

The Insider

A MONTHLY RESOURCE FOR ISUDT PARTICIPANTS

ALL ABOUT

CalAIM *Justice-Involved Reentry Initiative*

CALIFORNIA ADVANCING AND INNOVATING MEDI-CAL

your health
is a priority

don't face
reentry alone

ISSUE NUMBER 61 | "ALL ABOUT CALAIM" | JULY 2025

Your *Golden Ticket*

to **FREE** medical and other
supportive services
when you release



STEP 1:

Sign Up for Your Medical Benefits

You will get a ducat to speak with a benefit worker* 160-140 days before release. You can also ask to meet with them using Form 22. They will help determine if you are eligible for services including:

- » Medi-Cal
- » Social Security
- » Veterans Affairs

STEP 2:

Meet with Nursing

Meet with nursing staff to see what community support you need. This can include:

- » Medical
- » Mental health
- » Substance use recovery
- » Other community support services

**Don't
miss out!**

*You will be ducated for all your
important appointments.*

STEP 3:

Warm Handoff

Nursing staff connects you with your Lead Care Manager. They help you with medical appointments, medications, and community support upon release.

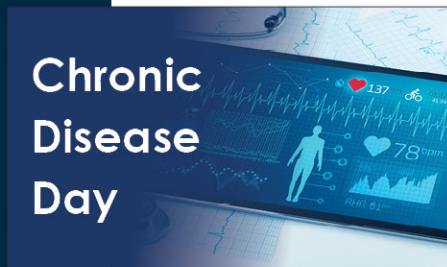
The CalAIM Justice-Involved Reentry Initiative allows eligible Californians to sign up for Medi-Cal (a health insurance program) before release. This way, you can keep getting the care you need after you enter the community.

* Your benefit worker will be from the University of San Diego Transitional Case Management Program



UV SAFETY MONTH

UV Safety Month reminds us about the danger of being in the sun without protection from ultraviolet (UV) light. Too much UV light can damage your skin and eyes. You can reduce risk of skin damage by using broad spectrum sunscreen that has a SPF of 15 or higher. You can also protect your skin by wearing a hat. Wearing sunglasses can protect your eyes from damage.



CHRONIC DISEASE DAY

JULY 10

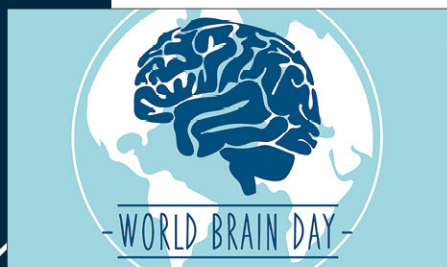
A chronic disease is a long-lasting health condition. These usually last more than three months and can worsen over time. This observance advocates for better access to prevention education and care for chronic diseases.



ZERO HIV STIGMA DAY

JULY 21

Zero HIV Stigma Day brings attention to how people with HIV are treated. This observance brings people and communities together to stop negative stigma around HIV. It also shares information about HIV and the communities who are most at risk.



WORLD BRAIN DAY

JULY 22

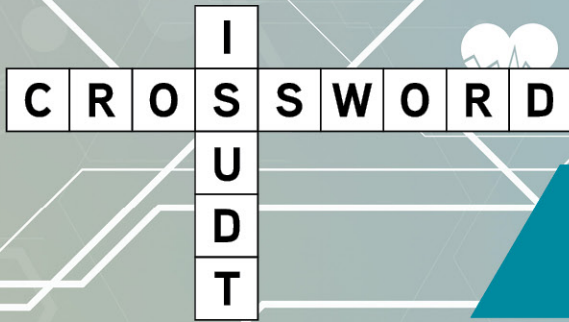
World Brain Day is an annual event that raises awareness about brain health. It also is about educating people on neurological disorders. The hope is that people will make healthy changes to help prevent issues. This event also pushes for better access to care and research funding.



WORLD HEPATITIS DAY

JULY 28

World Hepatitis Day shares information about the different types of hepatitis. The aim is to make testing and treatment more accessible. People who inject drugs are more at risk for hepatitis A, B, and C. Talk to your medical team about hepatitis vaccines.



your health
is a priority

ALL ABOUT

CalAIM

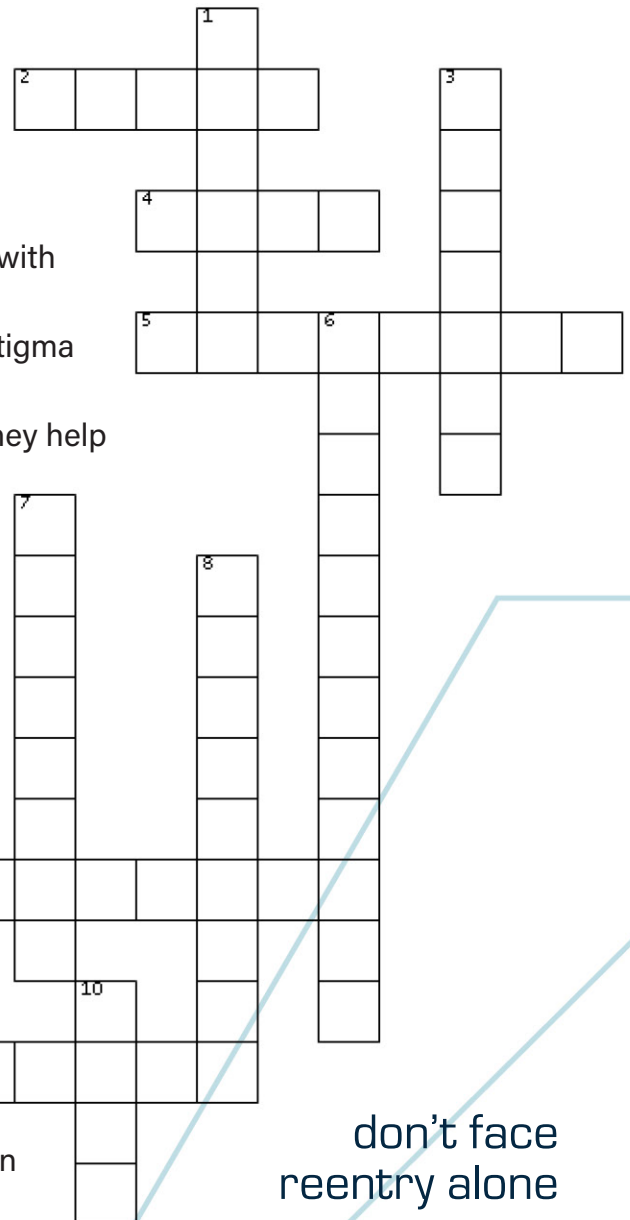
*Justice-Involved
Reentry Initiative*

ACROSS

2. With CalAIM, you will get a _____ to speak with a benefit worker 160-140 days prior to release.
4. A _____ handoff is when nursing connects you with your Lead Care Manager.
5. Zero HIV Stigma Day is about stopping _____ stigma around HIV.
9. Activities like zentangles are a form of _____. They help lower your stress!
11. _____ is a painful rash caused by the same virus as chickenpox.

DOWN

1. Too much UV light can _____ your skin and eyes.
3. _____ helps figure out what community support you need.
6. Your Lead Care Manager helps you with medical _____, medications, and community supports.
7. Your Transitional Case Management Program benefit worker helps you sign up for medical _____ through CalAIM.
8. People who inject drugs are more at risk for _____ A, B, and C.
10. A Reentry Care _____ is a list of services that you need upon release.



don't face
reentry alone

CalAIM Steps During the Release Process

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

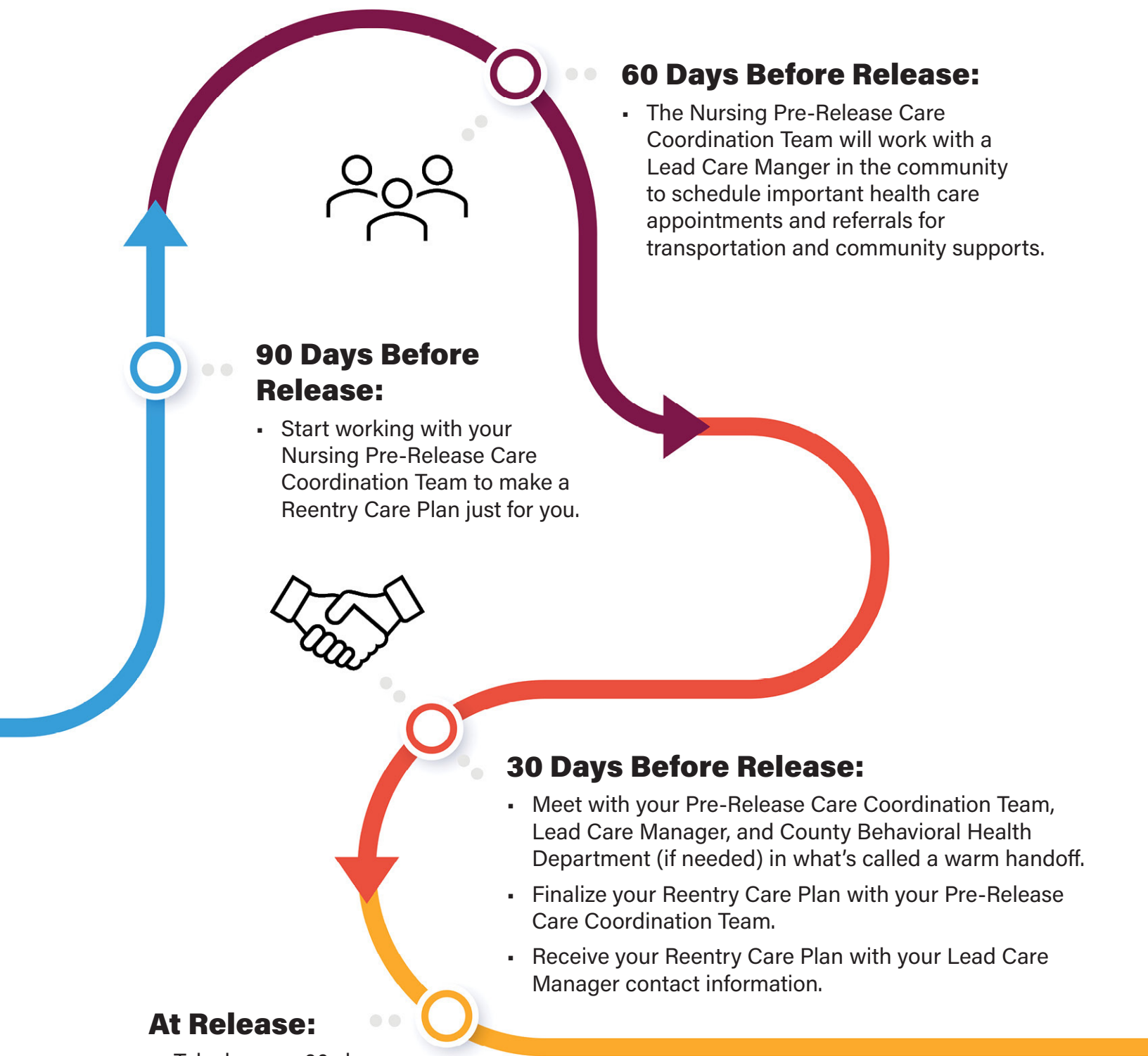


210 Days Before Release:

- Meet with Parole Services Associate for Release Program Study.

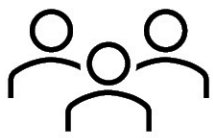
160 Days Before Release:

- Work with your Transitional Case Management Program benefit worker to sign-up for medical benefits.
- If eligible, a Managed Care Plan will be assigned to you before your release.



60 Days Before Release:

- The Nursing Pre-Release Care Coordination Team will work with a Lead Care Manager in the community to schedule important health care appointments and referrals for transportation and community supports.



90 Days Before Release:

- Start working with your Nursing 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.

At Release:

- Take home a 60-day supply of most medications (or 30 days for controlled substances).
- Access covered services and medications right away.

Important Reminders:

- ▶ Attend all scheduled appointments.
- ▶ Make sure your Lead Care Manager has the correct address and contact information for you.
- ▶ Get in touch with your Lead Care Manager upon release. If you need help, call them. They are here to support you!

CalAIM *Frequently Asked Questions (FAQ)*

What is CalAIM?

The CalAIM Justice-Involved Reentry Initiative helps people stay healthy when they leave prison. It allows eligible Californians to sign up for Medi-Cal (a health insurance program) before they are released. This way, they can keep getting the care they need after they enter the community.

It also helps them get medicine, medical equipment, and other support for this important transition.

What is Medi-Cal?

It helps pay for medical care for eligible California residents. Medi-Cal eligibility depends on income, age, and health conditions. 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 Lead Care Managers for health care, transportation, food, clothing, and other community resources
- ▶ Mental health and substance use treatment services

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.

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 and mental health care. They help guide you and support you with addressing your health and social needs.

What is a Managed Care Plan?

A type of health insurance that organizes your care through a group of doctors and services. Kaiser Permanente, Blue Shield, Anthem Blue Cross, and Health Net are some examples of Managed Care Plans.

What is a Reentry Care Plan?

A list of services that describes your reentry needs. These needs may include your health care appointments, 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.

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!

with an incarcerated person
on the cusp of release,
primed for success
via CalAIM

Q

&

A

CDCR and CCHCS launched the CalAIM Justice-Involved Reentry Initiative earlier this year. Patients are already seeing results.

The program connects incarcerated people with resources they'll need in the community. This includes health care and other support services. The process starts months ahead of release to make sure patients have the right connections before their release.

We sat with **Allen Columbus at CSP-SAC*** to learn more. He was planning for his release by taking advantage of CalAIM services. He's now out in the community.

HOW DID YOU FIRST GET HELP FROM CALAIM?

At first, I was wondering who was going to get in contact with me. ... But the ducat comes in and you'll see multiple people about transitions, processes, Medi-Cal, SSI*. It's good because it handles everything for you before you get released, so you don't have to be out there scrambling.

WHAT DO THESE SERVICES MEAN TO YOU?

If I have anything wrong with me, I can get screenings... That's good for me... I'm set up to get medications too.

WHAT DOES THAT DO FOR YOUR PEACE OF MIND?

It helps me out a lot, because now I know that somebody else is there for me on that. And



I'm just not alone. I'm not just an outcast or someone that just got released out of prison. I feel like I'm blended in with the community because I have the proper resources.

HOW DOES THIS MAKE YOU FEEL?

I feel real good. I feel like more of a gentleman now, you know? I can go out there with a calm perspective. I don't have that pressure on me and everything is aligned properly.

WHAT ARE YOU GOING TO DO WHEN YOU GET OUT?

I'm going straight to the electrical union. Stop and get me a carne asada burrito and start working.

**California State Prison, Sacramento*

**Supplemental Security Income (Social Security)*

ISUDT: Word Search

Appointments
 Benefits
 Community
 Connect
 Coordination
 Ducat
 Eligible
 Initiative
 Medical
 Nursing
 Process
 Reentry
 Release
 Resources
 Services
 Shingles
 Support
 Ticket
 Transition
 Vaccine

Sudoku Solved on Page 16

8	3	6				2	9	5		3	5					1	4		
7			2		8			3		9							8		
				3						2			9				5		
			7		9						3		9		5		8		
		8				1						5				2			
			8		3						4		1		8		3		
				5						5			3				7		
9			3		6			1		6							3		
3	7	5				9	2	6		4	8					5	2		
									6		9								
													2						
									3										
									4		8								
8	7					9	5		8	3	4	1				5	2	8	
2							7			9			4		1			6	
9				5			2							5					
	8		3		6		1						9		7				
		3				7						9					7		
	9		4		7		2						8		4				
1				6				3						6					
5								6			1			5		8			9
3	6						7	1			6	8	4				1	3	5

P U V U I P E M H I U O G N G W L F V T I E S O V S C M E K I B K L J G T E
 Q K U U D Y U M H Y I V Y B P H S P K R N X I C I G T I Q N T J N R J K R W
 J D W T S W S E C I V R E S J T K L K E H D M U H Z Z E K V S T I F E N E B
 N G Y Z N P E H C T B R E L E A S E Z Z A P U H Y C I K K A M H T F L O E X
 H U O P I V S O O O Y Q V R F T R C D V R H S E L U G Z Q C L J U L T J N R
 R O R F E I F V N F S F C G N S G C K O U O S C M P N E O C I A B H E O T T
 V Q U S D Y M S N O L L M E R L G U C H T X Y Q Y V K O E I E T E X S S R C
 I X S H I N G L E S K T M B I T T E M P H B H J W T R I D N U Z T R S O Y U
 C H G P R N L J C T M T K O Y V S O E U T T B I K D F F Z E K U Y U P K E L
 G D P J X V G P T Q N Q N O Y S X Z N P R A Z B I Y N K I U J Z G P F S D K
 O Z N Y M C R H W I W W M O C E V I T A I T I N I M F X H G A Z U T S K F J
 R V S V R R J Q O V Z V I Z I M F L N D O H A E W U P U H E Q S M I A K S S
 X H M U W V W P E Y K Z P N Z T P D U C A T K H U I V U W E H V B M S E S X
 V Z F Z M E P Q H B I J C K H J I P G R I N V C O S E C R U O S E R L R W J
 Q H C E J A C T E B R O X W M U L S P O W X S R O U E M W K F Y C T U G R X
 E L B I G I L E V C P N C K D F P F N C D X P A M R F L A C I D E M O S M S
 B V D U S V H C L S C D L T Q A N S K A V O Q A K I G P D C O E G P O G V P
 V D Y T I N U M M O C F A C N W X O O U R L K Z S K B R N D C P M O S Y W E
 I C C L U C F Y G K I A G D P D O E Z I F T L P Z U W J J F O T D M I Z X R

SHINGLES

(HERPES ZOSTER)

PATIENT EDUCATION

What is Shingles?

Shingles is a painful rash caused by the same virus as chickenpox.

It is most common in people over 50 years old. You cannot catch shingles from someone who has it. However, ***if you have never had chickenpox or the vaccine, you can get chickenpox from someone with shingles.***

What are the symptoms of shingles?



Fever



Headache



Chills



Burning, tingling, or pain on your skin

When the rash appears, it may look like pimples or blisters in one area of your body. The pain can feel like burning or shooting pain. Pain may last longer than the rash.

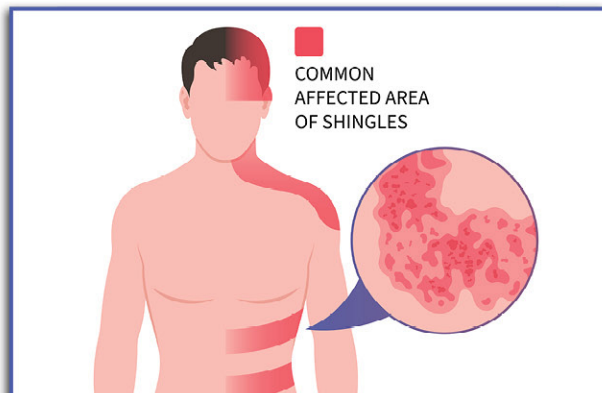
Tell your health care provider if you have these symptoms.

What is the treatment for shingles?

- Your provider may give you medicine for pain.
- You may be given antiviral medicine to help you heal faster.
- Keep your rash clean and try not to scratch.
- You will be isolated until your rash dries and crusts over, which may mean a change in housing.

Who is at risk for shingles?

- Anyone who has had chickenpox or the chickenpox vaccine can get shingles.
- The risk is higher for people over 50 years old.



How do I keep from getting shingles?

- If you are 50 or older you should get the shingles vaccine.
- People who are pregnant and have never had chickenpox or the vaccine should stay away from people with shingles. They should talk to their provider about protection with the chickenpox vaccine.

What if I am exposed to shingles?

- If you never had chickenpox or the chickenpox vaccine, you will be placed in quarantine.
- You may be given medicine to help protect you from getting sick.
- Nurses will check on you while you are in quarantine.
- If you develop a rash or feel sick (fever, body aches), tell your provider.



JOURNAL: LOOKING FORWARD

Allen Columbus was asked on page 9 what he was going to do when he gets out. He said he was going to go to the electrical union, then stop and get a carne asada burrito! If you were let out tomorrow, what would be your first stop?

[illegible]

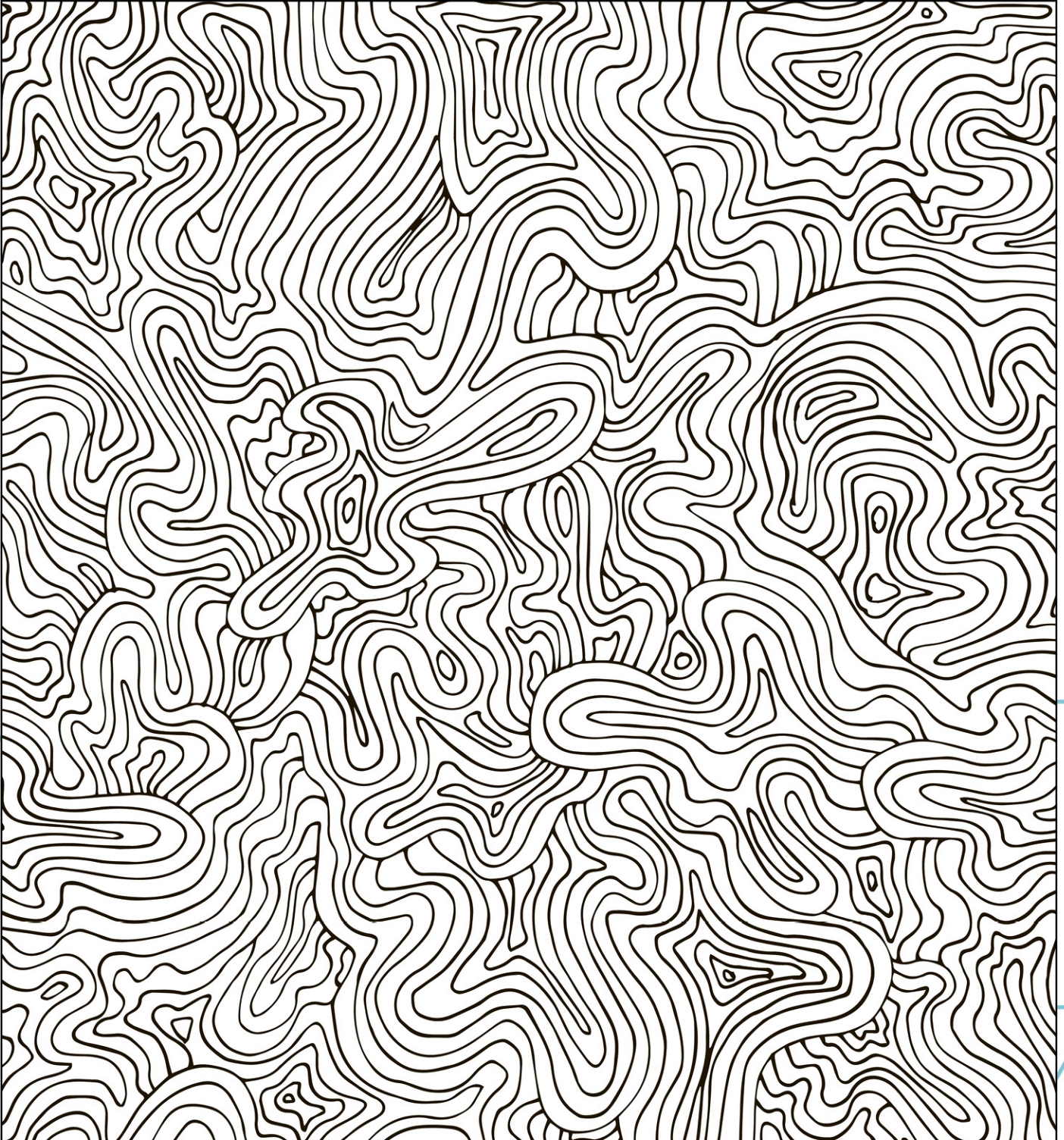
JOURNAL: BE PREPARED

CalAIM helps you get your ducks in a row before release. What kinds of support do you think you need to have in place? Use the space below to brainstorm or make a checklist so you are prepared! You can even bring your list to your pre-release meetings!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ZENTANGLE

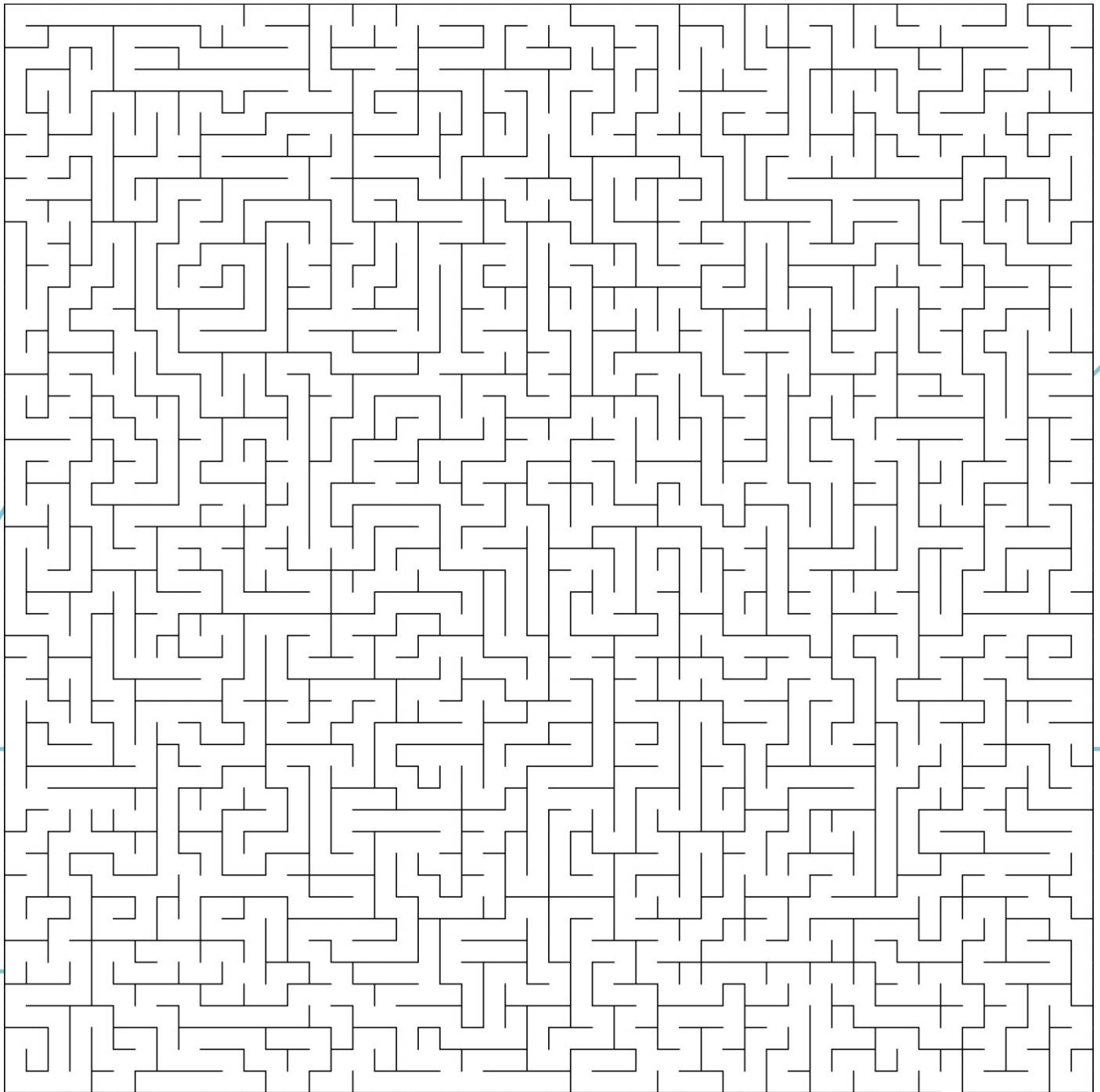
Activities like zentangles are a form of meditation. They help lower your stress and help you stay in the moment! Keeping stress under control helps with recovery. Color the zentangle below and take a break from your stress.



MINDFULNESS MAZE

Recovery is like this maze! It can be overwhelming if you look at the big picture. But if you look at it one step at a time, it is a lot easier to handle! Don't forget, mistakes happen! Recovery is a process. Every step is an opportunity to learn.

START HERE



BRAIN TEASER

A Rebus is a picture puzzle that represents a common name or phrase.

Can you solve this Rebus?

GO
GO

Answer: Time to Go

SUDOKU & CROSSWORD ANSWER KEY

8	3	6	1	4	7	2	9	5
7	5	4	2	9	8	6	1	3
1	2	9	6	3	5	7	4	8
4	6	3	7	1	9	8	5	2
2	9	8	5	6	4	1	3	7
5	1	7	8	2	3	4	6	9

3	5	8	2	6	7	9	1	4
9	6	1	4	5	3	7	2	8
2	7	4	8	9	1	3	6	5
1	3	2	9	7	5	4	8	6
8	9	5	3	4	6	2	7	1
7	4	6	1	2	8	5	3	9

6	8	1	9	5	2	3	7	4
9	4	2	3	7	6	5	8	1
3	7	5	4	8	1	9	2	6

5	1	9	6	3	2	8	4	7
6	2	7	5	8	4	1	9	3
4	8	3	7	1	9	6	5	2

7	5	8	6	2	9	1	3	4
4	6	3	7	1	5	2	9	8
2	1	9	4	3	8	7	6	5

8	7	4	2	3	1	6	9	5
2	5	1	6	4	9	8	3	7
9	3	6	7	5	8	1	4	2
7	8	2	3	9	6	5	1	4
4	1	3	5	8	2	7	6	9
6	9	5	4	1	7	3	2	8

3	4	1	7	9	6	5	2	8
9	5	2	4	8	1	3	7	6
8	7	6	3	5	2	4	9	1
5	2	8	9	3	7	6	1	4
4	1	9	6	2	5	7	8	3
7	6	3	8	1	4	9	5	2

1	2	7	8	6	4	9	5	3
5	4	9	1	7	3	2	8	6
3	6	8	9	2	5	4	7	1

2	9	5	1	6	3	8	4	7
1	3	7	5	4	8	2	6	9
6	8	4	2	7	9	1	3	5

[illegible]

CALAIM: WHAT WOULD YOU LIKE TO LEARN?

Are there any other features of CalAIM that you would like to learn about? Please share your questions below! Deliver this page to someone on the ISUDT team for submission to the ISUDT email. We may share your question in a future issue of the ISUDT Insider, alongside other entries from across the state.

Name (or remain anonymous) _____

YOUR FEEDBACK MATTERS!

What do you like about this edition of the ISUDT Insider? What could we do better? Let us know what you would like to see changed in upcoming issues.
