

Best Practices in Rural and Urban Communities

Building Equity in Criminal Justice



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July 21, 2020: The information herein is date-sensitive as CDC recommendations change regularly as needed.



Fletcher Group Overview

Building recovery ecosystems



Technical Assistance



Training & Education



Research & Best Practice



OPIOID SUMMIT II

Addressing Legal Barriers to Addiction Care and Treatment

▶ MAY 13-14, 2021 ◀

Our Focus



Expand Capacity and Quality of Recovery Housing and Services nationally



Rural Focus: Focus counties and respond to any request serving HRSA designated rural counties especially targeting CJ involved individuals and people experiencing homelessness



ARC RHOAR (Recovery, Hope, Opportunity and Resiliency) Project

Appalachia: Building Recovery Ecosystems - Expanding Recovery Housing and Employment Training for those in recovery

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Agenda

- Who are We?
- State of Affairs
 - Rural Considerations
 - Equity
- What can we do?
 - Recovery Ecosystems
 - CJ Partnerships
 - Diversion and Reentry Programs
- Examples
- Q & A



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State of Affairs - War on Drugs

- ❖ Every 25 seconds, someone in America is arrested for drug possession.
- ❖ The number of Americans arrested for possession has tripled since 1980, reaching 1.3 million arrests per year in 2015—six times the number of arrests for drug sales.
- ❖ **One-fifth of the incarcerated population—or 456,000 individuals—is serving time for a drug charge.**
- ❖ Another 1.15 million people are on probation and parole for drug-related offenses.
- ❖ **Incarcerating people for drug-related offenses has been shown to have little impact on substance misuse rates.**
- ❖ Incarceration has a negligible effect on public safety. Crime rates have trended downward since 1990, and researchers attribute 75 to 100 percent of these reductions to factors other than incarceration.**

<https://www.americanprogress.org/issues/criminal-justice/reports/2018/06/27/452819/ending-war-drugs-numbers/>

** Don Stemen, "The Prison Paradox: More Incarceration Will Not Make Us Safer" (New York: Vera Institute of Justice, 2017), available at <https://www.vera.org/publications/for-the-record-prison-paradox-incarceration-not-safer>.

The High Cost

Of Criminalizing Addiction

- \$182 billion spent each year on incarceration
- Up to 60% of inmates diagnosed with SUD
- **A 15% reduction in incarceration - \$27 billion in annual savings.**

Mass Incarceration Costs \$182 Billion Every Year, Without Adding Much to Public Safety

<https://ejournal.org/news/mass-incarceration-costs-182-billion-annually/#:~:text=According%20to%20the%20Bureau%20of,to%20support%20incarcerated%20loved%20ones>

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Federal Efforts –from Corrections to Connections

Total spending in million U.S. dollars	
2019 (Final)	\$36,808
2020 (Enacted)	\$35,601
2021 (Request)	\$35,695

<https://drugfree.org/drug-and-alcohol-news/among-trillions-in-federal-spending-billions-for-addiction-programs/>

- ❖ **Over \$ 7.4 Billion*** - Focused on Harm Reduction and MAT to reduce O/D deaths
- ❖ Slight Decrease in Overdoses 2018
- ❖ Then... **COVID-19** AMA Reports of increases in opioid related overdose and other concerns during COVID pandemic (AMA Issue Brief, updated September 8, 2020)
- ❖ More than 40 states have reported increases in opioid-related.
- ❖ Clearly, what we have lost with the pandemic is a loss of connection.

Dr Mike Brumage <https://www.theguardian.com/us-news/2020/jul/09/coronavirus-pandemic-us-opioids-crisis>

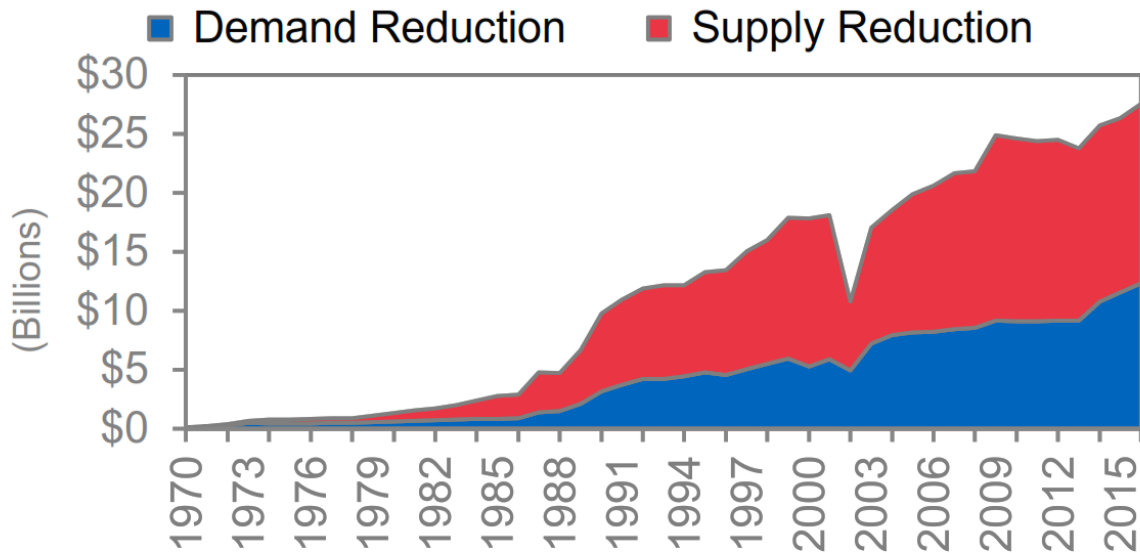
* 2018 for all branches of Federal Budget addressing opioid: <https://bipartisanpolicy.org/wp-content/uploads/2019/03/Tracking-Federal-Funding-to-Combat-the-Opioid-Crisis.pdf>

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Federal Drug War Budget, 1970-2016*



* Requested.

** Significant budget lines were removed from the calculation in 2002, making spending appear smaller than it was.

*Supply reduction = interdiction, eradication & law enforcement
Demand reduction = education, prevention & treatment.*

Criminalization of Drug Use

Spending on Supply Side vs. Demand

55% vs 45%

https://drugpolicy.org/sites/default/files/DPA_Fact_sheet_Drug_War_Budget_Feb2015.pdf

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Stigma and Discrimination – Most commonly reported

- ❖ 48.8% reported people assumed I would relapse
- ❖ 38% held to a higher standard
- ❖ 18.5% reported unfair treatment by the police
- ❖ 16.2% could not get a job
- ❖ Discrimination shown to be associated with distress, quality of life, & recovery capital.

Perceived discrimination in addiction recovery: Assessing the prevalence, nature, and correlates using a novel measure in a U.S. National sample; Corrie L. Vilsaint*, Lauren A. Hoffman, John F. Kelly, *Drug and Alcohol Dependence*, Volume 206, 1 January 2020, 107667
<https://www.sciencedirect.com/science/article/abs/pii/S0376871619304442?via%3Dihub>

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Stigma and Discrimination

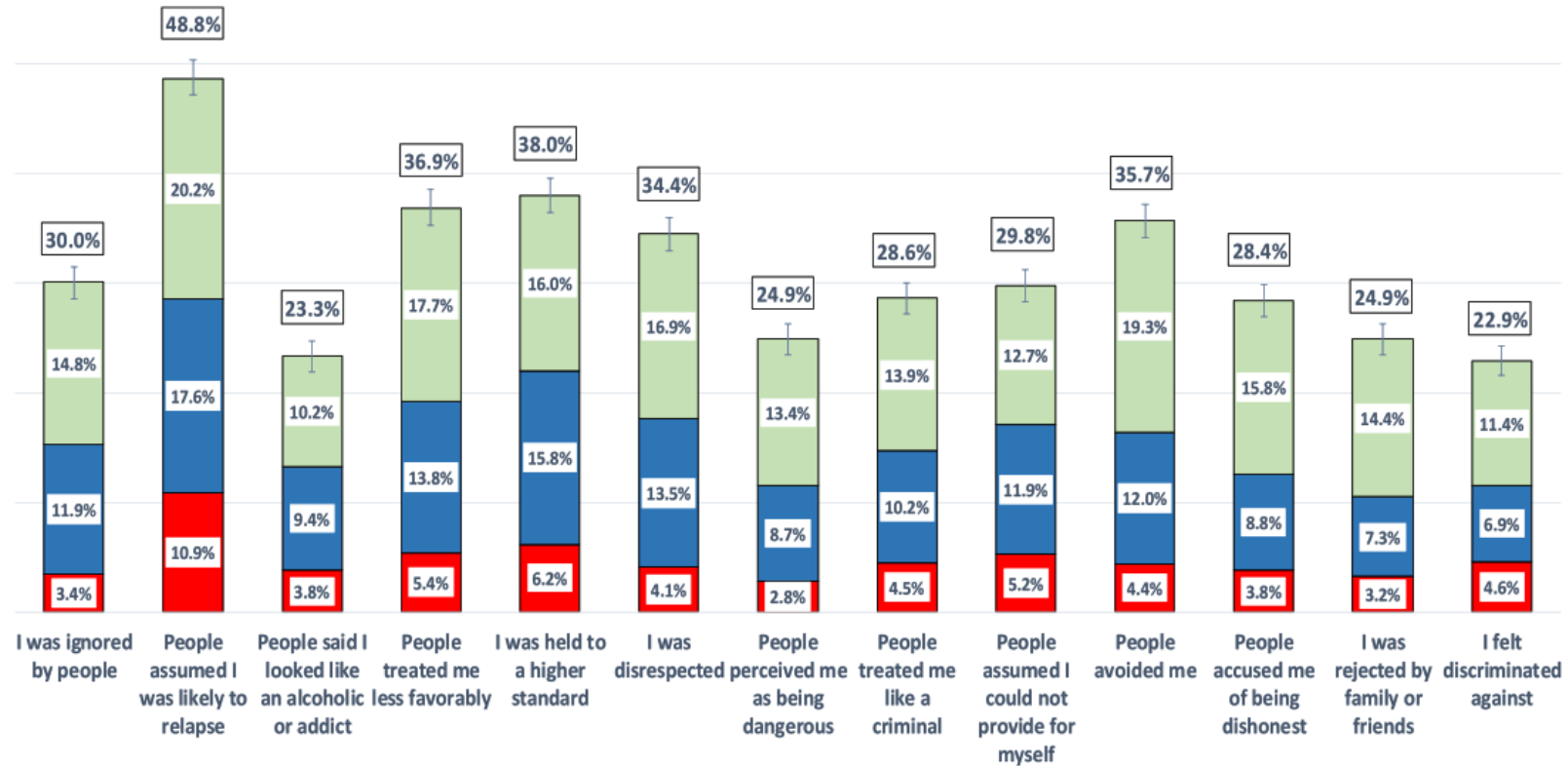


Fig. 1. U.S. prevalence of perceived recovery-related **micro discriminations** reported by the 9.1% of U.S. adults who have resolved an alcohol or other drug problem.

Once or Twice, A few times, Often

Equity – ABA Article

“The net effects of history’s injustices are staggering”

- ❖ Black people make up 13.4 percent of the population, but they make up
 - ❖ 47 percent of wrongful conviction exonerations, and
 - ❖ 35 percent of individuals executed by the death penalty.
 - ❖ Incarcerated in state prisons at five times the rate of whites.
- ❖ Black men face disproportionately harsh incarceration experiences as compared with prisoners of other races.
- ❖ *“Racial disparities are also noticeable with black youth, as evidenced by the school-to-prison pipeline and higher rates of incarceration for black juveniles.”*

https://www.americanbar.org/groups/young_lawyers/publications/after-the-bar/public-service/racial-disparities-criminal-justice-how-lawyers-can-help/

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Access to Care Inequity

A 2018 study in Florida found that African Americans seeking addiction treatment experienced significant delays entering treatment (four to five years) compared to Whites, leading to greater progression of substance use disorders, poorer treatment outcomes, and increased rates of overdose.

Black people are 77 percent less likely than White patients to receive the opioid addiction medication buprenorphine.

Addiction Should Be Treated, Not Penalized, Nora D. Volkow, APRIL 27, 2021, Health Affairs

Rural Challenges

- Overdose mortalities increasing by 400% (compared to 244% in urban counties)...
- BH and SUD services are sparse
- Employment, Transportation and housing are challenges

Holly Hedegaard et al., *Urban–Rural Differences in Drug Overdose Death Rates, by Sex, Age, and Type of Drugs Involved 2017*, (2019) retrieved from <https://www.cdc.gov/nchs/data/databriefs/db345-h.pdf>

Incarcerated Individuals

- 80% have used drugs
- **Only 20% have been treated**
- 68% are re-incarcerated within 3 years
- Decreased tolerance while in jail can lead to overdose and death when released

*FBI - Uniform Crime Reporting (UCR) Program – drug arrests for 2018 (<https://ucr.fbi.gov/crime-in-the-u.s/2018/crime-in-the-u.s.-2018/tables/table-29/table-29.xls>)

**Adam Chamberlain et al., "Illicit Substance Use after Release from Prison Among Formerly Incarcerated Primary Care Patients: A Cross-Sectional Study," *Addiction Science and Clinical Practice* 14, no. 1, 2019)

There are other risks.

Being **released without community supervision** was associated with an increased risk for all-cause death compared with release with supervision.*

*Joudrey, P.J., Khan, M.R., Wang, E.A. et al. A conceptual model for understanding post-release opioid-related overdose risk. *Addict Sci Clin Pract* 14, 17 (2019).
<https://doi.org/10.1186/s13722-019-0145-5>

There are other risks.

- ❖ "Post-release opioid-related overdose mortality is the leading cause of death among people released from jails or prisons (PRJP)." (Joudrey 2019*)
- 167 deaths per 100,000

*Joudrey, P.J., Khan, M.R., Wang, E.A. et al. A conceptual model for understanding post-release opioid-related overdose risk. *Addict Sci Clin Pract* 14, 17 (2019). <https://doi.org/10.1186/s13722-019-0145-5>

- ❖ 10.33-fold increased risk for overdose*

*Joudrey, P.J., Khan, M.R., Wang, E.A. et al. A conceptual model for understanding post-release opioid-related overdose risk. *Addict Sci Clin Pract* 14, 17 (2019). <https://doi.org/10.1186/s13722-019-0145-5>

- ❖ Women leaving prison have higher risk than men.*

*Joudrey, P.J., Khan, M.R., Wang, E.A. et al. A conceptual model for understanding post-release opioid-related overdose risk. *Addict Sci Clin Pract* 14, 17 (2019). <https://doi.org/10.1186/s13722-019-0145-5>

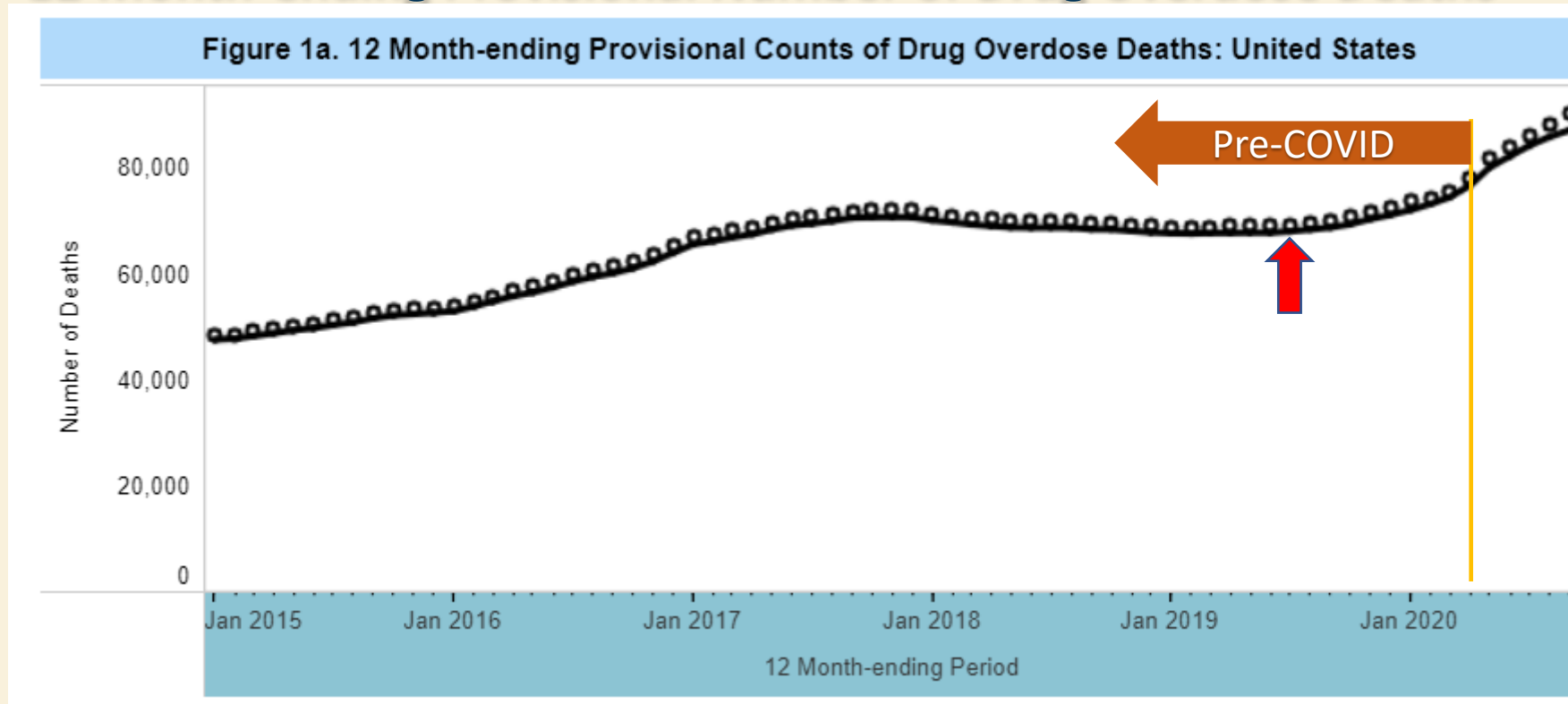
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Drug O/D Death Continues to Climb

12 Month-ending Provisional Number of Drug Overdose Deaths



CDC O/D Deaths
as of September
2020

87,203*

<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm#data-tables>

**(Underreported due to incomplete data)*

In summary: *We need to do more!!*

- ❖ Drug overdoses continue to rise
- ❖ Communities, especially rural ones lack services
- ❖ Discrimination still exist and reduces access to treatment
- ❖ Racial inequity in CJ system
- ❖ Incarceration worsens outcomes in SUD and Health
- ❖ High rates of recidivism

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We Know the Best Practices

- ❖ Addiction is a **chronic but treatable** disease
- ❖ The best predictor of success is **retention in treatment over time**
- ❖ Long-term drug use results in significant **changes in brain function that can persist** long after the individual stops using drugs
- ❖ **Effective treatment addresses individual needs**, not just one
- ❖ A sense of **hope, purpose and capability** are **significant factors for recovery**

One size doesn't fit all*

- ❖ Harm reduction
 - ❖ Naloxone
 - ❖ Needle Exchange
- ❖ MOUD
- ❖ BH support services, CBT, etc.
- ❖ Peer Support Services
- ❖ Housing, including - Recovery Housing
- ❖ Social Supports
- ❖ Transportation
- ❖ Career Development and Meaningful Employment

* <https://www.psychologytoday.com/us/blog/inside-rehab/201302/when-addiction-treatment-is-one-size-fits-all> Fletcher

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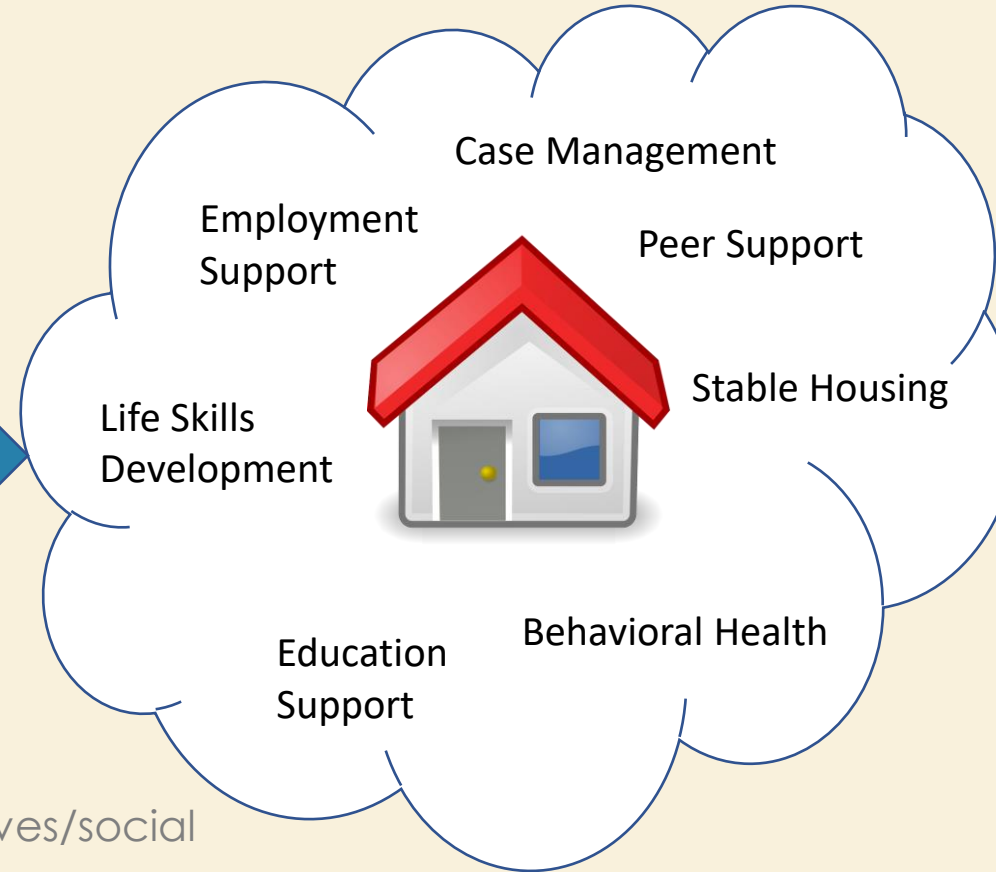
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Pathways to Recovery

Clinical Care Accounts for only 10% of the impact*

Referral Sources

- Criminal Justice
- Treatment Providers
- Counselors
- Community Support Groups
- Self-directed



*<https://www.orpca.org/initiatives/social-determinants-of-health>

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Supply Side Efforts vs. Demand Side

“...we no longer face just an opioid crisis. We face a complex and ever-evolving addiction and overdose crisis characterized by shifting use and availability of different substances and use of multiple drugs (and drug classes) together.”

<https://www.drugabuse.gov/about-nida/noras-blog/2020/11/rising-stimulant-deaths-show-we-face-more-than-just-opioid-crisis>

“The costs of incarcerating such persons for many years are very substantial and has no documented reductions in the illegal sale of drugs, in the price of such substances, nor improvements in the quality of living standards of the community.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1975811/>

- ❖ As we cut the supply of Rx opioids, synthetics and stimulants have increased
- ❖ Spent \$1 trillion* on supply side enforcement and illicit opioids are reported to be more affordable than Rx opioids.
- ❖ As the supply of one drug class is reduced others expand e.g., stimulants

<https://www.americanprogress.org/issues/criminal-justice/reports/2018/06/27/452819/ending-war-drugs-numbers/>

Supply Side Efforts vs. Demand Side

A seminal study by the RAND Corporation, 1994

- ❖ Every dollar invested in drug treatment saves taxpayers \$7.46 in societal costs
- ❖ A reduction that would cost 15 times as much in supplyside, law enforcement expenditure to achieve.*

* C Peter Rydell and Susan S Everingham, Controlling Cocaine: Supply Versus Demand Programs, vol. 331 (Rand Corporation, 1994).

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Oregon - After decades of waging a war on drugs, voters decided in November to decriminalize the possession of small amounts of everything from methamphetamines to heroin.

- ❖ A Treatment and Recovery Services fund, financed with marijuana revenues, which will support new Addiction Recovery Centers and Community Access to Care grants.
- ❖ Fifteen 24/7/365 Addiction Recovery Centers throughout the state by Oct. 1, 2021.
- ❖ A grants program that will support the Addiction Recovery Centers

<https://www.opb.org/article/2021/02/02/oregon-takes-turn-away-from-war-on-drugs-as-measure-110-kicks-in/#:~:text=Under%20ballot%20Measure%20110%2C%20police,by%20attending%20a%20health%20screening.>

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Portugal Experience

Overdose deaths decreased by over 80 percent after decriminalization.

In 2017, there were more than 72,000 overdose deaths in the U.S. If the U.S. overdose death rate were on par with Portugal's, there would have been fewer than 800 overdose deaths that year.

Drug Decriminalization in Portugal Learning from a Health and Human-Centered Approach

https://drugpolicy.org/sites/default/files/dpa-drug-decriminalization-portugal-health-human-centered-approach_0.pdf

Incarceration vs. Recovery Capital

- ❖ For individuals who recover despite this (CJ) involvement, life outcomes may in fact be better, due to a rallying effect.
- ❖ Incarceration may have a positive effect on RC

Best and Aston (2015) found “a developmental model of social recovery would suggest a dynamic model of growth based on social embeddedness, and here overcoming adversity may result in greater recovery resources and capital.”

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ARC defines a Recovery Ecosystem as a linkage of:

- Public Health
- Recovery communities
- Peer support
- Healthcare
- Human services
- Faith-based communities
- Criminal justice
- Public safety
- Housing
- Transportation
- Education
- Employers

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Recovery Ecosystem Experience



Evidence-based model for Criminal Justice System Treatment and Recovery of Criminal Justice involved individuals with SUD.

- ❖ 18 Recovery Kentucky residences
- ❖ Multi-agency teamwork—housing, corrections, cabinet of Family and Health Services, with a willingness to think outside the box
- ❖ “Community As Method” approach promotes active participation in peer-based group living
- ❖ Remarkably effective in transitioning individuals into the community from the CJ System and from homelessness.

Outcomes At A Glance

From the Recovery Kentucky Program on which the Fletcher Group model is based.

	AT INTAKE	AT FOLLOW-UP	RELATIVE CHANGE
Illegal Drug Use	86%	14%	-83.7%
Opioid Use	63%	7%	-88.9%
Alcohol Use	44%	7%	-84.1%
Homelessness	35%	10%	-71.4%
Employment	45%	82%	+82.2%
Recent Arrest	60%	11%	-81.7%
Incarceration	78%	15%	-80.8%
Anxiety	72%	20%	-72.2%
Depression	66%	16%	-75.8%
Suicidal Ideation	29%	3%	-89.7%

<https://www.fletchergroup.org/our-outcomes/>

From Urban to Rural

- ❖ Recovery KY now has 6 centers successfully operating in 6 rural communities
- ❖ Outcomes in rural communities equal urban programs
- ❖ Hazelton Betty Ford – COR 12 being implemented in our rural Projects – RHOAR model.
- ❖ Combine with telehealth, Hub and Spoke.

<https://www.opb.org/article/2021/02/02/oregon-takes-turn-away-from-war-on-drugs-as-measure-110-kicks-in/#:~:text=Under%20ballot%20Measure%20110%2C%20police,by%20attending%20a%20health%20screening.>

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Recovery, Hope, Opportunity and Resiliency

RHOAR

- [Middlesboro, KY - Next Generation](#)
- Evidenced Based Practices – MOUD
- IOP
- Personalized Recovery Pathways
- Community Work Groups
- Recovery Kentucky combined with Evidenced-based clinical Practices
- Meaningful Employment



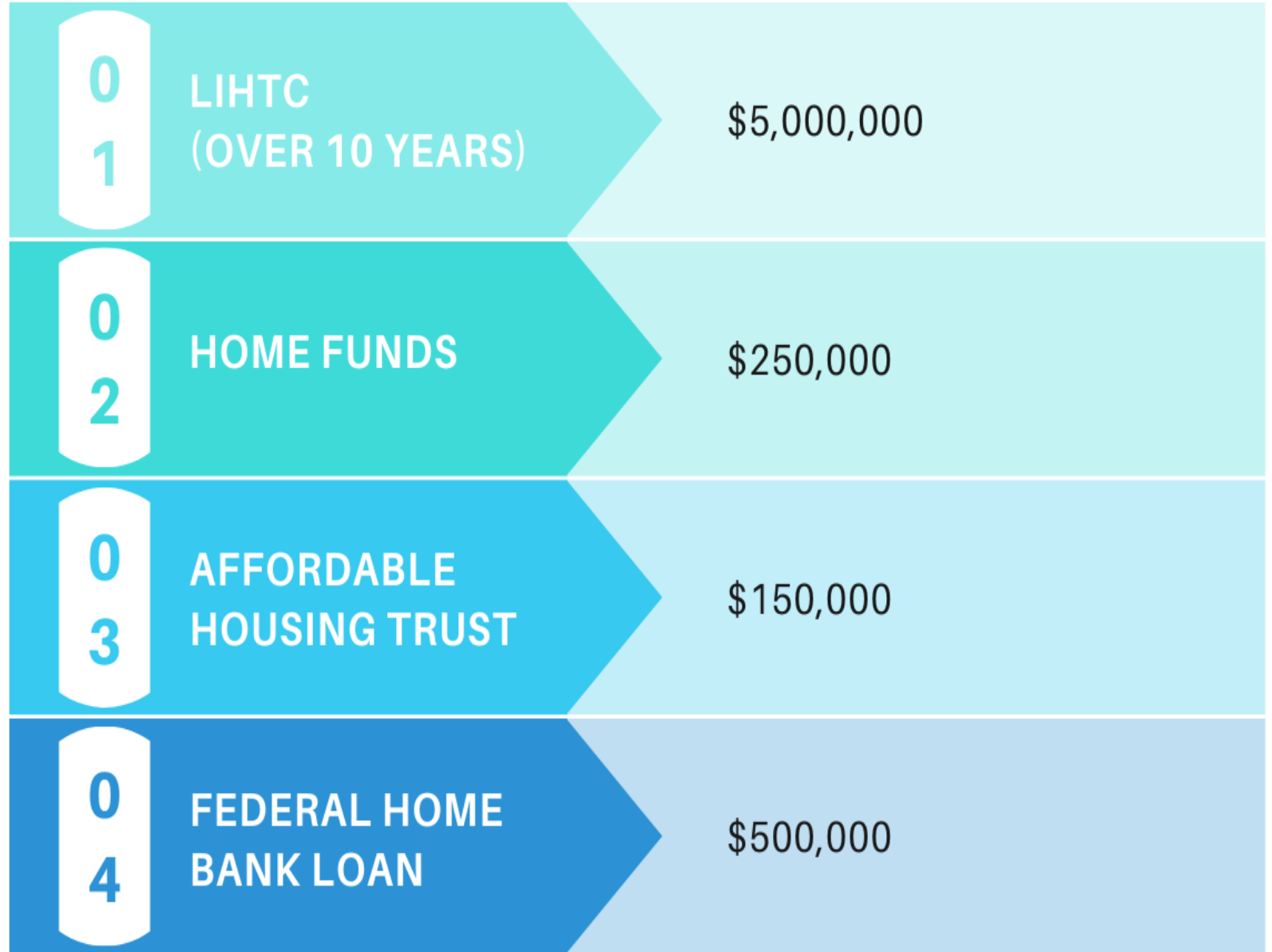


Financing Recovery Housing

It's Not Easy
But it can be done

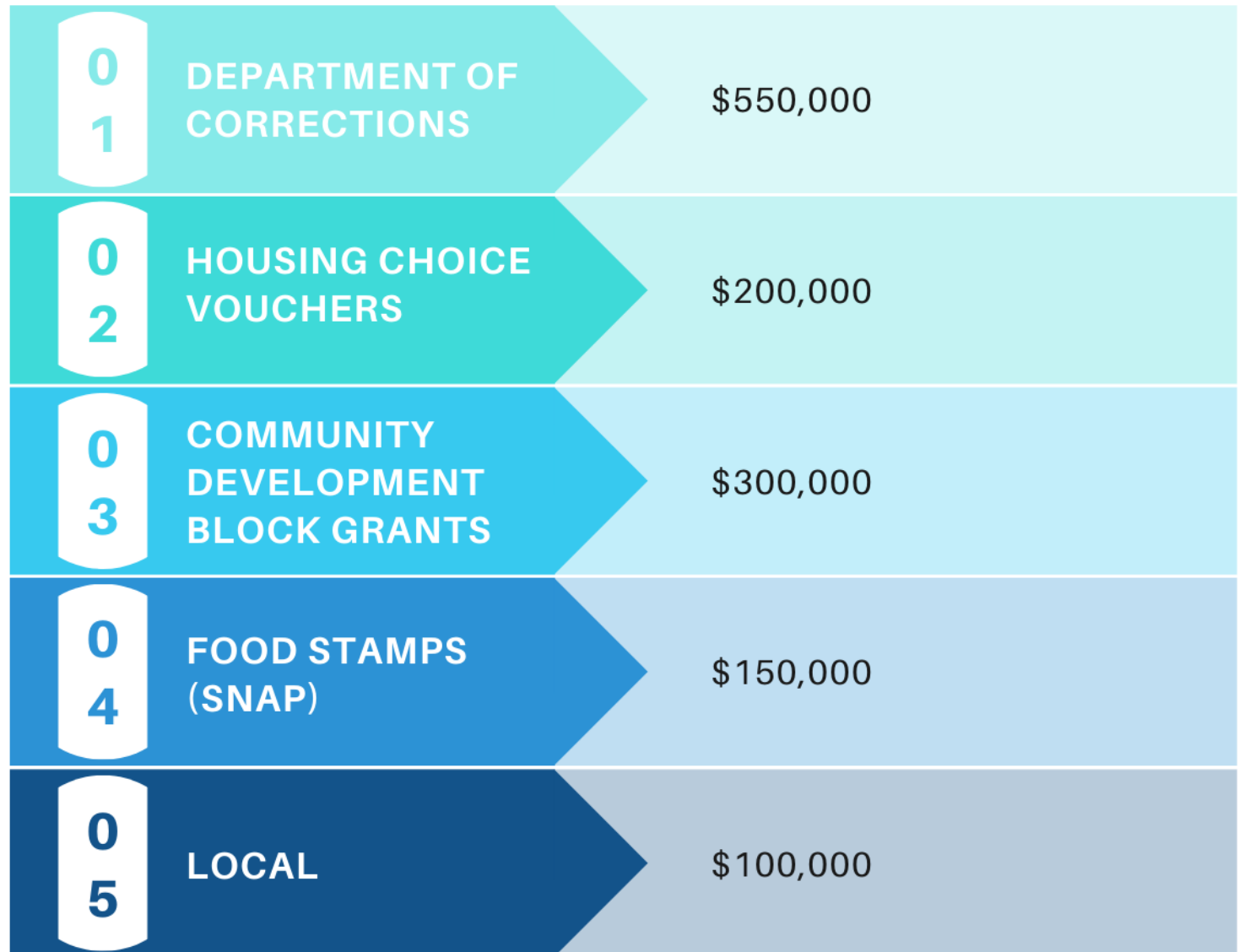
How Debt-Free Construction Works

How **\$5.9 million** in construction costs were covered at the Regional Men's Recovery Center in Owensboro, Kentucky



How Operational Day-To-Day Sustainability Works

How **\$1.3 million** in annual day-to-day operating costs are covered at the Men's Addiction Recovery Center in Bowling Green, Kentucky



Evolving Operational Funding Sources

Medicaid

- Value-based purchasing/Alternative Payment Methods
- Health Homes



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Recovery Centers In Rural Communities

- All programs have at least 100 beds
- Each center serves as a catalyst to expand community services

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W.A.R.M.

Women's Addiction Recovery Center in Henderson, KY

- 28,757 county residents – HRSA Designated Rural
- The first recovery KY facility in the state of Kentucky
- Frequently accepts residents from Tennessee





Recovery Center

WARM Residences II 32 units

WARM Residences I 32 units

Community Center

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SOS — Safe Off The Streets



PHASE ONE



MT — Motivational Track (1 & 2)



PHASE TWO — Transitional Phase



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Hickory Hill Recovery Center Emmalena, KY

Knott County

Opened December 24, 2016

HRSA Designated Rural
Population

14,806

(2019, US Census)

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 Fletcher
Group

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