

Family, Friends Release Suggestions

So, your loved one or friend is being released soon from incarceration! It is important to understand the re-entry process he/she will encounter adjusting and mixing back into society. This is a critical time for all parties. The change will take time and will require a lot of patience and understanding on the part of family, friends and loved ones.

Listed below is a list of certain 'habits' that your loved one may have acquired during his/her incarceration period. Living with them may seem quite odd at first, however, please be patient, kind and understanding. Understand the initial transition period will require adjustments and concessions from all parties.

This initial transition period is very delicate and difficult for all parties. The recommendation list listed below is laid out in a somewhat humorous format with the purpose to help you see that the life he/she has been living is totally different than that of society. This is the reason for the layout of the suggestions listed below. By not going through what your family member or friend has, it would be difficult to understand and relate to some of their reactions upon release, if not pointed out.

Suggestion List For The Family And Friends Of The Newly Released

1. Turn on all lights at 6:00am, but do not unlock the house until 6:30am.
2. Only allow movement from one room of the house to the other once an hour for 10 minutes.
3. Five minutes before the hour, yell "10 minute move!"
4. Try to avoid large crowds and long lines. He/she will tend to get into any line (no matter how long the wait) and stand complacently for hours.
5. Do not allow him/her to go shopping without a list. Inform the supermarket and cashiers that he/she is playing a joke when he/she hands their Federal I.D. with the list of items in which they want to purchase. The best thing to do is to arrange for your local supermarket to assign them a number and tell them to wait outside until the order is filled. Be sure to send them with money as in all probability they have not yet remembered how to use money. (Remember, habits are hard to break.)
6. He/she may have a tendency to try to payback favors with a carton of cigarettes, stamps, and food or hygiene items.
7. Occasionally, you may need to walk through the house shaking your keys and yelling "Quiet down! Or, "Hold it down!"
8. If you find he/she standing in front of the medicine cabinet with their hand out and Federal I.D. in the other hand, they just want some aspirin.
9. Try to ignore he/she if while sitting at the table to eat, they suddenly start filling a napkin with sugar, salt, pepper or wrapping food in a napkin and placing a piece of fruit in their sock. Continue to eat as if their behavior was not noticed. Please try to understand in time they will learn that they once again can eat at anytime they want and in the amounts they choose.

Warning: This may be very embarrassing in public. You may not want to eat out until this habit is broken.

10. Should he/she complain of physical illness, the mere mention of a 'PA' (Physicians Assistant) may cause him/her to break out into hysterical laughter or extreme anger? Just slap him/her and he/she should come out of it!
11. His/her vocabulary may be limited at first, but with patience, you will be able to teach them that there are more than just four-letter words in the English language.
12. After work, he/she may run into the house and grab a chair and place it in front of the television, they are just trying to reserve their place, and again, this will go away in time!
13. Whenever he/she is using the phone, he/she may possibly place a finger in their ear, give you looks that kill if you interrupt them or make lots of noise while they are talking on the phone.
14. At 4:00pm, he/she may drop whatever he/she is doing and head for their bed to stand quietly. Should this happen, just yell "Clear Count!" He/she should snap out of it. (This may occur at 10:00pm and again at 10:00am on Saturdays, Sundays and federal holidays.)
15. Don't be the least surprised if he/she gets into the shower with shower shoes on. Once he/she becomes use to the fact that it is their personal shower this will subside.
16. Each time you bring in the mail, yell "Mail Call!" They will rush into the room and say "Here.", but you must call out their last name before giving them their mail.
17. Don't be surprised if someone comes to visit you and he/she answers the door and yells "You've got a social!"
18. Remember to remind him/her to go to sleep, turn out the lights at 10:00pm and once again, yell "Quiet down!" or, "Quiet time!" This will help to remind them it is bedtime.