

HOUSING

Call 2-1-1

for a list of available housing

FOOD

Call 2-1-1

for detailed information and screening.

AGING & INDEPENDENCE SERVICES

1-800-510-2020

Reentry Programs (Mentoring)

UAAMAC

619-264-1213

SECOND CHANCE

619-234-8888

UNITED METHODIST URBAN MINISTRY (METRO)

619-285-5556

RE-ENTRY PRISON AND JAIL MINISTRY

619-482-7258

Dial 2-1-1, it's the link to health
and social services referrals in
San Diego County



Where should I start?

ACTION STEPS TO HELP YOU SUCCEED AND BE HEALTHY

1. Find safe and stable housing.
2. Find a stable source of food.
3. Figure out and get transportation.
4. Get important documents: birth certificate, social security card, ID card or driver's license.
5. Call 2-1-1 to see if you qualify for medical coverage and food stamp assistance.
6. Go to a career center or program for resume or job resources.
7. Clear up child support and legal issues.
8. Take care of medical needs: prescriptions, glasses, physical examination, HIV/STD/Hepatitis testing and treatment.
9. Attend community support meetings (AA, NA, and/or local faith based organizations).
10. Get social support through a program for reentrants.



Guide to Successful Reentry into the San Diego Community

www.sdreentrytoolkit.org

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Success doesn't come to you...
you go to it.

- Marva Collins

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“
If opportunity doesn't knock, build a door.
- Milton Berle

A collaborative product of the San Diego Reentry Roundtable,
San Diego Area Congregations for Change, County of San Diego
Probation Department, and the County of San Diego
Health and Human Services Agency, Public Health Services

Pocket Guide to
**Successful Reentry into the
San Diego Community**

www.sdreentrytoolkit.org

Where to start? Dial **2-1-1**
It's the link to health and social services
referrals in San Diego County

Hotlines

FOR EMERGENCIES ONLY
9-1-1

NARCOTICS ANONYMOUS
619-584-1007
619-491-1984 (En Español)
800-479-0062 (Toll-free)

ALCOHOLICS ANONYMOUS
619-265-8762

ADULT ABUSE HOTLINE
619-476-6266

CALIFORNIA POISON CONTROL SYSTEM
SAN DIEGO DIVISION
1-800-222-1222

CALIFORNIA SMOKERS' HELPLINE
1-800-NO-BUTTS (1-800-662-8887)

CHILD ABUSE HOTLINE
1-858-560-2191

HIV COUNSELING AND TESTING
619-296-2120

MENTAL HEALTH EMERGENCY SCREENING UNIT
619-421-6900

MENTAL HEALTH ACCESS AND CRISIS LINE
(ADOLESCENT AND ADULT)
1-800-479-3339

DOMESTIC VIOLENCE HOTLINE
1-888-DVLINKS (1-888-385-4657)

NATIONAL SUICIDE PREVENTION HOTLINE
1-800-273-8255

TRANSITION TIPS

Reentry can be both exciting and frustrating! Your attitude toward release from prison is that it should be a simple matter of getting resettled, resuming routines, and reestablishing your relationships; but reality proves there is much more to it than that.

Here is a list of tips to consider that can help you go through the transition process:

1. Mentally prepare for the adjustment process. Be prepared for anything!
2. Give yourself permission to ease into the transition. Allow yourself time to get used to the new environment.
3. Give yourself time. You'll need time to relax and think about what is going on around you, how you are reacting to it, and what you might like to change.
4. Understand that what was once familiar will seem different. You have changed; home has changed. You will see familiar people, places, and behaviors from a new point of view.
5. Expect to do some "cultural catching up." Clothes, trends, language, and more have changed, too!
6. Reserve judgments. Hold back all judgments of others, especially negative judgments; just as you would like to have others reserve judgments of you. Resist the desire to make snap decisions.
7. Expect mood swings. It is entirely possible for you to feel extremely happy one

moment and completely defeated a short time later. It's okay; it is a part of the process.

8. Allow enough time for reflection and self-analysis. Your best analysis of an event is likely to take place after allowing time for reflection.
9. Respond to inquiries thoughtfully and carefully. Prepare to greet surprise questions with a calm, thoughtful approach. If you find yourself being overly defensive or aggressive, take a deep breath and relax.
10. Seek support networks. Don't isolate yourself!

<http://www.fairshake.net>
Modified from FairShake Reentry Resource Center

"Act as though it is impossible to fail."
- Anonymous

SOCIAL SECURITY AND DISABILITY HELP CENTER 619-282-1761 Medical/Health	SOCIAL SECURITY AND DISABILITY HELP CENTER 619-282-1761 Medical/Health
MENTAL HEALTH CRISIS TEAM 1-800-479-3339 (24 hours)	MENTAL HEALTH CRISIS TEAM 1-800-479-3339 (24 hours)
HIV/STD/HEPATITIS TESTING AND TREATMENT 619-692-8550 (all services are free or \$15.00)	HIV/STD/HEPATITIS TESTING AND TREATMENT 619-692-8550 (all services are free or \$15.00)
ALCOHOL & DRUG SERVICES 619-584-5007	ALCOHOL & DRUG SERVICES 619-584-5007
COUNTY MEDICAL SERVICES (CMS) 1-800-587-8118	COUNTY MEDICAL SERVICES (CMS) 1-800-587-8118
DENTAL 2-1-1	DENTAL 2-1-1
VISION 2-1-1	VISION 2-1-1
HEALTH CLINICS 2-1-1	HEALTH CLINICS 2-1-1
Important Documents	Important Documents
BIRTH CERTIFICATES 619-237-0502	BIRTH CERTIFICATES 619-237-0502
SOCIAL SECURITY CARD 1-800-772-1213	SOCIAL SECURITY CARD 1-800-772-1213
CALIFORNIA ID/DRIVERS LICENSE 1-800-777-0133	CALIFORNIA ID/DRIVERS LICENSE 1-800-777-0133
Financial/Job Assistance	Financial/Job Assistance
CAREER CENTERS 619-516-2200	CAREER CENTERS 619-516-2200
PUBLIC ASSISTANCE 2-1-1	PUBLIC ASSISTANCE 2-1-1
Child Support and Legal	Child Support and Legal
CHILD WELFARE 1-858-694-5191	CHILD WELFARE 1-858-694-5191
FAMILY LAW SERVICES 619-450-7777	FAMILY LAW SERVICES 619-450-7777