



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.

Sacramento County Probation Department

Website: <https://saccoprobation.saccounty.net/Pages/default.aspx>

Phone: 916-875-0300

Sacramento County Parole

Website: <https://www.cdcr.ca.gov/parole/northern-region-directory/>

Phone: 916-574-2414

Federal Probation - Sacramento

Website: <https://www.caep.uscourts.gov/>

Phone: 916-930-4300

- Address your food needs at a food pantry or soup kitchen that serves your area.
- Resolve any immediate medical or mental health needs, such as prescription refills.
- Apply for benefits, such as Medi-Cal, Medicare, CalWORKs (TANF), General Relief, or CalFresh (food stamps). Contact 2-1-1 Sacramento for local organizations that can help you with the application processes.
- Learn if you may be eligible for other California state or Federal benefits and programs by using the [myBenefitsCalWIN](#) screening tool.
- Connect with a reentry program and search the [2-1-1 Sacramento Public Resource Database](#) for other resources that meet your needs.

Dial 2-1-1 to be linked to a live, highly-trained, Information & Referral Specialist who will help you navigate through your situation by assessing your needs and then matching you to the most appropriate resources in your community. Assistance is confidential and offered in more than 200 languages. You can also visit www.211sacramento.org or www.211ca.org.