



APPLICATION FORM

All applications must include the following information. Separate applications must be submitted for each eligible program. **Deadline: July 1, 2020.** Please include this application form with electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).

PROGRAM INFORMATION

County: Loudoun County Sheriff's Office Adult Detention Center

Program Title: Loudoun Inmate Focused Treatment (LIFT)

Program Category: Health & Human Services

CONTACT INFORMATION

Name: Major Charles Richardson

Title: Division Commander

Department: Loudoun County Sheriff's Office Corrections Division

Telephone: (571) 246-8057 Website: _____

Email: charles.richardson@loudoun.gov

SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: MICHAEL L. CHAMBERLAIN

Title: Sheriff Loudoun County, VA

Signature: [Handwritten Signature]



GENERAL OVERVIEW

The VACo Achievement Awards is a free competitive awards program open to local government members of the association. This annual competition recognizes local government programs that exemplify innovation, that can be replicated in other localities, and that partner and collaborate with local governments, private enterprises, or state and federal governments. We encourage all County departments to apply! Entry deadline is July 1, 2020.

ELIGIBILITY

All local government members of the Virginia Association of Counties may participate. There is no limit to the number of applications a County may submit.

All applications must comply with the following standards:

1. The program must have become operational before January 1, 2020, and currently operational.
2. Local government officials and/or staff must have played a significant role in developing and implementing the program, with only limited assistance from outside experts and/or consultants.
3. All steps in the application must be completed.
4. Awards will be given to departments or units, not individuals.
5. Programs that have received a previous VACo Achievement Award are ineligible.
6. The program must meet one or more of the criteria outlined below and must be signed by the county administrator or deputy/assistant county administrator, or department director.

CRITERIA FOR SELECTION

The nominated program must meet one or more of the following criteria:

1. Offer an innovative solution to a problem, situation or delivery of services.
2. Promote intergovernmental cooperation and/or cooperation with local, state and federal entities and/or a private enterprise in addressing a problem or situation.
3. Provide a model that other local governments may learn from or implement in their own localities.
4. Programs may be based on programs from another public or private entity but must represent innovative approaches or customization by the local government.

MORE INFORMATION

Visit the [VACo website](#) to view past Achievement Awards winners and all the entries from the 2020 competition.

Contact Gage Harter, VACo Director of Communications, at 804.343.2502 or gcharter@vaco.org. Additional application forms are also available at www.vaco.org.

LIFT: A Collaborative Effort

Executive Summary / Brief Overview

Loudoun Inmate Focused Treatment (LIFT) is a Treatment Unit at the Loudoun County Adult Detention Center where incarcerated individuals dealing with the disease of addiction receive treatment. The unit has been operational for over three years providing treatment for Substance Use Disorders as well as co-occurring issues related to mental health, criminal thinking, and trauma history. County Corrections and Mental Health staff have combined their efforts to create a healing environment where they have been joined by other professionals and volunteers from the surrounding community to give LIFT participants support in their recovery journey.

Participation in LIFT is voluntary. Inmates who acknowledge that drugs and/or alcohol have become a problem in their lives, and are interested in turning their lives around, request being moved to the LIFT Unit. Their request is then screened by Corrections and Mental Health staff. Appropriate candidates are re-housed on the LIFT Unit where they become part of a treatment community, consisting of: Corrections staff who ensure order, safety, and structure; Mental Health staff who provide treatment groups and program scheduling; community partners who provide educational and supportive meetings; and individuals in treatment who are ready and willing to change and to support one another in that process.

INTRO: WHY HAVE A TREATMENT UNIT AT THE ADC

Addiction is a disease which has a devastating and profound impact on individuals, families and society at large. The LIFT Treatment Unit at the Loudoun County Adult Detention Center (ADC) addresses that need, and is the result of a collaborative effort between the ADC and Loudoun County Mental Health Substance

Abuse and Developmental Services (MHSADS), with contributions from volunteer organizations in the community. The ADC has provided a direct supervision housing unit with Corrections staff who maintain safety, order, and structure for incarcerated individuals dealing with a Substance Use Disorder (SUD). MHSADS staff provide treatment groups, scheduling, and coordination of services. A Peer Specialist contractor and volunteers from community organizations, such as, OAR, AA, CLS, Loudoun County Public Libraries, and the Prison Yoga Project, provide additional groups and support. So, how did we get here, what does it look like now, and where are we going? This is our story.

HISTORY

MHSADS has had a presence in the ADC for decades. It has evolved from clinicians going in to meet with individuals and do groups, to where there are now eight clinicians who are housed in cubicles within what used to be a housing unit. The primary focus of these clinicians is to address the Mental Health Concerns of the Seriously Mentally Ill (SMI), as well as others who are experiencing mental health concerns related to incarceration or other life issues.

Additionally, MHSADS staff have for years provided SUD treatment for incarcerated individuals. This began with groups being provided on various housing units, initially by a clinician coming in from the Mental Health Center, and then by an on-site clinician whose primary responsibility was to provide substance abuse treatment.

Over time, and with rising concerns over the opioid crisis, it became evident that more was needed. Diane Bowers, LCSW, was the on-site SA Clinician in the ADC at that time. She toured and met with both Corrections and Mental Health staff in jails in Virginia and other states, and worked with Sergeant Kevin Donlan, to put together a plan and training materials. Their proposal was taken to Major Charles Richardson, who got the ball rolling.

Major Richardson liked the idea of having a dedicated housing unit, but did not have a direct supervision unit available at that time. He acknowledged that direct supervision would provide the greatest likelihood of success, as structure and compliance would be more easily maintained.

In June of 2016, Major Richardson did two things that got the ball rolling. First, he made available a men's housing unit for individuals who requested SUD treatment and were approved as appropriate by MHSADS and Corrections staff. Second, he put Programs Sergeant Jay Conner in charge. Sergeant Conner wrote up protocol for the unit, and all the men who were in SUD treatment groups on separate housing units were moved onto the same unit. Since the guys were moved onto B Pod, the treatment unit was named Bravo – as in hooray!

It was a little over a year after that when Major Richardson announced that the guys on Bravo would be moved to a direct supervision unit. Then we needed a new name! That's when LIFT was born. It is an acronym which stands for Loudoun Inmate Focused Treatment.

COMPOSITION

LIFT is a Treatment Housing Unit at the ADC. From a corrections standpoint, it is viewed as a unit where inmates are provided with more, and where in turn, more is expected from those inmates. Details of these expectations can be viewed in *The Path to Recovery* which has been attached to this entry. From a treatment perspective, it is a place where participants are more accessible, making it possible to provide more in the way of treatment, as well as education through multiple sources.

The treatment provided by MHSADS staff on the LIFT Unit includes:

- SAI Group – This can be understood as Addiction 101. It helps the individual dealing with a Substance Use Disorder (SUD) to understand what the disease of addiction is, how it is affecting them, and what they can do to enter and remain in recovery. All members of the LIFT unit start out in this group and remain until they have successfully completed all of the twelve modules.

- SA2 Group – This is ongoing treatment related to recovery and relapse prevention. After completion of SA1, all members of the LIFT unit remain in this group as long as they are on the unit. One project of this group was a community newsletter. *See sample attached.*
- MRT Group – Moral Recognition Therapy. Anyone dealing with addiction, who has gotten to this level of involvement with the criminal justice system, has what is known in the addiction community as “stinkin’ thinkin’”. All members of the LIFT unit complete 11 steps of MRT to address their criminal thinking.
- BeTTER Group – Beyond Trauma TREM Enhanced Recovery. This is a hybrid group developed by MHSADS Clinician, Heather Rainey, LCSW, combining two evidence based practices. She found that TREM (Trauma Recovery Empowerment Model) was too long and didn’t appropriately address the needs of those on the unit, while Beyond Trauma, another evidence based treatment model, was too short and lacked some of what was valuable in the TREM model. So she put the two together and came up with a nine module program which includes the best of both. All those on the unit who are appropriate for trauma treatment, based on their clinical assessment, complete this group. Due to childhood and lifestyle trauma, that works out to be pretty much everyone.
- Anger Management Group – The unit is currently using the Anger Management curriculum available through SAMHSA. Since anger, and a failure to deal with it appropriately, is often a trigger for substance abuse as well as criminal activity, all members of the LIFT Unit complete this group.
- Accountability Partners Group – Members of the LIFT community are asked to complete assignments to pass off levels in order to graduate LIFT. All LIFT members present assignments in group in order to move through the level requirements.
- Recovery Lifeskills Group – This group addresses co-occurring mental health and substance use disorder issues by helping individuals to identify issues they may face in early recovery, and to develop the tools needed and the skills for coping. All LIFT members participate in this group.

- **Individual Service Coordination Sessions** – Each member of the community meets regularly with the clinician who is their Service Coordinator to discuss progress, address issues, make requests, and discuss their plans going forward as they relate to their community re-entry and relapse prevention.

Other members of the local community provide a number of classes and meetings, including:

- **Community Partners Group** – This group is facilitated by MHSADS staff who invite members of the local community to present on the services they provide or opportunities that may be available to LIFT members as they re-enter society.
- **AA/NA Meetings** – Once a week, a member of the local recovery community comes on to the LIFT Unit to hold a meeting. On the other four weekdays, LIFT members run their own meetings.
- **Fatherhood Group** – This was one of the first groups provided for treatment community members, while still on Bravo Pod. It was originally run by Joshua Cagney from OAR, a local community service organization, to address the specific needs and concerns of incarcerated fathers. All members of the community who have minor children, or who may not have children but expect to fill parenting roles, complete this group.
- **Life Skills, Employability Skills, and Money Smarts Groups** – These groups have also been provided by OAR in an effort to better prepare LIFT members for community re-entry. All members of the community complete these groups.
- **Recovery Literature Group** – This group is provided by a Peer Specialist who has been contracted with through MHSADS to work as a peer mentor with individuals dealing with SUD. Members of the community who have completed all of the OAR groups, or have not yet begun those groups, participate in this group during that group time.

- Roundtable Group – The Peer Specialist assigned to LIFT oversees this group in which community members sit around tables addressing topics which interest them. Anyone who has completed or is not yet in BeTTER group participates in this group.
- Release Planning Sessions – The Peer Specialist meets individually with all members of the community to develop and update their release plan.
- Book Club – Members of the community volunteer to participate in this group which is facilitated by the Hope Reads Book Club of the Loudoun Christian Legal Society (CLS). Books are proposed by the volunteer facilitator, and community members decide which one they would like to read and then discuss in book club meetings.
- Re-Entry Group – This group is attended by all members of the community, and it is facilitated by volunteers from Loudoun County Public Libraries to address issues that inmates may encounter when re-entering society.
- Yoga – A volunteer from the Prison Yoga Project oversees a yoga session for all members of the community. Yoga has been found to reduce stress and conflict in jails and prisons, and to improve outcomes.

A DAY IN THE LIFE ON LIFT

LIFT members begin their treatment day by standing next to their cell doors, prepared for inspection. After the Unit Deputy completes inspection, he holds a brief Roll Call with community members addressing any concerns or notifications for the day. During Roll Call, LIFT members recite the *LIFT Community Motto*, included in this entry, which was written by and agreed to by the original members of the community. Participants then proceed to group as it is posted on the announcement board in the front of the unit. After morning group, participants gather for lunch prior to midday lockdown.

After lockdown, LIFT members again proceed to groups as assigned. See *LIFT Treatment Unit Schedule* which is attached to this entry. On a couple of days a week, Diane Bowers, LCSW, and Heather Rainey, LCSW, the two MHSADS Clinicians who facilitate some of the groups and oversee the daily operations of

programming on the unit, conduct a Wrap-up / Wind-Down meeting which could include anything from announcements to a relaxation or mindfulness exercise. Clinicians Bowers and Rainey are often on the unit interacting with members, addressing concerns, mediating conflicts, and responding to requests from community members.

COVID-19 MODIFICATIONS

When COVID-19 hit, Clinicians Bowers and Rainey began exploring ways to keep treatment on the LIFT unit up and running, even though they no longer had direct access to members of the community. Conversations began with Programs Sergeant Nathan Zilke on how treatment might continue. The first phase was to have daily worksheets created by MHSADS Interns, and sent down to members of the community for them to complete and return to the Unit Deputy each day. These were returned weekly for review by the two clinicians. The second phase added in weekly individual tele-therapy sessions in which the two LIFT Clinicians each met with the individuals assigned to them for Case Coordination. In phase three, individuals who have requested the LIFT Unit, and are approved of by Corrections and Mental Health, are being screened and assessed over tele-therapy and moved onto LIFT. In addition, morning group therapy sessions are beginning to be held on LIFT over tele-therapy.

While many jails have shut down treatment units during this challenging time of COVID-19, the Loudoun County ADC has recognized the importance of keeping LIFT up and running. There will be rebuilding to do, but that process has already been started and will continue.

THE FUTURE

Sergeant Zilke and Programs Deputy Almondo Williams have taken over direct supervision of the LIFT Unit. Their plan is to have specific, dedicated, specially trained Deputies assigned to this unit. These Deputies will understand the goal of working together with MHSADS staff and volunteers to help LIFT participants succeed in their recovery efforts. LIFT is currently a men's unit. A similar women's unit is in

the works with future ADC expansion. Currently, female inmates participate in many of the same groups, but are not on a dedicated treatment unit.

LIFT PATH TO RECOVERY

Expectations

- Inmates will maintain clean cells at all times, and ensure that cells conform to the example depicted in the photo posted in the dayroom for inspection.
- Inmates will stand quietly in front of cells during inspection.
- Inmates' beds will be made when not in use.
- Inmates will follow the Loudoun County Adult Detention Center Inmate Handbook, to include the Inmate Code of Conduct.
- Inmates will attend all assigned programs.
- Inmates will participate in all program groups.
- Inmates will make a plan for the day, and follow it; cell doors will not be opened for inmates who fail to plan.
- Inmates will respect the confidentiality of other inmates regarding program discussions.
- Inmates will complete all assignments and comply with all deadlines.
- Inmates will be respectful of peers, staff, and themselves.
- Inmates will give immediate attention to deputies and their directives.
- Inmates will maintain a cordial attitude in their interactions with others.
- Inmates will not engage in disruptive behavior.
- Inmates will not engage in distracting behavior that may hinder one or more inmates in their recovery or reentry preparation efforts.
- Inmates will collaborate and come to a consensus agreement when selecting a TV channel; no inmate or group of inmates will "control" any TV.

LIFT Community Motto

We, as members of the LIFT treatment community pledge to practice respect and patience with one another. We believe that finding the courage to take action and focus on our sobriety is the first of many steps we will take on our **Road to Recovery**. Through service, self-empowerment and unity, we are committed to creating positive change within ourselves and those in our community. We understand that we must remain willing and open to change and that rigorous honesty is the key to our success. We understand that this is no easy feat and cannot be accomplished overnight. However, if we apply these principles to our lives our success is inevitable.

LIFT Treatment Unit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
0845 - 0930 Inspection and Referral	0845 - 0930 Inspection and Referral	0845 - 0930 Inspection and Referral	0845 - 0930 Inspection and Referral	0845 - 0930 Inspection and Referral
0930 - 1100 Book Club / Re-entry	0930 - 1100 Level 2 SA	0930 - 1100 Level 1 SA	0930 - 1100 MRT	0930 - 1100 BeTTER
AA / NA	AA/NA	AA/NA	AA / NA	Roundtable
1100 - 1130 Lunch	1100 - 1130 Lunch	1100 - 1130 Lunch	1100 - 1130 Lunch	1100 - 1130 Lunch
1130 - 1330 Lockdown/Cleaning	1130 - 1330 Lockdown/Cleaning	1130 - 1330 Lockdown/Cleaning	1130 - 1330 Lockdown/Cleaning	1130 - 1330 Lockdown/Cleaning
1330 - 1500 Father / Life / Employ Skills Recovery Literature	1330 - 1500 Accountability Partners	1330 - 1500 Money / Anger Management Recovery Lifeskills	1330 - 1500 Community Partners	1330 - 1430 Crisis/A / Yoga 1430 - 1530 Yoga / Crisis/A
1500 - 1530 Wipe-up/Wrap-down	1500 - 1530 Wipe-up/Wrap-down		1500 - 1530 Wipe-up/Wrap-down	

BREAKUP LETTER TO ADDICTION

Hello PopCornPop, it's me and you. Let me break it down. (P.C.P.)

PopCornPop by me saying your name, makes me want to see you. I don't love you anymore and it's time to put my new girl between us. Her name is Recovery. Let me tell you a couple of things- my life has been at a standstill. Once I get with you, I dip and I dip and dip. We never get caught by the police but my life has come to a standstill dealing with you. Being stuck for hours smoking you, taking my clothes off in the street and being naked when I come to myself-people looking at me like I am stupid. PopCornPop (P.C.P) I am writing you this letter to end the relationship. I met a beautiful person named Recovery. She tells me that you're no good for me and I feel the same way. I like her a lot. She is helping me to stay sober, healthy and, positive. I am starting to feel great about myself. You have been around for years, you and me chasing my family away, going through my pockets, and taking my money talking about how you want to get high. My new lady, Recovery tells me that you're trying to kill me and I think that's true.

Death is not what I want even though we were born to die. So PopCornPop (P.C.P.) I am letting you go with no butter. My new girl Recovery don't like you at all. She told me that if she sees you around, she will call the police because she's a lady and she doesn't fight. I'm not clowning around no more, so don't call. I'm changing my number. There's a new boss in town and her name is Recovery. She has the key to my heart and she turns it every day by telling me good things so that I can stay clean. Recovery and I are getting married. I am not sorry at all, I am saying goodbye, so long, and I never want to see you again. Recovery is the best thing for me!

Oh yea, I am telling you that we are married. The honeymoon was beautiful. None of your friends (drugs) were there. I moved on. I went out with some of my wife Recovery's' friends and looked over at some people and saw that you were dating other people- I was glad for you but not for them. You looked at me through other people's eyes but my wife Recovery was not having it and neither was I. I love Recovery and Recovery knows it. So I am saying goodbye. Goodbye forever, forever, forever and always.



Relapse Prevention

Part of relapse prevention is becoming willing to change and remain sober even on the streets. One helpful tool for relapse prevention is managing your schedule. If you are able to manage your schedule in a positive way, it will help you tremendously. To do this you will need to add as many positive, productive things that you can. For example, going to work, spending more time with your kids or family, or doing fun hobbies like sports, fishing or boating. And meetings, don't forget meetings! By filling your schedule with positivity you will find that you have almost no time to use and will most likely realize that life can be fun without drugs or alcohol.

