



## **Recovery Support for Justice Involved Individuals**

**Program Purpose:** We provide justice involved individuals with supportive services for both recovery management and issues of reintegration from justice involvement, including resources to build recovery and reintegration capital. By creating opportunities to justice involved individuals that assists them in gaining and sustaining long term recovery processes, decreased justice involvement, and new opportunities for the future, we create life changing opportunities for our clients to build from.

Potential clients will participate in an in-person or over the phone screening to determine their appropriateness for services. The next steps in the process include but are not limited to:

- Complete the needs assessment in person or via electronic link
- Schedule in person meeting with staff and sign release of information
- Develop an Individualized Plan
- Identify services that are tailored to the learning style, motivation, abilities, and strengths of the client

### **Client Services:**

Peer led peer driven recovery/reintegration support services:

- Individual Case Management
- Individual Resource Support
- Individual Recovery/Reentry Support
- Weekly Circle Groups
- Weekly Anger Management Groups
- Monthly Educational Events
- Monthly Social Events
- Monthly Family Support Events

### **Individual Case Management**

Each client receives individual case management services on an ongoing basis as the client needs the services. Case management services are provided for the client and driven by the client. The case manager and client work together to develop a plan of action to address the clients' individual needs.

### **Individual Resource Support**

Our program believes that community partnerships are the cornerstone to successful services for individuals. We partner with many organizations within the community to create soft hand-off processes that provide our clients with opportunities for growth and success. We continue to develop and working resource list in every area of a person's life to assist in providing tools for empowerment for our clients.

### **Individual Recovery/Reintegration Support**

Our services are peer led and peer driven. Each of our staff member possess the credentialed skills to assist our clients with recovery and reintegration related challenges. Our staff utilize a combination of formal training and lived experience to create a holistic service practice to benefit the clients they serve.

### **Circle Group (Every Wednesday 5-6p)**

We offer weekly Circle groups for clients enrolled in our program. We utilize an adaptation of the restorative justice peace circles. Our adaptation does not include the “victim” however creates a space for individuals to confront these previous activities related to criminal behaviors and find empathy and compassion for those impacted by their behavior. It also provides a space for individuals to heal and find forgiveness for themselves. The Circle aims allow individuals to take responsibility for their actions, to understand the harm they have caused, to give them an opportunity to redeem themselves and to discourage them from causing further harm.

### **Anger Management Group (Every Friday 12-2p)**

We provide a 6-week certificate program at no cost to individuals in the community that want to attend. This group offers justice involved individuals an opportunity to meet their correctional control obligations, understand their own relationship with anger, learn and apply useful skills to combat unhealthy anger responses and employ useful techniques that will contribute to creating overall holistic health. Our program has adopted the SAMSHA Anger Management cognitive-behavioral curriculum to help individuals better manage their anger. This evidence-based practice is highly recommended by the Department of Justice (DOJ, 2016). In criminal justice, cognitive behavioral therapy (CBT) can help individuals better manage anger, assume responsibility for their actions, develop problem-solving skills, and increase coping skills which may in turn reduce antisocial thinking and criminal behavior (ICJIA, 2019). The effectiveness of short-term cognitive-behavioral therapy with probationary and incarcerated offenders was examined; with university males serving as controls, weekly sessions of 2 hours each were provided over a 6-week period (OJP, 2016).

### **Educational Events (Monthly-Last Monday 12-1p)**

Every month we offer an educational topic that is relevant to building recovery/reintegration capital for our client population. This event is open to any individual in the community that feel they can benefit from this service. These relevant topics such as employment readiness, interviewing skills, budgeting, money management, relationship building, mindfulness, building recovery capital, educational exploration ect... will assist in preparing our clients to learn about the latest information and new skills development related to the concerned subject.

### **Social Events (Monthly- Last Sunday 5-7p)**

We open our doors once a month for a social event. During this time individuals have the chance to play dominoes, cards, board games and so much more. Social activities help to keep individuals mentally engaged. This is important to develop the skills necessary to create healthy connections, engage in positive activities, and assists with maintaining emotional health. Connecting with others helps maintain positive moods and build healthy relationships.

### **Family Support (Monthly- Last Tuesday 1-2p)**

We understand that challenges of recovery and justice involved reintegration impact the entire family and the community. With that in mind we offer monthly supportive educational groups to families, loved ones and community members that support our client population in their successful return and engagement in the community. Recognizing the need to support the people that support our client population is one of our priorities. We provide peer led peer driven education/informational events once a month or upon request. We also assisting in connecting resources and supportive ways for all individuals to take care of themselves while supporting those around them.

### **Our Team**

**Executive Director**

**Mary Roberson, EdD, LCPC**

**Program Manager**

**Arlander Mitchell, CADC**

**Admin/Peer Recovery Support Specialist**

**Amanda Douglas, PRSS**

**Project Coordinator**

**MoDena Stinnette, BA, MBA, CPRS**