



Pathways

ALTERNATIVES FOR MENTALLY ILL OFFENDERS

**Annual Report
January – December 2007**

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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

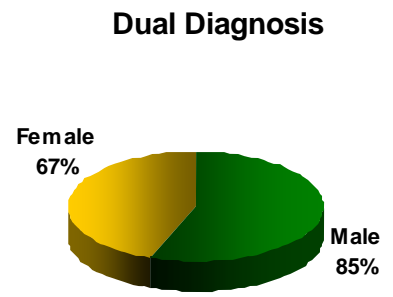
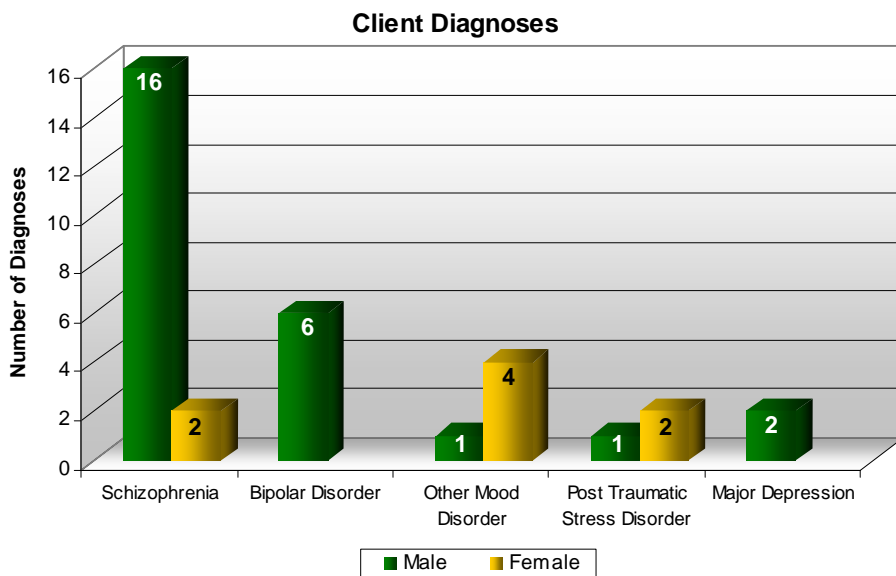
Pathways Mental Health Treatment Court engages offenders who are seriously mentally ill and often dually diagnosed with substance abuse issues to:

- 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. Pathways diverts offenders from incarceration into community services through criminal justice sanctions/approaches and treatment and recovery supports addressing individuals’ underlying behavioral health and recovery problems.

This is the first Pathways annual report. The overall performance of Pathways has met the expectations developed by its partners. Further development will emphasize quality improvement that incorporates our successes as well as our shortcomings to modify our policies and practices in order to improve outcomes for the individuals we serve and their communities.

Diagnostic Profile of Who We Served



Outcome: Reduce Recidivism and Incarceration

Defined as the number of individuals who returned to jail for a new crime since enrollment in Pathways (probation violations not included).

Of the 32 clients enrolled in Pathways through December, 2007 only 1 has committed a new offense. The client who committed the new offense had psychiatric symptoms which were later found to be primarily the result of substance use. He was arrested, charged with a felony, incarcerated and his case is currently pending in the courts.

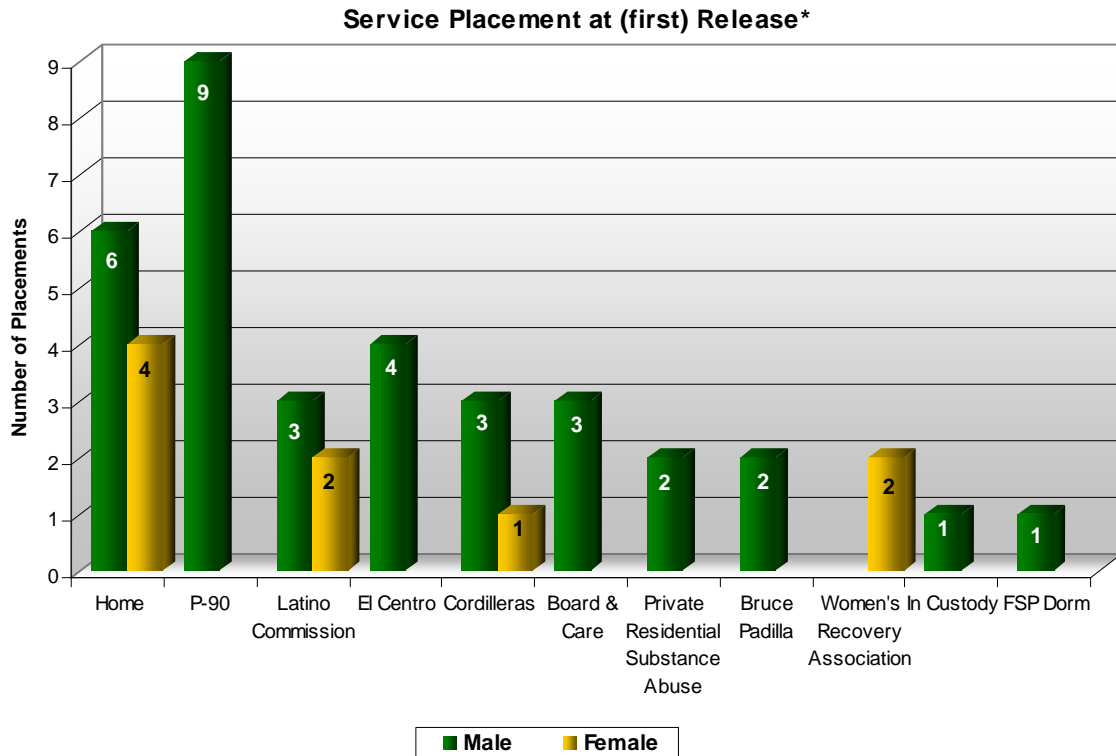
*Myra Weiher/Private Defender's Office:
"In its first year, the Pathways Court has provided a viable alternative to straight incarceration for defendants with serious mental health disorders."*

Clients are connected to services, supported and provided with assistance with transportation, engagement in treatment, and encouragement to achieve their long term goals. Those goals may include sobriety, independent housing, addressing physical health issues, attending school or obtaining employment. Client driven Wellness and Recovery Plans (WRAP) are developed for each participant. Intensive supervision by Probation, engagement in the community and treatment, symptom recognition and management, and participation in meaningful activities toward the client's goals all contribute to a reduction in incarceration and recidivism.

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."

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.



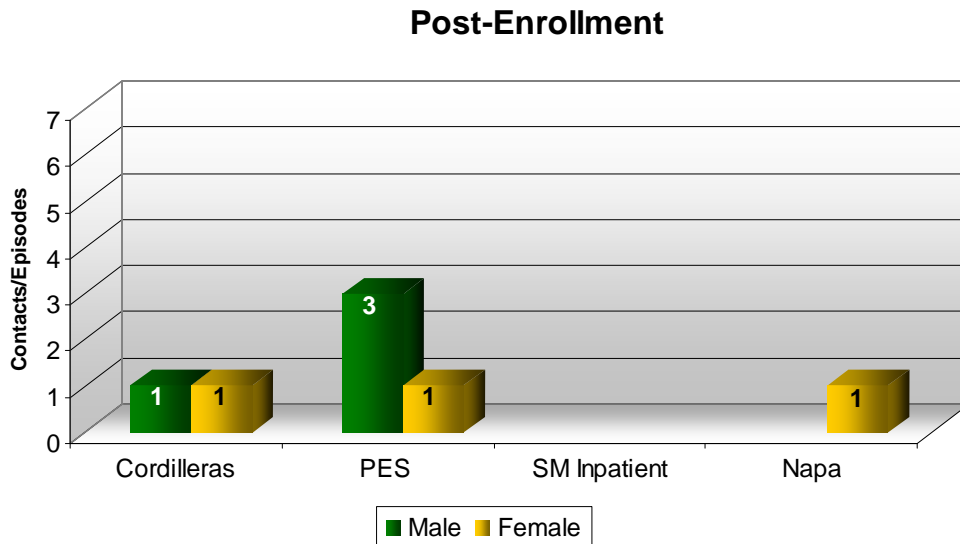
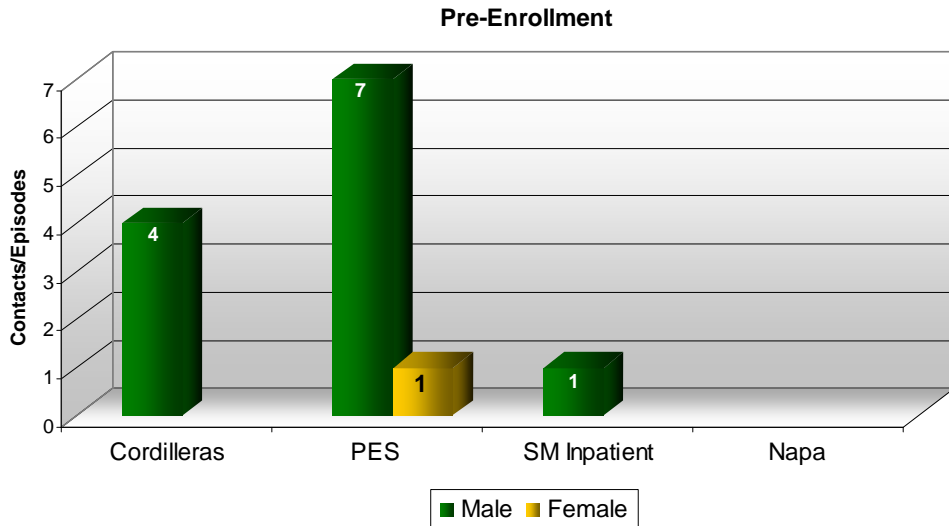
*Some clients are represented twice. For example, some are discharged home and also participate in an outpatient substance abuse program.

Each client enrolled in Pathways has been successfully housed since joining 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 clients who are incarcerated the team coordinates their release from jail and transports them directly to a facility or treatment program. The team frequently monitors the client's status at the facility and will make 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.

*Pathway's 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 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 for the client's pre-enrollment and post-enrollment periods.

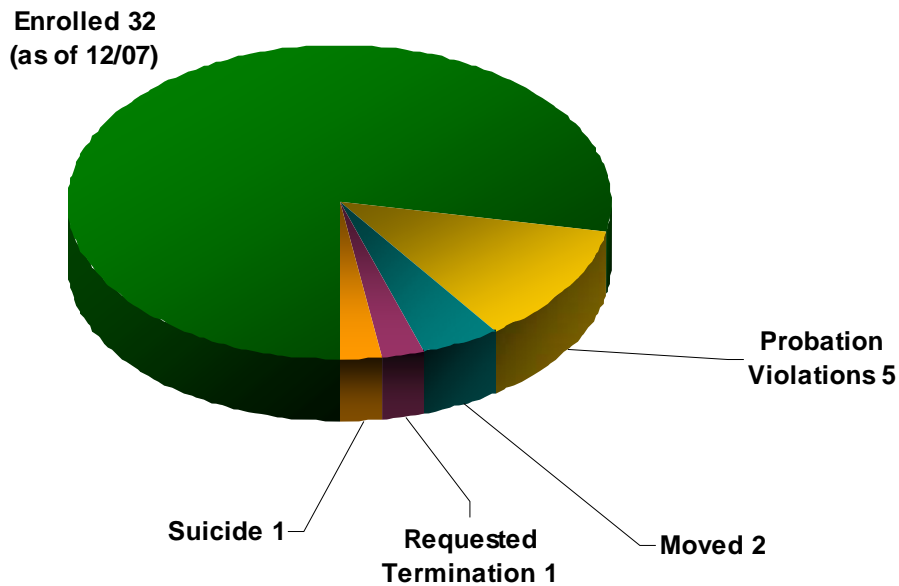


The team frequently evaluates and monitors client symptoms. Clients receive support regarding problem solving and developing coping strategies to assist them to remain in the community. Problems are identified, addressed and resolved quickly to prevent decompensation and the need for acute care services.

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."

Outcome: Engage and Maintain Active Participation in Personal Recovery

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



The Pathways team engages the client at the first meeting, assesses their needs and goals, and assists them to locate appropriate services to address their individual needs while fulfilling their legal obligations to Probation and the Court. Each client has a Wellness and Recovery Action Plan (WRAP) to assist them in managing their symptoms and a plan to achieve their long term goals. They work on these goals with a focus on stability and empowerment.

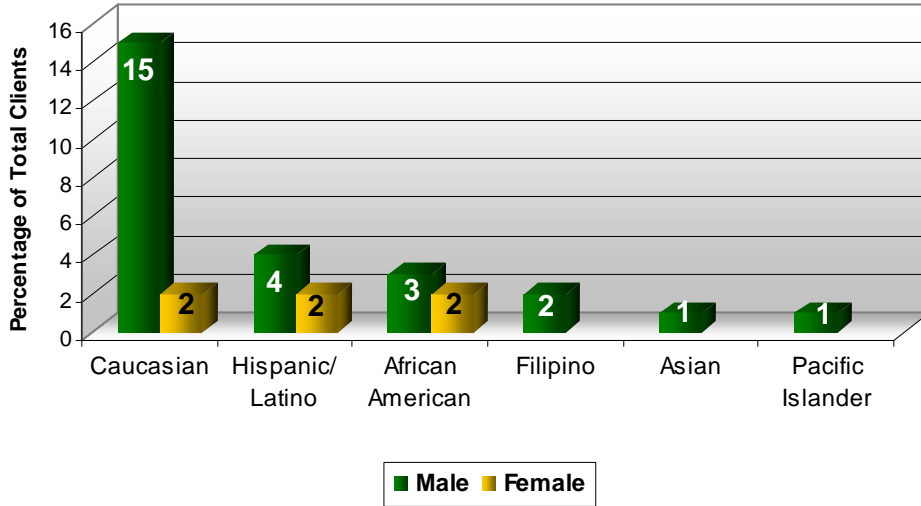
Pathways Client: "Pathways has opened my eyes and has given me relief by helping me deal with my mental health issues and addiction. The medication is essential to my sobriety."

Challenges and Quality Improvement Strategies

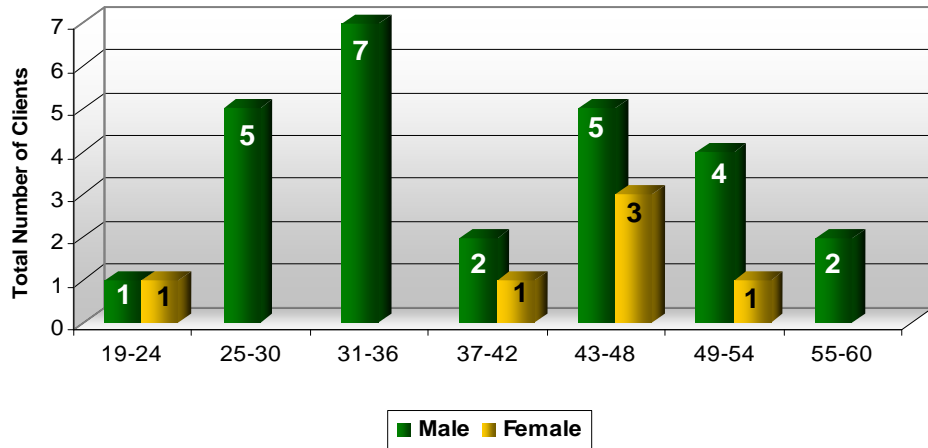
| Challenge | Background | Improvement Strategy |
|--|---|---|
| Persons eligible but not enrolled in Pathways | <ul style="list-style-type: none"> • Person already sentenced or their possible sentence would be so short that they choose to do the time • Person declines treatment or they do not identify 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 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 individually with inmates • Staff go 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 |
| 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 • Rely 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 majority of the offenders needs to be sophisticated • Requires sufficient education and experience on the part of the Pathways staff • Unable to access drug and alcohol services on demand | <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 |
| 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 |

Demographics for Clients Enrolled through December, 2007

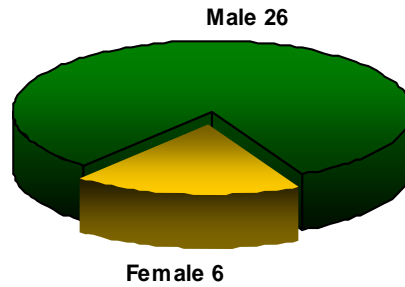
Clients by Ethnicity



Clients by Age



Clients Gender



*Loren Bুদ্ধress, Chief Probation Officer:
"Pathways was created because persons with mental health challenges do much better in a supportive, structured, therapeutic environment, rather than in County jail."*

Appendix A: Pathways Staff

| | | |
|-----------------------|---------------|----------------------------------|
| Theresa Bassett | Mental Health | Community Worker |
| Jorge Guzman | Mental Health | Community Worker, Family Liaison |
| Angel Cassidy | Mental Health | Mental Health Counselor |
| Tennille Tucker | Mental Health | Clinician |
| Terry Wilcox-Rittgers | Mental Health | Clinical Services Manager |
| Bonnie MacAskill | Probation | Probation Officer |
| Michael Leon | Probation | Probation Officer |
| Rossi Bradford | Probation | Probation Officer |

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 defendant's 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

*At any point in this process the family liaison and/or community worker, 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.

| | |
|--|---|
| <hr/> Defendant's Name | <hr/> Defendant's Attorney |
| <hr/> Address, City, State Phone # | <hr/> Attorney's Phone Number |
| <hr/> Sheriff's I.D./Mental Health Number | <hr/> Court Case #'s |
| <hr/> Date of Birth | In custody: Yes <input type="checkbox"/> No <input type="checkbox"/> |
| <hr/> 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.