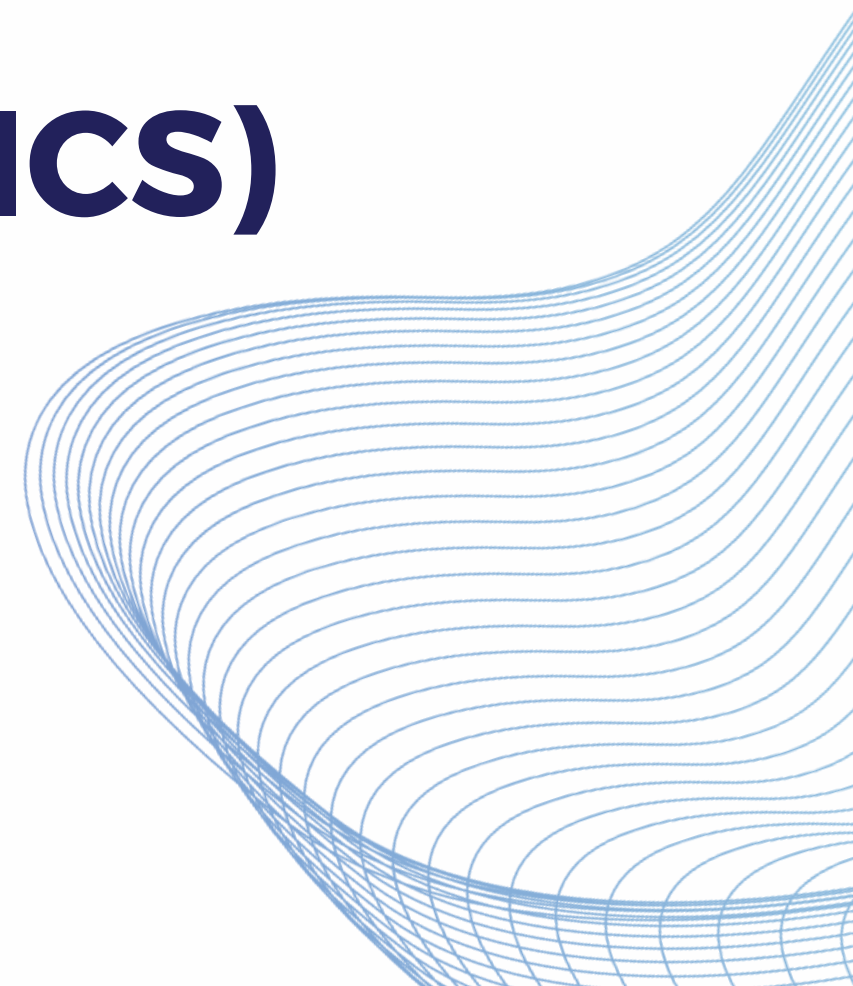
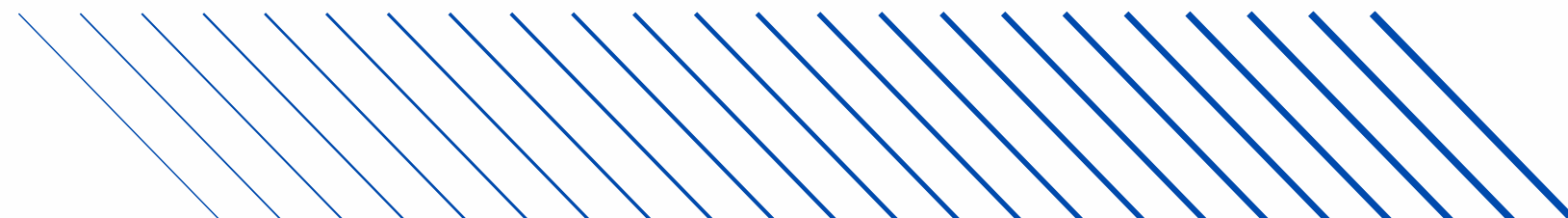




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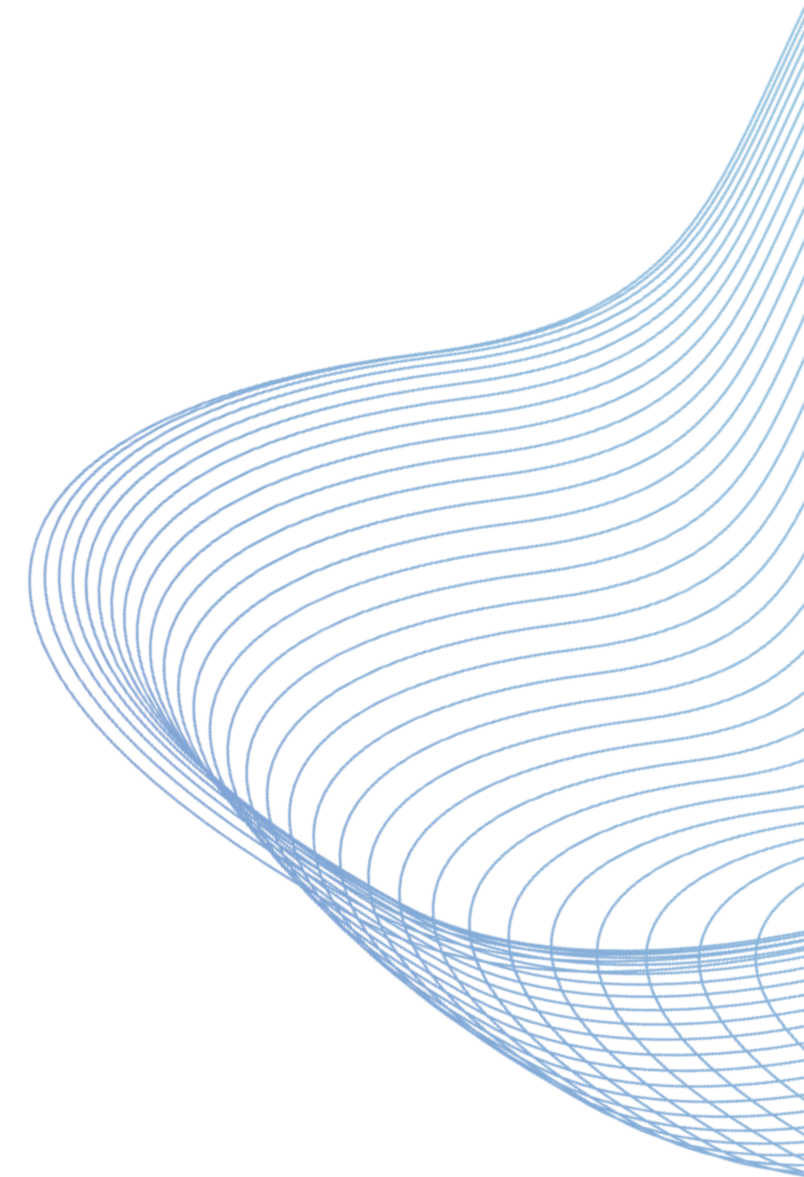
# **MOVING FORWARD: MEETING CHALLENGES OF POST INCARCERATION SYNDROME (PICS)**

Presentations: July 10, 17, 24, 31, August 7  
Presented by Dr. Stephanie Kutzen, LCSW



# SESSION 1 OBJECTIVES

- To provide updated definition and recent findings on PICS.
- To illustrate how incarceration experiences affect sensory, thinking, and environmental triggers in everyday life.
- To help participants identify the signs and stages of PICS impacting daily life.
- To learn first hand from participants about current PICS impact in re-entry.



# FACT:

- It is estimated that 40% of the 600,000 people released annually will have PICS.

[\\*https://joinnia.com](https://joinnia.com)

# CURRENT DEFINITION & FINDINGS ABOUT PICS

“PICS is a psychiatric disorder and is specific to formally incarcerated individuals re-entering society. A range of psychological, social, emotional, physical, and environmental difficulties result from incarceration.”

In 2023, a new term, Post Traumatic Prison Disorder (PTPD) added to the literature.



# A TESTIMONIAL OF PICS

“I’ve been working here for three years and I’m really respected. People don’t know that every time I see someone in a uniform talking about security checks, or submit a name for an award or promotions- I spend the night curled up in a ball, sweating with pain in my gut.”

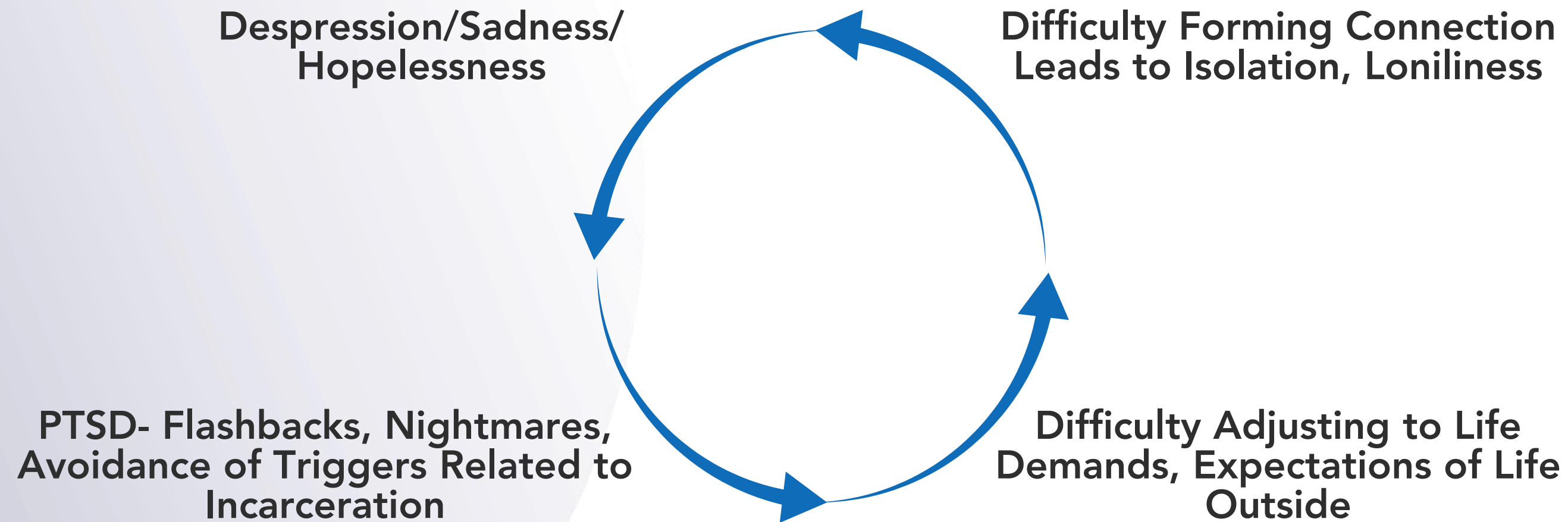
\*Participant Reaction to Testimonial



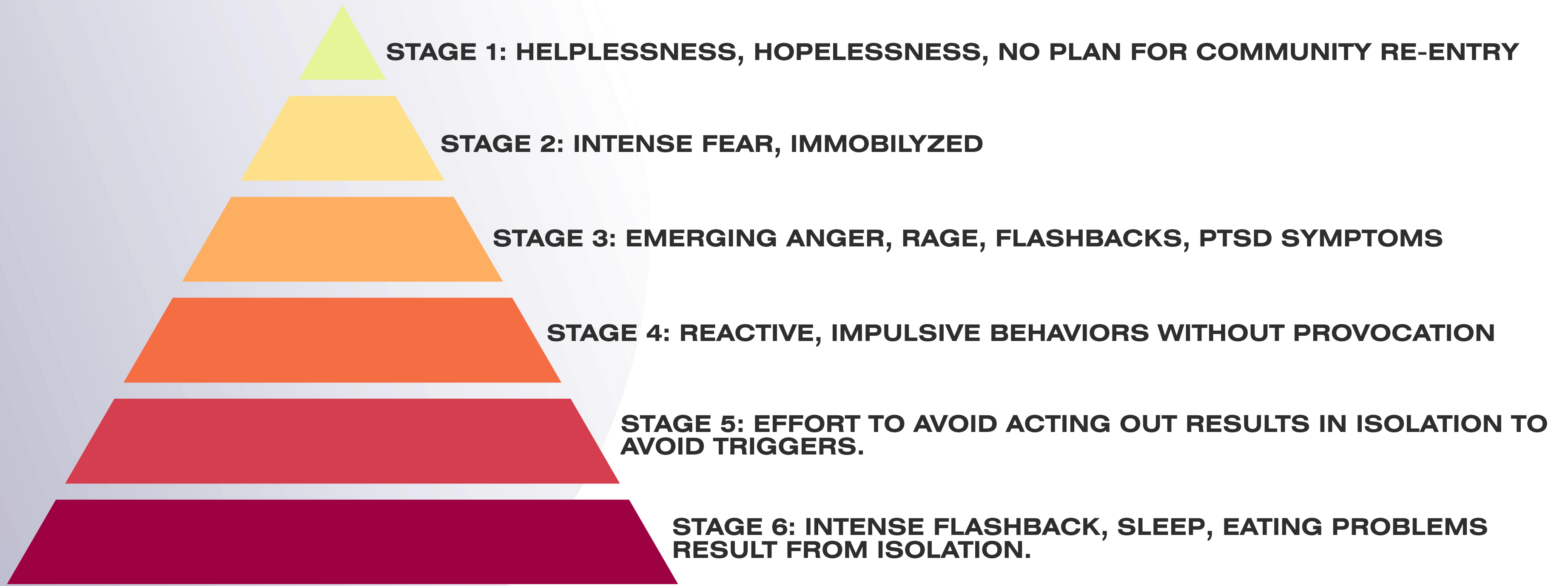


# **RESULTS OF PICS PRE-QUESTIONNAIRE**

# (A.) SIGNS AND STAGES OF PICS ARE COMMON



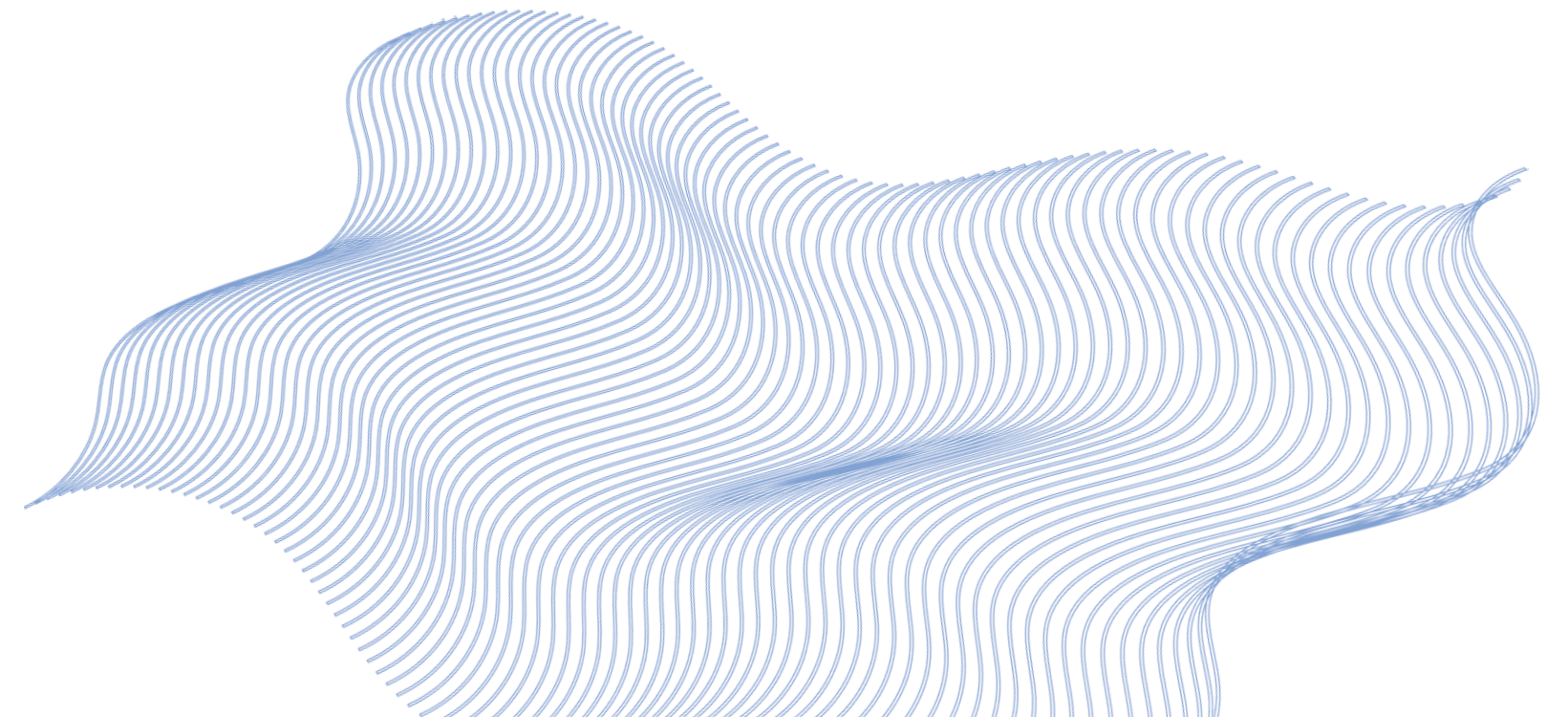
# **(B.) STAGES OF PICS**





# A TESTIMONIAL OF PICS

“Incarceration is extremely hard. It warps your whole world view. You see the total disregard for basic human life- but after effects can be worse.”




# CAUSES AND CONSEQUENCES OF PICS

## A. Causes:

- Prison Trauma- High risk for PTSD, anxiety, depression, potential for poor life adjustment re-entry.
- Loss of family support, friends, connectionsm resources.
- Loss of skills/knowledge, interrupted education impacting employment.
- Stigma- facing personal, family, community, society, shame-based responses.
- Lack of resources is a big barrier to positive re-entry.

# CAUSES AND CONSEQUENCES OF PICS

## B. Consequences of PICS on Re-Entry:

- Not finding employment or underemployment leads to poverty.
  - Lack of inadequate housing.
  - Becoming socially marginalized.
  - Loss of personal productivity.
  - Limits to healthcare, social services.
  - Estrangement from family/friends/social supports.
- 



# PARTICIPANT OPEN-MIC & SUMMARY

- Observations
- Feedback
- Areas of Interest for Further Study





# **NEXT SESSION- JULY 17TH**

## **TOPIC: SOCIAL CHALLENGES**

Thanks for attending our session. Your contributions are essential to our learning process.

