

## Promising Practices

### How States Use RSAT Funding to Support Treatment and Reintegration

The [Residential Substance Abuse Treatment \(RSAT\) for State Prisoners Program](#) assists states, local and tribal governments develop and implement residential substance use disorder treatment programs within state correctional and detention facilities. RSAT funds can also be used to assist with reentry for returning citizens.

"The purpose of the RSAT for State Prisoners Program is to break the cycle of drug addiction and violence by reducing the demand for, use, and trafficking of illegal drugs. RSAT's objectives are to enhance the capabilities of states and units of local and tribal governments to provide residential substance abuse treatment for incarcerated inmates; prepare inmates for their reintegration into a community by incorporating reentry planning activities into treatment programs; and assist these offenders and their communities through the reentry process by delivering community-based treatment and other broad-based aftercare services."

[Bureau of Justice Assistance RSAT webpage](#)

This brief highlights three RSAT-funded programs that have shown promise in providing effective addiction treatment, preparing individuals for community reintegration following release and connecting individuals with services and supports in their community. While these programs are supported with RSAT-funding, they are also examples of the types of promising programs that could also be funded using Byrne Justice Assistance Grant dollars.

### New Expectations—Residential Substance Abuse Treatment for New and Expecting Mothers



The New Expectations program is operated by the Delaware Department of Corrections (DDOC) in partnership with [Connections Community Support Programs \(Community CSP\)](#). It enables women who are pregnant or have recently given birth to receive intensive treatment and avoid incarceration while living in a group home. Started in 2014, the program has the capacity to serve 17 women in nine rooms.

The program lasts a minimum of six months and provides the added opportunity for mother and baby to reside at the New Expectations facility until the child is 6 months old. Following intake and admission, during which women undergo biopsychosocial and other assessments to determine their individual treatment plans, the program

begins with an intensive 90-day treatment regime. Upon successful completion, participants engage in community reintegration and an aftercare phase which includes a variety of educational and therapy activities to help them stay sober and be effective parents.

New Expectations was funded through RSAT grant funding at \$60,000 in FY19 and has been supplemented by Byrne JAG funding as needed.

To learn more, contact Dr. Vanessa Bennefield, Treatment Director of Bureau of Healthcare, Substance Abuse, and Mental Health Services at 302-857-5372.

Read an article about the program from the [Addiction Policy Forum](#) and listen to a [podcast](#).

## Oklahoma's Juvenile Relapse Avoidance Project (J-RAP)



In Oklahoma, RSAT funding is used to support the Juvenile Relapse Avoidance Project (J-RAP). This program utilizes therapists certified by the Oklahoma Department of Mental Health and Substance Abuse Services to provide substance treatment services to youth who score at moderate or high risk for substance misuse on the Youth Level of Service Inventory assessment tool. Following referral and intake into the J-RAP group home, the Teen Addiction Severity Index (T-ASI) tool is used to evaluate the severity of each youth's substance use and to guide the duration and frequency of treatment services while in placement and upon return to the community.

The J-RAP program lasts 6-to-12 months, depending on the success of each participant's relapse prevention plan and T-ASI results. Treatment

modalities include Family Behavioral Therapy (FBT), Community Reinforcement Approach and Family Training (CRAFT), Behavioral Therapies for Adolescents/Multisystemic Therapy (MST), Moral Reconciliation Therapy (MRT), the Matrix Model and Twelve-step Facilitation Therapy.

One key feature of Oklahoma's J-RAP program is its effort to include families in counseling services while youth are enrolled. Providers are incentivized with a higher compensation rate to provide counseling that includes the whole family.

The J-RAP program was funded at \$111,716 in FY19. For more information, contact Alison Humphrey, Program Manager, at 405-990-1164.

Learn more about J-RAP in this [Bureau of Justice Assistance report](#) on the RSAT program (page 38).

## New Hampshire's TRAILS Program



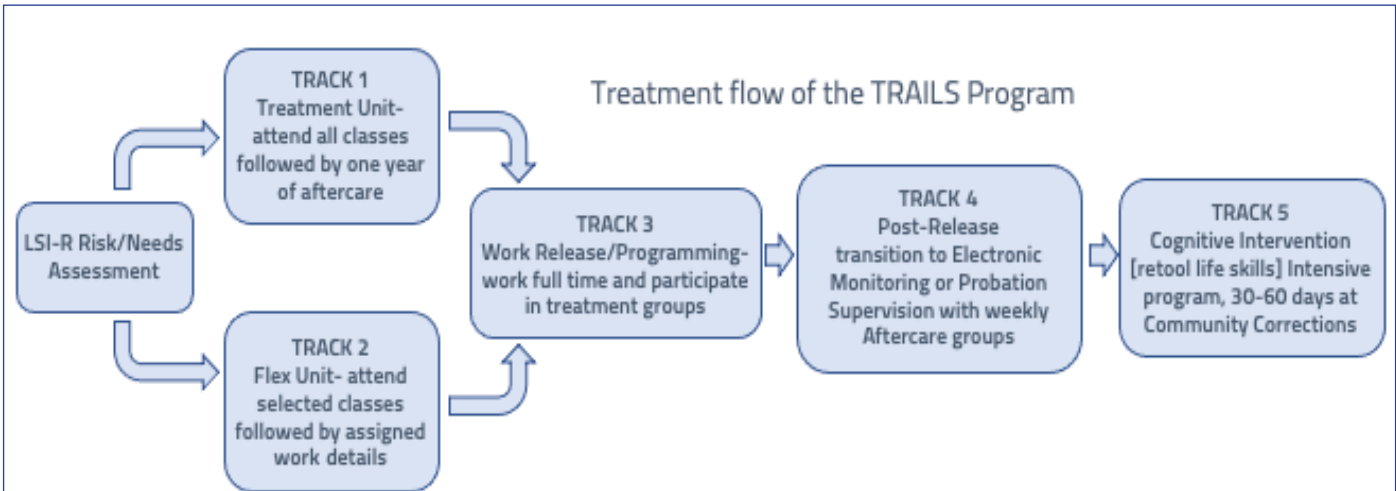
[The Transitional Reentry and Inmate Life Skills \(TRAILS\)](#) Program is operated by the [Sullivan County Department of Corrections](#) in New Hampshire. TRAILS is a two-phase program consisting of an initial 90-day, in-house substance use disorder (SUD) component and a 6- to 12-month post-release component. Currently, RSAT funding supports the post-release phase of the TRAILS program.

During the in-house treatment phase participants complete a variety of therapy and educational programming, including psychoeducational interventions, weekly individual sessions, group sessions, skill building, and post-release case management planning. Participants transition into the post-release program using the National

Institute of Corrections' Transition from Jail to Community (TJC) model designed to advance coordinated and collaborative relationships between jail and local community organizations.

In addition to an estimated 20 percent reduction in recidivism by TRAILS participants, the program gives back to the community in other ways. For example, during the COVID-19 pandemic TRAILS participants helped build 150 protective shields for local classrooms to keep students and teachers safe during in-person learning. That project saved the district more than \$700 per shield.

To learn more about the TRAILS program, contact [Lori Keefe](#).



TRAILS challenges our country's very high recidivism rates with a team of highly skilled program staff who teach evidence based programs in the Community Corrections Center [CCC]. This opportunity affords offenders a very intensive rehabilitative program that has shown proven success time and again. This is a court- mandated program that helps offenders come to understand they can earn their way out of the system. Eventually, offenders not only open up and talk about their experiences, but actually look forward to the daily course work and sharing personal regrets and ambitions with others like themselves. This therapeutic program works in concert with the local judiciary.

TRAILS program brochure

Do you have a Promising Practice from your jurisdiction you want to share?

Contact us at

[strategicplanning@ncja.org](mailto:strategicplanning@ncja.org) !