



**Transcription of oral statement by MJ, who began coaching at MVRCF in January, 2019, released in January 2021, just received a medallion for 5 years of continuous sobriety in January, 2024, still being coached by Turning Point Center of Rutland:**

[The Turning Point Center Coaching program] worked well and continues to work well as a matter of fact. I started their program in a confined setting, of course, in early 2019 by means of announced meetings. At that time I was battling alcoholism, still am as it's an ongoing process. It's not something that you cure. And it helped me by providing relief from feeling like a caged animal. In the jailhouse setting there are a lot of drugs that come in off the street and are handed out on the med carts that a lot of people are addicted to and I really didn't want to be addicted to the same things that these people were being given. I just wanted to deal with my own, one issue that I went in with. And that program helped. The AA program and the other [Turning Point Center] programs that came in helped me in looking at my life and the type of things I had going on and helping me improve on them.

[Since I've been out, the Turning Point Center program] has provided a lot of direction. It's given me a place to go and talk about the various issues that might arise, like, say, harassment on the job, or my alcoholism. The Center still provides AA meetings and things like that which are beneficial so I can be with other people who face the same kind of problems in life. The recovery coaching has been very beneficial. The people who do the recovery coaching are a very unique group of people. They're not scared to speak up on your behalf, provide assistance when you might need somebody to talk to. And really it's kind of cool to have somebody time of the day to talk to for a person like myself who doesn't really engage with a lot of people outside of, say, work, or a therapeutic type of setting. It's nice to have somebody around. The people have been kind of a solid stone to lean on, you know, when you're tired or weary mentally, with the things going on in your life. It's been a unique experience.



**Typewritten version of written statement by Luzander Montoya, 37 year old inmate at MVRCF who has been coached by Turning Point Center of Rutland since November, 2023:**

To Whom It May Concern:

Good day to all. My name is Luzander Montoya an inmate currently incarcerated at MVRCF. A recovering addict who has for many years abused multiple types of drugs, for 12+ years give or take. I continue to struggle with addiction today, with a much better understanding. I'm actively working on placing the proper tools together for the journey still ahead.

I will like to say that Turning Point has been very helpful and supportive in my recovery. The ability to meet one on one with my recovery coach is something I have never been offered in previous incarcerations. I appreciate so much the fact that I get to speak with someone who understands my struggle. Also that I can speak freely knowing that during this meeting it is about me and what I need in order to remain clean and sober. Meeting with my coach is a day in my week I look forward to. I appreciate it very much.

I feel much more confident in my recovery now and positive when I think about my reintegration back into society. Knowing that Turning Point will be available for me to continue the work in my recovery while outside these walls allows me to remain hopeful about my future in becoming a productive member of society.

Sincerely,

Luzander Montoya



**Transcription of oral statement by Pete, who received coaching at MVRCF for 1 1/2 years and has been working on his sobriety in the community for the past 3 1/2 years, continues to receive recovery coaching from Turning Point Center of Rutland.**

My name is Peter. I committed a DUI and went to the Correctional Center at Marble Valley. And went into the booking cell and prayed to God that he would take my life. I'd had enough of drinking and as the result of that DUI I was facing five years in prison. I felt hopeless, I didn't know what to do, I was ready to help myself in some kind of positive way. I was sent back to Delta Unit and I saw some paperwork—a sign-up sheet on the bulletin board for a recovery coach from some place called Turning Point from a guy named Lewis, and a class from the Turning Point, which was a separate sign-up sheet. And I felt some hope, and I said I'm going to sign up and go down there and see what they have to say. I'd never seen this before in my life, a kind of recovery that could be here for me. And so I did. I took the two classes, the two classes from the Turning Point Center of Rutland, four times each (that's how long I was in prison at Marble Valley her in Rutland). And during that time I saw a recovery coach and I was just ready. I had a desire to listen. I heard the words. The words were appropriate, were spot on, and I grew in a continuous desire for abstinence from drinking, and increasing sobriety, positive attitude, felt like I was making gains, I was encouraged to have a wonderful life, with my new life of being sober. And after a year of this I was reduced to a year in prison on my minimum because of all the positive things I was doing in the Center to help myself because of the Turning Point classes and recovery coach. And I've been out here for three and one-half years living in the Rutland area, being sober, working on sobriety, having a desire to have a positive life now. [I'm] thinking about going back to college. The relationships I have are positive ones, they're growing. I'm trusted again, and I really thank Rutland Turning Point and my recovery coach for going the extra measure to help me maintain a positiveness in sobriety and serenity. And it's changing my life and I appreciate Rutland Turning Point helping me save the rest of my life.



**Typewritten version of written statement by Coy Hill, 42 year old inmate at MVRCF who has been coached by Turning Point Center of Rutland over the course of 2022 to the present:**

Hi. My name is Coy Hill. I am a 42 year old struggling alcoholic/addict. I have been in and out of prison for the last 18 years, [either] in jail or prison. I never went without having drugs and trying to find a way to smuggle them in. This 2017 they started giving us Suboxone, the MAT program, and then a short time later they started having the Turning Point come. At that time, they started Making Recovery Easier and SMART Recovery. It helps to be in a group doing sober programming, and then the Turning Point started recovery coaching one-on-one, which is what helps me the most, having someone to talk to about things that I can't in group. I was glad when AA came back after COVID. It is something I really need. It helps me take my mind off drinking or any cravings that I have to use. I am really thankful to my recovery coach from Turning Point. He has helped me tremendously in staying sober and how to work the steps and how to work on relationships with my family, because making amends to them is really hard, because not being there for my kids is a real big one for me. I never wanted to become the father that mine was to me and that is what I ended up doing, being a bad dad.

So I hope one day people will see that most alcoholics [and] drug addicts like me didn't choose this life. I never woke up as a kid and thought this is where I would end up at 42, in and out of prison, broke, no home, lost trust in everyone I love. I always played sports, mostly football and baseball when I was a kid. I always worked to be a football player or to own my own business, and have a normal life. I haven't felt this confident with myself in a long time. The last two years being in AA and recovery coaching with the Turning Point has given me so much of my good thought of the good things that I did when I was sober and happy. I want nothing more than to have that back. I want to be sober and clean and my recovery coach and the Turning Point helping me to move on from that dark cloudy part of my life. I am so grateful to them for all the help and support they have given me and for never giving up on me and not letting me give up on myself. I want to thank my recovery coach and everyone at the Turning Point.

Coy Hill



**Typewritten version of written statement by Ralph Swayze, 24 year old inmate of MVRCF who began recovery coaching there in October, 2023:**

Hello. My name is Ralph and the Turning Point has helped me in many ways. One of those ways has been in my recovery to stay sober. The AA groups have been a big part in my recovery. I'm thankful to be able to go to those meetings. The Turning Point has also helped me by linking me up with a recovery coach that I get to have one-on-one time with. My recovery coach has helped me in wanting to get and stay sober. Those are just a few reasons on why I'm thankful for the Turning Point.



To whom it may concern.

Good day to all. My name is Luzander Montoya an inmate currently incarcerated at M.V.R.C.F. A recovering addict who has for many years abused multiple types of drugs, 12+ years give or take. I continue to struggle with addiction today with a much better understanding. I am actively working on placing the proper tools together, for the journey still ahead.

I will like to say that Turning Point has been very helpful and supportive in my recovery. The ability to meet one on one with my recovery coach is something I have never been offered in previous incarcerations. I appreciate so much the fact that I get to speak with someone who understands my struggle, also that I can speak freely knowing that during this meeting it is about me and what I need in order to remain clean and sober. Meeting with coach Mr. Lewis Nielson is a day in my week I look forward to. I appreciate it very much.

I feel much more confident in my recovery now and positive when I think about my re-integration back into society. Knowing that Turning Point will be available for me to continue work in my recovery while outside these walls, allows me to remain hopeful about my future in becoming a productive member of society.

Sincerely,





01/30/21

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Hi my name is Roy Hill i am A 42 yr old Struggling Alcoholic Addict. I have been in and out of prison for the last 18 yr. Even in Jail or prison i never went with out Having drugs and trying to Find way to Smuggle them in this 2017 they started giving us Suboxon the M.A. + program and then short time later they started Having the turning point and at the time they started making Recovery ~~before~~ EZeyes and Smart Recovery it Help to Be in group doing Sober programming and then the turning point started Recovery Coaching one on one wich is what Helps me the most Having someone to talk to about things you that i ~~can't~~ can't in group. i was glad when AA come Back After Covid it is something i Really need it Helps me take my mind of drinking or any Cravings that i Have to use. i am Really thankful to Luis Neilson From turning point He Has Help me tremendously in staying Sober and

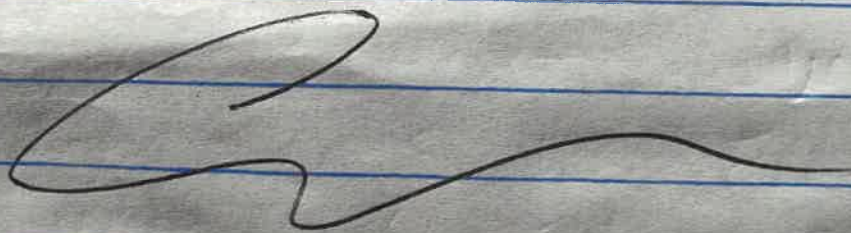


How to work the Steps & How to work  
on Relationship with my Family  
Because making Amends to them is  
Really Hard Because Not Being there  
for my kids is a Real Big one for  
me i never wanted to become  
the father that mine was to me  
and that is what i ended up  
doing Being A Bad dad so i Hope  
one day people will see that most  
ALCOHOLICS Drug Addicts Like me  
didn't choice this life i never woke  
up As A Kid and thought this is where  
i would end up 42 in and out of prison  
Broke no have lost trust in anyone i love  
i always played sports mostly Foot Ball and  
Base Ball when i was a kid i always wanted  
to Be a Foot Ball player or to own my  
own Business Have a normal life i  
haven't felt this confident with my self  
in a long time the last 2 yr Being  
in AA and Recovery coaching with  
the turning point has gave me so  
much of my good thought of the good  
thing that i did when i was sober



and Happy i want nothing more than  
to have that back i want to  
Sober & Clean and Mr Nelson and  
the turning point Has or Helping me  
to move on from that dark cloudy  
Part of my life i am so  
Greatful to them for all the  
their And so far they have gave  
me and for never giving up on me  
and not letting me give up on my  
Self Thank us Nelson and to everyone  
At the turning point

Coy Hill





Hello my name is Ralph and Pathways has helped me in many ways. One of those ways has been in my recovery to stay sober.

The AA groups have been a big part in my recovery I'm thankful to be able to go to those meetings, Pathways has also helped me by linking me up with a recovery coach that I get to have one on one time with.

My recovery coach has helped me in wanting to get and stay sober.

Those are just a few reasons on why I'm thankful for Pathways\*.

\*Ralph got confused with TPCR & Pathways; he meant TPCR





### **Turning Point Center of Rutland Correctional Program Value**

#### **For the Person being coached**

##### *In Recovery Groups*

Brings people together to discuss significant issues that impact their lives that their addiction makes harder to address.

Provides recovery tools that can work inside and outside a correctional facility, and does so in such a way that each group member can experience a sense of accomplishment upon completing a program.

Creates community within the prison in which men and women who want to work on their addiction issues can support each other their recovery.

For those incarcerated individuals who are not thinking about recovery at the present moment, provides and opportunity to reflect and, potentially, make a decision to investigate what recovery means, what it can look like, and incentivize them to take action.

Demonstrate how communal support networking forms a vital part of maintaining recovery both on the inside and the outside. In some cases, lack of any family support can be replaced by faith in the recovery group.

##### *In Individual Coaching*

Gives direct recovery support for men and women during their period of incarceration.

Provides a safety valve for the pressures that build up as a result of being incarcerated with limited contact with family, friends, and other support possibilities.

Allows individual solutions to be identified and addressed that would not be appropriate to bring up in a group setting.

Fine tunes some of the skills and tools learned in group settings to suit individual needs

Allows individuals to formulate a recovery plan that addresses immediate, short-term, and long-term recovery needs once they are released, tailored, as need be, to suit their conditions of release.

Because many of the individuals come from family backgrounds in which addiction and dysfunction play a major role in their own addiction problems, provides an opportunity to build trust and form a healthy relationship with a person who has nothing personally to gain from an honest exchange of

information. In this sense, individual coaching can provide a surrogate for what some individual's families lacked.

Connects individuals with recovery resources that can be utilized upon release, such as a variety of support organizations (AA, NA) as well as the Turning Point Centers around the state.

#### **Correctional Facility Staff Impact**

Shows COs that the outside community wants to engage with incarcerated people, helping the COs feel less isolated from the community at-large.

Brings positive values on a continuing basis into correctional facilities that reduce the stress of incarceration on inmates and staff alike.

As the result of the above, lessens the sense of isolation inmates and staff may feel from the community in which they exist.

#### **For the Recovery Coach**

Beyond supporting the individual coaches recovery through service within the recovery community, gives a strong sense of purpose and belief in their own human value, whether in the performance of group or individual coaching.

Reinforces the value of being part of a team expanding the recovery community (or family).





**Turning Point Center of Rutland Corrections Program Outline**

The Rutland Correctional Program, from its inception in 2016 to the present, consists of three components: a monthly presentation open to all inmates at Marble Valley Regional Correctional Facility (MVRCF), two recovery groups meetings per week that result in certificates for inmates who complete either or both programs (Making Recovery Easier and SMART Recovery), and individual coaching sessions for inmates requesting private coaching. Participation in any or all three components is voluntary on the part of the inmates. The monthly presentation and the two, weekly group sessions consist of one hour duration, each. Individual recovery coaching consists in sessions of between 30 and 60 minutes each. The time allocation for individual coaching expanded from approximately 2-4 hours per week allotted for it in 2016 and 2017, to about 10-12 hours per week as it is currently. This increase in time allocation from 2016 to the present corresponds to the increase in the number of inmates requesting either individual coaching or participation in one of the groups. During the COVID-19 shutdown between March, 2020 to August, 2022, MVRCF terminated all in-facility services; contact with inmates was maintained, however, through letter-writing with inmates at MVRCF and also those who had been moved to other facilities in-state. Coaching through letter writing continues to this day when men are moved from MVRCF to another facility in the state. At no time during the course of our program has there been more than two or three staff members of the Rutland Turning Point Center been engaged in group or individual coaching.

**Total Volunteer Hours at MVRCF, by year (source: Volunteer Coordinator, MVRCF)**

<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>
71.5	452	593	638.5	533.5	413	250	54

5 coaches 6 coaches 7 coaches 7 coaches 5 coaches 3 coaches 2 coaches\*\* 1 coach

\*\*refers to individuals participating; no more than two coaches at any one time were involved in coaching.

Total of 3,008 coaching hours, 2016-present

NOTE: group meetings post-COVID shutdown will recommence in January, 2024; individual coaching only from August 2022 to the present.

Coaching through Correspondence (source: TPCR coach who wrote letters)

In March, 2020-August, 2022, 263 letters were written to 34 different inmates at MVRCF or transferred to one of the other facilities

Since June, 2023, 21 letters written to 5 different inmates at facilities other than MVRCF

Total number of participants in Rutland Correctional Program, 2016-present (source: Recovery Data Platform)

250 individuals receiving group and/or individual coaching

110/250 individuals remained in contact with TPCR after release (i.e., continued coaching in person or by phone, or through group involvement at TPCR or in one of the groups held by TPCR at sober residences)