

# Post Release Plan

## Community Support

**Temporary Housing:** Izzi's Apartment 3.5 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 21<sup>st</sup> > 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.* Contact the social worker about Re-Housing (lawyer will arrange property retrieval and Vianca will pick it up within the next couple days)

**Day 3-4:** *Weekend Reset.* Practical things are less accessible these days so you have the opportunity to prioritize emotional healing. DBT workbook practices, art therapy, trip to the river

**Day 5:** *Gaining Momentum.* Check in with the social worker about re-housing. Address school things and reintegrating into thesis project. 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**