Struggles and Strategies for Survival Beyond the Walls of Jail

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Struggles and Strategies for Survival
Beyond the Walls of Jail

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Your Webinar Host

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Worcester, Massachusetts
Who is Joining Us Today?

Use the Chat Box
(“chat” to “all participants”)

Name?

Where are you located?

Have you watched “Beyond the Wall”?

What do you hope to learn today?
About National Library of Medicine (NLM)

https://www.nlm.nih.gov/

Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government’s largest providers of digital content

The library is open to everyone

**NLM’s mission**

*Advance the progress of medicine and improve public health by making biomedical information accessible to everyone.*
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NLM Carries Out its Mission
Through the National Network of Libraries of Medicine (NNLM)
https://nnlm.gov/

• Nationwide network of health sciences libraries, public libraries & information centers

• Each region has a partnership with a regional medical library

• Outreach provided through
  Free access to online health & medical resources
  Free Training & Professional Development
  Grant funding opportunities for your community

77,000 people received training from NNLM last year!
Opioid Abuse and Addiction Treatment

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Summary

What are opioids?
Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid.

A health care provider may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some health care providers prescribe them for chronic pain.

Prescription opioids used for pain relief are generally safe when taken for a short time and as prescribed by your health care provider. However, opioid abuse and addiction are still potential risks.

What are opioid abuse and addiction?
Opioid abuse means you are not taking the medicines according to your provider's instructions, you are using them to get high, or you are taking someone else's opioids. Addiction is a chronic brain disease. It causes you to compulsively seek out drugs even though they cause you harm.

What are the treatments for opioid abuse and addiction?
Treatments for opioid abuse and addiction include:
- Medication
  - Counseling and behavioral therapies
  - Medication-assisted therapy (MAT), which includes medicines, counseling, and behavioral therapies. This offers a "whole patient" approach to treatment, which can increase your chance of recovery.


https://medlineplus.gov/opioidabuseandaddictiontreatment.html
Looking for Programming Tools Related to Health and Wellness?

Consider borrowing one of our Graphic Medicine Book Club Kits featuring *Sobriety: A Graphic Novel*!

To Request a Kit: [www.nnlm.gov/ner/kits](http://www.nnlm.gov/ner/kits)

For Questions or Information
Sarah Levin-Lederer at [Sarah.LevinLederer@umassmed.edu](mailto:Sarah.LevinLederer@umassmed.edu)

From the publisher…
“Through rich illustration and narrative, *Sobriety: A Graphic Novel* offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps.”
Louie Diaz
Substance Use Disorder Counselor and Re-entry Specialist for Massachusetts Middlesex County Sheriff’s Office

“If you continue doing what you’ve always done, you’ll continue getting what you’ve always gotten,” Diaz says repeatedly in the film. “Start doing something different and you’re gonna get a different result.”
Webinar Objectives

- Learn what “recidivism” is, and why 95% of people return to drugs and alcohol after release from prison and how substance use disorder relates to recidivism.

- Understand the barriers individuals face when returning to the community after incarceration and how those barriers might affect the success of their transition back into society.

- Learn what jails and prisons are doing to prepare individuals for re-entry into the community.

To Watch Beyond the Wall:
https://worldchannel.org/episode/beyond-wall/
Substance Use Disorder and Incarceration

In the United States, 11 million people are released from jail each year.

An overwhelming majority have a history of substance abuse.

“No reentry program is going to go under the bridges and into the tent cities of the homeless looking for the guys who come out of jail and fall between the cracks. But if you are not willing to go to their places, they will end up back in jail.”
A Closer Look at SUD and Incarceration

65% of people in prisons and jails have substance abuse history  
Source: National Center on Addiction and Substance Abuse

1 in 5 are locked up for drug offenses  
Source: Prison Policy Initiative

Three quarters of those returning from prison have a history of substance use disorders.  
Source: National Reentry Resource Center.
Recidivism refers to a person’s relapse into criminal behavior, often after the person receives sanctions or undergoes intervention for a previous crime.

Recidivism is measured by criminal acts that resulted in re-arrest, reconviction or return to prison with or without a new sentence during a 3-year period following the prisoner’s release.

Source: National Institute of Justice
Facts About Recidivism in the U.S.

- **Incarceration in the US**
  - **2.3 Million** incarcerated daily

- **11 Million** cycle through local jails each year

- **Over 700,000** are released from prisons each year
  - Within 3 years of release, about 2/3 of released prisoners are rearrested.
    - Of those prisoners who were rearrested, more than ½ were arrested by the end of the first year.

  *Source Prison Policy Initiative*
  *Source National Institute of Justice*
Barriers to Successful Community Re-entry

Untreated Substance Use or Mental Health Disorders

Housing

Identifications

No health insurance

No Job, No License, No Transportation

Dealing with courts, probation, parole, DCF & fines

Dealing with family/friend issues

Needing clothing

Dealing with technology after years of incarceration.

Dealing with Stigma
Address emotional and physical needs

First-hand knowledge of obstacles and struggles

Recognize signs and symptoms of relapse

Connect those in need with community resources
What are Jails Doing to Prepare Inmates for Community Re-entry?

“You go into prison, you get a handbook on how to conduct yourself within that prison system. So here you are 2 years later — 3 years later — you get released. But you don’t get a handbook on how to live life.”

Billy Cabrera
How Can We Support Individuals Reentering the Community?

You can support organizations and initiatives that provide:

In-prison education & vocational training

Substance Use Disorder treatment (residential and outpatient) in prisons and in communities

Transitional housing to give ex-prisoners structured living environments as they reenter.

Financial assistance to help with basic necessities upon release.
Reentry Organizations & Resources in My State?

https://csgjusticecenter.org/nrcc/reentry-services-directory/
NNLM NER Grant Recipient

Restorative Reentry Community Building Leadership Development

THRIVE Communities is a community-based response to the challenges faced by adults transitioning from incarceration. Designed to empower returning citizens and more deeply engage local community members in experiences of reentry, THRIVE cultivates genuine experiences of community that are inclusive of all men and women - defining people not by their experiential differences, but by the best parts of their character. When justice and wholeness replace cycles of incarceration and oppression, communities THRIVE.

https://www.thrivema.org/
New Documentary in the Works

New Project about “Angola” Builds on the previous films about Incarceration and Reentry

http://www.dhammabrothers.com/

https://beyondthewallfilm.com/
Questions for Louie?

PLEASE USE THE CHAT BOX.
Thank you Louie!

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