

Mandala/Sanctuary House

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4/6/18

Sanctuary (Men's Program) and Mandala (Women's Program) are comprehensive long-term six (6) to eighteen (18) months gender specific, Graduated Transitional Reentry Housing Therapeutic Community programs designed specifically for adults, 18 and over, who are under the supervision of the Vermont Department of Corrections and are in need of a safe, stable and secure re-entry environment. Due to the high level of supervision, intensity and rigorously structured program, women and men who are at risk of re-incarceration as well as those who have a known mental health and/or substance abuse diagnosis are our priority.

Sanctuary House provides Twelve (12) beds for men and Mandala provides eight (8) beds for women on furlough release status under the supervision of the Vermont Department of Corrections. These women and men are in need of a supportive housing situation as well as intensive programming to assist with their successful return to the community. Every VTDOC Resident enters into programming with the goals of independent living, restored health, and sustainable employment.

The women and men have the opportunity to review the program description and expectations prior to completing the nineteen page (19) application. Once the Vermont Department of Corrections, Mandala/Sanctuary House staff and potential Resident agree the program is the right fit, a face to face interview is scheduled with the Director or designee. The potential Resident must commit to following through with all required program components as well as a transitional plan toward independent living prior to release from jail. In most cases the assigned Mandala/Sanctuary Case Manager transports the Resident from jail to the house. This is the first link to the community and a safety net.

Initial Orientation begins the moment a Resident enters the program providing them structure and support. However, an extensive "Orientation Phase" of the program takes at least a month. Together, the Case Manager and new Resident begin developing the independent service plan (ISP) and administer the first Case Management Monitoring Instrument (CMMI) and TCU-CTS. All of the Residents have a collaborative case plan between Rutland Parole and Probation and Mandala/Sanctuary House.

The "evidence based" curriculum and transitional mapping are unique in that they utilize a holistic approach immersing the Residents in educational, work, and community living settings utilizing a strength-based approach. The goal is to facilitate an atmosphere and environment of respect, trust and dignity among the staff, the women/men and the residential community. Addressing areas of functioning in which this population characteristically lacks life experience and self-discipline is done through "Community as the Method". This aspect of the program is described in the section on Program Overview.

Many of these Residents have not finished high school, worked in a meaningful job or taken care of their physical bodies due to life circumstances or incarceration. There is usually a history of mental illness, addiction, abuse, violence, trauma and multiple attempts at varied treatment modalities including other less structured transitional housing programs. They may not have had positive role models to foster a vision for the future and hopeless and helpless become the predominant feelings in their life. Often seen by the community as burdens to the system, the social isolation can set the cycle of recidivism into place. Once these obstacles are addressed through appropriate interventions and skills training, Intensive Case Management, follow-up, and support, the cycle is less likely to continue.

It is **NOT** that the skill or resource was lacking, it is **WHY** they were unable to obtain it. You cannot have an answer if you do not ask a question. This is the philosophy of Mandala/ Sanctuary House.

- Unable to become gainfully employed (What are the obstacles?)
- Little or no job skills (What prevented them from getting them?)
- Inability to finish education (Why?)

- Not able to secure housing (This is hard to do with no education, job, or money)
- No vision for the future that is tangible (With no skills, education, money, food or home, most of a persons concentration would be on these essential needs, not a vision)
- Return to unhealthy relationships (If they are the only relationship you have it makes sense to do this)
- Untreated/undiagnosed physical conditions and disease
- Untreated/undiagnosed mental illness and or addictive disease (Why was it not diagnosed, and if it was, why was it not treated?)
- Inability to “internalize” what has been learned in treatment (Learning is not experiencing.)
- Incapable of connecting with a Community and feeling a sense of belonging (Why?)
- Have not “experienced” true feelings of accomplishment, altruism and self-worth (When you are trying to survive day by day it is difficult to give back to others or feel good about yourself)
- No transitional support system that helps maintain what has been achieved (What areas of support are lacking for that individual and why?)

After living in an environment (prison, jail, treatment center, bad relationships) where housing, food and structure are provided, women often fear being on their own. Research shows that many re-offend because they feel more secure in the “system” or go back to abusive situations because they are familiar.

Mandala/Sanctuary/Sanctuary House are Graduated Transitional Living Environments designed to bridge the gap between incarceration and community while easing the movement from one level of structure to another in a prescribed way for each individual. The Program Manual describes in detail the objectives of each Phase, which are specific, measureable, attainable, realistic and time limited. They serve as a template in which to gauge progress toward goals. This format provides the daily structure and discipline that help move Residents forward in the Re-entry process. To be considered a graduate of the program and eligible Mentor, the Resident must complete all Phases.

We know that in order for these women/men to succeed and remain in the community, their physical, mental and emotional issues must be attended to at the same time as housing, education and employment. It is not enough to “Learn” about Re-entry into their community, they have to experience the day-to-day frustrations of work, relationships and symptoms, in a reflective nurturing environment that address’ the barriers. Staff members are available 24/7 to provide resources for coping with these issues, and the “Community” works together to advance each member toward independence constantly asking the question WHY.

The programs are part of the Vermont Achievement Center located in Rutland Vermont and all funding for the programs are by general Grant from the Vermont Department of Corrections.

The men and woman whom enter into the Vermont Achievement Center DOC Transitional Housing Program come directly from the Vermont Correctional Facilities. They enter into the program on either a Treatment Furlough status, which is a one (1) year window before their minimum sentence completion or a Furlough status which is six (6) months before their minimum sentence.

Cost Reduction Outcomes

*For a male incarcerated in the State of Vermont, the yearly cost is roughly \$61,000.00 which equates to roughly \$167.00 a day.

*For a female incarcerated in the State of Vermont, the yearly cost is roughly \$75,000.00 which equates to roughly \$205.00 a day.

**For The Vermont Achievement Center DOC Transitional Housing Program, the yearly cost for a male or female is roughly \$35,500.00 which equates to roughly \$97.00 a day.

For the fiscal year of 2017, Sanctuary House (Men's Program) utilized 3966 total bed days which equates to roughly a \$277,600 cost reduction.

For the fiscal year 2017, Mandala House (Woman's Program) utilized 2444 total bed days which equates to roughly a \$263,900 cost reduction.

Total of 7300 bed days available at Programs

Mandala (Woman's Program) 2920 total bed days available

Sanctuary (Men's Program) 4380 total bed day available

6410 total beds utilized at the Vermont Achievement Center DOC Transistional Housing Program which is roughly a 90% utilization and roughly a \$541,500 cost reduction.

* www.doc.state.vt.us/about/reports/fy15-doc-annual-report/view

** FIGURES PROVIDED TOOK AMOUNT OF GRANT, MINUS 32,000 ALLOCATED TO WOMANS STEP DOWN. BED UTILIZATION PROVIDED FOR QUARTERLY REPORTS SENT TO VERMONT DEPARTMENT OF CORRECTIONS FOR FISCAL YEAR 2017.

Sanctuary House			TCU-CTS Admission						TCU-CTS Discharge					
Resident Name	Admit Date	LSI / oras	EN Entitled	JU Justification	PO Power Oriented	CH Cold Hearted	CN Criminal Rationalize	PI Personal Irresponsible	EN	JU	PO	CH	CN	PI
JK	Jan 26	31	13	25	21	22	48	26	15	28	30	38	38	31
JB	Jan 26	32	18	20	28	20	28	19	13	12	14	28	23	16
TB	Jan 26	32 22 oras	20	20	21	22	26	23	20	20	20	20	20	20
JP	Jan 26	16 11 oras	20	20	21	22	27	18	15	13	23	28	28	17
PB	Jan 29	18	23	40	39	20	35	27	12	17	14	14	17	15
RT	Mar 4	29	10	10	27	21	22	11	10	10	18	12	12	10
DJ	Mar 13	30	10	10	11	24	15	10	10	10	11	16	11	10
GM	Apr 3	20 oras	12	22	21	20	20	17	20	25	21	20	22	23
LS	May 26	N/A	10	10	29	26	33	12	10	10	14	20	20	10
SM	July 20	20 oras	10	10	10	34	10	15	10	10	11	38	15	10
CB	Aug 19	N/A	16	31	25	20	30	25	12	25	20	18	20	16
JM	Sept 10	18 oras	13	13	14	16	25	13	10	10	10	22	30	16
ND	Sept 30	14 oras	10	10	10	26	13	10	10	10	10	17	13	10
LJ	Oct 5	16 oras	11	10	18	22	23	15	10	10	17	14	22	13
EB	Nov 2	18 oras	16	18	14	20	25	16	11	13	14	14	18	11
JL	Nov 4	20 oras	21	31	42	14	43	28	15	17	16	18	22	17

CS	Dec 30 ors	14	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
JV	Jan 26, ors	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
MB	April 29, ors	21	20	30	29	16	28	22	18	23	27	18	25	11					
CB	May 9, ors	33	16	31	25	25	30	25	12	25	20	18	36	23					
TG	June 13, ors	7	14	14	22	17	27	14	12	10	16	17	16	12					
SD	Aug 2, ors	32	10	10	20	14	27	15	10	10	14	16	18	12					
JO	Aug 30 ors	17	18	21	28	31	35	21	14	18	25	28	22	12					
JV	Oct 3 ors	39	12	18	14	36	25	12	10	10	14	18	12	10					
CW	Nov 29 ors	19	23	13	26	34	28	18	18	18	10	16	14	12					
AS	Dec 13 ors	6	10	12	13	10	33	11	10	10	10	11	10	10					
PB	Jan 6, ors	23	20	25	27	16	18	22	10	10	10	12	10	10					
CM	Jan 10, ors	14	27	23	30	30	28	20	17	17	17	23	18	22					
KH	Feb 7, ors	14	15	23	31	16	35	17	17	30	19	14	35	17					
BA	Feb 27, ors	19	10	10	10	18	17	12	10	10	10	10	10	10					
CFL	Mar 3 ors	18	27	28	34	26	23	25	10	10	16	23	15	10					
BC	Mar 17 ors	28	22	25	30	22	38	26	10	10	21	18	17	13					
CT	Aug 22, ors	14	20	22	24	22	35	28	10	10	12	14	18	14					

<i>Domain</i>	<i>Admission</i>	<i>Discharge</i>	<i>Change</i>
ENTITLED (EN)	16	12	4
JUSTIFICATION (JU)	19	14	5
POWER ORIENTED (PO)	23	17	6
COLD HEARTED (CH)	21	18	3
CRIMINAL RATIONALIZE (CN)	26	19	7
PERSONAL IRRESPONSIBLE (PI)	18	14	4

TCU-CTS OUTCOMES – MANDALA RESIDENTS WHOM COMPLETED SIX MONTH COMMITMENT

Mandala House		TCU-CTS Admission							TCU-CTS Discharge						
Resident Name	Admit Date	LS I/ OR AS	EN Entitled	JU Justification	PO Power Oriented	CH Cold Hearted	CN Criminal Rationalize	PI Personal Irresponsible	D/C Date	E N	J U	P O	C H	C N	PI
AM	4/29/14	26	18	20	22	14	27	20	4/1/16	10	20	20	12	20	18
DC	12/5/14	23	10	20	18	18	25	20	9/15/15	10	20	23	13	23	22
JR	10/30/13	27	15	15	25	18	30	18	1/6/15	18	18	24	20	36	16
AG	7/16/14	30	23	33	39	16	42	32	1/16/15	23	21	22	14	33	26
EC	1/22/15	36	10	10	17	12	20	11	10/29/15	10	10	14	10	18	11
MN	2/15/15	26	12	17	14	22	17	10	8/13/15	12	16	18	22	18	10
BR	2/20/15	34 19	10	17	20	28	20	18	10/16/15	10	14	20	20	20	10
B	2/6/15	29 21	15	20	28	32	23	18	6/17/16	17	20	20	14	23	13
CFB	4/23/15	23	13	17	20	14	40	18	4/28/16	10	10	13	13	12	12
SS	6/1/15	29	20	20	25	26	30	26	12/10/15	20	22	24	13	13	24
TR	9/30/15	20	18	18	17	40	40	18	3/30/16	22	25	27	18	22	22
KM	9/30/15	23	13	13	18	26	28	25	11/18/16	10	10	14	22	15	10
SW	12/11/15	15	13	15	21	20	22	17	7/1/16	20	20	24	20	27	20
RV	3/4/16	15	10	10	16	20	13	12	11/18/16	10	10	17	12	15	10
CF	3/11/16	13	10	10	21	20	20	10	11/10/16	10	10	10	18	16	10
NB	6/24/16	20	10	10	10	18	16	10	1/4/17	10	10	20	16	13	10
DT	9/12/16	17	15	21	20	22	30	16	5/5/17	13	18	15	22	26	16
TF	10/10/16	15	10	10	10	12	10	10	6/6/17	10	10	11	14	10	10
HB	12/5/16	24	20	21	25	10	19	14	1/16/18	20	18	18	10	13	12

TCU-CTS OUTCOMES – MANDALA RESIDENTS WHOM COMPLETED SIX MONTH COMMITMENT

HS	12/7/16	26	20	25	27	18	35	21	8/10/17	10	17	20	14	21	20
AS	2/22/17	31	10	10	16	18	15	12	1/25/18	10	10	12	12	18	10
NS	4/10/17	26	10	10	10	25	12	12	10/13/17	10	10	20	10	10	10
NR	6/7/17	18	12	15	19	18	20	20	12/29/17	10	10	12	12	10	10

<i>Domain</i>	<i>Admission</i>	<i>Discharge</i>	<i>Change</i>
ENTITLED (EN)	<i>14</i>	<i>13</i>	<i>1</i>
JUSTIFICATION (JU)	<i>16</i>	<i>15</i>	<i>1</i>
POWER ORIENTED (PO)	<i>21</i>	<i>18</i>	<i>3</i>
COLD HEARTED (CH)	<i>20</i>	<i>15</i>	<i>5</i>
CRIMINAL RATIONALIZE (CN)	<i>24</i>	<i>18</i>	<i>6</i>
PERSONAL IRRESPONSIBLE (PI)	<i>16</i>	<i>14</i>	<i>2</i>

Resident Name	Date of Admission	Livable wage employment	Engagement in recovery: individual therapy, AA, groups	Family/child reunification	Educational involvement to complete diploma or GED	Increased mental health status	Increased physical health status	Reduce dependence on State and Federal Programs	Return to incarceration for new charge within 6 months of completing program commitment or graduation	Return to incarceration for new charge within 6-12 months of completing program commitment or graduation
AK	1/26/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AB	1/26/15	YES	YES	YES	Completed GED in Program	YES	YES	YES	NO	NO
AF	1/26/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AP	1/26/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AB	1/29/15	YES	YES	YES	Has Diploma	NO	YES	YES	NO	NO
AT	3/4/15	YES	NO	YES	Has Diploma	YES	YES	YES	NO	NO
AJ	3/13/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AM	4/3/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AS	5/26/15	NO	YES	YES	Has Diploma	YES	YES	NO	NO	NO
AM	7/20/15	YES	YES	YES	Completed after leaving	YES	YES	YES	NO	NO
AB	8/19/15	NO	YES	YES		YES	YES	NO	NO	YES
AM	9/3/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AD	9/30/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	NO
AJ	10/5/15	YES	YES	YES	Has Diploma	YES	YES	YES	NO	YES
AB	11/5/15	NO	YES	YES	Has Diploma	YES	YES	NO	NO	NO
AL	11/20/15	YES	YES	YES	Has Diploma	YES	YES	Yes	NO	YES

CS	1/15/15	YES	YES	YES	Has GED	YES	YES	YES		YES	
Y	1/26/15	YES	YES	YES	Has GED	YES	YES	YES		NO	NO
MB	4/29/16	YES	YES	YES	Has Diploma	YES	YES	YES		NO	NO
CB	5/9/16	YES	YES	YES	Completed GED in Program	YES	YES	YES		NO	YES
TC	6/14/16	YES	YES	YES	Has Diploma	YES	YES	YES		NO	>12MO.
SD	8/2/16	YES	YES	YES	Has Diploma	YES	YES	YES		NO	YES
IO	8/30/16	YES	YES	YES	Has Diploma	YES	YES	NO		NO	NO
IV	10/3/16	YES	YES	YES	Has Diploma	YES	YES	YES		NO	NO
DW	11/28/16	NO	YES	YES	Has Diploma	YES	YES	NO		NO	>12MO.
AS	12/13/16	YES	YES	YES	Has Diploma	YES	YES	YES		NO	NO
DM	1/10/17	YES	NO	YES	Completed GED in Program	YES	YES	YES		>6MO	>12MO.
PB	1/5/17	YES	NO	YES	Has Diploma	YES	YES	YES		NO	>12MO.
CH	2/7/17	YES	YES	YES	Has Diploma	YES	YES	YES		NO	>12MO.
BA	2/24/17	YES	YES	YES		YES	YES	YES		NO	>12MO.
FL	3/16/17	NO	YES	YES		YES	YES	YES		YES	>12MO.
BC	4/17/17	NO	YES	YES	Has Diploma	YES	YES	YES		>6MO	>12MO.
NT	8/22/17	YES	YES	YES	Has Diploma	YES	YES	YES		>6MO	>12MO.
Target		70%	80%	80%	80%	80%	80%	80%		20%	30%

62.5% 97.5% 100% 100% 97.5% 100% 85.0% 62.5% 15% (5)

All residents whom entered program without a High School Diploma or equivalent are required to pursue through either Community High School of Vermont or through Vermont Adult Learning. Those highlighted in **RED** began pursuing their diploma or GED yet did not continue once completing their stay within the program.

Residents highlighted in **YELLOW** began and completed while in the program or after they left the program.

SAP TUARY HOUSE OUTCOME MEASURES-Residents In or Completed Time in the Program

Resident Name	Date of Admission	Health Care Benefit Start	Primary Care Evaluation	Psychiatric Evaluation	Domain (3) Admission	Domain (3) Discharge	Domain (4) Admission	Domain (4) Discharge	Domain (7) Admission	Domain (7) Discharge	Exercise hr minimum per wk
JK	Jan 26, 2015	Jan 26 2015	2/13/15	2/16/15	1.5	3	2	3	1.5	3	Yes
JB	Jan 26, 2015	Jan 26 2015	2/13/15	2/16/15	1.5	2.5	2.5	2	1.5	3	Yes
TB	Jan 26, 2015	Jan 26 2015	2/13/15	2/16/15	1.5	2	2	2	1.5	2	Yes
JP	Jan 26, 2015	Feb 1 2015	2/13/15	2/16/15	2	4	1.5	4	2.5	4	Yes
PB	Jan 29 2015	Jan 29 2015	2/13/15	2/19/15	2	3	1.5	3	2	3	Yes
RT	March 4 2015	March 4 2015	4/1/15	3/9/15	2.5	2.5	1	2.5	1	3	Yes
DJ	March 13 2015	March 13 2015	3/22/15	4/1/15	2	4	2	4	2	4	Yes
GM	April 3 2015	April 6 2015		4/22/15	2	3.5	2	2.5	2	3	Yes
LS	May 26 2015	May 26 2015	4/14/15	4/22/15	1	2	1	2	1	3	Yes

SATURDAY HOUSE OUTCOME MEASURES-Residents In or Completed Time in the Program

SM	July 20 2015	July 20, 2015	8/11/15	8/20/15	1	2.5	1.5	3	1.5	3	Yes
CB	Aug 19 2015	Aug 19 2015	8/24/15	9/10/15	1	3	1	2.5	1	3	Yes
JM	Sept 10 2015	Sept 10 2015	9/3/15	9/28/15	1	2	1	2	1	2.5	Yes
ND	Sept 30 2015	Sept 30 2015	10/18/15	10/22/15	2	3	2.5	3	2.5	3	Yes
LJ	Oct 5 2015	Oct 5 2015	10/18/15	10/22/15	1.5	3.5	2	3.5	1.5	3	Yes
EB	Nov 5 2015	Nov 5 2015	11/18/15	11/19/15	3	3	2	3	2.5	3.5	Yes
JL	Nov 20 2015	Nov 20 2015	11/26/15	11/7/15	1.5	3.5	1.5	3.5	2	3.5	Yes
CS	Dec 30 2015	Dec 31 2015	2/3/16	1/14/16	2	3.5	2	4	2	4	Yes
JV	Jan 26 2016	Jan 27 2016	2/11/16	2/8/16	1	4	1	3	1	3.5	Yes
MB	Apr 29 2016	May 3 2016	May 4 2016	May 5 2016	2	2.5	1.5	2	2	2.5	Yes
CB	May 9 2016	May 9 2016	6/8/16	5/12/16	1	2.5	1	2.5	1.5	2	Yes

SANCTUARY HOUSE OUTCOME MEASURES-Residents In or Completed Time in the Program

TG	June 13 2016	June 13 2016	7/11/16	6/16/16	1	3	1	3	1	4	Yes
SD	Aug 2, 2016	Aug 2, 2016	8/17/16	8/12/16	1	3	1	3	1	3	Yes
JO	Aug 30, 2016	Aug 30, 2016	9/29/16	9/17/16	1	2	1	2	1	2	Yes
JV	Oct 3 2016	Oct 3 2016	10/19/16	10/14/16	1	3	1	3	1	4	Yes
CW	Nov 29 2016	Dec 8, 2016	Dec 20 2016	Dec 9 2016	1	2	1	3	1	3	Yes
AS	Dec 13 2016	Jan 10, 2017	Jan 12 2017	Jan 18 2017	1	2	1	3	1	2	Yes
PB	Jan 5, 2017	Jan 5, 2017	Feb 2, 2017	Feb 2, 2017	1	5	1	5	1	6	Yes
CM	Jan 10, 2017	Jan 10, 2017	Jan 17 2017	Jan 19 2017	1	2	1	2	1	2	Yes
KH	Feb 7 2017	Feb 7 2017	Feb 20 2017	March 2 2017	1	3	1	3	1	3	Yes
BA	Feb 24 2017	March 7 2017	March 12 2017	March 21 2017	1	1	1	1	1	1	Yes

SANCTUARY HOUSE OUTCOME MEASURES-Residents In or Completed Time in the Program

CFL	March 16 2017	April 4 2017	April 6 2017	April 6 2017	1	3	1	5	1	3	Yes
BC	April 17 2017	May 23 2017	June 11 2017	May 22 2017	1.5	3	1	3.5	1	3	Yes
CT	August 14 2017	August 14 2017	Sept. 5 2017	Sept. 11 2017	1	4	1	4	1	3.5	Yes
Target		85%	85%	85%		80%		80%		80%	80%
Indicator Percentage		100%	93.5%	97.5%		88.5%		88.5%		94.5%	100%

	ADMISSION	DISCHARGED	Change
Domain (3) Medical	1.41	2.92	1.5
Domain (4) Psychiatric	1.38	3.05	1.7
Domain (7) Substance Abuse	1.41	2.95	1.5

- 80% of all men completing the Sanctuary House Program will improve their nutritional status. Indicated by CMMI-Domain Three (3) score increasing a minimum of 1 full point on the Rating scale at DC
- 85% of all men entering Sanctuary House will be connected to and evaluated by a Primary Care Provider within 30 days of admission.
- 85% of all men entering Sanctuary House will have a complete Psychiatric Evaluation within 30 days of admission.
- 80% Improvement in Mental Health issues Indicated by CMMI-Domain Four (4) score increasing a minimum of 1 point on the Rating scale at discharge.
- 80% of all men entering Sanctuary House will be linked to Health Care benefits within 30 days of admission.
- 80% of the Residents will engage in cardiovascular exercise at least three (3) hours per week. Indicated by Resident Exercise Log.
- 80% of the Residents with a substance abuse diagnosis will engage in ongoing treatment indicated by CMMI-Domain Seven (7) score increasing a minimum of 1 full point on the Rating scale upon discharge.