



Facing Barriers Head On: Community Re-Entry Solutions that Work

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Learning Objectives

1. Discuss complex and sometimes overwhelming barriers for individuals entering back into the community after incarceration. Those with mental health, substance use, and co-occurring disorders can have even more obstacles as they try to get the help they need.
2. Discuss opportunities to increase forensic support at your agency by partnering with other agencies, training and education, as well as finding ways to think outside the box to provide more services.
3. Hear from those previously incarcerated about the struggles, the successes, and what they want you to know most about what helped them along their journey.



Snapshot of Recidivism

- Of the 4,133 adults released to Marion County from prison in 2012, **43% (1794)** returned to IDOC within 3 years (2015).
- Of those, **51.5% (925)** returned due to technical violations of their court supervision, community transition program (CTP), or parole.
- Also of those, **48.4% (868)** returned due to a new charge.
- These numbers are ONLY from the Department of Corrections and do not include releases from Marion County Jail I and Marion County Jail II (CCA) or recidivism information for those facilities.



Imagine...

- You're getting ready to be released from jail.
- You've struggled with depression and anxiety.
- You have a history of substance use but have been sober since you've been in incarcerated.
- You lost your health insurance while you were in incarcerated.
- The jail gave you an anti-depressant while you were there.
- You have family to stay with until you get back on your feet and can start working again.



Now Imagine...

- You were released on to house arrest and asked to get treatment for your mental health, substance use or co-occurring disorder.
- Some of your family members smoke weed and drink around you.
- The jail released you with 3 days worth of medication.
- You are struggling to get an assessment with a provider in the community and they says it could be 2-3 months until you can see a psychiatrist. You don't have a primary care physician and are not sure where to look.
- You need to apply for health insurance but you're not sure what type of insurance you need or what you need to apply.



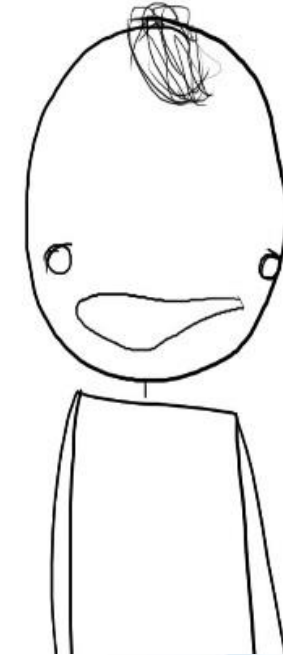
Small Group Discussion

- Take a few minutes
- Talk with those around you
- How would you problem solve some of the barriers?
- Try to really put yourself in their shoes!



And we didn't even discuss...

- Transportation and/or driver's license issues
- How to pay for food or apply for food stamps (if eligible)
- Daycare costs and school involvement for parents
- Trying to find employment with a criminal record
- Finding time to work on a high school diploma or GED
- When mental health symptoms are overwhelming
- When temptation to use or drink is real or relapse happens
- Having a long history of negative experience with the system
- Time management skills and keeping track of appointments
- Being bombarded by "old friends" who want to use or drink with me
- Difficulty in finding housing with a criminal record when ready



I'm a little overwhelmed, guys.



Traditional Criminal Justice Involvement

- Minimal re-entry planning behind the walls
- Released to same environment
- Report to Probation, Parole, Community Corrections
- Figure out transportation and childcare
- Go to Treatment, get on medications
- Get health insurance or pay out of pocket
- Pay fees, fines, other supervision
- Treatment/ intervention services (office based)
- **Overall Message: “I can tell you what to do but you figure it out”**



More Comprehensive Support

- Engage while in jail/prison if possible
- Comprehensive release planning is best
- Release to a support person or professional
- Transport to reporting site when possible
- Assist with enrolling in insurance and identifying a provider or re-engaging
- Assist with intake process and initial stages of mental health / substance abuse treatment
- Help with appointment management, life skills, medication when needed
- Offer unconditional support, motivational interviewing, establish trust
- **Overall Message: “We are in this together”**



Recovery Coaching in the Community

- Provide services in the client's community
- Role is separated from traditional case managers and clinicians.
- Can assist clients in completing goals or tasks in the community.
- Work clinically with the individual and families to apply treatment concepts and build recovery assets.
- Provide additional support to the client to navigate court-ordered programs/activities, using motivational interviewing



Recovery Coaching: Multiple Paths to Recovery

- Provide an individualized model of care that allows for multiple paths to recovery based on each individual's needs & self-defined goals
- Encourage clients to try different activities and supports within the community and be supportive of client's choices
- For example, someone recovering from a substance addiction might try 12-steps meetings and a sponsor, Smart Recovery, church involvement, or find other support that is the right fit for them



Recovery Coaching: Client Driven Services

- Establish trust; Coaches are partners and consults with the clients
- Services reflect a **recovery orientation** (strengths-based; believes anyone can recover) rather than deficit or disease-based view of clients
- Initial and on-going assessment of recovery capital, and how to build up
- Recovery Plan (different from provider Tx plan) development based solely on what the client wants to work on



Recovery Coaching: Harm Reduction Approach

- Evaluate stage of change and meet with appropriate intervention
- Continue to work with individuals who have left or were removed from treatment
- Advocate for the client when progress is being made, even when coupled with mistakes or some noncompliance
- Can also sometimes address an individual's brief relapse in the community without a return to treatment
- Help individuals return to treatment if the substance use evolves into a full-blown on-going relapse



Practical Examples of Support: Pre-release

- Release planning with individuals while incarcerated
- Released from jail to a Coach, transportation to placement or treatment
- Assistance with some needed items upon release
- Referring clients to appropriate agencies
- Assisting individuals with application and interview process for inpatient treatment and/or recovery housing (local & non-local)
- Work closely with family members when client is comfortable
- Communicating with the jail/ department of correction regarding meds



Practical Examples of Support: Basic Needs

- Helping clients connect with benefit navigators or assisting them with applying for health insurance, food stamps, etc.
- Helping with transportation, connecting them with bus passes, or obtaining half-fare ID's, life skills training in utilizing the bus system
- Connecting to locating food pantries; helping with groceries if possible
- Assistance obtaining ID's driver's licenses, and birth certificates, SS cards
- Assisting with cell phones and cell phone minutes when needed
- Refer to local thrift stores, Goodwill vouchers, clothing donations



Practical Examples of Support: Legal

- On-going collaboration and communication with Community Corrections, Probation, Parole, etc.
- Advocating for the client with the court
- Advocate interventions before sanctions if client needs more support
- Refer client to legal counsel when necessary
- Refer client to workshops on Expongement when necessary



Practical Examples of Support: Treatment

- Attending prescriber appointments when client is comfortable, assist clients to advocate on their own behalf
- Working closely with clients' mental health and substance abuse treatment providers
- Life skills with managing and maintaining various appointments
- Assisting individuals with application and interview process for inpatient treatment and/or recovery housing (local & non-local)
- Facilitating evidence based curriculum one-on-one



What Does All This Mean for Me?

- What can I do with this information?
- How can my agency expand what we're already doing?



Increasing CJ Programming Supports

- **Understand the needs of the population**
 - Implications of criminal justice involvement, having a record, etc.
 - Know the differences between Probation, Community Corrections, Parole
 - Additional requirements of drug screens, treatment, maybe 12-step meetings
 - Possible equipment issues and long wait times at Community Corrections
- **Essentials to Know & Understand**
 - Understanding trauma, trauma-informed care
 - Stages of change, motivational interviewing
 - Treatment of mental health, substance use, and co-occurring disorders



Increasing CJ Programming Supports

- **Empathy, understanding, and relationship**
 - Building trust and relationship is THE most important
 - Take time to really listen to the person, their needs and concerns
 - Follow through with what you say or promise to do
 - Always express a willingness to help, support, and desire to see them succeed
- **Think outside of the box**
 - What services could be provided in the community?
 - What could you easily assist with that you are not already?
 - What other agencies could help you provide needed services?
 - Actively look for partnerships with other agencies, take client feedback
 - Identify or create a way to have minimal “barrier-buster funds”



Clients Sharing their Experience

**What's
Your
Story?**



Clients Sharing their Experience

- What are some of the barriers you have faced during this process that you want other people to know about?



Clients Sharing their Experiences

- What are some of the successes you have experienced?



Clients Sharing their Experience

- How has working with a Recovery Coach benefited you?



Clients Sharing their Experience

- What improvements or changes do you think should be made to help people through the re-entry process?



Thank you!!!

- Questions?
- Comments?

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