



# STRONG Program

STRONG PROGRAM HANDBOOK  
WOOD COUNTY JAIL



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## EXECUTIVE SUMMARY

The STRONG Program Handbook, written for prospective applicants, and participants, describes how the Wood County Criminal Justice Department administers the Strength Through Recovery and Ongoing Growth (STRONG) program. This handbook will provide readers with the resources and information necessary to understand the requirements and procedures to apply and participate in the STRONG Program.

This handbook consists of 8 sections and 3 appendices as follows:

**Section 1 – Introduction to STRONG** provides background information on the STRONG Program and introduces the program’s objectives. This section will help the reader understand the intent and mission of the program, as well as provide insight into the grant funding supporting the STRONG Program.

**Section 2 – Eligibility** requirements to apply for and enroll in the STRONG Program. This section will help prospective applicants determine if they are eligible for the program.

**Section 3 – Rules and Responsibilities** details the expectations the Wood County Jail and the STRONG Program has for its participants.

**Section 4 – Services and Programming** provides an overview of the services and programs that are available to individuals participating in the STRONG Program. This section will provide insight into eligible services depending on the course an individual is in, as well as detailed information on program offerings.

**Section 5 – Application and Enrollment Process** provides guidance on how an individual can apply for the STRONG Program, and how the onboarding process is completed.

**Section 6 – Case Management** provides an overview of how a Case Manager will assist the participant throughout the duration of the program, what case management sessions will look like, and how long the Case Manager will maintain contact.

**Section 7 – Jail-based Medication Assisted Treatment** \*\*\*PAULA\*\*\*

**Section 8 – Release and Follow Up** This section outlines the re-entry process and how the STRONG Program will support participants in their successful transition back into the community.

## CONTACT INFORMATION

Wood County Criminal Justice welcomes questions and inquiries regarding the STRONG Program. The STRONG Program can be contacted at [criminaljustice@woodcountywi.gov](mailto:criminaljustice@woodcountywi.gov)

Address:

Criminal Justice Coordinator

400 Market Street

P.O Box 8095

Wisconsin Rapids, WI 54495-8095

Phone: 715-421-8780

\*Individuals who are currently incarcerated can inquire for more information by contacting a Corrections Officer, or by writing a letter addressed to the STRONG Case Manager and requesting it be placed in the Criminal Justice mailbox.

## SECTION 1 – INTRODUCTION TO THE STRONG PROGRAM

### Introduction to the STRONG Program

The Wood County Criminal Justice Department created the STRONG Program with the help of Federal and State grant funding, community partners, and the Wood County Sheriff's Department. An earlier program called the Wood County Jail-MAT Program was replaced by STRONG in October 2024. The updated STRONG Program is able to offer a more robust service menu, assist clients residing outside of Wood County, and offer a jail-based residential program to inmates incarcerated longer than 90 days. The STRONG Program assists individuals currently incarcerated or on Electronic Monitoring Program (EMP) through the Wood County Jail that are diagnosed with substance use disorder and/or Alcohol Use Disorder. The program offers eligible participants assistance with Medication Assisted Treatment (MAT), AODA Counseling, jail programming, recovery coaching, case management, and discharge planning.

The STRONG Program is comprised of two courses:

- **MARP (Medication Assisted Recovery)** – a course designed for inmates who will be incarcerated 10 or more days and less than 90 days. Assistance with MAT, case management, discharge planning, and recovery coaching is offered.
- **RSAT (Residential Substance Abuse Treatment)** – a course designed for inmates who will be incarcerated for 90 days or longer who are not facing a prison sentence. Assistance with MAT, case management, discharge planning, and recovery coaching is offered in addition to jail programming, AODA counseling, SMART Recovery, and access to the Recovery Pod.

This handbook will cover information and eligibility requirements for both the MARP and the RSAT Program.

The STRONG Program offers benefits to its participants that are not yet widely available in other jail settings. The STRONG Program is able to offer these robust services with the assistance of Federal and State grants.

### SECTION 1.1 MISSION STATEMENT

"Our mission is to empower individuals in the justice system to overcome addiction and reclaim their lives through comprehensive, compassionate recovery services. We provide personalized

case management, medication-assisted treatment, peer support, and evidence-based therapy to help individuals break the cycle of substance use and incarceration.”

## SECTION 1.2 – VISION

“Strength in Recovery for All”

## SECTION 1.3 – VALUES

- Lived Experience
- Resilience
- Personal responsibility
- Holistic care
- Collaboration

## SECTION 1.4 – GOALS

1. Defeating Stigma
2. Promoting Harm Reduction
3. Decrease Recidivism
4. Low-Barrier resources
5. Trust Building

## SECTION 1.5 – GRANT FUNDING

The STRONG program is currently funded by multiple grants. The grants are awarded from state and county sources. Grant funding pays for staff time, program supplies, medication, and training for staff providing services to inmates while incarcerated and after release. The county portion is from the opioid settlement funds. The purpose of grant funding is to demonstrate the value of the work being done and possibly become a reimbursable or funded resource for Wood County.



## SECTION 2 – ELIGIBILITY

### Eligibility Requirements

This section outlines the requirements that individuals applying for and participating in the STRONG Program must satisfy as defined by Federal and State grants, the Wood County Criminal Justice Department, the Wood County Jail, and Three Bridges Recovery.

There is no cost to participate in the STRONG Program. Medication, counseling, programming, and other recovery services delivered outside of the Wood County jail may be subject to costs and fees which will be the participant's responsibility to pay. Costs and fees should be discussed with each provider.

Individuals do not need to be a Wood County resident to apply. A prospective participant must agree to the policies, procedures, and rules of the program. They must also agree to complete and sign necessary consent forms and releases of information (ROI) with collaborating agencies.

The RSAT program will accept a maximum of 16 applicants a quarter. Recovery pods are limited to 8 individuals (male and female).

### SECTION 2.1 – MARP ELIGIBLE APPLICANTS

- 18 years of age or older.
- Incarcerated more than 10 days and less than 90 days in the Wood County Jail.
- Substance Use Disorder and/or Alcohol Use Disorder
- Incarcerated in the Wood County Jail, or a Wood County EMP participant, or a DOC referral.

### SECTION 2.2 – RSAT ELIGIBLE APPLICANTS

- 18 years of age or older.
- Diagnosed with SUD and or AUD.
- Incarcerated for 90 days or more in the Wood County Jail.
- Can have a prison sentence.
- No residence requirement.

### SECTION 2.3 – INELIGIBILITY

If screening assessments and a review by the STRONG Program staff determine that an applicant is ineligible for program participation, further evaluation will not proceed. A notice of ineligibility will be issued to the applicant. Reasons for ineligibility may include:

- Refusal to complete screeners.
- Refusal to sign necessary forms.
- Does not meet the screening criteria.
- Does not meet time requirements.
- Warrant requiring relocation to another county or state before the completion of the minimum course timeline.
- Imposition of a prison sentence that will be executed before the completion of the minimum course timeline.

A person previously determined to be eligible for participation may face disqualification or termination from the program for a few reasons:

- Failure to sign necessary forms.
- Refusal to participate in programming or case management appointments.
- Refusal to participate in follow-up case management sessions post-release.
- Failure to follow the rules and expectations set forth in the program.

## SECTION 3.0 – RULES AND RESPONSIBILITIES

### Rules and Responsibilities

The STRONG Program operates in collaboration with the Wood County Jail and other community agencies to provide a comprehensive range of services.

**All participants are expected to adhere to the rules and regulations of the Wood County Jail.**

Failure to comply with these rules may have the following consequences:

- Denial of program application
- Suspension from program participation
- Termination from the program
- Legal action

Reports of rule violations by prospective or current participants will trigger a review of their eligibility to continue in the program.

The STRONG Program has established the following rules to ensure a respectful, safe, and inclusive environment for all participants, staff, and collaborating team members. These rules apply to all forms of communication, including verbal, written, electronic, and face-to-face interactions.

## SECTION 3.1 – STRONG PROGRAM RULES AND EXPECTATIONS

The following are rules that need to be followed for admittance and ongoing participation in the SMART Program. Please refer to jail staff for a list of rules and expectations of the Wood County Jail.

### 1) HELP TO ENSURE THE PHYSICAL, EMOTIONAL, AND MENTAL SAFETY AND SECURITY OF FELLOW PARTICIPANTS.

- a) This rule is broken when a participant:
  - i) Violates Confidentiality.
  - ii) Refuses to participate in meetings or program activities.
  - iii) Disrespects or threatens any team member, staff member, program participant, or jail inmate.
  - iv) Acts out in physical violence or intimidation.
  - v) Sexually acts out.

- vi) Possession, use, trade, or distribution of alcohol, drugs (including over the counter and prescription medications), and drug paraphernalia.
  - vii) Submit falsified or tampered urine analysis specimens. Additionally, failure to give a requested specimen.
  - viii) Possesses a weapon of any kind.
  - ix) Tamper or destroys program materials.
- 2) TREAT ALL PROGRAM STAFF, TEAM MEMBERS, PARTICIPANTS, AND INMATES WITH RESPECT.
- a) This rule is broken when a participant:
    - i) Impulsively reacts.
    - ii) Gossips.
    - iii) Lies.
    - iv) Forms cliques.
    - v) Manipulates.
    - vi) Eavesdrops.
    - vii) Curses or uses profane language towards others.
    - viii) Use of racist or discriminatory language.
    - ix) Discrimination against a participant for sexual identity, gender identity, religion, age, crime, disability, or other belief systems.
- 3) BE AWAKE, PREPARED, AND PRESENT DURING ALL MEETINGS, APPOINTMENTS, AND PROGRAMMING.
- 4) DO NOT GLORIFY SUBSTANCE/ALCOHOL USE OR ILLEGAL ACTIVITIES.
- 5) DO NOT BEHAVE IN A DISRUPTIVE MANNER.
- 6) PARTICIPATE IN CASE MANAGEMENT SESSIONS, WHICH INCLUDES POST-RELEASE APPOINTMENTS.
- 7) SIGN NECESSARY CONSENT FORMS AND RELEASES OF INFORMATION
- 8) CONSENT TO PARTICIPATE IN PROGRAM SCREENERS
- 9) ENGAGE WITH THE STRONG PROGRAM CASE MANAGER THROUGHOUT THE DURATION OF ENROLLMENT
- 10) MAKE CONTACT WITH YOUR CASE MANAGER POST-RELEASE FOR A MINIMUM OF 90 DAYS
- 11) COLLABORATE IN THE DEVELOPMENT, IMPLEMENTATION, AND EXECUTION OF YOUR PERSONALIZED CASE PLAN

## 4.0 – SERVICES AND PROGRAMMING

### Services and Programming

This section outlines the various services and programs that are available to participants in the STRONG Program.

The STRONG Program is able to offer a robust selection of programming which is supported by volunteers, community partners, and grant funding. These services are limited to availability and duration of incarceration.

### 4.1 – SERVICE TABLE

The following table displays the services available to STRONG Participants. Eligibility of services will be determined by the course the participant is eligible for and selects.

# Services Plan

Most Common

< 10 days

- ✓ Case Management
- ✓ Community MAT Referral
- ✓ Harm Reduction Kit
- ✓ Harm Reduction Folder
- ✗ Discharge Planning
- ✗ Recovery Coaching
- ✗ Change Journaling
- ✗ Follow-Up Case Management
- ✗ Community AODA Referral
- ✗ Jail MAT Management
- ✗ Communicable Disease Screening
- ✗ Jail-Based AODA Counseling
- ✗ Recovery Pod
- ✗ RSAT Programming

Not all services will be available depending on length of incarceration

> 10 days

- ✓ Case Management
- ✓ Community MAT Referral
- ✓ Harm Reduction Kit
- ✓ Harm Reduction Folder
- ✓ Discharge Planning
- ✓ Recovery Coaching
- ✓ Change Journaling
- ✓ Follow-Up Case Management
- ✓ Community AODA Referral
- ✓ Jail MAT Management
- ✓ Communicable Disease Screening
- ✗ Jail-Based AODA Counseling
- ✗ Recovery Pod
- ✗ RSAT Programming

Some options may become available if on the RSAT Waitlist

> 90 days

- ✓ Case Management
- ✓ Community MAT Referral
- ✓ Harm Reduction Kit
- ✓ Harm Reduction Folder
- ✓ Discharge Planning
- ✓ Recovery Coaching
- ✓ Change Journaling
- ✓ Follow-Up Case Management
- ✓ Community AODA Referral
- ✓ Jail MAT Management
- ✓ Communicable Disease Screening
- ✓ Jail-Based AODA Counseling
- ✓ Recovery Pod
- ✓ RSAT Programming

Options available after acceptance into RSAT Course

## 4.2 – SERVICE BREAKDOWN

This section will provide a detailed description of the services available to STRONG Program participants, depending on their specific program enrollment (e.g., MARP, RSAT).

**Case Management** – Case Management services are an integral component of the STRONG Program and are mandatory for all participants, regardless of their specific program enrollment (e.g., MARP, RSAT). The Case Manager assists individuals in securing appointments needed for continuation of care once released to the community. These appointments focus on substance use disorder, recovery, and mental health.

During Case Management sessions, participants will receive the following:

- **Social History Interview:** A comprehensive assessment of the individual's social and personal history.
- **Individualized Case Plan:** Development of a personalized plan outlining goals, objectives, and strategies for successful recovery and reintegration.
- **Community Referrals:** Connections to relevant community resources, such as Medication Assisted Treatment, mental health services, and personal wellness.
- **Transportation Assistance:** Support in arranging transportation to appointments.
- **Recovery Coach Referral:** Connection to a Recovery Coach for ongoing peer support.
- **Change Journaling:** Guidance and support in utilizing journaling as a tool for self-reflection and tracking progress.

**Change Journals** - are valuable tools used within the STRONG Program to facilitate self-reflection and personal growth. These journals assist participants in:

- Exploring the Stages of Change in their recovery journey.
- Understanding the realities and experiences of sustained recovery.
- Developing effective self-advocacy skills.

The specific Change Journals offered to each participant will be determined based on several factors, including:

- **Program Enrollment:** The specific program in which the participant is enrolled (e.g., MARP, RSAT).
- **Length of Incarceration:** The duration of the participant's incarceration.

- **Journal Availability:** The availability of specific journal materials.

Below, the reader will find a list of Change Journals that are utilized in the STRONG Program:

- Getting Started
- Remodeling My House
- Change Plan
- My Coping Skills
- Responsible Thinking
- Personal Growth
- Managing My Life
- Maintaining Positive Change
- Maintaining My Recovery
- Women in Recovery

**Harm Reduction Kit** – includes life-saving resources that individuals in recovery may find helpful. These resources are packaged in a non-descript toiletry bag and include:

- Narcan
- Testing Strips
- Condoms
- Sharps Container
- Dental Hygiene Items
- Saline
- First Aid Kit
- Antibiotic Ointment
- Band Aids
- Safe Use Resources
- STI Information
- QR Code to our Resource Guide

\*Items included are subject to availability and may change.

**Harm Reduction Folders** – will be provided during the Harm Reduction Education or during Case Management. These folders contain information about substance use, safe use, HIV/HEP testing, recovery support, wound care, syringe exchange sites, and much more.



**Discharge Planning** – assists individuals in creating a personalized release plan. The Discharge Planner assists the individual in identifying their needs and connecting them to necessary resources and programs. The Discharge Planner prioritizes securing the following appointments:

- **Primary Care:** Connection to a Primary Care Provider for overall health and wellness.
- **Employment Assistance:** Assistance in enrolling the individual in job-finding programs.
- **Housing:** Assists the individual in applying for housing that is safe and appropriate for their needs.
- **Local, County, State Programs:** Connects the individual to agencies that may offer further assistance such as Medicaid and FoodShare.
- **Activating benefits:** Assistance with activation of healthcare benefits.
- **Transportation Assistance:** Assistance with arranging transportation to appointments.

Discharge Planning streamlines the post-release process by scheduling necessary appointments prior to an individual's release from incarceration, thereby minimizing potential delays in accessing critical services.

**Recovery Coaching** – provide non-clinical support sessions, resource navigation, advocacy, mentoring, and peer-behavior modeling.

**Medication Assisted Treatment** – medication that can assist an individual on their recovery journey. These medications must be prescribed, and their use monitored. Not all substance use has a medication treatment option.

**Wellness for Recovery Pod** – will house individuals enrolled in the RSAT Course while incarcerated. This pod facilitates 24 modules of SMART Recovery Inside-Out programming. All individuals housed in this pod will be enrolled in the RSAT Course.

#### 4.3 – PROGRAMMING

The Residential Substance Abuse Treatment (RSAT) course is designed to align closely with the Wisconsin Department of Health Services (DHS) standards for residential treatment programs. Participants enrolled in the RSAT course will engage in up to 20 hours of structured programming each week.

Programs in this section are limited to individuals enrolled in the RSAT course.

Below the reader will find a list of current offered programs as well as a description and eligibility criteria. Programs are subject to availability.

## Wood County Jail Inmate Chaplain

Facilitator: Reverend Lonnie Selje, volunteers

Programs:

- *Embracing Hope: Grief Processing*
  - This program is a faith-based initiative designed to assist inmates in coping with the various losses they may have experienced. Developed specifically for the Wood County Jail, the program will be led by the pastor who originally conceived it.
- *Recorded Sunday Church Service*
- *Faith-Based Recovery Program*
  - Based on the Life Recovery Program with a devotional included.

## Wisconsin Rapids Family Center

Facilitator: Jess Boyles

Programs:

- *Sexual Violence Survivor Support Group*
  - The Survivor Support Group is offered to those who have experienced sexual violence at any point in their lives- including sexual assault, sex trafficking or exploitation, and childhood sexual abuse. Discussions are survivor driven and include education about domestic and sexual violence, abuse, and trauma. While session topics vary, all meetings are rooted in empowerment and may include reading, discussion, journaling, art workshops, and practicing grounding techniques.
    - Eligibility: This group is only offered to women. Participants are required to maintain confidentiality related to group discussions and disclosures.

## Three Bridges Recovery

Facilitators: Coaches from Three Bridges Recovery

Programs:

- *The Wellness for Recovery Pod*
  - This program facilitates 24 modules of SMART Recovery Inside-Out programming. The curriculum covers SMARTs 4-point program model. Facilitators are Peer Support Specialists and Recovery Coaches.
    - Eligibility: Individual with substance use disorder, RSAT application, STRONG team review.
- *Recovery Coaching*

## Mid-State Technical College Adult Education Services

Facilitators: Trish Zdroik – MSTC Faculty

Programs:

- *Career Awareness*
  - Earn 1-Credit required for all Mid-State Programs. This program will touch on career pathways, professional communication skills, the growth mindset, college success strategies, stress management, financial management, conflict resolution, and community engagement.
    - Eligibility: 18.5 years of age or 9th grade class as graduated
- *GED/HSED Programming*

## Neumann's Recovery Services

Facilitator: Troy Neumann – Certified Peer Specialist

Programs:

- *Childhood Trauma*
  - This group explores the childhood experience and trauma intersection. We will explore how childhood trauma shows up in the adult life and how this can pose difficulties. There is an emphasis on accepting the past and growing for the

future. This group will also highlight how males are taught from an early age to suppress emotions and how this can affect adulthood relationships.

- Eligibility: This group is currently only offered to men. Enrollment first comes, first served.

## North Central Wisconsin Workforce Development Board

Facilitator: Rob Golla – Reentry Coach

Programs:

- *Windows to Work (W2W)*
  - Eligibility: Minimum time to complete course is 45 days, DOC participant.
- *Wisconsin Pathways Home 4*
  - Eligibility: Minimum time to complete course is 20 days, DOC participant.

## Opportunity for Hope Clinic

Facilitators: Trina Howard – Mental Health Clinic Manager (MSW, LCSW)

Jeremy Woodliff – Mental Health Therapist (MA, LPC)

Programs:

- *Counseling Services*
- While incarcerated, individuals can participate in 1:1 (individual) and group counseling sessions. As part of your recovery team, Opportunity for Hope will assist you in achieving your recovery goals and managing your mental health concerns. We'll help you develop coping skills and build resilience, make informed and healthy choices, and support your overall emotional and physical well-being. We can provide clinical diagnoses, assessments, and treatment plans that can be developed during incarceration and easily transferred for continued care upon release. We can continue to support treatment after release or help support referrals to other community mental health providers to ensure coordination and continuation of services.
  - Eligibility: enrollment in RSAT Course

## AA Alcoholics Anonymous

Facilitators: AA Volunteers

Programs:

- *Alcoholics Anonymous (Male/Female) Meeting*
  - Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. At meetings A.A. members share their recovery experience with anyone seeking help with a drinking problem, and give person-to-person services or “sponsorship” to the alcoholics coming to A.A. The A.A. program, as set forth in the Twelve Steps to recovery, offers the alcoholic an opportunity to develop a satisfying way of life free from alcohol.
    - Eligibility: A desire to stop drinking.

## Narcotics Anonymous

Facilitators: Josh Tate – H & I Chair

Programs:

- Narcotics Anonymous
  - Eligibility: A desire to recover from substance use

## SECTION 5 – APPLICATION AND ENROLLMENT PROCESS

### Application and Enrollment Process

This section will assist the reader in understanding the screening, application, and enrollment process for services with the STRONG Program. Eligibility requirements are listed in Section 2 of this handbook.

#### SECTION 5.1 – SCREENING

The STRONG Program utilizes evidence-based screening tools to comprehensively assess individual needs and inform program placement. These tools include:

- **TCU Drug Screen 5:** To screen for substance use disorders.
- **Overdose Risk Self-Assessment:** To assess individual risk for overdose.
- **Alcohol Use Disorders Identification Test (AUDIT):** To screen for alcohol use disorders.
- **Adverse Childhood Experiences (ACE) Questionnaire:** To assess the impact of childhood trauma.

The results of these assessments assist program staff in determining:

- **Program Eligibility:** Whether the individual meets the criteria for participation in the STRONG Program.
- **Individualized Service Needs:** The specific services required for each participant (e.g., counseling, housing assistance, medication management).
- **Appropriate Program Placement:** The most suitable program option for each individual (e.g., jail-based MAT, residential treatment).

Once the screening tools have been completed, the Case Manager will meet with the Jail Nurse Practitioner to review and score them. If the scores indicate moderate to severe use, the Case Manager will meet with the individual to discuss the application and enrollment process.

#### SECTION 5.2 – APPLICATION PROCESS

A Case Manager will meet with the applicant after receiving the scores from the screening tools. During this meeting, the Case Manager will go over the eligibility criteria with the

applicant. If the applicant meets the program criteria and would like to proceed, the enrollment process can begin. Eligibility criteria can be found in Section 2 of this handbook.

### SECTION 5.3 – ENROLLMENT PROCESS

After determining that the applicant meets program criteria, the applicant may begin the process of enrolling in the MARP Course or applying to the RSAT Course. An applicant may elect to apply and enroll in both programs while waiting for their RSAT application results.

During the intake process, the Case Manager will:

- **Review the Program Handbook:** A comprehensive review of this handbook will be conducted with each applicant.
- **Obtain Necessary Documentation:** The Case Manager will present the program consent form, Releases of Information (ROIs), and collect essential demographic and contact information from the applicant.
- **Conduct an Intake Interview:** A detailed intake interview will be conducted to gather information regarding the applicant's housing status, family support system, recovery coach preferences, and substance use history.

Once intake is complete, the Case Manager and participant will schedule an appointment to initiate services.

## SECTION 6 – CASE MANAGEMENT

### Initial Case Management

This section will introduce the reader to the case management process that begins immediately after onboarding. Case Management appointments will be very structured for the first few sessions as the Case Manager collects information from the participant, creates a case plan, and performs a Social History Interview.

#### SECTION 6.1 – CASE PLANNING

The initial Case Management meeting will cover the needs of the participant. During this meeting the participant will collaborate with the Case Manager to design and implement a personalized Case Plan which will be shared with STRONG team members. The Case Plan can be shared with other individuals if the participant wishes and signs an ROI.

The Case Plan is a crucial component of the STRONG Program, serving as a roadmap for participant success. The Case Manager collaborates with each participant to identify and prioritize personal goals related to recovery and reintegration. Together, the Case Manager and participant develop specific, measurable, achievable, relevant, and time-bound (SMART) goals and outline strategies and interventions to achieve them. The Case Manager regularly monitors the participant's progress towards their goals, adjusts the plan as needed, and provides ongoing support and encouragement.

#### SECTION 6.2 – SOCIAL HISTORY INTERVIEW

The Social History Interview is an intensive interview conducted between the third and fifth case management sessions. This in-depth interview allows the Case Manager to gain a comprehensive understanding of the participant's substance use history, including its onset, impact on their life, and their personal recovery goals. During this interview, the Case Manager will actively engage the participant in a strengths-based assessment, encouraging them to identify their personal strengths, support systems, and other valuable personal resources.

#### SECTION 6.3 – CASE MANAGEMENT

The frequency of Case Management appointments will be determined based on the individual needs and preferences of each participant. Some participants may require more frequent sessions to address immediate concerns, work towards specific goals, and coordinate necessary resources. Others may prefer less frequent check-in appointments to discuss their upcoming



release plans. The Case Management approach is tailored to meet the unique needs and preferences of each individual participant.

The Case Manager will maintain consistent contact with participants throughout their incarceration and for a 90-day period following their release from custody. Active participant engagement with their Case Manager is crucial for program success. The Case Manager serves as an advocate and resource procurer, and consistent contact ensures the identification and access to appropriate services and resources to support successful reintegration.

## SECTION 7 – JAIL-BASED MEDICATION ASSISTED TREATMENT

### Addiction Medicine Nurse Practitioner

An Addiction Medicine Nurse Practitioner is a licensed and board-certified nurse practitioner who specializes in assessing, treating and providing ongoing care of people who have a substance use disorder. This is a medical diagnosis. The nurse practitioner will evaluate your health in a holistic fashion and work with you to determine the best treatment plan for you. The nurse practitioner will meet with you no matter where you are in the continuum of use disorder, from risky drug use, active use, withdrawal management, or in recovery.

### Roles in the STRONG program:

The nurse practitioner plays a role in evaluating individuals to see which programming best fits their needs. In addition, the nurse practitioner will be working with the jail medical team providing medications to treat the medical condition addiction. FDA approved medications can be useful in treating substance use disorders. Unfortunately, not all substances have medication to treat that dependency. See Appendix (C) for more information on medication.

## SECTION 8 – RELEASE AND FOLLOW UP

### Preparing For Release

Planning for release from incarceration can be an exciting and uncertain time. This section will help the reader understand how the STRONG Team and other agencies assist the participant in preparing for re-entry into the community.

In the days leading up to a participant's release, they will likely meet more frequently with their Case Manager, Recovery Coach, and the Discharge Planner. While all of these team members collaborate, they each serve a specific purpose in planning for the individual to re-enter the community. Engaging with the team during this time will help to ensure a successful release and sustained recovery.

### SECTION 8.1 – CASE MANAGEMENT FOR RELEASE

During the final month of their incarceration, the Case Manager will conduct a comprehensive review of the participant's case plan. This review will include:

Verifying that identified necessary resources have been addressed.

Confirming the scheduling of any required appointments.

Activating insurance coverage, as needed.

Arranging transportation for post-release appointments, if necessary.

Each participant will receive a harm reduction educational folder containing valuable information to support their recovery journey. This folder will serve as a valuable supplement to the harm reduction kit provided to all participants upon their release from jail. These materials will be placed in the participant's personal property for safekeeping.

### SECTION 8.2 – FOLLOW UP

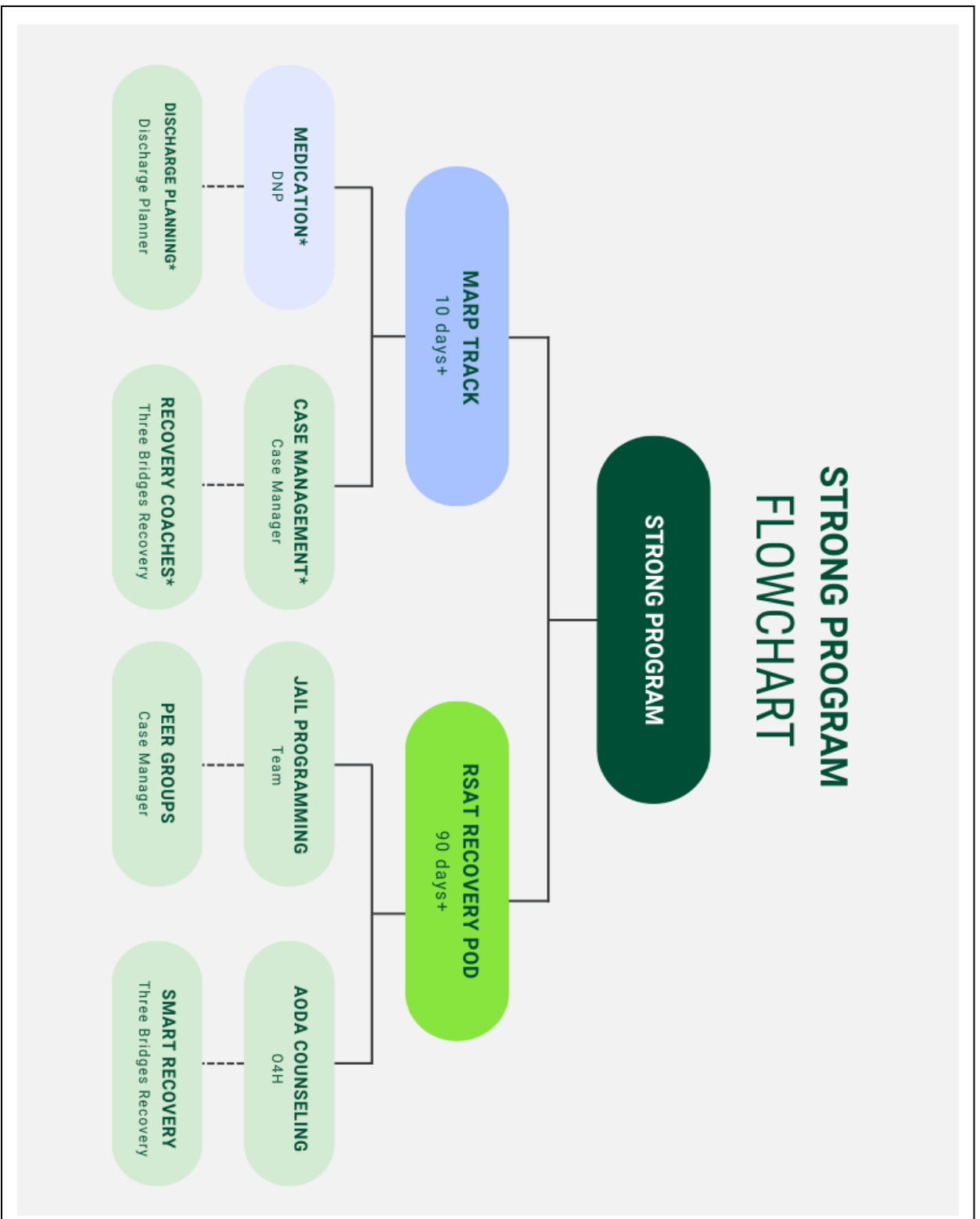
Following their release from jail, participants are required to engage in regular follow-up sessions with their Case Manager. These sessions typically occur at 30-, 60-, and 90-days post-release. While these are the scheduled intervals, participants are encouraged to contact their Case Manager as needed for support and guidance. Maintaining regular contact is crucial for program compliance, as grant funding requirements necessitate the collection and tracking of participant outcomes.

After successfully completing 90-days post-release, the participant will be successfully discharged from the STRONG Program. If an individual fails to maintain contact with their Case Manager, an individual may be terminated from the program with no punitive effects.

## APPENDIX A – ACRONYMS

Acronym	Definition
DOC	Department of Corrections
ROI	Release of Information
MAT	Medication Assisted Treatment
RSAT	Residential Substance Abuse Treatment
MARP	Medication Assisted Recovery Program
STRONG	Strength Through Ongoing Growth & Recovery
SUD	Substance Use Disorder
AUD	Alcohol Use Disorder
STI	Sexually Transmitted Infection
DHS	Wisconsin Department of Health Services
DOJ	Wisconsin Department of Justice
O4H	Opportunity for Hope
TBR	Three Bridges Recovery
TCU5 Screener	Texas Christian University Drug Screen 5
AUDIT Screener	Alcohol Use Disorders Identification Test

## APPENDIX B – PROGRAM FLOW CHART



## APPENDIX C – MEDICATIONS

There are several FDA-approved medications available to help with substance use disorder. Substance use disorder is a brain disease. These medications work on the receptors in the brain that cause a person to want to continue using substances. The following is a brief description of the main medications used at the Wood County Jail. Each person is evaluated, and an individualized medication plan is developed. Medication alone is not the best standard of practice. Counseling and therapy play the biggest role in recovery.

### BUPRENORPHINE

Buprenorphine is an FDA-approved medication for treatment of opioid use disorder (addiction). Buprenorphine is a partial stimulator (agonist) of the opioid receptor. The binding of buprenorphine to the opioid receptor reduces cravings and withdrawal symptoms and decreases the ability of other opioid drugs to bind with the opioid receptor. Like other opioids, Buprenorphine can result in physical dependence.

Side effects of buprenorphine include dizziness, headaches, blurred vision, nausea, vomiting, diarrhea, constipation, anxiety, chills, sweats, urinary retention, restless legs, increased heart rate and insomnia.

The form of buprenorphine that you will be taking in Wood County Jail is combined with naloxone. Buprenorphine must be held under the tongue until completely dissolved. When taking buprenorphine, please do not talk or swallow any saliva while melting, for a full 10-15 minutes. If you need more time to melt, please draw the attention of a staff-member to indicate that more time is needed. If buprenorphine is swallowed before 10 minutes have passed, or you swallow intact fragments of buprenorphine instead of being allowed to be absorbed by the tissue under the tongue, the stomach will destroy the swallowed buprenorphine, and you will not feel full effect from the dose.

### NALTREXONE

Naltrexone is an FDA-approved medication for the treatment of opioid and/or alcohol use disorder (addiction). This medication works on both the alcohol and opioid receptors. Naltrexone is in a class of medications called opiate antagonists. It works by decreasing the craving for alcohol and blocking the effects of opiate medications and opioid street drugs. There is no physical dependency that develops while taking naltrexone.

Side effects include headache, decreased appetite, constipation, dizziness, nervousness, insomnia, drowsiness and anxiety. Most, if not all go away after taking the medication for a time. Research shows that some women have an increase in the chance of getting pregnant. Birth control is recommended.

Naltrexone comes in two forms. Everyone starts on the tablet form. If the medication is tolerated well, a person can choose to take the medication in a shot. The shot is given every 28 days or once a month. It is given in the upper buttock region. This is a good option for people who don't like taking pills or forget to take them. Some people feel that the shot "wears off" before 28 days. A tablet can be taken once daily when these feelings happen.

## METHADONE

Methadone is a medication used to treat Opioid Use Disorder (OUD) (addiction). Methadone is a long-acting full opioid agonist medication that reduces opioid craving and withdrawal and blunts or blocks the effects of opioids. Methadone can only be dispensed through a special clinic. Wood County jail has made arrangements with Wausau Comprehensive Treatment Center (CTC) to allow people to continue their methadone treatment. STRONG staff will coordinate with Wausau CTC to continue your medication.

Side effects include restlessness, nausea or vomiting, slow breathing, itchy skin, heavy sweating, constipation, sexual problems, difficulty breathing or shallow breathing, lightheadedness or fainting, hives or a rash, swelling of the face, lips, tongue, or throat, chest pain, fast or pounding heartbeat, and/or hallucinations or confusion.

Methadone will be provided by CTC in a liquid form.