

HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department of Public Safety
Prisons

SECTION: Care and Treatment of Patient -
Access to Services

POLICY # TX 1-6

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SUBJECT: Behavioral Health Day Treatment

EFFECTIVE DATE: April 2018
SUPERCEDES DATE: December 2008

References

Related ACA Standard

4th Edition Standards for Adult Correctional
Institutions 4-4368

PURPOSE

To provide guidelines for the Behavioral Health Day Treatment Program.

POLICY

Day Treatment Programs have been an integral component of community behavioral health programs for a number of years and provide an important addition to other services available to the offender population. The Day Treatment Program will be available for those offenders with mental health needs and intellectual and developmental disabilities exhibiting skill deficits that can be effectively addressed by specialized training and activities.

The services provided will be designed to promote personal independence through enhancement of social, vocational and academic skills, and facilitate constructive use of leisure time and improvement in overall health status.

The Day Treatment Program will provide intensive services for offenders whose needs are greater than normally available on an outpatient basis, but who do not require housing in a residential or inpatient behavioral health setting.

The Day Treatment Program will be designed to provide comprehensive psychosocial habilitation of offenders with mental health needs and/or intellectual and developmental disabilities to reduce the need for inpatient and residential services, and provide those offenders with the skills essential for successful integration into the general prison population or into the community upon release.

PROCEDURE

- I. The Behavioral Health Day Treatment Program is a component of Behavioral Health Services. Responsibilities within Day Treatment programming are as follows:
 - A. The Behavioral Health Director is responsible for establishing policies and procedures pertaining to their operation;
 - B. The Behavioral Health Assistant Director for a region is responsible for monitoring compliance with standards and policies for Day Treatment Programs, and for operation of Day Treatment Programs within their region, including resource allocation, staff training, program development, and ensuring maximum utilization of allocated bed space;
 - C. The Behavioral Health Program Manager for a facility will provide oversight of the operation of the program;
 - D. The designated Psychological Services Coordinator or staff psychologist will provide the day-to-day management and operation of the program and provide clinical supervision and quality assurance monitoring; and
 - E. The responsibility for the development of the offender's treatment plan will be designated to an interdisciplinary treatment team. Members of the interdisciplinary team will vary based on the assessed needs of the offender.

II. Program Objectives

The objectives of Day Treatment Programs in the Division of Prisons include, but are not limited to, providing the following in the context of a structured therapeutic environment:

- A. Improving basic academic skills;

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- B. Establishing and enhancing work skills;
- C. Enhancing social and communication skills;
- D. Fostering understanding and acceptance of needed medical and behavioral health treatment;
- E. Taking prescribed medication responsibly;
- F. Providing opportunities for development of interest and experience in constructive use of leisure time through activities such as hortithery, recreation, arts and crafts, and hobbies;
- G. Providing training in skills necessary for successful prison adjustment;
- H. Preparing for release to the community when appropriate;
- I. Reducing recidivism through enhanced overall functioning; and
- J. Providing outpatient behavioral health services such as evaluating the need for psychotropic medication and individual or group treatment as needed.

III. Hours of Operation

- A. Day Treatment is considered a full-time program activity and it is expected that the program will be operational for a minimum of six hours daily, thirty hours per week, excluding holidays.
- B. Offenders participating in the Day Treatment Program are eligible to gain time credits.

IV. Staffing

- A. Staffing shall be adequate for the program's operation effectiveness.
- B. Staff shall have appropriate formal education and experience relevant to assigned duties.
- C. Staff may be supplemented with part-time contractual personnel and volunteers.
- D. Ancillary offender helpers may be designated to provide assistance to staff in various programmatic activities and are authorized to receive incentive wages for this work. Offender helpers shall be carefully screened by day treatment program staff and proper care shall be taken to ensure that offender helpers do not assume supervisory responsibility over the program participants. Should it be determined by the Psychological Program Manager or designee, that an offender helper is no longer appropriate for the position, he or she will be removed from the assignment.

V. Participant Selection

Day Treatment programs are designed primarily for offenders with mental health needs and/or intellectual and developmental disabilities that can be addressed by the program elements. Each program will develop selection criteria and a referral system approved by the Behavioral Health Director which will be used by behavioral health staff in identifying and referring appropriate offenders.

VI. Program Elements

The Day Treatment Program will develop planned service activities which address ongoing assessment and one or more of the objectives. The specific service activities will be appropriate to the targeted population and may include one or more of the following:

- A. Social Skills Training. Specific areas may include communication, assertiveness, conflict resolution, anger management, and medication orientation;
- B. Vocational Activities. Assessing current vocational skills and developing new skills provides the basis for successful integration into the regular prison population or return to the community. Activities should be skill building and, where possible, production oriented. Skills needed for subsequent assignment to Prison Industries jobs should be emphasized. Learning to accept supervision and to interact successfully with co-workers is essential;

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- C. Academic Preparation. Offenders in the target population generally have significant educational deficits; therefore, academic activities should be included. Emphasis should be on the relevance to vocational skill development and basic living requirements. Compensatory education for mentally handicapped and Adult Basic Education for other participants will be provided as appropriate. Community College sponsorship of these activities should be sought;
 - D. Horticulture. This program can provide a basis for vocational and leisure time activities. Activities may include plant propagation, landscape maintenance, vegetable gardening, greenhouse operation, etc. It is anticipated that offenders who participate in these programs would be capable of performing landscape maintenance at prison units and other sites.
 - E. Leisure Activities. Learning how to constructively use leisure time is beneficial psychologically and socially. Emphasis should be placed on activities that can be continued when the offender leaves the Day Treatment Program. Examples of such activities are: music, arts and crafts, and recreation with an emphasis on physical fitness and health;
 - F. Healthy living. Learning how to take charge of their health, set personal goals, and engage in positive behaviors that nurture their well-being and promote good health; learning how to live with mental illness or an intellectual or developmental disability; and learning how to develop a wellness plan.
 - G. Prison Adjustment. This program will provide opportunities to learn prison rules and expectations, including how to interact with staff and other offenders, how to appropriately handle conflict, and how and when to access available programs and services.

VII. Quality Assurance

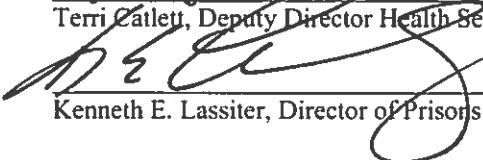
The Psychological Services Coordinator will provide ongoing monitoring of the Day Treatment Program's efficiency and effectiveness. Review of the Day Treatment Program will be included in the facility's Health Services Comprehensive Program Review.



Terri Catlett, Deputy Director Health Services

7/3/18

Date



Kenneth E. Lassiter, Director of Prisons

7/3/18

Date

SOR: Director of Behavioral Health Services