

## AFTERWORD

*Laura S. Abrams, Emma Hughes,  
Michelle Inderbitzin, and Rosie Meek*

We want to end this book with a message of hope for the men and women in prison, for the volunteers striving to bring services to those who are incarcerated, and for the larger prison system itself. We know we can both encourage and create personal and institutional change; we see shining examples of innovative programs and selfless contributions every day. In this book, we have highlighted both obstacles in volunteering and small victories in empowering those who wish to take up—and continue—the fight to make prisons less harmful and more humane. Our own research and experiences have long taught us the importance of the voluntary sector in providing hope and opportunities to the men and women living in prisons and youth correctional facilities. Our work in putting together this book has only amplified our admiration for the volunteers and paid outsiders who help make prisons bearable.

Each volunteer who gives up his or her time—and too often a bit of his or her dignity—to enter prisons brings humanity into the prisons with them. They offer those living inside the walls respect and empathy along with new skills, fellowship, and alternative ways of thinking. By partnering with the men and women inside, we can begin to transform prisons into “schools for life, thereby improving the lives of inmates, prison staff and the community at large” (Helliwell, 2011, p. 255). We believe this is a worthy goal, and one we as editors, researchers, and community members will continue to work toward.

We wish to reiterate our belief that prisons are overused and that states should provide many of the services that have fallen to volunteers in this era of mass incarceration. Yet, even as we hope for more innovative programs and alternatives to incarceration to be developed and implemented, we applaud the efforts of the thousands of volunteers from inside prisons and outside communities in their determination to make something positive of the time inside. Your efforts are being noticed. You are making a difference.

#### REFERENCE

Helliwell, J. F. (2011). Institutions as enablers of wellbeing: The Singapore Prison case study. *International Journal of Wellbeing*, 1(2), 255–265.

# INDEX

## A

AA. *See* Alcoholics Anonymous (AA)  
Abrams, L., 268  
Adams, K., 352, 353  
adult basic education (ABE), 279  
African Americans, 215–16, 220, 241, 301, 303  
age, prisoners, 56  
Alcoholics Anonymous (AA), 40, 68–9, 116  
Alexander, M., 220, 302  
Anderson, C., 338  
Anderson-Nathe, B., 268  
Anglo-Celtic population, 247  
anti-bullying mentors, 119  
arrival and orientation (A&O), 94  
Ash, E., 78  
Asian Pacific family, 69  
Athletic Club, 69–70  
Autoethnographic study, 283

## B

Bard Prison Initiative (BPI), 280  
beneficial programs, 47–8

Bentham, J., 201  
Berry, P.H., 91  
Bertrand, M., 217  
Bible studies, 43  
Big Brother and Big Sister Associations, 248  
black middle-class dilemmas, 321–4  
black students, 303  
black-white color line, 303  
Blagden, N.J., 122  
book projects, 95–7  
Boothby, M., 121  
bottom-up approach, prison commitment, 161–3  
BPI. *See* Bard Prison Initiative (BPI)  
Braun, V., 126  
British prisoners, 22  
    primary motivation for, 27  
British resettlement policy, 175  
*Brown v. Plata*, 25  
Burnett, R., 31, 138, 240  
Bushway, S., 138

## C

- Cain, Joshua, 12
- California Department of Corrections and Rehabilitation (CDCR), 24–5, 39, 45
- California prisons, 35
- California Volunteers, 11
- caller care, 118
- CARAT S (counseling, assessment, referral, advice, and through care services), 185
- carceral devolution, 199, 207–10
- career criminal, 43
- CBT. *See* Cognitive behavioral therapy (CBT)
- CDCR. *See* California Department of Corrections and Rehabilitation (CDCR)
- CEA. *See* Correctional Educational Association (CEA)
- Cernkovich, S.A., 29
- challenges, communication, 111
- charitable sector, 173
- charity-based provisions, 32
- charity-funded education, 31
- Chen, X., 247, 248
- Children's Aid Society, 247
- Christian leadership, 33
- citizenship, 59–61, 63–6  
benefits of, 75–6  
opportunities, 78–9
- Citizens United for the Rehabilitation of Errants (CURE), 104–5
- civic engagement, 57
- CJS. *See* Criminal justice system (CJS)
- Clarke, J., 254
- Clarke, V., 126
- Clinks, 191
- Clinton, Bill, 280
- Cloyes, K.G., 91
- club leaders champion, 68
- cognitive behavioral therapy (CBT), 252
- Collins, Patricia Hill, 304
- Comfort, M., 60
- communication  
with community agencies, 102, 111  
e-mail, 295  
International Red Cross, 149  
leadership development, 64, 70, 94  
online, 346  
peer-based approaches, 146
- community, 88, 249  
agencies, 102–6  
impact meetings, 106–8  
members and men inside,  
interactions, 106–10  
outside investment, 72–5  
writing, 338–9
- community-based reentry programs, 221
- community engagement, 332
- community-led prison ministries, 30
- community members and men inside,  
interactions  
annual car and bike show, 109–10  
community groups, 108–9  
debate teams, 108–9  
entertainers into one-time meetings, 108–9  
hosting victim impact and  
community impact meetings, 106–8  
sports teams, 108–9
- community partners  
Citizens United for the  
Rehabilitation of Errants  
(CURE), 104–5  
Family First program, 105–6  
HOME Youth Resource Center, 103  
Oregon Youth Authority (OYA), 103–4
- community sector, 173
- community volunteers, 22, 23, 34, 35, 38

community writing group, 332  
 Corcoran, M., 269, 289  
 correctional educational  
   association (CEA), 278,  
   287, 288  
 creative writing, 95–7  
 Crenshaw, K.W., 320  
 criminal blackman, 303  
 criminal code offense, 250  
 criminal justice policies, 4  
 criminal justice system (CJS),  
   5, 56, 174, 218  
 criminal thinking, 198, 245  
 criminologists, 204  
 Cullen, F.T., 291  
 culpability, 266  
 cultures of learning, 34–6  
 CURE. *See* Citizens United  
   for the Rehabilitation  
   of Errants (CURE)

## D

Dabney, D., 23, 278,  
   282, 294  
 data collection, 306–8  
 Davis, L.M., 277, 279, 296  
*Dead Man Walking* (Prejean), 108  
 Decker, S.H., 217  
 democracy, 56, 60, 67–8  
 democratic citizenship, 56  
 Department of Corrections (DOC),  
   284–5, 292, 293  
 Department of Labor Workforce  
   Initiatives, 216  
 DeSalvo, Louise, 338  
 Dickinson, G.E., 91  
 distance learning, 32, 33  
 DOC. *See* Department of  
   Corrections (DOC)  
 Donahue, D., 302, 303, 310  
 drugs policies, 4  
 DuBois, W.E.B., 302

## E

earning trust, 137  
 Economic and Social  
   Research Council (ESRC), 7  
 educational opportunities, 57  
 education provision, 26  
 employability training, 205  
 employment, 217–18  
 employment to employability, 205  
 empowered for change, 241  
 empowering ripple effect, 59  
 England, prisons in  
   health promotion activities, 144  
   interviews, adult prisons, 22  
   population in, 144  
   prisoner education programs, 26  
   RAPt Mentors, 120  
 Esperian, J.H., 279  
 evidence-based practices, 246  
 ex-offenders, 217–18  
 ex-offender to new contributor  
   analysis, 225  
   data collection, 224  
   job search strategies, 226–37  
   limitations, 240–1  
   racial messages, 234–7  
   sample, 222–4  
   significance of study, 221  
 expository writing groups, 334

## F

family first program, 105–6  
 Figley, C.R., 334  
 Finn, J.L., 267  
 formal training opportunities  
   initial program training and  
   orientation, 347  
   MidYear Volunteer Development  
   Workshop, 347–8  
   volunteer training manual,  
   347  
 Foucault, M., 207

**G**

geographic context, 308–9  
 ghetto authenticity, 321–4  
 Giordano, P.C., 29  
 Gojkovic, D., 14, 176  
 Gottschalk, M., 55  
 governing through freedom  
   strategies, 246  
 Grant, Pell, 281  
 Grey, N., 359  
 guided writing activity, 334

**H**

Hacker, J.S., 57  
 Hannah-Moffat, K., 252  
 Harcourt, B.E., 56, 200  
 Hayner, N.S., 78  
 Hay, S., 282, 294  
 health and first aid prison volunteer  
   scheme, 149  
 health outcomes, 146  
 health trainer roles, 149  
 Helliwell, J.F., 137  
 Her Majesty's Prison (HMP), 120  
 Hispanic, 215–16  
 HIV testing campaign, 150  
 HMP. *See* Her Majesty's Prison  
   (HMP)  
 Hochschild, A.R., 282, 283  
 Hoffman, H.C., 91  
 Holmes, E., 359  
 homelessness, released prisoners, 58  
 homeless youth, 103  
 HOME Youth Resource Center, 103  
 hospice, 91–3  
 human capital, 209  
 human confinement, 341–2  
 humanizing quality, 34–6

**I**

imprisonment, 57  
 incarceration rates, 4

informal mentoring, 97–9  
 informal social safety net, releasing  
   prisoners, 58  
 informal training and outreach efforts  
   bimonthly informal meetings, 349  
   co-facilitators, pre-and post-  
     workshop meetings with, 348  
   individual appointments/informal  
     reflection and assessment,  
     348–9  
   monthly volunteer newsletter, 349  
   online access, 349–50  
   self-care materials, 349–50  
 Inside-Out International Exchange  
   Program, 281  
 Inside-Out Prison Exchange  
   Program, 94–5  
 insiders programme, 117, 119  
 interview analysis, 336–7  
 interview methods  
   program reflection, 337  
   volunteer interviews, 336–7  
 investment, prisoners connections  
   with, 72–5  
 Ipsos MORI, 176  
 Irish Red Cross volunteer inmates  
   programme, 149–50  
 Irwin, J., 25, 60

**J**

Jacobi, Tobi, 16, 17  
 Jim Crow color line, 319–21  
 Jim Crow laws, 220, 304  
 job search strategies, 234–7  
 Josh, C., 77  
 The Journal Ladder, 352–3  
 justice, 220–1  
 Justice, B., 56, 60

**K**

Kadela, K., 219  
 Kellar-Guenther, Y., 334

Kelly, L., 267  
 Kraus, V.I., 333

## L

Lakota Club, 70–2  
 Latino Culture Club, 70  
 Laub, J.H., 133  
 leaders  
   of clubs, 63  
   and cognitive-behavioral programs,  
     63–4  
   peer-taught classes, 64  
   of prison gangs, 64  
   and teachers of educational classes,  
     63–4  
 leadership, 63–6  
   benefits of, 75–6  
   opportunities, 78–9  
   of prisoners, 61  
   risks of, 76–8  
 LeBel, T.P., 138  
 Lee, H., 60, 80  
 Level of Supervision Inventory-  
   Ontario Revised (LSI-OR)  
   version, 251  
 Lewis, G., 191  
 Lifers' Club, 62  
 Lifers' Unlimited Club, 69, 86–7, 102  
 Listener scheme, 117–19  
 literacy outreach programs, 331  
 literacy volunteers, challenges faced  
   communal reflective space, 344–5  
   difficult disclosures and  
     relationships, 342–3  
   human confinement, 341–2  
   observing recidivism, 343–4  
 Loury, G.C., 81

## M

MacCurdy, M., 338  
 marketable skills, 57  
 Martinson, Robert, 203

Maruna, S., 31, 39, 42, 131, 138, 240  
 mass imprisonment, consequences of,  
   196  
 mass incarceration, 4, 309–10  
 mature coping, 34  
 Maurutto, P., 252  
 McNeill, F., 240  
 MCYS. *See* Ministry of Children and  
   Youth Services (MCYS)  
 Mead, S., 116  
 Meares, T.L., 56, 60  
 medium-security prison, 278  
 Meek, R., 14, 176  
 mental-health issue, 196  
 MidYear Volunteer Development  
   Workshop, 347–8  
 Miller, R., 208  
 Mills, A., 14, 176  
 Ministry of Children and Youth  
   Services (MCYS), 250–1  
 Mitchell, T., 302, 303, 310  
 modern prison, 202  
 moral blameworthiness, 266  
 Mullainathan, S., 217

## N

Nanda, J., 320  
 Narcotics Anonymous (NA), 40, 68,  
   120  
 National Offender Management  
   Service (NOMS), 124, 174  
 National Survey of Third Sector  
   Organizations (NSTSO), 176  
*The New Jim Crow* (Alexander,  
   Michelle), 220  
 Newman, J., 254  
 NOMS. *See* National Offender  
   Management Service (NOMS)  
 nongovernmental sector, 173  
 non-profit and criminal justice sectors,  
   7, 14–16  
 non-profit and voluntary sector  
   provisions, 29

non-profit organizations, 21, 38  
 British resettlement policy, 175  
 procedure, 177–8  
 qualitative interviews, 179–80  
 reducing re-offending national  
 action plan, 174  
 social exclusion unit's (SEU), 174  
 survey participants, 178–9  
 NSTSO. *See* National Survey of Third  
 Sector Organizations (NSTSO)

## O

Offender Management Act, 9  
*On Crimes and Punishment* (Beccaria,  
 Cesare), 200, 201  
 Oregon State Penitentiary (OSP), 56,  
 61, 62, 68–92  
 Oregon Youth Authority (OYA),  
 103–4  
 outside community, prisoners  
 connections with, 72–5  
 Owens, M.L., 81

## P

Pager, D., 217  
 Patterson, Evelyn, 196  
 peer-based approaches  
 aim, 146  
 analysis, 152–3  
 auxiliary healthcare service, 157–8  
 civic duty, 154  
 design, 151  
 gaining status and credibility, 154–5  
 information and support, 156–7  
 Irish Red Cross volunteer inmates  
 programme, 149–50  
 personal development, 153–4  
 personal health gains, 154  
 prison health trainer scheme, 146–9  
 Samaritans' Listener scheme, 150

sample, 152  
 social environment, 160–1  
 thematic analysis, 152  
 utilising peers, 155–8  
 peer-based health scheme, 163  
 peer motivations, 158–9  
 peer-support roles  
 analytic technique, 126–7  
 change and transition, 127–33  
 channelling, 135–6  
 and criminal desistance, 121–3  
 data collection, 125–6  
 Insiders programme, 119  
 Listener scheme, 117–19  
 prisons in UK, 116–23  
 RAPt Mentors, 120  
 setting and participants, 123–5  
 Toe-by-Toe, 119–20  
 peer teachers  
 inside-out prison exchange  
 program, 94–5  
 prisoner-led classes, 93–4  
 penal voluntary sector (PVS), 246  
 changing minds, 258–62  
 cognitive behavioral approaches,  
 262–7  
 hybrid models of punishment, 254  
 mapping social relations, 253–4  
 strategic accommodation/  
 acceptance, 255–8  
 YCJA, 250–3  
 youth justice system, 247–9  
 Pennebaker, J.W., 334, 352–3, 358,  
 378  
 PEP. *See* Prison Education Project  
 (PEP)  
 Perrin, C., 122  
 Petersilia, J., 197  
 Phelps, Michelle, 206  
 Phoenix, J., 267  
*Picking Cotton* (Thompson-Cannino),  
 108



- political places, 66–7
  - Porter, L.C., 60
  - post-Civil Rights era, 305, 314–16
  - post-secondary prison education, 280–1
  - poverty
    - of Black Americans, 204
    - released prisoners, 58
    - and unemployment, 205
  - pre- and post-workshop meetings
    - with co-facilitators, 348
  - Prejean, Helen, 108
  - prison democracy, 60
  - prison education, 277, 279–80, 289–92
    - post-secondary prison education, 280–1
    - study site, 284–5
  - prison educational budgets, 277
  - Prison Education Project (PEP), 281
  - prison education volunteers, 282–3
  - prisoner awareness, 190
  - prisoner-led classes, 93–4
  - prisoner-led clubs, 67–90
  - prisoner reentry, 197, 198, 200, 203, 205–7
  - prisoner rehabilitation, 199
  - prisoner-run clubs, 56
  - prisoners
    - decision-making processes, 198
    - fundraising for, 95
  - Prisoners' Education Trust (PET), 22, 28, 36, 37
    - potential significance of, 29
  - prison healthcare, 145
  - prison health, peer-based approaches
    - Irish Red Cross volunteer inmates programme, 149–50
    - prison health trainer scheme, 146–9
    - Samaritans' Listener scheme, 150
  - prison health trainer scheme, 147–9
  - prison hospice program, 91
  - prison jobs, lead men in, 64–6
  - prison, partnership with voluntary sector, 79–82
  - prison politics, 60
  - prison's magazine, 44
  - prison volunteers, 277
  - prison wardens, 45
  - privilege level determines, 61
  - Professional Quality of Life Scale (ProQOL), 352, 354
  - program reflection, 337
  - pro-social, 245
  - punishment, 200–2
    - affected families and communities, 55
    - discourses of, 7
    - hybrid models of, 254
    - primary function of, 201
    - purpose of, 201
    - rehabilitation in prisons, 206
  - PVS. *See* penal voluntary sector (PVS)
- R**
- Race, 217–18
  - Race and Ethnic Studies (REST) Program, 306
  - race-making operations, 304
  - racial discrimination, 216
  - racial exceptions, 312–14
  - racial identity, 317–19
  - racial messages, 234–7
  - Raynor, P., 240
  - Read Empower Attain Create Hope (REACH) project, 305, 306
  - Reagan, Ronald, 220
  - recidivism, 10, 26, 69, 175, 215, 216
  - Red Cross Volunteers, 164
  - Reducing Re-Offending National Action Plan, 174
  - reentry and employment programs, 218–20

reflective writing exercises, 332  
 rehabilitation, 219  
   revisioning of, 205–7  
   rise of, 200–2  
   to street, 205  
 Rehabilitation of Addicted Persons  
   Trust (RAPt), 120  
 rehabilitation revolution, 26  
 released prisoners, 58  
 religious inspiration and spiritual  
   guidance, 41  
 resettlement policy, 175  
 responsibility, 245  
 REST Program. *See* Race and Ethnic  
   Studies (REST) Program  
 risk management, 219  
 Roberts, Lara, 16, 17  
 Robert Wood Johnson foundation,  
   219  
 Robison, Kristenne, 16  
 Rosenkranz, S.J., 91  
 Rudolph, J.L., 29  
 Rungay, J., 39

**S**

Samaritans Listener scheme, 118, 150  
 Sampson, R.J., 133  
 Sansbury, B.S., 333  
 Scharf, P., 60, 78  
 Second Chance Act, 207, 216  
 Second Chance Reentry Act, 219  
 Seiter, R.P., 219  
 self-care strategies, 332–6, 338. *See*  
   *also* writing-based self-care  
 Self-completed prisoner surveys, 178  
 Seventh Step club, 69  
 Severe and Violent Offender Reentry  
   Initiative, 216  
 Shannon Trust programme. *See*  
   Listener scheme  
 Sibley, D., 59  
 slavery, 220  
 snowball sampling technique, 23

social environment, 160–1  
 social exclusion unit's (SEU), 174  
 social media, 58, 88  
 social mobility, 312–14  
 social welfare administration, 206  
 social welfare and crime-control  
   policies, 204  
 society  
   encourage citizenship of  
     prisoners, 78  
   positive contributions to, 88  
*Society of Captives* (Sykes, Gresham),  
   58  
 sociological perspective, 88–90  
 Sohet, 351  
 Solomon, A.L., 197  
 sovereign power, 200–2  
 special housing units (SHUs), 95  
 Stamm, B.H., 346  
 state-contracted substance abuse  
   treatment program, 29  
 stigmatism, released prisoners, 58  
 strategic accommodation, 257  
 Street, Paul, 196  
 Substance Dependence Treatment  
   Program (SDTP), 120  
 Supiano, K.P., 91  
 survey participants, 178–9  
 survival mode, 42  
 Sykes, Gresham, 58

**T**

Taxman, Faye, 199  
 Tewksbury, R., 23, 278, 282, 294  
 third sector, 173  
 third-sector community-based  
   organizations, 199  
 third sector organizations (TSOs), 9,  
   175–7  
   and offenders, 180–3  
   prisoner self-reported  
     awareness, 181  
   qualitative interviews, 181

reentry services, 177  
 resettlement pathway, 184–9  
 Thompson-Cannino, Jennifer, 108  
 Thompson, K., 351, 358  
 Tilton, Jennifer, 16  
 Toastmasters International, 70  
 Toe-by-Toe, 117, 119–20  
 traumatic for volunteers, 310–12  
 traumatization, 333  
 Travis, J., 197  
 Trotter, C., 240  
 true humanity, 92  
 Turnbull, S., 252

## U

Uhuru sasa, 69  
 Understanding Self Equals Life's  
 Foundation (U-SELF), 94  
 unemployment rates, 216  
 urban community-based  
 organizations, 199  
 US Civil Rights Movement, 220  
 US prison population, 195

## V

Vaughan, B., 122  
 veterans association, 70  
 Violent Crime Control and Law  
 Enforcement Act, 26  
 voluntary provision, 44–7  
 voluntary sector, 173  
 voluntary sector working,  
 partnership with prisons,  
 110–13  
 volunteer coordinators and  
 programs, 346–53  
 formal training opportunities,  
 347–8  
 volunteer interviews, 336–7  
 volunteerism, role of, 5  
 volunteer-led programs, 44  
 volunteer-led provision, 31

volunteer population, 306  
 volunteers of color, 326  
 volunteers welcome, 286–9  
 volunteer training manual, 347  
 volunteer writing teachers, 331  
 vote, prisoner opportunities to, 67

## W

Wacquant, Loic, 304, 319  
 Wales, prison system, 24. *See also*  
 England, prisons in  
 Walraven, Trevor, 12  
 Waul, M., 197  
 Weaver, V.M., 57, 58  
 Wildeman, C., 57  
 Will J. Reid Foundation, 301  
 Wisdom within the Pen (James), 96  
 Wolch, J., 206  
 Wold, D., 91  
 women's prison, 278, 279, 283, 284  
 work behind bar, volunteer  
 perspectives on  
 challenges faced, 341–5  
 satisfaction with experience, 338–41  
 writing  
 community, 338–9  
 creative growth, 339–40  
 human experience, 340–1  
 writing-based self-care, 346, 357–9,  
 370–1  
 dialogue, 358  
 image identifying, 359  
 interview analysis, 336–7  
 professional quality of life scale, 352  
 program background, 334–6  
 program reflection, 336–7  
 self-care plan, 352  
 switching perspectives, 358–9  
 unsent letters, 358  
 volunteer interviews, 336–7  
 volunteer perspectives, 334–6  
 writing/literacy, role of, 335  
 writing outreach program, 332

writing response theory, 332  
writing to heal, 352–3, 357  
writing workshops, 332, 335  
writing workshop volunteers, 336

## Y

YCJA. *See* Youth Criminal  
Justice Act (YCJA)  
young adults, prison, 144–6  
    chronic health conditions, 145  
    mental health issues, 145  
    substance abuse disorders, 145  
Young, K., 359  
Young Men’s Christian Association  
(YMCA), 247–8  
Young Offender Institution (YOI),  
145, 150, 152  
    behaviour change, 159  
Youth Criminal Justice Act (YCJA),  
249–53  
youth empowerment programs  
    and speaking panels,  
    100–1