

# New Directions in Corrections:

NIC Virtual Conference  
June 10, 2015



# Care and Treatment of Inmates with Mental Illness in Prison

**FCI Sheridan**

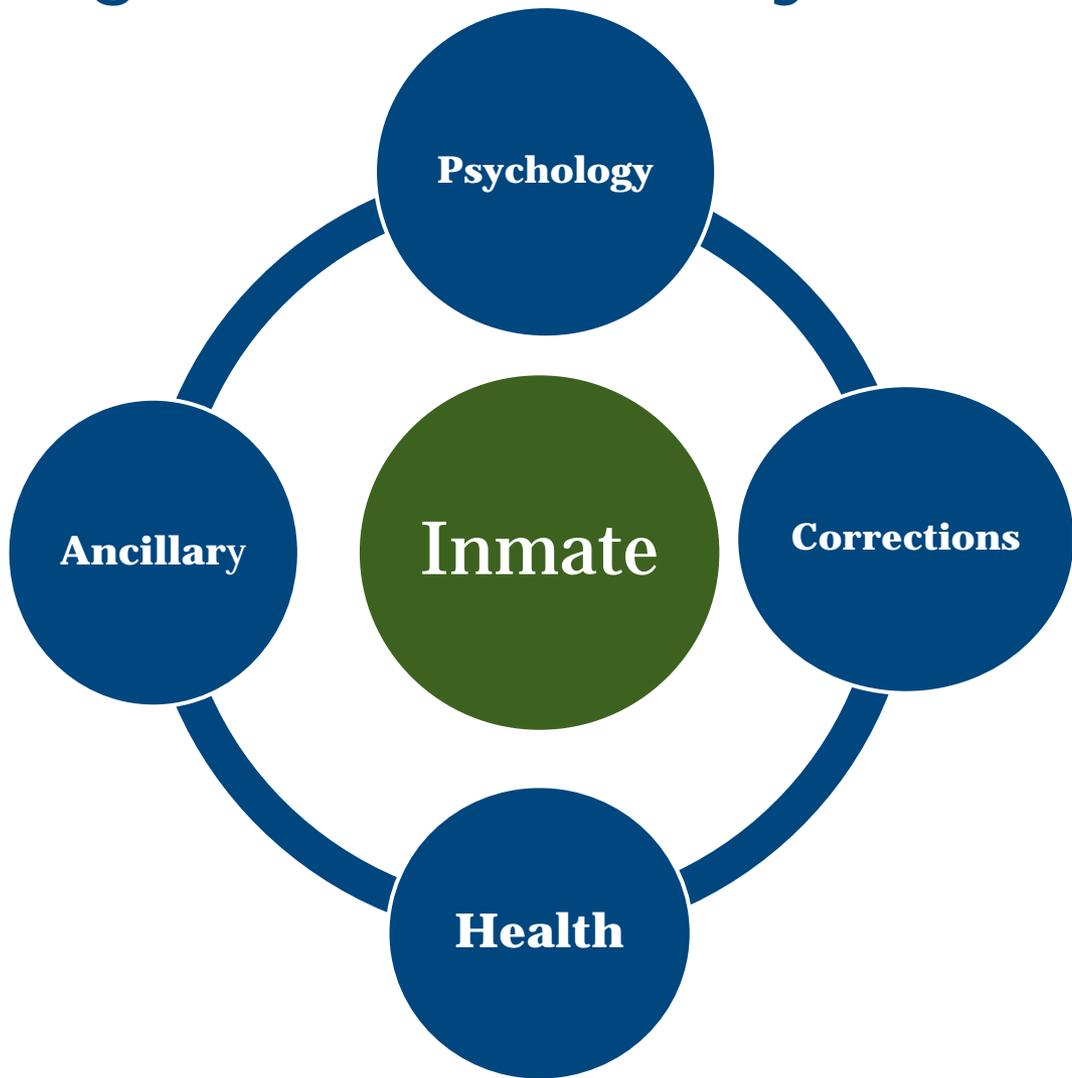
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# Objectives

- Discuss a comprehensive correctional care and treatment program for inmates with severe and persistent mental illness and personality disorders at the Federal Correctional Institution (FCI) Sheridan.
- Identify obstacles to, and benefits of, implementing a comprehensive structure in which to care for mentally ill inmates

# Paradigm for Delivery of Service



# FCI Sheridan Mental Health Program

- **Support Services**
  - Supported Employment
  - Peer Support/Mentor Program
  - Environmental Support
- **Treatment Services**
  - Evidence-Based Treatment Groups (IMR, DBT, SST, Cog)
  - Wellness Program



## Supported Employment



# Peer Support/Mentoring



# Environmental Support

- **Open Door Policy**
- **Incentive Program**
- **Communication between Correctional Services and Psychologists**

# Mental Health Unit Population Characteristics

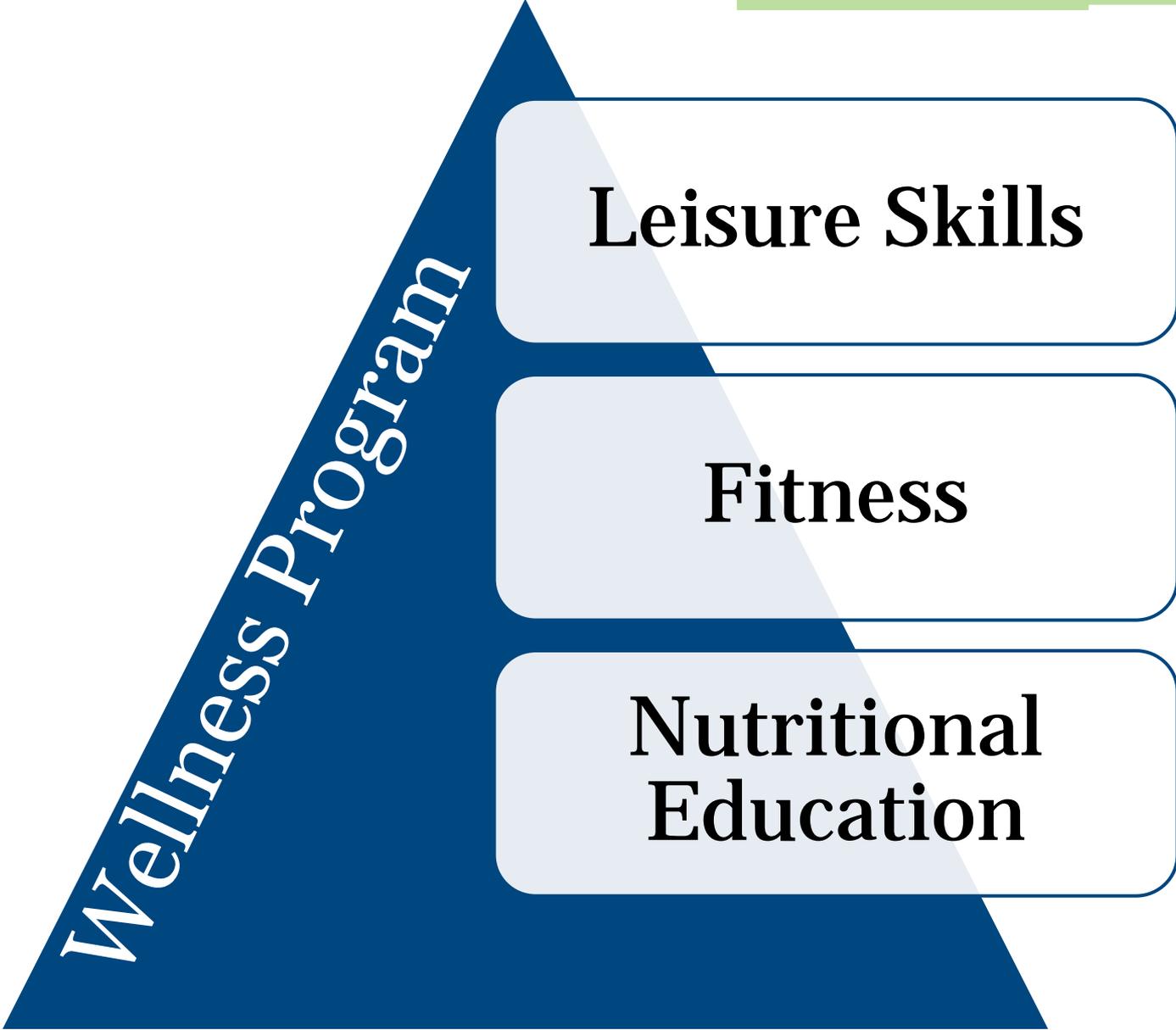
- **36 inmates with diagnosed mental illness, not including substance abuse**
  - **31% Psychotic Spectrum**
  - **44% Mood Disorders**
  - **33% Personality Disorders**
  - **5% Organic/Developmental Disorders**

# IMR



# Mental Health Unit: Evidence-Based Treatment Services

- **Dialectical Behavior Therapy**  
*Skills Training Manual for Treating Borderline Personality Disorder (Linehan, 1993).*
- **Social Skills Training**  
*Social Skills Training for Schizophrenia: A Step-by-Step Guide (Bellack, et.al., 2004)*
- **Basic Cognitive Skills**  
*Basic Cognitive Skills, Breaking the Cycle Series (The Change Companies)*



*Wellness Program*

**Leisure Skills**

**Fitness**

**Nutritional  
Education**

# Challenges

- **Cultural Development**
- **Stigma of Mental Illness**
- **Staff Motivation and Establishing Buy-In**
- **Time Consuming and Labor Intensive**
- **Managing Liability**

*Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.*

*Buddha*