

Prison Parenting Programs: Resources for Parenting Instructors in Prisons and Jails

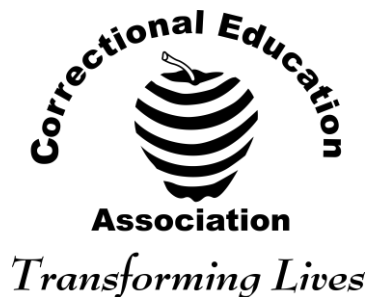


Editor: Jerry Bednarowski

Published By:
Correctional Education Association – Wisconsin

Website: www.ceawisconsin.org

Email: jerrybednarowski@new.rr.com



Updated: May 2016

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Prison Parenting Programs: Resources for Parenting Instructors in Prisons and Jails is a publication of the Parenting Special Interest Group (SIG) and the Correctional Education Association-Wisconsin. This directory has been created to help correctional educators and community agencies enhance existing or create new parenting programs in correctional facilities and the community.

Prison Parenting Programs is intended to be a living document. It will be continually updated, posted on the www.ceawisconsin.org website, and emailed to those requesting copies. Anyone wishing to suggest additions to this directory may do so by sending them to jerrybednarowski@new.rr.com. Corrections or updates to the listings in the directory are also welcome.

The Parenting SIG was created in 2004 with the goals of helping incarcerated parents to become more caring, concerned, and informed and minimizing the intergenerational cycle of incarceration. The Parenting SIG seeks to improve cooperation and among those engaged in providing parenting programs in a variety of correctional settings and the community and encourage the development of new programming opportunities. Since its onset the Parenting SIG has sought to create a professional network not only for the instructors of parenting classes; but also for the supervisors of children of incarcerated parent programs, coordinators of parent/child reading projects, and organizers of support groups.

The Parenting Special Interest Group's initiatives include:

- Establishing a parenting network – Newsletters, handbooks and other information are distributed to a network of over 850 correctional educators, volunteers and administrators in over 30 states.
- Publishing a newsletter – A bi-monthly *Parenting Connections* newsletter has been published for parenting educators working in correctional settings regularly since November 2004. The newsletters highlight innovative parenting skills programs, parent/child reading projects, family support and mentoring programs, community resources, teaching methods, and special projects.
- Posting information on websites – Articles and newsletters are regularly posted on the www.ceawisconsin.org, www.ceanational.org, and www.fairshake.net websites.
- Presenting workshops at professional conferences – The Parenting SIG has spread the word regarding the importance of providing Parenting programming in corrections by encouraging parenting instructors to conduct dozens of workshops at national, regional, and state correctional; education and social services conferences.
- Publishing a handbook for incarcerated parents and their families – *Reaching Beyond the Walls: A Handbook for Parents Incarcerated in Wisconsin and their Families* has been published by the Parenting SIG and distributed to prisons, jails and community agencies.
- Serving as an advocate for parenting programs in corrections – Information has been furnished to governmental workgroups, correctional administrations, and community organizations at the national, state and county levels.
- Serving as a resource for parenting instructors – Advice on developing Parenting programs is provided upon request to those seeking information on teaching or developing programs for incarcerated parents and their families.

Thanks to Community Circles of Support, a Program of Goodwill Industries of North Central Wisconsin

Community Circles of Support helps people make the move from incarceration to the community by creating an environment of acceptance for the individual's return to the community, promoting positive social ties and responsibility, looking to the future rather than the past, focusing on the individual's strengths and struggles, supporting and recognizing individual successes, and using community resources.

CEA-Wisconsin wishes to thank President and CEO of Goodwill Industries of North Central Wisconsin Bob Pedersen, Executive Coordinator Sara Saxby, and Community Circles of Support Regional Leader Anne Strauch for generously arranging for Goodwill Industries to print these *Prison Parenting Programs: Resources for Parenting Instructors in Prisons and Jails* handbooks to be distributed to correctional institutions and community agencies.



A program of Goodwill NCW 

Table of Contents

The resources in this handbook are grouped according to the predominant focus of each program. Those programs comprised of several components are listed in the Multi-Faceted Programs section. Within each section, the programs are listed in alphabetical order according to program name or the name of the organization delivering the program.

• Introduction	1
• Multi-Faceted Programs	3
• Parenting Skills Programs	17
• Family Support and Mentoring Programs	24
• Parent/Child Book Reading Programs	30
• Re-Entry Programs	32
• Handbooks for Incarcerated Parents and their Families	35
• Books on Incarcerated Parents and their Families	38
• Videos on Incarcerated Parents and their Families	41
• Newsletters for Parenting Educators in Correctional Facilities	45

Multi-Faceted Programs

Aid to Inmate Mothers

Aid to Inmate Mothers (AIM) supports children in Alabama who have a mother incarcerated and provides services to incarcerated women with emphasis on enhancing growth and strengthening the bonds between inmate mothers and their children. AIM's programs that address the many burdens carried by the children and families as a result of incarceration include:

- Monthly Visitation – The Monthly Visitation program gives children without means of transportation a chance to visit their mothers in prison. During the interactive visit, mothers and children spend some quality time together. Toys, board games, educational worksheets and books are provided and the families share a meal.
- Storybook Project – The Storybook Program provides comfort to children each month by offering them a video recording of their mothers reading books to them.
- Prison Classes – Professional facilitators from the community teach 8-12 week long classes that include: Parenting, Anger Management, Domestic Violence, WHI-FI (Women's Health Information for the Incarcerated), Self-Esteem, HIV Prevention and Education, and Book Club.
- WHI-FI Health Education – WHI-FI holds monthly workshops at the Tutwiler and the Montgomery Women's Facilities, and quarterly at the Birmingham Work Release to provide basic health information on HIV/STD Prevention, Birth Control Options, Breast Cancer, Heart Health/Blood Pressure, Diabetes, Fetal Alcohol Syndrome, Pre-Natal Class, Healthy Pregnancy, and Exercise and Nutrition
- Project Reconnect – Each week, AIM holds a Pre-Release class in the prison to provide education and information on topics relating to life skills, job preparedness, STD awareness, human sexuality and conflict resolution. After release, AIM steps in to reconnect the women to the community by helping them secure jobs and housing and provide essential counseling. At a minimum, participants receive follow-up support for one year.
- Clothing Closet – AIM has set up a small clothes closet in their office to provide women walking out of prison with an outfit that will help them land that first job and basic clothing to wear to work.
- Family Outreach – AIM helps caregivers by offering much-needed financial relief and a strong support system. As funds allow, AIM helps caregivers pay bills, afford childcare and purchase essentials such as school supplies and, on occasion, send children to a week-long summer camp.
- Genesis Transitional Home – The Genesis House provides women who have just left prison with an independent living environment for at least 12 months. The center helps women restore dignity into their lives and learn skills that will allow them to become healthy productive members of community by overcoming addictions, setting goals and becoming self-sufficient.

Contact: Carol Potok: Carol@inmatemoms.org
Larnetta Moncrief: Larnetta@inmatemoms.org
Donna Collins: Donna@inmatemoms.org
Margarita Betancourt: Margarita@inmatemoms.org
Website: www.inmatemoms.org

Arkansas Voices for the Children Left Behind

The grassroots Arkansas Voices effort advocates for children left behind by incarceration or loss of a parent for any reason and provides mentoring, services and supports for the children, their caregivers, and incarcerated parents, with the goal of strengthening and empowering the family unit. Arkansas Voices helps children overcome the trauma, shame and stigma of having a parent incarcerated.

Toward these ends, Arkansas Voices provides the following services:

- Parenting classes in jail and at the Arkansas State Hospital Forensic Unit

- Development of co-parenting agreements between incarcerated parents and the caregivers of the children
- Support groups and services for caregivers
- School-based services for children whose lives have been impacted by incarceration of a parent, relative or other significant person; children with a parent returning home; and children of incarcerated parents in the foster care system
- Reunification and re-entry services for prisoners and their families
- Education about the consequences of risky behavior, including drug and alcohol use and unprotected sex
- Family literacy services, including financial literacy and health literacy
- Referrals to services and supports provided by the State and the community
- Advocacy for children in foster care who have an incarcerated parent
- Advocacy for caregivers of another family member's children and for relatives seeking to stay engaged with their relative's children in foster care (Grandparents Left Behind)
- Community Resource Development and collaborations on behalf of these children, youth and families including the Arkansas Family Re-Entry Coalition, Arkansas Bill of Rights for Children of the Incarcerated and Other Policy Initiatives, Arkansas Restorative Justice Coalition, and the Coalition to Ban the Shackling of Incarcerated, Birthing Mothers.

Contact: Dee Ann Newell, Executive Director, DeeAnn@arkansasvoices.org
 Website: www.arkansasvoices.org

Assisting Children of Prison Parents

Founded by an ex-offender, Assisting Children of Prison Parents' (ACOPP) mission is to establish or re-establish relationships between children and their incarcerated parents by opening lines of communication, transporting them to visit their parents and providing creative-writing workshops.

ACOPP partners with a variety of agencies to provide quality social, psychological, developmental and educational services to children of incarcerated parents, as well as restoring communities to an environmentally safe status. All of ACOPP's seminars, workshops and youth sessions are facilitated by skilled professionals with experience and knowledge of the subject matter. Program participants are referred from educational institutions, social service agencies, courts, outreach and self-enrollment. Groups average 10-15 children, grouped according to age and needs. ACOPP works closely with referral agents in terms of assessment and evaluation of the children.

The groups of children are engaged in tutoring, home-work sessions, study sessions, arts classes, physical activities, field trips, trips to visit their parents and other programs that will afford the children opportunities to be successful while their parents are incarcerated. Consistent lines of communication between the children and their incarcerated parents are maintained through letter writing, phone calls and transportation to and from the prison. ACOPP also facilitates monthly support groups for the guardians of the children to equip them with information and resources to deter recidivism after release.

Contact: Hakee Mitchell, Founder and President, acopporg@gmail.com
 Website: www.acopp4change.org

Center for Children of Incarcerated Parents

The Center for Children of Incarcerated Parents (CCIP) was founded with the mission of preventing intergenerational crime and incarceration through the development of model services for children of criminal offenders and their families, as well as producing and disseminating information on this population. Since 1989, CCIP has served more than 25,000 families and currently provides services in these four areas:

- Education – CCIP has conducted dozens of educational projects and produced 14 curricula. The curriculum manuals are sold through the CCIP Clearinghouse. Topics include:
 - Parent education for prisoners
 - Parent empowerment
 - Parent education for substance-dependent parents in treatment
 - Parent education for elementary school children
 - Family life education
 - Health education for incarcerated mothers
 - Women's issues
 - Effects of trauma and violence on children
 - Mentor training
 - Parent advocacy for prisoners
- Family Reunification
 - Child Custody Advocacy Services Project provides assistance to offenders with child custody, child placement or related issues
 - MotherRight and FatherRight Projects foster healthy parenting by promoting healthy sexuality, healthy reproduction and healthy relationships among clients and their families
 - The Miracle Project offers case management and other services to pregnant, jailed women and their families for up to five years
 - Other projects have provided parent mentoring, child and caregiver support services, referrals and placements for families that are failing to supervise their children, and training for children of prisoners
- Therapeutic Services
 - Children's services include group and individual therapy, developmental skills-building activities, mentoring, and social-recreational activities
 - Services to children's caregivers include parent advocacy meetings, parent/caregiver support groups, parent education, and case management
 - Services to teachers or other site staff include training and support groups
- Information
 - CCIP Clearinghouse is a collection of over 3500 documentary and audiovisual items that can be purchased online or by mail through two catalogs
 - The *Catalog for Incarcerated Parents* has more than 200 items free of charge to prisoners and their families
 - The CCIP Journal, the Center's newsletter, is available online on the CCIP website and by regular mail
 - CCIP research projects include the landmark "Children of Offenders" and "Children of Criminal Offenders & Foster Care" studies

Contact: Tamara Satterwhite, Administrator or Denise Johnston, M.D., Executive Director,
ccip@earthlink.net

Website: www.e-ccip.org

Community Solutions of El Paso

Community Solutions was formed in El Paso, Texas with the mission to strengthen community by strengthening the most disenfranchised and underserved children, youth and families and to help them achieve their highest potential to become valued members of the mainstream community. Community Solutions has established the Connections Program which provides specialized services for children of prisoners, with outreach to their caregivers and family members.

- One-to-One Mentoring – Children of prisoners are matched with caring volunteers who become special friends to the child and their caretaker during a very difficult time. Mentors are provided comprehensive preparatory and on-going training; undergo background and drug screens and receive a home visit from a caseworker before being matched with a "Connections Kid."

- Group & Team Mentoring Activities – Participating children are engaged in social, cultural, educational and recreational activities to help the child and their caretaker build trust with the Connections Program staff and mentors, and offer opportunities for interaction with a variety of mainstream community members.
- Academic Mentoring – Mentors provide after school homework assistance and tutoring in basic academic subjects for participating “Connections Kids.”
- Re-Entry Life Coaching – On a limited basis, Community Solutions has begun specialized services for returning citizens.
- Connections KIDS Care Project – Youth, assisted by mentors, volunteers and staff are responsible for selecting, developing and implementing service-learning projects for others in need throughout the community.
- Connections KASA – KASA is specialized services for children having parents in prison as a result of an addiction to chemical substances. Services include individual, group and family counseling as well as prevention awareness group sessions.
- Connections LOVE – LOVE provides regularly scheduled support groups and life enrichment activities for caregivers and other family members to listen, observe, validate and encourage one another during a most challenging life experience. Families are provided reintegration preparation for the return of their loved one from prison and follow up support upon their loved one’s return.

Contact: Info@SolutionsForEIPaso.org
 Website: www.solutionsforel Paso.org

Destination...Dad

Christian Heritage established its three-phase Destination...Dad program to create better futures for children by coaching and supporting their incarcerated fathers. The three-phases are:

- Learning – Through a proven parenting curriculum, incarcerated dads learn how to be involved and responsible fathers when released.
- Connecting – Through letters and visits, incarcerated dads connect with their children. Video book reading, based on the Messages Project model, strengthens connections.
- Living – Through coaching and support, fathers recently released from prison become involved in their children's lives, while building a better future for their families and themselves.

The key to the success of the Destination...Dad initiative is its caring volunteers who complete a training program before teaming with Christian Heritage staff. Volunteer opportunities include:

- Destination...Dad Mentor – Each mentor is matched with an incarcerated dad. They begin communicating through letter writing and then have the option to meet inside the institution. Upon release, the mentor assists the dad in connecting with his children, following their Reentry Plan, and introducing him to positive social networks.
- InsideOut Dad Volunteer – Volunteers co-facilitate a 12-session curriculum created by the National Fatherhood Initiative.
- Messages Project Volunteer – Volunteers videotape inmates recording messages to their children and work with them to complete the necessary Messages Project documents.
- Day Visit Volunteer – Day Visit volunteers provide supervision and transportation for children to and from the facilities to visit their fathers. The volunteers co-facilitate the visits and provide documentation of the interaction between inmates and their children. Training is given in the use of the assessment tool for the visitation observation.

Contact: Larry Wayne, Deputy Director Nebraska Department of Correctional Services, Larry.Wayne@nebraska.gov
 Gregg Nicklas, Christian Heritage Co-CEO, Gregg.Nicklas@chne.org
 Lisa Nicklas, Christian Heritage Co-CEO, LisaN@chne.org
 Website: www.chne.org

Family Connections Center

The Family Connections Center within the New Hampshire Department of Corrections is a prison-based family support center located in both of the men's facilities (Berlin and Concord) and the one women's facility (Goffstown). The program seeks to strengthen the connection between incarcerated parents and their families by working with State and community-based, non-profit agencies to provide services and educational support for incarcerated parents, their children and their children's caregivers.

Program components include:

- FCC Parenting Class – Inmates volunteering to be involved in the FCC must first complete the 18-hour FCC Parenting Class. This class was created in collaboration with the University of New Hampshire Cooperative Extension. It covers basic parenting topics including: child development, discipline, communication, self-esteem, stress, and reunification. Throughout the class, important conversations are held about how incarcerated parenting is a unique and sensitive situation, how parenting changes when one parent becomes incarcerated and how the incarcerated parent's specific crime and their absence impacts their children.
- Healthy Relationships Class – The second required course is a 10-hour Healthy Relationships Class. The class helps individuals be successful in all of their relationships, whether it is with a romantic partner, co-parent, siblings, parents, children, or friends. Topics addressed include increasing awareness of their identity, establishing a vision for themselves as it pertains to developing and maintaining positive healthy relationships, recognizing and increasing awareness of the effects of antisocial relationships, and learning ways to rebuild and strengthen pro-social relationships.
- Parent Support Group – While attending the Healthy Relationships class, participants may start attending a weekly incarcerated parent support group. Participants may bring up whatever topic they want to discuss as long as it relates to parenting or families. The goal is to help them remember that they are parents despite their incarceration. By coming to a weekly group, they are amongst other incarcerated parents focusing on this life role.
- Life Skills Seminars – Once the two core classes are complete, the parent may participate in Life Skills Seminars taught by FCC staff and outside volunteers. The sessions aim at increasing parental education and may include book clubs facilitated by the New Hampshire Humanities Council and CPR instruction.
- Book on CD Activity – The Book on CD activity involves participants choosing two books from a selection of new, donated children's books. They then record that book onto a CD and send it home to their children. This activity promotes literacy for the child who can read along with mom or dad. The CD also gives the child some control of when they can hear their parent's voice and hear mom or dad say "I love you."
- Internet Video Visiting – One of FCC's most exciting activities is the internet video visiting via free Skype software. Once participants have completed their two required classes and have attended four support groups; they can apply to have Skype visits with their children. These visits are scheduled on a bi-weekly basis for up to 20 minutes per child.
- Family Fun Days – Family Fun Days are hosted for participants who have remained disciplinary report free. Their children and the children's caregivers visit for an afternoon of fun and games in a relaxed visit setting. They also are able to eat a meal together and make projects which the children can take home as a token of remembrance.
- Children of Incarcerated Parent's Summer Camp Program – At the summer camp, inmate's children visit at the correctional facility to play games, share meals and create a life-sized mural. The children attend the overnight summer camp for two weeks with the field trips to prison to visit mom or dad. The camp tuition is free as a result of generous donations from people in the community.

Contact: Kristina Toth, FCC Administrator at 603-271-2255 or Kristina.Toth@doc.nh.gov

Family Matters

The *Family Matters* course is grounded in family systems and attachment theories. It is designed to be used with people in prison. The focus of the course is on the family as a system with unique history, roles, rules, strengths, and challenges. The course teaches participants communication skills and how to manage conflict, change destructive behavior patterns by strengthening action over reaction, and heal relationships. Included is a focus on connection with family members, particularly children, and parenting from prison. Participants are asked to work on improving one or two family relationships as part of the course. Experiential exercises, role-plays, letter writing and telephone calls are used to support this work.

The course is divided into four main units with two or three classes per unit:

- Family Systems introduces the strengths and challenges represented by different family cultures and ethnicity. It explains the importance of family history, family life cycle and family rules and roles.
- Action and Reaction introduces the thinking and feeling brain and supports the concept of taking responsibility for positive action rather than being reactive to one's environment.
- Healing and Hope offers a way to break destructive patterns identified in the Family Systems unit using skills such as effective listening, gratitude and forgiveness.
- Precious Child focuses on attachment patterns, how to nurture secure attachment, and the importance of staying connected with family while in prison. It includes an extensive section on parenting from prison.

The *Family Matters* course is not copyrighted; material may be selected or adapted as needed. A free download of the Workbook & Leader's Manual is available.

Contact: Linda G. Bell, Ph.D., Linda@familylegacies.net
David C. Bell, Ph.D., David@familylegacies.net
Website: www.familymatterscourse.com

Family Strengthening Project

The Family Strengthening Model, created by the Council on Crime and Justice, was perhaps the first in the nation to provide resource materials and assistance, education, and family counseling to inmates and their families simultaneously, during incarceration and after release. The Project's goals are to:

- Intervene early with a family experiencing incarceration, increasing the likelihood that they will stay connected
- Strengthen commitment to relationships by building effective communication, parenting skills, and conflict resolution skills
- Improve both parents' ability to foster healthy connections with their children upon release
- Increase the family's economic self-sufficiency to provide a stable base for continued growth

The Family Strengthening Model is a multi-faceted project comprised of:

- Employment skills training opportunities for both parents
- Financial education
- Mentorship opportunities
- Case advocacy and support
- Family counseling
- Parenting and relationship classes

Prior to the Family Strengthening Project, the Council on Crime and Justice provided parenting classes in Minnesota DOC facilities. The 10-session *Families in Focus* curriculum topics include:

- Breaking the chain (of abuse)
- Anger
- Self-esteem

- Discipline
- Talking with children
- Cooperation
- Assertiveness

The Council on Crime and Justice also offers 10-week courses on healthy relationships to its clients, both in correctional facilities and in the community. These classes are based on the beliefs that higher levels of commitment, effective communication, and conflict-resolution without violence and hostility can lead to stronger family relationships. A stronger family can enhance success for incarcerated persons re-entering the community by offering a place of physical and emotional safety and support

The Family Strengthening Project has selected the *Within My Reach* curriculum for its Relationship classes. Topics covered in the *Within My Reach* curriculum are:

- What is a “healthy relationship”
- Better decisions about who to be with
- Knowing yourself, what you want in relationships
- Dangerous patterns in relationships
- Communication and conflict-resolution
- Infidelity, trust, and forgiveness
- Commitment
- Blended (Step) families

Contact: Pamela G. Alexander, President, AlexanderP@crimeandjustice.org
 Mark Haase, Vice President, Projects and Operations,
HaaseM@crimeandjustice.org

Website: www.crimeandjustice.org

Father’s Love of Reading Relationships Program

The Kettle Moraine Correctional Institution (Wisconsin) parenting program has adopted the *Inside /Out Dads* Parenting Program as the core curriculum which is supplemented by the *Family Reunification* and *Parenting from Prison* video series. The *Family in Focus* packets help round out discussion sessions. Topics covered include: how people develop parenting styles, what is masculinity, spirituality, anger management, self-esteem, communications, discipline vs. punishment, child development, age appropriate expectations, family meetings, goal setting, reentry planning, and a fathering plan.

After completing the parenting curriculum, inmates may participate in the Father’s Love of Reading Relationships Program. It is an 11-week program for fathers who want to build stronger relationships with their children. Local libraries and book stores have donated children’s books which incarcerated fathers read while having DVD tapes made. The DVDs are then sent home to their children.

Contact: Mary Pohlman, teacher, Mary.Pohlman@wisconsin.gov

Hope House

Hope House is a non-profit organization in the Washington DC area that provides cutting edge programs to strengthen families and, in particular, the bonds between children and their fathers imprisoned far from home. Their goals include reducing the isolation, stigma, shame and risk these families experience when fathers and husbands are imprisoned and raising public awareness about this most at-risk population.

Among the key services provided by Hope House is a reading program in available in 13 facilities, where fathers tape themselves reading a book to their children. They also provide a teleconferencing service at one facility, allowing fathers in far off facilities to be in contact with their children.

Another of Hope House's programs is "Prison Camp." Hope House has hosted these camps all over the country, in prisons that range from minimum to maximum security. While there are many programs across the country for incarcerated mothers, Hope House's offerings are the first of their kind for male inmates and their children.

Websites: www.hopehousedc.org.
www.meyerfoundation.org

Hour Children

Hour Children, a non-profit program based in Queens, NY, provides comprehensive support within the prison walls and in the community to incarcerated and formerly incarcerated women and their children. Hour Children has five residences that house approximately 60 families each year. They are unique in that they begin working with women and their children while the mothers are still incarcerated.

Prison-based services include:

- Advocacy to keep mothers and children together
- Family visitation
- Parenting classes
- Legal assistance
- Family reunification counseling

The relationships and services established in prison provide a bridge to community-based services which is key to successful community re-entry and family reunification. Community services available include:

- Housing
- Childcare
- Counseling
- Employment assistance
- Food pantry providing farm-fresh, organic produce on a sliding scale
- Three thrift shops offering affordable clothing and home furnishings

Website: www.hourchildren.org

Kansas Department of Corrections Family-Based Services

Kansas DOC Family-Based Services provide family members with information about the correctional system, help incarcerated parents develop better parenting skills, provide the incarcerated parents opportunities to stay connected with their children, support the caregivers of the children of incarcerated parents, and assist offenders in transitioning back into their family. Programs include:

- Family Orientation – Information is provided to family members about transitioning back into the community, risk reduction, parole conditions and requirements, and community based resources.
- Family Transition Class – The six sessions focus on the participants developing a balance between the release expectations of family members and the offender.
- Family Workshop – A Family Workshop is a meeting held at the facility with the inmate and his family to discuss expectations and concerns the inmate or family members have prior to release.
- *InsideOut Dad* – The National Fatherhood Initiative parenting curriculum helps incarcerated fathers become better dads while on the inside and continue their growth when they return to communities. Fathers and children are encouraged to grow as caring, compassionate people who treat themselves, others and the environment with respect and dignity.
- *Parenting Inside Out* – The *Parenting Inside Out* curriculum is based on the *Parent Management Training* program for at-risk families, but addresses unique issues of criminal justice involved parents.

- *Active Parenting Now* – The *Active Parenting Now* curriculum shows parents how to develop courage, responsibility and character in their children. It explains positive discipline and communication techniques that help families run more smoothly.
- Play and Learn – Play and Learn classes provide children whose parents are incarcerated an opportunity to come to the facility and interact with their parent in a safe, structured and facilitated play group session. The incarcerated parent has an opportunity to bond with their child and practice the skills learned in parenting classes.
- Caregiver Support – Caregiver support groups help the caregivers of the children of incarcerated parents gain a better understanding of the impact incarceration may have on children and strategies and ideas of how to help them. The groups provide information about resources available and an opportunity to discuss concerns or problems they have encountered.

Website: www.doc.ks.gov/reentry/family-services

Keiki O Ka Āina Family Learning Centers

Keiki O Ka Āina's (KOKA) programs are based on a family engagement model that uses culture to strengthen and educate families. Since its founding as a non-profit organization in 1996, KOKA Family Learning Centers have developed programs and implemented research-proven curricula in Native Hawaiian communities in three areas:

- Keiki – Children's Programs
- Ohana – Family Programs
- Nohona – Cultural Programs

One of KOKA's Ohana programs, Strengthening Families Affected by Incarceration, serves children and youth with a parent in prison, family members who are taking care of the children and the incarcerated parent. Children, caregivers and incarcerated parents interact through mentoring, parenting classes and parent-child programs designed to help families maintain bonds and children to thrive:

- Mentoring gives children and youth the opportunity to develop another positive relationship with a caring and dedicated adult
- Parenting classes for the incarcerated parent give them the basic tools to realize that they are their keiki's first teacher
- The incarcerated parent-child sessions support, enhance and maintain the family bonds should all parties agree to attend these sessions

Website: www.koka.org

Madison Urban Ministries

Madison Urban Ministries has programs designed to address the unique needs of recently released offenders and children who have a parent in jail or prison or awaiting sentencing. The programs include:

- The Journey Home – The Journey Home works to reduce recidivism by focusing on the areas of residency, employment, support, treatment, transportation and education. Program staff assess the needs, potential barriers and strengths facing individuals newly released from prison. MUM's Resource Specialists provide one-to-one case management, Food Share eligibility screening, employability and life skills training, job placement assistance, and ongoing support to reduce recidivism.
- Monthly Service Fairs – Monthly Service Fairs serve as a one-stop shop to provide information about training, education, transportation, housing, treatment and support networks.
- Circles of Support – Circles of Support is a reentry program that matches formerly incarcerated individuals with volunteers in the community to provide the social support. Circles provide a safe place where the recently released offender can be heard, encouraged, and respected while they discuss the challenges they may be experiencing as they transition back into the

community. The volunteers are able to provide them with alternative solutions to problems and mentoring as they work through the challenges.

- Rent Smart and Ready to Rent – MUM trains UW Law School students to offer a housing curriculum in the Dane County Jail. The class offers information on tenant rights, landlord rights, budgeting, understanding your credit history, responsibilities of a tenant, and how to effectively communicate with your landlord.
- Just Bakery – Just Bakery is a 16-week educational and vocational training program that works with individuals who are experiencing significant barriers to employment (homelessness, criminal conviction history, lack of education, or a lack of work history or skills) and who have an interest in baking or culinary arts as a career pathway. In addition to their coursework, students also receive case management and assistance with job placement and retention, and job coaching.
- Mentoring Connections – Mentoring Connections is a community based mentoring program that matches children (4-17 years) with volunteer mentors.
- Family Connections – Family Connections takes children and caregivers to visit their moms in Taycheedah Correctional Institution.
- Reading Connections – Reading Connections provides books for moms to choose and program volunteers to record the moms reading to their children. Then they mail a letter from mom, the book and the DVD to her children.

Contact: John Givens, Circle of Support Coordinator, John@emum.org
Shawna Lutzow, Mentoring Connections, Family Connections and Reading
Connections Corrdinator, Shawna@emum.org
Website: www.emum.org

Moms, Inc./Dads, Inc.

Virginia's Moms, Inc./Dads, Inc. provides education, information, and support for incarcerated mothers and fathers that allows them to better understand the impact of their incarceration on their children and improve the quality of their relationships with their children. The program focuses on the legal problems that many parents experience during their incarceration, including custody, visitation, and termination of parental rights.

Moms, Inc./Dads, Inc assists offenders in learning to parent from prison. Communication during the incarceration between parents and their children through letters, phone calls, and visits is fundamental to keeping relationships stable and consistent as well as increasing the bond between parent and child.

Participants may earn an extra privilege of sending an audio message in which they talk to their child or record a book on tape that is mailed home to the child. Problem-specific videos and volunteer guest speakers from the community are used to increase participants' knowledge and comprehension of the problems their children may face at different developmental stages.

Contact: Sue Kennon, Parenting Education Coordinator, Virginia Correctional Center for Women in Goochland, Virginia, skliberty@msn.com

Mothers and Their Children Program

The Mothers and Their Children Program (MATCH) housed inside the Bexar County Adult Detention Center is a parent-child contact visitation program for incarcerated mothers. MATCH was created to address the trauma of separation that children of incarcerated parents experience when their mother goes to jail. It has helped to improve the lives of thousands of incarcerated mothers whose lives have been tainted by criminal activity often prompted by alcohol or drug use.

MATCH's objective is to expose incarcerated mothers to as much life-changing information as possible. Through structured educational classes, parent-child contact visits and an e-book program, MATCH

seeks to transform the lives of incarcerated mothers so they can become role models their children can emulate.

MATCH provides support to the incarcerated mother while maintaining the mother-child relationship through contact visits. Twice a month MATCH mothers can earn a one-hour contact visit if they attend all required educational classes. Visits occur in a daycare center type room and mother and child are allowed to hug and hold each other during the visit. Mothers are encouraged to allow their children the opportunity to vent their feelings, which can help the child emotionally.

In addition to educational classes, the MATCH program also offers curriculum-based certificates for a variety of educational topics such as Domestic Violence, Parenting, Anger Management, Substance Abuse, and 12 Steps.

Bexar County has increased its program efficacy partnering with the first bookless library in the nation — Bibliotech. The partnership offers incarcerated mothers the opportunity to learn new life skills by providing them with e-readers preloaded with parenting books.

MATCH participants are housed in the same living unit, so they are able to read and discuss parenting books together, encourage one another, and hold each other accountable.

Contact: Rosanne Hughes, Change Management Specialist, Bexar County Sheriff's Office,
Rosanne.Hughes@bexarcountry.org

National Resource Center on Children and Families of the Incarcerated

The National Resource Center on Children and Families of the Incarcerated (NRCCFI) provides information, technical assistance and training on families of offenders, children of prisoners, parenting programs for prisoners, prison visiting, and the impact of the justice system on families. NRCCFI's web site has over 100 free articles, an e-mail list, a directory of programs and links to offender family web sites.

NRCCFI maintains a large collection of pamphlets in its Children of Prisoners Library and Incarcerated Fathers Library on its website. The complete Children of Prisoners Library is also available in Spanish.

Children of Prisoners Library:

- Facts and Issues
 - Introduction to Children of Prisoners
 - Why Maintain Relationships?
 - Conversations – Questions Children Ask
 - Risk and Protection
 - Visiting Mom or Dad
 - Jail and Prison Procedures
 - Communication Tips for Families
- Materials for Caregivers
 - Caring for Children of Prisoners
 - Questions from Caregivers
 - What Do Children of Prisoners Need?
 - Tips from Caregivers for Caregivers
- Materials for Health Care Providers
 - Impact of Parental Incarceration
 - Challenges for Health Care Providers
 - Common Stress Points
 - Different Children/ Different Behaviors
 - Strategies for Intervention

Tips for Fostering Trust & Safety
The Caregiver's Situation

- Resource Section

Incarcerated Fathers Library

- Pamphlets
 - A Father's Story
 - Almost 1.5 Million Children – U.S. Department of Justice Report
 - Child Support Enforcement
 - Long Distance Dads
 - National Resources
 - Preparing a Child for a Prison Visit
 - Prisoner Child Support – Broke But Not Deadbeat
 - Statewide Fatherhood Programs
 - Telling the Children
 - Tips from a Father in Prison
- Additional Materials on Incarcerated Fathers
 - Every Door Closed: Barriers Facing Parents with Criminal Records
 - FCN Report #20 – Fatherhood
 - Incarcerated Parents Materials at Center for Policy Research
 - Teaching Parenting Skills To Incarcerated Fathers

Contact: Ann Adalist-Estrin, Director, nrcffi@camden.rutgers.edu
Website: <http://nrcffi.camden.rutgers.edu/resources/library/>

Nebraska Correctional Center for Women's Parenting Program

The Nebraska Correctional Center for Women's Parenting Program was one of the first such programs in the U.S. to be introduced in a women's correctional facility. It includes parenting classes, overnight on-grounds child visits, extended day visits, and a nursery program. Children between the ages of 1 and 6 may spend up to 5 nights per month with their mothers in a living unit separated from general population. Newborns and children up to age 16 may have extended on-grounds day visits in the parenting program area and an on-grounds nursery is available for babies born to mothers during their incarceration.

The overall goal of the program is to improve parenting skills and create a positive and nurturing bond between the baby and mother. To participate, women must not have a crime against children or a violent offense and must have taken parenting classes; completed a contract signed by security, the work supervisor and the agency parenting coordinator; and have good institutional conduct.

Contact: Mary Alley, Mary.Alley@nebraska.gov

Parents and Their Children

Parents and Their Children (PATCH) is a non-profit organization dedicated to the children of mothers who are in prison at Chillicothe Correctional Center (Missouri). PATCH provides services to help strengthen the connection between the children and their mothers while they are separated during incarceration. PATCH is a program which allows children to visit with their parent, although she is still in prison. The parents and children meet in a relaxed home-like atmosphere – in a place where the mother can fix a meal for her children, read a book, and give lots of hugs and kisses in a more intimate setting.

PATCH provides:

- Required parent education classes to improve the parenting skills of offender mothers
- Supervised visits in PATCH visiting rooms reserved for one mother and her children
- Transportation for children who need rides to visit their mothers in prison

- Ongoing support and encouragement to help mothers improve interactions with their children

Contact: Barb Burton, Director, director@chillicothepatch.org
 Website: www.chillicothepatch.org

Residential Parenting Program

Some women get pregnant and then become incarcerated. And then they give birth and become mothers. Significantly, the majority of women entering prison pregnant, even for relatively short prison sentences, are separated from their babies after giving birth. Or from the babies' point of view, they are separated from their mother for a crime they did not commit at a critical time of development. Incarcerated women in the state of Washington have an average sentence of fifteen and a half months, which means that half the women currently in prison will be back in the community next year.

In an effort to be proactive in its support of the early childhood development of these infants, the Washington's Correction Center for women has created a unique program that allows minimum-security inmates serving less than three years the opportunity to live with their babies in a designated unit. The mother and baby pair share a room during her sentence and have the support of volunteer doulas and inmate caregivers. The Residential Parenting Program collaborates with the on-grounds Early Head Start to teach the women about parenting and to support healthy attachment, which is critical to an infant's ability to learn. Conditions for healthy maternal-infant attachment are available in a safe, enriched and protective environment.

Website: www.residentialparenting.com.

South Dakota Women's Prison Parenting Programs

The majority of incarcerated women have children and most of the inmate-mothers regain the responsibility for the care and support of their children upon their release from prison. The enforced separation of the mother and child usually creates distress for both the child and the parent. Because of the importance in the parent-child bond, the South Dakota Women's Prison has several programs in place to help improve the bond between female inmates and their children:

- Parenting classes – The South Dakota Women's Prison utilizes the Boys Town *Common Sense* parenting curriculum that deals with child behaviors from age 0-18 and the *TOTS* or *Bright Start Parenting* curriculum for children ages 0-3. The *TOTS* curriculum is designed to help parents understand their child's needs and development.
- Mother-Infant program – A female who comes into the prison system pregnant may be eligible to participate in the Mother-Infant program. The inmate who gives birth is allowed to keep the child in an area away from the general prison population for up to 30 days. To participate, inmates must have first completed a parenting class. During the program permanent placement options are evaluated for the baby with family and the Department of Social Services.
- Parent and Children Together (PACT) program – PACT offers extended visitation for inmate mothers and their children. The incarcerated mother may have her minor children with her in prison for a weekend visit once each month, in addition to the regular visiting hours.
- Mothers Making Memories program – The Pierre Area Reading Council (PARC) assists inmates in reading books to their children onto audio tape. The books and tapes are then sent to the child so that the child can either read along or simply hear their mother read to them in an effort to reinforce the parent/child relationship. PARC picks up the cost of the tapes, books and postage.

Website: doc.sd.gov/adult/facilities/wp/mip.aspx

Strong Fathers/Strong Families

CASTLE (Child Abuse Services, Training, & Life Enrichment), an organization for the prevention of child abuse, operates the *Strong Fathers/Strong Families* program in four Florida county jails.

Strong Fathers/Strong Families teaches incarcerated fathers about the responsibilities of being a father and the importance to children of having a responsible father in their lives. The program has four main components which involve the entire family:

- Fathers' Group – Incarcerated fathers participate in twelve weekly group sessions learning about the importance of their roles as fathers in the lives of their children. The skills of being a responsible father are taught and practiced.
- Mothers' Group – Mothers participate (before the release of the father) in twelve weekly group sessions learning about responsible parenting and separation/reunification issues. Parenting skills are taught and practiced.
- Children's Group – Children participate in a support group that helps them deal with separation and reunification issues that arise due to their fathers' incarceration. Children are encouraged to learn about and express their feelings as well as learn about self-esteem, problem-solving, and anger/frustration management.
- In-Home Parenting – Upon the release of the fathers, families wanting to reunify receive home-based continuation of the program's services with the addition of case management services to help the family gain and keep stability.

Contact: Doug Borrie, DBorrie@castle.org

Wee Ones Nursery

The Indiana Department of Corrections implemented its Wee Ones Nursery at Indiana Women's Prison in May 2008. Indiana is one of only nine states that currently have a prison nursery.

The Wee Ones Nursery is a voluntary program available for pregnant offenders who meet eligibility criteria. The program provides parenting education and ensures quality time to strengthen the mother-infant bond during the initial months after the infant's birth. Mothers and their babies have private rooms in one housing unit. A small cadre of trained nannies from the offender population also live on the housing unit and assist the mothers in caring for their infants while the mothers attend classes, counseling appointments, or similar obligations. The program also includes ongoing training of the mothers in child development and attachment.

- Family Healing focuses on understanding family system patterns and how individuals are a part of them, the importance of family history, and family communication patterns
- Healthy Starts offers education and support to women who are pregnant or mothers of children under age two focusing on building self-esteem, healthy relationships, and connecting with community resources
- The Clarian Health Network provides one-on-one assistance with mothers and their infants, focusing on child development, feeding issues, safe sleeping practices, appropriate discipline, family supports, and stress management.
- The Riley Development Center offers regular, ongoing training on child development.

Website: www.in.gov/idoc/2857.htm

Parenting Skills Programs

Active Parenting 4th Edition

Active Parenting 4th Edition has been adopted by some Departments of Corrections for use in joint classes with incarcerated fathers and their co-parents. Based on the psychological theories of Alfred Adler, the course emphasizes the importance of encouragement, nonviolent discipline, and authoritative (as opposed to autocratic or permissive) parenting. It is aimed at cultivating children's self-esteem, cooperation, and responsibility. Topics include recognizing the goals of behavior, natural and logical consequences, school success, power struggles, problem-solving skills, encouragement, and stimulating independence.

Contact : Michelle Collins, Educational Consultant, cservice@activeparenting.com
Website: www.activeparenting.com

Common Sense Parenting

Common Sense Parenting, a systematic guide to raising responsible kids and building happy families, teaches skills to help parents build better families. Originally a product of years of research by Girls and Boys Town, Nebraska, the *Common Sense Parenting* curriculum was modified to the needs of offenders at the Federal Prison Camp in Yankton, South Dakota.

Topics covered in *Common Sense Parenting* are:

- Parents as Teachers
- Positive/Negative Consequences
- What Is Behavior?
- Effective Praise
- Preventive Teaching
- Corrective Teaching
- Staying Calm
- Teaching Self-Control
- Family Meetings
- What Is Discipline?

Topics added specifically for correctional inmates are:

- Social Skills/Problem Solving
- Relationship Building
- Putting It Together

By taking the course, students learn how to:

- Reduce family stress
- Support success in school
- Enrich his relationship with his children
- Reduce problem behavior
- Diminish yelling and fighting
- Increase his confidence as well as his child's confidence

Contact: Karen Abbott, butchdl@vyn.midco.net
Website: www.boystownpress.org

Minnesota Prison Doula Project

Minnesota Prison Doula Project is a pregnancy and parenting program for women incarcerated at the Shakopee Women's Prison who are currently pregnant, have given birth within the last year, or are parenting a child under 5 years old. The Minnesota Prison Doula Project group meets for two hours every week, for 12 weeks. Moms in Minnesota Prison Doula Project learn about:

- Prenatal development
- The birth process
- Self-care
- Stress management
- Child development
- Maintaining relationships during incarceration

Contact: Rebecca Schlafer, Shlaf002@umn.edu
Erica Gerrity, Doula and Project Director, EEGerrity@gmail.com
Website: <http://prisondoulas.blogspot.com>

National Fatherhood Initiative

The National Fatherhood Initiative (NFI) developed the 12-week *InsideOut Dad* curriculum for incarcerated fathers that bridges the gap between the inmate father and his children. Through the program, inmate dads deal with their past in order to discover their futures – even the possibility that they can parent differently from their own, often absent, fathers. Popular among both inmates and ex-offenders, *InsideOut Dad* has been proven to increase family contact and improve inmate knowledge and attitudes, and brings changes related to the confidence, knowledge, behavior, and attitude of incarcerated fathers.

InsideOut Dad consists of 12 one-hour core sessions and 4 optional sessions that address the specific needs of incarcerated fathers. The curriculum is modeled closely after NFI's successful *24/7 Dad* curriculum, and includes 24 optional sessions that coordinate with the core topic areas. These sessions allow facilitators the flexibility to add to their program – which makes *InsideOut Dad* ideal for use in both short and long-stay facilities. NFI's fathering programs are currently operating in over 25 states.

Topics covered are:

- Being a Man: What Kind of Father and Husband/Partner Am I?, Roles of Dad and Mom
- Co-Parenting & Communication: Parenting Differences, Ways to Communicate
- Feelings: Showing/Handling Feelings, Grief and Loss
- Men's Health: Stress and Anger, Physical Health, Body Image
- The Father's Role: The *InsideOut Dad*, Competitive/Non-competitive Fathering, Marriage Benefits
- Fathering from the Inside: Creating a Fathering Plan
- Children's Growth & Discipline: Goals, Self-Worth, Talking with Children, Morals, Values, Rewards and Punishment
- Optional Reentry Sessions: Fathering on the Outside, Responsibilities and Child Support, Visits Upon Release
- Optional Spirituality Session: Spirituality, Faith, and Fatherhood

If program sustainability is a challenge, NFI has these options:

- The *InsideOut Dad Guide to Family Ties* is a self-paced guide that does not require a facilitator.
- The *7 Habits of a 24/7 Dad Workshop* is a facilitator-led program, but is a shorter-length option.
- *The Father Topics Collection for Non-Custodial Dads*, *Father Topics Workshop: Talking with Mom*, and *Father Topics Workshop: Understanding Domestic Violence* offer fatherhood skill-building resources that have reproducible handouts.

- If you have already purchased (or plan to purchase) the full *InsideOut Dad* Complete Program Kit, which includes 10 fathering handbooks, but cannot continue to budget for or purchase fathering handbooks – then you can continue to run the 4 optional reentry sessions located in the back of the Facilitator’s Manual which do not require handbooks.

NFI offers many fatherhood skill-building resources that can be adapted for Short-Stay Facilities:

- To shorten NFI’s *InsideOut Dad* 12-week program for use in jails or short-term facilities, *the InsideOut Dad for Jails* supplement that can be downloaded. The free supplement consolidates the *InsideOut Dad* Program from 12 weeks to 6 or 8 weeks.
- Some halfway houses or other reentry facilities choose to use the full *24/7 Dad* program which helps all types of fathers become better dads.
- *Father Topics Collection for Non-Custodial Dads* offers half, or one-day, workshops on fatherhood-related topics for transient populations or it can be broken up into shorter, one hour sessions on important topics such as child support, workforce development, money management, and more.
- The self-paced *InsideOut Dad Guide to Family Ties* helps fathers learn on their own the importance of getting in touch with their family and creating strong ties between themselves and their children and the mothers of their children.

Contact: corrections@fatherhood.org.

Website: www.fatherhood.org

Parenting Inside Out

Children's Justice Alliance, a program of Pathfinders of Oregon, seeks to improve outcomes for children whose parents are involved in the criminal justice system. One of the means the Children's Justice Alliance uses to accomplish its mission is the *Parenting Inside Out* curriculum. It is designed specifically for criminal justice-involved parents to help them break the cycle of criminality. The prison version of *Parenting Inside Out* is an evidence-based parenting skills training program that is appropriate for both incarcerated mothers and incarcerated fathers who are parenting from prison. The community version is appropriate for parents on parole or probation.

Parenting Inside Out is a cognitive-behavioral parent management skills training program. The *Parenting Inside Out* curriculum is available in four versions:

- Prison 90 – 90 hours of instruction
- Prison 60 – 60 hours of instruction
- Community – 48 hours of instruction
- Jail – 20 hours of instruction

Topics covered in the *Parenting Inside Out* curricula include:

- Communications skills
- Problem solving skills
- Emotion regulation (anger management)
- Child development
- Nurturing children through reading and play
- Non-violent discipline techniques and positive reinforcement
- Adult development
- Transitioning planning and family reintegration

The *Parenting Inside Out* program includes:

- A complete curriculum manual with lesson plans and facilitation guides
- The supplemental *Parenting Coach* manual with program research, organizational set up and strategies for teaching specific activities

- A CD with all participant materials – handouts, worksheets, graduation certificates, evaluation tools
- A three day, comprehensive training program that ensures curriculum fidelity

Contact: Mindy Clark, Mindy@childrensjusticealliance.org

Websites: www.parentinginsideout.org
www.childrensjusticealliance.org

Parenting Skills Training Program

The Correctional Service of Canada has developed the *Parenting Skills Training Program* to help offenders learn to be better parents and deal with the stress that incarceration places on family relationships. The 16-session (32 hours) program is aimed at male offenders who want to improve the skills needed to relate more effectively with their children and other family members. Based on the cognitive development model, the program strives to improve offenders' cognitive functioning while, at the same time, teaching parenting skills.

The program is structured to deal with eight common offender cognitive problems that hurt their ability to relate well with their families:

- Impulsiveness
- Putting the blame for their actions on other people
- Believing their life is beyond their control
- Lack of concrete reasoning
- Rigidity and intolerance
- Shortage of interpersonal problem-solving skills
- Egocentricity
- Underdeveloped values
- Critical reasoning problems

The *Parenting Skills Training Program* targets male offenders who have family problems related to poor communication; inconsistent, inappropriate or ineffective discipline; and the failure to apply problem-solving skills in family interactions or teach such skills to children. Their cognitive shortcomings can also lead to an inability to recognize and teach that actions have consequences.

Three main areas are stressed in the program: understanding a parent's job within the family, the responsibility that comes with being a parent and the consequences of parental action or inaction.

The *Parenting Skills Training Program* is divided into four major sections:

- The Family
- Interpersonal Skills
- Caring for your Family
- Developing Skills

Each theme is covered during four two-hour training sessions. Within these sessions, offenders are provided with a knowledge base and are taught basic skills for addressing problems related to the theme.

The program uses a variety of techniques such as group activities, role-playing, improvisation, thinking games, moral dilemmas, problem solving, and case study examinations. All are introduced in the context of learning how to parent, but the objective is to enhance the offenders' creativity and sharpen their generally weak empathic abilities.

Website: <http://www.csc-scc.gc.ca/research/forum/e072/e072q-eng.shtml>

Parents Forever

Parents Forever was developed by the University of Minnesota Extension's Center for Family Development as an educational program for parents experiencing a family transition such as divorce or separation. *Parents Forever* courses are offered in-person or online. The *Parents Forever* curriculum reflects the belief that if parents engage in healthy self-care, parent-child relationships, and co-parenting relationships, their children will experience more positive outcomes after a divorce or separation.

By attending Extension's 8-hour, in-person or online *Parents Forever* course, parents will learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.

Contact: Kathleen A. Olson, Family Relations Specialist, KAOlson@umn.edu

Website: www.extension.umn.edu/family/parents-forever

Pennsylvania Prison Society

The Pennsylvania Prison Society is an organization that advocates on behalf of prisoners, formerly incarcerated individuals and their families. The Prison Society offers a variety of services, including re-entry programs for former prisoners, virtual visitation for family members and SKIP (Support for Kids with Incarcerated Parents).

The Prison Society program encourages positive family relations and gives incarcerated parents the opportunity to discuss and learn about the needs of their children. The cognitive-therapy based program fosters parenting skills and strengthens their commitment to positive family values.

The Prison Society provides parenting classes in state and county facilities, facilitates support groups for children of incarcerated men and women and operates a family resource center in a state prison. The twelve-session parenting program uses an interactive curriculum to increase parents:

- Knowledge about what constitutes child abuse and neglect
- Ability to handle their feelings and manage their anger
- Understanding of various stages of child development
- Understanding of positive parenting and ability to interact in responsive and nurturing ways
- Awareness of community resources for themselves and their families

The program addresses each objective through role-play exercises, outside readings, interactive activities, discussion and hands-on skill development.

The Prison Society's experience and knowledge base is so strong that they are often called upon to provide "train the trainer" sessions to staff from other non-profits who work with prisoners and former offenders.

Contact: Betty-Ann Izenman, Program Director, BAIzenman@prisonsociety.org

Website: www.prisonsociety.org

RealCare Parenting Program

RealCare manufactures infant simulators which make it possible for people to practice caring for an infant 24 hours a day, seven days a week. RealCare Babies are crafted from soft vinyl and feature real infant sounds to simulate a newborn infant from birth to three months old. RealCare Baby comes in seven ethnic groups and both male and female.

In addition to the normal infant simulators, RealityWorks offers these models:

- Preemie Baby
- Shaken Baby Syndrome
- Drug Affected
- Fetal Alcohol Syndrome
- Choking
- CPR

During a simulation:

- RealCare Baby cries for care at all hours, day and night
- Baby's head and neck require constant, proper head support just like a real infant.
- Caregiver has to figure out what Baby needs: feeding, burping, rocking, diapering
- Caregiver wears unique wireless ID to ensure accountability
- RealCare Baby's computer tracks its care and safe handling
- Detailed data is downloaded after the simulation, including exact times of missed care and mishandlings – Shaken Baby, head support failure, wrong positioning, and rough handling
- Data is reported on when clothing is changed and which clothing articles Baby is wearing at various times during the simulation
- Baby records temperature of its surroundings and reports when its temperature varies from the Safe Zone

A RealCare Curriculum complements the use of infant simulations. It contains:

- *Basic Infant Care* – child safety, emergency procedures, child abuse prevention, and infant/toddler development
- *Healthy Choices: Relationships, Sexuality, and Family Planning* – an abstinence-based, comprehensive curriculum focusing on teen pregnancy prevention that covers relationships, self-esteem, communication, refusal skills, adolescent health, and reproductive issues, among many other topics.
- *Parenting: A Guide to Parenting Skills for Life* – stages of child development, parenting styles and their impact, the costs involved in raising a child, and much more.

Contact: Anne Brennan, Account Manager, Anne.Brennan@realityworks.com

Website: www.realityworks.com

Teach Inside

Jan Walker is a retired correctional teacher and author of *Unlocking Minds in Lockup: Prison Education Opens Doors*, *Parenting from a Distance: Your Rights and Responsibilities*, and several novels and memoirs based on the experiences of children affected by a parent's incarceration. Recently, Jan has created a series of *Teach Inside Activities* that are designed to provide information to men and women who are inside prisons and jails. The lessons can be used as class or group activities or for individual study. The *Teach Inside Activities* that are downloadable and printable from Jan Walker's website.

The *Teach Inside Activities* are:

- Talking to Children About Prison or Jail – This lesson explains how to tell children about your crime and incarceration at each stage of their development so they can understand
- Child Custody & Dependency – Information about legal and social services that pertain to offenders' families are discussed including federal and state programs that provide assistance for the children's care, child custody, legal guardianship, dependency, foster care and termination of parental rights.
- Reparent Yourself – This lesson helps you set goals for choosing to change and reparent yourself by taking personal responsibility for your attitudes and rethinking your behaviors and choices

- Reuniting with Your Family and Community – This lesson discusses the realities of transitioning back into your family and community. It includes suggestions for using a Contract for Forgiveness with each family member.
- Reaching Out to Children and Family – Staying in touch with family and friends during incarceration is considered the most important factor for a successful reentry. This lesson shows how you can write stories and poems to explain your absence in words children understand.
- Visiting Inside: Keep it Positive – Visiting inside jail or prison is stressful for everyone. This lesson helps you plan for a positive visit to make it less stressful for everyone.

Contact: Jan Walker, JanWalker@centurytel.net
 Website: www.TeachInside.com

TYRO Programs

TYRO programs are based on the Tijerina family's personal experience with welfare and incarceration. The courses are designed to equip men with the life skills they need to be responsible fathers, better communicators, reliable employees, and positive role models and to strengthen individuals and families. The word TYRO is Latin, meaning novice, apprentice, or someone learning something new. It teaches participants how to overcome destructive generational cycles of poverty, incarceration, and dependency.

The TYRO program is comprised of three components: TYRO Dads, Couple Communication, and TYRO Job Ethics Training (JET):

- TYRO Dads – TYRO Dads uses cognitive restructuring and positive role-modeling to combat the root issues inherent in destructive or self-serving behavior patterns. Individuals are taught and encouraged to begin taking responsibility for their actions and to act with honor and integrity. Additionally, the TYRO Dads coursework provides people with a healthy model for becoming a responsible citizen and family member. Individuals who successfully complete this course also have the ability to join a TYRO Alumni Community, a mentoring network that promotes accountability and positive behavior.
- Couple Communication – After completing TYRO Dads, participants may join with their spouse/significant other in Couple Communication which focuses on strengthening relationships. In Couple Communication I, the couples learn 11 practical and effective talking and listening skills for better decision-making, conflict resolution, and anger management. Whether gained through pre-marriage preparation, marriage education, or counseling, these interpersonal tools help build a more satisfying and fulfilling collaborative relationship. Couple Communication II extends the use of skills taught in Couple Communication I into processes for the couples to continue building a collaborative relationship. It includes managing your own, and responding to your partner's, anger more effectively.
- TYRO JET – TYRO JET teaches how to be successful at work and provides crossover skills designed to make them valuable employees.

Contact: Bruce D. Purdy, Communications Specialist, Bruce.Purdy@theridgeproject.com
 Website: www.theridgeproject.com

Family Support and Mentoring Programs

Amachi Mentoring Organization

Amachi Mentoring Organization provides children impacted by incarceration with a different path to coping with their challenges by establishing the consistent presence of loving, caring mentors. Amachi has created at least 350 Amachi-modeled programs in more than 250 US cities and all 50 states. To date, these programs have served more than 300,000 children.

Contact: Muna A. Walker, Amachi Program Officer, MWalker@amachimentoring.org
Website: www.amachimentoring.org

Creating Lasting Family Connections: Fatherhood Program

The Council on Prevention and Education: Substances, Inc. (COPEs) of Louisville, Kentucky has developed an innovative curriculum series to address substance abuse, mental health and family strengthening issues entitled, *Creating Lasting Family Connections* (CLFC). Their most recent program, *CLFC Fatherhood Program: Family Reintegration* was developed to help individuals who are experiencing family dissonance resulting from the individual's physical and/or emotional separation (e.g., incarceration, substance abuse, military service).

The program has been shown to:

- Increase nine different relationship skills – communication, interpersonal, intrapersonal, conflict resolution, emotional awareness, emotional expression, relationship satisfaction, relationship commitment and relationship management
- Increase spirituality
- Reduce the intention to binge drink or use drugs
- Reduce prison recidivism by 60%.

Website: www.copes.org

Creative Corrections Education Foundation

The Creative Corrections Education Foundation (CCEF) based in Beaumont, Texas, provides new opportunities for at-risk kids of incarcerated parents who otherwise are extremely likely to participate in criminal activities. By providing the possibility of a better future, including academics, financial, legal and social success; they hope to empower these young men and women to change their lives.

The foundation's board currently has members from the Texas Department of Corrections, New Mexico Department of Corrections, Ohio Department of Corrections, New York Department of Corrections, Colorado Department of Corrections, and Milwaukee House of Corrections. CCEF scholarships only support those students who are enrolled full-time during the academic school year. Online courses are not permitted. CCEF has provided scholarships to students in 26 states. Applications are on a first come first served basis and are based on the needs of each individual applicant. Applications may be submitted continuously throughout the year.

Website: www.creativecorrectionseducationfoundationorg

Direct Assistance for Dads

Meaningful father involvement during children's early years improves children's odds against later incarceration, teen pregnancy, low educational attainment, crime, and substance abuse. Father involvement also positively impacts mothers by reducing stress and depression levels. For these reasons and more, the City of Milwaukee Health Department developed and implemented the Direct Assistance for Dads (DAD) Project, an intensive home visiting program for expectant and parenting fathers. Fathers who have recently been released from incarceration are one of the DAD Project's target populations.

The goals of the DAD Project are to positively impact infant mortality, improve birth outcomes, and strengthen African American families and communities. The project utilizes two curricula: the *Parents as Teachers* child development and parenting curriculum and the *24/7 Dad* fatherhood curriculum. Father Involvement Specialists partner with fathers to complete individualized, strengths-based care plans and track progress towards participant-driven goals. Case management services include mental health screenings; referrals for mental health consultation, education, employment, financial and legal services; and access to health services. The Fatherhood Involvement Specialists provide fatherhood coaching and support fathers in co-parenting with their child's mother.

Contact: Darcy DuBois, DAD Project Director, DDuboi@milwaukee.gov

Federal Interagency Working Group for Children of Incarcerated Parents

Roughly 10% of incarcerated mothers have a child in a foster home or other state care. To address this problem, the Federal Interagency Working Group for Children of Incarcerated Parents has created *Children in Foster Care with Parents in Federal Prison: A Toolkit for Child Welfare Agencies, Federal Prisons, and Residential Reentry Centers* to help facilitate communication and cooperation between child welfare agencies and federal prisons so that parents can stay engaged in their children's lives.

Included in the toolkit are:

- Frequently Asked Questions (FAQs) for Social Workers
- FAQs for Unit Teams
- FAQs for Residential Reentry Centers
- Glossary of Commonly Used Terms
- Child Welfare Myth Buster – explains that not all parents in prison automatically lose their parental rights
- Incarceration Timeline – provides general information about the incarceration process from arrest to release
- Child Welfare Timeline – provides general information about the child welfare system's process, placement in foster care and case planning
- State Child Welfare Agency Contact Information

Website: <http://csgjusticecenter.org/wp-content/uploads/2013/06/COIP-Toolkit.pdf>

4-H Living Interactive Family Education

The 4-H Living Interactive Family Education in Missouri is a family strengthening program to address the needs of children of incarcerated parents or other incarcerated family members. It was designed to provide a strong, healthy and nurturing family environment during scheduled visitations at Missouri correctional centers using the 4-H Club model.

Contact: Roger Meissen, Senior Information Specialist, MeissenR@missouri.edu

Website: www.extension.missouri.edu/4hlife

Girl Scouts Beyond Bars

In partnership with the National Institute of Justice, the Girl Scout Council of Central Maryland embarked on a project that targets girls whose mothers were incarcerated. Maryland's initial Girl Scouts Beyond Bars (GSBB) program has spread to approximately 40 programs throughout the nation.

Lessening the impact of parental separation is the primary goal of GSBB. Through these three core components, the program aims to foster the personal and social development of girls and their mothers:

- Mother/daughter troop meetings at the correctional facility
- Girl-only troop meetings and council-wide activities
- In-prison enrichment activities for the incarcerated mothers

The GSBB program relies heavily on volunteer advisors who act as mentors, teachers, counselors, and mediators. GSBB created a resource guide to assist Girl Scout councils in developing programs in their areas. *Beyond Bars: A Curriculum for Life* begins with a section that provides GSBB staff and volunteers with tips and tools to overcome some of the challenges that may arise throughout the course of the program. The *Beyond Bars* curriculum is divided into four sections:

- Building Healthy Relationships – Today, skills such as communicating feelings, valuing diversity, and expressing empathy, often collectively referred to as emotional intelligence, are considered as important as academic learning.
- Making Decisions – Because young people often lack maturity and measured thinking, making sound decisions and solving complex problems are important parts of life skills teaching.
- Understanding You – Girls need to develop a clear sense of who they are and what they believe in and value. Being able to define one’s self, apart from external influences, is not easy. One of the barriers to self-affirmation for girls with incarcerated mothers is the tendency to identify as an extension of the incarcerated parent.
- Healthy You – Activities and suggestions for introducing or reinforcing self-care skills are offered in three basic areas: maintaining good mental health by reducing stress, identifying healthy habits, and avoiding violence.

Contact: Christine Brongniart, GSBB Project Manager, CBrongniart@girlscouts.org
Aabha Adhiya, GCBB Project Coordinator, AAdhiya@girlscouts.org
Website: Google ‘Girl Scouts Beyond Bars’ and select a link to a program near you

ParentLink

ParentLink is a service provided by the College of Education at the University of Missouri that offers a wide variety of services for parents and families and specifically reaches out to incarcerated parents through Parenting Corners. The program aims to help offenders remain or become connected to their children and families throughout their time in prison. It's about rehabilitating offenders, not just as citizens, but as parents.

Parenting Corners offer research-based information to parents in prison. Parenting Corners are located in the visiting areas of 21 prisons throughout the state of Missouri. The corners are stocked with pamphlets that cover nine different topics that relate to both the parent and child. The themes include basic child development, legal, education, substance abuse prevention, mental health, exercise and nutrition, safety, and special populations.

Contact: ParentLink@missouri.edu
Website: www.parentlink.missouri.edu/incarcerated-parents.php

Project WHAT!

Community Works West in Oakland, California, interrupts and heals the far-reaching impact of incarceration and violence by empowering individuals, families and communities through programs in the jails and community, youth-led advocacy efforts, and public exhibits and performances.

Project WHAT! (We’re Here And Talking) is one of Community Works’ programs that is led by youth who have had a parent incarcerated, Project WHAT! raises awareness about children with incarcerated parents with the long-term goal of improving services and policies that affect these children. The program employs young people who have experienced parental incarceration as the primary curriculum content developers and facilitators for trainings.

Since it was launched in 2006, Project WHAT! has delivered nearly 100 trainings to 5,500 people in 14 counties throughout California and seven states. The youth-led trainings provide audiences with tools to more effectively serve children who have or have had a parent incarcerated.

These offerings are designed and delivered by the Community Works' team of trained youth:

- Youth-led Trainings – Custom tailored trainings enhance conferences, workshops and staff in-service trainings.
- Co-Facilitation and Presentations – Trained facilitators and speakers can add a unique perspective to organizations' programs and events.
- Educational Resources –
 - ✓ *Project WHAT! Resource Guide for Teens with a Parent in Prison or Jail* answers common questions that children have when a parent is incarcerated. It has an entire section that explains complex jail and prison visiting procedures in plain language.
 - ✓ *A Sentence Apart* is a 12-minute DVD that features two youth from Project WHAT! and a grandmother as they cope with a family member in prison.
 - ✓ *The Bill of Rights for Children of Incarcerated Parents* pamphlet outlines the central principles of the Children of Incarcerated Parents advocacy movement.

Community Works' hires youth who after completing a training program provide many of the services. Additionally, Community Works Youth Theater Ensemble hires youth interested specifically in writing and performing about what it's like to have a parent incarcerated. Recent graduates of the Project WHAT! curriculum are eligible to receive a scholarship to further their studies. Community Works' provides technical assistance to organizations wanting to replicate their programs.

Website: <http://communityworkswest.org/programs>

Reentry MythBuster: Children of Incarcerated Parents Series

The Federal Interagency Reentry Council National Re-entry Resource Center launched the *Reentry Myth Buster* series of fact sheets intended to clarify federal policies that effect formerly incarcerated individuals and their families. Each fact sheet includes a detailed explanation correcting the myth and refers the reader to agencies and websites that can provide more information and answer specific questions.

Website: http://csgjusticecenter.org/wp-content/uploads/2013/06/COIP-Mythbusters_first-6.pdf

The Right Path Program

Through a collaborative effort of the Milwaukee Area Technical College (MATC), the MATC Foundation and the Creative Corrections Education Foundation, the Right Path Program was created to break the cycle of "generational Incarceration."

The Right Path Program provides young adults, 18-25, who have dropped out of high school and have a parent or guardian incarcerated or on parole/probation with the opportunity to earn a high school credential, gain job skills, and embark on a career pathway. The Right Path Program enables qualified students to enroll in MATC's Adult High School or GED/HSED program at no cost. Students take at least one occupational course each year to provide job skills and begin a career pathway. Once their credential is earned, they may continue their education at MATC or another institution of higher learning.

Applicants must have a parent/guardian who is currently or has been incarcerated or on parole/probation, have not completed high school or a GED/HSED program, have been out of school or a GED/HSED program for at least four months, and meet minimum academic level as determined by the pre-testing process

Participating students receive testing and placement services; tuition, books and fees; bi-weekly stipends, based on class schedule; at least one occupational course during the school year; public transportation; and access to MATC resources such as Life Skills, Career Advising, Tutoring, Workshops, Academic Support Centers, and Library.

Participating students are expected to attend 100% of classes, show progress toward completion of designated program, meet with program staff to review progress, complete necessary paperwork to remain in program, remain free of criminal behavior, abide by the MATC Student Code of Conduct, complete classwork as required by teachers, and participate in program-related activities as scheduled.

Contact: Marty Ordinans, Program Administrator,
MOrdinans@creativecorrectionalfoundation.org
Website: www.matc.edu/precollege/index.cfm

Sesame Street Workshop: Little Children, Big Challenges: Incarceration

Sesame Workshop, the nonprofit educational organization behind Sesame Street, unveiled its bilingual (English/Spanish) initiative, *Little Children, Big Challenges: Incarceration*. The initiative has designed some tools to help caregivers with young children (ages 3–8) navigate some of the transitions and challenges that a parent's incarceration can bring and help the children develop skills for resilience.

Sesame workshop sees service providers as playing an important role in helping families cope with the incarceration of a loved one. The *Little Children, Big Challenges: Incarceration* initiative has created resources specifically for service providers to help them guide the caregivers and children through the changes they encounter.

Little Children, Big Challenges: Incarceration is designed to:

- support, comfort, and reduce anxiety, sadness, and confusion that young children may experience during the incarceration of a parent
- provide at-home caregivers with strategies, tips, and age-appropriate language they can use to help communicate with their children about incarceration
- inform incarcerated parents themselves that they can parent from anywhere, and provide them with simple parenting tips highlighting the importance of communication

The *Little Children, Big Challenges: Incarceration* initiative components include:

- Multimedia resource kits
- Sesame Street DVD featuring a Muppet story, live-action films showcasing real children and their families, and an animated short film
- Guide for parents and caregivers
- Children's storybook
- Sesame Street: Incarceration app for adults to use on tablets and phones
- Online toolkit with downloadable versions of all materials
- Tip sheet for incarcerated parents
- Training webinars for service providers on how to use the resources with children and families
- A playlist of featured videos from the initiative

You Tube: www.YouTube.com/SesameStreet
Facebook: www.Facebook.com/SesameStreetInCommunities
Website: <http://www.sesameworkshop.org/news/pressroom/incarceration>

WriteAPrisoner.com

WriteAPrisoner.com is largely based on what the prison ministries have been doing for years – encouraging people to communicate with inmates to transcend the walls, to promote rehabilitation, to restore dignity, and to champion human rights.

WriteAPrisoner.com is a social website dedicated to positive change for inmates, where pen-pals can offer friendship and encouragement, family members can reconnect, employers can provide job opportunities, and the public can provide education resources to inmates.

Among the programs provided to incarcerated parents and their families are:

- The Children of Inmates Scholarship Fund and the Children as Victims Scholarship Fund award annual scholarships to students who are pursuing a college education.
- Self-help guides that promote self-responsibility and self-betterment including; “Parenting from Prison: For Parents in Prison,” “Tips for Visiting Prison: For Individuals Visiting Loved Ones Behind Bars,” and “Welcome Home Guide: For Inmates Coming Home.”

Website: www.writeaprisoner.com .

Parent/Child Book Reading Programs

Books Beyond

To help maintain positive family ties, the federal Reading Is Fundamental program, Reach Out and Read Rhode Island, and the Rhode Island Department of Corrections teamed to establish the Books Beyond program. Books Beyond creates a much-needed tie between parent and child. Under the guidance of the volunteers, inmates choose new, age-appropriate books for their children, read and record the books onto CDs, and then mail the books and CDs home for the children to keep.

Contact: Ken Findlay, Professional Services Coordinator, Ken.Findlay@doc.ri.gov
Website: <http://www.doc.ri.gov/rehabilitative/prisonerreentry/Books%20Beyond.php>

Children's Literacy Foundation

The Children's Literacy Foundation (CLiF) is a non-profit organization whose mission is to nurture a love of reading and writing among children throughout New Hampshire and Vermont. CLiF's motto is "Opening Books, Opening Minds, Opening Doors."

Through 16 free programs, CLiF serves young readers and writers who have the greatest needs, including children in shelters or low-income housing, children of prison inmates, refugee children, migrant children, children from low-income families, children in Head Start, children in communities undergoing severe economic challenges, and many other at-risk youth.

CLiF has created a powerful program to serve children of prison inmates and their families by providing the following support to each prison and jail they sponsor:

- Books for a Family Visiting Room Library – CLiF donates new, high-quality children's books to each prison or jail for an on-site library in a facility's family visiting room for use by children on family visiting days or by family members and volunteers to read aloud with children.
- Storytelling Presentation – A CLiF representative visits the prison or jail to meet with the children of inmates and their families, delivers new books, tells stories, and talks about the joys of words and reading. The presenter also performs interactive storytelling, talks about the books being donated to the family visiting room, and reads aloud from some of them.
- Books for Children to Keep – CLiF donates a selection of new children's books for the children of inmates to take home and keep. Some children select their books at a special storytelling and book delivery event held at the correctional facility and others select their books when they come to visit their mother or father at the prison or jail.
- Storybook Program – A program offered at many of the prisons and jails gives inmates the opportunity to record a book on tape and send it along with the story home to their children.
- Seminars for Parents – A CLiF representative visits the prison or jail to conduct seminars with inmates who are parents on the importance of reading with their children and how to make reading with children fun and easy, even if an inmate has low literacy skills.
- Camp Agape – The summer camp for children who have an incarcerated parent is coordinated by the Episcopal Church, the Methodist Church and the United Church of Christ in Vermont.

Contact: Duncan McDougall, Executive Director, Duncan@clifonline.org
Jana Brown, Program Manager, Jana@clifonline.org
Website: www.clifonline.org

Motheread/ Fatheread

Motheread offers a variety of curriculum-based trainings for developing literacy skills with different populations. Since its inception, Motheread has helped incarcerated mothers improve their literacy skills and use books to connect with their children. They currently teach classes using the Motheread/Fatheread curriculum in four North Carolina correctional facilities.

Motheread/Fatheread has designed a curriculum specifically for use with incarcerated men. *Fathers Acting to Heal, Educate, and Reconnect* uses the power of books and stories to help fathers in prison connect with their children, communicate from a distance, understand children's reactions to incarceration, and learn about parenting and child development. Topics in the 10-lesson curriculum include: Understanding Children's Reactions to Incarceration, Communicating from a Distance, Understanding Parent and Child Development, and Building Self-Esteem.

Contact: Ev Machtinger, National Training Coordinator, EMmotheread@bellsouth.net
Website: www.motheread.org

Reading Is Fundamental

Reading Is Fundamental (RIF) provides free books and literacy resources to parents in prison and their children. A variety of family literacy and parent education activities supports communication between prison and home. For nearly 50 years, RIF's signature Books for Ownership program gets books into the hands of kids who need them most. The Read for Success program has proven that getting good books into the hands of children to read and own makes a huge difference in reading outcomes.

Contact: Cheryl Clark, Vice President of Programs
Website: www.rif.org

Storybook Project

Lutheran Social Services of Illinois' Prisoner and Family Ministry Storybook Project helps men and women incarcerated in more than 16 federal, state and county correctional facilities in Illinois keep connected with their children. With the help of volunteers, an incarcerated parent selects a book and makes a recording of himself or herself reading that book. Parents may also record a brief, personal message, a song, or a Bible verse for their child. The recording and book are then sent to the child.

Since 1997, 50,000+ children have received books and recordings from their incarcerated parent and more than 5,000 children each year benefit from their mother's or father's involvement in the Storybook Project.

Contact: Mike Davis, Associate Executive Director, Prisoner and Family Ministry.
Website: www.lssi.org

Women's Storybook Project

Women's Storybook Project (WSP) of Texas is a special program that helps incarcerated mothers do what moms have always done to comfort and nurture their children — read them bedtime stories, using their own voices to love, reassure, and encourage them from miles away. Storybook Project builds relationships between mothers behind bars and their children on the outside. Through turning pages, WSP is turning lives.

WSP volunteers record incarcerated mothers reading stories and brief messages to their children, with the tapes and new books mailed to their children. Currently, WSP has nearly 200 volunteers working in six of the nine Texas women's prisons, mailing 350 packages per month to the children who live all over the United States. Every prospective WSP volunteer must complete mandatory volunteer training and periodic refresher sessions as required. Also, new volunteers must be trained in WSP's recording process.

Mothers who wish to participate in WSP must have at least 90 days of good behavior. This has yielded a decrease in disciplinary infractions.

Contact: info@storybookproject.org
Website: storybookproject.org

Re-Entry Programs

Center for Effective Public Policy

Center for Effective Public Policy and its partners, the Urban Institute and the Carey Group, were selected to serve as the training and technical assistance providers to the 2007 U.S. Department of Justice Prisoner Reentry Initiative grantees. The Center developed a series of tools to assist grantees in specific areas of their reentry work, including 11 Coaching Packets in 3 series.

- Series 1 provides a blueprint for an effective offender reentry system.
- Series 2 addresses key issues related to the delivery of services to offenders; advances in approaches to case management; the role of staff in changing offender behavior; and research and practice as it relates to working with women offenders, engaging families, and mentoring.
- Series 3 provides guidance and tools to ensure that reentry efforts achieve their intended outcomes and offers strategies for achieving continuous quality improvement.

The *Engaging Offenders' Families in Reentry Coaching Packet* focuses on a strength-based, family-focused approach to offender management. Included in this packet are sections on:

- The Effects of Incarceration on Families
- Families as a Natural Resource for Enhancing Reentry Efforts
- Research on Families and Family Support in Reentry Efforts
- Engaging Families as Part of an Evidence-Based Approach to Offender Reentry
- Implementing a Strength-Based, Family-Focused Approach

Contact: Becki Ney, Principal, BNey@cepp.com
Website: <http://www.cepp.com/coaching.htm>

Centerforce

Centerforce offers a continuum of services for individuals and families during incarceration, reentry and after release. The Centerforce programs are designed to improve the lives and strengthen the communities of incarcerated people and their loved ones.

Centerforce is headquartered in San Quentin and provides direct services to individuals in Santa Rita Jail and four state prisons. In addition, Centerforce provides direct services to communities and families of the incarcerated in Oakland, San Francisco, the Bay Area Counties, and Fresno and Madera Counties.

Centerforce specializes in providing health and family supportive services to incarcerated men and women and those reentering their communities. Centerforce has a particular specialty in delivering services that address health education and HIV/Hepatitis C prevention; family and relationship building; and, comprehensive case management.

Centerforce programs include:

- The Maximizing Opportunities for Mothers to Succeed (MOMS) – The MOMS program is designed to reduce recidivism of pregnant and parenting women, reunite incarcerated mothers with their children, improve the health and well-being of the family, and break the multigenerational recidivism cycle. MOMS combines education, individual and group support, housing assistance, substance abuse counseling, therapeutic play groups, child development and child counseling, and other services during and after incarceration by utilizing in-custody training and education programs, community-based post-release services, cooperative post release housing, and eighteen months of ongoing post release case management.
- The Back to Family Pilot Program (BTF) – BTF works with currently incarcerated and recently released fathers to strengthen their relationships with their children. The BTF project works to reduce system barriers help to increase communication and visitation between incarcerated fathers and their children and increase responsible fatherhood activities after release. The

program offers a variety of services including father-focused parenting groups, visitation support, facilitated family playgroups in the community, support groups for caregivers, and service navigation to help incarcerated fathers build and sustain healthier connections to their children. The core element of the program includes a 12-week *Back to Family* class inside San Quentin State Prison that covers topics such as child development, parenting and co-parenting, stress and anger management, relationship building, and the impact of substance use, violence, and incarceration on children and families.

- Project Start – Project Start is a 6-session intervention for individuals soon to be released from prison. It incorporates features of prevention, case management, motivational interviewing, and incremental risk reduction. Focusing on the provision of HIV, STD, and Hepatitis education and the development of self-identified risk-reduction goals, the program determines individual reentry needs and provides referrals for housing, employment, finances, substance abuse, mental health treatment, and legal issues.
- Safe Transitions – Safe Transitions is a one year program designed to identify strategies for engaging African American men returning from incarceration into mental health care. The program uses of in-prison recruitment and screening to develop case management and care objectives for men who have experienced trauma, depression and anxiety.

Website: <http://centerforce1.org/programs>

Fair Shake

Fair Shake is an innovative nationwide website focused on successful prisoner reentry. Through an interactive blend of electronic tools, reentry awareness, and community building; Fair Shake encourages all stakeholders (former felons, families and friends, employers, property managers, communities and corrections) to participate in the successful reintegration of formerly incarcerated people into society. The website is loaded with information for all of these stakeholders.

Leaving prison and successfully returning to families and communities is just the first step in re-starting a former felon's life. Most are faced with huge challenges ranging from finding a job and housing, to paying restitution or fines, to restoring relationships. Central to all of that is finding and keeping self-confidence and a positive outlook. Because most inmates have limited or no access to computers while in prison, it is a difficult jump from prison into today's computer world.

Fair Shake offers former felons a free virtual office that can be accessed from any computer. Members can create a web page to use as a supplement to employment or housing applications. Benefits of the Fair Shake website include:

- 24-hour access to tools found on the website
- An email account and web page hosting for former inmates
- Information on local resources
- Ability to quickly create a Reentry Packet
- A self-empowering non-authoritative approach
- Workshops to build skills
- Instructional tutorials

Key features of Fair Shake's Reentry Tool Kit include:

- Resource Directory
- Reentry Packets
- Preparing for Work
- Ready for Release
- Ownership Manual
- Culture Shock!

Contact: Sue Kastensen, Director and Founder, Sue@fairshake.net
Website: www.fairshake.net

Home Program

Home Program at the Fox Lake Correctional Institution (Wisconsin) helps offenders transition from an incarcerated person to a parent and partner in the community. The Home Program allows participants to discuss their concerns, build on the positive, and plan for a more successful future for their families.

The program assists offenders and their family members in having a healthy, effective, and realistic approach during the transition period from incarceration to freedom. Its focus is to develop skills in communication, celebrate family and community, and provide information on resources. The goals of the program are to gain knowledge of what to expect, address concerns, gain helpful tools, and gather resources and information to continue the momentum of becoming a healthy family after release.

The Home Program consists of three sessions per group of participants:

- Session 1 – Getting to know one another, sharing past family celebrations, future ideas, and identifying concerns
- Session 2 – Celebrating cultural diversity and sharing learning opportunities
- Session 3 – Role playing and brainstorming previously identified concerns

Contact: Deborah Mejchar, Chaplain, Deborah.Mejchar@wisconsin.gov

Handbooks for Incarcerated Parents and their Families

Guide for Incarcerated Parents Who Have Children in the Child Welfare System (2015)

U.S. Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation, and the Administration for Children and Families

Developed for parents who have a child in the child welfare system during their incarceration, the this guide helps these parents work with the child welfare system to stay in touch with their children and stay involved in decisions about their children's well-being. The guide includes important information on steps required by the child welfare system for reunification or having children return home to their family after foster care. Child welfare and social work professionals may also benefit from this guide to inform work with incarcerated parents, their children, and the caregivers.

Website: <http://youth.gov/feature-article/guide-incarcerated-parents-child-welfare-system>

Handbook for Family and Friends of Inmates (2010)

North Carolina Department of Corrections

Every offender is a part of a family. Incarceration is often a difficult time not only for the offenders, but also for their family and friends. Separation from a loved one due to incarceration can be emotionally, spiritually, and economically overwhelming. This handbook is a guide to understanding the rules and regulations of North Carolina prison facilities. Although this handbook may not answer all questions, it will provide general information about the North Carolina prison system to assist during this difficult time.

Website: <http://www.doc.state.nc.us/Publications/2010handbook.pdf>

Handbook for Families and Friends of Pennsylvania Dept. of Corrections Inmates (2006)

Katherine Hardesty, Assistant Professor, Slippery Rock University and Judith E. Sturges, Assistant Professor, Pennsylvania State University - Fayette

This handbook was designed to help families and friends of inmates understand more about the Pennsylvania prison system and guide them as they cope with changes in their lives. The handbook is divided into two sections. The first section, "Understanding the Pennsylvania Prison System," explains how the Pennsylvania Department of Corrections works and the rules that effect the relationships between inmates and their friends or family members. The second section, "Taking Care of Yourself and Your Family," discusses some issues that affect the family's life outside the prison and provides resources to help resolve some of the more common problems they may experience.

Website: <http://www.cor.pa.gov/Documents/handbook%20for%20family%20and%20friends.pdf>

How to Talk about Jails and Prisons with Children: A Caregiver's Guide (2009)

Elizabeth Sazie and Diane Ponder, Children's Justice Alliance and Oregon Department of Corrections

This booklet is for caregivers, family members of the child, and youth who are seeking their own information. It is designed to answer children's questions about jail and prison. When children and families receive accurate information, they can better understand and cope with the stress they may experience when a relative goes to jail or prison.

Contact: Mindy Clark, Director of National Outreach & Marketing for the Children's Justice Alliance, Pathfinders of Oregon, Mindy@childrensjusticealliance.org

Website: http://www.oregon.gov/doc/OC/docs/oam/explaining_prison_booklet.pdf

Mommies and Daddies in Jail (2009)

Judi Goozh and Sue Jeweler, Creative Family Projects

Children are often unintended victims of their parents' crimes. They are often afraid and confused by the changes in their lives. This child-centered booklet provides these children with some of the answers they deserve in order to understand the events in which they find themselves. A scenario about a child who witnesses the arrest of a parent is followed by questions that are asked by the child and answered throughout the process from arrest to incarceration. The booklets are available in English and Spanish and are to be distributed as a free resource.

Contact: creativefamilyprojectsllc@gmail.com

Website: www.creativefamilyprojects.org

Reaching Beyond Bars: A Handbook for Parents Incarcerated in Wisconsin and their Families (2016)

Jerry Bednarowski, Correctional Education Association-Wisconsin and Chair of the CEA Parenting Special Interest Group

The *Reaching Beyond Bars* handbook is designed to help incarcerated parents, the caregivers, and their children cope with incarceration and strengthen the bonds between incarcerated parents and their children. By using the advice and information in this handbook, incarcerated parents will find ways to "Reach Out" to their children and caregivers will find ways to help the children "Reach In" to their separated parent. Sections of this handbook are:

- Coping with Incarceration
- Helping Children Stay Connected
- Encouraging Your Children's Education
- Family Finances
- Returning Home
- Help for Incarcerated Parents and Caregivers

Contact: Jerry Bednarowski, JerryBednarowski@new.rr.com

Website: www.ceawisconsin.org

A Resource Guide for Kinship Caregivers in Arkansas (2010)

Arkansas Voices for the Children Left Behind

This resource and information guide explains what every grandparent or relative caregiver needs to know when a parent is arrested, incapacitated, or involved in a dependency-neglect proceeding. The guide helps the caregivers understand some of the complicated choices they may face and find the resources they need. At the end of the guide, are examples of forms, form letters and petitions needed during the process of becoming a relative caregiver. Topics covered in the guide are:

- Caring for Children in Distress
- Arkansas Voices for the Children Left Behind, Inc
- School Enrollment
- Medicaid, Supplemental Security Income, Social Security Disability, and Temporary Employment Assistance
- Juvenile Court Dependency / Neglect Proceedings
- Kinship Foster Care, Guardianship, Power of Attorney, Adoption
- Families in Need of Services
- State Laws
- Behavior Management Tips
- Transitional Issues for Relative Caregivers

Contact: Dee Ann Newell, DeeAnn@arkansasvoices.org
Website: http://www.arkansasvoices.org/uploads/1/4/9/2/14920838/handbook_for_kinship_caregivers.pdf

Staying Connected and Staying Strong: A Handbook for Families and Friends of Those Incarcerated in Minnesota State Correctional Facilities (2011)

The Council on Crime and Justice and the Minnesota Department of Corrections

This handbook is designed to assist families and friends of prisoners understand the Minnesota correctional system. Sections of this handbook are:

- Prison Information
- Staying in Touch with Your Incarcerated Loved One
- Reasons to Maintain Relationships
- Visiting
- Mail
- Sending Money
- Telephone Calls
- Taking Care of Yourself and Your Family – Tips for Caregivers from Caregivers
- Coping with Incarceration
- Family Finances
- Resources and Programs
- When the Inmate Comes Home

Contact: Pamela G. Alexander, President, AlexanderP@crimeandjustice.org
Mark Haase, Vice President, Projects and Operations,
HaaseM@crimeandjustice.org

Websites: <http://www.doc.state.mn.us/PAGES/index.php/family-visitor/family-friends-handbook/>

Stronger Together Handbooks (2014)

Osborne Association of New York

Twenty years ago the Osborne Association of New York issued a series of three handbooks entitled “How Can I Help?” that focused on the experiences and needs of children with an incarcerated parent. Today, the new updated and revised handbooks, *Stronger Together*, are more important than ever:

- Volume I describes the feelings and behaviors that are common when a parent is incarcerated, as well as what parents and caregivers can do to support children and prevent or minimize negative responses.
- Volume II focuses on the importance of maintaining parent-child relationships, how to navigate the criminal justice system and the power of communication – especially between a child and his incarcerated parent.
- Volume III is an entirely new volume specifically for non-parent caregivers and provides essential information for any caregiver caring for children with an incarcerated parent.

The *Stronger Together* handbooks may be downloaded FREE. Much of what is in these volumes is applicable for any state and locality in the United States. Those from states other than New York may contact the Osborne Association about adapting the New York-specific sections of Volume II or most of Volume III to your state or locality.

Website: <http://www.osborneny.org/programSubPage.cfm?subPageID=52>

Books on Incarcerated Parents and their Families

All Alone in the World: Children of the Incarcerated

Nell Bernstein, Coordinator of the San Francisco Children of Incarcerated Parents Partnership

A must-read for lawmakers as well as for lawbreakers, Nell Bernstein takes an intimate look at the effect that current incarceration policies have parents and children. Meticulously reported and sensitively written, the book is "brimming with compelling case studies and recommendations for change."

Contact: Nell Bernstein, NEBernstein@earthlink.net

Broken Bonds: Understanding and Addressing the Needs of Children with Incarcerated Parents

Elizabeth Davies, Nancy G. La Vigne, and Diana Brazzell, Urban Institute Policy Center

Contained in the report are these sections:

- Scope of the Problem
- Changes in Daily Life
- Living Arrangements
- Parent-Child Relationships
- Financial Circumstances
- Emotional and Behavioral Impacts
- Protective Factors
- Relationships with the Parent Before and During Incarceration
- Support from Family, Caregivers, and Members of the Community

Contact: Urban Institute Policy Center

Website: <http://www.urban.org/research/publication/broken-bonds-understanding-addressing-needs-children-incarcerated-parents>

Children of Incarcerated Parents

Katherine Gabel and Denise Johnston

The arrest and imprisonment of a parent is a significant trauma for children, and they often react by demonstrating a pattern of aggression, anxiety, hyperarousal, depression, attention disorders, developmental regression, and "survival guilt." Children of offenders can display behaviors similar to those of children with a parent who has committed suicide or is murdered, as well as behaviors stemming from other forms of parental loss.

This one-of-a-kind book outlines for professionals working with these children the optimum time to provide intervention following significant trauma. It also shows that direct preventative and early intervention services to children of offenders can help them cope and can steer them away from a life in which crime plays an all too familiar role. The authors and their contributors offer guidance to aid social workers, psychologists, and others who work with children of incarcerated parents to help meet the children's needs and prevent future delinquency, adult offenses, and ultimately, cross-generational incarceration.

Contact: Center for Children of Incarcerated Parents, ccip@earthlink.net

Website: https://books.google.com/books/about/Children_of_Incarcerated_Parents.html?id=Zm4zBe9MaslC

Empowering Children of Incarcerated Parents

Stacey Burgess, Tonia Caselman, and Jennifer Carsey

A book for counselors, social workers, psychologists and teachers who work with children ages 7-12 with a parent in jail or prison. It is designed so that work can be done individually or in small groups. Each chapter includes a brief literature review, suggestions for additional support, discussion questions, fictional letters between a boy and his incarcerated father, activities, and reproducible worksheets.

Topics include:

- Understanding What Happened
- Building a Support System
- Dealing with Shame
- Allowing for Grief
- Acknowledging Trauma
- Developing a Positive Identity
- Learning to Ensure Success
- Handling Angry Feelings
- Building Positive Relationships
- Planning for the Future

Contact: Active Parenting

Website: http://www.activeparenting.com/product/Empowering_Children_of_Incarcerated_Parents/Jail

An Inmate's Daughter

Jan Walker

The author captured all of the fundamental psychological crises that children of incarcerated parents struggle with every day, and she did it in a context of typical early adolescent development. It is a gripping story of a young teen whose father is in prison and whose mother insists that it be kept a secret. It brings a new and compassionate view of families in this kind of challenging situation.

Contact: Jan Walker, JanWalker@centurytel.net

Website: www.janwalker-writer.com or www.TeachInside.com.

Parenting from a Distance: Your Rights and Responsibilities

Jan Walker

Jan Walker has taught parenting, child development and family courses to incarcerated dads and moms for 18 years. *Parenting from a Distance* is designed to assist parents who are separated from their children to strengthen their bonds through learning rights they have and responsibilities they can accept. She wrote this book to help incarcerated parents reach out to their children. It will help parents separated by incarceration explain prison and crimes in ways children can understand. Her books have been used in prisons and jails throughout the country.

Contact: Jan Walker, JanWalker@centurytel.net

Website: www.janwalker-writer.com or www.TeachInside.com.

Unlocking Minds in Lockup: Prison Education Opens Doors

Jan Walker

In *Unlocking Minds in Lockup*, Jan Walker uses the power of story to give insight into how women and men who spent time in prison learn, think and prepare for release to their communities as contributing adults and involved parents.

Unlocking Minds in Lockup contains several chapters that specifically address parenting issue. Chapter titles include:

- Moms in Prison Parenting Classes
- Moms Facing Termination of Parental Rights
- Teaching Inmates the Meaning of Discipline
- Inmates Reparenting Themselves
- The Parenting Experiment
- Family Matters
- Parenting From a Distance
- Rebuilding Families

Contact: Jan Walker, JanWalker@centurytel.net

Website: www.janwalker-writer.com or www.TeachInside.com.

The Unvarnished Truth about the Prison Family Journey

Carolyn Esparza and Phillip Don Yow Sr.

The authors have over fifty years of combined personal and professional experience with the criminal justice system. They weave graphic personal, legal and emotional perspectives into a rare and boldly honest look at the realities faced by prison families. They offer encouragement and hope for successfully navigating the journey. Readers will learn both the legal steps and the emotional steps involved in becoming a member of a sad, huge group — incarcerated Americans.

Website: <http://pffunited.org/the-book/>

What Will Happen to Me?

portraits by Howard Zehr, interviews with children by Lorraine Stutzman Amstutz.

Howard and Lorraine traveled the nation, photographing children of incarcerated parents and their caregivers, interviewing the children, and giving us an opportunity to know these families in a direct and wonderful way. Additionally, they have written on the role of restorative justice and reconciliation processes in the pursuit of family justice in a compelling and gentle way that can guide us all.

Contact: Dee Ann Newell, DeeAnnlr@yahoo.com

Videos on Incarcerated Parents and their Families

Children of Re-Entry Series

New America Media

The single most accurate predictor for successful re-entry is strong family bonds. And no group has a stronger vested interest in re-establishing relations with ex-prisoners than their children. Like children of divorce, they bear the brunt of separation and yearn for an integrated family life.

New America Media has compiled a video collection of portraits of parents returning home from incarceration through the eyes of their children. Produced by young reporters at Richmond Pulse and Silicon Valley De-Bug, these videos tell the evolving stories of families adjusting to life changes.

- ***I Can't Just Be Done With My Mom*** by David Meza – When Alisha's drug-addicted mom was preparing for her release from state prison, she asked her daughter Alisha to be her caretaker. Alisha said "no." Alisha spent the first nine years of her mother's incarceration, release, and re-incarceration cycle as a child, and as she enters into her own adulthood, she is finding her mom's absence and chaotic lifestyle an even more bitter pill to swallow.
- ***I Want to Be Like Him When I Grow Up*** by Daniel Zapian – Greg was just released after a being incarcerated most of his life. To his great surprise, his son has taken him under his wing, looking after him while his other sons won't even talk with him. Greg is so grateful for his son's support, he says, "I want to be like him when I grow up."
- ***Baby Quintero*** by Valerie Klinker – The one thing that Suzie couldn't handle while in prison was not being able to protect her daughter, Baby. Baby spent two months in juvenile hall while her mom was incarcerated. But now that her mom has returned home with a new job and a newfound sense of self-worth, Baby considers herself her mom's backbone.
- ***Life Lost, Family Found*** by Anthony May – Ever since Nate's dad left his family when he was 8 years old, Nate has never fully recovered. Nate went on to join a gang and spent 20 years in state prison for a murder charge. But after his first year behind bars, something special happened in his life. He had a baby girl. Now that Nate's been released, he is piecing together the relationship with his daughter that for 20 years has been limited to letters and a few visits to the state penitentiary.
- ***A Reentry to Motherhood*** by Jean Melesaine – Steeda is finding life with her two young girls to be not exactly what she had envisioned from behind bars. Transitioning from prison life to the responsibilities of motherhood is a struggle that Stacy faces daily -- but she doesn't do it alone. Steeda stands with other mothers in similar situations through the organization she founded, Sisters That Been There, which is a peer support group for women reentering society after incarceration.
- ***Joey Visits Lisa*** by Jean Melesaine – Joey, hadn't seen her mother Lisa since she was incarcerated 18 years ago. Joey and Lisa's attorney make the drive to visit Lisa for the first time in 20 years, causing everyone in the car to reflect on their relationship to Lisa, even the attorney.
- ***Joshua & Kenny – A Father Lost, and Found*** by Sean Shavers – Joshua Davis, was four years old when his father Kenny was sent to prison. But instead of returning to the blissful times of Joshua's childhood when his father came home five years later, Joshua and his father began to resent each other. Today it has been nine years since Kenny's release and Joshua has lost interest in his father and building a relationship with him. But despite the distance between Joshua and Kenny in their relationship, they actually live on the same block, seeing each other only on holidays and at the local corner store.
- ***Angela Birts*** by Fernando Perez – Angela says she has a positive relationship with her father, despite the fact that for 18 years he's been behind bars. The physical barrier erected between Angela and her father has become even more painful as her life presents more and more

opportunities that she wants to enjoy with her father there. As she prepares for a potential new life with her dad, she realizes that she too will need help with the transition

Website: <http://newamericamedia.org/special/children-of-reentry.php>

Connections

Family Resource Information, Education, and Network Development Service (FRIENDS)

FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) produced *Connections*, a special National Child Abuse Prevention Month series of short videos. The videos were released on each of the five Wednesdays in April 2015. The *Connections* video series features presentations from 11 different partner organizations, focused around themes to help move the child maltreatment field forward to a greater emphasis on prevention.

Videos in the series include:

April 1, 2015

- Children's Bureau Associate Commissioner, JooYeun Chang hosted a webinar that discussed the prevention components of the FY2016 President's Budget request for the Administration for Children and Families, as well as the prevention resources that the Children's Bureau offers

April 8, 2015

- *Connect the Dots: Building a Movement for Children and Families* – Prevent Child Abuse America, the Center for the Study of Social Policy and the National Alliance of Children's Trust & Prevention Funds
- *Making Meaningful Connections* – The Child Welfare Information Gateway
- *Developing a National Strategy to Eliminate Child Abuse and Neglect Fatalities* – The Commission to Eliminate Child Abuse and Neglect Fatalities

April 15, 2015

- *Using Adverse Childhood Experiences Research to Prioritize Prevention* – the Centers for Disease Control & Prevention
- *Connecting with Community-Based Child Abuse Prevention and the FRIENDS National Center* – The FRIENDS National Center for CBCAP

April 22, 2015

- *Early Experiences Matter: Preventing Child Maltreatment from the Start* – Zero to Three
- *Introduction to Strengthening Families: A Protective Factors Framework* – The Center for the Study of Social Policy
- *Child Abuse Prevention to Trauma Treatment: Psychology Benefitting All Children and Families* – American Psychological Association

April 29, 2015

- *Healthy Communities, Strong Families, Safe and Healthy Children* – the National Alliance of Children's Trust & Prevention Funds
- *The Benefits of Infant Massage: For Babies, Parents, Communities and Society* - Infant Massage USA
- *Harnessing Mobile App Technology with the Period of PURPLE Crying to Prevent Abusive Head Trauma/Shaken Baby Syndrome* – The National Center on Shaken Baby Syndrome

Website: <http://friendsnrc.org/connections>

Echoes of Incarceration

Jeremy Robins

Echoes of Incarceration is an award-winning documentary produced by teens with incarcerated parents. The 10-minute DVD intercuts the stories of four young people with the voices of experts and

advocates in the field, and creates an emotional, compelling case for the importance of ongoing parental contact. The project explores the issue of mass incarceration and its effects on families as told through the life experiences of the filmmakers themselves.

The *Echoes of Incarceration* DVD is part of a collaboration between filmmaker Jeremy Robins and a group of non-profit organizations and advocates around the country. In 2013 the project created a series of short films that loosely correspond to the *Bill of Rights for Children with Incarcerated Parents* created by the San Francisco Children of Incarcerated Parents Partnership. Eventually the project seeks to nurture a crew of highly-trained young filmmakers and embark on a large scale documentary on the issues of justice, prison reform, and families of the incarcerated around the country. Free *Echoes of Incarceration* DVD's are available for educators and advocates.

Contact: Jeremy Robins, Jeremy@ibisdocs.com
Website: <http://echoesofincarceration.org/>

Mothers of Bedford

Jenifer McShane

Mothers of Bedford, a feature-length documentary, follows five women incarcerated in the Bedford Hills Correctional Facility in New York and looks at their lives through the lens of motherhood. The film provides audiences with unprecedented access to this community of women and seeks to move the national conversation about incarceration to a new level. It explores the effects of a long-term prison sentence on the mother-child relationship.

Contact: Jenifer McShane, film maker, mothersofbedfordoutreach@gmail.com
Website: <http://www.mothersofbedford.com/>

Purdy

PBS station KBTC, Washington

Purdy is an intimate portrait of five offender mothers and their infants. Originally aired by Washington PBS station KBTC on October 15, 2010, the documentary explores the struggles of raising a child at the Washington Corrections Center for Women in Purdy, the challenges that the women face as they prepare to re-enter the community, and the joy that these women experience as the bond develops between their infants and them.

Purdy, is a look at the Residential Parenting Program inside the women's prison. The parenting program allows minimum-security inmates serving less than three years in prison to live with their babies in a designated unit. The women learn about parenting and are able to support healthy attachments to their newborns.

Website: <http://www.kbtc.org/page.php?id=304>

Time Zone

Gabriela Bulisova

Time Zone follows Lashawna Etheridge, convicted of 2 murders, in the aftermath of imprisonment as she and her children struggle with re-entry. The video focuses on Lashawna's personal transformation while in prison, her difficult yet highly successful reentry into society, and the conflicts that remain within herself and with family members.

For many former prisoners, the basic tasks that face them upon release – getting housing, a job, and an education – become overwhelming obstacles. Lashawna's successful reentry has made her a role model

for other ex-offenders. She quickly obtained housing, found a full time job, and continued her college education. However, the less perceptible currents of her life – rebuilding relationship with her family, and living with and answering for her past – have gone less smoothly. Most importantly, Lashawna struggles constantly with the question of whether she will be able to forgive herself.

Website: <https://vimeo.com/68177411>

Wake Me Up When My Father's Home Again

Voices of Children

Written by Felix Latham believes that his song, "Wake Me Up When My Father's Home Again," will help incarcerated parents imagine what their children are feeling. He believes that song can help not only to parents on the street, but also to those who are incarcerated have a change of heart. Sung by his daughters, Kiyah, Khadijah, Kendra, and Khaleigha Latham, the song is a message to help children by reaching out to parents that are making choices that could take them away from their children.

Contact: voiceofchildrenthelatham@gmail.com

Website: www.youtube.com/watch?v=MbS-31aNZH0

Newsletters for Parenting Educators in Correctional Facilities

Parenting Connection

Editor: Jerry Bednarowski

This newsletter for parenting educators working with correctional students is published bi-monthly by Correctional Education Association-Wisconsin and CEA Parenting Special Interest Group. Each issue highlights innovative parenting skills programs, parent/child reading projects, family support and mentoring programs, community resources, teaching methods, and special projects. All *Parenting Connection* newsletters are posted on the www.ceawisconsin.org and www.ceanational.org websites.

Contact: Jerry Bednarowski, JerryBednarowski@new.rr.com

Website: www.ceawisconsin.org