



# SECOND CHANCES

FOR FORMER OFFENDERS AND THEIR LOVED ONES

## Prisoner Reentry Checklist

If you have already been released from prison and do not have access to food and shelter, find a phone and dial 211 immediately to locate emergency services in your area.

### FIRST CONTACTS

Be careful about your first contacts. Reaching out to the wrong people after prison could complicate things beyond your control. Ask yourself: Do they need to know I'm out? Will they have my best interest at heart? Will they help me or hinder me? Before your release, make a list of your first contacts – and a commitment to connect with them and only them. Be sure to include:

- Anyone who you are required to report to
- Your immediate family members
- The few people who support you and are on your side
- A sponsor, mentor, or role model to hold you accountable
- A medical or mental health professional if needed
- Your faith community – to get involved, not to ask for help!
- First Call For Help (see below)

It's worthwhile making a second list of people who you want to see but who have a bad influence on you – and make a point of staying away from them.

### FIRST CALL FOR HELP

Just because you have a record doesn't mean that you qualify only for services for former offenders. So don't ask for help by explaining that you just got out of prison. You're likely to get referred to agencies that focus on reentry and miss out on all the rest. By dialing 211 from a local phone, you'll be able to talk with someone who knows what services exist in the area and how to get in touch with them. A few common reentry needs are listed below with space to write down their phone number.

<b>SERVICE NEED</b>	<b>PHONE NUMBER</b>
<input type="checkbox"/> Child support assistance	_____
<input type="checkbox"/> Clothing	_____
<input type="checkbox"/> Mobile phone	_____
<input type="checkbox"/> Employment	_____
<input type="checkbox"/> Food	_____
<input type="checkbox"/> Fitness (don't take a break)	_____
<input type="checkbox"/> Identification	_____
<input type="checkbox"/> Medical care	_____
<input type="checkbox"/> Mental health care	_____
<input type="checkbox"/> Prescription assistance	_____
<input type="checkbox"/> Public internet	_____
<input type="checkbox"/> Shelter	_____
<input type="checkbox"/> Support group (be specific)	_____
<input type="checkbox"/> Transportation	_____
<input type="checkbox"/> Veteran assistance	_____
<input type="checkbox"/> _____	_____

### STAYING CONNECTED

Connective technology is important in just about every area of our lives – including getting help, finding employment, and accessing information. Fortunately, it's not hard or expensive to get connected in Chattanooga any more.

- Get a library card and find out about its public computers
- Register with American Job Center to learn about its resource center with self-service computers
- Order a free Lifeline phone at [www.lifelinesupport.org](http://www.lifelinesupport.org)
- If you are not eligible for a Lifeline phone, consider a pre-paid phone from Walmart (Straight Talk)
- Set up a free Google account
- Set up a free Google Voice account
- Find free internet at [www.chattanooga.gov/it/nooganet](http://www.chattanooga.gov/it/nooganet)
- Find a computer giveaway program (see First Call For Help)

We recommend Google because of its free applications. You can create and save documents, manage your appointments, and keep track of your contacts. Plus, Google Apps includes Google Voice, which gives you a free local phone number with voicemail and texting capabilities. You need a mobile phone to set it up. But a Lifeline phone will do. And, once it's set up, you don't need to worry about running out of minutes. As long as you're connected to the internet, you can use Google Voice to make and receive calls, send and receive texts, and retrieve voicemail. You can also keep your Google Voice number indefinitely and connect other phone numbers to it as needed.

### IDENTIFICATION

Gather all your identification and apply for replacements as needed. For employment purposes, in most cases, you will need a Social Security Card and a state-issued picture ID that has not expired. To learn what other identification can be used for employment, get in touch with the American Job Center. You should have the original or a legal replacement of all of the following identifications which you are eligible for:

- Birth Certificate
- Social Security Card (not laminated)
- Driver License (reinstatement information [dl.safety.tn.gov](http://dl.safety.tn.gov))
- If you can't get a Driver License, get a State issued picture ID
- If discharged from the military, DD 214 & veteran ID Card
- If foreign born, proof of citizenship
- If Native American, certificate of degree of Indian Blood

Getting replacement identification can be tricky, especially if you were born in another state. If you don't know where to start, call 211 and ask for information about agencies that can assist you obtain your identification and that may have resources for application fees and transportation.

**CLOTHING**

You can get most of the clothing you need by calling thrifts stores in the area and letting them know that you've just gotten out of prison. Add to the list below as needed. Then call 211 for a list of thrift stores in the area. Call around until you've found everything you need. Then find a ride, set aside a day, and visit the places that said they would help.

<b>ITEMS</b>	<b>THRIFT STORE</b>
<input type="checkbox"/> Casual shoes	_____
<input type="checkbox"/> Work shoes	_____
<input type="checkbox"/> First change of clothes (casual)	_____
<input type="checkbox"/> Second change of clothes (work)	_____
<input type="checkbox"/> Third change of clothes (interview)	_____
<input type="checkbox"/> Fourth change of clothes (religious)	_____
<input type="checkbox"/> Jacket appropriate for the season	_____
<input type="checkbox"/> _____	_____

**SHORT MATERIALS LIST**

To get the most out of the limited money you have to begin with, you'll want to be very clear about the things you need to purchase first. Start with the list below and add to it according to your circumstances. This will help you to prioritize how to spend your money. And, if there are people who want to give you a hand, you'll know just what to ask them for.

<b>ITEMS</b>	<b>ESTIMATED COST</b>
<input type="checkbox"/> Bus pass (2-3 months)	\$50 a month
<input type="checkbox"/> Money for identifications	\$25-50
<input type="checkbox"/> Pocket cash for job search (8 weeks)	\$50 a week
<input type="checkbox"/> Mobile phone at Walmart	\$35-50
<input type="checkbox"/> Prepaid mobile plan a Walmart	\$20-35 a month
<input type="checkbox"/> Watch	\$20
<input type="checkbox"/> Wallet or purse	\$15
<input type="checkbox"/> Alarm clock	\$15
<input type="checkbox"/> Pens	\$5
<input type="checkbox"/> Pocket notebook	\$5
<input type="checkbox"/> Gym bag or backpack	\$20
<input type="checkbox"/> Umbrella	\$15
<input type="checkbox"/> Haircut	\$15
<input type="checkbox"/> Toiletries	\$25
<input type="checkbox"/> Underwear	\$15
<input type="checkbox"/> Socks	\$15
<input type="checkbox"/> Wal-Mart gift card (for misc. items)	\$40
<input type="checkbox"/> _____	_____

**GOVERNMENT ASSISTANCE**

Make an appointment with the State Department of Human Services if you think you are eligible for programs such as:

- Supplemental Nutrition Assistance Program (SNAP)
- Families First
- Vocational Rehabilitation

If you have received disability benefits through SSI or SSDI in the past, or you believe that you are eligible for one of these programs, contact a SOAR specialist in your area at [soarworks.prainc.com](http://soarworks.prainc.com) or (518) 439-7415.

**CHILD SUPPORT**

If you owe Child Support, don't wait to get in touch with the court. The sooner you address it the better. When you call, explain that you have just gotten out of prison and ask if there is a program to help non-custodial parents with employment or to review and adjust orders to match actual earnings.

**EMPLOYMENT & EDUCATION**

Now is the time to get a college degree if possible. You will be eligible for more financial aid immediately after you're released from prison than you will during the years after you start to earn money. Plus, few things convince an employer that you can be trusted more than completing a degree after release. Not to mention, you'll be eligible for higher paying jobs once you have one. If you are interested in pursuing a college degree:

- Call Chattanooga Endeavors at (423) 266-1888
- Set up a meeting with Educational Opportunities

To speed up your job search:

- Request a Job Seeker's Primer from Chattanooga Endeavors
- Set up your resume on Indeed.com
- Open a bank account for payroll purposes
- Make sure you have your social security card and picture ID

A few other things to consider:

- Set up either CashApp or Venmo (preferred) on your mobile phone to receive money from people and organizations and to set up ACH payroll with your employer if approved.
- Request a debit card through your Cash App or Venmo (preferred) account for purchases and cash withdrawals.
- If you're 55 years old or older, contact the area CSCEP (Senior Aids) program for a paid training assignment.

In partnership with men and women who have served time in prison themselves, Chattanooga Endeavors addresses many issues that are unique to former offenders from a long-view, helping them to turn their prison time into an asset, locate the hidden job market for second chance hires, and avoid the bottom line traps of nonprofit businesses. Our goal is your sustainability not ours.

To learn more about Chattanooga Endeavors, reach out to us at (423) 266-1888  
[info@chattanoogaendeavors.org](mailto:info@chattanoogaendeavors.org)  
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