

PREPARING MEN AND WOMEN FOR SUCCESS

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FACILITY PROFILE

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Mission Statement

Giving people hope, skills, and opportunities for a better life.

MTC has partnered with the North Dakota Department of Corrections & Rehabilitation to improve access to community-based behavioral healthcare for justice-involved persons. 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. That's where MTC steps in to help. Once a referral is received from a community partner, MTC begins working with justice-involved individuals, both in-person and virtually, to assess their needs and develop a plan that will prepare them for successful re-entry into society. Services offered by MTC include:

- Evidence-based curricula, particularly within the areas of substance abuse programming and criminogenic risks
- Culturally competent practices
- Trauma-informed care
- Gender-responsive practices and interventions
- Instruction for personal growth and skill development

MTC also provides nearly immediate access to care for people under community supervision who have behavioral health needs. 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 90 to 120 minutes and are held two to four days per week. The number of weeks a participant is in the program is determined by the results of their initial assessment.
- **Seeking Safety:** A closed-group format for those who have experienced trauma. This program helps participants feel safe and comfortable as they begin their journey toward healing and lasting change. Participants can attend these sessions in conjunction with other programs or take it as a stand-alone course. Sessions last 60 minutes and are offered twice a week for up to 13 weeks.

Hiring and Supporting the Local Community



Dedicated employees preparing residents for re-entry



Education and training lowers recidivism by up to **43%***



For every **\$1** spent on education and training, **\$5** is saved for future law enforcement and corrections costs*

* Davis, Lois M., Robert Bozick, Jennifer L. Steele, Jessica Saunders and Jeremy N. V. Miles. (2013). Evaluating the Effectiveness of Correctional Education: A Meta-Analysis of Programs That Provide Education to Incarcerated Adults (p. 3). Santa Monica, CA: RAND Corporation. Retrieved from http://www.rand.org/pubs/research_reports/RR266.html