



## 72 Hour Checklist

Your Checklist for Success!

The first 72 hours after being released from jail or prison is a critical transition period that can impact your long term 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, or as ordered by the Court, or as instructed by an officer. If you have questions regarding whether or not you are on supervised probation or you don't know where to report, it is your responsibility to contact either Probation or Parole and confirm your supervision status.

### Santa Barbara County Probation Agency

Website: [www.sbprobation.org/](http://www.sbprobation.org/)

#### Santa Barbara Adult Services

(805) 882-3700  
117 E. Carrillo Street  
Santa Barbara, CA 93101

#### Lompoc Adult & Juvenile Services

(805) 737-7800  
415 East Cypress Avenue  
Lompoc, CA 93436

#### Santa Maria Adult & Juvenile Services

(805) 803-8500  
2121 South Centerpointe Parkway  
Santa Maria, CA 93455

### Division of Adult Parole Operations

Website: [www.cdcr.ca.gov/parole/parole/northern-region-directory/](http://www.cdcr.ca.gov/parole/parole/northern-region-directory/)

#### Ventura County Regional Office

(805) 382-8151  
1555 West 5th Street, Ste. #102, Oxnard, CA 93030

#### San Luis Obispo Store Front

(805) 347-0058  
1775 S. McClellan Street Santa Maria, CA 93454

Address your food needs at a food pantry or a place that serves prepared meals in your area. Expedited CalFresh (Food Stamps) benefits may also be available.

Resolve any immediate medical or mental health needs, such as prescription refills.

Take care of your mental health. Reentering the community can be a stressful time. Reach out for help if you need it.

Contact 2-1-1 to be referred for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and Medi-Cal.

Visit the [Reentry Resources](#) on the 2-1-1 website to find more reentry resources and helpful information, or search the 2-1-1 resource database to find services.

Seek employment opportunities.

Seek support networks to stay on the right path and to remain sober. Visit supportive people like friends, family, and other helpful people; or attend community support meetings, such as AA, NA, or faith community meetings.