

Norfolk Inmate Council
Executive Board
MCI-Norfolk

May 8, 2025

Intensive Mentorship

Introduction:

The premise behind this idea is that some individuals require intensive structure to move past their addictions. The ask from the DOC will be to make these paid positions (primary & secondary). The selection of these people require to be a collaboration with staff and prisoner stakeholders from the community. The NIC will generate from the prisoner population a list of individuals who would hold credibility in the yards as well as can be trusted in this work. Once this is completed begin a process of speaking to individuals in the struggle of K2 (SUD's). Utilize a action plan agreed to structure each day for 30 days or so.

Example:

8:30 AM group exercise for one hour.

9:30 AM: Clean up from work out.

10:30 AM come back together and discuss action plans, what's working what's not.

11:30 AM Lunch count

1:00 PM get back together for CSD activity or program, school (Spectrum, RJ, etc.)

3:30 PM meet in yard CSD for check in, possible group volunteer work assignment (CSD, Voc-Ed, School building yard etc.)

4:30: Return to Units for count

6:00: Go to CSD or program, school etc. till 8:15 PM.

8:15 PM return to units and have reading reflection to discuss next day.

Note: The group should be 5-10 individuals who are interviewed by prisoner mentor and staff coordinator.

End Cycle: The end of the cycle should end with a plan which includes:

- Work Assignment
- Program / school engagement
- Community (CSD) involvement
- Housing placement

Goals should be set with weekly or daily check in's which taper off as time and success progress.

Relapse: If someone relapses in the phase one intensive then there should be a truthful discussion of what occurred and is this working or not and why. Every effort should be made to restore these people back to the program and engagement.

Accountability: Engage Committee/Group/Religious leadership to engage in this process and devote time and trusted members of their communities. Each candidate should provide a weekly status report: Whats working what's not and what would be helpful. (See attached)

Thank you for your time and consideration on behalf of the NIC, Prison Community & those suffering addiction.

Respectfully Submitted,



William Duclos
Majority Chairman NIC

cc: file

Candidate Weekly Status Report

Name of Candidate:

Com #:

Date:

Name of Intensive Mentor:

Com#:

Unit:

What have you accomplished this week (sobriety, program engagement, volunteering, spiritual work, etc)?

How do you feel about your accomplishments (Happy, Sad, Frustrated)(Please explain why)?

What do you feel you need to move ahead and progress (Housing, Work, MAT, More One on One Sponsorship)?

What does your Intensive Mentore not know but should?

What else would be helpful?

Intensive Mentor Recommendations:

Intensive Mentor Signature:

Date:

Staff Signature:

Date:

