Successful transition is a matter of Community Health
The stigma of mental illness is important to highlight before, during and after incarceration for a few simple reasons:

1- It is often the initiator of the decision making processes and behaviors which lead to incarceration.
2- Mental Illness is aggravated during incarceration by the very nature of the prison reality.
3- Challenges of Re-entry often exacerbate mental health issues.

What is often in play, at each of these stages, is the stigma which hampers access to appropriate assistance, acknowledgement of need, and the support needed to sustain treatment regimens and improved MH outcomes.
The phrase Traumatic Brain Injury often conjures up an image of a serious motorcycle accident where the rider wasn’t wearing a helmet. Not a pretty picture. The medical definition, in part, is less dramatic but far more telling:

- A bolt or jolt to the brain
- Mild – a brief change in mental status or consciousness (characterized by a loss of consciousness for less than 3 minutes)
Symptoms

TBI has been categorized as “the most complex disease known to man in the most complex of organs.” It is worth the effort to understand TBI and how it might be part of one’s own experiences. See if these symptoms are present in your world:

- Headaches
- Dizziness
- Sensitivity to light and sound
- Mild Cognitive Impairment
- Anxiety
- Irritability
- Depression
- Fatigue
- Memory loss
Attentional Issues of TBI:

- Reduced concentration
- Reduced attention
- Inability to divide attention among tasks
- Slower processing speed - slower reading, writing, thinking
- Disorganization
- Reduced ability to acquire new skills
- Limited insight into impact on others
- Inconsistencies in performance
- Poor judgment
Behavioral Issues:

- Substance Abuse
- Impulsivity
- Increased Aggression
- Socially Inappropriate Behavior
- Increased Self-focus
- Rage
- Anxiety
- Mood Disorders
Consequences of TBI:

- Poorer Rehabilitation Outcomes
- Greater Functional Disability
- Reduced Quality of Life
- Poor Community Integration
- Reduced Employment Potential
- Presenteeism (this means you are present, at work or wherever, but not really there)
  and Absenteeism
- Increased rate of Suicide
Hibbard Study

This sounds like an accurate description of the general criminal/convict/addict population. But here’s an interesting twist - the study isn’t about prison populations or addicts in general – it’s about military personnel stationed in the combat zones of Iraq and Afghanistan.
PTSD is an all too common mental illness that is (fortunately) being recognized widely and (thankfully) with less stigma attached than many other diagnoses. It is also one I believe belies the true nature of what we’re seeing with the population we serve. It might better be understood if termed:

Persistent Traumatic Stress Disorder
Addiction
Chemical Behavioral
Shared relationship between addiction and psychiatric illness

Psychiatric
Mood disorders
Anxiety disorders
Psychotic disorders

Trauma
Abuse
Neglect
Wounds/Loss Grief Issues
PTSD

Shared relationship between trauma and psychiatric illness
Shared patient at most symptomatic with all three areas activated
Providence at the Heights

www.ProvidenceattheHeights.com
Successful transition is a matter of Community Health
Services Offered at Providence at the Heights

- Services will be offered to all residents and will be individualized to meet the diverse needs of residents in the building. Services will include but are not limited to:
  - Case management*
  - Employment services
  - Mental health and substance abuse services*
  - Support groups*
  - Independent living skills
  - One-on-one mentoring
  - Assistance accessing entitlement benefits such as veteran’s benefits and/or social security and family reunification
  - Special care is being made to ensure the children in the building are also receiving services, in particular around trauma recovery and educational advancement*

- *These services will be provided off site by either Second Chance Center and/or Aurora Mental Health Center

- Clinical Services will be delivered by Aurora Mental Health Center to those residents requesting them who are Medicaid eligible and at AUMHC sites in accordance with the MOU between AUMHC and Providence at the Heights.

- Any services provided to the residents by a service provider (Second Chance Center, Aurora Mental Health Center, etc.) are separate and apart from the leasing agreement that each resident will sign and are in no way tied to the lease.

- Funding for the Services budget will be met through a Services Budget Reserve Account, with operating expenses, net cash flow and if needed additional fundraising dollars.

- Residents will not be provided supervised medical, psychological, or developmental care or treatment on a daily, regular basis at the apartment building.

- Providence at the Heights will not be a licensed facility.
Individual, Family, Congregation and Clubs SCC needs you to consider the following:

**ADOPT AN APARTMENT**

Providence at the Heights (PATH) is progressing beautifully and on track for completion in January 2020. Second Chance Center is looking to our supporters to help furnish these homes for 50 individuals and families. Budget restraints prevented unit furnishings from consideration. However, most of PATH’s residents will be starting with little or no household possessions. **WE NEED YOUR HELP!**

Adopt An Apartment would require your generous donation of $250-$2500. Donors will be acknowledged with a “Brick” or “Plaque” (with Individuals, Families, Congregations and Club Names) in a display on the property.

These donations will be used exclusively for the bulk purchasing of beds, couches, nightstands, lamps, living room tables, chairs, televisions, bedding, mirrors and the “odds and ends” that would make an apartment just feel like home. Below are the renderings of the one (40) and two (10) bedroom apartments. We have entered into an agreement with [Habitat for Humanity Restore Roaring Fork Valley](https://www.habitatcolorado.org) that will enable us secure quality items at very reasonable cost. [TemperSealy International](https://www.tempersealy.com) has donated 10 Queen Size Mattress and Box Springs Sets 20 Twin Size Mattresses and Box Springs 50 metal Queen size Bed frames 20 metal Twin Size Bed frames

Please consider helping the residents of PATH start this new phase of their lives in the most warm and welcoming way possible. Thank you for all of your continuing support.
Providence at the Heights

www.providenceattheheights.com