

(Facility) Pre-Release Plan Worksheet

Name	OID
Scheduled Release Date	Case Manager

What are your plans when you get out of prison and return to the community? This worksheet is designed to help you start thinking about and planning your release. Much of the information you will describe here is covered in pre-release class. This worksheet will help you begin to work with your case manager to develop your release plan.

Identification

Please circle yes or no if you need this:

1. Social Security Card yes no
2. Birth Certificate yes no what state: _____
3. State ID yes no
4. Drivers License Review yes no
 - Renewal - Must be valid-expired less than 1 year.

Housing

Where are you going to live when you get out? There are many factors to consider when deciding where you are going to live when you first get out:

- Will your corrections agent (PO) approve where you plan to live?
- Is it in your county of commit?
- Will you be living around positive, supportive people or around negative influences?
- How do you plan to pay rent and utilities?
- Can you look for a job and/or get to work from where you plan to live?
- Can you get to your support group and/or treatment program from where you plan to live?

Use the space below to write down as much as you can about where you are going to live. Identify at least three different possibilities of where you might live when you first get out. Plan 1 should be a place that is “solid, or for sure.” Plan 2 and 3 are possibilities.

Plan 1:

Where: address or as much as you know:
Who lives there:
Possible issues:

Plan 2:

Where: address or as much as you know:
Who lives there:
Possible issues:

Plan 3:

Where: address or as much as you know:
Who lives there:
Possible issues:

Transportation

How are you going to get around once you are released? Do you have a driver's license? Can you get to where you need to go by bus? Will you own a vehicle? What is your plan for getting to the places you need to go? Will you depend on others for rides (and are they dependable)?

Use the space below to identify how you plan to get to all the different places you need to go.

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Personal Needs

Think about how much money you will need to get started. Rent can be very expensive depending on where you want to live. Typically, you will need first and last month's rent plus damage deposit for a new move-in. On top of that, you need to eat, buy clothes for work and/or interviews, get transportation, recreation, and personal hygiene items. Do you have other expenses such as childcare or child support payments? If it takes a month or two before you get your first paycheck, how do you plan to live and pay for things? Use the space below to develop a simple budget upon your release.

Housing	\$
Utilities	\$
Food	\$
Transportation	\$
Monthly Debts	\$
Insurance	\$
Recreation	\$
Other	\$
TOTAL	\$

Your gate money is not going to get you very far. Most individuals will quickly need more than the clothing and other items they have when they leave prison. You will need to eat and get around. You might get lucky and find a job quickly, but there are no guarantees. A good savings plan now can help you figure out what kind of money you will need to get started on a life outside prison.

How much money do you have right now in your inmate account?	\$
How much money do you have in your outside savings/ checking?	\$
How much money do you have in other types of assets?	\$
Add it all up to figure out how much money you have.	\$

How much are you spending right now on your personal needs? Write down how much each month you spend on canteen and how you usually spend your money.

Employment

When you leave prison, you will find you have some ability, talent and skill for a variety of jobs. What are you looking for in a job?

- Good wages
- Benefits – vacation pay, health insurance, etc.
- Hours that suit your needs, not those of the employer
- Work that you actually like doing
- Opportunities for more training and advancement

Every one of us is good at something. You may be well aware of your skills and talents, even if you have never seriously used them. In the space below, write down what you are thinking about and where you would like your job to take

I am most interested in the field of:

- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> Construction | <input type="checkbox"/> Food service | <input type="checkbox"/> Repair/Maintenance |
| <input type="checkbox"/> Clerical | <input type="checkbox"/> Production | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Sales | <input type="checkbox"/> Retail | <input type="checkbox"/> Wood work/Carpentry |
| <input type="checkbox"/> Laborer | <input type="checkbox"/> Painting | <input type="checkbox"/> Plumbing |
| <input type="checkbox"/> Cleaning | <input type="checkbox"/> Hairdressing | <input type="checkbox"/> Lawn care |
| <input type="checkbox"/> Other, please identify _____ | | |

Three jobs that would get me started in that field are:

1.
2.
3.

Three jobs that I can aim for are:

1.
2.
3.

Three ways I can start preparing for this type of work are:

1.
2.
3.

Recreation/Leisure Time

Boredom and lack of structure in your day are two of the biggest triggers for recidivism and relapse. While you are in prison, your day is planned out for you. Once you are on the outside, what are you going to do with your time? If you do not follow through on plans to participate in healthy and productive activities, you might get right back into a cycle of negative and destructive behaviors. Use the space below to identify healthy and productive activities that you can participate in once you are released. Try to think of activities you can start doing now and can continue doing once you are released.

What	Where	When	How often

Chemical Dependency Treatment/Aftercare

For many individuals, some form of chemical dependency treatment, aftercare and/or support group in the community will be helpful. For some of you, it may be mandatory. If you participated in a treatment program while incarcerated, you learned a variety of new attitudes, behaviors and skills. You will need to continue to practice those new skills, behaviors and attitudes when you are released in order to remain clean and sober. In the space below, identify treatment programs, aftercare programs, and/or support groups that you might attend in your community. If you need help with locating an appropriate program, please talk to the transition coordinator, case manager, or release planner.

Chemical dependency treatment programs
Chemical dependency aftercare programs

Support System

Successful reintegration into the community often depends on having a good support system. A good support system is not just family and friends. A good support system includes a wide variety of individuals. Fill in the names of those people below. Identify the names of your supportive friends and family and their relationship to you. Include your agent, sponsors, AA/NA community support, family, friends, etc.

Name	Telephone	Relationship to you