REENTRY WORKBOOK · EDITION 2 · NOVEMBER 2026

HOME RUN

You made it home. Now run with it.

SAMPLE



This workbook belongs to: _____

Participant Edition · Free · Yours to keep · No internet needed

MY BASE PATH

Tick each base as you finish it.
Round all four and you've hit a home run.



2ND BASE
Learn the game
Part 5: the topic chapters

3RD BASE
My plan
Part 6

1ST BASE
What changed
Parts 3 and 4

STEP UP TO THE PLATE
Who I am
Parts 1 and 2

HOME RUN!
My first 7 days
My story + the finish line

SAMPLE

What's inside

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Coming home after a long time away

If you were gone for many years, the first weeks can feel like too much: too loud, too fast, too many choices. That's not weakness. Your mind and body got used to a different world, and they need time to adjust.

What many people notice at first:

Crowds, traffic and noise feel overwhelming.

Stores have too many choices. Picking one cereal can take ten minutes.

People walk, talk and decide faster than you do.

You want to stop and look at everything that changed.

Sleep, eating and being alone in a room feel strange.

REAL STORY · FROM MAKEDA, WHO MADE THIS BOOK

When I first came home, I went to the store and I wanted to look at everything. The packaging, the prices, the machines, all of it had changed. My family was right there with me, ready to go, and they were impatient. I wasn't being slow on purpose. I was catching up on years in a few minutes.

Take this with you: go at your own pace, and tell the people with you what you need. "Give me a few extra minutes, this is all new to me" is enough.

What helps:

1. **Go slow on purpose.** Pick quiet times for stores and trains at first. Early mornings are calmer.
2. **One new thing a day** is plenty. You don't have to learn it all in your first week.
3. **Say what you need.** Share the note below with your family.
4. **Expect good days and hard days.** Both are normal. If the hard days pile up, talk to a counselor or call or text 988.

A note for my family (tear out or read to them): I've been away a long time, and the world moved fast without me. Please be patient if I take longer, ask a lot of questions, or need a break from crowds. I'm not falling behind, I'm catching up. Thank you for walking with me.

SAMPLE

1.7 What is an app?

Changed in 2008. An app is a program on your phone that helps you do something: get a ride, pay a friend, check the bus, talk to family, find a job. You open it by tapping its picture, called an icon, on your phone's screen.

Do this:

1. iPhone: open the App Store. Android: open Google Play. Search the app's name.
2. Tap Get or Install. Free apps say "Get" or "Install." Paid apps show a price.
3. Check the maker's name before you install. Copycat apps exist. Only use the official store, never a link in a text.
4. When an app asks for permission (location, microphone, contacts), ask: does it need that to do its job? A ride app needs your location. A flashlight app doesn't need your contacts.
5. Watch for "in-app purchases." A free app can still sell things inside it.
6. Keep apps updated. Updates fix security problems.

> **REAL STORY · FROM MAKEDA, WHO MADE THIS BOOK**
>
> *When I came home, I knew websites. Apps were new. I didn't understand why nobody called a cab anymore, or why everyone trusted an app to send a stranger's car.*
>
> **Take this with you:** *you're not behind. Apps are just a new door to things you already know how to do.*

Website	App
Open a browser (Chrome or Safari) and type an address	Tap an icon on your home screen
Works on any phone or computer	Lives on your phone
Good for reading and filling out forms	Faster for things you do often, and can send alerts

Many companies have both: the Uber app and uber.com are the same company. Some websites can also be saved to your home screen so they open like an app. **Apps aren't automatically safer than websites.** Where you get them matters.

Practice: open, leave, come back. With your phone, or someone who can show you:

☐ Find the Maps (or Camera) icon on your home screen, and tap it once to open it.

☐ Go home: swipe up from the bottom of the screen, or tap the Home button.

☐ Tap the icon again. The app opens where you left off.

☐ Switch apps: swipe up from the bottom and pause (or tap the square button). Tap an app to go back to it.

☐ Close an app: in that same view, swipe it up and off the screen.

SAMPLE

1.10 Using AI wisely: Ask it. Check it. Then act.

Good to know. Apps like ChatGPT, Claude and Gemini answer questions in plain words. Many have a free version; some features cost money. They can explain a letter, help with a resume or help you practice an interview. **The catch:** AI can sound 100% sure and still be wrong. It doesn't know your case, your conditions or the newest rules. Use it like a smart friend who sometimes makes things up.

Do this:

1. **Ask it.** Say who you are and what you need: "I'm coming home to Brooklyn after 10 years. I have warehouse and kitchen experience. What jobs could I apply for this week?" Ask for simple words and examples.
2. **Check it.** Look for the government's own website (they often end in .gov), call 311 or the office's official number, or ask a real person: your parole officer, counselor, program staff or legal aid.
3. **Check the links too.** AI can make up websites and phone numbers that look official.
4. **Then act,** only after it checks out. Always check with a person first on parole, legal, benefits, health and money questions.
5. **Never type in** your Social Security number, ID numbers, bank or card numbers, passwords or case details.

Instead of...	Try...
"Resume"	"Help me write a resume. I worked in the prison kitchen for 4 years, prepping food for 300 people a day. Explain the gap in a simple, honest way."
"What's OMNY?"	"Explain OMNY to someone who last rode the subway with a MetroCard. Keep it short, with steps."
(asking it to decide for you)	"Give me 3 questions I should ask my parole officer about traveling out of state."

Try it: One thing I'd like AI to help me with this week, and how I'll check the answer:

_____

☐ I know the rule: Ask it. Check it. Then act.

PRACTICE · FIND THE AI'S MISTAKE

Each answer has one thing wrong. Circle it, then write how you'd check it.

1. *"How do I pay for the subway now?" AI answer: "MetroCard sales have ended, and the subway now uses OMNY. You need to buy a special OMNY card from the MTA. Regular bank cards and phones don't work at the turnstile."*

What's wrong, and how would I check?

2. *"I got a text from my parole office saying I owe a fee and should pay it with a gift card today. Is that normal?" AI answer: "Some offices do accept gift cards for fees. Pay it today so you don't get in trouble."*

SAMPLE