

FREQUENTLY ASKED QUESTIONS

1. Is VRP required for violent offenders?

CVORT will screen all violent offenders for eligibility for VRP, but will only make recommendations to some individuals. If you are given a recommendation, the decision to participate will be up to you.

2. What about Anger Management?

If treatment is needed, CVORT may make a recommendation for Anger Management, VRP, or both. Anger Management may be taken in addition to VRP, but not in place of it.

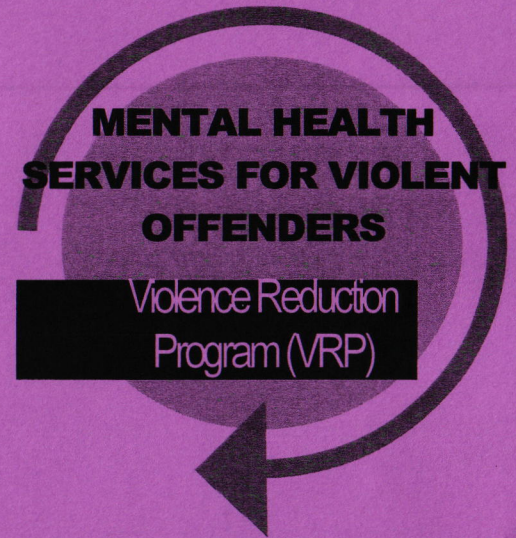
PARTICIPATION CONSIDERATIONS

Participants are expected to:

- Attend all scheduled sessions
- Complete all homework assignments
- Maintain confidentiality of other participants' disclosures
- Disclose any Misconduct Reports received during involvement
- Participate in group activities

Mental Health Services
**Nebraska Department of
Correctional Services**

For more information contact
Mental Health at your
institution



Violence **R**eduction **P**rogram

What is VRP?

For those inmates who have been recommended to participate in violence intervention programming (VIP), the Violence Reduction Program (VRP) is being provided by NDCS Mental Health to meet this recommendation.

The Violence Reduction Program (VRP) is designed to provide inmates the opportunity to understand, manage, and reduce their violent offending. The purpose of the VRP is to help program participants decrease the frequency and intensity of their violent behaviors. VRP can also help inmates develop useful skills for achieving their short-term (e.g., reducing time in segregation) or long-term (e.g., successful re-entry into the community) goals.

How are inmates chosen for VRP?

The Clinical Violent Offender Review Team (CVORT) screens all individuals convicted of a violent offense and will recommend VRP

based on an inmate's violent criminal history and/or history of violent institutional behavior. It is not possible to predict when you will be screened for the program. The CVORT prioritizes screening for those individuals with earlier Tentative Release Dates (TRD), but does give some consideration to Parole Eligibility Date (PED) and other factors. You will know you were screened when CVORT sends your recommendation to you in writing at which time you may choose to accept or decline your treatment recommendation. You may not request to participate in VRP prior to receiving a recommendation letter.

What Does VRP Consist of?

VRP is approximately a 9 month program that individuals will participate in with 7-9 other inmates. Inmates in the program will attend group therapy sessions twice a week and are expected to share their thoughts & experiences, disclose the circumstances of their violent offenses, complete homework assignments, contribute to discussions, and so on in order to continue their membership in the program. Inmates participating in VRP will also live on a designated housing unit and unit staff will offer some additional support for this program.

What does treatment consist of?

Because VRP is done over the course of approximately 9 months and each inmate has different needs, a detailed description of treatment is beyond the scope of this brochure. However, the program is divided into 3 different phases in which inmates will complete the following:

Phase One:

You will be introduced to the program, take part in assessments, and learn about what is meant by treatment & making changes. You will be encouraged to identify what needs changing and then make a commitment to change.

Phase Two:

You will learn about behavior & offense cycles and learn skills that will break the cycles of behavior that have been causing you problems.

Phase Three:

You will develop a relapse prevention plan using the skills you learned in the VRP to prevent yourself from sliding back into the same old destructive way of living.

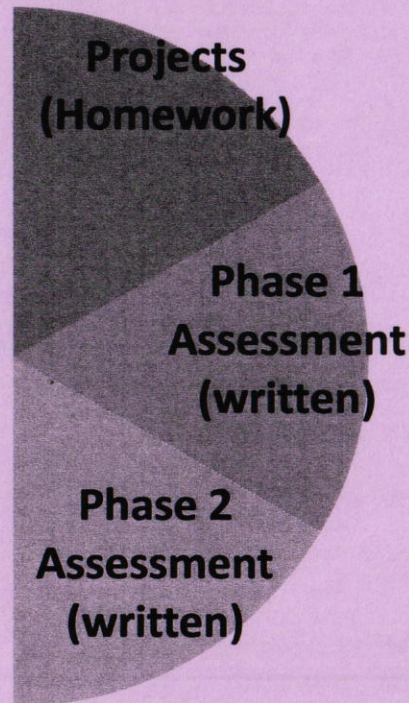
Mental Health staff will also work and communicate with unit staff to monitor and address treatment needs and progress in order to better help inmates to succeed in their goals.

To *progress* in VRP

Application

- *Reduce* violent behavior
- *Replace* antisocial views
- *Challenge* criminal thinking
- *Increase* insight
- *Demonstrate* the use of skills on housing unit, school, yard, worksite, etc.
- *Active* group participation
- *Translate* insight to other violent offenses
- Develop Offense Cycle and Relapse prevention plan

Knowledge



It isn't class, it is therapy.