



Justice Involved Individuals

Survey Report 2021

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The 2021 Justice Involved Individuals survey was developed by members of the Tippecanoe Resilience and Recovery Network and distributed by case managers from Community Corrections the end of 2020 and the beginning of 2021. The information received from the survey results was compiled into this report by members of the Data and Assessment Committee of the Drug Free Coalition of Tippecanoe County.

Data and Assessment Committee Members are:

- Bonnie Crawford – Committee Chair
- Will Evans – Purdue Wellness
- Rob Hainje – Tippecanoe County Sheriff’s Department
- Norm Henry – Tippecanoe County Community Corrections
- Jane Krause – Purdue College of Pharmacy
- Kristina Lesley – Drug Free Coalition Executive Director
- Amy O’Shea – United Way of Greater Lafayette

Executive Summary

General introduction of the survey

In March of 2020, the Prevention Sub-committee of the Tippecanoe Resilience & Recovery Network (TRRN) hosted the second annual “Our Voices Matter!” Tippecanoe County Youth Summit. The third annual summit was held virtually in the spring of 2021. As part of these summits, questions were asked of the attendees regarding their perceptions of their peers’ mental health and substance use as well as other questions regarding youth-related subjects. A significant amount of useful data has been obtained from these summits and has been presented in an available report.

The Drug Free Coalition of Tippecanoe County conducts two different surveys to collect community data for their biennial epidemiological profile, *Alcohol and Other Drugs in Tippecanoe County: Use and Effect*. In odd-numbered years, the Coalition conducts the Community Wellness Survey while in even-numbered years it conducts the Community Perceptions Survey. The Community Wellness Survey asks participants to report on their own mental health concerns, substance use and coping skills. The Community Perceptions survey asks participants to respond to questions based on what they believe is happening in the community regarding mental health concerns, substance use, availability of substances, etc.

In the Fall of 2020, the Law Enforcement Committee of the TRRN began discussing the idea of conducting a similar survey with individuals who were currently involved in the Criminal Justice System, either having been sentenced to serve time or who were awaiting sentencing. The goal of the survey was to find out about issues that affect these individuals related to substance use, mental health and stigma.

We decided to call these individuals Justice Involved Individuals; thus, the title for our survey.

Using the survey questions from the Youth Summit, the team modified the questions and agreed on a final list of ten questions for the survey.

The following are the questions that were asked on the survey:

1. *What do you think are the biggest stressors justice involved individuals face today?*
2. *What substances do you think justice involved individuals are using the most?*
3. *Which substances do you think are high risk?*
4. *What issues are justice involved individuals dealing with that you think the community needs to be paying more attention to?*
5. *What can the community do to help with those issues?*
6. *What mental health issues do you think impact justice involved individuals the most?*
7. *How would you define/describe the mental health issues you have identified?*
8. *What type of barriers stop justice involved individuals from asking for help for themselves or someone they know?*

9. *What impact has being labeled a “criminal” or a “drug addict” or a “felon” had on you as a person?*
10. *What positive ways do you see you or your peers using to cope with stress?*

Methodology

Community Corrections administrators and case managers discussed the survey and set a goal of collecting at least 100 surveys. That goal was accomplished. From December 2020 through January 2021, the surveys were conducted on Community Corrections participants either during case management meetings or by asking for volunteers in the Work Release day room. The survey was administered and recorded by the Case Managers, and all results were provided to the TRRN committee and the DFC Data Assessment Committee.

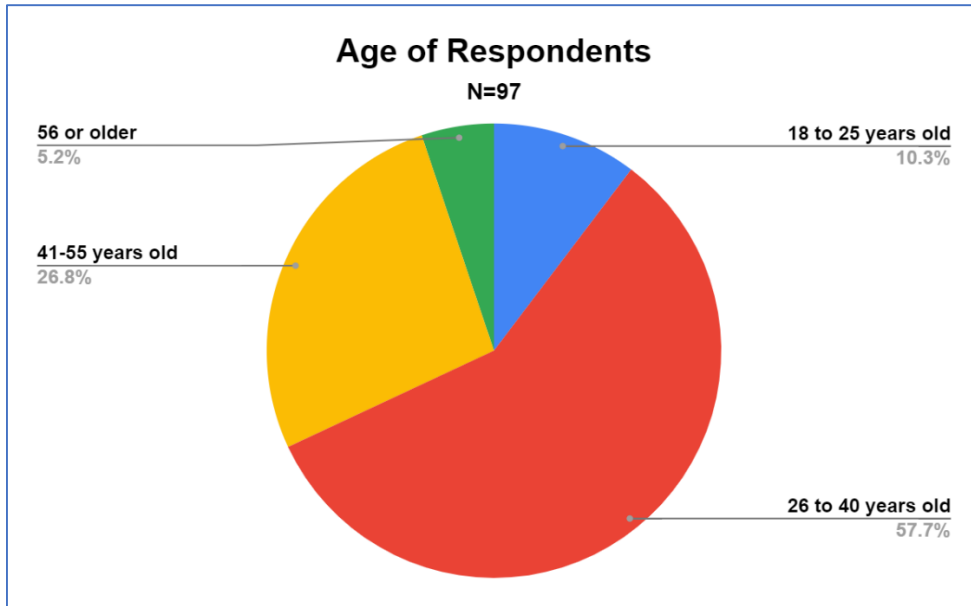
Open-ended responses were qualitatively analyzed to generate themes using methods of word repetition and key words in responses. In addition, open-ended responses were assessed independently by multiple committee members to reduce bias.

Findings

The following findings takes each question on the survey and provides a verbal description of the question, the number of responses and visible themes. There will also be a chart showing visually the gleaned data from the question. Finally, there will be a paragraph that gives statistical information (N = and percentage of responses) for each of the themes identified in the charts. We hope the consistency in our reporting method will make the findings easier for the reader to use.

Age

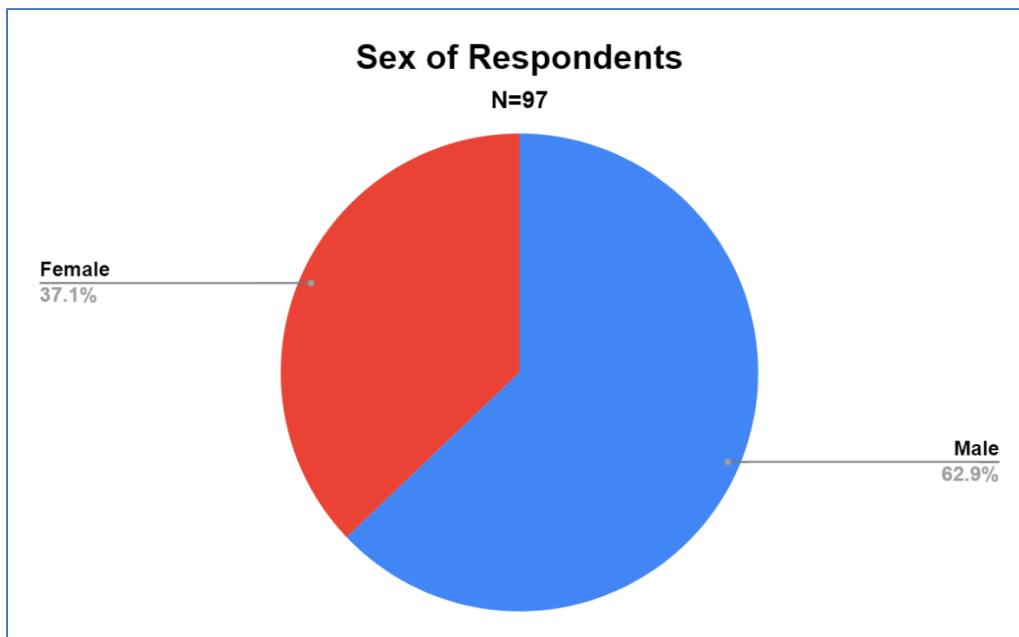
To gather demographic information for those being surveyed, respondents were asked to indicate what age group they fit into. The respondents were given five choices: 17 years or younger, 18-25 years old, 26-40 years old, 41-55 years old or 56 years or older. Respondents were only allowed to choose one response to this question.



There were 97 respondents to this questions. The age group choice responses are broken down as follows: Younger than 17 years 0% (N=0), 18 to 25 years 10.3% (N=10), 26 to 40 years 57.7% (N=56), 41 to 55 years 26.6% (N=26) and 56 years or older 5.2% (N=5).

Sex

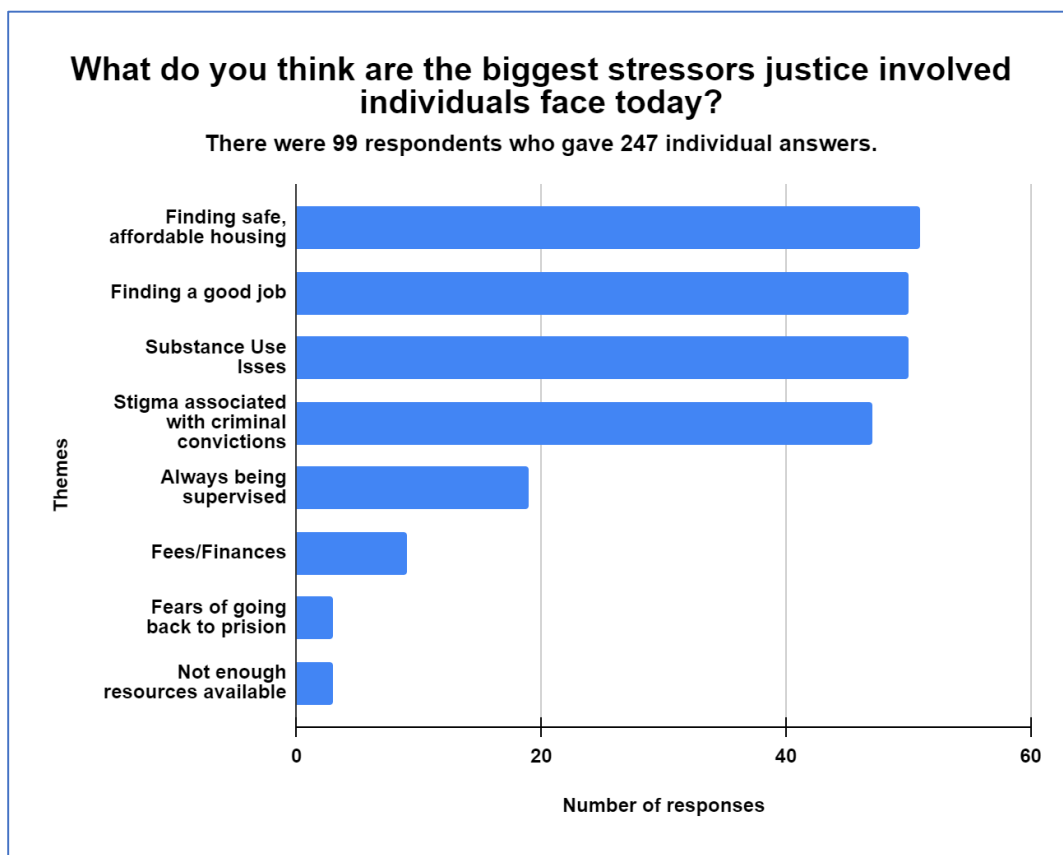
Again to gather demographic information, participants were asked to identify their sex. Male and female were the available options.



There were 97 respondents to this question. The sex responses are broken down as follows: Male 62.9% (N=61) and Female 37.1% (N=36).

Biggest Stressors Justice Involved Individuals Face Today

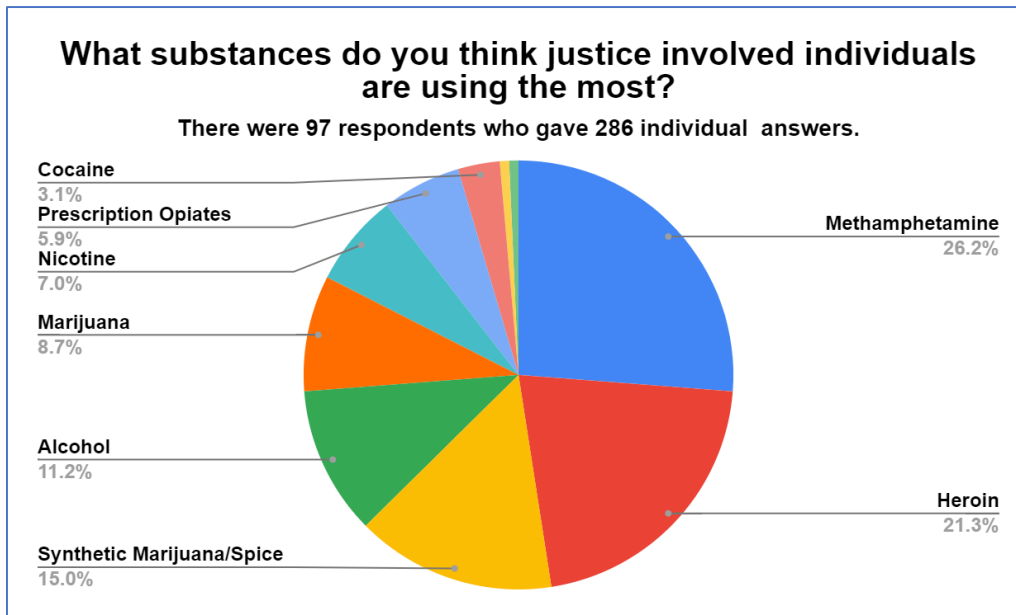
In question 1 of the survey, respondents were asked, “*What do you think are the biggest stressors justice involved individuals face today?*” Respondents were given the option to write in their responses and a summary of the top eight responses were captured on the chart. The top two responses dealt with finding safe, affordable housing and finding a good job. Justice involved individuals also indicated that substance use issues and the stigma association with their criminal convictions compounded their stress levels.



There was a total of 99 respondents to this question with 247 individual responses. In order of their responses, 20.6% (N=51) responded *Finding safe, affordable housing*; 20.2% (N=50) responded *Finding a good job*. The same percentage, 20.2% (N=50), responded *Substance use issues*; 19.0% (N=47) responded *Stigma associated with criminal convictions*; 7.7% (N=19) responded *Always being supervised by someone while I have to follow lots of rules* while 3.6% (N=9) responded *Fees/Finances*. There were 12 additional themes with one or two responses accounting for 8.5% (N=21) of the individual responses. These additional themes are listed in Appendix 2.

Substances Justice Involved Individuals are Using the Most

In the second question of the survey, justice involved individuals were asked: *What substances do you think justice involved individuals are using the most?* They were given a list of ten common substances to choose from. Respondents could choose more than one answer, but they could not add in answers that were not included in the list. It should be remembered that this question did not ask the respondents which substances they specifically used but rather the substances they believe those involved in the criminal justice system used. The top responses were methamphetamine, heroin and synthetic marijuana. Alcohol and marijuana came in fourth and fifth. It is believed that prescription sedatives and prescription stimulants are used the least.

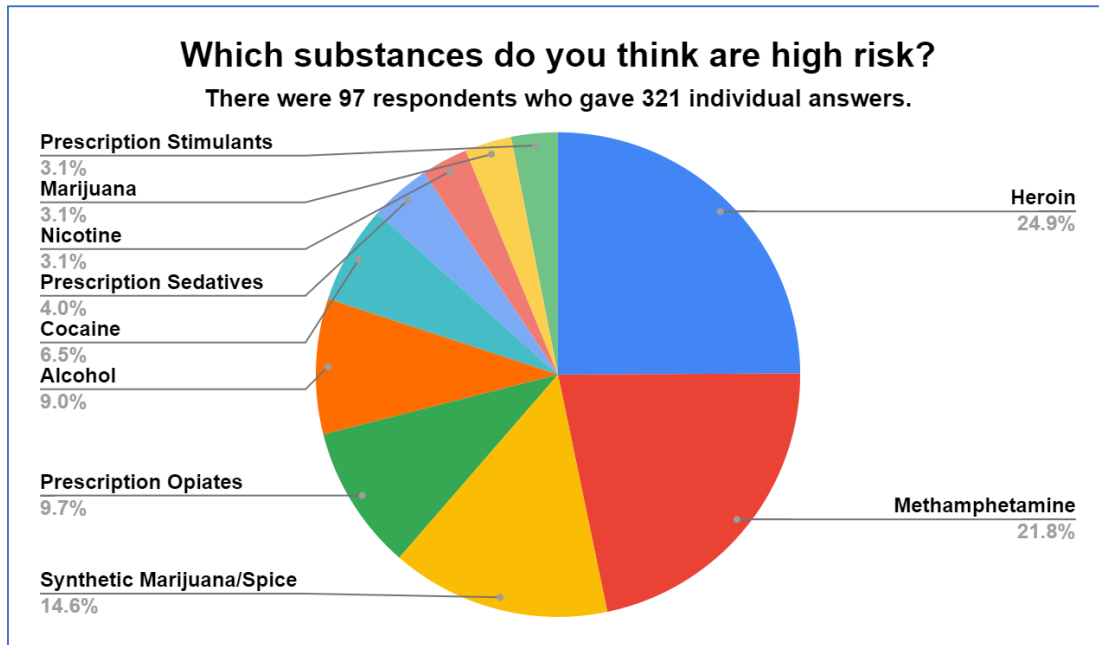


There were a total of 97 respondents to this question, and they gave a total of 286 individual answers. The responses are listed from the substance believed to be used the most to the substance believed to be used the least by justice involved individuals: Methamphetamine 26.2% (N=75), Heroin 21.3% (N=61), Synthetic Marijuana/Spice 15.0% (N=43), Alcohol 11.2% (N=32), Marijuana 8.7% (N=25), Nicotine 7.0% (N=20), Prescription Opiates 5.9% (N=17), Cocaine 3.1% (N=9), Prescribed Stimulants 2.1% (N=2) and Prescribed Sedatives 2.1% (N=2).

High Risk Substances

In the third question of the survey, respondents were asked: *Which substances do you think are high risk?* Again respondents were given a list of ten common substances to choose from. They could include more than one substance in their answers, but they did not have the option to add substances that were not included in the list. The substances the justice involved individuals thought were the highest risk were heroin, methamphetamine and synthetic marijuana. It is interesting that the substances believed to be used the most by justice involved individuals are also the substances the respondents believed to hold the greatest risks. These three substances

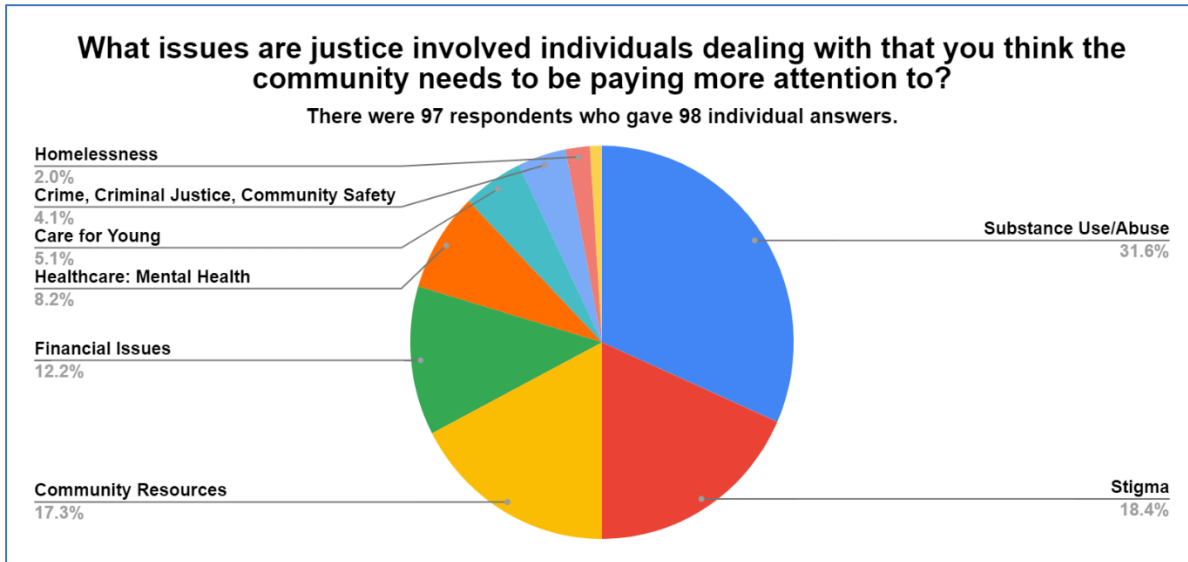
are followed by prescription opiates and alcohol. Prescription stimulants, marijuana and nicotine all tied for the substances considered to be the least risky by the respondents.



There were a total of 97 respondents to this question, and they gave a total of 321 individual answers. The responses are listed from the substance believed to be of the highest risk to the substance believed to be of the lowest risk by the respondents: Heroin 24.9% (N=80), Methamphetamine 21.8% (N=70), Synthetic Marijuana/Spice 14.6% (N=47), Prescription Opiates 9.7% (N=31), Alcohol 9.0% (N=29), Cocaine 6.5% (N=21), Prescription Sedatives 4.0% (N=13), Marijuana 3.1% (N=10), Nicotine 3.1% (N=10) and Prescription Stimulants 3.1% (N=10).

Issues the Community Needs to be Paying More Attention to

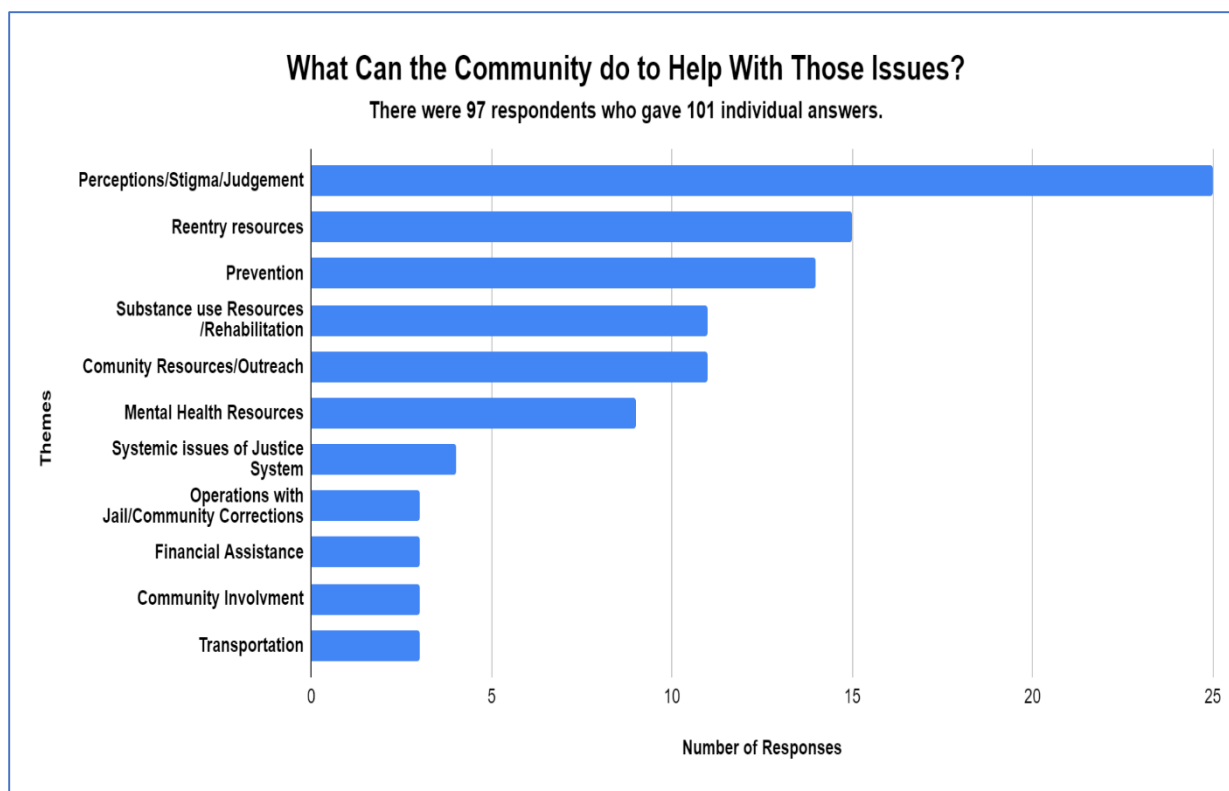
For survey question 4, participants were asked to provide open-ended responses to the following question: *What issues are justice involved individuals dealing with that you think the community needs to be paying more attention to?* A total of 98 individual responses were received and qualitatively analyzed. Each answer was considered and categorized into one of eight themes.



The eight themes that emerged included: Substance Use/Abuse 31.6% (N=31), Stigma 18.4% (N=18), Community Resources 17.3% (N=17), Financial Issues 12.2% (N=12), Healthcare: Mental Health 8.2% (N=8), Care for Young 5.1% (N=5), Crime, Criminal Justice, Community Safety 4.1% (N=4), Homelessness 2.1% (N=2), and Diversity, Equity, and Inclusion 1.0% (N=1).

Things the Community can do to Help with those Issues

The justice involved individuals were asked: *What can the community do to help with those issues?* referring back to the responses given in the previous question regarding issues the community needs to be paying more attention to. The respondents wish the community would be able to help lessen the perceptions, stigma and judgement that accompanies those who have been involved in the criminal justice system. That stigma makes it difficult for individuals to find a good job, find safe, affordable housing and it hampers relationships with peers, family members and children.



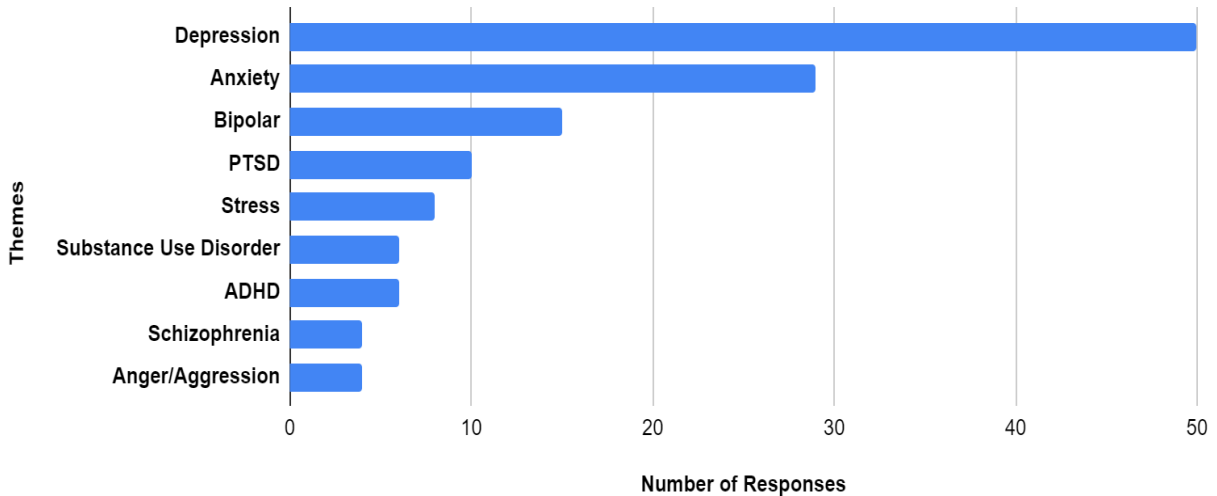
A total of 97 respondents gave 101 individual responses to this question of things the community can do to help with the issues identified in the previous question. The top answer by far was Perceptions/Stigma/Judgement with 24.75 (N=25) of the responses. Re-entry resources was next at 14.8% (N=15) while Prevention was at 13.9% (N=14). Substance use resources/rehabilitation and Community resources/outreach shared the same percentage of responses at 10.9% (N=11). Mental health resources had 8.9% (N=9) of the responses while Systemic issues of the justice system had 3.9% (N=4). Finally, four themes, Operations with jail/community corrections, Financial Assistance, Community involvement and Transportation, all had 3.0% (N=3) of the total responses.

Mental Health Issues Impacting Justice Involved Individuals

For question 6, participants were asked to provide open-ended responses to the following: *What mental health issues do you think impact justice involved individuals the most?* Many respondents provided more than one answer to this question, with the most common responses being depression and anxiety. A total of 143 individual answers were received and qualitatively analyzed. For this question, depression was by far the response recorded most frequently.

What Mental Health Issues do you Think Impacts Justice Involved Individuals the Most?

There were 97 respondents who gave 143 individual answers.



The top nine themes that emerged from question six included: 1) Depression 34.9% (N=50), Anxiety 20.3% (N=29), Bipolar 10.5% (N=15), PTSD 7.0% (N=10), Stress 5.6% (N=8), Substance Use Disorder 4.2% (N=6), ADHD 4.2% (N=6), Schizophrenia 2.8% (N=4) and Anger/Aggression 2.8% (N=4). There were also eight additional themes that had from one to three responses each for a total of 7.7% (N=11) of the total responses. These additional themes are available in Appendix 2.

Mental Health Issues Defined

Participants were asked to define the mental health issues that were identified in the previous question: *How would you define/describe the mental health issues you have identified?* Those definitions are presented in the following tables. Since many respondents identified depression and anxiety as the mental health issues impacting justice involved individuals the most, more of those definitions were included in the first table. In the second and third tables, bi-polar, PTSD, ADHD, stress, schizophrenia and substance use disorder definitions are presented. After an analysis of the responses, the unique definitions were included in the tables.

Table 1: Definitions for Depression and Anxiety

Depression	Anxiety
When you feel completely hopeless, have no motivation and are down	Someone who worries all of the time; having a hard time handling situations or people; gets stressed out easily
When an individual feels sad, sleeps all the time, has trouble communicating	A feeling of getting overwhelmed and constantly feeling like things are out of your hands
A continuous cycle of being sad and feeling overwhelmed	Constantly feeling anxious and fearing everything because you cannot control it
Constantly feeling bad about myself and asking myself why this is happening to me constantly	Not being able to be around a lot of people and feeling like they are constantly talking about me
Lack of passion for something; don't find joy, gloomy feelings	Always being worried you are going to mess up and be sent back to jail
People feel helpless and don't want to live anymore	Overwhelming pressure on a person causing them to want to escape
People get lonely, have no energy and are not able to communicate feelings	Low self-worth and worry about the future
Lack of motivation; feeling of defeat; feeling "What is the point?"	Constantly worrying about what is next
Not having any hope for the future; no motivation to do anything and exhaustion	Unnecessary stress; stressing yourself out when you don't need to
Sadness; loneliness; no self-worth	Not being able to handle day to day situations
Not happy, always worrying, makes you physically sick	Tense all of the time
Loneliness and no energy or will to do anything	Feeling hopeless, worry, panic
You feel low and sad all of the time without any hope or energy	
Feeling stuck and feeling alone in a crowd of people. Feeling of being weighted down.	

Table 2: Definitions for Bi-Polar, PTSD and ADHD

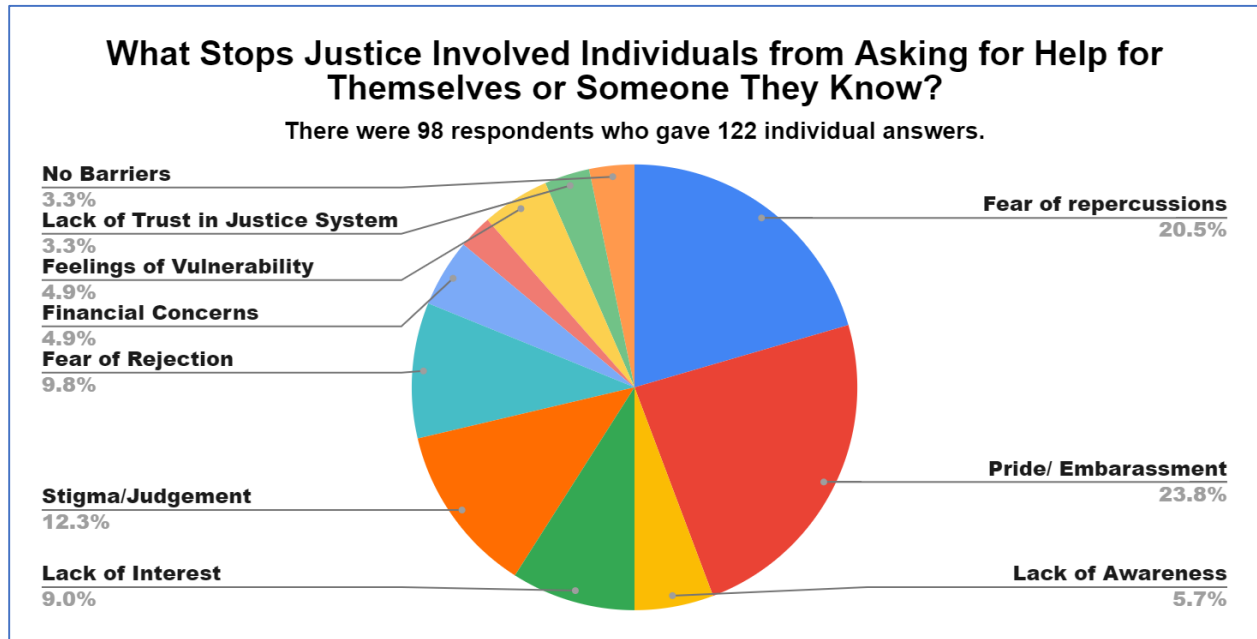
Bi-Polar	PTSD	ADHD
When individuals have extreme mood changes	When people are haunted by their past or the bad experiences they went through	When your mind works faster than your body
It is a struggle dealing with unstable thoughts and behaviors	Trauma associated with a past life event	Being unorganized and unable to be motivated
Lots of chaos in your mind; mind goes from manic to depression	The demons from their past haunt the person	Can't control self; can't handle stress; repeating the same behaviors and not trying to change
Series of ups and downs; being overly happy or overly sad	Bad feelings about past wrong doings	Brain is always running
Paranoia, trust issues, feeling along. Don't think people can relate to what they are going through	When past traumas impact behavior	Can't focus

Table 3: Definitions for Stress, Schizophrenia and Substance Use Disorder

Stress	Schizophrenia	Substance Use Disorder
Having a lot on your plate; being worried	When you hear voices in your head	Using substances to self-medicate because of a chemical imbalance in the brain
Too much on a person at one time	When you act in bizarre ways and hear voices	Illicit drug use or active addiction

Barriers to Asking for Help

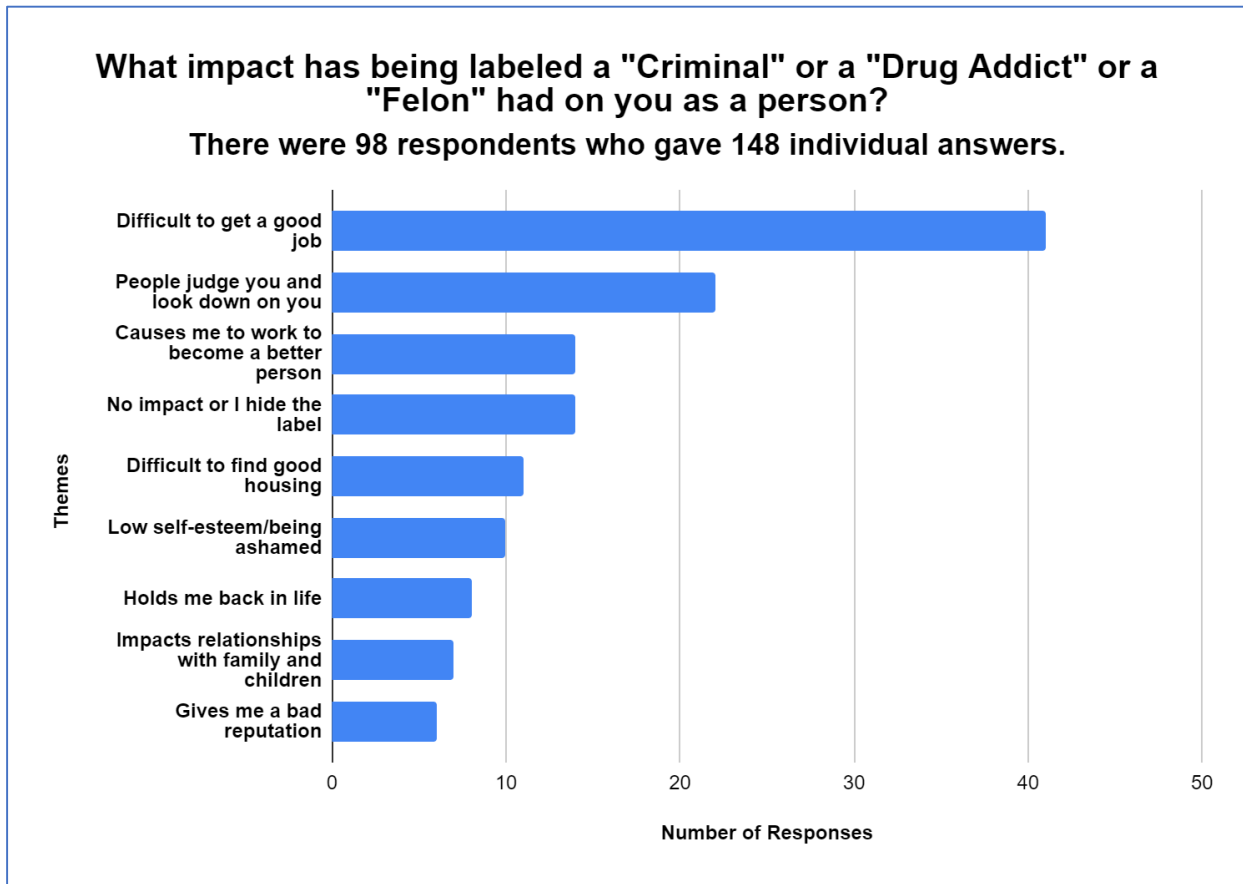
Respondents were asked to respond to the question: *What type of barriers stop justice involved individuals from asking for help for themselves or someone they know?* The largest number of responses indicated that pride and embarrassment stopped them from seeking help for their issues.



There was a total of 98 respondents to this question, but respondents could choose more than one response. There were a total of 122 individual responses. In order of the responses: Pride/Embarrassment 23.8% (N=29); Fear of Repercussions 20.5% (N=25); Stigma/Judgment 12.3% (N=15); Fear of Rejection 9.8% (N=12); Lack of Interest 9.0% (N=11) Financial Concerns 4.9% (N= 6); Feelings of Vulnerability 4.9% (N=6); Lack of Trust in Justice Systems and No barriers shared the same percentage and number 3.3% (N= 4) and Lack of Support 2.5% (N=3).

Impact of Being Labeled a Criminal, Drug Addict or Felon

One of the last questions asked on the Justice Involved Individuals survey was a question dealing with labeling. The respondents were asked: *What impact has being labeled a “criminal” or a “drug addict” or a “felon” had on you as a person?* The largest number of respondents answered that the label makes it more difficult for them to get a good job. It is important to all members of society to have a good job so they can meet the financial needs for daily living. Not having the finances necessary for daily living will only increase stress levels, mental health issues, and the potential for substance use and possible recidivism.

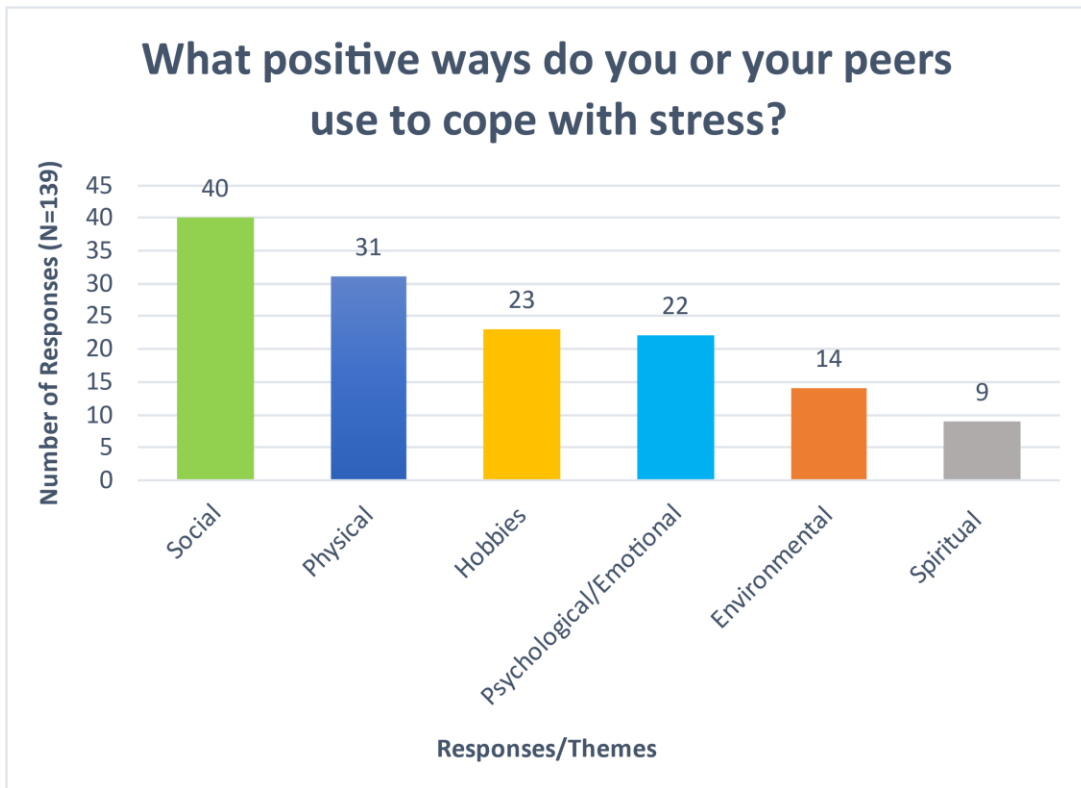


There was a total of 98 respondents to this question, but respondents could provide more than one response. There were 18 themes with a total of 148 responses. In order of the responses: Difficult to get a good job 27.7% (N=41); People judge you and look down on you 14.9% (N=22); Causes me to work to become a better person 9.5% (N=14); No impact, or I hide the label 9.5% (N=14); Difficult to find good housing 7.4% (N=11); Low self-esteem/being ashamed 6.8% (N=10); Holds me back in life 5.4% (N=8); Impacts relationships with family and children 4.7% (N=7) and Gives me a bad reputation 4.1% (N=6). There were nine additional themes with one, two or three responses for a total of 10.1% (N=15) of the total individual answers. These additional themes are available in Appendix 2.

Positive Ways to Cope With Stress

In the tenth question, participants were asked to provide open-ended responses to the following: *What positive ways do you or your peers use to cope with stress?* Many responders provided more than one answer to this question. A total of 139 individual responses were received and qualitatively analyzed. Respondents provided a wide range of answers and six themes of positive ways to cope with stress/self-care emerged.

For this question, the theme of “social” is defined as “activities that nurture and deepen relationships with other people.” Example responses in this theme included: talking with or spending time with a friend or family member, socializing and attending 12-step meetings or other mutual support groups. The theme of “physical” is defined as activities done to help improve the well-being of a person’s physical health.” Example responses in this theme included: exercise, breathing and walking. Additional definitions and example responses are included in Appendix I (Codebook).



The six themes of self-care that emerged included: 1) Social 28.8% (N=40), Physical 22.3% (N=31), Hobbies 16.5% (N=23), Psychological/Emotional 15.8% (N=22), Environmental 10.1% (N=14), and Spiritual 6.5% (N=9). The two most common ways to cope with stress were: talking with/spending time with a friend/family member or socializing (N=23) as a subtheme of social self-care and exercise (N=15) as a subtheme of physical self-care.

Conclusion

This survey sought to find out what issues are affecting Justice Involved Individuals the most. The results provide an abundance of information that will help with addressing the needs of Justice Involved Individuals within Tiptecanoe County.

A few noteworthy things to take away from this survey are:

- The substances that were listed as the highest risk by the respondents were also listed as the most perceived abused substances.
- The biggest stressors listed were: Finding safe, affordable housing; finding a good job; substance use issues; and the stigma of being labeled as a criminal or addict.
- The most highly rated Mental Health issue listed among Justice Involved Individuals was Depression followed by Anxiety. This differed from the Community Wellness survey where those respondents listed Anxiety as number one and then Depression.

Appendix I

Codebook

This codebook identifies the themes that were included in the charts for each question in the Justice Involved Individuals Survey, gives a definition of that theme and in some instances gives several examples.

Age of Respondents

- a. Number of responses: 97
- b. 5 themes (choices)
 - i. 17 or younger (0)
 - 1. Defined: This is the option chosen by individuals aged 17 years or below
 - ii. 18 to 25 (10)
 - 1. Defined: This is the option chosen by individuals aged 18 years to 25 years
 - iii. 26 to 40 (56)
 - 1. Defined: This is the option chosen by individuals aged 26 years to 40 years
 - iv. 41 to 55 (26)
 - 1. Defined: This is the option chosen by individuals aged 41 years to 55 years
 - v. 56 or older (5)
 - 1. Defined: This is the option chosen by individuals aged 56 years or above

Sex of Respondents

- a. Number of responses: 97
- b. 2 themes (choices)
 - i. Male (61)
 - 1. Defined: This is the option chosen by male respondents
 - ii. Female (36)
 - 1. Defined: This is the option chosen by female respondents

1. What do you think are the biggest stressors justice involved individuals face today?

- a. Number of responses: 247
- b. 8 themes
 - i. Finding safe, affordable housing (51)

- 1. Defined: Living in a location that has a lower level of criminal or drug activity, and fits within income earning abilities.
- ii. Finding a good job (50)
 - 1. Defined: Being able to provide for family and necessities of life.
- iii. Substance use issues (50)
 - 1. Defined: Relapsing or being exposed to drug-related environments.
- iv. Stigma associated with criminal convictions (47)
 - 1. Defined: Being prejudged by people based on previous crimes.
- v. Always being supervised (19)
 - 1. Defined: Living under the constant watch of justice programs.
- vi. Fees/financials (9)
 - 1. Defined: Ability to pay fines and service fees while still having enough money for necessities of life.
- vii. Fears of going back to prison (3)
 - 1. Defined: Recidivism, being drawn back into criminal or drug related activities.
- viii. Not enough resources available (3)
 - 1. Defined: Lacking guidance to connect with community resources

2. What substances do you think justice involved individuals are using the most?

- a. Number of responses: 286
- b. 10 themes
 - i. Methamphetamine (75)
 - 1. Defined: The respondent believed methamphetamine is one of the most used substances by justice involved individuals.
 - ii. Heroin (61)
 - 1. Defined: The respondent believed heroin is one of the most used substances by justice involved individuals.
 - iii. Synthetic Marijuana/Spice (43)
 - 1. Defined: The respondent believed synthetic marijuana/spice is one of the most used substances by justice involved individuals.
 - iv. Alcohol (32)
 - 1. Defined: The respondent believed alcohol is one of the most used substances by justice involved individuals.
 - v. Marijuana (25)
 - 1. Defined: The respondent believed marijuana is one of the most used substances by justice involved individuals.
 - vi. Nicotine (20)
 - 1. Defined: The respondent believed nicotine is one of the most used substances by justice involved individuals.
 - vii. Prescribed Opiates (17)

1. Defined: The respondent believed methamphetamine prescribed opiates are one of the most used substances by justice involved individuals.
- viii. Cocaine (9)
 1. Defined: The respondent believed cocaine is one of the most used substances by justice involved individuals.

3. Which substances do you think are high risk?

- a. Number of responses 321
- b. 10 themes
 - i. Heroin (80)
 1. Defined: The respondent believes that heroin is a risky substance.
 - ii. Methamphetamine (70)
 1. Defined: The respondent believes that methamphetamine is a risky substance.
 - iii. Synthetic Marijuana/Spice (47)
 1. Defined: The respondent believes that synthetic marijuana/spice a most risky substance.
 - iv. Prescribed Opiates (31)
 1. Defined: The respondent believes that prescribed opiates are a risky substance.
 - v. Alcohol (29)
 1. Defined: The respondent believes that alcohol is a risky substance.
 - vi. Cocaine (21)
 1. Defined: The respondent believes that cocaine is a risky substance.
 - vii. Prescribed Sedatives (13)
 1. Defined: The respondent believes that prescribed sedatives are a risky substance.
 - viii. Marijuana (10)
 1. Defined: The respondent believes that marijuana is a risky substance.
 - ix. Nicotine (10)
 1. Defined: The respondent believes that nicotine is a risky substance.
 - x. Prescribed Stimulants (10)
 1. Defined: The respondent believes that prescribed stimulants are a risky substance.

4. What issues are justice involved individuals dealing with that you think the community needs to be paying more attention to?

- a. Number of responses: 98
- b. 8 themes

- i. Substance Use/Abuse (Total 31)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- ii. Stigma (Total 18)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- iii. Community Resources (Total 17)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- iv. Financial Issues (Total 12)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- v. Healthcare: Mental Health (Total 8)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- vi. Care for the Young (Total 5)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- vii. Crime, Criminal Justice, Community Safety (Total 4)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- viii. Homelessness (Total 2)

1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- ix. Diversity, Equity, Inclusion (Total 1)
1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3

5. What can the community do to help with those issues?

- a. Number of responses: 101
- b. 11 themes
 - i. Perceptions/Stigma/Judgement (25)
 1. Defined: Individuals in the community have a negative feeling about or opinion of those who have been involved in the criminal justice system
 2. Examples:
 - a. The community should realize that not all people of a different race are going to commit a crime
 - b. Putting labels on Justice Involved Individuals because they made poor decisions
 - c. See us as individuals and be more compassionate
 - ii. Re-entry Resources (15)
 1. Defined: Resources that are available to those leaving the criminal justice system to help them make the transition from incarceration to living in society with the least amount of difficulty.
 2. Examples:
 - a. Have more classes similar to “Reboot to Society”
 - b. Offer more assistance to help felons
 - c. Job training
 - iii. Prevention (14)
 1. Defined: Promoting the health and wellness of individuals, families, and community through education, collaboration, advocacy and treatment.
 2. Examples:
 - a. Have high school students go to a jail for a day
 - b. More academic programs and youth programs
 - c. Dare programs, school outreach
 - iv. Substance Use Resources/Rehabilitation (11)
 1. Defined: Resources and programs available within the community to help those who are dealing with substance use

- 2. Examples:
 - a. Offer more facilities for substance users to get clean
 - b. Address substance abuse problems before they become convictions
 - c. More substance abuse support
- v. Community Resources/Outreach (11)
 - 1. Defined: Assets in a community that help meet certain needs for those around them. These assets can be people, places or structures, and community services
 - 2. Examples:
 - a. More job training available
 - b. Needle exchange programs
 - c. Create a program to educate the community regarding Substance Use Disorder
- vi. Mental Health Resources (9)
 - 1. Defined: Resources and programs available in the community to identify and help those who are suffering with various mental health disorders.
 - 2. Examples:
 - a. Make counseling available
 - b. Make services more accessible and affordable
 - c. Reach out to those actually on the street who may not be finding help for their issues
- vii. Systemic Issues of Justice System (4)
 - 1. Defined: Issues within the Criminal Justice System that could be revisited to determine if there is a better way to handle those issues
 - 2. Examples:
 - a. There should be major reforms in the Criminal Justice System
 - b. Provide more rehabilitation services and the judges not hand out harsh sentences for those with repeat drug offenses
 - c. Instead of just jail, reach out to those with Substance Use Disorder and offer counseling
- viii. Operations With Jail/Community Corrections (3)
 - 1. Defined: Specific protocols that are followed to carry out the daily operations of the jail and community corrections
 - 2. Examples:
 - a. Better intake at the jail
 - b. More communications
 - c. Become aware of jail conditions
- ix. Financial Assistance (3)

1. Defined: Funds made available to help those in need as they transition from the criminal justice system back into society.
2. Examples:
 - a. Create programs to help reduce the cost of treatment for those who struggle financially
 - b. More affordable housing options
 - c. Free programing for the people that need help
- x. Community Involvement (3)
 1. Defined: The meaningful, consistent participation in activities that support and improve upon social wellbeing within a community
 2. Examples:
 - a. More awareness training for teachers, the medical profession and law enforcement
 - b. Bring together addicts and community officials along with law enforcement to create a plan
 - c. Community support for addiction services
- xi. Transportation (3)
 1. Defined: Transportation being available so Justice Involved Individuals can make it to necessary locations as needed.
 2. Examples:
 - a. Provide transportation for those who do not have it available
 - b. More options within the community to help with buses

6. What mental health issues do you think impact justice involved individuals the most?

- a. Number of responses: 143
- b. 9 themes
 - i. Depression (Total 50)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
 - ii. Anxiety (Total 29)
 1. Defined:
 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
 - iii. Bipolar (Total 15)
 1. Defined:
 2. Examples:

- a. Example 1
 - b. Example 2
 - c. Example 3
- iv. PTSD (Total 10)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- v. Stress (Total 8)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- vi. Substance Use Disorder (Total 6)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- vii. ADHD (Total 6)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- viii. Schizophrenia (Total 4)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3
- ix. Anger/Aggression (Total 4)
 - 1. Defined:
 - 2. Examples:
 - a. Example 1
 - b. Example 2
 - c. Example 3

7. How would you define/describe the mental health issues you have identified?
Please reference the definition tables in the main report.

8. What type of barriers stop justice involved individuals from asking for help for themselves or someone they know?

a. Number of responses: 122

b. 11 themes

i. Pride/Embarrassment (29)

1. Defined: Not seeking care due to personal ego or sense of dignity or not seeking care due to negative comparison to others or feeling wrong for belonging to a particular circumstance.

2. Examples:

- a. Dignity and/or pride.
- b. Pride. Shame.
- c. Being embarrassed or ashamed

ii. Fear of Repercussions (25)

1. Defined: Fear of being punished or given negative consequences due to asking for help.

2. Examples:

- a. Fear of having consequences for asking or for whatever it is they need the help with.
- b. afraid of being arrested
- c. Addiction and withdraws

iii. Stigma/Judgement (15)

1. Defined: Being looked down upon or viewed as lesser due to belonging to a particular circumstance or quality

2. Examples:

- a. The judgement that comes from people b/c of their criminal history.
- b. Being criticized, looked down upon.
- c. The judgement of people making them feel like they're failing because they can't do it on their own.

iv. Fear of rejection (12)

1. Defined: Fear of being deliberately dismissed from relationships and other social positions.

2. Examples:

- a. Afraid of the response from the person they are asking for help
- b. Nervous about the reaction of the person they are asking for help from.
- c. Rejection or being told no stops a lot of people from asking for help.

v. Lack of Interest (11)

1. Defined: Not being ready or willing to ask for help.

2. Examples:

- a. They don't want the help. They don't see themselves as having a problem.
 - b. a lot of people simply do not want help or care to ask for it
 - c. Lack of want to. Comfortable where they are.
- vi. Lack of Awareness (7)
 - 1. Defined: Not knowing where to go to access help that is needed or knowing the resources available in the community
 - 2. Examples:
 - a. They do not know where to find help
 - b. not knowing where to start or when to ask for help
 - c. no contact with mental health professionals
- vii. Financial Concerns (6)
 - 1. Defined: The inability to access resources due to lack of funds or financial support.
 - 2. Examples:
 - a. Don't have phones or can't pay for a phone
 - b. Financial burdens - Can't afford the help.
 - c. money, no insurance
- viii. Feelings of Vulnerability (6)
 - 1. Defined: Fear of being attacked or emotionally harmed as a result of asking for help
 - 2. Examples:
 - a. It makes them feel that they are weak
 - b. I also think as a man, taking the chance to be vulnerable to someone can stop us
 - c. Fear that people will think less of you for asking for help.
- ix. Lack of trust in the justice system (4)
 - 1. Defined: Fear or disbelief that the justice system will help them engage in services upon asking in lieu of additional punishments
 - 2. Examples:
 - a. Lots of people don't want to go to justice system may be the same system that failed them. Because those people locked them up, they don't want to ask for help then. Asking for help makes them look like they are trying to get out of trouble "poor me" or "don't send me to jail".
 - b. They may fear the consequences of admitting they have relapsed would result in them being taken back to jail
 - c. People believe that the justice system is trying to send you to jail, instead of trying to help you
- x. No Barriers (4)
 - 1. Defined: No barriers were identified
 - 2. Examples:

- a. I don't see any barriers. There are so many options for help, just ask.
 - b. I don't know. I don't have any problem asking for help so I don't know what would make someone not be able to.
- xi. Lack of Support (3)
 - 1. Defined: Person asking for help does not feel like they have the backing from important relationships in their life.
 - 2. Examples:
 - a. Not having family support.
 - b. They have burnt so many bridges

9. What impact has being labeled a “criminal” or a “drug addict” or a “felon” had on you as a person?

- a. Number of responses: 148
- b. 9 themes
 - i. Difficult to get a good job (41)
 - 1. Defined: Having the label of “criminal,” “drug addict,” or “felon” has made it difficult for respondents to obtain or advance in their employment situation.
 - 2. Examples:
 - a. Being labeled like stops me from getting job. People constantly look down on you and expect you to relapse or fail just because you are a drug addict, when addicts do recover.
 - b. I can't progress in my job and I barely was able to get hired because of my history. I'm a good person, I just made some bad choices.
 - ii. People judge you and look down on you (22)
 - 1. Defined: People around the respondent have changed opinions or feelings about the respondent
 - 2. Examples:
 - a. The way people look at you is a huge impact.
 - b. Different people look at me in different ways.
 - c. I feel judged before they get to know me
 - iii. Causes me to work to become a better person (14)
 - 1. Defined: Labels have caused the respondent to make changes to improve the circumstances of his/her life
 - 2. Examples:
 - a. Opened his eyes, changed him for the better
 - b. Made her reevaluate her life and think about life and getting it together

- c. Feels like he has used this to benefit him. This has made him who he is today.
- iv. No impact, or I hide the label (14)
 - 1. Defined: Having labels has not affected the respondent or the respondent attempts to not put forth the labels
 - 2. Examples:
 - a. I don't feel that I have ever been labeled that way.
 - b. haven't involved others. kept secret
 - c. Doesn't feel it matters as much as used to
- v. Difficult to find good housing (11)
 - 1. Defined: The labels associated with the respondent have prevented or made it more difficult to obtain housing
 - 2. Examples:
 - a. One five-minute situation ruined whole life, can't find housing
 - b. Not having a place to live
 - c. Hard to get a place to live, those things cause mental health issues such as depression
- vi. Low self-esteem/being ashamed (10)
 - 1. Defined: Respondent feel like the labels associated with them have caused self-esteem issues or caused feelings of being ashamed
 - 2. Examples:
 - a. Humiliating
 - b. Being labeled like this causes a sense of self-deprecation, some people aren't only the mistakes they make
 - c. Made me feel less of a man, like a minority, someone who is not important
- vii. Holds me back in life (8)
 - 1. Defined: Respondent feels as if the labels keep him or her from achieving their goals
 - 2. Examples:
 - a. Makes me sad, holds me back in life
 - b. Keeps her isolated, not wanting to put herself out there for fear of rejection
- viii. Impacts relationships with family and children (7)
 - 1. Defined: Respondent feels that labels have impacted interpersonal relationships
 - 2. Examples:
 - a. Have burnt many bridges in my life

- b. Family, employers and others look at you different once you go to jail.
 - c. Being able to participate in activities with kids.
 - ix. Gives me a bad reputation (6)
 - 1. Defined: Respondent feels that labels have impacted the views of others regarding them
 - 2. Examples:
 - a. Officers already have an opinion about him.
 - b. Change how the world looks at me

10. What positive ways do you or your peers use to cope with stress?

- a. Number of responses: 139
- b. 6 themes
 - i. Social (40)
 - 1. Defined: Activities that nurture and deepen relationships with other people.
 - 2. Examples:
 - a. Talking with/spending time with a friend/family member/socializing
 - b. 12-step meetings/recovery mutual support groups
 - ii. Physical (31)
 - 1. Defined: Activities done to help improve the well-being of a person's physical health.
 - 2. Examples:
 - a. Exercise
 - b. Breathing
 - c. Walking
 - iii. Hobbies (23)
 - 1. Defined: An activity regularly done in one's leisure time for pleasure.
 - 2. Examples:
 - a. Reading
 - b. Listening to music
 - c. Arts/Creative outlets
 - iv. Psychological/Emotional (22)
 - 1. Defined: Activities that stimulate a person's mind and help to regulate emotions in a healthy way.
 - 2. Examples:
 - a. Journaling
 - b. Alone time
 - c. Mindfulness/positive self-talk
 - v. Environmental (14)

1. Defined: Maintaining a clean and safe living and working environment.
 2. Examples:
 - a. Cleaning the house
 - b. Working
- vi. Spiritual (9)
1. Defined: Activities that nurture a person's spirit and allows one to think beyond oneself. Spiritual self-care does not have to be religious.
 2. Examples:
 - a. Meditation
 - b. Prayer
 - c. Attending church and religious ceremonies

Appendix 2

The information in this appendix gives the number of responses for each theme including those with only one response.

Age (97 responses)

18 to 25 years old - 10
26 to 40 years old - 56
41 to 55 years old - 26
56 years old or older - 5

Sex (97 responses)

Male - 61
Female - 36

1. What do you think are the biggest stressors justice involved individuals face today? (247 responses)

Finding safe, affordable housing – 51
Finding a good job – 50
Substance use issues – 50
Stigma associated with criminal convictions – 47
Always being supervised – 19
Fees/finances – 9
Fears of going back to prison – 3
Not enough resources available – 3
Fairness – 2
Keeping up relationships – 2
Prove to family and others that you have changed – 2
Things that happen in life – 2
Worrying about the future – 2
Develop a positive lifestyle change 1
Lack of communication – 1
Multiple drug screens, always clean – 1
Pulled in too many directions – 1
Support system - 1

2. What substances do you think justice involved individuals are using the most? (286 responses)

Methamphetamine – 75

Heroin - 61
Synthetic marijuana/spice – 43
Alcohol – 32
Marijuana – 25
Nicotine – 20
Prescription opiates – 17
Cocaine – 9
Prescription sedatives – 2
Prescription stimulants – 2

3. *Which substances do you think are high risk? (321 responses)*

Heroin – 80
Methamphetamine – 70
Synthetic marijuana/spice – 47
Prescription opiates – 31
Alcohol – 29
Cocaine – 21
Prescription sedatives – 13
Nicotine – 10
Marijuana – 10
Prescription stimulants – 10

4. *What issues are justice involved individuals dealing with that you think the community needs to be paying more attention to? (98 responses)*

Substance use/abuse – 31
Stigma – 18
Community resources – 17
Financial issues – 12
Healthcare: Mental health – 8
Care for Young – 5
Crime, criminal justice, community safety – 4
Homelessness – 2
Diversity, equity and inclusion - 1

5. *What can the community do to help with those issues? (101 responses)*

Perceptions/stigma/judgement – 25
Re-entry resources – 15
Prevention – 14
Substance use resources/rehabilitation – 11
Community resources/outreach – 11

Mental health resources – 9
Systemic issues of the justice system – 4
Operations with jail/community corrections 3
Financial assistance – 3
Community involvement – 3
Transportation - 3

6. *What mental health issues do you think impact justice involved individuals the most? (143 responses)*

Depression – 50
Anxiety – 29
Bipolar – 15
PTSD – 10
Stress – 8
Substance use disorder – 6
ADHD – 6
Schizophrenia – 4
Anger/aggression – 4
Multiple personality disorder – 3
Access to proper medication – 2
Being incarcerated – 1
Childhood trauma – 1
Trauma – 1
Loneliness/isolation – 1
Suicide – 1
Low self-esteem – 1

7. *How would you define/describe the mental health issues you have identified? (79 responses)*

Depression – 31
Anxiety – 21
Bi-polar – 7
PTSD – 6
ADHD – 5
Stress – 3
Substance use – 2
Schizophrenia – 2
Low self-esteem – 1
Anger issues - 1

8. *What type of barriers stop justice involved individuals from asking for help for themselves or someone they know? (341 responses)*

Fear of Repercussions - 25
Pride/Embarrassment - 29
Lack of Awareness - 7
Lack of Interest - 11
Stigma/Judgement- 15
Fear of Rejection - 12
Financial Concerns - 6
Lack of Support - 3
Feelings of Vulnerability - 6
Lack of Trust in Justice System - 4
No Barriers - 4

9. *What impact has being labeled a “criminal” or a “drug addict” or a “felon” had on you as a person? (148 responses)*

Difficult to get a good job – 41
People judge you and look down on you – 22
Causes me to work to become a better person – 14
No impact, or I hide the label – 14
Difficult to find good housing – 11
Low self-esteem/being ashamed – 10
Holds me back in life – 8
Impacts relationships with family and children – 7
Gives me a bad reputation – 6
Causes me to be depressed and introverted – 3
Impacts my schooling – 2
I am less introverted – 2
Feel like I am judged by officers – 2
I have financial burdens – 2
Life is not fair – 1
Is an excuse to relapse – 1
Harder to get help – 1
Struggle every day with drug addiction – 1

10. *What positive ways do you see you or your peers using to cope with stress? (139 responses)*

Talking with/spending time with a friend/family member/socializing – 23
Exercise – 15
Working, work helps take away stress/takes mind off stress – 13
Staying Positive – 7

12 step meetings/recovery mutual aid groups – 6
Reading - 6
Hobbies – 5
Listen to/play music – 5
Meditation – 5
Being supportive of one another -5
Breathing – 4
Prayer/attending church/religious activities – 4
Alone time – 3
Arts/creativity/creative outlets – 3
Therapy/counseling – 3
Video games -3
Walking – 3
Staying focused on change - 3
Animals/pets-walking the dog – 2
Comedy/humor/laughter – 2
Playing with children/spending time with children – 2
Time outdoors – 2
Focusing on my kids and family – 2
Cleaning the house – 1
Cooking/baking – 1
Journaling/writing – 1
Mindfulness/positive self-talk – 1
Rest/relaxation – 1
Sleep - 1
Support group – 1
Yoga – 1
Substance use (negative) – 1
Staying away from bad influences – 1
Taking a bath – 1
Seeking treatment – 1
Grounding mechanisms - 1