

# **Maintaining Independence and Sobriety Through Systems Integration, Outreach and Networking—Diversion & Recovery for Traumatized Veterans**

## **MISSION – DIRECT VET**

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# Veterans, Mental Health and Criminal Justice Interface

- At least one in five veterans returning from Iraq and Afghanistan will develop
  - Post Traumatic Stress Disorder (PTSD)
  - Other trauma-related disorders
  - Addiction
- Co-occurring mental health and substance abuse problems greatly increase risk for criminal justice involvement
  - Particularly true in age group 18-25
  - Most OEF/OIF veterans are in this age group
- Left untreated these disorders may result in behaviors leading to involvement with the criminal justice system

# MISSION-DIRECT VET

- **Funding:** SAMHSA-CMHS \$2,126,000 awarded to Massachusetts DMH with plan for multi-agency collaboration

- **Grant Components**

- Service Delivery/Agency Collaboration/Training

- Program Evaluation

- Trauma-informed care

- **Project Length:** 5 Years

- **Target Population:** returning OIF/OEF Dually Diagnosed Veterans with a Trauma History

# GOALS

- Improve trauma informed screening and training
- Reduce incarceration and criminal justice involvement while preserving public safety
- Facilitate participation in effective mental health and substance abuse treatment
- Improve the quality of life for veterans with trauma-related disorders and their families
- Reduce substance abuse and the social problems associated with it
- Make effective use of limited mental health and criminal justice resources

# MISSION Model

- Maintaining Independence and Sobriety through Systems Integration, Outreach, and Networking
- Originally designed for homeless veterans
- Utilizes theory of broad stakeholder support and evidence-based practice

# MISSION Model

- Integrated Treatment Approach (dually diagnosed population)
- Combines Evidenced Base Practices
  - Critical Time Intervention
  - Dual Recovery Therapy
  - Peer Support
  - Vocational Support
- Incorporates evidence-based trauma-informed care through consultation with VA National Center for PTSD
- Manuals to Increase Fidelity

# Critical Time Intervention

- Intensive case management
- Coordinate all treatment planning and service delivery
- Work with other community service providers to coordinate services, ensuring that veterans obtain needed medical, addiction and mental health treatment

# Peer Support

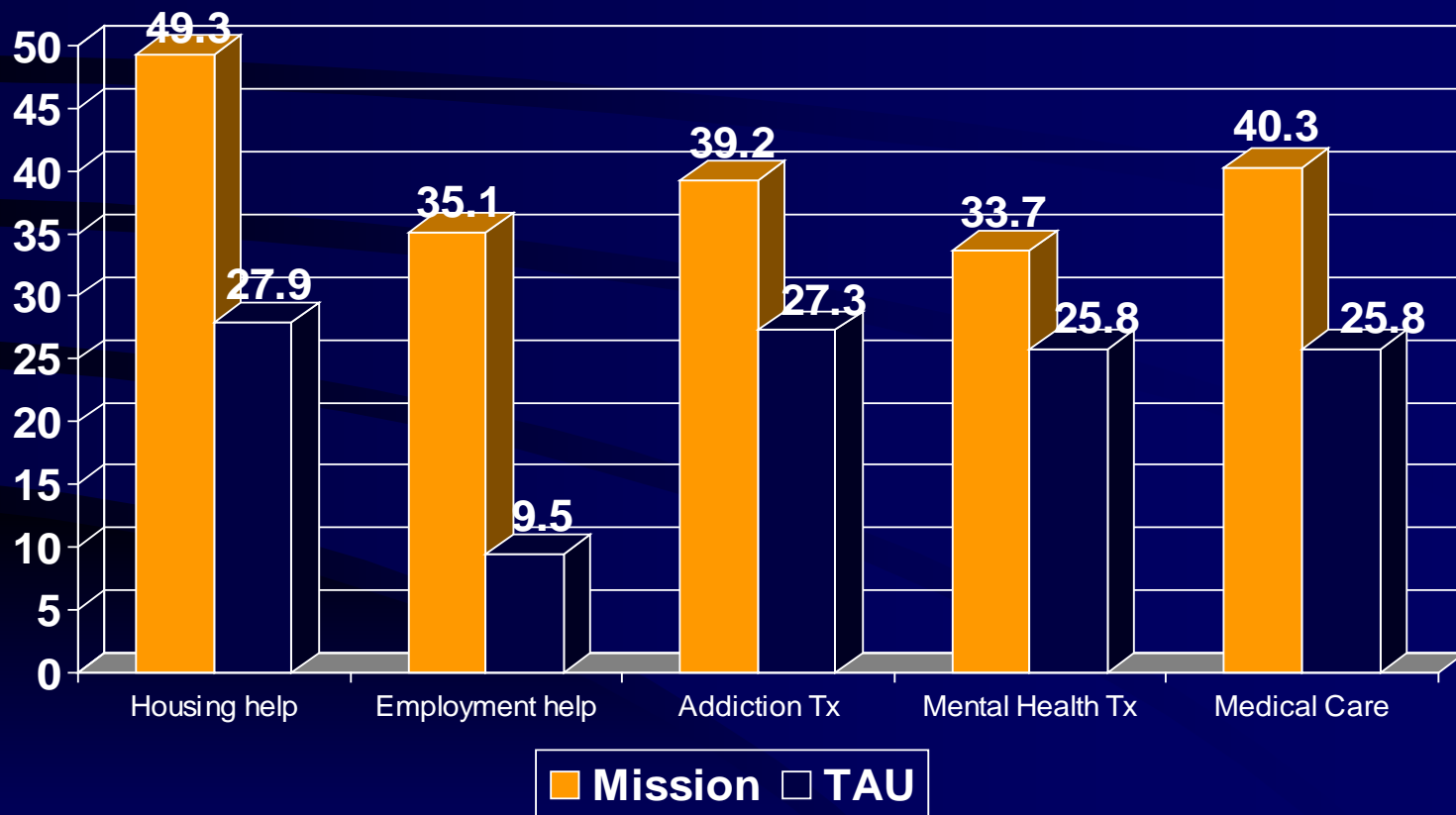
- Employ veterans to support the client in use of the Consumer Workbook and address barriers to use of the workbook
- Offer transportation assistance, including alternate routes to avoid drug zones, and accompany a veteran to appointments if needed
- Facilitate early links to community AA/NA meetings and attend meetings with the client until he/she develops a regular meeting schedule

# Original MISSION Model Outcomes

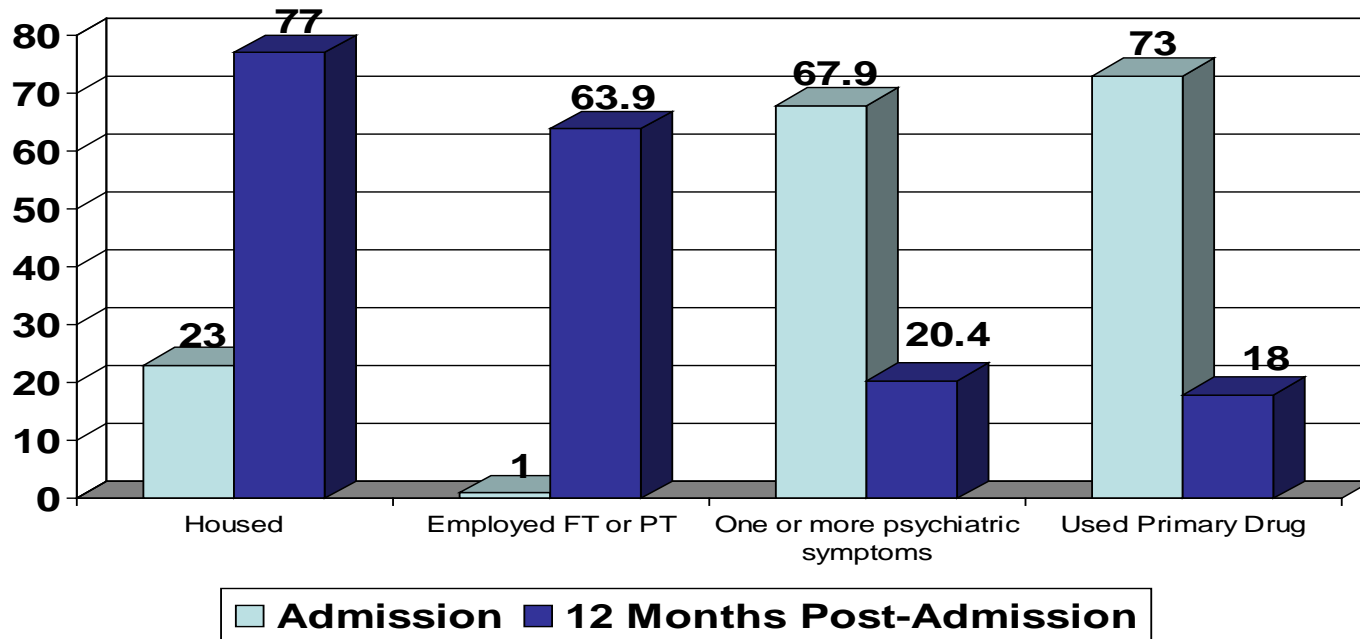
- Sample: Homeless, Mental Health, Substance Abuse
- Treatment Duration: 1 year of services
- Sample Size: 328
  - MISSION 204
  - TAU 119
- Follow-Up:
  - 6 months
  - 12 months

Fig. 1

# Proportion Receiving Key Community Services at 1 Year Follow-up



# Change in Past 30-Day Status of MISSION Clients from Admission to 12-Months Post-Admission



# Development of MISSION-Direct Vet

# Community Partners in Development: Establishment of Advisory Committees

**Department of Mental Health**

**UMass Medical School**

**Department of the Trial Court**

**Office of the Commissioner of Probation**

**Mental Health Services for the VA in New England**

**Bureau of Substance Abuse Services, DPH**

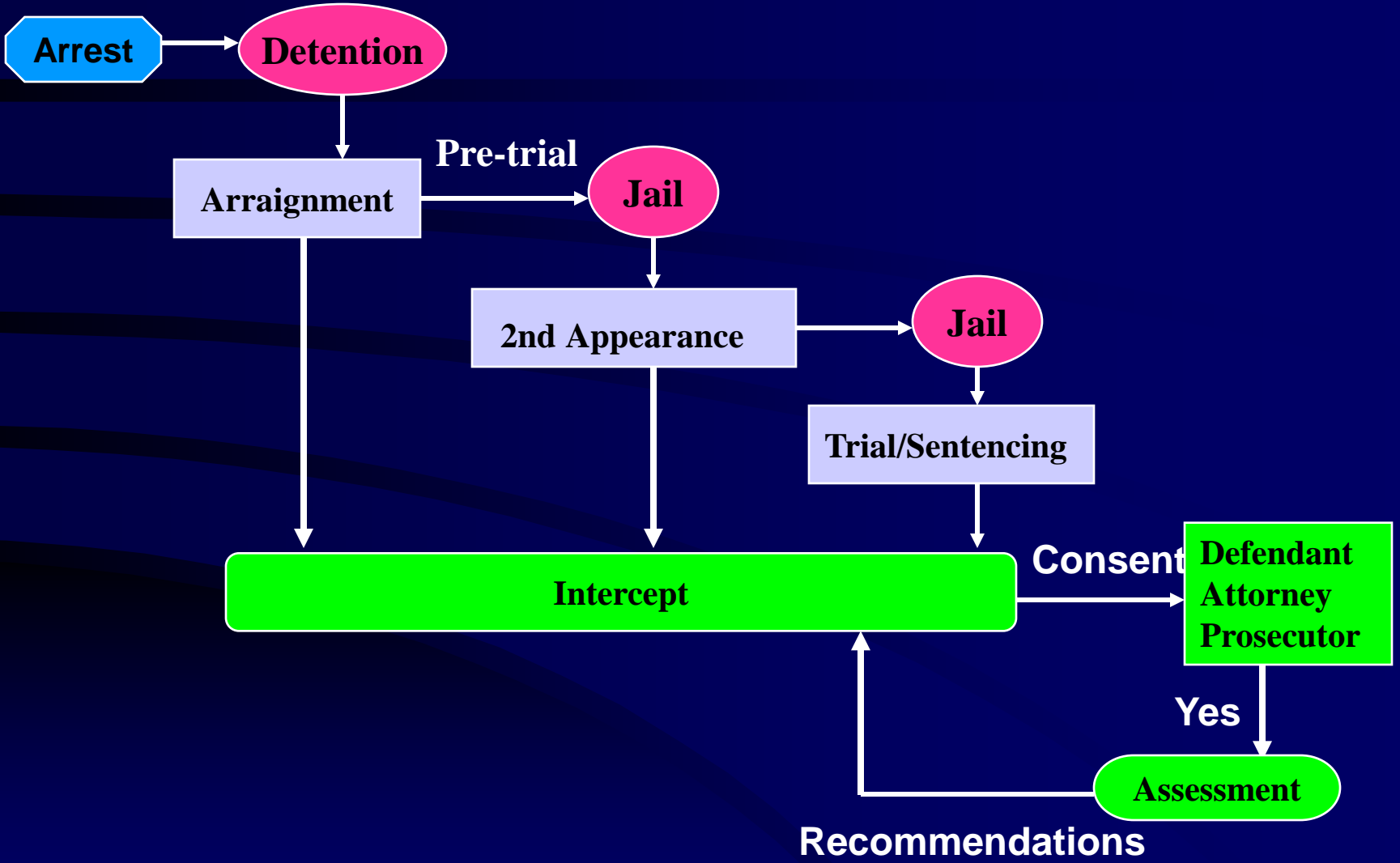
**Mental Health unit of the Committee for Public Counsel Services**

**NAMI Mass**

**State Office of Veterans Affairs**

**Other**

# Intercept Points



# MISSION Direct Vet

- Model for referral of cases before district court currently being worked out
- Court process identify veterans in need of treatment services
- Recruiting people for services in fall
- Heavy involvement of peers in supporting veteran peers

# MISSION-Direct Vet Model

- 12 Month Service
- Treatment onset after adjudication
- Assertively manage mental health, substance abuse issues
- Engage client in VA and non-VA Support System
- Goal: sobriety, mental health stability and reduced penetration of persons with MI/SA into the Criminal Justice System

# MISSION DIRECT VET SERVICES

- Program/Manual Modification to include Trauma-informed Care
  - All staff to be trained in trauma-informed care
  - *Seeking Safety* - an evidence-based cognitive-behavioral group treatment - will be modified for target population and incorporated into MISSION manual
  - Technical assistance from National Center for Trauma Informed Care to assist in local and statewide infrastructure for trauma informed care

# MISSION Stages of Treatment

| Months | Encounters/intervention per week with CM and PC |
|--------|---|
| 1-4    | 3 + linkages and manual                         |
| 5-8    | 2 + linkages and manual                         |
| 9-12   | 1 + linkages and manual                         |

# Challenges in Program Development

- Intercept point
- Privilege issues as they pertain to peer support
- Research/Service Component
- Interagency activities

# Conclusions

- Veterans represent a unique population
- Mental health and addiction treatment needs must be addressed
- Mental health, addiction and re-adjustment challenges place returning veterans at risk of involvement in criminal justice system
- Jail diversion efforts aimed toward population provide hope of needed resource
- Goal is to assist returning veterans to achieve a life of quality, independence and stability and help establish improved networks of care

# Questions?

