



STRENGTH

Resilience provides the strength to address problems such as adversity, childhood trauma, and incarceration through healthy measures and positive outcomes. [1]



COMMUNITY

One way of building resilience is by creating strong social bonds to hold someone accountable and provide emotional support. Relationships do not stop at the individual level but require support through governmental and organizational partnerships. [2]



RESILIENCE

Resilience is more than just recovering from an isolated crisis, but is a way of positively coping with a lifetime a trauma that has led someone into a depreciating lifestyle so they may return to society as a contributing member of society. Resilience is a protective factor of the harmful effects of ACEs. By building resilience, it is hypothesized do decrease recidivism and thereby stop the cycle of crime. [3]



PHONE

(919) 838-4000



ADDRESS

831 W Morgan St,
Raleigh, NC 27603



EMAIL

resilience4theforgotten
@publichealth.com



WEB

resilience4theforgotten.com

RESILIENCE FOR THE FORGOTTEN

a healing and rehabilitation program for
prisoners

RECIDIVISM IN RELATION TO ACE SCORE

■ 0 ACEs ■ 1 ACE ■ 2-3 ACEs ■ ≥4 ACEs



Ford K, Barton ER, Newbury A, et al. *The Prisoner ACE Survey*. Wales; 2019. www.nationalarchives.gov.uk/doc/open-government-licence/version/3/. Accessed August 5, 2019.

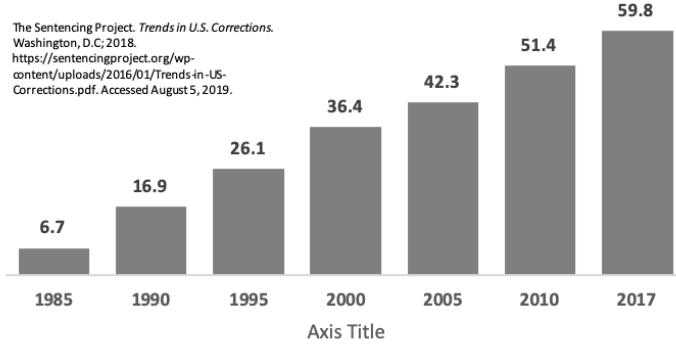
WHAT WILL OUR PROGRAM DO?

A resilience program will be implemented in prisons in NC that utilize evidence based material. This involves a team of counselors, therapists, physicians, and correctional officers will be administering classes that teach inmates about Adverse Childhood Experiences, their effects, and recognizing their triggers and reactions. These classes will foster healthy relationships and communication as well as providing a form of rehabilitation. They can be offered through a variety of methods such as dog training, prison gardens and technology education [4]. They will learn how to reframe their thinking in a way to direct their life in a more productive means and begin to have hope [4]. Ultimately, this program will shift the focus of prisons from punishment to rehabilitation.

THE
FORGOTTEN
AND
UNWANTED

STILL
NEED
OUR HELP

State Expenditures on Corrections in Billions



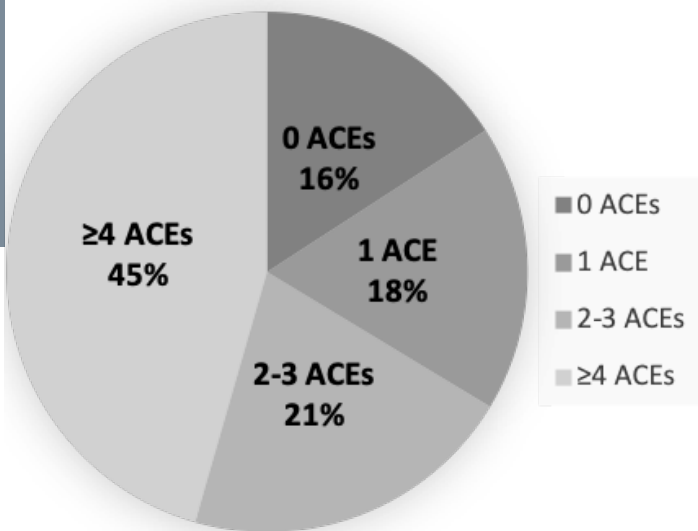
WHY IT IS IMPORTANT

ACEs are Adverse Childhood Experiences and include items such as growing up in a household with divorced parents, a parent incarcerated, a parent with mental illness, physical, emotional, and verbal abuse, neglect, household violence, and even neighborhood safety and bullying [5]. Prisoners are four times more likely to report 4 or more ACEs than the general population [6]. 89.4% of prolific offenders had at least one ACE and 61.7% had four or more ACEs [7]. Prisoners with four or more ACEs were 3.4 times more likely to be prolific offenders than prisoners with no ACEs [7]. Because of the immense prevalence of these ACEs, it is obvious that this population is ideal to target for interventions via resilience, essentially the cure.

WHAT IS THE COST?

2.2 million individuals are currently incarcerated in the U.S. [8]. This is a 500% increase within the last 40 years [8]. The average cost per prisoner is roughly \$31,000 yearly [9]. Individuals with higher ACEs scores are significantly more likely to reoffend and be re-incarcerated within 3 years [7]. Recidivism rates range from 23-58% and vary by state [10]. By decreasing recidivism by a national rate of 10%, it is predicted to save over \$635 million yearly [10]. Using a true public health method of targeting and 'curing' the source of the problem, rather than treating the aftermath, these resilience programs aim to stop the cycle by healing the perpetrators. It will ultimately save costs while improving overall health of the nations prison population, in addition to protecting against future violent attacks performed by these perpetrators.

ACEs Reported in Prisoners



WHAT YOU CAN DO

Before implementing any program, a needs assessment needs to be conducted along with a literature review of all previous programs to determine the most cost-effective and efficacious methods. Following the needs assessment, trauma-informed care training needs to be required and provided to all correctional officers and therapists within the correctional facility. We ask you to allocate funds to support this program, implementing policies to allow this to occur within the prison system, and ultimately spread awareness of the importance and the hope for this program.

Ford K, Barton ER, Newbury A, et al. *The Prisoner ACE Survey*. Wales; 2019. www.nationalarchives.gov.uk/doc/open-government-licence/version/3/. Accessed August 5, 2019.

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