OJJDP Office of Juvenile Justice and Delinquency Prevention
Serving Children, Families, and Communities

Operation New Hope (formerly Lifeskills '95) is a curriculum-based parole reentry program designed to treat high-risk chronic offenders postrelease by helping them cope with the problems of everyday life. The program reinforces small successes while addressing a chronic offender's fears of the real world. The approach used by Lifeskills '95 is based on six programmatic principles believed to help with reintegration:

1. Improve the basic socialization skills necessary for successful reintegration into the community.
2. Significantly reduce criminal activity in terms of amount and seriousness.
3. Alleviate the need for or dependence on alcohol or illicit drugs.
4. Improve overall lifestyle choices (social, education, job training, and employment).
5. Reduce the individual's need for gang participation and affiliation as a support mechanism.
6. Reduce the high rate of short-term parole revocations.

The treatment consists of 13 consecutive weekly meetings that concentrate on different coping skills:

- Program Introduction
- The "Pit"—Dealing With Your Emotions
- Unmanageability
- Denial
- The Problem of Thinking You Can Do It Alone
- "Letting Go"
- Perceptions
- Expectations
- Reality
- Love
- Family Dynamics
- Living With Addiction
- Continuous Practice

The meetings last 3 hours. The first 1½ are used for lectures, the last 1½ for group discussion. Participants may begin the program during any point in the curriculum.

Program Developer:
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Rating:	Effective
Program Type:	Aftercare Cognitive Behavioral Treatment Conflict Resolution / Interpersonal Skills Leadership and Youth Development Mentoring Truancy Prevention
Ethnicity:	Asian African American Hispanic or Latino (of any race) White
Gender:	Both
Age:	12 - 25
Special Populations:	First-Time Offenders Serious Offenders Truant/Dropout Young Offender
Target Settings:	Rural Suburban Urban
Problem Behaviors:	Academic Problems Delinquency Family Functioning Gang Activity