

# ABOUT VACRO

VACRO supports people impacted by the criminal justice system and has done so for well over 140 years. We want to ensure that you successfully transition back into the community. The RELINK program is an important way in which we can help you do this.

## VACRO can also help with

- **Family:** by assisting you to rebuild or strengthen your family relationships
- **Employment:** provide opportunities to learn new work skills
- **Transition:** by assisting you to address any transition issues so that you can return to the community as an individual with opportunities – not as an “ex-offender”.

## Other VACRO services include

- Family liaison workers at the Melbourne Assessment Prison (MAP) and the Metropolitan Remand Centre (MRC)
- Video Visits
- Children’s Counselling (SKY)
- Aboriginal Family Travel and Accommodation
- Women’s and Men’s Mentoring (new program for men in 2015)
- Family support at Geelong Magistrates’ Court.

**Please talk with the VACRO Reintegration Coordinator at your location for more information.**



LIFE CHANGING

# RELINK FOR WOMEN

Pre-Release Program

## VACRO

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# ABOUT RELINK

RELINK is a voluntary program providing practical assistance and support for life beyond prison. By participating in the RELINK program, you will gain insight into your current situation, identify your strengths and work towards developing an achievable transition plan, based on your individual goals.

RELINK is part of Corrections Victoria's comprehensive suite of programs designed to assist you to transition back into the community.

VACRO's Reintegration Coordinators determine your motivation for the program, allocate you to a group and facilitate the RELINK sessions. We will also acknowledge your achievements with a certificate and celebration after you successfully complete the program.

## Who Can Participate?

**All sentenced prisoners who have between three and 12 months left of their sentence.** To be eligible you must have a sentence of 12 months or more and/or have a positive indication of parole.

**Select groups of prisoners with sentences of less than 12 months (straight release) are also eligible.**

This includes all women prisoners and all Aboriginal and Torres Strait Islander prisoners. Serious violent or sexual offenders are eligible if they are assessed as having significant transitional needs.

## What's Involved in the Program?

RELINK comprises group and individual sessions and is a strength based, solutions focussed program that is designed to help you manage your life outside of prison.

### Group Sessions

Group sessions involve up to eight hours of work and comprises a series of group sessions involving up to four participants at a time. They target specific transitional needs and cover topics such as:

- **Personal strengths and challenges**
- **Returning to families/community:** how to adjust to changes that may have occurred while in custody, for instance changes in family dynamics
- **Money management:** basic budgeting, banking, paying rent and bills
- **Life management:** practical living skills including how to get around, for instance, using public transport and adjusting to new technology
- **Succeeding on parole:** managing parole processes including reporting requirements and understanding the expectations of the Adult Parole Board and Community Correctional Services (CCS)
- **Housing options after prison.**

### Individual Sessions

Individual sessions (Level Two) include the development of a comprehensive transition plan that is provided to the relevant post release support agencies at a case conference.

## When Can You Participate?

You can participate in RELINK from 12 months prior to your release.

Prison transition staff will approach you to discuss your eligibility to participate and will assess your eligibility for the program. VACRO's RELINK staff will meet with each candidate, determine your motivation and allocate eligible participants to a suitable program.

## Where is RELINK Available?

- Barwon Prison
- Beechworth Correctional Centre
- Dame Phyllis Frost Centre
- Dhurringile Prison
- Fulham Correctional Centre
- Hopkins Correctional Centre
- Langi Kal Kal Prison
- Loddon Prison
- Marngoneet Correctional Centre
- Port Phillip Prison
- Tarrengower Prison