



# WHI-FI Program

**Women's Health Information – For the Incarcerated**

*WHI\_FI is a joint collaborative venture between Aid to Inmate Mothers' and The Office of Women's Health (ADPH). The program is developed to provide preventative health education and referral information for women offenders. The purpose of WHI-FI is to increase awareness about women's health, foster healthy lifestyles prior to and after release and assist with linkages to public health services after release from prison.*

## WHI-FI Program Locations

Tutwiler Prison for Women

Montgomery Women's Facility

Birmingham Work Release

Monthly/Quarterly - WHI – FI Health Education Topics	
Breast Cancer Awareness	Nutrition and Physical Fitness
HIV/AIDS and STD's	Stress Management and Relaxation
Tobacco Use and Smoking Cessation	MRSA and Staph Infections
Cardiovascular Disease	Influenza and Safety Precautions
Human Sexuality and Addiction	Hepatitis
Tuberculosis	Infant Mortality Awareness
Health Referrals, Screenings and Resource Linkages	
67 Alabama County Health Departments	Rural Health Clinics
Federally Qualified Health Centers	Social Service Agencies and Special Needs Clinics

*Sponsored by the ADPH Office of Women's Health and Aid to Inmate Mothers with support from the Alabama Department of Corrections.*





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## Women's Health Information – For the Incarcerated

**Program Overview** – WHI-FI is a joint collaborative venture between Aid to Inmate Mothers' and The ADPH Office of Women's Health. This program is a gender specific initiative developed to provide preventative health education and referral information for women offenders at **Tutwiler Prison for Women, Montgomery Community Based Institution** and **Birmingham Community Based Facility**. The purpose of WHI-FI is to increase awareness about women's health, foster healthy lifestyles prior to and after release and assist with linkages to public health services in their local community.

**Pre Release and Reentry Program** — The three female institutions offer a Pre Release and Reentry Program to inmates who are within 30 – 90 days of release from prison. This program is offered monthly at Tutwiler Prison for Women and quarterly at Birmingham and Montgomery Community Based Institutions. The program offers a series of modules that focus on healthy lifestyles after prison. Incarcerated women participate in modules on the following topics: (1) Multiple addictions and recovery; (2) Job, Career, Financial and Communication Skills; (3) Faith, Communication and Character Building Skills; (4) Health Education, Screenings and Referrals; (5) Family Reintegration and Reunification; and, (6) Law Enforcement and Background Checks.

**Health Education and Information** – Preventative health education classes are offered to the general population of women and soon to be released women who are participating in the Pre Release and Reentry Program. Preventative health classes are offered to women to encourage healthy lifestyles, improve decision making skills and to improve health literacy. Classes are offered on the following topics: (1) HIV/AIDS and STD's; (2) Hepatitis; (3) Tuberculosis; (4) Smoking and Tobacco Use; (5) Body Piercing and Tattooing; (6) Diabetes; (7) Cardiovascular Disease; (8) Breast Cancer; (9) Cervical Cancer; (10) Nutrition and Physical Fitness; (11) Positive Mental Health; and, (12) Human Sexuality and Addiction.

**Community Linkages and Referrals** — After completion of the Pre Release and Reentry Program, women are provided with referral and contact information to link them to one of the sixty seven county health departments in the area in which they will be returning after release from prison. While participating in the program, women are orientated to a range of different health care programs that are available at their local county health department. Some of these programs include: (1) HIV/STD Screenings; (2) Alabama Breast and Cervical Cancer Early Detection Program; (3) Immunizations; (4) Birth Control Contraceptives; (5) Health Education and Informational Materials; (6) WIC Services; (7) Birth Certificates and Vital Records; (8) Health and Dental Screenings; and (9) Health Care Referrals to Specialty Clinics. Inmates are also provided with contact information for Community Rural Health Clinics; Federally Qualified Health Centers and Mental Health Centers.

For more information on the WHI-FI Program, please contact Elana Parker at (334)206-7980 or Karen Carr at (334)262-2245.

