



PREPARING MEN AND WOMEN FOR SUCCESS

FEBRUARY 2025

NORTH DAKOTA COMMUNITY BEHAVIORAL HEALTH SERVICES EXPANSION

MTC has partnered with the North Dakota Department of Corrections & Rehabilitation (DOCR) to improve access to community-based behavioral healthcare for justice-involved people. Oftentimes, when people are released from prison or serving terms of community supervision, they don't have the support structure or services they need to succeed in life.

That's where MTC steps in to help. Through this partnership, MTC begins working with people at various points in the criminal justice system upon referral from DOCR, assessing their needs and developing a plan to support them. MTC provides nearly immediate access to care for people with behavioral health needs, completing assessment, and starting them in group within one to two weeks. MTC counselors and other professionals then provide a variety of evidence-based programs to these men and women including:

- **Free Your Mind:** A comprehensive rehabilitation program that addresses substance abuse disorders, antisocial personality patterns, criminogenic attitudes, anger, and other behaviors that would prevent people from living healthy, prosocial lives. These small group sessions last 60-90 minutes and are held four to five days per week for up to ten weeks.

- **Seeking Safety:** A female-only, open-group format for those who have experienced trauma and substance use disorders. This program helps women feel safe and comfortable as they begin their journey toward healing and long-lasting change.

MTC works with formerly incarcerated men and women, both in person and virtually, to provide them with the skills they will need. These services include:

- Evidence-based curricula, particularly within the areas of Level 2.1 and Level 1 substance use programming and criminogenic risks related to anger control and criminal thinking
- Culturally competent practices and trauma-informed care
- Gender-responsive practices and interventions
- Care coordination and peer support with Free Through Recovery and Community Connect