

Virginia TCs Develop Innovative Programs for Helping Inmate Substance Abusers Recover

M. H. West & Co., Inc. has been visiting the jail and prison based therapeutic community (TC) programs funded by the residential substance abuse treatment (RSAT) grant from the Department of Justice.

Jail Based Programs

Virginia Beach Regional Jail
Riverside Regional Jail, Petersburg
Roanoke, Salem County Regional Jail
Norfolk Regional Jail
Northern Neck Regional Jail, Wausau
Fairfax Regional Jail

Prison Based Programs

Botetourt Correctional Unit #25
Fluvanna Correctional Center for Women
Virginia Correctional Center for Women
Pocahontas Correctional Unit #13
Brunswick Work Center
St. Brides Correctional Center
Greenville Work Center

Juvenile Justice Program

Bon Air Correctional Center

The jails and prisons are quite different and offer unique challenges and opportunities to the program developers at these institutions. Highlights of some of the unique programs and program components being conducted in the Commonwealth demonstrate the dedication and innovation of the clinical social workers and program managers.

IN THIS EDITION....

VIRGINIA TCS DEVELOP INNOVATIVE PROGRAMS TO HELP SUBSTANCE ABUSERS RECOVER

NEW INSIGHT ON WHY COCAINE IS SO ATTRACTIVE TO SOME

THERAPEUTIC COMMUNITIES OF AMERICA

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NEW REPORT ON COCAINE ABUSE AND TREATMENT

FOOD FOR THOUGHT

The Riverside Regional Jail in Petersburg, Virginia bravely offers coeducational components in their TCs. The women's TC and the men's TC conduct some of the programs, such as confrontation, together. The women sit on one side of the circle and the men sit on the other side with clinical social workers in between. Few problems have been noted. If any fraternization occurs an inmate is put out of the TC. There have been instances when note passing has been intercepted.

The Northern Neck Regional Jail, in Wausau, VA at the request of the Superintendent instituted a work release program for clients who have obtained Phase III of the program. Five clients work from 4:00 pm to 2:00 am and attend TC activities during the day. The starting time was pushed up to 9:00 am to help those in the work release program get some sleep. The inmates like it because they make better money, but there has been some inattention due to lack of sleep by those participating in the program.

Clinical social workers at the Middle Peninsula-Northern Neck Community Services Board are getting certified in acupuncture. Acupuncture is reported to be beneficial in the treatment of substance abuse. They are trying to get the jail supervision to allow them to use acupuncture in its program.

The women of the Pocahontas Unit #13 TC have painted a mural on the back wall of their dorm.

St. Brides Correctional Unit #25 has a program for youthful offenders with numerous vocational programs to help young inmates learn a marketable skill.

The Fairfax Regional Jail is building a new addition that should help considerably in alleviating over crowding.

The substance abuse program to begin this fall at the Bon Air Correctional Center will be one of the few in the country working with juvenile female offenders. The outcomes of this program will be most beneficial in providing future direction for substance abuse rehabilitation of this group.

A Recent NIDA Article Suggests That the Explanation for Cocaine's Powerful Attraction May Be That It Affects Several Neurotransmitters, All of Which Are Involved in Mediating Pleasure

Studies performed with genetically altered mice have suggested that cocaine's euphoric effects may involve several chemical sites in the brain. The medications used to combat cocaine addiction may need to target these multiple sites just as cocaine does. These studies showed that cocaine blocks transporter proteins for three different neurotransmitters: dopamine, serotonin, and norepinephrine. The blocking of the dopamine transporter was most important for producing the drug's euphoric effect. Some scientists have theorized that by blocking the dopamine transporter, cocaine might raise the level of extracellular dopamine in brain regions involved in pleasurable sensations. This excess dopamine could give rise to euphoria by continually affecting neurons in these regions.

Therapeutic Communities of America

Therapeutic Communities of America (TCA) is an association of substance abuse treatment organizations working together to advocate for and promote the understanding of the self help therapeutic community (TC) methodology for the treatment of drug and alcohol abuse.

On both coasts and in-between criminal justice issues have taken center stage for many providers. In Washington D.C. R.A.P. Inc. has been given HIDTA funds to place criminal offenders in 120-day residential treatment programs where they are technically still "fulfilling their sentences" in the program.

Gaudenzia, Inc. in Pennsylvania, Walden House, Inc. and Phoenix House in California, are being contracted with by the states to provide aftercare programs for released inmates. With the increase in TC programs in jail and prison settings communities are beginning to realize the need for effective after care programs.

As the President of TCA said, "Prisons have become the "energy sink" of our era, and energy sinks are projects in which societies make massive investments of resources (human and materials) with little or no return. Most states now invest more heavily in building prisons than building schools." The answer according to the TCA President is to change the way Americans look at substance abusers and substance abusing criminal offenders. Treatment must be recognized as a means for extracting value from these people. Virginia with its many jail and prison based TCs seems to have gotten the message.

Looking Ahead...

November 4-6, 1999 CAC's 1999 Annual meeting will be co-sponsored by the State of Florida's "umbrella" health agency. The agenda for the meeting will link the three themes of public membership, professional regulation, and managed care under the theme, "Effective Health Professions Regulation in the Age of Managed Care."

December 1999-The National Center on Addiction and Substance Abuse At Columbia University are managing a juvenile justice demonstration program. This project, part of CASA's investigation of the impact of substance abuse has impacted the growth in the juvenile justice system. They will examine how substance abuse and delinquency are linked and identifying programs and services to reduce the impact of substance abuse on juvenile crime and delinquency. This project is funded by NIDA (National Institute on Drug Abuse) and the W. T. Grant Foundation planning activities began in July of 1998. Expected program completion date is December 1999

Periodicals, Books & Research Papers...

For more information on cocaine addiction studies see...

Rocha, B. A., Fumagalli, F.; Gainetdinov, R. R.; Jones, S. R.; Ator, R.; Giros, B.; Miller, G. W.; and Caron, M. G. Cocaine self-administration in dopamine-transporter knockout mice. *Nature Neuroscience* 1(2):132-137, 1998

Sora, I; Wichems, C.; Takahashi, N.; Li, X-F; Zeng, Z; Revay, R.; Lesch, K-P; Murphy, D. L.; and Uhl, G. R. Cocaine reward models: Conditioned place preference can be established in dopamine- and in serotonin-transporter knockout mice. *Proceedings of the National Academy of Sciences USA* 95(13): 7699-7704, 1998

Carmona, G. N., et al. Attenuation of cocaine-induced locomotor activity by butyrylcholinesterase.

Experimental and Clinical Psychopharmacology 6(3): 274-279, 1998

Fox, B. S., et al. Efficacy of a therapeutic cocaine vaccine in rodent models. *Nature Medicine* 2(10): 1129-1132, 1996.

Sparenborg, S; Vocci, F.; and Zuckin S. Peripheral cocaine-blocking agents: New medications for cocaine dependence. *Drug and Alcohol Dependence* 48:149-151, 1997

New Report on Cocaine Abuse and Treatment

NIDA has published a new *Research Report, Cocaine Abuse and Addiction*". This 8-page report summarizes the latest scientific findings about the makeup and extent of cocaine abuse and addiction. It discusses the consequences of using and abusing cocaine and which treatments are most effective for those addicted to cocaine.

Highlights of this report include:

What is cocaine?

How does cocaine produce its effects?

What are the short-term effects of cocaine use?

What are the long-term effects of cocaine use?

What are the medical consequences of cocaine abuse?

What treatments are effective for cocaine abuse? One of the treatments discussed is therapeutic communities.

For more information

The NIDA Research Report "Cocaine Abuse and Addiction" (NCADI publication #PHD813, National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20847, 1-800-729-6686. Also visit the NIDA home page at www.nida.nih.gov.

Food for Thought

According to Dr. Carl Larson of the University of Denver and Dr. Frank LaFasto of Baxter Healthcare Corporation, the following principles are common in successful teams.

A Clear and Elevating Goal

A Results-Driven Structure

Competent Team Members

Unified Commitment

A Collaborative Climate

Standards of Excellence

External Support & Recognition

Principled Leadership