

## **Words to Deeds - Engage Me: Effective Strategies to Welcome, Serve and Support Individuals with Behavioral Health Needs Transitioning from Incarceration**

### **Level**

Intermediate

### **CE**

CPA/BBS/BRN/CJER

### **Bio**

Mona Minton, MA, CTP, CAIP, PhD

Mona speaks and understands multiple languages (English, Spanish, Hindi and Gujarati) and currently serves on 6 committees throughout the East/Central San Diego and North County regions, lending her expertise to address a variety of socio-economic, gender and cultural issues. While working for other organizations such as Circle of Friends, Department of Family Services, North County Serenity House, Mental Health Clinics and Psychiatric Units, State Prisons and San Diego County Jails, Mona has made significant contributions in women and men's prevention, intervention, treatment and recovery programs.

Born and raised in India until age 8, she is passionate about improving the quality of life for women, children and families. Her multi-cultural background enables her to view treatment options from varying perspectives that address socio-economic, gender inequality and stereotypes common to women of color.

With over 18 years of experience in clinical research and development, Mona is accustomed to working with diverse groups such as but not limited to the homeless and incarcerated population and changing demographics that provide counseling and supportive services for drug and alcohol dependency, domestic violence, sex offenders, adolescence support, trauma and mental health.

Mona has experience working with the judicial system as an advocate for children, battered men, women and older Americans. She worked with the Child Protective Custody Department of Family Services of Las Vegas for five years and has four years of experience working at the High Desert State Prison in Las Vegas. She has also worked with San Diego County jails for over 7 years, all of which she feels has broadened her understanding of individual's issues as it relates to incarceration, reentry, recidivism and post re-release linkages.

After being inspired by her own personal experiences of drug use, 13 years in recovery, being in and out of court systems, family relationships, trauma and being a cancer survivor, Mona remains dedicated to men and women's wellness, family advocacy and sharing her expertise with those in need.

Mona has a Ph.D. in Clinical Psychology and a Masters in Marriage and Family Therapy.

Andrea Dauber-Griffin, PhD

Andrea is the Senior Program Director of Project In-Reach and Project In-Reach Ministry at the Neighborhood House Association. The In-Reach programs provide pre-release engagement and needs assessment, discharge planning and post-release wrap around services to individuals living with serious mental illness and co-occurring disorders in County custody.

Andrea has a background in research, teaching and coaching and over 10 years of experience in the criminal justice system. She has focused her energy on applying her theoretical and practical knowledge to advancing policies and programs to improve services for justice-involved individuals. She is passionate about policy and advocacy and leads San Diego County's Reentry Roundtable's policy and legal initiatives. As a member of the Association for Applied and Clinical Sociology, she has set out to explore how sociology can contribute perspectives and knowledge to developing clinical interventions for communities, organizations and groups who are justice-involved.

Andrea has a Ph.D. in Sociology and a Masters in American and Slavic Studies. She will complete her second Masters in Criminal Psychology in 2022.

Brenda Grealish, MA

Brenda is currently the Executive Officer of the Council on Criminal Justice and Behavioral Health (CCJBH), which is part of the California Department of Corrections and Rehabilitation. Prior to joining CCJBH, she worked at the California Department of Health Care Services (DHCS), where she served in several positions, including Chief of the former Mental Health Services Division and Assistant Deputy and Acting Deputy Director for Mental Health and Substance Use Disorder Services. Prior to working at DHCS, she held several positions at the California Department of Corrections and Rehabilitation, Office of Research, including Deputy Director, Research Manager III and Research Manager II. In her early career, she held several positions at the former California Department of Mental Health, including Research Program Specialist I and Research Analyst I/II. She earned a Master of Arts degree in Psychology from California State University, Sacramento.

### **Narrative**

California is making substantial investments across multiple delivery systems that serve individuals who have behavioral health needs and are transitioning from jails/prisons to local communities, as well as those who are at risk of entering the justice system, including health and behavioral health care, social services and housing. Historically, even in instances when there has been sufficient capacity, there has been low engagement and service utilization, which has occurred for a variety of reasons (stigma, fear, complex system navigation, etc.). In this session, you will learn about Project In-Reach, which is an outreach and engagement program operating in San Diego County that is designed to help incarcerated individuals with substance use and/or mental health disorders as they prepare for community re-entry. In particular, you will understand how and why peers (individuals with lived experience in the behavioral health and criminal justice systems) are employed to provide support throughout

the transition process and will hear first-hand what is most helpful from individuals transitioning from incarceration need and want to achieve success in their communities.

### **Learning Objectives**

Describe three steps involved in preparing incarcerated individuals for their transition to their community, including screenings, assessments, benefits enrollment, data sharing and community care coordination/transition planning.

Explain two needs with which incarcerated individuals with behavioral health conditions present, such as housing, income, vocation/education, as well as health and behavioral health care services, criminogenic risk and needs interventions.

Identify three entities involved in planning and coordinating the transition for incarcerated individuals.

Describe two opportunities and two challenges individuals are faced with when working to establish the transition infrastructure, and how these may be overcome.

Explain three things individuals with behavioral health needs who are transitioning from incarceration *actually* need and want from the public systems that are intended to serve them, and how peers (individuals with lived experience in the behavioral health and criminal justice systems) serve as credible, trusted messengers to link clients to, and provide support throughout, the services necessary to successfully live in their home communities.