



72 Hour Checklist

Your Checklist for Success!

The first 72 hours after release are the most 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 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.

Ventura County Probation Agency

Website: www.venturaprobation.org/

East County Supervision Office

East County Probation and Post Release:
(805) 582-8032
3855 Alamo Street, Building F
Simi Valley, California 93063

Oxnard Supervision Office

Probation and Post Release: (805) 204-5901
Field Services: (805) 204-5900
721 Pacific Avenue Suite #140
Oxnard, CA 93033

Ventura Supervision Office

Ventura Field Services: (805) 662-6900
Ventura Probation and Post Release: (805) 662-6901
669 County Square Drive
Ventura, California 93003

Division of Adult Parole Operations

Website: [www.cdcr.ca.gov/Parole/Public Officers and Regional Offices](http://www.cdcr.ca.gov/Parole/Public_Officers_and_Regional_Offices)

Ventura County Regional Office

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

- Address your food needs at a food pantry or a soup kitchen that serves 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 Tips for Successful Reentry on the 2-1-1 Reentry Page to find 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.