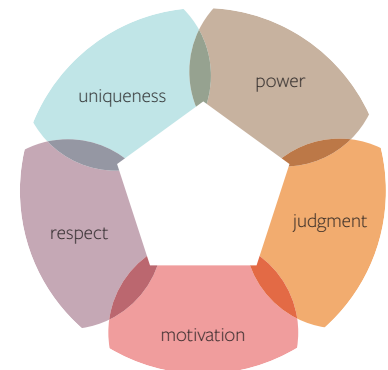


Justice Involved Mental Health & RCCS

Programs and Services for the JIMH Population

Returning to a community can be a huge challenge for individuals who have spent time in a prison environment. This challenge becomes even more complicated when the individual has a serious mental illness and addiction disorder. Telecare has provided services to individuals with justice involvement and mental illness for many years, and we've found that a recovery-centered culture with intentional strengths-based conversations is effective in providing services for these unique individuals.



The Culture

Culture of Recovery

Developing a program culture of recovery is a significant component of Telecare's Recovery-Centered Clinical System (RCCS). A recovery-focused culture helps reverse the power-over elements of the criminal justice culture and its control-focused approach. In fact, culture is designed as a primary intervention. Using the five RCCS awarenesses, we are able to foster trusting, supportive, interpersonal relationships, including those that are staff-to-client and staff-to-staff. Staff and leaders are systematically trained on how to identify, implement and measure current program culture. Specifically, the RCCS culture examines:

- Power Awareness** – Using partnership rather than control-oriented power
- Non-Judgment** – Avoiding a judgmental environment
- Individual Uniqueness** – Avoiding labeling and valuing the uniqueness of others
- Motivational Awareness** – Using relationships to enhance motivation and readiness for change
- Respect and Dignity** – Conveying respect and providing a welcoming environment in all aspects of a program

Addressing Criminogenic Needs

Extensive research has documented that **services need to focus on individuals' criminogenic needs** in order to prove successful. Programs and services that focus on at least four criminogenic needs (such as antisocial attitudes or dysfunctional family relations), can reduce recidivism by 30% while those that focus only on non-criminogenic needs (such as self-esteem or understanding culture and history), have little effect and may slightly increase recidivism (Latessa& Lowenkamp, 2005).

Through the RCCS, individuals served at Telecare programs have an opportunity to participate in conversations that help explore identity, awaken hope and teach the skill of choice making. **These conversations are not only successful in focusing on individuals' criminogenic needs, but also in beginning a powerful conversation of recovery** with individuals served.

Selected Conversations for Criminogenic Needs

The conversations that follow are based on the individual's level of engagement with the team and their readiness for change.

Antisocial Attitudes: Positive behavior changes can lead to positive attitude changes. Staff having a skilled approach and encouraging pro-social behaviors is a key element in providing an engaging and safe space for individuals served.

Selected RCCS conversations used include:

- **Finding Hope Within**
- **My Identity**
- **Moral Reconciliation Therapy**

Antisocial Peers: Conversations focus on reducing affiliation with gangs and criminal associates by redirecting the focus toward exploring identity, building support systems, and personal choices.

Selected RCCS conversations used include:

- **My Identity Now**
- **My Identity the Future**
- **My Story**

Dysfunctional Family Relations: Family involvement is often a powerful motivating ingredient that decreases risky behaviors and increases effective choice-making. In addition to re-engaging family members to be active members of the team, RCCS conversations, as well as other Evidence Based Practices (EBP), are used.

Selected RCCS conversations used include:

- **My Resilience**
- **My Strengths**
- **My Values**

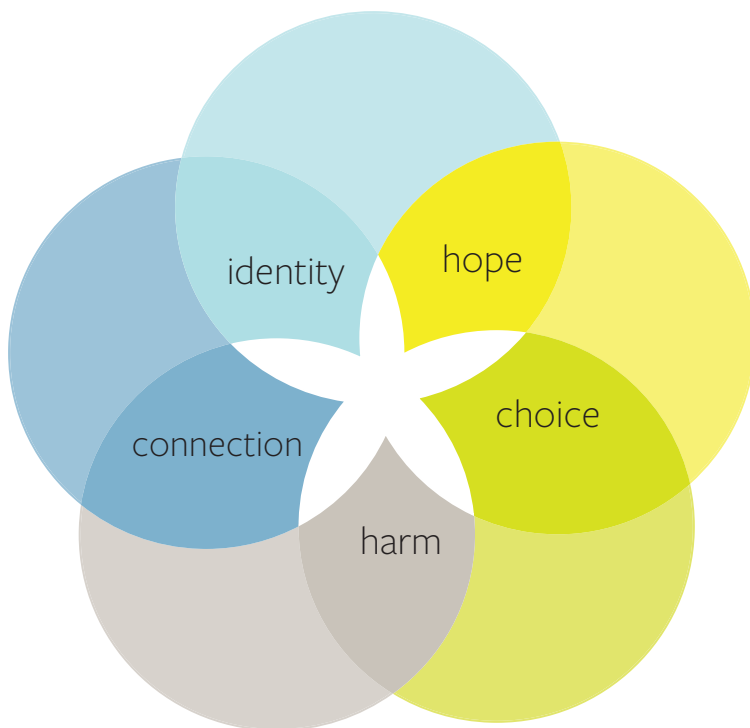
Low Self Control/High Impulsivity: Individuals require skills that assist them in managing their emotions. In addition to mindfulness meditation and Dialectical Behavior Therapy (DBT), individuals are engaged in conversations that focus on problem-solving and other useful skills that can be called upon during a time of high emotion or crisis.

Selected RCCS conversations used include:

- **Managing My Worries**
- **When I'm Upset**
- **A Coming Choice**

Employment/Education: Lack of finances is a contributing factor to the return to previous criminal acts in order to "survive." Programs immediately focus on employment and financial assistance. This also immediately develops rapport and engagement. Assisting individuals to achieve educational goals helps people regain meaningful life roles and influences their identity in a positive direction.

- **My Recovery Plan**
- **My Strengths**
- **Scheduling My Time**



The Conversations