

COPING WITH INCARCERATION

Group Description: The goal of the Coping with Incarceration group is to facilitate offenders adjusting to the environment of the correctional institutions, as well as how to respond to family, friends and relatives they left behind when going to prison.

Objectives:

- To facilitate offender transition into the correctional environment by orienting the offender to the rules as well as the social environment of institutional living and aiding the offender in getting needs met in the institutional environment.
- To facilitate an adaptation strategy that decreases the stress associated with the significant lifestyle change brought about by transitioning into a new and rule bound environment.
- To maintain a connection with the community support system
- To adjust to the change in roles within the institution from the role held before entry into the correctional setting
- To introduce offenders to the idea that that they have choice in changing the circumstances which brought them to prison so they can avoid being imprisoned in the future. Putting learned experiences to work.

Group Structure: Modules developed for group meeting once a week for 6 weeks

Module 1: Learning the Rules and How to Use Them to Your Advantage

Module 2: How to Get What You Need from the Institution

Module 3: Maintaining Relationships and Parenting from a Distance

Module 4: Communicating with People You Care About and Who Care About You

Module 5: Making Plans for the Future/Planning + Action = Satisfaction

Module 6: Coping Skills in a Correctional Environment

Group should include from eight to fifteen inmates.

Materials to Facilitate Group Process:

Handout: Participate Agreement

Handout: Institutional Handbook

Handout: Adjustment Challenges

Handout: Recognition of Strengths and How to Use Them to Adjust to Prison

Homework: Goals and Plans While Incarcerated

Handout: Pre-Test & Self-Assessment

Homework: Institutional Service Plan Ideas

Handout: My Dad, Locked-Up

Handout: Things to Ask or Talk About with Your Visitors

Handout: Communication with Others

Handout: People who Have Made a Difference in Your Life

Homework: Letter to Person Important to Me

Handout: My Goals and Plans to Make the Best Use of My Time in Prison

Handout: Pre-Test & Self-Assessment

Handout: Tips for Getting Along

Handout: Tips for Promoting Sleep

Certificate of Completion