

Unit One

Making the Transition: Preparing for Life after Release

UNIT ONE:

Making the Transition: Preparing for Life after Release

Suggestions for the Instructor

Pg. 1-7 -- Questions about Reentry

Ask students to list whatever questions and concerns they have about life after release. Let them know that some of their questions will be answered by the lessons to follow and others may need special research. Assist students as possible to address their concerns in advance of their release.

Pg. 1-8 -- Realities of Reentry

Ask students to answer the following questions on the handout. Discuss their answers aloud and offer the following answers if they do not.

1. Jail is a structured, predictable environment that does not require you to make many choices. How is life in the outside world different from life inside?

- Need to buy food and clothing
- Need to find housing
- Need to make money
- Need to find and keep a job
- Drugs and alcohol available / constant need to set limits
- Relationships with opposite sex
- Access to friends with criminal history / current criminal behavior
- Need for transportation
- No officer enforcing rules
- Need to plan and manage own time
- Need to plan and manage own time

2. Your situation has changed. What will be different about your life when you are released?

- You have a criminal record
- You've lost income
- You've lost time
- People see you differently / trust issues / disappointment issues
- Relationships affected with parents / friends / girlfriend / wife / children

(continued)

3. You will have obstacles to overcome. What are some of the difficulties you may encounter as a result of having been incarcerated?

- Gap in job history/ fewer job options
- Lack of money
- Difficulty finding housing
- Need to be honest about criminal history
- Probation / parole management issues
- Drug / alcohol issues
- Lack of skills
- Low self-esteem / lack of confidence

4. Nobody can do it alone. Who might you ask for help in order to improve your chances of success?

- Religious community
- Alcoholics Anonymous / support groups
- Parole / probation officers
- Friends (which friends?)
- Counselors
- Employers
- Family members (which ones?)
- Community resources

Pg. 1-9 -- Introducing....

Ask students to sit with a partner and ask each other the questions on the handout in order to be able to introduce each other to the class. Tell them to take notes so they can remember key information about their partners to share with the class.

Pg. 1-10 - 1-11 -- "Dreams" by Langston Hughes

Ask students if they have read or heard the poem "Dreams" by Langston Hughes. Ask a student to read the poem aloud, then ask students to answer the following questions in writing. Discuss their answers aloud.

- In your opinion, what do you think the poet is trying to tell his readers?
- What do you think the poet thinks about the value of dreams?
- What does Hughes mean by the phrase, "when dreams go / Life is a barren field?"
- What does Hughes mean by the phrase, "when dreams die / Life is a broken-winged bird / That cannot fly"?
- Do you agree with the poet's ideas about dreams?
- Have you seen examples of this theme in your life?

Pg. 1-12 - 1-14 -- Words of Wisdom: Wishes, Hopes and Dreams

Ask volunteers to take turns reading the quotes aloud. Ask students to pick a quote that interests them and to write about it, reflecting on:

- what they think the speaker means
- whether they agree and why or why not
- how the quote is or is not relevant to their lives
- specific examples from their lives or the lives of others which highlight its meaning

Ask students to share their reflections with the class.

Pg. 1-15 -- What Are Your Wishes, Hopes and Dreams?

Ask students to answer these questions about their own hopes and dreams. Ask volunteers to share their wishes and dreams aloud.

Pg. 1-16 - 1-21 -- This Guy / Lady Needs Help: Joe, Brenda, Frank

Tell students that everybody needs help at times. Leaving jail and re-entering daily life in the outside world is a huge transition. In these worksheets, students read about the problems faced by Joe, Brenda and Frank, all of whom are ex-offenders in transition. Small groups then use the worksheets **This Guy / Lady Needs Help: Using Community Resources** along with the **Leon County Community Resource Guide** (or similar guide from your county) to make plans for Joe, Brenda and Frank. What resources could each of them use to deal with his or her needs and problems? What agencies should he or she contact? What people could help and offer support in making a successful transition?

Pg. 1-21 - 1-22 -- It's Smart to Ask for Help! Using Community Resources

Ask students to use their time while incarcerated to plan how they will be successful on the outside -- with help. What are their needs? What resources do they need? Ask them to review carefully the **Leon County Community Resource Guide** (or similar guide from your county) and plan how they will use the resources by completing the form.

Pg. 1-23 - 1-24 -- Asking for Help by Phone: Using Community Resources

With this handout, students will practice using the phone to ask for help from community agencies. Using their completed handout **It's Smart to Ask for Help!** as well as the **Leon County Community Resource Guide** (or similar guide from your county) have students role-play calling community agencies to ask questions about services.

Pg. 1-25- 1-27 -- Prepare for Probation

Have students read about the standard conditions of probation, then discuss the terms with them to make sure you understand what they mean. Ask them to think about their individual situations and consider these questions:

- Who can help you?
- Whom should you avoid?
- What services do you need to take advantage of?
- What attitudes and behaviors do you currently have that will need to change?
- What will you need to do differently than you did before in order to insure that you do not violate probation?

Pg. 1-28 - 1-31-- Getting the Documents You Need After Release

This handout is designed to help students think about the documents they will need upon release in order to develop a plan for how to obtain them. Discuss with students the importance of having identity documents available when they begin their job search, and discuss the steps they will need to take to secure these documents if they don't have them. Ask students to include any steps they need to take to secure documents in **My Pre-release Plan** which follows.

Pg. 1-32 - 1-34 -- My Pre-release Plan

In the checklist entitled My Pre-release Plan, ask students to check each of the items that they have already taken care of in preparation for their release. They should use **It's Smart to Ask for Help!** and **Getting the Documents You Need After Release** as they develop their pre-release plans. Tell them to be thorough and honest, as the purpose of the course is to help them get as many resources as possible in place before they are released, in order to improve their chances of success. Tell students they will revisit this list throughout the course to fill in the information they need, as they learn it, in order to be ready.

Unit One

Making the Transition: Preparing for Life after Release

Student Activities

Name _____

QUESTIONS ABOUT REENTRY

Students making the transition from corrections to work, education and daily life frequently have questions about options available to them upon release. Think of questions you would like to address before completion of this course. Many of them will be addressed by the course materials; some will relate to individual situations and your instructor will need to get the information for you or alert you to resources that can help you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Realities of Reentry

1. Jail is a structured, predictable environment that does not require you to make many choices. How is life on the outside different from life inside?

2. Your situation has changed. What will be different about your life when you get out?

3. You will have obstacles to overcome. What are some of the difficulties you will encounter as a result of having been incarcerated?

4. Nobody can do it alone. Who might you ask for help in order to improve your chances of success?

INTRODUCING....

Sit with a partner and ask each other the following questions in order to be able to introduce each other to the class. Take notes so that you can remember key information about your partner.

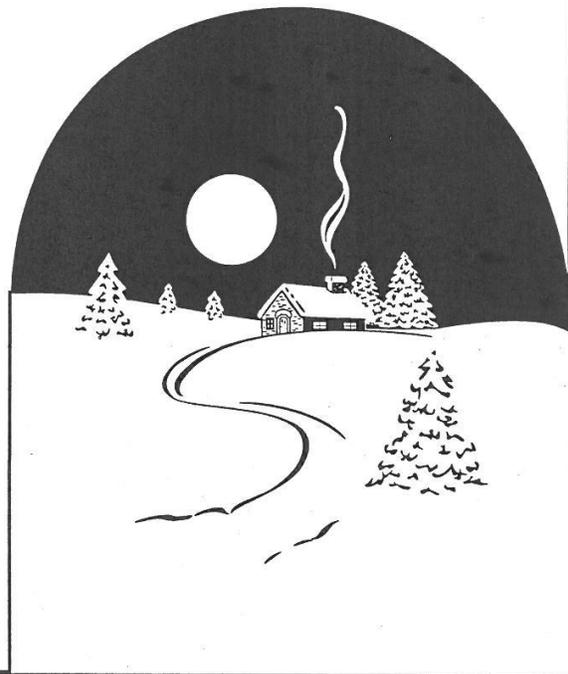
1. What is your name?
2. What is something you do well?
3. Have you had any jobs? If yes, what were they? What did you do on these jobs?
4. Do you have a job now? If so, what work do you do on the job?
5. What did you like best about jobs you have had? What did you like least?
6. If you have not yet had a job, what kind of job would you like to have in the future?
7. What do you like to do in your spare time?
8. What are some of your wishes, hopes and dreams?

Dreams

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Langston Hughes



From Collected Poems by Langston Hughes
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Langston Hughes 1902 - 1967

Langston Hughes was born in Joplin, Missouri, and began writing poetry as a high school student. After graduating, he worked on cargo ships traveling to Africa and Europe.

Hughes became recognized as a poet who used the language of ordinary people to communicate important ideas. He became a leading figure in the Harlem Renaissance, a heyday of African-American culture during the 1920's, and eventually became one of America's best-known poets. In addition to poetry, Hughes wrote novels, dramas, musicals, newspaper columns and children's books.

“Dreams” by Langston Hughes, continued

After you have read the poem “Dreams” by Langston Hughes, answer the following questions in writing. Then discuss your answers with the class.

1. In your opinion, what do you think the poet is trying to tell his readers? _____

2. What do you think the poet believes about the value of dreams? _____

3. What does Hughes mean by the metaphor, “when dreams go / Life is a barren field / Frozen with snow”?

4. Hughes uses the metaphor “when dreams die / Life is a broken-winged bird / That cannot fly.” Why do you think he makes this comparison?

5. Do you agree with the poet’s ideas about dreams? _____

6. Have you seen examples of this theme in your life or in the life of anyone you know?

◆◆◆◆ WORDS OF WISDOM ◆◆◆◆
Wishes, Hopes and Dreams

The future belongs to those who believe in the beauty of their dreams.
Eleanor Roosevelt

Nothing can be done without hope and confidence.
Helen Keller

When we feel uncomfortable enough long enough, we tend to feel discouraged, and we return to thoughts, feelings and actions that are more familiar, more practiced, more predictable -- more comfortable. The irony is that the feelings we have been taught to label 'uncomfortable' are, in fact, among the very tools necessary to fulfill our dreams.
John-Roger and Peter McWilliams

I have accepted fear as a part of my life – specifically the fear of change...
I have gone ahead despite the pounding
in the heart that says: turn back.
Erica Jong

**It takes great courage to break with one's past history
and stand alone.**
Marion Woodman

The greatest glory in living lies not in never failing,
but in rising every time we fall.
Nelson Mandela

We can always redeem the man who aspires and strives.
Johannes Goethe



WORDS OF WISDOM:
Wishes, Hopes and Dreams

Make no little plans; they have little magic to stir men's blood...
Make big plans, aim high in hope and work.
David H. Burnham

Don't let anyone rob you of your imagination, your creativity or your curiosity. It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.
Dr. Mae C. Jemison

No person has the right to rain on your dreams.
Marian Wright Edelman

**No person is your friend who demands your silence,
or denies your right to grow.**
Alice Walker

More powerful than the will to win is the courage to begin.
Author unknown

**The sea is so wide
And my boat is so small.**
The Breton Fisherman's Prayer

I am not afraid of storms, for I am learning how to sail my ship.
Louisa May Alcott

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.
Mark Twain



What are Your Wishes, Hopes and Dreams?



1. When I was young, I wanted to be _____
_____.
2. One thing I've always wanted to do, but will probably never be able to do, is _____
_____.
3. One thing I would like to do, that I might be able to do is _____
_____.
4. One thing I'd like to find out more about is _____
_____.
5. One place I would really like to go in the future is _____
_____.
6. If I could have any job in the world, I would be _____
_____.
7. If I had a million dollars, I would _____
_____.
8. My dream for my children (or future children) is _____
_____.
9. My dream for myself is _____
_____.

This Guy Needs Help (Joe)



Joe, age 21, is the father of two children with two different mothers. He doesn't live with either of the kids' mothers, but he owes child support to both.

He was released from jail two months ago and stayed with his cousin when he was released, but then when they had too many conflicts, he left to live at the homeless shelter until he could make enough money to rent his own apartment.

He works as a day laborer and makes \$60 a day; when he has spare time he goes door-to-door looking for a job, but it is time-consuming because he doesn't have a car and has to take the bus.

Joe doesn't have a high school diploma but he would like to get one so he can get a technical certificate in automotive or aviation mechanics.

Joe was incarcerated for possession and sale of marijuana and wants to stay clean, but his old contacts have found him and pressure him to hang out with them. He's gotten high a few times since he's been released because he's felt depressed and lonely. He's tempted to sell drugs; so far he has been able to resist, but he's having a hard time.



*Using the worksheets **This Guy/Lady Needs Help: Using Community Resources** and the **Leon County Community Resource Guide** (or similar guide from your county), identify the resources Joe could use to help him deal with his needs and problems.*

- *What agencies should he contact?*
- *What people could help him?*
- *Who can support him in making a successful transition?*

This Lady Needs Help (Brenda)



Brenda, 26, served two years in prison for assault. She has a high school diploma and took a semester of classes at the local community college before her incarceration. She had worked as a certified nurse's assistant and a housekeeper before she was arrested, and was hoping to become an Emergency Medical Technician. She wants to go back to school and finish her degree.

Brenda has two children in foster care. She wants to see them but has to show that she can get a job and a home before she can get them back. She's staying with her sister while she figures everything out, but she knows she needs help with her anger issues, her housing and getting back into school. Her sister said she can stay for another week for free, but then she'll start having to pay rent.

She's been seeing someone for the past month, but she doesn't want to get an STD or HIV / AIDS. She doesn't want to get pregnant again. She doesn't want to have another baby until she is settled and self-sufficient and able to provide for her kids.



*Using the worksheets **This Guy/Lady Needs Help: Using Community Resources** and the **Leon County Community Resource Guide** (or similar guide from your county), identify the resources Brenda could use to help her deal with her needs and problems.*

- *What agencies should she contact?*
- *What people could help her?*
- *Who can support her in making a successful transition?*

This Guy Needs Help (Frank)



Frank, age 46, lost his job as a cook after he was arrested for theft. He is the father of three kids and lived with them and their mother until his incarceration, but now that he is released, his children's mother doesn't want him to come back. He doesn't have a place to stay and he needs to start paying child support.

He stayed at the Shelter the first three nights after he was released, but now he wants to get a place to live and start looking for work. He'd like to be a professional cook, but he's worried that his record will make it hard for him to get a job or get the training he needs. He has worked in construction and landscaping and he's willing to work hard and stay out of trouble. He doesn't have a high school diploma.

Frank has diabetes and a terrible tooth ache. He has been very depressed since his release, missing his home and his family.



*Using the worksheets **This Guy/Lady Needs Help: Using Community Resources** and the **Leon County Community Resource Guide** (or similar guide from your county), identify the resources Frank could use to help him deal with his needs and problems.*

- *What agencies should he contact?*
- *What people could help him?*
- *Who can support him in making a successful transition?*

This Guy / Lady Needs Help

Using Community Resources

Everybody needs help at times. Leaving jail and re-entering daily life in the outside world is a huge transition. Frank / Brenda / Joe need help and they shouldn't be afraid to ask for it!

After reading one of the stories, think about the person and the resources s/he could use to help deal with his or her needs and problems. What agencies should s/he contact? What people could help? Who can support him or her in making a successful transition? Carefully review the list of community resources and identify which ones would be most useful to this person.

Identification	
Food	
Shelter	
Housing, rent or utility assistance	
Career guidance	
Job placement	
Day labor	
Training	
Health care	
Dental care	

This Guy / Lady Needs Help: Using Community Resources, cont.

Medication	
Health insurance	
STD / HIV / AIDS prevention and treatment	
Substance abuse prevention / treatment	
Family services / childcare	
Family counseling	
Youth services	
Elder care	
Veteran services	
Probation	
Financial counseling	

It's Smart to Ask for Help!

Using Community Resources

Everybody needs help at times. Leaving jail and re-entering daily life in the outside world is a huge transition – don't be afraid to ask for help!

Use your time while incarcerated to plan how you will be successful on the outside – with help. What are your needs? What resources do you need? Carefully review the list of community resources and plan how you will use them by completing the form below:

Identification	
Food	
Shelter	
Housing, rent or utility assistance	
Career guidance	
Job placement	
Day labor	
Training	
Health care	
Dental care	

It's Smart to Ask for Help! Using Community Resources, cont.

Medication	
Health insurance	
STD / HIV / AIDS prevention and treatment	
Substance abuse prevention / treatment	
Family services / childcare	
Family counseling	
Youth services	
Elder care	
Veteran services	
Probation	
Financial counseling	

Asking for Help by Phone: Using Community Resources

Community Resource: Capital Medical Society Phone Number _____

Hello, my name is Brenda Jones.

I'm calling to find out more about your dental care services.

Can you please tell me what resources / services you offer? extractions and fillings; need to be referred by health clinic

Do I need to make an appointment? yes

Can you please tell me where you are located? (Directions? Bus route? Landmarks?)

1204 Miccosukee Rd

What are your hours? 8:30 am - 5 pm, M - F

Do your services cost money? free to low income people with no medical insurance

What documents do I need to bring? referral from clinic, proof of income

Community Resource: _____ Phone Number _____

Hello, my name is _____.

I'm calling to find out more about your _____.

Can you please tell me what resources / services you offer? _____

Do I need to make an appointment? _____

Can you please tell me where you are located? (Directions? Bus route? Landmarks?)

What are your hours? _____

Do your services cost money? _____

What documents do I need to bring? _____

Asking for Help by Phone: Using Community Resources, cont.

Community Resource: _____ **Phone Number** _____

Hello, my name is _____.

I'm calling to find out more about your _____.

Can you please tell me what resources / services you offer? _____

Do I need to make an appointment? _____

Can you please tell me where you are located? (Directions? Bus route? Landmarks?)

What are your hours? _____

Do your services cost money? _____

What documents do I need to bring? _____

★ ★ ★ ★ ★ ★ ★

Community Resource: _____ **Phone Number** _____

Hello, my name is _____.

I'm calling to find out more about your _____.

Can you please tell me what resources / services you offer? _____

Do I need to make an appointment? _____

Can you please tell me where you are located? (Directions? Bus route? Landmarks?)

What are your hours? _____

Do your services cost money? _____

What documents do I need to bring? _____

Prepare for Probation

If you will be on probation after you are released, remember that you will have one foot in jail or prison during the term of your probation. If you violate probation, you could be sentenced to return to jail or prison.

Think about this:

Failing alcohol or drug tests is *the most common way* to violate probation and be sent back to prison.

If you think you have kicked the habit while you were in jail or prison: think again. Most people forget that the main reason they maintained their sobriety while incarcerated is because they had no access to drugs or alcohol. Staying clean and sober on the outside is much harder, with free access to alcohol, contact with friends who party or sell drugs, and all the stresses that make alcohol and drug abuse so tempting.

As you read the following standard conditions of probation, discuss them with the class to make sure you understand what they mean. Think about your individual situation and consider these questions:

- *Who can help you?*
- *Whom should you avoid?*
- *What services do you need to take advantage of?*
- *What attitudes and behaviors do you currently have that will need to change?*
- *What will you need to do differently than you did before in order to insure that you do not violate probation?*

Be honest and thoughtful and focused. Now is the time to plan for reentry after incarceration.

Conditions of Probation

If you are sentenced to probation in Florida, several of the following standard conditions of supervision under Florida law may apply:

Pay Supervision Costs. You will be ordered to pay the State of Florida a specified amount per month, as well as 4% surcharge.

Report to a Probation Officer You may be ordered to report to your probation officer at least once each month to provide a truthful report of your behavior.

Prepare for Probation, continued

Do Not Possess Firearms. You may not possess, own or carry any weapon or firearm unless expressly authorized by the court.

Maintain Your Current Residence and Employment. You must not change your residence or employment or leave the county of your residence without your probation officer's permission.

Do Not Violate Any Laws. You must not violate any law and a violation of probation can occur *even if you are not ultimately convicted of violating the law.*

Do Not Use Drugs or Excessive Alcohol. You may not possess any narcotic or drug unless prescribed by your physician, nor may you go to any location where dangerous substances, drugs or intoxicants are unlawfully used, sold or dispensed. You may not use alcohol to excess.

Avoid Criminals. You may not associate with any person engaged in any criminal conduct.

Obtain Employment. You must obtain lawful employment after telling your employer of your probation, and support your children to the best of your ability.

Consent to Visits and Searches. You must allow an officer to come into your home or place of employment.

Submit to Urine Test. You must pay for and submit to random chemical testing for drugs or alcohol (usually a urine test) requested by your probation officer.

Provide DNA Sample. You must provide two samples of your DNA for analysis as required by Florida Statutes Section 943.325 and 948.014.

Submit to a Photograph. You must submit to the taking of a digitized photograph by the department. This photograph may be displayed on the department's website while you are on supervision, unless exempt.

Report within 72 Hours. You must report in person within 72 hours of your release from incarceration to the probation office in the county specified.

Pay Restitution. You must pay restitution, court costs, and/or fees outlined in your orders.

Prepare for Probation, continued

Special Conditions of Probation

The Court will also impose certain special conditions of your probation. Special conditions MAY include one or more of the following:

1. Pay any fines and court costs imposed by the court;
2. Pay restitution to the alleged victim;
3. Submit to and pay for a mental health evaluation and recommended treatment;
4. Submit to and pay for a Drug Treatment Program and aftercare program;
5. Submit to a monthly urine test;
6. Not go to any establishment which sells or distributes alcohol;
7. Submit to a warrantless search if requested by any law enforcement officer;
8. Abide by any curfew;
9. Complete community service hours approved by your probation officer;
10. Submit to and pay for electronic monitoring;
11. Not associate with any co-defendant during the period of probation;
12. Not have any direct or indirect contact with the victim or the victim's family in the case during the term of probation;
13. Obtain a GED or high school equivalency diploma;
14. Attend Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) meetings;
15. Complete and pay for a Batterer's Intervention Program and/or Anger Mngm't;
16. Attend and complete a HIV / AIDS Awareness Program;

How Will You Do it?

Avoiding Violation of Probation is very challenging, but it is possible. Set your mind on success and put your time in jail or prison behind you for good. Take time to answer the following questions:

1. *Who can help you?*

2. *Whom should you avoid?*

3. *What services do you need to take advantage of?*

4. *What attitudes and behaviors do you currently have that will need to change?*

5. *What will you need to do differently than you did before in order to insure that you do not violate probation?*

Getting the Documents You Need After Release



Register at the Sheriff's Office

If you have felony charges and are on probation or parole, bring your ID and release papers to be fingerprinted and photographed for the FDLE database.

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____



Get a copy of your birth certificate

If you were born in Florida, you can use your release papers (which you get when you leave jail) to get your certified birth certificate from the Office of Vital Statistics.

If you have identification, bring it to:

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____

If you don't have ID, call:
the Office of Vital Statistics in Jacksonville
904-359-6900

Getting the Documents You Need After Release, cont.



Obtain a Social Security Card

To obtain a Social Security card, bring your birth certificate to:

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____

www.socialsecurity.gov

1-866-248-2088

1-800-942-8978

1-800-772-1213



Get your Florida Identification Card

To obtain a Florida ID card, bring:

- your certified birth certificate
- your social security card
- two envelopes from an official government source which prove an address

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____

Getting the Documents You Need After Release, cont.



Check your driver's license status

To find out your outstanding tickets and costs owed:
<https://services.flhsmv.gov/DLCheck>

To request information on your driving record by mail:
<http://www.flhsmv.gov/dmv/forms/BTR/85054.pdf>

To find out the cost of obtaining records or other license related fees:
<http://www.flhsmv.gov/DHSMVFees.htm#records>



Apply for expedited Food Stamps

Bring your release papers to the Food Stamp Office

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____

ACCESS FLORIDA INFORMATION LINE 1-866-762-2237

www.myflorida.com/accessflorida



Get a free cell phone

You may qualify for a free cell phone with 250 minutes a month from Assurance Wireless, a Lifeline Assistance Program, if you participate in: Medicaid, Food Stamps (SNAP), SSI, Temporary Cash Assistance, Bureau of Indian Affairs, Public Housing or Section 8, Low Income Home Energy Assistance Program (LIHEAP) or Free Lunch Program

<http://www.assurancewireless.com/Public/Welcome>
1-888-898-4888

Getting the Documents You Need After Release, cont.



Get your RAP sheet / criminal history

The Florida Department of Law Enforcement (FDLE) is the central repository for criminal history information for the state of Florida.

The fee for public requests is \$24.

To request criminal history information, send a request in writing or complete and print out the Criminal History Request Form at www.fdle.state.fl.us.

All payments must be made payable to FDLE and mailed (along with the required \$24 processing fee) to:

Website: _____

Phone number: _____

Location: _____

Documents needed: _____

Hours: _____



Restoration of civil rights

The Department of Corrections (DOC) should help you with the application process at the time of your release from supervision. However, if you do not receive such assistance, you can start the process on your own, though you must not be under any form of supervision, including parole or probation.

www.aclufl.org/issues/voting_rights/applying_for_rights_restoration.cfm

My Pre-Release Plan

Name _____

Check:	What I need:	What I need to do:
	RELEASE	
	<i>I know my release date.</i>	
	<i>I have a release plan.</i>	
	<i>I know if I am on probation. If I am, I know who my Probation Officer is and I know his or her phone number.</i>	
	DOCUMENTS	
	<i>I have a birth certificate.</i>	
	<i>I have a Social Security card.</i>	
	<i>I have a driver's license.</i>	
	HOUSING	
	<i>I have a place to stay for at least one month.</i>	
	<i>I know how to find a place to stay.</i>	
	<i>I know about community housing resources for ex-offenders.</i>	
	TRANSPORTATION	What I need to do:
	<i>I have a transportation plan.</i>	
	EMPLOYMENT	
	<i>I have job experience.</i>	
	<i>I have a job search plan.</i>	

	<i>I know how to apply for a cell phone.</i>	
	<i>I know how to register with CareerSource for employment and training opportunities.</i>	
	<i>I know about federal bonding insurance and how to explain it to employers.</i>	
	<i>I know about the Work Opportunity Tax Credit and how to explain it to employers.</i>	
	<i>I am comfortable discussing my felony with employers.</i>	
	<i>I know how to complete an application correctly.</i>	
	<i>I know how to apply for jobs on-line.</i>	
	<i>I have a list of references.</i>	
	<i>I have a resume.</i>	
	<i>I have an email address.</i>	
	EDUCATION & TRAINING	What I need to do:
	<i>I have a traditional high school diploma or a GED diploma.</i>	
	<i>I know how to attend classes for my GED if I don't have one.</i>	
	<i>I know about and have considered post-secondary education and training options in my community.</i>	
	<i>I know how to apply for financial aid.</i>	

	GOAL SETTING	
	<i>I know how to set realistic and achievable goals for myself.</i>	
	<i>I have set long and short-term goals and established steps to achieve them.</i>	
	<i>I have a career plan.</i>	
	FINANCES	What I need to do:
	<i>I know how to apply for food stamps.</i>	
	<i>I have a realistic idea of how much money I will need to survive.</i>	
	<i>I know how to make and keep a budget.</i>	
	<i>I am aware of how much child support I have to pay and have a plan to pay it.</i>	
	<i>I know my court costs and when I am required to begin repayment and restitution.</i>	
	SUPPORT & ASSISTANCE	
	<i>I have someone I can turn to if I need assistance.</i>	
	<i>I know how to find support groups that will help me deal with personal issues.</i>	
	<i>I have a plan for contacting community agencies which have resources I need.</i>	
	<i>I have strategies I can use to help relieve stress.</i>	

