



A Tobacco Cessation Continuity-of-Care Model for the Re-entry Population
End of Grant Report
December 2014

In the United States, the smoking rate among the justice-involved population is approximately three times higher than the general population – between 70% - 80%, and is at increased risk for related chronic conditions and disease-related mortality. The Behavioral Health & Wellness Program made significant progress toward addressing this social justice issue by:

- Partnering with the Colorado Governor’s Office, Department of Corrections, and Denver Jail System to strategically review current service structures and build additional health and wellness programming into re-entry services. This work culminated in a new competitive Request for Application for Denver-Metro services to the highest utilizers of the criminal justice system.
- Authoring a white paper that fully reviews the issue of tobacco use among the criminal justice population and proposes a “medical neighborhood” model for addressing the health and wellness needs of this population.
- Developing training supplements for our DIMENSIONS train-the-trainer programs. The supplements are the DIMENSIONS Tobacco-Free and Well-Body Programs for Justice Involved Individuals.
- Completing a companion healthcare provider toolkit to assist interdisciplinary providers to effectively address the tobacco cessation needs of criminal justice involved individuals.
- Partnering with the Metro Denver Homeless Initiative (MDHI) to provide initial professional training for peer specialists, many of whom were previously involved with the criminal justice system.
- Training 80 peer specialists and providers from various agencies in the DIMENSIONS: Tobacco Free Program. Over 60 peers were trained at Red Rocks Community College through the Gateway Program over the course of the two grant years, which is a reentry initiative that focuses on “reducing recidivism through education” for former offenders. Our other primary re-entry partner is the Community Reentry Project (CRP), which includes six local reentry agencies. Those trained are actively running community interventions and groups. For example, 2 – 3 groups per week (utilizing the DIMENSIONS model) are being run in the Denver County jail.
- Based on this Colorado work, several states are adopting and scaling up this model. We are working with Utah to divert under-age tobacco users through the DIMENSIONS program. These groups are being run by trained youth peer specialists who were



themselves involved in the Utah criminal justice system due to tobacco-related misdemeanors. We have also provided training to Arkansas through the state public health department. In March 2014, the state made the DIMENSIONS program mandatory throughout the community corrections system and Arkansas Department of Corrections therapeutic treatment programming.

- We also continue to work with the HHS regional office, particularly the SAMHSA regional director, on ways to scale up the model across HHS Region VIII.

The objectives of the grant were:

To meet the healthcare needs of parolees. This was achieved by partnering with the Community Re-entry Program and the Denver County Jail to provide our evidence-based tobacco cessation programming for offenders, both while incarcerated and after release.

To prepare parolees for common tobacco use triggers. This was achieved by utilizing evidence-based behavioral strategies, educating parolees and professionals regarding common tobacco use triggers and how to appropriately respond to them, and by referring to programs such as the Colorado quitline that provide cessation medications.

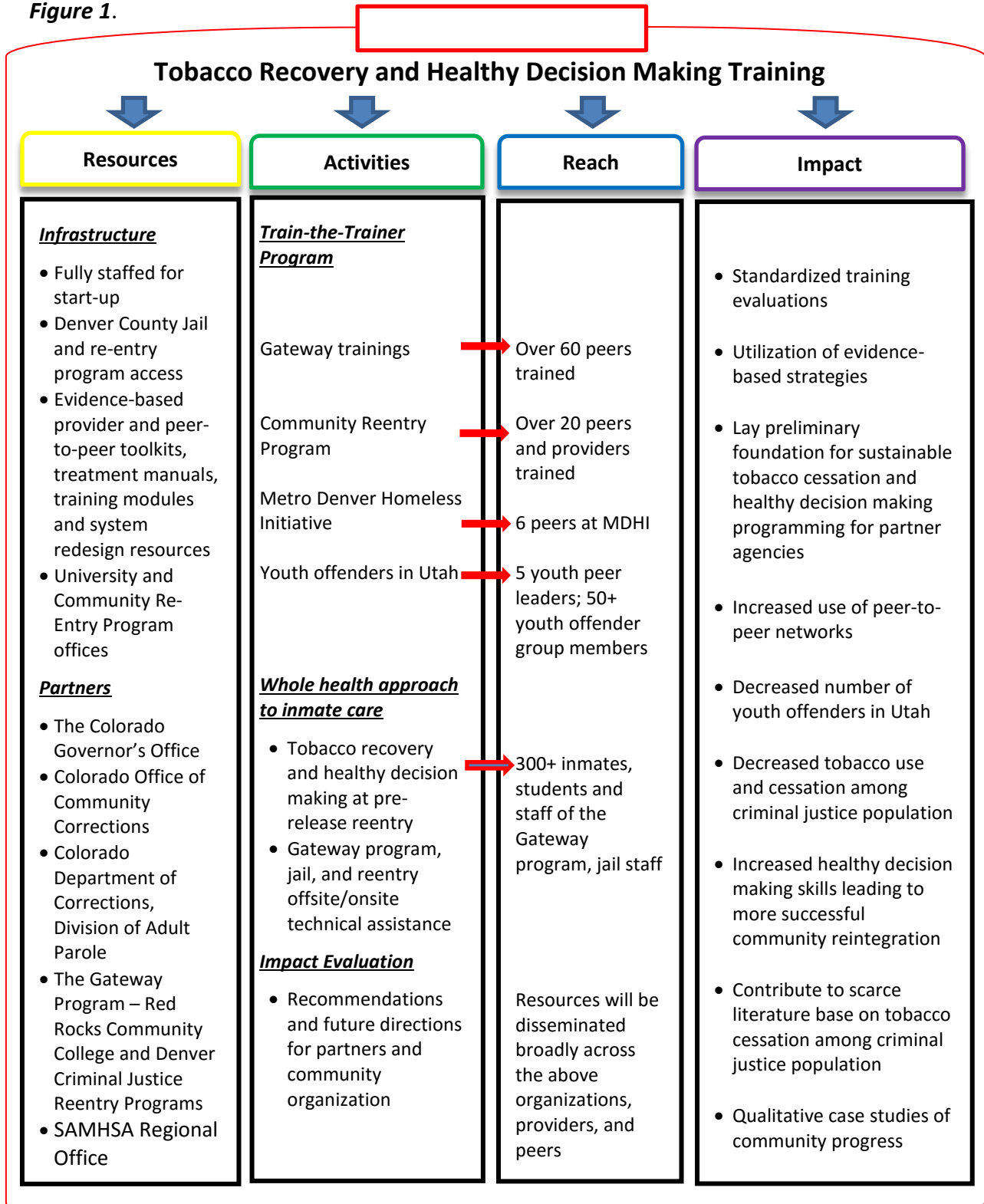
Build healthy social networking for the criminal justice population through peer services. This was achieved through the creation of a criminal justice addendum to the DIMENSIONS: Tobacco Free program as well as the training of over 60 former offenders who currently act as peers for criminal-justice involved individuals. Additionally, this objective was achieved through the partnership with MDHI, where BHWP staff trained peer navigators to attend to ex-offenders wellness needs and to help secure housing. During the two grant years, BHWP was able to lay the groundwork for a healthier lifestyle for hundreds of inmates, ex-inmates, students, youth offenders, and peer navigators. Based on the programming created for this grant, justice involved individuals in states across the US were trained on the DIMENSIONS: Tobacco Free programming, and in at least three states, the programming has been initiated within the criminal justice system.

There were some significant challenges along the way. BHWP was not granted access to some of the Department of Corrections facilities that were in the initial grant plan. Due to this, we were not able to conduct trainings or provide services in these facilities, and amended our plans to focus on community corrections. Throughout the grant we have found that many justice-involved individuals are very interested in quitting tobacco use, and are actively using our materials, services, and referrals to do so. The DIMENSIONS: Tobacco Free group, amended specifically for a criminal justice population, is currently being facilitated in several criminal justice facilities. In addition, former offenders are using our materials to support a tobacco cessation coaching service on Red Rocks Community College campus.



Appendix A: Continuity of Care Flow Chart

Figure 1.





Appendix B: Deliverables Chart

DELIVERABLES PROPOSED	DELIVERABLES EXECUTED
<p>White paper. To adequately prepare for this project, we will complete a rapid but intensive literature review for tobacco cessation among persons in the criminal justice system. We will also contact any national experts as they emerge through the literature or suggestions from our numerous national partners. This literature review will be presented to SCLC-Pfizer as a white paper and resource for national dissemination.</p>	<p>White paper. Completed. Please see attached.</p>
<p>Case manager trainings. BHWP will provide multiple levels of training in our tobacco cessation and healthy decision-making continuity-of-care model. Core methods of shifting the criminal justice culture will include building awareness, enhancing knowledge, and insuring that cessation services are integrated into standards of care through system redesign, policy, and measurable rapid improvement initiatives. We will cross-train 20 prison/jail pre-release and 20 re-entry case managers on our behavior change model that emphasizes tobacco cessation. BHWP has fully developed this evidence-based tobacco cessation programming, and accompanying provider tobacco cessation toolkit, tobacco-free policy toolkit, brief motivational interventions, and provider/ peer group manual. Some of the primary areas prison, jail, and reentry case managers will be trained in are habits for a healthy lifestyle, myths and facts about smoking, behavior change strategies, nicotine replacement therapy and other FDA approved cessation medications, coping with cravings, managing stress, planning for high risk situations, and community referrals (e.g., quitline).</p>	<p>Case manager trainings. Due to unforeseen challenges, BHWP was unable to work with case managers within the Colorado Department of Justice. However, we were able to provide multiple levels of training in our tobacco cessation and health decision-making continuity-of-care model through the Gateway program at Red Rocks Community College and the Community Reentry Project (CRP), which includes six local reentry agencies. Gateway is a program that invites former offenders to take entry-level community college courses in order to help build skills necessary to continue obtaining a college education. BHWP staff trained students and Gateway staff on tobacco cessation, including myths about smoking, behavior change strategies, nicotine replacement therapy, coping with cravings, managing stress, planning for high risk situations, and community referrals.</p> <p>Further, modeled on the programming in Colorado, we began working with criminal justice systems in both Arkansas and Utah. In Arkansas, peers and professionals in the criminal justice system were trained on the DIMENSIONS: Tobacco Free program for a criminal justice population. This program was then implemented into criminal justice facilities state-wide. In Utah, justice-involved adolescents as well as public health staff were trained on the Tobacco Free program. This program is currently facilitated in youth justice facilities in Utah, and it may be utilized in the future as a diversion program for</p>



	<p>offending youth.</p> <p>Finally, BHWP worked in tandem with the Metro Denver Homeless Initiative, training peer navigators in wellness skills. Many of these peer navigators have a criminal justice history, and all learned skills in working with a criminal justice population.</p>
<p>Pre-release services. After receiving training, case managers will pilot pre-release tobacco cessation and healthy living services with 50 prison and jail inmates. We will integrate this programming into existing pre-release planning and benefits acquisition services. The format for services will be one-on-one motivational and group sessions.</p>	<p>Pre-release services. Tobacco cessation and healthy living services and education are being carried out in the Denver County jail. This programming educates inmates about tobacco and cessation and also encourages them to use available services in the community to remain tobacco free upon release. These services are presented in the form of group classes and individual motivational sessions.</p>
<p>Peer Trainings. The Peer-to-Peer Tobacco Dependence Recovery Program will be an integral component of reentry programming. Peer-to-peer interventions, now a central part of the behavioral health recovery movement, are an important augmentation to provider-driven cessation strategies. The “recovery movement” suggests that adjuncts to formal treatment, involvement in self-help groups, and social opportunities in community and institutional settings foster empowerment and self-efficacy (Davidson, Chinman, Sells, & Rowe, 2006; Knight, 2006). Wellness is sustained through positive social networking, and peers are an effective means of building and sustaining cultures of wellness. BHWP has developed a Peer-to-Peer Tobacco Recovery Program that is a train-the-trainer model now active in 14 states. Through this proven train-the-trainer model, peers will gain skills in awareness building, building positive social networks, a brief motivational intervention, and a 6-session cessation group. Trained peers are also invited to join a national peer network with monthly teleconferences and a listserv administered by BHWP. We will train up to 15 peers (i.e., individuals with a criminal justice history) who are currently employed by the re-entry programs to provide these services. The</p>	<p>Peer Trainings. BHWP provided peer-to-peer trainings for over 60 individuals with a criminal justice history over the course of the grant years. These individuals were trained in evidence-based skills for awareness building, creating positive social networks, a brief motivational intervention, and a 6-session cessation group. Trained peers were also invited to join a national peer network with monthly teleconferences and a listserv administered by BHWP. BHWP also trained justice-involved youth and public health workers in Utah, criminal justice professionals, and peer navigators who were previously justice-involved in tobacco education, cessation, and programming.</p>



<p>initial training is two days and this will be followed by continuing education, as well as supervision by trained re-entry case managers.</p>	
<p>Re-entry services. Utilizing our continuity-of-care model and existing prison/jail in-reach, tobacco cessation and health living services will be maintained as individuals begin to reintegrate into communities. Case managers will seek to build rapport with offenders prerelease and then guide these individuals into re-entry programming where they will continue to provide tobacco cessations and healthy living services in the community. Community groups will be co-facilitated by case managers and trained peers. There will be no cap on the number of group parolees can attend. These services will be piloted with 50 parolees.</p>	<p>Re-entry services. While BHWP forged significant and sustainable connections with students who are former offenders through the Gateway program. These individuals received our evidence-based tobacco cessation training, and utilized the information they learned to start a tobacco coaching program. Within this program, trained Gateway students acted as teachers, supports, and coaches for fellow students who were attempting to quit using tobacco. The program enjoyed great success, and within a year was expanded to assist members of the community in discontinuing tobacco use as well.</p> <p>In addition, BHWP’s wellness program is being carried out in the Denver County jail. These individuals are involved in learning about wellness in order to create a better life for themselves going forward.</p>
<p>Annual staff development. BHWP and continuity-of-care partners will provide tobacco cessation and healthy living training at the annual Department of Corrections Academy for Staff Development. This will be an opportunity to present the importance of issue, evidence-based practices, the need for a continuity-of-care model and current project progress. We plan to train 100 prison staff.</p>	<p>Annual staff development. While BHWP faced significant barriers to completing this deliverable in Colorado, we did utilize it in both Utah and Arkansas. In Utah, we trained adolescents and staff on the importance of tobacco cessation, evidence-based practices for cessation, and the need for a continuity-of-care model. In Arkansas, professionals and peers were educated on the importance of working with a criminal justice population around tobacco use as well as our DIMENSIONS: Tobacco Free group program.</p>
<p>EVALUATION PROPOSED</p>	<p>EVALUATION EXECUTED</p>
<p>Reach. For all activities we will report how many case managers, prison/ jail/ reentry staff have been trained, and how many individuals in the criminal justice system have received services.</p>	<p>Reach. BHWP trained over 60 former offenders, peers, and another 20 professionals on advanced techniques surrounding tobacco cessation.</p>
<p>Standardized Training Evaluations. For all trainings and consultation we will keep lists of attendees with contact information. We will use training evaluations to measure satisfaction and to collect ways in which we can continuously</p>	<p>Standardized Training Evaluations. For all trainings and consultation, we kept lists of attendees with contact information. We used training evaluations to measure satisfaction and as a guideline for improvement. Training</p>



<p>improve. We will report aggregate training evaluation results annually.</p>	<p>evaluations were overwhelmingly positive, reflecting the quality and relevance of training that professionals, former inmates, and peers received.</p>
<p>Rapid Improvement Projects. We will work with continuity-of-care partners, and prison/ jail/ reentry leadership to establish rapid improvement plans for tobacco control and healthy decision making. Through a start-up meeting, partners will be asked to evaluate organizational readiness for change and develop realistic and measurable system redesign actions to be implemented over the next six months.</p>	<p>Rapid Improvement Projects. All trainees completed Rapid Improvement Projects wherein they outlined six month goals in a SMART manner. Goals ranged from starting a tobacco cessation group to initiating policy changes surrounding tobacco use. BHWP facilitated the creation of these goals, and provided technical assistance as trainees carried out these goals. Progress was tracked; most trainees were successful in reaching their goals. This is apparent in that the DIMENSIONS: Tobacco Free program is being facilitated in criminal justice facilities in three states.</p>
<p>Focus Groups. As an essential step toward achieving DOC buy-in to the project, BHWP postdoctoral fellow will run focus groups with DOC pre-release case managers at the Colorado Women’s Prison. Questions will focus on the competing demands that case managers face and options for successfully offering pre-release tobacco cessation and healthy lifestyle services.</p>	<p>Focus Groups. BHWP staff conducted a series of key informant interviews. These interviews were conducted with: Ingrid Binswager, Director of the Primary Care Research Fellowship through University of Colorado; Charlie Smith, Director of SAMSHA Colorado; Lisa Calderon, Director of the Colorado Reentry Program; Cathy Lachman, Director of the Gateway Program; Gary Sanford, Director of the Metro Denver Homelessness Initiative; and Rachell Branham, former inmate. Interviews were focused on gathering information about the various organizations represented, how each organization works with and for former inmates, how each organization addresses tobacco use and cessation, and ways each could use the resources and education BHWP offers to assist in these endeavors.</p>
<p>Case Study. An integral component of our evaluation will be telling the story of how the criminal justice system integrates tobacco cessation into programming. BHWP anthropologist, Dr. Virginia Visconti, will complete a process evaluation and document prison, jail, and reentry site(s) progress and qualitative outcomes. She will capture the depth of change through site observations, key stakeholder interviews, and document review.</p>	<p>Case Study. BHWP psychologist Dr. Rebecca Richey completed a psychological-style case study, focused on the actions and experience of one former inmate, Ms. Rachell Branham. Her story was captured, and the case study was completed, outlining Ms. Branham’s past, present and future regarding tobacco use, tobacco cessation education, and community involvement in creating positive momentum surrounding this issue.</p>
<p>Presentations. While not a component of proposed deliverables, the grant allowed us to</p>	<p>“Ending Tobacco Use in Criminal Justice Settings” A national webinar presented by the National</p>



<p>nationally disseminate information about this project</p>	<p>Council for Behavioral Health & Behavioral Health and Wellness Program, April 24, 2014</p> <p>“Utilization of Peers to Address Wellness Disparities Among the Criminal Justice Re-Entry Population” A presentation at the Promising Practices to Promote Tobacco-Free Active Living and Healthy Eating in Low Socioeconomic Status Communities on April 29, 2014, Washington D.C.</p>
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