National Organization of Forensic Social Work
AND
BE THE EVIDENCE PROJECT
Present
AGING I N THE CRIMINAL JUSTICE SYSTEM-3
PROMISING PRACTICES AND POLICY RESPONSES
MONDAY OCTOBER 29, 2012
12:30 pm to 3pm

Introduction
Tina Maschi, PhD, LCSW, ACSW
Associate Professor
Human Rights and Social Justice, Sequence Coordinator;
Fordham University Graduate School of Social Service
President, National Organization of Forensic Social Work

Moderator/Facilitator
J. Soffiyah Elijah, Esq.
Executive Director, Correctional Association of New York
Former Deputy Director of the Criminal Justice Institute (CJI) at Harvard Law School (HLS)


Introduction-Brief Recap (10 minutes)
Mary T. Harrison, True Grit Program
- Founder and Director of the True Grit Program, which is a semi-structured living program for older adults in prison that includes services that include hospice and discharge planning (60 minutes)

Kat Brady*, Coordinator of Community Alliance on Prisons, Hawaii (30 minutes)

Franz Kurz*, Association for Probation and Offenders’ Assistance, Federal State of Germany
- National and international advocates who have had some level of success in criminal justice reform, including gaining compassionate release for older and chronic or terminally ill person in prison (30 minutes)

Soffiyah Elijah, Commentary (3-5 minutes)
Tina Maschi, Commentary (3-5 minutes)
Facilitated Discussion* (10-30 minutes pending number of questions/comments)

PART I RECAP
HUMAN RIGHTS & WELL-BEING
A Human Rights-Based Perspective/Holistic Framework
For Prevention, Assessment, and Intervention

“THE AGING PRISONER” STIGMA
The Face Behind the Number, The Story Behind the Face

Human Rights Framework for Conceptualizing Problems and Solutions

The Whole Person in Social/Environmental Context

Human Rights
- Values
  - Dignity, Respect, Intrinsic Value

Well-Being
- Individual
- Family
- Community

Human Rights
- Political
- Civil
- Economic
- Social
- Cultural

“The Aging Prisoner” Stigma
The Face Behind the Number, The Story Behind the Face
Faulty Services to Prison Pipeline of Older Persons: Varying Concurrent or Sequential Pathways

- Life Course Varying Trajectories to Mass Incarceration
- Sequential or Concurrent Service Use
- Useful for Holistic Prevention, Assessment, Intervention Points

IDEAL CONDITION

Advanced Generalist Public Health Model: Multi-Level Intervention Levels for Addressing the 'Whole' Problem of 'Whole Person' in Social Context

Meta-micro
Micro
Mezzo
Macro
Meta-macro

- Tertiary Intervention: Clinical Populations
- Secondary Intervention: At-Risk Populations
- Primary Intervention: Inter-National Whole Population
- Quaternary Intervention: Research and Evaluation

 WITHOUT FURTHER ADO

Mary T. Harrison
True Grit Program

Without Further Ado…

Kat Brady
Coordinator of Community Alliance on Prisons, Hawaii

Without Further Ado…

Franz Kurz
Association for Probation and Offenders' Assistance, Federal State of Germany
CALL FOR PAPERS DUE NOVEMBER 15, 2012

Advancing Forensic Practice: Promoting Innovation Worldwide
National Organization of Forensic Social Work
Annual Conference

April 14-16, 2013  Seattle, WA

NOFSW believes forensic practice best serves clients when it functions from an interdisciplinary perspective. NOFSW conferences offer a unique opportunity for social workers and allied professionals to learn from one another while enhancing their knowledge and understanding of the interconnectedness of the law, policy, and practice. Attendees include social workers, psychologists, attorneys, judges, law enforcement, physicians, nurses, child custody evaluators, and various other mental health, medical and legal professionals.

NOFSW conferences will feature presentations exploring interdisciplinary issues across the legal (offenders & victims), clinical, family, juvenile and restorative justice, early intervention, AIDS, adult and elder welfare as well as and of its impact, prevention and mental health, forensic medicine, substance abuse, victim/mediator roles, trauma, mediation; mental health and substance abuse treatment in forensic settings; legal and ethical concerns related to work with forensic populations; and risk management for service providers. In celebration of NOFSW's 30th Anniversary, select papers will be identified for inclusion in a special issue of the Journal of Forensic Social Work & a NOFSW Book on US/international innovations in forensic practice.

For additional conference information please view our website:http://www.nofsw.org/html/annual_conference.html
Or contact Paul Brady, Executive Director: pbrady@nofsw.org or tmaschi@fordham.edu

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Website: www.nofsw.org

Have a forensic expertise?
Interested in doing a webinar for NOFSW?
• Contact us with the following information (name, expertise proposed title and 100 word description)
• If you are working on any aspect of innovations addressing the needs of older persons in the CJ system or other vulnerable populations, we would love to hear from you!

Email: tmaschi@fordham.edu
Click here for Aging in the CJ System Resources Articles, Webis, Other Links
An Innovative Structured Living Program for Geriatric Prisoners in the Nevada Department of Corrections
Mary T. Harrison, MS
Program Administrator
True Grit

Nevada Department of Corrections
Northern Nevada Correctional Center
P.O. Box 7000
Carson City, NV 89701
The segment of the elderly population in the US that showed the highest percentage increase was age 85 and older. This was primarily due to advances in medical care, and can be expected to apply to aging persons over the next decade.

As this population bulge grows older, the number of elderly prisoners will increase, simply by weight of numbers.
“Geriatric prisoner” Defined

- The designation “geriatric”, or “elderly” differs among jurisdictions
  - Aday suggests age 50*
    (see references)
  - Some states use age 50
  - Several states use age 55
  - Some jurisdictions use age 60
- There is general agreement that prisoners age more rapidly than the general population. The consensus is that a prisoner who has been incarcerated for any length of time is physically and mentally about 10 years older than his chronologic age.
Nevada defines “geriatric prisoner” to be age 60 or over for admission to True Grit
Geriatric Prisoners

- The number of older prisoners is still a relatively small proportion of the total prison population. Less than 10% of prisoners in the U.S. are over age 50.
- From 2006 to 2010 male prisoners age 60 and over in the NDOC increased from about 250 to 575. This is approximately 5% of the total male inmate population.
- 135 of 575 (24%) are members of True Grit.
Significant Issues for Geriatric Prisoners

- Physical Disabilities
- End of Life
- Dementia
- PTSD & Depression
- Sexually Deviant Behavior
- Reentry Issues
- Substance abuse
- Chronic Health Problems
Chronic Health Problems

- Arthritis and other Musculoskeletal Problems
- Diabetes
- Cardiac and other Vascular Diseases
- Cancer
- Failing Eyesight
- Failing Hearing
- Genitourinary Problems
- Chronic Hepatitis and other Chronic Infections
Memory and Cognitive/Functional Disorders

- Degenerative Diseases: Alzheimer’s Disease, Parkinson’s Disease, Wernicke’s/Korsakoff’s Syndromes
- “Senile Dementia” (a catch-phrase for “We don’t know what causes it.”)
- Vascular Dementias: Multi-infarct Dementia, Cerebral Embolism, Transient Ischemic Attacks (TIAs or mini-strokes)
- Infections: AIDS, other Opportunistic Infections
Mental Health Issues

- Cognitive Disorders
- Substance Abuse-related Disorders
- Mood Disorders
- Anxiety Disorders
- Sexual Disorders
- Impulse-control Disorders
- Personality Disorders
Substance Abuse

- Between 20 and 25% attend AA/NA regularly
- Approximately 30% have documentation of drug use or alcoholism in their PSI
- Several have been diagnosed with Type B or C Hepatitis related to Injection Drug Use
End of Life Issues

- No formal hospice program
- Compassionate care visits with dying prisoners
Death and Dying

- Since the inception of *True Grit* in 2004, 38 men have died in prison

- These men did not have the advantage of a true hospice program but, because of the Program, they had the comfort and companionship of fellow *True Gritters*; visits with therapy dogs and volunteers; and a newly-developed Music Thanatology experience, wherein dying prisoners are afforded music therapy, which has been shown to relieve pain and ease the passage of death
“Structured Living” Defined

- A comprehensive program of structured physical, mental, emotional, and spiritual activities with a set routine and within which the member is required to participate, to the best of his ability, on a regular basis.
True Grit Designed...

- Nevada follows national trends in terms of a burgeoning elderly population

- NDOC recognized the impending problem, and requested a specific structured living program for geriatric prisoners

- Beginning as a small pilot program in southern Nevada, it was later moved to be co-located with the Regional Medical Facility at Northern Nevada Correctional Center in 2004
Program Criteria

- Age sixty or over (no upper age limit)
- No fulltime work or fulltime school (part time school OK)
- Willingness to participate in all appropriate Program activities
- Compliance with Program contract, structure, and rules
Numbers

- At present, there are 135 geriatric prisoners in the Program, with a waiting list of men from other institutions.
- An additional 266 have passed through the Program:
  - 38 have died in prison
  - 91 have paroled or completed their sentence
  - 37 have left at their own request
  - 78 have had contract violations or disciplinary actions resulting in dismissal from Program
  - 22 have transferred to other facilities, institutions, or permanent medical placement
Types of Criminal Offenses

- Like the general prison population, *True Grit* members have convictions for a variety of criminal offenses:
  - 3rd Offense DUI
  - 3rd Offense Domestic Violence
  - Property crimes
  - Drug offenses
  - Sexual offenses
  - Fiduciary crimes
  - Parole violations
  - Assault, robbery, murder and other violent offenses
True Grit Objectives

- To assist elderly offenders in their physical, mental, emotional, and spiritual growth, rehabilitation and re-entry.
- To maximize limited resources.
- To provide structured treatment programs designed specifically for the elderly population.
- To meet the physical and emotional needs of elderly men facing death, assisting them in maintaining their dignity and achieving inner peace.
Substance Abuse/Addictions Rx Program
Correctional Mental Health Programs
End-of-life Care/Pet Therapy
Cognitive, Diversion & Music Rx Programs
Physical Fitness/Movement Therapy Programs
Wellness & Life Skills Program
Discharge Planning For Community Re-entry
Sex Offender Treatment Program

True Grit Model
Physical Fitness/Movement Therapy Programs

- Wheelchair Basketball
- Wheelchair Softball
- Wheelchair Aerobics
- Stationary Bicycle
- Walking
- Billiards
- Ping Pong
- Weightlifting
- Volleyball

- Movement Therapy
- Tennis
- Horseshoes
- Softball
“This is the most fun I’ve had in my entire life!”

Al and Jesse comparing notes about Wheelchair Softball
Old, old Gritters...

Ernie, 79, works with light weights after a debilitating stroke

Ralph, 85, currently the oldest member, exercises in the gym daily

Jimmy, 83, won first place in age group over 50 in indoor mile, arm wrestling, and weightlifting
Diversion and Cognitive Therapy Programs

- Crochet/needlepoint
- Latch-hook Rug-making
- Beading
- Art/Painting
- Chess and other game tournaments
- Bingo!
- Puzzles, games and cards

- Poetry and Microwave Cookbook Collections
- *True Grit* Notes
- Reading/Music library
- Music programs
- Spanish language study
The Eagle Weeps Crocheted Afghan – 5 X 8 feet, 75,000 Stitches. 1st Place and Best of Show, Nevada State Fair 2009 Donated to the VA Hospice Program, Reno, Nevada
**True Grit Restitution Project**

- Craft items made by *True Grit* members as part of Diversion Therapy, including crocheted scarves and hats, are distributed annually to local charitable and non-profit organizations, veterans organizations, and the VA Hospital Inpatient and Community Outreach Programs in Reno.
Art/Painting

- Drawing and Painting
- Collages
- Model Airplanes
- Sculptures – soft and molded
Music Therapy Programs
Compassionate, End-of-Life Care with therapy dogs in the NDOC’s Northern Regional Medical Facility
Intermountain Therapy Dogs and Volunteers

The Intermountain Therapy Dogs and Volunteers have provided service since 2004, and continue to be an essential part of the Program.

Lisa and Baloo  Polly and Trinity  Linda and River
Intermountain Therapy Dogs and Volunteers

Patrick and Baloo work with *True Grit* men in the PTSD for Combat Veterans Group and the *Choosing Life* Pain Management Group
Activities are listed on a marker board each evening for the next day. Each morning, participants check the board for information on everything from the weather report to the dining hall’s menu, as well as each day’s programming activities.
True Grit Town Hall Meetings

- During weekly Town Hall Meetings the Unit Management Team – including the Program Administrator – discuss current and on-going issues, pass on information, and discuss any problems within the housing unit
**True Grit** Life Skills Lessons

- Health and Wellness Education
- Donated *True Grit* clothing
- Grooming/hygiene standards
- Structured daily job assignments
- *True Grit* Microwave Cookbook and Poetry Collection
- Learning to make healthy living choices
- Organized laundry and canteen services
Structured Job Assignments
In 2010, True Grit accepted responsibility for institutional wheelchair repair and upkeep. With the donation of more than 100 wheelchairs from a local charity, Care Chest of Northern Nevada, the Chop Shop has repaired or rebuilt over 150 wheelchairs, saving the NDOC thousands of dollars; on average, the cost to the Department for a new wheelchair is $1,000.
Microwave Cookbook and Poetry Collection
<table>
<thead>
<tr>
<th>Correctional Mental Health Programs</th>
<th>NDOC Approved Correctional Programs</th>
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<tbody>
<tr>
<td>Stress Management</td>
<td>Victim Awareness</td>
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<tr>
<td>Conflict Resolution</td>
<td>Health-Related Recovery (HRR)</td>
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<td>Commitment to Change</td>
<td>Anger/Emotions Management</td>
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<td>Relationship Skills</td>
<td>Addictions Prevention Education</td>
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<td>Sex Offender Treatment of Prisoners (STOP)</td>
<td>Inside/Outside Dads</td>
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<td>Trauma and Recovery</td>
<td>Special Populations Programs</td>
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# Self-Improvement and Self-Development

## Group Therapy Programs and Activities

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<th>Substance Abuse and Addictions Rx Programs</th>
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<td>Substance Abuse (AA/NA) Group</td>
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<td>Gamblers’ Anonymous</td>
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<td>Emotions Anonymous</td>
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<td>Spiritual Study Group</td>
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<td>Sexual Compulsives Anonymous (SCA)</td>
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<th>Self-Improvement and Self-Development Group Therapy Programs and Activities</th>
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<td>Cultural Perspectives Group</td>
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<td>Creative Writing Group</td>
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<td>Vet-to-Vet Group</td>
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<td>Spanish Health and Wellness Group</td>
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<td>Meditation Group</td>
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As with the general population, *True Grit* has members incarcerated because of sexual offenses

Placement on release is difficult, particularly if a Skilled Nursing Facility is required

My Journey Home, Ridge House, Steps to New Freedom, the Veterans Administration, and other groups are working to establish residences for ex-offenders particularly veterans and those with sex offenses

Ruth Stacy (left) and Elaine Voight of My Journey Home were recently honored for their work with *True Grit*.
New Beginnings for Seniors Re-entry Program

- Designed to better meet the needs of elderly prisoners
- Provides information on Social Security, Medicare, and VA benefits
- Discusses nutrition and meal planning; emphasis on Occupational Therapy
- Teaches conflict resolution and communications skills
- Discusses how to avoid elder abuse situations and deal with younger adults
- Information on community resources including short-term food, medical and clothing assistance
Members of the **True Grit** Vet-to-Vet Peer Support Program, founded in 2009, meet each Thursday, gather in a supportive group to discuss military and/or combat-related issues that affect their daily lives. They are joined by volunteers from local Vietnam Veterans of America Chapters, who serve as facilitators for this group.
% of *True Grit* Veterans by Era

- WWII
- Korea
- InterWar
- Viet Nam
Without volunteers and administrative support, there would be no True Grit program. These hardworking, dedicated women and men donate time, knowledge, friendship, and compassion in an assortment of roles assisting Program members as they prepare to return to the community or deal with end-of-life issues.
Community Volunteers

- VVA Chapters in Carson City and Reno
- AA/NA facilitator
- Compassionate Care
- Pet Therapy
- My Journey Home
- Private therapist
- College professor
- Care Chest of Northern Nevada
In June 2011, Jail Guitar Doors USA co-founders Margaret Saadi Kramer and Wayne Kramer presented the Program with an assortment of musical instruments and equipment, including five Fender guitars and four Fender amplifiers. Jail Guitar Doors USA is a non-profit program providing musical instruments and opportunities to advance the rehabilitation of prisoners. More information about this organization is available through their website www.jailguitardoors.org.
Does *True Grit* work?

- Since 2005, 91 *True Grit* participants were released through parole, compassionate release, or by expiration of sentence.

- The sense of community, working together toward a common goal, combined with the rehabilitative and biopsychosocial/spiritual nature of the Program, has enabled men to gain release from prison; whereas prior to the development of *True Grit*, some of these same men were unable to gain parole.

*Something is working*
Effectiveness of Program

“Since the True Grit Program has been in effect, the medical department has noticed a significant decrease in the men’s overall medical complaints, over-utilization of medical care and use of psychotropic medications.”

Karen Gedney MD, Senior Physician,
Northern Regional Medical Facility
Northern Nevada Correctional Center
What Hasn’t Worked in Past

- Younger prisoners in and outside Program
- Commercial movies on DVD
- Pedometers
- Lack of mandatory rules and regulations
- Non-specific housing
- Apathy toward elderly prisoners and Program
- Lack of structure within Institutional programs and activities, including laundry, canteen, law library, culinary, etc.
Future Directions

- Continue the Program without State funding; develop programs for elderly female prisoners
- Interaction with the Department of Veterans Affairs to better serve True Grit vets
- Develop closer ties with various universities willing to assist in Program development
- Acquire full-time paraprofessional assistant and social worker for discharge planning
- Additional volunteers for activities, compassionate care, and spiritual programs
- Develop funding source(s) for Program through State budget or outside grant programs
- Research on aging in place in prison
Resources

- Aday, Ron, PhD, Sociologist, Middle Tennessee State University
- Angola State Prison, Angola, LA
- Antonuccio, David, PhD, Psychologist, Fielding Graduate University
- California DOC Medical Facility, Vacaville, CA
- DeFrancesco, David, PhD, Psychologist, Navy Consolidated Brig Miramar, CA
- Kopera-Frye, Karen, Ph.D., Gerontologist, University of Louisiana Monroe, LA
- Nathan Adelson Hospice, Las Vegas, NV
- National Institute of Corrections, Washington, DC
- Peak, Ken, PhD, University of Nevada Reno, NV
- Rubin, Steven, MD, Geriatric Psychiatry, Reno, NV
- Soper, Henry, PhD, Fielding Graduate University, Santa Barbara, CA
- U.S. Department of Veterans Affairs, VA Sierra Nevada Healthcare System, Reno, NV
- Extensive literature review
References

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