



**YOUR HEALTH MATTERS:
HOW CRIMINAL
JUSTICE INVOLVEMENT
MAY AFFECT YOUR HEALTH**

After someone with a history of criminal justice involvement (CJI) reenters their community, it can be a challenge for them to find health care and support services. This guide offers recommendations for good health for people with a history of CJI.

Most steps to good health are the same for everyone, but people with a history of CJI may be more likely to have certain health concerns, such as:

- Diabetes, asthma, high blood pressure and heart disease
- Anxiety symptoms and history of traumatic experiences
- Mental health conditions and alcohol or substance use disorder

Family members of people with a history of CJI may also face increased health challenges. They may be more likely to have a stroke or heart attack, and less likely to report good health.

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Working with Health Care Providers to Manage Your Health

If left undiagnosed or untreated, health conditions can worsen and become difficult to manage. Health care providers work with you to improve and maintain your health. They are not part of the criminal justice system. You can make health choices for yourself, but health care providers can:

- Diagnose and treat physical health conditions and provide referrals to specialty care
- Screen for mental health, trauma and substance use disorders, and connect you or a loved one to treatment
- Help you manage chronic disease symptoms
- Refer you to community services for social support needs

TIPS

- ✓ Find a health care provider you like and can continue seeing for care.
- ✓ Family members should also find regular care to maintain their health.
- ✓ Schedule checkups and follow-up appointments before you leave the office and as needed.
- ✓ Take and refill medications on time.
- ✓ Request referrals from your primary care provider for housing, legal, employment, educational and mental health services.



Getting the Support You Need

People with CJJ may face challenges getting settled after release from jail or prison. It may be difficult to find a job, secure a place to live and meet the conditions of probation or parole. These challenges can make it difficult for people with CJJ to look after their own health.

This brochure includes resources if you or a loved one need support. These organizations work directly with people who have been exposed to or affected by CJJ and help them successfully reenter their communities and connect them to housing, legal, employment, educational and mental health services. Visit nyc.gov/health/map or each organization's website for up-to-date contact information and support services.

You can also ask your health care provider for referrals to organizations that can support you.





Resources*

The Fortune Society[†]



fortunesociety.org



212-691-7554



*Locations in Long Island City and Upper Manhattan;
find location details online.*

The Fortune Society serves clients from all five boroughs and provides mental health services, employment services, education, family services, care coordination, housing, substance use treatment, transitional services, assistance with benefits, recreation and meals, as well as help with identification. No appointment necessary.

Fortune Society's Reentry Resource Directory lists housing, legal, employment, educational and mental health support services. Visit the directory at fortunesociety.org/resource-directory.

The Osborne Association[†]



osborneny.org



*Locations in the Bronx, Harlem, Newburgh and Brooklyn;
find location details online.*

The Osborne Association provides reentry and discharge planning, education, employment services, substance use treatment, healthy parenting and relationship programs, mentoring, video visiting for families and HIV prevention services, as well as help with housing.

*For a full list of resources, see the Fortune Society's Reentry Resource Directory.

Women's Prison Association (WPA)



wpaonline.org



646-292-7740

WPA serves women affected by the criminal justice system. WPA provides prerelease planning, transitional case management, transitional temporary housing, child reunification legal services, HIV counseling and screening, access to pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP), employment readiness training and mentoring. Assistance accessing health care, housing and benefits is also available through WPA.

Harlem Community Justice Center[†]



courttinnovation.org/programs/harlem-community-justice-center



212-360-4100

The Harlem Community Justice Center works to increase housing stability, engage young people in their community, and help individuals transition from prison to home.

Center for Alternative Sentencing and Employment Services (CASES)



cases.org



212-553-6606

CASES works to increase public safety through innovative services that reduce crime and incarceration, improve behavioral health, promote recovery and rehabilitation, and create opportunities for success in the community.

[†]This organization is a New York City Health Justice Network partner.

