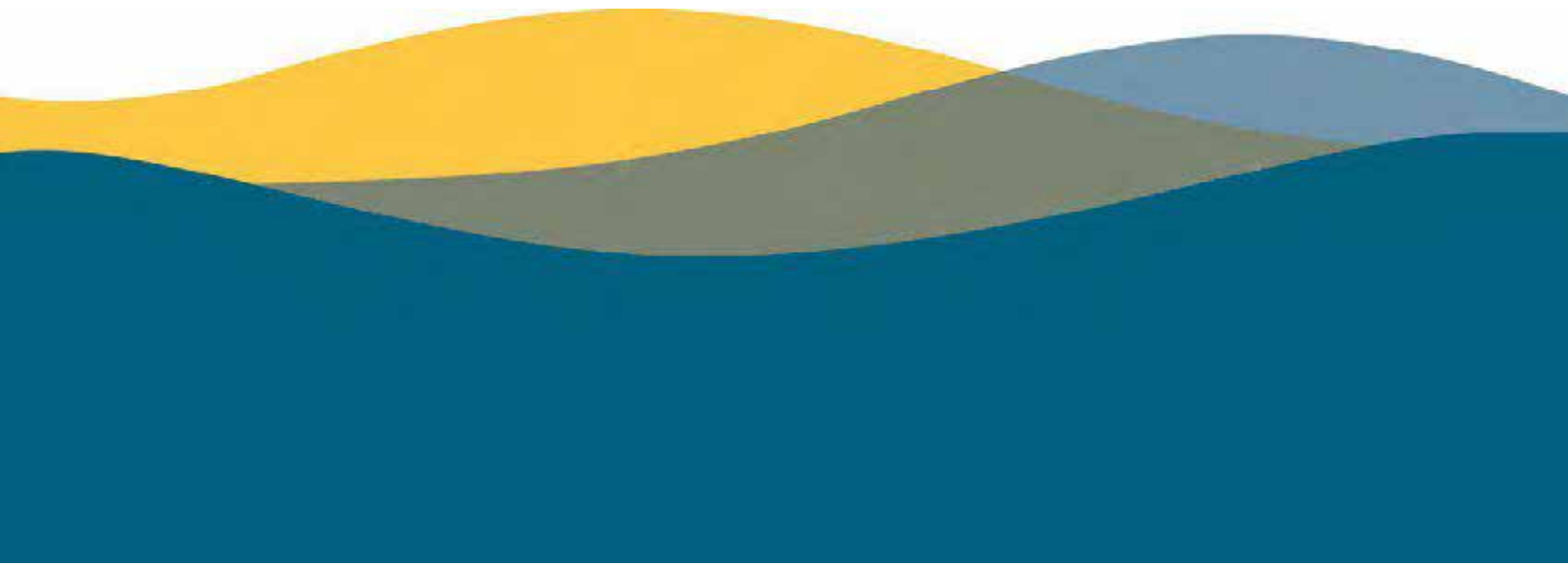


# Vocational & Life Skills

Quarterly Report – Grant Cycle Four, Quarter Twelve  
April - June 2023

This report is generated by UNO-NCJR  
for the Nebraska Department of Correctional Services (NDCS) Submitted by:  
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UNIVERSITY OF NEBRASKA AT OMAHA

**NEBRASKA CENTER FOR JUSTICE RESEARCH**

# **VOCATIONAL AND LIFE SKILLS QUARTERLY REPORT**

**Grant Cycle Four, Quarter 12  
April - June 2023**

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# Executive Summary

This report presents quarterly data and evaluation updates for the Vocational and Life Skills Program (VLS) through quarter twelve of grant cycle four. VLS was created by Nebraska Legislative Bill 907 in 2014 with the purpose of easing the transition for individuals who reenter the community after incarceration. This report contains 1) descriptions of the 14 funded organizations across the state, 2) a snapshot of participation across reentry programs, 3) program offering participations, and 4) descriptions of the skills participants are gaining through VLS programming.

The VLS initiative is evaluated by the Nebraska Center for Justice Research (NCJR) to identify the impact service providers and programming have in increasing meaningful employment. As part of the evaluation, NCJR provides trainings to support grantees as needed and provides feedback and information to the Nebraska Department of Correctional Services (NDCS) regarding the implementation process and data updates on a monthly and quarterly basis. NCJR utilizes feedback from NDCS and service providers to ensure accurate reporting. This report is submitted to the Nebraska Legislature on behalf of NDCS.

## EVALUATION UPDATES

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- The VLS initiative acquired additional program funding in the fall of 2022. NDCS was able to fund more program offerings and five additional programs with that funding. The additional programs include Black Men United (BMU), Community Justice Center (CJC), Community Alliance Rehabilitation Services, Midland University, and Persevere.
- The appendix that provides program offering descriptions at the end of this report is in the process of being updated to add new VLS offerings by the evaluation team.
- The present report submission has been delayed because of a QuickBase to NICKaMS data migration and report building that concluded February 2024.

# Report Definitions

## TOTAL SERVED

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Total served is a count of unique active participants for the quarter. If the same person is a participant in multiple programs, they are counted once with each provider they are working with during that quarter.

## TOTAL PARTICIPANTS (CYCLE FOUR)

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The total number of participants served during Grant Cycle Four is reported here. If the same person is a participant with multiple service providers, the individual is counted once in each provider as a unique participant.

## COST PER INDIVIDUAL

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Grantee submit operations cost to NDCS for grantee reimbursement. NDCS then reports reimbursement totals to NCJR for each quarter. Total reimbursement is divided by the total number of participants receiving programming to get the cost per individual for the quarter across grantees.

# Provider Descriptions

## ASSOCIATED BUILDERS AND CONTRACTORS

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ABC is part of a national company that provides trade-specific apprenticeship training and work-based learning opportunities for careers in the construction industry. ABC offers classes in correctional facilities and ABC facilities in Lincoln and Omaha.

## BLACK MEN UNITED – KUMANI RESTORATIVE JUSTICE CENTER

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The mission of BMU is to help Black men and boys flourish and support the development of the communities where they live, work and play. The KRJC strengthens local communities by providing justice-touched individuals holistic support to help them reconnect with their families, reintegrate back into their community, and restore their economic opportunities through employment and entrepreneurship education and support.

## COMMUNITY ALLIANCE REHABILITATION SERVICES

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Community Alliance seeks to decrease recidivism and provide new opportunities and positive outcomes for individuals who were previously incarcerated and are struggling with mental illness and/or substance use disorders. The program will result in a safer community and provide support to individuals facing significant mental health and/or substance abuse challenges who are reintegrating into society after a period of incarceration.

## COMMUNITY JUSTICE CENTER (CJC)

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The CJC provides restorative justice programming and follow-up restorative reentry programs and services that adhere to restorative justice practices and the 5 Key Model for Reentry. They offer institutional and community programming that serves the needs of the population affected by harm.

## MENTAL HEALTH ASSOCIATION

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MHA provides peer-run behavioral and "wrap-around" support services in Lincoln. This holistic approach provides participants with access to services on an as-needed basis. Services include evidence-based programming and peer-group activities that are provided in residential and facility settings.

## METROPOLITAN COMMUNITY COLLEGE

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MCC is a public education institution that supports the RAP 180 program to provide education and work readiness training both within prison and on the Omaha campus. They provide college courses, workshops, employment consultations, and a food pantry for those in need.

## MIDLAND UNIVERSITY

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The Reentry Code Academy program aims to teach individuals transferable skills marketable for junior developer employment that allows participants to attain a living wage after release. In addition to providing participants with education, the program also focuses on developing interpersonal skills to help job prospects and to maintain jobs upon hiring.

## PERSEVERE

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Persevere offers a holistic, comprehensive program of evidence-based practices including technology-based job training, career readiness instruction and support, wraparound case management, job placement, and long-term reentry support to help justice-impacted individuals develop meaningful job skills, gain access to the labor market, and succeed in quality jobs in the technology industry.

## PROJECT RESET – NEBRASKA CENTER FOR WORKFORCE DEVELOPMENT AND EDUCATION

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Project Reset is a nonprofit organization focused on increasing the qualified workforce in the state of Nebraska. They support formerly incarcerated persons in gaining and maintaining trade employment as they work towards a designated trade apprentice status.

## OPENING DOORS AT THE CENTER FOR PEOPLE IN NEED

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Opening Doors is a program administered by the Center for People in Need. It provides comprehensive services and opportunities to support low-income, high-needs ex-offenders in prison and at the CFPIN facility in Lincoln. Services include courses or trainings, but focus on relational, cognitive, and technical skillsets.

## RECONNECT

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ReConnect, Inc. offers short courses that balance life skills and cognitive restructuring techniques with employment training to help clients reach their full potential. Located in Omaha, ReConnect hosts job fairs to connect clients, employers and provides pre-release services in correctional facilities.

## RISE

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RISE seeks to end cycles of incarceration by equipping currently and formerly incarcerated people with job readiness, reentry planning, and housing and employment pathways that help participants thrive in their communities.

## WESTERN ALTERNATIVE CORRECTIONS, INC. - BRISTOL STATION

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Bristol Station assists formerly incarcerated persons in transitioning into the community in a residential setting located in Hastings, NE. They provide opportunities of self-discovery and encourage participants to develop sustainable pro-social routines.

## YORK COLLEGE

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York College is a private education institution that provides participants with education courses and prepares them for gainful employment using a spiritual approach to improve cognitive thinking skills and relationship skills. Participants earn college credit with slightly modified curricula from regular York courses.

## Program Participations

Provider	Total Served (Q12)	Total Participants (Cycle 4)	Cost Per Individual (Q12)
ABC	179	809	\$561.96
Black Men United	0	3	Not applicable
CJC	159	272	\$248.12
Community Alliance	21	22	\$6,400.30
MHA	285	1,679	\$728.89
MCC	615	2,752	\$675.68
Midland University	15	53	\$16,174.04
Opening Doors	112	586	\$1,329.38
Persevere	13	13	\$10,227.62
Project Reset	69	345	\$1,979.91
RISE	91	368	\$711.62
ReConnect	111	1,381	\$515.99
WAC - Bristol Station	32	204	\$6,275.29
York University	11	6	\$674.52
<b>Total</b>	<b>1,714</b>	<b>8,494</b>	<b>\$1,141.90</b>

Since the beginning of the current grant cycle, **8,494** VLS participants have been served across all 14 providers. During this quarter alone, **1,714** individuals were served across VLS programs. The average cost per participant during this quarter was **\$1,141.90**.

## Program Offerings

Program offering participations for Grant Cycle Four, Quarter 12 (April 2023 – June 2023) are presented below. Program staff work with each participant to develop an individualized plan of programming unique to their needs. Many participants are involved in multiple program offerings at each program and some offerings available are not suitable for each participant. Some may only complete one program offering, while others may participate in multiple offerings either back-to-back or simultaneously.

An overview of all program offerings each program offers and any updates to program areas is provided in Appendix A of this report. Program offerings have changed and will continue to change to meet the needs of the population. Therefore, some of the data presented will not match exactly with previous quarterly reports on program offerings.



### ASSOCIATED BUILDERS AND CONTRACTORS

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Applied Construction Math	0	23	9	0	32
Carpentry 1	0	0	0	0	0
Construction Technology 2	0	0	0	0	0
Core	0	7	7	0	14
Electrical 1	0	2	11	0	13
Electrical 2	0	0	0	0	0
Electrical 3	0	0	0	0	0
HVAC 1	0	0	0	0	0
HVAC 2	0	0	0	0	0
HVAC 3	0	0	0	0	0
OSHA 10 Hour Construction	0	64	5	0	69
OSHA 10 Hour General Industry	0	0	0	0	0
OSHA 30 Hour Construction	0	109	4	0	113
Plumbing 1	0	0	0	0	0
Plumbing 3	0	0	0	0	0
Virtual Electrical	0	0	0	0	0
<b>Total</b>	<b>0</b>	<b>205</b>	<b>36</b>	<b>0</b>	<b>241</b>

### COMMUNITY JUSTICE CENTER

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Circles of Support	0	105	0	0	105
Community/Family Support	0	13	0	0	13
RJI/Key Reentry Support (RS)	0	34	0	0	34
Victim Empathy	0	98	0	0	98
<b>Total</b>	<b>0</b>	<b>250</b>	<b>0</b>	<b>0</b>	<b>250</b>

## COMMUNITY ALLIANCE

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Care Coordination	8	1	0	0	9
Charting a New Course	0	1	0	2	3
Employment Assistance	0	1	0	2	3
Financial Literacy	0	0	0	0	0
Housing Assistance	0	2	0	0	2
Integrated Health	9	0	1	0	10
Peer Support/Mentoring	5	0	0	1	6
Seeking Safety	0	0	0	0	0
Substance Use Support Group	0	4	0	1	5
Transportation Assistance	0	3	0	0	3
<b>Total</b>	<b>22</b>	<b>12</b>	<b>1</b>	<b>2</b>	<b>37</b>

## MENTAL HEALTH ASSOCIATION

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Benefits	0	0	0	0	0
CARES	8	10	1	2	21
HONU	0	0	0	0	0
Hope	8	101	0	0	119
Other Services	0	0	0	0	0
Outreach	0	0	0	0	0
Peer Prevention Group	0	186	0	0	186
Real	0	0	0	0	0
<b>Total</b>	<b>16</b>	<b>297</b>	<b>1</b>	<b>2</b>	<b>316</b>

## METRO COMMUNITY COLLEGE

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
CDL Preparation	0	9	1	1	11
Employment Readiness	0	82	0	0	0
Fiber Optics Certification Course	0	1	0	0	0
Forklift Certification	0	18	0	0	0
Job Readiness	0	1	0	0	0
Long-Term Relief Group	0	7	0	0	0
MCC Certificate of Completion	0	32	0	0	0
MCC Credit Course	0	177	6	6	189
National Certification	0	2	0	0	0
Non-Credit ESL	0	1	0	0	0
Non-Credit Workshop	0	108	0	0	0
Orientation	0	292	0	0	0
Other Services	0	53	0	0	0
Trauma Informed Peer Support	0	22	0	0	0
<b>Total</b>	<b>0</b>	<b>805</b>	<b>7</b>	<b>7</b>	<b>819</b>

## MIDLAND UNIVERSITY

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Code 101	0	8	0	0	8
Info Session	0	14	0	0	14
Reentry Code Academy	0	0	0	7	7
<b>Total</b>	<b>0</b>	<b>22</b>	<b>0</b>	<b>7</b>	<b>29</b>

### OPENING DOORS (CENTER FOR PEOPLE IN NEED)

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Basic Computers	0	0	0	0	0
Computer Aided Drafting	0	0	0	0	0
Computer Essentials	0	3	0	2	5
Computer Essentials Module	0	14	0	1	15
Core Classes	0	26	0	5	31
Core Classes-In Facility	0	16	0	0	16
Family Support	0	5	0	0	5
Forklift and Warehouse Operations Module	0	14	0	3	17
Job Seek	0	40	0	6	46
Office Professional Module	0	0	0	0	0
Other Services	0	59	0	0	59
People Obtaining Prosperity	0	0	0	0	0
Seeking Safety Course	0	7	0	1	8
Tooling-USNE	0	0	0	0	0
Welding	0	8	0	6	14
<b>Total</b>	<b>0</b>	<b>192</b>	<b>0</b>	<b>24</b>	<b>216</b>

### PERSEVERE

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Career Readiness	13	0	0	0	13
Coding/Tech Instruction	13	0	0	0	13
<b>Total</b>	<b>26</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>26</b>

## PROJECT RESET

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Apprenticeship Employment	1	1	0	0	1
Core Foundations Workshop	4	17	4	1	22
Financial Wellness Workshop	1	15	0	0	15
Job Coaching and Development	4	33	0	0	33
Orientation Workshop	0	32	0	0	32
Pre-Apprenticeship Employment	0	1	0	0	1
Resume and Interview Workshop	4	26	1	0	27
Trade Based Employment	0	6	0	0	6
Trade Preparation Workshop	3	13	4	2	19
Transitional Employment	1	14	3	2	19
<b>Total</b>	<b>18</b>	<b>158</b>	<b>12</b>	<b>5</b>	<b>193</b>

## RISE

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Post-release Reentry Support	14	5	0	1	20
Pre-release Reentry Support	59	11	0	1	71
<b>Total</b>	<b>73</b>	<b>16</b>	<b>0</b>	<b>2</b>	<b>91</b>

## RECONNECT, INC

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Construction Toolbox Credentials	0	0	0	0	0
Final Number	1	6	0	0	7
Final Number 2.0 Independent Learning	0	8	0	0	8
GPS (self-paced)	0	7	0	0	7
KEYS I	0	20	0	0	20
KEYS II	0	7	0	0	7
Ready for Work and Life	0	45	0	0	45
Right Start 2.0	0	24	0	0	24
Success Prep	0	4	0	0	4
<b>Total</b>	<b>1</b>	<b>121</b>	<b>0</b>	<b>0</b>	<b>122</b>

### WESTERN ALTERNATIVE CORRECTIONS @ BRISTOL STATION

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Conflict Resolution	2	7	6	2	17
Dress for Success	2	7	6	2	17
Employment Readiness	0	12	1	0	13
Interviewing Skills	2	7	6	2	17
Job Coaching	2	7	6	2	17
MRT	2	0	0	2	4
Personal Growth/Family Reunification	0	5	1	0	6
Relapse Prevention Group	0	4	1	0	5
Residential Reentry	2	7	6	2	17
Transitional Skills	0	7	0	0	7
<b>Total</b>	<b>12</b>	<b>63</b>	<b>33</b>	<b>12</b>	<b>120</b>

### YORK UNIVERSITY

Program Offering	In Progress	Satisfactory Completion	Terminated from Program	Withdrawn from Program	Total
Associate Degree	11	0	0	0	11
<b>Total</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>11</b>

## Appendix A: Program Offering Descriptions

The following program offering descriptions provides information on different services offered in each program. Each area details the services provided, the benefit or result a participant can hope to get from completing the area, the duration of programming, and the locations the program area is offered. Not all program areas or services are always offered, and participants may not participate in all program areas during their programming. As each participant goes through programming differently based on their individual needs, these descriptions provide more insight into the program area participations reported. Program offerings are updated periodically to reflect what is currently offered.

### Associated Builders and Contractors Program Offerings

- **Core (NCCER Curriculum)**
  - **Description:** The NCCER Core Curriculum is a prerequisite to all other Level 1 craft curriculums. The CORE curriculum includes Basic Safety, Introduction to Construction Math, Introduction to Hand Tools, Introduction to Power Tools, Introduction to Construction Drawings, Introduction to Basic Rigging, Basic Communication Skills, Basic Employability Skills, and Introduction to Material Handling.
  - **Benefit/Result:** Prerequisite/Certificate/Card
  - **Duration:** 12 weeks, 2 nights per week
  - **Location:** NSP, CCCL, CCCO, NCCW, TSCI, WEC, NCCW
- **OSHA 10 Hour Construction**
  - **Description:** This course provides the worker with an overview of the safety applications on a construction site and increases awareness and understanding of governmental regulations and applications to the trade practices. All certificates received are issued directly from the OSHA Training Institute Outreach Program and meet every application to the OSHA requirements currently in place.
  - **Benefit/Result:** Certificate/Card
  - **Duration:** 10 hours
  - **Location:** NSP, CCCL, NCCW, TSCI
- **OSHA 10 Hour General Industry**
  - **Description:** This training program is intended to provide entry-level general industry workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid, and prevent job-related hazards on a job site. The training covers a variety of general industry safety and health hazards that a worker may encounter. Training emphasizes hazard identification, avoidance, control, and prevention. It also focuses on OSHA standards.
  - **Benefit/Result:** Certificate/Card
  - **Duration:** Ten hours
  - **Location:** NSP, CCCL, NCCW, TSCI
- **Construction Technology 1, 2, and 3**
  - **Description:** This curriculum will ground the trainee in the basic knowledge and principles of carpentry, masonry, concrete finishing, electrical work, HVAC, and plumbing. The person will become skilled in different phases of a project from start to finish. Once completing this course, the trainee will be able to interpret construction

- drawings; perform quality concrete and brickwork; frame walls, ceilings, and floors of a structure; and install the proper wiring and piping for electrical, and plumbing systems.
- **Benefit/Result:** Certificate/Card
  - **Duration:** 12 weeks per level, 2 nights per week
  - **Location:** NSP, NCCW, TSCI
- **Applied Construction Math**
    - **Description:** Just seeing the word “math” strikes fear and frustration in the hearts and minds of many students. Teachers also understand that a math lesson gets the same reception as any other dreaded chore: “Eat your Brussel sprouts, take out the garbage, and learn your MATH.” Students and teachers must see the relevance in learning before they invest the time and commitment needed to master the subject. This book will help people understand the fundamentals of math in a way that is engaging, interesting, and relevant. This book’s unique and real-life approach will help people understand how learning and more importantly, understanding math will allow them to reach their personal goals as a student and craft professional.
    - **Benefit/Result:** Certificate
    - **Duration:** 10 weeks, 2 nights per week
    - **Location:** NSP, NCCW, TSCI, WEC, CCCL
  - **Reality Works Virtual Welding (VW)**
    - **Description:** The VW provides all participants with knowledge of welding safety, basic welding, welding defects, and will give them the tools to make welding corrections. Sections include Welding Types, Careers, Welding Safety, Types of Welders, Welding Equipment, Welding Defects, Welding Basics, Welding Joints, and Welding Simulation.
    - **Benefit/Result:** Certificate
    - **Duration:** Ten weeks, two nights per week
    - **Location:** NCCW, ABC Lincoln Training Center
  - **Reality Works Virtual Electrical (VE)**
    - **Description:** The VE provides students with general electrical wiring training as well as instruction on how to do proper household and commercial wiring. This program helps students to safely train their electrical wiring skills by providing repetitive practice as well as assessment exercises and introduces standard electrical symbols and theory in one portable, easy-to-use kit. The curriculum follows three lesson plans: Electrical Safety, Electrical Principles and Basic Electrical Wiring Skills.
    - **Benefit/Result:** Certificate
    - **Duration:** Eight weeks, two nights per week
    - **Location:** NCCW, WEC, ABC Lincoln Training Center
  - **HVAC 1, 2, and 3**
    - **Description:** HVAC curriculum is a four-level program that will be taught during a four-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. The increasing development of HVAC (heating and air-conditioning systems) technology causes employers to recognize the importance of continuous education to keep up to speed on the latest equipment and skills. Hence, technical school training or apprenticeship programs often provide an advantage and a higher qualification for employment. NCCER’s program has been designed by highly qualified subject matter experts with this in mind. The four levels North American



- Technician Excellence (NATE) recognized, present theoretical and practical skills essential to an individual's success as an HVAC installer or technician.
- **Benefit/Result:** Certificate/Card – ultimately earning license in the trade.
  - **Duration:** 1 year per level, 1 night per week
  - **Location:** ABC Training Centers
- **Electrical 1, 2, and 3**
    - **Description:** Electrical curriculum is a four-level program that will be taught during a 4-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. Electricians install electrical systems in structures; they install wiring and other electrical components, such as circuit breaker panels, switches, and light fixtures. They follow blueprints, the National Electrical Code® and state and local codes. To prepare trainees for a career in the electrical field, NCCER offers a comprehensive, four-level Electrical curriculum that complies with DOL time-based standards for apprenticeship.
    - **Benefit/Result:** Certificate/Card – Ultimately earning license in the trade.
    - **Duration:** 1 year per level, 1 night per week
    - **Location:** ABC Training Centers
  - **Drywall**
    - **Description:** Drywall curriculum is a two-level program that is taught during a two-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. Drywall applicators often install walls and ceilings, as well as place insulation, soundproofing, and fire-stopping materials behind and onto those walls and ceilings. They may also apply textures and trims to enhance both the interiors and exteriors of the buildings. The two-level curriculum for Drywall covers such subjects as Thermal and Moisture Protection, Steel Framing, and Acoustical Ceilings.
    - **Benefit/Result:** Certificate/Card
    - **Duration:** 1 year per level, 1 night per week
    - **Location:** ABC Training Centers
  - **Carpentry**
    - **Description:** Carpentry curriculum is a three-level program that is taught during a three-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. Carpenters make up the largest building trades occupation in the industry and those with all-around skills are in high demand. Carpenters are involved in many kinds of construction activities, from building highways and bridges to installing kitchen cabinets. Carpenters construct, erect, install, and repair structures and fixtures made from wood and other materials. This four-level curriculum covers content such as Building Materials, Cabinet Fabrication, and Advanced Wall Systems.
    - **Benefit/Result:** Certificate/Card
    - **Duration:** 1 year per level, 1 night per week
    - **Location:** ABC Training Centers
  - **Masonry**
    - **Description:** Masonry curriculum is a three-level program that is taught during a three-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. The study of masonry is one of the world's oldest and

most respected crafts. Masonry construction has existed for thousands of years. The remains of stone buildings date back 15,000 years, and the earliest manufactured bricks unearthed by archaeologists are more than 10,000 years old. These bricks were made of hand-shaped, dried mud. Among the most well-known works of masons are the pyramids of ancient Egypt and Notre Dame Cathedral in Paris. NCCER's three-level curriculum encompasses modules such as Mortar, Metalwork in Masonry, and Estimating.

- **Benefit/Result:** Certificate/Card
  - **Duration:** 1 year per level, 1 night per week
  - **Location:** ABC Training Center
- **Plumbing 1, 2, and 3**
    - **Description:** Plumbing curriculum is a four-level program that will be taught during a four-year period. Each level will be 26 weeks, one day per week and two-and-a-half hours per day for a total of 80 hours. Most people are familiar with plumbers who come to their home to unclog a drain or install an appliance. In addition to these activities, plumbers install, maintain, and repair many different types of pipe systems. For example, some systems move water to a municipal water treatment plant and then to residential, commercial, and public buildings. Other systems dispose of waste, provide gas to stoves and furnaces, or supply air conditioning. Pipe systems in power plants carry the steam that powers huge turbines. Pipes are also used in manufacturing plants, such as wineries, to move material through production processes. NCCER's four-level curriculum covers topics such as Plumbing Tools, Types of Valves, and Potable Water Treatment.
    - **Benefit/Result:** Certificate/Card – and ultimately earning license in the trade.
    - **Duration:** 1 year per level, 1 night per week
    - **Location:** ABC Training Centers

### Black Men United Program Offerings

- **Reentry Navigation**
  - **Description:** Black Men United supports justice-touched individuals by providing them a safe space to conduct job searches, take classes and work one on one with reentry navigators at the Kumani Restorative Justice Center. Specifically, the reentry work helps these individuals navigate the challenges of reintegrating back into their communities. It helps them find jobs, housing, transportation and connects them to other support providers. In addition, all Black Men United clients have access to food pantry, which provides food and basic care needs.
  - **Benefit/Result:** Vocational and basic needs support.
  - **Duration:** The duration of navigation depends on the needs of the individual. We classify short-term navigation as any support that is less than an hour. Long-term navigation is support that lasts more than an hour.
  - **Location:** Kumani Restorative Justice Center, 4200 N. 30th St. Omaha, NE 68111

### Community Alliance Rehabilitation Services Program Offerings

- **Care Coordination**
  - **Description:** Staff work with the client to create goals and a service plan. The plan aligns with the long-term and short-term goals of the individual, as well as the court or parole requirements. Staff aid with obtaining IDs and birth certificates as well as getting benefits like Medicaid and getting SSI/SSDI reinstated. Staff assist with connecting clients to community resources and coordinating Community Alliance re-entry services (housing,

employment, peer support, groups, etc.). The Care Coordinator also assists in helping set up appointments and calling clients with reminders for on-site clinic services and important obligations in the community.

- **Benefit/Result:** Support and assistance with benefits and goals.
  - **Duration:** Ongoing while receiving services at Community Alliance.
  - **Certificate:** None
  - **Location:** Community Alliance in Omaha, NE
- **Charting a New Course**
    - **Description:** This facilitator-led curriculum provides direction on intervention, diversion, and aftercare. It is also suited to the stages of change: relapse, pre-contemplation, contemplation, and determination/action.
    - **Benefit/Results:** Identify tactics, thinking errors, and responsible thinking.
    - **Duration:** 15 weeks
    - **Certificate:** Yes
    - **Location:** OCC and Community Alliance in Omaha, NE
- **Employment Assistance**
    - **Description:** Staff provide one-on-one assistance in finding employment. The participant is taught how to use a computer to search for jobs. For some participants, this means teaching the basics of using a computer to set up an email account, obtain documentation, and apply for jobs. Participants will learn how to create a resume and be taught interviewing skills. The employment specialist will also take participants to obtain appropriate clothing for interviews as well as assist in taking to job fairs. Employment assistance includes transportation by providing bus tickets or arranging alternative transportation.
    - **Benefit/Result:** Learn skills necessary to obtain gainful employment.
    - **Duration:** Ongoing while receiving services with Community Alliance.
    - **Certificate:** None
    - **Location:** Community Alliance in Omaha, NE
- **Financial Literacy**
    - **Description:** This course covers the following topics: understanding finances, budgeting, financial pitfalls, insurance, saving, credit and debit, taxes, and banks vs. credits unions.
    - **Benefit/Result:** Obtain knowledge on money management and responsibility.
    - **Duration:** 8 weeks.
    - **Certificate:** Yes
    - **Location:** Community Alliance in Omaha, NE.
- **Housing Assistance**
    - **Description:** Staff assist the individual in accessing parole-approved housing, including halfway house, three-quarter way house, and sober living housing as indicated by individual need. In addition, staff assist the individual in applying for housing voucher programs and other housing assistance programs for which they may be eligible to aid in accessing affordable housing, paying deposits, and initial utility hook-ups. This offering helps link individuals to community resources that provide aid in obtaining furnishings, kitchen utensils, bath supplies, and other basics to setting up a residence.

- **Benefit/Result:** To learn skills and obtain assistance that leads to safe and affordable housing.
  - **Duration:** Ongoing while receiving services at Community Alliance.
  - **Certificate:** None
  - **Location:** Community Alliance in Omaha, NE
- **Integrated Health**
    - **Description:** The Community Alliance Integrated Health Care Clinic provides an array of behavioral health services, including psychiatric care, therapy, and screenings/assessments. Also available are on-site physical health services including medical screenings and physicals, immunizations, acute care for illness and injuries, and diagnosis and treatment of chronic illnesses like diabetes, asthma, high blood pressure or high cholesterol - all prevalent among people with mental health and substance use disorders. Treatment and services are provided by licensed physicians, nurse practitioners, and counselors. The agency also has an on-site pharmacy via a cooperative agreement with Genoa Pharmacy.
    - **Benefit/Result:** Wrap-around mental, physical, and emotional health services.
    - **Duration:** Ongoing while receiving services at Community Alliance.
    - **Certificate:** None
    - **Location:** Community Alliance in Omaha, NE
- **Peer Support/Mentoring**
    - **Description:** Community Alliance connects participants to a peer mentor individual with similar lived experience. These experiences may include mental health symptoms, addiction, homelessness and/or involvement with the justice system. Community Alliance also provides a 100% peer-run crisis diversion program, known as Safe Harbor Peer Crisis Services, which provides the program participant with a network of individuals on whom they can lean and communicate on issues that do not require clinical intervention.
    - **Benefit/Result:** Support services.
    - **Duration:** Ongoing while receiving services at Community Alliance.
    - **Certificate:** None
    - **Location:** Community Alliance, Safe Harbor Peer Crisis Services, and in the community in Omaha, NE. CCC-O
- **Seeking Safety**
    - **Description:** Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in a group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative, thus making it relevant to a very broad range of clients and easy to implement from the very start of treatment. Offered post-release.
    - **Benefit/Result:** Support and developing good coping skills.
    - **Duration:** 8 weeks
    - **Certificate:** Yes
    - **Location:** Community Alliance in Omaha, NE
- **Substance Use Support Group**

- **Description:** Peer-led substance use groups in our daily programming. This offering will also connect individuals to outside NA/AA meetings in the community. This may include on-site IOP services which have a therapy component.
  - **Benefit/Result:** Continuity in substance use supports. Especially beneficial for those searching for community supports post-receiving services from Community Alliance.
  - **Duration:** Ongoing while receiving services at Community Alliance.
  - **Certificate:** None, except for those involved in IOP services.
  - **Location:** Community Alliance and the Omaha, NE area.
- **Transportation Assistance**
    - **Description:** Bus tickets are provided for local bus route education. Assistance in attending meetings, appointments, job, and volunteer opportunities upon release.
    - **Benefit/Result:** Understanding of the Omaha, NE bus route with needed guidance and practice. Independence to go to appointments, employment, and/or volunteer opportunities.
    - **Duration:** Provided as needed while receiving services with Community Alliance.
    - **Certificate:** None
    - **Location:** Community Alliance in Omaha, NE

### Mental Health Association Program Offerings

- **CARES**
  - **Description:** Connects participants to beneficial resources and aims for participants to be self-sufficient. Navigators work with participants to assess and determine resources needed and point them in the right direction. Referrals come from staff at NDCS, parole, probation, or participating individuals. Participants must be within 18 months of release from incarceration or supervised release to be referred. Participants are considered successfully completed when they have been connected to the resources they need and feel comfortable moving forward on their own, but they are always welcome to return for future support and encouraged to reach out when they need assistance.
  - **Benefit/Result:** Basic needs met, obtained employment, and community resources identified.
  - **Duration:** About 90 days on average
  - **Location:** Region V, all facilities, community
- **HOPE**
  - **Description:** Supported employment programs help people find competitive jobs that are based on the person's preferences and abilities.
    - Eligibility is based on an individual's choice. Employment specialists coordinate plans with the treatment team if desired by participant.
    - Competitive employment is the goal. The focus is community jobs that pay a livable wage. The job search starts immediately.
    - There are no requirements for completing extensive pre-employment assessments and training or intermediate work experience.
    - Follow-along support is continuous. Choices and decisions about work and support are individualized based on the person's preferences, strengths, and experiences.
  - **Benefit/Result:** Employment
  - **Duration:** 90 Days
  - **Location:** Honu House, Region V, Community, and work release centers.

- **REAL**
  - **Description:** REAL provides ongoing community-based support services to participants including advocating and supporting participants wishing to find their own housing, referral and assistance obtaining other community services, interpersonal and conflict resolution skills, and helping participants prepare for discharge back into the community. Some of the REAL program services include:
    - Assistance in finding and maintaining safe, affordable, and adequate permanent housing of their choice.
    - Assistance overcoming barriers and challenges.
    - Community integration activities
    - Support groups.
    - Community education on reentry
    - Acquiring basic life needs (food, clothing, personal hygiene products)
    - System navigation (behavioral and physical health services)
    - Other assistance as identified by the participant.
  - **Benefit/Result:** Housing and Public Assistance
  - **Duration:** Varies by Participant Need
  - **Location:** In Community, Region V, Facilities, Honu House, Keya House
  
- **Honu House**
  - **Description:** The HONU House provides participants with 90 days of transitional housing in a safe, stable, and supportive environment along with: 24/7 peer support; wellness and recovery education to support them in managing their behavioral health issues; life skills training including tenant education (RentWise); communication and interpersonal skills; navigating the community, transportation and other activities identified by the participant; warmline, where anyone can call in and access a friendly and supportive person to talk to; basic life needs - food, clothing, personal hygiene products, accessing healthcare, healthcare system navigation; and community/social integration activities.
  - **Benefit/Result:** Transitional Living
  - **Duration:** Up to 90 days
  - **Location:** Honu House
  
- **Keya**
  - **Description:** Keya is a short-term stay home for participants needing support and preventing higher levels of care. Participants complete a Wellness Vision, receive peer support, and are offered a variety of both traditional and non-traditional wellness tools.
  - **Benefit/Result:** Diverts individuals experiencing mental health and substance use challenges from higher levels of care.
  - **Location:** Keya House
  
- **Benefits**
  - **Description:** The comprehensive benefits program is designed to help individuals who receive social security benefits to be able to make informed choices when they return to work. Often, benefits are affected by income from work. Beneficiaries receiving Social Security Disability Insurance and/or Supplemental Security Income receive a written benefits analysis that is tailored to the individual participant's benefits situation and stated work goal. The Benefits Specialist will provide education about applicable work incentives. Follow-up services are provided at regular scheduled intervals and at critical

touch points which are identified at the initial meeting. Beneficiaries can receive assistance in communicating with the Social Security Administration, Nebraska Department of Health and Human Services, General Assistance, Housing, or any other public assistance. The Benefits Specialist promotes, teaches, and emphasizes benefits literacy.

- **Benefit/Result:** Documentation/Income/Housing/Other Public Assistance
  - **Duration:** Varies based on need
  - **Location:** Region V
- **Rent Wise**
    - **Description:** RentWise is a six-module curriculum that supports individuals in becoming successful renters. Participants in the group receive a RentWise workbook and organizer.
    - **Modules:** Communication and Conflict Resolution, Managing Money, Finding a Place to Call Home, Getting Through the Rental Process, Taking Care of Your Home, and When You Move Out. The workbook contains the six modules, and the organizer provides a place for renters to store rental records such as leases and letters to and from the landlord. The workbook also includes 12 worksheets and a resource guide. The groups are held in the community. The workshop is held one day a week for six weeks. Each session is an hour-and-a-half in length. Participants will receive a certificate at the completion of the course they can give to landlords that can assist in demonstrating they have a desire to be good tenants.
    - **Benefit/Result:** Certificate
    - **Duration:** Six Weeks
    - **Location:** In Community, Region V

### Metropolitan Community College Program Offerings

- **Forklift Certification**
  - **Description:** Comprehensive training for the population to gain forklift certification.
  - **Benefit/Result:** Receipt of Certificate of Completion and possible employment.
  - **Duration:** One day
  - **Location:** MCC's Fort Omaha Campus or South Omaha Campus
- **OSHA**
  - **Description:** Comprehensive training in mandated job safety requirements and guidelines.
  - **Benefit/Result:** Receipt of OSHA certification and possible employment.
  - **Duration:** One week for 10 hours; four weeks for 30 hours
  - **Location:** OCC, MCC, NCYF, TSCI
- **Noncredit Workshops**
  - **Description:** Life skills training and education.
  - **Benefit/Result:** Receipt of Certificate of Completion, acquire life skills and possible employment.
  - **Duration:** One day to 8 weeks
  - **Location:** OCC, CCC-O, NCYF, TSCI, NCCW, MCC (Re-Entry), CCC-L, WEC, RTC, NSP

- **National Certification – Certified Production Technician, Manufacturing Skills Standards Council**
  - **Description:** Participants complete four courses in safety, quality practices and measurement, manufacturing processes and production and maintenance awareness. After successfully passing four assessment tests, participants receive a national certification.
  - **Benefit/Result:** Opportunities for gainful employment in manufacturing.
  - **Duration:** One quarter to one year (depending on location of participant)
  - **Location:** OCC, MCC, TSCI, NCCW
- **GED**
  - **Description:** Non-credit study to prepare for official GED testing (high school equivalency).
  - **Benefit/Result:** Acquisition of official GED.
  - **Duration:** Dependent on skill level of participant
  - **Location:** MCC
- **3 MCC Core Courses**
  - **Description:** Completion of any three college credit courses
  - **Benefit/Result:** college credit.
  - **Duration:** Nine months or longer
  - **Location:** OCC, NCYF, NCCW, TSCI, CCC-O, MCC, NCYF, NSP, RTC, WEC
- **MCC Certificate of Completion – noncredit**
  - **Description:** Issued to program participants who complete MCC noncredit workshops or training.
  - **Benefit/Result:** Helps participants to build life skills.
  - **Duration:** Ongoing
  - **Location:** OCC, NCYF, NCCW, TSCI, CCC-O, MCC, NSP, RTC, WEC
- **MCC Certificate of Completion – credit (Diversified Manufacturing)**
  - **Description:** Participants who complete four core diversified manufacturing courses receive a certificate from MCC and have an opportunity to receive a national certification
  - **Benefit/Result:** Participants will be introduced to various employers with gainful employment opportunities.
  - **Duration:** One quarter to one year (depending on location of participant)
  - **Location:** OCC, MCC, NCCW, TSCI, CCC-O
- **Career Certificate:** Varied career certificates in MCC program pathways
  - **Description:** Participants complete an average of 28-32 focused credit hours.
  - **Benefit/Result:** Participants achieve a career certificate and may continue on to the next stackable credential.
  - **Duration:** One year – Two years (depending on location of participant)
  - **Location:** OCC, MCC, NCYF, NCCW, TSCI, CCC-O, CCC-L, NSP, RTC, WEC
- **Associate degree**
  - **Description:** Any one of the 100+ associate degree programs offered at MCC
  - **Benefit/Result:** Receipt of an associate degree.
  - **Duration:** Dependent on student commitment and schedule



- **Location:** OCC, NCYF, NCCW, TSCI, MCC, CCC-O, CCC-L, NSP, RTC, WEC
- **Long Term Relief**
  - **Description:** Group created to support individuals who have been incarcerated for more than 10 years and/or served multiple sentences with the purpose of increasing knowledge of current technology, referrals to community resources for transition preparation and to build peer support.
  - **Benefit/Result:** Successful transition to community and healthy relationships.
  - **Duration:** Ongoing or self-terminated
  - **Location:** CCC-O and MCC
- **ACT National Career Readiness Certificate (NCRC)**
  - **Description:** The NCRC measures and certifies essential work skills needed for job success. It is widely used by employers, educators, workforce developers, and others to provide evidence that job seekers have the skills employers are looking for. During this course, participants will have an opportunity to participate in NCRC testing. The testing consists of three assessments: Applied Mathematics, Locating Information, and Reading for Information.
  - **Benefit/Result:** Certificate
  - **Duration:** Three hours
  - **Location:** OCC, NCCW, TSCI, MCC, NCYF, CCC-O, CCC-L, NSP, WEC, RTC
- **Orientation**
  - **Description:** Participants fill out all necessary paperwork, including the Participant Enrollment Form, Holland Code worksheet, and other college paperwork. Participants will leave with an appointment with the lead coach to register for classes, if necessary. Orientations are for any person who has not previously taken classes with us.
  - **Benefit/Result:** Ability to participate in 180 RAP.
  - **Duration:** One Hour
  - **Location:** MCC, OCC, NCCW, TSCI, NCYF, CCC-O, CCC-L, NSP, WEC, RTC
- **Other Services**
  - **Description:** Supportive documentation and basic need acquisition
  - **Benefit/Result:** Receipt of birth certificate, identification and access to hygiene, food and clothing, cell phones, housing deposits, and transportation.
  - **Duration:** Dependent on need of individual and request (depending on origin of supportive documentation)
  - **Location:** CCC-O, CCC-L, MCC (Re-entry)
- **Job Readiness**
  - **Description:** Participants meet with the job center team to create resumes, sign up for an email address, write turnaround and cover letters, submit job applications, provide referrals, transport to and from job interviews, assist with workforce needs, and job fairs, and any other necessary service to help participants succeed in the workforce. The job center team also works with the Department of Labor to increase chances of employment.
  - **Benefit/Result:** Resume, letters, applications, often job placement.
  - **Duration:** One hour (many often schedule multiple appointments)

- **Location:** MCC, CCC-O, CCC-L

#### **Four-Week Workshops**

- **Welding**
  - **Description:** Noncredit training and credit education
  - **Benefit/Result:** Skilled laborers for entry level welding employment upon release.
  - **Duration:** Four weeks to 11 weeks
  - **Location:** OCC
- **Keyboarding**
  - **Description:** Introduction to keyboarding and keyboard skill building
  - **Benefit/Result:** Able to navigate keyboard and utilize technology more efficiently.
  - **Duration:** One to ten weeks
  - **Location:** OCC and TSCI
- **Financial Empowerment**
  - **Description:** This course designed by the Consumer Financial Protection Bureau introduces students to the tools needed for answering financial questions and overcoming barriers/concerns regarding their present and future financial needs. Nine modules will explore the areas of setting goals and planning for large purchases, saving for emergencies, tracking, and managing income, paying bills and other expenses, budgeting, dealing with debt, understanding credit reports, money services, card and loans, and protecting their money.
  - **Benefit/Result:** Certificate of Completion
  - **Duration:** Four Weeks
  - **Location:** OCC, NCYF, NCCW, TSCI, MCC, CCC-O, CCC-L, NSP, RTC, WEC
- **CDL Preparation**
  - **Description:** This course will examine CDL safety fundamentals, develop awareness of essential regulatory requirements and responsibilities not related directly to driving, explore practical CDL application of information to hands on training with a truck trainer simulator to help students understand vehicle inspection need and operations.
  - **Benefit/Result:** Receipt of CDL Preparation certificate, completion of short-term training.
  - **Duration:** 4 hours each week for 8 weeks
  - **Location:** OCC
- **MCC Credit Course**
  - **Description:** Credit classes offered in various MCC pathways and over 100+ programs
  - **Benefit/Result:** Students earn college credits leading to MCC certificates and degrees.
  - **Duration:** One quarter
  - **Location:** OCC, CCC-O, CCC-L, NCCW, TSCI, WEC, RTC, NSP, MCC
- **Peer Support Group**
  - **Description:** Group designed to provide peer support for the incarcerated and re-entry populations as they transition from facilities to the community and beyond.

- **Benefit/Result:** Aids successful transitions, builds access to prosocial activities and builds healthier networks and relationships.
- **Location:** OCC, CCC-O, CCC-L, NCCW, TSCI, WEC, RTC, NSP, MCC

### Midland University Program Offerings

- **Code 101**
  - **Description:** Midland University's *Reentry Code Academy* is a VLS initiative that teaches students the skills necessary to be a junior software developer. The program includes a half-day Code 101 introductory course along with 8 larger modules which cover all the topics necessary for full-stack software development. The modules include HTML, CSS, JavaScript, React, Testing methodologies, DevOps, Backend and Databases, and Hosting and Deployment tools. Students will also gain experience with modern Agile development life cycles, project planning, and how to market their new skills.
  - **Benefit/Result:** Students receive a certificate of completion for each module completed as well as a certificate for completing the entire course.
  - **Duration:** 31 weeks; about 4 hours a day; Monday-Friday
  - **Location:** WEC

### Persevere Program Offerings

- **Software Coding Class**
  - **Description:** Persevere provides a 12-month program of software coding/technology instruction leading to Full-Stack Developer certification. Content is delivered in two phases through Persevere's learning management system (LMS) and its Persevere Code Camp curriculum. The first three-module phase provides students with the training they need to become Front-End Developers, with micro- 12 2022 NCDC Vocational and Life Skills certificates also provided for each of the modules along the way (Responsive Web Design, Front End Libraries, JavaScript Algorithms and Data Structures). The second phase trains students to become Full Stack Developers. During the second half, students also earn micro-certification for modules completed (API's and Microservices, Data Visualization, Information Security and Quality Assurance). Some Persevere + modules may be completed post-release with the assistance of the family case manager. Mastery of the curriculum is documented through assessments and the successful completion of projects. During the 12-month coding program, students will also participate in Persevere's Career Readiness curriculum which is delivered up to two hours per week. This includes the following objectives:
    - Understand the career options they have as a coder.
    - Learn the soft skills to maintain and grow in their employment.
    - Develop the ability to honestly self-reflect.
    - Learn how to search for and apply for jobs in the tech industry.
    - Learn how to write a cover letter and resume for the tech industry.
    - Learn how to prepare and dress for interviews.
    - Learn how to write thank you correspondence after interviewing.

- Discover strategies to help them further develop balance and success once they have obtained a job.
  - **Benefit/Result:** Through successful completion of the 12-month coding program, students will gain the skills necessary to obtain certification for Full-Stack Web Development. Participants will be prepared to obtain employment in the technology field.
  - **Duration:** Students will be in the classroom 5 days a week, 6 hours per day, over a 12-month period. Career readiness is delivered up to 2 hours per week throughout this period. Persevere+ curriculum instruction typically occurs the last four months prior to release.
  - **Location:** Nebraska Correctional Center for Women (NCCW)
- **Reentry/Reintegration Services and Support (Pre- and Post-Release)**
  - **Description:** Throughout the time participants are in the 12-month technology/coding class, the Technology Employment Specialist serves as the liaison between businesses, educators, and others to coordinate employment opportunities for participants post release. Up to 12 months post-release, the TES provides the necessary support for participants to succeed in the workforce. Persevere provides family-focused wraparound case management services both pre- and post-release. Family case managers begin working with participants while they are enrolled in coding classes and continue to provide services to the family one-year post-release. Case managers support participants in securing stable housing and transportation, assist with family reunification, and connect family members to social services, behavioral health providers, healthcare providers, and other services based on need. Case managers provide emotional support and assist family members with crisis management. In addition, youth of the program participants between the ages of 10-17 can participate in weekly tech instruction, life skills, development, and family enrichment activities. Throughout the course of services, the TES and family case manager work closely together to assist the family as needed.
  - **Benefit/Result:** Enhanced emotional support, increased likelihood of successful reintegration, reduced recidivism, positive family influence and connection, improved mental health, increased parent/child bonding, and enhanced relationships for the family. Youth resilience will improve while health risk behaviors will decrease.
  - **Duration:** 24 months (Services and Support are offered pre-release and one-year post-release)
  - **Location:** Nebraska Correctional Center for Women, Community, Virtual

### Project Reset Program Offerings

- **Orientation Workshop**
  - **Description:** Participants receive an orientation to Project Reset and sign and agrees to the participation handbook outlining their commitment, responsibilities, and rights in the program.
  - **Benefit/Result:** Ability to participate in Project Reset
  - **Duration:** One day
  - **Location:** Project Reset
- **Core Foundations Workshop**

- **Description:** Project Reset assists participants in obtaining identification documents and overcoming barriers required to obtain and maintain employment. These items include State ID, Driver's License, Birth Certificate, Social Security Card, Bank Account, Stable Housing and Reliable Transportation.
- **Benefit/Result:** Possession of personal identification documents, bank account and acquiring reliable transportation which increases a participant's independence, stability, and overall employability.
- **Duration:** Varies
- **Location:** Project Reset
  
- **Financial Wellness Workshop**
  - **Description:** Project Reset provides access to a free financial counselor and assistance in obtaining a second chance banking account. Project Reset also provides education to participants on the Total Package they receive thru their employment; participants are educated on how to get the most out of their benefits and the importance of a retirement plan.
  - **Benefit/Result:** Financial security, wellness, and independence.
  - **Duration:** Varies
  - **Location:** Project Reset
  
- **Job Coaching and Development**
  - **Description:** Participants are paired with a Project Mentor who will work with them on employment readiness, job placement, job retention, and obtain employment evaluations. Project Mentors are there to assist participants in identifying and overcoming any obstacles that come up which may interfere with their employment or employability. A risk identification and reduction plan is developed as well as a Trade Plan. Project Mentors guide them along their individualized trade plan and celebrate their successes. Project Mentors will also collaborate with positive support in a participant's life. This support could be in the form of family, friends, other community programs, supervision officers, and other individuals who are invested in a participant's success. A Project Mentor could also issue incentives and stipends to a participant to aid in their success. In addition, Project Mentors make referrals to other community programs and agencies for need-based services to aid in success.
  - **Benefit/Result:** Career mentor, one-on-one case management, job coaching, job development, employment placement, employment retention, resume, work supplies, stipends, incentives, transportation assistance, peer mentor, industry recognized certifications, and access to exclusive hiring events.
  - **Duration:** Varies
  - **Location:** Project Reset
  
- **Resume and Interview Workshop**
  - **Description:** Project Reset assists participants with developing and maintaining a functional resume. This resume could be based on their current skills and work history, a trade based objective resume, or reconstructing a resume based on skills and work history obtained while working with Project Reset and directed to a particular employer. Participants also provided with tools needed to conduct themselves in an interview setting (discussing attire, eye contact, firm handshake, introduction, and how to highlight skills and discuss shortcomings). Participants are also able to take part in hiring events specifically for Project Reset participants.

- **Benefit/Result:** Construction or reconstruction of resume tailored to specific industry or position.
- **Duration:** Varies
- **Location:** Project Reset
- **Trade Preparation Workshop**
  - **Description:** Project Reset provides access for participants to connect and form peer relationships with individuals in specific trades. Participants are provided trade site tours on job sites, union halls and in training facilities. Participants are assisted with tutoring for apprenticeship aptitude testing as well as pre-apprenticeship and apprenticeship applications.
  - **Benefit/Result:** Relationships with trade professionals, insight into different trade industries, and preparation for apprenticeship process.
  - **Duration:** Varies
  - **Location:** Project Reset
- **Transitional Employment**
  - **Description:** Project Reset provides access and placement to transitional employment with employer partners that will hire Project Reset participants. These employer partners provide employment evaluations on the participants. In these evaluations, they provide feedback on a participant's attendance, attitude, and performance on a regular and ongoing basis.
  - **Benefit/Result:** Transitional employment obtained, building a proven work history, and employment readiness skills.
  - **Duration:** Varies
  - **Location:** Project Reset and employment location
- **Trade Based Employment**
  - **Description:** Project Reset provides access and placement to trade based employment with employer partners that will hire Project Reset participants. Participants obtain trade-based employment in their trade of choice. These trade-based employer partners provide employment evaluations on the participants. In these evaluations, they provide feedback on a participant's attendance, attitude, and performance on a regular and ongoing basis.
  - **Benefit/Result:** Trade based employment, obtained building a proven work history, employment readiness skills, and gaining trade specific knowledge and skills.
  - **Duration:** Varies
  - **Location:** Project Reset and employment location
- **Pre-Apprenticeship Employment**
  - **Description:** Project Reset provides access and placement to pre-apprenticeship positions with employer partners that will hire Project Reset participants. Participants obtain a pre-apprenticeship position in their trade of choice if applicable. These employers provide employment evaluations on the participants. In these evaluations, they provide feedback on a participant's attendance, attitude, and performance on a regular and ongoing basis.
  - **Benefit/Result:** Pre-Apprenticeship employment, obtained building a proven work history, and employment readiness skills, and gaining trade specific knowledge and skills.

- **Duration:** One to four weeks.
- **Location:** Project Reset and employment location
- **Apprenticeship Employment**
  - **Description:** Project Reset provides access and placement to apprenticeship positions with employer partners that will hire Project Reset participants. Participants obtain an apprenticeship position in their trade of choice. These employers provide employment evaluations for the participants. In these evaluations, they provide feedback on a participant's attendance, attitude, and performance on a regular and ongoing basis. Project Reset will continue to provide job coaching and development for 90 days into an apprenticeship program.
  - **Benefit/Result:** Apprenticeship employment with full benefits including family health insurance and pension plan. Earning a wage with the ability to support themselves and their entire family. Investment in their future.
  - **Duration:** Two to five years
  - **Location:** Project Reset and employment location

## ReConnect, Inc. Program Offerings

### Pre-release Programming: Independent and In-Person Learning Formats

#### Independent Learning:

- **Keep Educating Yourself to Success (KEYS) Part I and II –**
  - **Description:** KEYS I and II are designed to allow participants to work at their own pace. Each KEYS series consist of five core modules broken down into specific topics that address a range of life-skills and cognitive thinking skills to help participants grow their capacity to problem solve, make better decisions, and respond to the challenges of reentry through pro-social skills development. Participants earn a certificate upon completion of each of the 5 core Modules which includes written materials and worksheets. Participants may elect to complete one or all five modules per the KEYS series but must complete all five Modules of KEYS I before participating in KEYS II.
  - **Benefits:** KEYS is an independent learning program which allows participants to not only work at their own pace, but to participate in KEYS while also taking part in other programming without posing a conflict with their schedule. Also because of the independent nature of KEYS I and II, participants may continue to participate in programming during periods when programming has been suspended or participants may be under room restrictions.
  - **Duration:** Self-paced but must complete all five Modules of KEYS I before taking KEYS II
  - **Location:** RTC 1&2, NSP, TSCI, OCC, CCCL, (WEC and NCCW Pending)
- **Goals, Plans, and Strategies (GPS)**

- **Description:** Like KEYS, GPS is offered in an independent- self- based format and was developed to complement KEYS as an introduction course or a follow up refresher. GPS is presented in two modules that are designed to help participants understand that life does not just happen and that every person is where they are in life based on choices they make (or choose not to make). Participants will be guided through exercises to identify where they are in life and how they got there to help participants understand the role and responsibilities they have over their life. Module two of GPS challenges participants to visualize what success looks like for them and how they will get there. Participants will be asked to complete set at least one SMART goal that will help participant get closer to their vision of success.
- **Benefits:** Helps participants develop self-efficacy so they will hopefully understand they are more in control of their life than they may think. Also as an independent learning program, LIKE KEYS, GPS allows participants to not only work at their own pace, but to participate in programming while also taking other programming without posing a conflict with their schedule. Also because of the independent nature of GPS participants may continue to participate in programming during periods when programming has been suspended or participants may be under room restrictions.
- **Duration:** No time limit to complete but must complete both modules before receiving a certificate
- **Location:** Available to RTC 1&2, NSP, TSCI, OCC, CCCL, (WEC and NCCW Pending)

### In-Person Pre-Release Programming:

- **Success Prep-**
  - **Description:** Success Prep, ReConnect’s Flagship and signature program is a five-week life-skills and reentry planning class that takes participants on an imaginary journey to reach reentry and life success. Each Module, along the journey, is developed to help participants explore fundamental skills that will grow their capacity and lead to transformational change and success. Participants are even challenged to change their perspective of how they view their incarceration by taking advantage of the opportunities incarceration gives them to work on themselves without distractions. Materials are presented in an easy to follow yet challenging format to get participants thinking and engaged in taking responsibility for mapping out their life to lead to success.
  - **Benefits:** Helps participants reimagine their prison sentence and how to best serve their sentence to gain the benefits of incarceration as an opportunity to better themselves and plan for a successful reentry upon release. Also, the class helps individuals to challenge assumptions with interfere with pro-social thinking and behaviors. A certificate is issued upon completion of the class.
  - **Duration:** 5 Weeks – must attend all five weeks to receive a certificate
  - **Locations:** RTC, OCC, (Waiting to return to NSP, TSCI, CCCL)



- **Success Prep Bloom**
  - **Description:** All of what Success Prep offers but is tailored to address the unique needs and challenges women face while incarcerated and during reentry.
  - **Benefits:** Specially tailored toward women to help them develop skills and connect with resources to help them better prepare for reentry. A certificate is issued upon completion of the class.
  - **Duration:** 5 weeks must attend all classes
  - **Location:** CCCL and NCCW pending
  
- **Final Number- Stages of Change**

Description: A three-week pro-social thinking class that emphasizes change as the foundation for not returning to prison. The materials cover topics such as pro-social thinking, better decision making, and accepting responsibility and being accountable to themselves and society. The class is specifically developed for the young mind in terms of materials and duration which is why it's limited to NCYF.

  - **Benefits/Results:** Helps participants rethink their prison sentence through pro-social thinking and positive mindset ultimately leading to positive behavior while incarcerated and upon release.
  - **Duration:** Two weeks
  - **Location:** NCYF
  
- **Pass It On-** Currently on hold due to space and staffing issues at TSCI.
  - **Description:** An intense life-skills class and peer- mentoring class focusing on intra-personal development in the areas of resiliency, problem solving, intra and inter-personal communication. Unlike most programming including ReConnet's programming, Pass It On is specifically developed for men serving 15 or more years. The goal of the class is to help men who are serving long sentences to grow their capacity to impact the culture of prison in a positive way by taking what they have learned in the program and pass it on to others.
  - **Benefits-** Men serving long sentences will learn how to serve their prison sentence more productively to impact the culture of prison by taking what they learn in the class and passing it on to other through peer mentoring.
  - **Duration:** Five weeks
  - **Location:** TSCI only

### Post Release Reentry Programming

- **Ready 4Work and Life- (Formerly Ready 4 Work)**
  - **Description:** Workshops that provide comprehensive job readiness support and assistance to community resources to help participants address potential issues with reentry based on the self-sufficiency assessment participants are asked to complete. Emphasis is placed on finding and retaining employment among over 150 background-friendly employer partners with whom we have formed strategic

partnerships. However, participants are also assisted in connecting with background friendly housing providers, medical and mental health resources, and other community partners as needed. Various financial assistance and resources such as pre-paid cell phone, bus tickets, clothing, work tools and personal hygiene are available to participants.

- **Benefits:** Help clients address reentry barriers and connect with community resources to become self-sufficient and increase desistance
  - **Duration:** Workshops and case management held M-F Walk- ins and case management by appointment.
- **Construction Safety Training**
    - **Description:** A five-day training program presented by industry experts on construction safety including OSHA, Lead hazardous remediation, and First Aid and other core safety standards.
    - **Benefits:** Participants earn industry recognized credentials issues by industry experts. Helps participants gain credentials to help set them apart from other applicants.
    - **Duration:** Five days – 40 hours
    - **Location:** ReConnect’s main office

## RISE Program Offerings

- **Pre-Release Reentry Support**
  - **Description:** Graduates of the RISE in-prison program will be contacted by a RISE Reentry Specialist 6-12 months prior to parole eligibility date or earliest possible release date to begin pre-release reentry support. Pre-release reentry support is individualized based on participant needs. Pre-release reentry support includes updating the Blueprint (i.e. reentry plan completed during in-prison programming), securing all identification, securing housing, providing work clothing, hygiene items, and bus passes as needed to those residing in a Community Corrections facility, assistance with family reunification, referrals to community providers for services upon release, employment preparation (i.e. resumes, personal statement, interview skills) and job leads, and emotional support.
  - **Benefit/Result:** Wrap around services to provide an opportunity for successful reentry.
  - **Duration:** 6-12 months prior to parole eligibility date or earliest possible release date.
  - **Location:** OCC, CCC-O, RTC, CCC-L, NSP, TSCI, NCCW
- **Post-Release Reentry Support**
  - **Description:** After completion of pre-release reentry support services, the assigned RISE Reentry Specialist will continue provide individualized wrap around reentry services. Wrap around reentry services include assistance with identification, assistance with housing, transportation assistance, employment assistance (i.e. job leads, resumes, interview skills), referrals to community providers for services beyond the scope of RISE, assistance with family reunification, emotional support, and crisis support. RISE also provides a 12-week Business Academy Program for

- those who wish to continue their entrepreneurship pathway. RISE has an Alumni Association for post-release support from released peers. Post-release reentry support also includes access to emergency funds as needed.
- **Benefit/Result:** Wrap around services to assist with a successful reentry.
  - **Duration:** Up to 18 months post-release.
  - **Location:** RISE Office in Omaha or Lincoln, community neighborhood of participant, or virtual

## Opening Doors – Center for People in Need Program Offerings

### • Core Classes

- **Description:** The Core schedule is held over a two-week period with participants spending four hours in class, five days a week. Core classes currently consists of the following: Effective Communication, Conflict Resolution, Goal Setting, Workplace Etiquette, Personal Finance, Basic Computers, Workplace Diversity, Sexual Harassment, Renters Rights, and Job Preparation (master application, resume, and turnaround letter).
- **Description as of 1/12/19:** The Core schedule is held over a two-week period with participants spending four hours in class, five days a week. Core classes currently consist of the following: resume building, turnaround letter, cover letter, application checklist, and mock interviews.
- **Benefit/Result:** Positive workplace attitudes and behaviors as well as personal responsibility. Master application, resume, turnaround letter, and Professional Development certificate.
- **Duration:** Two weeks, schedule varies when provided in facilities
- **Location:** Center for People in Need, NSP, RTC.

### • Family Support

- **Description:** The Center for People in Need provides year-long case management and a multitude of community-based support programs. These other support services include daily food programs, emergency utility assistance, low-income bus passes, healthcare enrollment and general assistance enrollment, city-wide resource handbook, six major client giveaway events per year to include back to school and holiday specific events. Trade graduates earn bonus points through program participation to be used for household items such as kitchenware, bedding, furniture, clothing, and cleaning supplies.
- **Benefit/Result:** Support to overcome barriers to success.
- **Duration:** Indefinite based on federal low-income qualifications
- **Location:** Center for People in Need

### • Office Professional Module

- **Description:** This training encompasses a wide variety of occupations that continue to be in growth distribution mode for the foreseeable future. There are a wide variety of occupations that fall under the heading of Office and Administrative Support Occupations. Examples of occupations are customer service representative, administrative assistants, retail salespersons and managers, insurance processing and claims clerks, dispatching and distribution workers to name a few. Skill-building courses include but are not limited to the following topics: typing and keyboarding for business professionals, computer training, customer service training and business telephone etiquette, Microsoft Office software education and training. Each lesson will build on the

- lesson before it, utilizing a combination of classroom training and hands on scenarios in office settings.
- **Description:** Includes the above AND a Life Skills portion that is made up of budgeting, personal finance, communication, assertiveness, self-confidence, goal setting, and getting things done.
  - **Benefit/Result:** Technology and customers service skills, competency profile, certified typing test, and completion certificate.
  - **Benefit/Result:** Benefits above AND certificates for each individual life skill.
  - **Duration:** Six weeks
  - **Location:** Center for People in Need
- **Forklift & Warehouse Operations Module**
    - **Description:** This training provides participants with skills in warehouse and dock safety, proper lifting techniques, handcart and pallet jack handling, pallet loading and stacking and inventory control. Successful program participants receive forklift certification, preparing them to enter directly into warehouse/forklift employment.
    - **Description as of 1/12/19:** Includes the above AND a Life Skills portion that is made up of budgeting, personal finance, communication, assertiveness, self-confidence, goal setting, and getting things done.
    - **Benefit/Result:** Warehouse operation and workplace safety knowledge, forklift certification card.
    - **Benefit/Result as of 1/12/19:** Benefit above AND certificates for each individual life skill.
    - **Duration:** Minimum three weeks, maximum six weeks
    - **Location:** Center for People in Need
  - **Welding Module**
    - **Description:** This training provides participants with skills in MIG welding techniques, vertical, horizontal, and pipe welding. Participants will also be provided with skills and techniques in grinding, Steele band saw cutting, and plasma cutting, preparing them to enter directly into welding/metal fabrication employment.
    - **Description as of 1/12/19:** Includes the above AND a Life Skills portion that is made up of budgeting, personal finance, communication, assertiveness, self-confidence, goal setting, and getting things done.
    - **Benefit/Result:** Welding/metal fabrication skills and knowledge, national welding safety certification.
    - **Benefit/Result as of 1/12/19:** Benefit above AND certificates for each individual life skill.
    - **Duration:** Minimum three weeks, maximum six weeks
    - **Location:** Center for People in Need
  - **Life Skills**
    - **Description:** The TRADE Life skills class curriculum is based on the book, 12 Rules for Life: An Antidote to Chaos by Jordan Peterson.
    - **Benefit/Result:** Participants can gain insight into the own thoughts behaviors and beliefs. This is recommending reading for anyone struggling or on their own journey of personal growth. It is a guide to life and moving forward positively.
    - **Duration:** Three weeks, twice a week for three hours each class.
    - **Learning Objectives:** Participants can discover and learn about 12 simple yet profound rules for sorting yourself out, setting your house in order, and improving the

world—by starting with yourself. Dr. Peterson discusses discipline, responsibility, and the necessity of clear, truthful thinking. These 12 Rules for Life provide participants with a consistent moral way to work their way through life. Participants will gain knowledge in dealing with chaos and overcoming obstacles as they maneuver through life.

- **Location:** RTC
- **People Obtaining Prosperity (P.O.P)**
  - **Description:** Scholarship program through Southeast Community College. Forty-five free credit hours. Students must maintain a 2.0 GPA or higher to maintain eligibility in the program. Students must maintain a 2.7 GPA to apply for credit extension up to 130 credit hours free. Only CCC-L applicants who have completed the TRADE program though CFPIN, NSP, and RTC will be eligible. Applicants must be in class 1 and class 2 Misconduct Report free for six months. Participants who are placed on center restriction may also be removed from the program. The program will also cover books for students in the TRADE POP program only. A maximum number of 10 new scholarships will be granted each quarter, or 20 per semester.
  - **Description as of 1/12/19:** Includes the above AND a Life Skills portion that is made up of budgeting, personal finance, communication, assertiveness, self-confidence, goal setting, and getting things done.
  - **Benefit/Result:** Associate degree or certification from an accredited college.
  - **Duration:** 45 college credit hours up to 130 college credit hours.
  - **Location:** Center for People in Need

### Western Alternative Corrections – Bristol Station Program Offerings

- **Residential Reentry**
  - **Description:** Bristol Station Residential Reentry Center is based on the federal re-entry model which utilizes evidence-based practices to deliver offender-specific programming while the participant resides at the facility. Re-entry services are guided by the Risk, Need and Responsivity (RNR) principles which dictate the degree of targeted interventions and individualized services and programming provided to each participant based off a risk/needs assessment. Bristol Station offers a variety of programming components to foster life and vocational skills. Programming components include, but are not limited to Correctional Case Management, Moral Recognition Therapy, Offender Workforce Development, Transition Skills Group, and Personal Growth. Community resources are utilized for substance abuse, mental health, and offense-specific treatment.
  - **Benefit/Result:** Development of employability skills, development of life skills necessary to live a crime-free life, obtain and maintain meaningful employment, successfully complete all facets of their individualized program plan aimed at lowering recidivism risk. Successfully reintegrate and transition back into their community.
  - **Duration:** 3-12 Months
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Correctional Case Management**
  - Validated risk/needs assessment.
  - Individualized program plan development

- Weekly and biweekly progress meetings
- Program review team updates.
- Release planning.
  - **Description:** Each participant is assigned a case manager for the duration of his/her stay at Bristol Station. The participant meets with the case manager on a weekly basis for the first six weeks and then every other week thereafter. The case manager completes the risk/needs assessment, Ohio Risk Assessment System - Community Supervision Tool (ORAS-CST), and Quality of Life Inventory (QOLI) with the participant, which is the basis of the individualized program plan. Upon discharge from the program, the case manager completes the ORAS-CST and QOLI as well. Another part of the correctional case management component is the weekly Program Review Team (PRT) where the case managers, home reintegration specialist, executive director and parole or probation officer meet to discuss the progress of each participant.
  - **Duration:** Ongoing while residing at Bristol Station RRC
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE

### **Life Skills Programming:**

#### **• Moral Recognition Therapy**

- **Description:** Moral Recognition Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. MRT systematically focuses on seven basic treatment issues:
  - confrontation of beliefs, attitudes, and behaviors
  - assessment of current relationships
  - reinforcement of positive behavior and habits
  - positive identity formation
  - enhancement of self-concept
  - decrease in hedonism and development of frustration tolerance.
  - development of higher stages of moral reasoning
- **Benefit/Result:**
  - MRT is designed and developed to target issues specific to an offender population.
  - MRT has been shown to reduce the recidivism rate of offenders by between 30 percent and 50 percent for periods up to 20 years after release.
  - MRT improves offender compliance to rules in an institution or while under supervision in the community.
  - MRT will increase offenders' moral reasoning, decrease dropout rates, increase sense of purpose, and reduce antisocial thinking and behavior.
- **Duration:** MRT is delivered in weekly open-ended groups, which allows for maximizing resources. There are 12 steps in the MRT curriculum.
- **Certificate:** A certificate of completion will be provided upon completion of the group/program.
- **Location:** Bristol Station Residential Re-entry Center, Hastings, NE

#### **• Family Reunification/Personal Growth**

- **Description:** Bristol Station utilizes The Change Companies' evidence-based Interactive Journaling product, Getting it Right, Contributing to the Community, and Personal

Growth. There are multiple journaling sections that focus on a different topic relevant to life skills, family reunification and reentry. The sections are:

- Relationships/Communication
  - Family
  - Feelings
  - Anger
  - **Benefit/Result:** Increased positive communication with family, development and/or repair of family relationships, development of a positive support system and reduced recidivism risk.
  - **Duration:** The group will be facilitated by a Bristol Station employee and would be offered for a total of eight one-hour sessions.
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Parenting**
    - **Description:** Bristol Station utilizes two different curriculums for parenting. The curriculum utilized would be based on the needs of the participant based on the risk/need assessment. Bristol Station utilizes InsideOut Dad® and/or Parenting Wisely. InsideOut Dad® is an evidence-based fatherhood program which helps reduce recidivism by reconnecting fathers to their families.
    - **Benefit/Result:** Development of parenting skills, improved familial relationships, reduced recidivism risk.
    - **Duration:** Parenting Wisely is offered online. InsideOut Dad® will be facilitated in a group setting over a 12-week period.
    - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
    - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Transition Skills**
    - **Description:** Bristol Station utilizes The Change Companies evidence-based Interactive Journaling product and Transition Skills Program. There are multiple journaling sections that focus on a different topic relevant to reentry, life, and vocational skills. The sections are:
      - Realistic expectations
      - Healthy relationships
      - Managing your time
      - Handling social influences
      - Roadblocks in transition
      - Thinking for a change
      - Authority figures
      - Managing your anger
      - Your safety net.
    - **Benefit/Result:** Participants work to develop key life skills that help them make responsible choices and avoid future incarceration, as well as reduced recidivism risk.

- **Duration:** The group is designed so participants can join the group at any point in the process, which generally takes approximately nine weeks. The group will meet for no less than one hour and will be scheduled to compliment the participant work hours.
- **Certificate:** A certificate of completion will be provided upon completion of the group/program.
- **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Money Management/Financial Literacy**
  - **Description:** Participants will work independently with their assigned case manager utilizing the "Basic Money Management" workbook. The curriculum will address challenges with the management of finances and making healthy financial choices. This program component can also be provided in a group setting.
  - **Benefit/Result:** Development of life skills, a working budget and development of financial responsibility.
  - **Duration:** Ongoing while residing at Bristol Station RRC.
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Relapse Prevention**
  - **Description:** Bristol Station will utilize The Change Companies' evidence-based Interactive Journaling product and Relapse Prevention. Relapse Prevention will provide group participants with the tools needed to identify the pattern of relapse and interrupt that pattern before they slip back into criminogenic behaviors.
  - **Benefit/Result:** Each participant will identify personal relapse warning signs and develop a relapse prevention plan that will help in maintaining motivation for responsible living and sobriety and reduced recidivism risk.
  - **Duration:** Six to eight weeks
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Anger Management**
  - **Description:** Bristol Station will utilize The Change Companies' evidence-based, Interactive Journaling techniques that apply motivational interviewing principals, cognitive-behavioral strategies and the behavior change model to address anger and the triggers.
  - **Benefit/Result:** Participants will develop frustration tolerance skills, anger-reducing techniques to make changes in their thinking, feelings and behaviors.
  - **Duration:** Four to six weeks
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Managing Mental Health**
  - **Description:** Bristol Station utilizes community resources for mental health needs and medication management. Participants are referred by their assigned case manager to ensure continuity of care or to establish care.
  - **Benefit/Result:** Continuity of mental health and medical needs are addressed.



- **Duration:** Ongoing while residing at Bristol Station RRC
- **Location:** TBD
- **Health/Medical**
  - **Description:** Bristol Station utilizes community resources for health needs and medication management. Participants are referred by their assigned case manager to ensure continuity of care or to establish care.
  - **Benefit/Result:** Continuity of medical needs are addressed.
  - **Duration:** Ongoing while residing at Bristol Station RRC
  - **Location:** TBD
- **Problem Solving/Communication Skills**
  - **Description:** Bristol Station will utilize The Change Companies' evidence-based Interactive Journal and Communication Skills to assist participants in the development of effective problem-solving skills and improved communication skills. Focus is placed on effective communication, strategies for controlling anger, and the benefits of building healthy relationships.
  - **Benefit/Result:** Development of appropriate problem-solving techniques and life skills, as well as reduced recidivism risk.
  - **Duration:** 6 weeks
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Time Management**
  - **Description:** Participants will work with their case manager to assist in identifying and practicing good time management techniques.
  - **Benefit/Result:** Participants will utilize good time management techniques to maximize their efficiencies and minimize unhealthy down time.
  - **Duration:** Ongoing while residing at Bristol Station RRC
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Transportation Independence**
  - **Description:** Participants will work one-on-one with their case managers to obtain and maintain a reliable mode of transportation.
  - **Benefit/Result:** Participants will have obtained a vehicle or other mode of transportation that is suitable to their needs.
  - **Duration:** 1 to 6 months
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE

#### Vocational Programming:

- **Vocational Assessment**
  - **Description:** Bristol Station will complete a comprehensive, evidence-based vocational assessment that will assess employment/education interests utilizing the O'NET interest profiler, as well as an interest and skills checklist. The vocational assessment will also evaluate barriers and skills.

- **Benefit/Result:** Participants will identify employment and/or educational interests which in turn assist in the development of a targeted job search or targeted course of study with vocational training to enhance general labor market access.
  - **Duration:** Individualized/On-Going
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Employment Readiness**
    - **Description:** Bristol Station utilizes the evidence-based Offender Workforce Development Specialist (OWDS) curriculum to provide participants with workforce development strategies. Components of the group include vocational assessment, interest and skills profiler, assessment of barriers, identification of transferable and soft skills, job search strategies, completing job applications appropriately, development of a resume, appropriate dress and hygiene, development of interview skills, explaining criminal history effectively, employer expectations and employment retention. Participants will also obtain all necessary documents required to gain employment (i.e. birth certificate, state identification, drivers' license, social security card).
    - **Benefit/Result:** Participants will develop employability skills necessary to obtain and maintain meaningful employment, which also leads to a reduction in recidivism risk.
    - **Duration:** Employment readiness will be facilitated in a group setting. Components of the group can also be offered in a one-to-one setting to accommodate employment schedules. It can take one to eight weeks to complete all facets of the program.
    - **Certificate:** A certificate of completion will be provided upon completion of the group/program.
    - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Resume Development**
    - **Description:** Bristol Station utilizes components of the evidence-based Offender Workforce Development Specialist (OWDS) curriculum for this facet of programming. Participants will attend Employment Readiness Group or work one-on-one with their case manager to develop a functional resume.
    - **Benefit/Result:** With the aid of their resume, participants will have more access to interviews with perspective employers, which will in turn allow opportunity to gain meaningful employment which in turn results in a reduction in recidivism.
    - **Duration:** One to eight weeks
    - **Certificate:** A certificate of completion will be provided upon completion of the group/program, if provided in Employment Readiness Group.
    - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Interviewing Skills**
    - **Description:** Bristol Station utilizes components of the Offender Workforce Development Specialist (OWDS) curriculum for this facet of programming. Participants will attend Employment Readiness Group or work one-on-one with their case manager to develop behavioral interviewing skills, learn how to answer interview questions in an appropriate manner, prepare a narrative to explain their criminal history in an interview, and participate in mock interviews.
    - **Benefit/Result:** Development of effective interviewing skills to increase likelihood of obtaining gainful employment, as well as reduced recidivism risk.
    - **Duration:** One to eight weeks

- **Certificate:** A certificate of completion will be provided upon completion of the group/program, if provided in Employment Readiness Group.
- **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Conflict Resolution**
  - **Description:** Bristol Station utilizes components of the Offender Workforce Development Specialist (OWDS) curriculum for this facet of programming. Participants will attend Employment Readiness Group or work one-on-one with their case manager to learn proper techniques in dealing with supervisors and fellow co-workers when conflict arises in the workplace.
  - **Benefit/Result:** Participants will be able to appropriately address stressors and communicate effectively in the workplace to minimize the risk of losing an employment opportunity.
  - **Duration:** Ongoing for the duration of their stay at Bristol Station.
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program, if provided in Employment Readiness Group.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Job Coaching/Employment Retention**
  - **Description:** Bristol Station utilizes components of the Offender Workforce Development Specialist (OWDS) curriculum for this facet of programming. Participants will attend Employment Readiness Group or work one-on-one with their case manager to learn techniques of maintaining employment.
  - **Benefit/Result:** Participants will be able to recognize and utilize techniques of personal communication to ensure career goal enrichment. Participants will also learn how to go about appropriately leaving a place of employment, if necessary.
  - **Duration:** Ongoing for the duration of their stay at Bristol Station.
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program, if provided in Employment Readiness Group.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Dress for Success**
  - **Description:** Bristol Station utilizes components of the Offender Workforce Development Specialist (OWDS) curriculum for this facet of programming. Participants will work with their case manager to locate local resources for clothing and obtain appropriate clothes for interviews and working conditions.
  - **Benefit/Result:** Participants identify and obtain appropriate clothing for interviews and employment.
  - **Duration:** One to eight weeks
  - **Certificate:** A certificate of completion will be provided upon completion of the group/program, if provided in Employment Readiness Group.
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Problem Solving/Communication Skills**
  - **Description:** Bristol Station will utilize The Change Companies' evidence-based Interactive Journal and Communication Skills to assist participants in the development of effective problem-solving skills and improved communication skills. Focus is placed on effective communication, strategies for controlling anger and the benefits of building healthy relationships.

- **Benefit/Result:** Development of appropriate problem-solving techniques and life skills, as well as reduced recidivism risk.
- **Duration:** Six weeks
- **Certificate:** A certificate of completion will be provided upon completion of the group/program.
- **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Time Management**
  - **Description:** Participants will work with their case manager to assist in identifying and practicing good time management techniques.
  - **Benefit/Result:** Participants will utilize good time management techniques to maximize their efficiencies and minimize unhealthy down time.
  - **Duration:** Ongoing while residing at Bristol Station RRC
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE
- **Transportation Independence**
  - **Description:** Participants will work one-on-one with their case managers to obtain and maintain a reliable mode of transportation.
  - **Benefit/Result:** Participants will have obtained a vehicle or other mode of transportation that is suitable to their needs.
  - **Duration:** 1 to 6 months
  - **Certificate:** None
  - **Location:** Bristol Station Residential Reentry Center, Hastings, NE

### York University Program Offering

- **York College Associate of Arts Degree Plan:** The sequencing of the courses offered is intentional. The initial orientation course equips them with study skills, preparing them for the academic rigor that is to come. Subsequent semesters tend to provide one course related to a core skill (e.g. speaking, writing, mathematics) and one course designed to expand their general knowledge base (e.g. science, physiology, history). The final year includes a course designed to prepare them for job interviews.
  - **Communication Skills**
  - **Critical Thinking**
  - **Ethical Inquiry**
  - **Social Responsibility**
  - **Spiritual Formation**
- **Benefit:** Associate of Arts Degree
- **Duration:** Three and a half years
- **Location:** NCCW