

Virginia TCs Expand to Better Serve State Substance Abusing Inmates

Virginia's therapeutic communities involved in the State RSAT program in prisons and jails are expanding to provide more bed spaces to assist substance abusing inmates to recover.

Boutetourt Correctional Center #25 in Troutville, VA has assimilated the fifty-five (55) male inmates from Pulaski Correctional Center into their institution. This now give them three TC families housed in three 86-bed dorms.

Virginia Correctional Center for Women in Goochland, VA has recently expanded its TC to include the second floor of its cottage. This will make 130 inmates in the intensive substance abuse educational program.

New programs have started up at both the Greenville Work Center in Jarratt, VA (for males) and the Brunswick Work Center in Lawrenceville, VA (for females).

Fluvanna Correctional Center (women) in Troy, VA has a 78-member pre-orientation group that has been formed. They will add a second TC wing across from the existing TC in the four wing unit. This will be another 54-bed wing.

IN THIS EDITION....

[VIRGINIA TCS EXPAND TO BETTER SERVE STATE SUBSTANCE ABUSING INMATES](#)

[THE NATIONAL INSTITUTE ON DRUG ABUSE HAS ISSUED A COMMUNITY DRUG ALERT ON SO CALLED "CLUB DRUGS" THAT ARE BEING USED IN THE COMMUNITY AT ALL NIGHT DANCE CLUBS](#)

[VIRGINIA ADDICTION TECHNOLOGY TRANSFER CENTER HAS NEW PUBLICATION](#)

[SOLICITATION FOR ARTICLES FOR LINKS](#)

[TREATMENT RECOVERY LINKS](#)

[LOOKING AHEAD](#)

[PERIODICALS, BOOKS AND RESEARCH PAPERS](#)

[FOOD FOR THOUGHT](#)

[PROFILE OF WOMEN IN PRISONS AND JAILS](#)

VIRGINIA TCS EXPAND TO BETTER SERVE STATE SUBSTANCE ABUSING INMATES

The Virginia Beach Community Corrections TC program has doubled to approximately 15 female inmates..

Pocahontas Correctional Unit #13 (women) expanded on Dec. 9, 1999 with a second TC dorm. This dorm will house 60 women inmates facility has doubled the size of its women's TC. There are now approximately 15 women in the program.

With these expansions several issues have surfaced. VCCW, Greenville Work Center and Brunswick Work Center all have daily work programs for inmates. These work programs make it difficult for there to be TC group sessions and independent work going on it the TCs. Attempts are being made to structure work programs and TC programs at different times of the day, in order to prevent the necessity of evening programs.

Often, in order to get a new program going, inmates must be housed with the general population until sufficient numbers of substance abusing inmates are obtained to fill a dorm or cellblock area. This reduces the effectiveness of the program and limits the ability to maintain the confrontational mechanisms that allow for behavioral changes to occur. Starting up programs or changing program locations necessitates good change management. Growing pains have been felt in these expansion programs. Often cliques form along particular ideologies, or relationship lines. This can put a strain on both inmates and staff. Programs aimed at dealing with these relationship conflicts that undermine the "family" environment of the TC are often useful to maintain the proper attitudes for success.

Aftercare continues to need more programs designed for graduates of the TC programs. More peer groups are forming, relapse prevention programs are being conducted, and more half-way houses or other house programs are being utilized. Still many inmates slip through the cracks, don't show up for treatment or go back to aiding and abetting environments.

Oregon has enacted a requirement that anyone who wants to open up a half-way house or other treatment program must first take a course in criminality to better understand the mind of the inmate. Four times per year they hold programs for released inmates to ask them what is needed to make aftercare more effective. **What issues are important to you?** See Solicitation for Articles for Links in next column.

The National Institute on Drug Abuse as issued a community drug alert on so called "club drugs" that are being used in the community at all night dance clubs

Club drugs such as Methylenedioxyamphetamine (MDMA) sometimes called Ecstasy, XTC, X, Adam, Clarity and Lover's Speed, Gamma-hydroxybutyrate (GHB), sometimes called Grievous Bodily Harm, G, Liquid Ecstasy, and Georgia Home Boy, Ketamine, sometimes called Special K, Vitamin K, and Cat Valiums, Rohypnol, sometimes called Roofies, Rophies, Roche, Forget-me Pill, and Methamphetamine, sometimes called Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, or Glass and Lysergic Acid Dethylamide(LSD) sometimes called Acid, Boomers, or Yellow Sunshines, are not benign. They can produce long term damage to the brain contributing to behavioral and cognitive consequences that could lead to criminality. Some of the club drugs are colorless, tasteless and odorless, so they can be added unobtrusively to beverages by individuals who want to intoxicate or sedate others. In recent years club drugs have more and more been associated with sexual assaults.

Virginia Addiction Technology Transfer Center Has Publication on Addiction Counseling Competencies

This publication is available free of charge on their internet site - <http://www.views.vcu/vattc>. This technical assistance publication #21 discusses the knowledge, skills and aptitudes of professional practice.

Solicitation for Articles for Links

M. H. West & Co., Inc. would like articles for publication in future issues of Links. These articles can describe innovative treatment techniques or program components that you are particularly proud of. It can address problems your substance abuse program is having and that you would like feed back on. Exercise your creative flair and help make this publication one that truly addresses **your** needs. Send in your article to Tom Wilkinson TODAY!

Looking Ahead...

Jan. 19-20, 2000; Intersection of Drug Abuse, Stress and Development, Neuroscience Center, 6001 Executive Blvd., Rockville, MD, Conference Rooms C and D, 8 am to 5 pm.

January 23-28, 2000; Genetics of Alcohol and Substance Abuse, Granlibakken Resort, Tahoe City, CA (For more details visit <http://www.symposia.com>)

May 7-10, 2000; Bringing It All Together: A Research and Practice Based Conference on Prevention, Treatment, and Care, Baltimore Convention Center, Baltimore, MD.

National Advisory Council on Drug Abuse 2000 Meeting Schedule, 6001 Executive Boulevard, Bethesda, MD

- February 8-9
- May 16-17
- September 12-13

Periodicals, Books & Research Papers

For more information on club drugs see:

National Institute on Drug Abuse Community Drug Alert Bulletin, 6001 Executive Blvd., Bethesda, MD

Bolla, K.I.; McCann, U.D.; and Ricaurte, G.A. Memory impairment in abstinent MDMA ("ecstasy") users. *Neurology* 51:1532-1537, 1998.

Hatzidimitriou, G.; McCann, U.D.; and Ricaurte, G.A. Altered serotonin innervation patterns in the forebrain of monkeys treated with MDMA seven years previously: Factors influencing abnormal recovery. *Journal of Neuroscience* 19(12):5096-5107, 1999.

McCann, U.D.; Mertl, M.; Eligulashvili, V.; and Ricaurte, G.A. Cognitive performance in (\pm) 3,4-methylenedioxymethamphetamine (MDMA, "ecstasy") users: a controlled study. *Psychopharmacology*

Other Resources are:

The Sixth Triennial Report to Congress from the Secretary of Health and Human Services; Drug Abuse and Addiction Research; 25 Years of Discovery to Advance the Health of the Public, National Institute on Drug Abuse, <http://www.drugabuse.gov>

Therapeutic Communities by R. D. Hinshelwood, and Nick Manning, 1999, Association of Therapeutic Communities, 1a Upper Brighton Road, Surbiton, Surrey, KT6, UK

The Ghost in the Machine: The Matrix in the Milieu, Principles, Cultures and Structures for Modern Tcs, Rex Haigh, Winterbourne Therapeutic Community, 53-55 Aargyle Rd., Reading, Berkshire UK, tel 0118-9561250

Food for Thought

Paula Ancona in her book Success Abilities! gives these tools to help take the confusion out of communication.

- Communication should be clear, direct, honest, planned, realistic, consistent, problem solving, respectful, sharing, open minded, and considerate.
- Important information should be conveyed in an atmosphere that allows understanding and feedback.
- Try to resolve conflicts at work. Focus on fixing the problem not placing blame.
- Share your thoughts and feelings with others.
- Communicate in writing only when you need a written record or can not speak to the person.
- Accept responsibility for your own communication. Don't blame others when you are misunderstood.
- Ask for feedback often from coworkers and your supervisor.

Communication is probably the most misused tool in the workplace. Use your communication wisely.

[Index](#)

Profile of Women in Prisons and Jails

According to Amnesty International.

- On June 30, 1997, there were approximately 138,000 women in jails and prisons in the US.
- Over the last decade the rate of increase of women incarceration is greater than that of men.
- Women in jails and prisons have committed mainly non-violent crimes and have less violent histories than men.
- The main type of crime of women who are incarcerated is related to the violation of drug laws.
- African-Americans and Hispanic women make up a large portion of the incarcerated female population.
- More than 80,000 women in prisons and jails are mothers of children under 18.
- There are approximately 78,000 women in federal and state prisons. (6.4% of total prison population).
- County and city jails house about 60,000 women. (Approximately 10% of jail population).

"Women tend to commit survival crimes to earn money, feed a drug-dependent life, and escape brutalizing physical conditions and relations."