

Life after lockup is a time of major transition for all involved. It can be a time of stress as high pre-release expectations collide with post-release realities. Preparation for life after lockup starts before release. Let Eaglevision and its part in the Michigan Prisoner ReEntry Initiative (MPRI) help ease the transition. Eaglevision can help parolees by offering employment assistance along with supportive services and mentoring. If you will be released soon and you are unsure as to what is next, call and talk with an Eaglevision representative or talk with your parole or probation representative(s) about Eaglevision.

MPRI. MPRI Eaglevision's Effective Strategies for the Newly Released

successful strategies



successful strategies



1. Remember getting out of prison is easier than getting prison thinking out of you. **Freedom is a state of mind.**
2. Cooperate with your parole officer even if it means being humble. **Do not get into rebelliousness.**
3. **Join an ex-offender support group** along with a substance abuse support group.
4. **Do not overcommit** yourself.
5. Take **time to wind down** and relax.
6. **Avoid risky situations** that may send you into a substance abuse relapse.
7. **Avoid any and all situations that could lead to a new offense.**
8. **Every "friend" is not your friend.** Some "friends" need to be dismissed.

9. Think and **get counsel before you make any decisions.**
10. **Delay major decisions** if possible.
11. Seek **spiritual support.**
12. **Listen carefully and ask for clarification** if you do not understand.
13. Expect employment to take a while, but **believe it is a do-able challenge.**
14. Learn how to answer **ex-offender questions** in regard to employment.
15. **Honesty** is, indeed, the best policy.
16. **Do not rush** into anything!
17. **Be careful if you start thinking you have it all together.** This thinking will cause you to fail!
18. **Contact the Eaglevision MPRI Program** and let us help you succeed!

Live Free and think Free!
Freedom is a state of mind...



Eaglevision Ministries, INC. is available for referred parolees who are searching for work and need supportive services. Eaglevision will support you!

To learn more, visit us on our website at:
www.eaglevisionministries.org
or call: 517-492-5537

