

New Directions in Corrections:

NIC Virtual Conference
June 10, 2015



Care and Treatment of Inmates with Mental Illness in Prison

FCI Sheridan

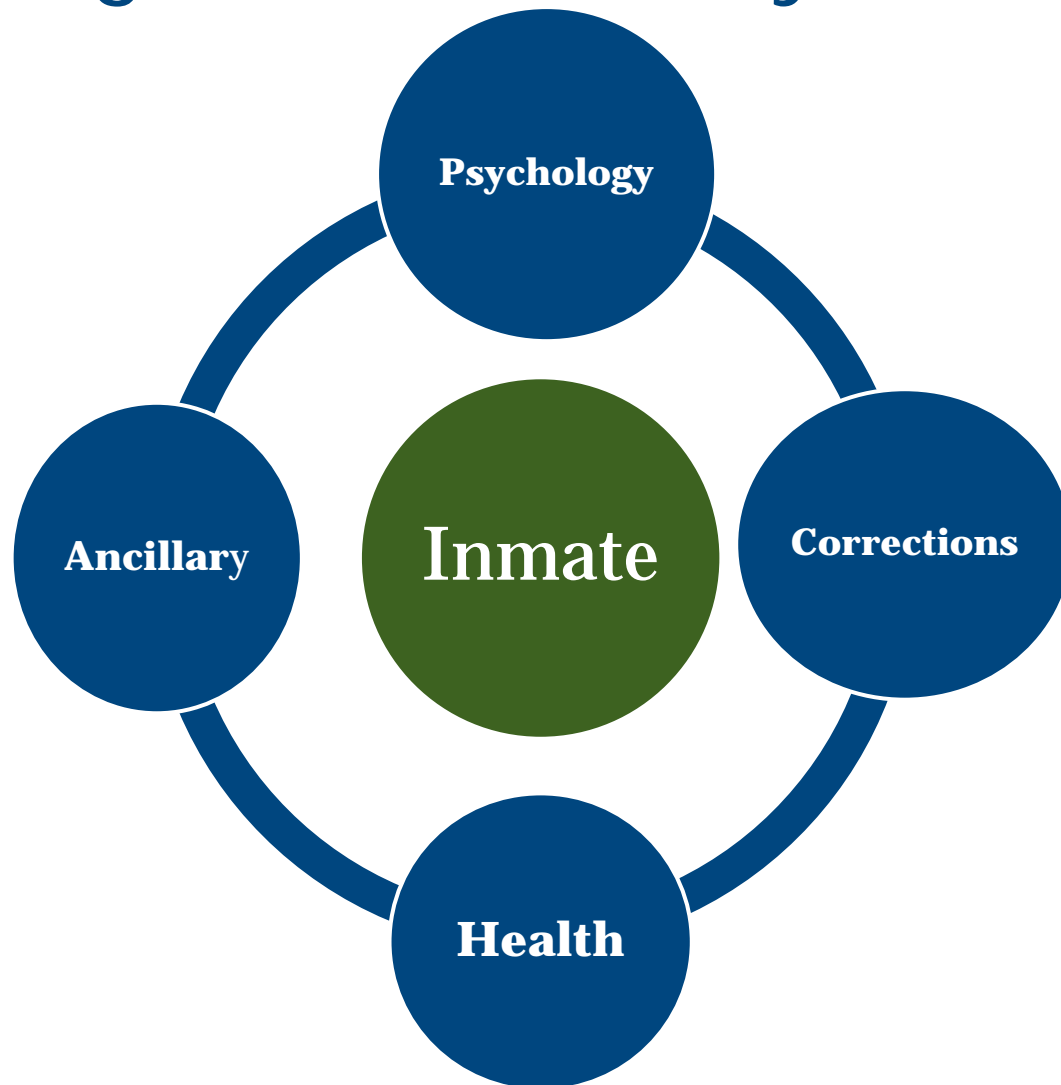
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Objectives

- 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