

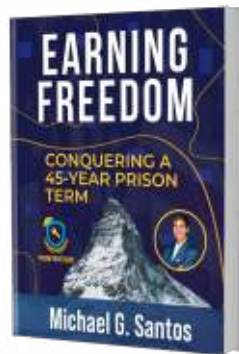
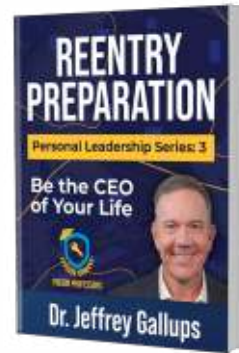
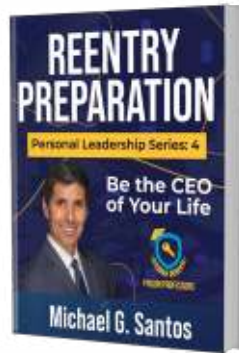
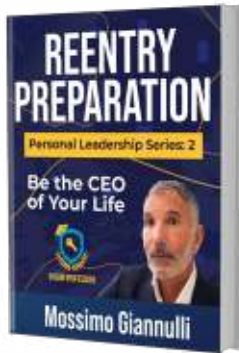
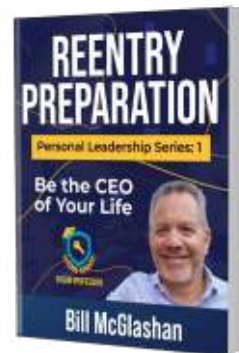
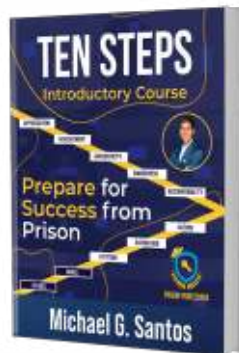
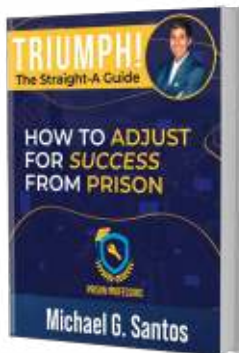
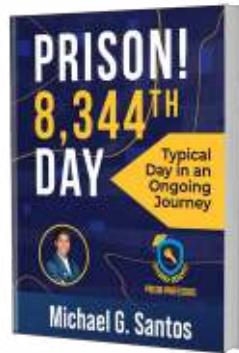
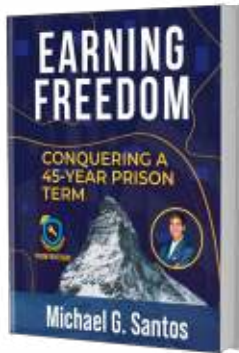
RELEASE

PLAN



PRISON
PROFESSORS

An Earning Freedom Company



Other Books by
Michael G. Santos / Prison Professors

Earning Freedom:

Conquering a 45-Year Prison Term

PrisonProfessors.com

(Shows strategies to build strength and discipline through long term)

Prison! My 8,344th Day

PrisonProfessors.com

(Shows strategies to be productive through single day in prison)

Triumph! The Straight-A Guide

Preparing Prisoners for Reentry

PrisonProfessors.com

(Shows strategies to serve time productively)

Success After Prison

How I Built Assets Worth \$1,000,000

After Being Released from Prison

PrisonProfessors.com

(Shows outcomes for people who use time in prison to prepare for success)

Ten Steps to Prepare for Success

from Jail or Prison

PrisonProfessors.com

(Self-directed course to help people in jail or prison)

Inside: Life Behind Bars in America

St. Martin's Press

(Insight to high-security prisons in America)

Daily Journal

Version 2—2022

ISBN:

To Contact us—Please visit:

www.PrisonProfessors.com

To get our newsletter: Send invite to

Impact@PrisonProfessors.com

Dear Journal Participant:

The team at Prison Professors created this Earning Freedom Journal series specifically for people in a jail or prison setting. Negative messages permeate the environment of jails and prisons. We encourage the pursuit of a self-directed pathway to success. With our interactive journal, we hope to both teach and inspire people.

The Earning Freedom Journal series includes all of the leadership strategies that empowered me through 26 years in prisons of every security level. My name is Michel Santos.

Anyone can use this journal to develop better critical-thinking skills and more persuasive communication skills. Use this journal to build strength, restore confidence, and prepare for success. The journals help people navigate challenging times.

Leaders taught me the power of keeping personal-accountability journals. By making values-based, goal-oriented decisions, we can live productively and intentionally, regardless of where we may be.

By using this strategy, I earned a bachelor's and a master's degree in prison. Publishers brought books I wrote to market for consumers. I got married in prison. Together with my wife, I started a publishing company to help others learn the lessons that leaders taught me.

As a result of documenting the 9,500 days I served in prison, many income opportunities opened upon my release. Anyone can use this tool to build higher levels of liberty and prepare for success. One key to success is in documenting the journey. Each page of the journal offers instruction to prepare for personal growth and prosperity:

1. Define success,
2. Create a strategy,
3. Set priorities,
4. Develop tools, tactics, and resources,
5. Measure progress every day,
6. Execute the strategy to succeed, and
7. Use the record of accomplishments to leverage new opportunities.

Participants may use this journal interactively. We encourage family members to follow along by visiting PrisonProfessors.com. People will see that I never ask anyone to do anything that I did not do while serving my prison term. That strategy prepared to succeed upon release, and I'm confident that by journaling, you too can prepare for success upon release. Visit PrisonProfessors.com for more books and courses to help people prepare for success while going through challenging times. To subscribe to our newsletter, send an invite to Impact@PrisonProfessors.com

REENTRY PLANS:

In this version of the journal, we offer a template for creating release plans. Please follow along to learn how your release plan can influence higher levels of liberty, at the soonest possible time.

For additional journals, please visit our website.

Sincerely,

Michael Santos and our team Prison Professors

While lying inside a solitary prison cell, I needed hope. Biblical passages frequently inspired me, especially the following:

I took another walk around the neighborhood and realized that on this earth as it is—The race is not always to the swift, nor the battle to the strong, nor satisfaction to the wise, nor riches to the smart, nor grace to the learned. Sooner or later, bad luck hits us all. No one can predict misfortune. Like fish caught in a cruel net or birds in a trap, men and women are captured by accidents, evil and sudden.

Ecclesiastes Chapter 9, Verses 11-12

This Biblical message offers excellent takeaways for anyone, especially for justice-impacted people.

My name is Michael Santos, and I founded Prison Professors with the hopes of helping people in jail and prison learn how to self-advocate. Too many people in custody give up hope. They may not belong in prison, but they should never stop working to advocate for liberty.

Sometimes, people going through the system may find it helpful to learn from others who had walked the journey before—and emerged successfully.

To strive for liberty at the soonest possible time, people may consider a path I learned from leaders. They adhere to a disciplined, deliberate plan when they seek to resolve a challenge. They take the following steps:

- » Define success as the best possible outcome,
- » Build a plan to go from where you are today to where you want to go,
- » Put priorities in place,
- » Create an accountability metric to measure progress, and
- » Execute the plan every day.

With the message from Ecclesiastes, we have evidence that people have been dealing with unexpected challenges since the beginning of time. No one anticipates spending time in prison. But if a person knows how to prepare a solid release plan, a person may work toward a better outcome.

Every justice-impacted person wants the best possible outcome. To get that outcome, however, a person should prepare and understand how stakeholders view success from the system.

What will our adversaries expect of us?

That question should guide our preparations. It always helped me make better, more deliberate decisions.

In one of his influential books on personal leadership, Malcolm Gladwell wrote that a person could become an expert at any task by devoting 10,000 hours of practice. Over 9,500 days, I spent 228,000 hours living as federal prisoner number 16377-004. Throughout that journey, I prepared for the challenges I expected to face.

From the loneliness of a jail cell, I would stare at the wall and anticipate the people I would meet in the future. If they had discretion over my future, I contemplated how I could influence how they perceived me. Like every other justice-impacted person should do, I thought about future case managers, wardens, probation officers, judges, employers, and prospective business partners.

- » What could I do during my imprisonment to help others see how I responded to problems I created with my criminal behavior rather than the problems that led me to prison?
- » What tools, tactics, and resources could I create to advocate more effectively through the storms ahead?
- » In what ways would the tools I developed convert my adversaries into my advocates?

During this era of prison reform, it's more important than ever for justice-impacted people to contemplate such questions. The more thought they give to how they're preparing to overcome challenges, the more effective they will become at advancing prospects for liberty at the soonest possible time.

When I write about this "era of prison reform," I'm talking about several developments:

- » **The Second Chance Act of 2008:** President Bush signed this law, which authorized the BOP to allow people to serve up to 12 months of their sentence in a Residential Reentry Center (halfway house). If a person had a sentence of 60 months or longer, the person could serve the final six months in home confinement; if a person had a sentence of fewer than 60 months, the person could serve the last 10% of the sentence in home confinement.
- » **The First Step Act:** President Trump signed the First Step Act in December of 2018. It's the most significant piece of reform legislation since the Sentence Reform Act of 1987, which introduced the Federal Sentencing Guidelines. As with all reform movements, we can anticipate many rounds of litigation and advocacy. Each ruling will bring clarity to the way that the BOP trains staff members to implement the First Step Act in a uniform way across the country.

- » The CARES Act: With the pandemic, President Trump signed an executive order that influenced how the government operated. The attorney general wrote a series of memorandums that mandated the Bureau of Prisons to reduce its prison population by sending appropriate people to serve their sentences in home confinement. The CARES Act is not a law but an executive order. President Biden extended the executive order. But with the stroke of a pen, the president can discontinue the CARES Act.

Each of the reform movements I mentioned influenced people in federal prison. In common, each reform movement mandated that administrators in the Bureau of Prisons put more emphasis on preparing people for successful, law-abiding lives upon release. They require staff members to pay close attention to release plans.

Justice-impacted people should understand how administrators measure excellence in a release plan. The National Institute of Justice, the Vera Institute, the Urban Institute, and others publish extensive documentation on release plans. Our team at Prison Professors relies upon that evidence-based documentation, but we also defer to the subject-matter experts we retain.

Those who have access to our subject-matter expert page on Prison Professors may have watched interviews I've done with people who built careers in law enforcement. I've interviewed people who built careers as:

- » Leaders of US probation,
- » The Federal Bureau of Prisons,
- » US District Court Judges, and
- » Prosecuting attorneys.

Each subject-matter expert I interviewed expressed the importance of a release plan. They want to see a record that shows positive on-going efforts for change, showing a person's commitment to preparing for success upon release. They want to see evidence that a person has been thoughtful about risk factors—or triggers—that can lead to recidivism.

To prepare a template and model for others to follow, I relied upon the information I received from Jon Gustin. Jon retired from the Bureau of Prisons in 2022 after 24 years of service. When he retired, Jon held the position of Administrator over Residential Reentry Centers (RRCs) that the Bureau of Prisons relied upon across America. We wanted to use the same reliable information that administrators use to create a template justice-impacted people could follow.

During the 26 years that I served in prison (between 1987 and 2013), administrators frequently told me, “We don’t care anything about your life after you finish your sentence. We only care about the security of the institution.” Administrators locked me in segregation or transferred me to prisons across state lines for doing the same things that the First Step Act now encourages people to do.

A release plan guided my adjustment. By documenting the journey and memorializing the accomplishments I made, I succeeded in overcoming many of the obstacles I faced.

Since completing my obligation to the Bureau of Prisons on August 12, 2013, the arc of justice has bent toward reform, as evidenced by the First Step Act. I would expect to see more reforms, but I would also expect the need for litigation and legislative changes. Many organizations will play a role in pushing for policy change.

At Prison Professors, our team strives to show people how to succeed despite the challenges that they will face. They should expect obstacles and difficulties. They should persevere, always focusing on steps they can take to convert adversaries into advocates. You should act as your own advocate. Staff members in the BOP do not respond favorably to people who say they’re “entitled” to receive benefits or privileges. People help themselves when they can show a sustained record of participating in positive programs. A good record becomes a tool for self-advocacy.

Staff members in the Bureau of Prisons have enormous discretion. Each person should document efforts toward personal development. They should communicate in a positive and respectful manner. Each person must persevere through the challenges ahead.

I never ask anyone to do anything that I didn’t do.

The lessons I learned from prison, and my release plan helped me launch several ventures upon my release. The practice of documenting my journey opened many opportunities. Those who’ve read *Earning Freedom: Conquering a 45-Year Prison Term* know that I prepared my “release plan” while awaiting my sentence from a solitary cell of the Pierce County Jail.

After reading *The Crito*, a short book describing Socrates’ time in jail, I learned how to stop thinking about my current problems and begin thinking about the broader community.

- » What steps could I take to reconcile with society?
- » How could I influence the way that others perceived me?
- » What plans could I make to advance possibilities for a second chance at life?

Those kinds of open-ended questions influenced my release plan. The sooner a person begins preparing a release plan, the more robust that plan will become.

Although I am confident that the following lessons will help any justice-impacted person, my area of expertise and experience lies with the federal system. Regardless of where

a person serves time, a release plan will influence a person's ability to navigate the pathway toward the soonest possible release date. Indeed, many prison reform movements emphasize the importance of a release plan.

Please consider the following as a self-directed template. We encourage participants in our course to use what they deem appropriate and to craft their release plan.

With hopes of proving worthy of your trust, we offer this plan as a starting point. It's not perfect because it needs your input. Following the template, I offer an example of how I would have used it to influence stakeholders that had discretion over my life.

With best wishes for the success of all participants, I speak for every member of our team at Prison Professors in wishing you success.

Sincerely,

Michael Santos, PrisonProfessors.com

RELEASE PLAN TEMPLATE

Identifying Information:

- » Name
- » Date of Birth:
- » Today's Date:
 - » Previous versions
- » Sentence length:
- » Begin in prison:
- » Projected release date:
- » Projected days in prison:

Identification:

- » Driver's license image:
- » Social security card image:
- » Birth certificate image
- » Insurance Card: Image attached

Support Information:

- » Letter from primary support:
- » Letter from employer:

Transportation:

- » Vehicle:
 - » Insert Make
 - » Insert Model and Year
 - » Insert License
 - » Insert Registered Owner
 - » Insert letter from Registered Owner providing approval to use
- » Insurance:
 - » Proof of insurance that includes right to use vehicle/coverage for you to drive (May be combined with letter of primary support and letter from registered owner)

Housing:

- » Describe housing situation:
- » Who will live in the house:
- » Confirm that you've installed a landline:
- » Confirm that the house is in a low-crime area:

- » How will you meet household expenses?
- » How will living in the house contribute to your successful reentry?
- » How can unit team and RRM have assurance that you're welcome to live there?
- » Include letter of support from owner/lease holder.
- » Copy of lease that allows for additional residents to reside at location.
- » If the lease lists the names of approved residents, get a letter to show that the lease holder can add your name to the list of approved residents.

Medical/Mental Health/Dental:

- » What plan do you have in place to cover medical needs?

Substance Abuse Counseling / Treatment:

- » If you participated in RDAP, describe how you anticipate participation with the aftercare component.

Family Situation:

- » Describe your family situation, including:
 - » Do you have custody or visitation established with children?
 - » Is family counseling necessary?
 - » How have family responded to the sentence?

Education:

- » Describe your educational credentials

Employment:

- » Job skills and training you have:
- » Job skills and training you need:
- » Job placement status:
- » Special skills you've developed or have:
- » If you have employment, provide letter of support from current employer if the employer is willing to offer.

Financial Obligations:

- » Detail your financial status
- » Detail your contribution to financial responsibility:
- » Provide comprehensive financial plan which specifies income amounts, on-going expenditures (bills) and any projected expenses. Your budget should include an allowance to pay restitution or court-imposed fines.

Course participation during imprisonment:

- » Detail projects you've participated in and the way that they relate to your risk assessment survey.

Post release Support System:

- » Describe services you can access for support, if appropriate.
- » We encourage individuals to include any religious support, including letters from spiritual leaders or clergy.

Reentry Accountability Plan:

- » Describe ways that you've introspected on risk factors:
 - » My self-defeating behavior that blocks my success include:
 - » My behavior goal to address my issue is:
 - » My action plan to meet the above goal is: Target completion date / completion date
 - » Accountability metrics:

Completion of Plan:

- » Discuss board of advisors with whom you've gone over the plan.

Case Manager / Counselor Information:

- » Facility name:
- » Housing Area:
- » Case Manager Name:
- » Counselor Name:
- » Work Detail:
- » Work Detail Supervisor:

Future Plans/Goals:

- » Discuss your plans and goals for the future
- » Immediate plans/goals
- » Intermediate plans/goals for 1-5 years
- » Long Term plans/goals for 5+ years

SAMPLE RELEASE PLAN

Identifying Information:

- » Name: Michael Santos
- » Registration: 16377-004
- » Date of Birth: January 15, 1964
- » Today's Date: July 31, 2022 / Age: 58
- » Sentence length: 45 years
- » Begin time in prison: August 11, 1987
- » Halfway House: August 13, 2012
- » Days in Prison: 9,135
- » Release Date: August 12, 2013
- » Days in BOP: 9,500



Snapshot Showing Incarceration History:

- » (NOTE: The example that follows is how I would have documented my history through the Bureau of Prisons. Few people will serve the length of time that I served. I offer this information as a sample.)
- » When memorializing your journey, please show as much as possible. Do not hide any incident reports or infractions. Instead take the positive program participation, educational opportunities and show how negative incidents did not define your incarceration. Show how you learned from the experiences you've had, good and bad experiences.
- » Transparency and honesty go a long ways. If staff members positively influenced your incarceration, I encourage you to document their influences. The BOP is a tight-knit community of employees. If staff members see you giving credit to other staff members, they may support your efforts for higher levels of liberty.

Date	Location	PATTERN / Description / Accomplishments
	MCC Miami	<p>My initial arrest led me to MCC Miami as a pre-trial detainee. The judge did not authorize a bond and I remained in custody. At that time, I only wanted to get out of custody and didn't understand the gravity of offense that I had committed.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a "low."</p>
1987 to 1988	Transitory jails and holding centers.	<p>While proceeding through trial, I deferred to my defense attorney and failed to accept responsibility for the crimes that I committed. I remained in pretrial custody, locked in jails and detention centers. After a jury convicted me on all counts, I made a commitment to work toward reconciling with society and preparing for a law-abiding life upon release.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a "low."</p>

<p>1988 to 1994</p>	<p>USP Atlanta</p>	<p>After a jury trial, a federal judge sentenced me to serve 45 years in prison. Based on the sentence length and conviction, the BOP sent me to a high-security penitentiary in Atlanta. While in transit, I crafted a plan to begin preparing for a law-abiding life upon release. That plan would require that I work on three prongs over 10 years: 1) earn a university degree; 2) contribute society by becoming a published author; 3) build an influential support network.</p> <p>While in Atlanta, I worked as a clerk for the UNICOR factory. I also began studying toward my university degrees and building an influential support network. I journaled to memorialize efforts to prepare for a law-abiding, contributing life upon release.</p> <p>Notable accomplishments: Earn university degree from Mercer University in 1992; build network of mentors; publish articles.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum” after I turned 30, in 1994.</p>
---------------------	--------------------	--

<p>1994 to 1995</p>	<p>FCI McKean</p>	<p>Relying upon assistance from the influential support network I built, and working together with my unit team, I transferred from USP Atlanta to FCI McKean.</p> <p>While at McKean, I continued efforts to prepare for a law-abiding, contributing life upon release. I worked in the education department as a tutor. Simultaneously, I completed a Master of Arts program at Hofstra University. Hofstra awarded my master’s degree in 1995. I began studying at the University of Connecticut toward a Ph.D. program.</p> <p>Highlight of time in McKean bringing a class from Princeton University for a class I taught in warden’s conference room, along with warden and Professor John DiIulio.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>
<p>1995 to 1996</p>	<p>FCI Fairton</p>	<p>Authorities transferred me from FCI McKean to FCI Fairton for population reasons. While in Fairton, I held a job in education and looked for opportunities to broaden my support network.</p> <p>The warden at FCI Fairton blocked my pursuit of a Ph.D.</p> <p>In the spring of 1996, my security level dropped from medium to low. The BOP transferred me to the low-security prison in Fort Dix.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>

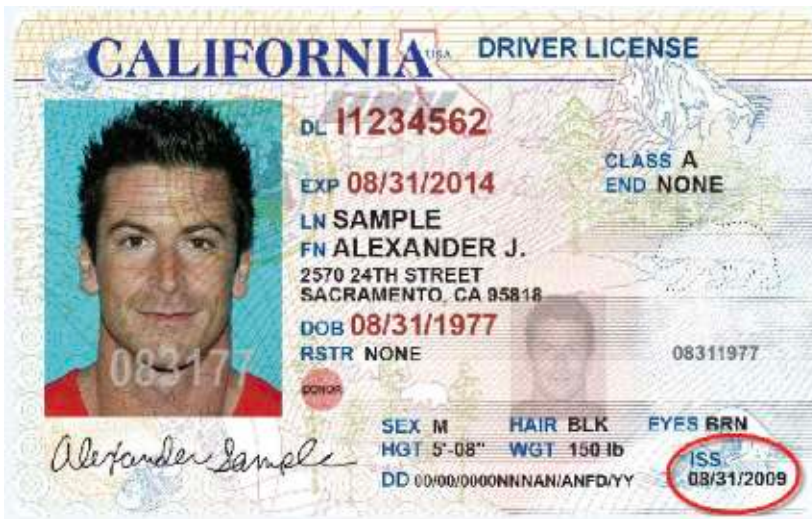
<p>1996 to 2003</p>	<p>FCI Fort Dix</p>	<p>While in Fort Dix, I held a job in the education department. After receiving permission from the captain, I began building an investment portfolio to assist my transition upon release.</p> <p>I continued working to build my support network, receiving visits and mentoring from some of America’s leading penologists. Those relationships led to publishing opportunities. I sought and received permission to publish from the BOP’s regional counsel. While in Fort Dix, received publishing contracts for About Prison and Profiles from Prison.</p> <p>Through publishing, I continued to build a support network. The network had a vested interest in my release plan. On June 24, 2003, I married Carole in the Fort Dix visiting room.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>
<p>2003 to 2005</p>	<p>Satellite Camp, Florence</p>	<p>Once I advanced to within 10 years of my release date, my unit team recommended me for camp placement. The team waived my management variable for greatest-severity offense, and I transferred from the low-security prison to a minimum-security camp in Florence, Colorado.</p> <p>While in Florence, I worked in the laundry of the ADX. In my spare time I continued to publish. I received a publishing contract from St. Martin’s Press to bring Inside: Life Behind Bars to market. The New York Times Sunday Book Review and the Los Angeles Times Sunday Book Review covered this nonfiction book.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>

<p>2005 to 2007</p>	<p>Satellite Camp, Lompoc</p>	<p>Following the publication of Inside, administrators at Florence transferred me to Lompoc. While in the Lompoc Camp, I continued efforts to publish. Those efforts helped preparations for my release.</p> <p>Sensing that a contract-facility would be a better fit for me, given my prolific writing plans, administrators transferred me to the camp in Taft, California.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>
<p>2007 to 2011</p>	<p>Satellite Camp, Taft</p>	<p>While in Taft, I taught courses and continued my publishing career, always striving to prepare for success upon release.</p> <p>I continued to build a strong support network, visiting with academic mentors and opening relationships with prospective employers.</p> <p>Secure residence and job opportunity that will await me upon release.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>
<p>2011 to 2012</p>	<p>Satellite Camp, Atwater</p>	<p>While completing final months in prison before my transition to an RRC, I solidify income opportunities and housing arrangements. Provide unit team with offer letters from employer, and provide confirmation of housing.</p> <p>Coordinate transition from prison to halfway house on August 11, 2012, after 9,135 days of imprisonment.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>

<p>2012 to 2013</p>	<p>RRC San Francisco / Home Confinement</p>	<p>Serve six months in San Francisco halfway house, and six months on home confinement, concluding obligation to Bureau of Prisons on August 12, 2013.</p> <p>Secure job at San Francisco State University, where I teach course that I designed called Architecture of Incarceration.</p> <p>The PATTERN Score did not exist. Using the form that exists today, I would have scored a “minimum.”</p>
---------------------	---	---

Identification:

» Driver’s license image:



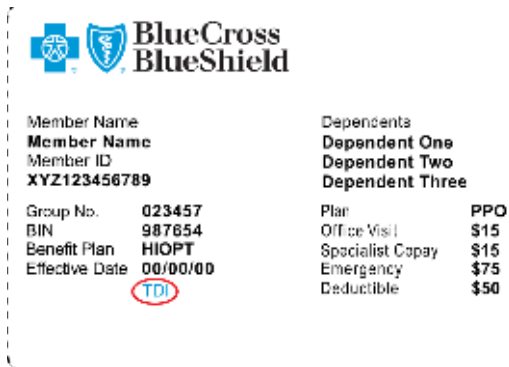
Social security card image:



Birth certificate image



Insurance Card: Image attached



Support Information:

» Letter from wife:

Sample Response:

Date: August 2, 2011
 From: Carole Santos
 To: Warden, Atwater Prison Camp
 Re: Michael Santos, Registration # 16377-004

Dear Warden,

My name is Carole Santos. I am writing to express my wholehearted and unconditional support for my husband, Michael Santos. I am an integral part of his release plan, and I want to assure your staff of the many ways that I commit to supporting Michael through his term on home confinement, Supervised Release, and his recalibration with society.

Michael began working on his release plan in 1987 while still locked in county jail and awaiting sentence. To memorialize his commitment to preparing for a law-abiding life, he wrote to a journalist covering his trial for the Seattle Times.

Michael's unsolicited letter led to a front-page story that documented Michael's commitment to reconciling with society. While incarcerated, Michael pledged to follow a three-part plan. He would work to 1) earn academic credentials, 2) grow a positive support network of mentors, and 3) create meaningful social contributions.

During the 25 years that Michael has served, he adhered to his plan. He earned a bachelor's and master's degrees, and he published several books that university professors use to teach courses on corrections.

Based on Michael's extraordinary and compelling adjustment in prison, he built a massive support network that includes thousands of people. He has income opportunities awaiting him, including an offer to teach at San Francisco State University, and he has my wholehearted support.

Michael and I married inside the visiting room at the federal prison in Fort Dix on June 24, 2003. With support from Michael's work, I returned to school and became a registered nurse with a master's degree in clinical nurse leadership. I earn more than \$100,000 per year and will support Michael financially while he transitions to society. I will cover our household living expenses; I will ensure that Michael has medical and dental insurance; I will provide Michael with transportation to ensure that he complies requires with all appointments and responsibilities.

We have a stable home, and we have registered and insured our vehicles. If allowed to drive, Michael will provide proof of full insurance coverage. If Michael is not permitted to drive, I will transport him from the prison to the Residential Reentry Center and all appointments as directed.

Thank you for considering me integral to my husband's release plan. It's my hope that you will use your discretion and authorize Michael's transition to home confinement at the soonest possible time.

Sincerely,
Carole Santos

» Letter from employer:

August 2, 2022

Dear Michael:

Our Prison Professors Charitable Corporation team is pleased to offer you a full-time position with our nonprofit. Should you accept, we would like you to take the role of advocacy specialist.

With the role of advocacy specialist, we will expect you to work toward helping justice-impacted people prepare for law-abiding, contributing lives, regardless of what stage they're in the journey. Your duties will include writing, editing, filming, recording audio files, and overseeing publications on our website at PrisonProfessors.com.

In this role, you will work remotely, collaborating with our director of operations through regular video calls. You will set your hours, but we expect to see daily publications that will likely require 40 hours each week.

We will start you at a salary of \$1,000 per week if you accept. We will pay you through digital checks each Friday. We would like you to begin this assignment on July 1, 2022.

Your employment with the Prison Professors Charitable Corporation will be on an at-will basis, which means you and the company are free to terminate employment at any time, with or without cause or advance notice. This letter is not a contract indicating employment terms or duration.

Please confirm your acceptance of this offer by signing and returning this letter.

Sincerely,

Bill McClashan,
Board Member

Transportation:

» Vehicle:



- » Make: Tesla
- » Model S, 2022
- » Registered Owner: Michael Santos
- » Proof of Insurance:



Housing:

- » Describe housing situation:
- » Who will live in the house:
- » Confirm that you've installed a landline:
- » Confirm that the house is in a low-crime area:
- » How will you meet household expenses?
- » How will living in the house contribute to your successful reentry?
- » How can unit team and RRM have assurance that you're welcome to live there?

Sample Response:

My wife and I are the lawful owners of our home at 81313 Earning Freedom Lane in Laguna Niguel, California. We will live in our home together, and we've installed a landline to comply with any monitoring requirements. Our home is in a gated community in one of the lowest crime areas in the country.

My wife and I have credit scores that exceed 700, and we have a history of paying our household expenses on time. We have sufficient savings to cover all our costs for over three years.

By living together, we will avoid altercations with law enforcement and work toward building a career around lessons that I learned while growing up through 25 years in federal prison. With approval from authorities, I intend to work from home to minimize exposure to risks that complicate an adjustment for other formerly incarcerated people.

To assure the Residential Reentry Manager and my future probation officer that I have full support from my wife, I have attached a letter from her and my prospective employer, the Prison Professors Charitable Corporation.

Medical/Mental Health/Dental:

- » What plan do you have in place to cover medical needs?

Sample Response:

As stated in the support letter from my wife, I have full medical and dental insurance coverage from Blue Cross insurance. For further confirmation, I have included an image of my insurance card with this release plan.

Substance Abuse Counseling / Treatment:

- » If you participated in RDAP, describe how you anticipate participation in the after-care component.

Sample Response:

I do not have a history of abusing illicit substances or alcohol, so I did not participate in the RDAP program. The RDAP program did not exist when I began serving my sentence in 1987.

If I had a history of substance abuse, however, I would have memorialized the steps I took to participate in RDAP. I also would write a synopsis to describe how my participation in substance abuse treatment programs prepared me

for success upon release. I would have written about how I recognized substance abuse as a trigger for criminal-thinking patterns and how the courses would have helped me avoid such triggers.

Family Situation:

- » Describe your family situation, including:
 - » Do you have custody or visitation established with children?
 - » Is family counseling necessary?
 - » How has the family responded to the sentence?

Sample Response:

Authorities arrested me in 1987 when I was 23 years old. I did not have any children. My family has blessed me with their support through the multiple decades I served. My parents passed away, but my wife and I have close relationships with my two sisters, Julie and Christina. They are married, and each sister has two children. I have a close relationship with my sisters, husbands, nephews, and three nieces.

Carole has two adult children, Michael and Nichole. I have a good relationship with her son and daughter.

Education:

- » Describe your educational credentials

Sample Response:

While locked in the Pierce County Jail, before a judge sentenced me to 45 years, I committed to working toward reconciling with society for the crimes I committed. My three-pronged strategy included a commitment to earning academic credentials.

I had been a poor student in high school.

Staff members in the BOP helped me appreciate how my lack of education before imprisonment led to poor decisions. They influenced relationships with criminogenic people, which became “triggers” that led to my criminal behavior.

By working to earn academic credentials, I hoped to advance prospects for a triumphant return to society as a law-abiding citizen.

Through perseverance, I persuaded universities to admit me.

- » In 1992, Mercer University awarded me a bachelor's degree in Human Resources Management.
- » In 1995, Hofstra University awarded me a master's degree in interdisciplinary studies, focusing on cultural anthropology and political science; I studied America's prison system.

By studying America's prison system, I hoped to acquire knowledge and skills that would lead to income opportunities upon release. Further, those educational credentials opened publishing opportunities. While incarcerated, I published several books. Those books helped me establish relationships with many of America's leading penologists. Those relationships led to speaking opportunities and a job opportunity as a San Francisco State University professor.

Employment:

- » Job skills and training you have:
- » Job skills and training you need:
- » Job placement status:
- » Special skills you've developed or have:

Sample Response:

While incarcerated, I spent time developing marketable skills. Specifically, I became skilled with:

- » Verbal communications and public speaking are evidenced by the many courses I created and taught inside the various prisons that confined me.
- » Writing and editing skills, as evidenced by publishing contracts with some of the nation's leading publishers.
- » Critical-thinking skills, as evidenced by the support network I built while serving time in prisons of every security level.
- » Business development, as evidenced by the six-figure savings account I built while serving multiple decades in prison.
- » Self-directed work ethic, as evidenced by the body of work I created during my term.
- » Relationship building, as evidenced by the media attention and testimonial letters that I received, is part of my release plan.

Through all those efforts, numerous income opportunities await me upon release. Among those opportunities include a valid job offer from the Prison Professors Charitable Corporation, a nonprofit with an annual budget of more than \$1 million, and a chance to teach as an adjunct professor at San Francisco State University.

Financial Obligations:

- » Detail your financial status
- » Detail your contribution to financial responsibility:

Sample Response:

With guidance from my unit team, I participated in the Bureau of Prisons' Financial Responsibility Program. My obligation to pay a fine ceased after 20 years.

Through hard work and ingenuity, I began creating income-generating products to assist my transition to society upon release. I set a goal of having sufficient savings to live for at least one year, regardless of income.

That plan has led to more than \$100,000 in savings that I can use to begin my life upon release.

Further, my contributions to financial responsibility are evidenced by the tax returns I filed during the final five years of my incarceration and the contributions I made to my wife, which allowed her to return to school and earn the following credentials: certified nurse aid, licensed vocational nurse, registered nurse, and master's degree in nursing.

Course participation during imprisonment:

- » Detail projects you've participated in and how they relate to your risk assessment survey.
- » Post-release Support System:
 - » Describe services you can access for support, if appropriate

Sample Response:

My risk-assessment survey evolved over the time that I served my sentence. At the start of my prison odyssey, a self-assessment showed the triggers that led to my criminal behavior. I had a predisposition to pursue immediate gratification without much thought to my obligation to live as a law-abiding Amer-

ica. I missed the importance of the social contract and proceeded to traffic in cocaine.

The authorities charged me with violating many laws for those bad decisions, and a federal judge sentenced me to serve a 45-year term.

With encouragement and support from my unit team, I began to work toward earning academic degrees. I earned an undergraduate degree from Mercer University and a master's degree from Hofstra University.

Simultaneously, I participated in BOP work programs and volunteered in many productive activities, including teaching courses that I developed with support from my unit team.

Through active release panning, I built an extensive support network nationwide. As the testimonial letters show, I can draw upon the support I've received from many community leaders, including:

- » Bill McGlashan, Founder of The Rise Fund
- » Dr. Brant Choate, Assistant Director, California Department of Corrections
- » Diane Bass, Attorney at Law
- » Joan Petersilia and Robert Weisberg, Stanford University Law School

Reentry Accountability Plan:

- » Describe ways that you've introspected on risk factors:
 - » My self-defeating behavior that blocks my success include:
 - » My behavior goal to address my issue is:
 - » My action plan to meet the above purpose is: Target completion date/completion date
 - » Accountability metrics:

Sample Response:

I've written about how introspection has helped me identify risk factors through numerous publications.

In *Earning Freedom: Conquering a 45-Year Prison Term*, I wrote extensively to describe the incremental stages I went through to identify the self-defeating behavior that blocked my success as a young man. By pursuing a fast life, driven by a pursuit of immediate gratification, I fell under criminogenic in-

fluences. I began trafficking cocaine. Those crimes led to my lengthy prison term.

In *Prison: My 8,344th Day*, I wrote to describe the discipline that would carry me through a typical day during my 23rd year of imprisonment. The book describes how daily decisions can advance toward a path of success after prison or lead us into cascading problems that could include homelessness, unemployment, or further difficulties with the law.

With support from my unit team, I set behavior goals to address my issues. Those goals included:

- » Focus on developing academic credentials and marketable skills, as evidenced by the university degrees I would earn within the first 10 years of my term;
- » Focus on contributing to society by becoming a published author within the first 10 years of my imprisonment;
- » Focus on building a support network that would include building relationships with 10 mentors during my first 10 years of imprisonment.

I set my target completion date for those goals in 1997, which would have been 10 years after I set the goals at the start of my sentence in 1987. Using this strategy, I achieved those goals two years ahead of schedule.

To hold myself accountable throughout, I kept a daily journal. The journal would show how daily decisions open prospects for new opportunities. I intend to use the journal entries as a resource that will contribute to my success upon release.

Completion of Plan:

- » Discuss the board of advisors with whom you've gone over the plan.

Sample Response:

While creating my release plan, I relied upon guidance from my unit team. At every institution where I served my sentence, my unit team supported my release plan. I began serving my sentence in a high security penitentiary. After seven years, my unit team transferred me to medium-security prisons. In my tenth year, administrators transferred me to a low-security prison. Once I advanced to within ten years of my release date, administrators transferred me to minimum-security camps.

Besides relying upon my unit team, I built an extensive board of advisors over the years. My release plan includes copies of testimonial letters. It also links to a personal website that I created to document the journey.

Case Manager / Counselor Information at final institution:

- » Facility Name: USP Atwater, Satellite Camp
- » Housing Area: Bunk 17-U
- » Case Manager Name: Leticia Ortiz
- » Counselor Name: Jorge Rios
- » Work Detail: Unit Orderly
- » Work Detail Supervisor: Jorge Rios

Future Plans/Goals:

- » Discuss your plans and goals for the future
- » Immediate plans/goals
- » Intermediate plans/goals for 1-5 years
- » Long Term plans/goals for 5+ years

Sample Response:

As detailed through my release plan, I've worked to prepare for a law-abiding, contributing life upon release. The academic credentials I've earned, together the professional accomplishment of publishing has opened numerous income opportunities. In the pages that follow, I include several testimonial letters, showing the job opportunities that await me.

I am fortunate to have a supportive wife and a strong support network. Further, I have sufficient savings in the bank. My resources will cover all my immediate expenditures, and give me cushion that will cover all housing, transportation, and living expenses during my first year of liberty.

During the initial months that of my release, I intend to get stable. I expect to earn an initial income by teaching as an adjunct professor at San Francisco State University. Simultaneously, I will learn how to use the Internet and to learn digital marketing skills.

My intermediate goals, during years one through five after my release, I intend to acquire appreciating real estate assets while simultaneously building a digital-products business.

By the time I reach my fifth year of liberty, I anticipate that I will own more than \$1 million in performing assets that will grow. I also will continue working to build my digital products business.