



WAC WORKS



Western Alternative Corrections. Inc.

July 2017

Well it's that time again for the quarterly WAC Works newsletter! We made it through the first year of our 2-year grant cycle, and what a year it was! We provided reentry services to 111 participants over the course of the year through the Vocational and Life Skills Grant. Several of their stories have been highlighted in previous WAC Works newsletters, and some participant stories have been shared in local newspapers, monthly reports to UNO and in the Nebraska Criminal Justice Review. We are incredibly proud of the successful participants of the program!

Four Bristol Station residents, Antwane B., Davin S., Kyle M. and Lauren K., completed a week-long concrete workshop offered through Central Community College. Grant funds through the Community College Gap Assistance Program were utilized to provide this exceptional educational experience. Participants of the workshop learned how to work with concrete, what it's made of and how to utilize industry specific tools and techniques.



(Workshop participants pour concrete for sidewalks at a new Habitat for Humanity home in Hastings, NE)



(Workshop participants learn the basics of concrete.)

Workshop participants were asked about their experience while participating and Kyle M. stated, "the workshop taught me how to do stuff the right way and it was hands-on which worked well. It gave me an opportunity I wouldn't have been able to do without the grant funds and had I not been at Bristol Station." Davin S. stated, "it was nice to be provided with the opportunity to learn a new trade. I was only at Bristol Station for one week before the workshop." Antwane B. stated he had no previous knowledge of concrete work and he found the workshop helpful as he "gained confidence

to do that type of work." He went on to say, "the workshop gave us an opportunity to do something better with our lives." Lauren K. had some experience with concrete but after the workshop he stated, "I enjoyed learning more that I didn't know and enjoyed the hands-on training and actually pouring concrete at a house." Overall, the consensus was that the experience was extremely positive, each participant gained a little something they didn't have going into the workshop, and each participant was grateful for the opportunity.

Central Community College is offering continued vocational opportunities as a three-week Welding workshop is set to begin later this month, as well as a forklift certification workshop starting in August. A few WAC residents are planning to take advantage of the opportunity and attend the workshops.





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PARTICIPANT HIGHLIGHTS

AMBER

Amber entered Bristol Station in January 2017 with a positive attitude and determination to be successful. She and her case manager, Tara, developed an individualized program plan which included weekly Moral Reconation Therapy (MRT), vocational programming, such as conflict resolution, interviewing skills, and job coaching, and basic money management. She also attended regular NA meetings and obtained a sponsor as a positive support. Amber quickly gained employment at Nebraska Prime within two weeks of her arrival to Bristol Station. Amber saved money and paid off past debts and eventually obtained her own apartment, which she was extremely proud of. Amber successfully transitioned out of Bristol Station in June 2017. Amber provided the following testimonial about her experience:

"Coming to the Bristol Station was the best thing that ever happened to me. At first I was nervous about coming to a new town that I didn't know about or know anybody. I had gotten accepted to places in Omaha, NE but I chose to come to the Bristol Station to have a fresh start in life. I knew if I went back to Omaha I would go back to my old lifestyle of selling drugs, using drugs, gang banging and robbing people. I have learned a lot since coming here. They have taught me about responsibility, self respect, accountability, saving money, empathy, trust, relationships, honesty, staying sober, how to let go of my past, how to make amends to people. The other places I've been to didn't offer me any of these things. The Bristol Station has helped me obtain a full-time job, how to open a checking account, how to go to NA meetings, finding a sponsor, they've helped me to transition back into the community after being locked up. They also helped me to find my own apartment and gave me resources of places that would help me furnish my apartment. The staff here are amazing, and they make you feel as comfortable as possible. I can go to the staff here and talk to them about anything and they truly listen and help you. The other places I've been to the staff didn't care about you or your problems. The staff at the Bristol Station actually care about you and your safety. They've helped me realize that my decisions I make in life affect me and people around me. I'm glad that I came to the Bristol Station. I've started a new life, and met clean and sober people that I can trust to

for help. The Bristol Station has helped me completely turn my life around and has helped me think things through before I make a decision about something. They've also helped me reconnect with my family. With this I want to say Thank you." -Amber D. 6/2017

TERRY

Terry entered Bristol Station in March 2017. He had just completed residential treatment while incarcerated and was eager and motivated to make his transition into the community a success. Shortly after his admission he began working full-time at Nebraska Prime, and in addition to working he participated in reentry programs at Bristol Station such as transition skills, conflict resolution, job readiness, and transportation independence. Terry created a budget and saved enough money to obtain his own apartment and successfully made the transition out of the program at Bristol Station in June 2017. Terry provided the following testimonial about his experience at Bristol Station:

"Before I was released out of prison from violating my parole the first time, I had no clue or plans of what I was going to do with myself, but I heard about Bristol Station from some guys while I was still inside, some were good some were bad. But I felt I was ready to stop living the way I was which was making my life a living hell with the same ending results jail and more behind on what I needed to accomplish in life. So I took the good stories about it and said I'm going to try it out let alone the bad stuff I heard. When I got here and seen what was going on I said to myself and other people this is a good place I can get my life back on the right track here there's rules and regulations you must follow, but there's that everywhere you go if it's good or bad for you. But you got to want to change too. While there they treated me good, respected me, made me feel more confident in myself and to keep working at it no matter if it seems to hard at times. While there I got me a job, started managing my money and putting my needs before my wants and being patient. They also helped me with handling social influences, road blocks in my transition back into society and thinking for a change ahead of time instead of just acting right at the moment. So now after being here a couple of months I think I'm ready to move on and use what I've accomplished and learned here and I thank Bristol Station and it's staff for helping me refocus on a better and happier way of living." - Terry S. 6/2017

