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Lifestyle Choices That Help Prevent Women from Reincarceration

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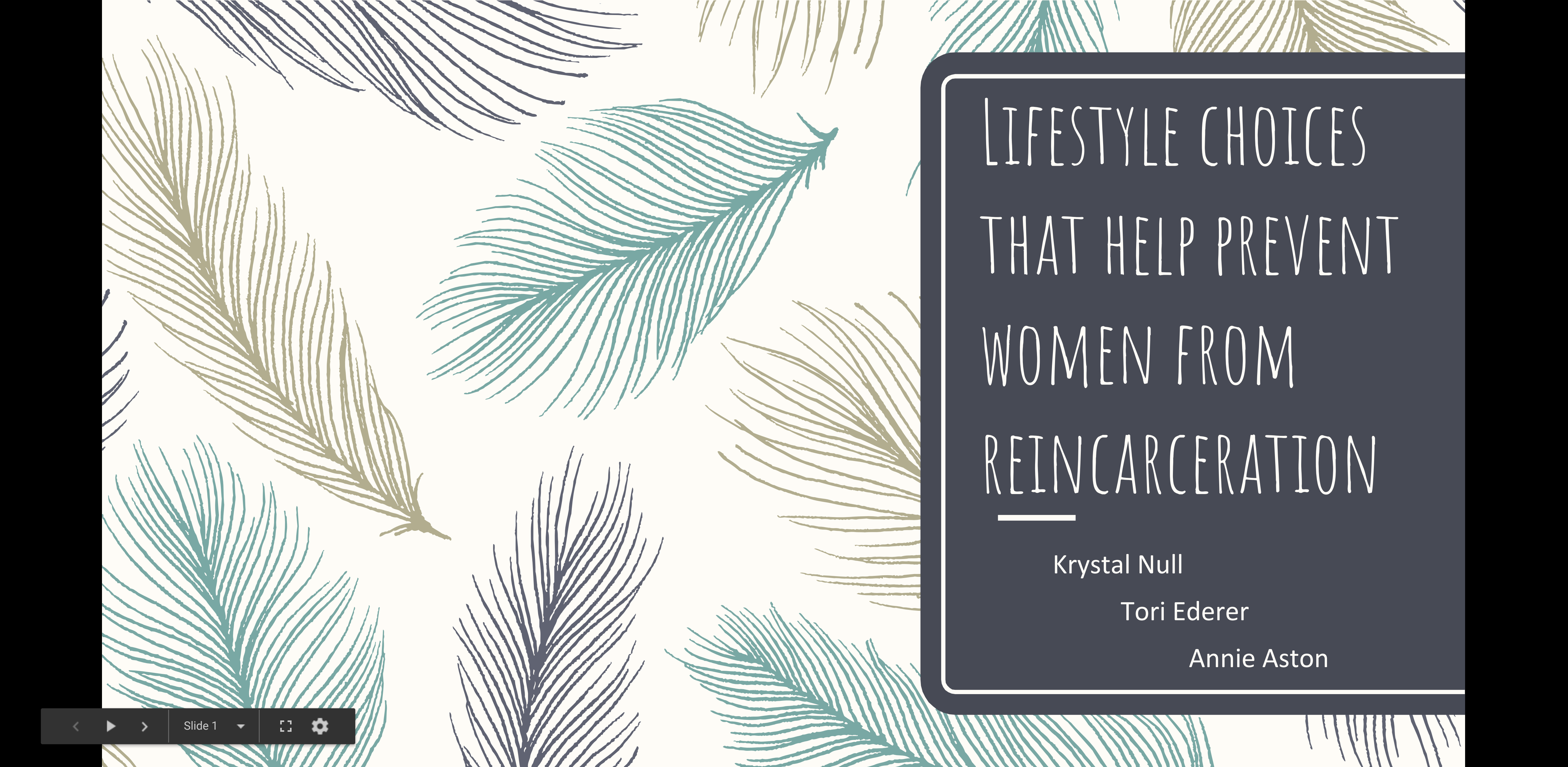


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LIFESTYLE CHOICES THAT HELP PREVENT WOMEN FROM REINCARCERATION

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PROBLEM STATEMENT

Research shows that 83% of first-time prisoners are arrested after nine years of being back in the community (Alper, 2018). This is an issue, because prisoners are not making positive changes that keep them from being incarcerated again. It is important to understand the reason that positive changes are not being made in the prisoner and/or the systems they rely on in order to decrease recidivism rates. Research shows that prisoners adjust psychologically within the prison and this adjustment determines how a prisoner rehabilitates as well as determining the risk of recidivism (Fedock, 2017). There is especially a greater need in mental health for women in prisons as women have greater histories of mental health, physical, and trauma-related issues than men (Fedock, 2017). Some research looks at the deprivation theory or the importation theory to understand how prisoners are affected, but there may need to be more research that looks at both theories together. This can help social workers to understand best practices to seeking positive change within the prisoners life.



RESEARCH QUESTION

What lifestyle choices are most conducive to helping women stay out of prison after being released?



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LITERATURE REVIEW

Support Services, Health Care Services, Factors Related to
Recidivism, & Programming and Reentry Methods



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SUPPORT SERVICES

1. It was found that inmates who completed educational programming were more likely to adjust well to life after release and education reduced recidivism rates (Hull, 2000; Hall, 2015).
2. "...research indicates that correctional education programming appears to offer the greatest [recidivism] reduction outcome," (Hall, 2015, p. 4).
3. Earning a GED while incarcerated significantly reduced the likelihood of returning into custody upon release (Nuttall, 2003).
4. Inmates who utilize transitional, vocational, or academic services while incarcerated were less likely to return into custody (Yamatani, 2011).
5. Inmates who were offered cognitive-behavior skills training with a partner of their choosing felt more supported and were satisfied with the program (Pettus-Davis, 2015).
6. Diversion programs were found to reduce recidivism rates (Huck, 2016).
 - a. "... [these] diversion programs try to limit the negative impact of the criminal justice system on the lives of socially marginalized individuals by allowing offenders continued access to community resources and support structures," (Huck, 2016, p. 867).
7. Having a social support system (especially family and good friends) and services after being released from prison reduces recidivism.

What lifestyle choices are most conducive to helping women stay out of prison after being released?



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HEALTH CARE SERVICES

1. Prisoners who are released from a drug treatment facility combined with aftercare services are less likely to return to prison (Olson, 2014).
2. Research shows differing needs for women and better outcomes of women in prisons who have reliable workers (Trotter, 2012).
3. Prisons should provide screenings and other preventative measures and training as soon as these women are admitted to prison (Springer, 2010).
4. “Because mental health problems and substance abuse often underlie offending behaviors, the failure to treat those issues translates to high rates of recidivism and high costs to local correctional systems,” (Coop, 2018, p. 118).
5. Prisoners who go back into the community have a high rate of catching and spreading illnesses such as STDs. Many prisoners are not taught the importance of health and how to take care of themselves (Restom, 2005).

What lifestyle choices are most conducive to helping women stay out of prison after being released?



FACTORS RELATED TO RECIDIVISM

1. Spirituality is inversely related to drug use, and level of spirituality may depend on individual characteristics such as age and race (Staton, 2003).
2. Not only is drug treatment important, but following up helps keep prisoners from returning to their past habits (Olson, 2014).
3. "...[inmates] associate with other offenders, endure the pains of imprisonment, risk physical victimization, are cut off from family and prosocial contacts on the outside, and face stigmatization as 'cons.' Imprisonment is thus not simply a cost to be weighed in future offending but, more important, a social influence that shapes inmates' attitudes toward crime and violence, peer networks, ties to the conventional order, and identity," (Cullen, 2011, p. 53).
4. According to one study, economic freedom is associated with a decrease in recidivism (Hall, 2015)

What lifestyle choices are most conducive to helping women stay out of prison after being released?

PROGRAMMING AND REENTRY METHODS



1. “Correctional education has a variety of goals that are aimed at rehabilitating inmates. These goals often include controlling inmate behavior, supporting the needs of the correctional institution, and providing inmates with basic skills and an opportunity to change,” (Hall, 2015, p. 12).
2. “Recognizing that people who cycle in and out of our nation’s jails are disproportionately struggling with poverty, poor health, mental illness, and substance abuse, we discuss how the criminal justice system can work with local service providers to more effectively meet the needs of this population and reduce justice system inequality,” (Coop, 2018, p. 104).
3. Spjeldnes (2012) shows insights about mental health, substance abuse, and racial disparities in the criminal justice systems being the main factors that influence recidivism because there are limited services in prisons and limited resources offered upon the offenders’ release (p. 132). Offenders must have a positive social support system and positive view on community resources upon release to be less likely to reoffend.
4. According to one study, it is important to have re-entry programs not only to reduce recidivism, but for the sake of cost effectiveness. The average time inmates serve in prisons in Ohio is 2.74 years (986.4 days). The rate for one inmate is \$63.62 per day. Re-incarceration of inmates costs the state \$62,755 per re-committed inmate (Hanley, 2006).

What lifestyle choices are most conducive to helping women stay out of prison after being released?



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RESEARCH DESIGN

Exploratory Qualitative Phenomenological Design

- Fixed Purposive Sample Panel



POPULATION AND SAMPLE

- **Population Criteria:**
 - Female offenders who are 18 or older
 - Female offenders who have remained out of prison for at least 5 years.
 - Female offenders who currently live in Ohio
- **Sample Selection:**
 - Non-probable Purposive Sampling Method

What lifestyle choices are most conducive to helping women stay out of prison after release?



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DATA COLLECTION PROCEDURE

- Phenomenology
 - Individual Interviews
 - *Semi-Structured Interview*
 - *Record Interviews*
 - One Long and In-Depth Interview
 - *90 Minutes (with breaks between 30 minute sections)*
 - *Anonymous*
 - *First 30 Minutes: Participants past*
 - *Second 30 Minutes: Participants present*
 - *Third 30 Minutes: what expectations Participant has moving forward*

What lifestyle choices are most conducive to helping women stay out of the justice system?
What factors are most likely to be released?



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DATA COLLECTION PROCEDURE

Interview Protocol

- Definition of Lifestyle factors
 - *“Lifestyle factors are the modifiable habits and ways of life that can greatly influence overall health and well-being” (Sharma, R., Biedenharn, K. R., Fedor, J. M., & Agarwal, A., 2013).*

- Some Questions to ask...

PAST

- *If you could change three things in your past what would they be?*
- *What have your past relationships looked like? How have they had an effect on you?*

PRESENT

- *What is your current health like? (physical, mental, emotional)*
- *How would you describe your current happiness level?*
- *What is your current job status? Do you enjoy your job?*
- *What is your current relationship status?*
- *What would your best friend say your best quality is and your least favorable quality is?
What would they say you need to work on?*

FUTURE

- *If your life was “perfect” when you woke up tomorrow what would be different? How would you know it was different? How would your friends know it was different?*

What lifestyle choices are most conducive to helping women stay out of prison after being released?



DATA COLLECTION PROCEDURE


- Receive ethical approval from Institutional Review Board (IRB)
- In order to answer our research question we will...
 - Send out flyers to be posted at social service agencies in, prisons, and other places deemed appropriate in the state of Ohio.
 - *AA meetings, NA meetings, churches...*
 - Once a minimum of 50 people have agreed to be interviewed we will set up individual meeting times with each participant in a non-threatening setting.
 - Incentive: *\$15 Walmart gift card*

What lifestyle choices are most conducive to helping women stay out of prison? What factors are most likely to be released?



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DATA ANALYSIS PROCEDURE


- Transcribe Verbatim
- Coding - We will use open coding individually to form categories and subcategories of lifestyle choices that are conducive to helping women stay out of prison
 - Identify common data patterns, key phrases, clusters of themes, and conceptual components
 - Research team consults and discusses commonalities in patterns, and compares with other literature findings

What lifestyle choices are most conducive to helping women stay out of prison after release?



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DATA ANALYSIS PROCEDURE

- Analysis of Data
 - Identify personal biases we have.
 - We will bring in an outside coder to peer review and then compare notes with him/her in order to further triangulate the data.
 - *Outside coder must have at least 3 years of experience in working with this population.*
- Follow-up
 - Once interview has been transcribed, ask the participant to check that we have accurately portrayed the information gathered on them.

What lifestyle choices are most conducive to helping women stay out of the criminal justice system?
What factors are most likely to be released?



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