



NEWS

September/October 2003 Vol. 3, No. 1

“Tuning in” to distance education

A publication of the Corrections Learning Network - A division of Educational Service District 101

Suicide Prevention is Coming to Corrections...Are You Ready?

Paul Quinnett, Ph.D.

The worst possible outcome of an arrest and incarceration for everyone involved is not the shame, humiliation, loss of self-esteem and punishment experienced by an offender, but the death of that offender by suicide once in the care and custody of a correctional facility.

Everyone loses. The inmate loses his or her life. Surviving friends and family members lose a loved one. The correctional officers and the facility's leadership lose their sense of competence and capacity to carry out their prime function: the safe management of their charges. If a lawsuit is filed and won by an aggrieved family, the city, county, state or federal authority (taxpayers) lose money that could have been better spent.

Suicide is a major problem in lock-ups, jails, prisons and, less so, in Federal penitentiaries. A recent national conference highlighted that American men in their middle years (25 to 54 years of age) are at especially high risk for suicide and have twice the suicide rate of the general public (University of Rochester National Consensus Conference, July 2003). This high-risk group includes inmates (mostly male), and those responsible for the inmate's arrest, booking and custody (mostly male law enforcement officers).

A jail suicide is always tragic and strongly felt at the local level — especially in small communities where the suicide victim is often well known. On a national level, and when all the numbers are totaled, jail suicide becomes a public health problem.

Suicide is, simply, the leading cause of death in U.S. jails (1).

In the President's recently released *Freedom Report on Mental Health*, suicide prevention is ranked number

one among problems needed to be addressed by our society. The problem of jail suicide has also been highlighted in the Surgeon General's recently released *National Strategy for Suicide Prevention* (2). Among other goals, specific training in suicide prevention is targeted for correctional workers. According to the report, "... there is an alarmingly high rate of suicide attempts and suicides in jails and correctional institutions. Given the often volatile nature of the circumstances that result in someone being placed in a jail or a correctional facility, suicide and suicidal behaviors are much more common than in the general population."

Although there is no uniform or required reporting of jail suicides at all levels of jurisdiction in all states, recent estimates put the suicide rate in jails and prisons at 9 to 14 times higher than the general population (3) and, as has been well documented by several national organizations, approximately 90% of those who complete suicide are suffering from a mental illness — one of the fastest growing subgroups of incarcerated persons.

The Surgeon General further identified correctional workers as "key gatekeepers." Goal 6.6 of the National Strategy states, "By 2005, increase the proportion of correctional workers who have received training on identifying and responding to persons at risk for suicide." (A complete copy of this document is available from the Center for Mental Health Services Knowledge Exchange Network by calling 800-789-2647, or visit online at <http://www.surgeongeneral.gov/library>.)

While some states mandate suicide

prevention training for correctional workers (and litigation is increasingly driving



Paul Quinnett, Ph.D.

institutions to achieve higher inmate assessment, monitoring and environmental safety standards), much work remains to be done.

To help implement the national strategy, and to reduce the risk of suicide and its attendant negative outcomes (death, survivor suffering, staff trauma and stress, litigation, etc.) the Corrections Learning Network and the QPR Institute have developed state-of-the-art, modularized, exportable and online training programs for correctional workers who are in a position to identify, screen, and refer persons who may be at risk for suicidal behavior, including other officers and even their own friends and family members. These state-of-the-art training programs, including train-the-trainer formats available via distance learning, match the level of training with the level of duty to inmates. QPR is currently the most widely taught suicide prevention education program in the United States.

Working together, CLN and the QPR Institute are also planning a series of programs to broadcast over the CLN network. Experts in the fields of mental health, substance abuse, risk assessment, risk management and monitoring, establishing environmental safeguards and avoiding suicide malpractice will provide expert information and guidance to help correctional facilities reduce the risk of suicide not only among their inmates, but among their staff. Please review the references for this article on page 2.



CLN Staff Directory

Program Information

Anne Charles
Program Manager
800-531-4288, ext. 2767
acharles@esd101.net

Site Management / In-Kind

Gisela Dalke
Department Secretary
800-531-4288, ext. 2764
gdalke@esd101.net

Broadcast Schedules

Lynda Evans
Production Liaison
800-531-4288, ext. 2766
levans@esd101.net

Evaluation

James Jungers, Ed.D.
Evaluation Liaison
800-531-4288, ext. 2765
jjungers@esd101.net

Instructional Dept.

Nina Beegle
GED Prep./Literacy Project
800-316-3021
nbeegle@esd101.net

Rob Rowe
Life Skills/GED Preparation
800-316-3021
rrowe@esd101.net

Jenny Tupper-Moomaw
GED Teacher Assistant
800-316-3021
jtupper@esd101.net

Publications / Certificates/ Enrollments

Kelly Jolley
CLN Project Support Assistant
800-531-4288, ext. 2746
kjolley@esd101.net

A Memo from the Manager . . .

CLN Equipment - Use It or Lose It?

Anne Charles, CLN Manager

As we pass the 800-site mark, we see a number of exciting things on our horizon: the completion of production of all the new GED preparation courses, the development of other new programs created for our confined audience, the collaboration with additional providers for staff development . . . the list goes on. In our original proposal seeking funding for this project, we obligated ourselves to providing equipment for 200 sites. By the end of year 2, we had fulfilled that promise. Yet, we have continued to provide over 600 more satellite dishes, decoders and mounting hardware for that many more new CLN sites. And, when it comes to requests for equipment; there seems to be no end in sight. So we have to ask ourselves: How much equipment will we ultimately provide? As we face the fifth year of our funding, the answer to this question doesn't come easily.

As each site/state agency joins CLN, an agreement is signed. One of the obligations of the subscribers (our sites) is to regularly enroll participants in our courses. Last year we saw nearly 100,000 enrolled. Still there are a number of sites that have (a) never enrolled a participant and / or (b) have never installed the equipment. As we review our site database, this kind of information signals a "red flag." Why should a site that isn't using the equipment or hasn't installed it be allowed to keep it when we have sites, enthusiastic to get started, waiting? And so, soon,



Anne Charles

CLN staff will be contacting those non-participating sites to (a) determine the barriers to participation and seek to remove roadblocks or (b) request the return of the equipment.

During the 2003 - 2004 project year, the Corrections Learning Network will broadcast over 2000 hours of programming for the confined audience and over 600 hours of staff development. Our philosophy is to provide programming for the entire correctional community. If you haven't taken the time to enroll in our courses, please look over the list of upcoming staff and offender broadcasts and dive in. And, if you're having a difficult time working CLN into your already busy day, call us . . . we'd love to help you. To those of you who have faithfully and dutifully enrolled in our programming, thank you for contributing to our success.

Until next time, I wish you the best.
Anne

Inquiring Minds Want to Know...

How is your facility using the Corrections Learning Network? Write to us and let us know! You may just be featured in the next edition of CLN NEWS.

Suicide Prevention Article References:

1. Hayes, LM: From chaos to calm, one jail's struggle with suicide prevention. *Behavioral Sciences and the Law*, 15: 399-413, 1997
2. *The National Strategy for Suicide Prevention: Goals and Objectives*, HHS, 2001
3. Farmer KA, Felthous AR, Holzer CE III: Medically serious suicide attempts in a jail with a suicide prevention program. *Journal of Forensic Sciences*, 41:240-246, 1996

Staff Training News

Foundation Skills for Trainers: Site Coordinator Training

Ed Wolohan, NIC Correctional Program Specialist

This 16-hour training program on December 10th and 11th, prepares site coordinators for the facilitation of the distance learning training program being conducted March 22-26, 2004. The distance learning event will help participants develop the preparation, presentation, and platform delivery skills needed to conduct training using established curricula. This training will focus on the needs and characteristics of adult learners, learning styles, the role of the correctional trainer, managing a learner-centered training

environment, asking and responding to questions, facilitating lesson plans, teaching to performance objectives, and basic teaching methods. This broadcast is appropriate for jail, prison, and community corrections staff who have been designated to deliver in-house training, especially new trainers. **Registration is free!** To register for any NIC broadcast visit <http://www.nicic.org> or call Mary Ann Karre at 800-995-6429, ext. 149.

Literacy Update

Nina Beegle, Literacy Proj. Coordinator

Thanks to all those who have watched the recent broadcasts of our Literacy Project: Peer Tutor Training and have returned the follow-up surveys. The overall responses from these surveys about the training programs have been very positive.

The constructive comments and suggestions have been helpful and appreciated. A few participants reported that the shorter incarceration times at some facilities would require an adaptation of the peer tutor program model. Let us know about methods to meet this need so that we might share those successes with our viewers.

It is still possible to enroll and watch the Peer Tutor Training series this fall, so please check the broadcast schedule and continue to send back those training evaluation forms. Thank you!



ESD 101 Board of Directors

Thomas Sackmann, Chairman
Gail Kuehne, Vice Chairman
Ronald Schmidt
Dwayne Klein
Dr. Mark Kondo
Robert Peterson
Robert G. Bauer

ESD 101 Superintendent

Dr. Terry A. Munther

General Manager Telecommunications Division

Dr. Lee Bauer

Editors

Anne Charles
Kelly Jolley

Web Site

<http://cln.esd101.net>

Suicide Prevention Tip #1

The common cold of mental disorders in America is depression. It is estimated that 19 million Americans are depressed and could benefit from treatment. Some of them are in your facility; some of them are your co-workers.

Clinical depression (usually severe) is the single leading contributor to suicidal thoughts, feelings, attempts and completions. Therefore, screening for depression warning signs is key to determining the need for a full mental health evaluation. Because men see depression as weakness, they won't tell you something is wrong. And you won't know if you don't ask.

According to the prestigious U.S. Preventive Services Task Force, this screening can only be accomplished

with asking questions such as:

1. "Over the past two weeks, have you felt down, depressed or hopeless?" and,
2. "Over the past two weeks, have you felt little interest or pleasure in doing things?"

If an inmate answers "yes" to either question, the task force recommends that further screening be undertaken, either with more interview questions or written questionnaires. Recurrent thoughts of death or suicide are one of the symptoms of clinical depression, therefore any talk about suicide, suicide threats or hints of suicide should be considered a possible symptom of depression.

Be Alert! - Watch for these Suicide Warning Signs

- Inability to go on (hopelessness/helplessness)
- Extreme sadness and crying
- Withdrawal or silence
- Loss or increase of appetite and/or weight
- Insomnia or awakening early; excessive sleeping
- Mood variations and tenseness
- Loss of self-esteem, interest, appearance or activities
- Excessive self-blaming and strong guilty feelings
- Difficulty concentrating or thinking/Lethargy (slow to react)
- Agitation (i.e. - tension, extreme anxiety, rage or revenge)
- Talking about or threatening suicide

Just What the Doctor Ordered

Michelle Hagan, Distance Learning Network (DLN)

Have you noticed a new addition to the staff training line-up on Thursdays...courses brought to you through the Distance Learning Network...with titles addressing the latest issues in drug therapy? Do "Biopolar Disorder," "Adult ADHD," and "A Roadmap for Living with Psychosis" sound like courses you or your medical staff want to see? CLN has formed a partnership with the Distance Learning Network, and we want to bring their programs to your attention.

Since 1996, Distance Learning Network has become one of the largest broadcast and multimedia companies in the world dedicated solely to meeting the medical education and communications needs of physicians through the use of both traditional and innovative media formats. More than 150,000 physicians, nurses and pharmacists turn to DLN each year for their medical education.

Distance Learning Network (DLN) airs more than 450 hours of CME/CE activities broadcast to thousands of

healthcare providers. During 2002, more than 50,000 healthcare professionals in all 50 states have taken part in DLN CME/CE activities.

Distance Learning Network is accredited by the ACCME to provide continuing medical education activities for healthcare professionals. DLN will continue to work with University of Florida College of Pharmacy to provide ACPE credits. To arrange for activities and continuing credit contact: Michelle Hagan, Site Coordinator Distance Learning Network, michelle@dlnetwork.com, 800-326-9166, or call Lynda Evans at 800-531-4288.

744 Sites in 47 States... and Counting!



Surveys Headed to Youth Centers

Dr. Shirley Bauer
ESD 101 E-Rate Administrator

Per the contract between your facility and Educational Service District 101, the Education Director of your site will soon be receiving a request for information pertaining to juveniles.

The survey will request the following:

1. Grade level of education you provide. Example: from grade ___ to grade ___.
2. Is your education program accredited or state authorized?

If yes, please provide us with documentation.

3. Number of youths receiving education that do not have a high school diploma?

The above information allows us to apply for an E-rate discount on our satellite transmission costs, thus assisting CLN to provide the classes/programming you receive at no cost to you.

If there has been a change with your education director, please email the current information to Bruce Eggleston at beggleston@esd101.net. This will allow us to send the survey to the appropriate person. Should you have any questions regarding the upcoming survey, please call Bruce Eggleston at 509-323-2748 or Dr. Shirley Bauer at 509-323-2787.

Sexually Transmitted Diseases & the HIV Connection - Live! October 21, 2003

Jim Ybarro, AMC Education

The Management of HIV/AIDS in the Correctional Setting is an on-going satellite videoconference series designed to address clinical issues in the management of HIV-infected inmates. The programs are funded through a unique, collaborative venture among Albany Medical Center, the New York State Department of Correctional Services, and private pharmaceutical companies. Each program will address a different clinical aspect of HIV infections, utilizing the same format: didactic lectures, a case presentation, and a panel discussion.

This broadcast is directed toward physicians, physician assistants, nurse practitioners, nurses, dentists, dental hygienists, and other interested providers. Also, Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Albany Medical College

designates this activity for a maximum of 2.5 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits actually spent in the activity. This learning activity is also co-sponsored by the Albany Medical Center Nursing Continuing Education Provider Unit for 3.0 nursing contact hours. Albany Medical Center Hospital is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. To register for the October broadcast visit <http://www.amc.edu/>, email Jim Ybarro at ybarro@mail.amc.edu or call 518-262-4674.

Coming Soon from QPR...

A look at suicide among uniformed law enforcement officers and correctional staff.

Idaho DOJC Reviews CLN's Special Education Series

Jeremy Bennett, Idaho DOJC Training Specialist

The Idaho Department of Juvenile Corrections (IDJC) was created by legislation in the Idaho Juvenile Corrections Act in 1995. IDJC now consists of three facilities geographically located in each area of the state, with approximately 300 employees serving over 400 juveniles in our custody.

Operating a 24-hour-a-day, seven-day-a-week, 365-day-a-year department has always proven challenging in terms of properly training all employees. One of the recent opportunities our department has been given, is in regards to the Individuals with Disabilities Education Act, Free and Appropriate Public Education, Individual Education Plans, the No Child Left Behind Act and general information on special education requirements. Beginning in our classrooms, this has quickly and necessarily become a department-wide opportunity to include program requirements and contract providers. We have also been required by the State Department of Education to provide training to all direct-care staff on certain areas of special education.

The Corrections Learning Network's eight-part series entitled *Federal Compliance: Special Education for Regular Educators* has proven invaluable in the pursuit of training staff in special education requirements. Our Director of Educational Programs has required all educational staff to complete it, and we have made it available to all other staff in our department. To assist staff even further, we have teamed up with a local university and are now able to offer one Continuing Education Unit (CEU) or 1 graduate credit for completion of the series.

The presenters of the series, Cathy Gilham and Susan Stoops, are truly masters at their craft. With experience in a juvenile correctional environment, they present potentially complicated and overwhelming information in an easy to understand, easy to follow format. The selection of topics covered in the eight sessions is comprehensive and helps correctional workers (both educational and non-educational) to

comprehend special education requirements and how these requirements fit, not only in education, but also in department operations as a whole. This series also has a positive impact on the juveniles in our custody, through receiving compliant and individualized services.

The programming offered to our staff and juveniles through the Corrections Learning Network assists our department in fulfilling its mission of "preventing and reducing juvenile crime in partnership with communities."

Remember...
Visit our CLN Web site for the latest information on course descriptions, broadcast schedules, lending library requests, enrollments, and other CLN resources @ <http://cln.esd101.net>

Staff Development at a Glance...

Corrections Learning Network (CLN)

9/26 & 10/3

- Literacy Project: Tutor Training

9/18

- Clay Arts: Site Coord. Training
- WPS: Hazard Communication

9/25

- Special Education
- WPS: Risk Management

10/2

- CLN Site Coordinator Training
- CLN "Live!"

10/9

- Cultural Diversity
- WPS: Food Service Safety for Supervisors

10/16

- WPS: Health Safety & Sanitation

10/23

- WPS: Tuberculosis

National Institute of Corrections (NIC)

10/23

- Knowledge About 12-step Programs

Distributive Learning Networks (dlnets)

9/18

- Narcotic Investigations Survival Techniques
- Recognizing, Reporting, & Preventing Terrorism
- Cardiovascular Disease & Diabetes

9/25

- Drugs on the Internet
- LIVE! Securing Federal Funding for Your Coalition

9/30

- Engaging Youth & Future Leaders in Substance Abuse Prevention

10/9

- Business Ethics: part 1, Defining Behavior

10/16

- Business Ethics: part 2, Connecting to Performance

10/23

- Business Ethics: part 3, Supporting Ethical Behavior

Distance Learning Network (DLN's)

10/2

- Atypical Antipsychotic in Corrections

- Adult ADHD

10/9

- Better Understanding of Antipsychotic Therapy

10/16

- Living with Psychosis

10/23

- Bipolar Spectrum Illness

Albany Medical Center (AMC)

10/21

- LIVE! Sexually Transmitted Diseases & HIV in Corrections



New Course Offered...

CLN Brings You EASY ESL

John Dicker, Digital Education Productions

The EASY (English Academic Success for You) Series was developed simply because there was no straight forward, easy-to-use ESL program for adults that started at the lowest level and then gradually built through to intermediate. There are lots of short videos out there that address specific areas of learning and there are fancy computer delivered systems for the intermediate to high level. The majority of students taking ESL start at the lower level. That's where the challenges are for the teachers – and for that matter, the students. It's not easy to learn a new language when you're an adult.

Therefore, we made EASY *really* easy to implement in the classroom or for students to study on their own. We wrote detailed lesson plans that link to the instruction in the videos, and added worksheets, quizzes and tests, answer keys, and student progress reports. EASY is also closely correlated to CASAS and has lots of life skills illustrated through the video. The video lessons emphasize grammar because we found that people actually do want to speak

correctly, whatever their level!

The opportunity to participate in the CLN broadcasts was a major breakthrough for us. It meant that someone had researched, found us and then decided, after much review, that we were the best. We're pleased to be able to present our ESL video series' "EASY - English Academic Success for You" through the CLN broadcast system.

The lesson plans and worksheets can be purchased through CLN. You can also purchase additional copies of the videos or CD-ROMs from Digital Education Productions. Working with CD-ROM allows students to step their way through the material at their own pace. The CD even tells them when to do the worksheets, and there is the "listen, speak and compare" capability. The CD runs on dual platforms, either MAC or Windows. It starts automatically and does not require a management system. Thus – no maintenance! For more information call John Dicker with Digital Education Productions at 800-858-8193.

Check Your Calendars

GED Preparation

*WIT: GED Writing, 9/22
GED Science, 9/26

GED Language Arts, Reading, 10/3
GED Math, 10/10

GED Language Arts, Writing, 10/22
*WIT: GED Social Studies, 10/24

Skills for the Workplace

Learning a Living, 10/6

Learn to Earn, 10/20

5 Secrets to Finding a Job, 10/27

Success on the Job, 10/29

Success Ahead

Positively You!, Gangs, 9/16

Get the Buzz on Biz!, 9/16 & 10/6

Positively You!, Ignorant or

Intolerant, 9/16

Positively You!, Got 40?, 9/16 & 9/26

Know Thyself, 9/22 & 10/7

Ticket to the Future, 9/26 & 10/7

Gobs of Jobs, 10/7

Success from the Inside Out

Literacy Project: Peer Tutor Training,
9/16, 9/29 & 10/6

Transition: Employment, 9/15

EASY ESL, 9/16 & 9/30

Postcards, 9/17 & 9/30

Life Skills: Anger Mgmt., 9/19 & 10/7

Clay Arts: Workshop, 9/22

Life Skills: Communication, 9/26

Transition: SP Business Basics, 10/6

ESL Driver's Education, 10/7

Life Skills: Stress Mgmt., 10/13

Transition: Job Success, 10/13

Healthy Kids, Healthy Families, 10/20

Everyday Math I, 10/24

Outrageous Math, 10/29

*WPS: Safety for Food Service
Employees, 9/23, 10/1, & 10/15

*HAS: Weightlessness, 9/19

Enroll Now!!

<http://cln.esd101.net>

*What it Takes to Pass

*Howe About Science

*Workplace Safety

Want to know more?...

Visit these Online Resources

Corrections Learning Network (CLN)

<http://cln.esd101.net>

National Institute of Corrections (NIC)

www.nicic.org

Office of Correctional Education (OCE)

www.ed.gov/offices/OVAE/OCE

Distributed Learning Networks, Inc. (dlnets)

www.dlnets.com

Distance Learning Network (DLN's)

www.dlnetwork.com

The Juvenile Info Network (OJJDP)

www.juvenilenet.org

QPR Institute for Suicide Prevention

www.qprinstitute.com