

REACHING HEARTS BOUND BY PRISON WALLS

HEARTBOUND

MINISTRIES

POST INCARCERATION RE-ENTRY INFORMATION



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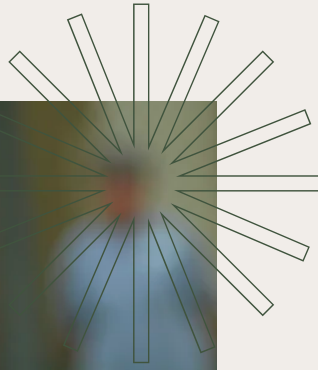
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Information Overview

HeartBound Ministries breaks generational cycles of crime and incarceration by providing purposeful programming to the prison community so that incarcerated people return to their families and communities as transformed individuals. The purpose of this informational resource is to serve as a guide for post-incarcerated individuals. It is meant to help with necessary life skills such as how to budget, file taxes, and apply for a job. While the information in this packet is not exhaustive, it is beneficial and up-to-date information that can help individuals lead a successful life after incarceration.

The Need

Georgia has one of the largest prison systems in the United States and the highest percentage of its population under correctional supervision than any other place in the world. One in 13 Georgians is under some form of correctional supervision; the national average is 1 in 35. Ninety-five percent of offenders will return to our communities. We want them to return CHANGED.



Our Vision

We believe a prison system can be more than just a place where people "serve time." We envision a prison system where lives are healed, transformed, and redeemed. We see a future where the cycle of crime and incarceration is broken, recidivism rates are reduced dramatically, and prisoners are restored to their families, communities, and faith.

Our Mission

HeartBound Ministries is a non-profit outreach organization that provides programs and resources to meet the needs of the prison community -- inmates, their families, and correctional staff -- changing the culture from one of crime and incarceration to hope and restoration. HeartBound believes that a prison system can be more than just a place where people "serve time." We believe a prison system can be a place where lives are healed, transformed, and restored.

A Cost You Didn't Know

If just 1% of Georgia's prison population (530 inmates) are positively impacted through the work of this ministry and do not return to prison, that translates into a savings of almost \$10 million dollars to taxpayers - and fewer crime victims. If 10% were impacted in the same manner, taxpayers would save almost \$100,000,000 annually.



Jobs and Qualifications Breakdown

Job Zone One

(Little or no preparation needed):

Experience- Little or no previous work-related skill, knowledge, or experience is needed for these careers. For example, individuals can become a waiter or waitress without having any previous work experience.

Education- Some of these careers might require a high school diploma or a GED certificate.

Training- Employees in these careers might be required to complete either several days or several months of learning/training. This training is usually conducted by an experienced or advanced employee and is sometimes paid.

Examples- These careers involve following instructions and helping others. It includes food preparation workers, dishwashers, baristas, landscapers and groundskeeping workers, and logging equipment operators.



Job Zone Two

(Some Preparation Needed):

Experience- Some previous work-related skill or experience is usually needed. For example, it would help a bank teller to have experience working with the public/clients.

Education- These careers usually require a high school diploma. To advance to a higher position, it might be necessary to have a bachelor's (undergraduate 4-year) degree.

Training- Employees in these careers must work with experienced employees for several months or up to one year. An apprenticeship program might be available for some of these careers.

Examples- These careers involve using your knowledge and skills to help others. Such careers might include counter and rental clerks, customer service representatives, security guards, upholsterers (fabric craftspersons), and bank tellers.



Job Zone Three

(Medium Preparation Needed):

Experience- Previous work-related skills, knowledge, or experience is needed for these careers. For instance, an electrician must be in an apprenticeship for three to four years or have several years of job training. You might also need to pass a test to get a license or certification to do the job.

Education- Most of these careers require vocational school (trade school) training, on-the-job training, or an associate degree (two years of an undergraduate program).

Training- Employees in these careers need one or two years of training. Both on-the-job experience and informal training with experienced workers may be needed. An apprenticeship program could help one enter one of these careers/job fields.

Examples- These careers typically involve communication and organization skills to coordinate, supervise, or train others. Examples include hydroelectric production managers, travel guides, electricians, agricultural technicians, welders, barbers, court reporters, and medical assistants.



Job Zone Four (High Preparation Needed):

Experience- Long-term work-related skill, knowledge, or experience is needed for these careers. For example, an accountant must complete four years of college in the field to be qualified for the job.

Education- Most of these careers require a four-year bachelor's degree, but some of these careers do not.

Training- Employees in these careers need several years of work-related experience and training. Both on-the-job and classroom job training may be needed.

Examples- Many of these careers involve managing, coordinating, supervising, and training others. Real-estate brokers, sales managers, database administrators, graphic designers, chemists, art directors, and cost estimators.





Job Zone Five

(Extensive Preparation Needed):

Experience- Extensive skill, knowledge, and experience are needed for these careers. Many require more than five years of experience. For example, surgeons must complete four years of college and an additional five to seven years of specialized medical training to be able to do their job.

Training- Employees may need some on-the-job training. However, the person will usually have the needed skills, knowledge, work-related experience, and training before starting the job.

Education- Most of these careers need a graduate school education. They might require a Master's degree, a Ph.D. (doctoral degree), M.D. (medical degree), or a J.D. (law degree).

Examples- These careers often involve coordinating, training, supervising, or managing, the activities of others to accomplish goals. Very advanced communication and organizational skills are required. Examples include pharmacists, lawyers, astronomers, biologists, clergy, neurologists, and veterinarians.





Companies that Hire Ex-Offenders

McDonald's

Starbucks

Coca-Cola

General Mills

Pizza Hut

Ben & Jerry's

(Ice cream)

Walmart

Delta Airlines

American

Airlines

Amazon

Goodwill

Microsoft

Google

Facebook

Gap

Unilever

CVS Health

Prudential

Uber

IKEA

Tyson Foods

Ace

Hardware



Job Search Resources

See here to read more about the above list of jobs for ex-offenders:

<https://www.careeraddict.com/companies-hire-felons>

For help beginning your job search and getting tips on interviewing and networking:

<https://www.careeronestop.org/ExOffender/FindAJob/FindOpenings/who-hire-ex-offenders.aspx>

For more information about potential jobs and the job search process:

<https://www.jailtojob.com/companies-hire-felons.html>

For resources on how to maintain employment after incarceration:

<https://guides.loc.gov/reentry-resources/employment>

See below for a thorough, alphabetized list of possible jobs:

<http://www.reentryworks.com/employment/FelonFriendlyEmployerList.aspx>



Ten Interests and Skills:

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Ten Jobs You're Interested In:

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Education

State of Georgia Post-Secondary Tuition Waiver:

The State of Georgia Post-Secondary Tuition Waiver Program exempts or waives payment of tuition and fees (and on-campus housing if applicable) for students attending a technical college within the Technical College System of Georgia (TCSG). Eligible students must be a youth or young adult under the age of 28 who is currently in foster care, has experienced foster care, or was placed for adoption by the Georgia Division for Family and Children Services. The eligibility determination does not represent the approval or admission into a technical college, university, or school of choice. The applicant must complete an application for any participating school/college and follow all application requirements as outlined by the school/college.





In order to qualify for the Tuition and Fee Waiver an applicant must:

- Be a United States citizen or a permanent resident alien who is an eligible noncitizen under federal IV Title requirements.
- Be under the age of 28.
- Be foster care or adoption eligible.
- Complete the Free Application for Federal Student Aid (**FAFSA**) prior to completing the State of Georgia Post-Secondary Education Tuition Waiver application.
- Be currently enrolled full-time or part-time in a public postsecondary educational institution or be accepted for admission to a public postsecondary educational institution within 3 years of receiving a high school or GED diploma.
- Remain in good standing and meet the standard for satisfactory academic progress as defined by the public postsecondary educational institution (a grade point average (GPA) that satisfies the institution's policy regarding eligibility for financial aid).



As outlined within Georgia Code Sections 20-3-660, the student (applicant) must apply under one of the two eligibility criteria as described above:

Foster Care Applicant Eligibility (must meet one of the criteria below)

- Under the age of 28.
- Currently in the custody of the Georgia Division of Family and Children Services.
- Or experienced foster care after your 14th birthday and spent a total of non-consecutive months in care (cumulative).

Adoption Applicant Eligibility:

- The student's (applicant) family currently receives adoption assistance for the student (applicant). The student was placed for adoption by the Georgia Division of Family and Children Services following their 13th birthday.
- Or, the student (applicant) is an adopted person under the age of 28 and was in the permanent legal custody of Georgia and placed for adoption by the Georgia Division of Family and Children Services following their 14th birthday.




Important Eligibility Information

The eligibility determination does not represent the approval or admission into a technical college, university, or school of choice. This eligibility determination only provides the determination of the applicant's eligibility for the State's Waiver Tuition Program within Code Sections 20-3-66 and 20-3-660. The applicant must complete an application for any participating school/college and follow all application and admission requirements as outlined by the school/college. After the eligibility determination has been provided to the applicant, a tuition waiver application program representative will provide follow-up and communicate to the applicant and the applicable Technical College System of Georgia contact.

For more information, please visit

<https://www.legis.ga.gov/api/legislation/document/20212022/199444> or see the State of Georgia Post-Secondary Tuition Waiver Program FAQs (questions and answers).





Note: A student who is potentially eligible to participate in the waiver program shall be permitted to temporarily participate in the waiver program for a period of up to 30 days pending the student's completion of the application process.

Helpful information to have before completing this tuition waiver application process:

- Name of school you have been accepted to or are currently enrolled and a copy of your acceptance letter or proof of enrollment.
- Completed Free Application for Federal Student Aid (FAFSA)- must be completed before completing the Post-Secondary Education tuition waiver application.
- Email address where you receive and check email.
- Current mailing address where you receive and check your postal mail.



Felon-Friendly Grant Options

Georgia has a lot of grant programs for felons who need financial assistance. The programs have been designed to help people with a low income be able to have their basic needs met. Felons may be able to receive help with paying their rent, obtaining food, getting free healthcare, and being able to get help to pay their utility bills. There are grant programs in Georgia that are funded by the federal government, as well as may be funded by the state.

When deciding which grant programs to apply for, it is important to consider the qualification requirements for each one. Some programs provide short-term grants while others offer grants for longer periods of time. Visit FreeGrantsForFelons.org for more information.

Common grants for ex-felons:

\$5,000 Boots to Business Grant for Felons	\$500 Cystic Fibrosis Recreation Grant
\$5,000 Government Grants for Arts, Business, and Community Programs	\$1,000 Modest Needs Self-Sufficiency Grant
\$5,000 Walmart Grant	\$1,000 First Hands Medical Expense Grant
\$5,000 Southern Filmmaker Grant	\$50,000 Creative Capital Artist Grant
\$5,000 Doris Day Animal Foundation Grant	\$1,000 Personal Grant from MicroGrants

Additional Grant Research Sources:

<https://freegrantsforfelons.org/>

<https://www.forbes.com/advisor/business-loans/grants-for-felons/>

https://www.needhelppayingbills.com/html/ex_felon_grant_money.html



The Parole Process in Georgia:

A parole-eligible inmate serving a felony sentence is automatically considered for parole- no application is needed.

These categories of inmates are not eligible for parole:

- Inmates serving non-life sentences for serious violent felony rape, child molestation, aggravated sodomy, aggravated sexual battery, armed robbery, or kidnapping).
- Inmates convicted for four or more felonies and sentenced as a recidivist.
- Inmates sentenced to life without parole.

Work Release and Program Referral:

An inmate may be considered for parole if they have successfully completed the Department of Corrections work release program first. During parole consideration, the Board might recommend an inmate for the Department of Corrections' alcohol and drug treatment program, or other rehab-related programs which may lead to parole if the inmate is successful.

Verification of Residence Plans:

An inmate must have an acceptable residence plan before his or her release on parole.

Georgia Inmates May Apply for Out-of-State Parole:

- An offender who wants to be paroled to another state should notify the Georgia State Board of Pardons and Paroles of his specific residence giving the complete address to the Parole Investigator who interviews them for the Personal History Statement before their case is considered or by writing directly to the Board's Interstate Compact Office.
- An offender has acceptable reasons to request out-of-state parole if he or she has been a resident of the requested out-of-state territory and if their family lives in that territory.

Consideration of Inmate with a Detainer:

A detainer that shows that indicates that an offender is wanted to face charges or serve a sentence may be filled with the Department of Corrections by local authorities, another state, federal authorities, or the military. If the authority releases the offender before the end of the Georgia sentence he or she will be under the parole and supervision of the Parole Board.

Parole Supervision:

Parole is a form of clemency (pardon) granted by a majority vote of the Parole Board. Inmates in Georgia have no legal right to parole. The Board reviews and considers cases of all eligible inmates. An individual granted parole must obey the standard and special conditions of release while under supervision.

Mental Health While Under Supervision:

- If an inmate is on a mental health caseload or is on mental health-related medication while in prison, they will be required to continue this post-release from incarceration until they have been released by a medical professional and confirmed by a DCS (Detective Chief Superintendent) officer. Not attending mental health appointments or failing to take prescribed mental health medication is a violation of the supervision conditions.
- A DCS officer has the right to count an inmate's mental health medication. They can also check in with an inmate's medical professional to make sure that they are attending and participating in the assigned mental health services.

Georgia Mental Health Resource Links

To find mental health providers who treat substance use, addiction, and mental illness:

<https://findtreatment.gov/>

To find reentry mental health resources and services near you (for Georgia residents):

<https://dcs.georgia.gov/locations/reentry-resource>

For more information regarding inexpensive mental health counseling and treatment for individuals (including ex-offenders) who are suffering from addiction: <https://ascensahealth.org/>

Georgia's reentry resource list to get information about housing, medical assistance, job assistance, and more following release from incarceration:

<https://www.probationinfo.org/reentry-resources/georgia/>

The state of Georgia's mental health services and resource list: <https://pap.georgia.gov/mental-health-services>

Georgia Housing Options for Ex-Offenders

Georgia's Re-entry Housing Program:

<https://www.dca.ga.gov/safe-affordable-housing/homeless-special-needs-housing/reentry-partnership-housing-rph>

Georgia's halfway houses and ex-offender housing programs:

<http://sexoffenderonestopresource.com/georgia/resources/ex-offender-housing/>

Help for Felons (a non-profit organization that offers housing, community organization, job, and food security opportunities, resources, and much more):

<https://helpforfelons.org/reentry-programs-in-georgia/>

Georgia's transitional housing options for offender reentry:

<https://sites.google.com/dcs.ga.gov/dcsreentryhousing/transitional-housing-for-offender-reentry-thor?authuser=0>

Restoration of Rights and Next Steps

Restoration of Rights:

The restoration of rights process restores ex-offenders rights to citizenship, except the right to own and use firearms (guns), once they are released from incarceration.

To restore their rights, ex-offenders must submit their criminal history record, and submit certified sentence sheets for incidents or behavioral matters not noted in their criminal history record. This information must be sent in a self-addressed, stamped envelope (9 1/2 x 4 1/8 size envelope; NO oversized envelopes).

Send to:

Georgia State Board of Pardons and Paroles
2 Martin Luther King, Jr., Drive, S.E.
Floyd Veterans Memorial Building
Balcony Level, East Tower
Atlanta Georgia 30334-4909

If an inmate was previously granted a pardon or restoration of rights and would like a copy of the order, they can send an email to Pardon.Inquiries@pap.ga.gov. The email must include the inmate's name, date of birth, type of order granted, and the year that the order was granted.

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There are two different pardon applications:

These applications may apply to an inmate based on whether they meet the criteria (requirements) below.

- General Pardon and Restoration of Rights Application
- Registered Sex Offender Pardon Application

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To qualify for a Pardon for offenses other than sex offenses:

- An inmate must have completed all sentence(s) at least 5 years before applying.
 - Must have lived a law-abiding life during the 5 years before applying.
 - Cannot have any pending (current) charges.
 - All fines must be paid in full.
- . . .
- 

Criminal Records

Certain criminal history records can be hidden from the public. People with a record restriction can apply for jobs, housing, or licenses without their record appearing on a background check. The criminal record will not be permanently deleted and will be visible to government officials (court systems) and criminal justice agencies. Certain cases resolved without convicting the individual or involving a misdemeanor crime are eligible to be hidden from the public.

Approved requests for records restrictions must be submitted to the Georgia Bureau of Investigation's Georgia Crime Center (GCIC) for the arrest to be removed from your public record.

You can speak to a lawyer before submitting your records restriction request for more information.

Where to Start:

- The process of how to apply for a records restriction may differ by county.
- Contact the arresting agency or prosecuting attorney's office for more information about how to submit a request and, the required fees, and additional paperwork.

What You'll Need:

- Request to Restrict Arrest Record form (if it is before July 1, 2013) or form provided by the prosecuting attorney's office (if the arrest is on or after July 1, 2013).
- The arresting agency or prosecuting attorney's office may want additional paperwork, including a copy of your criminal history or a certified copy of the court's final arrangement of your case.
- Mail the completed application and payment fees to:
Georgia Crime Information Center Record Restrictions
P.O Box 370808
Decatur, Georgia 30037-0808

Note- If the prosecuting attorney denies it, you can appeal (petition for a retrial) the decision to the Superior Court of that county within 30 days.

Financial Literacy

Budgeting:

Creating a budget helps create financial stability. By tracking expenses and following a plan, a budget makes it easier to pay bills on time, build an emergency fund, and save for major expenses such as purchasing a car or a home. Budgeting will set you up for success in both the short term and the long term.

An emergency fund contains 3 to 6 months' worth of living expenses set aside in case of an unexpected life event, like a sudden loss of employment or a home maintenance cost (i.e. if your house needs new plumbing).

A budget can help build financial independence and freedom. A budget can set you on the right path to spending within your means, achieving your financial goals, saving for retirement, and building an emergency fund. Creating a spreadsheet or list of your household essentials and monthly bills and their costs can help you budget how much you need each month to cover these expenses, and how much money you have left over to spend for personal needs and desires.

Food Stamp Financial Assistance:

In the state of Georgia, ex-offenders are now eligible to receive food stamps. However, to qualify for the SNAP program, you must have an annual household income (before taxes are withdrawn from your salary or are accounted for) that meets the following

parameters:

- One person in the household: \$25,760
- Two people in the household: \$34,840
- Three people in the household: \$43,920

Below is the link for the food and medical assistance application offered by the state of Georgia for ex-offenders:

Please fill out this application and either hand deliver or mail the completed application to your local county court office.

<https://dfcs.georgia.gov/sites/dfcs.georgia.gov/files/297%20Large%20Print%208.14.17%20Final.pdf>

Opening a Bank Account:

A bank account is the first financial account you will open. Bank accounts will hold your money as it accumulates over time. You can open a checking account and a savings account where you can store and take out your money accordingly.

Typically, a checking account is used as a direct deposit account where you can send your earnings from work. You can add and take out the money as you please or need, but if you overdraw or spend more money than there is in your account, you will need to pay this back by adding more money to your account.

A savings account pays a small interest rate when you deposit money and is usually used to save money for larger expenses or emergencies. Try not to withdraw the money from this account. Instead, you can add a portion of the money you have earned from work or money gifted to you in this account for future needs.

Debit & Credit Cards:

You can open a debit card with any bank you have an existing account with. Debit cards take money directly out of your checking account. You cannot borrow money with a debit card because you cannot overspend the money in your checking account. Debit cards do not help you build a credit score or credit history.

You can apply for a credit card through your bank or credit union. Credit cards allow you to borrow money and not withdraw money from your bank account. Credit cards are typically used for larger charges such as utilities and car insurance.

Credit cards allow you to build a good credit score and credit history/report. However, whatever money you borrow you will owe the bank or credit each month. This balance will be reflected in the monthly credit card statement that will be sent to you. You must pay this money back in full or you will have to pay the bank or agency this money along with interest rates and late fees.

Credit Cards & Building Credit

To apply for or open a credit card you must consider several things. You can apply for a credit card through any bank or credit agency such as Discover, Capital One, PNC, and Bank of America.

1. You must be over 18 to apply for a credit card and be able to show some form of identification (such as a social security card or driver's license).
2. You must check any existing credit scores or reports that might be in your name. This will help you determine which type of credit card is best for you and whether or not you are eligible to get a credit card.
3. You must submit a credit card application, which can be done over the phone, online, or in person.
4. You should also create a payment plan that will organize how you intend on paying off the credit card. For instance, it is usually a good idea to at least try to pay off a little bit of the money you have charged to your credit card each month, to avoid accumulating debt or racking up large fees and interest rates from the credit card company which you will have to pay off in addition to the balance that is already overdue. Your bank or credit card company will send you a monthly statement either electronically or through the mail so you can track your spending each month and figure out how to pay it off.

5. The higher your credit score or credit rating is, the more eligible you are to take out loans or make large purchases such as a car or home. This is because the bank will decide whether you can take out a loan or large sums of money based on your credit score and whether you are in good standing. This means that you pay off your fees and balances on time and are responsible for your credit card charges.

6. If you are unable to get approved for a credit card or are looking for alternative methods to build credit:

- a. Make your rent and utility payments count.
- b. Take out a personal loan.
- c. Take out a car loan.
- d. Get a credit builder loan.
- e. Make payments on student loans.

Retirement Planning:

Currently, few workers get pensions, instead, some are offered the option of participating in a 401(k) plan. This involves decisions that employees themselves have to make about contribution levels and investment choices. Those without employer options need to actively seek out and open individual retirement accounts (IRAs) and other tax-advantaged retirement accounts. It is important to plan ahead and save money for the future so that you are comfortable and able to live without an inflow of money once you stop working or begin retirement.

Fraud Alert:

Anyone who expects fraud, or the theft of someone's identity or personal information, can place a fraud alert on their credit report. A credit report is a record of your spending patterns, credit information, and credit score information. Placing a fraud alert on your credit account will make it harder for someone to open a new credit account in your name. A fraud alert is free to place and lasts for one year but can be renewed after the year has ended. To place a fraud alert, you must contact one of the 3 credit reporting agencies (Equifax, Experian, or TransUnion). The agency you choose will notify the other 2 agencies and will have them place a fraud alert on your account.

Extended Fraud Alert:

Place when you have had your identity stolen and have completed an FTC identity theft report at [IdentityTheft.gov](https://www.identitytheft.gov) or have filled a police report. It makes it harder for someone to open a new credit account in your name and removes you from unsolicited/unwanted credit and insurance offers for 5 years. It is free and lasts up to 7 years.

Active-Duty Alert:

Place when you are on active military duty. It makes it harder for someone to open a new credit account in your name and removes you from unsolicited or unwanted credit and insurance offers for 2 years. It is free and lasts for 1 year.



Credit Freeze:

Credit freezes and fraud alerts can protect you from identity theft or prevent misuse of your personal information if it was stolen. Anyone can freeze their credit report, even if their identity has not been stolen. It restricts access to your credit report, which means that you won't be able to open a new credit account while the freeze is in place. You can temporarily lift the credit freeze if you are applying for new credit. When the freeze is in place, you will still be able to do things like apply for a job, rent an apartment, or buy insurance. A credit freeze lasts until you remove it and is free to use. To place a credit freeze, each of the three credit bureaus.

Equifax

P.O. Box 740241
Atlanta, Georgia
30374
1-800-685-1111

Experian

P.O. Box 2104
Allen, Texas 75013
1-888-397-3742

TransUnion

P.O. Box 1000
Chester, Pennsylvania
19022
1-800-916-8800



Paying Taxes:

Once you are released from prison, you will be considered a taxpaying citizen. This means that once you find a job, you will be required to pay taxes to the federal government. Many companies will deduct this portion of tax money from your paycheck and will send it directly to the government.

However, you must still file your taxes every year in the spring. You will be sent a tax form from the IRS which will tell you how much you owe the government or if they will be giving you money back (this occurs if you have overpaid the government in taxes).

You can hire a CPA to file your taxes or can go to a store such as Walmart and pay an on-site CPA a small fee to file your taxes instead of paying outrageous fees from larger accounting firms.

Additional Financial Literacy Resources:

For more information and resources on financial literacy, budgeting, and credit cards, please refer to the below websites:

<https://www.investopedia.com/guide-to-financial-literacy-4800530>

[https://www.nasfaa.org/10 tips for financial literacy month](https://www.nasfaa.org/10-tips-for-financial-literacy-month)

<https://www.capitalone.com/learn-grow/money-management/how-to-apply-for-a-credit-card/>

<https://www.irs.gov/newsroom/how-to-pay-your-taxes>

Federal Bonding:

The Federal Bonding Program can provide fidelity (loyalty) bonding to the employer who hires you, providing a sense of security for the first 6 months of your employment. It's simple, easy, and provided at no cost to you.

If you are looking for bonding services or a job, you should call the following toll-free number for more information:

1. The location of the workforce office or one-stop center closest to your home.
2. The telephone number of the State Bonding Coordinator for your state. In states that do not have a bonding coordinator, callers will be referred to the nearest career center or one-stop center for employment assistance.

Please please call the following toll number or the accompanying website for more information

1-877-872-5627

<https://bonds4jobs.com/our-services/job-seekers>

Final Reflections

1. What financial goals would you like to set for yourself this year?
2. Do you have a five-year plan or vision for your life post-incarceration?
3. Is there a certain type of job or career you would like to pursue?
4. What are some of your key interests and skills?
5. How can these interests and skills be advanced over time?
6. Are you in need of financial assistance?
7. Do you need to open a bank account or get a debit/credit card?
8. What does your support system look like?
9. How is your physical and mental health doing? Do you need medical assistance or the help of mental health professional?
10. How do you plan on setting yourself up for success once you are officially released from incarceration?