SAMHSA’s GAINS Center for Behavioral Health and Justice Transformation

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http://gainscenter.samhsa.gov/
The GAINS Center’s Focus on Justice-Involved Consumers

The GAINS Center:
SAMHSA-funded Technical Assistance Center

- Provides technical assistance to a wide variety of SAMHSA-funded programs
- Committed to ensuring the meaningful participation of justice-involved consumers in grant activities
- Committed to ensuring the availability and integration of recovery support services in behavioral health/criminal justice initiatives
- Committed to ensuring the development of a peer workforce
Unwrapping Wellness Recovery Action Plans (WRAP)

Utilizing Wellness Recovery Action Plans to Promote the Recovery of Justice-Involved Consumers
Presenters

Matthew Federici, The Copeland Center
Lorie Fourhman, Mansfield, Ohio JDTR Program
Rex Thornley, The Wood Project
Waynette Brock, One New Heartbeat
Alice F. Pauser, Demeter Foundation
Goals for Webinar
• Provide and overview of WRAP
• Key action steps and essential partners needed to successfully implement WRAP
• Innovations
• Strategies for building support and overcoming institutional and organizational challenges to integrating WRAP in criminal justice settings
• Positive recovery outcomes associated with WRAP
• Funding
Sequential Intercept Model
Sequential Intercept Model

Intercept 1
Law enforcement

Intercept 2
Initial detention / Initial court hearings

Intercept 3
Jails / Courts

Intercept 4
Reentry

Intercept 5
Community corrections

http://gainscenter.samhsa.gov
GAINS Center Resources

The GAINS Center website:
  ▪ http://gainscenter.samhsa.gov

GAINS Center ListServ:
  ▪ http://gainscenter.samhsa.gov/forms/join_listserv.asp

The GAINS Center Virtual Learning Community:
  ▪ http://gainscenter.samhsa.gov/forms/join_virtual_learning.asp

PeerShare on the GAINS Center VLC:
Who We Are:

• We focus on shifting the system of mental health care toward a prevention and recovery focus.

• As the system shifts to reform through education, training, and research we use the accomplishments developed and implemented by the people being served and the people who care for them.

• We reinforce this by building networks that reflect mutual support and community organizational empowerment.

• We are an international Network of Wellness Facilitators and Advanced Wellness Facilitators
Mary Ellen and Kate's Story
Determination

“\textit{I care deeply about recovery because difficult times and a system that didn’t understand stole eight years of my mother’s life and many years of my life.}”
History Begins With Kate:
The Copeland Center for Wellness and Recovery is named in honor of, and dedicated to, the memory of Kathryn Strouse Copeland (1912-1994)

Four Initial Studies
1. Key Concepts
2. Wellness Toolbox
3. Wellness Recovery Action Plan
4. Recovery Topics:
   - Nutrition, Sleep, Negative thoughts, Life style
WRAP®: WELLNESS RECOVERY ACTION PLAN

was developed by a group of people who had been dealing with difficult feelings and behaviors for many years, people working to feel better and get on with their lives. It is a structured process to achieve greater wellness that is learned in a peer facilitated group environment.

WRAP will:

1. Help you stay as well as possible.

2. Help you keep track of difficult feelings and behaviors, and develop action plans to help you feel better.

3. Tell others what to do for you when you are feeling so badly that you can’t make decisions, take care of yourself and keep yourself safe.
A WRAP is a simple tool that can be used to get well and stay well, or...

- Make positive lifestyle changes
- Have greater success with employment
- Have happier, healthier relationships
  - Successfully navigate Life’s changes
  - Get more of what you want out of Life
  - Whatever else you want it to do…
The Only Person WHO CAN CREATE YOUR WRAP IS YOU!!!!!!
Wellness Recovery Action Planning

A Concise Overview of the planning process and the format of a plan
The Wellness Toolbox:

...And follows with
1. Daily Maintenance Plan
2. Triggers and Action Plan
3. Early Warning Signs and Action Plan
4. When Things are Breaking Down and Action Plan
5. Crisis Plan
6. Post Crisis Plan
WRAP Selected for Inclusion in NREPP

NREPP is the National Registry of Evidence-Based Programs & Practices

WRAP Expansion

- Kids
- Teens
- Diabetes and other health challenges
- Addictions
- Veterans & Military Personnel
- Transitions from incarceration to community
Mansfield Municipal Court
Veteran’s Docket

Lorie Fourhman
CPS, WRAP Facilitator
Veteran Peer Mentor Coordinator
It’s all in the language
WRAP=SOP
WRAP PALS=Battle Buddy

Education, Education, Education, Practice, Practice, Practice

Veteran mentors are familiar with WRAP

We are actively looking for another vet to be WRAP Facilitator qualified.
Incentives:
* In place of an AA/NA meeting
* Reduce the costs of their fines/costs

Sanctions:
* Add time to probation
* Increase fines/costs

At the beginning we did focus on Veterans that didn’t have benefits and/or were dealing with PTS or Alcoholism.

Hooah !!
One New Heartbeat, Understanding that it only takes one heartbeat to keep recovery alive and education to sustain it...

We are a Community Based Organization that is here to help all those who wish to perform at their optimum achieve success in their efforts towards healthy lifestyles and are committed to mental, physical, emotional and spiritual wellness. To date we receive no Local, State or Federal Funding; we fund 100% of our efforts ourselves.

We saw a lack of programs with a framework for transition back into the community for Offenders, resulting in realigned populations reoffending while on probation or parole.
Our Goals are to:

- By 2015, lower the annual number of re-offenders by 20 percent of those that we service

- Reduce the RECIDIVISM rate, which is a measure of annual new offenses or violations in relation to the number of reoffenders (In line with statewide statistics), by 20 percent (from 70 persons per 100 people reoffending to 20 persons per 100 people reoffending).

- By 2014, increase from 30 percent to 80 percent the percentage of formally incarcerated individuals becoming contributing members of the community, increasing a shift of focus in costly housing of inmates from incarceration to prevention and recovery - California spends $8.6 billion dollars, or 11 percent of its budget, on state prisons. The state spends, on average, $52,363 per year to house an inmate in prison according to the California Department of Corrections. That breaks down to $143 a day.
One New Heartbeat (ONHB) offers a pre/post release program that targets inmates paroling within 3-36 months.

**Our Strategy**

Pilot Program involved One New Heartbeats’ ALF and WRAP® Facilitator(s) working in partnership with San Mateo County Sherriff’s Programing Department, Ms. Shirley Lamar, Director of Choices Program, San Mateo County Men's Correctional Facility, VA PTSD Unit, & Mental Health Organizations.

- 3 workshops per week in the Correctional Facilities lasting 8-10 weeks have been conducted to date over the course of 42 months (Ongoing)
- 1 Open Group that meets for 2 and ½ hours every week
- Targeted sample size is 16 inmates per workshop
- Recruited at Choices Program located at the Men’s Correctional Facility in San Mateo County Jail, Women’s Transitional Correctional Facility, Protective Custody Unit and PTSD Vocational Rehab Services VA Menlo Park.
- **Prepare locally incarcerated individuals for successful reentry by** connecting offenders with external resources that support and assist in the transition back into society
Challenges we face in every group is the segregation and the “energy” that exist behind the walls, however we incorporate the Values and Ethics as part of the Participant Guidelines.

The two that are indispensable are:

- Insist that you be treated as an equal with dignity, compassion, mutual respect, and unconditional high regard, a unique, special individual, including acceptance of diversity with relation to culture, ethnicity, language, religion, race, gender, age, disability, sexual identity, and “readiness” issues, and treat others the same way.

- If possible, work together and learn with your peers to increase mutual understanding, knowledge and promote wellness.
"THE I WILL"

- I WILL RESPECT OTHERS’ SPACE / COMMON COURTESY
- I WILL NOT INTERRUPT OTHERS
- I WILL TREAT OTHERS THE WAY I WANT TO BE TREATED
- I AM NOT GOING TO DISREGARD OTHERS’ OPINION EVEN IF I DISAGREE
- THERE ARE NO RIGHT ANSWERS
- I WON’T SAY ANYTHING NEGATIVE, I WILL JUST TAKE IT IN
- I WILL LEARN NOT TO JUDGE PEOPLE
- I WILL PARTICIPATE 100%
- IF I AM COMFORTABLE I WILL STAND UP AND ADDRESS THE CLASS
- I WILL NOT BLAME OTHERS FOR HOW I FEEL
- FACILITATORS WILL KEEP TIME LINE
- I WILL EMBRACE THIS TO THE FULLEST
- I WILL STAY IN THE MOMENT
- I WILL HOLD MYSELF RESPONSIBLE FOR MY ACTIONS
- I WILL NOT MINIMIZE OTHERS’ EXPERIENCES
- I WILL NOT MAKE SARCASTIC REMARKS
- I WILL BE PATIENT
- I WILL NOT CROSS-TALK
- I WILL ASK PEOPLE TO SPEAK UP IF I CANNOT HEAR THEM
- I WILL NOT SHARE OTHER PEOPLE’S STORIES OUTSIDE OF CLASS
- I WILL USE “I” STATEMENTS
- I WILL OPEN UP
- I WILL KEEP UP ON HYGIENE
- I WILL DO MY BEST NOT TO BE ON CONTRACT AND COME TO CLASS
- I WILL SUPPORT AND HELP MY PEERS
- I WILL TRY TO UNDERSTAND OTHERS RATHER THAN IGNORE THEM
- I WILL SHOW UP ON TIME NO MATTER WHAT
- I WILL SHARE IMPORTANT INFO THAT WILL HELP OTHERS
- I WILL SELF ADVOCATE
How we use WRAP in Reducing RECIDIVISM

Pre Release The 5 Key Recovery Concepts and WRAP ® Recovery Topics has effectively decreased the rates of recidivism by encouraging participants to make choices that helps them to successfully manage their lives

• By the end of the 1st quarter, we provided all participants in the program with appropriate evidence-based services including addressing individual criminogenic needs.

Outcome: 100 % of participants have developed an individual reentry plan that fits their personal goals. By using The Wellness Recovery Action Plan (WRAP®), an evidence-based practice, to address a variety of life issues including the “criminogenic needs” i.e., employment, changing jobs, chronic or acute illness, addictions, diabetes, personal responsibilities, education, housing, relationships, and parenting.
By the 3\textsuperscript{rd} quarter, 60\% of participants increased their knowledge and continuously use a system for monitoring and \textbf{responding} to life’s challenges in order to achieve the highest possible levels of wellness.

\textbf{Outcome}: Participants exhibit an increased ability to use the tools they have learned and, through a system of \textbf{planned responses and support}, decreasing their chances of reoffending.

\textbf{Post Release WRAP} \textsuperscript{®} has met our objectives

- Increased the number of participants provided with \textbf{additional} external resources in the communities where they reside including job training/employment, health/mental health care, and housing by using the Recovery Topics included in WRAP \textsuperscript{®}

\textbf{Outcome}: Participants have the ability and tools needed to deal effectively with difficult situations; job training and employment opportunities; access to health services; and a safe place to live. Recidivism rates are reduced by 40\% within 1 year and 60\% of our target audience are now contributing members of the community within 6 months of release.

\textit{Definition}: Criminogenic needs are attributes of offenders that are directly linked to criminal behavior.
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The Demeter Foundation, Inc.

Advocating and educating for the humane treatment and the civil rights of incarcerated and formerly incarcerated women in Wisconsin. To reduce recidivism and gain self-empowerment, healing and strength.

Celebrating over 10 years of advocacy and community education!
The Demeter Foundation, Inc.

We are proud to announce that The Demeter Foundation, Inc. (TDF) is a nonprofit 501(c) 3 organization who's mission is to advocate for the humane treatment and the civil rights of incarcerated and formerly incarcerated women and their families in Wisconsin. TDF has developed programs that will provide Education, Job Readiness, Peer Support, Mental Health Recovery Tools, Self-worth and Strength based on the empowering concepts of the Divine Feminine.

*It is the strong belief of this organization that holistic education and support can reduce recidivism, save taxpayer money, improve quality of life and offer opportunities for community partnering.*
Currently our programs are available to Women in Dane County, WI and its immediate surrounding counties. We hope to be able to expand the programs to other areas in Wisconsin in 2014. Our advocacy work is statewide.

The programs are culturally competent and person-centered.

Our goal is to provide a holistic curriculum to address needs from the “I am a Person First” perspective. This includes trauma-informed care, mental health recovery, nutrition, finance, creative writing & the arts and Spirituality.

We are all multi-faceted people and in order to be a healthy individual, all of the pieces must work together to move forward in a positive and productive manner. Then we are able to share our uniqueness with our communities.

Our Mantra is, “I am a Person First!”
What is Holistic Care?

Holistic care means all of the needs of a person are met in order for them to stay healthy and productive. These areas include:

- Physical
- Mental
- Emotional
- Educational
- Social
- Economic
- Spiritual

We are complex beings that require a balance and must always remember that “I am a Person First!” The Demeter Foundation incorporates holistic care into our programs.
TDF did research into the numbers of incarcerated and formerly incarcerated women who have a mental health or co-occurring diagnosis. This included what types of programs were available upon re-entry. We found that continuity of care was difficult for the women to obtain and that continues to be in the top three areas of need.
WRAP for formerly incarcerated women

We added WRAP® into our programs because 80% of the women who contact us upon re-entry have a co-occurring disorder with a limited supply of medication and little or no education about managing symptoms. Many formerly incarcerated women also have PTSD from institutionalization and sexual trauma from childhood or adulthood pre-incarceration.
Our WRAP® Workshops…

We began to invite members of Community Corrections and other Community Support organizations to information sessions regarding WRAP® and how it is a SAMHSA evidence based practice in mental health recovery. We began including it on our website, in our materials and newsletters. And by announcing workshops in community newspapers.

Our most recent info session was June 18, 2013.
How our WRAP® Workshops are structured…

Our services are for women only and we respect the wishes of our women to not have male participation in the workshops. Our groups are small (3-5 women) TDF provides a trauma-informed environment and a group agreement is crafted at the first session to ensure that the attendees feel safe. We do not customize the WRAP® curriculum for our groups. It is totally up to the participants how much they wish to share with the group. Workshops are usually held in the evening in a bus-accessible area. (this is to accommodate the women who work during the day)

When they complete the workshop series a certificate is awarded and follow-up appointments are scheduled.
Challenges...

• Women who knew each other when they were ‘in.’
• Triggers during the workshop
• Emotional outbursts (keeping the group safe)
• Keeping the group on task
• Making sure everyone is heard
Outcomes..

• TDF started keeping data at the end of 2011 on how the women who implement their WRAP® plans manage their symptoms better and do not reoffend.

• Women report that they feel less anxiety-ridden, have a better way of dealing with symptoms and their focus has improved.

• WRAP® is voluntary and should not be mandated as part of any goal plan.
How we fund WRAP® services…

• Our WRAP® workshops are at no charge to formerly incarcerated women
• The Demeter Foundation is privately funded through donations
Future Plans…

The Demeter Foundation would like to continue collaborating with WI Community Corrections to let their clients know about the effectiveness of WRAP®. We plan to have women we work with, who are in good recovery, trained and certified as WRAP Facilitators to mentor others as Peers. We would also like to see the WI-DOC to appropriately implement WRAP® into the correctional facilities. 

We would like to thank the Dane County High Risk Intake Unit in Region1 for their professionalism and collaboration.
The Demeter Foundation, Inc.

The Demeter Foundation, Inc.
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