

## Additional Information and FAQ's

### *Are inmates serving less than 150 day sentences (100 actual custody days) eligible to participate?*

Not typically. The program is designed for 12 weeks of treatment programming within the facility. The structure and treatment dosage are intended for chronic CD criminal justice clients at heightened risk for relapse and re-offense. Inmates serving less than 100 actual days in custody may not have sufficient time to complete Phase 1.

Inmates more appropriate for traditional community-based outpatient treatment or serving shorter sentences, may be permitted to attend alternative approved programs outside of the facility. Exceptional case circumstances will be reviewed and considered by staff.

### *Are inmates permitted to work outside of the facility while in treatment?*

Not initially. During Phase 1, treatment groups meet 4 times per week for 3 hours each day. Clients should remain focused on treatment goals and may be required to attend additional facility or community-based programming. Outside employment or job seeking may be considered late in Phase 1 based on treatment progress and with staff approval.

### *Does the program accept clients prescribed methadone or other opiate management drugs?*

Treatment staff will review on a case-by-case basis in consultation with facility medical staff. Inmate medication distribution is subject to Workhouse facility policies.

## Funding

- Client's private health insurance
- Rule 25 Consolidated Fund for eligible clients
- Client self-pay

## Assessment and Intake

Prospective clients with private health insurance or a Managed Care plan through Medical Assistance, should contact Change By Design directly at 763-324-4834 for coverage information.

Treatment funding may also be available for financially eligible clients without private health insurance through a Rule 25 chemical health assessment. To begin the Rule 25 eligibility determination process, download and complete the application at:

[www.anokacounty.us/620/Chemical-Health](http://www.anokacounty.us/620/Chemical-Health)

For additional information regarding chemical health treatment funding, call 763-324-1270.

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## Change By Design

### Substance Abuse Treatment

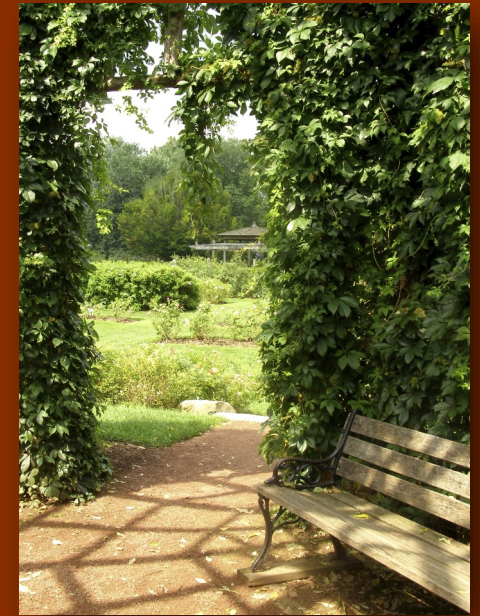
Anoka County Workhouse  
Rum River Human Services Center  
Vail Building  
3300 4th Avenue N  
Anoka, MN 55303

**763-324-4834**

[www.anokacounty.us/568/Community-Corrections](http://www.anokacounty.us/568/Community-Corrections)

# CHANGE BY DESIGN

Substance Abuse Treatment  
Anoka County Workhouse



**Anoka County**  
HUMAN SERVICES DIVISION  
Community Corrections

  
**Riverplace**  
COUNSELING CENTERS

## Program Overview

Change By Design is a collaborative partnership between Anoka County Community Corrections and Riverplace Counseling Centers. Located at the Anoka County Workhouse, the program is specifically designed for correctional clients with chronic chemical dependency.

The program's goals include the cessation of problematic chemical use, planning and support for long-term sobriety, reduction in criminal behaviors and successful community re-entry following incarceration.

The program model was developed with input from Corrections and CD treatment professionals and based on current evidence-based practices for correctional clients.

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## Target Population

Adult men incarcerated at the Anoka County Workhouse who struggle with both substance abuse and criminal behavior. Prospective clients may have experienced multiple prior treatment attempts and/or demonstrate an inability to maintain long-term sobriety despite criminal justice sanctions.

Clients assessed in need of hospital-based inpatient treatment or more specialized MI/CD programming are not appropriate.

The program only accepts clients who are *sentenced* to the Workhouse or who are *convicted of a crime or have entered a plea awaiting further disposition*. Other cases are not accepted due to facility licensing and security restrictions. Program participants must be designated as "Workhouse or Huber if eligible" and meet minimum security facility classification requirements.

## Program Design

The program primarily utilizes a cognitive-behavioral change model, an effective and proven approach with criminal justice populations.

Treatment is provided in appropriate dosage and duration for offenders at high risk for relapse and criminal re-offense.

The program is highly structured, specifically designed for inmates serving sentences of  
**150 days or greater**  
*(100 actual custody days after good time credit).*

Each client will receive up to 200 hours of primary and continuing care treatment services.

Individual client treatment plans are developed addressing risk factors for substance abuse and criminal behaviors, and community re-entry planning. Treatment staff regularly consult with Probation Officers in the development of treatment goals and monitoring of program compliance.

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## Program Components

### Phase 1 Primary Care – 12 weeks

- Treatment groups meet 4 days each week for 3 hours in the Workhouse.
- Clients receive an additional 6-8 individual sessions with treatment counselor for transitional planning.

Supplemental curriculum may include: family and healthy relationships, CD education, cognitive skills – criminal thinking, wellness, grief/shame/loss, support groups, and re-entry issues.

### Phase 2 Continuing Care – 12 weeks

- Groups meet 1-2 times weekly following Phase 1.
  - Clients may be incarcerated or living in the community during Phase 2.
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## Transitional Planning and Community Re-entry

Successful community re-entry following incarceration is important to recovery and treatment success. Change By Design will work with clients to identify and address individual transitional planning and re-entry needs prior to release from custody.

Whenever possible, the program will collaborate with other county departments and community providers to help facilitate successful community reintegration.

Community re-entry planning may address: client community support, education deficits and GED instruction, lack of appropriate housing, employment and vocational services, access to health insurance, linkage with Veterans services, community mental health, lack of transportation and/or driver's license.



## Referral Sources

- Clients court-ordered to the program and serving sentences of 150 days or greater.
- Probation Officer recommendation to Court at sentencing or revocation hearing.
- Prosecution or defense attorney recommendation to Court.
- Rule 25 assessor recommendation.
- Client self-referral during incarceration.

Court-ordered clients should work with the assigned Probation Officer to complete the referral process.

Current Workhouse inmates may contact Workhouse staff for eligibility and intake assessment information.