



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

Southern Region Telephone (909) 468-2300

- Address your food needs at a [food pantry](#) or a [soup kitchen](#) that serves your area.
- Resolve any immediate [medical](#) or [mental health needs](#), such as prescription refills.
- Apply for benefits such as [MediCal](#), [Medicare](#), [CalWORKs \(TANF\)](#), [General Relief](#), or [CalFresh](#) (Food Stamps). [Contact 211OC](#) for local organizations that can help you with the application process.
- Learn if you may be eligible for other California state or Federal benefits and programs by using the [myBenefitsCalWIN](#) screening tool.
- Connect with a [re-entry program](#) and search the [211OC Public Resource Database](#) for other resources that meet your needs.