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Poverty

UNIVERSITY OF WISCONSIN-MADISON

Supporting Incarcerated Parents and their Children: Use of Evidence from Parenting Inside Out to Inform Research and Practice Efforts in Wisconsin

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Research | Training | Policy | Practice

Acknowledgements

- National Institute of Mental Health, National Institutes of Health (Grant R01MH065553)
- Institute for Research on Poverty
- Study participants for their time and contributions

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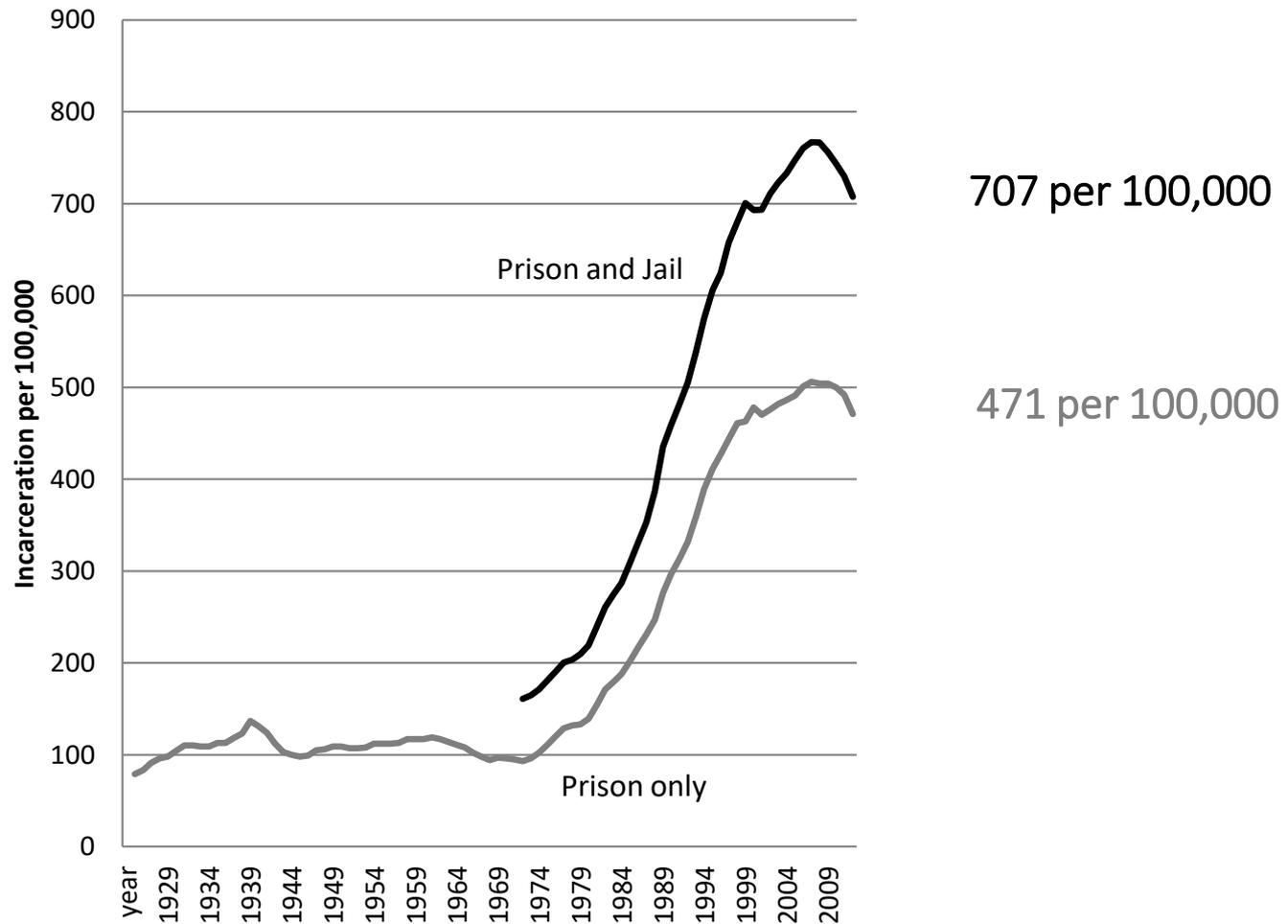
Today's Plan

- Background on parental incarceration
- What we know about interventions for incarcerated parents
- Evidence from Parenting Inside Out
- Discussion and implications
- Q&A

BACKGROUND

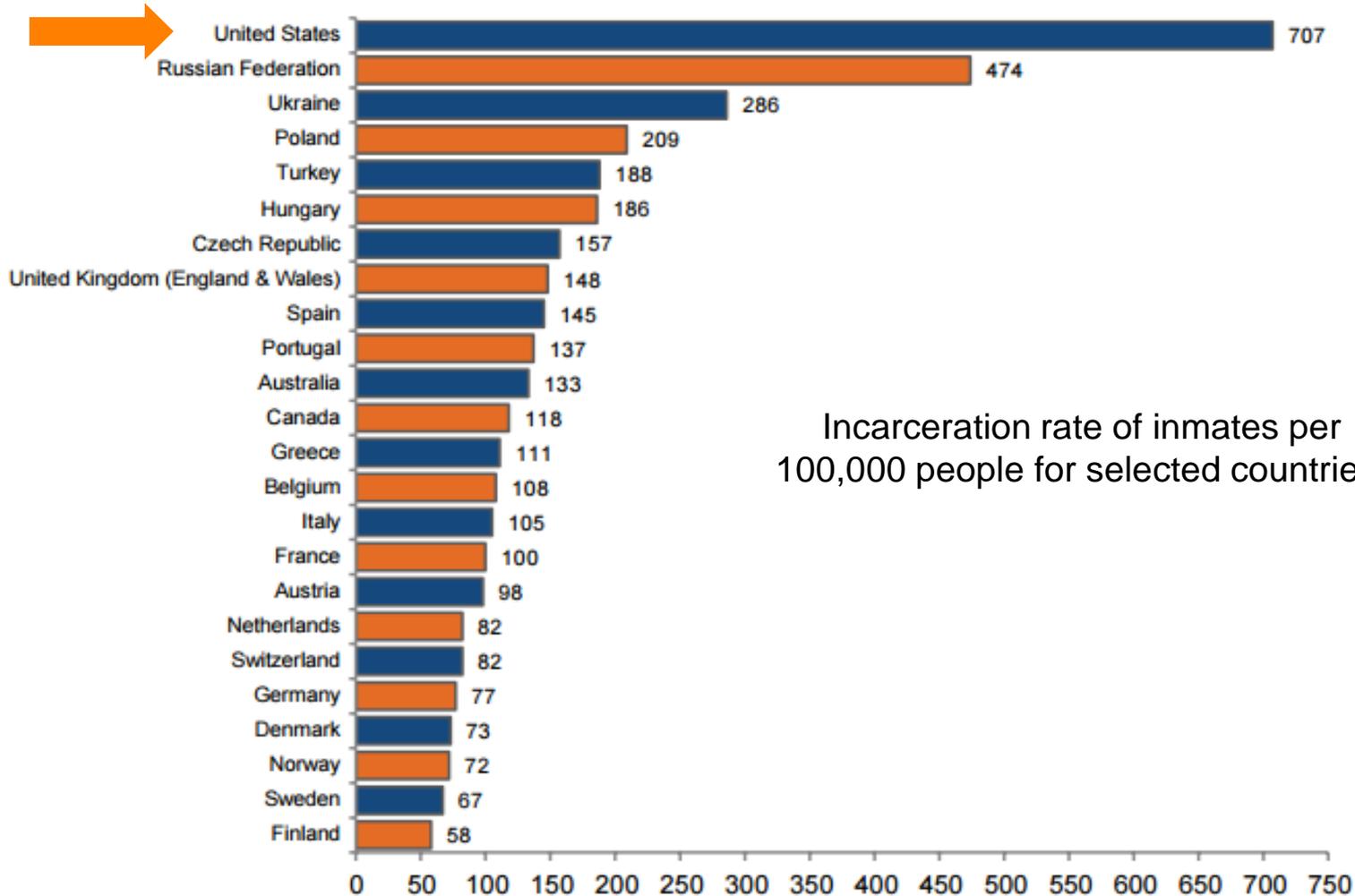


Rising U.S. Incarceration Rates



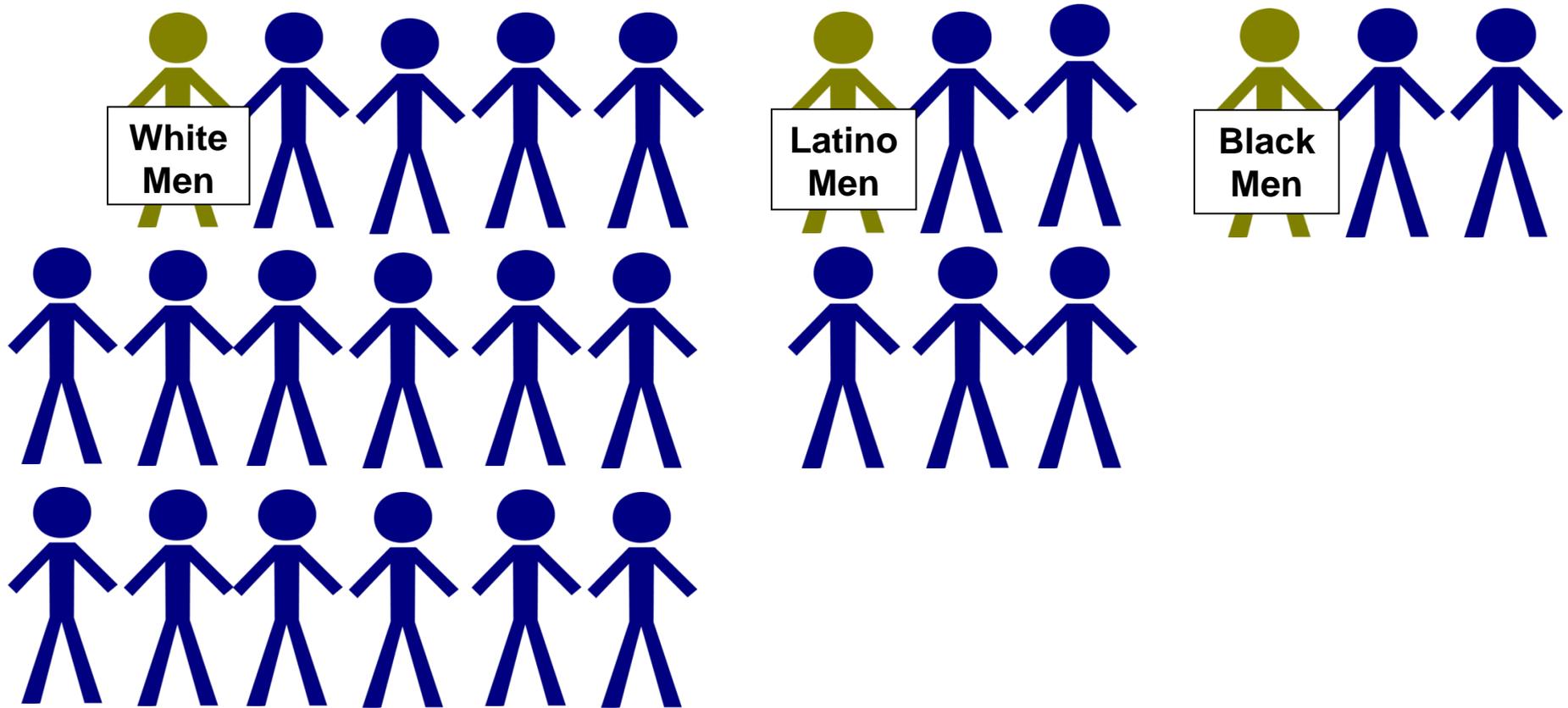
National Research Council. (2014). *The Growth of Incarceration in the United States: Exploring Causes and Consequences*. Washington, DC: The National Academies Press.

Prison Populations Worldwide



Incarceration rate of inmates per 100,000 people for selected countries.

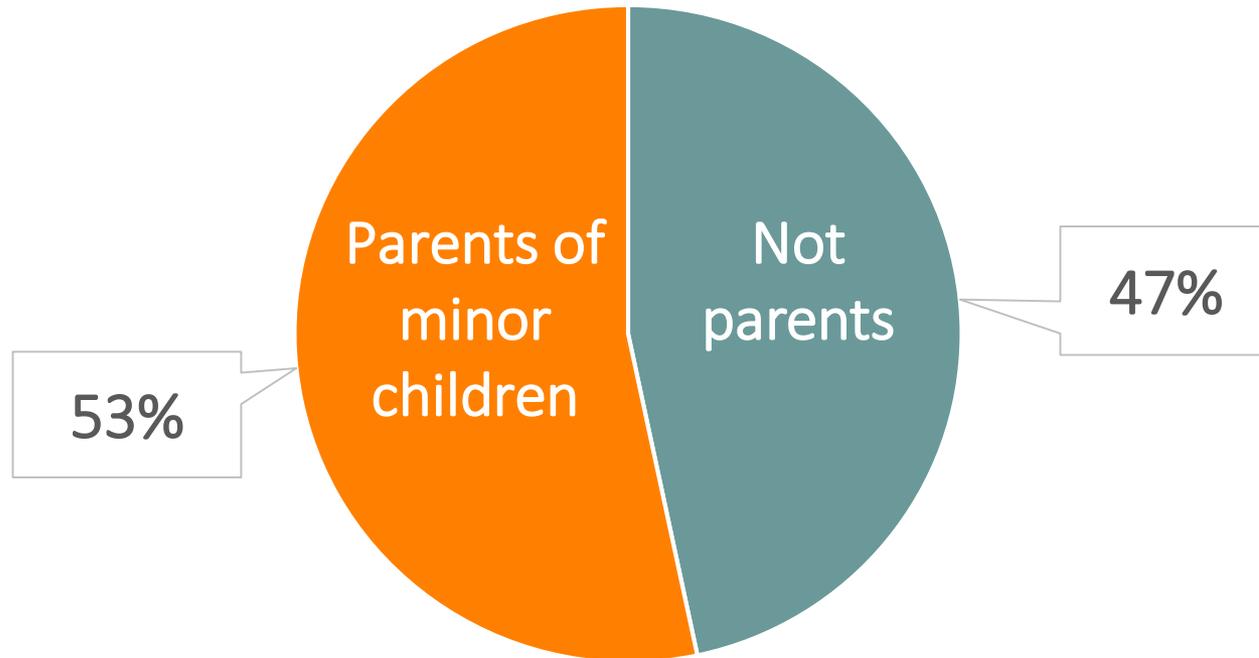
Racial and Ethnic Disparities



Bonczar, T. (2003). *Prevalence of imprisonment in the U.S. population, 1974-2001*. Washington, D.C.: Bureau of Justice Statistics.

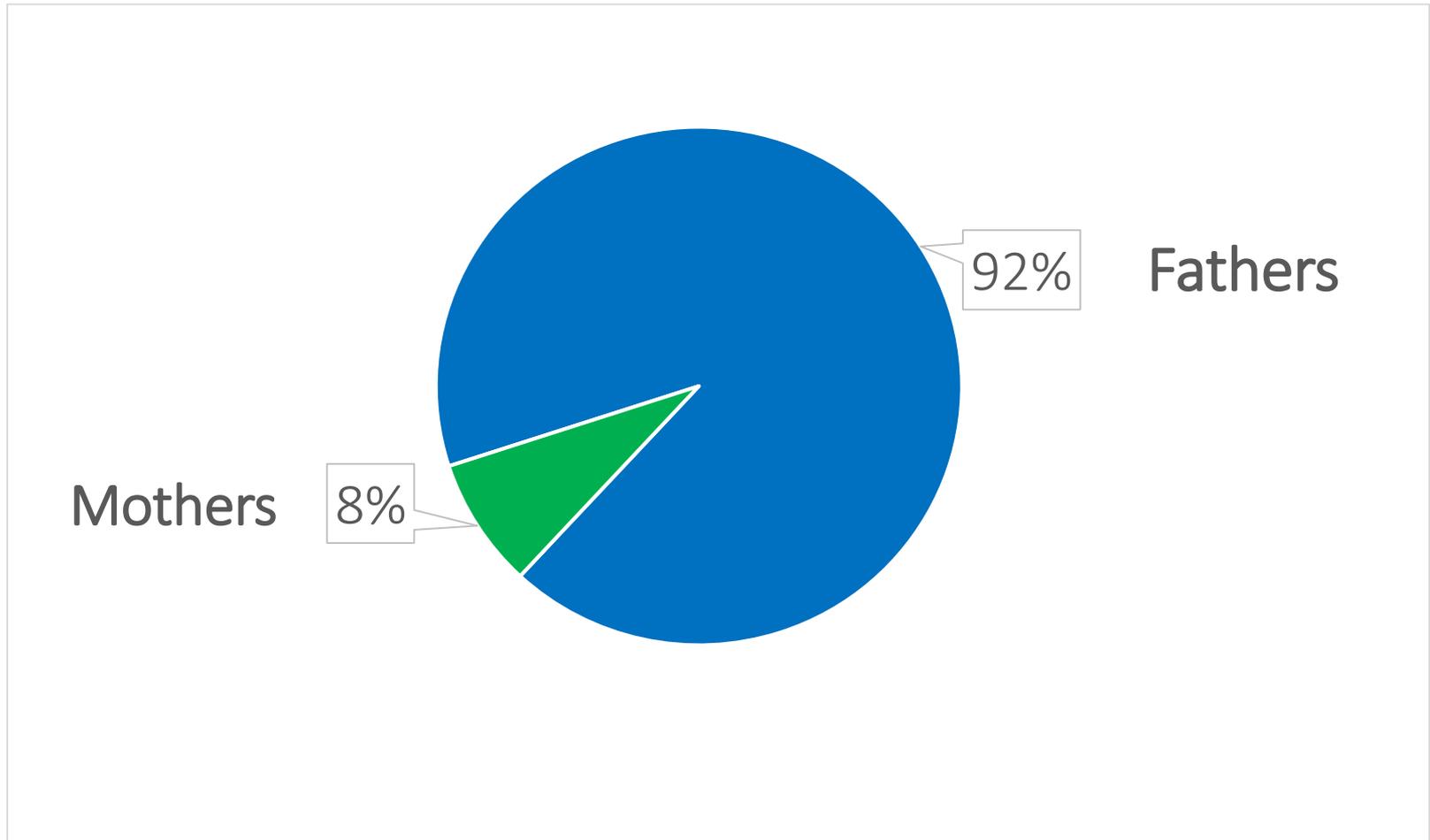
Incarcerated Parents

State and Federal Prison
Of 1.5 million prisoners, 809,800 were parents



Glaze, L. E., & Maruschak, L. M. (2008). *Parents in Prison and Their Minor Children*. NCJ 222984. Washington, DC: U.S. DOJ, Bureau of Justice Statistics.

Incarcerated Fathers and Mothers in State and Federal Prison



Glaze, L. E., & Maruschak, L. M. (2008). *Parents in Prison and Their Minor Children*. NCJ 222984. Washington, DC: U.S. DOJ, Bureau of Justice Statistics.

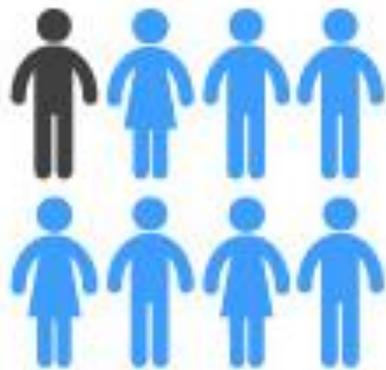
Inmates are parents, too.



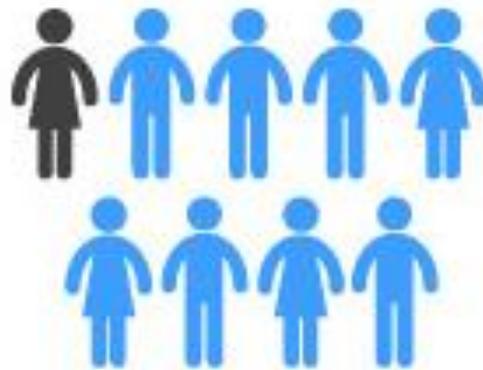
Center for Restorative Justice Works supports visits for children of incarcerated parents in California.

Children of Incarcerated Parents

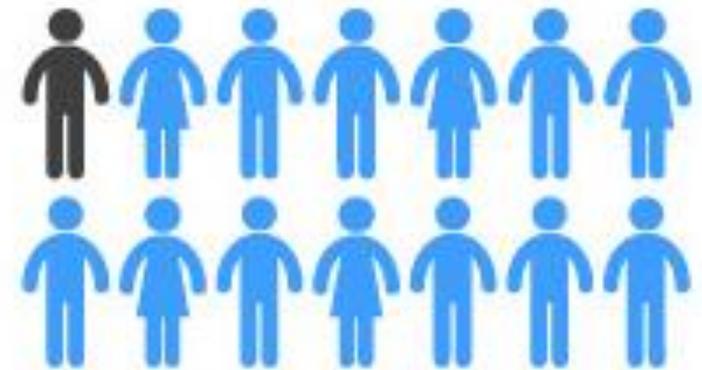
More than 5 million U.S. children have an incarcerated parent.



1 in 8
POOR
CHILDREN



1 in 9
BLACK
CHILDREN



1 in 14
ALL
CHILDREN

Implications for Families & Children

- Trauma, stigma, housing and childcare instability, reduced income, risk of CPS involvement^{1,2}
- Children at increased risk: behavior and health problems, cognitive delays, and academic difficulties⁴
- Findings regarding risk vs. protection
 - Increased internalizing & externalizing behaviors³
 - Decreased aggression and abuse⁴

¹Murray, J., et al. (2012). Children's antisocial behavior, mental health, drug use, and educational performance after parental incarceration: A systematic review and meta-analysis. *Psychological Bulletin*, 138(2), 175. ²Berger, L. M., Cancian, M., et al. (2016). Families at the intersection of the criminal justice and child protective services systems. *The ANNALS of the American Academy of Political and Social Science*, 665(1), 171-194. ³Wakefield, S., & Wildeman, C. (2011). Mass imprisonment and racial disparities in childhood behavioral problems. *Criminology & Public Policy* 10(3), 793-817. ⁴Wakefield, S., Wildeman, C. (2013). *Children of the prison boom: Mass incarceration and the future of American inequality*. NY: Oxford University Press.

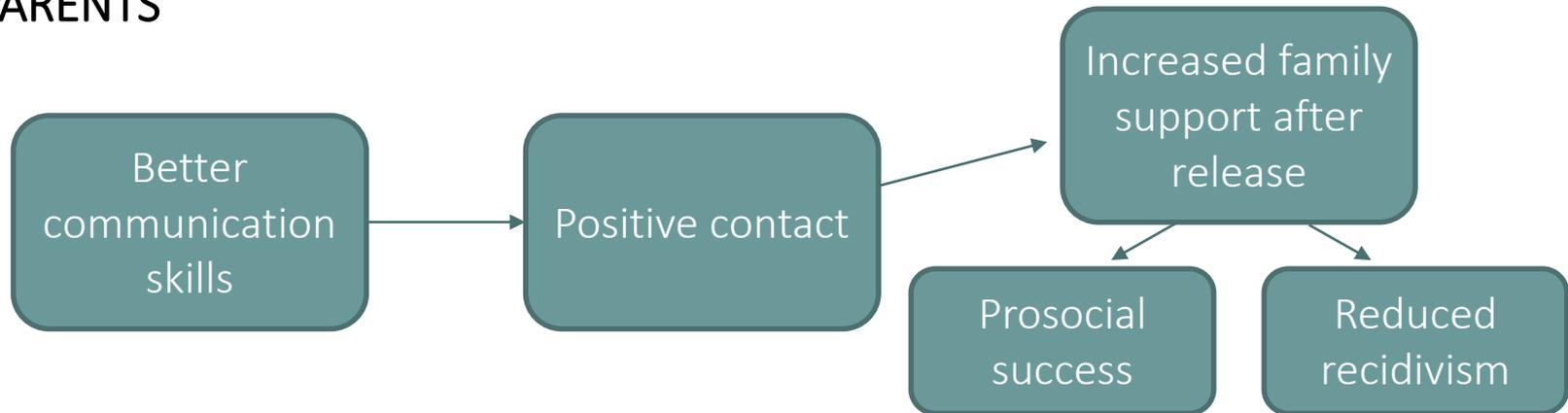
Reentry & Parenting Pathways

- Most inmates return to communities and families
 - 2/3 are rearrested; more than half reincarcerated within 3 years of release⁵
 - 2017: 622,400 individuals released from state and federal prison⁶
- High-quality parenting may mediate the negative relation between parents' criminality and children's poor outcomes⁷
- Strong family ties (contact) and assuming family roles can lower risk for recidivism⁸

⁵Bureau of Justice Statistics. (2014). *Recidivism of prisoners released in 30 States in 2005: Patterns from 2005-2010*. (USDOJ Publication NCJ 244205). Washington, DC. ⁶Bronson & Carson (2019). *Prisoners in 2017*. (April 2019, NCJ 252156). U.S. Department of Justice Office of Justice Programs Bureau of Justice Statistics. ⁷Thornberry, T. P., et al. (2009). Intergenerational linkages in antisocial behaviour. *Criminal Behaviour and Mental Health*, 19(2), 80-93. ⁸Visher, C. A., et al (2013). Fatherhood, community reintegration, and successful outcomes. *Journal of Offender Rehabilitation*, 52(7), 451-469.

Why parenting programs in corrections?

PARENTS



CHILDREN

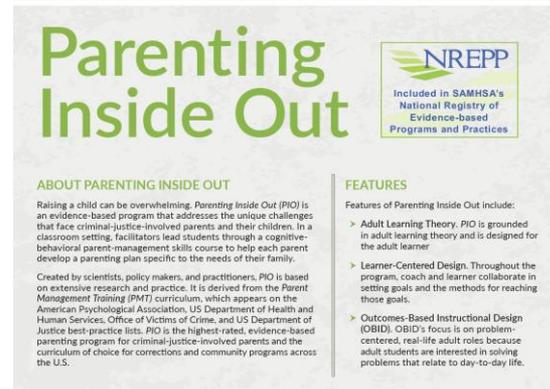


What do we know about parenting programs?

- Research demonstrates strong link between parenting programs and decreased child antisocial behaviors^{9,10}
- Few studies, however, have examined impact of parenting interventions on mothers & fathers in criminal justice system

⁹Brestan, E. V., & Eyberg, S. M. (1998). Effective psychosocial treatments of conduct-disordered children and adolescents: 29 years, 82 studies, and 5,272 kids. *Journal of Clinical Child Psychology*, 27, 180-189. ¹⁰Michelson, D., Davenport, C., Dretzke, J., Barlow, J., & Day, C. (2013). Do evidence-based interventions work when tested in the “real world?” A systematic review and meta-analysis of parent management training for the treatment of child disruptive behavior. *Clinical Child and Family Psychology Review*, 16(1), 18-34.

Parenting Inside Out

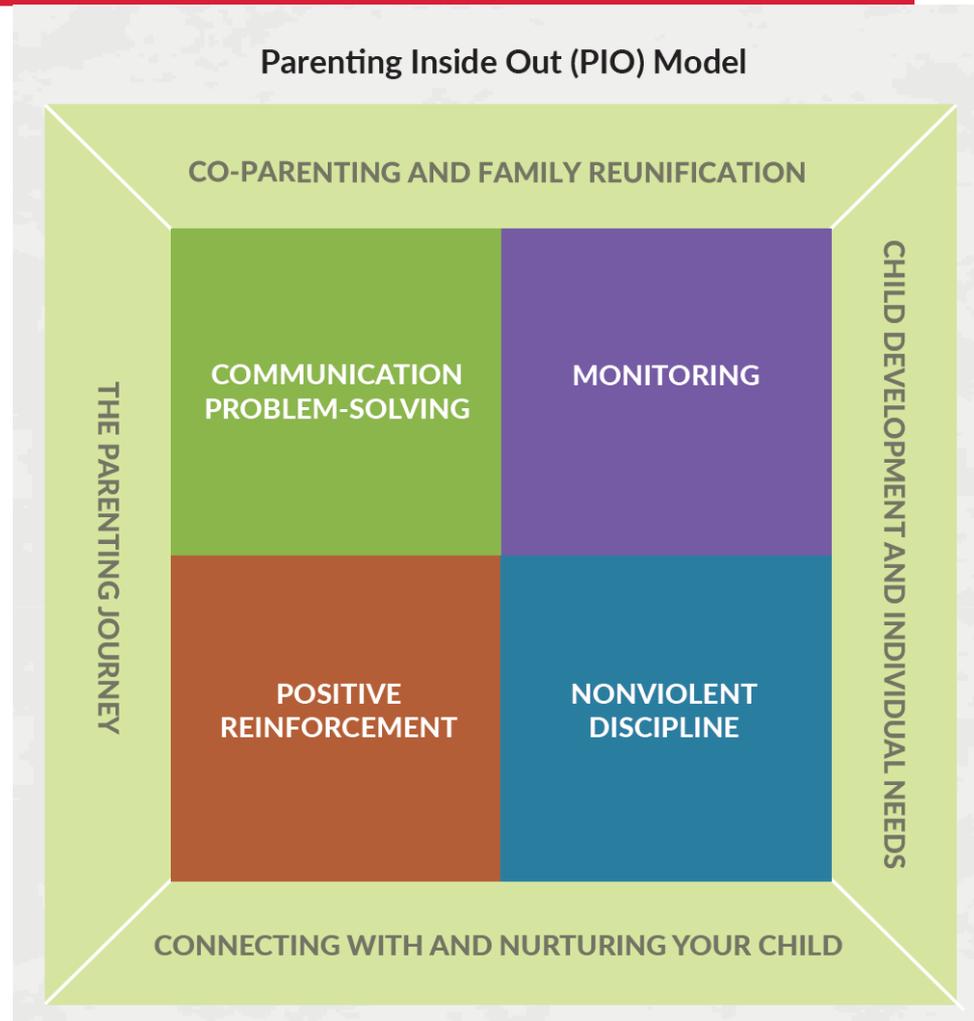


FINDINGS FROM PARENTING INSIDE OUT STUDY



Parenting Inside Out

- PIO based on Parent Management Training with additional elements
- Designed specifically for incarcerated parents
 - Develop social skills, communication techniques, and parenting strategies



PIO Study Overview

- Parent Child Study
- Randomized controlled trial (RCT)
 - Compared PIO fathers/mothers to control group
- Four Oregon DOC prisons (3 men, 1 women)
- Criteria:
 - Parenting role for child 3-11 years old
 - No crime against child; legal right to contact
 - Less than 9 months remaining

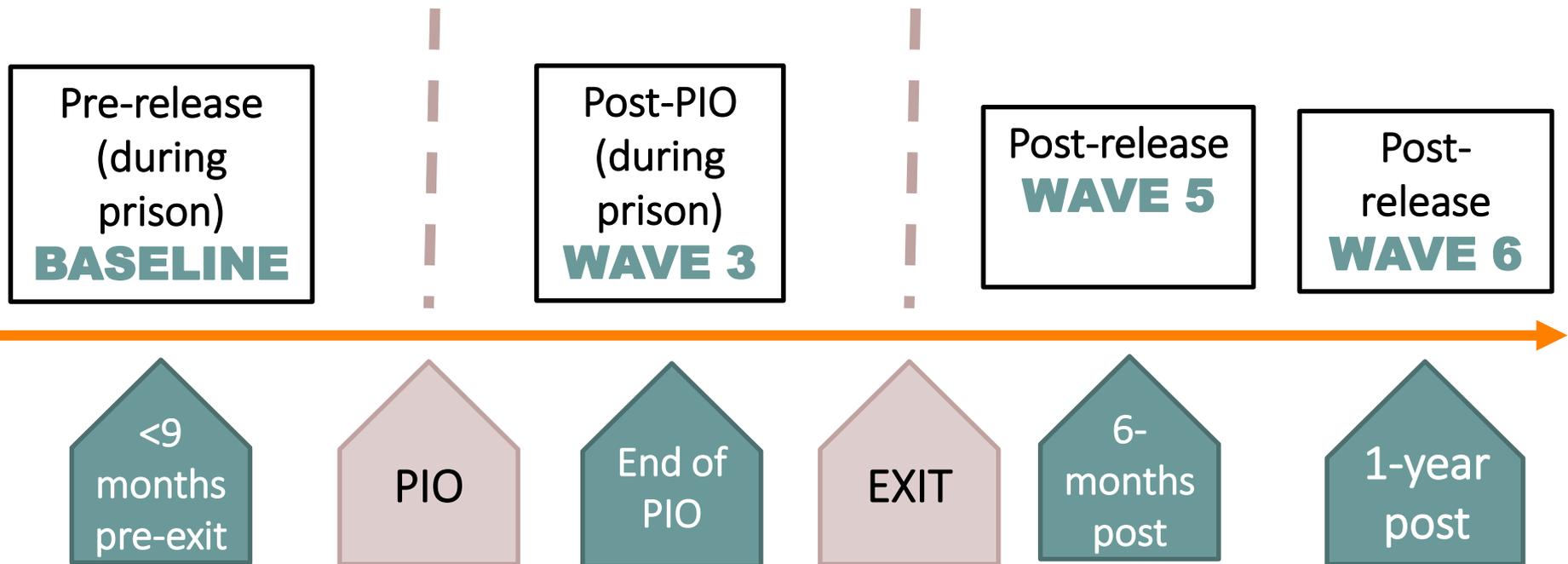
PIO Delivery

- Delivered in group/class format
- 15 parents/class
- 2.5 hr. sessions
- 12 weeks
- 90 hours of total instruction



Data and Sample

Data for current analysis come from:



$N = 359$ participants (161 men or 45%; 198 women or 55%)

OUTCOMES

Parenting stress¹

Parent depression¹

Positive parent-child interaction¹

Likely to play an active role in child's life¹

Ease of relationship with caregiver¹

Closeness to caregiver¹

Substance abuse²

Criminal behavior²

Arrests³

¹Self-report measures after PIO intervention. ²Self-report measures 6-months post-release; ³Based on official police records at 1-yr post-release.

PREDICTOR

Participation in PIO compared to “services as usual”

OTHER FACTORS

Family contact during prison

Female/male

Age

Prior arrests

Prior criminal behavior

Prior substance abuse

Years in prison

Mental health/learning diagnoses

Characteristics

	PIO N=189	CONTROL N=170
	%/Mean (SD)	%/Mean (SD)
Age	31.9 (6.6)	31.9 (6.6)
Gender		
Male	44%	46%
Female	56%	54%
Years in prison	1.4 (1.8)	1.3 (1.6)
Child contact at baseline (calls, letters, visits)	9.1 (12.6)	10.1 (12.7)
Child contact 6-months post-release		
Co-resident	32%	36%
Non-resident but some contact	56%	46%
Non-resident and no contact	13%	18%

Findings Post-PIO Class

OUTCOME MEASURE	DIRECTION	RESULT
Parenting stress		PIO group had 9% lower levels of parental stress than control group
Parent depression		PIO group had 7% lower levels of depression than control group

Findings at 6-Months & 1-Year Post-Release

OUTCOME MEASURE	DIRECTION	RESULTS
Arrests	↓	At 1-year post-release, PIO group had a 37% reduction in rearrests then control group (26% men, 48% women)
Criminal behavior	↓	At 6-months post-release, PIO group more likely to abstain from criminal behavior
Substance abuse	↓	At 6-months post-release, PIO group more likely to abstain from substance abuse

Parent Satisfaction

Question asked	Responses
Recommend PIO to other parents?	Average score was 4.5 on scale of 1-5 (5="strongly recommend")
How helpful was the information received?	70% rated PIO as "very" or "quite" helpful
How positive an effect did PIO have?	90% rated PIO as having a "very positive" or "positive" effect
How useful to you as parent?	95% rated PIO as "very" or "somewhat" useful

DISCUSSION AND IMPLICATIONS



Key Takeaways

- Promising findings:
 - Improved mental health (depression, stress)
 - More positive parent-child interactions
 - Some improvement in parent-caregiver relationships
 - Decreases in rearrests, criminal behavior, substance abuse
- Parents reported high levels of satisfaction with the program
- Potential for differences in contact among non-resident parents (area for future research)

Other developments...

- Parents wanted more time to process the issues coming up in class and to continue meeting after PIO ended (i.e., support group component)
- Selected parents were later offered contact visits with their children
- Other versions were created (jail, community)
- Multimodal efforts (e.g., WA state led by Dr. Eddy)
 - PIO + Relationship Strengthening + Job Skills

WI State Prisons



Community Reentry



What is happening in Wisconsin and locally?

Dane County Jail



Fathers in PIO Class at Dane County Jail



Policy Implications & Future Directions

- Support research that helps us understand how to promote effective parenting and involvement among CJ-involved parents
- Consider programs and policies at multiple levels
 1. Classroom (in and out of prison)
 - Expand parenting services to male WI DOC facilities
 2. Contact and communication (in and out of prison)
 - Technology for video visits; “Get on the Bus” programs
 3. Link services to offer continuum of care
 - Network of family-focused centers that offer “Pathways for Parents after Prison”

Policy Implications Continued

4. Reduce barriers that make parent involvement with children and family unity difficult
 - Address **housing obstacles** for returning parents
 - Adjust **child support** orders
 - Promote **employment opportunities** with living wages
 - Collaborate with and train **parole/probation agents** to consider needs of children with returning parents
5. Consider **alternative sentencing models** for non-violent primary parents

Closing Words



“I’d tell him don’t never leave his kids, no matter what the outcome may be. **Always stay in your kids’ life, because your kids need you.**”

If you don’t be in your kids’ life, they’re gonna turn to the streets. Then, when they turn to the streets, they’re gonna become part of the prison system, and then it’s gonna keep going on and on, with their kids, and then the next kids. The cycle gotta be broken. **We need more parents and more fathers to be in their kids’ life, because the fathers play a major part of their life.** If they don’t got no fathers, they’re gonna go out to these gangs out here and try to get love from them. I would prefer them to stay in their kids’ life, be their biggest support system. **Every kid got a dream to be something, and if you be behind them and support them, they can reach their goals on what they want.”**

Thank you!

Questions and Discussion

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