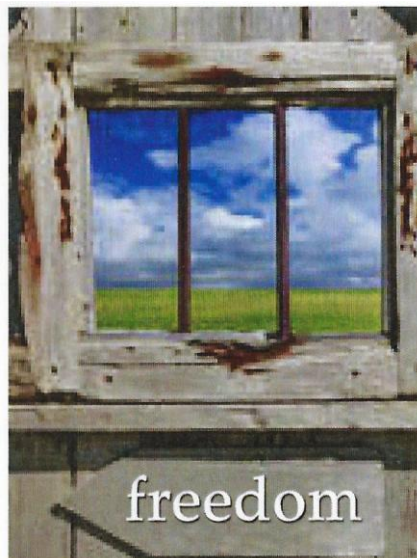


FREE-ER—BUT NOT FREE:

GETTING ALONG ON PAROLE OR POST-PRISON SUPERVISION IN OREGON



A GUIDE TO RELEASE AND SUPERVISION FOR OFFENDERS, THEIR FAMILIES AND FRIENDS

Every ending is a new beginning

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FOREWORD

This guide came into being for several reasons. A number of Adults in Custody (AICs) have written to Oregon CURE and asked how to get along on supervision, or with a parole officer~~ and we didn't have an answer for them. Oregon CURE's successful collaboration with ODOC through the Transition Project resulted in the joint Orientation to ODOC; and later, to the Orientation to Release. There are so many questions, and so much emotion, we want you to be as well—prepared as possible for this next huge transition— out of prison, back into the community— BUT not yet 'free'.

We'd like to remind you that although release may seem to be the ending you've been waiting for, "every ending is a new beginning". Release is one point on a continuum" a pivotal point in the process of transition into and out of the criminal justice system. We hope for the best re—entry for everyone, and we believe that being better prepared will lead to better outcomes— in this case, a successful completion of the term of supervision, so that you wx7/ finally be free of the criminal justice system.

We do know that there are 'horror stories' out there. They happen. As CURE members and people who have a loved one 'in the system', we are appalled by some of the things we hear about and know to be true. If one of these happens to you, let someone know. File a grievance, get in touch with one of the advocacy or reform groups for advice. We all want to see the system improve so there are fewer and fewer of these kinds of situations: collecting the data is the first step.

Our appreciation goes to Liv Ienssen, Multnomah County Adult Community Justice, who decided the time had come to move ahead with this phase of the project, and to the other committee members who helped design and deliver the Orientation

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The Steering Committee and Members of Oregon CURE,
The Oregon Department of Corrections,
And the Multnomah County Department of Community Justice

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SOME DEFINITIONS

->Active Community Supervision: a period of supervision in the community, requiring the PO's regular contact and monitoring to assure continued compliance with the general and any special conditions of parole or PPS, no new crimes have been committed, and restitution, attorney fees, or compensatory fines are paid, if required.

->Administrative Sanction: local, structured, or intermediate sanctions as those terms are used in OAR 291 -58—01 0 et. al., and may include periods of confinement in local jails, restitution centers, treatment facilities, or other similar facilities.

»BAF: a Board order after a decision, called a 'Board Action Form'.

->Inactive Parole/PPS: the offender remains under supervision; however there is no direct supervision by a PO and no requirement of regular reporting; no additional supervision fees; the offender remains subject to arrest by a PO for violation of the conditions of supervision, and return to active supervision at any time until expiration of the sentence or period of PPS.

->Inoperative Time: time spent on abscond, escape, or unauthorized departure from custody, leave, parole, or PPS. It does not count toward service of the sentence.

"Intensive Supervision: means an enhanced level of supervision exceeding a county's high risk level supervision standards. Intensive supervision may include but not be limited to, electronic monitoring, house arrest, curfew, day reporting, supervised housing, multiple supervising officers, adjunct surveillance by law enforcement or other specialists, increased face-to-face offender contacts in the community, increased collateral contacts (such as with family, employer, and therapist), community notification, geographic restrictions, offender mileage logs, medication monitoring (such as Depo Provera, Antabuse, psychotropics), intensive outpatient or residential treatment programming, urinalysis, and polygraph.

-*No Contact, Direct or Indirect: means the offender may not contact the subject of the order by any means: personal contact, telephone, mail, or send messages through another party.

~>Revocation: an action by a Sanction Authority to terminate an offender's parole or PPS and return the offender to a correctional facility for a period of time. The parole or PPS may be resumed following the additional term of incarceration. A Revocation Hearing is commonly known as a "Morrissey Hearing".

*Sanction Authority: the Board for felony offenders sentenced for crimes occurring before 11-1-89 or for more than 12 months (for one or more crimes, with sentences totaling more than 12 months) to DOC custody; the Local Supervisory Authority for felony offenders sentenced to 12 months or less.

1. PLANNING FOR RELEASE

The Correctional Plan: each inmate has had a Correctional Plan for the period of his/her incarceration. It listed programs, education and work expectations and tracked compliance and completion. It will also outline needs and expectations following release.

The Release Plan: Each inmate/offender is expected to develop a release plan.

As in most of corrections, the inmate is responsible for its development: knowing what s/he will be expected to do once released, finding resources for transportation, housing, employment, treatment programs, etc. S/he will need to gather resource information, make the contacts, and put together the plan.

Transition/Release Classes: Some ODOC institutions have transition/release classes available for inmates who are 120—60 days 'out'. These will become more available in the future, and are a good resource for an introduction ~— or 'refresher course' --to life on the outside.

A. SUGGESTIONS FOR RELEASE PLANNING

1. Release date & location (city or town).
2. Community contacts (note: these need to be responsible, 'healthy' people, not people who will just land you back in trouble).
 - a. Hopefully you have stayed in touch with people in the community who are responsible and can/will provide some help and support in your re-entry. If you haven't already done so, contact these people to see if there are things they are able or willing to do to help, such as provide transportation or dress-outs, or a place to live, or give job leads, or look up addresses/phone numbers of resources, or 'just' provide some moral support.
 - b. If you don't have anyone on the outside, maybe you can find some assistance through AA or NA, a church, or one of the criminal justice reform groups who will provide the some degree of assistance and support.
3. Transportation to release location.
 - a. First option.
 - b. Backup plan, in case your first option doesn't work out.
4. Residence
 - a. First option.
 - i. Address
 - ii. With whom—— name and relationship.
 - b. Second option (backup).
 - i. Address.
 - ii. With whom- name and relationship.
5. Community Corrections (Parole) Office
 - a. Address and phone number.
 - b. Date and time you need to report by.
6. "Official" Business
 - a. Obtain Social Security card: institution should have forms and be able to help. No cost.
 - b. Check on status of driver's license: institution should have forms and be able to help.
 - c. What money will you have? How will you access it?
 - d. What will your immediate expenses be (rent, food, transportation, driver's license/ID, etc.)? Have a budget prepared.

- e. Oregon Health Plan (medical card) and other benefits (Food Stamps): apply before release if possible; if not, try to have the information you will need, and apply at Adult & Family Services office as soon as possible after your release. There may well be a 30-45 day waiting period before you're approved.
- f. Are you a veteran? If so, contact the Department of Veterans' Affairs (VA) to find out about benefits and services.
- g. Contact Vocational Rehabilitation Division (VRD) to find out about eligibility and services (incarceration alone does not qualify you for services).
- h. Dress-outs? Will you have any, or will you only have the state- issue? Note: blue jeans will not be approved for dress-outs.

7. Medical Issues:

- a. Will you need medication continued when you are released?
- b. If yes, plan for obtaining it. Most inmates with ongoing prescriptions will be released with a 30-day supply or with a prescription for a 30—day supply. If it's a prescription, how will you get it filled and paid for? Also, given the lag time in obtaining medical coverage, a 30—day supply may not be enough. Sometimes the release meds aren't present; they can still be obtained from ODOC, but it may take a little time. Having some knowledge of community resources will help if this should be a problem.
- c. If you have a need for ongoing medical or psychiatric treatment, try to locate a provider (doctor or clinic) prior to your release. Before you are released, contact the 'provider' and schedule an intake appointment for as soon after your release as possible. If you can't do it before, do it as soon after your release as you can. If you are eligible for a program that provides Case Management services (Mental Health, Developmental Disabilities, Senior & Disabled Services), contact that program to set up an intake appointment as soon after your release as possible. A Case Manager should help you take care of all the business associated with accessing social services.

8. Program Issues:

- a. Any treatment/programming that needs to be arranged (A/D, Sex Offender, etc)?
- b. Write to the Community Corrections office and request a list of approved treatment providers in that community.
- c. Write to the providers (programs) to request information about accessing the program upon release (i.e., can you schedule an intake appointment ahead of time, what are referral and payment procedures, etc).

9. Work/Education:

- a. What IS your immediate plan: to get a job or attend school?
 - i. Work: do some research into jobs/employers and employment opportunities in the area. Get leads from newspapers, peOple you know, and the Employment Division. If at all possible, have a job lined up and confirmed in writing. If there is an employment program specifically for ex—offenders available, look into that.
 - ii. Education: contact the education program (community college, training school, etc.) for entry requirements. If possible, apply and get acceptance prior to release, and have that in writing. Also apply for financial aid as early as possible. Realize that financial aid may not be adequate to pay for school AND support

you “you may very well need to work part—time or have another source of income while you’re attending school.

10. Free Time! Too much time with nothing to do and no one to do it with can be a big problem. It’s when people who are lonely and bored (and maybe scared and depressed, too) fall back into old habits, even if they don’t want to and didn’t intend to. That leads to trouble and possibly back to prison.
- a. Take some time now to think about things you like to do (hobbies, activities) or things you’ve wanted to try doing. Do you like doing artwork or crafts? Working on cars or bikes? Have you wanted to try photography or dancing or woodworking? Do you like animals or model trains or planes or construction?
 - b. Do some thinking and research into what might be available in your (new) community. Activities or groups that might bring you into contact with other people who have similar interests is one possibility. You may feel uncomfortable for a while (many of us do in new situations, even if we’ve never been in prison), but it could be enough to keep you from getting into trouble because you’re lonely, bored and depressed. It’s also a good way to meet and get acquainted with some new people with shared interests.
 - c. Be reasonable. Give yourself some time to adjust, and balance ‘doing’ with ‘breathing room’. Be careful not to overload yourself— don’t set yourself up with so much to do that you wind up overwhelmed and stressed out: unable to handle your new life.

That’s another trigger for old (familiar) behavior to surface— with the same old familiar, predictable results!

A note here: you may have changed a lot during your incarceration. However, everyone on the outside is going to need to see proof of that over time. No one — family members, PO, ‘homies’ — will be able to just take your word for it that you’re a different person. Expect to live your new values/goals before others can trust or believe that you actually have changed. You’ll also run into people who won’t want

you to have changed— they’ll expect you to think and act the same way you did before. If you’re around them, they can put a lot of pressure on you to go back to doing what you did before: it may be really hard not to do that. So— take care, and keep focused on what you really want your future to be like.

“History keeps repeating itself, but each time the price goes up!”

Hopefully, your history of incarceration may keep repeating itself: that has to be up to you. Take care — a good question to ask yourself before you act is “Which choice am I probably going to be sorry for later on?”

B. INTERSTATE COMPACT

TRANSFERRING SUPERVISION TO ANOTHER STATE

The Interstate Compact Agreement, signed by all 50 states and 3 Territories, sets guidelines by which convicted felons who are under supervision, can move from the state in which they were convicted (sending state) to another state (receiving state). This agreement allows certain offenders to be supervised by the receiving state which can impose any conditions of supervision necessary to provide for the safety of the public.

The Interstate Compact Office administers this agreement by ensuring that necessary documentation and legal compliance is present when an offender requests to move from or to Oregon. Oregon is a “balanced state”, meaning the number of offenders moving in is almost the same as the number moving out.

The receiving state, through local parole/probation officers, investigates the offender's proposed residence plan. If the plan is acceptable, the offender is given permission to move. Offenders moving into Oregon are supervised by PO's from the community corrections department which serves the area in which the offender lives.

Offenders who don't comply with their conditions of supervision are returned to the state they came from. There is a separate Interstate Compact agreement for interstate transfers of inmates.

Your institution counselor can help you with this process. It is best to start early, as this can be a slow process, and it may take some time for the receiving state to accept or deny your transfer.

C. WAVERS: MOVING SUPERVISION TO ANOTHER COUNTY IN OREGON

This is also something your institution or release counselor should be able to help with, and it should be something you start working on way ahead of time. Like the Interstate transfer, you must have stable, verifiable resources in the other county to have your waiver request accepted. The county you request to transfer to does not have to accept your request. PO's caseloads are high, and growing, so they are unlikely to approve a waiver if it seems you are going to be difficult to supervise.

D. THE PROCESS 'INSIDE'

The institution counselor acts as a link between the inmate, community and the Parole Board. Inmates submit release plans to their counselor. These plans include proposed residence, employment,

transportation and necessary community services. The counselor forwards this plan, along with available file material and documentation to the local community corrections office where the inmate will be supervised. The proposed plan and information is then investigated and verified; special conditions may also be recommended. The result of this investigation is returned to the institution counselor who then submits all available information along with the recommended conditions for supervision to the Parole Board. Institution staff then prepare the documents necessary for allowing the inmate to be physically released. DOC staff compute the exact length of time an inmate must be incarcerated and determine the release date.

E. THE PROCESS 'OUTSIDE'

The Role of Family/Friends: What are you planning/willing to do? Will you be providing a residence? Transportation? Money for clothes, food, transportation, etc.? It's recommended that you and your loved one figure out what his/her needs will be upon release, then use that list as a basis for working out what you can and can't do, and will or won't do (not necessarily the same list!). If you are going to provide a home, are you willing to abide by the conditions the person on supervision must abide by, such as no alcohol, and allowing the PO to make a search of the premises? If you plan to provide money or transportation— how much, for which purposes, and for how long? What are the limits— is the offender going to be able to just demand and get anything s/he wants from you whenever it's wanted? Having a clear understanding on these questions can help prevent some problems after release.

How can you help the inmate get his/her plan together? Inmates have fairly limited access to resource information, and usually must do everything by mail. Particularly if you have internet access, you can help by providing current information about employment and other community resources. If an inmate has written to

several programs and not received any answer (this seems to happen fairly consistently) you may be able to do some follow-up by phone or in person. The key word is 'help': not 'do for'. If you are able and willing to provide resource information, the inmate should be the one to follow up on that. Only if there is no response should you do more (many programs and service providers won't respond to a third party, as they consider it a sign of someone's motivation and commitment if they are the one asking about services). Also, being clear about what you will and won't be able to do, such as providing transportation on a frequent basis, providing a home or money, will help the inmate figure out what things s/he needs to plan to do.

But I don't have anyone on the outside: Many incarcerated people don't have anyone on the outside to help them. Therefore, they are more dependent on social services and whatever services and resources are offered through the community corrections office. Such help can include some assistance with transportation (bus tickets), clothing vouchers, subsidy housing, referral/resource information for local social service agencies and treatment providers. It is not likely to be very personalized, and, unfortunately, it won't feel very personally supportive.

Practically, What Helps? Providing some of the basics is a big boost for newly released offenders, especially those who don't have anyone on the outside to provide any thing, and most of them are very grateful—as one person said, for a hand up, not a handout. Basics include: hygiene supplies—standard sizes are preferable—(soap, shampoo, deodorant, toothpaste, toothbrush, comb, razor, washcloth and towel); bus tickets or pass (they have a lot of appointments and places they're required to be and often no way to get there); a wallet (they have a lot of business to organize); a pocket calendar; a backpack or purse; clothing (the state issues very minimal clothing); and food vouchers or gift certificates to fast food restaurants; money to obtain a state ID card. Housing is probably the biggest and most difficult issue for many people being released.

The Role of Community Corrections/Parole and Probation: The initial contact family or friends are likely to have with the P&P Office is a 'Field Investigation'. The inmate's proposed address is submitted to his/her counselor, and is eventually forwarded to the community corrections office. The PO's assigned to Field Investigation will follow up to verify that it's an actual address, that the people living there are actually willing to provide a residence to the inmate, and that there aren't other reasons why the proposed residence is unsuitable (it's a drug house, the address is a vacant apartment, etc.). Sometimes inmates assume that relatives are willing to provide a home when in fact they are NOT willing. The Field Investigator or team responds that the proposed residence is either approved or denied (with the reason for the denial and an alternative housing plan) and suggested conditions of supervision for the Parole/PPS Board to approve, amend or reject.

If you are planning to provide the inmate/offender with a residence, a Parole Officer will contact you and want to talk with you to find out if you are willing to provide a residence. If you are, s/he will come out to your home to verify the address and evaluate the living situation (who lives there, what is the relationship, is there anything that would make it unsuitable) and should talk to you about what you will need to expect, such as allowing the offender's PO to make unannounced visits, to search any part of the premises the offender has access to, to eliminate alcohol (if the offender's conditions state 'no alcohol'), firearms, and any dangerous (to the PO) animals.

2. EXPECTATIONS VS. REALITY

A. I/WE CAN'T WAIT TO BE DONE WITH THIS!

Excitement+ anticipation+ hopes + change + the unexpected = STRESSII

Everything is NOT going to be wonderful: first, you aren't "done with this" yet!

For Those With Family/Friends Outside: The release day is usually something everyone is looking forward to, and has been since the day of sentencing. You've probably been making plans for the release since then. The comment is often heard (in visiting rooms) "I can't wait to be done with this!" You will—w hopefully— be done with visiting in visiting rooms-- but you aren't done with the criminal justice system yet.

As 'the day' gets closer, excitement includes increased anxiety and irritability. Inmates mentally begin moving out of prison and into the free world. Having to continue dealing with life in prison is increasingly irritating, and they become vulnerable to just reacting and making poor choices about their behavior during this time. At the same time they are looking forward to getting out, many are worried and scared about what it will really be like. whether they will be able to find a job, a decent place to live, anyone to be friends with. The condition is known as "Short—timer's".

So much can be so different from what you expected. Once the initial excitement wears off, reality sets in—and reality is different than it was. The world seems different—and it is. Places have changed in a physical sense __ the town has

grown, the streets have changed, there is more traffic, everything seems to be moving faster, and people seem to be less friendly and more in a hurry. One ex—offender described the outside as a "kaleidoscope": so much movement, speed, color, so many people and cars- it's just overwhelming. And it's pretty scary.

The offender has had to adapt to a very different culture and physical environment. She hasn't been able to make many decisions or to have much control over her day—to—day life. He has had to watch his back all the time to stay safe. There hasn't been any (or very, very little) physical or emotional closeness or intimacy, and few people who can be trusted. People who live without that begin to shut down that part of themselves over time as a way of coping with its absence. It will take time to get used to that kind of closeness— to be able to trust and to open up again.

The offender may expect to come home, and just resume the leadership/authority role. It isn't that easy. Those at home may well resent someone who is at this point kind of an 'outsider' coming in and taking over. Children especially may be angry at a parent who has been gone, then comes back and assumes a position of authority, even though they love and have missed that parent. The offender may feel that s/he has to make up for the 'time away'-- be everything to everyone. This is obviously not something that anyone could keep up for very long~— it's just too much.

At home, everyone's roles have shifted. Those who were at home are used to life without the offender. They've been in charge of things: made changes, adjusted activities and routines— made adaptations. They've become more independent out of necessity.

The adult at home, who has been left 'holding down the fort' may also feel like just letting go, and leaving everything to the returning family member. This could happen in two ways: that person is just plain exhausted and wants to dump the burden, and/or, that person is resentful at having had to do everything— — and just wants to dump the burden, with a little added edge of 'getting even'. The offender has so much to do in terms of complying with supervision conditions and just adjusting to the 'free world', that he or she really can't handle all of that responsibility.

When an adult (especially one who 'went away' as a teenager) returns to the parent's home during the transitional period there may be even more difficult adjustments. The adult child has matured, but in such a different setting that it's not the same as if they'd been out--~ they haven't learned the same things they would have because they haven't been exposed to the same environment. Additionally, adults who began using alcohol or drugs as teenagers are often emotionally stuck at that stage of development until they get clean and sober, and into treatment where those issues can be worked on. They may still resent the authority (or perceived authority), or resent it even more than they used to (the 'correctional experience' often results in this). They may feel a loss of self-worth because they're an adult who is dependent on their parent/s instead of being able to be self-sufficient. The parent/s may feel responsible for taking care of their child, or

may feel that they need to be supervisors and keep him/her out of trouble. They may have trouble seeing him/her as an adult who is responsible for his/her own choices and actions.

This can also happen with a partner. The offender may believe that his/her partner is responsible, one way or another, for keeping him or her out of trouble. The partner may also believe that. The partner

may end up either ‘smothering’ the offender, or becoming a ‘policeman’ or watchdog. This will eventually lead to a lot of resentment and anger— for both partners, and eventually, a shattered relationship.

All of these mixed feelings can and often do lead to irritability, resentment, anger, and conflict— probably the last things you expected or planned for when you were making plans for release. They sneak up on you, and you are likely to find yourself just reacting. It doesn’t take long for relationships to break down under these conditions— and that will make it much more difficult for the offender to succeed in the community— on or off supervision.

When you are planning for release, you need to consider these possibilities and have some options for what you might do. Identify some resources for counseling or mentoring (a counselor, family therapist, minister, AA sponsor, etc.). Possibly Al—anon, or Co—dependents Anonymous would be helpful in learning what one person can/can’t or should/shouldn’t do for another: the difference between supporting and enabling. Think about how to divide responsibilities, and how to handle things when someone is feeling overwhelmed (it’s bound to happen). How are you going to communicate when things get stressful or tense? Does someone (or both) need time alone to calm down, or sort things out for him/herself first? Try to establish some ground rules for how you are going to handle disagreements. Keep up—even increase— your communication as release gets closer. For Those Without Community Support People: Many have said that being in jail or prison is kind of a “time out” from the hustle and stress of living on the street. There are no worries about “hots and cots”: the basics are covered. A person has the energy (if s/he chooses to use it that way) to focus on other things such as life goals, treatment, creative activities, learning, etc. Once back on the street, without supportive people in the community, all the worries about where to live, how to eat, how to pay for everything, come up again. Trying to figure out how to deal with these” what help might be available, where you get that help, how to get around—can be very overwhelming and takes all your energy. It’s difficult when all the plans you made seem not to be working out— and that happens (it happens to people who have supports, too). It’s easy to lose sight of the positive goals you had for yourself when you were first released. So it’s important to try and find some kind of support person or people. Probably the most likely place is through AA or NA, another treatment program, someone in the same subsidy housing you’re in; maybe through a church. It can be important to find even one person who can understand and be supportive in helping you keep yourself afloat until things stabilize, then can start improving.

From Chuck Terry, an ex—offender who is now a university professor: it’s critical to find a group — what he calls a ‘reference group’ — of people you can identify and feel comfortable with, who will support you in your efforts to live a different life than the one you lived before you went in. You need to have at least a few people who understand what you’re going through because they’ve been there too, who you can turn to when the going gets rough for help to keep yourself on the right track.

Here’s a summary of what often happens, courtesy of Rex Newton, Ph.D.

WHAT YOU HAVE NOW:
your ‘homies’
3 squares
a place to sleep

WHAT YOU EXPECT THEN:
a good woman, good friends
a good car, a good job
a nice home

release: everyone's excited and happy— it's new!

then ...the newness wears off...you don't have all this

you're disappointed ...you hit bottom

the old ways start looking like an answer again...

Expect this to happen and plan ahead for how you're going to deal with it:
this is when you're likely to do the things that will take you back to prison.

A word about relationships. If you aren't in one that's been ongoing, loneliness and feeling isolated can push you into "any port in a storm", which is a way of saying that getting intimately involved with the first available person you meet may not be a very wise or healthy choice. Developing a close and supportive relationship with someone means you need to become friends first, which takes some time. Then there's a chance that it will develop into something more— with a solid basis so it can continue and be a good thing for both partners.

One more thought: it isn't uncommon for men who have been incarcerated for a long period of time, and who haven't had any kind of personal relationship or contact with a woman during that time, to suffer a period of sexual dysfunction. Naturally, this can be devastating to anyone's self-esteem: if you don't have an understanding and supportive partner, it may be worth it to give yourself some time to get accustomed to being in the free world and a little more relaxed before seeking a sexual liaison. The point in mentioning this is for you to realize, if it happens to you, that you aren't the only one it's ever happened to and that it's a temporary condition.

B. LONG— TERM CONSIDERATIONS

According to several ex—offenders, the most critical factor in 'making it' after your release is having made a commitment in your heart and soul that you want to and will do things- your life— differently than before. That's what gives you the strength and sense of purpose to do what you need to, and to keep on doing it when everything seems to be getting worse instead of better.

Ned Rollo, an ex—offender who has worked a lot with offenders (see Suggested Reading), has developed "psycho-social profiles" of former inmates at different stages following their release. While these feelings and behaviors may make the process of re—entry seem like a 'downer', it's better to be prepared, and realize that the feelings are pretty common, than to be blind—sided and think you're the only person who's felt this way. Review the last section for ideas on where to find help.

Newly released inmates tend to be emotionally 'fragile'. It's such a big change— it's "culture shock". They often suffer from a lot of anxiety, which impacts anyone's ability to function. This can include depression, mood swings, agitation and frustration, a short attention span with difficulty following through with things, feeling as though s/he doesn't "fit in" anywhere, fear of failure and/or rejection, and dependent thinking. If you find yourself in this kind of state, it's entirely appropriate to seek help— counseling, mentoring, even (legal, prescribed!) medication to help you get through the roughest times. If you're able to hang on, and to reach out and ask for the help you need, things will get better, even though it will take some time. It's critical to hang in there and have faith in yourself and your ability to get through this.

As time goes on, and the 'acute' stage passes, things begin to stabilize and your anxiety level begins to go down. Your tolerance for stress increases, and your emotions are more in balance; less up—and-down. It's easier to stop and think through problems and situations instead of immediately reacting. Fear and rage, and feeling isolated begin to subside, and feelings of belonging and having a purpose start to be part of your day-

to-day reality. This happens gradually over the first five years following your release. For some people it will come about more quickly, for others it will be slower. It's important to start with the goal of doing what's necessary to stay arrest free, so you aren't continually being sanctioned- in and out of jail— which doesn't give this process a chance to happen.

By ten years after release, most of you will be off supervision. If you have been able to remain arrest-free, you will find that your life has become pretty stable, and when it isn't you're able to cope. You have a support network— it may be fairly small, but it's healthy and functional. You feel more connected to the community; you have more to lose now if something goes really wrong. You have some distance from your criminal past— it's another chapter in your life, but not an immediate concern. Your sense of self-worth may still be a bit fragile, but it's increasing. You may find that you want to do more in the way of counseling to address some things— feelings or behavior that may be holding you back a little from where you really want to be. Your life is settled enough now that you have some time and energy to put into further healing. You've come a long way, and probably learned by now that there isn't a journey's end— it's a lifelong process of learning, changing and growing and you can handle it!

C. THE REALITIES OF LIVING UNDER SUPERVISION

For many, if not most, ex-offenders, there will be times when you really feel like you are being victimized by the system. You have to be all these places, and fulfill all these requirements. No one will give you a bus pass, and you don't have the money to buy one. You have to do all these different programs, and you're supposed to be working. No one wants to hire an ex—offender. You resent being out but not free. It's easy to get sucked into just being a victim— everyone's against me, no one wants to help, it's too hard, I can't do this! THIS MINDSET IS NOT GOING TO HELP YOU!! Acknowledge the truth of your situation, but again, have some faith that if you hang in there and keep trying” struggling~ things will eventually change for the better.

Reporting: One of the first things the offender will be required to do is to report to the Community Corrections/Parole & Probation office, within a timeframe of immediately upon release to up to 72 hours. This will depend on the distance between where the inmate is released from and where s/he will be residing, and on whether or not the release date is in the middle of the week or on a Friday. Usually, the first appointment will be an intake appointment, with a picture taken, identifying, contact and emergency information given, assignment to a PO, and an initial appointment scheduled. General conditions of supervision and the grievance procedure will be reviewed. Some referrals to resources may be given at this point. There are differences between the different counties.

At the first appointment, supervision conditions will be reviewed again, including any special conditions. The PO will outline the expectations, such as finding employment, engaging in treatment, etc. The offender will be directed to take specific actions, and a regular reporting time/day will be scheduled. These may be daily or weekly at first, or a daily check-in, with a weekly face-to-face contact. As the PO gets to know the offender, and evaluates how the offender is doing as far as being “in compliance”, this often changes. For a client who is doing well— able to establish a stable living situation, engage in treatment, find employment or other productive activities-- or at least prove they are continuing to try, and remain stable and drug-free, the amount of contact is likely to be reduced. Eventually it can be as little as a monthly mail—in report, with an occasional face—to-face meeting, or even inactive supervision.

Staying “in compliance”. Demands on time and energy and everything else! Offenders on supervision have a lot of business to take care of soon after they get out. They must report to the community corrections office, and then to their PO on a regular basis. They need to apply for health care benefits, food stamps, social security or other benefits if appropriate, and get an ID card or drivers license. There are things that need to be paid for, and they often don't have any money. They need to get assessments that are required, and they need to get

started in treatment programs. They often need to do UA's when they see their PO and as part of a treatment program. They need to look for a job. All of this involves travel, many appointments that can't be missed, filling out a lot of paper work, and then waiting. It can be very overwhelming, and sometimes is literally more that they can manage alone. But, like the rest of corrections, the offender is responsible for accomplishing everything that needs to be accomplished. It's a lot of pressure and stress that the offender isn't used to, and it's especially tough at first, before things have stabilized. It's inconvenient, and complaining is to be expected. Some of the complaints are legitimate, and the 'free' person may have just as many (or more) complaints about it as the offender!

Searches: If you are providing a residence for the offender, the PO has the right to come into the residence and check any area the offender has access to for violations. This means the offender's bedroom, but also the bathroom, the kitchen (any alcohol?), other areas— maybe even what's on the computer. The PO must be able to be safe, so no weapons or dangerous animals are allowed. If your dear pet is a Rottweiler who doesn't like company, you may have to make other arrangements for him. You can refuse to allow the PO into your home, but that is a violation of the offender's conditions of supervision, and s/he could be sanctioned and/or directed to find another living situation.

3. PAROLE/POST—PRISON SUPERVISION: WHAT'S THE DIFFERENCE?

A. DEFINITIONS: WHO GETS WHICH?

Those whose crime was committed before November 1, 1989 will get parole. Those sentenced to Life with the possibility of parole or sentenced as a “Dangerous Offender”, whose release depends on the Board’s discretion, will get parole. Those whose crime was committed on or after November 1, 1989, who are not sentenced to life or as a dangerous offender, and who have a determinate sentence, will get Post-Prison Supervision (PPS), for 12, 24, or 36 months.

B. WHAT'S THE SAME AND WHAT'S DIFFERENT, IN PRACTICE?

In practice, in the community, nothing is different. The same conditions, expectations, and sanctions apply. Both parole and PPS can be revoked. If that happens, the clock Stops: the time spent incarcerated does not count as part of the time on supervision. The clock starts again when you get out. So, the time spent incarcerated is additional time on the period of supervision. If your release from supervision date is 9—1-03, and your sanction is 6 months in jail, your new date for release from supervision will be 3-1—04. See OAR 255—025-0035 for more details.

4. THE PAROLE OFFICER (‘PO’)

A. WHEN Will I KNOW WHO MY PO IS? Although there is some variation between counties, generally, you will report and go through an initial intake: your picture and basic information will be taken. Your ‘regular’ PO will be assigned at that time, and an initial appointment will be scheduled with him or her.

B. YOUR PO’S GOAL: For the Offender: to succeed and complete the period of supervision without committing any new crimes. We recognize that for many offenders, it doesn’t seem like that—— it seems like your PO’s goal is to set you up to fail so you can be sent back to jail or prison. PO’s have different training and a different mandate than social service workers in other agencies, so their responses to client’s needs and situations are different. Even for those who believe their mission is to help offenders succeed, their mandate is to hold offenders accountable by requiring them to be responsible for doing what they need to do— in spite of barriers. There are certainly variations between PO’s and how each one does his or her job, and those differences are dependent on each person’s beliefs about their role, about offenders in general and a specific offender in particular, about the best way to go about doing their job. For those clients (offenders) who have access to a program or service agency that provides case management services, that may be a good way to get the kind of assistance your PO is unable or unlikely to provide. For him/herself: to get home safely after the end of each workday.

C. YOUR PO’S JOB: is to monitor your compliance with your conditions of supervision; the intention and primary goal is to ensure the public’s safety by ensuring that you are not committing more crimes. The purpose is to provide you with structure and accountability, with the idea that it’s going to help you get your life on track and keep it there. At first your PO will probably meet with you weekly, or on a fairly frequent basis. If you aren’t working or attending school, you may be assigned to Day Reporting as a way of providing a higher degree of structure and accountability. As you become more stable— with a job or school, a stable place to live, participating in and completing treatment programs, it’s possible your PO will need to have less and less contact with you over time.

D. YOUR GOAL: We have to thank Ned Rollo for another important insight. As an ex-offender, he points out that what is most important to offenders is the restoration of their own dignity, pride and self—respect. You may need to find different ways to accomplish that than you have used in the past, along with different people to support you in your changed lifestyle. It will often seem as though no one in the free world respects you if they know you're an ex-offender, and it's easy to get very discouraged when everyone seems to be automatically putting you down. Keeping the achievement of renewed dignity, pride and self-respect in mind as your goal will help you keep on the right track. Try to maintain faith that things will eventually work out if you hang in there; and try to find people who have been there and succeeded, who will be able to support you during your transition.

E. HOW CAN I GET ALONG WITH MY PO? First- show up! You may already know your PO if you've been on supervision in the past; or, if you don't know that particular PO, you'll know others in the office, and they'll know you. The PO also has your record: police reports, court orders, and perhaps some information from the Department of Corrections. All of these sources of information will give him/her some kind of impression of 'who you are', and will have had an impact on what your conditions of supervision will be.

Remember that PO's are people too, and like everyone else, they react to how they are treated. Someone who comes in for the initial meeting and is polite, cooperative, Open and honest, and who is genuinely interested in dealing with their problems so they won't repeat their criminal behavior, will probably be able to establish a good working relationship with his or her PO. This includes seeing your PO as someone who is interested in your success, and whose job (or part of it) is to help you go about addressing the issues that got you into trouble, so you can change what needs to be changed to stay out of trouble.

If you come in with the 'prison mentality' of 'Just leave me alone, I don't really need you or your "help"—— if you're rude, defensive or hostile—that is likely to get a negative response from your PO, and you will have difficulty establishing even a workable relationship. How you communicate can be more important than what you communicate.

Follow the rules! It's very important that you understand the conditions that you're expected to follow. If you don't understand something, ask! You'll be held responsible for following the conditions, and there will be consequences for NOT following them that include different levels of sanctions. If you don't agree with some of the conditions, find out what the appeal process is— but in the meantime, comply with the conditions.

Always report when you're supposed to. If you can't make the appointment, CONTACT YOUR PO AND RESCHEDULE MEETING! DON'T JUST MISS THE MEETING AND TRY TO EXPLAIN WHY LATER! The same thing applies to any other appointments you have in connection with your supervision: assessments, counseling, treatment, medical, etc. Some of these you'll have to pay for, if you just miss them.

If you are court ordered to complete X hours of community service by a certain date, do it. If you have a good reason why you can't, call and let your PO know right away. DON'T wait until the completion date (or later) to let the system know why you didn't get it done.

If you have any other problem that will impact your supervision, let your PO know as soon as possible. This includes if you relapse or do something else you're not supposed to. Even though you may still get a sanction, it's likely to be less severe if you've been honest than if you lied, and if you've been up front instead of your PO having to find out about it later, or from someone else.

If you have a problem with your PO, talk to him or her first. If it can't be resolved, ask to speak to your PO's supervisor for help in resolving it.

The bottom line is, if you're in compliance with your conditions of supervision, it may not be very long before your PO will cut down on how often you need to report in person, and eventually you may be able to do a mail-in report once a month.

F. FILING A GRIEVANCE

Usually, the grievance procedure will be explained to you at your intake appointment or orientation to supervision. Typically, if you have cause to believe that a decision or action of the department staff person was contrary to law or to established department policy, or was based on irrelevant or mistaken information, you may file a grievance.” It must be in writing (easily readable) and include the date it occurred, a description of the situation, the name of any staff person involved, and what you want to have happen to resolve it. The grievance will be forwarded to a staff person’s supervisor or to the director or designee, whichever is appropriate. There will be an investigation, and the person investigating will respond to the client within 15 working days (there may be some variation in this, depending on location and on type of grievance/investigation). If a grievance is filed against a staff person, that person will be notified and given the opportunity to respond on their own behalf. You will be notified of who investigated, what the outcome was, and what action (if any) was taken. You shouldn’t have to worry about retaliation, although, again, we can’t guarantee that it never happens. However, it isn’t acceptable. As with any situation, you need to decide if you are willing to take the risk if you feel you’ve been treated unfairly in some way.

5. “CONDITIONS OF SUPERVISION” (See OAR 255-070-0015: Establishing Conditions)

A. GENERAL CONDITIONS

These apply to everyone “under supervision” (parole/PPS).

1. Pay supervision fees, fines, restitution or other fees ordered by the court.
2. Do not use or possess controlled substances except pursuant to a medical prescription.
3. Submit to testing of breath or urine for controlled substance or alcohol use if the offender has a history of substance abuse or if there is a reasonable suspicion that the offender has illegally used controlled substances.
4. Participate in a substance abuse evaluation as directed by the supervising officer and follow the recommendations of the evaluator if there are reasonable grounds to believe there is a history of substance abuse.
5. Remain in the State of Oregon until written permission to leave is granted by the Department of Corrections or a county community corrections agency. Offender automatically waives extradition if offender absconds supervision out of State.
6. If physically able, find and maintain gainful full-time employment, approved schooling, or a full-time combination of both.
7. Change neither employment nor residence without prior permission from the Department of Corrections or a county community corrections agency.
8. Permit the supervising officer to visit the offender or the offender’s residence or work site, and to conduct a walk-through of the common areas and of the rooms in the residence occupied by or under the control of the offender.
9. Consent to the search of person, vehicle or premises upon the request of a representative of the supervising officer if the supervising officer has reasonable grounds to believe that evidence of a violation will be found, and submit to fingerprinting or photographing, or both, when requested by the Department of Corrections or a county community corrections agency for supervision purposes.
10. Obey all laws: municipal, county, state, and federal.

11. Promptly and truthfully answer all reasonable inquiries by the Department of Corrections or a county community corrections agency.
12. Do not possess weapons, firearms, or dangerous animals.
13. Report as required and abide by the direction of the supervising officer.

B. SPECIAL CONDITIONS

There are a variety of special conditions that may be imposed; they depend on the individual offender and type of crime/s committed. Each offender will not have all of the special conditions—just those that apply to the individual's situation.

1. Offender shall be evaluated by a mental health evaluator and follow all treatment recommendations.
2. Offender shall continue to take any psychiatric or psychotropic medication that was prescribed prior to or at the time of release from custody until otherwise directed by a physician. At the direction of the PO, the offender shall undergo a psychiatric evaluation and take any medications recommended. The offender shall comply with a medication monitoring program at the request of the PO.
3. Offender shall have no contact with minor females and shall not frequent any place where minors are likely to congregate (e.g., playgrounds, school grounds, arcades) without prior written approval from their supervising officer.
4. Offender shall have no contact with minor males and shall not frequent any place where minors are likely to congregate (e.g., playgrounds, school grounds, arcades) without prior written approval from their supervising officer.
5. Offender shall submit to random polygraph tests as part of a sex offender surveillance program. Failure to submit to the tests may result in return to custody. Specific responses to the tests shall not be the sole basis for return to custody.
6. Offender shall enter and complete or be successfully discharged from a recognized and approved sex offender treatment program which may include polygraph and/or plethysmograph testing. The offender shall abide by all rules and conditions of the sex offender treatment program. Offender shall abide by a prohibition of sexually deviant materials, activities or behavior that the offender may use for the purpose of deviant sexual arousal, unless otherwise allowed by the PO in writing.
7. Offender shall pay court ordered restitution to the clerk of the court of the county of sentencing (ORS 732 706; OAR 255-065-0005).
8. If required to report as a sex offender under ORS 181.595, report with the Department of State Police, a Chief of Police, a county Sheriff, or the Supervising Agency when supervision begins, within 10 days of a change in residence and once a year within 10 days of the person's date of birth.
9. Offender shall not possess or consume intoxicating beverages.
10. Other special conditions may be imposed that are not listed above when the Board of Parole and Post—Prison Supervision determines that such conditions are necessary.
11. Offender shall have no contact, direct or indirect, with those listed below: (names would be listed).
12. Consent to search of computer or other electronic equipment upon the request of the supervising officer, or their representative, if the supervising officer has reasonable grounds to believe that evidence of a violation will be found.
13. Sex Offender Package:

1. Agreement to comply with any curfew set by the Board, the supervisory authority or the supervising officer.
2. A prohibition against contacting a person under 18 years of age without the prior written approval of the Board, supervisory authority, or supervising officer.
3. A prohibition against frequenting, without the prior written approval of the Board, supervisory authority, or supervising officer, a place where persons under 18 years of age regularly congregate.
4. A prohibition against working or volunteering at a school, day care center, park, playground or other place where persons under 18 years of age regularly congregate.
5. Entry into and completion of or successful discharge from a sex offender treatment program approved by the Board, supervisory authority, or supervising officer. The program may include polygraph and plethysmograph testing. The person is responsible for paying for the treatment program.
6. A prohibition against any contact with the victim, directly or indirectly, unless approved by the victim, the person's treatment provider and the Board, supervisory authority, or supervising officer.
7. Unless otherwise indicated for the treatment required under. subparagraph (e) of this paragraph, a prohibition against viewing listening to, owning or possessing any sexually stimulating visual or auditory materials that are relevant to the person's deviant behavior.
8. Agreement to consent to a search of the person or the vehicle or residence of the person upon the request of a representative of the Board, supervisory authority if the representative has reasonable grounds to believe that evidence of a violation of condition of supervision will be found.
9. Participation in random polygraph examinations to obtain information for risk management and treatment. The person is responsible for paying the expenses of the examinations. The results of a polygraph examination under this subparagraph may not be used in evidence in a hearing to prove a violation of conditions of supervision.
10. Maintenance of a driving log and a prohibition against driving a motor vehicle alone unless approved by the Board, supervisory authority, or supervising officer.
11. A prohibition against using a post-office box unless approved by the Board, supervisory authority, or supervising officer.

C. FEES (See OAR 255-065-0005/0020)

There is a monthly supervision fee, paid to offset the cost of supervising an offender. Supervision fees are set by the community corrections program, but will not be less than \$25.00/month. Failing to pay supervision fees may be grounds for revocation of parole or PPS, or an extension of the parole (not PPS) period. In cases of financial hardship or when advisable in relation to an offender's rehabilitation, the Community Corrections Director (in the county) or the ODOC Director (whichever is appropriate) may reduce or waive the supervision fee on the recommendation of your PO.

*D. VIOLATIONS, SANCTIONS, AND REVOCATION
(OAR 255-075-00011001 0)*

There is a sanctioning grid used to determine sanctions for violations. There is a limit on the number of "sanction units" that can be imposed for probation violations; and a limit on how many of those can be in jail. There is NO limit on the number of sanctions that can be imposed during a term of parole or post-prison supervision. The criteria used to determine where an offender is on the sanctioning grid are crime seriousness and criminal history. If there is a consistent pattern of non—compliance, probation, parole, and even post—prison supervision can be revoked.

Violations are such things as failure to report, failing to meet a payment schedule without extenuating circumstances, using alcohol or drugs or failure/refusal to submit a UA, missing appointments with treatment programs, committing additional crimes, failure to recognize the authority of the POI Releasing Authority, consistent failure to follow PO's directives, possession or use of dangerous or deadly weapons, contact with minors/victims/survivors/co-defendants when prohibited, refusal to take prescribed psychotropic medications or to comply with conditions of prescribed treatment programs, and absconding supervision. Obviously, the more serious (or repeated) the violation, the longer and/or more restrictive the sanction.

In addition, each sanction that involves a period of incarceration stops the clock on the total period of supervision. Each period in jail (or prison) moves your release/completion date back that much further.

E. COMPLETION OF SUPERVISION

YES, IT DOES HAPPEN! There are some exceptions (those with a life sentence who are released on parole), but most offenders can look forward to the day when they will have completed their term of supervision and be free of any formal involvement in or accountability to the criminal justice system.

Unfortunately, as things are at this time, you may never be free of the label of "ex-offender". That's a change that will require a lot of determination, work, and educating the public by ex—offenders and their supporters.

6. COMMUNITY CORRECTIONS/ PAROLE & PROBATION OFFICES

Baker

Baker Co Comm Corr
2196 Court Avenue
Baker City OR 97814-3313
Phone: (541) 523-8217
Fax: (541) 524-2146

Benton

Benton Co. Community Corrections
180 NW 5th Street '
Corvallis, OR 97330
Phone: (541) 766-6887

Fax: (541) 766-6758

Clackamas

Clackamas Co Comm Corr
1024 Main Street
Oregon City OR 97045-1051
Phone: (503) 655-8603
Fax: (503)650-8942

Clatsop

Clatsop Co Comm Corr
PO Box 540

988 Commercial Street
Astoria OR 97103
Phone: (503) 325-4982
Fax: (503) 325-5087

Columbia

Columbia Co Comm Corr
901 Port Avenue
St. Helens OR 97051-2091
Phone: (503) 366-4669
Fax: (503) 397-6645

Coos

Coos Co Comm Corr
155 North Adams Street-Suite B
Coquille OR 97423
Phone: (541) 396-3173
Fax: (541) 396-5732

Crook

Crook Co Comm Corr
190 N Main Street
Prineville OR 97754-1850
Phone: (541) 447-3306
Fax: (541) 447-0341

Curry

Curry Co Comm Corr
PO Box 1198
29821 Colvin Street
Gold Beach OR 97444-1161
Phone: (541) 247-3306
Fax: (541) 247-0341

Deschutes

Deschutes Co Parole & Probation
63360 Britta Street, Bldg. 2
Bend, OR 97701
Phone: (541) 385-3246
Fax: (541) 385-1804

Douglas

Douglas Co Comm Corr
1036 SE Douglas Street Rm 206
Roseburg OR 97470-3317
Phone: (541) 957-8148
Fax: (541) 957-8149

Grant

Grant Co Comm Corr
201 S Humboldt Suite 160

Canyon City OR 97820
Phone: (541) 575-1743
Fax: (541) 575-2276

Harney

Harney Co. Comm Corr
131 W Washington
Burns OR 97720-1740
Phone: (541) 573-2933
Fax: (541) 573-2908

Hood River

Hood River Co Comm Corr
PO Box 301
489 N 8th Street
Hood River OR 97031-0011
Phone: (541) 387-6862
Fax: (541) 386-7822

Jackson

Jackson Co Comm Corr
1101 West Main Street, Suite 101
Medford OR 97501
Phone: (541) 774-4900
Fax: (541) 770-9484

Jefferson

Jefferson Co Comm Corr
116 SE "D" Street
Madras OR 97741-1619
Phone: (541) 475-6145
Fax: (541) 475-7549

Josephine

Josephine Co Comm Corr
237 SE J Street
Grants Pass OR 97526-2054
Phone: (541) 474—5165
Fax: (541) 474-5171

Klamath/Lake

Klamath/Lake Co Comm Corr
220 Main Street

Klamath Falls OR 97601-6057

Phone: (541) 880-5500

Fax: (541) 880-5513

Lane

Lane Co Comm Corr

300 State Office Building

165 East 7th Avenue

Eugene OR 97401-2919

Phone: (541) 682-3040

Fax: (541) 682-3035

Lincoln

Lincoln Co Comm Corr

218 W Olive Street

Newport OR 97365-3818

Phone: (541) 265-8851

Fax: (541) 265-6041

Linn

Linn County Sheriff

Parole & Probation Division

118 SE Second Avenue, Suite F

Albany OR 97321

Phone: (541) 924-1147

Fax: (541) 924-1333

Malheur

Malheur Co Comm Corr

1682 SW 4th Street

Ontario OR 97914

Phone: (541) 889-2804

Fax: (541) 889-8311

Marion

Marion Co Sheriffs Office

Community Corrections Division

4040 Aumsville Hwy SE

Salem OR 97301

Phone: (503) 588-8492

Fax: (503) 540-8010 or 8055

Multnomah

Multnomah Co Dept of Juvenile &

Adult Community Justice

501 SE Hawthorne Blvd., Suite 250

Portland OR 97214

Phone: (503) 988-3701

Fax: (503) 988-3990

Polk

Polk Co. Comm Corr

689 Main Street

Dallas OR 97338

Phone: (503) 623-5226

Fax: (503)623-5326

Tillamook

Tillamook Co Comm Corr

5995 Long Prairie Road

Tillamook OR 97141-2327

Phone: (503) 842-8871

Fax: (503) 842-8086

Tri—County

(Gilliam/Sherman/Wheeler)

Tri-County Community Corrections

PO. Box 685

Condon, OR 97823

Phone: 541-384-2852

Fax: 541 -384-2853

Umatilla/Morrow

Umatilla/Morrow Co Comm Corr

4705 NW Pioneer Place

Pendleton OR 97801

Phone: (541) 276-7824

Fax: (541) 278-0353

Union/Wallowa

Union/Wallowa Co Comm Corr

1007 Fourth Street, Suite 20

La Grande OR 97850—2100

Phone: (541) 963-1005

Fax: (541) 963-1069

Wasco

Wasco Co Comm Corr
502 Washington Street, Suite #207
The Dalles OR 97058-2242
Phone: (541) 296-9333
Fax: (541) 296-1739

Washington

Washington Co Comm Corr
Probation and Parole
150 N First Avenue, Ste 200 MS 46
Hills
Phone: (503) 846-3400
Fax: (503) 846-4509
Yamhill Co Comm Corr
615 E Sixth Street
McMinnville OR 97128-4584
Phone: (503) 434-7513
Fax: (503) 472-5216

7. RESOURCES

A. CONTACT INFORMATION

Oregon Board of Parole and Post-Prison Supervision 503-945-0900
Executive Director 503-945-0919
2575 Center Street NE
Salem, OR 97301

Oregon Department of Corrections Information: 503-945-9090
2575 Center Street NE
Salem, OR 97301
www.doc.state.or.us

Oregon CURE 503-977-9979 (leave message)
PO Box 80193
Portland, OR 97280
www.oregoncure.org

Bridges to Change 503-465-2749
PO. Box 16576 www.bridgestochange.com
Portland, OR 97292

Seventh Step Foundation— OSP Chapter 503-378-4207 (leave msg.)
2605 State Street
Salem, OR 97310-0505
Staff Advisor 503-378-2289

PTEP: Pre-Release Transition Enhancement Program

B. SUGGESTED READING

Ned Rollo/OPEN, INC.:

99 Days and a Getup: transition and re-entry (\$9.95)

Life Without a Crutch: Getting Ready for Addiction Treatment (\$7.95)

Man. | Need a Job! (also in Spanish) (\$7.95)

A Map Through the Maze: Surviving the Criminal Justice System (\$9.95)

Indigent offenders can write OPEN, INC./ PO. Box 472223/ Garland, TX 75047-2223
and request a free copy of books (and they will send them).

People with internet access can go to www.Openinc.org and find more helpful information about transition/re-entry.

Houses of Healing: A Prisoner's Guide to Inner Power and Freedom, Robin Casarjian,

1995. Available from the Lionheart Foundation/ Box 194 Back Bay/ Boston, MA 02117. \$15.00 for non—incarcerated; \$8.00 for prisoners. Available in Spanish. Based on “Emotional Awareness/Emotional Healing” classes taught by the author in Massachusetts prisons since 1988, this is a comprehensive, easy to use guide to emotional healing. It can be used in a group setting or as an individual self-help workbook. “. . . , this book reflects the author’s understanding of the tremendous human potential lying dormant in our prisons. A must for anyone who wants to change.” Relevant to anyone in or out of prison.

Men Are From Mars. Women Are From Venus: A Practical Guide for Improving Communication and Getting What You Want in Your Relationships, John Gray, Ph.D., 1992. The title says it all; helpful in understanding how each other ‘works’ emotionally. Other ‘Mars-Venus’ titles by the same author are helpful too.

Relapse Warning Signs for Criminal Behavior: Terence Gorski \$2.00 Pamphlet This pamphlet contains a warning sign listing of the thoughts, feelings, and actions offenders experience before returning to alcohol/drug use or crime. The relapse warning list will help you (and/or your family/friends) understand how you return to criminal behavior even when you don’t want to.

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NOTES

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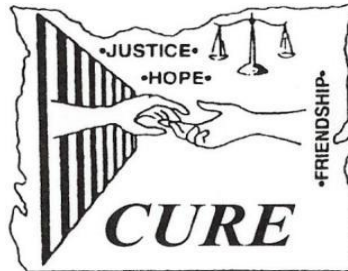
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