



THE HINDA INSTITUTE
Changing Lives for Good

ENHANCING COMMUNICATION FOR RESILIENT SURVIVORS

FEBRUARY 5, 2025
SESSION 5

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SEMINAR OBJECTIVES

[] TO EXPLORE COMMUNICATION OBSTACLES PARTICIPANTS HAVE WITH FAMILIES.

[] TO LEARN SKILLS TO IMPROVE COMMUNICATION WITH THEIR FAMILIES.

[] TO SUMMARIZE & ACKNOWLEDGE ACCOMPLISHMENTS OF PARTICIPANTS (SESSIONS I–IV).





I. SIGNIFICANT COMMUNICATION OBSTACLES WITH FAMILY MAY INCLUDE

[A.] STIGMA & SHAME DUE TO INDIVIDUAL'S INCARCERATION

1. **INTERNAL SHAME HINDERS OPEN COMMUNICATION/CREATES DISTANCE.**
2. **EXTERNAL – FAMILY MEMBERS CARRY STIGMA, JUDGMENT FROM OTHERS.**
3. **FAMILY STRUGGLES TO UNDERSTAND REALITIES OF INCARCERATION.**
4. **BROKEN TRUST: BETRAYAL, DISAPPOINTMENT, AND ANGER CREATE COMMUNICATION BARRIERS DIFFICULT TO OVERCOME.**





I. FAMILY OBSTACLES CONTINUED

5. **FINANCIAL CONSTRAINTS:** CONSISTENT COMMUNICATION MARKED BY INDIVIDUAL & FAMILY LIMITED FUNDS (PHONE, TECHNOLOGY).

6. **GEOGRAPHICAL DISTANCE:** LIMITS IN-PERSON VISITS TO SUPPORT BUILDING COMMUNICATION & UNDERSTANDING.

7. **MENTAL HEALTH CHALLENGES & TRAUMA IMPACTS:**

8. **INDIVIDUAL & FAMILY'S ANXIETY, DEPRESSION, PICS** INTERFERES WITH COMMUNICATION.

9. **LACK OF SUPPORT SERVICES:** FAMILIES LACK AVAILABILITY TO COUNSELING/SUPPORT GROUPS TO NAVIGATE COMMUNICATION CHALLENGES WITH THE INDIVIDUAL.





II. SKILLS TO IMPROVE COMMUNICATION WITH FAMILY

[A.] SKILLS FOR EFFECTIVE PRACTICE

1. **OPEN & HONEST ACKNOWLEDGMENT:** VALIDATE THEIR FEELINGS, EVEN IF YOU DON'T AGREE.
2. **ASK QUESTIONS:** SHOW GENUINE INTEREST IN THEIR EXPERIENCE & LIVES.
3. **AVOID INTERRUPTIONS:** ALLOW FAMILY TO FULLY EXPRESS THEMSELVES.
4. **SET REALISTIC EXPECTATIONS:** BE UPFRONT ABOUT YOUR CHALLENGES & CURRENT LIMITATIONS.





[B.] SKILLS TO IMPROVE CONTACT

5. **ADDRESS PAST ISSUES:** DISCUSS INCARCERATION IMPACT ON FAMILY OPENLY & HONESTLY (LINGERING STIGMA)
6. **APOLOGIZE WHEN NECESSARY:** TAKE RESPONSIBILITY FOR YOUR ACTIONS/CONSEQUENCES
7. **ARRANGE QUALITY TIME TOGETHER:** MAKE AN EFFORT TO SPEND QUALITY TIME TOGETHER HOWEVER POSSIBLE (OUTING, MEALS, GAMES, PHONE CALLS)
8. **RE-BUILD TRUST:** STRENGTHEN FAMILY BONDS BY ONGOING COMMUNICATION & CONNECTION





ROLE PLAY- REFLECTING FAMILY

SHAME & STIGMA DUE TO SON/BROTHER BEING FORMERLY INCARCERATED

A. SCENARIO & CHARACTERS

- **MOTHER** - WORRIED, PROTECTIVE & STRUGGLES WITH JUDGMENT FROM OTHERS
- **FATHER** - TRIES TO BE UNDERSTANDING BUT HARBORS INTERNALIZED SHAME
- **OLDER BROTHER** - ANGRY, REBELLIOUS, FEELS DEFINED BY HIS BROTHER'S PAST
- **YOUNGER SISTER** - QUIET, WITHDRAWN, FEELS ASHAMED TO TELL FRIENDS ABOUT HER FAMILY



ROLE PLAY- REFLECTING FAMILY

B. PARTICIPANT USE EFFICIENT/EFFECTIVE COMMUNICATION SKILLS IN SCENARIO DISCUSSION WITH CHARACTERS


C. MEASURABLE LEARNED & PRACTICAL SKILLS DEMONSTRATED BY PARTICIPANT



SUMMARY & PARTICIPANT'S ACCOMPLISHMENTS IN COMMUNICATION SKILL-BASED LEARNING

REVIEW PRE-QUESTIONNAIRE FOR ANY CHANGES





"HANG ON THE WALLS OF YOUR
MIND THE MEMORY OF YOUR
SUCCESS!"

S U M M A R Y A N D D I S C U S S I O N



CONGRATULATIONS ALL! PLEASE POLISH TO MOVE FORWARD.

WITH APPRECIATION & RESPECT,
STEPHANIE