



NORTH CAROLINA  
**DEPARTMENT OF PUBLIC SAFETY**  
PREVENT. PROTECT. PREPARE

# Prisons Mental Health Update

Prisons/NCDPS

February 2016

Health Services Section



# Terms Key to Understanding Changes

- ❖ **CIT, or Crisis Intervention Training**, is a training program that was developed in a number of states to help law enforcement officers react appropriately when interacting with individuals who are mentally ill or developmentally disabled. This same concept is also being applied to the corrections profession. Its purpose is to provide a basic understanding of mental illness and effective intervention strategies to apply when managing inmates with mental illness, as well as inmates in crisis.
- ❖ **ACA Correctional Behavioral Health Certification** is a training program sponsored by the American Correctional Association for correctional officers and associated behavioral health staff who work with and provide services to mentally ill inmates. Training is focused on national standards and guidelines, legal and ethical principles, security regulations, and the role of professionals associated with behavioral health services.
- ❖ **TDU, or Therapeutic Diversion Unit**, refers to the treatment program unit that will be activated for inmates with mental illness at eight sites across North Carolina's prison system. The primary goals of the TDU Program are to divert inmates with mental illness from placement in restrictive housing, to remove inmates with mental illness from restrictive housing to a treatment-based unit, and to assist them with symptom management, emotional regulation, and social skills development.



# Mental Health Statistics

- ❖ Individuals with mental illness hospitalized in state psychiatric beds in the United States  
1955 – 359,000  
Today – approximately 35,000
- ❖ Individuals with mental illness incarcerated in prisons and jails in the United States  
Today – approximately 400,000
- ❖ Percentage of North Carolina's incarcerated population requiring mental health services  
2007 – 9.8%  
2016 – 14%

The ever-increasing population of inmates with mental illness in our prisons and jails drives the need for comprehensive mental health treatment services, as well as an increase in positions across disciplines to assist in the delivery of services. In addition, specialized training of staff is essential, to include CIT (Crisis Intervention Training) and American Correctional Association (ACA) Correctional Behavioral Health Certification.



## Central Prison Healthcare Complex (CPHC)

**Allotment** (effective beginning January 1, 2016)

FY 2016 - 35 positions

FY 2017 - 31 positions

Total positions: 66

**Funding** (effective beginning January 1, 2016)

FY 2016 - \$1.1 million

FY 2017 - \$3.2 million

### Staffing

**Various Positions** – Established and posted; interviews ongoing

**CPHC** - Hiring Event

**March 3, 2016** - Interview and Conditional Offer of Employment offered on the spot  
Approximately 40,000 postcards have been sent to 10 counties surrounding Wake County



## Therapeutic Diversion Units (TDUs)

**Allotment** (effective beginning January 1, 2016)

FY 2016 – 76 positions

FY 2017 – 76 positions

Total positions: 152

**Funding** (effective beginning January 1, 2016)

FY 2016 – \$2.2 million

FY 2017 – \$5.7 million

### Locations

#### 2016

Maury Correctional Institution

Central Prison Healthcare Complex

North Carolina Correctional Institution for Women

Polk Correctional Institution

#### 2017

TBD



## **TDU Staffing**

### **Psychological Services Coordinator**

Established, posted, interviewed, selected

Report Date: February 1, 2016

### **Staff Psychologist, Correctional Behavior Specialist, Nursing, Correctional Officers**

Established, posted, interviewing

## **TDU Training**

Crisis Intervention Team Training (CIT)

Behavior Health Certification -  
national certification through American Correctional Association

Dates have been established – 2 teams

## **TDU Program**

Operational manual developed

Evidence-based treatment – interactive journaling

Illness management and recovery

Outcome measures for participant progress and program evaluation (quarterly)