



## I NEED HEALTH CARE

### APPLY FOR MEDICAL ASSISTANCE

#### 6 WEEKS BEFORE RELEASE:

If you are on any medication or have physical or mental health needs, submit a request slip to LCP Reentry Services or your counselor to apply for Medical Assistance. You'll need to have the address where you'll be living upon release. If you don't have an address, they will keep your MA card at CAO office until your release.

**1 MONTH BEFORE RELEASE:** If you were prescribed medication by LCP medical staff, talk with your LCP counselor about getting a prescription refill order before your release.

## MEDICATIONS

**DAY OF RELEASE:** IF YOU WERE ON MEDS WHILE AT LCP, be sure to request a 3-day supply of your meds on the day of your release from LCP as well as follow-up appointments to continue treatment.

**IMPORTANT NOTE: If you get released and you were not given your 3-day supply of meds – DO NOT LEAVE THE LCP GROUNDS.** Go right back into the LCP front lobby entrance and ask them to page someone from Prime Care to bring your 3-day supply of your meds.

## MEDICAL ASSISTANCE

#### AFTER RELEASE:

If you applied for MA through County Assistance (CAO) at LCP, call 717-299-7411 to apply for Food Stamps.

## OTHER HEALTHCARE INSURANCE

If you did NOT apply for MA at LCP, contact your Reentry Service support or call South East Lancaster Health at P: 717-917-3756 OR 717-299-6371. Ask for an appointment with health insurance application counselor. They can help you apply for free or low-cost health insurance.

## MY CHILDREN/FAMILY NEED SUPPORT WHILE I'M IN LCP

The Family Services Advocate can assist with visitation & communication with your children & assist with getting your family connected to community resources. If you have concerns about your children, please write a request to the Family Services Advocate-Lindsey Ober & she will come to see you or talk to you via phone. Ms. Ober can also be reached at P 717-299-2831.

## I NEED A JOB OR JOB TRAINING

#### AFTER RELEASE

**FREE** work readiness and job skills training, job coaching and placement.

- ☐ Lancaster Works  
24 South Queen Street  
Lancaster, PA 17603  
Office: 717.393.6089
- ☐ CareerLink, ask to speak to Re-Entry Dept. Rep.,  
1016 N Charlotte St, Lancaster, PA. P: 717-509-5613, E: [reentry@jobs4lancaster.com](mailto:reentry@jobs4lancaster.com)
- ☐ SACA Tec Centro, (Spanish Language services)  
P:717-509-6679  
102 Chester St, Lancaster PA

## I NEED CLOTHING

**1 MONTH BEFORE RELEASE:** If you don't have weather-appropriate clothes to wear on the day of your release reach out to a counselor or Reentry Service staff.

#### AFTER RELEASE List of Clothing banks:

Lancaster City:  
Probation & Parole office (40 East King Street) have limited emergency clothing

Lancaster Food Hub has food & clothing; Soc Sec card & photo ID required; 812 N Queen St, Call for hours: 717-291-2261

Various Churches & locations outside of Lancaster City – call 2-1-1 for a referral or Reentry Services at 717 723-1075

## I NEED IDENTIFICATION

**AFTER RELEASE:** Call or Email CareerLink, P: 717-509-5613 E: [reentry@jobs4lancaster.com](mailto:reentry@jobs4lancaster.com), can assist you with obtaining ID (state ID, birth certif., Soc Security card).

## I'M A VETERAN

You may be eligible for special Veteran's services. Contact:  
Veterans' Affairs, 150 N Queen St, Suite 101, Lancaster; P: 717-299-7920 OR  
Veterans' Victory House: P: 717-358-9387

## I NEED A PHONE

#### AFTER RELEASE

Can apply on-line at [Assurancewireless.com](http://Assurancewireless.com)

Must have SSI or MA

If need help filling out the form you can reach out to any social service agency you are working with or come to the Reentry Services office at 40 East King Street

## I NEED MY GED

**AFTER RELEASE:** IU13 focuses on services for adults, families, and youth. They help students earn their high school equivalency diploma, help English language learners improve their fluency, gain U.S. citizenship, and strengthen their job skills. Post-release classes are offered remotely and computers will be provided for students with no technology access. P: 717-606-1708.

## I NEED TRANSPORTATION

**BEFORE RELEASE** Plan for getting to where you'll be living on the day of your release. Options might include family, friends, or using the debit card for any remaining money on your LCP account to take a taxi or bus.

**AFTER RELEASE:** you may be able to get bus passes if you participate in CareerLink's Reentry Employment program or from the Reentry Services Office at 40 East King St, Lancaster.

Red Rose Access offers transport for people with disabilities: 225 N Queen St, Lancaster P: 717-291-1243

## PROBATION/PAROLE INTAKE

**BEFORE RELEASE:** You might meet with a Pre-Parole officer at LCP to sign your rules & regulations prior to release.

**AFTER 14 DAYS FROM RELEASE:** If you did not meet with Pre-Parole to sign your rules & regs before release, you must report to 40 East King for intake.

MY PO IS:

\_\_\_\_\_

My first appointment with my PO is:

\_\_\_\_\_

Lancaster Co. Adult Probation & Parole  
40 East King St, Lancaster, PA  
P: 717- 299-8181

## OTHER APPOINTMENTS:

**Drug and Alcohol:** \_\_\_\_\_

**Identification:** \_\_\_\_\_

**Mental Health:** \_\_\_\_\_

**Employment:** \_\_\_\_\_

**Other:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Reentry Services for Reentrants

If you have immediate needs you can call the Reentry Liaison at 717 723-1075 (Monday – Friday).

If you are at your Probation or Parole appointment (14 days after your release), then the Reentry staff can assist you with reentry planning and referrals to community resources for a variety of needs.

Services such as:

- toiletries,
- clothing,
- connections to support & critical resources,
- navigating the requirements & appointments.

Office: 40 E. King St (at Adult Probation & Parole office) P: 717-723-1075

## PREPARING TO LEAVE LCP - I NEED A HOME PLAN

Start early to create a home plan by submitting a request to meet with LCP Reentry Services

Learn the parole department's restrictions (Pre-Parole dept at LCP can provide info on this), then talk with family or friends about options.

If you have no family or friends locally, you may want to look into structured programs such as halfway/recovery houses & others.

## SHELTER – Experiencing Homelessness

- Contact CHART by calling 211 from your phone
- Water Street Mission  
P:717-393-7709  
210 S Prince St, Lancaster, PA 17603

## FOOD

- Lancaster City: Refer to the list of Lancaster Community Meal Program at [outcommunitymeals.org](http://outcommunitymeals.org)
- Call 2-1-1 or call or visit Reentry Services (717) 723-1075) 40 East King Street for meals outside of Lancaster City

## PREPARING TO LEAVE LCP CHECKLIST:

Ask to speak to your counselor or a Reentry Service Staff about attending Reentry classes for the following to be in place for when you leave LCP:

- Create Home plan
- Apply for Medical Assistance
- List of Support Groups
- How to get a Phone, if do not have one
- Arrange Transportation
- Weather appropriate clothing
- ID or copy of prison photo ID
- Access to a phone when you leave

## DRUG & ALCOHOL TREATMENT

**If you suspect an overdose or other medical emergency, call 911 immediately!**

If you believe you are in withdrawal & need detox, call White Deer Run: 866-769-6822

Otherwise, call an outpatient D&A clinic for D&A screening, evaluation, treatment recommendations & help determining how to pay for your treatment:

Naaman Center: 888-243-4316  
Nuestra Clinica: 717-293-4150  
PA Counseling: 717-397- 8081  
TW Ponessa: 717-560-7917  
Wellness Counseling Assoc: 717-397-2727

## WHEN YOU LEAVE LCP, YOU SHOULD HAVE:

- 3-day supply of medications
- Prescriptions
- Pick up belongings from property box
- Debit Card with money left in LCP account
- Copy of “was an inmate” letter
- Copy of Home Plan
- Roadmap to Successful Reentry
- List of free meals
- List of Clothing banks
- ID: Ask for a copy of your prison ID if you do not have a photo ID
- Access to a phone

## MENTAL HEALTH SERVICES

If you are having thoughts of suicide or harming yourself or others, call Crisis Intervention at 717-394-2631.

If you need county case management services, call Lancaster County Behavioral Health/Development Services (BH/DS) at 717-393-0421.

For additional info on peer-led support groups, mental health screening, help paying for mental health meds & other services, call Mental Health America at 717-397-7461.

LOHF can help pay for mental health services. Call 717-392-1595 for information.

Anger Management & Domestic Violence classes: Wellness Counseling Associates P: 717-397-2727

## FIRST 48 HOURS CHECKLIST:

- Call County Assistance, P: 717-299-7411 to **activate MA** if you did not apply at LCP; apply for **food stamps**
- If you applied at LCP your MA should be active the day after your release.
- Call Domestic Relations, P: 717-299-8141 to give your new address, discuss current income, set up child support payments

## FIRST WEEK

- Call South East Lancaster Health at 717-917-3756 OR 299-6371 for help applying for health insurance if you don't have MA
- Schedule D&A or MH evals if required
- Attend AA/NA meetings if required
- Attend Returning Citizens group
- Connect with Reentry Services if have immediate needs (717) 723-1075



## IF YOU ARE IN CRISIS

### Mental Health/Drugs/Alcohol

Suspect overdose: 911

Lancaster Crisis Hotline: 717-394-2631

CONTACT Lancaster: 717-299-4855

### Shelter/Housing

Call 211 OR 717-291-5462: ask for CHART

### Other help

Dial 211 from any phone for information on where to get help with many needs



## Roadmap to Successful Reentry

This document is to help people preparing for release or recently released from



Lancaster County Prison (LCP) to have a successful transition from incarceration to the community.

*“If you have made mistakes, even serious mistakes, there is always another chance for you . . . this thing we call 'failure' is not the falling down, but the staying down.”*

~ Mary Pickford

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