

***Reducing Recidivism through  
Successful Reentry  
Conference***  
**ADULT TRACK**



**Wednesday - March 23, 2016  
Hotel Captain Cook  
Anchorage, AK**

**Sponsored by the Alaska Mental Health Trust Authority in  
partnership with UAA-Center for Human Development**

## **Acknowledgements**

### **Sponsorship**

This conference is sponsored by UAA's *Center for Human Development (CHD)* from *Alaska Mental Health Trust Authority (AMHTA)* grant funds to help increase treatment capacity for community supports serving returning citizens who are Trust Beneficiaries and to promote safe and healthy Alaskan communities.

### **Co-sponsorship**

To show support for community providers in rural communities outside of the Anchorage/Mat-Su Borough to attend this invaluable training, the *Disability Law Center of Alaska* graciously coordinated the dispersal of training support funding in partnership with *CHD* and *AMHTA*.

UAA Center for Behavioral Health Research & Services (CBHRS) is co-sponsoring this CE and offering CE credits. CBHRS is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Human Development maintains responsibility for this program and its content. For more information, including prerequisite knowledge, targeted audiences, and learning objectives for these continuing education credits, please see the CE application form and complete the training evaluation survey.

### **Additional thanks goes to:**

- the *NASW-Alaska Chapter* for continuing to offer CE credits for conference participants attending the event;
- all of the community organizations who volunteered their time to participate in the conference's Exhibit Visit; and
- members of AMHTA's *Disability Justice Initiative* who dedicated their time, expertise and leadership support to show their commitment to meet the training needs of community service providers who support Trust beneficiaries who are at risk of, or who are returning citizens. They are:
  - Alaska Commission on Aging
  - Alaska Court System
  - Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse
  - Department of Administration
  - Department of Behavioral Health
  - Department of Corrections
  - Department of Law
  - Division of Juvenile Justice
  - Governor's Council on Disabilities and Special Education

We would also like to give a big **THANK YOU** to all of our conference participants and their agency leadership for continuing to support this conference by taking the time to fully participate in this event.

## **2016 Reducing Recidivism Through Successful Reentry Conference**

### **Purpose**

This event is sponsored by grant funds provided by the Alaska Mental Health Trust Authority in partnership with the Center for Human Development/UAA to help increase the capacity for communities to serve Trust beneficiaries who are returning citizens to reduce recidivism and promote safe and healthy Alaskan communities.

### **Date**

Wednesday, March 23, 2016

#### ***Adult Track***

7:30am Registration Desk Opens

8:30am Welcome Address

5:00pm End of Day

A *Certificate of Attendance* will be emailed to all participants for the session they attended.

### **Location**

Hotel Captain Cook – Discovery Ballrooms (Street Level)

939 W. 5<sup>th</sup> Avenue

Anchorage, Alaska 99501

1 (800) 843-1950

[www.captaincook.com](http://www.captaincook.com)

Garage parking discounts available for each day (\$20/day). ***Please validate your parking ticket at the Hotel Captain Cook's front desk and let them know you are attending the Reducing Recidivism Through Successful Reentry conference.***

### **Conference Materials**

All presentations and handouts contained in this manual will be available online at [www.alaskachd.org/justice/offender](http://www.alaskachd.org/justice/offender) after the conference.

## **Accommodation Request**

***To ensure the best learning environment for all participants, please refrain from wearing scents.***

# 11<sup>th</sup> Annual “Reducing Recidivism Through Successful Reentry” Conference

## ADULT TRACK

**DATE: Wednesday - March 23, 2016**

**Location: Hotel Captain Cook**

<b>7:30-8:30</b>	<b>Open Registration/Coffee Service in the Aft Deck</b> <b>Participants settle into their assigned tables in the Mid &amp; Fore Deck</b>
<b>8:30-8:45</b>	<b>Welcome Address:</b> Steve Williams, Chief Operating Officer – Alaska Mental Health Trust Authority
<b>8:45-9:45</b>	<b>Keynote: <i>Successful Returning Citizen Panel</i></b> Co-facilitated by Morgen Jaco – State of Alaska (SOA), Department of Corrections (DOC) and Teri Tibbett – SOA, Alaska Mental Health Board/Advisory Board on Alcoholism & Drug Abuse Panelists: Donna Fischer, Michael Parker, Amy Urbach, and Amber Morrison
<b>9:45-11:00</b>	<b>Session 1: <i>Effective Interventions: Corrections &amp; Community Behavioral Health Partnerships</i></b> Bob Kingman, J.D., M.Ed., LCPC, CCS - Crisis & Counseling Centers (Maine)
<b>11:00-11:15</b>	<b>15 Minute Break</b>
<b>11:15-12:30</b>	<b>Session 2: <i>Return to Community: Reducing Recidivism with Continuity of Care</i></b> Bob Kingman, J.D., M.Ed., LCPC, CCS - Crisis & Counseling Centers
<b>12:30-1:45</b>	<b>Networking Lunch/ Video Presentation/ Exhibit Visit* – Ask the Experts</b> Use this relaxing opportunity to break bread with other professionals outside of your agency and/or community! Exchange business cards as well as tricks of the trade you use in your community to support individuals you work with. This is a great time to find out “who’s doing what” and “how they’re doing it!” <ul style="list-style-type: none"><li>From 1pm-1:45pm Video Presentation “<i>Prison/Jail Medication Assisted Treatment Re-entry Programs</i>” with Q&amp;A facilitated Jyll Green, myHealth Clinic</li><li>From 1:15pm-1:45pm Exhibit Visit Open in the Aft Deck</li></ul>
<b>1:45-3:00</b>	<b>Session 3: <i>The First Week Out: A Pathway to Success Panel Discussion</i></b> Facilitated by Doreen Schenkenberger - Partners for Progress Panelists: Jyll Green, ANP - myHealth Clinic; Michael Mooradian – Cook Inlet Tribal Council; Morgen Jaco - SOA, DOC; Joshua Sopko, Partners Reentry Center; Alysa Wooden – SOA, Division of Behavioral Health; and Jennifer Fredericks – SOA, Therapeutic Courts
<b>3:00-3:30</b>	<b>Exhibit Visit* in the Aft Deck – Ask the Experts/BREAK</b> Take some time to visit the various informational booths on what transitional services they provide and how you can access their services for your clients!
<b>3:30-4:45</b>	<b>Session 4: <i>Recidivism: An Alternative Perspective</i></b> Moreen Fried, LCSW - Private Practice & Jennifer Hite, SOA, Alaska Public Defender
<b>4:45-5:00</b>	<b>Closing and Evaluations**</b>

\*Enter the drawing to win a \$25 gift certificate of your choice by visiting all of the informational booths and asking the agency representative a question about their services! The winner will be drawn at 5:00pm

\*\*Enter the drawing to win a \$50 gift certificate of your choice simply by turning in your Conference Evaluation into the Registration Desk Staff! The winner will be drawn at 5:00pm. Do not need to be present to win

## **ADULT TRACK SESSION ABSTRACTS AND LEARNING OBJECTIVES**

### **Keynote:**

#### **Successful Returning Citizens Panel**

This session will go over topics that include: employment, substance use disorders, housing, family issues, and obstacles newly individuals face upon release from incarceration. The session will briefly allot time for panelists to introduce themselves, and answer a series of questions provided from the facilitator, then open up for questions and answers from the audience.

Upon completion of this session, participants will be able to:

1. Identify barriers to employment, housing, and treatment for returning citizens.
2. Identify services that assist reentrants to successfully transitioning into the community.
3. Explain how service providers can help or hinder the success of returning citizens transitioning back into the community.

### **Session One:**

#### **Effective Interventions: Corrections & Community Behavioral Health Partnerships**

This session addresses the use of criminogenically informed treatment to assist corrections and community behavioral health personnel in carrying out their professional responsibilities during and after an individual's incarceration. Understanding criminogenic risk, use of targeted interventions and cross-disciplinary collaboration can maximize limited resources in providing effective services.

Upon completion of this session, participants will be able to:

1. Discuss the elements of successful corrections and behavioral health collaboration.
2. Explain principles of effective criminogenically informed treatment interventions.
3. Apply the role of criminogenic risk assessment, the 'risk-need-responsivity' model, and anti-social identity formation in effective service delivery.
4. Identify critical elements in the development/implementation of a correctional facility-based treatment program in Maine and its impact on successful transition and re-entry to the community.

### **Session Two:**

#### **Return to Community: Reducing Recidivism with Continuity of Care**

Co-occurring criminal conduct and substance abuse relapse often undermine community reentry and result in re-incarceration. Brief in-custody treatment may effectively address addiction and recidivism in conjunction with criminogenically-informed community treatment and collaboration with criminal justice and community supervision personnel.

Upon completion of this session, participants will be able to:

1. Identify advantages of criminogenically-informed continuity of care, with compatible facility and community-based treatment approaches.

2. Articulate elements of clearly structured aftercare and supervision expectations.
3. Apply the role of transparent communication among providers about individuals' participation and progress in treatment.
4. Explain the community reentry and aftercare treatment process for participants completing the correctional facility-based Criminogenic Addiction Recovery Academy (CARA) in Maine.

### **Session Three:**

#### **The First Week Out: A Pathway to Success Panel Discussion**

This panel discussion will address state and community support, and programs available to individuals for successful reentry during the first week out of incarceration. The panel will cover what are the risks/needs of formerly incarcerated individuals and how state and community collaboration is making a difference to reduce recidivism.

Upon completion of this session, participants will be able to:

1. Assess the of needs and timing of services are critical factors in assisting those most likely to recidivate.
2. List three components of successful reentry – Housing, Employment and Behavioral Support.
3. Effectively use Mentors and Peer Support for successful reentry as an aftercare strategy for long term recovery and support.
4. Describe various alternatives to incarceration.
5. Explain how medically assisted treatment is used in Alaska.

### **Session Four:**

#### **Recidivism: An Alternative Perspective**

Clients enter a relationship with providers, criminal/juvenile justice and child protection with a history of traumatic experiences. The relationships between providers and those within the system can serve as an avenue in which clients use to recreate the dysfunction which fuels their criminal behavior or as an opportunity for behavior change. This presentation will outline and discuss a model that was successfully implemented for 15 years and has statistically demonstrated ways in which community providers and the 'system' can work together to challenge a client's core paradigm and in doing so, reduce the likelihood of recidivism.

Upon completion of this session, participants will be able to:

1. Identify the ways in which we, the system, re-create or help repair the influence of a client's traumatic life experiences.
2. Explain the ways in which each of us contributes to the system's/ team's dysfunction.
3. Describe alternative ways of functioning within the system/team that reduces recidivism.

**Exhibit Visit**

Come and ask our invited agencies that support Alaskan adult citizens questions about their programs. This is a wonderful opportunity to network with other agencies that can help you with your work as well as a time to get the most current information about their services.

Upon completion of this session, participants will be able to:

1. List who in the community serves youths who are Trust beneficiaries.
2. Describe services provided to youths who are Trust beneficiaries.
3. Explain how criminal behavior can affect youths who are Trust beneficiaries' eligibility for other community provider services.

## **ADULT TRACK BIOGRAPHIES**

### **Keynote:**

#### **Donna Fischer, Panelist**

Donna Fischer is a 51-year-old Alaska Native currently residing in Anchorage, Alaska. She graduated with a Bachelors in Human Services in 2013, and is now finishing her Master's in Public Health (MPH) at the University Alaska Anchorage.

She is currently a member of the Alaska Prisoner Reentry Initiative Steering Team. She also serves on the panel for Hiland Mountain Correctional Center Success Inside and Out program for five years, and is an avid supporter for successful re-entry of women with substance use disorders coming out of corrections. She provides support for women who are interested in life change, succeeding in recovery, higher education, building positive support networks, and setting and accomplishing goals.

She has volunteered and completed her practicum for her Bachelors at the Alaska Mental Health Consumer Web. In this practicum, she gained insightful knowledge and tools working with people who are experiencing: homelessness, chronic alcoholism, incarceration, and mental illness.

Donna serves on two reentry coalitions for Anchorage and Bristol Bay. She considers herself a "subject matter expert" as she has experienced all the barriers and challenges one faces when coming out of incarceration. She has been in recovery 9 years and out of incarceration since 2008. Her passion for the over representation of Alaska Natives in the correctional system has compelled her to focus her entire MPH program on this important topic, and plans on a cultural needs assessment for Alaska Native Returning Citizens.

#### **Michael Parker, Panelist**

I started using as a teen. I continued using until I was 40 years old. I have been to Viet Nam, federal prison, and state prison, San Francisco State at San Francisco. I was an altar boy at St. Michael's Catholic church and I was a practicing addict. My life has been all over the board. I joined Narcotics Anonymous (NA) in 1990 after I became a single parent. NA has been a part of my life ever since.

Because of NA, my life since 1990 has been unbelievable. I have enjoyed a life second to none. I am now married and carrying on with a great life. NA has been working for me and it can and will work for anyone.

#### **Amy Urbach, Panelist**

My name is Amy Urbach. I am a 37-year-old mother of three. I have been clean since December 15, 2013 at which time my probation officer decided to induct me into the PACE program due to my failure to provide a clean UA on numerous occasions. Shortly after, I was admitted to inpatient treatment at Clitheroe Residential and graduated successfully from that program on April 30, 2014.

Once released from treatment to probation, I obtained and consistently maintained gainful employment and complied with probation until my release on January 24, 2016. Most recently, I was promoted to a management position with my current employer. I also have full custody of my teenage son and I'm an active member of the Narcotics Anonymous community including service commitments.



I have proven to be a dependable, independent woman who is successful and a good role model. I have tenacity, compassion and I remain teachable and humble. I have learned to set boundaries and I'm able to enforce them peacefully and reasonably. I enjoy being available for not only my children, but also other addicts in the community who seek the solution I have come to understand. I plan to further my education and purchase the business I am currently working for within the next few years

**Amber Morrison, Panelist**

I'm 34 years old with 4 children and as unfortunate as it is, I've seen myself replaying the same viscous cycle that I had been in during my childhood years. Both my parents were drug addicts and I had an abusive father who beat my mother while we witnessed it. No matter how many times I told myself it would never be me that I would NEVER expose my babies to any of what I've been subjected to, I did. I ended up a chip off the old block if not worse. Had I known then, what I know now about the resources that are offered to a person or persons such as myself I believe that I could have avoided a lot of heartache and pain I put my family through. I battle with addiction and that's been for 19 years right along with my criminal history.

I am blessed to be here today and be able to speak out about felons, mothers, daughters, sisters, aunts. Trying to get back out here in the community and once again become a productive member of society and the possible roadblocks that might be in the way. It's hard to trust a person who had shown no reason to trust so you have to stay productive, focused, positive and you have to reach out and ask for help and take advantage of the resources available to each and every one of us.

**Morgan Jaco, Reentry Program Coordinator - State of Alaska, Department of Corrections (DOC)**

Morgan Jaco has worked for the Department of Corrections since 2007; starting out in Seward Alaska at Spring Creek Correctional Center. She moved to Anchorage in 2009 to work with the inmates at the CRC's as a Furlough Probation Officer. Her passion has always been Prisoner Reentry; focused on ways to reduce recidivism and helping ease the transition from incarceration back out into the community. Currently, as the Reentry Coordinator for the Department of Corrections; she works with different community entities and stakeholders addressing various barriers that reentrants experience upon release.

**Teri Tibbett, Advocacy Coordinator - State of Alaska, Alaska Mental Health Board (AMHB)/Advisory Board on Alcoholism & Drug Abuse (ABADA)**

Teri Tibbett is the advocacy coordinator for the Alaska Mental Health Board and Advisory Board on Alcoholism & Drug Abuse, and coordinates the joint advocacy effort of the Alaska Mental Health Trust Authority and partner advisory boards. She also serves on the steering committee of the Juneau Reentry Coalition and chairs the coalition's behavioral health workgroup, and is the coordinator of the Alaska Fetal Alcohol Spectrum Disorders (FASD) Partnership, a statewide advocacy organization. In these roles Teri works with Trust beneficiaries—people with mental illness, substance use disorders, FASD, brain injury, developmental disabilities, Alzheimer's disease and dementia—to facilitate a better understanding of the legislative process and participation in that process. Teri served as a legislative aide for 10 years with the Alaska State Legislature.

### **Session One & Session Two:**

#### **Bob Kingman, J.D., M.Ed., LCPC, CCS - Crisis & Counseling Centers (Maine)**



Bob Kingman, J.D., M.Ed., LCPC, CCS is the former Director of Correctional Health and Jail Diversion Services for the Crisis and Counseling Centers (C&C) in Augusta, Maine. He has more than 30 years of experience working in the behavioral health field, as a patient advocate at the former Augusta Mental Health Institute (Maine's state psychiatric hospital); the Director of an ACT (Assertive Community Treatment) Team and an Adult Community Support Program; a Juvenile Drug Court and school-based provider; an outpatient

therapist; a clinical outreach coordinator for homeless individuals with co-occurring disorders; and an original member of Maine's only Co-occurring Disorders Court multi-disciplinary team. In his recent role as Director of Correctional Health and Jail Diversion Services, he was responsible for oversight of the agency's integrated primary and behavioral healthcare services at the Two Bridges Regional Jail (TBRJ) and at the Kennebec County Correctional Facility (KCCF) in Augusta, and was also the clinical supervisor of the Criminogenic Addiction Recovery Academy (CARA) program--a 6-week comprehensive, intensive co-occurring treatment program for inmates at KCCF. This facility was C&C's collaborative partner in a series of three BJA/Second Chance Act grants focusing on jail diversion and treatment for individuals with co-occurring disorders and high risk of relapse and recidivism.

Mr. Kingman is currently a co-occurring and trauma clinical specialist, working with clients both in the correctional facility and in outpatient/intensive outpatient program (IOP) settings after they transition back to the community

### **Session Three:**

#### **Doreen Schenkenberger, Executive Director - Partners for Progress (Panel Moderator)**

Doreen works with the Board of Directors to provide strategic, organizational and financial management for Partners for Progress. She works with all Partners programs to support quality service delivery and program development and fidelity. Prior to accepting her position with Partners, Doreen served on the board of directors and worked as a volunteer for many years.

She has been involved at the national, statewide and local levels working with others to promote public awareness about therapeutic justice and programs for recovery and sobriety. She has presented nationally for the National Association of Drug Court Professionals, is a co-founder of the Alaska Therapeutic Courts Alumni Group for whom she served as Chair for many years. Doreen has over 20 years of Executive level work experience including Management positions with Alaska Native Corporations and Grant Writing to help secure funding for Alcohol and Juvenile Justice Programs in Rural Alaska. She has a BBA in Management with an Accounting Minor, and also attended graduate school at the University of Alaska Anchorage.

**Jyll Green, ANP - myHealth Clinic**

Jyll Green has been a family nurse practitioner for over 11 years. She is the owner of myHealth Clinic, a family practice and urgent care facility founded in 2007 in Anchorage, Alaska that serves over 12,000 patients. She was voted Alaska Nurse Practitioner Of The Year in 2012. She is now working toward her Doctorate in Nursing Practice at the University of Alaska Anchorage with a special project focus on using Extended Release Injectable Naltrexone to Reduce Recidivism in the State of Alaska.

**Michael Mooradian, Alumni Services Manager - Behavioral Health Dept., Cook Inlet Tribal Council**

Michael has been involved in peer support since 2006 as a co-founder of the Alaska Therapeutic Court Alumni Group and served on the Board of Directors for many years. He has presented nationally at numerous NADCP conferences in order to assist other organizations in starting alumni services and he is currently the manager of Alumni Services at Cook Inlet Tribal Council's Recovery Services Department. He appeared in a public service announcement for the "Driving under the influence is a dead end" campaign for the Alaska state Troopers. He has over 12 years of substance use counseling experience, 3 years as an LSSAT Program Coordinator and is in long term recovery.

**Morgan Jaco, Reentry Program Coordinator – SOA, Department of Corrections**

DOC will discuss the Department of Corrections Reentry program and services along with recidivism reduction initiatives passed by the legislature in coordination with the PEW Charitable Trust Justice Reinvestment Recommendations.

**Joshua Sopko, Deputy Director - Partners Reentry Center**

As Deputy Director of the Partners Reentry Center, Joshua Sopko is responsible for keeping the Director informed on day to day operations and for providing updates about client needs for specific assistance such as housing. He is also charged with intensive client management which requires monitoring of all persons entering the program, as well as following up on the status and success of each.

Joshua is dedicated to reentry services. He has strong analytical and computer skills which stand him in good stead when tracking and responding to an ever increasing demand for reentry services. This includes month to month tracking of tracking of clients covered by Partners' housing assistance program and, when necessary, providing eviction assistance. It also includes working directly with clients seeking assistance, other Reentry Center employees and with outside agencies and entities.

Joshua joined the Partners Reentry Center in 2014 and has held his present position since January 2015. His education includes mediation training and a Bachelor's degree in Political Science.

**Alysa Wooden, Recidivism Reduction Coordinator – SOA, Division of Behavioral Health**

Alysa has been involved in nationwide reentry efforts since 2010. In Michigan, she began volunteering for the Washtenaw Prisoner Reentry Initiative, and in 2012 she became the resource specialist for the Livingston Prisoner Reentry program.

As a program coordinator in Alaska, Alysa assists in the development and management of grants and contracts funded by the Division of Behavioral Health to provide prisoner reentry and other “smart justice” type programs and services.

In addition, Alysa works with multiple agencies and programs to coordinate support services for recidivism reduction statewide.

**Jennifer Fredericks, Project Coordinator - Anchorage Wellness Court, Alaska State Court System**

Ms. Fredericks, BSW, has been involved with therapeutic courts since 2008. Initially as a probation officer/case manager for the Anchorage Mental Health Court (Coordinated Resource Project), in 2010 as the compliance specialist for the Kitsap County Drug court in Washington State, and then in 2013 in Anchorage as probation officer/case manager for the Anchorage Wellness Court, and in 2014 to present as the Project Coordinator for the Anchorage Wellness Court. Ms. Fredericks helps coordinate the daily operations of the Anchorage Wellness Court working with judges, attorneys and other team members to ensure a smooth operation of the court processes.

**Session Four:**

**Moreen Fried, LCSW – Private Practice**

Moreen Fried, LCSW, is a private practitioner who over the past thirty years has provided outpatient/inpatient psychotherapy to adults, children and families; forensic evaluations and expert testimony for the Office of Children's Services, Division of Juvenile Justice, Public Defender Agency, District Attorney, Attorney General and judicial branch; development and facilitation of advanced training program for DOC female clinicians working with sex offenders (present): implementation of the State of Alaska Department of Corrections' Community Based Sex Offender Assessment and Treatment Program-Fairbanks (1998-2013); implementation of the State of Alaska Department of Corrections' Barrow Region Community Based Sex Offender Risk Assessment and Program Consultation Pilot (2011-2014)Program; program consultation and training to Bethel Sex Offender Treatment and Management Program (2011-2014); consultation, staff training, program development and treatment services for female clients with chronic trauma with the Resource Center for Parents and children; mental health consultant for Fairbanks Juvenile Mental Health Court and Wellness-DUI Court. She has her Master's Degree in Social Work, Bachelor's Degree in Criminal Justice/Corrections and Associate's Degree in Law Enforcement. She has presented at local, state and national conferences specific to topics on the treatment and assessment of adolescent and adult sex offenders; transference-countertransference with clients diagnosed with personality disorders; integrating substance abuse and mental health treatment; dually diagnosed adult offenders; treating victims of sexual abuse; and guidelines for treatment of offenders with cultural and cognitive differences.

**Jennifer Hite, Attorney - State of Alaska, Public Defender Agency**

Jennifer Hite has been practicing criminal defense for over twenty years. She began her career with the Ohio Public Defender's Office immediately after graduating from law school. At that office, she worked exclusively on post-conviction proceedings for clients facing the death penalty. Five years later, she moved to Alaska to begin her position with the Alaska Public Defender Agency. This transition allowed her to begin criminal trial practice. After defending clients for seven years, she was promoted to Supervising Attorney for the Northern Region of Alaska. She continues to supervise the Fairbanks

and Barrow Public Defender offices. She has devoted her career to serving indigent clients as they manage their way through a complicated criminal system.

**Exhibit Visit Agencies**

Alaska Brain Injury Network  
Alaska FASD Partnership  
Alaska Mental Health Trust Authority and Partners Advisory Boards  
Alaska Native Justice Center  
Alkermes  
Anchorage Mental Health Court  
Center for Psychosocial Development  
Division of Behavioral Health  
Department of Corrections  
Department of Labor-Employment Security Division  
Disability Law Center  
Division of Vocational Rehabilitation  
Partners for Progress/Partners Reentry Center  
Social Security Administration  
Veteran's Administration  
Volunteers of America Alaska