

Reentry Planner



*“Start where you are. Use what you have.
Do what you can.”*

—Arthur Ashe

What do you want your future to look like?

Greetings,

This interactive planner is designed to help you nurture engagement, self motivation, and personalized reentry planning for your success. This planner will help you know it is not too early to start thinking about what you would like your future to look like.

“A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.” - Brian Tracy

This planner is one tool that can help you start putting together a personalized plan and identify the necessary steps to accomplish it. You are the author of your story. Use this planner to make your life's vision clear and attainable. This planner will also guide you in taking time to be more introspective, reflective and goal oriented. Investing in yourself is the greatest investment you will ever make. You are worth it.

Nebraska Department of Correctional Services (NDCS) is invested in your success.

There are a variety of NDCS teammates (facility leadership, unit staff, teachers, program facilitators, counselors, etc.) and a host of community partners (volunteers and service providers) ready to assist you on your journey to greater self-discovery, goal setting and reentry planning.

Our hope is that you will regularly utilize your planner from the moment you receive it as well as throughout your time with us. Use it as you evaluate where you are in life and where you want to be.

There will be struggles along the way, but the difficulties you have today are developing the strength you will need tomorrow. The journey will not be easy, but if you take advantage of the opportunities offered to you, it will be worth it.



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This Reentry Planner
belongs to:

Parole Eligibility Date:

Tentative Release Date:

Where do I start?

Reentry starts at intake. Consider your time in three phases (see below). Each day is one step closer to the day you reenter the community, and each step can be used to increase your likelihood for success. It does not matter if you are serving a short, long, or even a life sentence, the goal is to live a better life and that starts on day one.

NDCS staff, volunteers and others play a significant role in your reentry. In addition, NDCS offers formalized reentry services at the beginning and toward the end of your sentence. In between those formal meetings, your unit staff will help you plan and prepare for reentry through development of your case plan. Reentry staff are here to offer hope, reentry planning, guidance, and

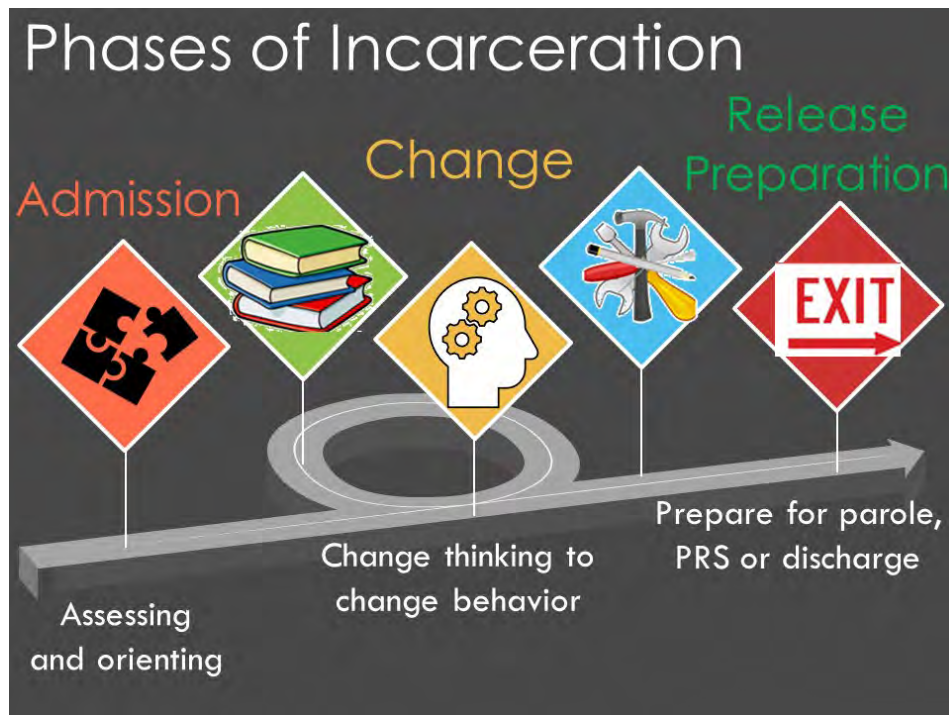
support as you develop a plan to achieve your goal for a better life on the outside.

A better future is possible—imagine it, create a plan and get to work! Reentry staff will assist you in acquiring the essential skills and confidence needed to succeed when you return to the community.

Whether you are in need of a place to parole or assistance locating a community provider who can help you find a good paying job, your reentry specialist can help.

Throughout this planner, you will have the opportunity to put your plans down on paper. Your planner is meant to be a living document. As your plans come together or situations change, information noted in your planner should change as well.

We understand it will look different for everyone and we are excited to help you develop a plan tailored for your success.



“If you don’t like the road you’re walking, start paving another one.” - Dolly Parton

REENTRY SERVICES

What are my roles?

Defining our personal identity can take a lifetime and to complicate matters, our identity changes throughout this time whether or not we consciously undertake a process of personal development. Things that did not matter before may suddenly matter to us, and things that used to matter a lot no longer do.

In our day-to-day lives, we often define ourselves through the roles we adopt within our household. These roles may include being a mother or a father, husband or wife, brother or sister, son or daughter, colleague, student, or friend. We may define ourselves through our profession, trade, or work. I am a nurse, I am a teacher, I am an electrician, and so on. We may also view ourselves as a member of a community, an office, school, or faith organization.

As you complete these pages and plan your life, it is important to identify all the things that make you —you. Remember, your current circumstances do not define you. We are all much more than our best or worst decisions.

1. Identify the roles that define you. In the space below, take a few minutes to write down as many words, roles, groups, and thoughts about your identity that you can think of.

2. Limit your roles to only those things you can influence right now during your incarceration. What are they?

3. Sometimes we need to let go of things that are weighing us down, that do not matter to us anymore, or that we can not control. Identify the roles you want to let go of.

4. Identify the new roles you want to take on. Who would you be or what roles would you have in your perfect world?

REENTRY SERVICES

How can Reentry help me succeed?

If you are paroling or discharging without supervision, you will attend several formal reentry planning sessions with a Reentry Specialist. These will help you understand what resources will be available to you during your incarceration and also upon release. If you have a post-release supervision order, you will meet with a Probation Navigator toward the end of your sentence.

Orientation

Within the first two weeks of your incarceration, you will be invited to attend a Reentry Orientation session where we will discuss how you can best utilize your time. No matter how much time you may have in your sentence, there will be opportunities afforded to you that can make your time productive. Whether you are going to be on parole supervision, on post-release supervision (PRS), or discharging without supervision, we will discuss what those processes look like and how to best prepare yourself for release.

120 days to release

As your parole hearing or discharge date nears, you will meet with a Reentry Specialist to discuss what your plans are upon release. You will learn about available resources in the community where you intend to live. This will include assistance with locating a place to live, obtaining employment, managing medical or mental health needs, finding transportation, locating educational opportunities, and utilizing your positive support system.

30 days to release

If you discharge without supervision, you will meet with a Reentry Specialist to discuss the comprehensive plan that has been developed with you over the past 120 days. This is designed to ensure that you have safe housing

and transportation to your residence on the day of your release and provides information regarding specific providers in your community who can assist with anything from employment to educational opportunities.



No matter the length of your sentence, there is something you can do TODAY to set yourself up for success in the future.

What will I do today to start the process of Reentry?

REENTRY SERVICES

What else should I know?



In addition to meeting with a Reentry Specialist, there is much more that will occur during your incarceration to help prepare you for release. During the admissions process, you will meet with medical staff, mental health clinicians, case management, and education providers to assess your unique needs. Once at your assigned facility, case management, program partners, volunteers, peer supporters, and others will continue working with you to identify and help achieve your reentry goals. You will have the ability to take part in cognitive behavioral interventions, such as Thinking for a Change and Moral Reconation Therapy programs. These will give you the tools to make better decisions and change thought patterns that lead to negative choices. Educational programs, parenting classes, clubs/activities, volunteer programs, and vocational and life skills programs are also available.

Clinical treatment

Approximately three years of your parole eligibility date (PED), tentative release date (TRD), or scheduled parole hearing, you will have the opportunity to participate in clinically-recommended treatment, such as the Violence Reduction Program (VRP), Substance Use (RSU), or sex offense treatment. This is the ideal time to get the most benefit out of participating in your required treatment program(s).

Community corrections

Details about community corrections eligibility can be found in Policy 201.01. Policy 201.04 outlines how community corrections operates and the freedoms and responsibilities you can expect. To qualify for community custody, you must be within three years of your tentative release date or within two years of your Parole Board hearing. The most likely scenario is that you will be considered for community custody when you are approximately 18 months from release. This provides about six months on work detail and another 12 months on work release, which has been found to be the optimal amount of time for successful reentry.

Community supervision

Community supervision includes parole and post-release supervision (PRS). Both parole eligibility and PRS are determined by your sentence.

The Board of Parole consists of five members. At least three must approve parole. Completing required treatment programs, maintaining positive behavior and developing a detailed parole plan are key to gaining support from the Parole Board. A Reentry Specialist will work with you to develop your plan for a parole residence, which will be investigated and approved by a Parole Officer.

PRS is ordered by the sentencing court and is non-negotiable. A Probation Navigator will help you develop a plan for release, which must be approved by the court, prior to your release. Upon release, you are required to adhere to the established plan.

REENTRY SERVICES

My takeaways:

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IDENTIFICATION



Valid identification documents are key to obtaining a job, renting an apartment, opening a banking account and accessing services in the community. Your successful reentry begins here.

IDENTIFICATION & IMPORTANT DOCUMENTS

Ensuring your success in the community requires that you have the valid identification documents.

A birth certificate, social security card, and state ID card will allow you to obtain a job, rent an apartment, open a checking/savings account, apply for benefits, vote, and access services in the community.

Birth certificate

If your birth certificate is with a family member or friend, have them send it to the facility. It will be saved in the Records Office until your release. Then you will have it when you need it!

If it is determined that you need a birth certificate in order to obtain a state issued identification card, an application will be sent to you for completion, and the cost will be covered by NDCS. A birth certificate can be purchased at your own cost any time during your incarceration.

Cost: Covered by NDCS, if qualified

Social security card

If your card is with a family member or friend, have them send it to the facility. It will be saved in the Records Office until your release. Then you will have it when you need it!

You can apply for a replacement when you are within 120 days of release, your scheduled parole hearing, or transfer to a community corrections center. Your facility Records Office completes this request, but housing unit staff and Reentry Specialists can help connect you, if needed.

Cost: FREE

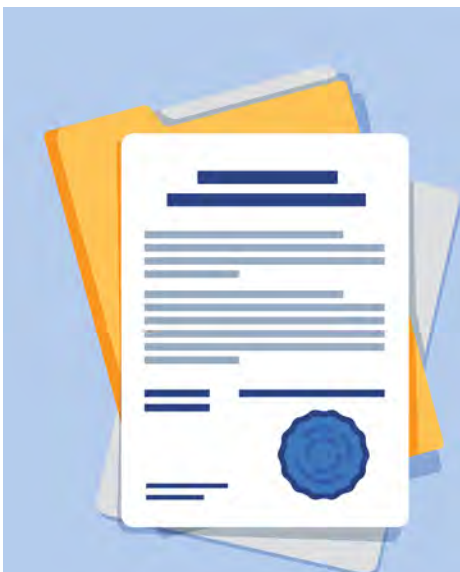
State identification

You will need a state-issued identification card in order to be promoted to work release custody. **We will help you with this once you are transferred.*

You will need to present a certified birth certificate to obtain your ID. **Other forms of identity verification are also accepted.*

You will need to provide a Social Security Number or Exemption.

Cost: \$28.50 (valid for 5 years)



Driver's license record

Consider contacting your state's Department of Motor Vehicles (DMV) for a copy of your driver's license record. This can give you a head start on resolving any fines or other problems with your license.

500 West "O" Street
Lincoln, NE 68528
(402) 471-2823

Available Online —<https://dmv.nebraska.gov/>

Green card

If you are not a U.S. Citizen, you will need this card to work, obtain a residence, and access services in the community. If you have lost yours, you can apply for a replacement through the U.S. Citizenship and Immigration Services:

USCIS Omaha Field Office
1717 Avenue H
Omaha, NE 68110

IDENTIFICATION & IMPORTANT DOCUMENTS

Military discharge papers

If you are a veteran, a copy of your DD214 can be a useful form of identification. It may also help you access any veteran benefits that you may be eligible for.

Contact:
US Department of Veteran Affairs
Veterans Justice Outreach
600 S. 70th Street
Lincoln, NE 68510

In addition, they can help with housing, employment, education, medical services, and mental health needs for incarcerated veterans.

Selective Service

Virtually all male U.S. Citizens, regardless of where they live, and male immigrants, whether documented or undocumented, residing in the United States, who are ages 18 through 25 are required to register with Selective Service. Your registration may be required to receive employment, student loans, and various services in the community.

Registering with Selective Service **does not** mean you are joining the military! Young men must register within 30 days of being released from incarceration if they have not reached their 26th birthday.

To check if you are registered, go to: www.sss.gov. Write an Interview Request to your facility Records Office for help.

We're here to help!

Reentry Staff
Housing Unit Staff
Social Workers
Records Managers
Probation Navigators
Parole Officers

Matt Talbot Kitchen & Outreach
Homeless Identification Program
2121 N. 27th St
P.O. Box 80935
Lincoln, NE 68501
402.477.4116

Together, Inc.
ID and Birth Certificates
812 S. 24th Street
Omaha, NE 68108
402.345.8047

Reentry Action Plan – Identification & Important Documents:

Do I have all of my documents?

What am I doing now to obtain my documents prior to release?

IDENTIFICATION & IMPORTANT DOCUMENTS

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Addiction recovery is a journey to move toward health and freedom. With hope, you will find a way to keep going, to keep striving and to keep fighting for your health, happiness, and recovery from addiction.

ADDICTION RECOVERY

ADDICTION RECOVERY

Have you ever thought that if you were just able to “get sober” and stop using drugs or alcohol that all of your problems would be solved?

Addiction recovery is about more than just the absence of drugs in your system.

Recovery from drug and alcohol addiction is a complex process and it is a journey. It can be a road filled with bumps, twists and turns, with hardships and obstacles along the way. However, it is a journey that everyone recovering from addiction must travel in order to move forward toward health and freedom.



This is why recovery from substance addiction does not start with abstinence. It starts with HOPE. Hope is not just wishful thinking. It is the foundation for recovery. Without hope and a desire for recovery, you will be hard-pressed to find meaningful action.

NDCS will provide you with the tools to launch your journey to recovery. With hope, you will find a way to keep going, keep striving and keep fighting for your health, happiness, and recovery from addiction.

“It is always the start that requires the greatest effort.” -James Cash Penney

ADDICTION RECOVERY

NDCS provides a variety of treatment programs to help people break away from addiction and reclaim their lives.

Residential Substance Use 90 (RSU90):

Provides treatment in a therapeutic community by a team dedicated to providing quality care to people in need. Participants will receive addiction education, recovery counseling, cognitive-behavioral training, relapse prevention tools, transition planning including referral to community services, and ongoing support as they learn skills to navigate the barriers to success.

Non-Residential Services:

Intensive-Outpatient (IOP), Outpatient (OP), and Continuing Care is held in a classroom environment while living in a general population setting. The goal is to serve individuals in a pre-treatment motivational enhancement phase to build recovery tools and develop support through group and individual meetings.

Sobriety Support Groups:

NDCS offers a variety of self-betterment clubs, including Alcoholics Anonymous and Narcotics Anonymous, at most NDCS facilities.



Space to write my thoughts:

Overcoming Addiction: My Journey from Prison to Practicing Lawyer and Advocate

By: Suzula Bidon on December 14, 2017

Ten years ago I was in federal prison. Today I'm a lawyer and an entrepreneur, and I have an amazing life. It took a lot of work, pain, and discipline to get here, but I wouldn't change a thing.

My experience – all of it – makes me the uniquely powerful and effective woman I am today.

My Struggles

I spent my entire adult life struggling with addiction and depression. I started with the gateway drugs – alcohol and tobacco – as a teenager. Both tasted nasty to me, and I didn't particularly like the feeling of being drunk. What I loved was having something I could take – something external – to change the way I felt inside. I picked up marijuana in high school, then discovered – and quickly became addicted to – heroin in college.

With the help of methadone, I graduated from college. In the following years, after numerous failed attempts at treatment and sobriety, I found myself addicted to methamphetamine. I started dealing small amounts to support my own addiction. Then, in 2005, I sent some meth through the mail to a friend. The package was intercepted and I was indicted on a felony conspiracy drug charge that carried a potential 10-year sentence.

Faced with such severe consequences, anyone without the disease of addiction would have been able to stop using drugs. I couldn't. I served a year in prison, got out and relapsed. When my continuing use was discovered, the court revoked my supervised release, and I finally broke. I begged for help, and thanks to my public defender, I was allowed to go to treatment. That was more than nine years ago, and I've been in recovery ever since.

Recovery and the System

Unfortunately, the court was not interested in my recovery. After completing treatment, when I returned to court for my revocation hearing, the judge told me that I hadn't learned my lesson, and he was going to teach it to me.

He sent me back to prison for 18 months, in a maximum-security facility, for relapsing.

The first time I went to prison, to serve the year-long sentence for sending drugs through the mail, I was still trapped in the irrational mindset of addiction. I told myself that it wasn't my drug use that was the problem; I had been set up. It was a fluke. I would do my time and use the experience to write a best-selling memoir.

The second time, I had just completed treatment and I was ready and willing to stay sober and do whatever it took to build a life in recovery. The injustice of being sent back to prison for relapsing – for having the disease of addiction – broke me in a different way. I decided that I needed to change things, and to do that I would become a lawyer.

When I got out of prison, one of the first calls I made was to the state bar association. I told them about my past and asked if I could legally become a lawyer. The person I spoke with confirmed that my past did not disqualify me from becoming a lawyer. All I would have to do is prove my rehabilitation when the time came after I had graduated from law school and passed the bar exam.



Choices and Decisions

Fresh out of prison, it took me months to find a job at a bagel shop making \$7.25 an hour. I was ashamed, resentful, and angry. I whined about it to a friend, and after listening to me vent, he said, "I don't think you understand the difference between a decision and a choice." He held up two pens. "Pick one," he said. So I picked one. He asked me why I picked that one. I explained that I liked the color. He said, "That's a decision. Try again." Several more times I chose a pen and explained why. Finally, after choosing a pen again, he asked me why I chose it, and in frustration I said, "Just because! For no reason at all!" "Exactly," he said.

I was still confused. He went on to explain that I was working at the bagel shop because I had decided that was what I needed to do to get where I wanted to go in my life – just like choosing one of two pens because I liked one color better, or one shape. What I hadn't done with the bagel shop job was choose to be there. I wasn't choosing every day how to show up. So from that day forward, rather than focusing on the negative and being irritated that I had to be at that job, I chose to show up without resentment and make the best bagel sandwiches I could – with a smile on my face. That lesson about decision and choice continues to serve me every day. We all have to make decisions, and there isn't always an ideal option or even an option that we want. Sometimes it comes down to picking the lesser of two evils. What we do always have is

ADDICTION RECOVERY

choice: how we show up once we've made a decision. I may not be able to control my circumstances, but I can always choose my attitude.

I kept working at the bagel shop and I took the law school admission test. Thanks to 15 months in prison studying, I got a good score. I applied to four local law schools and was rejected by them all. I was discouraged but still hopeful, so I made appointments with the admissions directors and asked them if I had any chance of getting in. They all said yes, but they just needed me to have a little more time out of prison with continued sobriety before they were willing to take that risk.

I reapplied to law school and I got in. Three of the schools even offered me partial scholarships! I started school in 2011.

Facing My Past

During my undergraduate years, college had been a backdrop for my addiction. This time was totally different. I loved law school. I soaked up knowledge and cultivated authentic, meaningful relationships with everyone I could: professors, senators, representatives, judges, deans, you name it.

The administration at the law school knew about my past because I had to disclose everything on my application, but I didn't share it with anyone else. A few students and professors who had Googled me pulled me aside to mention that they knew, but to my surprise, they were supportive. Still, I lived with a constant fear that at some point my past would become known and I would be exposed.

The moment finally came at the beginning of my last year in law

school. I had chosen to do an internship with a county district court judge, which required a background check. I remember a gut-wrenching sinking feeling and thinking, "Well, here it is. It's over." I asked the judge if I could speak with him privately. We sat down in his chambers and I told him about my past. By the time I finished I was crying. He looked me in the eye and said something I'll never forget: "I spend my days sending people to prison, and you are the miracle that I hope for everyday." (He actually asked, "Can I brag about you to the other judges?" to which I said, "Um, please don't.") From that day forward he treated me as an equal, and he often asked for my insight on issues given my experience.

During law school, I volunteered more than 800 hours of pro bono legal services as a certified student attorney. I helped women being released from state prison with their civil legal matters so that they would have a better chance of successful reentry into their communities. I also provided pro bono criminal defense representation in a diversionary treatment court where individuals with mental illness received treatment rather than punishment. Talk about coming full circle!

I graduated magna cum laude, and was one of six students out of a graduating class of more than 200 to be nominated by the faculty and administration for the "Student of Merit Award".

I took the bar exam and passed. I received a letter from the board of law examiners congratulating me on passing the exam, but telling me that I would not be licensed due to character and fitness issues.

The next six months were hell – talk about re-traumatizing. I had

submitted character affidavits and documentation of more than seven years of proven recovery and rehabilitation, but none of that mattered. The licensing board required me to participate in adversarial hearings, undergo psychological testing and a chemical dependency evaluation, and provide urinalysis. Finally, after six months of jumping through hoops, the board gave me a license to practice law.

Paying it Forward

That was two-and-a-half years ago. Today, in addition to practicing law, I get to teach legal professionals about addiction and recovery. After a recent lunchtime presentation for judges and prosecutors, a judge approached me with tears in her eyes. She said, "I wish I had heard your story earlier. This morning in court, I sentenced a woman to jail time for relapsing, and I don't think I would've done that if I had heard your story beforehand."

I got goosebumps. What I once considered my unredeemable and shameful past has become one of my greatest assets.

After reading this story, how do I see my future?

ADDICTION RECOVERY

Has alcohol or substance use caused problems in your life?

This self assessment is designed to help you identify how an addiction or substance abuse problem can impact your life. Complete this assessment honestly and with an open mind. The results are for your own self-reflection and are not intended to replace the results of an assessment performed by a licensed clinician.

1	Do you ever use a drug for anything other than a medical reason?
2	When you use, do you use more than one drug at a time?
3	Do you use more than once per week?
4	Have you ever abused prescription medications?
5	Have you ever tried to stop using but couldn't stay stopped?
6	Do you ever feel ashamed or guilty after using?
7	Have your relationships with friends become distant?
8	Do you spend less time with your family and more time with friends who use?
9	Have your family or friends talked to you about your use?
10	Do your family members or friends complain about your use?
11	While under the influence, have you gotten into fights with other people?
12	Have you ever lost a job due to coming in late, mistakes, or poor work performance due to your use?
13	Has your use caused problems or gotten you into trouble at your workplace?
14	Have you been arrested for illegal drug possession or use of alcohol?
15	Do you participate in illegal activities in order to get your fix?
16	When you stop using, do you experience any withdrawal symptoms or feel sick?
17	Has your use ever resulted in blackouts?
18	Have you ever had medical problems such as memory loss, convulsions, bleeding, etc. as a result of your use?
19	Have you ever looked for or received help for your usage habits?
20	Have you participated or been in any type of treatment for your usage?

If you answered yes to more than five of the questions on the quiz, you may want to consider making changes in your life.

ADDICTION RECOVERY

Tips to help you stay sober:

Stay Out of Risky Situations: This may mean that you do not spend time with someone you used to use drugs with or go somewhere you used to drink. For example, you might take a new way home from work to keep from going past your favorite old hangout.

Build a Support Network: Lean on close friends and family for support even if your relationships are not what they used to be. Think about going to counseling or family therapy to help with that and to deal with other personal issues. Stay in touch with your sponsor and call them if you are feeling anxious or uncomfortable.

Find a Peer Support Group: Organizations like Alcoholics Anonymous or Narcotics Anonymous are other ways to build a support network. You can try different meetings for the different groups to find one that's right for you.

Manage Your Urges: While most urges last only 15 to 30 minutes, it can be hard to fight them off. You might try a substitute like chewing gum or stating a personal mantra: "I am stronger than this, and it will pass." Staying busy is also a great way to distract yourself. Some people find it helpful to keep a journal. Write down the things that bring you joy and things you are grateful for then go back and read it during tough times.

Find an Activity that Means Something to You: You may want to start an exercise routine. Exercise releases brain chemicals called endorphins, which can make you feel good. Or maybe you would rather spend your time volunteering for a good cause like an animal shelter or hospital. Whatever it is, new activities can lead to new friends with interests like yours.

Learn to Manage Stress: At some point in your recovery, you will feel stressed out. When things happen, find a sober friend or loved one you can talk to for support. Try to keep your schedule flexible enough that you have time for group meetings and other things that can help you get through rough stretches.

Learn to Relax: When you are tense you tend to do what is familiar. When you are relaxed you are more open to new things. Different strategies work for different people. You might try: Yoga, meditation, reading, a nature walk, a massage, a bath, music, breathing exercises etc.

Manage Physical Pain: If you recently had surgery or an injury, your doctor will be careful with the pain medication they give you because some of those drugs can make you more likely to relapse. Ask your doctor about non-medical ways to manage your pain, like massage or acupuncture.

Prepare Your Story: Decide what you will say if someone asks why you're sober. You can try to avoid the conversation, but it is good to have a response ready in case that is not possible. If the question comes from someone you know well, you may want to say that drugs or alcohol became a problem for you. If you do not know the person well, simply saying you have to get up early the next morning or you quit for health reasons should be enough.

Be the Designated Driver: This gives you a quick and easy explanation for why you are not drinking. It also gives you a sense of purpose that can help you stay focused.

ADDICTION RECOVERY

My personal recovery plan:

Creating a personal, written recovery plan is important for several reasons. It gives you a blueprint to follow. It provides a structured, reliable list of good ideas to get or keep you on track as you pursue your recovery goals. It can be too easy to forget or avoid commitments if they are merely ideas that are held in your mind. This is especially true if you become stressed, if you experience a break in motivation, or if you find yourself facing temptation. By writing out a formal, detailed plan, specifically designed with your needs and goals in mind, you greatly improve your chances of sustaining your recovery efforts.

Personal triggers that put me at risk for using:

Ex. Going to the bar after work with my co-workers.
Drinking a couple beers while fishing.

1. _____
2. _____
3. _____
4. _____

Ways I will increase my self-care:

Ex. I will go to bed by 11p.m., so that I get a good night's rest.

1. _____
2. _____
3. _____
4. _____

How I will address each trigger:

Ex. I will drive home immediately after work. I will take a cooler of soda to drink and select sober friends to go fishing with.

1. _____
2. _____
3. _____
4. _____

My relapse prevention strategies:

Ex. If I feel the urge to use, I will call my sponsor instead. I will attend 3-4 12-Step meetings each week.

1. _____
2. _____
3. _____
4. _____

Commitments that will help me stick to my recovery plan:

Ex. I will be clean and sober for my daughter's graduation celebration in June.

ADDICTION RECOVERY

Advice from those who have been there:

Here are some words of wisdom from people who have been incarcerated

What advice would you give to people who are about to re-enter society?

"It's important to write plans and goals down, to be organized, complete a resume, get addresses and phone numbers of places you need to go to get your license, healthcare, etc. It's easy to become overwhelmed with these simple tasks. Always keep a positive attitude!"

"Stay focused and determined. There are going to be a number of battles and deterrents throughout this new phase of life. Things will not be easy by any means. However, use the bad days as motivation. Remember where you have been and how far you have come, and mostly stay focused on where you are headed. You've already made it through the darkest part, keep headed toward the light at the end of the tunnel."

What should people expect to face when they are released?

"Upon release, people should expect to face change and adversity. Coming out, no matter how long a person was gone, is going to be difficult. In the eyes of many, you are nothing more than a criminal. Society will be quick to take the ex-felon label and run with it. It's up to us as ex-felons to show society that we are just as capable and worthy of being productive members of society as anyone. It's up to us to change the stigma that comes with being labeled as an ex-felon."

What worked best for you in terms of finding your footing outside of prison?

"Staying vigilant, not giving up, and staying positive. You're going to get rejected and some things are not going to pan out the way you thought, but having a great "can-do" attitude will take you a long way. Take what you can get until you find the job you want. Everything helps! Also, don't be scared to ask for help. One of the best things for me that helped find my footing was the support from family and friends. They are a valuable resource to help you along your way. From information about simple everyday tasks that you no longer know how to do, to links to jobs, to getting positive feedback on how you are doing."

"The best thing I did for myself coming out was to use the resources given to me by the Department of Corrections. I know that no one coming out wants to continue to be hand-in-hand with the DOC, however the resources that they provide are beneficial. Since my reentry almost four years ago I have secured and maintained employment, and obtained a place of my own all with the help of the programs I was put into upon my release."

What do you wish you would've known or been told before your release?

"I wish I would've been told things are not as easy as I thought. As a prisoner, it is easy to just say, 'when I get out I'm going to get a job, buy a home, start a family,' but the reality of it is, it takes hard work to obtain these things. They don't just suddenly happen as you think; so I wish I would've been told that."

"I wish I had known and gotten a head start on the proper identity papers. Particularly the birth certificate and Social Security Card."

ADDICTION RECOVERY

Support in the community:

Listed below are a few drug and alcohol addiction resources available to you in the community.

St. Monica's Behavioral
Health Services for Women
120 Wedgewood Dr.
Lincoln, NE 68510

Valley Hope
1421 North 10th St.
O'Neill, NE 68763

Center Point Campus for Hope
1490 North 16th Street
Omaha, NE 68102

Bryan Independence Center
1600 S. 48th St.
Lincoln, NE 68506

Nebraska Urban Indian Health Coalition
2240 Landon Court
Omaha, NE 68102

Start Fresh Recovery
2827 South 88th St.
Omaha, NE 68124

Siena/Francis House
Miracles Treatment Center
1702 Nicholas Street
Omaha, NE 68102

The Bridge Behavioral Health
721 K St.
Lincoln, NE 68508

CenterPointe
2633 P Street
Lincoln, NE 68503

Seekers of Serenity (SOS)
4432 Sunrise Place
Columbus, NE 68601

NOVA Therapeutic Community
1941 S. 42nd St. #328
Omaha, NE 68105

Arch Halfway House
604 South 37th Street
Omaha, NE 68105

In Roads Counseling
2808 N 75th St. # H
Omaha, NE 68134

Blue Valley Behavioral Health
1903 4th Corso
Nebraska City, NE 68410

Open Door Mission
New Life Recovery
2828 North 23rd Street East
Omaha, NE 68110

Helpful Phone Numbers:

Alcoholics Anonymous
1-877-226-3632

Narcotics Anonymous
1-818-773-9999

Substance Abuse and Mental Health Services
Administration (SAMHSA)
1-800-662-4357

KEYA Warm Line (support 24/7)
402-261-5959

2-1-1 is a free and confidential service that helps
people find the local resources they need 24
hours a day, 7 days a week by calling 211 or
visiting www.211.org.

Other services or people that can help with my recovery:

Reentry Action Plan – Addiction Recovery:

Do I struggle with substance abuse?

If yes, do I have a relapse prevention program and a sponsor/sober support group?

If no, do I have a plan to remain substance-free even in stressful circumstances?

ADDICTION RECOVERY

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



There are practices you can adopt to elevate your mood, become more resilient, and enjoy life to the fullest.

SELF-CARE

SELF-CARE

A clear distinction is often made between 'mind' and 'body,' but when considering mental health and physical health, the two should not be thought of as separate.

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact your physical health.



Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setback and hardships.

Strong mental health is not just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues.

Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. Do you have the ability to laugh and have fun? Do you have a sense of meaning and purpose? Do you have the ability to build and maintain fulfilling relationships?

These are all things people who are mentally healthy have.

If you find yourself constantly going down a negative path with your thoughts, there are ways to untwist your thinking.

During your incarceration there will be stressful situations that arise. Having a game plan and ways to reduce your stress before it occurs can help you get through those circumstances.

Anyone can suffer from mental and emotional health problems—and over a lifetime most of us will.

The good news is: you do not have to feel bad.

There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. Ask your unit staff about intentional peer support and if it is available in your facility.

SELF-CARE

What happens upon intake:

You will receive a medical screening upon admission to any NDCS facility.

During this screening, it is important to be honest with the physician about your circumstances, as that is the only way medical staff can attend to your specific needs and concerns.

But do not leave it at that—make sure that you are taking care of yourself throughout your incarceration by making healthy choices and getting medical attention when needed.

Sick Call

Clinical Services are available to patients in a clinical setting at least five days a week and are performed by a physician or other qualified health care professional.

Request by writing an Interview Request Form.



Dental

Routine and emergency dental care is provided to each individual sentenced to NDCS under the direction and supervision of a licensed dentist.



Medical and Dental Devices

Medical or dental adaptive devices are provided when the health of the patient would otherwise be adversely affected, as determined by the responsible physician or dentist.



Chronic Care

Chronic and convalescent care is available to patients with chronic conditions that require periodic care and treatment.



ADA Policy

NDCS will make reasonable accommodations to provide individuals access to activities, services, and programs. Any individual may request information or make a request for an accommodation under the ADA by contacting the NDCS ADA Coordinator. A request for accommodation must be done in writing.

Family Health

Family Planning and family health education is offered through a variety of services and programs including pregnancy testing, prenatal care, postpartum follow-up, and discharge family planning.



Why It's Important to Care for Your Mental Health

By Dr. Glen Xiong

Mental health is integral to living a healthy, balanced life.

According to the National Alliance of Mental Illness (NAMI), one in five American experience mental health issues which translates to more than 40 million adults a year.

Our mental health encompasses our psychological, emotional and social well-being. This means it impacts how we feel, think and behave each day. Our mental health also contributes to our decision making process, how we cope with stress and how we relate to others in our lives.



Why is emotional health important?

Emotional and mental health is important because it's a vital part of your life and impacts your thoughts, behaviors and emotions. Being healthy emotionally can promote productivity and effectiveness in activities like work, school or caregiving. It plays an important part in the health of your relationships, and allows you to adapt to changes in your life and cope with adversity.

How can you improve your emotional health day-to-day?

There are steps you can take to improve your mental health everyday. Small things like exercising, eating balanced and healthy meals, opening up to other people in your life, taking a break when you need to, remembering something you are grateful for and getting a good night's sleep, can be helpful in boosting your emotional health.

When is a good time to reach out for help?

Issues related to mental health can impact different people in different ways. If you start to see changes in your overall happiness and relationships, there are always ways to get the support you want. Here are some ways you can get help:

- Connect with other individuals, friends and family — Reaching out and opening up to other people in your life can help provide emotional support.
- Learn more about mental health — There are many resources you can turn to for learning more about emotional health. Some examples include Psychology Today, National Institute of Mental Health, and Anxiety and Depression Association of America.
- Take a mental health assessment — An assessment can help determine if stress, anxiety or depression may be having an impact on your life. Doctor On Demand offers a free and private online mental health assessment that you can take at any time.
- Talk to a professional — If you start to feel like your emotional health is starting to impact you, it may be time to reach out for extra support. With Doctor On Demand, you can see a psychologist or psychiatrist and find the personalized support you want.

Lastly, you can also learn more about taking care of your mental health on our blog. Discover ways to take a healthy approach to your emotional wellness, as well as understand issues like depression and how it can affect men and women differently. Read more articles by our caring team of psychologists and psychiatrists to help support a healthy mind and lifestyle.

SELF-CARE

How to deal with negative thoughts and feelings:

You are not alone. Many of us have negative thoughts at different points in our lives. Feeling down is not a character defect, and it doesn't mean that you are crazy, weak, or flawed. It only means that you are human, and the things you are dealing with right now are weighing heavily on you. Sometimes, the pain can seem overwhelming and permanent at the moment. With time and support, you can overcome these problems and the pain of these feelings will pass.

Why do I feel this way?

The intense emotional turmoil that you are feeling can distort your thinking, so it becomes harder to see possible solutions to problems or to connect with those who can offer support.

Although it might seem as if your pain and unhappiness will never end, it is important to realize that crises are usually temporary. Solutions are found, feelings change, and unexpected positive events occur. Remember, you do not want to do anything during this time that will have lasting consequences to this temporary problem.

Things to do when feeling negative:

- Talk with someone every day.
- Make a safety plan. Develop a set of steps that you can follow during a crisis.
- Keep a regular routine as much as possible, even when your feelings seem out of control.
- When possible, spend at least 30 minutes outdoors each day
- Exercise as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day.
- Make time for things that bring you joy.
- Remember your personal goals.

Things to avoid when feeling negative:

- Being alone. Solitude can make negative thoughts even worse.
- Alcohol and drugs. They can increase depression, hamper your problem-solving ability, and can make you act impulsively.
- Doing things that make you feel worse. Listening to sad music, looking at certain photographs, or reading old letters can all increase negative feelings.
- Thinking about suicide.

Mindful breathing:

Self-guided meditation is just one technique you can use to clear out negative energy from your mind and promote positive thinking and inner peace. Granted, calming your mind can be a challenge, but with practice, it can become second nature!

Step 1: Sit

Sit in a cool, quiet, comfortable space. Place your hands on your knees or in your lap. You can place your hands in Gian Mudra position by letting the backs of your hands rest on your knees and connecting your thumb and index finger on both hands.

Step 2: Recognize

Recognize how you feel. In this instance, recognize any negative emotions or feelings floating around in your mind or body. Pinpoint where you feel that negativity in your body, and calmly observe it in a non-judgmental manner. Let it be, and know that it is okay (and completely normal!) to experience negativity.

Step 3: Breathe

As you take inventory of how you feel in your mind and body, take some slow, deep breaths. Feel the breath make its way into your nose, all the way down your throat, into your chest and down into your abdomen, swirling up and out as a sigh through your mouth. Begin to feel the breath in your body and listen to it as it comes in and goes out without much effort at all.

Step 4: Feel

Breathe as you focus on the spot in your body where you feel negative energy. For example, if you feel anxiety or stress in your chest, take a deep breath and notice how your chest responds. Allow the uncomfortable feeling to be there. Sometimes, with the experience of anxiety, it's even useful to welcome it, using a "bring it on" mentality. Let it come and welcome the negative feeling warmly. Allow yourself to feel it and do not attempt to fight it.

Step 5: Focus

Whenever your mind starts to wander, allow your mind to focus again on your breath. Listen to the sound of it, and feel it as it enters and leaves your body. It's completely normal to have several thoughts swirling around as you are trying to focus on your meditation. Let them be there, and just observe them without judgment. A good way to handle thoughts during a meditation is to simply recognize them, accept them, sit with them and then release them. You can picture them as clouds floating by in the sky or as stones in a stream.

Step 6: Be

Finally, sit and just be. Continue to breathe, listen to each breath, and feel how your body responds. Practice acceptance of the negative feelings, watch them come and go, and know that all is well and that you can breathe through anything that life throws at you.



SELF-CARE

Stress reducers:

- Procrastination is stressful. Do not put off until tomorrow what you can do today.
- Surround yourself with positive people!
- Accentuate the positive—use positive self-talk!
- Do one thing at a time. Plan and prioritize. Work first on the most important things on your list.
- Forget about counting to 10, count to 100.
- Take care of today as best you can, and the yesterdays and tomorrows will take care of themselves.
- Forgive. Forgive. Forgive.
- Do not turn wants into needs.
- Learn something new.

What is stressful to me? This could be a person, place or event.

How does stress affect me?

When am I the most vulnerable to stress?

What are three things I do now to manage stress?

What new strategies could I use to manage stress?



How I can take care of myself mentally:

1. What can I and/or others do to help me stay mentally well?

2. What are the early signs that I am becoming unwell?

3. What do I and/or others need to do if I experience these early signs?

4. What are the stressors/situations in my life that may cause me to become unwell?

5. What do I and/or others need to do if I encounter these stressor situations?

6. I will know when I am feeling well again when?

7. When my crisis situation is over, what would help me get back into my daily routine?

**FILL YOUR MIND
WITH GOOD
AND SURROUND
YOURSELF WITH
PEOPLE WHO
LIFT YOU UP.**

SELF-CARE

My mental wellness plan:

This plan should be unique to your individual needs and goals. Wellness looks different for everyone. It is important to think about how it applies to you, so that you can identify when things are starting to go off course and implement a plan to address it. The plan that you develop will keep you in control, even during times when you might not feel in control; but, it is important to be honest with yourself. In order for your plan to work, write it down, update it.

Grooming Checklist—Many people report that when things are breaking down in their lives, one of the indicators for them is a change to their hygiene regiment.							
Have I...	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Showered?							
Put on lotion or make-up?							
Brushed my teeth?							
Put on deodorant?							
Brushed my hair?							
Put on clean clothes?							

Do I need assistance with anything in my daily routine such as medication, meals, self-care or mobility? How often? Who could help me?

Hobbies & leisure

Having a hobby is a great way to relieve stress, a creative outlet, and a way to meet new people. Hobbies often provide a creative outlet that you might not get in your everyday life. They allow you to do something that's just for you and can help you decompress and forget for a moment about your daily problems. They also provide an outlet to unwind after a stressful day.

There are many benefits to having a hobby, but if you do not have a regular leisure activity that you enjoy, it can be difficult to decide which one will be enjoyable for you.

Take a few moments to answer the questions below. It will help you identify your interests. For each answer, try to come up with 3-5 ideas. Once you have answered the questions, look for themes in your answers.

What do I love to do in my free time?

What are the skills that come to me without much thought and effort?

What are or were my favorite classes and subjects in school?

If I could do any job in my life, what would I choose?

What types of things energize me? Think about people, places, and activities.

What areas am I already perceived as an expert?

What values do I hold dear that help guide my life?

SELF-CARE

What are the subject areas I most enjoy reading about? When I am in a bookstore or the library, what are the subjects or types of books and magazines that I am drawn to?

What types of volunteering/community service projects have I done or would consider doing?

What careers/jobs do my closest friends do? Do I see anything that really grabs my interest? Why?

Have my friends and family told me repeatedly that I would be excellent in a particular job or career? Do I have a deeply held desire for a particular career? What would be my calling in life?

What are some of the big goals I want to achieve in life? Do I want to save lives? Make lots of money? Be a movie star? Live in a big house? Save the Earth? Become president? Think big here — and list the top couple of goals that mean the most to me right now.

Everyone deserves the opportunity to live a life of fulfillment and passion. Looking deeply inside myself and removing all obstacles (real and perceived), what is my passion?

Outdoor hobbies

- gardening
- camping
- hiking
- become a master BBQer
- geocaching
- rock collecting
- bird watching
- fishing

Intellectual hobbies

- reading
- writing
- drawing
- learn a new language
- learn to play an instrument
- learn to sew
- learn a new game
- explore your genealogy

Exercise hobbies

- biking
- running
- body weight exercises
- dance
- swimming

- golfing
- join a club sports team
- try yoga
- practice meditation

Skilled hobbies

- cooking
- canning and food preservation
- furniture restoration
- animal husbandry
- carpentry

Other hobbies

- DIY/crafts
- write a themed list, work through it
- scrapbooking
- knitting
- painting
- sculpting
- origami
- world record breaking
- explore your local area
- start a blog

- photography
- mentoring
- pet training
- calligraphy
- scuba diving
- investing
- budgeting
- couponing
- thrift shopping
- run a tent at a local market
- build models
- learn magic tricks
- community play acting/performing
- explore asceticism
- become a minimalist
- leatherwork
- chess
- archery
- rock climbing
- classic car restoration
- paintball
- darts
- fencing

My health & wellness goals:

What are my short-term physical goals?

What are my short-term mental goals?

What are my short-term emotional goals?

SELF-CARE

Benefits of regular physical activity:



Exercise controls your weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Any amount of activity is better than none at all. Consistency is key.



Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed, and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve self-esteem.



Exercise boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improves, you have more energy to tackle your day.



Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just do not exercise too close to bedtime or you may be too energized to go to sleep.



Exercise can be fun and social

Exercise and physical activity can be enjoyable. It provides a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun, social setting.



Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the “good” cholesterol, and it decreases unhealthy triglycerides. The one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. It can also help improve cognitive function and helps lower the risk of death from all causes.

Benefits of bodyweight workouts:

- You can do them anywhere
- It's free
- Strength + cardio in a single workout

Below are six main bodyweight exercises that work the entire body; however, with a little variation and creativity, you can create over 50 different exercises from just these six basic movements.

Upper Body

Your upper body workout centers on two movements: the push-up and the pull-up.

Push-ups build muscular density in the chest and the triceps. Push-ups are not only beneficial for building muscular endurance and explosive power, but they can be done in a number of variations that allow you to work your muscles from unusual angles.

Pull-ups are a highly effective exercise that works a whole host of muscle groups, including the latissimus dorsi, biceps, traps, pecs, and forearms.

Dips work the triceps, pecs, shoulders, forearms, and core.

Lower Body

Squats are one of the most basic yet effective athletic movements. In just one exercise, you work your quads, hamstrings, glutes, hips, and inner thighs.

Lunges are another popular option because they target the quads and glutes without requiring much space. As a functional exercise, lunges are hard to beat.

Abdominals

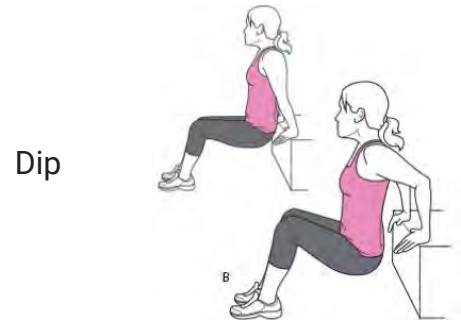
Leg Raises, now this is a core blaster. Not only does it hit the abs, obliques, and rib muscles, but it also works your quads, hips, forearms, and shoulder muscles.



Push-up



Pull-up



Dip



Squat



Lunge



Hanging Leg Raise

SELF-CARE



The yoga workout:

Besides building strength and increasing flexibility, yoga helps you focus and relax your mind.

Warm-up

Sit cross-legged on the floor, back straight, and hands relaxed in your lap. Close your eyes and breathe deeply and evenly through your nose for two minutes. Slowly bend your torso from side to side for 15 breaths, exhaling to each side.

Workout

Try to make the movements flow from one to the next. Hold each position for three breaths unless instructed otherwise.

- From the cross-legged warm-up pose, move into cow pose on an exhale. Inhaling, switch to cat pose. Alternate between cow and cat poses for 15 breaths.
- Press up into downward dog. Lower knees to the floor, then push back up. Repeat five times.
- Step your right foot forward between your hands into a classic lunge, with your right knee bent directly over your right foot, your left foot straight behind you, both feet pointing forward, and fingertips on the floor.
- Move into extended side angle.
- Do a lunge and an extended side angle on your left side.
- Lie facedown for the locust pose.
- Turn over to lie flat on your back. Close your eyes and breathe deeply for two minutes.



Cow and Cat Poses

What they do: Warms up the muscles along the spine; stretches the hips, back, abs, shoulders, and neck.

How to do them: Start on your hands and knees. For cow, arch your back and press your shoulders down and back, away from your ears, and open your chest. For cat, round your back, lower your head, lift your belly, and look at your thighs. Try to create space between your shoulder blades.



Downward Dog

What it does: Strengthens the arms and legs; stretches and energizes the shoulders, thighs, feet, and hands.

How to do it: Start from a cat pose and press your buttocks high into the air to form an upside-down V. Contract your thighs and lengthen your abs. Press your shoulder blades together and away from your ears; reach your heels toward the floor.



Extended Side Angle

What it does: Strengthens and stretches the legs, knees, and ankles; stretches the inner thighs, back, hips, chest, and shoulders.

How to do it: Start with your right leg forward in a lunge. Lower your left heel and turn your toes out about 45 degrees. Lower your right forearm to your knee. Reach overhead with your left hand, creating a straight line from heel to fingertip.



Locust Pose

What it does: Strengthens the back, buttocks, arms, and legs; stretches the shoulders, chest, abs, and thighs.

How to do it: Lie face down, arms at sides, feet pointed. Press your legs down, inhale, and lift your head, shoulders, and arms. Take two full breaths, then lower everything. With your forehead down, lift both legs and take two full breaths. Lower. Lift your upper and lower body at the same time and take two breaths.

SELF-CARE

Your medical needs may change throughout your incarceration. For some people, this may be an opportunity to become healthier by having access to medical and medication services that might not have been easily accessible prior to incarceration. Others may utilize this as a time to focus on diet and physical exercise and leave prison in the best shape they have ever been.

With greater access to medical screenings and services, some may learn of ailments affecting them that they were unaware of before. Some may develop conditions through age or circumstance that will affect their needs and will

require more intentional planning to address. Assistance is available from medical staff and social workers, to help you manage your circumstances and confidently live a fulfilling life.

If you have serious or chronic medical conditions or need specialized care in the community, please contact your facility Social Worker by writing an Interview Request describing the type of assistance you need help with.

Did I have health insurance before my incarceration?

How did I receive it?

Do I take prescribed medication?

Do I live with a chronic medical condition?

How will I manage my medical needs during my incarceration?

Supportive services available in the community:

As you prepare for your return to your community, be sure to identify how you will address your medical and medication needs. There are numerous services available in the community that are available to you at little or no cost. Some of the most commonly used services are listed below. For more information about medical services in the community you plan to return to, be sure to attend meetings with your Reentry Specialist or Social Worker, as they will help you get connected!

Information and Referral Line

(402) 717-HOPE
Help for people seeking access to psychiatric services or information.

Safe Harbor

(402) 715-4226
The Warm Line provides an opportunity for people experiencing mental health challenges to receive support by phone.

Nebraska Family Helpline

(888) 886-8660
Help for Nebraska families when dealing with their children's behavioral problems.

Suicide Hotline

(800) 273-TALK
Helps individuals in suicidal crisis to contact the nearest available suicide prevention and mental health service provider through a toll-free phone number.

SNAP(Supplemental Nutrition Assistance Program): (855)632-7633

Medicaid: (855)632-7633

Reentry Action Plan – Self-care:

How am I going to care for myself?

When I am released, I will receive a 30-day supply of any medications prescribed by NDCS physicians. How will I address any medication needs in my community?

What will I need to successfully manage my medical needs in the community?

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



You can maintain and build strong and healthy relationships. You can find ways to be there for the people who mean the most to you. You can build a support system.

FAMILY & COMMUNITY SUPPORT

FAMILY & COMMUNITY SUPPORT



Relationships during incarceration can be tricky. They have to be navigated with care, patience and integrity. Maintaining relationships while in prison will test the depth of any relationship a person might have with someone else. All relationships, parental, familial, platonic, and romantic will be tested as a result of someone going to prison.

First, loved ones have to grapple with the reality that their friend or loved one committed a crime for which they must serve an amount of time in the prison system.

Then, everything about how they are used to relating changes. The freedom to interact with one another in ways in which they are familiar disappears.

This is the perfect time to figure out who is going to be with you through thick and thin. Use what is available to you in order to stay in touch with the ones you love.

FAMILY & COMMUNITY SUPPORT

Type of Support Person	Emotional: People you can trust with your thoughts and feelings	Social: People with whom you can hang out, share experiences	Informational: People you can ask for advice about decisions, get mentoring help	Practical: People who can help you when you need assistance with day-to-day problems (e.g., rides, money, place to stay)
Partner/Spouse/ Significant Other				
Parent				
Sibling				
Adult Children				
Relative				
Friend				
Co-Worker/Boss				
Spiritual Advisor				
Volunteer person				

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.” -Alan Cohen

FAMILY & COMMUNITY SUPPORT

Build, repair, or enhance a relationship that will survive a prison sentence

- 1. Use the telephone:** The most common barrier is communication. Use telephone calls, emails, and handwritten letters to keep an open line of communication.
- 2. Do not let the love die:** Find ways, despite the circumstances, to continue to show love and appreciation for the people who matter most in your life.
- 3. Make plans for the future:** Create something to look forward to. These plans can be things that happen during your incarceration or after your release. It doesn't have to be grandiose, extravagant, or expensive—just something meaningful and relevant to your relationship.
- 4. Keep building memories:** Keep up-to-date on the things going on in their lives and let them know about the successes you are experiencing. It is easy to get caught up in all of the problems, restrictions, and negativity of the situation, but focus your attention on the positive things going on in your life and theirs.
- 5. Keep busy:** Use the image of your loved one as motivation to move forward in a positive direction. When you are living the best version of yourself, you are able to share your best self with the people who matter to you. Stay busy doing things that allow you to grow as a person, mentally, physically, and spiritually.
- 6. Visit as often as possible:** Familiarize yourself with the visiting procedures at your facility and help make the process as easy as possible for your family and loved ones. Help them understand what to expect when visiting you, to make the experience enjoyable for them as well as for yourself. Be ready when you know they are coming, so that you can maximize your time together. Encourage your family and friends to review the Visiting Policy online at corrections.ne.gov. You can view the Policy 205.02 VISITING in institutional libraries.
- 7. Stay Positive:** Though there will be days when the thought of being apart from your loved one will bring you down, you should always find a way to overcome those hurdles. Look forward to each new day, since it brings you closer to the end of your incarceration and one day closer to going home.

What can I do to build, repair or enhance a relationship?

FAMILY & COMMUNITY SUPPORT

Who are the most important people in my community of support? Why?

I'm doing this for me

List any people who cause you significant stress or get in the way of your ability to manage stress in healthy ways (e.g. A critical relative, a friend who encourages you to use when you are trying to quit, or a classmate who demands too much of your time in helping them study). These are people with whom you may need to consider spending less time and/or creating better boundaries.



FAMILY & COMMUNITY SUPPORT

My support directory:

Name:	Name:
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
Name:	Name:
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
Name:	Name:
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
Name:	Name:
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
Name:	Name:
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:

FAMILY & COMMUNITY SUPPORT

Reentry Action Plan – Family & Community Support:

Can I identify my support system?

If yes, how likely am I to utilize my support system?

If no, how can my Reentry Specialist help me to identify a person or an organization to be my support system?

FAMILY & COMMUNITY SUPPORT

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Take control of your money and
achieve your financial goals!

FINANCIAL OBLIGATIONS

FINANCIAL OBLIGATIONS

Make your money work for you

Keeping control of your finances is crucial for your overall financial health, but this can be easier said than done. Here are some strategies to help you develop your personal budget and plan for financial independence.

Set realistic goals:

Make a list of all the short-term and long-term financial goals that you would like to accomplish. Why are these goals priorities in your life, and how do you plan on reaching them? Short-term goals should take no longer than a year to achieve. Long-term goals should take several years to attain.

Make sure that your goals are realistic based on your financial situation.

Set money aside for savings:

Many people will come up with excuse after excuse as to why they didn't — or couldn't — put a certain amount of money aside each month into a savings account. Whether they just didn't have any money left, or simply “forgot” to, people often underutilize the opportunity to invest in their future. Start early and contribute every month, even if the contribution seems small. These incremental investments grow over time. Regular deposits into a savings account, even over a few short years, can offer financial peace at the end of your incarceration. Make your savings contribution part of your monthly budget, and put that money away first thing each payday. It is your money that you are using to invest in your future self.

Develop a budgeting plan:

You might hate math, which is a huge reason why budgeting does not make it on many people's to-do list. Budgeting does involve some level of mathematics, but it does not have to be complicated, and

you do not need to be a calculus professor to figure it out. Start off using a simple formula: your incoming funds minus your expenses. The result is what you have left over to spend on leisure expenses, such as dining out, going to the movies, going on vacation, etc. If you get a negative number as a result, you know that you have got to cut back on certain expenses in order to keep the number in the positive.

The Case of the Missing Money!

- Does your money always seem to disappear long before the next check?
- Do you often wonder where your money went?
- Do you pay some of your bills late every month?
- Do you often need to borrow money to make ends meet?
- Do you get collection notices for past due bills?

If your answer to any of these questions is “Yes” a budget can help you manage your money and avoid some of these problems.

Set aside money for savings

While incarcerated, you have the ability to open an interest earning savings account. Upon admission, depending on your sentence structure, you will automatically begin a savings plan through a Release Savings Account. Additionally, you are able to save in a Regular Savings Account to help you meet your financial goals even faster. All accounts will be held by NDCS and invested through the State of Nebraska. Interest will be posted on the 10th workday of the month to the appropriate account. The interest will fluctuate on a monthly basis. Interest will be paid based on the average daily balance in the account. NDCS will assess no fees for handling these interest-bearing savings accounts.

Release savings:

Upon admission to NDCS, 5% of all earnings will be transferred from the Institutional Account to the Release Savings Account when the earnings are posted. People with a Parole Eligibility Date (PED) 10 or more years in the future, serving life sentences, or serving on death row are exempt from the Release Savings until the first month after their PED is within 10 years. You will not have access to this account until you are released from NDCS.

Regular savings:

A minimum of \$50 will be required to open or sustain a Regular Savings Account. Two withdrawals and two deposits are allowed per calendar month. A Savings Transaction Request form will be used to request a deposit or withdrawal as authorized by NDCS policy. This form will work similar to the institutional check with a stub to be returned to verify processing of the transaction.

How much would I like to save and how will I accomplish this?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

FINANCIAL OBLIGATIONS

Restitution

Paying restitution may have been ordered by the court as part of your sentence. Be sure to know if you are ordered to pay any restitution and work with your lawyer and the courts to learn the expectations and options available. Restitution may also be sanctioned as part of a misconduct report if your actions result in any damage or destruction of state property.

Fines & charges

There may be fines, court costs, or other expenses associated with your charges. Develop a plan for how to satisfy these debts as this could delay parole or custody promotion in some circumstances. Write to the court to discuss installment payments or other options available.

Child support

Child support payments can build up very quickly, especially if you missed a payment or two. While you are incarcerated, you may find it difficult to keep up. Be sure to write the Child Support Payment Center to see if there is help available.

**Nebraska Child Support Payment Center
(NCSPC)
P.O. Box 83306
Lincoln, NE 68501-3306
<https://childsupport.nebraska.gov>**

DMV charges

If you have ever had a driver's license suspension or revocation, you may need to pay fees in order to reinstate your license. You can check your driver's license status at:

**500 West "O" Street
Lincoln, NE 68528
(402) 471-2823**

Or online at:
<https://dmv.nebraska.gov/>



FINANCIAL OBLIGATIONS

12 month money savings challenge:

Month 1 - \$5.00	Month 1 - \$30.00	Month 1 - \$70.00	Month 1 - \$100.00
Month 2 - \$10.00	Month 2 - \$30.00	Month 2 - \$65.00	Month 2 - \$75.00
Month 3 - \$15.00	Month 3 - \$30.00	Month 3 - \$60.00	Month 3 - \$75.00
Month 4 - \$10.00	Month 4 - \$25.00	Month 4 - \$55.00	Month 4 - \$100.00
Month 5 - \$10.00	Month 5 - \$25.00	Month 5 - \$50.00	Month 5 - \$75.00
Month 6 - \$15.00	Month 6 - \$25.00	Month 6 - \$45.00	Month 6 - \$75.00
Month 7 - \$10.00	Month 7 - \$25.00	Month 7 - \$40.00	Month 7 - \$100.00
Month 8 - \$10.00	Month 8 - \$20.00	Month 8 - \$30.00	Month 8 - \$75.00
Month 9 - \$10.00	Month 9 - \$20.00	Month 9 - \$30.00	Month 9 - \$75.00
Month 10 - \$15.00	Month 10 - \$10.00	Month 10 - \$20.00	Month 10 - \$100.00
Month 11 - \$10.00	Month 11 - \$10.00	Month 11 - \$20.00	Month 11 - \$75.00
Month 12 - \$5.00	Month 12 - \$5.00	Month 12 - \$15.00	Month 12 - \$75.00
SAVE \$125	SAVE \$250	SAVE \$500	SAVE \$1000

Challenge yourself to be in the best possible financial position to make decisions about your future, upon your release. Saving money is not easy, especially if you are not receiving gifts or support from family or friends. This is going to take dedication, thoughtfulness, and a degree of sacrifice. The reward will be having the financial freedom to make decisions about your future. You can do it! Make the commitment to yourself and follow through.

**It doesn't matter where you start.
It matters where you finish!**

FINANCIAL OBLIGATIONS



Make a Budget

Use this worksheet to see how much money you spend this month. Then, use this month's information to help you plan next month's budget.

Some bills are monthly and some come less often. If you have an expense that does not occur every month, put it in the "Other expenses this month" category.

MONTH August **YEAR** 2022

My income this month

Income	Monthly total
Paychecks (salary after taxes, benefits, and check cashing fees)	\$ 1,800.00
Other income (after taxes) for example: child support	\$
Total monthly income	\$ 1,800.00

Income

My expenses this month

	Expenses	Monthly total
HOUSING	Rent or mortgage	\$ 600.00
	Renter's insurance or homeowner's insurance	\$ 14.00
	Utilities (like electricity and gas)	\$ 100.00
	Internet, cable, and phones	\$ 150.00
	Other housing expenses (like property taxes)	\$
FOOD	Groceries and household supplies	\$ 200.00
	Meals out	\$ 50.00
	Other food expenses	\$
TRANSPORTATION	Public transportation and taxis	\$
	Gas for car	\$ 100.00
	Parking and tolls	\$
	Car maintenance (like oil changes)	\$
	Car insurance	\$ 100.00
	Car loan	\$ 200.00
	Other transportation expenses	\$

FINANCIAL OBLIGATIONS

Make a Budget

	Expenses	Monthly total
HEALTH	Medicine	\$
	Health insurance	\$
	Other health expenses (like doctors' appointments and eyeglasses)	\$
PERSONAL AND FAMILY	Child care	\$
	Child support	\$
	Money given or sent to family	\$
	Clothing and shoes	\$
	Laundry	\$ 15.00
	Donations	\$
	Entertainment (like movies and amusement parks)	\$ 100.00
	Other personal or family expenses (like beauty care)	\$
FINANCE	Fees for cashier's checks and money transfers	\$
	Prepaid cards and phone cards	\$
	Bank or credit card fees	\$
	Other fees	\$
OTHER	School costs (like supplies, tuition, student loans)	\$
	Other payments (like credit cards and savings)	\$
	Other expenses this month	\$
Total monthly expenses		\$ 1,629.00

Expenses

$$\begin{array}{rcl}
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 \text{Income} & & \text{Expenses}
 \end{array}$$

Maybe your income is more than your expenses. You have money left to save or spend.

Maybe your expenses are more than your income. Look at your budget to find expenses to cut.

FINANCIAL OBLIGATIONS



Make a Budget

Use this worksheet to see how much money you spend this month. Then, use this month's information to help you plan next month's budget.

Some bills are monthly and some come less often. If you have an expense that does not occur every month, put it in the "Other expenses this month" category.

MONTH _____ **YEAR** _____

My income this month

Income	Monthly total
Paychecks (salary after taxes, benefits, and check cashing fees)	\$
Other income (after taxes) for example: child support	\$
Total monthly income	\$

Income

My expenses this month

	Expenses	Monthly total
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	Renter's insurance or homeowner's insurance	\$
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	Internet, cable, and phones	\$
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	Gas for car	\$
	Parking and tolls	\$
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	Car insurance	\$
	Car loan	\$
	Other transportation expenses	\$

FINANCIAL OBLIGATIONS

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	Other fees	\$
OTHER	School costs (like supplies, tuition, student loans)	\$
	Other payments (like credit cards and savings)	\$
	Other expenses this month	\$
Total monthly expenses		\$

Expenses

$$\begin{array}{c}
 \$ \quad \quad \quad \\
 \text{Income}
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 \$ \quad \quad \quad \\
 \text{Expenses}
 \end{array}
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 \$ \quad \quad \quad
 \end{array}$$

Maybe your income is more than your expenses. You have money left to save or spend.

Maybe your expenses are more than your income. Look at your budget to find expenses to cut.

FINANCIAL OBLIGATIONS

Setting your financial goals

A financial goal is something you intend to achieve. A financial dream is something you hope to achieve. Dreams start with “I wish” and goals start with “I will.” You achieve your goals by setting a specific deadline, a dollar amount, or a task, and then create the plan that you can follow to reach them.

Setting goals is a process, and each one requires a few key pieces of information in order to be operational and effective. The steps in creating your financial goals are:

1. Identify the goal.
2. Set a deadline for achieving the goal, and be as specific as possible.
3. Estimate the cost of the goal.
4. Break down the total cost into monthly amounts that are required.
5. Identify the specific actions or tasks you will take to reach the goal.
6. Track your progress.

One of the easiest ways to start developing your goals is to use a financial goal worksheet. This sheet highlights all of the important information required for each goal and allows you to get a nice visual picture of what you want to accomplish and how to go about it.

Goal (Specific)	Term (Timely)	Total Cost (Measurable)	Monthly Commitment	Ways to Reach (Action)
Example: Save for Transitional Housing Deposit	24 months	\$400	\$17	Get a \$2.25/hour job, cut back on ice cream and snacks

FINANCIAL OBLIGATIONS

Reentry Action Plan – Financial Obligations:

Do I have any financial obligations?

Child support_____

Fines & charges_____

Restitution_____

DMV charges_____

Other_____

Have I identified all my financial expenses? What is my total? How do I plan to meet these?

FINANCIAL OBLIGATIONS

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Furthering your education opens up so many doors. It can give you confidence, demonstrate your ability to complete something meaningful and bring hope for a better future.

EDUCATION

Why is an education important?

Education is one of the few things no one can ever take away from you.

Whether you obtain a high school diploma or a PhD, that is an accomplishment you can hold onto for a lifetime.

Education opens up many doors, some of which may not be immediately obvious. It can give you confidence and demonstrate that you can complete something meaningful. It can give you hope for a better future. It can open up opportunities for employment upon release. Some of you may have aspirations of obtaining a college diploma. Others may want to obtain certifications from a trade school. All can be beneficial in making your future a brighter place.

All of this is at your fingertips while you are with NDCS. Where will an education take you?

Why do I want to further my education?

- Complete something worthwhile
- Build my confidence
- Set goals and plan for my future
- Pride in being the first in my family to graduate
- Set a good example for my family
- Other reasons

Studies show incarcerated individuals who participate in correctional education programs are:

43% Less likely to
return to prison

-RAND Corporation

13% More likely to
land post-release
employment

-RAND Corporation

EDUCATION

NDCS educational services:

Educational services provided through the Nebraska Department of Correctional Services are a portal through which individuals can set themselves on a path of life-changing success and opportunity. Contact education staff to start your journey today!

ABE/ASE General Population	Adult Basic Education (ABE) and Adult Secondary Education (ASE) general population education programs are for adult students who need to obtain the equivalent of a high school diploma or brush up on basic skills regardless of their diploma status.
College Courses	College courses are offered through various universities/ colleges and correspondence courses. Currently, college classes are provided by grant funded providers and/or at the individual's own expense.
ESL/ELL	English as a second language (ESL) is designed to aid those students not fluent in English to learn to speak, read, hear and write the language so they can better function in society.
High School	NDCS operates its own school district with a high school. Students of all ages may attend high school classes. Individuals under 18 who have not graduated from high school are required to be in school. Students can earn a high school diploma.

According to the Bureau of Labor Statistics, those who have an associate's degree earn approximately \$8,000 more per year than high school graduates, and those who have a bachelor's degree earn about \$24,000 more per year. This can add up to hundreds of thousands of dollars over the course of a lifetime. Your education is an investment in your future, and your achievements will pay off in the long run.

"You don't have to be great to start, but you have to start to be great." -Zig Ziglar

A degree can open up job opportunities that could lead to a better life for you and your family. There are many routes you can take to further your education and unlock opportunities for your life.

How to find the right college:

Colleges and Universities (four year) offer bachelor's degrees and advanced degrees such as master's and doctorates.

Community Colleges (two year) offer associate's degrees. Many courses will transfer to a four-year college. They also offer certificates and diplomas which take less than two years.

Private Career Schools (for profit) specialize in trades such as technology, business or cosmetology. Most offer certificates and diplomas. However, some offer bachelor's degrees.

Work it into your schedule:

If any of these options work better for your schedule—talk to your school's admissions counselor.

*"Even if you are on the right track, you'll get run over if you just sit there."
-Will Rogers*

Evening Courses are an option for those who work during the day.

Weekend Programs offer intense coursework on weekends, allowing you to earn a degree in the same time frame as a full-time student.

Accelerated Programs allow you to earn a degree in a shorter amount of time.

Independent Study courses allow you to complete coursework on your own, following your instructor's criteria.

Online Degree Programs are offered by many colleges. They allow you to complete coursework, participate in discussion groups, and submit papers all via the internet.

Distance Learning offers "real time" classes via a satellite feed or closed-circuit television.

Academic Transfer Programs allow you to complete up to two years of a bachelor's degree at a community college before transferring to a four year college or university to complete the remaining two years of study.

CLEP—College-Level Examination Program allows you to test out of undergraduate college subjects and earn college credit without taking the course.

EDUCATION

How to pay for college:

Scholarships do not need to be repaid. They may not be as plentiful for adult learners, but they do exist. Talk to the financial aid office about scholarships offered by the college.

Grants are based on financial need, and you do not repay them. They include:

- Pell Grant (some restrictions apply)
- Supplemental Educational Opportunity Grant
- Nebraska State Opportunity Grant
- College-based grants

Loans are a type of financial aid that you must repay. They include:

- Direct Subsidized Loan
- Direct Unsubsidized Loan
- Direct Grad PLUS Loan

Work-Study is also based on financial need and provides part-time employment to help pay for college expenses.

Other ways to pay for college:

Employer Educational Assistance Programs. Ask if your company offers a tuition assistance program.

College Payment Plans. Many colleges offer a 10-12 month payment plan allowing you to use current income to pay college costs.

Nebraska Agencies. Certain Nebraska agencies provide education assistance for those who qualify. Examples include: Vocational Rehabilitation, Nebraska Workforce Development, and ResCare Workforce Services.

Community College GAP Assistance Program. If you take non-credit courses at a Nebraska community college that could lead to jobs in high-need fields, you might qualify for financial aid if you meet income limitations.

EducationQuest Foundation

Education Quest is a nonprofit organization with a mission to improve access to higher education in Nebraska. Headquartered in Lincoln, EducationQuest provides:

- free college planning services
- need-based scholarships
- grants that help high schools increase their college-going rate
- outreach services for community agencies statewide

For free help with college planning, contact the location nearest you.

Omaha
11031 Elm Street
402-391-4033
888-357-6300

Lincoln
1300 O Street
402-475-5222

Kearney
2706 Second Ave.
308-234-6310
800-666-3721

Scottsbluff
1601 Elm Street
800-303-3745
Ext. 6654

If traditional college is not the right path for you, check out these other pathways to meaningful careers.

Trades and vocational school

Becoming a tradesman or attending a vocational school can be a great alternative to going to a traditional college, especially if you like working with your hands. There are a lot of options that lead to well-paying careers: electrical, plumbing, welding and metal work, masonry, locksmithing, and more. By going to a vocational school or learning a trade as an apprentice, you can start earning money while you are in school. When you graduate, you have the potential to enjoy a career with good wages and job security.

Volunteer

If you are in limbo about what direction you want to go, you should consider volunteering before going to college or down any other path. You can enter a structured volunteer program like Americorps or the Peace Corps and give back to communities around the world. This will provide real world experience doing something that you are interested in while creating opportunities to network with others who share similar interests.

Get a starter job

College is a big investment of time and money, so it is only natural that you want to be sure of what you want to do before getting started. In the meantime (and even while going to school) it makes sense to get a job to take care of your needs and gain financial independence. There is no shame in getting an entry-level job, part-time job, or survival job—something that is “good enough for now,” but not necessarily your “forever” career. These jobs can help you identify different job markets, build experience and connections with reputable employers, and help you meet your financial needs while pursuing the career you ultimately desire.

Apprenticeships

There are a number of apprenticeships you can apply for. Often they are geared toward highly skilled technical jobs in areas such as carpentry, plumbing, electrical and telecommunications. An apprenticeship can take years to complete and requires a full-time commitment. Apprenticeships are highly competitive because you get paid while learning, and you gain on-the-job training in the profession you will eventually work in.

Internships

Internships are short-term periods of temporary work experience, typically lasting for a few weeks or months. You can intern in public as well as private organizations. Many people take on an internship to gain on-the-job experience of working in a particular role, organization or industry. This can help you decide if you want to follow a specific career before you commit to it and it may help you gain experience that boosts your long-term career prospects. An internship can be both an educational and a training role.

Reentry Action Plan – Education:

Do I have a high school diploma or GED?

If yes, am I interested in opportunities to further my education?

If no, who can assist me with resources to complete my high school diploma or GED?

My takeaways:

[illegible]



These organizations are here to walk alongside you as you plan your future and take the steps to make your dreams a reality.

VOCATIONAL & LIFE SKILLS

VOCATIONAL & LIFE SKILLS



Vocational & Life Skills (VLS) are a resource available to you that can help build your future.

These programs are offered to individuals while in an NDCS facility, while on community supervision and up to 18 months after discharge.

The VLS partners provide resources such as job training, education and residential reentry services. Their mission is to walk alongside you as you envision your life and take the steps to accomplish your goals.

Information about how to participate in a VLS program can be obtained from unit staff or a Reentry Specialist.

“Stop thinking in terms of limitations and start thinking in terms of possibilities.” -Terry Josephson

VOCATIONAL & LIFE SKILLS

Associated Builders and Contractors (Lincoln & Omaha):

ABC Cornhusker Chapter believes in you and we are showing it every day. The programs we offer, both in and out of NDCS facilities, literally give you an opportunity to Build Your Future!

We offer safety and craft training to build your career in construction, which will give you a good living wage to support yourself and your family upon release.

Your first step is to take the OSHA 10 hour course in construction and general industry. This is followed by our core curriculum, the foundation course for all National Center of Construction Education and Research (NCCER) apprenticeship training programs. Math is used every day in the industry, so we offer applied construction math to give you the foundation you need to grow your career in construction.

The craft programs that are offered include carpentry, construction technology, electrical, HVAC, masonry, plumbing, and welding.

Join us to Build Your Future in construction by reaching out to the program director at your facility. Remember that you receive 18 months of training after you are released from the facilities, so visit the closest ABC office as soon as possible after your release.



How could I build my future in carpentry, construction technology, electrical, HVAC, masonry, plumbing or welding with ABC?



VOCATIONAL & LIFE SKILLS

ReConnect, Inc. (Omaha):



Classes

Life Skills

Job Readiness

Family Reunification
and Peer Mentoring

Whether you are participating in our program at a facility or in the community, we want you to know that everything we do is built on our commitment to ensuring our program participants receive the help they need and deserve in achieving personal and reentry success.

We offer life skills classes designed to help overcome negative thinking and behaviors, job readiness, and programming to reunite families. With these opportunities in mind, our overall focus is to provide quality programming to help participants overcome direct and collateral barriers associated with a criminal conviction and reach their full potential.

We hope you will take advantage of the opportunity to participate in our programs.



How could I benefit from taking life skills, job readiness or family reunification and peer mentoring classes with ReConnect?



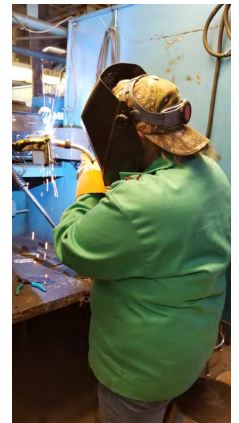
VOCATIONAL & LIFE SKILLS

Western Alternative Corrections, Inc.- Bristol Station (Hastings):



Bristol Station RRC, owned by Western Alternative Corrections, Inc., provides comprehensive residential reentry services to individuals transitioning out of incarceration. It also serves individuals who are under the supervision of probation, parole or a problem-solving court. The facility services male and female residents in a dormitory environment.

Daily activities follow a structured schedule. Residents are expected to fully participate in all scheduled activities including group sessions, meetings, classes, and perform their facility support duties as assigned.



Bristol Station RRC offers comprehensive reentry services to include case management, life skills and vocational skills programming. Community resources are utilized for substance abuse, mental health and offense-specific treatment.

Accountability is a key part of the daily requirements at Bristol Station RRC. Residents are required to make accountability calls while at work and on pass, and upon return to the facility, submit to a breathalyzer and/or UA. Family and friends are encouraged to take part in the resident visitation program on the weekends and as approved by the Case Manager.

Bristol Station is staffed 24 hours a day, seven days a week by individuals who are dedicated to delivering a system of seamless services which are founded on evidenced-based practices. Our team is composed of Facility Monitors, Case Managers, Staff Supervisor and Executive Director. Each staff member at Bristol Station is committed to the success of each resident and looks forward to working with you throughout your stay.

Some of the programs offered include:

Moral Reconciliation Therapy	Anger Management
Transition Skills	Conflict Resolution/Problem Solving
Parenting	Employment Readiness
Family Reunification/	
Personal Growth	



What else would I like to know about Bristol Station's housing and programs?



VOCATIONAL & LIFE SKILLS

Metropolitan Community College 180 Re-entry Assistance Program (Omaha):

MCC's 180 Re-entry Assistance Program (180 RAP) provides education, training and transition support to the incarcerated populations in Nebraska.

Educational opportunities may include credit or noncredit classes focused on connecting you to career pathways and family sustaining employment.

Transition support connects you to the largest on-campus re-entry center in the United States, which hosts a job center, education center, computer center and pantry – all specifically designed to meet your needs as you reenter the community. The pantry provides free access to food, hygiene, laundry detergent, diapers, work tools and boots. 180 RAP assists with securing supportive documentation (birth certificates, social security cards, etc.) SNAP applications and refers to other community partners to meet mental health, substance use, medical and housing needs.



If I am releasing to Omaha, how could 180 RAP supportive services help me as I reenter the community?



VOCATIONAL & LIFE SKILLS

RISE



The RISE In-Prison Program is an intensive six-month character development and job readiness program. We work with program participants—who we call Builders—to cultivate an entrepreneurial mindset by taking ownership of their lives, developing positive relationships, identifying and building strengths, and building meaningful life trajectories. Upon completion, Builders receive a Certificate of Career Readiness from the University of Nebraska-Omaha’s School of Business Administration.

In addition, upon completion of RISE’s In-Prison Program, graduates are eligible for reentry support. One year prior to a graduate’s release date, they will receive a letter from their assigned RISE Transitional Support Specialist, who will begin to work with them on a reentry plan. Upon release, RISE Transitional Support Specialists will support program graduates in their reentry plan, as long as the individual would like support. Areas often addressed include, but are not limited to: housing, transportation, food, clothing, mental and physical health care, parenting support, and substance use support.

Graduates of the RISE in-prison program are also eligible to participate in the RISE Alumni Association, RISE Business Academy, and RISE Family Program. These services are in place to provide continuous support from a positive, pro-social community for you and your family.

Anyone who is currently incarcerated in a Nebraska state prison can take our 6-month program at RTC, NCCW, NSP, OCC or TSCI. Preference is given to people who are 1-5 years from reentry.

How could RISE’s services support my goals?



VOCATIONAL & LIFE SKILLS

Center for People in Need TRADE Program (Lincoln):

The TRADE (Tackling Recidivism and Developing Employability) program provides vocational and life skills training and case management services to those transitioning out of the criminal justice system.

You may face many barriers upon release. It's important to develop the job skills and community support that will help you re-establish yourself, so you can begin earning a stable income. Our facilitators are here to support you through reentry and beyond.



TRADE provides educational opportunities, certifications and training in areas such as workplace etiquette, diversity, conflict resolution, financial literacy, basic computer skills, conversation skills and more, tailored to your needs.



Other services include:

Vocational: Welding, Forklift and Tooling

People Obtaining Prosperity (POP): We help incarcerated individuals obtain their Associate Degree with Southeast Community College by paying for books, tools and classes.

How could trade certifications and job readiness support my goals?

VOCATIONAL & LIFE SKILLS

York University (York):

The York University Second Chance Education program (SCEP) offers individuals at the Nebraska Correctional Center for Women the opportunity to earn an associate degree while serving time at the facility in York. Students take two courses at a time each trimester and complete the degree in 3.5 years. SCEP students are treated as traditional York University students as much as their situation allows. They are taught by full-time York University instructors. Students pay a \$50 fee for each course, taking

economic responsibility for a portion of the services they receive. The bulk of the funding from NDCS will be used to underwrite tuition and books for the students, with a smaller portion earmarked to fund program evaluation and provide post-release assistance for job searches.



If I am residing at NCCW and looking to start or finish my post high school education, does York University interest me? How could a degree from York University support my goals?



VOCATIONAL & LIFE SKILLS

Mental Health Association of Nebraska (Lincoln):



The Mental Health Association of Nebraska is a peer-operated and participant-driven organization dedicated to serving and providing alternative programs. All individuals employed with MHA have a long history of mental illness, substance use, trauma and/or incarceration, with a strong passion to serve those who are struggling to move forward.

Part of our recovery is giving back what was once given to us. Peer specialists use their own life experience to support and walk alongside participants through life's challenges. We offer a variety of services to assist individuals in finding wellness and hope. All services are voluntary and participants can expect to be treated with dignity and respect.

MHA-NE programs and services include:

HOPE, a supported employment program that helps individuals find competitive jobs that are based on the person's preferences and abilities.

KEYA, a short-term stay facility for participants transitioning to treatment facilities or other housing. Participants complete a Wellness Recovery and Action Plan (WRAP) and participate in group events.

REAL provides ongoing community-based support services to participants, including advocating and supporting participants wishing to find their own housing; referral and assistance obtaining other community services; interpersonal and conflict resolution skills; and helping individuals prepare for discharge back into the community.

HONU House is a transitional housing program that provides participants with 90 days of safe, stable and supportive housing along with 24/7 peer support; wellness and recovery education to help them manage their behavioral health issues. Offerings also include life skills training including tenant education (RentWise); communication and interpersonal skills; navigating the community, transportation and other activities identified by the participant; warmline, where anyone can call in and access a friendly and supportive person to talk to; basic life needs - food, clothing, personal hygiene products, accessing healthcare, healthcare system navigation; and community/social integration activities.



How could MHA's resources support me?



Reentry Action Plan – Vocational & Life Skills:

Which VLS program(s) am I most interested in learning more about?

What steps will I take to get involved in VLS?

1.

2.

3.

4.

VOCATIONAL & LIFE SKILLS

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Being productive and having a job you are proud of can make life so much more enjoyable.

EMPLOYMENT

EMPLOYMENT

Having a job offers much more than just a paycheck. Being productive and having a job I am proud of can make life more enjoyable. Obviously the paycheck is important, but what is it that I want out of a job?

Have I ever had a job that gave me satisfaction?

If so, maybe I want to try and get back into that field after release.

If I am still looking for something that provides not only a paycheck to help pay my bills, but also enhances other areas of my life, now may be the perfect time to start thinking about what that job is. What would that job be?

What are the steps along the way that could lead me to that career?

Chances are, NDCS will provide you with opportunities not only during your incarceration, but also out in the community that can help turn your hopes into reality.

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

-Martin Luther King Jr.

EMPLOYMENT

Employment essentials



Connect with a workforce development center or a community organization.

Resources will vary by location, but there are many organizations out there that can help you with your job search, develop a resume, and start networking. Some programs may even have on-the-job training or work experience programs. There is nothing wrong with asking for help, and many people utilize these opportunities to land a job they are happy with. Employers typically prefer people who show their commitment by working with these types of services.



Prepare yourself as much as you can for your job search.

Lack of work experience, mistakes or misspellings on applications, poor interviewing skills, and inadequate education or training are among a few things that typically keep people from getting a job offer. Have someone review your applications before you submit them and practice interviewing.



Network and volunteer.

Maybe the crowd you used to run with is how you got into trouble in the first place, so you have decided you want to steer clear of them this time around. This is a good idea, but do not take it too far and separate yourself altogether. The solution is not for you to isolate yourself completely but to find a new, positive circle of friends. Getting involved in community organizations and volunteering are great ways to do this.



Read every question on the application carefully.

Check your spelling, read the questions carefully, and be honest. Resist the temptation to lie on your application when asked about your felony conviction. That is almost a guaranteed way not to get the job, since most employers do background checks. Do not put too much information though. Keep it brief and note that you will explain more during the interview.



Prove yourself.

You will need to prove the stereotypes wrong. While your co-workers might have the luxury of slacking off and calling in sick, you need to hold yourself to a higher standard because you know the difficulty of getting a good job and keeping it. If you really want to get ahead, you will need to put in a little extra effort.

What actions can I take to prepare myself for a meaningful and successful career?

Addressing your criminal history in a job interview:

A record does not have to be a deal-breaker:

The statement, “Tell me about your record” can be a very different question to different people. For job candidates with a criminal background, however, that question can be difficult to answer.

While questions about your legal issues may be uncomfortable to answer in an interview, you can use them to show how you have turned things around, discuss your talents and turn a perceived negative into a positive.

Mention your criminal history early in the process:

Although it may seem counterintuitive, mentioning a conviction early allows you to take control and explain the circumstances on your terms. Disclosing information upfront builds trust. If the interviewer discovers your criminal history and has to dig to find out more, it looks like you are trying to hide something.

Most interviews begin with a general statement like, “Tell me about yourself.” Kick it off by mentioning two or three positive credentials in about 60 seconds, then divulge your record.



When you get to your record, you can use this as a template:

“I’d also like to bring your attention to the fact that I served [X] years of time at a correctional facility [X] years ago. Here’s what I learned from it [list two to three learning lessons].... Here’s how I changed my life [point to two to three tangible examples/proof of change].... Here’s how I’ll bring value to your company [mention two to three ways you will contribute]....”

Limit this explanation to two minutes or less. Memorize it so you are confident in your delivery. Rather than pausing and waiting for a reaction, move into how you will benefit the company. (It’s not necessary to mention the crime you were incarcerated for at this point. If the interviewer wants more details, they’ll ask.)

EMPLOYMENT

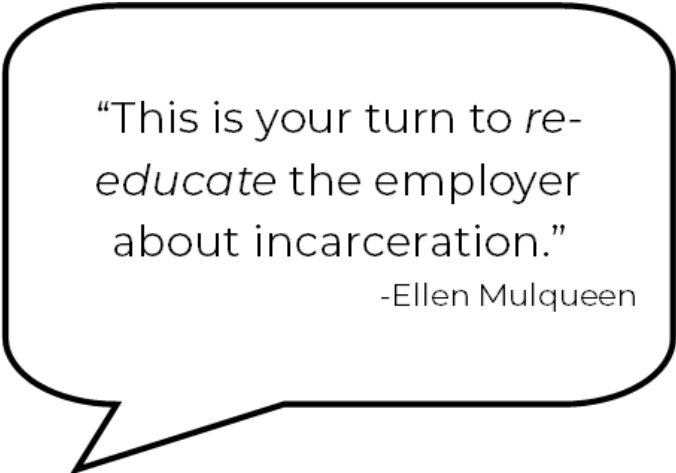
Why timing is important:

Being straightforward with an interviewer shows you are truthful and that you take ownership of your past. Everyone makes mistakes. Readily admitting to them shows you are human and you have learned from them.

Most employers conduct criminal background checks, so they'll find out one way or another. Laying it out at the beginning prevents the interviewer from bringing it up first.

That said, listing your record on a résumé or cover letter is not a good idea. You only want to discuss your record in person with an interviewer. Do list your record honestly if required on an application, and note that you will explain in the interview.

Ellen Mulqueen, writing for The Gladiator, said it best: "This is your turn to re-educate the employer about incarceration."



"This is your turn to re-educate the employer about incarceration."

-Ellen Mulqueen

How to answer questions about your record:

Once your record comes up, the interviewer may want to know more. Here are a few things to prepare for:

If you have served multiple sentences, say you have served a total of [X] years by adding the time together. Never lie, but if you are not specifically asked about multiple sentences, do not provide more information than the interviewer needs to make a decision about you.

If asked about your offense, keep the explanation short. Do not make excuses or say, "I was at the wrong place at the wrong time." Reiterate how your incarceration helped you realize your error, and express your excitement to contribute.

Some criminal charges are frequently misunderstood and could benefit from some explanation.

Roy Cohen, a career coach notes, "We want the interviewer to ask the right questions at the right time, but we don't want them to think that we're hiding anything."

Even if you do not get the response you are hoping for, never lie about your record. The employer will find out eventually, and dishonesty will make you appear untrustworthy.

Interviewing can be stressful, especially if you have a criminal record. Prepare your story and believe in your own transformation. You have had time to build skills and focus on your growth, and owning your past shows accountability and confidence. Be honest, accommodating, and enthusiastic. There's a far greater chance that people will notice the person you are now.

Practice interview questions

1. Tell me about yourself.

One of the most common questions in an interview is, "Tell me about yourself". Actually, it's not even a question; it's an invitation. Your answer to this question is your opportunity to share with the interviewer whatever you think is important about you in their hiring decision. More importantly, it is your chance to differentiate yourself from other candidates.

2. Where do you see yourself in five years?

Focus on them: In five years, you should have made a significant impact to the company's bottom line. Think about how you can achieve this in the role you are interviewing for. In most companies, advancing your skills is important too.

3. Why should we hire you?

You need to only share how you meet almost all the criteria they seek and also have two to three additional abilities that they might not even know they need....yet. They need to know you are a candidate who can not only meet their needs now, but will also be valuable for where they want to go in the future.

4. Why do you want to work here?

Employers want to know you feel you can fit in at the company quickly. That means not only your skills according to the job description, but also your fit with the company culture. You will likely have to do some homework to answer this one. You need to understand the reasons why others enjoy working there. The delivery must be genuine.

5. What do you know about us?

Candidates who are really excited about the prospect of working there have done their homework. If you really want to stand out, learn more than what is listed on their website. What charities does the organization support, what are their values, how do they determine success, what drives their business and how does that motivate you?

6. How do people describe you?

Here's another opportunity to differentiate yourself. Everyone claims to be: a hard worker, good communicator, and team player. But how many are a problem-solver, game-changer, leader in the industry? Be creative and have stories or examples to back it up. The interviewer will want to know why someone thinks you are these things.

7. What is your greatest strength/greatest weakness?

Your greatest strength is something they need. Do not choose something irrelevant to the job or the employer, like your samurai sword skills (unless that is an expectation of the job). You have many strengths but be sure to intentionally express the one that they need help with.

The greatest weakness question is one that is definitely tricky. Employers are used to people giving the typical responses of "I work too hard" or "I'm a perfectionist." When you give a real answer you are showing a willingness to be vulnerable, to admit that you do not know everything and the self-awareness that you have opportunities for growth. You can include that you have a plan to overcome this weakness through practice or training.

EMPLOYMENT

8. When can you start?

It doesn't mean that you have the job. They may just be checking to add to their notes. If you are currently employed, you should be honest about the start date and show professionalism. You should tell them you would have to discuss a transition with your current company to see if they require a two-week notice (or some other time frame). You want to leave your company on good terms and your new employer will understand this.

9. Why did you quit your last job?

Typically, you do not want to quit a job until you have accepted another job. However, life doesn't always allow for that to happen. Perhaps the company you worked for was close to shutting down and you didn't want to waste valuable time waiting for the last day of operation to come. Certainly, there are common reasons that are understood as necessity such as having to move or relocate for various reasons or family or health issues. The key is to keep it short. Do not feel the need to expand your answer or to include a lot of details.

Possible answers:

- You relocated (you left your job because you went to prison)
- You desired a career change
- You became a full-time student
- The work was seasonal
- You had the opportunity to advance

<https://educationjustice.net/wp-content/uploads/2021/05/Mapping-Your-Future-2021-interactive.pdf>

10. Do you have any questions?

Yes. You should have a few questions about the job you are applying for.

Possible questions to ask:

- What is the organization's plan for the next five years?
- How will I be evaluated and in what timeframes? By whom?
- What are the day-to-day responsibilities of this job?
- What computer equipment and software do you use?
- When will a decision be made about this position?

<https://educationjustice.net/wp-content/uploads/2021/05/Mapping-Your-Future-2021-interactive.pdf>

My notes:

Tips for the day of the interview:

Do not

- Be late or miss your interview
- Play with clothes during the interview
- Use or answer your phone
- Smoke or chew gum during the interview
- Interrupt the interviewer
- Criticize former employers
- Mention your personal, domestic, or financial problems
- Panic or become tense
- Try to be funny
- Make promises
- Be emotional
- Be impatient or rude
- Make it all about wages
- Take anyone to the interview with you

Do

- Be prepared; know what the job is
- Arrive early or on time; call if you are running late
- Turn off or silence your phone
- Dress appropriately and act professional
- Let the interviewer lead the conversation
- Listen carefully
- Answer the questions they ask
- Give short, easy answers
- Make eye contact
- Ask questions about the position and not just about the wages or benefits
- Get names and contact information to send thank you notes
- Thank the interviewer when you leave
- Write a thank you note

What has been my experience in past job interviews?

What will I do the same this time?

What will I do differently this time?

EMPLOYMENT

Things to keep in mind when creating a social media account:



A recent study by CareerBuilder found that 70% of employers screen candidates using social media.

Hiring managers will use any publicly available information to learn more about you, and you might not ever know they did it.

Once something is on the internet, there is no telling where it is sent to or who sees it.

Statements or pictures on your profile showing some “lack of sound judgment” do influence the hiring process.

You must think of your social media personality as an extension of your real personality.

You can use it to your advantage. You can post about positive things and showcase yourself as the professional that you want them to see you as.

How do I want potential employers to see me?

What positive things about myself could I highlight on social media?

YOU ARE AN ASSET TO EMPLOYERS

YOU BRING VALUE TO THE WORKPLACE

YOU ADD VALUE TO THE COMMUNITY

YOU MATTER

Sample cover letter:

John Smith
1234 Road Street
Omaha, NE 68111

January 1, 2022

Jane Clark
Human Resources Director
5678 Street Road
Omaha, NE 68102

Use this example to
write a letter to an
employer.

Dear Jane:

The things I value most are directness and honesty. Therefore, I want you to know, when you conduct my background check, you will find I have a felony conviction for possession of methamphetamine in 2016 and a misdemeanor conviction for theft in 2015.

I served 18 months in the Nebraska State Penitentiary for my crimes. I know that what I did was wrong. I made bad decisions, and I hurt people I care about. I can honestly say I have learned my lesson and I will not repeat my past mistakes.

I have been sober since I went to prison and have been active in the AA community since my release. I am successfully completing four years of probation. I have attended several classes through probation on employment skills, including job retention. I am also currently a part-time student in the academic transfer program at Metropolitan Community College. I intend to continue my education to become a youth counselor in order to help children avoid the mistakes I have made.

I can understand why you might be hesitant to hire someone with my background; however, I am eligible for the Federal Bonding Program which can ensure you against any acts of dishonesty on my part. Because I am within a year of my release from prison, your company would be eligible for the Work Opportunity Tax Credit, which offers up to \$2,400 worth of tax deductions just for hiring me.

I am looking forward to getting my life back on track and working with your company. I am eager to show you how I have changed and I am certain I will be an asset to your team.

Sincerely,
John Smith

EMPLOYMENT

Sample resume:

John A. Doe

2323 Ave J, Omaha, NE 68110
(402) 123-4567 | jdoe.2021@gmail.com

OBJECTIVE: Seeking long-term, full-time employment that will allow me to utilize my strong work ethic, ability to work productively with a diverse group of people, and desire to succeed, while learning new skills and growing with a stable company to become a valued employee.

SKILLS:

- Strong work ethic; dependable, punctual, and flexible
- Highly motivated team player who can work independently
- Outstanding organization, problem solving, and interpersonal skills
- Eager to learn, easy to train
- Adapts easily to various situations and environments
- Able to prioritize and complete multiple tasks simultaneously
- Driven: goal oriented, has a "Let's get it done" attitude

PROFESSIONAL WORK EXPERIENCE:

State of Nebraska, Sanitation Technician, Omaha, NE

April 2021 – Current

- Cleaned common areas, living quarters, and restrooms according to strict state standards
- Stocked cleaning closet and reported necessary supplies to appropriate supervisors
- Operated a commercial stripper and buffer to maintain floors
- Stocked paper products in restrooms
- Worked as a team member with high risk individuals with a professional, yet courteous manner

State of Nebraska, Kitchen Associate, Lincoln, NE

Nov. 2019 – April 2021

- Prepared breakfast, lunch, or dinner meals by following a menu
- Stocked, stored, and labeled food items while adhering to state guidelines
- Collected trash or/and debris and disposed of properly
- Worked as a team to ensure meals were served in a timely manner

Cornhusker State Industries/State of Nebraska, Laundry Associate, Lincoln, NE

Nov. 2017 – Nov. 2019

- Operated commercial washers and dryers in a fast-paced, high volume laundry department
- Worked as a team to ensure all laundry needs were met for state contracts; assisted living, locked facilities, local hospitals, etc.
- Kept detailed paperwork required by the company

Cornhusker State Industries/State of Nebraska, Accounts, Tecumseh, NE

June 2014 – June 2015

- Completed inventory and investigated any discrepancies
- Kept detailed paperwork and logs required by the company
- Worked independently for the majority of shift
- Demonstrated reliability by arriving to work on time and working irregular hours; as needed

State of Nebraska, Floor Technician, Lincoln, NE

June 2012 – June 2014

- Operated a commercial stripper and buffer to maintain floors
- Utilized hazardous chemicals to complete duties
- Cleaned and maintained equipment
- Swept, and prepared floors for stripping
- Worked independently or in a team to ensure assigned areas were completed in a timely manner

CERTIFICATES & EDUCATION:

National Restaurant Association, Lincoln, NE
Center for People in Need, Lincoln, NE
State of Nebraska, Lincoln, NE
Metropolitan Community College, Omaha, NE

SerSafe Certification Food Handler Training
Effective Communication & Conflict Resolution
Floor Care Class
Work Attitudes & Behavior Education

July 2021
Aug. 2019
June 2019
Graduated

Sample resume:

John W. Smith

1234 Maple Road, Omaha NE 68112
Jwsmith@gmail.com ▪ (402) 123-4567

OBJECTIVE: Seeking employment that allows me to showcase my outstanding work ethic, drive for knowledge, and desire to help others

EDUCATION:

Metropolitan Community College, Omaha, NE	National Career Readiness Certificate (SILVER)	December 2018
Metropolitan Community College, Omaha, NE	General Education	2014-2016
Paul VI School, Omaha, NE	High School Diploma	May 1980

SKILLS:

Profound communication skills; empathic listener ▪ Experienced with Microsoft Essentials; Word, Power Point, Excel and Outlook ▪ Highly motivated, non-judgmental, and patient ▪ Able to perform multiple task simultaneously ▪ **Strong leader who is able to work effectively in a team environment** ▪ Great organizational, time management and problem-solving **skills** ▪ **Dependable, flexible, responsible and punctual**

PROFESSIONAL EXPERIENCE:

Metropolitan Community College, Groundskeeper, Omaha, NE	June 2021 – Current
<ul style="list-style-type: none"> Operate company vehicles to complete job duties Mow, weed, trim trees, and edge college property to ensure a visually pleasant atmosphere Communicate and interact with a variety of college professions, students, co-workers, and supervisors in a professional manner Maintain company equipment by fueling, washing, and operating with care 	
Metropolitan Community College, Peer Mentor, Omaha, NE	February 2021 – June 2021
<ul style="list-style-type: none"> Mentored high risk individuals to identify and reduce future risks for violence Scheduled appointments for program participants and provide referrals to community resources Answered telephones, assisted walk-in clients and filed student documents Operated a commercial copier to make copies for co-workers and participants 	
Lozier Corporation, Machine Operator, Omaha, NE	January 2021 – March 2021
<ul style="list-style-type: none"> Feed and calculate production machinery Load and unload carts into welding machines while monitoring steel processes Provide quality control for welded parts 	
Millard Sprinkler, Farm Manager/Installer, Omaha, NE	Sept. 2019 – Jan 2021
<ul style="list-style-type: none"> Maintained 120 acres of property owned by Millard Sprinkler: fertilized, aerated, and applied pesticides; maintained lake and pond areas Operated John Deere tractors with flex mower decks and zero turn mowers; 60' and 72'; performed maintenance on all equipment Maintained fleet of diesel power equipment; skid loader, forklift, tool cat, excavator, and dump truck Installed or updated sprinkler systems for residential or commercial properties: assembled pipes and tubes for sprinkler systems Completed preventative maintenance to ensure sprinklers systems; tested and reported outcomes to appropriate supervisors Trained new hires to meet or exceed company production goals 	
State of Nebraska, Groundskeeper/Gardener, Omaha, NE	June 2018 – Sept. 2019
<ul style="list-style-type: none"> Executed and performed planting, transplanting, watering, and fertilizing Conducted and performed pruning, hauling brush, raking, weeding; harvested and maintained vegetable gardens Collaborated on design and detailed requests Mowed, trimmed, and maintained a pleasant landscape 	
State of Nebraska, Teacher's Aid/Maintenance/Janitorial, Omaha, NE	March 1987 – June 2018
<ul style="list-style-type: none"> Assisted teachers to prepare students for a variety of educational needs; and learned upcoming lesson to be knowledgeable Acted as a tutor for students completing homework assignments Kept detailed paperwork, made copies, helped grade assignments Maintained computer lab/classroom upkeep and secured equipment after each shift Operated commercial buffer and stripper, and removed snow or ice to ensure safe passage Managed garden; planted, weeded, watered, prune and picked vegetables Cleaned and sanitized restrooms, common areas or housing units adhering to strict state standards 	

REFERENCES:

Jane Smith	Cornhusker State Industries	402-123-4567
John Doe	Name of Company	402-123-4567

EMPLOYMENT

Resume worksheet

Use this worksheet to record the information you will need to create a resume. Make sure the information is thorough and complete, save it as a lasting resource, and update it as your skills, education, or work history changes.

I. Personal Information

Temporary Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ E-Mail: _____

Permanent Address (If different): _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ E-Mail: _____

II. Education

High School or GED: _____

Location: _____ State: _____

Date Obtained: _____

College or University: _____

Location: _____ State: _____

Classes or Degree (If obtained): _____

Majors: _____ Minors: _____

Date obtained: _____ Major GPA: _____ Minor GPA: _____

Other schools attended, training or certifications received, licenses obtained, along with dates.

III. Experience

Consider ALL experience—paid, unpaid, volunteer, etc.—and duplicate this section for each experience in your background.

Position/ title: _____

Organization name: _____

Address: _____

City: _____ State: _____

Dates employed (months & years only): From: _____ To: _____

Name of Supervisor: _____

Duties and Responsibilities: _____

Specific performance accomplishments or contributions you made to this job:

IV. Special Skills

Include special talents, skills, and training, including languages, computer skills, artistic skills, licenses, significant achievements, etc.

V. Activities

1. Include the names of any membership or offices you hold in professional associations, clubs, or community groups, volunteer and religious organizations.

2. Academic, athletic, social, and civic awards and honors:

EMPLOYMENT

VI. References

Include three professional or academic references and one personal reference. Be sure to get permission before using their name. Most of the time, references are listed on a separate page from your resume.

1. Name: _____ Phone: (____) _____
Address: _____ City: _____ State: _____
Position: _____
2. Name: _____ Phone: (____) _____
Address: _____ City: _____ State: _____
Position: _____
3. Name: _____ Phone: (____) _____
Address: _____ City: _____ State: _____
Position: _____
4. Name: _____ Phone: (____) _____
Address: _____ City: _____ State: _____
Position: _____

VII. Notes:

Is there anything else you need to include to demonstrate your skills, experience, or education? Is there anything else that would show potential employers you are a good candidate for the job?

There are government programs that can assist people with criminal histories in getting jobs. Here are some resources available to you that should provide some hope of the numerous opportunities available.

Federal Bonding Program

Sponsored through the Department of Labor and created to help disenfranchised job seekers who have offers of employment. Protects employers against employee theft, forgery, larceny, and embezzlement. Any full- or part-time employee paid wages can be eligible, regardless of the employment being publicly or privately owned.

Federal Bonding Program, ETC/DOL
1725 De Sales Street, NW Suite 700
Washington, DC 20036
1 (800) 233-2258

WIOA

The Workforce Innovation and Opportunity Act

The goal of the program is to secure specific employment in high skilled, high demand, high paying positions rather than just increased general employment readiness. Will help job seekers and workers access employment, education, training, and support services to succeed in the labor market.

- No Cost Training Opportunities
- Apprenticeships in high demand careers
- Employer Engagement

Access through NE Department of Labor Office.

WOTC

The Work Opportunity Tax Credit is a federal tax credit available to employers who hire people from eligible target groups with significant barriers to employment.

Listing of Nebraska Department of Labor Sites and American Job Centers

Dpt of Labor:

Alliance

302 Box Butte Avenue
Alliance, NE 69301
308-763-2935

Beatrice

5109 West Scott Road
Suite 413
Beatrice, NE 68310
402-223-6060

Columbus

3100 23rd Street,
Suite 22
Columbus, NE 68601
402-564-7160

Hastings

2727 West 2nd Street,
Suite 338
Hastings, NE 68901
402-462-1867

Lexington

1501 Plum Creek
Parkway,
Suite 3
Lexington, NE 68850
308-324-2064

Lincoln

1111 O Street,
Suite 222
Lincoln, NE 68508
402-471-2275

Nebraska City

917 Wildwood Lane,
Room 104
Nebraska City, NE
68410
402-873-3384

Norfolk

105 East Norfolk
Avenue,
Suite 120
Norfolk, NE 68701
402-370-430

North Platte

306 East 6th,
Suite 140
North Platte, NE 69101
308-535-8320

Omaha

5717 F Street
Omaha, NE 68117
402-595-3000

Scottsbluff

505A Broadway,
Suite 300
Scottsbluff, NE 69361
308-632-1420

York

510 Lincoln Avenue
York, NE 68467
402-362-5891

Job Centers:

Lincoln

American Job Center
SCC Education
Square
1111 O Street, Suite
205
Lincoln, NE 68508
402-441-1660

Grand Island

American Job Center
203 East Stolley Park
Rd,
Ste. A
Grand Island, NE
68801
308-385-6300

Omaha

American Job Center
Heartland Job Center
5752 Ames Ave.
Omaha, NE 68104
402-444-4700

Let us help you

- Resumes
- Job search
- Interview preparation
- Computer access
- And more!

EMPLOYMENT

Reentry Action Plan – Employment:

I am currently employed at:

My future employment plans are:

What skills have I obtained for gainful employment?

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Reliable transportation is key to your success.

TRANSPORTATION

TRANSPORTATION



Lack of reliable transportation can intensify the stress of reentry.

Transportation impacts your ability to find and keep a job, make it to scheduled meetings and appointments, and manage day-to-day needs after release.

Both urban and rural communities present unique challenges. Bus routes rarely extend to surrounding rural areas. Most urban centers lack a coherent public transportation system. Long bus commutes or extreme weather like winter weather or extreme heat can make it difficult to access a range of services, attend probation or parole meetings, and going to and from work.

Family and friends can assist with transportation, but their willingness to help wanes with time as they may also have jobs and issues that make it difficult and impractical to provide transportation for an extended period of time.

If you are lucky enough to have your own vehicle, it will be vital that you have a valid driver's license and have the vehicle licensed and insured. Owning a vehicle can be expensive, so being open to other modes of transportation upon release is important.

Starting out at a residence on a bus line could make life much easier. Walking or riding a bike can not only get you to where you need to go, but also help keep you in shape and healthy.

TRANSPORTATION

LINCOLN: 710 J Street Lincoln, NE 68508 | 402-441-7185 | www.lincoln.ne.gov/city/pworks/startran



Once you find a bus pass to fit your lifestyle, purchasing your pass is easy. You may obtain a pass by stopping by the Star Tran office, ordering via mail, or visiting an affiliated outlet.

31 consecutive day pass = \$17

Low income passes available for individuals meeting income guidelines

LINCOLN: 1635 S. 1st Street Lincoln, NE 68502 | 402-915-BIKE(2453)

The Lincoln Bike Kitchen empowers people by actively promoting and advocating for cycling. The Lincoln Bike Kitchen provides refurbished bikes and parts to community members so anyone that wants to bike can do so for free.



Hours: Mondays 5-8 p.m. | Sundays 12-3 p.m.

OMAHA: 2222 Cuming Street | Omaha, NE 68102 | 402-341-0800 | www.ometro.com



Metro is committed to provided non-discriminatory service without regard to race, color and national origin. Metro serves 100 square miles or approximately 85% of the City of Omaha.

30 day consecutive unlimited ride pass = \$55

OMAHA: 525 N. 33rd St. Omaha, NE | 402-957-2454

The Bike Project continues to work to improve access to bicycles for everyone through Open Shop, Earn-a-Bike, and maintenance classes. In addition to serving as a hub for sustainable and equitable transportation, the Bike Project also serves as a social learning space that promotes youth mentorship, community building, and mechanical intelligence.



Hall County Public Transport: 304 E. 3rd St. Grand Island, NE | 308-385-5324



The city of Grand Island currently contracts with Senior Citizens, Inc. to provide transit service for the general public in the city of Grand Island and Hall County.

Hours of Operation:

Monday—Friday

6:00 a.m.—5:00 p.m.

TRI-CITY ROAD RUNNER: 1825 10th Street Gering, NE 69341 | 308-436-6687 | www.tricityroadrunner.com

Tri-City Roadrunner operates two Flexible Routes every 60 minutes; Blue and Orange Route. Flexible Bus Routes offer 3/4 mile deviations from the route, with prior reservation.

Serving the cities of Scottsbluff, Terrytown, and Gering.

Service Available: Monday—Friday



TRANSPORTATION

Driving to and from places certainly has its benefits. It is fast, you can travel long distances, and it is generally a comfortable experience; however, there are quite a few benefits to choosing to ride a bike rather than driving. Here are a few:

1. You save money on gas.

Paying for fuel can get expensive fairly quickly. Riding a bike even once a week can save quite a bit of money over time.

2. You improve your physical health.

Your body is sitting idle while you are driving, despite how fast you are going. By biking, you not only burn calories and strengthen the muscles in your legs, but you also lower your blood pressure and risk of cancer, diabetes, and other diseases over time.

3. You can improve your mental health.

Studies have shown that biking on a regular basis can reduce the effects of depression and anxiety disorders. Cycling can also improve your brain's cognition, brain function, and general mental performance.

4. You will not get stuck in traffic.

Driving in rush hour can be frustrating when you have to deal with stop and go traffic. Biking paths and sidewalks have much less congestion, and you will often be able to go to and from the places you want much faster compared with using public transportation.

5. You never have to worry about finding a parking spot.

It's typically much easier to find a place to lock up your bike than to park a car.

6. You can take the scenic route.

Some biking paths go through parks or wooded areas, which are much more pleasant to look at than a congested gridlock of cars on the city street. Because you are not stuck in a car, you will be able to take a look at the city in a new, different way!

7. You can Bike and Ride.

Many cities will help you attach your bike to a city bus to help you get around quicker, safer, and easier.



***"Nothing compares to the simple pleasure of a bike ride."
- John F. Kennedy***

TRANSPORTATION

Reentry Action Plan – Transportation:

On the day of my release, who will pick me up?

If I do not know who will pick me up, what resources can I use to secure transportation?

Will I need assistance with transportation needs upon release?

TRANSPORTATION

My takeaways:

This image shows a full page of blank, lined paper. It features approximately 28 horizontal black lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and extend from the left edge to the right edge. There are no margins, text, or other markings on the page.

MISSING HOUSING



Stable and safe housing is the foundation to moving forward with a successful life.



A safe and stable place to live allows you to focus on improving yourself and securing your future.

Without this, chances are, too much energy will be focused on the immediate need of surviving the streets. Being homeless makes it hard to move forward or find the social support from others necessary to be successful.

Education, employment, and treatment for substance use and mental health issues all play a role in successful reentry, but stable and safe housing is the

foundation to ensure these areas can be appropriately addressed.

Stable housing comes in many forms and may look different for you over time. The residence where you end up upon release may not be where you see yourself long-term.

Your initial residence allows you to get out from prison, establish yourself in the community, and have access to structure and support, while also working toward more permanent housing.

HOUSING



Friends & family

Friends and family can be an excellent option for many people. If you have supportive family, consider if living with them will be a good transition residence for you.

*Subject to approval by Parole or Probation Supervision offices.

*Include friends & family in conversations about your reentry plan.

Apartment/rental

Independent living is a goal for many people. Whether this is an option for you immediately after release or later on, there are things you can do now to prepare so that you are in a great position to move forward with living in a place that meets the needs of you and your family.

Shelter

Many communities have emergency housing programs. These programs provide a safe place to stay while you get yourself situated and reestablish your life.

Transition house

Half-way houses, three-quarter way houses, or sober living houses offer stability and support for many people re-entering the community. There are transitional housing options spread across the state, and each offers assistance to help welcome people to the community.

If transitional housing is part of your reentry plan, you should research several different houses to determine which environment meets your needs. Ask questions like: Can I work while I live there? Is the house close to a bus stop? Is it religious? You can work with your reentry specialist to determine which house best fits your needs.

What is the best housing situation for me? Why?

Information to know when looking for your own place:

The State of Nebraska has laws regarding landlord and tenant relations, obligations, and rights. The following information is intended to be a helpful resource, but the laws associated with contracts and property are complicated. If you find yourself in a dilemma, it is important to reach out to other resources to help you navigate the specific situation you are encountering.

What property managers look for in tenants:

- **Past rental history:** Know the names and addresses of those you rented from in the past. Before you apply, be sure to take care of any unlawful detainers.
- **Employment history:** Name, address and phone number of your employer, as well as your monthly income (generally rent should not exceed one third of your income).
- **Credit history:** Property managers do check into your on-time and late payments. Try to clean up any outstanding bills from creditors. If you have a copy of your credit report, it is helpful to bring it with you.
- **Criminal history:** Most property managers do a criminal history check. They may ask you if an offense was committed in a residence. An honest, straightforward response is best.

Before you move in:

If you are thinking about renting a house or apartment, make sure the place is acceptable to you before you move in or give the landlord any money, unless your landlord agrees in writing to repair any defects by a certain date. If you decide to move in, make a list of all defects, no matter how small (dirty walls, scratched furniture, broken windows, etc.) before you move in, or, as soon as you move in, ask the landlord to sign off. If he will not sign the list, then make a copy of the list, sign and date both copies, and mail one copy to the landlord. This will protect you if the landlord claims later that you did the damage.

Some questions to ask when looking for your own place:

- **What is the parking situation?**
- **How much is the security deposit?**
- **What day is rent due each month?**
- **Can I make minor modifications (painting, etc.)?**



Lincoln Housing Authority
(402)434-5500
Ask about RentWise

Participate in a RentWise class!

RentWise is a tenant education program that helps people find and keep decent, safe, and affordable rental housing that meets their needs.

Some of the content covered: Communication with Landlords and Neighbors, Managing Your Money, Find a Place to Call Home, Getting Through the Rental Process, Taking Care of Your Home, and When You Move Out.

HOUSING

What should you consider when thinking about where you intend to live upon release? Answering the questions below can help point you in the right direction. Housing is a vitally important part of your reentry plan. Preparations you make now, during your incarceration, can alleviate the stress you might feel once your release date finally comes. Think about the options that may be open to you.

Where did I live before this incarceration? _____

Would I like to live there again? _____

Can I live there again? _____

Is it healthy to live there again? _____

Have I ever moved without giving notice or telling anyone? What were the circumstances?

What living environment would help me to be most successful?

What issues would prevent me from being successful?

Do I have a place to stay when I get out?

If not, what can I do to secure housing?

What kind of help do I need to secure housing?

How will I pay rent or deposits?

Rental agreements:

There are two types of rental agreements:

1. **Written rental agreement**, generally called a Lease



A lease is a contract between a landlord and a tenant in which the parties agree on terms for the rental of property. Once the parties enter into a lease, they are usually legally bound by its terms and provisions, as long as these terms are not contrary to the landlord-tenant law.

2. **Verbal rental agreement.** If you did not sign a written lease before or after you moved in then your rental agreement is a verbal one.



Rental agreements are sometimes oral rather than written, particularly for situations like the month-to-month rental of an apartment. While an oral lease may be legally binding, it is better to have it in writing, so obligations by both parties are clearly spelled out, and misunderstandings are avoided.

Make sure you check for the following items in your lease:

1. **Length of time the lease is effective:** Many written leases are for one year, but the lease can be for a shorter or longer time.
2. **Number of people who can live in the unit:** Many leases specify the names or the number of people who may live in the unit under the lease. If you think someone else will be living in your unit, be sure to tell your landlord and get written permission.
3. **Pets:** Many leases do not allow pets.
4. **Amount of rent:** Make sure that the amount of rent is exactly spelled out. Be sure you are able and willing to pay the rent required. Many leases list the total amount of the rent due under the entire term of the lease. If your lease contains this type of provision, make sure your landlord tells you in the lease the amount due each month for rent.
5. **Absence:** Make sure you tell your landlord before you leave for an extended period. If you do not tell them, they may think you have abandoned the unit, and they can move your things out and rent the unit to someone else while you are gone.
6. **Utilities:** Make sure your lease says whether you or the landlord are required to pay for utilities (gas, water, electricity).
7. **Repairs:** Inspect the unit before you sign the lease. Your landlord is required by law to keep the place in good repair. If he promises to make repairs before you move in, write out on the back of the lease what repairs will be made and be sure that both of you sign it. You are responsible for any damage that you cause.
8. **If you decide to sign the lease, make sure both you and the landlord sign it and keep a copy for yourself.**

HOUSING

Tenant's rights and responsibilities:



You have the following responsibilities as a tenant:

1. Pay the rent on time.
2. Give a written notice to the landlord when you are ending the lease. The notice should be sent certified mail, with a return receipt requested.
3. Obtain written permission from your landlord before repairing the unit.
4. Keep the unit clean and safe and in compliance with the local city housing codes.
5. Use the facilities in a reasonable manner.
6. Dispose of all garbage in a clean and safe manner.
7. Be responsible for any damages done to the unit by the tenant or the tenant's guests.
8. Do not interfere with the neighbors' peaceful use of their property.
9. Give the landlord written notice of any needed repairs or problems with the unit.

Landlord duties:

1. Your landlord has a duty to make repairs on your home and must obey the city/local housing code.
2. No unit may be rented until it contains safe heating equipment, which heats the whole unit.
3. All homes must be clean, sanitary, and fit for human occupancy.
4. All foundations, floors, walls, ceilings, and roofs must be reasonably weatherproofed, watertight, and rodent proof.
5. All stairways, approaches, and entrance ways shall be safe to use and capable of supporting people.
6. Your landlord must keep in good working order any appliance, air conditioners, and other facilities which were in your unit when you rented it or which the law requires your landlord to supply.

*"When you build the house,
you don't start with the roof." - Ronald Koeman*

My housing goals:

Use the following exercise to help you identify your goals and develop an action plan to achieve those goals!

EXAMPLE

My Short Term Housing Goal: Start saving money for my own apartment

I will...	By.... (date)	Using the resource...	I will reward myself for completing this by:
Save \$100	10/1/2021	Money from my job	Letting my loved ones know of my progress

My Short Term Housing Goal: _____
 Something you can accomplish over the next few months—1 year, but not longer than a year.

I will...	By.... (date)	Using the resource...	I will reward myself for completing this by:
1.			
2.			
3.			

My Long Term Housing Goal: _____
 Something that may take several years to accomplish.

I will...	By.... (date)	Using the resource...	I will reward myself for completing this by:
1.			
2.			
3.			

When I complete my goals my life will be improved because:

I will be successful in the pursuit of my goals because:

HOUSING

Reentry Action Plan – Housing:

I am releasing to:

What makes the place I'm releasing to safe for me?

How does the place I'm releasing to help me reach my long-term housing goals?

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



COMMUNITY SUPERVISION

COMMUNITY SUPERVISION

Community supervision gives you the opportunity to get out of prison, while also having the support of a supervision officer.

There are community supervision offices throughout the state to allow you to reside in an area ideally set up for your success upon release. This could include being close to family and having access to services and employment opportunities.



The supervising officer is there to assist you in reaching your goals. Their knowledge of community resources, treatment services, housing options, and local employers will help you navigate many of the barriers you may encounter upon release.

Evidence shows that community supervision truly helps people get out and stay out. See supervision for the opportunity it presents and take advantage of it.

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

-Francis of Assisi

COMMUNITY SUPERVISION

Parole

The Office of Parole Administration was established by the Nebraska Legislature in August 1969 as a part of the Nebraska Department of Correctional Services (NDCS). Effective July 1, 2016, Parole Administration transitioned from the Nebraska Department of Correctional Services to the Nebraska Board of Parole. In July 2018, the Office of Parole Administration became the Division of Parole Supervision pursuant to 2018 LB 841.

When the Board of Parole releases an individual, they are placed under supervision of a parole officer. Parole officers play an important role in assisting individuals transitioning from incarceration to the community. The goal is to provide the assistance necessary for the parole client to be successfully discharged and become a responsible member of society.

Parole officers are responsible for monitoring the behavior of their clients. They also assist clients in building their strengths and changing their thinking processes, with the goal of preventing a return to prison. Parole officers ensure compliance with the conditions of parole by utilizing tools such as drug testing and electronic monitoring. Officers guide clients to needed programs such as drug/alcohol treatment or mental health counseling.

Since 1937, Nebraska has participated in the Interstate Compact. This allows a client to complete their parole in another state. The Interstate Compact provides guidelines for the supervision of Nebraska parole clients who live in other states. Ask your case manager or a Reentry Specialist if you are interested in more information about interstate parole.

Space to write my thoughts:

[illegible]

COMMUNITY SUPERVISION

FREQUENTLY ASKED QUESTIONS

1. Can I move to another area or state?

The Interstate Compact allows people on parole to transfer to another state. All transfers are subject to acceptance by the receiving state. You will not be allowed to move until the other state has approved your residence in that state, and they have up to three months to do so. In an emergency, we can request an expedited investigation.

2. May I reside with someone in my family or household who is a convicted felon?

You will need to discuss this with your parole officer. Sometimes this can be allowed when it appears to be in your best interest; when it appears that the plan will be stable; and, when the person you want to live with appears to have made changes in his/her lifestyle.

3. Can I go to a restaurant that serves alcohol?

Yes, as long as that restaurant's primary business is not alcohol, and you do not consume alcohol. Other considerations may be applied on a case-by-case basis. Talk to your parole officer about the location you are considering, and they will be able to tell you if it is acceptable.

4. What if I sometimes live at home and sometimes with a friend or other family member?

You must live full-time at only one residence, unless permission is obtained from your parole officer. Prior approval must be obtained for any overnight stays outside your residence.

5. Will being around someone who uses drugs cause my drug test to be positive?

No. A "contact high" will not put the drug into your system. Sexual contact with someone who is using or has used drugs recently does not transfer the drug to your system; however, being with someone who is using places you at risk for relapse, and this is a topic you should discuss with your sponsor, parole officer, or other person who wants to help you succeed.

6. Can I take over-the-counter/non-prescription medications?

Yes, when they are used in accordance with the proper dosage as listed on the label. When performing a drug test, ALL medications should be reported to the officer, whether they are prescribed or not.

7. Can I be discharged early?

You may request to have lost good time restored, provided it is not non-restorable. The Board of Pardons must grant any other early release according to its policies and procedures. Otherwise, you will be discharged on your Earned Discharge Date (EDD). Your parole officer will be able to tell you what that date might be. If your parole is revoked, you will go back to your Tentative Release Date (TRD).

8. What if I have a disagreement or concern regarding my parole officer?

Feel free to discuss this directly with your parole officer. If you cannot resolve the issue with your parole officer, you may talk with a supervisor.

COMMUNITY SUPERVISION

Beatrice Parole Supervision Office

829 W. Court Street, Suite #3
Beatrice, NE 68310

Division of Parole Supervision**Administrative Office**

Parole Supervision
421 South 9th Street
Heritage Square Building, Suite 220
Lincoln, NE 68508
(402) 479-5771

Grand Island Regional Parole Office

Great Western Bank
1811 West 2nd Street, Suite 225
Grand Island, NE 68803
(308) 390-2382 or (308) 482-0584

Hastings Regional Parole Office

Landmark Center
2727 West 2nd Street, Suite 224
Hastings, NE 68901
(308) 627-9600 or (308) 390-2381

Kearney Regional Parole Office

4009 6th Avenue, Suite 22
Kearney, NE 68845
(308) 482-0584

Lifetime Sex Offender Unit

Parole Supervision
421 South 9th Street
Heritage Square Building, Suite 220
Lincoln, NE 68508
(402) 479-5771

**Nebraska Interstate Compact
Office (Parole)**

Parole Supervision
421 South 9th Street
Heritage Square Building, Suite 220
Lincoln, NE 68508
(402) 479-5771

Norfolk Regional Parole Office

Norfolk Regional Center
1106 W. Benjamin Avenue, Suite 1000
Norfolk, NE 68702-1209

North Platte Regional Parole Office

State Office Building
200 South Silber Avenue
North Platte, NE 69101
(308) 530-3178 or (308) 530-4294

Omaha Regional Parole Office

1313 Farnam Street
Omaha, NE 68102-1869
(402) 595-2050

Scottsbluff Regional Parole Office

505-A Broadway, Suite 900
Scottsbluff, NE 69361
(308) 631-3192 or (308) 631-9832

**After hours statewide emergency contact:
(402) 310-5017**

COMMUNITY SUPERVISION

Below is an opportunity to keep track of all the hard work you have put in during your incarceration to prepare yourself for parole. This can help you speak confidently to the Parole Board when they ask you about your plan and why you are now ready to rejoin society.

Parole résumé

My housing plan is:

This is a good plan for me because:

What I have done to prepare myself for parole while incarcerated:

Recommended Programs Completed:	Completion Date

What did you learn about yourself in these classes?

Voluntary Programs Completed:	Completion Date

How will these classes help you be successful in the community?

Education Completed:	Completion Date

How will this help you get a better job?

COMMUNITY SUPERVISION

Parole résumé (continued)

My support system in my community includes (Friends, Family, Volunteers, etc.):

My plan for employment in my community is:

Why am I interested in this job?

How will I get to and from work/appointments with my parole officer, etc.?

My plan for transportation is:

What are some of the challenges I expect to have when released? How will I address them?

Do I have proper identification documents? Birth certificate? Social Security card? State ID?

What will I need to do to keep from returning to prison?

Explain any Misconduct Reports received in the past year:

Regardless of the outcome, be sure to thank each member of the Parole Board for seeing you.

COMMUNITY SUPERVISION

What is post-release supervision?

Post-Release Supervision is community-based supervision administered by Probation. It is determinate and absolute, which means you have to be placed on post-release supervision. It is not something that is earned or something that can be refused. During that time, you will have certain court-ordered conditions to complete. This could include treatment such as mental health, substance use, domestic violence, or sex offender. You will also be asked to participate in cognitive behavioral groups, such as Moral Reconciliation Therapy (MRT) or Thinking for a Change (T4C), crime victim empathy, anger management, trauma, dialectical behavioral therapy (DBT), employment skills, as well as pre-treatment and relapse groups.

A navigation officer from the Office of Adult Probation will meet with you at different times throughout your incarceration. Upon admission, a copy of the court order and a letter will be sent to you. The letter explains that upon discharge from the Department of Corrections, you will begin a period of post-release supervision. You are encouraged to begin working on some of the court ordered conditions while incarcerated. If you participate in these programs while incarcerated, it will lessen the burden of what you need to do once you are released. The more services you participate in during your incarceration the better.

At 150 days prior to release, you will receive a pre-planning letter. This letter explains that you will soon be meeting with a navigation officer to discuss your reentry plan. You are asked to complete the Post-Release Supervision Housing Form to request where you plan to live.

At 120 days prior to release, the navigation officer will have an in-person meeting with you that could last up to two hours. During the meeting, the navigation officer will complete a Risk and Needs Assessment as well as any other screening tools to assist in creating a reentry plan that will address all of your risk areas. The navigation officer will also get updated information on the programming you have been participating in. You and the navigation officer will discuss the best placement upon release. Any services that need to be arranged for success will be identified.

Prior to release, there will be a final meeting with you that will include the navigation officer and the community supervision officer. During this meeting, there will be an update on your progress and programming within the prison, as well as a review of the reentry plan. Clear expectations will be set regarding reporting instructions. This will include the date, time, and location for reporting. There will also be a review of the appointments that have been scheduled for you upon your release. You will be introduced to the officer who will be supervising you in the community.

Administrative Office of the Courts & Probation
P. O. Box 98910, Lincoln, Nebraska 68509-8910
www.supremecourt.nebraska.gov
Phone (402) 471-3730
Fax (402) 471-2197

COMMUNITY SUPERVISION

FREQUENTLY ASKED QUESTIONS

1. Do I have to do Post Release Supervision? I would rather jam my time.

Yes. Legislation (LB605) was passed in 2015 making it a law that all adults sentenced to prison for a Class IV, IIIA or III Felony occurring after August 30th, 2015 will be supervised for a period of time on post release supervision by the Nebraska Probation System. The term of supervision will begin when the period of incarceration ends. Post release supervision provides a wide array of programming and opportunities designed to support individuals as they reintegrate back into the community.

2. Who will supervise me on PRS?

You will be assigned a probation officer to supervise your PRS term based on your assessment results and probation district. You will have an opportunity to discuss your PRS plan during a scheduled phone call with your officer prior to your release from incarceration.

3. What services does Post Release Supervision provide?

Transitional housing, substance use and mental health treatment, life skills classes, cognitive restructuring groups, trauma class, employment services, relapse prevention and community support programs. District specific programs include transportation vouchers and assistance with household items and clothing needs.

4. Can I get an early discharge from Post Release Supervision?

Possibly. There is criteria that must be met including completing three-quarters of the term imposed, incurring no major violations, being current on financial obligations, compliance with court conditions, and a reduction in your assessed risk to reoffend. The Nebraska Probation System is victim-centered and therefore, domestic violence and sex offender cases adhere to different case specific transition protocols.

5. Can I be supervised in another county or state?

Maybe. Transfers are discussed with your supervising probation officer and if determined to be in your best interest, your supervision can be transferred to any county in Nebraska. Under certain circumstances, PRS clients may be eligible for interstate compact transfers to another state.

6. What happens if I fail to report to my probation officer?

Upon release from incarceration, if you fail to report to the probation office as instructed, you are considered to have absconded and a warrant will be requested. Your term of PRS will stop until you are located, at which time the term of PRS will commence per the conditions of the original PRS order.

7. If I violate Post Release Supervision, will I go to jail?

Maybe. Your judge has sentencing options if you return to court on a motion to revoke probation. If you admit, or are found guilty, of violating any condition of your PRS order, the judge can sentence you to a period of incarceration up to the remaining time you have left on the PRS term and any time you were considered to have absconded.

COMMUNITY SUPERVISION

My takeaways:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

APPENDIX

REENTRY ACTION PLAN:

NAME: _____
TENTATIVE RELEASE DATE: _____
FACILITY: _____

NUMBER: _____
PAROLE ELIGIBILITY DATE: _____

Reentry begins upon intake. Goals are more obtainable when they are broken down into smaller action steps. Being able to see yourself accomplish these action steps gives confidence to set and achieve even larger goals. Break your personal goals down to include the things you want to accomplish while with NDCS.

UPON INTAKE

DAYS 1-30

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 31-60

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 61-90

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 91-120

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 121+

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

As you prepare for your initial reentry meeting, use this space to outline your personal goals and action steps for planning and tracking your successful reentry to the community.

DAYS 120-91

GOAL: _____

ACTION STEPS:

- | | |
|----------|----------------|
| 1. _____ | Due date _____ |
| 2. _____ | Due date _____ |
| 3. _____ | Due date _____ |

DAYS 90-61

GOAL: _____

ACTION STEPS:

- | | |
|----------|----------------|
| 1. _____ | Due date _____ |
| 2. _____ | Due date _____ |
| 3. _____ | Due date _____ |

DAYS 60-31

GOAL: _____

ACTION STEPS:

- | | |
|----------|----------------|
| 1. _____ | Due date _____ |
| 2. _____ | Due date _____ |
| 3. _____ | Due date _____ |

DAYS 30-1

GOAL: _____

ACTION STEPS:

- | | |
|----------|----------------|
| 1. _____ | Due date _____ |
| 2. _____ | Due date _____ |
| 3. _____ | Due date _____ |

FROM RELEASE DATE



REENTRY ACTION PLAN (continued):

Adopting the practice of goal setting can help you to achieve whatever dreams you hope to accomplish. Even after release, this planner can continue to be a valuable tool for charting a successful life in the community.

AFTER RELEASE

DAYS 1-30

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 31-60

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 61-90

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 91-120

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ Due date _____

DAYS 121+

GOAL: _____

ACTION STEPS:

1. _____ Due date _____
2. _____ Due date _____
3. _____ -Due date _____

Transitional houses

Lincoln transitional houses:

Curtis Center

110 Q Street
Lincoln, NE 68508
Contact: Macee Helmick
(402) 726-1377
MHelmick@PCMLincoln.org
(Male) (No Sex Offenders)

Fresh Start

6433 Havelock Ave.
Lincoln, NE 68507
Contact: Meg Damme
(402) 475-7777
Megd@freshstarhome.org
(Female) (No Sex Offenders)

Honu Home

4141 South 56th Street
Lincoln, NE
Contact: Ashley Wilksen
(402) 730-8546
awilksen@mha-ne.org
(Male/Female) (No Sex Offenders
if paroling)

Houses of Hope

6411 Orchard Street
Lincoln, NE
Contact: Maggie Eisenhower
(402) 435-3165 Ext. 113
(Male) (No Sex Offenders)

House for New Life

4505 Holdrege Street
Lincoln, NE
Contact: Rob
(402) 499-6064
housefornewlife@outlook.com
(Male) (Sex Offenders)

Michael House

315 North 35th Street
Lincoln, NE
Contact: Tiffanie Carmichael
(402) 512-1726
Office.michealhouse@gmail.com
(Male) (Sex Offenders)

Oxford House (Multiple locations)

Lincoln, Ne
Contact: Daniel Palmer
(402) 740-1722
Lincoln.reentry@oxfordhouse.us
Daniel.palmer@oxfordhouse.us
(Males/ Females) (No Sex
Offenders)

Sober Houses of Nebraska

2030 Washington Street
Lincoln, NE
Contact: Lisa Harmon
(402) 327-9751
lharmoncsw@hotmail.com
(Males) (No Sex Offenders)

Matt Talbot Transitional Living

Lincoln, NE
Contact: Clarence Grendahl
(402) 477-4116
Clarence.grendahl@mtko.org
(Male/ Female) (No Sex offenders)

St. Monica's

Lincoln, NE
Contact: Shelley Wink
(402) 441-3768
Shelley.wink@stmonicas.com
(Female) (No Sex Offenders)

Omaha transitional houses:

BAMB

6344 N. 36th Street
Omaha, Ne
Contact: Eulice Washington
(402) 320-4464
bambllc@yahoo.com
(Male Only / No Sex Offenders)

Carla Vista Sober Living

11648 Douglas Street
Omaha, NE
Contact: Rex Younkin
(402) 762-5795
rex@carlavista.com
(Male)

Carole's Houses of Hope

7815 Harney Street
Omaha, NE
Contact: Carole Kinlow
(402) 991- 4673
carole@carolehouseofhope.org
(Female)

Casa De Diaz

4107 S. 22nd
Omaha, NE
Contact: Isabel Diaz
(402) 706-1847
diazisabel2007@yahoo.com
(Male) (No Sex Offenders)

Cynthia House

Omaha, NE
Contact: Zach McGuire
(402) 598-8639
(Female) (No Sex Offenders)

Transitional houses (continued)

Omaha transitional houses (continued):

David's House

9161 Blondo Street
4546 Burdette Street
Omaha, NE
Contact: David Alterbaum
(402) 359-7293
Office.davidshouse@gmail.com
(Male Only/ No Sex Offenders)

Michael House

Omaha, NE
Contact: Tiffanie Carmichael
(402) 512-1726
Office.michaelhouse@gmail.com
(Multiple locations) (Males/
Females) (Some houses accept
Sex Offenders)

Murphy's Turning Point

3519 Leavenworth Street
Omaha, NE
Contact: Zach
(402) 598-8639
(Male) (No Sex Offenders)

Oats Bell House

Omaha, NE
Contact: Frank/ Brenda Bailey
(402) 813-2317
Bailey3counseling@hotmail.com
(Multiple Locations) (Male/
Female) (Accepts Sex Offenders)

Open Door Mission

2809 N 20th Street E
Omaha, NE
Contact: Russell Janssen
(402) 829-1587
rjanssen@opendoormission.org
(Males and Females) (No Sex
Offenders)

Our Square

6624 Bedford
6120 Sprague Street
Omaha, NE
Contact: Tasha McNeil
(402) 415-9217
Oursquareomaha1@gmail.com
(Female) (No Sex Offenders)

Oxford Houses

Omaha, NE
Contact: Jackie Alba
(402) 680-6067
Jackie.alba@oxfordhouse.org
(Multiple Locations) (Male/
Female) (No Sex Offenders)

Programming Life 101

3525 Evans Street
Omaha, NE
Contact: Tom Hightower / Jim
Dingman
(402) 598-4792 / (402) 403-7088
tomhightower@pl101omaha.com
jimdingman@pl101omaha.com
(Males) (No Sex Offenders)

Santa Monica

401 S. 39th Street
Omaha, NE
Contact: Heather Kirk
(402) 558-7088
heather@santamonicahouse.org
(Female)

Siena Francis House- Miracles Program

1111 N 17th Street
Omaha, NE
Contact: Rod Bauer
(402) 341-1821
rod@sienaf Francis.org
(Male/Female) (Accepts Sex
Offenders)

The ARCH

604 S. 37th
Omaha, NE
Contact: Ean Messerschmidt
(402) 346-8898
Emesserschmidt@
archhalfwayhouse.org
(Male)

Solutions Sober Living

3423 Cuming Street
7724 Miami Street
Omaha, NE
Contact: John Faulkner
(402) 517-0249
John@solutionssoberliving.org

Stephen's Center

Omaha, NE
Contact: Tracey McMahon
(402) 715-5451
Tracey.mcmahon@stephencenter.org
(Male/ Female) (No Sex Offenders)

Wiggin's House

4502 Redick Avenue
Omaha, NE
Contact: Michael Wiggins
(402) 686-8620
(Male) (Accepts Sex Offenders)

Transitional houses (continued)

Greater Nebraska transitional houses:

Bristol Station

101 S. Hastings Ave
Hastings, NE
Contact: Angela LaBouchardiere
(402) 462-2001
alabouchardiere@wacinc.net
(Male/Female) (Accepts Sex Offenders)

Crossroads Mission

Hastings, Kearney, and Grand Island, NE
Contact: Daniel Buller
(307) 921-8657
daniel@crossroadmission.com
Jerry Esch (402) 831-1134
jesch@crossroadmission.com
Sara Sweeney (402) 469-0936
sara@crossroadmission.com
(Males/ Females) (No Sex Offenders)

Deborah's Legacy

North Platte, NE
Contact: Maegan Strecker
(308)660-6792
deborahslegacy@gmail.com
(Female) (No Sex Offenders)

Hope Harbor

615 W 1st Street
Grand Island, NE
Contact: Peachis Mason
(308) 385-5190 Ext. 221
pmason@hopeharborgi.org
(Female) (No Sex Offenders)

Kearney's Village

824 East 25th Street
Kearney, NE

Kearney's Village (cont.)

Contact: Heather Santiago
(308) 233-1553
Heathersantiago_84@yahoo.com
(Male/Female) (No Sex Offenders)

Living Water Rescue Mission

York, NE
Contact: LaVerna Smith
(402) 362-0127
laveras@lwrmyork.org
(Male/ Female) (No Sex Offenders)

Phoenix House

Columbus and Norfolk, NE
Contact: Robert Walton
(402) 841-3791
Johnboyw2@gmail.com
(Male)

Ramsgate

1000 Koenigstein
410 S. 113th Street
Norfolk, NE
Contact: Michael Sullivan
(402) 750-7923
ramsgaterrecovery@gmail.com
(Male) (No Sex Offenders)

Sisters in Sobriety

North Platte, NE
Contact: Shari and Ron
(308) 539-1715 / (402) 984-1839
Sisters2019@yahoo.com
(Female)

The Bridge

Hastings, NE
Contact: (402) 462-4667
Staff.thebridge@gmail.com
(Female) (No Sex Offenders)

The Link

1001 W. Norfolk Ave
521 Lincoln Ave
Norfolk, NE
Contact: Courtney Johnson
(402) 871-5310
cjohnson@link-recovery.org
(Male) (No Sex Offenders)

Unity House

Hastings, NE
Contact: Dan Rutt
(402)462-2066
dan@reviveinc.org
(Male) (No Sex Offenders)

Women's House of Hope

608 S. 9th Street
911 W Pasewalk
Open Doors- 106 Sprue (Men)
Norfolk, NE
Contact: Michelle & Chad Merchant
(402) 860-1863 / (402) 992-1159
Housesofhope91@yahoo.com
(Female) (No Sex Offenders)

Women's Empowering Lifeline

200 S. 13th Street
Norfolk, NE
Contact: Donny Larson / Elaine Stallbaum / Kara Kratochvil
(402) 371- 0220
donnyl@womenslifeline.net
elaines@womenslifeline.net
karak@womenslifeline.net
(Female)

What's next?

This reentry planner is a great tool that will guide you through the different aspects of planning for your future. Utilizing the information and resources contained here is just the first step in building the life that you want to have and the dreams and goals you strive to achieve.

Although you are incarcerated, do not limit or confine your mind simply because of your environment or circumstances. It is never too late to become the best version of yourself! We are here to assist you and to provide you with the resources that you may need on your journey.

Life is constantly moving and shifting. Every day, each moment, and each decision, brings new opportunities for movement. You can move toward the life you want and who you want to be.



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NEBRASKA

Good Life. Great Mission.

DEPT OF CORRECTIONAL SERVICES

Produced by NDCS Reentry Services
For additional information, please contact:
Reentry Administrator, Philana Blakely
402-479-5807
philana.blakely@nebraska.gov