

TENNESSEE

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Tennessee State Capitol
Nashville, TN 37243-0001
P: 615.741.2001
I: <http://www.tn.gov/>

Attorney General's Office
P.O. Box 20207
Nashville, TN 37202-0207
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I: <https://www.tn.gov/attorneygeneral>

REENTRY RESOURCES & ASSISTANCE

There are many government and nonprofit agencies that offer programs and services designed to enhance the post-release success of those returning to society after a term of incarceration. The agencies and organizations listed in this section were compiled as a starting point to assist those searching for assistance.

National Reentry Resource Directories

There are many national resource directories designed to assist individuals, families and communities in the reintegration process. As resources change frequently, the following is only a brief sampling of what may be available on a national level.

American Civil Liberties Union, *Prisoners' Assistance Directory*

https://www.aclu.org/files/assets/2012_prisoners_assistance_directory.pdf

Fair Shake Reentry Resource Center, *Reentry Packet*

http://www.fairshake.net/pdf/reentry_document_packet.pdf

Federal Bureau of Prisons, *Employment Information Handbook*

http://www.bop.gov/resources/pdfs/emp_info_handbk.pdf

Federal Bureau of Prisons, *National Directory of One-Stop Career Centers*

<http://www.nicic.gov/files/folders/4338/download.aspx>

Gay and Lesbian Advocates and Defenders, *Resources for Prisoners and Ex-Offenders in New England*

<http://www.glad.org/uploads/docs/publications/resources-for-prisoners-and-ex-offenders-in-ne.pdf>

Inside Book Project, *National Resource Guide*

http://insidebooksproject.org/s/IBP-ResourceGuide_February2015.pdf

Naljor Prison Dharma Service, *Resource Directory for Prisoners*

<http://naljorprisondharmaresource.org/pdf/Resource%20Directory%20for%20Prisoners.pdf>

Prison Book Program, *National Prisoner Resource List*

<http://www.prisonbookprogram.org/wp-content/uploads/2013/08/NPRL.pdf>

Local Reentry Resource Directories

In many communities, government and nonprofit agencies have developed reentry-specific resource directories to help individuals and their families locate community-based service providers. The following links provide access to directories available in your state.

<http://www.csgjusticecenter.org/reentry-services-directory>

<http://www.csgjusticecenter.org/nrrc>

National & Local Reentry Service Providers

There are many agencies throughout the United States that provide services to assist individuals, families, and communities with navigating the challenges of community reintegration. Services offered vary by agency and the availability of funding resources. If an agency does not provide the specific services or assistance you're looking for, request a referral to another agency that may be better equipped to meet your specific needs.

Fair Shake

Fair Shake Fair Shake is a national nonprofit organization dedicated to reducing recidivism rates through personal and community focused ownership and engagement opportunities for inmates and former felons. Through an interactive blend of electronic tools, reentry awareness and community building, Fair Shake encourages released prisoners, and all reentry stakeholders, to participate in the successful reintegration of formerly incarcerated people back into society. To learn more about Fair Shake and the resources available, contact them directly for a complimentary copy of their exclusive 98+ page Reentry Packet.

National Contact:

Fair Shake

P.O. Box 63

Westby, WI 54667

P: 608.634.6363

I: <https://www.fairshake.net>

E: outreach@fairshake.net (TRULINCS Friendly)

Additional Resources:

Fair Shake, Ready-to-Print Reentry Packet

https://www.fairshake.net/pdf/reentry_document_packet.pdf

Fair Shake, Ownership Manual

https://www.fairshake.net/pdf/8.5X11_ownership_manual.pdf

Federal Reentry Services Hotline | 877.895.9161

In April 2016, the U.S. Department of Justice in collaboration with the Federal Bureau of Prisons launched a new reentry services hotline to provide assistance to recently released individuals. This hotline is staffed by inmates employed by Federal Prison Industries (UNICOR) who are specially-trained to provide assistance to recently released federal inmates as they navigate various reentry challenges and seek community resources. For immediate assistance, please call 877.895.9196 to speak with a trained representative.

National H.I.R.E. Network

Established by the Legal Action Center, The National Helping Individuals with Criminal Records Re-enter through Employment Network is both a national clearinghouse for information and an advocate for policy change.

National Contact:**National H.I.R.E. Network**

225 Varick Street

New York, NY 10014

P: 212.243.1313

I: <http://www.hirenetwork.org>**Additional Resources:****National H.I.R.E. Network, Information & Assistance Clearinghouse**<http://www.hirenetwork.org/clearinghouse>**TENNESSEE****Breakaway Outreach**<http://www.breakawayoutreach.com>

Breakaway Outreach is a faith-based organization dedicated to helping kids Break-away from a troubled past by communicating the life-changing message of Jesus Christ so that every juvenile offender, and young person at-risk of delinquency, has the opportunity to hear and respond to that message.

Local Contact:**Breakaway Outreach**

P.O. Box 3452

Cleveland, TN 37320

P: 423.559.9649

Chattanooga Endeavors<http://www.chattanoogaendeavors.com>

Chattanooga Endeavors assists recently released individuals through a number of services, including preparation for employment. Assistance includes assessment, re-socialization, soft skills training, skill acquisition, extensive case management, group sessions and positive reinforcement. Computerized software is used to increase job skills and for educational purposes.

Local Contact:**Chattanooga Endeavors**

P.O. Box 3351

Chattanooga, TN 37404

P: 423.266.1888

Citizens United for Rehabilitation of Errants

CURE, Citizens United for Rehabilitation of Errants is a national nonprofit prison advocacy organization with state and special interest chapters throughout the United States. Local and special interest chapters provide assistance to ex-offenders on a limited basis within their respective service areas.

Local Contact:**Citizens United for Rehabilitation of Errants**

3850 Dunbar Drive

Nashville, TN 37207

P: Not Provided

Dismas House of Nashville

<http://www.dismas.org>

Dismas House is a supportive community shared by recently released offenders, college students, and local volunteers. Typical length of stay is four to six months. Residents are expected to find employment and leave the community with a stable income, sense of self-worth and hope for a sober and productive future.

Local Contact:

Dismas House of Nashville
1513 16th Avenue
Nashville, TN 37212
P: 615.297.9287

Dismas House of Cooksville

<http://www.dismas.org>

Dismas House is a supportive community shared by recently released offenders, college students, and local volunteers. Typical length of stay is four to six months. Residents are expected to find employment and leave the community with a stable income, sense of self-worth and hope for a sober and productive future.

Local Contact:

Dismas House of Cooksville
1226 Byrne Avenue
Cooksville, TN 38502
P: 931.520.8448

Dismas House of Knoxville

Dismas House is a supportive community shared by recently released inmates, college students, and local volunteers. Typical length of stay is four to six months. Residents are expected to find employment and leave the community with a stable income, sense of self-worth and hope for a sober and productive future.

Local Contact:

Dismas House of Knoxville
1316 Forest Avenue
Knoxville, TN 37923
P: 931.520.8448

Dismas House of Memphis

<http://www.dismas.org>

Dismas House is a supportive community shared by recently released offenders, college students, and local volunteers. Typical length of stay is four to six months. Residents are expected to find employment and leave the community with a stable income, sense of self-worth and hope for a sober and productive future.

Local Contact:

Dismas House of Memphis
320 East Street
Memphis, TN 37212
P: 901.526.3701

Free-Enterprise Program

<http://www.tricor.org>

The Free-Enterprise program was established in 1994 for skilled workers who have served their sentences and can no longer work for TRICOR Industries. The program utilizes the Work Opportunity Tax Credit program and information about the federal Bonding Program as incentives to for-profit businesses to hire individuals with criminal records. Job placement coordinators cover the entire state. Workers must meet the following eligibility criteria: complete at least one year of successful training in a TRICOR program within three years of release; be

within six weeks of release if the sentence does not involve parole; be approved by the Board of Probation and Parole and the employment requirement is the only factor that prevents release; have a high school diploma or GED; completed a TRICOR Life Skills program prior to release; completed a TRICOR Date Sheet and Resume indicating skills acquired and the number of years in training; and, agree to communicate with TRICOR staff regarding employment status after release for a period not to exceed three years.

Local Contact:

Free-Enterprise Program
TRICOR Industries
240 Great Circle Road, Suite 310
Nashville, TN 37228
P: 615.741.5705

Karat Place

Karat Place provides transitional housing for homeless women and women who have recently been released from incarceration. Karat Place can house up to 12 women and their children (no boys over the age of 12 years old are permitted to live in the units). Rent is free until employment is secured and then the rate is 30% of the resident's earned wages. Women may stay up to two years. There is limited job development and placement assistance, though Karat House staff work with local companies that are willing to hire individuals with criminal histories.

Local Contact:

Karat Place
829 North Parkway
Memphis, TN 38105
P: 901.525.4055

Project Return, Inc.

<http://www.projectreturninc.org>

Project Return provides a number of programs that assist individuals with criminal histories. The Jobs & Futures Program is available to any adult who has been incarcerated or is currently incarcerated and is planning for release by providing: life skills and job readiness training; employment placement services; direct aid (bus passes, emergency food boxes, etc.); and information and referral to support services, as well as on-going follow-up and job counseling. Pre-Release Activities/Job Readiness Program is an intensive four-week program that prepares inmates for a productive job search. The curriculum includes instruction in the application process, want ads, networking, interviewing skills, attitude and job retention. Survival Skills aims to empower clients to effectively manage their family and employment responsibilities. During the 10 three-hour workshops, participants have the opportunity to learn and practice skills including money management, problem solving, family development, goal setting and conflict resolution.

Local Contact:

Project Return, Inc.
1200 Division Street, Suite 200
Nashville, TN 37203
P: 615.327.9654

Second Chance | YO! Memphis

<http://www.yomemphis.org>

The Second Chance program is a private/public partnership between the city of Memphis and local businesses designed to connect people with criminal histories looking for work with employers who are willing to hire them. To graduate from the program an applicant must keep a job for six months to a year, maintain a good work record and remain drug free. This program is open to those people who have only on felony conviction and is run under the umbrella of YO! Memphis, a youth workforce development program.

Local Contact:

Second Chance | YO! Memphis
444 North Main Street
Memphis, TN 38103
P: 901.545.0343

Federal Residential Reentry Centers

Residential Reentry Centers, formerly known as Community Confinement Centers, are the Federal Bureau of Prisons' means of transitioning prisoners back into society. The general purpose of Residential Reentry Center placement is to assist those with transitioning needs in establishing a foothold in the community before being discharged from custody.

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Salvation Army Center, Chattanooga
800 McCallie Avenue
Chattanooga, TN 37404
P: 423.756.1023

Midway Rehab Center, Knoxville
1715 East Magnolia Avenue
Knoxville, TN 37927
P: 865.522.0301

Memphis Community Service Center
15 South Cleveland Street
Memphis, TN 38104
P: 901.274.2942

Dismas Charities
808 Lea Street
Nashville, TN 37203
P: 615.254.0006

PERSONAL IDENTIFICATION & DOCUMENT RESOURCES

Proper identification is an important part of any currently or previously incarcerated individual's community reintegration plan. Identification is required to open a bank account, take a driver's test, or get a job. For information about how to obtain proper identification, contact the following agencies.

Birth Certificate

A birth certificate provides proof of when and where you were born. A certified copy of your birth certificate can be useful when proving identify in certain situations, such as applying for a driver's license, identification card, social security card, health benefits, U.S. passport, or general assistance programs.

Application forms, fee schedules and specific eligibility requirements may be obtained by contacting the Office of Vital Records and Statistics in the state where the event occurred or by visiting <http://www.cdc.gov/nchs/w2w/>.

State Contact:**TENNESSEE**

Tennessee Vital Records
Central Services Building
4215th Avenue, North
Nashville, TN 37243
P: 615.741.1763
I: <http://www.cdc.gov/nchs/w2w/tennessee.htm>

Driver's License or Identification Card

To apply for a current driver's license in your state of residence, and identification card, or an instruction permit, you may present a copy of an expired driver's license, instruction permit, or state identification card.

If you do not have one of the documents listed above, you must usually present one primary and one secondary document from your states approved document list. The primary document must contain your full legal name (first, middle, and last) and the month, day, and year of birth regardless of the state applying to. Each state has its own rules and regulations which can be learned by contacting them directly at the address below.

State Contact:**TENNESSEE**

Tennessee Department of Safety
Driver Services Division
P.O. Box 945
Nashville, TN 37202
P: 615.253.5221
I: <http://www.tn.gov/safety/dlmain.shtml>

Social Security Card

Social Security is part of almost everyone's life, no matter what your age or social standing. If you have never applied for a social security card and are over the age of 12, you are required to apply in person and provide at least two documents to prove age, identity, and U.S. citizenship or current lawful work-authorized immigration status. To apply for a replacement card, you are required to provide one document to prove your identity. You may request an application form and local office information from the address below.

National Contact:

U.S. Social Security Administration
Office of Public Inquiry
6401 Security Boulevard
Baltimore, MD 21235
P: 800.772.1213
I: <http://www.socialsecurity.gov>

Additional Resources:

U.S. Social Security Administration, Application for a Social Security Card - Form SS-5

<http://www.socialsecurity.gov/online/ss-5.pdf>

U.S. Passport (Book and Card)

A valid U.S. passport is required to enter and leave most foreign countries. The Passport Services Office provides information and services to American citizens about how to obtain, replace, or change a passport. One's ability to apply for and obtain a U.S. passport is not automatically restricted as a result of a criminal conviction. However, as a condition of probation or supervised release, your ability to travel may be restricted. (Note: Individuals who owe more than \$2,500.00 in child support arrears may be restricted from receiving a U.S. passport.)

For additional information about how to obtain a new or replacement U.S. passport (book or card), visit www.travel.state.gov/passport or call the National Passport Information Center at 877.487.2778 and speak with a trained specialist.

National Contact:

National Passport Processing Center

P.O. Box 90155

Philadelphia, PA 19190

P: 877.487.2778

Additional Resources:

U.S. Department of State, U.S. Passport Application - Form DS-11

<http://www.state.gov/documents/organization/212239.pdf>

EMPLOYMENT & CAREER DEVELOPMENT RESOURCES

Today's job market is vast and forgiving. Individuals with criminal histories should be honest, realistic and focused when it comes to finding and securing employment. There are many employment related resources and tools available to those who wish to succeed. The following resources were selected as an introduction to the programs and services available to assist job seekers with obtaining gainful employment regardless of their background.

State Department of Labor Office

The State Department of Labor provides direct oversight of employment, training and career exploration delivery systems for individuals entering and reentering the workforce with a specific jurisdiction.

State Contact:**TENNESSEE**

Tennessee Department of Labor and Workforce Development

220 French Landing Drive

Nashville, TN 37243

P: 615.741.6642

I: <http://www.state.tn.us/labor-wfd>

State and Regional Offices of Apprenticeship

The U.S. Department of Labor's Office of Apprenticeship and Training provides oversight of state apprenticeship and training programs. Apprenticeship programs are a combination of on-the-job training and related instruction in which workers learn the practical and theoretical aspects of a highly skilled occupation.

State Contact:

TENNESSEE

U.S. Department of Labor
Employment and Training Administration
Office of Apprenticeship
Airport Executive Plaza
1321 Murfreesboro Road, Suite 541
Nashville, TN 37217
P: 615.781.5318
E: brown.nat@dol.gov

American Job Center Website & Locations

American Job Centers provide a full range of assistance to job seekers in one convenient location. The following website is coordinated and administered by your state with guidance and funding provided by the U.S. Department of Labor under the Workforce Innovation and Opportunity Act.

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<http://www.state.tn.us/labor-wfd/>

[Insert .PDF Document Here]

State Labor Market Information Office

The State Department of Labor's Labor Market Information Office provides a wide range of labor market information from regional wages for specific occupations to statistics on employment within a specific geographic area.

State Contact:

TENNESSEE

Department of Labor and Workforce Development
Research and Statistics Division
500 James Robertson Parkway, 11th Floor
Nashville, TN 37245
P: 615.741.2284
I: <http://www.state.tn.us/labor-wfd/lmi.htm>

State and Specialized Job Bank Websites

Job Banks provide internet access to a wide range of job opportunities within a specific geographic area or occupational cluster.

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<https://www.jobs4tn.gov/vosnet.default.aspx>

State Federal Bonding Program Coordinator

The Federal Bonding Program provides fidelity bonding insurance coverage of between \$5,000 and \$25,000 to individuals with criminal histories and other high-risk job applicants to protect employers from loss or theft due to employee dishonesty.

State Contact:

TENNESSEE

Tennessee Department of Labor and Workforce Development
Bonding Services Coordinator
220 French Landing Drive
Nashville, TN 37243
P: 615.253.6389
E: justin.attkisson@tn.gov

Additional Resources:

U.S. Department of Labor, Federal Bonding Program: Answers to Questions about Fidelity Bonding
<http://www.bonds4jobs.com/assets/brochure.pdf>

UNICOR Bonding Program

Initiated in February 2006, the UNICOR Bonding Program provides a \$5,000 fidelity bond for employed ex-federal prisoners who worked in federal prison Industries (UNICOR) for at least six months during their incarceration. For additional information, contact the national UNICOR bonding specialist directly.

National Contact:

Federal Bureau of Prisons
Federal Prison Industries (UNICOR)
320 First Street, NW
Washington, DC 20534
P: 202.305.3972

Additional Resources:

U.S. Department of Justice, Federal Bureau of Prisons, UNICOR's Federal Bonding Program Toolkit
<http://www.bop.gov/resources/pdfs/toolkit.pdf>

State Work Opportunity Tax Credit Coordinator

The Work Opportunity Tax Credit is a tax credit to reduce the federal tax liability of private sector employers. It is intended to be used as an incentive for employers to hire individuals with criminal histories and other target groups.

State Contact:

TENNESSEE

Tennessee Department of Labor and Workforce Development
Work Opportunity Tax Credit Coordinator
220 French Landing Drive
Nashville, TN 37243
P: 615.253.6664
E: roger.littlejohn@tn.gov

Minimum Wage Laws

Minimum wage laws in the United States are complicated and have many exceptions and variations. There are both federal and state minimum wage laws, yet each state sets its own minimum wage level, which may be higher or lower than the federal minimum wage. In general, where federal and state laws have different wage rates, the higher standard applies. State minimum wage data is available online at, <http://www.dol.gov/whd/minwage/america.htm>.

State Minimum Wage Rate: \$9.00 (Effective January 2016)
National Minimum Wage Rate: \$7.25 (Effective July 2009)

National Contact:

U.S. Department of Labor
Wage and Hour Division
200 Constitution Avenue, NW
Washington, DC 20210
P: 866.487.9243
I: <http://www.dol.gov/esa/whd/flsa/>

ADVOCACY & LEGAL RESOURCES

This section provides information and resources for anyone interested in gaining a better understanding of their criminal history and how it may impact their lives life beyond incarceration.

Criminal Record Repositories

Federal and state law enforcement agencies maintain criminal record repositories of criminal arrests, arraignments and convictions within their specific jurisdictions. Criminal record repositories should be contacted to ensure the accuracy of the information contained within a record and to identify who is legally entitled to access such records.

National Contact:

National Crime Information Center
1000 Custer Hollow Road
Clarksburg, WV 26306
P: 304.625.2000
I: <http://www.fbi.gov/about-us/cjis/background-checks>

State Contact:

TENNESSEE

Tennessee Bureau of Investigation
Open Records Information Service
901 R.S. Gass Boulevard
Nashville, TN 37216
P: 615.744.4057
I: <http://www.tbi.state.tn.us>

Legal Assistance & Information

If you need an attorney to advise or represent you, ask friends or family for recommendations. You can also contact the Lawyer Referral Service of your state bar association. Websites such as <http://www.abalawinfo.org> and <http://www.nolo.com> can help with answers to general legal questions. If you cannot afford a lawyer, you may qualify for free legal help from a Legal Aid or Legal Services Corporation office. These offices generally offer legal assistance for such things as landlord-tenant relations, family matters, Social Security, welfare, and workers' compensation. If the Legal Aid office in your area does not handle your type of case, it may refer you to other local, state, or national organizations for assistance.

National Contact:

National Legal Aid and Defender Association
1140 Connecticut Avenue, NW, Suite 900
Washington, DC 20036
P: 202.452.0620
I: <http://www.nlada.org>

National Contact:

Legal Services Corporation
333 K Street, NW, 3rd Floor
Washington, DC 20007
P: 202.295.1500
I: <http://www.lsc.org>

Bar Associations

Bar associations are associations of lawyers. There are bar associations at the state and national level which accredit law schools and provide oversight of legal professionals within a specific geographic area. Bar associations provide the public with information about the law, courts and resources for legal issues. Upon request, many bar associations will provide assistance and referral information to those individuals without access to publically accessible legal resources.

National Contact:

American Bar Association
321 North Clark Street
Chicago, IL 60654
P: 312.988.5000
I: <http://www.americanbar.com>

State Contact:

TENNESSEE

Tennessee Bar Association
221 Fourth Avenue, North
Nashville, TN 37219
P: 615.383.7421
I: <http://www.tba.org>

Collateral Consequences

Defined as penalties imposed automatically or authorized but not automatically required to be imposed, collateral consequences are laws and regulations that serve as barriers to employment, housing, and other services that are essential to an individual's stability in the community. The American Bar Association has created a directory of state-specific collateral consequences entitled, National Inventory of the Collateral Consequences of Conviction which can be searched online at, <http://www.abacollateralconsequences.org/>.

Voter Felony Disenfranchisement

There are millions of Americans prohibited from voting due to laws that disenfranchise individuals convicted of felony offenses. Felony disenfranchisement rates vary by state, as states institute a wide range of disenfranchisement policies. If you are interested in identifying what the official voting policy is within your state, please contact the voting authority listed below.

State Contact:

TENNESSEE

Tennessee Secretary of State
Division of Elections
312 Rosa L. Parks Avenue, 9th Floor
Snodgrass Tower
Nashville, TN 37243
P: 615.741.7956
I: <http://www.state.tn.us/sos/election/index.htm>

Sex Offender Registries

Federal and state sex offender registries maintain and coordinate the registration of individuals convicted of certain sexual offenses within a specific jurisdiction. Registries may also provide registered sex offenders with information regarding their legal obligations under applicable laws and assist with understanding or addressing any issues related to offense classification. Each jurisdiction maintains its own sex offender registry according to both state and federal law. The Dru Sjodin National Sex Offender Public Website (NSOPR) which is available at, <http://www.nsopw.gov>, provides the public with access to sex offender data nationwide. For state specific information and assistance, contact the agency listed below.

State Contact:

TENNESSEE

Tennessee Bureau of Investigation
Sexual Offender Registry
901 R.S. Gass Boulevard
Nashville, TN 37216
P: 888.837.4170
I: <http://www.ticic.state.tn.us>

VETERAN RESOURCES & ASSISTANCE

Veterans play a vital role in ensuring the strength of the United States by dedicating their lives to the safety and security of its citizens. Veterans and their dependents are entitled to a wide range of services and benefits based on their level and duration of service.

U.S. Department of Veterans Affairs

The U.S. Department of Veterans Affairs administers federal benefits for veterans and their families. Some programs include home loans, life insurance, financial assistance, job training, and health resources.

National Contact:

U.S. Department of Veterans Affairs
1722 I Street, NW
Washington, DC 20421
P: 800.827.1000
I: <http://www.va.gov>

Additional Resources:

U.S. Department of Veterans Affairs, Federal Benefits for Veterans, Dependents and Survivors
<http://publications.usa.gov/USAPubs.php?PubID=1050>

Health Care for Re-entry Veterans

The Health Care for re-entry Veterans Program is designed to address the community reentry needs of incarcerated veterans. A critical part of the Health Care for Re-entry veterans Program is providing information to veterans while they are incarcerated so they may plan for reentry themselves. To support this, programs administrators across the United States have developed state-specific resource guides which identify steps that veterans can take prior to their release.

National Contact:

U.S. Department of Veterans Affairs
Office of Public & Intergovernmental Affairs
Homeless Veterans Program
810 Vermont Avenue, NW
Washington, DC 20420
P: 202.461.7384
I: <http://www.va.gov/homeless/index.asp>

Additional Resources:

U.S. Department of Veterans Affairs, Health Care for Re-entry Veterans Specialist

<http://www.va.gov/homeless/reentry.asp>

U.S. Department of Veterans Affairs, Health Care for Re-entry Veterans Guides

http://www.va.gov/homeless/reentry_guides.asp

Military Handbooks

Military Handbooks was launched with one simple goal - to give the Military community the very best information available about pay, benefits, retirement planning, education benefits, career decisions, and much more! And to provide it in a series of straightforward, easy-to-understand handbooks - for free! For more information visit, <http://www.militaryhandbooks.com>.

National Archives and Records Administration

Service members who have been discharged from military service and certain other interested parties are entitled to request, obtain and review personnel files stored at the National Archives and Records Administration. Records contained at the National Archives and Records Administration are an excellent means of proving military service for government program eligibility and in many instances can be used as identification when proving identity.

National Contact:

National Personnel Records Center

Military Personnel Records

1 Archives Drive

St. Louis, MO 63138

P: 314.801.0800

I: <http://www.narca.gov>

Additional Resources:

National Personnel Records Center, Request for Military Personnel Records - Standard Form 180

<http://www.archives.gov/research/order/standard-form-180.pdf>

TRANSPORTATION RESOURCES

Reliable transportation is vital to any successful reintegration plan. Whether it's a personal vehicle that you own, public transportation, or carpooling with friends and colleagues, transportation plays an important role in everyone's life.

National Driver Register

The National Driver Register was created to improve traffic and transportation safety by providing a nationwide database of problem drivers that assists state driver licensing agencies in identifying these individuals and assists employers in making hiring and certification decisions. To request a personal file check, contact the agency below.

National Contact:

National Driver Register

1200 New Jersey Avenue, SE
Washington, DC 20590
P: 888.327.4236
I: <http://www.nhtsa.gov>

Additional Resources:
National Driver Register, NDR Personal File Check Request Form

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<http://www.apta.com/resources/links/unitedstates/Pages/TennesseeTransitLinks.aspx>

American Public Transportation Association

The American Public Transportation Association is a membership organization, representing rapid rail, and motor bus systems and manufacturers, suppliers, consulting firms and citizens. To locate public transportation options in your community, visit the "United States Local and State Transit Links" section of their website at, <http://www.apta.com/resources/links/Pages/default.aspx>.

FAMILY & RELATIONSHIP RESOURCES

The resources listed within this section were chosen for their ability to provide individuals with the tools and resources necessary to build healthy and productive relationships. Time spent separated from family and friends should be utilized to strengthen and enhance the relationship whenever possible.

Office of Child Support Enforcement

The Child Support Enforcement Program is a federal, state, and local efforts to locate parents, their employers and/or their assets; establish paternity if necessary; and establish and enforce child support orders. The Office of Child Support Enforcement has created a series of resources on how to modify a child support order in each jurisdiction. For specific information, please contact the office below for assistance.

National Contact:
Administration for Children and Families
Office of Child Support Enforcement
370 L'Enfant Promenade, SW
Washington, DC 20447
P: 202.401.9373
I: <https://www.acf.hhs.gov/programs/css/resource/reentry>

State Contact:

TENNESSEE
Tennessee Department of Human Services
Child Support Division
400 Deaderick Street, 15th Floor
Nashville, TN 37243

P: 615.313.4880

Additional Resources:

Office of Child Support Enforcement, Child Support Enforcement Handbook

https://www.acf.hhs.gov/sites/default/files/programs/css/child_support_handbook_with_toc.pdf

Office of Child Support Enforcement, Guide to Changing a Child Support Order

https://www.acf.hhs.gov/sites/default/files/programs/css/changing_a_child_support_order.pdf

The National Resource Center on Children and Families of the Incarcerated

The mission of the National Resource Center on Children and Families of the Incarcerated at Rutgers University is to raise awareness about the needs and concerns of children of the incarcerated and their families. If you would like information about programs and services available in your area, please visit the Directory of Programs Serving Children and Families of the Incarcerated available at, <http://www/nrccfi.cambden.rutgers.edu/>.

EDUCATIONAL PROGRAMS & RESOURCES

The pursuit of an academic course of study such as a high school diploma, General Educational Development diploma or post-secondary degree are important tools in the process of successfully reentering society and today's workforce.

Academic Programs

Community colleges, four-year colleges, and universities provide individuals with the opportunity to pursue an academic course of study. Most academic programs don't prepare for a specific job or profession. Instead, they are designed to provide a variety of skills to assist with succeeding in whichever career is chosen after graduation.

Community Colleges: To locate a community college in your area visit the American Association of Community Colleges' website at <http://www.aacc.nche.edu> and select the heading entitled "Find Your Community College."

Four-Year Colleges & Universities: To locate a four-year college or university in your community, visit, <http://www.collegeboard.com> and select the heading entitled "College Boards Free College Search Tool."

Advanced Degrees: The Princeton Review provides information on graduate programs across the United States through their website at, <http://www.princetonreview.com>.

Additional Resources:

U.S. Department of Education, Taking Charge of Your Future: Get the Education and Training You Need

<http://www.edpubs.gov/document/ed005354p.pdf?ck=450>

High School Equivalency Program

The General Educational Development (GED) testing program was developed to give U.S. and Canadian citizens who have not graduated from high school the opportunity to demonstrate the level of

achievement normally acquired through the completion of a traditional high school course of study. For additional information about the GED, call 800.626.9433 to find the nearest GED Testing Center or to locate your jurisdiction's GED Testing administrator, visit, <http://www.gedtesting.com/testers/ged-testing-administrator>. Additionally, you may contact the address below for questions regarding your specific circumstances (e.g. transcript requests, duplicate certificates, etc.).

State Contact:

TENNESSEE

Tennessee Department of Labor and Workforce Development
GED Testing Program
220 French Landing Drive
Nashville, TN 37243
P: 615.741.7055

Vocational Rehabilitation

Vocational Rehabilitation, a state-supported division of services, assists individuals with disabilities who are pursuing meaningful careers. Vocational rehabilitation assists those individuals to secure gainful employment commensurate with their abilities and capabilities through local job searches and awareness of self-employment and telecommuting opportunities. In addition to Vocational rehabilitation, some states have separate agencies service individuals who are blind and visually impaired.

National Contact:

U.S. Department of Education
Rehabilitation Services Administration
400 Maryland Avenue, SW
Washington, DC 20202
P: 202.245.7468
I: <http://www.jan.wva.edu/sbses/vocrehab.htm>

State Contact:

TENNESSEE

Tennessee Division of Vocational Rehabilitation Services
400 Deaderick Street, 2nd Floor
Nashville, TN 37243
P: 615.313.4891
I: <http://www.tennessee.gov/humanserv/rehab>

Federal & State Student Financial Assistance

Federal student aid comes from the federal government - specifically, the U.S. Department of Education. Federal student aid is financial assistance for eligible students to pay for education expenses at an approved postsecondary school (e.g. college, vocational school, and graduate school). In addition to federal student aid, many state and local governments have student financial assistance options (e.g. scholarships, loans, and grants) that may be applied to reduce the overall financial burden to students within a specific community or geographic area. Contact the addresses below for more information.

National Contact:

Federal Student Aid Information Center

P.O. Box 84

Washington, DC 20044

P: 800.433.3243

I: <http://www.studentaid.ed.gov>

State Contact:**TENNESSEE**

Tennessee Higher Education Commission

404 James Robertson Parkway, Suite 1900

Nashville, TN 37243

P: 615.741.3605

I: <http://www.state.tn.us/thec>

Additional Resources:

U.S. Department of Education, Federal Student Aid for Incarcerated Individuals

<http://www.studentaid.ed.gov/students/attachments/siteresources/IncarcFAQ.pdf>

U.S. Department of Education, Funding Your Education: The Guide to Federal Student Aid

<http://www.publications.usa.gov/USAPubs.php?PubID=2274>

GENERAL ASSISTANCE PROGRAMS

Federal and state assistance programs are generally designed to assist people who need a job, housing, public assistance, and other services. Each program has different standards for participation with low income being the most common requirement. There are no government assistance programs exclusively for ex-offenders.

Benefits.gov

Benefits.gov was launched in an effort to provide citizens with easy, online access to government benefit and assistance programs. Accessible at <http://www.benefits.gov>, the site's core function is the eligibility prescreening questionnaire or "Benefit Finder." Answers to the questionnaire are used to evaluate a visitor's situation and compare it with the eligibility criteria for more than 1,000 federally-funded benefit and assistance programs. Benefits.gov is unable to respond to specific scenarios or provide personalized advice. For additional government information, individuals are encouraged to call USA.gov's National Contact Center at 800.333.4636, Monday through Friday, 8:00 am to 8:00 pm (EST), to speak with an information specialist, or visit them online at <http://www.usa.gov>.

Catalog of Federal Domestic Assistance

The Catalog of Federal Domestic Assistance is a government-wide compendium of federal programs, projects, services, and activities that provide assistance or benefits to the American public. It contains financial and non-financial programs administered by departments and agencies of the federal government. As a basic reference of federal programs, the primary purpose of the catalog of Federal Domestic Assistance is to assist users identifying programs that meet specific objectives of the applicant,

and to obtain general information on federal assistance programs. The Catalog of Federal Domestic Assistance may be searched online at, <http://www.cfda.gov> or downloaded at, http://www.cfda.gov/downloads/CFDA_2015.pdf.

Temporary Assistance for Needy Families (TANF)

Administered and coordinated at the federal level by the U.S. department of Health and Human Services, Temporary Assistance for Needy Families is a federal assistance program that provides financial assistance and services to low-income individuals and families with children under the age of 18 who meet specific program eligibility requirements. Individuals who believe they may be eligible for services through Temporary Assistance for Needy Families are encouraged to contact their local American Job Center for additional information and eligibility requirements.

National Contact:

U.S. Department of Health and Human Services
Temporary Assistance for Needy Families
200 Independence Avenue, SW
Washington, DC 20201
P: 877.696.6775

Emergency Relief

There have been many changes to the welfare system and the availability of welfare from the federal government is severely limited. Emergency Relief programs are cash and in-kind assistance programs financed and administered entirely by the state, county, or locality in which they operate. Emergency Relief programs are likely to serve disabled, elderly, and otherwise unemployable individuals and children or families with children. There are no national laws that require state governments to provide Emergency Relief or to establish uniform rules across the state of Emergency Relief is provided. Individuals who believe they may be eligible for Emergency Relief are encouraged to contact their local American Job Center for additional information and eligibility requirements.

2-1-1 United Way

2-1-1 is the national abbreviated dialing code for free access to health and human service information and referral. 2-1-1 is an easy-to-remember and universally recognizable number that makes a critical connection between individuals and families seeking services or volunteer opportunities and the appropriate community-based organizations and government agencies. 2-1-1 makes it possible for people to navigate the complex and ever-growing maze of human service agencies and programs. For additional information about the services offered by 2-1-1, please dial 211 from any telephone or visit them online at <http://www.211.org/services/reentry>.

HOUSING ASSISTANCE RESOURCES

Housing information may be obtained from your community's local Department of Housing. For those individuals who do not have access to local information, contact any of the agencies listed below for assistance identifying appropriate housing options.

Community Action Partnership

Community Action Partnership provides services to reduce the effects of poverty in many communities throughout the United States. Many provide energy assistance, winterization, housing, and emergency shelter services.

National Contact:

Community Action Partnership
1140 Connecticut Avenue, NW, Suite 1210
Washington, DC 20036
P: 202.265.7546

I: <http://www.communityactionpartnership.org>

Goodwill Industries

Goodwill Industries is a nonprofit organization with hundreds of locations nationwide that provide job training, housing assistance and shelter services to people who are trying to overcome physical, emotional and developmental disabilities, poverty and other challenges.

National Contact:

Goodwill Industries - National headquarters
15810 Indianola Drive
Rockville, MD 20855
P: 800.644.3945

I: <http://www.goodwill.org>

Homeless Shelter Directory

Homeless shelters are a form of temporary housing for homeless individuals and families. Homeless shelters sometimes provide other services, such as soup kitchens, and job skills training. The Homeless Shelter Directory is a web-based application with access to referral information nationwide. Homeless Shelter Directory may be searched online at, <http://www.homelesshelterdirectory.org>.

Sober Housing

Soberhouses.com is a quick and reliable source of information for referrals into treatment programs, detoxification centers, halfway houses, and sober houses. The mission of Soberhouses.com is to provide a user friendly, free access site for professionals and individuals to locate much needed resources. Soberhouses.com can be searched online at, <http://www.soberhouses.com>.

The Salvation Army

The Salvation Army through its many national locations provides shelter services and housing vouchers to individuals in need of assistance. They may also assist with meals and other essential needs. Adult Rehabilitation Centers, a service of the Salvation Army provide substance abuse treatment services within a structured therapeutic environment.

National Contact:

The Salvation Army - National Headquarters
615 Slaters Lane, P.O. Box 269

Alexandria, VA 22313

P: 800.728.7825

I: <http://www.salvationarmyusa.org>

U.S. Department of Housing and Urban Development

The U.S. department of Housing and Urban Development's public housing program was established to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Public housing is limited to low-income families and individuals. A housing agency determines program eligibility based on, 1) annual gross income; 2) whether you qualify as elderly, a person with a disability or as a family; and 3) U.S. citizenship or immigration status. A criminal conviction does not automatically limit program eligibility.

National Contact:

U.S. Department of Housing and Urban Development

415 7th Street, SW

Washington, DC 20410

P: 202.708.1112

I: <http://www.hud.gov>

State Contact:

TENNESSEE

U.S. Department of Housing and Urban Development

Nashville Field Office

235 Cumberland Bend, Suite 200

Nashville, TN 37228

P: 615.736.5600

U.S. Department of Housing and Urban Development

Knoxville Field Office

710 Locust Street, SW, 3rd Floor

Knoxville, TN 37902

P: 865.545.4370

U.S. Department of Housing and Urban Development

Memphis Field Office

200 Jefferson Avenue, Suite 300

Memphis, TN 38103

P: 901.544.3367

U.S. Department of Agriculture, Rural Housing Service

Rural Housing Service offers two types of homeownership loans - guaranteed and direct loans. The purpose is to provide financing - with no down payment and at favorable rates and terms - either through a direct loan with Rural Housing Service or with a loan from a private financial institution which is guaranteed by Rural Housing Service. These loans are for the purchase, construction, rehabilitation, or relocation of a dwelling and related facilities for low or moderate income rural persons.

National Contact:

U.S. Department of Agriculture
Rural Housing Service
1400 Independence Avenue, SW
Washington, DC 20250
P: 202.692.0090
I: <http://www.rurdev.usda.gov>

State Contact:**TENNESSEE**

U.S. Department of Agriculture
Rural Housing Service
3322 West End Avenue, Suite 300
Nashville, TN 37203
P: 615.783.1300
I: <http://www.rurdev.usda.gov/tn>

Office of fair Housing and Equal Opportunity

The U.S. department of Housing and Urban Development's Office of fair Housing and Equal Opportunity enforces federal laws and establishes policies that ensure all Americans have equal access to the housing of their choice. Individuals who believe they have been the victim of housing discrimination are encouraged to file a complaint.

National Contact:

U.S. Department of Housing and Urban Development
Office of fair Housing and Equal Opportunity
451 7th Street, SW, Room 5204
Washington, DC 20410
P: 202.708.4252
I: <http://www.hud.gov/offices/ftheo>

APPEARANCE, CLOTHING & HOUSEWARES

An individual's clothing, personal hygiene and overall appearance are often the first thin communicated to others and should be viewed as vital to successful community and social reintegration. The following organizations provide the tools and resources needed to ensure a strong, confident and professional first impression.

CareerGear

Since 1999, CareerGear has helped thousands of disconnected and underserved job-seeking men become self-sufficient members of their communities. By providing interview counseling and business attire, CareerGear offers vital services to men of all ages and ethnic backgrounds, as well as recipients of public assistance, the disabled, recovering addicts, Iraqi War Veterans, former foster care children, recent immigrants, and the formerly incarcerated.

National Contact:

CareerGear National

120 Broadway, 36th Floor

New York, NY 10271

P: 212.577.6190

I: <http://www.careergear.org>**Dress for Success**

Dress for Success clients come from a continually expanding and diverse group of nonprofit and government agencies including homeless shelters, immigration services, and job training programs, educational institutions and domestic violence shelters, among many other organizations. More than 3,000 organizations throughout the world send women to Dress for Success for professional apparel and career development services.

National Contact:

Dress for Success

32 East 31st Street, 7th Floor

New York, NY 10016

P: 212.532.1922

I: <http://www.dressforsuccess.org>**Goodwill Industries, Outlet Stores**

Goodwill Industries operates an extensive network of thrift stores located throughout the United States. These stores provide clothing, housewares, and other essential items to individuals and families in need at low prices.

National Contact:

Goodwill Industries - Thrift Stores

15810 Indianola Drive

Rockville, MD 20855

P: 800.644.3945

I: <http://www.goodwill.org>**Salvation Army, National Family Stores**

The Salvation Army operates an extensive network of thrift stores located throughout the United States. These stores provide clothing, housewares, and other essential items to individuals and families in need at low prices.

National Contact:

The Salvation Army - Family Stores

615 Slaters Lane, P.O. Box 269

Alexandria, VA 22313

P: 800.728.7825

I: <http://www.salvationarmyusa.org>

Tattoo & Body Art Removal

Removing visible tattoos, especially those that are antisocial or related to gangs, will improve an individual's chances of finding employment. Removing tattoos of victims of human trafficking can be a major step in the recovery process and can help restore dignity and self-esteem. But how do you do it, and how do you pay for it? You can begin by using the Jails to Jobs Tattoo Removal Directory available at, <http://jailstojobs.org/wordpress/tattoo-removal/>, which includes tattoo removal clinics across the United States. Some of them charge. Others are free but many have eligibility requirements. This directory is a work in progress and it by no means a complete list.

CONSUMER AWARENESS

Being released back into society after incarceration can be a stressful experience regardless of individual circumstances. The decisions mad today about how to manage finances can effect one's ability to get credit, insurance, a place to live, and even a job.

Consumer Protection Offices

Consumer Protection Offices offer a variety of important services. They mediate complaints, conduct investigations, license and regulate professionals, provide educational materials, and advocate in the consumer interest.

State Contact:

TENNESSEE
TENNESSEE OFFICE OF THE ATTORNEY GENERAL
P.O. Box 20207
NASHVILLE, TN 37202
P: 615.741.1671
I: <http://www.tn.gov/attorneygeneral>

Free Annual Credit Report

The fair Credit reporting Act requires each of the three major nationwide credit reporting companies - Equifax, Experian, and TransUnion - to provide consumers with a free copy of their consumer credit report, at their request, once every 12 months. The three major nationwide credit reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which consumers can order their free annual report. To order, visit, <http://www.annualcreditreport.com>, call 877.322.8228, or complete the Annual Credit Report request Form and mail it to the address below.

National Contact:

Annual Credit Report Request Service
P.O. Box 105281
Atlanta, GA 30348
P: 877.322.8228
I: <http://www.annualcreditreport.com>

Additional Resources:

Annual credit Report Request Service, Annual Credit Report Request Form

<http://www.annualcreditreport.com/manualRequestForm.action>

LexisNexis Personal Report

Through LexisNexis Risk Solutions, you can order certain reports about yourself or certain reports on others such as prospective caretakers, contractors and doctors. These reports are made available through the LexisNexis website for a small fee and are prepared by various LexisNexis entities. To see what information is maintained about you in the LexisNexis files, you can request a full file disclosure.

National Contact:

LexisNexis Consumer center

Attn: Full File Disclosure

P.O. Box 105108

Atlanta, GA 30348

P: Not Provided

I: https://www.personalreports.lexisnexis.com/access_your_full_file_disclosure.jsp

Additional Resources:

LexisNexis, Full File Disclosure Request Form

https://personalreports.lexisnexis.com/pdfs/CD107_CP-File-Disclosure-Request-Form_pg-3.pdf

LexisNexis, Full File Disclosure Instructions

https://personalreports.lexisnexis.com/pdfs/CD107_CP-File-Disclosure-Request-Form_pg-1.pdf

ChexSystems Consumer Assistance

Under the fair and Accurate Credit Transaction Act amendments to the federal Fair Credit Reporting Act, consumers are entitled to a free copy of their consumer report upon request, once every 12 months. ChexSystems maintains reports based on your handling of banking relationships such as, checking and saving accounts.

National Contact:

ChexSystems, Inc.

Attn: Consumer relations

7805 Hudson Road, Suite 100

Woodbury, MN 55125

P: 800.428.9623

I: <https://www.consumerdebit.com/consumerinfo/us/en/freereport.htm>

Additional Resources:

ChexSystems Consumer Assistance, FACTA Free Annual Report request Form

<http://www.chexsystems.com/web/chexsystems/consumerdebit/otherpage/FACTAFreeReport/>

Taxpayer Advocate Service

The taxpayer Advocate Service was created to ensure that every taxpayer is treated fairly, and that they know and understand their rights. The taxpayer Advocate Service offers free help to guide taxpayers through the often confusing process of resolving their tax problems.

National Contact:

Taxpayer Advocate Service
National Taxpayer Advocate
1111 Constitution Avenue, NW, Room 3031-TA
Washington, DC 20224
P: 877.777.4778
I: <http://www.taxpayeradvocate.irs.gov>

Local Contact:

TENNESSEE

Taxpayer Advocate Service
801 Broadway, Stop 22
Nashville, TN 37203
P: 615.250.5000

Low Income Taxpayer Clinics

Low Income taxpayer Clinics represent low income taxpayers before the Internal Revenue Service and assist taxpayers in audits, appeals and collection disputes. Low Income Taxpayer Clinics also help taxpayers respond to Internal Revenue Service notices and correct account problems. If you are interested in obtaining more information about Low Income Taxpayer Clinics or would like to locate a clinic in your local community, go to <http://www.irs.gov/uac/Contact-a-Low-Income-Taxpayer-Clinic> for the most recent information.

SWELLNESS: HEALTH, WELLNESS & LEISURE-TIME RESOURCES

Taking care of your personal health and wellness plays an important role in community reintegration. Making healthier and more educated choices about one's personal wellbeing can substantially improve how someone feels, reduce the risk of many diseases and ensure a long, active and fulfilled lifestyle.

U.S. Department of Health and Human Services

The U.S. Department of Health and Human Services is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

National Contact:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201
P: 877.696.6775
I: <http://www.hhs.gov>

State Contact:**REGION IV**

U.S. Department of Health and Human Services
Office of the Secretary
101 Marietta Tower, Suite 1515
Atlanta, GA 30323
P: 404.331.2442

Note: This office serves the following states: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee

Feeding America

Feeding America is a charitable hunger relief organization that feeds approximately 37 million people annually through a network of more than 200 food banks and 61,000 local charitable agencies including food pantries, soup kitchens, emergency shelters, after-school programs, Kids Cafes, Community Kitchens, and Backpack programs.

National Contact:

Feeding America
35 East Wacker Drive, Suite 2000
Chicago, IL 60601
P: 800.771.2303
I: <http://www.feedingamerica.org>

Additional Resources:

Feeding America, Food Bank Locator
<http://www.feedingamerica.org/foodbank-results.aspx>

Meals on Wheels Association of America

Meals on Wheels Association of America is an association with programs throughout the United States that provide nutritious meals and other nutrition services to men and women who are elderly, homebound, disabled, frail, or at risk.

National Contact:

Meals on Wheels Association of America
203 South Union Street
Alexandria, VA 22314
P: 703.548.5558
I: <http://www.mowaa.org>

Additional Resources:

Meals on Wheels Association of America, "Find a Meal" Program Locator
<http://www.momaa.org/page.aspx?pid=253>

Supplemental Nutritional Assistance Program

The Supplemental Nutrition Assistance Program is the largest nutrition assistance program administered by the U.S. Department of Agriculture. The goal of the program is "to alleviate hunger and malnutrition by increasing food purchasing power of all eligible households who apply for participation" as stated in the Food Stamp Act of 1977, as amended (P.L. 108-269). The program provides monthly benefits to eligible low-income families which can be used to purchase food. To apply for benefits, or for more information about the Supplemental Nutrition Assistance Program in your community, call the National Supplemental Assistance Program hotline at 800.221.5689 or contact your local American Job Center for additional information.

State Contact:

TENNESSEE

<http://www.fns.usda.gov/sites/default/files/snap/tennessee-office.pdf>

Additional Resources:

Food and Nutrition Information Center, Food Stamp Pre-Screening Tool

<http://www.foodstamps-step1.usda.gov>

Affordable Care Act

The 2010 Affordable Care Act puts in place comprehensive health insurance reforms. The law is intended to lower health care costs, provide more health care choices, and enhance the quality of health care for all Americans. For additional information about the Affordable Care Act and how it can best serve you and your health insurance coverage needs, contact the national toll-free enrollment hotline at 800.318.2596 or visit their website at <http://www.healthcare.gov>.

National Contact:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Washington, DC 20201

P: 877.696.6775

I: <http://www.healthcare.gov>

Online Health Information

There are many online resources available to help those looking for health information make educated and informed health care decisions. Individuals should be wary of websites sponsored by companies that are trying to sell a particular treatment or product. It's better to contact reputable associations or visit sites run by government agencies and recognized organizations such as the Centers for Disease Control and Prevention (<http://www.cdc.gov>), Food and Drug Administration (<http://www.fda.gov/consumer>), National Cancer Institute (<http://www.cancer.gov>), National Institute on Aging (<http://www.nia.nih.gov>), National Women's Health Information Center (<http://www.womenshealth.gov>), the Mayo Clinic (<http://www.mayoclinic.com>) or the American Medical Association (<http://www.ama.org>). This information should complement, not replace, that is received from a doctor or other medical professional. MedlinePlus (<http://www.medlineplus.gov>) and

HealthFinder.gov (<http://www.healthfinder.gov>) are sites that are generally recognized as reliable and definitive information sources.

Free or Low-Cost Clinics

As a result of the Affordable Care Act, consumers have many options when choosing a health care provider regardless of their income or social standing. However, there are still many free or low-cost clinics that focus on the needs of underserved populations throughout the United States. Finding a free or low-cost clinic is as easy as visiting <http://www.findhealthcenter.hrsa.gov> and entering the zip code for the area in which you would like service.

BUSINESS & ENTREPRENEURIAL RESOURCES

There is no way to eliminate all the risk associated with starting a small business, but it is possible to improve one's chances of success with good planning, preparation and insight. Previously incarcerated individuals should proceed cautiously into the world of entrepreneurship as it will require as much if not more work than regular employment.

U.S. Small Business Administration

Every year, the U.S. Small Business Administration and its nationwide network of resource partners help millions of potential and existing small business owners start, grow and succeed.

National Contact:

U.S. Small Business Administration
409 3rd Street, SW, Suite 7600
Washington, DC 20416
P: 800.827.5722
I: <http://www.sba.gov>

Service Corps of retired Executives

The Service Corps of retired Executives is a national network of nearly 14,000 entrepreneurs, business leaders, and executives who volunteer as mentors to America's small businesses everywhere. These professionals can help with writing a business plan, locating sources of financial assistance, managing and expanding a business, finding opportunities to sell goods or services to the government and recovering from disaster.

National Contact:

Service Corps of retired executives
1175 Herndon Parkway, Suite 900
Herndon, VA 20170
P: 800.624.0245
I: <http://www.score.org>

Small Business Development Centers

The Small Business development center program has been vital to the U.S. Small Business Administration's entrepreneurial outreach for more than 30 years. With nearly 900 locations across the

country, Small Business Development Center's offer free one-on-one expert business advice and low-cost training by qualified small business professionals to existing and future entrepreneurs.

National Contact:

U.S. Small Business Administration
Small Business development Centers
409 3rd Street, SW, Suite 7600
Washington, DC 20416
P: 800.827.5722
I: <http://www.sba.gov/sbdc>

Small Business Resource Magazine

The Small Business Resource Magazine is the most complete guide to starting and expanding a business. Entrepreneurs can find information on local regulations, government loans, training and assistance, and business advocacy. You may view and download the Small Business Magazine for your area by visiting, <http://www.sbaguides.com/magazine/download/>.

Grants for Small Businesses

The U.S. Small Business Administration does not provide grants for starting and expanding a business. Government grants are funded by tax dollars and, therefore, require very stringent compliance and reporting measures to ensure the money is well spent. As you can imagine, grants are not given away indiscriminately.