HEALTH for Returning Citizens: A Community-Academic Partnership

Harnessing Education and Lifestyle Change to Support Transitional Health for Mid and Late-life Returning Citizens

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The MADE Institute's provides transitional housing, life skills, peer-to-peer mentoring and education, health and wellness and skills-trades construction training for returning citizens and high-risk youth in the Flint and Genesee County area.
BCBSMF PROGRAM STATISTICS

Youth ages 16 to 24 from predominately African-American families.

All youth participants are raised in low-resourced households.

Recruited participants are from North Flint with most in zip codes 48504 and 48505.
STUDY RATIONALE

- The Lives of Justice-Involved Individuals Often Characterized by Poor Social Ties, Discrimination, Health Problems, and Food Insecurity
- Justice-Involved Often Turn to Community Re-Entry Programs for Support After Re-Entry
- Re-Entry Programs Mostly Focus on Employment and Housing
- Can We Introduce Supportive Health and Wellness Programming Into Community Re-Entry Programs?
PROGRAM STRUCTURE

- Resiliency workshops
- Individual and small group counseling
- Mental health first aid training
- Connection/reconnection to Community systems
KEY OUTCOMES

• EVALUATE THE FEASIBILITY AND ACCEPTABILITY OF IMPLEMENTING A 16-WEEK PHYSICAL ACTIVITY AND NUTRITION PROGRAM
  • Implementation Outcomes
    • REACH
    • Fidelity
    • Satisfaction