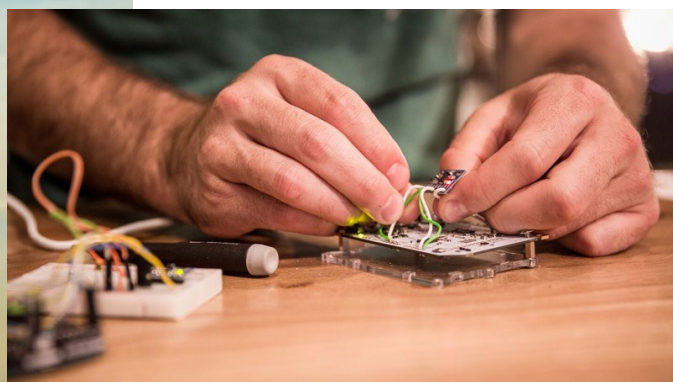


# Reentry Workbook





## The purpose of this workbook:

- To create a plan that will help you succeed in life and to help you achieve your personal goals.
- To identify, understand, and organize the decisions you will need to make in order to accomplish those goals.
- To recognize and appreciate the fact that with the right support and well thought-out plan, you CAN DO THIS!

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CEO's have a business plan to make sure their business is successful, coaches have a game plan to ensure that their team wins the game, builders and contractors have a blueprint so that the house is built exactly the way they envisioned. This workbook is all about you and is your plan to achieving your goals and live the life that you want. In the following pages we will help you identify your needs and create an action plan to address those needs. Over the course of your sentence you will work with a variety of people including: Case Managers, Reentry Specialists, teachers, volunteers, and others who are available to help you and are invested in your success. Remember that planning for your release needs to start immediately, not just a few weeks before you are scheduled to leave. So, start planning for the life that you want NOW!

**This Workbook belongs to:** \_\_\_\_\_

**ID#:** \_\_\_\_\_

**Tentative Release Date:** \_\_\_\_\_

**Parole Eligibility Date:** \_\_\_\_\_



**You Deserve It!**



# Carrots, Eggs, and Coffee

## A story on our response to difficulties

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

# Advice From Those Who've Been There

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

Source: <http://stateofopportunity.michiganradio.org/post/former-inmates-give-advice-those-just-getting-out-prison>

## **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 re-entry 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."



# Reentry Planning Begins on Day 1!

Do you have a plan for what you're going to do when you get out?

Plan? No. I'll just play it by ear like I always do. I should be fine. I'm sure I'll figure it out.

Yeah. That's what I've done in the past too. But last time I was out I didn't like where I was living.  
I needed a better job and more support.

Yeah I didn't even have a place to live. I was bouncing from friend to friend.

I've heard of other people doing that. How did that work for ya?

It would've been nice to get a place of my own. Trying to figure out where I was going to sleep each day was too much stress! I really could've used a more suitable housing situation.

Are there any programs that can help me find a good job? I don't have a lot of job skills and I'm not sure what else I can do to get a good paying job.

I had a pretty good job but my buddy stopped giving me rides so I stopped showing up.  
I wonder if being fired will matter when I try to get another job.

I don't have a license so I don't know how I would get back and forth to work everyday either. I've never used the bus. I don't know how that works or if there is even a bus stop close to me.

I guess there is a lot more to consider than I thought

I know, right?! I want to get as much of this sorted out as I can before I leave. I want to have a plan in place so I can get started on everything as soon as possible.

Maybe I will too. I bet if we start working on this now that the Reentry Team will be able to help us develop our plan and get us access to resources we can use!



Let's contact our  
Reentry Specialist  
TODAY!



# Focusing On Your Future

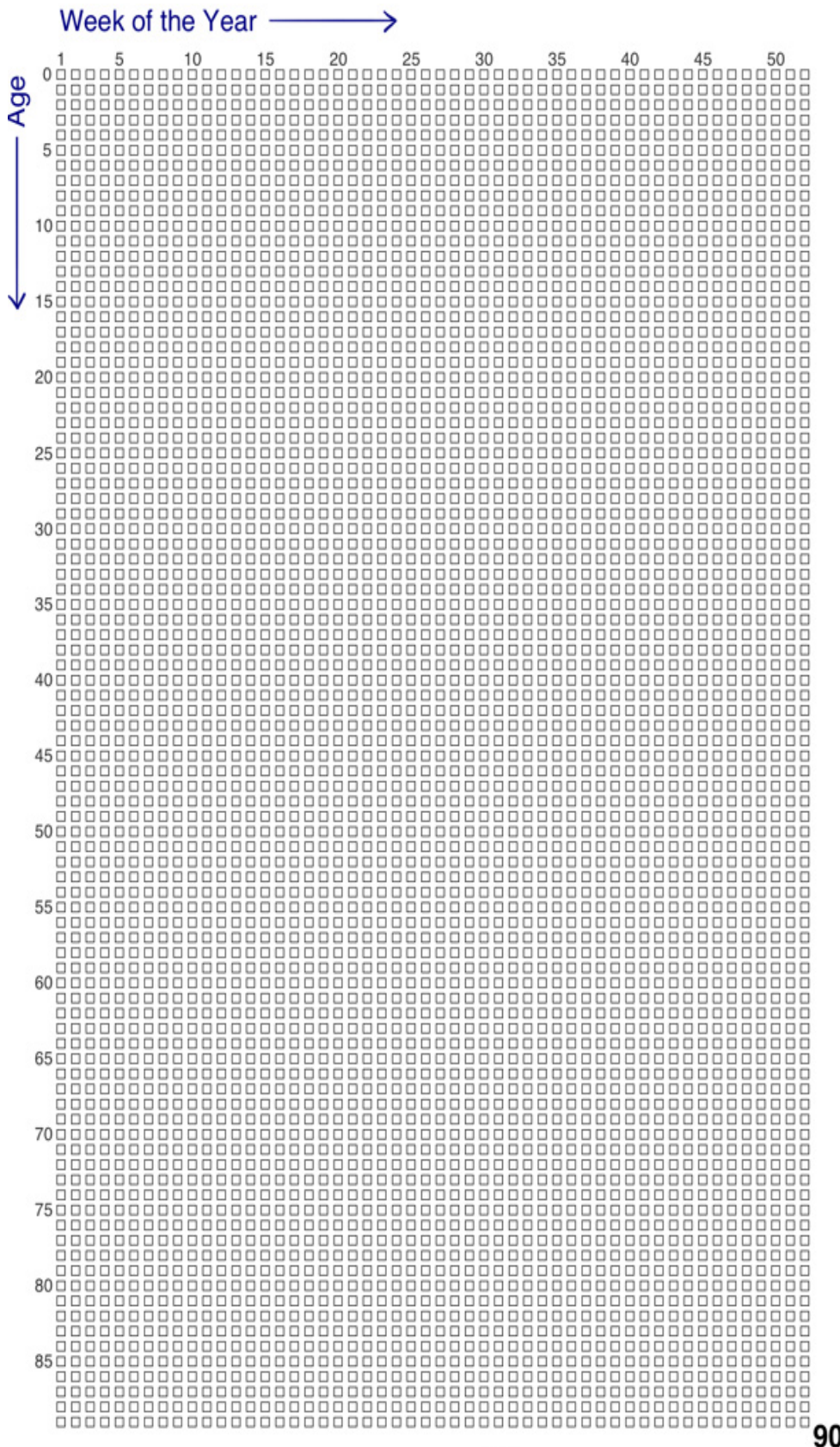
Setting your sights on SUCCESS



Returning from prison can be a complex transition for many formally incarcerated citizens as well as their families. There are many things to consider when preparing for your life after incarceration. Reentry staff, as well as your Case Managers, counselors, volunteers, and others are here to help you address these areas so that they are not barriers to your success.



# You are More



## The Average Person Lives 27, 375 Days.

Each day is a gift in which you decide whether to take steps closer to your goals or further from them. Don't let your time here derail you from building the life you want to live. These boxes staring you in the face are your time. The remaining boxes (time) can be **WHATEVER** you want them to be. Use the opportunities available, and invest this time into creating yourself and your life in the way that you've always dreamed it to be. This time counts—the clock never stops—so use it to your advantage.

### Chart your life:

Use this graph to identify parts of your life that have already happened.

- ◆ Highlight the weeks in the past in different colors to segment them into “life chapters” i.e. high school, college, job 1, job 1, move to a new city, engagement, marriage etc.

See all the things you've already accomplished!

And to plot your future plans and goals in the weeks remaining.

\* Plot out goals for the future by making a mark on a future box and visually seeing exactly how many weeks you have to get there.

It's never too late to start living the life you want—But you have to start!

**See it, do it, become it!**

**WE'LL HELP YOU!**



# You are More

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 use 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?*

WE BECOME  
WHAT WE  
THINK  
ABOUT.

*Earl Nightingale*

# *Reentry Services*

## THE REENTRY TEAM IS HERE TO HELP YOU PLAN

People in the criminal justice system talk about reentry for many reasons and it seems everyone has their own idea of what reentry is. At the Nebraska Department of Correctional Services, we believe reentry is more than a program. It's an intentional mind-set or a way of making sure you are set up for successful return to your community. Still, reentry can mean many things. SO, does it really matter? Will it really make you successful? Yes, it will!

Planning ahead will make a difference in the activities you choose to participate in and the way you live your life. The Reentry Plan is a way of putting those plans on paper and making sure you know what you're working towards. Whether you are serving a short, long or life sentence, the reentry plans begins on day 1 and follows you throughout incarceration and into the community.

You're not in this alone. The Reentry Team is here to help offer hope, reentry planning, guidance, and support to help you develop an action plan to achieving your goals. There are so many ways to use this time as an investment in your future that won't only keep you from coming back to prison but will put you on the path to start living the life you want to live for yourself and for your family.



Orientation



180 Days to Release



120 Days to Release



30 days to Release

We will invite you to attend these formal scheduled reentry meetings and presentations. You will have an opportunity to ask questions, receive information, and get connected to people and services during these meetings. You don't have to apply or request, we'll invite you based on your time structure to the appropriate meeting. Outside of these meetings, you can also send Interview Requests to your Reentry Specialist.



## Orientation

Available at intake facilities for all newly committed individuals. The purpose of this meeting is to discuss the importance of preparing for release and opportunities available inside our facilities that will provide a pathway to success, regardless of the amount of time a person is serving. Discuss the different routes to reentry and what is needed or expected prior to release, Reentry Workbook, and provide assistance beginning to build a Reentry Action Plan for successful reentry.



## 180 Days to Release

Available to people within 180 days of their scheduled release on parole, post-release supervision or discharging without supervision, to learn about services available in the community to assist them in: developing skills that will help land a meaningful job, obtaining and maintaining employment, managing medical or mental health needs, transportation assistance, educational opportunities, and positive support.



## 120 Days to Release

Available to people within 120 days of their scheduled release on parole as an opportunity to work with a Reentry Specialist on completing their reentry and parole plans. This meeting offers individualized planning based upon the needs of the individual and the community area that they will be paroling to. This meeting will provide information to help individuals prepare for their Parole Board Hearing.



## 30 days to Release

Available to people discharging without supervision approximately 30 days prior to release to develop a comprehensive reentry plan that addresses all of the participants reentry needs. Ensure participants have safe housing and direct transportation to their residence on the day of their release. Participants are provided information about services available to them in the specific communities where they are returning. Whenever possible we schedule appointments with needed services for medical, medication management, and mental health services.

Additionally we aim to enroll participants in programs that will assist with obtaining employment or education services.



NDCS Reentry Services  
Grant-Funded Vocational & Life Skills Programs

\*These programs are offered to everyone while in an NDCS facility, while on community supervision, and for 18 months after discharge. Additional information can be obtained from unit staff or a Reentry Specialist.

**ReConnect, Inc. (Omaha):**

ReConnect2Success, is a reentry program of ReConnect, Inc., a community based non-profit organizations. 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. The program places emphasis on employment preparation and retention skills while also helping clients develop comprehensive problem solving and life skills needed to be successful in the workplace, and in life. ReConnect2Success services include intense case management to help clients address personal issues that impact reentry success, weekly employment readiness and retention workshops, monthly job club where clients meet with local employers, peer mentoring support, daily access to the employment center where clients work alone or one on one with reentry specialists to search and apply online for jobs, vocational training in the construction industry, family reunification and community engagement support.

**LaVon Stennis-Williams 402-934-4933**

**[reconnectsuccess@gmail.com](mailto:reconnectsuccess@gmail.com)**

**Center for People in Need-TRADE Program (Lincoln):**

The TRADE (Tackling Recidivism and Developing Employability) Program provides vocational and life skills training and case management services to those transitioning out of the criminal justice system: work release participants, those on felony probation, parolees, and individuals who have been discharged from state supervision within the last 18 months. Through a combination of vocational and life skills training and wrap-around services, the TRADE Program seeks to address the array of factors that increase recidivism rates by developing strong support networks which increases the likelihood of employment retention and reduces the likelihood of repeat criminal activity for newly released offenders. Vocational training programs include: Construction/Carpentry, Forklift/Warehouse, Janitorial/Building Maintenance, and Institutional Food Service. Courses cover such topics as family outreach, common-sense parenting, communication skills, teamwork and self-help, financial literacy, resume writing, computer skills, and job searching. Victim impact and domestic violence awareness and prevention classes are also available to all participants.

**Matt Hill 402-476-4357 ext. 245**

**[mhill@centerforpeopleinneed.org](mailto:mhill@centerforpeopleinneed.org)**

### **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). Participants must be at least 19 years old. The IVLSP is comprised of services that will be delivered to participants within the Residential Reentry Center setting. The services include but are not limited to: Residential, Transition Skills, Basic Money Management, Cognitive Behavior Therapy, Parenting, Family Reunification, Vocational Assessments, Job Placement Services, Individual Program Planning, Risk/Needs Assessment, Progress Meetings, Case Notes and Release Planning.

**Angela LaBouchardiere 402-462-2001 x207**

[alabouchardiere@bristolrrc.com](mailto:alabouchardiere@bristolrrc.com)

### **Metropolitan Community College (Omaha):**

Metropolitan Community College's 180 Re-entry Assistance Program (180 RAP) provides 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 is focused in the areas of business, entrepreneurship, trades, information technology, and increasing employability skills of the populations. Recently released individuals and probationers have direct support available to them at Fort Omaha Campus and the MCC Express.

**Diane Good-Collins 531-622-2858**

[reentry@mccneb.edu](mailto:reentry@mccneb.edu)

### **Mental Health Association of Nebraska (Lincoln):**

Mental Health Association of Nebraska provides programming and services to individuals who have been recently released from the state correctional facilities, or those currently on felony probation/parole. MHA-NE Programs and services provided are CARF accredited, and include Employment Support Services (HOPE), a program that provides targeted supported employment services to adults living with severe behavioral health issues. Crisis Respite services offers a new facility called Honu House and is modeled after the highly successful (KEYA) House. The facility provides crisis respite and transitional housing for up to 90 days; services also include 24 hour peer support, self-advocacy education and self-help training. Program staff work directly with participants in wellness, recovery activities and in developing (WRAP), Wellness Recovery Action Plans, and problem solving skills. The Crisis Diversion, Outreach and Referral (REAL) Program provides pro-active support services to individuals that have been identified as being in need of rapid and intensive support services before they make undesirable decisions that could lead to re-incarceration. Participation in all MHA-NE Programs and services is voluntary and require the individual to take a leading role in the type and scope of services they receive, thereby "owning" their recovery and making success the likely outcome.

**Kasey Moyer 402-441-4382**

[kmoyer@MHA-ne.org](mailto:kmoyer@MHA-ne.org)

### **Associated Builders and Contractors (Lincoln):**

ABC has valuable programs for reducing recidivism with the ability to provide pre-employment training through our safety programs. In addition, 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 is followed by a building project that will allow the students to experience work based learning hands on applications in carpentry, plumbing, electrical, HVAC, drywall, roofing, finish carpentry, and painting. The main goal of the work based learning project is to allow the students to determine their trade specific area of interest. Once they have established their specific trade interest they enroll in a trade specific training program and complete the classroom portion of apprenticeship training, which allows individuals who are incarcerated to have a valuable background in the trades. This experience gives them the confidence to step back into the workforce upon release from incarceration.

**April Bulling-June 402-477-4451**

[aprilbj@abcnebraska.org](mailto:aprilbj@abcnebraska.org)

### **Mid-Plains Community College (North Platte)**

The *Mid-Plains Community College (MPCC) Access to Workforce Opportunities Program* provides short course trainings to teach marketable skillsets to inmates at the Work Ethic Camp (WEC) in McCook, Nebraska. Short course trainings in Forklift Operator Safety Training, Commercial Driver's License Preparatory Training, Cardiopulmonary Resuscitation (CPR) and First Aid Training, and Focus Four Hazards Training are offered by MPCC a la carte and on an ongoing basis to accommodate diverse daily and sentencing schedules of WEC inmates. *MPCC Access to Workforce Opportunities Program* earn certificates of completion and applicative training credentials that when aligned with existing educational, personal development, and vocational training programs offered at WEC, provides inmates the ability to obtain employment in higher-wage, high-demand jobs following their release.

**Sharon Kircher 308-345-8123**

[kirchers@mpcc.edu](mailto:kirchers@mpcc.edu)

### **York Community College (York)**

The York College Second Chance Education Program (SCEP) offers inmates 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.

**Dr. Terry Seufferlein 402-363-5650**

[tseufferlein@york.edu](mailto:tseufferlein@york.edu)



# Family and 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 your social network provides you with what you need, check whether each of the following statements is true or false for you.

True   False

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. If I needed an emergency loan of \$100, there is someone I could ask for it.      |
| _____ | _____ | 2. There is someone who takes pride in my accomplishments and/or praises me.         |
| _____ | _____ | 3. I often visit or talk by phone with family or friends.                            |
| _____ | _____ | 4. Many people I know have a positive impression of me.                              |
| _____ | _____ | 5. If I needed an early-morning ride to the airport, there is no one I could ask.    |
| _____ | _____ | 6. I feel there's no one with whom I could share my most personal worries and fears. |
| _____ | _____ | 7. My friends are more successful with making changes in their lives than I am.      |
| _____ | _____ | 8. I would have a hard time finding someone to go with me on a fun day trip.         |

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'mDoingThisForMe

List any people who cause you significant stress or get in the way of your ability 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, 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?


# Family and Community Support

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.

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

# *Family and Community Support*

Relationships during incarceration can be tricky. They have to be navigated with care, patience and integrity. Maintaining relationships while in prison will test the depth of any relationship a person might have with 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.

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, 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 Regulations online at [corrections.ne.gov](http://corrections.ne.gov) or view Administrative Regulation 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.



# You may find it helpful to keep Important contact information handy:

<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:

It is the policy of the Nebraska Department of Correctional Services to permit inmates 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 **Administrative Regulation 205.03—INMATE TELEPHONE REGULATIONS** for more information.

# You may find it helpful to keep Important contact information handy:

<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
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<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:
<b>Name:</b>	<b>Name:</b>
Phone:	Phone:
Address:	Address:
Email:	Email:
Birthday:	Birthday:

It is the policy of the Nebraska Department of Correctional Services to permit inmates 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 **Administrative Regulation 205.03—INMATE TELEPHONE REGULATIONS** for more information.

# Identification & Important Documents

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 needed to vote.

## Birth Certificate

Attend the Reentry Orientation Meeting within the first few weeks of admission. Reentry Staff will assist you with information about and/or the 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 when you need it!

If you weren't born in Nebraska, 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.

## 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 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. 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: \$26.50 (valid for 5 years)

## 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



# Identification & Important Documents

## 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.

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.

## 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](http://www.sss.gov)

Write an Interview Request to your facility Records Office for help.

## 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

## 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!

## Pending Criminal Record

### Inquiry

It's a good idea to check for any charges that are pending against you.

Request by writing an Inmate Interview Request Form to Special Services.

# 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 attend to those needs. Help 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? \_\_\_\_\_

\_\_\_\_\_

Refer to **Administrative Regulation 115.25—SOCIAL WORK RE-ENTRY SERVICES**  
for more information.

# Health & Wellness

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.

## LEANER SMARTER HEALTHIER STRONGER

### 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 inmates access to activities, services, and programs. Any inmate 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 **Administrative Regulation 115.04—HEALTH EDUCATION AND ACCESS TO HEALTH SERVICES** or **Administrative Regulation 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, inmates can choose nutritious meals in prison.

### **Tip #1: Protein Is Powerful**

- \*Red Meat      \*A variety of beans      \*Soy products
- \*Poultry      \*Eggs      \*Nuts      \*Seafood

Foods high in protein provides 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**

Whole Fruits include:

- \* Fresh      \* Dried      \* Frozen      \* Canned

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 and vital part of all body functions and processes, including digestion and elimination. Dehydration can cause many and various symptoms in the mind and body. Drink lots of water to help you feel your best!





## 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.

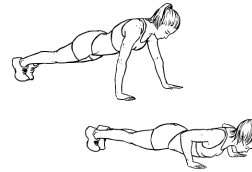
### Lower Body

**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

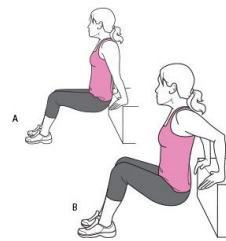
**Leg Raises**, now this is a core blaster. Not only does it hit the abs, obliques, and rib muscles, but it also works your quads, hips, forearms, and shoulder muscles.



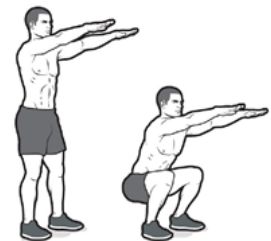
Push-up



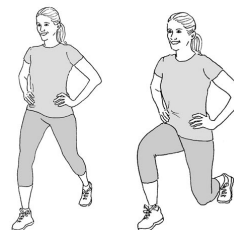
Pull-up



Dip



Squat



Lunge



Hanging Leg Raise



## 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.

- Cow and Cat poses: 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 bent right knee 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.

# Health & Wellness



## Cow and Cat Poses

**What they do:** Warm up the muscles along the spine; stretch 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, press your buttocks high into the air to form an upside-down V. Contract your thighs and lengthen your abs. Press your shoulder blades together and away from your ears; reach your heels toward the floor.



## Extended Side Angle

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

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



## Locust Pose

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

**How to do it:** Lie 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. Lower. Lift your upper and lower body at the same time and take two breaths.

# Health & Wellness

## Services available in the community

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

### **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**

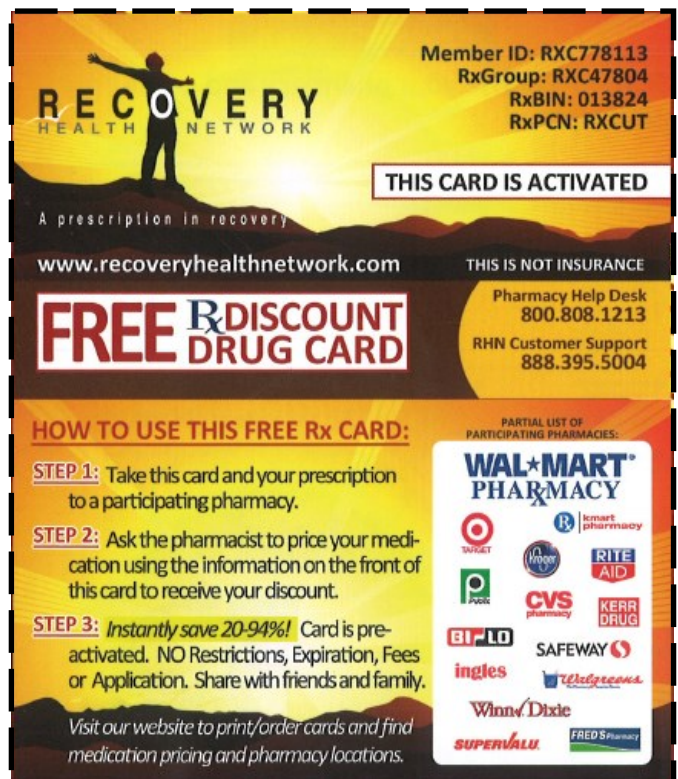
401 North 2nd Street  
Lincoln, NE 68505  
(402) 817-0980

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.



**RECOVERY HEALTH NETWORK**  
A prescription in recovery

Member ID: RXC778113  
RxGroup: RXC47804  
RxBIN: 013824  
RxPCN: RXCUT

**THIS CARD IS ACTIVATED**

www.recoveryhealthnetwork.com

**FREE Rx DISCOUNT DRUG CARD**

THIS IS NOT INSURANCE

Pharmacy Help Desk  
800.808.1213  
RHN Customer Support  
888.395.5004

**HOW TO USE THIS FREE Rx CARD:**

**STEP 1:** Take this card and your prescription to a participating pharmacy.

**STEP 2:** Ask the pharmacist to price your medication using the information on the front of this card to receive your discount.

**STEP 3:** Instantly save 20-94%! Card is pre-activated. NO Restrictions, Expiration, Fees or Application. Share with friends and family.

Visit our website to print/order cards and find medication pricing and pharmacy locations.

**PARTIAL LIST OF PARTICIPATING PHARMACIES:**

- WAL-MART PHARMACY
- Target
- CVS pharmacy
- RITE AID
- KERR DRUG
- SAFEWAY
- Winn-Dixie
- FRED'S Pharmacy
- supermarket
- ingles
- telegreen

# Health & Wellness

## My Health & Wellness Goals

**Long-Term Goal:** The “big picture” goal, a desired future outcome that may take a year or longer to complete.

*Example: I will lose 50 pounds in the next year.*

My Long-Term Goal: \_\_\_\_\_

**Short-Term Goals:** Breaks down the long-term goal into smaller goals; a desired outcome that can be achieved in three months.

*Example: In order to lose 50 pounds, I will exercise develop an exercise plan and make it part of my routine.*

My Short-Term Goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SMART Goal:** A desired outcome that can be achieved in 2 to 3 weeks that further breaks down both the long- and short-term goals. SMART goals are **S**pecific, **M**easureable, **A**ttainable, **R**ealistic, and **T**imely .

*Ex: I will develop an exercise plan by next Friday.*

*Ex: I will follow my exercise routine 3 days each week on Monday, Wednesday, and Friday for the next 90 days.*

My SMART Goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tips for accomplishing your goals:

**Write it down:** Writing down your goals is helpful for follow-through and making a commitment to yourself. Go one step further by posting your goals somewhere you’ll see them and can have a constant reminder and daily motivation. To help you get started building this routine we’ve included a daily journal in the next several pages.

**Share your goals:** Sharing goals with your spouse, family member, friend or co-worker can help with external motivation and support. Also, you may find a partner for your endeavors if someone is working on similar goals!

**Visualize it:** Imagine what it would be like for you to meet your goal. What would it look like? How would you feel? Feeling this sense of accomplishment and “seeing” the outcome can be a powerful motivator.

**Make Affirmations:** Think Positive! Write down positive thoughts related to your goals. Place the affirmations in places where you will see them. These affirmations serve as a reminder of what you would like to accomplish.

# You Can Do It!



Date:

M T W Th F Sa Su

MOTIVATION FOR TODAY

“ ”

# Carpe Diem

## SEIZE THE DAY!

DAILY JOURNAL

I DESERVE GOOD THINGS TO HAPPEN TODAY BECAUSE:

MY TOP PRIORITIES

- 1.
- 2.
- 3.
- 4.
- 5.

WATER INTAKE

○ ○ ○ ○ ○ ○ ○ ○  
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TODAY MY MOOD IS:

3 THINGS I AM GRATEFUL  
FOR TODAY

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DAILY GOALS

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- 2.
- 3.
- 4.

My Food Journal

**B**  
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NOTES:

EXERCISE

WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS NOTES:

# Addiction Recovery



I Want  
My Life  
Back!

It is the policy of the Nebraska Department of Correctional Services (NDCS) to ensure the availability of treatment and programming for people in need of gradual detoxification and for people with chemical abuse/dependence problems. Refer to **Administrative Regulation 115.09—SUBSTANCE ABUSE TREATMENT PROGRAMMING, DETOXIFICATION & CHEMICAL DEPENDENCY** for more information.

Each person will be screened/assessed for substance abuse issues upon entry to NDCS by qualified, professional substance abuse staff to determine risk factors associated with substance use.

Each person identified as needing intervention for substance addiction will be made aware of treatment options available. All programming options are voluntary to the participant.



Institutions offer a variety of services based on institutional mission, physical capacity, staffing, and population needs. All substance abuse programs will strive to meet a professional consistency derived from application of community standards and evidence based treatment methods to match participants needs.

# THERE IS HOPE

# *Addiction Recovery*

## Has alcohol or substance use caused problems in your life?

This self assessment is designed to help you identify how an addiction or substance abuse problem can 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.

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

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

# *Addiction Recovery*

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”**



## **Overcoming Addiction: My Journey From Prison to Practicing Lawyer and Advocate**

By: Suzula Bidon on December 14, 2017

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

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

### **My Struggles**

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

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

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

### **Recovery and the System**

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

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

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

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

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

### **Choices and Decisions**

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

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

Continued on next page

# Addiction Recovery

## Overcoming Addiction: My Journey From Prison to Practicing Lawyer and Advocate

Continued from previous page

That lesson about decision and choice continues to serve me every day. We all have to make decisions, and there isn't always an ideal option or even an option that we want. Sometimes it comes down to picking the lesser of two evils. What we do always have is choice: how we show up once we've made a decision. I may not be able to control my circumstances, but I can always choose my attitude.

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

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

### Facing My Past

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

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

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

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

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

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

The next six months were hell – talk about retraumatizing. 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.

**My life is proof that recovery is possible. Our pasts do not define us, and every challenge can become a source of resilience and purpose.**

# Addiction Recovery

## Support in the Community

### 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](http://www.211.org).

## Other services or people that can help with my recovery:

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## My Personal Recovery Plan

Creating a personal, written recovery plan is important for several reasons. First, 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.*

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# Mental Health & Wellness

## Mindfulness 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.

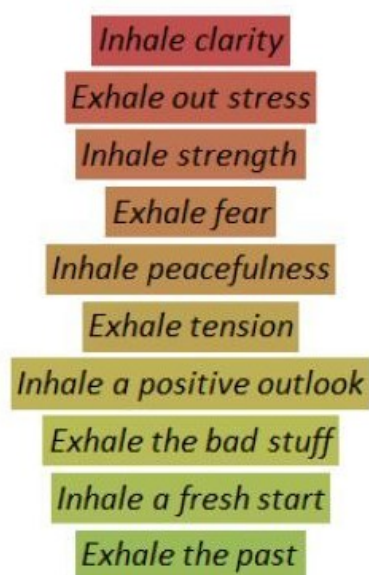


### Step 2: Recognize

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 your 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.

# Mental Health & Wellness

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 a 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. \_\_\_\_\_



# *Mental Health & Wellness*

## **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, keep a calendar.
- Surround yourself with positive people!
- Don't just put it down—put it away.
- If broken and can't be fixed, throw 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.
- Simplify. Simplify. Simplify.
- Forget about counting to 10, count to 100
- Take care of today as best you can, and the yesterdays and tomorrows will take care of themselves.
- Forgive. Forgive. Forgive
- Do not turn wants into needs. 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 groups daily. Exercise daily.
- Learn something new. Find an activity that you believe in and will support. Then volunteer when and where you can.

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

# Mental Health & Wellness

## 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. But 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, 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:

**Talk with someone every day.** 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.

**Make a safety plan.** Develop a set of steps that you can follow during a crisis.

**Make a written schedule** 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.

**Get out in the sun** or into nature for at least 30 minutes a day.

**Exercise** as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. But you can start small. Three 10-minute bursts of activity can have a positive effect on mood.

**Make time for things that bring you joy.** Even if very few things bring you pleasure at the moment, force yourself to do the things you used to enjoy.

**Remember your personal goals.** 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.

### Things to avoid:

**Being alone.** Solitude can make negative thoughts even worse. Visit with a friend, or family member, or pick up the phone and call someone you trust.

**Alcohol and drugs.** Drugs and alcohol can increase depression, hamper your problem-solving ability, and can make you act impulsively.

**Doing things that make you feel worse.** Listening to sad music, looking at certain photographs, reading old letters, or visiting a loved one's grave can all increase negative feelings.

**Thinking about suicide and other negative thoughts.** 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.

# Mental Health & Wellness

## My Mental Wellness Plan

This plan should be unique to your individual needs and goals. Wellness looks differently for everyone so 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.

Have I .....	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Showered?							
Put on lotion or make-up?							
Brushed my teeth?							
Put on deodorant?							
Brushed my hair?							
Put on clean clothes?							

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

Type of assistance needed:	Who helps me:	When/How often?

# *Mental Health & Wellness*

## **My Mental Wellness Plan**

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

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

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

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

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

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

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

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# *Mental Health & Wellness*

If you are receiving mental health treatment at the time of your release it is important for you to continue that treatment after you are released. Make sure you are complying with all the recommended treatment including taking any prescribed medications. If you stop taking your medications the symptoms of your condition may return and that may affect your success. You should also stay away from the use of alcohol, illegal drugs, and medications not prescribed for you. These can make your condition worse.

Your parole or probation officer , if you have one, will regularly check to see if you are complying with your release conditions or other conditions imposed on your sentence. It is to your benefit to keep all the appointments made for you and to follow the treatment recommendations of the Mental Health staff including taking your medications. If you have any difficulties with getting to your appointment , paying your share of treatment costs, or any other things which may keep you from mental health treatment in the community, let your Parole or Probation Officer know so they can help you.

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.

# *Education*

## Education: The Key to Unlocking Opportunity

**Incarcerated individuals who participate in correctional education programs are:**

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

- RAND Corporation

**13% more likely to land post-release employment**

- RAND Corporation

**Inmates 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.



# *Education*

Educational Services provided through the Nebraska Department of Correctional Services is a portal through which individuals can transport themselves beyond the wire fences onto a path of life changing success and opportunity.

<b>ABE/ASE General Population</b>	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.
<b>College Courses</b>	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.
<b>ESL/ELL</b>	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.
<b>High School</b>	NDCS operates its own school district with a high school. Students of all ages may attend high school classes. Individuals under 18 who have not graduated from high school are required to be in school. Students can earn a high school diploma.

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

NDCS shall provide certified, comprehensive, continuous educational programs available to all inmates who can benefit and who have an interest in such programs.

Refer to **Administrative Regulation 106.01 EDUCATIONAL SERVICES** for more information.

# *Education*

By the year 2020, 71 percent of jobs in Nebraska will require postsecondary education. 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 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, although 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.

# Education

## 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.

## 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 Elm Street  
402-391-4033  
888-357-6300

### Lincoln

1300 O Street  
402-475-5222

### Kearney

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

### Scottsbluff

1601 Elm Street  
800-303-3745  
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# Education

## From jail to a master's degree: the power of education

Updated March 23, 2017

By Omari Amili

<https://www.seattletimes.com/opinion/from-jail-to-a-masters-degree-the-power-of-second-chances/>



**I was raised in poverty by drug addicted parents. I had pretty much no one who could be a model of how to be successful in life — until I found the power of education.**

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.

# *Education*

**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 many options that lead to well-paying careers: electrician, plumbing, welding and metalwork, masonry, lock-smithing, and more. Going to a vocational school or learning a trade as an apprentice, you can start earning money while you are in school. When you graduate, you have the potential to enjoy a career with good wages and job security.

## **Volunteer**

If you are in limbo about what direction you want to go 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—you know what I’m talking about. 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 apprenticeship 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.

# Education

## My Educational Goals

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

My Short Term Educational Goal: \_\_\_\_\_

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

I will do this action:	By this date:	I will use these resources to help me:	I will reward myself for accomplishing this by:
1.			
2.			
3.			
4.			

My Long Term Educational Goal: \_\_\_\_\_

Something that may take several years to accomplish.

I will do this action:	By this date:	I will use these resources to help me:	I will reward myself for accomplishing this by:
1.			
2.			
3.			
4.			

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

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

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# Employment

Title VII of the Civil Rights Act of 1964 makes it unlawful to discriminate in employment based on race, color, national origin, religion, or sex. This law does not prohibit an employer from requiring applicants to provide information about arrests, convictions or incarceration. But, employers may not treat people with the same criminal records differently.

If an employer is aware of a conviction or incarceration, that information should only bar someone from employment when the conviction is closely related to the job, after considering:

- The nature of the job
- The nature and seriousness of the offense, and
- The length of time since it occurred.

Did you know: *An arrest or conviction record will NOT automatically bar you from all employment.*

## Employment Preparation and Vocational Training: Builds Opportunity



## **Employment Essentials**

### **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, and you know what, employers typically prefer people who show their commitment by working with these types of services.

### **Prepare yourself as much as you can for your job search**

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

### **Network and Volunteer**

Maybe the crowd you used to run with is how you got into trouble in the first place, so you've decided you want to steer clear of them this time around. Which 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.

### **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.

### **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.

# Employment

What does it mean to be successful? There are several different ways to look at success. As you construct how you define success in your life read below to see the definitions that guided some of the most influential people in recent history. Match the quote to the correct person who said it .

1.

“Success is peace of mind,  
which is a direct result of  
self-satisfaction in knowing  
you did your best to become  
the best you are capable of  
becoming.”

A



Deepak Chopra is an Indian-born American author,  
and public speaker.

2.

“The more you’re actively  
and practically engaged, the  
more successful you will  
feel.”

B



John Wooden, Former Head Basketball coach  
University of California Los Angeles

3.

“Success is liking yourself,  
liking what you do, and  
liking how you do it.

C



Richard Branson, Business magnate, investor, author  
and philanthropist.

4.

“Success in life could be  
defined as the continued  
expansion of happiness and  
the progressive realization  
of worthy goals.”

D



Maya Angelou was an American poet, singer, and  
civil rights activist.

Answers: 1 = B; 2 = C; C=D; 4 = A

# *Employment*

## RESUME WORKSHEET

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

### I. Personal Information

Temporary Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Permanent Address (If different):

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

### II. Education

High School or GED: \_\_\_\_\_

Location: \_\_\_\_\_ State: \_\_\_\_\_

Date Obtained: \_\_\_\_\_

College or University: \_\_\_\_\_

Location: \_\_\_\_\_ State: \_\_\_\_\_

Classes or Degree (If obtained): \_\_\_\_\_

Majors: \_\_\_\_\_ Minors: \_\_\_\_\_

Date obtained: \_\_\_\_\_ Major GPA: \_\_\_\_\_ Minor GPA: \_\_\_\_\_

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

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# Employment

## 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: \_\_\_\_\_ Zip: \_\_\_\_\_

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 & religious organizations.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Employment

## VI. References

Include three professional or academic references and one personal reference.

Be sure to get permission before using their name. Most of the time, references are listed on a separate page from your resume.

1. Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Position: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Position: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Position: \_\_\_\_\_
4. Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Position: \_\_\_\_\_

## VII. Notes:

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

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## Practice Interview Questions

**Preparation is the key to interview success.**

### **1. Tell me about yourself**

One of the most common question in an interview is “Tell me about yourself”. Actually, it is not even a question —it is 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.

# *Employment*

## **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.

# *Employment*

## 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 (or the job you want) 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 answers 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

# *Employment*

## How to address your criminal history in a job interview: A record does not have to be a deal-breaker.

The question, “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 question 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.)



# Employment

## 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 who teaches Defy Ventures' career training, 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.

# *Employment*

John Smith  
1234 Road Street  
Omaha, NE 68111

January 7, 2008

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

Sample Cover Letter  
you can use to write your  
own letter to an employer  
using your own details

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 insure you against any acts of dishonesty on my part. Since 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 work 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

## Is your social media image hurting your job opportunities??



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



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



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



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

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

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



# Employment

## Listing of American Job Centers and Nebraska Department of Labor Sites

### Lincoln

#### **American Job Center**

SCC Education Square Campus  
1111 O Street, Suit 205  
Lincoln, NE 68508  
402-441-1660

### Grand Island

#### **American Job Center**

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

### Omaha

#### **American Job Center**

#### **Heartland Job Center**

5752 Ames Ave.  
Omaha, NE 68104  
402-444-4700



Let us help you

- ♦ Resumes
- ♦ Job Search
- ♦ Interview Prep.
- ♦ Computer access
- ♦ And more!



### Lincoln

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

### Nebraska City

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

### Norfolk

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

### North Platte

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

### Omaha

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

### Scottsbluff

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

### York

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

### 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, Suit 338  
Hastings, NE 68901  
402-462-1867

### Lexington

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

# Employment

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

## Federal Bonding Program

Sponsored through the Department of Labor and created to help disenfranchised job seekers who have offers of employment.

Protects employers against employee theft, forgery, larceny, and embezzlement.

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

Any full or part-time employee paid wages can be eligible regardless if employment is through public or private employers

## WIOA

**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.

No Cost Training Opportunities  
Apprenticeships in high demand careers  
Employer Engagement

The goal of the program is to secure specific employment in high skilled, high demand, high pay positions rather than just increased general employment readiness.

*Access through  
NE Department of Labor Office*

YOU ARE AN ASSET TO EMPLOYERS

YOU BRING VALUE TO THE  
WORKPLACE

YOU ADD VALUE TO THE COMMUNITY

YOU MATTER

## WOTC

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

# *Housing*

One of the most important factors in your success in your community is safe, stable, affordable housing. Think about it. How can you concentrate on getting a job, excelling in school, providing for your family, or managing your supervision requirements if you're worrying about where you're going to sleep at night? This aspect of your reentry plan is vitally important and how you prepare for this during your incarceration can alleviate so much stress once your release date finally comes. In the following pages we hope to help you determine what kind and type of housing is the best option for you and develop a plan with steps you can take right now to set up your housing plan for success!

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?

# Housing

## Friends & Family

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

\*Subject to approval by Parole or Probation supervision offices.

\*Include Friends & Family in conversations about your reentry plan.



## 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..



## Shelter

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



## 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 living in a place that meets the needs of you and your family.

# *Housing*

## Men's Nebraska Transitional Living Houses

### **Alliance, NE**

Human Services, Inc.  
419 W. 25th St.  
Alliance, NE 69301  
(308) 762-7177

### **Columbus, NE**

Phoenix House  
1571 23rd Ave.  
Columbus, NE 68601  
(402) 841-3791

### **Grand Island, NE**

Friendship House Inc.  
406 West Koenig  
Grand Island, NE 68801  
(308) 382-0422

Oxford House Broadwell  
2320 W 5th St  
Grand Island, NE 68803  
(308) 675-2880

### **Hastings, NE**

Unity House  
835 South Burlington Ave.  
Suite 115  
Hastings, NE 68901  
(402) 462-2066

### **Kearney, NE**

Oxford House Harmon Park  
2806 Central Ave.  
Kearney, NE 68847  
(308) 224-3500

### **Lincoln, NE**

Curtis Center  
110 Q Street  
Lincoln, NE 68508  
(402) 475-1303

House for New Life  
4505 Holdrege St.  
Lincoln, NE 68503  
(402) 466-6080

Houses of Hope  
1124 N. Cotner Blvd.  
Lincoln, NE 68505  
(402) 435-3165

New Way Home  
2920 S. 46th St.  
Lincoln, NE 68506  
(402) 430-2063

Oxford Houses of Nebraska  
Various Locations  
(402) 680-6067

Sober Houses of NE  
2030 Washington St.  
Lincoln, NE 68502  
(402) 327-9751

OVER Veterans House  
625 S. 27th St.  
Lincoln, NE  
(402) 304-4102

# *Housing*

## Men's Nebraska Transitional Living Houses Cont.

### **North Platte, NE**

North Platte Oxford House  
2309 W. 2nd St.  
North Platte, NE 69101  
(308) 221-6679

Platte Valley Recovery House  
410 East B St.  
North Platte, NE 69101  
(308) 660-5807

### **Omaha, NE**

1212 House  
12810 Rainwood Rd.  
Omaha, NE 68142  
(402) 393-7481

ARCH Inc.  
1502 N. 58th St.  
Omaha, NE 68114  
(402) 556-6805

Freedom Road House  
825 N. 48th St.  
Omaha, NE 68132  
(402) 933-7354

Generation Diamond  
3646 Polk St.  
Omaha, NE 68107  
(402) 813-7153

Make a Difference Center  
P.O. Box 11274  
Omaha, NE 68111  
(402) 208-2197

Michael House  
10810 T Circle  
Omaha, NE  
(402) 415-5112

Murphy's Turning Point  
1110 N. 31st Ave.  
Omaha, NE 68131  
(402) 598-8639

Nebraska Urban Indian Health  
Coalition Access to Recovery  
Program  
2240 Landon Ct.  
Omaha, NE 68132  
(402) 346-0902

Oxford Houses of NE  
Various Omaha Locations  
(402) 680-6067

Open Door Mission  
2828 N. 23rd St. East  
Omaha, NE 68110  
(402) 829-1500

Siena Francis  
1702 Nicholas St.  
Omaha, NE 68102  
(402) 341-1821 ext. 1126

### **Scottsbluff, NE**

Potter's Wheel Inc.  
1815 1st Ave.  
Scottsbluff, NE 69361  
(308) 765-2200

# Housing

## Women's Transitional Living Houses

### **Alliance, NE**

Human Services, Inc.  
419 W. 25th St.  
Alliance, NE 69301  
(308) 762-7177

### **Fremont, NE**

Oxford Houses of Nebraska  
Various Fremont Locations  
(402) 816-4520

### **Grand Island, NE**

Hope Harbor  
610 West Division St.  
Grand Island, NE 68801  
(308) 385-5190

Oxford Houses of Nebraska  
Various locations  
(308) 675-2550

### **Hastings, NE**

Unity House  
835 South Burlington Ave.  
Suite 115  
Hastings, NE 68901  
(402) 462-2066

Bristol Station  
101 S. Hastings Ave.  
Hastings, NE 68901  
(402) 462-2001

The Bridge  
907 S. Kansas Ave.  
Hastings, NE 68901  
(402) 462-4677

### **Kearney, NE**

Oxford House Harmon Park  
2806 Central Ave.  
Kearney, NE 68847  
(308) 224-3500

### **Lincoln, NE**

Fresh Start  
6433 Havelock Ave.  
Lincoln, NE 68507  
(402) 475-7777

Honu House  
Mental Health Association of  
Nebraska  
Lincoln, NE  
(402) 441-4371

Oxford Houses of Nebraska  
Various Lincoln Locations  
(402) 680-6067

St. Monica's  
120 Westwood Dr.  
Lincoln, NE 68510  
(402) 441-3768

### **North Platte, NE**

Oxford House Hayes  
217 E. 11th St.  
North Platte, NE 69101  
(308) 221-6679

### **Omaha, NE**

Cynthia House  
3119 Myrtle Ave.  
Omaha, NE 68131  
(402) 598-8639

Michael House  
4222 Parkview Dr.  
Omaha, NE  
(402) 415-5112

Open Door Mission Lydia  
House  
2809 N 20th Street E  
Omaha, NE 68110  
(402) 829-1531

Oxford Houses of Nebraska  
Various Omaha Locations  
(402) 680-6067

Santa Monica's  
130 N 39th Street  
Omaha, NE 68111  
(402) 558-7088

Siena Francis House  
1702 Nicholas Street  
Omaha, NE 68102  
(402) 341-1821



# Housing

## I've decided to live on my own. What do I need to know?

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 so 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.

**RentWise**



**RentWise Coordinator  
Lincoln Housing Authority  
5700 R Street  
Lincoln, NE 68505**

### **Participate in a RentWise class!**

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

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

# *Housing*

## **I've decided to live on my own. What do I need to know?**

### **Rental Agreements**

There are basically 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. Then 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.

# *Housing*

## **Tenant's Rights and Responsibilities**

### **You have the following responsibilities as a tenant:**

1. Pay the rent on time.
2. Give a written notice to the landlord when you are ending the lease 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. 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.

# *Financial Obligations*

## Child Support

Child Support payments can build up very quickly especially if we missed a payment or two. While you're incarcerated you may find it difficult to keep up so 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

## 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 fee's in order for reinstatement. 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/>

# *Financial Obligations*

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 saving 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, 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

## 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.

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

# 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 regulation. 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 **Administrative Regulation 113.02 INMATE ACCOUNTING**

NEBRASKA DEPARTMENT OF CORRECTIONAL SERVICES SAVINGS REQUEST TRANSACTION		SAVINGS REQUEST TRANSACTION	
DATE _____	FAC _____	H.U. _____	FAC _____ H.U. _____
COMPLETE ONLY ONE OF THE FOLLOWING		COMPLETE ONLY ONE OF THE FOLLOWING	
____ OPEN REGULAR SAVINGS ACCOUNT \$ _____		____ Open Regular Savings Account \$ _____	
____ DEPOSIT TO REGULAR SAVINGS ACCOUNT \$ _____		____ Deposit To Regular Savings Account \$ _____	
____ WITHDRAW FROM REGULAR SAVINGS ACCOUNT \$ _____		____ Withdraw from Reg Savings Acct \$ _____	
____ WITHDRAW FROM PRIVATE VENTURE SAVINGS ACCOUNT \$ _____		____ Withdraw from Priv Ven Savings Acct \$ _____	
(Institutional Check & Stamped Self Addressed Envelope for Family Support Attached)			
____ Inmate (Print Name)		____ Inmate Name	
____ I.D.# _____		ID# _____ Date Posted _____	
____ Inmate Signature		WITNESSED _____	
WITNESSED _____		APPROVED _____	
APPROVED _____		RETURN stub with request for processing.	
DCS-A-acc-020			

**ACCOUNTING USE ONLY**

APPROVED \_\_\_\_\_

DATE POSTED \_\_\_\_\_

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!



# *Financial Obligations*

## **12 Month Money Savings Challenge**

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

Challenge yourself to be in the best possible financial position to make decisions about your future upon your release. Saving money 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!**

## Develop a Budget Plan—Monthly Budget

Income	Budgeted	Actual	Deference (+/-)
Job #1			
Job #2			
Other Income			
Total Income			
<b>Fixed Expenses</b>			
Rent/Mortgage			
Home Owner/Renter Insurance			
Property Taxes			
Credit Card Payment			
Health Insurance			
Phone			
Utilities			
Child Support/Child Care			
Supervision Fees			
<b>Variable Expenses</b>			
Food—Groceries			
Food—Meals Out			
Toiletries, Household items			
Clothing			
Medical Expenses			
Entertainment			
Personal Transportation			
Car Payment			
Bus Fares and other public transportation			
Gas			
Repairs and Maintenance			
Auto Insurance			
Parking			
<b>Savings</b>			
<b>Total Expenses</b>			
<b>Balance</b>			

# Transportation

Resources to help you plan your way around town!



710 J Street  
Lincoln, NE 68508  
402-441-7185

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

31 consecutive day pass = \$17

\*Low income passes available for individuals meeting income guidelines\*

Route Maps, Bus Etiquette, rules, and information available by writing Star Tran or visiting:

[www.lincoln.ne.gov/city/pworks/startran/](http://www.lincoln.ne.gov/city/pworks/startran/)

2222 Cuming Street  
Omaha, NE 68102  
402-341-0800



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

30 day consecutive unlimited ride pass = \$55

For more information about metro bus system including cost options, route maps, purchase locations, and frequently asked questions please write to Metro or visit:

[www.ometro.com](http://www.ometro.com)



## Hall County Public Transport

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.

Contact:  
304 E. 3rd St  
Grand Island, NE  
308-385-5324



## Tri-City Roadrunner

Serving the cities of Scottsbluff, Terrytown, and Gering.

Service Available: Monday—Friday

Contact  
Tri-City Roadrunner  
1825 10th Street  
Gering, NE 69341

# Transportation

## Nothing compares to the simple pleasure of a bike ride

- John F. Kennedy

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.

# Transportation



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

Hours:

Mondays 5-8 p.m.

Sundays 12-3 p.m.

1635 S. 1st Street, Lincoln 68502

(402) 915-BIKE (2453)



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

Hours:

Wednesday 2pm—5pm

Thursday 2pm –5pm

Friday 2pm—8pm

Saturday 12pm—6pm

Sunday 2pm—6pm

525 N 33rd St. Omaha, NE

(402) 957-2454

# *Hobbies & Leisure*

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

# *Hobbies & Leisure*

- 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.



# *Hobbies & Leisure*

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**

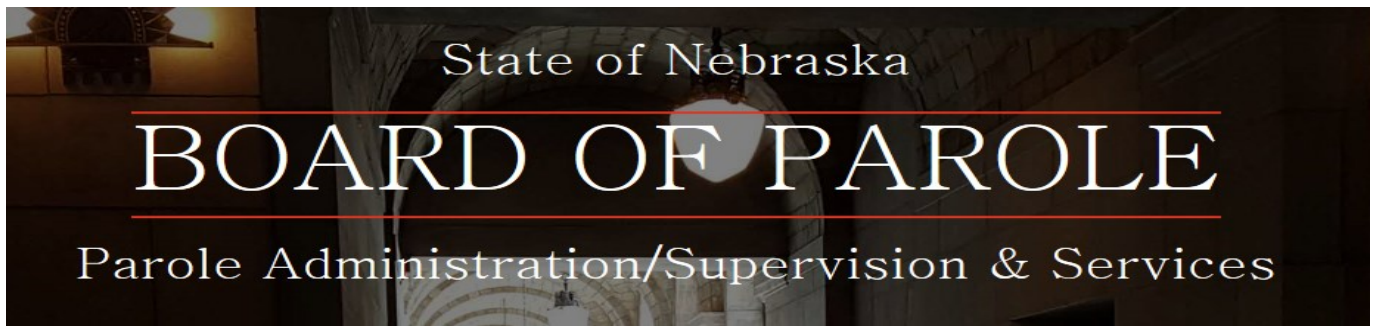
Biking  
Running  
Get in Shape with Body Weight Exercises  
Dance  
Swimming  
Golfing  
Join a Club Sports Team  
Try Yoga  
Practice Meditation

## **Skilled Hobbies**

Cooking  
Canning and Food Preservation  
Furniture Restoration  
Animal Husbandry  
Carpentry

## **Other Hobbies**

DIY/Crafts  
Write a Themed List, and 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  
Coupons  
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

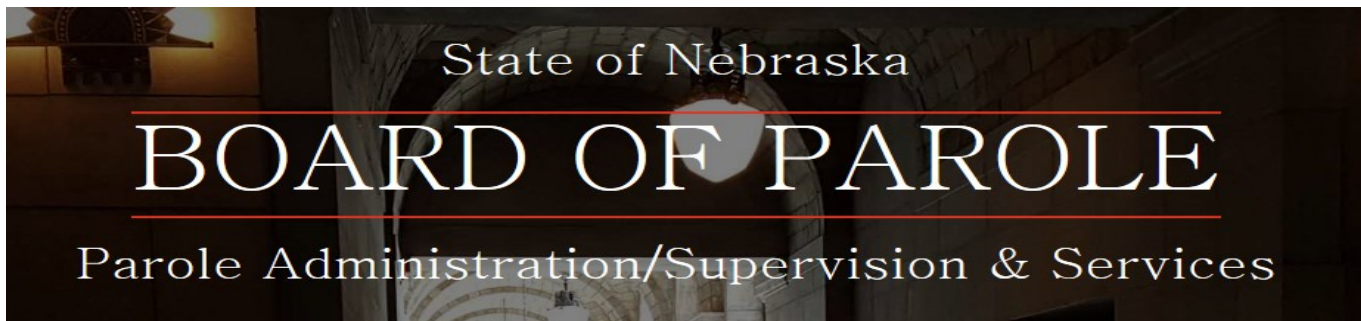


The office of Parole Administration was established by the Nebraska Legislature in August 1969 as part of the Nebraska Department of Correctional Services (NDCS). Effective July 1, 2016, Parole Administration transitioned from the Nebraska Department of Correctional Services to the Nebraska Board of Parole.

When the Board of Parole released someone, they are placed under supervision with a Parole Officer. Parole officers play a very important role in assisting the inmate in the transition period from incarceration to reentry into the community. The goal is to provide the amount of 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, and are also responsible for monitoring a client's behavior, and are also responsible for assisting the client to build strengths and change their thinking processes in 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 which allows for a client on parole to live and be supervised while a resident of a different state than the state where they were sentenced. The Interstate Compact provides guidelines for the supervision of Nebraska Parole clients who live in other states as well as parole clients from other states who live in Nebraska.



## 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?**

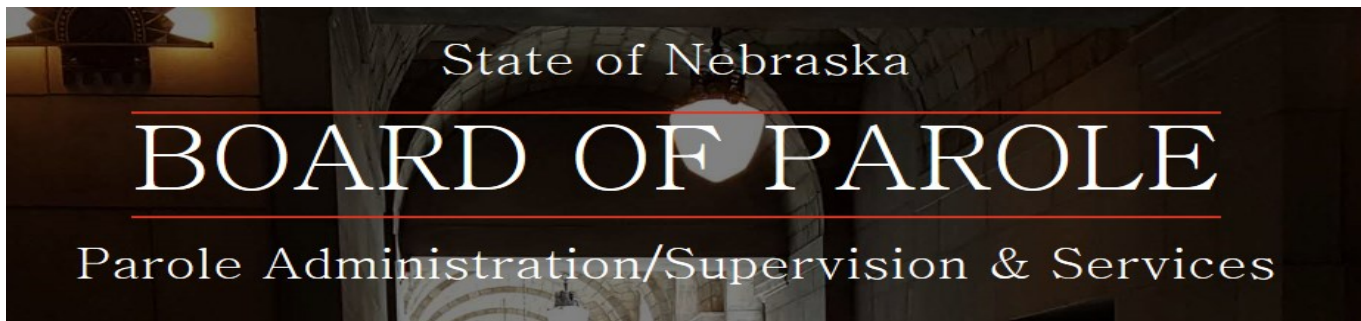
*A: Yes, as long as that restaurant's primary business is not alcohol and you do not consume alcohol. Other considerations may be applied on a case-by-case basis. Talk to your parole officer about a location you are considering going to and they will be able to tell you if it is acceptable.*

**Q: What if someone in my home uses or possesses alcohol?**

*A: Alcohol is not allowed in the home as stated in the parole conditions.*

**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.*



## Frequently Asked Questions

**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 can not resolve the issue with your parole officer, you may talk with a Supervisor.*

State of Nebraska

# BOARD OF PAROLE

Parole Administration/Supervision & Services

**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 Resume

Parole Eligibility Date: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_

My Housing Plan is:

This is a good plan for me because:

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

Recommended Programs Completed:	Completion Date

What have I learned about myself in these classes?

Voluntary Programs Completed:	Completion Date

How will these classes help me to be successful in the community?

Education Program Completed:	Completion Date

How will this help me to get a better job and have a better future?

# Parole Resume

My support system in my community is? *Friends, Family, Volunteers, etc.:*

My plan for Employment in my community:

Why am I interested in this job?

My plan for transportation is: *(How will I get to and from work, appointments with my parole officer, etc.)*

Some of the challenges I expect to have when released and how I will address them are:

Do I have proper identification documents? Birth Certificate? Social Security Card? State ID? If not, how will I get them?

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

Explanation for 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!**



# What is Post-Release Supervision?

Post-Release Supervision is community-based supervision administered by Probation. It is determinate and absolute which means the offender has to be placed on post-release supervision. It is not something that is earned or something that can be refused. The length of time for post-release supervision varies from nine to twenty-four months. During that time the offender will have certain court ordered conditions to complete. This could include treatment such as mental health, substance use, domestic violence, or sex offender. They will also be required 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 is engaged with the offender at different times throughout their incarceration. Upon admission a copy of the court order and a letter are sent to the offender. The letter explains that upon discharge from the Department of Corrections they will begin a period of post-release Supervision. The letter also encourages the offender 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 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 (pg. 101) to request where you plan to live.

At 120 days prior to release, the Navigation Officer will have an in-person meeting with the offender 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 the offender's risk areas. The Navigation Officer will also get updated information on progress and programming the offender has or is participating in. The offender and Navigation Officer will discuss the best placement for the offender 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, the Offender, and the Supervision Officer in the community. During this meeting, there will be an update on the offender's 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 the offender upon their release. The offender will be introduced to the Officer who will be supervising them in the community. This meeting may occur in person or over the phone.

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



**Corey R. Steel**  
State Court Administrator



**Ellen Fabian Brokofsky**  
State Probation Administrator

## POST RELEASE SUPERVISION

TO: Post Release Supervision Probationer  
FROM: Office of the Nebraska Probation Administration

At the time of your sentencing, you were placed under Post Release Supervision (PRS) as per statute 29-2204.02. The PRS portion of your sentence will begin immediately upon your discharge from incarceration. The information included in this packet is to assist you in your upcoming transition from incarceration to community supervision.

Post Release Supervision includes conditions and programs for you to complete to increase your successful reintegration. Some of these programs can and should be completed during your time in custody. It is in your best interest to review those conditions with your case manager at the Nebraska Department of Correctional Services (NDCS), and if available, involve yourself in programming offered in the prison system. This will make your transition back into the community easier, and allow time to focus on personal goals and other priorities when you are released.

Prior to your discharge from NDCS, you will be assigned a Probation Navigation Officer. The Navigator will contact you for an interview, to assist you in developing a supervision/PRS plan. This PRS plan will include recommendations for programs or other opportunities to achieve personal success as you transition from supervision to independence. Any court ordered conditions you are unable to complete in the prison system will be included in your PRS plan.

The following contents are included in this packet:

**Post Release Supervision Housing Form:** Complete and return for housing approval and employment verification.

**Incentives and Sanctions Brochure:** Information about awarding of incentives and application of administrative and custodial sanctions (jail); to be reviewed and signed with your community probation officer.

**Frequently Asked Questions (FAQ's) Sheet:** Answers to the most frequently asked questions from Post Release Supervision clients.

The Navigation Officer will verify your housing and employment plan prior to your prison discharge. You will be assigned a community supervision (probation) officer who will review your PRS plan during a phone call prior to your release. Our goal is to ease your transition back into the community and support you through a successful transition process.

5/18

Administrative Office of the Courts & Probation  
P. O. Box 98910, Lincoln, Nebraska 68509-8910  
[www.supremecourt.nebraska.gov](http://www.supremecourt.nebraska.gov)  
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# **Incentives and Sanctions**

## **A guide to the awarding of incentives and application of administrative and custodial sanctions within the Nebraska Probation System**

At the time of sentencing, the presiding judge in your case(s) entered an Order placing you on a term of probation or post-release supervision probation designated to last a set period of time. This Order of Probation carried with it a set of “conditions” the Court is requiring you to follow, complete and/or meet during your time under our supervision.

Because no two terms of probation are the same, it is expected you will experience positive accomplishments, and/or encounter difficulties as you navigate through your term of probation. It is the mission of the Nebraska Probation System to assist you in making any and all changes necessary to help you avoid return trips to court in the future.

### **Incentives**

In order to help us meet this mission, we have established a system of incentives we will incorporate into the management of your case. You may receive an incentive when you meet certain goals, achieve certain milestones or encounter any other noteworthy, positive accomplishments.

Incentives are individualized, varied and may include such things as verbal recognition from your probation officer, receipt of certificates for program completion, or early discharge from probation and a corresponding reduction in programming, testing and other fees.

### **Administrative Sanctions**

Administrative Sanctions, on the other hand, are authorized by Nebraska Revised Statute 29-2266(2)(a). By law, probation officers are expected to consider issuance of Administrative Sanctions any time a probationer is found to have committed a substance abuse or other non-criminal violation of the conditions of their probation. In other words, if you engage in a behavior that doesn't result in your arrest,

but is contrary to conditions in the Order imposed by the Court at the time of sentencing, your probation officer may impose additional requirements on you in an effort to make sure a similar violation does not occur again in the future. Once implemented, these sanctions become part of the original Order of Probation as provided for in law.

### **Administrative Sanctions Cont.**

Sanctions are individualized, vary in severity, and can include such things as a counseling session with - or reprimand from - your probation officer, to an increase in the level of supervision.

Referral to evaluations, treatment or programming related to correcting the non-compliant behavior, the issuance of community service hours, or the restricting of your travel or placement on electronic monitoring within your home are among other possible sectioning options available to your officer.

### **Custodial Sanctions in Felony Cases**

If you are on probation for a felony conviction, you are also subject to custodial sanctions per Nebraska Revised Statutes 29-2266(8)(b). Custodial sanctions consisting of jail stays from 3 to 30 days are available for use by the probation officer at any time, but only after gaining the approval of their Chief Probation Officer (or their designate), and upon the Order of the Court. If a custodial sanction is contested and results in a court hearing, the Judge could decrease or increase the number of days in jail being recommended by the probation officer.

### **Revocation Proceedings for New Law Violations**

It is important to note, state statute requires probation officers submit a notice of probation violations to the prosecuting attorney, if you are accused of committing through the commission of, or involvement in, any criminal activity. This could result in a motion to revoke your probation and another court appearance.

### **The Sanctioning Process**

As was previously noted, any time your probation officer detects a substance use or non-criminal violation of your Order of Probation, you should expect to be notified of the violation of probation and an administrative or custodial sanction to be applied soon after your officer learns of the non-compliant behavior.

Your officer will present notice of the violation to you in writing. Additionally, all aspects of the administrative sanction to be applied will be explained to you in detail. Once notified of the violation, as well as the applied consequence of the non-compliance, you will be asked to either admit or deny the allegations in writing. If you admit to the violation, your probation officer will forward the notice of violation and application of administrative sanction to the Chief Probation Officer or their designate for approval.

Should the application of administrative sanction in a felony probation case include the imposition of a custodial sanction, your probation officer will confer with, and gain the approval of the Chief Probation Officer or their designee prior to discussing the non-compliance and proposed custodial sanction with you. If you admit to the violation, and agree to the custodial sanction, a request to approve the custodial sanction will be forwarded to the sentencing court for authorization. Once authorized, the probation officer will notify you of the time, date and location at which you are to serve your custodial sanction.

If your case involves any felony charges, should you deny the violation, or fail to agree to the Administrative Sanction, a copy of the denial will be forwarded directly to the sentencing court for further action. If the sanctioning effort included a custodial sanction, your probation officer will secure a hearing date and time, and provide you with a notice to appear in Court at that date and time.

If your case involves misdemeanor offenses only, and if you deny the violation occurred or fail to agree to the Administrative Sanction, a copy of the denial will be forwarded, per statute, to the prosecuting attorney with a request to pursue a motion to revoke your probation.

## POST RELEASE SUPERVISION HOUSING FORM

Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Case Manager: \_\_\_\_\_

Social Worker: \_\_\_\_\_

**Important:** If you are requesting a transfer to reside in another state, you **MUST** return this form as soon as possible. Failure to do so could result in a delay of your transfer request. You are not allowed to leave Nebraska until your transfer request is complete and approved by Nebraska and the receiving state.

**Submit this completed form to NDCS Re-entry or Case Management staff, and it will be forwarded to the Probation/Post Release Supervision Office for review. Make sure the information is correct and legible.**

When discharged from prison, I am requesting to live at:

Address: \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

List all adults in the residence (use back of form if additional space is needed):

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Felon: Yes \_\_\_ No \_\_\_ Unsure \_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Felon: Yes \_\_\_ No \_\_\_ Unsure \_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please communicate with the person(s) you plan to reside with and verify approval to reside in their home during Post Release Supervision. For rental properties, the owner of the residence (landlord) may need to approve. Public housing often restricts non-relatives, or certain felons in the residence. Only in special circumstances is approval granted by the court to reside with a victim, another felon, or a person with active warrants. Be honest filling out this form to avoid a delay in approving your planned residence.**

\_\_\_\_\_ **I do not have housing plans at this time.**

When discharged from prison, I will be employed with: \_\_\_\_\_ None: \_\_\_\_\_

Name of employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

I have access to my: Social Security Card \_\_\_ Birth Certificate \_\_\_ State ID/Driver's License \_\_\_ No ID \_\_\_

What assistance will you need before discharge from prison? Consider substance use, mental health, housing, employment, etc.

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## POST RELEASE SUPERVISION (PRS)

### FREQUENTLY ASKED QUESTIONS (FAQ's)

#### **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 30<sup>th</sup>, 2015 will be supervised for 9-24 months 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.

#### **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.

#### **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.

#### **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.

#### **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.

#### **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.

#### **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.



# *Plan for your Future*

As you plan your future and your goals, write out your Reentry Action Plan for success. These plans are able to change as your situation and circumstances change, so update your Reentry Action Plan regularly as needed. The following pages are designed for you to write out your plan and share with your Reentry Specialist so we can help you get access to information, people, and services that can help you.

You will have a meeting with your Reentry Specialist approximately 180 days prior to your release date or Final Parole Hearing date. During this meeting you will be presented with appropriate information that will assist in your reentry planning. You will be given relevant documents for your type of needs, depending on what type of release you are set for. Your Reentry Specialist will discuss the Reentry Action Plan with you and give you further instructions concerning how this document will be used in your future.

For individuals that are scheduled for a final Parole Board Hearing, you will again meet with your Reentry Specialist approximately 120 days prior to your Parole Hearing date.

During this meeting, you will present your Reentry Action Plan to your Reentry Specialist, who will then help you to solidify your plans for after you release. Once your parole plans are confirmed, you will receive a document from your Reentry Specialist prior to your hearing that consists of your comprehensive Action Plan.

For individuals that are releasing without any additional supervision, you will meet with your Reentry Specialist approximately 30 days prior to your discharge date. At this meeting, your finalized and comprehensive Action Plan will be presented to you by your Reentry Specialist.



Name: \_\_\_\_\_ Number: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_ Parole Eligibility Date: \_\_\_\_\_ Facility: \_\_\_\_\_

**Housing:**

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**Mental Health/Substance Use:**

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**Medical:**

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**Employment/Education Plans or Goals:**

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**Family/Social Support:**

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**Hobbies/Leisure:**

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**Transportation:**

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**Identification Documents:**

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**Other:**

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Inmate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reentry Specialist: \_\_\_\_\_

Date: \_\_\_\_\_



Name: \_\_\_\_\_ Number: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_ Parole Eligibility Date: \_\_\_\_\_ Facility: \_\_\_\_\_

**Housing:**

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**Mental Health/Substance Use:**

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**Medical:**

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**Employment/Education Plans or Goals:**

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**Family/Social Support:**

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**Hobbies/Leisure:**

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**Transportation:**

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**Identification Documents:**

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**Other:**

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Inmate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reentry Specialist: \_\_\_\_\_

Date: \_\_\_\_\_



Name: \_\_\_\_\_ Number: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_ Parole Eligibility Date: \_\_\_\_\_ Facility: \_\_\_\_\_

**Housing:**

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**Mental Health/Substance Use:**

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**Medical:**

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**Employment/Education Plans or Goals:**

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**Family/Social Support:**

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**Hobbies/Leisure:**

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**Transportation:**

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**Identification Documents:**

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**Other:**

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Inmate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reentry Specialist: \_\_\_\_\_

Date: \_\_\_\_\_





Name: \_\_\_\_\_ Number: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_ Parole Eligibility Date: \_\_\_\_\_ Facility: \_\_\_\_\_

**Housing:**

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**Mental Health/Substance Use:**

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**Medical:**

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**Employment/Education Plans or Goals:**

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**Family/Social Support:**

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**Hobbies/Leisure:**

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**Transportation:**

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**Identification Documents:**

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**Other:**

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Inmate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reentry Specialist: \_\_\_\_\_

Date: \_\_\_\_\_



Name: \_\_\_\_\_ Number: \_\_\_\_\_

Tentative Release Date: \_\_\_\_\_ Parole Eligibility Date: \_\_\_\_\_ Facility: \_\_\_\_\_

**Housing:**

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**Mental Health/Substance Use:**

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**Medical:**

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**Employment/Education Plans or Goals:**

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**Family/Social Support:**

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**Hobbies/Leisure:**

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**Transportation:**

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**Identification Documents:**

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**Other:**

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Inmate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reentry Specialist: \_\_\_\_\_

Date: \_\_\_\_\_



START WHERE YOU ARE

USE WHAT YOU HAVE

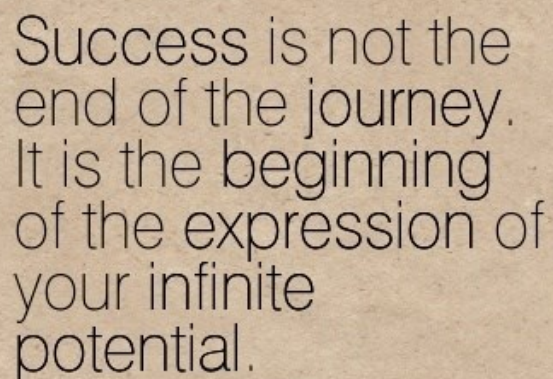
DO WHAT YOU CAN

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?

A quote on a piece of brown paper. The text is written in a simple, black, sans-serif font. The quote is: "Success is not the end of the journey. It is the beginning of the expression of your infinite potential." The paper has a slightly textured appearance.

Success is not the  
end of the journey.  
It is the beginning  
of the expression of  
your infinite  
potential.

*Sakshi Chetana*

# NEBRASKA

Good Life. Great Mission.

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**DEPARTMENT OF CORRECTIONS**

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

*For additional information, please contact:*

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