YOUR FIRST 90 DAYS OUT

A Week-by-Week Guide to Coming Home

Week 1 priorities · Housing · ID & documents · Employment · Support systems

A free resource from the Bulletproof Grace Foundation

From Survival to Purpose

Why This Guide Exists

The first 90 days after release are the hardest — and the most important. This guide breaks that time into manageable pieces: what to handle first, what can wait a week, and who to call when something feels too big to carry alone.



Week 1: Foundation

Priority Tasks

- ■ Confirm where you're sleeping tonight and for the next 7 days
- ■ Check in with your parole/probation officer if applicable — know your reporting schedule
- ■ Get a phone number, even a free government-assistance phone (Lifeline program)
- ■ Start gathering ID documents (see Section 3)
- ■ Reconnect with one trusted person — family, faith community, or mentor

If You Have Nowhere to Stay Tonight

Call 211 — free, 24/7, connects to the nearest available shelter bed

Joy Junction — New Mexico's largest emergency shelter — no ID required to start

NM Reentry Center — case managers can connect you to transitional housing programs same day

Weeks 2–4: Documents & Stability

Get These In Place

- ■ Replace your ID at NM MVD (bring whatever partial documents you have)
- ■ Order a replacement birth certificate from NM Vital Records if needed
- ■ Get a replacement Social Security card (free at your local SSA office)
- ■ Apply for SNAP (food assistance) and Medicaid if eligible — NM Human Services Dept
- ■ Register with NM Workforce Connection for job search support

Every one of these can usually be started even without a fixed address — case managers can help you use a shelter or program address for mail if needed.

Weeks 4–8: Income & Housing

Finding Work

- CDL/trucking, construction, warehouse, restaurant, and staffing agencies are the fastest paths to income regardless of record
- NM Workforce Connection's reentry track can connect you to fair-chance employers directly
- Even short-term or day-labor work builds a income history for housing applications

Finding Housing

- St. Elizabeth Shelter (Santa Fe), Sol Housing, and Albuquerque Housing Authority all work with people who have a record
- Ask your reentry case manager about transitional housing programs — many are specifically built for this exact window

Weeks 8–12: Building Forward

- Start the expungement process if you're eligible (see our Expungement & Second Chances guide)
- Open a bank account if you don't have one — many credit unions offer 'second chance' accounts
- Consider a savings goal, even $10/week, to build a cushion
- Reconnect with family relationships at a pace that feels sustainable, not rushed

If Things Feel Like They're Slipping

NM Reentry Center — check back in — case managers can help you course-correct, not just start

988 Suicide & Crisis Lifeline — call or text 988 if things feel overwhelming — free, 24/7

Nar-Anon / Al-Anon — free peer support if substance use is part of the picture

A Note From BGF

Ninety days is not a deadline to have everything figured out — it's just the beginning. We are the shield that stands between you and the obstacles, for as long as you need us.

Contact Bulletproof Grace Foundation

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