

“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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**NC FIT**  
FORMERLY INCARCERATED  
TRANSITION PROGRAM

### Mission

Empower community members upon their return from incarceration to become self-sufficient and to reach their health and wellness goals.

### FIT Program Goals

Connect people being released from incarceration with needed health services; to include physical health, mental health, and substance use disorder treatment. Assist FIT clients with all aspects of re-entry; to include housing, job training, legal needs, education, transportation, and life skills.



## WHAT'S FIT?

Over 20,000 people are released annually from North Carolina prisons without a link to primary health care services.

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

For eligible clients, a Community Health Worker from the FIT program will work to connect the participant to appropriate health services. Other community re-entry resources may be available to help with a comprehensive re-entry plan.

## HEALTH & WELLNESS SERVICES

- Primary care through one of our clinical partners
- Referral to mental health and behavior health services
- Referral to substance use disorder treatment
- Referral to other resources, including nutrition and tobacco cessation



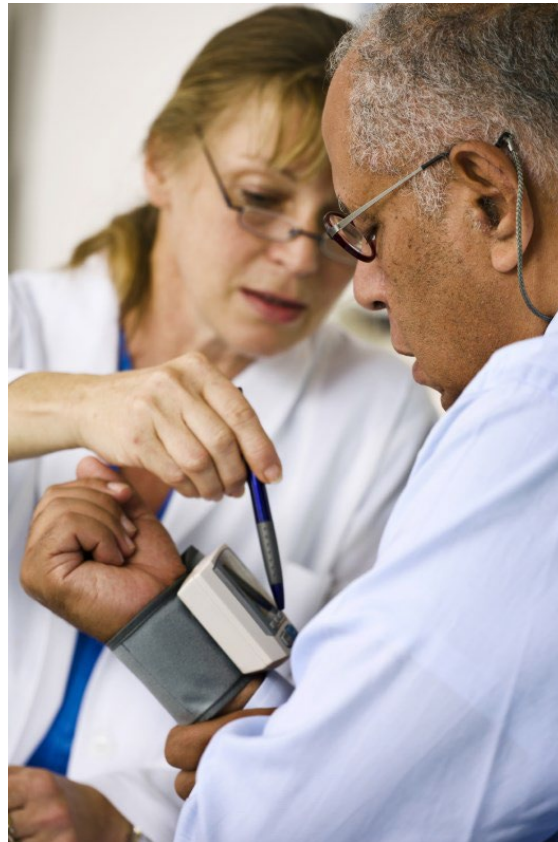
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## WHO'S ELIGIBLE

The program assists people who suffer from chronic illnesses during their re-entry process (in-reach while incarcerated), after release, and up to 2 years post-release.

Chronic illnesses include:

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



## PARTNERSHIPS

The NC FIT Program is a partnership with:

- UNC Family Medicine
- Transitions Clinic Network
- NC Department of Public Safety
- NC Community Health Center Association
- Charlotte Community Health Clinic
- Lincoln Community Health Center
- Piedmont Medical Health Center
- UNC Hospitals at Wakebrook
- Advance Community Health
- Triad Adult and Pediatric Medicine
- Center for Community Transitions
- County departments of public health
- Local re-entry councils
- Community-based re-entry organizations

## COST ASSISTANCE

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 assists clients with the cost of co-pays, medications, and other costs of medical care. Community Health Workers also work with clients to apply for Medicaid and Medicare where applicable.