**Programming** - In-Prison Programming should include as many of the following, and any other program not mentioned:

- NA/AA & other Substance Abuse classes
- Anger Management
- GED certificate
- College classes
- Mentor Programs
- Trade/Vocational Courses
- Support Groups
- Self-help Groups and other Personal Growth classes
- Art / Enrichment Programs
- Leadership/Mentorship Roles
- Certificates, Awards, Honors, and Achievements

**Reentry Plans** - Re-entry Plan – Identify your plan for the following

- Housing Plan
- Employment Plan
- Outside Support Groups (NA, AA, Anger Management, Counseling, etc.)
- Outside Friend/Family Support Network
- Transportation Plan (from Prison to Housing; from housing to groups/appointments)

**Relapse Prevention Plan (RPP)** – Check with your counselor for an example or have someone from your support network visit [https://www.uncommonlaw.org/resources-2](https://www.uncommonlaw.org/resources-2) for further instructions to create one. Your RPP should address the following:

- Identify Target Behaviors
- Identify Triggers or Warning Signs (Internal and External)
- Identify Coping Mechanism
- Identify Support Network

**Letters of Support** - The letter of support should explain 1) how the supporter knows you, 2) the qualities that show you are rehabilitated and that you will be a positive member of the community and 3) examples of these qualities and how the supporter came to see that or know that about you. Gather as many letters as possible from the following:

- Family Members
- Community Leaders
- Prison Volunteers
- Program Instructors
- Correctional Officers, Wardens or CDCR Staff
- Attorney
- Victim(s)
- Other incarcerated people

* Please Note: these supporting documents are recommended only, but do not guarantee a recommendation for resentencing or subsequent release. The Sentence Review Project provides resources and information, but we do not provide legal advice. Nothing contained in this document is legal advice.