

How to be referred

Community Supervision

Contact your Parole or Probation Officer.

Transitioning from Prison

Contact your Case Manager in the facility where you reside.



The mission of Free Through Recovery is to improve healthcare outcomes and reduce recidivism by delivering high-quality community behavioral health services linked with community supervision.



Improving access to effective, community-based resources to serve people in the criminal justice system

For More Information



freethroughrecovery@nd.gov



General Information about the program
701.328.8920



Information about the referral process
701.328.6046



Free Through Recovery offered me a safe environment to work through some of my mental health issues as an adult and to realize that I'm not a bad person nor do I need to be defined by my mistakes. Thank you!!!

hhs.nd.gov/behavioral-health/FTR

FREE THROUGH
Recovery

About Free Through Recovery

Free Through Recovery is a community based behavioral health program designed to increase recovery support services for individuals involved with the criminal justice system who have behavioral health concerns.



Participants will work with local providers to receive:

Care Coordination

Includes an ongoing source of prosocial connection, helping participants access treatment and recovery support services, and creatively addressing barriers to individual success. It also includes the provision of assessment, care planning, referrals, and monitoring collaboration with clinical services and Probation and Parole.

Peer Support

A supportive relationship with peers who have similar lived experience and who serves as an advocate and mentor, offering sound advice and resources.

Recovery Services

Includes access to nourishment assistance programs, supportive housing, educational opportunities, meaningful employment, leisure activities and wellness, family and community social supports, parenting education, spiritual engagement, and any other individualized resources needed to help participants lead a healthy and fulfilling life.

Eligibility Requirements

- 18 years of age or older.
- Involved in criminal justice system. (parole/probation, transitioning from prison)
- At risk for future criminal justice involvement.
- Show signs of a behavioral health condition, such as:
 - Bipolar disorder
 - Major depression
 - Psychotic disorders of all types
 - Post-traumatic stress disorder
 - Obsessive compulsive disorder
 - Borderline personality disorder
 - Panic disorder
 - Moderate and severe substance use disorder(s)
- Display concerns/challenges in areas of daily living. (housing, employment, etc.)



When I wanted to give up, my care coordinator Jeana, convinced me not to. Jeana pushed me to make goals and once I met them, I got the confidence I needed to be on the outside in the real world. My care coordinator actually cares and is passionate about helping me on my journey in recovery.