



# THE ARLINGTON COUNTY SHERIFF'S OFFICE

## QUARTERLY NEWSLETTER

APRIL 2024

Welcome to our community newsletter, where we bring you updates and insights into your local Sheriff's Office. In this issue, we focus on some of our transformative programs happening within the Arlington County Detention Facility (ACDF). The programs offered, particularly those focused on substance abuse, mental health, education, vocational training, and work opportunities, have a profound impact on those in our custody and their potential for rehabilitation and successful integration back into our community.

The Arlington County Sheriff's Office (ACSO) strives to provide opportunities for those in our care to participate in programs designed to foster self-sufficiency and responsibility. We also encourage community involvement in Arlington's criminal justice system by bringing in volunteers from partner organizations. Decisions regarding inmates' eligibility for programs and services take into consideration case management, priorities, and custody/security. An annual review of our programs and services is necessary to ensure we are meeting the needs of our population. Today we shine a spotlight on a few of our programs.

### SUBSTANCE USE DISORDER PROGRAMS

Substance use disorder programs such as our Addiction, Corrections, Treatment (ACT) and Medication Assisted Treatment (MAT) programs, in addition to Narcotics Anonymous (NA), Alcoholics Anonymous (AA), and the court-mandated Alcohol Safety Action Program (ASAP), provide individuals with tools to overcome addiction, addressing not just the physical dependency but also the psychological and behavioral aspects. These programs often include counseling, therapy, and support groups, helping individuals understand the root causes of their addiction and how to develop coping strategies for life after incarceration. By addressing addiction, these programs reduce the likelihood of relapse.



Sheriff Quiroz speaks to members of a housing unit in the ACDF

#### ACSO NEWSLETTER

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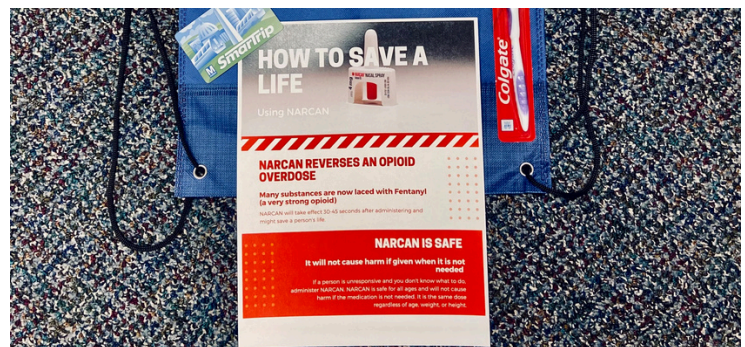


Therapist speaks with client in the ACDF

The ACT program offers 37 weeks (about 8 and a half months) of substance use treatment to both men and women who have been identified as having a substance use disorder. Admission and continued participation in the ACT program are court mandated for some inmates and optional for others. Continued stay depends on the participant's motivation and commitment to recovery. NA and AA groups occur weekly and are shared with other inmates throughout the detention facility.

According to a study in the *New England Journal of Medicine* "...drug overdose is the leading cause of death among formerly incarcerated individuals. Prisoners and detention facility inmates released to the community are between 10 and 40 times more likely to die of an opioid overdose than the general population, especially within the first few weeks after reentering society."

Our MAT therapists at the Arlington County Detention Facility work to identify clients who report substance use via the initial housing assessment, booking questionnaire, and the urine drug screens completed upon commitment to the facility. The therapists conduct weekly sessions with individuals, offering continuous support and incorporate medication assistance to combat addiction while in custody and by distributing Narcan (naloxone) and fentanyl test strips upon release. We also offer reentry services upon departure to ensure the best transition back into the community.



Arlington Addiction Recovery Initiative (AARI) recovery kit

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Community Readiness Unit participates in group discussion

## EDUCATIONAL AND VOCATIONAL PROGRAMS

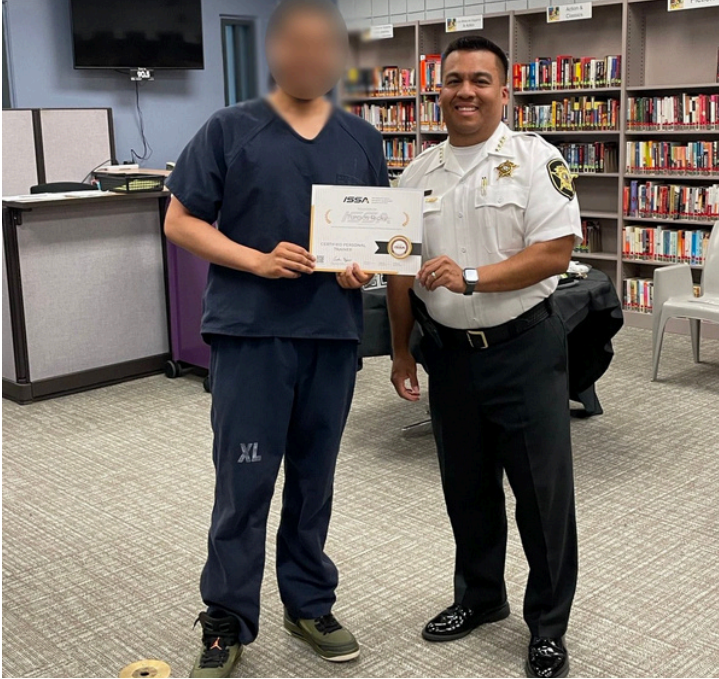
Educational programs, such as obtaining a General Education Diploma (GED) or certificate in English as a Second Language (ESL), are instrumental in breaking the cycle of recidivism. They empower individuals with academic skills and knowledge, enhancing their employability upon release. Education and an understanding of the English language not only expands job prospects but also fosters a sense of accomplishment and self-worth, which are crucial for successful reentry into society. Individuals who do not have a high school diploma may enroll in the GED program where they prepare for the official GED test. Prior to enrollment, they undergo assessments to determine their skills in reading, writing, and math. Once in class, they follow a self-paced, individualized program with an Arlington Public Schools coordinator. The ACSO had eight individuals in our custody graduate from the program in 2023.

The ACSO also currently has 192 inmates participating in the Edovo Learning program. Edovo Learn is a self-driven learning application that provides educational, vocational, and rehabilitative curriculum at no cost to incarcerated individuals. With thousands of hours of content from hundreds of providers, Edovo Learn provides a comprehensive incarcerated learning experience that caters to a diverse set of educational backgrounds, empowering learners through self-paced learning tools, helping build pathways to tangible outcomes and demonstrating their educational achievements through a unique learner transcript.



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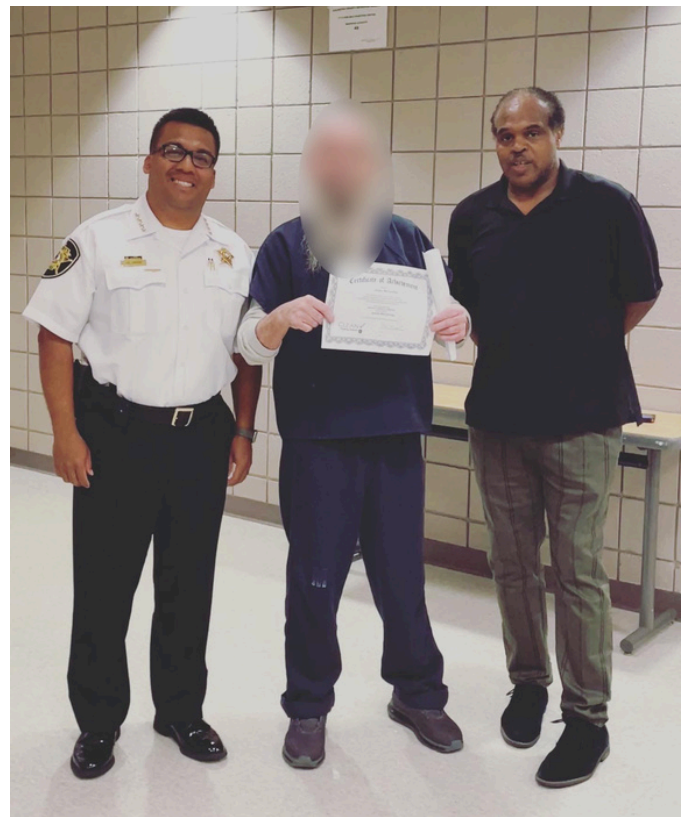
Sheriff Quiroz with Personal Trainer certification program graduate

Vocational training certificate programs such as the Occupational Safety & Health Administration (OSHA) training for construction workers and the International Sports Sciences Association (ISSA) personal trainer certification, offer inmates the opportunity to learn practical skills in a demanding job market. From custodial, fitness, kitchen prep, and food safety, these programs equip individuals with valuable skills that increase their chances of finding gainful employment post-release. By learning the skills of a specific trade, individuals can pursue meaningful careers and contribute positively to the Arlington community.

Our In2Work program facilitated by Aramark, gives individuals the opportunity to learn transferable, foundational food service job skills through a comprehensive curriculum requiring classroom and hands-on training. The main purpose is to teach students how to function in a foodservice setting and work as a team, leading to an increase in safety and an understanding of industry standards.

Work programs within detention facilities provide individuals with work experience and responsibilities, teaching them essential workplace skills such as time management, teamwork, and professionalism.

This exposure to structured work environments helps in reorienting individuals to societal norms and expectations, preparing them for employment when they reenter the community.



Sheriff Quiroz with custodial program graduate and GED Coordinator P. Wallace

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Sheriff Quiroz with Birth in Color Executive Director Kenda Sutton-El

On a monthly basis, approximately 75% of our inmate population participate in the estimated 40 plus programs offered in the ACDF that are listed in the reentry section at the end of this newsletter. A new program being offered is called "Birth In Color," that focuses on our female residents. Birth in Color is the first collaboration in the state of Virginia that aims to provide pregnant female individuals in our custody with options for doula support during their birth experiences. It will also train females in our custody in becoming community-based doulas themselves, enhancing their skills and opportunities for the future. Doulas are non-medical professionals who support pregnant people before, during and after birth.

We also have the "Healthy Living" Program that supports the ACDF's recent International Sports Sciences Association personal training certification by offering graduates an opportunity to get in-field experience as personal trainers upon release through the Arlington County Department of Human Services at various community parks and gyms.

Keeping families connected is a priority. We provide in-person visitation, online visits and phone interaction but we also offer themed Incarcerated Parents Nights throughout the year. These events help maintain and strengthen the bond between incarcerated parents and their children. Family bonds are crucial for a child's emotional well-being and development, especially when a parent is in jail. Studies have shown that maintaining family connections can positively impact an individual's rehabilitation process. It gives them a sense of purpose and motivation to stay on the right track and they can share love, laughter, and memories despite the challenges they face.



Major Burgess chats with an individual and his children during an Incarcerated Parents event.

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### UNDERSTANDING THE COMMUNITY READINESS UNIT (CRU)

The CRU is a proactive reentry program designed to empower those individuals in our custody with the skills and mindset needed to reintegrate into the community effectively. There are typically 15 participants per session who voluntarily commit to this program and focus intensely on individualized reentry planning, work readiness and programming for substance use disorder, mental health and life skills. The transformational leaders of this program motivate inmates to work toward a shared vision of success by creating a sense of purpose and direction in their lives. The inmates have to be dedicated to the change in themselves to lay the groundwork for improving their chances of successfully reintegrating into the community. There are approximately 75 members per year and the unit wears a different uniform than their peers. Members of the CRU are encouraged to engage in volunteer activities within the detention facility community as peer recovery support specialists, mentors and in assisting staff members with event details (set-up, breakdown, etc.). This not only fosters a sense of responsibility and contribution but also helps individuals develop empathy and social skills. By offering a range of classes, resources, support, and inviting speakers to share their knowledge and experiences, the CRU provides a structured environment for personal growth and development.

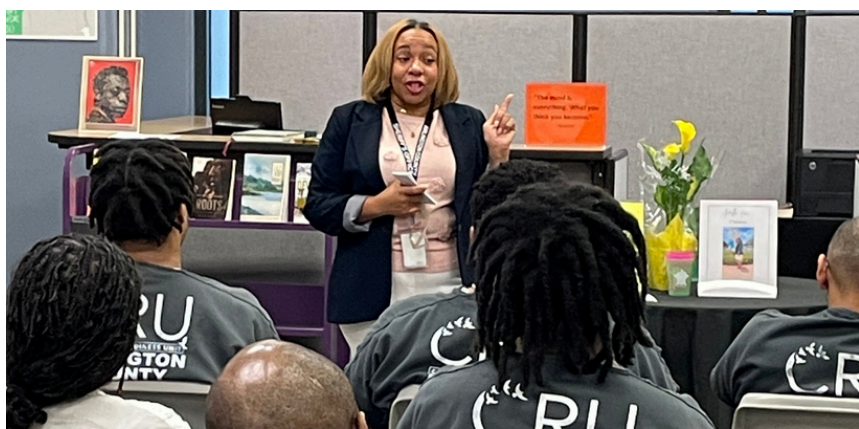


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Individuals in CRU can participate in various educational workshops covering topics such as job readiness, financial literacy, conflict resolution, social justice, mental health awareness, and many others. These workshops are often done in conjunction with partners. These include Offender Aid and Restoration (OAR) and HEARD, a nonprofit organization that fosters creativity, confidence, self-worth and life skills in adults who are underserved and unheard. ACSO staff works with them to curate our programs to equip individuals with practical skills and knowledge essential for life outside of incarceration. OAR also has a support dog, Charlie, who visits the unit quarterly as part of their Pawprints Program. In addition, CRU has mirrored the Arlington Library's "Arlington Reads" series for CRU READS to discuss impactful books and host guest speakers, promoting literacy and the joy of reading.

Renowned speakers from diverse backgrounds visit the CRU to share their stories of resilience, success, and overcoming challenges in "Red Bike Moments." These quarterly inspiring talks offer valuable insights and motivate CRU members to envision a positive future for themselves. There are also monthly speakers who come in to cover a variety of reentry topics. Previous speakers include Ms. Henry from Arlington Thrive, Mental Health Advocate and Educator Dr. Sly Young and Inspirational Speaker Ms. Dianara Saget Fabin.



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### IMPACT ON REENTRY AND RECIDIVISM

At the ACSO we understand that reentering society after incarceration can be a challenging yet pivotal journey. Our comprehensive programs and supportive services are designed to empower individuals in our custody to successfully reintegrate into the community and build a brighter future. Here are some key programs and resources that we offer those in our care, which are crucial for a successful reentry:

\*CRU-specific

#### Employment Assistance

- Job readiness training
- Resumé-building workshops
- Job placement services\*
- Skill development programs

#### Housing Support

- Transitional housing options
- Rental assistance programs
- Housing stability resources

#### Education and Training

- Adult education classes (ESL, GED & vocational), ESL & GED tutoring
- Certification programs
  - Custodial
  - Occupational Safety and Health Administration (OSHA)
  - ISSA
- Creative Writing & Improv
- Edovo; free online self-guided educational content on tablet technology
- Read-Me-A-Story Program



A reentry fair table for individuals in our custody

#### Healthcare Services

- Access to healthcare
- Mental health assessments and treatment
- Georgetown University and George Washington University medical students provide biweekly health presentations
- INOVA Juniper (HIV, STD risk education)
- Yoga

#### Legal Assistance

- Reentry resources through community engagement
- Expungement and record sealing guidance
- Know Your Rights workshops

#### Financial Stability

- Budgeting and financial planning workshops\*
- Debt management resources
- Access to banking and credit-building opportunities
- Entrepreneurship information



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## IMPACT ON REENTRY AND RECIDIVISM CONTINUED...

### Community Support and Mentoring

- Author and guest presentations
- Community engagement activities
- Restorative justice circles

### Family Reunification and Relationships

- Parenting classes and support (fatherhood)
- Reconnecting with loved ones (Incarcerated parents' events)

### Substance Abuse and Behavioral Health Programs

- Substance use treatment programs
- Counseling and therapy
- Relapse prevention strategies
- Dual diagnosis support
- Peer support groups\*
- Pet therapy

### Life Skills Development

- Time management and organizational skills\*
- Conflict resolution workshops\*
- Anger management classes
- Healthy relationship building

The Arlington County Reentry Council is a collaborative partnership between several government and community-based organizations. These include Offender Aid & Restoration (OAR), Bridges to Independence, Friends of Guest House, Path Forward, the Office of the Public Defender, probation and parole and other stakeholders.



An Inmates Service Counselor case manager meets with individuals within 90 days (about 3 months) or less of release date to begin reentry planning and assess their need for reentry services as they transition back into the community. All individuals in our custody are eligible for Reentry Services throughout the detention facility even if they are not in the CRU. Many of the individuals in our custody come from the surrounding area and we make sure to connect them with the right resources upon release.

Studies have shown that comprehensive reentry programs like the CRU significantly reduce recidivism rates among participants. By focusing on education, skills development, and community engagement, the program equips individuals with the tools they need. Overall, these programs not only benefit individuals in our custody by providing them with resources for personal growth and success but also contribute to a safer community by reducing recidivism rates and promoting positive reintegration outcomes.



# A MESSAGE FROM YOUR SHERIFF

It is my office's responsibility to provide a safe environment that promotes rehabilitation, respect and positive behavior by those in our custody. Regardless of the duration of stay, it is my hope that those in our care receive services needed to make better choices in their lives and reenter the Arlington community as productive citizens.

As advocates for positive change, we encourage community members to support the initiatives and programs we have at the Arlington County Detention Facility. Whether through volunteering, sharing resources, or advocating for reentry programs, every effort makes a difference in creating a more inclusive and supportive community for returning citizens.

Thank you for being a part of our journey towards rehabilitation, reintegration, and a brighter future for all. Together, we can make a lasting impact and empower individuals to thrive beyond incarceration.

Stay tuned for our next newsletter by signing up on our website at the QR code listed below.

Best,

Jose Quiroz  
Sheriff  
sheriff@arlingtonva.us

\*If interested in learning more about one of our programs or if you have an idea for a program, please email: [ACSOfacilityprogram@arlingtonva.us](mailto:ACSOfacilityprogram@arlingtonva.us)



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