

BS"D

Hinda Cares

A Helpful Guide for Supporting Families of Incarcerated Loved Ones



HINDAHELPS.COM

MISSION

The **HINDA CARES Program** is a unique program for families who are impacted by incarceration. The HINDA Institute supports these women, children, and families by offering counseling, legal support, financial aid and employment assistance at no cost.

VISION

We will create a safe, nonjudgmental atmosphere to dialogue with members of the Chicago area Jewish community and agencies, thereby bringing a voice to the families who are the collateral damage and silent victims of incarceration.

MISSION & VISION

OBJECTIVES

- Break the cycle of recidivism and shame by providing support for children and families through group and individual counseling, legal advice, financial and employment support, and referrals to additional resources
- Sensitize the community to the prejudice, financial and emotional hardships experienced by families, who are usually the innocent victims of another person's actions and mistakes.
- Reduce the stigma, ostracism, obstacles, and challenges experienced by families through education and advocacy.

OBJECTIVES

HOW WE CAN HELP

If you know a family dealing with the issue of incarceration in your community, please introduce them to the HINDA Institute. We will mobilize a response team consisting of a specialized social worker and rabbinic counselor who can do a psycho-social assessment on the needs of the family while considering the broader community. We have expertise in supporting these families and helping create open, safe dialogues within the community. We have regular weekly family support groups and caring support systems for children as well.

HOW YOU CAN HELP

Help us to recognize, support and give a voice to these silent victims of incarceration. You can also help by providing expertise, volunteer services or financial resources. We invite you to find out more about the HINDA CARES Program of the HINDA Institute by contacting us at administration@hindahelps.com and/or visiting our website: www.hindahelps.com - Family Programs.

ASSISTANCE

REAL PEOPLE - REAL STORIES

HINDA Heroes A Mother Supported

My son was convicted of an offense and was incarcerated a few years ago. I believe to this day that he is innocent and was manipulated into a confession by the police because he has developmental challenges. I feel the whole situation is unfair; but I understand that it is hard for people to believe. I feel very comforted that chaplains are visiting him.

Someone from the HINDA Institute calls me every week. It is fun going to events. Even though I don't keep Shabbos, it is an opportunity to be around other people and not feel out of place or hide a part of myself - I like the camaraderie; I like participating in the cooking events. I appreciate getting the packages before the holidays as well. My son will one day come out of prison, but I know there will still be a lot of challenges. I am an optimistic person, and I know that I will deal with them when they come. The HINDA Institute said that they will help.

REAL PEOPLE - REAL STORIES

MISCONCEPTIONS

MYTH: Crimes are not committed by people from good Jewish homes. Statistically, Jews follow the same trends as the general US population. The HINDA INSTITUTE serves about 300 clients per month: 150 currently and 200 formerly incarcerated. About 50% of our clients are Jewish and 23% strongly identify with Judaism. Our CARES family group consists of just under 90 Jewish families from communities all across Chicago and suburbs, from a wide variety of socio-economic groups. When a person is incarcerated, an additional 8 to 10 people are affected - children, spouses, parents, and siblings. New research shows that approximately one in two adults (~113 million people) has had an immediate family member incarcerated for at least one night in jail or prison (Elderbroom et al., 2018).

MYTH: Family members of incarcerated individuals are guilty by association. In fact, families are rarely complicit or benefit from the crime committed by a relative, but they always suffer from the consequences of incarceration. Children have more difficulty in school and experience pain and hardship. At a time when families are most vulnerable, they are often shamed, harassed, or even physically threatened (Arditti, 2012).

MYTH: If a person is arrested, they must have done something very bad, and they deserve the consequences. An accused person may stay in jail for years until their case is resolved; if they can't afford bail, they may plead guilty even if they are innocent. A defendant is often advised to take a plea deal and plead guilty to avoid facing more prison time and the financial burden of a trial. The whole family suffers, both directly and indirectly.

MISCONCEPTIONS

MISCONCEPTIONS

MYTH: Parents are responsible for enabling their children who commit crimes.

Between 30% to 60% of all crimes are committed by people with severe mental health and/or addiction issues. Family members have little, if any, control over these problems, yet still experience anger, anxiety, depression, helplessness, emotional pain and feelings of mistrust, along with feelings of responsibility for not preventing the incarceration (Tadros et al., 2020). Families of registered sex offenders face a host of extra challenges; they are especially vulnerable because the social stigma often forces families to relocate, contributing to the deterioration of family relationships (Arditti, 2012).

MYTH: Prisons supply all the needs for the person who is incarcerated.

Families have a financial burden while the relative is in prison and following release. The whole family suffers from loss of income, legal expenses, and supporting the prisoner's personal necessities, and supplementing dietary needs. There is often employment disruption, housing insecurity, and psychological stress both during and post incarceration (Light & Campbell, 2006).

MISCONCEPTIONS

RESOURCES

The HINDA Institute - Assistance for incarcerated in Illinois and their families and those reentering society

Phone: 847-430-4955

email: administration@hindahelps.com

<https://www.hindahelps.com>

The ARK - Free comprehensive services within a framework of Jewish values and laws

6450 N. California Ave., Chicago, IL 60645

Phone: (773) 973-1000

ark@arkchicago.org

JCFS Chicago

Social services with Jewish values,

216 W. Jackson Blvd. Suite 800, Chicago, IL 60606

Intake & inquiries: (855) 275-5237

Email: ask@jcfs.org

<http://www.jcfs.org>

EZRA Multi-Service Center - Collaborative crisis care

909 W. Wilson, Chicago, IL 60640

Phone: (773) 275-0866

Website: <https://www.juf.org/ezra/about.aspx>

The Chicago Center - Refuah 311 - Mental health services

6557 Lincoln Ave., Lincolnwood, IL 60712

Phone: (773) 508-0311

Email: refuah311@thechicagocenter.org

Website: www.thechicagocenter.org

The Aleph Institute - Free financial, emotional and spiritual assistance for Jewish incarcerated and families

9540 Collins Ave., Surfside, FL 33154

Phone: (305) 864-5553

Website: <https://aleph-institute.org>

RESOURCES

HINDA CARES SUPPORT PROGRAM FOR FAMILIES

REFERENCES CITED

Arditti, Joyce A. (2012). Parental Incarceration and the Family. New York: New York University Press.

Elderbroom, Brian et al. (2018). Every Second: The Impact of the Incarceration Crisis on America's Families. FWD.us. <https://everysecond.fwd.us/downloads/everysecond.fwd.us.pdf>

Light, R., & Campbell, B., (2006). Prisoner's Families: Still Forgotten Crimes? Journal of Social Welfare and Family Law, 28(3-4), 297-308. doi:10.1080/09649060601119524

Tadros, E., Fye, J., & Ray, A. (2020). The Lived Experience of Sisters with an Incarcerated Brother: A Phenomenological Study. International Journal of Offender Therapy and Comparative Criminology, 64(4), 335-354. <https://doi.org/10.1177/0306624X19877598>

TOOL KIT TASK FORCE

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