



Please Note: The information contained in this Worksheet is not intended as legal advice in any individual's case. There are many exceptions and variations in the parole consideration process. If you have questions, please consult with an experienced parole attorney.

This Worksheet was created to provide an example of how a Parole Plan can be written and organized. Instructions are highlighted in grey while examples are shown in boxes. The examples included are intended to get you started, to provide inspiration, and are meant to be personalized as much as possible. Please also keep in mind that there are many ways to create an effective Parole Plan, and the format shown below is only one example of how it can be done. You should feel free to create a Parole Plan that looks different from the Worksheet below and that may not cover all of the topics and details included below. The goal of this Worksheet is to help you think through and plan for what your life on the outside will look like as robustly as possible. Once you have read through and filled in your answers on this Worksheet, copy your answers onto separate pieces of paper.

Last, we recognize that this is a lengthy Worksheet that may feel overwhelming to engage with and that may raise difficult emotions. Feel to read and work on this Worksheet as slowly as you need, while taking care of yourself.

PAROLE PLAN

By: [Name]

INTRODUCTION

Start your Parole Plan with a short introduction. Your introduction should explain: (1) the purpose of your parole plan and (2) why having one is important to you.

Example

The purpose of this parole plan is to ensure that my reentry into the community after ... years of incarceration is safe and supported. I have been in prison for many years, so I understand why it is important for me to have plans to ... Once I am released, my goal(s) is (are) to...

PAROLE PLANS & GOALS TIMELINE

Before Release: Some Parole Plans include a section covering what you will do in the days immediately prior to your release from prison to ensure your transition into the community goes as smoothly as possible.

Immediate Goals (1-2 Months): Some Parole Plans include a section that outlines your immediate needs after you are released. Some immediate needs may include: contacting your parole officer, checking into a transitional housing facility, getting a bus pass or figuring out public transportation, applying for health care or food stamps, locating AA or NA meetings, connecting with a sponsor or loved one, attending a transitional job program, buying a cell phone, or obtaining official documents such as an ID, birth certificate, or social security card.

Intermediate Goals (2-5 Months): Some Parole Plans include a section that builds on your immediate needs, and details how you are going to maintain a stable lifestyle. For example, it might include steps such as: continued attendance in support groups, finding a therapist, opening a bank account, getting a driver's license, maintaining contact with your parole officer, seeing a doctor, researching housing opportunities, obtaining career advice and starting a job, learning how to use technology, exercising regularly, and continued connection with your loved ones.

Long-Term Goals (6+ Months): *Some Parole Plans include a final section that outlines your long-term vision and dreams. When you envision yourself a few years from now, what does your life look like? Do you have your own apartment and transportation? Do you have your own business? Are you giving back to your community? Do you have a family? Think about the steps that you will need to take to make those dreams a reality as specifically as possible. Long-term goals could include: enrolling in school or a vocational program, starting your own business, working towards a promotion at work, volunteering time to mentor youth, saving money for a down payment on a house, and getting married.*

Try and list a goal or action you can take related to each of the following categories: parole, housing, employment and/or education, finances, benefits and public services, health care, transportation, programming, and support network. If you cannot list a goal or action you can take for each category, that is completely okay!



Parole

Before Release


Example: Contact my Parole Officer


- *Include information about how you will obtain this contact information (address and phone number), why contacting your parole officer is important to you, and what type of relationship you hope to have with your parole officer.*


Immediate Goals (1-2 Months)


Example: Check-in with my Parole Officer



- *Include information about the possible date, time, and location of this appointment, why checking-in with your parole officer is important to you, and what type of relationship you hope to have with your parole officer.*


	<p>Intermediate Goals (2-5 Months) <u>Example:</u> Maintain a positive relationship with my Parole Officer</p> <ul style="list-style-type: none"> • <i>Include information about how often you plan to meet with your Parole Officer, what type of information you plan to share with them, and what steps you will take to ensure that you have a positive working relationship.</i> <p>Long-Term Goals (6+ Months) <u>Example:</u> Meet with my Parole Officer to understand requirements for discharging parole within a year</p> <ul style="list-style-type: none"> • <i>Include any information about your goals related to parole discharge and parole transfer (if applicable). Include information about why discharging from parole is important to you or furthers your long-term goals.</i>
 Housing	<p>Before Release <u>Example:</u> Contact my housing provider and confirm my residence</p> <ul style="list-style-type: none"> • <i>Include information about where you will be living and why. Include your housing provider's contact information (address and phone number).</i> <p>Immediate Goals (1-2 Months) <u>Example:</u> Begin living at my housing provider</p> <ul style="list-style-type: none"> • <i>Include information about where you will be living and why. Include your housing provider's contact information (address and phone number). Include information about what services at your</i>


	<p><i>housing provider that you plan to take advantage of.</i></p> <p>Intermediate Goals (2-5 Months) <u>Example:</u> Continue living at my housing provider and begin planning for housing after completion of program</p> <ul style="list-style-type: none"> • <i>Include information about how long you plan to live at your housing provider, what type of housing you hope to live in afterwards, and the steps you will take to find and secure a new residence (look at rental listings, save money for a deposit, etc.)</i> <p>Long-Term Goals (6+ Months) <u>Example:</u> Move into an apartment and begin saving to purchase a home</p> <ul style="list-style-type: none"> • <i>Include information about where you want to move after your transitional housing and why; what are your long-term goals related to housing and what actions can you take to support those goals?</i>
 <p>Support Network</p>	<p>Before Release <u>Example:</u> Contact my support network to ensure I have a ride to my new residence</p> <ul style="list-style-type: none"> • <i>Include contact information (address and phone number) for the person or organization who will pick you up at the gate and drive you to your housing provider.</i> <p>Immediate Goals (1-2 Months) <u>Example:</u> Immediately contact my sponsor</p>

	<ul style="list-style-type: none"> • <i>Include information about who your sponsor is and their contact information (address and phone number). Include why contacting your sponsor immediately upon release is important to you.</i> <p>Intermediate Goals (2-5 Months) <u>Example:</u> Meet regularly with my sponsor and begin rebuilding my relationships with family members</p> <ul style="list-style-type: none"> • <i>Include information about how often you will meet with any support people or family members, under what circumstances you will meet with people (family gatherings, one-on-one, with support people, with a therapist, etc.), and any events that may support you and foster your community</i> <p>Long-Term Goals (6+ Months) <u>Example:</u> Continue regularly meeting with my sponsor and host regular family gatherings at my apartment</p> <ul style="list-style-type: none"> • <i>Include information about how often you will meet with any support people or family members and the types of relationships you hope to have with members of your community. What are your long-term goals related to your support network and what actions can you take to support those goals?</i>
 Employment and/or Education	<p>Before Release <u>Example:</u> (If you have secured a job offer) Contact my employer to let them know when I will be released, and make plans for when I might start working</p>

	<ul style="list-style-type: none"> • <i>Include contact information (address and phone number) for your prospective employer.</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to employment and/or education change from your goal prior to release? If so, include that change.</p> <p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to employment and/or education change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to employment and/or education change from your intermediate goals(s)? If so, include that change.</p>
 <p>Finances</p>	<p>Before Release <u>Example:</u> (Whether you have a job offer or not) I have planned to support myself financially upon my release by...</p> <ul style="list-style-type: none"> • <i>Are you eligible for public benefits? Do you have letters of support from a person/people who have offered you financial support during your transition? Does your transitional housing offer temporary financial support? Do you have any savings?</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to finances change from your goal prior to release? If so, include that change.</p>

	<p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to finances change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to finances change from your intermediate goals(s)? If so, include that change in.</p>
 <p>Benefits & Public Services</p>	<p>Before Release <u>Example:</u> Before my release I will talk to ... to determine whether and what benefits I will be eligible for...</p> <ul style="list-style-type: none"> • <i>Include information about who on the inside you can talk to about eligibility for public benefits. What proof of eligibility can you show?</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to benefits and public services change from your goal prior to release? If so, include that change.</p> <p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to benefits and public services change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to benefits and public services change from your intermediate goals(s)? If so, include that change.</p>
 <p>Health Care</p>	<p>Before Release <u>Example:</u> Once I am released, my healthcare provider will be...</p>

	<ul style="list-style-type: none"> • <i>If you have a job offer, will your employer provide healthcare? If you are eligible for public benefits, what do you need to do to set up your healthcare?</i> <p>It is important for me to have a plan to continue my mental health treatment. I have spoken to... and understand that my treatment plan upon release will be...</p> <ul style="list-style-type: none"> • <i>If you have particular mental health needs, what is your plan to ensure you will continue to have the care you need once released? For example, if you are receiving treatment at the CCCMS level of care, you should be sure to take advantage of the pre-release planning the program offers. Include information about how your treatment plan will be transferred to the community.</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to health care change from your goal prior to release? If so, include that change.</p> <p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to health care change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to health care change from your intermediate goals(s)? If so, include that change.</p>
 Transportation	<p>Before Release <u>Example:</u> I will have access to transportation upon release by...</p>

	<ul style="list-style-type: none"> • <i>Consider where your transitional housing program is and where you will need to go: parole office, doctor appointments, work, etc. Will you be using public transportation? Do you have access to a vehicle?</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to transportation change from your goal prior to release? If so, include that change.</p> <p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to transportation change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to transportation change from your intermediate goals(s)? If so, include that change.</p>
 <p>Programming</p>	<p>Before Release</p> <p><u>Example:</u> I am committed to continuing my self-help so that I make sure I set myself up to deal with reentry in a healthy way. I will continue to attend... program(s).</p> <ul style="list-style-type: none"> • <i>Include information about what self-help programs you will participate in after you are released. Are you participating in programs through your transitional housing, in the community, or both?</i> <p>Immediate Goals (1-2 Months): Will your immediate goal(s) related to programming change</p>

	<p>from your goal prior to release? If so, include that change.</p> <p>Intermediate Goals (2-5 Months): Will your intermediate goal(s) related to programming change from your immediate goals(s)? If so, include that change.</p> <p>Long-Term Goals (6+ Months): Will your long-term goal(s) related to programming change from your intermediate goals(s)? If so, include that change.</p>
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