

Purpose

The purpose of this DNP project is to develop a sustainable pre-release education program to reduce the risk of opioid overdose post-release in female inmates in the Coffee County Jail (CCJ). The Healthy Outcomes Post Release Education (HOPE) Program is an evidence-based practice (EBP) approach designed to reduce risk and promote successful adaptation and transition in the female incarcerated population. A secondary purpose was training and collaborating with stakeholders to assure sustainability.

Problem

- **National level: United States of America**
Drug overdose deaths in the U.S. tripled between 1999 and 2014 and by 2015, 63% of the overdose deaths involved an opioid.
- **Regional level: Tennessee**
In 2016, there were 1,186 opioid-related overdose deaths in TN, a rate of 18.1 deaths per 100,000 persons; higher than the national rate of 13.3 deaths per 100,000 persons.
- **Local level: Coffee County**
Currently, Coffee County drug overdose deaths are higher than the national average.

Background

Newly released male and female prisoners: Vulnerable aggregate of the opioid epidemic

- Tolerance level is attenuated or lost during the time of incarceration.
- Upon release from prison, consumption of opioid doses at previous levels can prove fatal.

Female population in the criminal justice system continues to rise

- Increase in female opioid mortality rates.
- Incarcerated females with SUD: need to address unique needs of incarcerated females with risk of SUD.
- Designing successful aftercare strategies is critical to prevent substance relapse and successful adaptation after incarceration.

Project Significance

- Behavioral, social, and, environmental determinants of health for Coffee County, TN will be positively impacted.
- Potential to reduce the risk of opioid overdose death and negative health outcomes post release.
- Impact how nursing care is delivered in the criminal justice system by providing evidence-based interventions to the vulnerable female incarcerated population, thus improving the overall health outcomes post release.



REDUCING RISK OF OPIOID OVERDOSE THROUGH IMPLEMENTATION OF A RE-ENTRY PROGRAM FOR FEMALE INMATES PRIOR TO RELEASE

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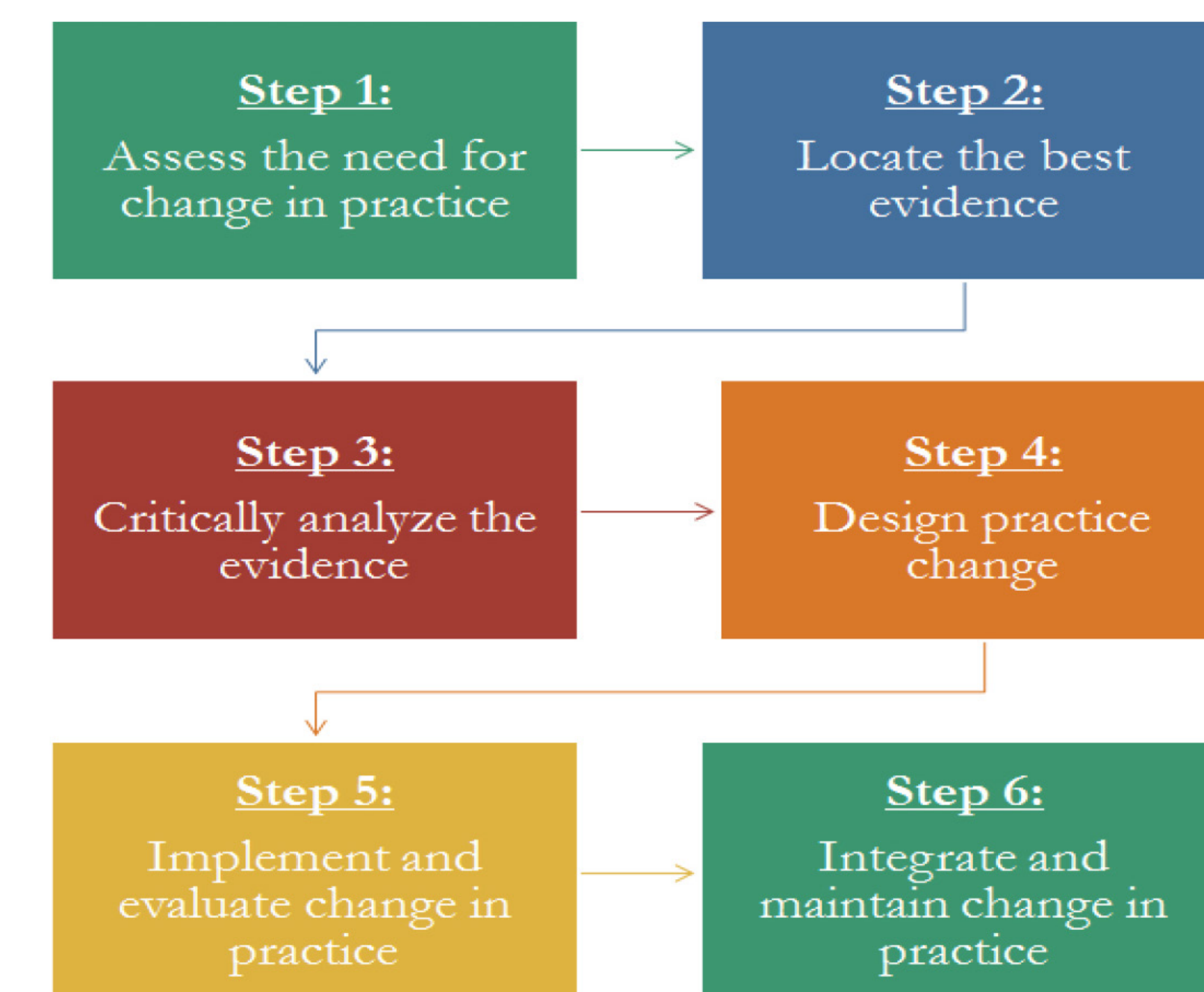
Review of Literature

Topics that Emerged from the Literature

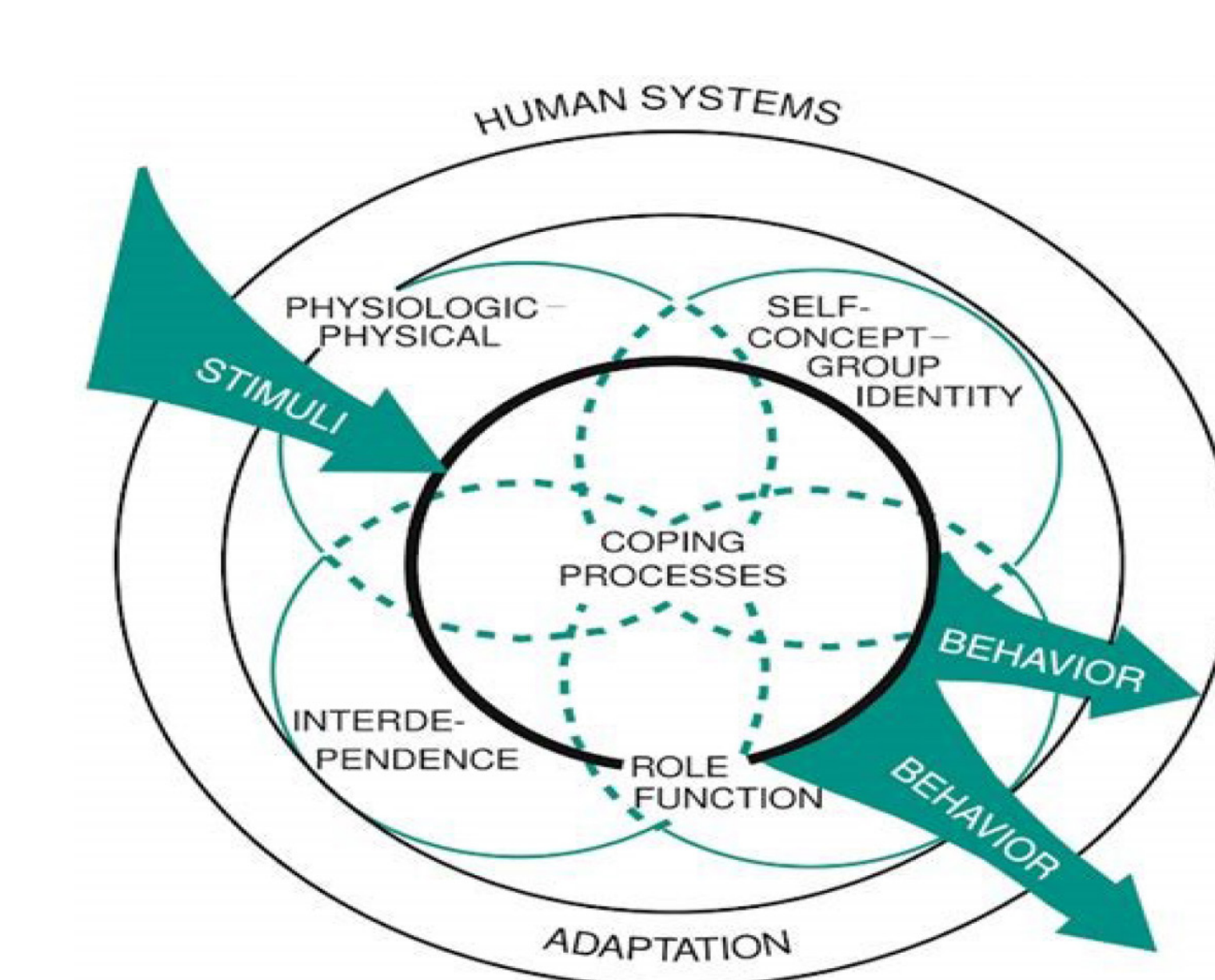
- SUD, specifically opioid use disorder (OUD), as a national epidemic
- Female incarcerated adults: a vulnerable population
- Post release: a high risk time for opioid overdose
- Lack of access and resources as contributors to opioid overdose
- Key interventions to reduce the risk of opioid overdose
- Transitioning to the community post release

Theoretical Frameworks

Rosswurm and Larrabee's Model of Evidence-Based Practice Change



Roy's Adaptation Model (RAM)

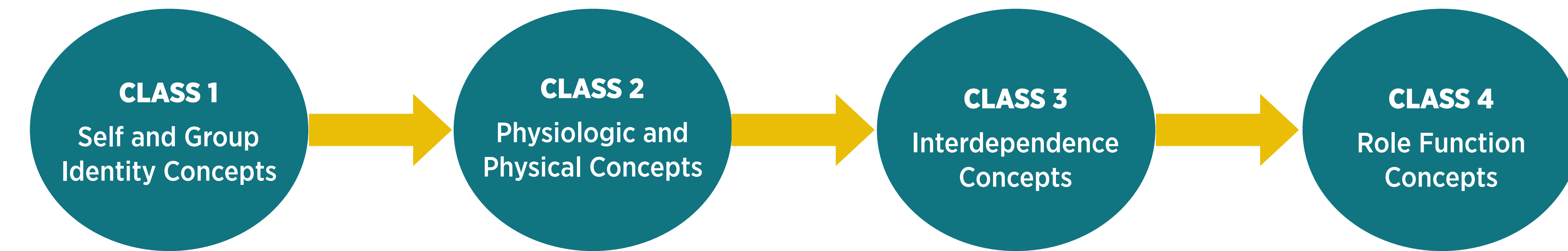


Developed by Sr. Callista Roy, 2009

Methodology

HOPE Program Design/Plan

- Healthy Outcomes Post Release Education (HOPE) Program developed as a sustainable pre-release program
- HOPE Instructor training session conducted prior to the start of the program
- Program Coordinator: Voluntary CCJ Chaplain
- Local content experts will implement the program
- Four 120 minute classes based on Roy's 4 domains
- Use of journals to promote self reflection
- HOPE package upon release to include a variety of resources, including opioid reversal kit (naloxone)



OBJECTIVES:

- Demonstrate a basic knowledge of SUD, mental health, and options for treatment
- Identify 2-3 personal goals upon release
- Establish a clear sense of purpose

Class Instructor: TN Lifeline Recovery Support Services, Region 5 South Recovery Coordinator

OBJECTIVES:

- Describe the physiological process of SUD
- Describe why, how, and when to use naloxone
- Demonstrate ability to perform hands only CPR
- Identify MAT and available local resources

Class Instructor: TN Save A Life Representative

OBJECTIVES:

- Identify important aspects of a healthy relationship
- Identify support systems upon release
- Identify methods of safe sex and pregnancy prevention

Class Instructor: TN Department of Health

OBJECTIVES:

- Identify various roles within society upon release
- Identify personal qualities and skills and local opportunities for employment
- Recognize the importance of maintaining sobriety upon release and the relationship between sobriety and effective role transition

Class Instructor: CCJ Female Chaplain Coordinator

Participants

Setting: Coffee County Jail, Manchester, TN
Participants: 12 female inmates
Procedure: Female inmates' voluntary participation in the HOPE program
IRB: Exempt

Outcome Evaluation

- Inmate pre and post implementation survey
- CCJ administrators, leaders, staff, and instructors post implementation survey

Results

Quantitative | Cohort One

Descriptive statistics:

- Cohort one included 12 female inmates with an average age of 29.5
- 11 of 12 identified as White, 1 of 12 identified as other race
- 11 of 12 identified as non hispanic or latino and 1 of 12 identified as hispanic or latino
- 9 of 12 identified as having a role of mother and 3 of 12 identified as not having a role of mother
- 9 of 12 completed post survey

Qualitative Themes and Exemplary Quotes | Pre-Implementation Survey | Cohort One

Multi-Substance Use	"Iv [sic] smoke weed since I was 12 years old started shooting [sic] morfine [sic] 7 years ago and meth for 6 years"
Early Age of Initiation	"the devil. it has been my biggest downfall ever since I was [sic] I started when I was 11. Its has taken away and destroyed every good thing I have ever had in my whole life"
SUD viewed as a moral failure	"The Devil throws addiction you [sic] way its [sic] all in the mind"
Limited effective STD and pregnancy prevention methods	"Dont have sex" "astinence [sic], condom"
Support/resources mainly familial and non specific	"my mom my house"
Minimal skills and resources identified	"My mom helps me stay clean as long as I lisen [sic]. No resources really. Or skills"

Qualitative Themes and Exemplary Quotes | Post-Implementation Survey | Cohort One

SUD identified as a physiological disease	"Some who cant [sic] stop using even though the negative effects it's causing in their life."
Identified more specific and diverse resources and skills	"communication skills, Life Choices program, Health dept, library for computer skills"
Identified effective and specific STD and pregnancy prevention methods	"Condoms, pills, depo provera, female condoms, IUD, speracides [sic]"
Provided new resources to support a new beginning	"Y'all made me feel like I had the power to take control of my life and gave me the resources to feel like I had somewhere to start."
Provided positive and supportive environment	"Thank y'all for making it fun and making in a safe/comfortable environment. I hope this continues"

Results (continued)

Post Implementation Survey: CCJ Administrators, Leaders, and Staff

- 100% CCJ Administrators, Leaders, and Staff surveyed agreed that reentry programs can have a significant impact on an inmate's overall health outcomes post release from jail.
- Exemplary Quote: "As a staff member here, the response from our female population wanting to sign up for this program is an example of the desire they have to want to get help. The HOPE program offers them the assistance and the tools to get out of it what they want if they really want to get better."

Post Implementation Survey: Instructors

- 100% Instructors surveyed agreed that the HOPE Program met their objectives, should be continued, and will support the program in the future.
- Exemplary Quote: "The HOPE program is providing critical education, information, and resources to a population that otherwise would not have access to, or seek it. The information was not only well presented, but also seemed to be well received. The participants of the program were engaged throughout the class, and had meaningful discussion on the topic covered. With the tools that were given, these women have a chance to not only survive after release, but to thrive and achieve recovery and live a productive life free from addiction."

Practice Implications/ Discussion

Project Conclusions

- Course training and HOPE package provided female inmates with tools and resources necessary to support successful adaptation upon release and reduce the risk of opioid overdose death.
- Provided opportunity for starting other supportive reentry type programs in this setting.
- Successful collaboration with various local content experts and utilization of appropriate resources supported EBP in CCJ.

Recommendations for future

- Program Coordinator is essential for sustainability.
- Implement in other rural correctional facilities.
- Secure funding to promote sustainability for ongoing programs.

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