Sampling of Resources from the RSAT Health Literacy Manual

About Justice Populations and Health Insurance:

* [CDC Correctional Health Care webpage](https://www.cdc.gov/correctionalhealth/) – Information and materials on relevant health topics
* [Health Coverage and Care for the Adult Criminal Justice-involved Population](http://kff.org/uninsured/issue-brief/health-coverage-and-care-for-the-adult-criminal-justice-involved-population/) - Issue Brief from the Kaiser Family Foundation
* [State Medicaid Eligibility Policies For Individuals Moving Into And Out Of Incarceration](http://kff.org/medicaid/issue-brief/state-medicaid-eligibility-policies-for-individuals-moving-into-and-out-of-incarceration/) - Issue Brief from Kaiser Foundation

Basic Health Insurance Videos for Consumers:

* [“*Health Insurance Explained: The You Tunes Have It Covered*”](http://kff.org/understanding-health-insurance/) is a series of short videos from the Kaiser Family Foundation in English and Spanish that answers basic questions such as: What is a provider network? What is a deductible?
* [CDC YouTube](https://www.youtube.com/user/CDCStreamingHealth/playlists) Channeloffers many videos including the [*Coverage to Care*](https://www.youtube.com/watch?v=_iVuAPlFjIM&list=PLl5_avCIxm0xdbzzSjWLDZjk7zLQJKuq5)series – 11 short videos on topics such as: ‘finding a primary care provider’ and ‘making an appointment.’
* [*How Does Health Insurance Work?*](file:///C%3A%5CUsers%5CNiki%5CDesktop%5C%E2%80%A2%09https%3A%5Cwww.youtube.com%5Cwatch%3Fv%3DA4-pklsDT_Q)5-minute video from eHealth
* [*Understanding Your Health Insurance Cost*](https://www.youtube.com/watch?v=DBTmNm8D-84)5-minute video from *Consumer Reports*6

Handouts and Pamphlets:

* [*Understanding the Health Insurance Marketplace if You’re Incarcerated*](https://marketplace.cms.gov/outreach-and-education/understanding-the-marketplace-if-incarcerated.pdf) -Printable CMS brochure (in English or Spanish)
* [*From Coverage to Care: Road map to Better Care and a Healthier You*](https://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf) *–* Printable brochure from CMS outlining basics for newly covered beneficiaries
* [Glossary of Terms from Healthcare.gov](file:///C%3A%5CUsers%5CNiki%5CDesktop%5CHandouts%20and%20Pamphlets%3A)
* [A quick guide to the Health Insurance Marketplace](https://www.healthcare.gov/quick-guide/)- 4 tips about health insurance marketplaces

**SOCIAL SECURITY -** [**State Health Insurance Assistance Programs (SHIPs)**](https://www.shiptacenter.org/) SHIPs help Medicare beneficiaries with one-on-one insurance counseling and operate in all 50 states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands. Older justice-involved individuals who are nearing Medicare eligibility can take advantage of these services. The SHIP website includes a locator to find state SHIP programs that can help: <https://www.shiptacenter.org/>

The details of the procedure are available online at: [Prerelease Procedure](https://www.ssa.gov/ssi/spotlights/spot-prerelease.htm). There is also a pamphlet available on benefits and incarceration from Social Security that can be ordered or viewed online: [‘What Prisoners Need to Know.’](http://www.socialsecurity.gov/pubs/10133.html)

**Information on other relevant Social Security programs:** Social Security also provides benefits to eligible individuals with HIV/AIDS. Information on SS for HIV is available at the link: <https://www.ssa.gov/pubs/EN-05-10019.pdf>

**SOAR Resources -** The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors the [SSI/SSDI Outreach, Access and Recovery](https://soarworks.prainc.com/content/what-soar) (SOAR) Technical Assistance Center. SOAR is dedicated to ensuring eligible individuals with disabilities apply for and obtain benefits.

[**SOAR Technical Assistance Application for Criminal Justice Programs**](https://soarworks.prainc.com/article/cj-soar-ta-2017)

[**Living Arrangements: Residing in an Institution**](https://soarworks.prainc.com/article/living-arrangements-residing-institution)

[**Working With Justice-Involved Persons**](https://soarworks.prainc.com/article/working-justice-involved-persons)

**VA Programs for Justice-Involved Veterans:**

* [Health Care for Re-entering Veterans](http://benefits.va.gov/PERSONA/veteran-incarcerated.asp) (HCRV) is designed to help incarcerated Veterans successfully reintegrate back into the community after release. A list of regional HCRV specialists is available at: [https://www.va.gov/homeless/reentry.asp#contacts](https://www.va.gov/homeless/reentry.asp%23contacts%20). The program offers:
* The [Veterans Justice Outreach](https://www.va.gov/HOMELESS/VJO.asp) (VJO) initiative is designed to help by ensuring eligible justice-involved Veterans receive timely access to VA health care, specifically mental health and substance use services (if clinically indicated) and other VA services and benefits as appropriate. A list of regional VJO specialists is available at the following link: [https://www.va.gov/homeless/vjo.asp#contacts](https://www.va.gov/homeless/vjo.asp%23contacts)

**Federally Qualified Health Centers (FQHCs)**

FQHCs are a particularly important re-entry resource in states that have not expanded Medicaid eligibility. The Health Resources and Services Administration (HRSA) [FQHC locater](https://findahealthcenter.hrsa.gov/) identifies the nearest health center anywhere in the United States. FQHCs provide primary health care services to uninsured and medically underserved individuals and areas regardless of ability to pay.

**Examples of Federal Health Care Resources**

[**Health Care for the Homeless Program**](https://www.nhchc.org/) **-** The Health Care for the Homeless Program is a major source of care for homeless persons in the United States, serving patients that live on the street, in shelters, or in transitional housing. These programs are a specific type FQHC that are required to direct outreach efforts and provide services to meet the needs of this population. They are also required to offer substance use services.

[**Indian Health Service**](https://www.ihs.gov/)coordinates federal health services to American Indians and Alaska Natives. The website offers information about the specific provisions of the Affordable Care Act that apply to Native Americans and Alaska Natives and other targeted health programs.

[**Contact list of Federal CMS and Tribal Affairs staff and regional CMS Indian Health Contacts**](file:///C%3A%5CUsers%5CNiki%5CDesktop%5C%E2%80%A2%09http%3A%5Cwww.nihb.org%5Ctribalhealthreform%5Cwp-content%5Cuploads%5C2015%5C10%5CNACTAGlistFeb16.pdf)

**Health Homes -** The “Health Home” model uses a care manager to coordinate communication among interdisciplinary providers serving patients with multiple conditions, especially those dealing with chronic physical and behavioral health problems. The link takes you to a list of [**Health Homes that address care coordination for justice-involved individuals**](http://csgjusticecenter.org/mental-health/posts/medicaids-health-home-model-can-it-improve-public-health-and-public-safety/)**.**

**Lowering the cost of prescription Medications**

Some FQHCs offer pharmacy services through a discounted drug cost program. This is only one way to obtain prescription drugs at a lower cost. There are a number of different types of prescription assistance programs (PAPs) that can help defray costs.

* **Need-based Programs:** Low income applicants qualify for this type of assistance if they do not exceed specified earning limits. These programs vary in the ways they determine eligibility; some consider income and assets, as well as the applicant’s existing coverage.
* **Drug Company Sponsored Programs:** Nearly every drug manufacturer offers some level of assistance to people who cannot afford their medications. The degree of assistance available and the process for determining who qualifies can vary.
* **Consumer Discount Programs:** These programs usually offer a discount card or coupons. Some are accepted at affiliated pharmacies while others are accepted everywhere. Enrollment is often free, but they may not offer discounts on all drugs.

**Examples of Need-based Prescription Assistance Programs**

[Rx Outreach](http://rxoutreach.org/patients/): This is a need-based program that offers individuals who qualify a nonprofit mail order pharmacy service. It provides many types of prescription drugs to low income individuals at a significant discount. The income limits for eligibility are somewhat higher than other need-based programs. Many drugs can be purchased for $20 for a 180-day supply. For more information, visit www.rxoutreach.org or call 1-888-RXO-1234 (796-1234), M-F, 7:00 a.m. to 5:30 p.m. Central time. Link to print out paper applications: <http://rxoutreach.org/wp-content/uploads/current/AppOnly.pdf>

[Needy Meds](http://www.needymeds.org/):This is a non-profit organization that provides a free prescription drug card discount card to eligible individuals. It also offers a lot of other informational tools, including help locating low cost services and providers, and information on government programs including Medicaid and Medicare. It has a very helpful state by state listing of locally sponsored assistance programs which includes medical equipment loan programs, supports and benefits for people with HIV, assistance and counseling and more.

**Examples of Drug Company Sponsored Programs**

[The Partnership for Prescription Assistance](https://www.pparx.org/): This program is sponsored by the drug industry’s primary trade group, The Pharmaceutical Research and Manufacturers Association. The website claims affiliations with 1,300 national and local organizations that help spread the word about assistance programs and enroll people who qualify. It can link individuals to 475 public and private prescription assistance programs, including 180 sponsored by drug companies.

[Renckitt Benkheiser Here to Help Program](https://www.suboxone.com/treatment-plan/patient-support): Provides free Saboxone for up to 12 months to U.S. citizens 16 or older. People without coverage can apply if their earnings are within income limits (about $2,500 a month or less for a single person). Link to savings cards: <http://www.suboxone.com/treatment-plan/savings-card?cid=subx>

[Alkermes Vivitrol Co-pay Assistance Program](https://www.vivitrol.com/Savings):Patients 18 years or older can apply for the Vivitrol Co-pay Savings card if they are uninsured or have commercial insurance. The co-pay program does not accept applications from patients who are covered by any government or public health benefit program. Alkermes also offers patient support through their [Touchpoints website](https://www.vivitrol.com/HCP/VivitrolResources/Touchpoints); Application: <https://www.vivitrol.com/Content/pdf/Standard_Enrollment_Form.pdf>

**Examples of Discount Programs**

[GoodRx](https://www.goodrx.com/my-rx/register): Offers a free prescription drug discount card or a free app you can download that functions like a discount card but with enhancements, such as a mapping tool that compares prices of a medication at nearby retail pharmacies. It is as decent ‘shopper’s tool’ and can result in significant cost savings.

[Pharmacycard.org](http://pharmacycard.org/pharmacy_reg.php?pr=1005): Offers a free prescription drug discount card accepted at participating pharmacies. It has a drug price and pharmacy finder that allows you to look up any medication to see if a discount is available.

[HelpRx.info](http://www.helprx.info/about-us): Offers a free prescription drug discount card accepted at participating pharmacies, a searchable database, manufacturer’s coupons, guides, resources and useful information on specific medicines and conditions. It includes a section on substance use disorders that offers coupons for buprenorphine and disulfiram (Antabuse) and information on overdose prevention and drug safety.

**Overdose Prevention Resources**

Harm Reduction and Safety Education Resources:

⬩[*Eight Opioid Overdose Prevention Tips*](https://www.youtube.com/watch?v=X0e9LSbmMC0) *–* 10-minute video from the Southeast Harm Reduction Project

⬩[*The DOPE Project: Be a Lifesaver*](http://harmreduction.org/wp-content/uploads/2012/02/dope-brochure-sept-2010.pdf)– Pamphlet from S.F. Drug Overdose Prevention Education

⬩Syringe Sterilization Harm Reduction Procedures - NIDA, 2000 (see appendix for handout)

Release Planning Resources:

⬩*[Listing of Harm Reduction Service Providers by state](http://harmreduction.org/connect-locally/)*

⬩[*Overdose Prevention Tips Worksheet*](http://harmreduction.org/wp-content/uploads/2012/11/HRC_ODprevention_worksheet9.pdf) – Harm Reduction Coalition worksheet

⬩[*When the Seconds Count Card: American Society of Anesthesiologists/ONDCP*](https://www.asahq.org/WhenSecondsCount/resources.aspx)*-*Card on Overdose Symptoms and Emergency Prevention Steps

⬩[*Opioid Overdose Prevention*](https://www.youtube.com/watch?v=gGJDAduzb1U) *-*March 2017 *–* Outstanding 7-minute video from Prisonerhealth.org with clips of formerly incarcerated individuals in recovery discussing increased risk of death by drug overdose during re-entry due to a loss of tolerance. It touches on harm reduction, prevention, emergency response, and myth-busting.

⬩[*Worth Saving*](https://vimeo.com/16876465) –10-minute video follows two drug users through San Francisco’s groundbreaking Drug Overdose Prevention and Training (DOPE) program that teaches the signs of drug overdose, and basic CPR needed to save lives. In conjunction with the city's Department of Public Health, the DOPE project prescribed Narcan directly to drug users.

**Materials and Handouts:**

**Harm Reduction Handouts**

**1. When the Seconds Count –** OD prevention card from the American Society of Anesthesiologist: <https://www.asahq.org/WhenSecondsCount/resources.aspx>

**2. Overdose Prevention Tip Sheet –** Harm Reduction Coalition: <http://harmreduction.org/wp-content/uploads/2012/11/HRC_ODprevention_worksheet9.pdf>

**3. Overdose Prevention and Rescue Breathing in 20 minutes or Less**– New Mexico Department of Public Health: <https://nmhealth.org/publication/view/help/1706/>

**4**. **Narcan Nasal Administration and Rescue Breathing Instructions –** New Mexico Department of Public Health: <https://nmhealth.org/publication/view/help/1712/>

**5. Syringe Sterilization Harm Reduction Sheet –** From: The NIDA Community-Based Outreach Model: A Manual to Reduce the Risk of HIV and Other Blood-Borne Infections in Drug Users.

**Recommended**

Public domain health information brochures available online to download and print.

**1. After You’ve Tested Positive –** HIV Wellness Booklet from Project Inform**:** [https://www.projectinform.org/pdf/hivhealth1.pdf](https://www.projectinform.org/pdf/hivhealth1.pdf%20)

**2. Alcohol-free Pregnancy –** FASD Prevention Brochure from the CDC:<https://www.cdc.gov/ncbddd/fasd/documents/FASDBrochure_final.pdf>

**3. Medicines In My Home –** Excellent booklet from the FDA: [https://www.fda.gov/downloads/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/understandingover-the-countermedicines/ucm094872.pdf](https://www.fda.gov/downloads/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/understandingover-the-countermedicines/ucm094872.pdf%20%20)

**4. Helping Yourself Heal: Recovering Woman’s Guide to Coping w/ Child Abuse Issues** from SAMHSA**:** <http://store.samhsa.gov/shin/content/SMA12-4132/SMA12-4132.pdf>

**5. Harmful Interactions: Mixing Alcohol and Medicines –** Brochure from NIAAA:<https://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf>

**6. Could I Have ADHD? Finding an Answer to ADHD as an Adults –** Booklet from NIH: <https://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf>

**7. Overdose: Everything You Need to Know –** Easy to read booklet from Exchange Supplies: <http://www.exchangesupplies.org/pdf/HRDVD6.pdf>

**Related Resources**

[SAMHSA Opioid Overdose Prevention Toolkit - Updated 2016](http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2016/SMA16-4742)

[Harm Reduction Coalition: Online Training Institute](http://harmreduction.org/our-work/training-capacity-build/online-training-institute)

[SAMHSA - How to Use Methadone Safely](file:///C%3A%5CUsers%5CNiki%5CDesktop%5Cstore.samhsa.gov%5Cproduct%5CFollow-Directions-How-to-Use-Methadone-Safely%5CSMA09-4409)

[CDC Injury Prevention: Opioid Overdose Data](https://www.cdc.gov/drugoverdose/index.html)

Includes Reports on Drug Overdose Data

New CDC Guidelines on Opioids for Chronic Pain

Information on Prescription Drug Monitoring Programs

Prevention, Prescribing and Narcan Administration Laws and Measures by State

[Policy Surveillance Program at Temple University Law School: Law Atlas](http://lawatlas.org/topics)

* Search [Good Samaritan Overdose Prevention Laws](http://lawatlas.org/datasets/good-samaritan-overdose-laws) by state
* Search [Naloxone Overdose Prevention Laws](http://lawatlas.org/datasets/laws-regulating-administration-of-naloxone) by state

Syringe exchange information:

[Harm Reduction and Syringe Exchange Program (HRSEP): Guidelines for Local Health Departments Implementing Needle Exchange Programs](https://louisvilleky.gov/sites/default/files/health_and_wellness/clinics/2015_kydph_hrsep_guidelines_long_version.pdf) *-* Kentucky Public Health, 2015

[North American Directory of Syringe Exchange Programs](https://nasen.org/directory/)

[Get Out of Jail Free Card](http://harmreduction.org/wp-content/uploads/2012/02/getoutofjailcard.pdf) *–* reminder about decreased tolerance