

Quick Stats

Agency	Program/Policy Start Date	Number Served Annually	Annual Budget
Department of Correction	September 2011	~700	N/A

Problem Statement	Adolescents in DOC's custody are disproportionately charged with violent crimes (76%) and diagnosed with mental illness (42%). They have high rates of readmission, institutional violence and substance use and many are academically delayed. Most are released to the community despite the severity of their criminal charges; 49% are readmitted within a year.
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Research and Evidence	Cognitive Behavioral Therapy (CBT) is an evidence based intervention that has been tested in a number of settings with a variety of hard-to-reach populations. CBT blends cognitive and behavioral theory, to address both external behaviors and internal thought processes and foster the development of pro-social skills to live violation-free in jail and crime-free in the community. Outcome studies on CBT-treated youth in juvenile facilities and various juvenile probation sites show that participants have lower recidivism than control groups. Integrating CBT into the activities of daily living increases the dosage otherwise provided in several group sessions weekly and affords everyday opportunities to apply CBT problem-solving strategies to real-life situations that inmates face in jail and after release.
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Program Description	DOHMH mental health staff, supported by the private mental health provider and local graduate programs in forensic and behavioral health, conduct daily on-site cognitive behavioral group therapy sessions with the mental observation population at RNDC. This programming includes a structured curriculum, incentive system for program adherence and participation, inclusion of the DOC officers as members of the treatment team and individual mental health care. Program participants are evaluated regularly and have their treatment plans updated by clinicians as necessary. They are encouraged to model pro-social behavior at all times in the housing area, including zero-tolerance for violence.
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Implementation Timeline	The program has been in operation since September 2011 and is in the process of being enhanced to include the same program components (including incentives, milestone achievements, etc.) as the adult units that have been operational for longer. This conversion is expected to occur in the fall of 2012.
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Target Population	The program targets adolescent males who require mental observation housing based on a clinical assessment. Approximately 700 inmates per year are eligible.
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Expected Outcomes	<ul style="list-style-type: none"> The goal of the program is to improve mental health outcomes and assist participants with re-integration into the community The program is also expected to contribute to a reduction in the number and severity of in-facility incidents, particularly fights and related incidents, compared to youth in jail who does not participate in the program.
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Dialectical Behavior Therapy