National County Government Month 2013 - "Smart Justice: Creating Safer Communities."

Waldo County Sheriff's Office Highlights for 2012

MAINE COASTAL REGIONAL REENTRY CENTER and WALDO COUNTY JAIL:

- The Waldo County Jail processed 1077 bookings in 2012.
- The average daily population for Waldo County Jail inmates was 46. These were held at Two Bridges Jail. The average daily population for the Reentry Center was 24.

Special services offered to public through the MCRRC:

- **Garden Project** – Organized by Waldo County Commissioner Bill Shorey, this nearly three acre garden produced over ten tons (20,320 pounds) of fresh produce in 2012 that was provided to the local food pantries, other non-profit organizations and our own reentry kitchen this past year. Residents participating in the garden project provided 835 hours of labor ensuring its success.
- **Volunteer Work -** Aside from the Garden Project, residents of MCRRC provided over 3,000 hours of volunteer community service to thirty-five partners in Waldo County.
- **Maine Coastal Regional Reentry Center** provides a program-rich environment that creatively addresses criminogenic risk, utilizes case management and prescriptive case planning that focuses on actuarial risk/needs, and implements a phase/tier system that engages and slowly transitions offenders into a prosocial lifestyle. This approach has made MCRRC a cost effective alternative to incarceration and a responsible, proactive approach to reducing recidivism. Maine Coastal Regional Reentry Center received national recognition from National Association of Counties in 2011.

  Please see the attached report for a complete description of the reentry program as well as a list of all of the programs, classes, and activities provided at the Reentry Center.

WALDO COUNTY SHERIFF'S PATROL:

- The Waldo County Sheriff's Office received 9414 calls for service, which also includes traffic stops.

Special services offered to public through the Patrol Division:

- **Participates in Waldo County Triad -** Chief Deputy Jeffrey Trafton serves as chairman.
- **Supports Camp Postcard** – WCSO provides both financial and personnel resources.
- **School Resource Officer** – WCSO partners with RSU 3 in providing a School Resource Officer.
- **Public Activities -** WCSO participates in numerous speaking engagements and educational presentations throughout the year at youth groups, schools and other organizations
- **School Visitation** – WCSO sends deputies to visit schools periodically

With a full array of evidence based programming, intensive case management that targets the individual's high risk domains as identified in the Level of Service Inventory Revised (LSI-R), and an aggressive strategy of reducing risk, the Maine Coastal Regional Reentry Center (MCRRC) is a full service risk reduction center.

A full risk/needs assessment (LSI-R) is completed on all individuals upon entry at the Reentry Center ensuring that we are targeting those who are at a high risk of re-offending. During their six to twelve month stay, we address criminogenic risk through prescriptive case planning and an evidenced based, program rich environment ensuring that upon graduation from the center, their risk of re-offending has been substantially reduced as they reenter our communities.

Just prior to graduation from the program, a full risk/needs assessment is completed on the client to review and confirm progress. Upon graduation from the program, MCRRC maintains regular follow up and contact with former clients for up to six months, assuring that needs are being met and to provide ongoing support.

Below is a list of all programs, classes and activities offered at MCRRC with a brief description of each.

Alcoholics Anonymous (AA) – AA is a fellowship of participants who share their experience, strength and hope with each other so that they may solve their common challenges and help others to recover from alcoholism. The MCRRC views this program as voluntary with the only requirement that those who are granted the privilege to attend off campus AA meetings in the community must articulate a sincere desire to stop drinking.

Anger Management – This program model is a combined cognitive behavioral therapy approach that employs relaxation, cognitive, and communication skills interventions. This combined approach presents the participants with options that draw on these different interventions and then encourages them to develop individualized anger control plans using as many of the techniques as possible.

Changing Offender Behavior – Based on research demonstrating that antisocial thoughts and cognitive skill deficits support criminal behavior, this program targets these antisocial thoughts and skill deficits by using a behavioral approach that includes modeling, rehearsing and rewarding. This is a journal-based curriculum.

Community Service – MCRRC believes that clients can improve their lives, strengthen their relationship with community and begin to view themselves as a valuable member of society through our comprehensive community service program. Clients learn that by putting service and volunteer activities in the proper context, life-long civic engagement can be a viable option in their lives. Residents engaged in community service experience a strong sense of self worth and improved self esteem. In FY2012, residents of MCRRC performed 3988 hours of volunteer work with 35 partners in Waldo County.

Culinary Arts – This program is an ongoing, ten week skill building course of basic and intermediate cooking and baking. Participants learn a variety of baking skills including yeast doughs, quick breads, muffins, and basic desserts. Cooking skills include soup, sauces, appetizers, vegetable preparation, hot and cold food production, Regional American and International Cuisine. Participants actively partake in menu planning, scheduling, and food budgeting. Throughout this program, through constant practice, participants develop vital, real life skills of planning, budgeting, shopping and nutrition. Each person who completes 10 weeks receives a certificate of participation as well as a colorful portfolio of the dishes they prepared along with their recipes.

Differential Substance Abuse Treatment (DSAT) – This is an evidenced based, cognitive behavioral program that focuses on understanding physical and psychological addiction and learning personal triggers and healthy coping skills.

Dialectical Behavioral Therapy (DBT) – DBT is a program or treatment method that teaches emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness skills using cognitive behavioral therapy.

Earning And Learning – This program provides the flexibility clients need to acquire knowledge and skills and earn a living at the same time. Moreover, the program teaches clients the work ethic and communications skills needed to make the transition to the workforce.

Education – Through collaboration with College Connection (a course preparing residents to full time college), and other University of Maine campuses, clients are offered opportunities to continue their post-secondary or higher education course work. MCRRC enjoys a close cooperative relationship with RSU#20 Adult Ed in Belfast, which provides GED services and evening classes including welding and other career oriented services as well.

Employment – Research suggests that providing employment opportunities prior to release from incarceration lessens the likelihood of subsequent convictions and re-incarceration. All clients are expected to obtain gainful employment, meet fines/restitution obligations and create a savings account while residing in the MCRRC. MCRRC maintains a close working partnership and enjoys a strong, trusting relationship with many local employers who have found the Reentry Center to be a valuable resource for finding employees of various skills and backgrounds. In FY 2012, out of the 32 residents that graduated from MCRRC, 29 were gainfully employed.

Epictetus Club – Based on Jeff Traylor's book detailing his experiences in the Ohio State Penitentiary, this program utilizes stoicism and cognitive behavioral therapy as a backdrop to encourage clients to think outside the limits of their own literal walls of their own self-imposed limitations and comfort zones.

Introduction to Restorative Justice 101

This program, facilitated by the Restorative Justice Project (RJP), is four, two hour sessions, in which residents are exposed to an overview of restorative practices from historical applications across cultures, to present day implementation. Additionally, residents learn about the foundational principals of Restorative Justice: *accountability, voice of the impacted and repairing the harm*. Upon successful completion of this program, residents understand the role of relationships in the restorative justice framework and how restorative practices can be utilized to address harm in the home, workplace or community.

Mediation– Volunteers Of America Northern New England, VOANNE offers clients specialized mediation services to clients who request assistance in facilitating family life issues to help clarify issues, explore options, and reach a mutually satisfying resolution. All residents attend an introductory class on mediation and communication to introduce them to mediation services and those who want to continue are assigned mediators.

Men's Group – This program utilizes various group techniques while exploring various issues (e.g. boundaries, character development, conflict resolution, family issues, reentry issues, relationships and substance abuse) confronted by the offender population.

Mentoring Program

Through collaboration with the Restorative Justice Project (RJP), all clients are offered the opportunity to develop a relationship with a mentor who will offer the client the support needed in the community to assist him in transitioning from prison life. Mentoring is the primary program element that the Restorative Justice Project of the Midcoast provides as part of a multifaceted Maine Coastal Regional Reentry Center strategy to support successful transition from jail or prison back into the community. The RJP uses trained community volunteer mentors to strengthen the resident's ability to be successful upon release. In the context of developing supportive trusting relationships through restorative justice principles, ex-offenders begin to create healthy self identities, develop deeper understanding of the impact of the harm they have caused and can begin to repair damaged relationships with family, friends and their community. We believe that when individuals feel connected to their communities they are less likely to cause harm or commit crimes.

Narcotic's Anonymous (NA) – A twelve-step-program modeled after AA describing itself as a "fellowship or society of men and women for whom drugs had become a major problem. The program is group-oriented, and is based on the Twelve Steps and the Twelve Traditions, adapted from AA.

New Books/New Readers – This program, facilitated by Maine Humanities Council, is a humanities-based book discussion program. It opens the world of books and ideas through literature that is accessible and thought-provoking, encouraging reading as an

enjoyable lifelong personal and family activity. Topics have generally focused on conflict resolution but will be expanded to include life experiences and how those events have shaped their present lives and future.

Nonviolent Communication (NVC) – In this program, clients are taught to hear their deeper needs and those of others. Through an emphatic emphasis on deep listening, NVC helps clients discover depths of their own compassion. The program's language reveals awareness related to universal values and needs.

Psychodrama – Psychodrama employs various group therapies to allow a client participant to look forward or backward in their life. Clients are encouraged to continue with their personal growth through dramatization, role playing and dynamic self-presentation. Psychodrama is open enrollment and continues throughout the reentry experience.

Psycho Education – This program gives clients information on substance abuse that may not be covered in other programs including post-acute withdrawal syndrome, neurological research on addictions, family relationships, codependency and the relationship between self-sabotaging behaviors and relapse prevention.

Recreation – Residents of MCRRC have numerous, daily opportunities of recreation and stress reduction based activities. For those residents who have reached the phase in which they are allowed unsupervised recreation outside of the facility, both the YMCA and Bay Area Fitness are within walking and/or biking distance of the center. For those residents who are still at the phase which requires supervision, in addition to the universal weight set and recreation yard on site, they are also offered weekly opportunities for supervised gym visits at Bay Area Fitness. Aside from frequent gym visits, all residents are given an opportunity to attend various outdoor activities such as the local Rowing Club, hikes at local parks and trails, softball/basketball leagues and morning meditation group. We also encourage daily walks on a designated route in the community which includes the Belfast Foot Bridge.

Thinking For A Change (T4) – This program is an integrated, cognitive behavioral change program for offenders that include cognitive restructuring, social skills development, and development of problem solving skills. Participants of this program actively focus on the connections between their thinking and their offending.

Work Ready – The Work Ready curriculum addresses seven basic standards including personal motivations and challenges to employment, effective communication and interpersonal skills, understanding taxes and benefits, job searching, and resume and portfolio preparation. Upon completion of the program, clients have a clearer understanding of how to be better employee based on increased awareness of their strengths and weaknesses prior to entering the work place.

Mindfulness-Based Stress Reduction – This program includes six weeks of meditation and mindfulness training followed by an 18-hour silent meditation retreat. The course, which also includes Yoga, is evidence based as written and taught. There has been recent research conducted and confirming that mindfulness skills and practices such as that presented in MBSR appear to produce enduring changes in emotional processing in the brain. Graduates of our MBSR program reported significant reductions in stress, anxiety, distractibility and obsessive thinking and an increase in feelings such as contentment, joy, peace and compassion. Participants also reported an increased ability to concentrate and focus on goals and objectives.

Relationships Class – This class is built around six films that are viewed by each resident prior to the class meeting. Discussions about different types of relationships make up the bulk of the class meetings. Relationships include not only traditional love relationships but relationships with coworkers and other relationships that are typically encountered in life.

Resiliency Class – This class strives to introduce various styles and types of resiliency. Movies and books are used by various authors such as Eli Wiesel, Mohammad Ali and others who wrote about being resilient in their lives. Class discussion revolves around how we can adopt a resilient attitude and carry it out of reentry and throughout our lives.

Garden Project – Organized by Waldo County Commissioner Bill Shorey, this nearly three acre garden produced over ten tons (20,320 pounds) of fresh produce that was provided to the local food pantries, other non profit organizations and our own reentry kitchen this past year. Residents participating in the garden project provided 835 hours of labor ensuring its success.

Inside/Out Dads (IOD) – The curriculum is evidence based and focuses on father's issues both inside the facility and out. This is a cooperative class facilitated by Patrick Walsh of Broadreach Family Services. We utilize the IOD curriculum as well as other materials that Broadreach provides. While out on pass, residents are encouraged to practice the IOD skills they have learned and they engage in discussions based on their experiences.

The Four Agreements – Classes are based on the book, The Four Agreements: A Practical Guide to Personal Freedom", by Don Miquel Ruiz. This is a primer on how to live a productive life using the four "agreements" or principles outlined in the book which are, "Be Impeccable with Your Word, Don't Take Anything Personally, Don't Make Assumptions, and Always Do Your Best.". Participants of this program report a greater sense of self worth, personal freedom and social engagement.

Skill Building – This program is a follow up to DSAT with the focus on relapse prevention. It includes 21 sessions which revisits, recaps and reinforces skills that were developed in DSAT. This program has proven to be not only a good refresher of skills

learned in DSAT, but also provides vital ongoing support as these new skills are developed and utilized by the resident.

Upon successful completion of an initial "Orientation Phase", residents at MCRRC are expected to successfully "graduate" through four phases, or tiers during their stay. Each phase supports and reinforces programming offered as well as provides the resident an opportunity to demonstrate new skills, thought processes, and personal growth.

During the "Orientation Phase", the newly arrived resident is given time to familiarize himself with the routine of the program, acquaint himself with staff and to begin the process of developing an Individual Service Plan (ISP). Independent programming is introduced with an emphasis on self-empowerment, self-determination, trustworthiness and accountability. This phase begins at arrival and lasts for 14 days.

Upon meeting obligations set forth in the Orientation Phase, residents are considered for advancement into ***PHASE I: "Understanding Your Risk Factors"***. During this phase, residents focus on understanding the risk factors leading to their criminal behavior, exhibit strong program community involvement and reconnect with positive outside influences. Applicants for this phase are also expected to write an essay of their understanding of their three (3) highest risk factors identified by the LSI-R, how these risk factors have negatively affected their life in the past, and how they intend to address the risk factors in the future. Aside from participating in the many on-site activities and programs, residents at this phase perform up to eighteen hours of community service a week and are given the opportunity to participate in many program related, off-site activities when accompanied by staff.

Once residents have been in the program for a minimum of four (4) weeks and are actively engaged in assigned programming, they may apply for ***PHASE II: "Assuming A Purpose Driven Life"***. Community involvement is increased at this level and Phase I themes are expanded to provide insight into the concept of choices and personal responsibility. Character development is also a theme of this phase. Off-site activities are related to case plan or re-entry needs and may involve staff supervision. The required essay continues to build on a further understanding of the resident's risk factors, how they intend to make substantive changes in their lives and why they believe that a sense of purpose in life is essential for success. Aspects of this phase include, continued participation in cognitive behavioral programming, substance abuse treatment as determined by the Substance Abuse Counselor, participation in education programming if applicable, participation in off-site religious services, recreational opportunities, unsupervised study sessions at the Belfast Public Library, and various other community activities.

Residents who have displayed responsible behavior, self-determination, and motivation to utilize the skills taught in the program may apply for **PHASE III: "ABC's of Thoughts and Actions"**. Applicants must present programming history that highlights program titles, total amount of hours spent in classroom for each program and how "down time" was spent (e.g. watching motivational DVD's, journal work, AA/NA,

homework, etc.). Responsibility and ownership are substantive themes on this level. Applicants must present an essay that connects his risk factors with responsibility, accountability and an awareness of negative thoughts and actions. Residents at this phase are expected to approach in-house programming responsibilities in a mature and independent manner with a desire to express subject matter in relation to their own personal experiences. Employment search may be a component of this phase as well, taking into consideration time remaining in the program, completion of various programs and overall program performance. Aside from active participation in job searching, education (if applicable), and job fairs, residents at this phase perform up to 20 hours of community service projects per week, continue with individual and group cognitive behavioral programming, participate in substance abuse programming if applicable, attend various of-site activities (i.e. religious services, education, library, recreation, AA/NA, etc.), and are given one three hour PRA pass per week.

Applicants for **Phase IV: "Paying It Forward"**, are once again challenged to present programming history to his case manager that highlights program titles, total amount of hours spent in classroom for each program and how "down time" was spent. The required essay must be a reflection on personal growth while in the program, how personal growth was used to positively effect others, and how this new found developed character will help achieve success when fully immersed back into the community. As in all phase change decisions, the Unit Team carefully considers the individual's LSI-R and the amount of programming that he has completed, or soon to complete prior to advancement to Level IV. This is a privileged level with unsupervised involvement in the community and residents are expected to treat it as such. In this phase, residents are offered full integration into the community without direct supervision. Residents are expected to be immersed in one of the following: employment, vocational training, secondary or post-secondary education. Although staff may utilize employers and community members for feedback on a resident's activity, trust and accountability play a major role in this phase. The main theme in this level is character development and "giving back" to others. Phase IV residents are expected to be positive role models in the program community and the leaders in group meetings. Other aspects of this phase include involvement in support groups such as AA/NA, continued participation in any unfinished programming, increases in PRA passes per week, unsupervised access to recreation at an approved location, finalizing of the reintegration plan, and completed applications for community support (e.g. transitional program application, Social Security, Maine I.D., Birth Certificate, housing, etc.).

Upon successful completion of each phase and graduation from MCRRC, graduates are encouraged to maintain contact with their case management team at MCRRC. MCRRC also reaches out and conducts follow up with former residents for up to six months after they have left. Many former residents give back by visiting MCRRC and give motivational talks to the residents, offering support and encouragement.

Providing a program rich environment that creatively addresses criminogenic risk, utilizing case management and prescriptive case planning that focuses on actuarial risk/needs, and implementing a phase/tier system that engages and slowly transitions

offenders into a prosocial lifestyle has made MCRRC a cost effective alternative to incarceration and a responsible, proactive approach to reducing recidivism.