

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

This Reentry Packet has been customized for: BURNS

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PRE-RELEASE INVENTORY

Additional items to add to your list!

1. List the gifts that you bring with you!

- Include your courage, determination and authenticity.
- Your ability to listen well and offer the greatest gift a person can give: your attention.
- The special tools and skills you've developed to share with employers, coworkers, customers and clients.
- Expanded knowledge, compassion and commitment to those who are close to you.
- The unique perspective, and pro-social community-building skills that you have to construct the future with others!



2. Prepare for tough times. Write down book titles, articles, names of friends and family, and community resources you can turn to when things are tough; or when you feel down or vulnerable. When it's difficult to reach out to people; books may be a good place to start.

3. Check for "Over-Confidence". It's crucial to be confident...but foolish to be over-confident! Here are a couple of ideas to locate and address possible points of overconfidence:

- + Play "Devil's Advocate". Be critical and pessimistic. If possible, solicit the help of a friend or a young person. (In general, the young are better at this than adults.)
- + Resist comparing yourself to others. Everyone does things differently!
- + Listen to, and address, concerns or criticisms from others. This doesn't mean you need to argue with them or change course. Just check to see if you are fully considering their perspective.
- + Mix modesty and humility with enthusiasm.

4. Remember: you've got a lot of choices ahead! There's always more than one option, and almost always more than two. Try to find at least 4 options from which you can build or blend options to create your best opportunities!

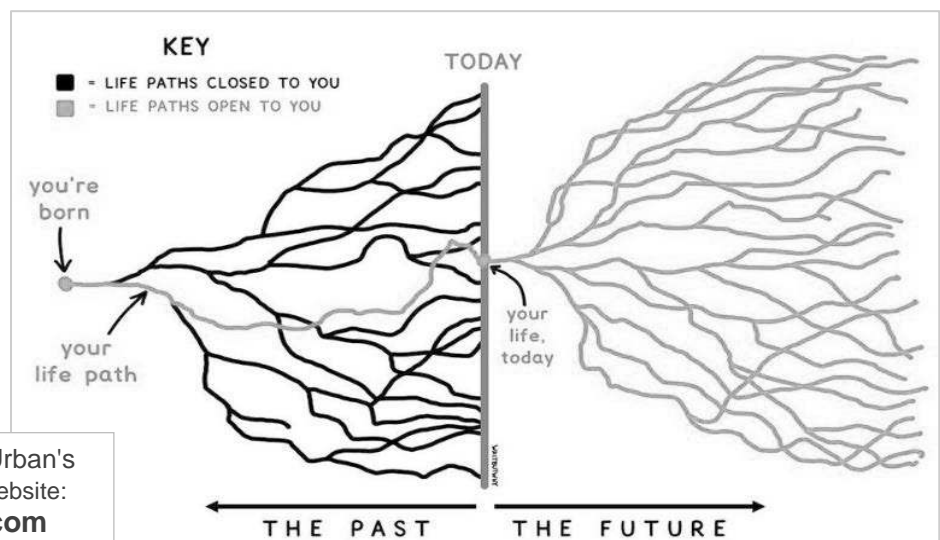


Image from Tim Urban's
Wait But Why website:
waitbutwhy.com

AGENCY and ACTION

What can we do,
with what we have,
where we are,
right now ?

*** We can get ready for change; ready to build what comes next; ready for the unknown! We can read, write, plan, draw, and think – as a strategic problem solver and community building collaborator.

*** We can stay flexible...mentally and physically...so that whatever comes, we will be ready and able to adjust and contribute.

*** We can reflect, and deepen our understanding and compassion.

*** We can consider the things that we would most love to give our deep attention to and consider how our unique gifts could bring strength to the areas we are most passionate about.

*** We can gather tools and build skills that we will need such as attending to issues with anxiety, depression, loneliness, self-doubt; or deepening skills we already have and which are so hard to find such as listening and caring.

*** We could learn something important for community building, so we can share it with any community we join.

*** Feel free to reach out to Fair Shake to see if we can connect you with a group of people who are working in the area where you would like to invest your efforts: outreach@fairshake.net.

Wishing you all the best through your transitions to come! Your success is important to me...and to our future together. **Ubuntu!**

Fair Shake Technology Tools

Do you need to learn to use a computer? How to navigate websites? Or just brush up on your skills?

Check out our Computer Basics tutorial!

We cover these topics:

- Mouse
- Keyboard
- Hardware
- Computers and Your Health
- Desktop Environment

And you will learn these skills:

- Mouse Articulation
- Keyboard Hand Placement
- Creating Files and Folders
- Storing Data
- Healthy Computer Use



Ready to expand on the basics? We offer more information in these areas:

Using computers: Desktop, Program Menus, Recycle/Trash, Keyboard Short Cuts and Printer information.

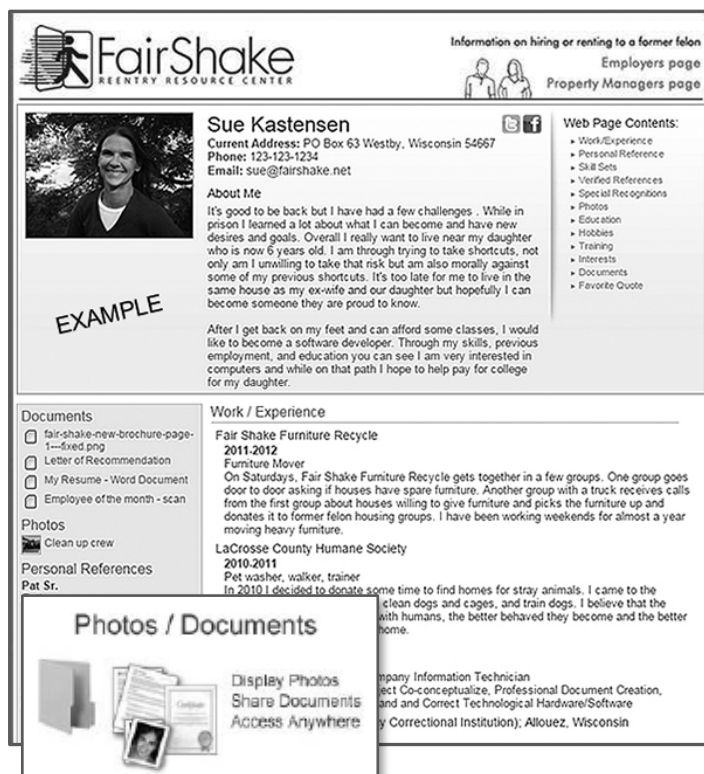
Internet / Storage:

Internet: Web Browsers, Internet Connection, Fair Shake Technical Tools

Storage: Hard Drive, Internet Storage, Flash Drive

Software: Software, Word Processor Programs (to write documents), Spreadsheet Editors (for making a calendar, schedule, budget), In The Cloud Programs, Email Software (including our Shake web mail)

Be Careful: Save Your Work, Internet, Downloading, Updating and Uploading



FREE Personal Web Page!

Personal Web Page: Your Personal Web Page is a comfortable environment to disclose the information you would like to share with people you permit to visit. Here you can introduce yourself, list your skills, your education and work history, show your photograph, link to your documents and provide relevant and important information not requested in many job applications.

- ✓ Members differentiate themselves from other applicants!
- ✓ Members share information easily. No need to carry documents; they can be located, downloaded and/or printed from the page.
- ✓ Shows dedication to reentry success and provides a place to demonstrate interest in taking a proactive approach by sharing skills, character traits, and intentions.

WHERE CAN WE LEARN HOW TO DRIVE A CELL PHONE?!

wikiHow



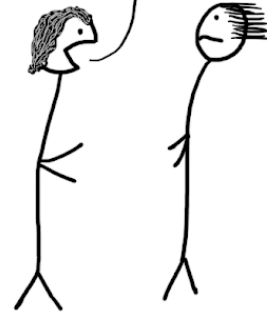
Search: How to Use a Cell Phone

Don't fall in the
"Rabbit Hole".
Use the search bar!

Search this site



I ENJOYED THAT ARTICLE
THANKS FOR SENDING



waitbutwhy.com

(When we write in ALL CAPS)

Looking for Guidance? How-To videos?
You might want to check out

SUPREME GURU TECH

www.youtube.com/c/SupremeGuru/videos

How-To Mania! She'll help you add apps of all kinds! Delete apps of all kinds! iPhone and Android! Plus how to email, change font size, find music, tips and tricks & lots more.

FAIR SHAKE ON YOUR PHONE

It's an application, but it's not an APP (That's right...you get info while we don't take your iinfo! ~ :)

Search for Fair Shake

www.fairshake.net

1

SEARCH

FairShake
.net

4

Discover
Resources
& Information!

2

Zoom In

Search
Through
Fair Shake

3

Search

State:

City or

Zip Code:

Within: 5 Miles

Search Resources

Reset

HOUSING

Like the Fair Shake [Find A Job](#) page, the Housing Search page lists search engines to find housing near you. In addition to the websites listed below, there is a lot more information in the [Resource Directory](#) and in Reentry Guides section below the Search Box.



Aunt Bertha

Aunt Bertha is a social care network that connects people and programs — making it easy for people to find social services in their communities. To do this, we've verified and added hundreds of thousands of programs covering every county in the US.



2-1-1

A phone number and a website! Not sure where to turn? We are here for you. **211 receives more requests for help with finding housing or shelter or paying utilities bills (over 4.4 million each year) than for any other issue.**

Homeless Shelters and Service Organizations:

National list of homeless shelters and other services homelessshelterdirectory.org/

Find the Housing Authority Near You!

A nearly-complete list. Some others are located on the Fair Shake website under State and Local Reentry Guides.

https://www.hud.gov/program_offices/public_indian_housing/pha/contacts



Section 8: Frequently Asked Questions

What is Section 8 Housing?

The actual name of the program commonly known as “Section 8” is the Housing Choice Voucher Program, a federally funded program that subsidizes rent for eligible participants. It is designed to assist very low-income families or individuals. A housing subsidy is paid directly to the landlord on behalf of a participating family/individual.



How do I apply for Section 8 housing?

Contact your local [Public Housing Authority](#).

For further assistance, contact the Housing and Urban Development office nearest you.

Does my criminal record ban me from public housing?

There are only 2 convictions for which a PHA must prohibit admission:

- If any member of the household is subject to a lifetime registration requirement under a State sex offender registration program; and,
- If any household member has ever been convicted of drug-related criminal activity for manufacturing or production of methamphetamine on the premises of federally assisted housing.



National Reentry Resources (besides Fair Shake)

2-1-1 or www.211.org Dial 211 or visit the website!

211 is a vital service that connects millions of people to help every year. Simply call 211 or search for 211 online. Program of United Way.

Services include:

Supplemental food
Shelter, housing, utilities
Emergency / disaster relief
Employment opportunities
Education opportunities
Veterans services

Health care
Rehab and addiction services
Reentry Resources
Support groups
Safe path away from abuse



Aunt Bertha: <https://www.auntbertha.com/>

Search for free or reduced cost services like medical care, food, job training, etc. People can create profiles, connect with resources, and save searches...or search anonymously anytime.

Positive Transitioning: 614-573-0464 or 844-392-9695

CALL FOR RESOURCES: Employment, Housing, Education, and Legal Assistance. - 24/7 Resources and Listening Line Are you looking for resources? Give us a call! Also sign up for coaching, enroll in classes and connect to a mentor or become a mentor. www.positivetransitioning.org

Help Yourself Therapy:

www.helpyourselftherapy.com/

SELF-Therapy For People Who ENJOY Learning About Themselves. Free, confidential, practical advice from a therapist. Everything is easy to understand and to use. Self-disclosure is never needed. Completely confidential.



Help Yourself Therapy

Homeless Accommodation Directory: www.homelessshelterdirectory.org/

Transitional Housing www.transitionalhousing.org

Food Pantries and Soup Kitchens: www.homelessshelterdirectory.org/foodbanks/

Employment Related:

Clothes For Women: **Dress For Success** <https://dressforsuccess.org/>

Clothes For Men: **Career Gear** <https://www.careergear.org/>



careeronestop

U.S. Department of Labor

Career One Stop www.careeronestop.org

Your source for career exploration, training & jobs.

Vital Records www.cdc.gov/nchs/w2w/

Where to write, or where to go, to obtain birth, death, marriage and divorce certificates.

Social Security new or replacement card: <https://www.ssa.gov/ssnumber/>

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Support for
folks with

DIFFERENT ABILITIES / DIS-ABILITIES

More information can be found at fairshake.net/different-abilities



National Federation of the Blind nfb.org

200 East Wells Street at Jernigan Place
Baltimore, MD 21230

410-659-9314



National Disability Rights Network ndrn.org

820 First St. NE, Suite 740

TDD/TTY: 202-408-9521

Washington, DC 20002

Phone: 202-408-9514

Protection and Advocacy for People with Disabilities



Int'l Center for Disability Resources on the Internet icdri.org/legal/CAP.htm

The Client Assistance Program (CAP) is funded by taxpayers. It provides assistance, information and advocacy to people with disabilities who are getting or applying for services under the Rehabilitation Act. Programs include: Vocational Rehabilitation, Independent Living Services and more. Each State has its own programs.

Social Security Disability Insurance (SSDI & SSI) ssa.gov/benefits/disability
Social Security Administration Office of Public Inquiries and Communications Support
1100 West High Rise
6401 Security Blvd.
Baltimore, MD 21235

TTY 800-325-0778
800-772-1213



Write for information to start your application before release! It's included in the Fair Shake software: fairshake.net/fici.
Your supporters can find information at this link, too: ssa.gov/reentry/benefits.htm.



Social Security Disability Resource Center www.ssdrcc.com

Private website created to "provide information about how Social Security Disability and SSI work" Nationally, and in NC specifically. Online only.



Vision Aware visionaware.org

An amazing website, loaded with information, webinars, support groups including special support for elders, veterans, children and much more. "VisionAware is a

free, easy-to-use informational service for adults with vision loss, their families, caregivers, healthcare providers, and social service professionals."

Expanding Employment Possibilities for People with Vision Loss! aphcareerconnect.org

The Arc thearc.org

The Arc of the United States
1825 K Street NW, Suite 1200
Washington DC 20006

202-534-3700
800-433-5255



The Arc serves as a bridge between the criminal justice and disability communities. We promote and protect the human rights of people with intellectual and developmental disabilities and actively support their full inclusion and participation in the community throughout their lifetime.



Olmstead Rights olmsteadrights.org

Our mission is to help low-income people navigate complexities by providing information and resources for self-advocates, family and friends of people with disabilities, and legal advocates alike. Self-help Tools! Legal Advocacy Tools! Links to resources in every state! (web-based only)

Want to be mentally and physically healthy?

VOLUNTEER

for just 2 hours each week!

No matter what research, anecdotes, survey or data are most important to you, they all demonstrate that people who volunteer enjoy increased physical and mental health, a deeper sense of meaning, and a decrease in depression and/or anxiety levels. All of this is true regardless of the physical or mental state of the volunteer before they start volunteering.



It's FREE! YOU reap many health benefits!
It builds MEANING, CONNECTION, and VALUE!

I sometimes hear from people who 'want to tell their story to the youth to keep them from going to prison'. It's an interesting idea, but just 'telling' probably won't work. The youth today - just like when you were a youth - won't learn from old people's stories. But if an old person will listen to them? That might make a big difference, and once you build trust, you may be able to share your story after all. When you listen, you can gain trust, and then help them build the future. Listening helps people feel valued, which can increase their feelings of agency and power over their lives.

There are many ways, formally and informally, that you can commit to supporting others:

- Wherever you go, there are people who need attention; who need to be heard and honored.
- There are people who need to eat, need help shopping and help taking care of their home.
- There are people who need support, need to learn how to ask good questions, need to find their voice, need to learn to establish good boundaries, need to learn how to learn, and also to re-learn how to express themselves through art, movement, music, and imagination!

In a 2009 survey* of 4582 people, at an average of 2 hrs/wk., people said this about volunteering:

96%: feel happier (A way to relieve our suffering from unhappiness and depression!)

92%: enriches my sense of purpose in life

89%: improved my sense of well-being

78%: helps with recovery from loss and disappointment

77%: improves emotional health

73%: lowers my stress levels

68%: made me feel physically healthier

*http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf

According to Post, volunteers have less trouble sleeping, less anxiety, less helplessness and hopelessness, better friendships and social networks and a sense of control over chronic conditions. Those who received help from others also benefit greatly from helping others!

You may want to starting your volunteerism with an established organization. Or you can certainly start your own thing. That's how Fair Shake got started!

It's a GREAT way to meet new people, to immerse yourself in a diverse group, to network in new circles, to demonstrate your character and commitment, to build community and faith in humanity!

NO DRUGS! NO SIDE EFFECTS! NO COST! NO OFFICE VISIT! NO DOCTORS!

EVERYONE VOLUNTEERS. YOU NEVER KNOW WHO YOU WILL MEET THERE!

You may find your next employer, property manager, babysitter, ride-share person or friend!

Ways to Volunteer: (this is just the beginning of a list for which there is no end...)

Food Pantry
Free Meals
Yard Work
Reading
Shopping

Clean Up Trash
Driving / Rides
Help with Taxes
Simply Spend Time
Hobbies

Arts and Crafts
Animal Rescue
Handy-person Repair
Snow Shoveling
Help with Moving

Community Volunteer Opportunities

* * 2 hrs/week delivers health benefits to you. Any amount of time delivers benefits to others. * *

Food Pantry * Habitat For Humanity * Lawn Mowing * Church or Community Groups
Direct Support * Child Care * Elder Support * Home/Yard Help * Shopping * Outdoor Activities

Web-based Connections to Volunteering



VolunteerMatch

Volunteer Match volunteermatch.org (non-profit)
people, animals, environment

Volunteer Match is the largest network in the nonprofit world, with the most volunteers, nonprofits and opportunities to make a difference.

Buy Nothing Project

Buy Nothing Project buynothingproject.org (global network)
Help another person give and receive, share, lend, and express gratitude using technology through a worldwide gift economy network in which the true wealth is the web of connections formed between people!



FairShake
REENTRY RESOURCE CENTER

Fair Shake fairshake.net (community-powered non-profit)

* Fair Shake is web/software based. We welcome tech volunteers!
* Help others find resources and information in our huge library!
* Help us build the FS resource directory by letting us know about resources that you recommend from your area! Mail information to Fair Shake PO Box 63, Westby, WI 54667 or email: sue@fairshake.net



Volunteer.gov

Volunteer.gov (federal program)

America's Natural and Cultural Resources Volunteer Portal built and maintained by the Federal Interagency Team on Volunteerism (FITV)



POINTS
OF LIGHT
ENGAGE

Engage engage.pointsoflight.org (project of Pres. George H.W. Bush)
Search our database for volunteer opportunities inside and outside of the home that meet critical needs. The world is waiting for you to shine your light.



JUST SERVE

Just Serve justserve.org/projects (provided by Mormons)

A website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community.

Employment - Licensing Information

Visit this website for information about professional licensing and permits in New Hampshire.

<http://www.nh.gov/jtboard/home.htm>

Food - Food Pantry

Find local pantries, soup kitchens, food shelves, food banks and other food help.

https://www.foodpantries.org/st/new_hampshire

Free - Free Stuff

Freecycle.org

<http://www.freecycle.org/>

Health - Department of Human Services

The New Hampshire Department of Health and Human Services (DHHS) is the largest agency in New Hampshire state government, responsible for the health, safety and well being of the citizens of New Hampshire. DHHS provides services for individuals, children, families and seniors and administers programs and services such as mental health, developmental disability, substance abuse and public health.

Visit their website to find out more.

<http://www.dhhs.nh.gov/>

Health - Department of Human Services

The New Hampshire Department of Health and Human Services (DHHS) is the largest agency in New Hampshire state government, responsible for the health, safety and well being of the citizens of New Hampshire. DHHS provides services for individuals, children, families and seniors and administers programs and services such as mental health, developmental disability, substance abuse and public health.

<http://www.dhhs.nh.gov/index.htm>

Money - Finances/Budgeting

800.388.2227

Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life.

<https://www.nfcc.org/>

Money - Social Security Benefits after Incarceration

Social Security and Supplemental Security Income Benefits

Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits if you have worked or paid into Social Security enough years or Supplemental Security Income benefits if you are 65 or older, or are blind, or have a disability and have little or no income and resources.

If you believe you qualify, call our toll-free telephone number, 1-800-772-1213.

If you are deaf or hard of hearing, call TTY 1-800-325-0778.

<https://www.ssa.gov/reentry/benefits.htm>

Reentry Resource - Multiple Resources

Employment - Workforce Development

426 Union Ave,
Laconia, NH 03246

Phone: (603) 524-3960

If you are looking for a job or thinking about changing careers, you'll want to spend most of your time browsing within the Job Seeker category. You'll find directions to the nearest NH Works Center on the website, too!

<https://www.nhworks.org/job-seekers/>

Free - Free Phone

Assurance Wireless

P.O. Box 5040

Charleston, IL 61920-9907

1-888-321-5880

Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.

<https://www.assurancewireless.com/lifeline-service/what-lifeline>

Health - Alcoholics Anonymous

Welcome to AA New Hampshire, a state-wide recovery resource devoted to supporting the men and women of New Hampshire. AA New Hampshire helps individuals struggling with alcoholism find the help they need on a local basis. Discover New Hampshire Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction.

<https://alcoholicsanonymous.com/aa-meetings/new-hampshire/>

Health - Department of Human Services

<http://www.dhhs.nh.gov/index.htm>

Health - Free/Sliding Scale Clinic with Dental

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

https://freeclinicdirectory.org/new_hampshire_care.html

Money - Free Credit Report

Free credit reports authorized by federal law.

Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.

<https://www.annualcreditreport.com/index.action>

Reentry Resource - Multiple Resources Available

Our findhelp technology powers America's leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.

Available

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.

<https://www.benefits.gov/categories>

Shelter - Energy Assistance

Energy, heating, and fuel assistance program.

<http://www.nh.gov/oep/energy/programs/index.htm>

Shelter - Low Income Housing

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs Nationwide. Our mission is to create stable, vibrant and healthy communities by providing affordable, service-enriched housing.

<https://www.mercyhousing.org/regional-offices/>

Shelter - Low Income Housing

Find low income apartments in New Hampshire along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.

<https://www.lowincomehousing.us/NH.html>

Shelter - Transitional Housing

1-855-860-3119

Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations

https://www.transitionalhousing.org/state/new_hampshire

https://www.findhelp.org/find-social-services/new-hampshire?ref=ab_redirect

Reentry Resource - Multiple Resources Available

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.

<https://www.211nh.org/>

Shelter - Low Income Housing

U.S. Department of Housing and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone: (202) 708-1112 TTY: (202) 708-1455

Find the HUD office near you!

<http://portal.hud.gov/hudportal/HUD>

Shelter - Low Income Housing

Housing Works fights for funding and legislation to ensure that all people living with HIV/AIDS have access to quality housing, healthcare, HIV prevention, and treatment, among other lifesaving services.

<http://www.housingworks.org/>

Shelter - Shelters

We provide an online directory of shelters in New Hampshire.

https://www.shelterlist.com/state/new_hampshire

Volunteer - Volunteer Opportunities

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

Virtual volunteer opportunities are also available - <https://www.volunteermatch.org/virtual-volunteering>

<https://www.volunteermatch.org/>