

Prison Programs

by Department of Corrections

4/24/2019

1. Health & Rehabilitative Services
2. Institutional Programs



Health & Rehabilitative Services

Psychiatric Treatment Services

By default, the Alaska Department of Corrections is the state's largest provider of mental health services in the state.

On-Site Clinical Services

Psychiatrists (on-site & via telepsychiatry)

Psychiatric nurse practitioners

Masters level mental health clinicians

Psychiatric nurses

Contract providers

Crisis intervention

Stabilization

Medication management

In-patient treatment

Dual diagnosis treatment

Counseling & ongoing support

Reentry planning

300+ Psychiatric Beds

Acute Psychiatric Units

Anchorage
Correctional
Complex
(28)

Hiland
Mountain
Correctional
Center (18)

Subacute Psychiatric Units

Anchorage
Correctional
Complex
(32)

Hiland
Mountain
Correctional
Center (40)

Goose Creek
Correctional
Center (128)

Spring
Creek
Correctional
Center (55)

AdSeg Step Down

Goose Creek Correctional Center

Spring Creek Correctional Center

Mental Health Programming

| | | | | | | |
|------------------------------|--|--------------------------------------|---------------------------|---|---------------------|--------------------------|
| Crisis Management | Living in Balance | Seeking Safety | Anger Management | Healthy Living: Coping with Incarceration | Trauma Workshops | Art Therapy |
| Dialectical Behavior Therapy | Social Skills | Changing Criminal Thinking | General Health Care Group | Yoga | REBT for Depression | REBT for Anxiety |
| Moral Reasoning | Domestic Violence Perpetrator Intervention | Wellness Recovery Action Plan (WRAP) | Life Skills | Stress Management | 360 Wise Ways | Talking Circles |
| Exercise Groups | Family Violence Intervention Program | 48 Week Offender Program | DBT Skills Training | Walk to Walk | Mindful Meditation | Alternatives to Violence |
| | Victim Impact | Mood Regulation | Peer Support | Grief Support | | |

Mental Health Reentry Planning

Mental health unit releases

General population releases

IDP+ Program

- Primarily Anchorage releases
- Court or Parole Board ordered

APIC – Assess, Plan, Identify, Coordinate

- Statewide releases

Specialized Mental Health Training

Mental Health First Aid

- 523 staff trained
- Training Academy for new COs & POs
- Monthly Academy trainings for all staff
- Facility/Field Office trainings

Trauma Informed Care

- 311 staff trained

Crisis Intervention Team (CIT) for Corrections

- New in 2019

Mental Health Needs Continue to Stress the System

In FY18, mental health services had 17,509 total contacts with offenders.

Includes formal mental health consultations; does not include offenders served in groups, segregation wellness checks or responses to offender written requests.



Mental health contacts have increased 61% in the past 8 years.

Substance Abuse Treatment

The Alaska Department of Corrections is also the state's largest substance abuse treatment provider and provides the most drug and alcohol detoxification services.

On-Site Substance Abuse Services

Medically
assisted
withdrawal

Substance abuse
screening &
assessment

Psychoeducation

Intensive
outpatient
treatment

Dual diagnosis
intensive
outpatient
treatment

Residential
treatment

Medication
Assisted
Treatment
(MAT)

Methadone
bridging

Relapse
prevention

Alcoholics
Anonymous

Narcotics
Anonymous

Video-based
substance abuse
education
(segregation)

Video-based
relapse
prevention
(segregation)

CRC intensive
outpatient
treatment

Community
referrals

Substance Abuse Assessments & Screenings

Approximately 80% of our population struggle with
substance use disorders.

| Fiscal Year | Screenings | Assessments |
|-------------|------------|-------------|
| FY 2017 | 1884 | 848 |
| FY 2018 | 1937 | 913 |

Substance Abuse Programming

| Program | Location | Capacity | Length |
|----------------|------------------------|----------|----------|
| RSAT | Hiland Mtn | 24 | 6 months |
| RSAT | Wildwood | 40 | 6 months |
| IOPSAT | Hiland Mtn | 15 | 15 weeks |
| IOPSAT | Goose Creek | 105 | 15 weeks |
| IOPSAT | Anvil Mtn | 10 | 15 weeks |
| IOPSAT | Anchorage CRCs | 24 | 15 weeks |
| IOPSAT | Nome CRC | 10 | 15 weeks |
| IOPSAT | Fairbanks CRC | 24 | 15 weeks |
| Dual Diagnosis | Anchorage Correctional | 10 | 20 weeks |
| Dual Diagnosis | Hiland Mtn | 10 | 20 weeks |
| Dual Diagnosis | Goose Creek | 10 | 20 weeks |
| Psych Ed | Anchorage Correctional | 30 | Open |
| PsychEd | Goose Creek | 30 | Open |
| PsychEd | Hiland Mtn | 30 | Open |
| PsychEd | Wildwood | 30 | Open |
| PsychEd | Anvil Mtn | 30 | Open |
| PsychEd | Yukon Kuskokwim CC | 30 | Open |

**FY18
Substance
Abuse
Program
Participation**

Psychoeducation: 163

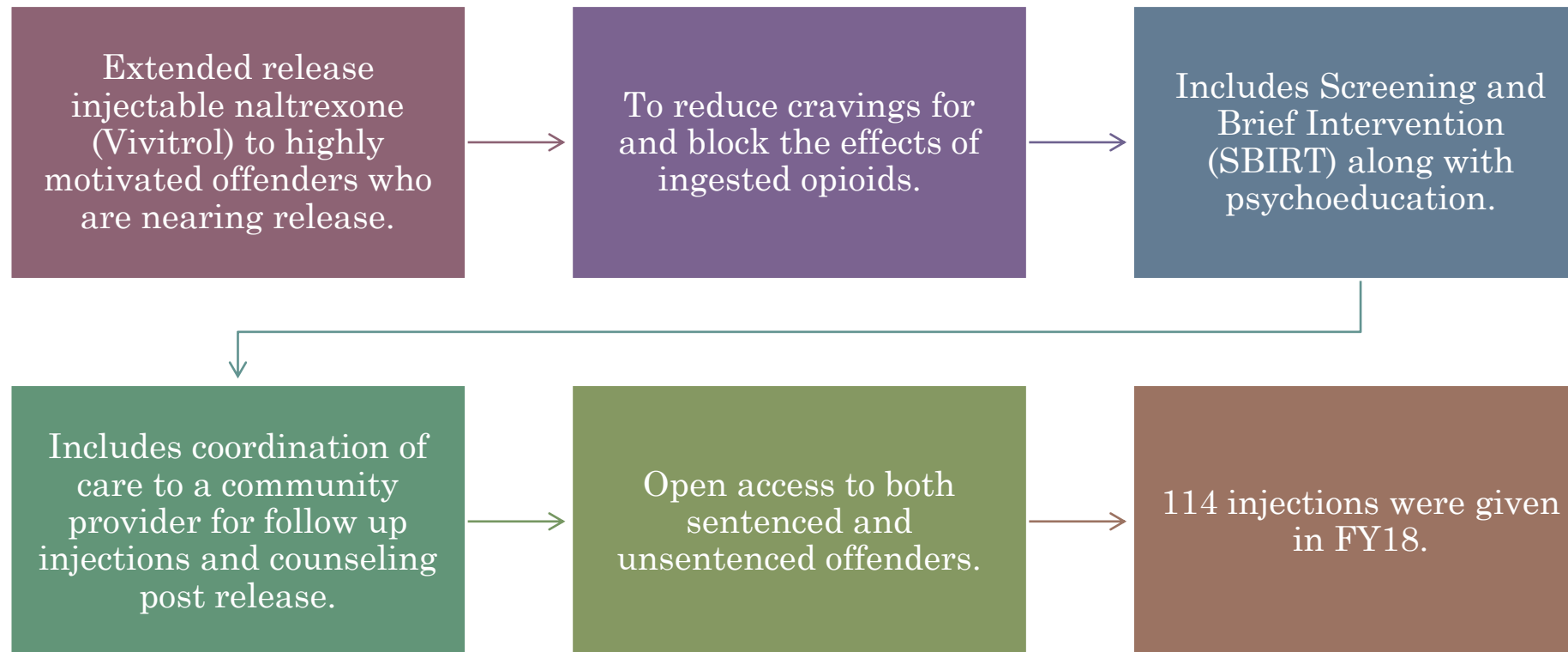
Intensive Outpatient Substance
Abuse Treatment (IOPSAT): 174

Dual Diagnosis: 22

Residential Substance Abuse
Treatment: 99

An additional 572 enrolled in
treatment at the end of FY18.

Medication Assisted Treatment for Reentry (MATR)



Sex Offender Management

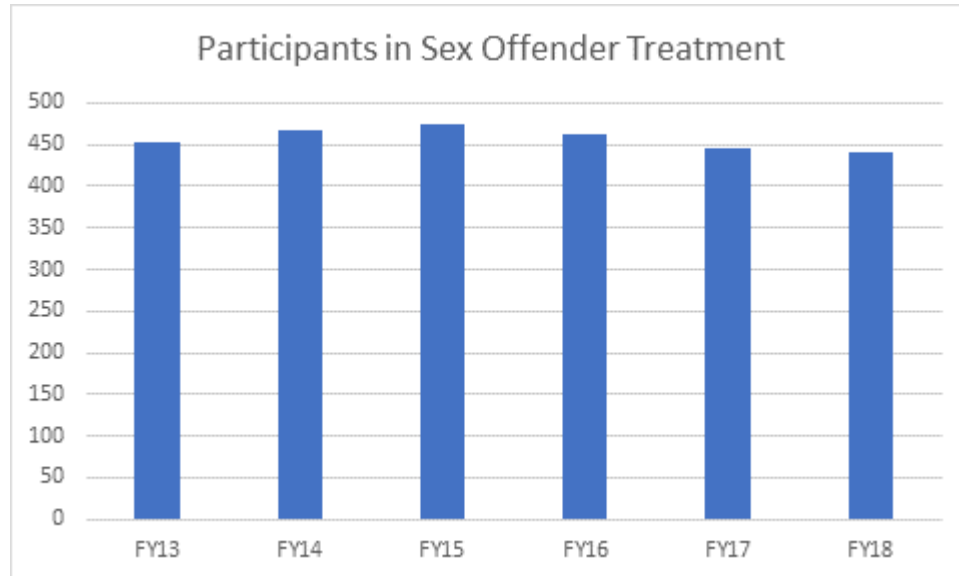
Alaska has the highest rate of sexual assault in the country.

Offenders convicted of sexual crimes make up 15.3% of Alaska's total prisoner population—about 725 inmates on any given day.

Sex Offender Programming

| Program | Location | Capacity | Length |
|---------------|-------------|----------|--------------|
| Residential | Lemon Creek | 24 | 24-36 months |
| Outpatient | Hiland Mtn | 12 | 18-24 months |
| Outpatient | Wildwood | 36 | 18-24 months |
| Outpatient | GCCC | 36 | 18-24 months |
| Outpatient | Anvil Mtn | 10 | 18-24 months |
| Outpatient | Bethel CRC | 15 | 18-24 months |
| Teletreatment | Statewide | 24 | 18-24 months |
| Community | Anchorage | varies | 18-24 months |
| Community | Fairbanks | varies | 18-24 months |
| Community | Juneau | varies | 18-24 months |
| Community | Kenai | varies | 18-24 months |
| Community | Bethel | varies | 18-24 months |
| Community | Nome | varies | 18-24 months |

Sex Offender Program Participation



of Participants Polygraphed

| Fiscal Year | Polygraphs |
|-------------|------------|
| FY13 | 442 |
| FY14 | 454 |
| FY15 | 494 |
| FY16 | 477 |
| FY17 | 473 |
| FY18 | 526 |

- Program completion rate: 83%
- Recidivism rate for any new offense: 13%
- Recidivism rate for new sex offense: 1.1%

Institutional Programs

The Alaska Department of Corrections provides rehabilitative programs that enhance the security of our institutions, safeguard the public, and reduce recidivism by providing offenders with needed tools to assist them in becoming productive, law-abiding citizens.



Program Categories

Education

Vocational

Pro-Social

Faith-Based

The Offender Management Plan

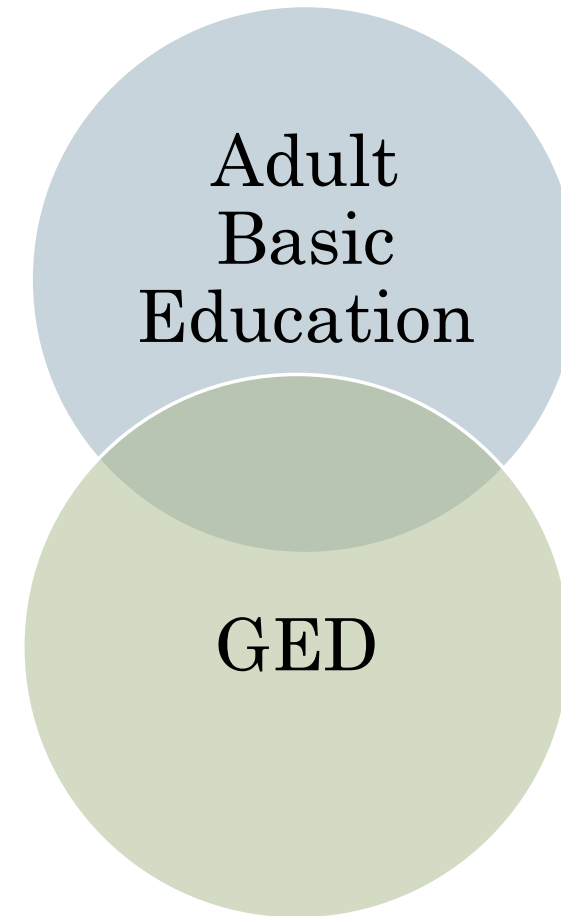
Identifies programming needs for individuals

Acts as a roadmap to address risks prior to release

Assists reentrant during their transition into the community

Education Programs

- Available at all institutions
 - For Sentenced & Unsented Inmates
 - Pre-testing determines level of instruction need
 - No wait-lists
-
- Post-Secondary Academic also available at participating institutions



Vocational Programs

| | | | |
|--------------------------------|-----------------------------|--|---|
| CPR/First Aid | Culinary Arts | Driver's License | National Center for Construction Education and Research |
| Flagger Certification | Forklift | HAZWOPER Certification | Alaska Department of Labor and Workforce Development |
| Barista Training | Basic Rigging | Building Maintenance Repairer Apprenticeship | Carpentry |
| Asbestos Abatement | Commercial Driver's License | Computer Lab | Alaska Food Handler Safety |
| Hazwoper Painter Certification | OSHA 10 and OSHA 30 | Small Engine Repair | Reentry |

- Increase an individual's "employability" which in turn increases their chances of success upon release
- Programs range from a few days to several years
- Individuals may benefit from multiple programs and learn a variety of skills
- Available at various locations across the state
- Some programs available to sentenced/unsentenced inmates
- Popular

General Participation Requirements

Education Programs

| | | | |
|---|---|--|--|
| ABE and GED materials are available to anyone | ABE and GED classes are held for those in open population, but tutoring may be available for everyone, upon request | Reentry classes are for those inmates in open population, but materials and consultations are available for everyone | Information on post-secondary education and career planning are available upon request in all institutions |
|---|---|--|--|

Vocational Programs

| | | | | |
|---|---|------------------------------|--|--|
| In most cases, must have a high school diploma or a GED | Be in general population (not in segregation) | May need to be write-up free | Priority may be given to those who are sentenced and to those with closest release dates | Continued training information and career planning assistance are provided in all institutions |
|---|---|------------------------------|--|--|

Pro-Social & Extra-Curricular

- Learn life skills
- Ability to communicate with others
- Available at various locations across the state
- Available to sentenced/unsentenced inmates
- Popular activities: orchestra, writing workshop, yoga



Faith-Based Programs

| | | |
|----------------------------------|-----------------------------------|-----------------------------------|
| Chapel Services | Full-time Chaplains | Transformational Living Community |
| God Behind Bars | Genesis Project | Faith Mod's |
| The Urban Bible Institute (TUMI) | Academy Prison Fellowship Courses | Kairos |

- Opportunity to connect with a Higher Power
- Multi-faith education
- Available at all locations
- Available to sentenced/unsentenced inmates
- Inmates may choose to live in a faith-based unit in some institutions

CRC Programming

Cordova (Anchorage):

Midtown (Anchorage):

*(All programing at Cordova can be made available to all
Midtown residents)*

Northstar (Fairbanks)

| | | | | | | | | |
|--------------------------------|---|-----------------------------------|---|--|--|--|-----------------------------------|---------------------|
| Moral Reconation Therapy | CBI-SA (Cognitive Based Intervention – Substance Abuse) | Thinking for a Change | Moral Reconation Therapy | Alcoholics Anonymous / Narcotics Anonymous | ICBT's / Behavior Change Plans (Individual Cognitive Behavior Therapy) | Moral Reconation Therapy | CBI-SA | CIVIL World |
| ICBT's / Behavior Change Plans | CIVIL World (Computer based self-directed program) | Inside – out Dad (Parenting) | CIVIL World (Starting in 30 to 60 days on site) | Yoga Classes | Arts and crafts (scrapbooking, crochet, coloring) | Alcoholics Anonymous / Narcotics Anonymous | Computer Lab (Employment Classes) | Drum Circle |
| Living in Balance | Alcoholics Anonymous / Narcotics Anonymous | Computer labs (Employment skills) | Food handlers card | Bible study (3 different groups) | Employment skills | Church Services (3 different churches) | HIV/STD – Wellness Screening | Reformers Unanimous |
| Life skills | Food handler cards | Bible studies | | HIV / STD / Birth Control classes | | | Gardening (seasonal) | |
| | Movie night | HIV / STD classes | | | | | | |

CRC Programming

Seaside (Nome)

| | |
|--|--|
| Moral Reconation Therapy | Anger Management |
| Parenting Classes | CBI-SA |
| Alcoholics Anonymous / Narcotics Anonymous | Employment Classes |
| Matrix Classes (Group based setting) | Cultural Classes (Native Alaskan and regional based topics and activities) |

*Intensive Outpatient Substance Abuse Programming at the CRC through Norton Sound Health Corp.

Glacier Manor (Juneau)

| | |
|--------------------------------------|---|
| Successful Living | STD & HIV Education |
| Employment Skills | State of Alaska Division of Vocational Rehabilitation |
| Outpatient Substance Abuse Treatment | Anger Management |
| Alcoholics Anonymous | Narcotics Anonymous |

Tundra (Bethel)

| | | |
|-----------------------------|---|-------------------|
| Evidence Based Programming | Anger Management (male)/Managing Anger (female) | Criminal Thinking |
| Moral Reconation Therapy | CIVIL World (Starting in 60-90 days) | Fish Netting |
| Quilting / Crochet / sewing | Beading | Carving |
| Talking Circle | Church Services | |

Questions?