

A Psycho-Social Intervention Program Provided in the Prison-System for Inmate-Patients with Serious Cognitive Problems

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Introduction

- California Men's Colony (CMC) is one of the 33 state prisons in California that has a specialized program for male inmates who suffer from mental illness and/or cognitive disorders
- Over 3000 inmates live at CMC

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Introduction

- CMC has 4 housing sections; two of them house inmates with mental illness and/or cognitive impairments
- Each section has two buildings
 - ◆ 3 stories with 100 cells
 - ◆ Each cell is about 10x 6 feet and houses one or two inmates
 - ◆ Inmates have access to an exercise yard (100x120 yards)

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Inmate-Patients with Dementia

- Of the 3000 prisoners about 170 need special support due to cognitive impairments
- 10% of the 170 cognitively impaired prisoners at CMC suffer from severe cognitive impairments due to moderate/severe dementia

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Inmate-Patients with Dementia

- Dementia is diagnosed in the same way as in the community (DMS-IV TR, 2000)
 - ◆ Significant memory lossand
 - ◆ e.g. aphasia, apraxia, agnosia, and/or disturbances of executive functions

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Inmate-Patients with Dementia

- Moderate to severe dementia is defined as
 - ◆ Improperly putting clothes on, forgetting how to bathe, how to eat, how to find own room
 - ◆ Limited ability to express own needs

(Functional Assessment Staging Test (FAST)
Reisberg, 1982)

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The Problem

- California Men's Colony (CMC) has been providing specialized activities and education for inmates with serious mental retardation
- Inmates with serious age-related cognitive decline did not have therapeutic interventions that were tailored towards their needs

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The Special Needs Program for Inmate-Patients with Dementia

- The Program targets three intervention levels:
 - ◆ Physical Environment
 - ◆ Social Environment (i.e. staff)
 - ◆ Individual Patient
- Each level addresses memory problems and other core symptoms of dementia
- Each level takes into consideration safety regulations (e.g. material that cannot be used as a weapon; no overfamiliarity by staff)

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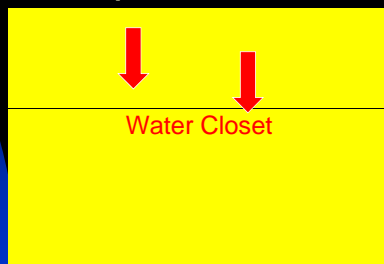
Physical Environment

- Administering visual prompts to compensate for memory problems and poor judgment:
 - ◆ Names are attached to the cell doors
 - ◆ Arrows highlight the bathroom area of each cell
 - ◆ Each sink has "wash-hands" sign
 - ◆ Calendars indicate the current date and routine events in the prison
 - ◆ Smaller calendars provide information about the current weather and specify what to wear on that day
- Special eating times for the inmate-patients

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Physical Environment (example)



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Social Environment

- Training based on the models of "unmet-needs" and "low-stress-threshold" for custody staff and for nursing staff (Davidson, 2007)
- Custody and nursing staff use visual prompts to assist the prisoners to express their needs

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Social Environment (example)



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Individual Patient

- All prisoners with dementia are scheduled for recreation activities and groups, and - if needed - for activities of daily living
- Ten weekly groups with multi-modality interventions (visual and auditory)¹
 - ◆ Emotion management
 - ◆ Compensating for cognitive deficits
 - ◆ Sensory training
 - ◆ Reminiscence therapy
 - ◆ Walking
- Individualized flashcards help each prisoner to cope with stressful situations

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¹ Hodel B. & Sanchez H.G. (2008)

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Methodology

Time-Series design (O'Reilly, Green & Brauling-McMorrow, 1990)

- - Effects of interventions are measured several times during treatment
- - Effects are replicable across subjects
- - Interventions do not impact a "neutral variable" (constant-series control)

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Methodology

- No random assignment
- Inclusion consecutively
- Inclusion based on the following criteria:
 - ◆ Referred by independent Interdisciplinary Treatment Team
 - ◆ Diagnosis of severe dementia (early or late onset)

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Assumptions

- Therapeutic interventions lead to differences in:
 - ◆ Irritability
 - ◆ Social Skills
 - ◆ Depression
 - ◆ Attention

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Inmate-Patients

Demographic data of 11 inmate-patients with dementia

	Age		Ethnicity				
	Average	SD	Cauc.	African-American	Hispanic	Native-American	Others
Pre (n=11)	64.4	8.2	6	5	1	1	1
6-month (n=11)	64.4	8.2	6	5	1	1	1
12-month (n=11)	65.4	8.2	6	5	1	1	1
18-month (n=7)	63.2	5.8	5	2			

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Assessments

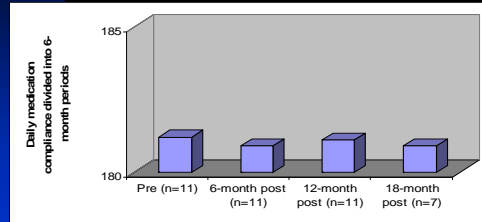
- Pre-measurement (baseline, before inclusion into program)
- First post-measurement (6 months after inclusion)
- Second post-measurement (12 months after inclusion)
- Third post-measurement (18 months after inclusion)
- ◆ Subscores of Nurses' Observation Scale for Inpatients' Evaluation (NOSIE-30; Honigfeld et al, 1965)
- ◆ Subscale of modified Adult Self-report Scale-VI.I (ASRS-IV; WHO, 2003)
- ◆ Number of admissions at Mental Health Crisis Bed Unit

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Constant Series Control

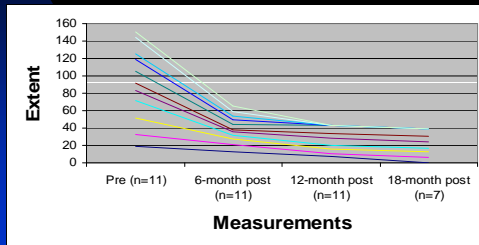
Medication Compliance over the Course of 18 Months



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Irritability

Results of the NOSIE-Subscore "Irritability" over the course of 18 months

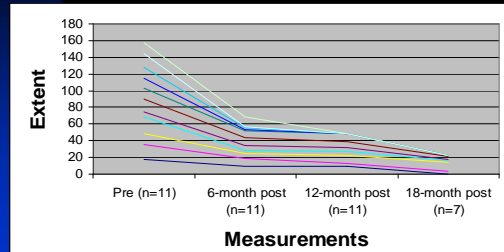


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Problematic Social Skills

Results of the NOSIE-Subscore "Social Skills" over the course of 18 months

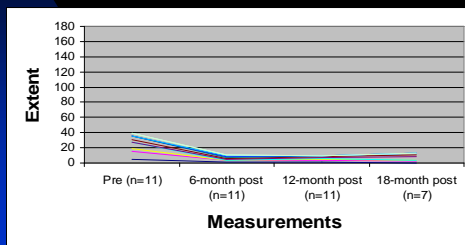


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Depression

Results of the NOSIE-Subscore "Depression" over the course of 18 months

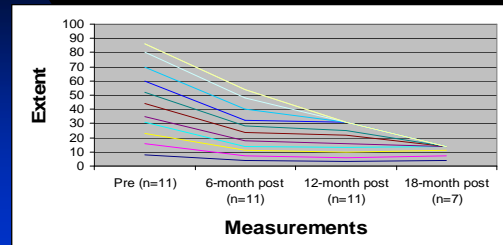


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Poor Attention Skills

Results of the ASRS-IV-Subscore "Attention Skills" over the course of 18 months

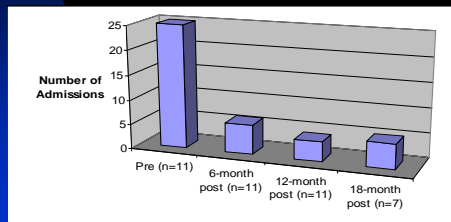


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Number of Admissions at Mental Health Crisis Bed Unit

Number of Admissions over the Course of 18 Months



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Conclusions

- Multiple shortcomings
- Decrease in irritability, poor social skills, and depression
 - ◆ Prisoners with Dementia significantly improve
- Decrease in deficient attention
 - ◆ Prisoners with Dementia significantly improve

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Further Steps

- Preliminary Results are promising
- Continue to expand the project at California Men's Colony
- Further research is necessary

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