




Recovery Support for Re-Entry

Objectives

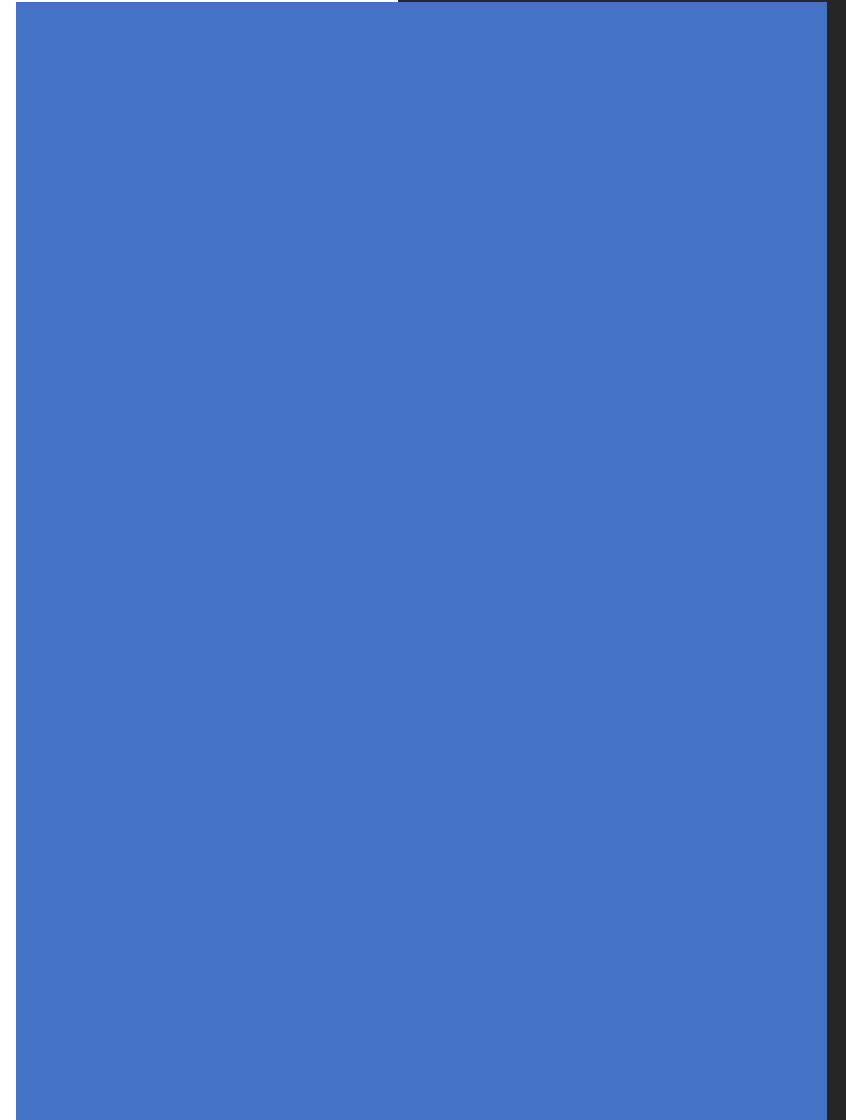
1	Participants will learn proper criminal justice language (Do's and Don'ts)
2	Participants will learn how to assist with peers transitioning from incarceration
3	Participants will learn what recovery support to offer for re-entry peers
4	Participants will learn some self-care techniques for re-entry peers



Proper Language Usage

- Guard vs Officer
 - Jail vs Prison
 - Parole vs Probation
- 

Incarceration



- Home Plan
 - Staying out of the way
 - Humble yourself
 - Living well with others
 - Everyday living skills
(cooking, Shopping,
cleaning, shopping,
dressing, etc.)



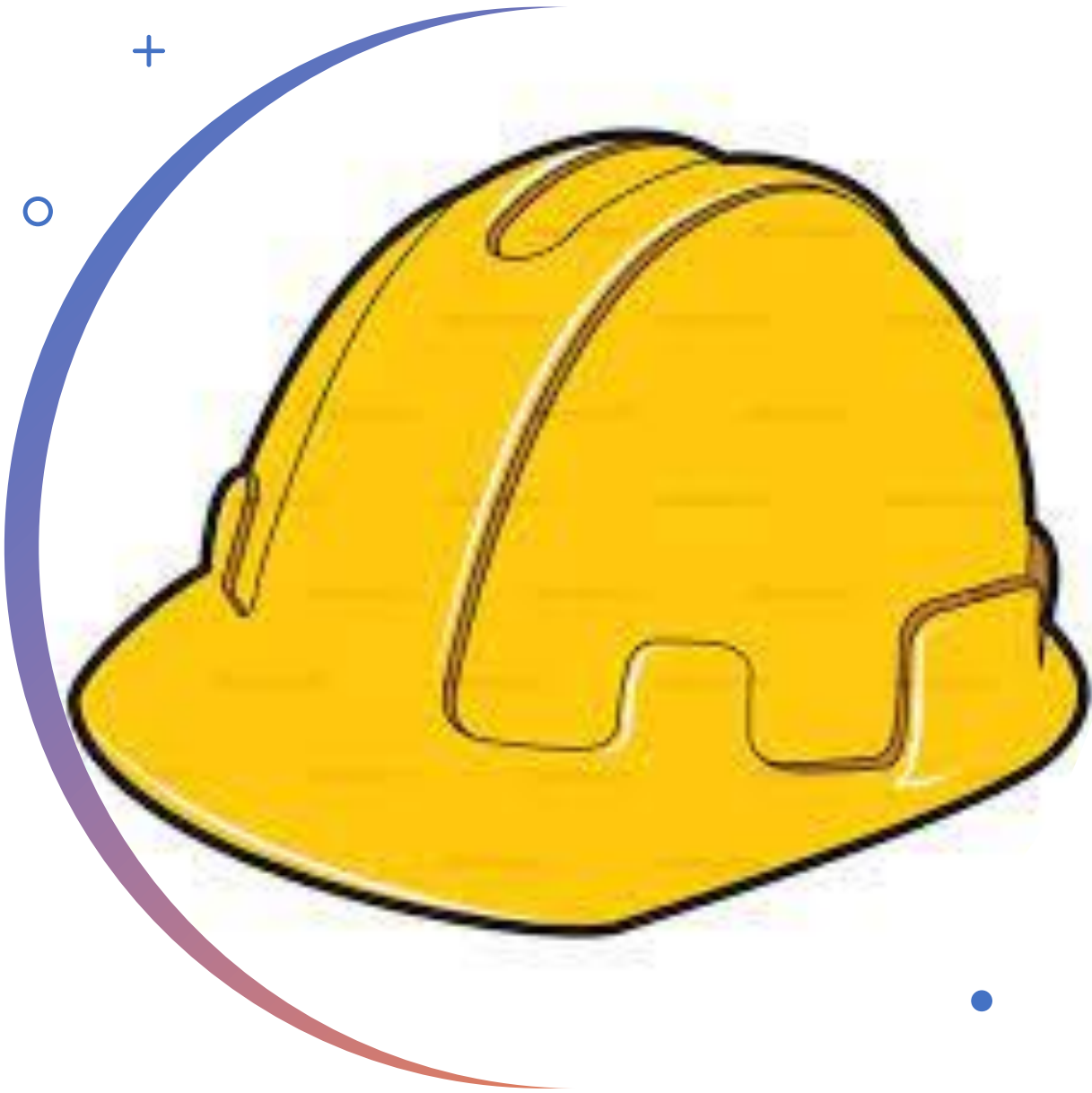
- Transportation
 - “Bicycle, tricycle, and Choo-Choo train”
 - Safe rides vs Walking
 - Buss Passes



- Relationships

- Your first relationship should be with yourself
- People have a right to change their minds
- You cannot make up for lost time
- Re-introduce yourself: Healthy Boundaries for the “ New “ you





- Employment
 - First job may not be your career
 - Don't minimize the skills you learned/used in prison
 - Give 110% on the job



Recovery Support

- Taking Peers to first meeting (NA, AA, CA, CR, HA, Refuge Recovery, etc.)
- Introduce Peers to Recovery Community Center
- Introduce Peers to M.A.R. Treatment
- Effective Peer Support (You may not be the most effective peer)

Self Care Techniques

Free Events (Libraries, Parks, and Lakes)

Exercise

Mental Health

Prayer/Meditation/Journaling

Relaxation/Exercise Apps on your phone

Outdoors/Night-time Events

Rainy days are good days

