



# Reentry Handbook

Leaving prison and confused about how to go about getting your new life on track? Yes, reentry can be an involved process, but The Human Solution International (THSI) is here to help you make it through. This handbook is designed to be used with your mentor as a guide once you are released.

Give yourself time to adjust. Don't try to accomplish everything right away. Take time alone or with family and close friends only. Be patient with yourself and know it might take you a while to reach your goals. You may feel depressed or overwhelmed. This is normal—just take some time to heal. Ask for help. There is an answer to every question you have. All you need to do is ask. This does not make you weak, it makes you smart. Call your Mentor. If they can't help you, ask them who can. Keep asking until you get the right answer.



## Calming Meditation

You can practice this anywhere to bring your anxiety or stress level down

Take a few deep breaths and focus on

- Three things you can see**
- Three things you can hear**
- Three things you can smell**
- Three things you can feel**



# An immediate needs assesment

To start thinking about your needs, you can use this checklist as a starting point and reference sheet. Once you have a list, you can start planning how best to meet those needs.

Potential needs	Notes
<b>Identification</b> <ul style="list-style-type: none"><li><input type="checkbox"/> ID/Drivers License</li><li><input type="checkbox"/> SS Card</li><li><input type="checkbox"/> Birth Certificate</li></ul>	
<b>Basic Needs</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Food</li><li><input type="checkbox"/> Clothing</li><li><input type="checkbox"/> Phone</li><li><input type="checkbox"/> Toiletries</li><li><input type="checkbox"/> Transportation</li></ul>	
<b>Health/Wellness</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Medical Insurance</li><li><input type="checkbox"/> Mental health Services/Counseling</li><li><input type="checkbox"/> Disability Services</li><li><input type="checkbox"/> Family Support</li></ul>	
<b>Housing</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Emergency Shelter</li><li><input type="checkbox"/> Family/Friend</li><li><input type="checkbox"/> Hal fway House</li><li><input type="checkbox"/> Unknown</li></ul>	
<b>Employment</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Skills Training Program</li><li><input type="checkbox"/> GED</li><li><input type="checkbox"/> Certificate Programs</li></ul>	
<b>Other</b> <ul style="list-style-type: none"><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>	

## Tasks to complete as soon as possible

- Find somewhere to access the internet. Most public libraries offer free internet. (you will need a photo ID to do so)
- Create an email address using an email service. The most common and easy to access is Gmail. To keep it simple and professional use your first and last name as your email Example snowwhite@gmail.com.
- Get a photo ID. You can get one at any DMV. To see what documents you will need and where the nearest one is visit [Renew Your Driver's License | USAGov](#). You will need your birth certificate first.
- Birth certificate: If you need to replace yours you can find out how at <https://www.usa.gov/replace-vital-documents> or by calling [1-844-USA-GOV1](tel:1-844-USA-GOV1)
- Sign up for health insurance. With The Affordable Care Act you have options for free or very low cost insurance. You can access this at [Get 2021 health coverage. Health Insurance Marketplace® | HealthCare.gov](#) or by calling 1-800-318-2596.

A very helpful number/website to find help paying for an ID, birth certificate etc. or any other available resources is 211 or <https://www.211.org/>. 211 is designed to provide information and referrals to health and human services and other social assistance programs.

## Notes

### Important numbers, websites and resources

- Parole/Probation: Contact the: \_\_\_\_\_ Parole/Probation Office by phone within 24 hours of your release. Phone No.: \_\_\_\_\_ Date of Contact: \_\_\_\_\_
- Contact Person: \_\_\_\_\_
- Mentor name and number: \_\_\_\_\_
- Career Onestop <https://www.careeronestop.org/ExOffender/default.aspx>  
1-877-US2-JOBS (1-877-872-5627)
- BOP resources for former inmates  
[https://www.bop.gov/resources/former\\_inmate\\_resources.jsp](https://www.bop.gov/resources/former_inmate_resources.jsp)
- Help for felons <https://helpforfelons.org/>
- Food stamps: According to Pew Trusts the following states have bans being enforced regarding felons convicted of drug felony offenses from receiving food stamps, but policies are being reviewed.  
Alaska  
Arizona  
Arkansas  
Georgia  
Mississippi  
South Carolina  
West Virginia  
A state by state guide for applying for food stamps  
<https://www.fns.usda.gov/snap/state-directory>
- Public transportation: A guide to which cities have free public transportation  
<https://freepublictransport.info/city/>
- Bank account: Former inmates have found that banks will close your account out once they discover you have a drug felony. Credit unions do not. Here is a link to a list of credit unions by state [https://www.creditunionsonline.com/search\\_usa.html](https://www.creditunionsonline.com/search_usa.html)

## Notes

# Technology Changes

**What the last 30 years brought us- a cheat sheet of some of the terms you may come across that you have never heard of.**

As you will learn, technology such as the internet and smartphones have taken over the world. Below is a simple list of the most important technologies and their simple definitions.

**1990 The Internet:** The creation of the internet, or the world wide web as it was first known, has changed billions of lives. The Internet is a vast network that connects computers all over the world. Through the Internet, people can share information and communicate from anywhere with an Internet connection.

**1990 Portable Global positioning systems (GPS):** a radio system that uses signals from satellites to determine the user's location and give directions to other places.

**1991 Email:** short for "electronic mail," is one of the most widely used features of the Internet, along with the web. It allows you to send and receive messages to and from anyone with an email address, anywhere in the world.

**1992 Smartphones ( advanced cell phone)** A smartphone is a mobile phone that can also be used as a computer. They work as a computer but are mobile devices small enough to fit in a user's hand.

**1992 Text messaging:** an electronic communication sent and received by mobile phone.

**1998 (Wifi) Wireless Internet:** Wifi is a way for your computer to talk to other computers without wires connecting them together. Data is a word for information. On our computers there's loads of data. It could be pictures, videos, words or music.

**2005 Social Media:** Although social media was created in the late 1990's it did not become widely used until 2005. Social media is a computer-based technology that facilitates the sharing of ideas, thoughts, and information through the building of virtual networks and communities. ... Content includes personal information, documents, videos, and photos. Some social media platforms are Facebook, Twitter, Instagram and Tik Tok.

**2010ish: Streaming TV:** Once upon a time we only had a few channels on tv and then cable was invented giving us 24 hour tv. The next invention was streaming TV where you can watch anything at any time. A few of the most popular are Netflix, Hulu and Youtube.



# Food and meal ideas

## \$22 meal plan and grocery list

### **Dairy-**

Sliced Cheese  
1/2 Gallon of Milk

### **Meat-**

1 lb. ground hamburger  
Dozen eggs  
1 lb. sliced turkey breast

### **Vegetables-**

1 package salad mix  
3 lb. yellow onions  
5 lbs. Potatoes

### **Grains/ Starch**

1 loaf bread  
1 box of hamburger helper or equivalent

### **Breakfasts**

**Eggs-** You can eat them fried, hard boiled, scrambled.. or use them for French toast. They are a very versatile, cheap protein that is going to help keep your grocery costs low.

### **Fried Potatoes and Onions**

**Toast**

**Omelets**

### **Lunches**

**Turkey and Cheese Sandwich x 2**

**Chef's Salad x 2** - add any deli meat, cheese, eggs etc.

**Grilled Cheese**

**Baked potato with cheese x 2**

### **Dinners**

**Hamburger helper-** you are going to cook this according to the box directions, but you are only going to use half the meat. You will eat this for at least 2 meals.

**Hamburger hash-** Hamburger hash may sound disgusting but it is really quite good... it just has a weird name. It is also super easy to make. First you brown the leftover 1/2 pound of

hamburger meat. Then you are going to add cubed potatoes (about 4 large or 6 medium potatoes) and one or two diced onions depending on your taste preference. You season with salt and pepper and then add 2 cups of water. You cook this until the potatoes and onions are done. This recipe should feed you for at least 3 meals. If you have extra you can use this in place of one of the lunches.

**A few other easy and inexpensive meal ideas are:**

**Spaghetti** - 1 can of sauce, hamburger and noodles- any kind.

**Rotisserie chicken**- \$5 at most stores. You can use this in many ways. Eat it with a potato, mix with pasta, or make a chicken sandwich.

**Peanut butter and jelly or honey**

**Tuna fish**

**Ramen Noodles with an egg or two mixed in**

**Mac-n-cheese** - add tuna, hot dogs, peas etc.

**Cheap Chili**- Canned beans, hamburger, chili seasoning, tomato sauce. Combine in a pot and cook until meat is done if using meat.

## Notes

# Basic grocery list

## Grocery Checklist

<b>Fruit</b>	<b>Deli</b>	<b>Snacks</b>	<b>Drinks</b>	<b>Toiletries</b>
* Apples	Meat	* Trail Mix	* Juice Boxes	* Shampoo
* Oranges	*	* Fruit Leather	* Juice	* Conditioner
* Pears	*	* Raisins	*	* Body Wash/Soap
* Bananas		* Granola Bars		* Lotion
* Grapefruit	Cheese	* Popcorn	Soda	* Hand Soap
* Kiwi	*	* Crackers	*	* Deodorant
* Grapes	*	* Cookies	*	* Toothpaste
* Strawberries		* Chips		* Toothbrushes
* Raspberries	Dips	* Salsa	<b>Canned/Dry Items</b>	* Mouth Wash
* Blueberries	*	Other	* Olives	* Razors
* Lemons	*		Beans	* Feminine Products
* Limes	Other		*	* Band-Aids
Other	*		*	* Vitamins
*	*	<b>Baking</b>	* Rice	Other
*	*	* Flour	Pasta	*
*	*	* Sugar	*	*
*	*	* Powdered Sugar	*	*
		* Brown Sugar	* Canned Tomatoes	
<b>Vegetables</b>	<b>Bakery</b>	* Salt	* Tomato Paste	<b>Other</b>
* Lettuce	* Bread	* Corn Meal	* Tuna	*
* Spinach	* Buns	* Corn Starch	* Soup	*
* Cucumber	* Bagels	* Baking Soda	* Broth	*
* Tomatoes	* Pita Bread	* Baking Powder	* Coconut Milk	*
* Bell Peppers	* Tortillas	* Cocoa	* Tea	*
* Carrots	* English Muffins	* Shortening	* Coffee Filters	*
* Celery	* Muffins	* Yeast	* Coffee	*
* Avocado	* Cookies	* Extracts	* Cereal	*
* Green beans	Other	*	* Oatmeal	*
* Broccoli	*	Other		*
* Cauliflower	*	*	<b>Supplies</b>	*
* Squash	*	*	* Baggies	*
* Mushrooms	*	*	* Dish Detergent	*
* Corn	*	*	* Laundry Detergent	*
* Potatoes	<b>Meat</b>	<b>Spices/Condiments</b>	* Plastic Wrap	*
* Onions	* Chicken	* Salt	* Foil	*
* Garlic	* Steak	* Pepper	* Paper Towels	*
* Shallots	* Ground Beef	Herbs	* Tissues	*
* Herbs	* Ground Turkey	*	* Toilet Paper	*
*	* Pork	Spices	* Wet Wipes	*
*	* Sausage	*	Other	*
Other	* Bacon	*	*	*
*	* Fish	* Pesto	<b>Kids</b>	*
*	* Shrimp	* Olive Oil	* Diapers	*
*	Other	* Vegetable Oil	* Wipes	*
*	*	* Coconut Oil	* Formula	*
*	*	* Vinegar	* Diaper Cream	*
<b>Dairy</b>		* Mayonnaise	* Baby Wash	*
* Milk	<b>Frozen Food</b>	* Ketchup	Other	*
* Creamer	Veggies	* Mustard	*	*
* Cream Cheese	*	Dressings	*	*
* Yogurt	*	*	*	*
* Sour Cream	Fruit	* Pickles	*	*
* Cheese	*	* Jam	*	*
*	*	* Peanut Butter	*	*
* Eggs	* Chicken Strips	* Honey	*	*
* Butter	* Fish Sticks	* Agave	*	*
Other	* Pizza	* Syrup	*	*
*	* Ice Cream	* Soy Sauce	*	*
*	Other	* Teriyaki Sauce	*	*
*	*	Other	*	*
*	*	*	*	*
*	*	*	*	*





# W E E K L Y P L A N N E R



Name:

Date:

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday</b>

**Notes:**

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# W E E K L Y P L A N N E R



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday

**Notes:**

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