

**Committee on County Criminal Justice System Best Practices for the 21st Century –
Annual Award Program 2019
Honoring Best Practices County Jail Programming**

BACKGROUND

The County Criminal Justice Systems for the 21st Century, a subcommittee of the County Commissioners Association of Pennsylvania (CCAP) Courts and Corrections Committee has been charged by the CCAP Board with developing programs to promote best practices in criminal justice. First introduced as a means of promoting the 2003 CCAP Prison Overcrowding Task Force recommendations, the awards program has evolved over time to focus on best practices in general, rather than just programs that are designed to address overcrowding.

HISTORY

The County Commissioners Association of Pennsylvania undertook the Pennsylvania Prison Overcrowding project in 2001, in response to concerns raised by members about jail overcrowding and construction costs. The committee appointed a task force to conduct a study and report back its findings, assuming the board would take a policy position in support of finding funding for expansion and upgrades. A study was commissioned that examined the state of overcrowding, including the reasons behind those conditions, and the findings demonstrated a need to examine process before deciding on expansion of jail space.

In order to assure that counties would take advantage of the report findings to look for strategies that could be employed locally, the CCAP Board created the Committee on County Criminal Justice Systems for the 21st Century, and charged them with education for members and promotion of the report. The Committee designed the awards program as a way to highlight the work that counties are doing in this regard and to share that information for other counties to consider for their own plans.

The Awards program has evolved to include a component for juvenile detention and alternative programs, and an award honoring a county partner for their efforts in assisting counties with criminal justice goals. The awards program is in its eighth year.

AWARD PROGRAM GOAL

The focus of the award is to recognize county jails for implementation of best practices for jail operation. These may be consistent with the 2003 report recommendations or the recommendations of the recently released CCAP Comprehensive Behavioral Health Task Force Report. Best Practices may address conditions of confinement using successful re-entry initiatives, prevention or early intervention programs, development of effective linkages with community behavioral health services, family involvement, school communication and efforts to make communities safer. Efforts to introduce sharing or collaborations that result in improved outcomes for local justice systems are areas of interest, in that other counties may use the example of awardees in developing their own programs. Initiatives that may be considered include the following:

- Efforts to stabilize or reduce the jail population
- Adoption of assessment methodologies which identify areas for effective change
- Implementation of re-entry initiatives
- Establishment of community corrections programs
- Use of technology to enhance operations of the jail and outcomes for inmates
- Improving the quality of data
- Employment of innovations in housing and treatment of mentally ill inmates
- Development of community services efforts
- Implementation of diversion programs for specific populations
- Collaboration between county departments that are not traditionally involved with corrections
- Innovations through public/private partnerships

2019 Themes

While all projects and programs are of interest to the Committee and eligible to enter, the committee is encouraging the submission of projects that demonstrate the following:

- Addressing the Opioid Crisis
- Successful collaboration and partnerships at the local level
 - Court/judicial team impact on jail population, lives of inmates, successful community re-entry
- The use of evidence based correctional programming
 - Assessment of need/risk levels
 - Enhancement of offender motivation
 - Targeted interventions
 - Staff training consistent with delivery of programs, including positive reinforcement, environments conducive to success

NUMBER OF AWARDS

No more than one large county and one small county jail will receive an award. A large jail is one from a county of the first, second, second A or third class. A small county jail is one from a county of the fourth through eight class.

SELECTION CRITERIA

Entries will be judged on the following categories:

Problem description (10 points)

Background (20 points)

Soundness of approach (20 points)

Description of specific program elements (20 points)

Expectations and measurable goals (20 points)

Evaluation, sustainability (10 points)

PREPARING AND SUBMITTING YOUR ENTRY

Use the official award form in this brochure or available online at <http://www.pacounties.org/ProgramServices/Pages/Criminal-Justice.aspx> click on "Criminal Justice System Best Practices Awards"

ELIGIBILITY

A county jail is eligible to enter under the following conditions:

- The project took place in and was operating during calendar year 2018
- The county has applied for this award in the past, but can show an ongoing benefit to the project
- The county plays a significant leadership role in the development and implementation of activities
- The county commits to follow up evaluation by phone if requested by the committee
- The chair of the board of county commissioners must sign the form for non-home rule county submissions and the Chief Executive Officer must sign the form for home rule county submissions

Projects submitted in previous years are eligible for resubmission and the committee urges those counties to reapply.

DEADLINE

Entries must be submitted via email using the electronic form no later than close of business **February 15, 2019.**

JUDGING AND SELECTION

All entries will be scored by the Committee on County Criminal Justice System Best Practices. The winning entry in each category will be announced at the CCAP annual conference in March, and afterwards, contacts identified for each winning submission will be notified. Awards will be presented at a time and location chosen by the awardee.

NOTICE

By applying the applicant agrees that items submitted for the program narrative will be posted on the CCAP and JDCAP websites, and made available to counties who wish to establish similar best practices. The signatures on the submission indicate agreement with the public posting, and the award recipient may be asked to share additional information with other counties. The Committee on County Criminal Justice Systems Best Practices reserves the right to disqualify and entry if all of the required elements are not included. Further, entries not receiving a minimum score may be disqualified. Further, entries that fail to achieve a minimum score may be disqualified.

OFFICIAL ENTRY FORM

Entrants must complete all sections for the entry to be considered by the Committee. A copy of this official entry is available at www.pacounties.org

County Luzerne
County Class 3
Address 99 Water Street
City, State, Zip Code Wilkes-Barre PA 18702
Primary Contact, Title Christina Oprishko MA, Treatment Coordinator
Contact Phone 570-829-7741

PROJECT INFORMATION

Title Vivitrol

Project Start Date 08/01/2018

PROGRAM NARRATIVE

Enter program narrative that addresses each of the following subject areas, and does so in the order presented below. Entries must be submitting using this form. All sections must be complete. Entries submitted without the required information may be disqualified.

Problem Discussion - Enter comments on the identified need and the background including what programs were in place before the current project, if any, and how it led to this effort. This section is worth 10 points.

The opioid epidemic has been a topic of discussion for a long time. This epidemic effects people of all ages, genders, and race. We have all been effected by this epidemic in one way or another. The number of deaths as a result of opioid overdose has reached astronomical numbers over the past year. Luzerne County is not immune to this epidemic. Within the county jail systems there are limited programs available to address this epidemic. Luzerne County Division of Corrections offers AA meetings, NA meetings, and Evidence Based MRT educational programs to its inmate. Pregnant females that report opioid use are maintained on MAT (Medically Assisted Treatment) for the safety of the fetus and the mother. However, until 2018 there has not been any other forms of MAT offered to the general inmate population.

In 2014, the PA Department of Corrections begin utilizing Vivitrol "in hopes it would give those getting out of state prisons better odds of staying clean and staying out." The state recognized that MAT in combination with counseling is a "more effective way to break the cycle of addiction and incarceration that for many people, costs them their lives.

Over the past year Medically Assisted Treatments have been on the rise. In September of 2017 a

new MAT clinic opened at Geisinger South Wilkes-Barre hospital in Luzerne County. They report a 60% retention rate on patients. Using a combination of medication along with counseling and working a program, patients can begin maintaining a sober lifestyle.

With increased knowledge on the benefits of MAT in fighting the opioid crisis, the usage of Vivitrol was brought back to the table for discussion within the jail. This resulted in the eventual implementation of a policy for the availability to the general inmate population. Vivitrol education for the inmates began in the summer of 2018, and a formal procedure was implemented on 08.01.2018.

Background – Enter history of the project, including any evidenced-based approaches to divert individuals from further penetration into the juvenile or adult justice system, community involvement strategies, formation of stakeholder groups, county- wide planning strategies, etc. This section is worth 20 points.

In Luzerne County, the majority of inmates incarcerated in the Luzerne County Division of Corrections have some form of addiction. For many inmates, this addiction is to opiates. Overdose on opiates has unfortunately become common place. Many more inmate are attending in house drug and alcohol programming and Judges are very open to sending inmate to inpatient rehabilitation centers to address their addictions. However there is a population of inmate's that are being paroled to the community with the recommendation for a drug and alcohol evaluation and even more inmates completing their maximum jail sentence with no orders to seek treatment. It is this population of inmates that are leaving the jail system without any aftercare programs set up that ultimately re-offend or dying due to their addiction taking over once again. By educating and offering Vivitrol treatment to exiting inmates, this is giving that individual a window of opportunity to become engaged in MAT along with aftercare counseling, and ultimately minimize death, relapse and recidivism.

Soundness of approach – Enter a description of the ways the project conforms to either program themes or goals as established in the criteria. This section is worth 20 points

One of the themes for this year's Award is "Addressing the Opioid Crisis". Luzerne County Division of Corrections has taken an active role in providing Medically Assisted Treatment to Inmates prior to their release back into the community. In addition, to providing Vivitrol to inmates being released into the community, the Luzerne County Division of Corrections has coordinated with the County's Treatment Courts and Single County Authority to provide inmates with Vivitrol prior to release to inpatient rehabilitation centers with the approval of said rehabilitation facilities and courts.

Vivitrol is a non-addictive, non-narcotic, once monthly injectable that is used as an opioid blocker. When used with a treatment programming such as counseling, patients are 17x less likely to relapse. Vivitrol reduces opioid cravings and because it is an opioid blocker, it prevents the patient from "getting high" if they do use an opioid. Vivitrol can also be beneficial to

someone who is addicted to alcohol. With a counseling programming and Vivitrol, patients had significantly fewer drinking days and more abstinent days per month.

Any additional treatment efforts that we can provide inmates returning to society can only assist in combating the opioid crisis.

Program Elements – Enter a description of the elements of the project, utility, adaptability, strategies used, community and stakeholder involvement, evidence-based approached. This section is worth 20 points.

The Vivitrol Program at Luzerne County Division of Corrections has been successfully implemented in the summer of 2018. The procedure to participate in the Vivitrol program is as follows:

Vivitrol treatment is now available to qualified inmates. Periodic educational presentations about Medically Assisted Treatment (MAT) will be provided on both a group and an individual basis. Referrals for Vivitrol eligibility can come from Counseling Staff, Medical Staff, Mental Health Staff, or Self-Referral. If an inmate is interested in being prescribed Vivitrol prior to their release, they must follow the below procedures.

1. The inmate must write to their Correctional Counselor or the Treatment Coordinator expressing their interest in being prescribed Vivitrol.
2. The Corrections Counselor/ Treatment Coordinator will review the inmate's case to determine if the inmate has a firm/ tentative upcoming release date. If the inmate has a scheduled firm/tentative release date, then the inmate will be referred to the Drug and Alcohol therapist for additional educational information on Vivitrol. *Inmates being released to a rehabilitation center are NOT eligible unless approved by the rehabilitation center itself.
3. The inmate will meet with the Drug and Alcohol Therapist/ or designee. If the inmate is still interested in Vivitrol, then the Therapist/ or designee will let the Treatment Coordinator know.
4. The Treatment Coordinator will then make the referral to the Medical Department for appropriate medical testing for eligibility for the medication.
5. If the inmate is medically appropriate for Vivitrol, the Medical department will forward the referral to the Doctor for the prescription. The medical department will also inform the Treatment Coordinator that the inmate has been cleared to be administer Vivitrol.
6. The Treatment Coordinator will meet with the inmate and will schedule the appropriate outpatient appointment for after the inmate's release from the facility and will submit the inmate's Medical Assistance application.
7. The medical department will administer Vivitrol 5 days prior to the inmate's release.

At any time during the above process the inmate has the right to withdraw his/her interest in receiving the medication. Also, if at any time it is determined that the inmate will not be released as planned, the process will be stopped. Finally, if for any reason it is determined that the inmate

is not medically appropriate for Vivitrol, the process will be stopped.

Expectations and Measurable Goals – Enter a description of the costs of the project, how it was funded, projected impact, number of inmates diverted or assisted, utilization of risk assessment, impact on recidivism. This section is worth 20 points.

This project is expected to assist inmates/ returning citizens in giving them as many tools as possible to maintain their sobriety when they get out of jail. The sooner an individual suffering from addiction can get plugged into programming, the better their chances of minimizing relapse and possibly re-incarceration.

Luzerne County Division of Corrections has been able to secure free samples of the Vivitrol to utilize for the program. The facility hopes to grow its Vivitrol program in the upcoming years. The hope is to be able to educate more inmates on the Medically Assisted Treatment, provide a wider population the availability of Vivitrol.

Evaluation/Sustainability – Enter details describing the process for evaluating success including assessment methodologies, data reports, continuation, and determination of success. This section is worth 10 points.

To date, zero inmates that have received a Vivitrol shot prior to their release have been re-incarcerated at Luzerne County Division of Corrections. However, re-incarceration is not really a measure of success or failure of the Vivitrol program as recidivism is multi-factorial.

Regardless, any additional tools that we can provide inmates to promote sobriety is a victory. The more inmates that we can assist with starting the treatment process prior to walking out of the door may result in less walking back in the door. Inmates who leave the facility receiving their first injection, and having that follow up after care appointment already scheduled are more likely to follow through with treatment than inmates who must navigate the treatment world on their own.

SUPPORTING DOCUMENTS

Please include any supporting documentation to demonstrate the impact of the project in cost or population outcomes, or other data to demonstrate the considerations utilized in determining the scope or design of the project. Scoring will be based on factors including the entrant's description of the problem, the soundness of the approach, and success in meeting goals and objectives. Award submissions will receive consideration for outcomes or best practices supported by data. **SUPPORTING INFORMATION SHOULD BE COPIED AND PASTED DIRECTLY INTO THE FORM USING THE BOX BELOW.**

Luzerne County prison enacts new program targeting opioid addiction
December 30, 2018 timesleader News 1
By Jennifer Learn-Andes - jandes@timesleader.com

Luzerne County Courthouse -

Luzerne County prison officials have created a new program for opioid-dependent offenders who are released and returning to society.

If the offenders meet program requirements, they can receive a shot of Vivitrol before they are released. Vivitrol is a monthly medication that decreases drug cravings by blocking brain receptors.

As part of the program, the prison also sets up outside appointments for participants to obtain counseling and other recovery assistance, including their next dose of the medication, said county Correctional Services Division Head Mark Rockovich.

"I think we're giving them a fighting chance when they get back on the streets," Rockovich said. "Hopefully they will not go right back to heroin."

The prison also has assigned a counselor to identify veteran offenders and focus on connecting them to treatment and other services, he said.

Pa. prisons offering inmates addiction treatment on their way out, but is it working?
By Katie Colaneri July 5, 2017

By now, you've probably seen the ads on billboards and buses for Vivitrol — a drug that blocks the effects of alcohol and opioids. But before this marketing blitz, the drug maker took its pitch to places outside the public view: prisons.

For the 68 percent of Pennsylvania inmates who struggle with substance abuse, the first year after their release is critical: They're at a high risk of overdosing and committing new crimes.

In 2014, Pennsylvania's Department of Corrections turned to Vivitrol in hopes it would give those getting out of state prisons better odds of staying clean and staying out.

"I can't think of any chronic disease that you would not look at medication as being a viable option," said Steve Seitchik, statewide coordinator for the DOC's medication assisted treatment program.

Vivitrol, or "extended-release naltrexone," works by blocking the opioid receptors on your brain, so if you were to use heroin, for example, you wouldn't feel high. Naltrexone has been available in daily pill form since the 1970s. The FDA first approved the longer-lasting Vivitrol injection to treat alcohol abuse disorder in 2006.

The monthly shot, in combination with counseling, is a more effective way to break the cycle of addiction and incarceration that for many people, costs them their lives, said Seitchik.

"Just keeping people alive is goal number one," he said.

So far, about 350 men and women have participated in the program, which is now offered in half the state's prisons, according to DOC spokeswoman Amy Worden.

The drugmaker Alkermes provides the first shot for free. Then, the department works to keep participants on Vivitrol for 11 months after they're released, often by helping them enroll in Medicaid so they can afford the shots, which go for about \$1,000 each.

'We're keeping people out of the system'

For some of those leaving prison, the shots come to them in a mobile home-turned-clinic run by registered nurse, Amanda Cope.

During a recent stop in a parking lot in Lemoyne — a town in Cumberland County just across the Susquehanna River from Harrisburg — Cope plunges a needle into Jacob Schmell's right buttock.

It takes her about 25 seconds to inject the full vial of Vivitrol, which will stay in his system for 28 days, unlike older anti-addiction drugs, buprenorphine and methadone that are taken every day.

Last year, the DOC contracted with Positive Recovery Solutions' mobile unit to make sure former inmates can continue to get their monthly shots, especially in rural areas with fewer health care providers.

Cope estimates about 25 to 35 percent of her patients have criminal records. And as she travels across the western and central parts of the state, Cope says she's seen positive results.

"When they are not obsessed and driven by that compulsion to go back out and use again because this medication takes that away for them, they're working and they're becoming functioning and productive members of society again," she said.

"It benefits the taxpayers because we're keeping people out of the system," Cope added. "All these guys that continuously go back in on positive urine drug screens — those numbers are changing."

But is Vivitrol really impacting relapse and recidivism rates?

That's a question the DOC can't answer yet, Worden said.

Researchers at Drexel University are studying the program to see how many former inmates on Vivitrol relapse and how many get arrested again during the first year they're released. The DOC won't be ready to release the results until later this year, Worden said.

In the meantime, the department is moving ahead with a plan to expand the Vivitrol program to all 27 state prisons. Eventually, the DOC said it plans to offer methadone and buprenorphine "where determined appropriate."

A recent investigation by NPR found Alkermes is spending big money in states like Pennsylvania to lobby lawmakers and to push for bills that would make it harder for patients to access Vivitrol's competitors.

Multiple studies have found all three drugs help prevent relapse, said Joshua Lee, an addiction specialist at New York University who led a large study on the use of Vivitrol among former offenders published last year in the *New England Journal of Medicine*. (Lee has received research dollars from Alkermes.)

But whether they make a dent in recidivism rates will be more difficult to show, Lee said.

"Re-incarceration is so multi-factorial," he said. "It's so based on race, class, community policing and government policy vis-à-vis incarceration. It is less dependent on whether somebody used heroin that day or that week."

Similarly, Lee said researchers have not yet shown whether Vivitrol can prevent patients from overdosing.

That's something Cope warns each of her patients about.

"There is absolutely a risk of overdose and death if a patient were to challenge this medication," she said. "If they would pollute their system so much with an opiate that it was strong enough to push that naltrexone off of the receptor, you've got to assume that would be a lethal dose."

'Never made it this far without it'

Outside the Positive Recovery Solutions mobile unit, Jacob Schmell said he was skeptical when he first heard about a drug that could take away his cravings for heroin.

But after cycling in and out of jail and rehabs, he decided to give Vivitrol a try.

"Never made it this far without it," he said. "This is the longest I've been clean since I started trying to get clean."

Now, Schmell has a landscaping job, has reunited with his family and will be celebrating one year without drugs on July 17. Most of that time, he was behind bars. Now, he's waiting to see how far Vivitrol can help get him on the outside.

WHYY is one of 15 news organizations in the Philadelphia Reentry Reporting Collaborative, a solutions-oriented focus on the issues facing formerly incarcerated Philadelphians. The aim is to produce journalism that speaks, across the city and across media platforms, to the challenges and solutions for reentry.

LUZERNE COUNTY: MAT clinic continues to grow

By Bob Kalinowski The Citizens' Voice Jul 1, 2018

One of the newest treatment centers to combat the opioid crisis in Luzerne County is the Medication-Assisted Treatment Addiction Clinic at Geisinger South Wilkes-Barre hospital. The facility is similar to a methadone clinic, but uses buprenorphine (Suboxone) or naltrexone (Vivitrol) to help suppress withdrawal symptoms and cravings for opioids.

Unlike methadone, those drugs can be administered in an office setting or prescribed to take home. Additionally, patients don't have to show up every day like a methadone clinic. Each client's routine is different.

Since opening in September, the MAT clinic has seen 278 patients and about 60 percent of those them are still with the program today.

"We are saving lives and doing good in the community," said Jordan Barbour, director of addiction medication for Geisinger Health System. "Patients are coming to us and we hear this sometimes, they are saying we are perceived as quote unquote 'a stricter program,'" Barbour said.

The MAT clinic at Geisinger South, located on the fourth floor of the medical arts building, was Geisinger's second to open in Pennsylvania. The first was in Geisinger Bloomsburg Hospital. Geisinger's MAT clinics are staffed by seven full-time employees per site — including a board-certified addiction physician, advanced practitioner, addiction-trained clinical pharmacist and a dedicated case-management staff.

Doctors also serve as counselors, Barbour said.

"Our doctors are not going to walk in a room and spend five minutes with a patient, write a prescription and leave. They are going to talk to them about their disease," Barbour said.

The opening of the new clinic came during a year when Luzerne County experienced a record number of 151 fatal drug overdoses, most of them tied to opioids like heroin and fentanyl.

However, the clinic is also trying to lessen clients' use of other drugs that have a medium or high risk of abuse.

When patients enter the program, they average two such medications. After 90 days, they average 1.2, including the suboxone, Geisinger officials say

"A unique part of our program is we are decreasing the number of prescription medications patients are on in addition to addressing their opioid addiction," Barbour said.

The program is strictly monitored. Patients who abuse their prescribed-medicine maintenance are discharged from the clinic. Clients are routinely tested for drugs.

Some clients visit the clinic several times a week. And some, who are doing well, are asked to visit far less.

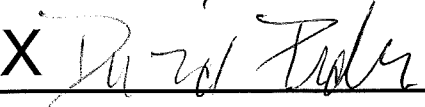
"If they are doing fantastic, we can see them once a month," Barbour said.

City officials welcomed the new clinic.

"Opioid addiction is a nationwide epidemic and Wilkes-Barre is not immune," Wilkes-Barre Mayor Tony George said. "People with opioid addictions — our friends, family, coworkers, neighbors — need help. I have faith that Geisinger's new clinic will provide treatment to patients in a controlled environment, while being respectful and responsible to the residents surrounding the hospital."

bkalinowski@citizensvoice.com, 570-821-2055

All forms must contain at least one signature. Signatures can be entered electronically, or submitted via fax using a separate form. To sign, right-click on the signature line, select "Signature Setup" from the drop down, and follow the prompts. If submitting signatures on a separate form, enter "FAXING" on the signature line.

X 

County Chief Executive Officer

X _____

Chair of Board of Commissioners

SUBMITTING YOUR ENTRY – To submit the entry, save a copy of this completed form after all information, including signatures and supporting materials have been added. When saving the form, please assure that the document name includes the county name, the type of project and the year – (i.e. FranklinJailAward2019). Address an email to bpenyak@pacounties.org and attach the award submission.