

# TRANSITIONING TO THE COMMUNITY

*with the help of CalAIM*

CalAIM (California Advancing and Innovating Medi-Cal) helps you get health care and support to succeed upon release.

## 180 Days Before Release:

- Work with your Pre-Release Care Team to sign-up for Medi-Cal and screen for other benefits (Social Security, Veterans Affairs benefits, etc.).
- Medi-Cal will assign you a Managed Care Plan before your release.

## 60 Days Before Release:

- The institution Pre-Release Care Coordination Team will work with a Enhanced Care Management Lead Care Manager in the community on referrals for housing, transportation, or mental health services.
- The Lead Care Manager will schedule important appointments.

## At Release:

- Take home a 60-day supply of most medications (or 30 days for controlled substances).
- Use your Medi-Cal card to access covered services and medications right away.

## 210 Days Before Release:

- Learn about CalAIM and how it can help you.
- Meet with Parole Services Associate for Release Program Study.

## 90 Days Before Release:

- Start working with your institution Pre-Release Care Coordination Team to make a Reentry Care Plan just for you.

## 30 Days Before Release:

- Meet with your Pre-Release Care Coordination Team, Lead Care Manager, and County Behavioral Health Department (if needed) in what's called a warm handoff.
- Finalize your Reentry Care Plan with your Pre-Release Care Coordination Team.
- Receive your Reentry Care Plan with your Lead Care Manager contact information.



## Important Reminders:

Make sure your Lead Care Manager has the correct contact information for you. Stay in touch with your Lead Care Manager after release. If you need help, call them. They are here to support you!

# CalAIM *Frequently Asked Questions (FAQ)*

## **What is CalAIM?**

It's an initiative that helps you get ready to return to your community. CalAIM will help enroll you for health care coverage and additional support through Medi-Cal, if eligible.

## **What is Medi-Cal?**

It helps pay for medical care for eligible California residents.

## **Who can receive CalAIM and Medi-Cal?**

Medi-Cal eligibility depends on income, age, and health conditions. You may qualify if you have certain health needs, like a mental health issue, substance use disorder, a long-term or serious health condition, brain injury, HIV or AIDS, or are pregnant or recently had a baby. You can begin applying for Medi-Cal benefits 6 months before your release date. A benefit worker will reach out to you and assist you with your application.

## **What services are included as part of CalAIM?**

- ▶ Help signing up for Medi-Cal (if eligible)
- ▶ Pre-release planning
- ▶ Support from Enhanced Care Management Lead Care Managers for health care, transportation, food, clothing, housing, and other community resources
- ▶ Mental health and substance use treatment services

## **Who is a Lead Care Manager?**

A Lead Care Manager is someone in the community who helps create a Reentry Care Plan for your needs, like doctor visits, housing, and mental health care. They help guide you and support you with addressing your health and social needs. Think of your Lead Care Manager as your community resource expert.

## **What is a Pre-Release Care Coordination Team?**

The team that works in your institution to help set up your post-release health care needs and connect you with a Lead Care Manager.

## **What is a Managed Care Plan?**

A type of health insurance that organizes your care through a group of doctors and services. Kaiser Permanente, Molina, Aetna, Blue Cross, Blue Shield, and county health plans are some examples of Managed Care Plans. Your Managed Care Plans will be assigned when you release.

## **What is a Reentry Care Plan?**

A list of services that describes your reentry needs. These needs may include your health care appointments, housing, food, clothing, and support groups. You will work with your pre-release coordinator to create your Reentry Care Plan. The plan will be given to your Lead Care Manager who will reach out to you after release. They will work with you to meet the needs listed on your Reentry Care Plan.

## **Who can I contact if I have questions?**

Your Lead Care Manager's contact info will be in your Reentry Care Plan. You can also ask your Pre-Release Care Coordination Team for help prior to release.

## **What if I don't qualify for Medi-Cal benefits?**

A Pre-Release Care Coordination Team will still help you by connecting you with community services and giving you resources, medications and contacts.

## **Still have questions?**

Talk to your Care team or your Pre-Release Care Coordination Team to learn more!