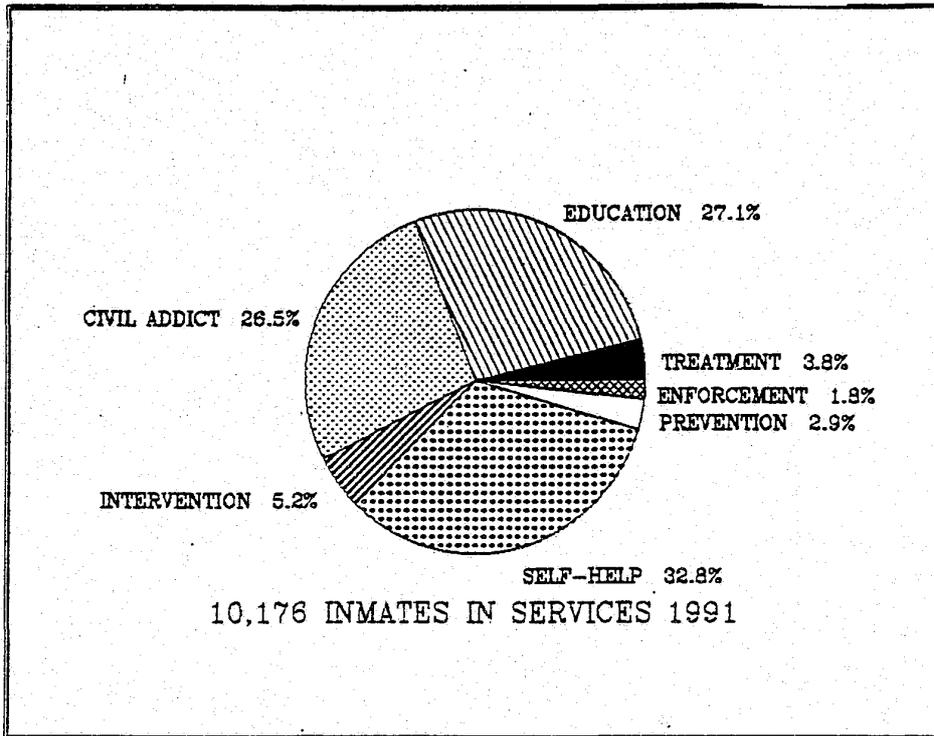




CALIFORNIA DEPARTMENT OF CORRECTIONS DRUG AND ALCOHOL SERVICES SURVEY

12-22-92
MFI

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DEPARTMENT OF CORRECTIONS
OFFICE OF SUBSTANCE ABUSE PROGRAMS
P.O. BOX 942883
SACRAMENTO, CA 94283-0001

MARCH 1991

138206

**CALIFORNIA DEPARTMENT OF CORRECTIONS
DRUG AND ALCOHOL SERVICES SURVEY**

STATE OF CALIFORNIA

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March 1991

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ACKNOWLEDGEMENTS

This report contains the results of a statewide survey of the California Department of Corrections (CDC) institutions to identify the many drug and alcohol services being provided within CDC. The survey was conducted in early 1991 by Lois Lowe, Ph.D., Office of Substance Abuse Programs.

We wish to thank the wardens and members of their staff who participated in the survey. Survey results are very encouraging--they indicate a strong commitment by the CDC institutions to address problems associated with substance abuse through existing or planned services.

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**CALIFORNIA DEPARTMENT OF CORRECTIONS
DRUG AND ALCOHOL SERVICES SURVEY**

Overview

The following statistics are based on telephone survey data from 21 institutions participating in the Corrections Drug and Alcohol Services (CDAS) Survey in January and February, 1991. The purpose of the survey was to identify the many substance abuse programs and services operating within the California Department of Corrections institutions, and to obtain an estimate of the numbers of individuals participating in services at that time.

The survey was conducted by the California Department of Corrections (CDC), Office of Substance Abuse Programs (OSAP). Some data revisions occurred in March 1991 when institutions staff reviewed the completed surveys. A copy of the survey is included in Appendix A.

Programs. A total of 198 separate programs or services were identified. Of these, 189 are services for inmates, the balance (9) are for CDC staff. Programs for inmates are classified into 7 service types: Treatment, Education, Civil Addict, Intervention, Prevention, Self-Help and Enforcement.

Self-help programs such as Alcoholics and Narcotics Anonymous are the most frequent, nearly 1 of each 2 services are classified in this category. Enforcement services usually involve urine testing. Definitions of service types are included in Appendix B.

In addition, institutions described 10 new programs or services that will be implemented in the near future. The planned programs or services include 3 formal treatment programs, one each at the California Institution for Women (CIW), Chuckawalla Valley and San Quentin. The CIW program became operational May 1, 1991.

Populations. Institutions were asked to estimate the number of inmates participating in services at the time the survey data were collected. There may be duplicate counts for individual inmates if they were participating in more than one service, however, it was felt that the number of duplicates would be small. For example, an inmate could be involved in an education program during the week and also attend AA/NA at night or on the weekend.

Nearly a third of the service participants were involved in self-help programs such as AA, NA, and CA (Cocaine Anonymous). Slightly over a fourth received substance abuse information while attending educational classes. The long-term Civil Addict Program is a large program--approximately 2,700 inmates

were in the program at the time the survey was conducted. In April 1991, the total exceeded 2,800.

The numbers and percentages of services and populations are summarized in Table 1. Supporting data, including graphs, are included in Appendix C. A discussion of survey findings by service type follows Table 1.

Table 1: Number and Percent of Substance Abuse Services by Type

Type of Service	Programs		Population	
	No.	Pct.	No.	Pct.
Total	189	100.0%	10,176	100.0%
Treatment	5	2.5%	384	3.7
Education	40	20.2	2,758	26.3
Civil Addict	1	0.5	2,700	25.7
Intervention	14	7.1	523	5.0
Self-Help	109	55.1	3,338	31.8
Prevention	15	7.6	293	2.8
Enforcement	5	2.5	180	1.7

Note: The Civil Addict Program is classified separately. A sixth treatment program, the Female Offender Substance Abuse Program at CIW, became operational May 1, 1991.

Definitions of service types are included in Appendix B.

Inmate Programs and Populations

Survey findings are presented for each of the service types.

Formal Treatment. Formal substance abuse treatment programs comprised about less than 3% of total programs and less than 4% of total inmates (384) participating in substance abuse services. This number will increase noticeably as the CIW women's program, and programs planned for Chuckawalla Valley and San Quentin are implemented.

The following five formal treatment programs were identified:

- (1) R. J. Donovan RightTurn Program, a therapeutic community program
- (2) California Institution for Women (CIW) Methadone Maintenance

- (3) Mule Creek Parole Detoxification Center
- (4) San Quentin Parole Detox
- (5) The California Men's Colony (CMC) Counseling Program.

Civil Addict Program. The Civil Addict Program, which has been in existence since the early 1960s, has experienced a noticeable population growth over the past few years. At the time of the survey, approximately 2,700 civil addicts were in the program. By April 1991, the number had risen to 2,890. Civil addicts are committed by the courts for an indeterminate period.

A significant part of the program is the 120-hour Civil Commitment Education Program (CCEP). The education is designed to provide information for civil addicts to use in solving problems both within the institution and the community. It involves 90 hours of classroom instruction and 30 hours of physical fitness. Work, urine testing and self-help groups are a part of the program. The program is located at the California Rehabilitation Center, Norco.

Substance Abuse Interventions. Eleven institutions reported having 14 specific intervention programs, some of which had multiple sessions. At the time of the survey, 523 inmates were participating in these programs. Intervention programs are those targeting substance abusers, yet are not so formal as to meet the definition of treatment. Examples of interventions include Life Plan for Recovery, Project Change and Deuce. A list of interventions by institution is included in Appendix D.

Self-Help. Self-help groups, primarily Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), comprise a large proportion of the substance abuse services in the institutions. Of the 189 identified programs for inmates, over half are classified as self-help groups. As shown in the Graph 3 and Table C-3, Appendix C, AA groups are most prevalent, followed by NA groups. Some institutions have combined AA/NA groups. Only one institution reported having a Cocaine Anonymous (CA) group. For this service type, each meeting occurring during the week has been counted.

Census estimates indicate that 3,338 inmates were attending 109 self-help group meetings. This participation figure is 2.8 times greater than the 1,200 figure reported to OSAP in September 1989.

Education. Many of the institutions have included a substance abuse module as a part of the curriculum for individual classes. A total of 2,758 inmates (26.3%) were attending 40 educational classes. Several of the classes had multiple sections. Classes are provided primarily by education staff, with the assistance of some community volunteers. Sometimes the substance abuse module is prescribed, other times the instructor determines the material to be presented. The content and length of the module varies by institution. For example: in one institution, a 90-hour pre-release program has 4 hours of substance abuse material, 10-12 hours in another and 20 hours in a third institution.

Although the class subject varies by institution, pre-release classes are the most frequently conducted in the institutions. Fifteen institutions provide pre-release education to assist parolees in preparing for a successful parole. One institution has both a short-term and a long-term pre-release program.

Prevention. Twelve institutions reported having 15 outreach prevention programs in which 293 inmate volunteers and members of the community participate. Inmates meet with victims, school youth, youth-at-risk and community members to discuss the effects that crime, including substance abuse, has had on their lives. In some programs, inmates go out into the community, frequently to schools. When higher security level inmates participate, members of the community, such as high-risk youth, come to the prison. In addition to deterring others from committing crimes, inmates are encouraged to live a drug- and crime-free lifestyle. A list of the programs is included in Appendix D.

Enforcement. Four institutions reported having special programs that involved sanctions, primarily urine testing, to eliminate or reduce substance abuse within their institutions. The programs are summarized below:

CIW: Urine testing of pregnant women in order to protect their health and that of the fetus, and random urine testing for women caught using drugs.

CMF: Urine testing for 120 days for inmates disciplined for using drugs. They are also required to participate in self-help groups.

Mule Creek: Random urine testing for up to 6 months for inmates known to or suspected of using drugs.

Pelican Bay: Random urine testing as condition of employment or programming. Those who refuse or fail the test are required to attend a 90-day education program.

Staff Education/Training

Six institutions reported having 9 education or training classes on substance abuse. These classes are usually in-service training classes, provided by institution educators or other staff. Some institutions were unable to estimate the number of staff participating in the education, therefore, the survey total of 316 is an underestimate. The classes provide education on different drugs, their effect on the body and mind, drug detection and appropriate sanctions. Institutions providing this education are identified in Table C-1, Appendix C.

Inmate Waiting Lists

Waiting list information was provided by some of reporting institutions. The question was not asked until the survey was half over, therefore, waiting list numbers are underestimated. Nine institutions reported that 961 inmates were waiting for services. Of these, over two-thirds were waiting for self-help groups. The balance were waiting for intervention or education programs (Graph 4, Appendix C). Included were waiting lists for 3 pre-release programs and the DEUCE program.

Program Volunteers

In the drug and alcohol field, volunteers are crucial to establishing and conducting services. Self-help 12-step group meetings are conducted almost exclusively by volunteers. In addition to contributing free services, the volunteer's strong personal commitment to assist others is an inspiration to those receiving services.

Twenty institutions reported having 721 volunteers contribute to one or more services. Three types of volunteers were identified: community, paid CDC and inmate volunteers. (Paid CDC volunteers perform additional duty at a volunteer hourly rate.) Although Wasco State Prison was not on line at the time of the survey, self-help volunteers were ready to begin 12-step meetings when inmates were ready to participate.

Over half of the volunteers are community volunteers, a fourth are inmate volunteers and less than a fifth are paid CDC volunteers (Table 2). Most inmate volunteers provide prevention services, primarily for school students, high-risk groups and other community members. CDC volunteers are used to escort inmates to community sites and supervise them during the interaction. Graph 5, Appendix C, is a breakout of volunteers by type of volunteer and service.

Table 2: Type of Volunteers by Type of Service

Volunteer	Total		Self-Help		All Other	
	No.	Pct.	No.	Pct.	No.	Pct.
Total	721	100.0%	331	45.9%	390	54.1%
Community	409	56.7	220	66.5	189	48.5
Paid CDC	135	18.7	107	32.3	28	7.2
Inmate	177	24.5	4	1.2	173	44.4

Note: Four community volunteers assist with staff training.

APPENDICES

APPENDIX A: CORRECTIONS DRUG AND ALCOHOL SERVICES SURVEY

APPENDIX B: DEFINITIONS OF SERVICE TYPES

APPENDIX C: GRAPHS AND TABLES

**APPENDIX D: LIST OF PROGRAMS:
INTERVENTION PROGRAMS BY INSTITUTION
PREVENTION PROGRAMS BY INSTITUTION**

Survey Number: _____

Page 2

(14) Volunteers Involved: Yes No

If yes, number involved: _____ CDC staff _____ Community
_____ Inmates

(15) Cost per Participant \$ _____

(16) Program Evaluation: No In progress Completed

Describe evaluation: _____

(17) Other Information:

Information from: _____ (____) _____

Date: ____/____/____

Instructions:

1. Complete one form for each identified program/activity/service
 Include (a) educational and other programs focusing specifically on drugs/alcohol, (b) educational and other programs that have a substance abuse component, and (c) drug/alcohol treatment programs. Also include self-help groups such as AA, NA.
2. Program contact (Item 3) is the person to be contacted for more detailed information.

Person Conducting Survey: _____

APPENDIX B: DEFINITIONS OF SERVICE TYPES

EDUCATION (PREVENTION): Involves learning about drugs/alcohol, and the negative physical, emotional, economic and social consequences. Also includes learning activities to improve critical life skills, thereby preventing drug use and consequence.

ENFORCEMENT: These efforts involve specific interventions and sanctions, usually through urinalysis, to identify and prevent inmates from using drugs/alcohol while in California prisons.

INTERVENTION: Includes services targeting specific individuals to encourage them to seek help for their alcohol and drug problems. Intervention differs from treatment in that individuals usually do not develop and pursue a treatment plan in a therapeutic sense.

PREVENTION: The intent of these activities is to reduce or minimize the incidence of new drug/alcohol abuse and the negative consequences associated with alcohol/drug use. May involve outreach efforts to educate at-risk groups, such as school students and high-risk youth.

SELF-HELP: Self-help groups are independent support groups or fellowship organizations for drug/alcohol abusers. The purpose of the groups is to achieve and maintain abstinence from drugs/alcohol and/or cope with the effects of licit, illicit drugs and alcohol.

STAFF EDUCATION/TRAINING: Education and special training is given or made available to CDC staff on the description and effects of drugs/alcohol, evidence of use and appropriate sanctions.

TREATMENT: Treatment services consist of organized services for persons who have abused drugs/alcohol. These services are designed to alter specific physical, mental or social functions of persons receiving care by reducing discomfort or disability, and to reduce or eliminate signs or symptoms caused by drug/alcohol abuse. Treatment includes the following: residential and nonresidential environments, medical and drug-free interventions, detoxification, methadone maintenance, individual and group counseling.

APPENDIX C: GRAPHS AND TABLESGraph

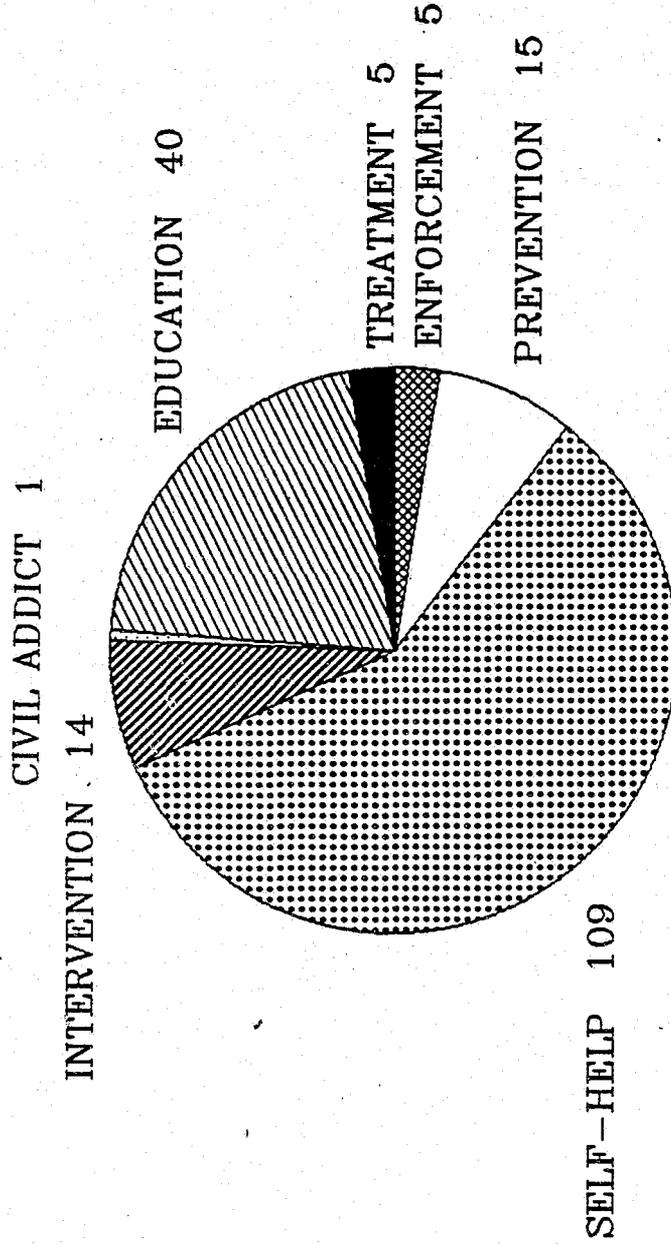
- 1 CDC Drug and Alcohol Services: Institution Programs by Service Type
- 2 CDC Drug and Alcohol Services: Number of Inmates by Service Type
- 3 Self-Help Groups: Survey of Institutions
- 4 Inmates on Waiting List by Type of Service
- 5 Number of Volunteers in Institutions by Type of Service

Table

- C-1 CDAS Survey: Number of Programs by Type
- C-2 Programs and Populations by Service Type
- C-3 Self-Help Programs in Institutions

CDC DRUG AND ALCOHOL SERVICES

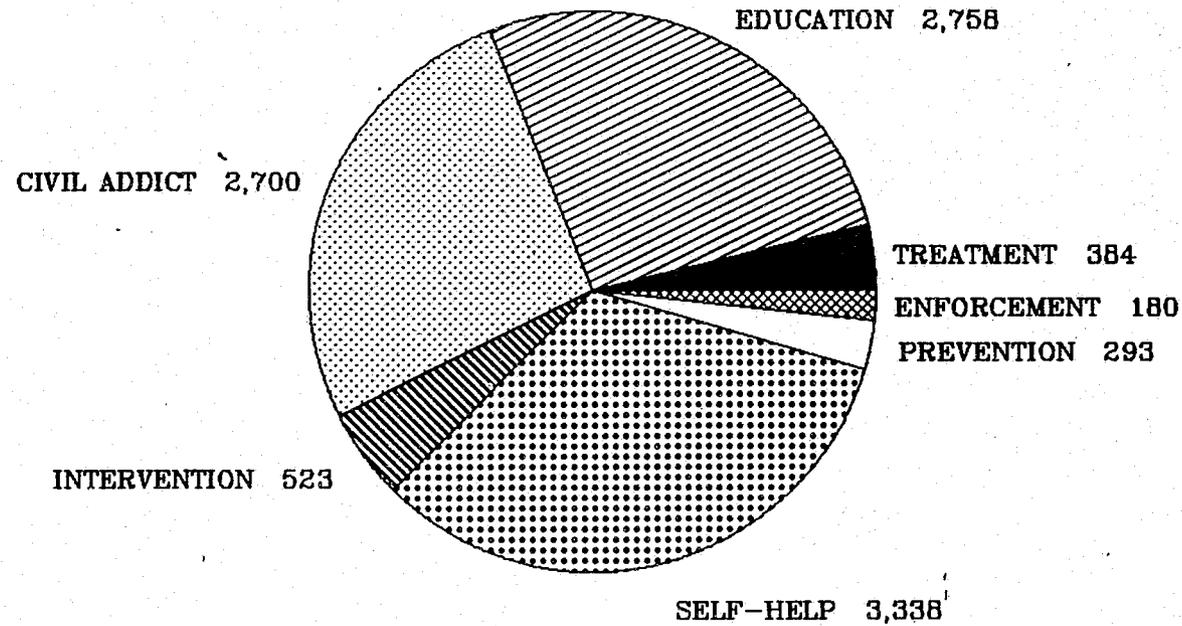
Institution Programs by Service Type



Total Programs All Services: 189

CDC DRUG AND ALCOHOL SERVICES

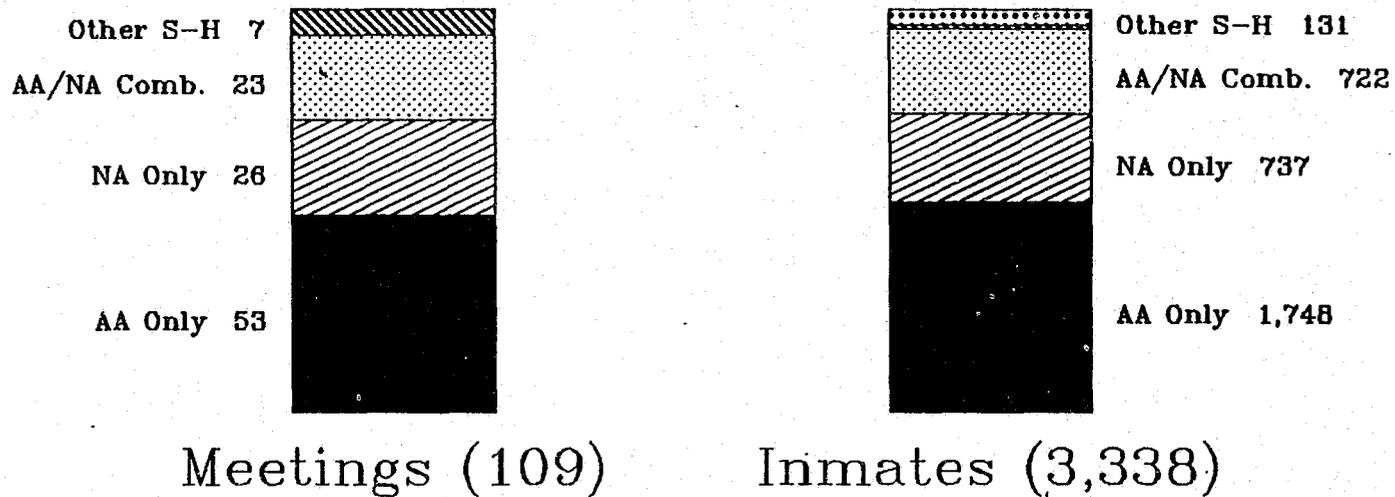
Number of Inmates by Service Type



Total Inmates All Services: 10,176

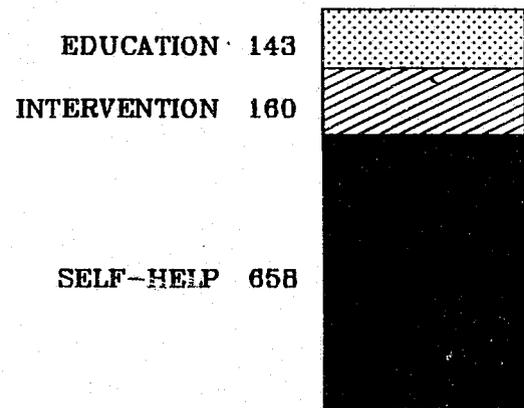
CENSUS AS OF MARCH 1991

WEEKLY SELF-HELP MEETINGS IN INSTITUTIONS: MARCH 1991

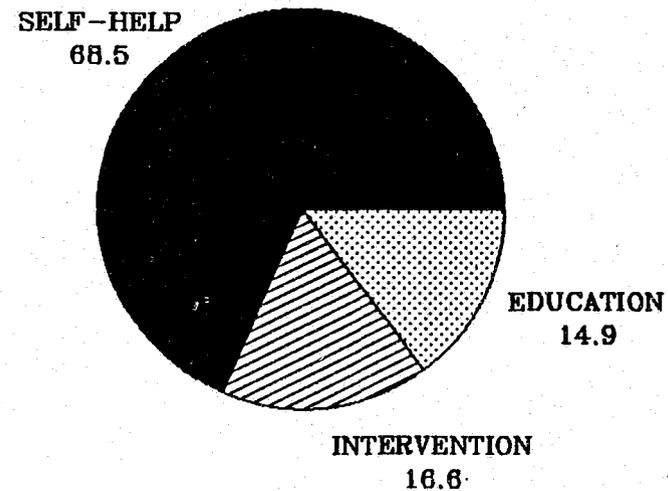


Cocaine Anon. included in Other S-H

INMATES ON WAITING LIST BY TYPE OF SERVICE



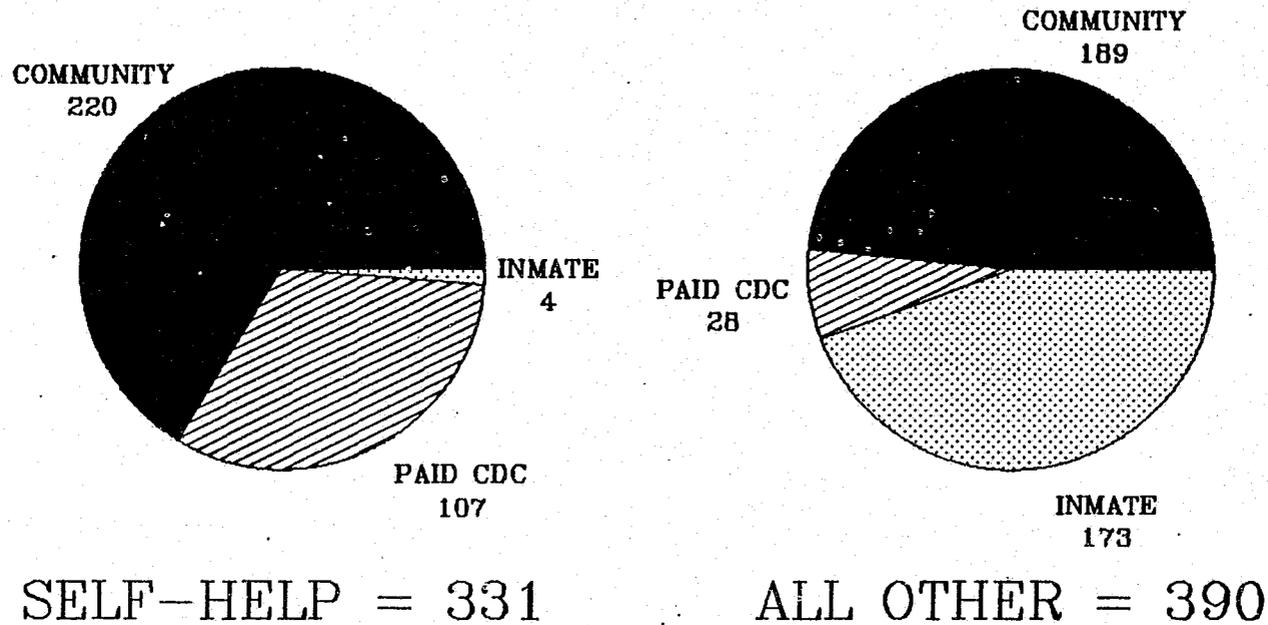
961 Waiting



Percent of Total

March 1991: 9 institutions reporting

NUMBER OF VOLUNTEERS IN INSTITUTIONS BY TYPE OF SERVICE



March 1991: 21 INSTITUTIONS REPORTING

CDAS SURVEY: Number of Programs by Type 4/11/91

INSTITUTION	Total	Treat.	Educ.	Civil	Inter.	Self-H	Prev.	Enfor.	Staff
Avenal	12		3		1	6	2		
CCC:Susanv.	10		3			6	1		
CCI:Tehach.	15		1		1	12			1
CIM:Chino	13		2		1	6	1		3
CIW:Fronter	16	1	6		1	5	1	2	
CMF:Vacavill	7		1		1	4		1	
CMC:SLO	7	1	1		1	4			
CRC	10			1		7	1		1
CCWF:	3		1			1			1
CSP:Corcoran	6		1			3	2		
FOLSOM:	13		3		2	7	1		
SAN QUENTIN	16	1	3			10	1		1
CSP:Wasco									
CVSP:Chucka	6		2			4			
CTF:Soledad	18		4		3	9			2
DEUEL	4		1		1	2			
MULE CREEK	13	1	1			8	2	1	
NCWF:Stocktn	5		2			2	1		
PELICAN BAY	4		1			2		1	
R.J.DONOVAN	13	1	3		1	7	1		
SIERRA CC:	7		1		1	4	1		
TOTAL	198	5	40	1	14	109	15	5	9
Percent	100.0	2.5	20.2	0.5	7.1	55.1	7.6	2.5	4.5
POPULATION	10,492	384	2,758	2,700	523	3,338	293	180	316
Percent	100.0	3.7	26.3	25.7	5.0	31.8	2.8	1.7	3.0

Legend: Inter= programs specifically targeting substance abuse
(intervention programs)
Prev.= prevention programs
Staff= training for CDC staff
Enfor= involves programs to identify inmates using drugs
such as urine testing
Treat.=formal treatment programs
Civil =Civil Addict program

Note: Total inmates in programs = 10,176

TABLE C-2

PROGRAMS AND POPULATIONS BY SERVICE TYPE

	PREVENTION		TREATMENT		EDUCATION		INTERVENTION		CIVIL ADDICT		ENFORCEMENT		SUBTOTAL		SELF-HELP		TOTAL INMATES		
	NO.	POP	NO.	POP	NO.	POP	NO.	POP	NO.	POP	NO.	POP	NO.	TOTAL	NO.	TOTAL	NO.	TOTAL	
VACAVILLE					1	69	1	96				1	0	3	165	4	95	7	260
CORCORAN	2	29			1	28								3	57	3	100	6	157
TEHACHAPI					1	60	1	60						2	120	11	401	13	521
FOLSOM	1				3	152	2	80						6	232	8	195	14	427
CIM:CHINO	1	5			2	60	1	40						4	105	6	195	10	211
CRC	1	55							1	2,700				2	2,755	7	235	9	2,990
SUSANVILLE	1	16			3	448								4	464	6	120	10	584
AVENAL	2	40			3	82	1	48						6	170	6	195	12	365
CCWF					1									1	0	1	0	2	0
NCWF	1	16			2	55								3	71	2	35	5	106
CHUCKAWALLA					2	464								2	464	4	100	6	564
PELICAN BAY					1	35						1	40	2	75	2	45	4	61
SIERRA CC	1	15			1	24	1	20						3	59	4	199	7	258
CIW	1	38	1	17	6	139	1	57				2	140	11	391	5	232	16	623
MULE CREEK	2	29	1	7	1	72						1	0	5	108	8	160	13	268
RJD	1	30	1	200	3	624	1	50						6	904	7	200	13	1,104
DEUEL					1	24	1	24						2	48	2	200	4	248
SLO			1	100	1	48	1	18						3	166	4	250	7	416
SAN QUENTIN	1	20	1	60	3	244								5	324	10	248	15	572
SOLEDAD					4	130	3	30						7	160	9	232	16	392
WASCO (NEW)														0	0	0	0	0	0
POPULATION	15	293	5	384	40	2,758	14	523	1	2,700	5	180	80	6,838	109	3,437	189	10,127	

CALIFORNIA DEPARTMENT OF CORRECTIONS

SELF-HELP PROGRAMS IN INSTITUTIONS

	AA		AA/NA		NA		OTHER *		CA		TOTAL	
	No.	Pop.	No.	Pop.	No.	Pop.	No.	Pop.	No.	Pop.	No.	Pop.
CMF, Vacaville	2	80			2	15					4	95
CSP, Corcoran			1	50			2	50			3	100
CCI, Tehachapi	10	375				13	1	13			11	401
CSP, Folsom			7	195	1						8	195
CIM, Chino	6	195									6	195
CRC, Norco	4	145			3	90					7	235
CCC, Susanville	6	120									6	120
ASP, Avenal	2	100			2	75	2	20			6	195
CCWF, Madera	1										6	195
NCWF, Stockton	1	25			1	10					1	0
CVSP, Blythe			4	100							2	35
PBSP, Smith River			2	45							4	100
SCC, Jamestown			4	100							2	45
CIW, Corona			5	232							4	100
MCSP, Ione	4	80			4	80					5	232
RJD, San Diego	4	125			3	75					8	160
DVI, Tracy	1	100			1	100					7	200
CMC, San Luis	2	150			2	100					2	200
CSP, San Quentin	4	101			4	99	1	18			4	250
CTF, Soledad	6	152			3	80			1	30	10	248
WSP, Wasco											9	232
											0	0
TOTAL	53	1,748	23	722	26	737	6	101	1	30	109	3,338

NOTE: Other self-help groups include groups sponsored by church, veterans and other groups not affiliated with Alcoholics, Narcotics or Cocaine Anonymous.

Data reflects the population census as of March 1991.

APPENDIX D: LIST OF PROGRAMS

**SUBSTANCE ABUSE INTERVENTION PROGRAMS
BY INSTITUTION**

INSTITUTION	PROGRAM
AVENAL	Positive Lifestyles
CCC: TEHACHAPI	DEUCE (3 classes)
CIM: CHINO	Life Plan for Recovery
CIW: FRONTERA	Life Plan for Recovery
CMF: VACAVILLE	S.C.O.P.E.
CMC: SAN LUIS OBISPO	Project Change
FOLSOM: (1)	ICAN (formerly Vital Issues)
(2)	Life Plan for Recovery
CTF: SOLEDAD (1)	Lifestyles
(2)	Behavioral Modification
(3)	Substance Abuse Group
DEUEL	Substance Abuse Victory Education, (S.A.V.E.)
R. J. DONOVAN	Life Plan for Recovery
SIERRA CONS. CENTER	Project Change

Note: 4 institutions have Life Plan for Recovery, 2 have Project Change.

**SUBSTANCE ABUSE PREVENTION PROGRAMS
BY INSTITUTION**

INSTITUTION	PROGRAM
AVENAL	- Youth/Adult Awareness Program (YAP), (1) Men's Group, (2) Women's Group
CCC: SUSANVILLE	- Straight Talk
CIM: CHINO	- Prisoners Preventers
CIW: FRONTERA	- Project Interchange: Community Betterment Program
CRC: NORCO	- Espejo
CSP: CORCORAN (1)	- Another Way
(2)	- Reaching Out, Convicts & Kids (ROCK)
FOLSOM:	- Victims' Programs
MULE CREEK: (1)	- Victim's Services
(2)	- School Substance Abuse Prevention
NCWF:	- Straight Talk
R. J. DONOVAN:	- Say "No" to Drugs
SAN QUENTIN:	- SQUIRES
SIERRA CONS. CENTER	- Another Way