

STRATEGIES TO ASSIST RE-ENTRY & TREATMENT (S.T.A.R.T.)

CHECK SHEET

The following items are suggestions from defendants who served time within the Federal Bureau of Prisons (BOP) and are not representations made by Southern District of Iowa U.S. Probation Office or the BOP.

BEFORE YOU SURRENDER

Medical	➤ Take care of any dental work. Get your teeth cleaned	<input type="checkbox"/>
	➤ Get copies of your prescriptions	<input type="checkbox"/>
Finances	➤ Take care of your finances: Banking, Bills, Mail, etc.	<input type="checkbox"/>
	➤ Get money on your books a couple of days before you go. Western Union is the quickest	<input type="checkbox"/>
Miscellaneous	➤ Reference your register number from your designation notice when sending items in advance	<input type="checkbox"/>
	➤ Mail yourself books and magazines. Must be from a company like Amazon, Barnes & Noble	<input type="checkbox"/>
	➤ Write your list of phone numbers and addresses on the back of your legal documents	<input type="checkbox"/>
	➤ Make sure to have your transcripts (high school diploma, GED certificate)	<input type="checkbox"/>
	➤ Renew your Drivers License and pay all tickets	<input type="checkbox"/>

WHEN YOU ARRIVE

General	➤ Reporting early to the institution is ideal (between 10 and 11 a.m.)	<input type="checkbox"/>
	➤ Be rested and sober	<input type="checkbox"/>
	➤ No smoking is allowed	<input type="checkbox"/>
	➤ Be patient. Things will not be rushed. Time slows down	<input type="checkbox"/>
	➤ The clothes and shoes you are wearing will be sent back home	<input type="checkbox"/>
	➤ You are only allowed to bring in legal paperwork, plain wedding band, identification	<input type="checkbox"/>
	➤ Make every effort to surrender to your designated location to avoid delayed transport	<input type="checkbox"/>
	➤ You will only be allowed to have the contacts you are wearing. There are no replacements if one is lost or damaged. 2 pairs of sturdy glasses are recommended.	<input type="checkbox"/>

VISITATION

Rules	➤ The handbook is your bible... follow it	<input type="checkbox"/>
	➤ It could be a couple of weeks before your family hears from you or can visit	<input type="checkbox"/>
	➤ There are rules for visitor's conduct and dress code	<input type="checkbox"/>
	➤ Visitation rules for most facilities can be obtained at www.BOP.gov	<input type="checkbox"/>
Phone Calls	➤ 300 minutes per month. 15 minute limit per call	<input type="checkbox"/>
	➤ Remember that ALL phone calls are recorded	<input type="checkbox"/>

WHILE YOU ARE THERE

	➤ Don't transfer your own blame/guilt to your loved ones	<input type="checkbox"/>
	➤ Do your "own" time. Do not get in others' business	<input type="checkbox"/>
	➤ Family support needs to go both ways	<input type="checkbox"/>