



COMMUNITY CONNECT RI

Starting Over After Reentry Guide

A practical workbook for organizing immediate needs, rebuilding stability, and moving forward one decision at a time.

Your past is part of your story - not your whole identity

Reentry can involve pressure, uncertainty, and many deadlines at once. This guide helps separate urgent steps from longer-term goals while keeping personal choice and dignity at the center.

PLAN YOUR WORK. WORK YOUR PLAN.

Prepared September 2026

Use this guide without doing everything at once

Begin with safety, release conditions, medication, shelter, food, and communication. Then build toward documents, work, income, health, relationships, and long-term stability.

Handle deadlines first

Court dates, supervision check-ins, medication, housing time limits, and benefit notices may have immediate consequences.

Write down names and proof

Keep copies, confirmation numbers, dates, instructions, and the name of each person you speak with.

Ask before assuming

Requirements differ by case, program, and agency. Ask the responsible person to explain your specific next step.

Protect your privacy

Do not place full ID numbers, passwords, banking details, case numbers, or information you do not want shared in this workbook.

MY MOST URGENT NEED TODAY

- ☐ Safe place to stay
- ☐ Supervision or court requirement
- ☐ Medication or healthcare
- ☐ Food or clothing
- ☐ Identification or phone
- ☐ Transportation
- ☐ Other:

The first 72 hours

Prioritize what keeps you safe, reachable, and in compliance. If something cannot be completed, document your effort and contact the responsible person early.

Safe place tonight

Address, shelter plan, or person who confirmed I can stay

Next action / confirmed plan

Required contact

Probation, parole, court, caseworker, or other required check-in

Next action / confirmed plan

Medication and health

Current supply, prescription access, urgent symptoms, or appointment

Next action / confirmed plan

Food and clothing

Meals, weather-appropriate clothing, and basic hygiene

Next action / confirmed plan

Phone and transportation

Working number, charger, fare, route, ride, or backup plan

Next action / confirmed plan

Documents and money

Release papers, ID, benefit card, cash, account access, or safe storage

Next action / confirmed plan

TWO PEOPLE OR PROGRAMS I CAN CONTACT

Name / program and phone

Name / program and phone

Release conditions and supervision

Your written conditions and the instructions from your supervising authority control. If verbal directions seem different, ask for clarification and document the answer.

MY OFFICIAL INFORMATION

Supervising office or court

Assigned officer / contact

Office phone and address

First report date and time

Next court or review date

After-hours or emergency instructions

REQUIREMENTS I NEED TO CONFIRM

- | | |
|---|--|
| ☐ Where I may live or travel | ☐ Reporting schedule and method |
| ☐ Testing, treatment, classes, or appointments | ☐ Curfew or location requirements |
| ☐ Fees, payments, or community service | ☐ Employment or schedule reporting |
| ☐ People, places, or activities to avoid | ☐ Interstate travel or transfer process |

If you may miss a requirement

Contact the responsible office as early as possible, explain the specific issue, ask what to do, and keep proof of your call, message, transportation problem, or emergency. This guide cannot change a court order or supervision condition.

Identification and essential documents

Documents unlock housing, work, healthcare, benefits, banking, and transportation. Keep originals secure and use copies when accepted.

Release papers

Keep every page together

☐ Have ☐ Need ☐ Requested

Photo ID or license

Confirm current status and address

☐ Have ☐ Need ☐ Requested

Birth certificate

Certified copy if required

☐ Have ☐ Need ☐ Requested

Social Security card

Store securely; do not carry unless needed

☐ Have ☐ Need ☐ Requested

Health or benefit card

Confirm active coverage

☐ Have ☐ Need ☐ Requested

Court and supervision papers

Keep current conditions and dates

☐ Have ☐ Need ☐ Requested

Work and training records

Resume, certificates, licenses

☐ Have ☐ Need ☐ Requested

Housing and address proof

Letter, lease, or accepted mail

☐ Have ☐ Need ☐ Requested

REPLACEMENT REQUEST TRACKER

Document	Requested from	Date / proof	Follow-up

Housing plan

Ask about program rules, length of stay, costs, guests, curfew, medications, transportation, accessibility, and what happens if the placement ends.

TONIGHT AND THIS WEEK

Where I can safely stay tonight

Who confirmed the arrangement

How I will get there

Rules, check-in time, and cost

Backup if the plan changes

LONGER-TERM HOUSING QUESTIONS

- ☐ What identification or income proof is required?
- ☐ Is there a waitlist, referral, or coordinated-entry process?
- ☐ Does the housing fit supervision conditions?
- ☐ Are recovery, treatment, or service requirements involved?
- ☐ What move-in costs and monthly expenses apply?
- ☐ What could end the placement, and is there an appeal process?

HOUSING CONTACTS AND FOLLOW-UP

Program / person	What I asked	Follow-up date	Result / next step

Healthcare, medication, and benefits

Avoid gaps when possible. Ask what coverage is active, how to refill medication, where to receive care, and what changes must be reported.

Medication

What I have, what needs refill, pharmacy, and prescribing contact

Contact / next step

Primary care

Clinic, appointment date, records, and health concerns

Contact / next step

Mental health

Support, counseling, crisis plan, and preferred providers

Contact / next step

Substance-use support

Recovery supports, treatment, medication, groups, or harm reduction

Contact / next step

Benefits

SNAP, Medicaid, cash assistance, disability, or other applications

Contact / next step

Urgent support

Call or text 988 for crisis support; call 911 for immediate danger

Contact / next step

APPOINTMENTS AND APPLICATIONS

Date	Provider / program	Purpose	What to bring / next step

Employment and training plan

Start with a workable match: transportation, schedule, supervision requirements, health, family responsibilities, and the support you need to stay employed.

STRENGTHS I CAN BRING TO WORK

- ☐ Reliable and on time
- ☐ Works with a team
- ☐ Customer service
- ☐ Leadership
- ☐ Learns quickly
- ☐ Solves problems
- ☐ Hands-on or trade skills
- ☐ Other:

MY PRACTICAL JOB CONDITIONS

Hours and days I can work

Transportation range and backup

Minimum income needed

Training or credential I want

Support that would help me keep the job

JOB SEARCH TRACKER

Date	Employer / role	How applied	Follow-up	Result

Employment conversations

Answer application questions accurately. Do not guess about what must be disclosed. If you are unsure, ask a qualified legal or workforce professional before submitting.

Work gap

During that time, I focused on responsibilities and preparation. I am ready to discuss the skills I bring to this role.

Growth

I have taken concrete steps to move forward, including _____. What I can offer now is _____.

Job fit

This schedule and location work for me because _____.
My plan for transportation is _____.

Reference

I have a reference who can speak to my reliability, training, or recent work.

Clarify a question

Could you explain exactly what time period or type of information this question is asking about?

Written decision

If I am not eligible for this position, may I receive the reason or policy in writing?

MY TWO-SENTENCE FORWARD-LOOKING INTRODUCTION

Keep it truthful and focused

A brief answer can acknowledge the question, describe growth, and return to your skills. Legal rules differ by job and record, so get individual guidance when needed.

Transportation and digital access

A missed ride, dead phone, or lost password can affect appointments, work, and supervision. Build a primary plan and a backup.

Primary transportation

Bus route, ride, walk, bike, vehicle, fare, and travel time

My plan

Backup transportation

Second route, trusted ride, emergency fare, or contact

My plan

Phone

Working number, voicemail, charger, minutes, and safe storage

My plan

Email

Professional address, password recovery, and daily check time

My plan

Internet and computer

Library, career center, program, phone data, or trusted device

My plan

Calendar

Court, supervision, work, healthcare, deadlines, and reminders

My plan

THREE PLACES I NEED TO TRAVEL THIS WEEK

Destination	Date / time	Travel time	Route and backup

Money and basic budgeting

Plan from money you can depend on. Separate urgent needs from costs that can wait, and keep receipts for fees, rent, transportation, and required payments.

MY FIRST-MONTH PLAN

Category	Needed	Planned	Actual
Housing			
Food			
Transportation			
Phone			
Health / medication			
Supervision / legal			
Family obligations			
Savings / other			

INCOME AND PAYMENT DATES

Expected income source and date

Required payment and deadline

Amount I will hold for transportation / phone

Person or program to contact if I cannot pay

Avoid unsafe shortcuts

Do not share account passwords, deposit a stranger's check, send gift cards, or pay someone who promises guaranteed housing, employment, benefits, or record clearing.

Family, relationships, and community

Reconnection may bring hope, grief, pressure, or conflict. Move at a pace that protects safety, boundaries, legal conditions, and the well-being of everyone involved.

People I want to reconnect with

Who feels safe, supportive, and respectful?

My thought / next step

Boundaries I need

What topics, money requests, places, or behaviors need limits?

My thought / next step

Promises I can keep

What can I realistically offer right now?

My thought / next step

Trust-building actions

What consistent action matters more than a big promise?

My thought / next step

People or places to avoid

What could threaten safety, recovery, or compliance?

My thought / next step

Positive community

Where can I find belonging, culture, faith, recreation, or service?

My thought / next step

A CONVERSATION I WANT TO PREPARE FOR

Stress, recovery, and difficult days

Reentry can overload sleep, attention, emotions, and decision-making. Early support is a strength. This page is not a substitute for professional crisis or safety planning.

SIGNS I MAY NEED MORE SUPPORT

- ☐ Not sleeping or eating regularly
- ☐ Missing appointments or avoiding calls
- ☐ Feeling isolated, hopeless, angry, or overwhelmed
- ☐ Returning to people, places, or behaviors that increase risk
- ☐ Thinking about harming myself or someone else
- ☐ Other sign I recognize:

MY EARLY RESPONSE STEPS

- ☐ Move to a safer or calmer place
- ☐ Call a trusted person, peer, provider, or officer as appropriate
- ☐ Use a grounding, movement, spiritual, or recovery practice
- ☐ Reduce access to anything that could increase danger
- ☐ Use urgent or crisis support when needed

MY SUPPORT CONTACTS

Name / program and phone _____

Name / program and phone _____

Urgent help

Call or text 988 for free, confidential crisis support. BH Link offers 24/7 walk-in behavioral health triage at 975 Waterman Avenue, East Providence. Call 911 for immediate danger or a medical emergency.

Court records and legal follow-up

Record sealing, expungement, fines, warrants, licenses, family matters, and supervision questions can have different rules and deadlines. Use official information and individualized legal help.

QUESTIONS TO BRING TO LEGAL HELP

- ☐ Do I have open cases, balances, warrants, or future dates?
- ☐ What written conditions currently apply to me?
- ☐ Am I eligible for sealing or expungement, and when?
- ☐ Which court and forms apply?
- ☐ Could a petition affect immigration, licensing, housing, or employment?
- ☐ What documents and certified records should I obtain?
- ☐ Is there a deadline, waiting period, or filing fee?
- ☐ How will I confirm that an order was completed?

LEGAL CONTACT AND ACTION TRACKER

Date	Court / legal contact	Question or action	Response / next step

Do not rely on a generic checklist for eligibility

Rhode Island Public Defender and Attorney General resources explain record-relief processes, but only a qualified professional can assess your specific record. This guide is not legal advice.

30 / 60 / 90-day reentry plan

Choose actions you control. Include deadlines, support people, and backup plans. Review the plan when circumstances or requirements change.

NEXT 30 DAYS

One urgent foundation I will secure

First action and date

Support / backup

Review date

NEXT 60 DAYS

One routine or support I will strengthen

First action and date

Support / backup

Review date

NEXT 90 DAYS

One stability goal I will continue building

First action and date

Support / backup

Review date

A MESSAGE I WANT TO REMEMBER

Reentry and stability resources

Start with the resource that best fits the need. Program availability, eligibility, locations, and hours can change; confirm directly.

RIDOC Reentry Services Unit

Discharge planning and connections involving housing, health, treatment, and community services.

RIDOC Probation and Parole

Official supervision information and office locations.

OpenDoors Rhode Island

Community-based reentry, employment, housing, and stabilization support.

Transitions Clinic

Primary care and community health support for people returning from incarceration.

211 Rhode Island

Statewide help locating housing, food, transportation, healthcare, and other supports. Dial 211.

RI DLT Jobseeker Resources

Job coaching, resume and interview support, training, career centers, and EmployRI.

RI Public Defender Record Relief Guide

General information about expungement and sealing; not individualized legal advice.

RI Attorney General Expungement Help

Official request pathway for help determining potential eligibility.

HealthyRhode

Rhode Island benefits and health coverage application portal.

988 Suicide & Crisis Lifeline

Call or text 988 for free, confidential crisis support.

Resource information checked September 2026. Community Connect RI provides practical education and resource navigation. It does not provide emergency response, legal advice, supervision decisions, housing placement, benefits determinations, or guaranteed employment.