

# STONYBROOK STABILIZATION & TREATMENT CENTERS (SSTC)

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## *Ludlow & Springfield*

### **Information for Court Staff**

*Evidence-guided, Trauma-informed, Family-focused post-detox care located in Hampden County. Operated by the Hampden County Sheriff's Department*

### **Section 35 Individuals: Overview**

#### **SSTC Ludlow:**

1. Upon arrival at SSTC Ludlow, clients are immediately assessed by a licensed medical professional. This assessment will determine whether or not the client is in any way medically compromised and would be unable to safely participate in the intake process.
  - a. If it is determined that the client is unable to tolerate the SSTC intake process, the client will be sent to the Baystate Medical Center for evaluation and necessary treatment.
  - b. SSTC Ludlow Health Services is staffed 24/7
  
- Some individuals are detoxing from alcohol, some from drugs, and some from both. Many need Medication Assisted Treatment (MAT) to assist with the detox process.
  
- Specialized and trained staff in medical protocols and Substance Use Disorders assist the individual through the various stages of detox. This can be 1-10 or more days.

We are currently offering Buprenorphine maintenance and Vivitrol IM injections for medically assisted treatment options. We will also work with clients and create follow up appointments for them if they wish to start Buprenorphine or Methadone in the community and are not currently on a program.

Buprenorphine maintenance requires a client to have a current script, a positive urine on intake, and a plan to continue with maintenance upon release from Sec 35 status. This client would have to stay here in Ludlow and would not currently be eligible for transfer to Mill Street at this time. We also follow up with their program, see if they are welcome back, and provide other program options if not. Follow up appointments are typically made for after their release from Sec 35 status and it is up to the client to make this appt.

Vivitrol is an injection many have been getting to avoid getting the opiate cravings. It is sometimes used for alcohol cravings as well. It's a shot that works for 28 days and clients need to attend their follow-up appointments for further injections to remain compliant. These follow-up appointments are made for them while they are here.

Methadone follow-up appointments are also made for those wishing to start on a maintenance program. At this time, we are not yet starting these clients on Methadone. Again, it would be up to the client to make their appointment upon release from their section status.

The above mentioned MAT offerings are for anyone on any length of stay at SSTC Ludlow. They are also offered at SSTC Springfield as well. The only difference being that SSTC Springfield does not maintain buprenorphine at this time.

Aside from Vivitrol, we have not yet started anyone on any other medication for long term alcohol abstinence maintenance. This is a process we are still working on. We are hoping to get some clarity on this soon.

- Upon successful completion of the detox process, as the individual is stabilized, the individual is connected with a counselor who will guide the specialized daily programs on addiction, recovery, triggering issues, 12 step programs, mindfulness, etc. to assist the individual in his recovery.

- DOC Pathfinders – Caseworkers assist clients with community reentry. Pathfinders essentially act as “a bridge” and assist clients with successful reintegration back into the community in terms of securing appointments and follow up support.

Client stability is reviewed in a daily basis via interaction with staff. Stability is viewed as a client’s willingness, to the fullest extent possible, to engage in treatment programming, maintaining discipline free behavior and participate in reentry planning. Formal reviews occur in accordance with the MGL.

Treatment groups are offered on daily basis. Clients are encouraged to attend treatment groups; however, ultimately the decision rests with the client.

Below listed are some of the treatment groups offered at both SSTC sites:

**TOPICS INCLUDE:**

*(Adapted from evidence-based cognitive-behavioral models for early abstinence learning)*

- **Mindful Recovery**  
*Guided reflection exercises to support present-moment awareness and inner resources for responding rather than reacting.*
- **Morning Reflections**  
*Peer-led inspiration and dialogue to support recovery foundation.*
- **Post-Acute Withdrawal Syndrome (PAWS)**  
*Education on mid-range effects of substance use disorder: what to expect and how to cope after acute detox resolves.*
- **Understanding Medication Assisted Treatment (MAT)**  
*Treatment options that support recovering folks to achieve stability and equilibrium: how and why medications such as Methadone, Suboxone, and Vivitrol work, and how to decide what is right for you.*
- **Recovery Roadmaps**  
*Preventing relapse on the road to recovery: enhancing motivation, developing self-awareness, and breaking behavioral habits.*

- **Ideas for Better Communication**  
*Repairing relationships with significant others, navigating communication roadblocks, communication styles, and effects of SUD on relationships, including codependency dynamics.*
- **Skills from Dialectical Behavior Therapy (DBT)**  
*Mindfulness, emotion regulation, distress tolerance.*
- **Substance Use Education**  
*Understanding the effects of substances on body, mind, and spirit.*
- **Re-entry Connections**  
*Identifying and appreciating the range of support options in the community, and meeting with supportive staff that can bridge individuals through reentry phase.*
- **Community Providers and Resources**
  - *AA Commitments*
  - *Veteran's Group*
  - *Men's Recovery Group*
  - *BHN Recovery Meeting*
  - *Adcare Recovery Group*
  - *Magic Al Recovery Theater*
  - *Bible Studies*
- **Peer-led Activities**  
*Numerous peer-led groups are encouraged while in Ludlow, such as AA/NA, bible study, mindfulness, etc. Leadership opportunities are also encouraged as the older clients mentor newer arrivals.*

Numerous self- run groups are encouraged while in Ludlow, such as AA/NA, bible study, mindfulness, etc. Leadership opportunities are also encouraged as the older clients mentor newer arrivals.

- In-reach mentors from out in the community come in daily to connect and create a relationship for the individuals support plan upon release.
- Upon a successful team evaluation, medical and social (good behaviors, demeanor, following programs, medical stability) the individual may be classified to go to step two of the process.
- Clients are reviewed for SSTC Springfield at various stages of their commitment. The SSTC utilizes the step down philosophy, in that,

the goal is to transfer as many clients as possible to SSTC Springfield prior to discharge.

- Examples that would prevent said transfer are
  - Pending charges with bail and/or violent pending charges
  - Medical and/or MH related issues

**SSTC Springfield:**

- Clients that meet the transfer criteria, are immediately transferred to SSTC Springfield
- The individual will be assigned a counselor who will continue to assist the client with his individual service plan to include reentry planning, e.g. housing needs, medical/MH appointments, MAT appointments.
- Daily programs including AA meetings, understanding substance use disorder issues, impulse control, mind and body awareness and general wellbeing are stressed. Programs and class listed above are offered.
- Daily programs and activities are tailored towards stability, recovery and Substance Use Disorder relapse prevention.
- Outside mentors from social service organizations including faith based groups come into the facility daily to provide ongoing guidance and linkage into the community.
- Individuals are allowed, if appropriate, to go to meetings in the community (AA/NA, mentorship, church, etc.). Staff escort the individual to these activities.
- Upon successful stabilization and treatment, a team evaluation on the individual is completed and if appropriate, a recommendation to return to the most appropriate housing placement (home/program) and the community.

- If a home plan is not completed due to the lack of suitable housing, an option of staying in our Foundation House reentry housing (inside Mill St.) can be utilized. These clients continue to participate in treatment programming while housed at the Foundation House. Additionally, assistance with all aspects of reentry is given.
- SSTC staff and our After Care Center (AISS-also in Springfield) are available, for the life of the individual, on an ongoing basis to assist with housing, employment and other needs of the individual so he/she can become a productive and successful member of the community.

sro 12.10.18