

Am I Crazy For Doing This?

Building a successful program that
integrates mentally ill offenders

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Where are our largest mental health institutions?

- Riker's Island
- Cook County Jail
- Los Angeles County jail

Comings and Goings

- Community Corrections
- Parole
- Probation
- Problem Solving Courts

Mental Health Programs

- 3 main components to each program
 - Assessment (pre-screening)
 - Referral
 - Case management (follow-up)

Assessment

- Assessment is defined by the National Institute of Corrections as the process by which information is obtained about offenders that is needed to make classification decisions about their placement, management, and programming while confined.

Assessment

- Risk and Needs
- Substance abuse
- Mental Health
- Co-occurring disorders
- Cognitive behavior

Assessment

- Reduce congestion within local community health facilities
- Identify and prioritize the needs of clients
- Allow for the creation of an accurate TX plan
- Determine where a client is in the change process

Types of Mental Disorders

Affective

Major Depression

Bipolar Disorder

Dysthymia

Cyclothymia

Anxiety

Generalized
Anxiety Disorder

Social Anxiety
Disorder

OCD

PTSD

Psychosis

Schizophrenia

Schizoaffective
Disorder

Personality Disorders

- Antisocial
- Borderline
- Narcissistic

Interviewing

- Gathering the relevant information
- Listening to the client
- Addressing the identified needs
- Putting together the entire assessment picture

Assessment

Any History of the following:

Depression

Trouble sleeping, eating

Hallucinations (auditory, visual, tactile)

Rapid weight gain or loss

Changes in mood

Problems Concentration

Disruption of Thought

Sexual dysfunction

Hyperactivity

Anxiety

History of Victimization : Physical, Sexual Verbal/Emotional

Feelings of worthlessness, hopelessness, guilt

Assessment

- Have you ever attempted suicide or had any suicidal thoughts?
- If so did you develop a plan?
- Have you ever thought about killing or harming anyone else?

Assessment

- Motivational Interviewing
 - Empathy not sympathy
 - Revealing discrepancies
 - Rolling with resistance
 - Supporting self-efficacy

Placement

- What services are offered in your community
- Dual Diagnosis
- Insurance
- Supportive Living
- Wrap around Services
- Coordination of case management

Case Management

- Continuing to engage the client in change
- Understanding med compliance not addiction may be the issue
- Illness is not an excuse
- Going the extra mile
- Developing the authentic self

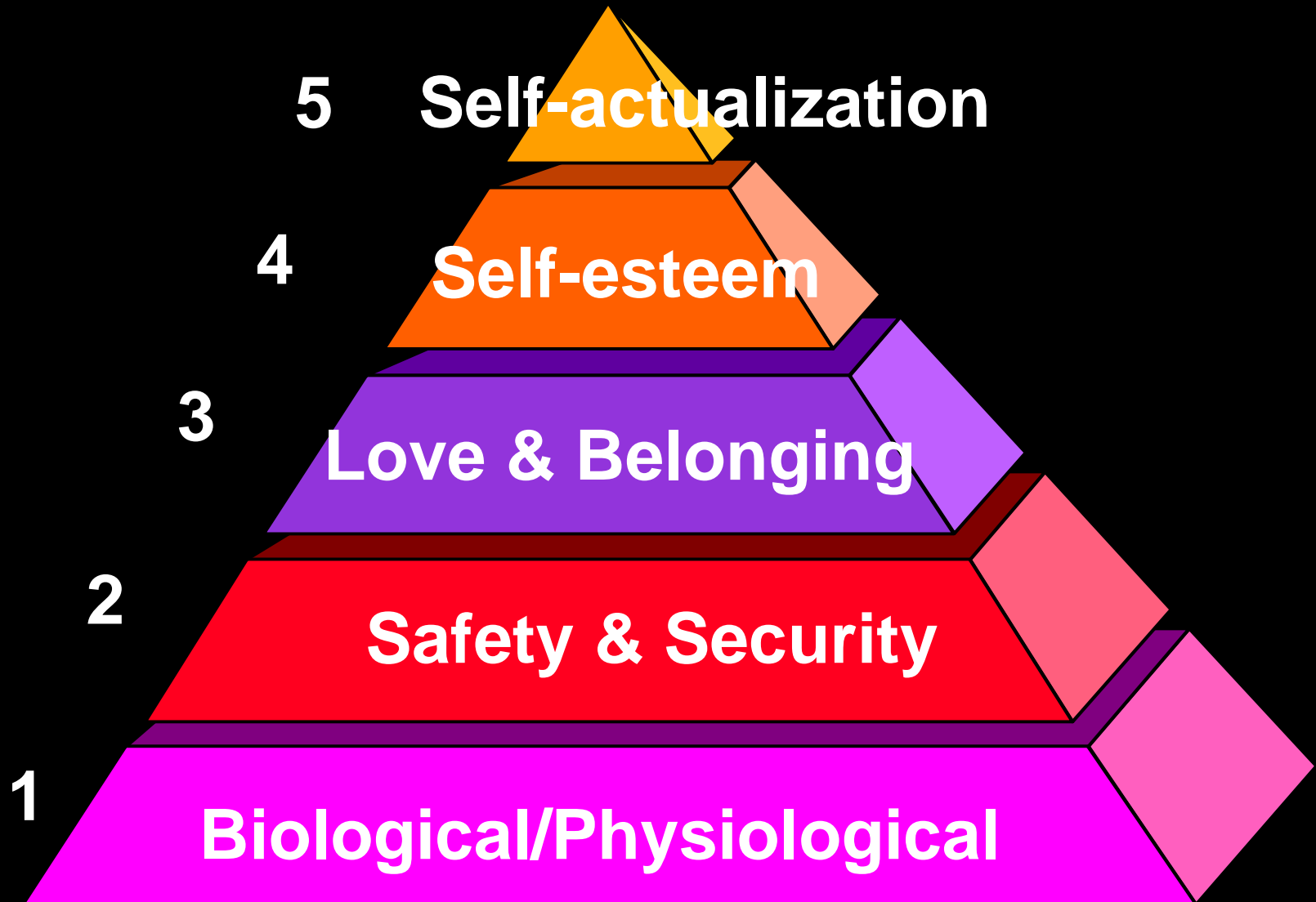
Case Management

- Overcoming the fear
- Moving past stigma
- No Judgment
- Which came first the illness or the addiction?
- Where is the client in the pyramid?

Moving Past Stigma

Moving Past Stigma

Maslow's Hierarchy of Needs



Physical Needs

- **Substance Use**
- **Physical Health Management**
- **Medication Adherence Issues**

1

Biological/Physiological

- **Mental health management**
- **Functional impairments**
- **Legal issues**

2

Safety & Security

3 Love & Belonging

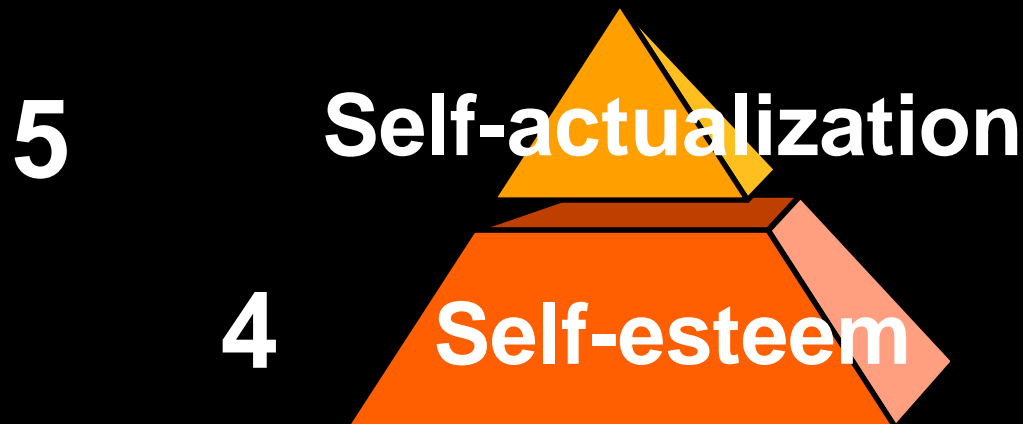
- **Social & interpersonal skills**
- **Need for affiliation**
- **Family relationships**



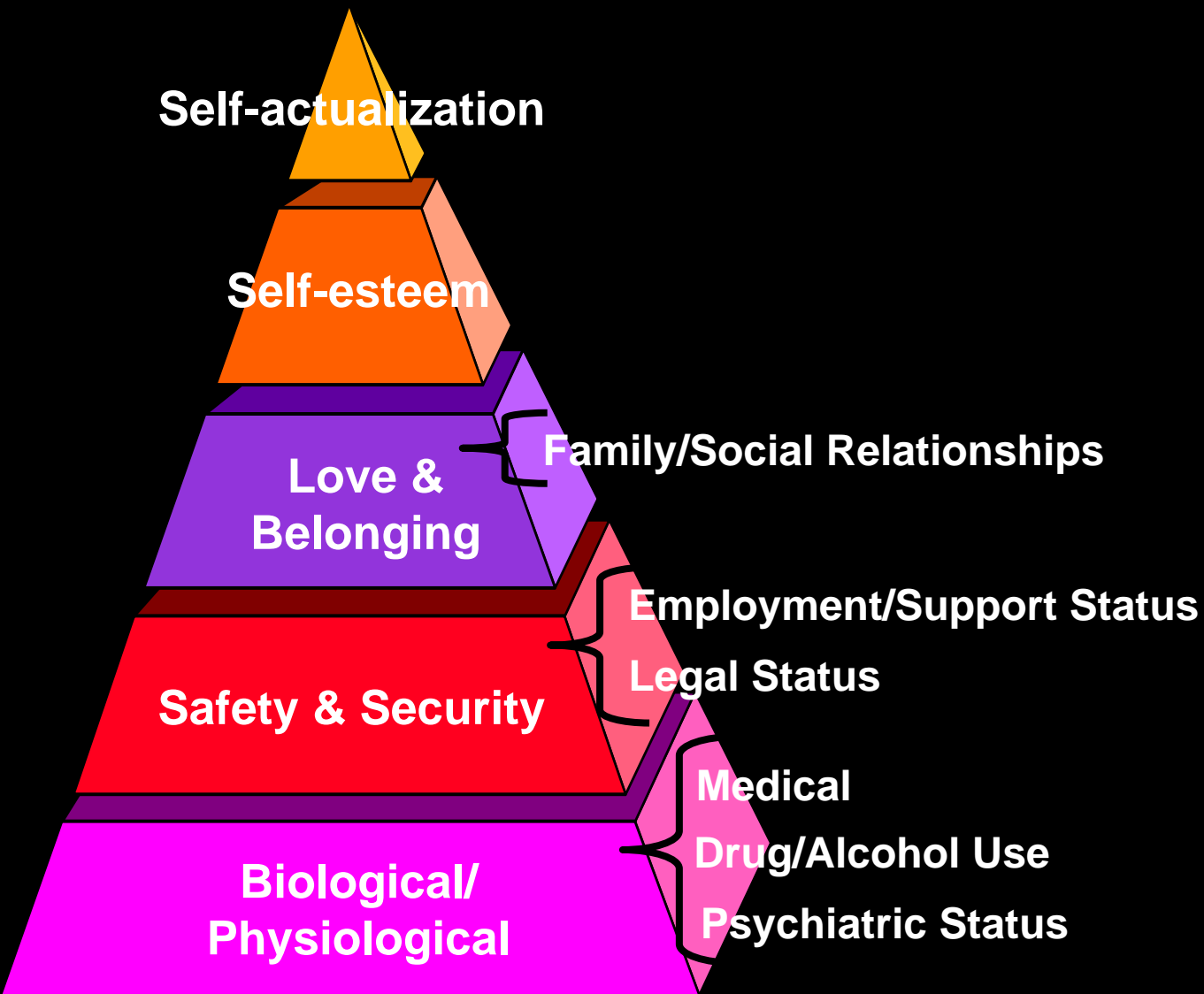
- **Achievement and mastery**
- **Independence/status**
- **Prestige**

5 Self-Actualization

Self-Esteem & Self-Actualization



- Worked on in treatment
- Monitored in case management



Practical Tools

- Consult with groups such as National Alliance on Mental Illness (NAMI)
- Focus on training a specialized person or team
- Collaborate with local community mental health agencies
- Concentrate on the client telling their story

Interactive Journaling

- Interactive journaling is a successful tool in engaging clients.
- Used as a tool to educate clients on their disorder and assist in the process of change

Mental Health Disorder Journal

- Helps the client in understanding the importance of their diagnosis
- Explore the impact of stigma
- Provides the facilitator assistance in building a relationship
- Bridges the gap between Criminal Justice and Treatment

- “Mental health problems do not affect three or four out of every five persons but one out of one.” Dr. William Menninger
- Improvement begins with you

Questions?

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