

HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction
Division Of Prisons

SECTION: Care and Treatment of Patient -
Access to Services

POLICY # TX I-6

PAGE 1 of 3

SUBJECT: Mental Health Day Treatment

EFFECTIVE DATE: December 2008
SUPERCEDES DATE: October 2007

References

Related ACA Standard

**4th Edition Standards for Adult Correctional
Institutions 4-4368**

PURPOSE

To provide guidelines for the Mental Health Day Treatment Program.

POLICY

Day treatment programs have been an integral component of community mental health programs for a number of years and provide an important addition to other services available to the inmate population. The Day Treatment Program shall be available for those inmates with mental health needs and mental handicaps exhibiting skill deficits that can be effectively addressed by specialized training and activities.

The services provided shall be designed to promote personal independence through enhancement of social, vocational and academic skills, and facilitate constructive use of leisure time and improvement in overall health status.

The Day Treatment Program shall provide intensive services, for inmates whose needs are greater than normally available on an outpatient basis, but who do not require housing in a residential or inpatient mental health setting.

The Day Treatment Program shall be designed to provide comprehensive psychosocial/habilitation of inmates with mental health needs and mental handicaps so as to reduce the need for inpatient and residential services and provide them with the skills essential for successful integration into the regular prison population or into the community upon release.

PROCEDURE

I. Responsibilities within day treatment programming are as follows:

- A. The Mental Health Chief is responsible for monitoring the compliance with standards for day treatment programs and establishing policies pertaining to their operation.
- B. Day treatment as a component of mental health services is the responsibility of the designated local Mental Health Program Director.
- C. The designated Mental Health Coordinator will provide the clinical supervision and quality assurance monitoring.
- D. The responsibility for the development of the inmate's treatment plan shall be the designated to treatment team.

II. Program Objectives

The objectives of Day Treatment programs in the Division of Prisons include but are not limited to providing the following in the context of a structured therapeutic environment:

- A. Improving basic academic skills.
- B. Establishing and enhancing work skills.
- C. Enhancing social and communication skills.
- D. Fostering understanding and acceptance of needed medical and mental health treatment including taking medication responsibly.
- E. Providing opportunities to develop interest and experience in constructive use of leisure

HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction
Division Of Prisons

SECTION: Care and Treatment of Patient -
Access to Services

POLICY # TX I-6

PAGE 2 of 3

SUBJECT: Mental Health Day Treatment

EFFECTIVE DATE: December 2008
SUPERCEDES DATE: October 2007

activities such as hortitherapy, recreation, arts and crafts, and hobbies.

- F. Providing training in skills necessary for successful prison adjustment.
- G. Preparing for release to the community when appropriate.
- H. Reducing recidivism through enhanced overall functioning.
- I. Providing usual outpatient mental health services such as evaluating the need for psychotropic medication and individual/group treatment as needed.

III. Hours of operation

- A. Day Treatment is considered a full-time program activity, it is expected that the program will be operational a minimum of six hours daily, thirty hours per week.
- B. Inmates participating in the Day Treatment Program are eligible to gain time credits.

IV. Staffing

- A. Must be adequate for the program elements.
- B. Must have appropriate formal education and experience relevant to assigned duties.
- C. May be supplemented with part-time contractual personnel and volunteers.
- D. Ancillary inmate staff helpers may be designated to provide assistance in various programmatic activities and are authorized to receive incentive wages for this work. Proper care will be taken to ensure that inmate helpers do not assume supervisory responsibility over the program participants.

V. Participant selection

Day Treatment programs are designed primarily for inmates with mental health needs and mental handicaps exhibiting skill deficits that can be addressed by the program elements. Each program will develop selection criteria and a referral system approved by the Mental Health Director which will be used by local Mental Health Program Directors in identifying and referring appropriate inmates.

VI. Program Elements

The Day Treatment program will develop planned service activities which address ongoing assessment and one or more of the objectives. The specific service activities will be appropriate to the targeted population and may include one or more of the following:

- A. Social Skills Training. Specific areas may include communication, assertiveness, conflict resolution, anger management and medication orientation.
- B. Vocational Activities. Assessing current vocational skills and developing new skills provides the basis for successful integration into the regular prison population or return to the community. Activities should be skill building and where possible production oriented. Skills needed for subsequent assignment to Prison Industries jobs should be emphasized. Learning to accept supervision and to interact successfully with co-workers are essential.
- C. Academic Preparation. Since many of the target population will have significant educational deficits, activities in this area should be included. Emphasis should be on the relevance to vocational skill development and basic living requirements. Compensatory education for mentally handicapped and Adult Basic Education for other participants shall be provided as appropriate. Community College sponsorship of these activities should be sought.
- D. Horticulture. This program can provide a basis for vocational and leisure time activities. Activities may include plant propagation, landscape maintenance, vegetable gardening,

HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction
Division Of Prisons

SECTION: Care and Treatment of Patient -
Access to Services

POLICY # TX I-6

PAGE 3 of 3

SUBJECT: Mental Health Day Treatment

EFFECTIVE DATE: December 2008
SUPERCEDES DATE: October 2007

greenhouse operation, etc. It is anticipated that individuals who participate in these programs would be capable of performing landscape maintenance at prison units and other sites. Leisure Activities. Learning how to constructively use leisure time is beneficial psychologically and socially. Emphasis should be placed on activities that can be continued when the inmate leaves the day treatment program. Examples of such activities are: music, arts and crafts, and recreation. The latter activities should include an emphasis on physical fitness and health.

- E. Prison Adjustment. This program will provide opportunities to learn prison rules and expectations, how to interact with staff and inmates, and how to appropriately handle conflict. How to access programs and needed services shall be covered.

VII. Quality Assurance

The Divisional Quality Assurance Committee for Mental Health Services will establish a regular review process to ensure that Day Treatment programs are in compliance with standards for services and relevant policies and procedures.

VIII. Management

The facility Mental Health Program Director is responsible for the overall management of the Day Treatment program, including resource allocation, staff training, program development, compliance with applicable standards and ensuring maximum utilization of allocated bed space.



12/31/08

Paula Y. Smith, MD, Director of Health Services Date

SOR: Chief of Mental Health Services