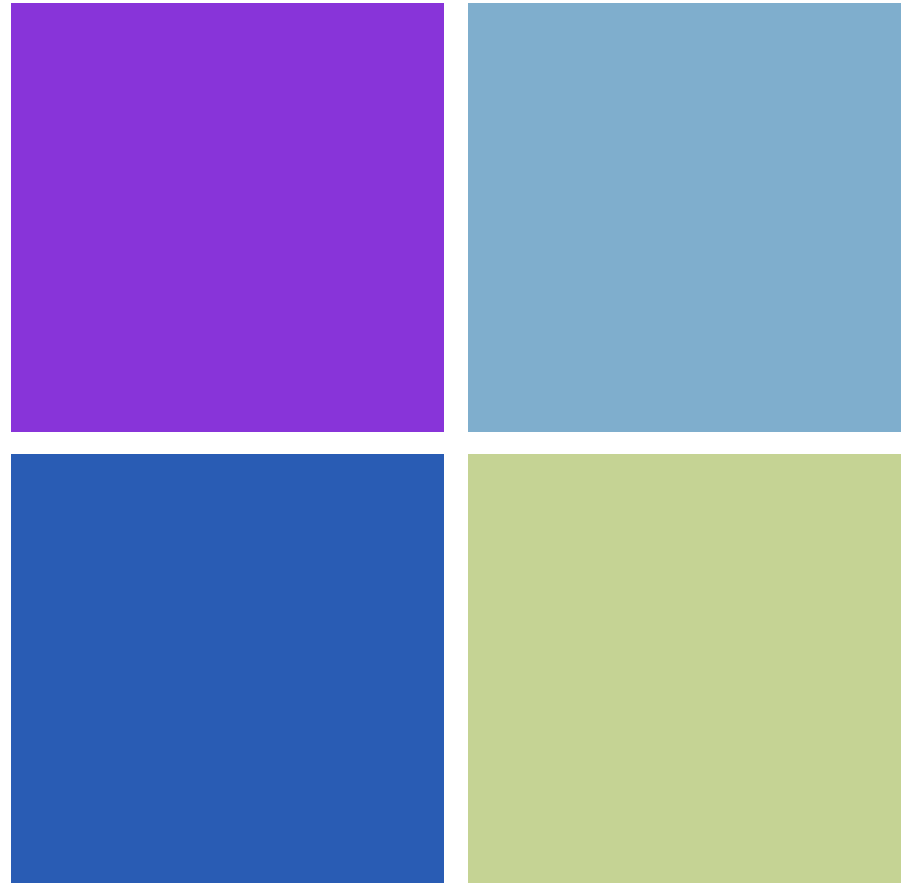


**+ Incarcerated  
Parents:  
Understanding the  
Developmental  
Outcomes of Children  
and Families with  
Multiple Risk Factors**

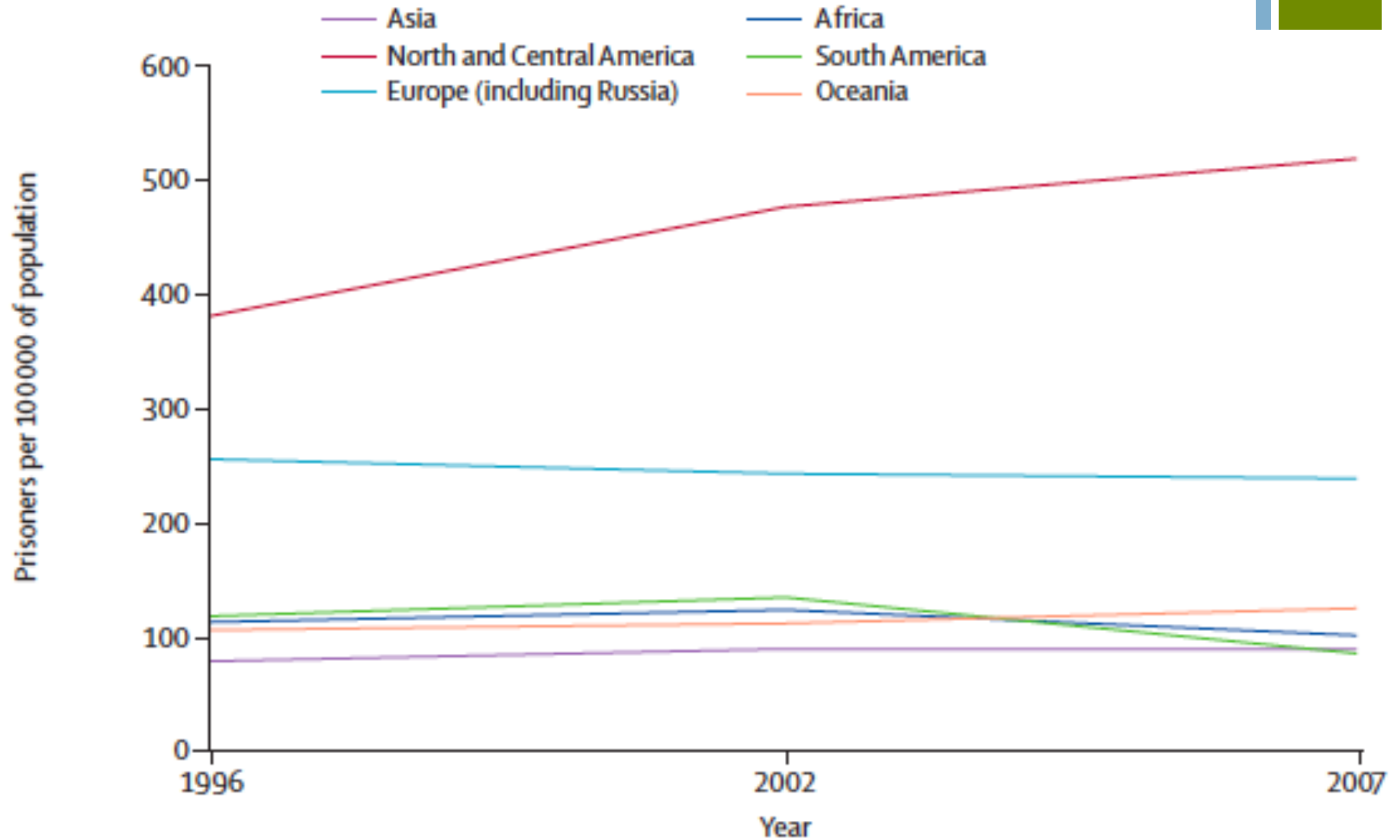
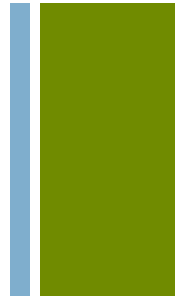


**Rebecca J. Shlafer, Ph.D.**

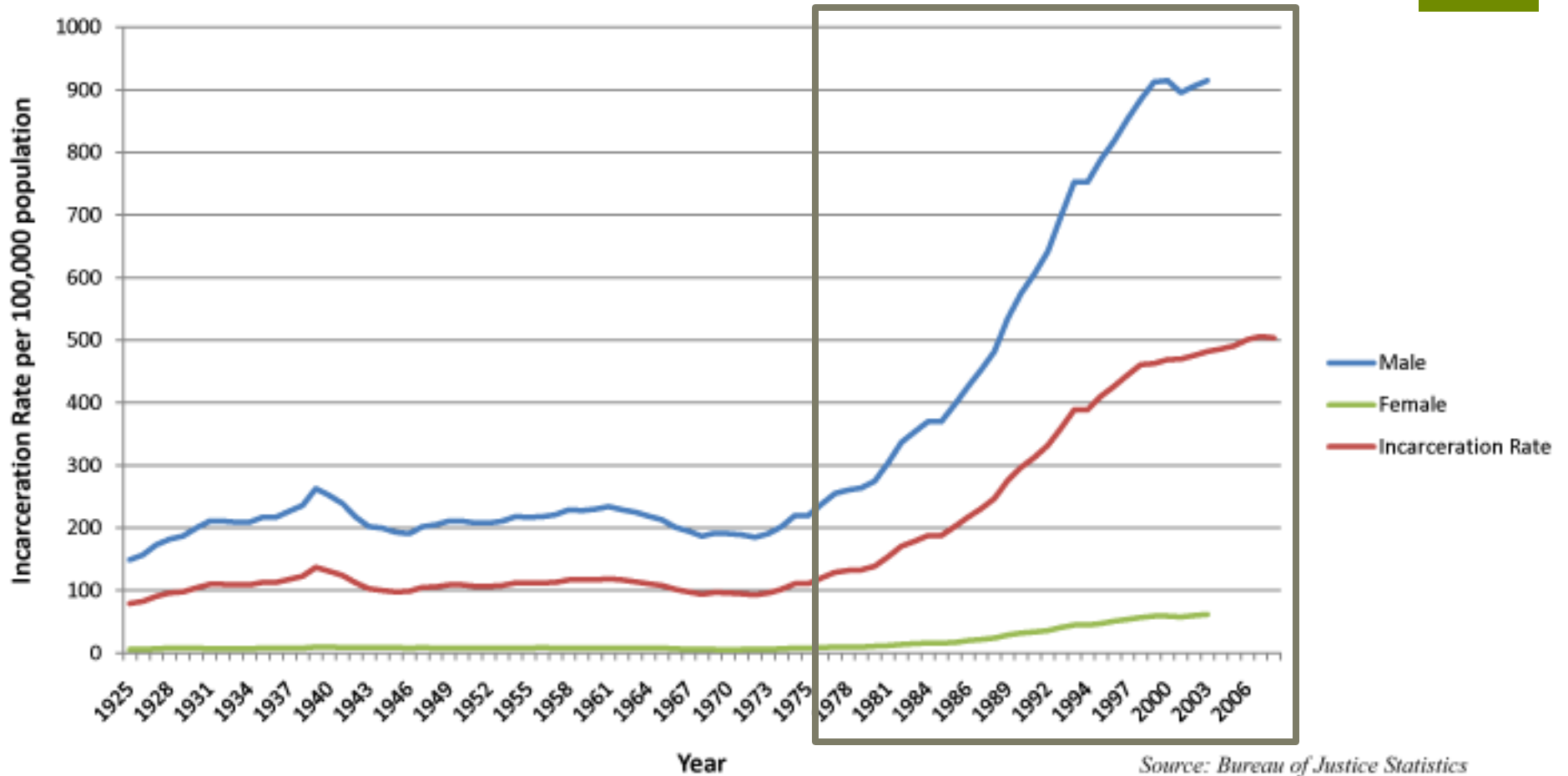
Division of General Pediatrics and Adolescent Health  
Human Capital Research Collaborative

December 17, 2013

# + Prison Population by Continent

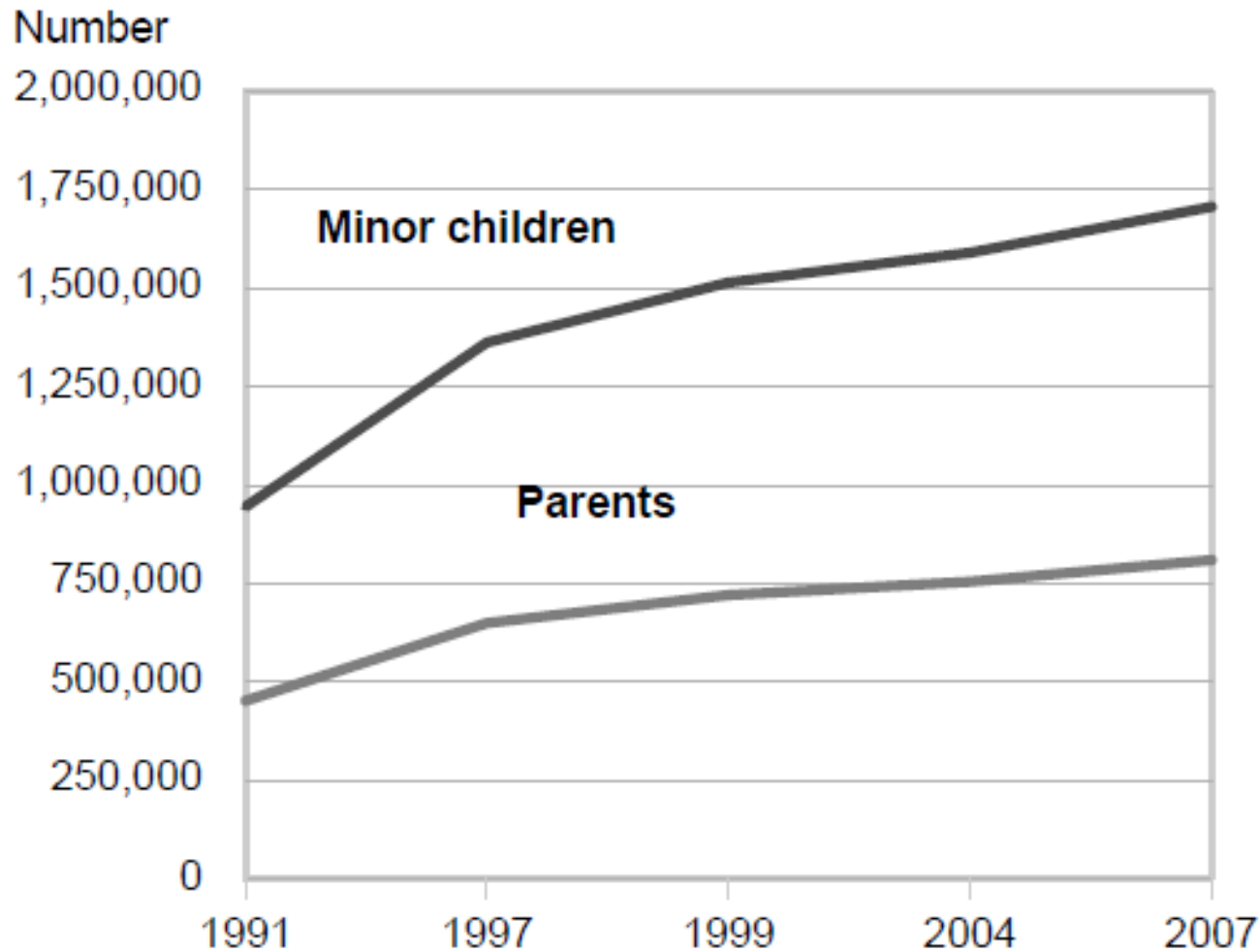


# + U.S. Incarceration Rate 1925-2008



Source: Bureau of Justice Statistics

# + Parents in State and Federal Prison and their Minor Children



# + Incarcerated Where?



**County Jail**



**State Prison**

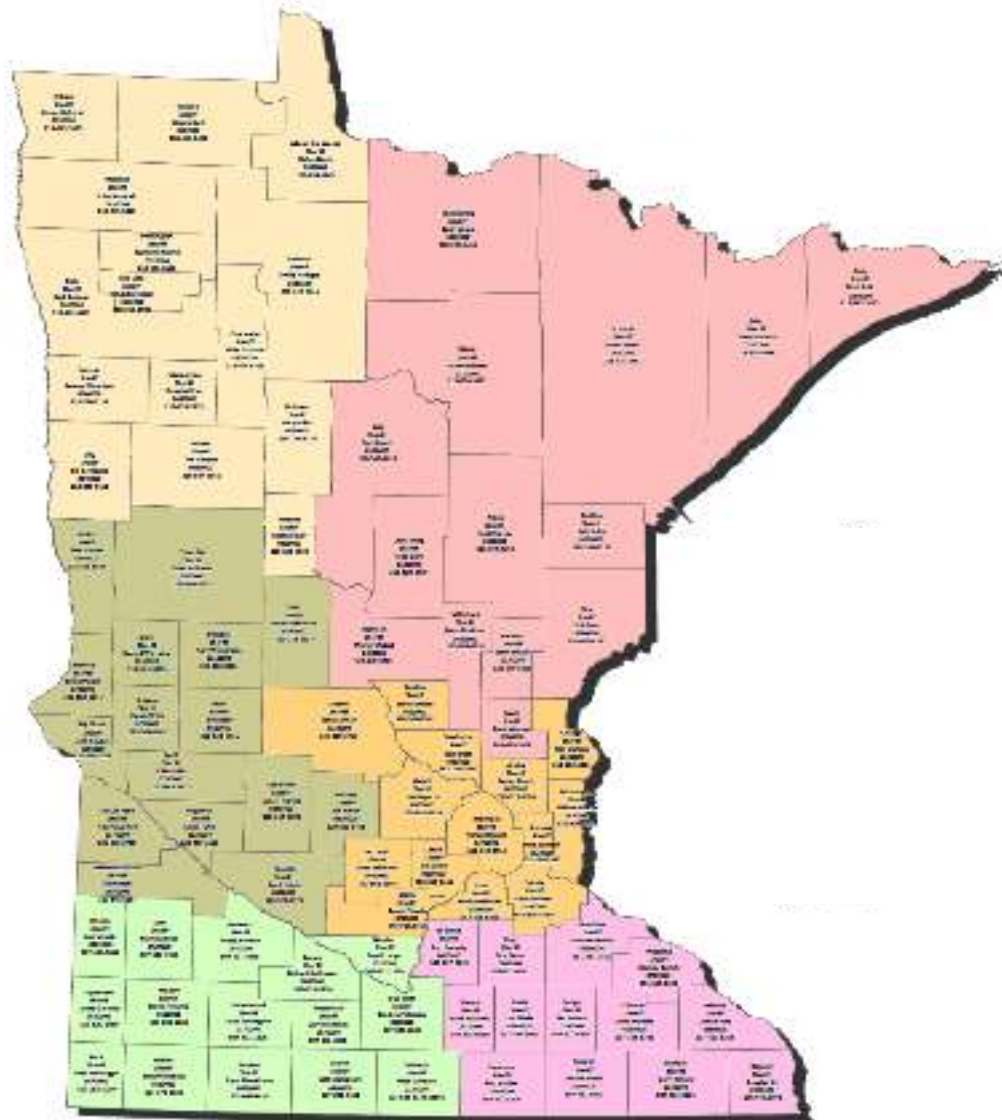


**Federal Prison**

# + County Jails in Minnesota

MY 2012

■ 7,167 inmates

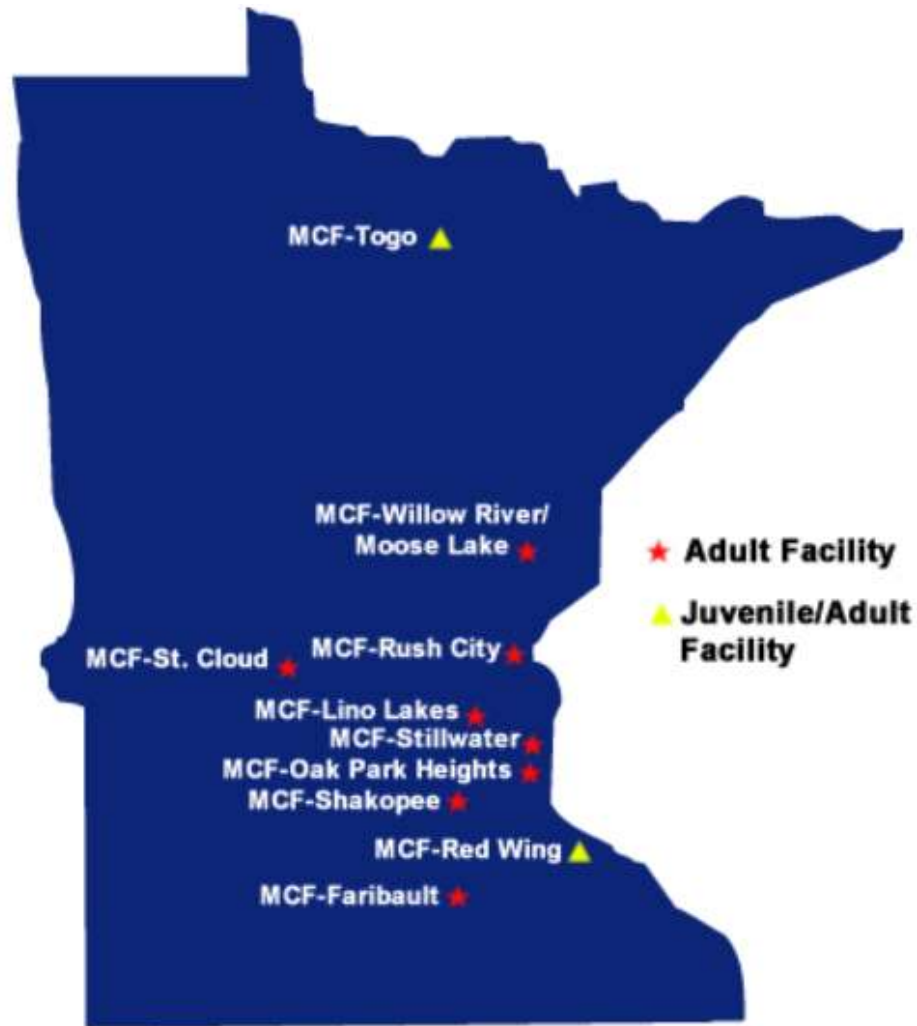


# + State Prisons in Minnesota



MY 2013

- 9,090 men
- 682 women



# + Federal Prisons in Minnesota

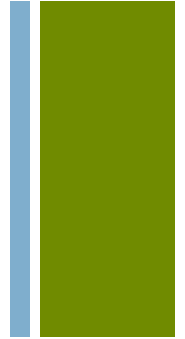
MY 2013

- FPC Duluth – 812
- FCI Sandstone – 1,456
- FMC Rochester – 981
- FCI Waseca – 981





# + The Cost of Incarceration



## ■ Minnesota Department of Corrections

- FY13 general fund budget = \$456,818,000

- Average facility per diem FY12 = \$84.59

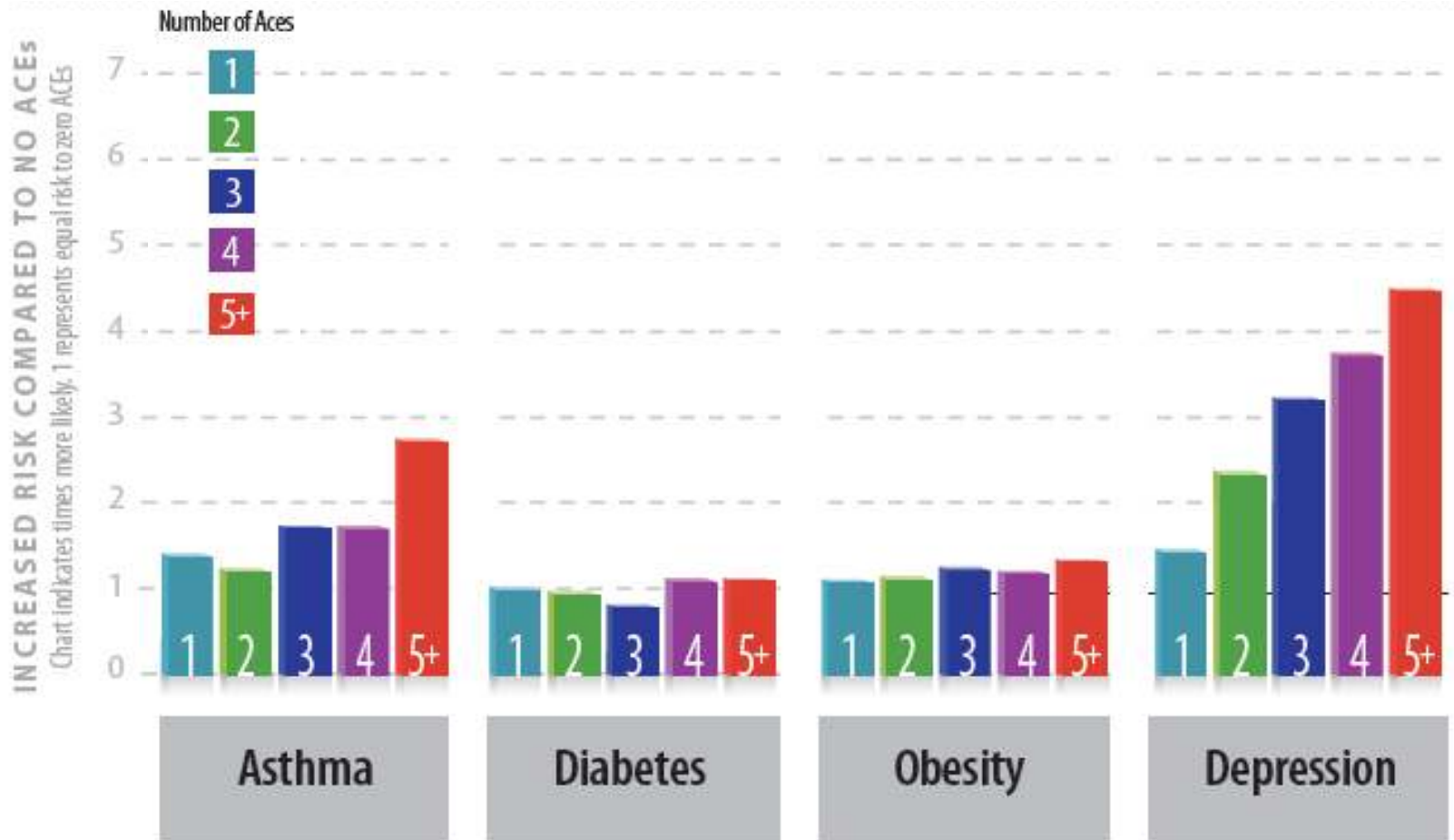


+ Considering Consequences  
for the Next Generation

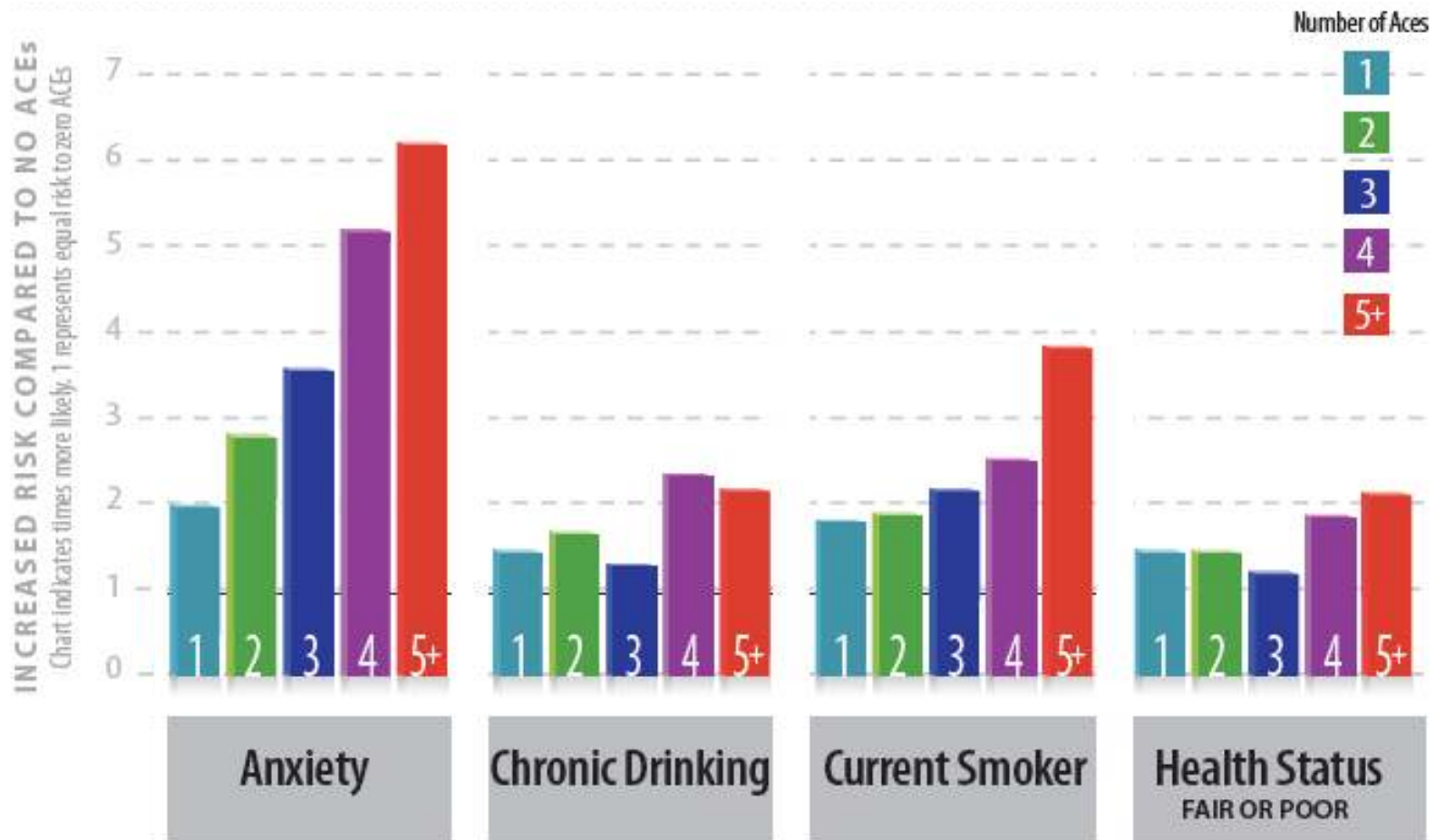
# + Adverse Childhood Experiences

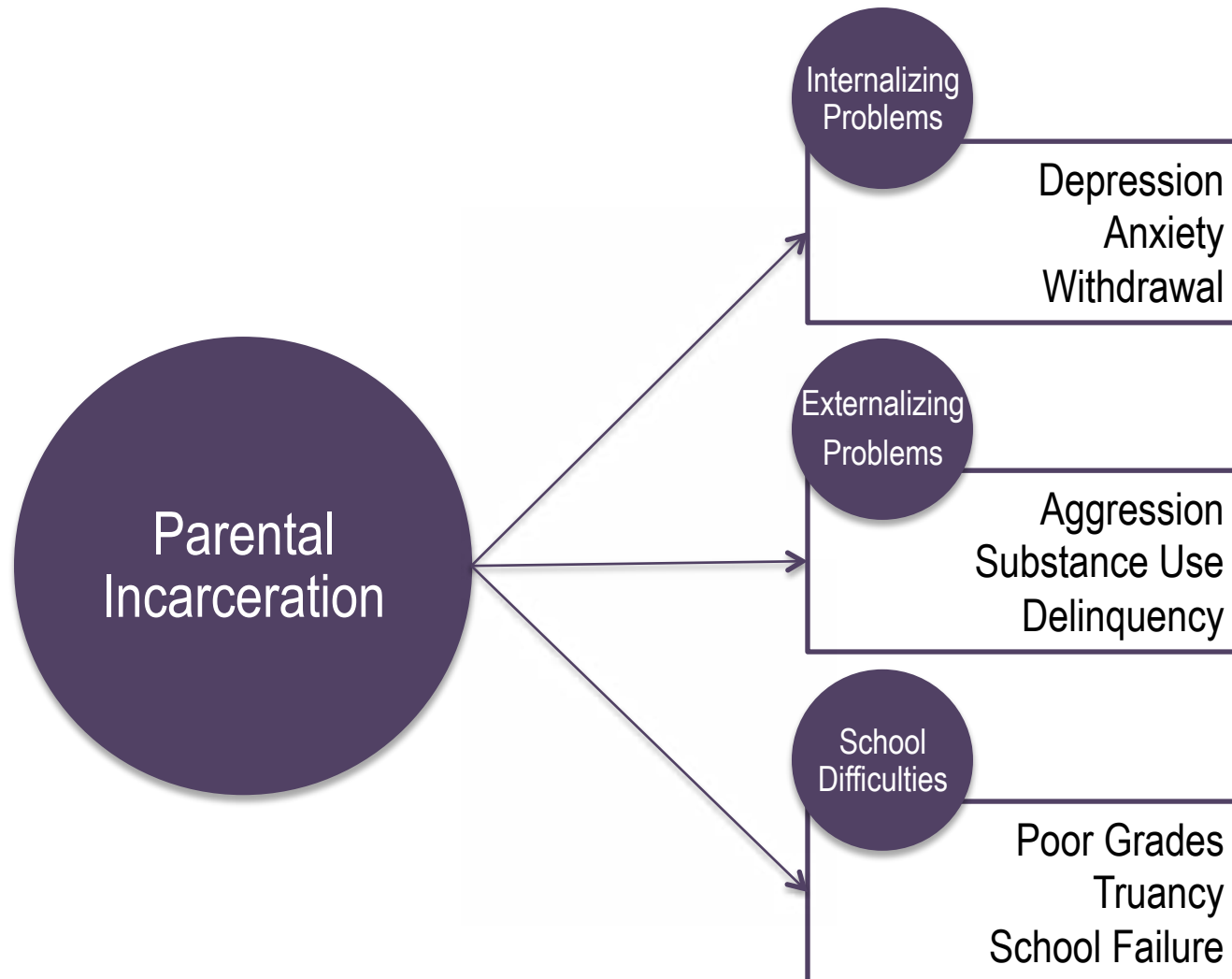


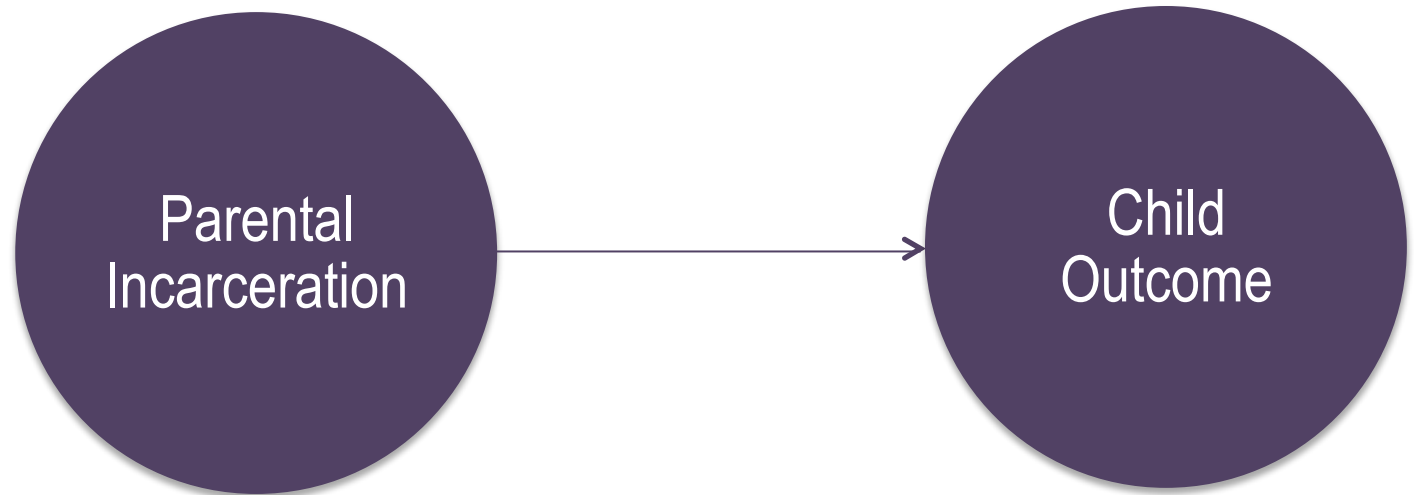
# + Adverse Childhood Experiences

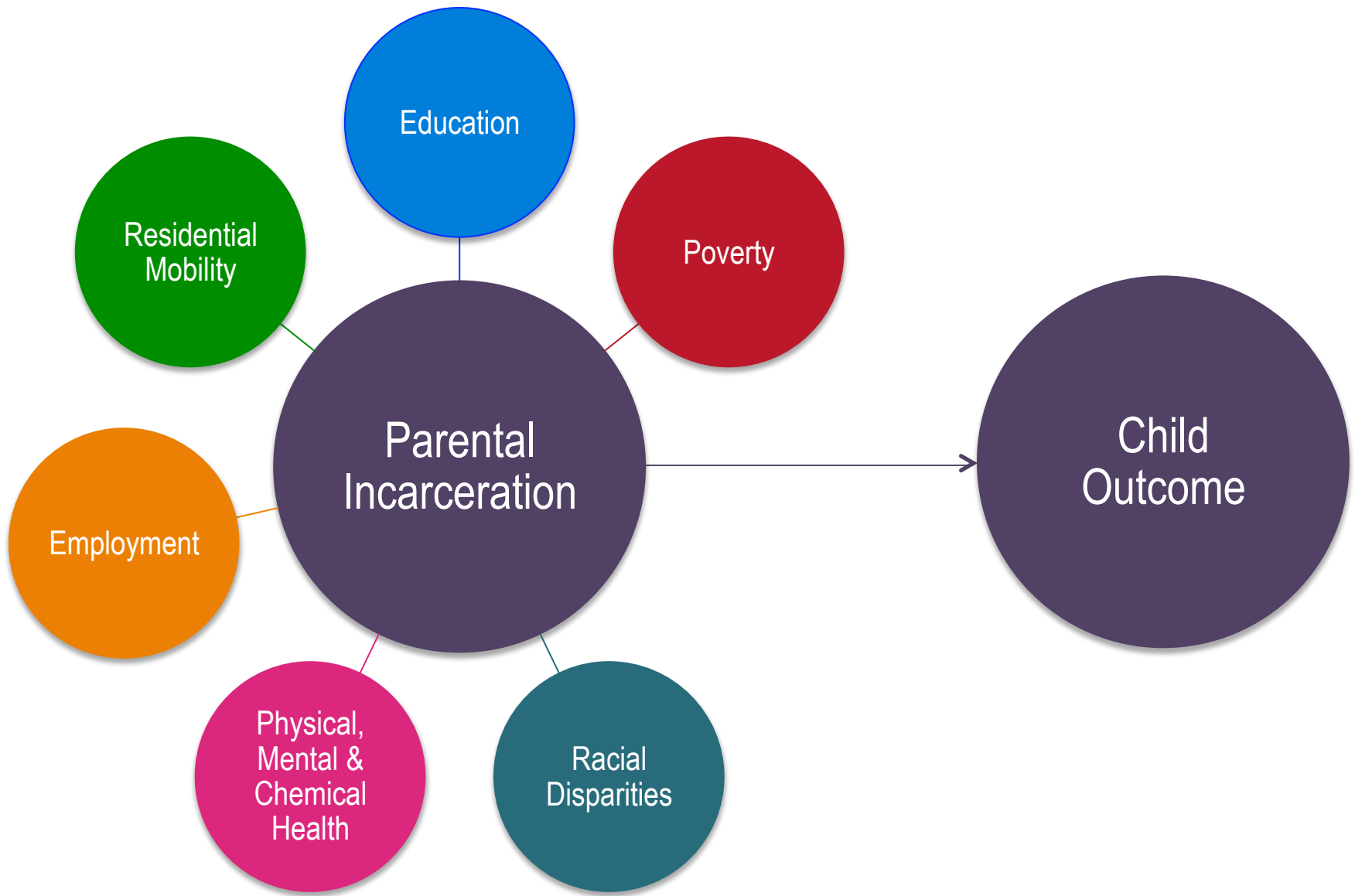


# + Adverse Childhood Experiences



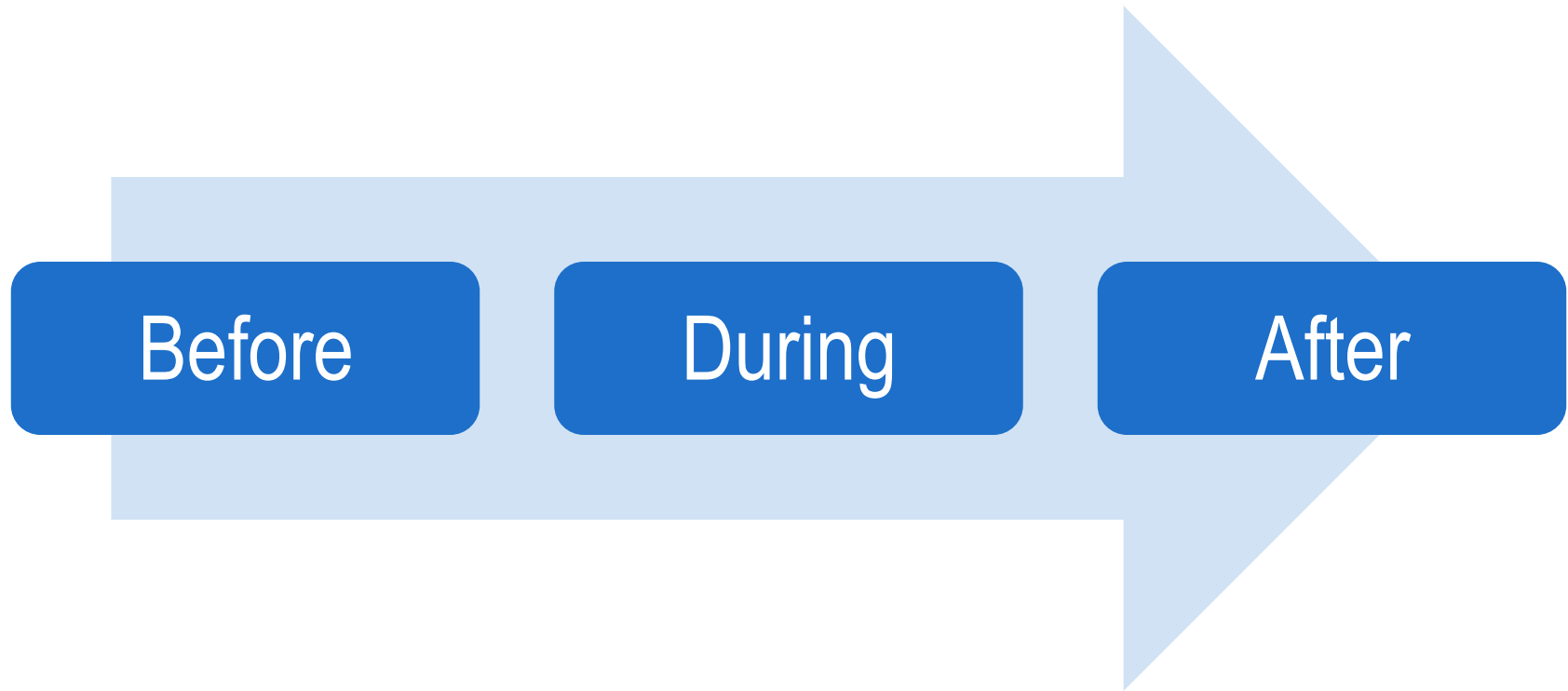








# + Incarceration-Specific Risk Factors



Before



During



After



# + Protective Factors





# LITTLE children BIG challenges: incarceration

**This Kit Includes:**

- Sesame Street DVD
- A Guide for Parents and Caregivers
- A Children's Storybook





# LITTLE **children** BIG **challenges:incarceration**

- **Multimedia Resource Kit**
  - Sesame Street DVD
  - Guide for Parents and Caregivers
  - Children's Storybook
- **Online toolkit for parents, caregivers, practitioners**
- **Sesame Street: Incarceration app**



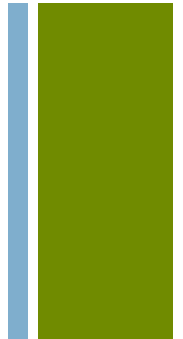
LITTLE children

BIG challenges:  
incarceration





LITTLE **children**  
BIG **challenges:incarceration**

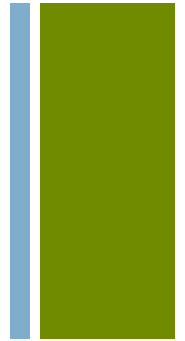



1. Statewide Dissemination
2. Joint-CTSA Study



+ Statewide Dissemination

# + Statewide Dissemination




- 
1. Prisons and jails
  2. Community agencies serving families affected by incarceration
  3. Community agencies serving high-risk children and families

# + Online Toolkit Request Form

<http://z.umn.edu/toolkitrequest>

\* Required



LITTLE children  
BIG challenges:incarceration

Would you like to request more information about the Little Children, Big Challenges: Incarceration project for your agency/organization in Minnesota? \*

Yes

No


Would you like to request kits for your agency/organization in Minnesota? \*

Kits are available in boxes of 50. All materials are free and bilingual (English/Spanish).

Yes

No

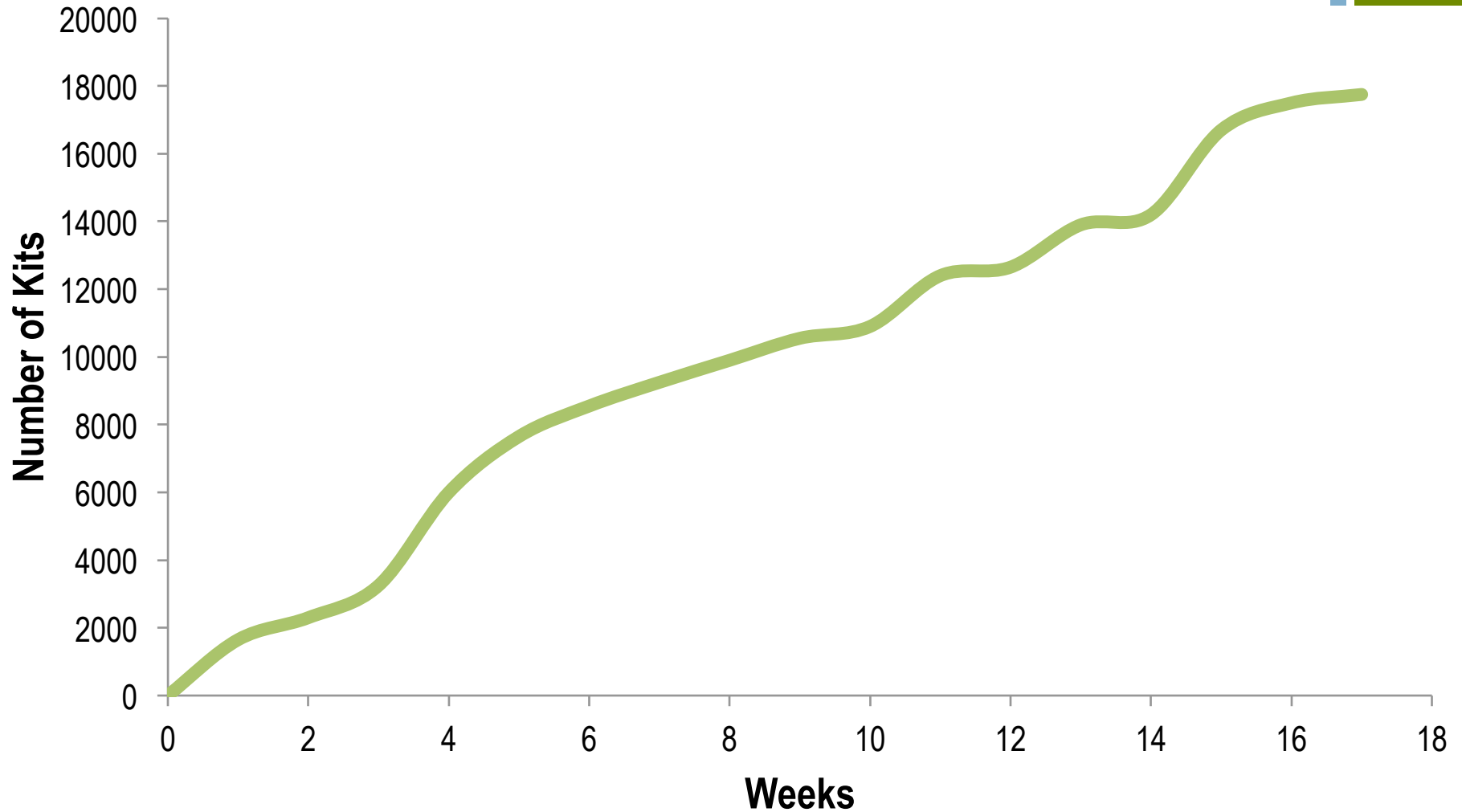
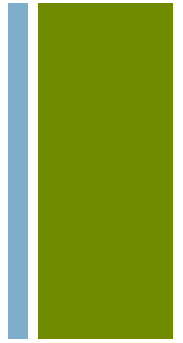
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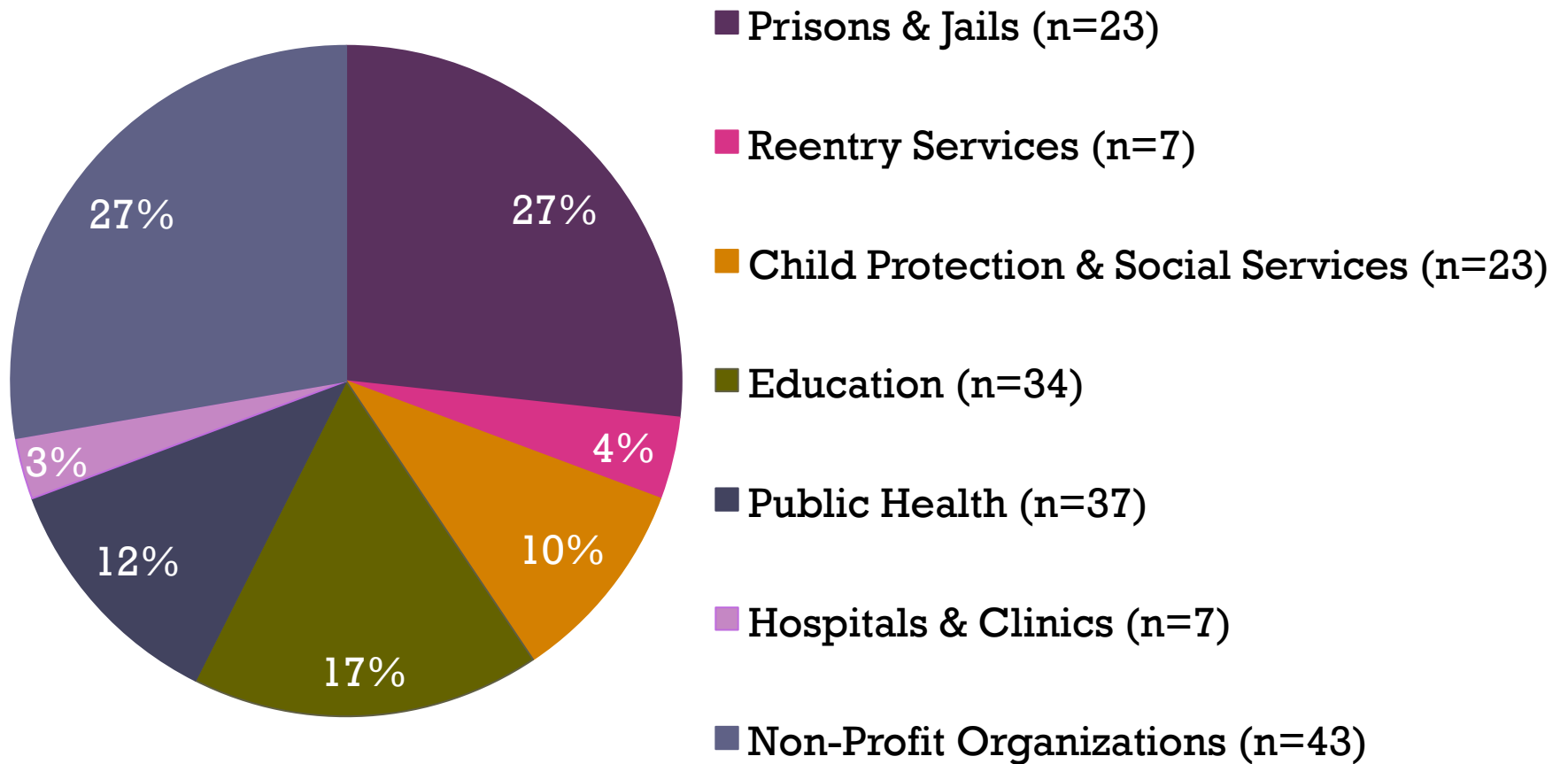
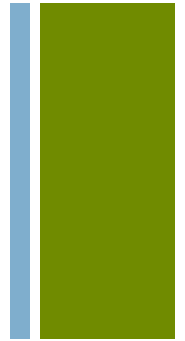


# Statewide Dissemination Cumulative Kit Requests



# + Statewide Dissemination

## Dissemination by Provider Type



# + Statewide Dissemination

## Dissemination by Location





# + Visiting Incarcerated Parents (V.I.P.) Project



# + Joint-CTSA Project



Clinical and Translational  
Science Institute

Co-PI: Dr. Rebecca Schlafer

Washington County Jail,  
Stillwater, MN



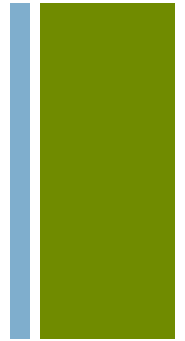
Institute for Clinical and  
Translational Research

Co-PI: Dr. Julie Poehlmann

Racine County Jail,  
Racine, WI

Dane County Jail,  
Madison, WI

# + Specific Aims



- Assess the impact of developmentally appropriate educational materials designed for children of incarcerated parents on 3 domains:
  1. seeking mental health care, routine pediatric care, and developmental support services for children of jailed parents
  2. caregiver concerns about child behavior
  3. children's family relationships, including quality and quantity of children's visits and other contact with jailed parents

# Study Protocol

## ● Jailed Parents

- Consent
- Parent Questionnaire
- 1-page Parent Guide

## Tips for Incarcerated Parents

SEATTLE  
with children  
BIG challenges incarceration

**You will always be a parent.** Even though you are incarcerated, you can still play an important role in your child's life. Try these actions to assure your child that you still care about her and will always be her parent.

### Answering difficult questions

Your child may have trouble understanding why you're gone. There are ways you can answer his questions truthfully and in ways that he can understand.



• **Where are you?**

"I'm in a place called prison [jail]. Prison is a place where they break a rule called a law. I'm not here because of anything you did. This is not your fault."

• **When will you be home?**

"I won't be home for a while. I'm waiting for more information and will let you know when I find out. I'd rather be home with you, but know that wherever I am, I'm thinking about you."

• **Will I get to see you?**

*If your child can visit:* "You can visit me in prison once in a while. Your caregiver will let you know when. Between visits we can write letters and talk on the phone."

*If your child cannot visit:* "We may not be able to see each other often, but I want you to know that I'm always thinking of you."

### Connecting through visits

So that you can assure your child that you are okay, here are some things you can do:

• **Help your child feel comfortable**

Your child may feel nervous at first. Let her know you are happy to see her. Continue any rituals or customs you have together, such as singing a song. Ask her questions about herself, such as: "What do you do with friends? What have you learned in school?"

• **Make the most of your time together**

Take turns describing something you see and asking her to guess it, making funny faces, or discussing favorite colors, music, or sports teams.

• **Make good-bye easier**

Saying good-bye is hard. Come up with a special phrase you both can say at bedtime or something you will both do at the same time each day even though you are apart.



Good communication is one way to help support your child. Build a positive relationship with her caregiver so the experiences support and love from you both. Talk to your child's caregiver about visits, letters, and phone calls.

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# Study Protocol

- Jailed Parents

- Consent
- Parent Questionnaire
- 1-page Parent Guide

## *Randomized to Intervention/Control*

- Caregivers

- Consent
- Caregiver Questionnaire
- Inventory of Family Feelings (IFF)
- Strengths and Difficulties Questionnaire (SDQ)
- PEDS: Developmental Milestones

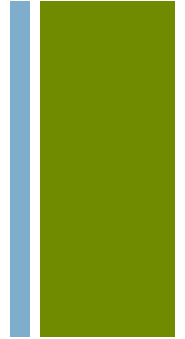
- Children (3-8 years old)

- Draw-a-Family Task
- Emotion Recognition

- Jail Observation



# + Follow-Up Assessments



- Telephone or in-person follow-up assessments
  - 2- and 4-weeks
- Key outcomes
  - Physical and mental health care
  - Child's behavior
  - Communication with child about incarcerated parent
  - Contact with incarcerated parent
  - Use of educational resources

# + Next Steps

- Active kit dissemination across MN through 2013
- Data collection for V.I.P. Project over next 12-16 months

