

inside&out

Building a Foundation for Freedom

“Parolees are completely overwhelmed when they first get out of prison and if things don't go their way, they get very discouraged. When someone is dealing with alcoholism or drug addiction, their brains have not forgotten the old patterns. Suddenly they have the option of using (drugs or alcohol) again and many return to that behavior simply because it's a coping mechanism.” Identifying one of the reasons that parolees are not always successful in making the transition to life outside of prison, Ann Webb describes the impetus behind the development of the Kalamazoo Transitional Program (KTP).

Because a very high percentage of parolees return to prison, Michigan is implementing the Michigan Prisoner ReEntry Initiative. In Kalamazoo County, K-PEP was awarded a contract for a pilot project through the Michigan Department of Corrections, Office of Substance Abuse Services to begin KTP on May 15th. The initiative focuses on improving all phases of prisoner release preparation and transition under the Transition from Prison to Community Initiative (TPCI), a model developed by the National Institute of Corrections.

KTP is just such a re-entry program, where people transition from prison to the community. Parolees from Kalamazoo County who are referred to the program have received a diagnosis of substance abuse or dependence. “They're not ready to be on their own yet—to going from no freedom to almost total freedom” says Ann.

The goals for each parolee are different depending on their individual needs, which are assessed during a phone interview a couple weeks prior to the parole date.

The treatment plan is then built taking each person's needs in terms of housing, employment, education, finances, and medical needs into account. Ann explains further that “Research indicates that you can have all the programs you want in prison, but if you don't have some kind of after-care program, it's really a waste of money.”

When asked to describe the details of KTP, Ann, who serves as K-PEP's Director of Substance Abuse Services, relates it this way. “It's a twelve month program using the Hazelden “A New Direction” curriculum, which is based on cognitive restructuring or changing thinking patterns. Phase One of the program is from 15 to 45 days where the parolees are living at K-PEP. They attend our employability skills class and our Job Club to help obtain employment. Substance abuse counseling begins when they arrive, as well as a four-session anger management course.”

She continues, “Once they've completed their workbooks and the initial portion of treatment, then they come once a week and act as peer educators to the people in the group who are newer. We have had five people advance to Phase Two,



KTP parolee Blair Thompson confers with his caseworker, John Spyker.

INSIDE:

- Many staff members “On the Move”
- First ACA audit successful!

which means they've gone home. After leaving K-PEP, they still come to groups twice a week but only see their substance abuse therapist monthly, instead of weekly. They also meet with their K-PEP Case Manager and their Parole Agent once a month."

So far, KTP has created a different kind of workload for the K-PEP staff because the parolees require a more hands-on approach by the case managers. They also tend to arrive at K-PEP confused and sometimes angry, expecting that they were on their way home. Blair Thompson, a Phase Two participant of KTP, describes it this way. "When I came in, I felt like I was being punished for getting a parole. I can't say I was angry because I wasn't mad at anyone in particular, but I felt confused. The rules here are different from prison, but you're still locked up and you've got to get readjusted."

Blair says that he feels the program made a big difference for him. "I don't want to go back to prison. I want to change, in fact I know I've changed already. This program (KTP) prepares you and builds up your confidence."

To discourage dependence on being in treatment, an important part of KTP is connecting each parolee with the recovering community which will give them the best chance to stay clean and sober. "It's in our best interest to get people on track and keep them on track, gradually releasing the structure we have on them so they'll be more likely to be successful", says Ann.

As Blair relates, "I've been going to meetings—AA meetings and NA meetings. That's a good thing about this program, you can go to as many meetings as you want. I've begun liking them a lot. I've got two part-time jobs now, landscaping and dish-washing. When I leave here I'll have the freedom to look for another job."

While similar programs have been launched in other Michigan counties, K-PEP is positioned to provide a complete service to parolees because it has a residential facility and is also licensed to provide substance abuse services. KTP was designed at K-PEP to meet the state's contract requirements and borrowed from the experience of a program developed in Genessee County.

Ann Webb points out that many parolees leave prison with a strong desire to stay clean and sober, but don't realize how hard it will be and relapse in a very short period of time. "KTP gives them time to build a foundation for handling their freedom. This program is designed to walk them through all the pitfalls of returning to life outside of prison. I think it's going to be an excellent program. I really think we're on to something."

Blair Thompson seems to be off to a good start. He says, "I know there are going to be a lot of pitfalls, but I'm prepared for anything that surprises me. I don't want to see anybody have to go back to prison. All you have to do is stay here, listen and be patient. This place reminds you of the things that you held onto to get through the years in prison."

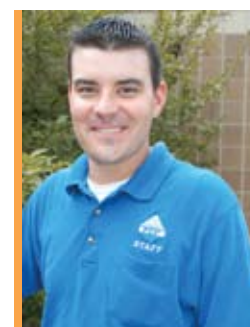


"This place reminds you of the things that you held onto to get through the years in prison."

Blair Thompson

Promoted

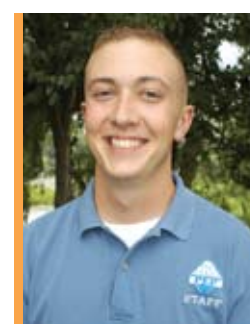
April 1, 2005 through June 30, 2005



Jordan Becklin
Full Time Resident Coordinator,
Park Street Facility



Jerrold Lambert
Full Time Resident Coordinator,
Park Street Facility



Seth Holibaugh
Full Time Resident Coordinator,
Calhoun County Facility



Michelle Fielbrandt
Full Time Resident Coordinator,
Olmstead Road Facility



Crystal Cooper
District Court Case Manager,
Park Street Facility



April Nachtigal
Resident Case Manager,
Park Street Facility



Keith McGahan
Full Time Group Facilitator,
Calhoun County Facility



Lindsay Westgate
Full Time Resident Coordinator,
Olmstead Road Facility



Beth Hampsten
Full Time Secretary,
Park Street Facility



Rick Amaro
Full Time Resident Coordinator,
Calhoun County Facility



Scott Secret
Full Time Resident Coordinator,
Muskegon County Facility



Ashley Wood
Resident Coordinator Supervisor,
Olmstead Road Facility

On the Move

Not Pictured:

Stephen Andrie
Full Time Resident Coordinator,
Olmstead Road Facility

Hired

Jason Bradley	Part Time Resident Coordinator	Park
Marc Danapilis	Part Time Resident Coordinator	Berrien
Matthew Decker	Part Time Resident Coordinator	Park
Shawanna Evans	Part Time Resident Coordinator	Muskegon
John Karraker	Part Time Resident Coordinator	Park
Donyal Lewis	Part Time Resident Coordinator	Berrien
Peter Slack	Part Time Resident Coordinator	Park
Lindsay Westgate	Part Time Resident Coordinator	Olmstead
Darlene Wiborn	Part Time Resident Coordinator	Olmstead
<i>Returned from Military Service:</i>		
Timothy Thomas	Full Time Resident Coordinator	Calhoun

Congratulations

to our two Kalamazoo facilities who passed the American Correctional Association audit conducted in July. Full accreditation will be awarded at the Winter ACA convention in January upon our appearance at a review board. Thank you to all of our staff who helped both facilities pass the audit with very high marks.

Results

3rd quarter results:

April 1, 2005 through June 30, 2005

Average Daily Count	239.6
Admissions	378
Successful Graduates	211
Jobs Obtained	256
GED Tests	106
GED Certificates	11
Substance Abuse Graduates	
Residents	94
Weekend Intervention	17
Resident Income	\$388,990.27
Rent Paid	\$182,860.32
Court Costs/Restitution Paid	\$33,231.43

9-month results:

October 1, 2004 through June 30, 2005

Average Daily Count	211.7
Admissions	1063
Successful Graduates	578
Jobs Obtained	588
GED Tests	318
GED Certificates	36
Substance Abuse Graduates	
Residents	370
Weekend Intervention	59
Resident Income	\$988,112.22
Rent Paid	\$451,792.77
Court Costs/Restitution Paid	\$84,536.27

Need a hand? Just ask!

K-PEP provides volunteer assistance to local nonprofits, senior citizens and handicapped persons. We can provide volunteers to perform a variety of community service tasks—whatever the need, just ask us.

In Kalamazoo County call: Jason McCune at 269-383-0444 or Cynthia Tall at 269-383-1386

In Berrien County call: Charles Adams at 269-926-1284

In Calhoun County call: Carl Crawford at 269-963-2085

In Muskegon County call: Linda Sheets at 231-726-2733



responsibility in all areas of their lives.

Our program provides the opportunity and structure for men and women to take personal is to provide a cost-effective and community-based productive alternative to incarceration. K-PEP is a private, nonprofit probation residential center for adult offenders. Our mission

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Kalamazoo Probation Enhancement Program, Inc.
519 South Park St. • Kalamazoo, MI 49007

