



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate

RESOURCE GUIDE

RE-ENTRY POPULATION

IN PARTNERSHIP WITH:

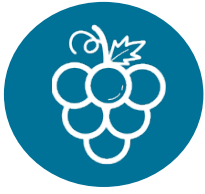
PHMC Forensic Intensive Recovery (FIR)
Centre Square East, 1500 Market St,
Philadelphia, PA 19102
(215) 985-2500

Social Media Solutions
CONFERENCE

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Re-entry Resources Framework



Food/Nutrition Resources

- COMPASS: apply for many health and human services
- Greensgrow: SNAP share program
- Eating Healthy on a Budget
- Farm to Families Program
- Philabundance: community kitchen
- List of Free Meals in Phila
- Listing of Food Resources in Philadelphia
- FOR MORE RESOURCES:
 - Visit CAP4KIDS here
 - Visit the PA Network of Care here



Financial Planning

- Clarifi: financial wellness non-profit
- City of Phila. Financial Empowerments Centers
- COMPASS
- FreshEBT App
- Utility Assistance Programs
- WORC (Women's Opportunity Resource Center)
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Housing Resources

- FEMA: Emergency Rental and Mortgage & Utilities Assistance
- County Assistance Office
- Joshua Achievement Center: North Broad
- Philadelphia Council for Community Advancement
- Salvation Army: Chester
- Emergency Shelter Allowance (ESA)
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Legal Services

- Temple Legal Aid
- Philadelphia Legal Assistance
- Ayuda Community Center
- PA Health Law Project
- Education Law Center
- F.A.C.E (Father's and Children's Equality)
- Community Legal Services
- Women Against Abuse, Legal Clinic
- Women's Law Project
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Children Resources

- Maternity Care Coalition (MCC)
- Amachi: provides mentorship to children
- Children for Incarcerated Parents Library
- Tips for caring for children with an incarcerated parent
- Tips from Caregivers
- Guide: Explaining jail/prison to children for caregivers
- Sesame Street Resources for Families with Incarcerated Parents
- KidsMates: How to help children with an incarcerated loved one
- Children of Incarcerated and Returning Parents Summer Program
- Fatherhood Enrichment Program
- FOR MORE RESOURCES:
 - Visit CAP4KIDS here
 - Visit the PA Network of Care here



Educational Resources

- GED Resources
 - Office of Adult Education: City of Philadelphia
 - Community Learning Centers
- Higher Education Resources:
 - Achieve Higher Education (ACE) Program
 - Community College of Philadelphia
 - College Access Program
 - Affordable Colleges Online
- Workforce Development:
 - Fisherman Ministries and Outreach
 - I-LEAD Program
 - Temple University: Adult Literacy Training
 - Non-profit Technology Resources
 - Project HOME: Honickman Learning Center
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Employment Training

- Phila OIC: job training, GED, computer skills, and more
- Career Link: helps with job readiness, resume advice, job listings, and workshops
- Phila Workforce Development Corp: free assistance with training, resumes, and job placement
- Free Library Job and Career Center
- Philadelphia Unemployment Project
- Reintegration Services for Ex-Offenders (RISE)
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Other Resources

- Enhancing Parenting Skills Program: free 12 week parenting skills program with free childcare
- Healthy Start Programs: childcare, housing, medical risk assessments, etc.
- Parent Action Network: free support groups & information for parents
- Philadelphia Nurse-Family Partnership
- Interactive Map for Returning Citizens (Reentry Map)
- Impact Services Reentry: helps ex-offenders get skills & find jobs
- The Center for Returning Citizens
- Ex-offender reentry program: to find opportunities
- To get free computers/phones, click here

The City of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services offers resources, services, and advocacy through a strong partnership with a network of healthcare providers to help people, whether they are uninsured or under-insured, lead a fulfilling life in a supportive community free of stigma.

Phone Numbers

Emergency Hotlines*

National Suicide Prevention Lifeline Veterans dial 1	800-273-8255
Mental Health Crisis Line	215-685-6440
Child Protective Services	215-683-6100
Adult Protective Services	877-401-8835
Domestic Violence Hotline	866-723-3014
Homeless Outreach Hotline	215-232-1984

Intellectual disAbility Services

Main office	215-685-5900
Emergency line	215-829-5709

Substance Use Treatment

Community Behavioral Health*	888-545-2600
Behavioral health services for Medicaid recipients	
Behavioral Health Special Initiative (BHSI)	215-546-1200
Substance use services for those under and uninsured	
Council on Compulsive Gambling	800-848-1880
Philadelphia Recovery Community Center	215-223-7700
Supportive services in a community-based setting	

More Services

Mental Health First Aid Training	215-790-4996
City Hall Connection, Philly311	311

*Available 24 hours a day, 7 days a week

24 Hour Services

For immediate help, call **215-685-6440** or visit a **crisis response center** in your area:

Friends Hospital
 4641 Roosevelt Blvd.
 215-831-2600

Pennsylvania Hospital Crisis Response Center
 234 S. 8th Street
 215-829-5433

Episcopal Hospital
 100 E. Lehigh Ave.
 215-707-2577

Einstein Medical Center
 5501 Old York Rd.
 215-951-8300

Philadelphia Children's Crisis Response Center
 (Children and Adolescents)
 3300 Henry Ave., Falls Center 2, Suite 3N
 215-878-2600

NET Access Point
 (Opioid Treatment)
 499 N. 5th St.
 844-533-8200

Online Services



HealthyMindsPhilly.org

A friendly, no-cost resource to support the wellness of all Philadelphians. Features include 24/7 online behavioral health screening, access to Mental Health First Aid trainings, and comprehensive resources.



Philadelphia's comprehensive behavioral health managed care system for Medicaid recipients. CBH is a diverse and innovative organization that supports wellness, resiliency, and recovery for all Philadelphians.

Learn more about CBH at CBHPhilly.org.



PHMC COMMUNITY HEALTH CENTERS

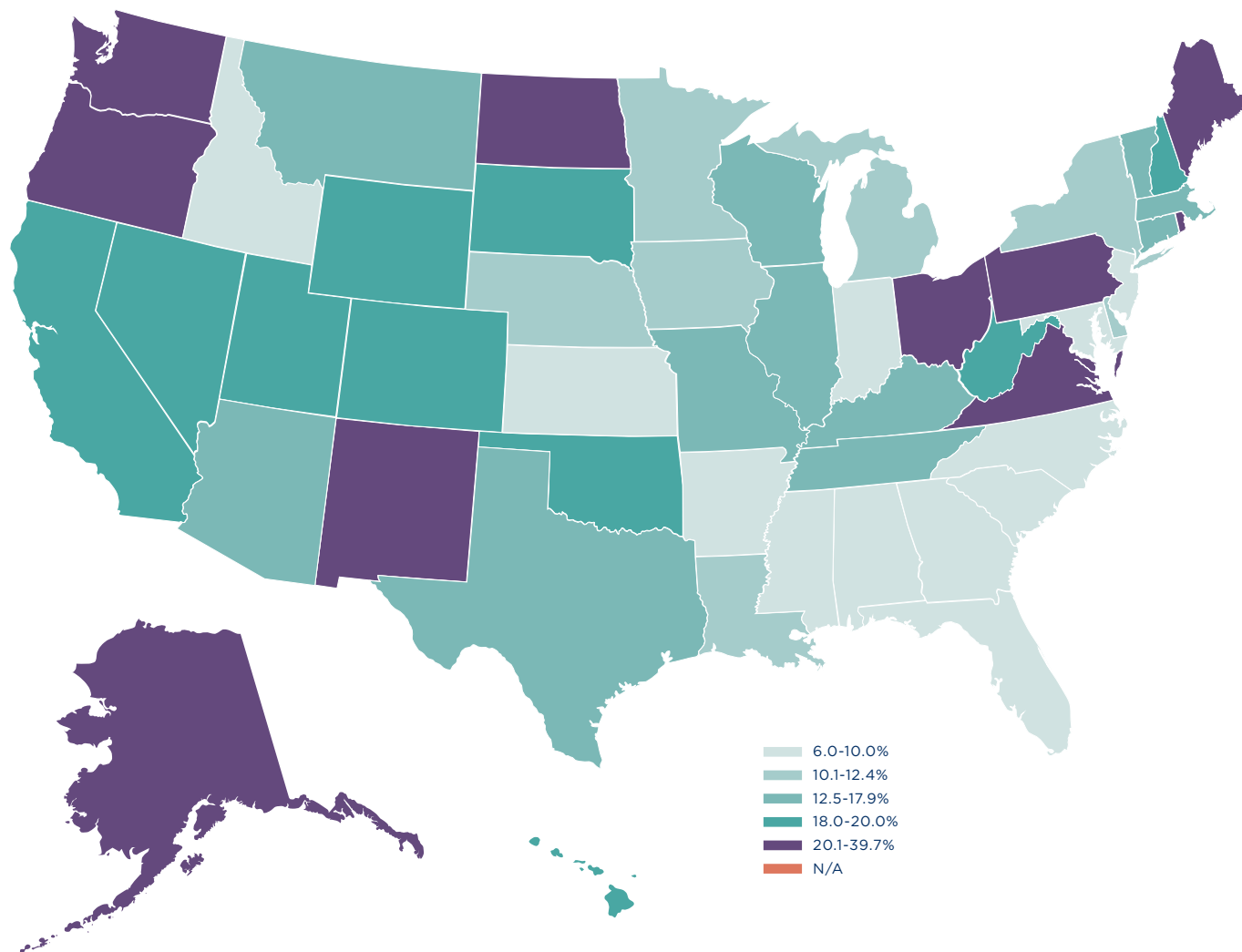
To find other health centers near you, [click here](#)

Name	Address	Services	Phone	Hours
PHMC Care Clinic	1200 Callowhill Street, Suite 101 Philadelphia, PA 19123	<ul style="list-style-type: none">• Adult and pediatric primary care• Family planning services• Women's healthcare services• HIV and Hepatitis C testing, counseling, and treatment• Peer recovery services, referral navigation, health insurance assistance• Behavioral health and trauma informed consultation services• Clinical social workers• Health and nutrition counseling• Immunizations and flu shots• Management of chronic health conditions including diabetes, hypertension, asthma and others• Medical case management• Addiction medicine• Social services assistance	215.825.8220	Monday: 7:30 a.m. – 6:30 p.m. Tuesday: 8:30 a.m. – 5:00 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Thursday: 7:30 a.m. – 5:00 p.m. Friday: 7:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
PHMC Health Connection	1900 North 9th Street Suite 104 Philadelphia, PA 19122	<ul style="list-style-type: none">• See above list for more services.	215.765.6690	Monday, Tuesday: 8:30AM – 5:00PM Wednesday, Thursday: 8:30AM – 8:00PM Friday: 8:30AM – 3:00PM Saturday: 8:30AM – 12:00PM Walk-ins welcome! Same day appointments available.
Rising Sun Health Center	One & Olney Square 5675 North Front Street Philadelphia, PA 19120	<ul style="list-style-type: none">• See above list for more services.	215.279.9666	Monday, Tuesday, Thursday: 7:30 a.m. – 6:30 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Mary-Howard Health Center	125 South 9th Street Philadelphia, PA 19107	<ul style="list-style-type: none">• See above list for more services.	215.592.4500	Monday, Wednesday, Thursday: 7:00 a.m. – 5:00 p.m. Tuesday: 7:00 a.m. – 7:00 p.m. Friday: 7:00 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Congreso Health Center	412 West Lehigh Avenue Philadelphia, PA 19133	<ul style="list-style-type: none">• See above list for more services.	Medical: 267.765.2272	Monday-Thursday: 8:30AM – 6:30PM Friday: 8:30AM – 3:00PM Encourage appointments, but welcome walk-ins as the health center's schedule permits.

BIG IDEAS

CORRECTIONAL INSTITUTIONS ARE A CRITICAL INTERVENTION POINT FOR HEPATITIS C ELIMINATION.

HCV ANTIBODY PREVALENCE IN U.S. STATE PRISON POPULATIONS



SOURCE: HepCorrections, <http://www.hepcorrections.org/map>. Note: State antibody prevalence data are the most current available, sourced from data estimates and state-reported rates with reference years ranging from 2005-2018.

HCV AND CORRECTIONS: QUICK FACTS



HEPATITIS C & INCARCERATION

What is hepatitis?

"Hepatitis" means inflammation or swelling of the liver. The liver is an important organ that helps the body digest food, clean blood, and fight germs. When the liver is inflamed or damaged, it does not work very well.

Hepatitis is most often caused by a virus. There are three common types of viral hepatitis: Hepatitis A, Hepatitis B, and Hepatitis C. They are all different from each other and are spread from one person to another in different ways. Hepatitis C is the most common type of hepatitis in the United States. It is also the most common type in jails and prisons.

What is Hepatitis C?

Hepatitis C is a serious liver disease that is caused by the Hepatitis C virus. Hepatitis C is called a silent disease because people can get infected and not know it. Some people who get infected with Hepatitis C are able to clear, or get rid of the virus. For most people who get Hepatitis C, the virus stays in their body for life. Doctors call this chronic Hepatitis C.

Incarceration and Hepatitis C

- Hepatitis C can be a health problem for people who have been incarcerated.
- Adults in correctional facilities are at risk for Hepatitis C because many people in jails or prisons already have Hepatitis C.
- The most common way inmates get Hepatitis C is by sharing equipment used for injecting drugs, tattooing, and piercing with other people who are already infected.
- The Hepatitis C virus can be spread easily to others through blood, even in very small amounts too small to see.



There are about 2.2 million people in US jails and prisons. 1 in 3 have Hepatitis C.

How is Hepatitis C spread?

Hepatitis C is most often spread when blood from a person who has Hepatitis C enters the body of someone who is not infected. Here are common ways someone can get Hepatitis C:

Blood: The Hepatitis C virus can be found in blood spills, droplets, and blood splatters outside the body. The virus can survive in dried blood for several days. Whenever contact is made with surfaces, equipment, or objects that have infected blood on them—even in amounts too small to see—the virus can be spread to others.

Drugs: Most people get the Hepatitis C virus from an infected person when sharing needles or other equipment to inject drugs. Even tiny amounts of blood on needles and other types of drug equipment can spread Hepatitis C from one person to another.

Tattoos/Piercing/Scarring: The Hepatitis C virus can be spread when tattoo, body art, or piercing equipment has tiny amounts of blood on it. Many people get tattoos, piercings, or other marks while incarcerated. When they share the equipment, it is easy for people to spread the virus and become infected with Hepatitis C.

Sex: The Hepatitis C virus can be spread through sex, although this does not happen very often. The virus seems to be more easily spread through sex when a person also has HIV or an STD. People who have rough sex or many sex partners seem to get Hepatitis C more often.

Continued on next page



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Can Hepatitis C be prevented?

Yes. To prevent Hepatitis C:

- Do not use tattooing, piercing, or cutting equipment that has been used on someone else. This includes such things as sharp objects, ink, needles, or barrels that could have even tiny amounts of blood on them that are too small to see.
- Do not share needles or other equipment, including cookers, cottons, ties, or water to inject drugs.
- Do not share razors, toothbrushes, or other personal items that may have come into contact with another person's blood.

Why doesn't cleaning kill the Hepatitis C virus?

Bleaching, boiling, heating with a flame, or using common cleaning fluids, alcohol, or peroxide will **not** clean needles, tools, and other instruments. These methods are not strong enough to kill the Hepatitis C virus. The virus can still spread easily from one person to another.

How can you tell if someone has Hepatitis C?

You cannot tell if someone has Hepatitis C by looking at them. Doctors use a blood test to look for "antibodies," or signs in a person's blood, that they have been infected with the Hepatitis C virus at some point in time. If this test is positive for Hepatitis C antibodies, a different blood test is needed. The second test will tell if the Hepatitis C virus is still in the body. If this test is positive, it means a person currently has Hepatitis C. Additional tests and a medical exam are needed to confirm the diagnosis.

What are the symptoms of Hepatitis C?

Many people with Hepatitis C have no symptoms and do not know they are infected. If a person has symptoms, they can include one or more of the following: fever, stomach pain, feeling very tired, grey-colored stool, not wanting to eat, bone or joint pain, upset stomach, throwing up, dark urine, yellow skin and eyes.

What happens if a person has Hepatitis C?

When a person gets infected with the Hepatitis C virus, different things can happen depending on a person's age, health, and use of drugs or alcohol. Some people have health problems within a few years of getting infected. Other people live with Hepatitis C for 20 or 30 years without symptoms or feeling sick. Over time, the virus can cause serious health problems for some people.

Can Hepatitis C be treated?

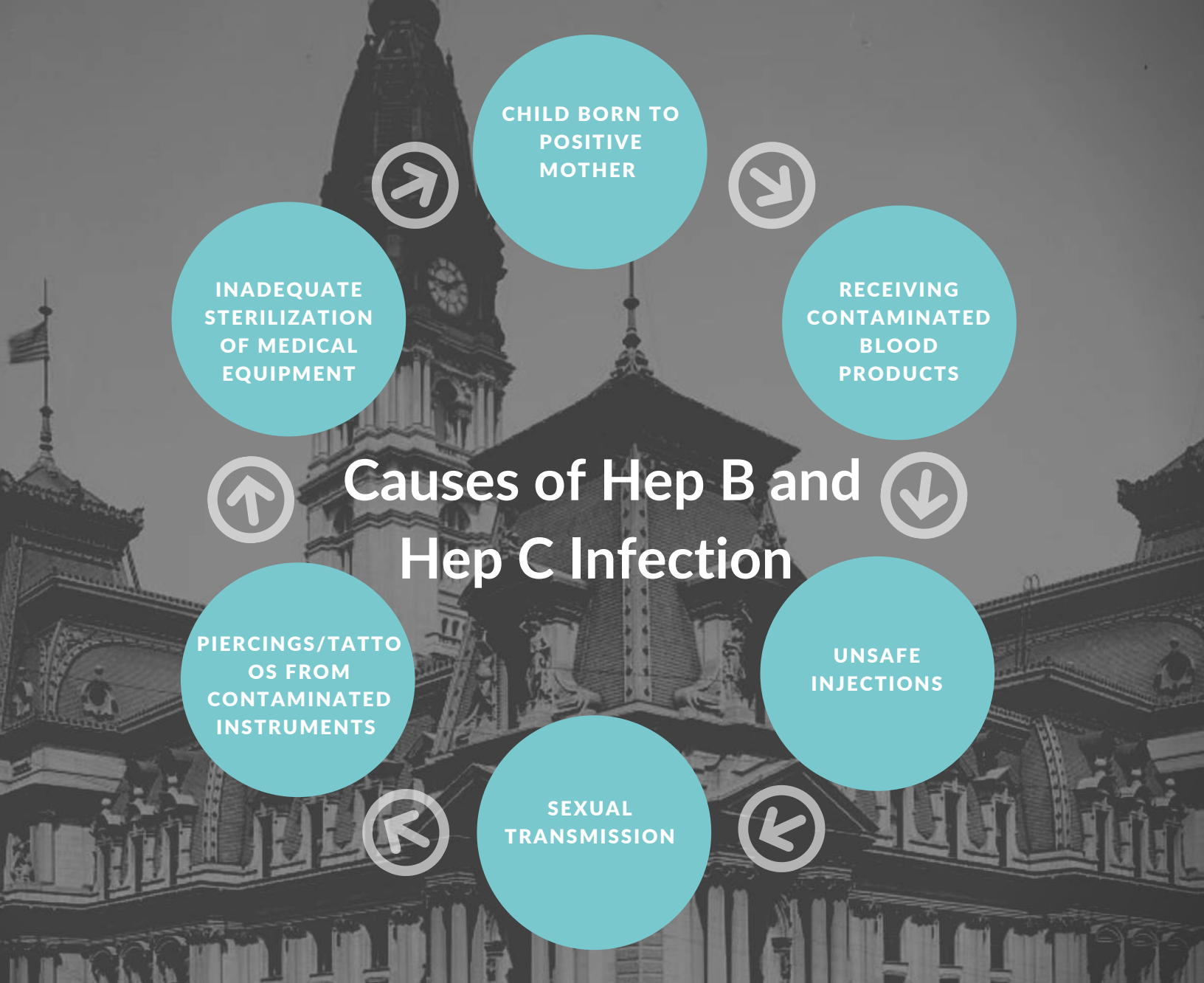
Yes, but not everyone needs medical treatment or can benefit from it. If possible, it is important for people who have Hepatitis C to get regular check-ups. A doctor will run tests to see if the virus is causing damage to the liver. If the liver is damaged, medicines called "antivirals" can sometimes help. These medicines can slow damage to the liver, and may even get rid of the virus.

What can people infected with Hepatitis C do to take care of their liver?

People with Hepatitis C should not use alcohol or street drugs, as these can hurt the liver. Some other products can also hurt people with Hepatitis C, even if they appear to be safe. Check with medical staff before taking any kind of pill, vitamin, herbal product, or medicine.

For more information

Talk to medical staff or your doctor, or have your loved ones talk to a doctor, clinic, or health department. Information on Hepatitis C can be found at: www.cdc.gov/hepatitis.



INADEQUATE
STERILIZATION
OF MEDICAL
EQUIPMENT

CHILD BORN TO
POSITIVE
MOTHER

RECEIVING
CONTAMINATED
BLOOD
PRODUCTS

Causes of Hep B and Hep C Infection

PIERCINGS/TATTOO
S FROM
CONTAMINATED
INSTRUMENTS

UNSAFE
INJECTIONS

SEXUAL
TRANSMISSION

People most at risk for developing viral hepatitis



Persons who experience homelessness or suffer from chronic conditions like diabetes, HIV/AIDS, etc.



Receiving a blood transfusion or blood products before screening began in 1992



People born outside the United States



Have injected drugs or shared needles



Have been incarcerated



Getting tattoos/ piercings with unsterile equipment

HEPATITIS B

WHAT YOU NEED TO KNOW

In recent years, more people are becoming newly infected with hepatitis B, a disease that affects the liver and can cause health complications



These rising infections of hep B are tied to the U.S. opioid epidemic



A 20% rise in acute cases from 2014-2015!

HEPATITIS B
CAN BE MORE DANGEROUS
If you also have
HEPATITIS C

WHAT IS HEPATITIS B?

Hepatitis B is a **virus that attacks the liver**.

Infections can be newer and short-lived (acute) or lifelong (chronic).

If left undiagnosed, a chronic infection can lead to scarring of the liver (cirrhosis) or even liver cancer over time.

COULD YOU BE INFECTED?

MOST PEOPLE DON'T HAVE ANY SYMPTOMS



A SIMPLE BLOOD TEST

CAN TELL IF YOU ARE INFECTED

WHO IS AT RISK?



People who share needles inject drugs, or come into contact with blood



People with many sexual partners



Men who have sex with men



People from the darkest regions on the map - where hepatitis B is more common

IF YOU ARE AT RISK:



Ask your doctor to test you for hep B, and about getting the hep B vaccine if you're not infected

IF YOU ARE INFECTED:

Managing your hepatitis B is important!

TRY TO SEE A LIVER SPECIALIST EVERY 6 MONTHS TO CHECK UP ON THE VIRUS & PREVENT LIVER DAMAGE

THE VACCINE CAN PROTECT YOU FOR LIFE AGAINST HEP B!

HEPATITIS A & INCARCERATION

What is Hepatitis?

“Hepatitis” means inflammation or swelling of the liver. The liver is an organ in the human body that aids the body in fighting germs, cleaning blood, and digesting food.

There are five types of viral Hepatitis—Hepatitis A, B, C, D, E. This fact sheet focuses on Hepatitis A.

What is Hepatitis A?

A highly contagious liver infection caused by the Hepatitis A virus.

Nationwide Hepatitis A Outbreak

4

Since 2017, four states declared a Hepatitis A outbreak: California, Kentucky, Michigan, and Utah



Since January 2018 West Virginia has seen an increase in Hepatitis A cases



Hepatitis A can be spread in US jails and prisons.

Cases in West Virginia and other states have been associated with US jails and prisons.

What are the symptoms?

- Fever ▪ Fatigue ▪ Loss of Appetite ▪ Nausea ▪ Vomiting
- Abdominal pain ▪ Gray-colored bowel movements
- Joint Pain ▪ Jaundice ▪ Dark Urine

How is Hepatitis A spread?

Hepatitis A is usually spread when a person ingests fecal matter, including microscopic amounts. This can take place, when an infected person does not wash his/her hands properly after going to the bathroom and then touches objects or food or when someone engages in sexual activities with an infected person.

Who is at risk in jails and prisons?

Persons who use drugs, whether injected or not

Person who had sexual contact with someone who has Hepatitis A

Men who have sexual encounters with other men

People who have come into close person-to-person contact with an infected person

How is Hepatitis A diagnosed?

A physician can determine if a person has Hepatitis A by discussing his/her symptoms and taking a blood sample.

Prevention

- Wash hands properly
- Do not share needles
- Get vaccinated
- Practice safe sex

For more information

Call your local health department, or go to:

dhhr.wv.gov/oeps/disease/viral-Hepatitis/pages/hepA_outbreak.aspx.

Reference: Centers for Disease Control and Prevention

VIRAL HEPATITIS A & B

Pharmacy Maps

[CLICK HERE](#)

HepCAP
HEPATITIS C ALLIES OF PHILADELPHIA



PHARMACIES OFFERING
HEP A VACCINES

PHARMACIES OFFERING
HEP B VACCINES





RELATED CONTENT

More info on important health issues can be found [here](#)

[Click here](#) for an interactive resource for kids

For Viral Hepatitis in Philadelphia Info, [click here](#)

Kids' Corner Health Topics found [here](#)

[Click here](#) for a list of dental offices

For free STD walk-in testing & treatment, [click here](#)

Reasons to vaccinate can be found [here](#)

Track your immunizations with [this form](#)

[Click here](#) for the adult immunization schedule

Tattoo safety flyer, access [here](#)

For Hep B education & support, visit the Hep B Foundation [here](#)

To access services provided by the city, [click here](#)

Accessing treatment + MAT Provider List [here](#)

[Click here](#) for Engaging Males of Color (EMOC) initiative

[Click here](#) for Focus on Fathers initiative



PHMC NNCC

*Together we can reduce health disparities and meet
people's primary care and wellness needs*



For additional assistance, please contact
Your FIR Case Manager or NNCC's Senior Project Manager,
Christine Simon, at csimon@phmc.org