

99 Days and A Get Up 3rd Edition

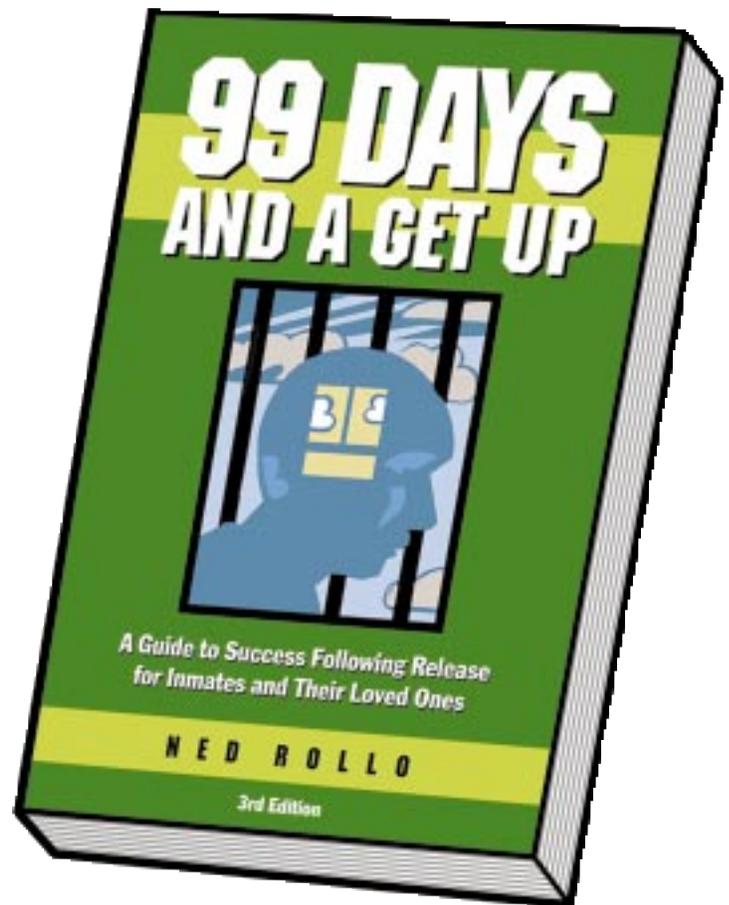
The new edition of the most widely used reentry handbook in America. A powerful guide to successful social and emotional transition from prison into the community. This candid but compassionate handbook leads offenders and their loved ones through the turbulent period before and after release, helping establish a sense of perspective and control, thus reducing stress, fear, and "short pains." Revised and expanded to cover the last six months pre-release and the first six months post-release, *99 Days* gives honest, direct advice for dealing with the major barriers ex-offenders must overcome to achieve long-term success.

**3rd edition, 88 pages
\$9.95 single copy**

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**"...a central component in
pre-release and reentry
programming and training."**

— Edward E. Rhine,
Ohio Dept. of Rehabilitation and Correction



**"Rollo's worked with thousands of
offenders and has a first-hand basis to
offer a beacon of hope and direction to
millions of men and women who carry
the label of "criminal" with them to the
grave."**

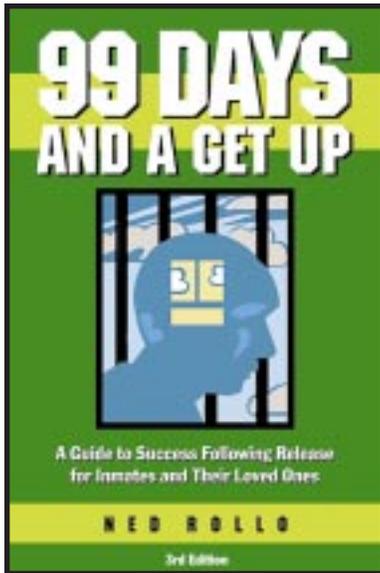
— Joyce Lain Kennedy,
Dallas Morning News

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180 Days and Counting

"Six months from the door the dawn begins to break - they may actually let you out of here! But it's a confusing time: you are too short to ignore it but still not close enough to believe it!"

Just when you are sure that nothing can be harder than life in prison, you snap to the fact that you'll soon be crudely evicted - back into the free world where the real challenge begins! In fact, release is not the end of your ordeal. It is just the next step in a long, cold-blooded journey that begins at sentencing and doesn't truly end until you die.

A prisoner nearing release faces a crossroads. One road is long and steep, leading to hard-won accomplishment, dignity, and pride. The other is short, offering only another round of heart-breaking failure as a slave of the criminal justice system and your own internal demons.

I assume that you are sick to the bone of living in fruitless captivity, thinking of yourself as a social outcast. You know by now that being locked up like a monkey in a zoo has only one purpose - *to learn enough to get out and to stay out*. Sitting in a TV room, running a jail house hustle, or playing dominos will NOT get you ready to succeed after release. Nor will being caught up in the prison rat race, gang activities, or surrendering to anger, self-pity, or romantic illusions of how easy things will be.

During the first few years after your return to the mad, mean world, you will have to stay focused and motivated just to outrun the alligators ... because they are always hungry! Things move fast in the streets. The demands of daily living for the first two years won't give you much chance to stop and sort out who you are and where you're going. This means that your fate will be strongly influenced by what you do *right here and now*.

I don't mean you should find a job, start a business, or build a bank roll from inside a cell. Those tasks are usually not possible while you're locked up. No, I'm talking about repairing and improving the ways you think and how you react to yourself and the things that go down around you.

It would be a lot easier to take a nap or write a letter home than to examine your own values and actions. But you are going to be reborn to the world sometime in the next six months, and you have a lot of internal housekeeping to do. This means looking deep inside yourself, taking an honest inventory, and making every effort to fix whatever doesn't work. No one can, will, or should do this for you: it is your right and your responsibility. In fact, it is the key to true freedom.

— from *99 Days and A Get Up*, page 9

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