

This program is funded in part through grants from the Michigan Department of Corrections-Office of Community Corrections, the U.S. Department of Justice-Office of Community Oriented Policing Services, Perrigo Company, and others, and is operated in cooperation with the Kalamazoo Probation Enhancement Program.

Year 1 Year 2 Year 3 Year 4 Year 5



10 Years of Meth Use

www.usdoj.gov/dea/concern/methuse/jpg



Year 10 Year 9 Year 8 Year 7 Year 6

For more information on the Methamphetamine Diversion Program, contact:



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Allegan, MI 49010

Sheriff Blaine Koops
269.673.0500, ext. 4223

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The mission of the Allegan County Sheriff's Office is to provide a full spectrum of corrections, law enforcement, and court services so that our community continues to grow and progress as a safe and secure place to live, work, and visit.

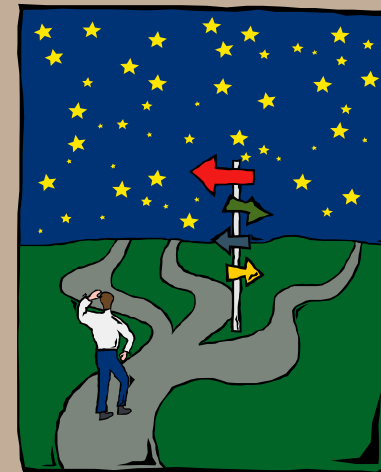
Rev. 10.25.07

**The Allegan County Sheriff's Office,
Allegan County Community Corrections,
and the Kalamazoo Probation
Enhancement Program**

PRESENT MICHIGAN'S FIRST

**Methamphetamine
Diversion
Program**

To Develop Cognitive Skills



**...changing thinking
to impact behavior**

Δ PROGRAM OVERVIEW

The Methamphetamine Diversion Program is a multi-discipline, phased program designed to give offenders the skills needed to combat their addiction and become productive community members. The methamphetamine diversion program can be an alternative sentence for probation violators. Successful participation in the program could allow additional jail time to be waived.

The goal of the program and specifically, the lessons taught, is to change the offender's thought pattern and to help them understand their addiction.

Methamphetamine use is targeted because it has been shown to be highly addictive; so much so that no one program alone has had success in breaking the addictive cycle.

Participants will be selected based on several criteria.

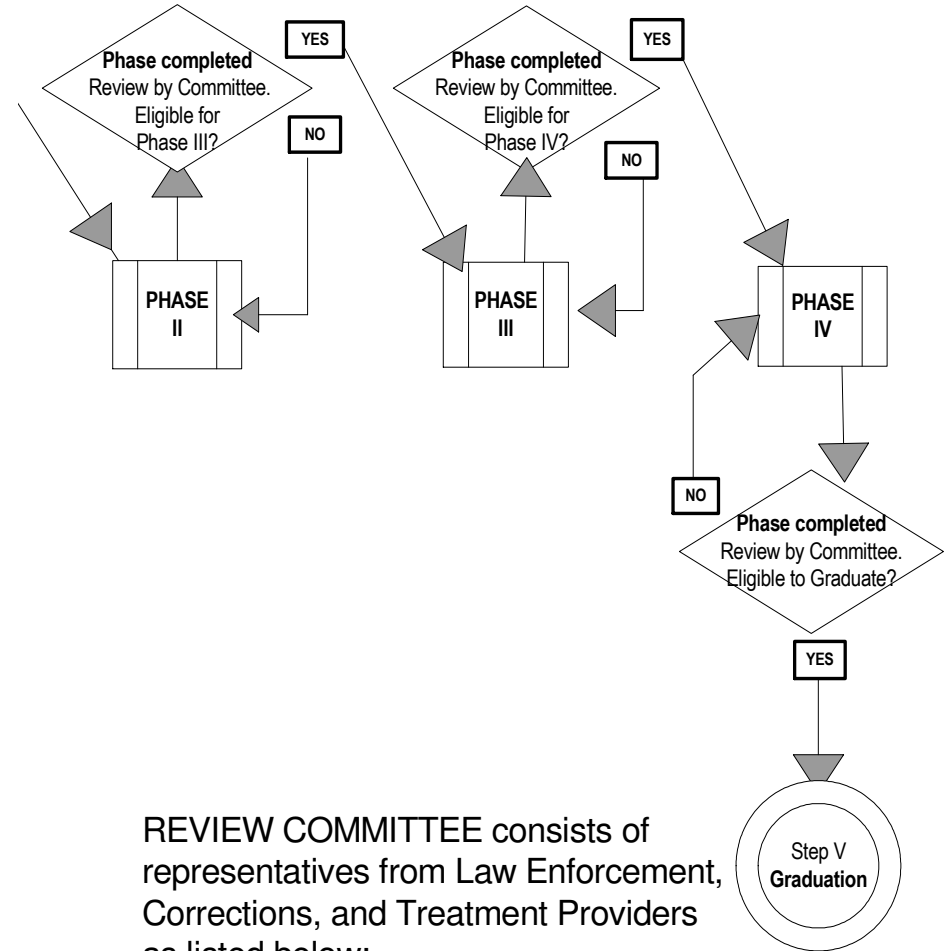
Participants must:

- be convicted non-violent felons.
- have committed crimes which are related to methamphetamine use.
- have a desire to discontinue the use of methamphetamine.

Cost distribution:

- Inmate pays \$300 program fee.
- Inmate pays a co-pay for counseling sessions.
- Inmate pays for drug testing.
- Sheriff's Office pays the remainder, with assistance from grants.

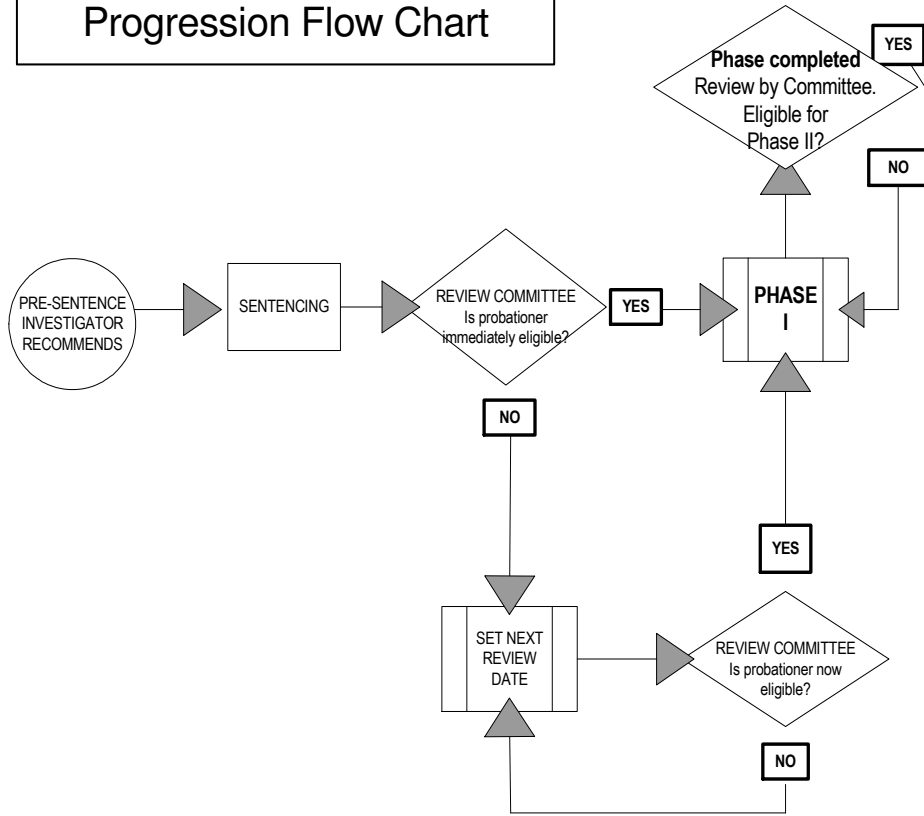
Both individual and group counseling are utilized to help the participant identify the addiction and the consequences, and to learn to take responsibility for their choices. Once participants



REVIEW COMMITTEE consists of representatives from Law Enforcement, Corrections, and Treatment Providers as listed below:

*Allegan County Sheriff's Office
Allegan City Police Department
Michigan State Police-Multi-
Jurisdictional Enforcement Team
57th District Court Probation
48th Circuit Court Probation*

Methamphetamine Program Progression Flow Chart



Violations will be brought before the Review Committee, and may result in return to prior Phase, or in removal from the program.

are released from jail, they return to jail for joint counseling sessions with incarcerated inmates. Participants contribute a co-payment for these services.

Drug testing through urinalysis will be conducted on a routine basis once the participant is released from jail, and will be at the expense of the participant.

The program consists of five phases, ranging from the initial 45-day minimum in-house detoxification period, through the final phase, where the participant is fully assimilated into society, with a sponsor for support.

The participant selection process is quite thorough. First, a pre-sentence recommendation is needed to consider the offender for inclusion in the program. At the time of sentencing, the Judge must agree with the pre-sentence recommendation, and order the program as a part of the offender's sentence. A committee then reviews the offender's application to determine the level of drug dependence, the offender's willingness to participate and to complete the program, and whether the offender's crime(s) were related to methamphetamine.

The Participant Must:

- attend all counseling sessions.
- submit to urinalysis screening upon demand.
- attend biweekly case management sessions.
- attend biweekly program review sessions.
- maintain a minimum of 30 hours/week employment, or attend school full time.
- pay restitution to victims.
- perform community service as directed by the Court.

The Participant Must: (continued)

- pay all court costs.
- pay a \$300 program fee.
- attend AA/NA meetings, a minimum of three times per week.
- obtain a G.E.D. or High School diploma.
- meet additional requirements as deemed appropriate by Court/ Probation staff.

Δ PROGRAM COMPONENTS:

Counseling sessions are an integral part of the program. Individual counseling sessions will take place biweekly during Phases I and II. These sessions will require a co-pay from the participant of \$10 per session. Group counseling sessions will take place weekly during Phases I and II. The co-pay from the participant for these sessions is \$5 each. Once a program participant has been released from jail, they will return to the jail for weekly counseling sessions with incarcerated inmates. This reinforces the lessons both for those incarcerated, and for those who have been released.

Urinalysis testing costs will be borne by the program participant. Testing will take place routinely in Phases II through IV. The participant will receive notice to appear for testing via the telephone. It is the participant's responsibility to call the drug testing phone number each day to learn if they must appear for testing on that particular day. Participants will contribute \$5 for each drug screening procedure.

Work or school is an important part of the participant's recovery process. Each program participant must attend a minimum of 30 hours of work or school weekly.



PHASE IV – approximately 3 months

CBT objectives

- Maintain changes and skills learned through Phases I – III

CBT process

- Attend group or individual booster sessions only as needed
- Meet with Day Reporting Manager a minimum of once every two weeks to review status and progress toward addressing and completing all components of the treatment plan.
- Make payments per budget and payment plan.
- Random drug testing
- Attend AA/NA meetings—minimum of one meeting per month with sponsor
- Complete objective assessments of substance abusing behaviors, life issues/problems, and attitudes and thinking patterns to compare with initial assessment results

PHASE V – ***Successfully reunited with the community***

Phase V - Graduation

MONITORING AND EVALUATION

Assessment processes will be utilized to monitor/measure changes in attitudes and behaviors. Arrest and conviction data will be monitored for 24 months following the completion of the program to monitor/track criminal conduct/behavior/recidivism of program participants.

(Phase II - continued)

- Obtain a sponsor and meet with sponsor a minimum of once per month
- AA/NA meetings
- Random drug testing – approximately 3 times per week
- Establish a budget and payment plan for restitution, court costs, and other obligations
- Review of progress by Review Committee and determination of eligibility for Phase III

PHASE III – 6 months minimum (generally while the offender is at home and on Day Report)

CBT objectives

- Strengthen and maintain changes made and skills learned during Phase II
- Strengthen critical reasoning and decision making
- Strengthen conflict resolution skills

CBT process

- 1 group session per week for 10 weeks and 1 session per month with facilitator
- Completion of workbooks and journals as required
- Minimum of 1 meeting per week with Day Reporting Case Manager
- Update case plan to address obligations during Phase IV
- Random drug testing
- Make payments toward restitution, court costs, etc. per budget and payment plan
- Attend AA/NA meetings
- Meet with sponsor a minimum of once per month
- Continue participation in other treatment/programming as per the treatment plan
- Review of progress by Review Committee and determination of eligibility for Phase IV

Alcoholics Anonymous / Narcotics Anonymous sessions must be attended by all program participants. Participants will complete a journal detailing their addiction, and will learn the 12 steps of recovery. Participants will identify triggers that may lead to a return to substance abuse, as well as coping strategies.

A healthy home environment

free from substance abuse must be obtained by program participants before they can be released from jail. This housing must be approved by program staff.



Classroom instruction will be based on the National Institute of Corrections *Thinking for a Change* curriculum. This course of 22 classes helps the participants learn to listen actively, to give feedback, to pay attention to their own thinking, to understand their feelings and the feelings of others, to respond appropriately to anger and stress, and to use in-depth methods for problem solving. The curriculum is open-ended, with an allowance for extensive self-evaluation, which is intended to help the program participant determine how best to live a sober life.

Focus areas of the Cognitive Behavioral Training are summarized as:

- ◆ Enhance motivation and knowledge base about cognitive learning, the change process, relapse prevention, and recidivism reduction (addressed in Phase I of the program)
- ◆ Skill development and practice (addressed in Phase II of the program)
- ◆ Maintenance of changes made in treatment (addressed in Phases III and IV of the program) which is supportive of an alcohol/drug free lifestyle

The Five Phases of the Methamphetamine Diversion Program

In addition to the requirements as outlined below: program participants will be required to attend a minimum of 30 hours of work or school weekly during Phases II- IV, and participate in other programming as per the treatment plan.

PHASE I– 45 days minimum (in the Allegan County Jail)

Cognitive Behavioral Training (CBT) objectives

- Enhance motivation and readiness for treatment
- Build knowledge base about cognitive learning and the change process
- Increase knowledge of alcohol and drug abuse, cycles of abuse, and relationships between substance abuse and criminal conduct
- Learn thoughts, situations, and actions that lead to relapse and recidivism
- Identify personal targets for change
- Update individualized treatment plan to address obligations during Phase II

CBT process

- 2 group sessions and one individual session per week
- Participants complete journals and workbooks as required
- Participants actively participate and complete all sessions and assigned homework
- Participants and group facilitator complete evaluation forms at the end of each session

(Phase I - continued)

- In-jail AA/NA meetings
- Biweekly meetings with Jail Population Monitor to review progress
- Review Committee reviews progress and the updated treatment plan to determine eligibility for Phase II
- Acquisition of appropriate housing prior to release from jail which is supportive of an alcohol/drug free lifestyle

PHASE II– 5 months minimum (may be in the jail, in a residential program, and/or via participation in day report)

CBT objectives

- Strengthening commitment to change
- Skills development – coping and social skills
- Addressing errors in logic and thinking
- Problem solving strategies
- Managing high risk situations
- Developing and maintaining relationships

CBT process

- One group session per week, one individual session per month
- Active participation in groups, completion of journals and workbooks, and completion of evaluation forms after each group session
- Minimum of 1 meeting per week with the JPM, residential program case manager, or the Day Reporting Case Manager to assess progress re the CBT or other components of the treatment plan
- Update case plan to address obligations during Phase III