

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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EXTENSION



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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