

Parole Planning

Instructions:

1. Do an honest and thorough evaluation of the barriers to success that you had when you entered prison.
2. Check off all that apply. Use the "Other" rows for barriers that are not listed here.
3. For each barrier, develop an action plan to overcome the barrier.
NOTE: If you have been in the system for a while, you may already have overcome barrier(s). Check each barrier anyway and explain what you did to overcome it.
4. When listing progress, include the name
- 5.
6. of a program, a book read, a seminar attended, a class completed, personal observation, etc. Be specific and include pertinent dates.

Overcoming Barriers			
√	Barrier	List of Action Items	Status or Progress
✓	Lack of Birth Certificate	1. Complete Form DCH-0569-BX, "Application for a certified copy of Michigan Birth Record." (If you were born in another state, you will have to contact that state.) 2. Submit form with check or money order to address on form. 3. _____ 4. _____ _____	
	Lack of Social Security Card & Number	1. Complete form SS-5, "Application for a Social Security Card." 2. Submit form with acceptable ID (see instructions).	

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	Lack of State ID Card	<ol style="list-style-type: none"> 1. Secure certified birth certificate (raised seal). 2. Secure 2 of the following: <ol style="list-style-type: none"> a. Marriage license with raised seal b. Divorce decree with raised seal c. Children's birth certificate d. Military DD214 form e. GED or school transcripts 3. _____ 4. _____ 	
	Lack of Driver's License	<ol style="list-style-type: none"> 1. Learn to drive (consider taking a class). 2. Study for written test. 3. _____ 4. _____ 	
	Lack of Transportation	<p>Understand limitations:</p> <ol style="list-style-type: none"> a. Parole stipulations b. Finances <p>If driving is not an option, plan to be self-sufficient:</p> <ol style="list-style-type: none"> a. Consider a placement where public transportation is available b. Learn schedules and routes c. Learn time management <p>_____</p> <p>_____</p> <p>_____</p>	

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	Lack of U.S. Citizenship	<p>Do your best to clarify your situation. Deportation decisions are based on:</p> <ul style="list-style-type: none"> • Specific crime • Whether the country of origin still exists • Whether the country of origin will accept deportees <p>If you are not deported, you may be placed on immigration parole.</p>	
	Limited English	<ol style="list-style-type: none"> 1. Take English as a Second Language Course if available in prison. 2. Join organizations where you have an opportunity to use the language. 3. Ask the librarian for books or tapes. Purchase tapes, if possible. 4. Watch television. 5. Interact with others as much as possible. 6. Correspond with others in English. 7. _____ 8. _____ 	
	Lack of High School Diploma or GED	<p>Take advantage of Adult Basic Education (ABE) and GED courses.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

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	Reading/Math Deficiency	<ol style="list-style-type: none"> 1. If it is interfering with gaining a GED, ask for a tutor. 2. Ask the librarian or school principal for additional materials. 3. Purchase books in basic math or reading from a vendor. 4. Play games that require math or language skills (e.g. cribbage or scrabble). 5. _____ 6. _____ 	
	Lack of Computer Skill	<ol style="list-style-type: none"> 1. Take computer classes, if available. NOTE: There may be parole stipulations that limit computer use. 2. Learn to use the keyboard. 3. _____ 4. _____ 	
	Lack of Vocational Skill	<p>Take advantage of any vocational programming that is consistent with your aptitude. (It is important to complete any programming you begin.)</p> <p>_____</p> <p>_____</p> <p>_____</p>	

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	Denial	<ol style="list-style-type: none"> 1. It takes many forms: <ol style="list-style-type: none"> a. Minimizing b. Comparison with others c. Blaming the victim d. Blaming drugs/alcohol 2. It is evident in body language, eye contact, and language. 3. Families often inadvertently contribute to the phenomenon. 4. Recognize that if you committed or had anything to do with a crime, you are guilty of violating someone else or the community. 5. _____ 6. _____ 	
	Self-Motivation	<ol style="list-style-type: none"> 1. Pattern weekdays as workdays. (Remain awake and active for at least 9 hours straight.) 2. Keep your mind active (read, journal, write letters, exercise, engage in hobby crafts). 3. Respect yourself. Dress, groom, and work as though you were in the real world. 4. Be respectful of others. 5. Always strive to improve. (Challenge yourself to learn new subjects or enhance your skills.) 6. Take every opportunity to make good decisions affecting your future. 7. _____ 8. _____ 	

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	Employability Skills	<ol style="list-style-type: none"> 1. Work 110% at every job opportunity. (Every job offers helpful skills.) 2. Be willing to change jobs when you have mastered the current one, in order to learn new skills. 3. Consult with the principal or librarian for books on job skills. 4. Talk with friends or family in the free world about their job experiences. 5. _____ 6. _____ 	
	Work Ethic	<ol style="list-style-type: none"> 1. Work hard at any job assigned. 2. Ask for more work if you complete assigned tasks. 3. Be on time. 4. Strive for 39 points on work reports. 5. Request a more challenging job after a year on an assignment and 6 months of receiving work reports with 39 points. 6. Do not refuse a work assignment. 7. _____ 8. _____ 	

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	Lack of Work History	<ol style="list-style-type: none"> 1. Establish a work history using employability skills and work ethic. 2. Volunteer for positions in prisoner organizations and nonprofit activities. 3. _____ 4. _____ 	
	Child Care/Child Support	<ol style="list-style-type: none"> 1. Take advantage of any parenting classes or special programming as available. 2. Read “How Can I Pay Child Support If I’m Locked Up” See the librarian. 3. Continue contact with children and care givers through letters, phone calls and visits, if possible. Consider the needs of your children before your own needs. 4. Be observant of the intellectual, emotional, and physical development of your children to assess whether they are in a safe environment. Learn about systems to protect children, if necessary. (Consult librarian.) 5. During visits, read, discuss school, play games, and engage children in age-appropriate activities. 6. If possible, send small amounts of money to the caregiver for child support. 7. _____ 8. _____ 	

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	Lack of Housing	<ol style="list-style-type: none"> 1. Understand the possible restrictions: <ol style="list-style-type: none"> a. Parole stipulations b. Financial constraints c. Transportation constraints d. Family dynamics e. Health, mental health and disability implications 2. Consider pros and cons of living with family. 3. Contact housing resources or shelters in area of parole. 4. Research available boarding houses. 5. Consider in-patient treatment, if appropriate. 6. Explore MDOC residential opportunities. 7. _____ 8. _____ 	
	Family Relationships	<ol style="list-style-type: none"> 1. Obtain books from library on codependency; encourage family members to read the same book(s) and discuss. 2. Begin applying healthy boundaries while on visits or during phone calls. 3. Help others to understand their family dynamics. 4. Encourage family members to share more of their daily lives and challenges. 5. Establish healthy expectations prior to your release. (Be practical and realistic, and understand your limitations and theirs.) 6. _____ 7. _____ 	

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Social Skills	<ol style="list-style-type: none"> 1. If you are eligible for Special Education, enroll. 2. You may be eligible for the Social Skills Development Unit (consult your counselor), if you consistently: <ol style="list-style-type: none"> a. Use poor grooming habits. b. Dominate conversations. c. Fail to respect the privacy of others. d. Fail to follow prison rules. e. Are loud. 3. Pattern your behavior after prisoners who avoid tickets and who engage in constructive programming. 4. Read the policy directives and library books for guidance on acceptable behavior. 5. Get involved in available programming. 6. Attempt to establish a relationship with your counselor. 7. _____ 8. _____ 	
Clothing	<ol style="list-style-type: none"> 1. Be aware of the availability and acceptability of resale shops in most communities. 2. Plan to purchase wisely. (One pair of basic, solid-color slacks or skirt with 2 matching shirts or blouses, a pair of comfortable shoes, and underwear will suffice.) 3. It is important to save your money; be conservative. 4. _____ 5. _____ 	

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	Health Problems	<ol style="list-style-type: none"> 1. Know your health problems. 2. Understand your medications, the purpose of each, and when each should be taken. 3. Know if any of your diseases are communicable and, if so, how they are transmitted. Avoid behaviors that could lead to infecting others. 4. Understand if you are eligible for insurance upon release. 5. Know the location of the public health department in the community where you will be living. 6. If possible, obtain a minimal set of pertinent health care records before leaving prison. 7. _____ 8. _____ 	
	Disability	<ol style="list-style-type: none"> 1. Ensure that disabilities are accurately recorded in your health care records. 2. Understand ADA implications related to your restrictions and how to request accommodations under the ADA. 3. Learn about nonprofit support organizations in the community where you intend to live. 4. Remain as active as possible, despite limitations. 5. _____ 6. _____ 	

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	Chemical Dependency	<ol style="list-style-type: none"> 1. Participate in SA treatment (RSAT, NA, AA). 2. Contact SA agency in home county. 3. Establish pen pal relationship with recovering addict. 4. Develop relapse prevention plan to include post-release issues. 5. Consult librarian for books on recovery. Read as much and as often as possible. 6. _____ 7. _____ 	
	Budgeting	<ol style="list-style-type: none"> 1. Save as much money as possible. 2. Do not plan to borrow money from others. 3. Plan ahead. Determine the cost of: <ol style="list-style-type: none"> a. Housing b. Public transportation c. Food d. Clothing e. Therapy 4. Plan to visit FIA and the Social Security Office if you suspect you are eligible for assistance. (You are not eligible by virtue of just having been a prisoner.) 5. _____ 6. _____ 	

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	Domestic Violence History	<p>If you were a perpetrator:</p> <ol style="list-style-type: none"> 1. Attempt to get into Assaultive Offender Programming and work at it. 2. Develop a relapse prevention plan. 3. Be cautious about engaging in intimate relationships. 4. Plan on seeking treatment, if necessary. <p>If you were a victim:</p> <ol style="list-style-type: none"> 1. Seek therapy in prison. 2. Read literature on codependency, violence, and victimization. 3. Develop a relapse prevention plan. 4. Be cautious about engaging in intimate relationships. 5. Plan on seeking treatment, if necessary. 6. _____ 7. _____ 	
	Abuse History	<ol style="list-style-type: none"> 1. Attempt to get into Sex Offender Programming and work at it. 2. Develop a relapse prevention plan. 3. Be cautious about engaging in intimate relationships. 4. Plan on seeking treatment, if necessary. 5. _____ 6. _____ 	
	Other (Indicate)	<ol style="list-style-type: none"> 1. _____ 2. _____ 	

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	Other (Indicate)	1. _____ _____ 2. _____ _____	
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