

EIGHT WAYS TO PREPARE FOR A LOVED ONE'S REENTRY



Preparing you and your family for the return of your incarcerated loved one can be beneficial to your loved one's reentry ... and your family's adjustment. Here are eight ways to prepare for a loved one's reentry.

1. UNDERSTAND THEIR PROBATION AND PAROLE

If possible, the best way to help your loved one comply with their restrictions is to develop a relationship with their probation officer and ensure that you know the details of their parole.

2. SAVE MONEY

If you are able to support your loved one, make it clear that your financial support is short term and conditional on their efforts to find a job and become financially independent.

3. PLAN FOR YOUR RELATIONSHIP

Both you and your loved one should have an in-person conversation about what your relationship will look like, including your physical and emotional boundaries.

4. LOOK AHEAD TO FUTURE NEEDS

Consider finding resources that you or your family may need in the future and discuss with your loved one what resources he or she believes they will need upon release.

5. FIND POTENTIAL SUPPORT GROUPS AND CHURCHES

Having a larger network of friends from church and support groups will provide a source of friendship, stability, trust, and advice that will help each person in your family get through the tough times together.

6. GET READY FOR YOUR LOVED ONE'S JOB SEARCH

Your loved one will likely have feelings of frustration and anger. Prepare for this, and remind your loved one that all it takes is one successful interview.

7. TALK TO YOUR CHILDREN

Consider talking with your children about how they feel. Focus on teaching them that when someone does something wrong, they must face the consequences, forgive themselves, and change for the better.

8. CONSIDER RELATIONSHIP COUNSELING

Talk with your husband or wife about finding a local relationship counselor and prepare a few topics or questions you would like to explore with your counselor and loved one.

For more information and resources from Prison Fellowship, visit <https://www.prisonfellowship.org/resources/training-resources/>.