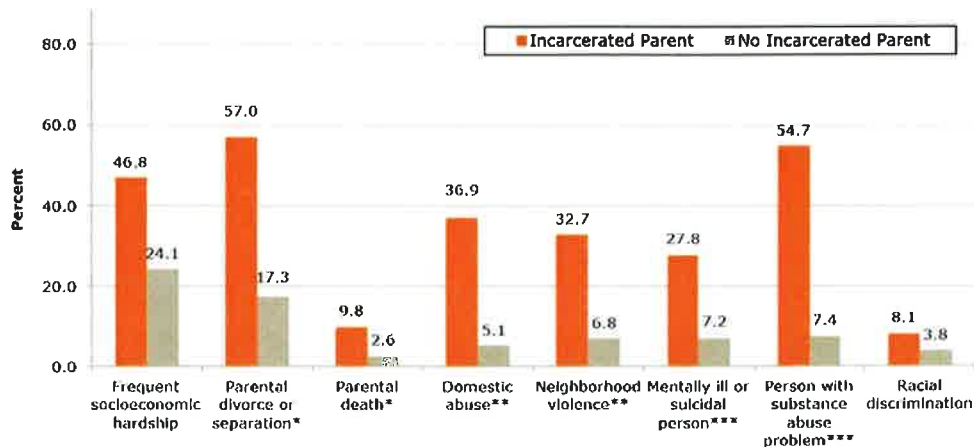


Parental Incarceration and Children's Health

On any given day, an estimated 2,000 Vermont children experience parental incarceration; that's **6,000 children a year** – the same as the number of Vermont babies born annually. One out of every 17 children in Vermont has had a mom or dad in prison.

Children with an incarcerated parent experience ACEs at a much higher rate than other kids: **3.7 ACEs, versus 0.7** for children whose parents were never in prison. (Child Trends, 2015).



*Resident parent
**Victim or witness to
*** Residence with
Source: Child Trends' analysis of the National Survey of Children's Health.

For nearly 15 years, *Resilience Beyond Incarceration* has been working with the children of incarcerated parents, along with their caregivers and families—a **multigenerational approach** to reduce ACEs and promote resiliency among this most vulnerable population.

Most parents in our program have experienced **8 to 10 ACEs** during their own childhood. Without effective intervention and support, intergenerational transmission of multiple adversities is likely.

Incarceration serves as an indicator of other co-occurring risks that make our children and families particularly fragile. These 6,000 children are Vermont's invisible orphans of justice. Experiencing ACEs at a very high rate, they are **three times more likely** to experience:

- serious mental and physical health problems
- learning disabilities and school drop-out
- delinquency
- incarceration later in life



Effective Application of Resilience Research

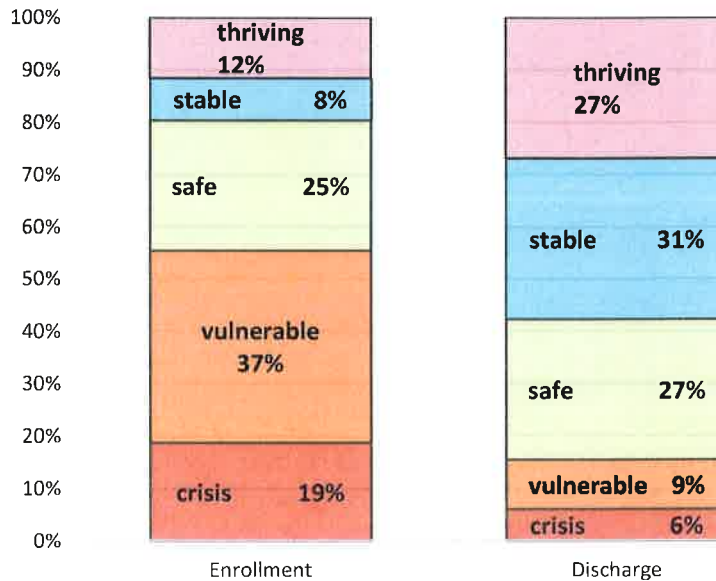
Resilience Beyond Incarceration applies resilience research in our home-visiting and clinical case management program. We use an evidence-informed approach to address the social determinants of health, and support families in building protective factors.

Ten years of data demonstrate our effectiveness: **6% conviction rate** later in life, compared to similar cohorts with rates ranging from 24% to 61%; **high-school drop-out rate of 20%**, significantly lower than expected; and **noticeable gains in social determinants of health** as measured by the Self Sufficiency Matrix (SSM).

Self-Sufficiency Matrix Scores Across Selected Domains (Percentage gain from enrollment to discharge)

Health/Mental Health/Substance	52%	Transportation	48%
Safety and Violence	48%	Parenting Skills	23%
Criminal Justice/Legal	51%	Education	38%
Housing	58%	Social Support/Community Connections	56%
Financial Stability	60%	OVERALL	44%

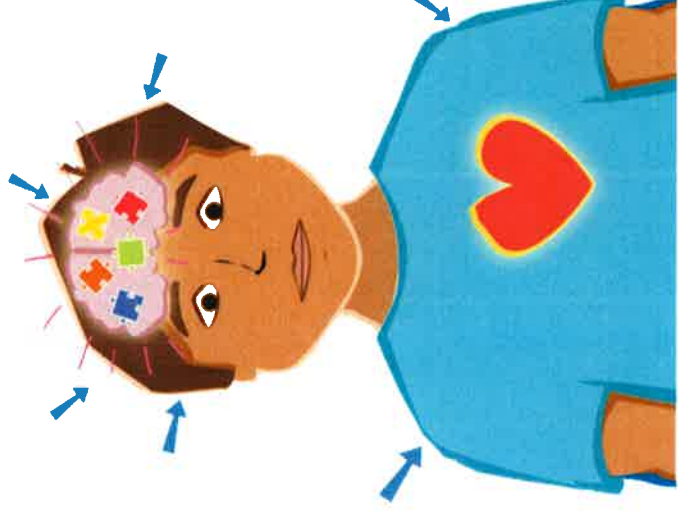
Aggregate snapshot: SSM scores in all domains (2016 data)



Toxic stress & adversity impact early brain development

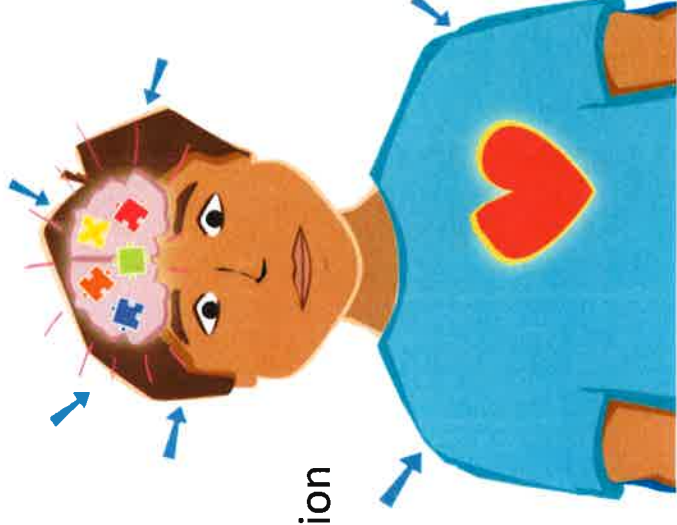
ACEs include:

1. Emotional Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical Neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member

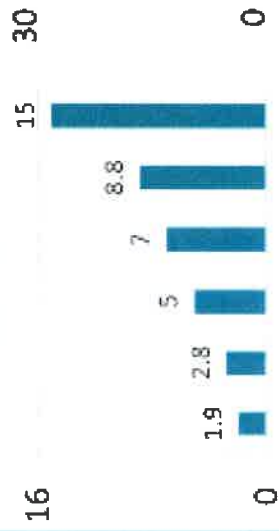


Toxic stress & adversity impact early brain development

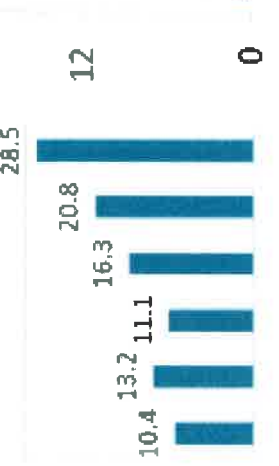
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witnessing a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disaster and war



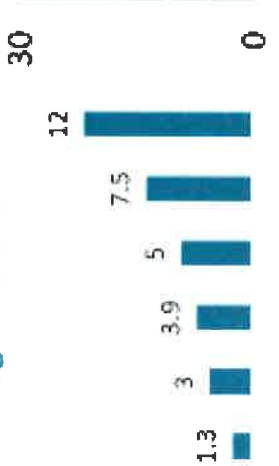
Anxiety



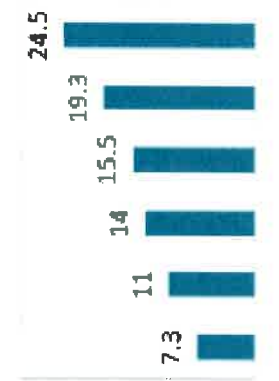
Smoking



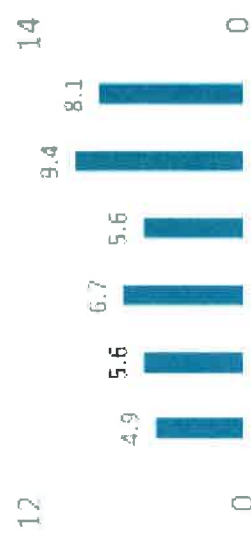
Drug Problem



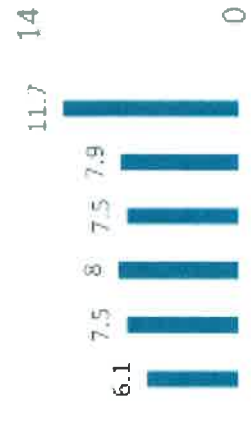
MH Treatment



Cardio Vascular Disease



Diabetes



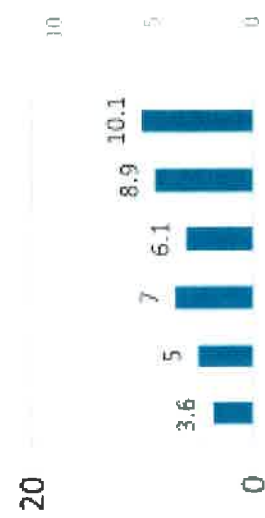
Asthma



Cancer



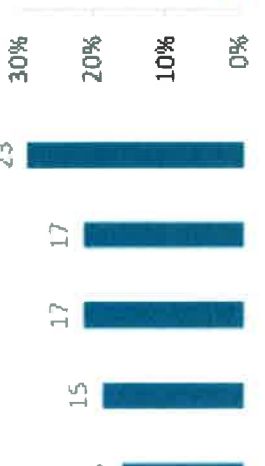
Work Injury/Illness



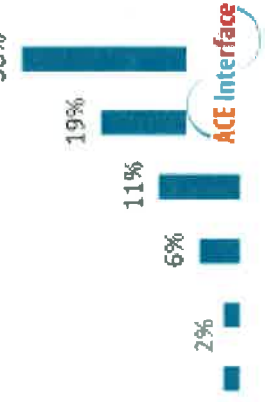
Missed 15 of 30 Work Days (MH)



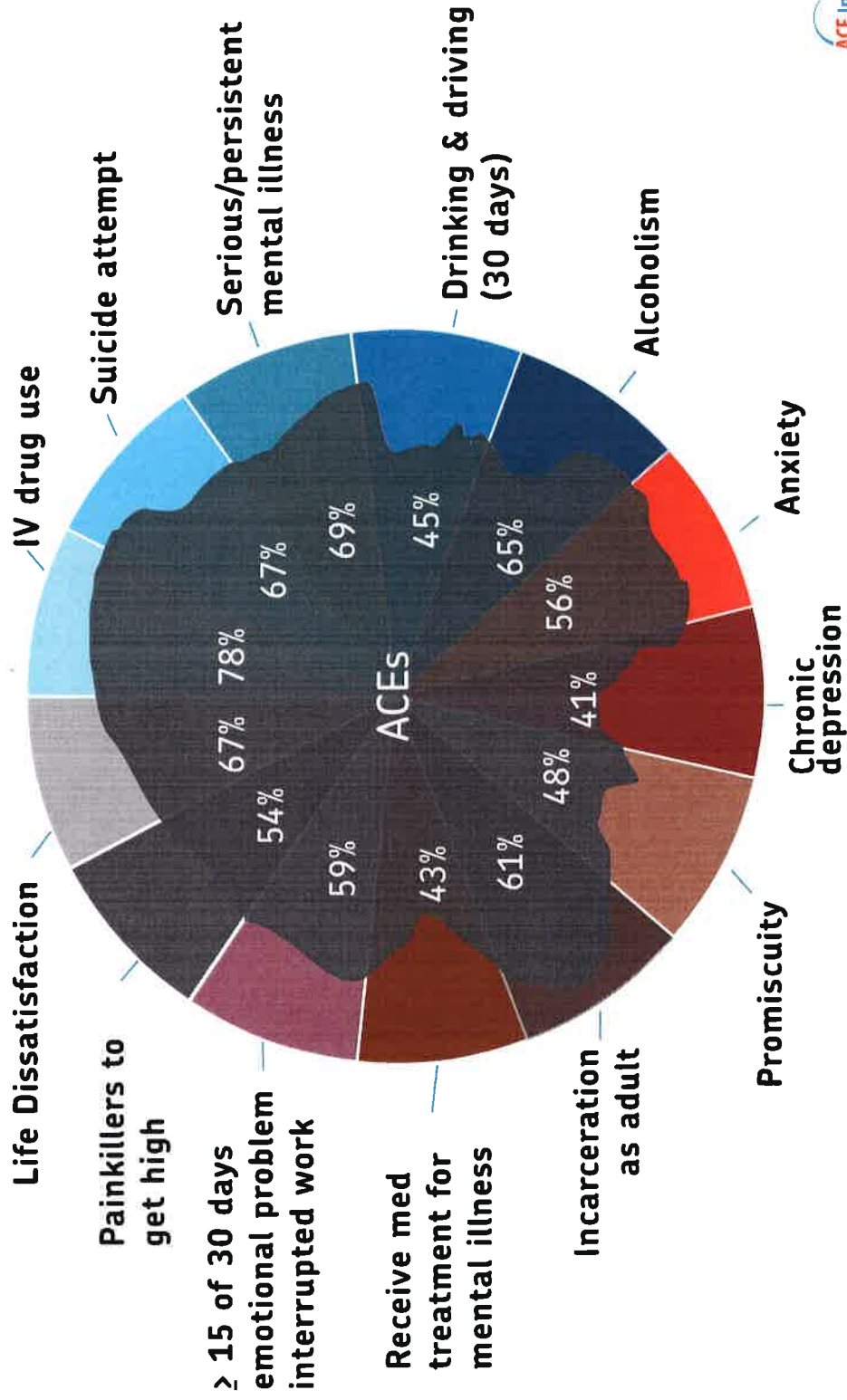
Unemployed



Homeless



Population Attributable Risk



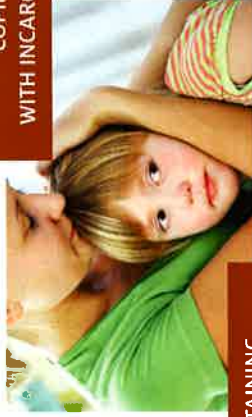
Controls: gender, age, income, education, race-ethnicity

12 Good Reasons You Might Want Help from RBI

- 1 I want my kids to have a better childhood than I had.
- 2 I want to help my grandson keep in contact with his dad in prison.
- 3 I want my kids to grow up healthy, knowing how to eat well and exercise.
- 4 My son is not doing well in school and I would like help figuring out what he needs.
- 5 I am getting kicked out of my apartment and need help finding a good place to live.
- 6 I want some help finding a job and getting child care.
- 7 I'd like help with my substance use.
- 8 I would like to find a summer camp for my son.
- 9 I'd like help with my probation and work crew requirements so I don't go to jail.
- 10 I need to find a dentist for my son, and a counselor for my daughter.
- 11 I'd like to help my children get involved in some activities they enjoy.
- 12 I want to learn how to manage our money better, and build a future.

RBI helps families in five areas:

COPING
WITH INCARCERATION



MAINTAINING
HEALTH AND WELLNESS



BUILDING COMMUNITY
CONNECTIONS



ACHIEVING
SCHOOL SUCCESS



CREATING
A STABLE HOME



Resilience Beyond Incarceration

A Program for Children and Families

The trauma of parental incarceration can affect a child's life forever. RBI works to reduce adverse effects by supporting children and their caregivers through the challenges that come with involvement in the criminal justice system.

We provide clinical case management services to families living in the Lamoille Valley, and we offer consultation and training for community partners throughout Vermont. RBI is a program of the Lamoille Restorative Center.



Lamoille
RESTORATIVE CENTER

P.O. BOX 148, HYDE PARK, VT 05655
PH. 802.888.5871 FX. 802.888.5400

lrcvt.org

Our Services

We are specialists who support healthy child development by reducing risk factors and strengthening families. Our program is voluntary and free. We work with families in their homes, schools, health care and child care settings, courtrooms and prisons. We provide support throughout the justice process, from arrest through incarceration and reentry.



Our Goals

Research shows a connection between the harmful effects of parental incarceration and adverse outcomes for kids. We aim to reduce these effects by supporting families in five key areas:

1) Coping with Incarceration

RBI helps families cope with arrest and court hearings. We work with corrections staff to support parents and children through the difficulties of separation. We assist with prison visits, calls and letters, and help caregivers navigate guardianship and coordinate services.

2) Physical and Mental Health and Well-being

RBI helps families with basic needs like food, housing, and transportation, as well as medical and mental health care. We support families in getting routine and preventative care, while also helping parents with treatment for chronic health issues, including alcohol and drug addiction, anxiety and depression.

3) School Success / Employment

RBI helps children succeed in school by working with their parents, teachers, and others to make sure they are getting necessary supports and services. We also help parents to complete their education, or vocational training, and offer employment support.

4) Community Connections

RBI helps families get involved in community activities where they can develop friendships and interests, for example joining a soccer team, drama club, art class, or going to summer camp.



5) Home Environment

RBI helps families learn about child development and safety, nutrition, communication, parenting skills, and budgeting so they can work together to create a nurturing and stable home.

Our Results

Youth who have come through our program have shown only a 6% conviction rate later in life, as compared to similar groups of youth with conviction rates from 24% to 61%.

Our youth have a 20% high-school dropout rate as compared to similar groups with a 65% rate.

Eligibility

Is the child under age 12? **AND** has the parent of the child been incarcerated?

A family is eligible for RBI if the answer to **both** of these questions is "yes."

To make a referral, please complete the referral form on our website www.lrcvt.org.

If you have questions, please call Tricia Long at 802-888-0538, or email tlong@lrcvt.org.

Our Staff

Tricia Long, LCMHC, Clinical Director, has 25 years experience helping families with developmental trauma, attachment, grieving, and resilience.

Meredith Pelkey, MS, Case Manager, has 10 years experience supporting families with addiction disorders and justice system involvement.

Lida Lutton, BS, Case Manager, has 6 years experience working with youth in various settings including a camp for children with incarcerated parents.