



# Nebraska

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## PRISON PROGRAMS

Nebraska Correctional Center for Women

Nebraska State Penitentiary

Omaha Correctional Center

Tecumseh State Correctional Institution

## Prison Programs



### Nebraska Correctional Center for Women

Current FY19 Funding: \$200,000+ (25% state match)\*

### OVERVIEW OF PROGRAM

The Nebraska Correctional Center for Women (NCCW) has a 48-bed substance use disorder (SUD) treatment unit. The program is currently at capacity for enrollment.

The RSAT Program also includes the Nebraska State Penitentiary, the Substance Abuse Unit at Omaha Correctional Center, and Tecumseh State Correctional Institution. The program lasts a minimum of six months and is divided into three two-month phases. Assessment, the first, includes the Addiction Severity Index (ASI), the Texas Christian University Drug Screen (TCUDS), the Substance Abuse Subtle Screening Inventory (SASSI-4), and the Static Risk Offender Needs Guide — Revised (STRONG-R), which assesses substance use and risk. The second phase focuses on more individual goals or court mandates such as sex offender treatment. The third stage is centered on re-entry needs.

The program offers groups in substance use education, therapy, and criminogenics, which is described as “more in depth than Moral Reconciliation Therapy (MRT).” The program is scheduled for 40 hours per week, with four groups and classes, in addition to an individual session. RSAT participants may also have jobs or extra duties within the prison, or may be working toward their GED or attend college or English as a Second Language (ESL) courses. After they have completed the first phases of the program, RSAT participants can individualize their schedules, concurrently enrolling in other programs, such as sex offender treatment, for example.

The NCCW offers Intentional Peer Support through the Mental Health Association REAL Peer Outreach Program that begins pre-release and provides ongoing community-based support services to participants including advocating and supporting participants who want to find housing, referral, and assistance obtaining other community services.

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\* Funding information estimated or extracted from best available information and may be subject to change.

RSAT treatment staff engage in weekly consultation to review cases, case management, unit management, and treatment planning. Each participant is reviewed every 30 days against her own specific measurable goals. Participants complete the program when all treatment goals have been met.

## ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING

For all four programs, a participant must have an identified substance use disorder (SUD). Upon entering the facility, each person is evaluated by the Diagnostic and Evaluation Center (D&E), usually within the first two weeks to a month. The assessment process includes the administration of the SASSI-4 and an interview. After the assessments and interview responses are evaluated, treatment recommendations and diagnoses are provided as appropriate. All participants are informed of their evaluation results. The report is also placed in their file so that the appropriate staff will have access. Upon transfer to a new institution, the individual's results are reassessed to make sure information is current.

The Texas Christian University Criminal Thinking Scale (TCU CTS) is also administered, as is a screener for co-occurring disorders (COD). Both assessments are interpreted by the psychiatrist or psychologist who is the designated staff person for monitoring co-occurring treatment. Each program is designed to have an embedded licensed mental health professional (LMHP), as well as a social worker; however, psychiatric coverage is limited, and contracted tele-psychiatric staff are sometimes employed. Staff receive regular training, including in the effective use of American Society of Addiction Medicine (ASAM) criteria and the stages of change model. They utilize the original diagnostic and evaluation report and the results of their assessment to create treatment plans with individualized goals.

## MODALITY OF RSAT PROGRAM

All four of the programs use a Hazelden curriculum with supplements. The approach is grounded in cognitive behavioral therapy (CBT) and motivational interviewing (MI). NCCW integrates a gender-specific trauma-informed program called Beyond Trauma. It also assists women in navigating the process of regaining custody of their children and offers classes in parenting and parental reunification.

### PROGRAM HIGHLIGHT

The Nebraska Correctional Center for Women's SUD unit has an affiliated nursery.

## CONTINUING CARE/REINTEGRATION

Formal continuing care planning begins when the individual joins the program. Each RSAT participant meets with the case manager to review those STRONG-R results pertaining to placement issues, including employment and housing. Addressing these needs effectively is part of a timeline based on the individual's sentence. For example, people may not apply for disability until three months after release date or parole. The social worker will initiate these forms on schedule. There is a similar schedule for acquiring a driver's license or other form of identification.

The case manager's continuing care treatment planning is incorporated within the main treatment plan. Those who finish the program before their parole release date are able to participate in a pre-release program where they may find a job in the community and begin the reintegration process.

## PROGRAM CONTACT INFORMATION

**Kellie Rabenhorst**

Federal Program Grant Manager

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*Information updated 6/3/2019*



## Nebraska State Penitentiary

Current FY19 Funding: \$200,000+ (25% state match)\*

### OVERVIEW OF PROGRAM

The RSAT Program at the Nebraska State Penitentiary (NSP) is a 100-bed unit for men that is currently at capacity. There is a second wing of 12 beds for men who have completed treatment or are awaiting a treatment bed. These individuals attend pre-treatment groups to learn treatment rules, orientation, and philosophy. Depending on vulnerabilities, individuals may be kept on this unit for up to six months.

The RSAT Program also includes the Nebraska Correctional Center for Women, Tecumseh State Correctional Institution, and the Substance Abuse Unit at Omaha Correctional Center. The program lasts a minimum of six months and is divided into three two-month phases. Assessment, the first phase, includes administration of the Addiction Severity Index (ASI), the Texas Christian University Drug Screen (TCUDS), the Substance Abuse Subtle Screening Inventory (SASSI-4), and the Static Risk Offender Needs Guide — Revised (STRONG-R), which assesses substance use and risk. The second phase focuses on more individual goals or court mandates such as sex offender treatment. The third stage is centered on re-entry needs.

The program offers groups in substance use education, therapy, and criminogenics, which is described as “more in depth than Moral Reconciliation Therapy (MRT).” The program is scheduled for 40 hours per week, with four groups and classes, in addition to an individual session. RSAT participants may also have jobs or extra duties within the prison, or may be working toward their GED or attend college or English as a Second Language (ESL) courses. After they have completed the first phases of the program, RSAT participants can individualize their schedules, concurrently enrolling in other programs, such as sex offender treatment, for example.

The Nebraska State Penitentiary offers Intentional Peer Support for individuals recovering from mental health and substance use disorder and trauma by providing assistance from trained peers who have had similar life experiences. There are also organized groups within the facility that recognize the diversity of incarcerated men:

- The Harambee African Cultural Organization is a self-betterment club that provides an opportunity to explore the root of the African American culture and heritage, including the past, present and future.

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- The MATA Club (Mexican Awareness Through Association) is a self-betterment club whose participants learn about the religious, cultural aspects, arts, customs, crafts, language, and heritage of the Hispanic people.
- The Native Americans Spiritual and Cultural Awareness Group is designed to help Native Americans express their uniqueness of cultural and spiritual practices. Participants are given the opportunity to learn how to sing, pray, and dance from a Native perspective.

RSAT treatment staff engage in weekly consultation to review cases, case management, unit management, and treatment planning. Each participant is reviewed every 30 days against his own specific measurable goals. Participants complete the program when all treatment goals have been met.

## **ELIGIBILITY CRITERIA, SCREENING/ASSESSMENT, AND TREATMENT PLANNING**

For all four programs, a participant must have an identified substance use disorder (SUD). Upon entering the facility, each person is evaluated by the Diagnostic and Evaluation Center (D&E), usually within the first two weeks to a month. The assessment process includes the administration of the SASSI-4 and an interview. After the assessments and interview responses are evaluated, treatment recommendations and diagnoses are provided as appropriate. All participants are informed of their evaluation results. The report is also placed in their file so that the appropriate staff will have access. Upon transfer to a new institution, the individual's results are reassessed to make sure information is current.

The Texas Christian University Criminal Thinking Scale (TCU CTS) is also administered, as is a screener for co-occurring disorders (COD). Both assessments are interpreted by the psychiatrist or psychologist who is the designated staff person for monitoring co-occurring treatment. Each program is designed to have an embedded licensed mental health professional (LMHP), as well as a social worker; however, psychiatric coverage is limited, and contracted tele-psychiatric staff are sometimes employed. Staff receive regular training, including in the effective use of American Society of Addiction Medicine (ASAM) criteria and the stages of change model. They utilize the original diagnostic and evaluation report and the results of their assessment to create treatment plans with individualized goals.

## **MODALITY OF RSAT PROGRAM**

All four of the programs use a Hazelden curriculum with supplements. The approach is grounded in cognitive behavioral therapy (CBT) and motivational interviewing (MI).

## **CONTINUING CARE/REINTEGRATION**

Formal continuing care planning begins when the individual joins the program. Each RSAT participant meets with the case manager to review those STRONG-R results pertaining to placement issues, including employment and housing. Addressing these needs effectively is part of a timeline based on the individual's sentence. For example, people may not apply for disability until three months after release date or parole. The social worker will initiate these forms on schedule. There is a similar schedule for acquiring a driver's license or other form of identification.

The case manager's continuing care treatment planning is incorporated within the main treatment plan. Those who finish the program before their parole release date have the opportunity to participate in a pre-release program and find a job to begin the reintegration process.

## PROGRAM CONTACT INFORMATION

**Kellie Rabenhorst**

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*Information updated 6/3/2019*



## Omaha Correctional Center

Current FY19 Funding: \$200,000+ (25% state match)\*

### OVERVIEW OF PROGRAM

The Substance Abuse Unit at Omaha Correctional Center (SAUOCC) has 96 beds for men and is currently at capacity.

The RSAT Program also includes the Nebraska State Penitentiary, the Nebraska Correctional Center for Women, and Tecumseh State Correctional Institution. The program lasts a minimum of six months and is divided into three two-month phases. Assessment, the first, includes the Addiction Severity Index (ASI), the Texas Christian University Drug Screen (TCUDS), the Substance Abuse Subtle Screening Inventory (SASSI-4), and the Static Risk Offender Needs Guide – Revised (STRONG-R), which assesses substance use and risk. The second phase focuses on more individual goals or court mandates such as sex offender treatment. The third stage is centered on re-entry needs.

The program offers groups in substance use education, therapy, and criminogenics, which is described as “more in depth than Moral Reconciliation Therapy (MRT).” The program is scheduled for 40 hours per week, with four groups and classes, in addition to an individual session. RSAT participants may also have jobs or extra duties within the prison, or may be working toward their GED or attend college or English as a Second Language (ESL) courses. After they have completed the first phases of the program, RSAT participants can individualize their schedules, concurrently enrolling in other programs, such as sex offender treatment, for example.

Omaha Correctional Center offers Intentional Peer Support for individuals recovering from mental health and substance use disorder and trauma by providing assistance from trained peers who have had similar life experiences. There are also organized groups within the facility that recognize the diversity of incarcerated men:

- The Harambee African Cultural Organization is a self-betterment club that provides an opportunity to explore the root of the African American culture and heritage, including the past, present and future.
- The MATA Club (Mexican Awareness Through Association) is a self-betterment club whose participants learn about the religious, cultural aspects, arts, customs, crafts, language, and heritage of the Hispanic people.

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- The Native Americans Spiritual and Cultural Awareness Group is designed to help Native Americans express their uniqueness of cultural and spiritual practices. Participants are given the opportunity to learn how to sing, pray, and dance from a Native perspective.

RSAT treatment staff engage in weekly consultation to review cases, case management, unit management, and treatment planning. Each participant is reviewed every 30 days against his own specific measurable goals. Participants complete the program when all treatment goals have been met.

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Formal continuing care planning begins when the individual joins the program. Each RSAT participant meets with the case manager to review those STRONG-R results pertaining to placement issues, including employment and housing. Addressing these needs effectively is part of a timeline based on the individual's sentence. For example, people may not apply for disability until three months after release date or parole. The social worker will initiate these forms on schedule. There is a similar schedule for acquiring a driver's license or other form of identification.

The case manager's continuing care treatment planning is incorporated within the main treatment plan. Those who finish the program before their parole release date have the opportunity to participate in a pre-release program and find a job to begin the reintegration process.

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*Information updated 6/3/2019*



## Tecumseh State Correctional Institution

Current FY19 Funding: \$200,000+ (25% state match)\*

### OVERVIEW OF PROGRAM

The Tecumseh State Correctional Institution (TSCI) has a 64-bed RSAT Program. Forty men are currently enrolled.

The RSAT Program also includes the Nebraska State Penitentiary, the Nebraska Correctional Center for Women, and the Substance Abuse Unit at Omaha Correctional Center. The program lasts a minimum of six months and is divided into three two-month phases. Assessment, the first phase, includes administration of the Addiction Severity Index (ASI), the Texas Christian University Drug Screen (TCUDS), the Substance Abuse Subtle Screening Inventory (SASSI-4), and the Static Risk Offender Needs Guide – Revised (STRONG-R), which assesses substance use and risk. The second phase focuses on more individual goals or court mandates such as sex offender treatment. The third stage is centered on re-entry needs.

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The Tecumseh State Correctional Institution offers Intentional Peer Support for individuals recovering from mental health and substance use disorder and trauma by providing assistance from trained peers who have had similar life experiences.

RSAT treatment staff engage in weekly consultation to review cases, case management, unit management, and treatment planning. Each participant is reviewed every 30 days against his own specific measurable goals. Participants complete the program when all treatment goals have been met.

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Formal continuing care planning begins when the individual joins the program. Each RSAT participant meets with the case manager to review those STRONG-R results pertaining to placement issues, including employment and housing. Addressing these needs effectively is part of a timeline based on the individual's sentence. For example, people may not apply for disability until three months after release date or parole. The social worker will initiate these forms on schedule. There is a similar schedule for acquiring a driver's license or other form of identification.

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