

2023 PROGRAM OUTCOMES

MONTEREY COUNTY JAIL REENTRY PROGRAM



AGENCY

Monterey County Sheriff's Office

POPULATION

Male and Female In-custody Participants

PROGRAM SUMMARY

In Monterey County, GEO Reentry Services delivers in-custody programming tailored to meet individual participant's needs, as identified through the assessment process. At the foundation of our approach is evidence-based cognitive behavioral programming designed to address underlying reasons for antisocial behaviors, and ultimately change criminal thinking and behavior. The program model at the Monterey County Jail Reentry Program (JRP) includes the Criminal Thinking Scales assessment, transitional planning, employment readiness group, social skills, substance use education, parenting skills, community connections to use upon release, and self-directed and group Interactive Journaling®. Interactive Journaling is a powerful evidence-based tool designed for motivating and guiding individuals toward lasting change. Nonconfrontational questions prompt participants to reflect on and write about their behaviors. The journals encourage participants to think about their motivation for change and design a plan to reach their goals. Starting programming before release facilitates consistency in treatment, expedites behavioral change, and promotes effectiveness in reducing recidivism.

The following reflects the annual (January 1, 2023-December 31, 2023) program data for the Monterey County JRP in California.

SELF-DIRECTED INTERACTIVE JOURNALING PARTICIPANTS

1,209 Participants voluntarily signed up to participate in the self-directed Interactive Journaling program

SELF-DIRECTED INTERACTIVE JOURNALING DISCHARGE RESULTS

TOTAL DISCHARGES: 1,209

62% **19%** **4%** **15%**

- **Successful:** includes participants who completed the journaling program
- **Not in Custody:** includes participants who went to court and were released from custody that day
- **Agency-ordered:** includes participants released by the agency
- **Unsuccessful:** includes participants who did not complete the journaling program

SELF-DIRECTED JOURNALS

Below is the breakdown of journals completed by the 753 individuals who successfully completed the self-directed Interactive Journaling program.

- 165** Family & Other Relationships
- 116** Recovery Maintenance
- 89** Substance Using Behaviors
- 88** Anger
- 82** Spanish versions (Familia and Otras Relaciones, Sentimientos Responsable, Mi Plan De Cambio, Comportamiento de Consumo de Sustancias)
- 69** Life Management
- 61** Coping Skills
- 34** Feelings
- 32** Power of Self-worth
- 15** Denial
- 2** Parenting

GROUP INTERACTIVE JOURNALING PARTICIPANTS

388 Participants voluntarily signed up to participate in the group Interactive Journaling program

GROUP INTERACTIVE JOURNALING DISCHARGE RESULTS

TOTAL DISCHARGES: 388

82% **8%** **10%**

- **Successful:** includes participants who completed the journaling program
- **Not in Custody:** includes participants who went to court and were released from custody that day
- **Agency-ordered:** includes participants released by the agency

GROUP JOURNALS

A facilitator at the JRP led groups and assisted participants in navigating through their journals. Groups included:

- Handling Difficult Feelings
- Employment Skills
- Family & Other Relationships
- Getting Started
- Healthy Relationships
- My Healthy Thinking
- Individual Change Plan
- Managing Emotions
- My Life Skills
- Relapse Prevention
- Self-control
- The Power of Self-talk
- Wellness
- What Got Me Here

TRANSITIONAL PLANNING & COMMUNITY RESOURCES

The JRP offers transition services and resource referrals to help participants prepare for reentry and to assist with stabilization in the community. Participants completed a survey approximately 30 days prior to release to identify the services/needs they will have upon release. A Transition Case Manager then prepared a resource packet for each individual. During the reporting period, [the JRP provided 5,099 valuable resource referrals](#) including:

- 995** Housing/Transitional Housing
- 529** Employment
- 494** CalWORKS
- 474** Food
- 441** ID/DMV
- 429** Personal Hygiene
- 413** Transportation
- 392** Education
- 350** Substance Use
- 206** Mental Health
- 203** Birth Certificate
- 173** Child Support

FOR MORE INFORMATION

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