SAN QUENTIN STATE PRISON HEALTH FAIR
A Joint Effort by Alameda County Public Health Department &
The National Trust

Implementation Manual
SAN QUENTIN STATE PRISON HEALTH FAIR

Implementation Manual

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San Quentin State Prison
Health Fair Implementation Manual
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Purpose of Manual

The purpose of this manual is to

• Provide a description of the joint Alameda County Public Health Department-San Quentin Health Fair

• Provide information to organizers on how to plan and implement the event

• Be used as a basis for implementing health fair events in other correctional facilities across the nation
Chapter 1: Event Goals

The goals of the San Quentin Health Fair are to:

- Improve the health status of incarcerated men
- Inform incarcerated men about health issues and preventive health techniques
- Encourage preventive health practices among incarcerated men
- Encourage men to become health advocates within their sphere of influence especially within their families and communities
Chapter 2: About the Event

Overview

The joint Alameda County Public Health Department (ACPHD)-San Quentin State Health Fair takes place on a weekday from 1 pm – 4 pm. Volunteers, exhibitors, and speakers arrive in the morning at 8 am. This provides ample time for prison check-in and Health Fair set up.

The location of the event varies depending on the space that is available and prison staff directives. There is usually a mix of indoor and outdoor rooms, each room dedicated to a particular health topic or activity. For example, in 2009 one room was used for chiropractor visits and another room was used for glucose, cholesterol, body mass index (BMI), and blood pressure testing. We also had a main area where several health booths were set up. Inmates are invited to visit the health booths, participate in health fair activities and get tested. Inmates are provided with a personalized health tracking sheet in which they can record the results of their tests.

About mid-way through the event, volunteers, exhibitors, and attendees are gathered into a central area and a series of brief inspiring speeches are delivered and instructions are given on prison etiquette.

Trust Fellows play a key role in organizing and ensuring a safe and effective event. Trust Fellows are inmates who are members of The National Trust for the Development of African-American Men. Trust Fellows have participated in a rigid program that results in a positive shift of values and knowledge of self worth. Once through the program, Trust Fellows use their skills to inform, help, and advocate on behalf of their communities, families, and friends.

One or more Trust Fellows is assigned to each health booth/activity. The role of the fellows during the Health Fair is to ensure an orderly, respectful, and safe progression of men through Health Fair exhibits. For example, having experienced an overwhelming number of participants requesting chiropractic visits in past years, Trust Fellows came up with the idea of handing out tickets with numbers on them to men requesting chiropractic visits. This was a fair and equitable way to moderate the flow of attendees into the chiropractic room.

The number of Health Fair attendees varies each year, however, it is estimated that between 300 and 400 men attend the Fair each year. The feedback from the men who attend the Fair as well as the volunteers and exhibitors who put on the Fair is extremely positive.
**Rationale**

The challenge of returning formerly incarcerated is much more than their physical relocation into their home community places. Instead, the real challenge is reintegrating former prisoners into their home community fabrics. It is more than a matter of providing assistance that will prevent recidivism. Rather it is providing the encouragement, the opportunity and the structures through which they can function as full and bona fide members of the community and as positive contributors to community life.

These reintegration aspirations are built on two premises: first, that formerly incarcerated men have skills, abilities and talents that can and should be marshaled for the benefit of the residents and neighborhoods to which they return; and consequently second, that rather than seeing them as community liabilities, communities should view them, and enlist and deploy them, as community assets. A few further assumptions provide the rationale for the Trust’s strategy. For example, The Trust believes that what is needed for successful reentry is providing what has been missing in the lives of most of the prospective returnees – a strong sense of, connection to, and respect for their communities as places where their children and families will either flourish or founder. That so, the Trust further believes that involving returnees in comprehensive community building efforts, such as those being supported by many national foundations and local governments, offers the perfect foil for instilling these new values.

Additionally however, the Trust believes that, to achieve this new community awareness and appreciation, offenders must first undergo personal transformations that will give them a better sense of self, of their personal responsibilities, and of their potential contributions to their children, families and neighborhoods. That is why the Trust’s traditional in-prison program has historically focused on asset-based leadership development designed to alter inmates’ value orientations.

The initial strategy to have the men assume responsibility for themselves, children, families and communities was to teach them the importance of healthcare, especially preventive healthcare practices. One method of achieving that goal was to establish a partnership with the Alameda County Health Department and invite them into San Quentin Prison to assist in the leadership training of the men. One of the first activities of the partnership was the creation of the Trust health fair.
Organizers

Since its inception in 2004, the primary organizers of the San Quentin Health Fair have been the ACPHD, ACPHD’s Urban Male Health Initiative, The National Trust for the Development of African-American Men, and San Quentin State Prison. Following the early years of the San Quentin Health Fair the organizers expanded to include representatives from San Francisco State University, and Centerforce.

What follows is a description of key organizers.

- **Alameda County Urban Male Health Initiative**
  
  The Alameda County Urban Male Health Initiative is charged with reducing the premature mortality of men and boys in Alameda County by focusing on the following goals:
  
  1. Developing strategies, policy recommendations, and programs that are designed to increase healthcare access and advance a continuum of care for underserved men and boys
  2. Improving health outcomes for men in specific disease areas, including but not limited to: prostate and testicular cancers, cardiovascular diseases such as high blood pressure, stroke, and heart attacks, depression, suicide, and diabetes
  3. Studying local health concerns unique to men or which predominately affect men, and make appropriate recommendations

- **The National Trust for the Development of African-American Men**
  
  The National Trust for the Development of African-American Men is committed to restoring the values, dignity, and vibrant culture in African-American communities.

  The Trust works with prisoners, not against them, to instill the traditional African-American values of cooperative behavior, collective behavior, non-violence, love, trust, respect and responsibility as they re-enter our neighborhoods.

  The Trust develops a network of local advocates and assists them in taking a clear stand on acceptable behavior in their communities and helping ex-offenders unlearn prison values and rejoin civil society.

  The Trust establishes a working partnership with corrections and the African-American community to start rehabilitating incarcerated people before they return home.
- **San Quentin State Prison**

San Quentin is California’s oldest and best known correctional institution. The prison today includes a reception center for new commitments, a parole violator unit, general population units, and a minimum security work crew unit. The state’s only gas chamber and death row for all male condemned inmates are located at San Quentin.

- **Centerforce**

Centerforce is a nonprofit that provides direct services to incarcerated individuals, formerly incarcerated individuals, and their loved ones.

**History of the San Quentin Health Fair**

The first San Quentin Health Fair occurred in February 2004. The event was a great success with 40 volunteers and as a result, it has been repeated every year since. Each year the number of attendees, volunteers, and sponsors increases. In 2009 we had 80 volunteers. Over the last few years we have been conducting the Health Fair in the April / May time-frame.

**Content**

Our 2009 Health Fair included 10 health information booths, 9 small group lectures, cholesterol, blood pressure, and glucose screening, body mass index determination, yoga classes, and chiropractic adjustments.

The health information booths and small group lectures covered the following topics:

* Substance Abuse  
* Stress Reduction  
* Asian Pacific Islander Health Awareness  
* Hypertension/Asthma  
* Nutrition  
* Diabetes  
* Smoking ill effects and how to stop  
* HIV / AIDS & STDs  
* Sudden Infant Death (SIDS)  
* Hepatitis C

In addition, we had on the agenda several notable speakers who spoke in a main outdoor lecture area to all attendees and health fair volunteers. Those speakers included Lt. Robinson, a representative from San Quentin State Prison, James Thomas, President of the San Quentin TRUST and San Quentin Inmate, Dr. Garry Mendez, Jr., Executive Director of the National Trust for the Development of African-American Men, Dr. Arnold Chavez, Alameda County Urban Male Health Initiative, Michael Shaw, Director of the Alameda County Urban Male Health Initiative, Arnold Perkins of Alameda County Public Health Department, and Devon Boggan of Contra Costa County.
Volunteers

Volunteers have included:

- Numerous staff members from the ACPHD including but not limited to representatives from the Urban Male Health Initiative, the Aids office, Nutrition, Tobacco Control, SIDS, Communicable Diseases, Diabetes Prevention and Substance Abuse

- Community Clinics such as Healthy Oakland

- The Bay Area Black Nurses Association (key in funding and administering health tests such as glucose, BP, and cholesterol screening)

- Yoga companies such as Niroga and Tamara Perkin’s Apple of Discored Productions, LLC.

- Local Chiropractors including but not limited to Dr. Janna Huboi, Dr. Katie Sokolski, Dr. Matt Green, Dr. Rebecca Ray Nystrom, Dr. Steven Rottell, Mathew Egan, Allison Maria Bogan

- San Francisco State University Nurses (Larry Vitale)

- Asian Pacific Islanders

- Centerforce

Sponsors

Over the years, the Health Fair has had the following sponsors:

- Alameda County Public Health Department

- The National Trust for the Development of African-American Men

- San Quentin State Prison

- The Bay Area Black Nurses Association

- Healthcare Frontier LLC
Chapter 3: Coordination

Provides an overview of key parties involved and coordination steps.

The San Quentin Health Fair involves several key parties including but not limited to:

- The National Trust
  - Dr. Garry A. Mendez Jr., Executive Director
  - San Quentin T.R.U.S.T Fellows
- Alameda County Public Health Department
  - Dr. Iton, Director and Health Officer
- Alameda County Urban Male Health Initiative
  - Michael Shaw, Director
  - Arnold Chavez, Ed.D.
  - Jessica Luginbuhl, MPH
  - Karie Gaska, MSW
- San Quentin State Prison Warden
  - Robert Wong
- San Quentin State Prison Staff
  - LT Robinson
  - Laura Bowman
# Chapter 4: Checklist

Provides an event checklist to be used by organizers to plan and execute the event.

<table>
<thead>
<tr>
<th>#</th>
<th>Should be done</th>
<th>Task Name</th>
<th>Resource(s)</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>7.5 months before</td>
<td>Assemble SQ Health Fair implementation team</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>7 months before</td>
<td>Meet with Trust and discuss possible dates for Health Fair</td>
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<tr>
<td>3</td>
<td>6.5 months before</td>
<td>Meet with Warden and SQ Prison staff to finalize date for Health Fair</td>
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<tr>
<td>4</td>
<td>5 months before</td>
<td>Recruit volunteers to exhibit / speak / perform services at Health Fair</td>
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<tr>
<td>5</td>
<td>5 months before</td>
<td>Identify sponsors for event</td>
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<tr>
<td>6</td>
<td>4 months before</td>
<td>Develop Draft SQ Health Fair Schedule including location, exhibitors, back up plan in case of rain, and food and water for volunteers</td>
<td></td>
<td></td>
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<tr>
<td>7</td>
<td>3 months before</td>
<td>Obtain feedback on schedule from Warden and SQ Prison staff</td>
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<tr>
<td>8</td>
<td>2.5 months before</td>
<td>Incorporate feedback from Warden into schedule and publish final version of event schedule</td>
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<tr>
<td>#</td>
<td>Should be done</td>
<td>Task Name</td>
<td>Resource(s)</td>
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<tr>
<td>9</td>
<td>2.0 months before</td>
<td>Document letter of understanding between SQ,, The Trust and Urban Male Health Initiative.</td>
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<tr>
<td>10</td>
<td>1.5 months before</td>
<td>Send out communication to volunteers (including SQ booklet), key note speakers and exhibitors regarding event logistics (time/date) and SQ prison rules regarding attire, no cell phones etc.)</td>
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<td></td>
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<tr>
<td>11</td>
<td>1.5 months before</td>
<td>Obtain Name, driver's license, DOB, and SS# information from each volunteer and submit to SQ for approval.</td>
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<tr>
<td>12</td>
<td>1.5 months before</td>
<td>Firm up plan for feeding and providing water to volunteers (please note, chiropractor volunteers need extra water)</td>
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<tr>
<td>13</td>
<td>1 month before</td>
<td>Map out exact Health Fair format. Confirm where each exhibitor will be positioned. Determine accessories required to support each booth such as tickets.</td>
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<tr>
<td>14</td>
<td>1 month before</td>
<td>Firm up Trust fellow assignments</td>
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<tr>
<td>15</td>
<td>2 weeks before</td>
<td>Create and print program</td>
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<tr>
<td>16</td>
<td>2 weeks before</td>
<td>Create “day of” task list</td>
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<td></td>
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<tr>
<td>17</td>
<td>2 weeks before</td>
<td>Create volunteer check list for checking people in on day of event</td>
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<tr>
<td>#</td>
<td>Should be done</td>
<td>Task Name</td>
<td>Resource(s)</td>
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<td>18</td>
<td>2 weeks before</td>
<td>Invite volunteers to an optional SQ Prison orientation workshop at Public Health offices</td>
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<tr>
<td>19</td>
<td>1 week before</td>
<td>Send email to volunteers reminding them about the event and SQ attire policies</td>
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<tr>
<td>20</td>
<td>1 week before</td>
<td>Create list of items to bring to SQ on the day of the health fair (i.e. tape, poster board, etc.)</td>
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<tr>
<td>21</td>
<td>Day of event</td>
<td>Follow “day of” task list</td>
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<tr>
<td>22</td>
<td>1 week after</td>
<td>Send thank you notes to SQ Warden, SQ prison staff, volunteers, and sponsors</td>
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<tr>
<td>23</td>
<td>4 weeks after</td>
<td>Publish report on SQ Health Fair</td>
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Chapter 5: Supporting Documents

Provides a list of supporting documents from past Health Fairs (please see attached zip file entitled attachments)

1. Health Fair Brochure and Schedule
2. Health Fair Reports and Summaries
3. Planning Documents
4. Prison Gate Clearance
5. Prison MOU
6. Statistics from Public Health Nurses
7. Strategic Documents
8. Thank You and Request for Feedback Documents
9. Prison Information for Volunteers