

6. Do you have an "idle time" plan?

- ☐ I know what to do with down time, and have plans for how to stay busy and focused when I'm not at work or taking care of other responsibilities. I know too much idle time can be risky if I don't have a plan.
- ☐ I know where to go to socialize in positive ways that will help me reconnect with the community. I know what my old habits and risky behaviors were and know how to deal with them differently now. I have a list of places I can go to be around positive people and influences.
- ☐ I have a back up plan in case things don't work out, and I know at least one person I can trust and call for help and support.



7. Do you have a self care plan?

- ☐ I know how to be, act and stay healthy. I know what foods to eat, that I need exercise, and a need a good night's sleep. I know how to practice positive thinking and how important it is to my mental and physical health.
- ☐ I know about my medical and mental health issues and how to get the care I need. I know what medications I need and where to get them once I get out. I have a list of clinics and hospitals I can go to for treatment. I have copies of my medical records if I need them and filled out Medicaid or other public health programs before release.
- ☐ I know stress is a part of life and have tools to manage it in positive ways. I have at least one person I trust who I can always talk to when I feel stressed or frustrated. I know I can escape through music, a hobby sports or exercise. I know how to calm myself down and stay focused on my goals no matter what.
- ☐ I know how to label and manage my emotions without getting out of control. When I manage my emotions, I control them, not the other way around. I know to expect a huge range of emotions when I get out and feel ready to handle it.
- ☐ I know how to make better decisions this time and understand the consequences of bad ones. I understand how to think before I act and how that affects my goals and the other people in my life.
- ☐ I have a back up plan in case things don't work out, and I know at least one person I can trust and call for help and support.



Step Six: Are you eligible for Social Security Benefits?

Determine whether you qualify for social service benefits, like social security, social security disability or supplemental security income.



QUESTION 1: Are you eligible for social security benefits?

- ☐ **YES.** **Good! Go on to QUESTION 2.**
- ☐ **NO.** **Keep reading for what to do.**

Social security benefits may be available if you are 62 years old or older. In most cases social security benefits will not be paid for months spent in prison. However, your spouse or children can be paid benefits on your record if they are eligible.. Because you not automatically eligible upon release, you must apply for social security benefits and will need proof of age, citizenship and identity.

Social Security Disability benefits are based on work history and disability. No benefits are payable for months you are in prison, and being a recent parole does not qualify as disability.

Supplemental Security Income may be available if you are 65 years old or older, are blind or disabled and have income or other resources below a certain limit. You cannot receive benefits for any month throughout which you were in prison.

In all cases, if you think you may qualify for benefits, contact the Social Security Administration for more information.

- ☐ Request information on eligibility conditions, like income limits, proof of disability, and work history, from the Social Security Administration.
- ☐ Contact the Social Security Administration Office to request information on the conditions for these benefits.



The Social Security Administration has offices in:

Anchorage:

Room A11
222 W 8th Avenue
Anchorage, AK 99513
Phone: (907) 271-4455
TTY: (907) 271-4799

Juneau:

Room 231 Federal Bldg.
709 W9 – POB 21327
Juneau, AK 99802
Phone: (907) 586-7070
TTY: (907) 586-7024

Fairbanks:

Room 138
101 12th Avenue
Fairbanks, AK 99701
Phone: (907) 456-5390
TTY: (800) 325-0778

Step Seven: Make sure you get – and stay - healthy.

People inside prison have a constitutional right to medical and mental health treatment. However, this right does not follow you out of prison. Access to health care in the community will depend on your ability to pay.

People leaving prison often have chronic medical problems, like hypertension, diabetes, asthma, HIV/AIDS, that require follow-up care. Mental health concerns, like depression, PTSD and anxiety, also need care, along with any substance abuse problems.



QUESTION 1: Is your health in order?

- ☐ **YES.** Good! Go on to Step 7.
- ☐ **NO.** Keep reading for what to do.

Before your release:

- ☒ Make medical appointments to treat chronic and acute problems.
- ☒ Make mental health appointments to manage depression, trauma, and anxiety.
- ☒ Make dental appointments to repair teeth or replace dentures lost while in prison.
- ☒ Understand your medications and request a two week supply prior to your release.
- ☒ Ask for information about health insurance and prescription plans for people leaving prison.
- ☒ Ask for, complete and submit applications for Medicaid and or other public programs to cover the cost of medications and treatment.
- ☒ Ask for information about state-approved substance treatment programs. Complete and submit applications for programs if necessary.



Do you need medical records?

If you request copies of your medical records while in prison, you will be charged a fee. However, if a doctor or hospital treating you outside prison requests medical records on your behalf, you will not be charged.

After your release:

Protecting your health requires staying on medications and remaining in treatment. Get the care and support you need and to stay healthy and sober.



- ☒ Plan on a wait time of several weeks for appointments at community clinics.
- ☒ Find the location of the nearest AA or NA meeting and attend.
- ☒ Find an AA or NA sponsor to support you, especially when you first leave prison.



Contact Alcoholics Anonymous at:

Anchorage: (907) 272-2312
Fairbanks: (907) 456-7501
Juneau: (907) 586-1161

Contact Narcotics Anonymous at:

Statewide: 1-866-258-6329
Anchorage: (907) 277-5483
Fairbanks: (907) 452-7372
Juneau: (907) 790-4567
Kenai: (907) 335-9456

Step Eight: Be prepared to manage your money.

Managing your money is essential to life outside prison. Having a bank account – both savings and checking – is essential for managing your money and for paying bills. Creating a budget helps you take control of where your money goes. With that information, you can make good choices for yourself and your family.



QUESTION 1: Do you have a bank account?

- ☐ **YES.** **Good! Go on to Question 2.**
- ☐ **NO.** **Keep reading for what to do.**

People with bad credit often have a hard time opening checking accounts. In most cases, checking accounts are refused based on a reporting system called ChexSystems. When checks bounce, banks are owed money and customers are reported to ChexSystems. Banks also request ChexSystems reports for anyone wanting to open a checking account.

If you are refused a checking account, ask if refusal was based on a ChexSystems report. If so, you are entitled to view your ChexSystems report for free. Go to www.chexhelp.com to request a copy of your report, or to refute entries you believe are incorrect. Entries are usually cleared after 5 years, and ChexSystems reports considered clean again.



Although you may not be able to open a checking account right away, open a savings account and start building a good relationship with your bank. Given time and a good relationship, you may be able to open a checking account in the future.

Be aware of check cashing fees:



Because banks will not cash checks for anyone without an account, check cashing businesses are common. Be aware of any fees charged and any limitations on types of checks cashed or maximum amounts. Also, because fees and other charges vary, ask questions upfront, before you sign over your check.

Compare 3 check cashing options for Anchorage, for a payroll check for \$500.00:

Cash America Pawn	Money Mart	AK Check Cashing
3% of payroll check	3% of payroll check	3% of payroll check
\$4.00 minimum charge	\$1.99 per check charge	no extra charges
\$479.00 after fees	\$483.01 after fees	\$485.00 after fees



You can cash payroll and government checks at any Walmart store. Bring your check, government ID and social security number to any cashier and your check will be cashed based on the following criteria:

- ☒ Checks must be printed (i.e., no hand written checks will be cashed).
- ☒ A \$3.00 fee applies to all checks up to \$999.00.
- ☒ A \$6.00 fee applies for all checks over \$1000.00.
- ☒ Payroll checks will be cashed up to \$1500.00
- ☒ State issued checks will be cashed up to \$3000.00
- ☒ Federal tax refund checks will be cashed up to \$5000.00.

Look for Walmart money centers for more information on bill paying options, money cards and other services. Money orders are also available at Walmart for \$0.60 each.



QUESTION 2: Do you have a budget and spending plan?

- ☐ **YES.** **Good! Go on to Step 8.**
- ☐ **NO.** **Keep reading for what to do.**

Before your release:

Even though you may not have all the information you need before your release, start thinking about how much money you need to survive and plan your budget:

- ☒ Use the **Build – A – Budget Worksheet** to make a list of regular monthly expenses. Be as accurate and honest as possible. Don't forget to include money for fun things – eating out, movies and other entertainment.
- ☒ Use the **Income Worksheet** to list what your monthly income will be. Include any bonus pay, dividends, interest, alimony or child support, social security, pension or retirement income, and public assistance.
- ☒ Test how well your budget works for you by subtracting monthly expenses from monthly income. Will you have enough income to pay for expenses? Will you have enough left over to start saving money for a rainy day, the loss of a job or a health emergency? If your income doesn't cover your expenses, what can you to cut back but still be okay?
- ☒ If you owe debts, be sure to include the minimum monthly payments that must be made each month. Examine your budget for ways to pay down your debts. Which expenses can you cut back to pay down debts? Make debt reduction a priority.



- ☑ Think about your financial goals. Do you want an emergency fund to cover temporary unemployment, unexpected medical bills, or other unforeseen expenses? Will you want vacation savings, a new car, cell phone or Xbox? Start by making a list of your financial goals. Examine your budget for ways to reduce expenses and increase savings.

After your release:

- ☑ Once you've created and reworked your budget, put it to the test outside prison. Live within the budget you create for one month and see how it feels.
- ☑ At the end of each month, look over your actual expenses to see if they match up to what you've budgeted. If they don't, what can you do differently? Do you need to rework your spending plan, or your budget to reflect your actual spending?
- ☑ Keep track of what you make and spend every month. Be aware of upcoming expenses, like birthday presents or holiday time, a few months in advance and budget for them. Remember, creating and sticking to a budget is a work in progress and it takes time, effort and often, sacrifice.



Check yourself every so often with an expense record:

Every expense adds up and it's easy to overspend without noticing. Check your actual spending by creating an expense record. This low tech tool – all you need is paper and pencil – allows you to track **EVERY** expense, without letting anything fall through the cracks. Here's how:

- ☑ Use one sheet of paper per week to record your expenses for 2 months. Spreading your record over two months gives a better picture of where your money goes than just one week or one month.
- ☑ Create 7 columns – one for each day – on a page. Record the date at the top of each column. Start with the **Weekly Expense Record** included.
- ☑ Begin on the first day of the month. Carry your expense sheet and pen or pencil with you at all times.
- ☑ Record every expense – no matter how big or small – you pay with cash, check, credit or debit card. Include **EVERYTHING**.
- ☑ At the end of each day, add up expenses and write in your daily total.
- ☑ At the end of each week, add up total weekly totals.



- ☒ Start each new week with a new weekly expense sheet.
- ☒ At the end of two months, add in any seasonal, annual, semi-annual or quarterly expenses you have coming but haven't had to pay yet. Common examples include car insurance and registration, medical bills, and holiday spending.
- ☒ Compare your actual record with your monthly budget. Are they the same? Are there any expenses you weren't aware of? How did you do? Make any necessary adjustments.

Weekly Expense Record

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___/___	___/___	___/___	___/___	___/___	___/___	___/___
Total	Total	Total	Total	Total	Total	Total

Build – A – Budget Worksheet

Fill in each category and column to the best of your ability. Leave blank any categories that do not apply to you. For example, if you do not have a second mortgage, leave it blank. Be as accurate and honest as possible, and don't forget to budget some money for fun things like eating out or going to a movie.

<u>Item</u>	<u>Monthly Bill</u>	<u>Due Date</u>
HOME		
Mortgage or Rent	_____	_____
Second Mortgage	_____	_____
Taxes & Insurance	_____	_____
Repairs	_____	_____
Association Fees	_____	_____
UTILITIES		
Electric	_____	_____
Gas or Oil	_____	_____
Water & Sewer	_____	_____
Phone (landline)	_____	_____
Phone (cellular)	_____	_____
Cable / Satellite TV	_____	_____
Internet	_____	_____
TRANSPORTATION		
Car payment 1	_____	_____
Car payment 2	_____	_____
Gas	_____	_____
Car Insurance	_____	_____
Repairs / Maintenance	_____	_____
Taxi	_____	_____
Bus Pass / Tokens	_____	_____

INSURANCE

Health Insurance

Life Insurance

Disability

DEBT PAYMENTS

Credit Card 1

Credit Card 2

Students Loans

Other Loans

FOOD

Groceries

Eating Out

FAMILY EXPENSES

Day Care

Child Support

Alimony

PERSONAL CARE

Hair Cuts

Prescription Medication

Toiletries

Clothing

PETS

Food

Care (vet, grooming, etc.)

ENTERTAINMENT

Books & Magazines

Movies & Concerts

Hobbies

Other

Income Worksheet

<u>Source</u>	<u>Monthly Income</u>
Job 1	_____
Job 2	_____
Bonus Pay	_____
Dividends & Interest	_____
Alimony	_____
Child Support	_____
Social Security	_____
Disability	_____
SSI	_____
Public Assistance	_____
Other	_____
TOTAL	_____

Federal Income Tax:

You must file federal income tax forms no later than 11:59 PM, on April 15th of each year.

There are many websites which allow you to file federal tax forms electronically, for free.

For more information, see <http://www.irs.gov/>.



Although they may look similar, know the difference between debit and credit cards:

- ☒ Debit cards are linked to your bank account. When you make a purchase using your debit card, the money is immediately withdrawn from your account.
- ☒ Credit cards give cardholders "credit" that must be paid back at a later date. When you make a purchase using a credit card, your card is billed and you must repay the balance at the end of each billing cycle.
- ☒ No matter which you use, spend only within your means. Once you create your budget, stick to it and monitor your expenses – debit or credit – closely.

Step Nine: Get your family ready for your release.

Expect to need help when you leave prison, and do your best to prepare yourself and your family before release. Expect to need help with housing, food, clothing, and transportation. Also expect an overwhelming mix of expectations, emotions and possible triggers.

Plan for your release by:

- ☒ reconnecting with family through letters, phone calls and visits,
- ☒ showing family who you are now and how you've changed,
- ☒ explaining what you need now, and
- ☒ asking for help and support as honestly and sincerely as possible.



QUESTION 1: Is your family ready for your release and return?

- ☐ **YES. Good! Go on to Step 9.**
- ☐ **NO. Keep reading for what to do.**

Think about past relationships with family:

What kinds of relationships did you have with family before prison? For many people, family relationships pose triggers to dangerous behavior, substance abuse problems and other issues. How will you deal with potential triggers?

Have you explained what you will need after release and asked for help? How long will your family be able to support you and offer help with housing, food, clothing and transportation? Are your needs and expectations reasonable?

Have you thought about how your return will affect your family? How will your return affect living arrangements, schedules, budgets and privacy? How will you show your appreciation and support for your family in return? What will you do to demonstrate your appreciation and respect?

Step Ten: Get yourself ready for your family.

Your family may not understand what you need upon release. They may not understand why you seem different, are not ready to resume your old life right away or want to spend time alone. They may not understand why you have a curfew or why your PO pays unexpected visits.

Plan for your return by explaining:

- ☒ the requirements of your parole to your family,
- ☒ how violating curfew or other conditions can send you back to prison, and
- ☒ that you need time alone to think about how prison changed you and how your family and community have changed while you were away.

Also be prepared for relationships to have changed while you were away:

- ☒ relationships with kids may be especially hard to reestablish, and
- ☒ relationships with parents and siblings may have changed, and
- ☒ wives or girlfriends may want to separate upon release and return.



QUESTION 1: Are you ready for your family?

- ☐ YES. Good! Go on to Step 10.
- ☐ NO. Keep reading for what to do.

Before your release:

Think about what you will need from your family and expect them to have questions about your plans and how long you will need their help. Anticipate questions, expectations and possible frustrations.

- ☒ Ask family to be clear about “house rules” before you return, and be prepared to follow them when you return.
- ☒ Understand and explain the conditions of your parole. Explain how curfew and other conditions affect what you can and cannot do upon return.



- ☒ Sign up for Inside Out Dad, a parenting class for incarcerated fathers.
- ☒ Get information on community organizations that offer family counseling, especially on a sliding fee scale.

After your release:

- ☒ Be patient and understanding. Your time in prison has been hard on your family.
- ☒ Be especially patient with kids who may have grown up without you or are now angry and resentful that you were away.
- ☒ Contact Alanon or Alateen for support.



Call (907) 276-6646 in Anchorage.
Call (907) 456-6548 in Fairbanks.
Call (907) 789-8828 in Juneau.

- ☒ Look for other community programs to support you and your family upon return.

Almost Done: Take another look.

Leaving prison can be as frightening, stressful and uncertain as getting in. Successful reentry requires a plan. Do your best to have a plan in place before your release. Know what to expect and what will be expected of you.

Once you work through the steps, take another look to make sure you have the support and help you need to transition back to the community successfully.

Offender Reintegration Scale™



John J. Liptak, Ed.D.



NAME _____

DATE _____ AGE _____ GENDER _____

About the ORS

The *Offender Reintegration Scale (ORS)* will help you think about the steps necessary to successfully reenter society. To be successful upon release, you must meet your basic needs, become employed, develop good life skills, strengthen your relationships with family members, and develop a career plan. The ORS can help you identify potential barriers to those goals and then help you to overcome them.

The ORS is arranged in steps. Follow the directions for each step before going to the next step. This is not a test. There are no right or wrong answers, so do not spend too much time thinking about your responses. Be sure to respond to every statement.

When you are ready, open the booklet and begin with Step 1.

STEP 1

Complete the ORS

The ORS is divided into five color-coded sections, each with twelve statements. Read each statement and decide how concerned you are about the issue being addressed. Then, circle the number next to the statement that matches your degree of concern. In the following example, the circled number indicates that the issue was of **Some Concern** to the person completing the assessment:

My main concerns upon/since being released from prison are:

Great Concern Some Concern Little Concern No Concern

1. Finding government programs that can help me 4 **3** 2 1

Now respond to the statements before moving to Step 2.

STEP 2

Add Your Scores

The ORS is designed to measure your greatest concerns about being released from prison and reentering society. The items in the scales are grouped so that you may explore your attitudes related to common barriers faced by ex-offenders.

Add up the scores you circled for each section in Step 1. Put each total in the box marked "Total" to the right of the section. For each section, you will get a total ranging from 12 to 48.

Section 1
TOTAL

Section 2
TOTAL

Section 3
TOTAL

Section 4
TOTAL

Section 5
TOTAL

STEP 3

Profile Your Scores

Profile your scores by placing an X along each line.

Score

High

48

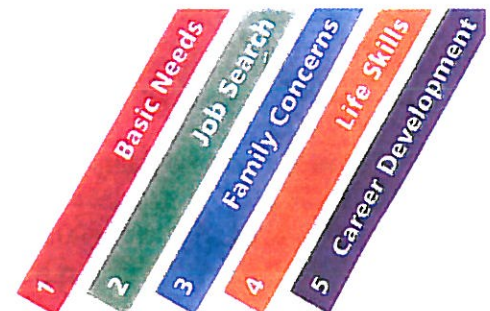
Average

36

24

Low

12



Scores from 12-23 are **LOW** and indicate that you are not very concerned about these issues. You feel you have the skills and/or resources in this area to be successful upon release from prison.

Scores from 24-36 are **AVERAGE** and indicate that you are somewhat concerned about these issues. You feel you have some of the skill and/or resources in this area to be successful but you still need more.

Scores from 37-48 are **HIGH** and indicate that you are very concerned about these issues. You should try to acquire the skills you need to be more successful in this aspect of your life. You also need to seek programs, professionals, and services that can help you.

**My main concerns upon/since
being released from prison are:**

	Great Concern	Some Concern	Little Concern	No Concern
1. Finding government programs that can help me. 4	3	2	1	
2. Having enough money for myself and my family while I look for a job 4	3	2	1	
3. Having reliable transportation 4	3	2	1	
4. Finding affordable child care 4	3	2	1	
5. Finding affordable housing 4	3	2	1	
6. Getting help for medical/dental problems 4	3	2	1	
7. Developing good job search skills 4	3	2	1	
8. Finding a job that interests me 4	3	2	1	
9. Learning more about my skills and abilities 4	3	2	1	
10. Learning more about various jobs 4	3	2	1	
11. Phoning prospective employers about jobs 4	3	2	1	
12. Getting additional training for the job I want 4	3	2	1	
13. Becoming a dependable family member 4	3	2	1	
14. Learning how to resolve conflicts better 4	3	2	1	
15. Making up for lost time with my family 4	3	2	1	
16. Rebuilding relationships with people I care about 4	3	2	1	
17. Learning to better communicate with friends and family 4	3	2	1	
18. Being available to support my family and friends 4	3	2	1	
19. Learning to control my impulses better 4	3	2	1	
20. Taking responsibility for turning my life around 4	3	2	1	
21. Finding satisfying hobbies and activities to do in my spare time. 4	3	2	1	
22. Keeping a positive attitude 4	3	2	1	
23. Learning how to make better decisions 4	3	2	1	
24. Not allowing myself to become depressed 4	3	2	1	
25. Being able to do what I'm good at 4	3	2	1	
26. Learning more about financial aid for school 4	3	2	1	
27. Understanding what my interests are 4	3	2	1	
28. Learning to make good career decisions 4	3	2	1	
29. Evaluating my strengths and weaknesses 4	3	2	1	
30. Finding a job despite my prison record 4	3	2	1	

**My main concerns upon/since
being released from prison are:**

	Great Concern	Some Concern	Little Concern	No Concern
31. Learning more about low-income housing in my community	4	3	2	1
32. Developing a spending plan.	4	3	2	1
33. Finding help for drug abuse or mental health concerns	4	3	2	1
34. Being a good provider	4	3	2	1
35. Setting long-term financial goals.	4	3	2	1
36. Learning more about agencies that can help me.	4	3	2	1
37. Learning how to answer interview questions about my past.	4	3	2	1
38. Learning how to write a resume	4	3	2	1
39. Learning how to network for jobs	4	3	2	1
40. Learning how to use my prison experience in my job search.	4	3	2	1
41. Learning how to find jobs in the hidden job market	4	3	2	1
42. Learning how to complete job applications.	4	3	2	1
43. Being a good parent	4	3	2	1
44. Relating with my spouse and/or children better	4	3	2	1
45. Finding people who will be supportive of me	4	3	2	1
46. Being a good neighbor	4	3	2	1
47. Developing a feeling of trust with my family and friends	4	3	2	1
48. Learning how to listen to others better	4	3	2	1
49. Learning to deal with drug abuse	4	3	2	1
50. Learning better time management skills	4	3	2	1
51. Turning my incarceration into a positive experience	4	3	2	1
52. Managing my anger.	4	3	2	1
53. Controlling any addictions, such as alcohol, cigarettes, or gambling	4	3	2	1
54. Learning how to deal with the stress in my life.	4	3	2	1
55. Learning more about educational programs	4	3	2	1
56. Setting short-, medium-, and long-range career goals	4	3	2	1
57. Making other people aware of my positive qualities.	4	3	2	1
58. Learning more about my personality and values	4	3	2	1
59. Getting more training for the jobs I desire	4	3	2	1
60. Taking college classes.	4	3	2	1

STEP 4 Interpret Your Profile

The following descriptions provide you with information related to each of the five scales. First, go to the scales on which you scored in the high or average ranges. These are the area(s) in which you are likely to face the most barriers and need the most assistance. Then go through the suggestions for overcoming barriers here. Place a check mark in front of all of the statements that you feel you are already doing. Then, do the same for the scales on which you scored in the low range.

Section 1: Basic Needs

High scores on this scale indicate that you need help in meeting your basic needs. You may need help finding a place to live after you are released, being able to afford food for yourself and your family, buying clothes for work, finding medical and dental care, and being able to afford a car or public transportation. You should learn more about government agencies that can help you meet your basic needs and the needs of your family.

- ☐ Identify and list the basic needs you are most worried about.
- ☐ Learn about government agencies in your release area that can help you. What agencies are you already aware of?
- ☐ Identify the types of clothes you think you will need when you are released and where and how you can get them.
- ☐ Identify several options for where you will live when you are released.
- ☐ On a sheet of paper, write about your concerns for when you are released. Answer questions like: The things I fear the most when I am released are...? I will earn money to live when I am released by...? My most pressing needs for release include...?
- ☐ Start planning for your release. Set long-range and short-range goals.

Section 2: Job Search

High scores on this scale indicate that you need help in planning and organizing your job search. You may need help looking for a job, learning how to talk about your prison experience in interviews, exploring jobs of interest, and learning how to overcome your prison record.

- ☐ Take time to develop a plan for finding a job when you are released. Set weekly and daily goals for this plan.
- ☐ Identify government agencies in your area that can help you find employment.
- ☐ Write a resume that you would like to use when you are released from prison.
- ☐ Learn how to interview effectively. How will you answer questions such as "Why were you incarcerated?" "What did you learn while incarcerated?" and "Why should we hire you?"
- ☐ Develop a job search network. List the people who can help you find a job when you are released.
- ☐ List the types of jobs you would like to find when you are released.

STEP 5 My Action Plan

List some of the things you will do to be a productive and successful member of society. List items that you did not check in Step 4 or list your own ideas for rising above your barriers.

My Plan for Successful Reentry

Basic Needs

Family Concerns

Care Skills

Career Development

Now that you have identified your potential barriers, you must find ways to overcome them and take responsibility for your personal life and your career. Be sure to use all of the resources at your disposal, but remember that a successful reentry is ultimately up to you.

12 11 10 09 9 8 7 6 5 4 3 2

Section 3: Family Concerns

High scores on this scale indicate that you are concerned about being a person that your family can rely on, about what your family and friends will think of you, and about making up for lost time. You may need to learn how to communicate better, resolve conflicts, and be more supportive.

- ☐ Be accepting of people from cultures different than your own. Think about ways that people from cultures different from yours have helped you in the past.
- ☐ Be aware of how you communicate with other people. Describe the problems you have talking with others. Work on being open with family members about your thoughts and feelings.
- ☐ Improve your listening skills. Practice using these skills with others.
- ☐ Think about the times you get into conflicts with others. How do these conflicts start? What people do you get into conflicts with? How could you handle these situations better?
- ☐ Make a list of the responsibilities you have to your friends and family. How will you fill those responsibilities?
- ☐ If you have a child, consider what qualities make for a good parent. Which of those qualities do you still need to work on? What resources are available to help you?

Section 4: Life Skills

High scores on this scale indicate that you are concerned about doing well and contributing to society after you are released from prison. You are concerned about managing your time, coping with stress, making good decisions, taking responsibility for how your life turns out, dealing with substance abuse problems, and keeping a positive attitude.

- ☐ Learn to manage your anger and aggression. Develop a plan for how you will handle events that anger you.
- ☐ Develop and list some of the leisure-time activities you would like to pursue when you are released.
- ☐ Maintain your self-esteem. List five things about yourself that you are proud of.
- ☐ List three things you have learned from being in prison.
- ☐ Develop a plan for how you will use your time when you are released. In this plan, think about how you will handle work, education, and family concerns.
- ☐ How will you manage your substance abuse problems better? List five things you will do so that you are not tempted to start using illegal substances again. What programs or agencies are available to help you manage this problem?

Section 5: Career Development

High scores on this scale indicate that you are concerned about developing your career. You may not have defined a clear career path or started to look at yourself or potential careers. You may also not know much about jobs that match your interests, skills, and personality. You may need to set career goals and identify ways to meet those goals.

- ☐ Take career tests to explore your interests, skills, values, and personality. Visit a counselor to get help with career planning and decision making.
- ☐ Make a list of your transferable skills. These are any skills you have that you can use in a variety of jobs.
- ☐ Identify and learn more about three jobs you might like by reading about them on the Internet or in books or by talking to people who have those jobs.
- ☐ Find a mentor who can help you reach your career goals. Who would you like to be your career mentor?
- ☐ Start thinking about how more education can help you reach your career goals. List one or two educational goals you have.
- ☐ Develop a long-range career plan. Describe the steps you will take within 6 months, 1 year, 3 years, 5 years, and 10 years.