



# INDIANA REENTRY GUIDE FOR RETURNING CITIZENS

2025

Notre Dame Programs  
for Education in Prison



INSTITUTE FOR  
**SOCIAL**  
CONCERNS

# ACKNOWLEDGEMENTS

*Indiana Reentry Guide for Returning Citizens* is published by the Institute for Social Concerns at the **University of Notre Dame**. The **Institute for Social Concerns** is an interdisciplinary institute dedicated to justice education and research for the common good with communities near and far. [Notre Dame Programs for Education in Prison](#) is an initiative of the Institute that aims to democratize liberal arts education for incarcerated people and foster successful reentry. You may access the guide [online at this link](#).



The creation of this reentry guide would not have been possible without the efforts of the Education Justice Project (EJP). This reentry guide is based on the EJP publication *Mapping Your Future: A Guide to Successful Re-Entry*. EJP also publishes a guide for people facing deportation to Mexico and Central America entitled *A New Path: A Guide to the Challenges and Opportunities After Deportation*. These resources are available from the [Education Justice Project](#).

Artwork by alumni of the Moreau College Initiative and Women's College Partnership:

Ryan Campbell	Steven Foernzler
Kyle Gibson	Conor Jackson
Mitchel Jacob	Antwan Jones
Rebecca Lawson	Christopher Macy
Willard Merkel	Clarence Sandifer
Luveesa Shockley	Jason Smith
Michelle Williams	

**Moreau College Initiative** (MCI) is an academic collaboration of Holy Cross College and the University of Notre Dame in partnership with the Indiana Department of Correction. Based at Westville Correctional Facility in northwestern Indiana, MCI draws men from across the state and provides them access to college while incarcerated, leading to both A.A. and B.A. degrees from Holy Cross College.

MCI Commencement photograph by Peter Ringenberg.

**Women's College Partnership** (WCP) is administered by Marian University and offers a liberal arts education at Indiana Women's Prison in Indianapolis. Marian University confers A.A. and B.A. degrees to students who complete their academic programs.

WCP Commencement photograph by Greg Dunn.

## **STYLE NOTE**

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This guide was written and designed to be distributed in printed and digital forms. That is why you will see website address links written out so that someone who is using the print copy of the guide can access the online resources by typing the site address into an internet browser.

## **LIMITATION NOTE**

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The creators of this guide do not endorse any specific organization or website listed here, and we do not intend to give any professional legal, medical, or financial advice. The purpose of this guide is to provide information to aid in your own reentry journey. The information included here is accurate to the best of our knowledge, but we encourage further exploration and research for more information. The landscape of resources is constantly changing, so it is impossible to ensure that every piece of information in this guide will always be current. We plan to update the print and digital guides in the future because up-to-date information is essential.

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# INTRODUCTION

Reentry is defined as the transition from life in jail or prison to life in the community. We are very excited to share this reentry guide with returning citizens across the state of Indiana. We hope you will find the information helpful as you navigate life after incarceration. Transitioning from incarceration involves navigating much uncertainty, and it is our hope to provide a starting point for you to find the support you need in your journey. If you are a family member, friend, or someone in the community advocating for someone who is in the process of reentry, we hope this guide can help you find the necessary information and resources.

This reentry guide is divided into four major sections:

1. **Before You Leave** helps you think through getting ready for release.
2. **After You Get Out** guides you on how to rebuild your life once you're released.
3. **Healing and Moving Forward** is about becoming and staying well after prison.
4. **Our Resource Guide** contains information and links to useful reentry resources.



01

BEFORE YOU LEAVE

# 01 | PREPARE MENTALLY FOR RELEASE

It's never too early to prepare to leave prison. Even if you have a very long sentence, make plans for life after release. Here are some examples of ways to learn and grow while you are inside.

- Take Adult Basic Education classes.
- Get your High School Equivalency (HSE) which is formerly known as the GED.
- Enroll in college classes or vocational training.
- Meditate, draw, play an instrument, do yoga, join a choir or read a book.
- Go to religious services or find ways to include spirituality in your life.
- Attend substance use, parenting, or anger management programs.
- Get involved in volunteer activities.

These activities will help you meet other people who can support you, and social support can help you stay healthy physically and mentally. Getting involved will help you move beyond thinking of yourself as “just an ex-convict” who has nothing to offer. In fact, we know you have a huge amount to offer.

You can still make a difference for others while in prison. Many incarcerated people donate to local charities or tutor people on the inside. Think about what you can do to start giving back to others today.

Reentry is challenging. You should begin to accept that things will not be perfect or easy, and that reentry will come with challenges and adjustments. Forgive yourself if you make mistakes. You will probably have some awkward talks with people on the outside. Give yourself space to let these conversations roll off and remind yourself that the transition

takes time. People in the outside world have awkward experiences all the time, for all kinds of reasons! You may think everyone will know you've just gotten out of prison, but they probably will not, and they're likely more wrapped up with their own challenges than noticing small things you might be doing. Focus on what you can control.

---

## Build Your Support Network

People often isolate themselves during tough times. Often it can help to stay connected to positive friends and family members. Contact family members and friends who can be helpful. Be honest about what you need from them, whether it be housing, help with money, or just support and love. Find out what they expect or need from you. For many people returning to life after incarceration, relationships change for better or worse.

### Questions to Consider

- What does “support” mean to you?
- Who are the people/organizations you're counting on to be there for you? Do they know what you expect of them?
- What kind of support is missing in your network that you'll need to find or build?
- Who do you know and trust to help you build your support network?
- Are there people in your life you'd like to reconnect with as you prepare for reentry?
- Are there people in your life who might make reentry more difficult? If so, how can you set yourself up for success?
- How can you strengthen relationships to prepare for reentry?

Issues you may face upon release	Got this covered	Need to address
<i>Substance use or temptations to use</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Making ends meet</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Family issues or conflicts</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Housing</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Medical</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Mental health</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Transportation</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Childcare</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Telephone</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Legal issues</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Child support status</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Employment</i>	<input type="checkbox"/>	<input type="checkbox"/>

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## Prepare for Challenges

Before leaving prison, work on practicing patience with others and with yourself. Remember to allow yourself the grace to breathe through tough times, and practice learning how to cope with disappointment and discouragement. We often recommend

taking a deep breath, counting to five, then slowly letting it out for another count of five before working on a task.

Patience is important on the outside. Everything may not go the way you want or expect it to. Sometimes the idea of release has been so glorified that it doesn't include the day-to-day challenges of reestablishing your life. It may be hard to find a job or reunite with loved ones. Sometimes you will feel confused by how much things have changed since you went away. Go slow! Breathe! It is normal to feel stressed at times. It's important to have a plan to manage the things that stress you out so that you increase your chances of being successful in adapting.

Think about how you will de-stress once you're out in the world. Life on the outside can feel very rushed and unscheduled compared to life inside. Think about how you will include activities that help you slow down your pace in your life.

You might learn to practice mindfulness. On the outside, mindfulness courses are offered through some hospitals, social services, and a few churches. Our section on Mindfulness (see Part 3) has a lot of advice on getting started and even has a few guided meditations. These are skills you should practice in advance, so that you can use them in the moments where you feel overwhelmed.

*Best thing that can reduce anxiety is to have a plan. You don't have to be rigid with that plan, because you're going to get out and realize that the world isn't what you expected it to be.*

**— Joe**

## **Think About the Following**

1. How does your body tell you when you feel stressed? What are the signs? Sometimes stress "looks" like other things (e.g., stomach ache, tense shoulders, irritability, snapping at others, trouble sleeping).
2. What skills do you use to manage stress now?

3. When things go wrong or when you're disappointed, what can you do to keep yourself on track and focused?
4. What have you done in the past to successfully adjust to major life changes?
5. What skills, habits, or traits help you stay motivated and build positive relationships?

## **Preventing Self-Sabotage**

Even with the excitement and eagerness to be released, there can be a fear of the unknown, fear of failure, a disruption in the routine that you're used to, lack of social support, or ongoing mental health concerns that undo the progress that you've made. Sometimes, people find themselves making decisions and having thoughts that can jeopardize their successful reentry. For some people, the anxiety of starting over encourages them to make decisions that lead to going back to prison.

Self-sabotage is when someone's actions or inactions undermine their own goals, well-being, or relationships. Being able to identify that self-sabotage is a common pattern and knowing that it may come up for you can help you avoid last minute behaviors or decisions that put your reentry at risk. It is possible to hold both things at once; the anxiety AND the excitement of being back in the outside world.

## **Reflect**

1. Have any thoughts of self-sabotage come up for you?
2. Can you identify any instances where self-sabotaging thoughts or behaviors may not even have been intentional?
3. What hopes, goals, and ideas can you use to help keep you focused on a positive transition? What matters most to you?



## 02 | PREPARE FOR YOUR JOB SEARCH

If you are getting ready to leave prison, you're probably thinking about getting a job. This is an area where you are likely to hit many roadblocks and challenges. The good news is that there are a growing number of employers who are willing to give you a chance. There are ways you can prepare while still in prison to find a good job. Be hopeful. Most people find jobs after incarceration. As long as you're prepared, persistent, and have the right attitude you can find one too.



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## Build Experience

Does your prison let you earn certificates, learn new skills, or work? Any experience like this can help you find a job on the outside. They can also make you more confident and help you build skills you didn't know you had.

School is another good way to get ready for work on the outside. Enroll in school programs, from Adult Basic Education to High School Equivalency (formerly the GED) to college programs. Examples of college programs include those at Westville Correctional Facility, which hosts two-year and four-year degree programs offered by the University of Notre Dame and Holy Cross College. Indiana Women's Prison hosts two-year and four-year degree programs offered by Marian University. Going to school while incarcerated can also show employers you are intelligent and dedicated. Try other things too. Vocational training, art classes, parenting classes, and other programs will give you new skills and confidence.

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## Write Your Résumé

Another important thing you can do while you're in prison is to write your résumé. A résumé is a summary of your skills, strengths, and work experience. You will need a résumé to search and apply for jobs. Even if you don't have a computer or typewriter, write your résumé out while you are still incarcerated. You can type it out after your release. Your résumé should have several parts:

1. **Your name, address, and contact information.** If you are not sure of your address yet, ask a friend or family member if you can use theirs.
2. **Education.** Your résumé should have a list of schools you've attended. You can add any education you had in prison, especially if you earned any degrees or certificates.

3. **Work experience.** List your jobs, including volunteer work. Include where, when and for how long you held each job. For jobs held while incarcerated you may list the State of Indiana as your employer.
4. **Other professional skills.** This includes certifications, technical skills, and languages you speak other than English.
5. **Awards.** If you have ever received an award for your work, like employee of the month, or a scholarship, list them at the end of your résumé.

Are you worried what people will think when they see school or work you did in prison? You do not have to put those on your résumé if it worries you. For information about writing résumés, cover letters, and how to find and apply for jobs once you are released, see the Employment chapter.

*Be ready to pivot. Be patient with yourself. You're eager to get out, eager to do all of those things. Be realistic with yourself, what you can really do, what is within your control. You're going to be facing a lot of things.*

**– Roberto**

*If you sat at a table playing cards for ten years and now you want to come out and you want to go out and get yourself a job that's paying \$18-20 an hour – well, be realistic. You're not gonna do it. You're not going to have that job because you didn't do anything to prepare. What are you going to put on your résumé, that you played cards for ten years?*

**– Anonymous**

# 03 | HEALTH BEFORE RELEASE

Planning for healthcare before you leave prison saves money and helps you avoid problems. There are a few steps you should take before you are released.

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## Transitional Healthcare Services

Transitional Healthcare was created as part of Indiana Department of Correction (IDOC) Medical Division to assist people transitioning in and out of IDOC facilities. They work with incarcerated people to create individualized release plans focused on physical and behavioral health issues, medical and mental healthcare, and substance use disorder resources after release. Transitional Healthcare also completes healthcare coverage applications for everyone leaving IDOC facilities. Transitional Healthcare's goal is to help you address these needs before and after release.

- If you are currently incarcerated and need to discuss your healthcare needs, complete a healthcare service request for a meeting with your Transitional Healthcare Facilitator.
- If you are currently supervised by the IDOC Division of Parole Services and are in need of Transitional Healthcare services, please ask your State Parole Agent for a referral to your Transitional Healthcare Liaison.

Transitional Healthcare Services General Contact:

(317) 232-1192

[IDOCMedical@idoc.IN.gov](mailto:IDOCMedical@idoc.IN.gov)

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# Medicaid and Medicare

Medicaid and Medicare are federal programs that offer assistance with healthcare costs.

- **Medicaid:** Over 2 million Indiana residents rely on Medicaid for access to quality healthcare. Indiana Medicaid serves a variety of populations. Medicaid can help ensure your medical needs are not obstacles to achieving self-sufficient and productive lives. Many Indiana hospitals and health clinics accept Medicaid payments.
- **Medicare:** The federal health insurance program for people who are 65 and over. If you are under 65, you may be eligible to get Medicare earlier if you have a disability.

## Enrolling in Medicaid

Ask Transitional Healthcare to help you get started. They will submit an application for Medicaid Insurance on your behalf 30-160 days before your release. If you have a loved one with internet access, they may be able to help you [apply at this link](#) or at <https://www.healthcare.gov/>. Once you submit your application, it takes 30 days to get insurance, so try to plan ahead.

## To Confirm the Status of Your Medicaid Coverage

1. Call Medicaid at 877-483-4479.
2. Press Prompt 2: Check Status.
3. Enter the last 4 digits of your Social Security Number.
4. Do not press anything for the case number.
5. Enter the zip code of last residency prior to incarceration.

6. You will then be transferred to a live person. From there you can ask them to activate your insurance, update contact information, mail ID cards, and more.

## **Get your health records**

Fill out a form to get your health records about 90 days before your release. You may have to pay for copies, though the first 50 pages may be free. There are separate forms for medical records and HIV and mental health records. These records can be very useful when connecting with new doctors and clinics.

Soon after you get out of prison, you can request your health records from the facility where you were held. But if you wait more than a few months, you will need to request your records from the Indiana Department of Corrections at [IDOCMedical@idoc.IN.gov](mailto:IDOCMedical@idoc.IN.gov).

## **Get your exams**

Request a dental exam, an eye exam, and a physical exam before you leave prison. Start early (a year before release) in case they find something you will need to address.

## **Make a birth control and sexual health plan**

If you plan to be sexually active after release, discuss birth control and safe sex during your physical exam. This may help you avoid unwanted pregnancy and sexually transmitted infections (STIs). It is a good idea for women over age 40 to request a gynecological exam with a PAP smear and ask for a mammogram.

Consider your options carefully. Some forms of birth control, like condoms and diaphragms, are easy to get and more affordable than other options. They need to be used every time you have sex and may not be as effective as other options. Other kinds of birth control require a prescription from a doctor or a medical procedure. When you have your physical exam, you may be able to request longer-term birth control options, like pills, patches, or intrauterine devices (IUDs). Implants or IUDs can protect you from unwanted pregnancy for several years.

No doctor should pressure you into a permanent or long-term birth control or sterilization procedure. Unfortunately, some doctors at prisons have pressured women to have hysterectomies (sterilization) and men to have vasectomies. These procedures will prevent you from ever conceiving. Take time to ask questions and decide what is best for you. If you are feeling pressured, remember it is your right to say no.

## **Make a medication plan**

Most prisons offer people a 30 to 90-day supply of medication upon release. Generally, you will pick up your medications the day before you are released, but you may want to request these medications ahead of time, just to be safe. The doctor will usually give you a prescription so you can get more. Make a plan to get more medication after you leave. Set up an appointment with a doctor on the outside so that you don't run out. This can help you avoid going to an emergency room at your local hospital to get medications filled, which can be costly.

## **Plan for doctor visits after release**

Before you are released, you will likely receive a medical card that has a list of healthcare providers that accept Medicaid. If you have a serious mental or physical health issue, plan ahead and set up appointments ahead of time. A counselor or family member may be able to set up the appointment for you. To find a list of providers who accept Medicaid, [visit this website](#).

You may have been in a drug or alcohol treatment program while in prison. Continue treatment after release to make sure you don't relapse. Ask your doctor, clinical services, or a family member to help you find a treatment center. Try to schedule the appointment for as soon as possible after your release.

**Note:** The first few hours, days, and weeks after being released are often the hardest. People are at greater risk for suicide. Many return to old habits, like drug or alcohol use. People are at greater risk for overdose because their bodies aren't used to drugs anymore. If you can, be proactive and schedule appointments with health care providers ahead of time. You may not need them, but you'll have a plan just in case.

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## Health Checklist

Action	Got this covered	Need to address
<i>Enroll in Medicaid</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Enroll in SNAP</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Get health records</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Physical exam</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Eye exam</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Dental exam</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Contraception plan</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Medication plan</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Doctor appointment</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Mental health appointment</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Substance use treatment evaluation</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Find a support group</i>	<input type="checkbox"/>	<input type="checkbox"/>



## 04 | PREPARING FOR REUNIFICATION

This chapter focuses on how to keep relationships strong while inside prison so that the process of reuniting (getting back together) is easier. It also addresses some of the anxieties people face when reuniting with loved ones, and offers advice on what you can do on the inside to prepare to regain custody of your children.

You can find more information on relationships later in this reentry guide in Part 3: Healing and Moving Forward. It addresses relationship challenges after release.



## **This chapter covers:**

- Staying Close to Loved Ones
- Reuniting With Family and Friends
- Preparing to Reunite with Children

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## **Staying Close to Loved Ones**

For many, the hardest part of being locked up is the strain it places on relationships. The separation is hard for both you and your loved ones. While you may feel love, concern, and care, there may also be feelings of guilt, loss, frustration, anger, and grief.

*If you have any emotions at all, you're going to have guilt about making your family suffer the pains that you're going through. Because you're not suffering alone. They suffer with you while you're in there.*

**– Tony C.**

Strong relationships are built on openness, honesty, and trust. Try to maintain regular, open lines of communication through letters and phone calls, when possible. Staying in touch with your loved ones will make reuniting smoother.

*The complexities of being in prison can startle any relationship. That's why understanding and communication is key. In reality no one wants to be a burden; however, everybody needs someone. The pressure of maintaining a healthy relationship is hard for two people in the free world. When I was doing time, I had to understand the sacrifices I needed to make to maintain a healthy relationship with the people that mattered the most to me. I had to remember what it was like to be free, and I had to educate my family and friends of what it was like to be incarcerated.*

**– Antonio**

*A lot of times people get discouraged when family don't take their phone calls. They don't get a response, and they get discouraged. They think, 'To hell with it, they don't want to hear from me.' Even if they don't respond, you still have to try to cultivate those relationships. A lot of times people are super busy out here. It's not that they don't want to talk to you. Keep cultivating those relationships because they are what's going to help you when you get out.*

**– Anonymous**

*It's hard, but you have to make your kids understand that you don't want to be away from them... You love them and you're going to do everything you can to make sure you're in their life.*

**– Tony C.**

During incarceration, some relationships may end, and all relationships will be challenged. Some find it so difficult that they distance themselves as a form of self-preservation. Be aware that this distance can be very hard to overcome upon release.

*You spend so many years in there and so much time keeping people at an arm's distance. You never let anybody get close... But when you come home, you've gotten so used to keeping people at a distance that you just continue to do it. It's hard to make new friends.*

**– Tony C.**

*You don't want to worry your family with those issues. You get on the phone, and you grind your teeth. Regardless of what you're feeling, you're going to tell them that everything is going to be OK. You get in this habit of keeping things bottled up, and you're dealing with some degree of loneliness and emptiness, because you're not sharing it with your family.*

**– Roberto**

Explore other ways to maintain relationships. While it's painful not to be physically present in your loved ones' lives, there are other ways to be present. Talk, listen, and provide emotional and mental support when and how you can.

*Try to find ways to make it easier for them to accept you being gone. Because if you just sit and tell them how horrible it is and you bark at them every time they come to visit you or you yell at them in letters or on the phone, then they're gonna get frustrated with dad and say, "Well hey, you're not even here, so what can you do?"*

**– Tony C.**

Relationships are not a one-way street. Family members can also do a lot to maintain relationships. They can help those who are incarcerated feel included. Share everyday things to help them feel connected.

*I send him a little bit of money, enough to keep phone calls going, you know, and pictures and stuff and try to set up options for him so he knows he doesn't have to go back to the same stuff. Just let him know that there's help, there's better things in life. I try to talk to him about the good stuff, about working and going to church, when we're playing games with his little sister and stuff like that.*

**– Heather B.**

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## Reuniting With Family and Friends

You might be scared, worried, or excited about reuniting with family and friends. You can prepare by reflecting on your relationships. Be honest about who is likely to be a positive, supportive influence in your life. You and your loved ones can also set realistic expectations. You are all in transition. A period of adjustment will be necessary. It is hard to be left at home and hard to come home, even if you were only away for a few months. For loved ones, having the person come home can take some getting used to as well.

You might begin by letting your loved ones know what you are hoping for and what you will need from them during your reentry. This could include both emotional and financial support. Don't be afraid to ask for patience. Listen to the needs and concerns of your loved ones, too. Reuniting will be easier if you can talk ahead of time and learn to compromise.

*The key thing is honesty. [If] you come out being honest with yourself and with [your loved ones], you can't go wrong, because you're not feeding them a fairy tale. You're giving them you.*

**– Keke**

*Keep in mind that you are entering somebody else's space. You must be mindful of the relationships around you.*

**– Pablo**

If you were locked up for a long time, you'll need to relearn who you are and who your loved ones are. Children who were young when you left may be teenagers or even grown up with children of their own. You may have different ideas of what the new relationship should look like.

*Don't come in like they're supposed to know you or even respect you a little bit, because you've been gone. You gotta gain that respect and that trust back when you've been gone so long.*

**– Keke**

*Recognize that we haven't been part of that house for years, so I can't come in and put down my dominance, something we're used to doing when we're in the cell. We're used to carving up space and making it our own.*

**– Joe Joe**

Acknowledge the ways you have changed. You and your loved ones have both grown. Allow for this growth. Be open to the person before you and who they are now.

*First you gotta get yourself together, mentally. Because you might think you know them because they're part of you, but you really don't know them and what they've been through. You know what they tell you. Same thing with you.*

**– Keke**

*Never expect anyone to evolve at your pace. When you are dealing with people you haven't lived with in a while you have to be analytical, you have to examine the structure of your own character. And the character of those you live with. Once you are fully in tune with the compound presence of your household you should become as flexible as a bamboo stick, but it won't be easy. So, get an evaluation and accept some help from those who can help you with your transition.*

**– Antonio**

*Oftentimes when people are anticipating going home, they have ideals and expectations on how their reunification with family will be. There's the dream and there's the reality. It's good to have these great expectations, but don't set yourself up for disappointment if people don't live up to the expectations you have of them. People have lived experience that might color the way they interact.*

**– Joe Joe**

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## Preparing to Reunite with Children

You may have young children you are looking forward to being with. You may be excited to see your kids again or you might be nervous and stressed. It is normal to have mixed feelings. There's no right way to feel.

There are things you can do to parent from prison and prepare yourself to regain custody of your kids, if that's your goal. Show your commitment to your children. This will make it easier to get them back when you are out. Here are some ideas:

### Before Your Release

- Stay in touch with your kids through regular phone calls and letters. Record the dates and times so that you have evidence of your involvement.
- Attend all court and custody hearings about your child.

- Take parenting classes if offered.
- Take job training as well as academic and technical classes.

## **After Your Release**

- Prioritize getting safe and stable housing.
- Follow all parole rules and requirements.
- Visit your kids as often as you can. Record details about the visits.
- Continue to attend parenting, job training or other classes.  
This shows your commitment to providing a stable home for your child.

If you've been separated from your children, you may be eager to reunite with them as soon as you can. But don't rush things. First you need to have a stable job, safe housing and be clean and sober. Getting your kids back too soon can cause more harm than good if you are unable to provide a healthy and safe environment for you and your child(ren).

If your parental rights have been terminated, you will need the court's permission to get your children back. To find legal aid in your area, search for the name of your city and terms like "child custody," "legal aid," or "pro bono."

Even if you don't get your kids back as soon as you would like, you can still make changes and be involved in decisions about them. If getting your kids back is what is right for your family, don't give up!

# 05 | PAROLE

Parole Services are provided to people released from the Department of Corrections under parole supervision at no cost. The delivery of these services include the placement, supervision, and revocation process for parolees.

## **IDOC - Division of Parole Services**

Indiana Government Center South  
302 W Washington Street, Room E 334  
Indianapolis, IN 46204

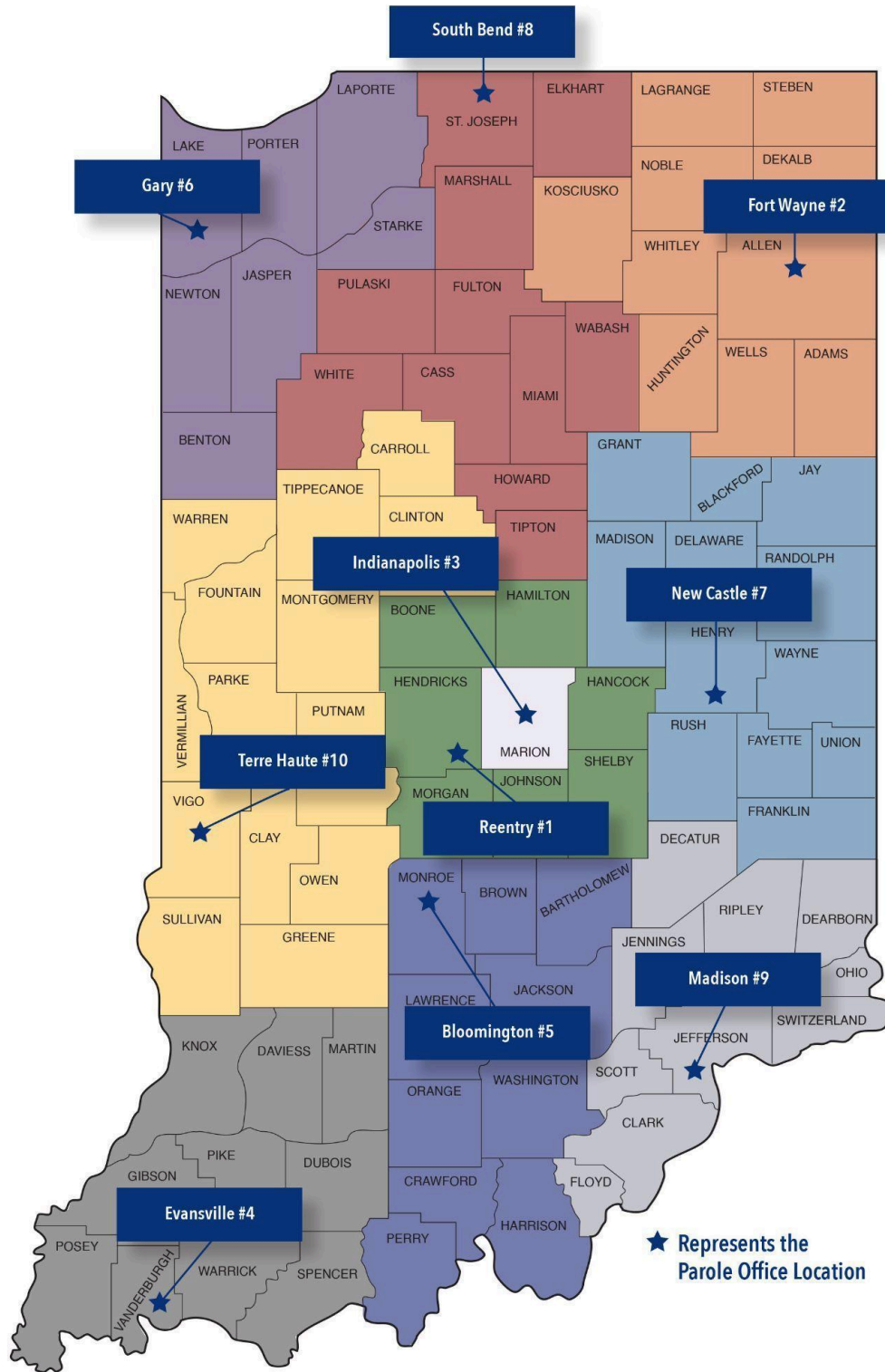
## **Supervision & Discharge**

Placements are discussed between individuals and their case manager and investigated and approved by their parole agent prior to release. Parole agents meet with releasing individuals prior to release to review all rules and answer parole-related questions.

At the time of release, parolees are given reporting instructions with their agent's contact information. Individuals must stay at their approved residence unless obtaining prior permission and must follow all local registry requirements if applicable.

For detailed information on parole in Indiana [visit this website](#).

# Indiana Parole District Map





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# Indiana Parole District Contacts

## Reentry (PD 1)

Supervisor  
Charmain Lawrence  
clawrence@idoc.in.gov  
(317) 244-3387 Ext: 260

## Fort Wayne (PD 2)

Supervisor  
Bobby Yarborough  
byarborough@idoc.in.gov  
(260) 484-3048 Ext: 229

## Indianapolis (PD 3)

Supervisor  
Drew Adams  
dwadams@idoc.in.gov  
(317) 694-5107

## Evansville (PD 4)

Supervisor  
Aleisha Burrridge  
aburrridge@idoc.in.gov  
(812) 424-9821

## Bloomington (PD 5)

Supervisor  
Justin Noblitt  
jnoblitt@idoc.in.gov  
(812) 322-5855

## Gary (PD 6)

Supervisor  
Erik Kruper  
ekruper@idoc.in.gov  
(219) 880-2000 Ext: 227

## New Castle (PD 7)

Supervisor  
Jonathan Butler  
jbutler@idoc.in.gov  
(765) 524-1846

## South Bend (PD 8)

Supervisor  
Kristine Johnson  
kajohnson@idoc.in.gov  
(574) 234-4600

## Madison (PD 9)

Supervisor  
Jack Ross  
jross1@idoc.in.gov  
(812) 264-6154 Ext: 4104

## Terre Haute (PD 10)

Supervisor  
Marcus Blade  
mblade@idoc.in.gov

(812) 235-0606 Ext: 205

While on parole, you'll have to follow some rules. It is frustrating to know that even though you are getting out of prison, you will not be completely free. Hang in there. Parole is difficult, but many people have gotten through it and you can too.

### **This chapter covers:**

- Preparing for Mandatory Supervised Release
- Parole Rules and Violations
- Parole After Release
- Registries
- Electronic Monitoring

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## **Preparing for Mandatory Supervised Release**

The parole process usually begins around six months before your release date.

### **Educate yourself about the conditions of your release.**

This may mean communicating with a parole board that will make plans for your parole conditions. For example, you may have to go to an anger management class, or you may be placed on electronic monitoring for a while.

### **Find a place to live.**

In your parole plans, you will likely have to submit the address where you plan to live which will need to be approved. A parole officer may have to visit the home and decide if you can stay there, especially if you will be placed on electronic monitoring.

## **Talk to the people you will be living with.**

Many of the parole rules you'll follow will affect the people you live with. Talk to them early and clearly so they understand everything.

Let them know what your parole rules will mean for them. They may also contact the Indiana Department of Corrections with their questions.

## **Complete paperwork.**

The people you are living with may have to complete a document that allows them to host you in their home. It may come in the mail, or the parole officer may bring it with them when they visit the home.

## **Transferring parole to another state.**

If you plan to live in another state, talk to your counselor about transferring your parole. Submit a transfer request within 120 days of your release date. After release, you can apply to transfer your parole to another state at any time. You will need to have a family member who has lived in that state for at least six months. Work with your parole officer to apply for the transfer.

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# **Parole After Release**

When you arrive at your host site, you will usually be required to call your parole officer right away, often within 24 hours. Before you leave, make sure you have your parole officer's name and phone number. It is your job to get in touch with your parole officer. If you cannot reach your parole officer or do not know who they are, contact your local parole office using the above parole district contact list for help.

When you call your parole officer, they may set up a visit with you in the next few days. Do not leave your home until your parole officer visits. This will usually happen within three days.

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## Electronic Monitoring

Many people are given Electronic Monitoring (EM) with their parole. If you have EM, you will have to follow some extra rules.

You will likely be given instructions before you are released. You may need to go straight home and check in with your parole officer. A technician will generally come to your home to set up the electronic monitor. The monitor may have an anklet and a box that plugs in the wall. Make sure the monitor stays plugged in. Once the monitor is set up you and your parole officer will decide what times you will be allowed to leave your home.

You will be required to check in regularly with your parole officer. Remember, it's very important you answer the phone when parole calls. Not answering could get you in trouble.

Electronic monitoring can be hard for everyone in your house. Until you find a job, you will be home most of the time, which can cause stress. If you need rides during times you are allowed to leave home, you will need to work that out. Let the people you will live with know what you need from them, what they need from you, and how you will solve problems that come up.

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## Parole Rules & Violations

Parole officers have the final say for parole rules. These rules are written on a legal document. Make sure you understand all of the rules and instructions before you sign. Ask questions! Some of the most common rules include:

- Do not commit any criminal acts.
- Report to your parole officer on a regular basis.
- Allow the parole officer to inspect and search you and your residence.
- Do not leave the state.

- Do not possess a firearm.
- Do not use drugs (drug tests while on parole are common).

If you break the rules of parole, you may be sent back to prison. Sadly, this happens a lot. Follow the rules of your parole very carefully so you can stay on the outside. If something happens that makes it look like you broke your parole, call your parole officer right away to explain what happened. If you haven't broken any rules, your parole office can ask that you not be charged.

If you are charged with breaking parole, you may be able to appeal. You may be assigned a lawyer. The lawyer can show evidence and bring witnesses to help you make your case.

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## Registries

Your state may require you to register after release, depending on your conviction. For example, all 50 states have sex offender registries. Indiana maintains a Sex and Violent Offender Registry. [Visit this website](#) for more information. These registries are online databases that anyone can see. They have photos and information such as your name, address, birthday, place of work, crime conviction history, age, and victim information.

If you have to register, you will likely face many challenges. People will make hurtful comments. It will be very hard to find housing and a job. Focus on your self worth. You are more than the worst thing you have done.

Ask your counselor before you are released if you need to register. You can also ask someone you trust to contact the Indiana Department of Correction Sex and Violent Offender Registry by calling (317) 232-1232. Make sure you know and understand the rules. It's easy to make a mistake and go back to jail or prison. You may be charged with "failure to register" because you missed a deadline or didn't know you needed to register.

## **Sex Offender Management & Monitoring Program Director**

Edward Garcia

egarcia@idoc.in.gov

(317) 232-5719

### **Where will I register?**

Typically, you will register at your local police or sheriff's department. This is something you will likely need to do right away when you get to your host site.

### **How often will I need to register?**

It depends. You may have to register every 90 days or once a year. Keep a calendar of all your deadlines and dates to re-register. Call ahead and make appointments if you can.

### **What should I bring when I register?**

You will likely need proof of address (rent or utility bill, official document with address) and your state ID. If applicable, they will take a photo of you and post it on the sex offender registry website. They may also take fingerprints or a DNA swab. You will have to sign registration documents. Be sure you understand what you are signing. Keep your documents in a safe place so you can get to them easily. Hold onto documents that explain the conditions of probation or parole, your registration documents, and certified receipts.

### **How long will I have to register?**

Depending on the crime that was committed, a past offender may be required to register as a sex offender in Indiana for a period of ten years or for the rest of their life.

### **Do I have to register every time I move?**

Yes—though if you move out of state, check to find out their requirements. Some states do not have a registry.

Generally, you have a few days to let law enforcement know that you have moved. You may also have to re-register if you have a change of job or if you change your email address or your online identifiers.

## **What other restrictions may I face?**

Common restrictions, especially for those convicted of child sex offenses, include not being allowed to go in school buildings or on grounds, or live near a school, playground or childcare facility. You may not be allowed in parks or public park buildings. You may not be able to use social media, like Facebook or Instagram.

## **Where can I get help?**

You don't have to figure it out alone. There may be organizations in your state that can support you. The Sex Law and Policy Center publishes a reentry guide called [Registering with Dignity](#).

**Note:** It is against the law to harass or threaten people on the sex offender registry or their families. If this is happening to you, call the police or your probation or parole officer.



02

AFTER YOU GET OUT



# 01 | GETTING YOUR ID

If you weren't able to get your identification documents while you were incarcerated, this will be your first priority. Hopefully, you already have your birth certificate and Social Security card. If not, here's how you can get them:

- Contact your local health department in the county where you were born. They can help you get your birth certificate. [Click here to find the location nearest to you.](#)
- Go to a Social Security Administration Office to get your Social Security card. Call before you go to set up an appointment and find out what you need to bring. You can find your local office by calling (800)-772-1213 or [at this website.](#)

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## Birth Certificate

A standard birth certificate is primarily used for: Driver's license (real ID), passport, school records, sports, new hire information, Social Security card replacement, traveling abroad, government benefits and more. Your birth certificate includes information about your name, sex, birthplace, date of birth, parents' names, parents' birthplace, record file date, and certificate number.

Indiana does not issue birth certificates for individuals born in another state. Requests must be made directly to the vital records office in the state where the birth occurred. For a listing of vital records agencies with contact information in Indiana [visit this website.](#)

### Ways to Order a Birth Certificate

- **In person:** To purchase a birth or death certificate in person, please visit the Local Health Department where you were born.

- **Online:** These orders will be processed through VitalChek Network, Inc. VitalChek is an independent company that the Indiana Department of Health (IDOH) Division of Vital Records has partnered with to provide this service, and is the only IDOH-authorized and approved vendor for online ordering. [Visit this website for more information.](#)
- **By mail:** Print and complete State Form 49607, Application for Search and Certified Copy of Birth Record by [downloading this form](#). The form includes applicable fees, identification requirements, and the mailing address. The cost for the first certificate is \$10.00 and \$4.00 for each additional copy. Make checks payable to the Indiana Department of Health.
- **By phone:** To order a birth or death certificate by phone and pay with a credit card, call (317) 233-2700.

**Note:** You can get marriage licenses and divorce decrees at the Clerk of Circuit Court or Clerk of Superior Court in the county where the license was issued.

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## Social Security Card

A Social Security number (SSN) is a 9-digit number that's unique to you. You will need your Social Security number to:

- File taxes
- Start a job
- Open a bank account
- Apply for a loan
- Get a passport
- Claim government benefits

If you have never applied for a Social Security card and are over 18, you must apply in person. If you would like a free duplicate card, you must request an application from your IDOC caseworker or transition staff. Your caseworker can send a form letter with the

application, verifying your name. If you have been released and did not apply for a replacement card, you will find information about Social Security [at this website](#).

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## State ID or Driver's License

Once you have your birth certificate and Social Security card, you can get a state ID or driver's license. These are the most common forms of ID. To get either a state ID or a driver's license, you'll need to visit the Indiana **Bureau of Motor Vehicles** (BMV). To find a location near you [visit this website](#).

Do you plan to get a driver's license? Read Indiana's rules of the road booklet first. You can pick up a copy of this booklet at any public library or [online here](#).

If you've been incarcerated for a long time, we recommend getting a learner's permit. A learner's permit lets you practice driving until you feel comfortable taking the driver's test. To get a permit, you will need to pass a written test and a vision test. Once you get the permit, you can drive with another driver who has a license. To learn more [visit this website](#).

When you apply for a new driver's license, permit, or identification card, you must present original versions or certified copies of the following documents:

- One document proving your identity
- One document proving your immigration status in the United States
- One document proving your Social Security number
- Two documents proving your Indiana residency
- [Fee Chart](#)

*"It took me seven months to get my Social Security card and ID; this time would have been cut in half if I would have been given the information shared here."*

**– Antonio**

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## Suspensions

Indiana Bureau of Motor Vehicles (BMV) may suspend your driving privileges for multiple reasons. The most common suspensions are as a result of the following:

- Court proceedings.
- Certain moving violations including failure to provide proof of financial responsibility (insurance).

If your license was suspended, you can get it back after the suspension period is over.

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## Revocations

Revoked means your driver's license is taken away without a date of reinstatement. Driver's licenses are often revoked for more serious OWIs (operating while intoxicated). For example, if someone was injured or killed because the driver was drunk or using drugs. If your license is revoked, you can get a new one. But you will have to wait for some time.

If your license was revoked because someone was killed while you were driving, you may not be able to get a new one. But you should still check with the BMV to be sure.

**Note:** If you choose to drive without a license, you may face more serious penalties (more time without a license, jail time, police taking your vehicle).

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## Accessing Your Driving Record

You can obtain information about the current status of your driver's license by reviewing your driver record online [at this webpage](#). The BMV offers two options to view your driver record:

1. The **Viewable Driver Record** (VDR) allows you to view your driving record online at no charge.
2. The **Official Driver Record** (ODR) allows you to download and print a certified copy of your driver record. The ODR certified copy includes a letter of certification from the BMV. Some employers and school admission offices require a certified driver record. The ODR may be purchased for \$4. If you do not know your driver's license number, you will be required to request a copy of your Official Driver Record by mail. To order your ODR, print the Request for Certified Records – State Form 53789 ([download form at this link](#)) and mail with payment to:

### **Indiana Government Center North**

Room 412  
100 North Senate Avenue  
Indianapolis, IN 46204

Both the Viewable Driver Record and Official Driver Record indicate requirements to fulfill in order to reinstate your driving privileges. More information about driver records can be obtained in the Driver Record section.

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## Steps to Reinstate Your Driver's License

### **Step 1: Understand Your Situation**

The Reinstatement Requirements section on your Driver Record shows the requirements to regain your driving privileges.

You should review the Suspensions Information section for more information as you may have a court-ordered or administrative suspension, including insurance suspensions, with outstanding requirements. Learn more about the reinstatement process by [visiting this webpage](#).

If you have a court-ordered suspension, you must contact the court in which you were suspended to determine how to satisfy their requirements. The BMV will only accept documentation from the court in order to close a suspension, so contacting the court before you call the BMV should be your first priority. You may be able to stay the court-ordered suspension by submitting an SR-22 form from your auto insurance provider to show that you are meeting your state's minimum insurance requirements. An SR-22 may also be referred to as a certificate of financial responsibility.

If you have an administrative (BMV) suspension, you should review your ODR to determine how to satisfy those requirements. If you have an insurance suspension and have proof of insurance for the vehicle and date in question, the suspension can be removed by having your insurance provider submit a Certificate of Compliance (COC) to the BMV. If you have an insurance suspension and cannot provide proof of insurance for the vehicle and date in question, you may be able to stay the suspension by submitting an SR-22 form from your auto insurance provider.

## **Step 2: Proof of Financial Responsibility**

Your insurance provider must electronically submit proof of financial responsibility directly to the BMV. Only your insurance provider can submit proof of insurance for you. The BMV does not accept insurance policy documents from drivers. If you have an insurance suspension and cannot have a Certificate of Compliance (COC) submitted on your behalf, your insurance provider must submit an SR-22 for you to regain your driving privileges. Maintaining the SR-22 for 180 consecutive days with no lapses in coverage will terminate that insurance suspension. To regain your driving privileges for a Failure to Appear/Pay suspension, you may resolve the suspension with the court or submit an SR-22 to stay the suspension.

### **Reinstatement Fee(s)**

In many cases, you may choose to provide SR-22 proof of insurance to the BMV for 180 consecutive days with no lapses in coverage, after which time your reinstatement fees will not prevent you from having valid driving privileges. In many cases, if you pay the reinstatement fees without obtaining SR-22 proof of insurance coverage, your driving privileges may remain suspended. You may wish to contact the BMV Customer Contact Center at (888) 692-6841 to determine whether to pay reinstatement fees for an existing suspension. The exact dollar amount for each suspension is within the Suspension Information section of your ODR. Reinstatement fees that are due will be indicated within the Reinstatement Requirements section, along with your reinstatement fee access code. You can pay your reinstatement fees by:

- Logging into your myBMV account
- Calling (888) 692-6841 using the access code found on your notice
- Via mail using the reinstatement coupon in the Reinstatement notice, or
- [Visiting a self-service BMV Connect kiosk](#)
- If you do not have your reinstatement coupon, then you may [download the BMV Reinstatement Fee Submission Form](#).

### **Forbearance of Reinstatement Fees**

The BMV will waive reinstatement fees associated with no-insurance suspensions for individuals who have been:

- Paroled and released from prison,
- Are non-violent offenders, and
- Are enrolled in job training and/or maintain employment for 3 years.

Applicants will need to download the [Application For Department of Corrections Forbearance of Reinstatement Fees–State Form 57170](#)

### **Step 3: Check Your ODR Status**

You should monitor your license status by periodically reviewing your ODR in your myBMV account free of charge. If your driver's license was taken by law enforcement as a part of your suspension, then you will need to visit a BMV branch or order a replacement driver's license by logging into your myBMV account.

*"If you go with the frame of mind that you are going to spend a hell of a lot of time in that place, it helps. Go with the right frame of mind, otherwise you're going to be miserable."*

**– Anonymous**



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## Register for the Selective Service

Did you know you may need to sign up for “the draft”? The draft is called the Selective Service. It is a program that lets the US military call men to serve in the military. You need to register for Selective Service if you are:

- Male
- Between the ages of 18 and 25
- Are a US citizen or an immigrant

Registering with the Selective Service does not mean you are in the military. It means you may be called to the military if there is a crisis.

If you are between the ages of 18 and 25, you need to register for the Selective Service right away. If you don't, you could be fined or go to jail. You also cannot get a job with the government or get government training. You can [register online](#) or you can pick up a form at any post office.

You don't have to register if you were incarcerated the entire time you were 18 to 25. In that case, you will need to request a status information letter which can be found [online at this link](#).

What if you weren't incarcerated but you still didn't register? You can also request a status information letter. The letter should say that you did not “knowingly or willfully” fail to register for Selective Service. You could mention if you were incarcerated shortly after your 18th birthday, left school early, or any other things that might have made it hard to register.



## 02 | MEETING YOUR NEEDS

Leaving prison is exciting but not always easy. Many people have trouble finding a place to live or buying food after they leave prison.

Other people struggle with drug or alcohol use or mental health issues. Be patient with yourself. Take your time as you figure things out. There are places you can go for help.

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### Apply for Benefits

Did you know the government can help you with some basic needs? One of the first things you should do after release is apply for government assistance programs.

If you need help, the Indiana Family and Social Services Administration (FSSA) is the hub for many government assistance programs. You can [visit their website](#). FSSA can help with many of the following services:

- Employment Opportunities
- Family Resources
- Aging Services
- Mental Health & Addiction
- Disability Services
- Medicaid/Health Plans
- Early Learning/Child Care
- and more!

To get these benefits, you may have to meet certain qualifications. For some programs, you have to be a certain age. For most, you must meet income requirements which are often based on a percentage of the federal poverty level.

These programs and more are all available through the FSSA website. [Check out this document](#) for a comprehensive resource guide. Below you will find a list of common programs.

- **Supplemental Nutrition Assistance Program (SNAP)**. This used to be called food stamps. Each month, money is put onto a special debit card called a Hoosier Works EBT card. You can use the card to buy food from most grocery stores.
- **Medicaid or Healthy Indiana Plan (HIP)**. Medicaid is a program for people who make little or no money. It helps people pay for medicine, hospital visits, doctor appointments, and more.
- **Medicare** is a program for people who are 65 and older to help pay for medical bills.
- **Temporary Assistance for Needy Families (TANF)**. Provides money for families with children under the age of 18 who need it.

- **Aid to the Aged Blind and Disabled Cash Assistance (AABD)**. Provides money for people who have disabilities or who are blind.

When you sign up for benefits, ask if there are other services for meeting basic needs like programs to help with rent, childcare, and utilities including internet. Here are a few you may have access to:

Type of Assistance	Where to Learn More and Apply
<i>Rental assistance</i>	<p>The Indiana Housing and Community Development Authority (IHCDA) offers a rental assistance program. <a href="#">Visit their website</a> for details.</p> <p>The Township Trustee Office where you live may be able to assist during an unexpected crisis. You can <a href="#">find your Township Trustee here</a>.</p>
<i>Utility bill assistance</i>	<a href="mailto:eap@ihcda.in.gov">eap@ihcda.in.gov</a>
<i>Internet bill assistance</i>	<a href="https://www.affordableconnectivity.gov/">https://www.affordableconnectivity.gov/</a>
<i>Discount drug card</i>	<a href="https://www.goodrx.com/discount-card">https://www.goodrx.com/discount-card</a>
<i>Free and discount phones</i>	<a href="https://www.lifelinesupport.org/">https://www.lifelinesupport.org/</a> <a href="https://www.lifewireless.com/plans/indiana-lifeline-free-phone-service">https://www.lifewireless.com/plans/indiana-lifeline-free-phone-service</a>

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## Social Security Programs

The Social Security Administration has other benefit programs that you may be able to use now that you are out of prison. These include:

- **Medicare.** This program provides health insurance to people older than 65 and people with a disability. [Visit their website at this link.](#)
- **Supplemental Security Income (SSI).** This program helps people over 65 and adults and children who have a disability. It gives people money every month to help with things like food, clothing, and housing. [Learn more on their website.](#)
- **Social Security Disability Insurance (SSDI).** This program gives money to adults and certain family members with disabilities. To use this program, you need to have worked for many years.
- **Social Security Retirement Benefits.** These payments are for people older than 62. To get the money, you must have to have worked before you went to prison.

**Note:** Almost all disability applications are rejected at first. If your application is rejected try applying again.

Learn more and apply at [ssa.gov](https://ssa.gov), or call (800) 722-1213 for help. Get in-person help by making an appointment with your local Social Security office or [visit their website here.](#)

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## Indiana 211

Indiana 211 can help with:

- Employment such as local job training or unemployment benefits

- High School Equivalency (HSE) testing locations
- Early childhood education supports
- Food resources for local pantries, baby supplies, food vouchers
- Financial emergencies, utility bill support, burial expenses
- Connection to meeting needs such as clothing, diapers, cell phones, hygiene donation centers, transportation resources
- Health care navigation, finding a doctor, aging and disability, support groups, prescriptions
- Low-cost housing, transitional housing, rent payment assistance
- Mental health and substance use disorder treatment resources and support
- Legal services, family support services, child care, and much more!

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## Places to Get Help

I Need Help With	Where to Get Help	Website or Phone Number
<i>Food</i>	Food pantries, soup kitchens	<a href="#">Website link</a>
<i>Healthcare and dental care</i>	Community health clinics and dental clinics are cheaper or even free. You can use them even if you don't have insurance.	<a href="#">Website link</a>

<i>Substance use treatment</i>	Support group, treatment programs	<a href="#">Website link</a>
<i>Housing</i>	Emergency housing, transitional housing	<a href="#">Website link</a>
<i>Mental health (emergency)</i>	Suicide hotline, hospital emergency room	Call the National Suicide and Crisis Lifeline at 988. Call 911 if you are having an emergency.
<i>Mental health (non-emergency)</i>	Mental health clinics that offer free or low-cost services	<a href="#">Website link</a>

*I came home after ten years, I went to a homeless shelter and three days later, I had a job. A week and a half later, I had an apartment. My first paycheck, I got a cheap studio apartment. So you can do it. Don't let your feelings from being incarcerated judge who you are and what you can do. Because you can make it.*

**– Tony C.**

*The advice I would give is to be patient. Things in the outside world move very quickly and I think that you have to be aware and accept that you don't have to catch up.*

**– Edmund B.**



## 03 | HOUSING AFTER RELEASE

Finding a place to live is one of the most important parts of the reentry process. It can also be one of the hardest parts. The challenge is to find housing that is accessible, low cost, and stable.

### **This chapter covers:**

- Transitional housing (halfway houses)



- Emergency housing
- Public & subsidized housing
- Private housing
- Help with rent
- Your legal rights
- Housing for people on the sex offender registry

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## Transitional Housing

Many people who leave prison go to a halfway house or transitional house. Some transitional houses allow people to stay three months, others up to two years. Below you will find a short list of transitional housing in Indiana. For a more detailed list [visit this webpage](#).

Organization	Population(s) Served	Location	Phone Number
Stopover, Inc.	Youth, Young Adults	Indianapolis	(317) 635-9301
The Rescue Mission	Men, Women, Children	Fort Wayne	(260) 426-7357
New Life Ministries	Men, Women, Children	Huntington	(260) 200-1372
Hearten House	Women	Auburn	(260) 333-7223
House of Ruth	Women	Connersville	(765) 825-3333
CAM, Inc.	Men	Kokomo	(765) 452-8963

The Upper Room	Men, Women	South Bend	(574) 904-4957
Hope Ministries	Men, Women, Children	South Bend	(574) 235-4150
Dismas House of Indiana	Men, Women	South Bend	(574) 233-8522
Mission 25	Men, Women	Columbia City	(260) 244-5266
YWCA Evansville	Women	Evansville	(812) 422-1191
The Guest House	Men	New Castle	(765) 388-2136
Eden House	Men	Northwest Indiana	(219) 232-8084
Oxford House	Men, Women	Statewide	(502) 655-1563
Elkhart Country Jail Ministry	Men, Women	Elkhart	(574) 891-2279

## Emergency Shelter

If you find yourself without a place to stay, there are emergency shelters. Some shelters are for men only. Some are for women and children only. Most do not allow people on the sex offender or violent offender registries. Many shelters offer food, laundry, and support services to help you find more permanent housing. [Look for emergency housing in your area online here.](#)

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## Subsidized and Public Housing

- **Public housing** is owned by the government. People who meet income requirements can live there. Contact your local Public Housing Authority (PHA) to find out about public housing in your area. [Visit this site](#) to find your PHA.

- **Section 8 housing or Housing Choice Voucher (HCV) program** is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses, and apartments. This program is administered by various housing agencies throughout the State of Indiana and contracts with local community action programs to provide case management, including waitlists for application to the HCV program. In order to apply for the HCV program, you will have to apply to an open waitlist. Most HCV program services are provided by Local Subcontracting Agencies throughout the state of Indiana. Please [visit their website](#) for more information.
- **Project-based subsidized housing, or affordable housing**, is housing that is owned by private property owners. They receive subsidies from the government to make their housing cheaper for low-income people and families. [Go to this website](#) to find this type of housing. Your local PHA may also have a list of project-based subsidized housing.
- **Permanent supportive housing.** If you are a senior, veteran, or if you have a disability, mental illness or HIV/AIDS diagnosis, or if you have been homeless, you may be able to get permanent supportive housing. Permanent supportive housing includes support services, such as medical care and counseling. There is no limit to how long you can stay there. To find this type of housing [check with Indiana's Housing & Community Development Authority](#).

## **Can I stay in public housing if I have a record?**

This varies a great deal by state. In some places people with criminal records cannot get public or subsidized housing. In states like Indiana, this is changing. The recently passed Public Housing Access Bill allows most people released from prison to live in public housing upon reentry. To find out if you are eligible for public housing you may reach out to the following contacts:

## **IHCDA Housing Choice Opportunities Program**

(317) 232-7788

[Section8@ihcda.in.gov](mailto:Section8@ihcda.in.gov)

## **Housing and Urban Development (HUD) - Indianapolis Field Office**

(317) 226-6303

[IN\\_Webmanager@hud.gov](mailto:IN_Webmanager@hud.gov)

### **How much does subsidized or public housing cost?**

The voucher covers a portion of the rent and the tenant is expected to pay the balance. The tenants' share is an affordable percentage of their income and is generally calculated to be between 30 to 40 percent of their monthly-adjusted gross income for rent and utilities.

### **How should I apply?**

Public and subsidized housing programs often have long wait lists. You should apply as early as you can. Call your local Public Housing Authority and ask for instructions, or apply online. [Go to this webpage](#) to find your local housing authority. Once you have applied, they will let you know when there is a place available. You can call and check to see where you are on the waiting list.

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## **Private Housing**

Private housing can be easier to find than public housing because there is more of it. However, it also costs more. Private housing can be found online and in the classified section of newspapers. Some websites include:

- [Apartments.com](http://Apartments.com)
- [Zillow](http://Zillow)

- [ForRent.com](https://www.forrent.com)
- [Craigslist](https://www.craigslist.com)
- [Trulia](https://www.trulia.com)

You are likely to run into barriers because of your background. It may take a while to find a landlord who will rent to you.

Large property management firms almost always conduct background checks, so you may have better luck with units in smaller complexes or in private homes. Sadly, we are not aware of any lists of landlords that rent to people who have been incarcerated.

Others who have come home from prison before you may be your best source of information. If you are part of a reentry program, use it as a resource. Use your network of friends and family. They may know of places where you can stay.

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## Renting an Apartment

Once you've found an apartment, call the landlord and set up a time to view it. Arrive on time and dress nice. You want to give a good first impression.

At your visit, you may be asked to fill out an application and pay an application fee. The application will ask for information such as your employer, rent history, and current address. You may also be asked for references—people who can vouch for you, like employers or church leaders.

The application may also ask about your criminal history. Many landlords conduct background checks. You may worry that if you share your history, you may hurt your chance of getting the apartment. Even though this may be true, we suggest that you be up front if they ask. It may not disqualify you.

**Warning:** If anyone asks you for money before you have even seen the apartment, you are probably being scammed. Do not pay anything before you have seen the apartment.

If a landlord agrees to rent to you, you will sign a lease or a rental agreement.

- A **lease** is usually a year-long commitment, and you agree to pay a certain amount each month for the whole year.
- A **rental agreement** is typically month-by-month. After 30 days, both you or the landlord are free to back out or change the agreement.
- **Read the lease or rental agreement carefully** before signing or paying any fees. It is legally binding. You won't be able to back out once you have signed. Keep a copy in a safe place.

## **Security Deposits**

Many landlords require one to two month's rent as well as a security deposit before you move in. The security deposit shows that you are serious about renting the apartment. If you choose not to move into the apartment, the landlord keeps this money. Ask for a receipt for the security deposit and any other fees you pay.

When you move out, your security deposit will be used to cover any damages to the apartment that you caused. Your landlord should not use your security deposit to pay for regular wear and tear of living in your apartment, but for items like a broken light fixture or carpet damage. You should receive a receipt for damages when you move out. Any leftover money from the security deposit should be mailed to you within 30 to 45 days.

## **Breaking a Lease**

If you need to move out before your lease ends, you can do so, but you will have to pay a substantial fee. The amount that you pay should be listed in the lease, so read it carefully. You may have to keep paying rent until they find someone else to rent the apartment.

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## Help with Rent

If you need help paying rent or utilities, there may be programs in your community that can help. Check with the Department of Human Services (DHS) to see if they offer rental assistance programs. Here's a [link to a list of rental assistance programs in Indiana](#).

You can also get information on this type of resource and others by calling 211 or by [going online](#).

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## Your Legal Rights

### **Important Housing Laws**

Below we've listed some of the housing laws to be aware of. If a landlord breaks one of these laws, you can file a complaint. These laws apply if you are renting or buying a home, getting a mortgage, or seeking housing assistance.

#### **Federal Fair Housing Act**

Cannot discriminate based on race, color, national origin, religion, sex (including gender identity and sexual orientation), family status, and disability.

#### **HUD Fair Housing Act Guidelines**

- In 2016, the US Department of Housing and Urban Development (HUD) added guidelines for how the Fair Housing Act applies to people who have records.
- Arrest records and convictions can be used to deny people housing, but landlords cannot automatically refuse someone with a criminal record.

- The landlord must prove that they are refusing someone to protect their property or the safety of people living in their housing.

## State and City-Specific Laws

Depending on where you live there may be additional laws that protect you from discrimination.

## Eviction

Are you worried about getting kicked out of your apartment? There may be organizations in your community that can help.

Do a search for the name of your community and key words like “eviction help” or “housing resources.” HUD offers information about [eviction here](#) and you can find your local office in their [online directory](#).

## Housing Discrimination

If you have been discriminated against, there are several ways you can file a complaint:

- You can file a complaint through the Housing and Urban Development (HUD) agency. Submit the complaint as soon as possible. Call them toll-free at (800) 669-9777 or (800) 877-8339, or email [ComplaintsOffice05@hud.gov](mailto:ComplaintsOffice05@hud.gov).
- You can file a complaint with the [Indiana Civil Rights Commission](#).
- You can file a complaint in the city where you live. You may be able to file a grievance at your city’s Human Relations Commission or similar agency.

## Legal Assistance

Here are a few resources to help:



- [Legal assistance for at-risk renters](#)
- [Eviction laws database](#)

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## Housing for People on the Sex Offender Registry

There are fewer housing options available to people on the sex offender registry. We wish we had better news, but the reality is it is hard for people on registries to find housing.

We know of a number of people who are required to register who have not been able to parole because they could not find housing. Some people have even stayed past the end of their prison sentence because they don't have a place to stay.

Many people on the registry are homeless and are required to register frequently because they don't have a permanent address. People on the registry are at greater risk of returning to prison, not because they have reoffended, but because they violate parole, often because of lack of housing options.

Still, there is hope. You may be able to live with family members, or there may be transitional houses in your state that serve people on the registries. You also may be able to find private housing.

### **Help and Advocacy**

We encourage you to reach out to organizations that might exist in your community for people with sex offense convictions, if they exist. Here are a few to get you started:

- [Information for sex offenders in Indiana](#)
- ["Registering With Dignity" handbook for sex offenders](#)

# 04 | EMPLOYMENT

Searching for a job is stressful enough without wondering whether criminal background checks for employment might interfere with your ability to get hired. But you're not alone in wondering how to get a job with a criminal record.

According to the National Conference of State Legislatures, one in three Americans has a criminal record – also known as a rap sheet. That's approximately 77 million people. You're part of a vast community, each person with their unique story and potential.

Background checks, used by 94% of employers according to the [Professional Background Screening Association](#), are a standard step in the hiring process. Yet, these checks don't necessarily mean there are no employment opportunities for felons. Increasingly, there is a recognition of the value of second chance hiring – a concept that emphasizes your potential and skills, rather than your past mistakes.

## **This chapter covers:**

- Employment resources
- Making a plan
- Popular job options
- Women and employment
- Looking for jobs
- Applying for jobs
- Your legal rights
- Unemployment benefits

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## Employment Resources

Finding a job and building a career is hard, especially with a criminal record. We strongly suggest that you find people or programs to help you. Here are a few places to start.

- **Indiana Department of Workforce Development** offers tools to help you locate the education, training, and career opportunities that best suit your needs. [Visit the DWD website](#) to learn more.
- **WorkOne Center** staff will help you find a new or better job, choose a career, access training or get the information needed to succeed in today's job market. Call (888) 436-9092 or [visit this webpage](#) for a map of locations.
- **Hoosier Initiative for Re-Entry (HIRE)** provides incarcerated people in Indiana with job readiness skills, training, and assistance starting one year prior to release and up to one year after being released. Learn more about HIRE [on their website](#).
- **The Library of Congress has Reentry and Employment Resources** for Justice-Involved Individuals. [Click here for a list of helpful resources](#) about employment for people who have been incarcerated.

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## Make a Plan

For many people who leave prison, the goal is to get any job that pays, even if it isn't ideal. The job may not be something you want to do forever, but it can help you get back on your feet. It can give you experience and lead you to a better job in the future.

Even as you look for jobs to meet your basic needs, it's good to explore different careers. Find out what careers match your interests and skills. Look for careers that are in demand where you can earn good money. Learn about the training that you will need.

Take time to make a plan. Talk to a career counselor about your skills and interests and the kind of job you are looking for. You can use the worksheet on the previous page to explore some of your career interests.

Here are a few of the many websites that can help you explore different careers:

- [CareerOneStop](#) - Explore careers, find training, check out their toolkit, search for jobs, and more.
- [My Next Move](#) - Explore careers and get information about what you can do to get a job.
- [mySkills myFuture](#) - Find out how your skills, experience and interests can lead to a new career.

We also recommend reading "[Take Charge of Your Future](#)." This guide for formerly incarcerated people will help you take steps to get education and training for a career. It was developed by the US Department of Education. Request a FREE copy by calling (877) 433-7827 or emailing [edpubs@edpubs.ed.gov](mailto:edpubs@edpubs.ed.gov).

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## Job Planning Worksheet

Fill out this worksheet alone or with a mentor.

**What am I good at?** Knowing your strengths is an important first step.

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**What are my weaknesses?** What kinds of things are hard for you to do? What things don't come naturally to you?

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**What do I know how to do?** Take some time to think about your skills. This could include skills you learned on the job, in prison programs, or by caring for family members.

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## Reflect

Check boxes next to the things you like to do:

<i>Working with people</i>	<input type="checkbox"/>	<i>Communicating with others</i>	<input type="checkbox"/>
<i>Working with food</i>	<input type="checkbox"/>	<i>Making a difference</i>	<input type="checkbox"/>
<i>Working with animals</i>	<input type="checkbox"/>	<i>Helping people</i>	<input type="checkbox"/>
<i>Having a routine</i>	<input type="checkbox"/>	<i>Caring for people who are sick</i>	<input type="checkbox"/>
<i>Working with my hands</i>	<input type="checkbox"/>	<i>Working as part of a team</i>	<input type="checkbox"/>
<i>Working with computers</i>	<input type="checkbox"/>	<i>Being my own boss</i>	<input type="checkbox"/>
<i>Solving problems</i>	<input type="checkbox"/>	<i>Serving as a leader</i>	<input type="checkbox"/>
<i>Building things</i>	<input type="checkbox"/>	<i>Variety in the work I do</i>	<input type="checkbox"/>
<i>Being creative</i>	<input type="checkbox"/>	<i>Other_____</i>	<input type="checkbox"/>

Jobs that match my skills and interests	Are there lots of openings?	Is there special training needed?	What is the average hourly wage?

**How will my criminal record impact my ability to get a job in these fields?**

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**Based on my interests and skills, what is my short-term career goal?**

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**Based on my interests and skills, what is my long-term career goal?**

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**How can I reach my goal? What do I need to do? List the training or experience you may need.**

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**Where can I go for help to reach my goal? List any family, friends, job centers, training programs, reentry programs, or community colleges that can help.**

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## Popular Career Options

In the next few pages, you will find information about popular career options for people with records. These options are just a few of the many options that are available.

### Commercial Drivers

Commercial drivers transport goods, people, and materials. They drive buses, delivery trucks, diesel trucks, and more.

#### Job facts at a glance

<b>Wages</b>	Earn \$40,00 to \$60,000 per year
<b>Employment</b>	Very large, with lots of openings

<b>Education Needed</b>	High school diploma or HSE (usually) Commercial Driver's License (CDL)
<b>Other Requirements</b>	Have a good driving record, strong customer service skills for some positions

**Prepare in prison:** If you don't already have your HSE, get it! Some reentry organizations offer programs to get your Commercial Driver's License (CDL).

**Outside of prison:** Here's how you can get started in this field:

1. **Apply for a temporary commercial learner's permit.** If you have had a CDL in the past or in a different state, speak with the Bureau of Motor Vehicles to find out what you need to do to get a license.
2. **Complete CDL training.** If you have not already had training, you may want to take a class at a commercial driver's training facility. Many community colleges offer this training.
3. **Take the road and written tests.** Find a copy in your prison's library or resource room or online through your state's BMV website.
4. **Get your CDL.** You will need to pay for the license and it will need to be renewed regularly.

## Construction and Landscaping Jobs

There are many different construction and landscaping careers. People in these careers build and repair homes, buildings, roads and more. They maintain yards and parks. They install and service heating and cooling (HVAC) systems. They install solar panels. Jobs include:

- Road worker
- Painter



- Heating and air conditioning technician
- Welder
- Solar installer
- General laborer
- Landscaper
- Building maintenance jobs

**Note:** Some construction jobs (such as plumber, electrician, carpenter, or mason) often require an apprenticeship with a trade union. Some of these unions have restrictions about hiring people with criminal records. It's a good idea to check before applying for an apprenticeship.

**Job facts at a glance**

<b>Wages</b>	Earn \$40,00 to \$70,000 per year, depending on the job
<b>Employment</b>	Large occupation, lots of openings
<b>Education Needed</b>	High school diploma or HSE Some jobs require formal training, certificates, or an apprenticeship. Most jobs require on-the-job training.
<b>Other Requirements</b>	Driver's license, OSHA certification

**Prepare in prison:** If you have the opportunity, take construction, building maintenance, or horticulture training while in prison. Some prisons may have these programs.

**Outside of prison:** There are lots of ways to get started in a construction field.

- Some jobs don't require any training at all. Look for entry level jobs. You'll get training on the job.

- Community college certificate programs. Many community colleges offer training in the construction trades.
- Women in trades organizations may offer opportunities to women who are looking to enter either construction or welding. Search for your city or state and terms like “non-traditional occupations for women” and “programs.”

## Barbering and Cosmetology

<b>Wages</b>	\$34,000/year
<b>Employment</b>	Large occupation, lots of openings
<b>Education Needed</b>	To work for a company, you will likely need a HSE or high school diploma and some training. Some jobs require a license. Others just want experience.
<b>Other Requirements</b>	Tools, if you’re starting your own business, though you might be able to share these costs with a business partner.

**Prepare in prison:** If you can, get training while in prison.

**Outside of prison:** There are lots of ways to get started.

- **Training.** Search for “Barber College” or “Cosmetology schools” in your community.
- **Self employment.** If you already have the skills and equipment, you can begin working for friends and build up a client base by word of mouth. Think about what you might be able to offer that others won’t.

Can you work outside of regular business hours? Are you willing to do house calls? Eventually, you may have to incorporate and pay taxes.

## Computer or Information Technology Jobs

### Job facts at a glance

<b>Wages</b>	Wages range widely, from about \$35,000 for entry level jobs to \$80,000+
<b>Employment</b>	Large occupation, lots of openings
<b>Education Needed</b>	High school diploma or HSE (associate or bachelor's degrees required for some jobs) Formal training program (such as CompTia A+) On-the-job training
<b>Other Requirements</b>	Strong computer skills, customer service skills

**Prepare in prison:** Take advantage of any opportunity to use computers while in prison and learn some basic skills, such as how to use Microsoft Office.

**Outside of prison:** There are many different training programs you can take.

- **Libraries, adult education and community centers** often offer basic computer classes. Goodwill career centers offer training in computer and digital skills, and some classes are online.
- Go to [Northstar Digital Literacy](#) to test your digital literacy skills and build your skills. You can access classes online or find a Northstar location where you can attend classes. They offer certificates for skills you have mastered.
- Most **community colleges** offer IT certificate programs and degree programs. Many are very affordable. [Ivy Tech Community College](#) is the largest accredited community college in the U.S. with 75 academic programs to choose from. Ivy Tech has a program called the Justice-Involved Initiative which provides program participants access to high-quality education and/or training, community resources, and wrap-around services to help reduce the recidivism rate from a holistic approach. Program participants will be prepared for high-wage,

high-demand careers in Marion, Boone, and Hendricks Counties. Contact Indianapolis-Justice@ivytech.edu for more information.

- If you are a good self learner, try taking computer and IT classes online. [Hackbright Academy](#) offers a free online course on Python (a popular programming language). [Skillcrush](#) teaches other important programming languages like CSS. If this is unfamiliar to you, don't worry, you will have the chance to learn. Programming languages create instructions to tell a website what you want it to look like and do. [Edx](#) and [Coursera](#) also have a lot of free courses for learning skills like coding or data entry.
- [Columbia University's Justice Through Code](#) program is a free semester-long intensive coding program for formerly incarcerated people. There are openings each semester, and you can complete the course online. The program helps people find jobs after they complete their training.

## **Dining and Hospitality Jobs**

There are many good opportunities in the dining and hospitality industry, though entry level wages can be quite low. Right now, the industry is in need of more workers, which means that you might be able to move into a more advanced position more quickly.

There are many different kinds of hospitality companies, and many different kinds of roles within those companies. For a typical restaurant job, there is front of house, back of house, and bar. There are also positions in fast food chains, bars and clubs, hotels, and catering companies.

Many of these jobs require unconventional hours. This may put a strain on your personal relationships, if you are gone most evenings and weekends. These hours can be good if you are available to provide childcare during the regular working day.

## Job facts at a glance

<b>Wages</b>	Wages range widely, from about \$22,000 for entry level jobs to \$80,000+
<b>Employment</b>	Large occupation, lots of openings
<b>Education Needed</b>	High school diploma or HSE (associate or bachelor's degree required for some jobs) For some jobs, formal training or on-the-job training
<b>Other Helpful Skills</b>	Customer service skills, ability to be calm under pressure, ability to do several things at once, ability to work well with a team

**Prepare in prison:** Many facilities have food service programs where you can get experience. Take advantage of those programs if they are available.

### Outside of prison:

- Many community colleges and other training programs offer food services certificates.
- The COLORS Hospitality Opportunities for Workers operates a CHOW Institute in several major cities in the US and offers comprehensive free training opportunities for restaurant industry personnel.

## Human Services and Advocacy

Many college-educated alumni work in human services to help people who have been incarcerated. They are caseworkers, counselors, educators, social workers, mediators, and program managers. They advocate for change and better policies.

We need people who have been incarcerated to help make our systems better. You have experience and wisdom that others can learn from. People will be able to relate to you because of your experience.

Social service careers can be a meaningful way of moving on and helping others. But they can also be stressful. Be aware that working with others who are struggling may be difficult as you cope with your own challenges and past trauma.

### Job facts at a glance

<b>Wages</b>	Wages range from about \$30,000 for entry level jobs to \$60,000+
<b>Employment</b>	Large occupation, lots of openings
<b>Education Needed</b>	High school diploma or HSE Some jobs require short-term, on-the-job training. Many positions require an associate's or bachelor's degree or a license.
<b>Other Requirements</b>	Strong people skills, ability to work in stressful situations. Most positions require basic computer skills.

**Prepare in prison:** Find ways to get involved in programs that help others. Can you help lead workshops? Tutor others? Be part of a peer support group? Help teach a reentry class? These opportunities will give you a taste of what it's like to work in human services. They can help you develop leadership skills.

**Most jobs require some education.** Get your High School Equivalency (HSE) and take some college classes if you can. Take some basic computer classes if they are available.

### Outside of prison:

- **Get involved & volunteer.** We recommend that you get involved in reentry programs or other services that interest you. As you participate in these programs, ask the people who are helping you about their jobs and what they do. Then ask if there are things you can do to help out. Volunteering is a great way to get your foot in the door. We know of people who got jobs after volunteering for a while. Even if you don't get a job at that organization, they may be able to help

connect you to another similar job.

- **Take advantage of leadership/advocacy training.** Reentry organizations often offer training for formerly incarcerated people. Check out our directory of reentry organizations organized by state in the back of this guide.
- **Go to school.** Depending on what your career goal is, you may need an associate or bachelor's degree or an advanced degree. See our education chapter for advice.

## Self-Employment

Being self-employed has its merits. You can set your own schedule and the money you make is yours (after you pay taxes).

You might buy some equipment to do landscaping in your community. You might rent out a small booth to cut people's hair. You might repair people's homes. You might offer computer support. We interviewed David T., a formerly incarcerated individual who started his own business. He offered the following advice.

To get started, you'll need:

1. **A good idea.** Jot down a few ideas on paper first. Ask yourself, what am I good at? What services can I provide? Is there a clear need for this in the community?
2. **Training.** Get all the training you can. Take business or computer classes. You will need strong finance skills. You will need math skills, customer service skills, and more.
3. **Equipment.** Find out what equipment you will need.
4. **Space for work and storage.** Depending on your idea, you may be able to work at home or rent a storage shed. Maybe you can rent a small booth. Seek feedback on your plan from others. They might see a challenge or a good idea that you initially overlooked.

## Growing Your Idea into a Business

Some people who are self-employed decide to grow their idea into a business by hiring a few more people and getting a more permanent location. You might start your own barbershop, a tutoring business, an HVAC business, or a restaurant.

Starting your own business takes a lot of work. Many of them do not succeed. Here are the basic things you'll need to turn your self-employment venture into a small business:

- **Capital** - You'll need money to start your business.
- **More space** - Maybe you rent an office space or garage.
- **Employees** - Attract and retain people to grow your business.
- **Marketing plan** - The ability to grow a client base.
- **Business intelligence** - You'll want to do lots of research about the industry. What other businesses offer these services? What technologies do they use? How do they get clients?

We recommend that you seek out professional business help. There will be lots of paperwork to manage. You'll have to do taxes and finances for your business. You will likely need to file with the state to make your business official. Talk with someone who understands the ins and outs of loans and taxes. Lawyers who advertise experience with incorporation can file your paperwork, but they also charge a fee.

Free resources do exist in communities. Seek out your local business association or Chamber of Commerce to get help.

*Starting a business can put a strain on your relationships. Talk about your plans with the people you care about. Keep them in the loop. Take care to maintain your relationships even when things are busy.*

— **Anonymous**



## Women and Employment

It can be especially hard for women to find jobs after release. They are more likely than men to be unemployed. When they do find jobs, they often get paid less or work fewer hours. They are more likely to get hired in temp jobs and entry level jobs, even when they have skills and training for more advanced jobs.

As a woman, here are a few things you may face:

- **Greater discrimination.** People don't expect women to be locked up and often judge them more harshly.
- **Difficulty balancing family and jobs.** Perhaps you have young children, parents, or grandparents you are caring for. It's hard to work a job and care for your family at the same time. It's hard to find childcare.
- **Many of the popular job options for those with criminal records hire mostly men.** You may feel uncomfortable if you are the only woman on the jobsite.
- **You may feel unsafe at your jobs, or unsafe getting to the job.**

Despite these challenges, we recommend that you approach your job search with patience and hope. There are barriers that you will face, but many, many women have found jobs after prison. You can, too. Here are a few suggestions:

- **Get as much education and training as you can while in prison.**
- **Find reentry and job programs that serve women.** They can help access childcare and get the emotional support you need. We have listed a few in our directory.
- **Be confident!** Sometimes women think that they are not qualified. Don't pass up a chance to apply, even if you don't meet all of the requirements.
- **Don't be afraid to look for jobs in fields with mostly men, such as construction or IT.** In fact, these fields need and want more women! There are free training

programs to bring more women into these jobs.

- **Be realistic.** You will probably have to apply for a number of jobs. You've already dealt with a lot of difficult things, so try to be patient and open minded to the opportunities that arise.

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## Look for Jobs

In general, you'll want to apply for jobs that you qualify for. What experience, education, and training do they require? Is the job a good fit for your skills?

Even if you don't meet all of the requirements, you should still think about applying. Don't sell yourself short! Be confident in your skills and abilities. Sometimes, you can get the training you need on the job.

It's important to be realistic. You will probably have to apply for many jobs before you get hired. Be confident in your skills. You've already dealt with a lot of difficult things, so try to be patient and open minded to the opportunities that arise.

**Network.** Networking is the best way to find a job. Talk to family, friends, acquaintances, and professionals. They may not have a job for you right now, but they could have advice. Maybe they know someone else who is hiring.

**Search online.** These days, many people find jobs through websites like indeed.com, linkedin.com, monster.com, and careerbuilder.com. Indeed.com is one of the largest sources of job postings in the world. The site has a 'fair chance' filter which allows you to focus your job search on companies who are more open to considering candidates with criminal backgrounds.

### How to Search for Fair Chance Employers on Indeed

1. Go to the [Indeed website](#).

2. In the **What**, type in "Fair Chance Employers" and in the **Where**, type out the city that you're looking in.
3. You'll see a list of employers in your desired city that are Fair Chance Employers.
4. If you'd like to narrow your search, filter boxes at the top of the page will help.

LinkedIn offers a similar filter called 'Fair Chance Employer' where you can filter for jobs posted by employers who actively pledged interest in hiring people with criminal records.

Looking at company websites is another rich source of job listings especially for smaller employers. Often, you will find a link to "Current Jobs," "Careers" or "Employment" on the home page. The website "[Jobs that Hire Felons](#)" has a long list of companies whose hiring policies include people with a background.

When searching for a job online, be careful to avoid scams. Scammers may request money or ask for information like your date of birth, Social Security number, or debit/credit card number. Be careful about giving out this personal information on the internet.

**Note:** Don't have access to a computer to search for jobs or fill out job applications? You can use computers for free at your public library. They also often offer computer classes to get you started.

## **Attend a Job Fair**

Attend a job fair to meet employers, recruiters, and schools. You may learn about a new field or opportunity that you didn't think of. Check out the [Indiana Department of Workforce Development](#) to learn more.

**Note:** Keep a record of all the places you have applied to: online applications, visits made in person, initial phone calls, follow-up phone calls, interviews. On the next page is an example of a log you can use.

## Job Application Forms

The purpose of a job application is to get an interview. Employers use written job applications to decide who is worth talking to in person. Most hiring managers will review your application for 15 to 30 seconds. They'll want to see a form that's neat and complete. Many job applications need to be filled out online these days. If you don't have access to a home computer, visit a local library or community center.

If you will be filling out a paper job application at a job site, bring notes about previous jobs and training: dates, job titles, former employer contact info. This is better than trying to remember the details and making mistakes. If you provide false information, you could be fired if they find out later.

## Tips for filling out the application

- **List your past jobs and describe what you did.** What skills did you develop? What were the important things you did during your shift?
- **Focus on what you have to offer an employer.** Downplay the negatives.
- **List relevant work experience from your personal life.** Were you a caregiver for your siblings, children, parents, or grandparents? What skills did you develop? Did you learn to communicate, resolve conflicts, manage people's health, take care of finances?
- **Consider the skills they are looking for.** If they want good customer service skills, explain how you worked with customers in your past jobs.
- **Use examples from your personal life to explain your passion for this work.** Maybe when you were a young child, you took care of your sick grandmother. This inspired you to become an excellent home health aid.
- **Do not list your wages from past employment.** Instead, write "will discuss at the interview."

- **List the jobs you held while incarcerated.** You gained relevant experience and skills. For in-prison jobs, you can list your employer as the state of where you were incarcerated.
- **If they ask you for your “Reason for Leaving” give a positive reason, if possible, even if you were fired or let go.** Some examples of positive reasons for leaving are:
  - You relocated.
  - You wanted a career change.
  - You became a full-time student.
  - The work was seasonal.
  - You wanted to advance or make more money.
- In some states, employers are not allowed to ask about felonies on job applications. Some still do. *If the employer asks, “Have you ever been convicted of a felony?” we recommend that you check “Yes.” Write, “Will discuss at interview.”* If you lie, you may get the job, but you could get fired later if they find out.
- **The application may ask you for references, people who can vouch for you.** These should not be family members or friends. Be sure to ask people if they are willing to be your reference before writing their names down. Good potential references include:
  - Former or current employers
  - Supervisors
  - Teachers
  - Social workers
  - Religious leaders
  - People you volunteer with

## ■ **Résumés and Cover Letters**

Many job applications require a résumé and cover letter. A résumé maps out past jobs, your skills, and your interests. Your cover letter is an actual letter from you to the

employer. It tells a short story about who you are—why you want the job, your background, and what’s important to you. Keep your résumé and cover letter to one page each. It is a good idea to customize your résumé and cover letter to each job you’re applying to using the job description as your guide.

Writing good résumés and cover letters takes time. [Indeed](#) (the #1 job site in the world) offers samples and tips for writing résumés and cover letters.

- [Résumé Tips and Examples](#)
- [Cover Letter Tips and Examples](#)

*I thought I'd be prepared because I had my résumé in hand. As it turns out, you need several résumés, adjusted to different jobs, and the ability to write cover sheets on the fly.*

— **Pablo**

## Interviews

Once you’ve submitted your job application, wait to be contacted. Hopefully, they will be interested in interviewing you. Most applications do not lead to interviews. Be patient. Continue to send out applications until you have a job offer.

Many job seekers are nervous about interviews. They want to say the right things and make a good impression. This is completely normal. Here are a few tips:

- **Practice.** The Indeed website has a [list of common interview questions](#) and answers that you can practice with a friend, counselor, or family member.
- **What to bring.** Bring your résumé and contact information for your references. Bring copies of work licenses, your driving record, and your Social Security or immigration cards. Bring a pen and notebook to write down information.

- **Arrive 10 to 15 minutes early.** This shows you are responsible and eager to be there.
- **Wear appropriate clothes.** Wear something a bit more formal than what you would wear for the job.
- **Consider your body language.** Even when you are not speaking, you are sending a message. Make good eye contact, stand and sit tall, and smile.
- **Test your equipment.** If your interview is online, test your video and internet connection beforehand.
- **Check your surroundings.** Make sure you're in a place without disruptions and there is nothing in the background that could hurt your chances (posters with offensive images, alcohol bottles, political signage, etc).
- **Come prepared to ask the employer questions.** Here are some examples:
  - What is the organization's plan for the next five years?
  - How will I be evaluated, and in what timeframes? By whom?
  - What are the day-to-day responsibilities of this job?
  - What computer equipment and software do you use?
  - When will a decision be made about this position?

*Interview tips? Look good, smell good, speak good.*

**– David T.**

## Talking About Your Criminal Record

You may have a hard time answering questions about your criminal record. Here are a few tips to increase your chance of getting hired:

- **Own It.** "At that time I was making some bad choices and I was convicted of...(state your offense)." Address any concerns they have.

- **Redirect.** Steer the interview back to your skills and what you bring to the job. “I can see why that might concern you. But that was several years ago. Since then, I have had a solid work record. I come to work on time. I am a hard worker and quick learner.”
- **Unrelated to job.** If your felony conviction is not related to the job you are applying for, you might say, “Yes, I was convicted of a felony, but it was not job-related.”
- **Keep it positive.** “I thought a lot about where my life was going and I decided to make some changes.” Talk about your current activities and future career goals. Mention education and job training, community work, and other activities.
- **Encourage the employer.** “I am a good worker and I want to work, I just need an opportunity to prove my skills to an employer.” Tell them that you want the job!

*If you're scared to tell an employer, hey, I've been to prison, just tell them. What's the worst thing they can do? Say no, we're not going to hire you. And you go to the next door. Knock on the next door. Say hey, are you hiring?*

— **Tony C.**

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## Your Legal Rights

### Equal Employment Laws

The [Equal Employment Opportunity Commission](#) (EEOC) is a federal agency that administers and enforces civil rights laws for the workplace in all states. Their guidelines address the following issues:

**Background Check.** Employers who wish to do a background check must:

- Get the applicant's written consent ahead of time.



- Tell the applicant if they will not be hiring them based on the content of the report.
- Give the applicant a copy of the report.
- Notify the applicant after the employer makes a final decision not to hire them based on the report.

**Employment Denial.** In order to legally deny you employment based on a conviction, employers must consider:

- The nature and gravity of the criminal offense or conduct.
- How much time has passed since the offense or sentence.
- The nature of the job (where it is performed, supervision & interaction with others).

If there isn't a direct relationship between the job and your offense, **employers cannot legally use the offense to deny you employment.** For example, it would be legal for a bank to deny someone convicted of credit card fraud or theft. But, it would most likely not be legal for them to deny someone who was convicted of drug possession.

Employers can still choose candidates with more or better experience, but irrelevant criminal history should not be a deciding factor in hiring. If you believe you have been discriminated against, you can file a complaint by mail, telephone at (800) 669-4000, or in person at an EEOC office.

## **Certificate of Rehabilitation**

A criminal record can prevent you from getting a license in certain fields, including education, transit, and childcare. You may be able to get a Certificate of Rehabilitation. This allows you to apply for jobs that require these licenses. It does not remove any offenses from your record, but it may allow you to get a license. See the "Legal Matters" section.

## Work Opportunity Tax Credit

If employers seem reluctant to hire you, you may want to tell them about the [Work Opportunity Tax Credit](#). Employers who hire people with convictions receive a tax credit of up to 40% of the employee's yearly wages. The tax credit is only for employers who hire people who have left prison within the last year.

## Federal Bonding Program

When interviewing for a job, you may also want to tell the employer about the [Federal Bonding Program](#). It is an insurance policy that protects employers from employee dishonesty or theft. They offer six months of free insurance for employees with past convictions.

## Conflicts and Safety

If you are being harassed or discriminated against because of your race, gender identity, or sexual orientation, your civil rights are being violated. If you are comfortable enough where you are working, you can speak to Human Resources about what you have experienced. Sometimes it's better to seek help elsewhere.

There are resources that can support you. If you have been sexually harassed, you can contact the **National Sexual Assault Hotline** at (800) 656-4673 for personal support. They can help you file a complaint.

It is a good idea to get a lawyer before starting a lawsuit (and there are pro bono lawyers who can help—see our Legal Matters section). If you are ready to file a complaint on your own, you may do so at the US Department of Justice Civil Rights Division by [submitting a report online](#).

If you are working in a place that is unsafe, you can file a complaint with the Occupational Safety and Health Administration (OSHA) by calling (800) 321-6742 or [online](#). If you think

that something may be unsafe, but don't have proof, you may notify your employer in writing. If they do not resolve the issue, you may then file a complaint with OSHA.

Of course, it is hard to address these problems if you are in an insecure position and need to keep your job. If you are able to talk to a pro bono lawyer, they might be able to give you advice so that you are not put in a worse situation. See our Legal Help chapter for more information.

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## Unemployment Benefits

Most people who leave prison are not able to get unemployment benefits, but you may be eligible if you have been working for a while. You must have lost your job through no fault of your own, such as a layoff, and you need to have made at least \$1600 in the last 12 months before you filed your claim. You cannot receive unemployment directly after you return home if you lost your previous job due to your incarceration or if you were in prison for more than twelve months.

You can get information on the unemployment program from Indiana's Department of Workforce Development (DWD) by [visiting this website](#).

If you have questions regarding the status of your claim or filling out forms:

- Review the [Frequently Asked Questions \(FAQs\)](#).
- Call DWD Contact Center toll-free at (800) 891-6499
- If you are hearing impaired call (317) 232-7560



## 05 | EDUCATION

A lot of people think about going back to school after they leave prison. Going to school helps you learn more about the world. It can also help you meet new people and get better jobs.

### **This chapter covers:**

- ABE and HSE programs
- Vocational training and apprenticeships

- College
- Paying for college
- Other Resources for College Students

It is never too late to learn or go to school or college. Learning can even make you feel happier and more fulfilled. You can go to school part-time or full-time. If you are still in prison, take classes before you leave.

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## ABE and HSE Programs

Adult Basic Education (ABE) programs can help you get better at reading, writing, math, listening, and speaking. Usually, you can find ABE programs at adult schools, career centers, libraries, and community colleges. They are free of charge. Agencies like Kaplan and ELS Language Centers also offer ABE, but they charge more money.

ABE programs can also help you learn English or prepare for the HSE. To find a free ABE program in Indiana, or to find online classes, [visit this webpage](#).

The High School Equivalency (HSE) test is like a high school diploma (formerly called the GED). If you did not graduate from high school, you can take this test and it will count on your résumé as a diploma. The test will have questions about things you would learn in high school. A HSE or high school diploma is a requirement for many jobs. If you don't have your HSE you should try to get one.

You need to take the HSE in person at an official testing site. To find the nearest testing site, [visit Indiana's Adult Education website](#). You will take the test on a computer (you can also request a traditional paper and pencil version) and need a State ID. The test costs around \$120, but there are programs to help cover the cost. For example, [HIP Plus members can get a free voucher](#).

The HSE is not an easy test. You will probably need to study. A lot of places have free preparation programs that can help you get ready:

- Community colleges
- Adult learning centers (Find one using the [National Literacy Directory](#)).
- Online study programs
- American Job Centers

A lot of programs will let you sign up at any time. They can also give you a study plan to help you get better in harder subjects.

**Note:** Do you need help learning how to use new technology? Go to [Northstar Digital Literacy](#) to get help. They have online classes and in-person ones at different locations. They will give you certificates when you gain new skills.

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## Vocational Training and Apprenticeships

Vocational programs help you learn how to do a job. They can teach you things like welding, car repair, plumbing and more. You can go to community and technical colleges, as well as trade schools to take vocational classes. Some community-based organizations also offer vocational training.

A lot of prisons have vocational classes. Take them if you can. Vocational classes help you get some experience and see if you like the work. Once you leave, you can get an entry-level position or an apprenticeship. Apprenticeships help you get training and experience. You'll also get paid through an apprenticeship. Apprenticeships are usually offered through trade unions.

Visit [Indiana WorkOne](#) or [Indiana Career Connect](#) to find a vocational program.

For more information on apprenticeship programs nationwide, go to the [national apprenticeship website](#).

*Consider seeking simple certifications, like CDL, sanitation, limo driver, or forklift.*

**– Earl W.**

Education Type	Details
Vocational certificates	Certificates that prepare you for specific jobs or tasks. Offered by community colleges, technical schools, or workforce programs.
Associate degree	2-year degree granted by a community college, university, or technical school.
Bachelor's degree	4-year degree granted by a college or university.
Master's degree	1+ years, after earning a Bachelor's degree. Typically requires research.
Doctor of Philosophy (PhD)	4+ years, after earning a bachelor's or master's degree. The highest academic degree to earn.
Professional Degrees (MD, JD, MBA)	Degrees required to practice in certain professions (doctor, lawyer), after earning a bachelor's degree.

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## Education Beyond High School

### Community College

If you haven't been in school for a while, you might want to start at community college. Community colleges are inexpensive and offer many different classes. A lot of them offer programs where you can get your HSE and college credit at the same time. Community colleges usually offer associate degrees, certificate programs, and workforce training. [Ivy Tech](#) is the Community College for Indiana and has 30 campuses statewide.

## Four-Year College

Many people go to community college for a year or two then transfer to a four-year college to finish their bachelor's degree. You'll save money for the first two years because community college costs significantly less than a four-year institution.

You have to earn a certain number of credits to get a degree. Some credits have to be in general subjects like science, math, and history. If you finish these credits at a community college and then transfer to a four-year college, your credits can transfer over too. Make sure to check that your school will count your transfer credits before enrolling.

For useful information about how to get your education after incarceration check out the [Education Guide for Formerly Incarcerated Individuals](#). To learn more, visit the websites of the schools you're interested in. You can also call, email, or visit an admissions counselor or academic advisor at these schools.

**Where should you apply?** Deciding where to go may take some time. Think about what kind of degree you want and what kind of college you want to go to. Research colleges online or at the local library. Almost all colleges have websites where you can learn about their price, academic programs, non-academic activities, the town where they are located, and many other things.

**Note:** What's the difference between a college and university? Both offer four-year degrees. Colleges are often smaller and private. Universities are larger, often public, and do more than just offering classes. They engage in research and often have a large athletics department.

**Resource Highlight:** Marian University welcomes people who were previously incarcerated. Through Marian's Adult Programs, you can work toward your Associate's or Bachelor's Degree completely online anywhere in the state. Marian's Adult Program also has a mentorship group to pair students who were previously incarcerated with a mentor to ensure support and success. To learn more about [Marian's Adult Program click here](#).





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## Applying to College

### **Step 1: Get the application.**

For most colleges, you will apply on their websites. You can also call or email the school's admissions office and ask them to send you a paper application. Or you can go to the admissions office and pick one up. If you need help with this a librarian at a public library will likely be able to help you.

### **Step 2: Gather your information.**

To apply for college you will probably need:

- Your Social Security number.
- A state driver's license or identification card.
- The dates of high school and previous college attendance.
- Unopened transcripts from high school, HSE, and/or college transcripts, whichever you completed most recently.
- Many four-year colleges will also ask for ACT or SAT test scores.

Some applications may ask about your record. If you tell them you have been convicted of a felony, some schools will ask for more information. Just because they are asking for the information doesn't mean you will be rejected, but different schools have different policies about backgrounds. You can also ask to speak with an admissions counselor about this.

### **Step 3: Take the SAT or ACT exam.**

Is this your first time applying for college? Some four-year colleges require you to take the ACT or SAT college entrance exam. Check the college's website for specific application requirements. If you are required to take an exam, an admissions counselor can give you more information. It helps to study. You can buy study guides or get them from your public library. [Khan Academy offers online SAT test prep for free online.](#)

### **Step 4: Complete the essay.**

Most four-year colleges require a "statement of purpose" or "personal statement" essay. This might be the hardest part of the application, but these essays let you shine. Make sure you put your goals in the essay. Ask a few people you trust to check your essay for mistakes. Ask them to also make sure you sound purposeful and confident.

You can visit sites like [Khan Academy](#) for [examples and resources](#) on writing a strong essay.

## Step 5: Submit the application.

You'll probably hear from a community college within a few weeks. They'll let you know by phone or letter if you've been accepted. Four-year colleges can take longer. If you have questions, contact the school's admissions office.

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## Paying for Your Education

Paying for your education can be hard. Below we describe how you can get money for college.

### Free Tuition Programs

Some colleges offer free tuition if you meet certain income requirements. Check with the college you are interested in attending. [Veterans can also get money for college.](#)

Even if you have tuition covered, you'll need to pay for living expenses, books, and fees.

### Financial Aid: FAFSA

Do you need financial aid for college? The Free Application for Federal Student Aid (FAFSA) is the place to start.

**How do I apply?** You can [find the FAFSA online](#) or you can request a paper copy from at (800) 433-3243. Applying for federal student aid is free. But it can be complicated. If you're worried or have questions, ask for help. College financial aid offices can help you over the phone or email or in person.

**When is it due?** Check on the form to see when it is due for your state. You should also ask your college when it is due. They might want it much earlier. Look at the school's website or call the financial aid office. Turn in your FAFSA as soon as you can because some financial aid runs out fast. If you can, turn in your FAFSA while you're in prison. That way everything will be ready in time for you to start school.

**What kind of aid will I get?** The aid you get will depend on how much money you make and the cost of your school. Your aid package may include the following:

- **Pell Grants** are government grants that are based on financial need. [Click here to learn more about Pell Grants.](#)
- **Scholarships** can come from the college or from other organizations. Ask your financial aid office about scholarships. Scholarship information can also be found at public libraries and online.
- **Loans** have a lower interest rate than banks, and you won't have to start paying it back until after you graduate. Be aware that if you take out student loans, you will have to pay them back. Think carefully how you will repay your loans. Your loans will impact your decisions about money and jobs. [Check out this website](#) for more information.
- **Work study** positions allow you to pay for college by working for the school. You can say you are interested in work-study when you fill out the FAFSA. Work-study is a good way to make money and get more work experience. They are often offered first come, first served.

Your financial aid package may include several kinds of aid. You don't have to accept the whole package. You can choose the parts that work for you. For example, you could accept a grant but not a loan. Reach out to the office if you have questions or want help understanding your package.

**Can I get federal student aid if I have a criminal record?** Yes, you can! For more information on financial aid for those with a felony conviction, [visit this webpage.](#)

**Note:** If a grant, loan, or scholarship offer sounds too good to be true, it probably is. There are many for-profit companies that take advantage of people who are looking to go to college. Applying for financial aid should be free, and you should research the agency or company before applying.

Remember to keep copies of all applications and related paperwork in a safe space.

*A full-time, work-study student with Link benefits can bring in \$800 a month plus free transportation. That is a game changer.*

**– Earl W., EJP Alumnus**

The [Formerly Incarcerated College Graduates Network](#) is an amazing resource! Build community, find support from peers, share resources, find job openings, advocate for policy change and share your story.



## 06 | HEALTHCARE

When you leave prison, you will need to manage your own healthcare. This can be a welcome change, but it is also stressful. There are many different options for health insurance. There are many different kinds of clinics, hospitals, and doctors to choose

from. There are paperwork, applications, and bills to figure out. Don't be afraid to ask for help from family and friends as you figure things out.

### **This chapter covers:**

- Health insurance
- Regular and specialty doctor visits
- Dental and vision insurance
- Paying for medications
- HIV prevention, testing and treatment

Also check out our chapters on Trauma and Mental Health as well as Substance Use Disorders.

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## **Health Insurance**

Getting medical care is costly! Health insurance can help pay for doctor's visits, medications, vaccines, laboratory tests, and emergencies. Health insurance can also be expensive, but medical care can cost hundreds or thousands of dollars if you are not insured.

Note: Finding and receiving care if you are uninsured can be difficult. However, if you don't have health insurance but need care there are public and community health programs and clinics that offer free or low-cost services.

These community clinics provide:

- Vaccinations and immunizations

- Full physicals
- Nutrition and food stamp programs
- Screenings and services for STIs, cancer, HIV/AIDS
- Dental care
- Pregnancy and maternity assistance
- Programs to quit smoking
- Hearing tests and eye exams

[Find a public health program or clinic online.](#)

*Go to a community medical center. You can get a free full physical when you get out of prison. We have to make sure there are no underlying conditions that you aren't aware of.*

**– Joe Joe**

## **Medicaid and Medicare**

Medicaid and Medicare are federal programs that offer assistance with healthcare costs. Most hospitals and health clinics accept Medicaid payments.

- **Medicaid:** Program for people who meet income requirements
- **Medicare:** Program for those 65 years old or older

To see if you qualify, visit the [Health Insurance Marketplace](#).

**You can apply to Medicaid or Medicare one of four ways:**

1. You may be able to apply in prison before you leave. Talk to your counselor or Transitional Healthcare Services.
2. Apply [online at the FSSA Benefits Portal](#).
3. Apply for health coverage in person at a DFR office. To find a DFR office near you, [visit this webpage](#). On that screen, scroll down and click on your county of residence.
4. Apply by phone by calling the Indiana Division of Family Resources at (800) 403-0864.

You can check the status of your application [online at the FSSA Benefits Portal](#) or by calling (800) 403-0864. You will need to have your case number to check the status of your application.

**Before applying you need to have a few documents ready:**

- Income verification. This could be pay stubs, a financial aid award letter, a written statement from your employer, or a copy of your check stub showing your total income before taxes.
- Your Social Security number
- Proof of residency—any official document that shows your address and name together will work.

When you fill out your Medicaid application, you can also apply for other benefits, such as **SNAP (Supplemental Nutrition Assistance Program)** and **TANF (Temporary Assistance for Needy Families)**. See the Meeting Your Needs section for more information about these and other assistance programs.

If you are receiving Medicaid or benefits from any of these other programs, report any changes to your income or dependent status as soon as possible. If you begin making more money than is allowed, you may no longer qualify for these programs. You will start



to lose parts of your tax refund on a monthly basis. You can report these changes to your local food stamp authority (often called the Department of Human Services or Department of Health and Human Services depending on the state).

## Other Health Insurance Options

If you do not qualify for Medicaid or Medicare, there are a few other options:

- The **Healthy Indiana Plan** (HIP 2.0) is a health-insurance program for qualified low-income adults. The plan is offered by the State of Indiana. It pays for medical costs including hospital, mental health, substance use disorder, physician services, prescriptions, diagnostic exams, and preventative care. It also rewards members for taking better care of their health.

The plan covers Hoosiers ages 19 to 64 who meet specific income levels. Visit the [Healthy Indiana Plan website](#) or call (877) GET-HIP-9 (438-4479) to learn more.

- You may be able to get insurance through your employer or your school, if you are in college. If you are under 25, you may be able to still be on your parents' insurance.
- The [Healthcare Marketplace](#) is an option for anyone who needs to get health insurance, but may not be able to get Medicare, Medicaid, or insurance through their employer. It is a federal program that works with health insurance companies to offer plans for individuals and families. After you are released from prison, you have 60 days to enroll. You can also enroll right after major life events or during the open enrollment period. Call (800) 318-2596 to talk to someone who can help you complete your application.

*You have to be in charge of everything yourself. You're not going to get called in later for a physical. The onus falls on you.*

– **Pablo**

## Dental and Vision Care

Get your teeth cleaned and examined regularly, if you can. Oral health is important for your overall health. Teeth problems can lead to bigger health problems in the future.

Get your eyes checked regularly, too. If you have vision problems like glaucoma, cataracts, or retinal tears it is especially important to take care of your eyes.

You may be interested in a healthcare plan that covers dental or eye care. Some dentists will accept Medicaid payments—ask them to find out. Dental and vision are not always included in health insurance plans, so think about your needs and check each plan before you enroll. There may be separate dental or vision plans that you can get.

Some health insurance plans offer vision care, which covers yearly eye exams and some of the cost of glasses and contacts. Check your health insurance plan to see what is covered because you may have to buy a separate plan for eye care. Medicare does cover eye exams, and Medicaid covers vision care for children.

### Here are some options for dental care:

- Go online to find [low-cost dental care](#).
- Find a [dental school](#) in your area. Dental students can do dental work for a lower cost while gaining experience.

### There are several programs that offer free or low-cost eye exams and glasses:

- [Eyecare America](#) (eye exams)
- [InfantSEE](#) (free eye exams for babies 6-12 mos.)
- [VSP Eyes of Hope](#) (glasses for children)
- [New Eyes](#) (free glasses program)

- Purchasing glasses online for cheap: [Zenni Optical](#) and [Goggles4u](#) offer frames starting at around \$10. You will need a prescription.

## Doctor Visits

It's a good idea to establish a regular relationship with your doctor. Most health insurance plans require you to pick a primary care provider. This person will serve as your "medical home" and is usually a family physician, nurse practitioner, physician's assistant, or internal medicine physician. Having regular visits with a primary care provider is the best way to manage your health. Go see this person instead of going to the emergency room or urgent care. This will save you money and time and keep you healthy.

A primary care physician can give you a full physical exam, perform lab work, and provide prescription renewals. It is recommended that you have a full physical at least once a year and complete routine exams. Below are age and sex-based recommendations for health screenings.

Age	Men	Women
18-39	Blood pressure, cholesterol, flu shot, syphilis screen, TDAP shot, HPV shot, chlamydia/gonorrhea, HIV, skin exam	Blood pressure, cholesterol, flu shot, TDAP shot, HPV shot, breast exam, after 21 PAP smear, skin exam, chlamydia/gonorrhea, HIV
40-64	Blood pressure, blood sugar, colonoscopy (over 50), stool test, flu shot, shingles shot (over 60), prostate screen (over 50), lung cancer screen only if you smoke, skin exam	Blood pressure, blood sugar, colonoscopy (over 50), stool test, flu shot, shingles shot (over 60), breast screen, mammogram (over 40), lung cancer screen only if you smoke, postmenopausal bone screening, PAP, pelvic, HPV, skin exam
65+	Blood pressure, blood sugar, cholesterol, colonoscopy until 75, hearing test, aneurysm screen if smoker, only prostate	Blood pressure, blood sugar, cholesterol, colonoscopy until 75, hearing test, mammogram until

and lung screening if you have risk factors, pneumonia shot x2, skin exam	75, bone screening, PAP until 65, pneumonia shot x2, skin exam
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Your primary care provider can also refer you to specialists for some health concerns. One way to contact your primary care physician is by signing up through your hospital network's online portal. This will allow you to access your medical records, send messages to your doctor and schedule appointments.

*Going to the office of my primary care physician was actually a pleasant experience. It was nothing like it was on the inside.*

**– Pablo**

## Pharmacy

Some insurance plans will help you pay for expensive medical prescriptions, while others do not. If you are having trouble paying for your prescriptions, here are a few options:

- Ask your doctor or pharmacist if there is a generic version of the drugs you need. Generic drugs are much less expensive.
- Go to [GoodRx](#) to compare prices of prescription medications. It tells you where you can go for the best price. You can download their app on a smartphone.
- Stores like Target, Walmart, Costco, and Sam's Club often have special programs where you can purchase generic drugs for very cheap (\$4 for 30-day quantity or \$10 for a 90-day quantity).
- Go to [RxAssist](#) to find out if the medication you need is offered for free to people who qualify.

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## HIV/AIDS and Other Diseases

Being in prison increases the risk of getting some diseases. After release from prison, you should be tested for HIV, Hepatitis C (HCV), Hepatitis B (HBV) and tuberculosis. HIV, HBV and HCV can be detected by a blood test. Tuberculosis can be tested by blood or by a skin test; if these tests are positive, the disease is confirmed by a chest X-ray.

Locations for HIV testing can be found by using [Indiana's HIV Test Locator](#).

If you test positive for HIV or another serious disease, know that you can still live a long and meaningful life. You should make an appointment to see a healthcare provider to stay healthy and possibly begin treatments.

You should still be cautious if the test comes back negative. It is possible that the tests cannot yet detect the virus in your body. You can request another test at a later date.



## 07 | TRAUMA AND MENTAL HEALTH

Know that if you are struggling with trauma or mental health symptoms, you are not alone. Most people who are incarcerated have experienced trauma. Most people also experience mental health symptoms or have experienced them in the past. Being in prison can trigger mental health concerns or make them worse. Your time in prison may also cause trauma that affects your mental health long after you leave.

If you have mental health issues, seek treatment as soon as you are released and consider having friends or family look into resources for you in advance. Reentry is hard and mental health problems can make reentry harder. Unfortunately, people who do not

get treatment are more likely to return to prison. Seeking treatment or support is another step in preparing for success.

There are mental health professionals who can help you. They can provide talk therapy and medication, if needed. They can help you learn to better handle stress and life problems. Sometimes, it can help to have someone outside of your friend and family circle who can hear you, offer new ways of thinking about your experiences and help you develop strategies to cope well.

You matter! Make your mental health a priority. When you do, you will experience deep personal growth and be able to better help others. You can learn to become stronger so that you can bounce back from the hard things that life will throw your way.

### **This chapter covers:**

- Trauma
- Bouncing Back
- Caring for Your Mental Health
- Types of Treatment
- Attitudes about Mental Health
- Common Mental Health Difficulties

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## Trauma

Just about everyone who has been to prison has experienced trauma. Trauma is usually the outcome of your body and brain doing its best to cope with challenging situations, in ways that are no longer working well.

Trauma is the emotional response you have during a stressful and possibly life-changing event. It can also be the result of stress or stressful experiences that build up over time. Trauma is more common than people think, and its effects can be very serious. Traumatic events that you had as a child can have effects throughout your life.

*Trauma is something that all of us go through. You have to get to the point that you realize that what you've been going through is trauma. Nothing you went through is normal. It's not normal to be secluded. Even before prison, we were on the streets, experiencing trauma and violence to the point that it became a natural thing. We became desensitized to those things. We didn't think, 'Oh wow, this is abnormal.'*

**– Anonymous**

*The residue of prison stays with you. Keys rattling means it's a guard coming. You wake up with a heightened sense of alertness. You are late and you worry you have missed your chance. You can't calm down. You have a pattern of sleeplessness. You are easily annoyed. Tense situations escalate into violence.*

**– Kilroy**

Trauma can result from a number of experiences, including:

- Physical, sexual, or emotional abuse
- Neglect
- Witnessing violence
- Having a loved one with substance use or mental health issues
- Parent separation or divorce
- Poverty
- Being incarcerated or having a family member who is incarcerated
- Being isolated from loved ones
- Living in unsafe neighborhoods
- Living in constant uncertainty or having little power in your environment



People in prison, especially women, are more likely to have experienced trauma. There are strong connections between trauma, poor mental health, and incarceration. These patterns feed each other, meaning that you have the power to interrupt that cycle.

## **Where to Get Help**

If you have experienced trauma, you may benefit from treatment or counseling. Counselors can help you understand the effects of trauma on your well-being, your emotions, and your behaviors.

Trauma-focused treatments provide you with skills to better understand the experiences that you've had and why you might be experiencing distress or symptoms that are difficult to explain. You can learn to cope with the emotions and memories connected to these experiences. The goal is to help you reach a different way of seeing, feeling, and thinking about traumatic events in your life.

Here are a few places you can go for help for dealing with trauma:

- Indiana's Family and Social Services Administration to [find a mental health providing agency](#).
- [National Alliance on Mental Illness Indiana](#) has resources for support groups, community-specific resources, and opportunities to learn more about mental health.
- Your primary care provider may be able to connect you to a mental health consultant located in your clinic, so ask if one is available.
- Many reentry programs provide trauma-informed care. Ask what services they provide.

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## Bouncing Back and Building Resilience

When you face trauma or stress and are better able to cope you can strengthen your ability to bounce back from hard things. Being able to cope well instead of feeling “stuck” or experiencing distress is called resilience.

Being resilient does not mean that stress is not hard for you. It means you have taught yourself to better cope with hard things. Resilience can be learned over time. It is not a trait that only some people have. It is something that everyone has the ability to strengthen, like when you build muscle. It takes time and work but it can be done. There is hope! It helps to remember that progress is not a straight line, and finding yourself struggling or feeling challenged does not mean that you are failing.

If you feel stuck or are not making progress, seek help from a mental health professional. Seeking help is an important part of building resilience and remembering the progress that you have made.

According to the American Psychological Association, there are four main areas of resilience. Work to improve your resilience in these four areas.

### **Build your connections.**

Connect with people you trust and who understand you. Remind yourself that you are not alone. If you have experienced trauma, it is common to want to isolate yourself. Usually, isolation just tends to reinforce the issues of loneliness, shame, and helplessness. Fight the urge to pull away from others. Find a group to join and get active in the community.

*Having a support group provides you with a reminder that there are other ways to cope.*

**– Kilroy**

## Foster wellness.

**Take care of your body.** Your body needs good food, sleep, water, and exercise to fight off stress. When you take care of your body, you will feel better. There is a big connection between your physical and mental health.

**Practice mindfulness.** Mindfulness is being in the present moment without judgment. It can be practiced in many different ways. See our mindfulness chapter to learn more about.

**Avoid unhelpful outlets.** When things are stressful it is tempting to want to turn to drugs, alcohol, or other unhelpful ways of coping. This is like putting a bandaid on a large wound. Instead, try to focus on healthy things you can give your body to help you cope.

*In prison I had ways to cope with trauma. I would exercise, draw. This allowed me to escape that mental state for a little while.*

– **Anonymous**

## Find purpose.

**Help others.** Find meaning and purpose by helping others. Get involved with a community organization or help a friend who is struggling. You will likely find that helping others connects you to your community and fuels your own growth.

**Be proactive.** Ask yourself, “What can I do about this problem?” Set achievable goals and break them down into smaller steps. Start working on these steps. Not everything needs to be done in one day.

**Look for opportunities for self-discovery.** Self-awareness can help you grow. Think about how you have grown as a result of a struggle, like being locked up. How have you become a better person? How might your lived experiences help you in the future? What lessons have you learned in your journey? You may find that it helps you increase self-worth and appreciate your path in life.

## Embrace productive thoughts.

**Keep things in perspective.** You do not always have control of events in your life. But you do have control of how you make sense of things and respond to them. How you think about your situation impacts how you feel, so challenge the thoughts that leave you feeling helpless. Where do they come from and how are they helping or harming you?

**Accept change.** Being able to accept change is a part of life. There may be some things that get in the way of your goals. It is ok to accept small obstacles and practice flexibility, adaptability and creativity. Focus instead on the things that are in your power to change and control.

**Maintain a hopeful outlook.** It is not realistic to be positive all the time. Pretending that uncomfortable feelings don't exist also doesn't help. Consider, instead, that you can hold multiple feelings at one. It is possible to feel frustrated, worried, sad AND determined and hopeful. When we hold more than one feeling, we allow room for hope to take root. What do you want in your life and how can you make that happen? Hope allows for determination and perseverance, even in the face of obstacles.

**Learn from your past.** Look back at what has helped you in the past during hard times. Remind yourself of what has helped you find strength before. What have you learned about yourself from your past experiences?

*Advice for socializing outside? Learning coping skills and anger management.  
Being less abrasive and open-minded.*

**– Earl**

## Think about the following questions:

1. What has helped you “bounce back” from hard things in the past?

2. What strengths have you developed as a result of the challenges you've faced?
3. What wisdom can you put into practice?
4. What are some things you would like to try to strengthen your resilience muscles?
5. What helps you feel most determined?

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## Caring for Your Mental Health

**Everyone can benefit from mental health support during reentry.** Reentry is stressful. Even if you do not have a mental health disorder, you may benefit from talking to someone to help you adjust.

It is a good idea to schedule an appointment with a mental health provider before your release. Many community mental health centers have long waiting lists, so set up an appointment ahead of time. This will help you have the support you need when things are tough and there are fewer opportunities to put your mental health on the backburner.

There are several different options for care, depending on what your needs are.

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## Crisis Care

Are you in a crisis? Are you worried about hurting yourself or others? Do you have suicidal thoughts? Are you seeing and hearing things that others don't see or hear? Are you finding it hard to control your emotions and behavior? Are your symptoms making it hard to do your normal daily tasks? Get help right away.

If you are in crisis, you may need an emergency evaluation to see if you need urgent care. The types of treatments you get during a crisis are very brief. They are meant to keep you safe and get you stable. You'll get connected to on-going treatment for when you leave

the hospital. Be sure to follow up with a mental health professional in your community after a crisis.

Here are a few places you can turn to:

- **Suicide and Crisis Lifeline:** Call 988; available 24/7, or [chat online](#).
- **Crisis Text Line:** Text IN to 741741, available 24/7
- **Call 911** and **ask for a C.I.T. (Crisis Intervention Trained) officer** if you or someone you know is in immediate danger or go to the nearest emergency room.
- **Community Health Crisis Line** - Call (317) 621-5700 (Option #1) for phone screenings or face-to-face evaluations for psychiatric emergencies.
- **Oaklawn Crisis Center** (South Bend region): Call (574) 533-1234 or [online](#).

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## Non-Crisis Care

If you need help, but it's not an emergency, find a community provider for treatment. When you call, ask for a mental health assessment or intake with a therapist or counselor (for talk therapy) or psychiatrist (for medication).

These resources will help you find a community provider near you:

- [Indiana Council of Community Mental Health Centers, Inc.](#)
- **Your primary care provider** may be able to connect you to a mental health consultant located in your clinic so ask if one is available
- **Treatment Referral Helpline:** Call (800) 662-HELP (4357) to reach the Substance Abuse and Mental Health Services Administration

- [Behavioral Health Treatment Services Locator](#)
- [NAMI Indiana](#)

## Who Provides Services?

There are different mental health professionals who can make a diagnosis and provide treatment.

- **Counselors, Social Workers, and Family Therapists** offer assessment, diagnosis, and treatment of mental health problems through talk therapy or counseling. Social workers focus more broadly on community resources and addressing some of the more immediate needs that you might experience, such as helping to find bus routes or transportation, seek employment and so on. Family Therapists tend to focus on helping families navigate the changes, conversations, and challenges that they may be experiencing.
- **Psychologists** diagnose and treat mental health problems through talk therapy. They also can also offer more complex testing if you are having a hard time making sense of some of your behavior, patterns of thinking or emotional regulation. This testing can be helpful for making a diagnosis and treatment plan.
- **Psychiatrists** also assess, diagnose, and treat mental health problems, but they take a medical approach and can prescribe medications.

Most mental health professionals have different specialties. If you are able, find someone who has training and experience working with the problems you face. Most agencies or providers can help to direct you to clinicians with specific areas of focus.

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## Types of Treatment

Mental health professionals offer many types of treatment. Often, it's helpful to combine different types of treatment, like therapy and medication.

**The most important part of treatment is not the type of treatment you choose but the relationship you have with your mental health provider.**

Make sure that you feel safe and connected to your provider so that you can benefit from treatment, ask questions, and receive comprehensive care. Sometimes, it takes meeting a couple of providers before finding the best fit.

## **Individual Therapy or Counseling**

Talk therapy involves working one-on-one with a mental health professional. Therapy can help you heal, grow, and move toward a more productive and healthy life. A therapist also can help you learn to cope with symptoms that you might be experiencing or work toward specific goals. Change takes time and working through years of trauma or the reentry process requires changing patterns that have taken years to develop. Be patient with yourself and the process. It won't happen overnight, but change is possible!

## **Group Therapy, Counseling, and Support Groups**

Group therapy can involve peer leaders or trained clinicians. Peer support groups, like AA or NA, for example are usually led by peers. Other group therapy groups, such as anger management groups, are usually led by trained professionals with a group of people managing similar challenges. Sometimes, it can feel like you're the only one struggling. Being with others who are working on similar goals can be powerful and offer a sense of community.

*I benefited a lot from [my support group]. Everybody in those meetings had a similar experience. We are at a place now where we can reflect on some of the things we went through. Maturity comes with age. They have been part of my unofficial therapy.*

**— Anonymous**



## Family Therapy or Couples Counseling

The goal of family therapy is to improve relationships, resolve conflicts, and increase communication.

Therapy can include your romantic partner, children, and other family members. It is often used with other types of treatments and focuses on guiding conversations that are usually difficult to have without a trained mediator.

*Many conflicts arise because your family has no idea what you've gone through in prison. Or they don't understand your diagnosis. Families need a guide for what it's like for those of us who have been through prison, who have experienced trauma.*

**– Kilroy**

## Medication

Just as medication can treat heart disease and diabetes, medication can treat mental health problems. Medications are not always needed, but most people with severe mental health conditions benefit from medication.

Some mental health disorders require medication because they are the result of biological or neurological conditions. This means that some people are more likely to develop these symptoms just because they run in families. Bipolar disorder and schizophrenia symptoms, for example, usually cannot be managed without the help of medication. If you have these disorders, make sure you take your medication every day. Don't skip doses and ask questions if you are looking to change the frequency or are having uncomfortable side effects. If you have severe anxiety or depression, medication may also be prescribed to help therapy be more effective.. Taking medication can help relieve symptoms so that you are better able to function and cope. Combined with talk therapy, medication can help you lead a healthy and productive life.

Medications are prescribed by a psychiatrist or primary care physician after an evaluation. The evaluation will last between 30 and 60 minutes. After that, appointments will be brief (usually about 15 minutes). Your psychiatrist will monitor your medications and side effects. It takes time for your body to adjust to medications. It also takes time

for your provider to find what works best for you. Many medications have side effects, especially when you first take them, but many of them are reduced over time.

**Warning:** Don't quit taking medication once you start feeling better. Feeling good may be a sign that the medication is working, not that you don't need it anymore! Always consult with a psychiatric practitioner before stopping your medications. Stopping medications all at once can be very dangerous. Your psychiatrist can help you decide if it's ok to stop. They can help you stop gradually and safely.

## **Paying for Treatment**

Medicaid will cover mental health treatment. If you need to apply for Medicaid, the Health chapter tells you how you can apply for Medicaid. Not all mental health treatment programs accept Medicaid. Make sure to ask if the program accepts Medicaid when you call to make your first appointment. Some programs will also offer services on a "sliding fee scale" so you can pay what you can afford if you do not have insurance. Keep in mind that most programs that do accept Medicaid may have long waiting lists, so plan ahead and cast a wide net. If possible, make your appointments before your release and consider all of the options available to you.

If you are enrolling in private insurance, make sure to select a plan that includes mental health treatment. When you make an appointment, ask if they accept your insurance. You may be able to see a mental health professional in private practice. This may decrease your waiting time for an appointment and offer more flexibility to seek out a provider that is a good fit for you.

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## **Attitudes About Mental Health**

Some people feel embarrassed or ashamed of being diagnosed with a mental health disorder. These attitudes may have come from your family, your community, or from the media. Many of the harmful messages and myths that exist are a result of misconceptions and lack of information. In fact, most adults will experience some type of psychological distress at some point in their lives. Mental health concerns are not a result

of being “weak,” “crazy,” or lacking faith. Just like many medical conditions may run in your family or you may be predisposed to developing a medical condition, you may also be predisposed to experience a number of symptoms.

Everyone has a role and right to fight against these negative attitudes! The National Alliance on Mental Illness (NAMI) offers some suggestions about what you can do to help:

Compare physical and mental illness. Lots of people have mental health disorders, just as lots of people have physical health disorders like diabetes and heart disease. Getting treatment is a positive thing.

- Talk openly about mental health. Share your experience with people you trust.
- Educate yourself and others. Respond to negative comments by sharing facts and experiences.
- Be conscious of language. Remind people that words matter. Try to avoid words like crazy, or mad that are all too common in our daily language.
- Show compassion for those with mental health problems, including yourself.
- Be honest about treatment. Getting mental health treatment is normal, just like other health care treatment.
- Choose empowerment over shame.

*In prison, people tend to mock those who go through a mental health episode. Everyone knows who's taking pills. You condition yourself to not talk. You don't want to express your feelings or admit something is wrong.*

**– Kilroy**

*When I first met with the group, guys would just sit there. They wouldn't open up. So I opened myself up. I'd tell them, this is what's been bothering me. Break the ice.*

*Then someone else would talk about their experience.*

– **Kilroy**

*It's all right to show your emotions. It's a natural thing to vent, to cry.*

– **Anonymous**

## **Reflect**

1. What negative attitudes do you have about mental health disorders and treatment?
2. Where do these negative attitudes come from? Where did you hear or learn them?
3. What concerns do you have about seeking treatment or talking about mental health concerns?
4. What are some things you can do to fight these negative attitudes?
5. What might the risks be of remaining silent, for yourself and others?
6. What might the benefits be of speaking more openly and inviting others to do the same?

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## **Common Mental Health Difficulties**

Several mental health patterns are common in people who spend time in prison. We describe them here so that you can know common symptoms and when you may need to get help. If you think you might have one of these health difficulties, talk to a health professional who can evaluate you and provide a diagnosis.

## **Major Depressive Disorder**

Everyone feels sad occasionally, but not everyone feels depressed. Symptoms include:

- Feeling sad or uninterested in things most of the time.
- Changes in eating and sleeping habits.
- Having low energy and/or a hard time focusing.
- Feeling tearful, empty, or hopeless.
- Feeling angry and irritable.
- Feeling miserable but not understanding why.
- Having chronic pain, headaches, fatigue, or digestive difficulties.

Do these symptoms last for at least two weeks? Are they interfering with your ability to do everyday tasks? Some of these symptoms may be fairly mild or may be more temporary.

If you are experiencing a number of the symptoms listed or if the symptoms are frequent or intense, you may need support more quickly. Some people who are experiencing symptoms of depression also have thoughts of wanting to hurt themselves or die (this is a big concern for women who are recently released). Severe depression may also cause some people to have sensations that others are not experiencing or have experiences that others don't see. If you have these severe symptoms, it is recommended that you go to the nearest emergency room right away or call the suicide and crisis lifeline: 988.

## **Bipolar Disorder**

Most people have changes in mood at times. If you're stressed, you might feel angry, scared, sad or hopeless. If you have losses in relationships or experience a loss, you may have more intense feelings of sadness.. Hormone changes can also affect moods, such as pregnancy, menstrual cycles or changes in medications.

If you experience intense mood swings that last for several days, you may be experiencing symptoms consistent with bipolar disorder. People with bipolar disorder have extreme shifts in mood, energy, and ability to function. These mood shifts include episodes of depression (above) and mania. Signs of mania are:

- Increased self-esteem and feeling like you are on top of the world.
- Less need for sleep.
- Talking a lot and often fast.
- Having so many thoughts that you cannot keep up with them.
- Being distracted easily.
- Feeling restless. You might pace the room or bounce your leg.
- Doing things that are risky and can cause harm: spending a lot of money, having unprotected sex with various partners, and using drugs or alcohol.

For some people, manic and depressive episodes can be very extreme. Symptoms can include seeing and hearing things that are not there and any of the symptoms listed can impact your ability to function in your everyday life. If your symptoms are severe or frequent, seek help right away. Less severe episodes of mania (known as hypomania) and depression may not impact your life as much, but you may notice “ups and downs” that other people may not experience.

Managing bipolar disorder requires support from a number of professionals, including medication to help regulate mood. Keep a record of your mood changes so that you know if you need to seek help or if you have a family history of bipolar disorder.

## **Generalized Anxiety Disorder**

Feeling anxious or stressed occasionally is a normal part of life. If your anxiety feels out of control or if you find it difficult to control your worry, you might be experiencing

symptoms of an anxiety disorder. Generalized anxiety disorder is commonly described as worrying most of the day and feeling nervous about everyday things, even things that you have no control over, for no apparent reason. You might feel like something really bad is going to happen or like you need to plan to prevent something bad from happening. Anxiety leaves you feeling restless, tired, irritable, and tense. It can impact your ability to focus and sleep. Sometimes, anxiety and depression look and feel similar, so a mental health professional can walk through your symptoms to get a better sense of how to help. Most people tend to wait until they experience a crisis or can no longer function before they reach out for help. Be mindful that these symptoms and conditions are common and consider early support.

As a general note, anxiety is one of the ways that our body helps to prepare us for the future. Some anxiety can help us plan ahead, make wise choices, and identify when our plans can go wrong. Anxiety can be harmful when it prevents you from being able to manage those feelings or when they take over. One of the common areas of anxiety after reentry is about whether or not others know if you have been in prison and what their reactions may be. Sometimes, shame and anxiety work hand-in-hand in a way that isn't helpful.

Consider whether your thoughts and feelings can be used to help you plan ahead, identify pitfalls, or make thoughtful choices. If they don't it can be helpful to seek support to help reduce the intensity and frequency of these experiences.

## **Schizophrenia**

Some people can start to experience the world differently than others; almost as though they are living in a different reality than others. This is a common symptom of schizophrenia. Schizophrenia is a disorder that often requires medication to manage, particularly if you find yourself holding beliefs even when there is evidence against those beliefs, or if you see, smell, taste, or feel sensations that other people cannot verify. Talk therapy can help you develop skills to manage these symptoms, which can include:

- Problems with thinking (having a hard time organizing your thoughts, forgetting things, not being able to focus, struggling to make decisions).
- Delusions (false beliefs that are not based in reality).

- Hallucinations (seeing, hearing, tasting, smelling or feeling things that aren't really there).
- Disorganized speech (not being able to put words or sentences together in a way that is easy to follow).
- Lacking skills that people usually have (the ability to express emotion, be part of activities, and engage with others).

These symptoms can have a big impact on your life. If these symptoms are present for at least a month, it is recommended that you seek help. Schizophrenia tends to have a family genetic component, so it might help to know if others in your family have received this diagnosis. Another important factor to consider is that the use of substances can also look like schizophrenia or trigger an episode of schizophrenia.

## **Substance Use Disorder (SUD)**

People who experience trauma, anxiety, depression, feel isolated, or who have a history of substance abuse may turn to substance as a way to numb or cope with their symptoms. If you have a personal or family history of substance use, consider identifying meetings to attend while you are still in prison or as soon as you leave, to prevent relapse or use.

Symptoms can include:

- Taking substance(s) for longer or in larger amounts than you intend.
- Wanting to stop or cut down, but being unable to do so.
- Spending large amounts of time seeking out, using, or recovering from the substance(s).
- Experiencing cravings or urges to use.



- Experiencing difficulties at work, home, school or in relationships because of your use.
- Continuing use even when there are negative consequences.
- Needing more of a substance and/or experiencing withdrawal symptoms when you don't use.
- Using in dangerous settings or conditions.

## **Post-Traumatic Stress Disorder (PTSD)**

Some traumatic events are so impactful that they can change the way we think and feel long after the event has passed. It's natural to feel scared, nervous, or depressed after something traumatic has happened. If these feelings last for over a month, you may be experiencing symptoms of post-traumatic stress disorder (PTSD). Common symptoms of PTSD include:

- Having nightmares or flashbacks of the event(s).
- Avoiding people or situations that remind you of the event.
- Feeling on edge and anxious frequently.
- Feeling depressed.
- Having trouble remembering things.
- Feeling emotionally detached or numb.

There are treatment options backed by science that can help.

## **Multiple Disorders**

Many people who are in prison have more than one mental health disorder. People who experience depression are more likely to have symptoms of anxiety, too. Many people who have a mental health disorder also experience a substance use problem.

If you are experiencing symptoms across the disorders listed above, let your providers know about everything you are struggling with. If you address one problem and not the other, you may find it difficult to receive the most effective care.

*What I felt was most difficult when I first got out is figuring out how to relate to other people. You have both the lack of 'normal' experiences that most people have as late-teenagers and young adults. Plus you have the negative effects of long-term imprisonment.*

**– Greg A.**



# 08 | SUBSTANCE USE DISORDERS

Do you have difficulty controlling your use of alcohol, illegal drugs, or medications? If so, this is one of the most important chapters you will read. As you know, drug and alcohol problems can make it much harder to get or keep a job, form and maintain healthy relationships, find housing, and stay out of prison.

We urge you to get help. Your reentry success and even your life depends upon it! As you begin to recover, your mind will clear and you will be better able to rebuild your life.

For many, prison is a time to get clean from drugs or sober from alcohol. But just because you were clean and sober in prison doesn't mean that you are fully recovered. Many people find that problems with drugs or alcohol return when they are released.

Reentry can be a time of stress, anxiety, and fear. You're trying to rebuild your life while also dealing with the trauma of being locked up for years. Perhaps you have used drugs and alcohol to cope with difficult feelings in the past. Recognize that this puts you at greater risk of relapse.

There is hope. Know that many people recover from substance use disorders, and you can, too. We honor your efforts. Recovery isn't easy and you may have setbacks. We believe in you and your ability to recover.

### **This chapter covers:**

- Where to get help
- Safer drug use
- Treatment programs
- Peer support groups
- The road to recovery

*What ends up happening is you get out and you realize your issues don't end. Now you have to deal with other issues. You get hit with all this stuff. You start to get into bad habits again, revert to old coping mechanisms. You have alcohol available, you have drugs. The bottle becomes more available than the gym.*

**– Anonymous**

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## **Where to Get Help**

Let's be honest. The first few days, weeks, and months after release are challenging. This is why it's a good idea to make plans to get help before you are released.

It's best if you can set up a time to meet with a treatment provider as quickly as possible following your release. Join a support group, such as Alcoholics or Narcotics Anonymous right away and make an appointment to see a counselor. Don't wait to get help.

Here are a few places you can start:

- **Call 911** if you have overdosed and need immediate help.
- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [National Helpline](#) - Call (800) 662-4357 and get confidential free help from public health agencies to find substance use treatment and information.
- [Certified Recovery Residence Locator](#)
- [Addiction Treatment Services Locator](#)

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## Recovery Works

[Recovery Works website](#)

- **Designed** to provide support services to those without insurance coverage who are involved with the criminal justice system.
- **Dedicated** to increasing the availability of specialized mental health treatment and recovery services in the community for those who may otherwise face incarceration.
- **Intended** to supplement community supervision strategies to decrease recidivism.

## How do I qualify?

- Indiana resident
- At least 18 years of age
- Annual income that does not exceed 200% of the [Federal Poverty Level](#)
- Current open criminal case with a felony conviction or charge

## What is a CJP?

A CJP is a Criminal Justice Partner. These are the individuals that oversee or assist a participant while they are in the Criminal Justice System. A CJP can be a probation officer, public defender, attorney, etc.

## What is a DSP?

A DSP is a Direct Service Provider. These are the locations where treatment will be provided. These locations are inpatient treatment facilities, outpatient treatment facilities, recovery residences, etc.

## How long is the referral process?

1. Your CJP sends your referral to Public Advocates in Community re-Entry (PACE) Indy. (It is important that the referral is completed entirely. Any errors and missing information will hinder the enrollment process.)
2. PACE will contact you within twenty-four (24) hours of receiving the referral.
3. PACE will then send your referral to a provider.
4. The provider has two (2) to five (5) business days to contact you to schedule your initial in person appointment.

## **What is PACE?**

Recovery Works has contracted with PACE to assist in getting referrals sent. They assist with getting the referrals sent from the CJP to the DSP.

## **What is my Recovery Works Balance?**

Your balance will be given to your provider at the time your referral is made. Your provider should be keeping track of this balance.

## **Do you need to have insurance?**

Having insurance is not a requirement to obtain Recovery Works referral and funding. However, insurance is required once you are connected to a provider. The provider will assist with applying and securing insurance.

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# **Safer Drug Use**

Many substance use treatment programs focus on getting clean or sobering up. You may need to pass drug tests as a condition of your parole. Many jobs require drug testing.

Many people find that quitting completely is the only thing that works for them. If they start drinking a little, this quickly turns into drinking a lot. Groups like Alcoholics Anonymous encourage quitting completely and provide peer support to reach this goal.

Quitting isn't easy. Many people are able to quit for a while, but then return to drug use on and off. If this is your experience, there are things you can do to reduce the harm of drug use in your life. Moderating your use of drugs or alcohol is a worthy goal. Work with a counselor or program that offers substance use management.

Here are a few safety tips:

- [Learn how to inject safely and care for your veins](#) to avoid getting HIV or another disease.
- Find out if there are organizations in your area that offer safer injecting equipment.
- Learn the signs of overdose and how to respond. Teach your friends and family to recognize these signs, too. Check for organizations in your area that can provide injectable naloxone, a drug that reverses opiate overdose.

**Warning:** Did you know that people who have recently returned from prison are at greater risk for overdose? If you stopped using drugs or alcohol while in prison, you may have a reduced tolerance for these drugs. This means that your body can't handle the same amount of drugs that you took before. This often leads to overdose or death.

## Signs of an Overdose

- Unresponsive or unconscious
- Slow or stopped breathing
- Snoring or gurgling sounds
- Cold, clammy skin
- Blue lips, discolored fingernails

**What to do:** Try to wake the person up. Call 911 if you can't wake them. Start CPR if their breathing is slow or they have stopped breathing. Provide Naloxone (NARCAN®) if available.

## Reflect

Whether your goal is safer drug use or quitting entirely, take time to reflect on your drug or alcohol use. Here are a few things you should reflect on, either alone or with a counselor:



1. Where do you use and when? Can you find ways to separate drug use from driving or working tasks?
2. Who do you use with? How are your relationships helping or hurting your recovery? How can you navigate these relationships to quit or be safer?
3. What are your personal rituals around drug use? Can you modify those rituals so that you use less or use in safer ways?
4. Think about your attitudes and emotions about drug use, such as shame and guilt. How are these emotions getting in the way of your recovery?
5. What are your emotional triggers? What are some more helpful ways to deal with difficult emotions?

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## Treatment Programs

There are many different kinds of treatment programs. You may need to enroll in an in-patient intensive treatment program or live in a recovery home. If your disorder is less severe, you may be able to receive outpatient services, therapy, or join a support group. Treatment should last long enough to change behaviors and thought patterns.

For those with severe drug problems, at least three months of intensive treatment is recommended. After that, follow-up support can be helpful for months and even years. There are three main types of treatment. Often, treatment programs combine all three.

1. **Cognitive-behavioral therapy.** Meet with a therapist to learn how to manage stress and triggers that have led to drug use in the past. The therapist can help you find ways to motivate yourself.

2. **Medication-assisted treatment.** Some medications can reduce your cravings and help you stop using. Doctors can prescribe medications such as methadone, buprenorphine, and naltrexone to help you overcome an addiction.
3. **Peer support.** Many people find that a peer support group can help. [Alcoholics Anonymous](#) or [Narcotics Anonymous](#) are the two most popular and have numerous daily meetings throughout Indiana and the world.

A good treatment program should:

- **Empower you.** It should build upon your strengths. It shouldn't shame you. It should help you take an active role in your recovery.
- **Provide mental health treatment.** Many people who have substance use disorders also have mental health problems. It is essential to treat both mental health issues and substance use issues together.
- **Address past trauma.** Many people use drugs to cope with past trauma. A good treatment program will help you develop effective coping strategies and recover from the effects of trauma and violence.
- **Provide support services.** Recovery is about more than getting clean. Good treatment programs offer services to help you rebuild your life. They may help you find employment and safe housing.

## **Are you pregnant? Do you have children you're caring for?**

For the sake of you and your children, reach out and get help. Many women are afraid their children will be taken away if their substance use becomes known. But continuing to use drugs or alcohol also puts you and your children at greater risk.

As you are surely aware, society is not kind to mothers with substance use problems. You have likely sensed how harshly people judge you. You may have intense feelings of guilt and shame. We recommend that you seek out a treatment program that can help with

the unique challenges women and mothers face. If you need support contact [My Healthy Baby Indiana](#) by going online or calling (844) 624-6667.

Always let your doctor know if you are pregnant or think you may be pregnant before starting medical treatment for a substance use disorder. Some medications are not safe to take while pregnant or nursing.

## **Paying for Treatment**

Medicaid covers the cost of many substance use treatment services, such as counseling, therapy, medication management, social work services, and peer support. Our Health chapter explains how to apply for Medicaid or you can [go online](#) for more information. Not all treatment programs accept Medicaid so ask before starting services.

If you are enrolling in a private insurance plan, choose a plan that covers substance use treatment. When making an appointment with a service provider or clinic, check that they accept your insurance.

Even if you do not yet have insurance, there are affordable clinics and programs that you can go to for help. Look for “sliding scale” services where you pay reduced fees depending on your income.

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## **Finding a Peer Support Group**

If you are struggling with drug or alcohol use, join a support group to get help and encouragement from others. These groups are usually free and have saved hundreds of thousands of lives.

In “Becoming Ms. Burton,” Susan Burton describes how her first Alcoholics Anonymous group meeting gave her hope:

*“People stood up and shared their stories. . . . I rose, took a deep breath. “Look what drugs and alcohol have done to me,” I said, my voice quivering. My hands were*

*shaking so much the styrofoam cup of coffee I held was wasting on me. But no one seemed to judge my piteous condition. The immediate compassion, the empathy, the love that rolled off these strangers was enough to put a sizable dent in my pain, my shame, my guilt, and all that sorrow. In that room, I found hope."*

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are the oldest and largest peer recovery organizations with chapters throughout Indiana and the world. Visit [aa.org](http://aa.org) or [na.org](http://na.org) to find a meeting or online group. AA and NA use a spiritual approach though they are not tied to any religion and anyone is welcome. Their 12-step process begins by asking members to admit that they no longer have control over their drug or alcohol use. Members are asked to turn themselves over to a higher power of their understanding to find the strength to change.

There are also other support group options that focus on helping people find the motivation within themselves. Here are a few options:

- **[Self-Management and Recovery Training \(SMART\)](#)** peer support groups help participants resolve problems with any addiction. Go online or call (440) 951-5357 to find a meeting or online community.
- **[Women for Sobriety](#)** is a peer-support program for women overcoming substance use disorders. Go online or call (215) 536-8026 to find an in-person or online meeting.
- **[Secular Organizations for Sobriety](#)** is a network of peer groups to help people maintain sobriety/abstinence from alcohol and drug addictions, food addiction and more. Go online or call (314) 353-3532 to find a meeting.
- **[LifeRing Secular Recovery](#)** is an organization of people who share practical experiences and sobriety support. They focus on empowering you to overcome your addiction. Go online or call (800) 811-4142 to find a meeting.

Ask your primary care provider for recommendations. Many community centers and churches also sponsor support groups or can direct you to others.

Approach your first meeting with an open mind and try to find out all you can. You may need to attend several meetings before you feel things are “clicking.” If you don’t feel you have found “your” group, keep trying. Chapters can be very different and members come and go. Look for:

- Regularly scheduled meetings
- Warmth and friendliness
- Focus and structure to meetings
- Opportunities to mingle informally

## **Reflect**

1. What treatment (medication, therapy, peer support group) have you tried in the past?
2. How have these treatments helped you? What worked and what didn’t work?
3. What kinds of treatment would you like to try?
4. Where can you go for help?

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## **The Road to Recovery**

The road to recovery can be a long one. Don’t be too discouraged if you relapse. A relapse doesn’t mean that the treatment isn’t working. Give yourself another chance. Recognize that if you stopped using once, you can again. You have developed skills that will help you next time. Ask if there is a different treatment that may work better for you. Sometimes multiple periods of treatment are needed.

Recovery isn't just about stopping using. It's about change. It's about improving your overall health and wellness. It's about living up to your full potential. The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) lists four main aspects of recovery:

1. **Health:** Overcome or manage one's disease or symptoms.
2. **Home:** Find a stable and safe place to live.
3. **Purpose:** Take part in meaningful daily activities (job, school, family caretaking, etc.).
4. **Community:** Build relationships and social networks that provide support, friendship, love, and hope.

## Reflect

What does recovery look like to you?

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Where are you on your road to recovery?

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What are some good short-term goals you can work towards?

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## 09 | TECHNOLOGY

Technology has changed a lot in recent years. If you have been inside a long time, you might feel stressed by all the new technology. Don't worry! You'll be able to figure it out.

You will need phones and computers for a lot of things after you leave prison. You will use them for work, banking, communicating with family, making appointments, meeting with parole officers, ordering pizza, watching TV shows, paying bills, shopping, applying for jobs, and much more.

Ask your family and friends to help you learn how to use a cellphone, smartphone, or computer. Learning how to use them can be fun. Play games, read the news, catch up on sports, or learn a new skill by watching videos on any subject imaginable! Take your time and get used to the technology that you use—soon it will feel like second nature.

### **This chapter covers:**

- Getting a phone
- Technology basics
- Using the internet
- Email accounts, passwords, and security

- Smartphone apps
- Social media
- Video conferencing

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## Getting a Phone

### Getting Started

We recommend getting a phone when you get out. You will need a phone to keep in contact with family, friends, your employer, and your parole officer. There are three types of phones:

- **Basic cell phones** let you call people and send text messages. They are cheaper and easier to use.
- **Smartphones** can make calls and send text messages, and they can also get on the internet (more about the internet below). Smartphones have programs (called “apps”) that can do things like play music, give driving directions, check the weather, take pictures, and go on social networks like Twitter and Facebook. A smartphone can help you find jobs, look up services, find your way around, and more.
- **Landline phones** are phones connected to people’s homes or businesses. They can’t move around. Fewer people are using landline phones these days, but they are still one of the cheapest kinds of phones.



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## Lifeline and SafeLink

Do you have Medicaid, SNAP, SSI, or Public Housing Assistance? If you do, you should also be able to get a free or discounted phone or internet. **SafeLink** will provide you with one of these for free:

- **Smartphone** - A mobile phone that performs many of the functions of a computer, typically having a touchscreen interface, internet access, and an operating system capable of running downloaded applications.
- **SIM card** - A SIM card lets your phone connect to their mobile network. If you buy your own phone, they will give you a SIM card to put in it.
- **Phone plan** - A phone plan lets you text, make calls and use data. Their basic phone plan limits how much you can do, but you can add more for a fee.

**Lifeline** is a program that works with SafeLink to lower the monthly cost of phone and internet. If you qualify, you can get up to \$9.25 toward your bill. Lifeline can be used for phone or internet, but not both.

### How to Apply

When you apply for public benefits (such as SNAP or Medicaid), ask if you can apply for SafeLink and Lifeline as well. Ask a friend, family member, case manager, or counselor to help you apply for [SafeLink](#). You can also get help by calling (800) 723-3546. You can apply for [Lifeline](#) online as well. To apply for these services, you will need your contact info, mailing/home address and Social Security number. You will also need proof that you meet the income requirements. These services are typically limited to one person per household.

You can find SafeLink phones and service plans at many stores around the state, including Walgreens, CVS, Family Dollar, and Schnucks.

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## Phone Services and Plans

What if you need to buy your own phone? Some formerly incarcerated people have suggested [Metro by T-Mobile](#) and [Walmart Family Mobile](#) as solid, affordable choices. If you had a cellphone before you were incarcerated, ask your family if they still have the phone. It might still work, but you may want to change the number. Contact the phone service provider for help with this.

All cell phones come with service plans that you have to pay every month. You have two basic options for service plans:

- **Prepaid phone plans or no-contract plans.** You pay at the start of each month. You can stop your service at the end of each month or switch to a different service.
- **Post-paid phone plan with a contract.** You enter a contract to pay a monthly fee for service. They add up your costs at the end of each billing cycle and charge you.

Phone plans have different options. Generally, the services will cover the following:

- **Talk:** How many minutes you can talk on the phone each month. Many plans these days have unlimited talk time.
- **Text:** How many text messages you can send each month. Many plans these days have unlimited text.
- **Data:** Data lets your phone go on the internet when you don't have access to Wi-Fi (see Technology Basics below). If you only need a phone for calls, you may not need to purchase a data plan. You can use the internet on your phone for free at the library and many other public places and restaurants. If you do need data, start with a small amount, like 1 or 2 GB. You can always get more if you need it.

Phone service companies have different plans and rates. Some offer deals for sharing a cell phone plan with family members. Think about what you will use your phone for and

how much you can afford to spend on it. Some phone or internet service providers may also offer discounts.

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## Technology Basics

Here are some technology basics to help you get started.

### **Internet or World Wide Web**

A network that connects computers and phones all over the world. Through an internet connection, people can share information, access resources, and communicate.

Sometimes people call the internet the world wide web, or they will say, “you need web access,” which means you need to be able to connect to the internet.

### **Online**

When you are “online” you are connected to the internet. People might say, “Get online to access this resource.” This means that you can access the resource on a computer or smartphone through the internet.

### **Smartphone**

A phone that does a lot of the things a computer can do. It usually has a touchscreen surface, internet access, and applications (apps) you can download. Apps have different tools to help with work, entertainment, money and more. Most people these days have a smartphone. When using a smartphone you can usually skip the ‘1’ that precedes an area code.

### **Wi-Fi**

To access the internet, you need to be connected to it. One way to do that is through Wi-Fi access. Wi-Fi access allows you to connect to the internet without using wires. You can

access Wi-Fi for free at public libraries and some restaurants (McDonalds, Starbucks), or you can buy Wi-Fi access for your home.

## **Data**

Another way to connect to the internet is through a smartphone data plan. Data allows you to connect to the internet on your smartphone if you are in a place that doesn't have Wi-Fi. Data plans can be expensive, and they usually have limits to how much data you can use every month.

## **Web Browser**

A web browser is a program that allows you to access the internet on your phone or computer. Examples of web browsers are Google Chrome, Firefox, Internet Explorer, and Safari.

## **Search Engine**

A search engine is what you use when you are trying to find information on the internet. First, you will open a web browser. You should see a bar at the top with a little magnifying glass. This is how you can use the search engine. You can type a question or web address into the bar and it will search for the information you need. Google, Yahoo, and Bing are examples of popular search engines.

## **Website**

Organizations have "websites" where you can find information, resources, entertainment and more. There are many different kinds of websites on the internet.

## **Web Address or URL**

This is the "address" or location of the website or resource on the internet. You type this address into the search engine bar to go to the website or resource. We have included many web addresses to websites in this guide and in the directory. Web addresses

usually look like this: <http://example.com>. When you type in a web address, you can leave out the http:// or www.

*I need assistance with the most basic things. That does make me somewhat defensive, and I'll end up trying to do things on my own and then I crash and burn.*

– **Pablo**

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## Using the Internet

Make sure you have a way to get on the internet when you need to. Until you have your own device, you can borrow one from a family member or use a computer at the public library.

Do you have a smartphone, laptop, or tablet? Free wireless internet is available at the library, as well as many restaurants, coffee shops, hotel lobbies, chain technology stores, and even parks! You may have to ask what the password is before you can log on with your device.

Most things on the internet are found using a search engine like Google. Open up a web browser such as Google Chrome, Microsoft Edge, Firefox, or Safari. The home page will have a search box where you can type in what you are looking for. Here are some tips for good searches:

- **Start with the basics.** Start with a simple search like “Where’s the closest Amtrak?” or “Pizza near me.” You can always add more words if you need.
- **Don’t worry about the little things.** Even if you spell things wrong, it should still work.

### Getting Help with Technology

- Ask a librarian to help you figure out the basics. They are there to help.

- Go to [Northstar Digital Literacy](#) to test your skills and learn more. You can access classes online or find a Northstar location where you can attend classes. They offer certificates for skills you have mastered.
- [GCF Global](#) has a lot of free courses on how to use technology.
- [Wikihow](#) also has lots of resources to help you figure out how to use technology. Type “wikihow” in your web browser, and then enter your question in the search box at the top of the page.
- Many community colleges, libraries, and adult basic education programs offer lessons on everything from basic word processing to programming code.

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## Email Accounts, Passwords, and Security

You will need your own email address. Email is now used more than paper mail. One way to do this is through Gmail, because Gmail accounts are free. Type [gmail.com](#) into the web browser and click “Create account.”

You will select your own email username. It should be something easy for you to remember, like your own name, or some combination of your name, initials, and numbers. Examples include `Firstname.lastname@gmail.com` or `firstandlastname@gmail.com`. You will probably use your email to apply for jobs, so make sure your email address is professional. Your password should also be something easy for you to remember, but hard for other people to figure out.

You will probably use the internet to set up other accounts for things like paying bills or accessing files for school or work. Protect your information by keeping your password secret and changing it every so often. Don’t use the same password for every account you have.

If you forget a password, you can usually change it by following instructions on the website. If you had email and other online accounts before you were incarcerated, you may want to reactivate them or close them. Change the passwords to keep everything safe.

**Note:** If possible, do not put in sensitive personal information (like your Social Security Number or credit card information) at a public computer or over public internet.

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## Smartphone Apps

Most smartphones come with these basic apps:

- Text messaging
- Phone calls
- Camera
- Clock
- Maps
- Internet browser
- Calendar
- Calculator
- Address book

You can also download more apps. They can be found at your phone's digital "store." Many useful apps are free. You will need to have either data or a Wi-Fi connection to download apps. You may have to enter your phone's password to buy it. It should show up on your homescreen in just a few minutes. If an app costs money, your phone should give you the option to enter your credit or debit card information and will ask you to confirm the purchase before downloading.

Here are some apps you may want to use:

- [Facebook Messenger](#) is a text or video messaging app where you can communicate with family and friends.
- [Facebook](#), [Instagram](#), and [X](#) let you share and view photos and comments.

- [Spotify](#) lets you listen to music. It will shuffle the music and also play advertisements, like a radio.
- [Banking apps](#) help you manage your money and pay bills.
- Transportation apps, like [Citymapper](#), can help you use public transportation or find your way around.
- Many parole officers use the [BI SmartLink App](#). With this app your Parole Officer can connect with you without having to come to your house. See our Parole chapter for more information.

Be careful with apps. Use careful judgment about what you'd like to keep private. Be aware that apps can use up your phone data.

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## Social Media

Many people stay in touch with others and get news through social media. Social media are websites that allow people to talk and share photos. Some social media sites are used mostly for friends and family while others are used for jobs. Here are two popular social media platforms:

- [Facebook](#) is the most popular social media company in the US. People use this site to share photos, updates, and articles. It helps people stay in touch with family and friends; others use it for work. You can comment publicly on posts created by others or message users individually.

You can also join Facebook groups to meet other people and get support. Signing up for Facebook is free. To sign up, type facebook.com into the search bar and click "Create Account."



- [LinkedIn](#) is a business and employment-focused social media platform that works through websites and mobile apps. You can use it to talk with employers and share your résumé. To create an account, type linkedin.com into your web browser and click “Join Now.” Search “How to Create a LinkedIn Account Wikihow” to learn more.

## **Staying Safe on Social Media**

Be careful when sharing information on Facebook or other social media apps. You can change the privacy settings so that only your friends see your posts. Public posts can be accessed by parole officers or employers. Social media sites track what you do and they can use that information to try to sell you things. Remember, the information that you see on social media may not be trustworthy. It’s a good idea to check with other sources.

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## **Video Conferencing**

Many people use video conferencing to talk to family, friends, and co-workers. With video conferencing, you can talk to multiple people at the same time and see people’s faces. Video conferencing apps can be a great way to stay connected to family members and friends. Lots of meetings these days aren’t in person; instead, they use video conferencing. Many job interviews also use video conferencing.

Here are a few video conferencing options:

- [FaceTime](#)
- [Google Chat](#)
- [Skype](#)
- [Zoom](#)
- [Microsoft Teams](#)

If you have a computer or phone you can download an app for these video conferencing services. Some are free.

In most cases, you will be a guest in a video conferencing meeting. This means you will get an invitation to your email with the link that says “Click to Join.” When the webpage opens, you may join via the app or your web browser.

There may also be an option to call in with your phone.

## **Video Conferencing Etiquette Tips**

- If you are in a group, mute yourself when you’re not talking (click on the microphone).
- Be aware of your backdrop. It’s nice to turn your camera on so people can see you, but you can also turn your camera off (click on the camera icon) or use a virtual backdrop if you don’t want people to see you or your living space.



## 10 | TRANSPORTATION

How are you going to get around? Transportation is important for your job, for spending time with friends and family, and for living a meaningful life. Unfortunately, it can cost a lot.

If you return to a large city, you'll have many transportation options. In small towns, your only choice might be a car. Below we discuss the options you might have so that you can decide what will work best for you.

## This chapter covers:

- Transportation options
- Buying a car
- Driving legally

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# Transportation Options

Visit [Indiana's Public Transit Systems site](#) for a directory of public transit systems in Indiana.

## Buses and Metro

Save money by using public transportation. If you use the bus or metro often, you can buy a pass for a month or a year. This will make the cost of each ride cheaper. Students, older people, veterans, or persons with disabilities can get discounts. Here are a few ways to get started:

- Do a google search for “public transportation” with the name of your city. Many systems have route maps and discount programs for riders.
- Visit the [Google Maps website](#). Enter where you plan to start your trip and where you'll end. The website will give step by step instructions of what public transportation you can use.

## Trains and Long-Distance Buses

Here are a few good options for longer trips:

- [Amtrak](#) - Amtrak offers train service around the country.

- [Greyhound](#), [FlixBus](#), and [MegaBus](#) are a few long-distance bus companies.

It is always a good idea to compare prices between trains, planes, and buses, as well as between bus companies.

## Ride-Hailing Apps and Taxis

If you have a smartphone and a credit or debit card, you can get a ride-hailing app like [Uber](#) or [Lyft](#). They can take you on short trips around your local area. Ride-hailing services are just like taxis, but the drivers use their own cars. Before you ride, [read these tips on how to be safe online](#).

You can use taxis in all major cities. They usually cost more than ride-hailing apps.

## Biking

Biking is a good way to save money and exercise while you get to places. In some cities you can rent bikes. In other places, look for second-hand bike stores. If you bike, make sure you know the rules of the road. Usually, bicycles follow the same rules as cars. They have to stop at stop signs and stop lights. You must use hand signals to turn or switch lanes. And you must yield to pedestrians. Wear a helmet for safety.

## Carpool, Rideshare, and Carshare Programs

Another option for saving money is to carpool. You can look up carpool programs online (see [pacerideshare.com](http://pacerideshare.com)) to carpool with strangers. Or you can ask someone you know if you can carpool and share the cost of gas.

If you don't need a car very often, join a carsharing program like [Zipcar](#). Zipcar lets you reserve a car when you need it. You won't have to pay for insurance, repairs, or any of the things that make owning a car so expensive.

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## Buying a Car

If you do buy a car, buy one you can afford. Don't buy a fancy, expensive car unless you can afford it. Instead, buy a less expensive used car. A few tips:

1. **Budget.** If you are taking out a loan to buy a car, make a budget. Decide how much you can spend on monthly payments. See the "Finances, Credit, and Taxes" for more information on buying with credit and budgeting.
2. **Research.** Do some research on the types of cars that will meet your needs. Think about what will be safe and reliable. [Edmunds](#) and [Consumer Reports](#) are great places to start. You can look at how much the cars are worth by going to [Kelley Blue Book](#).
3. **Buy from a place you can trust.** Don't go to car dealerships that say they sell to people with bad credit. Be suspicious of companies or people who push you into buying a vehicle before you are ready. Buying from a person can be cheaper, but it is also riskier than buying from a trustworthy dealer. [Autotrader](#) is a reliable source of information on vehicles for sale in your area.
4. **Check out the history.** Once you've found a car you like, ask the dealer if you can see its history report. Ask for the Vehicle Identification Number (VIN). You can check a car's history online at [websites like Carfax](#).
5. **Mechanic.** If you are buying from a dealer, make sure that the car passes a mechanical evaluation. If you are buying from a person, ask a mechanic to look at it before you buy it.
6. **Negotiate the price.** Check prices on cars like yours and go to more than one place to compare cars. This can help you negotiate a good deal.
7. **Read the fine print.** Understand the contract before you sign anything. Remember, what counts is what is in the contract, not what the salesperson promised. Make sure that you fill out all of the paperwork you need, especially if you are buying

from an individual owner.

8. **Title and registration.** Make sure to get the title and registration before you give them any money.

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## Driving Legally

### Car Insurance

All motorists that operate a motor vehicle on Indiana roadways are required to maintain the state's minimum amount of liability insurance coverage for the vehicle they operate. Indiana's insurance laws state that first-time offenders caught driving without insurance can face a \$250 fine as well as a license suspension of 90 days or until they provide proof they carry insurance.

When you have car insurance, you pay a monthly fee, and then the insurance covers some of the costs if you get in an accident. Indiana's Bureau of Motor Vehicles (BMV) is required to verify that all motorists have the minimum liability insurance coverage in effect with respect to the vehicle operated whenever a vehicle operator is involved in:

- An auto accident for which the BMV receives an accident report.
- A pointable moving violation within one (1) year of receiving two (2) other pointable moving violations.
- A serious traffic violation, such as a misdemeanor or felony.
- Any pointable violation by a driver who was previously suspended for failing to provide proof of financial responsibility.

Drivers are not relieved of the requirement to provide proof of financial responsibility following a conviction, even if the conviction is ordered expunged, vacated, or otherwise removed, from the record.

Buying insurance can be confusing. Here are a few tips:

- Talk to an agent by phone or in person. Don't sign up online.
- Find out what the maximum amount of coverage is for the plan. This is the amount they will pay if you hit a car, compared to the amount you have to pay.
- Beware of insurance scams. [Learn more at the BMV website.](#)

## **Vehicle Registration**

Indiana residents must register all newly acquired, unregistered vehicles within 45 days after the date on which the vehicle was purchased or acquired, and all vehicles owned by the person within 60 days after becoming a new resident. Check out the [BMV website for details](#).

## **Rules of the Road**

Indiana's BMV publishes the [official driver's manual](#).

# 11 | LEGAL MATTERS

After you are released, there may be times when you need to go to court or get legal help. For example, you might want to get your record sealed so you can get a better job. Maybe you want to get back custody of a child.



## **This chapter covers:**

- Getting legal help
- Child custody
- Child support
- Fees and fines
- Expunging or sealing records
- Executive clemency

**Note:** Please note that we are not lawyers and do not provide legal advice. We try our best to help you understand your legal options. Ask a lawyer if you need more help.

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## **Getting Legal Help**

### **Pro bono**

Figuring out the courts can be frustrating. It is best to get the help of a lawyer. Lawyers understand the rules and know how local judges and courtrooms work. Lawyers are often expensive, but there are lawyers who will work on your case for free (pro bono). These services are available through legal aid programs.

Indiana Legal Help was created in 2018 and is a program of the Indiana Bar Foundation, whose mission is to inspire and lead change to improve civic education and legal assistance for all Hoosiers. Visit [Indiana Legal Help](#) to find:

- A hub for self-help resources and information.
- A place to get 24/7 access to hundreds of plain language forms, videos, and guides.
- A way to connect with free and low-cost legal aid for non-criminal issues including family law, housing, and healthcare.

## Pro se

Some cases can be handled without lawyers. Pro se is Latin and means "for oneself." Pro se is the term used for representing yourself in court. Things like sealing criminal records, family law, and small claims matters often don't use lawyers. This is cheaper, but it is almost always better to hire a lawyer or find one who will work for free.

## Pro se help desks

If you decide to file pro se, most counties offer pro se help desks. The service is free. There are workers who can help you with pro se forms, courthouse directions, and legal consultations. [Contact your county circuit clerk's office](#) for information.

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# Child Custody

There are three different types of custody under Indiana law:

- **Physical Custody:** The child lives most of the time with the person with Physical Custody. In most cases, one parent has physical custody and the other parent has visitation or parenting time.
- **Legal Custody:** If you have Legal Custody it means you can make choices about your child's future. For example, where they go to school. Parents who share legal custody must work together to make decisions.
- **Visitation or Parenting Time (Third Party Custody):** If you have Parenting Time it means you can spend time with your child. The court will decide how much time they will spend with you. Even if you don't have Parental Responsibilities you can still have a good amount of Parenting Time.

Custody can be complicated. Many people hire a lawyer to help them. If you choose not to have a lawyer you will need to file a petition to modify custody. Petitions can be found

online, or by visiting your county's circuit clerk office. There will usually be a fee. Once your petition is filed and read, a hearing should be set to change custody.

## **Indiana Parenting Time HelpLine**

The Parenting Time HelpLine is a team of Indiana Attorneys with experience in the area of family law. This team of attorneys have training in helping to settle disagreements in order to provide effective guidance to parents to work through their parenting time concerns. Their services are made free to the public through a federal grant for the purpose of assisting non-residential parents in gaining greater access to their children.

The Parenting Time HelpLine is a free service you can use to talk about parenting time issues with an attorney. The Parenting Time HelpLine can give you legal information and help you get a better understanding of the Indiana Parenting Time Guidelines. The attorneys provide legal education, explanation, and resources regarding establishing parenting time, or enforcing a parenting time order. The helpline is available by phone at (844) 836-0003 or by email at [Pthelpline@dcs.IN.gov](mailto:Pthelpline@dcs.IN.gov).

## **Foster Care and Reinstating Parental Rights**

What if your child is in foster care or with a relative? What if your parental rights have been terminated? You may still be able to get your rights restored. The first step is understanding how the process works. The second step is understanding where you are in your own case.

After your case has started, your child may be removed from your home. If this happens, the [Department of Child Services](#) (DCS) will try to place your child with family members, or people who act like family members. DCS may not know of all your family members, so let them know if there is someone they don't know about.

You will need a lawyer if your child is taken by DCS. Let the judge in your case know you can't afford a lawyer. The judge will assign one to you.

DCS has to try to help you get your child back. They will give you a list of things you need to do for your child to come home. This list may include:

- Parenting classes
- Anger management
- Counseling
- Drug or alcohol classes
- Continuing education
- Minor changes to your home

For the safety of the child, you will have to show the judge and DCS that you are making “reasonable efforts” and “reasonable progress” to finish everything on the list.

It is very difficult to show you are making reasonable efforts while incarcerated, but it is not impossible. It is important to try to do the things on your DCS list as well as you can. Try to keep records of this for your lawyer.

Once you leave prison, you can work to finish your list. DCS does have to fairly let you complete their list. But the judge is the one who decides whether you get your child back.

If your child has been under the supervision of the Office of Family and Children for at least 15 out of the last 22 months, the judge can terminate your parental rights. This means you would not legally be your child’s parent anymore. This 15 months starts when your case begins. That’s why it’s important to always keep track of your case and the timeline.

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## Child Support

If you don’t live with your child, you may need to pay child support. Child support is money that you pay to the parent who is taking care of your child. Child support lasts until children turn 18, or 19 if they are still in high school. You will pay a certain amount of your income in child support. The amount you pay depends on how many children you have. A judge may order you to pay for other things too, like healthcare, child care, or school costs. [Click here for Indiana Child Support Rules and Guidelines.](#)

## **Reducing Payments**

It is very important to pay your child support. If you don't pay, you might have money taken out of your paycheck. You may be able to get your payments lowered, if you:

- Are suddenly making less money
- Are incarcerated
- Have large healthcare costs

If one of these things happens to you, you need to let the court know as soon as you can. You'll need to file a petition with the court. You can hire a lawyer to do this or do it yourself. Once you file the petition you'll probably need to go to court to talk about your case.

If a court has ordered a suspension of your driver's license for failure to pay child support, it is important to petition to reduce that payment. Many judges allow you to make payments according to your income. They will remove the suspension as long as you are doing so.

## **How are child support obligations enforced?**

Some of the enforcement tools that may be used include:

- Withholding support payments from wages, unemployment compensation and other benefits
- Intercepting federal and state income tax refunds, lottery winnings, and insurance settlements
- Reporting of unpaid support to a credit bureau

- Suspending driver's and professional licenses as well as hunting and fishing licenses
- Applying vehicle liens
- Locating and withholding bank assets
- Cross matching parents who owe support with employer new hire reports
- Denying/revoking passports
- Interfacing data with numerous other federal and state agency systems

[Click here](#) for a list of local Child Support Offices.

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## Fees and Fines

There are many different fees and fines you may have to pay. You might have court fees or fines, like:

- Traffic tickets
- DUI fees
- Payments to the victims of the crime you were convicted of
- Other fines related to the crime

- Fines and debt for failing to pay child support
- Parole or probation fines, such as fees for anger management or parenting classes, and fees for any required registration

Even small fees can make it hard to get back on your feet. Still, it's important to plan for how you will pay them. Not paying your fees or fines can make your problems worse.

- Officials can hold those fees against you if you return to jail.
- Sometimes people are returned to jail for not paying fees, especially if they “willfully” do not pay them.
- Sometimes fees have a high interest rate, meaning the amount you owe will get larger the longer you wait to pay.

*It's hard to make a decision between paying fines and staying out of jail, or paying bills and having somewhere to live.*

– **Anonymous**

But there is good news. There are programs that can help you with your fees.

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## Expunging or Sealing Records

Sealing your record means employers can't ask about your record. This could make it easier to find a job. Under Indiana law, there are three main requirements that must be met before filing for an expungement:

- You don't have any pending criminal charges;
- All court costs, fines, fees, and restitution must be paid; AND
- The relevant waiting periods must be met.

## Outstanding Costs

It can be difficult to pay outstanding costs, but it is required before you can file for an expungement. If you can start paying a bit each month, that will eventually help you when you file for expungement. To find out how to make a payment, call the County Clerk's Office where you owe money. [Click here for a Directory of Courts and Clerks in Indiana.](#)

## Waiting Periods

The law says you can't file for an expungement until a certain number of years after a conviction or sentence. The number of years you must wait depends on the type of conviction. You should not file for an expungement until you meet the waiting period requirements for ALL your convictions. There are two waiting periods you must meet before you can file for an expungement

- **Waiting Period 1:** The first waiting period begins on the day you are convicted of a crime. Ask yourself, "has it been X years since the conviction date for that crime?"
- **Waiting Period 2:** The second waiting period looks backward in time from the present date. Start with today's date, and ask yourself, "has it been X years since I was convicted of ANY crime in ANY state?"

If the answer to either of those questions is no, you are not currently eligible for an expungement.

Type of Conviction	Waiting Period 1	Waiting Period 2
Arrests or charges that were dismissed	1 year from date of conviction	No second waiting period
Misdemeanor or Class D/Level 6 Felony that was reduced to a Misdemeanor	5 years from date of conviction	5 years since conviction of ANY crime



Class D/Level 6 Felony that did not result in bodily injury	8 years from date of conviction	8 years since conviction of ANY crime
Class A-C/Level 1-5 Felonies and Class D Felony that did not result in serious bodily injury	8 years from date of conviction OR 3 years from completion of sentence, whichever is later	8 years since convictions of ANY crime
Class A-C/Level 1-5 Felonies and Class D Felony that resulted in serious bodily injury	10 years from date of conviction OR 5 years from completion of sentence, whichever is later	10 years since conviction of ANY crime

There is an exception to the rule that you must wait a certain number of years since your most recent conviction to petition to expunge your conviction records. If you get written permission from the County Prosecutor stating that you may file a petition before the waiting period, then you may file a petition sooner.

The [Indiana Coalition for Court Access](#) can assist in finding low-cost legal help. Additionally, the Indiana Coalition for Court Access and Bar Associations provide options if you do not qualify for low-cost legal aid.



## 12 | FINANCES, CREDIT, AND TAXES

Thinking about money can be stressful. Take small steps toward managing your money, especially if you're doing it on your own for the first time. Making smart decisions about your money can help you have control over your life. Having control over your finances will help you avoid money troubles in the long run and feel more secure about the future.

### **This chapter covers:**

- Banking Basics
- Using Bank Cards for Purchases
- Budgeting and Financial Resources
- Avoiding Scams

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## Banking Basics

It's a good idea to open a bank account so that you have a safe place to put your money. A bank account also helps you avoid the fees that come with cashing checks and transferring money.

There are two basic types of bank accounts: checking and savings accounts. A checking account keeps your money safe. It also gives you easy access to your money so you can buy things and pay bills. When you open a checking account, you get checks and a debit card. You can use these to buy things, pay bills, or get cash from your account using ATMs. Some checking accounts have monthly fees while others do not, so make sure you ask about fees.

Once you have some money saved, it's a good idea to open a savings account. A savings account allows you to earn more interest on your money. This means that if you leave the money in your savings account, it grows over time (usually at a very slow pace). You cannot write checks from a savings account, but some savings accounts will allow you to access your money through an ATM.

There are many good reasons to have a bank account:

- Putting your paychecks in a bank account is cheaper than paying fees for check cashing services.
- Some employers put your earnings directly in your account. This is called "direct deposit."
- If you have a debit card, you don't need to carry lots of cash.

- Many banks offer free access to online services, which you can use to track your spending, pay bills automatically, and transfer money between accounts.
- Smartphone apps like Venmo let you transfer and receive money without any fees. You can get Venmo on your phone and use it if you have a bank account.
- You can work with banks to get car or mortgage loans, develop a retirement investment plan, and invest in stocks.

**Note:** You don't have to be a U.S. citizen or have a Social Security number to open a bank account. You can open an account using the Individual Taxpayer Identification Number (ITIN) assigned to you by the IRS, regardless of immigration status. Visit [IRS.gov](https://www.irs.gov) for more information about ITINs.

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## Choosing a Bank

Banks and credit unions offer different products to choose from, like checking and savings accounts, loans, rewards programs, and credit cards. Before choosing a bank, think about what you need. When you first go to the bank, ask to speak to someone who can help you understand their services and how they can meet your needs.

Here are a few things to consider:

- **Is the bank local, or does it have ATMs and branches in other cities?** If you plan to travel a lot, you may want to choose a bank that has many locations. Online banks are also an option.
- **What fees does the bank have?** Look out for overdraft fees (when you take out more money than you have), fees for closing accounts, fees for foreign transactions, and monthly maintenance fees.

- **Does your employer, school, or community have a credit union?** Credit unions are different from banks. See the chart below comparing banks and credit unions.
- **Has a bank ever shut down your checking account?** If so, banks might reject your account application. Don't worry though, because some banks offer second-chance checking accounts. Call and ask smaller local banks and credit unions about their account policies. They may be more open to people who have had financial trouble.
- **Is your bank or credit union backed by the government?** If it is, that means that if the bank closes or has other problems, your money is protected. Make sure your bank is a member of the FDIC or NCUA.
- **Are you a veteran?** If so, you qualify for a USAA account. USAA members and their families can often get good rates on loans. Visit [usaa.com](http://usaa.com) for more information.
- **Do you have a low credit score?** Many banks use a database called ChexSystems to check your bank customer history, but they don't always pull your credit report when you apply. Ask them about their policies.

	Banks	Credit Unions
Pros	<ul style="list-style-type: none"> <li>● Easier to open an account</li> <li>● Many branches and ATM locations</li> <li>● More options for types of accounts, loans, and credit cards</li> <li>● Online banking and services</li> </ul>	<ul style="list-style-type: none"> <li>● Not-for-profit institutions</li> <li>● Member owned</li> <li>● Smaller, with better customer service</li> <li>● Higher interest on savings accounts</li> <li>● Lower rates for loans</li> <li>● More flexibility</li> </ul>
Cons	<ul style="list-style-type: none"> <li>● More restrictions</li> <li>● Less flexible if you make an error</li> <li>● Higher interest rates</li> <li>● Owned by investors who may not act in your best interest</li> </ul>	<ul style="list-style-type: none"> <li>● More exclusive memberships</li> <li>● Fewer locations</li> <li>● Fewer product options (loans, etc.)</li> <li>● Less online service</li> </ul>

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## Using Bank Cards for Purchases

If you've been in prison for a long time, buying things at the store may look very different. Perhaps you carried around cash in the past or wrote paper checks. Most people these days use debit cards or credit cards rather than paying with cash.

Here are some card options:

- With a **credit card**, you are borrowing money and will need to pay it back. We talk more about credit cards in the next section.
- **Debit cards** look just like credit cards, but are different. Most debit cards are linked to a checking account, and you can only spend money that you have in your account. Debit cards can be used anywhere that you use a credit card. You can also use your debit card to get money from an ATM.
- With **prepaid debit cards**, you can load money onto the card when you get it, then use it to make purchases. Prepaid debit cards are often used by people who can't get a bank account. You might use one if you haven't been able to get your ID yet. [Bluebird by American Express](#) and [Chime](#) are prepaid debit cards with no monthly fee.
- Your **EBT (Electronic Benefits Transfer)** [Hoosier Works card](#) for food stamps and/or cash benefits.
- **Gift cards** work like prepaid debit cards. Some cards--like a [Visa Gift Card](#)--can be used at any store, while other gift cards only work for specific stores. Always check if there are any fees.

For debit cards, you will need to make a 4-digit Personal Identification Number or PIN, which is like a password. Before you use your card, make sure you have your PIN set up.

Usually, there is a phone number on the back of the card that you can call to set up the PIN. When using a debit card or EBT card, make sure you know how much money you have. If you don't have enough money, your card may not work.

*The first time I went to the store by myself, I got up to the front of the line and didn't know how to pay for my groceries. I saw this contraption for a card that looked real complicated and didn't know how to use it. A long line of people were behind me and getting restless when I was just standing there looking dumbfounded. I didn't want to tell anyone I had been locked up and didn't know how to use a link or debit card. I was embarrassed and panicked!*

**– Michael**

It can be embarrassing if you don't know how to use a card. Here's a brief guide (summarized from the Wikihow website) about what to expect when you check out at a store.

### **After the cashier scans your things, they will ask you to pay.**

1. There will likely be a card reader on the counter. Card readers look a little bit like calculators. They usually have a screen with instructions to follow.
2. The screen on the card reader may ask if you agree to pay the amount on the screen. You may have to press "enter" or "yes" to continue.
3. Next, the screen may ask you to swipe your card. Other times, the cashier will let you know when the machine is ready for you to swipe your card.
4. Some card readers will need you to swipe your card on the right side. Others will need you to stick your card into a slot and leave it there. Don't worry if you don't get it right the first time. Lots of people have to swipe their cards a few times. Everyone needs to ask the cashier for help sometimes.
5. Some modern card readers may ask you to "tap" your card. This means that you lay your card down on the chip reader instead of inserting or swiping it. This only

works with some cards. This may seem confusing, but remember that cashiers are used to offering help.

6. The card reader may ask whether you want to pay by “debit” or “credit.” If you hit debit, it may ask you to enter your 4-digit PIN number. Once the screen says “Approved” you should get a receipt. You can take your items and your receipt and leave.
7. Some debit cards allow you to get “cash back” with your purchase. This is like an ATM withdrawal. The card reader screen will ask if you want cash, and you will enter the dollar amount you would like. The cashier will then give you the cash. The amount will come out of your bank account with no additional fees charged.
8. If you are using a credit card, you may be asked to sign a paper receipt or sign the screen with a special pen that is attached to the card reader. It will ask you to press “enter” or “accept” when you are finished. Once you have finished signing and get your receipt, you should be ready to go.

[Visit this site to learn how to use a debit card.](#)

[Visit this site to learn how to use an ATM.](#)

**Remember:** When using a credit or debit card, it’s OK to ask for help! Lots of people have problems using their cards. The cashiers are there to help you.

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## Budgeting and Financial Resources

One of the easiest things you can do to manage your money is to make a budget. Budgeting can help you know where your money is going so you do not spend more than you make. There are thousands of different budget forms you can download online for free. Budget apps for your phone allow you to track purchases as you make them.



To make your own budget, add up how much money you make every month. Then, make a list of everything you spend money on in a month and compare the two numbers.

You can find information online about banks, credit unions, account options, and strategies for saving your money. Some financial planning websites have a “chat” where you can ask an advisor a question and get an answer right away. Here are some free resources for learning about and managing your money:

<b>Budgeting</b>	<a href="#"><u>Good Budget</u></a>
<b>Financial Literacy</b>	<a href="#"><u>Federal Deposit Insurance Corporation</u></a> (FDIC)
<b>Financial Education</b>	<a href="#"><u>Smart About Money</u></a>
<b>One-Stop-Shop Finance Education and Advice</b>	<a href="#"><u>National Endowment for Financial Education</u></a>

**Disclaimer:** Please remember that we are not telling you you must use any of these websites or services. The resources listed here are suggestions. It is important to think, on your own, about any advice you receive.

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## Avoiding Scams

You don't want to become a victim of a scam. [Visit this website](#) for a list of common scams and their warning signs..

There are always new scams to be aware of. In addition to the FBI site, the [Better Business Bureau Scam Tracker](#) and the [Federal Trade Commission](#) both have information on many of the latest scams. They also let you report if you've been a victim of a scam.

Here are a few ways to avoid getting scammed:

- Be suspicious of emails or calls that offer you lots of money or “free gifts” if you pay a small fee. If the reward sounds too good to be true, avoid it.
- Beware of companies that try to push you into signing up for something immediately. Only sign up for services you understand. You can always ask them for more information if you are confused.
- Only give personal information (such as account numbers and Social Security numbers) to companies you know to be trustworthy.
- Never pay for a letter of credit.

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## Credit

You may be considering getting a credit card so that you can buy things with credit. Buying on credit means that you buy things now and pay for them later. A bank or credit card company loans you the money, and you agree to repay them later. Usually, this means that you buy something with your credit card, and then you make monthly payments to the bank until the loan is repaid.

When you buy with credit, you must pay interest. Interest is a fee for borrowing the money. A loan’s interest rate determines how much interest you will owe every month. High interest rates can be very expensive. Think hard before you get any credit card, and make sure not to sign up for too many. The more cards you have, the more payments you will have to make. Also, having too many credit cards will damage your credit score. A bad credit score will make banks want to charge you more interest. Credit card companies make money when people get deeper and deeper into debt. You do not want to be that customer! To be safe, only buy with your credit card what you can pay for within a month. A credit counselor at a nonprofit organization can give you good advice about getting a credit card. One example is [Credit.org](https://www.credit.org), which offers free telephone counseling sessions.

It's different for major purchases, like a car, a house, or college tuition. In these cases, getting a loan makes sense. You may be unable to pay for a car all at once, but the cost becomes easier if you can spread it out over many months. Make sure to choose a car that is affordable, so that you can manage your monthly payments. Try to get a loan with an interest rate that is as low as possible. Again, be cautious and talk to a credit counselor before going into debt.

If you decide to get a credit card or buy something using credit, your bank will first look at your credit score (also called your credit rating). A credit score is a number that tells them whether they think you will repay a loan. If you have a good credit score, it will be easier to get loans and lower interest rates. If you were in debt before you went to prison, you will need to take steps to improve your credit score. Credit scores range from 300 (bad credit) to 850 (excellent credit).

### **Here are some guidelines for managing credit:**

Get educated. Being uninformed can lead to costly mistakes. For a good primer on your credit report and scores, [check out this webpage](#).

#### **Be smart**

Avoid businesses (such as car dealerships and payday loan offices) that advertise directly to people with bad credit. They often have extremely high interest rates. Their business depends on your failure to pay your debts on time. Do not support any company whose business model depends on your lack of money.

#### **Be cautious**

Read the fine print carefully and understand the rules before you sign anything. Remember, what counts is what is in the contract, not what the salesperson promised.

## Pay your debts

If you've gotten behind on any of your debts—or have had debts fall into collections— pay them, or make a plan for starting to pay them. [Click here for information about getting out of debt.](#)

## Pay your bills on time

Paying on time is a good habit and can improve your credit score. The easiest way to do that is by setting up an automatic payment with your bank on your bills' due dates. Marking the dates on a calendar is fine, too.

## Use credit cards wisely

If you choose to have a credit card, don't charge what you can't pay back at the end of the month. If you must borrow money with a credit card to pay your credit card bills, it's time to talk with a credit counselor.

*If possible I would suggest you have a loved one that you trust and who believes in you to add you to some line of credit much like parents do for their children. Trust me, you will need it.*

**– Shaun**

*Open a bank account. Work on building up your credit. If you get a credit card, use less than 30% of the credit limit, buy things with your credit card, and then use the 30-day grace period to pay the bill in its entirety. That's the slow way to build credit.*

**–Joe Joe**

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## Filing Taxes

Once you start earning money, you will have to pay federal and state taxes. The amount you pay depends on how much you make and who lives with you. Things like childcare, disability, and healthcare costs will also change how much you pay. Taxes are taken out of your paycheck.

When you file taxes, you let the government know how much you have earned and how much you have paid in taxes. You can also tell them things like if you have children, disability, or healthcare costs. The government decides whether you have paid too much or too little in taxes. In many cases, you will find that you have paid too much, and you will get a tax refund. If you have paid too little, you have to pay the amount you owe. If you do not file your taxes, you won't receive a refund, you will have to pay a fee, and you may owe back taxes. Depending on where you live, this may also be a violation of parole.

### W-4 Form: Claiming Income and Exemptions

When you start a new job, you are asked to fill out an IRS Form W-4. This form helps your employer know how much of your paycheck should be withheld in taxes. It is important to fill out this form so that you can arrange to pay taxes month by month. If you don't fill it out you'll have to pay them all at once at the end of the year. To learn how to fill out a W-4 form, [visit this website](#).

### Filing Taxes

Every year, you will need to file both federal and state taxes by April 15. Many people choose to file their taxes in January so that they can get their tax refund sooner.

To file taxes, you will need a W-2 form from your employer(s). Employers will usually give you W-2 forms in January. Next, you will need to decide which type of tax return to complete. Some of the more common forms are:

- Form 1040 (U.S. Individual Income Tax Return)
- Form 1040A (U.S. Individual Income Tax Return)
- Form 1040EZ (Income Tax Return for Single and Joint Filers With No Dependents)
- Form 1040NR (U.S. Nonresident Alien Income Tax Return)
- Form 1040NR-EZ (U.S. Income Tax Return for Certain Nonresident Aliens With No Dependents).

Because filing taxes can be confusing, many people get help from a tax professional called a certified public accountant, or CPA.

Simply bring your W-2s and any other IRS forms to their office. For a fee, they will file your taxes for you. This means you won't have to worry about mistakes or spending a lot of time on your taxes. This is a good idea for people who have multiple jobs or other complicated tax situations. If you are looking for a CPA, ask someone you trust to recommend one.

There are also online websites that can help you file your taxes. These websites cost less than a tax professional. If you have a simple tax situation you might want to use a website. The website will guide you through your return using a series of questions and automatic calculations. Remember to read all instructions and offers carefully. It should be free to file your federal tax return, but most online services charge to file your state tax return. Some of the most used online tax filing websites are:

- [E-file.com](http://E-file.com)
- [TurboTax](http://TurboTax)
- [H&R Block](http://H&R Block)
- [TaxAct](http://TaxAct)
- [Jackson Hewitt](http://Jackson Hewitt)

Some places offer free tax help for people. [Check this website](#) to see if there is a program near you.

# 13 | VOTING

**Your vote matters.** According to Pew Research Center about two-thirds (66%) of the voting-eligible population turned out for the 2020 presidential election – the highest rate for any national election since 1900. The 2018 election (49% turnout) had the highest rate for a midterm since 1914. Even the 2022 election’s turnout, with a slightly lower rate of 46%, exceeded that of all midterm elections since 1970. Your vote can make a difference, especially at the local and state levels.

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## Hoosiers Who Have Been Previously Incarcerated

After a conviction, you get your right to vote back the day you leave prison in Indiana. People who have been previously incarcerated should check their registration, and re-register to vote if it has been canceled. Individuals on parole, probation, home detention, or people who are in jail awaiting trial can vote. People who are in a community corrections program, such as work release or electronic monitoring, can vote. Learn more and view corresponding Indiana code [on this site](#).

US federal elections (for President, Senators, and House of Representatives) happen every two or four years, on the first Tuesday in November. State and local elections can take place in any year, at any time. During any federal, state or local elections, you may be voting for state leaders, county state attorneys, local officials, and sometimes judges. There may be other important offices and issues on the ballot.

### Step 1: Register to Vote

You can register to vote online at [indianavoters.in.gov](https://indianavoters.in.gov). You have to provide your Photo ID to register. If you have any questions, volunteers at the non-partisan Election Protection hotline (866) OUR-VOTE (687-8683) can help you for free. After registering online or by mail, you should receive a voter card. It will have your name and will tell you where to vote and when.

## Step 2: Learn About the Candidates and Issues

This guide cannot tell you how to vote. But you can learn about candidates and issues by listening to the news, talking with people you trust, and looking up candidates and issues online. Below are some websites to explore candidates:

<b>isidewith.com</b>	Take a quiz to find which candidate aligns with your political beliefs.
<b>allsides.com</b>	News articles about topics across the political spectrum.
<b>ballotready.org</b>	Ballot Ready will show you what your ballot on election day will look like, including all the candidates up for local elections.

You can take notes, voting guides, and this voter information into the voting booth. It's a good idea to do this, because there can be a lot to remember.

## Step 3: Vote!

Find your voting location. Between early voting and election day, voting locations and operation hours change. Find your polling location at [Indiana Voters](#). Depending on when and where you go, there may be lines.

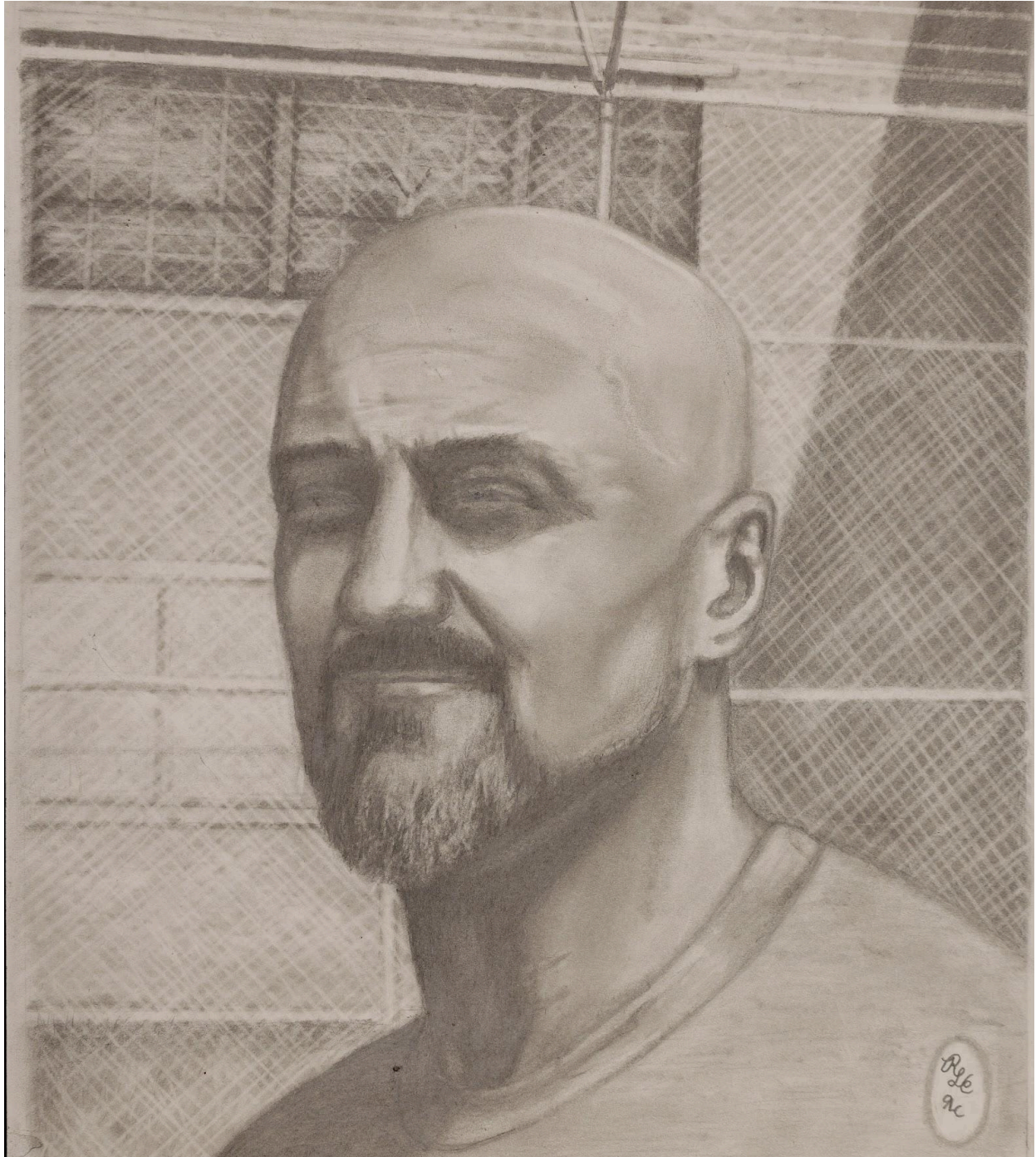
**Find a ride.** There are various transportation options of discounted or free rides from Uber and Lyft to public transportation.

**Bring your documents.** You will need to bring your voting registration card and Photo ID. Remember, you can bring notes and other papers in to help you remember who you are voting for.

**Take your time.** Do not let anyone rush you. If you need help, ask a poll worker. They cannot tell you who or what to vote for, but they can answer questions about the process. They can help you mark a ballot if you have difficulty reading or if your English is limited. You can also request a ballot in other languages.

Learn more about your voting rights on the [American Civil Liberties Union website](#).





# 14 | VETERANS

This section covers Veterans Administration (VA) benefits and services. Although you can't access your VA pension while incarcerated, there are many veteran programs and benefits on the outside that can help you.

Although you typically are unable to receive your VA pension for the duration of incarceration, you will still receive benefits during the first 60 days in prison.

If you have an injury or disability that is 80 to 100% related to your military service, you can receive 10% of your pension while incarcerated. You cannot receive any of your pension for injuries or disabilities that happened after your service.

Veterans who are incarcerated can still get other benefits, including education and training, healthcare, insurance, vocational rehabilitation and employment, and burial services.

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## Transferring Benefits to Your Family

While you can't get your benefits in prison, you can transfer your pension to your family. This includes a spouse, children, or parents who rely on you for money. They must have financial need to get the benefits. This is called apportionment.

You (or an adult you are giving your benefits to) should apply for apportionment within one year of the day you were incarcerated. To apply, mail a letter to your VA Regional Office (VARO). Your letter should say who you are and whom you want to transfer your benefits to. You must also complete and mail VA Form 21-0788. There are a couple of ways you can get this form:

1. Ask a prison counselor for assistance. They may be able to get the form for you.
2. [Download the form from the website.](#)

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## Women Veterans

The Women Veterans Call Center will help you navigate VA, point you in the right direction, and connect you with the Women Veterans Program Manager at your local VA medical center.

This service is free and confidential, and you can call as many times as you need. If you are a woman Veteran you may call for yourself, or a friend, relative, or caregiver may call for you.

Call or text the [Women Veterans Call Center](#) at 1-855-VA-WOMEN (1-855-829-6636) or use the online chat feature. Women Veterans Call Center representatives are available Monday through Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET, excluding federal holidays. If you contact the Women Veterans Call Center after hours and leave a message, you will receive a return call the next day the call center is open.

The Women Veterans Call Center is your resource for information about a variety of services and benefits that you have earned and deserve through your military service. The Women Veterans Call Center can be your first call to find out how VA can help you.

### **Indiana VHA Women Program Managers**

- Evansville VA Health Care Center | Kimberly Davis, MSN RN  
(618) 997-7696 | [Kimberly.Davis@va.gov](mailto:Kimberly.Davis@va.gov)
- Fort Wayne VA Health Care System | Kasandra Johnson  
(260) 426-5431, ext. 62969 | [Kasandra.Johnson@va.gov](mailto:Kasandra.Johnson@va.gov)
- Indianapolis VA Medical Center | Dr. Christie Lodics, MSN, APRN, FNP-C  
(317) 459-0521 | [Christie.Lodics@va.gov](mailto:Christie.Lodics@va.gov)

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## Reinstating Benefits After Release

You can have your benefits start again 30 days before your scheduled release date. If you are in prison, ask your counselor or someone on the outside to help you contact the IDVA to get your benefits restored. Call (800) 393-0865 or go to [VA.gov](https://www.va.gov) for help.

The VA has a reentry program called **Health Care for Reentry Veterans** (HCRV) Program. They offer:

1. Post-release assessments
2. Referrals to medical, psychiatric, and social services, including employment services and housing assistance
3. Short-term case management after reentry. All VA Medical Centers have reentry staff. Contact the closest VA Medical Center to begin receiving services

You can find [VA hospitals and clinics in your state here](#).

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## Filing Disability Claims

Do you have a disability related to your military service? You can file a disability claim online or in-person. You can get disability benefits in prison and once you are released.

To file an online claim, [visit this website](#) and create an eBenefits account by clicking "Register." You will need to provide some personal information to open an account. Then click "Apply for Disability Compensation" to apply.

You will need your medical records and any other proof of disability for your claim. You can also apply for a disability claim by filling out a paper application at a VA facility, or mailing the claim to a VA facility. You can [find VA facilities here](#). Visit this website to [learn how to file a claim on this webpage](#).

The VA does not accept all claims. In fact, they reject almost all claims the first time. Keep trying. The process can be complicated, so you may wish to get help from a Veterans Service Organization (such help is free). Some veterans hire a claims agent or an attorney. You can search any of these options [at this website](#).

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## Health

After you leave prison, you can get care at VA medical centers. You can enroll in their system by visiting a VA medical center, or by phone at: (877) 222- VETS.

You can only receive care if you were honorably (or generally) discharged. You can receive treatment for injuries unconnected to your military service.

Not all VA healthcare is free. Your insurance will be billed for care, and you will have to pay part of your bill inpatient, outpatient, extended care (nursing home care), and medication costs. Some of these services may be free if your income is below a certain limit or if your illness is connected to your service. For more on eligibility [visit the VA website](#).

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## Housing

The VA's Health Care for Homeless Veterans (HCHV) program provides help for veterans that are homeless. This includes benefit help, case management services, and help getting housing. Contact the closest VA Medical Center to get services.

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## Employment

The VA has employment help for honorably (or generally) discharged people.

Local Veterans Employment Representatives (LVER) and Disabled Veterans Outreach Program Representatives (DVOP) help veterans find jobs. They also [provide job training](#).

The **Homeless Veterans' Reintegration Project** (HVRP) helps veterans with:

- Searching for jobs
- Vocational counseling
- Occupational skills training
- On-the-job training
- Trade skill development
- Job placement assistance
- Referral to supportive services

Vocational Rehabilitation and Employment services help veterans with disabilities related to military service. They offer help finding a job, job training, and advice. To connect with this program, call (800) 827-1000 or [visit this site](#).

Veterans Industries and Compensated Work Therapy programs help homeless and near homeless veterans with physical, mental health, or addiction problems. These programs contract with businesses to provide paid work for these veterans. They also have therapeutic housing. [Veterans Industries Programs](#) are sometimes housed within VA Medical Centers.

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## Indiana Veterans Transportation Service Locations

The Veterans Transportation Service (VTS) is designed to ensure that all qualifying Veterans have access to care through convenient, safe, and reliable transportation.

VTS provides qualifying Veterans with free transportation services to and/or from participating VA medical centers (VAMCs) in a multi-passenger van. This service ensures that all qualifying Veterans who do not have access to transportation options of their own, due to financial, medical, or other reasons, are able to travel to VA medical facilities or authorized non-VA appointments to receive the care they have earned. Schedule a ride at the [Vet Ride website](#).

## **Northern Indiana VA Medical Center (610)**

1700 East 38th Street, Marion, IN 46953-4568

(765) 674-3321

[Website link](#)

## **Transportation Contacts**

**Daryl Paul**

[Daryl.Paul@va.gov](mailto:Daryl.Paul@va.gov)

(765) 674-3321 ext. 74526

**Greg Needler**

[Greg.Needler@va.gov](mailto:Greg.Needler@va.gov)

(765) 674-3321 ext 74345

## **Richard L. Roudebush VA Medical Center**

1481 W. 10th Street

Indianapolis, IN 46202

(317) 554-0000

[Website link](#)

## **Transportation Contact**

**Laura Droeger**

[laura.droeger@va.gov](mailto:laura.droeger@va.gov)

(317) 988-2285



03

HEALING AND MOVING FORWARD



# 01 | BEGINNING TO HEAL

Prison can hurt in a lot of ways. People who are incarcerated sometimes push others away to protect themselves from that pain. Some people stay away from relationships, avoid grieving, and ignore emotional self-care to stop themselves from feeling helpless or overwhelmed by their feelings. Others may seek to protect themselves from being vulnerable with distance and indifference, as a form of self-protection and to prevent being rejected or harmed first.

*My family thinks that because I'm free, all my problems are over, but really we carry all this baggage with us. The coping mechanisms we had on the inside are still with us, and they create barriers on the outside.*

**– Pablo**

Healing is a part of moving forward and reconnecting the pieces of your life. It is a process, and it requires you to be both vulnerable and strong. Usually, in order to be strong, vulnerability is required. It might sound hard to be vulnerable. Opening up to yourself and being open to trusting others is a big step toward getting your life back, as you transition out of prison.

Prison is often traumatic. Recovery will take time. The work towards recovery is a step toward healing. Vulnerability is not weakness. It is not weak to ask for help. Getting help from a professional is a wise option to make the most out of your reentry. Support groups and individual counseling can help you deal with trauma that may have happened while you were in prison. See the Mental Health section for information on finding support.

This section addresses a number of aspects of wellness that can help you heal and move forward. It is based on suggestions given to us by incarcerated students.

## Wellness

What is wellness? Wellness is a complex subject because it means something different for everyone. After you leave prison, wellness is often about making meaning out of your experiences. It also means making these experiences a part of who you are and who you want to be in the world. It is about forgiveness, healing, caring for yourself, and reconnecting with others, but this process is as unique as every individual. Unfortunately, there is no set timeline or process that fits everyone.

## Emotional Wellness

Emotional wellness means being respectful of yourself and others. It means you are aware of your pleasant and painful feelings and learning to accept them. Wellness includes expressing your feelings to others in healthy and constructive ways. It also means you think about other people's feelings and perspectives. People may think differently than you. Knowing how to disagree respectfully is key to healthy relationships. You may have other unresolved issues you're dealing with, such as grief, shame, anger, or depression. Be patient and realize the path toward emotional wellness can be a long one.

*Reach out to somebody. One of our coping mechanisms that's prevalent with individuals who are incarcerated is that we retract ourselves, isolate ourselves to try to deal with it, with the psychological hurdles we're going through.*

**— Pablo**

## Physical Wellness

Physical wellness includes taking care of your body. It is important to stay active and healthy through any number of strategies. You can consider finding a gym, jogging, walking, biking, practicing yoga, or looking up free at-home exercise videos online. You can also include dancing, playing with pets, kids, or any movement that brings you joy. In addition to moving your body, it's important to eat healthy and drink plenty of water to fuel your body. Practice safe sex by using sexual protection and having open conversations about sexual health and screenings.

For those with addiction or substance abuse backgrounds, getting help through counseling or recovery programs can be a strong relapse prevention step or intervention. You can read more about healthcare in our Health chapter.

## **Social Wellness**

Social wellness means looking for and building healthy relationships with important people and relationships in your life. As we discuss in our Healthy Relationships chapter, reentry is a time when you will strengthen old relationships and build new ones. While it can be difficult to put yourself out there or work on existing relationships, it can also lead to meaningful, healthy relationships.

## **Spiritual Wellness**

Spiritual wellness is thinking about a larger meaning or purpose to life. This can, but does not have to, involve religion. You may decide to join a place of worship or to explore a higher power through AA, for example, or pursue activities that help you feel connected to yourself, others around you and the world.. You may also decide to join a support group to find community and purpose. Set aside some time each day to be open, listen, and reflect on what areas of your life feel peaceful and which areas feel chaotic or unsettled. Practice mindfulness or meditation. A description of some ways of doing so can be found in our Mindfulness chapter.

*Take a breath. You're going to be in for a ride, and you better pack your patience.*  
— **Pablo**

## **Occupational Wellness**

Occupational wellness is contributing meaningfully and productively in your work. Your job may not be your ultimate career job, but how you engage with your work is entirely up to you. What strengths do you bring to the table? Bring those to your work. Invest in yourself by investing in what you do. Find ways to do a little extra and try new things if you are able. Take the time to realize the value of the work you do, and honor that.

Be mindful of toxic work environments that may do more harm than good, in the long run. Some jobs or work dynamics can be unhealthy, physically, emotionally, or otherwise.



## **Environmental Wellness**

Environmental wellness means being aware of Earth's resources and trying to create a healthy environment. There are many ways to contribute. You can grow vegetables in a community garden or volunteer to help with community clean up. Spend time in nature and ways to contribute positively to the environment around you.

As you begin to invest in different areas of wellness and health, you might find that you make more noticeable progress in some areas than others. This is normal and to be expected. Some areas require additional time, practice, or are influenced by external factors out of your control. Some areas will improve, just by working on others.

In other words, while not all of these areas of your life may feel like they are falling into place at the same time, making progress in some is likely to help you make progress in others.



## 02 | HEALTHY RELATIONSHIPS

Prison makes it hard to stay connected with family, friends, and loved ones. Reentry removes some of these barriers, but it can be a hard time for both you and your loved ones. Rebuilding equitable, positive relationships will require time, patience and openness. You've changed while in prison, and so have your loved ones. It's going to take time to get to know each other again.

As you rejoin society, you may struggle to feel like you belong. You and your loved ones may feel uncertain about each other. You may wonder if you can trust each other.

Your relationship with loved ones may go through different stages when you return home. Things might start out great (the “honeymoon” stage) but get harder as you spend more time together. This is a common experience and we’re here to help!

Stage 1: Honeymoon	Stage 2: Uncertainty and Suspicion	Stage 3: Testing and Learning to Share	Stage 4: Belonging
You and your loved ones are excited to be back together. Everyone’s at their best, but anxiety is under the surface.	You and your loved ones might feel uncertain about your relationship and question motives. Are you going to stick around? Do you still want to be together?	You and your loved ones may test each other to see if it’s OK to share feelings and be yourself. Can you trust each other?	You may struggle with how to get involved in family routines. What roles will you play? How can you be part of family life again?

**You don’t have to face relationship challenges alone! Here are a few places you can go for help:**

- **Look for a family-oriented reentry program.** [Phalanx Family Services](#) based in Chicago, for instance, offers programs to help people and their families reunite after prison.
- **Take a class.** Anger management, parenting, communication, or marriage and family classes can help you develop skills that will make your relationships stronger.
- **Get counseling or therapy.** Either alone or with your partner or family. See our Mental Health chapter.
- **Join a returning resident support group.** Many community organizations offer supportive circles where you can share your struggles with others who share a similar background. They can provide advice and support.

- **If you are in an abusive relationship.** Call the National Domestic Violence Hotline: (877) 863-6338

There is no “one-size-fits-all” solution to the challenges people face when reuniting with loved ones. Below, we share advice about common challenges that people face when reuniting with loved ones. We cover the following topics:

- Sharing (self-disclosure)
- Parenting after release
- Dealing with difficult emotions
- Anger management
- Institutionalization
- Domestic violence

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## Self-Advocacy

Self-advocacy is the ability to speak up for yourself. It’s being able to identify your needs, communicate them clearly, and help others understand how they can support you. This is often a skill that people who have been in prison have to work on. In prison when you stood up for yourself it may have led to fights or disciplinary consequences. Many formerly incarcerated people try to avoid conflict because they are afraid it will turn violent. Or they have trouble communicating their needs calmly and kindly. The first step to developing healthy self-advocacy skills is to recognize that this may be a challenge for you. Practice expressing your needs in low-stakes situations with people you trust who want to see you succeed. Then you’ll be better at speaking up for yourself in all situations.

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## Sharing (Self-Disclosure)

Many people survive prison by becoming closed off and guarded. They seldom share things with others. But being closed off can hurt your relationships. Family members can also become closed off. They might only share positive things during their visits or visit rarely because it’s too painful.

**Tony** explains why many people are closed off from their family members in prison:

*You keep [your family] at an arm's length because you know you could lose them. A lot of us watched family members die. Family members get sick. Family members move away. You're watching the world go past you, and to keep that family interested in your life and to keep yourself interested in their life is really hard because you can't experience that life with them.*

Isolation helps people cope in prison, but it's not always helpful on the outside. So how do you open up when you're used to being closed off? How do you learn to share?

**Self-disclosure** is sharing information about ourselves that is truthful. It is being honest with your loved ones. It is one of the most important parts of a healthy relationship.

- It builds trust
- It provides emotional release
- When you share, your loved ones are more likely to share, too

There are risks to sharing. You may worry that your loved ones will reject you if they know how you feel. You may worry that you will hurt others if you share what you have experienced. You may feel embarrassed to admit that you need help. You may feel that your family members won't be able to understand what you have gone through. All this can make you afraid to share.

Keep in mind that closeness doesn't happen overnight. You can choose what to share and when. When building relationships, most people share slowly. They take small steps and wait to see how people respond. Here are some tips for learning to open up to loved ones again:

### **Start with the easy stuff**

Share what you like to do for fun. Ask them what they like to do. What movies do they love? What do they do to relax?



## Spend time together

Take long walks. As you do, share some of your feelings, fears, and goals. Invite them to open up, too. Start small and see how they respond.

## Learn to text

Send short, friendly messages about your day to your family and friends. Ask how they are doing.

## Avoid criticizing

And avoid trying to offer advice when your loved ones share things with you. Just listen. Be positive and supportive.

## Be willing to talk about your relationship

How has your relationship changed? How can you perform your share of the work?

**Keke** describes the small ways he shares his life with his children and invites them to share their lives with him:

*I take time out of my day, even five minutes, to call them and see what's going on. I text them every day, every morning. . . . I talk to them and get their point of view and see what's going on, try to spend time. I tell them I love them, how you are doing, how your day is going, what you got planned. Little simple stuff. I let them talk.*

**David** notes that if you want your children to open up to you, it helps to not be critical. He shares this advice:

*In prison I became more educated, more aware. My relationships with my children became complicated because I had the tendency to correct them in their behavior. I was bombarding them with advice, and the more I did this, the more they were pushing me away. I had to learn to relax, to not be overbearing.*

**Pablo** also notes the importance of listening:

*Be ready to hear some truths. Listen attentively. There is a lot of lived life in your absence. Everybody was in a bad situation. As we were surviving, so were they. Don't approach it with judgment. Try to be understanding with your family and with yourself.*

**Keke** notes the importance of being open and honest with your partner.

*The most challenging thing is [to] be honest with [your partner]. If she's taking time out of her life to stand by you, give her your life. [Don't] feed her a fairy tale. . . Don't come out trying to feed nobody no dream and definitely don't feed yourself a dream.*

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## Sharing Your Past with Others

If you are in the habit of closing yourself off, it can be hard to make new friends. We offer a few methods for doing so below, and you can choose what you think would work best for you. Tony explains:

*You spend so much time keeping people at arm's distance. You never let anybody get close. [When you go into prison] you're so young, you're so vibrant, it's so easy to have friends, to have relationships, to have people that are close to you. But when you come home, you've gotten so used to keeping people at a distance that you just continue to do it. It's hard to make new friends.*

When meeting new people, it can be hard to know how much to share about your past. Not everyone will be accepting of who you are. Roberto talks about the challenge of getting to know people and deciding how much to share.

*How do I get to know people? How do you create a personal brand so that all the good things you offer are not eclipsed by the fact that you spent a significant amount of time in prison? How do you open a conversation with someone when you're trying to remain private, and also take into account all of the negative stigma that's*

*attached to being incarcerated? You're just meeting people and you don't want to share too much about yourself. There's so much negative stigma. You have to break through that wall. On the other hand, if you do, it's still no guarantee that they are going to relate to you and understand what you're going through.*

**Keke** prefers telling people right away about his past. "I tell them in the door," he says.

*I learned from my experience that if you lay your cards out in the open, you get a better understanding. Nowadays, people google so much. Both of you have to be honest with each other. So that's what I do. I let them know right in the door. This is me. I've been to prison twice. I'm doing this, I'm doing that, trying to get myself together.*

**Tony** also prefers being open:

*It's a little weird, a little awkward, to just come out and say, hey, I just spent ten years in prison. But I've never been one to be shy. I've always been real open about what I went through because it lets other people know that, look, just because I was in there doesn't mean I have to keep going back and forth, back and forth.*

**Heather**, on the other hand, is more reserved:

*I don't really mention [that I was in prison] to people. But, I guess it helps to have moved away to a different state, so really not that many people know me. They just know what they see of me now. They don't know . . . I made mistakes in the past. And I'm kind of comfortable with it. So, if I was to meet a guy or something and start dating, I wouldn't just throw all my dirty laundry out front. I'd get to know him. But if things were working out really good, I'd tell him all about it, and if he didn't accept it, then he probably wouldn't be the guy for me anyway.*

**Tony** concludes:

*When you meet somebody, if it scares them that you've been to prison, then you know what? That's not the person that you need to be with.*

**When you are deciding how to share your past with people, consider these guidelines:**

1. Is the other person important to you? If so, sharing may help you be closer.
2. Is there a risk to sharing this information? Could they tell others or make it more difficult for you to get a job? Could they use it against you in other ways?
3. Is it appropriate to share? Sometimes it's wise to not share too much with strangers. What do they need to know about your past?
4. Will the other person be willing to share, too? Good relationships are built on reciprocity (a willingness to share on both sides).
5. Is sharing going to help or hurt? Think about the effect your sharing will have on the other person.

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## Asking for Help and Setting Boundaries

If you're used to being closed off, it may be especially hard to ask for help from loved ones. **Pablo** notes:

*My family thinks that because I'm free, all my problems are over, but I need assistance with the most basic things. That does make me somewhat defensive, and I'll end up trying to do things on my own and then I crash and burn.*

His advice?

*Ditch that machismo and ask for help. It's not a bad thing.*

It can be embarrassing to have to ask for help. As **JoeJoe** explains:

*What we're competing with is not feeling like a helpless infant all the time. We're so used to being rejected that we don't reach out much for help.*

**Lee**, whose partner was incarcerated, argues that "healthy adult relationships aren't about putting your needs in the back seat." She explains:

*You want to be considerate and not wear out your welcome. The effect of that is that maybe you're not expressing the things that you need. It's OK to say, "Hey, I need you to do this thing for me." Learn to communicate what you need.*

**Joe Joe** offers this final piece of advice regarding asking for help:

*If you strive to lighten someone's load rather than adding to it, they are going to be more receptive to helping you. This is what really wins people over and will help get you where you need to go.*

Some people going through reentry struggle to set boundaries with their loved ones. Your loved ones are happy to have you back. They may pressure you to get involved or do things you aren't ready for yet. They may ask you to do too many things at once.

It's OK to step back and take things slow. It's OK to say no to things and let them know that you aren't ready yet.

*You have to take things slow. All these new experiences, it can be extremely overwhelming. All those people tugging at you – those are extra stressors. Listen, take care of yourself.*

**– Ricky**

*I love a good challenge. I was pulled into a monkey bar contest, into diving off the high board. But these old bones are not the same as they were. You don't want to injure yourself.*

**– Kilroy**

*We're coming out feeling beholden to people for what they've done for us while we're inside, or for our loved ones. That clouds our judgment, our best interest. Realize you can't help anybody if you're not helping yourself. Being selfish is not a bad thing. If love is directed inwards, it can radiate outwards. You can't help anybody if you're not helping yourself.*

**– Pablo**

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## Parenting After Release

If you are a parent, you may be nervous about reuniting with your kids. You may feel guilt for what your kids have gone through while you were locked up. Some parents need or want time to get their feet on the ground before getting their kids back. These feelings are normal.

You may feel pressure to make up for lost time with your kids or to be a super parent. No matter what, resist the urge to parent out of guilt. Lots of people have unrealistic expectations of parents, especially mothers. They are expected to spend lots of time and money on their kids. They should be there emotionally for their kids at all times. They should place the needs of their children above their own needs at all times. They should have a clean house and money to put their kids in good programs. Parents who cannot or do not meet this ideal are often seen as bad.

**These “super parent” ideals are impossible to live up to. And that’s OK. Resist the urge to parent out of guilt.**

Don't be too hard on yourself. You are going to make mistakes. We all do. Take mistakes as an opportunity to learn. Be willing to learn from your children, too. Building a healthy relationship with your children will take hard work, love, and compassion. It will take time and patience, but it is definitely worth it.

Some relationships may never entirely heal. Accept that your children and loved ones may not want the same kind of relationship you once had.

*Always remember that reconciliation and restoration are two different things. You may reconcile, but the relationship may never be restored. Just grieve properly. Be OK with that. Don't walk around forever with the grief on your back. If you've done all you can, it will be OK.*

– **Josephine**

*There will be people in your life who will remain after such a long journey, and there will be some that fall to the wayside. Don't look back. Keep looking forward, looking inward. Seek inward happiness.*

– **Pablo**

Here are a few things you can do to make the process easier to reunite with your family:

### **Educate yourself**

Read books and attend classes about parenting. Raising a child is always hard, so get all the tools you can.

### **Consider counseling or therapy**

Try to find counseling or therapy. It can help you heal and provide tools for you to be a better parent. See our mental health chapter.

### **Do things you enjoy**

Meditate. Take some time to do things for yourself, if you can. See our meditation chapter for more detail.

### **Talk to other parents**

Especially talk to those who have spent time in prison. Join a mothers group or a parents group. Share your experiences, fears, and dreams.

*You can't recapture time that has been lost. You have to start fresh. Don't be too gung-ho. Trust has to be reestablished. If they're angry, don't try to invalidate their anger. Talk about it. Don't pretend that the separation never happened, because it did. Try to seek counseling.*

**– Josephine**

*When you're locked up, you have all this time to sit and think. You have ideas of how you want things to go, and then you get out and, of course, those are just ideas. . . . Take care of yourself and everything else will fall into place. . . . You can't stress out over everything that you have no control over. Don't give up hope. There's always hope. And love overcomes a lot of stuff.*

**– Heather**

## Reflect

1. What feelings do you have about reuniting with your kids?
2. How can you practice self-care during this time?
3. Where can you go for help? Who is in your support network?

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## Dealing with Difficult Emotions

In prison, you may have bottled up difficult emotions instead of working through them. Maybe you pushed aside feelings of fear, guilt, or anger and instead told family members that everything is going to be OK. Your family members may have done the same.

Here are a few of the emotions you might feel as you reunite with your loved ones.

- **Fear** is your body's reaction to danger or uncertainty. You may fear that nobody will love you because of the things you've done. You may be afraid that your children won't accept you. This fear can cause you to withdraw from them even more.



- **Sadness** is feeling unhappy or discouraged. You might feel discouraged that your children don't know you or that your sister doesn't want to talk to you.
- **Grief** is a profound feeling of loss. You might feel a sense of loss for the years you spent in prison, away from your family.
- **Guilt** is feeling bad about yourself, often for something you've done or haven't done that makes others suffer. You might feel guilt for not being around for your partner or kids.
- **Anger** is something you feel when someone or something has done you wrong. You might feel angry about what prison has done to you, or angry about something a loved one has said.

People experience emotions through their mind and body. For instance, fear can tighten your chest. You might feel sick to your stomach or start sweating. Some emotions can help you change and grow. Others can keep you from growing and harm your relationships.

Expect some of your repressed emotions to surface. Sounds, tastes, and smells can trigger memories from the past. You've lost partners, friends, and parents. Expect to feel rage, sorrow, frustration, and grief.

*I was looking at videos with a friend and a song came on. I found myself crying for no apparent reason. I lost my father when I was locked up. That was one of his favorite songs. I had never had the opportunity to mourn. All of the pain came forward.*

**– Pablo**

It's normal to feel these emotions. It's what you do with these emotions that matters. Pushing aside difficult emotions instead of facing them can harm your relationships. Learning to recognize, express, and manage emotions can help you have healthier relationships. Here are some tips for managing emotions in healthier ways:

## **Identify your feelings**

Let them wash over you. They won't last forever. Give yourself time to feel them. Don't bury them. Doing so can cause these feelings to build up even more.

## **Express your feelings in helpful ways**

Separate people from actions. "I'm angry about something you have done," not "I am angry with you."

## **Recognize the difference between feeling and acting**

Just because you feel a certain way doesn't mean you have to act on it.

## **Accept responsibility for your feelings**

Try not to blame others for the way you feel. Instead of saying, "You're making me angry," say "I'm feeling angry."

## **Change your perception**

Think about what caused you to feel that way. Are there different ways to think about what happened that are more helpful?

Therapists or counselors can help you work through and manage your emotions. It may help to go to family or couples therapy. Some organizations offer support for families working through the challenges of reentry.

In prison, you may have walked away from difficult emotions and conflicts. Perhaps you had space to think through difficult issues before facing them. On the outside, you may be expected to directly address issues with your loved ones rather than walking away. You may feel pressure to respond right away when you'd rather take your time.

**Pablo** explains what happens when you retreat instead of talking about how you are feeling with loved ones:

*When you retreat, it telegraphs to the other person that you don't care. When you remain silent, people may think you're brushing them off.*

It's OK to take some time to think before talking through a problem. As **Lee** explains:

*It's OK to say, 'I need time to think about this, I can't give you an answer right away.'*

But too often when people retreat, they never come back to it. If you need some space, commit to talking about it later.

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## Anger Management

As with other emotions, it's normal to feel and express anger. It gets to be a problem if it is out of control, aggressive or constant. It's a problem if it hurts the people around you.

Anger is a secondary emotion. For example, "He embarrassed me, then I got angry." Getting to the root of why you were embarrassed can help the anger subside.

You may have to take an anger management class as a condition of your parole. These classes can help you learn some basic skills for managing your anger. A therapist or counselor can also help.

Anger management classes or therapy may cover topics such as:

- Causes behind your anger and triggers
- Expressing anger in better ways
- Time out and reflection

- Understanding how your anger affects you and others

Need to find an anger management class? If it's required for parole, you will need to make sure that it offers a certificate. Often there is a small fee for this certificate. Ask questions to make sure. You can take online or in person classes.

To find a low or no-cost class, try the following resources:

- **The [North American Learning Institute](#)** can recommend anger management classes you can take.
- **The [National Anger Management Association](#)** offers a national directory of certified anger management specialists.
- Ask **your parole officer** or **your healthcare provider** for some suggestions.
- **Local universities** and **colleges** sometimes offer anger management classes for the public.
- **Local community centers and nonprofits** often offer anger management classes as well.

Here are some anger management tips, modified from experts at the Mayo Clinic:

### **Think before you speak**

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts. Allow others to do the same.

### **Once you're calm, express your anger**

As soon as you're thinking clearly, express your anger, concerns and needs clearly and directly. Do so without hurting others or trying to control them.

## **Get some exercise**

Exercise can help reduce stress that can cause you to become angry. If you feel your anger building, go for a run.

## **Take a timeout**

Give yourself a short break when things get stressful. A few moments of quiet time might help you handle things better.

## **Identify possible solutions**

Instead of focusing on what made you mad, work on resolving the issue. Does your child's messy room stress you out? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening or agree to eat on your own sometimes.

## **Stick with "I" statements**

To avoid placing blame, use "I" statements. Be respectful and specific. For example, say, "I'm upset that you left the table without asking to help with the dishes" instead of "You never do any housework."

## **Use humor to release tension**

Humor can help you face what's making you angry without getting out of control.

## **Relax**

When your temper flares, put relaxation skills to work. Take deep breaths. Imagine a calm place or repeat a calming phrase, such as "Take it easy." Listen to music or go for a walk. Practice mindfulness (see our Mindfulness chapter).

## Know when to seek help

Learning to control anger is hard for everyone at times. Seek help if your anger seems out of control, causes you to do things you regret or hurts those around you.

## Reflect

1. Think about a time when you felt angry and it got out of control. What happened? Why did it get out of control?
2. Now think about how you could have managed your anger better. What are some things you can try next time you get angry?

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## Institutionalization

Many people who have left prison continue to suffer the mental effects of being locked up long after they leave. Institutionalization is how your thoughts, speech, and actions are influenced by being locked up.

You and your loved ones may not be aware of all the many ways prison has impacted you. This can cause all sorts of conflicts and misunderstandings.

Some people who leave prison suffer from **Postincarceration Syndrome** (PIS), a syndrome similar to **Post-Traumatic Stress Disorder** (PTSD). Time in prison can make mental health problems worse. It can make people more isolated and be more violent. It can lead some people to feel that they have no purpose. It can make people fearful and hypervigilant.

Here are just a few of the many ways that time in prison may have impacted you and your relationships.

- *"I have these defense mechanisms. I've learned to telegraph assertiveness and square up when faced with conflict." – Pablo*
- *"I had hangups about talking to regular, free people. I didn't feel comfortable." – Ricky*
- *"When I get upset, my posture says I'm ready for a fight." – Pablo*
- *"In prison, you have to watch your back. Now on the outside, I can't sit with my back to people. I have to be at the back of the room so I can see everyone." – Kilroy*
- *"I'm loud because in jail, people tend to scream. Everyone has to speak over each other if they want to be heard." – Antonio*

The tools you used to survive in prison were "blunt tools," as Pablo describes. You may have survived by being closed off, aggressive, and hypervigilant, or by being loud and watching your back. These tools can drive your loved ones away on the outside.

You will need to add new tools to your toolbox – tools that are more delicate. They include listening, communicating, and being patient with yourself and other people. Have honest talks with loved ones. Invite them to help you recognize when you are acting in an aggressive way. Practice adjusting your body language.

It will take time for you and your loved ones to understand just how much your time in prison has impacted you. You may need counseling or help from a support group to work through these issues.

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## Domestic Violence

Domestic violence isn't only about causing physical harm. It's about control. Domestic violence is when one person exerts power or control over another person in a dating, family, or household relationship.

Domestic violence can take many forms, including:

## **Intimidation**

Making you afraid by using looks, actions, gestures; smashing things; destroying property; abusing pets; displaying weapons

## **Emotional Abuse**

Putting you down, making you feel bad about yourself, calling you names, playing mind games, making you feel guilty

## **Isolation**

Controlling what you do, who you see, what you read, where you go; limiting your outside involvement; using jealousy to justify actions

## **Minimizing, Denying, and Blaming**

Making light of the abuse and not taking your concerns about it seriously, saying the abuse didn't happen

## **Using Children**

Making you feel guilty about the children, using the children to relay messages, using visitation to harass you

## **Privilege**

Treating you like a servant, making all the big decisions, acting like the "master of the castle"

## **Economic Abuse**

Preventing you from getting or keeping a job, making you ask for money, taking your money, not letting you know about family income



## Coercion and Threats

Making or carrying out threats to do something to hurt you, making you do illegal things, threatening to leave you or commit suicide

In some families or cultures, these behaviors are not seen as wrong. It's hard to break away from domestic violence when the attitudes about relationships around you are not healthy. It may take some time to change your way of thinking. It may take some time to realize that what you are doing or experiencing is wrong.

If you are in an abusive relationship, seek help. Making the decision to leave is hard. It can be risky. It takes courage to leave, especially if you fear for your own safety or the safety of your children. It's hard to leave if you depend on the other person for money.

Begin by calling the 24-Hour Stateline Hotline at (800) 332-7385 or the National Domestic Violence hotline: (800) 799-7233. This confidential, free 24-hour hotline provides support, information, and referrals. It can put you in touch with resources in your area. Even if you are not ready to leave the relationship, the hotline can help you get through hard times. It can help you take the next step.

The [Indiana Coalition Against Domestic Violence](#) website has a list of places where you can go for help. If money is keeping you from leaving a partner who is abusing you, there is an Emergency Crisis Fund for survivors of domestic violence. It is managed by Indiana Coalition Against Domestic Violence. For more information contact [icadv@icadvinc.org](mailto:icadv@icadvinc.org).

## If You Are the Abusive Partner

If you have been abusive to a partner or family member, reach out to get help. The first important step is to acknowledge you have a problem. You can change, but it will take work. You may be required to stay away from your partner until you are in a better place, or you may choose to stay away for a while to keep them safe and give them some space.

To get help, consider attending an Abuse Intervention Program (AIP). You may be required to attend a PAIP program by the court. This program is for people who control

their partners with physical abuse, emotional abuse, sexual abuse, or economic abuse (withholding money). The program can help you:

- See that it is NOT OK to abuse a partner
- Learn to take blame and credit for actions
- Learn nonviolent and noncontrolling ways of communicating and behaving

The program typically lasts 24-26 weeks. You'll get training from certified domestic violence professionals about how to stop abusing your partner. A counselor or therapist can also help you work through these issues.

To find an AIP program, visit [Indiana Coalition Against Domestic Violence website](#).

## **Reflect**

1. What does a healthy relationship look like to you?
2. Think back on your relationships with your family or loved ones. In what ways were those relationships healthy? In what ways were they unhealthy?
3. What are the places you can go for help if you are in an abusive relationship?

# 03 | MINDFULNESS

## **This chapter covers:**

- What is mindfulness?
- What are the benefits of mindfulness?
- How do I meditate?
- Meditation scripts
- Mindfulness resources
- Meditation groups

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## **What Is Mindfulness?**

Mindfulness is about paying attention to the present. It is about noticing your thoughts, emotions, and how your body feels. It's about not judging yourself or giving yourself a hard time. When you are aware of your five senses or your mind, you are being mindful!

Mindfulness is not about fixing what is wrong with you. Instead, it is about accepting what is going on inside you. It's about being gentle and kind to yourself. It helps us stay connected to the moment. We can then respond in healthy, caring ways.

Mindfulness has its roots in Buddhism, but it is not a religion for most people. Instead, it is a way to explore your mind and body. Some people see mindfulness in every religion. Prayer can be a form of mindfulness.

*Does your heart race every time you step out of your house or enter a public place? Practicing mindfulness helped me be aware of physically overwhelming experiences at the onset. I could feel perspiration on my upper lip. My palms start getting sweaty. My body tenses up. These are the warning signs that remind me to just breathe. During these episodes, I found that I was not breathing. Doing nothing else but concentrating on my breathing made this experience bearable. Soon thereafter, I was more and more in control.*

**– Mindfulness Program Participant**

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## What Are the Benefits of Mindfulness?

Mindfulness has many benefits. It can help you manage stress and control your emotions, change how your brain works, and help you not get stuck in bad thoughts. It can help you be happier. Other benefits of mindfulness include:

- Greater ability to fight disease
- Lower blood pressure and heart rate
- Better mental focus
- Better handle of emotions
- Lower anxiety and depression
- More growth after trauma
- More self compassion
- Less burnout

*Have you felt alone, out of place? You are not alone. I experience that regularly. No one seems to understand what I am experiencing. I rely on mindfulness to assist me in channeling my focus. I do so by simply concentrating on the breath. This simple act is what grounds me and allows me to function normally.*

**– Anonymous**

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## How Do I Meditate?

Meditation is a common way to practice mindfulness.

### **No Training Needed**

No training is needed to meditate! There is no one right way to meditate. There is no “good” way, and certainly no “bad” way. If you can breathe, you can meditate.

### **Practice Alone or with a Group**

Find someone who knows how to meditate to help you get started. You can meditate alone or with a group.

### **When to Practice**

In the beginning, try to meditate for 5 or 10 minutes. Make that time longer bit by bit. Try different times of the day: morning, evening, or afternoon. Try to practice every day. But, if something comes up, that’s OK! Let go of what you think should happen.

### **How to Sit**

Many people meditate sitting down with their eyes closed or open. Sit in a chair or cross-legged on a pillow, floor, or bed. Sit up straight, but be relaxed. Rest your hands in your lap or on your legs.

## Common Difficulties

It's normal to feel restless, bored, and sleepy. Your mind may wander. That's totally okay. You don't need to get rid of thoughts when you are meditating. Do your best to notice your thoughts. Label them as they come. You might label them things like "thinking about the past," "feeling restless," or "feeling bored." Then, see if you can bring your attention to your breathing. Meditation takes practice. Do your best to be curious. No matter what happens, try not to judge yourself.

## Meditation and Trauma

Sometimes meditation makes you remember things. It may dig up traumatic memories. This may make you feel stressed or anxious. Meditation can help you deal with these feelings. But, it is not a cure-all. If focusing on your body brings up traumatic memories, try focusing on a safe image or sound. If difficult memories keep coming, talk with a mental health professional. Look for a meditation group for people who have trauma.

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## Meditation Scripts

Many people use a script for meditation. A meditation script is a set of words you can read or listen to while meditating. Read each script slowly to get used to it. After a while, you can say the words silently to yourself. Give each step about 1 minute, but feel free to go at your own pace.

*I don't always follow a specific regimen other than just to breathe in times of stress. This sounds simple enough but it can be very difficult, especially when you are not practicing regularly.*

— **Anonymous**

## **A Seated Breath and Body Meditation Practice from Mindful Magazine**

1. Begin by getting comfortable, sitting up straight but not rigid, in a position of ease. Close your eyes or lower your gaze toward the floor.
2. Take a few deep breaths. Get a sense of how you're doing at this moment physically, emotionally, and mentally. Is there tension or tightness anywhere? Is your mind busy or calm?
3. As you breathe in, bring a beginner's mind, noticing things for the first time. As you breathe out, bring the same sense. Rest your awareness on the breath.
4. Begin to sense your body sitting here. Feel into your whole body. What are your senses telling you? You may feel warm or cold. You may be itchy. Perhaps some areas don't have any feeling at all — a blank. Spend the next minute feeling these sensations. Allow them to come and go.
5. If your mind wanders, where is it wandering to? Are you remembering something? Are you feeling anger or regret? Are you practicing what you will say to someone? Notice your thoughts as if you were sitting in a movie theater, watching images come and go on the screen. Notice the thought or emotion as if it were someone else's thought, not yours. Notice an opening up in yourself as you become more aware, more accepting.
6. Come back to the breath. Breathe in and out. Notice how the whole body expands when you inhale, and contracts when you exhale. The whole body is breathing.
7. As you end, congratulate yourself for taking time to meditate. Realize that you can take a few minutes to meditate whenever you wish.

*Have you experienced disappointment? I have and that is not something to be ashamed of. I constantly ruminate on these disappointments. Rumination occurs naturally when you allow your mind to take control. Mindfulness has taught me how to take control of my thought process. This has allowed me the freedom to take life as it comes and adjust as needed.*

**– Mindfulness Program Participant**

## **Gratitude Meditation from Mindvalley Academy**

Gratitude practice can help us tap into hope. It can help us boost our mood. That said, it's not easy to focus on the positive when you feel stressed. Be patient with yourself as you try this meditation. You can always return to the breath, if it feels too stressful.

1. Sit in a comfortable position. Take a few deep and slow breaths.
2. Think about something that's troubling you. It's best to start small. Name something that annoys you. Perhaps the room you're in is cold and drafty.
3. Now see if you can flip it to something positive. For example, perhaps the room is cold and drafty, but it's raining and you're able to stay dry.
4. Continue to think of things or experiences that you don't like. Do your best to find something positive about each thing or experience. Challenge yourself. Maybe they are helping you learn or grow. Perhaps you notice how you have kept going even when things are hard. Maybe you have found new ideas you didn't have before.
5. You can also simply repeat, "I am grateful for \_\_\_\_\_" and notice what comes up.

## **Mindful Walking from Mindfulness-Based Cognitive Therapy for Depression**

Mindfulness is about being aware of what you're doing, thinking, and feeling. Walking mindfulness is simple. You can do it without people knowing what you're doing.



Everybody walks, but most of us don't focus on the process of walking and how the body feels.

1. Standing still, become aware of your feet. How do your feet feel when they touch the ground? Bend your knees a few times to get a sense of how your feet and legs feel.
2. When you start walking, notice how you move your weight into each leg. One leg “empties” and the other leg takes over to support your body.
3. With one leg “empty,” allow the other heel to rise slowly. Move it forward, feeling your leg. Place it down to get ready for the next step. Feel your weight move to this leg.
4. Continue walking. Notice how your feet, legs, hips, and upper body feel.
5. If you stop, notice how you feel when you stand. Notice how it feels when you start moving again.

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## Mindfulness Resources

Need more meditations? [Check out this website](#) for more meditation scripts.

### Phone Apps

There are lots of free mindfulness phone apps. These apps offer guided meditations, timers, calming sounds, soothing voices, tips, and more. Some provide tips on how to sleep better or be less anxious.

These phone apps can be used on the bus or train, at work, or before bed. You can choose long or short meditations. Some popular apps include [Aura](#), [Calm](#), [Headspace](#), [Insight Timer](#), [Mindfulness Coach](#) and [UCLA Mindful](#). Do an online search for more information on these apps.

*“Remind yourself that the deepest stillness and peace does not arise because the world is still or the mind is quiet. Stillness is nourished when we allow the world, the mind, and the body to be just as they are for now, moment by moment, and breath by breath.”*

**– Williams & Penman, “Mindfulness”**

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## Meditation Groups

Meditation groups are great ways to meet people and practice. If you are a beginner, they can help you learn. They can help you keep going when you feel like quitting. Some are face-to-face while others are online. Many groups begin with a few friends meeting in someone’s home.

Some meditation groups may say they are Buddhist. They may use words like “Sangha” (community), “Zen” (meditative state), or “Vipassana” (insight). You may not have to be Buddhist to join. Many groups are open to anyone joining their group. Some mindfulness groups also focus on mental health. They can help you reduce pain or deal with stress and anxiety.

*“It is common to question your purpose. I do so repeatedly. My relationships aren’t exactly as I had envisioned. Mindfulness meditation provided me the space and compassion to accept people as they come. I learned to let the little things go and focus on what makes that person special to me.”*

**– Mindfulness Program Participant**



## 04 | CONNECTING WITH COMMUNITY

Connecting with others is hard for many people after release from prison. You were separated from your family and friends. Now you may feel loneliness and isolation, especially if the people you were close to are no longer around.

Getting involved in your community and making new friends may help you begin to heal. This might mean working to make a difference through politics, organizing, and volunteering. This may mean writing letters to elected officials, campaigning, voting, participating in government events, talking to people in your community, and volunteering.

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## Community Organizing and Advocacy

Community organizing is when community members join together and push for their needs and rights. A community can be people who live in the same area, or people who have something in common. Community organizing can look like:

- Going door-to-door
- Public speeches
- Organizing meetings
- Gathering information about the community needs
- Sharing information to educate the public
- Developing community leadership
- Organizing fundraisers

Community organizing is a tool for making your voice heard and creating positive change. You would be surprised by what you can do when you join together with others to make sure your community's voice is being heard.

There are many organizations that do community organizing online and on the ground. Now that you are out of prison, you can help them in important ways. You can help change the laws that affect people who have been in prison.

*Get involved in advocacy work. If we want to change the process, we have to lead the process.*

**– Marlon C.**

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# Getting Involved in Your Community

## **Religious Organizations**

Churches, synagogues, mosques, or other religious communities can help you find meaning, purpose, and fellowship. Many religious organizations have classes, support groups, and volunteer opportunities. Don't worry if it takes a while for you to find the place that feels right for you.

## **Libraries**

Public libraries organize events and classes. They have book clubs, social gatherings, and concerts. Many also have a space where people can post information about community events, group meetings, and even job openings. Visit your local library's website or stop by in-person to find out what your library has to offer.

## **Reentry Program**

If you live in a town with a reentry program, consider volunteering your time there. Even if you didn't use this program, you could help people who are getting out now. Let them know you are happy to help. With some luck, you may even be able to turn your volunteer work into a paid job.

## **City and County Park Districts and Forest Preserves**

Your town or city probably has a park district, and its website will include information about the parks in your area. Take time to visit these parks and spend time in nature. Many park districts offer sports programs and leagues, as well as other recreational programs.

## Events and Activities

In many cities you can get free alternative papers weekly. They usually have information on concerts and local events and classes. The same information should also be on the paper's website. A simple Google search can also help you find events in your area.

*You always have to see the silver lining in the clouds, no matter how murky they are. I think that's the main advice that I could give to someone. Just don't give up. Because it's hard. Don't make no mistake about it.*

— **Anonymous**

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## Serving Your Community

Volunteer work gives you the chance to make friends, solve problems, and do some good for your community. It is also good for your health. Making new friends can prevent feelings of sadness and make you feel less alone. Watching how your work makes your community better can give you a sense of pride and fulfillment.

If you are out of work, volunteering can also help you get new skills to add to your resume. You may also meet new people who can help you network and find new job opportunities. Volunteering expands your life in ways that may surprise you. You may discover new abilities or find new interests.

Some places you can volunteer include:

- Senior living centers and nursing homes
- Humane societies
- Homeless shelters
- Food banks
- Local churches

Call or visit these places to ask how you can help out. You can also do a Google search for volunteer opportunities in your community.

*Don't give up. Do what you can to promote change. Take the time out to try to mentor some of these young people that are out here in the hopes that, one day, we can bring about changes. Instead of wondering when somebody else is gonna do something about it, I need to remember that I'm somebody and try to do what I can.*

**— Anonymous**



# 04

## RESOURCE DIRECTORY



# 01 | INDIANA REENTRY DIRECTORY

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## Indiana Department of Corrections Reentry Division

[IDOC Reentry Services website](#)

Upon arrival at one of Indiana's correctional facilities, incarcerated individuals meet with Unit Team Staff staff to begin building their Case Plan. The Case Management process prepares an incarcerated individual for the best quality of life while serving his/her sentence along with preparing them for life after incarceration. The website offers contact information for numerous division staff and programs.

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## Hoosier Initiative for Re-Entry (HIRE)

### How the Program Works

- **Prior to Release**

HIRE coordinators deliver all or applicable portions of the HIRE Academy (see below for current HIRE Academy Curriculum) for participants that targets soft skills, workplace aptitude, and motivation.

- **Upon Release**

If the HIRE Client is not placed pre-release, the HIRE Coordinator will follow them through the Parole process to make sure every employment opportunity is given to each candidate that is willing to put forth the effort and has the skills that matches each employer's needs.

- **After Release**

The HIRE Coordinator will meet with the participant as needed for the first year to identify any work-related issues or needs. HIRE Coordinators will also meet regularly with employers to discuss any changes in the program and address any employer needs.

## **Who Qualifies?**

- Candidates who have displayed a positive record of accomplishment while in the facility.
- Candidates who have participated in training programs, education, career and personal development, and employment opportunities while incarcerated.
- Candidates who show the drive and determination to change their own lives and the lives of their families.

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## **CareSource Reentry Program**

[CareSource](#) partners with the Indiana Department of Correction [IDOC] to help returning citizens transition home after being incarcerated. Community Justice Liaisons (CJLs) assist to address medical and mental health needs, find local resources, and set future goals. CareSource also partners with the Department of Youth Services [DYS] to help young returning citizens and their parents/guardians in their transition back home. They make sure all returning citizens have Indiana Medicaid upon release. Returning citizens can also get help finding a job or going back to school by working with a Life Coach through CareSource Life Services®.

Learn about the CareSource Re-Entry Program by calling (317) 982-6495 or emailing [IndianaRe-Entry@CareSource.com](mailto:IndianaRe-Entry@CareSource.com).

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## ReEntry Entrepreneurship Development Initiative (REDi)

[REDi](#) provides a 5-week training course and one on one coaching for justice-involved individuals. REDi provides participants with one-on-one coaching and a variety of workshop series that assist in business planning through four key phases taught over the 5-week class: Entrepreneurship 101, Business Planning, Start the Business, and Grow the Business. The training course is foundational, teaching cash flow, market research, and customer relations. REDi has launched 35 local businesses as a program of the Indy Chamber of Commerce's Business Ownership Initiative (BOI) that provides over 10,000 hours of business coaching and over \$400,000 in lending capital across the Indianapolis region each year.

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## Public Advocates in Community re-Entry (PACE)

Provides a variety of services to incarcerated and previously incarcerated individuals and their families to ensure that people returning to the community from incarceration have the tools and resources to successfully reenter; to promote public safety through effective reentry; and to enhance community stabilization through reduced crime and increased productive-ness. "[PACE](#) accepts anyone with a felony conviction and needs assistance, no matter how long ago that felony occurred."

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## Volunteers of America of Ohio and Indiana

[Website link](#)

Offers clinical treatment programs to serve formerly incarcerated individuals, some of whom are eligible for early release from prison due to judicial release, and/or have substance abuse issues in the Cincinnati, Dayton, Evansville, Indianapolis, Mansfield and Toledo areas.

Case managers and residents create an individualized program plan to address their specific needs. Client progress is routinely assessed to ensure a positive outcome by the end of the program.

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## South Bend Community Reentry Center

[Website link](#)

4650 Old Cleveland Road, South Bend IN, 46628  
(574) 234-4094

Provides reentry services to offenders being released throughout Indiana. The Center has a Work Release Program, and Level 1 Program component for offenders with two years or fewer to serve. "As a model of public safety, the South Bend Community Reentry Center promotes the successful reintegration of lawful, self-sufficient, and productive citizens into the community through the thoughtful application of dynamic supervision, experienced rehabilitative programming; and by providing opportunities for its residents to demonstrate strong work ethic and civic duty to foster productive partnerships with employers and citizens in our local communities."

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## Blue Jacket

[Website link](#)

Blue Jacket, Inc. believes no adult should have a barrier to employment. In 2003, we were created to address critical needs for people wanting to earn a second chance at employment targeting people returning home from prison. Blue Jacket's goals include:

- To fill a gap in workforce services for anyone with a barrier by building confidence and independence.

- To provide transitional job opportunities and work toward 100% employment.
- To provide professional clothing to Blue Jacket students.

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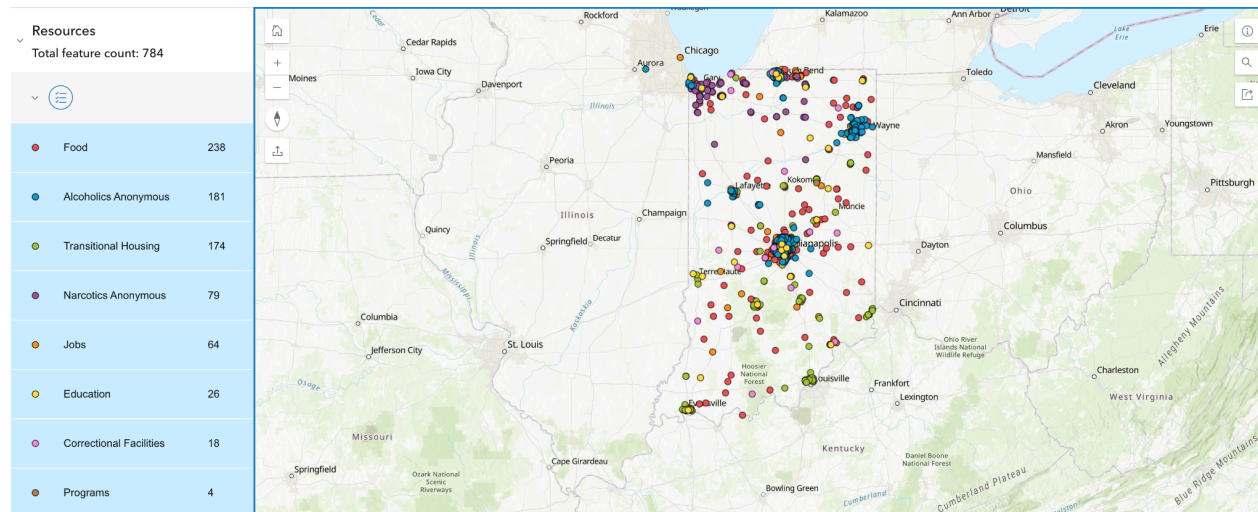
## Medicaid and CHIP in Indiana

[Website link](#)

# 02 | ADDITIONAL INDIANA AND NATIONAL RESOURCE DIRECTORY

## Resource Map

NDPEP Reentry Resources



[Access the interactive map above online](#)

# Jobs

Employer	Address	Industry	Phone	Website
<b>Bloomington</b>				
Avers	1837 N Kinser Pike, Bloomington, IN 47404	Food Service	(812) 339-6555	<a href="#">AVER'S PIZZA Jobs in Indiana</a>
Avers	317 E Winslow Rd, Bloomington, IN 47401	Food Service	(812) 323-8333	<a href="#">AVER'S PIZZA Jobs in Indiana</a>
El Rancho	110 E Winslow Rd, Bloomington, IN 47401	Food Service	(812) 822-1302	<a href="#">El Rancho - Bloomington</a>
El Rancho	2100 Liberty Dr, Bloomington, IN 47403	Food Service	(812) 822-2329	<a href="#">El Rancho - Bloomington</a>
El Rancho	3615 State Rd 46, Bloomington, IN 47404	Food Service	(812) 876-9900	<a href="#">El Rancho - Bloomington</a>
<b>Columbus</b>				
AAMCO Automotive	3075 Central Ave, Columbus, IN 47203	Transmission and Auto Care	(812) 558-2657	<a href="#">Aamco</a>
American Axle & Manufacturing	2805 Norcross Dr, Columbus, IN 47201	Manufacturing and Auto	(812) 342-4437	<a href="#">AAM Jobs</a>
Red Oak Industries	720 N Marr Rd, Columbus, IN 47201	Cleaning Services	(812) 341-5116	<a href="#">Red Oak Industries</a>
<b>Elkhart</b>				
Carter Tire	3704 Cassopolis St, Elkhart, IN 46514	Automotive Manufacturer	(574) 264-7036	<a href="#">Elkhart, IN Location information - Carter Tire &amp; Automotive</a>
Evans Metal Products Co., Inc.	2400 Johnson St, Elkhart, IN 46514	Metal Fabricator	(574) 264-2166	<a href="#">Careers   Metal Fabrication</a>
FlexForm Technologies	4955 Beck Dr, Elkhart, IN 46516	Manufacturing and Auto	(574) 295-3777	<a href="#">FlexForm Technologies</a>

Sunbelt Rentals	553 Verdant St, Elkhart, IN 46516	Equipment Rental	(574) 295-4100	<a href="#">Careers at Sunbelt Rentals</a>
Vahala Foam	930 Herman St, Elkhart, IN 46516	Foam Industry	(574) 293-1287	<a href="#">Vahala Foam</a>
<b>Fort Wayne</b>				
American Axle & Manufacturing	6710 Innovation Blvd, Fort Wayne, IN 46818	Manufacturing and Auto	(260) 497-6600	<a href="#">AAM Jobs</a>
Aon Corp	1712 Magnavox Way, Fort Wayne, IN 46804	Management consulting	(260) 459-5620	<a href="https://jobs.aon.com/">https://jobs.aon.com/</a>
<b>Indianapolis</b>				
84 Lumber	9084 Corporation Dr, Indianapolis, IN 46256	Lumber and Building Supplies	(317) 849-4584	<a href="#">Current Openings</a>
Advance Auto Parts	4105 E Washington St, Indianapolis, IN 46201	Automotive Care	(317) 351-9106	<a href="#">Advance Auto Parts Jobs</a>
AAMCO Automotive	8141 Craig St, Indianapolis, IN 46250	Transmission and Auto Care	(463) 231-3399	<a href="#">Aamco</a>
ABM Industries	5725 W Minnesota St, Indianapolis, IN 46241	Building maintenance & facility management	(317) 610-2790	<a href="#">Search Jobs - ABM US Careers</a>
Acara Solutions	3905 West Vincennes Rd #310, Indianapolis, IN 46268	Employment agency	(317) 334-0299	<a href="#">Join Our Team   Explore All Career Opportunities   Acara</a>
AAMCO Automotive	8516 N Michigan Rd, Indianapolis, IN 46268	Transmission and Auto Care	(463) 258-7834	<a href="#">Aamco</a>
Aon Corp	450 E 96th St #275, Indianapolis, IN 46240	Management consulting	(317) 237-2400	<a href="#">Aon</a>



Arby's	6421 E 82 St, Indianapolis, IN 46250-4592	Food Service	(317) 842-4912	<a href="#">Arby's</a>
Arco	325 S Alabama Street, Suite 200, Indianapolis, IN 46204	Construction	(317) 308-2700	<a href="#">Arco</a>
Brightview Landscape Services	5635 Progress Rd, Indianapolis, IN 46241	Landscaping	(317) 248-3110	<a href="#">Indianapolis, IN Commercial Landscape Services   BrightView</a>
Brightview Landscape Services	8731 Americana Blvd, Indianapolis, IN 46268	Landscaping	(317) 873-9240	<a href="#">Indianapolis, IN Commercial Landscape Services   BrightView</a>
Brightview Landscape Services	8046 Castleway Ct W, Indianapolis, IN 46250	Landscaping	(317) 845-9943	<a href="#">Indianapolis, IN Commercial Landscape Services   BrightView</a>
Brooks Interstate Auto Care	4820 S Emerson Ave, Indianapolis, IN 46203	Automotive	(317) 783-7592	<a href="#">Brooks Auto Care  </a>
Buffalo Wild Wings	7 E Washington St, Indianapolis, IN 46204-3504	Food Service	(317) 951-9464	<a href="#">Buffalo Wild Wings</a>
Buffalo Wild Wings	2747 E 62nd St, Indianapolis, IN 46220	Food Service	(317) 257-2999	<a href="#">Buffalo Wild Wings</a>
Buffalo Wild Wings	8020 US 31 S, Indianapolis, IN 46227-6226	Food Service	(317) 881-7500	<a href="#">Buffalo Wild Wings</a>
Buffalo Wild Wings	2514 Lake Circle Dr, Indianapolis, IN 46268-4220	Food Service	(317) 872-9464	<a href="#">Buffalo Wild Wings</a>
Crew Carwash	10229 E Washington St, Indianapolis, IN 46229	Carwash	317) 890-8360	<a href="#">Car Washes in Indianapolis, 46229   Crew Carwash - washington-square</a>

Public Advocates in Community re-Entry	314 N Meridian St, Indianapolis, IN 46202	Re-Entry Employment Assistance	(317) 612-6800	<a href="#">PACE</a>
Pomp's Tire Service, Inc.	2120 S Harding St, Indianapolis, IN 46221	Automotive	(317) 635-8467	<a href="#">Pomp's Tire Service in Indianapolis, IN   Auto Repair &amp; Tire Shops</a>
RecycleForce	816 N Sherman Dr, Indianapolis, IN 46201	Recycling	(317) 532-1367	<a href="#">RecycleForce</a>
<b>Lafayette</b>				
AAMCO Automotive	4210 Commerce Dr, Lafayette, IN 47905	Transmission and Auto Care	(765) 575-9016	<a href="#">Aamco</a>
Arby's	3209 Builder Dr, Suite 100, Lafayette, IN 47909	Food Service	(765) 746-6130	<a href="#">Arby's</a>
CFA Staffing	3995 State Rd 38, East Lafayette, IN 47905	Staffing Solutions	(765)-588-5515	<a href="#">CFA Stafing</a>
Crew Carwash	277 Sagamore Pkwy W, West Lafayette, IN 47906	Carwash	(765) 463-1138	<a href="#">Car Washes in West Lafayette, 47906   Crew Carwash</a>
Crew Carwash	1805 Troxel Dr, Lafayette, IN 47909	Carwash	(765) 385-9309	<a href="#">Car Washes in Lafayette, 47909   Crew Carwash - south-lafayette</a>
<b>Mishawaka</b>				
AAYS	805 W Edison Rd, Mishawaka, IN 46545	Event Rentals	(574) 256-1110	<a href="#">Employment   AAYS Rental</a>
AM General	13200 McKinley Hwy, Mishawaka, IN 46545	Automotive Manufacturer	(574) 237-6222	<a href="#">Career Opportunities at AM General</a>

Better World Books	55740 Currant Rd, Mishawaka, IN 46545	Warehouse Operations	(800) 894-0242	<a href="#">Better World Books</a>
<b>South Bend</b>				
Alta Equipment Group	3502 McGill St, South Bend, IN 46628	Forklift dealer	(574) 344-4010	<a href="#">Careers</a>
AM General	105 N Niles Ave, South Bend, IN 46617	Automotive Manufacturer	(574) 237-6222	<a href="#">Career Opportunities at AM General</a>
Cavo Communications	718 S Main St, South Bend, IN 46601	Communicatio ns	574-855-1599	<a href="#">Locations - Prince Telecom, LLC</a>
Crossroads Solar	1901 N Bendix Dr, South Bend, IN 46628	Solar Energy	(607) 759-1058	<a href="#">Careers at Crossroads</a>
Taco Bell	221 W Lasalle Ave, South Bend, IN 46601	Food Service	(574) 233-3431	<a href="#">Taco Bell</a>
Taco Bell	3208 Lincolnway W, South Bend, IN 46628	Food Service	(574) 234-2349	<a href="#">Taco Bell</a>
Taco Bell	231 E Ireland Rd, South Bend, IN 46614	Food Service	(574) 291-9550	<a href="#">Taco Bell</a>
Taco Bell	5131 W Western Ave, South Bend, IN 46619	Food Service	(574) 472-0135	<a href="#">Taco Bell</a>
<b>Brazil</b>				
ADS (Advanced Drainage Systems)	2340 US Hwy 40, Brazil, IN 47834	Pipe Supplier	(812) 443-2080	<a href="#">ADS (Advanced Drainage Systems)</a>
<b>Bluffton</b>				
American Axle & Manufacturing	131 Harvest Rd, Bluffton, IN 46714	Manufacturing and Auto	(260) 824-6800	<a href="#">American Axle &amp; Manufacturing</a>

<b>Chicago</b>				
Acosta	220 N. Green St, Chicago, IL 60607	Job Service Program	(312) 526-3126	<a href="#">Acosta</a>
<b>Clay</b>				
Wabash Clay Custom Meats	991 IN-246, Clay City, IN 47841	Food Service	(812) 939-3113	<a href="#">Wabash Clay Custom Meats</a>
<b>Evansville</b>				
AAMCO Automotive	4957 Oak Grove Rd, Evansville, IN 47715	Transmission and Auto Care	(812) 469-0007	<a href="#">Aamco</a>
<b>Gas City</b>				
Autozone	808 E Main St, Gas City, IN 46933	Auto Care	(765) 677-0756	<a href="#">AutoZone Auto Parts in Gas City, IN (808 E Main St)</a>
<b>Goshen</b>				
Arby's	2022 Lincoln Way E, Goshen, IN 46526	Food Service	(574) 534-3347	<a href="#">Arby's</a>
McDonalds	18423 US-20, Goshen, IN 46528	Food Service	(574) 343-2030	<a href="#">McDonald's</a>
<b>Marion</b>				
AutoZone	901 S Baldwin Ave, Marion, IN 46953	Auto Care	(765) 662-8160	<a href="#">AutoZone</a>
KFC	1301 W 16th St, Marion, IN 46953	Food Service	(765) 662-2207	<a href="#">KFC Careers</a>
<b>Merrillville</b>				
AAMCO Automotive	1760 81st Ave, Merrillville, IN 46410	Transmission and Auto Care	(219) 587-6383	<a href="#">Aamco</a>
<b>New Albany</b>				

Padgett Inc.	901 E Fourth St, New Albany, IN 47150	General Labor	(812) 945-2391	<a href="#">Careers - Padgett-Inc</a>
<b>North Vernon</b>				
American Axle & Manufacturing	3100 N State Hwy #3, North Vernon, IN 47265	Manufacturing and Auto	(812) 346-1566	<a href="#">American Axle &amp; Manufacturing</a>
<b>Plainsville</b>				
ABC Distributors	2198 Reeves Rd, Plainfield, IN 46168	Wholesale market	(317) 839-6666	<a href="#">ABC Distributors</a>
<b>Rochester</b>				
American Axle & Manufacturing	2903 E Fort Wayne Ave, Rochester, IN 46975	Manufacturing and Auto	(574) 223-3330	<a href="#">American Axle &amp; Manufacturing</a>
<b>Spencer</b>				
El Rancharo	405 E Franklin St, Spencer, IN 47460	Food Service	(812) 829-2106	<a href="#">El Rancharo</a>
<b>Valparaiso</b>				
Crew Carwash	2615 LaPorte Ave, Valparaiso, IN 46383	Carwash	(219) 224-3395	<a href="#">Car Washes in Valparaiso, 46383   Crew Carwash</a>
<b>Walkerton</b>				
Modern Door Corporation	1300 Virginia St, Walkerton, IN 46574	Door Supplier	(574) 586-3117	<a href="#">Modern Door</a>
<b>Washington</b>				
Amazon	5 Cumberland Dr, Washington, IN 47501	Warehouse Operations/ Delivery	N/A	<a href="#">Amazon Delivery Station Warehouse Associate</a>
<b>Whitestown</b>				
Amazon	4255 Anson Blvd, Whitestown, IN 46075	Warehouse Operations/ Delivery	(317) 769-8011	<a href="#">Fulfillment Center Warehouse Associate - 4255 Anson Blvd 1413 Whitestown IN 46075</a>

<b>Worthington</b>				
Bunge Worthington	7383 N 100 W, Worthington, IN 47471	Agriculture Services	(314) 789-0849	<a href="#">Bunge North America</a>

## Food

<b>Name</b>	<b>Address</b>	<b>Description</b>	<b>Phone</b>	<b>Website</b>
<b>Anderson</b>				
Park Place Church of God Food Pantry	501 College Dr, Anderson, IN 46012	Serves residents of Madison county, within income guidelines	(765) 374-4662	<a href="#">Park Place Church of God</a>
Operation Love	620 E 21st St, Anderson, IN 46016	Pantry includes variety of goods; One visit per household per month	(765) 644-2121	<a href="#">Operation Love Ministries</a>
<b>Bloomington</b>				
Hoosier Hills Food Bank	2333 W Industrial Park Dr, Bloomington, IN 47404	Food pantry	(812) 339-3447	<a href="#">Hoosier Hills Food Bank</a>
Mother Hubbard's Cupboard	1100 W Allen St, Bloomington, IN 47403	Food pantry	(812) 355-6843	<a href="#">Mother Hubbard's Cupboard</a>
Pantry 279 at Bloomington	3609 SR 46, Bloomington, IN 47404	Food pantry; some toiletries	(812) 606-1524	
<b>Carmel</b>				
Carmel United Methodist Church - Food Pantry	621 S Range Line Rd, Carmel, IN 46032	Food pantry for Hamilton County residents	(317) 844-7275	<a href="#">Carmel United Methodist Church</a>

Merciful HELP Center	1045 W 146th St, Carmel, IN 46032	Free to resident and disadvantaged people in Hamilton County plus 46240 and 46260 zip codes in Marion County to provide food, home goods, used furniture and vehicles, home repair, and clothing; Assist with referrals for social assistance, housing, jobs and legal matters	(317) 663-4039	<a href="#">Merciful HELP Center</a>
<b>Columbus</b>				
Salvation Army - Columbus	2525 Illinois St, Columbus, IN 47201	Food pantry	(812) 372-7118	<a href="#">Columbus Salvation Army</a>
<b>Crown Point</b>				
First Presbyterian Church of Crown Point	218 S Court St, Crown Point, IN 46307	Food pantry	(219) 663-2255	<a href="#">First Presbyterian Church - Crown Point</a>
St. Matthias Outreach	101 W Burrell Dr, Crown Point, IN 46307	Assists families who are in need of temporary assistance with obtaining food; provides only non-perishable goods	(219) 663-2201	<a href="#">St. Matthias Parish</a>
<b>East Chicago</b>				
Salvation Army - East Chicago	513 W Chicago Ave, East Chicago, IN 46312	Food pantry	(219) 398-2939	
Antioch Missionary Baptist Church Food Pantry	3902-06 Alexander Ave, East Chicago, IN 46312	Food pantry	(219) 398-2589	<a href="#">Antioch Missionary Baptist Church</a>
<b>Elkhart</b>				
Open Gate	137 Division St, Elkhart, IN 46516	Food pantry	(574) 522-8250	<a href="http://www.opengatechurch.org/1801.html">http://www.opengatechurch.org/1801.html</a>

St. John's Episcopal Church	226 W Lexington Ave, Elkhart, IN 46516	Food pantry	(574) 295-1725	<a href="#">St. John the Evangelist Episcopal Church</a>
<b>Evansville</b>				
St Paul's Lutheran	100 E Michigan St, Evansville, IN 47711	Food pantry	(812) 422-5414	<a href="#">St. Paul's Lutheran Church</a>
Evansville Rescue Mission	500 E Walnut St, Evansville, IN 47713	Soup kitchen	(812) 421-3800	<a href="#">Evansville Rescue Mission</a>
Community Action Program of Evansville & Vanderburg County, Inc.	401 SE 6th St, Ste. 001 Evansville, IN - 47713	Food pantry	(812) 425-4241	<a href="#">CAPE - Evansville</a>
St. Vincent de Paul Society	613 Cherry St, Evansville, IN 47713	Food pantry	(812) 425-3485	<a href="#">St. Vincent de Paul Society</a>
Grace Baptist Church Evansville	1200 N Garvin St, Evansville, IN 47711	Serves the area of Vanderburgh County	(812) 425-2286	<a href="#">Grace Baptist Church</a>
Salvation Army Family Center	1040 N Fulton Ave, Evansville, IN 47710	Serves Warrick and Vanderburgh counties	(812) 422-4673	
<b>Fort Wayne</b>				
Community Harvest Food Bank	999 E Tillman Rd, Fort Wayne, IN 46816	Food bank	(260) 447-3696	<a href="#">Community Harvest Food Bank</a>
The Salvation Army of Allen County Food Pantry	2901 N Clinton St, Fort Wayne, IN 46805	Food pantry	(260) 744-2311	<a href="#">Fort Wayne Salvation Army</a>
Harvester Missionary Church Food Pantry	3331 Harvester Ave, Fort Wayne, IN 46803	Food pantry	(260) 424-5533	<a href="https://www.harvestermc.org/">https://www.harvestermc.org/</a>
Fort Wayne Rescue Mission	404 E Washington Blvd, Fort Wayne, IN 46802	Food pantry	(260) 426-7357	<a href="#">Fort Wayne Rescue Mission</a>



Beacon Heights Church of the Brethren	2810 Beacon St, Fort Wayne, IN 46805	Food pantry	(260) 482-8595	<a href="#">Beacon Heights Church</a>
Adventist Community Services	228 W Lexington Ave, Fort Wayne, IN 46807	Emergency food and nutrition assistance	(260) 745-1594	
Wellspring Interfaith Social Services	1316 Broadway Ave, Fort Wayne, IN 46802	Families living in local area may access food bank once every 30 days; Serves individuals and families living outside local area on a one-time-only emergency basis	(260) 422-6618	<a href="#">Wellspring Interfaith Social Services</a>
<b>Franklin</b>				
Michelle's Little Free Pantry	102 Weber Ct, Franklin, IN 46131	A 24/7 self-service community driven free non-perishable food pantry	(317) 474-0069	
<b>Gary</b>				
Sojourner Truth House	410 W 13th Ave, Gary, IN 46407	Food pantry	(219) 885-2282	<a href="#">Sojourner Truth House</a>
Christ United Methodist Church	201 W Ridge Rd, Gary, IN 46408	Food pantry	(219) 884-8312	
<b>Granger</b>				
Christ Fellowship	13350 Kingsfield Ct, Granger, IN 46530	Food pantry	(574) 271-1084	
<b>Greenwood</b>				
IMPACT Center at Mount Pleasant Christian Church	381 N Bluff Rd Greenwood, IN 46142	Food and clothing for families	(317) 881-6727	
The CARE Center	514 S Madison Ave, Greenwood, IN 46142	Food pantry and clothing shop	(317) 882-8463	
<b>Goshen</b>				

Goshen Salvation Army	1013 N Main St, Goshen, IN 46528	Offers food assistance, emergency financial assistance, character building programs	(574) 533-9584	<a href="#">Goshen Salvation Army</a>
<b>Hammond</b>				
Greater Hammond Community Services	824 Hoffman St, Hammond, IN 46327	Food pantry	(219) 932-4800	<a href="#">Greater Hammond Community Services</a>
<b>Hobart</b>				
Hobart Food Pantry	200 State Rd, Hobart, IN 46342	Once per week, Hobart residents	(219) 947-7779	<a href="#">Hobart Food Pantry</a>
<b>Indianapolis</b>				
Midwest Food Bank	6450 S Belmont St, Indianapolis, IN 46217	Food pantry	(317) 786-8980	<a href="#">Midwest Food Bank</a>
Gleaners Community Cupboard Southwest	3737 Waldemere Ave Indianapolis, IN 46241	Food pantry	(317) 925-0191	<a href="#">Gleaners Food Bank</a>
Saint Vincent de Paul	3001 E 30th St, Indianapolis, IN 46218	Food pantry located in the Pratt-Quigley Center; can visit once per week	(317) 924-5769	<a href="#">SVdP Indy</a>
Hunger Inc.	1416 E Epler Ave, Indianapolis, IN 46227	Food pantry	(317) 782-3321	<a href="#">Hunger Inc.</a>
Servant's Heart of Indy Food Pantry	5602 Elmwood Ave, Indianapolis, IN 46203	Food pantry	(317) 788-9433	<a href="#">Servant's Heart of Indy</a>
Mid-North Food Pantry Inc.	3333 N Meridian St, Indianapolis, IN 46208	Food pantry	(317) 924-7900	<a href="#">Mid-North Food Pantry</a>

Emmaus Lutheran Food Pantry	1209 Linden St, Indianapolis, IN 46203	Food pantry for eligible residents living within boundaries of N-Washington St.; S-Hanna Ave.; E-Emerson Ave.; W-Meridian St	(317) 474-0149	<a href="#">Emmaus Lutheran</a>
Crooked Creek Food Pantry	6940 N Michigan Rd, Indianapolis, IN 46268	Food pantry	(317) 471-9064	<a href="#">Crooked Creek Food Pantry</a>
Anna's House Multi-Service Center	303 N Elder Ave, Indianapolis, IN 46222	Provide fresh produce, meat and bread; hablamos Español	(317) 631-5504	<a href="#">The Lords Pantry at Annas House</a>
Boulevard Place Food Pantry	4202 Boulevard Pl, Indianapolis, IN 46208	Boundaries of the parishes of St. Thomas Aquinas, St. Luke, St. Joan of Arc, Christ the King and Immaculate Heart of Mary.	(317) 924-3461	
<b>Jeffersonville</b>				
Northside Church of Christ	2510 E 10th St, Jeffersonville, IN 47130	Food pantry; for residents of Clark County	(812) 282-6272	<a href="#">Northside Church of Christ</a>
Most Sacred Heart of Jesus	1840 E 8th St, Jeffersonville, IN 47130	Provides Blessing Box stocked with non-perishable food and personal care items for individuals	(812) 282-0423	<a href="#">Most Sacred Heart of Jesus</a>
<b>Kokomo</b>				
Crisis Center Inc	307 E Deffenbaugh St, Kokomo, IN 46902	Food pantry	(765) 452-4091	
<b>Lafayette</b>				
Food Finders Food Bank Incorporated	1204 Greenbush St, Lafayette, IN 47904	Food pantry	(765) 471-0062	<a href="#">Food Finders Food Bank</a>

Elmwood Church of Christ Food Pantry	2501 Elmwood Ave, Lafayette, IN 47904	Food pantry	(765) 447-2874	
<b>LaGrange</b>				
Clothes and Food Basket of LaGrange County Inc.	413 S Railroad St, LaGrange, IN 46761	Food pantry	(260) 463-7974	
Church of Christ	407 S Townline Rd, LaGrange, IN 46761	Food pantry	(260) 463-3571	
<b>Lawrence</b>				
The Sharing Place Food and Clothing Pantry	6501 Sunnyside Rd, Lawrence, IN 46236	Food pantry	(317) 760-0420	<a href="#">Lutheran Child and Family Services</a>
<b>Mishawaka</b>				
Mishawaka Food Pantry	315 Lincolnway W, Mishawaka, IN 46544	Food pantry	(574) 220-6213	<a href="#">Mishawaka Food Pantry</a>
<b>Muncie</b>				
Old Town Hill Baptist Church Food Pantry	524 W Howard St, Muncie, IN 47302	Food pantry	(765) 729-1366	<a href="#">Old Town Hill Baptist Church</a>
Muncie Mission Ministries	1725 S Liberty St, Muncie, IN 47302	Food pantry	(765) 288-9122	<a href="#">Muncie Mission</a>
<b>Noblesville</b>				
Grace Care Center	5504 E 146th St, Noblesville, IN 46062	Food pantry, Referral Services, Vehicle Services & ESL	(317) 848-2722	<a href="#">Grace Care Center</a>
St. Vincent de Paul Food Pantry	1391 Greenfield Ave, Noblesville, IN 46060	Food pantry and thrift store	(317) 773-7608	<a href="#">NobleCause Resale</a>
<b>South Bend</b>				
Food Bank of Northern Indiana	702 Chapin St, South Bend, IN 46601	Food bank	(574) 232-9986	<a href="#">Food Bank of Northern Indiana</a>

Northeast Neighborhood Center	803 N. Notre Dame Ave, South Bend, IN 46617	Food pantry	(574) 235-9675	
Community Food Pantry of St. Joseph County	702 Chapin St, South Bend, IN 46601	Food pantry	(574) 232-9986	<a href="#">South Bend Praise Fellowship</a>
Little Flower Catholic Church Organization	5419 N Ironwood Dr, South Bend, IN 46635	Food pantry	(574) 243-3438	<a href="#">St. Therese Little Flower Catholic Church</a>
First United Methodist Church	333 N Main St, South Bend, IN 46601	Food pantry	(574) 233-2120	<a href="#">First Northwest United Methodist Church of South Bend</a>
Clay United Methodist Church	17646 Cleveland Rd, South Bend, IN 46637	Food pantry	(574) 272-8068	
Unity Gardens	3701 Prast Blvd, South Bend, IN 46628	Provides free pick gardens with fresh produce	(574) 222-2266	<a href="#">Unity Gardens</a>
Catholic Charities Food Pantry	1817 Miami St, South Bend, IN 46613	Food pantry	(574) 234-3111	<a href="#">Catholic Charities</a>
St. Vincent de Paul Society Center	520 Crescent Ave, South Bend, IN 46617	Provides emergency food assistance through our food pantry, bread basket, home visits, and community garden	(574) 234-6000	<a href="#">SVDP South Bend</a>
Broadway Christian Parish Church Food Pantry	1412 Carroll St, South Bend, IN 46613	Food distributions are a three-day supply once a month	(574) 289-0333	<a href="#">Broadway Christian Parish</a>
<b>Terre Haute</b>				
Salvation Army - Terre Haute	234 S 8th St, Terre Haute, IN 47807	Food pantry	(812) 232-4081	<a href="#">Terre Haute Salvation Army</a>
Mount of Olives SDA Church	1322 S 13th St, Terre Haute, IN 47802	Food pantry	(812) 232-5222	<a href="#">Terre Haute Mount of Olives SDA Church</a>

# Transitional Housing

Name	Address	Description	Phone	Website
<b>Anderson</b>				
Alternatives of Madison County	1505 Raible Ave, Anderson, IN 46015	Emergency shelter and support services for female domestic violence victims, with or without dependent children (under age 18)	24-Hour Crisis Line: (765) 643-0200	<a href="#">Alternatives</a>
<b>Bloomington</b>				
Middle Way House	401 S Washington, Bloomington, IN 47401	Low-income women with dependent children who have experienced life-threatening violence	Transitional Housing Phone: (812) 337-4510	<a href="#">Middle Way House</a>
Oxford House Libra	2600 E Dekist St, Bloomington, IN 47408	Male transitional housing for drug and alcohol addiction	(301) 589-0302	<a href="#">Oxford House</a>
Oxford House Maya	3514 East Park Ln, Bloomington, IN 47408	Female transitional housing for drug and alcohol addiction	(317) 499-4710	<a href="#">Oxford House</a>
Oxford House Sage	730 S Curry Pike, Bloomington, IN 47403	Male transitional housing for drug and alcohol addiction	(812) 929-5927	<a href="#">Oxford House</a>
<b>Columbus</b>				
Centerstone Indiana House Adult Housing	2650 Foxpointe Dr, Columbus, IN 47203	Adult halfway house for substance abusers	(812) 372-5517	
Oxford House Remo	3802 Balsam Dr, Columbus, IN 47203	Male transitional housing for drug and alcohol addiction	(812) 318-8273	<a href="#">Oxford House</a>
Turning Point Domestic Violence Services	450 Jackson St, Columbus, IN 47202	Transitional housing for domestic violence and sexual assault survivors	812-379-5575	<a href="#">Turning Point Domestic Violence Services</a>

<b>Elkhart</b>				
Elkhart County Women's Shelter	601 S Main St, Elkhart, IN 46515	Provides shelter for women, with or without children (boys up to 17 years), escaping domestic violence	(574) 294-1811	<a href="#">YWCA North Central Indiana</a>
Faith Mission of Elkhart	801 Benham Ave, Elkhart, IN 46516	Emergency shelter and transitional housing for men, women and families. Unavailable to people under the influence of drugs or alcohol, and people convicted of a sex crime or arson	(574) 293-3406	<a href="#">Faith Mission - Elkhart, IN</a>
<b>Evansville</b>				
Oxford House Emory	305 S Saint James Blvd, Evansville, IN 47714	Male transitional housing for drug and alcohol addiction	(812) 318-8273	<a href="#">Oxford House</a>
Oxford House JadeBrooke	238 South Barker Ave, Evansville, IN 47712	Female transitional housing for drug and alcohol addiction	(812) 303-1806	<a href="#">Oxford House</a>
Oxford House Sancho	218 Indian Trl, Evansville, IN 47715	Male transitional housing for drug and alcohol addiction	(317) 499-4710	<a href="#">Oxford House</a>
Southwestern Behavioral Healthcare	4001 John St, Evansville, IN 47714		(812) 423-7791	<a href="#">Residential Programs   SBH</a>
YWCA Evansville - Transition Housing Recovery Program (THRP)	118 Vine St, Evansville, IN 47708	For homeless women in recovery from substance abuse	(812) 422-1191	<a href="#">Advancing Healing and Safety – YWCA Evansville   Racial Justice   Women's Empowerment   Mentoring</a>
<b>Fort Wayne</b>				
Fort Wayne Women's Bureau, Inc.	2440 Bowser Ave, Fort Wayne, IN 46807	Transitional rehab housing location for women and children	(260) 424-7977	<a href="#">Women's Bureau - Fort Wayne</a>
Freedom House Inc.	806 Walnut St, Fort Wayne, IN 46802	Provides housing for men struggling with addiction	(260) 456-8097	<a href="#">Freedom House Inc.</a>

Genesis Outreach, Transitional Outreach for Men and Women	2605 Gay St, Fort Wayne, IN 46806	Transitional housing for substance abusing men and women	(260) 744-2800	<a href="#">Genesis Outreach</a>
Oxford House Blue Beech	7116 Blue Beech Dr, Fort Wayne, IN 46815	Male transitional housing for drug and alcohol addiction	(260) 387-6272	<a href="#">Oxford House</a>
Oxford House Galileo	3526 Summersworth Run, Fort Wayne, IN 46804	Female transitional housing for drug and alcohol addiction	(574) 276-1247	<a href="#">Oxford House</a>
Oxford House Great Bear	7132 Great Bear Ct, Fort Wayne, IN 46815	Female transitional housing for drug and alcohol addiction	(260) 245-0055	<a href="#">Oxford House</a>
Oxford House Monet	6236 Monarch Dr, Fort Wayne, IN 46815	Male transitional housing for drug and alcohol addiction	(574) 276-1247	<a href="#">Oxford House</a>
Oxford House Olympus	3914 Trier Rd, Fort Wayne, IN 46815	Male transitional housing for drug and alcohol addiction	(812) 318-8273	<a href="#">Oxford House</a>
The Rose Home	2208 Wayne Trace, Fort Wayne, IN 46803	Women's home dedicated solely to recovery from drug and alcohol addictions	(260) 424-1600	<a href="#">The Rose Home</a>
The Thirteen Step House, Inc.	1317 W Washington Blvd, Fort Wayne, IN 46802	Provides housing for people struggling with addiction	(260) 424-2341	<a href="#">13 Step House</a>
Vincent Village, Inc.	2827 Holton Ave, Fort Wayne, IN 46806	Shelter and supportive services for homeless families with children	(260) 456-4172	<a href="#">Vincent Village</a>
<b>Indianapolis</b>				
Coburn Place Safe Haven For Women	604 E 38th St, Indianapolis, IN 46205	Houses individuals who are homeless due to Domestic Violence by intimate partner only	(317) 923-5750	<a href="#">Coburn Place</a>



Dayspring Center	1537 Central Ave, Indianapolis, IN 46202	Provides emergency shelter, clothing, and three nourishing meals a day for homeless families with children	(317) 635-6780	<a href="#">Dayspring Center</a>
Direct Paths Family Services	N Sheffield Ave, Indianapolis, IN 46222	Provides housing to the homeless and former foster youth	(317) 721-4353	<a href="#">Direct Paths Family Services</a>
Dove Recovery House for Women	3351 N Meridian St, Indianapolis, IN 46208	Housing for female substance abusers	(317) 964-0450	<a href="#">Dove Recovery House</a>
Fairbanks Hospital	8102 Clearvista Pkwy, Indianapolis, IN 46256	Housing for men and women struggling with addiction	(317) 849-8222	<a href="#">Community Fairbanks Recovery Center</a>
Good News Mission	2716 E Washington St, Indianapolis, IN 46142	Provides housing for men	(317) 638-2862	<a href="#">Good News Ministries</a>
Holy Family Transitional Housing	907 N Holmes Ave, Indianapolis, IN 46222	Provides housing and supportive social services to homeless families	(317) 635-7830	<a href="#">Holy Family Shelter</a>
Indianapolis Housing Agency Indianapolis	1919 N Meridian St, Indianapolis, IN 46202	Agency that provides low-income families, seniors and families with disabilities access to affordable housing	(317) 261-7200	<a href="#">Indianapolis Housing Agency</a>
Julian Center, Inc.	2011 N Meridian St, Indianapolis, IN 46202	Provides emergency shelter to victims of domestic violence and sexual assault	(317) 941-2200	<a href="#">The Julian Center</a>
Neighborhood Christian Legal Clinic Indianapolis	3333 N Meridian St, Suite 201 Indianapolis, IN 46208	Agency that provides housing assistance, legal service and other re-entry services	(317) 429-4131	<a href="#">Neighborhood Christian Legal Clinic</a>
Our Brothers Place	2526 E 38th St, Indianapolis, IN 46218	Transitional housing for male and female substance abusers	(317) 438-5675 (833) 463-9627 (317) 222-9796	
Oxford House Ace	7211 E 65th St, Indianapolis, IN 46256	Female transitional housing for drug and alcohol addiction	(502) 655-1563	<a href="#">Oxford House</a>

Oxford House Buffalo Trail	511 Buffalo Trail Cr, Indianapolis, IN 46227	Female transitional housing for drug and alcohol addiction	(317) 300-0364	<a href="#">Oxford House</a>
Oxford House Chance II	842 N Temple Ave, Indianapolis, IN 46201	Male transitional housing for drug and alcohol addiction	(270) 727-3096	<a href="#">Oxford House</a>
Oxford House Harambe	8312 Charter Oak Dr, Indianapolis, IN 46206	Male transitional housing for drug and alcohol addiction	(317) 389-5801	<a href="#">Oxford House</a>
Oxford House Heatherwood	1106 Heatherwood Dr, Indianapolis, IN 46241	Female transitional housing for drug and alcohol addiction	(502) 655-1563	<a href="#">Oxford House</a>
Oxford House Impavid	833 Golf Ln, Indianapolis, IN 46260	Male transitional housing for drug and alcohol addiction	(502) 655-1563	<a href="#">Oxford House</a>
Oxford House Indy	5126 E 76th Street Ct, Indianapolis, IN 46205	Female transitional housing for drug and alcohol addiction	(317) 499-4710	<a href="#">Oxford House</a>
Oxford House Keiki	511 E 23rd St, Indianapolis, IN 46205	Male transitional housing for drug and alcohol addiction	(270) 727-3096	<a href="#">Oxford House</a>
Oxford House Kingly	7130 Eastwick Ln, Indianapolis, IN 46256	Male transitional housing for drug and alcohol addiction	(317) 516-4922	<a href="#">Oxford House</a>
Oxford House Mac	6102 E 10th St, Indianapolis, IN 46219	Male transitional housing for drug and alcohol addiction	(317) 220-8566	<a href="#">Oxford House</a>
Oxford House Minturn	1435 Minturn Ln, Indianapolis, IN 46260	Female transitional housing for drug and alcohol addiction	(317) 746-6932	<a href="#">Oxford House</a>
Oxford House Orenda	3820 Rookwood Ave, Indianapolis, IN 46208	Female transitional housing for drug and alcohol addiction	(317) 602-2615	<a href="#">Oxford House</a>

Oxford House Roundtree	6630 Roundtree Ct, Indianapolis, IN 46214	Male transitional housing for drug and alcohol addiction	(502) 655-1563	<a href="#">Oxford House</a>
Oxford House Valhalla	36 N Irvington Ave, Indianapolis, IN 46219	Male transitional housing for drug and alcohol addiction	(317) 384-1827	<a href="#">Oxford House</a>
Paving the Way Transitional House	4710 E 30th St, Indianapolis, IN 46218	Housing and support services for women who are substance abuser, formerly incarcerated and homeless	(317) 602-3106	<a href="#">We walk by faith not by sight</a>
Redemption Outreach Service	120 E Market St, Indianapolis, IN 46204	Provides housing and other services for Indiana residents	(317) 986-7714	<a href="#">Redemption Outreach Service Inc.</a>
Salvation Army - Social Service Center Indianapolis	3100 N Meridian St, Indianapolis, IN 46208	Domestic abuse and homeless shelters feature professional counseling, medical assistance, child care and assistance, job training and continuing education programs	(317) 937-7000	<a href="#">Salvation Army Indiana</a>
Salvation Army Harbor Light Center	2400 N Tibbs Ave, Indianapolis, IN 46222	Transitional housing and supportive services for people suffering from substance abuse	(317) 972-1450	<a href="#">The Salvation Army's Harbor Light Center</a>
Salvation Army Women's Shelter	540 N Alabama St, Indianapolis, IN 46204	Shelter for survivors of domestic violence	(317) 637-5551	
Spain's Residential Living for Women	3019 Delaware St, Indianapolis, IN 46205	Provides transitional housing for women recovering from drug or alcohol addiction	(317) 640-2575	<a href="#">Our Programs   Spain's House</a>

Volunteers of America of Indiana Inc - Brandon Hall	611 N Capitol Ave, Indianapolis, IN 46204	Veteran Transitional Housing / Male Residential Community Corrections facility for those suffering from substance abuse	(317) 686-9841	<a href="#">Volunteers of America Ohio and Indiana</a>
WOW - Women of Worth Transition Home	976 W 29th St, Indianapolis, IN 46208	Provides housing for women	(317) 223-1752	
<b>Jeffersonville</b>				
Lifespring Inc - Integrated Treatment Center	1036 Sharon Dr, Jeffersonville, IN 47130	Provides temporary housing to homeless individuals and families	(812) 206-1533	<a href="#">LifeSpring Health Systems</a>
Oxford House Creedence	3120 Gardner Blvd, Jeffersonville, IN 47130	Male transitional housing for drug and alcohol addiction	(812) 318-4727	<a href="#">Oxford House</a>
Oxford House Ginsburg	1992 Ramsey Way, Jeffersonville, IN 47130	Female transitional housing for drug and alcohol addiction	(812) 318-4727	<a href="#">Oxford House</a>
<b>Kokomo</b>				
Family Services Association of Howard County - Domestic Violence Shelter	618 S Main St, Kokomo, IN 46901	For victims of violence	(765) 457-9313	<a href="#">Family Service Association of Howard County</a>
Oxford House Gratitude Lane	1715 W Walnut St, Kokomo, IN 46901	Male transitional housing for drug and alcohol addiction	(765) 553-5938	<a href="#">Oxford House</a>
<b>Lafayette</b>				
Oxford House Wabi Sabi	2205 Iroquois Trl, Lafayette, IN 47909	Female transitional housing for drug and alcohol addiction	(502) 655-1563	<a href="#">Oxford House</a>
Oxford House Eunoia	310 Vermont Dr, Lafayette, IN 47905	Male transitional housing for drug and alcohol addiction	(574) 276-4773	<a href="#">Oxford House</a>
<b>Mishawaka</b>				

Oxford House Virago	301 Eddgewater Dr, Mishawaka, IN 46545	Female transitional housing for drug and alcohol addiction	(574) 931-2516	<a href="#">Oxford House</a>
<b>Muncie</b>				
Better Way - Family Services of Delaware County	806 West Jackson St, Muncie, IN 47305	Provides transitional housing for survivors of domestic violence and sexual assault	Muncie Office: (765) 747-9107 Crisis Support: (765) 288-4357	<a href="#">A Better Way</a>
<b>Noblesville</b>				
Proactive Resources Berg Counseling Services Inc	44 N 9th St, Suite 208 Noblesville, IN 46060	Provides housing and inpatient services for people struggling with drug and alcohol addiction	(317) 844-5742	
<b>South Bend</b>				
AIDS Ministries	201 S William St, South Bend, IN 46601	Provides HIV/AIDS-related services and housing program referrals	(574) 234-2870	
Broadway Christian Parish	1412 S Carroll St, South Bend, IN 46613	Provides food, shower and laundry services for the homeless	(574) 289-0333	<a href="#">Broadway Christian Parish</a>
Center for the Homeless	813 S Michigan St, South Bend, IN 46601	Provides housing for individuals and families experiencing homelessness	(574) 282-8700	<a href="#">Center for the Homeless</a>
Dismas House	521 S St. Joseph St, South Bend, IN 46601		(574) 233-8522	<a href="#">Dismas House of Indiana</a>
Hope Ministries	432 S Lafayette, South Bend, IN 46601		(574) 235-4150	<a href="#">Hope Ministries</a>
Indiana Health Center	1901 W Western Ave, South Bend, IN 46619		(574) 234-9033	<a href="#">IHC at South Bend - Indiana Health Centers</a>
La Casa de Amistad	746 S Meade St, South Bend, IN 46619		(574) 233-2120	<a href="#">La Casa de Amistad</a>

Life Treatment Centers	1402 S Michigan St, South Bend, IN 46613	Provides housing and services to people struggling with substance abuse	(574) 233-5433	<a href="#">Life Treatment Centers</a>
Monroe Circle	526 W Western Ave, South Bend, IN 46601		(574) 243-3500	<a href="#">Monroe Circle Community Center - Granger Community Church</a>
Navari Student Outreach Clinic	2015 W Western Ave, South Bend, IN 46619		(574) 302-6235	<a href="#">Navari Student Outreach Clinic   South Bend   IU School of Medicine</a>
Oaklawn	415 E Madison St, South Bend, IN 46617		(574) 283-1234	<a href="#">Oaklawn.org</a>
Our Lady of the Road	744 S Main St, South Bend, IN 46601		(574) 222-0417	<a href="#">Our Lady of the Road</a>
Oxford House Council Oak	2312 Council Oak Dr, South Bend, IN 46628	Male transitional housing for drug and alcohol addiction	(574) 999-1958	<a href="#">Oxford House</a>
Oxford House Emyla	631 N Lafayette Blvd, South Bend, IN 46601	Male transitional housing for drug and alcohol addiction	(574) 204-2195	<a href="#">Oxford House</a>
Oxford House Liam	19525 Cleveland Rd, South Bend, IN 46637	Female transitional housing for drug and alcohol addiction	(574) 217-7648	<a href="#">Oxford House</a>
St. Augustine Parish	1501 W Washington St, South Bend, IN 46628		Main Phone (574) 234-7082 Soup Kitchen (574) 234-6334	<a href="#">Saint Augustine Parish - South Bend</a>
St. Margaret's House	117 N Lafayette Blvd, South Bend, IN 46601	Women and Children	(574) 234-7795	<a href="#">St. Margaret's House</a>
Youth Services Bureau	1322 Lincoln Way E, South Bend, IN 46613	Children 12-24 Years Old	Administration: (574) 235-9231 Crisis Hotline: 574-235-9396	<a href="#">Youth Service Bureau</a>

YWCA	1102 Fellows St, South Bend, IN 46601	Offers residential and nonresidential substance use treatment services for women	(574) 233-9491	<a href="#">YWCA North Central Indiana</a>
<b>Terre Haute</b>				
Council on Domestic Abuse (Coda) Shelter - Terre Haute Indiana	1400 Hulman St, Terre Haute, IN 47802	Transitional housing for survivors of domestic violence or sexual assault	(812) 232-1736	<a href="#">CODA Wabash Valley</a>
Oxford House Kassius	2538 N 8th St, Terre Haute, IN 47804	Male transitional housing for drug and alcohol addiction	(812) 917-5441	<a href="#">Oxford House</a>
Oxford House Sawyer	44 Allendale, Terre Haute, IN 47802	Female transitional housing for drug and alcohol addiction	(317) 499-4710	<a href="#">Oxford House</a>

## Narcotics Anonymous

Name	Address	Description	Phone	Website
<b>Bourbon</b>				
First United Methodist Church	204 North Washington St, Bourbon, IN 46504-1625	Open meetings	(574) 342-5765	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>Cedar Lake</b>				
United Methodist Church	7124 West 137th Place Cedar Lake, IN, 46303	Closed meetings	(219) 374-7312	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Chesterton</b>				
Share and Care	225 W Lincoln Ave, Chesterton, IN, 46304	Open meetings		<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Crown Point</b>				

First Presbyterian Church	225 S Main St, Crown Point, IN, 46307	Open meetings, Closed meetings	(219) 663-2255	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>East Chicago</b>				
East Chicago Public Library	1008 W Chicago Ave, East Chicago, IN 46312		(219) 397-2453	<a href="#">Northwest Indiana Area of Narcotics Anonymous</a>
<b>Elkhart</b>				
Freedom Hall	2513 Eddy St, Elkhart, IN 46516-4917	Open meetings	(574) 293-3871	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
Serenity Hall	949 Middlebury St, Elkhart, IN 46516-4525	Open meetings	(574) 522-9274	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>Gary</b>				
Christ Temple Church of Christ	4201 Washington St, Gary, IN 46408		(219) 884-1837	<a href="#">Northwest Indiana Area of Narcotics Anonymous</a>
Revolution Church	301 Lake St, Gary, IN 46403	Closed meetings	(219) 628-5974	<a href="#">South Shore Area Of Narcotics Anonymous</a>
Gary Freedom House	1112 Garfield St, Gary, IN 46404		(463) 348-1988	<a href="#">Northwest Indiana Area of Narcotics Anonymous</a>
NWI Veterans Village	839 Massachusetts St, Gary, IN 46402	Closed meetings	(219) 951-0460	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Goshen</b>				
St. Mark's United Methodist Church	502 N Main St, Goshen, IN, 46528	Open meetings	(574) 533-1842	<a href="#">Michiana Area of Narcotics Anonymous</a>
<b>Hammond</b>				
Hammond Civic Center	5825 Sohl Ave, Hammond, IN 46320	Open meetings, Closed meetings	(219) 853-6378	<a href="#">South Shore Area Of Narcotics Anonymous</a>
Hyde Park Methodist Church	6348 Harrison Ave, Hammond, IN 46324	Closed meetings	(219) 932-0613	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Highland</b>				
Faith Church	8910 Grace St, Highland, IN 46322	Open meetings	(219) 838-6231	<a href="#">South Shore Area Of Narcotics Anonymous</a>



Gloria Dei Lutheran Church	3711 Ridge Rd, Highland, IN 46322	Closed meetings	(219) 838-5313	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Indianapolis</b>				
Roberts Park Methodist Church	401 N Delaware St, Indianapolis, IN 46202	Open meetings, Closed meetings	(317) 635-1636	<a href="#">Meetings - CIANA</a>
Talbot House	1424 N Central Ave, Indianapolis, IN 46202	Closed meetings, Open meetings	(317) 635-1192	<a href="#">Meetings - CIANA</a>
Woodruff Place Baptist Church	1739 E Michigan St, Indianapolis IN 46201	Closed meetings, Open meetings	(317) 639-2501	<a href="#">Meetings - CIANA</a>
<b>Knox</b>				
Knox United Methodist Church	201 S Shield St, Knox, IN 46534-1623	Open meetings	(574) 772-4228	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>La Porte</b>				
YANA Club	1621 Roberts St, La Porte, IN, 46350	Open meetings, Closed meetings	(219) 844-6695	<a href="#">South Shore Area Of Narcotics Anonymous</a>
The PAX Center	605 Washington St, La Porte, IN 46350	Open meetings, Closed meetings	(219) 575-7842	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>Lowell</b>				
Heartland Recovery Center	2068 Lucas Pkwy, Lowell, IN 46356	Open meetings	(219) 690-7025	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Michigan City</b>				
Dunes Fellowship House	211 E 6th St, Michigan City, IN 46360	Open meetings, Closed meetings	(219) 879-5663	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Mishawaka</b>				
Willow Creek United Methodist Church	14010 Jefferson Blvd, Mishawaka, IN 46545-7339	Open meetings	(574) 255-7500	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>Merrillville</b>				
Living Grace Church Of The Nazarene	2408 W 78th Ave, Merrillville, IN 46410	Closed meetings	(219) 769-2240	<a href="#">South Shore Area Of Narcotics Anonymous</a>

Regional Mental Health	8555 W Taft St, Merrillville, IN 46410	Closed meetings	(219) 769-4005	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Munster</b>				
Fairmeadow Community Church	1601 Fran Lin Pkwy, Munster, IN 46321	Open meetings	(219) 838-1700	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Porter</b>				
Hawthorne Park	500 Ackerman Dr, Porter, IN 46304	Open meetings	(866) 504-6974	<a href="#">South Shore Area Of Narcotics Anonymous</a>
Portage Recovery Association	5965 McCasland Ave, Portage, IN 46383	Open meetings	(219) 364-6138	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Rensselaer</b>				
Hope Community Church	609 N McKinley Ave, Rensselaer, IN 47978	Closed meetings	(219) 866-5665	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>South Bend</b>				
Broadway Christian Parish	1412 Carroll St, South Bend, IN 46613-2461	Open meetings	(574) 289-0333	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
Northway Church	19525 Auten Rd, South Bend, IN 46637-1713	Open meetings	(574) 272-4451	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
Oaklawn Facility	415 E Madison St, South Bend, IN 46617-1918	Open meetings	(574) 283-1234	<a href="#">North Central Indiana Area of Narcotics Anonymous</a>
<b>Valparaiso</b>				
Alice's House	606 Brown St, Valparaiso, IN 46383	Closed meetings, Women	(219) 462-7600	<a href="#">South Shore Area Of Narcotics Anonymous</a>
First United Methodist Church	103 N Franklin St, Valparaiso, IN 46383	Closed meetings	(219) 465-1661	<a href="#">South Shore Area Of Narcotics Anonymous</a>
Harold (Hal) Kelly Respite House	1408 Chicago St, Valparaiso, IN 46383	Closed meetings	(219) 548-1300	<a href="#">South Shore Area Of Narcotics Anonymous</a>
HealthLinc	1001 Sturdy Rd, Valparaiso, IN 46385	Closed meetings	(888) 580-1060	<a href="#">South Shore Area Of Narcotics Anonymous</a>

Moraine House	353 Lincolnway, Valparaiso, IN 46383	Open meetings	(219) 464-9983	<a href="#">South Shore Area Of Narcotics Anonymous</a>
Recovery Connection	505 Don Hovey Dr, Valparaiso, IN 46383	Closed meetings	(219) 510-6501	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Wabash</b>				
Friends Counseling Center	3563 S State Rd 13, Wabash, IN 46992-9162		(260) 563-8453	<a href="#">Michiana Area of Narcotics Anonymous</a>
<b>Warsaw</b>				
Women's Serenity House	2016 E Market St, Warsaw, IN 46580-3713	Women's meeting	(260) 927-8902	<a href="#">Michiana Area of Narcotics Anonymous</a>
First United Methodist Church	179 S Indiana St, Warsaw, IN 46580-2805		(574) 267.6933	<a href="#">Michiana Area of Narcotics Anonymous</a>
<b>Whiting</b>				
Whiting Baptist Church	1547 119th St, Whiting, IN 46394	Open meetings, Closed meetings	(219) 659-0010	<a href="#">South Shore Area Of Narcotics Anonymous</a>
<b>Wheeler</b>				
Fifth Street Club	110 5th St, Wheeler, IN 46393	Closed meetings	(219) 759-5514	<a href="#">South Shore Area Of Narcotics Anonymous</a>

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## Alcoholics Anonymous

Name	Address	Description	Phone	Website
<b>Auburn</b>				
Auburn Church of Christ	1103 S Jackson St, Auburn, IN 46706	Young people in AA	(260) 925-3363	<a href="#">AA Fort Wayne</a>

Auburn Presbyterian Church	111 W 12th St, Auburn, IN 46706	Open meetings, Women's meetings	(260) 925-2987	<a href="#">AA Fort Wayne</a>
<b>Fort Wayne</b>				
13 Step House	1317 W Washington, Fort Wayne, IN 46802	Open meetings	(260) 424-2341	<a href="#">AA Fort Wayne</a>
Aldersgate United Methodist Church	2417 Getz Rd, Fort Wayne, IN 46804	Closed meetings	(260) 432-1524	<a href="#">AA Fort Wayne</a>
Bethany United Methodist	7715 Sunny Ln, Fort Wayne, IN 46835	Open meetings	(260) 485-5311	<a href="#">AA Fort Wayne</a>
Club Oasis	1118 Spring St, Fort Wayne, IN 46808	Open meetings	(260) 471-6262	<a href="#">AA Fort Wayne</a>
Freedom House	806 Walnut, Fort Wayne, IN 46802	Open meetings, Closed meetings	(260) 456-8097	<a href="#">AA Fort Wayne</a>
Road to Recovery	2018 N Clinton St, Fort Wayne, IN 46805	Open meetings	(260) 422-0223	<a href="#">AA Fort Wayne</a>
Robinson Chapel	12707 Tonkel Rd, Fort Wayne, IN 46845	Open meetings	(260) 484-1163	<a href="#">AA Fort Wayne</a>
Rose Home	2208 Wayne Trace, Fort Wayne, IN 46803	Open meetings, Women's meeting	(260) 424-1600	<a href="#">AA Fort Wayne</a>
Sacred Heart Church	4643 Gaywood Dr, Fort Wayne, IN 46806	Open meetings	(260) 744-2519	<a href="#">AA Fort Wayne</a>
The Chapel	2505 W. Hamilton Rd, Fort Wayne, IN 46814	Open meetings	(260) 625-6200	<a href="#">AA Fort Wayne</a>
The Pride Center	527 W Berry St, Fort Wayne, IN 46802	Open meetings, LGBTQ+ meetings		<a href="#">AA Fort Wayne</a>

The Roebuck Inn	5319 St. Joe Rd, Fort Wayne, IN 46835	Open meetings		<a href="#">AA Fort Wayne</a>
Trier Ridge Community Church	7501 Hessen Cassel Rd, Fort Wayne, IN 46816	Closed meetings	(260) 447-1994	<a href="#">AA Fort Wayne</a>
Trinity Episcopal Church	611 W Berry St, Fort Wayne, IN 46802	Young people in AA	(260) 423-1693	<a href="#">AA Fort Wayne</a>
Unitarian Universalist Church	5310 Old Mill Rd, Fort Wayne, IN 46807	Open meetings, Closed meetings	(260) 744-1867	<a href="#">AA Fort Wayne</a>
Unity Church	3232 Crescent Ave, Fort Wayne, IN 46805	Closed meetings	(260) 482-2477	<a href="#">AA Fort Wayne</a>
<b>Frankfort</b>				
51 West Event Center	51 W Clinton St, Frankfort, IN 46041	Open meetings	(765) 650-9378	<a href="#">AA Greater Lafayette</a>
<b>Hammond</b>				
CSO	7207 Indianapolis Blvd, Hammond, IN 46324	Closed meetings	(219) 844-6695	<a href="#">Calumet Area Intergroup</a>
First United Methodist Church	6635 Hohman Ave, Hammond, IN 46324	Closed meetings	(219) 932-5915	<a href="#">Calumet Area Intergroup</a>
St. Joseph's Church	5314 Hohman Ave, Hammond, IN 46320	Open meetings	(219) 932-0702	<a href="#">Calumet Area Intergroup</a>
<b>Indianapolis</b>				
Allisonville Christian Church	7701 Allisonville Rd, Indianapolis, IN 46250	Open meetings, Closed meetings	(317) 849-3957	<a href="#">Allisonville Christian Church – Indianapolis AA</a>

Broadway United Methodist Church	609 E 29th St, Indianapolis, IN 46205	Closed meetings, LGBTQ meetings	(317) 924-4207	<a href="#">Broadway United Methodist Church – Indianapolis AA</a>
Carvel Club	4627 Carvel Ave, Indianapolis, IN 46205	Closed meetings	(317) 255-0037	<a href="#">Carvel Club – Indianapolis AA</a>
Castleton United Methodist Church	7160 Shadeland Station, Indianapolis, IN 46256	Open meetings, Closed meetings	(317) 849-2947	<a href="#">Castleton United Methodist Church</a>
Charity House	2730 S Tibbs Ave, Indianapolis, IN 46241	Open meetings	(317) 413-2742	<a href="#">Charity House</a>
Christ Church Cathedral	125 Monument Cir, Indianapolis, IN 46204	Closed meetings, In-person and online meetings	(317) 636-4577	<a href="#">Christ Church Cathedral – Indianapolis AA</a>
Christ Lutheran Church	345 N Kitley Ave, Indianapolis, IN 46219	Closed meetings	(317) 357-8596	<a href="#">Christ Lutheran Church – Indianapolis AA</a>
Church at the Crossing	9111 Haverstick Rd, Indianapolis, IN 46240	Closed meetings, Women's meetings	(317) 844-9355	<a href="#">Church at the Crossing – Indianapolis AA</a>
Club East	441 S Ritter Ave, Indianapolis, IN 46219	Open meetings, Closed meetings	(317) 356-2802	<a href="#">Club East – Indianapolis AA</a>
Dove Recovery House	3351 N Meridian St, Indianapolis, IN 46208	Open meetings, Women's meetings	(317) 964-0450	<a href="#">Dove Recovery House</a>
Edgewood United Methodist Church	1820 E Epler Ave, Indianapolis, IN 46227	Closed meetings	(317) 784-6086	<a href="#">Edgewood United Methodist Church – Indianapolis AA</a>
Emerson Avenue Baptist Church	308 N Emerson Ave, Indianapolis, IN 46219	Open meetings	(317) 356-0965	<a href="#">Emerson Avenue Baptist Church – Indianapolis AA</a>

Fairbanks Hospital	8102 Clearvista Pkwy, Indianapolis, IN 46256	Open meetings	(317) 849-8222	<a href="#">Fairbanks Hospital – Indianapolis AA</a>
Faith United Church of Christ	4040 Thompson Rd, Indianapolis, IN 46237	Closed meetings	(317) 784-4856	<a href="#">Faith United Church of Christ</a>
First Friends Church	3030 Kessler Blvd E Dr, Indianapolis, IN 46220	Open meetings, Young people meetings	(317) 255-2485	<a href="#">First Friends Church – Indianapolis AA</a>
First Meridian Heights Presbyterian Church	4701 Central Ave, Indianapolis, IN 46205	Open meetings, Young people meetings	(317) 283-1305	<a href="#">First Meridian Heights Presbyterian Church</a>
Fountain Square Center "upstairs"	901 Shelby St, Indianapolis, IN 46203	Open meetings		<a href="#">Fountain Square Center "upstairs" – Indianapolis AA</a>
Harry Moore Funeral Home	8151 Allisonville Rd, Indianapolis, IN 46250	Closed meetings, Sign language meetings	317-849-6800	<a href="#">Harry Moore Funeral Home – Indianapolis AA</a>
Hawthorne Adult Center	2440 W Ohio St, Indianapolis, IN 46222	Open meetings	(317) 637-4312	<a href="#">Hawthorne Adult Center – Indianapolis AA</a>
Hoosier Veterans Center	9450 E 59th St, Indianapolis, IN 46216	Closed meetings		<a href="#">Hoosier Veterans Center – Indianapolis AA</a>
Hope Evangelical Covenant Church	8615 Spring Mill Rd, Indianapolis, IN 46260	Open meetings, Closed meetings, Men's meetings, Women's meetings, In-person and online meetings	(317) 575-8161	<a href="#">Hope Evangelical Covenant Church – Indianapolis AA</a>
Indianapolis Art Center	820 E 67th St, Indianapolis, IN 46220	Open meetings	(317) 255-2464	<a href="#">Indianapolis Art Center</a>
John Knox Presbyterian Church	3000 N High School Rd, Indianapolis, IN 46224	Closed meetings	(317) 291-0308	<a href="#">John Knox Presbyterian Church</a>

Lawrence United Methodist Church	5200 Shadeland Ave, Indianapolis, IN 46226	Closed meetings	(317) 546-1724	<a href="#">Lawrence United Methodist Church</a>
LifeJourney Church	2950 E 55th Pl, Indianapolis, IN 46220	Open meetings, Closed meetings	(317) 722-0000	<a href="#">LifeJourney Church</a>
MIZO Christian Church	2901 E Banta Rd, Indianapolis, IN 46227	Closed meetings	(317) 683-9003	<a href="#">MIZO Christian Church</a>
Next Step (The Old Beacon House)	2456 N Bolton Ave, Indianapolis, IN 46218	Open meetings	(317) 637-9816	<a href="#">Next Step</a>
Northminster Church	1660 Kessler Blvd E Dr, Indianapolis, IN 46220	Closed meetings, In-person and online meetings	(317) 251-9489	<a href="#">Christ Church Cathedral – Indianapolis AA</a>
Northwood Christian Church	4550 Central Ave, Indianapolis, IN 46205	Closed meetings	(317) 283-1352	<a href="#">Northwood Christian Church – Indianapolis AA</a>
Paragon Family Restaurant (Rockville Plaza)	118 N Girls School Rd, Indianapolis, IN 46214	Open meetings	(317) 271-3514	<a href="#">Paragon Family Restaurant</a>
Pleasant View Lutheran Church ( 1st door as you enter parking lot )	801 W 73rd St, Indianapolis, IN 46260	Open meetings	(317) 253-0872	<a href="#">Pleasant View Lutheran Church</a>
Roberts Park Church	401 N Delaware St, Indianapolis, IN 46204	Open meetings	(317) 635-1636	<a href="#">Roberts Park Church</a>
Rosedale Hills United Methodist Church	4450 S Keystone Ave, Indianapolis, IN 46227	Open meetings, Closed meetings, Women's meetings	(317) 786-6474	<a href="#">Rosedale Hills United Methodist Church – Indianapolis AA</a>
Salem Lutheran Church (North Building)	4700 W 72nd St, Indianapolis, IN 46268	Closed meetings	(317) 291-5004	<a href="#">Salem Lutheran Church</a>



Servants of Christ Lutheran Church	7650 Oaklandon Rd, Indianapolis, IN 46236	Open meetings	(317) 823-9580	<a href="#">Servants of Christ Lutheran Church</a>
Shirley Brothers Mortuary	3333 Thompson Rd, Indianapolis, IN 46227	Closed meetings		<a href="#">Shirley Brothers Mortuary – Indianapolis AA</a>
Southside Fellowship Center	259 E Raymond St, Indianapolis, IN 46225	Open meetings, Closed meetings	(317) 782-0802	<a href="#">Southside Fellowship Center – Indianapolis AA</a>
St. Alban's Church	4601 Emerson Ave, Indianapolis, IN 46226	Closed meetings, LGBTQ meetings	(317) 546-8037	<a href="#">St. Alban's Church</a>
St. Andrews Church	2560 Villa Ave, Indianapolis, IN 46203	Open meetings	(317) 784-4662	<a href="#">St. Andrews Church – Indianapolis AA</a>
St. Gabriel Church (Enter in door #6)	6000 W 34th St, Indianapolis, IN 46224	Closed meetings, Women's meetings	(317) 291-7014	<a href="#">St. Gabriel Church</a>
St. Joan of Arc Church Parish Office Bldg	4217 Central Ave, Indianapolis, IN 46205	Open meetings	(317) 283-5508	<a href="#">St. Joan of Arc Church</a>
St. Luke's - Enter on North side of church through door #4	100 W 86th St, Indianapolis, IN 46260	Open meetings, In-person and online meetings	(317) 846-3404	<a href="#">St. Luke's</a>
St. Luke's United Methodist Church	100 W 86th St #125, Indianapolis, IN 46260	Open meetings	(317) 846-3404	<a href="#">St. Luke's United Methodist Church</a>
St. Matthew's Church	8320 E 10th St, Indianapolis, IN 46219	Open meetings	(317) 898-7807	<a href="#">St. Matthew's Church – Indianapolis AA</a>
St. Paul's Episcopal Church	6050 N Meridian St, Indianapolis, IN 46208	Open meetings, Closed meetings, Women's meetings	(317) 253-1277	<a href="#">St. Paul's Episcopal Church</a>
St. Roch's Church	3603 S Meridian St, Indianapolis, IN 46217	Open meetings, Men's meetings	(317) 784-2637	<a href="#">St. Roch's Church – Indianapolis AA</a>

St. Timothy's Episcopal Church	2601 Thompson Rd, Indianapolis, IN 46227	Open meetings		<a href="#">St. Timothy's Episcopal Church – Indianapolis AA</a>
St. Vincent De Paul	1201 E Maryland St, Indianapolis, IN 46201	Closed meetings	(317) 687-0169	<a href="#">St. Vincent De Paul – Indianapolis AA</a>
Talbot House	1424 Central Ave, Indianapolis, IN 46202	Open meetings	(317) 635-1192	<a href="#">Talbot House</a>
Tuxedo Park Baptist Church (Park on South Side - Big Lot)	29 N Grant Ave, Indianapolis, IN 46201	Closed meetings, Men's meetings	(317) 357-8087	<a href="#">Tuxedo Park Baptist Church</a>
Union Chapel United Methodist Church	2720 E 86th St, Indianapolis, IN 46240	Open meetings, Closed meetings	(317) 846-3429	<a href="#">Union Chapel United Methodist Church – Indianapolis AA</a>
Unity Church	907 N Delaware St, Indianapolis, IN 46204	Open meetings	(317) 635-4066	<a href="#">Unity Church</a>
Westminster Neighborhood Services	2325 E New York St, Indianapolis, IN 46201	Open meetings	(317) 632-9785	<a href="#">Westminster Neighborhood Services – Indianapolis AA</a>
Westside Club	6450 W 10th St, Indianapolis, IN 46214	Open meetings, Closed meetings, Women's meetings, Men's meetings	(317) 757-8961	<a href="#">Westside Club – Indianapolis AA</a>

**Lafayette**

Brown Street United Methodist Church	905 Brown St, Lafayette, IN	Open meetings, Closed meetings	(765) 742-1316	<a href="#">AA Greater Lafayette</a>
Evangelical Covenant Church	3600 S. 9th St, Lafayette, IN	Closed meetings	(765) 474-4842	<a href="#">AA Greater Lafayette</a>
Grupo Luz del Alma	2440 Glick St, Lafayette, IN	Spanish speaking meeting	(765) 742-1666	<a href="#">AA Greater Lafayette</a>
Life Church	1201 Sagamore Pkwy N, Lafayette, IN	Open meetings	(217) 431-0018	<a href="#">AA Greater Lafayette</a>

**Noblesville**

Suburban North Club	16065 Prosperity Dr, Noblesville, IN 46060	Open meetings, Closed meetings	(317) 770-1399	<a href="#">Suburban North Club – Indianapolis AA</a>
<b>Oxford</b>				
Benton Community Food & Service Co-op	109 E. Smith St, Oxford, IN	Open meetings	(765) 385-0207	<a href="#">AA Greater Lafayette</a>
<b>South Bend</b>				
Christ the King Catholic Church	52473 State Hwy 933, South Bend, IN 46637	Closed meetings	(574) 272-3113	<a href="#">Michiana Sober</a>
Church of the Savior	1855 N Hickory Rd, South Bend, IN 46635	Closed meetings	(574) 272-8424	<a href="#">Michiana Sober</a>
East Bank Apartments - East Meeting Room	437 N. Niles Ave, South Bend, IN 46617	Closed meetings	(574) 339-6509	<a href="#">Michiana Sober</a>
Fellowship House	1438 E Calvert St, South Bend, IN 46613	Closed meetings	(574) 237-9789	<a href="#">Michiana Sober</a>
Grace Methodist Church	3012 S Twyckenham Dr, South Bend, IN 46614	Closed meetings	(574) 288-4789	<a href="#">Michiana Sober</a>
Hope Ministries	432 S Lafayette Blvd, South Bend, IN 46601	Open meetings	(574) 235-4150	<a href="#">Michiana Sober</a>
Oak Tree Community Church	53922 Olive Rd, South Bend, IN 46628	Closed meetings	(574) 232-1618	<a href="#">Michiana Sober</a>
Pilot House	2921 W Western Ave, South Bend, IN 46601	Closed meetings	southbendpilot house@gmail.com	<a href="#">Michiana Sober</a>
RB Francis Library	52655 N Ironwood Rd, South Bend, IN 46635	Open meetings	(574) 282-4641	<a href="#">Michiana Sober</a>

South Side Christian Church	1329 Jackson Rd, South Bend, IN 46614	Closed meetings	(574) 291-1156	<a href="#">Michiana Sober</a>
St. Andrew Greek Orthodox Church	52455 N Ironwood Rd, South Bend, IN 46635	Open meetings, Closed meetings, LGBTQ meetings	(574) 277-4688	<a href="#">Michiana Sober</a>
Zion United Church of Christ	211 S St. Peter St, South Bend, IN 46617	Open meetings, Women's meetings	(574) 233-5446	<a href="#">Michiana Sober</a>

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## Correctional Facilities

Name	Address	Description	Phone	Website
<b>Albion</b>				
Chain O'Lakes Correctional Facility	3516 E 75 S, Albion, IN 46701	Reentry Center	(260) 636-3114	<a href="#">Chain O'Lakes Community Re-Entry Center</a>
<b>Branchville</b>				
Branchville Correctional Facility	21390 Old St. Road 37, Branchville, IN 47514	Males	(812) 843-5921	<a href="#">Branchville Correctional Facility - IDOC</a>
<b>Bunker Hill</b>				
Miami Correctional Facility	3038 W 850 S, Bunker Hill, IN 46914	Males	(765) 689-8920	<a href="#">Miami Correctional Facility - IDOC</a>
<b>Carlisle</b>				

Wabash Valley Correctional Facility	6908 S Old US Hwy 41, Carlisle, IN 47838	Males	(812) 398-5050	<a href="#">Wabash Valley Correctional Facility - IDOC</a>
<b>Edinburgh</b>				
Edinburgh Correctional Facility	703 23rd St, Edinburgh, IN 46124	Minimum security work camp	(812) 526-8434	<a href="#">Edinburgh Correctional Facility - IDOC</a>
<b>Greencastle</b>				
Putnamville Correctional Facility	1946 US 40, Greencastle, IN 46135	Males	(765) 653-8441	<a href="#">Putnamville Correctional Facility - IDOC</a>
<b>Indianapolis</b>				
Indiana Women's Prison	2596 N Girls School Rd, Indianapolis, IN 46214	Females	(317) 244-3387	<a href="#">IDOC: Indiana Women's Prison</a>
<b>Madison</b>				
Madison Correctional Facility	800 Msh Bus Stop Dr, Madison, IN 47250	Females	(812) 265-6154	<a href="#">Madison Correctional Facility - IDOC</a>
<b>Michigan City</b>				
Indiana State Prison	1 Park Row St, Michigan City, IN 46360	Males	(219) 874-7256	<a href="#">Indiana State Prison - IDOC</a>
<b>New Castle</b>				
New Castle Correctional Facility	1000 Van Nuys Rd, New Castle, IN 47362	Males	(765) 593-0111	<a href="#">New Castle Correctional Facility</a>
<b>North Union</b>				
Rockville Correctional Facility	County Road 50 N, Union Township, IN 47872	Females	(765) 569-3178	<a href="#">Rockville Correctional Facility - IDOC</a>
<b>Pendleton</b>				
Correctional Industrial Facility	5124 W Reformatory Rd, Pendleton, IN 46064	Males	(765) 778-8011	<a href="#">Correctional Industrial Facility - IDOC</a>

Pendleton Correctional Facility	4490 W Reformatory Rd, Pendleton, IN 46064	Males (Juveniles)	(765) 778-2107	<a href="#">Pendleton Correctional Facility - IDOC</a>
<b>Plainfield</b>				
Heritage Trail Correctional Facility	501 W Main St, Plainfield, IN 46168	Males	(317) 839-7751	<a href="#">Heritage Trail Correctional Facility - IDOC</a>
Plainfield Correctional Facility	727 Moon Rd, Plainfield, IN 46168	Males	(317) 839-2513	<a href="#">Plainfield Correctional Facility - IDOC</a>
Reception Diagnostic Center	737 Moon Rd, Plainfield, IN 46168	Males	(317) 839-7727	<a href="#">Reception Diagnostic Center - IDOC</a>
<b>South Bend</b>				
South Bend Community Re-Entry	4650 Old Cleveland Rd, South Bend, IN 46628	Males	(574) 234-4094	<a href="#">South Bend Community Re-entry Center - IDOC</a>
<b>Westville</b>				
Westville Correctional Facility	5501 S 1100 W, Westville, IN 46391	Males	(219) 785-2511	<a href="#">Westville Correctional Facility - IDOC</a>

# Higher Education

Institution	Address	Phone	Website
<b>Anderson</b>			
Anderson University	1100 E 5th St, Anderson, IN 46012	(765) 649-9071	<a href="#">Anderson University</a>
<b>Angola</b>			
Trine University	1 University Ave, Angola, IN 46703	(260) 665-4100	<a href="#">Trine University</a>
<b>Bloomington</b>			
IU Bloomington	107 S Indiana Avenue, Bloomington, IN 47405	(812) 855-4848	<a href="#">Indiana University Bloomington</a>
<b>Crawfordsville</b>			
Wabash College	301 W Wabash Ave, Crawfordsville, IN 47933	(765) 361-6100	<a href="#">Wabash College</a>
<b>Evansville</b>			
University of Evansville	1800 Lincoln Ave, Evansville, IN 47722	(812) 488-2000	<a href="#">University of Evansville</a>
<b>Fort Wayne</b>			
Indiana Institute of Technology	1600 E Washington Blvd, Fort Wayne, IN 46803	(260) 422-5561	<a href="#">Indiana Tech</a>
University of Saint Francis	2701 Spring St, Fort Wayne, IN 46808	(260) 399-7700	<a href="#">University of Saint Francis</a>
<b>Franklin</b>			
Franklin College	101 Branigin Blvd, Franklin, IN 46131	(800) 852-0232	<a href="#">Franklin College</a>
<b>Gary</b>			
IU Northwest	3400 Broadway, Gary, IN 46408	(888) 968-7486	<a href="#">Indiana University Northwest</a>
<b>Greencastle</b>			
DePauw University	313 S Locust St, Greencastle, IN 46135	(765) 658-4800	<a href="#">DePauw University</a>

<b>Goshen</b>			
Goshen College	1700 S Main St, Goshen, IN 46526	(574) 535-7000	<a href="#">Goshen College</a>
<b>Hanover</b>			
Hanover College	517 Ball Dr, Hanover, IN 47243	(812) 866-7000	<a href="#">Hanover College</a>
<b>Huntington</b>			
Huntington University	2303 College Ave, Huntington, IN 46750	(260) 356-6000	<a href="#">Huntington University</a>
<b>Indianapolis</b>			
Butler University	4600 Sunset Ave, Indianapolis, IN 46208	(317) 940-8000	<a href="#">Butler University</a>
Indiana University Indianapolis	420 University Blvd, Indianapolis, IN 46202	(317) 274-5555	<a href="#">IU Indianapolis</a>
Marian University	3200 Cold Spring Rd, Indianapolis, IN 46222	(317) 955-6000	<a href="#">Marian University</a>
Martin University	2186 N Sherman Dr, Indianapolis, IN 46218	(317) 543-3235	<a href="#">Martin University</a>
University of Indianapolis	1400 E Hanna Ave, Indianapolis, IN 46227	(317) 788-3368	<a href="#">University of Indianapolis</a>
<b>Manchester</b>			
Manchester University	604 E College Ave, North Manchester, IN 46962	(260) 982-5000	<a href="#">Manchester University</a>
<b>Marion</b>			
Indiana Wesleyan University	4201 S Washington St. Marion, IN 46953	(866) 468-6498	<a href="#">Indiana Wesleyan University</a>
<b>Mishawaka</b>			
Bethel University	1001 Bethel Circle Mishawaka, IN 46545	(574) 807-7000	<a href="#">Bethel University</a>
<b>Notre Dame</b>			
Holy Cross College	54515 St. Highway 933, Notre Dame, IN 46556	(574) 239-8377	<a href="#">Holy Cross College</a>
St. Mary's College	140 Saint Mary's College, Notre Dame, IN 46556	(574) 284-4000	<a href="#">Saint Mary's College</a>



University of Notre Dame	Holy Cross Dr, Notre Dame, IN 46556	(574) 631-5000	<a href="#">University of Notre Dame</a>
<b>Oakland City</b>			
Oakland City University	138 N Lucretia St, Oakland City, IN 47660	(800) 737-5125	<a href="#">Oakland City University</a>
<b>Richmond</b>			
Earlham College	801 W National Rd, Richmond, IN 47374	(765) 983-1200	<a href="#">Earlham College</a>
<b>Saint Mary of the Woods</b>			
St. Mary-of-the-Woods College	1 Saint Mary of Woods Coll, Saint Mary of the Woods, IN 47876	(812) 535-5151	<a href="#">Saint Mary-of-the-Woods College</a>
<b>South Bend</b>			
IU South Bend	1700 E Mishawaka Ave, South Bend, IN 46615	(574) 520-4872	<a href="#">Indiana University South Bend</a>
<b>Terre Haute</b>			
Rose-Hulman Institute of Technology	5500 Wabash Ave, Terre Haute, IN 47803	(812) 877-1511	<a href="#">Rose-Hulman</a>
<b>Upland</b>			
Taylor University	1846 S Main St, Upland, IN 46989	(800) 882-3456	<a href="#">Taylor University</a>
<b>Valparaiso</b>			
Valparaiso University	1700 Chapel Dr, Valparaiso, IN 46383	(219) 464-5000	<a href="#">Valparaiso University/</a>
<b>Whiting</b>			
Calumet College of St. Joseph	2400 New York Ave, Whiting, IN 46394	(219) 473-7770	<a href="#">Calumet College of St. Joseph</a>
<b>Winona Lake</b>			
Grace College	1 Lancer Way Winona Lake, IN 46590	(800) 544-7223	<a href="#">Grace College</a>

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## Housing

Name	Website	Phone
Transitional Housing Directory	<a href="#">Find Transitional Housing, Sober Housing in Indiana: A Safe Place to Live and Grow</a>	(855) 860-3119
Homeless Shelter Directory	<a href="#">Indiana Homeless Shelters</a>	
Shelter Listing Directory	<a href="#">Indiana Shelter Listings</a>	
Substance Abuse Rehab Centers Directory	<a href="https://substancerehabcenter.com/treatment-centers/indiana-in/">https://substancerehabcenter.com/treatment-centers/indiana-in/</a>	

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## Health

Name	Website	Phone
AIDS Info Hotline	<a href="#">HIV Care   Ryan White HIV/AIDS Program</a>	(866) 588-4948
EyeCare America	<a href="#">EyeCare America - Patients &amp; Caregivers</a>	(877) 887-6327
GoodRx	<a href="#">GoodRx</a>	
US Healthcare Marketplace	<a href="https://healthcare.gov">healthcare.gov</a>	(800) 318-2596

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## Mental Health

Name	Website	Phone
Suicide and Crisis Lifeline	<a href="#">988 Suicide &amp; Crisis Lifeline</a>	988
Indiana NextLevel Recovery	<a href="#">Indiana Commission to Combat Substance Use Disorder</a>	
Palouse Mindfulness	<a href="#">Palouse Mindfulness</a>	
Insight Timer Phone App	<a href="#">Insight Timer</a>	

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## Reentry

Name	Website	Phone
Fair Shake	<a href="#">Fair Shake</a>	(608) 634-6363

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## Employment and Training

Name	Website	Phone
Jails to Jobs Website	<a href="#">Jails to Jobs</a>	
American Job Center	<a href="#">CareerOneStop</a>	(877) 872-5627
Jobs For Felons Hub Website	<a href="#">Felony Record Hub</a>	
Education & Career Guide	<a href="#">Education &amp; Career Guide for Formerly Incarcerated Individuals</a>	

Indiana Adult Education Programs	<a href="#">DWD: Adult Education: Locations</a>	
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## Legal Assistance

Name	Website	Phone
Legal Action Center	<a href="#">I. Indiana Department of Workforce Development</a>	(212) 243-1313
Immigration Legal Services Directory	<a href="#">Indiana Organizations - National Immigration Legal Services Directory - Nonprofit Resource Center</a>	

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## Family and Children

Name	Website	Phone
Domestic Violence Helpline	<a href="#">thehotline.org</a>	(877) 863-6338
National Diaper Network	<a href="#">Member Diaper Banks</a>	(203) 821-7348

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## Prison Library

Name	Website	Phone
Prison Library Project	<a href="#">Claremont Forum</a>	(909) 626-3066
LGBT Books to Prisoners	<a href="#">LGBT Books to Prisoners</a>	(203) 821-7348

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## Veterans

Name	Website	Phone
American Legion	<a href="http://legion.org">legion.org</a>	(800) 433-3318
Indiana Department of Veteran Affairs	<a href="https://www.in.gov/dva/">https://www.in.gov/dva/</a>	(317) 232-3910
Veterans Affairs - Medical Centers	<a href="http://www.va.gov/find-locations/">www.va.gov/find-locations/</a>	(800) 698-2411
National Coalition for Homeless Veterans	<a href="http://nchv.org">nchv.org</a>	(877) 424-3838
Veterans Crisis Line	<a href="http://veteranscrisisline.net/">veteranscrisisline.net/</a>	988 then press 1

# 03 | REENTRY CHECKLIST

Your reentry journey will have many different phases over time, and your priorities and goals will shift as you go. Use the following lists for preparing the beginning of your journey--the initial transition immediately after leaving incarceration. Use the Key Questions below to explore your immediate priorities and challenges, and use the Checklists below that follow to take inventory of some of the important elements your reentry plans should include. Take note of your responses, and where you find holes in your plans in need of support.

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## Basic Needs

### Key Questions

- What are your biggest immediate needs during reentry?
- What programs can help you meet those needs?
- Which people in your life can support you in those needs?
- How will you get clothing, essential supplies, and toiletries?
- How will you acquire a cellphone?
- How will you get internet access?
- What is your plan for short-term transportation for running errands?
- What is your plan for long-term transportation for work?

- What is your plan for managing your savings?
- How much are you willing to spend in your first three months?

## **Checklist**

- Weather-appropriate clothing to leave prison
- Essential toiletries and clothing
- Cell phone
- Plan for transportation
- Plan for food and basic necessities
- Contact information for essential services

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## **Housing**

### **Key Questions**

- Where will you live when you leave prison?
- How familiar are you with the area?
- How will you pay for your housing?
- What are you not willing to put up with at home?
- Has the parole board approved your plan?

### **If you're applying for transitional housing:**

- What is your timeline for applying for housing?
- What is your plan if a halfway house doesn't have a bed free when you are scheduled to go home?
- How long do you plan to stay at your first place?

### **If you're moving in with family:**

- What are the expectations for you living there?
- How long do you intend to stay there?
- What concerns do you have about your living dynamics?

### **Checklist**

- |  |  |
|--|--|
| <input type="checkbox"/> Have discussed housing expectations and rules | <input type="checkbox"/> Confirmed halfway house bed availability    |
| <input type="checkbox"/> Submitted Transitional Housing applications   | <input type="checkbox"/> Confirmed arrangements with housing host    |
| <input type="checkbox"/> Housing plan has been approved                | <input type="checkbox"/> Anticipated Housing costs are accounted for |



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# ID and Legal

## Key Questions

- What is your plan for acquiring ID, Birth certificate, and Social Security card?
- What is the status of your driver's license and will you do to get it reinstated?
- What (if any) supervision requirements do you have?
- When will you meet with your parole agent for the first time and how will you get there?
- Do you have any ongoing court cases or legal affairs to navigate?
- Are you aware of your court costs, fees, and other responsibilities you'll have?
- Do you have a plan for addressing child support?

## Checklist

- Social Security card
- Birth Certificate
- Identification card
- Plan for driver's license
- Supervision plan and contact information
- Records from IDOC, including income records

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## Support System

### Key Questions

- What is your plan for the day of your release, and who do you need to coordinate with?
- How safe do you feel in the environment you'll be returning to?
- What kinds of support might be missing from your home dynamic?
- What are your biggest immediate priorities?
- Who will assist you in running errands, or what route will you take on public transportation?
- Who can you reach out to when you encounter challenges?

- How do you know when you are not taking good care of yourself and what red flags do you want your future self to look for?
- What people or community groups will you seek out for support when things feel overwhelming?

## Checklist

- Transportation from prison
- Support running errands and obtaining basic needs
- Emotional support
- Friendship and community
- Emergency contacts
- Family Support

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## Health/Wellness

### Key Questions

- What are your health/wellness goals during reentry?
- What are your health and wellness concerns?
- What are your mental/emotional goals for reentry?
- Do you have any medications that you will need to get filled, and do you have a plan to do so?
- Do you have any urgent medical needs?
- Is substance abuse or sobriety something you are concerned about during reentry, and if so, how will you seek support?

- What wellness practices help you through challenging times and how can you incorporate them into your reentry plan?
- What will you do for fun, joy, or peace of mind?

## Checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Plan for medical/dental services           | <input type="checkbox"/> Plan for accessing disability services    |
| <input type="checkbox"/> Plan for mental health services/counseling | <input type="checkbox"/> Plan for prescription medications         |
| <input type="checkbox"/> Plan for accessing substance abuse support | <input type="checkbox"/> Plan for securing health-related supplies |

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## Employment/Education

### Key Questions

- What kind of work do you hope to acquire?
- Do you have a plan for applying to jobs?
- Who do you have in your network that might be helpful when searching for employment?
- Do you hope to continue your education? If so, what info do you need in order to build a plan?
- What is your timeline for enrolling in school?

- Do you have three references with contact info?
- Have you located the WorkOne Center closest to your home and made a plan to visit?

## **Checklist**

- Plan for attending job fairs
- Have a transportation plan for getting to work
- Résumé completed
- Have met with someone regarding plan for continuing school
- Cover letter completed
- Have an email address for applying to jobs or making online accounts

