The Insider
North Dakota Department Of Corrections And Rehabilitation

Mental Illness Within The Prison System

By: Dr. Lisa Peterson, Clinical Director

It is widely accepted that people with mental illness and substance use problems are overrepresented in jails and prisons as compared to prevalence rates in the general population. Across the United States, deinstitutionalization, along with a failure to develop easily accessible and effective outpatient alternatives for treatment, has led to correctional facilities housing the highest concentrations of people with mental health and substance abuse concerns in the country (Stephy, 2007). National data has shown that nearly 70% of adults entering jails and more than 50% in state prisons have a substance use disorder (Osher, et al., 2012). Additionally, the number of mentally ill inmates in America's jails and prisons is reported to have quadrupled between 2000 and 2006 (Human Rights Watch, 2006). Research suggests that up to 50% of jail and prison inmates may present with a mental health concern in addition to substance use disorders (James & Glaze, 2006). Prevalence estimates of severe and persistent mental illnesses among incarcerated adults range from 15 to 25 percent, as compared to five to eight percent in the general population (Various citations in Fontanarosa, Uhl, Oyesanmi, & Schoelles, 2013).

Data for North Dakota prison facilities in 2014 shows that over 70% of individuals entering prison have an active substance use disorder diagnosis. Beyond that, 41% of male inmates have a mental health diagnosis in addition to substance use disorders and around 6% meet criteria for a severe and persistent mental illness. About 50% of female inmates have a mental health diagnosis in addition to substance use disorders, with 14% diagnosed with a severe and persistent mental illness. As national estimates have suggested that as many as 50% of people with substance abuse or mental illness diagnoses reenter prison within three years following release (Daniel, 2007), such prevalence information and knowledge of effective interventions

(continue on page 3)

Paradigm Shift: Why no one should suffer with a reading problem

By: Dr. Penny Veit-Hetletved, Director of Education

"If we are to obtain results never before achieved, we must expect to employ methods never before attempted." Sir Francis Bacon

The North Dakota Department of Corrections and Rehabilitation was recently featured in the Read Right National Newsletter as a program of excellence. **Read Right** is an innovative reading intervention program that relies on the plasticity of the brain to transform struggling readers to excellent readers. The model is based on theoretical constructs that challenge mainstream thinking. It explains why so many students have reading problems and offers a well-researched solution. This program offers gold-standard research results and summative evaluation data.

Struggling readers who participate in **Read Right** are transformed by this methodology that constitutes a paradigm shift in the field of reading!

The North Dakota Youth Correctional Center began implementing **Read Right** in 2005. A total of 757 students have been served, showing an average gain of 3.0 grade levels. Their average number of tutoring hours per grade-level gain was 4.8. After seeing the transformative results with these first students, the corrections education staff determined they had to make the program available for their adult populations as well. Read Right is now in all four adult prisons in addition to the Youth Correctional Center and is mandatory for all incarcerated juveniles and adults in the State who are participating in any kind of education program within their institutions. The total number of adults served with Read Right thus far is 503. These adults showed an average gain of 2.8 grade levels in an average of 33 hours of participation in Read Right. Their average number of tutoring hours per grade-level gain was 7.2.

So, why such great results? The brain doesn't have to decode or identify each and every word to get to an author's meaning. The brain is capable of putting comprehension first and using the construction of meaning to drive the reading

(continue on page 10)

Mentally Ill... continued from page 1

are extremely relevant to the ND DOCR's mission of recidivism reduction.

Based on the above statistics, most people likely assume that criminal activity is caused, at least in part, by mental illness or substance use problem. Research has suggested that the link is not as simple as it may appear. Substance use is certainly a criminogenic risk factor, but the relationship between other mental health concerns and crime is a bit more complex. Although many incarcerated persons have mental health diagnoses, the vast majority of people with mental illnesses do not commit crimes. Further, changes in an individual's psychiatric symptoms do not necessarily relate to whether or not he or she is rearrested or revoked from community supervision.

There are some people who would cease to be criminal if their mental illness were treated effectively and there are also people who would continue to engage in criminal behavior even if their mental illness were disappear completely. Because no causal link has been found between mental illness and criminal behavior or recidivism, mental health is termed a criminogenic "responsivity factor". Responsivity factors are those that influence the effects of crime-reducing interventions. If individuals have not addressed their mental health concerns effectively, they will be less likely to benefit from cognitive-behavioral interventions focused on helping them manage situations that put them at risk to commit crimes.

For those who would not be criminal if not for their mental illness symptoms, traditional mental health treatment is enough. But for those who would continue to be criminal in absence of a mental health diagnosis, interventions to reduce recidivism are most effective when they not only include traditional mental health treatment, but also incorporate specific strategies to change criminal thinking and behavior patterns.

The ND DOCR has a wide variety of interventions available for offenders with mental health concerns. All new arrivals are screened for symptoms of mental illness, assigned to a mental health level of care reflective of their current functioning, and referred for psychiatric evaluation and treatment when warranted. Suicide prevention and crisis intervention services are available to those with acute needs requiring intensive observation and treatment. Psychological services including comprehensive assessments and individual therapy are available to provide accurate diagnoses and assist the offenders in managing symptoms. The Special Assistance Unit at the James River Correctional Center (JRCC) focuses on psychiatric and behavioral stabilization, with the goal of stabilizing and equipping offenders to reintegrate and function in general prison population with reduced risk and increased levels of independence. Supportive, transitional living arrangements are available to offenders with mental health needs at both JRCC and the North Dakota State Penitentiary.

(continue on page 9)

Sharing Makes the Most Sense

By: Brian Weigel, Warden of Transitional Facilities

During the 2013 legislative session, Senate Bill 2015 authorized a study by an independent company to review the utilization of the land currently owned and operated by the Missouri River Correctional Center (MRCC). The study was conducted by BWBR of St. Paul, Minnesota. It explored options of building a community day park for the citizens of North Dakota to further access the beauty of the banks of the Missouri River. The study also explored options of whether the current MRCC should be moved or could co-exist next to a new community park. The study found that both a park and a minimum custody prison could successfully operate by dividing the property into a 200 acre community park, a 300 acre buffer zone and a minimum custody facility at the current site.

MRCC is a minimum custody prison with 151 beds. The mission of the facility is to teach and practice skills with the inmates to help them be successful upon release. Inmates must be within three years of release and classified minimum custody. Inmates are sent to the facility providing opportunities to reintroduce them into society. MRCC offers cognitive behavioral treatments to include chemical dependency, educational and employment opportunities. Staff strive to maintain a rehabilitative atmosphere and in the last nine years only two inmates have walked away from the facility.

The concept of a day park for the public is supported by the Department of Corrections and Rehabilitation. The 200 acre park on the south end of the property would have a fishing pier, park shelter, walking paths, calm backwater ideal for canoeing and kayaking and a beachfront to the Missouri River. There would be wetland educational signs with seating along the paths. This park would be separated from the remaining MRCC grounds by a 300 acre agriculture field located between the two sites, sufficient for keeping the two populations separated.

The study outlined the probability of moving the MRCC campus from its current location to a site in Morton County adjacent to The Youth Correctional Center. The study found this was not a desirable plan for multiple reasons.

The building of a new facility located just to the east of the current dormitory site is needed. The current buildings are outdated, damaged, inadequate and are prone to mold infestation. To delay and attempt to repair the current campus will cost the state additional funds. The current buildings have significant deficiencies, including the following:

- Failure of housing building's EIFS (exterior insulation finish system) siding has resulted in numerous

(continue on page 6)

Christmas Playpen Project

By: Wendlin Rohrich, Correctional Officer II

November 1st marked the start of another year in the Christmas Playpen Project at the Missouri River Correctional Center (MRCC). This project gives inmates at MRCC a chance to fix bikes and toys which are then given to the Salvation Army for distribution to families in need during the holidays. The project is an excellent opportunity for inmates to give back to the community and work towards a positive goal.

This year started off unlike any other as the project was displaced from its normal facility. However, due to great team work and communication between both the maintenance department and security staff the alternate location was prepared in time for the project to begin.

While the donations began slowly the 10 inmate workers, who worked tirelessly to help prepare the new project location, were able to begin repairs on toys and bicycles remaining from previous years. There was a bit of skepticism, at first, among the inmate team of whether or not it would be possible to fill a 53 foot semi-trailer with bicycles but as donations increased the doubts decreased. It was a rewarding experience to see a small group of inmates band together with a positive attitude to work towards a common goal.

There was a general consensus among those inmates who worked on the project that the thought of being able to bring some joy to children, on Christmas, from within the institution was rewarding. One event from this year stands out as one that truly embodied the spirit of the Christmas Playpen Project. While finishing the last bicycle of the season, a bicycle he had requested to work on, one of the inmate team members recalled a scene from his past. He told a story of how, as a child, one of his younger family members had had a bicycle identical to the one he was repairing. He recalled the memories of riding through the neighborhood and the fun they had had. When the bicycle was on the truck and the door was shut he simply stated "working on that bike really brought a smile to my face". Events like this bring to light an aspect not usually talked about when describing the Christmas Playpen Project. While the focus is on helping to give a piece of happiness to children, as it should be, the project also gives a bit of peace to the inmates who work so hard to finish as many toys and bicycles as possible. Providing an opportunity for an inmate to remember a positive time and a feeling of self-worth is a win for all those involved.

When the project ended this year

(continue on page 6)

Sharing MRCC... continued from page 4

moisture problems (black mold or Stachybotrys)

- Inadequate / outdated electrical systems (lighting, life safety lighting and fire alarm, security controls and camera systems, and code compliance items)
- Inadequate / outdated mechanical systems (exhaust and ventilation)
- Undersized sewage lift station
- Insufficient / limited backup emergency power system
- Inadequate programming (recreation, treatment, education) space
- Inadequate kitchen and dining space

If approved by the legislature, the replacement building will be constructed on high ground directly to the east of the current housing building and will replace the existing multitude of MRCC buildings. The new building will provide a safe environment for the employees, inmates and public, and enhance our ability to fulfill our mission. MRCC has proven that it is a good neighbor since its opening in 1943. The solution of a day park and new prison building on the current grounds is the best way to serve all.

Playpen Project... continued from page 5

the MRCC inmate workers had refurbished and prepared over 125 bicycles and over 600 toys. While the goals of the project are always set high, the completed number depends greatly on the quality of donations received. As in every other year there were a large number of bicycles that could not be repaired or used for parts, but after some discussion we were able to turn those discarded bicycles into a positive by turning the scrap metal into a check for over $150 that was donated back to the project.

While this years' project has come to a close we have already begun preparations to help make next seasons' operation an even greater success.

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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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 2014**	**October 2014**	**September 2014**	**August 2014**	**July 2014**	**June 2014**	**May 2014**	**April 2014**	**March 2014**	**February 2014**	**January 2014**
General Organization Information											
Prisoners Housed in NDSP, JRCC, MRCC	1,316	1,322	1,293	1,304	1,275	1,273	1,253	1,259	1,265	1,260	1,253
Prisoners Outsourced	376	356	340	328	328	336	338	321	318	323	325
Total Inmates Under DOCR Responsibility	**1,692**	**1,678**	**1,633**	**1,632**	**1,603**	**1,609**	**1,591**	**1,580**	**1,583**	**1,583**	**1,578**
Average Length of Sentence (Years)	6.77	6.79	6.99	6.88	6.93	6.93	6.76	6.82	6.82	6.80	6.84
Prisoners Serving Sentences Of Court (Prison Sentence)											
Inmates Serving Less Than 1 Year	9	11	11	14	11	7	6	7	7	5	3
Inmates Serving 1 to 3 Years	831	818	778	789	766	773	753	746	757	761	757
Inmates Serving 3 to 5 Years (3.01 to 5)	307	308	303	288	293	296	304	296	283	279	284
Inmates Serving 5 to 10 years (5.01 to 10)	220	217	219	222	220	215	212	216	223	224	225
Inmates Serving 10 to 20 Years (10.01 to 20)	153	153	152	149	144	150	149	148	147	152	146
Inmates Serving 20 to 40 Years (20.01 to 40)	81	82	81	81	80	80	81	80	80	75	77
Inmates Serving More than 40 Years (40.01 plus)	19	18	19	19	19	19	16	17	17	18	18
Inmates Serving Life with Parole	39	39	38	38	38	38	39	39	38	38	38
Inmates - Life Without Parole	33	32	32	32	32	31	31	31	31	31	30
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	573	575	573	572	572	565	557	552	548	552	555
Other Violent Crime Inmates	250	247	233	234	226	221	220	225	227	219	219
Property Crime Inmates	266	261	252	255	255	259	268	268	260	262	264
Drug Offense Inmates	415	409	404	393	378	388	379	378	385	387	388
Other Public Order Offense Inmates	188	186	171	178	172	176	167	157	163	163	152
Inmate Demographics											
Average Inmate Age	36.17	36.16	36.15	36.09	36.19	36.13	36.14	36.03	35.90	34.90	35.84
Male Inmates	1,486	1,483	1,446	1,454	1,431	1,429	1,404	1,412	1,414	1,418	1,414
Female Inmates	206	195	187	178	172	180	187	168	169	165	164
White Inmates	1,135	1,128	1,094	1,089	1,076	1,082	1,073	1,063	1,063	1,057	1,060
Black Inmates	113	108	108	108	104	105	94	94	96	99	97
Native Hawaiian or Pacific Islander Inmates	0	0	0	0	0	0	0	0	0	0	0
American/Alaskan Native Inmates	347	340	333	339	331	332	337	334	335	341	339
Hispanic or Latino Inmates	84	88	87	85	84	81	79	81	81	78	75
Asian Inmates	6	6	5	6	6	7	6	6	6	6	5
Other Race/Ethnicity Inmates	7	8	6	5	2	2	2	2	2	2	2
Inmates With Unknown/Missing Race/Ethnicity	0	0	0	0	0	0	0	0	0	0	0
Inmates Non-Citizens	18	16	16	16	17	16	15	13	15	18	19

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

Law Enforcement Memorial Association Training 2014

By: Sarena Ebel, Human Relations Counselor

As 2014 approached; the North Dakota Department of Corrections and Rehabilitation (NDDOCR) Honor Guard (HG) members waited with bated breath to hear whether or not we would be returning to the Law Enforcement Memorial Association (LEMA) training in September of that year. In May our wishes came true when HG Commander Tom Erhardt sent the email with the attached registration. An email arrived shortly thereafter notifying us that this's year's participants would be: Joe Charvat, James Sayler, Stan Kahl, Jason Brazell, Roger Benson, Teresa Schiffner, Mike Weatherly, Chris Kinzler and myself.

As in past years, new members were able to attend and others were not due to conflicts. This year Roger Benson (JRCC), James Sayler (Transitional Facilities) and Jason Brazell (NDSP) were the new attendees, and those of us senior to LEMA training rubbed our hands in glee at what they were to face. As always LEMA training does not disappoint, and the full day of marching never quite seems to get easier; at least we now go equipped with medical supplies to tend to the blisters and bruised toe nails. All in all this training continues to be the highlight of the year for Honor Guard members. We were again especially proud when Mike Weatherly followed in last year's Top Gun champion Steve Renner's (MRCC) shoes and took home the coveted "Top Gun" award! This award is presented to the camp attendee who is the best of the best at performing the 15 Count Manual of Arms (a series of precise movements done with the rifle). The competition starts with the whole group (approximately 90 competitors), and LEMA trainers eliminate those who make mistakes until there is one remaining – Top Gun! Stan Kahl took second place in this competition but Weatherly managed to squeak past Stan and bring home the coveted award.

At the mock funeral DOCR was honored by being chosen to be on the line for the three rifle volleys and ND Highway Patrol was close behind on flag folding/casket duty. Let's just say that the DOCR had some steep competition from those HPs and a friendly rivalry has now begun. The most important part of this training is ensuring that HG members are highly trained to carry out their duties, to bring a positive image to the DOCR and its staff for recognition of the hard work that they do, and provide respect and dignity to the services for deceased DOCR employees. This was the final year for LEMA commander Kevin Torgerson and Honor Guard Deputy Commander Jim Rygg to lead the training and association. Although they will be sorely missed, we know that their predecessors Todd Schwanke and Salim Omari will do an outstanding job.

Mentally Ill... continued from page 3

As the population of incarcerated individuals in North Dakota increases, so will the number of offenders with significant mental health needs who will require the services described above. As citizens of North Dakota, we must consider whether incarceration, a costly response, is the best approach. In fact, our communities may be better served through alternatives to incarceration for nonviolent offenders with mental illness. Further development of effective outpatient programs that address both traditional mental health needs and criminal thinking and behavior may very well be the solution to a problem we simply cannot address by building more prison beds.

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the previously stated staffing ratios are not adequate given the layout of NDYCC's older buildings, and may require the addition of even more staff.

DOCR Vision

A safer North Dakota through effective correctional services.

DOCR 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.

Paradigm Shift... continued from page 3

process. The following activity demonstrates that reading involves much more than individual word identification. Excellent readers can read this quickly and efficiently, even though decoding, word attack, or sight word recognition will not work with the longer words:

"Aocdcrnig to rseecrah at Cmabrigde Uinervtisy, it dseno't mttaer in waht oderr the lterets in a wrod are, the olny irpoamtnt tihng is taht the frsit and lsat ltteer be in the rhgit pclae. The rset can be a taotl mses and you can sitll raed it whoutit a pboerlm. Tihs is bucseae the huamn mnid deos not raed ervey ltteer by istlef. Aaznmig, yes?"

(Source: Learn English: A Lesson a Day)

Indeed—brain activity is complex and amazing! Read Right works because it compels students to figure out ALL of the complex aspects of the reading process. When our highly structured methods are followed by educators, every student is constantly and purposefully working to ground the act of reading in the construction of meaning and to produce excellence with every passage of text.

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
Vacant	
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 2015

January	4-5
February	2-3
March	1-2
April	March 29 - 30
May	3-4
June	May 31 - June 1
July	June 28 - 29
August	2-3
September	August 30-31
October	4-5
November	1-2
December	6-7

Pardon Advisory Board Dates for 2015

March 30 November 2