

Strategies To Avoid Relapse & Recidivism



Summit County Sheriff's Office June 3, 2023

Summit County, Colorado



The County in Context:

- First major county on the western slope along the I-70 corridor.
- Considered rural; though much better resourced than neighboring counties.

Population:

- Permanent Resident Population: 31,055
- Population from year-round tourism: ~70,000
- Population in winter holiday season: ~ 100,000

Housing & Cost of Living (2017-2021):

- Median income: \$93,505
 - Per capita income: \$48,488
 - Percent in poverty: 6.7%
- Median value of a house: \$641,900
- Median gross rent: \$1,743
- Approximately 2/3 of the housing units are not used by people who live and work in Summit full time.

Crime Rates:

- Violent crime: 13.7% (Nationally: 22.7%)
- Property crime: 35.5% (Nationally: 35.4%)

The Paradise Paradox in Summit County



- Mental Health
 - Reports of Depression and Anxiety Symptoms- 21%
 - Report poor mental health in the last 30 days- 22.4%
 - 80,000 Coloradans report not having access to treatment in 2021
- Suicide
 - Attempts in Rural Counties- 28.2 per 100,000 (2021)
 - Completed Suicide in Summit- 18.67 per 100, 000 (2015 - 2019)
- Substance Use
 - Meet Criteria for SUD in Colorado- ~12%
 - Know Someone with Suspected SUD- 66%
 - Know Some with Opioid Prescription Dependence- 4%
 - Binge Drinking- 24.5%
 - Prevalence of Heavy Drinking- 18%
- Overdose Deaths from 2017 in Colorado
 - Opiate -10.1 per 100,000
 - Stimulant - 5.3 per 100,00
 - Polysubstance overdose was the leading cause of accidental death in Summit County in 2021.

“If you live in an environment that’s interpreted or seen as perfect, that may in fact lead you to feel even worse when you don’t feel good in that environment, and you may feel an even greater personal toll as a result.” (McMillan, 2016).

Program Overview



The JBBS program began in October 2011 and is funded by the Behavioral Health Administration (BHA). JBBS is a statutorily mandated program with annual funding allocated to support the program.

The program provides substance use and/or mental health treatment services within the jail, it also links individuals being released from jail to free or low-cost services in the community.

While the team often works together with the judicial system and probation/parole officers to navigate treatment systems the program is 100% voluntary.

To date, most jails contract with regional community mental health agencies. The STARR program is the only JBBS funded program in the state to work for the Sheriff's Office and provide services to inmates in-house.

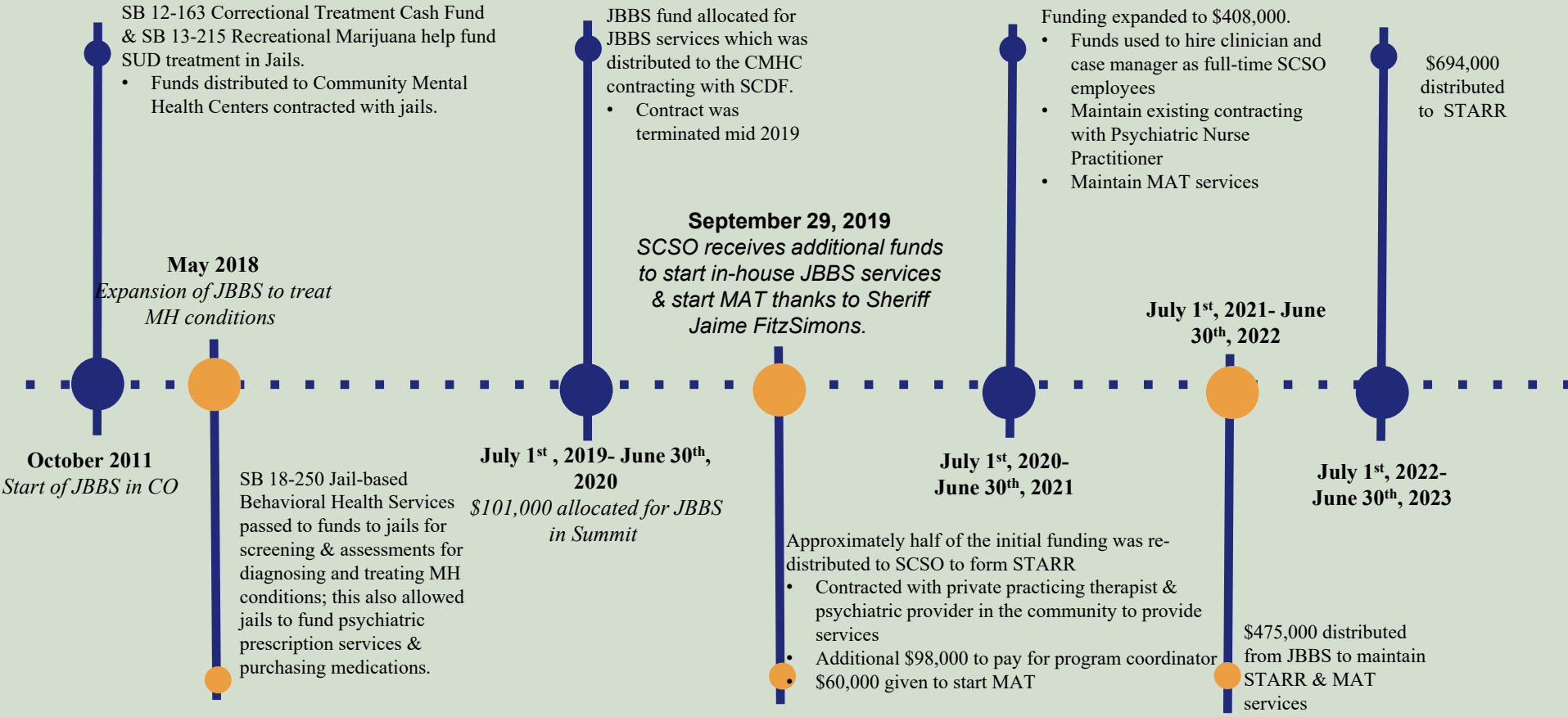
Improve access to behavioral health treatment.

Improve behavioral health outcomes for individuals with substance use and mental health conditions.

Aims of the Program

Reduce criminogenic risk and recidivism.

Funding History



Lt. Sylvia Simms

- Oversees program implementation, monitors goals, measures progress, and resolves challenges. Informs agency leaders and other policymakers of program costs, developments, and progress.
- Develops policies and protocols to ensure clinical staff have the resources and support required for service provision.
- Coordinates responsibility for ensuring that appropriate behavioral health services are provided to inmates, while supporting continuity of care within the community after release from incarceration.
- Responsible for managing contracts.
- Responsible for providing feedback and reporting to the Colorado State Office of Behavioral Health.

Gabe Greenwald LCSW, LAC, ADS

- Conduct drug/alcohol evaluations.
- Interview clients for admission and assess the need for on-going treatment or referral to other agencies.
- Conduct individual and group counseling sessions.
- Collaborate with the inmates to develop, implement, and revise individualized treatment plans.
- Maintain required documentation in all areas including, but not limited to: counselors admit notes, assessments, daily charting, weekly clinical staffing notes, and discharge summaries.
- Attend training sessions for the purpose of upgrading skills and obtaining or maintaining counselor certification.

Ruby Hornback CAS, ADS, MPH

- Assists inmates with successfully transitioning from incarceration into the community.
- Meets with clients to support skill building to improve mental health, coping skills, relapse prevention, problem-solving, and critical thinking.
- Collaborates with community agencies, medical, clinical, and psychiatric staff.
- Advocates for clients.
- Navigates the complex mental health system and connects with the appropriate care.
- Gathers and reports statistical information relevant to the STARR Program.

The STARR Team



Our Services



Mental Health
Treatment



Substance Use
Treatment



Re-Entry
Coordination



Psychiatric
Services



Competency
Enhancement



Medication
Assisted
Treatment

Medication Assisted Treatment

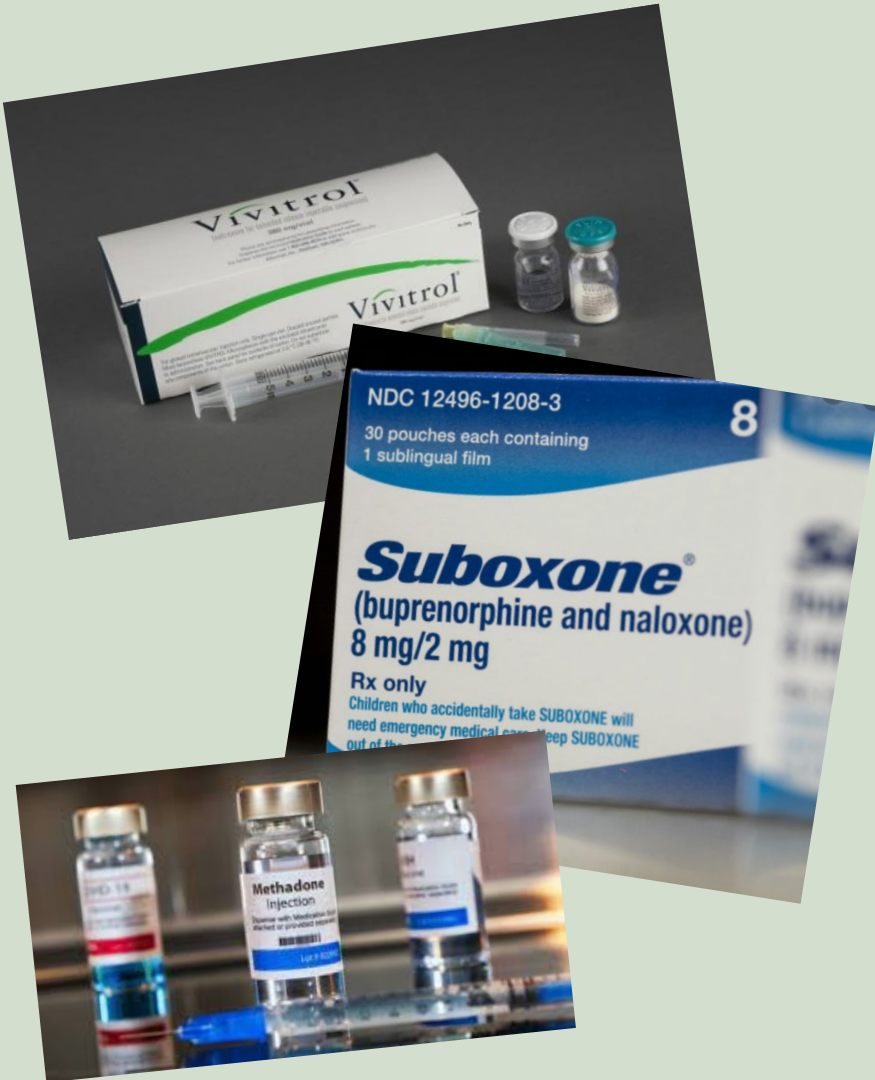
Medication-assisted treatment (MAT) is considered the gold standard for SUD treatment, combining the use of medications with behavioral therapies.

MAT aims to address the opioid crisis by increasing access to medication-assisted treatment using the three Food and Drug Administration (FDA) approved medications used to treat opiate and alcohol use disorders.

At the Summit County Detentions Facility, we currently offer Buprenorphine and Naltrexone during incarceration and upon release.

Due to recent legislative changes, we are taking steps to provide methadone to those housed in our facility.

- In 2022 the Colorado state legislature passed H22-1326 which mandates correctional facilities to provide MAT effective July 1st, 2023.
- The Summit County Sheriff's Office has been providing this service 3.5 years before this was passed.



Trauma Specific

Care

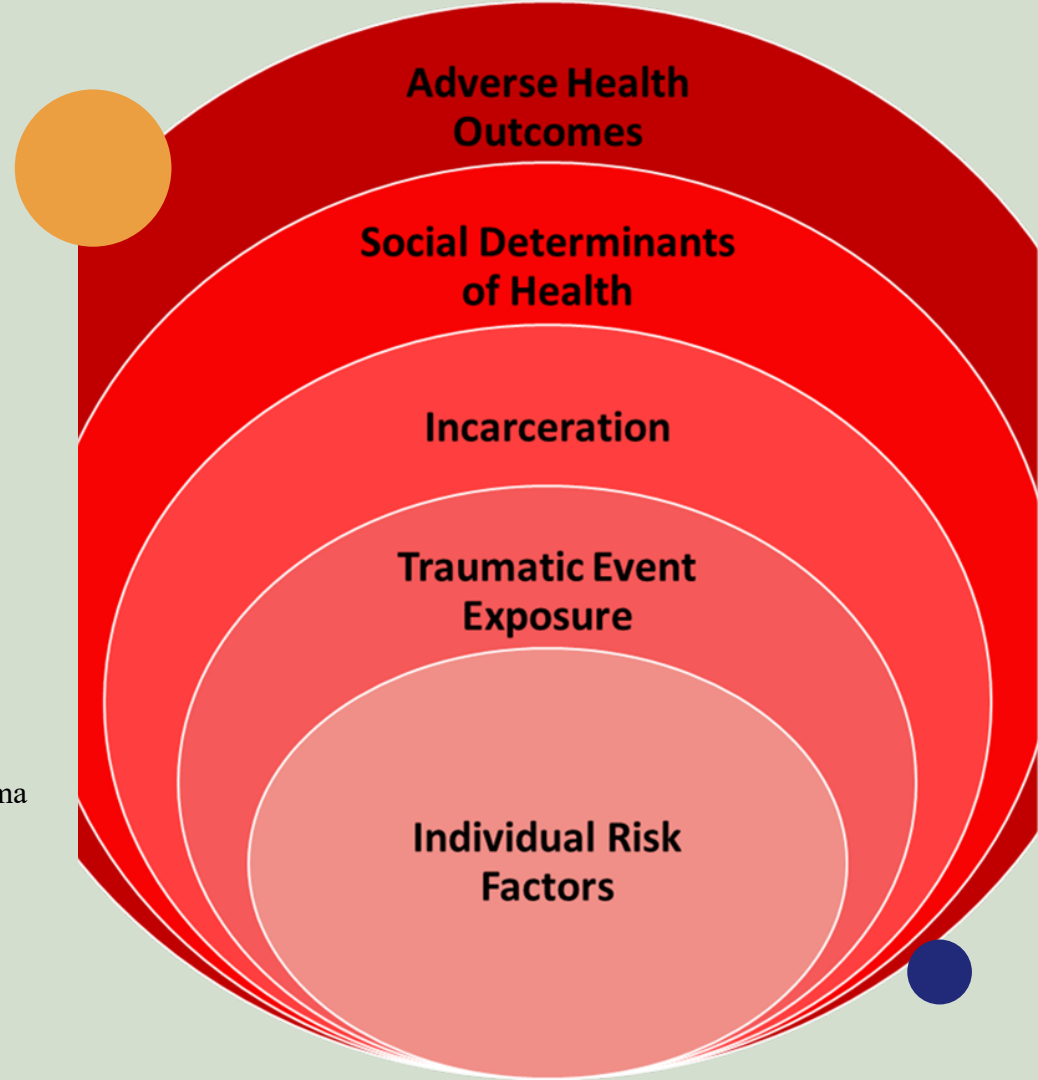
Clinical staff are trained in several techniques to address mental health and substance use disorders including but not limited to:

- Solution Focused Brief Therapy
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Internal Family Systems
- And more!

However, our staff are acutely aware that trauma symptoms and related conditions are more prevalent among incarcerated individuals, and we are one of the few jails to offer specific trauma processing modalities to address this issue.

Trauma symptoms are associated with:

- Health Disparities
- Recidivism
- Poor health outcomes
- Co-occurring disorders



AcuDetoX

Also known as auricular acupuncture, AcuDetox is a technique that involves the insertion of five tiny needles into specific points on each ear.

The treatment has been shown to greatly reduce anxiety and anger, promote relaxation, diminish cravings for substance use (especially among opiate and nicotine users), improve sleep, and increase motivation for further treatment.

AcuDetox is extremely time- and cost-effective, lasting only 30-40 minutes with supplies costing less than a dollar per treatment. AcuDetox is an entirely non-pharmacological intervention, minimizing the risk of dependency and abuse, but can be used in conjunction with any psychiatric medications.

Extensive research supports the efficacy of AcuDetox for a range of disorders, as recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA).



Eye Movement Desensitization & Re-processing



A form of psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. It uses a structured approach to address past, present, and future aspects of disturbed memories.

EMDR therapy shows that the mind can heal from psychological trauma as much as the body recovers from physical trauma.

Why EMDR?

More than 30 positive controlled outcome studies have been done on EMDR therapy. Some of the studies show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions.

Another study, funded by the HMO Kaiser Permanente, found that 100% of the single-trauma victims and 77% of multiple trauma victims no longer were diagnosed with PTSD after only six 50-minute sessions.



How are funds used?





Relevant Statistics

2022 Statistics

Mental Health Screenings Completed- 602

- Positive- 399
- Negative- 333
- Refused- 7

Participated in Therapy- 76

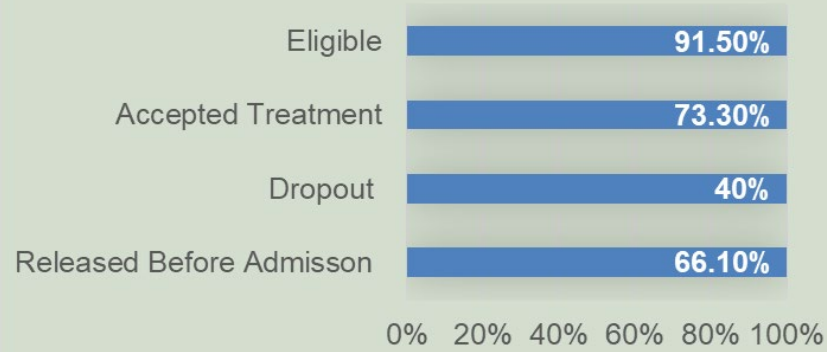
Crisis Evaluations- 76

Psychiatric Evaluation with Psychiatric Nurse

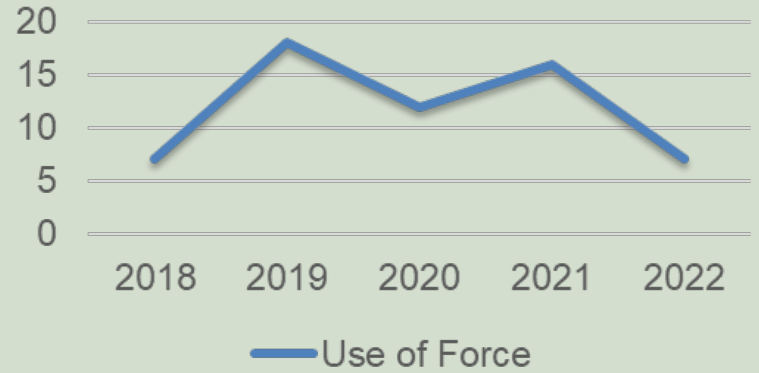
Practitioner- 140

Participated with MAT- 30

EMDR Engagement



Use of Force



Transition tracking statistics are unavailable at this time.

SWOT

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STRENGTHS

- Collaborative work with detentions deputies
- Smaller caseloads = enhancing quality of care

WEAKNESSES

- High turnover in population creates challenges for consistent service delivery
- Data management and tracking

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OPPORTUNITIES

- Improve quality service monitoring & transition tracking
- Expand partnerships and services

THREATS

- Limited access to re-entry programs in rural mountain towns
- Limited access to sober living and residential treatment
- Large service area

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STARR

STRATEGIES TO AVOID RELAPSE AND RECIDIVISM

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From the Summit County Sheriff's Office & STARR

Thank You for
Listening

