



72 Hour Checklist

Your checklist for success

The first 72 hours after release are critical to your success.

You can use this checklist as you begin your transition.

- Upon release from custody, report to the Parole or Probation office within 24 hours, as ordered by the Court, or as you were previously instructed.

If you have questions regarding whether or not you are under supervision or you don't know where to report, it is your responsibility to contact either Probation or Parole and confirm your supervision status.

Orange County Probation Department

Website: <http://ocgov.com/gov/probation>

Santa Ana Office (714) 569-2000

Division of Adult Parole Operations

Website: [http://cdcr.ca.gov/Parole/Public Officers and Regional Offices/index.html](http://cdcr.ca.gov/Parole/Public%20Officers%20and%20Regional%20Offices/index.html)

Southern Region Parole Headquarters

Diamond Bar, CA (909) 468-2300

- Address your food needs at a [food pantry](#) or a [soup kitchen](#) that serves your area. Expedited CalFresh (Food Stamps) benefits may also be available at the [Orange County Social Services Agency](#).
- Resolve any immediate [medical](#) or [mental health](#) needs, such as prescription refills.
- [Contact 2-1-1 OC](#) to be prescreened for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and MediCal (Medicaid).
- Visit the [Post Incarceration Re-Entry Online Resource Guide](#) to find re-entry resources and helpful information, or [search the 2-1-1 OC resource database](#) to find a range of health & human service options.
- Seek employment opportunities. Check the [employment section](#) of the Post Incarceration Re-Entry Resource guide for more information.
- Learn if you may be eligible for other California state or Federal benefits and programs by using the [myBenefitsCalWIN](#) screening tool.
- Seek support networks. Visit supportive people like friends, family, and other helpful people; or attend community support meetings, such as [AA, NA, Ex-Offender Re-Entry](#) programs and/or faith community meetings.