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 as ordered by the Court or as you were instructed.

If you have questions regarding whether or not 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, Bldg. F,Simi Valley, California 93063

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

Oxnard Supervision Office
Field Services, First Floor: (805) 204-5900
Oxnard Probation and Post Release, Second Floor: (805) 204-5901
721 Pacific Ave. Suite #140, Oxnard, CA 93033

Division of Adult Parole Operations
Website: www.cdcr.ca.gov/Parole/Public_Officers_and_Regional_Offices

Ventura
(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.

☐ Contact 211 to be referred for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and MediCal (Medicaid).

☐ Visit the 211 Reentry Page to find reentry resources and helpful information, or search the 2-1-1 resource database to find a range of health & human service options.

☐ Seek employment opportunities.

☐ Seek support networks. Visit supportive people like friends, family, and other helpful people; or attend community support meetings, such as AA, NA, or faith community meetings