



Therapeutic Community Model

In 1984, the National Institute on Drug Abuse provided funding for research studies on Therapeutic Communities within correctional institutions. Models for the Virginia Peninsula Regional Jail's Therapeutic Community, are based on findings from NIDA, the Corrections research Institute and other similar studies.

The research provided an evaluation of correctional therapeutic communities to substantiate the effectiveness of recovery programs within a correctional setting. The conclusion of these studies provided hard data in which to model Therapeutic Community Recovery Programs. Significant findings concluded that hard-core drug abusers who remained in prison-based therapeutic communities for the optimal nine to 12 months, did better on parole once released from incarceration, had a higher success rate for recovery and significantly decreased the chances of re-incarceration.

Space availability is limited to 12 participants. Applications must be approved by VPRJ Staff and the members of the VPRJ Therapeutic Community.

Wellness, Support & Recovery Services



Colonial
Behavioral Health

Mission Statement

The mission of Colonial Behavioral Health, the local Community Services Board, is to facilitate opportunities for recovery, resiliency and wellness to individuals and families affected by mental illness, intellectual disabilities and substance use disorders. Through an array of strategies and collaborative partnerships with local and regional providers, CBH will demonstrate a commitment to quality assessment, prevention, treatment and habilitation through best practice methodology for the citizens of James City County, City of Poquoson, City of Williamsburg and York County.



Colonial
Behavioral Health

Wellness, Support & Recovery Services

Virginia Peninsula Regional Jail Therapeutic Community

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*Serving James City County, City of Poquoson,
City of Williamsburg and York County*



VA Peninsula Regional Jail Therapeutic Community



Program Concept

The program is designed to give male inmates structure that embraces both sanctions and rewards.

Consequences may be in the form of Therapeutic Learning Experiences and "responsible authority" compelling inmates to be aware of and attend to their own behaviors, reflect on their motivation, connect consequences to their behavior or seek alternative behaviors.

Program Requirements

- Completion of the "Life without a Crutch," education class
- Affirmation from current participants in the Therapeutic Community Voluntary Admission
- Ability to participate for nine to 12 months
- Voluntary acceptance of Community Rules and Regulations

Program Goals

- Promote recovery in a "Peer Supported" environment to facilitate rehabilitation and development of a socially productive, conventional lifestyle
- Establish Systems of Core Values and Principles within a community setting
- Establish a support system conducive to positive change
- Reduce criminal recidivism among substance abusing offenders
- Promote positive behavioral changes through community involvement, education and self regimentations

Inmate Statistics

The following are statistics from the National Institute on Drug Abuse (1996)

- One third of the prison beds in Virginia are occupied by drug offenders

- 25 percent of convicted felons admit to heavy drug use
- More violent offenders admit to heavy alcohol use than did other prison populations
- 71 percent of program graduates were not re-incarcerated three years after release compared with 26 percent of dropouts
- Therapeutic Community treatment produces significant reduction in recidivism rates among chronic drug abusing felons.

Therapeutic Community Facts

Treatment for Substance Use Disorders:

- effectively reduces public health and safety problems
- effectively reduces criminal involvement
- effectively reduces employment, income and housing outcomes
- improves mental and physical health