**Arlington County**

**Forensic Re-entry Program Unit**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiCjvTv5vDgAhVNdt8KHbgQAxQQjRx6BAgBEAU&url=https://environment.arlingtonva.us/&psig=AOvVaw111WJY93tWK0t7_zQ8CKr7&ust=1552074676891190)

**Policy and Procedures Manual**

Background:

The Forensic Team’s Re-entry Programming Unit (RPU) was an initiative which began during FY17 and officially launched in February of 2018. The RPU is a step-down model created to bridge the gap for seriously mentally ill (SMI) and/or dually diagnosed (DD) individuals who are transitioning out of the Arlington County Detention Facility (ACDF) to the community. The RPU program is the result of significant collaboration with various Divisions within the Arlington County Department of Human Services (i.e. Economic Independence – Housing Bureau and Behavioral Healthcare) and homeless and criminal justice partners (Office of the Public Defender, Office of the Commonwealth’s Attorney, State and Local Probation).

This program seeks to identify SMI/DD individuals who are involved within the criminal justice system whose illness may have contributed to his or her unlawful behavior and/or is contributing to repeated violations of probation. This program accommodates admission of individuals that have felony and/or misdemeanor charges and pre- or post- adjudication. The RPU program utilizes the Risk Need Responsivity (RNR) model to ensure that individuals have the recommended level of therapeutic interventions and prosocial activities to successfully reintegrate to the community and to reduce overall recidivism.

The program provides a step-down placement at the local shelter (6 reserved beds) for those individuals who do not have a stable residence and have on-going legal obligations (i.e. pending court dates, probation). This program was created using the Risk Needs Responsivity (RNR) model to not only provide a housing option but to provide the clinically indicated amount of prosocial activities as based on the RNR model. The RPU is managed not only by the Forensic Jail Diversion Team, to include their recreational therapist, but by the homeless case management team. The RPU program offers on-site group programming and additional group programming, when appropriate, through the Arlington Community Services Board.

Program Description:

A six-bed program for males located at the RPC shelter that is typically 3-9 months in length. This program provides wrap around case management, peer support and supportive services to SMI/DD individuals who are involved in the criminal justice system. The RPU program provides group programming at the RPU facility to enhance recovery and reduce recidivism

The RPU Team:

The RPU team engages in developing a treatment plan for each participant that addresses the participant’s mental health issues, criminogenic risks/needs and other issues that are a barrier to stability and success. The RPU Team consists of:

The RPU Program Manager:

The role of the RPU program manager is to ensure that each participant is receiving the appropriate level of services as well as collaboration with legal partners as needed. The Program Manager monitors participant’s compliance with the rules and policies of the program and implements sanctions, as necessary, in collaboration with other RPU team members.

Treatment on Wheels and Forensic Jail Diversion Clinicians:

Provides individual case management and supportive services to program participants and/or collaborates with existing outpatient treatment providers to ensure that all treatment needs are met. Additionally, to facilitate the various groups sessions with the RPU participants.

Recreational Therapist:

Assesses the needs of each participant utilizing evidenced based recreational therapy assessments and provides prosocial and therapeutic activities for RPU participants. Create group programming schedule for each participant based on the recreational therapy assessment and the RNR tool. The recreational therapist also assists with program development.

RPC Case Manager

To monitor participants compliance with RPC rules and policies as well as overall adjustment and well-being in the shelter. Additionally, to facilitate all housing referrals as necessary for each participant.

Treatment Supports and Services:

The RPU team, in collaboration with any other professionals providing services, shall collaborate with the participants to develop a service plan to address the individual’s mental health needs as well as identified criminogenic needs (i.e. substance abuse issues, housing, employment, etc.). In creating the services plan, the RPU team shall utilize appropriate and recognized RNR screening tools (The George Mason Simulator Tool) to determine the risk and needs of each participant, and identify additional barriers to his or her successful completion of the program. The RPU team will discuss the individual needs of the RPU participants on a weekly basis and will conduct treatment planning meetings with each of the participants once per month. The service plan will include the participant’s input and utilize the necessary resources and services that are available in the community. The participants will also sign RPU program rules and group participation rules prior to admission. The service plan will be reviewed with the participant and updated at least quarterly.

The Risk Need Responsivity (RNR) Model:

The RNR model was developed to assess the needs of individuals who are involved with the criminal justice system. It is based on three principles:

***1) Risk principle*:** Match the level of service to the individual’s risk to re-offend.

***2) Need principle*:** Assess criminogenic needs and target them in treatment.

***3) Responsivity principle*:** Maximize the individual’s ability to learn from a rehabilitative intervention by providing cognitive behavioral treatment and tailoring the intervention to the learning style, motivation, abilities and strengths of the individual.

The RNR model has been utilized in the creation of the RPU unit and enables the RPU treatment team to properly dose individuals with the appropriate level of services to reduce recidivism.

Terms of Participation:

The RPU program focuses on individuals who have been diagnosed with a SMI or DD. Participants agree to fully comply with the rules of the RPU program, including all elements of the treatment plan, required appearances at court hearings (if applicable), required participation with probation officer and/or pretrial officer (if applicable) and monthly treatment planning meetings with the RPU team. Additionally, participants agree to follow all rules and policies of the RPC shelter.

The RPU program will consist of three phases over a 3-9-month period:

Phase I: Orientation and Stability: Participants learn about program rules and structure and begin to participate in prosocial/therapeutic group and individual activities. Each participant interacts at a substantial level with the RPU team and being to comply with the requirements of the treatment plan.

Phase II: Maintenance and Community Reintegration: The participant demonstrates community stability and progress towards gaining a greater level of independence.

Phase III: Transition and Successful Completion: The participants have demonstrated person and clinical improvement and have demonstrated the ability to follow through with services outside of the RPU program. Participants gain independent and/or group home housing and ready for graduation.

Due to the complex nature and fluid dynamics associated with the diagnosis, treatment and management of mental illness, it is difficult to determine a specific point in time that a participant passes from one phase to the next as well as the overall length of program stay. When measuring the participant’s overall success and progress towards completion, the RPU treatment team must be mindful that each participant may navigate the phases to his or her abilities, capabilities, resources and circumstances.

Informed Choice:

Each participant must participate and sign an agreement that he will attend all scheduled groups, individual sessions, medical appointments and monthly treatment planning meeting s (TPR) with the RPU team. Additionally, individuals must review and sign the Participant Agreement. Participants must also sign all necessary release of information forms.

Confidentiality:

The RPU treatment team shall obtain all necessary release of information forms (i.e. the court, probation office) to enable treatment team members to speak with each other and other providers regarding participant’s treatment needs. Individual service plans will be kept confidential from other program participants.

Eligibility to Participate:

Who is Eligible:

1. 18 years of age or older
2. Current involvement with the legal system (i.e. pending charges, active probation)
3. Diagnosed with SMI and/or DD
4. Male
5. Assessed as medium to high risk for recidivism and dosage level based on the RNR simulator Tool
6. Individuals who are a Registered Sex Offender are considered on a case by case basis and limited by shelter licensing maximums related to sex offender beds

Who is not Eligible:

1. Individuals under the age of 18
2. Females
3. Individuals that do not have an active SMI diagnosis
4. Active detainers to another jurisdiction

Referral Sources:

1. Arlington County Department of Human Services
2. Commonwealth Attorney
3. Arlington County Courts
4. The Office of the Magistrate
5. Jail Mental Health staff
6. Community Corrections
7. Sheriff’s Pretrial Program
8. District 10 Probation and Parole
9. Juvenile and Domestic Relations Probation

Referral Process:

Individuals can be referred to the RPU program manager for screening process by email ([forensicteamreferral@arlingtonva.us](mailto:forensicteamreferral@arlingtonva.us)) or by telephone. Information to be provided to the RPU program manager is as follows:

1. Name
2. DOB
3. Referral Source
4. Reason for Referral
5. Mental Health/Substance Abuse Diagnosis
6. Reason for Legal Involvement
7. Identification of any on-going legal obligations (i.e. length or probation, special conditions, etc.)
8. Residency

The screening process is completed by the RPU manager and/or Forensic/TOW team staff members. The referral source will be informed of the outcome of the screening process upon completion.

Evaluation:

The RPU team is responsible for the screening and admission process of RPU participants. Additionally, to monitor the adherence to the program rules and guidelines.

The person must be assessed for appropriateness by forensic team using the following assessments and tools:

1. RNR Simulator Tool
2. DLA-20
3. J-SPDAT
4. Forensic/TOW mental health assessment and/or Intake Assessment (if applicable)
5. Risk assessment
6. Recreational Therapy Assessment

RPU Group Phases:

**Phase I Groups (1-3 months):**

Illness Management and Recovery (IMR)

Wellness Recovery Action Plan (WRAP)/Whole Health Action Management (WHAM)

ADL’s

Phases of Wellness to Enhance Recovery (POWER)

Movement in Motion

Sequoia Plaza Groups (as needed)

**Phase II Groups (3-6 months):**

Anger Management

Job Ave/Employment Group

Healthy Relationships Group

Nutrition/Cooking Skills Group

Moral Reconation Therapy (MRT)

Sequoia Plaza Groups (as needed)

Successful Living

Growth and Responsibility in Transition (GRIT)

**Phase III Groups (6-9months):**

Community Service

Employment/School

Clubhouse Programming

Sequoia Plaza Groups (as needed)

Housing Project Q & A

Leisure/peer support groups offered throughout participation in RPU:

Peer Support Substance Abuse Group

Meditation and Reflection

Table Top Discussion

Social Hour

Graduation:

A participant is eligible for graduation from the RPU program upon successful completion of all the requirements of the individualized service plan. The treatment team will discuss graduation with the participant as well as prepare for transition from the program. The review of all the accomplishments will be discussed with the team. The treatment team will ensure that the participants have established all necessary services within the community and is transitioning to a safe/sustainable living environment. Following the graduation from the program the RPU treatment team will monitor the participant for thirty days, making no less than two contacts with the participant prior to full closure to the program.

The participants are deemed successful when:

1. Actively participated in all necessary phases of treatment
2. Identified and secured independent living
3. Remained compliant with all court ordered conditions
4. Remained engaged and motivated for mental health treatment

Sanctions for Non-Compliance:

Possible sanctions and treatment responses for violating program rules:

1. Verbal warning
2. Treatment team meeting
3. Thinking and/or apology report
4. Community service
5. Increased group or individual programming
6. Alert to probation officer
7. Show cause violation report submitted to the court (at the discretion of the probation officer)
8. Removal from the RPU program

Removal from the RPU Program:

Participants will be dismissed from the program on a case by case basis if repeated incidents occurs such as:

1. Have failed to remain actively engaged in treatment
2. Have failed to adhere to taking prescribed medications
3. Have failed to remain alcohol and drug free
4. Have been arrested on a new offense
5. Engage in repeated aggressive/inappropriate behavior towards peers, RPC staff or RPU staff
6. Unauthorized overnight passes

Participant Agreement

Participant:

Date:

I voluntarily agree to enter the RPU Program. I understand and agree that I have certain obligations and responsibilities and will have to adhere to the program guidelines.   
I acknowledge that I have received and read the program manual.   
I understand this agreement has the following terms and conditions:

1. That the length of the program is a minimum of 3 months and I agree that I will remain in the program until I have discussed and planned my discharge with the Treatment Team. I understand that the length of the program is determined by my progress and compliance with program guidelines, rules, and conditions. The maximum length of time in the RPU Program is 9 months.
2. I will report as directed to my all appointments for:
   1. Court
   2. Treatment (individual/group meetings)
   3. Probation
   4. All other relevant meetings
3. I will take my medication as prescribed to me by my psychiatrist and other providers. I will make my Treatment Team aware of all medications that I am prescribed and over-the-counter medications I am taking.
4. I will allow and cooperate with visits to the shelter from my probation officer, case manager and any other designated team member.
5. I will obey all city, state, and federal laws. If I take part in any criminal act, I may be terminated from the RPU program. I will inform the team immediately if I have contact with any law enforcement officer.
6. I will not use or possess any illegal drugs. I will not bring drugs or alcohol into the shelter or any county buildings. I may be subject to urine screenings at the request of my probation officer or members of my Treatment Team at any time.
7. I will not obtain employment in the first 90 days of being in the RPU program. When I wish to begin my job search, I will discuss this with my Treatment Team.
8. I will follow any rehabilitation, educational, vocational, medical, psychiatric, or substance abuse treatment plan assigned by my treatment team.
9. I will sign releases of information needed by my treatment providers. I understand there is a purpose and need for disclosure of information to inform my providers of my attendance and progress in treatment. The extent of information to be disclosed will include, but not be limited to, my diagnosis, information about my compliance with the program, my cooperation in treatment, my prognosis, and results of any urine or alcohol screens.
10. I understand that immediate action may be taken if I:
    1. Have failed to remain actively engaged in treatment
    2. Have failed to adhere to taking prescribed medications
    3. Have failed to remain alcohol and drug free
    4. Have been arrested on a new offense
    5. Engage in repeated aggressive/inappropriate behavior towards peers, RPC staff or RPU staff
    6. Have repeated, unauthorized overnight passes
11. I shall be subject to sanctions, which may be imposed by members of my Treatment Team. Sanctions may be imposed as a result of non-compliance or violation of program rules. Sanctions may range in severity and may include, but are not limited to:
    1. A verbal warning
    2. Treatment team meetings
    3. Thinking and/or apology report
    4. Community service
    5. Increased group or individual programming
    6. Alert to probation officer
    7. Show cause violation report submitted to the court (at the discretion of the probation officer)
    8. Removal from the RPU Program

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THIS AGREEMENT, AND THAT I AGREE TO ABIDE BY ALL THE RULES AND CONDITIONS OF THE RPU PROGRAM.

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Participant Printed Name Participant Signature Date  
  
  
  
  
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RPU Staff Printed Name RPU Staff Signature Date