My BreakOut Action Plan

Name:

Date of action plan:

PO signature:

Supporter signature:
Managing myself

Mindfulness

Try yoga or meditation through the Prison Phoenix Trust or by using their free prison materials.

Who can help me with this: __________________________________________

Completed:
Date:

Family and Friends

Write, draw or record a story book or letter to my children. This could be through Storybook Dads or Fathers Inside.

Who can help me with this: __________________________________________

Completed:
Date:

Victims and restoration

Complete a restorative justice programme such as the forgiveness project, The Sycamore Tree or SORI

Who can help me with this: __________________________________________

Completed:
Date:
Creativity

Learn a new creative skill such as painting, drawing or creative writing. This could be through a prison activity or by myself. Submit my work to the Koestler Awards.

Who can help me with this: ____________________________

Completed: □
Date: __________

Getting sorted

Mental health

Find out more about my diagnosis and therapy by talking to the mental health team and reading their guides or books in the library.

Who can help me with this: ____________________________

Completed: □
Date: __________

Drugs

Ask the substance misuse staff for advice and support on drug use and getting off drugs during my time in prison.

Who can help me with this: ____________________________

Completed: □
Date: __________
Alcohol

Speak with the substance abuse staff and resettlement to make a plan for avoiding alcohol misuse after release.

Completed: 
Date: 

Who can help me with this: ____________________________

Training and work

Plan with the education department what courses I could complete in prison. Make a Personal Learning Plan with staff.

Completed: 
Date: 

Who can help me with this: ____________________________

Moving on

Housing

Register with my council for housing or accommodation support on release.

Completed: 
Date: 

Who can help me with this: ____________________________
Family and community

Apply to take part in a family-friendly visit day to spend time with my children.

Completed: [ ]
Date:

Who can help me with this: ________________________________

Work

Speak to CAB about how to register with volunteering or training agencies to get good work experience.

Completed: [ ]
Date:

Who can help me with this: ________________________________

Offending behaviour

Talk with my family and friends about our fears of reoffending and what we can all do to reduce the chances of it happening.

Completed: [ ]
Date:

Who can help me with this: ________________________________

Date completed:
Prisoner Signature: ________________________________
PO Signature: ________________________________
Supporter signature: ________________________________