



Mental Health and the Criminal Justice System

Revitalized Reintegration Services
November 14, 2024

Welcome, Land Acknowledgement, and Ancestral Acknowledgement



Jasmyne Julien, CEO and Founder of Revitalized Reintegration
Services



Reminders:

- Please ensure your mic is muted.
- Closed captions are available.
- This workshop is being recorded, and slides will be shared after the presentation.
- Please hold all questions until the end.
- The chat will be monitored. Please address any concerns you have there.



Mental Health and the Criminal Justice System

Facilitated by



T'ka Lofters, Revitalized Practicum Student, Forensic Psychology Student, and Human Rights Advocate

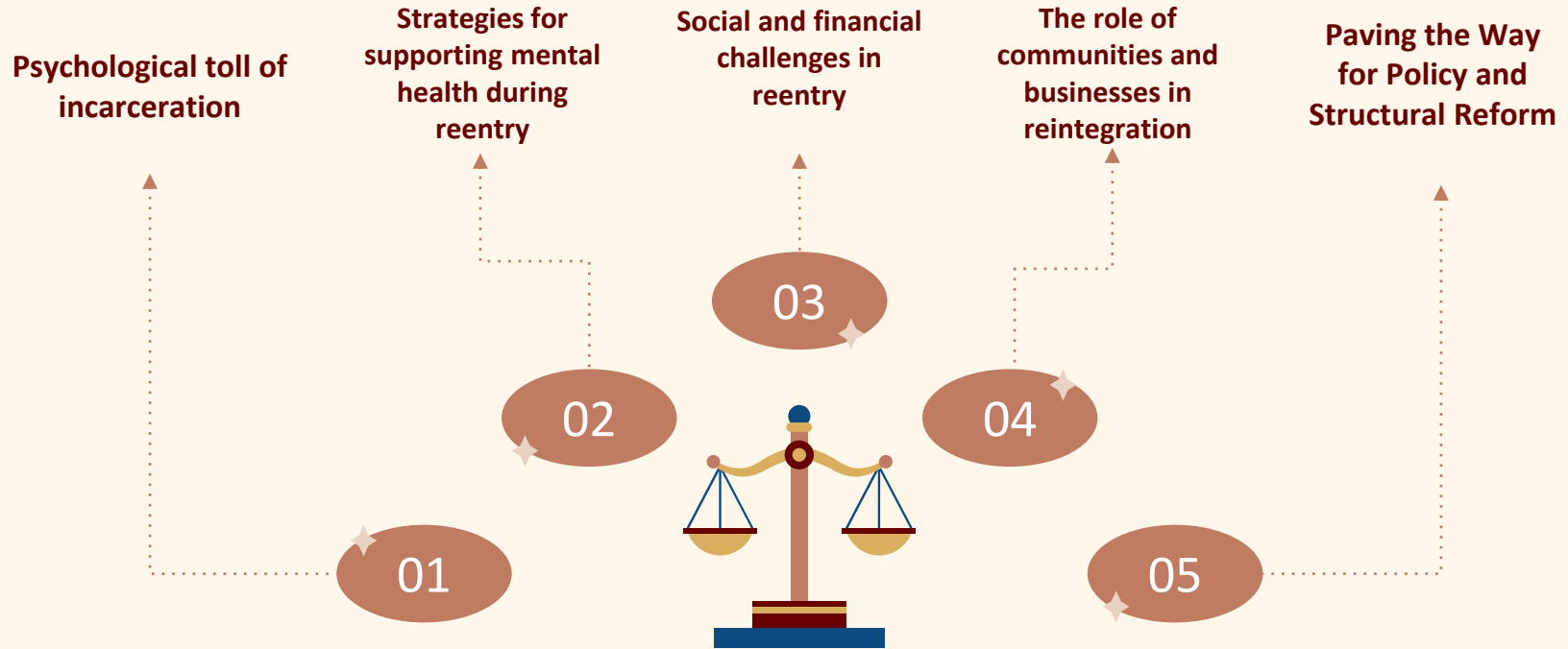
Mental Health And The Criminal Justice System

By: T'ka Lofters

Revitalized Practicum Student,
Forensic Psychology Student, and
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Workshop Overview



Supporting Mental Health During Reentry

01

Managing Emotional and Psychological Challenges



02

Building Support Systems

03

Mental Health Support Strategies



The Psychological Toll of Incarceration

- **Post-Incarceration Struggles:** Trauma from incarceration, especially solitary confinement, often continues post-release, causing loneliness, anxiety, and hopelessness.
- **Depression & Anxiety:** Overwhelming mental health issues caused reentry, often manifesting as PTSD, depression, and substance abuse.
- **According to Haney (2003), solitary confinement and long-term** incarceration contribute to significant psychological distress, including anxiety and depression, leading to **PTSD** post-release.

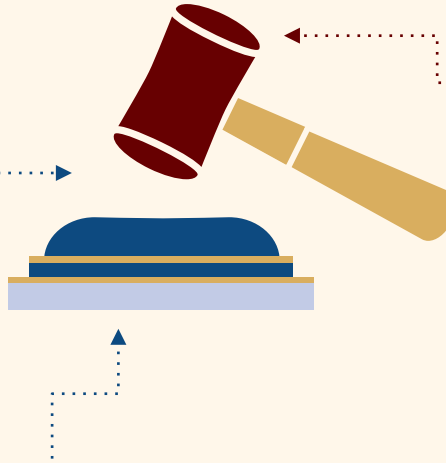
- **50%** of incarcerated individuals experience **severe depression** (National Alliance on Mental Illness, 2020).
- **60%** of people released from prison experience **mental health issues** like **PTSD**, anxiety, or depression (National Institute of Justice, 2020).

Social Reentry Challenges

Stigma & Discrimination



Community Alienation



Rebuilding Family and Social Relationships



Financial Reentry Challenges



**Lack of Access to
Financial Resources**



**Economic
Instability**



**Barriers to
Employment**

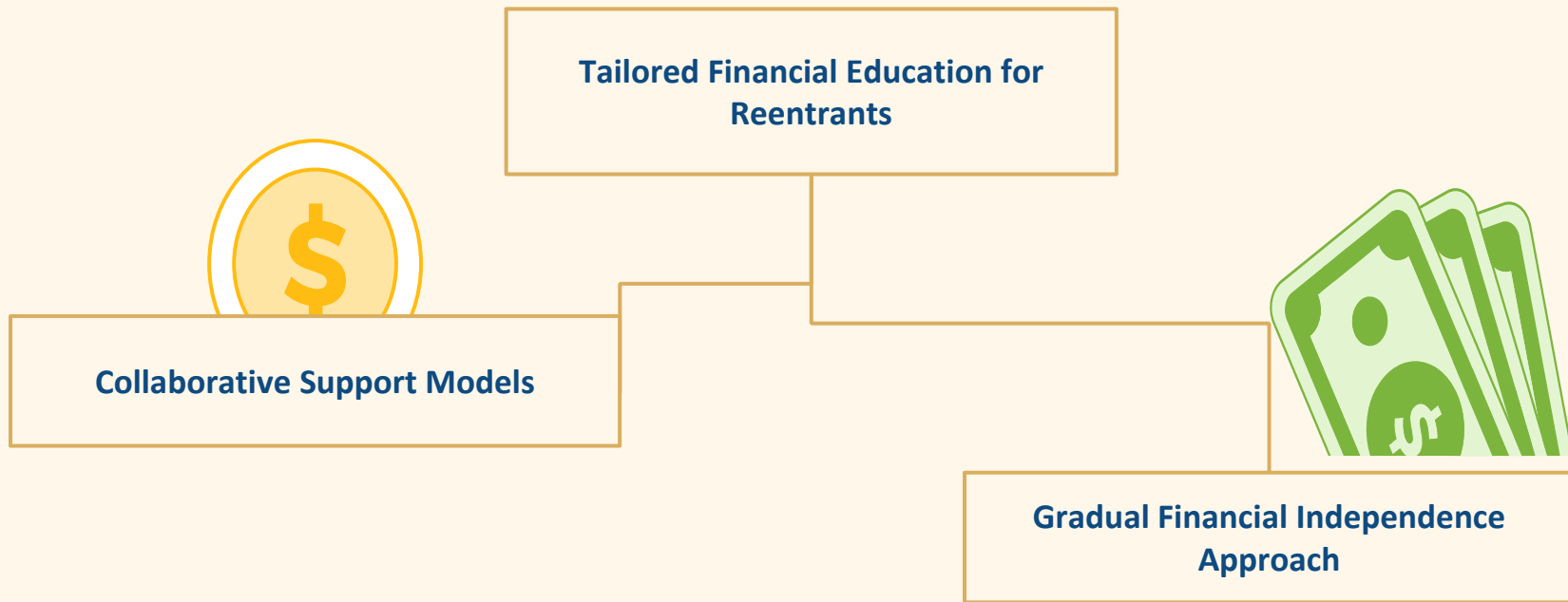


**Impact on Mental
Health**





Integrated Financial Literacy for Sustainable Reentry



Engaging Local Business Organizations



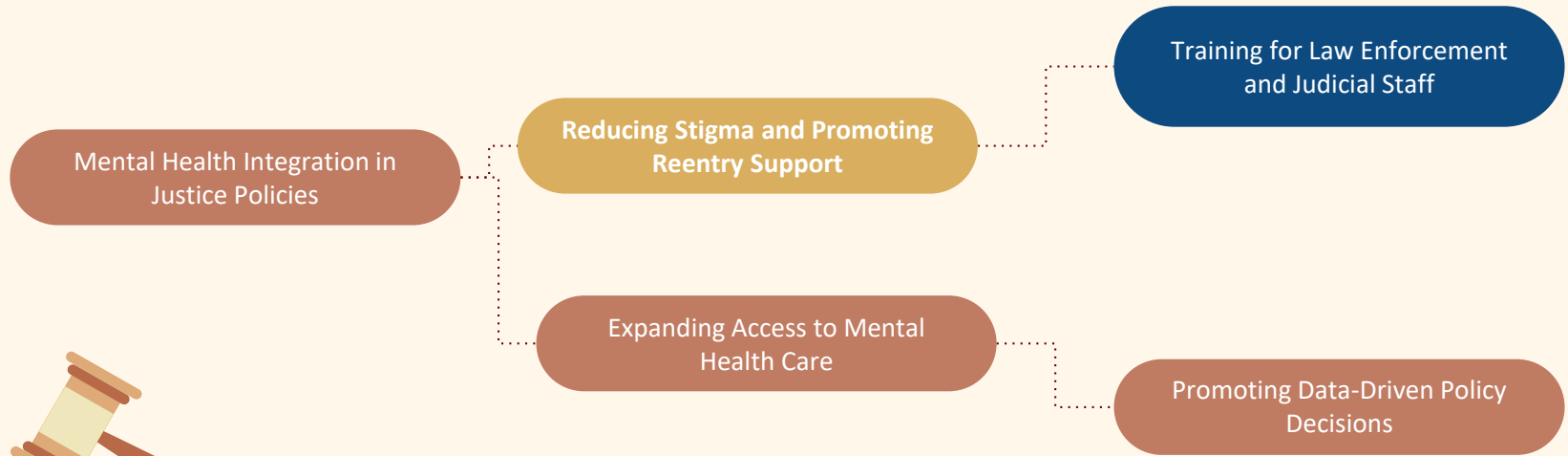
**Employment
Opportunities**

**Nonprofit
Collaboration**



Mentorship Programs

Paving the Way for Policy and Structural Reform in Canada



Digital Resources for Reentry

- Employment and Job Training Platforms
- Financial Management Tools
- Legal Aid and Documentation Assistance
- Mental Health and Well-Being Apps
- Community and Reentry Assistance Programs

"Addressing the mental health needs of individuals in the criminal justice system is **not only crucial for their recovery but also essential for reducing recidivism and creating safer communities. Without adequate mental health support, individuals are more likely to re-offend, leading to a cycle of incarceration that could have been prevented with timely intervention." (National Alliance on Mental Illness (NAMI), Mental Health Crisis in the Criminal Justice System, 2020).**