

2019

My Release Plan

For transitioning into the community, your Release Plan details how you are going to successfully re-enter the community and satisfy all the requirements of your sentencing. Your completed Release Plan will show your correction officer and/or counselor, priesthood leaders, mentor, law enforcement authorities, your family and your friends what you plan to do for the next five years.

This document is not official Church Publication. This plan is only for a resource in the transition process. Feel free to adjust this document as you are inspired to.

WHAT IS MY “RELEASE PLAN”?

It is the “map” that will assist you to create a more focused life than you may have lived up to this point, allowing you to achieve your goals and dreams. In this Plan, you are asked to write a course of action that is realistic. It will begin while you are still incarcerated. You will be asked to make contacts and gather information to make sure of your survival and success on the outside.

If you are serious about your success on the outside, this is a tool that will support you. It will take time to prepare this Plan, so get started now and practice the three P’s: Patience, Persistence and Prayer. You will need the assistance of your correctional counselor(s), mentor, Church leaders and members, family, friends and outside agencies to complete this Plan. It must be completed before your release.

This is ***your Plan***. You know better than anyone else what you lack, what talents and gifts you possess, the skills you have developed in life, your past work history and the type of job you want.

Because of your past choices, you may have firm boundaries placed on you. You will have strict rules to obey and hard things to do to meet your goals. You may have to attend treatment programs and live in certain areas. You may have to stay away from some people and places, and give community service, etc. as part of your sentence and probation. Give careful attention to these rules when writing your Plan. Your Plan needs to be flexible and adaptable. Know about the conditions of life you will face. Understand that your Plan is not “once and done.” Your Plan will be something you keep using through the many challenges ahead.

BE COMMITTED to your future. Your future will in part depend on how well you write and follow your Plan. Take time and carefully consider what you want to accomplish once you are released. Writing a successful Plan will require much effort and prayer on your part.

BE DILIGENT AND MAKE IT YOUR TOP PRIORITY. The more honest you are, and the more effort you put into writing your Plan, the more help you will receive from others.

Your Plan can benefit you in the following ways:

- Improve your odds of being accepted into a work release program
- Allow your CO to lower your Risk Management Level
- Improve your odds of being accepted into a Transition House
- Improve your odds of finding employment
- Help you if you are trying to deal with issues of citizenship
- Help keep you on track, if you share your Plan with family and friends

The time to start working on your Plan is **NOW**, so it will be complete before your release. This will be a living Plan, that will be added to many times as you receive direction from God. You will need to send out requests for assistance and information to complete some parts of the Plan. It will take time to gather all the information you will need. You will need responses to your requests to be able write your Plan. (This is where your verifiable information is coming from.) You will also need to get permission from many of your resources, so that you can use their names and contact information in your Plan. The permission should be written, if possible.

The following outline is intended to help you write your Plan. Not all the information in this outline will apply to you. Simply write “Not Applicable or NA” to the parts that do not apply to you. Be as complete as possible. It is better to write more information than too little if you are not sure. Take time and think about your answers before you write them down. If you need more room than provided use a separate sheet of paper and attach it to your Plan. Also, be sure to attach your Relapse Prevention Plan.

SO, LET’S GET STARTED!

1. BASIC INFORMATION ABOUT YOU: (not your crime)

- a. Your name _____
- b. Earned Release Date _____
- c. DOC or other # _____
- d. Release County _____
- e. Your age at the time of your release _____
- f. What have you achieved or learned in prison, such as classes, study, skills, etc.?

g. What treatment programs have you received in prison, such as; 12-step, Drug Offender Sentencing Alternative (DOSA), Sex Offender Treatment Program (SOTP), Domestic Violence (DV), or Chemical Dependency (CD) classes, etc.?

2. SUPPORT SYSTEM/SOCIAL NETWORK

a. Are you married? _____

b. Do you have any children? _____ If so, how many? _____

c. Do you have family that is willing and able to help with your basic support? _____
If so, what type? (circle answers that apply) money, housing, food, clothes, work, transportation, other: _____

d. Do you have friends that are willing and able to help with your basic support? _____
If so, what type? (circle answers that apply) money, housing, food, clothes, work, transportation, other: _____

e. What friends have stayed in contact with you while in prison? Write names, phone numbers and address for each. Give your mentor permission to contact them.

f. What friends do you need to NOT contact?

g. Do you have support from other groups? (name, telephone, and address)

Church: _____

Volunteer Agencies: _____

Social or Community Services: _____

Substance Abuse Groups: _____

Sponsors: _____

3. FAMILY

In this section you will include all of your family that will assist you in your return to the community. This includes your spouse, children, parents, brothers, sisters, aunts, uncles, cousins, nieces, nephews, and grandparents. Give permission for your mentor to contact them. List family member's name, age, relationship and how they will assist you:

a. Name _____, relationship _____, age _____
Type of assistance _____

b. Name _____, relationship _____, age _____
Type of assistance _____

c. Name _____, relationship _____, age _____
Type of assistance _____

d. Name _____, relationship _____, age _____
Type of assistance _____

4. RELEASE ADDRESS. If you have Community Custody Supervision you will need to have a verifiable release address to be released. This address can be a transition house, in-patient treatment center, family's residence, friend's residence, or your own apartment or house. You will need permission from the owner of the residence to live at that address. There may be more restrictions, depending on your sentence and parole or probation. If you want to live at an apartment you will need written permission from the landlord. If you do not have written permission to live at the address you give, you may not be released from prison. It is a good idea to have two addresses ready for your release, just in case one does not work out. Homeless shelters are not always acceptable for a release address. This means that if you are on Community Custody Supervision you may not be able to be released to a homeless shelter. Try to find out your sentencing restrictions before you list any homeless shelter as a release address. You need the following information for your release:

a. Full address of residence: city, state and zip code (No PO Box addresses)

b. Names, age, relationship, and cell phone of others living at the residence

c. The phone number(s) to the address _____

d. If the residence is an apartment, show the name, address and phone number for the landlord (include a letter giving permission to live there)

5. EMPLOYMENT

a. What jobs did you have before prison/jail?

b. What job training did you have before prison/jail?

c. What type of work have you done in prison/jail? Include any prison/jail data sheets you have.

d. What work skills have you learned while in prison/jail?

e. What other kinds of work can you do?

f. What type of job will you be looking for after release from prison/jail?

g. How do you plan to find a job? Will you be using friends, referrals, employment agencies, temporary employment agencies, newspapers, etc.?

h. Do you already have a job? _____ If so, 1) What type of work, 2) What is the name of the business, 3) What is the physical address, 4) What is the name of your immediate supervisor, 5) What days and hours will you be working and 6) What are the contact telephone numbers for the business and supervisor?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

6. EDUCATION

a. What education did you have before prison? Did you graduate from high school, did you receive your GED, how many semester hours of college do you have, what did you study in college, what degree did you receive in college, etc.?

b. Did you get any trade school training before prison? Describe:

c. What classes did you take in prison?

d. Will you be going to school after prison/jail? _____ If so, what is the name and address of the school? What will you be studying, and what degree or certificate do you hope to earn?

e. Will you be going to a trade school? _____ If so, what is the name and address of the school? What trade do you expect to learn? When do you think you will finish the training?

f. How will you pay for your education? Grants, student loans, etc.?

g. Do you have a current resume? _____ If so, please include it with your Plan.

7. FINANCIAL/SUPPORT

a. Do you have a job when released? If so, what will you earn per hour, week, two weeks, or month (before taxes)? _____

b. What benefits, such as; Social Security, DES, State welfare, disability, unemployment, etc. will you be applying for? Write the agency, contact name, telephone number, address and how much you expect to receive per week, two weeks, or month?

c. If are you retired, what benefits do you receive per month?

d. Do you have any savings accounts, trust accounts, pensions, or other financial resources? Tell what type, and how much you expect to use per month.

8. BUDGET

a. How much gross (total) money will you earn or receive each month from wages, interest, benefits, family, friends, etc. (before taxes)?

b. Multiply your gross monthly income by .25 for taxes. What is your total monthly net income after you subtract your taxes? _____

c. List your weekly or monthly expenses. Be real, use current costs.

	Weekly	or	Monthly
1. Housing	_____		_____
2. Food	_____		_____
3. Utilities/Internet	_____		_____
4. Transportation	_____		_____
5. Clothing	_____		_____
6. Medical/Dental	_____		_____
7. Fines or restitution costs	_____		_____
8. Legal fees/obligations	_____		
9. All treatment costs	_____		
10. Probation/parole fees	_____		
11. Loans	_____		
12. Insurance	_____		
13. Savings	_____		
14. Child Care	_____		
15. Child Support	_____		
16. Alimony	_____		
17. Telephone	_____		
18. Job training or school cost	_____		
19. Entertainment	_____		
20. Miscellaneous	_____		

[Etc. some costs will be monthly.]

d. What is the total for all weekly expenses (costs)? _____

e. What is the total for all monthly expenses? (Multiply the weekly total by 4.33 to find the monthly total) _____

f. Subtract line e. from line b. to find how much money you have left over each month, after expenses _____. If you don't have enough money, you must either reduce living expenses or increase your income. You may not know how much you will earn each month, but you can list your expenses. This will let you know how much you will need to earn.

9. TRANSPORTATION

a. Do you have transportation available to you? Tell what it is (car or truck, bus, taxi, friend, family, light rail, bicycle, etc.) Offenders who have certain health issues may apply for a reduced rate card for bus and light rail.

b. If you own a vehicle is it insured? With what company and does the insurance meet the state minimum requirement (company name and phone)?

c. Do you have a valid driver's license or a CDL? What is your driver's license number? _____ When does it expire? _____

d. What state issued the driver's license? _____

e. If you don't have a driver's license, please tell why:

1. Have you ever applied for a license? _____

2. Is your driver's license suspended? _____ Why?

3. If your license is suspended have you contacted the courts to see what you need to do to get it re-instated? _____

f. Have you applied for an Occupational Driver's License? _____

g. If so, what type of ODL is it? _____

h. How will you get to your job and other places you will have to go?

10. SENTENCING

a. How many community custody supervision hours are you required to complete? _____ weekly, _____ monthly, _____ yearly

b. What restrictions has the court placed on you? (places, people, community, curfews, housing, etc.)

c. What No-Contact rules do you have?

d. What treatment requirements have you been given? (In Maricopa County there is a transition team from the Probation Department that should visit you at least two months before release, to answer treatment questions.)

e. What other stipulations, restrictions, or requirements (rules) has the court given you?

11. TREATMENT/COUNSELING

a. Are you required to receive any of the following treatments? Yes or No

- 1. Chemical Dependency Treatment (CD) _____
- 2. Domestic Violence Treatment (DV) _____
- 3. Sex Offender Treatment (SOTP) _____
- 4. Parenting Classes _____
- 5. Drug Offender Sentencing Alternative Classes _____
- 6. Will you be attending AA/NA meetings? _____ How often and where?

7. What other support groups will you attend? (This information will probably not be available until after your release.)

8. If you answered Yes to any of the above questions, please answer the following questions (add additional pages as needed to list the programs):

- a. Name of treatment program _____
- b. Name of agency _____
- c. Complete address _____
- d. Phone number of agency _____
- e. What is the name of your counselor and their telephone number?

- f. How will you pay for your treatment program or classes?

12. LEGAL FINANCIAL OBLIGATIONS

- a. How much do you owe in legal financial obligations (LFO's)?

- b. How much are your monthly payments? _____
- c. Where do you have to submit your payments? Provide name and address.

(If you do not know your LFO information talk to your prison counselor or record department)

13. HOBBIES/INTERESTS

- a. What do you enjoy doing in your free time? (sports, music, art, recreation, reading, hiking, hobbies, etc.?)

- b. Who will do these activities with you?

14. CONTACT INFORMATION

- a. Emergency contact information; name, telephone, address

- b. Relative: name, telephone, address

- c. Relative: name, telephone, address

- d. Friend: name, telephone, address

- e. Friend: name, telephone, address

- f. Attorney: name, telephone, address

- g. Sponsor: name, telephone, address

- h. Sponsor: name, telephone, address

- i. Personal cell phone number _____
- j. Email address _____
- k. Other _____

15. PERSONAL GOALS

In this section you will write all the goals that you have set for your return to the community. This will help you stay connected to your goals, and away from old behaviors, patterns or toxic friends/associates. Be real in setting your goals. Put down what you believe you will be able to do in each time frame. You will want to put at least three (3) goals per time frame. This may be hard for you if you have never set goals before. You may want to ask a family member, friend, or someone you trust to help you set life goals that you believe accomplish. This is a section that your CO and other law-enforcement agencies will look at closely to see if you are really committed to change your life.

a. Most important are action items that have to be done within the first week after release.

1. _____
2. _____
3. _____
4. _____
5. _____

b. By the end of the second week I will have accomplished:

1. _____
2. _____
3. _____
4. _____
5. _____

c. One month after my release I will:

1. _____
2. _____
3. _____
4. _____
5. _____

d. Three months after my release I will:

1. _____
2. _____
3. _____
4. _____
5. _____

e. Six months after my release I will:

1. _____
2. _____
3. _____
4. _____
5. _____

f. One year after my release I will:

1. _____
2. _____
3. _____
4. _____
5. _____

g. Five years after my release I will:

1. _____
2. _____
3. _____
4. _____
5. _____

16. PERSONAL STATEMENT

In this section you need to show what you have done to change your life. This will be a summary of your plans for your successful return to the community.

a. What was your crime?

b. What were the circumstances of your life that led to you committing your crime, i.e. peer pressure, desperation, bad influences, drugs, etc.?

c. If you could re-visit your life just before your crime(s) what would you change or do differently to avoid committing the crime?

d. What have you learned from being in prison? 1) about yourself and 2) from any treatment programs

1 _____

2 _____

e. What do you believe are your personal strengths?

f. What do you believe are your personal weaknesses?

g. What will you do to change any or all your weaknesses into strengths?

- h. What self-improvement courses, classes, or studies have you completed to change your former behaviors and improve yourself in order to avoid returning to your past? What courses, areas of study or books will you study post incarceration to continue improving yourself?

- i. What steps of self-discipline have you chosen for your life after prison/jail so that you will be a contributing member of your community and avoid returning to prison/jail? How are you currently implementing those steps?

17. SELF-RELIANCE

Your personal self-reliance starts with planning how to make your time work for you now, as you prepare for release. You will never have another opportunity like this to focus on improving yourself! After your release, there will be many other demands on your time. Others before you have used these tools and been very successful. Now it is your turn. With the help of the Lord you can accomplish all things (Philippians 4:13).

WHILE IN PRISON/JAIL

As one studies the gospel of Jesus Christ it become evident that the Lord will never force anyone to follow him. His is a gospel of love and love never forces. With this in mind, we suggest the following. Even though it may seem like you are entirely alone and without help, surrounded by difficult conditions and circumstances in prison, the Lord is always aware of you, literally by name. He wants to help you. He did not send you to mortality to be unsuccessful. First, we must seek Him. In the Old Testament in Jeremiah we are taught, "And ye shall seek me, and find me, when ye shall search for me with all your heart." Your Father wants and needs to hear from His daughters and sons. To be really successful at your post-incarceration life you need to have an intimate relationship with your Father. Your life and heart need to be ready to feel and accept His spirit and His guidance.

1. First, recognize that you have the power to choose good or evil; you can choose to seek the Lord's help or not. The Lord will never force anyone to follow him.
2. Second, the Lord is always willing, but you must desire and ask to receive His blessings.
3. Third, do all you can to repent every single day, and change your heart.
4. Fourth, do all you can to keep all the Lord's commandments.

We know that working these steps is not easy. It is a habit that becomes easier as we repeat it through our lives. We promise that these four steps will create habits that will make you strong and powerful in choosing wisely and in replacing bad habits with good ones.

Spiritual Growth

There are tremendous blessings in becoming fully converted to the gospel of Jesus Christ. Building a close, honest relationship with the Lord is at the center of becoming self-reliant. He knows you by name and loves and cares about you. As you build your love and faith in the Lord, you will be able to feel His love and power. His love and influence will heal and convert you, if you will open your heart to Him (Ezekiel 36:25-27). How can you build love and faith in the Lord that will bring a mighty change of heart? It starts with being humble, knowing that your sins have caused great pain to Christ, to yourself, and to others. Only the atonement of Jesus Christ makes it possible for your sins to be forgiven. Through the atonement you can gain power to repent of all sins, change your heart and desires, receive forgiveness, and build a new positive life.

The following steps will help bring about this wonderful change in your life:

- Organize yourself and establish priorities (D&C 88:119-126)
- Pray and Fast – Seek the Lord's guidance (D&C 103:26, 112:10)
 - a. pray with a sincere heart at least twice a day
 - b. fast at least once per month and as often as needed
- Study the scriptures: study the scriptures, words of the prophets, Church publications and other sacred works every day.
- Attend church services every Sunday (or the day of your Church services).
- Accept ward callings when they come.
- Forsake anything in your life that is unclean.

Set Personal Goals for Growth

Decide what is most important, then set goals according to your priorities. Choose and write down long-term goals, then break them down into smaller, short-term goals. Set goals for each area of your life; physical, mental, emotional, spiritual, financial, relationships, etc. Review these goals at least once a day; several times per day is better. Pray about your challenges and your success.

Build a Positive Attitude

Learn from your past and learn to put the past behind you. Learn to look forward; do not allow your past to define your future. Forget and forgive others for what they have done to you. Holding hatred and grudges will poison and destroy you. You can only move forward and become free from your heavy burdens when you forgive others, seek forgiveness and most importantly, forgive yourself. Draw a line in the sands of life and simply decide to start over again. Seek out the good in everyone and in every situation. Seek out and find positive quotes and sayings, write them down, memorize them, and think about them often. Replace any negative thoughts, attitudes, actions, behavior, and speech with clean, positive and uplifting communication. Like the law of gravity, being positive will pull more positive influences into your life.

Educate Yourself

You can never get enough education, and education is a life-long process. Knowledge is the key to success, and applying that knowledge is the key to happiness and to helping others. Instead of wasting your time; with too much T.V, with doing nothing while listening to music, with idle talk, games, etc., get enrolled in classes, get good books to read from the library, and always try to improve your skills. Ask those who you seek to be like, what books they read. Let learning be part of your life (D&C 88: 77 – 82, 118). Skills in reading and writing will improve your opportunities for success, no matter what kind of work you do. If you want to improve your life from before jail or prison, then take the steps now to learn new skills, and to replace poor habits with good ones. Challenge your brain, by taking educational courses, and improving your speaking and writing skills. All of this will give you opportunities for better jobs after your release. Do not limit yourself; aim high and work hard to achieve your goals. Learning can be a lifelong habit.

Personal Health

Respect and take good care of your body through daily exercise, proper diet, avoiding harmful substances, and getting proper sleep (1 Cor 3: 16 – 17, D&C 88:124, D&C 89).

Social and Emotional Well-Being

Shun everything that is degrading, destructive, and unclean. Build positive and caring relationships with others who have high standards and good character. Strengthen your positive relationships, with family and friends. Choose to live righteously.

Give Service to Others

Service is voluntarily giving of your time and talents to help others. Thinking about and helping others is following the example of Christ. Opportunities for service are all around. Encourage others, help others to read and learn, be a friend in a time of need,

etc. Pray and ask for opportunities to serve. Act on the promptings of the Spirit when they come to you to help lift the burdens of those around you. Acts of kindness and service bring healing and relief to both the receiver and the giver. The more you give service to others, the more happiness and joy you will have in your life. Think about the people who have made the most positive impact in your life. It is probably those who have taken an interest in you and have helped you. Learn to love people. Sincerely seek to discover who other people really are, inside in their hearts. When you really care, you will begin to really listen and become a true and trusted friend.

Manage Your Finances Wisely

Pay honest tithes and offerings. Save as much money as possible prior to your release and do the hard work of learning how to budget.

Employment

Take the job that is in front of you, no matter what. It will be a stepping-stone to a better job, even while in prison. Work hard, be smart, apply yourself, and be honest. Continually learn and improve your skills to be the best employee possible. The work habits you build now will stay with you in the work place. Nobody wants lazy, negative, dishonest, or unreliable workers. Now is the time to develop great work habits that you can take with you into the real world.

AFTER YOUR RELEASE – HITTING THE STREET

You will be expected to find employment, shelter, transportation, food and clothes for yourself. You will be expected to follow all rules and guidelines of the probation and/or parole office. Your life will be busy. You may be expected to provide community service. You will be given a schedule to follow and will need to meet with designated law enforcement officials. This is where your Self-Reliance Plan will be used, along with all other resources that can help you. Focus on the action items that will bring you success. Plan ahead, putting your daily needs in order of their importance. Manage your money wisely. Get every available resource as soon as possible.

Do whatever you have to do to become self-sufficient as soon as possible. Keep working on your Plan, and the steps you need to take to entirely take care of yourself. Make a timetable and set goals that will give you a way to check your progress by the week and the month. Treat yourself with a pat on the back when you reach any short- or long-term goal. Take everything one step at a time, and don't let hard days get you down. The Lord loves you! In your daily prayers, report every small success to Him.

Remember to include the Lord in your Plan, so that you have the spiritual strength to sustain yourself. Remember Paul's counsel to the Philippians. Philippians 4:13: ***I can do all things through Christ which strengthened me.*** Keep yourself busy. Find reliable employment. Do service for others. Develop a hobby or two. Staying busy will help you stay out of trouble. Read [The 7 Habits of Highly Effective People](#) by Steven Covey. It has a great weekly planner and provides excellent guidance. It will help you discover what you want for yourself. Pray and ask Heavenly Father for His blessings, guidance and assistance in everything. There is nothing you can ask for that is too small for Him to help you with.

There are things you need to avoid. You know them better than anyone. Find someone to sponsor you and let them give you guidance and support and hold you accountable. Put your issues out there and face them head-on. Be completely honest with yourself. It is the most basic step in your success.

Dear Brothers and Sisters, we know the trials you are soon to face. We know every bump in the road because many of us have been there. If you make a Plan and keep working it, you will succeed. May God bless you every step of the way.

Signature and Date

Once you feel you have completed your Plan, carefully study the contents you have enclosed. Be absolutely certain that your information is 100% correct. When you are completely satisfied with your Plan, please sign and date it, so it will be valid. For your Plan to be of any value you must believe in it. Believe that you can accomplish all your goals, and that by doing so, you will turn your life completely around. Believe that you can and will be a better person. You may remember your past, but it will never control your life. Again, completing your Plan will take great effort on your part. Do not expect to complete the plan in a couple of hours. It may take many months to do the work and collect the information that you need. Let people you know and trust help you to complete your Plan. Get as much help as possible from people within the prison/jail system, as well as outside the system. There are many who are ready and willing to help you succeed. When it is completed, give copies of your Release Plan to those involved in your release and re-entry, especially those who will assist you in finding housing, transportation, etc. This can include POs, counselors, social service agencies, your bishop, family, friends, employers, etc.

REMEMBER, YOUR PLAN TELLS THE READER THREE THINGS:

- **WHO YOU HAVE BECOME IN PRISON/JAIL**
- **WHAT YOU PLAN TO DO WITH THE REST OF YOUR LIFE**
- **HOW YOU PLAN TO RE-ENTER AND CONTINUE SUCCESSFULLY**

Signature

Date