

Agenda
Jail Study Committee
Thursday, May 11, 2017 5:30 PM
Legislature Chambers

1. **Call to Order**
2. **Public Comment**
3. **Changes to Agenda**
4. **Minutes Approval**
 - a. April 20, 2017
 - b. March 16, 2017
5. **Report from Diahann Hestler, BOCES**
6. **Report from Sharon MacDougall, Deputy Commissioner of Mental Health**
7. **Report from the Jail Nurse**
8. **Adjournment**

Jail Study Committee
 Regular Meeting Minutes (same as Notes) – Draft 4-26-17
 Thursday, April 20, 2017 5:00 PM
 Legislature Chambers

Attendance

Attendee Name	Title	Status	Departed
Rich John	Chair	Present	
Anna Kelles	Vice Chair	Present	
James Dennis	Member	Excused	
David McKenna	Member	Present	
Martha Robertson	Member	Present	6:56 PM
Joe Mareane	County Administrator	Present	
Dooley Kiefer	Legislator	Present	
Ray Bunce	Jail Administrator	Present	
Deb Dietrich	Director of OAR	Present	
Michelle Pottorff	Chief Deputy Clerk	Present	
Carol Chock	Legislator	Present	
Marcia Lynch	Public Info. Officer, County Administration	Present	

Guests: Jacob Carver, Mental Health Association; Mike Kesten, Gabrielle Illava, AA Program; Public Comment Speakers - Barbara Regenspan, Stuart Friedman, Lily Gershon, Shari Korthuis, Bill Rusen, Jesse Goldberg, Erin Griffith, Emma Madison, Paula Ionide, Edwin Santiago

Call to Order

Mr. John, Chair, called the meeting to order at 5:02 p.m. He explained a video link with CGR has been arranged and will take place at this time followed with public comment.

CGR Progress Update

Mr. Pryor thanked the Committee for arranging this update and stated they have reached a point in the Study to provide feedback as to where they are and what needs to come. He spoke of key aspects of the Study that have been completed or in process and noted a lot of information has been posted to the webpage. He said there have been a lot of requests for information to be posted but some information cannot be out of respect for confidentiality and various data analysis that are in process. He said putting some information on the website could be misleading and lead a person to conclude something that is unjustified at the end. Mr. Pryor called attention to the cooperation he has received from Captain Bunce and Pat Beuchel. At this time, he reviewed the contents of the memorandum dated April 20th that outlined the progress of the study.

Mr. John said when the report is prepared he would like to hold another public information session as there is a lot of community interest in this. Mr. Pryor said the Committee should discuss how this should happen and provide CGR with guidance.

Mr. McKenna asked how many inmates have been interviewed. Mr. Pryor responded 15 to 18 and the vast majority of them have experience in the local jail and some have experience outside Tompkins County or in State prison.

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Ms. Robertson said based on comments by Autumn at the URO she was lead to believe there were more inmates that had experience outside the local jail. Ms. Robertson said jail numbers have been down since June 2016 and asked whether there have been a similar drop in arrests. Mr. Pryor said they will be looking at that and are currently trying to get arrest data updated to match the same months that are being used for jail data. He would also like to break it down to specific courts if possible. Mr. Robertson said the Commission's directive was in June and that correlates with the drop in population since then. Mr. Pryor said they will be looking at not only aggregate data from year to year but each month and quarter.

Ms. Kiefer asked if CRG has come across much that has not been tried in Tompkins County. Mr. Pryor said there is not a lot that Tompkins County has not tried or thought about. There are things that may be in play but we are looking at what experiences other communities have for what has been talked about as well as things that the County is already doing. They are looking at whether there are ways to do those things more cost effectively, reach more people, or in ways that would have a greater impact.

In response to Ms. Chock, Mr. John said the public will have an opportunity to provide input on the draft report. Mr. Pryor said comments and questions can be inputted on the website.

Ms. Robertson asked if questions can be posted and answered on the website. Mr. Pryor said they have not been posted up to this point but they can post them if the people who are asking the questions are comfortable and if the Committee directs CGR to. Mr. John suggested those who submit a question be asked if they would like it to be publically posted and if they are the questions and answers should be posted.

Mr. Pryor said last week was the first time they heard of the group Decarcerate Tompkins and asked whether CGR should reach out to them to have a conversation. Mr. John will speak to the Committee and follow-up with Mr. Pryor.

Public Comment

Barbara Regenspan, Ithaca, spoke of the conference call earlier in the meeting with CGR and does not believe it provided any additional information and was disappointed in what was presented. She understood the process would be a public interactive process through a website and said that has not happened and said that is why there is skepticism in the community about this study. She also stated it is unreasonable that CGR has not heard of the Decarceration group.

Stuart Friedman, Ithaca, spoke as a licensed alcohol and drug abuse counselor and said the presentation by CGR earlier in the meeting was just a marketing report. Detoxification is a small step in someone's rehabilitation of alcohol and/or drug abuse. Detoxification needs to be immediately combined with a comprehensive-based program for an individual.

Lily Gershon, Freeville, said a lot of people want to understand these issues as many individuals will be affected by the outcome of the study. She spoke of the importance of communication and said the lack of information made available by CGR is a problem. She agrees there needs to be services offered in the Jail, but she further commented that people with mental health and addiction issues should not be in the Jail in the first place and should be able to access services within the community.

Shari Korthuis, Ithaca, spoke of her support for OAR, but said when a person is in Jail, boarded out or not, it is harsh on the families because of the rules and costs of items. She spoke of a personal experience of a close friend who was arrested and who she believes should not have been. She hopes the

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rules can be revisited as there are limited times for phone calls to be made, visitations, and the expensive cost of items through the Commissary. She hopes the County would look into the Ithaca Plan and she said she would like to see the letter from the female inmates posted on CGR's website, if possible.

Bill Rusen, Cayuga Addiction Recovery Services (CARS), provided an update on the proposal for a 25-bed women's facility. He explained the process and said it is now in the State's hands and once approved a contract will be drawn. It is approximately a two-year process. He also spoke of the detox center and said it is very exciting that funding has been received for it; however, he said there needs to be continuum of care put in place as well as rehabilitation is a multi-step process. Finally, he recommended people read the book "Dreamland". It concluded the antidote to heroin is community.

Jesse Goldberg, Ithaca, said incarceration is a disruption to family and not boarding people out is important and said this can be done by not incarcerating people. The question he asked of CGR is if the Ithaca Plan could be added to the list of documents reviewed and if it was what was learned from it. He spoke of the presentation held earlier in the meeting and does not believe it was useful. He said it is troubling to him that a statement was made that data could not be put on the website because if it was available there would be inappropriate interpretations.

Erin Griffeth, Ithaca, spoke about the population at the Jail and that many of them are there because of drug addiction. It is a problem throughout the community. She also commented on the Ithaca Plan that was worked on for a year with community stakeholders and hopes that a good look is taken at the document. She believes as stated in the Ithaca Plan that drug addiction and mental health crisis and poverty should not be criminalized but actually dealt with in the community. At this time she read two quotes from the Ithaca Plan.

Emma Madison, Tompkins County, said she is an intern at the Jail and she has done over 60 mental health and substance abuse screenings. She talks to every inmate who is willing and said they are interested in services being provided within the Jail. She agrees services outside the Jail are needed but she has also seen first-hand how much services within the Jail are needed and would be beneficial.

Paula Ionide, Ithaca, spoke of an analysis she did in 2013 concerning bail and said there were a large disproportionate number of black people incarcerated in the County compared to the population that she believes signals a systemic racism problem within the Jail. A vast majority of people in Jail are poor as well. She spoke of the number of people unsentenced that are in Jail and said bail reform would have positive effects on the Jail population and asked CGR to do an analysis on that issue. She said as a researcher of prison issues, the data already made public from organizations should not be an issue to have posted on CGR's website. That would allow other researchers to look at the information and analyze it.

Edwin Santiago, Freeville, spoke of his experience with the drug programs and other systems and believes that people with drug addiction can change.

Ms. Robertson commented that many of the issues raised at this meeting were discussed at the Public Safety Committee meeting earlier today and said much of the information is available online. The Public Safety Committee is the standing committee of the Legislature and meets monthly. She asked if the Sheriff's monthly statistics could be added to the CGR website. Mr. Rich agreed to that request. In addition, Ms. Robertson said the County had a report on the LEAD program that was included in the Ithaca Plan and said there are steps being taken by the County.

Ms. Kelles thanked those from attending the meeting and speaking about difficult issues. She

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encouraged attendance at future meetings as well to continue sharing information.

Mr. John announced the next Jail Study Committee meeting was changed from May 18th to May 11th.

Ms. Chock asked if on the County website there could be a note of where other County information can be found and a summary of that information. Mr. Rich said he would have to defer to the Public Information Officer for that.

Minutes Approval

March 16, 2017

RESULT:	DEFERRED
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Reports on Services Provided at the Jail

Jacob Carver - Mental Health Association of Tompkins County

Jacob Carver said the Mental Health Association is a local branch of the national organization Mental Health America. It is a non-for-profit agency and provides peer support, advocacy, and education around mental health issues. The agency's first involvement with the Jail began last March with trainings of officers on how to deal with someone in a mental health crisis. In April 2016, the WRAP (Wellness Recovery Action Plan) program began where conversations take place about developing one's own self-help tools. It was believed that service was not enough and a new Talk program began in October 2016. This program is just talking and letting people tell their stories. The agency is in the Jail twice a week and staff spends 90 minutes with the males and 90 minutes with females. The WRAP program is also available at Cayuga Medical Center and the Day Reporting program at Community Justice Center. The Association does hear from people that there should be more services available and not just in the community.

Mike Kesten - Male AA program

Mike Kesten said AA (Alcoholics Anonymous) carries the message twice a week to males at the Jail. They talk about the program and provide outreach and a place where questions can be asked. AA members try to stay sober and help other alcoholics. At this time he shared his experience with recovery and what it has done for him and his life and hopes he can encourage others to do the same. It is a 12-step program that can help change a person's life.

Gabrielle Illava - Female AA program

Gabrielle Illava said she is the women's AA Jail liaison from the local AA group. The intent is to connect AA members from the community and orient them with the Jail as professional visitors. Weekly meetings are held for women and about 5-10 attend each week. Some of them will continue to attend AA meetings once they are released from Jail. She too spoke of her own personal experiences as an alcoholic and an addict and said it is important that a direct connection is provided.

Deb Dietrich - OAR

Deb Dietrich said OAR has been going to the Jail four afternoons a week for over 40 years. Having the presence of representatives from AA and Mental Health Association has been helpful and beneficial at the Jail. OAR works with people in and out of Jail. Within the Jail, OAR does intakes for the Assigned Counsel program and maintains a bail fund which is a critical piece to level the economic

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playing field so that poverty is not the only reason a person is sitting in Jail awaiting trial. She spoke of her support of bail reform and believes it would be very welcome. She explained the services provided to inmates including bringing messages to family and friends, provide a Relay phone line to OAR, volunteers who drive twice a week to bring family members to the Jail on visiting days, and OAR provides writing supplies to all inmates, Commissary assistance, and advocacy.

Ms. Kelles spoke of her experience with meeting with inmates and commented that they appreciate the programs that are offered; however, they wish there are more. She noted that there is no NA (Narcotics Anonymous) program offered. She asked the agencies about funding sources, what support is needed, and whether there is a need for more space for the programs.

Mr. Kesten commented that the AA representatives are volunteers and do not get paid. Ms. Illava also said that as part of the 12-step program, they are self-supporting and funded within. She spoke of an interest in having additional time at the Jail for a second meeting.

Mr. Carver said he is not compensated for his time, but the workbooks for the WRAP group are now supplied by the Sheriff's Office. There is funding in the budget for education the community to fight the stigma around mental health issues. He commented that space at the Jail can be an issue at times for them.

Ms. Robertson was excused at this time.

Mr. Bunce thanked the agency representatives who attended the meeting today and for the work they do at the Jail. He understands the Committee is going to have to make some decisions and said it is also going to be about education. There are many assumptions being made in the community. He reminded people too that the people in the Jail are there because there was a violation of penal law and a Judge put them there, not the police or a Correction Officer.

Mr. John spoke of the Reentry Coordinator and encouraged the agency's to work with that position if needed.

Next Agenda

Diahann Hestler - BOCES

Adjournment

The meeting adjourned at 7:04 p.m.

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Attendance

Attendee Name	Title	Status
Rich John	Chair	Present
Anna Kelles	Vice Chair	Present
James Dennis	Member	Present
David McKenna	Member	Present
Martha Robertson	Member	Present
Ray Bunce	Jail Administrator	Present
Joe Mareane	County Administrator	Present
Marcia Lynch	Public Info. Officer, County Administration	Present
Patricia Buechel	Probation & Community Justice Director	Present
Lance Salisbury	Supervising Attorney, Assigned Counsel Program	Present
Julia P. Hughes	Program Coordinator, Assigned Counsel Program	Present

Guests: Shari Korthius City of Ithaca; Scott Miller, City of Ithaca Judge

Call to Order

Mr. John, Chair, called the meeting to order at 5:00 p.m.

Public Comment

Shari Korthius said she thinks the letter that was mentioned at the last meeting is very valuable and would like to see it posted on the CGR website. She also said she would like to see a detailed budget for the Commissary at the Jail. She submitted information she gathered on research CGR has done relative to consolidation of services in another county.

Changes to Agenda

There were no changes to the agenda.

Minutes Approval

February 16, 2017

RESULT:	ACCEPTED [UNANIMOUS]
MOVER:	Martha Robertson, Member
SECONDER:	Anna Kelles, Vice Chair
AYES:	John, Kelles, Dennis, McKenna, Robertson

Input from County Judges and Justices

Mr. John said an invitation was extended to all magistrates to attend and provide input to the Committee; however, at this time there were no judges or magistrates present.

Mr. John reported he attended a CGR meeting at OAR (Opportunities, Alternatives, and Resources) and there were four previous inmates who participated in the discussion and spoke of the

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issues that led them to the Jail and their personal experiences there. He said the Committee may wish to invite some former inmates in to speak with the Committee but noted they generally spoke highly of the Jail and the Corrections Officers. It was a good discussion and he found it interesting that they all seemed accepting of the fact that they might go back to the Jail; he noted it was all related to drugs and alcohol. Mr. John referred to a comment made by the Sheriff's Department that the County doesn't have a public safety problem; it has a mental health, drug, and alcohol problem. He said it was very sad to see these three pleasant and personable people yet their path and productivity in life is not anywhere it should be. He thinks CGR benefited greatly by OAR setting up this meeting.

Mr. Dennis expressed concern about posting a letter referenced by Ms. Korthius under public comment and said he would like reassurance that there would not be any consequence to the County by posting the letter on the CGR website. Ms. Kelles said she has not spoken to the County Attorney but has had a positive conversation with Captain Bunce about the letter and he explained the circumstances that led to the letter being received by CGR without his knowledge. She reported on a meeting she had with inmates where she spent a couple of hours with and who had written the letter. She said it was their intention to have the letter shared and they were very happy to communicate it and said they would be happy to meet with the Legislature upon their release from the Jail.

Ms. Kelles reported on a Harm Reduction conference she attended along with Sheriff Lansing, Undersheriff Robison, and Legislator Klein. One of the presenters with over a decade of experience working with crime reduction and drug abuse issues and said that person may be willing to speak to the Committee about what works, doesn't work, and the psychology around drugs.

Ms. Kelles provided a detailed report on her meeting with female inmates at the Tompkins County Jail and they reiterated much of what she learned at the workshop. An environment that female inmates felt would be ideal for them would be one that enables them to find schedules that work with the lifestyle they are trying to create to get themselves back on track. If a system is being set up that dictates the way the when, the how, the where, and the what, it actually gets in the way of them recreating a life for themselves. This is something she said should be considered as the County looks at the systems that are in place.

Although they felt the facility and its programming space is fine they felt more attention and focus should be given to the lack of programming. There were 7-8 women incarcerated for drug use and the only NA (Narcotics Anonymous) was for men because the group that runs the program does not have enough volunteers for a program for women. It was also stated that meeting with someone for one hour a week was not sufficient for programming. Ms. Kelles said they were very passionate about using the time of incarceration to address the issues that led them to the Jail. One person spoke of the need for more mental health services. In summary, Ms. Kelles said they recognized that they had addictions and wanted to address them but didn't feel they have the skills to handle their stress levels. Therefore, having anger and stress management and mechanisms in place to address that would be helpful. Also, there is no programming available at night.

One woman spoke and many concurred that using jail as a mechanism for dealing with drugs was dysfunctional and doesn't work. Since there is no system, support, or routines in place when they are released they return to the same lifestyle they had prior to incarceration. What they have found is that treatment facilities are more helpful and they have found that they stay off drugs longer. They were very excited to hear that discussion was taking place with regard to bringing CARS (Cayuga Addiction Recovery Services) into the Jail. They also commented about spending all of their time with drug abusers for the last several months during incarceration and spoke of the

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cravings that creates.

Housing and support systems upon release were also identified as an area of concern. If once they are released they return to the same lifestyle they had prior to going to jail it is likely they will return to jail as it is likely all of the same stresses that still exist and they haven't developed any mechanism to handle the stress. Another idea that came from the meeting was to bring in a program for job placement and stress management. Lastly they spoke of the tremendous stigma around drug abuse.

Ms. Kelles said the meeting was very enlightening and they were extremely articulate. She thinks the conversations that could take place with respect to stress management and career development brings hope for another type of intervention.

Mr. Dennis asked Ms. Kelles to compile her notes from the meeting with inmates and provide to the Committee.

Mr. Bunce thanked Ms. Kelles for taking time to visit and speak with inmates and said he believes some good information was exchanged. He reminded the Committee that people are in the Jail because they have committed a crime, not because they are drug addicts. He spoke of the difficulty in setting up housing when it is often unknown when a person will be released. He said there are some religious programs at night but you have to keep in mind classifications. The programs that are provided in the Jail are provided by volunteers. There is currently no parenting class offered. A Handling Conflict group will be starting next week and will be part of the re-entry concept.

Ms. Robertson said she doesn't want to build a new jail or add a lot of beds or even a pod but would consider ways the interior space could be modified to get more program space. Mr. John suggested inviting some of the people who are now providing programming at the Jail to the next meeting to speak to the committee. Mr. Bunce indicated they would be very happy to do so.

Ms. Kelles said when talking about the door-to-door process of jail to rehab it is all dependent upon the beds at rehab. There is an application process through the court system but it often results in months of waiting which they felt was incredibly demoralizing. She stressed that treatment and rehabilitation is much different than detox. Treatment and rehabilitation is a much longer stay and they do a lot more about emotional management, career management, stress management. She would like there to be discussion of detox and also treatment, including the waiting time and suggested work could be done to build and improve communication channels with treatment centers. Ms. Buechel commented that an area of difficulty with the Re-Entry program is maintaining contact with inmates upon release.

Mr. John suggested the Public Safety Committee could have a report from the Re-Entry program.

Ms. Kelles said during the meeting it was also mentioned that individuals are less likely to succeed when a program is being forced upon them; she asked Ms. Buechel if the Day Reporting Program offered flexibility in timing when something such as a job may conflict. Ms. Buechel said the program does work with clients; if someone were to obtain a job there would be communication with the court to release them for the time they need to go to work. She noted that although they

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have some flexibility if someone is there through a court order the Department is required by policy to notify the court. They typically do not violate someone if they test positive for drugs the first time, they continue to work with the person and encourage the treatment.

Mr. Bunce said he attended a meeting concerning a vivitrol program which is the drug used for opioid dependence he is aware of other counties using it. There is a support system that first needs to be established. Mr. Dennis said he would like to hear about this from people who are doing this on a regular basis. Mr. John said it would make sense to put this on the list.

Following a brief discussion Mr. Bunch agreed to coordinate a tour for March 21st at 2:30 p.m. of the State facility in Lansing that is currently vacant.

Comments from Judge Scott Miller

Judge Miller said his statement would include comments he received from Judge Wallace of the Ithaca City Court who was unable to attend. He and Judge Wallace have spoken about this several times.

Mr. John asked Judge Miller to provide input to the Committee on how the Jail currently operates, what improvements he would see as being valuable, integration with alternatives-to-incarceration programs, and any other area that would be useful to the Committee.

Judge Miller said as a judge for the last five years he has worked closely with Captain Bunce; previously he was an attorney for 15 years and has experience from that time working with the Jail as well. He stated he does not have an opinion on the physical space at the Jail in terms of the design or number of cells; however, what is greatly needed are the programs Ms. Kelles mentioned earlier. He spoke of a recent situation that involved a husband and wife in their thirties in which the husband was revived with Narcan and the wife died. He said he had to send the husband to jail because he had a new criminal charge and was not a candidate for voluntary detox. With his violation of Probation and the criminal charge and being a flight risk he had no option but to remand him to the Jail. Judge Miller said this case also involved a young child in the home.

Judge Miller said this man needed to detox under medical supervision; however, that is not a detox facility. It is not what it was designed for in the 1970's but that is what is needed in this century. He said this gentleman has lost his wife and is now going "cold turkey" without medical supervision detox and without getting engaged with immediate treatment. He said this is the best window of opportunity to start treatment. They were eventually able to get him to into CARS (Cayuga Addiction Recovery Services) for treatment on demand but the process is lengthy because of the Medicaid forms and waiting for a bed to be available. Today he sent a woman to jail who he has sent to jail several times previously and each time she was sent she had to detox "cold turkey". He agreed with a statement made earlier that there are frequently setbacks but hopefully there is eventual success. The woman now has employment and although has setbacks she is having longer periods of success. He believes that if she had been able to undergo detox under the proper medical supervision during her first incarceration and had been connected with the proper treatment that the subsequent visits to the Jail may have been avoided.

Judge Miller said Tompkins County has great alternative-to-incarceration programs but work needs to be done to figure out which ones are duplicating and overlapping efforts. At any one time in the Ithaca City Court there are five to six individuals who need to be remanded to a mandatory detox facility. He said if the County could start with a pilot program with six to eight beds where a judge could send someone by mandatory court order who is on heroin, who needs to detox under proper medical

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supervision, and released to a detox or treatment program is what is needed. Mr. Bunce concurred with Judge Rowley's statement and said people are consistently detoxing at the Jail.

Ms. Kelles said the Alcoholism and Drug Council is looking at building a drug detox center as a separate facility and questioned if that would meet what he is talking about. Judge Miller responded that it would not because judges can't order someone to a non-custodial facility. He doesn't believe there could be a county in New York State that has more successful alternative-to-incarceration programs than Tompkins County and he believes this is our opportunity to show what a jail needs to look like in the 21st century. He would support any improvements that can be made to the jail that would make this happen.

Judge Miller said if there was a medically-supervised detox facility attached to the Jail and supervised by Corrections Officers that is what he would envision persons being court-ordered to. He believes the judges in Tompkins County understand the values of this County and would be supportive of release to a treatment program. He said he is increasingly becoming frustrated as he sees the number of people who are in these situations with no hope continue to climb.

Mr. Dennis was excused at this time.

Mr. John referenced a book entitled Dreamland and encouraged members to read it. He said one of the things that is very striking is looking at the value difference in having someone who is productive in the community versus someone who is repeatedly going to Jail and having one societal problem after another. He said the cost of that is very difficult to calculate but everyone would agree that there is a cost. He thinks there is a value proposition involved that cannot be clearly seen but he thinks it is largely in favor of treating individuals.

Ms. Kelles said she has spent a significant amount of time over the last month on this issue and what she has seen in other places is that what other communities are doing is very antiquated. She called attention to the comments by inmates that they had no complaints about the way they had been treated. Tompkins County is doing an amazing job and is extremely fortunate to have Ms. Buechel and Captain Bunce. She said Tompkins County is doing an amazing job with the policies that are in place right now but thinks the County could be challenged even further.

Ms. Robertson expressed frustration with the lack of participation by rural judges and asked Judge Miller if he could impact this in any way. Judge Miller responded that he does not have regular communication with rural justices but has spoken with Judge Wallace who supervises the Ithaca Treatment Court. Judge Wallace asked him to communicate to the Committee that he strongly is in favor of a secure facility where individuals could be remanded for detox under medical supervision. He further commented that the opinion of judges is not that important on this topic. The values of the service providers and the community have demonstrated it is in favor of this approach and this is not something the judges would get in the way of.

Ms. Hughes commented that an informal survey of defense attorneys showed that the number one thing they deal with on a daily basis is detox.

Adjournment

The meeting adjourned at 6:27 p.m.

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Proposed Amendment to Jail Study Minutes of March 16, 2017: Summary of comments relating to Jail visit submitted by Legislator Kelles:

Ms. Kelles reported on a Harm Reduction conference she attended along with Sheriff Lansing, Undersheriff Robison, and Legislator Klein. She spoke with one of the presenters with over a decade of experience working with crime reduction and drug abuse issues and said that person may be willing to speak to the Committee about what works, doesn't work, and the psychology around drugs.

Ms. Kelles provided a detailed report on her meeting with female inmates at the Tompkins County Jail and they reiterated much of what she learned at the workshop. Her intention for doing the interview was to follow up on the letter and both get permission to share their letter as well as to get more information on their perspective, it was simply an information gathering session. She noted that the information she shared with the committee was an unfiltered reporting of the thoughts from the inmates about their experience. Some of the information gathered was based on asking them to elaborate on topics they raised in their letter.

An environment that female inmates felt would be ideal for them upon leaving jail would be one that enables them to find schedules that work with the lifestyle they are trying to create to get themselves back on track. If a system is being set up that dictates the way, the when, the how, the where, and the what for when they get counseling, when they check in for drug court, etc..., it can actually get in the way of them recreating a life for themselves – a routine job schedule, recreating routines with their children, etc... If it is experienced as support rather than a continued punitive system they felt that people leaving jail would be more likely to engage with the programs emotional and mentally rather than just physically going through the motions and that it could then help them more fully rehabilitate their lives (the more forced it is the more the personal desire to change is worse/reduced because they end up more stressed and resentful). This is something she said could be considered as the County reviews our current systems.

In general, the women felt that the facility and its programming space is fine with the exception of the interview rooms. The walls between interview rooms allowed for people outside the rooms to hear everything to the point where, during sessions with their lawyers, often the lawyers will not want to discuss certain details due to the lack of privacy. The women said they would rather have mental health sessions in these rooms because they didn't mind people overhearing those sessions.

They felt more attention and focus should be given to the lack of programming. There were 7-8 women incarcerated for drug use at the time of the interview and the only NA (Narcotics Anonymous) was for men because the group that runs the program does not have enough volunteers for a program for women. It was also stated that meeting with someone for one hour a week was not sufficient for programming, for NA, or other programs currently at the jail. One of the women mentioned that having someone at the jail to teach them meditation and yoga techniques as a form of stress reduction for preparation after the jail might be very helpful. Ms. Kelles said they were very enthusiastic about using the time of incarceration to address the issues that led them to the Jail. One person spoke of the need for more mental health services and they all agreed. In summary, Ms. Kelles said they recognized that they had addictions and wanted to address them but didn't feel they currently have the skills to handle their stress levels. Therefore, having anger and stress management programs while in jail to develop life skills and put practices in place to address their life stressors would be helpful. Also, there is no programming available at night or on the weekends, which they were all interested in doing.

One woman spoke and many concurred that using jail as a mechanism for dealing with drugs was dysfunctional and doesn't work in its current form without sufficient programming to deal with the triggers for their addictions. Since there is no system, support, or routines in place when they are released they return to the same lifestyle they had prior to incarceration. What they have found is that treatment

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facilities are more helpful because of the treatment aspect of the facilities and they have found that they stay off drugs longer. More specifically, at a treatment facility they are set up with a regimen of suboxone and build relationships and trust with therapists, doctors, and nurses that they can stay connected to once they leave the treatment facility. Having these mechanisms and supports in place when they enter back into their daily life and stresses helps them stay off drugs longer. They stated that coming off heroine is the hardest part of the process of breaking an addiction and there is no aid for this process while in jail (e.g. suboxone). They said that if this was medication offered in jail it would help them with the cravings and help them break the cycle.

They were very excited to hear that discussion was taking place with regard to bringing CARS (Cayuga Addiction Recovery Services) into the Jail. They also commented about spending all of their time with drug abusers for the last several months during incarceration and spoke of the cravings that creates. They said that people might think it was counterintuitive but for them spending months with other drug users lead to conversations only about their experience with drugs and heightened their cravings for it. They felt that this might be different if they had some training on how to shift the conversation to be a bit more healthy around the topic.

Housing and support systems upon release were also identified as an area of concern. If once they are released they return to the same lifestyle they had prior to going to jail it is likely they will return to jail as it is likely all of the same stresses still exist in the environment they were in prior to jail , which would be compounded by not having developed any mechanism to handle the stress while in jail. Another idea that came from the meeting was to bring in a program for job placement. Lastly, they spoke of the tremendous stigma around drug abuse. If you are a user in this society you are a failure, an outcast and not worthy of help by many. The women stated that this made it difficult to find a supportive community where they could be open about their addiction and feel supported in getting/staying of drugs.

Ms. Kelles said the meeting was very enlightening and they were very articulate. She thinks the conversations that could take place with respect to stress management and career development raised ideas for additional types of intervention that could reduce recidivism. It seems like a low hanging fruit would be to coordinate with individuals and non-profits in the community that could provide some of these programs. Given that many (though not all) of the individuals in jail are there for drug-related crimes and/or mental health-related crimes these services might play a role in reducing the jail population.

Mr. Dennis asked Ms. Kelles to compile her notes from the meeting with inmates and provide to the Committee.

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