



Department of Corrections (DOC) TBI Pilot-to-Program



Improving the lives of those with Traumatic Brain Injury in DOC facilities

The TBI Strategic Partnership Advisory Council of Washington State has sponsored investment in a 4 year project in partnership with Department of Corrections (DOC) and Department of Social and Health Services (DSHS) in the establishment of the DOC TBI Pilot-to-Program ending 6/30/2024.

TBI are 8X more prevalent in Washington state incarcerated individuals than the general public

72% of people in the corrections system have experienced a TBI

VS

8.5% of the public have experienced a TBI

What is a TBI?

A **Traumatic Brain Injury (TBI)** is an injury to the brain caused by physical trauma. Common causes include but are not limited to incidents involving motor vehicles, sporting and athletics, physical assaults, and falls.

Health Equity and Belonging

While anyone can experience a TBI, data shows that certain groups are more likely to experience long-term health effects from a TBI. **This includes people in correctional and detention facilities.**

When funded statewide, this investment:

- Improves safety and health of people living and working within correctional systems and facilities
- Implements trauma-informed, person-centered practices to increase health equity and belonging
- Reduces recidivism and infractions with data-driven and evidence-based programming
- Increases support networks and resources critical for community reentry and transition

Reducing Recidivism Cost

- Annual average cost for one person incarcerated is \$41,000
- People with TBI often have increased health needs, whether incarcerated or in community
- TBI awareness and supports through stable programming increase positive reentry and reduce recidivism costs

Voices from the Inside

"I am a participant in the TBI Group and class here at SCCC, this program has been the most helpful group I have been in over my 20yr incarceration. I have recommended several people."

"Access to awareness and learning more about my symptoms and behaviors has given me the ability to prepare for them in advance."

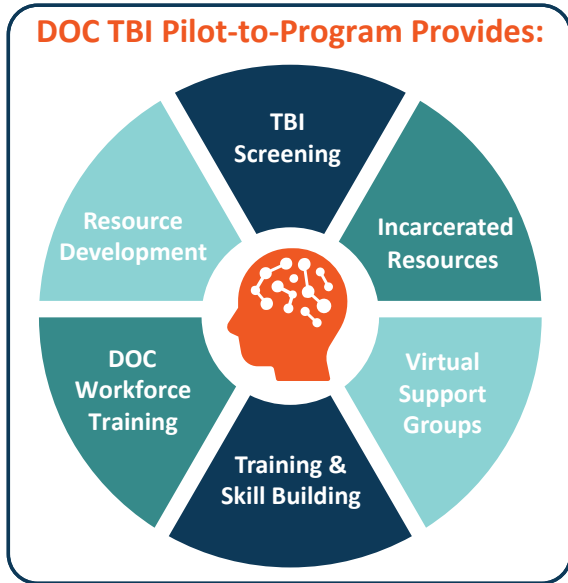
"I have learned there are many layers to TBI & incarceration. There are a lot of younger veterans in here who don't have this awareness. There are a lot of people in here who experienced domestic violence & aren't aware of the link between behaviors & trauma. Everyone needs this group."

"Meds don't really do it for me. Interactive sessions, learning & working the brain, that is what works for me."

"The TBI program has really made me aware of my current TBI disability and have improved my life tremendously."

Trauma-Informed and Person-Centered Support

Using a targeted universalism approach, the DOC TBI Pilot-to-Program has six components of support



Outcomes

Through screening and identifying a TBI, the program helps the individual understand TBI related symptoms or behaviors that can lead to reoffending and recidivism. In addition, the person is provided relevant interventions such as psychoeducation and rehabilitation programs to help navigate the inherent challenges they face after a TBI (Williams, et. al, 2018).

Symptoms of TBI, as well as incarceration, add extra challenges to this population. People who are incarcerated and have experienced a TBI are 3.4 times more likely to suffer from depression and anxiety than those without a history of TBI (The Disabilities Trust, 2016). Those with moderate to severe TBI had a 42.6% increased rate of being placed in maximum custody, driving up the cost of incarceration (Lutze, et. Al, 2016).

TBI Screening

- Upon entry to corrections center
- Secondary event incident
- Extensive TBI assessment
- Commitment to well being and understanding

Incarcerated Resources

- TBI programming
- TBI Resources and Workbook for independent study
- TBI library of materials developed by TBI Council
- Commitment to well-being and understanding

Virtual Support Groups (VSG)

- Coping strategies and awareness support
- Sense of community
- Important role in recovery and treatment
- Connection to professionals

Training and Skill Building

- Resources for critical health and safety supports
- Reduce recidivism
- Skills and resources for reentry connections
- Only 48% with TBI are successful with reentry

DOC Workforce Training

- TBI awareness
- Specialty group training
- Place Safety Muster handouts
- TBI workforce development training

Resource Development

- Institutional advocacy and awareness
- Policy and procedures manuals
- Business and fiscal model development
- Internal and external strategic partnerships

Initial outcomes show the DOC TBI Pilot-to-Program can be very effective, despite limitations with programming, facilities, and duration of pilot:

- Increased screening for those incarcerated upon system entry and after injury
- 600 Virtual Support Group attendees over last two years
- Resource materials support across all facilities being provided
- Developed behavioral / mental health skills for future reentry support

DOC TBI Pilot-to-Program

Aligns with state law, DOC Strategic Plan, Governor Executive Order, and TBI Council Mission

- **RCW 72.460.09 (8):** The provision of assessment, treatment, and accommodation for Traumatic Brain Injuries.
- **DOC Strategic Plan 2019-2023 People's Safety:** Corrections believes in creating an environment that values physical, mental, and emotional security and well-being. We honor those who advance safety for all.
- **DOC Mission, Vision, Commitment, Values:** To improve public safety by positively changing lives; working together for safer communities; to operate a safe and humane corrections system and partner with others to transform lives for a better Washington.
- **Governor's Executive Order 16-05, Building Safe and Strong Communities Through Successful Reentry:** It's the state's responsibility, once an individual has been sentenced to correctional facility or residential facility, to ensure facilities are secure and humane while also providing treatment, programming, and opportunities that will ultimately reduce likelihood that those individuals will harm future victims when they return to their communities.
- **TBI Council's Statewide Comprehensive Plan**



Funding

In order to expand statewide, an estimate of \$400,000 is used in the table below to show investments that:

- Build capacity for program implementation
- Monitor and support DOC facilities
- Develop resource support for long-term sustainability

**Estimated program cost based on total DOC population of 12,500 using \$400,000/year. (avg. \$32/year per incarcerated person)*

| Current Pilot Program | Expansion Estimates |
|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Annual Cost: \$75,000 | Annual Cost: \$400,000 (estimate) |
| People with TBI served: 700+ | DOC people with TBI estimate: 9,000 statewide |
| Staff supporting: 1 Staff at SCCC, other staff in additional facilities as available | Staff supporting: 3 full-time staff (West / East), Statewide oversight |
| Groups: <ul style="list-style-type: none"> • 2 Psychoeducation Groups • 12 Virtual Support Groups | Groups (example): <ul style="list-style-type: none"> • 1-2 Psychoeducation Groups per facility • 40+ Support Groups |

Voices from the Inside

"Access to awareness & learning more about my symptoms & behaviors has given me the ability to prepare for them in advance."

"My TBI did a number on me. I don't know how to deal with it all the time, so this support group & this space is super important to & for me."

"This class is my silver lining... if it wasn't for this class I would be lost and have lost all progress made with mental health and myself. This class helps my MH, comms, and self-advocacy."

"I don't want anyone else to be deprived of this information or education."

For further inquiries, contact:
David Minor - david.minor@dshs.wa.gov
Traumatic Brain Injury



TRAUMATIC BRAIN INJURY
 Strategic Partnership Advisory Council
 of Washington State