



Life After Release Planning Kit

Comprehensive Resource Guide from Forward Horizon

Supporting your journey to stability, independence, and success

Life After Release Planning Kit

Your Complete Re-entry Success Guide

A comprehensive planning toolkit from Forward Horizon for individuals returning to the community after incarceration

Table of Contents

1. [90-Day Re-entry Plan](#)
 2. [Essential Documentation](#)
 3. [Housing Options and Strategies](#)
 4. [Employment Preparation](#)
 5. [Financial Planning and Benefits](#)
 6. [Legal Rights and Responsibilities](#)
 7. [Health and Wellness](#)
 8. [Building Support Networks](#)
 9. [Forward Horizon Re-entry Program](#)
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90-Day Re-entry Plan

First 72 Hours: Immediate Priorities

Day 1-3 Critical Tasks:

- ☐ Secure temporary housing (shelter, family, program)
- ☐ Report to parole/probation officer (if required)
- ☐ Obtain identification documents
- ☐ Get essential medications (if needed)
- ☐ Contact emergency support services
- ☐ Connect with re-entry program or case manager

Essential Contacts to Make:

- Parole/probation officer
- Housing program intake
- Social services office
- Healthcare provider
- Family support person
- Transportation resources

First Week (Days 4-7): Stabilization

Priority Actions:

- ☐ Apply for Social Security card replacement
- ☐ Apply for state ID or driver's license
- ☐ Register for public benefits (SNAP, Medicaid)
- ☐ Locate local workforce development office
- ☐ Find local food banks and support services
- ☐ Attend first support group meeting

Documentation to Gather:

- Birth certificate
- Social Security card
- State ID or driver's license
- Medical records from prison
- Educational transcripts or certificates
- Custody release papers

First Month (Days 8-30): Foundation Building

Housing Goals:

- ☐ Secure stable housing (transitional or permanent)
- ☐ Complete housing program applications
- ☐ Establish residency documentation
- ☐ Set up utilities (if needed)
- ☐ Learn neighborhood resources

Employment Preparation:

- ☐ Complete skills assessment
- ☐ Update or create resume
- ☐ Practice interview skills
- ☐ Research second-chance employers
- ☐ Consider job training programs

Health and Wellness:

- ☐ Establish primary care physician
- ☐ Continue necessary medications
- ☐ Schedule dental and eye exams
- ☐ Address mental health needs

- ☐ Join support groups

Days 31-60: Growth and Development

Employment Focus:

- ☐ Begin active job search
- ☐ Apply to job training programs
- ☐ Network with employers
- ☐ Complete any required certifications
- ☐ Consider temporary or part-time work

Life Skills Development:

- ☐ Open bank account
- ☐ Learn public transportation
- ☐ Develop daily routines
- ☐ Practice budgeting and money management
- ☐ Build social support network

Legal Compliance:

- ☐ Maintain all required check-ins
- ☐ Complete community service (if required)
- ☐ Stay current on fines and fees
- ☐ Understand probation/parole conditions
- ☐ Avoid prohibited areas and activities

Days 61-90: Independence Building

Goals for Stability:

- ☐ Secure steady employment
- ☐ Establish independent housing plan
- ☐ Build emergency savings
- ☐ Strengthen family relationships
- ☐ Maintain sobriety (if applicable)

Long-term Planning:

- ☐ Set 6-month and 1-year goals
- ☐ Plan for education or training
- ☐ Consider expungement or record sealing
- ☐ Build credit history

- ☐ Develop career advancement plan
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Essential Documentation

Primary Identity Documents

Social Security Card:

- Apply at local Social Security office
- Bring ID and proof of citizenship/legal status
- Processing time: 10-15 business days
- No cost for replacement

Birth Certificate:

- Contact vital records office in birth state
- May require mail-in application
- Fee: \$10-\$50 depending on state
- Processing time: 2-4 weeks

State ID or Driver's License:

- Visit DMV with required documentation
- May need to take written/road test
- Fee: \$20-\$50 for ID, \$50-\$100 for license
- Some states offer fee waivers for returning citizens

Supporting Documents

Documents from Incarceration:

- Release papers/certificate
- Medical records
- Educational transcripts
- Vocational training certificates
- Good time credit documentation

Legal Documents:

- Court orders
- Probation/parole conditions
- Custody documents (if applicable)
- Child support orders
- Civil judgment documents

Documentation Strategy:

- Make copies of all documents
 - Store originals in safe place
 - Carry copies for daily needs
 - Organize in folders by category
 - Update addresses on all documents
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Housing Strategies

Emergency Housing Options

Immediate Shelter:

- Homeless shelters (usually 30-day limit)
- Emergency transitional housing
- Faith-based emergency housing
- Family or friend temporary stay
- Salvation Army or similar organizations

Re-entry-Specific Housing:

- Halfway houses or transitional housing
- Sober living homes (if needed)
- Re-entry programs with housing
- Veterans housing (if veteran)
- Second-chance housing programs

Transitional Housing Programs

Benefits of Transitional Housing:

- Structured environment with support
- Case management services
- Life skills training
- Job placement assistance
- Peer support from other residents

Types of Programs:

- 3-6 month transitional programs
- Long-term supportive housing (1-2 years)
- Rapid rehousing with rent assistance
- Shared housing with other returning citizens
- Family reunification programs

Permanent Housing Options

Rental Market Strategies:

- Look for second-chance housing programs
- Consider private landlords over large companies
- Offer larger security deposit
- Get references from employers or programs
- Be honest about background when asked

Application Tips:

- Apply to multiple places
- Have all documentation ready
- Include employment verification
- Provide references from re-entry programs
- Consider co-signer if available

Housing Assistance Programs:

- Section 8 housing vouchers
 - Public housing (limited eligibility)
 - USDA rural housing
 - Local housing assistance programs
 - Faith-based housing ministries
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Employment Preparation

Skills Assessment

Inventory Your Skills:

- ☐ Work experience before incarceration
- ☐ Skills learned during incarceration
- ☐ Education and training completed
- ☐ Personal interests and strengths
- ☐ Physical abilities and limitations

Prison Work/Education Experience:

- Food service and kitchen management
- Maintenance and repair skills
- Manufacturing and assembly
- Landscaping and groundskeeping
- Office and clerical work

- Custodial and cleaning services

Resume Development

Resume Sections:

- Contact information
- Professional summary
- Skills and qualifications
- Work experience
- Education and training
- References

Addressing Employment Gap:

- Focus on skills gained during incarceration
- Use years only (not specific dates)
- Highlight education and training
- Include volunteer work or programs
- Be prepared to explain honestly when asked

Job Search Strategies

Second-Chance Employers:

- Companies with "ban the box" policies
- Small businesses and local employers
- Construction and manufacturing companies
- Food service and hospitality
- Warehouse and logistics companies

Online Resources:

- Jobs for Felons Hub
- American Job Centers
- Indeed.com "fair chance" employers
- Local workforce development boards
- Re-entry organization job boards

Networking Approaches:

- Attend job fairs
- Join professional associations
- Connect with re-entry alumni
- Volunteer in your field of interest
- Ask for informational interviews

Interview Preparation

Common Questions to Practice:

- "Tell me about yourself"
- "Why do you want this job?"
- "What are your strengths?"
- "Where do you see yourself in 5 years?"
- "Do you have any questions for us?"

Addressing Background Questions:

- Be honest but brief
- Focus on what you learned
- Emphasize your commitment to change
- Highlight skills and qualifications
- Show enthusiasm for the opportunity

Interview Tips:

- Dress professionally
 - Arrive 10-15 minutes early
 - Bring copies of resume and references
 - Make eye contact and smile
 - Send thank-you note after interview
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Financial Planning and Benefits

Public Benefits

SNAP (Food Stamps):

- Apply within first week of release
- Benefits available same day in some states
- No waiting period for returning citizens
- Amount based on household size and income

Medicaid:

- Healthcare coverage for low-income individuals
- Apply at local social services office
- Coverage includes doctor visits, prescriptions, mental health
- May be suspended during incarceration, can be reinstated

TANF (Temporary Assistance for Needy Families):

- Cash assistance for families with children

- Work requirements in most states
- Time limits on benefits
- Drug felony restrictions in some states

Social Security Disability:

- For individuals unable to work due to disability
- Benefits suspended during incarceration
- Can be reinstated upon release
- Apply for reinstatement immediately

Banking and Credit

Opening a Bank Account:

- Choose credit unions or community banks
- Bring required identification
- Start with basic checking account
- Avoid banks that use ChexSystems if you have banking history issues
- Consider second-chance banking programs

Building Credit:

- Apply for secured credit card
- Make small purchases and pay off monthly
- Consider credit-builder loans
- Pay all bills on time
- Monitor credit report regularly

Money Management Tips:

- Create and stick to a budget
- Pay housing and transportation first
- Save at least 10% of income
- Avoid payday loans and check cashing fees
- Use cash for discretionary spending

Sample Monthly Budget

Income: \$1,200/month

- Housing: \$480 (40%)
- Food: \$180 (15%)
- Transportation: \$120 (10%)
- Utilities: \$100 (8%)
- Phone: \$50 (4%)

- Personal care: \$40 (3%)
 - Savings: \$120 (10%)
 - Miscellaneous: \$110 (10%)
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Legal Rights and Responsibilities

Understanding Your Probation/Parole

Common Conditions:

- Regular reporting to officer
- Maintain employment or seek employment
- Avoid contact with victims
- Stay away from certain areas
- No drug or alcohol use
- Allow searches of person and property

Reporting Requirements:

- Monthly in-person visits
- Phone check-ins as required
- Notify of address changes immediately
- Report arrests or police contact
- Provide employment verification

Violation Consequences:

- Verbal warning
- Increased reporting requirements
- Community service
- Electronic monitoring
- Short jail stays
- Return to prison

Restoring Rights

Civil Rights Restoration:

- Voting rights (varies by state and felony type)
- Right to serve on jury
- Right to hold public office
- Right to obtain professional licenses
- Right to adopt children

Process for Restoration:

- Automatic restoration in some states
- Application process in others
- May require completion of sentence
- Some rights restored upon release
- Consult with attorney if needed

Expungement and Record Sealing

Eligibility Requirements:

- Completion of sentence including parole
- Payment of all fines and fees
- No new arrests or convictions
- Waiting period (varies by state)
- Type of offense matters

Benefits of Expungement:

- Improved employment opportunities
- Better housing options
- Educational opportunities
- Professional licensing
- Peace of mind

Application Process:

- File petition with court
- Pay filing fees (may be waived)
- Attend hearing if required
- Wait for court decision
- Follow up on implementation

Health and Wellness

Physical Health

Immediate Healthcare Needs:

- Continue prescription medications
- Address chronic conditions
- Get updated vaccinations
- Screen for communicable diseases
- Dental and vision care

Finding Healthcare:

- Community health centers
- Free clinics
- Medicaid providers
- Planned Parenthood (reproductive health)
- County health departments

Preventive Care:

- Annual physical exam
- Blood pressure and diabetes screening
- Cancer screenings (age appropriate)
- Dental cleaning and exam
- Eye exam and glasses if needed

Mental Health

Common Challenges:

- Adjustment to freedom
- Anxiety and depression
- Post-traumatic stress
- Substance abuse issues
- Family relationship stress

Mental Health Resources:

- Community mental health centers
- Support groups (NA, AA, others)
- Counseling services
- Psychiatric medication management
- Crisis intervention services

Coping Strategies:

- Develop daily routines
- Practice stress management
- Exercise regularly
- Maintain sleep schedule
- Build positive relationships

Substance Abuse Recovery

If You're in Recovery:

- Find local AA/NA meetings
- Get a sponsor

- Attend meetings regularly
- Work the steps
- Avoid people, places, and things associated with use

Treatment Resources:

- Outpatient counseling
- Intensive outpatient programs
- Medication-assisted treatment
- Sober living homes
- Peer support groups

Relapse Prevention:

- Identify triggers
 - Develop coping skills
 - Build sober support network
 - Create emergency plan
 - Stay connected to treatment
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Building Support Networks

Family Relationships

Rebuilding Trust:

- Be patient with family members
- Show change through actions
- Keep commitments you make
- Respect boundaries
- Consider family counseling

Parenting Challenges:

- Understand children may be angry or distant
- Focus on being consistent and reliable
- Respect custodial arrangements
- Work with other parent or guardian
- Consider parenting classes

Managing Expectations:

- Family dynamics may have changed
- Not everyone will be supportive
- Relationships take time to rebuild

- Focus on those who are supportive
- Don't force reconciliation

Community Connections

Faith-Based Support:

- Local churches, mosques, synagogues
- Prison ministry continuation
- Community service opportunities
- Spiritual counseling
- Fellowship and belonging

Volunteer Opportunities:

- Community organizations
- Faith-based service projects
- Youth mentoring programs
- Animal shelters
- Environmental projects

Social Activities:

- Recreation centers
- Library programs
- Community colleges
- Sports leagues
- Hobby groups

Professional Networks

Industry Associations:

- Trade organizations
- Professional development groups
- Networking events
- Mentorship programs
- Continuing education

Workforce Development:

- American Job Centers
- Local workforce boards
- Career counseling services
- Skills training programs
- Apprenticeship programs

Forward Horizon Re-entry Program

Our Comprehensive Approach

At Forward Horizon, we understand that successful re-entry requires more than just housing—it requires a comprehensive support system that addresses every aspect of your transition back to the community.

Core Services:

- Safe, affordable housing
- Case management and support services
- Employment assistance and job training
- Life skills development
- Legal aid and advocacy
- Mental health and substance abuse support
- Family reunification services

Program Structure

Phase 1: Stabilization (0-3 months)

- Secure housing placement
- Complete comprehensive assessment
- Develop individualized service plan
- Address immediate needs (ID, benefits, healthcare)
- Connect with community resources

Phase 2: Development (3-12 months)

- Employment search and placement
- Skills training and education
- Financial literacy and budgeting
- Legal compliance support
- Building support networks

Phase 3: Independence (12-24 months)

- Transition to permanent housing
- Advanced employment or education
- Leadership roles in program
- Alumni support network
- Continued case management as needed

Specialized Services

Employment Support:

- Resume writing and interview skills
- Job placement assistance
- Employer partnerships
- Skills assessment and training
- On-the-job support and advocacy

Legal Assistance:

- Help with documentation
- Understanding legal obligations
- Record expungement assistance
- Family law issues
- Immigration support (if needed)

Life Skills Training:

- Financial literacy and banking
- Technology and computer skills
- Communication and conflict resolution
- Parenting and family relationships
- Health and wellness education

Our Commitment

Forward Horizon is committed to providing:

- Individualized support plans for each resident
- 24/7 access to case management and crisis support
- Evidence-based re-entry practices and programming
- Long-term support (up to 2 years) during your transition

What Makes Forward Horizon Different:

- Individualized approach to each resident
- Long-term support (up to 2 years)
- Comprehensive wraparound services
- Strong community partnerships
- Evidence-based re-entry practices
- Alumni support network

Application Process

Step 1: Initial Contact

- Call our intake line: (626) 603-0954
- Speak with intake coordinator

- Complete phone screening
- Discuss program requirements

Step 2: Pre-Release Planning (if still incarcerated)

- Complete application packet
- Participate in video interview
- Develop release plan
- Coordinate pickup on release day

Step 3: Admission and Intake

- Move into program housing
- Complete comprehensive assessment
- Meet with case manager
- Begin program services

Emergency Resources and Contacts

Crisis Support

National Suicide Prevention Lifeline: 988

- 24/7 crisis counseling
- Local crisis center referrals
- Follow-up support services

Crisis Text Line: Text HOME to 741741

- 24/7 text-based crisis support
- Trained crisis counselors
- Anonymous and confidential

National Domestic Violence Hotline: 1-800-799-7233

- Safety planning
- Local resource referrals
- Emergency shelter assistance

Legal Assistance

National Re-entry Resource Center: www.nationalre-entryresourcecenter.org

- State-specific re-entry information
- Legal resources and tools
- Policy updates and advocacy

Legal Aid Society: (Look up local office)

- Free legal assistance for low-income individuals
- Housing, benefits, and family law
- Record expungement assistance

Benefits and Services

Benefits.gov: www.benefits.gov

- Benefit eligibility screening
- Application assistance
- Local office locator

211 (Dial 2-1-1): Information and referral service

- Local resource information
 - Emergency assistance
 - Program eligibility screening
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Re-entry Success Checklist

First Week Priorities

- ☐ Secure temporary housing
- ☐ Report to probation/parole officer
- ☐ Apply for Social Security card
- ☐ Apply for state ID
- ☐ Register for public benefits
- ☐ Find healthcare provider
- ☐ Connect with re-entry program

First Month Goals

- ☐ Secure stable housing
- ☐ Complete job skills assessment
- ☐ Begin job search or training
- ☐ Establish banking relationship
- ☐ Build daily routine
- ☐ Connect with support groups
- ☐ Strengthen family relationships

Three Month Objectives

- ☐ Secure stable employment
- ☐ Maintain housing stability
- ☐ Build emergency savings
- ☐ Complete life skills training
- ☐ Establish strong support network
- ☐ Plan for long-term goals
- ☐ Maintain legal compliance

Long-term Vision (6-12 months)

- ☐ Achieve financial stability
 - ☐ Consider permanent housing
 - ☐ Pursue education or training
 - ☐ Build healthy relationships
 - ☐ Consider record expungement
 - ☐ Give back to community
 - ☐ Plan for continued growth
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Contact Information

Forward Horizon Re-entry Program

- Phone: (626) 603-0954
- Website: theforwardhorizon.com
- Email: re-entry@theforwardhorizon.com
- Address: [Program Address]

24/7 Emergency Numbers:

- Crisis Line: 988
 - Crisis Text: Text HOME to 741741
 - Domestic Violence: 1-800-799-7233
 - Local Emergency: 911
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Your past does not define your future. Every day is a new opportunity to build the life you want. We believe in your ability to succeed, and we're here to support you every step of the way.

Remember: Re-entry is challenging, but you are not alone. With the right support, planning, and commitment, you can build a successful, fulfilling life in the community. Take it one day at a time, and don't be afraid to ask for help when you

need it.

Contact Forward Horizon

Phone: (555) 123-4567

Website: theforwardhorizon.com

Email: info@theforwardhorizon.com

This guide is provided as a resource to support your journey. For the most current information and personalized assistance, please contact Forward Horizon directly.