

Welcome to the **RE-SHIFT** program!

*Releasing, Educating,
and Successfully
Helping Individuals
and Families Transition*



RE-SHIFT

What is RE-SHIFT?

RE-SHIFT is a program offered by the U.S. Probation Office, for the Eastern District of Louisiana, and Volunteers of America Residential Re-entry Center, where our goal is "Successfully Helping Individuals and Families Transition" on to community supervision. This class is offered to offenders and their families to educate them on the conditions and expectations of supervision.

By providing offenders and their families an opportunity to review the regulations as well as have their questions and concerns addressed by probation officers, *RE-SHIFT* helps to ease some of the anxiety and stress associated with re-entering the community. Because family support is critical in the transition process, *RE-SHIFT* encourages participants to invite up to two adult family members to attend the session with them. This inclusion will also allow families to address any questions or concerns they may have.

Meet the Panel

Who is *RE-SHIFT*

The *RE-SHIFT* Panel consists of representation from the U.S. Probation Office, Residential Re-Entry Center, and a peer support participant who has successfully completed community supervision.

What is Community Supervision?

Community supervision provides a guided period where you are asked to comply with very strict and specific court mandated conditions. These conditions are provided as guidelines and serve as directives to change not only the direction of your life, but the behaviors that have been causal to your involvement in the correctional system.

What to expect during your first office visit?

The first office visit with your probation officer will likely be one of your longest. The probation officer will need to review conditions with you,

as well as collect information on your living and financial situation, including employment and assets. You may be asked to submit to a urinalysis. Your probation officer will discuss the standard conditions of probation, as well as any special conditions specific to you.

Pre-Release Considerations

- ☒ **Residence:** Have an approved residence set up for your release. Consider the support and stability the housing will provide when choosing where to live.
- ☒ **Employment:** If you are working upon release, maintain this job, even if you decide to seek other employment options. The best time to look for a job is when you have a job. Talk to your probation officer if you have questions or need assistance.
- ☒ **Support:** Your social networking is more important now than ever before; be selective in those around you. Work to build relationships that are pro-social and positive. If you are in recovery, establish a home group and sponsor in order to continue your step work.
- ☒ **Health:** Work on creating a wellness plan for yourself that includes healthy eating, physical fitness, and healthy coping mechanisms for stressful situations. Remember to stay current on all medications.
- ☒ **Integrity:** Stay committed to the changes you have initiated in yourself. Remember to not only follow the rules, but practice new and healthy thinking as you make future decisions, even when no one is watching.
- ☒ **Family:** Make sure to remember family obligations during this time. Spend time with supportive relatives, and work on building positive relationships with your children and spouses. This will be a change for them as well.



Transition: Remember that this is a process. Be patient, it will take time.

Thanks for attending!

The U. S. Probation Office and Volunteers of America Residential Re-entry Center would like to thank everyone for their attendance. It is our hope that you found this program informative and it has prepared you for a successful transition to community supervision.

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