

# DAY 5 CIT Training

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- 8:00-9:00am**      **Cultural Awareness** – Brian Mitchell & Natasha Mitchell
- 9:00-10:00am**      **Homelessness** – Bill Miller, Director CSO
- 10:00- 11:00am**      **Sheriffs County Department Mental Health Programs**  
Amber Beauchemin, *Forensic Mental Health Clinician*
- 11:00am-12:00pm**      **Opiate Crisis Response** – Alison TellierFox



# Cultural Awareness

Brian Mitchell &  
Natasha Mitchell

Potter's Wheel Community  
Services



# Welcome and Overview

Group Norms :

Respect each individual's social location

Freedom to go deep

Reach out for help and someone reach back

# Description

## COURSE DESCRIPTION:

This workshop introduces oppressive language and actions of power and privilege in the workplace and the larger community. We explore various assumptions and aggressions displayed in various organizations and ways to combat them while attempting to shift attitudes toward equitable distribution of power. Breaking down oppressive power dynamics impacts all organizational practices. Addressing the need for a deeper understanding of bias, privilege, and the many aggressions influenced by such abuses of power is imperative. Therefore, a defined understanding of how these elements of social structure show up internally and externally is necessary for individual and community-based change.

## OUTCOMES: Participants will...

- Understand Diversity within the context of Cultural Awareness
- Understanding of Perception and how it plays a role in the impact of Power Dynamics
- Skills to shift power to minimize assumptions that lead to microaggressions.
- Attitude and understanding for equitable & inclusive power distribution and its impact in the served community.

## Objectives

To examine and discuss the impacts that racial inequality has on our business/organization, our families, and our communities.

# Opening Circle

“The Power of Your Voice”

# Terminology

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Microaggression

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Anti-racism

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Implicit/Explicit Bias

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Intersectionality

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Institutional Racism

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White Privilege

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Internalized Racism


## Large Group Discussion

Identify the term(s) that stands out to you the most?

# Small Group Discussion

**Topics: Power, Bias, Privilege, Oppression**

When working with your served community, what does this look like for those individuals?



5 Minutes – Self Care!

Large Group Discussion

Healthy  
Dialogue

# Review



Closing : Questions and Comments

# Presentation # 2

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**9:00-10:00am**

**Homelessness**

**Bill Miller, Director CSO**

  
**Friends**  
*of the homeless*

*Shelter, services and housing for individuals*

*a program of Clinical and Support Options*



CLINICAL & SUPPORT OPTIONS

A Snapshot of the issue and Strategies to address it

## **Homeless Services In Western Mass**



There are two categories of homelessness in MA

Families and Individuals

In MA, families have a “right to shelter.”



CLINICAL & SUPPORT OPTIONS



Family homelessness presents a complicated set of issues

Individuals do not have a legal right to shelter

The state does pay for some shelter beds but it does not dictate policy

So different shelters operate with different rules despite their common funding sources



# Does addiction or alcoholism cause homelessness?



**NO.** THERE ARE LITERALLY HUNDREDS OF THOUSANDS OF PEOPLE WHO ARE HOMELESS EACH NIGHT IN AMERICA. MOST YOU WOULDN'T NOTICE.



**NO.** BUT, THERE ARE OBVIOUS CASES OF PEOPLE WITH LATE STAGE ADDICTIONS/ALCOHOLISM WHO CAN BE SEEN LIVING ON THE STREETS.



**NO.** BUT THE TRAUMA OF HOMELESSNESS CAN CONTRIBUTE TO ADDICTION THAT DID NOT EXIST PRIOR.

# Addiction and Recovery

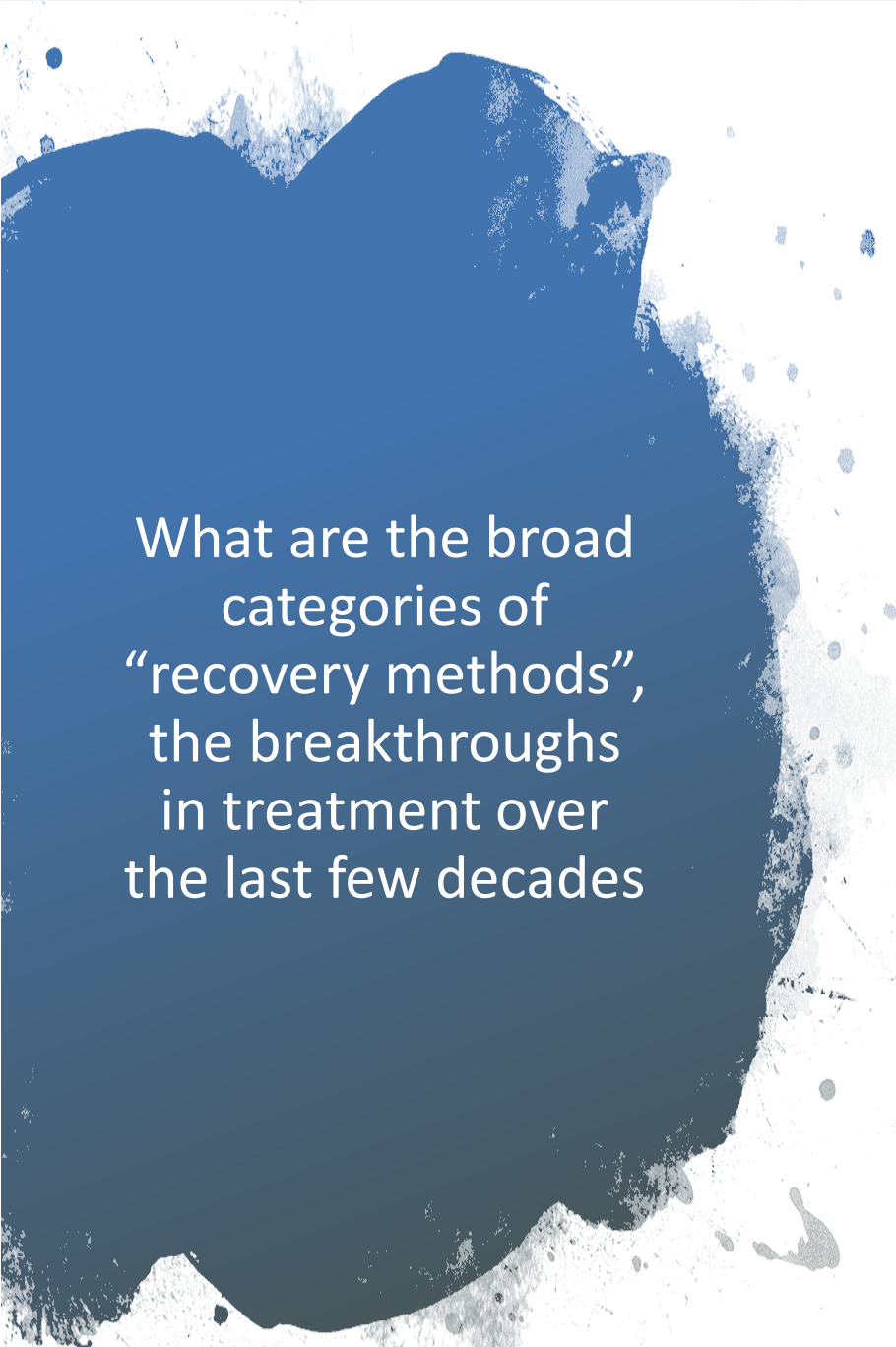


Substance Abuse is a complex problem



There are no guarantees of recovery regardless of the treatment methodology

- [Young woman speaks about homelessness in NYC](#)



What are the broad categories of “recovery methods”, the breakthroughs in treatment over the last few decades

Social model: 12 step  
“breakthrough beginning in the 1950’s and blossoming in 70’s and 80’s as significant social figures such as Betty Ford made their addiction and recovery public

Harm reduction/public health breakthrough: creation of methadone

The latest, is a trauma informed care approach. (and this is where the intersection occurs)---ACE study and subsequent effects on understanding and treatment

# How the ACES Work

## Adverse Childhood Experiences

- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



## Impact on Child Development

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



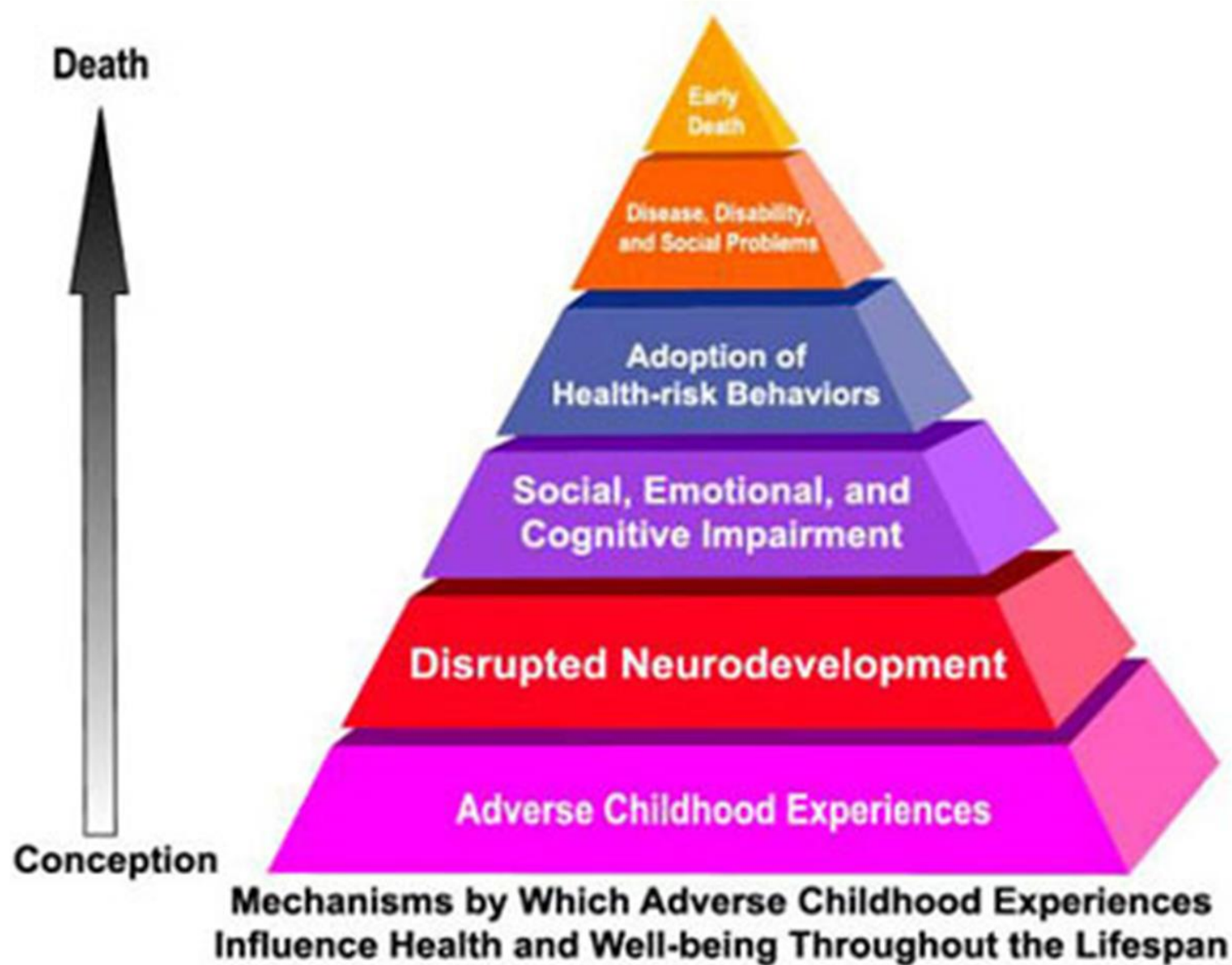
## Long-Term Consequences

### Disease and Disability

- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

### Social Problems

- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services
- Shortened Lifespan



# There are 5 Western MA “Emergency” Shelters for Individuals

**Friends of the Homeless**, Worthington Street, Springfield (133 beds—flexible cap—behavior based—average 150 per night)

**Grove Street Inn** (ServiceNet), Northampton (20 beds-wait list-dry shelter)

**Samaritan Inn**, Westfield (30 beds--dry)

**Greenfield Shelter** (ServiceNet) (20 beds-dry)

**Barton’s Crossing**, Pittsfield, (ServiceNet) (20 beds)

Winter only:

- Amherst Shelter, Craig’s Doors, (behavior based)
- Cot Shelter, Northampton (ServiceNet)
- Taylor Street, Springfield (Rescue Mission)

# Friends of the Homeless (Worthington Street Shelter)

The largest facility of its type outside the city of Boston

- Shelter: Over 1,000 people per year
- Housing: We operate 110 units of single room housing
- Meal program: We served more than 155,000 meals this past year (3 per day)
- Resource Center: We have case workers, clinic, open 24/7/365
- Just under 50 total staff for around the clock services

**We have substantially  
reduced the numbers  
of homeless  
individuals living on  
the streets in  
Springfield since the  
Tent City years in  
2005.**

# Friends of the Homeless “campus” on Worthington Street





**This is a picture of our dining room.  
There can be more than a hundred  
people waiting in line for a meal.**

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**We use every  
space available  
including the  
basement of our  
largest building,  
shown here.  
Shelters are not  
the answer!**

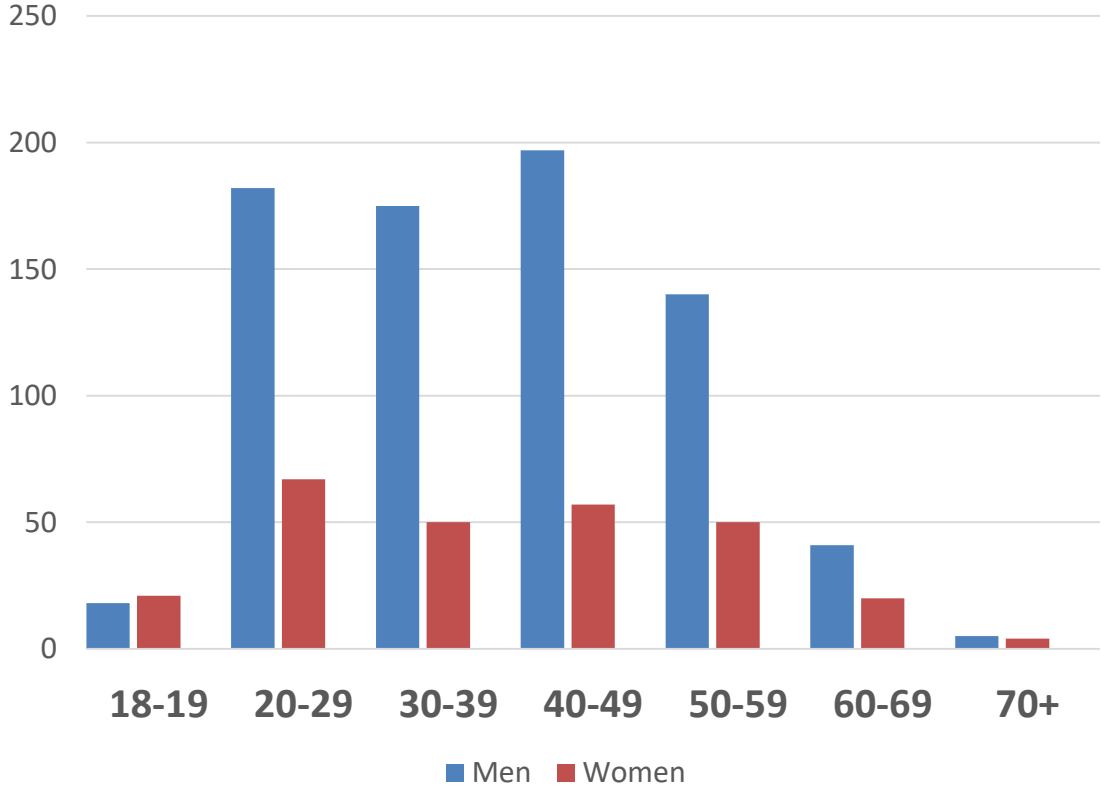


**We are averaging about 150 people in shelter per night right now. All beds are full, and people are sleeping on the floor as well.**

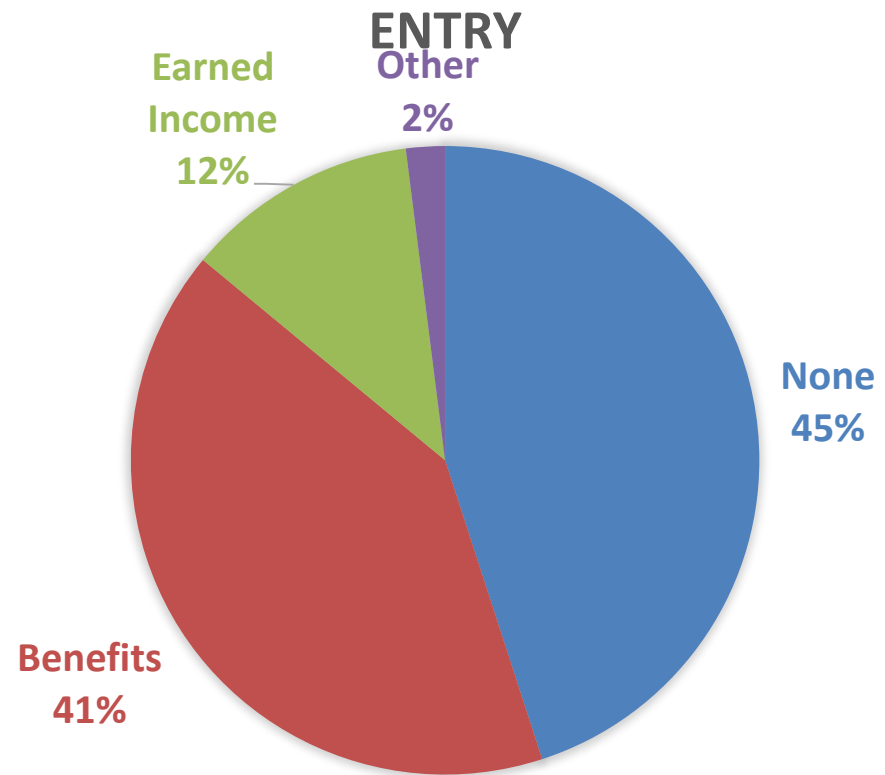
**On any given evening, FOH can have between 230-280 very diverse persons “on campus” with 4-7 staff persons monitoring.**



# Age



## SOURCE OF INCOME AT SHELTER



# Top 5 Reported Reasons for Homelessness

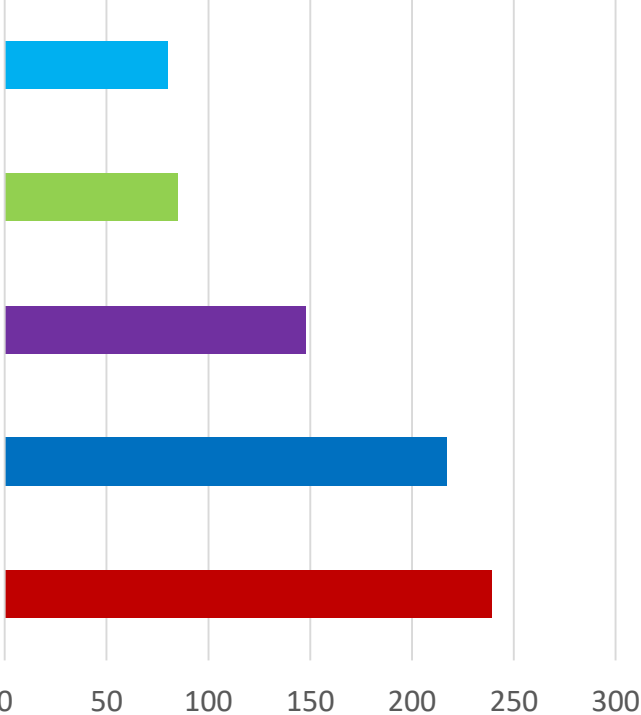
Released from jail or other institution

Relocated

Unstable Housing

Financial

Dispute



# What can we do?

- Focus on high end utilizers.
- We reduce costs and recidivism by targeting these individuals for supportive housing.

We are  
“outcome”  
focused and  
adhere to “best  
practices” in  
the field....

*Housing First is a strategy  
designed for people who are  
“chronically homeless”.*

It is essentially a harm reduction model of housing. Studies have shown expenses to the community are reduced by housing chronically homeless individuals as opposed to waiting for them to become more compliant with treatment before housing.

# What are the resources:



Shelter, with varied service capacity and philosophies



Medical interventions—HealthCare for the Homeless, including limited outreach



Street outreach, now BHN/police collaborative; Eliot in some communities



Newly added clinical services on site at FOH



Trauma informed care approach

# Trauma Informed Care

All homelessness and housing programs should implement trauma informed care practices to provide an environment that supports stability and healing.

Trauma informed care is an overarching structure and treatment attitude that emphasizes understanding, compassion, and responding to the effects of all types of trauma.

Becoming “trauma-informed” means recognizing that people have many different traumatic experiences which often intersect in their lives.



# Friends of the Homeless Resource Center



*Lighting the way for men and women in our community*

# Presentation # 3

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**10:00- 11:00am**

## **Sheriffs County Department Mental Health Programs**

*Amber Beauchemin, Forensic Mental Health Clinician*

# HAMPDEN COUNTY SHERIFF'S DEPARTMENT OVERVIEW OF MENTAL HEALTH & PROGRAMS

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*Amber Beauchemin, Forensic Mental Health Clinician*

# OVERVIEW

- Hampden County sites/counts
  - ESU/MHU/STU
  - Effects of Criminal Justice Reform
  - Specialized Programs at HCSD
  - Stonybrook Stabilization Center (Section 35)
  - Suicide Prevention & Intervention
  - **NEW** HCSD Emotional Support Division
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# FOUR SECURE SITES OF HCSD

- Main Institution
    - Ludlow MA
  - Women's Correctional Center
    - Chicopee MA (regional jail – from Worcester West)
  - Western Massachusetts Recovery & Wellness Center
    - Springfield MA (Local, DOC step-down & Federal step-down)
  - Stonybrook Stabilization Treatment Center
    - Ludlow MA
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# FACILITY COUNTS AS OF 4/5/22

Daily Count Tuesday, April 05, 2022

HCCC Main Institution Total = 648

Facility	Count	Max	Vac
Main Institution	649	1300	651
WCC	132	352	220
WMRWC	66	145	92
SSTC	98	156	58
<b>Total Incustody</b>	<b>945</b>		
AISS	56		

Facility	Sentenced	Pre Trial	Total
<b>HCCC</b>			
Main Facility	178	471	649
<b>WCC</b>			
Main Facility	45	80	125
Minimum	2	0	2
Pre-Release	3	0	3

Facility	Male	Female	Total
<b>WMRWC</b>			
Minimum	49	10	59
Pre-Release	4	0	4
FH - Non DRP	0	0	0
FH - DRP	0	0	0
Day Reporting	3	0	3

Security Level	Male	Female	Total
Minimum	49	12	61
Pre-Release	4	3	7
<b>HCS D Count</b>	803	142	<b>945</b>
<b>HCS D Sentenced</b>	234	60	<b>294</b>

Housing	Jail	HOC	Count	Max	Vac
Davis 1	53	0	53	77	24
Davis 2	55	0	55	77	22
Davis 3	0	0	0	77	77
Davis 4	0	0	0	77	77
Davis 5	58	0	58	77	19
Davis 6	55	0	55	77	22
<b>Total</b>	221	0	221	462	241

Bravo 1	41	7	46	82	36
Bravo 2	0	0	0	60	60
Bravo 3	0	62	62	62	0
Bravo 4	8	9	17	62	45
Bravo 5	52	0	52	77	25
Bravo 6	56	0	56	77	21
<b>Total</b>	157	78	233	420	187

Charlie 1	13	4	17	31	14
Charlie 2	11	6	17	31	14
Charlie 3	10	1	11	31	20
Charlie 4	20	5	25	31	6
Charlie 5	0	69	69	71	2
Charlie 6	0	0	0	70	70
Charlie 7	0	0	0	68	68
Charlie 8	0	0	0	10	10
Charlie 9	0	0	0	10	10
Charlie 10	36	12	48	72	24
<b>Total</b>	54	16	187	405	218

DOC Numbers	Male	Female	Total
DOC Maximum	3	0	3
DOC Medium	19	1	20
DOC Minimum	12	1	13
DOC PRC/WR	2	2	4
DOC DRC	0	0	0
<b>Total - DOC</b>	36	8	44

Population	Male	Female	Total
c265 §1 and §2	51	7	58
BOP	8	9	17
USM	7	0	7
Diversions	8	3	11
ESU	0	0	0
ESU Trans	3	3	6
Outside Hospital	3	2	5
Weekender	0	0	0
Angel	0	0	0
RLU	3	2	5

Yesterday	Male	Female	Total
Intakes	13	4	17
Discharges	22	3	25
Bail Releases	1	2	3
Court Releases	12	1	13
Video Releases	4	0	4
SEXP Releases	1	0	1
S35 Releases	0	0	0
Other Releases	4	0	4

# OPEN MENTAL HEALTH CASES

*JAILS REALLY ARE THE NEW HOSPITALS...*

Facility	# in Custody	Open w/ MHS	Percentage w/ MHS
Main Instituion	641	402	62.71%
WCC	127	90	70.87%
WMRWC	59	33	55.93%
SSTC	98	58	59.18%
<b>TOTALS</b>	<b>827</b>	<b>525</b>	<b>63.48%</b>

*\*\*These numbers are a very specific example of why we need Crisis Intervention Teams in our police departments and correctional facilities.\*\**

**Cook County Jail, in Chicago, is the largest single-site jail in the United States. Because so many people with mental illness pass through their custody, Cook County Jail can also be considered the largest mental-health facility in the nation.**

# EVALUATION & STABILIZATION UNIT

- The **ESU** (Evaluation & Stabilization Unit) is a maximum security inpatient treatment unit for individuals living with a mental illness that are in need of further evaluation and stabilization.
- We have one of the 2 ESU's in the state, the other is in Middlesex County.
- This is a regional program and patients can be admitted from the following counties for stabilization then returned to their county:
  - Worcester
  - Hampden
  - Hampshire
  - Berkshire
  - Franklin



This is a 15 bed inpatient unit w/ 2 restraint beds available.

There are an additional 16 beds on the top-tier to utilize for respites and step-down patients.

# ESU LEVEL SYSTEM & ADMISSIONS

- Level I w/ 1:1 observation
- Level I
- Level II
- Level III
- Step-down
- Respite

## Reasons for Admission:

- Thoughts to harm others or oneself.
- Attempts to harm others or oneself.
- Struggling to manage in current housing unit.
- Increase in symptoms
- Medication evaluations
- Bizarre behavior



# EVALUATION & STABILIZATION PROGRAM

- This is a program that we utilize at WCC and SSTC as there is no specific unit, currently, set aside at these facilities to have an ESU.
  - SSTC does have a MHU and they house ESP clients in the same area as well as 3 other areas if needed.
  - WCC does not have a MHU but does have 2 ESP beds in their STU.
- The ESP program follows the same leveling system that we follow on the ESU.

# MENTAL HEALTH UNIT

- The MHU is a medium security housing unit designed to provide enhanced treatment for individuals living with a mental illness.
- Mental Health Staff utilize, and encourage all staff to utilize, a Trauma Informed approach. With this approach, we treat all individuals with the assumption that they have experienced some type of trauma without needing to know the details of their past.
- A Trauma informed practice is being firm, fair and consistent.

# MENTAL HEALTH UNIT (MI)

- HCSD MHU has the capacity to house 31 inmates with serious and persistent mental illness; usually requiring a DMH level of care.
- These inmates have historically showed struggles with managing in general population.
- Additional mental health staff available, groups being run daily and a correctional caseworker to maintain help with legal issues.
- This unit is run like a general population unit in terms of privileges.



# SECURE TREATMENT UNIT (WCC)

- This unit houses multiple classifications:
    - Protective Custody
    - Discipline (in place of restrictive housing)
    - ESP Admissions (2 beds)
    - RISK (awaiting assessment on suicide precautions)
  - This unit offers additional support and treatment for the women who are housed here.
    - Additionally, this unit houses Federal inmates for up to 90 days for discipline out of FCI Danbury.
-

# CRIMINAL JUSTICE REFORM

- CJR in its entirety is **237** pages long.
  - Enacted into law on April 13, 2018 by Governor Charlie Baker.
  - Most of the changes went into effect on January 1, 2019, other portions became effective in April 2019.
  - Purpose was to create a more modern and fair Criminal Justice System in the Commonwealth.
  - Laws provide for a **strong emphasis on rehabilitation, reintegration, and public safety.**
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# CRIMINAL JUSTICE REFORM

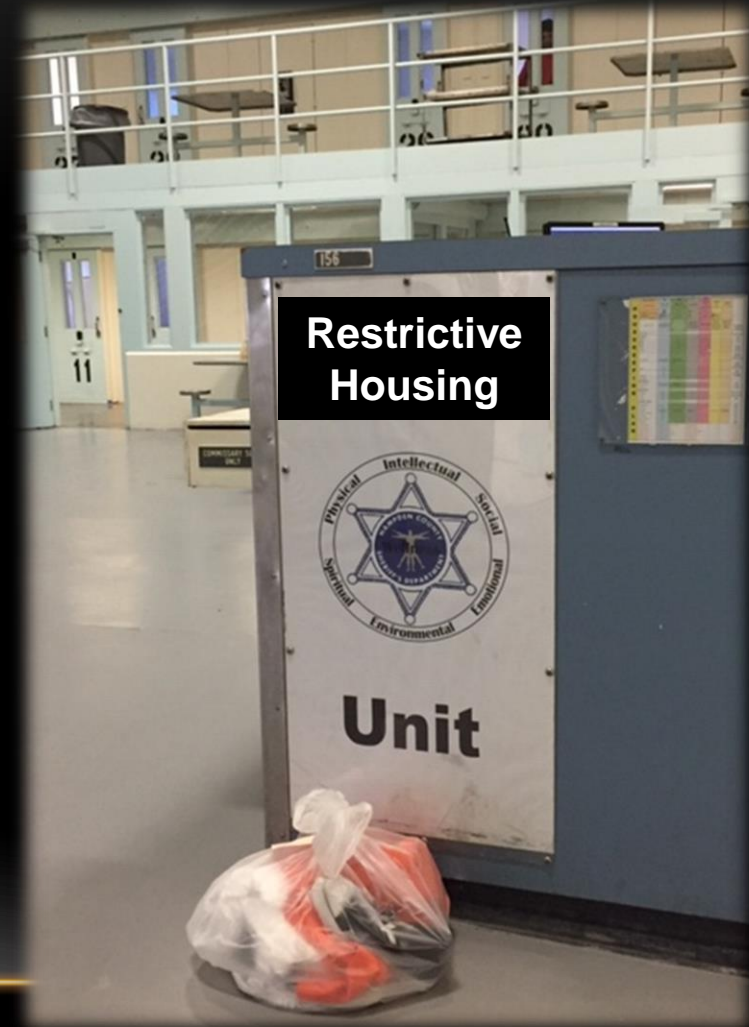
*HOW IT AFFECTED CORRECTIONS FROM MENTAL HEALTH STANDPOINT...*

- Restrictive Housing – Serious Mental Illness
- Transgender Rights
- Youthful Offenders



# CJ Reform – RH – Serious Mental Illness

- All inmates are screened by a qualified Health Professional for **Serious Mental Illness (SMI)**.
- If RH is found to be **clinically contraindicated**, then, based on the qualified Mental Health Professional's clinical judgment, alternate housing would be recommended.
- Mental Health Service staff are utilizing the JMS alert **MHCI** to indicate if there is a contraindication related to moving an inmate to C1/C2 due to Mental Health related issues.



## Restrictive Housing

# CJ Reform – RH – Serious Mental Illness

A **Serious Mental Illness (SMI)** is a current or recent diagnosis by a Qualified Mental Health Professional of one or more of the following disorders:

- (1) schizophrenia and other psychotic disorders;
- (2) major depressive disorders and all types of bipolar disorders;
- (3) a neurodevelopmental disorder, dementia or other cognitive disorder;
- (4) any disorder characterized by breaks with reality or perceptions of reality;
- (5) all types of anxiety, trauma and stressor related disorders;
- (6) severe personality disorders; or,
- (7) a finding by a Qualified Mental Health Professional that the inmate is at **serious risk of substantially deteriorating mentally or emotionally** while confined in Restrictive Housing, or **already has so deteriorated while confined in Restrictive Housing**, such that diversion or removal is deemed to be clinically appropriate by a Qualified Mental Health Professional.

# Restrictive Housing

An inmate with an **SMI must not be** placed in Restrictive Housing unless it is determined that the inmate's retention in general population poses an unacceptable risk:

- (1) to the safety of others;
- (2) of damage or destruction of property; or
- (3) to the operation of the Correctional Facility.

**A Placement Review (MH Certification) must be completed within 72 hrs. if it is determined that an inmate with an SMI is to be placed in RH.**

**The Sheriff or a designee certifies in writing:**

- (1) the reason why the inmate may not be safely held in GP;
- (2) that there is no available placement in an STU or SAU;
- (3) that efforts are being undertaken to find appropriate housing and the status of those efforts; and
- (4) the anticipated time frame for resolution.

The Placement Review must be conducted every 72hrs. thereafter while more appropriate housing can be located.

# Restrictive Housing

- A Qualified Mental Health Professional **must announce and make daily rounds** in every Restrictive Housing Unit.
- Can conduct out-of-cell meeting with an inmate if, in the clinician's professional judgment, confidentiality is warranted.



# YOUTHFUL OFFENDERS

**Youthful Offender** is a person who is subject to an adult or juvenile sentence for having committed, while between the ages of 14 and 18, an offense against a law of the Commonwealth which, if he were an adult, would be punishable by imprisonment in the State Prison, and:

- (a) Has previously been committed to the Department of Youth Services; or
- (b) Has committed an offense which involves the infliction or threat of serious bodily harm in violation of law.



# YOUTHFUL OFFENDERS

CJR places a priority on Juvenile or Youthful Offender's pathways into the Juvenile Justice System.

## Goal:

To reduce the likelihood of recidivism by addressing the unique issues associated with Juvenile or Youthful Offenders including emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, family violence, household substance abuse, household mental illness, parental absence, and household member incarceration.



# YOUTHFUL OFFENDER UNIT

MAGIC PROGRAM

## Mission

To promote and encourage youth towards their next steps in personal development through a supportive, relational program that helps interrupt beliefs, attitudes, habits, and behaviors supportive of a criminal lifestyle in favor of productive and positive futures.

- **Meaningful**
- **Accomplishments**
- **Gain**
- **Increased**
- **Character**

*“Your thoughts determine your actions.”*

# CRIMINAL JUSTICE REFORM (CJR) LAWS

One positive change to the Criminal Justice Reform Laws is the creation of a Special Committee to study the **Prevention of Suicide among Correction Officers in Correctional Facilities.**



# ALL-INCLUSIVE SUPPORT SERVICES

As an AISS member, the client will be assigned a caseworker.

The caseworker will work with the client to help them meet their goals.

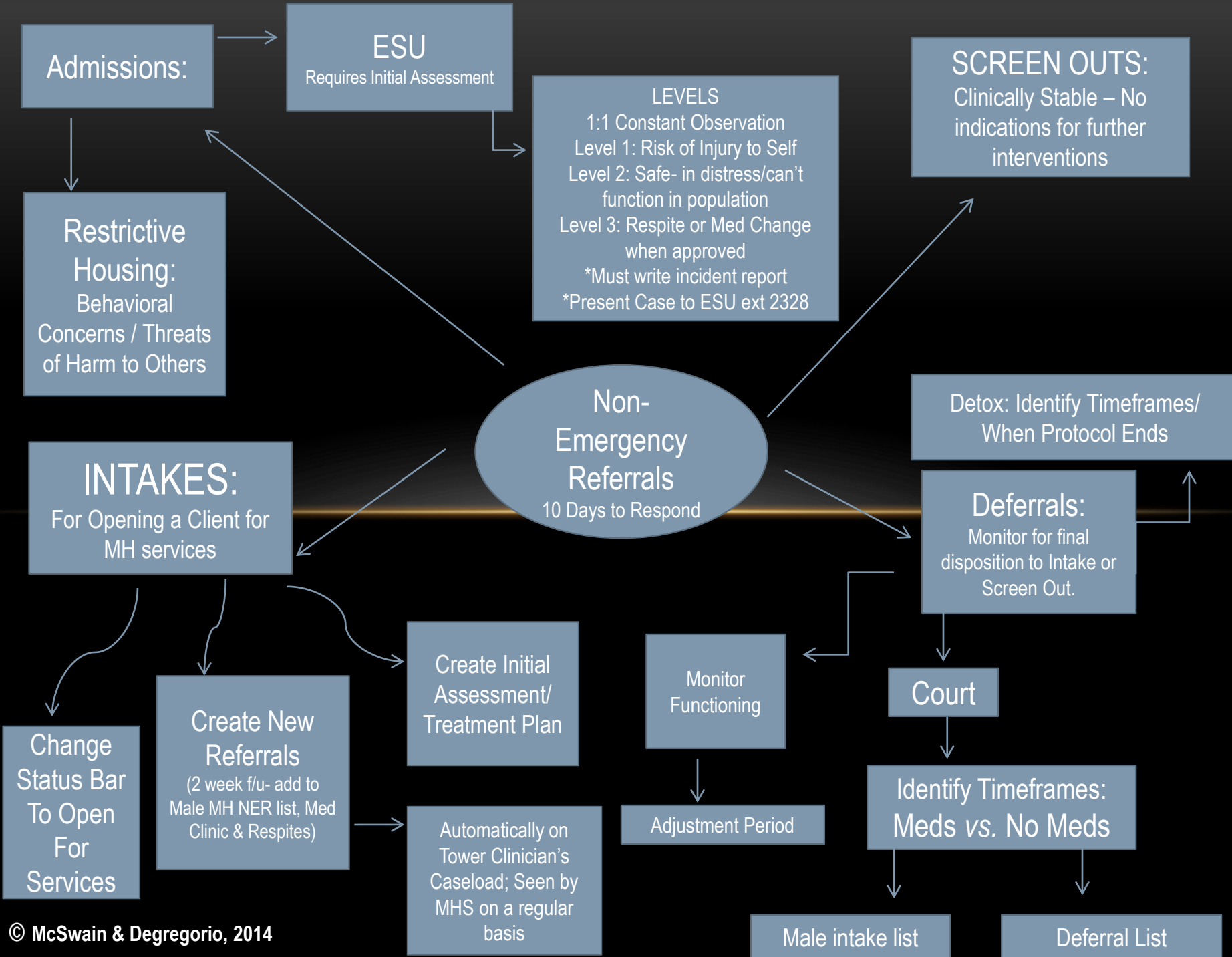
Some of the ways AISS can help the client includes:

- ID and license assistance
- Job search assistance
- Education
- Employment
- Health insurance
- SNAP (Food stamps)
- Housing search assistance
- Accessing substance abuse and mental health treatment
- Counseling
- Meeting requirements for DCF, probation or parole
- Credit and banking assistance
- Sealing criminal record
- Free cell phone (must meet eligibility requirements)



# OUTPATIENT MENTAL HEALTH SERVICES

- Mental Health Clinician work outpatient within the facilities conducting:
  - Emergency assessments
  - Non-emergency assessments
  - Follow-up assessments
  - Treatment Planning
- Each facility is assigned clinicians based on caseload size and acuity:
  - MI – 9 clinicians assigned
  - WCC – 2 clinicians assigned w/ 1 floater
  - WMRWC – 1 floating clinician assigned
  - SSTC – 3 clinicians assigned



# OPIOID TREATMENT PROGRAM & MEDICALLY ASSISTED TREATMENT

- Methadone was delivered to York Street Jail (Springfield, MA) daily via Providence Hospital staff to treat opioid addiction; this practice began in the late 1980's and continued through the early 90's
- Methadone – for pregnant women, 1993
- Buprenorphine – Main Institution, 2007
- Vivitrol – HCSD participated in a study, Project New Hope, with Yale University, 2011
- Vivitrol MAT Pilot – Western Massachusetts Correctional Alcohol Center, Springfield, MA, 2013
- Opioid Treatment Program (OTP), offering Buprenorphine (Subutex), Methadone, and Naltrexone (Vivitrol) – September 1, 2019

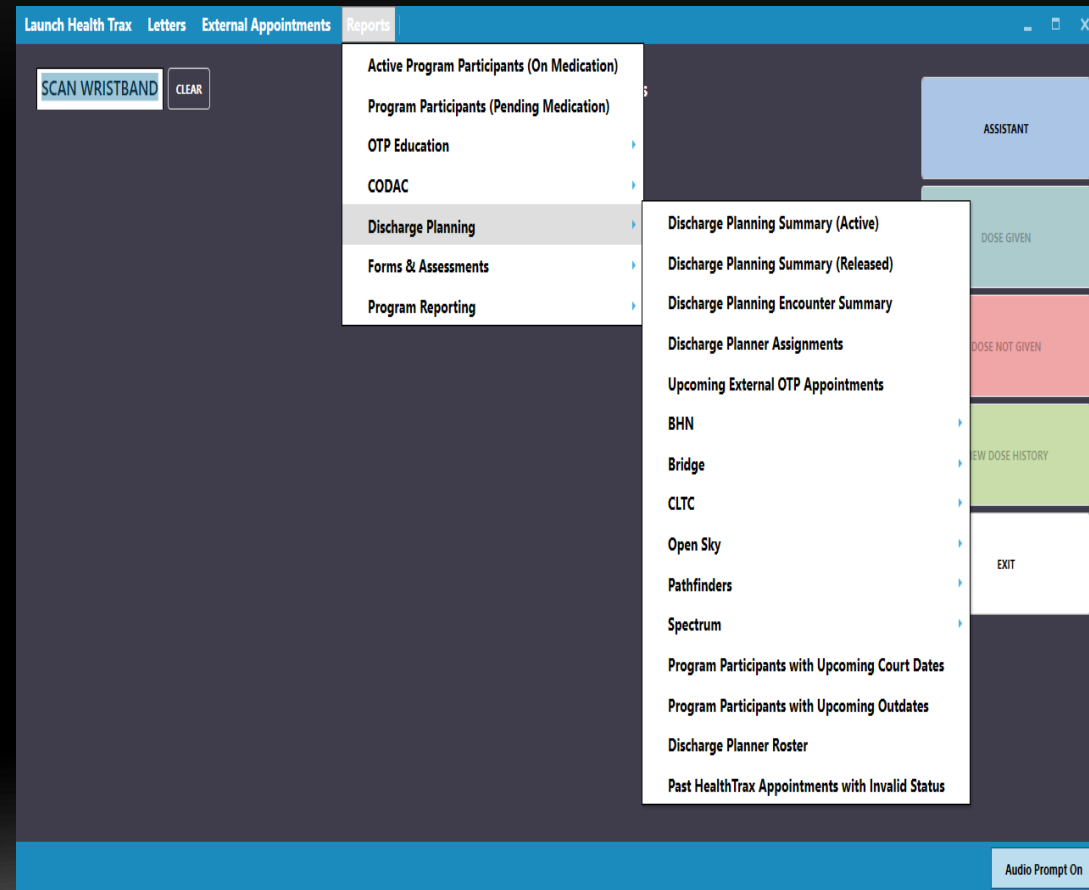
# HCSD AND COMMUNITY PARTNERS

- HCSD is contracted with CODAC Behavioral Health, an awarded service provider that began operating an OTP in the Rhode Island DOC in 2016
  - CODAC staff work hand-in-hand with Hampden County staff to ensure that patients receive the proper care
- BHN
  - Continuation – Seen within 5-7 days of intake
  - Induction – After being seen by a CODAC Clinician client is referred to CODAC Provider; Discharge Planner meets within 5 days before the Provider meeting
  - Pre-Trial & Sentenced on OTP – Seen within 5 days before court, within 5 days after if return from court (pre-trial)
- Bridge
  - Works with clients in their last six months of incarceration
  - Bi-weekly check-ins; weekly in the month before release

# KEEPING TRACK WITH OTP ASSISTANT

Home grown internal database created to keep track of:

- Dosing
- Appointments
- Referrals
- Upcoming items due (forms/assessments)
- Outside appointments upon release
- Statistics



**Re-entry planning starts at day 1 of incarceration or commitment at HCSD!**

# SUICIDE PREVENTION & INTERVENTION

- Suicide Prevention Committee
  - 8 hour suicide prevention training for incoming academies
  - 1 hour initial suicide prevention training for all new staff
  - Ongoing annual trainings in suicide prevention for all staff employed by HCSD
  - Currently building a Crisis Intervention Team
-

# SUICIDE PREVENTION AT HCSD

- It is the policy of the Hampden County Sheriff's Department to effectively monitor all inmates for the potential for self-harm and suicidal behavior.
- All staff are trained in warning signs, major risk factors and mental health referrals; coupled with their experience and knowledge of inmate behavior.
- This combination can have a positive impact on reducing these incidents.

# SAFETY PRECAUTIONS

## SUICIDE PREVENTION/INTERVENTION



Restraint Bed/Suicide Resistant Cell



Safety Smock/Blanket

### Restrictive Housing –

Remain RISK or Admit to ESU

Partially Clear w/ re-evaluation every 24 hours until  
disposition is reached

Clear Precautions

# STONYBROOK STABILIZATION TREATMENT CENTER

## SECTION 35

- Section 35 is a Massachusetts law that allows a qualified person to request a court order requiring someone to be civilly committed and treated involuntarily for an alcohol or substance use disorder.
  - Who is considered a qualified person?
    - Police Officer
    - Physician
    - Spouse
    - Blood relative
    - Guardian
    - Court Official
  - The petitioner must go to the local court and file a written petition or affidavit for an order of commitment. Petitions may be filed at any District or Juvenile Court.



# STONYBROOK STABILIZATION TREATMENT CENTER

- Criteria to meet for a Section 35 civil commitment
  - The person must have an alcohol or substance use disorder; and
  - There is a likelihood of serious harm to self or others as a result of their substance use disorder. If both criteria are met, the person will be involuntarily committed. A judge should order a commitment under Section 35 only when less restrictive alternatives are unavailable.
- The statute states the commitment may be up to, but not exceed 90 days. The commitment may be less than the 90 days depending on the individual's clinical needs and if they cease to meet the criteria for likelihood of serious harm to themselves.



<https://www.mass.gov/service-details/section-35-the-process>

# STONYBROOK STABILIZATION TREATMENT CENTER

- Levels of Care at SSTC
  - Acute Treatment Services
    - Up to 10 days
    - Detox phase
    - Groups/classes
    - Assessment completed from Mental Health, Medical, and Counseling Staff to determine need for services while in programming
  - Clinical Stabilization/ Support Services
    - Once cleared from ATS, up to 90 days
    - Medically Stable
    - Discharge planning/referrals
    - Groups/classes
    - Counseling



# EMOTIONAL SUPPORT DIVISION

- In addition to Molly, there are 4 other Emotional Support Animals that are assigned to different areas of the Department (Training, Medical, Security, and Mental Health)
- Pet Therapy started in October 2020 at the Main Institution with individuals classified to Mental Health Unit/Admitted to Inpatient level of care.
- Clients are provided with the opportunity to have individual treatment sessions with Molly when completing a mental health evaluation.
- Animal Assisted Treatment Caseload: Individualized Caseload for individuals open for mental health services to work towards completing treatment goals.
- Roles of Emotional Support Animals include:
  - Providing a therapeutic environment for the inmates at all HCSD facilities
  - Giving the staff of HCSD the ability to interact with Therapy Dogs
  - Provide additional programming to clients at SSTC
  - Provide community outreach at schools, hospitals, nursing homes, etc.



*Molly (6 y/o yellow lab): Joined the mental health department in July 2020 and is currently working at SSTC.*

Any Questions???



## Contact Information

*Amber Beauchemin, M.A.*

Forensic Mental Health Clinician  
*Restrictive Housing & MAGIC Program*  
Regional CIT Instructor for MSA

Hampden County Sheriff's Department

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# SHERIFFS COUNTY DEPARTMENT MENTAL HEALTH PROGRAMS

- Evaluation & Stabilization Unit (Regional Inpatient program)
  - Mental Health Unit (living unit for those with a serious SMI, typically DMH level of care that have difficulty living in general population)
  - How CJ reform effected corrections
  - Outpatient Services (those living in General Population)
  - Suicide Prevention (related to incarcerated individuals)
  - Stonybrook Stabilization & Treatment Center (section 35's)
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# Presentation # 4

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11:00am-12:00pm

**Opiate Crisis Response – Alison TellierFox**


# Medicated Assisted Treatment

Addiction and the medication used to treat addiction

Alison TellierFox, RN, BSN, MBA, CARN

# Addiction

- ▶ Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.
- ▶ The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs.
- ▶ These brain changes can be persistent, which is why drug addiction is considered a "relapsing" disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.
- ▶ It's common for a person to relapse, but relapse doesn't mean that treatment doesn't work.
- ▶ As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds.
- ▶ Treatment plans need to be reviewed often and modified to fit the patient's changing needs.



**AT FIRST, ADDICTION  
IS MAINTAINED BY  
PLEASURE, BUT THE  
INTENSITY OF THIS  
PLEASURE GRADUALLY  
DIMINISHES AND THE  
ADDICTION IS THEN  
MAINTAINED BY THE  
AVOIDANCE OF PAIN.**

**-FRANK TALLIS**

# The Brain

- ▶ Most drugs affect the brain's "reward circuit," causing euphoria as well as flooding it with the chemical messenger dopamine.
- ▶ A properly functioning reward system motivates a person to repeat behaviors needed to thrive, such as eating and spending time with loved ones.
- ▶ Surges of dopamine in the reward circuit cause the reinforcement of pleasurable but unhealthy behaviors like taking drugs, leading people to repeat the behavior again and again.
- ▶ As a person continues to use drugs, the brain adapts by reducing the ability of cells in the reward circuit to respond to it.
- ▶ This reduces the high that the person feels compared to the high they felt when first taking the drug—an effect known as tolerance.
- ▶ They might take more of the drug to try and achieve the same high.
- ▶ These brain adaptations often lead to the person becoming less and less able to derive pleasure from other things they once enjoyed, like food, or social activities.
- ▶ Despite being aware of these harmful outcomes, many people who use drugs continue to take them, which is the nature of addiction.

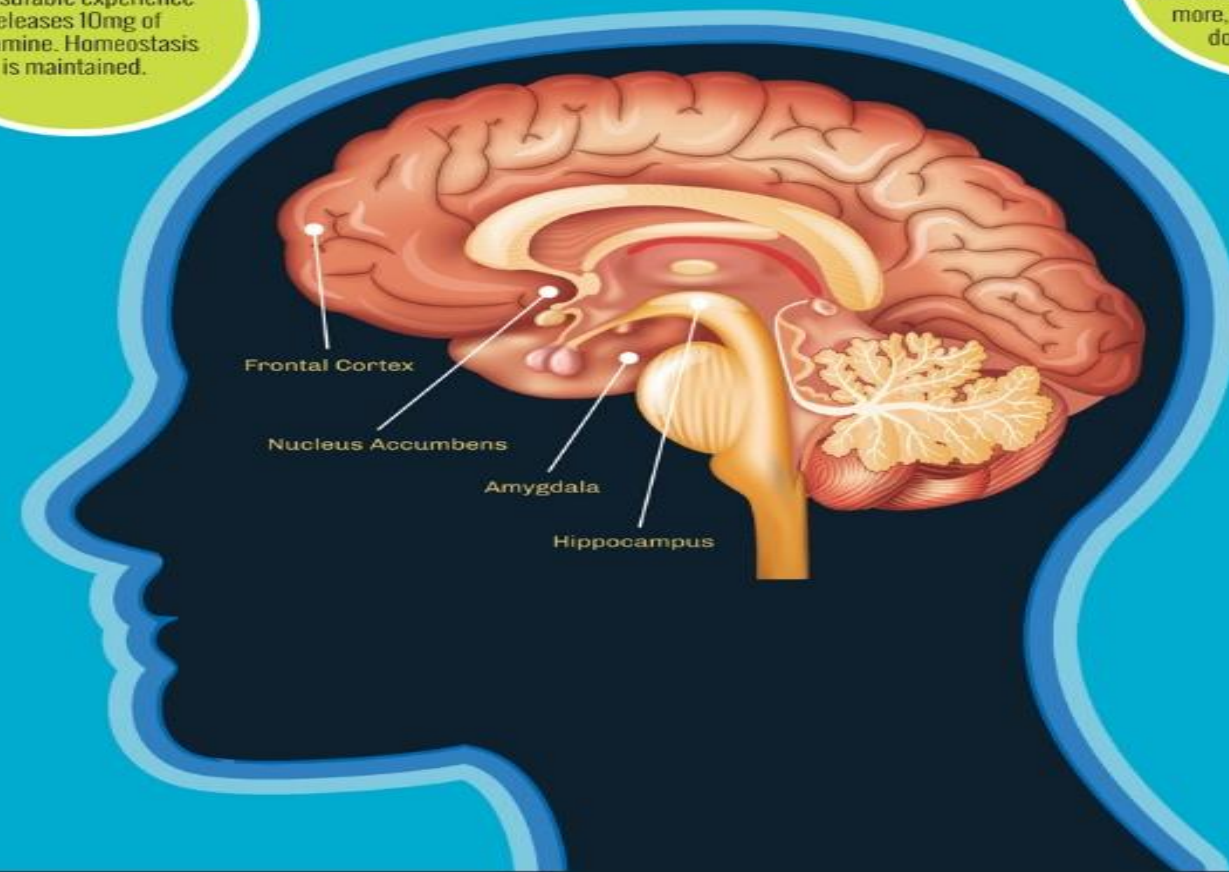
A normal pleasurable experience releases 10mg of dopamine. Homeostasis is maintained.

An addictive substance or behavior releases 20mg of dopamine ceasing homeostasis. The brain compensates by stoppering the amount of dopamine produced.

The addictive substance again releases 20mg of dopamine but production is cut in half, meaning only 10mg is truly produced. Homeostasis is maintained.

Tolerance begins. In order to feel the initial high of 20mg of dopamine, the addict engages in the substance or experience more and more, resulting in a 40mg dose of dopamine.

The brain continues to stopper the amount of dopamine produced to maintain homeostasis. The addict continues to fall deeper into their addiction. →



# Common Medications Use To Treat Addiction

- ▶ Methadone
- ▶ Buprenorphine
  - ▶ Sublocade
  - ▶ Subutex
  - ▶ Suboxone
- ▶ Vivitrol

# Methadone

- ▶ Is a full mu opioid agonist, continues to produce effects on the receptors until either all receptors are fully activated, or the maximum effect is reached.
- ▶ Daily dosing
- ▶ Can be used in pregnancy
- ▶ Half-life is anywhere from 8 to 59 hours for methadone.

# Buprenorphine

- ▶ Is a partial agonist, does not activate mu receptors to the same extent as methadone. Its effects increase until they reach a plateau.
- ▶ Buprenorphine reaches its ceiling effect at a moderate dose, which means that its effects do not increase after that point, even with increases in dosage.
- ▶ Requires a prescription
- ▶ Half-life can vary from 24 to 60 hours for buprenorphine
- ▶ Not safe in pregnancy
- ▶ Pushes other opioids off the receptor due to strong bond

# Buprenorphine Products

- ▶ Suboxone
  - ▶ Film or tablet
  - ▶ Dissolves under the tongue or in cheek
  - ▶ Taken daily
  - ▶ Contains Naloxone
- ▶ Subutex
  - ▶ Only comes in tablet form
  - ▶ Dissolves under the tongue or in cheek
  - ▶ Taken daily
  - ▶ Does not contain Naloxone
- ▶ Sublocade
  - ▶ Injection in the abdomen
  - ▶ Taken every 28 days

## **Buprenorphine**

Partial agonist

Long half-life (24 to 60 hours)

Ceiling effect; good safety profile

## **Methadone**

Full agonist

Long half-life (8 to 59 hours)

No ceiling effect (useful in patients dependent on high doses of opioids)

## **Heroin**

Full agonist

Short half-life

No ceiling effect

Methadone



*Full agonist:  
generates effect*

Buprenorphine



*Partial agonist:  
generates limited effect*

Naltrexone



*Antagonist:  
blocks effect*

# Vivitrol

- ▶ Is a large dose of naltrexone
- ▶ Is an opioid antagonist
- ▶ Must be opioid free for 7-10 days prior to taking it
  - ▶ If taken sooner the person can go into acute withdrawal immediately
- ▶ Injection every 28 days
- ▶ Blocks the effects of opioids
  - ▶ Effects dissipate over time
  - ▶ However if taken enough opioid one can override the naltrexone on the receptor

Questions???

# DAY 5 CIT Training

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- 1:00-2:00pm**    **What is an ESP?** Hallie-Beth Hollister, M.Ed., Program Director, BHN Crisis Services; Jennifer LaRoche, LICSW VP Clinical Operations, Clinical & Support Options Acute & Day Programs
- 2:00-2:30pm**    **Questions and Answers Session**
- 2:30pm**         **Graduation**

# Presentation # 5

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1:00-2:00pm

## **What is an ESP?**

Hallie-Beth Hollister, M.Ed., Program Director, BHN Crisis Services;

Jennifer LaRoche, LICSW, VP Clinical Operations, Clinical & Support  
Options, Acute & Day Programs

# Crisis Services Overview

Hallie-Beth Hollister  
Program Manager  
BHN Emergency Services

Jennifer LaRoche, LICSW  
VP Clinical Operations  
Clinical & Support Options  
Acute & Day Programs

# Emergency Services Provider (BHN)

- Southern Pioneer Valley Catchment Area

- Agawam
- Belchertown
- Blandford
- Bondsville
- Chester
- Chicopee
- E. Longmeadow
- Granby
- Granville
- Hampden
- Holyoke
- Huntington
- Longmeadow

- Ludlow
- Monson
- Montgomery
- Palmer/Thorndike/Three Rivers
- Russell
- Southampton
- South Hadley
- Southwick
- Springfield
- Tolland
- Ware
- West Springfield
- Westfield
- Wilbraham

# Community Based Locations

- Southern Pioneer Valley – BHN Crisis
  - 417 Liberty Street, 413-733-6661
    - Available 24 hours a day, 7 days a week
    - RAP Drop off
    - Police Drop Off with CCRT Office (Dedicated Police Line)
    - On site assessments/walk ins accepted (call ahead preferred)
    - Phone consultation, phone support
    - Telephonic Triage including de-escalation, brief risk assessment
    - Mobile Response
    - CIRT/ Project HOPE
    - Shift supervisors in house and on call
    - On campus access to The Living Room and Psych Urgent Care

# Emergency Service Provider (CSO)

- Clinical & Support Options (CSO) Crisis is the ESP for much of Hampshire County, Franklin County & Athol/North Quabbin areas
- CSO Crisis is available 24 hours a day, 7 days a week, 365 days a year.

# Emergency Services Provider (CSO)

- Ashfield
- Athol
- Bernardston
- Buckland
- Charlemont
- Colrain
- Conway
- Deerfield
- Erving
- Gill
- Greenfield
- Hawley
- Heath
- Leverett
- Leyden
- Millers Falls
- Montague
- New Salem
- Northfield
- Orange
- Petersham
- Phillipston
- Rowe
- Royalston
- Shelburne
- Shutesbury
- Sunderland
- Turners Falls
- Warwick
- Wendell
- Whately
- Amherst
- Chesterfield
- Cummington
- Easthampton
- Florence
- Goshen
- Hadley
- Hatfield
- Middlefield
- Northampton
- Pelham
- Plainfield
- Westhampton
- Williamsburg
- Worthington

# Community Based Locations

- Hampshire County -  
29 North Main Street in Florence or  
Cooley Dickinson Hospital in Northampton  
413-586-5555
- Franklin County  
296 Federal St in Greenfield or  
104 High St. in Greenfield  
413-774-5411
- Orange/Athol  
491 Main Street in Athol  
978-249-3141

# Mobile Response

- Provides Emergency Services as a mobile response
  - Homes, providers offices, schools, residential programs, other treatment programs, doctors offices, police stations, places of employment, etc.
    - Higher comfort level in familiar environment, person more likely to open up, more opportunity for family interaction and safety planning, less stigmatizing
  - Safety of our staff
  - Diversion from ED when possible
  - Mobile Response times

# Emergency Department (ED)

- Crisis staffing in ED's
- Process of referral to crisis in ED
- Diversion
  - Helps lower hospitalization rates
  - ED often has crisis patients waiting hours before even being referred and sometimes hours after being referred
- Best Practices
  - Call Crisis if making decision to send to ED
    - May help avoid discharge by doctor without referring to crisis
    - Will help with gathering of information around reason for visit to ED, reason for crisis assessment, clarification of information or help answer questions related to scene
    - Information sharing ensures more informed disposition

# Crisis and Police intersection/collaboration

- Crisis might request police presence to help determine if a section 12 is warranted for transport to the ED for assessment to take place in contained environment
- Crisis might request police guidance if being asked to respond in a mobile capacity to a neighborhood where there has been recent violent activity
- Crisis might request police presence to the community based locations for a person who cannot be de-escalated by crisis staff or a person who has a history of violence , destroying property, engaging in criminal activity
- Enforcement of Rogers Order
- Crisis may request police assistance in the execution of a section 12 for containment while awaiting psychiatric placement of a person who is not voluntary but found to meet criteria for an involuntary committal
- Duty to Warn/Tarasoff

# Crisis and Police intersection/collaboration

- Police may call Crisis to request assistance for someone they are encountering to:
  - Request for resource information for Substance Use treatment
  - Request for resource information for Mental Health treatment, social service information
  - Request for Crisis Assessment due to risk issues
    - Significant self harm, suicidal thoughts, active suicide attempt, interrupted suicide preparation, violent threats seeming to be related to psychiatric condition, person cannot care for self related to psychiatric condition
  - Assistance with filling out a section 12 or request for in person consult for section 12 if unclear

# Section 12

- Section 12

A). **Mental Illness: For purposes of admission to an inpatient facility under Section 12, “Mental Illness” means a substantial disorder of thought, mood, perception, orientation, or memory which grossly impairs judgment, behavior, capacity to recognize reality or ability to meet the ordinary demands of life. Symptoms caused solely by alcohol or drug intake, organic brain damage or intellectual disability do not constitute a serious mental illness. Specify evidence including behavior and symptoms:**

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B). **Likelihood of Serious Harm (check all categories that apply):**

- (1) Substantial risk of physical harm to the person himself/herself as manifested by evidence of threats of, or attempts at suicide or serious bodily harm; and/or
- (2) Substantial risk of physical harm to other persons as manifested by evidence of homicidal or other violent behavior or evidence that others are placed in reasonable fear of violent behavior and serious physical harm to them; and/or
- (3) Very substantial risk of physical impairment or injury to the person himself/herself as manifested by evidence that such person’s judgment is so affected that he/she is unable to protect himself/herself in the community and the reasonable provision of his/her protection is not available in the community.

Specify evidence including behavior and symptoms:

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# Section 12 cont.

- Section 12 cont'd

## 3). **Applicant Certification (check all applicable boxes)**

- a. I am a: Licensed Physician or Nurse Practitioner (GL. Ch 112 §80i) Qualified (i.e. Licensed)  
Psychologist Qualified (i.e. Licensed and Certified) Psychiatric Nurse Mental Health Clinical Specialist  
Police Officer Licensed Independent Clinical Social Worker (LICSW)
- b. I have OR I have not personally examined this person. If not, why?

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c. I have consulted with either the receiving facility or emergency screening program.

d. I have not so consulted because \_\_\_\_\_

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Applicant's name (not patient):  
(print) \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town \_\_\_\_\_ State \_\_\_\_\_

Applicant's signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**NOTE: Parts 1) through 3), above, must be completed to apply for involuntary hospitalization.**

# Helpful Information

- Section 18a, regarding assessment of persons in police custody
  - Youth
  - Adults
- Roger's Order
  - Order in place by court mandate, medication is administered and managed by others
  - Refusal of 3 consecutive doses of prescribed antipsychotic medication
  - Criteria generally includes history of negative symptoms often to include aggression
  - Enforced by crisis implementing an involuntary admission, held at ED for safety and containment

# Helpful Information

- Call Crisis if you are unsure what someone needs
- Call Crisis for resources and information
- Call if you feel as though an assessment is needed
- Call the crisis workroom number if you have sent someone to the ED (also can connect in person with Crisis staff stationed in the ED if available)
- Bring someone into the Community Based Crisis office, Crisis can interact with them in the community based location right away

# END OF CIT TRAINING

DISCUSSIONS

COLLECTION OF EVALUATIONS

GRADUATION NEXT !!!!!!!!!!!!!!!!!!!!!!!

