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ACQUISITION

DIVERSION AND TREATMENT PROGRAM

AN OVERVIEW

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Prepared By:

Metro-Dade Department of Human Resources  
Office of Rehabilitative Services

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## INTRODUCTION

The Diversion and Treatment Program (DATP) is a three-phase comprehensive substance abuse intervention strategy designed to intervene at the earliest stages with offenders charged with substance abuse related offenses. DATP is a joint project of the Eleventh Judicial Court, Office of the State Attorney, Office of the Public Defender, Department of Corrections and Rehabilitation, Department of Human Resources' Office of Rehabilitative Services, and Miami-Dade Community College. Two of the program's most innovative components are the aftercare services available thru Miami-Dade Community College (North Campus) and the Acupuncture Treatment Component.

Miami-Dade Community College (MDCC), one of the leading two-year colleges in the United States, will provide comprehensive on campus services for this population once they have completed the intensive substance abuse and intervention services in Phase I and Phase II of DATP. Appropriate offenders will receive a comprehensive assessment by MDCC personnel to determine their level of academic and vocational functioning. A wide range of educational, vocational, remedial and training programs available thru the college will be tailored to each individual's needs. For that portion of the population needing other services not provided by MDCC, DATP will utilize a host of other resources including Dade County public schools to provide the necessary resources. A strong traffic safety component, consisting of a structured 16 hour intensive curriculum, will also be a requirement of program completion.

The acupuncture component of DATP is modelled after a unique design for outpatient substance abuse treatment which has been identified as viable intervention in the treatment of addictions. Similar programs are successfully treating large populations at reduced costs in clinics around the countries. This component has been developed with the assistance of Dr. Michael Smith, Director of the Lincoln City Hospital Acupuncture Clinic located in New York, which was originally designed to provide an alternative to Methadone maintenance treatment for Heroin addicts. Over the years, the effectiveness of acupuncture treatment as a method of detoxifying and reducing craving for many substances became evident. The experiences gained by Dr. Smith over the past fifteen years have been incorporated into the DATP design.

DATP is a twelve month, three-phase multi-disciplinary approach to substance abuse treatment that encompasses both traditional and innovative interventions. Phase I provides assessment and evaluation techniques designed to identify individuals who are most likely to benefit from acupuncture treatment. Daily needling sessions will reduce craving, enabling participants to better utilize conventional interventions. Urinalysis testing, as part of initial assessment efforts, will help identify those individuals needing more intensive treatment. These individuals will be referred to more appropriate treatment resources.

Phase II (250 slots) will take place at a newly renovated clinic, located in the Model Cities area. This phase addresses the participants' receptiveness to substance abuse treatment in an outpatient setting through the use of acupuncture, emphasizing a drug free lifestyle, social adjustment and the development of mechanisms for coping with stressful situations. Urinalysis monitoring will continue to be a strong component of this phase.

Phase III participants will either continue in the Phase III Aftercare Program available at Model Cities or the Phase III Miami-Dade Community College component, depending on their individual needs. On-going substance abuse support and urinalysis surveillance will continue at both locations and client tracking will encourage abstinence, maximizing potential for recovery and ensuring compliance with court ordered release conditions.

With its comprehensive service approach, this program provides a viable option for the individual seeking recovery. Further the program provides for early intervention and serves as a meaningful alternative to incarceration for individuals who, with appropriate support, can adequately function in the community environment. Individuals successfully completing DATP may move to have their arrest records expunged. Those individuals failing to comply with program requirements will be referred back to the courts for further court action.

PROGRAM TIMETABLE

Phase I. . . . . 2 Weeks

Phase II . . . . . 14 Weeks\*

Phase III. . . . . 36 Weeks\*

\* Time frames may vary with the individual's progress.

### ADMISSION CRITERIA

Upon the receipt of a Pretrial Release Order for an individual's placement in DATP, the Unit Supervisor will schedule the individual for an admission assessment based on the criteria listed below.

A potential DATP participant must be:

1. Referred to the program through the Court for no more than 365 days with a stipulation to successfully complete the program;
2. Addicted to a substance(s) or have a pattern or history of substance abuse where there is a clear indication of impairment which affects daily living;
3. Free from any medical condition which would prohibit active participation in treatment;
4. Lacking an adequate or appropriate psychosocial support system necessary for recovery;
5. Free from current manifestation of serious psychiatric problems which would interfere with treatment or endanger other individuals or staff;
6. Capable of accepting and abiding by program rules, philosophy, and treatment approaches (cases to be evaluated individually); and,
7. Mature and capable of accepting therapeutic situations aimed at making them responsible adults.

It is the Unit Supervisors' responsibility to review admissions. Questionable referrals should be discussed with the appropriate program administrator. Individuals who do not meet DATP admission criteria will be removed from active status and the Pretrial caseworker will be notified of the individual's status.

## DESCRIPTION OF TREATMENT

### PHASE I

#### Assessment and Evaluation (2 Weeks)

This phase addresses participants' receptiveness to substance abuse treatment through the use of acupuncture, and emphasizes detoxification and adaptation to treatment setting.

#### Goals

1. To establish rapport and orient the program participant to treatment as a means of increasing its effectiveness.
2. To identify the individual's specific needs.
3. To promote the individual's adjustment to a drug free lifestyle.
4. To increase the probability of successful detoxification.
5. To develop a comprehensive treatment plan for the duration of the program.

#### Interventions

Acupuncture/Meditation

Individual Therapy

Group Therapy

Fellowship Meetings

Psychosocial Assessments

Case Staffings

Phase I is a 12-day, intensive period during which participants will be assessed for continuation in this mode of therapy. Participants will receive an instructional session concerning the role of acupuncture and meditation in their treatment. The purpose of acupuncture and/or meditation is to ameliorate treatment barriers, thereby enhancing the individual's receptiveness to substance abuse treatment. A licensed acupuncturist will be available to administer all needling and acupuncture will not be used without the participant's consent; however, all other program components are mandatory.

Through decreased craving, achieved by acupuncture, participants will be able to gradually decrease their dependence on their substance(s) of choice; and thereby, prepare themselves to address the many accompanying problems inherent in addiction. Participants will receive needling for twelve consecutive days, drop twelve urines and be expected to attend fellowship meetings at the facility. To assist in this process, caseworkers utilizing a non-directive, client-centered approach to counseling will have required contacts with participants upon admission, during needlings, and the day following a positive test result. However, counselors will be available for those participants who desire further interaction.

During the Assessment and Evaluation module, DATP staff will conduct a comprehensive psychosocial assessment of every program participant to aid in the identification of an individual's needs and in the development of his treatment plan. The psychosocial assessment will contain the following:

- . A history of drug and alcohol involvement;
- . A history of prior treatment activity;
- . A history of the individual's social, economic, and family backgrounds;
- . A history of educational and vocational achievements;
- . A history of legal problems;
- . A history of emotional or mental disturbance and treatment;
- . Psychological tests, if indicated.
- . A summary of findings;
- . Recommendations for treatment planning.

Based on information obtained through staff observations of an individual, his psychosocial assessment and a case staffing, the primary counselor will meet with the participant and develop his treatment plan. This plan will outline long and short-term goals, target dates and prescribed interventions. Once the treatment plan has been developed, he may proceed to Phase II, Intensive Treatment Module, providing he has satisfactorily achieved all the goals of the Phase I contract:

1. Five of the twelve test results must be negative;
2. Have completed (12) required acupuncture/(12) meditation sessions;
3. Have attended all groups assigned;

4. Have attended required fellowship meetings;
5. Have attended assigned individual counseling sessions.

Participants unable to achieve the five clean urine results will either be recycled through Phase I, referred elsewhere, or be discharged and sent back to the appropriate Pretrial caseworker. Participants who have 12 clean urines over twelve consecutive days may move directly to Phase III, the Aftercare module, if it has been determined that their drug use is minimal and they are not in need of intensive drug treatment.

### PHASE II (14 Weeks)

This phase addresses the participants' continued receptiveness to substance abuse treatment in an outpatient setting, through the use of acupuncture, and emphasizes a drug free lifestyle, social adjustment and the development of appropriate mechanisms for coping with stressful situations.

#### Goals

1. To increase individual's knowledge regarding substance abuse.
2. To assist the individual in achieving his specific goals designed to modify his drug-seeking behaviors.
3. To foster individual's involvement in support groups, (N.A. and/or A.A.).
4. To increase the individual's social skills.
5. To enhance the individual's self-motivation.
6. To assist the individual in internalizing the philosophy and principles of drug-free living.

#### Interventions

Acupuncture

Individual Therapy

Fellowship Meetings

Meditation

Urinalysis Surveillance

Treatment Planning/Sobriety Contract



Participants who enter Phase II will begin an intensive treatment cycle. A Sobriety Contract/Treatment Plan will be developed during the first thirty days. This document will serve as the blueprint for service delivery to assist the participant in addressing his specific treatment needs. In developing the treatment plan, participants will negotiate needling sessions, NA/AA attendance, counselor contacts, and utilization of community services.

Initially, all clients will be required to drop at least three urines weekly, with a mandatory minimum of two negative results. Individual counseling contacts will be made for each positive test result and caseworkers will make appropriate decisions regarding further treatment methodology. This flexible approach will allow the program staff to determine the suitability of participants for this modality, or a more structured approach.

Participants must meet the following criteria in order to satisfactorily complete Phase II:

1. Individuals will be expected to have 2 negative urine results weekly for the first 4 weeks of Phase II.
2. By the sixth week, individuals will be expected to remain substance free.
3. Individuals must have attended all NA/AA meetings, and thoroughly understand the fellowship as a support system.
4. Individuals must have made significant progress toward completion of short and long-term treatment goals.

Participants completing Phase II of the program may move to the MDCC Aftercare Module or remain in the Aftercare Module at DATP, depending on individual needs.

### PHASE III

#### DATP Aftercare Module (36 Weeks)

The DATP Aftercare Phase provides a comprehensive aftercare program that ensures long-term follow-up.

#### Goals

1. To make follow-up substance abuse treatment available to individuals.
2. To monitor the individual's compliance with legal conditions specified for early release.

## Interventions

Outpatient, Aftercare Counseling

Case Management/Tracking

Urinalysis Surveillance

Individuals who have successfully progressed in accordance with their individual treatment plans will proceed to Phase III (Aftercare Module). Participants will be required to return to the clinic on a weekly basis for 8 months, where a urine sample will be collected. Participants will be required to verify their attendance at NA/AA meetings and will be encouraged to attend meetings at the facility. Needling will be available for participants as requested.

Flexibility has been designed into treatment planning and decisions regarding termination will be made during case staffing. To avoid termination of Pretrial Diversion clients, public defenders will be advised when participants receive warning notices. However, individuals will be expected to adhere to the policies and procedures governing clients' conduct/responsibilities while utilizing this program.

## MDCC Aftercare Module

(36 Weeks)

The MDCC Aftercare Module provides a comprehensive aftercare program that provides support to the participant's recovery.

## Goals

1. To provide skilled individuals with long-term stable employment.
2. To provide individuals with follow-up substance abuse treatment.
3. To provide unskilled individuals with vocational training and work skills development.
4. To provide educational opportunities for individuals with limited academic achievement.

## Interventions

Educational/Vocational Development

Referral

Outpatient, After-Care Counseling

Case Management/Tracking

Acupuncture (on request)

Urinalysis Surveillance

Fellowship Meetings

Traffic Safety

Family Counseling

The emphasis in Phase III will be on maintaining sobriety and life skill/vocational development. All individuals will be monitored by Phase III tracking systems. Substance abuse treatment will remain an integral component of the aftercare program. All Phase III program participants will be required to attend fellowship (N.A./A.A.) meetings, supportive counseling, submit to urinalysis testing, and receive, if indicated, vocational development provided by MDCC. Phase III program staff will assist individuals in meeting discharge planning goals directed toward maintaining a drug free lifestyle. Active participation in the 12-step fellowship of NA/AA will ensure the support and positive social environment necessary for abstinence. Additionally, random urinalysis surveillance will provide a tracking system for monitoring program compliance.

Participants whose discharge plan indicates inadequate academic skills will utilize educational services offered by MDCC. Those who would benefit from services provided by the college, will register and attend classes on campus. MDCC offers a diverse curriculum that includes, among other coursework, classes specializing in literacy, G.E.D. preparation, improving parenting skills, and numerous vocational tracks.

Participants needing vocational skills development will participate in a sheltered workshop, a Phase III component, devised to develop work skills and, ultimately, result in stable long-term employment. Jobs generated through existing community resources will be used as four-month, on-the-job, training experiences. Phase III job development personnel will maintain communication with job placements as a means of evaluating job performance.

Participants will, over the four-month period, work on a part-time basis and meet at the Miami Dade Community College (MDCC) site for at least 20 hours per week for MDCC coursework and other required Phase III activities. Those who successfully develop work skills while attending the sheltered workshop, will be referred for permanent placement on jobs provided through the Miami Coalition, South Florida A.F.L.C.I.O., and/or the Governor's Job Training Coordinating Council. Phase III staff will use the following criteria to determine when an individual has successfully completed the sheltered workshop program:

1. Individuals will have no more than three absences;
2. Individuals will not have reported late to work more than three times;
3. Individuals will not have attended work under the influence of drugs or alcohol;
4. Individuals will have attended all scheduled vocational groups.

Upon completion of the "sheltered workshop", Phase III job development personnel will assist the individual in securing permanent employment in addition to the required involvement in other Phase III activities.

The MDCC Aftercare staff will work closely with the Department of Corrections, Pretrial Services Division in tracking individuals to ensure compliance with the stipulations of the Pretrial Release Order. Information such as living arrangements, job placement, urinalysis results, and educational/vocational pursuits will be reported to Pretrial Release caseworkers on a regular basis. Increased communication between these agencies will result in better surveillance of participants

Phase III was designed prior to the completion of discussions with Miami-Dade Community College. Any final plan will need the express consent of MDCC and could be significantly different from the above description.