

DOING TIME

PREP INSIDE AND OUT

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Video: From OMI

- Meet Aaron and William

Prison in US

- 1.4 million adults in prison
- 50% parents (about same rates as comparable age cohorts)
- 23% married (lower rates than comparable age cohorts)
- Poor people, especially men over representative in prison

Recidivism

- 750,000 people leave prison every year
- Within 2 years of release:
 - 59% are rearrested
 - 39% convicted
 - 19% go back to prison with new sentences
- Being in relationship decreases chances of recidivism

Reentry –support makes the difference

The incarcerated have fragile family support structures. If these connections can be maintained and enhanced through prison programs, the prisoner and the family will benefit by maintaining the family ties.

The most important factor in successful reintegration is a healthy relationship (marriage).

Hairston, C F 2002 "Prisoners and Families: Parenting during Incarceration"

Plethora of research on importance of programs, but paucity of programs and evaluations

- e.g., Eddy (2005), Edin (2005), Travis et al, (2003), Solomon et al, (2005), Western (2004)
- Saturday smart marriages workshop featuring Marriage Education/Fathering work in prisons in Chattanooga (county jail), Tallahassee and Oklahoma (Sat am workshop on OMI in general)
- New evaluation data later on

The Prison's Revolving Doors

Recidivism and Reincarceration

Robbers 70%

Burglars 74%

Larcenists 75%

Motor vehicle thieves 79%

Stolen Property 77%

Murders 40%

272,111 offenders in 1994 had accumulated 4.1 million arrest charges before their most recent imprisonment and another 744,000 charges within 3 years of release.

US Dept of Justice, Bureau of Justice Statistics

Marital status: Early Studies

- married men experience more successful transitions from prison to home than do single men" (Hairston 1988b, Hairston and Lockette 1987, Holt 1986)
- "men who returned to live with their wives and children were more successful than those who lived alone or with a parent" (Curtis and Schulman 1984)

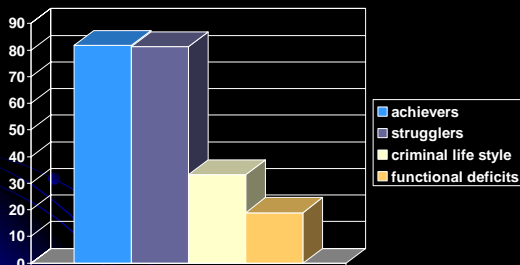
Marital status

- "those who reported having a happy marriage also experienced more successful transitions than those who described their marriages as characterized by conflict" (Burstein 1977, Fishman 1986)

Newer Study: OSLC Path Study

- Oregon social learning center (Eddy, 2005)
- 15 year follow up of males who were in juvenile detention in their teens (15 = average age, 13 offenses, 4 felony charges) who have partnered up or have stayed with same partner over time (within last year) are doing better at this point in their life.
- Not clear if being in relationship is a cause or effect of doing better in life after prison

Lived with same partner for ALL of past year



In Sum: Crime suppressing effects of marriage

- Research shows that marriage is a pathway out of crime for men with histories of delinquency (Western, 2004)
- Not just marriage, but healthy marriage is the "antidote to crime"
- "Wives and family members provide the web of obligations and responsibilities that restrain young men and reduce contact with the male friends whose recreations veer into anti-social behavior (Warr, 1998)" (Western, 2004)

The Oklahoma Marriage Initiative is a statewide program

Designed to provide services to couples that choose marriage for themselves to form and sustain healthy marriages.

Oklahoma Marriage Initiative

- Over the past three years as of 5/05:
 - 1479 providers trained in PREP (plus 362 youth educators)
 - 2220 workshops delivered based on PREP in various settings
 - Participants completing program: 33,000
 - (plus 25,000 youth in schools)
 - 30% of participants are non-Anglo
 - 44% of adult participants are below 200% of the poverty level
 - 87% rated experience as good or excellent

The OMI works with a variety of agencies such as:

Department of Corrections
Health Department
Department of Human Services
Schools and Universities
Extension Services
Military
Youth Services (Diversion)

Our Core Dissemination Model

- Training leaders who:
 - Can reach the couples
 - Know their audience well
- The messenger matters (a lot!)
- Unique role and abilities and reach of clergy as service providers (think Dr. George Young, from OMI !!)

Universal Principles Can Be Disseminated

JFK and community mental health and well being

- 1963, last act, he had a dream
- Make (research based) services available free of charge, delivered in the community where people live, by service providers who are known to and trusted by the consumers of services
- An equal access issue
- Now, the dream is starting to come true when it comes to marriage education



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Universal Desires, Universal Needs

- The desire for life-long, secure love and companionship is universal.
- The fundamental themes of safety are universal, and truly cross-cultural.

Our Overarching Goal is to Help
Couples to Be . . .

Safe At Home

Safety Theory

Three major types of safety characterize good, high quality (and **healthy**) marriages:

(Stanley, Markman, & Whitton, 2002)

- Type One: **Personal Safety**
- Type Two: **Emotional Safety**
(talk with out fighting)
- Type Three: **Commitment Safety**

Key Points

- Even subtle negative patterns can mean trouble for couples.
- Negative patterns predict the future better than the positive.

Question

How many positives does it take to balance one negative?

Key Points

- Even subtle negative patterns can mean trouble for couples.
- Negative patterns predict the future better than the positive.
- To build and keep a great marriage, stop, reduce, or never begin the negative patterns.

Prison PREP – Inside and Out

A Collaborative Effort
conducted by the Oklahoma
Marriage Initiative and the
Oklahoma Department of
Corrections

NY Times 4/16/05

- Howard Hendrick, Secretary for Health & Human Services and Director of Human Services in Oklahoma when explaining need to train inmates to be good partners and spouses and to handle negative emotions noted how many people are leaving prison each year and said, “ these guys are all coming to an apartment complex near you.”

Initially the partnership with the OMI and the DOC was an informal effort to provide skills to inmates and their spouses.

Chaplains were trained to provide voluntary classes as an option for inmates interested learning about relationships.

However the DOC quickly realized the potential for the program and chose to designate Prison PREP as an official DOC program

PREP's in second year as an official DOC program

Staff Chaplains are providing the classes. 28 DOC Chaplains and staff in 17 correctional institutions have been trained by OMI to deliver PREP in the prisons. 821 inmates and partners have received program, OMI provides all materials needed for the classes at no charge.

Class Formats & Adaptations

Classes offered 3 times a year in the 17 state facilities with a trained chaplain (minimum and medium security units) Classes offered to both couples and singles. Links with other new and adapted curriculum such as "Within my reach," for individuals, "PREP for low income couples", foster parents and couples who have adopted.



Prison PREP
Prisoners and Family Relationship Enhancement Program

Doing Time
Do you want to unlock the doors to a healthier relationship?

PREP can help you make your marriage healthier and happier

In PREP® you will learn valuable relationship skills that will help you:

- 1** Make the most out of your visits
- 2** Maximize your telephone calls
- 3** Personalize your letters



Need a Jump Start in Your Relationship?

Key concepts included in PREP:

- Learn how to talk to each other
- Solve problems
- Develop safe ground rules for your relationship
- Manage unrealistic expectations
- Protect fun and friendship

Do you find yourself fighting with your spouse and don't know how to stop?

Example: (He says with attitude) "I thought that you said you were going to be here when visitation started!" (Partner looks disappointed and feels belittled). Then they spend the next hour wondering how to change the mood to have a good visit.

Do you occasionally find yourself feeling imprisoned by strong, unhealthy emotions? Do you find yourself arguing over small issues that escalate into fights?

Do you find yourself interpreting things negatively and often have misunderstandings?

PREP can help you look beyond the fences of your life and help you create a fun, life-lasting marriage.

Learn how hidden issues, filters, and unspoken expectations affect our relationships.

PREP helps build safety in your relationship by learning to deal with:

- Escalation
- Negative interpretation
- Invalidation
- Avoidance and withdrawal

PREP can help you share your feelings in a safe way so you don't find your relationship in total lockdown and isolation from your partner.



The Curriculum Adaptations:

Capture their attention quickly
How to do homework assignments
Use videos and movies that inmates can relate to
Lots of practice with S/L technique
Provide examples that are specific to their life

Special Considerations when working in a controlled environment

Prisons have very strict rules that must be adhered to

Get facility approval and Work with security

Leave your cell phone and handbag in the car!

Schedule class time when spouses will be visiting

Many spouses work and have other family responsibilities that make it difficult to make extra trips to the prison.

How will we know if Prison PREP is working?

Inmates taking PREP will be successfully reintegrated with their families and not commit another crime.

Qualitative evaluation

- Aaron & William
- Michael and Carla

PREP Pre and Post Test

Inmates and their partners are given a pre and post test designed to measure change in attitude

Sample of questions:

I feel good about our prospects to make this relationship work.

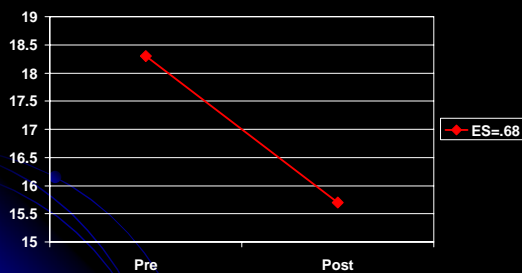
We have the skills a couple needs to make a marriage last.

I feel safe in our relationship

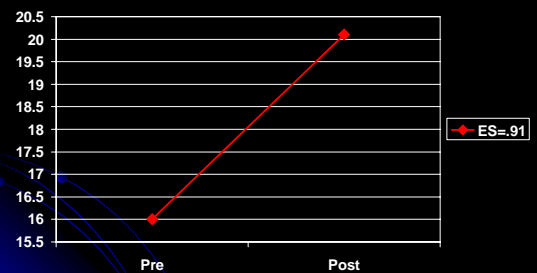
Who is in the study?

- N= 177 male prisoners from Oklahoma State Correctional Institutions
- 162 were in a relationship with current partner
- 40% currently married (7.5 years)
- Age = 36
- Children (combined) 3.5
- Months incarcerated 46

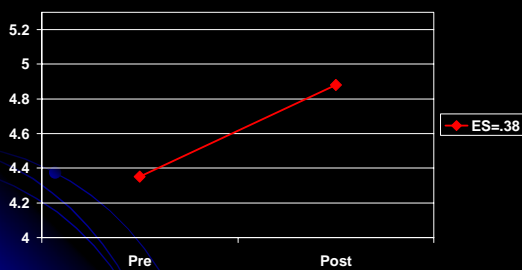
Negative Interaction



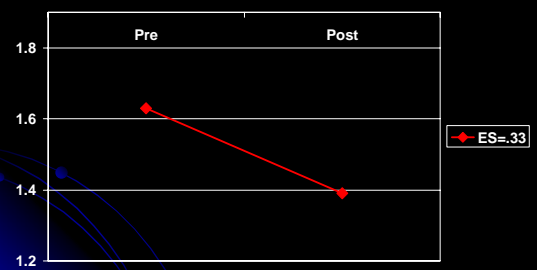
Communication Skills



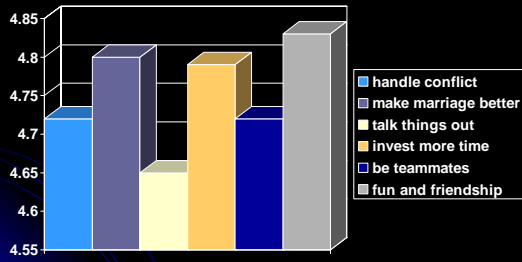
Relationship Satisfaction



Feeling Lonely



Ratings at Post of Outcomes



One new direction

- OK DOC/ OMI have trained an inmate to deliver PRISON PREP
- Aaron Coser (Trained via phone)
- Justine also trained
- Featured in NY times
- Others will be trained



PREP is now required for all inmates and their fiancés prior to getting married within the prison.



