

“When I got out of prison, I had so many things to think about ... finding a job and a place to live and making things right with my family. It was a huge relief knowing I’d get some help transitioning.

Thanks to the FIT program, I’m now working full time, managing my diabetes and moving on with my life.”



## REFERRALS & CONTACTS

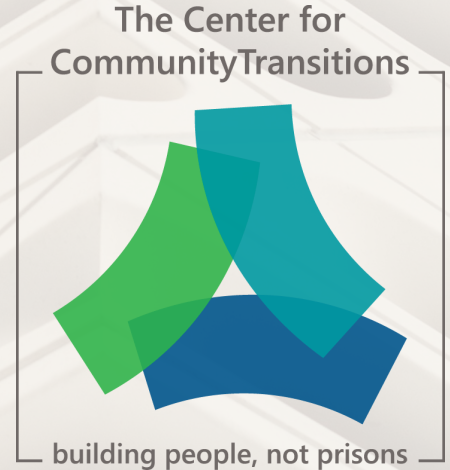
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Connecting formerly incarcerated people with chronic illness to transitioning resources, health care, substance use treatment and mental health services.



*In partnership with*



## WHAT'S FIT?

Nearly 25,000 people were released in 2017 from state prisons in North Carolina. Upon release from incarceration, individuals are frequently without housing, employment, health insurance or access to health care services.

The Formerly Incarcerated Transition (FIT) Program connects formerly incarcerated individuals who have a chronic disease, mental illness and/or substance use disorder with appropriate health care services and other re-entry resources.

In September 2018, as part of a comprehensive re-entry program, the Center for Community Transitions started its partnership with North Carolina FIT and Charlotte Community Health Clinic to provide treatment and resources to help ensure formerly incarcerated individuals have a successful transition.

## HEALTH & WELLNESS SERVICES

- Primary care through Charlotte Community Health Clinic
- Referral to mental health and behavior health services
- Referral to substance use disorder treatment
- Referral to other resources, including nutrition and tobacco cessation

## WHO'S ELIGIBLE

The program assists people who suffer from chronic diseases during their re-entry process (while still incarcerated), after release, and up to 2 years later.

Chronic illnesses include:

Diabetes  
Hypertension  
Congestive heart failure  
COPD or emphysema  
Kidney failure  
Liver disease  
Mental illness  
Substance use disorders



## WHO WE ARE

The Center for Community Transitions FIT Program is a partnership with:

UNC Family Medicine  
NC Department of Public Safety  
NC Community Health Center Association  
Charlotte Community Health Clinic  
County departments of public health  
Local re-entry councils  
Community-based re-entry organizations

## COVERED COSTS

A significant barrier to health care services is lack of insurance. Most formerly incarcerated people don't qualify for Medicaid and have no health insurance.

The FIT Program provides free vouchers to cover office visits and medication costs for uninsured patients. Office visits at Community Health Centers are \$20-\$30 and medications cost between \$4-\$20 per month, per medication.

If you'd like to make a donation to support this program, contact the CCT development office at [development@centerforcommunitytransitions.org](mailto:development@centerforcommunitytransitions.org).