# Understanding Supervision Requirements

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What probation and pretrial supervision require, how to communicate with your officer, and what to do when you can't comply.

## TWO KINDS OF RULE

| ONE-TIME | STANDING |
|---|---|
| **Show up on March 4th** | Tell us within 10 days if anything changes |
| **Pay this fee** | Keep this insurance active |
| **Finish this class** | Check in every month until told otherwise |

**The second kind is more dangerous**, because there is no single date to attach a reminder to — and because the clock on a violation starts when the *thing changed*, not when someone noticed.

## WHAT USUALLY COUNTS AS A CHANGE

Check your own conditions — they differ. But these are the ones that catch people out:

| | |
|---|---|
| **My job or my hours** | _____ |
| **How much I get paid** | _____ |
| **My address** | _____ |
| **Who lives with me** | _____ |
| **My phone number** | _____ |
| **My vehicle** | _____ |
| **School or training** | _____ |
| **Any new contact with police** | _____ |

**Right column:** who would need to know? A lot of people find that one change has to be reported to two or three different places.

## A NOTE THAT MATTERS

An unreported change is not always treated as a mistake. In some systems, failing to report can be characterized as a choice. **That is exactly why the third step exists.** If you are not sure whether something needs reporting, that uncertainty is the signal to ask — not to wait.

### THE MONTHLY SWEEP

Fifteen minutes. Same day every month. Four questions.

| | |
|---|---|
| **1** | Did anything about my job, money, address, or household change this month? |
| **2** | Do I have any appointment coming in the next 30 days? |
| **3** | Is there anything in my folder I haven't dealt with? |
| **4** | Is there anyone I said I'd call and didn't? |

**Any yes → escalate.** Not solve. Escalate. You text one person and say “I think I need to sort something out.”

**Set it up now:** make a repeating monthly event on your phone. Put these four questions in the notes field so they arrive with the reminder. Put your person's name in it too.

My sweep day is: _____

### TALKING TO YOUR OFFICER

| | |
|---|---|
| **Ask early, not after** | Before the deadline, not after it. This is most of it. |
| **Be specific** | “Can I have until the 14th?” — not “Can I have more time?” |
| **One short reason, once** | Not a defense, not an apology, not a paragraph. |
| **Get it in writing** | “Just confirming — the new date is the 14th.” Text is writing. |
| **Say when you don't understand** | “Can you write down just the next step for me?” is a normal thing to ask. |

You can also ask for small adjustments without naming a diagnosis. For example: *“Could we keep the same appointment time each month? Changing dates is where I lose track.”* Most of these cost nothing and are often granted.

### WHEN YOU CAN'T COMPLY

**The worst thing you can do is disappear.**

One missed appointment is a problem. Going silent after one missed appointment is a much bigger one — and it is the most common way things get worse. People stop because they are ashamed, and the shame makes the next call harder, and then it is three months.

**Call before they call you.** A missed appointment you reported yourself is a different conversation than one they discovered.

**If you missed something:** contact your officer the same day you realize. If you are worried about what to say, call your lawyer first — that is what they are for. If you do not have one, call the public defender's office or legal aid.

### THE THREE STEPS

| | |
|---|---|
| **Recognize** | This is one of the moments that carries legal weight. |
| **Stop** | Nothing gets signed, said, or ignored right now. |
| **Escalate** | Call the person on my card. |

### MY PEOPLE

| WHO | NAME | NUMBER |
|---|---|---|
| **My legal person** | | |
| **My supervision officer** | | |
| **My personal person** | | |
| **Don't know where to start** | 211 | Dial 2-1-1 — free |

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