The Insider

North Dakota Department Of Corrections And Rehabilitation

Opiate Abuse in Fargo/Moorhead and the Advent of Widespread Fentanyl Use

By: Dan Heidbreder, Parole Officer III

In the past few years Fargo/Moorhead has seen a large increase in opiate abuse, particularly heroin. Abusers are usually 18 to 25 years old, however all ages are affected. It is common for heroin users to have started opiate use by recreationally experimenting with opiate based pain medications in preteen to teenage years. Pills are often obtained by taking a few pills from a legitimate prescription belonging to a parent or relative. Due to the highly addictive nature of opiates, many recreational users quickly become addicted and daily use occurs. Users quickly build a tolerance and require a larger dose to achieve the desired high. Daily use becomes necessary to avoid withdrawals. Opiate withdrawals are very difficult and most users will use to avoid withdrawals, even if they want to stop using.

Once a user is addicted and must use frequently to avoid withdrawal, availability of opiate based pain medications becomes a serious problem for the user. Sporadic availability of pills often drives the user to turn to heroin. Unfortunately, heroin is readily available in Fargo/Moorhead. Heroin is also an opiate based drug and is stronger than most opiate based pain medications. So, heroin use will satisfy the users required need to avoid withdrawal and users may be able to achieve a more desirable high. Once a user graduates to heroin use, the likelihood of achieving sobriety is small. Even with professional treatment, most users will not be able to achieve long term sobriety. Without professional treatment, the likelihood of a user achieving long term sobriety is small. Addicts usually require multiple

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attempts at treatment before sobriety is achieved, if ever achieved.

Due to the high frequency of use required and the costs involved, there are often consequences other than a user's addiction involved in opiate abuse. Many users resort to shoplifting or stealing from parents, relatives, or friends to pay for their addiction. Other users resort to burglary and theft followed by selling or pawning stolen items to pay for their addiction or trading stolen items to dealers in exchange for heroin. Some resort to dancing, stripping, or prostitution to pay for their addiction. Lastly, many users resort to selling drugs to fund their addictions. These activities often result in the addict ending up in the criminal justice system for crimes other than drug offenses.

A very unfortunate result of the increase in opiate abuse in the Fargo/Moorhead has been the introduction of fentanyl and fentanyl analogues to the drug market in Fargo/Moorhead. Although abuse of legitimately prescribed fentanyl has been occurring in the Fargo area for years, use was very limited. Recently, widespread use and abuse of fentanyl and fentanyl analogues was discovered in early 2016.

In late 2015 and early 2016, a very large and rapid increase in overdoses of known heroin users was seen in Fargo/Moorhead. Initially, the exact cause was unknown. But, investigations led to the discovery of heroin containing fentanyl and furanylfentanyl being distributed and consumed in Fargo/Moorhead and the surrounding areas. Users were unaware that the heroin they were purchasing and consuming contained fentanyl or furanylfentanyl. It is impossible to tell the difference between heroin and a heroin/fentanyl mixture by looking at the substances. Users were using the same amounts as usual and overdosing, due to the potency of fentanyl and furanylfentanyl.

Heroin/furanylfentanyl mix

Heroin

As Investigators worked to identify and arrest those responsible for distributing heroin containing fentanyl and furanylfentanyl, overdoses began to occur with younger individuals, some as young as 15 years old, all of whom were not known heroin users. Investigation into these overdoses revealed widespread use of furanylfentanyl in solutions among high school students and in local high schools. It was learned that furanylfentanyl powder was being dissolved in water and placed in nasal spray bottles for use and water bottles for storage or transport. It was learned that furanylfentanyl and other fentanyl analogues were being ordered via the darkweb, shipped to Fargo/Moorhead, placed in solution, and distributed to users as young as junior high school.

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Furanylfentanyl in solution stored in nasal spray and a water bottle

As with opiate based pain medications and heroin, fentanyl and furanylfentanyl use quickly leads to addiction. Once addicted, users must use frequently to avoid withdrawals. Side effects of use appear to be the appearance of sores on users' faces. There have also been reports of users experiencing seizures. The most commonly seen consequence is addiction and the very real chance of overdose and death with each use.

With the introduction of such a potent and unpredictable drug into the drug market of Fargo/Moorhead and to such an inexperienced demographic of users, the potential for tragedy is troubling. Due to furanylfentanyl being slightly different than fentanyl, field testing the substance and detecting it via urine screens is difficult, if not impossible. The potential for users to use this substance without detection is very high. Those attempting to discover use will have to rely on other means other than urine testing to discover use.

Efforts are being made to educate law enforcement, school administrators, teachers, students, treatment professionals, the public, those being supervised on parole or probation, drug users in the community, and anyone else who is willing to listen about the introduction of fentanyl and furanylfentanyl to the Fargo/Moorhead drug market. The hope is that increased awareness will lead to those who may know someone who is using these substances to recognize use and intervene or will educate users of the dangers of this substance and encourage users to seek help and stop using.

This substance has greatly impacted the North Dakota Department of Corrections and Rehabilitation. Use among inmates placed in the community is common. Use among parolees/probationers is common. This is due to their knowledge that detecting use by urine testing is unlikely and the ease of concealing the substance from detection by halfway house or Parole/Probation staff. There is also a false belief that possession of fentanyl analogues is legal. It is likely that use/abuse will continue among this population. The possibilities of staff being exposed to these substances are likely and troubling.

A good first step to combating this problem within our department is to educate ourselves on this substance, know what to look for in terms of usage, intervene with users as quickly as possible, educate those that we supervise of the dangers of this substance, and assist users in immediately getting professional help with their addiction. The availability of immediate professional help is limited and poses a serious problem, but that topic may be for a different article!

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Director of Education Awarded Regional Honor

Mountain Plains Adult Education Association held their annual award banquet April 27-29 in Boise, Idaho. Dr. Penny Veit-Hetletved, Director of Education for the North Dakota Department of Corrections and Rehabilitation, won the Award of Excellence. This award honor's individuals who have made significant contributions to the advancement of adult education at the state or local level. The recipient must be a member of their state affiliate or MPAEA and only one award is given per state.

The North Dakota Department of Corrections and Rehabilitation Education Department mission is "To Provide Quality Student Centered Educational Opportunities and Resources." The North Dakota Youth Correctional Center has a state and AdvancED accredited elementary, junior high, high school and Adult Learning Center. The North Dakota State Penitentiary, James River Correctional Center, Missouri River Correctional Center, and Dakota Women's Correctional Rehabilitation Center all are accredited Adult Learning Centers. It is our hope that each student will grow both educationally and personally during his/her stay.

A student does not lose ground during his/her stay at the ND DOCR with regard to earning credits toward a grade completion and/or graduation. The academic and vocational structure provides an opportunity to resume the prior school course work and/or create a new educational plan with goals that will help achieve a successful re-entry into the next placement or completion of the student's high school education.

The teachers at the ND DOCR are an exceptional group of educators who are committed to helping each student grow intellectually and emotionally. They set healthy boundaries, and hold high expectations while offering each student the opportunity, should he/she choose, to gain skills that will allow him/her to experience success both in education and in his/her future. Our hope is that each student will take advantage of the ND DOCR's educational programs, which can help prepare each student for extraordinary future opportunities that are within his/her reach.

North Dakota Physician Assistant of the Year Award

On Friday, May 6, Deb Houdek, PA-C, was awarded the 2016 North Dakota Physician Assistant of the Year Award.

John J. Hagan, M.D., Staff Physician for the North Dakota Department of Corrections and Rehabilitation nominated Houdek with these kind words.

Deb's career started in nursing. She worked at MedCenter One in Bismarck and progressed in her career to become a cardiac rehab and critical care nurse. She furthered her education by completing training and certification as a physician assistant. Her early career as a medical provider was spent caring for children with cerebral palsy under the guidance of Dr. Kevin Murphy, a regionally based physiatrist specializing in the care of cerebral palsy patients who is based in St. Paul, Minnesota. Deb assessed and cared for many of the CP patients in the region, providing physiatry services, botox injections to treat contractures and primary care for some of North Dakota's most difficult to treat patients. She was a tireless advocate for these children, and remains close personal friends with many who are now adults to this day.

During this time period, Deb became involved in the Great American Bike Race. This is a charity that has raised hundreds of thousands of dollars annually to be used locally to provide equipment and services for CP patients and their families. Deb has been a participant since the race's inception. She was a member of the first team, when only 6 teams participated. She is now in her 20th year. Her participation along with her family has been instrumental in helping this event grow in popularity. This year it will feature more than 100 teams of 12 riders. More than 2.5 million dollars have been raised to date.

Deb moved on to primary care with MedCenter, where she was much beloved by her patients. She was stolen away by St. Alexius' Hospitalist service, where she worked alongside Dr. Zaiti and others. It was in this capacity that I first met her when I was working nights as a hospitalist and

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intensivist. I would often assume care of her patients overnight, and I was impressed by her evaluation and management skills. Her patients identified her as their caregiver in the hospital, and both patients and family raved about her.

In 2007, I was able to convince Deb to come to work with me in the North Dakota Department of Corrections and rehabilitation medical department. She has been here ever since, as a most trusted and skilled colleague. Practicing primary care medicine in a corrections setting is a challenging experience. In this setting, providers work admitting, examining, diagnosing and treating convicted murderers, sex offenders, drug dealers, drug addicts and violent felons, often in maximum security settings, with no on-site availability of laboratory or imaging services. As a result, providers must possess superior interviewing and examination skills, and are forced to utilize critical reasoning, structured differential diagnoses and evidence based medicine as well as probabilistic medicine reasoning to make diagnoses and to guide therapy. This is a fully immersive and often intimidating environment! Deb stepped up without batting an eye and went to work. As soon as she arrived, we were tasked to establish a medical clinic at the Missouri River Correctional Center, a minimum security facility south of Bismarck. Deb interviewed and selected a nurse from the existing corrections staff, and together they set out to create a clinic.

During this time, I asked Deb to take on another project. She took over delivery of medical care at the North Dakota Youth Correctional Center. This was initially a contentious situation, as the facility had a long-standing arrangement with a private contractor. The culture was unique, in that the facility is a secure high school with on-site dorm style facilities. Through years of hard work, Deb introduced numerous initiatives that have transformed the thrust of health care delivery to our state's highest risk adolescent population. At the time of Deb's arrival, the program was not providing reproductive health care or immunizations. Students were often restrained physically when their behaviors became uncontrolled. Deb worked tirelessly to build trust and relationships with staff and students. She introduced HPV vaccination for her patients. Next, she engaged the state Department of Health and was instrumental in establishing a robust catch-up vaccination program for all recommended vaccines for all residents at YCC. Her tireless efforts in staff education, relationship building and patient advocacy have created a profound change in the culture at YCC. Her vaccination program has been extended to cover all at-risk individuals within the Department of Juvenile Services system statewide. Along with many others YCC staff, she has participated in program changes that have resulted in the near-disappearance of the use of physical restraint in adolescents. As a result of her heroic work, she was asked to

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serve as a member of the North Dakota Immunization Advisory Committee. She continues to serve on that committee to this day. This body sets the immunization recommendations and schedule for the North Dakota Department of Health, and oversees vaccine product selection.

Deb Houdek is a superb clinician. Her diagnostic and management skills are extraordinary. She is kind and compassionate. She anchors an incredibly effective and hardworking team of providers for the Department of Corrections. She leads by example. She approaches difficult tasks with vigor and good humor. She has effected fundamental changes in the delivery of health care to the state's least loved and most vulnerable populations. She is held in highest esteem by her patients, staff members and colleagues. Her students at YCC affectionately call her "Miss Deb." She reads continually to advance her knowledge in medicine. She is an engaging and insightful teacher. She holds a dual appointment in the Departments of Family Medicine and Internal Medicine at the UND School of Medicine and Health Sciences as a clinical adjunct instructor and is highly sought after as a preceptor of both physician assistant students and medical students. She is not only the finest example of a physician assistant that I have ever met or worked with; she is the finest example of a medical provider I have had the pleasure to work beside. She has fashioned her career as one of public service to others.

DOCR Mission

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

DOCR Vision

A safer North Dakota through effective correctional services.

DOCR Values

Respect, Professionalism, Teamwork, Transparency, Integrity, & Innovation

Click for detailed value statements

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:

Editor: Michelle Linster
E-mail: mlinster@nd.gov
Phone: (701) 328-6362

North Dakota
Department of Corrections & Rehabilitation
PO Box 1898
Bismarck, ND 58502-1898

Sometimes Change is What We Need

In October 2015, two of our staff members visited Norway to view the Norwegian Correctional System and since then we have started several new ventures across the institutions. In June 2016, the Deputy Governor of Halden Prison visited two North Dakota facilities, along with a film crew, to witness the changes we have accomplished and how we compare to other prisons across America. While visiting, we received several compliments on the running of our institutions, with humanity being in the forefront.

At the James River Correction Center:

- A basketball team from a community recreation league came to JRCC and played the winning team of the resident tournament. This was beneficial to both the residents and community. It gave the residents an opportunity to demonstrate pro-social behavior with members of the community and it gave community members an opportunity to interact with the residents. The community members received a tour of the facility and they were informed of the programs offered at JRCC.
- A resident band plays at cookouts and special events.
- A resident choir led by a Correctional Officer was started and a recital is planned for the family and friends of the choir members.
- Expanded the facility gardens to provide more vegetable donations to the local food pantry. This allows the residents to give back to the community.
- Started landscaping projects to add flowers and plants to brighten up the front lobby entrances and along the outdoor walkways.
- Painted the SAU and Amusement Hall with colors to brighten up the place besides the typical white used in facilities. The plan is to expand this to other areas of the institution as the walls are due for new paint.
- Added two fish tanks to feel more welcoming in the education classrooms.

At the North Dakota State Penitentiary:

- Created a family movie night with residents and their families, if meeting the behavior requirements, to spend quality time with their family. This allows the relationship between the family and the resident to continue even while incarcerated.
- Vending machines have been added to the visiting rooms so family members and the resident can have a snack or beverage while visiting for long periods of time. We have also added two more holiday visitation days, Memorial Day and Labor Day.
- Family members are invited to attend educational ceremonies to celebrate the success of the residents when they earn a diploma.
- In the summer months, we will grill and eat outside, with the resident band playing as entertainment.
- Residents have a chance to order quarterly from a local food vendor, if meeting behavior requirements. This allows them to budget their money and plan for something out of the ordinary, thus fostering responsibility for life decisions.
- We have added two more preferred housing units. Residents have to maintain a behavior contract to become eligible and stay in these housing units.

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- Use of JPay and a JP 5 Player, technology that lets them stay in touch with family and friends and use technology similar to what will be used in the community.
- Increased our transferrable job skills to there is a successful transition of residents from prison to community.
- Implemented a Behavior Intervention Unit in Segregation to equip dangerous individuals with the skills they need to be successful when released.

Within Education, students are able to have exposure to much of the technology they would see in regular Adult Learning Centers with the guidance and instruction on how to specifically navigate it and become good digital citizens. While they do not have direct access to the internet, they do have exposure to the programs and technology as they would outside of our facilities. Throughout our offerings, we currently employ the opportunity for students to build their technological literacy as well as Career/ Job Readiness skills.

Technology specific program offerings within Education include, basic keyboarding, Microsoft Office Suite, AutoCAD, instruction in 3-D printing, and basic knowledge of iPad devices within their Read Right and ABE courses.

Education also offers Career Readiness to all students interested. Within this program students are taught how to apply for jobs, create resumes and cover letters, and practice interviewing skills to help them be successful with their transition into the community. They are afforded the opportunity to do mock interviews as well as revision of resumes which can be sent to them and used later when applying for jobs. Career readiness and welding students are also taught about ND Job Service and its opportunities for employment, with Job Service unavailable to do site visits the assistant principal has been making these presentations as needed.

Some of the extras to progression:

- Our graduation ceremonies are complete with caps and gowns, pomp and circumstance, and student as well as guest speakers.
  - Facility's Band and/or Choir is performing at the facilities.
  - Families are invited to attend the ceremonies.
- An Arbor Day learning project was done at JRCC where our students learned about the reason for the holiday and was able to plant trees.
- Welding students from MRCC have had the opportunity to gain industry certifications along with priority employment with welding opportunities.
- Students at NDSP are working on beginning a garden for science learning toward their GED diploma. Students will plant vegetables with the use of egg shells, coffee grounds, and regular soil to go through the hypothesis learning of the science labs.
- MRCC teachers are implementing learning field trips for their students to places within the Bismarck-Mandan community—wearing their own clothes, etc.
- JRCC Construction students have chosen, planned, and created projects to benefit the facility to include a refinish of the gym stage and walls, shelving units for living spaces, lockable bulletin boards for education, and a gazebo for the correctional officers in the rec yard.
- JRCC Librarian implemented "Reading is a Gift" where fathers can read a book while being recorded to send to their children.
- TED talks are being presented within the ND DOCR DAS Libraries.

These are only a handful of the ideas that have been implemented at two of our facilities and it is our hope to have more family based events and create more normality for those residing here implemented within the year.

With all these recent changes we have noticed a change in the attitudes of some of the resident population and they are more appreciative of the privileges they have earned.

Organizational Characteristics. All people on DOCR Community Supervision. One day counts on the last day of the month.	**January 2016**	**February 2016**	**March 2016**	**April 2016**	**May 2016**	**June 2016**
General Organizational Information						
Daily Supervision Count	**7,271**	**7,292**	**7,269**	**7,304**	**7,333**	**7,358**
Count of all people on DOCR supervision in the community.						
People on supervised probation	6,342	6,360	6,330	6,311	6,349	6,384
Count of people on DOCR supervision with a case type of suspended or deferred.						
People on parole	646	692	726	766	767	815
Count of people on DOCR supervision with a case type of parole.						
Interstate Compact - In	756	755	778	797	796	813
Count of people sentenced to community supervision in another state supervised by North Dakota.						
Interstate Compact - Out	793	791	774	775	781	798
Count of people sentenced to community supervision in North Dakota supervised by another state.						
People on GPS	80	80	82	83	83	80
People on Scram	70	71	67	68	66	61
Supervision Level ***(Assigned supervision level based on assessment and crime type.)***						
Maximum						1,214
Medium						2,460
Minimum						1,213
Not Classified						1,955
Includes people incarcerated who have an active probation case.						
Drug Court						86
Diversion						640
Demographics						
Male	5,363	5,410	5,389	5,426	5,464	5,470
Female	1,908	1,882	1,880	1,878	1,869	1,888
White						
Black						
American Indian						
Asian						
Hispanic						
Average Age						

People on community supervision can have multiple sentence types. Example, a person can be on probation and parole at the same time.

Organizational Characteristics. All DOCR Inmates. One Day Counts on the Last Day Of The Month. These numbers use the Association of State Correctional Administrators (ASCA) Performance Based Measurement Standards (PBMS) and are based on the controlling sentence.	**January 2016**	**February 2016**	**March 2016**	**April 2016**	**May 2016**	**June 2016**	**July 2015**	**August 2015**	**September 2015**	**October 2015**	**November 2015**	**December 2015**
General Organization Information												
Prisoners Housed in NDSP, JRCC, MRCC	1,325	1,337	1,363	1,347	1,346	1,360	1,390	1,373	1,389	1,386	1,380	1,345
Prisoners Outsourced	466	438	448	449	464	436	396	397	412	425	421	450
Total Inmates Under DOCR Responsibility	**1,791**	**1,775**	**1,811**	**1,796**	**1,810**	**1,796**	**1,786**	**1,770**	**1,801**	**1,811**	**1,801**	**1,795**
Average Length of Sentence (Years)	6.64	6.66	6.58	6.62	6.60	6.65	6.68	6.72	6.62	6.61	6.64	6.66
Prisoners Serving Sentences Of Court (Prison Sentence)												
Inmates Serving Less Than 1 Year	12	12	13	13	17	10	14	14	11	12	13	12
Inmates Serving 1 to 3 Years	888	885	913	916	928	935	888	876	910	909	895	895
Inmates Serving 3 to 5 Years (3.01 to 5)	316	304	310	294	292	286	309	302	307	314	313	312
Inmates Serving 5 to 10 years (5.01 to 10)	235	233	232	229	228	217	229	233	230	232	236	232
Inmates Serving 10 to 20 Years (10.01 to 20)	160	162	163	165	163	165	167	167	164	163	165	162
Inmates Serving 20 to 40 Years (20.01 to 40)	85	84	84	84	87	87	85	83	84	85	84	86
Inmates Serving More than 40 Years (40.01 plus)	17	17	18	18	18	19	18	18	18	18	17	18
Inmates Serving Life with Parole	41	41	41	41	41	41	41	41	41	41	41	41
Inmates - Life Without Parole	37	37	37	36	36	36	35	36	36	37	37	37
Inmates - Death Sentence	0	0	0	0	0	0	0	0	0	0	0	0
Crime Distribution Statistics (Controlling Sentence)												
Part 1 Violent Crime Inmates	567	563	579	576	588	579	580	574	570	567	565	565
Other Violent Crime Inmates	247	237	248	244	250	256	249	245	265	258	256	253
Property Crime Inmates	315	300	306	308	303	298	288	292	292	310	306	313
Drug Offense Inmates	499	502	513	508	517	504	487	489	497	510	502	493
Other Public Order Offense Inmates	163	173	165	160	152	159	182	170	177	166	172	171
Inmate Demographics												
Average Inmate Age	36.14	36.14	35.99	36.05	36.06	36.02	36.25	36.26	36.31	36.31	36.34	36.32
Male Inmates	1,571	1,552	1,580	1,559	1,571	1,562	1,562	1,558	1,583	1,591	1,594	1,587
Female Inmates	220	223	231	237	239	234	224	212	218	220	207	208
White Inmates	1,177	1,167	1,187	1,174	1,171	1,151	1,186	1,001	1,180	1,181	1,176	1,181
Black Inmates	148	146	149	152	156	161	121	129	132	138	136	141
Native Hawaiian or Pacific Islander Inmates	0	0	0	0	0	0	0	0	0	0	0	0
American/Alaskan Native Inmates	347	342	349	351	356	358	380	363	370	369	373	357
Hispanic or Latino Inmates	106	108	114	109	114	113	104	101	106	108	103	102
Asian Inmates	8	7	7	6	6	6	7	7	8	9	7	8
Other Race/Ethnicity Inmates	5	5	5	4	7	7	8	7	5	6	6	6
Inmates With Unknown/Missing Race/Ethnicity	0	0	0	0	0	0	0	0	0	0	0	0
Inmates Non-Citizens	22	23	24	19	18	20	17	18	21	21	20	23

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

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Right now, law enforcement in Fargo/Moorhead collectively has set a short term goal of stopping the next overdose. We are vigorously targeting and investigating those that are distributing these substances and hope that the increased pressure will slow down this epidemic. But, law enforcement recognizes that this is only a short term strategy and not a long term solution.

We believe the overall solution will have to be a solution that comes from the community as a whole. What that solution will be is yet to be determined. I believe all of us at the North Dakota Department of Corrections and Rehabilitation have something to offer to the overall community-wide solution. I encourage all of us to do what we can to contribute to trying to combat this epidemic.

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
Mandy Maxon	Bismarck
Lynn Jordheim	Fargo
Robert Udland	Fargo
James Prochniak	West Fargo
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 2016

January	3-4
January/February	31-1
March	6-7
April	3-4
May	1-2
June	5-6
July	10-11
August	7-8
September	11-12
October	9-10
November	6-7
December	4-5

Pardon Advisory Board Dates for 2016

April 4
November 7