# Re-Entry Roadmap

**Ready in 15 Hours**

<table>
<thead>
<tr>
<th><strong>Content Areas</strong></th>
<th>40 Re-Entry Pain Points</th>
<th>Basic Needs</th>
<th>Job Search</th>
<th>Health</th>
<th>Finances</th>
<th>Etc.</th>
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<tr>
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</tbody>
</table>
Need for a …

User Friendly

Relevant

Timely

Actionable

Transportable …Approach
Quick Overview

How It Works

1. Watch a video lecture
2. Complete task lists & personal details that prioritise ‘to dos’:
   - Task No
   - Video Lecture
   - Time Period to Take Action
   - Difficulty of the Task
   - Name of the Task
   - Key Question
   - Sub-Tasks
   - Personal Details

3. Tackle urgent problems for:
   - Pre-Release
   - First 72 Hours After Release
   - Weeks 1-8 After Release

4. Use a visual timeline, task lists, and over 150 web resources after release

Dozens of Topics Covered

- My Toolbox/Assets
- Coping Skills
- Emergency Plan
- Goals
- Key Documents
- Transportation
- Housing
- Communication
- Mail & Paperwork
- Credentials
- Job Search Prep
- Clothes
- Look for Work
- Skill Development
- Student Aid
- Personal Care
- Daily Routine
- Work Readiness
- Work Mentor
- Parole
- Legal Counsel

- Consequences
- Benefit Enrollment
- Banking
- Personal Budget
- Debt Repayment
- Child Relationships
- Child Support
- Childcare
- Keeping a Journal
- Trusted Advisor
- Thought Patterns
- Family and Friends
- Spiritual Growth
- Healthy Recreation
- Counseling and Support
- Food Assistance
- Mental Health
- Healthcare & Insurance
- Exercise Routine
Super Practical

Goals for Instruction

- Vocabulary
- Basic Process
- Take-Aways

All Topics at a 7th Grade Level
Step-by-Step

Class Sessions

Tablet Self-Paced

Or

Facilitated By Anyone

90- Minute Class Flow

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>:05</td>
<td>Introduction</td>
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<td>Video Segment 1</td>
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# RE-ENTRY ROADMAP TIMELINE

The color coding and **TASK No. & STATUS** column shows Tasks grouped by module. Review each Task in the booklet. Check "No" answers below, and if needed, jot any notes. After learning, shift your focus to ‘down the column,’ like the FIRST 72 HOURS.

<table>
<thead>
<tr>
<th>MODULE</th>
<th>TASK No. &amp; STATUS</th>
<th>PRE RELEASE</th>
<th>FIRST 72 HOURS</th>
<th>WEEKS 2-4</th>
<th>WEEKS 3-4</th>
<th>WEEKS 5-6</th>
<th>WEEKS 7-8 +</th>
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</table>

The ordering of items on the timeline is offered as general guidance. Your situation may differ, so consult an advisor.

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**Video Topics & Tasks On a Timeline**

acceleronlearning.com
Parole
Do you fully understand release stipulations and assistance available?

Child Relationship
Are you prepared to build a positive relationship with your child(ren)?

Sub-Tasks
- Get a written copy of release stipulations and assistance options. Read carefully, several times, and ask questions about things you don’t understand.
- Think about any obstacles you face in following the instructions, meeting the conditions, and in paying required fees. Include the cost of fees in your budget.
- Take advantage of optional assistance programs, especially if you struggle with addiction or would benefit from counseling and additional support.
- Keep the contact information for your parole/probation officer in your wallet or purse, and be sure you have a way to/from all scheduled appointments.

Personal Details
- I have read and fully understand release stipulations/requirements:
  - Yes
  - No
  - Most Difficult Req: __________________________

  WARNING: If the answer is "NO", go read them! Ask questions about instructions, conditions, and fees that are unclear.

- Optional assistance I will participate in (classes etc.): __________________________

- Officer name/phone: __________________________

  TIP: If possible, call and schedule your first appointment before you are released, and make a note of the day/time.

  Report in days/times: __________________________

  TIP: Be sure you have reliable transportation to/from appointments, and call if you will be late.

Difficulty: Complex
Page 7

Sub-Tasks
- Consider how frequently you will be able to see your child(ren), especially due to legal constraints (e.g., limited visitation). Be sure to PACE yourself based on the expected frequency and amount of time spent together.
- Plan a fun way to spend your first visit together, but keep it simple. You want to help break the ice, but remember, kids need YOU more than fancy gifts/ outings.
- Practice (out-loud) your age-appropriate answers to questions about your incarceration, and mentally prepare to listen to your child(ren)’s concerns.
- Visit www.preoptparent.com or enroll in classes if you need additional help with parenting.

Personal Details

TIP: Take time to learn about your child. A fun way to discover interests is by writing a story together (each of you write a chapter and mail it back and forth).

  - Ideas for time together:
    - Share a meal
    - Sport/game
    - Hobby/play
    - Other: __________________________

  - Prepared to answer age-appropriate questions about incarceration:
    - Yes
    - No

  - Ready to listen/to/accept my child(ren)’s concerns:
    - Yes
    - No

  - Prepared to provide ongoing care, consistency, comfort, and discipline:
    - Yes
    - No

Difficulty: Average
Page 9

Step-by-Step Problem Solving
acceleronlearning.com
FREE website for the family or friends of the returning citizen:

- State-specific resources
- A re-entry checklist
- Over 100+ helpful links
- How to be most helpful with the Re-Entry process
- Helping with Hurdles (30 min. video)
Upon release, opt-in on a mobile phone to receive a programmed series of re-entry related texts.

1. Messages help you “work the Re-Entry Roadmap plan,” reinforce positive behaviors, and offer timely resources.

Quick Wins

NBUG: No Routine = No Job. Daily, one hour each: Research, tailor resume to job, apply, follow-up, & build a new skill. Job boards:
bit.ly/nbugjob

Timely Info

NBUG: We are the company we keep. Change people, places, & things around you to avoid bad habits. Say "no" like you mean it & repeat as needed!

Reminders

NBUG: Ryan, checking in. I know you've been really busy, but when did you last look at that Re-Entry Roadmap? It misses you! Resources at reentryhelp.com

Product Features

- Custom messages & schedule
- Point to localized resources
- Distinct phone #s by population
- Expert message design from in-house psychologists, LPCs & MSWs
- Stand-alone or custom messaging
Tons of Helpful

Resources & Tools

• Topic Setup & Context
• Discussion Questions
• Activities & Handouts
• Quizzes & Keys
• Slides & Transcripts
• Spaced Retrieval Practice
• Success Trait Mapping
• Marketing Flyers
• Certificate Templates
• Re-Entry Help Website
To run the course, you’ll also need...

- TV or projector/speakers
- Internet or DVD player
- Access to a photocopier
- Pencils or pens
- Tables and chairs
Piloted & Tested

Development Contributors

Teachers
Research
Corrections
Returning Citizens
Subject Matter Experts
Employers

MTC Management & Training Corporation
<table>
<thead>
<tr>
<th>Shaping Your Future</th>
<th>Building Resilience</th>
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</thead>
<tbody>
<tr>
<td>Getting a Fresh Start</td>
<td>Dealing with Guilt &amp; Shame</td>
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<tr>
<td>Having Realistic Expectations</td>
<td>Dealing with Failure</td>
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<tr>
<td>Celebrating Small Success</td>
<td>Improving Self Esteem</td>
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<td>Developing Plan B</td>
<td>Building Support</td>
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<td>Maintaining Focus</td>
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<td><strong>Making Smart Decisions</strong></td>
<td><strong>Gaining Trust</strong></td>
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<tr>
<td>Asking For/Accepting Help</td>
<td>Accepting Authority</td>
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<tr>
<td>Knowing Your Limits</td>
<td>Demonstrating Integrity</td>
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<td>Using Influence to Your Advantage</td>
<td>Being Accountable</td>
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<tr>
<td>Gaining Self Control</td>
<td>Finishing What You Start</td>
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<td><strong>Developing Work Ethic</strong></td>
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<tr>
<td>Taking Ownership</td>
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<td>Valuing Work</td>
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<tr>
<td>Avoiding Easy Street</td>
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</table>

**Topics Fortified with Success Traits**

- Accepting Authority
- Demonstrating Integrity
- Being Accountable
- Finishing What You Start
- Helping Others

- Shaping Your Future
- Building Resilience
- Making Smart Decisions
- Gaining Trust
- Finding Purpose

Taking Ownership
Valuing Work
Avoiding Easy Street

Knowing Your Limits
Using Influence to Your Advantage
Gaining Self Control
Thinking Critically
Finding Mentors & Role Models
Using the Power of Choice

Success Traits

- Making Smart Decisions
- Gaining Trust
- Finding Purpose
Parole, Probation, & Employer Friendly

Certifications