

# KOSCIUSKO JCAP ENHANCEMENT



## 2020 PROJECT PROUD

June 2, 2020

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## **Kosciusko JCAP Enhancement**

### **Introduction**

The Jail Chemical Addiction Program (JCAP) has been running in Kosciusko County since October, 2018 and has successfully helped many individuals. Inmates interested in the program must complete a detailed application, including why they should be accepted. When the applications are submitted, they are reviewed by Program Coordinator, Courtney Jenkins and Jail Commander Coney. When they choose individuals that they believe will excel in the program, they review their list with the jail commander and others in the jail who have been around the applicant. When a list of applicants is finalized, the interview process begins. Acceptance into the program depends on the individual's charges and the drive that they showcase to become clean is demonstrated in their interview.

Once applicants are in the program, they start classes, which consists of six to eight hours a day, five days a week. In these classes, applicants get the opportunity to learn a variety of skills. Half of the offered classes are recovery based and the other half are life-skills classes. The participants are also learning skills to assist them with employment preparedness skills. Job Readiness classes give the participants a head start on their careers, these classes are IN Work, ServSafe Certification, and Job-skills 101. Those individuals who need to complete their high school equivalency test are given the opportunity to receive tutoring prior to taking the GED.

Recovery development skills are a huge focus of the participants' day. The recovery classes are group and individual counseling, SMART Recovery, AA/NA, Celebrate Recovery, Seeking Safety, Boundaries, Self-esteem, and MRT. Life skills

classes teach Anger Management, Parenting, Banking, Personal Finance, Nutrition, Healthy living, and fitness.

Kosciusko JCAP is a program that strives to assist individuals in re-entering the community with tools in being successful throughout the recovery process in order to prevent recidivism. The program mission is providing incarcerated individuals with the resources and support needed to gain confidence in their ability to live sober productive lives through rehabilitation programs, counseling, life skills, and effective communication. Statistics show at the national, state and local levels the importance in providing a program that helps inmates focus on their personal well-being and life skills to help curve the chances of relapse.

### **National, State, and Local Statistics**

According to the Society of Human Resources Management (SHRM), one in three adults have a criminal record (Appendix 1). One in five individuals incarcerated in the United States are related to drug offenses (Appendix 2). Currently, there are approximately 451,000 non-violent drug offenders incarcerated across America (Sawyer/Wagner). In 2018, in the United States, there were 67,367 drug overdoses (NIH).

Indiana is ranked #7 in drug use within America (Kiernan). Throughout 2019, there were over 27,00 inmates incarcerated in Indiana prisons. During 2017, Indiana had 1,852 overdose deaths (CDC). There are limited rehab and recovery resources within Indiana and only 14 opioid treatment facilities throughout the state.

As of January 2020, the inmate population of the Kosciusko County Jail was 259. 86% of those incarcerations are drug related. Between 2016-2018, there have been 38

overdose deaths throughout the county. Incarceration without treatment increases the risk of overdose after release (Hinds/Norton).

JCAP addresses the problem of addiction and helps reduce recidivism related to substance abuse. Providing participants with recovery related classes, life skills partnered with education curriculum, and mental health services, JCAP gives participants a chance of successful re-entry into the community. When graduates leave jail, they join the workforce and become contributing members to society. Some of the avenues graduates may take are work release or sober living housing.

Currently, there are 33 graduates from the Kosciusko JCAP program, which includes 14 women and 19 men. During 2019, four groups graduated, the first two groups were females and the following two groups were men with the most recent graduation being held February 7<sup>th</sup>, 2020. Kosciusko JCAP has tracked the progress of the first 3 groups and is reported as follows: two graduates sent to Indiana Department of Corrections (IDOC) but continue to do well; 17 were released from county jail with 12 living sober lives, and five have relapsed. This information shows a 70 percent success rate for the first three graduation classes.

### **Importance of Kosciusko JCAP**

The statistics of chemical addictions across the nation, in the state of Indiana, and in this community are enough reason to understand why the continuance of Kosciusko County's JCAP is vital to the community. After the initial meeting with JCAP's Program Director, Courtney Jenkins, it was apparent that this program needed the assistance of developing a strategic plan for the next three years. The development of a strategic plan provides the community an outlook of where the program needs to grow and what areas the community can help enhance the growth. Courtney Jenkins

requested assistance with the idea and implementation of a celebration luncheon as an appreciation to organizations and businesses within the community that supported JCAP's first year of success.

As a result, it was necessary to get the input of the attendees to assist in the development of a three-year strategic plan and this event made it a perfect opportunity. Those who work with the participants of JCAP and provide the ongoing support are the individuals who will assist in the continued success and growth of the program.

### **Development of Strategies**

Kosciusko JCAP and the members of the KLA Team for the JCAP Whitepaper Project hosted a celebration luncheon, along with a strategic plan meeting on Tuesday, February 4. This meeting brought in over 40 community partners with the meeting kicked off by Sheriff Kyle Dukes introducing two female inmates who learned at that moment that they were approved to be a part of the next female JCAP class. The first half of the celebration discussed the successes of the program within its first year. Following lunch, the KLA Team led strategic plan activities that would involve the input of community partners to assist with goals of sustainability and growth for Kosciusko JCAP.

The first strategic plan activity included three specific goals that Courtney Jenkins provided as areas where improvement is needed to sustain the program. Participants were given three dot colors of red, yellow, and green. The green dot symbolized the most importance, yellow was important, and red was of least importance that they distinguished through their eyes.

The second strategic plan activity gave community partners an opportunity to brainstorm ideas that they believed would help move the program forward. Each participant was given a stack of post-it notes to write down ideas. After 5 minutes, groups were to discuss and place their post-it notes based on level of importance.

The last strategic plan activity was called the “Wishing” activity. This allowed for participants to brainstorm ideas on how to achieve the three goals that Courtney provided at the beginning of the strategic plan session. As a large group, participants shared ideas where the sky was the limit. This allowed for ideas to begin the flow of conversations that would help move the program forward in the next three years through the collaboration of community partnerships.

### **Implementation of Strategies**

As a result of the strategic planning activities conducted at the Kosciusko JCAP Celebration in February, the KLA team focused on three areas that the program can develop goals around over the next three years (Appendix 3). The three areas include diverse funding streams, community partnerships, and treatment services. All three of these areas were deemed as most important by the community members who shared their ideas and goals for enhancing the program even further in this community. A visual breakdown of these three strategic goals are included in the appendix.

Diverse funding streams involve grants, community donations, and in-kind donations. The strategic goal that focuses on funding will allow for the program to continue growing class opportunities from six to eight hours a day. The in-kind donations will allow for materials to be donated that cannot be purchased due to limited funding or guidelines that must be followed within grant restrictions.

Community partnerships was another important focus amongst the group. The amount of community support was shown through various services that the community provides to Kosciusko JCAP participants. These services have a desire to expand those service opportunities through formal education, health and wellness, mentorships, and life skills education. One of many community partnerships was discussed throughout the day and some have already begun as a result of this combined effort.

The last strategic goal focuses on treatment services. This goal is not only for the inmates, but also assists in goals for families of the inmates. The goal includes mental health services post inmate release, gap health care services, and family support services. Many times, relapse can happen after release due to the lack of resources that are readily available to inmates. This could include mental health and medical resources. There is a period of time that inmates who are released do not have insurance coverage between a few months to several months. This could be a result of orientation time for benefits at new jobs or the lack of state insurance coverage for these individuals.

The goal of providing family support services is one that assists families in understanding their loved one's addiction issues. These services would provide families the opportunity to know how they can be supportive during this time of transition. The more support services an inmate can receive upon release, the more opportunities they will have to stay on a path of recovery.

### **Jean Northern Award**

The success of Kosciusko JCAP's participants wouldn't be possible without the support of so many volunteers, but many of the program's facets are not without costs. There are fees for the High School Equivalency Tests to be taken. If individuals need



tutoring, the fees are \$25.00/hr. Tutoring is conducted for four hours a week for one and a half months per JCAP group. ServeSafe certification classes are \$300-\$350 per class. Each participant receives an outfit for interviews budgeted at \$35.00 per person. The largest expense for the JCAP program is mental health/counseling. Mental health/counseling is approximately \$156,500 per year. The Jean Northern Award could be utilized for any of the expenses that further the life skill opportunities for participants. The funds could be distributed to an area in the program where in-kind donations are often used because they fall short of criteria for grant usage. Currently, Spoonful of Imagination Art Studio has partnered with JCAP and actively has a 50/50 matching goal of \$4,000 to help provide participants with art therapy (Betts).

## **Conclusion**

The program that is offered through Kosciusko JCAP is one that is developing at a rapid rate. The participation rate is growing exponentially with individuals that want to better their lives now and upon release. This experience has allowed this KLA team to help develop resources to allow the program to continue their success. As a result of the needs that were expressed early in the project, a brochure was created by the team to help Kosciusko JCAP showcase the programs that make this a success within the county (Appendix 4). The strategic plan was the final piece that assists the program to continue moving forward with goals set for growth and success. SHRM shows that participation in correctional education reduces recidivism by 43% (Appendix 1). Statistics show that 75% of prisoners released will remain unemployed for at least one year. Kosciusko JCAP continues to work with employers in the community to reduce that statistic, while providing ongoing education that will allow inmates to be successful upon release.

## Hiring Individuals with Criminal Records Makes It Less Likely They'll Return to Prison



**2.3 million**

Americans are incarcerated



**1 in 3** adults

(or 75 million Americans) have a  
criminal record



**43%**

Participation in correctional  
education results in a  
**43% reduction**  
in recidivism

**95%**

of people in state  
**prisons will be released**

**75%**

of formerly incarcerated individuals **will**  
**remain unemployed a year**  
**after release**

### OTHER KEY FACTS

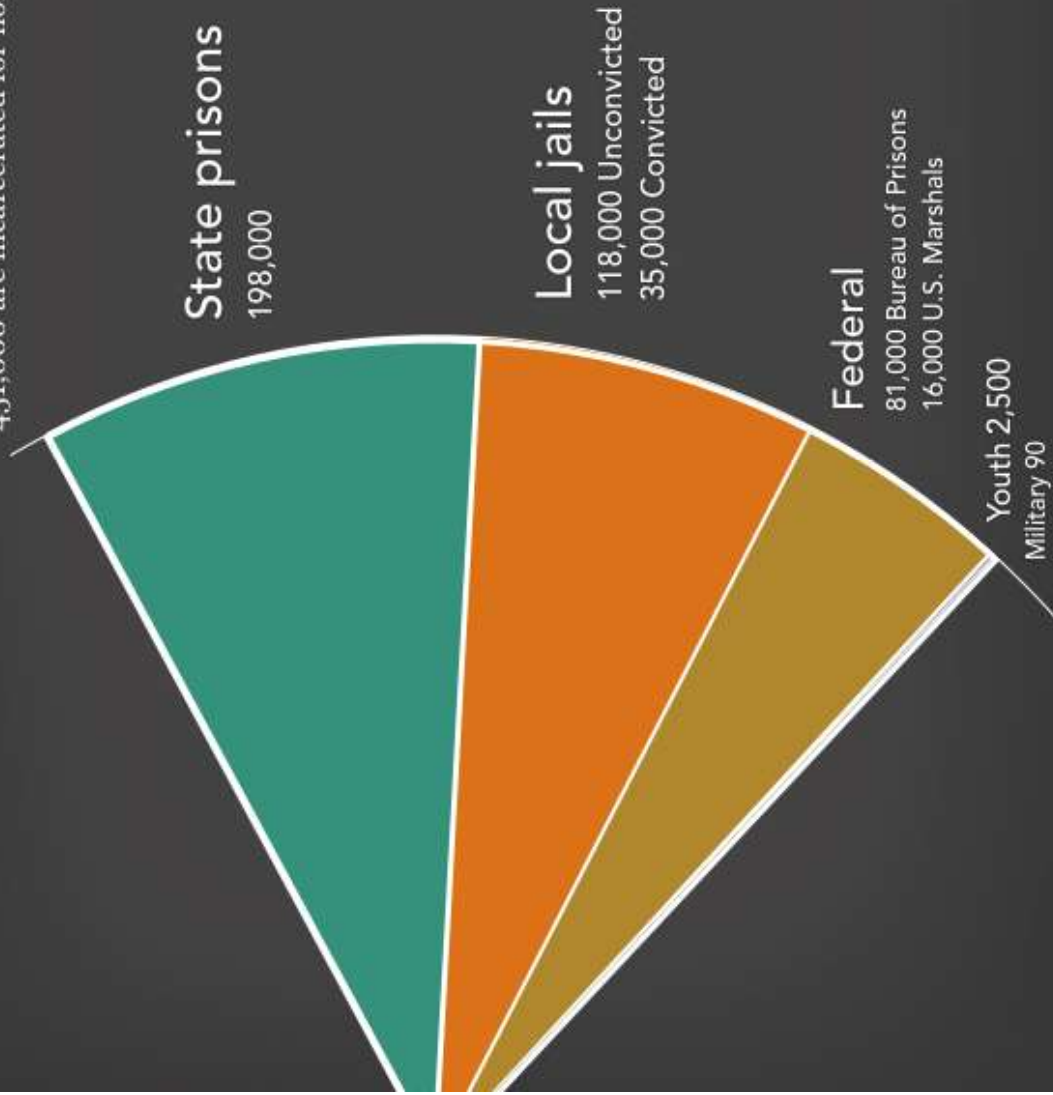
- The single most important predictor in recidivism is **joblessness**.
- GNP is reduced by **\$78 - \$87 billion** as a result of excluding formerly incarcerated individuals from the workforce.
- States that lower recidivism rates **by just 10%** could save an average of **\$635 million** annually.

**Sources:** "Back to Business: How Hiring Formerly Incarcerated Jobseekers Benefits Your Company," 2017, Trone Center for Justice & Equality and The American Civil Liberties Union (ACLU); "State of Recidivism: The Revolving Door of American Prisons," 2011, Pew Center of the States."

## Appendix 2

# 1 in 5 incarcerated people is locked up for a drug offense

451,000 are incarcerated for nonviolent drug offenses on any given day.



### Appendix 3

Kosciusko County JCAP 3 Year Strategic Plan		
Diverse Funding Streams	Community Partnerships	Treatment Services
<p><b>Grants</b> Secure additional funding through the application of diverse grant streams.</p>	<p><b>Formal Education</b> Expand educational opportunities with the development of educational partnerships through post-secondary courses and/or trade courses.</p>	<p><b>Mental Health Services - Post</b> Execution of post release mental health plan for participants.</p>
<p><b>Community Donations</b> Establish creative funding sources with area businesses and/or organizations to expand the financial needs of the program.</p>	<p><b>Health &amp; Wellness</b> Continue to develop relationships that promote health and wellness opportunities for program participants through community agencies and volunteers.</p>	<p><b>Gap Health Care Services</b> Collaborate with community partners to develop resources or funding that will cover gap in services or costs of health care services before HIPP takes effect or before employer insurance is made available.</p>
<p><b>In-Kind Donations</b> Expand additional community partnerships to provide in-kind donations to benefit the success of JCAP participants during and after program completion.</p>	<p><b>Mentor Program</b> Enhance the mentor program through community partnerships in order to provide accountability within the JCAP participants' relapse prevention plan.</p>	<p><b>Family Support Services</b> Partner with current non-profit partners to see about their qualification for the KCCF addiction and recovery fund that can be utilized by families of addicts.</p>
	<p><b>Life Skills Education</b> Develop additional resources to expand on life skills that allow for personal growth upon release.</p>	

## Appendix 4

### BUILDING SKILLS & CHANGING LIVES THROUGH STRONG COMMUNITY CONNECTIONS

Kosciusko County  
**JCAP**  
Jail Chemical Addiction Program



*Sheriff Kyle P. Dukes congratulates one of the first JCAP graduates*

### OUR PROGRAM

- Participants are selected through an application process for the 90-120 day program
- Participants attend 6-8 hours of classes 5 days/week
- 50% Recovery based classes
- 50% Life-Skills classes
- Each participant completes 20 hours of service while in the program
- Community employers conduct mock-interviews to assist participants with building confidence and interview skills

### OUR COMMUNITY PARTNERS

- The Bowen Center
- Beaman Home
- Fellowship Missions
- True Purpose Ministries
- New Life Christian Church and World Outreach
- Purdue Extension Office
- Warsaw Adult Education
- Pathways Church
- Before5.org
- Lake City Bank
- Haymaker Fitness
- A Bridge to Hope
- Combined Community Services
- WorkOne



*Proud JCAP graduates*

### OUR MISSION

Providing incarcerated individuals with the resources and support needed to gain confidence in their ability to live sober productive lives through: rehabilitation programs, counseling, life skills, and effective communication.

## CLASSES & SERVICES

"When I came to JCAP I thought it would just help me pass the time.

But I learned so much I learned that I am worth the work. The instructors cared about my success, and I started to care too.

I learned more than recovery tools.

I learned life-skills to help me be successful, and if I run into problems, I know there are people who will help me because they truly care."

-M. S. JCAP Graduate



"Thank you for this wonderful opportunity to be part of the JCAP program. I now have hope for my future. I will take my experience and all I have learned no matter where I go."

-M. A. JCAP Graduate



Proud JCAP Graduates

## HOW CAN YOU HELP?

### **Get Involved!**

Do you have an idea for a class that would benefit our participants? Are you willing to donate your time to teach?

### **Make a Donation!**

Would you like to sponsor a class or donate to the interview clothes fund?

### **Build a Bond!**

Is your company willing to make a difference in our community by providing individuals a second chance and hope through employment?

Contact Information:  
Courtney Jenkins  
JCAP Coordinator  
(574) 265-2907  
cjenkins@kcgov.com

### **Recovery Classes**

Group and Individual counseling

SMART Recovery

AA/NA

Celebrate Recovery

Seeking Safety

Boundaries

Self-Esteem

MRT

S.M.A.R.T. Recovery

### **Life skills Classes**

Anger Management

Parenting

Banking

Personal Finance

Nutrition

Healthy Living

Fitness

### **Job Readiness**

IN Work

ServSafe Certification

Job-skills 101

High School Equivalency tutoring & testing is also offered to those who have not received their high school diploma or GED.

## Works Cited

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