

# NEWS RELEASE

## DELAWARE DEPARTMENT OF CORRECTION

### Commissioner Claire DeMatteis

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Presented by Jason P. Miller, Chief of Communications and Community Relations

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## DOC redesigns its substance abuse treatment program to leverage nationally-recognized model and proven evidence-based practices

**GEORGETOWN, Del.** – Correctional leaders, legislators, and treatment professionals gathered today at Sussex Correctional Institution to unveil redesigned Substance Use Disorder treatment programs for offenders that will launch across Department of Correction (DOC) facilities this November.

Significant numbers of individuals who are sentenced to Department of Correction (DOC) supervision struggle with substance abuse, and many experience co-occurring disorders, including Substance Use Disorder and mental illness that require specialized treatment. For the past 30 years, the DOC has offered a range of programs that balance safety and treatment needs through individual and group treatment, psychiatric care, and re-entry services. However, those programs had not been substantially revised in more than two decades and no longer reflected modern best practices. More than a year ago, [as the DOC implemented Medication Assisted Treatment in its facilities](#), the Department initiated a comprehensive review of its Substance Use Disorder drug and alcohol treatment programs. Earlier this year it began a redesign of these programs to incorporate the latest proven evidence-based treatment practices in collaboration with its medical and behavioral healthcare provider, Centurion Health.

"The Department of Correction recognized that we needed to restructure our once-progressive, but now-outdated, substance use treatment programs to incorporate modern evidence-based methods and practices, and our treatment programs needed to reflect the unique needs of the current opioid, heroin and other dangerous drug addictions that are tearing families apart and fueling drug wars, gun crimes, and gang violence," **Commissioner DeMatteis said today.**

"Thanks to close collaboration with our behavioral healthcare provider Centurion, and strong support from judges and other stakeholders, the DOC is once again positioned to offer cutting-edge treatment to the offenders who walk into prison addicted to drugs and alcohol."

Renamed "Road 2 Recovery", DOC's Substance Use Disorder (SUD) treatment program leverages a nationally-recognized therapeutic community treatment model and enhanced program elements:

- A comprehensive assessment, drug screen, and multi-disciplinary clinical review will be used to identify individuals who need treatment and guide placement in one of three tracks. Road 2 Recovery employs the Texas Christian University (TCU) Comprehensive Assessment tool, widely used in criminal justice and community treatment settings across the nation.
- Each participant will be guided by an individualized treatment plan based upon his or her specific needs that are identified through the assessment process.
- New treatment curriculums are being introduced, including interactive journaling. These journals help participants to work on treatment needs both in and outside of group sessions
- Additional “electives” will be offered to participants, including Trauma, Co-Occurring Disorders, and Healthy Relationships, in addition to continuing to offer the existing anger management elective.
- Progression through treatment will be determined by achieving treatment benchmarks and demonstrating progress through ongoing assessments.
- Each participant will be guided by an individualized treatment plan based upon his or her specific needs.

Learn more about Road 2 Recovery by consulting the attached information sheet.

In addition to being offered in state prisons, Road 2 Recovery SUD treatment will be offered to individuals who are sentenced to Level IV community corrections supervision. Earlier this year the DOC consolidated its SUD treatment programs for Level IV male offenders at the Morris Community Corrections Center (MCCC) in Dover, allowing the DOC to standardize program delivery, reduce the need to split treatment staff across multiple sites, and leverage the historically low Level IV population. As MCCC's treatment role grew, however, the design limitations of this 100 year-old facility presented increasing challenges. After a careful assessment of its treatment and security needs, the DOC announced today that it will reopen the currently-vacant Central Violation of Probation Center in Smyrna as its statewide SUD treatment facility for Level IV male offenders. This facility offers more appropriate programming and treatment space, additional staff work spaces, and incorporates an open design that is more conducive to SUD cognitive community requirements. When the former Central Violation of Probation Center opens later this fall it will be renamed the Community Corrections Treatment Center to more accurately reflect the role it will play in meeting DOC's dual mission of public safety and second chances. Meanwhile, DOC's SUD treatment program for Level IV female offenders will continue to be provided at the Hazel D. Plant Women's Treatment Facility in New Castle.

Additionally, during today's announcement, officials announced that the substance use disorder treatment building at Sussex Correctional Institution has been renamed for former DOC Commissioner Stan Taylor. Commissioner Taylor was an early champion of correctional substance abuse treatment and his Administration developed DOC's existing treatment programs. See attached photo taken today with former Commissioner Taylor, state legislative leaders, and DOC officials.





The Delaware Department of Correction (DOC) initiated a comprehensive review of its two flagship Substance Use Disorder (SUD) drug and alcohol treatment programs more than one year ago. In 2020 the DOC began a redesign of these programs to incorporate the latest proven evidence-based treatment practices in collaboration with its medical and behavioral healthcare provider, Centurion Health.

Planning and approval for the redesigned SUD programs, renamed *Road to Recovery*, was completed in September, 2020. Inmate and stakeholder education is taking place throughout October, and *Road to Recovery* will launch Department-wide on November 1, 2020.

*Road to Recovery* (R2R) retains the Therapeutic Community model, an industry best practice which has proven to be effective. Key features include:

- The need for treatment and placement in the program will be identified through DOC's classification process and will include a comprehensive assessment, drug screen, and multi-disciplinary clinical review.
- Each participant will be guided by an individualized treatment plan based upon his or her specific needs that are identified through the assessment process. R2R employs the Texas Christian University (TCU) Comprehensive Assessment tool, widely used in criminal justice and community treatment settings across the nation.
- Participants will be placed in one of three levels of care:
  - Track 1 Level V: 30-35 structured treatment hours weekly for 9-12 months
  - Track 1 Level IV: 25-30 structured treatment hours weekly for 6-9 months
  - Track 2 Level V/IV: 9-15 structured treatment hours weekly for 4-6 months
  - Track 3 Level V/IV: ↓ 9 structured treatment hours weekly for 3-6 months

- **Length of treatment in R2R may vary depending on the level of care required. The curriculum change will not increase time in treatment and treatment time may decrease depending on the recommended track. Participants' behavior and sanctions may increase length of treatment.**
- **New treatment curriculums are being introduced, including interactive journaling. These journals help participants to work on treatment needs both in and outside of group sessions.**
- **Additional "electives" will be offered to participants, including Trauma, Co-Occurring Disorders, and Healthy Relationships, in addition to continuing to offer the existing anger management elective.**
- **Progression through treatment will be determined by achieving treatment benchmarks and demonstrating progress through ongoing assessments.**
- **R2R will be offered at Level V facilities HRYCI, SCI and BWCi and at the new statewide Level IV Community Corrections Treatment Center (CCTC) and Hazel D. Plant Treatment Center (HDP). Participants may be moved among these facilities to complete the recommended program.**
- **Work Release will not be offered during Tracks 1 through 3 so that program participants remain focused on their treatment goals. However, DOC-organized community service projects (i.e. work crew) will allow participants to "work off" court costs, fines, and fees. Offenders who complete R2R (Tracks 1-3) and remain in LIV custody will have access to work release while they receive R2R aftercare services.**
- **Inmates who complete the program and have remaining Level IV time to serve will be reclassified to a traditional work release facility closest to their county of residence where they can start aftercare, if appropriate.**
- **We have increased credential requirements for treatment staff. Licensure and/or certification are required for staff in specific designations, including directors, supervisors, and clinicians.**