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CRIME CONTROL PLANNING BOARD

EVALUATION UNIT

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ATLANTIS:
A PRELIMINARY EVALUATION
of the
CHEMICAL DEPENDENCY TREATMENT PROGRAM
at the
MINNESOTA STATE PRISON

from the
EVALUATION
REPORT

An Evaluation Report

Produced by the
EVALUATION UNIT
of the
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EXECUTIVE SUMMARY

A. SUMMARY

This evaluation report provides a description of ATLANTIS, a chemical dependency treatment program serving inmates at the Minnesota State Prison, and an analysis of its clients, operation, and effects. The report is preliminary in nature and covers the period from July 1, 1976, the program's start-up date, through June 30, 1978. The report is concerned primarily with the issue of the overall effectiveness of ATLANTIS in achieving its stated goals.

Of the program's five goals that had been articulated by the director of ATLANTIS, sufficient data exist to evaluate only those two goals which concern treatment effect while the clients are in the program. ATLANTIS appears to be meeting both goals. Sample size was too small to evaluate the other three goals which concern treatment effect after the clients have left the program.

B. FINDINGS

CLIENT PROFILE:

- On the average, ATLANTIS clients are four years younger and received 1.1 years more education than other inmates at Minnesota State Prison. Except for an underrepresentation of American Indians, the ethnic composition of the program corresponds fairly closely to that of the prison. The work histories of ATLANTIS clients are somewhat better than other Stillwater inmates, but are still quite poor.
- ATLANTIS clients have had extensive previous involvement with the criminal justice system both as adults and juveniles. They are more likely to have been sentenced to prison for narcotic and income-producing crime than Stillwater inmates generally. They are less likely to be sentenced for homicide.

PROGRAM COMPLETION:

- As of June 30, 1978, 31 clients had terminated from ATLANTIS. Over half of the clients were terminated from ATLANTIS after having satisfactorily completed the treatment program. The data show that 54.8 percent of the clients completed the program, and 45.2 percent failed to complete the program.

CHEMICAL USE:

- By June 30, 1978, 53 clients had entered the ATLANTIS program. Of those clients, 37.7 percent had a history of drug abuse, 9.4 percent had a history of alcohol abuse, and 52.8 percent had a history of both drug and alcohol abuse.
- None of the urinalysis/breathalyzer tests administered to clients at termination from the program registered chemical use.
- At program intake, the majority of clients (53.8 percent) had been off drugs and alcohol for less than one week. During the course of the program, however, most clients appeared to get off chemicals. At termination from the program, only 17.2 percent of the clients had been off drugs and alcohol for less than one week, whereas 79.4 percent of the clients had been chemically free for at least two months. The average number of weeks clients had been free of chemicals at termination is 26.9 weeks.
- During the month before their entry into the ATLANTIS program, 16.7 percent of the clients had received at least one drug- or alcohol-related disciplinary report at prison. However, during the month before their termination from the program, none of the ATLANTIS clients received any drug- or alcohol-related disciplinary reports.
- *One of the goals of ATLANTIS is to maintain chemical dependency services which will result in 65 percent of the clients remaining chemically free during their involvement in the treatment program. According to ATLANTIS staff, of the 31 clients who terminated from the program by June 30, 1978, 25.8 percent used chemicals during their time in the program, while 74.2 percent remained free of chemicals during that time. Thus, if the program staff's knowledge of clients' drug/alcohol use is accurate, ATLANTIS is meeting that goal.*

CONDUCT WHILE IN THE PROGRAM:

- The data show that few clients get into trouble while in the program.
- *Of the 31 clients who terminated from ATLANTIS, 96.8 percent stayed free of disciplinary reports during their entire time in the program. Thus, ATLANTIS is clearly meeting its goal of keeping at least 80 percent of the clients free of disciplinary reports during their involvement in the treatment program.*
- None of the clients who terminated from ATLANTIS were convicted of any new offense while in the program. There were also no escapes or escape attempts made by ATLANTIS clients while in the program.
- Among those clients who terminated from ATLANTIS, almost three-quarters (71.0 percent) had no unexcused absences from program activities. Furthermore, only 17.6 percent of the 17 clients who completed the program had any unexcused absences from program activities, while 42.9 percent of the 14 clients who failed to complete the program had one or more unexcused absences.

ATTITUDES TOWARD THE PROGRAM:

- All ATLANTIS staff members expressed the opinion that the program is having a significant and positive impact on its clients.
- The prison administrator most directly in touch with the daily operations of ATLANTIS was interviewed. The unit director of Cell Hall C/Cell Hall D stated that he is satisfied with the way in which the program has been progressing and that ATLANTIS has exceeded his original expectations.
- Program clients were asked how helpful they felt the program has been for them. Twenty (90.0 percent) of the twenty-two clients who filled out questionnaires responded that the program has been "very helpful" and two clients (9.1 percent) responded that the program has been "somewhat helpful." Thus, if the respondents are being frank, the ATLANTIS program is popular among its clients and is seen by them as having a positive impact upon their lives.
- When asked in what ways the program could be improved, clients indicated little need for change. Many clients

indicate a desire to see the program expand its operations so that more inmates in need could receive help.

CLIENT LENGTH OF STAY AND PROGRAM OCCUPANCY:

- The average number of days all clients stayed in the program is 202.2 days (or 28.9 weeks). The average number of days spent in ATLANTIS by 17 program completers is 254.3 days (or 36.3 weeks). On the other hand, 14 clients who failed to complete the program spent an average of 100.9 days (or 14.4 weeks) in ATLANTIS. Thus, program graduates, on the average, stay in ATLANTIS for more than twice the length of time that clients who fail to complete the program do.
- Between December 17, 1976, when ATLANTIS began taking in clients, and June 30, 1978, 53 clients entered the program. ATLANTIS operated as a day care unit through April 30, 1977. During that time the program averaged 5.4 clients per day. After the program became a closed unit, the occupancy rate began to increase steadily. Between January 1, 1978, and June 30, 1978, the average population stabilized at 26.4 clients per day or an occupancy rate of 80 percent.

C. RECOMMENDATIONS

ATLANTIS appears to be making good progress in meeting two of its five goals. Therefore, we recommend that ATLANTIS be refunded for the 1979-1981 biennium within the Minnesota Department of Corrections' budget. Future evaluation reports should determine whether ATLANTIS is meeting those three goals for which there were insufficient data (because of the small sample size) to be considered in this report.

The occupancy rate for ATLANTIS appears to have stabilized at 80 percent. This rate is slightly below the optimal level of 90 percent needed to achieve maximum program efficiency. Within the constraints that exist operating in a prison environment, we recommend that the program staff make every effort in the future to bring the occupancy rate to 90 percent.

Preliminary analysis with limited amounts of data suggests that ATLANTIS clients with educational deficiencies may be encountering difficulties in completing the program successfully. This question should be examined closely in future reports to determine if a problem exists and to propose possible solutions.

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A. INTRODUCTION

In 1975, a chemical dependency study was conducted among inmates at the Minnesota State Prison (MSP) at Stillwater. The study revealed widespread chemical dependency among the inmates. About 73 percent of the inmates appeared to have a chemical dependency problem (30 percent of the inmates at the point where primary treatment seemed indicated and 43 percent at a point where counseling and chemical dependency education seemed indicated).¹

In response to the inmate drug problem at MSP, the Governor's Commission on Crime Prevention and Control² began in 1976 to award Law Enforcement Assistance Administration (LEAA) funds to develop and operate a chemical dependency program at the prison. These funds were supplemented by "matching funds" from the state of Minnesota. In addition to awarding LEAA funds, the Crime Control Planning Board (CCPB) is undertaking an evaluation of this program to judge its impact.

This report on the program, which is called ATLANTIS, represents part of the evaluation effort. Because of the preliminary nature of this report, it is largely descriptive, focusing primarily on the program and its clients. The report will also assess the progress of

¹See grant award number 4320016776, application filed with the Governor's Commission on Crime Prevention and Control on January 5, 1976, pp. 3-5.

²The Governor's Commission on Crime Prevention and Control was replaced on August 1, 1977, by a new state agency, the Crime Control Planning Board.

ATLANTIS toward meeting some of its goals. The nature of the program and the setting in which it operates, however, preclude evaluating some of the goals at this time. A final report will be able to discuss the program's effectiveness to a greater degree, because it will be based on data from a larger number of clients and from more extensive post-program follow-up periods.

B. THE ATLANTIS PROGRAM

This report provides a summary of data on ATLANTIS, a chemical dependency treatment program serving inmates at the Minnesota State Prison. The report covers the period from July 1, 1976, the program's start-up date, through June 30, 1978. Data on individuals in the program, however, date back only as far as December 17, 1976, when ATLANTIS began accepting clients.

The ATLANTIS program entered its third year of federal funding on July 1, 1978. The Governor's Commission on Crime Prevention and Control and the Crime Control Planning Board have awarded \$309,776 of LEAA funds to ATLANTIS over three years.¹ In addition to the LEAA funds, matching funds that have been provided to ATLANTIS over the same period amount to \$94,751. Thus, a total of \$404,527 has been awarded to the ATLANTIS program since 1976. Table 1 presents a summary of annual funding in terms of LEAA funds, matching funds, and total awards.

¹From grants numbered 4320016776; 4519016777; 45190016778, "ATLANTIS Chemical Dependency Treatment Program," awarded to the Minnesota Department of Corrections for ATLANTIS by the Minnesota Crime Control Planning Board.

TABLE 1
SUMMARY OF ANNUAL FUNDING OF ATLANTIS
CHEMICAL DEPENDENCY PROGRAM

YEAR	LEAA AWARDS	MATCHING FUNDS	TOTAL AWARDS
1976	\$ 55,244	\$ 6,138 ^a	\$ 61,382
1977	145,934	16,215 ^b	162,149
1978	108,598	72,398 ^b	180,996
TOTAL	\$309,776	\$ 94,751	\$404,527

^aNonfederal funds appropriated by the legislature of the state of Minnesota.

^bFunds provided by the Minnesota Department of Corrections.

ATLANTIS was originally set up as a day care unit designed to serve 20 men in need of chemical dependency treatment. On May 1, 1977, however, the program shifted to operating as a closed unit with its clients residing apart from the general inmate population. This residential primary treatment unit is located in Cell Hall C of the Minnesota State Prison and currently has a capacity of 33 residents. In addition to the 33 cells in which clients may reside, the unit has a large day room for program activities, three small areas (formerly cells) for one-to-one counseling sessions and storage of chemical dependency program reading materials, its own shower area, a fenced-in yard for exercise and recreational activities, and several offices for staff.

Program clients come from the general inmate population either through self-referrals as a result of ATLANTIS inmate information and outreach activities, or through institutional staff referral. The program is voluntary and open to almost any inmate interested in help with a chemical dependency problem. In most instances, however, the program

will not accept persons serving less than 6 months at the prison (e.g., parole violators, who generally are returned to prison for a period of 60 to 90 days). Inmates seeking entry into the program are carefully screened by program staff. The staff has had no difficulty in getting inmates interested in the program. Most of the inmates entering the program have been self-referrals, and there is currently a list of over 15 persons waiting to get into ATLANTIS.

In addition to operating the closed primary treatment unit, ATLANTIS provides outpatient services for the general inmate population and is responsible for the coordination of all chemical dependency treatment activities at the prison (e.g., Alcoholics Anonymous, Native American Alcoholics Anonymous, Narcotics Anonymous, and AID chemical dependency groups). The ATLANTIS project also runs two chemical dependency problem-solving groups, with a total of 15 to 30 participants, at the minimum security unit of the prison: one for former clients of the ATLANTIS closed treatment unit who were transferred to the minimum security unit, and one for minimum security unit residents who are participating in group therapy as part of their MAP (Mutual Agreement Program) contracts. ATLANTIS staff has recently begun to offer one-to-one chemical dependency counseling to interested minimum security inmates.

The project is also in the process of developing a urinalysis clinic for the entire institution. This clinic will collect data on actual drug use in the prison.

This report will describe and present data only on the ATLANTIS closed unit program and clients. It is this intensive therapeutic program that constitutes the central focus of ATLANTIS and its staff.

C. PROGRAM GOALS

The ATLANTIS chemical dependency treatment program, like other corrections programs, was funded to achieve specific goals. This section of the report presents an overview of the goals of ATLANTIS and of the treatment program which has been developed to achieve those goals.

There are two purposes for discussing the goals of this project. First, statements of the goals provide a basis for describing what the project is attempting to accomplish. Second, and more important, goals are the standards by which projects are held accountable. The LEAA program is based on a management-by-objective approach. This approach requires grantees to focus on and to articulate what they plan to accomplish, rather than simply to state what they plan to do. Thus, the accountability of recipients of LEAA funds is based, in part, upon their achievement of stated goals.

As operationalized by the Crime Control Planning Board, the management-by-objective approach requires each funded project to list its goals. In this context, the term "goal" refers to a statement of the *impact* or *effect*, such as a reduction in recidivism, the project should accomplish if it is successful. Furthermore, each treatment program is also required to formulate a work plan stating the specific efforts or activities the project will undertake to achieve its goals.

The following are the major goals of the ATLANTIS primary treatment (i.e., closed unit) program as articulated by its project director.¹

¹See grant award number 45190016778, application filed with the Minnesota Crime Control Planning Board on January 4, 1978, p. 4.

1. To maintain chemical dependency services which will result in sixty-five (65) percent of the ATLANTIS clients remaining chemically free during their involvement in the closed unit treatment program.
2. To keep forty (40) percent of the ATLANTIS clients chemically free during a six-month period following completion of the closed unit treatment program.
3. To keep eighty (80) percent of the ATLANTIS clients free of disciplinary reports during involvement in the closed unit treatment program.
4. To keep seventy (70) percent of the ATLANTIS closed unit clients discharged back into the general population at MSP free of disciplinary reports during involvement in the general population for a period of six months.
5. To keep seventy-five (75) percent of the ATLANTIS closed unit graduates free of recidivism during a one-year period "at-risk"--i.e., released to the community as opposed to being graduated from the ATLANTIS primary treatment program but not yet out on the streets. Recidivism is defined as a revocation of probation or parole or conviction on a new offense.

Thus, ATLANTIS seeks to have an impact on the behavior of clients both during the program and following its completion. The project staff believes that chemical dependency and crime are directly related--that abuse of drugs and/or alcohol caused problems for a majority of the inmates before they entered the prison; that the chemically dependent inmate is a victim of his addiction and commits criminal acts to support his habit; that the mood-altering nature of his habit exercises a profound influence on the chemically dependent inmate's life; and that chemical dependency is a significant factor in the incarceration of inmates at MSP and contributes to violence and other management problems at the prison. The staff therefore contends that many of the inmates receiving ATLANTIS treatment will not only abstain from use of chemicals, but also will not receive disciplinary reports while in the prison or

recidivate with criminal offenses after release to the streets.

In order to achieve its goals, the ATLANTIS project staff instituted a comprehensive and structured therapy program. The program's basic approach is to assist chemically dependent inmates "to identify their powerlessness over chemicals, to recognize the self-defeating attitudes and behavior caused by their dependency, to recognize the need for and the ability to change, and to make a commitment to change."¹ Once that commitment is achieved, the program staff assists the clients in identifying alternative ways of dealing with feelings and problems.

ATLANTIS counselors employ a variety of treatment models including "confrontation" (confrontation sessions with peers and confrontation sessions with staff), "reality therapy," and "supportive therapy." Confrontation aims at getting clients to recognize their negative, destructive behavior resulting from chemical dependency. Reality therapy seeks to get clients to realize that they are responsible for their own actions, while supportive therapy concentrates on providing the client with positive feedback (i.e., supporting the individual when he is doing well).

The ATLANTIS staff has organized structured treatment schedules for clients which entail one-to-one interviews and counseling sessions, group therapy sessions, didactic lectures, reading assignments, writing assignments, peer and staff evaluations, and recreation. Clients receive individualized treatment plans based on the staff's assessment of their needs. Although the ATLANTIS counselors focus on chemical

¹From an interview with the senior counselor, ATLANTIS chemical dependency program, July, 1978.

dependency treatment, they also assist clients with other needs. Thus, the staff helps clients obtain spiritual counseling, psychological/psychiatric services, education, vocational counseling, and medical and dental services. The program director estimates that approximately 80 percent of staff time is devoted directly to providing clients with chemical dependency treatment, mostly on a group basis, and that about 10 percent is devoted to aftercare planning activities. The remaining 10 percent of staff time is divided among providing casework information, collecting data, assisting clients with personal problems (other than chemical dependency), and arranging for clients to receive psychological, educational, vocational, medical/dental, spiritual counseling or other services from outside programs or agencies.

Aftercare planning is an important part of the ATLANTIS program model. Aftercare services are provided to the extent that the staff places program graduates in halfway houses involved in chemical dependency treatment or refers them to other agencies that can assist them while they are on parole; arranges for those graduates going to the minimum security facility to enter the aftercare group therapy program run at the facility by ATLANTIS; and, in some cases, conducts one-to-one counseling sessions with former clients. Program staff also encourages all clients to involve themselves in the Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) program upon leaving the closed unit. In addition, staff conducts follow-up reviews of former clients on a two-month, six-month, twelve-month, and twenty-four month basis to assess the progress that program graduates are making.

In order to foster an environment in which an intensive therapy

program can succeed, the project staff has established a closed unit treatment area. Here clients can live and participate in activities in clean and attractive surroundings. The closed unit serves not only to provide the clients with a safe environment but also helps to restrict the availability of drugs. The atmosphere is more relaxed (e.g., more group and staff support, more flexibility in cell furnishings, private yard for recreation, more phone privileges, nicely furnished day room area) and yet more structured than in the other cell hall areas outside the closed unit because of the treatment activities.

In sum, the ATLANTIS closed unit program aims at providing chemically dependent inmates at MSP with intensive, primary treatment. Through this treatment, the program seeks to have a positive impact on inmates' attitudes as they learn to recognize the self-destructive consequences of continued drug use. As attitudes change, behavior is expected to change. Thus, project goals include reducing chemical use as well as reducing disciplinary reports and recidivism on the part of ATLANTIS closed unit clients. As was noted, most of the stated program goals cannot fully be evaluated in this preliminary report. Evaluation of these goals must wait for more complete follow-up data on clients who have terminated from ATLANTIS than are currently available.

D. PROGRAM STRUCTURE AND STAFF

The structure and staffing pattern of a treatment program are major factors influencing its ability to achieve goals. This section describes some of the program elements of the ATLANTIS model, admissions criteria and procedures, and personnel that have been involved in operationalizing the model.

The major components of the ATLANTIS closed unit program include intake screening, preliminary acceptance, interviews and final acceptance, three treatment phases, discharge from the closed unit, and an aftercare phase.

In order to be eligible for admission, an applicant to ATLANTIS must be a chemically dependent inmate at MSP. According to the project staff, acceptance is primarily based on the inmate's recognition of his chemical dependency problem and his willingness to abstain from all mood-altering drugs. The staff also takes into consideration the inmate's readiness to change other behaviors and attitudes that might interfere with the development of a drug-free lifestyle.

As was noted, ATLANTIS clients come from the general inmate population and are either self-referrals or are referred to the program by institutional staff. Interested inmates must submit an application form to the director of ATLANTIS. The screening process begins with a review of the application. Each application must indicate why the inmate wants to enter the program. The first phase of the screening process also includes an analysis of the applicant's base file to determine his history of drug use, his record of criminal involvement, and the amount of time he has left to serve at MSP.

An inmate who is considered further will then be granted a lengthy intake and evaluation interview designed to assess the seriousness of his chemical dependency problem and his willingness to change behavior. A "drug diagnostic" forms a central part of this interview and concerns the reasons the inmate uses drugs, the types of drugs he uses, and the reasons he wants off drugs. At this stage of the screening process,

the project staff may check with persons or agencies in the outside community to verify information received during the interview.

Following the interview, the applicant will either be rejected or will win "preliminary acceptance." It is at the preliminary acceptance stage that the project staff assigns certain tasks for the applicant to carry out while he is waiting to enter the program. These tasks include attending AA or NA groups. In order to discourage attempts to use the program as a safe haven from difficulties with other inmates, prospective clients are required to clean up all drug debts before entering the program. The preliminary acceptance stage generally lasts for a period of one to three months and during that time the inmate resides in the general population, not in the closed unit.

If by the end of the preliminary acceptance period the applicant has demonstrated a continued interest in chemical dependency treatment and has sincerely and completely carried out the assigned tasks, he undergoes a second in-person interview. At this interview all facets of the treatment program are explained to the applicant and if the staff decides in favor of the application, a written contract between the inmate and the ATLANTIS project is drawn up and discussed. The contract specifies certain conditions to be met. Included in these conditions are urinalysis testing/breathalyzer testing, attendance at scheduled activities, behavioral stipulations, and individual treatment needs. Final acceptance of the applicant, however, does not occur until he is interviewed and accepted by the ATLANTIS program clients. If 75 percent or more of the program clients do not feel the applicant should be admitted to the closed unit, he is rejected. If they approve of the applicant,

final acceptance is granted and the inmate is required to sign his contract. The new client then enters the first of three treatment phases and moves into the closed unit living area.

Phase I of treatment, lasting approximately three months, focuses on the client's identification of his dependency on chemicals, his recognition of his powerlessness against chemicals, and his behavior problems that are associated with chemical dependency. Finally, he must accept the fact that dependency on chemicals is a disease. This first phase of intensive treatment corresponds to step one of the Alcoholics Anonymous model.

In Phase II, lasting approximately two months, treatment focuses on getting the client to recognize a need for change and his ability to change. This phase of treatment corresponds to steps two and three of the Alcoholics Anonymous model. As in the AA model the client is made aware that he may not be able to solve his problem by himself, and may have to rely on the help of a higher power (i.e., God).

Phase III, which takes about two to three months, is the stage of treatment where the client makes a commitment to change and practices new methods of change. Phase III is considered by project staff to be the "action" phase of treatment, whereas the first two phases are viewed as more conceptual and intellectual in nature. This third treatment phase corresponds to steps four and five of the Alcoholics Anonymous model.

It is also during the third phase of treatment that "aftercare" planning begins. The project staff becomes involved in helping to place

clients who will soon be graduating from ATLANTIS in other chemical dependency programs. Thus, for instance, a client who is to be paroled soon after leaving the closed unit program may be placed in a halfway house to aid his transition back into the community and to make sure that he continues receiving assistance with chemical dependency problems. Residents who are to be discharged to the minimum security facility are encouraged to enter the group therapy program run by ATLANTIS staff. All clients are asked to try to get involved in a Narcotics Anonymous or Alcoholics Anonymous program, either at the institution if they are reentering the general prison population, or in the community if they are being paroled.

In their contract with the project, inmates must guarantee a minimum six-month commitment to the ATLANTIS program, and many will reside in the unit longer. The project director, Mr. Richard Craven, estimates that a one-year residence in the project is usually needed for the best therapeutic results. Termination from the closed unit is both a staff recommendation and a therapeutic group decision based upon evidence that an individual inmate is ready to be released to the general inmate population. The candidate for release must complete required project course work, successfully pass tests, document progress made over the preceding year, and present a follow-up/aftercare plan for himself. If the application for discharge from the closed unit is denied, the inmate must wait three months to reapply. Project personnel do not make recommendations to the Minnesota Corrections Board, which is the paroling authority. The project staff feels that this rule helps populate ATLANTIS with inmates seeking treatment and not just assistance in gaining parole from prison.

Once clients graduate from the closed unit program they have completed the intensive treatment phases of ATLANTIS. Their progress, however, is still monitored by program staff for a two-year period. During that period of time, the staff performs follow-up reviews of former clients on a two-month, six-month, twelve-month, and twenty-four month basis. If it is determined that a former client needs aftercare assistance or if he requests such assistance, ATLANTIS staff will work with that individual until an appropriate agency or group can be found to take over. Thus, except for the group therapy and one-to-one counseling sessions conducted for former closed unit clients discharged to the minimum security unit, aftercare treatment by ATLANTIS staff is generally on an ad hoc basis.

The ATLANTIS closed unit program is a demanding one, both in terms of the commitment expected from clients and the amount of time involved in treatment-related activities. Therapy, for example, begins at 7:30 a.m. and runs until 7:00 p.m., five days weekly. This generally includes three or more group sessions and two lectures each regular treatment day. Each day clients are also responsible for working on various chemical dependency reading and writing assignments. Clients also receive between one and two hours of one-to-one counseling a week. Saturday and Sunday have shorter therapy schedules than do the five weekdays. Table 2 presents the ATLANTIS closed unit program's current treatment schedule broken down by day of the week.

Senior residents in the closed unit can attain positions of authority such as group coordinator, foreman of the maintenance crew, or clerk/typist for the unit. Five members of the unit, usually the newest

[illegible]

residents, work three hours a day on the maintenance crew contributing to the upkeep of the living area. Most are paid positions.

There are eight persons (including a secretary) on the staff of the ATLANTIS program. ATLANTIS has a director who supervises the closed unit program and the chemical dependency program at the minimum security unit. The director is the administrative head of the treatment program. He is accountable to both the MSP administration and to the "Central Office" (i.e., the Department of Corrections).

The program director is assisted in his administrative tasks by a program supervisor. In addition to performing a variety of administrative tasks, the supervisor is in charge of the counseling staff of the program, custody procedures, and data collection.

The actual counseling staff of ATLANTIS is composed of one senior counselor and four chemical dependency counselors. The senior counselor supervises the day-to-day delivery of services to clients by the counselors. He also does most of the admissions interviewing. The four counselors work directly with the residents on a treatment basis.

The staff of the program has been fairly stable. In the first two years of operation one staff member was discharged at the program director's request, and two took other employment because of better wage offers. The program has had the same director and supervisor since start-up.

Furthermore, staff morale appears to be high. Both the program director and program supervisor feel staff morale is good. This impression seems to be confirmed by interviews with the four ATLANTIS chemical

dependency counselors. All described staff morale as "good" or "very good."¹

As was noted, the program director of ATLANTIS is accountable to the prison administration. The MSP administrator most directly in touch with the daily operations of ATLANTIS is the unit director of Cell Hall C, Cell Hall D and Recreation. The director of ATLANTIS reports to the unit director who in turn reports to the associate warden and the warden.

The director of ATLANTIS meets with the Cell Hall C/Cell Hall D unit director once a week and assists in overall planning of policy for the whole institution. He and the program supervisor are in daily contact with the line staff and other administrative personnel of the prison. The ATLANTIS director describes the relationship between program staff and MSP administrative staff as "working on a compatible basis."² In the program director's opinion, the warden has been "supportive" of the program and the director also feels that about 60 percent of the line staff (e.g., correctional officers, custody staff) have been supportive.

The program supervisor also believes administrative support exists for ATLANTIS. He believes that the warden and the institutional staff have "favorable" attitudes toward the program. Of the latter he says:

There are some staff who don't understand what treatment is about. This program may threaten other staff. However, many staff are interested in what we do, come back to the unit to learn what we do, make referrals to us, ask us about how we can mutually cooperate with

¹From interviews with the program staff, ATLANTIS chemical dependency program, July, 1978.

²From an interview with the director, ATLANTIS chemical dependency program, July, 1978.

each other and also talk to us about how to help chemically dependent friends and relatives.¹

The MSP administrators seem to share the ATLANTIS staff's satisfaction with their relationship. The unit director of Cell Hall C/Cell Hall D claims that the establishment and functioning of the ATLANTIS program has not created a significant degree of problems for himself or for the prison. He views the attitudes of institutional staff toward ATLANTIS as "supportive" and notes that "original lower staff skepticism toward therapeutic programs has improved to a state of encouragement and support."²

As was noted, ATLANTIS staff members work closely with outside agency personnel when arranging for services to be provided to clients while in the closed unit and when referring clients to aftercare programs (e.g., halfway houses in the community). Personnel from agencies outside MSP frequently visit the closed unit to provide information to the ATLANTIS staff and clients. Representatives of NA and AA come into the prison and unit for group therapy sessions. ATLANTIS also utilizes guest speakers from various community social service agencies to a moderate extent, but plans to increase the use of such speakers in the future. ATLANTIS staff also has frequent contact with personnel from other programs operating at the prison. At present, there is an educational program and a transactional therapy (Asklepieion Therapeutic Community) program at MSP.

¹From an interview with the supervisor, ATLANTIS chemical dependency program, July, 1978.

²From an interview with the director of Cell Hall C, Cell Hall D and Recreation; Minnesota State Prison; July, 1978.

ATLANTIS provides chemically dependent inmates a highly structured treatment program to deal with their chemical dependency. Prospective clients are closely screened to determine their need for treatment and their willingness to participate actively in the program. Once admitted to the program the client progresses through a series of treatment phases which requires a minimum of six months to complete and which closely corresponds to the Alcoholics Anonymous model. An "aftercare" plan is established for the client before he leaves the program. Client progress is monitored by project staff for a two-year period after he leaves the program.

E. ATLANTIS CLIENTS

1. Social and Demographic Characteristics. Because ATLANTIS aims to provide treatment to any chemically dependent inmate who sincerely wishes to participate, the program has attracted a heterogeneous client population. Although this population shares some of the social and demographic characteristics of their fellow Stillwater inmates, it also differs from them in some important respects. This section will review the basic characteristics of both groups and attempt to account for some of the differences.

Between December 17, 1976, when the program began accepting clients, and June 30, 1978, a total of 50 inmates was admitted to ATLANTIS.¹ Because ATLANTIS is based solely at the Minnesota State Prison, it serves

¹The actual number of individuals who entered ATLANTIS is 50. Three of the 50, however, terminated from the program and reentered it at a later date. The analysis of ATLANTIS client profiles, therefore, includes the actual individuals in the program. For the purpose of the remainder of the report, however, these three were each considered to be new clients when admitted for the second time and accordingly counted twice.

an all-male clientele.

The men who make up the client population of ATLANTIS are generally younger than most inmates at Stillwater. Clients range in age from 21 to 41 years and have an average age of 27.2 years at program intake. On the other hand, the average age at the time of sentencing for MSP inmates is 29.9 years.¹ Because ATLANTIS clients have been incarcerated an average of 16 months before entering the program, their age at the time of incarceration is 25.9 years. Therefore, program clients on the average are four years younger than their prison counterparts.

Unlike age, the ethnic background of ATLANTIS clients does not generally differ from that of the inmates as a whole. As Table 3 shows about one-quarter of the program clients are of minority background. Only American Indians appear to be underrepresented among the clients. According to the program staff, the low number of applicants from American Indians at MSP appears to stem from perceived cultural differences and a lack of trust toward traditional methods of treatment. Some American Indians at Stillwater have preferred to participate in Indian AA. In addition, a grant was recently awarded by the Crime Control Planning Board to fund an American Indian chemical dependency counselor at the prison who would coordinate his efforts with the ATLANTIS program.²

¹The data in this report on inmates at Minnesota State Prison come from the June, 1977, prison census and include ATLANTIS clients who were incarcerated at the time the census was taken. The data were supplied by the Department of Corrections (DOC).

²Grant award number 45190021078, American Indian Institutional Chemical Dependency program, began July 1, 1978.

TABLE 3
COMPARISON OF ETHNIC BACKGROUND OF ATLANTIS CLIENTS
AND INMATES AT MINNESOTA STATE PRISON

ETHNIC BACKGROUND	PERCENT ATLANTIS (N = 50)	PERCENT MSP (N = 1,043)
White	76.0%	72.6%
Black	20.0	18.5
American Indian	2.0	7.2
Chicano	2.0	1.1
Other	0.0	0.6
TOTAL	100.0%	100.0%

Because ATLANTIS clients are younger than other Stillwater inmates, it is not surprising that they are slightly less likely to have ever been married than the inmates generally (see Table 4). They are also less likely to have any dependents. Sixty-two percent (31) in ATLANTIS have no dependents as compared with 49.6 percent (488) of the general prison population.

TABLE 4
COMPARISON OF MARITAL STATUS OF ATLANTIS CLIENTS
AND INMATES AT MINNESOTA STATE PRISON

MARITAL STATUS	PERCENT ATLANTIS (N = 49)	PERCENT MSP (N = 1,036)
Never Married	46.9%	42.6%
Divorced/Separated	24.5	27.6
Married	28.6	27.3
Widowed	0.0	2.5
TOTAL	100.0%	100.0%

Perhaps the most striking difference between program clients and the inmate population at MSP is their level of educational attainment.

As can be seen in Table 5, ATLANTIS clients are somewhat better educated than the inmates generally and average 1.1 years more education. Furthermore, several clients were continuing their academic training prior to their incarceration. Four were attending college full time, one part time, and one was involved in GED preparation. No comparable data are available for the general prison population.

TABLE 5 COMPARISON OF EDUCATIONAL ACHIEVEMENT OF ATLANTIS CLIENTS AT PROGRAM INTAKE AND INMATES AT MINNESOTA STATE PRISON		
EDUCATIONAL ACHIEVEMENT	PERCENT ATLANTIS (N = 50)	PERCENT MSP (N = 1,000)
10 years or less	18.0%	41.0%
11-12	54.0	48.5
1 year college or more	28.0	10.5
TOTAL	100.0%	100.0%

It also appears that program clients have received more job-related training than have most MSP inmates. However, the data on such training for the two groups are not entirely comparable. Among ATLANTIS clients only 32.7 percent (16) never had vocational training, while 44.9 percent (22) had earned a certificate or degree for completing such training and 22.4 percent (11) had attended vocational training courses, but had not earned a certificate or degree. The data available from the Department of Corrections (DOC) on inmates at the Minnesota State Prison did not include information on vocational training. Inmates had been ranked, however, according to their occupational skill level.¹

¹These rankings are rather loose and are based on interviews with inmates concerning their education and work-related experience.

The vast majority of the inmates (72.5 percent of 1,013 inmates) was determined to be unskilled. Only 4.8 percent (49) were considered unskilled. Only 4.8 percent (49) were considered skilled and 22.7 percent (230) semiskilled. Assuming that the program clients who had received a certificate or degree for completing vocational training would be ranked as at least semiskilled, then proportionately more of the program clients have job-related skills than MSP inmates as a whole. They should, therefore, be substantially better able to obtain employment than their prison counterparts. Furthermore, five (10 percent) program clients were attending vocational classes full time just prior to their incarceration. No comparable data for the entire prison population are available.

Because ATLANTIS clients are better educated and possess higher levels of job-related skills, it is not surprising that they have a better employment record than do Stillwater inmates as a whole. As Table 6 indicates program clients were almost twice as likely to be employed full time as were MSP inmates generally. They were also slightly less likely to be unemployed. Despite this relatively favorable comparison, a majority (62.0 percent) of ATLANTIS clients were unemployed just prior to incarceration.

Not only had ATLANTIS clients experienced a high rate of unemployment just prior to prison intake, they also had failed to maintain steady employment during the twelve months prior to incarceration. Only 14.3 percent of 49 clients worked full time for this entire twelve-month period. Eighteen (34.7 percent) never found full-time employment during this twelve-month period. The average number of months clients were

employed full time during the year prior to prison intake is 4.3, with a median of only 2.8 months of employment.

TABLE 6 COMPARISON OF EMPLOYMENT STATUS OF ATLANTIS CLIENTS JUST PRIOR TO PRISON INTAKE AND INMATES AT MINNESOTA STATE PRISON AT TIME OF ARREST		
EMPLOYMENT STATUS	PERCENT ATLANTIS (N = 50)	PERCENT MSP (N = 982)
Full time	32.0%	17.7%
Part time	6.0	3.2
Irregular	0.0	10.1
Not working	62.0	69.0
TOTAL	100.0%	100.0%

Some ATLANTIS clients were not employed because they were enrolled in academic school or in a vocational training program. Table 7 summarizes the education and employment activities of ATLANTIS clients just prior to prison intake by describing their overall activity status. A client is considered "active full time" at intake if he is enrolled in academic school (grades 1-12 or college) or full time in a vocational training program or if he is employed full time. A client is "active part time" if he is involved on a part-time basis in academic school (including GED courses) or in a vocational training program or if he is employed part time, but not in any of these activities full time. A client is "inactive" at prison intake if he is neither active full time nor active part time. As Table 7 clearly shows, when one combines education and employment activities, almost half of ATLANTIS clients were "inactive" just prior to incarceration.

TABLE 7 SUMMARY: ACTIVITY STATUS OF ATLANTIS CLIENTS JUST PRIOR TO PRISON INTAKE		
ACTIVITY STATUS ^a	NUMBER OF CLIENTS	PERCENT
Active, full time	22	44.0%
Active, part time	5	10.0
Inactive	23	46.0
TOTAL	50	100.0%
^a Activity status combines both employment and education activities.		

In spite of the high unemployment rate among program clients prior to prison intake, the data show that the majority consider themselves not to be in financial difficulty at the time they enter ATLANTIS. Of 49 clients on whom data were available, 18.4 percent reported major financial problems (i.e., some debts) at the time of program intake. Thus, 51.0 percent of the clients reported having no financial problems upon entering ATLANTIS.

That so few ATLANTIS clients should claim to have financial problems, despite high unemployment, is especially surprising given the extremely high percentage (84.0 percent) of the 50 program clients who consider themselves to have been their own primary source of support at prison intake. Only 4.0 percent relied on governmental assistance such as welfare as their primary source of support. Except for one client who had a scholarship, parents, friends, relatives, and spouses supported the remaining clients.

The major reason for this apparent incongruity appears to stem from

some of the clients' perceptions of themselves as self-supporting. The evidence strongly suggests that many who thought of themselves as self-supporting, in fact, had other means of support. Only a minority of those who claimed to be self-supporting lived by themselves (see Table 8). Three (7.1 percent) were in a group residence or correctional institution. The remainder lived with their spouses, friends, relatives or parents. In some cases, the clients were probably supported by those with whom they lived. Of the twenty-three who said they were self-supporting but lived with someone, 60.9 percent were unemployed. Seven (43.8 percent) of the 16 who lived by themselves and claimed to be self-supporting were also unemployed. Since many of those unemployed had been convicted of crimes such as kidnapping, robbery, burglary, and stolen property, it seems reasonable to assume that they had extralegal sources of income.

TABLE 8 LIVING SITUATION OF SELF-SUPPORTING ATLANTIS CLIENTS JUST PRIOR TO PRISON INTAKE		
LIVING SITUATION	NUMBER OF CLIENTS	PERCENT
Self	16	38.1%
Spouse/Partner	14	33.3
Parents	3	7.1
Friends/Relatives	6	14.3
Correctional Institution/ Group Residence	3	7.1
TOTAL	42	99.9%

In general, ATLANTIS clients differ from their prison counterparts in some fundamental ways. Most importantly, they are generally younger and better educated than Stillwater inmates as a whole. Since the

ATLANTIS staff does not take age and education into consideration in selecting program clients, this difference probably must be explained through a process of self-selection. If there are age and educational differences between chemically dependent and nonchemically dependent inmates at Stillwater, the difference could explain some of the age and educational differences between ATLANTIS clients and other prison inmates. Unfortunately, the data are not available to test this hypothesis. It appears unlikely, however, that the differences between chemically dependent and nonchemically dependent inmates could account for all of the differences between ATLANTIS clients and Stillwater inmates generally. Therefore, it seems that *treatment programs such as ATLANTIS will appeal most to younger, better educated, chemically dependent inmates.*

Aside from age and education, ATLANTIS clients do not differ substantially from MSP inmates as a whole. Except for an underrepresentation of American Indians, the ethnic composition of the program corresponds fairly closely to that of the prison. ATLANTIS clients have somewhat better work histories than most inmates, but it is still quite poor. Well over half of the clients were unemployed just prior to incarceration.

2. Correctional Histories. While it is possible to compare ATLANTIS clients with the general inmate population at MSP based on a number of social and demographic variables, it is impossible to compare their correctional histories. With the exception of the offense for which the inmates were incarcerated, no correctional history data are readily available from the Department of Corrections.

Despite the lack of comparable correctional data on program clients and Stillwater inmates, some conclusions are apparent from the clients' correctional histories.¹ As shown in Table 9, ATLANTIS clients generally have had extensive involvement with the criminal justice system, both as juveniles and as adults. As juveniles most (64.0 percent) of the 50 program clients have been repeat offenders. On the average an ATLANTIS client was adjudicated delinquent for 3.8 status offenses and 2.6 nonstatus offenses.² Only 20.0 percent of the clients had never been adjudicated delinquent for either a status or nonstatus offense. Furthermore, ATLANTIS clients were fairly young when first adjudicated delinquent. They averaged 12.7 years of age at the time of their first delinquency.

Program clients continued this pattern of criminal activity as adults. Their average age for first adult conviction was 19.6 years. Almost three-quarters (74.0 percent) of the clients were under 21 when they were first convicted as adults. They averaged 4.0 misdemeanor and gross misdemeanor convictions and 3.4 felony convictions. Only 12.0 percent of program clients were first-time offenders as adults.

¹ Correctional history data were provided by the ATLANTIS staff on intake forms. Sources of these data included, in some cases, clients' recollections and/or admissions of correctional histories. Verification of these data is extremely difficult and accuracy cannot be determined. This is particularly true of data on juvenile offenses, due to the extensive restrictions on the recording and release of such information.

² Status offenses are acts which are considered offenses only because of a child's status as a minor (e.g., truancy, drinking under-age). Nonstatus offenses are acts which would also be considered offenses if committed by adults (e.g., auto theft, forgery).

TABLE 9
CORRECTIONAL HISTORIES OF ATLANTIS CLIENTS

VARIABLE	MEAN	MEDIAN	RANGE	N
Number times adjudicated delinquent, status offenses	3.8	1.4	0-30	49
Number times adjudicated delinquent, nonstatus offenses	2.6	1.7	0-17	49
Age at first adjudication as delinquent	12.7	13.1	6-18	36
Age at first conviction as adult	19.6	18.9	15-26	50
Number misdemeanor and gross misdemeanor convictions ^a	4.0	2.4	0-20	50
Number felony convictions ^a	3.4	3.1	1-7	49
Number months served under sentence in jails and workhouses	13.9	7.5	0-60	50
Number months served under sentence in adult state or federal correctional institutions	48.6	34.5	0-156	50
Number months in residential community treatment programs	8.5	0.6	0-68	50
Number offenses for present conviction	1.8	1.7	1-4	50
^a Including present conviction.				

Because of their extensive involvement with the criminal justice system, ATLANTIS clients have spent long periods under incarceration (see Table 9), especially at state and federal correctional institutions. In addition, over half (52.8 percent) have spent time in residential community treatment programs (e.g., halfway houses and P.O.R.T. [Probationed Offenders Rehabilitation and Training] projects).

Although it is impossible to determine if the correctional

histories of ATLANTIS clients are typical of those of Stillwater clients generally, it is possible to compare the offense types of present convictions for the two groups. Table 10 reveals some striking differences between the offense types of ATLANTIS clients and the general inmate population at MSP. The ATLANTIS clients were much more likely to have been convicted of income-producing crime than were their prison counterparts. Seventy percent of program clients were convicted of robbery and property crimes as compared with 55.5 percent of the other inmates. It is not surprising that clients in a chemical dependency program are more likely to have been convicted of narcotic violations than are other inmates. However, only a small minority of program clients (8.0 percent) fall into this category.

TABLE 10 COMPARISON OF OFFENSE TYPE OF PRESENT CONVICTION OF ATLANTIS CLIENTS AND INMATES AT MINNESOTA STATE PRISON		
OFFENSE TYPE	PERCENT ATLANTIS (N = 50)	PERCENT MSP (N = 1,046)
Homicide	2.0%	15.2%
Robbery	36.0	20.4
Other, against Person	20.0	21.2
Burglary	24.0	14.2
Other, Property	10.0	20.9
Morals and Narcotics	8.0	4.0
Other, Including Public Order	0.0	4.1
TOTAL	100.0%	100.0%

These differences in offense types probably stem from the varying patterns of criminal activity exhibited by clients and other inmates. The literature suggests that chemically dependent offenders are more likely to be involved in income-producing crime than other

offenders.¹ This pattern appears to hold true for ATLANTIS clients. Furthermore, some recent literature also argues that the chemical dependency problems of most prison inmates originate prior to incarceration. Most inmates who are not chemically dependent before they enter prison are not likely to develop chemical dependency problems while incarcerated.² Therefore, inmates who are imprisoned for offenses such as homicides which are not generally associated with chemical dependency, are not likely to suffer from drug abuse while in prison. Thus, these offenders are not likely to be found in chemical dependency programs such as ATLANTIS.

F. ANALYSIS OF EFFECTS

1. Program Completion. The first measure of the effectiveness of the ATLANTIS program is the proportion of clients who satisfactorily complete the program. Clients who have "completed the program" are those who, in the judgment of ATLANTIS staff, have achieved the objectives with which they began residence in the closed unit. Such clients have completed the various phases of their treatment plans and accordingly are viewed by the staff as program "graduates."

¹ See for example, William H. McGlothlin, M. Douglas Anglin and Bruce D. Wilson, "Narcotic Addiction and Crime," *Criminology* 16 (November, 1978), pp. 293-315 and William C. Eckerman, James D. Bates, J. V. Rachal and W. Kenneth Pool, *Drug Usage and Arrest Charges. A Study of Drug Usage and Arrest Charges among Arrestees in Six Metropolitan Areas of the United States* (Final Report BNDD Contract No. J-70-35), Washington, D.C.: Drug Enforcement Administration, 1971.

² Charles W. Thomas and Robin J. Cage, "Correlates of Prison Drug Use: An Evaluation of Two Concept Models," *Criminology* 15 (August, 1977), pp. 193-210. They write that only 4.4 percent of those who did not report preprison drug involvement (N = 90) began using drugs after incarceration.

But satisfactory completion is only one reason for which a client may be terminated from the program. Some reasons for termination imply, at least to some degree, failure in the program. Clients, for example, may fail to terminate satisfactorily from the program due to lack of cooperation, failure to participate, lack of progress, disciplinary reports, escapes or other negative conduct, or voluntary termination.¹ A client who was terminated from ATLANTIS for any one of these reasons is said to have "failed to complete the program."

Based on this classification, Table 11 presents a summary of the reasons for which ATLANTIS clients were terminated from the program during the period between the December program start-up and June 30, 1978. The data for this table were provided by ATLANTIS program staff.

TABLE 11 REASONS FOR TERMINATION FROM THE ATLANTIS PROGRAM		
REASONS FOR TERMINATION	NUMBER OF CLIENTS	PERCENT
<u>COMPLETED PROGRAM</u>	17	54.8%
Completed program	17	54.8%
<u>FAILED TO COMPLETE PROGRAM</u>	14	45.2
Lack of progress	6	19.4
Lack of cooperation/ failure to participate	5	16.1
Voluntary termination	3	9.7
TOTAL	31	100.0%

As of June 30, 1978, 31 clients had terminated from ATLANTIS. The data show that over half of the clients terminated from ATLANTIS after

¹Voluntary termination refers to those cases in which the client has been making good progress in the program, but wishes to leave the program despite staff recommendations that he remain.

having satisfactorily completed the treatment program. Of the 31 clients who have terminated from ATLANTIS, 54.8 percent completed the program and 45.2 percent failed to complete the program.

The reasons for failure to complete the program were "lack of progress" (19.4 percent), "lack of cooperation/failure to participate" (16.1 percent), and "voluntary termination" (9.7 percent). None of the clients was listed by program staff as having failed to complete the program specifically because of disciplinary reports or escapes. No clients were listed as having been released from MSP before the program was completed.

Unfortunately, the reasons for termination of ATLANTIS clients cannot be compared, at this time, with those of clients from other chemical dependency programs. Aside from voluntary groups such as AA and NA, ATLANTIS is the only chemical dependency program in operation at the Minnesota State Prison. There is a chemical dependency program, "RESHAPE," at the State Reformatory for Men (SRM) in St. Cloud for which a general "dropout rate" was available, but data on the specific reasons why its clients have terminated were unavailable. The dropout rate of that program appears to be somewhat higher than that of ATLANTIS.¹ Caution must be exercised, however, in making any comparison between the dropout

¹Information submitted to the Crime Control Planning Board by the RESHAPE program at State Reformatory for Men (SRM) shows a dropout rate (clients who quit the program or were suspended for rules violations) of 69.8 percent (37 out of 53 clients who were admitted to the program) for the period of June 30, 1975, to June 30, 1976, and a dropout rate of 77.5 percent (55 out of 71 clients admitted to the program) for the period of June 30, 1976, to June 30, 1977.

These data cover only the institutional phases of the program, and do not take into account dropouts during RESHAPE's aftercare community-based (halfway house) phase.

rates of the two programs, as their frameworks and program phases differ substantially.

Further analysis of program completion did reveal some differences in the social and demographic characteristics of those who successfully completed the program and those who were unsuccessful. Although the relationships were weak, those who failed to complete the program tended to be older, less educated, and more likely to be repeat felons than were those who successfully completed the program. Unfortunately, the number of cases involved was too small to offer much confidence in the reliability of these results. Further analysis of the relationship between social and demographic characteristics of program clients and their termination status will be conducted in the final report. Hopefully, the number of cases will be large enough to ensure more reliable results.

2. Chemical Use in Program. The ATLANTIS program is primarily a chemical dependency treatment program. As has been shown, the program carefully screens prospective clients to establish whether they have need of such treatment. Furthermore, the goals of ATLANTIS reflect its focus toward providing chemical dependency services which will lead clients to remain chemically free both during and following the program.

At time of intake, therefore, all 53 clients had chemical dependency problems. According to the program staff, 37.7 percent (20) of the clients had a history of drug abuse, 9.4 percent (5) had a history of alcohol abuse, and 52.8 percent (28) had a history of both drug and alcohol abuse. In the opinion of the staff, all 53 had chemical dependency problems serious enough to warrant immediate and intensive treatment.

It is difficult to get an accurate indication of the impact of the program on clients' use of drugs and alcohol. Clients may be reluctant to provide the program staff with information which could incriminate them or be placed in their files. Thus, they may not be frank with staff about their history of chemical use or about their current chemical use. While they are in the project, however, the project staff has both formal and informal procedures to determine chemical use among the clients. Each week the staff randomly selects clients for urinalysis testing. Urinalysis tests also are given randomly at intake and termination. In addition to this random-testing procedure, the staff relies on its own observations, the observations by institution staff members, and "the grapevine" which operates both within the unit and the prison as a whole. A client suspected of using chemicals while in the program and unwilling to admit it, is given a urinalysis test. Although this testing does provide the project staff with hard data on the use of chemicals, it does have some important limitations. A urinalysis/breathalyzer test can only measure chemical use at an isolated point in time. Unless a client is suspected of using chemicals or is selected randomly for testing, his use of chemicals may go undetected. Furthermore, the urinalysis tests now being given do not detect marijuana usage. The project staff is currently investigating the possibility of eliminating this shortcoming in the urinalysis tests which are currently given. In spite of these problems, the ATLANTIS staff believes it has a pretty good idea of which clients are staying free of chemicals while in the program.

According to data provided by the staff of ATLANTIS, only 1 (1.9 percent) of the 53 clients who entered the program had positive (i.e.,

indication of chemical use) urinalysis/breathalyzer test results at intake, 24 (45.3 percent) had negative (i.e., indication of no chemical use) results, and 28 (52.8 percent) were not given urinalysis/breathalyzer tests.¹ Staff feels that these results are due to the fact that new clients tend to refrain from chemical use in order to stay in the program. *None of the urinalysis/breathalyzer tests administered to clients at termination from the program registered chemical use (i.e., positive scores).*² The program staff considers the negative test results at termination as one indication that ATLANTIS has succeeded in keeping clients off drugs and alcohol while they were in the program.

Based on information provided by the clients and information in their files, the program staff determined the number of weeks clients had been "straight" (i.e., chemically free) at intake and at termination. *At program intake, the majority of the clients (53.8 percent) had been off drugs and alcohol for less than one week.* This is a good indication of the extent of clients' needs upon entering the treatment program. On the average, ATLANTIS clients had been chemically free for 5.9 weeks while the median number of weeks they had been chemically free was 0.4. Nine clients who had been off drugs and alcohol for 14 weeks or more at program intake account for this difference between mean and median averages. Seven of these clients had serious behavior problems at the time they applied for admission to ATLANTIS. The project staff required that they spend several months chemically free while

¹Urinalysis/breathalyzer tests are given on a random basis at intake.

²At termination, 61.3 percent of 31 clients had negative test results, while the remaining 38.7 percent were not given urinalysis/breathalyzer tests.

attending AA and NA meetings to prove their interest in the program before admission. Of the two other clients, one had been a former resident of the program who was dropped and then later readmitted. The other client was a graduate of a chemical dependency program elsewhere who feared his resolve to stay off drugs was becoming shaky within the general prison population.

During the course of the program, however, most clients appear to get off chemicals. At termination from the program, only 17.2 percent of the clients had been off drugs and alcohol for less than one week, whereas 79.4 percent of the clients had been chemically free for at least two months (N = 29). At termination from the program, ATLANTIS clients had been straight an average of 26.9 weeks.

Another indicator of program impact on clients' chemical use is the number of drug- or alcohol-related disciplinary reports they receive. *During the month before their entry into the ATLANTIS program, 16.7 percent of the clients had received at least one drug- or alcohol-related disciplinary report at the prison (N = 48).*¹ *However, during the month before their termination from the program, none of the ATLANTIS clients received any drug- or alcohol-related disciplinary reports (N = 31).*²

As was stated earlier, one of the goals of ATLANTIS is to maintain chemical dependency services which will result in 65 percent of the clients remaining chemically free during their involvement in the treatment

¹Five of the 53 clients who entered the program had been at MSP for less than one month prior to program intake and thus were not included in these calculations.

²Includes data on only those clients who terminated from the program by June 30, 1978.

program. According to ATLANTIS staff, of the 31 clients who terminated from the program by June 30, 1978, 25.8 percent (8) used chemicals during their time in the program, while 74.2 percent (23) remained free of chemicals during that time. These figures are based on the program staff's knowledge of client behavior. The sources of its information include its own observations, the observations by the institutional staff, "the grapevine," and the results of urinalysis/breathalyzer tests. If these sources provide complete information on clients' drug/alcohol use, then ATLANTIS is meeting its goal of getting at least 65 percent of its clients to remain chemically free during their time in the program.

3. Conduct While in Program. The ATLANTIS staff believes there is a direct link between an inmate's use of chemicals and his behavior patterns both during and following incarceration. The staff feels that if its clients receive chemical dependency treatment and stay off drugs and alcohol, they will tend to stay out of trouble. The staff also feels that the safe, sheltered environment the closed unit program offers, fosters good behavior among clients during their time in the program.

The data show that few clients get into trouble while in the program. For example, 29 (93.5 percent) of the 31 clients who terminated from ATLANTIS were not charged with any disciplinary reports while in the program. Furthermore, of the 2 clients (6.5 percent) who were charged with reports, only 1 had disciplinary report charges that were upheld. Thus, 96.8 percent of the ATLANTIS clients stayed free of disciplinary reports during their entire time in the program. As was

stated, one of the ATLANTIS goals was to keep at least 80 percent of the clients free of disciplinary reports during their involvement in the treatment program. The program is clearly meeting this goal.

None of the clients who terminated from ATLANTIS was convicted of any new offense while in the program (N = 31). There were also no escapes or escape attempts made by ATLANTIS clients while in the program.

Another indicator of the behavior of clients during their tenure in the program is the number of unexcused absences from program activities. The data show that, among those clients who terminated from ATLANTIS, 71.0 percent had no unexcused absences from program activities, 9.7 percent had one unexcused absence, 9.7 percent had two, and 9.7 percent had three (N = 31). Furthermore, 82.4 percent of the 17 clients who completed the program did not have any unexcused absences from program activities, with the remaining 20.0 percent having one or two unexcused absences. On the other hand, only 57.1 percent of the 14 clients who failed to complete the program had no unexcused absences, while 21.4 percent had one or two, and 21.4 percent had three such absences.

4. Other Goals. ATLANTIS has three additional goals which cannot be evaluated in this report. They include:

- a. Keeping 40 percent of the ATLANTIS clients chemically free during a six-month period following completion of the closed unit treatment program;
- b. Keeping 70 percent of the ATLANTIS closed unit clients discharged back into the general population at MSP free of disciplinary reports during involvement in the general population for a period of six months; and
- c. Keeping 75 percent of the ATLANTIS closed unit graduates free of recidivism during a one-year period "at-risk"--i.e., released to the

community as opposed to being graduated from the ATLANTIS primary treatment program but not yet out on the streets. Recidivism is defined as a revocation of probation or parole or conviction on a new offense.

As of June 30, 1978, follow-up information was available for only 10 ATLANTIS clients. This number is too few to attempt to draw any conclusions concerning these goals. Instead, these goals will be evaluated in the final report.

G. ATTITUDES TOWARD THE PROGRAM

Both the ATLANTIS and MSP staffs were asked questions concerning the strengths and weaknesses of the program as well as its impact on its clients.¹ Since most of the ATLANTIS staff have been with the program for some time and have therefore developed a commitment to the program, it is not surprising that they should feel very positive about the program. All the ATLANTIS staff members believe that the program is having a significant and positive impact on its clients. The staff members also agree that the individualized nature of client treatment plans is one of the program's best features. None of the ATLANTIS staff had comments critical of the operation of the program. They simply emphasized the difficulties in running any treatment program within a prison environment.

The high regard which the ATLANTIS staff has for the program appears to be shared by the MSP administrator most directly in touch with

¹This section of the report is based on information obtained from interviews with ATLANTIS staff and MSP administrators, as well as from questionnaires administered to program clients. Interviews were conducted and questionnaires administered during July, 1978.

the daily operations of ATLANTIS, the unit director of Cell Hall C, Cell Hall D and Recreation. The unit director feels the program has accomplished as much as could be expected given the prison environment in which it must operate. He also claims that the program has exceeded any of his original expectations.

In addition to program and prison staff, ATLANTIS clients were also asked their opinion of the program and its impact on their lives. Twenty-two ATLANTIS clients completed questionnaires that had been formulated and distributed by the staff of the Crime Control Planning Board.¹ Program clients were asked how helpful they felt the program has been for them-- "very helpful," "somewhat helpful," "not at all helpful," or "I don't participate." Twenty (90.9 percent) of the respondents said the program has been very helpful and two (9.1 percent) said the program has been somewhat helpful. The results of the questionnaire suggest that the program is quite popular among its clients, and they believe it is having a positive impact upon their lives. It should be noted, however, that all the clients were in the program at the time they completed the questionnaire. Thus, it is impossible to be sure that they were entirely frank when filling out the questionnaire. Some may have responded positively because they thought that was expected of them. Others may develop a different perspective about the program once they have left. No questionnaires were distributed to ATLANTIS graduates still in the prison, however, to determine their opinions.

Not only do ATLANTIS clients seem to be very positive about the

¹Program client questionnaires were filled in by ATLANTIS clients on July 6, 1978.

program, but they also see little need for change. Typical suggestions for improvement include more guest speakers, more literature and visual aids, and additional recreational equipment. None of the client suggestions indicates any serious problem with the program. Many clients, in fact, feel that the program should be expanded so that it could serve more inmates.

H. CLIENT LENGTH OF STAY AND PROGRAM OCCUPANCY

Between program start-up and June 30, 1978, 31 clients were terminated from the ATLANTIS program. *The average number of days clients stayed in the program is 202.2 days (or 28.9 weeks).*¹

Length of stay in the program was also separately computed for those clients who completed the program. *The data show that the average number of days spent in ATLANTIS by 17 program completers is 254.3 days (or 36.3 weeks). On the other hand, 14 clients who failed to complete the program spent an average of 100.9 days (or 14.4 weeks) in ATLANTIS.* Thus, program graduates, on the average, stay in ATLANTIS for more than twice the length of time that clients who fail to complete the program do.

By June 30, 1978, the ATLANTIS program had been accepting clients for slightly over a year and a half (561 days). *Between December 17, 1976, when ATLANTIS began taking in clients, and June 30, 1978, 53 clients entered the program.*

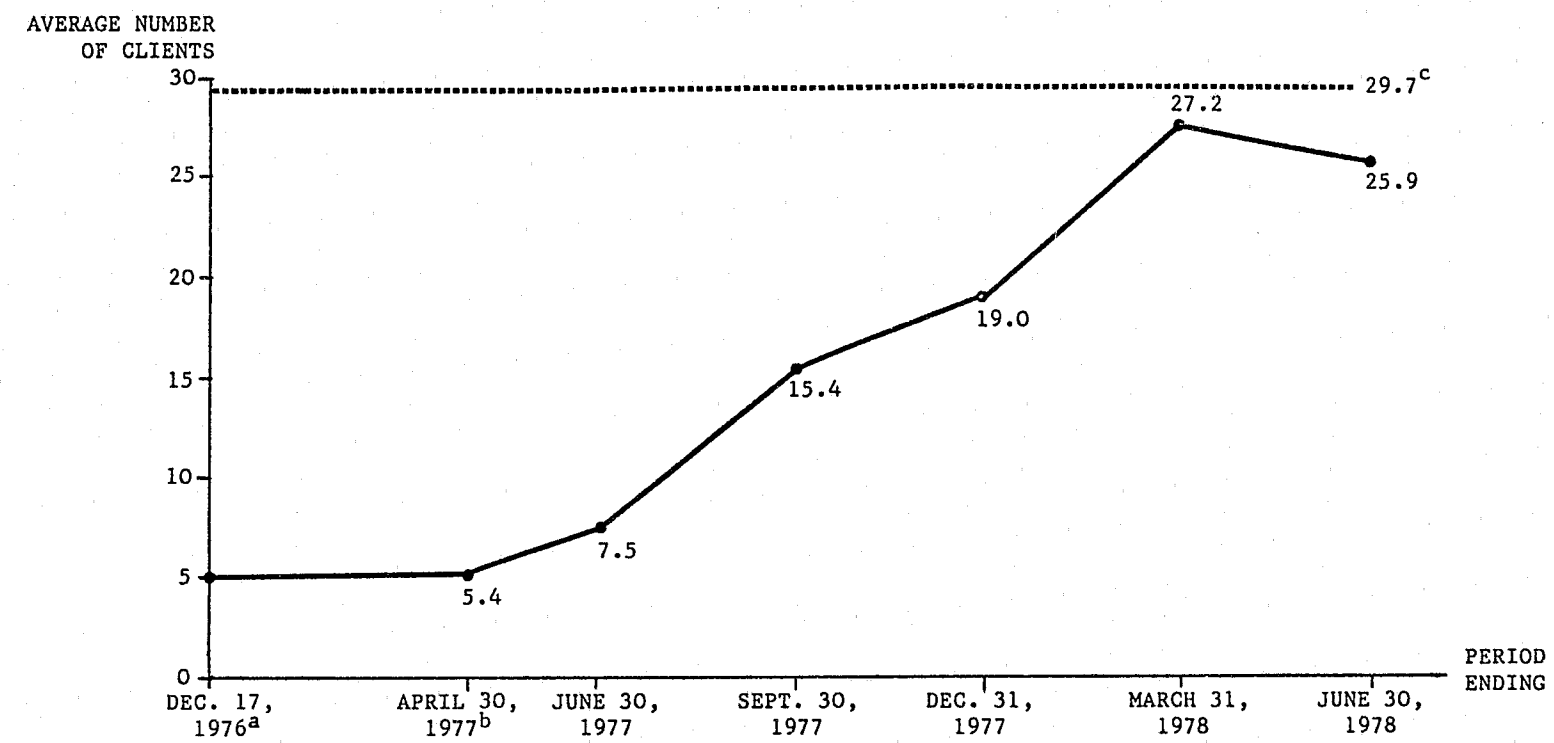
¹Length of stay in program of all clients who terminated from program including both program completers and those who failed to complete the program.

Until May 1, 1977, when the ATLANTIS program moved to the closed unit Cell Hall C area, it was operating as a day care unit designed to serve a maximum of 20 clients. *During this period between December 17, 1976, and April 30, 1977, the average population of the ATLANTIS day care unit was only 5.4 clients per day. After becoming a closed unit (as shown in Figure 1), ATLANTIS experienced a steady increase in its average population through the quarter ending March 31, 1978. For the six months ending June 30, 1978, the occupancy rate of ATLANTIS was fairly stable and averaged 26.4 clients per day. With a capacity of 33 clients, this means the program has had an occupancy rate of 80 percent between January 1, 1978, and June 30, 1978.*

A more detailed analysis of client flow and program occupancy will be included in the final report on ATLANTIS. A cost analysis will also be included in that report.

FIGURE 1

PROGRAM OCCUPANCY RATE FOR ATLANTIS
(December 17, 1976-June 30, 1978)^a



^aOn December 17, 1976, ATLANTIS accepted 5 clients and began to operate as a day care unit.

^bOn April 30, 1977, ATLANTIS ceased to operate as a day care unit, and on May 1, 1977, began to operate

as a closed unit.

^cThis 29.7 figure represents the optimal occupancy rate of 90 percent of capacity.

END