

New Mexico Women's Correctional Facility Warden, Arlene Hickson



America's Leader in Partnership Corrections

New Mexico Women's

- Staff
- Population and Programming
- Recreation
- Community

Staff

- Regular Staff Recalls
- Monthly Anniversary Events
 - Banana Splits
- Benefits Enrollment - Free Gym Passes
- Team Safety – Frito Pies Reward
- Recognition programs...

Population & Programming

- Unit Management
- Segregation Programming
- Faith Based (Chaplain Services)
- Mental Health
- Education

Unit Management

- Project Echo (Extension for Community Healthcare Outcomes), University of New Mexico, School of Medicine – peer education program on prison health has been in operation all fiscal year
 - <http://echo.unm.edu/>
- Establishment of honor pods in A and G units

HEELING HEARTS



- Heeling Hearts – Dog Obedience program has been in NMWCF since Aug of 2007.
- They have adopted over 275 dogs.
- The women served 40 adult dogs and 5 puppies from birth in FY 2012.
- The dogs are now also being used during therapy in Mental Health by appointments.

HEELING HEARTS

- All inmates requesting assignment to the program must meet the following criteria:
 - Satisfactory completion of the screening process
 - Have a minimum of six months clear conduct (major or minor violation)
 - Anyone having been charged with or convicted of animal abuse or animal cruelty is not eligible for program participation
- The Heeling Hearts Program is considered a full-time institutional job assignment for the assigned inmates. As determined by the Program Administrator, there may be specific meeting time, training sessions, or other activities, which require the inmate's presence. Inmate attendance is mandatory, and any absence will require documentation.

Segregation Programming

- Education – Breaking Barriers
- Education – ABE
- Work programming – pod porters
- Recreation – 5 days a week
- Chaplain Services including bible studies and individual counseling

GENERAL MENTAL HEALTH SERVICES

- **Mental Health Screening** for all inmates within 24 hours of admission to the RDC Unit, and for any inmate in need of Mental Health Services or Psychiatric Services.
- **Crisis Intervention** and on-call services are available 24 hours a day, 7 days a week.
- **Rounds** are made in Segregation three times a week.

MENTAL HEALTH SERVICES FOR WOMEN ON PSYCHOTROPIC MEDICATION

- **A Clinical Assessment** is offered to all women who are prescribed or may need psychotropic medications. If appropriate, these women may be referred to psychiatry, mental health groups or for individual therapy.

Mental Health Department

- **Group Psychotherapy** is the preferred mode of treatment at NMWCF. Group psychotherapy allows women to address personal and mental health issues in a safe, supportive, social environment, and teaches needed skills for symptom management and coping. Groups rotate and are offered as staffing permits. All groups are recommended at Clinical Assessment. Once you are on the list, you will receive an invitation letter which must be returned immediately to Mental Health as enrollment is based on first come, first serve.
 - **Topics include: Women's Empowerment, Stress and Mood Management, Life After Prison, Codependency, Dealing with Feelings, Grief and Loss, Trauma Survivors, Anger Management, Self-Esteem, Substance Abuse and Relapse Prevention. Groups are offered *by invitation only* for the women.**

Mental Health Department

- **Individual Psychotherapy.** Some women may be eligible for individual treatment. We use a brief, solution focused model to assist women in dealing with acute mental health symptoms and provide stability and motivation for continued healing. The need for individual therapy is assessed and recommended at clinical assessment.
- **Outpatient Substance Abuse Groups and Counseling.** Women not enrolled in RDAP, who are on the Mental Health caseload, may sign up for the Substance Abuse, Relapse Prevention I and Relapse Prevention II therapy groups provided by Mental Health. Women who complete 100 hours of the Substance Abuse treatment may be eligible for lump sums through the Mental Health Department.
- **Community Discharge Planning and Referral Services** are provided for women with mental health and substance abuse issues. The Mental Health Department offers referrals to community providers prior to an inmate's discharge.

Mental Health Department

- An increase in the Mental Health caseload from 377 females in 2011 to 412 in 2012, about a 9% increase
- The mental health department caseload has now increased to 452 women, 67% of the total inmate population. 419 of these inmates are currently on psychotropic medications

C – Unit Curriculum

- Therapeutic Behavioral Health Unit(C Unit) established and in operation for three years– provides a supportive living environment for 10 high-risk female offenders that have exhibited self-injurious behaviors and/or Borderline Personality Disorder or traits. The unit is coordinated by the Mental Health staff with programming and meals provided within the unit.
- Services include:
 - Manage your feelings
 - Control your anger
 - Tolerate distress
 - Breathing techniques
 - Develop Communication skills
 - Build Self esteem
 - Change and monitor behaviors
 - Develop Social skills
 - Self acceptance
 - DBT
- 28 Graduates of the program

Medical

- Corizon has provided continuous health services to the state of New Mexico since 2007

- 2012 Clinic stats
 - Psychiatry- 53%
 - Gastrointestinal-10%
 - Hepatitis C-25%
 - Special Needs-7%
 - Cardiac/Hypertension- 14%
 - Endocrine/Diabetes- 16%
 - Respiratory- 6%

2012 Pharmacy Stats

	State Wide	NMWCF
% Population	75%	100%
% Psychotropic	27%	77%
Average \$	\$38	\$43

- Average intake = 38 (monthly)

Fitness Pod

(Unit A / Pod A)

- 21 Individuals
 - Lead by 4 Facilitators

Population: inmates with health related issues that could benefit from proper diet and exercise

Focus: A variety of workouts and instruction on physical & mental health topics applicable to their issues

Goal: To increase health awareness, decrease chronic health medication costs, and empower inmates to make better health decisions

Residential Drug and Alcohol Program (RDAP)

- The Residential Drug Abuse Treatment Program, constitutes a state-of-the-art treatment model built on the Transtheoretical Model of Change, Cognitive Behavioral Therapy, motivational interviewing, and interactive journaling. This model has been operated successfully within the Federal Bureau of Prisons for a number of years with dramatic results.

Residential Drug and Alcohol Program (RDAP)

- This program works because of the dedicated professionals working hand in hand with each other; this includes
- Licensed Counselors with the help of:
 - Unit staff
 - Correctional staff
 - Medical Staff
 - Educators, and
 - Administrators

Residential Drug and Alcohol Program (RDAP)

- The RDAP is a voluntary program of individual and group therapy for female with substance abuse problems.
- Based on a 12-Step Program and Cognitive Behavior Therapy challenging a faulty and irrational belief system
- This is a nine to twelve-month residential program.
- Participants typically live in a special section of the prison and split the day between drug abuse program activities and prison work or educational programs.
- We currently can run 80 women through the program

Grief and Loss Group

Grief and Loss.

This Grief and Loss group has helped me tremendously, in a healthy way. This group has taught me how to grieve that it's ok to let my hurt and pain out. It has also taught me how to Compassion someone, to really listen, to have understanding and compassion. Not that I wanted someone else to lose a child. I thought it only happened to me. This group has taught me how to let go and accept things. That accepting and letting go does not mean you are forgetting about that person. How not to be so sad, but always remember that person. Remember all the good times and things we shared, how to Honor that person. I used to beat myself up all the time, blaming myself, not loving myself. But now I can say, "I do love myself!" I am getting better. I remember someone in this group telling me, "I was in Self-pity. I was mad about it and I thought she don't know what she's talking about, because she hasn't lost her child! When really she was right, because she saw something in me I could not see in myself. Thanks to this group, it showed me I was in Self-pity and denial all I needed to do was accept that my son was gone. I remember the Grief and Loss teacher, Mrs. Jenkins telling me, that the hardest part is not letting go and starting over. I believe that now, because I just couldn't understand how I could go on without my parents or son. Before I entered this program and group at times I didn't want to live. I can truly say, "I'm passed that." Mrs. Jenkins also said, "Goodbyes are the laws of earth and Reunions are the law of Heaven. I know I will see my loved ones again. Just 3 months ago, I was in a deep dark place feeling depressed and alone. I'm so grateful to Mrs. Jenkins and all the ladies in this grief and loss group for giving me the opportunity to cry, laugh, to grieve and feel listened to. My son's birthday is July 13. He now can write that Goodbye Letter. I am so Greatful!

Thank you,
Stacey

Education Program

- Adult Basic Education (ABE) (Levels I, II, & III): is available to all inmates who do not have a GED and wish to attain one. Inmates will be assigned to an ABE level according to their abilities and needs as indicated by the TABE test. The purpose of ABE classes is to A) Prepare an inmate to pass the GED; and B) Provide learning opportunities in those areas with which she may have difficulty. Computer Literacy classes have recently been added to all ABE classes and students of those classes attend a computer literacy class once a week.
- Vocational Programming: Microsoft and Veterinarian Technician training are being offered. Entry into the vocational programs requires a high school diploma or a GED and a reading level at the eighth grade. If an inmate does not have a GED/HSD, but is enrolled in an ABE class, she is eligible to take a vocational class based on availability and the discretion of the education manager.

Education Program

- Over 37 women attended ENMU-R and Mesalands Community College in FY 2012. Currently over 20 women attended ENMU-R and Mesalands Community College in the spring of 2013 as self-paid students.



Vet-Tech

- In this animal science course, students will explore the field of veterinary medicine. Students will learn basics about dogs, cats, livestock, and companion/exotic animals.
- Students will study the role of a veterinarian/veterinary technician in the diagnosis and treatment of animal diseases.
- Topics include: veterinary terminology, anatomy and physiology, pathology, genetics, handling and restraint, and physical examinations along with common surgical skills.

Vet – Tech Classroom



Introduction to Microsoft Computers

- The course objective is to provide the students with comprehensive understanding of computers and their components. The students learn about system and application software to include computer terminology, types of computers, detail use of basic Microsoft Officer software (Paint, Word, Excel, Access, and Power Point) and methods of using integration of applications.

Computer Labs



Breaking Barriers

- Breaking Barriers is a nine week course that covers four phases in the Breaking Barriers workbook. There is a confidentiality form. Students will cover several workshops and have class discussions. This course will also require that the student watch class videos pertaining to the lesson being discussed. This course is a prerequisite for MRT, S.O.A.R, and MRT-DV.

Moral Reconciliation Therapy MRT

- Definition of MRT® :The term moral refers to moral reasoning level based on Kohlberg's levels of cognitive reasoning. The word reconciliation comes from the psychological terms conative and cognition, which refer to the process of making conscious decisions. MRT® is a cognitive-behavioral system that leads to enhanced moral reasoning, better decision making, and more appropriate behavior.
- MRT® has been included in SAMHSA's National Registry of Evidence-based Programs and Practices. It is the premiere cognitive-behavioral program for substance abuse treatment and offender populations, including parole and probation settings, outpatient programs, educational settings and drug courts.
- The course for MRT is 100 hours
- The course for MRT-DV is 150 hours

Project SOAR or Success for Offenders After Release

- SOAR (Successful Offender After Release), an intensive job skills program. Inmates can enter the SOAR program if they don't have disciplinary reports and are within two years of release. In addition to job-specific skills, the employment-based program helps participants build their soft skills and remove the victim mentality from their mindset.
- Career related case management and release preparation provided in cooperation with the New Mexico Department of Workforce Solutions. Participants complete intensive career assessment, exploration, goal-setting, and education.

P.S. I Love You

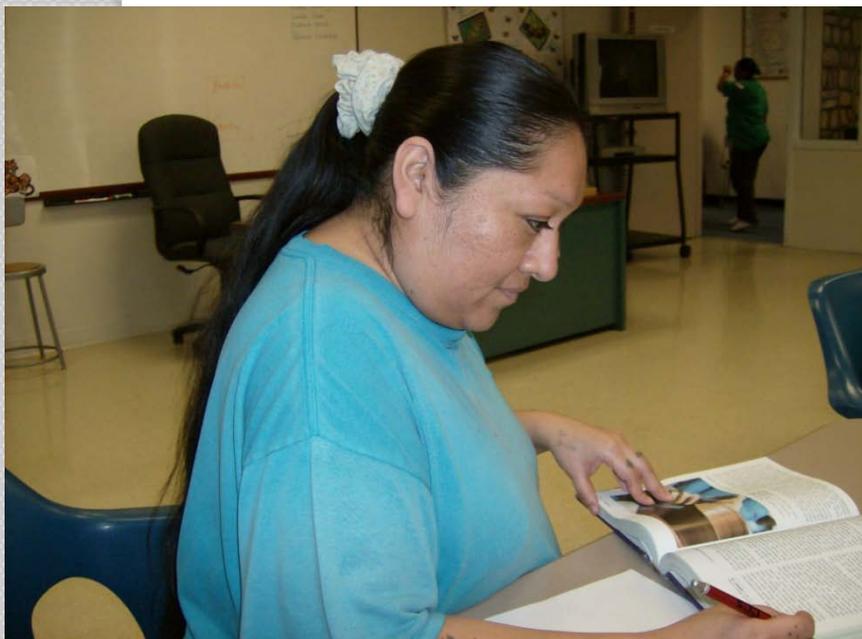
- "P.S. I Love You" is a program that provides the inmate with a positive way to influence their children/grandchildren. It is a family literacy project that brings children and parents closer together through reading. Participants read aloud and are recorded on DVD's. The DVD's and books are then sent to children so that they will be encouraged to read while feeling closer to their mother or grandmother.
- The program takes a total of four(4) months to complete. There are 15 women enrolled in each new 4 month session. Program participation takes place every 2 weeks in three (3) 1 hour sittings.

Educational Resource Center



- Over 6,000 books in circulation
- Offenders have access to thousands of non-fiction inter-library loan books
- Legal access is provided

Improvements to Educational Programming



- A steady increase in the number of GED's obtained
 - FY 2010 – 20
 - FY 2011 – 24
 - FY 2012 – 31
- A 29% increase in 2012
- 25 new GED Graduates for 2013 YTD

Re-entry Program

- Recidivism Reduction Program started in April 2011 in conjunction with Addiction Services – 63 offenders completed the program in FY 2011
- 59 women completed the program in 2012
- **33 women have graduated from Re-Entry so far in 2013**

Recreation & Community

- 10 daily Recreation sessions
- Arts and Crafts Projects
- Beauty Shop
- Monthly Tournaments
- Deliver games/puzzles/ Yarn & Canvas weekly to pods
- Bi-Weekly Movie weekends

Recreation Program

- DADA dolls were contributed to area law enforcement agencies
- New for 2012 DADA dogs and bears



Assistant Warden Jerry Smith (center), and Denise Martinez (right), and Rebecca Sandoval, both of CYFD, in the Warden's office.
BEACON / JARAMILLO



Crocheted blankets were donated to CYFD for foster children



For 2012 Holiday season, nearly 1000 scarves were crocheted by women in the recreation arts & crafts program and donated to elementary students in three Grants/Milan public schools.

Recreation Supervisor Terry Lewis and Asst. Warden James Lopez

2013's Goal is nearly 1600 scarves to local elementary schools

Community Support

Outside the Fence

- Inmates have performed community services at Grants High School, the City of Grants, and the City of Milan. They have cleaned the community by picking up trash, and cutting weeds.
 - Six Inmate volunteers that were cleared and assist.
- Charitable Support & Resources
 - American Cancer Society / Relay for Life
 - Future Foundations
 - Peaceful Habitation
 - Knights of Columbus
 - St. Vincent DePaul Food Bank
 - Wings Ministry

Dress for success

- One professional clothing attire
- Assist with job interviews

Summary

- Staff
- Population and Programming
- Recreation
- Community

