



**FOURTH JUDICIAL DISTRICT**

**Grant Evaluation for Female  
Defendants with Children and Mentally Ill  
Defendants in Drug Court**

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In addition, we would like to thank the following probation officers: Julie Rud, Alyssa Walswick, and Lisa Eiche for their ongoing support with the preparation of this report. Julie provided us with the Reuben Lindh data and provided us with valuable information regarding women offenders with children. Alyssa did a phenomenal job of updating the SPMI database for us in a timely manner. Lisa spoke with us about SPMI clients and allowed us to observe her DBT classes which provided us with valuable insight for this grant evaluation.

Finally, we would like to thank Kay Tellinghuisen for taking the time to speak with us about the services at Reuben Lindh and her work with the female defendants.

Fourth Judicial District of Minnesota  
Grant Evaluation of Drug Court Defendants: Executive Summary

Background

- In October of 2003, Hennepin County Corrections received a Drug Court Enhancement Discretionary Grant in the amount of \$300,000. This grant project was designed to enhance community supervision, case management, and therapeutic services for two groups of offenders: female defendants with children and defendants with serious and persistent mental illness (SPMI).
- The grant for the SPMI group was implemented from 10/10/2003 through 9/30/2005. The grant period for the Reuben Lindh defendants was from 10/10/2003 until 12/31/2005.

Research Design

- A database was created for the 46 female Drug Court defendants who had children in their custody and received services from Reuben Lindh. Data were collected regarding the number of positive UAs taken, the amount of bus passes that defendants received, whether or not treatment was completed, whether or not defendants' probation had been extended, and the types of services that defendants received from Reuben Lindh. A comparison group of 50 female defendants with children who were involved in Drug Court one or two years prior to the grant implementation was selected at random from the entire sample of women with children to compare UA results and Drug Court outcomes.
- Defendants in the Reuben Lindh group were able to receive services that dealt with parenting issues, drug use, relationships, and life skills.
- Databases were also created for the SPMI group of 282 defendants and a comparison group of 108 defendants who were SPMI defendants and began Drug Court prior to the grant implementation. These two groups were compared with regard to their Drug Court outcomes and the length of time until being placed on Administrative Probation. In addition, recidivism rates were compared between these two groups while they were in Drug Court and six months after they were placed on Administrative Probation.
- SPMI defendants in the grant group were able to be placed on caseload with probation officers who have specialized training and experience in dealing with this type of population. Many of these defendants were also able to participate in DBT (Dialectical Behavioral Therapy) classes.

Results of Quantitative Analysis

- Defendants in the Reuben Lindh group were less likely to test positive for drugs while they were receiving services from Reuben Lindh than before they began receiving services. They were also less likely to test positive than those in the comparison group.

- More than two-thirds of Reuben Lindh (37%) received bus passes with an average amount of \$73.44 per recipient.
- Reuben Lindh defendants were more likely to have their probation extended but they were also more likely to complete treatment than the comparison group.
- Over 300 defendants were able to receive some type of services from the SPMI probation officers: 109 received were triaged and 282 were placed on the SPMI caseload.
- SPMI defendants were less likely to receive a conviction while in Drug Court, whereas the comparison group was less likely to receive a new conviction after being placed on Administrative Probation.
- SPMI defendants also spent less time in Drug Court before being placed on Administrative Probation.

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## Background

In October of 2003, Hennepin County Corrections received a Drug Court Enhancement Discretionary Grant in the amount of \$300,000. This grant project is designed to enhance community supervision, case management and therapeutic services for two groups of offenders: Women with children, and those with serious and persistent mental illness (SPMI) issues.

The grant for the SPMI group was implemented 10/10/2003 through 9/30/2005. The grant period for the Reuben Lindh defendants was from 10/10/2003 until 12/31/2005. The immediate supervisor of grant-related projects is Dennis D. Miller, the Hennepin County Drug Court Coordinator.

### **Women Offenders with Children: The Reuben Lindh Data**

#### Women and Substance Abuse

Although criminal justice offenders are typically males, there has been an increase in the number of female offenders in the criminal justice system in the past 30 years. This increase has been found for both jail and prison populations. Recent research has found the female prison population to be increasing at a faster rate than males, and that convictions are often for drug offenses (Associated Press, 2004).

Because defendants are most often men, little attention has been given to the treatment and intervention plans for women with substance abuse problems. This is problematic because female offenders differ from male offenders in several ways. For example, they are more likely than men to have medical and psychological needs and have greater needs regarding finances and education (Simon & Moore, 2001). Women also face greater childcare burdens because they are often the primary caregivers of their children (Hser, Huang, Teruya, & Anglin, 2004; Simon & Moore, 2001). Unfortunately, many treatment programs provide more assistance with education and employment than with childcare, making treatment attendance somewhat more difficult for women with children (Nelson-Zlupko, Dore, Kauffman, & Kaltenbach, 1996).

With regard to substance abuse, women differ in their treatment needs and do not respond effectively to treatment designed for men (Goldberg, 1995). Women face many problems that co-exist with their substance abuse problems. For example, these women are often victims of multiple forms of violence (e.g., physical, sexual, mental) during childhood and adulthood (Simon & Moore, 2001). Women are also more influenced by their partners' substance use compared to men in that they are more likely to use when their partners are using (Hser, Huang, Teruya, & Anglin, 2004). However, women are less likely to relapse compared to men after completing treatment (Walitzer & Dearing, 2006). In addition, there is a lack of treatment programs designed to meet the needs of women addicts, especially those with children. Treatment plans that have been found to be effective for women not only address addiction, but also the needs of the women and their children (Goldberg, 1995). Treatment needs for women include individual and group counseling, skills training, education on safe sex and domestic violence, and vocational and parenting training (Shearer, 2003). Women substance abusers also

suggest segregated treatment groups to allow them to talk more openly about sensitive topics and to minimize the distraction that men may cause (Sterk, Elifson, & Theall, 2000). Treatment plans are more effective when they address multiple issues or collaborate with other service providers so that these multiple needs can be met.

In summary, women are increasing their presence in the criminal justice system and they need treatment that addresses their multiple needs. The needs that women have differ from traditional approaches used for men. Although they require different forms of treatment than men, they are less likely to relapse once they complete treatment.

#### Summary of Reuben Lindh Services

Reuben Lindh provides multiple services designed specifically for this population. For a full description of these services, please see Appendix A which is a summary from Reuben Lindh's 2005 annual report. Examples of the services include: learning appropriate parenting skills, learning new parent/child activities, plans for not using drugs, and connecting with community resources.

#### The Referral Process

Female Drug Court defendants were referred to Reuben Lindh if they met the following criteria: they must have children in their custody, they must be available to attend the groups held on Thursday evenings, and they must have completed treatment or not been in need of treatment. Women who met the first two criteria and were using drugs were referred to treatment prior to a referral to Reuben Lindh. The time that these women were involved with Reuben Lindh varied and was based on communication between the staff at Reuben Lindh and the probation officers.

#### Reuben Lindh Data Collection

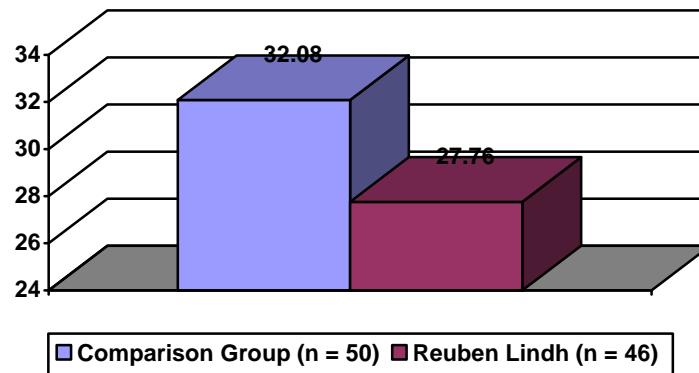
Data were collected for both Reuben Lindh defendants and the comparison group. The comparison group consisted of 50 female Drug Court defendants who had children. These 50 women were selected at random from the entire sample of female Drug Court defendants with children for the two years prior to the grant's implementation. The following variables were collected for both groups: age, race, UA data, case outcomes, and whether or not their probation had been extended. This information is reported under the "Demographics" and "Evaluation" sections.



## Demographics

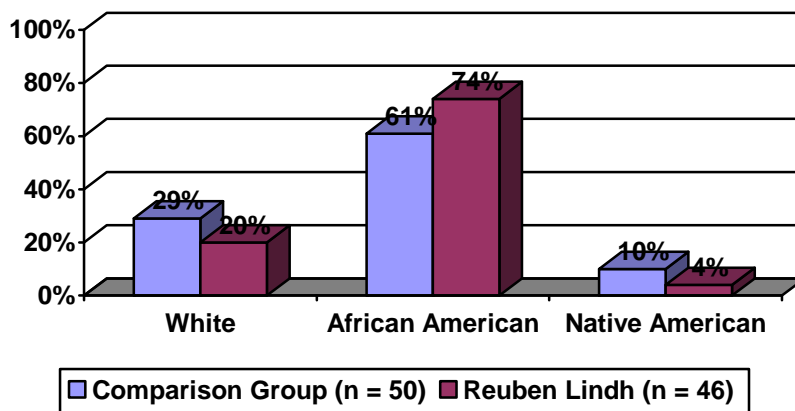
Female defendants in the comparison group were slightly older than the Reuben Lindh defendants and this difference was significant. However, the reason why the Reuben Lindh defendants were younger is unclear because the comparison group consisted of women who would have been referred to Reuben Lindh had those services been available.

Average Age of Defendants



There were no significant differences regarding race between the comparison group and the defendants who received services from Reuben Lindh.

Race of the Defendants



## Evaluation Results

**Outcome Objective #1:** Seventy-five female offenders in Drug Court will be referred to trauma therapy and/or wrap-around services at Reuben Lindh annually after successful completion of primary chemical dependency treatment or in the absence of a treatment referral.

**Results:**

Fifty-seven women were referred to Reuben Lindh for services while they were involved with Hennepin County's Drug Court. Eleven people did not receive services after the referral because they refused services or were not in contact with the court (on bench warrant status). A total of 46 women received Reuben Lindh services and were included in this evaluation report.

**Outcome Objective #2:** Annually, four interns and/or volunteers will supervise between 60-80 female and/or SPMI clients participating in the Drug Court program.

**Results:**

Interns have been involved in the supervision of both the female and SPMI caseloads since the beginning of the grant. One intern supervised a small SPMI caseload, and one supervised a female caseload. Both completed the internship as a part of their qualifications for a Master of Social Work degree.

The project used fewer interns than originally planned. Particularly in the women's program, the use of many interns would have compromised the consistency and continuity of service to clients. The Department of Community Corrections was also able to find interns who were willing to work without the budgeted stipend.

The Corrections Department decided to use these savings to hire an additional probation officer to work with the women's program. This probation officer, one of the original interns was hired as an intermittent employee in February 2004, and the position was made permanent (subject to Grant funding) in August of that year.

Some interns and volunteers were used for administrative purposes in both the Female Services and SPMI programs of the grant. However, they were not used to supervise active caseloads of these offenders at the end of the grant period.

**Outcome Objective #3:** Utilize \$2,000 to purchase approximately fifty 31-day bus passes annually so that women can complete program expectations.

**Results:**

Seventeen defendants received funding for bus passes; the amount defendants received for bus passes ranged from \$11.00 to \$210.00, with an average amount of \$81.47. The total amount spent for the bus passes was \$1,385.00. Once you remove the statistical outlier<sup>1</sup> of \$210.00, the average amount is \$73.44.

**Outcome Objective #4:** A projected 50% decline in the relapse rate as measured by positive drug testing during the last two months of active Drug Court participation and as measured by a reduction in program extensions.

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<sup>1</sup> Any amount that was more than three standard deviations from the mean or average was counted as an outlier and removed and an adjusted mean was calculated. Outliers are removed because inclusion can exaggerate the mean and result in a less accurate average.

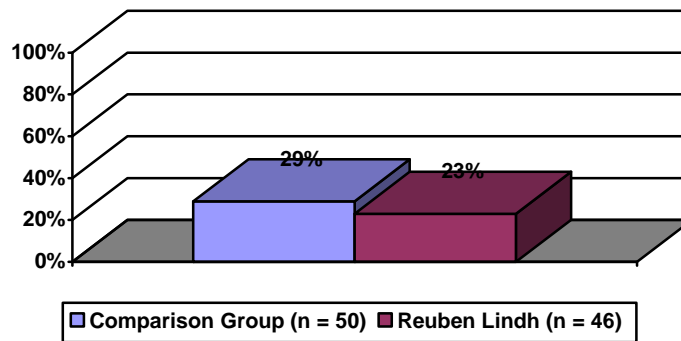
**Results:**

Defendants are required to demonstrate clean UA results prior to being placed on Administrative Probation and are often clean the last two months; therefore, knowing the defendants' UA results for the last two months tells us little about their overall performance in Drug Court. As a result, we revised this objective and measured UA data by the percentage of positive drug tests<sup>2</sup> they submitted while they were in Drug Court. We compared the percentage of positive results for the Reuben Lindh group to the comparison group. We also compared the UA results for defendants before and during their participation with Reuben Lindh.

UA Data

Defendants in the comparison group had a greater percentage of positive UAs compared to the Reuben Lindh defendants; however this difference was not statistically significant.

Total Number of Positive UAs

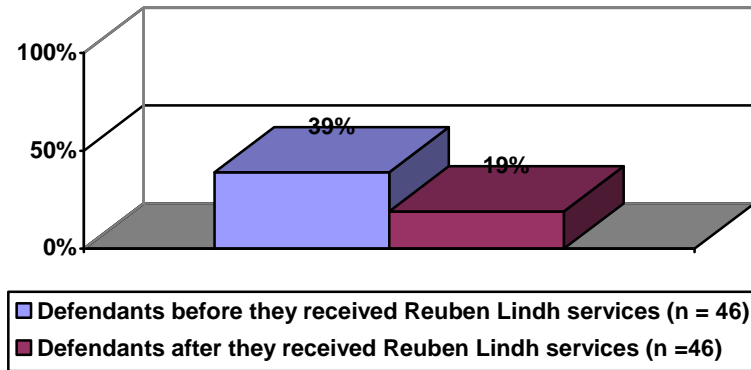


The percentage of positive UAs before and after defendants' received Reuben Lindh services significantly decreased by 49%. It appears that Reuben Lindh defendants were less likely to use drugs while they were involved with Reuben Lindh. This is not surprising given that defendants' chemical dependency issues were addressed prior to being referred to Reuben Lindh; however, it is encouraging to learn that their sobriety was maintained after treatment and while they were participating with Reuben Lindh's programming.

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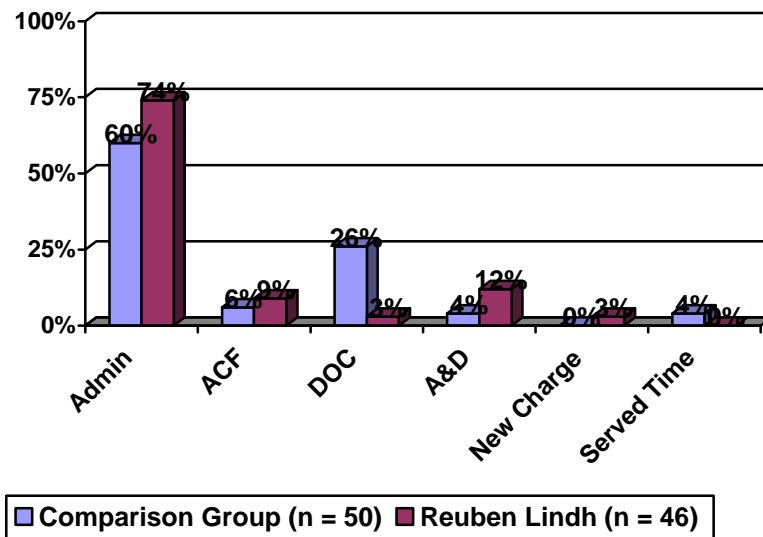
<sup>2</sup> UA data were not available for UAs taken at treatment facilities. The number of missed UAs is also unknown.

Percentage of Positive UAs



In addition to UA data, progress in Drug Court was also compared between these two groups. Women who received services from Reuben Lindh were more likely to be granted Administrative Probation than the comparison group. However, the Reuben Lindh defendants were also more likely to have an Arrest and Detention (A&D) issued than defendants in the comparison group. This is not surprising, given that those in the Reuben Lindh group were being supervised more closely, therefore, violations were more likely to be noticed and reported. In addition, judges were requesting more documentation regarding violations which resulted in more filings of A&Ds.

Drug Court Outcomes

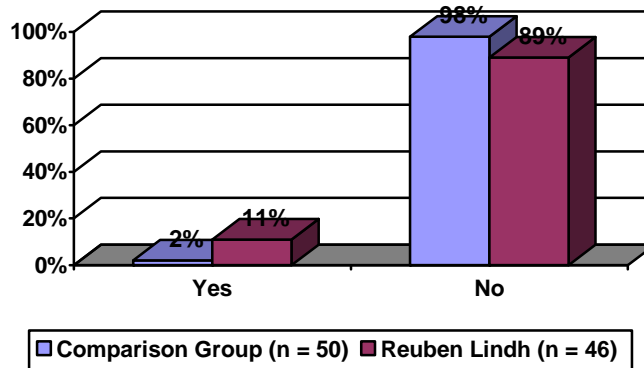


Probation Extension

Reuben Lindh defendants were more likely than those in the comparison group to have their probation time extended. Although this is contrary to the goal of the grant, perhaps the additional

attention and services these defendants received may have influenced the length of their probation. These defendants were slightly younger than those in the comparison group and therefore may have had more problems and greater needs that resulted in them spending more time under probation.

Defendants whose Probation was Extended



**Outcome Objective #5:** Fifty female offenders in Drug Court will receive one or more of the services provided by Reuben Lindh.

**Results:**

Forty-six defendants received at least one service from Reuben Lindh. The number of services ranged from one to seven, with an average of 2.78 services. The most common services that defendants received were participating in Keeping Families Together, Group, and Rebuilding Appropriate Parenting. Below is the percentage of defendants that received each service. More than two-thirds of the Reuben Lindh defendants demonstrated two new parenting skills while receiving services from Reuben Lindh. Examples of new parenting skills include: learning about time outs, positive communication, how to use rewards and withdraw privileges, and how to be consistent with their parenting.

Services Received by Reuben Lindh defendants

Services	Percentage of Defendants Receiving this Service
Keeping Families Connected (KFC)	80%
Demonstrates two new parenting skills	76%
Group	74%
Rebuilding Appropriate Parenting (RAP)	61%
Therapy	13%
Preschool	11%
ACF visit	11%
Family Support Services	9%
Infant Development	4%
Supervised Visits	4%
Social Skills Group	2%
Family Focus	2%
Housing	2%
AA Father's Group	2%
Sibling's Group	2%

Reuben Lindh Conclusions

Overall, the outcomes of the evaluation indicate that many of the goals for Reuben Lindh defendants were reached. Although the grant did not enroll 75 defendants, there were 46 women who were referred and were able to receive services through this grant. The low number of referrals was due to the unanticipated low numbers of women with children at the time the grant was written. Prior Drug Court research in Hennepin County has found that only 35% of women in Drug Court have children in their custody (Rud, 2006). In order to be referred to Reuben Lindh, defendants needed to have children who were also in their custody so that the parents and children can participate in the programming together. For the women who were referred, 81% were able to receive services from Reuben Lindh. In addition to the Reuben Lindh services, more than one-third (37%) of these women were also able to receive bus passes to help with their transportation needs.

Although the Reuben Lindh group was more likely to have their probation extended, they were also less likely to use drugs both after participating in Reuben Lindh and less likely to use drugs than the comparison group. Reuben Lindh defendants were also more likely to successfully complete Drug Court than the comparison group.

## **Mentally Ill Defendants: The SPMI Data**

### Serious and Persistent Mentally Illness

Defendants were classified as having Serious and Persistent Mental Illness (SPMI) based on the definitions provided by the County's Mental Health Case Management group and includes those with the following diagnoses: 1) Schizophrenia; 2) Bipolar Disorder; 3) Borderline Personality Disorder; and 4) Major Depression. The SPMI caseload may also include individuals with brain injuries or those with mild retardation. Specialized services are essential for this population because they have additional needs as compared with other Drug Court defendants. For example, SPMI defendants also struggle with issues regarding medication compliance, frequent hospital visits, and self-injurious behavior. In addition, these defendants are vulnerable to risk of harm from others because of their disabilities. It is also difficult to find treatment centers for SPMI clients that can effectively handle their mental health and chemical dependency issues. SPMI clients can also be difficult to place in treatment facilities due to their antisocial behavior and extensive criminal history.

### Summary of SPMI Services

An initial triage system was developed early in the grant period. Under this procedure, cases were routed to the SPMI specialist officers for review after the clients had gone through the standard Drug Court intake procedure.

The triage procedure was significantly modified in May of 2004 at the suggestion of the then Drug Court Presiding Judge, William Howard. Under the new procedures, cases were triaged at first appearance in Drug Court—which usually occurs within 24 hours of arrest. Under this procedure, clients with SPMI issues are identified at the very start of their Drug Court involvement. The specialist officers immediately take those with the highest needs onto their own caseloads. Those with less severe issues were referred to other probation officers with advice and suggestions from the specialists who have screened them for SPMI.

It should be noted that triage was not the only way in which clients were referred to the specialist caseloads. Frequently, clients on the caseloads of generalist probation officers are transferred to the SPMI staff. SPMI symptoms sometimes reveal themselves during the course of supervision, or the officer who originally supervised the case sees that interventions that are more intensive are now necessary.

An additional benefit to the SPMI group was the addition of DBT (Dialectical Behavioral Therapy). This form of therapy was developed by Marsha Linehan in 1991. DBT is used to help those with Bipolar Disorder, Anxiety, and Depression. This therapy teaches:

- *Mindfulness*—the ability to calm oneself and incorporates deep breathing and relaxation techniques.
- *Distress Tolerance*—learning to not act impulsively or in a self-destructive way. It is typical for this population to react to an upsetting event with self-injurious behavior. This

training helps learn how to cope and distract themselves, especially immediately after the event when destructive behaviors are most likely to occur.

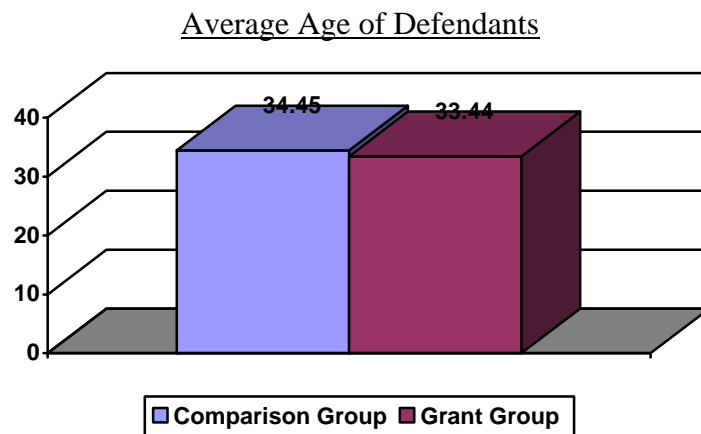
- *Interpersonal Effectiveness*—learning how to say no to people, how to ask people for things.
- *Emotion Regulation*—learning how to manage emotions more effectively. Expanding vocabulary—helping defendants expand their vocabulary so they are more effective in communicating with others.
- Participants in DBT also do a continuing care plan to help them recognize and respond to situations that may trigger them to use drugs.

### SPMI Data Collection

Data were collected for both the SPMI defendants and the comparison group. The comparison group consisted of defendants who were SPMI defendants prior to the grant implementation. Those in the SPMI grant group were able to be placed on the caseload of a probation officer with training and experience specific to the needs of SPMI clients. Therefore, those in the grant group were able to receive more comprehensive services to deal with their drug use and their mental health issues. The following variables were collected for both groups: length of time in Drug Court, case outcomes, convictions while in Drug Court, and convictions six months after Administrative Probation was granted. This information is reported under the “Demographics” and “Evaluation” sections.

### Demographics

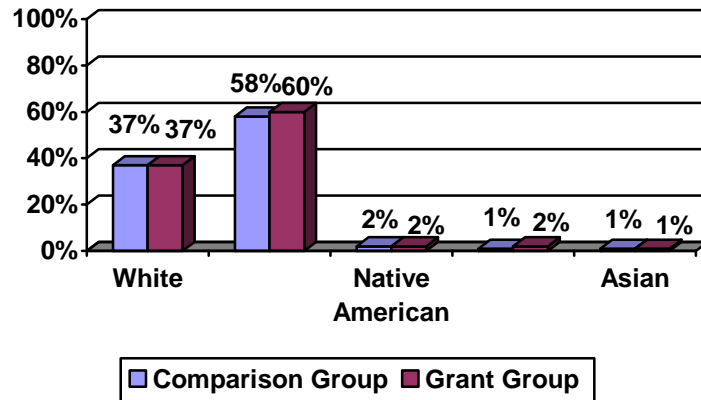
There were no statistically significant differences between the comparison group and the grant group with regard to age.





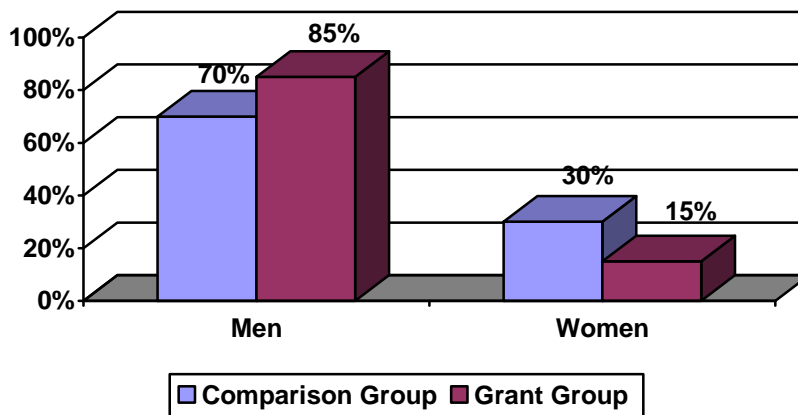
There were no significant differences regarding race between the comparison group and the defendants who received services from the grant.

Race of the Defendants



Defendants who received services from the grant were significantly more likely to be male compared to those who came into court prior to the grant. Perhaps this is because the Reuben Lindh group included women that would have been in the SPMI group had the services from Reuben Lindh not been available. In addition, the SPMI probation officers decided to exclude females from their caseloads resulting in a group that was primarily men.

Gender of the Defendants



Evaluation Results

**Outcome Objective #1:** Annually, provide integrated and coordinated mental health and Drug Court services for 200 mentally ill or dual diagnosed offenders participating in the Drug Court program.

**Results:**

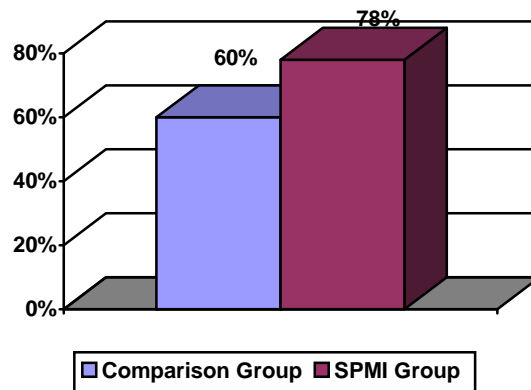
At the time the grant ended, there were 391 defendants who were either triaged or placed on a specialized caseload.

**Outcome Objective #2:** Annually, an additional 75-100 Drug Court clients will receive specialized case management services, with a 20% criminal recidivism rate<sup>3</sup>.

**Results:**

During the period of the grant, 282 defendants received services from specialized probation officers. Defendants who received the specialized case management services were convicted of more misdemeanors and felonies compared to defendants who were involved in Drug Court prior to the grant. These differences were not statistically significant. The grant group did have one defendant who had 14 misdemeanor convictions and was removed from the mean because it was an outlier. After excluding the outlier, both groups number of misdemeanor convictions ranged from one to three. There were statistically significant differences pertaining to whether or not defendants had any type of new conviction. Seventy-eight percent of those in the grant group had no convictions while they were involved in Drug Court; whereas, only 60% of those in the comparison group had no convictions.

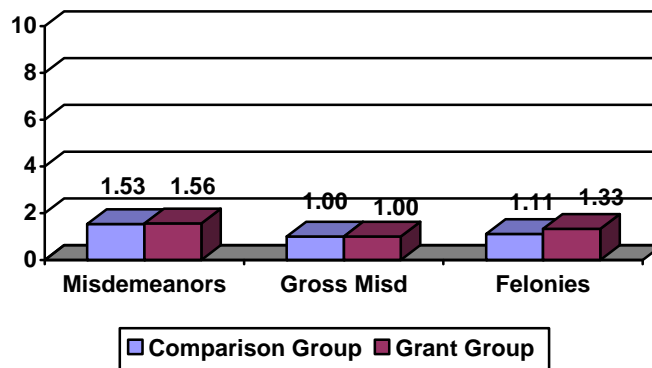
Percentage of Defendants Who Had No New Convictions While in Drug Court



Average Number of Convictions while Defendants were Involved in Drug Court<sup>4</sup>

<sup>3</sup> Recidivism was defined as new convictions while defendants were in drug court.

<sup>4</sup> These averages only include those who at least one conviction.



**Outcome Objective #3:** Provide service planning assistance for 50 mentally ill clients on the fourteen non-specialized caseloads in the Drug Court program.

**Results:**

Grant personnel triaged and made recommendations for 109 clients who were not taken on to the specialized caseloads.

**Outcome Objective #4:** Annually, four interns and/or volunteers will supervise between 60-80 female and/or SPMI clients participating in the Drug Court program.

**Results:**

Interns have been involved in the supervision of both the female and SPMI caseloads almost since the beginning of the grant. One intern supervised a small SPMI caseload, and one supervised a female caseload. However, these interns were not used to supervise active caseloads of these offenders toward the end of the grant.

**Outcome Objective #5:** Annually enroll a minimum of 50 Drug Court clients with thought disorders in a cognitive-behavioral program that provides social skills, training while at the same time maintaining a 70% completion rate, and a 20% criminal recidivism rate during program participation.

**Results:**

Approximately 20 clients were referred to the group before it was abandoned. The grant called for the development of a separate cognitive-based social skills curriculum for schizophrenics and other thought-disordered clients. This curriculum was developed, although it was somewhat implemented late due to hiring delays.

The first group, to which approximately 12 clients were referred, was offered from June through August of 2004 in conjunction with therapists from the Jepps Day Treatment program at the Hennepin County Medical Center. It was found that client attendance was very poor, averaging four clients per session.

Some modifications were made, and about nine clients were referred to a second group that was offered from October through December of that year. Jeppsen therapists also participated in this group. The same dramatic decrease in attendance was experienced in the second group.

These experiences indicated to the Department of Community Corrections that clients with thought disorders needed more intensive programming than what was offered. This group was essentially at an “aftercare” level, and there were very few clients ready for that level of service.

No further groups were offered after the group that ended in December 2004. Most of what was done in group is now offered to appropriate clients on a one-to-one basis.

**Outcome Objective #6:** Annually, enroll 50 lower-functioning or brain injured Drug Court clients in the DBT Juvenile Program, while maintaining a 75% completion rate, and a criminal recidivism rate of 20% during the program participation.

**Results:**

Seventy-nine clients had been enrolled in the program through the end of the first quarter in 2005 and 26 had completed the program during that time, we do not have completion rates for the last three quarters of the grant.

**Outcome Objective #7:** Annually, involve 50 high-risk/high-need mentally ill or dual diagnosed clients in the transition module, while maintaining an 80% completion rate and a 20% criminal recidivism rate during program participation.

**Results:**

The transition module was added as an organic part of the revised DBT program. We were not able to track the completion of the module separately from completion of the entire program.

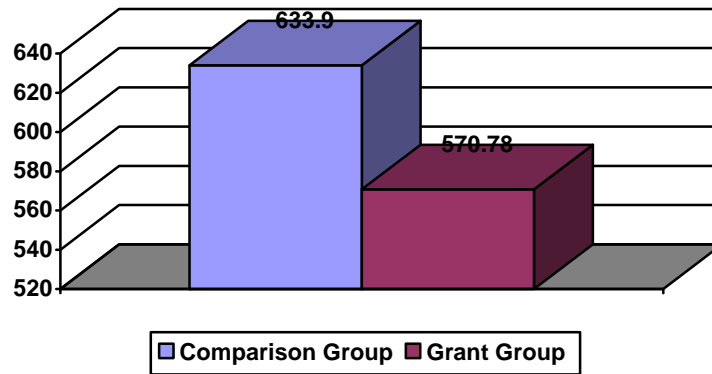
**Outcome Objective #8:** A projected 50% decline in the relapse rate as measured by positive drug testing during the last two months of active Drug Court participation, and as measured by a reduction in program extensions.

**Results:**

Defendants are required to demonstrate clean UA results prior to being placed on Administrative Probation and are often clean the last two months; therefore, knowing the defendants’ UA results for the last two months tells us little about their overall performance in Drug Court. As a result, we revised this objective and compared the length of time defendants spent in Drug Court prior to being granted Administrative Probation between the grant group and comparison group. We also compared the case outcomes between these two groups. In addition, we compared the two groups on recidivism rates six months after they were granted Administrative Probation.

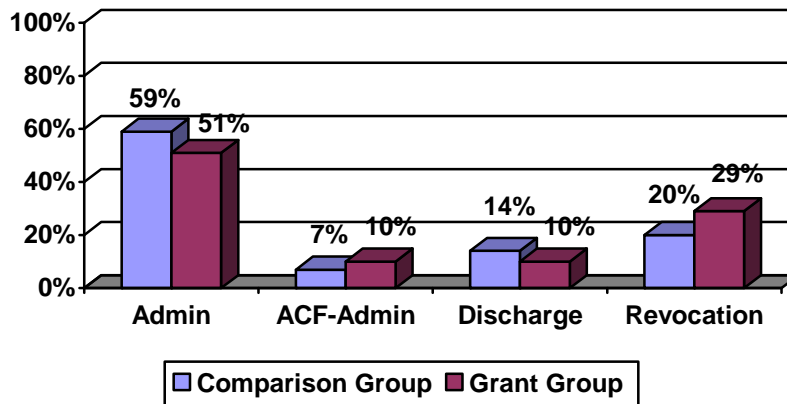
We found that those who received services from the grant spent fewer days in Drug Court before being placed on Administrative Probation; however this difference was not statistically significant.

Average Number of Days in Drug Court Until Placed on Administrative Probation



There were no significant differences regarding case outcomes between the comparison group and the defendants who received services from the grant.

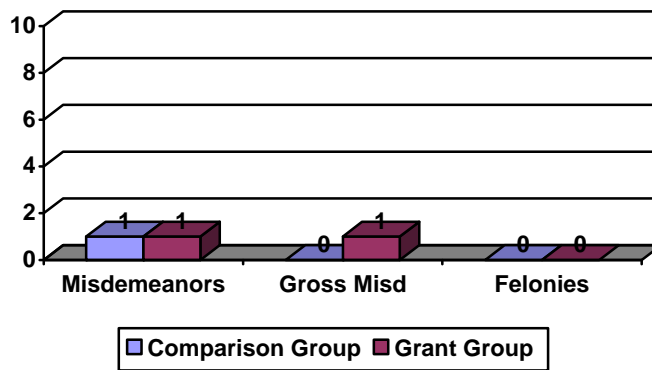
Case Outcomes



Defendants in the comparison group were less likely to have any new convictions (95%) compared to the SMPI group (93%); however, this finding was not statistically significant. There were only two people in the comparison group who had a new conviction and only three people in the grant group, therefore we were not able to examine whether there were significant differences between these two groups regarding the number of new misdemeanors, gross misdemeanors, or felonies.

Average Number of Convictions Six Months After Being Placed on Administrative Probation<sup>5</sup>

<sup>5</sup> These averages only include those who at least one conviction.



### SPMI Conclusions

In general it appears that many of the goals were met for the SPMI clients. Throughout the grant period 109 defendants were triaged and an additional 282 defendants were placed on the SPMI caseload. Those on the SMPI caseload were less likely to have a new conviction while they were in Drug Court and they also spent less time in Drug Court before being placed on Administrative Probation. However those in the comparison group were less likely to receive a new conviction for the six-month timeframe after they were placed on Administrative Probation. In addition, many SPMI defendants were enrolled in DBT during the grant period and 26 of them had completed the course after the first quarter of the grant.

*Appendix A*  
*Reprinted from Reuben Lindh 2005 Annual Report*

KFC is collaboration with Hennepin County Drug Court probation officers to work with women with chemical issues that have children and are on probation. These women are identified as needing intensive in-home services to deal with issues around selling drugs, chemical use, parenting, family violence, abuse, and relationship issues. This is a two-year federal grant to enhance services to this participation population. Referrals from the two to three probation officers assigned to the grant come to the Program Director, who assigns the cases. Clients are assigned to KFC and programs throughout the agency that provide appropriate in-home or center-based services. The cases will be carefully reviewed and assigned within 48 hours. Probation Officers are notified of the program the client is assigned to and who is the contact person. Family workers will provide weekly home visit, attend court with clients and write progress reports. The services provided by KFC mirror those of the RAP (Rebuilding Appropriate Parenting) Program, which has provided services to women in recovery and their families for the past 13 years. In addition, KFC is able to provide bus cards for women who need them for work, school, medical appointments, and court attendance.

KFC focuses on training and educating parents in various techniques and skill that will improve their ability to parent appropriately and build healthy family relations. The objective of the program is to create an environment where each person can learn and receive the support necessary to begin the transition to sober parenting and/or eliminate involvement in activities related to the use and sale of illegal drugs. Family workers understand the importance of building trusting, respectful relationship with clients and recognize that having a supportive person in their lives can help the women overcome barriers and work through crisis. We have found that the establishment of trusting relationships with clients seems to be a key factor in their motivation to work towards change and to continue with services during relapse, crisis, or when confronted with any stressful situation.

Services include parent education and counseling, family assessment, parent/child activities, referrals to community resources, and parenting/support groups. Case plans are individualized and executed in collaboration with Hennepin County Drug Court Probation Officers and other professionals involved with the clients. Family workers meet weekly with clients to identify goals, problem solve everyday situations, and help with parenting issues. They also work together to develop relapse prevention plans, discuss possible triggers, and explore ways to circumvent former patterns of behavior. Individual progress is documented and progress reports written on a regular basis. Close communication is maintained with probation officers and other agencies to provide good case management and quality services to clients. Family workers work closely with Hennepin County Child Protection Workers to keep them informed of a client's progress and provide written reports when requested. Workers attend court with their clients to advocate, support, and provide the courts with verbal as well as written progress reports. Clients are supported in court even in negative situations.

The number of home visits and the length of services have been based on the client's progress, a move to administrative probation, and at the discretion of the family worker, probation officer, and program director. Weekly visits can last from 1 to 1½ hours, and can be longer in crisis or other special situations. Weekly parenting classes are held on site with a meal and transportation provided. Through weekly home visit, support groups, and relationships, clients learn the importance of good parenting, how addictive and criminal behavior negatively impacts children, how to rebuild trust, and how to maintain their sobriety. Family workers provide counseling, parent education, crisis intervention, advocacy, assistance with resources, and help with plans for staying sober.

Many of the women in KFC have long histories of chemical use, mental health issues, and criminal behavior. Some are second and third generation drug users who have been sexually and physically abused. Many have not completed high school, are unemployed, or have limited job skills. The approach KFC uses in working with the women and their families is to value, respect, and educate them in ways that will foster healing of the mind, body, and spirit.

### **SERVICES DESCRIPTION**

Through the KFC parenting model, women are provided with support and intensive in-home family services as they resume their parental roles and begin re-building family and community connections. Services include:

**Parent Education:** Parent Education is taught during home visits and in parenting classes. In the parenting classes, women receive support from each other as they share experiences, acquire information, and practice new parenting skills. Topics covered relate to child development, communication, discipline, self-esteem, trust, problem solving, and rebuilding trust with children. Various methods such as videos, lectures, and role-plays help teach parents to have positive interactions with their children and improve their parenting skills. Second Step, and anti-violence curriculum is used to enhance topics related to empathy, anger, and conflict management. In addition, two, four week series are presented: one on trauma, the other spirituality.

**Home Visits:** Parenting education and counseling services are provided to each family through weekly home visits with their family worker. Together, workers and clients identify family strengths, needs, and priorities that encourage success. The learning style of the clients are evaluated and utilized to foster optimal use of the skills being taught. Parents learn about their own parenting styles, explore alternative ways to parent, gain insight about the risk and consequences of addictive behavior and the impact on children, and choose goals to work towards positive change. Goals are reviewed regularly and resources added whenever appropriate.

The frequency of home visits varies according to each family's needs. Some are seen more frequently because of personal or family crisis or because they need help with finding resources. In these instances families may be seen two or three times a week. This happens most often with new cases. Initial home visit time is crucial in the development of relationships to build trust, obtain a complete family history, and assess family needs.



Clients who have made sufficient progress and are nearing the end of services are seen less frequently.

**Family Assessments:** KFC workers use several different tools to gather information and assess individual and family needs. The Geno-gram is used to obtain a family history; the Pre-Post Parenting Questionnaire helps to identify strengths, establish goals, and measure progress. The Parenting Skills Evaluation, developed by RLFS, assesses the client's ability in several areas such as, communication, safety, discipline, nurturance, and time management. The Eco-gram, which is regularly updated, provides information on the number of resources a client has or accesses during the time they are in the program.

**Parent/Child Activities:** Activities are provided in home and in the community that foster interactions between parent and child. These activities encourage nurturance, acceptance of age appropriate development, and reinforce play skills. Structured activities give parents the opportunity to apply recently learned skills and receive support and immediate feedback while they are being practiced.

**Parenting/Support Groups:** These groups are held weekly to help women deal with issues around parenting, relationships, past traumas, and learning new coping skills. Transportation, childcare, and meals are provided. Children over age 8 provided with a separate social skills group. The majority of the KFC referrals attend the Thursday night parenting group facilitated by the RAP/KFC family workers. However, some clients are referred to other groups provided by the agency. Culturally specific parenting groups are held on Monday evenings. These include and African American mothers, fathers, and sibling group.

**Family Therapy:** Reuben Lindh Family Services' Family Therapy and Counseling Services Program is available to KFC clients. They provide culturally sensitive individual, couple, family, group, and play therapy. Services are provided in-home and in-center to address social, emotional and psychological issues. Families are referred for services by their KFC family worker. A therapist also co-facilitates the Thursday night Parenting/Support Group. The family Therapy Director provides case consultation to the KFC staff twice per month and is available to individual consultation for crisis situations.

**Unified Therapy:** Unified Therapy Services at Reuben Lindh is the combined specialized services offered by occupational therapy, physical therapy, music therapy, and speech/language therapy. Services to the KFC Program are offered in-home or in-center for all children and families who demonstrate need. The department also comes into the KFC Parenting/Support to teach infant and child development.