

We All Deserve A Fair Shake

Fair Shake: The FREE Nationwide Resource Hub Loaded with information for you and your supporters to utilize!

At Fair Shake, we will never tell you what you need or what you should do. Every person is unique! The website is a huge reentry library that covers employment, education, health, housing and so much more. Don't be afraid to dig in, search and explore! We've designed the website to "help you help yourself". Use the Quick Start Guide in this packet to learn where things are, or use the Search Bar in the upper right corner of the website to find specific items. Get lost in discovery and open doors to new possibilities, including the life you desire. Feel free to contact Fair Shake when you have questions!

Fair Shake is available both online and offline!

- * FREE App for prisons: www.app.fairshake.net. or offline software for use inside prisons and jails!
- * FREE reentry resource website: unrestricted, anonymous and available to everyone 24/7.

Here are just a few things Fair Shake offers for FREE at www.fairshake.net:

- The nation's largest **Reentry Resource Directory**
- **Employment** support for formerly incarcerated people *and* the employers who hire them!
- An **Educate Yourself!** section with links to free and low-cost education resources.
- A **Free School:** Topics that we need to be free, but which we did not learn in school.
- **Member-only tools:** including digital storage and a Personal Web Page.
- **Reentry Ownership Manual (OM)**, a 196-page book that offers information for you build the most important resource that you'll ever need: YOU. Strengthen your volition and confidence! Create healthy relationships, find employment opportunities, and build community!!

Hi. I, Sue Kastensen, build, maintain and run Fair Shake by myself. How could I build a tool that supports everyone who is releasing from prison or jail anywhere in the US? My first commitment is to make it free for everyone to use. And FREE from tracking, nudging, managing, ads and referrals.

Fair Shake is funded by donations alone. No government grants support this level of universal, unrestricted equal support for all. The majority of the donors are incarcerated, and understand how valuable this tool is. In fact, unless you sent an SASE, THIS ENVELOPE or STAMP was donated by an incarcerated person so that you could receive this information!

Some folks write to me with expectations based on rumors. To clarify: we don't advertise, we don't have a 'kit', and the Ownership Manual (formerly the Reentry Packet) is not full of local resources. If your letter asked for a free copy of the Reentry Packet: sorry, but we've been unable to pay for the postage since 2017. We can send the free book to you, but you'll need to pay the postage: \$5 (stamps ok). Your supporters can print the book, or specific pages, and mail them to you, too.

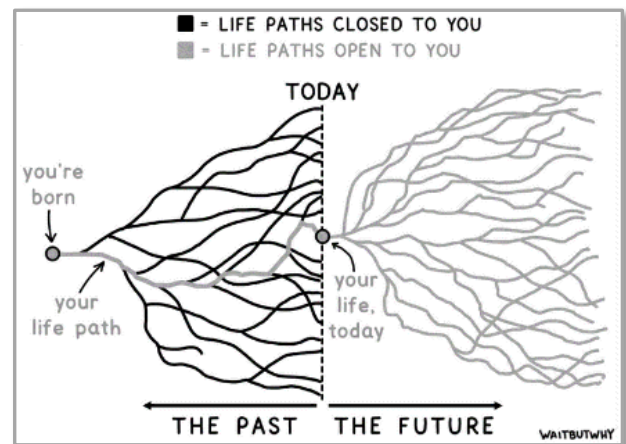
I believe we can build reentry success by increasing opportunities, building strengths, sharing gifts, and addressing challenges. A fair shake is not given to us - it is something we create. Let's create success together. (It's the only way, actually.)
We all deserve a fair shake!

To Our Successful Transitions,



Sue Kastensen – Founder and Director

* Sorry to offer so many website links. Sadly, few organizations, offer addresses or respond to letters.



www.fairshake.net

Image from
waitbutwhy.com



Formerly and Currently Incarcerated People



NATIONAL REENTRY HELPLINE: 844-916-2677

This page is loaded with info for folks in transition. Remember, many of our most highly featured stories are exemption stories. For those of you who are currently incarcerated and Corlinks please sign up for our newsletter: outreach@fairshake.org

THIS PAGE IS ALSO FOR FOLKS WHO ARE HELPING PEOPLE IN TRANSITION: Clergy, Clerics, Advocates, Non-Profit, Ministry, Case Managers, etc.

Employment

Looking for information to help you find a job? Check out our [Find A Job](#) page! If you're getting ready to apply for a new job, check out our [Resumé](#) or [Interview](#) page!

Housing Search

Transitional housing is a common housing that helps fight the homeless problem in today's economy. Transitional housing is generally for a limited time period. Steps can be from two weeks to twenty-four months. <https://www.fairshake.org/housing.asp>

SHETTERINS.COM

They provide an online directory of shelters in cities where they found help for those needing shelter. <https://www.shetterins.com/>

New to Computers?

Need help with your computer skills? Learn more about using your computer on our [Building Computer Skills](#) page!

Keep your documents safe in the cloud!

Google online storage

The Affordable Connectivity Program

is a U.S. government program that helps many low-income households pay for broadband service and internet-connected devices. <https://affordableconnectivity.gov/>

Vital Documents

Social Security

Supplemental Security Income

What Prisoners Need to Know

More Publications

Social Security Card

How to Renew your passport

social security card form ss-5.pdf

This is the ss-6 form.

social security card form ss-6.pdf

Social Security info, no color document

Write For Vital Records - All States

Certificates of Birth, Death, Marriage, Divorce

http://www.cdc.gov/nchs/nvss

vital records.pdf

DMV Request Outline:

There are many reasons you may wish to write to the Department of Motor Vehicles (DMV) to request relief. Whether you have only one parking violation, or your license was suspended, or if you may find some relief from the DMV to help you drive again, respectively to go to work. This form has been created by folks in the DMV community to help you write a letter to the DMV to request relief. Use it as a template or outline for you to use to create your own.

DMV Change Request Outline

Tax FAQ's from the IRS

Get Right With Your Taxes

Educate Yourself

Want more math or lit? Concerned about your grammar? Looking to pick up more in college or school? Visit our interactive [homework](#) page!

CollegePrep.com Schools

Financial Aid

Federal Student Aid Information Center

400 1st St NE

Washington, D.C. 20044

1-800-453-3263

<https://finaid.ed.gov/>

A NOTE ABOUT PELL GRANTS

From the US Dept. of Education, The Department intends to implement the legislative changes to allow eligible students to college in prison programs to receive federal Pell Grants beginning on July 1, 2023. Federal Pell Grants are usually awarded only to undergraduate students.

2-1-1

A FREE national resource center available by phone or online to help folks in need find resources they need 24 hours a day, 7 days a week. They can help with food, shelter, employment, education, housing, mental and physical health, specific services for veterans, special needs and family, a safe path out of stressful and/or unstable situations. A service of United Way: www.211.org

Find Help

<https://www.findhelp.org/>
America's leading social care network, which features more than 300,000 free and/or low-cost programs that provide help to millions of people across the country.

Fair Shake Resource Directory

and more employment training, job and training, health care, family support, more than 700 resources, and 600 reentry publications and links in our FREE Resource Directory!

Banking

FRSH Banking

Created especially for people who have been incarcerated, the website says "We offer FREE bank accounts with debit cards to EVERYONE no matter what you did in your past. No fees (not no account fees). No minimum balance. 1-800-4-HELPING individuals to move from awareness to responsibility to action."

Check them out here: myfrsh.com/banking

FRSH, LLC

11555 Dallas Hwy #103

Dallas, TX 75224

Improve Your Financial Outlook!

Check out the Money Management page!

Improve your Credit Score

Build a Budget Worksheet

Annual Credit Report.com

www.annualcreditreport.com

Get a free copy of your credit report every 12 months from each major reporting company. Make sure the information on all of your credit reports is correct and up to date.

Whenever you see on your financial journey, you can

payday loan to make

improved financial

decisions with these resources.

www.consumerfinance.gov/consumertools/

We didn't see capital

INCHARGE

Intelligence is a free credit counseling service that provides help with budgeting, solutions for becoming debt-free and tips to responsibly manage your money. The goal of credit counseling is to provide a solution that helps you achieve debt relief and get on a financially healthy path. The service can be done over the phone or online.

You may be able to:

Lower your interest rates

Reduce monthly payments

Close accounts and cut a factor

Eliminate fees and over-accrual charges

Stop harassing calls from debt collectors

Consolidate credit bills into one monthly payment

Build a realistic budget and financial plan you can follow

iCharge Debt Solutions

5750 Major Blvd, Suite 300

Dallas, TX 75226 <http://www.incharge.org/>

Mental and Physical Health

Visit the Wellness Page!

Visit the Building Mental Strength Page

<https://www.fairshake.org/health/>

Physical Health Page (just getting started)

Help Yourself Therapy

helpyourselftherapy.com

Help Yourself Therapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy is easy to understand and self-direction is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website. <http://www.helpyourselftherapy.com/topicindex.html>

Fair Shake's (large and growing!) webpage for you and your supporters

...and we add more information all the time!

Education not found in school!

The School of Life

Watch the introduction video here - [https://www.youtube.com/watch?v=...](#)

How we approach our program might interest you:

- Self-Improvement
- Life Skills
- Character

Fair Shake Ownership Manual

Go to the Fair Shake Ownership Manual page to learn more about the manual and how to use it for building bridges of transitional assistance.

[Fair Shake Ownership Manual](#)

Individual Pages in the Packet

Go to the Fair Shake Ownership Manual page to learn more about the manual and how to use it for building bridges of transitional assistance.

[Fair Shake "Inside" Newsletter](#)

[Looking for Books?](#)

[For Veterans](#)

For Parents

- Parenting Resources
- Parenting Programs
- Parenting Support

Housing

Go to the Fair Shake Housing page to learn more about the housing resources and how to use them for building bridges of transitional assistance.

Writing Rights

Go to the Fair Shake Writing Rights page to learn more about the writing resources and how to use them for building bridges of transitional assistance.

Collateral Consequences of Conviction

Go to the Fair Shake Collateral Consequences of Conviction page to learn more about the collateral consequences of conviction and how to use them for building bridges of transitional assistance.

Become a Fair Shake Member!

- Personal Web Page
- Personal Profile
- Personal Resources

Looking to get an Interstate Compact?

Go to the Fair Shake Interstate Compact page to learn more about the interstate compact and how to use it for building bridges of transitional assistance.

Preparing for PAROLE

Go to the Fair Shake Preparing for Parole page to learn more about the parole preparation and how to use it for building bridges of transitional assistance.

BJS Bureau of Justice Statistics

Go to the Fair Shake Bureau of Justice Statistics page to learn more about the bureau of justice statistics and how to use them for building bridges of transitional assistance.



Reentry Resources

Information Center

Member Menu

About Fair Shake

Support Us

Donate!

We are 501(c)(3) and all donations are tax-deductible. Thank you for your support.

Find a Job (or Start Your Own Business)

There are many approaches to earning income. Everyone's approach to looking for a job is different, so we have many search engines, employment options, and opportunities, and even information to help you start a business, prepare for work and consider other career options.

JobsFor Felons Hub
A resource website created by a few folks who have personally watched their loved ones struggle to get a job due to having a felony. Help opportunities listed here!

The Relaunch Pad
Check out our search tool featuring over 1,000 companies that are actively seeking and hiring people for entry level to mid-level careers. Our team of industry experts can help you instead of getting head in search.

Job Search Engines
At least 10 engines available online only.

Job Applications
Apply online from your computer or mobile device. We feature information on 1,000+ companies in over 100 states. We do not have any fees, only we share resumes and cover letters. Find employers who make a path which will allow you to re-enter the workforce without past criminal record. This is a valuable application tool.

Way Up
The technology that opens family college and career paths and allows you to be successful in your career. You can also use it to help you find a job or start a business. Many of our jobs are available in your area.

glassdoor
Glassdoor is a leading database of company reviews, CEO approved salaries, insider insights, interview reviews and questions, and the reviews of other jobs and more. The other site allows you to see which employers are hiring, and to really be in touch or interview there according to employees, and how much you could earn.

GIGS: Single or multiple day opportunities
For an interesting experience, you can check out the Gig opportunities. Some are one day, some are multi-day. Some are one day, some are multi-day. Some are one day, some are multi-day. Some are one day, some are multi-day.

URBAN TECH JOBS PROGRAM
The Urban Tech Jobs Program is a program that provides training and job placement for people with criminal records. The program is designed to help people with criminal records find employment in the tech industry. The program is designed to help people with criminal records find employment in the tech industry.

Employer Support
Give employers the tools and information to help them hire you.

Bonding, WOTC, and EEOC files
We are bonded by Federal Bonding & Work Guaranty. We are bonded by Federal Bonding & Work Guaranty. We are bonded by Federal Bonding & Work Guaranty.

Prepare For Work!
www.fairshake.org/resources/prepare-for-work

Prepare for your employment future!
O'Net
Occupational Search Tool
O'NET is a unique, online, continually updated occupational information database used by employers and job seekers. O'NET information is available in a variety of formats and languages to help you find a career path.

FIND A JOB PAGE

PREPARE FOR WORK PAGE

The Resume Writing Academy

- www.resumewritingacademy.com
- Resume Writing** This document generously shared with Fair Shake by The Resume Writing Academy thanks to: **Wendy Enelow, MRW, CCM, CPRW, JCTC** and **Louise Kursmark, MRW, CCM, CPRW, JCTC**
- Resume Examples
- Top Tips & Techniques for Writing Best-in-Class Resumes
- Best Resumes and Letters for Ex-Offenders
A resume guide that addresses special employment issues facing ex-offenders.



Hloom

- <https://www.hloom.com/> Free Resume writing tools and templates.
- Here I am – Resume Writing That Gets Noticed
- The Complete Guide to a Winning Resume Cheat-Sheet
- Discussing Your History In the Interview
- Discussing Criminal History in the Interview

Other Employment Support

Jails to Jobs
<https://www.jailstojobs.org/>

Jails to Jobs is an organization that gives ex-offenders the tools they need to find employment. On this website you'll find a step-by-step plan to follow as you carry out your job search.

icareer.com
icareer.com offers great tools and resources for exploring careers, whether you're searching for a new job or considering a career change - See more at:

how2become.com
How2become.com offers a resource guide that provides detailed insight into how to answer certain questions, body language and more.

Fair Shake Employment Documents

- Available Offline and Online
- (Be sure to also check out the Information we have on Employers page to help the Interviewer hire you!)
- Employment Tips
- Resume Guide
- Interview Tips
- Interview Questions for You to Ask
- Sample Interview Questions
- Computer and Internet Tips

Trucking Teeth
Trucking Teeth is a resource for truck drivers. It provides information on how to get into the trucking industry, including tips on finding jobs, getting licensed, and starting your own business.

Career Onestop
Career Onestop is a resource for people looking for a job. It provides information on how to find a job, including tips on searching for jobs, preparing for an interview, and getting hired.

Formerly Incarcerated College Graduate Network
The Formerly Incarcerated College Graduate Network is a resource for college graduates who have been incarcerated. It provides information on how to find a job, including tips on searching for jobs, preparing for an interview, and getting hired.

Just a few of the pages from the Reentry Ownership Manual (formerly called the Reentry Packet)

FairShake REENTRY RESOURCE CENTER

Managing Anger

Flying off the handle sometimes causes hammers and humans to lose their heads... as well as their effectiveness. - William Arthur Ward



Everyone gets angry.

We are all familiar with anger; we see it demonstrated frequently. We see angry people in TV shows and movies; we hear angry politicians and radio hosts. Sometimes we experience anger with others around us, and we also experience anger in ourselves.

People sometimes try to use anger to solve problems or to relieve stress...but that often creates more problems, more stress and even more anger.

We can't eliminate anger, but we can manage it. We can make it a useful tool instead of one that demolishes relationships and other things.

Anger is often glorified as a key to unlock hidden strength and passion. Anger feels powerful.

FairShake REENTRY RESOURCE CENTER

How to Watch TV

The media is the most powerful entity on earth. Because they control the minds of the masses. - Malcolm X



Americans watch a lot of TV. Even though we are also obsessed with our phones (texts, tweets, Facebook, email and much more), the average American still finds time to watch more than 5 hours of TV per day. Only a very tiny fraction of us watch 0 hours of TV each day. I am one of those people. "No TV" includes no cable, no "smart" TV, no Netflix or other movies (except when I'm on my bicycle wind trainer in the basement during inclement weather) and no flat-screen-monitor hanging on the wall in the living room. Or the kitchen. Or the bathroom, bedroom, office, car, etc.

I have gone as far as to get a device that turns TVs off. When I feel attacked or trapped by loud, offensive commercials, news stories or shows being broadcast in public places, I just turn them off. Most people don't notice. Those that do usually just shrug their shoulders and do something else.

FairShake REENTRY RESOURCE CENTER

Exploring IDENTITY

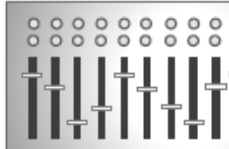
What Makes You YOU?

Who we are - at any given time - is a compilation of our experiences, our interests and intentions, our environment, our body, our mind (whatever that is) and our spirit (whatever that is). Mind and spirit are very important to us. They are at the foundation of our values and beliefs, and drive our desires, fears, goals and relationships, yet they cannot be located or clearly defined. That is a good thing. They defy empirical observation and they can't be quantified. This is our 'special sauce' of unlimited potential!

"I am what time, circumstance, history, have made of me, certainly, but I am, also, much more than that. So are we all." - James Baldwin

In a very real way, we became who we are today because of our relationships. Civilization is made up of people...including those who have been here and left their mark, and those with whom we currently share this planet. Other people have guided our lives and our development since we were born and other people continue to shape us today. We learned how to be a person from other people. We are who we are today because of who we all are (people in our family, our community, our region, our nation and our world). This is the foundation of the philosophy of UBUNTU. (We explore this philosophy more deeply in this booklet, but for now let's just explore YOU.)

I created a MIXING BOARD METAPHOR for this exploration so we can see the 'hard-wired' aspects of ourselves that are so frequently cited (and feel inauthentically limiting) and the 'plastic' aspects... which are the areas where we are always changing.



Mixing Your Unique Identity!

Although it may sometimes feel like other people are shaping us, we are not. We can be directed, controlled, or limited in one way or another, but our mind and spirit will respond. We can surmount limitations by gently questioning our given to us when we were too young to question them. We can learn, we can do things that our family, friends, culture or the status quo may not do. We can fit into roles. But times are changing; the roles may no longer apply.

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

www.fairshake.net Identity Scale / Fair Shake Ownership Manual

FairShake REENTRY RESOURCE CENTER

Fair Shake Technology Tools

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



Desktop Basics

Welcome to Computer Basics

FairShake REENTRY RESOURCE CENTER

Between a Rock and a Hard Place: Working Through Depression

Working Through Depression

Depression noun: Severe, typically prolonged, feelings of despondency and dejection, typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy. (source: the Oxford (online) Dictionary)

As Americans, it is common to feel like we are supposed to be happy. TIME magazine recently announced "Americans are wired to be happy", and reminded us that we made the pursuit of happiness "a central mandate of the national character" when we declared it a basic human right.

With so much emphasis placed on feeling good, it should come as no surprise that when we don't feel happy, we may feel like something is wrong.

In fact, when we feel lonely, inadequate or disheartened as we search for meaning in our lives, our friends and family and even professionals often encourage us to strive to feel good again - as soon as possible - whether through distractions (shopping, meals and emotional social connections, etc.) or pain relievers.

FairShake REENTRY RESOURCE CENTER

(This content created by Dr. Philip Zimbardo and Cindy X. Wang)

Between a Rock and a Hard Place: Resisting Influence

Resisting Influence

This is a shortened version of the original which was prepared by Dr. Philip Zimbardo and Cindy X. Wang. You can view the full Resisting Influence Guide here: <http://www.luciferinfect.com/guide.htm>

Our daily lives are wrought with compelling social tensions. Many of us hope that we are immune to compliance tactics, have the courage to resist unjust authority, and would never abandon our core beliefs and principles in the face of social pressures.

This document was created for learning how unwanted and unjust influence can impact your daily life and to better equip you to resist these forces. By understanding the contexts of influence and social compliance, we hope you will be able to identify the principles and strategies that professional agents of influence may use to gain your compliance.

We will look at frameworks to understand social influence and identify how you can apply these ideas to your own life, we will discuss ways to utilize your new understanding of the principles of social influence for positive social change, and finally we provide hints from Dr. Z on how to resist unwanted influences.

FairShake REENTRY RESOURCE CENTER


Swiftness

Swiftness

(Yes, it is spelled correctly)

Health. Strength. Tenacity. Flexibility. Durability. Resilience. Power. Discipline. Vigor.

These words can be used to describe both mental and physical characteristics. Swiftness is the idea that our physical and mental well-being cannot be separated; they are dependent upon each other. It is the belief that we must take care of our mind to take care of our body, and we need to take care of our body to take care of our mind; that health is psychosomatic / somapsychotic and that those words can be applied to wellness as well as to illness. Swiftness exists in those who have overcome illnesses and physical setbacks with powerful positive beliefs about their ability to survive and thrive. Swiftness is not a goal, it is a continuous process.



From the Dictionary:

Swift - noun: a full shape or form adverb: excellently, very well

Swiftness - is a state of excellently full form

A few considerations for healthy minds and healthy bodies:

- When our minds are in turmoil, often our guts and/or our muscles are, too
- When our neck and shoulders ache from stress, we may struggle to feel happy or optimistic.

We need:

- Strength in our: heart, character, muscles, mind

UBUNTU!

Ubuntu is an ancient, sub-Saharan philosophy that means:
I AM WHO I AM BECAUSE OF WHO WE ALL ARE

Desmond Tutu says: Africans have a thing called ubuntu. There is no such thing as a solitary individual. A person is a person through other persons. We believe that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I dehumanize myself. The 'solitary human being' is a contradiction in terms. Therefore, you seek to work for the common good because your humanity comes into its own in community, in belonging.

Nelson Mandela shared this: *Ubuntu acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being.*



QUICK START GUIDE! or How to use the website.

WELCOME TO FAIR SHAKE! www.fairshake.net

PRINT THIS PAGE to guide you as you explore the Fair Shake Do-It-Yourself Reentry Resource Center. There is a lot of information on the website! This guide will help you get find your way around.

3 important items for you to remember:

1. If you ever get lost on the website (or any website), click on the logo to return to the home page.
2. Words in blue are links to pages on our website, other websites or documents that you can also print.
3. Icons you will see:
 - Available off-line and on-line
 - Available on-line only
 - Documents available off-line and on-line



> [Resource Directory](#)
 > [Resource Directory](#)



Fair Shake Website Home Page: www.fairshake.net



Do It Yourself!

- You are unique! No one knows what you need better than you do
- Explore new opportunities!
- No tracking, nudging, or monitoring



Fair Shake Reentry Tool Kit

- > [Resource Directory](#)
- > [Ownership Manual](#)
- > [Building Computer Skills](#)
- > [Find a Job](#)
- > [Become a Member!](#)
- > [Educate Yourself!](#)
- > [Fair Shake Newsletter](#)

Find RESOURCES:

Resource Directory – search our huge data base!
 Resource Guides – local, regional, and national brochures, books, and interactive websites

Find EMPLOYMENT

Prepare For Work
 Find A Job (also includes Start Your Own Business)
 Help an Employer Hire You!

Explore LEARNING OPPORTUNITIES

Formal, Informal, Non-formal
 Higher Ed, Life Skills, Lifelong Learning

And Improve COMPUTER SKILLS!

Step-by-Step Tutorials and Internet Safety Tips

SEARCH the entire Fair Shake WEBSITE

It is like a REENTRY, DEVELOPMENT and COMMUNITY-BUILDING LIBRARY!

You can find all the pages on our website from almost any location on our website! By hovering over the four menu tabs on the left side of our home page, you will activate the menu bar to reveal links to pages organized under headings.

STEP BY STEP:

Look to the left side of any page and you will see a dark purple column. Do you see the words: Reentry Resources, Information Center, Member Menu and About Fair Shake? Hover your cursor (don't click) over the words Reentry Resources at the top of the column. To 'hover', move the cursor – which usually looks like an arrow – over a tab. You will see the cursor switch to the image of a hand. The Menu Title will then change to light-purple and the Menu will appear to the right. Next, you can move your cursor over the words in the menu. Hover over any of the titles and the color will change to orange and a line will be added underneath. Click on the title that interests you, and you will go to that page on the website.



Most websites work like Fair Shake:

- Click on the logo to return to the home page
- Find the sitemap at the bottom of almost every page
- Words that change color are often links
- Learn about an organization's Mission and Vision by visiting the "About Us" page.

Found at the bottom of each webpage, the Sitemap also shows all of the pages on the website:

Home / Sitemap / Privacy Policy / Help / Contact Us / Back to Top