

# NDCS REENTRY GUIDE



# NDCS REENTRY GUIDE

## *A Message from Director Frakes*

So, what now? That may be a thought you've had since your arrival. I want you to know that today is the day you can begin to redefine your life.

Defining ourselves by what we did rather than what we are capable of doing, limits our success and robs our society of valuable resources. Given the right tools, the right education, the right treatment, and the right opportunities, you can find success.

We will provide for all of your basic needs, including your physical and mental health care. We will use evidence-based practices to identify and address your educational, programming, and treatment needs. We'll give you opportunities to work, recreate, and practice the religion of your choice. We will welcome community volunteers to come inside and help you find your true value in this world. We will help prepare you to return to the community at the earliest date possible.

More than 93% of the people in our system will return to the community, two-thirds of the population releases in less than 3 years. We are serious about making a difference, we are serious about improving community safety and we are serious about keeping you from returning to prison. We can't afford to waste a minute of any prison sentence and neither can you.

I have met many people that used their time in prison to change their lives for the better, and many others that wished they had not wasted so much of their sentence being angry at the world, being angry at themselves. Your time is the most valuable thing you own. Spend it as though every minute is priceless.

We can't make you successful, but we can provide you with opportunities that will help you be successful. Now here's what we need from you; be open to change, willing to engage, believe in yourself, ask for help, refuse to let others drag you down, and don't be afraid to fail.

There are staff throughout our facilities who are here to help you succeed. Take advantage of the opportunities you are provided and make your life better.

Today is the first day of the rest of your life. What will you do with it?

“

*Your time is the most valuable thing you own. Spend it as though every minute is priceless.*

*~Scott Frakes, Director  
Nebraska Department of Correctional Services*

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# WELCOME

## Welcome to the Nebraska Department of Correctional Services (NDCS)



We understand that this may be a very stressful time for those who are entering into our facilities. We hope that during incarceration, all individuals will grow to understand that a person does not have to be defined by their past actions. Everyone makes mistakes, has regrets, and sometimes find themselves on the wrong path. The focus from this point forward should be to look ahead and ask, "Who do I want to be and what can I accomplish?" Perhaps this time can

be used as a time of reflection on the things that are most important to each individual and to create attainable goals for self-improvement. NDCS offers opportunities for growth, change, knowledge, education, and reentry planning at each of our facilities. All individuals are encouraged to take advantage of these incredible opportunities to improve their lives so that they can pursue their dreams, reconnect with families, and accomplish the goals they set for themselves. Reentry begins at intake, so there's no time to waste when building a better future!

### The Vision of NDCS: Safe Prisons-Transformed Lives-Safe Communities

Successfully carrying out our mission is how we achieve this vision. The Vision of our agency is a direct reflection of how important we are to an orderly society. Through effective interventions, incentives and appropriate sanctions we make prisons safe. By creating safe prisons, where people can engage in pro-social activities and address the needs that reduce their risk to reoffend, their lives are transformed. When people become contributing members of society, our communities are safe.



### The Mission of NDCS: Keep people safe.

NDCS has a statutory responsibility to keep people safe. This includes people in the public, people who work for the agency, people who visit our prisons, and the people living in our prisons. This is accomplished through sound incarceration practices and daily vigilance. Good security encompasses much more than counts, searches and locked doors. It includes providing opportunities for incarcerated individuals to change their thinking and behavior. Those opportunities are facilitated by assessments, treatment, programming and comprehensive reentry planning.



### The Values of NDCS: Integrity-Respect-Compassion-Growth-Excellence

<b>INTEGRITY</b>	We take ownership of our actions and demonstrate professionalism, honesty and commitment.
<b>RESPECT</b>	We believe every person has fundamental worth and we demonstrate this in our words and actions.
<b>COMPASSION</b>	We care about people. We have empathy for others and treat everyone with respect and dignity.
<b>GROWTH</b>	We believe everyone has the capacity to reach greater potential. We strive to provide the right environment, expectations and opportunities for development.
<b>EXCELLENCE</b>	We seek continuous improvement and innovation in every endeavor to achieve the best outcomes.

# FACILITIES

## FACILITIES

Upon being admitted to the care of NDCS, the needs of each individual will be assessed to determine the most appropriate setting to address those needs. NDCS has 10 facilities in operation, three of which are reception facilities. The reception facilities are where all newly incarcerated individuals will begin their sentences, based upon age and gender. The following is a brief summary about each of the housing options.

### **Diagnostic and Evaluation Center (DEC)**

**Lincoln, NE**



The Diagnostic and Evaluation Center is a facility that is not only the residence of adult males that are classified as maximum custody, but is also utilized as the reception, diagnostic, evaluation, assessment, classification and assignment facility. All adult males sentenced to the Department of Correctional Services by the County and District courts of the state of Nebraska are received into the correctional system at the DEC. Other residents of the DEC include interstate transfers, returned parolees and escapees, county safe keepers, and ninety-day evaluators sentenced by the court for assessment. Upon admittance to the DEC, individuals are assigned an identification number, photographed, fingerprinted, and provide a DNA sample. Individuals will begin working with Reentry Staff within the first few weeks of their incarceration to begin preparing plans for reentry and setting goals to be obtained during incarceration. The DEC offers a skilled nursing facility with a fully staffed clinic, as well as various programs to assist individuals with substance use issues, cognitive and behavioral needs, mental and physical health, faith based classes and activities, Vocational and Life Skills (VLS), and sports and recreational activities.

### **Nebraska Correctional Youth Facility (NCYF)**

**Omaha, NE**



The Nebraska Correctional Youth Facility is Nebraska's only correctional facility designed for youthful males that are adjudicated as adults, who range in age from early adolescence to age 21 years, 10 months. Individuals that reside here are classified to maximum, medium, or minimum custody and extra care is taken to address the needs and safety of the younger population. At NCYF, there are opportunities to participate in a variety of recreational activities every day as well as educational, mental and physical health, Vocational and Life Skills (VLS), substance use, self-betterment, and clinical programming. Individuals here may also apply to participate in community custody programs to include work detail, work release or education release.

*\*\*\*All male offenders sentenced by county and district courts of the state of Nebraska are received at the Diagnostic and Evaluation Center (DEC) in Lincoln. After completion of DEC intake activities, youthful males are immediately transferred to NCYF. Upon arrival at NCYF, the individual completes additional in-processing documents, receives an initial medical screening, assigned a room, receives his clothing and bedding, and any personal property brought with him is inventoried.*



# FACILITIES

## Nebraska Correctional Center for Women (NCCW)

York, NE



The Nebraska Correctional Center for Women is Nebraska's only secure correctional facility for adult women. Individuals that are classified as maximum, medium and minimum custody reside at NCCW. Females that are court-ordered evaluators and county safe keepers also take up residence here. NCCW is the diagnostic and evaluation center for all newly committed females.

During the first 30 days of the individuals' sentence, they receive medical and mental health evaluations and learn about the various programming opportunities available to them during their term of incarceration. These include programs that assist with coping skills, education and job skills, parenting, behavior, and faith based programs. There are also other programs available that are tailored to the specific needs of the female population, as oftentimes their needs are different from their male counterparts at other facilities. NCCW offers Mission Specific Housing to address specific needs such as substance abuse issues, mental health challenges, self-betterment, pregnancy/motherhood, and faith based programs. There are partnerships and strong support from the community at NCCW that help to address the importance of women feeling connected to the community. Volunteers frequently host presentations for Guest Speakers, Vocational and Life Skills programs, and Reentry Events to provide information and opportunities to the residents at NCCW.

## Lincoln Correctional Center (LCC)

Lincoln, NE



The Lincoln Correctional Center is an adult male, medium/maximum custody facility. LCC provides care, housing, and programming to a variety of incarcerated individuals, primarily younger, first-time incarcerated individuals. LCC offers Mission Specific Housing that includes a designated unit that serves those with serious mental health challenges and socially

and developmentally impairments (the Secure Mental Health Unit), a unit that accommodates an inpatient program for sex offenders, and a unit for individuals who have been classified to Protective Management status. No matter which housing unit an individual is assigned to, there are many opportunities to participate in various programs and classes. These programs and classes are designed to assist individuals with a wide range of needs including, but not limited to, education, employment training and certification, parenting, mental and physical health, sports and recreation, Vocational and Life Skills, and clinical programming needs. LCC is proud to offer programs which may have limited availability at other facilities. Some of these include TRADE, Transformation Project, Veterans' Group, WRAP, Prison Fellowship Conquer Series, college courses from Wesleyan College, mental health outpatient services, and training in cabinetry, forklift operation, and offset press operation.

# FACILITIES

## Nebraska State Penitentiary (NSP)

Lincoln, NE



The population at the Nebraska State Penitentiary consists of adult males who are serving sentences of varying length and are classified to maximum, medium, and minimum custody.

Due to the large population of individuals residing at NSP, control and staff/client relationships are improved by dividing the larger institutional population into smaller groups. This management

style, as well as the utilization of Mission Specific Housing, assists with improving and personalizing the delivery of rehabilitative services. Individuals at NSP have multiple opportunities to attend programs and classes that focus on areas such as education, employment skills, mental and behavioral health, cultural identity, substance abuse, Vocational and Life Skills, parenting, sports and recreational activities, and clinical programming needs. NSP is proud to offer the TRADE programs as well as college courses through Nebraska Wesleyan in the areas of Criminal Justice, Philosophy, and Math. NSP is also the only institution to offer the Marriage Builders program, Metropolitan Community College résumé writing and job prep courses, Outlaw's Journey Writing programs, Restorative Justice, Second Chance Pups, welding apprenticeships, METEOR, Kairos, and Getting It Right for RHU individuals.

## Tecumseh State Correctional Institution (TSCI)

Tecumseh, NE



The Tecumseh State Correctional Institution is a maximum/medium custody facility for adult males and is also the residence of individuals that are sentenced to the death penalty. TSCI has many medical services available to the incarcerated population that include a skilled nursing facility, clinic exam rooms, on-site x-ray, medical laboratory, and optometry and dental

services. TSCI utilizes Mission Specific Housing to aid in the personalization of services delivered to the population. These include an Accommodation Unit, Protective Management Unit, Active Seniors Unit, and The Challenge Program. There are opportunities for individuals at TSCI to participate in programs and classes that are designed to assist in the areas of education, mental and physical health, cognitive behavioral needs, substance abuse, employment skills, parenting, Vocational and Life Skills, religious and faith needs, sports and recreational activities, and clinical programming needs. Special opportunities that individuals can take advantage of while at TSCI include programs such as Defy Ventures, Domesti-Pups, Metropolitan Community College, theTransformation Project, Toastmasters. NDCS is proud to offer programs specifically at TSCI that include the Challenge Series, Commitment to Change, Interpersonal Problem Solving group, and Peru Inside Out.

# FACILITIES

## Omaha Correctional Center (OCC)

Omaha, NE



The Omaha Correctional Center is secure facility where adult males classified to medium and minimum custody reside. Individuals at OCC have many opportunities to receive assistance and training to help with developing skills while incarcerated and for use in the community upon release. Many of these opportunities consist of programs that address individuals' needs in the areas of education, employment skills, Vocational and Life Skills, mental health, continuing care and outpatient services for sex offenders (OHELP), substance abuse, cognitive behavioral therapy, religious and faith based programs, cultural groups, clinical programs, Defy Ventures, and peer mentoring for those who have completed Destination Dads. OCC is proud to offer college classes through Metropolitan Community College (MCC) and the University of Nebraska-Omaha (UNO). Some of these classes, groups, and other programs are only offered at OCC. Examples of these are the Truck Driving Simulator, Upholstery Apprenticeship, Veteran's Mental Health Group, Planning with a Purpose, and an ongoing peer support "Reentry Program" provided by Gary Grayson. OCC has an indoor/outdoor visiting area, library, religious center, dental and medical area, restrictive housing unit, academic and pre-employment training areas, Cornhusker State Industries, open yard, and gymnasium.

## Work Ethic Camp (WEC)

McCook, NE



The Work Ethic Camp is a unique facility for adult males classified to 'Minimum B' custody. It provides an individualized program in a time frame appropriate for the individual's needs and sentence structure. WEC offers a wide range of programs and classes to assist individuals with building skills and gaining knowledge that will further their personal growth and will help them to succeed. Many of these programs address education and employment needs, mental and physical health, substance abuse, cognitive and behavioral needs, and life skills. There are programs that are only available at the WEC, such as Garden Enterprise, WEC Sowers, a résumé workshop, NDOT Flagger Course, Incentive Program and multiple training opportunities through Mid-Plains Community College. The overall goal of WEC is to encourage behavioral change in each individual so that the transition back into the community after incarceration is positive. The Mission of the WEC is to provide an integrated program, in partnership with the Probation and Parole Administrations, that combine evidence based practices within a structured treatment environment to give individuals opportunities to be successful.



# FACILITIES

## Community Corrections Center-Lincoln (CCCL)

Lincoln, NE



The Community Corrections Center-Lincoln is residence for male and female individuals that are classified to "work detail" and "work release" custody assignments. Programming options vary at Community Corrections Centers as the focus shifts from developing skills, knowledge, and preparing for employment to focusing on transitioning into the community and securing employment. Often, programs are offered in the community rather than at the center. Programs for education, employment skills and self-betterment are available, and there are also other programs which are more reentry focused and include Release and Restored and Restorative Circle. Cognitive Behavioral Interventions, outpatient clinical therapies and Alternatives to Violence Project are offered at CCCL. For more information about opportunities and expectations at CCCL, please refer to the "Community Corrections" section in this guide.

## Community Corrections Center-Omaha (CCCO)

Omaha, NE



Both male and female individuals reside at the Community Corrections Center-Omaha and are classified as "work detail" or "work release". Community Corrections Centers offer unique opportunities to incarcerated individuals as they prepare for discharge, parole, or post-release supervision. Employment and education opportunities are available to individuals in a less secure environment or out in the community. Program availability is often adjusted to meet the needs of this specific population.

In addition to programs that focus on education and employment skills, some of the other programs available at CCCO include a Health Course, certificates from Metropolitan Community College, ReConnect Success Prep, Alcoholics Anonymous, Narcotics Anonymous, outpatient clinical therapy, and Cognitive Behavioral Interventions. For more information about opportunities and expectations at CCCO, please refer to the "Community Corrections" section in this guide.

## County Jail Initiative (COJI)

COUNTY	LOCATION
Buffalo	Located in Kearney
Dawson	Located in Lexington
Lincoln	Located in North Platte
Phelps	Located in Holdrege
Platte	Located in Columbus

In addition to the 10 NDCS State facilities, another housing option is with the County Jail Initiative. This option utilizes a partnership with certain county jails in the state of Nebraska, to assist with the temporary housing of NDCS clients. Participants who take advantage of this opportunity earn a daily stipend (6 days a week) as well as the benefit of possibly being closer to support systems, such as family and friends, for visitation. NDCS incarcerated individuals are required to adhere to all of the rules of the facility where they are residing, including visitation, phone calls, and canteen.

# MISSION SPECIFIC HOUSING


## MISSION SPECIFIC HOUSING

NDCS offers Mission Specific Housing, which is the concept of providing an opportunity for individuals with commonalities, such as interests, experiences, challenges, and/or needs, to reside together in designated housing units to enhance safety and effective living environments for its residents. This is also a strategy to create options for individuals that are transitioning out of restrictive housing, but may not be quite ready to return to the general population.

**"You are not a burden.  
You HAVE a burden,  
which by definition is  
too heavy to carry on  
your own."**

Mission Specific Housing has multiple goals, which include:

- To more effectively address the needs of special populations.
- To reduce the use of restrictive housing for special populations.
- To provide risk-and needs-responsive and behaviorally-targeted interventions.
- To focus services, resources, and programming in a more efficient manner.

TYPE OF HOUSING	DESCRIPTION
<b>Accommodation Unit</b>	Individuals who have physical challenges receive assistance by living in an environment designed to meet their needs. The areas that are used to house those who qualify for the Accommodations Unit are retrofitted to afford the individuals with the assistance they need to help them with their daily living functions, such as bottom bunk assignments, handrails, and placement of a Medical Porter in the vicinity for assistance. (Sometimes combined with Active Seniors Unit)
<b>Active Seniors Unit</b>	Designed to offer older individuals the opportunity to reside together to provide a more calm and quiet setting for those assigned to the unit. The unit provides individuals of similar ages to live together, have meals together, and socialize together in a more comfortable environment that addresses the needs of this specific group of individuals. (Sometimes combined with Accommodation Unit)
<b>Inpatient Healthy Lives Program (iHeLP)</b>	The goal behind iHeLP, is to identify "healthy living" and "self-regulation" deficits that contributed to sexual offending and target them in treatment so that risk to re-offend is lowered prior to discharge. The iHeLP is intended to be an intensive program to address, reduce, and manage risk factors as well as developing pro-social and other life skills.
<b>Mental Health Unit (MHU)</b>	 <p>This therapeutic community utilizes services that are provided by qualified mental health professionals who meet the educational and license/certification criteria. The focus of the Mental Health Unit is to provide clients with a safe, psychologically healthy environment that promotes positive change and growth.</p>



# MISSION SPECIFIC HOUSING

TYPE OF HOUSING	DESCRIPTION
<b>Nursery Unit</b>	<p>Pregnant women residing at NCCW that meet all of the criteria for the Parenting Program are admitted to the Nursery Unit and allowed to have their infants on facility grounds. There are many classes and workshops offered that focus on parenting skills, prenatal care, child development, child health and safety, and improving relationships. This is beneficial for mothers and children as it promotes opportunities for bonding, support, improved mental health, and increased likelihood of success after the mother's release from prison.</p> 
<b>Prison Fellowship Academy</b>	 <p>PRISON FELLOWSHIP</p> <p>This program focuses on cognitive restructuring with faith-based content. It specifically addresses criminal thinking and behavior, courses in life skills, addictions support, victim awareness, and culture change as part of the core curriculum.</p>
<b>Protective Management Unit</b>	<p>The Protective Management Unit is used to meet the needs of those who cannot be safely housed in other general population while having privileges similar to general population housing.</p>
<b>Substance Abuse Unit (SAU) &amp; Residential Treatment Community (RTC)</b>	<p>Both SAU and RTC provide treatment to individuals chemically dependent and with co-occurring disordered symptoms due to mental illness. Individuals are afforded comprehensive substance use treatment services. Multidisciplinary treatment opportunities are accessible, as well as education. These services support learning and practicing appropriate choices concerning addiction and related ineffective cognitive and behavioral patterns.</p> 
<b>Strategic Treatment and Reintegration (STAR Unit)</b>	 <p>The Strategic Treatment and Reintegration Unit at NCCW is also an inpatient clinical mental health program and offers groups and classes on a diverse range of topics including psycho-educational elements, coping skills and strategies, nutrition and wellness/physical activities. The unit is aimed to help those with major mental illnesses.</p>
<b>The Challenge Program (TCP)</b>	<p>The Challenge Program (TCP) provides a controlled and highly structured alternative to restrictive housing for individuals who have demonstrated an institutional history of violent and/or Security Threat Group (STG) behavior. TCP is incentive-based and requires participants to engage in non-clinical programming and meet behavior expectations to progress through each phase.</p>
<b>Veteran Service Group (VSG)</b>	<p>The goal of the Veteran's Service Group (VSG) is to provide Military Veterans the opportunity to address criminogenic thinking, behavior, and addictions through programming and interactions with other individuals that may have similar experiences.</p> 








# HEALTH SERVICES

## HEALTH SERVICES

Each facility has staff designated to assist with both physical health and mental health issues. These services include Medical, Dental, Vision, Medication administration and Mental Health assistance. During incarceration, if an illness or situation arises that may require the attention of a medical professional, a sick call may be requested by submitting a written request.



TYPE OF SERVICE	DESCRIPTION	
<b>Medical</b>		Once an individual arrives at an NDCS facility, they will receive a medical evaluation and physical. NDCS can assist with general health related issues as well as chronic health conditions.
<b>Dental</b>		After an initial screening, NDCS can assist with general dental examinations, teeth cleaning, and other dental needs. 
<b>Vision</b>		Individuals will receive an initial assessment at intake. NDCS can assist with vision exams as well as prescription glasses and general eye health throughout incarceration.
<b>Mental Health</b>		NDCS can assist with mental health challenges of pre-existing conditions as well as new diagnosis and emergency situations. 
<b>Medication</b>		NDCS can assist with medication needs as well, for both physical and mental health concerns. It is important to be responsible with all medications.



# AMERICANS WITH DISABILITY ACT

## AMERICANS WITH DISABILITY ACT (ADA)



It is illegal to discriminate against people because of their disabilities. The ADA applies to employment, housing, public accommodations, education, transportation, communication, recreation, institutionalization, health services, voting, and access to public services.

NDCS has a long history of commitment to the ADA and has employed a dedicated ADA coordinator that manages all aspects of compliance for various groups of people, including applicants, employees, incarcerated individuals, visitors and volunteers. Below are some of the ways that the ADA assists with reasonable accommodations for our clients as well as our visitors.

### **INCARCERATED INDIVIDUALS**

- Access to programs, services and activities
- Auxiliary aids for effective communication
  - new, replacements, and batteries
- Interpretation Services
- Mobility devices
- Talking book programs

### **VISITORS**

- Accessible facility visiting areas
- Auxiliary aids for effective communication



When should the ADA Coordinator be contacted via written request?



- To request a reasonable accommodation
- To report accessibility problems/issues at any NDCS facility or office
- To request NDCS information in an alternative format
- To file a complaint of discrimination based upon disability
- To ask questions concerning what assistive devices are available
- To report difficulty accessing any portion of the NDCS website using adaptive technology

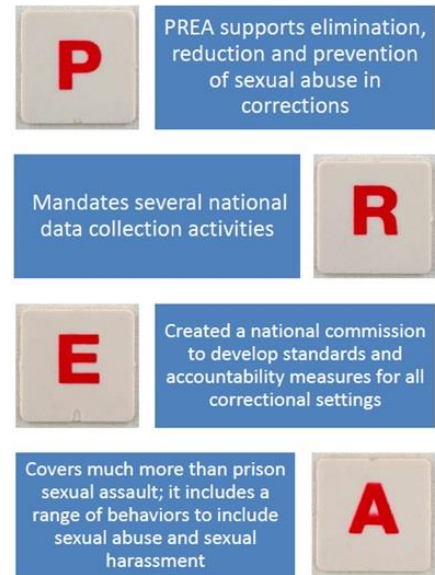


# PRISON RAPE ELIMINATION ACT

## PRISON RAPE ELIMINATION ACT (PREA)

The Prison Rape Elimination Act was signed into law in 2003 and is intended to prevent, detect and respond to all occurrences and allegations of sexual assault, sexual abuse and sexual harassment in confinement.

NDCS is committed to a zero tolerance standard for incidents of sexual assault, sexual abuse and sexual harassment committed against incarcerated individuals by other incarcerated individuals or by staff, volunteers or contractors. Prevention of all forms of sexual abuse is a top priority. An agency-level PREA Coordinator oversees, coordinates and monitors the development and implementation of the PREA program.



### PREA Investigations



**Zero Tolerance**

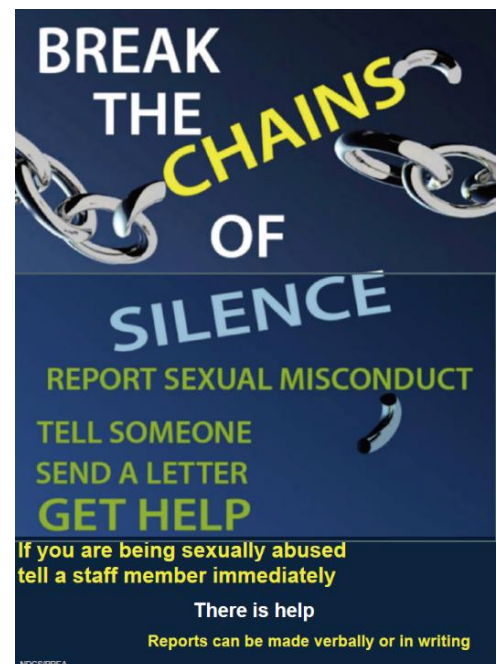
All PREA allegations are reviewed and assigned for investigation by staff members that have received specialized training to conduct investigations regarding allegations of sexual abuse and harassment in confinement. NDCS law-enforcement-certified investigators also receive specialized training to conduct investigations regarding sexual assault in confinement. NDCS works closely with the Nebraska State Patrol in investigating criminal allegations and incidents.

### Nebraska Prison Sexual Assault Hotline

Incarcerated individuals who have experienced sexual harassment or abuse can access confidential advocacy services by anonymously calling the Nebraska Prison Sexual Assault Hotline by dialing 07# with the PIN 333-333-333.

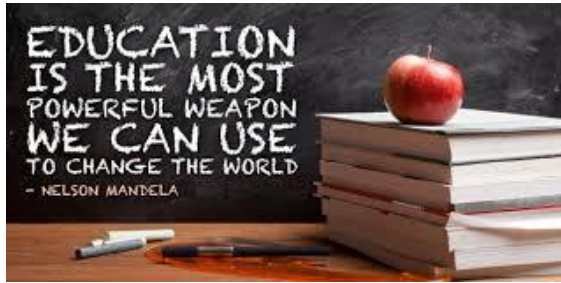
Individuals can also write, confidentially, to the Prison Advocacy Coordinator at: 245 S. 84th St., Suite 200, Lincoln, NE 68510. Confidential advocacy services include emotional support, information, safety planning and coping strategies.

Concerned friends, family, and significant others can also contact the Prison Advocacy Coordinator for information and confidential support. To reach the Prison Advocacy Coordinator, call 402-476-6256 or email [marlas@nebraskacoalition.org](mailto:marlas@nebraskacoalition.org).



# EDUCATION

## EDUCATION



NDCS established a high school at the Nebraska Correctional Youth Facility (NCYF) and adult education is offered at every facility. The education staff includes properly endorsed and certified principals and teachers.

In addition to high school and adult education opportunities, NDCS also offers life skills and parenting lessons, prevocational and vocational classes, English as a Second Language (ESL) programs, correspondence courses and university curriculum for college credit. In 2016, Nebraska Correctional Education programs had a 94 percent passing rate for GED testers, one of the top percentage scores in United States.

EDUCATION PROGRAM	DESCRIPTION	
<b>ABE/ASE</b>	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.	
<b>College Courses</b>	College courses are offered through various universities/colleges and correspondence courses. College classes are provided by grant funded providers and/or at the individual's own expense.	
<b>ESL/ELL</b>	English as a Second Language (ESL) classes are designed for English Language Learners (ELL), which are students that are not fluent in English. In these classes, students learn to speak, read, hear, and write the English language which can lead to more opportunities in their future.	
<b>High School</b>	 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.	
<b>Job Skills &amp; Readiness</b>	This program teaches communication skills for relationship building, which provides greater ability to obtain employment.	



NDCS maintains comprehensive library services designed to meet educational, recreational and therapeutic needs of our clients. In addition, the Law Library ensures compliance with each individual's access to the courts.

Individuals are strongly encouraged to utilize the library services that are offered by NDCS.


# CLINICAL TREATMENT

## CLINICAL TREATMENT




Clinical treatment programs are designed to address specific behavioral health needs and are delivered by licensed behavioral health professionals. In addition to the treatment

programs listed below, behavioral health services include emergency/crisis intervention, gender responsive services, healthy living, individual/group psychotherapy, mental health groups, and psychological evaluations and assessments.



CLINICAL PROGRAM	DESCRIPTION	
<b>Aggression Replacement Therapy (ART)</b>	Aggression Replacement Therapy (ART) promotes the development of pro-social behavior and the reduction of violent behavior in adolescents who have demonstrated chronic aggressiveness in the past.	
<b>Anger Management</b>	Anger Management is available to individuals demonstrating high risk/high needs related to anger. This treatment provides instruction and practice on basic anger control strategies in a group facilitated by clinicians.	
<b>CBT Schema-Focused Anxiety Group &amp; Treatment for Depression</b>		This mindfulness-based cognitive behavioral therapy group at NCYF provides treatment for individuals suffering from anxiety and depression symptoms.
<b>Cognitive RHU Group</b>	This program focuses on cognitive behavioral treatment for inmates in Restrictive Housing.	
<b>Continuing Care-Sex Offender Program</b>	This program helps participants maintain and strengthen the progress that they made in other treatment programs. It also helps participants navigate new challenges and helps support the transition back to a community setting.	
<b>Coping with Anxiety</b>	This program provides psychoeducation on how to manage the symptoms of anxiety and to reduce symptom levels using cognitive/behavioral techniques, while also increasing the individual's ability to function despite issues with anxiety.	
<b>Core Topics</b>	Core Topics is a group that introduces its participants to psychotherapy.	

# CLINICAL TREATMENT

CLINICAL PROGRAM	DESCRIPTION	
<b>Dialectic Behavioral Therapy (DBT)</b>	This program teaches individuals Cognitive Behavioral Mindfulness-based coping skills.	
<b>ExPLORE</b>	 <p>ExPLORE, which stands for Exercises in Principled Living for Offender Reentry, was developed to assist incarcerated individuals as they transition back to the community as happy and successful citizens. ExPLORE is designed to address the effects of “cognitive arrest,” or the idea that one’s cognitive development is halted when one is arrested/incarcerated.</p>	
<b>Grief and Loss</b>	This program at NCCW focuses on managing grief and loss that female individuals may experience.	
<b>Inpatient Sex Offender Treatment Program (iHeLP)</b>	iHeLP is an inpatient program available at LCC to individuals who have been assessed as a high risk for further sexual violence.	
<b>Interpersonal Problem Solving Group</b>	<p>This clinical program in Long Term Restrictive Housing (LTRH) is designed to assist individuals with identifying and resolving problems that they experience. The focus of this group is to address mental health needs of individuals in LTRH.</p>	
<b>Medication Compliance Group</b>	This program explains medications and encourages individuals taking prescribed mental health medications to consistently follow their practitioner’s recommendations regarding their medications.	
<b>Mental Health Group</b>	The Mental Health Group meets with individuals in the RHU, Protective Custody or General Population to address mental health issues and needs.	
<b>Mental Health Outpatient Services</b>	 <p>These services provided at LCC consists of general individual therapy sessions.</p>	
<b>Mental Health Unit</b>	The MHU is a residential treatment community designated for those incarcerated individuals with serious mental illness or developmental/organic disabilities and who are assessed as having significant functional impairment. Program components include symptom management, social skills, medication management, mental illness awareness, and others.	





# CLINICAL TREATMENT

CLINICAL PROGRAM	DESCRIPTION
<b>METEOR</b>	This program at NSP presents an introduction to the stages of changing themselves and how a person can move forward if they so choose too.
<b>Mindfulness Meditation</b>	This program offered at NCYF consists of an experiential introduction to mindfulness practice. 
<b>Non-residential Intensive Outpatient Substance Abuse Program (IOP)</b>	Available for individuals residing at CCCL who are not eligible for the residential program due to lower level substance abuse issues.
<b>Non-residential Treatment for Substance Abuse: IOP &amp; OP</b>	 Intensive outpatient and outpatient services are available to individuals with lower-need substance abuse disorders.
<b>Non Residential Drug Alcohol Education</b>	Available for individuals at NCYF who are not eligible for the residential and non-residential treatment programs due to lower level substance abuse issues.
<b>Outpatient Sex Offender Program (oHeLP)</b>	The Outpatient Healthy Lives Program is available to individuals who are assessed to be at a relatively moderate risk to sexually re-offend.
<b>Path To Fulfillment</b>	Path to Fulfillment provides support as members identify goals related to altering the behaviors and habits that have prevented them from maintaining healthy boundaries, language, and self-concepts. 
<b>Residential Treatment for Substance Abuse: RTC, SAU, COP</b>	Incarcerated individuals assigned to residential treatment programs have been identified as having serious substance abuse issues and are in need of intervention.



# CLINICAL TREATMENT

CLINICAL PROGRAM	DESCRIPTION
<b>Self Esteem</b>	 <p>This program focuses on helping its members to build self-esteem and confidence in themselves.</p>
<b>START Now</b>	START Now is an integrative model of treatment (CBT and DBT) focusing on reinforcing personal responsibility for behavior; teaching the connections between thoughts, feelings, and behavior and identifying strengths to build on.
<b>Secure Mental Health Unit</b>	The Secure Mental Health unit is used to house incarcerated individuals diagnosed with a serious mental illness or significant developmental/organic disability and are not currently suited to be housed on the Mental Health Unit (MHU) due to clinical or behavioral risk factors. Programs include METEOR, introduction to mental illness, core process groups, impulse control and management, creative expressions, meditation and stress management, in addition to others.
<b>Seven Decision Group</b>	This clinical group is available to individuals that are in Long Term Restrictive Housing.
<b>Veteran's Mental Health Group</b>	This program offered at OCC assists veterans with processing trauma experienced during military service.
<b>Victim Impact</b>	<p>This program places emphasis on participant accountability and understanding of how the participant's behavior affects the victim(s).</p> 
<b>Violence Reduction Program</b>	The Violence Reduction Program is an intensive treatment option for incarcerated individuals at high risk for violent re-offense. Individuals with a high risk to re-offend may include those with strong antisocial beliefs or lifestyle, evidence of psychopathy, and/or instrumental violence.
<b>Major Mental Health Group</b>	This program addresses mental health issues with those who have major mental health challenges and are a part of long-term restrictive housing.



# COGNITIVE BEHAVIORAL INTERVENTIONS

## COGNITIVE BEHAVIORAL INTERVENTIONS

Cognitive behavioral interventions are evidence based, non-clinical programs that teach learners to examine their own ways of thinking and recognize when negative thoughts and emotions are escalating in intensity, and then use strategies to change their thinking and behavior. NDCS is proud to be able to offer several of these highly valued programs where individuals have the opportunity to grow their sense of self, which will help with success, both during incarceration as well as transitioning and reentering the community after release.

### **Moral Reconciliation Therapy (MRT)**

Moral Reconciliation Therapy is an evidence-based, cognitive behavioral treatment that targets criminogenic thinking and aims to reduce the risk of recidivism. Individuals in this program focus on skills such as enhancing moral reasoning, improving decision-making processes, and developing and displaying behavior that is more appropriate. Completion of MRT has been proven to increase beneficial changes in personality characteristics, decrease disciplinary infractions, and lower long-term recidivism rates. MRT is operated by MRT-Certified facilitators, which include correctional staff members and group members.



### **Thinking for a Change (T4C)**

Thinking for a Change is a high-level cognitive behavioral program developed by the National Institute of Corrections (NIC). The program incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem solving skills. T4C sessions use role-playing to concentrate on changing criminogenic thinking. This program also includes content that can be used to construct an aftercare program to meet ongoing cognitive behavioral needs. This can be very beneficial to individuals that have completed the program by having access to ongoing support.



### **Living in Balance**

Living in Balance is a research-based cognitive behavioral educational program designed to focus on recovery and reentry issues. This program utilizes a twelve-step approach to help clients achieve lifelong recovery. Clients will evaluate their decisions and develop alternatives to undesired thoughts, actions, and behaviors. Sessions address topics of drugs of abuse, relapse prevention, self-help programs, mental and physical health, emotional and social wellness, sexual and spiritual health, daily living skills, and vocational and educational development.



# ENRICHMENT PROGRAMS

## ENRICHMENT PROGRAMS

Enrichment programs are offered to NDCS incarcerated individuals to assist them in their personal growth in areas that interest them and to give them the chance to focus on creating positive experiences for themselves. These are not clinical or core programs, but are great opportunities to create and build positive relationships with members of the community and to address needs that may not otherwise be met in programs of a more clinical nature. Many of our programs are facilitated by volunteers. Due to the generosity of these volunteers, we can provide additional meaningful support to our population to further fulfill our vision of transforming lives.

**BE THE  
BEST  
VERSION  
OF *you***

ENRICHMENT PROGRAM	DESCRIPTION
<b>7 Pillars</b>	Presented by Prison Fellowship, this program addresses pornography and sex addiction and offers support options.
<b>7 Habits on the Inside</b>	 <p>Developed by FranklinCovey, this program uses the principles authored by Dr. Stephen Covey in the 7 Habits of Highly Effective People, but is tailored for individuals that are incarcerated. This program seeks to empower individuals and provide them with the tools to understand and implement the principles of integrity, proactivity, and other key principles. The goal of the program is to help them achieve their highest potential inside and outside prison.</p>
<b>7th Step</b>	7th Step is a self-betterment program that allows members to discuss and work on issues that hold them back from their best selves. Topics can include drug use, anger, and family issues.
<b>Associated Linen Management Certification (Laundry)</b>	<p>Associated Linen Management teaches skills on laundry management.</p> 
<b>Beyond Anger and Violence/From the Inside Out</b>	Beyond Anger and Violence/From the Inside Out assists clients in institutional settings and community corrections address anger, reconciliation and emotion management. These programs provide guidelines for daily living, helping to build, strengthen, and maintain relationships.
<b>Beyond Trauma</b>	 <p>Beyond Trauma is a gender-specific, trauma-informed program for women that is presented by Prison Fellowship.</p>

# ENRICHMENT PROGRAMS

ENRICHMENT PROGRAM	DESCRIPTION
<b>Budgeting Workshop</b>	This is a presentation given to inmates to help them identify needs vs. wants in the area of budgeting. Additionally, basic money management skills are taught.
<b>Cabinet Maker Apprentice</b>	 <p>The US Department of Labor provides this carpentry apprenticeship for learning carpentry skills.</p>
<b>Challenge Series</b>	This is a cognitive behavioral step down program for individuals in restrictive housing that utilizes self-paced journaling to focus on improving attitudes and behaviors.
<b>Commitment To Change</b>	Cognitive behavioral treatment for inmates in Restrictive Housing.
<b>Crime Victims Impact/Empathy and Life Skills Community Justice Center</b>	<p>This program, presented by the Community Justice Center, increases participants' understanding of the harm/damages they caused their victims, communities, and themselves while holding them accountable for their decisions. The program also provides an important life skill module that teaches how to become emotionally proficient and deal with the consequences of harm.</p> 
<b>Destination...Dads (Inside out Dads, Within my Reach, Common Sense Parenting)</b>	<p>Multi-component model to restore the relationships between incarcerated parents and their children. Each of the following are separate programs presented by Christian Heritage.</p> <p><u>Inside Out Dads</u> assists incarcerated fathers to get the tools they need to become more involved, responsible, and committed in the lives of their children -- providing increased motivation for them to get out and stay out.</p>  <p><u>Within My Reach</u> offers a skills based program with critical, concrete tools that help participants interact in a more enriching, and satisfying way with the individuals who matter in their lives. Topics consist of knowing yourself first, smart love, and making your own decisions.</p> <p><u>Common Sense Parenting</u> provides parents with a menu of proven techniques that will aid them in building good family relationships, preventing and correcting misbehavior, using consequences to improve behavior, teaching self-control, and staying calm.</p>

# ENRICHMENT PROGRAMS

ENRICHMENT PROGRAM	DESCRIPTION
<b>Domesti-PUPS</b>	<p>Participants in Domesti-PUPS train dogs to become service animals for persons with disabilities, pet therapy programs, classroom dogs and education programs.</p> 
<b>Emotional Hygiene</b>	 <p>The Community Justice Center offers this program to assist individuals in understanding the root of emotions, accountability, responsibility and management of these areas.</p>
<b>Family Foundations Parenting</b>	<p>Christian Heritage presents this program to address specific parenting skills for woman that have visits with their children.</p>
<b>Financial Literacy</b>	<p>Course offered by Mutual of Omaha Bank to assist with learning about finances.</p>
<b>Garden Enterprise</b>	<p>This program presents educational classes on how to plant, grow and sell produce.</p> 
<b>Getting It Right</b>	<p>This is an individualized cognitive behavioral, step down program for those individuals that reside in Restrictive Housing at the Nebraska State Penitentiary.</p>
<b>Health Course</b>	<p>Health Course programs are a variety of workshops that are offered as individual topics. These include Men's Birth Control, Nutrition, Date Abuse, Bullying, Gender Boxes, and Hygiene.</p>
<b>Heartland Workforce Solutions/MCC</b>	<p>Metropolitan Community College presents career readiness classes. One of the most important aspects of these classes are preparing individuals for successful job seeking.</p>

GROWING OPPORTUNITIES






# ENRICHMENT PROGRAMS

ENRICHMENT PROGRAM	DESCRIPTION
Launch Leadership	 <p>Launch Leadership presents this program at NCYF, which has been designed to build leadership skills based upon communication.</p>
Living Skills	<p>This program provides incarcerated individuals in restrictive housing with assistance in navigating daily tasks and hurdles in order to live an independent life. Each section addresses a different life skills topic which provides beneficial information that assists an inmate make appropriate behavioral changes necessary to transfer back to general population.</p>
MHA Wellness Recovery Action Plan® (WRAP)	<p>WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. This program presented by the Nebraska Mental Health Association, discusses de-escalation, decision making and consequences, how trauma affects a person, and how to overcome negative ways of dealing with stressful situations and crises.</p> 
Money Matters	<p>This program, presented by Thrivent Financial, teaches individuals how to plan, save, and budget finances. Money Matters is currently offered at NCCW.</p>
NDOT Flagger Course	 <p>This course from the Nebraska Department of Transportation provides necessary instruction and testing for certification as an NDOT Road Construction flagger. This certification is valid for 2 years and is currently offered at WEC.</p>
Offset Press Operator Apprenticeship (Print Shop)	<p>The US Department of Labor presents this training in Offset Press Operation. This program offered at LCC aims to provide individuals that complete the program opportunities for employment in this field after incarceration.</p>
Outlaw's Journey Writing Program	<p>The Outlaws Journey Writing Program gives participants the opportunity to be the hero of their life journey, and to be the main character of their own story. There is also an Advanced Outlaw's Journey Writing Program available for those that have completed this initial program.</p> 
Parenting 10 Greatest Gifts	<p>This program at NCCW focuses on assisting the incarcerated individuals to create a family vision and plan to fulfill that vision.</p>

# ENRICHMENT PROGRAMS

ENRICHMENT PROGRAM	DESCRIPTION
<b>Parenting</b>	<p>These are parenting classes that focus on teaching cooperation, communication, and appropriate discipline. These classes are divided into 3 separate programs based upon children's ages. The 3 Programs are:</p> <ul style="list-style-type: none"> <li>• Parenting 0-5</li> <li>• Parenting 5-12</li> <li>• Parenting Teen</li> </ul> 
<b>Peru Inside Out</b>	 <p>Peru State College presents "Peru Inside Out" which creates a dynamic partnership between students and incarcerated men to study crime and justice; critically analyze the criminal justice system, punishment versus rehabilitation, myths and realities of contemporary prison life, race, class, and other diversity issues, victim issues and restorative justice. This Program is currently offered at TSCI.</p>
<b>Prison Fellowship Conquer Series</b>	<p>Prison Fellowship presents the Conquer Series that addresses pornography and sex addiction. Completing this program is a prerequisite to the Pillars class.</p>
<b>Restorative Justice</b>	<p>This program, hosted by Diane Amdor, emphasizes the importance of repairing harm caused by criminal behavior. This program introduces the principles of Restorative Justice and Restorative Practices and explores the roots in indigenous traditions. It takes an in-depth look at the history and theory of restorative justice, followed by a series of participatory and experiential learning exercises that help participants to incorporate restorative practices in their everyday life.</p>
<b>Résumé Workshop</b>	<p>This résumé workshop prepares individuals at WEC for interviews and employment searching.</p>
<b>Second Chance Pups</b>	<p>Second Chance Pups selects incarcerated individual volunteers to train dogs in basic obedience while providing human socialization and interaction with other dogs.</p> 
<b>Serve Safe</b>	<p>Food Safety Certification, provided through the Nebraska Health Department, presents this course that covers foodborne illness and how to prevent it, purchasing and receiving guidelines, food prep, and holding and serving guidelines. It also covers food safety management systems and sanitation guidelines.</p>
<b>Sisters Informing Sisters on Topics About (SISTA)</b>	<p>Sisters Informing Sisters on Topics About (SISTA) empowers women to learn about their strengths and build upon them.</p>

# ENRICHMENT PROGRAMS

ENRICHMENT PROGRAM	DESCRIPTION
<b>Social Security Workshop</b>	 <p>The Social Security Administration presents this workshop to provide Social Security cards for members of our current population at NCYF.</p>
<b>Transformation Project</b>	<p>The Transformation Project is presented by UNO and consists of a transition and reentry program aimed at promoting positive individual behavior during incarceration and preparing participants for transition back into the community. Self-study modules are available for incarcerated individuals in longer-term restrictive housing.</p> 
<b>Truck Driver Simulator</b>	<p>This unique opportunity at OCC prepares individuals to be able to successfully obtain their CDL after release from incarceration and promotes employment opportunities.</p>
<b>Upholstery Apprenticeship (Sewing Shop)</b>	<p>This program at OCC consists of training and preparation to promote employment in the upholstery industry.</p>
<b>Welding Apprenticeship (metal shop)</b>	 <p>This program at NSP teaches welding skills and prepares individuals to be able to use these skills in future employment.</p>

**Challenge**  
*Opportunity*

# PRO-SOCIAL ACTIVITIES

## PRO-SOCIAL ACTIVITIES

Pro-social activities provide an opportunity for connecting with each other and community members in positive ways during incarceration and are presented by various organizations and volunteers. Volunteers are extremely important to NDCS and they put in great time and effort in order to bring these meaningful programs and classes to our population. Programs are strategically placed in facilities to maximize benefits and participation. Contact Unit Staff for details and availability. The following list contains some of the available programs as well as a brief description of each.

**GET  
INVOLVED!**

PRO-SOCIAL ACTIVITY	DESCRIPTION	PROSOCIAL
<b>AA (Alcoholics Anonymous)</b>	 AA (Alcoholics Anonymous) is an organization to encourage its members to read, and listen at meetings to information provided through speakers. Members may use the program as a foundation to encourage and provide opportunities in facing the truth about their accountability for their addiction.	
<b>Advanced Outlaws Journey Program</b>	This program gives the participants the opportunity to be the hero of their life journey and to be the main character of their own story.	
<b>Alpha</b>	Alpha promotes daily living skills for offenders and encourages character development. All classes are biblically based and open to anyone, regardless of religious affiliation. The program includes lessons on addiction prevention, understanding marriage, understanding parenthood and managing finances.	
<b>Alternatives to Violence Project (AVP)</b>	Alternatives to Violence Project (AVP) presents this workshop that provides insight on topics such as anger and relationships. The project introduces new ways to manage disagreements.	
<b>Art Class</b>	 NCYF's art class allows incarcerated individuals to express their feelings and emotions through art. A theme is given and art supplies are provided.	
<b>Chess Class</b>	A volunteer conducts this chess class at NCYF. Chess teaches strategy, long term goal setting, and persistence under the guidance and role modeling of a patient teacher.	
<b>Community Choir</b>	Elementary and high school choir teachers from the community volunteer to teach vocal techniques, usually in preparation for an event, such as a talent show, NCYF High School graduation, or a volunteer appreciation ceremony.	



# PRO-SOCIAL ACTIVITIES

PRO-SOCIAL ACTIVITY	DESCRIPTION
<b>Destination Dads - Peer Mentoring</b>	Peer Mentoring, presented by Christian Heritage, is a support group for individuals who are in the Destination Dad program or who have completed the program. The groups have relevant topics to current participants. They will also have in-depth discussions regarding core curriculum.
<b>Harambee African Cultural Organization (HACO)</b>	This self-betterment club provides an opportunity to explore the root of the African American culture and heritage, including the past, present and future. 
<b>Incentive Program</b>	This is a program designed to help individuals achieve skills in Sanitation/Personal Hygiene, Citizenship, Work/Education, and Behavior. Anyone who meets the established criteria may earn rewards for levels of achievement.
<b>Inmate Council</b>	Inmate Council provides the opportunity for incarcerated representatives to provide input into things that improve facility quality of life.
<b>Inner Circle/Winner Circle</b>	Presentations are provided by prior NDCS incarcerated individuals or incarcerated individuals in the community and they explain and discuss the struggles they experienced on their journey through NDCS.
<b>Keyboard/Guitar Lessons</b>	 Keyboard/Guitar Lessons are provided by a volunteer instructor three times per week and assist individuals in learning and perfecting a skill that takes discipline and persistence.
<b>Lifer's Club</b>	The Lifer's Club provides a useful medium for lifers to work together towards constructive goals. This club is organized and operated by a group of individuals serving lengthy or life sentences, with the focus on mentoring others and lowering recidivism. The club's goals and activities encourage a purposeful life and promote a healthier culture within the facility.
<b>MATA Club (Mexican Awareness Through Association)</b>	Participants in this self-betterment club learn and/or retain the religious, cultural aspects, arts, customs, crafts, language, and the heritage of the Hispanic people. 

# PRO-SOCIAL ACTIVITIES

PRO-SOCIAL ACTIVITY	DESCRIPTION
<b>Mentoring Program</b>	<p>Incarcerated individuals are partnered with a volunteer community mentor where they are given advice and do an activity together on a weekly basis. The mentors assist incarcerated individuals in preparing them for their roles as productive citizens in the areas of jobs, housing, family and values.</p> 
<b>NA (Narcotics Anonymous)</b>	 <p>Narcotics Anonymous utilizes the membership as a foundation to encourage individuals and provide opportunities in facing the truth about their accountability for their addictions to narcotic drugs through readings, testimony, and speakers.</p>
<b>Native Americans Spiritual and Cultural Awareness Group (NASCA)</b>	<p>NASCA is designed to help Native Americans express their uniqueness of cultural and spiritual practices. Participants are given the chance to learn how to sing, pray, and dance from a Native perspective.</p>
<b>Reentry Program provided by Gary Grayson</b>	<p>This program provides ongoing peer support and addresses a number of topics such as Anger Management, Employability, and Wellness and Recovery.</p>
<b>Religious Classes and Activities</b>	<p>The Nebraska Department of Correctional services provides accommodations for 20 different religions. Incarcerated individuals may attend a variety of classes, workshops, and religious services that are designed to help with support and spiritual development.</p>
<b>Restorative Circle</b>	<p>In this program, the Community Justice Center introduces the principles of Restorative Justice and Restorative Practices and explores the roots in indigenous traditions. It takes an in-depth look at the history and theory of restorative justice, followed by a series of participatory and experiential learning exercises that help participants to incorporate restorative practices in their everyday life.</p>
<b>Sports/Recreation Activities</b>	<p>A variety of different sports leagues and activities that encourage healthy pastimes are offered throughout NDCS facilities. Please check with recreational specialists at your facility for more information.</p> 
<b>Stamp and Coupon Cutting</b>	<p>Stamp and Coupon Cutting, presented by Alliance Stamp Ministries, gives individuals the opportunity to give back to the community. This involves removing stamps from envelopes for the Alliance Stamp Ministries to purchase Bibles overseas. The coupons that are cut by our incarcerated individuals are then distributed to veterans/service members to use at commissary.</p>

# PRO-SOCIAL ACTIVITIES

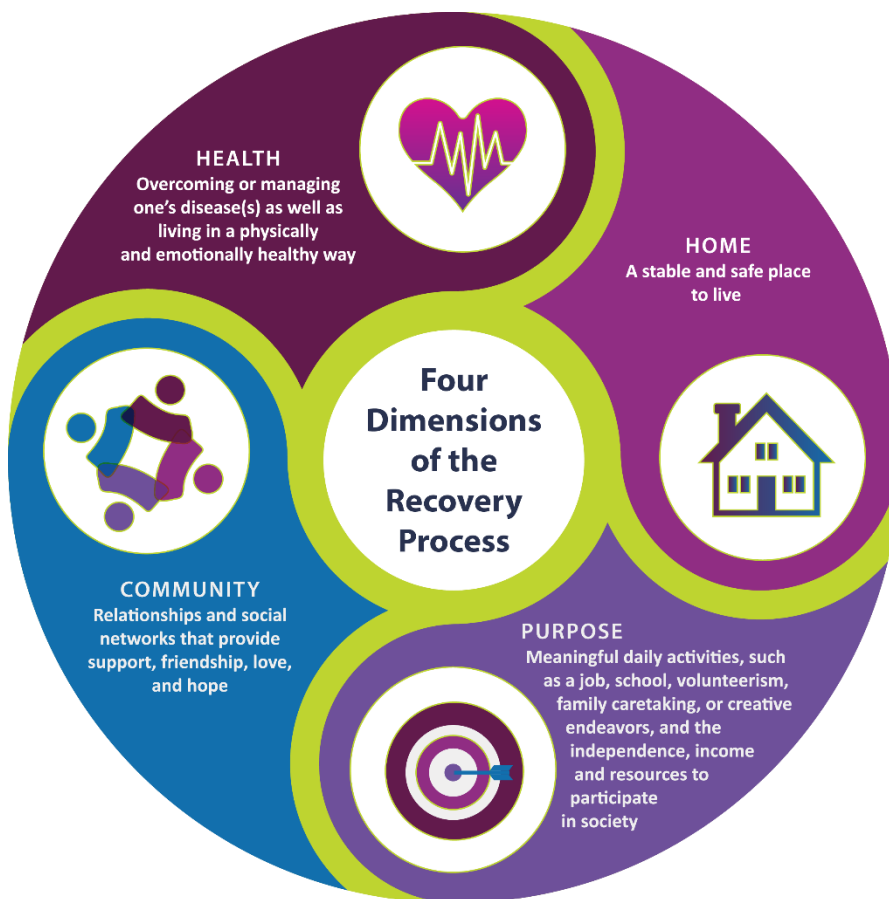
PRO-SOCIAL ACTIVITY	DESCRIPTION
<b>Standing Together on Purpose (S.T.O.P.)</b>	S.T.O.P. is a multi-cultural club that teaches about the heritage and legacy of American people. S.T.O.P. aims to further promote the cultural construction of stable bridges for effective communication between all people.
<b>Toastmasters</b>	Toastmasters utilizes volunteers to empower people to improve communication and leadership skills, find the courage to change, achieve their full potential, and realize their dreams. 
<b>Trauma Informed Peer Support</b>	This is an integrative group process for women who are trauma survivors and who have been involved with mental health or substance abuse services.
<b>Veteran's Group</b>	 This group assists all veterans and honorary members in increasing the opportunities of all veterans to find the best possible employment after release from incarceration. This applies to Veterans of the United States of America and its Allies Forces and their dependents, and the widows and orphans of deceased veterans.
<b>Waterwalks</b>	This group discussion is spiritually based and is facilitated by incarcerated individuals.
<b>WEC Sowers</b>	This program is designed to help inmates learn to care for living things by sowing seeds into plants. The plants are later transplanted into pots for office space or onto the institutional grounds. Additionally, participants learn about Monarch butterflies and how to increase their population through the plants and flowers they grow. 



# REHABILITATION

## REHABILITATION

Multiple strategies exist to accomplish the Nebraska Department of Correctional Services' mission: 'Keep people safe.' Rehabilitation is a key component to keeping people safe, which includes clinical treatment, non-clinical (cognitive/behavioral) programming, education, vocational and life skills training, reentry planning, and engagement in pro-social activities. The determination for placement into programming is based on the results of a comprehensive Risk/Needs/Responsivity (RNR) assessment administered upon admission and at regular intervals throughout a person's incarceration.



Rehabilitation also includes planning ahead for release, which is necessary for successful reentry into the community. Aspects of this planning include individualized social work services for high needs individuals and intentional reentry planning for all individuals. Every individual receives a Reentry Workbook upon admittance to the NDCS. By completing this workbook, individuals can identify where their strengths are as well as where they may need assistance or more resources. With support from their Reentry Specialists, individuals can work toward creating a plan that will promote a productive approach to their incarceration as well as successful reentry into the community after release. By working together with NDCS staff, individuals can learn about and utilize opportunities that they may not have had in the past.




# REENTRY SERVICES

## REENTRY SERVICES

The NDCS Reentry Team offers hope, reentry planning, and support to all incarcerated people at the beginning of their sentence, throughout incarceration, and after release so they can live successfully as included members of their community. Reentry services are individualized to meet the needs of the client and are aimed at creating opportunities for transformational change that will reduce the risk of returning to criminal behavior.



Reentry services staff members are specially trained to assist people with intentional reentry planning. Reentry Specialists are available in every facility to help clients develop their reentry plan and connect them with people, programs, and services that will help them achieve their goals. Reentry staff can assist with developing comprehensive reentry plans that include housing/transitional living, employment/education, transportation, ID credentials, medical/mental and behavioral health treatment.





REENTRY MEETING TYPE	DESCRIPTION
<b>Orientation Planning *Group</b>	<p>Available at intake facilities for all newly committed individuals. The purpose of this meeting is to discuss the importance of preparing for release and opportunities available inside our facilities that will provide a pathway to success, regardless of the amount of time a person is serving. Topics discussed are the different routes to reentry and what is needed or expected prior to release, Reentry Workbook information, and assistance with beginning to build a Reentry Action Plan for successful reentry.</p> <p><i>***Opportunities to order a birth certificate will be offered at this meeting. A valid Nebraska State ID is required to promote to Work Release. If an ID card is not available, then a birth certificate is needed to obtain a Nebraska State ID.</i></p> 
<b>50% Planning *Group</b>	<p>Available to parole eligible individuals who have served 50% of their sentence. Identify reentry needs and discuss potential barriers that may prevent being granted parole. Discuss the parole process and conditions that may be required. Discuss opportunities in the community and begin forming connections that will aid in support and successful reentry.</p>

# REENTRY SERVICES

REENTRY MEETING TYPE	DESCRIPTION
<b>157 Day Reentry Planning for RHU</b> <i>*Individual</i>	Provided to individuals in Restrictive Housing who are within 157 days of their scheduled release. The purpose of this meeting is to assist individuals with developing a realistic plan that will provide them with appropriate structure, support, and services to best ensure their successful transition back into the community. These meetings are a collaborative effort between Reentry, Social Work, Case Management, and Behavioral Health staff, to ensure offender needs are met and risk to the community is limited.
<b>120 Day Discharge Planning</b> <i>*Group</i>	Available to people within 120 days of their scheduled release on post-release supervision or discharging without supervision to learn about services available in the community to assist them in: developing skills that will help land a meaningful job, obtaining and maintaining employment, managing medical or mental health needs, transportation assistance, educational opportunities , and positive support.
<b>120 Day Parole Planning</b> <i>*Group</i>	Available to people within 120 days of their scheduled parole hearing to discuss expectations and requirements of parole. Explain the parole process and prepare participants for their parole hearing. We provide assistance in obtaining a suitable parole residence through exploring housing options, provide applications to transitional housing programs and facilitate interviews for potential candidates. 
<b>30 Day Discharge Planning</b> <i>*Individual</i>	Available to people discharging without supervision approximately 30 days prior to release to develop a comprehensive reentry plan that addresses all of the participants reentry needs. Ensure participants have safe housing and direct transportation to their residence on the day of their release. Participants are provided information about services available to them in the specific communities where they are returning. Whenever possible we schedule appointments with needed services for medical, medication management, and mental health services. Additionally we aim to enroll participants in programs that will assist with obtaining employment or education services.
<b>Reentry Planning with Interpreter Services</b> <i>*Group and Individual settings</i>	All Planning Meetings are available to Non-English speaking participants through NDCS interpreter services.
<b>Reentry Inner Circle</b> <i>*Group</i>	 Group forum to discuss reentry planning with peers and assist with accessing resource information. Includes guest presentations and reentry activities.
<b>Reentry Events</b>	As available, Reentry staff will host reentry events. These events include: Guest Speakers Reentry Fairs Panel Discussions Reentry Workshops

# REENTRY SERVICES

Successful reentry involves more than just transitioning from the criminal justice system back into the community. It is something that has long term, lasting effects with a goal of individuals becoming the best version of themselves. Creating a better life is a continual process that is made up of many choices. Choosing to be proactive with reentry planning will provide tools and resources to help set a foundation on which future successes can be built. Reentry planning is an invaluable service that the Reentry Team members provide by connecting individuals with information, people, and opportunities to create a Reentry Action Plan that addresses each individual's unique needs in the following areas:






<b>Housing</b>	 <p>Obtaining safe and affordable housing can be a main concern that many individuals are presented with when they are released from prison. It is important to plan ahead and consider what residential plan will work best and what is needed for this goal to be achieved. Saving money can ensure that when it comes time to leave prison, financial barriers do not hinder success. With all of the changes that happen after release, individuals may become overwhelmed. Transitional living might be a good option that could help alleviate some of the stress by providing continuous, direct support. Working with a Reentry Specialist will help with identifying resources as well as assistance with setting up plans for appropriate housing options.</p>
<b>Mental Health &amp; Substance Abuse</b>	<p>Having tools and services in place to manage mental wellness can help with success during and after incarceration. Some ways to promote mental wellness are to take all prescribed medications, follow treatment plans, locate a counselor, and identify treatment options. By using talents and strengths positively, developing healthy relationships, investing in spiritual growth, volunteering, and even getting a job can help individuals find purpose and meaning.</p>
<b>Medical</b>	 <p>Affordable health care is a top priority and having affordable care and medications is vital. It is important for each individual to take care of themselves while in prison, including exercising and making good food choices. Good health can have a great impact on success during and after release.</p>
<b>Employment &amp; Education</b>	<p>Working toward goals begins now. Being incarcerated does not mean that accomplishments are overlooked. Positive actions taken while incarcerated can have a major impact on life in the community as well as future opportunities. An individual with a prison job can improve skill sets and build work ethic. Getting an education, GED, computer skills, interview skills, a turnaround letter, and attending résumé writing classes are also opportunities that can be utilized. There are many resources in the library and school that can help you prepare for the job or career you want to have.</p>
<b>Family &amp; Social Support</b>	 <p>Forming and nurturing healthy support systems with the people that want you to succeed plays a vital role in successful reentry. Taking time to build and repair relationships with family, friends, and community can increase current and future success. Reentry can be easier if there is a positive support system in place due to the encouragement and stability that can be provided to the individual. Other options for support systems include members of faith based organizations, pro-social activities, mentors, and peers.</p>
<b>Hobbies &amp; Leisure Activities</b>	<p>Boredom can be a concern for both those incarcerated as well as individuals that have been released from prison. Developing interests and talents can help with success by providing enjoyable opportunities for personal expression, stress relief, and developing skills.</p>
<b>Community</b>	 <p>Parole or Post-Release Supervision (PRS) may be a part of an individual's reentry plan. Reentering the community after any period of incarceration may present challenges and temptations. Community supervision provides assistance and support as well as promoting accountability as individuals transition to life outside of prison. <i>Since Parole is discretionary, program participation is often a requirement for promotion to Parole. It is recommended to participate in all advised/required programs to help facilitate success.</i></p>

# VOCATIONAL & LIFE SKILLS PROGRAMS (VLS)

## VOCATIONAL AND LIFE SKILLS PROGRAMS (VLS)

NDCS offers a variety of vocational and life skills training programs to prepare individuals for gainful employment after release. These vocational programs, along with other reentry focused programs that are listed below, provide a variety of services intended to increase employability and reduce recidivism. They target the five stabilizing factors including housing, employment/education, mental health, substance use, and supportive relationships.



REENTRY FOCUSED PROGRAMS	DESCRIPTION	
<b>Cornhusker State Industries</b>		Cornhusker State Industries (CSI) establishes employment opportunities for individuals that approximate private-sector work opportunities as well as presenting forklift training and certification.
<b>Defy Ventures</b>		<p>This privately funded program through Defy Ventures utilizes volunteers who present content that targets entrepreneurial-minded individuals and offers intensive leadership development, business plan competitions, executive mentoring, financial investment, and startup incubation.</p> 
<b>Metropolitan Community College (MCC)</b>		 <p>MCC offers courses in résumé writing, job preparation, higher-level education, and employability skills. Training and certification is also offered in forklift operation.</p>
<b>Planning with a Purpose</b>		Planning with a Purpose, presented by Released and Restored, teaches constructive thinking, responsibility, and goal setting to individuals at OCC.
<b>Released and Restored</b>		Volunteers from Released and Restored provide life skills training for employment, finances and consumer education. The program also focuses on helping individuals learn critical thinking skills, recognize distorted thinking, and develop techniques to address problem areas.
<b>Released and Restored: Empower</b>		Released and Restored provides tools and support systems that are needed to live productive, moral, ethical, and legal lives after release from incarceration.
<b>Rentwise</b>		Rentwise educates renters on how to obtain and keep rental housing.
<b>Résumé classes</b>		<p>The Omaha Public Library provides résumé classes to help incarcerated individuals prepare for employment searches and interviews.</p> 



# VOCATIONAL & LIFE SKILLS PROGRAMS (VLS)

In 2014, the Nebraska Legislature passed LB 907, which allocated funds for the Nebraska Department of Correctional Services to partner with community agencies to provide vocational & life skills training programs to people while incarcerated, on parole or under probation supervision and for up to 18 months after release from NDCS. The providers apply for a grant and are selected based on specified criteria. The current 2-year cycle, which began in July of 2018, includes the eight partners listed below.

GRANT FUNDED VLS PROGRAMS	DESCRIPTION
<b>180 Reentry Assistance Program</b>	 <p>This program provides incarcerated individuals with preparation for the workforce through noncredit work readiness workshops. It will also help individuals determine their career pathways and to better prepare for their eventual release.</p>
<b>Associated Builders and Contractors (ABC) Construction</b>	 <p><u>ABC Construction Technology</u> is a grant-funded provider offering training programs that are followed by a building project. The project allows students to experience work-based learning and hands-on applications in carpentry, plumbing, electrical, HVAC, drywall, roofing, finish carpentry, and painting.</p> <p><u>ABC Applied Construction Math</u> covers division, decimal/percentages, reading measurements, calculating area, angles volumes, pressure, shapes, volume, pressure, and solving for the unknown.</p> <p><u>ABC Core Curriculum</u> includes basic safety, introduction to construction math, hand tools, power tools, construction drawings, basic rigging, communication skills, employability skills and material handling.</p> <p><u>ABC OSHA Construction</u> provides overview of safety applications on a construction site and governmental regulations.</p> <p><u>ABC OSHA General Industries</u> provides entry-level information about employee rights, employer responsibilities, how to file a complaint, how to identify and prevent job related hazards.</p>
<b>Mental Health Association</b>	 <p>This grant program provides short-term transitional housing and supported employment services for formerly incarcerated adults living with behavioral health issues. (HOPE, REAL, Honu House)</p>

# VOCATIONAL & LIFE SKILLS PROGRAMS (VLS)

GRANT FUNDED VLS PROGRAMS	DESCRIPTION
<b>Mid-Plains Community College (MPCC)</b>	 <p>MPCC Access to Workforce Opportunities Program will provide short course trainings to teach marketable skillsets to individuals residing at WEC. Individuals will earn certificates of completion and applicative training credentials that will provide the ability to obtain competitive employment following their release. Some of the available certificate programs include CDL training, business courses, CPR/First Aid, OSHA hazards training, and forklift safety training.</p>
<b>ReConnect: Vocational and Life Skills Program</b>	 <p>ReConnect places emphasis on employment preparation and retention skills while also helping clients develop comprehensive problem solving and life skills needed to be successful in the workplace and in life. There are 3 separate programs through ReConnect, which are:</p> <p><u>Final Number</u> is a program that helps participants to make better choices and examine thinking patterns preparing them to take advantage of opportunities in prison that will help them succeed.</p> <p><u>Pass it on</u> is designed to help individuals, that are serving sentences of 15 years to life, develop peer mentors in prison and to help them serve their prison sentence productively.</p> <p><u>Success Prep</u> helps participants examine behaviors and attitudes that may have contributed to their incarceration and focus on skills critical to reentry.</p>
<b>TRADE Program:</b>	<p>The TRADE Program, offered through the Center For People In Need (CFPIN), teaches vocational and life skills core classes including Conflict Resolution, Critical Thinking, Communication, Personal Finance, Healthy Relationships, Basic Computer, Welding and Job Preparation. TRADE is currently offered at LCC and NSP.</p>
<b>Western Alternative Corrections/Bristol Station</b>	 <p>Bristol Station is a Residential Reentry Center that individuals can utilize after release. Services offered by Western Alternative Corrections include but are not limited to: Residential, Transition Skills, Basic Money Management, Cognitive Behavior Therapy, Parenting, Family Reunification, Vocational Assessments, Job Placement Services, Individual Program Planning, Risk/Needs Assessment, Progress Meetings, Case Notes and Release Planning.</p>
<b>York College</b>	 <p>The Second Chance Education Program (SCEP) offers individuals the opportunity to earn an associate's degree in 3.5 years while incarcerated at NCCW. SCEP students are treated as traditional York College students, as much as their situation allows, and all classes are taught by York College instructors.</p>



# SOCIAL WORK SERVICES

## SOCIAL WORK SERVICES



NDCS licensed social workers provide reentry assistance to individuals who display one or more risk factors, such as major mental illness, history of sex offenses, history of violent offenses, history of chronic substance abuse or serious and chronic medical conditions.

The primary role of the social worker is to provide comprehensive and integrated discharge and aftercare planning, serve as a resource and consultant to other NDCS staff members and to provide mental health services to incarcerated individuals as needed. They provide a variety of services, including assistance with obtaining Social Security, Medicaid, food stamp benefits, identification documents, veteran's assistance; securing appropriate living arrangements; arranging medical appointments; and providing information on community resources.

ASSISTANCE	DESCRIPTION
<b>Social Security Application</b>	Social workers provide assistance in obtaining and completing Social Security applications to individuals who qualify and are 90 days from discharge, post release supervision or parole. 
<b>Community Coordination</b>	Social workers coordinate with a variety of community providers and agencies for mental health services, substance abuse treatment and medical services. Providers include the Veteran's Administration, DHHS, treatment agencies, private practice and non-profit organizations.
<b>Living Needs</b>	Social workers assist individuals with high medical/mental health needs to find clothing resources, apply for benefits or general assistance and other life needs.
<b>Medical Services Coordination</b>	Social workers assist individuals with high medical needs to set appointments for medication management, healthcare and provide resources to obtain medical insurance.
<b>Specialized Housing Services</b>	 Social workers provide assistance to individuals with high medical/mental health needs to obtain transitional living, assisted living or skilled nursing care, as needed.
<b>Specialized Population Served</b>	Specialized Population Served offers services for individuals with mental illness or serious chronic medical conditions that are high risk and multi-needs.

*Be The Change*

# INMATE ACCOUNTING

## INMATE ACCOUNTING

Inmate accounting is designated to assist with the financial aspects of incarceration. It is important to begin financial planning now so that individuals can make the most of the time while incarcerated and to be prepared for possible needs prior to, upon, and after release.

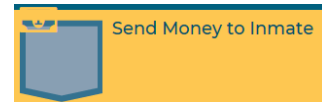


There are several ways that individuals can receive money while incarcerated. The first is by employment within the facilities or in the community once eligible at a work release center. Work positions, over time, will assist with the funds that are needed for supplies and other needs as well as funds that may be needed upon release. Working will also help with building social skills, allow new skills to be learned, build professional relationships, provide an outlet for activity, ease boredom, and may even help with securing employment after release by demonstrated responsibility.


The second opportunity to earn money is by participating in the County Jail Initiative for housing.

The third way to receive income is by outside sources. Funds from others in the community, including family and friends, can be sent to incarcerated individuals by either of the following:

- \$ Sending a money order
  - o complete with the sender's first and last name (must be legible), address, and signature
- \$ Electronically, using JPay portal on the NDCS website at <https://corrections.nebraska.gov/send-money-inmate>





NDCS Inmate Accounting offers several types of accounts.

ACCOUNT TYPE	DESCRIPTION
<b>Institutional</b>	Wages, authorized funds received from external sources, etc. are placed into this 'spending' account. These funds can be spent at the Canteens, for special orders, support to immediate family, copies, etc.
<b>Confiscated</b>	Unauthorized funds, funds in violation of department rules, excessive tokens/picture tickets, cash, etc. are placed in this non-interest-bearing account. Funds become available upon release with a few exceptions.
<b>Release Savings</b>	Five percent of wages is placed in the Release Savings account to be available upon release.
<b>Regular Savings</b>	 An optional Regular Savings account can be established by submitting a Savings Request Transaction form through housing unit staff. All savings accounts earn interest with a minimum balance. A minimum of \$50 is required to open and sustain this account.



# INMATE ACCOUNTING

ACCOUNT TYPE	DESCRIPTION
<b>Private Venture</b>	A Private Venture savings account is established when working for CSI and can be used for family support. All savings accounts earn interest with a minimum balance.
<b>Suspense</b>	Insufficient fund checks for legal postage, legal copies, DNA testing fee, certain telephone calls, eyeglasses in certain cases, shower shoes/padlocks/telephone headphones (or FM receivers), Canteen fees, etc. post the this account until funds become available in the Institutional Account to pay the debt.
<b>Restitution</b>	Established to collect costs for property destruction, escape, absconder, predetermined agreements, etc. until funds become available in the Institutional Account to pay the debt.
<b>Legal</b>	 <p>Used to collect legal obligations as specified by the courts administrated by NDCS Inmate Accounting based on legal documents. Court orders are not subject to NDCS Policy to leave \$10 per month available.</p>
<b>Maintenance</b>	Established to money due to the NDCS from individuals on work or educational release until funds become available in the Institutional Account to pay the debt.
<b>Parole</b>	Established to collect monthly fees assessed to individuals on parole until funds become available in the Institutional Account to pay the debt.
<b>Gate Pay</b>	<p>Gate Pay shall be paid to an individual in accordance with Nebraska Revised Statute 83-187. Gate Pay shall be a maximum of \$100 and shall be paid only once per individual identification number. The \$100 gate pay amount is reduced by the balance of funds from all account types on the day the Release Statement is prepared and any advancement of Gate Pay when on work release. Parole violators are not eligible for gate pay. Gate Pay shall not be paid to an individual who is paroled to a detainer EXCEPT if the detainer is satisfied prior to the expiration of an individual's Nebraska parole supervision or the detainer is satisfied within 60 days of release.</p> 



# INMATE ACCOUNTING

Inmate Accounting can also assist with other various aspects of incarceration. The list below outlines some of these areas.

TYPE OF ASSISTANCE	DESCRIPTION
<b>Birth Certificates</b>	<p>Individuals who do not have sufficient funds to purchase their own birth certificate for release planning will have the birth certificate purchased by NDCS via a Materiel Request for Purchase. The individual will be required to provide a stamped addressed envelope, birth certificate application, and an institutional check that will be assessed on the individual's Suspense Account for collection.</p> 
<b>Indigent Individuals</b>	<p>Indigent individuals are those who have not had a balance of \$10.00 or more on their trust accounts available for spending during the past 30 days. An individual who is determined to be indigent shall receive personal hygiene items, up to five stamped envelopes or \$2.50 debit calling time and writing paper each month. Total indigent debit calling time shall not accumulate to more than \$10.00.</p>
<b>Inmate Trust Fund</b>	<p>Surplus funds will be invested with interest to the benefit of the Inmate Welfare fund. Checks that are outstanding for two years or more are written off and the money transferred to the Inmate Welfare account on a monthly basis. Outstanding checks more than three months old and over \$75 are researched and the payee contacted whenever possible.</p>
<b>Parole or Discharge to a Transitional Facility</b>	<p>Individuals may contact their parole officer or reentry specialist to discuss the option of using funds on their Release Savings account for the first month's rent and deposit, if required. At least \$100 and preferably \$200 would remain on the Release Savings account to be included in their release check to assure they have funds to meet immediate needs other than housing. The individual must be in a parole pending status or within two weeks of discharge to have the funds disbursed to the transitional living facility. If approved, the individual will need to provide an institutional check payable to the transitional living facility along with an addressed stamped envelope.</p> 
<b>Release Statements</b>	<p>Prior to an individual's release from custody, a Release Statement will be prepared by NDCS Inmate Accounting outlining the individual's financial status. Along with the Release Statement NDCS Inmate Accounting will prepare a release check of all funds on an individual's account and gate pay, if applicable. The release check will be made available to the individual when leaving the facility.</p>

# INMATE ACCOUNTING

TYPE OF ASSISTANCE	DESCRIPTION
Release Transportation	<p>Reentry begins at intake and continues as the incarcerated individual returns to the community. In order to provide the greatest opportunity for successful reentry into the community, NDCS provides transportation upon the individual's discharge or parole. In general, transportation is a bus ticket, which will be purchased to the bus depot closest to the individual's destination or residence within the continental United States, if requested.</p>  <p>Transportation will be furnished to the closest transportation facility. If the destination is a treatment program, half-way house, vocational program, or other such program facility within the state of Nebraska, and the bus does not run to or near that program facility, other means of transportation may be utilized.</p>
Shopping Requests	<p>Shopping requests will only be processed for community custody individuals when they cannot use their prepaid debit card to complete a transaction. Specific details on how the funds were spent as well as receipts and any remaining cash must be immediately submitted to staff upon return to the facility.</p> 
Transition to Work Release	<p>Individuals entering the work release program may request up to \$100 of their release savings. These funds must be used in the individual's efforts to obtain employment or purchase clothing, equipment, or tools for work. Individuals may submit an Interview Request to Unit Staff specifying how release savings funds will be used within the first 30 days of placement in the work release program. This will be a one-time transfer of funds approved by the warden or designee of a work release facility.</p>

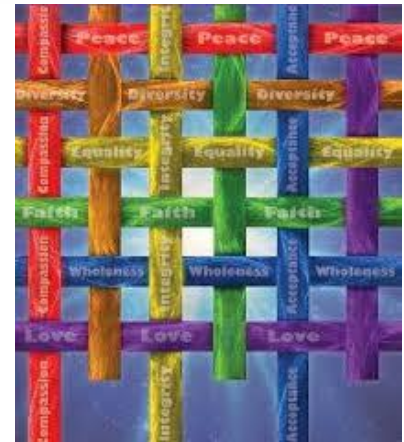


# RELIGIOUS SERVICES



## RELIGIOUS SERVICES

Religious Coordinators will assure equal status and protection for all religions represented by the incarcerated population. Religious coordinators are trained in knowledge of all 20+ NDCS accommodated religions and they also have knowledge of unaccommodated religions. NDCS Religious Centers are overseen by the Religious Coordinator and offer a religious resource library, audio tapes, videos for communal use, donated materials and guest speakers. Volunteers often donate their time and talents so that the spiritual needs of our population are met. Religious Coordinators are available to:

- ❖ Provide spiritual counseling
- ❖ Provide guidance on organizations to contact
- ❖ Provide individuals with contacts in the community
- ❖ Provide information on when accommodated religions meet
- ❖ Assist to achieve accommodation
- ❖ Provide details on regulations concerning religious property



NDCS also offers Faith Based programs such as the following:

PROGRAM	DESCRIPTION
<b>ALPHA</b>	Alpha USA developed a model of reentry, which encompasses both pre and post release interventions for offenders. The initiatives all report positive results in terms of ease of prison management and reduction of recidivism rates. Initiatives are collaborations of faith-based, community organizations and the prison for providing evidence based practices through modified therapeutic community practices and curriculum.
<b>Marriage Builders</b>	Marriage Builders is a 13-week program where 10 married couples come together weekly to strengthen their marriages. The program culminates with a special catered candle light dinner for every participating couple. 
<b>Brothers In Blue (BIB)</b>	The mission of this organization is to develop faith-based leaders within a secure facility who in turn will help develop a community of acceptance and diversity on the inside. BIB holds a 3 ½-day weekend event led by volunteers. During the weekend, there is a series of talks, discussions, time for meditation and laying the foundation for creating a community of acceptance and diversity.
<b>Kairos</b>	 The mission of this organization is to develop faith-based leaders within a secure facility who in turn will help develop a community of acceptance and diversity on the inside. Kairos holds a 3 ½-day weekend event led by volunteers. During the weekend, there is a series of talks, discussions, time for meditation and laying the foundation for creating a community of acceptance and diversity.



# RECREATION

## RECREATION



The NDCS Recreation department has many opportunities for individuals to join teams, leagues, and individual competitions. The types of recreation may not be the exact same everywhere, but each facility has a variety of activities available. The following are some options that may be available.



Flag  
Football



Bowling



Volleyball



Basketball



Soccer



Cabbage  
Ball



Chess



Bocce Ball



Sand  
Volleyball



Bench/Deadl  
ift



Pickle Ball



Horseshoes



Body  
Building



Pitch



Dominoes



Pinochle



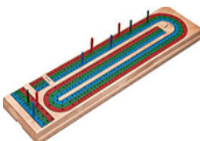
Ultimate  
Frisbee



Softball



Dart & Ping  
Pong



Cribbage



Dance



Kickball



Yolf



Karaoke

# RECORDS

## RECORDS

The NDCS Records office maintains the confidential documents contained in each incarcerated individual's file. Records staff is also available to assist with other information. The following are some of the areas that Records can assist with.



TYPE OF ASSISTANCE	DESCRIPTION
<b>Birth Certificates</b>	 <p>Records can assist any incarcerated individual, that was born in the United States, with obtaining a birth certificate. It is wise to order these as soon as possible as some states can take a very long time to process applications and send the birth certificates.</p>
<b>Personal Property</b>	<p>Documents and property, such as IDs, are held in the Records Office until they can be released to the individual upon release.</p> 
<b>Release Paperwork</b>	<p>Each individual will meet with Records staff prior to releasing on parole or discharging. It is at this time that all release paperwork will be completed.</p>
<b>Sex Offender Registration (SOR)</b>	<p>Individuals that are ordered to register as a sex offender will be required to sign their registration paperwork and notice of responsibilities. This process will happen upon entrance into NDCS as well as when transferring to a Community Corrections Center, participating in furloughs in the community for any length of time, finding employment while on work release, and when releasing from NDCS custody. Fingerprints and palm prints will also be obtained upon entrance into a NDCS intake facility.</p>
<b>Social Security Cards (SSC)</b>	 <p>Individuals can apply for a replacement SSC if they have been issued an original SSC in the past, are at least a 4A custody level or are within 120 days of discharge or final parole hearing. *Note* there is a limit to the number of SSC replacements that an individual can have in a lifetime and per year. If you do not know your social security number and do not have access to this information, you must then apply for a SSC in person at the Social Security Administration office in downtown Lincoln.</p>
<b>Transportation Upon Release</b>	<p>Records staff can issue a bus voucher, upon advanced notice request, to the bus station that is closest to the the individual's destination. The individual will depart from the bus station that is closest to the releasing facility. If there are no bus stations near the intended destination and other transportation options cannot be arranged, Records is authorized to purchase a train ticket when necessary.</p> 

# COMMUNITY CORRECTIONS

## COMMUNITY CORRECTIONS

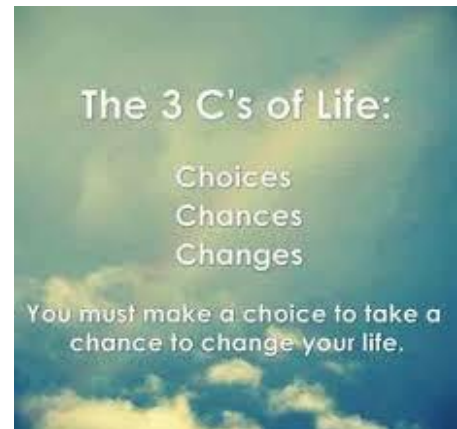


Depending on sentencing structure, programming completion, appropriate behavior, and classification, incarcerated individuals should be prepared for the possibility of promoting to a Community Corrections Center. Community custody is the least restrictive

setting within NDCS and promotes the opportunity for a smoother transition after release by allowing individuals to earn more time to be in the community to work, spend time with their support systems, and attend activities and meetings.

Once arriving at a community corrections/work release center, an orientation will take place as an introduction to the center and to provide direction and other needed information to help with adjusting to a new environment and assist with achieving successful reentry goals. Incarcerated individuals who transfer to CCCL are first assigned to work detail status where they will be assigned a job working generally for NDCS or other state agencies. After the appropriate time on work detail, an individual may become eligible for work release and seek employment in the community without NDCS staff supervision. Individuals may also choose educational release, where they have opportunities to attend local vocational, technical, business, and community colleges and universities.

One of the aspects of residing at a Community Corrections Center is that individuals are presented with new opportunities for responsibility and growth to help them prepare for their future outside of a correctional setting. Some of these responsibilities include securing their own transportation to and from work, being responsible for their own clothing and personal items, pay room and board of \$12 per day, and are expected to adhere to a pre-approved schedule. Individuals are also issued a prepaid debit card, which will be the primary means of accessing approved funds for spending purposes that have been transferred from institutional accounts. Individuals will be able to earn passes and furloughs, which can further assist with reintroduction into society.



Things that will assist with successful transition to a Community Corrections Center and back into the community after release will be; working and planning with a Reentry Specialist, having completed a Reentry Workbook (and turned in if requested), already having the proper documents that will be needed to promote to work release and secure employment, and having programs already completed or are currently participating in them. If Individuals know they are going to be required to attend programming while residing at a Community Corrections Center, they should identify where they will be receiving their Substance Abuse Treatment Program (SATP) and mental health needs, whether this program is offered in the facility or out in the community, and how much the program will cost.



# COMMUNITY CORRECTIONS



In order to be classified to Work Release, identification documents must be secured beforehand. These specific identification documents consist of either a Nebraska State ID card or driver's license. If either of these cards is not available or not valid within the past year, individuals must present their original certified birth certificate at the Department of Motor Vehicles (DMV) to obtain Nebraska State ID card. A photocopy of a birth certificate will not suffice. If a birth certificate is not available, individuals should work with a Reentry Specialist or the Records Office at any of the NDCS

facilities to order a birth certificate prior to transferring to a Community Corrections Center. This should be done well in advance, as there may be a lengthy delay in receiving documents from another state. Individuals will have the opportunity to order their Nebraska birth certificate during the Reentry Orientation meeting.

Individuals shouldn't wait until reaching a Community Corrections Center to start their reentry plans. Reentry planning is a process that often changes and grows over time. Therefore, reentry planning should start immediately upon entrance into the NDCS. Time spent at a Community Corrections Center should be utilized as a time to fine tune release plans, continue to build positive and supportive relationships, work and save up money for needs upon release such as a housing deposit, gather community resources to help with transitioning to life after release, and to complete self-betterment opportunities.

Residing at a Community Corrections Center presents an important opportunity and should not be taken lightly. NDCS staff will guide and encourage everyone that is under our supervision but ultimately, each individual is responsible for their own success and the decisions that they make. Therefore, individuals should take advantage of the time and resources that they have in order to create a better life for themselves and their families.

SUCCESS  
DEPENDS  
ON THE  
SECOND  
LETTER



# COMMUNICATION SERVICES

## COMMUNICATION SERVICES



Communication is vital to everyone and incarcerated individuals are no different. Being able to communicate with support systems and other entities in the community such as family, friends, employers, spiritual advisors and legal counsel, can greatly benefit the health of the individual as well as help with reentry planning. Individuals that are able

to maintain contact with their support systems have the opportunity to continue to build upon those relationships which can encourage less stressful transitions when entering prison and releasing back into the community. Due to improvements in technological advancements, NDCS is proud to offer communication services via electronic tablets. Currently there are two types of tablets for use, depending upon their function such as phone calls, email, games, or music. The two options are listed below.

### GTL



GTL provides technological services that offer incarcerated individuals trusted and economical options and the ability to stay engaged with their support networks by making meaningful connections. In addition to standard phone calls, electronic tablets are now available for usage. Each individual in general population will be assigned a GTL tablet for making phone calls with a limit of 60 minutes per day, (compared with 15 minutes for standard phone calls).



*\*\*\*Note\*\*\* if an individual damages their tablet, they may be prohibited from receiving a replacement or a tablet in the future.*

### JPAY



JPay isn't only used as the service to send money to those who are incarcerated. It is also a media system that includes email and audio/visual components such as music and games. Music and games are purchased and downloaded using a kiosk that is accessible to the individuals on their housing units. Unlike the GTL tablets, JPay tablets that are purchased become the sole property of that individual and can still be used after release from incarceration. JPay tablets come in two size options: 4.3 inches and 7 inches.



# PAROLE & POST-RELEASE SUPERVISION

## PAROLE

Many incarcerated individuals may be eligible for Parole. Parole can be granted as part of a court-imposed sentence, whereas a portion of that time is served under supervision in the community. The purpose of parole is to protect the rights of society and to provide assistance to the parolee, which helps encourage a positive reentry into society as a productive, law-abiding citizen. Parole provides this support by assisting parolees with accessing services, obtaining employment, and navigating challenges as they happen.



Parole does not release the client from the court sentence, but is a privilege that can greatly assist the client with being successful. When granted Parole, each individual is assigned a Parole Officer and must abide by the rules and conditions as part of the terms of their Parole. There are consequences if a parolee does not adhere to the rules and conditions set for them, including new conditions being added to their plan or being returned to a secure facility.

## POST-RELEASE SUPERVISION (PRS)

Post-Release Supervision (PRS) is applicable to individuals that have been ordered to serve a determined amount of time under the supervision of the office of Probation after they have completed their time with the NDCS. The purpose of PRS is to ensure that as a part of a determinate sentence, a post-release supervision plan is created to offer a smooth, meaningful, and comprehensive transition of probationers from a term of incarceration to community supervision. Each individual is assigned a Probation Navigator who will assist with planning for the best options in order to promote success.



# THANK YOU



We hope that the enclosed information is beneficial as individuals navigate the plans that they have for themselves and their time, both in our correctional facilities as well as their return to the community after release. The opportunities that are presented to each person during incarceration are offered to give them the best options available to assist in becoming the best version of themselves. We aspire that they will gain knowledge, personal growth, skills, and hope for a better future for themselves and their families.

Even the smallest of successes is still a success, and no matter what the past says about a person, their future is yet to be created. One conscious step in the right direction each day will eventually lead to dreams and goals being fulfilled. Sometimes that first step may simply be asking for assistance or guidance. Imagine all the possibilities that can be achieved with a little bit of determination and effort! Remember that reentry planning begins at intake, and there will be support and assistance available to every individual along each of those steps while they are a part of the NDCS. Let's work together to build a better and brighter future!

## NEBRASKA

Good Life. Great Mission.

**DEPARTMENT OF CORRECTIONS**

*Produced by Nebraska Department of Correctional Services Reentry Unit.*

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