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Passages
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"Alternatives to the Corrections System"

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Alternatives, Inc. Quarterly Newsletter

Winter, 2017

MISSION STATEMENT: We promote public safety and challenge offenders to become responsible productive citizens through firm, fair, consistent supervision, treatment, and education.

Enhanced Supervision Program (ESP) – *Dave Armstrong, CEO*

Incarcerating offenders in the state prison is an expensive proposition costing over \$100 per day per inmate.

- Participation in Cognitive Behavioral Therapy;
- Employment placement.

There is limited prison bed space availability, so at times regardless of cost, there simply is no place for additional inmates. What then do you do with the parolee or probationer who requires a little extra supervision and support to remain in the community? One unique and cost effective answer to this problem is the Enhanced Supervision Program.

What then do you do with the parolee or probationer who requires a little extra supervision and support to remain in the community?

Enhanced Supervision is a cooperative effort between the MT Department of Corrections and its community based partners operating pre-release centers. Probation and Parole Officers can refer clients to the program and, while retaining supervisory authority over the client, can choose from a variety of enhanced services including:

- Daily check-ins with ESP personnel;
- Once per week case management meetings;
- Daily breathalyzer testing;
- Weekly urinalysis testing;
- Secure Continuous Remote Alcohol Monitoring (SCRAM bracelets);

Alternatives, Inc. has recently received the go-ahead to add 45 additional clients to ESP, bringing the total to 85. Additionally, the SCRAM unit (an anklet that measures transdermal emissions, and relays information regarding alcohol use via phone lines and the internet) will be supplemented with Remote Breath (a cell phone based breathalyzer with military grade facial recognition and GPS capabilities) and GPS units that record the client's location on a 24-hour a day basis.



Incarcerating offenders in the state prison is an expensive proposition costing over \$100 per day per inmate.

This low cost program is just one cooperative effort between the Department of Corrections and Alternatives, Inc. The intent of these programs is to support offender success in completing the conditions of probation and parole, thereby reducing the pressure on local jails and state prisons.

Victim Impact Panel – *Chelsey Duenow, Licensed Addictions Counselor*

Victim Impact Panels (VIPs) conducted by the Montana Department of Corrections consist of two to four victims of felony crimes who volunteer to talk with a group of convicted adult offenders about how crimes have harmed them, their loved ones, and their communities. VIPs force offenders to face directly the harm they have caused others. Prior to participating in VIP, some offenders view themselves as victims because they were caught. If no one was physically injured during the crime, offenders might believe the crime had no victims.

At Passages, offenders participate in weekly preparation courses using The Victim Impact Panel: Listen and Learn Curriculum provided by the U.S. Department of Justice. In these courses and through challenging assignments, offenders become aware of the impact of crime and the ripple effect. They are challenged to demonstrate accountability and empathy. Offenders also develop a plan to make amends and to avoid victimizing behavior in the future. After completing these courses, offenders participate in a live victim impact panel where survivors in Montana volunteer to come and tell their stories. Several participants have described this experience as “life-changing, intense, challenging, valuable, and real.” Most offenders report that the VIP was an important factor in their decisions to take responsibility for their criminal actions, participate in treatment, and change their lives.

Passages, is offering this program during Alcohol and Drug Treatment (ADT). We recently had a live panel for this group on January 16th. There were four speakers who shared their stories of surviving victimization which

included; burglary, childhood sexual abuse, DUI injury and DUI death. There were seven offenders who completed the requirements and attended the panel. One of these offenders was convicted of negligent homicide involving a motor vehicle and she was deeply touched by one of the speaker’s testimony about coping with his brother’s DUI related death. Most speakers say that par-

“...life-changing, intense, challenging, valuable, and real.”

ticipating in VIP is worth it if they touch one life and prevent one future person from these experiences. This group is ongoing and we are already planning our next panel.



Staff members Chelsey Duenow, LAC (far left) and Shelby Penn, Case Manager (far right) facilitate the Victim Impact Panel

Stillwater Expansion – *Amanda Green, Beta Jail Alternatives Supervisor*

In the last 2 years, Satellite Alternatives Manager, Liz Cox, has spent two Wednesdays a month traveling to Sweetgrass County to expand services to Big Timber City Court, Sweetgrass County Justice Court, and Park County District. Over that time, she has developed relationships with Judge Jessie Connolly with the city and county and Judge Brenda Gilbert, District Court, to begin providing new jail alternative options which include random drug and alcohol testing, SCRAM, GPS, Drug Patches, and ACCI Cognitive programming. These programs save the county time and money by eliminating the need to transport and house offenders in jails across the state as there is no local de-

tention facility. They also provide a gap in services for small counties that lack resources to run an independent program. In the past two years, Liz has accumulated almost 90 referrals from her travel there, and we look forward to an increase in referrals and an expansion to other areas of her program.



Liz Cox, Stillwater Alternatives Manager

Inmate Workers play a vital role at Passages, working in the kitchen and laundry. Most Inmate Workers serve for six months and enter pre-release afterward. The Inmate Worker program allows participants to gain self-esteem, employment skills, and work history.

WE ARE DOING IT

We're a team of women,
our jerseys are red-and-white;
We're ferocious and fierce,
yet such a delight.

We get up at dawn and
prepare entrees to cook,
While others scrub 'til it
sparkles in every nook.

We don't play to score
or hear fans' screams,
But we play for ourselves
and our reachable dreams!

Our cheerleaders don't bring pom-poms,
or crowd-pleasing cheers;
But we've got fans we call family
who've stood by, through the years.

We're not allowed to tackle,
but we can sack a lunch;
Got something to say? – we'll
beat you to the punch!

We have to paint-on our eyes,
or numbers on our backs;
We don't wear helmets:
we're too beautiful for that!

We get frustrated, hurried,
and at times, run-down;
We pull our heads up, persevere,
and shine-up our crowns.

When we don't bring our "A game,"
there's no bench to 'ride pine;
We've made too many strides
for drugs, booze, or wine.

We step-up to the plate
and live our sober lives;
We go-to-bat as mothers,
as daughters and wives.

Some of our players are patient,
others not so much;
They may pass you the ball
when you want a crutch.

What we lack on paper,
you better put to the test:
We're a precocious bunch
And we never rest!

This is my toast to you champions
and determined survivors –
Singers, writers, artists,
and skillful MacGyvers;

Those who may follow our
coaches in the Culinary Arts,
Or plays from the "How To"
Housekeeping charts:

Here's to the twinkle in our eyes
and the glow on each face:
Stability, fulfillment,
style, and grace.

Here's to the mountains we climb,
and storms we survive:
Rebuild after wreckage and
learn to survive!

Some say, "WE CAN;"
others say, "WE BETTER;"
We say, "We're already doing it!"
and we didn't stutter!

We are aspiring legends
who've made our own slogan:
"WE ARE already DOING IT,
BETTER than anyone else CAN."

Kelsey Orr,
Passages' Inmate Worker



Blackie Rodriguez,
Housekeeping Supervisor
Alternatives, Inc.



Chelsey Duenow,
Licensed Addictions
Counselor
Passages

EMPLOYEES of the YEAR



Ellen Moore,
Records Assistant
Alpha House / Beta

Carey Guide System – *John Williams, Alpha House Director*

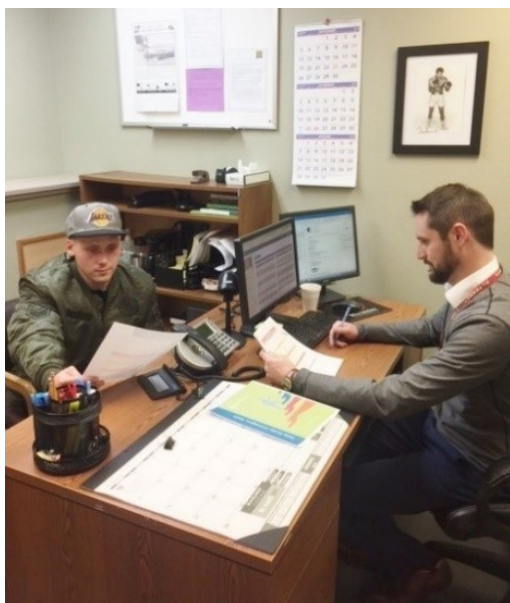
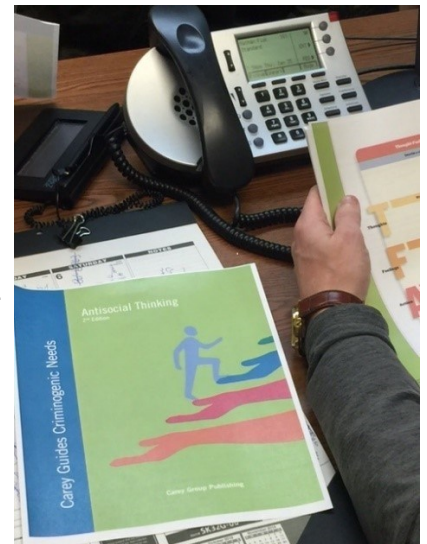
Whether you're a doctor, a mechanic, or an artist, it's important that your box is filled with the right tools. Alternatives, Inc.'s Case Manager's needs are no different. The Case Manager's toolbox is filled with tools such as Motivational Interviewing techniques, the WRNA and MORRA risk assessments, Principles of Effective Intervention, DOC policy, and Alternatives policy and procedures. Providing current and relevant education, training, and yes, the right tools, allows our Case Managers to be in the best position to set their residents up for success. These tools help our residents become better fathers, mothers, members of the community, etc. by equipping our staff with the right approach for the job.

Alternatives is always looking for new tools to add to the Case Manager's toolbox.

The newest tool in the Case Manager's toolbox is the Carey Guide. We are piloting the system that we hope will give our Case Managers an important edge in the behavioral change business. The Carey Guide System provides an easy to follow format to address antisocial associates, developing a resident's problem-solving skills, and many other criminogenic factors. The guides translate decades of research and meta-analysis into useable evidence based practices. The

Carey Guide system consists of 33 handbooks with cognitive behavioral exercises for case management issues. Each guide is uniquely tailored to the specific risk/need category and each manual has a variety of worksheets that the Case Manager can use with their resident, either during their 1:1 or as a home-work assignment.

The goal for the Case Manager is to support the resident in thinking, acting, and behaving in a pro-social manner. When a resident's motivation becomes more intrinsic, it creates a win for all of us. Residents begin to actively take steps to better their lives, the lives of their family, and the community resulting in lower recidivism rates, less victimization, and long term public safety. This Carey System adds one more support mechanism.



Case Manager Nate Fisk meets with a client during a 1:1 session.

**Congratulations to our
newest Board Member -
Kristi Summers,
First Interstate Bank!**



Featured Board Member: Lisa Wallace – *Mandy Hurr, Human Resources*

Have you ever read a book 37 times? Lisa has. In fact, Lisa read the entire *Lord of the Rings* trilogy 37 times!

Lisa loves college. So much so, that after completing college, she has continued working in colleges since 1993! When her and her husband decided to move for his career, they made their choice of where to move according to where Lisa would be able to work in a college. Upon moving to Billings, Lisa started working at Montana State University Billings in career services. After six years at MSU-B, she accepted the Director of Career Services position at Rocky Mountain College and has been there for the past five years.

Lisa has two children who are both on travel soccer teams. They have practices several times a week and travel to Denver, Salt Lake, and Twin Falls, as well as throughout Montana for games, which takes up much of the summer months. Lisa also enjoys cooking and would love to have the chance to someday travel all over Europe.



Lisa Wallace joined Alternatives' Board of Directors in January, 2014.

Giving Back to Those Who Give – *Amanda Green, Beta Jail Alternatives Supervisor*

Community Service laid the groundwork for the Beta Jail Alternatives' Programs. With almost 372,544 hours worked from 2007-2017 at 316 sites, it is a program that continues to provide opportunities for clients to work off court fines or as a sentencing condition of a Court Order. On February 2, Alternatives continued its mission of community service by helping a staple site, St. Vincent DePaul, gear up to move to their new location. This was a collaborative effort between staff, residents, and community service workers. With a total of 53 combined volunteer hours, close to 200 overflowing moving boxes and 10 pallets of goods were moved to assist the agency in gearing up for their liquidation "blowout sale."

"I had a good time, got some exercise, enjoyed helping out, and getting a change of scenery, ..." - Alpha House Inmate Worker
Julian Baugman.

Beta does two to three joint community service projects every year with staff, residents, and clients as a way to model for our clients that giving back to the neighborhood is imperative to a healthy community. While organizing the showroom, Inmate Worker at Alpha House, Julian Baugman, said, "I had a

good time, got some exercise, enjoyed helping out, and getting a change of scenery and seeing what the place was all about." When asked if this event would lead him to volunteer again, he said, "Probably, we'll see what opportunities come up!"

"St. Vincent DePaul does a lot for our Community..." - Justin Miller

Volunteer staff member, Justin Miller, said, "St. Vincent DePaul does a lot for our community. I felt I should help them in this transition so they can focus on other things and not have to worry about getting the items moved." We look forward to more community service opportunities in the future.



Debbie Fredrickson, Client Advisor, takes a break from moving!

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