



## **Substance Use Treatment Services in the Maine Department of Corrections**

Deputy Commissioner Ryan Thornell, Ph.D.

The Maine Department of Corrections (MDOC) offers substance use treatment services at all of its adult correctional facilities, including the Maine State Prison (MSP), Maine Correctional Center (MCC), Mountain View Correctional Facility (MVCF), Women's Center (WC), Bolduc Correctional Facility (BCF), Mountain View Correctional Facility – Minimum (MVCF), and Southern Maine Women's Reentry Center (SMWRC). The Department partners with Wellpath (formerly CorrectCare Solutions) and Day One to provide these services.

- In July 2012, MDOC entered a contract with Wellpath to provide both medical and behavioral health services to the Department's adult and juvenile populations. In July 2015, Wellpath began providing substance use treatment services across the Department's adult facilities. The substance use treatment services provided by Wellpath are paid for by the MDOC (general funds), with support from the DHHS SAMHS Office (general funds).
- In July 2015, the juvenile facility at Mountain View was repurposed into a secure adult correctional facility focused on providing treatment programs to male clients. Day One, the previous provider of juvenile substance use treatment services at this location, was retained and began offering the substance use treatment services at the Mountain View Correctional Facility, including the Substance Use Unit. The services provided by Day One are paid for by the DHHS SAMHS Office.
- In July 2019, MDOC launched Medication Assisted Treatment (MAT) services across three locations (MCC, BCF, and SMWRC). This treatment is offered in collaboration with Wellpath, Groups Recover Together, and Day One. In November 2019, MAT services expanded to MVCF. The MAT services are paid for by the MDOC (general funds), with support from the DHHS SAMHS Office.

### **Substance Use Treatment Need**

#### **Men 2019**

Male admissions to the MDOC for new sentences with a primary sentence for a drug crime accounted for 29.41% of the year's total new admissions (165 new drug admissions). Previous years' admissions are as follows:

- 2018 new drug admissions: 195 (29.95% of 2018 new sentence admissions)
- 2017 new drug admissions: 180 (28.30% of 2017 new sentence admissions)
- 2016 new drug admissions: 203 (30.80% of new 2016 sentence admissions)
- 2015 new drug admissions: 147 (25.97% of male new sentence admissions)

#### **Women 2019**

Female admissions to the MDOC for new sentences with a primary sentence for a drug crime accounted for 57.32% of the year's total new admissions (47 new drug admissions). Previous years' admissions are as follows:

- 2018 new drug admissions: 51 (51.00% of 2018 new sentence admissions)
- 2017 new drug admissions: 56 (56.57% of 2017 new sentence admissions)
- 2016 new drug admissions: 39 (40.63% of 2016 new sentence admissions)
- 2015 new drug admissions: 33 (42.86% of 2015 new sentence admissions)



### **Admission Substance Use Assessment/Screening**

Upon admission into the MDOC, all clients are screened, and if necessary, further assessed to identify their level of substance use treatment need. In 2019, 1,075 clients were screened and/or assessed.

- In 2019, male clients admitted (933) into the Department's institutions were assessed as having the following substance use treatment need:
  - 55% (5% decrease from 2018) were assessed as needing outpatient substance use treatment;
  - 15% (up 4% from 2018) were assessed as needing residential substance use treatment;
  - 29% (1% decrease from 2018) were assessed as not needing substance use treatment;
- In 2019, female clients admitted (142) into the Department's institutions were assessed as having the following substance use treatment need:
  - 85% (same as 2018) were assessed as needing outpatient substance use treatment;
  - 15% were assessed as not needing substance use treatment;

### **Substance Use Treatment Services**

#### **Residential Substance Use Treatment**

- The Correctional Recovery Center at MCC is a 12-month residential substance use treatment program, provided by Wellpath, that has the goal of reducing a client's dependency on drugs and alcohol. The Correctional Recovery Center utilizes a therapeutic community structure, which emphasizes routine, structure, and peer-accountability. Upon completion of the program, clients either transfer to a pre-release facility or are released to the community. In 2019, this program graduated 68 participants.
- The Substance Use Treatment Unit at MVCF is a 12-month residential substance use treatment program, provided by Day One, focused on reducing client's dependency on drugs and alcohol. This unit utilizes a modified-therapeutic community structure, which emphasizes routine, structure, and peer-accountability in a more open modality. Upon completion of the program, clients either transfer to a pre-release facility or are released to the community. In 2019, this program also graduated 33 participants.
- At the end of 2019, approximately 107 male clients were slated to participate in residential treatment during their incarceration.

#### **Outpatient Substance Use Treatment**

- The Department offers evidence-based outpatient substance use treatment services at all of its adult facilities. These programs are delivered by Wellpath.
- The primary outpatient substance use program utilized is *Cognitive Behavioral Interventions for Substance Use*, a curriculum developed by the University of Cincinnati Corrections Institute. This program is approximately six (6) months in duration.
- The Department offers other outpatient substance use treatment programs, including *Seeking Safety*, an outpatient program that addresses both trauma and substance use, and may be offered to male and female clients. At the female facilities, *Co-Dependent No More* is also offered.
- At the pre-release facilities, *Living in Balance* is offered to address substance use treatment needs in a more flexible manner. This open-enrollment curriculum is focused on substance use recovery and can be individualized based upon the client's substance use treatment needs, allowing for the flexibility needed at a pre-release facility.



## Maine Department of Corrections Correctional Programming Division

January 2020

- In 2019, 536 male clients and 155 female clients successfully completed outpatient substance use treatment while incarcerated.
- At the end of 2019, 512 males were on the Department's "waitlist" for outpatient treatment.
- At the end of 2019, 56 females were on the Department's "waitlist" for outpatient treatment.

### **Medication Assisted Treatment Services**

- MAT was initiated at MCC (men and women), SMWRC, and BCF in July 2019. MAT was initiated at MVCF in November 2019
- The pilot treatment serves both male and female clients who are determined to need it by a medical provider, who understand the risks and benefits of treatment, who are willing to enter treatment, and who are nearing discharge from MDOC
- Treatment starts in the facility, and continuity of care upon discharge is assured with MDOC's community partners, Groups Recover Together and Day One
- As of January 6, 2020, the following clients have been served by the program:
  - 61 clients are currently active in treatment (47 men and 14 women)
  - 118 clients have successfully completed treatment while incarcerated and transitioned to the community with follow-up care appointments established