- A new treatment program and behavioral level system is being designed and will be implemented during 2006.
- Staff participated in ongoing training related to Motivational Enhancement Theory, New Freedom Programming, Gang Interventions, Aggression Replacement Therapy.
- 7 youth received their GED'S this year.

Challenges:

- Clinical specialists have regular contact with families which involves planning for the future and dealing with crisis situations. Visitations are not well attended and approximately half of the parents attend treatment team staffing. Eliciting family perspective promotes a collaborative approach to helping the young men and also enables staff to build relationships with families of the youth while reporting their progress.
- 2 youth attempted to escape from the unit and were terminated from the program.
- An influx of new youth with gang affiliations led to gang-related conflict and racial tensions in the unit. Staff initiated behavior management groups focusing on gang activities and racial tolerance.

Aftercare Services Provided:

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

Grantee Agency: Arizona Department of Juvenile Corrections  
 Project Title: Adobe Mountain School – Freedom Unit  
 Project Start Date: 7/1/1998  
 Project Grant Number: SAT-05-105  
 Report Period: FFY05– 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	24	24
2.	New treatment beds added with RSAT grant funds during this grant period.	0	8**
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	215	214
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	61	309
7.	Number of Adult Males.	0	0
8.	Number of Adult Females.	0	0
9.	Number of Juvenile Males.	61	309
10.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	32 (100%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	32 (100%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program	32	200
14.	Total number of offenders that dropped out of the residential program.	0	4
15.	Total number of offenders that were terminated from the residential program.	10	50
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$749	\$1,022

\* Data is not available prior to FFY 2005. \*\*Reduced funding could no longer continue beds.

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

The Arizona Department of Juvenile Corrections was awarded \$211,567 in federal dollars and supplied \$70,522 in cash match to continue the Catalina Mountain School program in FY 2005.

Catalina Mountain Recovery is based on the original model at Adobe Mountain School. The 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 6 to 12 months in the secure care program. The program helps youth combat delinquent and substance abuse urges, using the cognitive approaches.

The unit houses 24 youth. The program typically has three clinical staff, one Psychology Associate II and two Youth Program Officer III Clinical Specialists. 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.”

Criteria for entrance into RSAT recovery program:

All youth agree to receive treatment for their substance abuse problem in the Freedom Special Treatment housing unit for six months to one year. During the assessment process for the program prior to entry into the program, it is discussed with the youth and their family that in order to complete the program effectively, their length of stay in secure care may need to be extended past their court ordered mandatory minimum release date from ADJC.

- Youth is newly committed to secure care.
- Youth is between the ages of 14 and 17 (younger or older juveniles may be considered based on individual review and current housing unit dynamics).
- Youth is able to complete a minimum six months or a maximum of twelve months in the program and will be released on parole upon completion of the program.
- Youth has a history or current diagnosis of substance abuse or dependence that presents as moderate to severe in nature, verified by Substance Use Survey and Clinical Interview (or Mental Status Exam) administered by Psychology Associate II or Psychologist II; youth has no history of chronic inhalant abuse or dependence.
- Youth has no criminal issues related to violent or sexualized behavior.
- Youth has no history of the following mental illnesses as verified by Clinical Interview or Mental Status Exam by Psychology Associate II or Psychologist II:

emerging borderline personality disorder, severe depression, psychosis, schizophrenia, dissociate disorder, dementia, or organic brain disorder.

- Youth reads at seventh grade level or above as indicated by the TABE or WRAT III achievement tests administered by Education or by the Psychology staff within the last six months.
- Youth signs consent form urinalysis testing while in the unit and during aftercare.
- Youth consents to join the program, work to deal with drug problems, and to participate in aftercare counseling following release from the program.

The clinical program is rooted in cognitive behavioral therapy and has multiple programming components. The program uses *Limit and Lead* group counseling activities and cognitive/behavioral interventions, such as *Rational Emotive Behavior Therapy* (REBT). The program has also used *The Seven Challenges* workbooks based on steps that help substance abusing youth make wiser decisions about themselves and drug use. The workbooks are based upon the original materials of the *Stages of Change* by Carlo C. DiClemente.

A new core clinical program, New Freedom, is in the process of being introduced and will become the primary counseling program for the unit. The New Freedom program consists of multiple clinical areas ranging from an introduction to the treatment process to issues related to substance abuse and gangs. The program has more than 140 easy-to-use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, relapse prevention planning and client-specific risk factors encountered in community reintegration preventing relapse and/or a return to criminal involvement. Assignments will be given during the 45 minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding and appropriate responses to the workbook task at hand. Up to 3 urinalysis tests are conducted during the youth's stay in secure care.

The Freedom program has implemented a relaxation/meditation group. Youth are picked for this group due to a history of anger issues, Attention Deficit Hyperactivity Disorder (ADHD), difficulty with concentrating, sleep disturbance, and/or low tolerance for frustration. The group meets twice each week, and members learn relaxation techniques through visualization. Behavioral changes include fewer acts of aggression and a lower incident report rate. Youth are reporting better sleep habits and feeling well rested. Additional funds for intensive staff training should be considered in order to ensure quality programming.

Highlights from the past fiscal year:

- 21 of the 36 or 58 percent of the offenders entering the program successfully completed the residential program.

- 12 youth earned their GED'S.
- Alcoholic Anonymous meetings were held weekly with approximately 20 youth in attendance per meeting.
- Youth received vocational training in plumbing, carpentry, computer refurbishing, electrical wiring, and automotive repair.
- This year grant funding were used to fund the Psychology Associate, YPS, and YPO-III clinical positions.
- Clinical staff participated in a two-day RSAT cross training in which the three RSAT programs came together to share their expertise. Topics included:
  - Goal-writing: how to use the Stages of Change Model to develop achievable and meaningful youth goals, how to utilize the youths' morning goal-setting group and evening closure group to focus on the treatment goals. The CMS Recovery unit has been the leader in this practice and this training served to "push their skills to the next level."
  - Gangs: recognition, basic interventions, and awareness of the role a gang may play in the youth's personal and cultural development.
  - Conducting treatment groups: sharing specific approaches and techniques for conducting drug education, treatment and relapse prevention groups.
  - Co-occurring disorders: recognition and interventions for the increasing numbers of youth with both substance abuse and mental health issues.
- Training was also held in the Criminogenic and Protective Factors Assessment (CAPFA). This training incorporates the Stages of Change model, Motivational Interviewing techniques and findings from the "What Works" research into an assessment that will establish treatment priorities and measure progress. Following the three-day classroom training, individual follow-up sessions are conducted for mentoring and coaching and to ensure that staff can competently conduct the assessment. The Clinical team attended the three-day training and also successfully completed follow-up sessions. The YPS has participated as a trainer for this endeavor. Staff have also participated in agency-sponsored in-service trainings on behavior management and safety issues.
- The volunteer group from Santa Catalina Catholic Church has been providing arts and crafts as well as individual mentoring sessions with the youth as part of the adopt a cottage program. The youth have been taught drawing techniques from volunteer artists. The youth are responding favorably to the volunteers and it has helped by serving as an incentive toward behavior management. Projects included youth learning to use digital photography equipment and how to build picture frames. The framed photographs were given to family members during a Family Day.
- All youth submit to urine drug testing at least once during their stay. Youth are tested for cause as well.

Challenges:

- Several youth-on-youth and youth-on-staff assaults occurred during the year. Staff addressed this issue with increased behavior management groups and terminating youth from the program.
- Neurotherapy program was discontinued when the after-release provider cancelled the contract with agency.
- Staff continues to struggle with getting participation from youth nearing their eighteenth birthday that will soon be released from ADJC.

Aftercare Services Provided:

- Youth completing the program receive aftercare upon release from the institution, providing they remain in the department's jurisdiction (prior to age 18). All youth are required to submit to two additional drug tests in the first three months following discharge. The majority of youth graduating from the program receive aftercare counseling, group, and/or family counseling. Home-based counseling is also available as needed.
- The family service coordinators at the Parole office screen youth for individual, group, and family counseling. Aftercare services are a high priority and are written into the parole plan for the youth. The extent of the aftercare services are based on individual need and are discussed by the multidisciplinary treatment team at the youth transition staffing.

Grantee Agency: Arizona Department of Juvenile Corrections  
 Project Title: Catalina Mountain School  
 Project Start Date: 1/1/1997  
 Project Grant Number: SAT-05-106  
 Report Period: FFY05 – 10/1/2004– 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	20	20
2.	New treatment beds added with RSAT grant funds during this grant period.	4	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	244	252
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	36	259
7.	Number of Adult Males.	0	0
8.	Number of Adult Females.	0	0
9.	Number of Juvenile Males.	36	259
10.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug Use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	21 (100%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	21 (100%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program	21	168
14.	Total number of offenders that dropped out of the residential program.	0	1
15.	Total number of offenders that were terminated from the residential program.	9	59
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$806	\$879

\* \* Data is not available prior to FFY 2005.

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

The Arizona Department of Juvenile Corrections was awarded \$196,266 in federal dollars and supplied \$65,422 in cash match to continue the Black Canyon School program in FY 2005.

Black Canyon's Recovery program helps young girls with moderate to serious drug problems. The program aims to help youth interrupt offense cycles and interrupt drug abuse patterns that may trigger criminal acts as well as treating any trauma core issues that might trigger drug use. It helps youth replace past behaviors with drug-free choices and good citizen competencies. By the time a youth graduates from the special substance abuse program, she will have progressed through a level system indicating an integration of pro-social decision making that has been internalized and consistently demonstrated. She will also demonstrate progress with drug relapse prevention skills.

Criteria for entrance into RSAT Recovery Program:

All youth agree to receive treatment for their substance abuse problem in the Freedom Special Treatment housing unit for six months to one year. During the assessment process for the program prior to entry into the program, it is discussed with the youth and their family that in order to complete the program effectively, their length of stay in secure care may need to be extended past their court ordered mandatory minimum release date from ADJC.

- Youth is newly committed to secure care.
- Youth is between the ages of 14 and 17 (younger or older juveniles may be considered based on individual review and current housing unit dynamics).
- Youth is able to complete a minimum six months or a maximum of twelve months in the program and will be released on parole upon completion of the program.
- Youth has a history or current diagnosis of substance abuse or dependence that presents as moderate to severe in nature, verified by Substance Use Survey and Clinical Interview (or Mental Status Exam) administered by Psychology Associate II or Psychologist II; youth has no history of chronic inhalant abuse or dependence.
- Youth has no criminal issues related to violent or sexualized behavior.
- Youth has no history of the following mental illnesses as verified by Clinical Interview or Mental Status Exam by Psychology Associate II or Psychologist II: emerging borderline personality disorder, severe depression, psychosis, schizophrenia, dissociate disorder, dementia, or organic brain disorder.
- Youth reads at seventh grade level or above as indicated by the TABE or WRAT III achievement tests administered by Education or by the Psychology staff within the last six months.

- Youth signs consent form urinalysis testing while in the unit and during aftercare.
- Youth consents to join the program, work to deal with drug problems, and to participate in aftercare counseling following release from the program.

The core clinical program is based on a gender specific special cognitive restructuring curriculum. It is put into practice through the *Recovery Individual Treatment Plan* (ITP). Youth begin the *Recovery* ITP at the freshman level, after they finish the generic *Orientation Level* ITP booklet. The *Recovery* ITP helps youth change their thinking, and make decisions to change behavior centered around their drug abuse and criminal cycles.

The *Recovery Individual Development Plan* has been augmented to include approximately 20 specific issues and problem areas for a female adolescent substance abuser. These issues are addressed through interactive journals from *The Change Company*, such as: Eating Disorders, Why Am I here?, Anger & Other Feelings, My Family, Personal Relationships, I'm Okay, Living With Others, How We Change, Moving On, Citizenship, Life Management, and The Con Game. Recovery groups are held weekly to allow for the processing of insight, beliefs, and feelings regarding the recovery process.

The second core curriculum for youth is *The Seven Challenges* workbooks. The workbooks are based upon steps that help substance abusing youth make wiser decisions about themselves and drugs.

A new core clinical program, New Freedom, is in the process of being introduced and will become the primary counseling program for the unit. The New Freedom program consists of multiple clinical areas ranging from an introduction to the treatment process to issues related to substance abuse and gangs. The program has more than 140 easy-to-use workbooks (grade 4-6 reading level) with related materials which address both educational and therapeutic goals. All work is based on cognitive-behavioral therapy, motivational enhancement, social learning, risk factors management, and relapse prevention approaches. Issues such as aggression and violence, gang intervention, eating disorders, depression and a number of other topics are also addressed. The curriculum has a logical progression. It first addresses defensiveness, and then continues to address developing new coping skills, relapse prevention planning and client-specific risk factors encountered in community reintegration, preventing relapse and/or a return to criminal involvement. Assignments will be given during the 45 minute homeroom portion of the education day. It is here that the youth will receive individual assistance from a number of staff that will help facilitate the reading, understanding and appropriate responses to the workbook task at hand. Up to three urinalysis tests are conducted during the youth's stay in secure care.

The Freedom program has implemented a relaxation/meditation group. Youth are picked for this group due to a history of anger issues, Attention Deficit Hyperactivity Disorder (ADHD), difficulty with concentrating, sleep disturbance, and/or low tolerance for frustration. The group meets twice each week, and members learn relaxation techniques through visualization. Behavioral changes include fewer acts of aggression and a lower incident report rate. Youth are reporting better sleep habits and feeling well

rested. Additional funds for intensive staff training should be considered in order to ensure quality programming.

Highlights from the past fiscal year:

- The Recovery team instituted a new goal writing program in which the girls write their monthly goals with the treatment team and then develop their weekly and daily goals (with their primary staff) as small, interim steps to achieving their monthly goals. The girls present their daily goals in morning Affirmation group and report progress in the evening closure group. The youth tape their goal cards next to their assignment in their journals. The journal is taken to the Superintendent Review Board at the end of stay, showing the work accomplished.
- The Essential Theater enrichment program continued this year. This arts program has received rave reviews from youth and staff. A group of artists work with the girls in strengthening a sense of identity and self-worth in addition to offering an appreciation of the arts as an alternative to criminal behavior.
- Staff received training in motivational interviewing. Motivational interviewing, developed by William R. Miller, Ph.D., is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with nondirective counseling, motivational interviewing is more focused and goal-directed. The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal. Motivational interviewing relies upon identifying and mobilizing the client's basic values and goals to stimulate behavior change. Ambivalence takes the form of a conflict between two courses of action (e.g., indulgence versus restraint), each of which has perceived benefits and costs associated with it. The counselor's task in motivational interviewing is to facilitate the client's expression of both the pros and cons of the action under consideration, and guide the client toward an acceptable resolution that triggers change. The specific strategies of motivational interviewing are designed to elicit, clarify, and resolve ambivalence in a client-centered and respectful counseling atmosphere.
- A new level system has been introduced. Under the previous system, youth moved through Orientation-Freshman-Sophomore-Junior-Senior levels, with advancement and privileges based on progress in both treatment and behavioral domains. Under the new system, youth progress through Orientation-Treatment-Transition and Transition/Citizen levels. Privileges are tied to the youth's daily behavior, which allows immediate, specific positive/negative consequences.
- The Education Department continues to assume responsibility for providing RSAT youth with vocational training.

Aftercare Services Provided:

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

Grantee Agency: Arizona Department of Juvenile Corrections  
 Project Title: Black Canyon School  
 Project Start Date: 7/1/1998  
 Project Grant Number: SAT-05-104  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	24	24
2.	New treatment beds added with RSAT grant funds during this grant period.	0	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	205	207
5.	Number of days of residential treatment provided.	365	365
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	40	253
7.	Number of Adult Males.	0	0
8.	Number of Adult Females.	0	0
9.	Number of Juvenile Males.	0	0
10.	Number of Juvenile Females.	40	253
<b>Recidivism and Drug Use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	24 (100%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	24( 100%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program	24	186
14.	Total number of offenders that dropped out of the residential program.	0	7
15.	Total number of offenders that were terminated from the residential program.	9	39
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$620	\$935

\* Data is not available prior to FFY 2005.

## Arizona Department of Juvenile Corrections Recovery (After-Release)

The Arizona Department of Juvenile Corrections was awarded \$23,068 in federal dollars and supplied \$7,690 in cash match to continue the Recovery after-release program in FY 2005.

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

The broad goal of the after-release recovery program is to reduce the risk of delinquent criminal and drug activity by committed youth who require long-term specialized treatment programs due to substance abuse patterns. After-release works to strengthen relapse prevention skills where the youth lives upon release. Case managers assist youth with:

- Obtaining employment;
- Attending school or job training;
- Decreasing the number of relapses to drug abuse; and
- Reducing recidivism rates.

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

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

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

acceptable resolution that triggers change. The specific strategies of motivational interviewing are designed to elicit, clarify, and resolve ambivalence in a client-centered and respectful counseling atmosphere.

Highlights from the past fiscal year:

- 100 percent of the offenders who completed the program remained drug-free and arrest-free during the aftercare program.
- 63 percent of the offenders who completed the program remained arrest free one year after release from the program.

Challenges:

- 26 percent of offenders dropped out of the program. Juveniles who are part of the after-release program who turn 18 years old, are dropped from the juvenile system, therefore this percentage is high.
- Cancellation of neurotherapy after-release component.
- 4 youth ran away from home, thus violating the terms of their release. They were returned to secure facility.

Grantee Agency: Arizona Department of Juvenile Corrections  
 Project Title: Recovery After-release  
 Project Start Date: 7/1/2003  
 Project Grant Number: RAC-05-200  
 Report Period: FFY05 – 10/1/2004– 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Average length of time each participant is in the aftercare treatment program (in days).	30	30
2.	Number of days of aftercare provided.	90	90
<b>Offenders Entering Aftercare Program</b>			
3.	Total number of offenders entering an RSAT-funded aftercare program	31	75
4.	Number of Juvenile Males	17	32
5.	Number of Juvenile Females	14	43
<b>Recidivism and Drug-Use</b>			
6.	Of the offenders that completed the program, the number that remained drug-free during the aftercare program.	11 (100%)	20 (35%)
7.	Of the offenders that completed the program, the number that remained arrest-free during the aftercare program.	11 (100%)	24 (42%)
8.	Of the offenders that completed the program, the number that remained arrest-free following release from the aftercare program. (1 yr.)	7 (63%)	*
9.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	**	**
<b>Aftercare Program Success</b>			
10.	Total number of offenders successfully completing the aftercare program.	11	57
11.	Total number of offenders that dropped out of the aftercare program.	8	17
12.	Total number of offenders that were terminated for the aftercare program.	0	0
<b>Program Cost</b>			
13.	Average cost of the program per participant that completed the aftercare program.	\$542	\$816

\* Data is not available prior to FFY 2005.

\* \*\*When a participant turns 18 years old they are no longer in the system, and cannot be tracked.

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

The Maricopa County Sheriff's Office Jail was awarded \$309,543 in federal dollars and supplied \$103,181 in cash match to continue the Alpha program in FY 2005.

The Alpha program is available to inmates sentenced to a minimum of 6 months incarceration. Alpha volunteer participants are segregated from the general population and are housed in pods of 30 inmates. The inmates are required to fully participate in all assigned classes, treatment groups and work based on the initial and continuing psychological/social, motivation level, and security assessments. A minimum of two hours of daily therapy is provided. Drug testing is a requirement of the program.

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. This information is used to determine the focus of treatment for the individual, while, at the same time, continuing to maintain the integrity of the program by following the Alpha Program curriculum.

The first phase of Alpha (Pre-Alpha) concentrates on developing a positive pre-treatment attitude. It builds self-esteem and an awareness of substance use patterns. A supplement class for women is added that focuses self-esteem and codependent relationships. The Pre-Alpha phase of the program can last up to 6 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:

- Four-hundred and seven (407) of the seven-hundred and eleven (711) participants completed the program with an overall sixty percent (57%) success rate.
- The program expanded by one men's group for a total of five groups of men and one group of women.
- A fathering program was implemented for male group members who have young children to help them with their parenting skills.
- Drug testing continues to be a requirement for Alpha participants and is conducted in all phases (pre-, primary, and post-Alpha).
- Two additional agencies have contracted with us to provide individual crisis counseling sessions to those inmates who wish to discuss issues that may not be appropriate in a group setting. This service has been invaluable in getting and keeping inmates in crisis on the right track and able to concentrate on their substance using behaviors.
- Obtained the services of a social service agency to come in and work with the graduates as they explore their employment options.

Aftercare Services Provided:

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

Grantee Agency: Maricopa County Sheriff's Office  
 Project Title: Alpha Program  
 Project Start Date: 7/1/1998  
 Project Grant Number: SAT-05-108  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Previously funded RSAT beds continued during this grant period.	175	175
2.	New treatment beds added with RSAT grant funds during this grant period.	0	0
3.	Treatment beds funded through other sources, but enhanced with RSAT funded services.	0	0
4.	Average length of stay in the residential program in days, for those completing the program.	183	183
5.	Number of days of residential treatment provided.	210	210
<b>Offenders Entering Residential Treatment</b>			
6.	Total number of offenders entering an RSAT funded treatment program.	711	3,891
7.	Number of Adult Males.	558	2,882
8.	Number of Adult Females.	153	984
9.	Number of Juvenile Males.	0	0
10.	Number of Juvenile Females.	20	49
<b>Recidivism and Drug-Use</b>			
11.	Of the offenders that completed the program, the number that remained drug-free during the residential program.	369 (91%)	*
12.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	369 (91%)	*
<b>Residential Treatment Success</b>			
13.	Total number of offenders successfully completing the residential program.	407	2,486
14.	Total number of offenders that dropped out of the residential program.	38	316
15.	Total number of offenders that were terminated from the residential program.	163	856
<b>Program Costs</b>			
16.	Average cost per day for residential program.	\$2,202	\$1,720

\*Data not available prior to FFY 2005.

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

The Maricopa County Sheriff's Office Jail was awarded \$23,069 in federal dollars and supplied \$7,690 in cash match to continue the Transition Alpha program in FY 2005.

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

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

Criteria for acceptance:

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

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

Highlights from the past fiscal year:

- Since the start of the program 80 percent of TAP participants successfully completed the program.
- In FFY 2005 78 percent remained drug free during the aftercare program, and 83 percent remained arrest free.
- A new procedure was implemented for participants in order to reinforce the importance of remaining compliant with all terms and conditions of their release. On the day of their release from jail, the new participants must attend a hearing session with the sentencing judge who holds jurisdiction over the TAP clients, and must then attend monthly reinforcement meetings with that same judge as long as they are being supervised by the criminal justice system.

Grantee Agency: Maricopa County Sheriff's Office  
 Project Title: Transition Alpha Program  
 Project Start Date: 7/1/2003  
 Project Grant Number: RAC-05-300  
 Report Period: FFY05 – 10/1/2004 – 9/30/2005

<b>Amount of Services</b>		FFY 2005 10/01/2004- 9/30/2005	Since start of project to 9/30/2005
1.	Average length of time each participant is in the aftercare treatment program in days, for those completing the program.	182	188
2.	Number of days of aftercare provided.	270	270
<b>Offenders Entering Aftercare Program</b>			
3.	Total number of offenders entering an RSAT funded aftercare program.	26	67
4.	Number of Adult Males.	26	67
5.	Number of Adult Females.	0	0
6.	Number of Juvenile Males.	0	0
7.	Number of Juvenile Females.	0	0
<b>Recidivism and Drug-Use</b>			
8.	Of the offenders that completed the program, the number that remained drug-free during the aftercare program.	14 (78%)	43 (87%)
9.	Of the offenders that completed the program, the number that remained arrest-free during the aftercare program.	15 (83%)	53 (98%)
10.	Of the offenders that completed the program, the number that remained arrest-free following release from the aftercare program. (1yr.)	13 (72%)	44 (81%)
11.	Of the offenders that completed the program, the number that past drug testing (annual long term) while in an RSAT funded program.	*	*
<b>Aftercare Program Success</b>			
12.	Total number of offenders successfully completing the aftercare program	18	54
13.	Total number of offenders that dropped out of the aftercare program.	8	11
14.	Total number of offenders that were terminated from the aftercare program.	0	6
<b>Program Costs</b>			
15.	Average cost per day for the aftercare program.	\$1,432	\$1,514

\*Data not available prior to FFY 2005.