Leveraging Programming & Design Tools to Positively Impact Mental Health

November 17, 2018

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Course Description

Center For Justice, 9am (3 CEUs)

This workshop showcases multiple best practice guidelines impacting mental health including current research, WELL Certified buildings, AAJ Sustainable Justice Guidelines, and lessons-learned through courts, law enforcement, and corrections case studies of building programming and built facilities.

Course Description

Attendees will:

- Review how programming and design tools can be leveraged to best support mental health populations.
- Examine how available practitioner tools effectively support the planning, programming, and design of “mentally healthy” buildings.
- Discuss perspectives of the AAJ community, owners, and users of justice facilities.
- Discuss ways to improve and advance access to and utility of these tools.

This interactive workshop will also include small group discussions focusing on courts, law enforcement, and corrections, and the outcomes will be published in the next AAJ Journal.

Learning Objectives

1. Discover how sustainable planning and design practices are related and support mentally healthy environments.
2. Identify relevant building systems and how the built environment impacts the mental health of staff and patients.
3. Create a building program geared toward mental health populations in courts, law enforcement, and corrections.
4. Learn how to apply AAJ Sustainable Justice Guidelines during design.

Workshop hosted by the AIA AAJ Sustainable Justice Committee

Speaker: Brooke Martin, AIA , co-chair of the Sustainable Justice Committee

Close your eyes and imagine it is 2030, and everything we have ever hoped for in creating a green, sustainable world has been accomplished. What do you see in the world of:

…law enforcement?

…detention/corrections?

…courthouses?

…treatment?

…in terms of material selection?

AIA Academy of Architecture for Justice

https://network.aia.org/academyofarchitectureforjustice/home/sustainablejustice

Introduction

Best practice guidelines impacting mental health including current research.

- Encourage the development of a body of corrections knowledge and formulate policy recommendations.
- Provide professional training for corrections employees and executives.
- Provide a forum for the exchange of advanced ideas in corrections.
- Bring about long-delayed improvements in the professionalism of the corrections field.

The National Institute of Corrections, (NIC) was created in 1974.

The National Institute of Corrections (NIC) is the only federal agency with a legislative mandate (Public Law 93-41 5) to provide specialized services to corrections from a national perspective. NIC is recognized by other federal agencies for its unique role and quality services. Its leadership is evidenced by the numerous partnerships and interagency agreements targeted to provide correctional services and training

https://nicic.gov/

NIC
National Institute of Corrections

Introduction

https://nicic.gov/library-list

Home | Training | Projects | How Can NIC Help? | Connect | NIC Library | About NIC

Home › All Library Items

All Library Items

Title | Tags | Media Type: - Any - | Plays On: - Any -

Library ID: Is equal to 000000 Apply

Image	ID	Title	Author(s)	Type	Publication Year
	#33067	A Framework for Evidence-Based Decision Making in State and Local Criminal Justice Systems	Center for Effective Public Policy (CEPP) (Silver Spring, MD), The Carey Group (Viera, FL), National Institute of Corrections (NIC) (Washington, DC)	Document	2017
	#33065	Barracks Behind Bars	Edelman, Bernard, Benos, Deanne	Document	2018
	#33062	Adult Pre-Release Handbook: Pre-Release Information for an Informed Re-Entry and a Successful Transition		Document	2018

NIC
National Institute of Corrections

Introduction

Best practice guidelines impacting mental health including current research.

Standard Minimum Rules first established in 1957
'Nelson Mandela Rules' adopted in 2015

1. Respect for prisoners' inherent dignity
2. Medical and Health Services are responsibility of the institution
3. Investigations of deaths and torture
4. Protection of Vulnerable Groups
5. Access to legal representation
6. Independent Inspection
7. Access to Legal Representation
8. Training of Staff

Introduction

Best practice guidelines impacting mental health including current research.

1870 National Congress of Penitentiary and Reformatory Discipline, Cincinnati, Ohio

- Formation of the National Prison Association
  - (1954 Changed the name to the American Correctional Association (ACA) to reflect the expanding philosophy of rehabilitation in the organization)
- Published design standards in the 1940's and 50's/ no methods for verification
- 1960's ACA Grant by Ford Foundation to study the feasibility of developing national corrections standards
  - Define policies and procedures for the operation of correctional programs that safeguard life, health and safety of the correctional staff as well as the offenders within the correctional system.
- 1974 Commission for Accreditation for Corrections established to review and evaluate compliance
- Utilize the ACA standards to determine compliance with the standards

http://www.aca.org/

ACA FOUNDED 1870

Introduction

Best practice guidelines impacting mental health including current research.

August, 2018

American Correctional Association:

Adult Correctional Institution Standards, 5th Edition

- Restrictive Housing—placement that requires an inmate to be confined to a cell at least 22 hours per day for the safe and secure operation of the facility

- Extended Restrictive Housing— Housing that separates the offender from contact with general population while restricting an offender/inmate to his/her cell for at least 22 hours per day and for more than 30 days for the safe and secure operation of the facility.

- "An individual diagnosed with a serious mental illness will not be placed in Extended Restrictive Housing, unless the multidisciplinary service team determines there is an immediate and present danger to others or the safety of the institution. There must be an active individualized treatment plan that includes weekly monitoring by mental health staff, treatment as necessary, and steps to facilitate the transition of the offender back into general population."

- 10/10 Model: How Structured and Unstructured Activities Impact Programming Space

ACA FOUNDED 1870

Introduction

The world's first building standard focused exclusively on human health and wellness

The WELL Building Standard™ (WELL) marries best practices in design and construction with evidence-based medical and scientific research – harnessing the built environment as a vehicle to support human health and well-being.

Pioneered by Delos, WELL is grounded in a body of medical research that explores the connection between the buildings where we spend more than 90 percent of our time, and the health and wellness impacts on us as occupants. The WELL Building Standard is the culmination of seven years of research, in partnership with leading scientists, doctors, architects and wellness thought leaders.

https://www.wellcertified.com/en

INTERNATIONAL
WELL
BUILDING
INSTITUTE

Mission: To improve human health and well-being through the built environment.

WELL BUILDING STANDARD CONCEPTS

The WELL Building Standard sets performance requirements in seven Concepts relevant to occupant health in the built environment – air, water, nourishment, light, fitness, comfort and mind. WELL Certified™ spaces can help create a built environment that improves the nutrition, fitness, mood, sleep patterns, and performance of its occupants.

WELL Certification is based on performance and requires a passing score in each of the seven categories of the WELL Building Standard. WELL Certification is awarded at one of three levels: Silver, Gold and Platinum.

INTERNATIONAL WELL BUILDING INSTITUTE

AIA Academy of Architecture for Justice

SUSTAINABLE JUSTICE GUIDELINES

https://network.aia.org/academyofarchitectureforjustice/home/sustainablejustice

AIA AAJ SJ - Sustainable Justice Guidelines

LAW ENFORCEMENT

Last Updated - 5/1/2015

SOCIETAL SCALE

A sustainable relationship between society and the criminal justice system is one where maintaining present operations into the future consumes acceptable levels of resources and creates results that can be assimilated back into society at large. At the societal scale the challenges for present operations result more from unsustainable levels of incarceration (with attendant resource consumption), negative results from interaction between the system and individuals (e.g. high recidivism rates), and a lack of social equity in the outcomes of justice for the various groups within society. Increasing public awareness of evidence-based approaches to criminal justice administration allows justice facilities to drive best practices in future operations.

	PRINCIPLE	GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
S1	Safety - proactive	Prevent violence so that people can enjoy security at home and in public	Violent crime rate based on Uniform Crime Report definitions	Decrease of three-year moving average	National Institute of Justice, CrimeSolutions.Gov includes 23 violence prevention and suppression programs that have proven effective and 63 violence prevention and suppression programs that are	
S2	Safety - reactive	Address offenders to prevent future criminal behavior	Rec av			
S3	Proportionality	Punishment fits the crime	In			
S4	Equality	Treat all minority populations with equal dignity and respect as majority population	Pr popu per			
S5	Responsiveness to victims	Address broader impact of crime on victims and society, either through criminal justice system or public health or social services	Perc			

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SOCIETAL SCALE

	PRINCIPLE	GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
S6	Coordination	All branches of justice system work together effectively	Coordinating body includes law enforcement, courts, prosecutors and defenders, sheriff/corrections, probation/parole, public health, social services, and community groups	Regular communications / meetings with productive outcomes	National Institute of Corrections, Guidelines for Developing a Criminal Justice Coordinating Committee	
S7	Information Sharing	All branches of justice system share data together effectively to reduce unneeded waiting, processing and detention times	Number of databases that are interoperable with others	All databases should be interoperable with each other	BJA Global Justice Information Sharing Initiative "standards-based electronic information exchange to provide the justice community with timely, accurate, complete, and accessible information in a secure and trusted environment"	
S8	Efficiency	Appropriate and judicious use of pre-trial custody	Non-sentenced (pre-trial) average daily population in detention	Decrease of three-year moving average	Pretrial Justice Institute recommendations and resource library for improving bail policies and practices	
S9	Accountability	Maintain policies, monitor officer conduct, and hold officers accountable for their conduct	Accountability strategies of "What A Good Police Department Looks Like" report (See target)	Have in place: 1) Public Policies 2) Early Intervention System 3) Complaint Process 4) Oversight by NACOLE registered body or "auditor" position	Walker, Samuel: "What a Good Police Department Looks Like" National Association for Civilian Oversight of Law Enforcement	

Notes:
(1) comparison to other jurisdictions should also be considered to place the data in context, e.g. aiming to have a rate lower than the 40th percentile of other states or counties
(2) when data quality allow it, arrest rate may be used in addition to incarceration rate.

SCALE

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COMMUNITY SCALE

A sustainable relationship between the community and the criminal justice system is one where maintaining present operations into the future consumes acceptable levels of resources and creates results that can be assimilated back into society at large. At the community scale sustainability requires **a thoughtful public planning process that develops a holistic, system approach to solutions and results in justice facilities that are purposeful to all stakeholders**: justice officials and workers, plaintiffs and defendants, victims, family members, the media, and the broader public. Sustainable principles intend to balance community resources with long-term needs; communities also provide alternatives to incarceration and a continuum of services after incarceration. Key strategies also include in-person appearances essential to many justice system procedures, but information technology can and should be used to reduce travel impacts and improve access to justice system procedures and records except where it might detract from just outcomes or conflict with individual rights.

	PRINCIPLE	GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
C1	Planning Process	Broad and inclusive stakeholder and community involvement in a comprehensive planning process for justice system needs	Series of community meetings/interaction; Stakeholders include all relevant justice system components and community groups	Community meetings are held to solicit input and changes are made based on feedback received; participation from police, social service providers, schools, elected officials, community groups	SEED Evaluator: an on-line communication platform that can include multiple stakeholders and diverse community members in the planning process US GSA Urban Development / Good Neighbor Program: see "Resources" for policy and "eNews" for case studies	
C2	Facility Siting	Connect to other justice functions, other civic functions, and provide community access	Travel distance for people receiving police services	Site is within 15 minutes walking or 10 minutes driving of 75% of people receiving police services	International Association of Chiefs of Police, "Police Facility Planning Guidelines: A Desk Reference for Law Enforcement Executives," see site evaluation Reston, VA District Police Station and Governmental Center [AAJ 2012]	
C3	Transportation Access	Facilitate use of mass transit for public and staff accessibility and for inmates upon release	LEED credit Sustainable Sites 4.1: Alternative Transportation - Public	Site is within 1/2 mile of rail transit station or 1/4 mile of at least 2 bus stops (from	The Area B-2 Neighborhood Police Station in Boston is 1 block from a subway station [JFR 2014]	
C4	Co-location	Co-locate with/near: oth civic uses; co-locate wit schools, community cente libraries, etc. to increas community access				

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COMMUNITY SCALE

	PRINCIPLE	GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
C5	Rightsizing	Project is based on a needs assessment done with significant community input, considers sharing of regional resources	Ratios of sworn and non-sworn per 1000 population for communities of similar profile engaging in community policing	Comparison to comparable communities and sharing of regional resources reduce initial need projections by at least 20% of building area	COPS Office / Michigan State University: "A Performance-based Approach to Police Staffing and Allocation," Chapter 5 - Staffing for Community Policing	
C6	Shared Spaces	Provide meeting rooms, fitness center, or other functions available for general public use	% of building area available for public uses	2% of building area	Hanover Park, IL Police Headquarters; Alexandria, VA Police Headquarters; Boston Area B-2 Police Station [all JFR 2014]	
C7	Technology - Access to Records	Maximize online access to police records while maintaining confidentiality	% of records accessed online	95%	International Association of Chief of Police, Technology Policy Framework	

Notes:

SCALE

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FACILITY SCALE

A sustainable relationship between a justice facility and the criminal justice system is one where maintaining present operations into the future consumes acceptable levels of resources and creates results that can be assimilated back into society at large. At the facility scale sustainability requires **a focused planning of the facility's aesthetic and functions as a responsible neighbor, employer, housing and care provider (toward those detained in the system), which is purposeful to the facility's role in the larger justice system.** The planning and design of facilities has a lasting effect on the communities where they reside; the facility is the tangible link or interface where the public meet those within the system. The facility is also a supportive vessel of a resorative justice systems approach, which informs operations that drive desired interaction with the individual. Time spent in the facility impacts an individual's experience within the system and outcomes beyond the system, certainly for those who work or reside within a facility for any extended period of time and those who transition back into society.

PRINCIPLE		GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
F1	Secure yet Welcoming Exterior	Welcoming site and building features; blast/impact and site security barriers ere effective but not imposing; building entry areas are open and accessible; wayfinding to the building entries is clear with welcoming cues; publi view into building entr public areas	a. Height of blast/impact barriers b. Size & quality of area in front of public entry doors c. Wayfinding and visibility to public areas d. Visibility to interior public spaces	a. Blast/impact barriers are no taller than 48" above sidewalk level and are designed as aesthetic site features b. Area in front of main entry doors is clear and usable for public gathering;	LAPD Metropolitan Division Facility, 121st Police Precinct Station House, Staten Island, NY; Alexandria, VA Police Department Headquarters; Area B-2 Neighborhood Police Station, Boston, MA; Denver, CO Crime Laboratory; Toronto, ON Forensic Services and Coroner's Complex;	
F2	Secure yet Welcoming Interior	Members of the publi secure in lobby are				
F3	Crime Prevention Through Environmental Design (CPTED)	Landscape design, ac and building featur provide for Crime Prevention Throug Environment Desig				

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FACILITY SCALE

PRINCIPLE		GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
F4	Family Friendly	Building includes comfort facilities for the public, e.g. bathrooms, water, outdoor covered areas	a. Exterior covered areas b. % of indoor public areas that have access to bathrooms and drinking fountains	a. Outdoor cover at entry area b. 100% of indoor public spaces have bathrooms and drinking water	LAPD Rampart Police Station [JFR 2010] Forth Worth Polytechnic Heights Neighborhood Police Center, TX [JFR 2012]	
F5	Healthy staff	Provide space for employee health and wellness	Space program includes staff wellness support and programs, fitness and locker/shower areas; break rooms have refrigerators and food warming stations	Fitness room has 10 sf/person, break area 5 sf/person, one break room per 35 people; facility accommodates dining for half the staff at any given time unless food services are co-located	Urban Land Institute, "Building for Wellness: the Business Case"	
F6	Green Building Certification	Improve efficiency while minimizing use of natural resources, enhance human health and natural habitats	LEED-NC (New Construction and Major Renovation) Certification	LEED Silver or better	LAPD Metropolitan Division Facility - LEED Platinum [JFR 2014]	
F7	Operational Purchasing & Waste Management	Prepare for operational waste minimization, recycling/ composting/ diversion, green purchasing and green janitorial services	LEED EBO&M (Operations & Maintenance) - have policies per the prerequisites for green purchasing, waste management and cleaning	Written policies exist that meet requirements of LEED EBO&M MRp1: Sustainable Purchasing Policy, MRp2: Sustainable Waste Management Policy, and EQp3: Green Cleaning Policy	LEED credit library online, EBO&M page	

SCALE

AIA AAJ SJ - Sustainable Justice Guidelines

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Last Updated - 5/1/2015

HUMAN SCALE

A sustainable relationship between individuals and the criminal justice system is one where maintaining present operations into the future consumes acceptable levels of resources and creates results that can be assimilated back into society at large. Probably the most significant Sustainable Justice Principle is preserving the non-renewable resource of the human potential. At the facility scale sustainability requires **a commitment to preserving the human dignity of all who enter, live or work within the system and communities within which systems components reside and are supported; sustainable principles include a continuum of services in support an individual's successful transition back into society as a productive and contributing citizen.** The systems approach promotes a physical and functional environment that is conducive to rehabilitation and optimal health.

PRINCIPLE		GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
H1	Acoustical comfort	Sound levels do not create additional stress or obstruct communications	a. Acoustics expertise on project team b. GSA Facilities Standards (P100) for Public Buildings Service	a. An acoustics specialist is included on the project team b. Meet GSA P100 standards for noise, absorption, and isolation in table 3.6.3.4 (p. 96)	National Institute of Building Sciences, Whole Building Design Guide: "Acoustic Comfort"	
H2	Thermal comfort	Temperature and humidity are conducive to comfort and occupants have control over comfort conditions	a. ASHRAE Standard 55, Thermal Environmental Comfort in Buildings b. LEED credit Indoor Environmental Quality 6, Controllability of Systems - Thermal Comfort	a. Indoor temperature and humidity will be within ASHRAE comfort zone for 98% design conditions b. at least 50% of occupants and 100% of shared spaces have comfort controls	National Institute of Building Sciences, Whole Building Design Guide: "Provide Comfortable Environments"	
H3	Visual comfort	Lighting is conducive to efficient working environments	a. GSA 2003 Facilities Standards (P100) for Public Buildings Service b. LEED credit Indoor	a. Meet GSA P100 standards for interior lighting quality and quantity in Table 6.1 b. at least 90% of occupants	National Institute of Building Sciences, Whole Building Design Guide: "Provide Comfortable Environments"	
H4	Sense of Safety	All occupants are safe from harm by others				

AIA AAJ SJ - Sustainable Justice Guidelines

LAW ENFORCEMENT

Last Updated - 5/1/2015

HUMAN SCALE

PRINCIPLE		GOAL	METRIC	TARGET (1)	RESOURCES / EXAMPLES / LINKS	EVALUATION NOTES
H5	Stress Reduction	Sunlight, daylight & views that cue time of day, weather conditions, and psychological connection to nature are provided for staff areas	LEED credit Indoor Environmental Quality IEQc8.2: Daylight and Views - Views	Per LEED, a view is available for 90% of all regularly occupied areas	National Institute of Building Sciences Whole Building Design Guide: "Promote Health and Well-Being" LAPD Metropolitan Division [JFR 2014] LAPD Rampart Police Station [JFR 2010]	
H6	Suicide Prevention	Detainee holding areas are an effective part of a comprehensive suicide prevention program	NCCHC Guide to Developing and Revising Suicide Prevention Protocols Within Jails and Prisons	per NCCHC: "All cells designated to house suicidal inmates should be as suicide-resistant as is reasonably possible, free of all obvious protrusions, and provide full visibility"	NCCHC, "Guide to Developing and Revising Suicide Prevention Protocols Within Jails and Prisons"	

SCALE

Overview

Shifts in Future Demographics

- **Aging Baby Boomer population**
- **Rise of Autism in Youth**
- **Increase in Undiagnosed / Untreated Mental Health Conditions**
- **Increase of Diverse Populations**
  - Sexual orientation
  - Gender expression
  - Transgender: may identify as straight, gay, lesbian, bisexual, etc.
  - Gender transition
  - Gender dysphoria
- **Increase in Incarcerated Female Population**

Restorative Justice and Trauma-Informed Environments

Dignity for Future Demographics

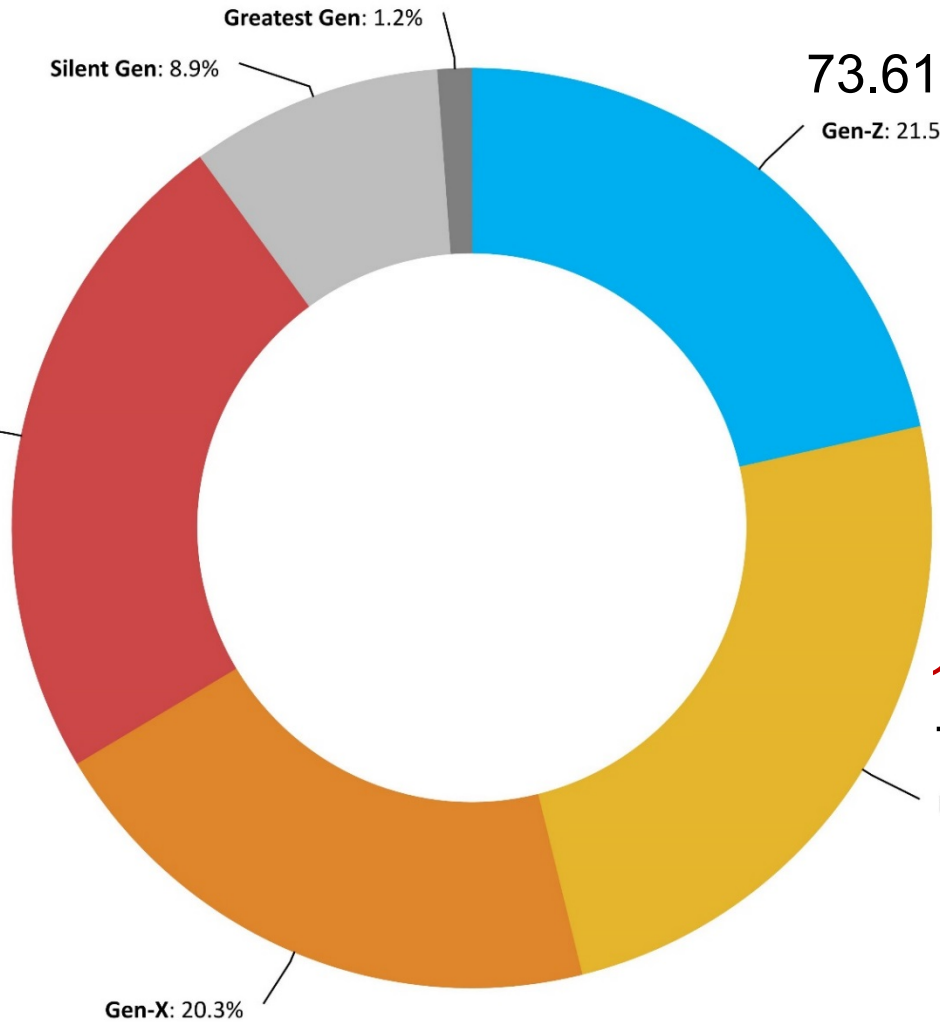
How do we hold justice in our hands?

How do we ensure that those who go through our criminal justice system, both those who work within it and those incarcerated by it, retain the dignity and worth afforded everyone in this great country, regardless of their circumstance in life?

Attorney General Loretta E. Lynch (March 30th 2016)

Aging…

Generation Populations



73.61M 0-18yrs

53-71yrs
75.52M

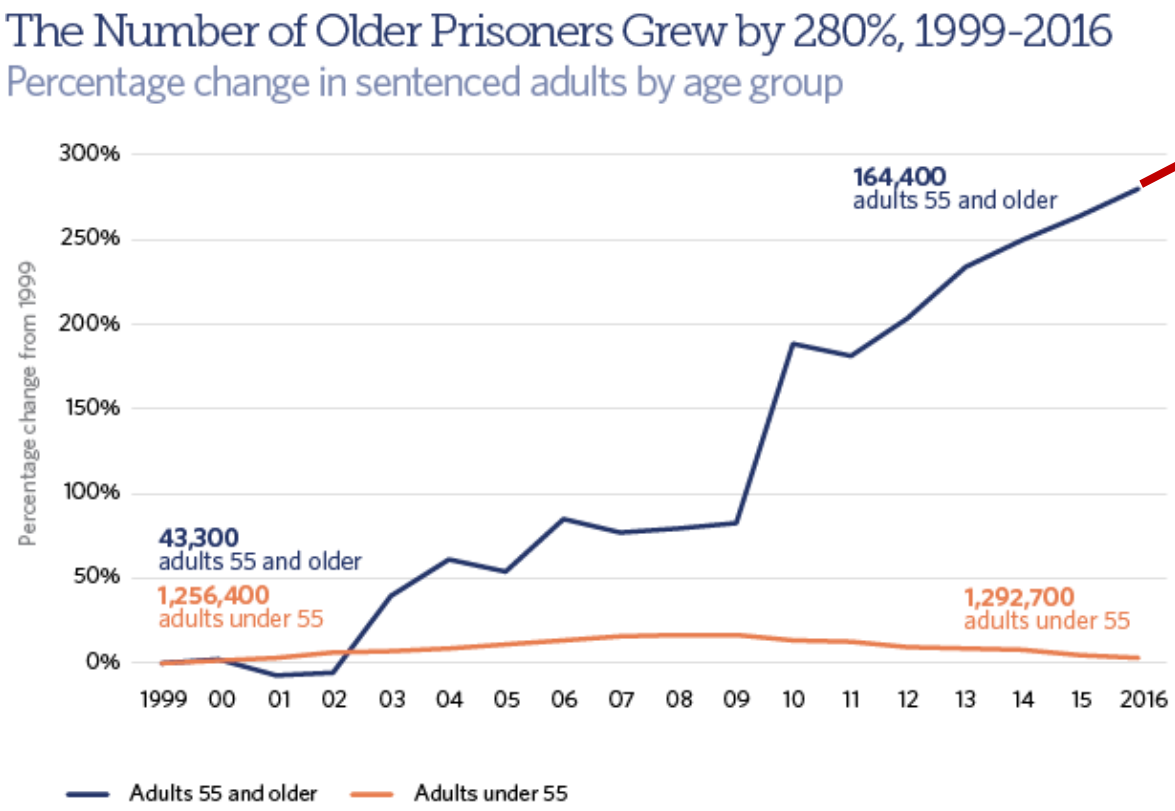
17 yrs from age 53
79.41M 19-36yrs

65.72M 37-52yrs Approaching age 53

https://knoema.com/egyydzc/us-population-by-age-and-generation

Aging…

Radical increase in geriatric population



Could grow to 400,000 by 2030

Note: The Bureau of Justice Statistics estimates the age distribution of prisoners using data from the Federal Justice Statistics Program and statistics that states voluntarily submit to the National Corrections Reporting Program. State participation in this program has varied, which may have caused year-to-year fluctuations in the Bureau's national estimates, but this does not affect long-term trend comparisons. From 2009 to 2010, the number of states submitting data increased substantially, which might have contributed to the year-over-year increase in the national estimate between those years.

Source: Bureau of Justice Statistics

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Autism on the Rise…

Research…

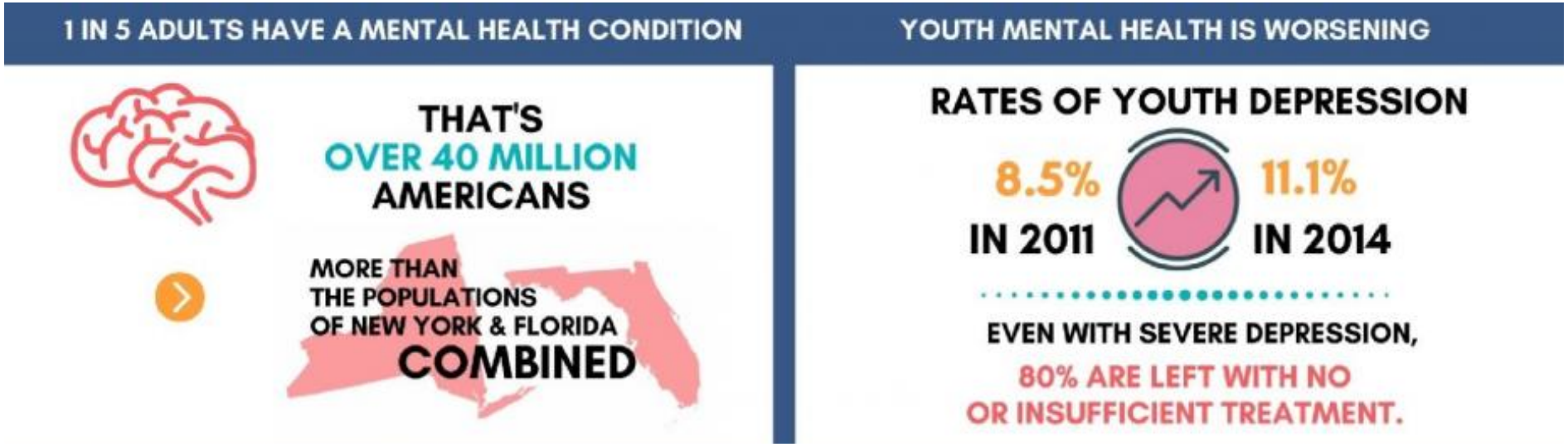
Based on a new CDC report, 1 in 59 children in the US have an autism spectrum disorder. Over the years many studies indicate autism is on the rise but data is inconclusive if it is because of new variables or better access to autism screening.

High functioning populations on the spectrum are found within the criminal justice system.

https://www.cdc.gov/ncbddd/autism/data.html

Mental Health

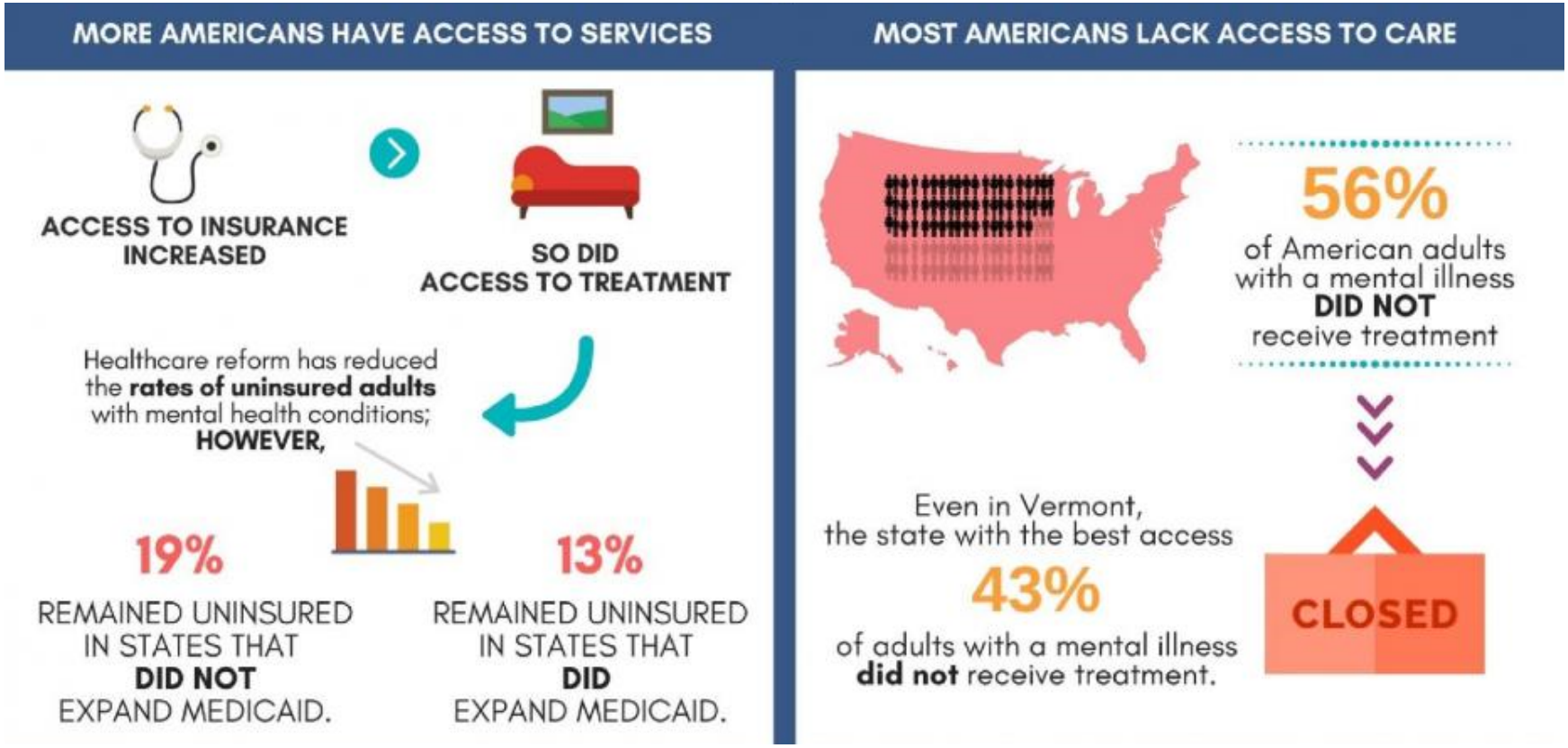
The Subject at Hand…



http://www.mentalhealthamerica.net/issues/access-mental-health-care-and-incarceration

Mental Health

Access to Care…



http://www.mentalhealthamerica.net/issues/access-mental-health-care-and-incarceration

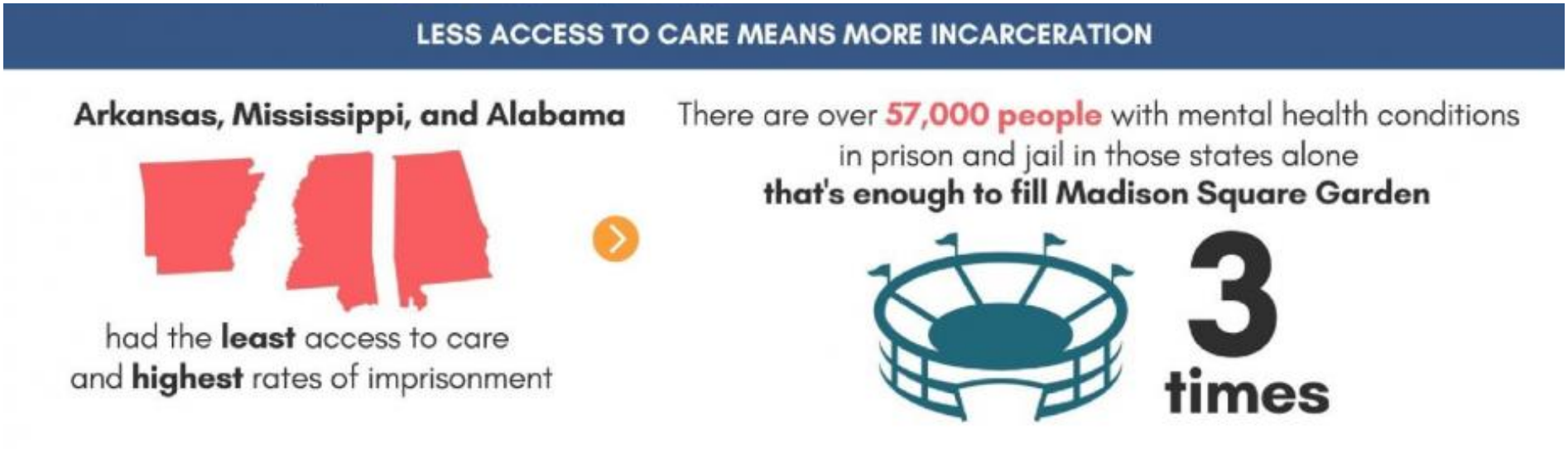
Shortage of Professionals

The Workforce…

http://www.mentalhealthamerica.net/issues/access-mental-health-care-and-incarceration

Increase in Incarceration

Increase in Incarceration



http://www.mentalhealthamerica.net/issues/access-mental-health-care-and-incarceration

Rates of Trauma in JJ Youth

93% of adjudicated youth reported at least one or more traumatic experiences.

The average number of different traumas reported was six.

Youth in the JJ population have rates of PTSD that exceed those of service members returning from Iraq.

Behaviors You Often See: What Trauma Can Look Like

- Inability to trust
- Hostility and coldness
- Perceiving danger everywhere
- Anger
- Guarded behavior
- Difficulty with change and transitions

Behaviors You Often See: What Trauma Can Look Like

- Difficulty being redirected
- Physical and emotional reactivity
- Difficulty calming down after outbursts
- Regressive behaviors (behaving much younger than his/her age)
- Rejecting support from peers and adults

Providing the Right Environment

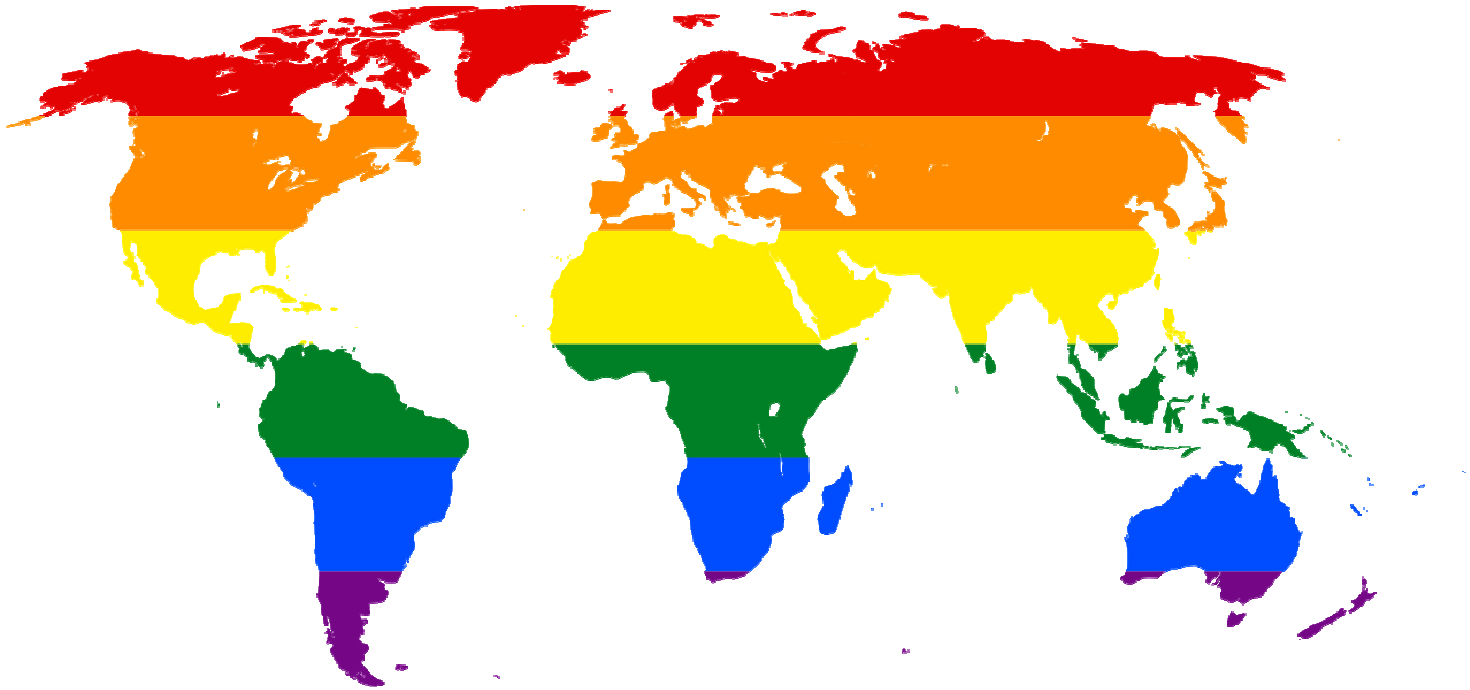
Nowhere Else to Properly Place People in Crisis?

In 1955 there was ONE PYCHIATRIC BED for every 300 Americans.

In 2005 there was ONE PYCHIATRIC BED for every 3,000 Americans.

Increase of Diverse Populations…

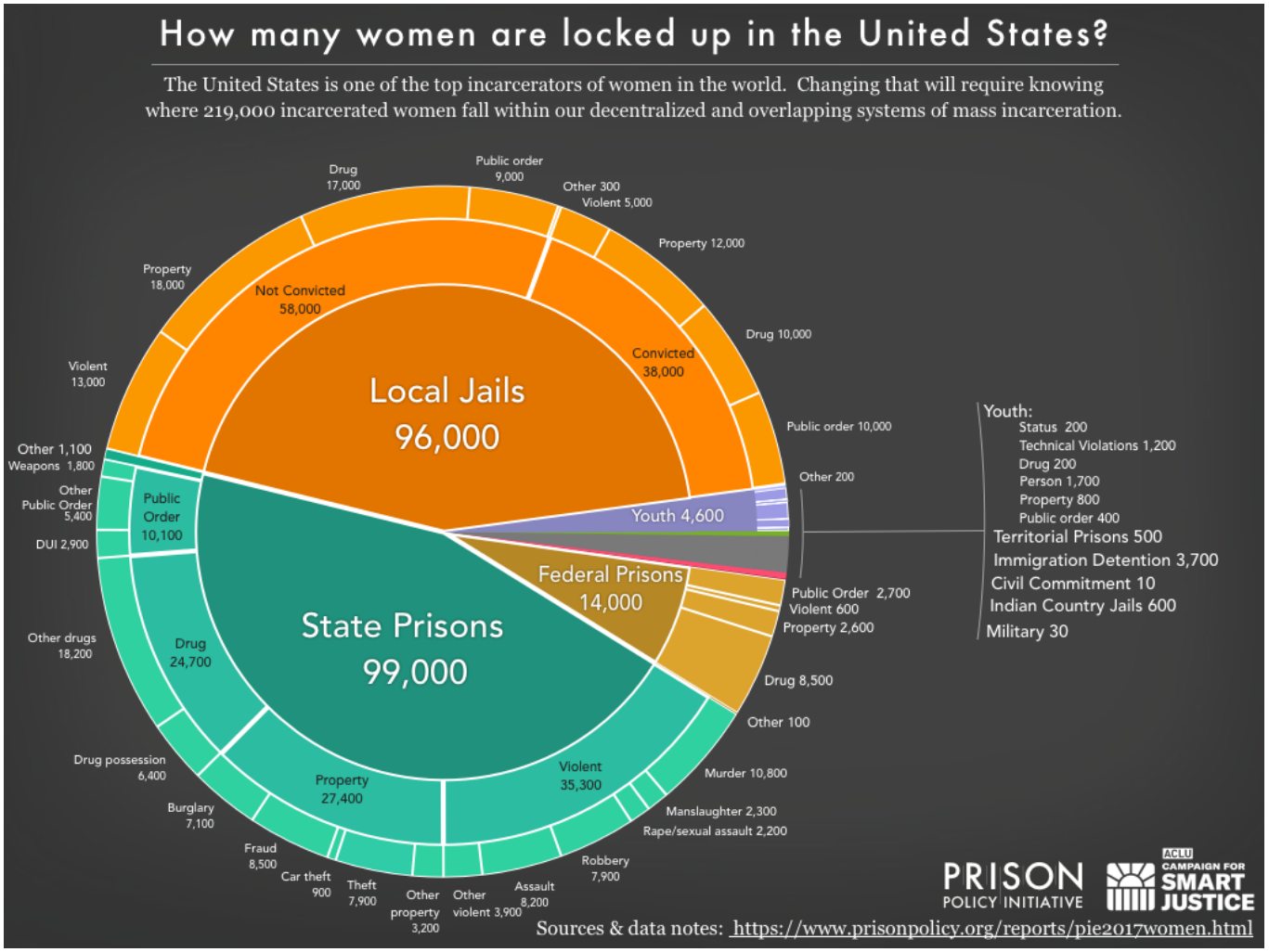
Transgender…



National Institute of Corrections reported that incarcerated transgender people are 13 times more likely than their cisgender peers to experience sexual assault, making up 59 percent of sexual assault cases in prisons and having the highest reports of multiple trauma.

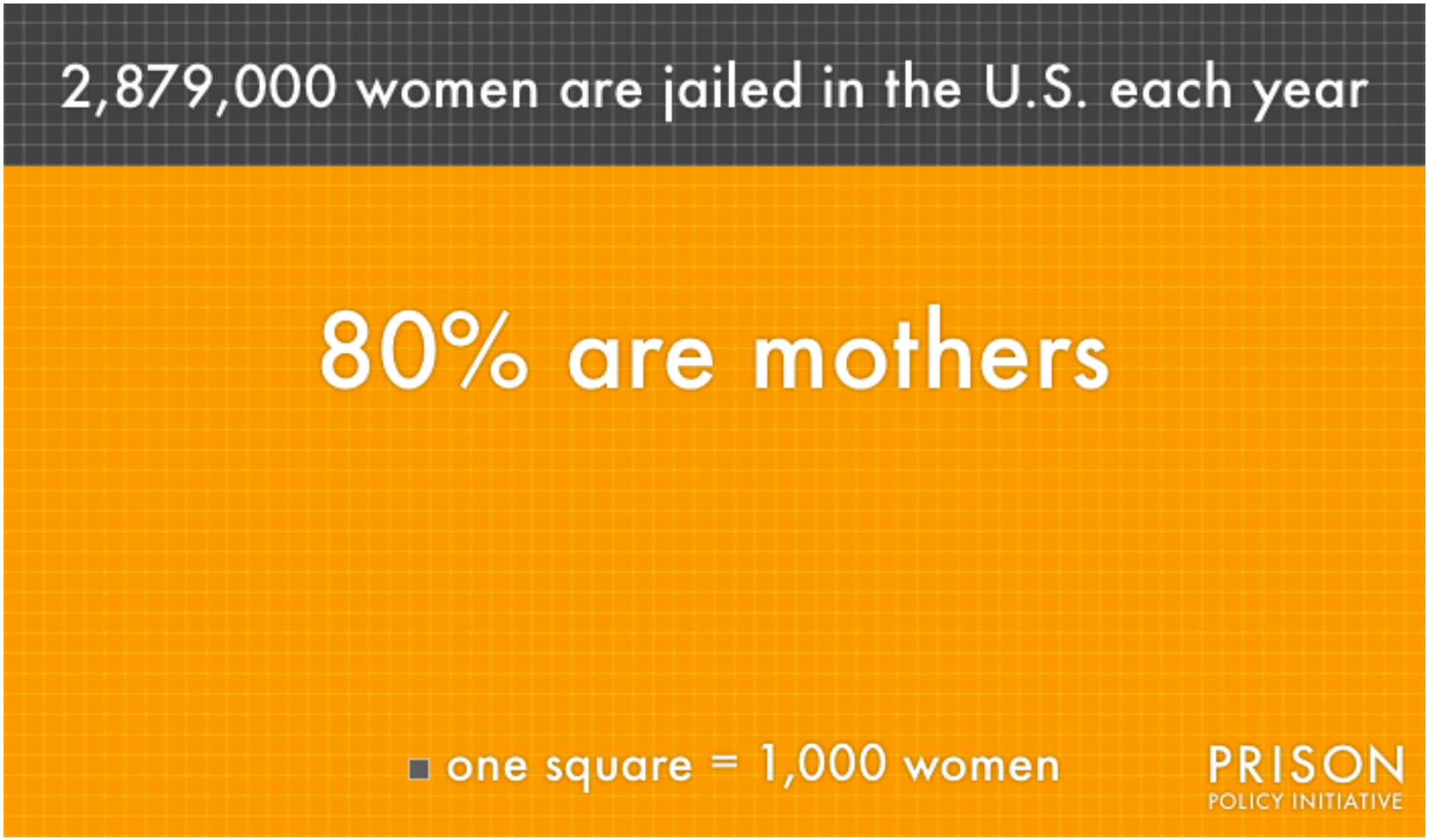
https://storage.googleapis.com/vera-web-assets/inline-downloads/Policy-Review-and-Development-Guide-LGBT-and-Intersex-Persons.pdf (2013) &
https://www.vera.org/blog/gender-and-justice-in-america/transgender-people-at-higher-risk-for-justice-system-involvement

Mass Incarceration of the Female population…219,000 women currently



Mothers and Children Behind Bars…

Progressive reform…



https://www.prisonpolicy.org/blog/2018/05/13/mothers-day-2018/
Estimates have been rounded for this graphic. Sources: Federal Bureau of Investigation, Crime in the United States 2016 (including supplemental table "Arrests by Sex, 2016"); and Vera Institute of Justice, Overlooked: Women in Jails in an Era of Reform.

Mothers and Children Behind Bars…

Progressive reform…

"When we incarcerate a woman, we often are truly incarcerating a family."

- Attorney General Loretta E. Lynch, 2016

Conclusion – What does the future hold?

Shifts in Future Demographics

Design should be:

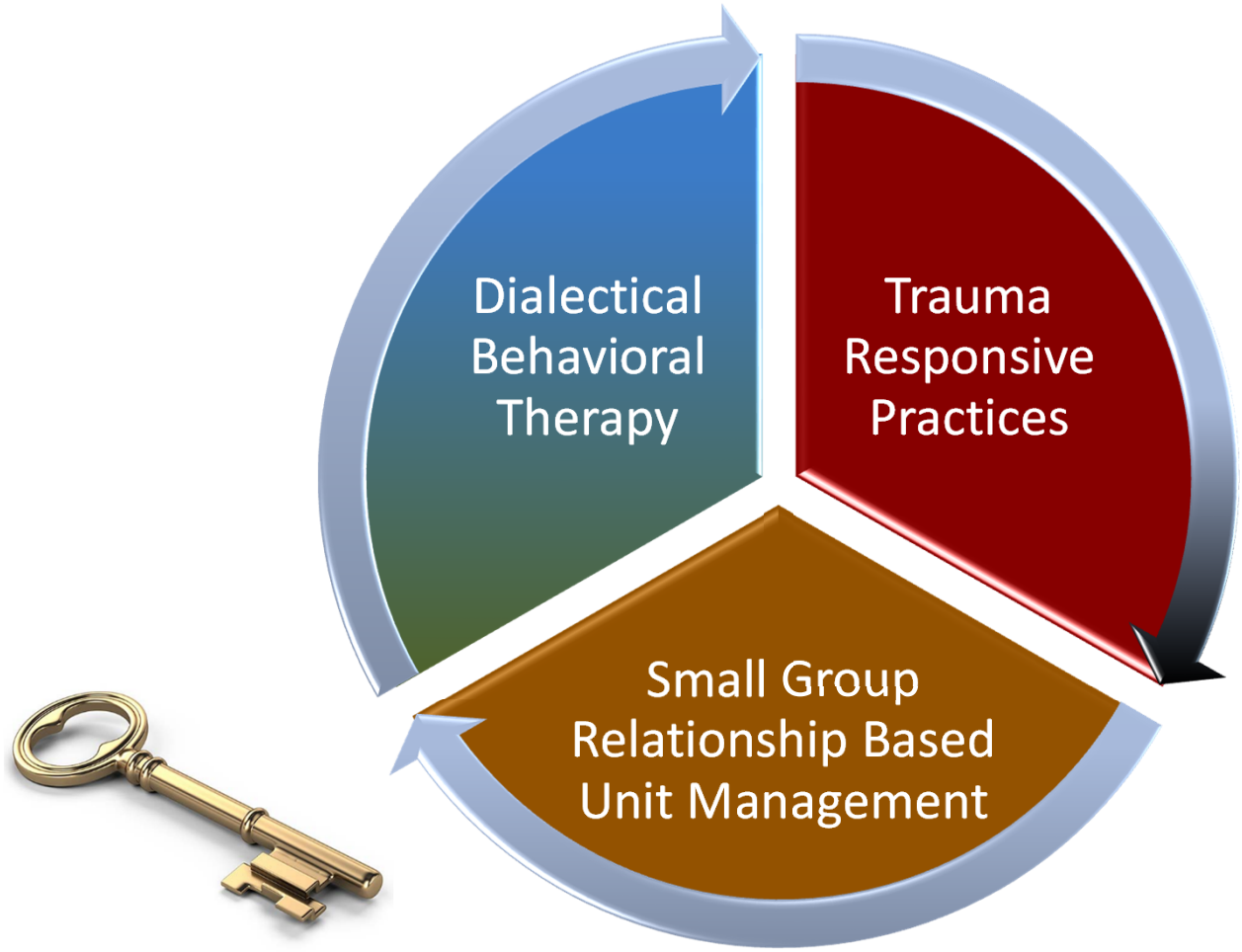
- Safe, secure, but normative design = the balance of controlled access and freedom of movement; Take into account special populations needs
- Commit to transparency for community engagement and buy-in
- Be Right-Sized for Right-Impact
  - Regional, Integrated
- Design for those future demographics and future legislation policy changes
- Promote a Positive Mental Health Atmosphere (daylight, connection to nature, acoustics, finishes, furnishings
- Embrace a trauma-informed, restorative, healing environment
- Not Punitive, but Transformative and Rehabilitative
- Humane, creating a foundation for the Standard of Care required
- Flexible for the assessing and providing a safe living environment for all the diverse and special population needs
- Provide a Learning Environment for a productive and stable Re-Entry to Society

Create a Mission or Vision Statement for the Project prior to starting design

To enforce the law and defend the interests of the United States according to the law; to ensure public safety against threats foreign and domestic; to provide federal leadership in preventing and controlling crime; to seek just punishment for those guilty of unlawful behavior; and to ensure fair and impartial administration of justice for all Americans.

- DOJ Mission Statement

The Key Components



Services that are grounded in and directed by a thorough understanding of the neurological, biological, psychological, social and existential effects of trauma, adversity and violence on individuals, families, organizations, communities, and societies.

(modified from NASMHPD, 2004)

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What Is Dialectical Behavior Therapy?

Dialectical behavior therapy (DBT) provides clients with new skills to manage painful emotions and decrease conflict in relationships. DBT specifically focuses on providing therapeutic skills in four key areas.

1. First, **mindfulness** focuses on improving an individual's ability to accept and be present in the current moment.

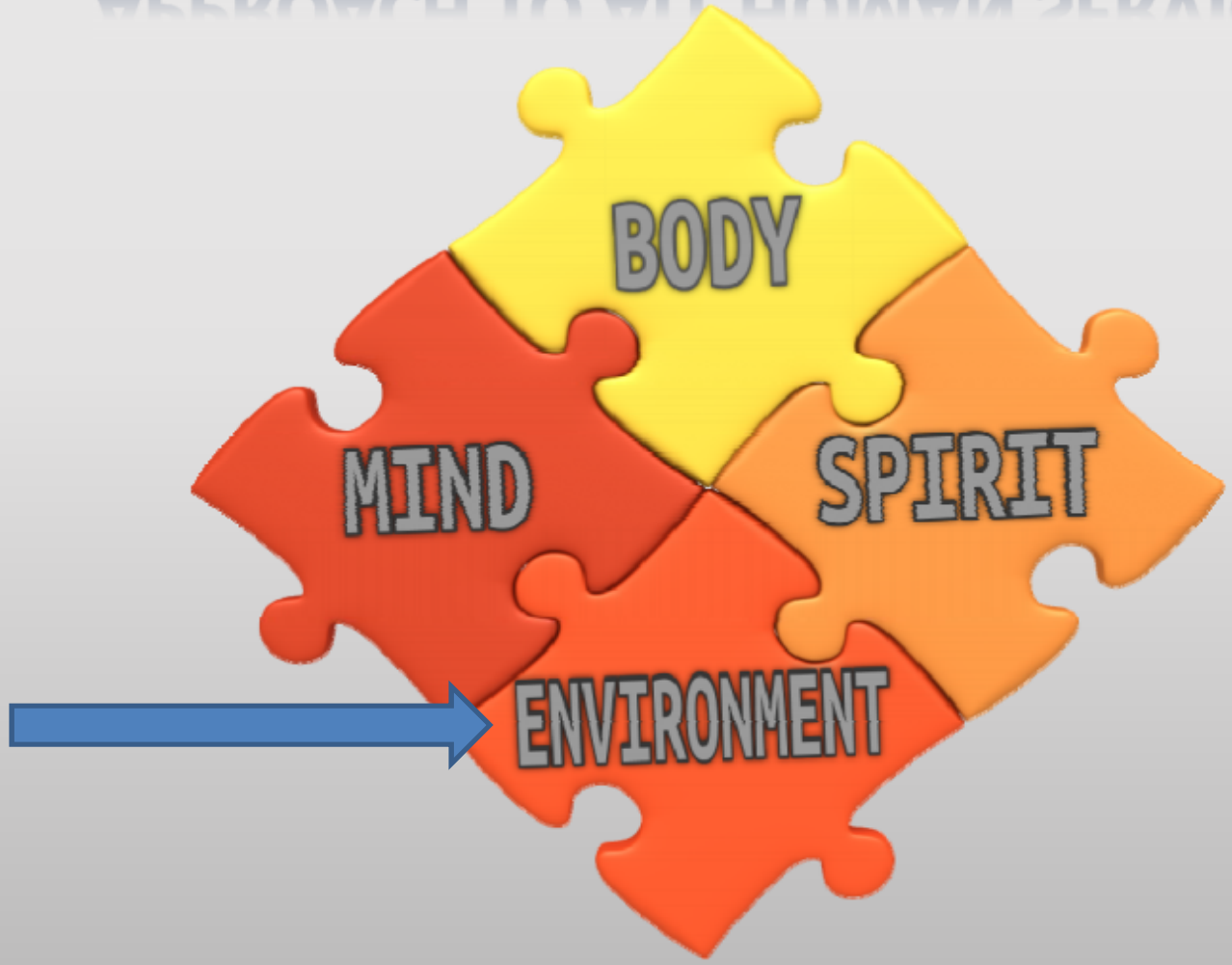
2. Second, distress tolerance is geared toward increasing a person's tolerance of negative emotion, rather than trying to escape from it.

3. Third, emotion regulation covers strategies to manage and change intense emotions that are causing problems in a person's life.

4. Fourth, interpersonal effectiveness consists of techniques that allow a person to communicate with others in a way that is assertive, maintains self-respect, and strengthens relationships.

https://www.psychologytoday.com/us/therapy-types/dialectical-behavior-therapy

INTEGRATED, INNOVATIVE PUBLIC HEALTH APPROACH TO ALL HUMAN SERVICES



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Beliefs: Therapeutic Approach

- Treatment / Rehabilitation equals Internalized Change
- Safety is the foundation where change can occur
- Kids change through mentoring relationships
- Kids need structure and support to be set up for success
- Staff must be a positive reference point in handling our own emotions (modeling)
- A safe environment allow kids to examine choices, learn alternative ways to meet their needs without causing harm to others/self
- Understanding the impact of our actions on others, repairing harm caused, commitment to do things better, earning back trust is the goal

Beliefs: Therapeutic Approach

- Authority (Rules) without Relationship “breeds” Resistance, Resentment, Rebellion, Revenge, Retaliation
- Compliance is the 1st stage of Change—not the end goal
- External controls are necessary until internal controls are achieved
- Increase structure, supervision and support when things feel out-of-control or appears chaotic…do not add more punishment
- Kids & Staff need direction, guidance and mentoring from Leaders to help them in their “change process” (personal growth & development; professional development)
- The environment should reflect a therapeutic environment and should contain an element of Hope.

The Question…

How do we create treatment cultures that promote and support positive change in adults, families and ourselves?

(What kind of culture is the built environment promoting?)

How do we maximize each other's strengths and minimize each other's weaknesses?

(How can the built environment help maximize strengths and minimize weaknesses?)

How do we create workplace cultures that buffer us from the impact of repetitive stress so that we can be effective in helping our clients to recover?

(How can the built environment reduce stress and promote recovery?)

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Environment Components…

Secure Programming Chairs

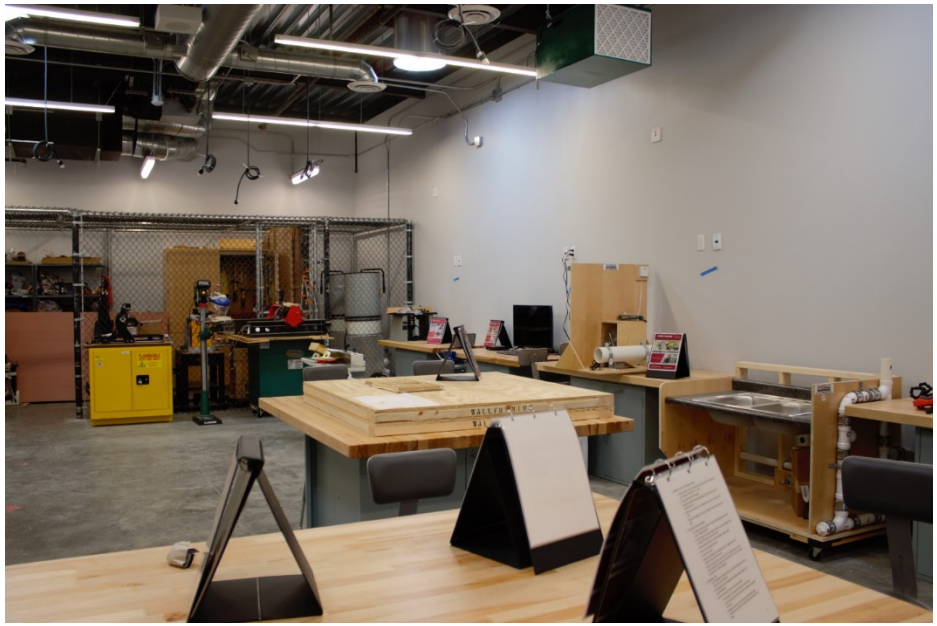
- Allows for closer proximity to treatment officers and other offenders
- Leg and/or handcuff restraints may be utilized individually as needed
- Conducive seating for a learning environment

Environment Components…

- Chalk board paint on programming chairs and cell wall for expression
- Smart board allowing for interactive engagement
- Sound proof panels for a conducive programming environment w/in secure housing units
- Calming color scheme within offenders cells
- Activities: yoga mats or soft bocce ball
- “Cool-Down” “Calm” “Sensory” Room for de-escalation (for inmates and for staff)
- Nature murals to decrease stress and increase relaxation techniques
- Horticulture Program
- Long Distance Learning, multi-purpose classrooms allow for educational courses and cognitive behavioral programming

Road to Success Academy

Road to Success Academy



Symptoms Management: Developing Healthy Relationships through Horticulture

- Bring the classroom outside
- Space designation between housing units
- Property boxes anchored into concrete
- Offenders can expand culinary and partake in the “fruits of their labor.”

Culinary Arts – Training, Employment, Family/Official Dining

Dog Training Program

- Dog resides within his/her trainer's cell
- Dedicated fenced in yard area outside of the housing unit for play, run, or training sessions
- Program components involve intro to dog care, canine handling 101, composition of the dog, canine behavioral essentials, grooming applications, understanding disease and vaccinations, and dietary requirements for the modern dog

Health & Wellness Program

- All yoga classes are trauma & gender responsive and serves as a helpful adjunct to additional forms of behavioral health and treatment programming
- Skills developed include: self-awareness, mind/body integration, distress tolerance and self-compassion

THERAPY DOMAINS

Behavior
Physiology/Health
Affective/Emotion
Social/Family
Cognitive
Spiritual

THERAPY FAILURES

Not designed to treat

- Insufficient space = minimal programs

Inadequate space

- No sight/ sound privacy
- Frequent disruptions
- Poor reliability/ HIPPA Violations

Unsafe spaces

- Poor lighting
- Poor supervision
- Segregation/ Isolation

How can Facility Design be applied to achieve maximum treatment and program outcomes?

- Therapeutic and enriched built environment/less institutional
- Supportive, meaningful with good air quality that supports good mental and physical health
- Access to spaces with fresh air and outdoor sunlight
- Housing units for mentally- ill inmates are appropriate(i.e. size, location,)
- Single cell housing for certain mental health categories
- Safer individual cells and units
- Step-down system and transition unit for suicide intervention
- Adequate number and accessibility of program rooms
- "Learning" environments vs. "punitive" environments enhance success for re-entry

Changing the Culture of How We Can Use Space Effectively

Less about the space, more about the dedicated staff who will always find a way…

It starts with community.

To be a Trauma-Informed City

To be “trauma-informed” involves a number of scientifically grounded elements that focus on safety, emotional intelligence, connection, communication, resilience and healing.

We now know that many of the individual problems and social challenges that exist for trauma survivors were originally developed as attempts to cope with overwhelming experiences of relentless stress, toxic stress and traumatic stress.
Research has demonstrated that a majority of people in the United States will experience a traumatic event at some time in their lifetime. In urban areas, the rate of exposure is even higher.

Programming

- Enhanced Treatment-Centric Housing
  - All housing on a single level
  - All beds on a single level
  - On-housing nurse's pill call and treatment rooms
  - Satellite medical clinics on every housing floor

- Enhanced Integrated Services
  - New Inmate Reception Center
  - Medical Detox Beds
  - Medical Treatment Center
  - Accommodate Female Inmates
  - Accommodate Transgender Inmates
  - Central and housing-level visiting areas, in-person visits

Benefits of Enhanced Model Programming

- Improved mental/medical health treatment
- Improved operational efficiency
- Reduced liability – suicide, incidents
- Improved inmate-patient outcomes
- Improved accessibility (ADA +)
- Improved safety and security
- Improved custody outcomes
- Life-cycle cost benefit

- Small, single level housing units (10-12 residents).
- Single occupancy sleeping room (20% maximum doubles).
- Identify behavior characteristics and requirements for separation.
- Housing units arranged in groups for shared services and staffing efficiency.
- Open dayroom with attached sleeping rooms (improved supervision).
- Single user showers/toilet rooms (1 per 8 residents).
- On-unit housing activities (counseling, homework, passive recreation) for program flexibility.
- Central Dining (no dining in housing units).
- Extensive Program Opportunities (Educational, Vocational, Recreation, Visiting, and others)
- Direct Supervision staffing ratios of 1:8 (day) to 1:16 (night) – (PREA 115.313(c)).
- Maximized Daylighting & Views

Example: San Diego County Las Colinas Women's Jail

Las Colinas is a detention center for women. It houses the Agency's Women's Psychiatric Security Unit, which provides Inpatient and Outpatient Psychiatric Services for female inmates.

LESSONS LEARNED – Past & Present
Case Study: The New Campus Kilpatrick, Malibu, CA

Best Practices Applied

- Abundant Natural Light
- Acoustical Control
- Reduce the Apparent Density
- Normative Furnishings
- Clear Sightlines and Enhanced Casual Observation
- Spatial Variety
- Connection to the Outdoors
- Materials, Colors & Textures
- Integrate Public & Youth Art

New Housing Model – Residential Cottages

Best Practices Applied- Campus Kilpatrick, Malibu, CA

" . . . a new facility focused on therapeutic, holistic, small group treatment . . .youth are treated in facilities with more dignity and respect . . ."

ESSENTIAL ELEMENTS OF THE LA MODEL

The following essential elements were defined as the necessary foundation for evidence-based programming and skill-building activities. Within the therapeutic environment:

1. Multi-disciplinary team planning occurs with ***collaboration across agencies and at all levels***.
2. ***Programming is engaging and meaningful*** for youth and staff with a focus on skill-building, mental health, healing, and personal growth. It consistently and meaningfully includes families and community members as critical partners**.**
3. ***Families are engaged*** early and often, treated with respect, and seen as partners in the treatment and aftercare process.
4. ***Aftercare and reentry*** are the core drivers of case planning from the day of arrival, in order to build a continuum of care and to support stability when back in the community.
5. The ***small-group care model*** includes cohort consistency, a focus on relationships, homelike living spaces, and shared responsibility for daily activities, self-care and ordinary maintenance of shared spaces.

Best Practices Applied- Campus Kilpatrick, Malibu, CA

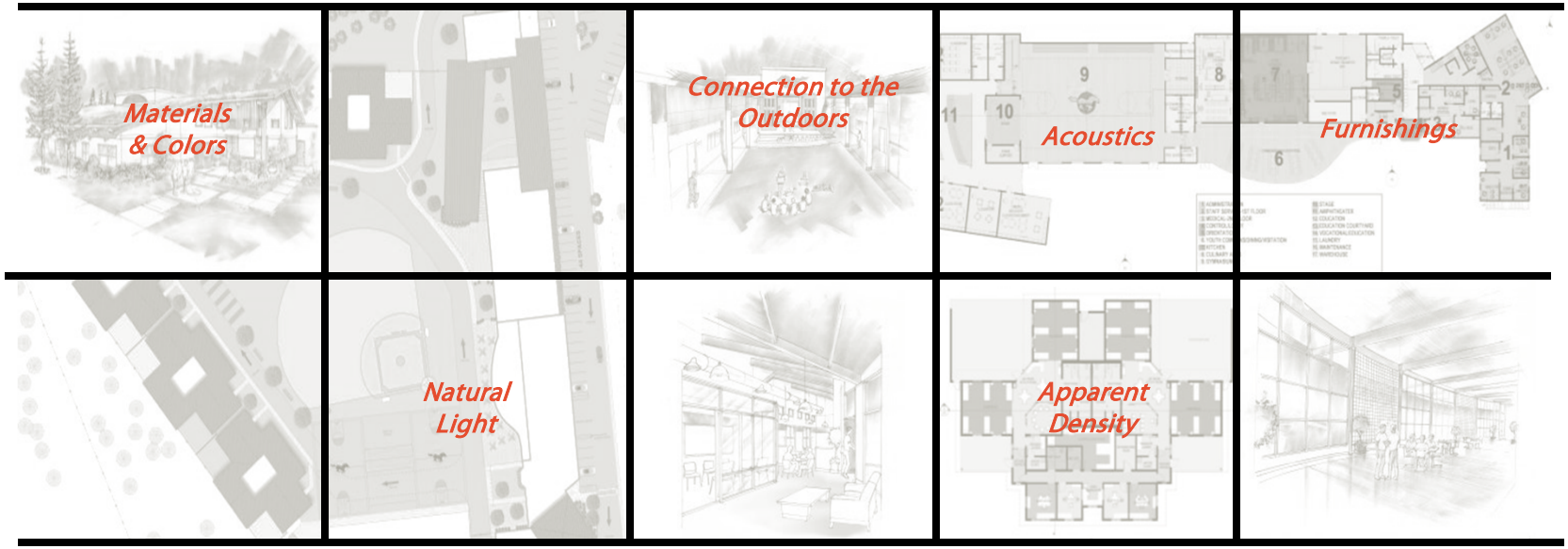
" . . . a new facility focused on therapeutic, holistic, small group treatment . . .youth are treated in facilities with more dignity and respect . . ."

ESSENTIAL ELEMENTS OF THE LA MODEL (cont'd)

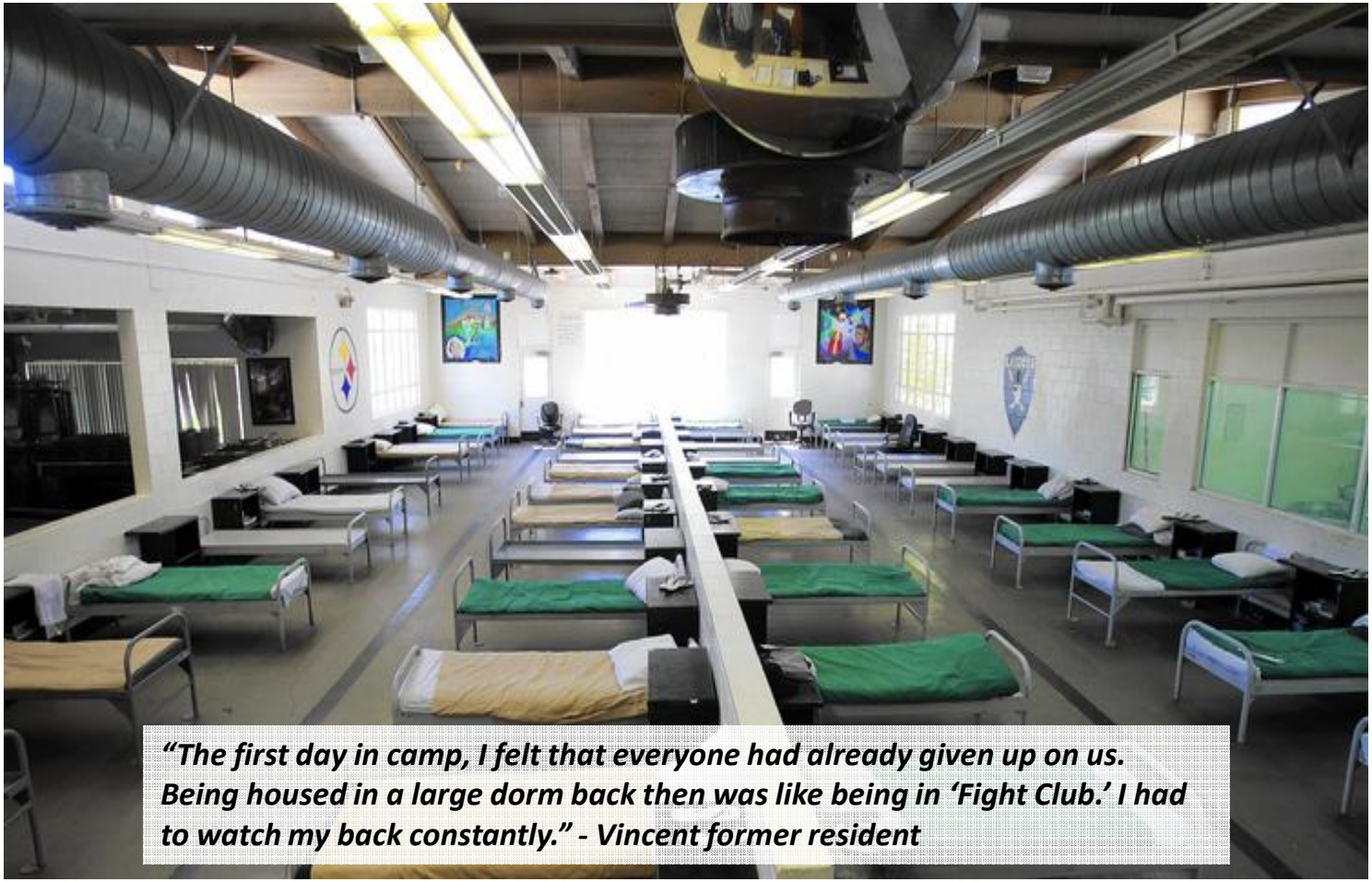
6. ***Safety, both psychological and physical, is a priority*** for staff and youth and is promoted through a variety of positive mechanisms integrated into daily interactions and activities.
7. ***Academic achievement and engagem***ent are critical to each youth's program, and input from education providers is a fundamental element of case and reentry planning.
8. Probation and ***all*** other ***staff are mentors*** and are consistently integrated into program delivery. Support for staff mental health and wellness is provided as an integral component of the LA Model.
9. Approach to ***programming is individual***ized, strength-based, and developmentally-appropriate, meeting youth where they are at in the process of change and focusing on empowerment, problem-solving, and the promotion of protective factors.
10. ***Data*** is continuously collected and analyzed in order to ***drive decision-making***, guide case planning, support continuous improvement, and evaluate implementation and effectiveness of activities/programming.

Campus Kilpatrick, Malibu, CA

Small ■ Safe ■ Youth Focused ■ Community Based



Old Housing Model – Open Barracks



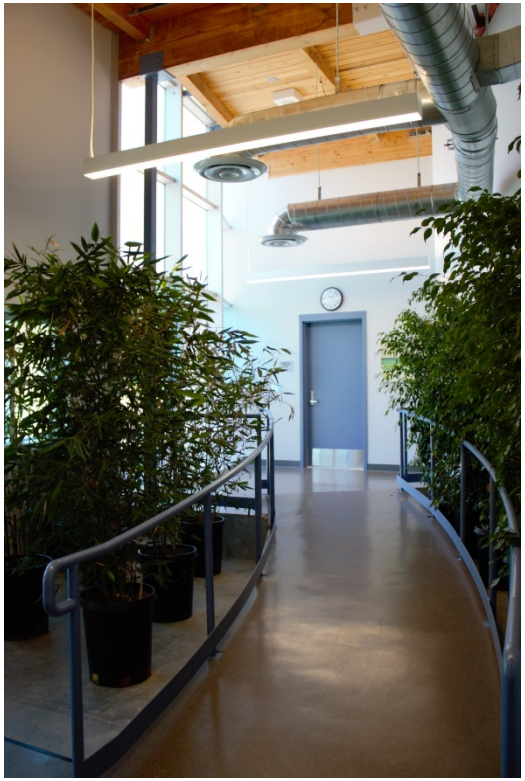
"The first day in camp, I felt that everyone had already given up on us. Being housed in a large dorm back then was like being in 'Fight Club.' I had to watch my back constantly." - Vincent former resident

New Housing Model – Small, Safe, Residential Character

Old Housing Model – No Privacy, Individual Respect or Dignity

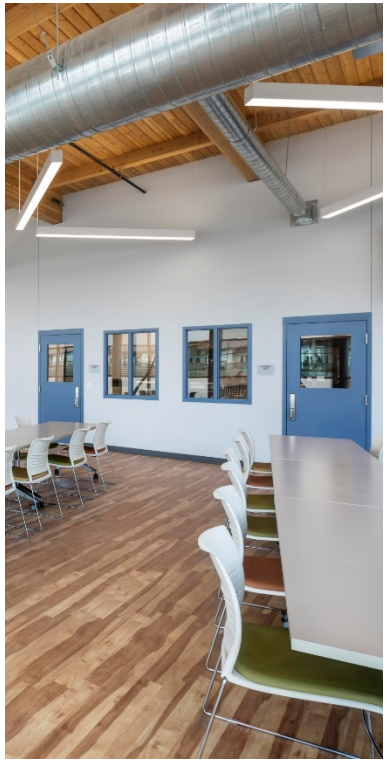
New Housing Model – Privacy, Respect, Dignity, PREA

Unobtrusive Security, Transparency, & Accessibility
Secure "*Sallyport*"



Old Housing Model –
“Regimental, Prison-like Dining Hall”

New Model – Changes in Policy, Procedure & Operations



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Law Enforcement Design…

It was the summer of 2012, when Keith was 16, that his mother started worrying that he might be depressed. He had recently broken up with a girlfriend, and at first his mother figured it was just teen angst. But it kept getting worse. He stopped hanging out with his friends; then he didn't want to leave the house. That fall, she got scared that he might try to hurt himself, so she had him hospitalized. Doctors diagnosed him with bipolar disorder and put him on medication.

It didn't seem to help. He became paranoid; he was sure that other kids were bothering him and chasing him. His parents pulled him out of school. He had been a boy who took care of himself, sometimes showering twice a day. Now his parents had to tell him repeatedly to shower, get dressed, change his clothes. He lost interest in food. He was hospitalized several times; a couple of times, his parents called the police for help with him.

Barb is an officer and just lost her partner in a shooting. At work she feels she has no privacy to decompress while grieving.

Billy does not trust the police… he feels they are not transparent. There is no good reason to ever be within the vicinity.

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Corrections…

Kathy, picked up for violent episode and now on antipsychotic medication is brought to the jail. For Kathy it's unpleasant, it's loud, it's claustrophobic.

There are some inmates that are desperately sick. Corrections officers came out with a man who had been strapped into a wheelchair and was bleeding from his arm because he had scratched out a piece of his own flesh.

Kathy refuses to shower engage with anyone, though correctional officers try to get inmates to come out for recreation time or for a shower. She experiences some delusions and conceptual disorganization which are triggers. She also exhibits symptoms of excitement, anger, and agitation while at the county jail.

Joe is a correctional officer and has only been on the job for month, the stress of learning this new line of work as well as the daily interactions with certain inmates is beginning to wear on him. He is afraid speaking out will make him look week. His facility was built in the 70's and the corridors are starting to feel claustrophobic.

Alice is transgender and was arrested for drinking and driving. She is in the middle of undergoing gender reassignment and is terrified she will not have access to her medication and is afraid someone will assault her.

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Courts…

Gregory claimed the people visiting him at the County Jail, including his attorney and family members, were “body doubles” and were disguises by the government that were coming after him and his family.

During his court dates he would not cooperate, often paranoid someone was going to come and kill him.

He has now reused to go to his hearing.

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Q & A

Thank you for your contributions towards the solution!

THANK YOU TO THE NY AAJ CHAPTER FOR HOSTING US!

Please take a photo of your notes and text it to 309-472-4711 (my cell) or email Brooke Martin at bmartin@dewberry.com before you leave today. This will help us compile the info the future AAJ report.