

Peer Led 5-Key Model for Reentry™

The **5-Key Model for Reentry™** is designed to transform the lives of incarcerated individuals by focusing on their well-being and successful reintegration into the community. Developed through extensive research and program






evaluations, this model aims to address wellness during incarceration and community stability post-incarceration.

The 5-Key Model was adapted and modified for the Nebraska Department of Correctional Services to be delivered by Peers and Staff residing and working in Nebraska correctional facilities. This document provides an overview of that peer-led approach.

THEORETICAL OVERVIEW

The foundation of the 5-Key Model is the Well-being Development Framework for Reentry, which incorporates insights from psychology, sociology, education, medicine, occupational therapy, and social work. This framework helps in guiding individuals towards greater well-being, which in turn reduces the likelihood of re-offending.

KEY INGREDIENTS

5-KEY MODEL INGREDIENTS	KEY INGREDIENT DEFINITIONS
 Healthy Thinking Patterns	Adaptive mental actions or processes, the presence of empathy, and the acceptance of internalization of values and norms that promote pro-social behavior.
 Positive Relationships	Reliable, mutually beneficial relationships between two people that range from brief to enduring in duration within formal or informal social contexts.
 Positive Social Engagement	Social experiences organized for beneficial social purposes that directly or indirectly involve others, engaged in during discretionary time, and experienced as enjoyable.
 Meaningful Work Trajectories	Sustainable compatibility of an individual's goals and abilities and the demands of that individual's occupation (obligations/job paid or unpaid) is sustainable.
 Effective Coping Strategies	Adaptive behavioral and psychological efforts taken to manage and reduce internal /external stressors in ways that are not harmful in the short or long-term.

Programs Comprising the Peer and Staff, Incarceration Based, 5-Key Model for Reentry

PROGRAM AND OBJECTIVES

EXPRESS, LEARN, GROW

- **Better Communication:** Building connections, effective listening, problem-solving, and breaking down destructive relationship patterns.
- **Anger Management:** Identifying anger triggers, setting goals, and using relaxation techniques.
- **Unlock Your Thinking:** Addressing destructive thinking patterns to foster healthier mental processes.

POWER FROM WITHIN

- **Anxiety & Feeling Down:** Strategies for managing anxiety and depressive thoughts.
- **Stress & Overwhelm:** Coping mechanisms for stress and feeling overwhelmed.
- **Mental Well-Being:** Setting goals and working towards them while managing setbacks.
- **Stopping Trouble Behaviors:** Identifying and replacing behaviors that lead to trouble with healthier alternatives.

SPOTTING YOUR POSITIVES

- **Tracking Positive Behaviors:** Monitoring and increasing participation in altruistic, social, spiritual, and educational activities.
- **Group Discussions:** Addressing reentry challenges, accessing resources, and navigating technology.

REWARDING RELATIONSHIPS

- **Solution-Focused Brief Therapy:** Participants describe their ideal relationships and reflect on past successes in building positive connections.
- **Building Social Networks:** Curriculum aimed at creating and maintaining healthy social networks.

NOW, NEXT, LATER EMPLOYMENT PREPARATION

- **Career Exploration:** Identifying interests and preparing for job searches.
- **Resume Writing:** Understanding different resume types and creating effective resumes.
- **Job Applications:** Completing sample applications and practicing job search methods.
- **Interview Skills:** Preparing for and practicing job interviews.
- **Job Retention:** Strategies for maintaining employment and handling workplace challenges.

TOOLS AND ASSESSMENTS

REENTRY WELLBEING ASSESSMENT TOOL (RWAT)

- **Purpose:** To track progress in the five key areas of well-being development.
- **Administration:** Conducted periodically to assess and adjust programming based on individual needs and progress.

FOCUS MAP

- **Function:** Helps participants define key program components in their own words and identify influences and barriers to achieving their goals.
- **Usage:** Completed by participants and reviewed with staff to tailor programming.

PROGRAM PLAN TOOL

- **Development:** Created after the Focus Map to set concrete goals and track progress.
- **Flexibility:** Adapted throughout the programming to meet changing needs and circumstances.

ENGAGEMENT AND RETENTION STRATEGIES

- **Role Induction:** Clarifying the roles of facilitators and participants, setting accurate expectations, and addressing misconceptions.
- **Focus Map Review:** Engaging participants in defining their goals and understanding the programming through the lens of their own experiences.
- **Continuous Assessment:** Using tools like the RWAT to ensure participants remain engaged and their needs are met throughout the program.

IMPLEMENTATION GUIDELINES

- **Peer Facilitators:** Individuals who are incarcerated trained to co-lead programs, providing relatable guidance and support.
- **Team Members:** Department of Corrections staff assisting in facilitation and ensuring program fidelity.
- **Staff:** Conduct assessments and create individualized program plans, ensuring each participant receives tailored support.

CONCLUSION

The **5-Key Model for Reentry™** offers a structured yet flexible approach to improving the well-being of incarcerated individuals. By focusing on strengths and human potential, the model aims to prepare individuals for successful reintegration into the community, ultimately reducing recidivism and enhancing public safety.

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