

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

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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/>

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.



The Fair Shake Ownership Manual

Fair Shake is the 'unprogram'.

We will never tell you what you need or what you should do.

Every person is different, so Fair Shake offers a lot of information for you to peruse and choose!

Getting a fair shake is difficult. We must advocate for ourselves despite the fact that we have not had a proper education to understand ourselves...much less to own our future. But everyone deserves a fair shake at life, so we must learn how to get it. Have you thought about what you might need to get a fair shake? I think about this a lot, and I'd like to explore this idea with you!

First, we can ask ourselves to define the term. What does it mean to get a fair shake? In this publication we consider beliefs, values, feelings, relationships, boundaries, intention, persuasion, agency, and freedom, for starters. We can think about forces (expectations, status quo, legal and social) that direct us, support us and limit us, we can think about how we are educated, roles we play, parenting, money management, time management, and employment options. What else should we consider?

At Fair Shake, we believe that when you own yourself, you own your future. There is no "program" for you to build your best life! Your strengths, your skills, your knowledge, gifts, characteristics and capabilities can develop and expand along with your intentions, beliefs and commitments. Instead of telling you what to think, how to behave, or what you 'should' do, Fair Shake offers ideas to ponder, questions to consider, and ways to understand your thinking and your feelings to build your mental, emotional, physical, relational and community strength. You are the captain of your ship!

There is no specific order to this book or to the Fair Shake software / website. Feel free to pick an intriguing idea to consider. Read, reflect, question, critique, compare this information with other texts, discuss the ideas with others, and then explore some more! Your unique interests will guide you. Like any good Do-It-Yourself center, hardware store or library, we just want to "help you help yourself".

Everything at this do-it-yourself center is FREE. We want to be clear that this means it's free for you to utilize and free for you to share; please let your outside supporters know that it's free for them to use as well!. The software is free for prisons and jails to provide resources and development support to you. Please feel free to share this information with the library, education department or reentry center.

Fair Shake is also committed to your freedom, for instance, the freedom to search through our information without being tracked, nudged, directed or counted, and without us mining your preferences or sharing your information. Search freely and anonymously with just your curiosity, interests, and self-determination to guide you.

We can't tell you "What works". No one can. If they try to tell you, they are lying. There is no 'magic pill' that works for everyone. In fact, we've been chasing the elusive key to what works for 50 years and, despite the billions invested 'evidence-based' claims, the recidivism has only increased. The most recent report from the Bureau of Justice Statistics showed it at a whopping 83%*! "Evidence" rhetoric is a 'red herring' (intentionally misleading) because the 'evidence' which is 'observed' is not you!

Only you know what works for you; it's your unique blend, comprised of belief in yourself, your opportunities, your commitments, your capabilities, your problem-solving skills, your intentions and your determination. The secret to what works is inside each of us. It IS us. It includes feeling respected and understanding our value. It is having the autonomy to make - and act upon - our choices. We build ourselves, we can build our communities, and a powerful, safe and engaging future. The future we all deserve. A fair shake for ourselves and our children.

Get lost in discovery and open doors to new possibilities!

So how do we prepare for the future? What skills will be important for success?

While it is valuable to prepare for the future through skills building and education, it is equally, if not more, important to prepare for an unpredictable future. If we prepare for change, we can reduce the mental, physical and emotional strain that comes with it. When we don't know what to expect, or what is coming next, there are skills that can help us be better learners, to be flexible, and to collaborate, so we can be ready for opportunities, challenges, and even disappointments. Here are a few ideas to build skills for an unpredictable future:

Boundaries	Courage	Humility	Resilience
BS Detect-ability	Creativity	Humor	Patience
Care	Curiosity	Lifelong Learning	Problem-Solving skills
Commitment	Determination	Listening Skills	Questioning Skills
Confidence	Flexibility	Ownership	Tenacity
Cooperation	Heath (Swellness)	Relationship Skills	Willingness to Learn

None of these qualities are taught in school, yet they are crucial concepts for success and satisfaction. They are needed at work, at home, when using technology and apps, and for building safety and joy in our communities. They will help us make sense of the world, they will help us to trust our capabilities and courage, and they will help us read situations and make good decisions.

"The only constant is change." - Heraclitus (approx. 500 BC)

The world will continue to change. That does not mean that we must change in the way that it's changing; only that we must accept the change and determine how we wish to respond to it.

Our projections and our assumptions often get in the way of our ability to see clearly: to listen, to learn and expand our perspective...which then expands our opportunities. Now is a great time to reflect on biases, projections, assumptions, and our vulnerability to BS and persuasion. We can build this 'reflective muscle' to prepare for change, and to defend ourselves against the barrage of fake news, the deep challenges of emotional appeals and to navigate the psychological games found in all forms of media (social and otherwise), several professions and even in relationships.

We always have a choice. We can either keep doing what we're doing, or we can do something else.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor Frankl

You might be asking yourself "Who is she to say anything about reentry or life after institutionalization?"

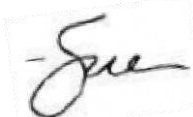
A valid and important question! To be frank, I'm "an older white lady from flyover country" and to be clear, I am also a person who was put in jail at age 12. And at ages 13, 14 and 15. And sent to a reform school far from home. In fact, I have 6+ years' experience 'in the system'; from age 12 until I aged-out at 18: jail, foster homes, group homes and reform school (+ time 'on the run'). I know how it feels to be hundreds of miles away from everyone and everything I knew; to lose friends, lose trust and to not have the care or love of family. I know what it's like to feel controlled, undervalued, and unable to grow into my authentic self. I know what it's like to long for a fair shake at life.

Getting a fair shake is complex! But we are capable, and we can handle this. We can own our values and our decisions and build a life that reflects our intentions.

I hope you will let me know what you think of this book. It will grow and improve with YOUR input. Yes, it's true; I listen! We never stop learning, and I'm eager to learn from and with you.

To our successful transitions!

Sue Kastensen



Fair Shake Founder and Director

* 2018 Recidivism Update, 9 years after release: 83% Recidivism = 17% Reentry Success.
<https://bjs.ojp.gov/library/publications/2018-update-prisoner-recidivism-9-year-follow-period-2005-2014>

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	Clean Up Trash	Arts and Crafts
Free Meals	Driving / Rides	Animal Rescue
Yard Work	Help with Taxes	Handy-person Repair
Reading	Simply Spend Time	Snow Shoveling
Shopping	Hobbies	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



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!



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 (federal program)

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



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 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 - Employment Services

Klamath Falls - Klamath County

801 Oak Avenue

Klamath Falls, OR 97601

(541) 883-5630 - Employers/Job Seekers

(541) 883-5540 - FAX

<http://www.worksourceoregon.org>