

THE FIRST 72 HOURS

The Prison Humanity Project

By Joshua Toney

Practical Navigation for Life After Incarceration

BEFORE YOU START

For the next three days, don't try to rebuild your whole life.

Just do today's job.

When today's job is finished, move to tomorrow.

That's it.

DAY 1

TONIGHT PLAN

Today's only job is to know where you're sleeping tonight.

Do not guess.

Do not rely on memory.

Write it down.

WHERE AM I SLEEPING TONIGHT?

Tonight I am sleeping at:

Address: _____

City / State / ZIP: _____

Name of place or person: _____

Phone number: _____

Arrival time: _____

Who confirmed this?

Name: _____

☐ Phone call

☐ Text message

☐ In person

☐ Staff told me

☐ Other: _____

Time confirmed: _____

HOW AM I GETTING THERE?

☐ Someone is picking me up

☐ I am taking a bus

☐ I am taking a ride service

☐ I am walking

☐ Probation / parole / staff arranged it

☐ Other: _____

Person or service: _____

Phone number: _____

Pickup location: _____

Pickup time: _____

Cost, if any: _____

BACKUP PLAN

If the first plan falls through, I will go here:

Backup address: _____

Contact person: _____

Phone number: _____

How I will get there:

IMPORTANT PHONE NUMBERS

Probation / parole officer: _____

Phone: _____

Family contact: _____

Phone: _____

Friend / support person: _____

Phone: _____

Shelter / reentry office / church: _____

Phone: _____

TODAY IS COMPLETE IF:

- ☐ I know where I am sleeping tonight.
- ☐ I wrote the address down.
- ☐ I know who confirmed it.
- ☐ I know how I am getting there.
- ☐ I have a backup plan.
- ☐ I have important phone numbers written down.

THINGS I DON'T WANT TO FORGET

THE PRISON HUMANITY PROJECT

FIRST 72 HOURS REENTRY PACKET

PAGE 1 OF 4

DAY 2

GET YOUR PHOTO ID

Today's only job is to leave knowing exactly where, when, and how to get your photo ID.

WHICH PHOTO ID?

☐ State ID

☐ Driver license

☐ Tribal ID

☐ Other government-issued photo ID: _____

Office or agency name:

Phone number: _____

Address: _____

City / State / ZIP: _____

Hours open: _____

HOW DO I GET THERE?

☐ Someone is taking me

☐ I am taking a bus

☐ I am taking a ride service

☐ I am walking

☐ Probation / parole / staff arranged it

☐ Other: _____

Person or service: _____

Phone number: _____

Pickup location: _____

Pickup time: _____

Cost, if any: _____

WHAT DO I NEED TO BRING?

Check what the office said I need.

- ☐ Release paperwork
- ☐ Prison / jail ID
- ☐ Birth certificate
- ☐ Social Security card
- ☐ Proof of address
- ☐ Tribal paperwork
- ☐ Money for fee
- ☐ Appointment confirmation
- ☐ Other: _____

The most important item I still need is:

Who can help me get it?

Phone number: _____

APPOINTMENT OR WALK-IN PLAN

- ☐ I have an appointment
- ☐ I am going during walk-in hours
- ☐ I still need to call and ask

Date: _____

Time: _____

Location: _____

Person I spoke with:

Confirmation number, if any:

IF I CANNOT GET THE ID TODAY

My next step is:

Date I will take that step: _____

Person or office I need to contact:

Phone number: _____

TODAY IS COMPLETE IF:

- ☐ I know which photo ID I am trying to get.
- ☐ I know where to go.
- ☐ I know when to go.
- ☐ I know how I am getting there.
- ☐ I know what I need to bring.
- ☐ I wrote down my next step.

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THE PRISON HUMANITY PROJECT

FIRST 72 HOURS REENTRY PACKET

PAGE 2 OF 4

DAY 3

FIND YOUR FIRST JOB LEAD

Today's only job is to leave with one real employment lead and your next step written down.

A job lead means you leave today with a name, a place, a phone number, and a next step.

TODAY I CONTACTED:

- ☐ Employer
- ☐ Workforce office
- ☐ Staffing agency
- ☐ Reentry program
- ☐ Day labor office
- ☐ Training program
- ☐ Someone who knows about work
- ☐ Other: _____

Name of business, office, or program:

Phone number: _____

Address: _____

Website, if any: _____

Person I talked to:

WORK OPPORTUNITY

Job, position, program, or work option:

What did they tell me to do next?

IS SOMETHING ON MY CALENDAR?

☐ Interview

☐ Appointment

☐ Application time

☐ Orientation

☐ Call back

☐ Walk-in time

☐ Other: _____

Date: _____

Time: _____

Location: _____

Person to ask for:

Phone number: _____

WHAT DO I NEED TO BRING?

☐ Photo ID

☐ Social Security card

☐ Birth certificate

☐ Resume

☐ Work clothes

☐ Proof of address

☐ Release paperwork

☐ Nothing

☐ Other: _____

I will keep these items here:

HOW AM I GETTING THERE?

- ☐ Someone is taking me
- ☐ I am taking a bus
- ☐ I am taking a ride service
- ☐ I am walking
- ☐ Probation / parole / staff arranged it
- ☐ Other: _____

Person or service: _____

Phone number: _____

Pickup location: _____

Pickup time: _____

Cost, if any: _____

BACKUP JOB LEAD

If the first lead does not work, I will contact:

Business, office, or program:

Phone number: _____

Address: _____

Date I will contact them:

TODAY IS COMPLETE IF:

- ☐ I contacted at least one job lead.

- ☐ I wrote down the name and phone number.
- ☐ I have something work-related on my calendar.
- ☐ I know what I need to bring.
- ☐ I know how I am getting there.
- ☐ I wrote down a backup job lead.

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THE PRISON HUMANITY PROJECT

FIRST 72 HOURS REENTRY PACKET

PAGE 3 OF 4

YOUR NEXT STEP

Continue your first 90 days with

Laced Up: A 90-Day Companion

Scan to visit www.prisonhumanityproject.com



Keep this packet with your important paperwork and bring it to appointments if needed.

THE PRISON HUMANITY PROJECT

FIRST 72 HOURS REENTRY PACKET

PAGE 4 OF 4