

# FREE THROUGH RECOVERY



Free Through Recovery (FTR) is a community-based behavioral health program designed to increase access to recovery support services for individuals engaged with the criminal justice system who have a serious behavioral health concern. Free Through Recovery is a partnership between the Department of Human Services and the Department of Corrections and Rehabilitation.

The mission of Free Through Recovery is to improve healthcare outcomes and reduce recidivism by delivering high-quality community behavioral health services linked with effective community supervision. The goals are to improve engagement in quality services and to provide access to individualized services that are responsive to each person's specific needs.

## FUNDING

Senate Bill 2012 appropriated the sum of \$7,000,000 to the Department of Human Services for the purpose of continuing the Free Through Recovery program for the 2019-2021 biennium.

## TO BE ELIGIBLE FOR FREE THROUGH RECOVERY, INDIVIDUALS MUST:

- ⊕ 18 years of age or older
- ⊕ Involved with the criminal justice system and at risk for future criminal justice involvement
- ⊕ Have a behavioral health condition such as; bipolar disorder, major depression, psychotic disorders of all types, post-traumatic stress disorder, obsessive compulsive disorder, borderline personality disorder, panic disorder, moderate and severe substance use disorder(s)
- ⊕ Display concerns/challenges in areas of daily living (housing, employment, recovery support etc.)

## REFERRALS

Individuals are referred to the program by a parole and probation officer, or if the person is transitioning from prison, through an internal assessment process at the Department of Corrections and Rehabilitation.

## SERVICES PROVIDED THROUGH FREE THROUGH RECOVERY

### Care Coordination

Includes an ongoing source of connection, helping participants access treatment and recovery support services, and creatively addressing barriers to individual success. It also includes the provision of assessment, care planning, referrals, and monitoring collaboration with clinical services and probation and parole.

### Recovery Services

Includes access to supportive housing, educational opportunities, meaningful employment, leisure activities and wellness, family and community social supports, parenting education, spiritual engagement, nourishment assistance programs, and any other individualized resources needed to help participants lead a healthy and fulfilling life.

### Peer Support

Connection with a peer who has similar life experience. Peer support specialists provide mentorship, advocacy and additional recovery support.

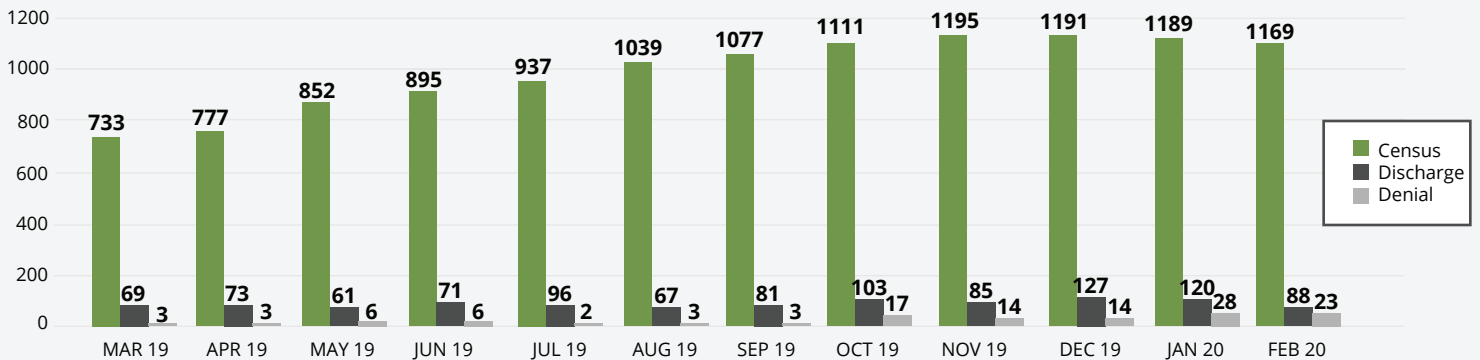
# FREE THROUGH RECOVERY PROVIDERS

There are currently 48 Free Through Recovery Providers located throughout the state with the capacity to serve over 1,500 participants.

## IMPLEMENTATION

Free Through Recovery launched on February 1, 2018. Since then, over 2,442 individuals have participated in the program, with 1,154 individuals being served (as of March 2020).

### Monthly Census (active participants), Discharges and Denials

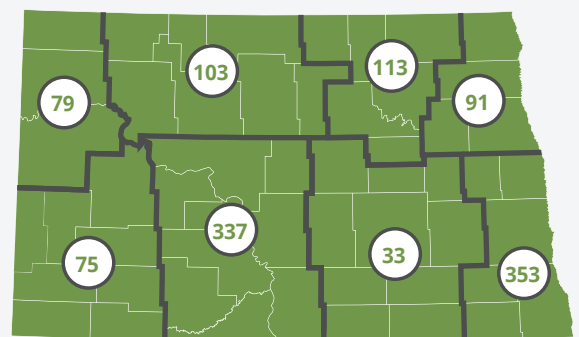
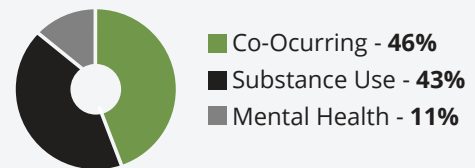


There has been a total of 1,278 discharges from Free Through Recovery. The majority of individuals discharges declined or stopped participating (35%), followed by those who had no contact with their care coordinator or absconded (24%). 165 individuals were identified as not eligible.

### Of the 1,154 current participants:

- 46% of participants have a co-occurring (mental health and substance use) behavioral health need.
- 62% of participants are male.
- Half of the participants (57%) are between the ages of 31-50 and a third (33%) of the individuals are between the ages of 18-30.
- The majority (64%) of participants are white. 26% of participants are Native American.
- 75% of participants have a moderate-high or high risk of committing new crimes (LSI-R score of 30 or above).
- The majority of current participants in the program come from the Fargo area (31%), followed by Bismarck (29%).

### Behavioral Health Needs

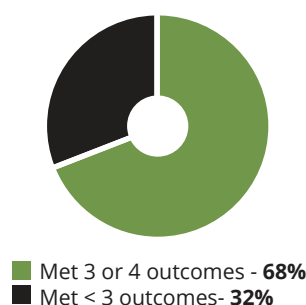


## OUTCOMES

Free Through Recovery Providers are reimbursed with a pay for performance model. In addition to monthly base pay, providers can receive performance pay if participants meet at least 3 of 4 outcome metrics (Housing, Employment, Recovery, and Involvement with Law Enforcement).

Overall, from March 2018 through March 2020, providers earned performance pay for 68% of their participants.

### March 2018 - March 2020 Outcomes



### Positive outcomes were achieved by:

- + 71% of the participants in the law enforcement domain
- + 75% of the participants in the housing domain
- + 67% of the participants in the employment domain
- + 69% of the participants in the recovery domain