**Title of the project:** How Formerly Incarcerated Individuals Who Successfully Reintegrated Cope with Barriers to Re-entry

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**One paragraph brief background with research questions**

Each year in the United States, an estimated 600,000 individuals are released from state and federal prisons and more than 5,000,000 former offenders are under some form of community supervision (James, 2015). Additionally, jails detain and release roughly 9 million individuals each year (Beck, 2006). Alarmingly, 68% of individuals are re-arrested within three-years of their release (Durose et al., 2014) and almost half of released prisoners serve another sentence in prison (Langan & Levin, 2002). There is a significant amount of scholarly research on formerly incarcerated individuals, particularly related to recidivism. Research has demonstrated an association between rehabilitative programs and decreases in recidivism (Ore & Birdgen, 2003). Research has also identified risk and protective factors for returning individuals such as having or not having positive social networks, employment, housing, education, health care access, rehabilitative opportunities and supervised probation or parole upon release (Pettus-Davis & Epperson, 2015). However, fewer studies focus on individuals who successfully reenter the community (i.e. do not recidivate). In this study, we aim to explore characteristics and assets that successful formerly incarcerated individuals have regarding reentry outcomes into the community.

The primary research questions for this study are as follows:

1. What are the characteristics and assets of a group of largely successfully reintegrated formerly incarcerated individuals?
2. How do formerly incarcerated individuals who have successfully reintegrated into the community cope with the barriers to re-entry that transitioning individuals typically encounter?

Secondary research questions of interest include:

1. Is there an association between successful community re-entry and use of various types of assistance programs?
2. Is there an association between successful community re-entry and prior inmate traits and ideological indicators?

**Methods**

**Data Collection**

The target population for this study was formerly incarcerated individuals who are at least 18 years of age, have not been convicted of a criminal offense in the prior 12 months, are not currently incarcerated or detained in a residential treatment facility, and are employed. Members of the Facebook group and non-profit Formerly Incarcerated College Graduates Network (FICGN) served as the sample frame for the study. The size of this group is approximately 848 members, nearly all of whom have earned at least an associate’s degree from college.

After obtaining IRB approval, we partnered with the FICGN group to recruit participants for the survey. This partnership lent credibility and authority to the survey. An administrator for FICGN distributed the IRB approved recruitment message to group members and sent messages to member’s emails. This message included a link to the online survey questionnaire.

**Instrument**

To collect the data for this study, we used a survey questionnaire as the data collection instrument. The survey questionnaire was self-administered. The primary delivery medium for the survey was the web-based survey platform Qualtrics. Since Qualtrics is not HIPAA compliant by default, the research team did not collect any personal health information (PHI). The survey instrument included four screening questions to ensure that the research did not engage with people belonging to a protected class (prisoners) and to discourage any responses from individuals who are outside the target population. Survey questions included demographics, public service utilization, educational attainment, household financial security, and other individual level variables (Appendix A).

The survey instrument included several validated scales. It included the 8 question Short Grit Scale (Grit-S) developed and validated by Angela Duckworth and Patrick Quinn (Duckworth & Quinn, 2009). The survey instrument also included the questions from 10-item screening questionnaire derived from the Adverse Childhood Experiences Study (ACES) conducted by Vincent Felitti, then head of the Department of Preventive Medicine at Kaiser Permanente in San Diego, California, and Robert And who was with the U.S. Centers for Disease Control and Prevention (Bynum, et. al., 2010; Anda, 2007). Next, the 12 item Multi-Dimensional Scale of Perceived Social Support (MSPSS) was used (Zimet, Dahlem, Zimet, & Farley, 1988). A 10 item Instrumental Social Support Scale was used (Fahmy, 2018) and, lastly, the two item Hunger Vital Sign two-question clinical screening tool (Hager et al., 2010) was included to assess food insecurity.

**Variables**

Successful community re-entry was the primary concept of interest for the study. We operationalized this concept using the following as dependent variables:

* Total gross household income range for 2018 (ordinal data treated as interval data; Qualtrics survey question 22)
* Above poverty level in 2018 (dichotomous data; Qualtrics survey questions 22 and 18)
* The level of financial stability (ordinal data; Qualtrics survey question 23)
* Enough savings to cover three (3) months expenses (dichotomous data; Qualtrics survey question 24)

Ideally, we would have liked to use data about whether or not the respondent was involved in behavior that was likely to lead to his or her reincarceration as a dependent variable. However, we deemed this information too sensitive to ask in the survey and feared that it might increase survey nonresponse to the point of not being able to collect a sufficient number of cases to perform the study.

The independent variables for the study included the following:

* Type of current hometown residence (nominal data)
* Religious affiliation (nominal data)
* Level of education (ordinal data)
* Relationship status at the time of last release (nominal data)
* Size of household (interval data)
* Perceived level of social support (scale; interval data)
* Availability of various types of social support (dichotomous data)
* Use of various types of public assistance programs (dichotomous data)
* Use of mental health programs during incarceration (dichotomous data)
* Use of mental health programs after incarceration (dichotomous data)
* Level of adverse childhood experiences (scale; interval data)
* Level of grit (scale; interval data)

**Data Analysis**

The survey returned data for both quantitative and qualitative analysis through the use of open-ended questions. We calculated preliminary descriptive statistics for the sample data. Additionally, we performed preliminary comparisons of mean, preliminary correlational analysis, and various preliminary regression analyses. We analyzed the qualitative data for themes that might suggest hypotheses for future studies.

The survey included four open-ended questions, which provided the respondents the opportunity to describe barriers and supports surrounding their reintegration following incarceration in their own words.  The questions were as follows (also see Appendix A):

1. What contributed the most to helping you re-enter the community after your last incarceration ended?
2. What were the greatest obstacles to your community re-entry after your last incarceration ended?
3. What kind of help did you receive after your last incarceration ended?
4. Since your last release, how have interactions with the criminal justice system affected your reintegration?

The researchers used thematic coding strategies to identify themes and aggregate responses both within and across these questions. Codes were developed as an iterative process and once established applied to responses by at least two members of the research team to ensure inter-rater reliability. Discrepancies were reviewed within the group and reconciled to produce final coding of the responses. This process has been completed for three of the four questions.

**Results**

**Sample Size**

The group of potential respondents included 848 members of the FICGN Facebook group. We received 62 survey responses over roughly a two-week period. Of the responses, one was deemed ineligible at screening and three respondents were dropped as they did not participate beyond the screening questions. This gave us 57 total respondents, which is a 6.7 percent response rate. 

**Information on missing data**

Several of our quantitative variables include missing data. We plan on using multiple imputations for missing values that are part of a relevant and validated scale. The qualitative short answer questions at the end of the survey proved to be the biggest source of missing data. 12 of the respondents, making up 19% of the total sample size, did not record any answer to the four short answer questions.  This is likely due to the additional time and effort required to complete these questions. The missing qualitative data will not be included in the analysis.

**Demographic characteristics**

See table 1 below for current demographic variables related to the sample. The race/ethnicity of the sample was White (59.7%), Asian (1.8%), Black/African American (22.5%), Hispanic/Latino (7.0%), Native American or Alaska Native (3.5%), White/Asian (1.8%), Multi-Racial (1.8%), and Irish (1.8%). Race was categorized as White, Black, and Other in order to conduct meaningful analyses and as indicated in Table 1. No participants identified as transgender. 45.6% of the sample was female and 54.4% was male. The mean age of participants at the time of the study was 43.6 years (*SD* = 9.1). The average number of years that participants spent incarcerated was calculated (*M* = 7.3, *SD* = 7.7) and ranged from one month to 30.6 years. The number of years that participants had been in the community after their last incarceration was 7.1 years (*SD* = 5.9) with a range of 0 – 22 years. The highest level of education completed by participants was Associates (31.6%), Bachelors (22.8%), Masters (28.1%), and Doctoral degrees (17.6%). This level of education was obtained before incarceration for 17.5% of the sample, during incarceration for 14.0% and after incarceration for 68.4%. Relationship status at release was calculated and categorized as single (87.7%), married (5.3%), or in a relationship (7.0%). Household size was calculated (*M* = 2.7, *SD* = 1.5) and ranged from one to seven. The 2018 total gross household income for participants is included in Table 1 below.

Table 1: Selected demographic variables. (*N = 57*)

|  |  |
| --- | --- |
| Variable |  |
| Age (years, mean±SD) | 43.6±9.1 |
| Race (n [%]) |  |
| White | 34 (59.7) |
| Black | 13 (22.8) |
| Other | 10 (17.5) |
| Gender (n [%]) |  |
| Female | 26 (45.6) |
| Male | 31 (54.4) |
| Highest Education (n [%]) |  |
| Associates or less | 18 (31.6) |
| Bachelors | 13 (22.8) |
| Masters | 16 (28.1) |
| Doctorate | 10 (17.6) |
| Income in 2018 (n [%]) |  |
| Less than 12,490 | 13 (23.6) |
| Between 12,490 and 16,910 | 1 (1.82) |
| Between 16,911 and 21,330 | 3 (5.5) |
| Between 21,331 and 25,750 | 7 (12.7) |
| Between 25,751 and 30,170 | 3 (5.5) |
| Between 30,171 and 34,590 | 4 (7.3) |
| Between 34,591 and 50,000 | 8 (14.6) |
| Between 50,001 and 75,000 | 7 (12.7) |
| Between 75,000 and 100,000 | 3 (5.5) |
| Between 100,000 and 150,000 | 4 (7.3) |
| Greater than 150,000 | 2 (3.6) |

**Alpha Testing**

The Multidimensional Scale of Perceived Social Support (MSPSS) is a 12 item seven point Likert scale tool which measures perceptions of social support from three sources: family, friends, and a significant other (Zimet, Dahlem, Zimet, & Farley, 1988). An example item is “There is a special person who is around when I am in need.” For this study, the MSPSS was found to be highly reliable (12 items; α = .92). The family subscale (α = .90), friends subscale (α = .96), and significant other subscale (α = .90) were also highly reliable. MSPSS composite scores for each participant were calculated for the total scale (*M* = 4.5, *SD* = 1.5), the family subscale (*M* = 4.5, *SD* = 1.8), the friends subscale (*M* = 4.1, *SD* = 2.0), and the significant other subscale (*M* = 4.8, *SD* = 1.8). Using scale response descriptors as a guide, the mean total scores for each scale and subscale could be considered moderate perceived support.

The Instrumental Social Support (ISS) scale is a 10 item four point Likert scale tool (Fahmy, 2018) which measures instrumental social support from two sources: family and friends. An example item is “You have someone in your family who would provide help or advice on finding a place to live.” For this study, the ISS was found to be highly reliable (10 items; α = .87). Both the family subscale (α = .83) and friends subscale (α = .93) were also highly reliable. ISS composite scores for each participant were calculated for the total scale (*M* = 2.5, *SD* = .72), the family subscale (*M* = 2.6, *SD* = .77) and the friends subscale (*M* = 2.4, *SD* = .96). Using scale response descriptors as a guide, the mean total scores for the scale and each subscale could be considered moderate perceived instrumental support.

The Adverse Childhood Experiences (ACES) scale is a 10 item y/n questionnaire (Bynum, et. al., 2010; Anda, 2007) which measures traumatic events that occur in childhood such as experiencing violence, abuse, and/or neglect. High scores on the ACES have been shown to be highly correlated with a host of long-term negative health outcomes. For this study, the ACES scale was found to be moderately reliable (10 items; α = .68). An ACES composite score was created for each participant (*M* = 4.4, *SD* = 2.3). Preliminary comparison these scores to the mean scores of those in the average population indicate significantly higher scores among the FICGN sample.

The Short Grit Scale (Grit-S) is an 8 item five point tool (Duckworth & Quinn, 2009) that measures an individual’s perseverance and passion for achieving long-term goals. Four items are reverse coded. For this study, the grit scale was found to be highly reliable (8 items; α = .77). A grit composite score was created for each participant (*M* = 3.7, *SD* = .67). Using scale response descriptors as a guide, the mean total scores for the scale could be considered a moderate level of grit among participants.

The Hunger Vital Signs clinical screening tool (Hager et al, 2010) was included to assess food insecurity and was found to be highly reliable for this study (2 items; α = .95). A composite dichotomous variable was created that indicates whether a respondent is food insecure.

**Comparison of means (e.g. T-test(s), ANOVA)**

We performed preliminary comparisons of means of Grit scores for groups based on different operationalizations of success based on financial measures. The only statistically significant difference of means was for the `savings` variable (i.e., whether a person had enough savings to cover 3 months of expenses), which was significant at the 0.01 level.

Table 2. Analysis of Variance of `gritScore` by `savings` groups

|  |  |  |  |
| --- | --- | --- | --- |
| `savings` | Count | Mean | SD |
| 1 – Yes | 15 | 4.18 | 0.551 |
| 2 - No | 40 | 3.56 | 0.648 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | DF | Sum Sq | Mean Sq | F-value | P-value |  |
| `savings` | 1 | 4.122 | 4.122 | 10.63 | 0.00198 | \*\* |
| residuals | 51 | 19.766 | 0.388 |  |  |  |

Significance codes \*\*\* 0.001 \*\* 0.01 \* 0.05 ~ 0.1

6 observations deleted due to missingness

**Goodness of Fit**

Chi-square tests for indepdendence were conducted for a number of categorical variables to determine how likely the observed distributions are due to chance. Notably, there was a statistically significant relationship between Food Insecurity and participation in the Supplemental Nutritition Assistance Program (SNAP) (12.73, 0.00).

**Correlational analysis**

The preliminary correlational analysis produced a few interesting results. There was a moderate negative correlation between Grit Score and whether the respondents had enough savings to cover 3 months of expenses (i.e., `savings` variable). There were very low correlations among Grit score, ACE score, and MSPSS score. There was a low to moderate correlation between Grit score and use of social programs (Table 3).

Table 3. Correlation Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |
| 1. incomeLastYr | 1.00000000 | 0.90578130 | 0.40586231 | -0.17256374 |
| 2. povertyRatio | 0.90578130 | 1.00000000 | 0.24798815 | -0.10726547 |
| 3. financialStatus | 0.40586231 | 0.24798815 | 1.00000000 | -0.46516980 |
| 4. savings | -0.17256374 | -0.10726547 | -0.46516980 | 1.00000000 |
| 5.programsUsedBinary | -0.22678323 | -0.12165382 | 0.16810158 | -0.11895774 |
| 6. ageNow | -0.11081109 | 0.03311116 | -0.24607676 | 0.07952369 |
| 7. ageRelease | -0.24684348 | -0.08304453 | -0.28127030 | 0.05394767 |
| 8. mspssScore | 0.08568878 | 0.06090829 | -0.05715269 | -0.07887455 |
| 9. aceScore | 0.12372821 | 0.18268279 | 0.05294731 | -0.11583557 |
| 10. gritScore | 0.00860284 | 0.01599544 | 0.23272742 | -0.41539499 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 5 | 6 | 7 | 8 |
| 1. incomeLastYr | -0.226783228 | -0.11081109 | -0.246843481 | 0.08568878 |
| 2. povertyRatio | -0.121653817 | 0.03311116 | -0.083044529 | 0.06090829 |
| 3. financialStatus | 0.168101584 | -0.24607676 | -0.281270301 | -0.05715269 |
| 4. savings | -0.118957738 | 0.07952369 | 0.053947668 | -0.07887455 |
| 5.programsUsedBinary | 1.000000000 | 0.06561539 | -0.005941853 | 0.09952873 |
| 6. ageNow | 0.065615387 | 1.00000000 | 0.820731148 | 0.11755203 |
| 7. ageRelease | -0.005941853 | 0.82073115 | 1.000000000 | 0.25976062 |
| 8. mspssScore | 0.099528730 | 0.11755203 | 0.259760622 | 1.00000000 |
| 9. aceScore | 0.048407327 | 0.21280707 | 0.276536370 | 0.14027692 |
| 10. gritScore | 0.331767042 | 0.09270469 | -0.020837932 | 0.07119170 |

|  |  |  |
| --- | --- | --- |
|  | 9 | 10 |
| 1. incomeLastYr | 0.12372821 | 0.00860284 |
| 2. povertyRatio | 0.18268279 | 0.01599544 |
| 3. financialStatus | 0.05294731 | 0.23272742 |
| 4. savings | -0.11583557 | -0.41539499 |
| 5.programsUsedBinary | 0.04840733 | 0.33176704 |
| 6. ageNow | 0.21280707 | 0.09270469 |
| 7. ageRelease | 0.27653637 | -0.02083793 |
| 8. mspssScore | 0.14027692 | 0.07119170 |
| 9. aceScore | 1.00000000 | 0.11068394 |
| 10. gritScore | 0.11068394 | 1.00000000 |

**Other advanced statistical analysis to answer to your research questions**

We performed several multiple regression analyses using various operationalizations of success based on financial measures. Again, the only statistically significant relationship was found for Grit score in the binary logistic regression using `savings` as the dependent variable (i.e., whether the individual had enough savings to cover 3 months of expenses), which was significant at the 0.01 level (Table 4).

Table 4. Binary Logistic Regression Analysis

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Estimate | Std. Error | z value | Pr(>|z|) | Exp(Coef) |  |
| (Intercept) | -1.941e+01 | 2.400e+03 | -0.008 | 0.99354 | 3.705257e-09 |  |
| programsUsedBinary | 1.075e+01 | 2.400e+03 | 0.004 | 0.99643 | 4.660373e+04 |  |
| ageNow | -1.373e-01 | 8.866e-02 | -1.549 | 0.12148 | 8.717094e-01 |  |
| ageRelease | -2.546e-04 | 6.669e-02 | -0.004 | 0.99695 | 9.997454e-01 |  |
| mspssScore | 4.129e-01 | 3.263e-01 | 1.265 | 0.20579 | 1.511203e+00 |  |
| aceScore | 1.656e-01 | 1.640e-01 | 1.010 | 0.31252 | 1.180139e+00 |  |
| gritScore | 2.277e+00 | 8.663e-01 | 2.628 | 0.00859 | 9.742986e+00 | \*\* |

Significance codes \*\*\* 0.001 \*\* 0.01 \* 0.05 ~ 0.1

savings as dependent variable 1 - yes, 0 - no

Null deviance: 54.777 on 45 degrees of freedom

Residual deviance: 38.943 on 39 degrees of freedom

AIC: 52.943

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| llh | llhNull | G2 | McFadden | r2ML | r2CU |
| -19.4714248 | -27.3884131 | 15.8339766 | 0.2890634 | 0.2912248 | 0.4184131 |

**Qualitative Analysis**

For preliminary analysis, each question was analyzed and coded separately. Question 82, which asked about the effects of reported interactions with the criminal justice system after incarceration (i.e. probation and parole officers) were coded as one of six mutually exclusive categories: positive, negative, neutral, no impact, unclear, and failed to respond as indicated in Table 4 below.

Table 4. Interactions with CJ system

|  |  |
| --- | --- |
| Positive | 13% |
| Negative | 26% |
| Neutral | 11% |
| No Impact | 13% |
| Unclear | 16% |
| Failed to Respond | 21% |

Notably, when given the prompt to reflect on the effect of interactions with the criminal justice system since being incarcerated, 26% reported a positive effect or no impact, the same percentage that reported a negative effect. 11% reported a neutral effect on integration, signaling interaction with the criminal justice system but not markedly positive or negative. 13% reported no impact at all, and a relatively high number of respondents offered responses that were unclear or did not answer (37%).

Preliminary analysis of question 81 (Appendix A) revealed 69 different total sources of help received upon released respondents. Family and friends, government, counseling/clinical, and financial were the most frequently referenced sources of help received after an individual’s last incarceration ended.

Preliminary analysis of Question 79 (Appendix A) suggested that most respondents believed what contributed most to their successful reintegration was social support (42%) and domains that support well-being (36%). These two categories alone accounted for the vast majority (78%) of self-reported factors. Individual traits (e.g. grit) was mentioned by 14% of respondents, individual changes (e.g. cognitive or rehabilitation) was mentioned by 7%, and changes in social climate (e.g. policy changes) was mentioned by 2% of participants.

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Appendix A. Survey Instrument

Survey Questionnaire

Screening Questions

1. Are you currently incarcerated (i.e., in prison, jail, or under house arrest)? (*select only one*)

☐ Yes **STOP (end survey)**

☐ No

1. Are you currently detained in a residential facility for court-ordered substance abuse treatment as a form of sentencing? (*select only one*)

☐ Yes **STOP (end survey)**

☐ No

1. Are you currently in a residential treatment facility as a condition of parole or probation? (*select only one*)

☐ Yes **STOP (end survey)**

☐ No

1. Are you currently an involuntarily committed patient at a mental health treatment facility? (*select only one*)

☐ Yes **STOP (end survey)**

☐ No

Demographics

1. What is your gender? *(select only one)*

☐ Female

☐ Male

☐ Prefer to self-describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☐ Prefer not to say

1. Do you identify as transgender? *(select only one)*

☐ Yes

☐ No

☐ Prefer not to say

1. What racial or ethnic group do you **primarily** identify with? *(select only one)*

☐ East Asian descent (Chinese, Korean, Japanese, Indonesian)

☐ Central Asian descent (Russian)

☐ Southern Asian descent (India)

☐ Black, African American, African descent

☐ Hispanic or Latino descent

☐ Middle Eastern or North African descent

☐ Native American or Alaska Native descent

☐ Native Hawaiian or Pacific Islander descent

☐ White, Caucasian, European descent

☐ Other descent (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. About how many people live in your city/town?

☐ (Rural) Less than 2,500 people

☐ (Urban Cluster or Suburban) 2,500 to 50,000 people

☐ (Urban) 50,000 or more people

1. What is your religious affiliation? (*select only one*)

☐ Atheism (i.e., don’t believe there is a God)

☐ Agnosticism (i.e., believe the existence of God is unknown and unknowable)

☐ Buddhist

☐ Eastern Orthodox

☐ Hindu

☐ Islam (Muslim)

☐ Jewish

☐ Latter Day Saints (i.e., LDS or Mormon)

☐ Non-Denominational

☐ Protestant (e.g., Baptist, Lutheran, Presbyterian, etc.)

☐ Roman Catholic

☐ Other (please specify)

☐ Prefer not to answer

1. How old are you (i.e., years of age)?
2. How old were you when you were last released from prison or jail?
3. About how much time in total have you spent incarcerated?

\_\_\_\_\_\_ years, \_\_\_\_\_\_ months.

1. What levels of education have you completed? (*select all that apply*)

☐ High school diploma or G.E.D.

☐ Trade school certificate

☐ Some college

☐ Associate degree from college

☐ Bachelor’s degree from college

☐ Master’s degree from college

☐ Doctorate degree from college

1. At what point did you complete your highest level of education? (*select only one*)

☐ Before being incarcerated

☐ During incarceration

☐ After being released from incarceration

1. **When you were last released from jail or prison**, what was your relationship status? *(select only one)*

☐ Single

☐ In a Relationship

☐ Married

☐ Divorced

☐ Widowed

Financial Status

1. Including yourself, how many people live in your household? \_\_\_\_\_\_\_\_\_\_\_
2. **In the first twelve months following release from your last incarceration**, how did you financially support yourself? (*check all that apply*)?

☐ Employment with a company or organization

☐ Self-employment or a business that you own

☐ Money received from family and friends

☐ Forms of Government Support (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☐ Other non-governmental support (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. If yes to #17, (self-employment), about what percent of your total gross household income last year was attributable to self-employment or businesses that you owned? (*select only one*)

☐ 0 percent

☐ Between 1 and 25 percent

☐ Between 26 and 50 percent

☐ Between 51 and 75 percent

☐ Between 75 and 99 percent

☐ 100 percent

1. **During the first twelve months after your last release from jail or prison**, what was your approximate total gross household income? (*select only one*)

☐ 0 = Less than $12,490

☐ Between $12,490 and $16,910

☐ Between $16,911 and $21,330

☐ Between $21,330 and $25,750

☐ Between $25,751 and $30,170

☐ Between $30,171 and $34,590

☐ Between $34,591 and $50,000

☐ Between $50,001 and $75,000

☐ Between $75,001 and $100,000

☐ Between $100,001 and $150,000

☐ Greater than $150,000

1. **In 2018**, what was your total gross household income? (*select only one*)

☐ Less than $12,490

☐ Between $12,490 and $16,910

☐ Between $16,911 and $21,330

☐ Between $21,330 and $25,750

☐ Between $25,751 and $30,170

☐ Between $30,171 and $34,590

☐ Between $34,591 and $50,000

☐ Between $50,001 and $75,000

☐ Between $75,001 and $100,000

☐ Between $100,001 and $150,000

☐ Greater than $150,000

1. Overall, which of the following best describes how well you are managing financially these days? (*select only one*)

☐ Not able to pay all my household expenses each month

☐ Just able to pay all my household expenses each month

☐ Living comfortably but not able to save for the future

☐ Living comfortably and able to save for the future

1. Do you have enough savings to cover your expenses for at least 3 months if you’re not able to work? (*select only one*)

☐ Yes

☐ No

Multidimensional Scale of Perceived Social Support

Instructions: We are interested in how you felt about the following statements **immediately after returning from your last incarceration experience**.. Read each statement carefully. Indicate how you felt about each statement.

Circle the “1” if you Very Strongly Disagree

Circle the “2” if you Strongly Disagree

Circle the “3” if you Mildly Disagree

Circle the “4” if you are Neutral

Circle the “5” if you Mildly Agree

Circle the “6” if you Strongly Agree

Circle the “7” if you Very Strongly Agree

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Statement** | **Level of Agreement** | | | | | | |
| 1. There was a special person who was around when I was in need. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. There was a special person with whom I could share my joys and sorrows. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. My family really tried to help me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I received the emotional help and support I needed from my family. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I had a special person who was a real source of comfort to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. My friends really tried to help me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I could count on my friends when things went wrong. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I could talk about my problems with my family. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I had friends with whom I could share my joys and sorrows. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. There was a special person in my life who cared about my feelings. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. My family was willing to help me make decisions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I could talk about my problems with my friends. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**The following questions surround instrumental social support immediately after returning from your last incarceration experience. Please mark one answer (strongly disagree, disagree, agree, or strongly agree) to each question as it relates to the following statements.**

**Upon release** from your last jail or prison experience, you had **someone in your family** who would provide...

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| 1. Help or advice on finding a place to live… |  |  |  |  |
| 1. Help or advice on finding a job… |  |  |  |  |
| 1. Support for dealing with a substance abuse problem if you had one… |  |  |  |  |
| 1. Transportation to work or other appointments if needed… |  |  |  |  |
| 1. Financial support… |  |  |  |  |

**Upon release** from your last jail or prison experience, you had a **friend** who would provide...

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Statement** | **Strongly Disagree** | **Disagree** | **Agree** | **Strongly Agree** |
| 1. Help or advice on finding a place to live… |  |  |  |  |
| 1. Help or advice on finding a job… |  |  |  |  |
| 1. Support for dealing with a substance abuse problem if you had one… |  |  |  |  |
| 1. Transportation to work or other appointments if needed… |  |  |  |  |
| 1. Financial support… |  |  |  |  |

Use of Public Services

1. Which of the following public services and assistance programs have you used at any time **after you were last released from prison or jail** *(check all that apply)*?

☐ Public transportation

☐ Housing Assistance (i.e. public housing or housing vouchers)

☐ Supplemental Nutrition Assistance Program (SNAP), food stamps

☐ Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

☐ Temporary Assistance for Needy Families (TANF)

☐ Earned Income Tax Credit (EITC)

☐ Job training programs

☐ Medicaid or Medicare

☐ Education grants, loans, and scholarships

How important were the following public services and assistance programs for your reintegration into the community **following your release from prison or jail**?

|  |  |  |  |
| --- | --- | --- | --- |
| **Public Service** | **Not Important** | **Somewhat Important** | **Very Important** |
| 1. Public transportation |  |  |  |
| 1. Housing Assistance (i.e. public housing or housing vouchers) |  |  |  |
| 1. Supplemental Nutrition Assistance Program (SNAP)/Food stamps |  |  |  |
| 1. Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) |  |  |  |
| 1. Temporary Assistance for Needy Families (TANF) |  |  |  |
| 1. Earned Income Tax Credit (EITC) |  |  |  |
| 1. Job training programs |  |  |  |
| 1. Medicaid or Medicare |  |  |  |
| 1. Education grants, loans, and/or scholarships |  |  |  |

Mental Health

The following ten questions are going to gauge adverse experiences you may have had while growing up. They may arouse discomfort. For the following questions, please choose yes or no for each of the statements.

**While you were growing up, during your first 18 years of life:**

|  |  |  |
| --- | --- | --- |
| **Statement** | **Yes** | **No** |
| 1. Did a parent or other adult in the household often…Swear at you, insult you, put you down, or humiliate you?   OR  Act in a way that made you afraid that you might be physically hurt? |  |  |
| 1. Did a parent or other adult in the household often…Push, grab, slap, or throw something at you?   OR  Ever hit you so hard that you had marks or were injured? |  |  |
| 1. Did an adult or person at least 5 years older than you ever…Touch or fondle you or have you touch their body in a sexual way?   OR  Try to or actually have oral, anal, or vaginal sex with you? |  |  |
| 1. Did you often feel that…No one in your family loved you or thought you were important or special?   OR  Your family didn’t look out for each other, feel close to each other, or support each other? |  |  |
| 1. Did you often feel that…You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you?   OR  Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? |  |  |
| 1. Were your parents ever separated or divorced? |  |  |
| 1. Was your mother or stepmother…Often pushed, grabbed, slapped, or had something thrown at her?   OR  Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?  OR  Ever repeatedly hit over at least a few minutes or threatened with a gun or knife? |  |  |
| 1. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs? |  |  |
| 1. Was a household member depressed or mentally ill or did a household member attempt suicide? |  |  |
| 1. Did a household member go to prison? |  |  |

1. **During your last incarceration**, did you receive help for things like emotional problems, substance abuse, personal recovery-oriented services, or other similar activities?

☐ Yes

☐ No

☐ Don’t Know

1. **After being released from your last incarceration**, have you received help for things like emotional problems, substance abuse, personal recovery-oriented services, or other similar activities?

☐ Yes

☐ No

☐ Don’t Know

1. If yes to #49 and/or #50, what type of help did you receive? *(check all that apply)*

☐ Counseling Services

☐ Psychiatry Services

☐ Substance Abuse Treatment Services (Outpatient)

☐ Substance Abuse Treatment Services (Inpatient)

☐ Hospitalization

☐ Support Group

☐ Peer Support

☐ Other (Specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grit Scale

For the following items, please select one answer that you feel best reflects how much each statement describes you. There are no right or wrong answers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statement** | **Not like me at all** | **Not much like me** | **Somewhat like me** | **Mostly like me** | **Very much like me** |
| 1. New ideas and projects distract me from previous ones… |  |  |  |  |  |
| 1. Setbacks don’t discourage me … |  |  |  |  |  |
| 1. I have been obsessed with a certain idea or project for a short time but later lost interest… |  |  |  |  |  |
| 1. I am a hard worker… |  |  |  |  |  |
| 1. I often set a goal but later choose to pursue a different one… |  |  |  |  |  |
| 1. I have difficulty maintaining my focus on projects that take more than a few months to complete… |  |  |  |  |  |
| 1. I finish whatever I begin… |  |  |  |  |  |
| 1. I am diligent (persistent in anything I do)… |  |  |  |  |  |

Housing/Homelessness

1. Where did you stay for the first twelve months following your release from prison or jail? (*select all that apply*)

☐ In an emergency shelter, safe haven or transitional housing project

☐ In a place not meant for human habitation (including in a car, unsheltered on the street, a hallway or stairwell, or under a bridge, etc.)

☐ In housing you share with others, but do not own

☐ In housing you rent

☐ In housing you own

☐ Other \_\_\_\_

Food Security

For the following statements, please indicate whether the statement was often true, sometimes true or never true for **your household** **in the first twelve months following your release from prison or jail.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Statement** | **Never True** | **Sometimes True** | **Often True** |
| 1. “We worried whether our food would run out before we got money to buy more.” |  |  |  |
| 1. “The food that we bought just didn’t last, and we didn’t have money to get more.” |  |  |  |

Open-Ended Questions

1. What contributed the most to helping you re-enter the community after your last incarceration ended?
2. What were the greatest obstacles to your community re-entry after your last incarceration ended?
3. What kind of help did you receive after your last incarceration ended?

1. Since your last release, how have interactions with the criminal justice system affected your reintegration (Probation, parole, etc.)?

**Thank you for your time and participation in the survey!**

Appendix B. Identified Journal Requirements

Aims and Scope

The editorial team's aim is to establish *The Prison Journal* as a focal point and the forum of choice for studies, ideas, and discussion of adult and juvenile confinement, treatment interventions, and alternative sanctions.

*The Prison Journal* Manuscript Submission Guidelines

All submissions must be in a PDF format.

The title page is a separate PDF file which includes:

* title of the article
* author and co-authors’ full name, current position, affiliation, institutional and email address, telephone, and fax numbers
* a 3-4 line biographical note for each author as it should appear if published
* indication of who is the corresponding author (\*following the author’s name)

Manuscripts:

* Are to be submitted in PDF format with no identifying information.
* Each manuscript should begin with an abstract of up to 100 words, double-spaced, and followed by up to five keywords.
* Manuscripts should not exceed 30 double-spaced typed pages, using Times New Roman font, Size 12 pitch. Endnotes, references, tables, and figures are included in the 30-page count. References and manuscript formatting should follow the Publication Manual of the American Psychological Association (APA) 6th Edition.
* Manuscripts must be written in English.
* Manuscripts are editor pre-screened before they are sent out for review by 2-3 external reviewers.
* Authors should expect to hear from TPJ within 6-8 weeks of submission after the review process has been completed.
* Before publication, authors are required to assign copyright to Sage Publications.