

Post Release Plan

Community Support

Probation Housing: Abuelita Apartment 0.5 km Carr 106
(to be released to) Izzi Clawson {636-515-3151}

Mentor: Alicia {401-234-7022}

Property Retrieval Support: Vianca Santiago Cancel
{787-504-5063}

Rapid Re-Housing (HUD/ESG) (long term, 1-6 weeks)
DV/Crisis Housing (short term)

Mental Health Diversion: trauma-informed treatment
and DBT skills training

Financial Health: Request a copy of the deed of father's
house from the Registro de la Propiedad, as well as a
court order to recognize co-ownership. Request a
temporary order for Laleika Vázquez Seda (sister) to pay
monthly compensation

Phone Tree

IZZI

VIANCA

EDMARIE

ANTONIO

ALICIA

JOHNNY

GABBY

BRYAN

we do not know who they are going to call if she is released. If you are called please let Izzi know to coordinate bringing her back to Maya.

IDEAL PLAN:

someone gets called jan 21st > Relay info to izzi > Izzi calls Bryan to pick Lana up since Bryan lives closer > vianca drives izzi to go pick up lana

Alternative: Alicia or Edmarie drive izzi to get lana

REINTEGRATION PLAN

Day 1: *Breathe.* There are going to be many steps ahead. You taking care of you will help those things fall into place easier. Take at least a day to allow your body to adjust to feeling safe.

Day 2: *First Steps.*

Day 3-4: *Intentional Reset.* Prioritize emotional healing. DBT workbook practices, art therapy, trip to the river

Day 5: *Gaining Momentum.* Make three month plan

Day 6: *Setting the Pace.* Make appointments with the therapy center and psychiatrist. (check on the temporary order for the monthly house compensation)

OTHER RESOURCES

Food Stamps: \$200 a month. will apply for promptly

Health Insurance: already has public health insurance

NERVOUS SYSTEM RESET

Currently being planned