

Programs Available at NDCS

# Clinical Programs Available at NDCS

Facility	Program	Description	Contact Person	Length	Capacity
OCC, NSP	Anger Management with Review	High risk/high needs	Brandy Logston	12 weeks	12-14 participants
OCC, NSP	Domestic Violence with Review	High risk/high needs	Brandy Logston	Minimum 31 weeks	12-14 participants
NSP	Violence Reduction Program	Intensive treatment option for inmates at high risk for violent re-offense. Inmates with strong antisocial beliefs or lifestyle; evidence of psychopathy; instrumental	Brandy Logston	9-12 months	12 participants
NCYF	Aggression Replacement Therapy (ART)	This program promotes the development of a pro-social behavior and the reduction of violent behavior in chronically	Michael Luebbert	12 sessions	10-14 participants
NCYF	Grudge Reduction	Teaches participants how to reduce their	Michael Luebbert	Twelve	6 to 8 participants
NCYF	ExPLORE	ExPLORE, which stands for Exercises in Principled Living for Offender Re-entry, was developed to assist incarcerated inmates in their transition back to society as happy and successful citizens. ExPLORE is designed to address the effects of a so-called “cognitive arrest.”	Michael Luebbert	Ten sessions	1 to 4 participants
NCYF	CBT/Schema-Focused Depression Group	Provides cognitive behavioral treatment for inmates suffering from depression.	Michael Luebbert	12 sessions	8 to 10 participants
NCYF	CBT/Schema-Focused Anxiety Group	Provides cognitive behavioral treatment for inmates suffering from anxiety symptoms.	Michael Luebbert	12 sessions	8 to 10 participants
NCYF	Drug/Alcohol Education	Education on drugs and alcohol for the youth.	Natalie Johnson	Once every quarter	10 participants
NSP, OCC, TSCI, LCC, NCCW	Residential Treatment for Substance Abuse: RTC, SAU, COP	Inmates assigned to Residential Programs have been identified as having serious substance abuse issues. Programs last generally about ten months.	Natalie Johnson	6 months	RTC: 100 OCC/SAU:96 TSCI/SAU:68 NCCW/SAU:48
LCC	iHeLP- Inpatient Sex Offender Treatment Program	Inpatient Healthy Lives Program offered for offenders who have been assessed as a high risk for further sexual violence.	Paul Rodriguez	2-3 Years	52 participants
OCC, NSP, NCCW	oHeLP Outpatient Sex Offender Program	Outpatient Healthy Lives Program offered at OCC to those inmates who are assessed to be at a relatively moderate risk to sexually reoffend.	Paul Rodriguez	12-15 months	8 participants
OCC, NSP, NCCW	bHeLP Sex Offender Program	Bibliotherapy Healthy Lives Program offered to inmates that are a low risk to reoffend. Inmates work at their own pace on materials provided by the therapists and takes several months to complete.	Paul Rodriguez	9 sessions	8 participants

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OCC, NSP, LCC, CCC-L, CCC-O, Traber Hall, Omaha State Office Building	Continuing Care-Sex Offender Program	A program to help participants maintain and strengthen the gains they made in other treatment programs. It also helps participants navigate new challenges and helps support the transition back to a community setting.	Paul Rodriguez	As Clinically Indicated	No Set capacity
NCYF, LCC, CCO, WEC, CCCL	Non-residential Treatment for Substance Abuse: IOP & OP	Available for offenders who are not eligible for the residential program due to lower level substance abuse issues.	Robin Hinrichs	IOP: 10-12 wks OP: 8-10 wks	25-30 participants
	METEOR	Introduces the concepts of stages of change and tries to assess and educate participants about where they are at and how they can move forward if they choose to.	Shane Meyer	Five Sessions	
LCC, NSP					
	Mental Health Unit	The MHU is a residential treatment community designated for those inmates with Serious Mental Illness or developmental/organic disabilities and who are assessed as having significant functional impairment. Inmates are located on Housing Unit D.	Wayne Chandler	Adjunct Groups run approximately 10-12 weeks and Core Groups are on-going throughout the year.	The MHU on D-Unit has an approximately capacity of 74.
LCC					
	Secure Mental Health Unit	Inmates who are diagnosed with a Serious Mental Illness or significant developmental/organic disability and are not currently suited to be housed on the MHU due to clinical or behavioral risk factors. Inmates are located on unit C2.	Wayne Chandler	Adjunct Groups run approximately 10-12 weeks and Core Groups are on-going.	The SMHU is on C2-Unit and has a capacity of 30. There are 4 additional restricted housing beds for those individuals who require camera observation or other restrictions that cannot be accommodated on Housing Unit C-2.
LCC					

# Enrichment Programs Available at NDCS

Facility	Program	Description	Contact Person	Length	Capacity per Group
	Victim Impact		Aaron Rule		
All Facilities	Moral Reconciliation Therapy	Moral Reconciliation Therapy is a cognitive skills program where offenders participate in a group setting and focus on thinking errors.	Grace Sankey-Berman	12-17 weeks	10 participants
NSP, NCCW	Released and Restored	Provides life skills training for employment, finances, and consumer education.	Kevin Hand or Grace Sankey-Berman	20 sessions	12 participants
NSP, TSCI, and NCCW	ABC Construction: Construction Technology	Training programs will be followed by a building project that will allow the students to experience work based learning hands on applications in carpentry, plumbing, electrical, HVAC, drywall, roofing, finish carpentry and painting.	Kevin Hand or Grace Sankey-Berman	18 months	15 participants
CCC-O, NSP, TSCI, CCC-L, NCCW, and WEC	ABC Construction: OSHA Certificate	The Core Curriculum, the foundation course for all National Center for Construction Education Research (NCCER) apprenticeship training programs will be followed by a building project that will allow the students to experience work based learning hands on applications in carpentry, plumbing, electrical, HVAC, drywall, roofing, finish carpentry and painting.	Kevin Hand or Grace Sankey-Berman	12 weeks + 20 hours for certificate	15 participants
TSCI, NSP, NCCW, LCC	WRAP: Vocational and Life Skills Program	The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It is to address all kinds of physical, mental health and life issues. Currently Used for Restrictive Housing.	Kevin Hand or Grace Sankey-Berman	9 weeks	15 participants
NSP	TRADE Program: Vocational and Life Skills Program	TRADE Program teaches life skills core classes which include Conflict Resolution, Critical Thinking, Communication, Personal Finance, Healthy Relationships, Basic Computer and Job Prep.	Kevin Hand or Grace Sankey-Berman	2 weeks	15 participants

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NCCW	ResCare Workforce Services: Vocational and Life Skills Program	Job preparation and job retention services.	Kevin Hand or Grace Sankey-Berman	4 weeks	20 participants
NCYF, CCC-O, OCC, LCC, NSP, and TSCI	ReConnect: Vocational and Life Skills Program	The program places emphasis on employment preparation and retention skills while also helping clients develop comprehensive problem solving and life skills needed to be successful in the workplace, and in life.	Kevin Hand or Grace Sankey-Berman	5 weeks	10 participants
LCC	Domesti-PUPS	Utilizing inmate volunteer trainers, Domesti-PUPS provides service dogs for persons with disabilities, pet therapy programs, classroom dogs and education programs.	Ladena Koch	Six months to a year	4 participants
TSCI, LCC	Transformation Project	A prisoner transition and reentry program aimed at promoting positive inmate behavior during incarceration and preparing participants for transition back into community upon release from prison. Available for inmates who have long term restrictive housing.	Laura Schoenrock (NCJR)	13 modules	Self-study modules available for inmates who are sentenced to long term restrictive housing.
OCC, WEC, TSCI, NCCW, NCYF	7 Habits on the Inside	Helps inmates understand and implement the principles of integrity, proactivity, and other key principles with the goal of helping them achieve their highest potential inside and outside prison.	Layne Gissler	10 sessions	10 participants
OCC, NSP, LCC, NCCW, TSCI, WEC	Destination...Dad (Inside out Dads, Within my Reach, Common Sense Parenting)	Multi-component model to restore the relationships between incarcerated fathers and their children.	Layne Gissler / Christian Heritage	7 weeks	15 participants
NCCW, WEC	Thinking for a Change	A higher level cognitive behavioral intervention designed to use role play and thinking reports.	Mike Rothwell	To be determined.	12-15 participants
NCYF	Living Skills	Understanding and practicing the skills needed for daily living are tremendously important, especially in today's economic climate. Living skills is divided into two unique components: Personal Growth and Practical Guidance.	Mike Rothwell	To be determined.	12-15 participants

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All Facilities	Preventive Health Education	A broad range of health topics are offered to inmates such as dental care, smoking awareness, exercise, menopause, diabetes, prescription drug abuse prevention, and others.	Nancy Vossler	One hour per topic	Dependent on interest at facility
All Facilities	Living Well	Inmates with chronic conditions teaches how to manage them	Nancy Vossler	6 weeks	12 participants
NCCW	SISTA	Sisters Informing Sisters on Topics about AIDS. Lessons on healthy lifestyle and opportunity to discuss female health issues.	Nancy Vossler	6 weeks	12 participants
NCCW, NSP, OCC, LCC, CCC-L, CCC-O, NCYF	Nutrition	Teaches how to be healthy.	Nancy Vossler	Two sessions	15-20 participants
NSP	Second Chance Pups & Domesti-PUPS	Inmate volunteers are selected to train dogs in basic obedience while providing human socialization and interaction with other dogs. Also, inmates train service dogs for person with disabilities, pet therapy programs, classroom dogs and education programs.	Rich Brittenham	Second Change PUPS has a 9-week rotation. Domesti-Pups continue on from 6 months to a year.	About 15-25 participants between both programs.

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# Education Programs Available at NDCS

Facility	Program	Description	Contact Person
All Facilities	Job Skills and Readiness	Teaches about communication for relationship building to obtain a job.	Jean Slieter
All Facilities	ABE/ASE General Population	For adult inmates who need to obtain the equivalent of a high school diploma or if they need to brush up on basic skills regardless of their diploma status.	Jean Slieter
All Facilities	ESL/ELL	English as a second language is designed to aid those students not fluent in English learn to speak, read, hear and write the language so they can better function in society.	Jean Slieter
NCYF	High school	Offered to the youth that need to finish their high school.	Susan Harder
LCC, TSCI, NCCW, OCC, NSP	College Courses	College courses offered through various universities/colleges and correspondence courses available.	Jean Slieter

## Total Successful Completions for Fiscal Year 2016

<b>Clinical Programs:</b>	<b>Total Successful Completions FY16</b>
<b>Violence Reduction Program</b>	16
<b>Anger Management *</b>	109
<b>Domestic Violence *</b>	16
<b>Aggression Replacement Therapy</b>	19
<b>iHeLP</b>	8
<b>oHeLP</b>	11
<b>bHeLP</b>	20
<b>Residential Substance Abuse</b>	481
<b>Non-Residential Substance Abuse</b>	677
<b>Drug/Alcohol Education</b>	46
<b>Non-Clinical Programs:</b>	<b>Total Successful Completions FY16</b>
<b>Moral Reconciliation Therapy</b>	265

**\*Please refer to tab "Clinical Programs" and "Enrichement Programs" for information about the programs and take this into consideration in evaluating the total program completions for fiscal year 2016.**

\* Includes those with clinical review