The Insider

North Dakota Department Of Corrections And Rehabilitation

Christmas Playpen Project

By: Wendlin Rohrich, Correctional Officer II

On November 11th the Christmas Playpen project started at the Missouri River Correctional Center (MRCC) but this year it had a silver lining as it was the 25th anniversary of the program. In addition to MRCC's involvement, this project would not be the success it is without the help from the Bismarck Tribune, Salvation Army, Go Mini's Storage, Dan's Supermarket, and Trans Trash.

Photo courtesy of, "The Bismarck Tribune"

Correctional Officer Rohrich volunteered to supervise the program this year and had a work crew of six inmates who also volunteered their time to repair the bikes and toys that were donated through this program.

The odds did not seem in MRCC's favor when the project started. The start date was later than usual and the building that accommodated the project previously needed to be restored to working condition after last year's flood; however, this did not dampen the spirits of the inmates, nor their enthusiasm for the project. In the end, the inmates were able to repair about 150 bikes and 150 toys for distribution by the Salvation Army. When talking to the inmates who worked on the project this year they all enjoyed volunteering for this project because it made them feel like they were doing a good thing for other people while incarcerated.

Since 2005 the Christmas PlayPen project has given toys to 8,240 children and approximately 954 bikes were donated and distributed to children.

STEM-LAH

By: Laurie Larson, Daphne Heid, Tim Meyer, Randy Rakowski, Teachers at YCC

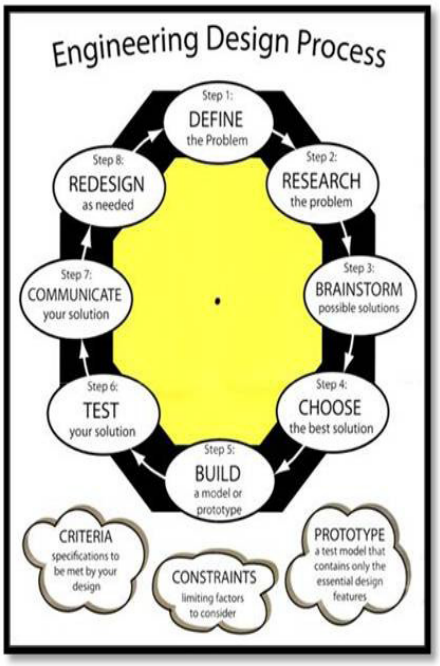
Female YCC STEM-LAH Student: *"I wouldn't change anything. With four teachers in there, they spread the four subjects out so evenly that I don't realize that I'm doing math or English until afterward."*

Male YCC STEM-LAH Student: *"Curiosity. I now have curiosity about everything. I had no idea that space rovers existed. This class has made me understand more about what is going on in the world around me."*

Upon completion of VCSU's masters program, Tim Meyer and Daphne Heid, science and math teachers at the ND Youth Correctional Center in Mandan, took a great interest in STEM. Three years ago, Meyer and Heid began offering a STEM Class for students at YCC. The STEM class focuses on the Engineering Design Process.

Two years later, they realized they wanted to strengthen the communication and research elements of the Engineering Design Process in STEM, so they asked to add two other teachers to the mix. An English teacher, Laurie Larson, and social studies teacher, Randy Rakowski, were added and the class was named STEM-LAH.

The class at YCC averages about 12 students, a higher number than a typical class at YCC. The class is a 90 minute block every other day, and students average 40-60 days in the class. Project units last about 1-2 weeks. Most students receive a ¼ to ½ credit in math, science, English, or social studies. All teachers are in the classroom, so questions in any of the four subject areas can be addressed.



The STEM-LAH class aims to increase awareness to the Engineering Design Process and STEM as a whole. Students are exposed to projects that increase technological literacy, cross-curricular learning, and global thinking. The units in STEM-LAH focus on Big Ideas and usually current events. The units include hands-on and research projects. Students work in groups, paired, or as individuals depending on the units.

STEM-LAH has proven to develop soft skills just as much as the core concepts. Students are learning to be problem solvers, collaborate with each other, perform research, and follow the Engineering Design Process all while improving their core subject areas.

Why has STEM-LAH been so successful for YCC students? Students at YCC

(continue on page 3)

(STEM-LAH... continued from page 2)

are natural outside-the-box thinkers and risk-takers. At-risk students often struggle with paper-pencil academia, but they excel when given the opportunity to be hands-on learners. When given an appropriate creative outlet, they find success in applying their ideas to the project and real life.

(ICAP... continued from page 6)

dependent on the inmate trainers to ensure they are fed and watered, taken outside as scheduled and reassured and comforted when they are overwhelmed in their new prison surroundings. The inmates are training the dogs to help another person which can help them develop empathy for others. They learn to better understand the struggles of people with disabilities and benefit from knowing that the dog they are assisting to train may one day help another person. When asked what he has learned from being in ICAP, an inmate trainer commented that he learned responsibility and patience. He explained that he knows he is responsible to ensure the dog is cared for and to ensure that the dog doesn't get hurt. He also shared that training the dogs can sometimes be a slow process. If a person doesn't exercise a lot of patience, the dogs do not respond well and the training isn't successful. He also feels he utilizes more patience now as he talks with others. He is also more aware of how he comes across to other people than he was before working with the dogs. He now has learned to pay attention to his body language and voice tones as these are needed skills to have when working with dogs. When asked what the best thing about being in ICAP is, an inmate trainer responded that it is having the companionship of a dog. It makes his prison sentence feel like he is being productive and not just doing time. He feels good knowing that he is giving something back to the community.

Occasionally the clients of SDA that received a service dog that was trained at JRCC have come to JRCC to meet the inmates that assisted in their new service dog's training. The inmates have then seen their former dog after its final training as an official service dog. The inmates see the strong bond that has been established between the dog and its new owner. These clients have shared heartfelt testimony about how gaining their new service dog has profoundly enhanced their lives and they have expressed sincere appreciation for the work that the inmates put into their new dog. These inmates, who often work hard to maintain a tough persona, have been seen wiping tears from their eyes. Hearing from the SDA clients has been some the best motivation that inmates could receive.

In the past five years dogs have become a fixture at JRCC and it's hard to imagine the facility without them. These dogs have enhanced the place for all inmates and staff like only a dog can do. ICAP has impacted many lives. Many inmates have gained valuable life experiences and many dogs that have walked the halls of JRCC are now working as service dogs improving the lives of people.

More information about ICAP can be found at http://www.servicedogsforamerica.org/programs/icap/

DOCR Attends LEMA Honor Guard Training

By: Sarena Ebel, Human Relations Counselor

Members of the DOCR Honor Guard attended training provided by the Minnesota Law Enforcement Memorial Association (LEMA) Honor Guard at Camp Ripley Minnesota during the week of September 15-20, 2013. There were approximately 70 in attendance, representing states including Alaska, Illinois, Wisconsin, and those from North Dakota included the DOCR and Highway Patrol. Training consisted of learning the various elements required for funeral services of law enforcement staff that die in the line of duty, or while off duty. DOCR attendees were Joe Charvat, Steve Renner, Stan Kahl, Mike Weatherly, Chris Kinzler, Teresa Schiffner and this writer, Sarena Ebel. It was a great privilege for four of us to be attending for the second time, and being able to build upon what was learned the first year was incredible.

Although there were similarities in the trainings, at one point those of us who had previously attended the training were separated from those who hadn't and were required to learn how to command a team. In addition to marching/commanding a team, teams were divided into detail stations that focused on Colors Movement Posting/ Retiring Colors, Flag folding, Casket/ Urn Movement and Firing Detail. Notable moments within the training were when all participants were split into eight teams with individuals from different agencies competing together against other multi-agency teams. Approximately one hour was allotted for teams to learn the 15 count manual of arms (which consists of bringing a rifle to port arms, right shoulder arms, left shoulder arms, present arms and order arms all done to a count of 15). Teams were then to present to the entire camp their routine. The DOCR is proud to announce that Chris Kinzler was on the winning team this year. Upon completion all participants were to conduct the 15 count manual of arms individually. As this occurred, LEMA instructors watched participants closely, eliminating those who did not do the maneuver perfectly. Slowly participants are eliminated until only one attendee was left, the best of the best: Steve Renner was named this year's Top Gun Award and was presented a challenge coin and a plaque.

On the final day a Mock Funeral is conducted with teams participating in a particular station (noted above). The DOCR was given one of the highest honors this year when they were chosen to present the urn and fold the American flag in order to bestow it to member of the Minnesota LEMA Board of Directors; Susie Skalman a LEMA Board member and a survivor whose father, Glen Skalman, was a Minnesota State Trooper who was killed on a traffic stop.

(continue on page 8)

Parole & Probation Implements Core Correctional Practices

By: Dan Seymour, Program Manager - Fargo

In April of 2013 Karianne Wolfer began training our Parole and Probation staff in Core Correctional Practices (CCP). This is the department's effort to redirect our services and interactions with offenders in a proven evidenced based practice to reduce risk.

What is Core Correctional Practices? It is simply a way to structure our contacts with offenders effectively to reduce risk instead of solely monitoring compliance. Solely monitoring compliance once was known around the office as Trail'em, Nail'em and Jail'em and this practice was proven ineffective many years ago. We have now progressed into the evidence based era where we find Core Correctional Practices along with other programs such as Thinking For a Change which are cognitive based interventions.

Core Correctional Practices has nine areas of focus for what is called a Structured Contact to help reduce risk for an offender. First staff must Clarify their role as an agent of change and collaborator that holds offenders accountable and provides opportunity for them to work on their problem areas and reduce risk. Secondly, staff must Effectively Reinforce offenders for pro-social behaviors, attitudes, and thoughts to increase the prevalence of those behaviors. Thirdly, staff must Effectively Disapprove of antisocial or rule breaking risky behaviors to decrease the likelihood of those behaviors being demonstrated. Fourth, staff must Effectively Use their Authority to increase accountability among offenders while obtaining compliance. Fifth, staff need to teach offenders how to think, not what to think utilizing Cognitive Restructuring. Sixth, staff must empower offenders to solve their own problems by teaching the steps of Problem Solving. Seventh, staff must use Anti-criminal Modeling of the behaviors, thoughts, and attitudes we want offenders to mimic. Eighth, staff must employ the Relationship Skills that are attributable to offender change. Finally, staff must utilize Structured Skill Building to help offenders build capacity to respond differently to risky situations.

The shift to this new way of interacting with offenders continues to be a learning process for everyone, both offenders and staff involved with the transition. Just like an offender learning to try and change their life choices, staff must learn the skills of CCP far different from a simple compliance model.

It is very exciting to see the progression in the field as we move forward and the historical change we are making to become agents of change in the DOCR with this new practice. Staff are grasping the concept and finding out it is more powerful for the offender to make decisions on their future rather than us telling them what road to follow. It is very rewarding when you ask an offender to complete homework to identify risk of their riskiest behavior and they ACTUALLY do the homework.

Inmate Canine Assistance Program Celebrates Five Years

By: Chad Pringle, Deputy Warden, JRCC

Five years ago Director Leann Bertsch asked Warden Don Redmann to initiate an affiliation between the James River Correctional Center (JRCC) and Service Dogs for America (SDA) in nearby Jud, North Dakota. A great working relationship began and continues to flourish today. These two organizations were paired in a mutually beneficial partnership where SDA receives assistance in getting their dogs trained and JRCC gets meaningful work opportunities for its inmates and the luxury of having the waging tails of dogs inside the walls of its facility.

The Inmate Canine Assistance Program (ICAP) began in November of 2008. Carefully selected inmates train and care for dogs brought into JRCC by SDA. The dogs reside at JRCC and teams of inmate trainers share the responsibility of caring for and training the dogs. SDA staff come to JRCC and provide instruction for the inmate trainers. The training focus is on obedience and basic commands (sit, stay, come, heel, and down). As the training progresses more advanced skills needed to become a service dog are introduced to the dogs at JRCC. The goal is to provide a good foundation for the dogs brought to JRCC with the final, specialized training being completed by the professionals at SDA.

The inmate trainers are generally placed into teams of three inmates and they share the responsibilities related to the dogs. Aside from teaching the dogs the expected skills, they also feed and groom the dogs and take the dogs outside every three hours. The dogs are with one of the team members at all times throughout the day. The dogs sleep in dorms, go to the dayrooms, go to the inmate dining room, as well as out to the recreation yard with the inmates. This exposure to crowds of people and the bustling activity of a prison is of great benefit to a future service dog. If a dog can get comfortable in a prison, they should have no problem accompanying its owner to the local grocery store when working as a service dog.

These dogs are trained to assist people in different ways. Most often the dogs become Emergency Medical Response Dogs, Mobility Assist Dogs, or Therapy Dogs. They may perform functions like alerting others when a person has a seizure or is having complications from diabetes, retrieval and delivery of dropped items, opening and holding doors, helping to balance an unsteady person or providing confidence and support to someone suffering from PTSD.

The ICAP program generally maintains about five dogs at a time at JRCC. They usually stay at JRCC for a few months and are then rotated out so other dogs can be brought in to be trained and socialized.

Working as a dog trainer is a benefit to the inmates in numerous ways. Caring for the dogs teaches them responsibility. The dogs are

(continue on page 3)

Organizational Characteristics. All DOCR Inmates. One Day Counts on the Last Day Of The Month. These numbers use the Association of State Correctional Administrator (ASCA) Performance Based Measurement Standards (PBMS) and are based on the controlling sentence.	November 2013	October 2013	September 2013	August 2013	July 2013	June 2013	May 2013	April 2013	March 2013	February 2013	January 2013
General Organization Information											
Prisoners Housed in NDSP, JRCC, MRCC	1,257	1,261	1,233	1,252	1,220	1,211	1,140	1,146	1,130	1,117	1,120
Prisoners Outsourced	312	282	303	297	306	336	439	407	417	435	436
Total Inmates Under DOCR Responsibility	**1,569**	**1,543**	**1,536**	**1,549**	**1,526**	**1,547**	**1,579**	**1,553**	**1,547**	**1,552**	**1,556**
Average Length of Sentence (Years)	6.80	6.87	6.85	6.82	6.90	6.81	6.70	6.76	6.77	6.78	6.75
Prisoners Serving Sentences Of Court (Prison Sentence)											
Inmates Serving Less Than 1 Year	10	8	7	6	5	7	12	13	11	10	12
Inmates Serving 1 to 3 Years	750	723	724	736	721	737	757	733	731	737	735
Inmates Serving 3 to 5 Years (3.01 to 5)	284	286	282	285	278	282	290	286	286	284	294
Inmates Serving 5 to 10 years (5.01 to 10)	217	220	222	223	225	224	221	227	229	229	228
Inmates Serving 10 to 20 Years (10.01 to 20)	149	147	144	142	141	142	146	141	138	140	136
Inmates Serving 20 to 40 Years (20.01 to 40)	74	74	72	72	71	71	70	70	70	70	68
Inmates Serving More than 40 Years (40.01 plus)	18	17	17	17	18	17	17	17	17	17	19
Inmates Serving Life with Parole	37	38	38	38	38	38	38	38	38	38	37
Inmates - Life Without Parole	30	30	30	30	29	29	28	28	27	27	27
Inmates - Death Sentence	0	0	0	0	0	0	0	0	0	0	0
Crime Distribution Statistics (Use Controlling Sentence)											
Part 1 Violent Crime Inmates	550	549	548	553	556	553	553	546	545	544	529
Other Violent Crime Inmates	222	217	213	212	216	224	226	219	217	221	225
Property Crime Inmates	271	266	270	269	262	278	283	276	273	282	288
Drug Offense Inmates	386	378	375	388	374	369	383	373	378	372	378
Other Public Order Offense Inmates	140	133	130	127	118	123	134	139	134	133	136
Inmate Demographics											
Average Inmate Age	35.87	35.99	36.04	35.96	35.79	35.86	35.70	35.73	35.76	35.69	35.57
Male Inmates	1,400	1,381	1,365	1,380	1,351	1,365	1,398	1,382	1,377	1,379	1,380
Female Inmates	169	162	171	169	175	182	181	171	170	173	176
White Inmates	1,049	1,036	1,030	1,030	1,013	1,024	1,042	1,033	1,028	1,033	1,029
Black Inmates	95	98	97	98	98	100	103	104	106	103	102
Native Hawaiian or Pacific Islander Inmates	0	0	0	0	0	0	0	0	0	0	0
American/Alaskan Native Inmates	335	323	318	325	321	336	348	335	330	333	343
Hispanic or Latino Inmates	83	79	84	89	87	81	81	75	77	77	76
Asian Inmates	6	5	5	5	5	5	4	4	4	3	3
Other Race/Ethnicity Inmates	1	2	2	2	2	1	1	2	2	3	3
Inmates With Unknown/Missing Race/Ethnicity	0	0	0	0	0	0	0	0	0	0	0
Inmates Non-Citizens	19	18	20	18	19	17	20	17	16	11	13

http://www.nd.gov/docr/media/stats.html

(LEMA Training... continued from page 4)

Normally during this event attendees dress in their Class A uniforms. Sadly the weather that day, a cold torrential rain did not allow for this to occur. For several hours attendees were required to stand outside in t-shirts and BDUs in the rain for the various elements that are part of a funeral. Needless to say by the end of the training all participants looked as if they had went swimming with their clothes on. Regardless of that though, the fact remains that the time invested at LEMA is well worth it. Whether it's your first year or if you are lucky enough to be a return camper, the experience is always rewarding. By attending this training it allows us to learn to work better as a team while honing skills and learning new ways to do maneuvers/drills as well as building bonds with outside agencies. In short all I can say about this training is that I probably learned as much about being a leader as I did about being in the Honor Guard. The Honor Guard is not only thankful for the opportunity to attend this training, but also looking forward to future ones.

A Message from the Editor

The Insider Newsletter is an official publication of the North Dakota Department of Corrections and Rehabilitation, and is published four times each year. Its goal is to enhance communication and keep staff, and all those interested, informed of developments and achievements throughout the Department. All employees are encouraged to submit articles, letters, comments, and ideas for future issues of The Insider to be considered in the next publication. The Editor reserves the right to edit or exclude, if deemed inappropriate, any items submitted for publication. Please e-mail articles to:

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Parole Board Members

Parole Board Members are appointed by the Governor for a three-year term. The Parole Board Members are listed as follows:

Members	Location
Duane Houdek, Chairman	Bismarck
Robert Bennett	Bismarck
Lynn Jordheim	Fargo
Robert Udland	Fargo
Sheri Baker	Bismarck
Jennifer Thompson	Fargo

Pardon Advisory Board Members

Pardon Advisory Board Members are appointed by the Governor for an open ended term to include the attorney general, two members of the parole board, and 2 citizens/residents of the state. The Pardon Board Members are listed as follows:

Members	Location
Duane Dekrey, Chairman	Pettibone
Wayne Stenehjem	Bismarck
Beverley Adams	Fargo
Lynn Jordheim	Fargo
Duane Houdek	Bismarck

Parole Board Meeting Dates for 2014

January	5-6
February	3-4
March	2-3
April	6-7
May	4-5
June	1-2
July	June 29 - 30
August	3-4
September	7-8
October	5-6
November	2-3
December	7-8

Pardon Advisory Board Dates for 2014

April 7 November 3

Our Vision...*A safer North Dakota through effective correctional services.*

Our Mission...*To enhance public safety, to reduce the risk of future criminal behavior by holding adult and juvenile offenders accountable, and to provide opportunities for change.*