



# Cuyahoga County Reentry Review

## Health Challenges in the Reentry Population

People who have been incarcerated can have a difficult time getting adequate healthcare after they come home. They often have limited resources and little or no health insurance coverage. They most likely have not had regular screening checkups both outside of and while in prison. Although health care may not be the most urgent need on a returning citizen's mind, it is an important and often overlooked need for those returning to the community.

Cuyahoga County has a number of healthcare clinics that can help a returned citizen get healthy and stay healthy. The following list provides information for how to get a medical appointment.

### Local Healthcare Clinics

#### AIDS Task Force of Greater Cleveland

The AIDS Taskforce of Greater Cleveland provides a compassionate and collaborative response to the needs of people infected, affected and at risk of HIV/AIDS.

3210 Euclid Avenue  
Cleveland, OH 44115  
Phone: 216-621-0766  
[www.aidstaskforce.org](http://www.aidstaskforce.org)

#### CAP ReEntry Clinic

Health care for the formerly incarcerated returning to Greater Cleveland. The ReEntry Clinic is a gateway to MetroHealth's full scope of services and supports to patient's ongoing health care needs at convenient MetroHealth neighborhood locations.

6835 Broadway Ave  
(E 65th and Broadway)  
in the Broadway Shoppes of Slavic Village.  
Hours: Mondays, 8 am to 12:30 pm  
216.861.5292  
and ask for the ReEntry Clinic

#### Care Alliance Health Center

Free medical and dental care along with limited mental health services for Cuyahoga County residents who are uninsured, homeless, living in public housing or under 100% of the poverty level. Sliding scale fees for uninsured between 100 and 200% of the federal poverty level.

1530 St. Clair Ave, NE  
Cleveland, OH  
Phone: 216-781-6724  
[www.carealliance.org](http://www.carealliance.org)



#### Cuyahoga County Board of Health Family Planning Clinic

Male Services available:

- \* Screening and treatment for STIs
- \* HIV testing and counseling
- \* Contraception education and counseling;
- \* All methods of contraception
- \* Emergency contraception
- \* Pregnancy Options Counseling
- \* Information on Testicular self exam
- \* STI education and counseling
- \* HIV education and counseling
- \* HPV vaccine for male youth
- \* Hepatitis B vaccines
- \* Free Condoms

5550 Venture Drive, Parma, OH 44130  
Call 216.201.2001 ext 7 to make an appointment

Healthcare fees are based on household income. Services are not denied based on the individual's inability to pay. Teens seeking confidential services will be charged based on their income and not that of their parents. Insurances including Medicaid are accepted. Donations from clients are voluntary.

#### Family Planning Association of Northeast Ohio, Inc.

The Family Planning Association of Northeast Ohio, Inc. provides sexual and reproductive healthcare for males at its Painesville, Ashtabula and Middlefield clinic sites. The services include testing and treatment for sexually transmitted infection, limited medical exams, and birth control and infection prevention methods. Services are offered on a sliding fee scale, based on income, for all men of reproductive age (including teens).

In Lake and Geauga Counties call 1.800.246.1645 or 440.352.0608 for an appointment; in Ashtabula County call 1.888.891.4943 or 440.992.5953 to schedule an appointment.

Visit the website, [www.fpaneo.org](http://www.fpaneo.org), for additional information and clinic locations.

#### Free Medical Clinic of Greater Cleveland

Free medical, dental, mental health, substance abuse, HIV/AIDS care for uninsured adults.

12201 Euclid Ave  
Cleveland, OH  
Phone: 216-721-4010  
[www.thefreeclinic.org](http://www.thefreeclinic.org)

#### The Free Clinic Van

- West 25th at HUMADOP (near Metro Hospital), Mon-Fri 9 am-12 pm
- East 83rd and Cedar Ave, Mon-Fri 1 pm-3 pm

#### MetroHealth Medical Center

Medical and dental care for uninsured residents of Cuyahoga County. Sliding scale fees depending on income.

2500 MetroHealth Drive  
and 10 other Cuyahoga County locations  
Phone: 216-778-7878  
[www.metrohealth.org](http://www.metrohealth.org)

#### Minority Men's Health Center

(Cleveland Clinic  
Glickman Urological and Kidney Institute)  
216-444-5600 or  
toll-free 1-800-223-2273 ext. 45600  
[http://my.clevelandclinic.org/urology/patients/minority\\_mens\\_health\\_center/default.aspx](http://my.clevelandclinic.org/urology/patients/minority_mens_health_center/default.aspx)

#### Neighborhood Family Practice

Reduced cost health care, including prenatal care and midwife delivery services. Fee depends on income and family size.

3569 Ridge Road and 2358 Professor  
Cleveland, OH  
Phone: 216-281-0872 (Ridge office);  
216-334-2800 (Professor office)  
[www.nfpmc.org](http://www.nfpmc.org)

#### North Coast Health Ministry

Free general medical and gynecological care for birth to age 65 for uninsured patients who live in western Cuyahoga or eastern Lorain county and at 200% of poverty or less.

16110 Detroit Ave  
Cleveland, OH  
Phone: 216.228.7878  
[www.nchealthministry.org](http://www.nchealthministry.org)

#### NorthEast Ohio Neighborhood Health Services, Inc.

Sliding scale fees for medical, dental, mental health, prenatal, eye and foot care services. Anyone qualifies, regardless of where they live, income or insurance.

8300 Hough Ave and five other Cleveland East Side locations  
Cleveland  
Phone: 216-231-7700  
[www.neonhealth.org](http://www.neonhealth.org)

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*Note: Local healthcare clinic information provided courtesy of The Healthy Fathering Collaborative of Greater Cleveland. Please visit their website at [www.neofathering.net](http://www.neofathering.net) for more helpful information about reentry fathers and families. With special thanks to Steve Killpack.*

## Healthcare Screening Tests Can Help

By Mary Kelley

Finding out about health problems early can help prevent more severe illness later on. Health screening tests are recommended by healthcare providers. Here are some suggestions for what type of tests should be done. Remember, these are only guidelines and are being provided for informational purposes only. Individuals should always seek the advice of a healthcare professional.

### Screening tests for Women (source: [www.womenshealth.gov](http://www.womenshealth.gov))

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 50–64
<b>Blood pressure test</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
<b>Bone mineral density test (osteoporosis screening)</b>			Discuss with your doctor or nurse if you are at risk of osteoporosis.	Get this test at least once at age 65 or older.  Talk to your doctor or nurse about repeat testing.
<b>Breast cancer screening (mammogram)</b>		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74.  Age 75 and older, ask your doctor or nurse if you need to be screened.
<b>Cervical cancer screening (Pap test)</b>	Get a Pap test at least every 3 years if you are 21 or older or are younger than 21 and have been sexually active for at least 3 years.	Get a Pap test at least every 3 years.	Get a Pap test at least every 3 years.	Ask your doctor or nurse if you need to get a Pap test.
<b>Cholesterol test</b>	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.

### Screening Tests for Men (source [www.neofathering.net](http://www.neofathering.net); excerpt from AHRQ pub. 07-IP006-A)

Screening tests can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

<b>Colorectal Cancer:</b> Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be tested earlier.	<b>High Cholesterol:</b> Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if: <ul style="list-style-type: none"> <li>– You have diabetes.</li> <li>– You have high blood pressure.</li> <li>– Heart disease runs in your family.</li> <li>– You smoke.</li> </ul>
<b>Depression:</b> Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.	
<b>Diabetes:</b> Have a test for diabetes if you have high blood pressure or high cholesterol.	<b>High Blood Pressure:</b> Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.
<b>Obesity:</b> Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <a href="http://www.nhlbisupport.com/bmi/">http://www.nhlbisupport.com/bmi/</a> .	

## Screening tests for Women ...continued

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 50–64
<b>Chlamydia test</b>	Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant.  Age 25 and older, get tested for chlamydia if you are at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk.	Get tested for chlamydia if you are sexually active and at increased risk.
<b>Colorectal cancer screening</b> (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)			Starting at age 50, get screened for colorectal cancer.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.
<b>Diabetes screening</b>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
<b>Gonorrhea test</b>	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk.	Get tested for gonorrhea if you are sexually active and at increased risk.
<b>HIV test</b>	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.  All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.  All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.
<b>Syphilis test</b>	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.

**HIV:** Talk to your doctor about HIV screening if you:

- Have had sex with men since 1975.
- Have had unprotected sex with multiple partners.
- Have used or now use injection drugs.
- Exchange sex for money or drugs or have sex partners who do.
- Have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

**Sexually Transmitted Infections:** Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted infections.

## The most important things you can do to stay healthy are:

- Get recommended screening tests
- Be tobacco free
- Be physically active
- Eat a healthy diet
- Stay at a healthy weight
- Take preventive medicines if you need them.

## A Poetic Tribute to the North Star Reentry Resource Center – For Tracee

North Star Reentry Resource Center celebrates its second year on February 1, 2012. Mr. Ronnie Allen wrote this poem while waiting for his son who was meeting with Tracee Turner, a Transition Specialist with North Star. Mr. Allen credits the information and help his son received at North Star as a factor in his son's successful transition back into society. Mr. Allen reports that his son is working full-time and is successfully fulfilling all the requirements of probation. Mr. Allen said that North Star was the "only place we had to turn to, and now my son is doing excellent."

Mr. Allen is a songwriter and composer and wrote this poem in less than one hour. Reentry Review thanks him for allowing us to showcase his talent and publish his original work.

*We want to hear from you...  
Your comments are important to us.*

*Write to us at*

Cuyahoga County - Office of Reentry  
310 West Lakeside Avenue, Suite 550  
Cleveland, OH 44113  
[www.reentry.cuyahogacounty.us](http://www.reentry.cuyahogacounty.us)

### Reentry Review Staff

Editor - Mary Kelley, Office of Reentry / Contributing Writer - Fred Bolotin, Office of Reentry

## Citizen Circles Locations

### The Euclid Avenue Citizen Circle

216.421.0482 ext. 282

### CEOGC

### North Star Resource Center

216.751.1382

### Mt. Pleasant

216.751.1085



### COMMENTS OR SUGGESTIONS:

Cuyahoga County Office of Reentry  
email: [ReentryInfo@cuyahogacounty.us](mailto:ReentryInfo@cuyahogacounty.us)  
phone: 216.698.2501

To receive a copy of

## Going Home to Stay

contact First Call for Help at 216.436.2000 or go online and download  
a copy at [www.211cleveland.org/pdfs/communityreentry.pdf](http://www.211cleveland.org/pdfs/communityreentry.pdf)



## North Star

By Ronnie Allen

for Tracee Turner

Sitting here at the North Star  
Better known as the employment line,  
Filling out the information  
One line at a time,  
Want to know your life history  
And all about your past  
It's hard getting back into the system  
But you're finally back at last.

Wonder when it's gonna let up  
When will you catch a break  
Things just got to get better  
Don't know how much more I can take

Made myself a promise  
No, I'm not going back  
Even if I have to work at McDonald's  
Selling 99 cent heart attacks

Finally filled out my case file  
Time to get this show on the road  
Know I got to be patient  
Got a long ways to go  
Point me in the right direction  
I want to get it right this time  
You know it just ain't no good  
Living a life of crime

Just need me a second chance  
I'll prove myself and that's a fact  
I'm getting on with my life  
And I'm never looking back

I want to thank North Star  
For pointing me in the right line  
I'll be sure not to disappoint you  
And I'm getting it right this time.