



## OVERVIEW

*This guidebook was created by current and former residents hoping to provide you, the newly incarcerated, with information and resources to make the best out of being in prison.*

### Opportunity

Obviously prison time is not how someone wants to live their life, but rather than view this as lost time, you can choose to focus on what opportunities are in front of you. Many men incarcerated at the Concord Men's Prison have thrived in this environment and gone on to be very successful in prison and after. These men worked hard to improve themselves by participating in whatever prison programs helped them achieve their goals, whether this meant enrolling in high school classes, vocational training, improving personal fitness, focusing on family or pursuing a college degree.

### Getting Help

Even if you have arrived at prison with serious issues in your life: issues like learning difficulties, addictions to drugs, alcohol or sex, and poor coping or communications skills, there are avenues available in prison for self-improvement.

### The First Step

The first step to making the best of your time is informing yourself about what is available, and by knowing how to navigate the prison's policies and rules.

## CLOSING NOTE

Prior to coming to prison, you may have had difficulties coping with life on the outside. You may have had financial disadvantages, educational handicaps, or behavior problems. Now that you are sentenced to the NHD, you have the additional hurdle of a "felony conviction" to cope with. During your time here, you can seize opportunities to reduce or remove those handicaps through program participation. If you want to achieve or regain a reasonable quality of life, now is the time to prepare.

