

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

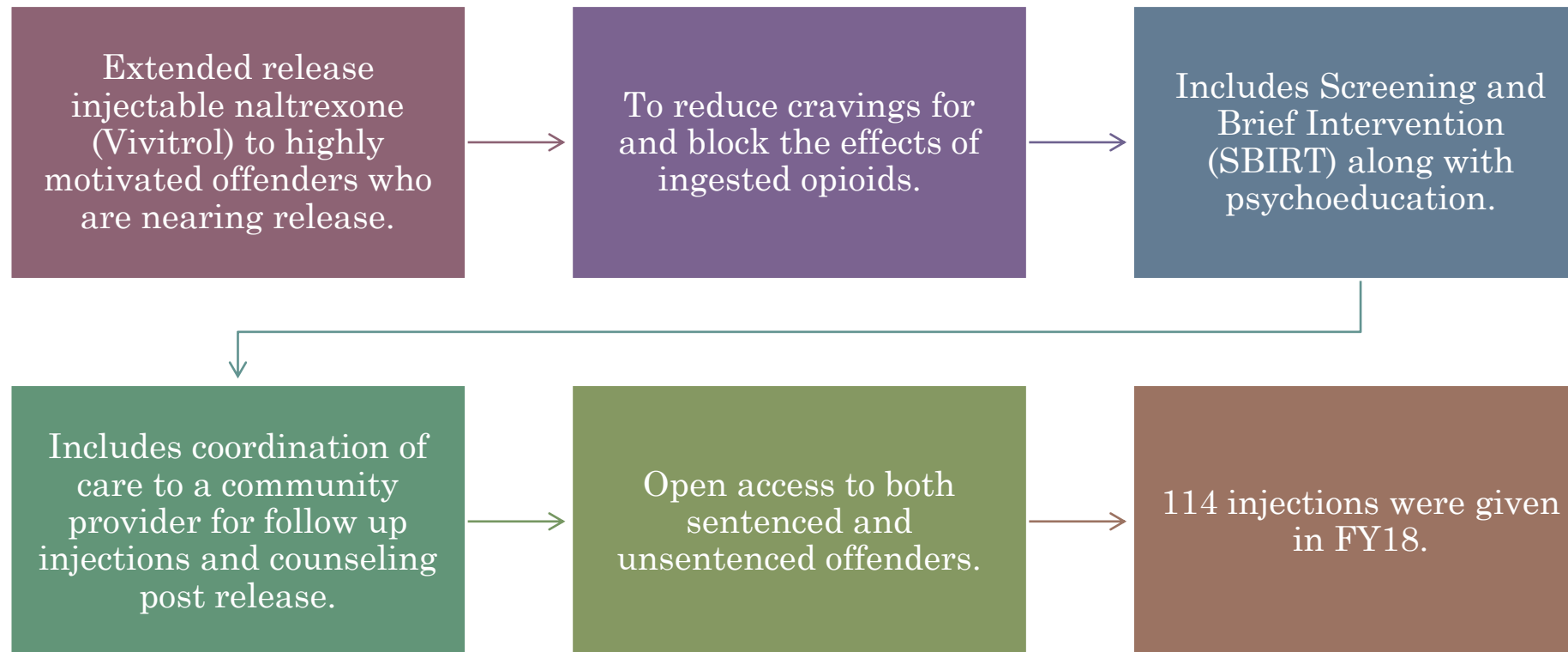
Intensive Outpatient Substance
Abuse Treatment (IOPSAT): 174

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

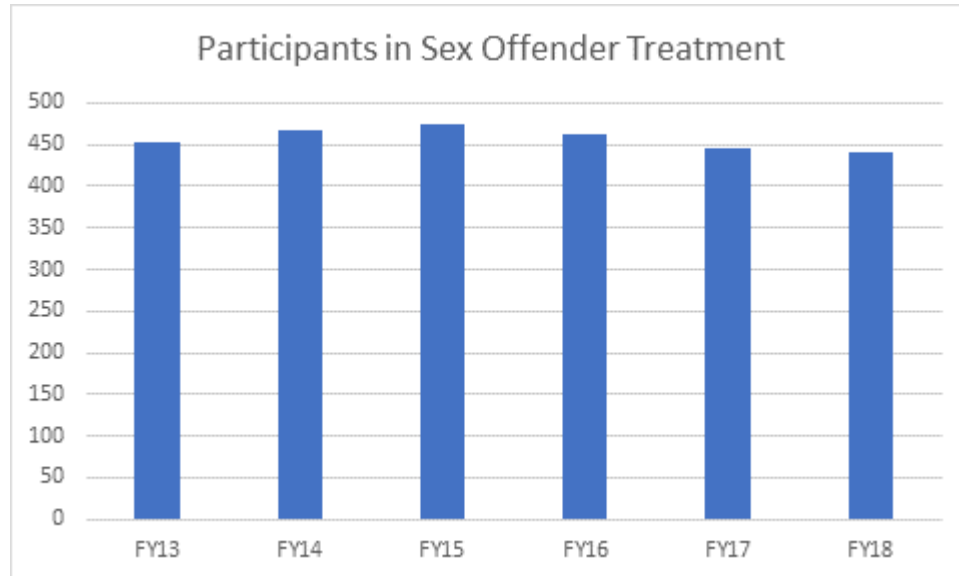
Alaska has the highest rate of sexual assault in the country.

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

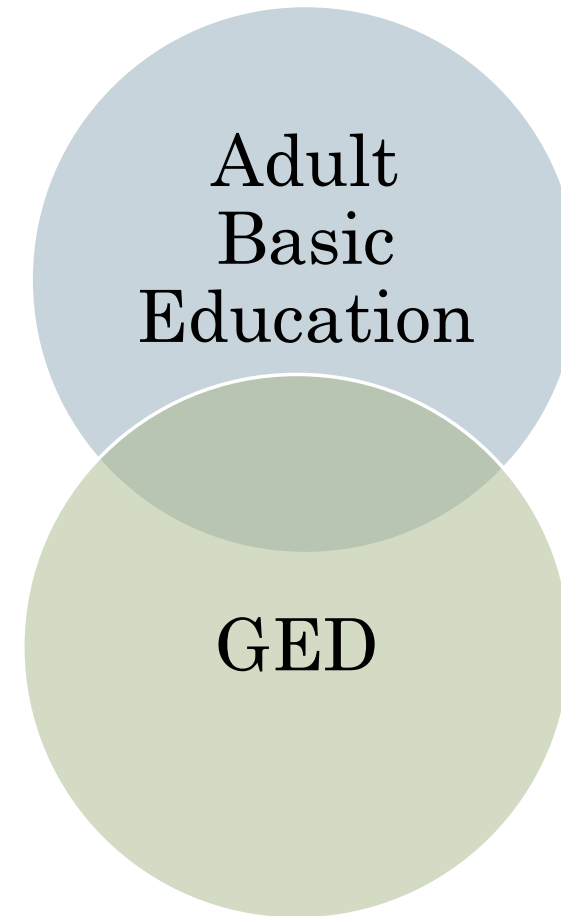
Identifies programming needs for individuals

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
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- 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
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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
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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



Measuring Success

FY18	Enrollment	Completion	Success Rate
GED	865	107	12%
Vocational Ed	4,528	3,548	78%
Criminal Attitudes	799	503	62%
Anger Management	391	228	58%
Parenting	760	410	53%
Reentry	551	323	58%

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?