Another Sunrise,
Another New Beginning

-Jonathan Lockwood Huie
The journey to prison is hard, and can leave you tired and discouraged. For maybe the first time in your life, you will have the ability to just focus on yourself. Use this time wisely and do everything in your power to put yourself in a position to be successful upon release.

It is never too early to start thinking about what you want your future to look like. Knowing where you don’t want to be simply isn’t enough. Visualize what success looks like. Where will you live? With whom? What job will you have? Who will be in your home? Who will you count on? Who will count on you?

This Workbook is one tool to help you start putting together that plan and to help you identify the necessary steps to make it happen.

The Department is invested in your success. There are a variety of team members ready to assist you on your journey, including case managers and other unit staff, reentry specialists, social workers, teachers, program facilitators, therapists, counselors and medical staff, as well as volunteers and other service providers.

This Workbook provides tips on how to plan for the future you desire in regards to employment, education, housing, community support, and more. Not only can you learn about available resources, but also how to access them. We’ll be with you every step of the way.

Our hope is you will reference your Workbook often throughout your time here and continuously evaluate where you are and where you want to be. There will undoubtedly be struggles along the way, but the struggle you’re in today is developing the strength you’ll need for tomorrow. The journey won’t be easy, but if you take advantage of the opportunities presented to you, it will be worth it!
This workbook is designed for individuals who are incarcerated and will assist in:

- Creating a plan that will help you succeed in life and to help you achieve your personal goals.
- Identifying, understanding, and organizing the decisions you will need to make in order to accomplish those goals.
- Recognizing and appreciating the fact that with the right support and well thought-out plan, YOU CAN DO THIS!

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Reentry starts at Intake. Consider your time in three phases (see below). Each day is one step closer to the day you reenter the community and each one can be used to increase your likelihood for success. Whether you are serving a short, long, or even a life sentence, the goal is to live a better life. And, that starts on day one.

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

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

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

Throughout this workbook you will be given the opportunity to put your plans down on paper. Your Workbook is meant to be a living document, so as your plans come together or things change, information noted in your Workbook should change, as well.

We understand it will look different for everyone, and we are excited to help you develop a plan tailored for your success.
Within the first two weeks of your incarceration, you will be invited to attend a Reentry Orientation meeting where we will discuss how you can best utilize your time. No matter how much time you may have to do, there will be opportunities afforded to you that can make your time productive. Whether you are going to be on parole supervision, on post-release supervision, or discharging without supervision, we will discuss what that process will look like and how to best prepare yourself for release.

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

If you discharge without supervision you will meet with a Reentry Specialist to discuss the comprehensive plan that has been developed with you over the last 120 days. This is designed to ensure that you have safe housing and transportation to your residence on the day of your release and to offer information regarding specific providers in your community that can assist with anything from employment to educational opportunities.
You are so much more than the worst thing you’ve ever done. You are not just a “felon” or “inmate.” You do not have to wear that label around like a mark of shame. You are much more than that and have different skills and strengths through each of the roles that make up your life.

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

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

As you complete this workbook and plan your life, it is important to identify all of the things that make you, you, and remember that this circumstance does not define you.

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

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

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

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

As you become within 3 years of your parole eligibility date, tentative release date, or a scheduled parole hearing, you will have the opportunity to start participating in any clinical recommended treatment, such as the Violence Reduction Program, Residential Substance Use, or sex offender treatment. This is the ideal timeframe to get the most benefit out of taking the needed programming. You will have the opportunity to be considered for work release when you are within a year of your parole hearing or tentative release date. This will give you an opportunity to obtain employment in the community and save money for when you are released.

In order to be placed at a community corrections center, you must be within 3 years of your tentative release date, or have a parole hearing within the next 2 years. If your programming needs have not yet been completed, you may have difficulty getting placed at a community corrections center. This is why you should complete your programming as soon as the opportunity presents itself.

There are two types of community supervision; parole and post-release supervision. If you are parole eligible, you have been given a parole eligibility date based on your sentence structure. Parole is discretionary, meaning that you need to be granted parole by the parole board. You will be working with a Reentry Specialist to develop your Parole Plan. This includes your residence, which will be investigated by a parole officer. There are five members on the parole board and you will need to get approval from three parole board members in order to be granted parole. They will be looking at if you completed your recommended programming, your institutional behavior, and your reentry plan among other things.

Post-release supervision, is operated by probation. It is court ordered and cannot be refused. The judge sentenced you to complete a certain amount of time incarcerated and gave you the opportunity to complete the rest of your sentence in the community. Probation has their own staff, Probation Navigators, who will be assisting you with developing your reentry plan.
A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

Her mother took her to the kitchen. She filled three pots with water. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, “Tell me, what do you see?” “Carrots, eggs, and coffee,” she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they were soft and mushy. She then asked her to take an egg and break it. After pulling off the shell, she observed the hardened egg. Finally, she asked her to sip the coffee.

The daughter smiled as she tasted its deep flavor and inhaled its rich aroma. The daughter then asked, “what’s the point.”

The mother explained that each of these objects had faced the same adversity—boiling water—but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it became weak. The egg had been fragile. Its thick, outer shell had protected its liquid interior, but after sitting through the boiling water its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

“Which are you?” she asked her daughter. “When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?”

Think of this: Which am I? Am I the carrot that seems strong? But with pain and adversity, do I wilt, give up, and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean actually changes the hot water—the very circumstance that brings the adversity, the pain, the hardship—into something quite wonderful. When the water gets hot, it releases its fragrance and flavor. If you are like the bean, when things are at their worst, you rise, you get better, you change the situation around you for the better.

When the hours are the darkest and trials are their greatest do you elevate to another level? How do you handle adversity? ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?

-Author Unknown
Community supervision gives you the opportunity to get out of prison, while also having the support of a supervision officer. There are community supervision offices throughout the state to allow you to reside in an area ideally set up for your success upon release. This could include being close to family and support and having access to services and employment opportunities.

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

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

How you can use what you’ve learned:
- Start preparing a realistic plan for supervision
- Speak confidently to the parole board regarding your plan
- Be knowledgeable of what will be expected of you on supervision
The Office of Parole Administration was established by the Nebraska Legislature in August 1969 as a part of the Nebraska Department of Correctional Services (NDCS). Effective July 1, 2016, Parole Administration transitioned from the Nebraska Department of Correctional Services to the Nebraska Board of Parole. In July 2018, the Office of Parole Administration became the Division of Parole Supervision pursuant to 2018 LB 841.

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

Parole officers are responsible for monitoring a client’s behavior. They are also responsible for assisting the client to build strengths and change their thinking processes. This is an effort to reduce the client’s chance of returning to prison. Parole officers ensure compliance with the conditions of parole utilizing tools such as drug testing and electronic monitoring. Officers guide clients to needed programming such as drug/alcohol treatment or mental health counseling.

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

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

Q: May I reside with someone in my family or household who is a convicted felon?
A: You will need to discuss this with your parole officer. Sometimes this can be allowed when it appears to be in your best interest; when it appears that the plan will be stable, and when the person you want to live with appears to have made changes in his/her lifestyle.

Q: Can I go to a restaurant that serves alcohol?
A: Yes, as long as that restaurant’s primary business is not alcohol, and you do not consume alcohol. Other considerations may be applied on a case-by-case basis. Talk to your parole officer about a location you are considering going to, and they will be able to tell you if it is acceptable.

Q: What if I sometimes live at home and sometimes with a friend or other family member?
A: You must live full-time at only one residence, unless permission is obtained from your parole officer. Prior approval must be obtained for any overnight stays outside your residence.

Q: Will being around someone who uses drugs cause my drug test to be positive?
A: No. A “contact high” will not put the drug into your system. Sexual contact with someone who is using or has used drugs recently does not transfer the drug to your system; however, being with someone who is using places you at risk for relapse, and this is a topic you should discuss with your sponsor, parole officer, or other person who wants to help you succeed.

Q: Can I take over-the-counter/non-prescription medications?
A: Yes, when they are used in accordance with the proper dosage as listed on the label. When performing a drug test, ALL medications should be reported to the officer, whether they are prescribed or not.

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

Q: What if I have a disagreement or concern regarding my parole officer?
A: Feel free to discuss this directly with your Parole Officer. If you cannot resolve the issue with your parole officer, you may talk with a Supervisor.
Division of Parole Supervision
Administrative Office
Parole Supervision
421 South 9th Street
Heritage Square Building, Suite 220
Lincoln, NE 68508
(402) 479-5771

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

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

Grand Island Regional Parole Office
Great Western Bank
1811 West 2nd Street, Suite 225
(308) 309-2382 or (308) 482-0584

Kearney Regional Parole Office
4009 6th Avenue, Suite 22
Kearney, NE 68845
(308) 999-9769

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

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

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

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

Norfolk Regional Parole Office
Norfolk Regional Center
P.O. Box 1209
1700 North Victory Lane
Norfolk, NE 68702-1209

Fremont Regional Parole Office
212 East 8th Street
Fremont, NE 68025
(402) 658-4566

After Hours Statewide Emergency Contact:
(402) 310-5017
Parole Résumé

My Housing Plan is:

This is a good plan for me because:

What I’ve done to prepare myself for Parole while incarcerated:

<table>
<thead>
<tr>
<th>Recommended Programs Completed:</th>
<th>Completion Date</th>
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What did you learn about yourself in these classes?

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<thead>
<tr>
<th>Voluntary Programs Completed:</th>
<th>Completion Date</th>
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How will these classes help you be successful in the community?

<table>
<thead>
<tr>
<th>Education Completed:</th>
<th>Completion Date</th>
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How will this help you get a better job?
Parole Résumé Cont.
My support system in my community is: (Friends, Family, Volunteers, etc.)

My plan for Employment in my community is:
   Why am I interested in this job?

_How will I get to and from work, appointments with my parole officer, etc.?_
My plan for transportation is:

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

Do you have proper identification documents? Birth Certificate? Social Security Card? State ID?

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

Explain any Misconduct Reports received in the past year:

Regardless of the outcome, be sure to thank each member of the Parole Board for seeing you.
**Post-Release Supervision**

**WHAT IS POST-RELEASE SUPERVISION**

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

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

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

At 120 days prior to release, the Navigation Officer will have an in-person meeting with you which could last up to 2 hours. During the meeting, the Navigation Officer will complete a Risk and Needs Assessment as well as any other screening tools to assist in creating a reentry plan that will address all of your risk areas. The Navigation Officer will also get updated information on progress and programming you have been participating in. You and the Navigation Officer will discuss the best placement for you upon release. Any services that need to be arranged for success upon release will be identified.

Prior to release, there will be a final meeting held with the Navigation Officer, you, and the Supervision Officer in the community. During this meeting, there will be an update on your progress and programming within the prison, as well as a review of the reentry plan. Clear expectations will be set regarding reporting instructions. This will include the date, time, and location for reporting. There will also be a review of the appointments that have been scheduled for you upon your release. You will be introduced to the Officer who will be supervising them in the community. This meeting may occur in person or over the phone.
1. **I would rather jam my time. Do I have to do Post Release Supervision?**

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

2. **Who will supervise me on PRS?**

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

3. **What services does Post Release Supervision provide?**

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

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

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

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

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

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

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

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

   Maybe. Your judge has sentencing options if you return to court on a motion to revoke probation. If you admit, or are found guilty, of violating any condition of your PRS order, the judge can sentence you to a period of incarceration, up to the remaining time you have left on the PRS term and any time you were considered to have absconded.
A safe and stable place to live allows you to focus on improving yourself and securing your future. Without this, chances are, too much energy will be focused on the immediate need of surviving the streets. Being homeless makes it hard to move forward or find the social support from others necessary to be successful.

Education, employment, and treatment for substance use and mental health issues all play a role in successful reentry, but stable and safe housing is the foundation to ensure these areas can be appropriately addressed.

Stable housing comes in many forms and may look different for you over time. The residence you immediately end up at upon release may not be where you see yourself long term. Your initial residence allows you to get out from prison, establish yourself in the community, and have access to structure and support, while also working towards more permanent housing.

How you can use what you’ve learned:

- Prepare a realistic housing plan
- Have confidence speaking to a landlord when seeking your own place
### Friends & Family

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

*Subject to approval by Parole or Probation Supervision offices.
*Include friends & family in conversations about your reentry plan.

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### Transition House

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

If transitional housing is part of your reentry plan, you should research several different houses to determine which environment meets your needs. You can do this by working with your Reentry Specialist.

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### Apartment/Rental

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

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### Shelter

Many communities have emergency housing programs. These programs provide a safe place to stay while you get yourself situated and reestablish your life.
**INFORMATION TO KNOW WHEN LOOKING FOR YOUR OWN PLACE**

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

**What Property Managers Look For In Tenants**

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

**Before You Move In**

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

**Participate In A RentWise Class!**

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

Some of the content covered: Communication with Landlords and Neighbors, Managing Your Money, Find a Place to Call Home, Getting Through the Renal Process, Taking Care of Your Home, and When You Move Out.
Rental Agreements
There are two types of rental agreements:
1. Written rental agreement generally called a Lease
2. Verbal rental agreement if you did not sign a written lease before or after you moved in then your rental agreement is a verbal one.

Leases
A lease is a contract between a landlord and a tenant in which the parties agree on terms for the rental of property. Once the parties enter into a lease, they are usually legally bound by its terms and provisions, as long as these terms are not contrary to the landlord-tenant law. Rental agreements are sometimes oral rather than written, particularly for situations like the month-to-month rental of an apartment. While an oral lease may be legally binding, it is better to have it in writing, so both parties’ obligations are clearly spelled out, and misunderstandings are avoided.

MAKE SURE YOU CHECK FOR THE FOLLOWING ITEMS IN YOUR LEASE:

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


**Tenant’s Rights and Responsibilities**

You have the following responsibilities as a tenant:

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

**Landlord Duties**

1. Your landlord has a duty to make repairs on your home and must obey the city/local housing code.
2. No unit may be rented until it contains safe heating equipment, which heats the whole unit.
3. All homes must be clean, sanitary, and fit for human occupancy.
4. All foundations, floors, walls, ceilings, and roofs must be reasonably weatherproofed, watertight, and rodent proof.
5. All stairways, approaches, and entrance ways shall be safe to use and capable of supporting people.
6. Your landlord must keep in good working order any appliance, air conditioners, and other facilities which were in your unit when you rented it or which the law requires your landlord to supply.
What all should you consider when thinking about where you intend to live upon release? Below are some questions that can help point you in the right direction. Housing is such a vitally important part of your reentry plan and how you prepare for this during your incarceration can alleviate so much stress once your release date finally comes. What steps can you start taking now to make sure your housing plan is a success? The better idea you have of where you are trying to get to, the better we can assist you in getting there.

Where did you live before this incarceration?

Would you live there again?
Can you live there again?
Is it healthy to live there again?

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

What living environment would help you to be most successful?

What issues would prevent you from being successful?

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

If not, what can you do to secure housing?

What kind of help do you need to secure housing?

How will you pay rent or deposits?
My Housing Goals

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

**EXAMPLE**

My Short Term Housing Goal: _________________________________________________________________________

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Save $100</td>
<td>10/1/2021</td>
<td>Money from my job</td>
<td>Letting my loved ones know of my progress</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
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<tr>
<td>2.</td>
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<tr>
<td>3.</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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

I will be successful in my pursuit of my goals because:
__________________________________________________________________________________________
__________________________________________________________________________________________
Getting an education is one of the few things no one can ever take away from you. Whether you obtain a high school diploma or a PHD, that is an accomplishment you can hold onto for a lifetime. Studies have shown that individuals who participate in correctional education programs are 43% less likely to return to prison. That is a staggering number, but is it surprising? Getting an education opens up so many doors, many of which may be less obvious. It can give you confidence and show that you can complete something meaningful. It can give you hope for a better future. It can open up opportunities for employment upon release. Some of you may have aspirations of obtaining a college diploma. Others may want to obtain certifications from a trade school. All can be equally beneficial in making your future a brighter place. All of it is at your fingertips, starting while you are with NDCS. Where will an education take you?

Individuals surveyed said education brought many benefits, including:

- A realization they can complete something worthwhile.
- Discovering they are more intelligent than they had previously given themselves credit for.
- Having renewed confidence.
- Having a new ability to set goals and plan for the future.
- Pride in being the first in the family to graduate.
- Feeling able to set a good example for their families.

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

- **43%** less likely to return to prison

- **13%** more likely to land post-release employment
Educational services provided through the Nebraska Department of Correctional Services are a portal through which individuals can transport themselves beyond the wire fences onto a path of life-changing success and opportunity. Contact Education staff to start your journey today!

<table>
<thead>
<tr>
<th>ABE/ASE General Population</th>
<th>ABE/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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Courses</td>
<td>College courses are offered through various universities/colleges and correspondence courses. Currently, college classes are provided by grant funded providers and/or at the individual’s own expense.</td>
</tr>
<tr>
<td>ESL/ELL</td>
<td>English as a second language (ESL) is designed to aid those students not fluent in English learn to speak, read, hear, and write the language so they can better function in society.</td>
</tr>
<tr>
<td>High School</td>
<td>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.</td>
</tr>
</tbody>
</table>

According to the Bureau of Labor Statistics, those who have an associate’s degree earn approximately $8,000 more per year than high school graduates, and those who have a bachelor’s degree earn about $24,000 more per year. This can add up to hundreds of thousands
A degree can open up job opportunities that could lead to a better life for you and your family. There are many routes you can take to further your education and unlock opportunities for your life.

**How To Find the Right College:**

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

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

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

**Work It Into Your Schedule:**

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

- **Evening courses** are an option for those who work during the day.

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

- **Accelerated programs** allow you to earn a degree in a shorter amount of time.

- **Independent study courses** allow you to complete coursework on your own, following your instructor’s criteria.

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

- **Distance learning** offers “real time” classes via a satellite feed or closed-circuit television.

- **Academic transfer programs** allow you to complete up to two years of a bachelor’s degree at a community college before transferring to a four year college or university to complete the remaining two years of study.

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

“Even if you are on the right track, you’ll get run over if you just sit there.”
- Will Rogers
How to Pay for College:

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

**Grants** are based on financial need, and you don’t repay them. They include:
- Pell Grant
- Supplemental Educational Opportunity Grant
- Nebraska State Opportunity Grant
- College-based grants

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

**Loans** are a type of financial aid that you must repay. They include:
- Direct Subsidized Loan
- Direct Unsubsidized Loan
- Direct Grad PLUS Loan

Other Ways To Pay For College:

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

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

**Home Equity Line of Credit** this allows you to borrow money as you need it, which fits well with tuition payments.

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

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

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**EducationQuest Foundation**

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

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

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

**Omaha**

Rockbrook Village
11031 Elmt Street
402-391-4033
888-357-6300

**Lincoln**

1300 O Street
402-475-5222
800-666-3721

**Kearney**

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

**Scottsbluff**

1601 Elm Street
800-303-3745
Ext. 6654
From jail to a master’s degree: the power of education

By Omari Amili

BEFORE I officially became a convict, the psychological preparation for a life of failure had already begun. I spent 8.5 months in the Pierce County Jail listening to people talk about how impossible life becomes when you have a criminal record. Once I had pleaded guilty, was sentenced and in prison, the doom-and-gloom outlook on life was only reinforced.

One day in particular stands out to me as a key moment in my life, when I knew that things could be different for me. During my incarceration I had to participate in a therapeutic community/behavior modification program. I was in one of the classes, and the group was discussing our plans for when we re-enter society. During this class, person after person spoke about their fears and concerns that they would be released to an unwelcoming, unforgiving and harsh society, set up for failure the moment they walked out that gate.

When it was my turn to speak, I decided to take another route. I spoke about leaning on friends and family for support, utilizing resources that are available, and making something of myself. Unfortunately, this turned the room against me as if optimism was not allowed. Even the counselor pointed out how unrealistic my thinking was. I got angry and began cursing, although that was against the rules. But I was telling them that it was their frame of mind that was holding them back. I told myself that I would never embrace a mindset that would keep me trapped in a cycle of poverty and incarceration.

I had seen enough of that in my young life. I was raised in poverty by drug-addicted parents. I didn’t know many males who had a real job who could demonstrate to me what being a man was about. Most of the kids I knew, whether in my family or just from the neighborhood, were growing up in similar conditions. Being disadvantaged is what I considered normal.

After moving to a new school in Burien, I stopped trying. School didn’t matter. I had a couple good stretches, but for the most part I wasn’t learning anything they were trying to teach me and I didn’t care. I never saw an ally or a supporter in teachers or staff. I saw them as opposition because for the most part that was how they treated me. There was no one there to advocate for me. There was no one even interested in hearing me out. They preferred to shut me up.

It should not come as a surprise to anyone who pays attention that I ultimately became a dropout and ended up in prison. This is not a unique story. This happens time and time again.

When I got out in 2008, I got a job at the Old Country Buffet. It was only a matter of days before I accepted the fact that being stuck at a dead-end job would probably lead me back to hustling, which would then, ultimately, lead me back to prison. I recognized that if I truly wanted to be successful, I was going to have to get an education.

When I started at Pierce College in September 2008, I had a very rough academic background. Somehow I was able to persist through many obstacles that come along with having been an incarcerated, GED carrying, broke black male, first-generation college student. I was also able to persist despite becoming a single father of two small children after my children’s mother went to prison.

By 2011, I had earned an Associate Degree in Human Services, Substance Abuse. Learning about various mental-health and substance-abuse disorders helped me make sense of my own upbringing. My attitudes, behaviors, values and identity were all impacted by the new knowledge and experiences I had gained through becoming a college student.

After earning my AA, I went on to UW Tacoma, where I earned a Bachelor of Arts in Psychology and Self and Society. Some $144,000 in student loans later, I earned a Master of Arts in Interdisciplinary Studies at UW in 2016. Successfully obtaining an education has opened doors for me that I never knew existed and helped me find purpose in life.
If traditional college isn't the right path for you, check out these other pathways to meaningful careers.

**Tradesman and Vocational School**

Becoming a tradesman or attending a vocational school can be a great alternative to going to a traditional college, especially if you like working with your hands. There are a lot of options that lead to well-paying careers: electrician, plumbing, welding and metal work, masonry, locksmithing, and more.

Going to a vocational school or learning a trade as an apprentice, you can start earning money while you’re in school. When you graduate, you have the potential to enjoy a career with good wages and job security.

**Volunteer**

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

**Get a Starter Job**

College is a big investment of time and money so it is only natural that we would want to be sure of what we want to do before we get started. In the meantime (and even while going to school once you get started) it makes a lot of sense to get a job to start taking care of our needs and gaining some financial independence. There is absolutely no shame in getting an entry level job, part time job, or survival job. One of those jobs that’s “good enough for now,” but not necessarily something that is entirely fulfilling or what we dream of doing for the rest of our lives. These jobs can serve an incredible purpose. They can teach us about different job markets that we might not have known about before. They can open doors by building experience and connections without reputable employers, and they help us meet our financial needs while we’re pursuing the career we want.

**Apprenticeships**

Apprenticeships aren’t as common in the U.S. as they are in Europe, but there are a number of ones you can apply for. Often they are geared toward highly skilled technical jobs in areas such as carpentry, plumbing, electrical and telecommunications. An apprenticeships can take years to complete and requires a full-time commitment. Apprenticeships are highly competitive, and one of the main reasons is because you get paid while you learn and you’ll be getting real on-the-job training in the profession you will eventually work in.

**Internships**

Internships are short-term periods of temporary work experience, typically lasting for a few weeks or months. You can intern in public as well as private organizations. Many people take on an internship to gain on-the-job experience of working in a particular role, organization or industry. This can help you decide if you want to follow a specific career before you commit to it, and it may help you gain experience that boosts your long-term career prospects. You may learn some skills for an internship, but this is an educational rather than a training role.
**O*NET INTEREST PROFILER SHORT FORM**

Read the 60 work activities below. Place a check in the box by the activities you would like to do. Do not think about how much education/training is needed or how much money you will make! Count the number of checks for each shaded section and write that total in the box to the right of each section. These are your scores for each interest area.

<table>
<thead>
<tr>
<th>Realistic checks =</th>
<th>Investigative checks =</th>
<th>Artistic checks =</th>
<th>Social checks =</th>
<th>Enterprising checks =</th>
<th>Conventional checks =</th>
</tr>
</thead>
<tbody>
<tr>
<td>○ Build kitchen cabinets</td>
<td>○ Drive a truck to deliver packages to offices and homes</td>
<td>○ Write books or plays</td>
<td>○ Teach an individual an exercise routine</td>
<td>○ Develop a spreadsheet using computer software</td>
<td>○ Develop a new medicine</td>
</tr>
<tr>
<td>○ Lay brick or tile</td>
<td>○ Test the quality of parts before shipment</td>
<td>○ Play a musical instrument</td>
<td>○ Help people with personal or emotional problems</td>
<td>○ Prooftread records or forms</td>
<td>○ Study ways to reduce water pollution</td>
</tr>
<tr>
<td>○ Repair household appliances</td>
<td>○ Repair and install locks</td>
<td>○ Compose or arrange music</td>
<td>○ Give career guidance to people</td>
<td>○ Install software across computers on a large network</td>
<td>○ Study the movement of planets</td>
</tr>
<tr>
<td>○ Raise fish in a fish hatchery</td>
<td>○ Set up and operate machines to make products</td>
<td>○ Draw pictures</td>
<td>○ Perform rehabilitation therapy</td>
<td>○ Operate a calculator</td>
<td>○ Examine blood samples using a microscope</td>
</tr>
<tr>
<td>○ Assemble electronic parts</td>
<td>○ Put out forest fires</td>
<td>○ Create special effects for movies</td>
<td>○ Do volunteer work at a non-profit organization</td>
<td>○ Keep shipping and receiving records</td>
<td>○ Investigate the cause of a fire</td>
</tr>
</tbody>
</table>

In the boxes below, write the names of the interest areas with the three highest scores. The first box is your highest or primary interest. If there are ties, choose the interest with activities that you think are the best fit for you.

1  
2  
3  

*Sponsored by the U.S. Department of Labor, Employment & Training Administration. Developed by the National Center for O*NET Development (v1)*
SCORE REPORT

O*NET Interest Profiler Short Form

Name: ____________________________ Date: _________________

Congratulations on completing your O*NET Interest Profiler! Interest Areas are a summary of the type of work you like. Now you will:

- Learn about your work interests;
- Discover careers linked to your interests that you might find satisfying and rewarding; and
- Explore careers that match your interests based on job preparation level.

Primary (1), Second (2), and Third (3) Interests

Copy below the three Interests from the bottom of your Interest Profiler. Remember the Interest with the highest score (most number of checks) is your Primary Interest.

Primary Interest: 1 ______________________

Second and Third Interests: 2 ______________________ 3 ______________________

What do your Interests mean?

RIASEC Interests

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Realistic</td>
<td>People with Realistic interests like work activities that include practical, hands-on problems and answers. They like working with plants and animals, and real-world materials, like wood, tools, and machinery. They enjoy outside work.</td>
</tr>
<tr>
<td>Investigative</td>
<td>People with Investigative interests like work that has to do with ideas and thinking rather than physical activity or leading people. They like to search for facts and figure out problems.</td>
</tr>
<tr>
<td>Artistic</td>
<td>People with Artistic interests like work that deals with the artistic side of things, such as acting, music, art, and design. They like creativity in their work and work that can be done without following a set of rules.</td>
</tr>
<tr>
<td>Social</td>
<td>People with Social interests like working with others to help them learn and grow. They like working with people more than working with objects, machines, or information. They like teaching, giving advice, and helping and being of service to people.</td>
</tr>
<tr>
<td>Enterprising</td>
<td>People with Enterprising interests like work that has to do with starting up and carrying out business projects. These people like taking action rather than thinking about things. They like persuading and leading people, making decisions, and taking risks for profit.</td>
</tr>
<tr>
<td>Conventional</td>
<td>People with Conventional interests like work that follows set procedures and routines. They prefer working with information and paying attention to detail rather than working with ideas. They like working with clear rules and following a strong leader.</td>
</tr>
</tbody>
</table>
What is Your Job Zone?

To figure out what careers to explore, it’s helpful to know how much education, training, and experience you need to do a job. This level of preparation is known as a Job Zone. Careers that require similar levels of preparation are grouped into the same Job Zone.

**Job Zone 1** — Careers need *Little* or *No* Preparation

- No previous skills, knowledge, or experience is needed.
  - May require a high school diploma or GED certificate.
  - May need from a few days to a few months of training.

**Job Zone 2** — Careers need *Some* Preparation

- Usually need a high school diploma.
  - Some previous skills, knowledge, or experience is usually needed.
  - May need from a few months to one year of working with experienced employees.

**Job Zone 3** — Careers need *Medium* Preparation

- Usually requires training in vocational schools, related on-the-job experience, or an associate’s degree.
  - Previous skills, knowledge, or experience needed.
  - Need one or two years of training.

**Job Zone 4** — Careers need *High* Preparation

- Most careers require a four-year bachelor’s degree, but some do not.
  - Long-term skills, knowledge, or experience needed.
  - Need several years of work-related experience and training.

**Job Zone 5** — Careers need *Extensive* Preparation

- Most of these careers need a graduate school education.
  - Extensive skills, knowledge, and experience are needed; many requiring more than five years of experience.
  - May need some on-the-job training; however, the person will usually have the needed skills, knowledge, work-related experience, and training before starting the job.

Pick a Job Zone from above that matches the education, training, and experience you **CURRENTLY HAVE** right now.

**CURRENT Job Zone:** __________________________

Careers in *higher* Job Zones often pay more and offer more opportunities. Do you plan on getting more education, training, and experience in the **FUTURE**? Choose a *higher* Job Zone that you will work towards. Learn about the type of careers that can match your interests in the **FUTURE**.

**FUTURE Job Zone:** __________________________
Exploring Careers Using Your Interests and Your Job Zone:

Using your Primary Interest and Job Zone allows you to find careers that match your interests and fit your amount of job preparation. The O*NET Career Listings document shows careers for each Interest and Job Zone.

1. Find your Primary Interest and look over the careers listed.

2. Find your Job Zone under your Primary Interest and review the careers listed. Do you see any careers that you would like to find out more about? Write down the Career Title for each career you want to explore. On the next page, an O*NET Careers Worksheet is provided to write these titles down.

3. Now that you have selected careers to explore, go to My Next Move at: https://www.mynextmove.org/. Search careers with keywords or to browse careers by industry. For each career, you can find:
   - the types of activities that are performed in those careers;
   - the knowledge, skills, abilities, technology, and education that are needed for the careers;
   - job postings, training, certification, and apprenticeship information for the careers;
   - state-level employment statistics for the careers; and
   - the wages and future employment outlook that are predicted for the careers.

4. To find more career choices related to your interests not in your list, go to the Interest Browse function within My Next Move at https://www.mynextmove.org/find/interests.

5. If you don’t like the careers in your Job Zone listed for your Primary Interest, you have choices:
   - Review the Job Zone definitions to make sure that you have chosen the Job Zone that best matches what you have now.
   - Choose a different Job Zone that you want to work towards in the FUTURE.
   - Use your second or third highest interests to look at careers.
O*NET Careers Worksheet

The O*NET Career Listings document includes a sample of the careers that are linked with the six Interests and the five Job Zones. They are organized first by Interest and then by Job Zone within the Interest.

Copy your Primary, Second, and Third Interests from page 1 of the Score Report below:

Primary Interest: 1 ______________________

Second and Third Interests: 2 ______________________ 3 ______________________

Also, copy your Job Zone(s) from page 2 of the Score Report below:

Your CURRENT Job Zone: ______________________

Your FUTURE Job Zone: ______________________

To look at the careers linked with your Primary Interest, locate the section for your Primary Interest in the O*NET Career Listings document and then find the career listing for your Job Zone under that section. For a longer list of careers, refer to My Next Move’s Interest Browse at https://www.mynextmove.org/find/interests.

You can also use your second or third highest interest to look at careers. Find the career listings for your Job Zone under the sections that match your second or third interest.

Write Below the Career Titles You Have Picked to Explore:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1.</td>
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<td>8.</td>
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<td>9.</td>
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<tr>
<td>10.</td>
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</tbody>
</table>
# Education

<table>
<thead>
<tr>
<th>Realistic Job Zone 1–3</th>
<th>Investigative Job Zone 1–3</th>
<th>Artistic Job Zone 1–3</th>
<th>Social Job Zone 1–3</th>
<th>Enterprising Job Zone 1–3</th>
<th>Conventional Job Zone 1–3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zone 1 (Little or No Preparation Needed)</td>
<td>Zone 2 (Some Preparation Needed)</td>
<td>Zone 3 (Medium Preparation Needed)</td>
<td>Zone 1 (Little or No Preparation Needed)</td>
<td>Zone 2 (Some Preparation Needed)</td>
<td>Zone 3 (Medium Preparation Needed)</td>
</tr>
<tr>
<td>Cement Mason &amp; Concrete Finisher</td>
<td>Animal Caretaker &amp; Trainer</td>
<td>Barber</td>
<td>Derrick Operator</td>
<td>Earth Driller</td>
<td>Industrial Machinery Mechanic</td>
</tr>
<tr>
<td>Cooks, Fast Food</td>
<td>Bakers</td>
<td>Electrician</td>
<td>Fishing Worker</td>
<td>Pump Operator</td>
<td>Hearing Aid Specialist</td>
</tr>
<tr>
<td>Farmworker and Laborer</td>
<td>Janitors and Cleaner</td>
<td>Firefighter</td>
<td>Logging Equipment Operator</td>
<td>Veterinary Assistant</td>
<td>Elevator &amp; Escalator Installer</td>
</tr>
<tr>
<td>Landscaping &amp; Groundskeeping</td>
<td>Pest Control Worker</td>
<td>Maintenance and Repair, General</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Model</td>
<td>Floral Designer</td>
<td>Camera Operator</td>
<td>Dining Attendant</td>
<td>Animal Control Worker</td>
<td>Concierge</td>
</tr>
<tr>
<td></td>
<td>Furniture Finisher</td>
<td>Fashion Designer</td>
<td>Fast Food Counter</td>
<td>Customer Services Rep</td>
<td>Dental Hygienist</td>
</tr>
<tr>
<td></td>
<td>Shoe &amp; Leather Worker</td>
<td>Potters</td>
<td>Veterinary Assistant</td>
<td></td>
<td>Exercise Trainer</td>
</tr>
<tr>
<td></td>
<td>Tile &amp; Stone Setter</td>
<td>Photographer</td>
<td>Waiter</td>
<td></td>
<td>Self-Enrichment Teacher</td>
</tr>
<tr>
<td>Amusement Park Attendant</td>
<td>Aircraft Cargo Handling</td>
<td>Chef &amp; Head Cook</td>
<td>Barista</td>
<td>Product Promoter</td>
<td>Flight Attendant</td>
</tr>
<tr>
<td>Door to Door Sales</td>
<td>Farm Labor Contractor</td>
<td>Travel Guide</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Manicurist</td>
<td>Compliance Officer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dishwasher</td>
<td>Cargo &amp; Freight Agent</td>
<td>Bookkeeping</td>
<td>Grinding &amp; Polishing Worker</td>
<td>Counter &amp; Rental Clerk</td>
<td>Energy Auditor</td>
</tr>
<tr>
<td>Laundry &amp; Dry Cleaning</td>
<td>Office Clerk</td>
<td>Dental Assistant</td>
<td>Rock Splitter</td>
<td>Receptionist &amp; Secretary</td>
<td>Loan Clerk</td>
</tr>
</tbody>
</table>
Having a job offers so much more than just a paycheck. Being productive and having a job you are proud of can make life so much more enjoyable. Obviously the paycheck is important, but what is it that you want out of a job?

Have you ever had a job that gave you satisfaction? If so, maybe you want to try and get back into that field after release.

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

What are the steps along the way that could lead you to that career? Chances are, NDCS will provide you with opportunities not only during your incarceration, but also out in the community that can help turn your hopes into reality.

**How you can use what you’ve learned:**

- Speak confidently about your record during an interview
- Start planning and building towards a career you want
- Build a cover letter and resume
**Employment Essentials**

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

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

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

3. **Network and Volunteer.**

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

4. **Read every question on the application carefully.**

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

5. **Prove yourself.**

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

**DO**

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

**Don’t**

- Be late or miss your interview
- Play with clothes during the interview
- Use or answer your phone
- Smoke or chew gum during the interview
- Interrupt the interviewer
- Criticize former employers
- Mention your personal, domestic, or financial problems
- Panic or become tense
- Try to be funny
- Make promises
- Be emotional
- Be impatient or rude
- Make it all about wages
- Take anyone to the interview with you
Things to keep in mind when creating a social media account upon release:

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

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

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

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

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

You can use it to your advantage. You can post about positive things and showcase yourself as the professional that you want them to see you as.
How to address your criminal history in a job interview:

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

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

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

Mention your criminal history early in the process:

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

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

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

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

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

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

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

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

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

How to answer questions about your record:

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

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

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

Some criminal charges are frequently misunderstood and could benefit from some explanation. For example, aggravated assault often implies a gun offense, when in reality, it could have been a bar fight.

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

Even if you don’t get the response you’re hoping for, never lie about your record. The employer will find out eventually, and dishonesty will make you appear untrustworthy.

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

Catherine Hoke from https://www.monster.com/career-advice/article/criminal-history-job-interview-1126
Practice Interview Questions

Preparation is the key to interview success.

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

2. **Where do you see yourself in five years?**
   Focus on them: In five years, you should have made a significant impact to the company’s bottom line. Think about how you can achieve this in the role you’re interviewing for. In most companies, advancing your skills is important, too.

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

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

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

6. **How do people describe you?**
   Here’s another opportunity to differentiate yourself. Everyone claims to be: a hard worker, good communicator, and team player.
   But how many are a: problem-solver, game-changer, leader in the industry?
   Be creative and have stories or examples to back it up. The interviewer will want to know why someone thinks you are these things.
7. **What is your greatest strength/greatest weakness?**

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

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

8. **When can you start?**

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

9. **Why did you quit your last job?**

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

10. **Do you have any questions?**

Yes. You should have a few questions about the job you're applying for. This is your chance to interview the interviewer, to learn about the company, the role, the corporate culture, the manager's leadership style, and a host of other important things. When given the floor to ask questions, you should realize the interview is not over yet. It is another time to shine! Have these questions prepared ahead of time and stage the questions to cover these three things if possible: That you did some research about the company, something interesting or memorable about you (be sure it is some way related to the job/company/industry), prompt an interesting answer or conversation.

11. **Close by asking if they have any concerns.**

You may not get another chance to address shortcomings in a follow-up interview. It is imperative to understand what was missing from the discussion while still in the interview. An example might be: “After discussing this job, I feel as if I would be a perfect fit for it. I'm curious to know if there is anything I said or did not say that would make you believe otherwise.” The answer you get to this question may open the door to mentioning something you did not get to talk about during the interview or clarify any potential misconception over something that was covered.
Welcome to our company!

John Smith
1234 Road Street
Omaha, NE 68111

January 7, 2008

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

Dear Jane:

The things I value most are directness and honesty. Therefore, I want you to know, when you conduct my background check, you will find I have a felony conviction for possession of methamphetamine in 2002 and a misdemeanor conviction for theft in 2001.

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

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

I can understand why you might be hesitant to hire someone with my background; however, I am eligible for the Federal Bonding Program which can ensure you against any acts of dishonesty on my part. Because I am within a year of my release from prison, your company would be eligible for the Work Opportunity Tax Credit, which offers up to $2,400 worth of tax deductions just for hiring me. I am looking forward to getting my life back on track and working with your company. I am eager to show you how I have changed, and I am certain I will be an asset to your team.

Sincerely,

John Smith
RÉSUMÉ WORKSHEET

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

I. Personal Information

Temporary Address: ____________________________________________________________
City: __________________________ State: __________________________ Zip Code: _______________
Phone: (_____) ___________________________ E-Mail: ________________________________

Permanent Address (If different): _____________________________________________________ City:
________________________ State: __________________________ Zip Code: _______________
Phone: (_____) ___________________________ E-Mail: ________________________________

II. Education

High School or GED: ________________________________________________________________
Location: ____________________________________________ State: __________________________
Date Obtained: ____________________________________________

College or University: ______________________________________________________________
Location: ____________________________________________ State: __________________________
Classes or Degree (If obtained): ______________________________________________________
Majors: ____________________________________________ Minors: ___________________________
Date obtained: __________________________ Major GPA: ______________ Minor GPA: ______________

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

EMPLOYMENT

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

<table>
<thead>
<tr>
<th><strong>Federal Bonding Program</strong></th>
<th><strong>WIOA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponsored through the Department of Labor and created to help disenfranchised job seekers who have offers of employment.</td>
<td>The Workforce Innovation and Opportunity Act will help job seekers and workers access employment, education, training, and support services to succeed in the labor market.</td>
</tr>
<tr>
<td>Protects employers against employee theft, forgery, larceny, and embezzlement.</td>
<td>- No Cost Training Opportunities</td>
</tr>
<tr>
<td><strong>Federal Bonding Program, ETC/DOL</strong> 1725 De Sales Street, NW Suite 700 Washington, DC 20036 1 (800) 233-2258</td>
<td>• Apprenticeships in high demand careers</td>
</tr>
<tr>
<td>Any full- or part-time employee paid wages can be eligible, regardless of the employment being publicly or privately owned.</td>
<td>• Employer Engagement</td>
</tr>
<tr>
<td><strong>WOTC</strong></td>
<td><strong>YOU ARE AN ASSET TO EMPLOYERS</strong>  <strong>YOU BRING VALUE TO THE WORKPLACE</strong>  <strong>YOU ADD VALUE TO THE COMMUNITY</strong>  <strong>YOU MATTER</strong></td>
</tr>
<tr>
<td>The Work Opportunity Tax Credit is a federal tax credit available to employers who hire people from eligible target groups with significant barriers to employment.</td>
<td></td>
</tr>
<tr>
<td><strong>YOU ARE AN ASSET TO EMPLOYERS</strong>  <strong>YOU BRING VALUE TO THE WORKPLACE</strong>  <strong>YOU ADD VALUE TO THE COMMUNITY</strong>  <strong>YOU MATTER</strong></td>
<td></td>
</tr>
</tbody>
</table>
Employment

Listing of American Job Centers and Nebraska Department of Labor Sites

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

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

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

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

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

Let us help you
♦ Resumes
♦ Job Search
♦ Interview Prep.
♦ Computer access
♦ And more!

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

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

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

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

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

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

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

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

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

Omaha
American Job Center
Heartland Job Center
5752 Ames Ave.
Omaha, NE 68104
402.444.4700
III. Experience
Consider ALL experience—paid, unpaid, volunteer, etc.—and duplicate this section for each experience in your background.

Position title: ____________________________________________________________

Organization name: _______________________________________________________

Address: _________________________________________________________________

City: __________________________ State: ________________________________

Dates employed (months & years only): From: ___________ To: ______________

Name of Supervisor: ______________________________________________________

Duties and Responsibilities: _______________________________________________

________________________________________________________________________

Specific performance accomplishments or contributions you made to this job: __________

________________________________________________________________________


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

________________________________________________________________________


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

________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________

________________________________________________________________________
VI. References

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

1. Name: ______________________________________________ Phone: (_______) __________
   Address: __________________________________ City: ______________ State: ___________
   Position: __________________________________________________________________________

2. Name: ______________________________________________ Phone: (_______) __________
   Address: __________________________________ City: ______________ State: ___________
   Position: __________________________________________________________________________

3. Name: ______________________________________________ Phone: (_______) __________
   Address: __________________________________ City: ______________ State: ___________
   Position: __________________________________________________________________________

4. Name: ______________________________________________ Phone: (_______) __________
   Address: __________________________________ City: ______________ State: ___________
   Position: __________________________________________________________________________

VII. Notes:

Is there anything else you need to include to demonstrate your skills, experience, or education? Is there anything else that would show potential employers you are a good candidate for the job?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
NDCS Reentry Services
Vocational & Life Skills Programs
2020-2023
These programs are offered to individuals while in an NDCS facility, while on community supervision, and up to 18 months after discharge. Additional information can be obtained from unit staff or a reentry specialist.

Associated Builders and Contractors (Lincoln & Omaha):
ABC has valuable programs for reducing recidivism with the ability to provide pre-employment training through our safety programs. We begin our program by teaching our Core Curriculum, the foundation course for all National Center for Construction Education Research (NCCER) apprenticeship training programs. The Core class will be followed by a building project that will allow the students to experience work based learning hands on applications, the main goal is to allow the students to determine their trade specific area of interest.

Associated Builders and Contractors Services Include:
- Core Curriculum
- OSHA 10 Hour Training
- Applied Construction Math
- Training for Specific Trades

Center for People in Need TRADE Program (Lincoln):
The TRADE (Tackling Recidivism and Developing Employability) Program will provide vocational and life skills training and case management services to those transitioning out of the criminal justice system: work release participants, those on felony probation, parolees, and individuals who have been discharged from state supervision within the last 18 months.

Course Topics:
- Family Outreach
- Communication Skills
- Financial Literacy
- Computer Skills & Job Search
- Common Sense Parenting
- Teamwork & Self-help
- Resume Writing
- Victim Impact & DV Awareness & Prevention

Vocational Programming:
- Construction
- Carpentry
- Forklift
- Warehouse
- Janitorial
- Building Maintenance
- Institutional Food Service
Mental Health Association of Nebraska (Lincoln):
Established in 2001, Mental Health Association of Nebraska is a nonprofit, peer operated, and participant-driven organization dedicated to serving and providing alternative programs to those who live with mental health and/or substance use and addiction issues. From the employees to the Board Members, each individual has lived with some sort of personal challenge. Whether it was mental health, addiction, incarceration, or all of the above, MHA has grown alongside them.

<table>
<thead>
<tr>
<th>Services Include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Hour Peer Support</td>
</tr>
<tr>
<td>Self Help Training</td>
</tr>
<tr>
<td>Employment Support Services</td>
</tr>
<tr>
<td>Development of WRAP plan</td>
</tr>
<tr>
<td>Self Advocacy Education</td>
</tr>
<tr>
<td>Respite Services</td>
</tr>
<tr>
<td>Wellness &amp; Recovery Activities</td>
</tr>
<tr>
<td>Rapid &amp; Intense Support Services</td>
</tr>
</tbody>
</table>

Metropolitan Community College (Omaha):
Metropolitan Community College’s 180 Re-entry Assistance Program (180 RAP) will provide education and training through college credit courses and noncredit workshops for the currently incarcerated individuals at Nebraska Correctional Youth Facility, Omaha Correctional Center, and Community Corrections Center-Omaha. Education will be focused in the areas of business, entrepreneurship, trades, information technology, and increasing employability skills of the population. Recently released individuals and probationers will have direct support available to them at Fort Omaha Campus and the MCC Express.
ReConnect, Inc. (Omaha):
ReConnect2Success, is a reentry program of ReConnect, Inc., a community based non-profit organization. ReConnect2Success provides pre- and post-release reentry planning and effective wrap-around services to help individuals overcome barriers resulting from incarceration and limited employment skills necessary to successfully return to their families and community.

<table>
<thead>
<tr>
<th>Services Include:</th>
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</thead>
<tbody>
<tr>
<td>Intense Case Management</td>
</tr>
<tr>
<td>Monthly Job Club</td>
</tr>
<tr>
<td>Access to Employment</td>
</tr>
<tr>
<td>Family Reunification</td>
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<tr>
<td>Employment Readiness</td>
</tr>
<tr>
<td>Peer Mentoring</td>
</tr>
<tr>
<td>Vocational Training in</td>
</tr>
<tr>
<td>Community Engagement</td>
</tr>
</tbody>
</table>

RISE
At RISE, transformation starts pre-release and continues post-release. Our inside/out model bridges incarceration to the community and considers all the critical steps in that journey. These connections heal families, create employment pathways, and lower recidivism.
Western Alternative Corrections, Inc.-Bristol Station (Hastings):
Western Alternative Corrections, Inc. (WAC) was founded in 1999 to focus on providing alternatives to incarceration, programming, and services for offenders in the Nebraska area. WAC is a Nebraska owned family business. WAC was awarded the grant for the proposed program titled Bristol Station Intensive Vocational and Life Skills Program (IVLSP).

<table>
<thead>
<tr>
<th>Services Include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Transition Skills</td>
</tr>
<tr>
<td>Basic Money Management</td>
</tr>
<tr>
<td>Cognitive Behavior Therapy</td>
</tr>
<tr>
<td>Parenting</td>
</tr>
<tr>
<td>Family Reunification</td>
</tr>
<tr>
<td>Vocational Assessments</td>
</tr>
<tr>
<td>Job Placement Services</td>
</tr>
<tr>
<td>Individual Program Planning</td>
</tr>
<tr>
<td>Risk/Needs Assessment</td>
</tr>
<tr>
<td>Progress Meetings</td>
</tr>
</tbody>
</table>

York Community College (York)
The York College Second Chance Education Program (SCEP) offers individuals at the Nebraska Correctional Center for Women the opportunity to earn an associate's degree while serving time at the facility in York. Students take two courses at a time each trimester and complete the degree in 3.5 years. SCEP students are treated as traditional York College students as much as their situation allows. They are taught by full-time YC instructors and never by adjuncts. Students pay a $50 fee for each course, taking economic responsibility for a portion of the services they receive.
Relationships during incarceration can be tricky. They have to be navigated with care, patience and integrity. Maintaining relationships while in prison will test the depth of any relationship a person might have with another human. All relationships, parental, familial, platonic, romantic will be tried as a result of someone going to prison. First, loved ones have to grapple with the reality that their friend or loved one committed a crime for which they must serve any amount of time in the prison system. Then, everything about how they are used to relating, changes. The freedom to interact with one another in ways in which they are familiar, disappear. This is the perfect time to figure out who is going to be with you through thick and thin. Use what is available to you in order to stay in touch with the ones you love.

How you can use what you’ve learned:

- Be creative when communicating with your loved ones
- Figure out who your true support is
There are several ways to build, repair, or enhance a relationship that will survive a prison sentence:

1. **Use the telephone:** The most common barrier is communication. Use telephone calls, emails, and handwritten letters to keep an open line of communication.

2. **Don’t let the love die:** Find ways, despite the circumstances, to continue to show love and appreciation for the people who matter most in your life.

3. **Make plans for the future:** Create something to look forward to. These plans can be things that happen during your incarceration or after your release. It doesn’t have to be grandiose, extravagant, or expensive—just something meaningful and relevant to your relationship.

4. **Keep memories safe:** Take pictures together and have loved ones send pictures. Keep up-to-date on the things going on in their lives, and let them know about the successes you’re experiencing. It’s easy to get caught up in all of the problems, restrictions, and negativity of the situation, but focus your attention on the positive things going on in your life and theirs.

5. **Keep busy:** Use the image of your loved one as motivation to move forward in a positive direction in your life. When you are living the best version of yourself, you are able to share your best self with the people who matter to you in your life. Stay busy doing things that allow you to grow as a person, mentally, physically, and spiritually. If you have time to spare, try to enroll in various activities or courses to keep your mind busy. Take up a new language, learn a new sport, help out on the housing unit, join a volunteer club, or be active as a tutor in the school. Enriching yourself while you are also enriching the lives of other people will help to keep your mind off the more negative aspects of being apart from the people in your life.

6. **Visit as often as possible:** Familiarize yourself with the visiting procedures at your facility and help make the process as easy as possible for your family and loved ones. Help them understand what to expect when visiting you, help make the experience enjoyable for them as well as for yourself, and be ready when you know they are coming so that you can maximize the time without them having to wait for you. Make this time count. Review the Visiting Policy online at corrections.ne.gov or view Policy 205.02 VISITING in institutional libraries.

7. **Stay Positive:** Though there will be days when the thought of being apart from your loved one will bring you down, you should always find a way to overcome those hurdles. Look forward to each new day since it brings you closer to the end of your incarceration and one day closer to going home.
Family & Community Support

Having people in your life to provide support, advice, and companionship is an important part of managing stress and emotions and also promotes general wellness. To determine whether or not your social network provides you with what you need, mark each of the following statements as true or false for you.

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
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Scoring: Add up the number of true answers for questions 1-4 and the number of false answers for questions 5-8. If your score is 3 or lower, you may need to build up your social network.

I’m Doing This For Me

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

1.

2.

3.

4.

5.

Who are the people who are most important in your life?

What can you do to maintain these relationships while serving your sentence?
Determine who currently provides or who could provide certain types of social support by listing people in the table below under the appropriate category (you can list the same person more than once). If you’ve left some boxes blank, think about ways you might work on finding a support person to fill that role.

<table>
<thead>
<tr>
<th>Type of Support Person</th>
<th>Emotional: People you can trust with your thoughts and feelings</th>
<th>Social: People with whom you can hang out, share experiences</th>
<th>Informational: People you can ask for advice about decisions, get mentoring help</th>
<th>Practical: People who can help you when you need assistance with day-to-day problems (e.g., rides, money, place to stay)</th>
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<tr>
<td>Partner/Spouse/Significant Other</td>
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It is the policy of the Nebraska Department of Correctional Services to permit individuals reasonable and equitable access to reasonably priced telephone services for the purpose of maintaining family and community contacts and to supplement other forms of communications with their attorney and the courts. Refer to NDCS Policy 205.03—INMATE TELEPHONE REGULATIONS for more information.
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A clear distinction is often made between ‘mind’ and ‘body.’ But when considering mental health and physical health, the two should not be thought of as separate. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact your physical health. Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life’s setback and hardships. Strong mental health isn’t just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. Do you have the ability to laugh and have fun? Do you have a sense of meaning and purpose? Do you have the ability to build and maintain fulfilling relationships? These are all things people who are mentally healthy have. If you find yourself constantly going down a negative path with your thoughts, there are ways to untwist your thinking. During your incarceration there will be stressful situations that arise. Having a gamelan and ways to reduce your stress before it occurs can help you get through those circumstances. Anyone can suffer from mental and emotional health problems—and over a lifetime most of us will. The good news is: you don’t have to feel bad. There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. Ask your unit staff if intentional peer support is available in your facility.

**How you can use what you’ve learned:**

- Better deal with your thoughts and feelings
- Figure out who your true support is
  - Develop a wellness plan
Mental Health & Wellness

Why It’s Important to Care for Your Mental Health
By Dr. Glen Xiong

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

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

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

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

When is a good time to reach out for help?
Issues related to mental health can impact different people in different ways. If you start to see changes in your overall happiness and relationships, there are always ways get the support you want. Here are some ways you can get help:

- **Connect with other individuals, friends and family** — Reaching out and opening up to other people in your life can help provide emotional support.

- **Learn more about mental health** — There are many resources you can turn to for learning more about emotional health. Some examples include Psychology Today, National Institute of Mental Health, and Anxiety and Depression Association of America.

- **Take a mental health assessment** — An assessment can help determine if stress, anxiety or depression may be having an impact on your life. Doctor On Demand offers a free and private online mental health assessment that you can take at any time.

- **Talk to a professional** — If you start to feel like your emotional health is starting to impact you, it may be time to reach out for extra support. With Doctor On Demand, you can see a psychologist or psychiatrist and find the personalized support you want.

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

https://blog.doctorondemand.com/why-its-important-to-care-for-your-mental-health-834c8670b889
| **All or Nothing thinking:** You look at things in absolute, black and white categories. |
| **Overgeneralization:** You view a negative event as a never-ending pattern of defeat. |
| **Mental Filter:** You dwell on the negatives and ignore the positives. |
| **Jumping to conclusions:** (A) Mind reading - you assume that people are reacting negatively to you when there’s no definite evidence for this; (B) Fortune Telling - you arbitrarily predict things will turn out badly |
| **Magnification or Minimization:** You Blow things way out of proportion or you shrink their importance inappropriately. |
| **Emotional Reasoning:** You reason from how you feel: “I feel like an idiot, so I really must be one.” Or “I don’t feel like doing this, so I’ll put it off.” |
| **“Should Statements”:** You criticize yourself or other people with “should’s or “shouldn’ts” “Musts,” “Oughts,” “Have tos” are similar offenders |
| **Labeling:** You identify with your shortcomings. Instead of saying, “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.” |
| **Personalization and Blame:** You blame yourself for something you weren’t entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem. |
## TEN WAYS TO UNTWIST YOUR THINKING

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<tr>
<td><strong>1. Identify the Distortion</strong></td>
<td>Write down your negative thoughts so you can see which of the ten cognitive distortions you’re involved in. This will make it easier to think about the problem in a more positive and realistic way.</td>
</tr>
<tr>
<td><strong>2. Examine the Evidence</strong></td>
<td>Instead of assuming that your negative thought is true, examine the actual evidence for it. For example, if you feel that you never do anything right, you could list several things you have done successfully.</td>
</tr>
<tr>
<td><strong>3. The Double-Standard Method</strong></td>
<td>Instead of putting yourself down in a harsh, condemning way, talk to yourself in the same compassionate way you would talk to a friend with a similar problem.</td>
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<tr>
<td><strong>4. The Experimental Technique</strong></td>
<td>Do an experiment to test the validity of your negative thought. For example, if, during the episode of panic, you become terrified that you’re about to die of a heart attack, you could jog or run up and down several flights of stairs. This will prove that your heart is healthy and strong.</td>
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<tr>
<td><strong>5. Thinking in Shades of Grey</strong></td>
<td>Although this method might sound drab, the effects can be illuminating. Instead of thinking about your problems in all-or-nothing extremes, evaluate things on a range of 0 to 100. When things don’t work out as well as you hoped, think about the experience as a partial success rather than a complete failure. See what you can learn from the situation.</td>
</tr>
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<td><strong>6. The Survey Method</strong></td>
<td>Ask people questions to find out if your thoughts and attitudes are realistic. For example, if you believe that public speaking anxiety is abnormal and shameful, ask several friends if they ever felt nervous before they gave a talk.</td>
</tr>
<tr>
<td><strong>7. Define Terms</strong></td>
<td>When you label yourself “inferior” or “a fool” or “a loser,” ask, “What is the definition of a ‘fool’?” You will feel better when you see that there is no such thing as a “fool” or a “loser.”</td>
</tr>
<tr>
<td><strong>8. The Semantic Method</strong></td>
<td>Simply substitute language that is less colorful and emotionally loaded. This method is helpful for “should statements.” Instead of telling yourself “I shouldn’t have made that mistake,” you can say, “It would be better if I hadn’t made that mistake.”</td>
</tr>
<tr>
<td><strong>9. Re-Attribution</strong></td>
<td>Instead of automatically assuming that you are “bad” and blaming yourself entirely for a problem, think about the many factors that may have contributed to it. Focus on solving the problem instead of using up all your energy blaming yourself and feeling guilty.</td>
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<tr>
<td><strong>10. Cost-Benefit Analysis</strong></td>
<td>List the advantages and disadvantages of a feeling (like getting angry when your plane is late), a negative thought (like “No matter how hard I try, I always screw up”), or a behavior pattern (like overeating and lying around in bed when you’re depressed). You can also use the Cost-Benefit Analysis to modify a self-defeating belief such as, “I must always try to be perfect.”</td>
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*Copyright © 1989 by David D. Burns, M.D., from The Feeling Good Handbook*
How to deal with negative thoughts and feelings:
You’re not alone; many of us have negative thoughts at different points in our lives. Feeling down is not a character defect, and it doesn't mean that you’re crazy, weak, or flawed. It only means that you’re human, and the things you’re dealing with right now are weighing heavily on you. Sometimes the pain can seem overwhelming and permanent at the moment. With time and support, you can overcome these problems, and the pain of these feelings will pass.

Why do I feel this way?
The intense emotional turmoil that you’re feeling can distort your thinking so it becomes harder to see possible solutions to problems or to connect with those who can offer support.

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

What should I do when I feel this way?

**Things to do:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
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<tr>
<td>Talk with someone every day</td>
<td>Though you feel like withdrawing, ask trusted friends and acquaintances to spend time with you, or continue to call a crisis helpline and talk about your feelings.</td>
</tr>
<tr>
<td>Make a safety plan</td>
<td>Develop a set of steps that you can follow during a crisis.</td>
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<tr>
<td>Make a written schedule</td>
<td>For yourself every day and stick to it, no matter what. Keep a regular routine as much as possible, even when your feelings seem out of control.</td>
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<tr>
<td>Get out in the sun</td>
<td>Or into nature for at least 30 minutes a day.</td>
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<tr>
<td>Exercise</td>
<td>As vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. You can start small. Three 10-minute bursts of activity can have a positive effect on mood.</td>
</tr>
<tr>
<td>Make time for things that bring you joy</td>
<td>Even if very few things bring you pleasure at the moment, force yourself to do the things you used to enjoy.</td>
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<td>Remember your personal goals</td>
<td>You may have always wanted to travel to a particular place, read a specific book, own a pet, move to another place, learn a new hobby, volunteer, go back to school, or start a family. Write your personal goals down.</td>
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**Things to avoid:**

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<tbody>
<tr>
<td>Being alone</td>
<td>Solitude can make negative thoughts even worse. Visit with a friend or family member, or pick up the phone and call someone you trust.</td>
</tr>
<tr>
<td>Alcohol and drugs</td>
<td>Drugs and alcohol can increase depression, hamper your problem-solving ability, and can make you act impulsively.</td>
</tr>
<tr>
<td>Doing things that make you feel worse</td>
<td>Listening to sad music, looking at certain photographs, reading old letters, or visiting a loved one’s grave can all increase negative feelings.</td>
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<tr>
<td>Thinking about suicide and other negative thoughts</td>
<td>Try not to become preoccupied with negative thoughts, as this can make them even stronger. Don’t think and rethink negative thoughts. Find a distraction. Giving yourself a break can help, even if it’s for a short time.</td>
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Stress affects each of us differently, depending on the meaning we place on various events and how we think about them. In order for stress to be a positive force in our lives, we should focus on what we can do to help minimize its negative effects. You can begin this process with a simple inventory:

1. **Identify what is stressful to you.** What may be stressful to one person may not be stressful to you. This could be a person, place, or event that occurs in your life that brings you stress.  
   *List everything that applies to you:*

2. **Identify how stress affects you.** Do you feel anxious, worry more than usual, feel stressed, have mood swings, experience difficulty sleeping, have headaches, upset stomach, or feel fatigued?  
   *List all of the things you experience when feeling stressed:*

3. **Identify when you are most vulnerable to stress.** Identify the time of day, week, or a certain time of the month or year that you feel more stressed. Maybe you feel more stress during the winter months, a special anniversary, birthday, or during the holidays.  
   *Be as specific as possible—list times when you are more likely to feel stressed:*

4. **Identify when stress is good for you.** Eustress or “good” stress helps us accomplish things. This keeps us challenged and is necessary for effective performance to achieve certain goals. Examples are: purchasing a new home, birth of a child, marriage, promotion, or sports competition.  
   *Name at least two times when eustress helped you:*

5. **Identify how you manage your stress.** The goal is to be able to manage your stress rather than to try to eliminate it. There will always be stress in our lives, but by having just identified good vs. bad stress, the things that cause us stress, and specific times when stress is most likely to affect us, we can take proactive approaches to managing our stress to combat the potential negative effects.

**What are three things you do now to manage stress?**

1. __________________________________________________________________________________________
2. __________________________________________________________________________________________
3. __________________________________________________________________________________________
My Mental Wellness Plan

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

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

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

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

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

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

7. When my crisis situation is over, what would help me get back into my daily routine?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
**My Mental Wellness Plan**

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

**Grooming Checklist**—Many people report that when things are breaking down in their lives, one of the indicators for them is a change to their hygiene regiment.

<table>
<thead>
<tr>
<th>Have I ..........</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Showered?</td>
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<td>Put on lotion or</td>
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<tr>
<td>Brushed my teeth?</td>
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<tr>
<td>Put on deodorant?</td>
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<td>Brushed my hair?</td>
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<tr>
<td>Put on clean</td>
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<td></td>
</tr>
</tbody>
</table>

Assistance required in my daily routine. E.g. medication, meals, self-care, mobility:

<table>
<thead>
<tr>
<th>Type of assistance needed:</th>
<th>Who helps me:</th>
<th>When/How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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</tbody>
</table>
Problems don’t always occur on a 9 to 5 schedule. That’s why CHI Health Psychiatric Associates has experienced staff available 24 hours a day, seven days a week.

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

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

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

Safe Harbor
(402) 715-4226
The Warm Line provides an opportunity for people experiencing mental health challenges to receive support by phone.
You will receive a medical screening upon admission to any NDCS facility. During this screening, it is important to be honest with the physician about your circumstances, as that is the only way that medical staff can attend to your specific needs and concerns. But you shouldn't leave it at that—make sure that you are taking care of yourself throughout your incarceration by making healthy choices and getting medical service when needed.

**Sick Call**
Clinical Services are available to patients in a clinical setting at least five days a week and are performed by a physician or other qualified health care professional. Request by writing an Interview Request Form.

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

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

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

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

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

It is the policy of the Nebraska Department of Correctional Services (NDCS) that patients are provided unimpeded access to health care services and that an ongoing program of health education and wellness is provided to all patients. This policy applies to all institutions. Refer to Policy 115.04—HEALTH EDUCATION AND ACCESS TO HEALTH SERVICES or Policy 004.01—ADA Policy for more information.
Meals in Prison: Making Healthy Choices

Good nutrition has long been proven to provide physical benefits, but the mental and emotional benefits that stem from a healthy diet are equally important. While options vary by facility, individuals can choose nutritious meals in prison.

**Tips for Choosing Healthy Meals in Prison**

**Tip #1: Protein Is Powerful**

*Red Meat, a variety of beans, poultry, soy products, eggs, nuts and seafood*

Foods high in protein provide nutrients that are vital for a person’s health because they are packed with “building blocks” for bones, muscles, cartilage, skin, and blood.

**Tip #2: Fruits and Vegetables are a Must**

Fresh, dried, frozen, canned fruits and vegetables are equally valuable to a balanced diet. A good rule of thumb is to “go green.” A green vegetable packs more nutrients than other vegetables.

**Tip #3: Get the Recommended Whole Grains**

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, heart disease, and constipation.

**Tip #4: Smart Snacking**

Snacking is almost always inevitable, and that’s alright because a healthy snack between meals in prison can actually help curb overeating, decrease hunger, and speed up metabolism.

**Tip #5: Understand Supplements**

A generic “daily vitamin” and/or a fish oil supplement is an easy solution to ensure you’re getting all of the necessary vitamins and nutrients needed while incarcerated. Be sure to check with your facility for permission to have these items before purchase.

**Tip #6: Drink Lots of Water**

Water is an important part of all bodily functions and processes, including digestion and elimination.

Source: https://web.connectnetwork.com/healthy-meals-in-prison/
# Benefits of Regular Physical Activity

Want to feel better, have more energy and even add years to your life? Just exercise. The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex, or physical ability. Need more convincing to get moving? Check out these 6 ways exercise can lead to a happier, healthier you.

<table>
<thead>
<tr>
<th>Benefits of Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise controls your weight</td>
<td>Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Any amount of activity is better than none at all. Consistency is key.</td>
</tr>
<tr>
<td>Exercise combats health conditions and diseases</td>
<td>Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the “good” cholesterol, and it decreases unhealthy triglycerides. The one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. It can also help improve cognitive function and helps lower the risk of death from all causes.</td>
</tr>
<tr>
<td>Exercise improves mood</td>
<td>Need an emotional lift? Or need to blow off some steam after a stressful day? Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed, and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve self-esteem.</td>
</tr>
<tr>
<td>Exercise boosts energy</td>
<td>Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. Any time your heart and lung health improve, you have more energy to tackle your day.</td>
</tr>
<tr>
<td>Exercise promotes better sleep</td>
<td>Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don’t exercise too close to bedtime, or you may be too energized to go to sleep.</td>
</tr>
<tr>
<td>Exercise can be fun... and social</td>
<td>Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.</td>
</tr>
</tbody>
</table>

Source: https://www.mayoclinic.org
The Benefits of Bodyweight Workouts

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

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

**Upper Body**

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

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

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

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

**Lower Body**

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

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

**Abdominals**

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

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

Warm-up

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

Workout

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

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

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

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

Downward Dog

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

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

Extended Side Angle

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

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

Locust Pose

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

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

Mindful Breathing for Stress Relief and Relaxation

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

By: Danielle McKee
https://www.yogiapproved.com/om/self-guided-meditation/

Step 1: Sit
Sit in a cool, quiet, comfortable space. Place your hands on your knees or in your lap. You can place your hands in Gian Mudra position by letting the backs of your hands rest on your knees and connecting your thumb and index finger on both hands.

Step 2: Recognize
Recognize how you feel. In this instance, recognize any negative emotions or feelings floating around in your mind or body. Pinpoint where you feel that negativity in you body, and calmly observe it in a non-judgmental manner. Let it be, and know that it’s okay (and completely normal!) to experience negativity.

Step 3: Breathe
As you take inventory of how you feel in your mind and body, take some slow, deep breaths. Feel the breath make its way into your nose, all the ways down your throat, into your chest and down into your abdomen, swirling up and out as a sigh through your mouth. Begin to feel the breath in your body and listen to it as it comes in and goes out without much effort at all.

Step 4: Feel
Breathe as you focus on the spot in your body where you feel negative energy. For example, if you feel anxiety or stress in your chest, take a deep breath and notice how your chest responds. Allow the uncomfortable feeling to be there. Sometimes, with the experience of anxiety, it’s even useful to welcome it, using a “bring it on” mentality. Let it come and welcome the negative feeling warmly. Allow yourself to feel it and do not attempt to fight it.

Step 5: Focus
Whenever your mind starts to wander, allow your mind to focus again on your breath. Listen to the sound of it, and feel it as it enters and leaves your body. It’s completely normal to have several thoughts swirling around as you’re trying to focus on your meditation. Let them be there, and just observe them without judgement. A good way to handle thoughts during a meditation is to simply recognize them, accept them, sit with them and then release them. You can picture them as clouds floating by in the sky or as stones in a stream.

Step 6: Be
Finally, sit and just be. Continue to breathe, listen to each breath, and feel how your body responds. Practice acceptance of the negative feelings, watch them come and go, and know that all is well and that you can breathe through anything that life throws at you.
Stress Reducers

- Procrastination is stressful. Don’t put off until tomorrow what you can do today.
- Don’t put up with things that don’t work; get them fixed or throw them away.
- Don’t rely on memory; make lists, write down appointments, and keep a calendar.
- Surround yourself with positive people!
- Don’t just put it down—put it away.
- Become more flexible with your schedule; laugh at yourself.
- Be prepared to wait; take reading material, and read the time away.
- Accentuate the positive—use positive self-talk!
- Do one thing at a time. Plan and prioritize. Work first on the most important things on your list.
- Forget about counting to 10, count to 100.
- Take care of today as best you can, and the yesterdays and tomorrows will take care of themselves.
- Do not turn wants into needs. Our basic needs are food, water, shelter, and clothing. Everything else is a want. Don’t get attached to wants. They can ruin you emotionally and financially if you don’t control those urges.
- Get up 15 minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
- Try to get 8 hours of continuous sleep daily.
- Eat nutritious and healthy meals from each food group daily. Exercise daily.
- Learn something new. Find an activity that you believe in and will support. Then volunteer when and where you can.
As you prepare for your return to your community, be sure to identify how you will address your medical and medication needs. There are numerous services available in the community that are available to you at little or no cost. Some of the most commonly used services are listed below. For more information about medical services in the community you plan to return to, be sure to attend meetings with your Reentry Specialist or Social Worker, as they will help you get connected!

**Charles Drew Health Center**

Charles Drew Health Center operates two homeless health care centers in Omaha, NE at:

- Catholic Charities Campus for Hope
  1490 North 16th Street
- Siena Francis House
  1111 North 17th Street

Pediatric, adolescent, adult medical care; behavioral health, Dental, Pharmacy, and more

For information about services call: (402) 345-9860

**People’s City Mission Free Clinic**

401 North 2nd Street
Lincoln, NE 68505
(402) 817-0980

Services available include: medical, dental, vision, mental health, chiropractic, dermatology, physical therapy, and more.

**Heartland Health Center**

3307 West Capital Avenue
Grand Island, NE 68803
(308) 382-4297

Heartland Health Center is health care for everyone—offering high-quality, professional and compassionate medical services for all.
Mental Health & Wellness

Your medical needs may change throughout your incarceration. For some people, this may be an opportunity to become healthier by having access to medical and medication services that might not have been easily accessible prior to incarceration. Others may utilize this as a time to focus on diet and physical exercise and leave prison in the best shape they’ve ever been. With greater access to medical screenings and services, some may learn of ailments affecting them that they were unaware of prior to coming here. Some may develop conditions through age or circumstance that will affect their needs and will require more intentional planning to tend to those needs. Assistance is available through medical staff and social workers to help you manage your circumstances and confidently live a fulfilling life.

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

Did you have health insurance before your incarceration? ________________________________
  How did you receive it? ________________________________________________________________

Do you take medication? ______________________________________________________________

When you are released, you will receive a 30 day supply of any medications prescribed by NDCS physicians. How will you address any medication needs in your community? ______________________
  ____________________________________________________________________________________

Do you live with a chronic medical condition? ________________________________

How will you manage your medical needs during your incarceration? ________________________
  ____________________________________________________________________________________

What will you need to successfully manage your medical needs in the community?
  ____________________________________________________________________________________

Your medical needs may change throughout your incarceration. For some people, this may be an opportunity to become healthier by having access to medical and medication services that might not have been easily accessible prior to incarceration. Others may utilize this as a time to focus on diet and physical exercise and leave prison in the best shape they’ve ever been. With greater access to medical screenings and services, some may learn of ailments affecting them that they were unaware of prior to coming here. Some may develop conditions through age or circumstance that will affect their needs and will require more intentional planning to tend to those needs. Assistance is available through medical staff and social workers to help you manage your circumstances and confidently live a fulfilling life.

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  ____________________________________________________________________________________

Do you live with a chronic medical condition? ________________________________

How will you manage your medical needs during your incarceration? ________________________
  ____________________________________________________________________________________

What will you need to successfully manage your medical needs in the community?
  ____________________________________________________________________________________

Refer to Policy 115.25—SOCIAL WORK RE-ENTRY SERVICES for more information.
**MENTAL HEALTH & WELLNESS**

**My Health & Wellness Goals**

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

**EXAMPLE**

**My Short Term Employment Goal:** _______Lose 5 pounds________________________________________________________________________

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work out 4 days a week</td>
<td>10/1/2021</td>
<td>Bodyweight workout</td>
<td>Take an extra day off</td>
</tr>
</tbody>
</table>

**My Short Term Employment Goal:** _____________________________________________________________

Something you can accomplish over the next few months—1 year, but not longer than a year.

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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</tbody>
</table>

**My Long Term Employment Goal:** ____________________________________________________________

Something that may take several years to accomplish.

<table>
<thead>
<tr>
<th>I will...</th>
<th>By... (date)</th>
<th>Using the resource...</th>
<th>I will reward myself for completing this by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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</tr>
<tr>
<td>2.</td>
<td></td>
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<tr>
<td>3.</td>
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</tbody>
</table>

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

________________________________________________________________________________________

________________________________________________________________________________________

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

________________________________________________________________________________________

________________________________________________________________________________________
Have you ever thought that if you were just able to “get sober” and able to stop using drugs or alcohol that all of your problems would be solved? Addiction recovery is about more than just the absence of drugs in your system. Recovery from drug and alcohol addiction is a complex process and journey. It can be a road filled with bumps, twists and turns. There are hardships and obstacles along the way. However, it is a journey that everyone recovering from addiction must travel in order to move forward towards health and freedom. This is why recovery from substance addiction doesn’t start with abstinence; it starts with hope. Hope isn’t just wishful thinking; it’s the foundation for recovery. Without hope, and a feeling of desire for recovery, you will be hard pressed to find meaningful action. NDCS will provide you with the tools to start your journey to recovery. With hope, you will find a way to keep going, to keep striving, and keep fighting for your health, happiness, and

How you can use what you’ve learned:

- Better deal with your thoughts and feelings
- Figure out who your true support is
  - Develop a wellness plan
Ten years ago I was in federal prison. Today I’m a lawyer and an entrepreneur, and I have an amazing life. It took a lot of work, pain, and discipline to get here, but I wouldn’t change a thing.

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

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

With the help of methadone, I graduated from college. In the following years, after numerous failed attempts at treatment and sobriety, I found myself addicted to methamphetamine. I started dealing small amounts to support my own addiction. Then, in 2005, I sent some meth through the mail, I was still trapped in the irrational mindset of addiction. I told myself that it wasn’t my drug use that was the problem; I had been set up. It was a fluke. I would do my time and use the experience to write a best-selling memoir.

The first time I went to prison, to serve the year-long sentence for sending drugs through the mail, I was still confused. He went on to explain that I was working at the bagel shop because I had decided that was what I needed to do to get where I wanted to go in my life – just like choosing one of two pens because I liked one color better, or one shape. What I hadn’t done with the bagel shop job was choose to be there. I wasn’t choosing every day how to show up. So from that day forward, rather than focusing on the negative and being irritated that I had to be at that job, I chose to show up without resentment and make the best bagel sandwiches I could – with a smile on my face.

That lesson about decision and choice continues to serve me every day. We all have to make decisions, and there isn’t always an ideal option or even an option that we

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

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

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

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

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

I was still confused. He went on to explain that I was working at the bagel shop because I had decided that was what I needed to do to get where I wanted to go in my life – just like choosing one of two pens because I liked one color better, or one shape. What I hadn’t done with the bagel shop job was choose to be there. I wasn’t choosing every day how to show up. So from that day forward, rather than focusing on the negative and being irritated that I had to be at that job, I chose to show up without resentment and make the best bagel sandwiches I could – with a smile on my face.

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By: Suzula Bidon on December 14, 2017

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

By: Suzula Bidon on December 14, 2017
Facing My Past
During my undergraduate years, college had been a backdrop for my addiction. This time was totally different. I loved law school. I soaked up knowledge and cultivated authentic, meaningful relationships with everyone I could: professors, senators, representatives, judges, deans, you name it.

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

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

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

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

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

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

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

I got goosebumps. What I once considered my unredeemable and shameful past has become one of my greatest assets.
NDCS provides a variety of treatment programs to help people break away from addiction and reclaim their lives.

Residential Services:
Provides treatment in a therapeutic community by a team dedicated to providing quality care to people in need. Participants will receive addiction education, recovery counseling, cognitive-behavioral training, relapse prevention tools, transition planning including referral to community services, and ongoing support as they learn skills to navigate the barriers to their success.
Available at: Nebraska State Penitentiary, Omaha Correctional Center, Tecumseh State Correctional Institution, and Nebraska Correctional Center for Women

Non-Residential Services:
Intensive-Out Patient (IOP), Outpatient (OP), and continuing care through a classroom learning center, while living in a general population setting. The goal is to serve individuals in a pretreatment motivational enhancement phase to build recovery tools and develop support through group and individual meetings.
Available at: Work Ethic Camp, Community Corrections Center—Lincoln/Omaha, and Lincoln Correctional Center

Sobriety Support Groups:
NDCS offers a variety of self-betterment clubs, including Alcoholics Anonymous, at every NDCS facility.

“I’m not telling you it is going to be easy; I’m telling you it’s going to be worth it.”
-Arthur L. Williams Jr.
Has alcohol or substance use caused problems in your life?

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

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

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

**Tips to Help You Stay Sober**

**Stay Out of Risky Situations:** This may mean that you don’t spend time with someone you used to use drugs with or go somewhere you used to drink. You might take a new way home from work, for example, to keep from going pays your favorite old hangout.

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

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

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

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

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

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

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

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

Be the Designated Driver—This gives you a quick and easy explanation for why you aren’t drinking. It also gives you a sense of purpose that can help you stay focused.

Source: https://www.webmd.com
My Personal Recovery Plan

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

Personal triggers that put me at risk for using:
Ex. Going to the bar after work with my co-workers. Drinking a couple beers while fishing.
1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________

Ways I will increase my self-care:
Ex. I will go to bed by 11pm so that I get a good nights rest.
1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________

How I will address each trigger:
Ex. I will drive home immediately after work. I will take a cooler of soda to drink and select sober friends to go fishing with.
1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________

My Relapse Prevention Strategies:
Ex. If I feel the urge to use, I will call my sponsor instead.
I will attend 3-4 12-Step meetings each week.
1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________

Commitments that will help me stick to my Recovery Plan:
Ex. I will be clean and sober for my daughter’s graduation celebration in June.
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

Addiction Recovery
Support in the Community

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

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

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

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

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

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

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

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

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

CenterPointe
2633 P Street
Lincoln, NE 68503

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

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

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

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

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

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

Helpful Phone Numbers:

Alcoholics Anonymous
1-877-226-3632

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

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

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

Other services or people that can help with my recovery:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Advice From Those Who’ve Been There

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


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

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

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

What should inmates expect to face when they are released?

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

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

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

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

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

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

“I wish I had known and gotten a head start on the proper identity papers. Particularly the birth certificate and Social Security Card.”
Navigating the barriers to your success in the community is going to require having valid identification documents. A Birth Certificate, Social Security Card, and State ID card will allow you to obtain a job, rent an apartment, open a checking/savings account, apply for benefits, and access services in the community. Additionally, having a valid state identification card is necessary to promote to Work Release at a Community Corrections Center and is needed to vote.

**Birth Certificate**
Attend the Reentry Orientation Meeting within the first few weeks of admission. Reentry Staff will help you complete required documents for a Nebraska birth certificate.

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

If you weren’t born in Nebraska, Reentry Staff, your Housing Unit Staff, or the facility Records office can help. Just write an Inmate Interview Request form—be sure to include where you were born.

*Costs: Nebraska Birth Certificate—$17  
  Other States—Costs vary  
  Cost will be covered by NDCS*

**Social Security Card**
If you have your card saved with a family member or friend, have them send it to the facility. It will be saved in the records office until your release. Then you will have it when you need it!

Apply for a replacement when you are within 120 days of release, your scheduled Parole hearing, or transfer to a Community Corrections Center. Reentry Staff, Housing Unit Staff, or your facility records office can help.

*Costs: FREE*

**State ID**
You will need a state issue ID in order to be promoted to Work Release Custody.

*We will help you with this once you’re transferred.

You will need to present a certified birth certificate

*Other forms of identity verification are also accepted.

You will need to provide Social Security Number or Exemption.

*Costs: $28.50 (valid for 5 years)*

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**We’re Here to Help!**

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

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

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

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

Contact:

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

In addition, Sandra can help with Housing, Employment, Education, Medical services, and Mental Health needs for incarcerated veterans.

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**Green Card**

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

USCIS Omaha Field Office  
1717 Avenue H  
Omaha, NE 68110

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**Driver’s License Record**

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

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

Available Online —https://dmv.nebraska.gov/  
- Driver’s Manuals (Operator, CDL, and Motorcycle)  
- Downloadable Practice Tests  
- Check your Driver’s License Status  
And More!

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**Selective Services**

Virtually all male U.S. Citizens, regardless of where they live, and male immigrants, whether documented or undocumented, residing in the United States, who are 18 through 25 are required to register with Selective Services.

You’re registration may be required to receive employment, student loans, and various services in the community.

Registering with Selective Service does not mean you are joining the military!

Young men must register within 30 days after being released from incarceration if they have not reached their 26 birthday.

To check if you are registered go to:  
www.sss.gov

Write an Interview Request to your facility Records Office for help

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**Criminal Record**

It’s a good idea to review your criminal record. This will help you to better understand what an employer will see if they run a background check, and will enable you to be better prepared to respond to any inquiries. It will also allow you to check for any errors and to be aware of any charges that are pending against you.
TRANSPORTATION

Lack of reliable transportation can intensify the stress of reentry. Transportation affects your ability to find and keep a job, make it to scheduled meetings and appointments, and manage day-to-day needs after release. Both Urban and rural communities present unique challenges. Bus routes rarely extend to surrounding rural areas. Most urban centers lack a coherent public transportation system. Long bus commutes, extreme weather like winter weather or extreme heat can make it difficult to access a range of services, attend probation or parole meetings, and going to and from work. Family and friends can assist with transportation, but their willingness to help wanes with time as they may also have jobs and issues that make it difficult and impractical to depend on them for an extended period of time.

If you are lucky enough to have your own vehicle it will be vital that you have a valid Driver’s License and have the vehicle licensed and insured. Owning a vehicle can be extremely expensive so being open to other modes of transportation upon release is important. Looking into starting out at a residence on a bus line could make life much easier. Walking or riding a bike can not only get you to where you need to go, but help keep you in shape and healthy.
Hall County Public Transport: 304 E. 3rd St. Grand Island, NE | 308-385-5324

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

Hours of Operation:
Monday—Friday
6:00 a.m.—5:00 p.m.

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

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

Serving the cities of Scottsbluff, Terrytown, and Gering.

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

1. **You save money on gas.**
   Paying for fuel can get expensive fairly quickly. Due to rising fuel costs and tire upkeep, the cost of owning a car increased nearly 2 percent in 2012 to almost $9000, according to AAA. It costs just $308 per year to keep bikes in shape. Riding a bike even once a week can save quite a bit of money over time.

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

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

4. **You won’t get stuck in traffic.**
   Driving rush hour can be frustrating when you have to deal with stop and go traffic. Biking paths and sidewalks have much less congestion, and you will often be able to go to and from the places you want much faster compared with using public transportation.

5. **You never have to worry about finding a parking spot.**
   It’s typically much easier to find a place to lock up your bike than to park a car.

6. **You can take the scenic route.**
   Some biking paths go through parks or wooded areas, which are much more pleasant to look at than a congested gridlock of cars on the city street. Because you aren’t stuck in a car, you’ll be able to take a look at the city in a new, different way!

7. **You can Bike and Ride.**
   Many cities will help you attach your bike to a city bus to help you get around quicker, safer, and easier.
Take control of your money or your money will always have control of you.

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

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

Set Money Aside for Savings:
Many people will come up with excuse after excuse as to why they didn’t — or couldn’t — put a certain amount of money aside each month into a savings account. Whether they just didn’t have any money left over to do it, or simply “forgot” to, many times people underutilize this opportunity to invest in their future. Start early and contribute every month, even if the contribution seems small. These incremental investments grow over time, and, with regular deposits into a savings account, even over a few short years, can offer financial peace at the end of your incarceration to make decisions about your life moving forward. Make your savings contribution part of your monthly budget, and put that money away first thing each payday. It’s your money that you’re using to invest in your future self.

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

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

Develop a Budgeting Plan
You might hate math, which is a huge reason why budgeting just hasn't made it to many people’s to-do list. Budgeting does involve some level of mathematics, but it doesn't have to be complicated, and you don’t need to be a calculus professor to figure it out. Start off using a simple formula: your incoming funds minus your expenses. The result is what you have left over to spend on leisure expenses, such as dining out, going to the movies, going on vacation, etc. If you get a negative number as a result, you know that you’ve got to cut back on certain expenses in order to keep the number in the positives.
FINANCIAL OBLIGATIONS

Set Aside Money for Savings

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

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

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

*For more information, refer to Policy 113.02 INMATE ACCOUNTING

Ask your Housing Unit Staff or Case Manager for a Savings Transaction Request (shown above) to take the first step in gaining your financial independence!
**Child Support**

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

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

**Fines & Charges**

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

**Restitution**

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

**DMV Charges**

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

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

Or online at:  
https://dmv.nebraska.gov/
12 Month Money Savings Challenge

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<td>Month 9 - $75.00</td>
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<td>Month 10 - $15.00</td>
<td>Month 10 - $10.00</td>
<td>Month 10 - $20.00</td>
<td>Month 10 - $100.00</td>
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<tr>
<td>Month 11 - $10.00</td>
<td>Month 11 - $10.00</td>
<td>Month 11 - $20.00</td>
<td>Month 11 - $75.00</td>
</tr>
<tr>
<td>Month 12 - $5.00</td>
<td>Month 12 - $5.00</td>
<td>Month 12 - $15.00</td>
<td>Month 12 - $75.00</td>
</tr>
</tbody>
</table>

SAVE $125  SAVE $250  SAVE $500  SAVE $1000

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

It doesn't matter where you start, it matters where you finish!
Setting Your Financial Goals

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

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

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

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

<table>
<thead>
<tr>
<th>Goal (Specific)</th>
<th>Term (Timely)</th>
<th>Total Cost (Measurable)</th>
<th>Monthly Commitment</th>
<th>Ways to Reach (Action)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Save for Transitional Housing Deposit</td>
<td>24 months</td>
<td>$400</td>
<td>$17</td>
<td>Get a $2.25/hour job, cut back on ice cream and snacks from</td>
</tr>
</tbody>
</table>
# Develop a Budget Plan—Monthly Budget

<table>
<thead>
<tr>
<th>Income</th>
<th>Budgeted</th>
<th>Actual</th>
<th>Deference (+/-)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job #1</td>
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<tr>
<td>Job #2</td>
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<td></td>
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<tr>
<td>Other Income</td>
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<tr>
<td>Total Income</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Fixed Expenses</th>
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</thead>
<tbody>
<tr>
<td>Rent/Mortgage</td>
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<tr>
<td>Home Owner/Renter Insurance</td>
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<tr>
<td>Property Taxes</td>
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<tr>
<td>Credit Card Payment</td>
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<td>Health Insurance</td>
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<td>Phone</td>
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<tr>
<td>Utilities</td>
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<tr>
<td>Child Support/Child Care</td>
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<tr>
<td>Supervision Fees</td>
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<table>
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<tr>
<th>Variable Expenses</th>
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<tbody>
<tr>
<td>Food—Groceries</td>
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<tr>
<td>Food—Meals Out</td>
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<tr>
<td>Toiletries, Household items</td>
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<tr>
<td>Clothing</td>
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<tr>
<td>Medical Expenses</td>
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<tr>
<td>Entertainment</td>
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<tr>
<td>Personal Transportation</td>
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<tr>
<td>Car Payment</td>
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<td>Bus Fares and other public transportation</td>
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<td>Gas</td>
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<td>Repairs and Maintenance</td>
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<td>Auto Insurance</td>
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<td>Parking</td>
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| Savings          |          |        |                 |
| Total Expenses   |          |        |                 |
| Balance          |          |        |                 |
Having a hobby is a great way to relieve stress, a creative outlet, and a way to meet new people. Hobbies often provide a creative outlet that you might not get in your everyday life. They allow you to do something that’s just for you and that can help you decompress and forget for a moment about your daily problems, and they provide an outlet to unwind after a stressful day.

There are a lot of ways that hobbies are good for you, but if you don’t have a regular leisure activity that you enjoy, it can be difficult to decide which one will be enjoyable for you. Here are some tips for finding things that fit you and your interests.

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

- What do you love to do in your free time?

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

- What are or were your favorite classes and subjects in school?

- If you could do any job in your life, what would you choose?

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

- What areas are you already perceived as an expert?

- What values do you hold dear that help guide your life?
What are the subject areas you most enjoy reading about? When you are in a bookstore or the library, what are the subjects or types of books and magazines that you are drawn to?

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

Make a list of careers that your closest friends work in (or plan to work in). See anything that really grabs your interest? Why?

Have your friends and family told you repeatedly that you would be excellent in a particular job or career? Do you have a deeply held desire for a particular career? Do you think about your calling in life? If so, what would it be?

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

Everyone deserves the opportunity to live a life of fulfilment and passion. Looking deeply inside yourself and removing all obstacles (real and perceived), can help on your road to finding your passion, achieving success, and living your life.
Here are some ideas of hobbies that might interest you.

**Outdoor Hobbies**
- Gardening
- Camping
- Hiking
- Become a Master BBQer
- Geocaching
- Rock Collecting
- Bird Watching
- Fishing

**Intellectual Hobbies**
- Reading
- Writing
- Drawing
- Learn a New Language
- Learn to play an Instrument
- Learn to Sew
- Learn a New Game
- Explore Your Genealogy

**Exercise Hobbies**
- Biking
- Running
- Body Weight Exercises
- Dance
- Swimming
- Golfing
- Join a Club Sports Team
- Try Yoga
- Practice Meditation

**Skilled Hobbies**
- Cooking
- Canning and Food Preservation
- Furniture Restoration
- Animal Husbandry
- Carpentry

**Other Hobbies**
- DIY/Crafts
- Write a themed List, Work Through It
- Scrapbooking
- Knitting
- Painting
- Sculpting
- Origami
- World Record Breaking
- Explore your local area
- Start a blog
- Photography
- Mentoring
- Pet Training
- Calligraphy
- Scuba Diving
- Investing
- Budgeting
- Couponing
- Thrift shopping
- Run a tent at a local market
- Build models
- Learn magic tricks
- Community play acting/performing
- Explore asceticism
- Become a minimalist
- Leatherwork
- Chess
- Archery
- Rock climbing
- Classic car restoration
- Paintball
- Darts
- Fencing
**Date:**

**DAILY JOURNAL**

**Carpe Diem**

**SEIZE THE DAY!**

**Motivation for Today**

""

**Today My Mood Is:**

**3 Things I Am Grateful For Today**

1. __________________________
2. __________________________
3. __________________________

**My Top Priorities**

1. __________________________
2. __________________________
3. __________________________

**Daily Goals**

1. __________________________
2. __________________________
3. __________________________

**Water Intake**

**My Food Journal**

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<td>BREAKFAST</td>
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**Notes:**

**Exercise**

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**102**
Date:
DAILY JOURNAL

MOTIVATION FOR TODAY

"I DESERVE GOOD THINGS TO HAPPEN TODAY BECAUSE:

MY TOP PRIORITIES

1.
2.
3.
4.
5.

WATER INTAKE

My Food Journal

<table>
<thead>
<tr>
<th></th>
<th>B BREAKFAST</th>
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<th>L LUNCH</th>
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<th>D DINNER</th>
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DAILY GOALS

1.
2.
3.
4.

EXERCISE

| EXERCISE | WEIGHT | REPS | WEIGHT | REPS | WEIGHT | REPS | WEIGHT | REPS | NOTES:
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This Reentry Workbook is a great tool that will guide you through the different aspects of planning for your future. Utilizing the information and resources contained here is just the first step in building the life that you want to have and the dreams and goals you strive to achieve.

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

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

Which direction are you choosing?

The struggle you’re in today is developing the strength you need for tomorrow.