

✓ DIRECT TREATMENT PROGRAMS  
DEPARTMENT OF CORRECTIONS

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Donald Burke  
Gary J. Walters

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The following report is a basic description of treatment programs functioning in New Jersey state prisons and youth correctional institutions. The information from which this report was compiled was supplied by the individual institutions.

## INTRODUCTION

There are alcohol and drug abuse treatment services offered to the inmate population in New Jersey's seven correctional institutions. In the Prison Complex (Trenton, Leesburg, Rahway and Clinton) these services are typically limited to group and individual counseling. However, at the Clinton Institution for Women, formalized drug and alcohol treatment programs are functioning (to be described below).

In the Youth Correctional Complex (Annandale, Bordentown and Yardville), drug abuse treatment programs are available to the inmates who are housed in these institutions. These programs are similar in that they all are modified therapeutic community approaches to treatment and they are all unit programs with all participants residing on the same housing unit (to be described below).

In addition, specialized alcohol treatment programs are operational at two of three institutions in the Youth Correctional Complex (to be described below).

Also, there are drug abuse treatment opportunities available for inmates from both the Prison and Youth Complexes in the community, as part of the Department of Corrections Community Release Agreement Program. The Department of Corrections has contracted bed space in two drug treatment centers in the community where inmates can serve time while participating in treatment. There are 25 treatment slots available in the Integrity House program in Newark and 40 beds available in the Northside Addicts Rehabilitation Center in Paterson.

A specialized program (Community Treatment Services) sponsored jointly by the Department of Corrections and the Department of Health has been established to help inmates make the transition from incarceration to parole. This program offers services to inmates in both the Prison and Youth Complexes. The services consist of identifying and documenting the nature and extent of an inmate's drug and/or alcohol abuse problem, identifying an appropriate community treatment program in the geographic area where he/she will be paroled, and obtaining acceptance into such a program for the inmate before he/she is released.

A Behavior Modification Program is operational in each of the seven Adult Correctional Institutions. This program functions out of Central Office and teaches inmates to use various methods to help acknowledge and manage life experiences more successfully. The methods include relaxation, desensitization, self-image improvement, behavior analyses, behavior management, assertive training and rational thinking. Admission to the program is upon personal request and is not mandatory assignment. However, preference is given to those inmates whose time is governed by the State Parole Board.

I. CLINTON CORRECTIONAL INSTITUTION FOR WOMEN

Genesis (Drug Program)

The Genesis Drug Program is a therapeutic community housed in a separate prison cottage, which utilizes group therapy, encounter groups and individual counseling as its main treatment approaches. Residents are encouraged to assume responsibility and to try to achieve their full potential. Admissions is voluntary after a screening interview. The program is state-funded with two professional staff members.

- a. Maximum number of participants: 21
- b. Participating at this time: 20
- c. Paroled or discharged after completion: 14
- d. Number of staff: 1 Assistant Social Work Supervisor  
1 Drug Abuse Supervisor
- e. Criteria for admission: Voluntary with classification approval.
- f. Treatment approach: This program uses peer group pressure to effect changes and supplements its approach with individual counseling, therapy, encounter groups, and special training. The unit is self-contained and all group activities are tied into the treatment effort.

Alcohol Treatment and A.A. Activities

At Clinton, a social worker has been assigned the primary responsibility for implementing an alcohol treatment program. This program is limited to 20 participants (volunteers) who meet twice a week. The philosophy of the program is to extend the understanding and knowledge of the effects of problem drinking and the disease of alcoholism upon an individual's physical, mental, emotional and social living. Treatment techniques used in this group include educating participants to the problems of alcoholism, providing information concerning community alcohol programs, utilizing outside speakers and group therapy sessions.

Also at Clinton, A.A. representatives from the community visit the institution on a weekly basis. Presently, 61 inmates participate in these A.A. meetings. The A.A. meetings are open to all inmates who wish to participate and specific referrals to this program are made by the Classification Committee and the courts. During the meeting the principles, steps and philosophy (self-help therapy) of A.A. are stressed.

Parents Anonymous Program

Parents Anonymous is a self-help group which gives inmate parents an opportunity to share their feelings with others who are experiencing similar problems regarding separation from their children. Inmates with charges of child abuse/neglect are encouraged to participate in Parents Anonymous while at Clinton. Through participation in Parents Anonymous, inmate mothers improve their self-image which improves their social functioning and their relationships with their children. Presently, 12 inmates are participating in this program which is coordinated by a social worker.

### Title XX Program

The Title XX Program is a visitation/transportation program for the inmate-mothers and their children. Participation is open to all Clinton women whose children are 16 years and younger. The children must reside in those counties which are a traveling distance of 1 1/2 hours from Clinton one way.

The actual number of inmates participating in the program at the present time is 65.

The purpose of this program is to establish a continuous, constructive relationship between mother and child(ren) and to insure that inmate-mothers have visits with children who may not be able to make regular visits otherwise. The Title XX visits include recreational and cultural enrichment activities for the inmate-mother and her child(ren). All activities during visitation focus upon working with the mother and her child(ren) in an attempt to strengthen mother/child(ren) communication and relationships. The visits have a relaxed, tension-free atmosphere with custody personnel seldom present; this is to allow for mother and child(ren) to interact in an unstructured, non-threatening setting. Also, social workers are on hand for counseling of inmate-mother and her child(ren) when the need is indicated.

The staff of this program consists of two (2) social workers, one (1) social service aide, and two (2) driver/escorts. All staff of this program is funded by Title XX monies.

### Case Aide Program

Social service staff at Clinton are also involved in providing supervision of a Case Aide Program. The purpose of this program is to train inmates as para-professionals. The case aides orient new inmates in their cottages to rules and regulations and assist the cottage social worker. At present, seven (7) inmates are participating in this program. Assignment to this program must be approved by the Classification Committee.

### Camp Retreat Weekend Program

Social service staff at Clinton have implemented a novel program which addresses the needs of incarcerated mothers. This program consists of weekend supervised mother-child contacts at a Salvation Army camp in the community. During the weekend retreats inmate mothers are provided the opportunity to establish (continue) and sustain the experience of parenting. Components of this program consist of education, recreation and human growth activities. Five inmate mothers (usually a single parent) and their children participate in each weekend retreat which must be approved by the Classification Committee.

## II. LEESBURG STATE PRISON

### Substance Abuse Treatment

Substance Abuse Treatment at Leesburg consists of counseling (group and individual) which focuses on drug and alcohol problems. Currently, 86 inmates are participating in group and individual counseling. Both group and individual counseling are provided to all inmates who volunteer and who have a substantiated substance abuse history. The philosophy of this approach is to help the affected inmate recognize and develop strategies to combat problematic factors which have been disruptive in their lives and have significantly contributed to their present incarceration. Seven (7) social service staff provide the counseling services twice a week for a prescribed length of time.

### Bi-Lingual Counseling

Specialized group counseling for Hispanic inmates is provided by a social worker on a weekly basis. Presently, two groups are operational with 12 inmates in each group. The counseling sessions are geared toward helping the Hispanic inmate adjust to incarceration (situational problem solving).

### Alcohol Treatment (Ancora)

Recently, an Alcohol Program was implemented at Ancora. Presently, 15 inmates are participating in this program which consists of both alcohol education and counseling. Admission to the program is limited to those inmates with an alcohol abuse history who volunteer for participation. A social worker directs this program which entails attendance and participation at regularly scheduled meetings.

## III. RAHWAY STATE PRISON

The following is a brief listing of drug, alcohol and other treatment programs being offered at Rahway State Prison.

### Alcoholics Anonymous

This program actively has 35 inmates participating with a capacity for 50. It is sponsored by volunteers from various community chapters and incorporate speakers and other aids for assisting alcoholics. About 25 members have been paroled during the past year.

### Alcoholic Counseling

This is a small group of ten inmates who for personal reasons do not identify with the A.A. model of treatment. The sessions are conducted by a trained correction officer and uses a multi-modality approach to assist the problem drinker.

### RAP Outphase/New Directions

This is an inmate sponsored self-help counseling group which uses a non-directive approach to assist drug addicts. There are presently 15 members with a capacity for 30 members. The participants must admit their drug abuse history. The sessions utilize a non-directive approach and is supervised by the Supervisor of Social Services. Four participants were released on parole or released to a drug program during the past year.

Additionally, the RAP Drug Program ceased functioning as a residential unit due to a severe housing shortage and the need to utilize the space in the Honor Wing for a dormitory. Counseling has been maintained by merging the New Directions Program and the same counselors involved are now providing weekly group counseling sessions.

#### Sex-Offenders Counseling

This is a specialized counseling group designed for convicted sex offenders. There are presently eight members with a capacity of ten. It is conducted by the Director of Psychological Services and utilizes a specified approach. Each member must admit his sex offense and the need for treatment. One participant was released on parole during this past year.

#### Individual Therapy

This is an individual counseling program for specific psychiatric referrals and those men who are returned from Trenton Psychiatric Hospital. It is conducted by a psychologist and six individuals are currently enrolled.

#### Bi-Lingual Counseling

This program is designed for the Spanish language inmates who have specific parole stipulations to participate in counseling. It is conducted by a social worker and there are ten members enrolled. Two members who completed the program have been paroled.

#### Pre-Release Counseling

This counseling is specifically designed for those inmates who must meet specific conditions before they are paroled. It is conducted by the Supervisor of Social Work and currently has 14 members. It utilizes a non-directive approach with some use of reality therapy. Six members have been released on parole.

#### Group Counseling

There are three groups of non-specific group counseling conducted by two correction officers and a chaplain. These groups are designed to assist the inmates in their institutional adjustment. There are a total of 40 members.

The following programs are offered at Rahway Camp/Trailer Park.

#### Gamblers Anonymous

A specific program designed for the chronic gamblers, modeled after the A.A., is conducted by volunteers from the local community. Presently, there are ten members enrolled and five have been released on parole after participating in this program.

Alcoholics Anonymous

This program is a branch of the Alcoholics Anonymous Program conducted in the institution. It is also led by community sponsors with a population of twelve participants.

Pre-Release Counseling

This program is similar to the pre-release counseling offered in the prison. It is conducted by a teacher/counselor with ten participants.

Individual Counseling

Individual Counseling is offered through volunteer counselors and the Salvation Army. There are twenty participants at one time and 25 men have been released on parole.

The following programs are offered at Marlboro Camp.

Alcoholics Anonymous

The Alcoholics Anonymous program at Marlboro Camp is the same as the program which is operational at the Rahway Camp/Trailer Park. There are presently twelve men enrolled and fifteen men have been released on parole.

Group Counseling

Group counseling consists of non-directive, pre-release counseling designed to prepare the participants for their release on parole. It currently has six participants and 18 have successfully completed the program.

IV. TRENTON STATE PRISON

Pre-Release Program

A special six-week long program for inmates about to be released to the community. Week #1 consists of a five-day intensive counseling program ("Impact") conducted by two counselors in the education department. The remaining weeks include group psychotherapy (conducted by a staff psychologist), rap groups (run by correction officers), counseling by social workers (individual and group), religious counseling, pre-release planning (vocational, etc.), and behavior modification (conducted by Frances Cheek and assistants). Current number of participating inmates is six. (This pre-release program began in February, 1979).

### Psychiatric Treatment

The services of two part-time (consulting) psychiatrists are utilized in the treatment of a caseload of approximately 120 inmates (Trenton Prison and Vroom Readjustment Unit). The emphasis is upon prescribing appropriate psychotropic medication for inmates with acute and chronic psychiatric disorders, as well as upon transfer of inmates to Trenton Psychiatric Hospital when needed (and follow-up of returnees).

### Psychotherapeutic Treatment

Emergency evaluations, crisis intervention, and short-term counseling is provided by psychology department staff members for inmates with obvious acute emotional or behavioral problems. (Psychologists work closely with psychiatrists in this area.) Somewhat longer-term individual and/or group psychotherapy is provided for inmates who show signs of significant (although not crisis-level) emotional distress and who appear to have a good prognosis for improvement. This psychotherapeutic treatment is aimed at helping the inmate adjust to his current circumstances. Problems of depression (often accompanied by potential suicide), and of anger (often accompanied by a history of assault, murder and/or rape, and a potential for a continuation of this behavior in the prison setting) are common. General family problems and sexual concerns and fears are also frequent presenting problems. The use of alcohol and/or drugs to cope with these problems is occasionally also of concern. Only a minority of therapeutic time is devoted specifically to "rehabilitation" - i.e. to treatment aimed specifically at helping the incarcerated individual make significant personal changes that would facilitate an improved adjustment to the community upon release.

Inmates who do not maintain high participation and benefits are dropped from psychotherapy. Forty-seven inmates are currently receiving individual psychotherapy. In addition, four psychotherapy groups are currently ongoing. One of these focuses upon alcohol-related problems (12 inmates); another focuses upon rape (12 inmates). The other 2 groups are general in focus (25 inmates). At various times over the past year, short-term therapy groups have been run which focused upon (a) drug abuse (26 inmates completed this group at Jones Farm and 6 at the prison), and (b) anger and aggression control (6 inmates completed). The drug abuse group at Trenton Prison will probably not be repeated in the near future due to lack of consistent inmate attendance. The Jones Farm group was well attended; however, budgetary considerations has forced the lay-off of the consulting psychologist that was conducting that group. Total psychology department staff members at present is 5 1/2; however, only a limited portion (approximately 30%) staff time is spent in direct treatment of inmates.

### Counseling Programs

- A. Short-term (10 session) counseling group: Two members of the social work department staff run short-term (10 session) counseling groups. Priority is given to inmates with stipulations to receive counseling. Current total enrollment is 20 inmates.
- B. Alcoholics Anonymous: This program is run by volunteers from the community (under the supervision of the psychology department). Currently 43 inmates are participating.



- C. Thresholds: This 12-session one-on-one in decision-making is run by trained volunteers (and supervised by the psychology department). Currently one counselor and one inmate are participating; this will be escalated to three counselors or more in the near future.
- D. One-on-One Counseling: Two volunteer counselors see a total of 5 inmates for 1/2 hour each one time per week. (Supervision is provided by psychology department staff.)
- V. ANNANDALE YOUTH CORRECTIONAL INSTITUTION

Lost and Found Substance Abuse Program

At Annandale, a substance abuse (drug and/or alcohol) program has been operational since March, 1978. There are two full-time staff who are working with a maximum of 50 inmates. All program participants are residents of the same cottage and the program is conducted as a modified therapeutic community. All participants are voluntary, and they share in the design and management of the program.

- a. Maximum number of participants: 47
- b. Participating at this time: 42
- c. Paroled or discharged after completion: 7
- d. Number of staff: 1 Director  
1 Drug Abuse Supervisor
- e. Criteria for Admission: This program is designed to provide treatment services to inmates who are recidivists and who have documented drug and/or alcohol abuse histories. The program is limited to volunteers who receive approval for participation following an interview with program staff.
- f. Treatment approach: The treatment approach is directed toward helping inmate participants to understand the nature of alcohol, narcotic and multi-drug abuse. Both individual and group counseling treatment techniques are employed in order to aid inmates in recognizing that they are responsible for their own actions. Thus, the program is designed to help inmates achieve self-awareness and to guide them in establishing constructive values. All program participants are encouraged to participate in educational and/or vocational training as part of their total treatment plan.

Alcoholics Anonymous Program

The AA group meets on a once per week basis. The program follows the basic tenants of the National AA organization. AA promotes the belief that by admitting one's alcoholic problem and utilizing the support of the group one can overcome the disease.

The AA group ideally has approximately thirty-five members. Membership in the AA program is available to anyone who desires, or court mandates, to attend. The organization is presently being staffed by a part-time counselor being paid through state funds. The group is also run with the assistance of volunteers from outside AA groups. Volunteers attempt to attend on a weekly schedule.

There are thirty-three (33) participants in AA presently. Approximately 73 inmates have been paroled from the program during the course of the preceeding year. There are presently no major changes planned for the new fiscal year.

#### Group Counseling Program

Special treatment programs currently offered to inmates at Annandale include three groups with emphasis on counseling techniques.

A. A merging of the Psychology and Social Service Departments has brought about the emergence of three groups, each with a common theme. A psychology intern and assistant social work supervisor co-lead a weekly group containing 10 prison cases in an attempt to provide an acceptable mode of ventilation. It is anticipated that another group of this nature will begin in the near future.

B. Those inmates who are within six to eight weeks of parole and who indicate a desire to participate, may be involved in the pre-release group led by a social worker and a drug abuse supervisor. Presently there are 11 participants.

C. A third group is geared toward those inmates who are experiencing difficulty with institutional adjustment as evidenced by the number of disciplinary reports. Referrals are taken from the classification and adjustment committees. This group is under the supervision of a social worker and an assistant social work supervisor.

#### VI. BORDENTOWN YOUTH CORRECTIONAL INSTITUTION

##### Drug Alternative Program

The Bordentown Alternative Program (BAP) is a three-phased rehabilitation program extending from treatment within the institution to a one year follow-up after parole. Participants are either self-referrals, state prison board referrals or Bordentown classification referrals. The goals and objectives of the Bordentown Alternative Program are to reduce the number of people returning to the use of narcotics and re-involvement with criminal activities once paroled.

- a. Maximum number of participants:
- |  |    |
|--|----|
| Phase I and II (inside the institution): | 84 |
| Phase III (after parole):                | 60 |
- b. Participating at this time:
- |                    |     |
|--------------------|-----|
| In Phase I and II: | 80  |
| In Phase III:      | 75  |
| Total              | 155 |
- c. Paroled or discharged after completion: 13
- 30 clients were paroled after satisfactorily completing either Phase I or Phase II.
- 10 clients were terminated from treatment after completing a minimum of one year in the community.
- d. Number of staff:
- 1 Social Work Supervisor I
  - 2 Assistant Social Work Supervisors
  - 1 Program Development Specialist
  - 5 Drug Abuse Supervisors
  - 1 Drug Abuse Aide
  - 1 Drug Abuse Assistant (CETA)

- e. Criteria for Admission: The program is offered to any interested inmates who have a substantiated drug history.
- f. Treatment Approach: The treatment is conducted using a therapeutic community rehabilitation model modified for the institutional environment. The program is a self-help program, meaning anyone who is motivated in helping himself will be given the opportunity. The staff works on the attitude and behavior of the drug dependent inmate and helps him to become aware of himself, his problems, frustrations and inadequacies. They show him ways to accept and deal with his problems rather than trying to escape from them by using drugs. As part of the treatment program, every resident is urged to participate in one of the educational or vocational programs offered in the institution.

f.1. Description of the three phases of the program:

- Phase I: is concerned with a client orientation and introduction to group therapy. While in Phase I, all participants live in the same housing unit.
- Phase II: is concerned with more intensive therapy and has constant staff supervision within their own separate housing unit.
- Phase III: is a minimum of one year parole follow-up done by Bordentown Alternative Program staff which includes a special condition of parole to attend a community-based treatment center as an out-patient or in-patient. Parole follow-up is monitored through the Parole and Probation Departments, Community Treatment Centers, employers, and family, throughout the entire 21 counties in the State.

Alcoholics Anonymous Activities

The alcohol program presently at Bordentown is of the Alcoholics Anonymous type. Physically, the maximum number of participants would probably be about 60. The actual number of men participating at this time is approximately 25 men out of 40, per meeting.

A.A. is ongoing and strictly voluntary. An inmate in the A.A. group is usually encouraged or stipulated to enter A.A. upon his release from Bordentown. An inmate with a close parole date can be furnished with a name and address, and phone number of an A.A. sponsor in his home area. The only real tabs kept on A.A. at Bordentown is attendance or lack of attendance.

Presently, there is one staff member who sponsors A.A. at Bordentown. This person is a social worker from the social service department. Funding for A.A. activities is minimal, as there is no great financial burden connected with A.A. philosophy.

Criteria for admission to A.A. is desire to stop drinking and to maintain sobriety. These criteria are strictly voluntary.

The philosophy or treatment approach of A.A. is the universally used "12 step" system, accompanied by as much attendance and sharing as it possible at A.A. meetings.

Since January 1979, A.A. at Bordentown has been growing of its own accord. Inmates who request A.A. are routinely screened, with psychological and presentence reports being checked carefully to assess suitability for the A.A. Program.

To date, A.A. at Bordentown has grown by 2-3 members per month. Rarely has the group shown a decrease since January 1978.

#### Specialized Treatment Activities

A. Two psychologists see 15 men in two groups once a week, and 18 individual therapy cases weekly. The psychologists select men for individual and group treatment from classification referrals. A psychiatrist also sees 70 men per month. Fifty are seen more than once for continued treatment of acute psychiatric problems. Men are assigned to the psychiatrist from administrative requests, staff referrals and direct inmates request.

B. Six officer counselors see a total of 52 men once a week. The counselors meet with a psychologist once a week for supervision. The counseling groups are short term experiences for new men. An appeal is made to solve the problems of a new situation during the initial adjustment to incarceration. Men are assigned to counseling groups from two wings where there are no other direct treatment programs. Each program is specifically designed for its residents.

C. A specialized B-wing tier team consisting of psychologists, social workers, correction officers, and a chaplain, formally interviews 60-70 men each month and writes a summary of their progress. Included in the summary are evaluations from school, job and custody. A copy of the summary is given to each man.

The officer counseling and B-wing team programs are new this year. Appropriate referrals from both programs are made to social workers, psychologists and drug programs for interested men.

#### VII. YARDVILLE YOUTH RECEPTION AND CORRECTION CENTER

##### Alcohol (Assigned Membership)

Alcoholics Anonymous is a volunteer program conducted for 30 active inmate members by a social worker. Two AA volunteers conduct weekly meetings with the group and have unlimited number of participants. The approach is based upon a fellowship of men who share their experiences, strengths and hope with each other so that they may solve their common problem and eventually help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking and to stay sober.

The program is open to all interested residents for the purpose of constructively dealing with their alcoholism. Two institutional staff members, volunteer their time and are planning to enlarge upon the program by offering a bi-weekly special meeting for those inmates who will participate on a more involved scale.

### Alcohol - Special Treatment Program (Voluntary Membership)

Two staff members, one a psychologist and the other a social worker have a special group of alcoholic inmates numbering 18 at the present time with a maximum number of 25. The program incorporates the concept of AA, Encounter group, Relaxation and Education, i.e. films, lectures and guest speakers. The staff members volunteer their time after hours and are not paid.

Admission is based upon self-commitment to participate as opposed to the institution AA program which is mandatory assignment by Classification Committee, S.E.T. or other authorities. Plans for the upcoming period of time include a fermentation of rules and the fostering of an esprit de corps.

### Special Long Termers' Realistic Approach Program

One staff member is assigned the responsibility of program management for 15 participants at the current time. The basis of the program, which allows up to 20 members, is adjustment and awareness counseling.

The philosophy is to utilize the resources of the long term incarcerated offender to deter potential (probationers) felons away from becoming future inmates. The approach used is an information exchange (rap session) effected in a counseling format.

Admission is actually based upon positive attitude, motivation and a life sentence notwithstanding excessive sentence. The inmate must demonstrate the ability to perform in all areas of the program as a productive, mature and rational role model. The plan for the current year is to increase the number of participants to the maximum number of 20.

### East Two Skills Development Program

50 inmates from a possible number of 66 are involved in the program. One staff member, a psychologist, is engaged in actively working with this group. He is not specifically employed for this program but is involved to the extent that time will permit during and after a normal work day.

The philosophy is to identify criminal thinking errors and teach responsible patterns of thinking and behavior. The treatment approach includes participation in meetings (two per week) in a group situation and is conducted by inmate counselors who meet with the psychologist for formal training and supervision. Criteria for admission is limited to non-addicts with moderate length sentences who demonstrate a willingness to participate.

Plans for the current year include assigning a S.E.T. member to each group and having that person responsible for monitoring and leading the group.

Intensive Treatment Program (Drug)

The program is based upon a treatment program for drug dependent residents between the ages of 18 and 30 who do not have a high school diploma, have indeterminate sentences and a history of substance addiction dependency, or abuse which includes alcohol and/or drugs of all types.

Membership is based upon assignment by institutional authorities and emphasizes special group meetings with two staff members assisting the one staff member assigned to manage the program.

The program includes intensive counseling and education therapy through group meetings, group counseling, individual counseling and educational assignments geared to meet the needs of the individual and to prepare him to receive a GED equivalency diploma.

Spanish Speaking Inmate Program (Special Interest)

One staff member, fluent in Spanish, conducts regular education classes for Hispanics and also conducts groups for the Spanish-speaking. Ancillary involvement by the staff member includes conducting the coordination of social events and programs (involving outside Spanish-speaking groups) for Hispanic population.

The requirement for involvement in this program is that the person be of Hispanic, Spanish-speaking or Spanish sur-name lineage.

**END**