

EVALUATION OF THE DAY TREATMENT PROGRAM AT BROWN CREEK
CORRECTIONAL INSTITUTION: A FOLLOW-UP STUDY

Tracy R. Baucom

A Thesis Submitted to the
University of North Carolina at Wilmington in Partial Fulfillment
Of the Requirements for the Degree of
Master of Arts

Department of Psychology
University of North Carolina at Wilmington

2004

Approved by

Advisory Committee

Dr. Richard Ogle

Dr. James Johnson

Dr. Sally MacKain

Accepted by

Dean, Graduate School

TABLE OF CONTENTS

ABSTRACT v

ACKNOWLEDGEMENTS vi

DEDICATION vii

LIST OF TABLES viii

INTRODUCTION..... 1

 Rise of Mental Health Treatment Programs..... 3

 Levels of Care in the North Carolina Department of Correction 4

 A Focus on Intermediate Care..... 6

 Psychosocial Rehabilitation and Efficacy of Social Skills Training..... 7

 McNeil Program, Washington State..... 11

 California Department of Mental Health’s Psychiatric Program 13

 Brown Creek Correctional Institution’s Social Skills Day Training..... 16

 Importance of Follow-up Studies of Behavioral Treatments 18

 Purpose of the Present Study..... 19

 Hypotheses 20

METHODS..... 21

 Participants 21

 Setting..... 22

 Materials..... 23

 Procedures 26

RESULTS..... 28

 Demographics..... 28

Hypothesis 1: Psychiatric Status	28
Hypothesis 2: Knowledge and Skill Acquisition	30
Hypothesis 3: Satisfaction with the Program	34
Additional Analyses	36
DISCUSSION	37
LITERATURE CITED	44
APPENDICES.....	48
Appendix A	48
Appendix B	49
Appendix C	51
Appendix D	53
Appendix E.....	54
Appendix F.....	56
Appendix G.....	57

ABSTRACT

There are a substantial number of mentally ill individuals within the prison system in need of treatment and supervision in order to survive in the prison setting. Preliminary evidence suggests that a psychosocial rehabilitation approach that emphasizes social skills training is effective in teaching social and independent living skills to mentally ill inmates. This study examined the durability of gains made by participants of these programs. A follow-up interview was devised for inmates from Brown Creek Correctional Institutions' Social Skills Day Training Program to assess retention of knowledge obtained from the program, symptom severity, general functioning of participants both before and after treatment, and overall satisfaction with the program. The findings of this research project indicated that knowledge is maintained, while the application of skills is not. Symptom severity was reduced and overall functioning was improved, and participants reported high levels of satisfaction with the program overall. The findings support development of similar programs both within and outside the North Carolina prison system.

ACKNOWLEDGEMENTS

I would like to extend my deepest gratitude to Mr. Charles Messer and the staff at Brown Creek Correctional Institution for the generous donation of their time and effort over the course of this project. It was only through their dedication to the Day Treatment Program that this project was possible. A word of thanks also to the staff psychologists, and interns at each of the other participating units, for dedicating their valuable time and space to conduct the follow-up interviews.

I cannot begin to describe how grateful I am to Dr. Sally MacKain, my thesis advisor, for the guidance, support, knowledge, and profound advice she had given me throughout this entire research project. In addition to being my mentor, Dr. MacKain has served many other roles in my graduate career—professor, advisor, role-model, and at times, a shoulder to cry on. I would also like to thank Dr. Richard Ogle and Dr. James Johnson for serving on my advisory committee and for providing valuable feedback throughout this entire process.

I am also eternally thankful to my parents, David and Teresa, and my sister, Katie, for their encouragement, constant support, and endless patience throughout not only the past two years, but over the entire course of my life. I would like to thank them for always believing in me, listening to my troubles, and somehow always knowing the right thing to say when I was feeling low. I know that I could never have made it through the last two years without them.

DEDICATION

This thesis is dedicated to the ones in my life that have never given up on me and loved me unconditionally, even through the hard times: my parents, David and Teresa, my sister, Katie, and God.

LIST OF TABLES

Table	Page
1. Summary of participants' scores on general functioning indices, satisfaction with the program, and the Brief Psychiatric Rating Scale	29
2. Summary of participants' scores and analyses for Medication Knowledge items.....	32
3. Summary of participants' scores and analyses for Medication Management items	33
4. Participants' satisfaction with the Social Skills Day Treatment Program (possible range 0-5).....	35