



# Translating Effective Interventions and Research Practices for Correctional Settings

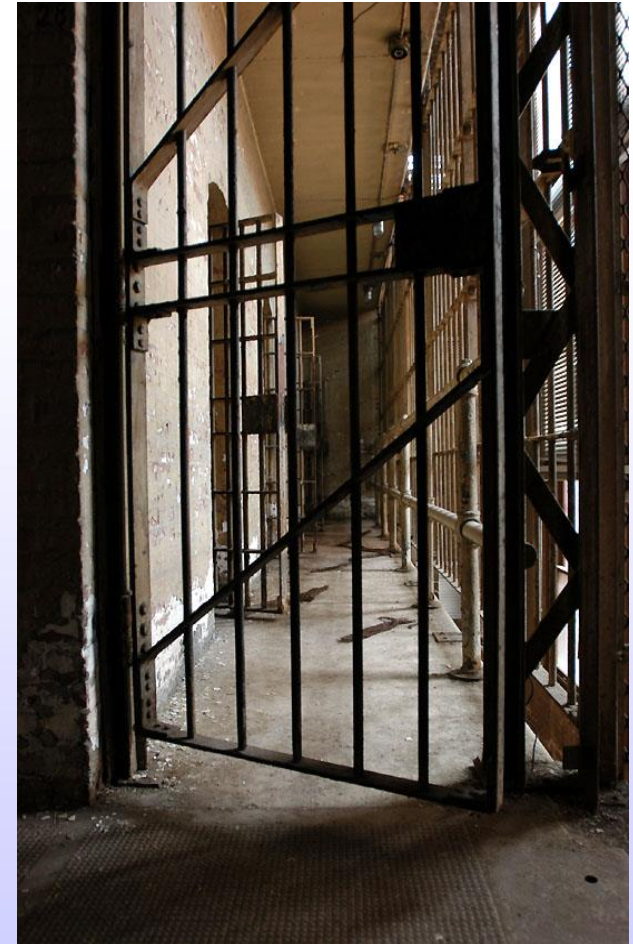
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# Why care?

- ◆ 2.3 million people incarcerated in US prisons and jails
- ◆ 7.3 million people involved in US correctional system
- ◆ >11 million people are released from a prison or jail each year

Bureau of Justice Statistics (2009)





# Health and Incarceration

- ◆ HIV/AIDS - 2 ½ times the national rate
- ◆ STIs, Hepatitis, TB - significantly higher
- ◆ Mental Health - 45-64%
- ◆ Substance Use - as high as 75%
- ◆ Chronic Conditions - significantly higher
  - Hypertension
  - Diabetes



# A Community at Risk

- ◆ Eighty- three percent of state inmates and 73% of federal inmates report past drug use
- ◆ 20% of state inmates report a history of IDU
- ◆ Reality check:  
It is estimated that each year, approximately 25% of all HIV positive persons in the United States spend time in prison or jail.



# The Bottom-line

- ◆ Most people in correctional facilities will return to the community
- ◆ People in correctional facilities (as a population) are relatively unhealthy
- ◆ People come into correctional facilities with higher rates of infectious diseases (e.g. HIV, Hepatitis C, TB)
- ◆ Correctional public health programs represents an opportunity to improve community public health



# What Can We Do?

- ◆ Encourage more research to explore the intersection between public health and corrections
- ◆ Develop interventions specifically for the correctional setting
- ◆ Adapt successful community-based interventions for the correctional setting
- ◆ Evaluate, document and disseminate the results

# How Do We Do That?

**Breaking In**

*Correctional Readiness*



**Staying In**

*Agency Readiness/Program Readiness*




**Getting Out**

*Community Readiness*

# Organizational Readiness = Success







# Key Considerations for Adaptation within a Correctional Setting

## ◆ Recruitment and Enrollment

- How to identify appropriate recruitment and enrollment strategies

## ◆ Program/Intervention Development

- Considerations in developing programs or interventions

## ◆ Maintaining Contact After Release

- What is different about maintaining contact with participants after release

## ◆ Evaluation and Research Design

- Special considerations for evaluation and/or research designs



# Recruitment and Enrollment

- ◆ Marketing a Program on the Inside
- ◆ Consequences of “specialized” program or research eligibility criteria
- ◆ Respecting Privacy
- ◆ A True Informed Consent Process



# Informed Consent within a Correctional Setting

- ◆ Important for both research and program delivery
  - Informed Consent and/or Agreement for Services
- ◆ A true informed consent process within a coercive environment
  - Understanding and communicating ALL of the implications of an intervention within a correctional system

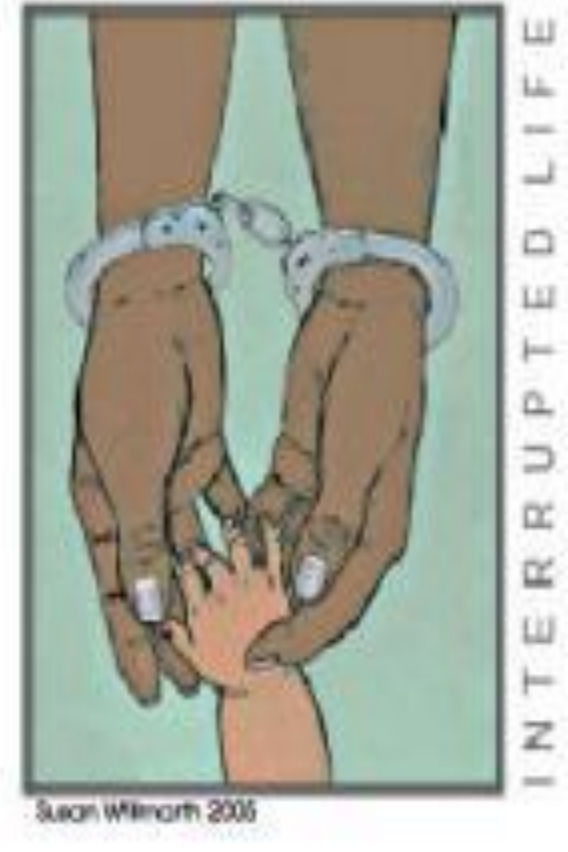
# Striving for Confidentiality

- ◆ Acknowledging limitations
- ◆ Framing the questions
- ◆ Documenting responses
- ◆ Storing information
- ◆ Distributing materials



# Program/Intervention Development

- ◆ Staffing a program
- ◆ Individual vs. group level interventions
- ◆ Considerations for specific populations
- ◆ Program space
- ◆ Clearance of materials
- ◆ Being disease specific





# Knowing the Players

- ◆ Correctional Administration Staff
- ◆ Correctional Custody Staff
- ◆ Correctional Health Providers
- ◆ Other Inside Providers (e.g. education, social services, recreation, religious services)
- ◆ Other Community Service Providers
- ◆ Incarcerated Individuals
- ◆ Outside Health and/or Social Service Departments
- ◆ Parole/Probation Departments



# Maintaining Contact After Release


- ◆ Gathering detailed and creative locator information
- ◆ Traveling to the participant
- ◆ Providing cell phones for staff
- ◆ Conducting active and aggressive community outreach
- ◆ Using incentives
- ◆ Contacting Parole Departments



# Evaluation and Research Design

- ◆ Determination of appropriate timeframes for participant responses
  - 1 month prior to this incarceration is very different for individuals with varying sentences
- ◆ Definition of measurements of success
  - Risk Reduction
  - Reincarceration
- ◆ Documentation and participant security
  - Disclosure of illegal behaviors while still incarcerated





# Efforts in Adaptations and/or EBI's for the Correctional Setting

## ◆ Positive Living Using Safety (PLUS)

- Result of formative research on the examination of established EBIs\*
- Adaptation of Holistic Health Recovery Program (HHRP+)
- Focuses specifically on HIV+ individuals transitioning from correctional setting to community
- Individual or Group Level Intervention
- Appropriate for Correctional Setting (Pre-release) or Community Based Setting (Post-release)

\* Copenhaver, M., et. al. (AIDS Patient Care STDs, 2009)

# Project START



- ◆ Only intervention designed specifically for incarcerated populations in CDC's Compendium of Evidence-based Interventions
- ◆ Research demonstrated significant reduction in sex-related risk behaviors at 6 months post-release\*
  - Individual level intervention
  - 2 sessions “inside”/4 sessions “outside”
  - Helps clients to “bridge” from the inside to outside community services that support their HIV/STI/hepatitis risk reduction and transitional goals
  - Utilizes risk reduction counseling, prevention case management, & motivational enhancement strategies

\* Wolitski, R.J., et al. (Am J Public Health, 2006)

# Lessons Learned from Project START



HIV/STI/ hepatitis risk reduction programs for people being released from correctional settings are more effective and feasible if they:

- ◆ Start where the client is and stay client-centered
- ◆ Use small incremental steps to help clients work on their goals
- ◆ Include HIV/STI/hepatitis risk reduction with an individual's more pressing post-release needs (e.g., housing, employment, etc.)
- ◆ Focus on bridging the gap from prison back to the community



# Contact Information

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