

PLEASE ANSWER/RESPOND TO THE FOLLOWING:

**1. Introduction: Who are you?**

- Name
- Age
- ERD
- Release County
- Are you married?
- Do you have children, what are their names?
- Include some *adjectives* about yourself (i.e. I am hard working, I have goals and dreams, I am innovative, etc).
- What kind of person were you before you came to prison?
- What were the choices/actions that lead up to your (i.e. addiction/abuse/etc.)
- Why is your change and your future important to you?
- Do you want to lead a healthy lifestyle and why is it important to you?

Write your Introduction here:

**2. Release Address:** If you are on community custody supervision, you will be required to have an approved release address in order to be released on your ERD. This address can be a transitional house, oxford house, in-patient treatment center, family or friends' residence, your own house or apartment, (not a homeless shelter). If you do not have a release address, leave it blank until you have one.

Include the following information for your release address:

- Name of transitional/oxford house you will reside at.
- The street address of the residence, contact phone number
- The county that you are releasing to
- If you are not sure your address will be approved, include back up addresses to submit.

Write your Release Address here:

**3. Family:**

- Mention key relationships in your family, their names and relation to you, and what makes them important to you
- How are your relationships with your family members; are they healthy, open, etc.?
- Do you want to build better relationships with your family? How?

Write about your Family here:

**4. Support System/Social Network:**

- What type of support you have (i.e. family, friends, religious, AA/NA, etc)
- What kind of family support (financial, transportation, or moral) and who offers what?
- What kind of help will friends offer (financial, guidance, transportation, etc)?
- Substance Abuse Support Groups (NA/AA)? Do you have a sponsor or mentor? Who?
- Religious support: What church will you attend, pastors' name, groups, mentors, etc.

Write about your Support System/Social Network here:

**5. Education:**

- Highest grade completed, high school diploma, GED or college – what year you attended and the name of the school?
- Any College or Trade School education you have taken? For what, when and where?
- Whether you plan to continue your education in college or vocational training? For what, when and where?
- Apprenticeship programs you have been involved in or would like to get involved in. For what, when and where?
- Any other educational classes you have taken to change your life (not treatment classes). For what, when and where?
- Do you want to continue your education? For what, when and where?

Write about your Education here:

**6. Certificates/Volunteering:**

- What certificates have you acquired while incarcerated? (Include dates of completion)
- What have you volunteered your time for while you have been incarcerated?
- Would you like to continue to volunteer outside (church, support groups, youth outreach, etc.)?
- Did you ever volunteer before you were incarcerated? For what, when and where?

Write about your Certificates/Volunteering here:

**7. Employment:**

- What jobs have you held in the past before you were incarcerated?
- What jobs have you had since you have been incarcerated?
- What type of employment will you be looking for upon your release?
- How do you plan to look for employment?
- If you have employment lined up: who, what, and where?
- What is your ideal career or job?

Write about your Employment here:

**8. Finances/Support:**

- Will you have a job?
- Will you apply for DSHS benefits, SSI/SSD/SSA?
- Do you have monthly pension benefits?
- Do you have savings or trust accounts you will have access to upon release?
- Will you be applying for grants/FAFSA, etc?
- Will your family assist you financially?

Write about your Finances/Support here:

**9. Budget:**

*See attached*

**10. Transportation:**

- Do you have a valid driver's license and insurance?
- Or, is it suspended due to unpaid fines or criminal behavior?
  - If so have you contacted the courts and DOL to see what you need to get it reinstated?
- Have you applied for an occupational driver's license?
- Do you need any special auto insurance (SR-22 insurance)?
- How do you plan to get around to work or appointments?

*Write about your Transportation here:*

**11. Stipulations of Judgment & Sentence:**

- How much community custody supervision are you required to complete?
- Any restrictions that the courts have placed on you (geographical restrictions, curfews, no contact orders, treatment, etc.)
- Anything else you may be required to do contingent with your J&S?

*Write about your Stipulations here:*

**12. Treatment/Counseling:**

- Chemical Dependency Treatment (CD), Mental Health Treatment, Domestic Violence Treatment (DV), Sex Offender Treatment and Counseling (SOTP), Drug Offender Sentencing Alternative Classes (DOSAs), AA/NA meetings, any other support groups you have been involved in during your incarceration?
- What treatment/counseling programs will you continue upon your release?
- State the agencies name, address and phone number?
- Who will you be seeing as your counselor/treatment provider?
- How will you be paying for your classes/treatment programs?
- How often will you attend these programs?
- Why is maintaining your sobriety important to you?

*Write about your Treatment/Counseling here:*

**13. Legal Financial Obligations:**

- How much do you owe in Legal Financial Obligations (LFOs)?
- Which County Courts do you owe?
- How much will your monthly payments be?
- Who do you need to contact to begin payment plans?
- Do you owe DOL fines?

*Write about your LFOs here:*

**14. Hobbies/Interests:**

- Will you be involved in sports, clubs, camping, volunteering, etc.?
- What interests you: building things, collecting things, topics of interest, etc.?
- Why do you enjoy these things? Why do they interest you?

Write about your Hobbies/Interests here:

**15. Contact Information:**

- Emergency contact information
- Contact information for your relatives: Phone numbers & addresses
- Friends, Attorney, NA/AA Sponsor: Names, phone numbers & addresses
- Your contact information

<u>Name</u>	<u>Relationship</u>	<u>Phone Number</u>
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**16. Personal Goals:** *Include all goals that you have set for your transition into the community. Be specific about finding work, housing, reporting to your CCO, completing required evaluations, starting treatment, education, driver's license repair, insurance, purchasing a vehicle, pay LFOs, connecting with family, church, and AA/NA. Show progression in the time frames as you complete or continue activities. Be realistic. You will need to include goals for:*  
(NOT ALL OF THE FOLLOWING MAY APPLY TO YOU.)

**Pre- Work Release:**

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**During Work Release:**

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**Pre-Release:**

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One Day After Release:

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One Week After Release:

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One Month After Release:

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Six Months After Release:

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One Year After Release:

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Three Years After Release:

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Five Years After Release:

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**17. Closing Personal Statement Summary:**

Explain how this incarceration has changed you and the new directions you now have for your life. This will be a statement by you summarizing the high points mentioned previously, and about your plans for a successful re-entry into the community.

- Why is continuing your change important to you?
- How have you redirected your life, thinking, and priorities to help change old behaviors and keep you from going back to the old ways.
- End on a positive note by expressing your hope to become a positive member of your community.

Write your Closing Personal Summary here: