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CFCN

Canadian Families and
Corrections Network

www.cfcn-rcafd.org

RCAFD

Regroupement canadien d'aide
aux familles des détenu(e)s

“Innovative Correctional Mental Health Initiatives for the Family”

Human Services and Justice Coordinating
Committee Conference
November 17, 2021

Canadian Families and Corrections Network

National charity organization

Volunteer Board of Directors across Canada

29 years of dedication!

Focus on families and children of offenders

who are affected by crime



Definition of Family

“A group of individuals who are related by affection, kinship, dependency, or trust.”



Incarceration Rates 2018

Number of offenders in Canada and elsewhere

Country	Incarceration Rates 2018
Iceland	37
Ireland	78
Canada	114
England and Wales	140
South Africa	280
United States	655

per 100,000 people

Let's think about the number of families here...

How Many Canadians?

- 146,000 under supervision on a given day
- 15,000 adults in remand

CHILDREN.... TAKE A GUESS?

How Many Children?

- 450,000 children from male/federal = 4.6%
- Working on women/federal

**VERY conservative
numbers!**



How Many in Ontario?

- 48,000 under supervision on a given day
- 5,300 adults in remand

CHILDREN.... TAKE A GUESS?

Canadian Families and Corrections Network

We work with the whole family! Why?



Holistic Approach

Inclusive

Help children cope

Family members/Organizations need support

Those in custody need family assistance

Breakout - Question

- Say hello
(Name / Location / Work)
- Question

**How do you think Covid-19 is separating people from their relationships more than usual.
In our communities?
For those in custody?**

Mental Health Pre-Covid CMHA Facts

- 1 in 5 people in Canada/year MH problem/illness
- All ages, education, income levels, and cultures
- 8% of adults will experience major depression at some time in their lives

Mental Health Pre-Covid CMHA Facts

- By age 40, about 50% of the population affected
- 1% of Canadians will experience bipolar disorder (or “manic depression”)
- Schizophrenia affects 1%
- Anxiety disorders affect 5%

Mental Health Pre-Covid CMHA Facts

- Suicide is 24% of all deaths (15-24 years), 16% (25-44 years)
- Suicide is a leading cause of death for men/women from adolescence to middle age
- The mortality rate due to suicide among men is four times the rate among women

Breakout - Scenario

- John, married to Anita, 3 children (10, 7, and 4 years)
- Trucker, separated from his family often for long periods of time
- Covid – loses his job
- Stays at home, works on the roof, falls and hurts his back
- Opioid overdose, jail

Breakout - Scenario

➤ Question

How can John connect with his family and children from prison?

If he reintegrates and still not able to have custody of his children?

Mental Health Covid CMHA Facts

- 21% moderate-severe anxiety
- 26% binge drinking
- 21% lonely
- 20% depressed

“On average, across the world, men tend to have poorer health than their female counterparts and die 6 years earlier than women.”

Social Connectedness Pre-covid Movember

- ¾ suicides are by men
- 18-24 years and those over 75 higher risk of loneliness
- Healthy close relationships can increase resilience

“Gender is one of the strongest and most consistent predictors of health.”

Parental Poll

➤ Question

What percentage of what children learn is modelled from someone else?

(25%? 40%? 75%? 80%?)

So....

- Do you add connections to children into your conversations?
- Do you talk about co-parenting and custody in your programs?
- Do you have time to consider partner relationships?
- Do you ask about supportive relationships?

It's all about connections!

Unique Programs - Children

- Free Children Letter-Writing Kits
- Paper Hugs and People
- Contests for children and youth, Calendar
- Work with schools, community organizations
- Work with counselors, teachers, caregivers
- Children who visit prison and those who live there through Canada's Mother-Child program
- Adult Children



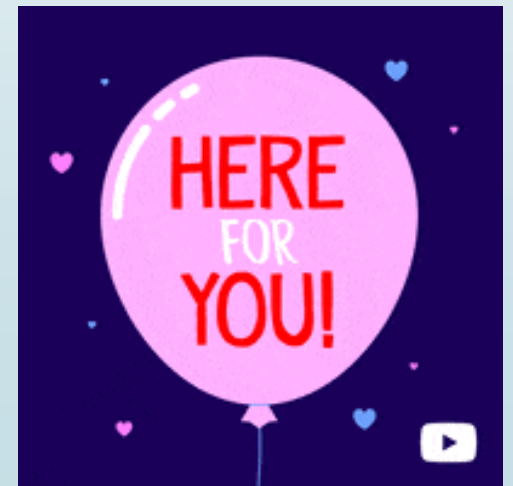
Educational Resources - Children

- Jeffrey Goes to Jail storybook
(Recognized United Nations on the Day of the Child)
- Jeffrey's Out of Jail storybook
- Jemma's Baby Brother "IN JAIL?" storybook
- Dead Ball Specialist Comic book
- Telling the Children About Incarceration
- Parent-Child sheets



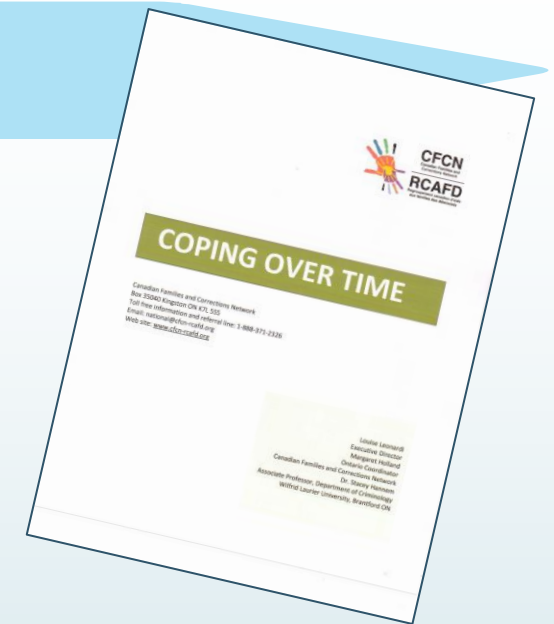
Unique Programs – Family Members/Supports

- Toll-free, bilingual, information/referral/support line
- Family mail-out packages to assist in coping with crime (Corrections, Parole Reintegration)
- Information packages to non-profits, schools
- Virtual Family Support Group
- Visitor Resource Centre



Educational Resources - Incarceration

- Time Together
- One Step at a Time
- Coping Over Time
- Building on your Supportive Relationship Network
- Support Group Guide



Unique Programs – Incarcerated Person

- Prison Letter Writing Kits
- Library books, knowledge, etc.
- Visitor Resource Centre Resiliency Sessions
- Family Liaison Worker
- Dad HERO (Helping Everyone Realize Opportunities)
Parenting program



Educational Resources - Reintegration

- A New Time
- Time's Up
- Reintegration Preparation Workbook
- Parole Book




Other Resources

- Movember: <https://familyman.movember.com/>
- Dad Central: Fact-marks, booklets, etc.
- Virtue Cards: <https://virtuesproject.com/>
- Department of Justice: Making Plans book

What can you do?

- Ideas from this presentation, others' insights
- Check out our website
- Encourage your staff to help
- Talk to families, see what they need
- Start small and build



Difficult things aren't
easy, but they're worth it.

Mia Love

quotation

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