



Hepatitis C is the most common blood borne viral infection in the US.

If left untreated it can lead to serious liver problems such as cirrhosis or cancer. Most people who are living with hepatitis C are unaware they are infected with the virus.

There are as many as 5 million people in the United States living with hepatitis C and an estimated 45,000 Philadelphians are living with hepatitis C. Luckily there is a cure!

Philadelphia FIGHT offers free education, testing, and navigation to subspecialty hepatitis C care for those who are living with the virus. If you know you have or think you may have hepatitis C, please speak to your doctor or call the viral hepatitis C program's linkage coordinator at 215.344.1690 to schedule a hepatitis C appointment.

Credits

The Philadelphia Reentry Planning Manual is a publication of Philadelphia FIGHT Community Health Centers' AIDS Library, Institute for Community Justice, and C a Difference Program.

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Inclusion in this guide is not an endorsement of services. Please write to the address on page 2 for any additions or corrections.

**2017
PHILADELPHIA**



REENTRY PLANNING MANUAL

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



Study by Pere Raitland

INTRODUCTION

The *2017 Reentry Planning Manual* is intended for people in prison or jail who are planning for their reentry. This guide is a supplement to the *2017 Greater Philadelphia Resource Guide*, published by the Philadelphia FIGHT Community Health Centers.

In this publication, you will find information about preparing for your reentry and specifically preparing for your healthcare on the outside. Since there are so many things to think about once you are released, this guide will help you make a plan for getting medical care so it is less overwhelming when you come home.

There are some health conditions that impact people who have been incarcerated more than people who have not. This can happen because of lack of control over what you can eat, the stress and trauma of being in a correctional setting, lack of adequate medical services at your facility, or lack of information on preventing illness. This guide includes information about looking out for and preventing certain illnesses, managing your health while incarcerated, and finding support to manage your health and wellness on the outside.

Everyone has the right to health care. Health is not just about doctor's offices. It is about the food we eat, having a place to rest, being safe from violence, having access to resources, and so much more. In the second part of this guide, you will find a list of organizations in the Greater Philadelphia area that provide services that can help you stay healthy.

Lucy Gleysteen, Editor

If you have questions about any of the information provided, you can write to the AIDS Library at:

AIDS Library
c/o Philadelphia FIGHT
1233 Locust Street
2nd Floor
Philadelphia, PA 19107

FREQUENTLY ASKED REENTRY QUESTIONS

How to Apply for Benefits:

Benephilly: You can go to a Benephilly Enrollment center for help applying for benefits. There is a Benephilly Center at 1207 Chestnut Street, 3rd Floor, in Philadelphia. Benephilly assists individuals in applying for food stamps, Medicare/Medicaid, state property tax/rent rebate, and the Low Income Energy Assistance Program (LIHEAP).

Supplemental Security Income: SSI is a federal program that provides monthly cash payments to people who are 65 or older or people with disabilities. This program is for people who have limited income and resources. The process to get SSI is a difficult and lengthy process. Many people are often denied their first application. There are two ways to apply: online at www.ssa.gov or by calling the Social Security Administration at 1-800-772-1213 and ask for an appointment with a Social Security representative. To apply, you need your social security card, proof of citizenship, birth certificate, information about your living situation, and income information.

What If I Need ID, Birth Certificates, and/or Social Security Cards?

The PA Department of Corrections has a Memorandum of Understanding with the PA Department of Transportation (Penn DOT) and the Social Security Administration. This means that you are entitled to help obtaining an ID and social security card before your release. Ask your prison counselor to help with this, because it is very difficult and expensive to obtain once you are on the outside. Your counselor should also help you apply for your birth certificate as well.

FREQUENTLY ASKED REENTRY QUESTIONS

How to Search for an Apartment

Most apartment listings can now be found online. Many rental agencies and landlords post listings on websites such as Craigslist, Padmapper, and Trulia. These websites allow you to find an apartment based on how much you are willing to pay, location, size, and more. Not all listings are what they seem, so it is important to approach this process with a degree of caution. It is always a good idea to visit the apartment in person before signing a lease. During the application process, the landlord may perform a background check. You can use a public computer lab (see Critical Path Project on page 21) to search for housing and receive help using these websites.

What Do I Do If I am Having a Mental Health or Substance Use Crisis?

There are five crisis response centers (CRCs) in Philadelphia, and they provide substance use or mental health crisis care in hospital settings for a very short time. They can provide detox and referrals for longer term inpatient stays. Detox is a medical intervention for ending drug or alcohol use. Once admitted, ask for referrals to inpatient or recovery housing, because detox itself is not a housing plan. It can, however, be a link to more stable housing options.

- **Einstein Medical Center**
215-951-8300 | 1 Penn Boulevard, Philadelphia, PA 19144
- **Friends Hospital Crisis Response Center**
215-831-2600 | 4641 Roosevelt Boulevard, Philadelphia PA 19124
- **Mercy Hospital**
215-748-9525 | 501 S 54th St. Philadelphia, PA 19143
- **Pennsylvania Hospital**
215-829-5433 | 8th and Locust Street, Philadelphia, PA 19107
- **Temple/Episcopal Hospital**
215-707-2577 | 100 E Lehigh Avenue, Philadelphia, PA 19125

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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.*

PLANNING FOR YOUR HEALTHCARE FOR WHEN YOU GET OUT

If you are going to be released, there are a lot of things to think about first. Are you going to get health insurance? How will you continue to get medical care for your chronic conditions? What medical providers are near your home? What happens if you can't pay for medical care? How can you make sure that you won't miss any medications? Does your prison or jail give you a supply of medications, a medical discharge summary, and/or the name of a medical provider to see once you are out? Below are some tips to help you to plan for your care on the outside.

Ask Your Medical Provider for 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 to remember what your meds are, write this information down just in case. Ask a medical provider to go over it 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. If you are worried that your doctor on the inside won't do this for you, you can keep a journal or log of your health so when you meet your new medical provider on the outside, you can give them an understanding of what you need. Some things you can include in this journal are:

- Any vaccines administered while in jail/prison
- Other important medical documentation/imaging (chest x-rays, mammograms, etc.)
- Any conditions were you treated for
- Any medications have you taken and when you started and stopped taking them. If you have changed medications, record why and when.
List all current prescriptions—all medications for all medical issues:
 - Name of medication
 - Date started
 - Dose information
 - Do you have a supply of every medication listed above?

FREQUENTLY ASKED REENTRY QUESTIONS

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

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.

What to Do if You Don't Have Housing Lined Up?

The Office of Supportive Housing (OSH) provides intake centers that place individuals and households in short-term beds. Once someone is placed, OSH can make referrals to transitional and permanent supportive residences. You can walk in at many of these places, but identification is often required.

Another option for accessing emergency housing is calling the [Project HOME Street Outreach Hotline](tel:215-232-1984) at 215-232-1984. They will work with you to find the most appropriate housing placement. For many shelters, you will need identification to access services. You can write to the AIDS Library (see address on page 2) for the Philadelphia Housing Guide.

OUTSIDE OF PHILADELPHIA

Prevention Point Pittsburgh | 907 W Street, 5th Floor, Pittsburgh, PA 15221 | 412-247-3404 | Prevention Point Pittsburgh provides clean injection equipment, overdose prevention training, referrals to treatment, and other services to injection drug users. Also offers HIV, hepatitis C, and other STD testing and case management. Located at the back of the Health Department building at 3441 Forbes Avenue in Oakland, between 5th and Forbes Avenue. Another exchange site is located at the corner of Kirkpatrick Street and Bentley Drive in the Hill District.

Promise Place | 381 South Second Street, Steelton, PA 17113 | 717-985-6440 | Promise Place is a transitional living facility that provides a safe and supportive environment for women released to the community from prison. Provides residents with advocacy, employment training, family support, education, and substance abuse recovery.

Pinebrook Family Answers | 402 North Fulton Street, Allentown, PA 18102 | 610-432-3919 | Provides services for people impacted by incarceration. Programs offered range from family and community

A Supply of Your Meds on Release

Not all institutions will give you a supply. Check with the medical unit. Some facilities 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. Ask whether you can take a supply of medications with you to last until your appointment on the outside. On the day that you are released, go to the medical department to pick up your medications. 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.

Scheduling a Medical Appointment

Ask the medical staff to help you contact a medical provider before you are released. If the medical department won't help, see if your counselor or social worker will make the call for you. If you already know where you want to go, you can write a letter to your new medical provider including your name, date of birth, and date of release. Your provider should be able to mail you back an appointment card.

Primary Care

Prior to your release or after you get out, you can start thinking about where you want to go for primary care. Primary care physicians (PCPs) are often a patient's main contact for their health needs. PCPs can be doctors, nurse practitioners, or physician assistants. They provide disease prevention, health maintenance, and diagnosis and treatment of acute and chronic illnesses. You can make one appointment to address a variety of issues. For instance, if you have a cough, have sore joints, or are feeling depressed, the conversation can start with your PCP. Since PCPs can be a home base for your medical needs, they often have a comprehensive understanding of your medical history. They can help catch health issues before they become a problem by doing routine tests, such as measuring blood pressure. Instead of going to urgent care or the emergency room for non-emergencies, you can arrange a sick visit with your PCP and not have to spend large amounts of money out of pocket. If you are leaving prison or jail and know you have a chronic condition, you can find a PCP that specializes in the treatment of that condition. For instance, if you have hepatitis C, you can find a primary care physician who is an expert in hepatitis C. If you need to see a specialist, your PCP can direct you where to go.

PLANNING FOR YOUR HEALTHCARE FOR WHEN YOU GET OUT

Case Management

Depending on where you go, your PCP's office might give you the option to see a case manager. If you are unable to get a case manager through your PCP's office, you can contact your local reentry organization or housing organization. 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. Getting into a housing program, applying for health insurance, or looking for a job can be an intimidating process; case managers are there to make sure you are not alone in this difficult work. They often already know how to fill out the paperwork required to receive certain benefits, and most likely, they already know the best place to tell you to go for housing. Case managers can help you stay healthy by supporting you in meeting your immediate needs. See page 18 for organizations that provide case management.

Common Health Conditions

There are some health conditions that impact people who have been incarcerated more than people who have not. There are many reasons this may happen, for instance, lack of control over what you can eat, the stress and trauma of being in a correctional setting, lack of adequate medical services at your facility, or lack of information on preventing illness. The following pages include information about common health conditions and information on how to stay healthy before and after your release.

OUTSIDE OF PHILADELPHIA

Ex-Offender Re-Entry Program of Monroe County, Inc. | P.O. Box 1251, Stroudsburg, PA 18360 | 570-421-3280 | A faith-based reentry program that provides a continuum of support for individuals returning from incarceration. Collaborates with local agencies to facilitate employment, education, housing, and counseling.

GEO's York Reentry Service Center | 1 E Market Street, Suite 301, York, PA 17401 | 717-848-4448 | The center offers mental health services and employment-readiness training for people returning from prison.

HSAO Inc. - Justice Related Services | 2801 Custer Avenue, The Hough Building, Suite 1, Pittsburgh, PA 15227 | 412-884-4500 | Offers pre - and post-release services for people leaving prison. Services in the Allegheny Count Jail include: job preparation, life skills, family support and relationship classes; GED preparation; adult basic education (ABE); vocational education; housing preparation; drug and alcohol treatment; anger management; mentoring, connection with probation; and release planning.

Hill House - Accelerated Support Service for Older Adults | 2038 Bedford Avenue, Pittsburgh, PA 15219 | 412-392-4450 | Supportive services to persons 60 years and older who have been released from jail or prison and need assistance obtaining housing, food, and clothing. Services include counseling, job readiness, housing assistance, attending hearings, and in-home services.

Lydia's Place | 710 Fifth Avenue, Pittsburgh, PA 15219 | 412-391-1013 | Provides services to reentering woman and their children in Allegheny County, including substance abuse and addiction relief, child support programs, parenting training, and life skills.

New Person Ministries - CR-SO (Community Renewal for Sex Offenders) | PO Box 223, Reading, PA 19607 | 610-777-2222 | Provides transitional housing (3-4 months) and support resources to men, particularly those who have been convicted of a sex offense.

OUTSIDE OF PHILADELPHIA

Courage House Inc. | 6945 York Road, Suite 2, Abbottstown, PA 17301 | 717-624-01777 | Provides recovery services, spiritual monitoring, and re-entry programming that enhances the recovery process for those dealing with domestic violence, substance use issues, trauma, and incarceration.

Coordinated Homeless Outreach Center (CHOC) | 1001 Sterigere Street, NSH Building 53, Norristown, PA 19401 | 610-292-9244 | CHOC's mission is to assist homeless individuals in Montgomery County with ending their homelessness through housing, benefit acquisition, education, medical attention, and behavioral health assessment and treatment. CHOC clients have access to phones, storage lockers, showers, and laundry facilities. Additionally, CHOC is an information and referral center for homeless-related issues throughout Montgomery County.

Delaware County Department of Public Health | 151 W 5th Street, Suite 1, Chester, PA 19013 | 610-447-3250 | Provides HIV and STD testing, counseling, and referral; disease prevention and information; immunizations by appointment; tuberculosis testing and treatment; abuse counseling; and support to families and schools on health issues.

Domestic Outreach Center | 6207 Brownsville Road, Finleyville, PA 15332 | 412-559-1197 | Domestic Outreach Center is a non-profit corporation that provides tuition-subsidized psycho-educational services for men and women who have committed simple assault, domestic abuse, or domestic violence.

FACT Bucks County | PO Box 72, New Hope, PA 18938 | 215-862-3325 | FACT Bucks County is a local, grassroots organization dedicated to providing financial assistance as a point of last resort to those individuals living with HIV/AIDS in Pennsylvania and New Jersey who reside in Bucks, Hunterdon, and Mercer Counties. FACT Bucks County is also dedicated to reducing the spread of HIV through educational grants to local community based organizations.

First Call for Help - Bucks County | c/o United Way of Bucks County, 413 Hood Boulevard, Fairless Hills, PA 19030 | 215-949-1660 | This is a Bucks County organization that provides food aid and help. Call their hotline for more information.

HIGH BLOOD PRESSURE

Blood pressure is the force of blood against your artery walls as it moves throughout your body. Blood travels through blood vessels and carries nutrients and oxygen to all different parts of the body. The heart pumps blood, and pressure is needed to ensure that the blood goes to all the places in the body it needs to. Blood pressure goes up and down throughout the day, depending on if you have exercised recently, had caffeine, or are nervous. If blood pressure stays high for too long, it can cause health problems. When there is too much pressure, it causes a strain on the vessels. Imagine if someone puts their thumb on the end of the hose while water is coming out, pressure builds up in the tube. When pressure builds up in the blood vessels, the result can be a strain to your heart and kidneys. High blood pressure usually has no warning signs or symptoms, which is why medical providers routinely check blood pressure.

There are steps you can take to control your blood pressure, such as exercise and monitoring what you eat. You can do aerobic exercises, like walking or running, a few times a week. You can do exercises in your cell such as pushups, sit-ups, lunges, squats, planks, and jumping jacks. Reducing your salt intake also helps reduce blood pressure. You can do this by using little or no salt from the salt shaker on the table, rinse canned vegetables, and limit salty snacks from commissary such as chips and ramen. Reading the nutrition information on packaged foods will let you know how much salt there is. The FDA recommends 2,300 milligrams of sodium as the daily limit.

If you are taking medications for high blood pressure, try and ask the medical provider at your facility for a supply upon your release. Once you find a primary care physician, they should be able to support you in managing your high blood pressure. Below are a few questions to consider asking your primary care provider once you are on the outside.

- What do blood pressure numbers mean?
- What goal should I set for where my blood pressure should be?
- How often should I come back to have it checked?
- What should I know about the medications I am taking?
- Where can I go for help learning about nutrition?

DIABETES

Diabetes is a condition that affects your body's ability produce and control insulin. Insulin is a hormone that controls blood sugar levels. Type I diabetes is when your body doesn't make any insulin. Type I can occur at any age, but it is most often diagnosed early in life. Type II diabetes is when your body makes too little insulin, or the body is unable to use the insulin effectively to control blood sugar. Type II typically occurs after age 40 and is associated with risk factors, such as family history or certain types of diets

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.

It is possible to not have any symptoms, 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, having occasional blurry vision, 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.

Managing Diabetes

Managing diabetes can be challenging and time consuming, especially while you are still incarcerated. It is particularly challenging if your facility does not offer enough nutritious food and there is limited access to blood sugar testing. To manage diabetes you can be mindful about what you are eating (you can write to the address on page 2 for information about how to eat healthy on the inside), be active, and take medication. Consult your medical provider to find out what medications are right for you. When you are on the outside, you will have more flexibility over how to manage your diabetes. If this feels stressful or overwhelming, you can make a plan with your PCP about what to do.

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. All services are free of charge. The main office (Harm Reduction Services Center) is open for drop-in and syringe exchange on the following days: Mondays, 12p-4:30p, open drop-in, no exchange (10 packs only); Tuesdays, 12p-4:30p, open drop-in, no exchange (10 packs only); Wednesdays, 12p-4:30p, open drop-in, free medical services; Thursdays, 12p-4:30p, open drop-in only; Fridays, 12p-3p, syringe exchange and free medical services. PPP also operates sites in the community: 13th and Washington, Wednesdays 10:30a-1p, free medical services and syringe exchange; 37th and Brown, 2p-4p, syringe exchange. 11th and Indiana, Thursdays 3p-5p, free medical services and syringe exchange. Health Center #6, 3rd and Girard, Saturdays 10:30a-1p, free medical services and syringe exchange; 10th and Fairmount, 2p-4p, syringe exchange.

Rehab After Work | 1420 Walnut Street, Suite 500, Philadelphia, PA 19102 | 610-644-6464 | Rehab After Work is a licensed intensive outpatient drug and alcohol treatment program with sites in Philadelphia and many other locations in the area, including Lansdale, Exton, Paoli, Jamison, Havertown, Jenkintown, Royersford, Media, Glen Mills, and Lancaster, Pennsylvania, and in New Jersey at Turnersville, Woodbury, and Marlton.

STOP (Sobriety Through OutPatient) | 2534-36 N Broad Street, Philadelphia, PA 19132 | 215-227-7867 | Outpatient and intensive outpatient substance abuse, co-occurring disorders, mental health and DUI services for women and men, 18 years of age and older.

SUBSTANCE USE, RECOVERY, AND MENTAL HEALTH

ACT One (Achievement Through Counseling and Treatment) | 5820 Old York Road, Philadelphia, PA 19141 | 215-276-8400 | An intensive outpatient methadone maintenance program. Services include: a structured daily treatment program for opiate-dependent individuals with at least a one-year history of opiate abuse; individual, group, and family counseling and education; and peer support services.

Behavioral Health Special Initiative (BHSI) | 801 Market Street, Suite 7200, Philadelphia, PA 19107 | 215-546-1200 | Authorizes treatment for substance misuse 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 | The Bridge is a substance use treatment program offering long-term and short-term inpatient services for adolescents 14-18 and outpatient services for people of all ages. They serve people living with co-occurring substance use and mental health disorders. Spanish language services available.

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.

Northeast Treatment Center | 499 N 5th Street, Philadelphia, PA 19123 | 215-451-7037 | Provides a comprehensive recovery and resiliency-oriented system of behavioral healthcare services and supportive social services to adults, adolescents, children, and their families. Services include an intensive outpatient addiction and recovery program, women's trauma recovery intensive outpatient program, and co-occurring treatment intensive outpatient program.

Office of Addiction Services | I Reading Center, 1101 Market Street, Suite 800, Philadelphia, PA 19107 | 215-685-5403 | Plans, funds, and monitors substance abuse prevention, intervention, and treatment services. The housing initiative funds 21 recovery houses that serve clients enrolled in approved treatment programs.

HIGH CHOLESTEROL

What is High Cholesterol?

When there is too much cholesterol in your blood, it builds up in the walls of your arteries. If this happens for an extended period of time, the blood flow through your arteries goes through a more narrow passage, causing a slower flow of oxygen to your heart. The higher your cholesterol, the greater your risk for developing heart disease or having a heart attack.

If you are an adult, you should have your cholesterol measured at least once every year. The test measures total cholesterol, LDL (bad cholesterol), HDL (good cholesterol), and triglycerides levels (a form of fat in your blood). LDL can create plaque buildup in your blood vessels, causing greater risk for serious heart conditions. HDL helps to control this and protects against heart disease. For HDL, the higher the number, the better.

High cholesterol does not have any symptoms and can only be detected by doing a blood test, which is why routine check-ups are necessary. Cholesterol levels are impacted by weight, diet, physical activity, cigarette smoking, family history, and age.

Managing High Cholesterol

Controlling cholesterol levels involves lifestyle changes, especially diet and exercise. If you get foods from commissary, consult the nutrition label on the back. Nutrition labels of packaged foods can give you valuable information about how much carbohydrates, saturated fat, cholesterol and salt are in each packaged food item. You don't need to avoid foods all together; you just need to be aware of the portion size. Sometimes a container of cookies from commissary has two to three servings. Combining a healthy diet with routine exercise is the best way to reduce your cholesterol levels. You can try starting off by exercising for 10-15 minutes a day, and slowly increase that time to 30 minutes a day.

HIV

What is HIV?

HIV stands for Human Immunodeficiency Virus, and it attacks the body's immune system. The immune system protects the body from infections. HIV attacks CD4 cells (also called T-cells), which help the body fight off infection. HIV uses T-cells to make copies of itself. HIV turns these cells into HIV-making factories. If HIV is left untreated, the body starts to run out of CD4 cells to protect itself from infections that would normally be prevented.

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 (Acquired Immune Deficiency Syndrome). Not everyone with HIV will end up with an AIDS diagnosis. Thankfully, there are ways to fight opportunistic infections and suppress the HIV virus. Not everyone will get an OI, but that does not mean their immune system is healthy.

HIV can be transmitted through 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. Therefore, HIV cannot be spread through skin-to-skin contact like, kissing, hugging, holding hands, or hand jobs. It cannot be spread by sharing utensils or food, coughing or sneezing, or by using the same toilet seat or shower. In order for HIV to be transmitted, one of the four body fluids above must have HIV in it and get into the bloodstream. Risk reduction starts with awareness and communication. Get tested if and when you can.

If You Test Positive

People living with HIV are able to live long, healthy, and full lives. HIV medication makes this possible by stopping HIV from making copies of itself. Currently there is no cure for HIV, but there are medications that keep it under control. The key to staying healthy is to take the meds even if when you are feeling well. It is a lot easier to keep your immune system healthy with early medications than to try to fix your immune system once it's been weakened. This can be hard to do. 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 because 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. One goal of HIV treatment is to become undetectable. If you are undetectable it means that copies of HIV cannot be detected by a standard viral load test.

LEGAL

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, which is provided at legal clinics in soup kitchens and shelters. Call Monday-Friday 9a-5p.

National Clearinghouse for the Defense of Battered Women | 125 S 9th Street, Suite 302, Philadelphia, PA 19107 | 215-351-0010 | Assists defense teams on cases involving domestic violence survivors charged with crimes related to their abuse. Does not provide direct legal representation or advice or any social services. As a very small nonprofit organization, responding to letters may take a long time. Best to call.

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. The Pennsylvania Institutional Law Project has been working on the issue of children visiting incarcerated parents. Their attorneys can provide advice or representation to incarcerated parents seeking additional contact with their children.

Philadelphia Legal Assistance (PLA) | 718 Arch Street, Suite 300, 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. Please call for walk-in hours. Spanish translation available.

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.

DOMESTIC VIOLENCE

Mothers In Charge | 520 N Delaware Avenue, Suite 302, Philadelphia, PA 19123 | 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.

Women in Transition | 21 S 12th Street, 6th Floor, Philadelphia, PA 19107 | 215-564-5301 | Services are for anyone who identifies as a woman who is surviving domestic violence and/or substance abuse. LifeLine Telephone Counseling is available Monday-Friday 9a-5p.

Women Organized Against Rape (WOAR) | 1617 John F Kennedy Boulevard, I Penn Center, Suite 1100, Philadelphia, PA 19103 | 215-985-3315 | Provides support services to victims of sexual assault and their families and friends, including referrals, a 24-hour hotline, medical and court accompaniment, support groups, and counseling services. They also offer educational sessions on issues of sexual violence within schools, social service organizations, and the community at large.

LEGAL

AIDS Law Project of Pennsylvania | 1211 Chestnut Street, Suite 600, Philadelphia, PA 19107 | 215-587-9377 | A nonprofit, public interest law firm providing free legal services statewide to people with HIV/AIDS and others affected by the epidemic. Intake Monday-Friday 9:30a-1p. An intake by telephone is encouraged, but walk-ins are accepted. Spanish translation available.

Community Legal Services | 1424 Chestnut Street, Philadelphia, PA 19102 | 215-981-3700 | Provides free legal help for low-income residents of Philadelphia in two different locations. The Center City office specializes in employment problems, problems with landlords, 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. Spanish speaking staff available. Community Legal Services is available to anyone living below 125% of the poverty line.

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

HIV and the meds can make eating hard because of an upset stomach or loss of appetite. In prison, it can be extra difficult to get all the nutrients you need 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. You should ask your medical provider for instructions for taking your medications with food. Exercise can help keep you healthy in mind and body. Exercising gives your lungs a workout, which can prevent some respiratory infections. Exercise also relieves stress and clears your mind.

Preparing for Your Care on the Outside

You can write to the AIDS Library (see page 2) and they will research the nearest HIV treatment facilities. If there are no HIV clinics near your home, you can call the closest clinic and get a recommendation for where the nearest HIV medical provider is. It is recommended that you schedule a medical appointment before your release. 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! When you ask your doctor for a written summary of your medical care, ask them to include:

- CD4 count information:
 - Date of most recent CD4 test
 - CD4 count at that time
 - Date of lowest ever CD4 count and CD4%
 - CD4 count and CD4% at that time
- Viral Load test:
 - Date of most recent test
 - Viral load count at that time
 - Date of highest ever viral load
 - Viral load count at that time
- Resistance testing

How Can I Afford HIV Treatments?

The Ryan White HIV/AIDS Program (RWHAP) provides support to half a million people in the United States. RWHAP will help you receive HIV medical care and treatment services, dental care, medications, and other HIV support services. To be eligible you must:

- Be diagnosed with HIV
- Have an income too low to pay for care
- Have no health insurance or not enough insurance to pay for the care you need

HEPATITIS C

“Hepatitis” means inflammation of the liver. There are different kinds of hepatitis (A, B, C, D, and E). Hepatitis C is a disease caused by the hepatitis C virus (HCV) that lives in the blood and affects the liver. The liver is the body’s filter and processing plant. Often, when people are infected with HCV, they do not develop any symptoms. Rarely, soon after infection, some people will develop an upset stomach, flu-like symptoms, dark urine, grey-colored stool, joint pain, and yellow skin. Seventy-five to 85% of individuals infected with hepatitis C will remain infected until they take curative treatment. fifteen to 25% of people infected with the virus are able to clear it on their own. Long term or chronic HCV infection can increase an individual’s risk for liver scarring (cirrhosis), liver cancer, and liver failure.

How to Prevent HCV from Entering your body

The primary mode of HCV transmission is through blood-to-blood contact. This can happen during injection or intranasal drug use, unsterile tattooing, sexual activity, and through your open skin coming in contact with objects that have infected blood on them. It is possible for an object to be contaminated with blood and the virus even if you cannot see the blood.

Drug Use

Injection drug use puts you at the highest risk for getting HCV. Blood can be present on injection equipment even if you can’t see it. This includes the syringe, cooker, cotton, hands, and in used water. Engaging in treatment for addiction to help support sobriety is ideal, however if you are not ready to engage in drug treatment, some strategies for safer drug use include:

- Prepare your own drugs and use new injection, snorting, and smoking equipment every time.
- Clean the area that you use to prepare drugs
- Wash your hands and the injection site before and after your injection
- Avoid splitting drugs and sharing equipment
- If new equipment is not available, clean your equipment thoroughly with bleach
- When you return to the community, Prevention Point Philadelphia, located at 2913 Kensington Avenue, can help supply you with clean works and other resources

Tattooing/Body Piercing

HCV can be transmitted through the use of shared tattooing or piercing equipment. HCV can live in an inkpot for several weeks, which means the inkpot should only be used by one person. Always make sure you are getting fresh clean ink every time you get a tattoo. HCV can also live in the tattooing equipment, so only sterile or new equipment should be used.

- Only have tattooing or piercing done if sterile equipment and new single-use inkpots are used
- Dispose of materials once used

HOUSING

Project HOME | 1515 Fairmount Avenue, Philadelphia, PA 19130 | 215-232-7272 | Project HOME empowers people to break the cycle of homelessness and poverty. The street outreach team assists people in finding shelter. Project HOME assists people in finding longer term supportive housing. They have community development initiatives including home ownership programs, community organizing, health services and economic development, and educational and employment opportunities.

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 Monday-Friday 3p-7a (overnight) and all weekend hours.

St. John's Hospice | 1221 Race Street, Philadelphia, PA 19107 | 215-563-7763 | St. John's is a general population shelter for homeless men. For intake, contact the Office of Supportive Housing. St. John’s also has food and mail programs for homeless men. Lunch is served Monday-Friday 12p-1p, and dinner is served Monday and Friday at 4p.

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

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.

The LGBTQ Home for Hope | 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 their intake interview.

HOUSING

Mercy Hospice | 334 S 13th Street, Philadelphia, PA 19107 | 215-545-5153
| A residential home for women and children sponsored by Catholic Social Services.

Morris Home | 5037 Woodland Avenue, Philadelphia, PA 19143 | 215-729-3045 | Morris Home supports trans and gender-variant individuals as they develop the knowledge, skills, and supports necessary to promote sobriety, manage emotional and behavioral difficulties, choose and maintain safe and healthy lifestyles, and develop healthy relationships with peers, family, and the community. Morris Home provides a safe, recovery-oriented environment for trans and gender-variant individuals who may be coming from “the streets” and/or from shelter programs. Services include: comprehensive assessments; individual and group therapy; psycho-education and relapse prevention groups; hormone therapy; residential housing connections with community resources for medical care, behavioral healthcare, advocacy and job placement; community-based integration-focused case management; life skills anger management; restorative justice training; linkages to adjunct educational, vocational and recreational services; and a peer support group.

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

People's Emergency Center (PEC) | 325 N 39th Street, Philadelphia, PA 19104 | 267-777-5800 | PEC primarily serves homeless families consisting of single mothers and their young children. Families at PEC are supported through emergency and transitional housing, employment and job training, computer skills development, GED and workplace literacy, as well as case management and counseling services. Call before arriving. Bring picture ID and proof of income for adults and Social Security card or medical card for children.

PHMC-HELP | 4910 Wyalusing Avenue, Philadelphia, PA 19131 | 215-473-7451 | Provides subsidized transitional housing. Comprehensive services are provided on site, including day care, health services, and intensive case management. Families are eligible for the program if they are formerly homeless, single heads of households, have no more than two children, may be in recovery for substance abuse, and are willing to accept intensive case management services.

- Label your equipment and inkpot and take other measures to ensure no one else uses it.

Household Contact

HCV can live on items like razors, toothbrushes, nail clippers, and tweezers for several weeks. Suggestions for prevention:

- Label your toothbrush and razor to ensure no one else will use it
- If your gums bleed easily, make an appointment to visit the dentist
- Avoid borrowing or sharing the items listed above

Sexual Transmission

There is a relatively low risk for sexual transmission of HCV, however sexual transmission is possible. Risk of transmission increases when you have unprotected sex with multiple partners. Risk is also increased during certain sexual activities including anal sex, or rough sex resulting in skin tears. Strategies for safer sex include:

- Knowing your status and talking to your sexual partners about theirs
- Using condoms, if available in your facility
- Using water-based lubrication, especially if you are having anal sex or rough sex. This will help reduce the risk of vaginal and anal tears. Vaseline, creams, cocoa butter, and oils damage condoms.
- Avoiding sex when other sexually transmitted infections (STIs) are present, because STIs often cause inflammation, open cuts, and sores (entry points for HCV)
- Avoiding sex during menstruation

HCV is NOT Transmitted By

- Kissing, hugging, and snuggling
- Sharing food or beverages
- Coughing or sneezing
- Shaking hands

If You Test Positive

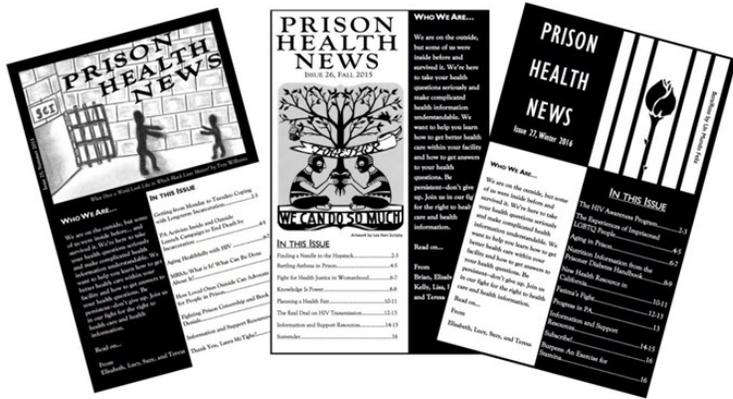
If you test positive for HCV, remember that the virus affects everyone differently. There may be a chance that you are able to clear the virus on your own, but the majority of people exposed to the virus go on to develop a chronic HCV infection. A rapid, or “finger stick”, test will tell you if you have been exposed to HCV but it cannot tell you if you are living with a chronic infection. You will need a second blood test that looks for the presence of virus in the blood to determine whether you have a chronic infection. To keep your liver healthy, avoid drinking alcohol because it can accelerate the harm caused by HCV.

HCV can now be cured with easy-to-take oral medications with minimal side effects. You should talk with your provider about accessing treatment for HCV. If you are returning to Philadelphia, you can receive treatment for hepatitis C at the Philadelphia FIGHT Community Health Centers.

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 using the address listed below!



Subscribe to *Prison Health News!*

It's free and comes out 4 times a year. We cover health issues like hepatitis C, HIV, diabetes, asthma, depression, PTSD, women's health, LGBT health, exercise and nutrition. A lot of our articles are written by people in prison, about how they have advocated for themselves to get the health care they need. Prison Health News aims to break down the walls with the radical power of information.

If you'd like to get Prison Health News, send your name, number and address to:

Prison Health News
c/o Philadelphia FIGHT
1233 Locust Street, 5th Floor
Philadelphia PA 19107

HOUSING

Calcutta House | 1601 West Girard Avenue, Philadelphia, PA 19130 | 215-684-3430 | Housing support services at two sites in Philadelphia. Services include nursing and personal care for adults living with HIV, 24-hour medical supervision, meal preparation, laundry, and other assistance with daily living. Staff includes nurses, home health aides, and social workers. Case manager referral and completed application are needed for intake.

Catholic Social Services (CSS) | 222 N 17th Street, 3rd Floor, Philadelphia, PA, 19103 | 215-587-3614 | The ten agencies of CSS administer programs dedicated to serving men, women, and children in need. 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 people who are medically fragile. Referrals are necessary and they can come from the Office of Supportive Housing (OSH), AIDS Activities Coordinating Office (AAO), Office of Behavioral Health (OBH), or the Office of Addiction Services (OAS).

Gaudenzia - DRC | 3200 Henry Avenue, Philadelphia, PA 19129 | 215-991-9700 | Residential short-term and long-term treatment, outpatient programs, and partial hospitalization or day treatment for persons with co-occurring mental health and substance abuse disorders, persons with HIV/AIDS, and people who were recently incarcerated.

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

Good Shepherd Program | 1225 Race Street, Philadelphia, PA 19107 | 215-569-1101 | A program of Catholic Social Services, the Good Shepherd Program is a shelter for homeless men with serious health issues. A medical assessment is needed to initiate intake process.

House of Passage - Gaudenzia Kirkbride Center | 1111 N 48th Street, Philadelphia, PA 19139 | (215) 471-2017 | After hours reception for single women in need of shelter. House of Passage is an emergency intake housing site. This site is open Monday-Friday after 4p and on weekends all day.

Lutheran Settlement House | 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. Shelter services can be accessed through the Office of Supportive Housing.

FOOD

Broad Street Ministry | 315 S Broad Street, Philadelphia, PA 19107 | 215-735-4847 | Services include meals, personal care, mail service, on-site nurse, clothing closet, veteran's assistance, and more. Clothing closet lottery during every meal. Nurses and psychiatric evaluations available Wednesdays and Thursdays during meals.

Chosen 300 | 1116 Spring Garden Street, Philadelphia, PA 19123 | 215-765-9807 | Chosen 300 serves meals to all persons Monday, Wednesday, Friday, and Saturday from 6p-8p, Tuesday 1-2p, and Sunday after service from 12p-2p. Chosen 300 has a computer lab that is open M-F 10a-12p. On Mondays they have an expungement program for persons with criminal records.

Greater Philadelphia Coalition Against Hunger (GPCAH) | 1725 Fairmount Avenue, Unit 102, Philadelphia, PA 19130 | 215-340-0555 | GPCAH fights hunger in Southeastern PA through education, outreach, and advocacy. Programs aim to empower emergency food providers, to inform concerned citizens, and to help shape public policy.

MANNA (Metropolitan Area Neighborhood Nutrition Alliance) | 2323 Ranstead Street, Philadelphia, PA 19103 | 215-496-2662 | MANNA offers home-delivered, medically-appropriate meals to individuals and families who are at acute nutritional risk from a life-threatening illness, including HIV/AIDS. MANNA also provides education and counseling to help clients make informed nutrition choices. Volunteers always welcome. All services are provided free of charge. Meal service qualification is based solely on health status and level of nutritional risk.

Philabundance Food Hotline | 800-319-3663 | Philabundance helps get food on the table through their network of food cupboards, emergency kitchens, and other services throughout the region.

HOUSING

Apple Tree Family Center | 1430 Cherry Street, Philadelphia, PA 19102 | 215-686-7150 | Intake center for single women and families who need to access emergency housing. Housing services are not available on site, but they place individuals and families in nearby shelters. Open Monday-Friday from 7a-3p.

Bethesda Project | 1630 South Street, Philadelphia, PA 19146 | 215-985-1600 | Provides a continuum of care for those living with disabilities, mental illness, and addiction. Services include shelter, housing, case management, and programs for chronically homeless individuals in Philadelphia at 13 locations in and around Center City. Bethesda Project serves more than 2,500 homeless and formerly homeless individuals each year.

HEALTH RESOURCES

Philadelphia FIGHT Community Health Centers | 1233 Locust Street, 3rd Floor, Philadelphia, PA 19107 | 215-985-4448 | A comprehensive health service organization that provides primary care. FIGHT houses the Jonathan Lax Center, the John Bell Health Center, the Y-HEP Family Health Clinic, and FIGHT Dental Services.

John Bell Health Center | 1207 Chestnut Street, 3rd Floor, Philadelphia, PA 19107 | 267-725-0252 | A comprehensive health center that provides primary care to everyone 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. John Bell's medical team provides services including but not limited to the following: diagnostic testing, practitioner examinations, age-appropriate cancer screening, testing for sexually transmitted disease, case management, nutrition education, hepatitis B & C treatment, and pre-exposure prophylaxis (PrEP).

Lax Center (Jonathan Lax Treatment Center) | 1233 Locust Street, 4th Floor, Philadelphia, PA 19107 | 215-790-1788 | A community-based HIV treatment center that provides innovative care for people living with HIV and AIDS. Services include: primary care, access to clinical trials, hepatitis C care, pharmacy services, case management, mental health and recovery programs, participant education, support groups, and prison and reentry services. Open M-F 9a-5p.

Philadelphia FIGHT Dental Services | 1233 Locust Street, 3rd Floor, Philadelphia PA 19107 | 215-525-3046 | Philadelphia FIGHT Dental Services provide dental care to everyone regardless of their ability to pay and insurance status.

Youth Health Empowerment Project (Y-HEP) Health Center | 1417 Locust Street, 3rd Floor, Philadelphia, PA 19102 | 215-564-6388 | Y-HEP is a trauma-informed, comprehensive adolescent and young adult program that offers holistic health services, sexual health education, drug and alcohol support, drop-in day services, and leadership activities to youth ages 13-24 living in Philadelphia.

Logisticare | 520 N Delaware Avenue, Suite 801, Philadelphia, PA 19123 | 877-835-7412 | Provides transportation for non-emergency medical and other vital appointments for clients of Ryan White Title I programs and Medicaid.

HEALTH RESOURCES CONTINUED

Mary Howard Health Center | 125 S 9th Street, Philadelphia, PA 19107 | 215-592-4500 | Walk-in health center that provides health care to people experiencing homelessness at all points along of 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 | 1348 Bainbridge Street, Philadelphia, PA 19147 | 215-563-0658 | LGBT-specific healthcare and wellness organization that specifically focuses on the health care needs of the LGBT and HIV/AIDS communities. They offer primary care, HIV care, women's health services, and transgender health services. Most insurances accepted. Sliding fee scale. No one turned away due to inability to pay. In addition, Mazzoni provides case management, mental health and psychiatric services, substance use treatment, pre-exposure prophylaxis (PrEP), HIV testing, risk-reduction counseling, legal services, support groups, food bank services, HIV housing sponsorship, education, and school-based programs. The legal team provides assistance on LGBT issues to individuals in need. Issues include: employment rights, family law, youth law, transgender-specific services, and estate and advance planning.

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.

REENTRY SERVICES

Im FREE: Females Reentering Empowering Each Other | 4700 Wissahickon Avenue, Suite 126, Building A, Philadelphia, PA 19144 | 215-951-0330 | Offers one-year, therapeutic residential reentry training for women that addresses all aspects of their psychological state, social and family situations, vocational background, and legal issues.

Institute for Community Justice (ICJ) | 1207 Chestnut Street, 2nd floor, Philadelphia, PA 19107 | 215-525-0460 | ICJ, a program of Philadelphia FIGHT, 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 Department of Prisons, as well as discharge planning and reentry support for individuals leaving Pennsylvania state prisons. Core programs include the Reentry Drop-In Center, Project TEACH Outside, Enhancing Linkages Project, the Prison Support Program, Advocacy and Leadership Development Initiative, and Prison Health News.

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, stop into their main computer lab at 1233 Locust Street or call 215-985-4448 ext. 241. The mission of the Critical Path Project is to provide free and convenient access to information technologies, to implement and create alternative technological tools, and to develop meaningful, relevant, non-judgmental educational opportunities for all people.

E3 Power Centers (Education, Employment, and Empowerment) | 267-238-3180 Center City | The four E3 Power Centers in Philadelphia are part of the Philadelphia Youth Network. They are designed to help out-of-school youth achieve long-term goals in the areas of education, occupational skills, life skills, and employment. Eligible youth are those who are 16-21 who have dropped out of school and/or returned from juvenile placement.

Prison Health News | 1233 Locust Street, 2nd Floor, Philadelphia, PA 19107 | 215-985-4448 ext. 238 | Prison Health News is a program of Philadelphia FIGHT's Institute for Community Justice and the AIDS Library. It is a free, quarterly newsletter that publishes health information for people who are currently incarcerated. Prison Health News includes information about managing HIV, hepatitis C, diabetes, mental health, trans health, and more on the inside. Prison Health News is mailed to over 5,000 people throughout the country and distributed in several state prisons' law libraries and medical clinics.

EMPLOYMENT

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.

CareerLink | 1617 JFK Boulevard, 13th Floor, Philadelphia, PA 19103 | 215-963-2100 | Offers resume workshops, career counseling, job search assistance, interview skills training, skills assessment, job fair, computer training, and a free open access computer lab.

JEVS Human Services | 1845 Walnut Street, 7th Floor, Philadelphia, PA 19103 | 215-854-1800 | JEVS works to enhance employability and self-sufficiency through a broad range of education, training, health, and rehabilitation programs.

Job Corps - Philadelphia | 2810 S 20th Street, Building 12, Philadelphia, PA 19145 | 267-386-2888 | A free education and career technical training program administered by the U.S. Department of Labor for young people ages 16-24.

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.

CRISIS

Philadelphia Suicide and Crisis Intervention Hotline | 215-686-4420 | Approves involuntary commitment applications, provides authorization for emergency services, sends mobile emergency team for home visits, and provides access to crisis residential facilities.

Crisis Response Center at Hall Mercer/ Pennsylvania Hospital | 245 S 8th Street, Philadelphia, PA 19107 | 215-829-5433 | Hall Mercer is an intake center for adults who are having a mental health or substance use emergency.

National Suicide Prevention Lifeline | 800-273-8255 | The National Suicide Prevention Lifeline is a federally-funded, 24-hour, toll-free suicide prevention service comprised of more than 120 individual crisis centers across the country. This service is available to anyone in suicidal crisis, emotional distress, or those concerned about a friend or loved one.

EDUCATION AND COMPUTER ACCESS

AIDS Library | 1233 Locust Street, 2nd Floor, Philadelphia, PA 19107 | 215-985-4851 | The AIDS Library serves the community through delivery of health information and referrals to regional and national resources, including publishing this resource guide. All materials may be viewed in the Library; most books and movies may be loaned with a free AIDS Library borrower card. The catalog is available online. The AIDS Library provides free computer access and computer tutorials; for computer classes, see the Critical Path Project. Any incarcerated person can correspond with the staff of the AIDS Library to get answers to their health and resource questions. The AIDS Library also hosts a crisis intervention program, New Chapters. New Chapters is a multi-session case management program designed to link individuals to support services in order to move them out of crisis.

Books Through Bars | 4722 Baltimore Avenue, Philadelphia, PA 19143 | 215-727-8170 | Books Through Bars is an all-volunteer nonprofit organization. B2B's work aims to address the devastating effects that incarceration has on individuals, families, and communities by providing hundreds of packages of reading and educational material for people in prison in the Mid-Atlantic area (PA, NJ, NY, MD, DE, VA, WV). Book packing volunteers welcome every Tuesday from 7:30p-9:30p and every 1st and 3rd Saturday of the month from 11a-2p.

Center for Literacy (CFL) | 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 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.

JEVS Prison Program | 8301 State Road, Philadelphia, PA 19136 | 215-685-7114 | Provides vocational training to people incarcerated in the Philadelphia Prison System in order to increase their employability upon release. Must be referred by prison social workers for eligibility. Hours M-F 8a-4p.

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. Participants must have been released from prison within the past 5 years or be on parole, must be a resident of Philadelphia, and cannot be charged with arson or sex offenses. Walk in M-F 10a-1p.

MenzFit | 1500 Walnut Street, Suite 1306, Philadelphia, PA 19103 | 215-845-5904 | Prepares men for re-entry into the workforce by providing interview-appropriate clothing, follow-up career development services, and financial literacy. Clients are referred from welfare-to-work, substance use, and reentry programs.

Pennsylvania Prison Society | 245 N Broad Street, Suite 200, Philadelphia, PA 19107 | 215-564-4775 | Provides advocacy and services for people in prison and their families. For families and visitors, the Prison Society offers an extensive bus service from Philadelphia to Pennsylvania prisons. For individuals released from prison, there are mentoring programs, support groups, the Prisoner Reentry Network, a clothing closet, and other resources.

People For People: Project Fresh Start | 800 N Broad Street, Philadelphia, PA 19103 | 215-235-2340 | Assists recently incarcerated people in a successful transition back to Philadelphia through comprehensive mentoring services.

Safe Haven ReEntry Program (SHaRP) | PO Box 3572, Philadelphia, PA 19122 | 215-740-5157 | Provides an intensive 20-week program starting before release from prison and continuing during the initial reentry process. Services include skills training, parenting skills, employment preparation, and financial education.

Why Not Prosper | 717 Chelton Avenue, Philadelphia, PA 19144 | 215-842-2360 | Helps women returning from the prison system by providing them with support and resources. Services include support finding employment and affordable housing, job-readiness, family re-unification, and drug and alcohol recovery support. They also have a residential facility.

CASE MANAGEMENT

Action Wellness | 1216 Arch Street, 6th Floor, Philadelphia, PA 19107 | 215-981-0088 | Action Wellness offers advocacy, case management and referral, volunteer buddies, support groups, a consumer feedback group, mental health counseling, job training, housing referrals, and educational programs.

BEBASHI Transition to Hope | 1235 Spring Garden Street, Philadelphia, PA 19123 | 215-769-3561 | Provides care case management; prevention education presentations; one-on-one counseling; HIV testing; hepatitis C testing; STI testing; pregnancy testing; prevention case management; special programs focusing on teen sexual health and breast cancer awareness for medically underserved women of color age 40 and above; prevention for hunger relief/meal services; housing counseling and referrals for PLWAs; syphilis prevention and outreach programs; support groups; peer counseling, treatment programs, and discharge planning services for people who are incarcerated and living with HIV.

Congreso de Latinos Unidos | 216 W Somerset Street, Philadelphia, PA 19133 | 215-763-8870 | Congreso's mission is to strengthen Latino communities through social, economic, education, health services, leadership development, and advocacy.

GALAEI | 149 W Susquehanna Avenue, Philadelphia, PA 19122 | 267-457-3912 | GALAEI is a queer Latino/a social justice organization devoted (but not limited) to Philadelphia's LGBT communities. GALAEI provides prevention, education, care, and community collaboration. Services include: bilingual HIV and STD testing, bilingual counseling testing and referral services, a youth empowerment program, and the Trans-health Information Project (TIP). They collaborate on numerous events related to Latino/a and LGBT communities, including the Alternative Prom and Raices Latino/a Pride.

Intercultural Family Services, Inc. (IFS) | 4225 Chestnut Street, Philadelphia, PA 19104 | 215-386-1298 | IFSI's main site provides family services, parenting skills, housing services, counseling, referrals, youth services, and behavioral and mental health services. Healthy Start program provides resources for women and children under age 2.

One Day At A Time (ODAAAT) Corporate Office | 2532 N Broad Street, Philadelphia, PA 19132 | 215-226-7860 | Provides support to low-income and homeless men and women and their families in Philadelphia who are affected by drug and alcohol addiction, HIV/AIDS, poverty, lack of opportunity, and discrimination. ODAAT provides HIV testing, links to health and social services, case management, treatment advocacy/outreach, food bank referrals, and transitional housing. ODAAT utilizes a community-based recovery model and support system, allowing people to recover in the same environment in which they became addicted.

ACTIVISM AND ADVOCACY

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 to 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 phone number.

Fight For Lifers, Inc. | PO Box 7691, Philadelphia, PA 19101 | 215-223-8180 | Fight For Lifers works to abolish the practice of life without parole. They advocate for a fair parole-review process, and provide support for incarcerated individuals and their loved ones. Fight For Lifers is one of three programs of Reconstruction, Inc. Fight for Lifers is also a member of the Coalition to Abolish Death by Incarceration.

Human Rights Coalition | 4134 Lancaster Avenue, Philadelphia, PA 19104 | 267-293-9169 | A group predominately made up of family members of people who are incarcerated, formerly incarcerated people, and supporters. Their goals are to empower the families of people in prison 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 formerly incarcerated people. HRC is a core member of the Coalition to Abolish Death by Incarceration.

Project SAFE | 1001 S 13th Street, 2nd Floor, Philadelphia, PA 19147 | 866-509-7233 | Project SAFE is an all-volunteer grassroots organization providing advocacy and support for women working in street economies. SAFE provides advocacy, education, and support using a harm reduction model. SAFE seeks to reduce the spread of HIV, hepatitis c, and sexually transmitted infections (STIs) among working women, promote health and safety by empowering women with relevant information and resources, and connect women to programs and services that are appropriate to their needs and interests.

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. They offer support group meetings for people who were incarcerated and activism and advocacy to abolish the practice of life without parole (Fight for Lifers). The Youth Art and Self Empowerment Project builds leadership among incarcerated and formerly incarcerated youth in the adult county and state prison systems.

Youth Art and Self Empowerment Project (YASP) | 2231 N Broad Street, Suite 200, Philadelphia, PA, 19132 | 267-571-9277 | 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. YASP offers weekly workshops for youth incarcerated in adult jails.