Reducing the Impact of Incarceration on Maryland’s Children, Families, and Communities

Regional Convenings for Maryland’s Local Management Boards
Today’s Agenda

- **9:30** – Introductions and Overview of the Day

- **9:45** – National and State Data on Incarceration Boom and Impact on Children

- **10:15** – Examination of Promising Practices and Potential Interventions at Local Level

- **10:45** – Q & A Followed by Break

- **11:00** – Facilitated Small Group Discussions

- **12:00** – Sharing of Major Discussion Points and Inter-County Collaboration

- **12:30** – Next Steps and Adjournment
Today’s Objectives

- The trainee will become familiar with major national and state-level data on the incarceration boom and its impact on families and communities.

- The trainee will understand and discuss promising practices used to support children and families impacted by incarceration in other states and communities. This will be used as the basis for formulating an action plan to address the issue in their home jurisdiction.

- In collaboration with other representatives from their jurisdictions, trainees will develop a list of potential interventions applicable to their community to be explored further as the LMB moves ahead in the planning process.

- Trainees will share ideas with others from neighboring jurisdictions in the event that a regional strategy could be developed.
The Incarceration Boom: An Overview
A Rising Population

Almost entirely attributable to changes in policy:
- The proliferation of mandatory minimum sentences, truth in sentencing laws, and “three strikes” laws led to an increase in average time served for almost all offense types.
- The war on drugs led to unprecedented arrest rates for drug offenses, and the federal prison population is now roughly half due to drug-related crimes.
  - In Maryland, roughly 1/3 of prison admissions in FY14 were for drug offenses.
  - The rate of imprisonment per arrest increased for nearly all offenses, meaning that those who were arrested for nearly all crimes were more likely to serve time in prison.

Racial Disparities


Other Notable Characteristics

TABLE 7-1 Prevalence of Mental Illness and Drug and Alcohol Dependence and Abuse in U.S. Prisoners

<table>
<thead>
<tr>
<th>Condition</th>
<th>Jails (%)</th>
<th>State Prisons (%)</th>
<th>Federal Prisons (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Illness</td>
<td>64</td>
<td>56</td>
<td>45</td>
</tr>
<tr>
<td>Drug and/or Alcohol Dependence or Abuse</td>
<td>68</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(combined total)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Dependence or Abuse</td>
<td>53</td>
<td>53</td>
<td>45</td>
</tr>
<tr>
<td>Alcohol Dependence or Abuse</td>
<td>47</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


Educational attainment for correctional populations and the general population

<table>
<thead>
<tr>
<th>Educational attainment</th>
<th>Total incarcerated</th>
<th>Prison inmates</th>
<th>Local jail inmates</th>
<th>Probationers</th>
<th>General population</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>State State</td>
<td>Federal Federal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Some high school or less</td>
<td>41.3%</td>
<td>39.7%</td>
<td>28.5%</td>
<td>46.5%</td>
<td>30.6%</td>
</tr>
<tr>
<td>GED</td>
<td>23.4</td>
<td>28.5</td>
<td>22.7</td>
<td>14.1</td>
<td>11.0</td>
</tr>
<tr>
<td>High school diploma</td>
<td>22.6</td>
<td>20.5</td>
<td>27.0</td>
<td>25.9</td>
<td>34.8</td>
</tr>
<tr>
<td>Postsecondary</td>
<td>12.7</td>
<td>11.4</td>
<td>23.9</td>
<td>13.5</td>
<td>23.6</td>
</tr>
</tbody>
</table>

The Picture in Maryland

Number of Individuals Incarcerated in Maryland State Facilities

Active Inmates by Sentencing Jurisdiction (July 2015)

Graph generated from Bureau of Justice Statistics, Corrections Statistical Analysis Tool.

July 2015 data provided by Maryland Department of Public Safety and Correctional Services.
The Picture in Maryland

Prisoners in State Facilities by Race (July 2015)

- BLACK: 69.6% (30% of total MD population)
- WHITE: 28.9% (61% of population)
- INDIAN: 0.3%
- ASIAN: 0.4%
- UNKNOWN: 0.8%

Count of Individuals Under Parole and Probation Criminal Supervision*

- ALLEGANY: 502
- ANNE ARUNDEL: 3,261
- BALTIMORE CITY: 12,399
- BALTIMORE CO: 5,344
- CALVERT: 525
- CAROLINE: 556
- CARROLL: 1,130
- CECIL: 1,079
- CHARLES: 1,076
- DORCHESTER: 506
- FREDERICK: 1,306
- GARRETT: 145
- HARFORD: 1,991
- HOWARD: 938
- KENT: 192
- MONTGOMERY: 2,951
- PRINCE GEORGE: 5,367
- QUEEN ANNES: 440
- SAINT MARYS: 718
- SOMERSET: 347
- TALBOT: 356
- WASHINGTON: 1,290
- WICOMICO: 1,498
- WORCESTER: 427

July 2015 data provided by Maryland Department of Public Safety and Correctional Services.

*Does not include those in the Drinking Driver Monitoring Program.
Estimated Number of Parents in State and Federal Prison and Their Minor Children

Determining the Magnitude of the Problem

• The graph above only includes children who have a parent currently incarcerated in jail or prison. When accounting for the number of children with a parent also on probation or parole (nearly 7 million adults), the number is much higher.


Disparities in the adult population obviously carry offer to the children of the incarcerated as well.

- More than one in nine black children have a parent in prison or jail, and 66% of those parents are incarcerated for non-violent crimes.

In 2007, the Bureau of Justice Statistics estimated:
• 61.7% of females in state facilities were parents with an average of 2.25 children.
• 51.2% of males in state facilities were parents with an average of 2.07 children.

Applying those numbers to the State facility and community supervision population:
Quick Break and Questions
An Incarcerated Parent: Impact on a Child

Reduced or Total Loss of Contact with the Incarcerated Parent

The most obvious result is a lost of immediate contact with the parent. A number of barriers arise, including:

- Geographic distance and cost;
- A lack of interest on the part of the caregiver in maintaining the relationship;
- Sense of shame felt by parent.

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An Incarcerated Parent: Impact on a Child

Negative Behaviors

• Difficult to isolate given the trying circumstances often already facing children in these families. However:
  • A number of studies tie parental incarceration to increased aggression, especially among boys with incarcerated fathers.
  • A meta-analysis also underscored a clear connection between the incarceration of a parent and the development of anti-social behavior patterns.\(^1\)
  • Also clear ties between recent incarceration and behavioral problems reported by teachers.\(^2\)
  • There is some evidence that the incarceration of a parent is tied to poor academic outcomes, including dropping out altogether, although the research is admittedly still very limited.\(^3\)

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An Incarcerated Parent: Impact on a Child

Housing

- Impact is different depending on whether the mother or father is incarcerated.
  - If a mother is incarcerated, the children are much more likely to be in the foster care system or living with relatives or grandparents.
  - If a father is incarcerated, there is a much higher incidence of homelessness.
    - Shown to nearly double the risk of homelessness, and incarceration is responsible for 65 percent increase in racial disparities in childhood homelessness (Wildeman 2014).
  - Families overall are more transient when a parent is incarcerated.

<table>
<thead>
<tr>
<th>Incarcerated mothers report their children are living:</th>
<th>State</th>
<th>Fed</th>
</tr>
</thead>
<tbody>
<tr>
<td>With fathers</td>
<td>28%</td>
<td>31%</td>
</tr>
<tr>
<td>In foster care</td>
<td>10%</td>
<td>3%</td>
</tr>
<tr>
<td>With grandparents</td>
<td>53%</td>
<td>45%</td>
</tr>
<tr>
<td>With other relatives</td>
<td>26%</td>
<td>34%</td>
</tr>
<tr>
<td>With friends or other</td>
<td>10%</td>
<td>12%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Incarcerated fathers report their children are living:</th>
<th>State</th>
<th>Fed</th>
</tr>
</thead>
<tbody>
<tr>
<td>With mothers</td>
<td>90%</td>
<td>92%</td>
</tr>
<tr>
<td>In foster care</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>With grandparents</td>
<td>13%</td>
<td>10%</td>
</tr>
<tr>
<td>With other relatives</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>With friends or other</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Percentages add to more than 100% because some prisoners had multiple children living with multiple caregivers.

An Incarcerated Parent: Impact on a Child

Economic Strain

- As noted before, more than half of incarcerated parents provided the primary financial support for their families at the time of their arrest.
  - Families are more likely to receive public assistance when absent a parent.
  - The costs of transportation or phone calls to maintain contact with an incarcerated individual are frequently cited as additional financial burden.
  - One study found that family income levels during years of incarceration drop by more than 22% from the year before incarceration.\(^4\)


Source: Original analysis for *The Pew Charitable Trusts* by Bruce Western and Becky Pettit, 2009.

An Incarcerated Parent: Impact on a Child

Mental and Physical Health

- Research shows increased rates of anxiety and depression
  - In a study of children who were in contact with child welfare agencies, one in five with a recently incarcerated parent suffered from significant internalizing problems like anxiety or depression.⁵
- Also shown to lead to a greater incidence of anti-social behaviors.
- For those experiencing paternal incarceration by the age of five, the experience has been connected to lower incidences of kindergarten readiness.⁶
- An examination of the National Longitudinal Study of Adolescent Health showed parental incarceration was associated with a higher incidence of anxiety, depression, PTSD, and health rated to be fair/poor.⁷
- Research has also shown strong ties between the incidence of parental incarceration and infant mortality rates, particularly for black parents and children.⁸

Strategies and Interventions

Quick Brainstorm:

Based on the data provided and what you know about services available in your communities, what types of interventions do you think would be most prevalent and/or successful in supporting this population?

*Keep in mind we are focusing on the children who have an incarcerated parent, the incarcerated parents themselves, and those serving as caregivers.
What Do We Know is Successful?

In-Person Visits:
• Studies have shown that in-person visits not only lessen the incidence of negative behaviors in children with incarcerated parents but also may reduce the recidivism rates of parents on reentry.\(^9\)

Educational Opportunities:
• Participation in correctional education (including GED and higher ed.) has been shown to cause a 43% reduction in recidivism rates.\(^10\)

Mentoring:
• Meta-analysis has shown that mentoring can improve outcomes across a number of areas and is effective for a wide age range of children and adolescents.\(^11\)
• For this population, small studies of the Amachi Program show participants are more likely, “to report a positive caring relationship with a family member…and report positive feelings about themselves.”\(^12\)

\(^12\)Smith, Thomas. “The Least of These: Amachi and the Children of Prisoners.” Public/Private Venture. 2012.
Visitation
Given the demonstrated importance of maintaining relationships between children and their incarcerated parents, many states and facilities have begun to look at their visitation policies to determine their impact on children.

- A study of visitation policies in England found that children who were visiting a father in prisons with designated areas for child visits viewed their experiences more positively than children visiting facilities with only standardized visitation practices.  

- State taskforces in Washington and Oregon examined visitation policies as a part of their assessments of the impact of incarceration on children and encouraged changes to be made to make them more child-friendly.

- As noted in the video, New York and other states have rooms designated for child visits, and some facilities have nurseries that allow for women to continue living with their newborns and infants for a set number of years.

You may wish to assess the visitation procedures in your local detention center, which would also offer a great opportunity for youth engagement and feedback.

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Visitation Program Example: Girl Scouts Beyond Bars

Girl Scouts Beyond Bars is a partnership between the Girl Scouts of Central Maryland and the Maryland Correctional Institution for Women.

• 30-35 girls in the troop all have a mother incarcerated at MCI-W.
• Participate in Girl Scouts for free with peers also facing the reality of an incarcerated parent.
• Provide transportation from Baltimore to MCI-W twice a month, and there is an annual sleepover with the mothers in the facility.
• Women in the program receive training in various life skills and relationship building.
Education

Providing educational opportunities has been shown to be one of the most effective ways to reduce recidivism for individuals reentering their home communities.

• Speak to your local detention center about the current educational opportunities in your jail. Are there gaps in service or new programs you might be able to help facilitate?
• Nationally, community colleges are often the primary partners for jails and correctional facilities in providing post-secondary education opportunities. Anne Arundel, Hagerstown, and Wor-Wic have formal MOUs with the State of Maryland, but there may be opportunities to speak to your local community colleges about developing a partnership or some sort of reentry program for those transitioning back into the community and interested in pursuing higher education.
• You may also be able to connect skills or workforce training programs occurring in the facility to businesses on the outside.
## Mentoring Examples: A Variety of Different Models

<table>
<thead>
<tr>
<th>Kids Hope USA</th>
<th>US Dream Academy</th>
<th>Amachi</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Model Type:</strong> Relationship between church and school</td>
<td><strong>Model Type:</strong> School-based afterschool program</td>
<td><strong>Model Type:</strong> Partnership with Big Brothers Big Sisters</td>
</tr>
<tr>
<td><strong>Mentors:</strong> Members of the church community commit to at least one year of mentoring children in the local school</td>
<td><strong>Mentors:</strong> Recruited from local community. At Baltimore location, they are often college students</td>
<td><strong>Mentors:</strong> Drawn from the Big Brothers Big Sisters mentor volunteer pool</td>
</tr>
<tr>
<td><strong>Population Served:</strong> Children identified as &quot;at-risk,&quot; although usually in communities with high incarceration rates</td>
<td><strong>Population Served:</strong> Predominantly children with an incarcerated parent, although participants can also include other children in low income communities</td>
<td><strong>Population Served:</strong> Children with an incarcerated parent</td>
</tr>
</tbody>
</table>
Other Interventions: Child-Sensitive Arrest Protocols

While we have reviewed the negative outcomes for children with incarcerated parents, witnessing the actual arrest of a parent can introduce additional trauma.

• Estimates as to the number of children that witness the arrest of a parent vary, but studies have shown a quarter of those who witnessed the arrest of a parent suffered from PTSD.\(^\text{14}\)

Some cities and municipalities have subsequently adopted protocols aimed at minimizing the trauma inflicted upon children with parents who are arrested. This often includes:

• Altering the time of day when arrest occurs to decrease the likelihood that children are present;
• Ensuring the arrest occurs out of sight of the child;
• Creating a process to determine the appropriate placement of a child;
• Documenting the child’s presence and making appropriate referrals if necessary.

Many prisons or jails will allow outside individuals or organizations to offer parenting classes to those inmates who choose to participate. There are a number of established curricula, and there have been some promising, albeit non-representative, research findings on the effects for fathers and their families.

- A number of studies of individual programs have found fathers who participate have a greater understanding of the importance of the role they play in their children’s lives and greater levels of interaction.\(^{15}\)
- Studies have also found an increase in parenting knowledge associated with participation.\(^{16}\)

As noted earlier, particularly when a mother is incarcerated, children often end up in the care of grandparents, other relatives, or family friends. Some organizations have sought to lessen the burden felt by caregivers by providing catered resources, including manuals and guides on how to talk to children about incarceration, and even formal support groups.


Other Interventions: Developing a Local Partnership

Given the myriad issues facing children with incarcerated parents, and their parents themselves, some states and jurisdictions have created partnerships with members from multiple agencies and interests to address a range of concerns.

• Arkansas Voices for the Children Left Behind was initially a group of more than 30 organizations committed to addressing the needs of children with incarcerated parents and their caregivers. Now a non-profit, it provides a range of services, from in-school mentoring programs to caregiver support groups.

• In Frederick County, the Children of Incarcerated Parents Partnership was created over ten years ago and has evolved to provide a number of services to children and their incarcerated mothers in the Frederick County Adult Detention Center. These include parenting classes, community college scholarship opportunities, and partnerships with the local school system.

Depending on the size of the population affected, you may wish to determine whether a multi-agency/entity partnership would be worth establishing.
What Could be Successful?

Establishing Referral Procedures for Families Identified at Intake
• **Why:** A number of studies show that parental incarceration, particularly paternal incarceration, is tied to increased use of programs like SNAP and TANF.\(^{17}\) Given the loss of income associated with incarceration, facilitating access to assistance programs would ease the financial burden on families.

Ensuring Healthcare Screening Occurs During Reentry
• **Why:** Given the statistics tying children of incarcerated parents to fair or poor health outcomes and the prevalence of chronic conditions among the incarcerated population, including diabetes and hypertension, ensuring the continuity of healthcare coverage on release would prove beneficial to the parents and their children.\(^{18}\)

Providing Job Placement Assistance for Either Reentering Parents or the Reentering Population Between Ages 16-24
• **Why:** Emerging evidence shows that employment, particularly in conjunction with interventions designed to reduce anti-social behaviors, reduces recidivism.\(^{19}\)

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Quick Break and Questions


A BILL OF RIGHTS

1. I have the right TO BE KEPT SAFE AND INFORMED AT THE TIME OF MY PARENT’S ARREST.

2. I have the right TO BE HEARD WHEN DECISIONS ARE MADE ABOUT ME.

3. I have the right TO BE CONSIDERED WHEN DECISIONS ARE MADE ABOUT MY PARENT.

4. I have the right TO BE WELL CARED FOR IN MY PARENT’S ABSENCE.

5. I have the right TO SPEAK WITH, SEE AND TOUCH MY PARENT.

6. I have the right TO SUPPORT AS I FACE MY PARENT’S INCARCERATION.

7. I have the right NOT TO BE JUDGED, BLAMED OR LABELED because my parent is incarcerated.

8. I have the right TO A LIFELONG RELATIONSHIP WITH MY PARENT.
Group Discussion

- What do you know about the incarcerated population in your community?
  - Does your jurisdiction house a state prison?

- What do you already know about the population of children impacted by incarceration in your community?
  - Are they being served through other programs?

- Have families moved to your community to be closer to an incarcerated loved one? Are services being provided to these individuals?

- Are there programs or interventions that jump immediately to mind now that you have some additional information about this population?

- Which of your current partners could you engage in this work?

- Which new partners could you bring to the table?

- Are there interventions or supports not mentioned in today’s training that you think could prove impactful for this population?
Estimated Number of Children with a Parent in State Prison or Under Community Supervision

- ALLEGANY
- ANNE ARUNDEL
- BALTIMORE CITY
- BALTIMORE CO
- CALVERT
- CAROLINE
- CARROLL
- CECIL
- CHARLES
- DORCHESTER
- FREDERICK
- GARRETT
- HARFORD
- HOWARD
- KENT
- MONTGOMERY
- PRINCE GEORGES
- QUEEN ANNES
- SAINT MARYS
- SOMERSET
- TALBOT
- WASHINGTON
- WICOMICO
- WORCESTER

![Map showing state correctional facilities, detention centers, and federal correctional facilities.](Image)