

RE-ENTRY BASICS

The Institute for Community Justice offers a re-entry drop-in center, GED and computer classes, education, supportive programs, and more!

Resources for emergency shelter intakes are on page 25. Pages 26-27 have longer term housing programs.

Medical resources for when you get out are on page 5.

Mayor's Office on Re-Integration Services for Ex-Offenders (RISE) offers reentry services M-Th 10a-1p.

Revised June 2016

The Philadelphia Discharge Planning Manual

is a publication of Philadelphia FIGHT's AIDS Library and Institute for Community Justice. Getting Housing Roadmap adapted from the *Real Cost of Prisons Project* (realcostofprisons.org)

Updates maintained by the AIDS Library. This edition exists thanks to the work of ICJ and John Bell Health Center staff, and the following contributors: Chip Alfred, Lucy Gleysteen, Cayden Halligan, Katrina Miller, Khia Naylor, Alyssa Richman, Jane Shull, Sarah Smith, Joie Waxler, Jen Wright, Juliet Fink Yates, and Hannah Zellman.

Inclusion in this guide is not an endorsement of services.



A Program of Philadelphia FIGHT

2016 PHILADELPHIA DISCHARGE PLANNING MANUAL



For people in jail or prison planning their release back to Philadelphia, and for those who have recently returned.



INTRODUCTION

The *2016 Philadelphia Discharge Planning Manual* is intended for people in prison or jail who are planning for their discharge, especially those who are coming back to Philadelphia. Over 60% of people in Pennsylvania prisons are released to Philadelphia.

This guide is based on the organizations in the *2016 Greater Philadelphia AIDS Resource Guide*, published by the AIDS Library at Philadelphia FIGHT. These resources are for everyone, regardless of HIV status.

The *2016 Discharge Planning Manual* includes a list of resources that may be useful to people in Philadelphia who have recently returned from prison or jail, as well as information about ways to take care of your health once you are on the outside. This publication includes information about HIV, hepatitis A, B, and C, and diabetes. However if you have questions about any of the medical information listed in this publication, the AIDS Library can answer any health and resource questions. We also assist in the publication of *Prison Health News*. Write us to subscribe to PHN or ask health-related questions. Contact us at:

**AIDS Library
c/o Philadelphia FIGHT
1233 Locust St, 2nd Floor,
Philadelphia, PA 19107
215-985-4851**

The AIDS Library is part of Philadelphia FIGHT, a large AIDS service organization. FIGHT has HIV care, primary care, education, computer access, and public programs. FIGHT can help you if you have HIV, or want to learn about it. **FIGHT's Lax Center** provides medical care for people living with HIV (see page 5). **FIGHT's John Bell Health Center** provides medical care for communities most impacted by incarceration (see page 5).

FIGHT has a prison services program called the **Institute for Community Justice (ICJ)**. ICJ is specifically for people who have been incarcerated and have come back to Philadelphia. They offer a re-entry drop-in center on weekday afternoons, case management, educational and supportive programs, and much more.

Gaudenzia - People With Hope | 1306 Spring Garden Street, 8th Floor, Philadelphia, PA 19123 | 215-238-2163 | Residential treatment for HIV-symptomatic people with drug and alcohol problems.

Narcotics Anonymous, Greater Philadelphia Regional Service Office (NA GPRSO) | 7215 Rising Sun Avenue, 1st Floor, Philadelphia, PA 19111 | 215-745-9494 | A resource for meetings and sponsorship.

Northeast Treatment Center | 499 N 5th Street, Philadelphia, PA 19123 | 215-451-7037 | Inpatient center for adult men with a 6 to 9 month stay for drug and alcohol recovery; early intervention treatment center; outpatient drug and alcohol counseling for men, women, children, and families; program to help people who are recently released from prison or those on parole who were imprisoned for drug offenses.

Prevention Point Philadelphia (PPP) | 2913-15 Kensington Avenue, Philadelphia, PA 19134 | 215-634-5272 | Prevention Point Philadelphia (PPP) promotes harm reduction through syringe exchange, medical care, social services, support and educational groups, and referrals to drug treatment.

CRISIS HOTLINES

Behavioral Health Special Initiative (BHSI) | 215-546-1200 | Approves substance use treatment for people without insurance.

Community Behavioral Health (CBH) | 888-545-2600 | Approves substance use treatment for people with medical assistance.

Covenant House Runaway "9-line" | 800-999-9999 | Catholic-based emergency shelter and assistance for youth.

GLBT National Hotline | 888-843-4564 | **Youth** 800-246-7743 |

National Suicide Prevention Lifeline | 800-273-8255 |

Philadelphia Suicide and Crisis Intervention | 215-686-4420 | Approves involuntary commitment, authorization to emergency services, and coordinates mobile emergency team.

Project HOME | 215-232-1984 or 877-222-1984 | The street outreach team assists people in finding shelter.

Women Organized Against Rape (WOAR) | 1617 JFK Blvd., 1 Penn Center, Suite 1100, Philadelphia PA 19103 | Hotline 215-985-3333 | Support services to survivors of sexual assault and their families.

MENTAL HEALTH CARE, RECOVERY, AND SUBSTANCE USE SERVICES

ACT One (Achievement Through Counseling and Treatment) | 5820 Old York Road, Philadelphia, PA 19141 | 215-276-8400 | ACT ONE is a full-service methadone clinic that offers individual counseling, group and family counseling, and case management services in English and Spanish.

Alcoholics Anonymous, Southeastern Pennsylvania InterGroup Association (SEPIA) | 444 N Third Street, #3E Box A-2, Philadelphia, PA 19123-4179 | 215-923-7900 |

Behavioral Health Special Initiative (BHSI) | 801 Market Street, Suite 7200, Philadelphia, PA 19107 | 215-546-1200 | Authorizes treatment for alcohol and other drugs, and recovery support services, for Philadelphia residents seeking treatment who are uninsured or under-insured.

Bridge Treatment Program | 1100 Adams Ave, Philadelphia, PA 19124 | 215-342-5000 | Substance use treatment program offering long-term and short-term inpatient services for adolescents 14-18 and outpatient services for people of all ages. We serve people with substance abuse and mental health issues.

Community Behavioral Health (CBH) | 801 Market Street, 7th Floor, Philadelphia, PA 19107 | 215-413-3100 | CBH offers behavioral health coverage, mental health, and substance abuse services for people on Medicaid who live in Philadelphia. They support 4 Crisis Response Centers and 3 drug and alcohol assessment centers around the city for people in mental health and substance use crisis.

Community Council for Health Systems | 4900 Wyalusing Avenue, Philadelphia, PA 19131 | 215-473-7033 | Evaluates persons for mental health, intellectual disability, and substance abuse problems. Provides psychiatric, psychological treatment, and case management for their clients. Offers a residential rehab for adults with serious mental illness and education for middle and high school youth with emotional problems.

Consortium | 5501 Chestnut Street, Philadelphia, PA 19104 | 215-748-8400 | Provides substance abuse counseling, groups, family programs, and mental health services. Early intervention services for people at high risk and speakers bureau are available.

Frankford/AL-ASSIST Behavioral Healthcare Center | 4510 Frankford Avenue, 1st Floor, Philadelphia, PA 19124 | 215-831-9882 | Provides mental health treatment, alcohol & substance abuse treatment, counseling, HIV/AIDS testing.

GPHA/AL-ASSIST Behavioral Healthcare Center | 1401 S 4th Street, 2nd Floor, Philadelphia, PA 19147 | 215-339-1070 | Mental health treatment, alcohol and substance abuse treatment, HIV testing.

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**If you can, call to confirm an organization's services and hours before you spend money or time traveling.*

**We want to be accurate, so please inform the AIDS Library of any changes or corrections.*

HEALTH INFORMATION AND RESOURCES

The following pages discuss how to take care of your health once you are on the outside. This includes tips for how to prepare for your health on the outside while you are still on the inside, a listing of health centers where you can receive free or low cost medical care and where you can receive support in getting your insurance turned on, and a brief overview of some of the medical conditions people face during and after their incarceration. The *Discharge Planning Manual's* medical information section is a collaboration between medical providers at the Jonathan Lax Treatment Center and staff of *Prison Health News*. Please write to *Prison Health News* if you would like more information.

PLANNING FOR YOUR HEALTHCARE FOR WHEN YOU GET OUT

A Written Summary of Your Medical Care

This is very important! In particular, your new medical provider will want to know the names and dosages of your medications. If your medical provider in prison has changed your medications, write down when they were changed and why (for example: bad side effects, resistance, etc). This will help your new medical provider know what medications work for you. Even if you think you will be able remember them, write it down just in case. Ask a medical provider to go over this information with you. Try to get the prison/jail medical department to mail your records to your new provider, or at least write up a medical summary.

A Supply of Your Meds on Release

Not all institutions will give you a supply. Check with the medical unit. State prisons in Pennsylvania should give a 30-day supply of certain medications. As you get close to your release, remind the medical department that you will be leaving soon. On the day that you are released, go to the medical department to pick up your medications. It can be easy to forget to go when you are so happy to be leaving. If you are in a county jail, talk to medical staff about whether you can take a supply of medications with you to last until your appointment on the outside. If you leave with a supply of your meds, make sure you understand how and when to take each pill. Have your prison medical provider write down instructions, if that would help you.

Scheduling a Medical Appointment

Ask the medical staff to help you contact a medical provider for before you are released. If the medical department won't help, see if your counselor or social worker will make the call for you. **Make an appointment for as soon as you can after you get out.** This is especially important if you are leaving jail **without** a supply of medications to hold you over. It might be a few weeks before you can get an appointment, so start early!

Greater Philadelphia Coalition Against Hunger/SNAP Hotline | 215-430-0556 | Philadelphia, Bucks, and Chester county residents can apply for SNAP benefits by phone. Hotline counselors are available Monday through Friday (9a-5p).

Philabundance Food Hotline | 800-319-3663 | Connects individuals and families to a network of food cupboards, emergency kitchens and other services throughout the region. The easiest way to find a program in your neighborhood is by calling the bilingual Spanish/English emergency food hotline.

Philly Food Finder: www.phillyfoodfinder.org | A website developed by the Coalition Against Hunger and Food Policy Advisory Council to help Philadelphians search for all needs in one place, view information on-the-go, move beyond immediate food assistance, increase awareness of underutilized resources, and influence policy.

SUPPORT GROUPS

Action AIDS | 1216 Arch St, 6th Fl, Philadelphia, PA 19107 | 215-981-0088 | Immediate Seating 215-981-3362 | ActionAIDS works with people living with HIV and their loved ones. Immediate Seating offers free tickets to cultural and entertain events for people living with HIV.

Alcoholics Anonymous, Southeast PA InterGroup | PO Box 2514, Cherry Hill, NJ 08034 | 856-486-4446 |

Asociación de Puertorriqueños en Marcha (APM)
4301 Rising Sun Ave, Philadelphia, PA 19104 | 267-296-7200 | Prevention, medical, and mental health services to Latino/a residents in Philadelphia, and Spanish speaking people who are formerly incarcerated.

BEBASHI Transition to Hope | 1217 Spring Garden Street, 1st Floor, Philadelphia, PA 19123 | 215-769-3561 | Offers support; support groups, peer counseling, treatment programs and discharge planning services for HIV+ incarcerated individuals.

Mazzoni Center (LGBT Health and Wellness Services) | 21 S 12th Street, Philadelphia, PA 19107 | 215-563-0652 | Support groups, counseling and health care services for LGBT communities.

Philadelphia FIGHT (Field Initiating Group for HIV Trials) | 1233 Locust Street, 3rd Floor, Philadelphia, PA 19107 | 215-985-4448 | Services for people living with HIV including support groups and education.

Siloam | 1133 Spring Garden Street, Philadelphia, PA 19123 | 215-765-6633 | HIV/AIDS wellness through spirituality.

FOOD RESOURCES

Food banks distribute groceries that you can take away. For certain food pantries, there are eligibility requirements, and you might need a letter from your case manager or documentation of your financial status. Soup kitchens serve hot meals to people in need. Please refer to the hotlines or websites listed below for a more comprehensive listing.

BEBASHI Transition to Hope | 1217 Spring Garden Street, 1st Floor, Philadelphia, PA 19123 | 215-769-3561 | Access to a food cupboard through a referral from a case manager.

Broad Street Ministry | 315 S Broad Street, Philadelphia, PA 19107 | 215-735-4847 | An inclusive congregation with regular meals and other services.

Intercultural Family Services, Inc. (IFS) | 4225 Chestnut Street, Philadelphia, PA 19104 | 215-386-1298 | Provides food baskets and food supplies to over 1100 individuals each year.

Maternity Care Coalition | 215-972-0700 | Provides baby formula and other services at eight MOMobile locations throughout the region.

People's Emergency Center | 325 N 39th Street, Philadelphia, PA 19104 | 267-777-5800 | Food services available Saturday 11a-4p with picture ID and proof of income for adults and Social Security card or medical card for children.

Philadelphia Corporation for Aging | 215-765-9040 | Provides meals at senior centers and delivers meals to eligible seniors.

St. Francis Inn | 2441 Kensington Avenue, Philadelphia, PA 19125 | 215-423-5845 | Offers a soup kitchen 7 days a week; M-Th from 4:30p-6p; F-Sun from 12p-1:30p.

Sunday Breakfast Mission | 302 N 13th Street, Philadelphia, PA 19123 | 215-922-6400 | Offers meals three times a day.

WIC (Women, Infants and Children) Program | 1-800-743-3300 | WIC provides supplemental nutritious foods for pregnant women, breast feeding women, Infants, and children up to their 5th birthday.

FOOD INFORMATION HOTLINES AND WEBSITES

Food Resource Guide | www.pccares.org/foodresources | The Food Resource Guide is an online resource listing food cupboards, soup kitchens, WIC offices, home delivery programs, and more. Many resources available for elderly, isolated, or house-bound citizens.

MEDICAL RESOURCES

Below are some resources for healthcare in Philadelphia. This is not a comprehensive list.

John Bell Health Center | 1207 Chestnut Street, 3rd Floor, Philadelphia, PA 19107 | 267-725-0252 | A comprehensive health center that provides primary care to adults in the community with special interest in supporting the burden of chronic diseases among those who have been incarcerated and also for those with special circumstances such as homelessness or mental illness. The John Bell Health Center strives to provide a safe space for people to access healthcare upon their release, while eliminating socioeconomic factors that are often linked to their incarceration. John Bell's medical team provides services include but are not limited to the following: diagnostic testing, practitioner examinations, age-appropriate cancer screening, testing for sexually transmitted infections, case management, nutrition education, hepatitis B & C treatment, and as Pre-Exposure Prophylaxis (PrEP).

Jonathan Lax Treatment Center | 1233 Locust St, 4th Floor, Philadelphia, PA 19107 | 215-790-1788 | Lifelong primary care from HIV specialists. You can get seen faster if you say on your first phone call that you are recently released or planning to be. They see anyone living with HIV regardless of ability to pay.

Mary Howard Health Center | 125 S 9th Street, Philadelphia, PA 19107 | 215-592-4500 | Walk-in health center that provides health care to homeless people at all points along the continuum: from the street to shelter to transitional housing to self-sufficiency. Services include: primary care, family planning, assistance with benefits, and physical exams.

Mazzoni Center Family and Community Medicine | 809 Locust Street, Philadelphia, PA 19107 | 215-563-0658 | Full-service medical practice, focused on the health care needs of the LGBT communities. Offers primary care, HIV care, women's health services, and transgender health services.

Planned Parenthood: Locust St. Health Center | 1144 Locust Street, Philadelphia, PA 19107 | 215-351-5560 | Provides family planning, health care services, and HIV testing. Testing times vary; please call ahead or schedule online. Medication and testing fees waived if under age 18.

Y-HEP Health Center | 1415 Locust Street, Philadelphia, PA 19102 | 215-564-6388 | Primary care and sexual/reproductive health care for people ages 13-24. Y-HEP primary care includes: well visits, sick visits, vaccines, and physicals. Sexual health care includes: HIV testing, STI testing and treatment, pelvic and breast exams, PAPs, birth control, pregnancy testing, HPV screening, Pre-Exposure Prophylaxis (PrEP), and emergency contraception (the morning after pill).

DENTAL CARE

Philadelphia FIGHT Dental Services | 215-525-3046 | 1233 Locust Street, 3rd Floor, Philadelphia, PA 19107 | Open to all patients regardless of ability to pay. Sliding fee scale based on income.

HEALTH INFORMATION—HIV/AIDS

HIV and AIDS Basics

As mentioned earlier, this book is for people who are in prison or jail who are planning their release back to Philadelphia. We also want to reach people on the inside who are living with HIV, and those who are at risk of HIV who want to keep themselves from getting it. For that reason, we will cover common questions that people have about HIV.

HIV is complicated. When you are living with HIV, sometimes it feels like HIV runs your life. We believe YOU run your life. Having HIV means making a lot of decisions. This is especially true when you are back on your own.

This book cannot give you medical advice. It cannot take the place of talking to a medical provider. This book can give you information and suggestions about living with HIV in prison, and help you plan for your life outside.

What is HIV And What Is AIDS?

HIV stands for *Human Immunodeficiency Virus*.

AIDS stands for *Acquired Immune Deficiency Syndrome*.

HIV is a virus. HIV attacks the body's *immune system*, making it out of balance (so it has a *deficiency*). When your immune system is weak, your body does not fight off infections as well as it used to. You can become very sick. If this happens, you may be told you have AIDS.

How Does Someone Get HIV?

HIV is found in blood, semen, vaginal fluids and breast milk. HIV can only be spread if these body fluids have HIV in them and that fluid gets into the bloodstream of another person. This can happen in the following ways:

Blood: When someone shares needles for drugs or tattoos, or shares gear (cookers, cotton) there is a risk of blood exposure. Using bleach and water to clean gear reduces the risk, but it is better to use a new needle every time. During birth, HIV can be passed on to a baby through blood in the birth canal.

Red Shield Family Residence | 715 N Broad Street, Philadelphia, PA 19123 | 215-787-2887 | Red Shield Family Residence is the Office of Supportive Housing's after-hours intake center for families seeking emergency housing. After-hours intake can be accessed M-F 3p-7a (overnight) and all weekend hours.

Sunday Breakfast | 302 N 13th Street, Philadelphia, PA 19123 | 215-922-6400 | Sunday Breakfast Rescue Mission serves the homeless through two locations in Philadelphia: a shelter in Center City and a transitional home for women in Germantown. Sunday Breakfast Rescue Mission offers meals three times a day.

HOUSING—LONG TERM AND PERMANENT

Calcutta House | 1601 West Girard Ave, Philadelphia, PA 19130 | 215-684-0480 | Housing supportive services at two sites in Philadelphia. Services include nursing and personal care for adults living with HIV or who have an AIDS diagnosis, 24-hour medical supervision, meal preparation, laundry, and other assistance with daily living. Staff includes nurses, home health aides, and social workers.

COMHAR: CASSAH and COMPASS | 100 S Broad Street, Suite 1430, Philadelphia, PA 19110 | 215-569-8414 | CASSAH provides rent subsidized housing for people living with HIV/AIDS and serious and persistent mental illness. COMPASS offers supported independent living for people living with mental health issues and HIV who are chronically homeless.

Habitat for Humanity | 1829 N 19th Street, Philadelphia, PA 19121 | 215-765-6000 | Offers a home ownership program for low-income individuals and families.

Health Information Helpline - Philadelphia Department of Public Health (AACO) | 1101 Market Street, 9th Floor, Philadelphia, PA 19107 | 800-985-2437 | Provides housing services program with subsidized housing for people living with AIDS who have an HIV case manager.

Office of Supportive Housing | MSB, 1401 JFK Boulevard, Suite 1030, Philadelphia, PA 19102 | 215-686-7175 | OSH places individuals in emergency housing, transitional, and permanent supportive housing. OSH also provides financial assistance for homeless prevention and rapid re-housing.

Philadelphia Council for Community Advancement | 1617 JFK Boulevard, Suite 1550, Philadelphia, PA 19103 | 215-567-7803 | Offers free comprehensive housing counseling services for individuals and families.

Philadelphia Housing Authority (PHA) | 12 S 23rd Street, Philadelphia, PA 19103 | 215-684-4000 | Offers conventional housing opportunities and a subsidized "Housing Choice" (formerly Section 8) program.

Station House Apartments | 2601 N Broad Street, Philadelphia, PA 19132 | 215-227-4086 | Offers subsidized SRO units to low-income people. Consumer may start application process.

HOUSING—PRIVATE SHELTERS AND RECOVERY

Bethesda Project | 1630 South Street, Philadelphia, PA 19146 | 215-985-1600 | Bethesda Project is a nonprofit organization that provides shelter, housing, and programs to chronically homeless individuals who are affected by addiction, mental illness, and disabilities.

Catholic Social Services | 222 N 17th Street, 3rd Floor, Philadelphia, PA, 19103 | 215-587-3614 | Services include residential treatment programs for at-risk children and court-adjudicated youth, family preservation services, foster care, adoption, immigration services, counseling, senior citizen centers, programming for the elderly, transitional housing, homeless services, and care for medically fragile and/or developmentally delayed people.

Divine Light LGBTQ Wellness Center | 2831 North Hutchinson Street, Philadelphia, PA 19148 | 215-867-8885 | 18+ LGBTQ recovery center that is part of a year long recovery program. Offers a 24/7 homeless shelter for LGBTQ individuals. Individuals can access services after intake interview at Divine Light.

Good Shepherd Program | 1225 Race Street, Philadelphia, PA 19107 | 215-569-1101 | Shelter for homeless men with serious health issues. Good Shepherd medical assessment needed to initiate intake process.

Gaudenzia | Philadelphia Referrals 215-238-2150 | Emergency shelter and recovery sites in Pennsylvania, Delaware, and Maryland.

Horizon House: Philadelphia County | 120 S 30th Street, Philadelphia, PA 19104 | 215-386-3838 | Housing for homeless adults with psychiatric or developmental disabilities and drug or alcohol addictions.

Lutheran Settlement | 1340 Frankford Avenue, Philadelphia, PA 19125 | 215-426-8610 | Programs include family shelter referrals, senior center, adult literacy center, and bilingual domestic violence services. Services in English and Spanish, except for literacy program.

Mercy Hospice | 334 S 13th Street, Philadelphia, PA 19107 | 215-545-5153 | Transitional housing for women. Provides free meals M-F; showers on Tu, W, and Th.

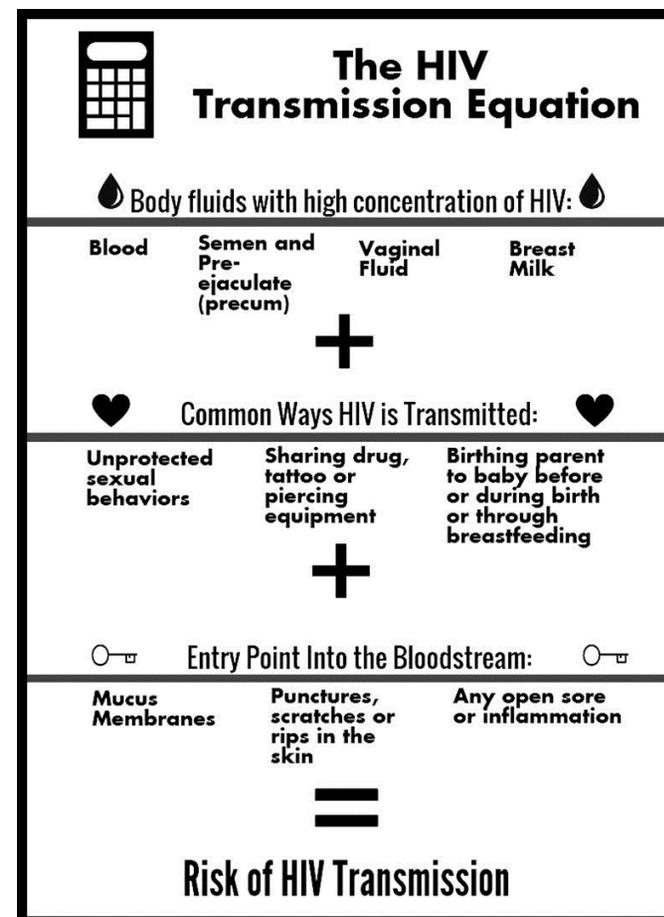
Morris Home | 5037 Woodland Avenue, Philadelphia, PA 19143 | 215-729-3045 | Long-term residential recovery treatment center facility for trans and gender variant individuals.

Office of Addiction Services | 1 Reading Center, 1101 Market Street, Suite 800, Philadelphia, PA 19107 | 215-685-5403 | The housing initiative funds 21 recovery houses that serve clients enrolled in approved treatment programs.

St. John's Hospice | 1221 Race Street, Philadelphia, PA 19107 | 215-563-7763 | St. John's is a general population shelter for homeless men. Call Social Services Supervisor or the Office of Supportive Housing to start intake. St. John's also has food and mail programs for homeless men.

Semen and vaginal fluids: Having unprotected sex with someone who has HIV means you can be exposed to HIV. Unprotected sex is sex without a barrier. The barriers protect you from someone else's blood, semen or vaginal fluids. Examples of barriers are: a condom on a penis, an insertive or "female" condom in the vagina or anus, a dental dam over a vagina, or a glove on a hand. You can use sandwich bags or plastic wrap, as long as they don't have vents or holes (the microwaveable kind). Some people believe oral sex isn't risky, but if it involves semen (including pre-cum) or vaginal fluid, there is a risk involved.

Breast milk: HIV is unlikely to be passed on to a baby in the womb because of medication. However, HIV can be passed to a baby by breast feeding. With the help of a medical provider, parents living with HIV can have babies who do not have HIV.



What Are Myths About How HIV Is Spread?

HIV cannot be spread through casual contact like kissing, hugging, or holding hands. HIV is not passed on toilet seats. Sharing food or utensils does not spread HIV. HIV is not spread through mosquitoes. HIV is not found in urine, feces, saliva, snot, tears, or sweat. HIV is not passed on through spitting, sneezing, or coughing.

What is HIV Infection?

HIV infection means that a person has acquired the virus. Some people say they are “HIV positive” (HIV+) or a “Person Living With HIV or AIDS” (PLWHA). People may not feel any symptoms for ten years after acquiring the virus. However, other people living with HIV may have flu-like symptoms during the first 3-6 months. Even if a person feels well, the virus is damaging their body. If they have not been tested and are unaware of their status, they can unknowingly transmit the virus.

What Does HIV Do To My Body?

HIV attacks the body’s immune system. The immune system protects the body from infections. When the immune system is stressed, someone can get sick from infections that their immune system would usually be able to fight. These infections are called opportunistic infections, or OIs. A weak immune system gives them the *opportunity* to attack. Having one of these infections is a sign that someone with HIV is getting sick. This can lead to someone being diagnosed with AIDS. Not everyone with HIV will end up with an AIDS diagnosis. Thankfully, there are ways to fight opportunistic infections.

What Are CD4 Cells?

CD4 cells, AKA “T Cells” or “lymphocytes,” are white blood cells in your body. They are an important part of the immune system. HIV damages your immune system by infecting CD4 cells and turning them into HIV factories. When this happens, CD4 cells stop reproducing CD4 cells and start producing HIV cells. A CD4 cell count is a blood test that measures the number of CD4 cells in one teaspoon of your blood. Someone with a healthy immune system usually has between 500 and 1500 CD4 cells in a teaspoon. The higher your CD4 count, the better your immune system is working. If your CD4 count is low, your doctor may start you on medications to help you fight other infections.

What Is Viral Load?

Viral load is the amount of HIV in your blood. Viral load tests show if the HIV medications are working and provide some information about your risk of getting sicker in the future. You want your viral load numbers to stay low. A lower viral load means less HIV in your blood. Your test may come back “undetectable,” which means the test can’t find any HIV since there is so little of it in your blood. Undetectable also means that there is a very low chance of transmitting HIV to someone else. This means your medicine is working.

HOUSING—EMERGENCY

Everybody needs and deserves housing. In Philadelphia, many temporary housing resources exist like shelters or transitional housing. There are fewer resources in Philadelphia for permanent housing and many have a long waiting list. The Office of Supportive Housing (OSH) provides intake centers that place households in short-term beds. Once someone is placed, they make referrals to transitional and permanent supportive residences.

The **Project HOME Street Outreach Hotline** can help get people off the street: 215-232-1984 or 877-222-1984.

Apple Tree Family Center | 1430 Cherry Street, Philadelphia, PA 19102 | 215-686-7150 | Weekdays 7a-3p emergency housing intake for single women and families.

Covenant House Pennsylvania | 31 E Armat Street, Philadelphia, PA 19144 | 888-829-1249 | Catholic-based social service agency offering emergency shelter for youth, crisis services, food, clothing, hygiene, education and vocation services, case management, counseling, legal services.

House of Passage - Gaudenzia Kirkbride Center | 48th St & Haverford Avenue, Philadelphia, PA 19139 | (215) 471-2017 | After hours reception for single women for Emergency Intake Housing. After 4p and weekends.

Office of Supportive Housing | MSB, 1401 JFK Boulevard, Suite 1030, Philadelphia, PA 19102 | 215-686-7175 | OSH places individuals in emergency housing, transitional, and permanent supportive housing. OSH also provides financial assistance for homeless prevention and rapid re-housing.

People's Emergency Center | 325 N 39th Street, Philadelphia, PA 19104 | 267-777-5800 | Shelter for homeless women and children. Call before arriving. Food services available Saturday 11a-4p with picture ID and proof of income for adults and Social Security card or medical card for children.

Red Shield Family Residence | 715 N Broad Street, Philadelphia, PA 19123 | 215-787-2887 | Red Shield Family Residence is the Office of Supportive Housing’s after-hours intake center for families seeking emergency housing. After-hours intake can be accessed M-F 3p-7a (overnight) and all weekend hours.

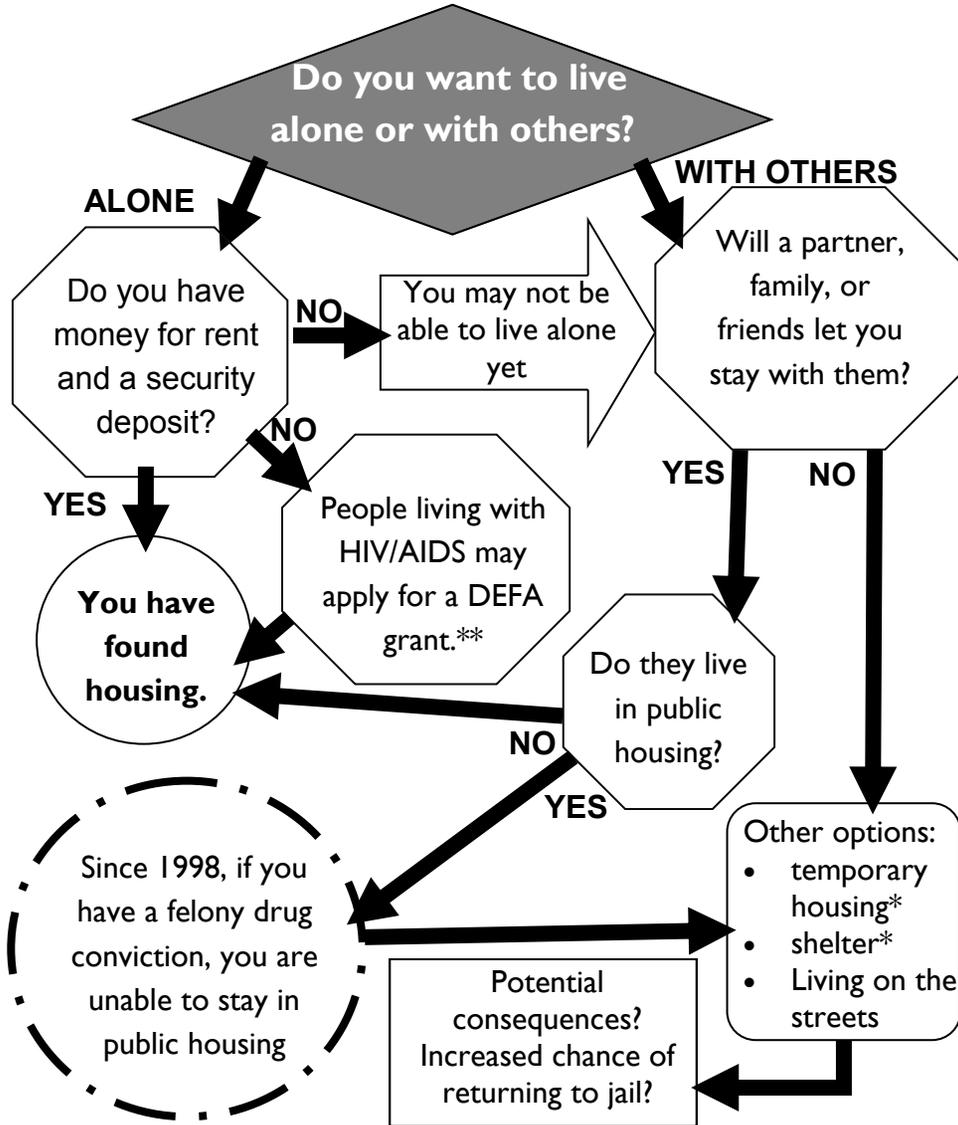
Roosevelt Darby | 802 N. Broad Street, Philadelphia PA | 215-225-9235 | Weekday (Mon-Fri 7a-3p) emergency housing intake for single men.

Station House | 2601 N Broad Street, Philadelphia, PA 19132 | 215-225-9235 | After hours emergency intake house reception for single men. Intakes after 4p.

HOUSING

ROADMAP: GETTING HOUSING

Roadmaps adapted from the *Real Cost of Prisons Project*



*For info on Philadelphia emergency housing intakes, and other housing programs see page .

**For Info on DEFA grants, contact the Public Health Management Corporation at 215-985-2500.

Viral load numbers change easily. Small changes in viral load are normal. If you are on anti-HIV meds and your viral load goes up a lot, talk with your doctor. Your meds might need to change.

What Meds Are Available For HIV+ People?

There are about 36 drugs to fight HIV. These meds stop HIV from making copies of itself. They do not kill or cure HIV. You might hear them called antivirals, antiretrovirals, ARVs, HAART, anti-HIV meds, HIV meds, “regimen” or “your combination.” No one should be on just one HIV med. Most people take three or four HIV meds. Sometimes you can have a single pill that contains two or three different HIV medicines inside of it. Some people also take medications to prevent opportunistic infections (OIs). This is called “prophylaxis,” which means “prevention.” The key to preventing these OIs is to take the meds even if you feel healthy. This can be hard to do. There are also meds someone might take that are not related to HIV. For example, if someone has an ear infection, the antibiotics to fight it are not related to HIV.

What Are Some Problems With These Meds?

Taking all these meds can be confusing. Some need to be taken with food, some on an empty stomach. Some cannot be taken at the same time as other medications. Some people end up taking medications at many different times of the day. This can be really hard in prison if you have to get your pills at the med line. People may wonder why you go to the med line so many times a day. Below is some advice written by someone who used to be incarcerated about how to live in prison with HIV.

WORDS TO LIVE BY: ADVICE FROM A FORMER INMATE LIVING WITH HIV

1. Take care of yourself. Make your health your top priority. Ask for what you think you need. Don't wait for someone to take care of you. Advocating for your health is a constant job, especially in prison or jail.
2. Become educated about the virus, your medical condition, medical treatments, and prevention. Find out where you can get HIV-related information while you're in prison and get on that mailing list. If one place doesn't write you back, write them again, but write other places as well. See if the prison library has any good information.
3. Join a prison support group if there is one. If not, see if it's possible to start one. Find someone else who is living with HIV/AIDS in prison who you can trust to talk to.

WORDS TO LIVE BY— CONTINUED

4. Get to know the doctor or nurse who knows the most about HIV where you are. Ask a lot of questions. Don't take medications if you don't know why you're taking them. Ask about side effects, how your medications interact, and what the medication is supposed to do for you. Make sure that you don't run the risk of developing resistance to your treatment by missing doses. Ask the doctor or nurse to explain any words that you do not understand. Bring in articles you have that may be helpful.
5. Don't miss any dosages. See if there is any way you can keep your meds in your cell. Train yourself to stick to the schedule, no matter how hard that is to do in prison or jail. Drinking or using drugs may make you miss doses, but it is important to stick to the schedule. Also, most of the HIV medication is safe to take while using if you're not ready to stop using. The important thing is to keep the dose schedule
6. Don't wait to deal with having the virus. Get tested, and if you are HIV positive, search for any information that you can get your hands on.
7. Before you are released, try to make arrangements to see an HIV doctor on the outside as soon as you get out. Try to get the prison/jail medical department to mail your records to your new doctor, or at least write up a medical summary. If you are being released from a Pennsylvania State Correctional Institution, make sure you are given a 30-day supply of your medication and your medical summary from the medical department. If you can't get your medication or make an appointment with a HIV doctor when you're discharged, go to the emergency room right away.
8. Don't take "No" for an answer. Be persistent, but not too persistent. Remember that you can get more if you are nice to the people that you need to be nice to. Use proper prison channels to complain.
9. Don't get anyone else infected. Learn how to prevent HIV and only do the things that are safe.
10. Keep a positive attitude. Having HIV doesn't mean you are going to get sick or die in prison or jail. Make sure you follow up on all test results. Sometimes the results are not forthcoming if you don't pursue them.
11. People around you, either COs or inmates, may not understand what you are dealing with. Don't let them negatively affect you.
12. After you get out, there are places that can help you get back on your feet, but it will require hard work on your part.
13. Find support while inside. The law might be more on your side than you realize. Use the grievance system. Explore the prison law library. Use it well and use it your advantage.

INFORMATION ON RECORD EXPUNGEMENT

What is Record Expungement?

Expungement is the process through which you can get a summary offense removed from your record. When you have your record expunged, the information on your criminal record will be destroyed and removed from public view.

Why is Record Expungement Important?

In many states, including Pennsylvania, people's records can be viewed online by the public. Employers can discriminate against people with criminal records, which can make it difficult for people with criminal records to get a job.

What is a Summary Offense?

Summary offenses are minor crimes. Examples of summary offenses include: harassment, minor theft, loitering, public alcohol consumption, simple trespass, and disorderly conduct. Summary offenses are often punishable by a fine and are less serious than misdemeanor and felony offenses.

Are Record Expungements Available for Anything Else?

Yes. Record expungements are available for non-conviction charges. For example, if your case was dismissed, withdrawn, nolle prossed, or if it was determined that you were not guilty, you may be eligible for record expungement.

What about the Pardon Process?

Pardons are available for misdemeanor and felony convictions. The recommended waiting period is at least five years from the completion of a misdemeanor sentence and ten years after the completion of a felony sentence. Before you apply, you should make sure that you have paid all court costs and fines.

Where to Turn For Help With Expungement:

- * The Defender Association of Philadelphia | 215-568-3190
- * Community Legal Services | 215-981-3700
- * Philadelphia Lawyers for Social Equity | 215-995-1230
- * If you are not eligible for any of the services listed above you can try going to the Criminal Justice Center at 1310 Filbert Street, on the 2nd floor, for a sample expungement petition.

LEGAL RESOURCES

AIDS Law Project of Pennsylvania | 1211 Chestnut Street, Suite 600, Philadelphia, PA 19107 | 215-587-9377 | Intake M-F 9:30a-1p. Intake by telephone encouraged, walk-ins accepted, A non-profit, public interest law firm providing free legal services statewide to people with HIV/AIDS and others affected by the epidemic.

Community Legal Services | 1424 Chestnut Street, Philadelphia, PA 19102 | 215-981-3700 | Provides free legal help for low-income residents of Philadelphia. The Center City office specializes in employment problems, employment problems with criminal records, problems with landlord, public housing, DHS, SSI disability benefits, and problems with utilities. The office at Broad and Erie specializes in welfare, food stamps, medical assistance, SSI and disability benefits, nursing home and other elderly issues, language access project for people whose native language is not English, utilities, mortgages, property taxes, loans and consumer scams, and bankruptcy/debt collection.

Defender Association | 1441 Sansom Street, Philadelphia, PA 19102 | 215-568-3190 | Provides legal assistance for indigent criminal defendants in the Philadelphia Court system. Clients are represented by fulltime assistant defenders, who are members of the Pennsylvania Bar.

Homeless Advocacy Project | 1429 Walnut Street 15th floor, Philadelphia, PA 19102 | 215-523-9595 | The Homeless Advocacy Project (HAP) exists to meet the legal and advocacy needs of homeless individuals and families in Philadelphia. HAP has a Veterans Program and a Shelter Advocacy Program that advocates for those who are denied housing in emergency housing facilities. Please call for information about intake (M-F).

Philadelphia Legal Assistance (PLA) | 718 Arch Street, Suite 300N Philadelphia, PA 19106 | 215-981-3800 | Offers free legal help for low-income Philadelphians. The PLA office specializes in problems with welfare, food stamps, Medical Assistance, child support (plaintiffs only), child custody, protection from abuse orders (plaintiffs only), unemployment compensation, and bankruptcy.

Pennsylvania Institutional Law Project | 718 Arch Street, Cast Iron Building, Suite 304 South, Philadelphia, PA 19106 | 215-925-2966 | Delivers civil legal services to incarcerated individuals in Pennsylvania. Their attorneys can provide advice or representation to incarcerated parents seeking additional contact with their children.

Temple Legal Aid | 1719 N Broad Street, Philadelphia, PA 19122 | 215-204-1800 | The Temple Legal Aid Office provides free legal representation in civil law matters to qualifying, low-income, Philadelphia residents. The Legal Aid Office frequently helps clients with issues related to: family law (child and spousal custody and support, kinship adoption, etc.), problems encountered with health insurance companies, life-planning (wills, powers of attorney, etc.), employment discrimination, and public benefits as they relate to persons with chronic illness and physical disabilities.

What If I Don't Get My Meds On Time?

HIV meds are prescribed with the goal of keeping the level of medication in your body steady, all day every day. If you don't take every med on time, the HIV in your body can become resistant to the meds. This means that the virus has learned how to beat your medications. HIV resistance can be very dangerous. It means HIV makes copies of itself, even while you are on meds that are supposed to stop this from happening. With HIV, taking only SOME meds can be worse than taking NO meds. Taking your medications exactly as prescribed prevents resistance.

Can HIV Meds Make Me Feel Sick?

Some people have side effects from HIV meds. If you are experiencing severe side effects, put in a sick call slip immediately. Do not try to treat yourself. Some possible side effects are diarrhea, stomach upset, poor appetite, weight loss, liver damage, kidney stones, and nerve damage in hands and feet. Side effects can make the meds feel like they're not worth the trouble. If you want to keep fighting back against HIV, the meds are the best way to do it. Sometimes you can stop side effects by switching meds. Sometimes you can take another medicine to help with side effects. Other times, side effects will go away after a few months. However, do not try to change your regimen on your own.

What About Nutrition And Exercise?

Good nutrition can help your body stay strong. Eating enough calories may prevent weight and muscle loss. The best way to make sure that you get all the nutrients that you need is to eat a lot of different foods. HIV and the meds can make eating hard because of an upset stomach or loss of appetite. In prison, this can be difficult because you can't choose your meals. This might mean eating food that you don't really enjoy. You can ask the doctor to prescribe a special diet for you with extra portions. Your facility might also have nutritional supplements available. These are usually canned drinks that are high in calories. If you can, you should take a multi-vitamin. It's best to take a multi-vitamin with a meal. Exercise can help keep you healthy in mind and body. Exercising gives your lungs a workout. This can prevent some respiratory infections. Exercise relieves stress and clears your mind.

What Else Am I Going To Need?

Prison counselors, parole officers, and other officials can help you prepare for life on the outside by ensuring you have identification. You might also need help getting other forms of identification, such as Military Service ID, passport, educational records, or medic alert information.

What is Pre-Exposure Prophylaxis (PrEP)

HIV negative people can take Pre-Exposure Prophylaxis (PrEP) daily in order to reduce their risk of contracting HIV. PrEP is approved by the FDA and has shown to be safe and effective. PrEP is a single pill taken once daily. The medication interferes with HIV's ability to copy itself in your body after you have been exposed to HIV. This prevents it from establishing an infection and making you sick.

HEALTH INFORMATION—HEPATITIS

What is Hepatitis?

Hepatitis means inflammation of the liver. There are different kinds of hepatitis (hepatitis A, B, C, D, E and G) and each can be caused by a virus, or by heavy drinking, certain medications, or chemicals that a person inhales. Hepatitis affects the liver. The liver sits under the rib cage on the right side of the body. The liver is the body's filter and processing plant. It breaks down anything that passes through your body: what you eat, drink, and breathe in every day. When you become infected with hepatitis, the liver will often lose its ability to do its job properly. The most common forms of hepatitis in the United States are hep A, hep B, and hep C. All of the symptoms associated with hepatitis infections are very similar but sometimes vary as to when symptoms may appear.

Acute hepatitis A, B or C refers to the first 6 months after someone is exposed to the hepatitis A, B or C virus. Some people are able to fight the infection and get rid of the virus. For others, the infection remains and leads to a “chronic,” or lifelong, illness. **Chronic** hepatitis A, B, or C refers to the illness that occurs when the hepatitis virus remains in a person’s body. Over time, the hepatitis virus can cause serious health problems.

Hepatitis Philadelphia | 215-685-6462 | is an online resource that can provide you with more information about hepatitis. www.phillyhepatitis.org

HEPATITIS A

What is Hepatitis A?

Hepatitis A is a contagious liver infection. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months. The hepatitis A virus is transmitted through ingestion of contaminated food and water or through direct contact with someone with the virus. Hepatitis A can cause symptoms like fever, feeling tired, not wanting to eat, upset stomach, throwing up, dark urine, grey-colored stool, joint pain, and yellow skin and eyes, usually 2-6 weeks after exposure.

Prevention?

Immunization of children (1-18 years of age) consists of two or three doses of the vaccine. Adults need a booster dose 6 to 12 months following the initial dose of vaccine. The vaccine is thought to be effective for 15–20 years or more.

Treatment?

Bed rest, abstaining from alcohol, and taking medication to help relieve symptoms is recommended. Most people who have hepatitis A get well on their own after a few weeks.

INTERNET ACCESS

AIDS Library | 1233 Locust Street, 2nd Floor, Philadelphia, PA 19107 | 215-985-4851 | The AIDS Library has a computer lab open 1p-5p, M-F. We also answer health and resource questions.

Critical Path Project | 1233 Locust Street, 3rd Floor, Philadelphia, PA 19107 | 215-985-4448 | The Critical Path Project hosts 4 public computing centers with open-access hours and free computer and workforce readiness courses.

Institute for Community Justice (A program of Philadelphia FIGHT) | 1207 Chestnut Street, 2nd floor, Philadelphia, PA 19107 | 215-525-0460 | ICJ has an open computer lab.

TRANSPORTATION

Medical Assistance Transportation Program (MATP)/Logisticare | 520 N. Delaware Avenue, Suite 801, Philadelphia, PA 19123 | 267-515-6400 | 877-835-7412 | Provides transportation for medical and other vital appointments for clients of Ryan White Title I programs and Medicaid.

PATCO (Port Authority Transportation Company) Reduced Fare Program | 877-373-6777 | The PATCO Reduced Fare Program is for Medicare card holders, senior citizens, and people with certain physical challenges or disabilities.

SEPTA | 1234 Market Street, 4th Floor, Philadelphia, PA 19107 | 215-580-

HIV CLINICAL TRIALS

HIV clinical trials are controlled experiments to develop HIV treatment. Clinical trials have improved treatment over the years. Clinical trials of new meds that haven't been approved yet are an option for people who have HIV that is resistant to many medications. As with any trial, the more money they offer you, the higher the risk.

Philadelphia FIGHT / Lax Center (See page 2 for description) | 1233 Locust Street, 5th Floor, Philadelphia, PA 19107 | 215-790-1788 | See page 5 for more information

University of Pennsylvania Adult Clinical Trials Unit and Center for AIDS Research | 3610 Locust Walk, 502 Johnson Pavilion, Philadelphia, PA 19104 | 215-349-8091 | The Penn ACTU carries out clinical trials studying new treatments for HIV infection and AIDS-related infections.

CFAR | 522 Johnson Pavilion, 3610 Hamilton Walk, Philadelphia, PA 19104 | 215-573-7354 | CFAR fosters basic, clinical, social and integrated HIV/AIDS research.

Quick Employment How-Tos

(From the Institute for Community Justice's Employment Resource Guide)

How to Get an Email Account

Almost all online applications require you to provide an email address. We recommend www.gmail.com or www.mail.yahoo.com. Remember that this will be the employer's first impression of you, so stick to some variation of your name or initials. Make sure to check your email on a regular basis — many people expect a reply to their email within a few days.

How to Access Your Criminal Record

Docket sheets can be accessed for free through the Pennsylvania Unified Judicial System web portal: <http://ujportal.pacourts.us/docketsheets/cp.aspx>. You can also contact the Bureau of Records and Information Services for official copies of your criminal record for a fee. Call at 717-783-5588.

How to Create a Resume

Resumes are a way to market yourself and communicate why an employer should hire you. Start by making a list of all your accomplishments, awards, certificates, jobs, volunteer positions, and any other relevant activity. Then, ask yourself what kind of job you are applying for. Include skills, abilities, knowledge, and experience that are relevant to that job. If you worked while on the inside, you can include that in your resume.

See page 21 for a list of computer labs and career centers where you can get help with your resume. You can also look up examples online, but it's better to have personalized help if possible. Make sure to proofread your resume before you send it out, and have someone else look over it as well.

If you are applying for a job that is entry-level, you may not want to submit a resume with your application because it will make you seem overqualified. In such instances, only use the resume to fill out the application.

Advice from an ICJ Participant

"I suggest staying strong and positive while looking for work — never letting nothing hold you back. People may say what they want to criticize you, but use that for an uproar to prove them wrong. People can change to better themselves as humans."

Tarrence Swartz

HEPATITIS B

What is Hepatitis B?

Hepatitis B is a contagious liver disease. When first infected, a person can develop an "acute" infection, which can range in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. hepatitis B is spread when blood, semen, or other body fluid infected with the hepatitis B virus enters the body of a person who is not infected. Acute hepatitis B can cause symptoms like fever, feeling tired, not wanting to eat, upset stomach, throwing up, dark urine, grey-colored stool, joint pain, and yellow skin and eyes, usually within three months of exposure. However, not everyone experiences these symptoms. Over time, chronic hep B can develop and you may experience symptoms similar to acute hep B as well as liver damage and failure. hep B can cause cirrhosis, liver failure, and liver cancer.

Prevention

Safe and effective vaccines provide protection against hepatitis B for 15 years and possibly much longer. Currently, the Center for Disease Control and Prevention recommends that all newborns and individuals up to 18 years of age and adults at risk of infection be vaccinated. Three injections over a six to 12 month period are required to provide full protection.

Treatment and Costs

Hepatitis B is treated with pills, such as lamivudine and adefovir dipivoxil. These treatments can cost around \$100 - \$530 a month. **The Hepatitis B Foundation** can help find ways for you to access treatment that is affordable for you: they are located at 3805 Old Easton Road, Doylestown, PA 18902 and their phone number is 215-489-4900.

HEPATITIS C

Hepatitis C is a virus that affects the liver. Not everyone with hepatitis C virus (HCV) will get sick. Some people get rid of the virus without treatment. For other people, hepatitis C can cause symptoms like fever, feeling tired, not wanting to eat, upset stomach, throwing up, dark urine, grey-colored stool, joint pain, and yellow skin and eyes within 6 months of becoming infected with hep C, but many people never experience these symptoms. Hepatitis C is primarily spread when blood from a person infected with the HCV virus enters the body of someone who is not infected. A person can also get HCV by having sexual contact or by sharing personal care items that may have come in contact with another person's blood. Whether you experience symptoms or not, patients often develop chronic hep C which can cause serious problems like liver disease, liver failure or liver cancer.

Treatment and Cure

Hepatitis C has historically been treated with two drugs called interferon and ribavirin. Recently, the FDA (Food and Drug Administration) approved drugs such as Harvoni, and Solvadi, which are especially effective for people who have other types of complications such as HIV. HCV can now be cured with certain medications. These new drugs are extremely expensive. However, there are programs available to help you pay for your treatment. If you are returning to Philadelphia and looking for support in treating hepatitis C, you can visit the John Bell Health Center at 1207 Chestnut Street, 3rd Floor, Philadelphia, PA 19107 | 267-725-0252

For more information you can also call [The American Liver Foundation](#) at 800-465-4837.

Philadelphia Resources:

For assistance accessing affordable medication and medical services call the [Hepatitis C CareLine Team](#) at 1-800-532-5274 or visit their website for more resources at <https://hepatitisc.pafcareline.org/>. **Help-4-Hep** is another hotline you can use to get information about hep C, how to manage it, and where to go for affordable treatment. Call 877-435-7443 for their helpline.

HEALTH INFORMATION—DIABETES

There are two different types of diabetes, type I, where your body doesn't make any insulin, the hormone that you need to break down sugars in your body, and type II where your body makes too little insulin, or the insulin that it makes doesn't work well. There is a third type of diabetes that is called gestational diabetes. This only occurs when you are pregnant, and it is similar to type II diabetes where the insulin that your body makes doesn't work properly.

Over time, the high blood sugar of poorly managed diabetes damages the body in many ways. There can be damage to eyes, kidneys, nerves, and arteries causing blindness, kidney failure, foot infections, heart attack, stroke, leg cramps, pneumonia, gum disease, and other complications. However, many of these symptoms can be prevented if you manage your diabetes well.

How Do You Know You Have Diabetes?

There may be no symptoms at all, which is called being 'asymptomatic'. But you may have symptoms that can include urinating a lot, especially after eating sweets or a big meal, being very thirsty, sometimes having blurry vision, feeling tired or having very little energy, losing weight without trying or having numb or tingling feet. If someone in your family has diabetes, it increases your risk of also having it. A medical provider will do blood work to determine whether or not you have diabetes, and will help you to find ways to manage your diabetes.

Center for Literacy | 399 Market Street, Suite 201 Philadelphia, PA 19106 | 215-474-1235 | Through a wide range of literacy services, including reading, writing, math, life, technology, and work skills, CFL helps a diverse population of learners meet their needs and achieve their personal and employment-related goals. Each year, through a network of more than 20 sites, CFL serves approximately 2,000 students with free classes in adult basic education, GED prep, and English as a second language, along with small group and one-on-one tutoring.

Connection Training Services - Generation One Re-entry Program | 2243 W Allegheny Avenue, Philadelphia, PA 19132 | 215-430-0381 | Includes vocational training in the following areas: construction trades, demolition, stucco and computer applications. Featured courses in job preparation, life skills and GED preparation. Other services include: mentoring, job placement and retention.

Critical Path Project | 1233 Locust Street, 3rd Floor, Philadelphia, PA 19107 | 215-985-4448 | The Critical Path Project hosts 4 public computing centers with open-access hours and free computer and workforce readiness courses. Their open-access computer labs operate on a drop-in basis. To register for free computer courses, attend Assessment and Registration session any Monday 2-3p, excluding holidays; no appointment is required.

JEVS Human Services | 1845 Walnut Street, 7th Floor, Philadelphia, PA 19103 | 215-854-1800 | Social service agency that benefits the Greater Philadelphia community by enhancing employability and self-sufficiency through a broad range of education, training, health, and rehabilitation programs.

Office of Vocational Rehabilitation (OVR) | 444 N 3rd Street, 5th Floor, Philadelphia, PA 19123 | 215-560-1900 | OVR provides vocational rehabilitation to help persons with disabilities prepare for, obtain, or maintain employment.

Pennsylvania Prison Society (see page 16)

Philadelphia Works, Inc. | 1617 JFK Boulevard, 13th Floor, Philadelphia, PA 19103 | 215-963-2100 | Provides job training and job placement assistance to persons with barriers to employment such as low literacy, criminal records, or homelessness.

Philadelphia Unemployment Project | 112 N Broad Street, 11th Floor, Philadelphia, PA 19102 | 215-557-0822 | Membership organization of low-wage workers and the unemployed. The organization is also an unemployed workers center that helps people win unemployment cases, save their houses, and get access to health care.

Project TEACH Outside at ICJ (See page 18)

Resources for Human Development | 4700 Wissahickon Avenue, Suite #126, Philadelphia, PA 19144-4248 | 215-951-0300 | Job training among other services.

ACTIVISM AND ADVOCACY (CONTINUED)

Positive Women's Network-USA-Philly | 267-345-8424 | (PWN-USA) is a national membership body of women living with HIV, inclusive of transgender and cisgender women, working to achieve HIV policies and programs grounded in gender equity and human rights.

Project TEACH Outside at ICJ | 1207 Chestnut Street, 2nd Fl., Philadelphia, PA 19107 | 215-525-0460 x405 | Project TEACH Outside is an educational program for formerly incarcerated people living with HIV. The 5 week class teaches HIV treatment and prevention, medical advocacy, and activism. To enroll, fill out an application and complete an interview. Call for information.

Reconstruction, Inc. | 1808 W Tioga Street #101, Philadelphia, PA 19140 | 215-223-8180 | Reconstruction, Inc., develops networks of direct peer support and resources, grassroots revitalization, and community development. Support group meetings for people who are formerly incarcerated. Activism and advocacy to abolish the practice of life without parole (Fight for Lifers).

X-Offenders for Community Empowerment | 2227 N Broad Street Philadelphia, PA 19132 | 215-668-8477 | X-Offenders for Community Empowerment assists those who are no longer on probation or parole, and who are seeking clemency, to get a second chance at employment opportunities through the pardon process.

Youth Art and Self Empowerment Project (YASP) | 2231 N Broad Street, Suite 200, Philadelphia, PA, 19132 | The Youth Art & Self-empowerment Project (YASP) empowers young people who are or have been incarcerated in adult jails and prisons through a combination of artistic expression, political education, and leadership development both within and beyond the prison walls.

EDUCATION AND EMPLOYMENT

Action AIDS: Positive Action Vocational Program | 1216 Arch Street, 6th Floor, Philadelphia, PA 19107 | 215-981-0088 | Positive Action is not solely offered to individual's case managed at Action AIDS, but is open to anyone (who has a Case Manager) living with HIV/AIDS in the Philadelphia area. Positive Action assists consumers with reaching their vocational goals by creating resumes, cover letters and email addresses, along with facilitating employment searches, on-line applications or linking individuals to training courses that would improve or add onto their skill sets.

Baker Industries | 3506 F Street, Philadelphia, PA 19134 | 215-291-5700 | Provides vocational rehabilitation through on-the-job training for people who have been incarcerated, recovering substance users, and people with disabilities.

Treating Diabetes

One of the most important things you can do to manage diabetes is managing your blood sugar with three main tools: eating a healthy diet, being active, and taking medication.

Diet: Eating healthy foods can sometimes be expensive and hard to do regularly, but it is important in managing diabetes. Replace snacks that have lots of starches, sugars, and salts with fresh fruits and vegetables, and make sure that you eat healthy snacks regularly throughout the day to keep your blood sugar balanced.

Activity and Exercise: You don't need to join a gym to remain active. Take a walk outside or go for a run. There are also plenty of exercises you can do in your home or without leaving where you are. Pushups, sit-ups, stretches, squats, dead weights, and calf raises are just some examples of things you can do at home.

Medication: There are different types of oral medications, and the prices of them vary depending on the brand and provider. Generic medications are often cheaper and can be just as effective. Oral medications are used most often for type II diabetes but can also be used to treat type I. If you use injections to treat your diabetes, you are using insulin. Insulin injections can be used to manage type II diabetes, but is *always* used to treat type I. Consult your medical provider to find out what medications are right for you.

How Can I Get More Information?

We hope the information in this book is helpful to you. We know it can't answer every question you have. We want to help you get more information on the topics that are important to your health. At the AIDS Library at Philadelphia FIGHT, we respond to health questions from people in prisons across the US.

You can write to ask us a medical question you have!

You can also subscribe to Prison Health News!

Write to us at:

**Prison Health News
c/o Philadelphia FIGHT
1233 Locust St, 2nd Floor,
Philadelphia, PA 19107**

We answer questions and send subscriptions to PHN to anyone incarcerated in the US. If you write with questions, please be as clear as possible about what information would help you.

CASE MANAGEMENT AND ACCESSING BENEFITS

Case managers help clients access needed services, like benefits, mental health, transportation, and food. Case managers can help people identify resources and connect them with services. They can also make sure their client has an advocate for needed services.

Health Information Helpline - Philadelphia Department of Public Health (AACO) | 1101 Market Street, 9th Floor, Philadelphia, PA 19107 | 800-985-2437 | Provides information and referral services for all HIV-related programs in Southeastern Pennsylvania and Southern New Jersey. If you are an HIV+ individual in need of a medical case manager, or would like to switch case management agencies, this hotline will assist you.

Institute for Community Justice: | 1207 Chestnut Street, 2nd Floor, Philadelphia, PA, 19107 | Case Managers support individuals in accessing critical resources and information, provide counseling, and linkage to medical care and service coordination.

BenePhilly | 1207 Chestnut Street, 3rd Floor, Philadelphia, PA, 19107 | 267-725-0252 | Philadelphia FIGHT is registered as a BenePhilly Center. The John Bell Health Center has a counselor on staff that can help assist individuals looking to apply for public benefits. Counselors can assist with food stamps, Medicare, State property tax/rent rebate, Low Income Home Energy Assistance (LIHEAP), and Temporary Assistance for Needy Families (TANF).

REENTRY SERVICES

Institute for Community Justice | 1207 Chestnut Street, 2nd floor, Philadelphia, PA 19107 | 215-525-0460 | ICJ is a comprehensive reentry program, offering programs specifically for individuals living with HIV as well as a suite of health education and prevention programs not exclusive to PLWHA. ICJ has programs both in the community and within the Philadelphia Prison System. Core programs include the Reentry Drop-In Center, the Prison Support Program, Project TEACH Outside, Enhancing Linkages Project, Advocacy and Leadership Development Initiative, and Prison Health News.

Mayor's Office of Reintegration Services for Ex-offenders (RISE) | 990 Spring Garden Street, 7th Floor, Philadelphia, PA 19123 | 215-683-3370 | RISE offers reentry services for people getting out of prison. Walk in M-F 10a-1p.

Pennsylvania Prison Society | 245 N Broad Street, Suite 200, Philadelphia, PA 19107 | 215-564-6005 | Provides returning citizens with assistance in the transition from corrections to the community, including finding employment; the SKIP program serves children of incarcerated parents; bus transportation allows Philadelphians to visit loved ones in prisons across the state. A support group, held the second Tuesday of the month from 4p-6p, offers people with a loved one behind bars an opportunity to network and find support. Office Hours: M-F 9a-4:30p.

ACTIVISM AND ADVOCACY

Listed below are groups, campaigns, and coalitions engaging in work that address either mass incarceration or health inequality.

ACT UP Philadelphia (AIDS Coalition to Unleash Power) | ACT UP is a diverse, non-partisan group of individuals united in anger and committed to ending the AIDS crisis through non-violent direct action. Act Up is an all-volunteer group. All are welcome to join. General meetings on Monday 6p-9p at St. Luke's Church, 330 South 13th Street, Philadelphia.

CADBI (Coalition to Abolish Death by Incarceration) | CADBI is working to build a mass movement both inside and outside of prison to take a stand against Life Without Parole (Death by Incarceration) and other harsh sentencing practices. CADBI General Meetings happen on the third Wednesday of every month at 6:30pm at 1515 Fairmount Ave. Everyone is welcome and encouraged to attend.

Decarcerate PA | PO Box 40764, Philadelphia, PA 19107 | 267-217-3372 | Coalition of organizations and individuals seeking an end to mass incarceration and the harm it brings our communities. Every month Decarcerate hosts letter writing events. To learn more about how to get involved with Decarcerate PA, the Coalition to Abolish Death by Incarceration, and the Philadelphia Jails Campaign, please call Decarcerate's number.

Hearts on a Wire | 1315 Spruce Street, Philadelphia, PA 19107 | Hearts on a Wire is a grassroots collective of trans and gender variant people building a movement for gender self-determination, racial and economic justice, and an end to policing and imprisoning of T/GV communities. Hearts on a Wire focuses on inside/outside organizing to address the issues facing trans and gender variant people incarcerated in and re-entering in Pennsylvania. Meetings are every Tu at 5:30p at William Way Community Center, 1315 Spruce Street, Philadelphia, PA.

Human Rights Coalition | 4134 Lancaster Avenue, Philadelphia, PA 19104 | 267-293-9169 | The Human Rights Coalition is a group of predominately family members of people who are incarcerated, formerly incarcerated people, and supporters. Their goals are to empower prisoners' families to be leaders in prison organizing, reduce the shame of having a loved one in prison or being formerly incarcerated, and encourage the rehabilitation of people in prison.

Mothers In Charge | 1415 N Broad Street, Suite 229, Philadelphia, PA 19122 | 215-228-1718 | The mission of Mothers In Charge is violence prevention, education, and grief support for youth, young adults, families, and community organizations affected by violence.