

Bridging the Gap Between Incarcerated Mothers and their Children:

An Ecological Perspective

Jessica Costanzi, CTRS

Overview

- Mothers experience maternal distress and negative mental health outcomes during incarceration due to physical separation
- Many parenting programs offered at women's correctional facilities are often deemed ineffective

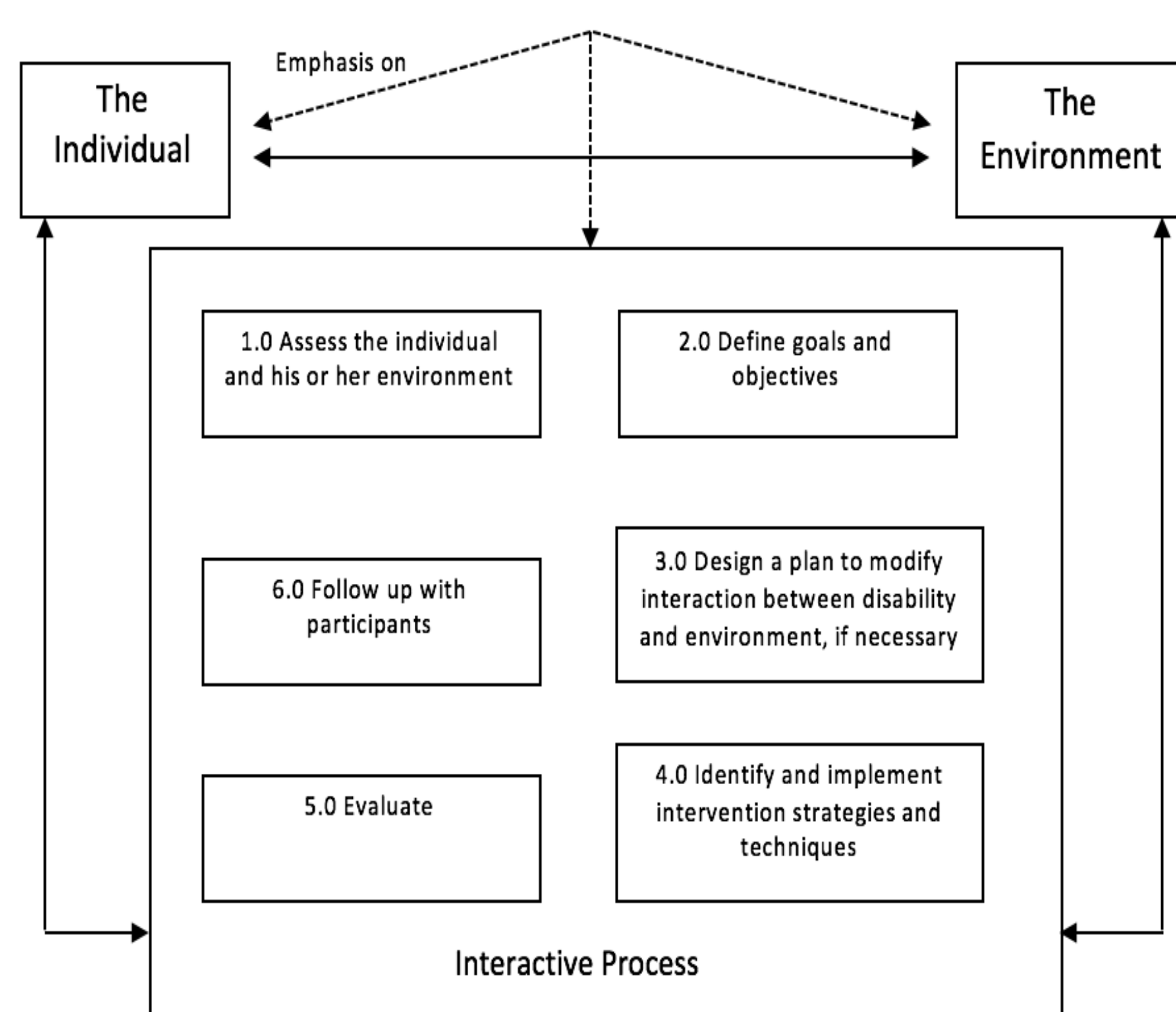
The Ecological Model

- Places an emphasis on how individuals interact with their environment
- Aims to promote individual growth through leisure engagement

Linking Model to Incarceration Experience

- Increasing coping: as mother's change the ways in which they cope with the effects of their environment, they can begin improving their relationship with their children

The Ecological Model



Increasing coping skills in incarcerated mothers can reduce the strain that is placed on their relationship with their children.

IMPLICATIONS

- Parenting programs: standardized guidelines should be set so effective and appropriate classes can be provided
- Coping skills: developing groups dedicated to helping mothers increase their coping skills through role-playing
- Mentorship program: pairing previously incarcerated mothers with currently incarcerated mothers to provide information and a support system
- Collaboration: working with organizations that can assist in providing appropriate mentorship and parenting programs to mothers who are incarcerated
- Visitations: a safe space should be created where families are invited to engage in various activities together that can foster a sense of trust

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