



Pathways

ALTERNATIVES FOR MENTALLY ILL OFFENDERS

**Annual Report
2008**

Revised 05/07/09

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INTRODUCTION

“Pathways is an outstanding program. It is very rewarding to help offenders receive beneficial mental health treatment and, at the same time, reduce recidivism.” Judge Mark Forcum

Pathways Mental Health Treatment Court serves offenders who are seriously mentally ill and often dually diagnosed with substance abuse issues to:

- reduce recidivism and incarceration
- stabilize housing
- reduce acute care utilization
- engage and maintain active participation in personal recovery

Pathways is a partnership of the San Mateo County Courts, Probation Department, District Attorney, Private Defender Office, Sheriff’s Office, Correctional Health, and Behavioral Health and Recovery Services. Through criminal justice sanctions/approaches, and treatment and recovery supports addressing individuals’ underlying behavioral health and recovery problems offenders are being diverted from incarceration and placed into community behavioral health based services.

This is the second annual Pathways report. The overall performance of Pathways has met the expectations developed by its partners. We approach our further development with a quality improvement focus. We learn from our successes as well as the challenges we still face to modify our policies and practices to improve outcomes for the individuals we serve and our community.

Clients are provided with assistance in getting on or back on benefits, connected with treatment services, and given encouragement to achieve their long term

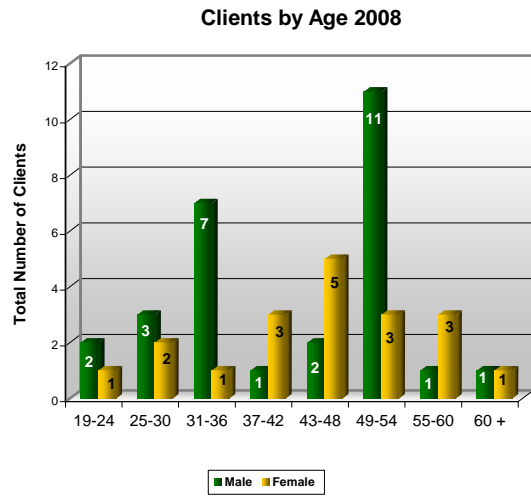
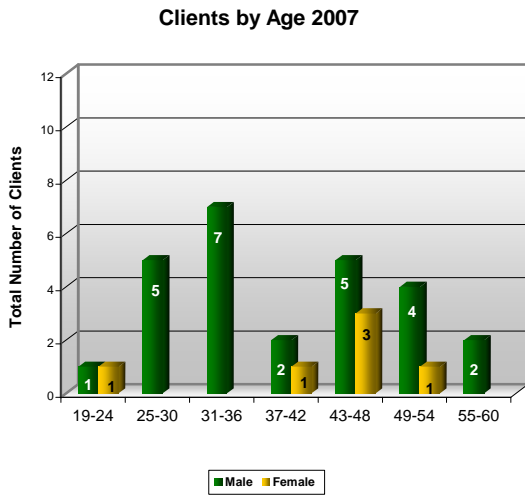
Steve Wagstaffe, Assistant District Attorney: “Pathways is the most progressive step ever taken in our criminal justice system to work with persons with mental health issues to ensure they do not re-offend and return to jail.”

goals. Those goals may include sobriety, independent housing, addressing physical health issues, attending school or obtaining employment. Wellness and Recovery Action Plans (WRAP) are developed for each participant and are client driven. It is through the

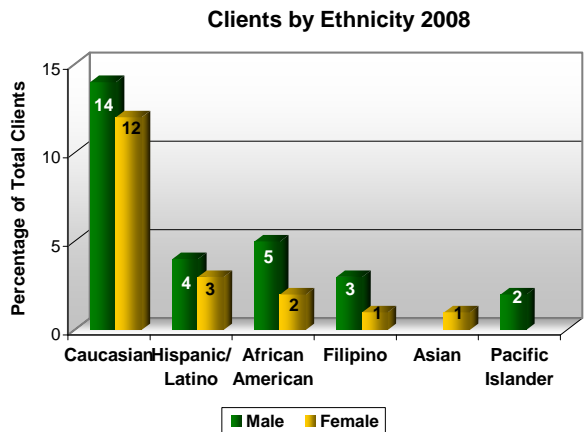
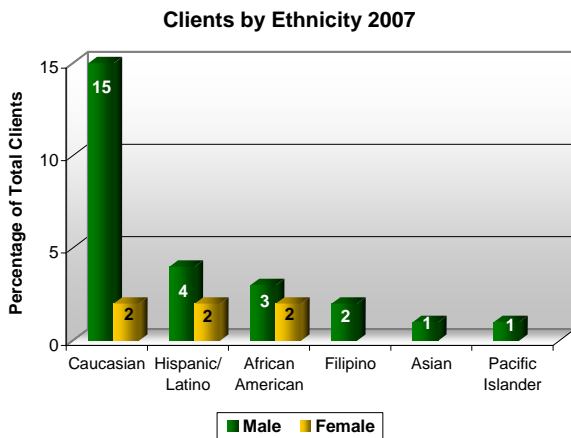
intensive supervision by probation, engagement in the community and treatment, symptom recognition and management, and participation in meaningful activities toward the client’s goals that incarceration and recidivism are reduced.

Myra Weiher/Private Defender’s Office: “The Pathways Court has provided a viable alternative to straight incarceration for defendants with serious mental health disorders.”

Demographics for Clients Enrolled



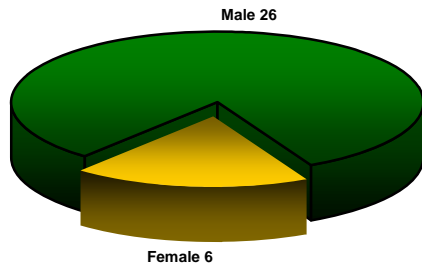
- The most significant change in age group enrollments was a 64% increase in the 49-54 age group when comparing 2008 to 2007.



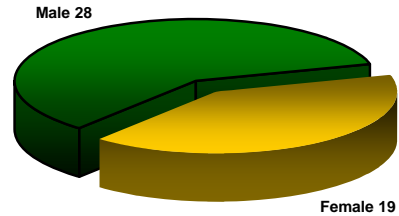
- There was an 83% increase in the enrollment of Caucasian women when comparing 2008 to 2007.

Demographics for Clients Enrolled *Continued*

Clients Gender 2007
Defined by the clients enrolled as of
December 31st of each year

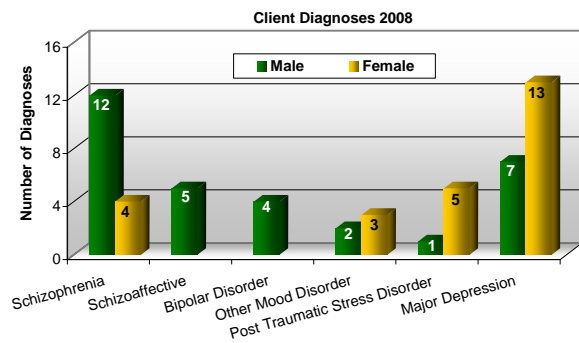
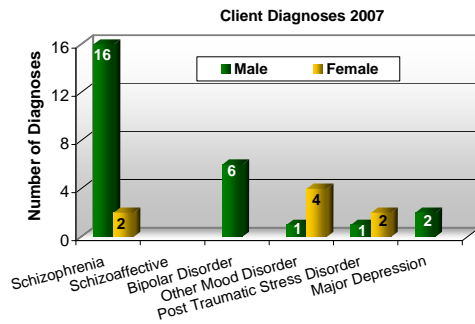


Clients Gender 2008
Defined by the clients enrolled as of
December 31st of each year



- There was a 68% increase in enrollment of women when comparing 2008 to 2007.

Diagnostic Profile of Clients Served as of December 31, 2007 and December 31, 2008

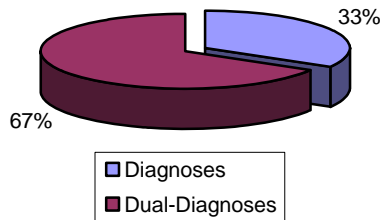


- There was a 90% increase in enrollment of clients with Major Depression when comparing 2008 to 2007.

Demographics for Clients Enrolled *Continued*

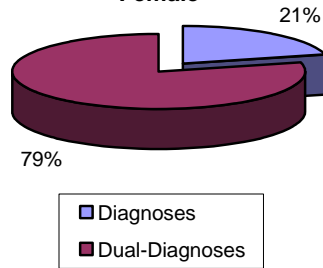
2007

Diagnoses/Dual Diagnoses
Female

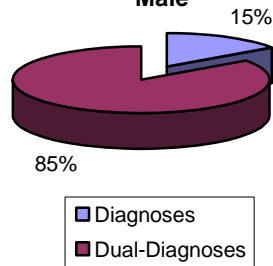


2008

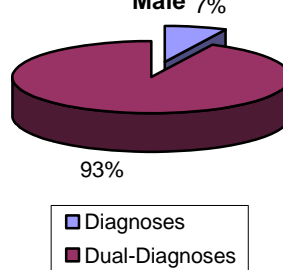
Diagnoses/Dual Diagnoses
Female



Diagnoses/Dual-Diagnoses
Male



Diagnoses/Dual-Diagnoses
Male

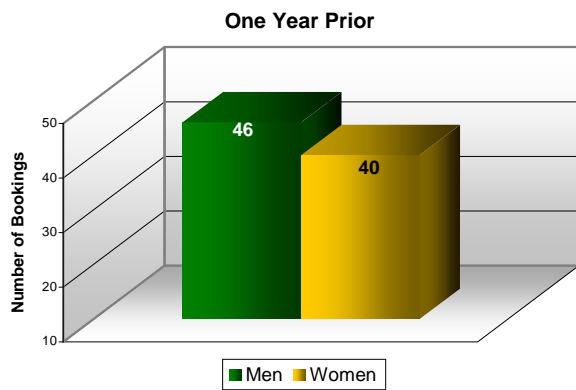


Pathways Client: Pathways has helped me to address my dual diagnosis issues. Everyone on the team is understanding. They know that just because I have an addiction doesn't mean that I am a criminal."

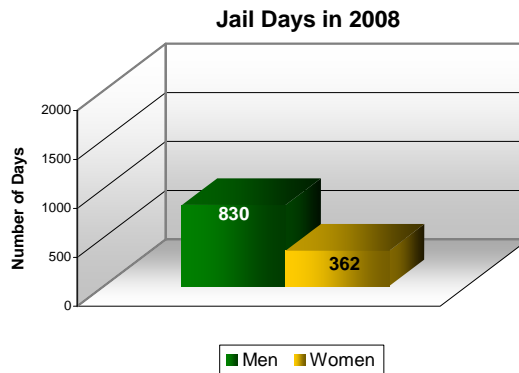
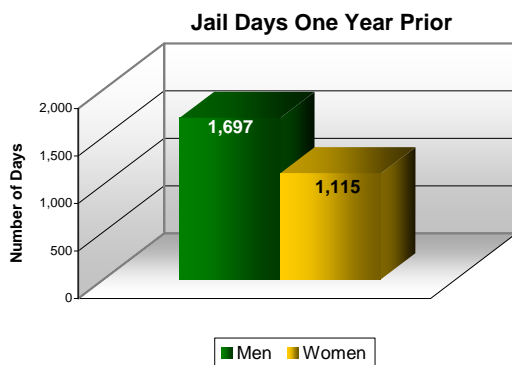
Outcome: Reduce Recidivism and Incarceration

The following is new information gathered for 2008. Only 4 out of 47 clients who were actively enrolled in the program committed new offenses. This did not include probation violations. The following charts indicate the number of Bookings and Jail Days for all clients enrolled during 2008 compared to one year prior to their enrollments. The Bookings and Jail Days for men and women were lower in 2008 when compared to one year prior. This would suggest that Pathways Services have assisted to reduce violations and jail days.

There was a total decrease of 53% in Bookings for clients enrolled in Pathways in 2008:



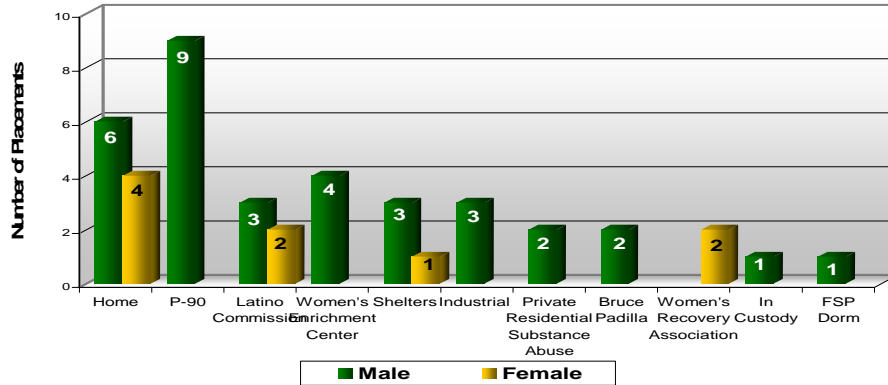
There was a total decrease of 58% in Jail Days for clients enrolled in Pathways in 2008:



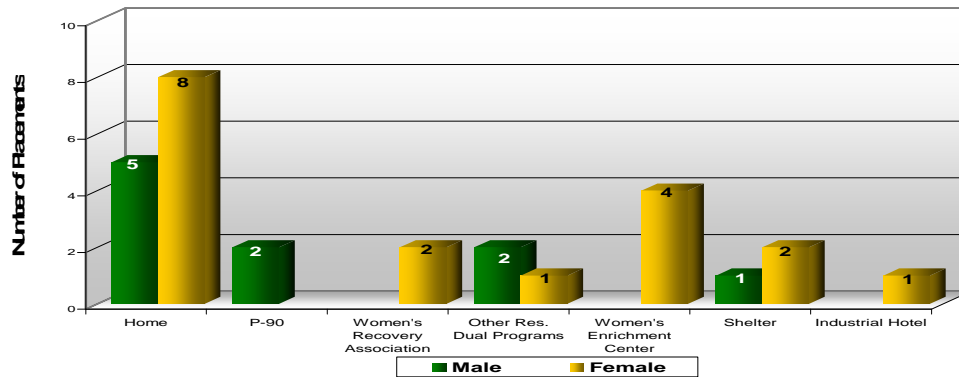
Outcome: Stabilize Housing

Defined as when a client knows, on any given day, that they have an identified residence where they are welcome to live

Service Placement at First Release for Clients Enrolled Prior to 2008



Service Placement at First Release for Clients Enrolled in 2008



*Some clients are represented twice. For example, some are discharged home and participate in an outpatient substance abuse program.

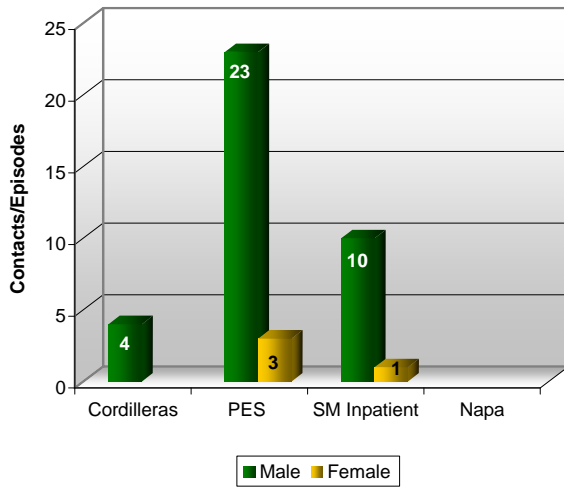
Each client in Pathways has been successfully housed since their participation in Pathways. The team coordinates referrals to programs, shelters and treatment facilities for both clients who are incarcerated and those living in the community. For those who are incarcerated the team coordinates the clients release from jail and their placement in the community or treatment program. The team frequently monitors the client's status and makes additional referrals as necessary to ensure the client has housing. The team also assists the client in adapting to the new living situation, helps them problem solve, and works with them in achieving their long term housing goals.

*Pathways Client:
"Pathways helped me get into Project 90 and to get on social security. Now I pay child support and spend time with my son. I am now going to meetings every day and have seven months clean."*

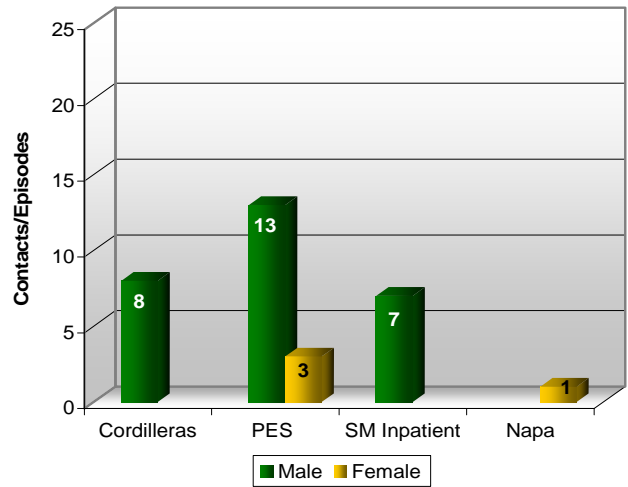
Outcome: Reduce Acute Care Utilization

Defined by the number of contacts/episodes with Psychiatric Emergency Services (PES), acute hospitalizations and locked care facilities for the period prior (pre-enrollment) to and since the client was enrolled (post-enrollment) cumulative since the inception of Pathways

Pre-Enrollment



Post-Enrollment



- **There was a 38% decrease in PES use for clients enrolled in Pathways.**
- **One male client accounted for half of the Cordilleras admissions and about 40% of the PES and SM Inpatient episodes during the Post-Enrollment period.**

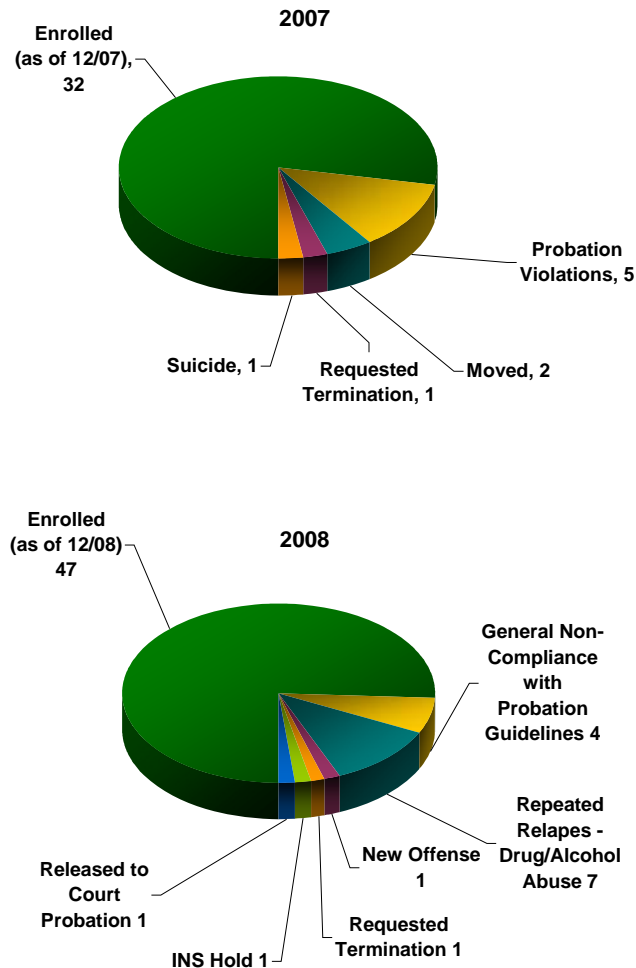
Clients are evaluated frequently and their symptoms monitored closely by the

Sharon Roth: "NAMI-San Mateo is pleased with the Pathways Program. Family members know only too clearly the personal and community costs of the incarceration of the mentally ill."

team. Clients receive support regarding problem solving and developing coping strategies to assist them to remain in the community. Problems are identified, addressed and resolved quickly to prevent decompensation and the need for acute care services.

Outcome: Engage and Maintain Active Participation in Personal Recovery

Defined as the number of individuals who continue their participation in Pathways and their individualized treatment plan



- **Charts indicate major reasons for disenrollment**

The Pathways team engages the client at the first meeting, assesses their needs and goals, and assists them to find the appropriate services to address their individual needs while fulfilling their legal obligations to probation and the court. Each client has an individualized treatment plan to assist them in managing their symptoms and a plan to achieve their long term goals. With their case manager they also have the opportunity to develop a Wellness and Recovery Action Plan (WRAP). As a part of these plans they work on goals that focus on stability and empowerment.

Pathways Client: "Pathways has helped me to get stable on my medication and hooked me up with services. My probation officer understands my situation and works with me by giving me tough love."

Referrals and Enrollment

Referrals to Pathways are accepted from interested parties, including self-referrals. The criterion for eligibility includes:

- San Mateo County Residency
- Statutory eligibility for probation
- Have a diagnosis of a serious mental illness
- Voluntarily agree to participate in Pathways

The referral process is to fill out a one page referral form which is located in the Appendix. The form is then sent to the probation office address located on the form. The form is logged in and a copy is sent on to the private defender/lawyer representing the client. If the attorney and client agree to be considered for Pathways then the attorney gets the case placed on the Pathways Court calendar.

The pie chart below depicts the large difference in the number of referrals received compared to the number of referrals reviewed. Only about half of the referrals submitted are received by the Pathways staff for consideration.

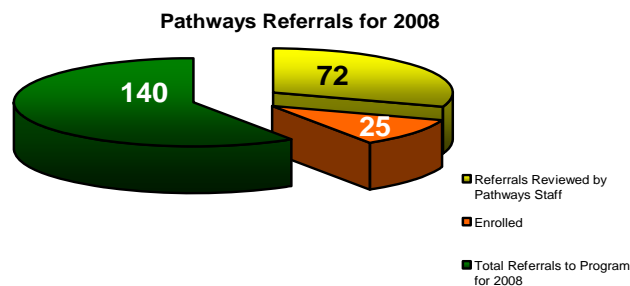
Possible reasons for not referring to Pathways include:

- Attorney and potential client decide that eligibility criteria will not be met
- Attorney presents potential client with a better deal with less jail/probation time
- Person referred does not identify with being seriously mentally ill
- Person referred is uninformed or misinformed about Pathways

There is also a significant difference between the number of referrals reviewed and the clients enrolled (72 vs. 25). This turns out to be a common outcome when compared with similar programs in California.

Common reasons for not enrolling someone referred are:

- Does not meet the eligibility criteria
- Is offered a better deal with less jail/probation time
- Not deemed a suitable candidate due to history of incarceration and prior treatment failures



** Some clients may be represented more than once in the total referrals noted*

Challenges and Quality Improvement Strategies

Challenge	Background	Improvement Strategy	Status
Persons eligible but not enrolled in Pathways	<ul style="list-style-type: none"> • Person already sentenced or their possible sentence would be so short that they choose to do the time • Person declines treatment or they do not identify with the target population • Uniformed or misinformed about program • Not deemed a suitable candidate due to history of incarceration and prior treatment 	<ul style="list-style-type: none"> • Provide clear information to eligible offenders • Provide support and guidance to those awaiting sentencing to help them make healthy and informed decisions • Track referrals so that those who are eligible and interested get on the Pathways Court calendar. • Pathways staff go into the jail to do presentations and to meet one to one with inmates • Staff also goes to shelters and other locations where people have been released on their own recognizance to spread the word. • Work with Forensic Mental Health and San Mateo County's Private Defenders (PD) Office to identify potential candidates • Marketing program through presentations and brochure 	<ul style="list-style-type: none"> • ● • ● • ● • ● • ● • ● • ●
Match the timing, type and amount of intervention to meet the complex needs of each client	<ul style="list-style-type: none"> • More difficult in the general Pathways Program than Women's Pathways Program due to limited services and resources • Relies on existing non-intensive services in the community to continue with ongoing case management. • Tend to be individuals with complex needs with many requiring long term intensive services • Level of clinical intervention with the 	<ul style="list-style-type: none"> • Hire and retain staff experienced with target population • Have sufficient case management services to cover the need • Utilize evidenced-based practices • Ensure coordination and integration of treatment interventions among all providers • Develop and/or identify more drug and alcohol resources 	<ul style="list-style-type: none"> • ● • ● • ● • ● • ●

Challenge	Background	Improvement Strategy	Status
	<p>majority of the offenders needs to be more sophisticated.</p> <ul style="list-style-type: none"> • Requires sufficient education and experience on the part of the Pathways staff • Unable to access drug and alcohol services on demand 		
Impact of closer supervision on jail and locked mental health placement utilization	<ul style="list-style-type: none"> • Individuals under closer probation monitoring tend to be identified more frequently as having violated their probation resulting initially with increases in jail time, court time and more intensive behavioral health services 	<ul style="list-style-type: none"> • Track over time to see the benefit of more intensive behavioral health services and probation monitoring 	●
Persons eligible with modifiable sentences	<ul style="list-style-type: none"> • Modifiable sentences were allowed for women but not men enrolled prior to the end of MIOCR funding 	<ul style="list-style-type: none"> • The plan is to have the option of enrolling men and women with modifiable sentences starting in 2009 	●

KEY

- Limited Success or Completion
- Moderate Success or Completion
- Moderately High Success or Completion
- High Level of Success or Completion

Appendix A: Pathways Staff

Judge Mark Forcum	Judicial	Pathways Court Judge
Steve Wagstaffe	Judicial	Assistant District Attorney
Myra Weiher	Judicial	Assistant Chief Defender
Alex Easterbrook	Judicial	Private Defender
Bonnie MacAskill	Probation	Probation Officer
Michael Leon	Probation	Probation Officer
Rossi Bradford	Probation	Probation Officer
Rich Hori	Probation	Probation Manager
Theresa Bassett-McConnell	Mental Health	Case Manager
Jorge Guzman	Mental Health	Case Manager
Angel Cassidy-Borst	Mental Health	Mental Health Counselor
Tennille Tucker	Mental Health	Clinician
Ashley Cohen	Mental Health	Psychologist
Harvey Dondershine, MD	Mental Health	Consulting Psychiatrist
Terry Wilcox-Rittgers	Mental Health	Clinical Services Manager

Appendix B: Pathways Procedures

Referral Process:

- Complete the Initial Referral for Screening for Pathways form and send it to Adult Probation. Initial Referral for Screening for Pathways forms can be completed by any interested party including the assigned private defender or attorney. Forms will be available at multiple sites throughout the County.
- Probation will log the referral into a Pathways database
- Probation will determine which private defender (PD) or attorney is assigned to the case and forward one of the copies to them (unless the referral originated with the private defender or attorney)
- The private defender or attorney will discuss the program with the client, sign and date the bottom of the referral form and send it, along with the release of information form, back to the Probation Dept., Attn: Pathways
- If it's determined by the district attorney that the case will be prosecuted, the referral form and copies of the release of information form will be forwarded to the Pathways Mental Health staff permitting them to release protected health information to the attorney and probation
- The defendant returns to Court with his/her attorney and pleads guilty or no contest to the charges

Eligibility:

- Criteria:
 - > San Mateo County Residency
 - > Have a diagnosis of a serious mental illness (Axis I) with functional impairments
 - > Statutory eligibility for probation
 - > Voluntarily agree to participate in Pathways
- Mental Health meets with the individual and completes an assessment and obtains and reviews all relevant records. A one page summary of the findings is prepared.
- After a joint meeting between Probation and Mental Health, a recommendation regarding the defendant's acceptance into Pathways is determined and the recommendation is included on the one page summary which is given to the Judge
- The Court will make the final determination for placement into Pathways

***Acceptance into Pathways:**

- If the defendant is accepted into Pathways, Probation and Mental Health will develop a treatment and recovery plan which will be included in conditions of probation
- If the defendant is sentenced to participation in Pathways, Mental Health and Probation will meet with the defendant to provide an orientation and discuss treatment and expectations
- Mental Health will complete referral paperwork for services, resources and supports and coordinate transportation upon the defendant's release
- Mental Health and Probation will monitor the defendant's compliance with treatment and Probation will provide periodic reports to the Court as directed or as necessary
- The Court reserves the right to request in-court reviews of the defendants' progress

Successful Completion:

- Probation will set up a final court date and a certificate, signed by the Judge, will be presented to the Pathways participant
- The Pathways graduate will then join the alumni group

*At any point in this process the case managers can engage with the defendant or their families to offer support, education and resources

Appendix C: Referral Form

**San Mateo County Mental Health/Probation Services
Initial Referral for Screening for Pathways**

**Return to: Adult Probation, 400 County Center, 5th Floor
Redwood City, CA 94063**

ATTN: Pathways

FAX: (650) 363-4829

"CONFIDENTIAL PATIENT INFORMATION:
See California Welfare and
Institutions Code Section 5328"

Pathways is a partnership of the San Mateo County Courts, Probation Department, District Attorney, Private Defender Program, Sheriff's Office, Correctional Health, and the Mental Health Services Division. Its purpose is to improve the outcomes for seriously mentally ill and dually diagnosed offenders through integrating judicial and criminal justice sanctions/approaches and treatment to address individuals' underlying behavioral health problems that contribute to their involvement in the criminal justice system.

The criterion for eligibility includes:

- Statutory eligibility for probation
- San Mateo County residency
- Have a diagnosis of a serious mental illness
- Voluntarily agree to participate in Pathways

This form initiates a screen for participation in Pathways. Please complete the information below and return it to the Probation Dept. at the address listed above as soon as possible.

Follow up to this process can be done by contacting the individual's attorney.

_____	_____
Defendant's Name	Defendant's Attorney
_____	_____
Address, City, State Phone #	Attorney's Phone Number
_____	_____
Sheriff's I.D./Mental Health Number	Court Case #'s
_____	_____
Date of Birth	In custody: Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	_____
Pending charges	Today's Date: _____
_____	_____
Referred by: (please include name & phone number)	Provider of Mental Health Information: (please include name & phone number)
<input type="checkbox"/> Self Report	<input type="checkbox"/> Self Report
<input type="checkbox"/> Family _____	<input type="checkbox"/> Family _____
<input type="checkbox"/> Known to M.H. system	<input type="checkbox"/> Known to M.H. system
<input type="checkbox"/> Probation _____	<input type="checkbox"/> Probation _____
<input type="checkbox"/> Correctional M.H. _____	<input type="checkbox"/> Correctional M.H. _____
<input type="checkbox"/> Defendant's Attorney _____	<input type="checkbox"/> Defendant's Attorney _____
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____
Reason for referral: _____	

Copies to: Private Defender Panel or Defendant's Attorney _____ Mental Health _____

DO NOT WRITE BELOW THIS LINE

Attorney Name _____ Date _____

Release of information attached: Yes No

Send this with the HIPAA form to Probation at the address listed above, ATTN: Pathways.