

MINUTES
LANCASTER COUNTY BOARD OF COMMISSIONERS
TUESDAY, JULY 15, 2014
LANCASTER COUNTY ADULT REPORTING CENTER
TRABERT HALL, 2202 S. 11TH STREET
4:30 P.M.

Advance public notice of the Board of Commissioners meeting was posted on the County-City Building bulletin board and the Lancaster County, Nebraska, web site and emailed to the media on July 11, 2014.

Commissioners present: Larry Hudkins, Chair
Brent Smoyer, Vice Chair
Roma Amundson
Deb Schorr

Commissioners absent: Jane Raybould

Others present: Gene Cotter, Chief Probation Officer
Angela Zocholl, County Clerk's Office

The Chair called the meeting to order at 4:38 p.m.

1) **TOUR OF LANCASTER COUNTY ADULT REPORTING CENTER**

Gene Cotter distributed a brochure on the Adult Probation Reporting Center (Exhibit A). He said there around 10,000 site visits per month and 91 drug and alcohol testing groups.

Cotter led the tour through several areas used in the building, discussing the various programs along the way.

During the tour, he introduced Jeff Reed, probation officer working with the Specialized Substance Abuse Supervision (SSAS) program, which is used for prison bound felony drug offenders as an alternative to incarceration. Reed shared some of the components of the program.

2) **ADJOURNMENT**

MOTION: Smoyer moved and Schorr seconded to adjourn the meeting at 5:50 p.m. Smoyer, Schorr, Amundson and Hudkins voted aye. Raybould was absent. Motion carried 4-0.



Dan Nolte
Lancaster County Clerk



Anger Management currently held 5:30 to 6:30 p.m. Mondays and as scheduled on Mondays 12:30 to 1:30 p.m. (Capacity 15, 1 hour sessions per week for 12 weeks, males & females) Anger management group is a manual treatment program designed to implement relaxation, cognitive, and behavioral interventions as well as teach communication skills to reduce negative consequences resulting from frequent and intense anger. Class start dates will be announced and are in the NPACS reservation system.

Pretreatment Class (Capacity 10, 12 on-going sessions, males and females, Tuesdays 5:30 TO 7:00 p.m.)

Pretreatment is a precursor to the recovery process. Pretreatment is the process of educating, preparing, and motivating individuals for treatment when appropriate programs are not immediately available or the person is not ready or for treatment right now. The pretreatment process is intended to prepare offenders for treatment by:

- Providing education about recovery
Increasing self awareness regarding abuse vs. dependence and addiction
- Increase the offender's awareness of effects of their substance use on their families, society, and themselves
- Provide understanding of the need for treatment
- Increase awareness about the pros and cons of recovery
- Generating treatment **MOTIVATION**

Life Skills: (Capacity 15, males and females)
Scheduled Saturdays from 9 a.m. to noon and Mondays from 6:30 to 9:00 p.m. 4 weeks in duration, three hours per session.

Wellness: This course provides a comprehensive overview of health and wellness. The impact of lifestyle choices on all aspects of personal health are discussed including physical, mental, emotional, social, and environmental. The course will explore topics related to nutrition, physical fitness, and sleep habits.

Money Management: Probationers will learn the financial concepts and principles that provide a basis for avoiding financial pitfalls. The course will explore topics related to financial planning, money management, budgets, spending and credit.

Stress Management: This course is designed to make the probationer aware of stress and how it can impact his/her quality of life. It will provide methods for identifying stressors and strategies to effectively manage them.

Time Management: During this course probationers will be given guidelines to help better manage his/her time by exploring the amount of time spent on specific activities, especially learning how to increase effectiveness, efficiency or productivity.

On an individual appointment basis:

Community Resources: Learn how to discover local resources.

Lancaster County Adult Probation Reporting Center

Trabert Hall
2202 So. 11th Street
Fourth Floor
Lincoln, NE 68502
(402) 441-9480

To schedule someone for a class please fill out and submit a Reporting Center Referral form. These can be obtained from the Probation Office or directly from Melissa Gerlt, secretary, Mike Portelli, APO or Cindy Wohlers-Green, Coordinator of the Reporting Center.

Email:

melissa.gerlt@nebraska.gov

mike.portelli@nebraska.gov

cindy.wohlers-green@nebraska.gov

All Classes held in Trabert Hall.

Employment Classes: (Capacity 12) Monday through Friday 8-11:30 a.m. This is a four week class, individuals can start any Monday.

1. **Resume & Application:** Create, save and print a professional resume. Explain cover letters and thank you notes.
2. **Job Search:** Discuss the pros and cons of various search methods including networking, direct contact, classifieds and the internet. Internet job searching. Learn to access and utilize the internet as part of the job search. Fill out at least one online application. Class includes handouts and hands-on computer experience.
3. **Interviewing:** Discuss interview tactics. Practice answers to common interview questions and take part in a mock interview facilitated and critiqued by the instructor. Discuss proper grooming. Expect to dress for interview from this week on in class.
4. **Job Retention:** Comprehensive class on keeping the job. Discuss basic workplace skills including attendance, problem solving, communication, personal management, thinking, and interpersonal skills.

Additionally individuals not employed within 30 days may be required to do community service 4 hours per day until they find employment.

Vocational Rehabilitation available daily on 2nd floor by appointment. Individuals will be assessed for eligibility for resources available from Voc Rehab.

Crime Victim Impact/Offender Accountability (Capacity 12, 8 hour session, 1 session per month, co-ed) Classes are held the third Saturday of every month from 7:30 a.m. to 5 p.m. with an hour lunch.

These classes are a mixture of cognitive restructuring modalities center around Victims Awareness and Decision Making education. The classes are designed to motivate offenders to identify their feelings while eliminating their excuses for their destructive behaviors while redirecting them back to the harm they caused their victims and their obligation to correct that harm

Domestic Violence Classes (24 weeks):

These are held in the Reporting Center **at the cost** of the individual taking the class. Currently there are two providers offering classes. Orr Psychotherapy (484-0595) conducts classes on Wednesday mornings from 9-10:30 a.m. and Thursday evenings from 6:30-8:30 p.m., and Nebraska Mental Health Center (483-6990) conducts classes on Wednesdays from 6:30-8:30 p.m. Contact them at the listed phone numbers to enroll.

Women's Group formerly named Women's Trauma Group(Capacity 8, 10 sessions, open ended so women may enter on any Monday, females only, as scheduled 5:30 to 6:30 p.m. Mondays)

Other Services of the Reporting Center

AA/NA MEETINGS

These are held in the basement on the stage in the gym area. The AA Lincoln Central Office phone number is 438-5214. The contact number for NA is 474-0405. Meeting information is available on the stage in the basement of Trabert Hall.

CSA Compulsive Shoplifters Anonymous meets on Fridays, 4:30 to 5:30 p.m. in the Alaska Room on fourth floor of Trabert Hall. This group is also open to individuals addicted to shopping.

RELAPSE PREVENTION CLASS (Capacity 8, 10 closed sessions, males and females, 5:30 -6:30 p.m. Wednesdays or Thursdays.) If someone has completed some type of initial treatment and needs ongoing relapse planning to avoid relapse or someone claims to have used alcohol or drugs for the first time since completion of education or treatment they may be referred. If they are in total relapse, using, going to old places, and hanging with old friends they would be better referred to Relapse Therapy Group or Pretreatment.

RELAPSE THERAPY GROUP (Capacity 10, 10 sessions, open ended so individuals may enter on any Tuesday, males and females, as scheduled 5:30-6:30 p.m. Tuesdays) Please refer individuals who you believe have not or it has been proven they have not been honest about being sober/clean since treatment or who have had full blown lapse, returned to use and old behaviors. The trauma group is designed to address the common aspects of PTSD and traumatic responses regardless of trauma type.