

# Preparation Guide:

*FROM THE BEGINNING:*



**Develop a plan:** Create a plan for what you will do once you are released. This should include your housing, employment, and support network.



## **Connect with community resources:**

Research community resources that can help you with housing, employment, education, and healthcare. Many organizations offer reentry programs and services specifically for those who have been incarcerated.



## **Attend rehabilitation programs:**

Participate in rehabilitation programs available to you while in prison. These programs can help you address any underlying issues that may have contributed to your incarceration, such as substance abuse, anger management, or mental health concerns.



## **Build your support network:**

Connect with people who will provide emotional support and encouragement as you prepare to reenter society.



**Learn new skills:** Take advantage of educational and vocational programs offered by the prison to learn new skills that can help you find employment once you are released.



**Manage your finances:** Plan how you will manage your finances after release. Create a budget, and save money to cover initial expenses such as rent and utilities.



## **Obtain identification and necessary documents:**

Ensure you have all the required identification and documents, such as a driver's license or social security card, before you are released.

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## GETTING CLOSE:



### **Confirm your release date:**

Make sure you know the exact date and time of your release so you can make the necessary arrangements.



### **Notify family and friends if possible:**

Let your family and friends know about your release date so they can be there to support you.



### **Connect with community resources:**

Reach out to community organizations and reentry programs that can help you with housing, employment, healthcare, and other support services.



### **Develop a post-release plan:**

Develop a plan for what you will do once you are released, including where you will live, how you will find employment, and who you can turn to for support.



### **Prepare for employment:**

Consider getting vocational training or education while in prison to improve your job prospects after release. You can also start looking for job opportunities and submitting job applications before you are released.

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**BEFORE LEAVING:**



**Confirm your transportation:** Make sure you have arranged for transportation to your destination, whether it be a family member's home or a halfway house.



**Gather your belongings:** Collect all your personal belongings, including any important documents, and make sure you have everything you need.



**Say goodbye:** Say goodbye to any fellow inmates or staff members who have been supportive or helpful to you during your incarceration.



**Meet with your case manager:** If you have a case manager or reentry coordinator, meet with them to review your post-release plan and address any last-minute concerns or questions.



**Obtain necessary medications:** If you have any necessary medications, make sure you have them in your possession before leaving the prison.



**Stay focused and positive:** Stay focused on your goals and positive about your future. Remember that you have the power to shape your life and make a fresh start.



**Take care of yourself:** Take care of yourself physically and emotionally. Get enough rest, eat well, and seek support from family, friends, or community resources as needed.