

Reentry Plan

Why? In the absence of a plan, our attention is consistently shaped by:

- Fear- We will avoid anything that has potential to give us PAIN.
- Demands from other people.
- Pleasure-little things that make us feel good immediately get our attention.

Here is one potential structure for helping the youths develop a reentry plan:

Part 1: Think in terms of the next six months of your life. Think about where you want to be six months from now in each of the following areas:

- Employment
- Education
- Financial
- Health
- Family Relations
- Transportation
- Living arrangements
- Leisure time
- Social interactions with others
- Your own personal emotional well-being

For each area, you will come up with your ultimate outcome- something that can be achieved within six months and that you will feel excited to achieve. Make sure the outcome meets the following requirements:

1. It is about something you are trying to achieve, not something you are trying to avoid.
2. It is something you can control and is not based on something others have to do for you.
3. It is as specific as possible, so that you can tell when you have achieved your outcome.

Part 2: Now you should have 10 outcomes (one for each area-written out in statement form). For each one, you will now write a purpose statement. That is, tell why you want to achieve this outcome-why would you be excited to reach this goal? What are the good things that can come from this? How would you feel as a result? Each purpose statement should be about a paragraph in length.

1. Under the heading “RESOURCES” you should list all of your positives, all of the things that you have going for you. This would include any special skill you have, or talents you have, or experiences that you have had that make you particularly qualified for a certain job. This would include traits about you that will make you a better employee or a better student. It includes people you have that will support you- family, mentors, friends, and so on.
2. Under the heading “CONCERNS” you should list all of the things you are worried or nervous about as you think about being released and going back to the community. These may be things that you believe could be obstacles to your success, or might lead you back into trouble. As close as you are to being released, if you can not think of any concerns, then you may not be ready to be released.
3. Under the heading “RESOURCES NEEDED” you will list any services you already know you want us to help you connect with. Perhaps you know that you will need help finding a job, or help with tutoring. Maybe you need help getting your driver’s license. Maybe you need to go to AA/NA or some other form of counseling and need to know where to go. You may not have any needs right now, but if you do, this is the place to record that information.
4. Under the heading “OUTCOMES” you will make a list of things you want to achieve within the first six months after your release.