



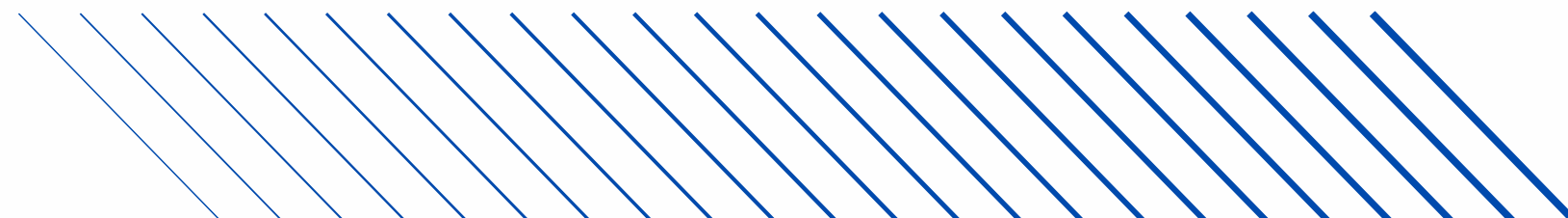
Hinda

Institute

MOVING FORWARD: SOCIAL CHALLENGES OF POST INCARCERATION SYNDROME (PICS)

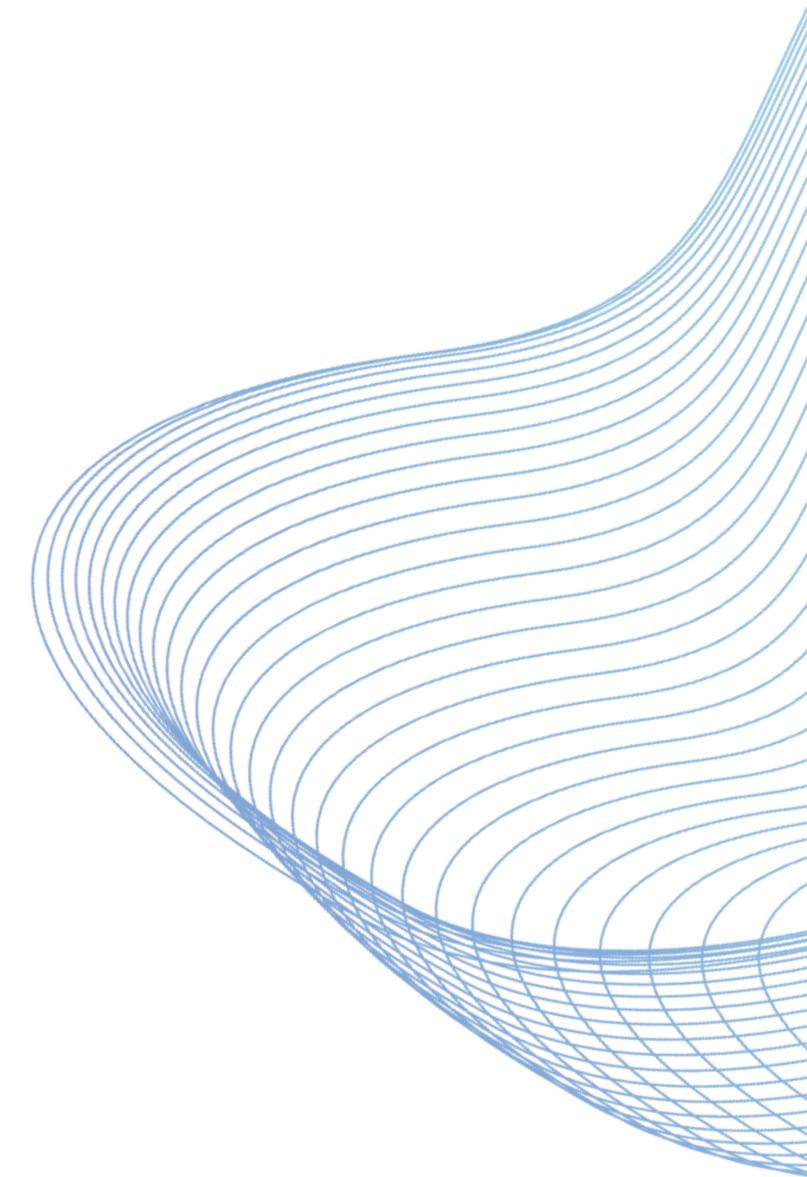
July 17th, 2024

Presented by Dr. Stephanie Kutzen, Ph.D., LCSW



SESSION 2 OBJECTIVES

- To provide a framework for understanding PICS social challenges.
- To take a deep dive into 3 common, wounding social challenges.
- To strengthen skills and motivation to address social challenges.
- To practice powerful responses to individual, family and community social challenges.



PICS SOCIAL CHALLENGES FRAMEWORK

SIGNIFICANT ISSUES



3 COMMON WOUNDING SOCIAL CHALLENGES: ISOLATION, OSTRACISM, TRUST



ISOLATION

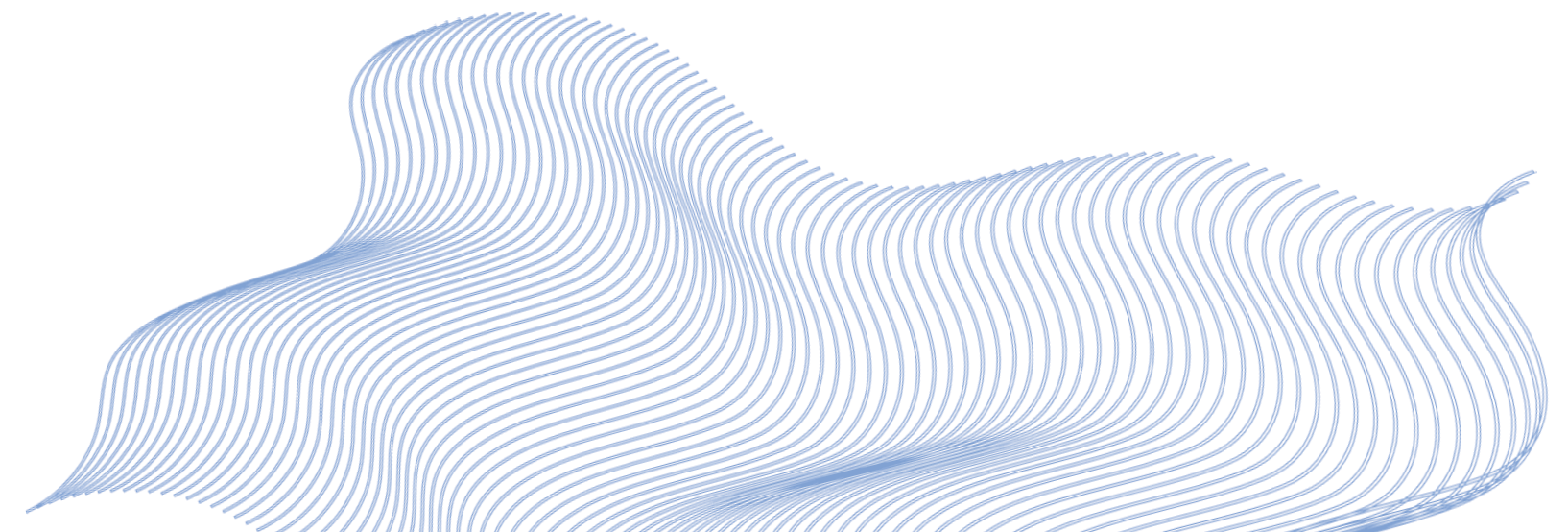
Disconnect from social relationships, limited contact with family, friends, community.

- Different than being alone to relax, recharge, self-care
- Conscious decision to detach from social activities
- Loneliness and lack of belonging contribute

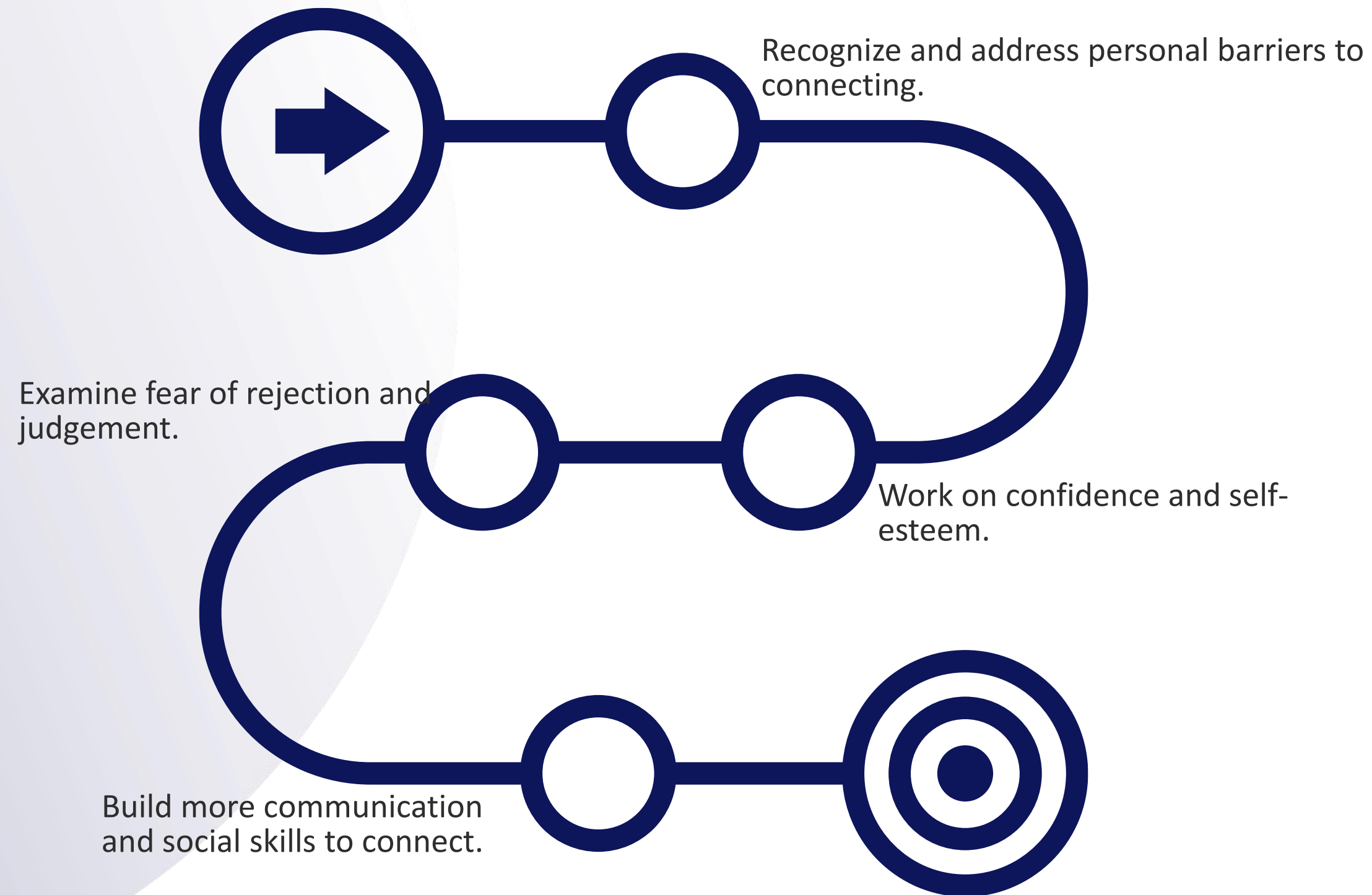


EFFECTS OF ISOLATION IMPACT QUALITY OF LIFE

1. Increase anxiety, depression, addiction
2. Limits forming/keeping social relationships
3. Contributes to greater risk for heart, stroke, dementia, health problems
4. Weakens immune system -> infections, illness
5. Worsen pre-existing conditions



STRATEGIES FOR OVERCOMING ISOLATION



OSTRACISM

(Shunning/Cut-off) Social judgement, exclusion by a group, family, friends, community, society.

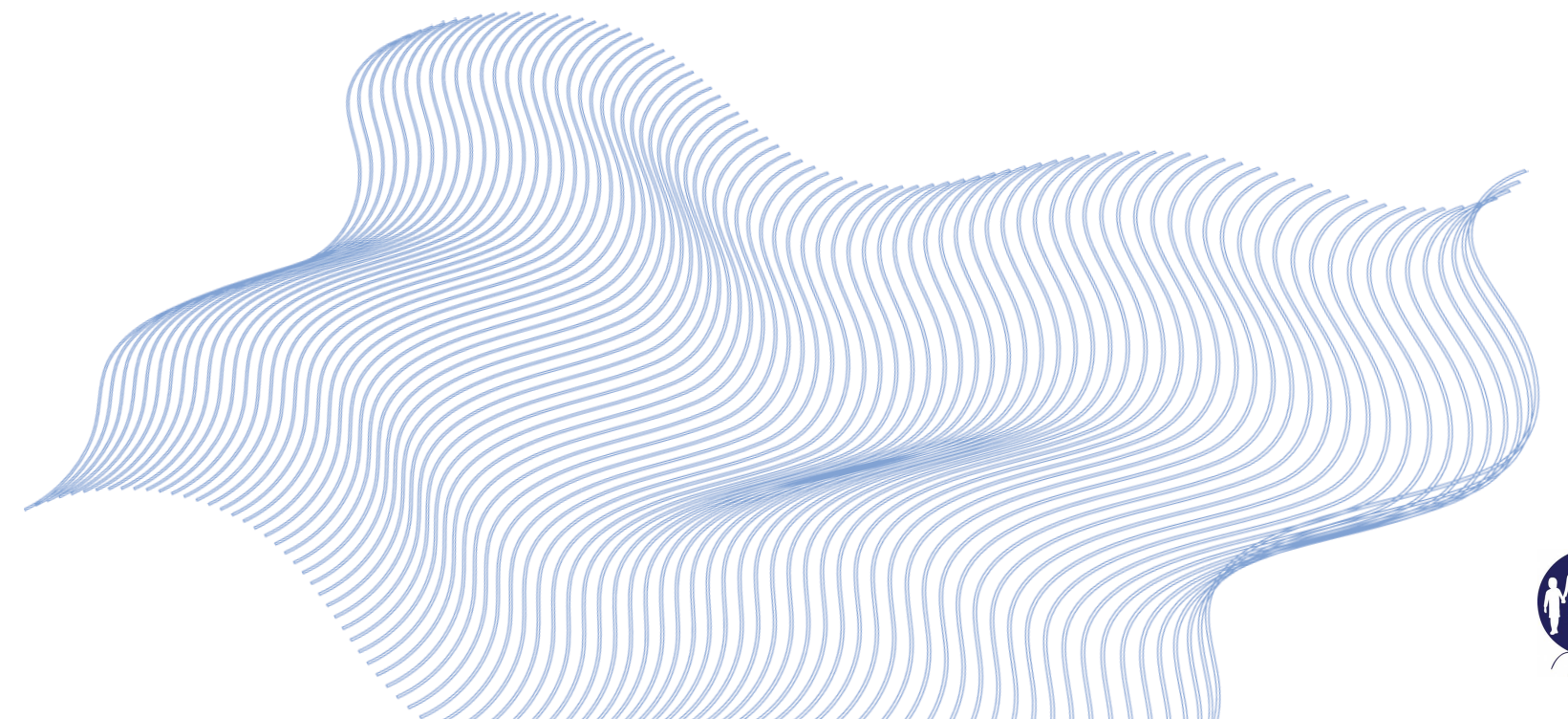
Three Stages of Ostracism:

1. Shame
2. Depression
3. Resignation



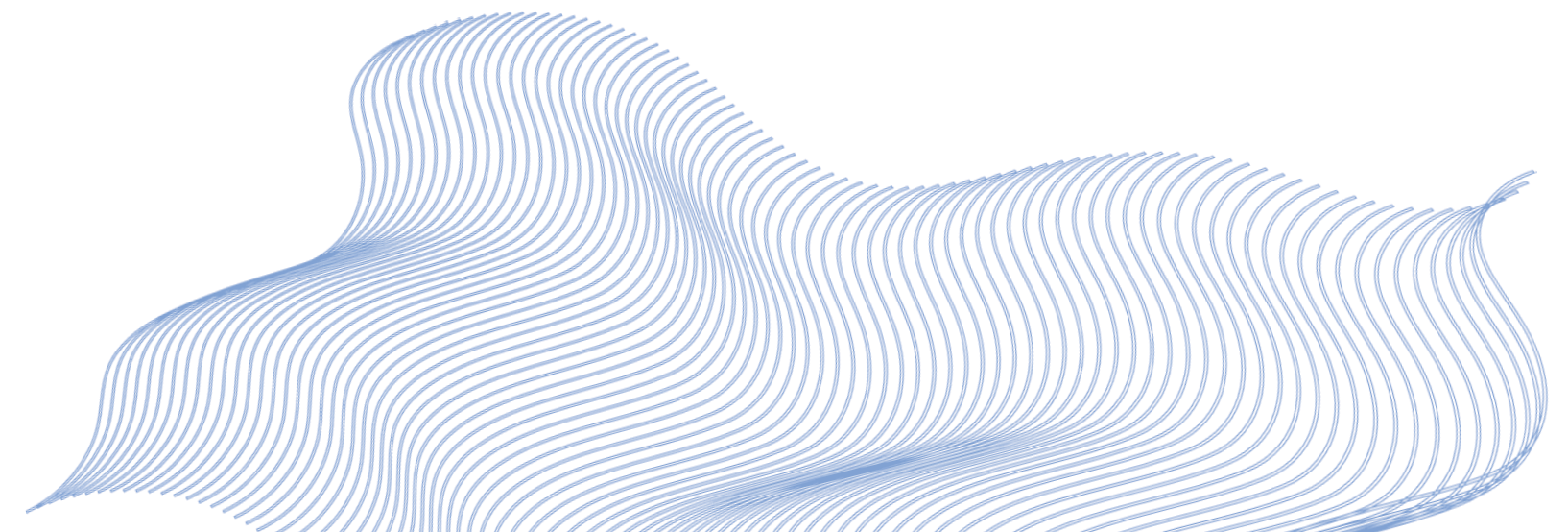
A TESTIMONIAL OF PICS

“Ostracism is a silent, invisible abuse. I am alienated and feel totally unworthy.”



EFFECTS OF OSTRACISM HURTS

- Linked to acute PTSD symptoms
- Damaged sense of belonging
- Helplessness
- Depletes motivation/skills
- Anger
- Loss of control over one's life



STRATEGIES FOR OVERCOMING OSTRACISM

Take it seriously-
work it like a
problem.

Evaluate
potential for
greater/lesser
harm.

Remember it is
a human
response to
lower one's own
anxiety/ deal
with bias.

Strengthen,
connect with
yourself to
address.



STRATEGIES FOR OVERCOMING OSTRACISM

Stand Up!
Remind others
of your
importance,
existence.

Create, and
stick, to
established
boundaries:
visual and
behavioral.

Refuel/recharge-
grounding for
calmness to
accept/others
don't change- You
do!



TRUST

The belief in reliability, truth, ability. strength in someone, or something, else.

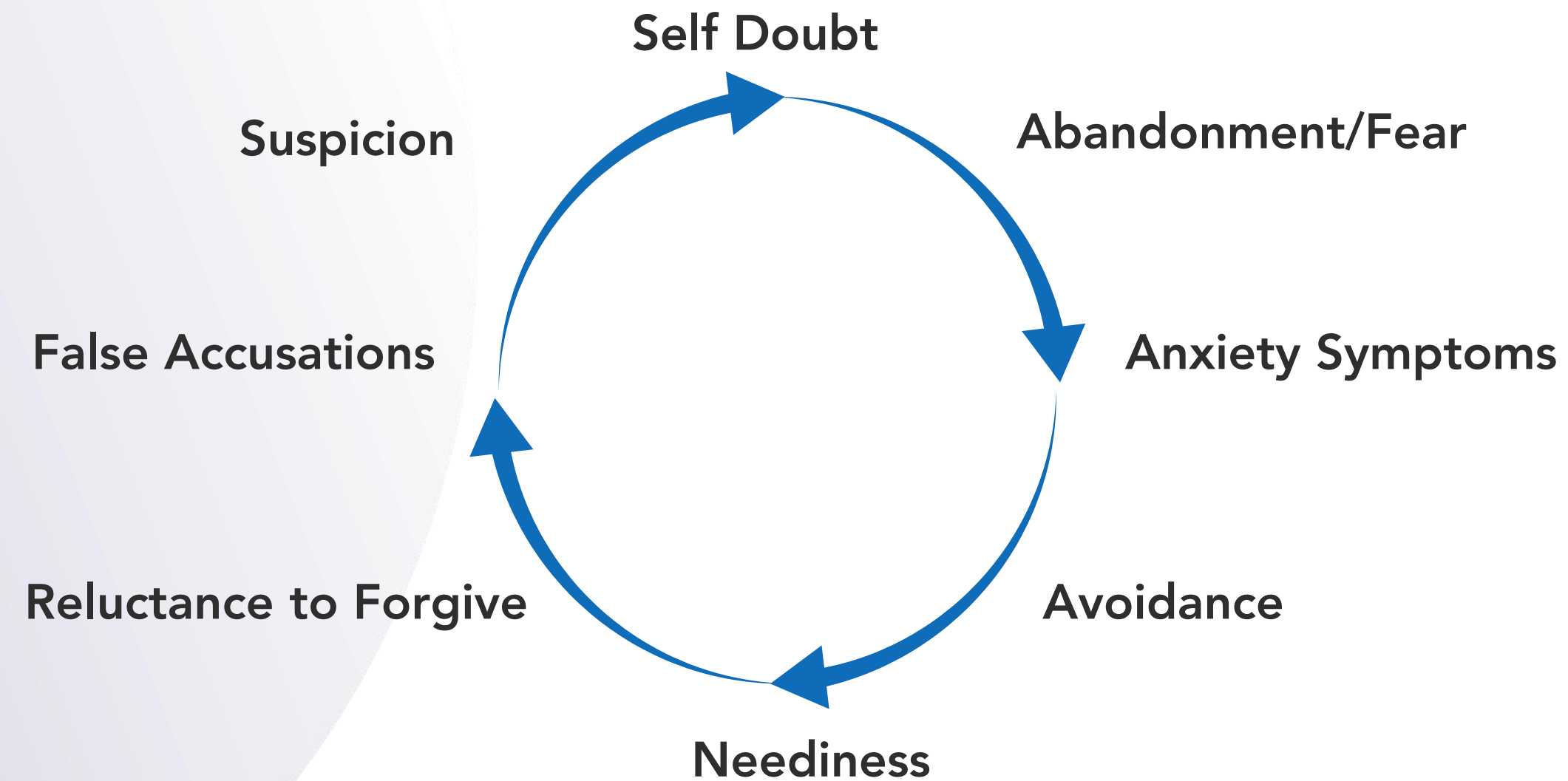
DISTRUST

The feeling that someone or something can not be relied upon.

Trust issues make social relationships difficult manifesting in doubt and emotional challenges.

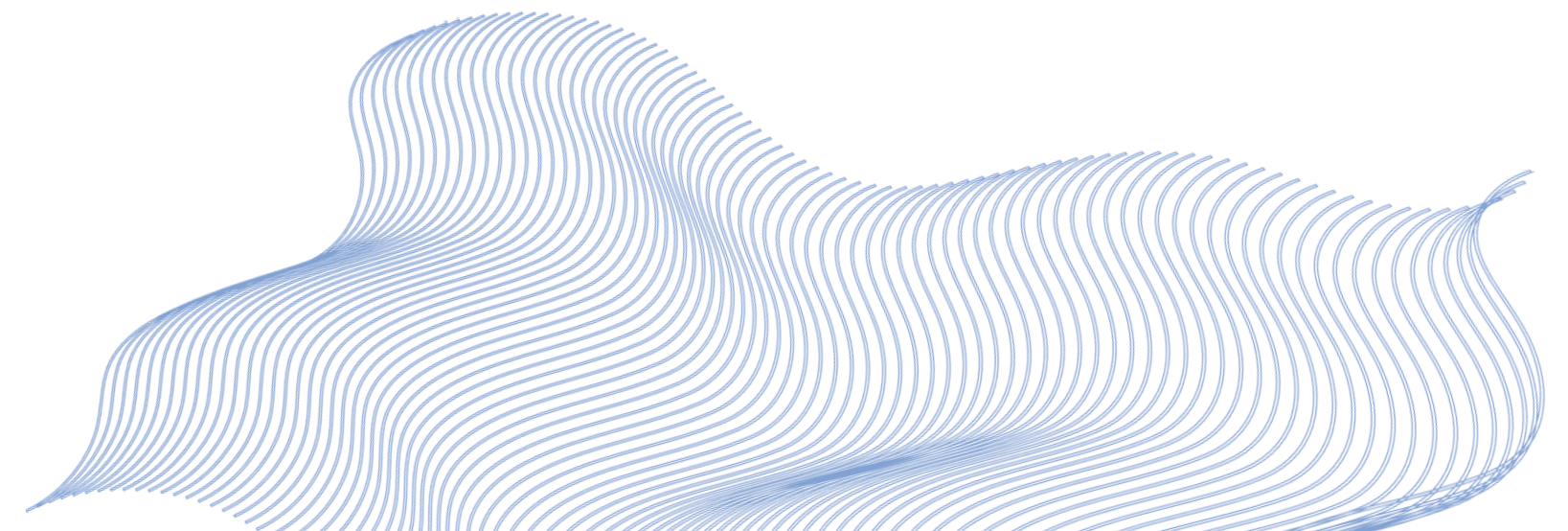


DESCRIPTION OF DISTRUST BEHAVIORS



CAUSES OF DISTRUST

- Trauma from incarceration
- Hurtful childhood
- Past negative relationship experience
- Betrayal
- Mental health disorders.



STRATEGIES TO REBUILD TRUST

- Rely on your disposition based on temperament.
- Use open, effective communication. “I felt this way/not you broke all trust.”
- Examine your trust feelings- concrete or distorted
- Allow people to prove their worthiness.
- Obtain professional help to explore/build more trust in others.



PARTICIPANT FEEDBACK & SUMMARY

- Observations
- Interest for Further Study



NEXT SESSION- JULY 24TH TOPIC: BUILDING YOUR INNER VOICE TO MEET PICS CHALLENGES

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

