

# ACTION STEPS FOR INMATES RELEASING IN LINCOLN

## WITHIN FIRST 24 HOURS:

1. **Parole Officer Initial Contact:** Upon paroling, a parolee is expected to contact his or her Parole Officer. The Lincoln parole officers are located at the Adult Parole Administration, 2202 S. 11<sup>th</sup> Street, Trabert Hall, Suite #254, Lincoln, NE 68502, telephone: 402-471-1280.
2. **Cashing Gate Fee Check:** If a released inmate has a \$100 gate fee (aka pay) check to cash, this can be done at a U.S. Bank. Some of the U.S. Banks are located at: 233 S. 13<sup>th</sup> Street, 100 N. 56<sup>th</sup> Street, 2640 Ticonderoga, 233 N. 48<sup>th</sup> Street, and 3930 South Street. (*Please note: not every inmate is eligible for a gate fee check.*)
3. **Housing Check-in:** If the released individual is going to transitional living of some kind, the transitional living place where they are going to usually will have an expected admission time for that individual, and usually that expected admission time will fall during the typical work day.
4. **Medications: IF THE INMATE DID NOT GET THEIR 2-WEEK SUPPLY OF MEDS WHEN THEY WERE RELEASED,** then they will need to contact the medical clinic at their facility for further assistance. Main numbers for the institutional facilities in Lincoln are:
  - Nebraska State Penitentiary: 402-471-3161
  - Lincoln Correctional Center: 402-471-2861
  - Community Corrections Center in Lincoln: 402-471-0740
  - Diagnostic and Evaluation Center: 402-471-3330
5. **If required, report to local law enforcement:** Some released offenders have offenses on their record that require that they register with their local law enforcement office. If that occurs, the offender is required to go to the local law enforcement offices and report any changes and update their address. Released offenders should know if they have to register with local law enforcement. They usually have up to three days to do this, but it is best to get this done as soon as possible. This is usually done in the sheriff's office. In Lancaster County those offices are located at: the City-County Building at 575 S. 10<sup>th</sup> Street, Lincoln, NE 68508, telephone: (402) 441-6500.
6. **If needing to reinstate Social Security benefits:** If the inmate needs to reinstate Social Security Administration (SSA) retirement or disability benefits through the Social Security Administration's (SSA) programs called Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI), then the inmate will need to go to the SSA office at the Federal Building located at 100 Centennial Mall North, Lincoln, NE 68509, telephone: 866-593-2880. The inmate needs to get these benefits reinstated as soon as possible in order to start receiving the financial benefits and in order to potentially be eligible for Medicaid medical coverage benefits.

## WITHIN FIRST 7 DAYS:

1. **Immediate Basic Needs, i.e. food, clothing, transportation, etc:**
  - a. **Clothing:**
    - i. **Bridges to Hope:** The number one place to get free clothing for a released inmate is Bridges to Hope. Call them to confirm the hours that they are open. They can be reached at (402) 420-5696. They are located at 3107 S. 6<sup>th</sup> Street, Lincoln, NE 68502. If the

released inmate is not eligible for any more assistance from Bridges to Hope, then try the Center for People in Need, 3901 N. 27<sup>th</sup> Street, Unit 1, telephone: 476-4357. They can direct the newly released to other agencies that can help with clothing.

- ii. Center for People in Need: 3901 N. 27<sup>th</sup> Street, Unit 1, Lincoln, NE, 402-476-4357. They can help with clothing needs.
- b. **Food**: There are many places in Lincoln to get free food.
- i. SNAP Benefits: (formerly known as food stamps) can be applied for over the internet from any computer or in person at the local Nebraska Dept. of Health and Human Services Office.
    - An individual can apply in person at the Nebraska Dept. of Health and Human Services, 1050 N Street, Suite 250, Lincoln, NE 68509, telephone: 402-323-3900.
    - Individuals can also apply online at ACCESS Nebraska: An individual can use any computer to apply online for the SNAP (food stamps) benefits at the ACCESS Nebraska website. An individual can use free computer services at the local libraries. There are city libraries located at: Bennett Martin – 136 S. 14 St, Victor Anderson – 3635 Touzalin Ave., Bethany – 1810 N. Cotner Blvd., Eiseley – 1530 Superior St., Gere – 2400 S. 56 St., South Branch – 2675 South St., Walt – 6701 S. 14 St., and Williams – 5000 Mike Scholl St.. Free computer access for SNAP is also available at the American Job Center, 1111 O St, Suite 205.
  - ii. Free Meals:
    1. Matt Talbot, 2121 N. 27<sup>th</sup> Street, 402-477-4116.
    2. The Gathering Place, 1448 E St., 402-476-6253.
  - iii. Food Boxes: If other food supplies are needed, please contact the Center for People in Need, 3901 N. 27<sup>th</sup> Street, Unit 1, telephone: 476-4357. They can direct you to other agencies that can assist you.
  - iv. Food Net: This is a volunteer organization that provides mostly perishable foods donated by grocery stores, restaurants, etc. at over 20 distribution sites in and around the Lincoln area every day of the week. Check the website: [www.foodnetlincoln.org](http://www.foodnetlincoln.org) or call (402) 416-6097 to find the locations nearest you.
  - v. Center for People in Need: 3901 N. 27<sup>th</sup> Street, Unit 1, Lincoln, NE, 402-476-4357. They can help with emergency food supplies.
- c. **Transportation**:
- i. City Bus Tickets: Most released inmates can purchase a low-income bus pass for unlimited rides throughout a calendar month period for only \$8, full-price regularly priced monthly passes are \$17. Bus Pass Purchase Locations include: Carol Yoakum Center, 4621 NW 48 St.; Center for People in Need, 3901 N 27 St.; Community Action Partnership, 210 O St.; F Street Community Center, 1225 F St.; Good Neighbor Center, 2617 Y St.; El Centro de las Americas, 2032 U St.; Startran, 710 J St.; Indian Center, 1100 Military Rd.; Northeast YMCA, 2601 N 70 St.; People’s City Mission Homeless Prevention Center, 26<sup>th</sup> & O St.; and People’s City Mission, 110 Q St.

- ii. **Bicycles:** Free bicycles can be earned by volunteering 10 hours of time at the Lincoln Bike Kitchen, 1635 1<sup>st</sup> St., 402-915-2453.
  - iii. **Center for People in Need:** 3901 N. 27<sup>th</sup> Street, Unit 1, Lincoln, NE, 402-476-4357. They can help with some emergency transportation needs.
2. **Identification Documents:** It is absolutely necessary for every individual to have either a Nebraska Department of Motor Vehicles (DMV) issued State Identification card or Driver's License. The DMV is located at 500 West O Street, Lincoln, NE 68528, telephone: (402) 471-2823. It is open 7:30am to 4:00pm Monday through Friday. An individual will almost always need to have their birth certificate and Social Security card before being able to proceed with getting more official identification.
- a. **State ID or Driver's License:** In order to get a Nebraska DMV issued driver's license or state ID card, an individual will need certain documents out of each of three categories:
    - i. **Identity Verification:** valid Nebraska digital image photo in the DMV system, birth certificate, valid U.S. passport, valid Permanent Resident card, etc.
    - ii. **Principal Address Verification:** An individual must have two different sources of principal address. This can be any two envelopes or pieces of correspondence (from different sources) received in the last 90 days or a lease agreement.
    - iii. **Social Security Number Proof:** This can be the individual's Social Security card.
  - b. **Birth Certificate:**
    - i. If born in Nebraska, then an individual can get their birth certificate at the Vital Records Office, 1033 O Street, Suite 130, Lincoln, NE 68508. The cost of a Nebraska birth certificate is now \$17.
    - ii. If the individual is living in transitional living and does not have the funds to pay for the birth certificate, then that individual can go to Matt Talbot and they can assist with the cost. Matt Talbot, 2121 N. 27<sup>th</sup> Street, 477-4116
  - c. **Social Security Card:** An individual can go to the Social Security office to request a Social Security card, which is free. The Lincoln Social Security Office is located at 100 North Centennial Mall North, Lincoln, NE
3. **Social Security Disability Benefits:** If the inmate has applied for disability benefits through the Social Security Administration's (SSA) programs called Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI), then the inmate will need to go to the SSA office at the Federal Building located at 100 Centennial Mall North, Lincoln, NE 68509, telephone: 866-593-2880.

## **WITHIN FIRST 2 WEEKS:**

1. **Employment Action Plan:** Parolees are usually expected to find a job within two weeks of paroling.
- Employment Resources:**
- i. In-Person Assistance:
    - American Job Center (AJC), 1111 O Street, Suite 205, (402) 441-1660, or email: [amjobctr@lincoln.ne.gov](mailto:amjobctr@lincoln.ne.gov). Open 8am-5pm, Monday-Friday. Individuals can look for jobs at the AJC, prepare resumes, cover letters, register on NEworks, and do other employment related tasks. There is also access to a fax, copier and telephone. A "navigator" is available to assist with questions, referrals, and provide basic computer assistance.
    - Vocational Rehabilitation Services, 3901 N. 27<sup>th</sup> St., 471-6349

ii. Online Internet Resources:

- Nebraska Works, Nebraska Dept. of Labor, jobs website:  
<https://networks.nebraska.gov/vosnet/Default.aspx>

iii. Libraries: Released individuals can still look at job ads in newspapers for free at any local library. Released individuals can also get a library card and use free computer services at the local libraries.

- There are city libraries located at: Bennett Martin – 136 S. 14 St, Victor Anderson – 3635 Touzalin Ave., Bethany – 1810 N. Cotner Blvd., Eiseley – 1530 Superior St., Gere – 2400 S. 56 St., South Branch – 2675 South St., Walt – 6701 S. 14 St., and Williams – 5000 Mike Scholl St..

2. **Mental Health Follow-up Appointment:** If the individual is taking any medications for their mental health, then they will need to be seen by a mental health provider that can prescribe medications as the Nebraska Dept. of Corrections will only give the releasing inmate a two-week supply of medications when they are released. If the released individual doesn't already have an appointment and has limited financial resources, they may want to consider getting an appointment at one of the following:

- **Lutheran Family Services:** 2201 S. 17<sup>th</sup> Street, Lincoln, NE 68502, for appointments call: (855) 659-2706. They are located where the former Lancaster County Mental Health Center was. They offer services based on a sliding fee scale. They can usually get you scheduled for an appointment within a week.
- **CenterPointe:** 1000 S. 13<sup>th</sup> Street, Lincoln, NE 68508, telephone: (402) 475-5161. They do not schedule initial appointments ahead of time. If an individual wants to go there, then you need to show up between 9:00am and 10:00am Monday through Thursday for the walk-in clinic. That is the first step to becoming a CenterPointe client.

3. **Substance Abuse Follow-up Services:**

- a. **Outpatient Follow-up:** If the parolee has a parole requirements to obtain outpatient substance abuse follow-up services or Intensive Outpatient Programming (IOP), then the parolee will have to schedule an appointment if not already scheduled before your release. The Parole Officers can assist you with this even if you are not on parole.
- b. **AA/NA Meetings:** If parolee has a parole requirement to attend a certain number of AA or NA meetings per week, then they will need to find the meetings in their area and start attending. An individual can obtain current information on AA meetings by calling the local AA office at 402-438-5214. An individual can obtain information on current NA meetings by calling 402-474-0405.
- c. **Obtaining an AA/NA Sponsor:** If one of the parole requirements is to obtain and utilize a sponsor, then the individual will need to find a sponsor. To give the newly released individual some sponsorship support until they find their own sponsor, AA has a program called "Bridging the Gap." For a "Bridging the Gap" sponsor, the individual may contact: Jim Jarvis, 4405 Waterbury Lane, Lincoln, NE 68516, telephone: 402-525-4009.

7. **Medical Services:** If the released inmate is on medications for a medical condition, then they will need to be seen by a prescribing medical provider within two weeks of their release date as the Dept. of Corrections is only sending them out with a two-week supply of medications when they get released.
- a. **Free medical clinics:**
    - i. **Clinic With A Heart**, 1701 S. 17<sup>th</sup> St., lower level, 421-2924. This is a free medical clinic open on from 5:30pm-7pm on Tuesdays and Thursdays. They also offer dental services. This is a walk-in clinic.
    - ii. **People's City Mission Medical Clinic**, 110 Q St., 817-0980. This clinic is only available to the uninsured and very low-income. The individual must show proof of your income situation. Call for hours.
  - b. **Sliding fee scale clinic:** **People's Health Center**, 1021 N. 27<sup>th</sup> St., 476-1455. They also offer dental services. Must call for an appointment.
8. **Medications:** Any individual taking medications will need to see a doctor, physician's assistant, or nurse practitioner in order to be able to be given prescriptions that they can take to a pharmacy to get medications. The Dept. of Corrections does not provide prescriptions.
- **Medications Assistance:** If the individual is low-income and has either no financial resources or limited financial resources to use to pay for medications, then the individual can get some limited financial assistance from the Medication Assistance Program of Lincoln, 4600 Valley Road, Suite 250, Lincoln, NE, telephone: 483-4800. They can provide information on pharmaceutical company medication assistance programs that can be applied for and they can also assist with financial assistance for meds in an emergency.

## **WITHIN FIRST FEW MONTHS:**

### **1.Community Support Resources:**

- a. **Safe Haven**, 11<sup>th</sup> and Lake Streets (at St. James United Methodist Church). This is a program sponsored by Released and Restored. They offer safe and sober Saturday night activities from 6:30pm to 9:30pm. Released and Restored can be contacted at 402-806-0565.
- b. **New Visions Recovery Community Center**, 2400 S. 11<sup>th</sup> Street, telephone: 326-9940. They offer transition assistance for anything you are needing help with regarding being back in the community.

### **2.Education Action Plans:**

- a. **EducationQuest**, 1300 O Street, telephone: (402) 475-5222  
For free college planning services, help with finding financial aid and help with completing college application paperwork.
- b. **Southeast Community College**, (402) 437-2716:  
Website: <https://www.southeast.edu/Continuing/BasicSkillsGEDESLandCitizenship/>  
Offers Adult Basic Skills, Citizenship classes, ESL, GED, and college programming.
- c. **One Stop Employment Solutions**, 1111 O Street, Suite 205, (402)-441-7121: Provides training, education and case management services for Adults and Dislocated Workers 18+ who reside in Lancaster or Saunders counties. Must meet eligibility criteria.

d. Youth Employment & Support Services, 1111 O Street, Suite 205, (402)441-7121: Provides training, education and case management services for those age 14-21 (*and this will change to include youth ages 14-24 after July 1, 2015*) that reside in Lancaster or Saunders counties. Must meet eligibility criteria. Call for an appointment..