

SUCCESS STORY

In 2003, I went to prison for manufacturing and delivering cocaine. I used to go to bars and rob patrons, take subs from delivery men, and rob students. I lived in abandoned houses and have been pistol whipped due to drug use. When I first got to prison, I was put in the hole for one month. Later, I ran across the person that had molested me when I was an adolescent.



I feel that prison was God's wake-up call for me. I was given a job in the kitchen making 12 cents an hour and during my free time I made amends to all those that I had offended. I was released from prison and went to a residential treatment facility. I learned to stop judging people and hanging out with undesirables. I got a job driving a transportation van, I have a nice apartment and I'm active in church. I have been living clean and sober for four years. Someone would have to kill me to get me to go back to the old lifestyle.

- Michelle / Sober Alumni

A HEALTHY DIET

- A healthy diet that includes fruits, vegetables and low-fat foods reduces your risk for heart disease, high blood pressure and cancer.
- Don't skip meals. Breakfast is especially important to give you the energy you need to start the day right.

HEALTH & FITNESS



MY HOME INC.
Helping Our Communities

For more information please visit us or call.

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HEALTHCARE

Adopting a healthy lifestyle following your release from prison involves setting personal goals for yourself, including nutritious meals and regular exercise. Successful reintegration and recovery are more likely to occur when you control risk-taking behaviors and take responsibility for your own health care. If you were taking medications in prison, ask a social worker to make arrangements for at least a 30-day supply of medicine following release.

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Call Today

651.659.0359

Ask a social worker for more information to receive the healthcare that's right for you.



INSURANCE

Find out the types of health care and support services available to you in your community. Community health clinics and some hospitals accept clients without health insurance, and others provide services based on your ability to pay. If you had health insurance before you went to prison, it may take several weeks to reinstate it following your release.

DAILY EXERCISE

Daily exercise improves your circulation and breathing. Exercise may include walking, climbing stairs, jogging, or working out. When you're feeling fit and healthy, your self-esteem improves along with your personal appearance.

COMMUNITY RESOURCES

- Free screenings and health assessments are conducted at local health fairs in many communities. Inquire at your local library, or check newspapers and local television channels for dates and times.
- Most community health clinics provide free tests for sexually transmitted diseases (STD's), tuberculosis (TB), hepatitis, and HIV/AIDS. The results of your tests are kept confidential.
- Many communities provide dental services to those who have little or no insurance. Brushing your teeth often and using dental floss daily prevents tooth decay and gum disease.
- Cut down on smoking cigarettes, or quit altogether. Many people recovering from alcohol or drug abuse are addicted to nicotine. Cigarette smoking is a serious threat to your health. Learn to relax and handle stress without the use of tobacco.