THE DEVELOPMENT OF A SELF-ANALYSIS INSTRUMENT TO AID THE COUNSELOR IN PRERELEASE COUNSELING OF PRISON INMATES

An Abstract of a Field Report by Linda S. Christensen December 1975
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Problem: Frequently inmates of penal institutions are not equipped to deal with the stress of marital, family or community life upon release. There appears to be, as well, a severe shortage of counseling tools directed specifically toward the soon-to-be-released individual.

Procedure: Therefore, a research project was designed to investigate what counseling methods are currently practiced and what problems are actually faced by the newly-released individual.

Findings: This investigation culminated in the development of a self-analysis instrument to be completed by the inmate and his spouse/parent/or other person significant to him. The completed instruments would then be used in a confrontational three-way counseling session that would ultimately provide the inmate and the other significant individual with a realistic view of his own assets and liabilities, his alternatives for the future, and his expectations for himself and others within the community.

Conclusions: Upon the basis of the data accumulated in this study it is concluded that: (1) little has been done specifically in prerelease counseling practice or research, (2) what counseling that does take place usually takes the form of group counseling or psychotherapy, and that (3) any counseling received in prison is preferable to no counseling at all in helping the inmate to make a successful life outside prison. The most common problems faced by the newly-released individual were found to be those involving: (1) alcohol and drugs, (2) a low self concept on part of releasee, (3) family communication difficulties, (4) employment, and (5) finances.

Recommendations: Future studies could be directed toward the practical application of the Self-Analysis Instrument within the prison setting and the observation of post-release behavior of those individuals completing the Self-Analysis Instrument.
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Linda S. Christensen
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Chapter 1

INTRODUCTION

PURPOSE

It has been demonstrated in this writer's personal observation as a parole officer and in the literature pertaining to the field of correctional rehabilitation, that inmates of state and federal penal institutions very often are not equipped to deal with the stresses of marital, family or community life once released from prison. Changing societal attitudes and roles and problems of employment, family and financial readjustment are but some of the areas for which an inmate returning to the community needs to be prepared. Presently there seem to be very few tools at the disposal of the prison counselor directed specifically toward these needs.

PROBLEM

The following investigation and self-analysis instrument were developed in response to several questions:

(1) What counseling tools and methods are currently used in prerelease counseling sessions, (2) What specific problems does the newly-released individual face in his new environment, and (3) What type of counseling tool could be developed
to better prepare the newly-released individual for life in his new environment.

REVIEW OF RELATED LITERATURE

Recidivism rates are seemingly good indicators of a need for prerelease counseling. In his book, Crime in America, Clark stated that 80 percent of all felonies committed in the United States were committed by repeaters. Delorean, current president of the National Alliance of Businessmen which is working specifically with the criminal offender, is quoted in Newsweek as saying that 85 percent of the crime in urban areas was committed by previous offenders and that these persons were arrested within six weeks of leaving prison. John Bartlow Martin, famous journalist in crime, quoted 60 to 70 percent as the correct number of men who "leave prison and come back for new crimes." Glaser, in reporting on his study, found the recidivism rate for his group to be about 33 percent. Hollister, in collecting recidivism information from inmates directly, reported that one inmate found that in


2 "Ex-cons, Unhappy Lot," Newsweek, February 25, 1975, p. 84.


the prison where he served thirteen years, 20 percent of the population had served a previous sentence in that or another prison, 16 percent were "three time losers" and 37 percent had served four or more prison terms. Only 27 percent of the inmate population were "first timers" and of these, 6 percent were aged twenty-one years or younger.¹

New York State, paroling about three quarters of those released from prison, follows its parolees for the duration of parole or for five years, whichever is shorter. In 1956, the median parole supervision time was about 2½ years. Of those paroled, 44 percent were reimprisoned.²

A 1951 study of California male prisoners paroled showed 34.5 percent were returned to prison within three years; a total of 36.5 were returned within six years; and a total of 36.7 percent were returned by the ninth year.³

Washington State, paroling 99 percent of its inmates found after studying parolees from 6 months to 2½ years

¹ Hal Hollister, "I Say Prisons Are a Failure," The Saturday Evening Post, August 26, 1961, p. 13.


only, that 62 percent experienced no further penal action.¹

It should be noted that many penal systems separate
the inmates between penitentiaries (for more serious, violent
crimes and for repeat criminals) and reformatories (for the
younger inmates, less serious crimes, and for first and
second offenders). Consequently, statistics from one insti-
tution would certainly not correlate closely with those of
the other. It should be also noted that since many states
make extensive use of probation for a wide variety of
offenses, only the perpetrators of very serious crimes and
repeat criminals are likely to enter the prisons at all.
Thirdly, in many studies attempting to list recidivism rates,
not all institutions respond to inquiries, not all compute
their statistics from the same base, and not all of the
institutions have identical definitions of "parole viola-
tion," "successful parole," the conditions under which an
individual is supervised or under which he is considered a
recidivist. Thus, while recidivism rates do show that num-
bers of former inmates are returning to prison, and there-
fore, could most probably benefit from a prerelease counseling
program, these rates vary in their worth in describing just
how many and for what reasons these returns are made.

In response to the question of what counseling

¹State of Washington, Dept. of Inst. and Board of
Prison Terms and Paroles, Adult Parolee Study, 1960 as
cited in The Effectiveness of a Prison and Parole System,
Daniel Glaser (Indianapolis: Bobbs-Merrill Company, 1964),
p. 23.
practices and tools are currently in use in the prerelease situation, corrections literature is noticeably scant. Group counseling or "therapy" seem to be favorite treatment modes within the prison setting. A study by Shelly in 1959 attempted to show the effect of organized programs of counseling on the antisocial themes elicited by the TAT from youthful prison inmates. Finding a control and experimental group from the general population of young prison offenders, he exposed the experimental group to a program of organized counseling using selective cards of the TAT. The control group received no counseling. His findings showed that:

1) While both groups showed reduced antisocial scores, the experimental group showed a significantly greater reduction,
2) Members of the experimental group had a higher rate of parole success, and
3) Those subjects having the greatest reduction in antisocial scores had the highest rate of parole success.¹

In another long-range study of group therapy in Minnesota State Prison in 1970, two groups of sixty-seven inmates each were found—those making a satisfactory adjustment after release and those making an unsatisfactory adjustment (and subsequently returned to prison). While on parole, each individual was rated on 800 items on five different

occasions over a twenty-week period as to satisfactory and unsatisfactory progress on parole. Prior to parole, all inmates had been involved in regular therapeutic groups and classified by their therapists as to their success within the group and their probable success on parole. Those who later proved unsatisfactory on parole were those experiencing character disorders, rated by their therapists as active, verbal, and participating in group, and judged by their therapists to have the best chance for parole success. Those later making a satisfactory adjustment to parole were found most often to experience neurotic behaviors, to have done poorly in group therapy and to have been given less glowing recommendations for success on parole by their therapists. Consideration might be given, the author noted, to the appropriateness of passive, accepting, and supporting treatment modes as are used in prison rehabilitation.1

Another study completed in 1970 involved an evaluation of the relative effectiveness of role playing and group therapy on the subsequent socialization of parolees. In terms of success on parole (lack of parole violations), those individuals involved with role playing while in prison were most successful in parole, than those involved in group

therapy, and lastly those receiving no counseling. While it was not clearly confirmed, it was indicated that the measurable level of socialization of parolees could best be derived from a program of role playing, that both role playing and group therapy had a positive effect on the rate of parole violations, and that either would be preferable to no counseling at all.\(^1\)

Other studies showed that group therapy seemed to be the most popular form of prerelease counseling used in prisons today and that it and other forms of counseling did seem to make a measurable difference in the later success or failure of the prison client once released from prison.\(^2\)

Similarly, there is little research concerning counseling geared specifically toward immediate release. Many correctional institutions use half-way houses and prerelease centers that deal only with finding housing and jobs and helping generally to ease the shock of re-entry into the community. Glaser contended that while many prisons do have prerelease orientations varying in magnitude and quality, many more, especially in the state systems, were seemingly more concerned with initial intake orientation as it was more

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directly applicable to the prison setting, more controlled, involved inhouse staff and avoided the necessity for employing community volunteer speakers or in becoming acquainted with parole functions or conditions away from prison. Glaser found the "optimum" program to include counseling sessions on problems inmates were likely to encounter in seeking employment including practice in completing application forms and in securing social security cards. He suggested that personnel men from industry and parole officers should appear personally to discuss their respective areas of expertise.¹

One pilot program by Fenton made a concerted effort to involve the families of inmates in as many phases of the prisoner's life as possible prior to release. Families were advised through correspondence and personal interviews of the prisoner's progress and were invited to join with their "loved one" in prison activities in which he was involved—musicals, AA meetings, group counseling, and group psychotherapy. In some cases, evening meetings on the parole and prison systems were held for the families by the parole agent in the home communities. It was hoped that the treatment of the family would instill a positive opinion of the correctional system with the family and have a direct bearing on the way the family influenced the inmate when released.²


No follow-up evaluation is available to date.

In a study of crime and its treatment in Canada, the researcher summed up his findings thusly:

One of the greatest problems in parole is the difficulty almost everyone concerned has in facing up to the fact that there must be adequate planning for release. Parole workers find from observation it is only with the greatest self discipline that the institutional authorities and after-care workers, let alone the parolee himself are able to deal with realities. It is an unhappy fact that an offender can find himself on the street facing problems that he himself has never considered, and that have never been presented to him.

It would therefore seem logical that careful, direct and realistic prerelease counseling and planning are crucial to success in the free community.

Just what issues would be covered in this direct and realistic counseling approach would necessarily derive from the types of difficulties encountered by the newly released individual. To this end, a careful study was made of such difficulties as seen by the parolee, the parole officer, the families of the parolees, and those community resources dealing with the released person.

From this writer's own experience in dealing with fifty-one parolees from the Iowa State Penitentiary and the Iowa State Reformatory, the following "problems" were discovered: (1) low self concept, (2) difficulty finding or holding employment, (3) considerable financial difficulty,

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(4) resumption of acquaintance with "old friends" of a criminal orientation, (5) poor relations with family, (6) poor living situation, (7) abusive use of alcohol or other drugs, and (8) loneliness or feelings of alienation, confusion, or anxiety.

Irwin reinforced these findings mentioning the following as barriers to successful parole living: (1) initial depression and loneliness, (2) "getting by with a minimum of $60.00 institution money" and minimal clothing on release, (3) unemployment or difficulties with employment, (4) unsuitable residence, and (5) inability to step directly into the "mainstream of normal society"—no longer prompted by bells or the routine of prison life.¹

Glaser focused on the difficulty in locating a job and in functioning in free society without adequate income.²

Chaneles found: (1) lack of adequate home surroundings, (2) inadequate financial arrangements, (3) police hostility, (4) difficulty in finding adequate jobs, and (5) immediate acceptance from old acquaintances to be stopping blocks to the success of the new releasee.³

Shiner, formerly of the John Howard Societies of Quebec and Ontario, cited "marital reintegration" as a major


²Glaser, op. cit., p. 334.

problem facing the returning parolee.¹

Reid, Executive Director of the Alberta Society, listed a series of standard post release problems he personally compiled for use in interviewing newly-released parolees: (1) employment, (2) economic insecurity, (3) accommodations, (4) recovery from initial shock of re-entry into the community, disorientation, confusion, (5) resumption of normal family and marital relations, (6) pressure to acquire material goods, (7) establishment of social relationships, (8) use of leisure time, (9) need to be accepted, (10) fear of returning to old group, (11) cycles of depressions and discouragement, (12) hostile attitudes toward police, (13) pre-conviction debts, and (14) licensing and bonding.²

So widely accepted is the idea that employment is a key ingredient to parole success that the United States Department of Labor is currently involved in offering a number of special programs to convicted felons to ease their reentry to the world of work. Employment and JOBS programs are aimed at procuring jobs for the parolee prior to release. The federal bonding assistance provides fidelity bonds for


ex-offenders to enable them to hold jobs closed to them because of an inability to be bonded or merely to motivate employers in hiring the ex-offender.¹

Sterling and Harty listed the funding problem as the most consequential to the newly-released individual. They found in interviewing parolees on this question that a sense of disorganization was felt by almost everyone upon actual release and that those married individuals listed the re-establishment of the marital relationship as among the most difficult problems to which to adjust.²

In a study to determine what effect prison has on men after they are released from prison, 423 men were followed during the first twelve months in the community. Releasees and parole supervisors were interviewed periodically to identify factors during the first few weeks related closely to re-arrest. It was found that whether a man was employed, lived with his wife and family, used alcohol regularly, was associated with "criminal" friends--was found to be statistically related to re-arrest at twelve and twenty-four months.³


Also, while not specifically stating that newly-released persons suffer from acute lack of self esteem, there is much information directing the parole agent to be human, accepting, honest, and giving—all qualities that would indirectly tend to improve the self concept of the recipient of this behavior.

Leffler, Chaplain and Clinical Researcher, stressed "human beingness, mercy, patience, thoughtfulness, humility, (and) reverence for life" as necessary if a parolee is to make a successful parole.¹

Hodge agreed, saying that:

... While firmness is necessary in dealing with prisoners, a prisoner should be treated as a dignified human being and never degraded or be made to feel that he is an inferior person. Self respect should be fostered. As he is treated, so will he respond.²

Arcaya, Psychologist for the Allegheny Court Adult Probation Department in Pittsburgh, Pennsylvania, summarized the role of the parole agent to include equal statuses of parole agent and client, high personal regard, involvement in the counseling process by both parties, effective communication with common language basis—all toward the


upgrading of the client's self image.¹

Mangrum, Director, Adult Division, San Bernardino County Probation Office, suggested that the probation officer maintain a "common touch" to basic human emotions and demonstrate a simple, human concern for the probationer using kindness, consideration, sympathy, mercy, compassion. He stressed also talking with rather than to the probationer. In effect, he said, "treating the offender as a second class citizen and denying him human dignity and worth is much worse than no probation at all."²

Glasser discussed what he considered the basic tenets of Reality Therapy: (1) the need to love and to be loved, and (2) the need to be worthwhile in "our own and in others' eyes"--the needs that must be fully met before an individual can be fully and successfully functional in society.³

More recently, another need has been identified by Glasser--the need to be involved; the need to have a personal and a group identity. Speaking specifically of criminals in his later book, Glasser found the commission of most crimes due to "an attempt to overcome a sense of failure... to escape from the pain of... failure." He


stated further that "... in our correctional system we punish failure, and that the punishment of those who fail only drives them further into failure."¹ He strongly recommended treatment instead of punishment allowing an individual to meet his basic needs, accepting no excuses, administering no punishment, forcing reality on to a person to make him real, responsible, and successful in his own and in others' eyes.

Chapter 2

PROCEDURE

RESEARCH

Research was conducted to find the answer primarily to the question of what specific difficulties are faced by the parolee once released from prison and, secondarily, to discover: (1) if there is a need for prerelease counseling, and (2) what prerelease counseling tools and methods are currently in use.

This information was gathered from literary materials such as professional journals, texts of casework principles and techniques, articles and books written by and about inmates and parolees, parolee case files, and personal observation and experience of the author as a parole officer.

In a sample of parolees released from prison in Iowa between 1970 and 1974, a thorough evaluation of case files was made to determine what specific problems were faced by the adult parolee upon his release. Chronological report entries by the parole agent indicating all contacts with the parolee, his family, and all other community resources were studied. Additionally, monthly report forms completed 16
by the parolee on which he listed weekly earnings, disbursements, hours and days worked, amount of monies in savings, involvement with law enforcement, special problems and requests were examined as well as regular quarterly reports chronicling activities of the parolee, specific difficulties, specific successes, attitudes, and needs of the parolee. A special effort was made to look only at the first three months of the parole--or a shorter time, in the case of those returned to the institution. It was felt that after that time, the individual would have regained the usual social defenses and sophistication to deal with his problems inside the law.

A careful review of these documents indicated eight distinct areas of concern for the new parolee: (1) low self concept, (2) difficulty finding or holding employment, (3) considerable financial difficulty, (4) resumption of acquaintances with "old friends" of a criminal orientation, (5) poor relations with family, (6) poor living situation, (7) abuse of alcohol or other drugs, (8) loneliness or feelings of alienation, confusion, or anxiety. A closer examination was then made for an indication of each of their eight problems during the initial three months on parole. A tally sheet was set up for each of the eight problems and a mark tallied for each individual meeting the criterion set up for each of the categories. The criterion used for each category was actually self-explanatory. Where there were three
or more notations in the parolee file indicating involvement in one of the eight areas cited, a tally mark was made. For example, notation of an arrest for intoxication, a call from an alcoholic counselor, and a call from the wife of the parolee describing abusive alcoholic behavior would constitute a tally in category seven. Similarly, information noted from the parolee himself or his parent or wife that showed resentment on the part of the parent, uncooperativeness on the part of the parolee, or frequent marital disputes on the part of the parolee and spouse would constitute a tally in category five. The categories are purposely vague so as to include the many possible variations that do occur in the life of the parolee.

CONSTRUCTION

On the basis of this informal study and the information gleaned from the literary research, a self-analysis instrument was constructed. This instrument called for opinions, expectations, and actual knowledge of the respondent within the areas of: (1) initial adjustment, (2) alcohol/drugs, (3) home life (under which are subheadings): a) self and family, b) household role, c) recreation, d) friends, (4) employment, (5) finances, and (6) community resources.

The instrument was specifically designed to cover information pertaining to those areas found to be most influential in the newly-released individual's first several weeks.
and months out of prison. Special effort was made to document each "heading" and each item included in the self analysis instrument from the start.

The instrument was then distributed to various parole agents, parole supervisors, prison intake coordinators, work-release coordinators, and prisoners and parolees for criticism and contents on clarity, applicability, and readability. Appropriate revisions were made accordingly. The entire instrument was presented then to Dr. Stuart C. Tiedeman for review and final approval.

VALIDATION

The validation of this instrument was, of necessity, content validation, much the same as that used in validating the Mooney Problem Checklist. Anastasi discussed the Mooney Problem Checklist (MPCL), designed chiefly to identify problems for group discussion or individual counseling, as drawing its items from the written statements of problems of over 4,000 high school students, case records, counseling interviews and similar sources. It does not yield trait scores nor indicate degree of adjustment.¹

In like manner, the instrument presented within this paper was designed chiefly to identify problems, to provide

information for consideration and discussion, and to facilitate self-awareness and understanding. It is not a measuring device, nor does it rank its respondents in any manner.

Similarly, Burgess reviewed the MPCL in the Sixth Mental Measurement Yearbook by saying, "... the MCPL does not pretend to be a measuring device. Rather the MPCL is a form of simple communication between counselee and counselor designed to accelerate the problem of understanding the student and his real problems." Burgess continued by noting that since the normal students checked twenty or thirty items, the instrument seemed to indicate content validity.

Reliability, however, as in this writer's instrument, cannot be assessed so easily. Internal consistency methods, explained Anastasi, are inappropriate as are retest measures which are sure to vary as the problems of the individual change.\(^2\)

Also mentioned by Anastasi were two other psychological tests as representative of having content validity. The Woodworth Personal Data Sheet, developed during World War I, was an attempt to standardize the psychiatric interview and adapt it for mass testing. Its authors gathered information from psychiatric literature and conferences with psychiatrists regarding common neurotic and preneurotic symptoms. The


\(^2\)Anastasi, op. cit.
California Test of Personality was similarly constructed.

According to Anastasi, "content validity is built into a test from the onset through the choice of appropriate items. The preparation of test items is preceded by a thorough systematic examination of relevant . . . research materials as well as by . . . consultation with subject matter experts."¹

She suggested that in using this type of validation for a test, consideration should be given to subject matter areas, number of items included, procedures followed for selection and classification of items, number and professional qualifications of the "experts" used, the instruction they were given, and the extent of agreement between them on every item.²

Huddleston contended that "... a test should be valid at the planning stages, writing stage, reviewing stage, and assembly."³

Accordingly, the following procedure was followed throughout the initial planning, researching, writing and confirming of this project.

The first step involved reviewing case file materials on fifty-one parolees under the supervision of this writer as parole agent in Iowa for adults between 1970 and 1974. Specific documents examined were chronological report entries by the parole agent indicating all contacts with the parolee,

¹Ibid.
²Ibid.
his family, and all other community resources; monthly report forms completed by the parolee listing weekly earnings, disbursements, hours and days worked, amount saved, involvement with law enforcement, special problems and requests; quarterly reports by parole officer giving overall activities of the parolee, specific difficulties, specific successes, attitudes, needs; additional psychological test information; reports from psychologists, psychiatrists, counselors and caseworkers of other agencies; and letters from relatives, employers, and creditors.

A general scanning of these documents indicated eight distinct areas of concern for the new parolee: (1) low self concept, (2) difficulty finding or holding employment, (3) considerable financial difficulty, (4) resumption of acquaintance with "old friends" of a criminal or questionable orientation, (5) poor relations with family, (6) poor living situation, (7) abuse of alcohol or other drugs, and (8) loneliness or feelings of alienation, confusion, or anxiety. A closer examination was then made for any indication of each of these eight problems during the initial three months of parole. A tally sheet was set up for each of the eight problems. Figure 1 presents the results and indicates that:

1. Seventy-eight percent demonstrated problems with self-concept (feelings of self-worth and adequacy).

2. Sixty-nine percent found difficulty in employment--finding jobs, keeping job, conflicting personalities on the
Figure 1. Problems faced by Iowa parolees during first five weeks of parole from State Adult Penal Institutions, 1970-1974.
job, tardiness and absenteeism, dissatisfaction with job, dissatisfaction with employee.

3. Eighty percent fell into financial difficulty--due to unrealistic concept of the cost of living, inability to budget, delayed time period between release and first paycheck, desire to acquire fineries of the "free world," lack of savings.

4. Sixty-seven percent indicated that they had resumed personal relationships with "friends" considered "undesirable" by parole officials (i.e., persons with criminal background proved and suspected) which caused them trouble in the community and with their parole officer.

5. In 57 percent of the cases, the family situation was felt to have a detrimental effect on the parolee--arguments with wife or parent, attitudes and expectations of family for parolee were negative, inability to communicate, fear, resentment, inability to express feelings for each other.

6. Forty-three percent indicated that the living situation caused problems--lack of home to which to return, lodging with former criminal associates, rooming in undesirable hotel or rooming house, living with girl/boyfriend.

7. Alcohol or drugs entered into the early parolee lives of 42 percent of the parolees to the degree at least that its use was detrimental to the parolee success--causing tardiness or absence from work, necessitating robbery or prostitution to satisfy "habit," interfering with family
well-being, causing upset, arguments, fights, and financial difficulty.

8. Loneliness—expressly designated by the parolee—was felt in 76 percent of the cases. Not in the sense of actual isolation from people but in the sense of a real belonging to some group—a family, a friendship, or an acquaintance at work. Most parolees felt dissociated even from their own families because of their new experiences in prison, new realizations, and new frames of reference which their families did not understand.

Literary research was then begun to determine what "experts" in the form of prison and parole officials, sociologists, and prison inmates and parolees themselves felt to be the most outstanding obstacles presented to the newly-released individual. All this information was carefully evaluated and categorized into definite subject areas, as follows: (1) Initial Adjustment, (2) Alcohol/Drugs, (3) Home Life— a) self and family, b) household roles, c) recreation, and d) friends/acquaintances, (4) Employment, (5) Finances, and (6) Community Resources.

The following is a "justification" for the inclusion of each subject area in the Self Analysis Instrument. The questions included in each area are derived from this "justification" material.
Initial Adjustment

From this writer's personal survey, 43 percent of the 51 parolees studied experienced problems with their living accommodations either from lack of a "home" environment to which to return, or an inadequate one fostering resumption of old "ties," loneliness, and isolation from the "straight" world. Seventy-six percent of the cases stated definite feelings of isolation from the world psychologically—not belonging even to their own families.

Irwin found that, "initial depression and loneliness due to differences in technology, people, stores, transportation, accents, language . . . " account for much of the initial difficulty in adjusting. He stated that the parolee experiences too much too fast, that his reactions to normal daily activities (paying bus fare, changing buses) are slowed and that "feelings of disappointment, self doubt, and meaninglessness appear. He (parolee) must find a group of people with whom he shares a meaning world and therefore start enjoying life on the outside." Irwin mentioned that after the first week, if no job was available to continue the rent, housing problems arose, initial cash was exhausted, and the parolee could last, usually only another week. By this time, however, "... the parolee has given up, absconded, or returned to systematic deviance." Behaviorwise, the shock

of being suddenly free accounts for many missed appointments and fines—the result of having suddenly to think for himself again.¹

Reid mentioned the accommodations, recovery from initial shock of freedom disorientation, and confusion experienced by the newly-released individual as significant early problems to be overcome.²

Similarly, Sterling and Harty, in interviewing parolees, were told that the great majority of newly-released persons emphasized the extreme sense of disorganization most everyone felt upon actual release.³

One study was developed to determine the factors during the first five weeks of release related closely to rearrest. Among these factors were feelings of anxiety and exhilaration, loneliness, disappointment, and fears of talking to people. The study found, also, that individuals seemed to experience passive rejection by their families, friends, employers, and social agencies. At five weeks, releasees reported feeling lonely, having difficulty making friends, and deciding against active participation in

¹Ibid., p. 124.
sports or church activities.¹

The Commissioner of the New York State Board of Parole, in a private study, tested the significance of the home to the newly-released individual and admonished the parole officer to make every effort to provide parolees with desirable homes. In his study of 100 inmates to be released only when jobs for them had been found, 50 percent had only "furnished rooms" as suitable home surroundings. While providing more liberty and less restraint, he contended, it "surrounds even the best intentioned men with an atmosphere of desolation and abandonment and a lack of wholesome companionship." The Commissioner felt that it should be:

... a cardinal principle of good parole supervision is that when released, a man shall have the feeling that he is not only welcome in the community but also as a part of some home or family establishment willing to befriend him and take an interest in his welfare.²

One conclusion of the Glaser report— one of the many postulates drawn after eight years of extensive research— "The most unfavorable post release residential arrangement, in terms of post release failure rate, is that in which the ex-prisoner lives alone."³


Alcohol/Drugs

In this writer's personal survey, 42 percent of the parolees were involved with alcohol or drugs to the extent that it disrupted their parole in some way—causing unacceptable behavior, tardiness or absence from work; necessitating illegal behavior to finance a "habit," interfering with family well-being in terms of fights, emotional upset, or loss of financial support.

In a study reported in *Federal Probation* designed to identify the factors occurring during the first five weeks after release from prison closely related to rearrest, it was found that at five weeks individuals were lonely, had difficulty making friends, did not normally participate in sport or church activities and that "... many were drinking regularly and causing further problems with family and employment."¹

Morris reported a recent psychiatric study by Banay involving 250 admissions to Sing Sing Prison. In asking each individual the reason for his admission, 40 percent reported intoxication as the prime reason.²

¹Waller, loc. cit.
Living Situation

From this writer's personal survey, it was found that 78 percent of the parolees demonstrated problems with self concept--exhibiting and/or expressing feelings of self doubt or low self esteem. In 57 percent of the cases, the family situation was a major block to an optimum parole--arguments with spouse or parent, unduly high expectations on the part of both parolee and parent or spouse, negative attitudes and feelings on the part of both parolee and other, inability to communicate, fear, resentment, and inability to express feelings for each other by both parolee and other. In 67 percent of the cases studied, it was found that personal relationships with individuals considered "undesirable" by parole officials due to their criminal background or questionable activities were resumed.

Shiner cited "marital reintegration" as a major problem for the returning parolee. He found that the ". . . individual's capacity to love and his ability to handle hostility are at the core of the marriage relationship." He continued:

We have noted that both the interpersonal relations and impulse control are impaired in the group from which our clients appear . . . we know that the seeds of potential destructiveness are sown in one of the marriage partners, and consequently some form of marital imbalance may be present. These factors probably exist in the marriage situation of most releasees returning to their families. Superimpose upon this potential unstable marriage the trauma of separation and the
negative byproducts resulting from incarceration, and one begins to appreciate the difficulties faced by the married offender.¹

Reid, listing his standard post release problems used in interviewing parolees, found resumption of normal family and marital relations and the problems ensuing to be a major point of discussion, as well as the handling of the drive for acceptance, dealing with cycles of depression, discouragement and hostile attitudes, the establishment of new social relationships, the use of leisure time, and the fear of returning to old groups.²

In the study of newly-released persons by Sterling and Harty, parolees reported that those married offenders, especially, faced special adjustment problems in re-establishing relationships.³

In the article, "Conditional and Unconditional Release from Prison: Effects and Effectiveness," the parole officers interviewed listed the main areas of assistance they gave to the group of newly-released parolees to be in the areas of employment, marriage relationships, and personal attitudes or problems. The study found that many parolees who were married

²Reid, op. cit.
³Sterling and Harty, op. cit., p. 33.
were released to a wife who had already or would later reject them. And, rejection from the family, from friends, and even from social agencies did indeed come—in the form of passive, rather than active rejection.¹

Glaser's study concluded that:

When there is the possibility of performing either a criminal or a non-criminal act as alternative means of achieving certain ends, or where the only possibilities are to employ the criminal mean or to forsake the ends that crime might serve, people take that course of action from which they anticipate the most favorable conception of themselves.²

He based his findings on the concept that the criminal acts in a voluntary and rational manner. Glaser went on further to state that "... family relations greatly affect the ability of the releasee to achieve both economic security and a satisfying social relationship in an anti-criminal social world."³ Glaser has found that if a prisoner returns to the home still containing the same pre-incarceration pattern of intrafamily conflict, discord in the home is very likely to reoccur:

... Certainly crime, like other behaviors, only reflects perceptions and values shared with identifiable groups but also expresses individual personal traits which are a product of past experiences. These traits normally include a need for recognition from others and for self esteem...⁴

Final postulates of Glaser after eight years of study are threefold:

¹Waller, loc. cit.
³Ibid., p. 493.
(1) Discord with relations in releasee's place of residence is highly associated with subsequent failure.
(2) Development of new friends who do not know of the past criminal record is associated with post-release success.
(3) Most encounter prison acquaintances and old acquaintances soon after release but "persistent" renewal of prison contacts is highly associated with reinprisonment.

Subdivisions within this section of the Self Analysis Instrument are merely for convenience and organizational purposes.

Employment

This writer's personal survey found that 69 percent of the parolees found difficulty with employment—whether it be in locating or maintaining a job, conflicts in personality while on the job, tardiness and absenteeism, dissatisfaction with the job, or dissatisfaction with other employees.

Irwin classed employment as "by and large the biggest problem" to the newly-released individual. He mentioned that normally a parolee must have a job or a promise of a job or financial security prior to release, but found that many jobs did not work out, were fictitious or undesirable. This problem is compounded with the usually low or no skills of the releasee and the stigma he carries of being an "ex-con."²

Glaser stressed the difficulty in locating jobs due to having no skills, no experience in the routine of seeking and applying for work, in taking tests, in completing

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¹Ibid. ²Irwin, op. cit.
applications, and in having the label of "ex-con."¹

A Louis Harris Poll taken in November 1967 found that 67 percent of those interviewed recognized employment as one of the most serious problems facing a released "con." Harris found that those involved with white collar crimes (embezzling, fraud) were more acceptable for jobs than those involved in violent crimes (assault, rape) but that even so, the employment offered would be limited to janitorial or production work. Jobs as clerk, salesperson, or supervisor were highly unlikely. The summary observation from the poll found that:

... the number of people who would hesitate to hire the ex-con even though he had paid his debt to society suggests both that the public has a long way to go before it can accept and really help the returning individual and that professional help may be necessary in finding jobs for the individual and in easing his readjustment to society.²

Reid listed employment as the number one problem for the newly-released person—specifying inability to use job placement services, disillusionment about his employment situation, lack of job, length of job hunting process, inability to find work, inability to face up to employer to receive same treatment as other employees, and general feelings of insecurity.³

¹Glaser, op. cit., p. 360.


³Reid, op. cit.
In an article appearing in *Newsweek*, it was pointed out that the difficulty in finding employment was due to the nature of the clients (unskilled, lower class, uneducated), the attitudes of employers ("I'm afraid I'm going to be 'ripped off'"), and state licensing requirements (forty-six states and Washington, D.C. will not license a felon as a barber; New York prohibits felons from becoming auctioneers, junk dealers, pharmacists, undertakers, embalmers, or pool room operators; Kentucky prohibits felons from cleaning septic tanks). The article quoted Federal Prison officials as stating that "... the failure to find a job is the biggest single reason for return" to prison. A study by the Writ Institute of Berkley, California, also reported in the article, found the wage level of newly-released prisoners considerably lower than state and national averages for the same jobs, and that "cons" were often forced to accept jobs that fell far below their own sense of dignity and self worth.¹

So widely accepted is the idea that employment is the root of successful parole that the United States Department of Labor is expanding economic opportunities for offenders to specifically combat unemployment and underemployment. The Department is providing them access to manpower services.

¹"Ex-Cons, Unhappy Lot," *Newsweek*, February 25, 1974, pp. 84 ff.
training, and employment opportunities at all different stages within the criminal justice system. Such programs as "gate money" (to cushion the difficult post release adjustment period), employment and JOBS programs (to procure jobs for inmates prior to release), and federal fidelity bonding assistance (to enable felons to hold jobs needing bondable individuals or to motivate hiring) are among the many programs reported by Rosow, Assistant Secretary of the United States Department of Labor.¹

Miller, Assistant Professor of Sociology at Virginia Commonwealth University, noted that individuals entering prisons with "little training or skills, sporadic work experience, few conceptions of middle class 'proper' work habits and attitudes" generally leave much the same way.²

Wyle made a modest survey among employers in various branches of business and industry to find out why the former inmate was refused employment and under what conditions he would be offered a job. He found that:

Most offenders released from prison or reformatory cannot obtain employment unless they have "connections," lie about their past, or say nothing about it. Seldom will they find an employer willing to give them jobs


for which they are qualified, except perhaps during a war when there is a shortage of labor.1

Wyle's survey included interviews with 475 men operating successful businesses in New York City including 30 advertising executives, 12 bankers, 16 lawyers, 9 real estate agents, 7 brokers, 4 chemists, 176 manufacturers, 41 storekeepers, 60 wholesalers, and 114 other groups. Of the 475 men interviewed, 312 stated unequivocably that they would never hire a released offender, 62 hedged, and 101 said "yes" to hiring if these individuals were qualified and gave indications that they would be law abiding. Of the 101 men who would hire conditionally, only 46 had knowingly hired released offenders. Of the 312 men who would not hire, 311 said they would fire the individual if they discovered his criminal past. The chief objection against hiring was the threat that the releasee could not be trusted personally. Of the 312 men who would not hire, 71 percent said they would hire if the former inmate had a "certificate of rehabilitation."2

In Glaser's study of the five prison settings, interviews before and after release indicated that most individuals were satisfied with their initial jobs upon release but that "... an overactive imagination in anticipating an unusually rapid upward progress in job status in the years following


2 Ibid.
release ..." was characteristic of many and that"...impatience with a modest rate of progress is (was) a major factor in the ultimate violation of many..." Many releasees, Glaser continued, project themselves into a profession or business area without any accompanying experience or education.

He further found that in his post release study,

... after the first month out of prison, the ratio of unemployment was over twice as high for the failures as for those who were successful in avoiding future serious difficulties with the law.\(^2\)

Financial

In this writer's personal study, 80 percent of the parolees fell into financial difficulty due primarily to an unrealistic concept of the cost of living, inability to budget or set priorities, the delay between release and receipt of first paycheck, a desire to acquire the fineries of the "free world," and/or the lack of savings.

Irwin in his own study found that at the end of one year, or the return to prison, the median monthly income for parolees was $33\(\frac{1}{4}\). He mentioned, as well, that persons were generally released from prison with minimal resources and maximal need for immediate cash to cover initial costs of rent, food, transportation, clothing, and laundry.\(^3\)

Chaneles found the inability of new parolees to get credit from any but the high interest credit companies or to

\(^1\)Glaser, op. cit., p. 411.  \(^2\)Ibid., p. 529.  
\(^3\)Irwin, op. cit., p. 120.
purchase life or health insurance added greatly to their new burden of existing in free society.¹

Reid mentioned economic insecurity from release to first pay as a big threat to the new parolee, as well as the pressure to acquire material goods, pressure of preconviction debts, and pressures of bonding and licensing as legitimate worries.²

Sterling and Harty found that upon release from a correctional institution, "... ex-offenders are generally under instant financial stress—no savings, no emergency contingency."³

In Banay's study of new admissions to Sing Sing Prison, 43 percent reported a need for money as the reason for their incarceration.⁴

Glaser reported on the regular interviews his group held with newly-released federal prisoners in Detroit, Chicago, Cleveland, and St. Louis in 1959-1960. He found the median cash income of all parolees (except those absconders, returnees or transferees) to be $80 for the first month, $179 for the second month, and $207 for the third month. The median amount of money in each man's

²Reid, op. cit., Chap. 14.
³Sterling and Harty, op. cit.
possession upon release was $56; about half of these men had less than $50.¹ He mentioned also that family assistance in room and board was a major resource for the released prisoner.

In another survey study by Glaser covering all states except Arkansas, it was shown that all prisons issued some kind of civilian clothing to releasees except in Hawaii. Transportation costs away from prison were provided in all federal and most state systems ranging from $3. Some systems paid no transportation but did offer larger release gratuities. Six states reported paying no cash gratuities; two paid only dischargees and not parolees. Six states paid less than $10 to a prisoner upon release to aid him in "getting started again" on the "outside"; twelve paid between $12-$20, and the rest paid over $20. Texas paid $50 to dischargees (the highest routine gratuity reported), but only $5 to parolees.²

Theoretically, Glaser continued, most prison inmates could earn during their prison careers--with a normal savings requirement of 50 percent up to a prescribed limit and a median hourly pay rate of nine cents. He found the average resources of an individual at release--with twenty states having no available figure and most others giving only rough

¹Glaser, op. cit., p. 487.
²Ibid., pp. 318-319.
estimates in the study mentioned above—as follows: In Minnesota, inmates left with an average of $120 but had to pay their own transportation "home"; in Massachusetts, $80 was the median given released inmates with the inmate paying his own transportation. The lowest average monies received on release was $6 in Tennessee and Delaware. Georgia neither permits earnings nor pays gratuities except up to $8 if an individual provides his own release clothing. All federal prisoners have some funds but over half of those in the post release panel studied had less than $50 for immediate use; 23 percent had between $50-$100 on release; 21 percent had over $100; and 9 percent had over $500. The median amount was $50. Eighty-five percent reported no savings anywhere outside prison at the time of release. Fifteen percent had savings of which the median amount was $433. The maximum gratuity payment in federal prisons was $30 when funds were available. The United States Bureau of Prisons survey (found in Glaser's study) showed 37 percent of released prisoners received no gratuity, 35 percent received the prevailing $30, and the other received lesser pay.\(^1\)

\(^1\)Ibid., p. 319.
Chapter 3

SELF ANALYSIS INSTRUMENT

As the final result of the research efforts reported in this study, the Self Analysis Instrument was developed. The Instrument in its entirety follows in this chapter.

PHYSICIAN FOR USE

This Instrument was designed to be used in a pre-release counseling program involving the prison counselor, the inmate, and one other person (spouse/parent/or other person significant to the inmate). The Self Analysis Instrument would be completed by the inmate and other person separately prior to the counseling session. The completed instruments would then be used in a confrontational, three-way counseling session that would ultimately provide the inmate and other individual with a realistic view of his own assets and liabilities, his alternatives for the future, and his expectations for himself and others within the community. This instrument should ideally present the inmate with realistic information based on actual problems he is likely to encounter once released. It is theorized that if the inmate is prepared for possible parole difficulties and is equipped with understanding support of his family and
possible alternatives for solving these problems, he should have a much greater chance at making a successful parole than the inmate having little idea what the outside world holds for him.
SELF ANALYSIS INSTRUMENT

Section II - Initial Adjustment

1. When I leave here, I will go to ______________________.

2. ______________________ will probably meet me when I arrive.

3. I feel ______________________ about going there.

4. Why? ______________________
   ______________________
   ______________________.

5. Three things I especially like about my new accommodations:
   a. ______________________
   b. ______________________
   c. ______________________.

6. Three things I resent are:
   a. ______________________
   b. ______________________
   c. ______________________.

7. When I am feeling low or confused, or mad or just lonely I can always talk to:
   ______________________

Because: ______________________
   ______________________
   ______________________.

8. I could never talk to ______________________

Because: ______________________
9. I am a little afraid of being released from here because:

10. It will take me a little while to get used to: ______

11. It would be easy for me to get discouraged if ______

12. It will feel strange not to: ______

13. All in all, I will miss these things from prison:
   a. ______
   b. ______
   c. ______

Section II - Alcohol/Drugs

1. I have used the following alcohol and/or drugs in the past:
   a. ______
   b. ______
   c. ______
   d. ______
   e. ______
   f. ______
2. This use has caused me at one time or another to: (check any that are true for you)

   ______ a. fight with spouse or family.
   ______ b. get into fight on the street or in a bar.
   ______ c. be arrested.
   ______ d. lose time off work.
   ______ e. do less than my best at work.
   ______ f. have an auto accident.
   ______ g. write a bad check.
   ______ h. become physically sick.
   ______ i. feel very depressed, lonely, or frightened.

3. When I am released, I could easily obtain: _______

   ________________________________________________________

4. The reasons I would use this (these) are:

   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________

5. The reasons I would not use this (these) are:

   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________
6. My spouse/parent/other doesn't understand that:

________________________________________________________________________

________________________________________________________________________

7. I can't understand my spouse's/parent/other's attitude about:

________________________________________________________________________

________________________________________________________________________

8. I have been involved with the following alcohol/drug treatment facilities or groups:

   a. ____________________  b. ____________________

   c. ____________________  d. ____________________

   e. ____________________  f. ____________________

9. My attitude and/or feelings about them are: __________

   ______________________________________________________________________

   ______________________________________________________________________

Section III - Home Life

Self and Family:

1. My inlaws need to learn that: __________________________

   ______________________________________________________________________

2. My family needs to learn that: __________________________

   ______________________________________________________________________

3. I need to learn that: __________________________

   ______________________________________________________________________
4. Five things I most like about my spouse/parent/other are:
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________
   e. __________________________________________________

5. Five things I like best about myself are:
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________
   e. __________________________________________________

6. Five things I least like about my spouse/parent/other are:
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________
e. __________________________________________________

7. Five things I least like about myself are:
   a. __________________________________________________
   b. __________________________________________________
   c. __________________________________________________
   d. __________________________________________________
e. __________________________________________________
8. I am especially proud that I: ______________________

9. I expect to change these things about myself when I am released:
   a. ________________________________
   b. ________________________________
   c. ________________________________

10. I would like to see my spouse/parent/other work on changing these things about themselves:
    a. ________________________________
    b. ________________________________
    c. ________________________________

11. I have a special talent for and am proud of doing:
    a. ________________________________
    b. ________________________________
    c. ________________________________

12. I feel this way about my life up to this point: 
    __________________________________
    __________________________________
    __________________________________
    __________________________________
    __________________________________

13. My spouse/parent/other think that I am: ______________________
    __________________________________
    __________________________________
    __________________________________
14. I think that I am: _____________________________________________________________

___________________________________________________________________________

15. I really care for (person) __________________________ a lot.

16. I feel that __________________________ really cares about me.

17. It makes a difference to me what the following people think of me and what I do:
   a. __________  b. __________  c. __________
   d. __________  e. __________  f. __________

18. I very much want to be a part of: __________________________________________

___________________________________________________________________________

Household Roles:

1. List five household jobs that a woman of the house should perform:
   a. __________________________  b. __________________________
   c. __________________________  d. __________________________
   e. __________________________

2. Why? _____________________________________________________________________

3. List five household jobs that the man of the house should perform:
   a. __________________________  b. __________________________
   c. __________________________  d. __________________________
   e. __________________________
4. Why? ____________________________________________________________

5. Who should be "boss" in your house? ________________________________

6. Who should make the money decisions? ____________________________

7. Should the woman of your house work outside the home? _________
   Why or why not? ________________________________________________

8. If so, what kinds of jobs could she hold? __________________________

9. I would feel _____________________ if the woman of my house earned
   more money than the man.

10. I would feel _____________________ if the man of my house earned
    more than the woman.

Recreation:

1. My favorite pastime is: ________________________________

2. My spouse/parent/other and I together like to: ________________

3. I like to _____________________ but my spouse ____________________

4. I expect to go out with "the boys" (or "girls") at least:
   _____________________________________________________________
5. List seven activities you enjoy doing:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

6. List seven activities your spouse/parent/other enjoys:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

7. List seven activities you enjoy doing together:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g.
8. List seven activities you might enjoy doing together:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 

9. How often in the past have you done things like this together? 

10. How often in the future would you like to do things like this? 

11. What are some hobbies, sports, crafts, skills, trips, et cetera, that you have always wanted to try?
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 

12. Would you like to be introduced to a person with the same interests that could show you first-hand about this hobby, sport, craft, et cetera? 

Friends/Acquaintances:

1. My best friends on the "outside" were:
   a. 
   b. 
   c. 
   d. 

2. Of these, ______________________ has never been in trouble with the law.
3. My spouse/parent/other never did like ______ because: _____________________________.

4. I expect to have ___________ trouble making friends when I get out. Why? _____________________________.

5. The friends I want when I am out will be: _____________________________.

6. Three places where I can easily make new friends are:
   a. __________________________________________
   b. __________________________________________
   c. __________________________________________

7. Even though he has been in trouble with the law, ______ is still a very good friend because _____________________________.

8. Five things I enjoy doing with my friends are:
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________
   e. ____________________________
   f. ____________________________

Section V - Employment

1. I have these skills to offer my employer:
   a. ____________________________
   b. ____________________________
   c. ____________________________

2. I expect to have ______ trouble finding a job.
3. I can look forward to having trouble getting and keeping a job because of: (check all those that apply to you)
   _____ I am not trained.
   _____ I have little or no experience.
   _____ My work history is very poor.
   _____ I am an ex-con.
   _____ I have little education.
   _____ I don't want to work.
   _____ I have trouble getting there in the morning.
   _____ I have a bad temper.
   _____ I am hard to get along with.
   _____ I don't get along with "bosses."
   _____ There are no jobs.

4. I can look forward to finding and keeping a job because: (check all those that apply to you)
   _____ I am trained already for my job.
   _____ I am eager to learn about my job.
   _____ I have previous work experience.
   _____ I can get along with anyone.
   _____ I have a sense of humor.
   _____ I believe in a day's work for a day's pay.
   _____ I am an ex-con.
   _____ I want to work.
   _____ I have a lot to offer my new employer.
   _____ My freedom means a lot to me.
   _____ My family depends on me.
I want to prove to myself that I can make it.
Other reason (please specify) ________________

5. The best job I could find is: ____________________

6. My second choice for a job is: ____________________

7. I have special training in: ____________________

8. I want special training in: ____________________

9. Two things that worry me about finding employment are:
   a. ____________________
   b. ____________________

10. Two things that worry me about keeping employment are:
    a. ____________________
    b. ____________________

11. I know I can keep my job if: ____________________

12. My spouse/parent/other will be proud of me if: ____________________

13. My two worst characteristics that might hurt me in finding and holding a job are:
    a. ____________________  b. ____________________

14. My two best characteristics that will help me get and hold a job are:
    a. ____________________  b. ____________________

15. I prefer to work the hours of: ____________________

16. I like to work with ____________________ people.
17. I should be able to bring home $\underline{\hspace{2cm}}$ weekly in wages.

Finances:

1. I should be able to earn at least $\underline{\hspace{2cm}}$ weekly.

2. The minimum I need to live on is $\underline{\hspace{2cm}}$ weekly.

3. I have $\underline{\hspace{2cm}}$ in savings, bonds, or pensions.

4. I will live with:  
   
   (names, ages, relationship to you)

5. I will live in \underline{\hspace{2cm}} when I'm released.

   (name of city)

6. Besides my income, there will be $\underline{\hspace{2cm}}$ weekly income.

7. I will be supported by \underline{\hspace{2cm}} until I find work and receive my first check.

8. I will need to spend the following: per week per month

   a. for rent $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   b. for food $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   c. for transportation $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   d. for laundry $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   e. credit payment, restitution $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   f. utilities, phone $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   g. insurance, union dues $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   n. recreation $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$

   Totals $\underline{\hspace{2cm}}$ $\underline{\hspace{2cm}}$
9. My total take-home pay is (will be) $________.
If I deduct the total household expense (above), the
amount left is $________.

10. I can then allow $________ per week or $________ per
    month for my savings account and $________ per
    week or $________ per month for necessary clothing.

11. Whatever medical bills come up will be paid by ________

12. How much money would you have to make to support your
    family on this budget? ____________________________

13. What corrections/additions/subtractions can you make in
    your budget to make ends meet? ________________________

14. Name two other possible sources of supplemental income
    you might use:
    a. ____________________ b. ____________________

Section VII - Community Resources

1. In the area I will live, I would call or go to these
    places for: (fill in the blanks as best you can)
    a. ____________________ for information or
       treatment on birth control, abortion, V.D.
    b. ____________________ for sickness,
       emergency, accident, or pain.
    c. ____________________ for eyeglasses.
    d. ____________________ for help with land-
       lord, judgments against you, police and other
       harassment, disputes with power company.
    e. ____________________ for help with income
tax.
    f. ____________________ for help with family
       problems or personal problems.
g. ____________________________ for recreation.

h. ____________________________ for help in locating a job.

i. ____________________________ for help in obtaining special training, arrangement for OJT, apprenticeships, further education, special tools.

j. ____________________________ for help with alcohol problems.

k. ____________________________ for help with drug problems.

l. ____________________________

2. I do not know specifically where to get assistance with these other problems.

   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________
Chapter 4

FINDINGS AND INTERPRETATIONS

SUMMARY

The information presented within this study has been directed toward determining: (1) what problems a new prison releasee faces upon return to free society, (2) what counseling he has received to deal with these problems, (3) the effectiveness of such counseling (or lack of counseling) on the parole success (the ability of previously incarcerated persons to exist in the free world without violation of parole rules and by becoming a productive, self-sufficient member of the community.) A personal assessment instrument was devised based on the problems research showed to be significant to making a successful parole.

Upon the basis of the data accumulated in this study, it was found that between 35 percent and 85 percent of those once released from prison return again for recommitment; that few penal systems provide any regular prerelease counseling program geared to life outside prison; and that those programs that do have counseling have shown a correlation between participation in counseling and success on parole.

It was also found that those problems most commonly faced by newly released inmates were: (1) low self concept,
(2) difficulty finding and holding employment, (3) financial difficulties, (4) resumption of acquaintances with "old friends" of a criminal orientation, (5) poor relations with family, (6) poor living situation, (7) abusive use of alcohol or other drugs, (8) feelings of loneliness, alienation, confusion or anxiety. It was also concluded that the self analysis instrument presented in this paper is an accurate assessment of these problems, and should prove valuable in the prerelease counseling of prison inmates.

RECOMMENDATION

Further studies could be directed toward the study of newly released inmates within the five categories of this instrument to determine the degree of severity of each problem, the practicality of the instrument, and the existence of other significant problems.
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