

Dakota Women's Correctional and Rehabilitation Center

Summary of Facility

September 28, 2020

Staffing

- ▶ 62 full-time staff
 - ▶ Specialized Staff:
 - ▶ 1 Physicians Assistant
 - ▶ 4 RN's
 - ▶ 2 LPN's
 - ▶ 4.5 Licensed Addiction Counselors
 - ▶ 1 Teacher
 - ▶ 4 Human Relations Counselors
- ▶ 13 part-time staff
 - ▶ Specialized Staff
 - ▶ 1 psychologist
 - ▶ 1 LPCC
- ▶ Over 100 volunteers



Kitchen/Dining Hall

- ▶ Employs 6 resident workers
 - ▶ Residents are trained in:
 - ▶ food safety
 - ▶ food preparation
 - ▶ Cooking
 - ▶ safe serving
- ▶ Cooking Classes
- ▶ Group Meals



Minimum Security Unit

- ▶ 70 bed unit
 - ▶ 4, 5 bed dorms
 - ▶ 5, 10 bed dorms
- ▶ 1 dayroom
- ▶ Outdoor Recreation
- ▶ Access to a gym and exercise equipment



Medium Security Unit

- ▶ Medium Security Unit
 - ▶ 45 bed Unit
 - ▶ 4, 10 bed dorms
 - ▶ 1, 4 bed dorm
 - ▶ 1, 1 bed room
- ▶ Access to a gym
- ▶ Access to exercise equipment
- ▶ Outdoor recreation



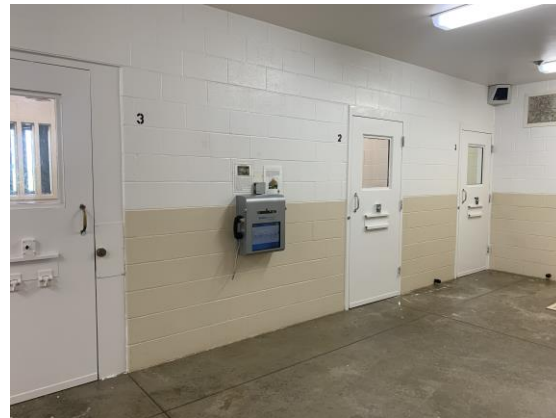
Orientation Dorm (part of the Medium Security Unit)

- ▶ 16 bed dorm with attached bathroom
- ▶ Residents reside in this dorm from 2-4 weeks while evaluations are being completed
 - ▶ Levels of Security Index (LSI): identifies risk areas
 - ▶ Chemical Dependency Assessments
 - ▶ Medical Assessments
 - ▶ Mental Health Assessments
 - ▶ Education Assessments
 - ▶ Orientation to the facility



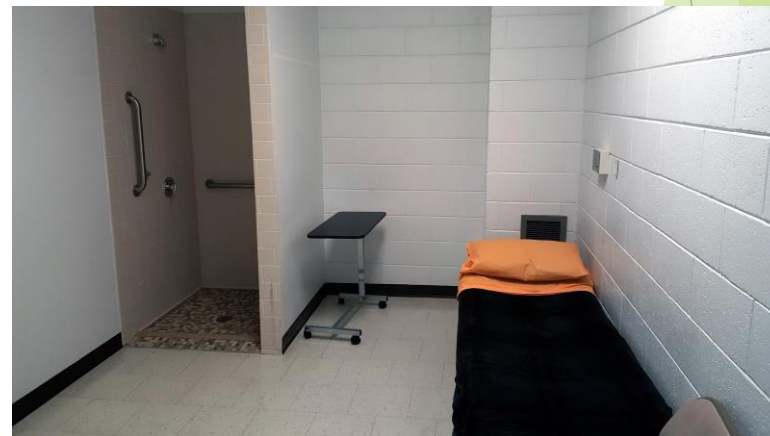
Special Management Unit

- ▶ 5 Individual Cells
- ▶ Rec Access
- ▶ Access to Library
- ▶ Access to Programming
- ▶ Typically used short term for investigations or observation cases



Medical

- ▶ Onsite Medical Care
 - ▶ 24/7 licensed nursing care
 - ▶ Physician Assistant onsite 3 days/week for doctor call
 - ▶ On-call PA, 24/7
 - ▶ 3 onsite infirmery beds
- ▶ Dental
 - ▶ 3 offsite dental runs/month which treats roughly 45 residents/month
 - ▶ Emergency 24-hour dental care
- ▶ Well Women
 - ▶ Well women exams provided monthly onsite
- ▶ Obstetrician/Gynecology
 - ▶ Offsite services available M-F



Medical (Continued)

- ▶ Optometry
 - ▶ Offsite Optometry Services offered monthly or as needed
- ▶ Emergency Hospital Services 24/7—20 minutes away
- ▶ New England Ambulance Service 24/7
- ▶ Other specialty Services offsite via a contract with Sanford Health
- ▶ Psychiatry
 - ▶ Psychiatric services weekly via DOCR Staff
- ▶ Methadone
 - ▶ Provided onsite at DWCRC through a contract with Heartview
 - ▶ At any given time we typically have 3-5 residents in the program

VISITATION

- ▶ Contact Visits 5 days/week
 - ▶ On average there are 42 residents that get visitors each month, with an average of 83 guests/month
- ▶ Video Visits
 - ▶ Average 27/month since March 21, 2020
 - ▶ Coupons for free video visits during covid have been offered since March 2020
- ▶ Special Visitation
 - ▶ 4 per year tied to holidays or summer activities
 - ▶ Example: water day for kids and mothers

GED Program

- ▶ DWCRC stats from July 1, 2019-June 20, 2020:
 - ▶ 71 students were served in GED
 - ▶ 16 residents earned their GED's while at DWCRC
 - ▶ DWCRC GED residents had a 100% pass rate out of all testers that completed their GED
 - ▶ DWCRC was 1 of the 7--out of 21-- ND Adult Learning Centers across the state that had a 100% pass rate
 - ▶ 46 residents transferred before they could complete
 - ▶ 9 were still active in GED program at the time the statistics were collected



Education

- ▶ Career Readiness
 - ▶ Resumes, Budgeting, Job interviews
- ▶ Financial Literacy
- ▶ Read Right
 - ▶ 33 residents were served
 - ▶ 27 graduated which put DWCR in the #1 spot of Read Right graduates within the DOCR
- ▶ Ted Talks/Lectures
- ▶ Computer Classes



Education Continued

- ▶ College Classes
 - ▶ Via DSU
 - ▶ Via Correspondence
- ▶ Library
- ▶ State wide inter-library loan program



Employment

- ▶ DWCRC has a resident unemployment rate of less than 1% as of 08/18/2020
 - ▶ Job opportunities include:
 - ▶ Maintenance
 - ▶ Grounds Keeping
 - ▶ Janitorial
 - ▶ Food service
 - ▶ Library
 - ▶ Property
 - ▶ Prairie Industries
 - ▶ Barber

Employment/Vocation

- ▶ Prairie Industries
 - ▶ Provides both Employment and Vocational Skills
 - ▶ On average employs approximately 11% of the resident population
 - ▶ These residents typically work 5 days/week up to 40 hours/week
 - ▶ Cut and Sew Operation
 - ▶ Commissary
 - ▶ Barista
 - ▶ Offsite Employment for Governmental Agencies



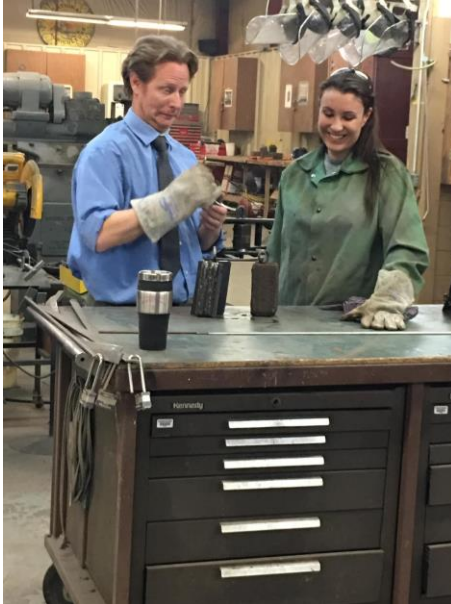
Vocation

▶ ServSafe

- ▶ ServSafe is administered by the National Restaurant Association. This certificate program teaches and certifies responsible food service measures.

▶ Welding

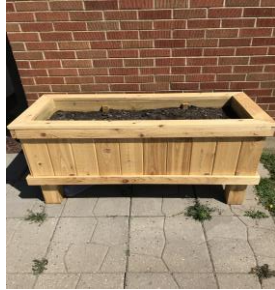
- ▶ Certification program offered in conjunction with the New England Public School



Vocation (continued)

▶ Carpentry

- ▶ Individuals learn basic and advanced carpentry skills



▶ Gardening

- ▶ 2 separate gardens and greenhouse



Chemical Dependency Services

Licensed to offer up to ASAM Level 3.5

2019

- ▶ 5 Treatment Groups
 - ▶ Level II.1 IOP & 3.5 High Intensity Residential
- ▶ 49 successful completions
 - ▶ 1 negative termination

- ▶ 274 Evaluations Completed

2020 (as of 9/28/20)

- ▶ 4 Treatment Groups
 - ▶ Level II.1 IOP & 3.5 High Intensity Residential
- ▶ 35 successful completions
 - ▶ 1 negative termination

- ▶ 112 Evaluations Completed
 - ▶ 108 Referrals to Primary Treatment
 - ▶ 96%

Evidenced-Based Trauma Therapy

▶ Seeking Safety Programming

- ▶ Focuses on discontinuing substance use, letting go of dangerous relationships and gaining control over extreme symptoms such as dissociation and self-harm

▶ Beyond Trauma Programming

- ▶ Focuses on trauma, the cause and effects of trauma and ways to promote both physical and emotional well-being. This program is also gender specific.

▶ Victims of Human Trafficking

- ▶ Partnership with Youthworks
- ▶ Individual, Group, and Educational Lectures Offered

▶ Individual Therapy

- ▶ Human Relations Counselors, Licensed Professional Clinical Counselor and Clinical Psychologist

Gender Specific Services

▶ Responsive Risk Reduction for Women Programming

- ▶ Reduces risk for disruptive and rule-breaking behaviors in prison, while also learning to better cope with trauma symptoms and manage risk for criminal behavior upon release from prison. Sessions include values clarification and goal setting, cognitive restructuring, emotion regulation and coping skill development, social skills practice, and planning for future application of learning

▶ Moving On

- ▶ Encourages personal responsibility and enhancing motivation for change; expanding connections and building healthy relationships; skill enhancement, development and maintenance; and relaxation and stress management skills

▶ Beyond Trauma

- ▶ **Mentioned in Trauma Section

▶ Staff Training:

- ▶ NIC Safety Matters: Managing Relationships in Women's Facilities
 - ▶ Two DWCRS were selected by the National Institute of Corrections to be trainers based on their level of knowledge and experience in working in a women's prison
- ▶ Becoming Trauma Informed

Programming (Cont.)

▶ Conflict Resolution Program

- ▶ Focuses on effective communication styles and ways to resolve conflict. Topics covered include resistance to change, obstacles to change, physical reactions, beliefs and attitudes, communication styles, consequences and risks. The program focuses on skill building and practice and role play for retention. Conflict Resolution Program

▶ Sex Offender Programming

- ▶ Offered on an individual or group bases (depending on need) by a Licensed Clinical Psychologist



Pregnancy/Parenting Services

- ▶ Healthy Families North Dakota
 - ▶ Partnership with Lutheran Social Services for expecting and new mothers
 - ▶ Meets 1-on-1 once weekly from arrival throughout stay at DWCRC
- ▶ Parent Cafes
 - ▶ Partnership with Lutheran Social Services for parents, grandparents, or other persons who is actively involved in raising a child
 - ▶ LSS staff hold monthly groups/conversations focusing on strengthening families
- ▶ Parenting from the Inside Out
 - ▶ The *Parenting Inside Out*® program is an evidence-based parenting skills training program developed for criminal justice involved parents.
 - ▶ As part of a reentry program, *Parenting Inside Out* has a proven impact on reducing recidivism and criminal behavior while improving family relationships and parenting skills.
- ▶ Parenting Classes
 - ▶ Partnership with Stark County Extension Center
 - ▶ Weekly Classes
- ▶ Lactation Consultant- Coming Soon!

Peer Support Services

- ▶ Trained Residential Peer Support Specialists
 - ▶ 21 residents trained through Division of Behavioral Health Training
 - ▶ Trained to provide One-on-One, Group, and New Arrival (Orientation) Services
 - ▶ Discussions are currently being held with the Behavioral Health Division to provide training to more residents
- ▶ Native American Service
 - ▶ Wellbriety class offered by a volunteer
- ▶ AA
- ▶ NA
- ▶ F5

Arts

- ▶ Essential Art Expression
 - ▶ Therapeutic art group offered by a Human Relations Counselor
- ▶ Instructor Led Art Class
 - ▶ Contracted through the New England Public School
- ▶ Resident-Led Art Group



Enrichment Activities

- ▶ Volunteer activities
 - ▶ Community Action
 - ▶ Garbage Picking
 - ▶ Sand bagging
- ▶ Local Volunteers
 - ▶ Book Club
 - ▶ Quilt Group
 - ▶ Bible Studies
- ▶ Staff-Led
 - ▶ Scrapbooking Classes
 - ▶ PIYO Exercise Classes
 - ▶ CPR Certification
- ▶ Resident-Led
 - ▶ Crochet Groups
 - ▶ Exercise Classes



Other Community Partners

- ▶ Community Agencies that also provide services at DWCRC:
 - ▶ SW District Health
 - ▶ ND Tobacco Prevention
 - ▶ Roughrider North Human Service Zone
 - ▶ Hope Manor
 - ▶ The Sanctuary
 - ▶ Hopes Landing
 - ▶ Community Action
 - ▶ Salvation Army
 - ▶ I Support the Girls

Religious Partners

- ▶ Religious partners that also provide services at DWCRC
 - ▶ Lighthouse Church
 - ▶ Jehova Witness
 - ▶ Life Without Limbs Ministry
 - ▶ Freedom Prison Ministries
 - ▶ St Mary's Catholic Church
 - ▶ Pentecostal Church
 - ▶ Kogodus Retreat Group