

All concerns and questions will go through the commissioner, even questions and responses from the deputy district attorney. If you have any concerns you should feel free to whisper them to your attorney so she/he may address them to the commissioner. This is your right.

When you take your seat you will be directed to speak directly into the microphone before you. You will have to give your full name and prison number. After the commissioner explains your crime he/ she will then turn the room over to you so you can explain what took place.

The commissioners, just like the psyche, will watch your every expression, listen to your tone and watch your mood. It is very important that you show sincere emotion when you are speaking of your crime and its victim(s).

Most hearings take between 3-7 hours, depending on how much you will get drilled. Relax, be comfortable, sit up right, never be arrogant or confrontational and always refrain from frowning at any time during or after the hearing. They are always watching. Your body language will be under the scrutiny of a microscope.

Keep an even tone throughout, speak up, clearly and do not make things up that are not a part of your hearing. Honesty truly is the best policy during your hearing.

Feel free to ask for any question to be repeated, say you do not understand and if you do not remember something, it is ok to say so. **The one thing you should never do is laugh before, during or after your hearing.** This is total disrespect and you will be guaranteed a denial.

Always monitor what you say and make sure never to say anything that may be viewed as insensitive to the victim or their family, like mentioning a birthday, even when you are being remorseful because this brings back painful memories. Do not go overboard with your answers. It is okay to expound on your answers but there is no real need to go real deep into any one response.

The entire hearing will be recorded, hence the microphones but the only thing that will not be recorded is when you are being so remorseful that it transfers over to tears and you crying.

Always be open and honest with your answers. Do not make matters even worse by being dishonest. At this point you have already nearly completed your time. Do not worry about being judged for your past. You've already been judged.

Disclaimer:

This is only a guide of an individual who has experienced the parole board and what is expected of you. It is up to every individual to present him/herself before the board and your best manner and it is up to you to secure your own parole date. These are mere steps to enlighten those who need the guidance and to show you the process of what you will be facing when your turn comes up. So, **do not give up when giving up seems so easy to do.** Keep going and make things right for your self by doing right and being your best.

Parole plan Packet

Your name/Prison number here.....

YOUR PAROLE PLANS SHOULD, COULD, ALSO INCLUDE:

- 1). IMMEDIATE PLANS- FIRST 6 MONTHS: **GETTING YOUR DRIVERS LICENSE, EMPLOYMENT, RESIDENCE, etc.**
- 2). INTERMEDIATE PLANS: 1-4 YEARS, **GETTING YOUR OWN APARTMENT/CAR, etc.**
- 3). LONG TERM PLANS: 5-10 YEARS, **OWNING YOUR OWN HOME, MARRIED, etc.**

Make a separate cover page for each heading: Remorse letter, book reports, certificates, chrono's, etc.....

Table of contents:

Section: I. Letter(s) of Remorse (To victims/victims family/your family)

Section: II. Self-Help/Therapy chrono

A. Book reports

Section: III. Good chrono (from work supervisor/staff/teacher, etc.

Section: IV. Parole Plan (3 part)

A. Letters of support

B. Letters from Transitional Residence(s)

C. Relapse Prevention Plan (A.A/N.A/Gang Prevention/Anger Management/Domestic Violence, etc.)

D. Outside mentor(s)

E. Define Triggers & causative factors of your crime (why did crime take place/who was responsible for crime)

Now that you have finally...whew! Received your long awaited parole date , what now? For starters, you will not be released right away.

First you, like every other individual who receives a parole date following a life sentence, will have to wait the required time for the state to go through their process. Each states waiting period (their process) is different.

California has a waiting period of 4-5 months (120-150 waiting days before release), after being granted a parole date. BUT, the Governor has the right (power) to rescind your date (take your date away), no matter how much time you spent in prison..

If by chance your date is rescinded by the governor you will then be taken back to the parole board (Total waiting time...one year). The panel will decide whether you will keep your date (they will have to reissue you a fresh release date if they decide you should be given another date)...providing you remain disciplinary free (**stay out of trouble**), or if they agree with the Governor's reasoning for rescinding your parole date and deny you a new date.

ALWAYS REMAIN COOLHEADED AND PATIENT THROUGHTOUT THIS PROCESS. YOU DO NOT WANT TO GIVE THEM ANY REASON TO DENY YOU, EVEN IF THEY DID GIVE YOU THAT FIRST PAROLE DATE.

If your date is reissued, you will have to wait the process out all over again...4-5 months. Nine times out of ten, if your date is reissued, the Governor will not take it away a second time.

If your date is not reissued by the parole board you can take up your issue through the court system by filing a writ of habeas corpus stating your arguments.

If you are lucky enough to survive the waiting period and you are on your way to freedom, what will you do next? How will you act in society?

There are many forks in lifes roads, relationships and friendships. It is up to you to keep your cool, be patient and make the right decisions. Afterall, you did not come all this way to fail, did you?

Read!!!

Exfelon Etiquette Guid below...