

Personal Reentry Release/Transition Plan

“Every Great Dream, begins with a Dreamer.

Always remember,

**That within you are the strength, patience and passion
to reach for the stars and bring change to the world!”**

-Harriet Tubman-

Created By;

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BENEFITS of REENTRY PLANNING

Tips for developing a Personal Release/Transition Plan for a successful Reentry back into your Community.

There are many benefits for creating and/or using a Personal Release Plan:

- Can be helpful to you in being successful and on track in reaching/ obtaining your goals for a successful release and transition into the community.
- May be helpful in finding a release address.
- Used as a personal business plan by you and your family /support to keep you focused and on track.
- May reduce stress associated with release.
- Improve your stability and reduce the probability of recidivism/ returning to a negative lifestyle and prison.
- Knowing what community support is out there for you.
- Help you to prepare to know which community support groups can/cannot help you with your transition.
- Helping you keep up with daily schedule you have set for success
- Making sure you have a back-up plan/Plan B, C, D etc.
- To be organized and prepared when released.
- To realize the difficulties, you may face once you reenter society.
- To be aware of your community resources (food, clothing, shelter, financial aid, hot meals,)
- To feel confident about your reentry into society and being successful.
- Communication tool to use with your Counselor, CCO, Resource Specialist, Employer, Family, Support network.

This will take some effort on your part, do what you can and be honest with what you can accomplish on your own.

Let friends and associates know what you are trying to do and ask for HELP!

If you do not make a Reentry Plan and use, it then it cannot help you get out and STAY-OUT.

There is nothing to lose and everything to gain by creating and putting into effect your personal REENTRY Plan.

THOUGHTS:

What are your thoughts about developing a personalized release plan?

WHO AM I?

What kind of person were you before your incarceration?

What kind of person are you today?

What kind of person do you want to be?

How do you want to be remembered?

Our Actions and/or Behaviors are dictated by what we Value

Base on my values what are three (3) positive behaviors that I will engage in on the outside?

1. _____
2. _____
3. _____

In other words, what I do is because of what I value the most?

Definition of "VALUE": A principal or ideal intrinsically valuable or desirable.

An Essential standard that inclines one to act or choose to act in one way or another.

List Three (3) Values that you have, and Three (3) reasons why you value each?

Value 1: _____

A. _____

B. _____

C. _____

Value 2: _____

A. _____

B. _____

C. _____

Value 3: _____

A. _____

B. _____

C. _____

Why are my top three values important to me?

Our Actions and/or Behaviors are also dictated by our Vices

Base on my past behavior what are three (3) vices that I engaged in prior to my incarceration and that I will need to be aware of on the outside?

- 1. _____
- 2. _____
- 3. _____

In other words, what I do is because of the vices I value most?

Definition of "Vice":

- 1. Immoral Conduct, Habits, Practice and/or Degrading Behavior.

List Five (3) Vices that you have, and your past reasons for valuing each?

Vices 1: _____

- A. _____
- B. _____
- C. _____

Vices 2: _____

- A. _____
- B. _____
- C. _____

Vices 3: _____

- A. _____
- B. _____
- C. _____

Why are/were these Vices important to me?

Relapse Prevention Planning

“Failing to plan for your future is planning to fail in the future”

We don't always know what exactly is going to happen BUT by looking into an uncertain future, we can map out what we will do in general situations in order to prepare and set ourselves up for success.

1. What will I do when faced with thoughts of relapsing into old ways of behaving such as drug use, alcohol use or general criminal behavior?

2. How will I avoid the people who I know may lead me back into my old criminal ways?

3. What will I do if I can't avoid these people?

4. How will I avoid old places that may make old patterns of negative behavior easier to go back to?

5. What will I do when I feel like relapse is inevitable? When I think there's nothing to do but go back to your old ways?

6. What will I do when I think that no one cares about whether I'm successful or not?

7. What will I do when I feel like isolating myself from everyone else and just doing my own thing again?

8. What will I do when I get started getting scared that I might relapse and go back to prison?

9. What will I do when I start thinking that I can't make it on the outside and that it would be better just to relapse and go back to my old ways?

Relapse Prevention Support Network

We all choose the people we associate with. We join groups and create families to support others as we ourselves are supported by these networks and/or enter-action. Truly successful people don't become successful on their own. The hardest thing to do for recovering "Addicts" (regardless of your addiction) and for most people who are struggling to overcome personal adversities is to pick up the phone and ask for help. Asking for help is extremely difficult. We often think we have all the answers or will be fine it on our own. But why does it have to be alone? Ask for help before you need it, and even if you don't think you need it anymore. Ask for it when you think no one can or wants to help you.

Why? Because you're wrong; they can, and they will help!

What specific people and types of people do I want around me after release?

What kind of signs do I want my support group to look for in my behavior that may be warning signs that I'm about to relapse?

What do I want each person from the list above to do for me if I'm in danger of relapsing and coming back to prison?

Substances Abuse and Negative Messages will destroy us!

This is a simple yet undeniable fact!

Support Group and Meetings are created to help and empower people to identify and address destructive influences so that they made move on toward living a successful life.

My Support System

“Surround yourself with people you want to be like”
Bishop T.D. Jakes

Family and Friends: *Who do you have in your life that can serve as healthy support?*

1. _____
2. _____
3. _____

Mentors: *An experienced and trusted advisor*

1. _____
2. _____
3. _____

Support Groups: *Interactions for people with similar experiences and understand what you're going through*

1. _____
2. _____
3. _____

Spiritual and religious: *(if applicable) stay connected in your search of hope and purpose in your life*

1. _____
2. _____
3. _____

Therapy: *Professional support to help to work through issues and struggles*

1. _____
2. _____
3. _____

Leisure Activities and interests: *Provides a break with fun, relaxation, and can help connect to others*

1. _____
2. _____
3. _____

Relapse Prevention Review

- ❖ **Criminal behavior has its roots in our beliefs and what we value.**
- ❖ **Beliefs are root to our culture and how we were raised. These types of belief may have had values during that period of time, but now need to be reexamined to see if it still applies.**
- ❖ **Other types of beliefs are based on emotion, not logic, so these types of beliefs often are wrong and unhelpful to our success.**
- ❖ **Negative values lead to negative beliefs which in turn lead to bad decisions and negative behavior.**
- ❖ **Knowing your values helps you know yourself which in turn lets you control your life.**
- ❖ **By acknowledging and staying aware of dangerous situations and/or environmental triggers that will lead you to relapse. You can take back control of your life by just avoiding these type of negative influences.**
- ❖ **Most people become well verse at identifying the major triggers (people, places and thing) that will influence their behavior. But over-look the minor issues that sets up the stage for the major issues to happen. By become more aware of the minor issues and/or concerns that set the stage for failure and/or relapse. You will help be aiding your forward progress by not letting the small issues turn into big problems?**
- ❖ **What are some reservations that you have about your future and/or your future plans that still needs to be address?**
- ❖ **By having a plan that includes a support group, you can avoid many of the dangers of relapse.**

What past issues brought me to prison and might again?

1. _____
2. _____
3. _____
4. _____
5. _____

What situations do I really fear might lead me back to prison?

1. _____
2. _____
3. _____
4. _____
5. _____

Why do these situations seem dangerous to me?

1. _____
2. _____
3. _____
4. _____
5. _____

What reservations do I have to overcome?

1. _____
2. _____
3. _____
4. _____
5. _____

How will my support system help me in my reintegration?

1. _____
2. _____
3. _____
4. _____
5. _____

GOALS, POSITIVE ACTIVITIES AND PERSPECTIVE

Having a release plan is an important part of being ready to release from prison. Don't just plan for survival- have long term goals in mind like education and savings. Plan to be self-sufficient, you are the author and creator of your plan.

What practical thing do I want to do when I get back home?

1. _____
2. _____
3. _____
4. _____
5. _____

What do I need to do to have a successful life?

1. _____
2. _____
3. _____
4. _____
5. _____

What kinds of things do I want to do for fun once I get home?

1. _____
2. _____
3. _____
4. _____
5. _____

What's going to strive off boredom and make my life worth living?

1. _____
2. _____
3. _____
4. _____
5. _____

What are my goals for my release?

Pre-release Goals?

1. _____
2. _____
3. _____
4. _____
5. _____

What actions do I want to define me? What do I want people to see me doing?

1. _____
2. _____
3. _____
4. _____
5. _____

What actions do I not want to define me? What do I not want people to see me doing?

1. _____
2. _____
3. _____
4. _____
5. _____

What will a person do if they define their release as too hard or difficult to succeed at?

1. _____
2. _____
3. _____
4. _____
5. _____

What will a person do if they define their release as a stepping stone to greater things?

1. _____
2. _____
3. _____
4. _____
5. _____

How is my life going to change from what it was?

1. What was my life like before prison?

2. What do I want to change?

3. What am I going to do to make these changes happen?

4. What will I do to slow down and relax when stress comes?

5. What do I need to address about myself before I get back home? What old thinking or behavior could hurt me or the ones I care about?

6. What kind of mindset would I have to have in order to be 100% sure I would never come back to prison?

DEALING WITH TRANSITION

Any transition between different environments causes stress. This stress can help send us back to prison. That's why we must learn to deal with it.

1. What concerns do I have about adjusting once I get home?

2. How have I had trouble adapting to new places, people or situations in the past?

3. What have I done before to get through stressful times?

4. Is that something positive that I can do again or not?

**The most important thing to remember is that
TRANSITION EVENTUALLY ENDS!
Eventually you will get used to your new life.
Just hold on and keep moving forward.**

DEALING WITH EMOTIONS

The emotions we will had before, during and after release can be very powerful. These feelings need to be dealt with or they will act as a toxin to poison our efforts at success.

We need plans for dealing with our emotions!
Especially those we don't think will affect us. The one that have a way of blindsiding us.

1. How will I deal with the feelings of being numb, lost or overwhelmed?

2. How will I deal with the fear of not being able to make it, find a job, stay off drugs or any other negative thoughts and self-talk?

3. How will I deal with the depression that comes from expectations not being met and from the natural pressure of change?

4. How will I deal with anger and frustration when my expectations aren't met from my resentment about losing part of my life to prison?

5. How will deal with stress of trying to do too much too soon?

HOW RELEASE WORKS

You're Classification Counselor and Librarian is your primary link to the outside and the DOC system while you're still in prison. It is part of your counselor's responsibility to assist you in preparing for your release.

Tips for working with your Counselor:

1. Don't disrespect anyone if obtaining information takes longer than what you think it should take. Just be patient and keep trying, this is just one of a lot of issues that will not happen when you believe they should happen.
2. Start as early as possible- don't wait for your last few months.
3. Make a list of what you will need to succeed and then divide it into two categories.
 - What I can accomplish on my own?
 - What will need my Classification Counselor and Librarian assistance with?
4. Be specific and do your research ahead of time. Finding names, addresses and phone
5. Numbers and possibly contact people will help decrease the time needed when entering the contact phase.
6. Don't expect your Counselor to do/know everything – network with other people to help you.
7. Show initiative – Develop a Release Plan. This will show that you know what you want to do once released and are starting to execute the process prior to entering the community

What can your Counselor do for you?

- Verify release addresses you have found.
- Help you apply for DOC housing voucher program.
- Get your ACA appointment set-up
- Start the process of getting your Social Security Card
- Help outline your release plan.

What can the Librarian do for you?

- Help verify release addresses you have found.
- Help you obtain Community Resources Listing.
- Help start the process of help you obtain information on the resources in the community of your release.
- Help with the outline your release plan.

Questions to ask yourself;

1. What do I need from my Counselor and/or Librarian?

2. When do I need it?

3. What have I already done to start the process and make it easier for my Counselor to help me?

Use the Following lines for any contact info or notes you may want to take while looking resources up in the library.

Believe in Yourself and all that you are.

**Know that there is something inside you that is
GREATER than any obstacle.**

WHO AM I?

What kind of person were you before your incarceration?

What kind of person are you today?

What kind of person do you want to be?

How do you want to be remembered?

FINANCIAL MANAGEMENT / BUDGETING

How good are you at managing your money?

Creating a budget and staying with-in your budget will be is one of the most important aspect of your transition.

In-order to manage your money you need to know exactly how much money you have?

In the two columns below we will look at your (Present/Future) income and expenses

Income

| | |
|-----------------------------|-----------------|
| Wages, Salaries, Tip's, | \$ _____ |
| Alimony, | \$ _____ |
| Child Support | \$ _____ |
| TANF | \$ _____ |
| WIC | \$ _____ |
| Food Stamps | \$ _____ |
| SSI | \$ _____ |
| SSDI | \$ _____ |
| Unemployment | \$ _____ |
| Pension/Annuities | \$ _____ |
| VA Benefits | \$ _____ |
| General Relief Assist. | \$ _____ |
| Dividend Income | \$ _____ |
| Business (Partner) | \$ _____ |
| Capital Gain | \$ _____ |
| Other Type Income | \$ _____ |
| | |
| Total Monthly Income | \$ _____ |

Expenses

| | |
|-----------------------|-----------------|
| Housing | \$ _____ |
| Utilities | \$ _____ |
| Food | \$ _____ |
| Personal Care | \$ _____ |
| Clothing | \$ _____ |
| Phone | \$ _____ |
| Transportation (Car) | \$ _____ |
| 1. Gas | \$ _____ |
| 2. Insurance | \$ _____ |
| 3. Payment | \$ _____ |
| Transportation (Bus) | \$ _____ |
| Laundry | \$ _____ |
| Child Support | \$ _____ |
| Child Care | \$ _____ |
| LFO's/Debt | \$ _____ |
| Misc. (Credit Card) | \$ _____ |
| Misc. () | \$ _____ |
| | |
| Total Expenses | \$ _____ |

Calculate Disposable Income

Monthly Income \$ _____ - Monthly Expenses \$ _____ = Disposable Income \$ _____

DEVELOPING YOUR RELEASE PLAN

The following can be used as a guideline for developing your Personal Transition Plan

Introduction: Your introduction is a summary of “Who you are” and what kind of life do you see yourself living in the future. In reviewing this summary, the reader should be able to see; 1) Where you see yourself in 1yr, 2yrs or 3yrs; 2) What is your short/long-term goals; 3) How you are planning to achieve your stated goals; 4) What resources will assist you in successfully achieving your over-all plan. Your answers on the “Who am I” worksheet can help with the start of your introduction.

Support System (Network): Is a group of people; i.e. friends, extended family, colleagues and/or professional that you can count on for help when you when need it. These are the individuals that you feel comfortable going to for advice and will provide you with accurate up to dated information when you need to make informed decisions? The answers to the “Support System” worksheet can help you identify your Support System Network.

Family Support: Who in your family can you really count on? Here you only want to list the biological and extended family members that you can count on to be there for you. These are the family member who will encourage and help you make informed decisions that is in the best interest of yourself and the family)? The answers to the “Support System” worksheet can help you identify your who is your real Family Support.

Release Address: What are your housing options; Homeless Shelter, Community Base Transitional Housing Program (Salvation Army, Etc.), Transitional Housing (Family, Friends, and Clean/Sober), and Permanent (Apt/Home)? List at least 3 housing options that will be available to you?

Education: Please list your educational goals and achievements i.e.; GED, HSD, College Degree, Vocational Training? (Please include any/all Certificates, GED, Diploma, and/or Degree’s that you have obtained in this section, and those documents will be added to accompany your personalize release plan).

Employment History/Opportunities: Please list all previous Employment History and future Employment Opportunities and/or leads that you are planning to pursue)? These documents will be added to accompany your personalized release plan.

Finances/Support: Please make a list of all your first line of financial support once released; Family, Friends, DSHS, SSI assistance? The answers to the “Financial Management/Budgeting & Support System” worksheets can help you identify your Finances and/or Financial Support.

Hobbies/Interest: Please list of the hobbies and relaxing activities that you will be involved in once released?

Motivation: Please list some of the self-help motivational activities and/or people that you will be engaged and/or involved with following your release?

Real Talk to Encourage Change: Please list some of the Pro-Social activities and people that you will be involved with who not be afraid to have real conversations with you in-order to continue the process of fostering change and growth following your release?

GOALS

First 30 Days of Release: (Prioritize your activities for the 1st 30dys after your release).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____

Goals

6 Months after Release: (Prioritize your activities for 6mos after your release. These activities should start to line up with your long-term (36 month) goals.)

WHAT: _____

WHY: _____

WHEN: _____

HOW: _____

WHERE: _____

RESOURCES NEEDED:

Goals

One Year after Release: (Prioritize your activities for 1 year after your release. These activities should be in direct line with your long-term (36 month) goals).

WHAT: _____

WHY: _____

WHEN: _____

HOW: _____

WHERE: _____

RESOURCES NEEDED:

Goals

Three Years after Release: (Prioritize your activities for 36mos after your release. By now all your stated activities should have you participating in the area of your desired goal).

WHAT: _____

WHY: _____

WHEN: _____

HOW: _____

WHERE: _____

RESOURCES NEEDED:

RELEASE PLANNING PREPARATION CHECKLIST

IDENTIFICATION

Do you have a Social Security card? YES NO Birth Certificate? YES NO

Other ID? YES NO What? _____

RESIDENCE

Do you know where you will be living? YES NO

Do you need assistance in obtaining housing? YES NO

CONTACT INFORMATION

Home Number: _____ Cell Number: _____

Message Phone Number: _____ Email Address: _____

TRANSPORTATION

Do you have an ORCA Lift? YES NO

Do you have a vehicle? YES NO

EMPLOYMENT

Do you know where you will be working or have any job leads, ideas, and/or offers? YES NO

Who will you work for? (Name / phone number) _____

Where? (Address, City, State, etc.) _____

What type of work will you do? _____

EDUCATION

Do you have a GED YES NO

Do you want to do vocational training YES NO

What are your Career Goals? _____

PROGRAMS

Completed any treatment programs YES NO

Were you given a referral for aftercare? YES NO

MEDICAL

Do you have Affordable Health Care or ACA YES NO

LEGAL

Do you Owe LFO's? YES NO

Will you be on supervision? YES NO

FINANCIAL

What debt do you have when you are released? Child support _____ Loans _____

Back mortgage payments or utility bills _____ Loans _____ Restitution _____

Court costs/fines _____ Civil Judgments _____ Tickets _____

CHILDREN

Do you have any children? YES NO How many? Ages? _____

When was the last time you had contact with your children? _____

OTHER SERVICES

Are you a **Veteran**? YES NO

What type of discharge did you receive? _____

Are you a **Native American**? YES NO

What tribe/nation do you belong to? _____

Religious Affiliations

Are you actively involved in an organization or religious group? YES NO