



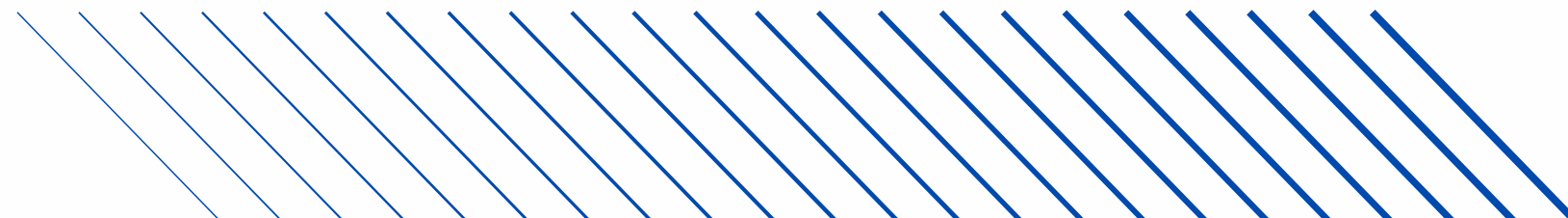
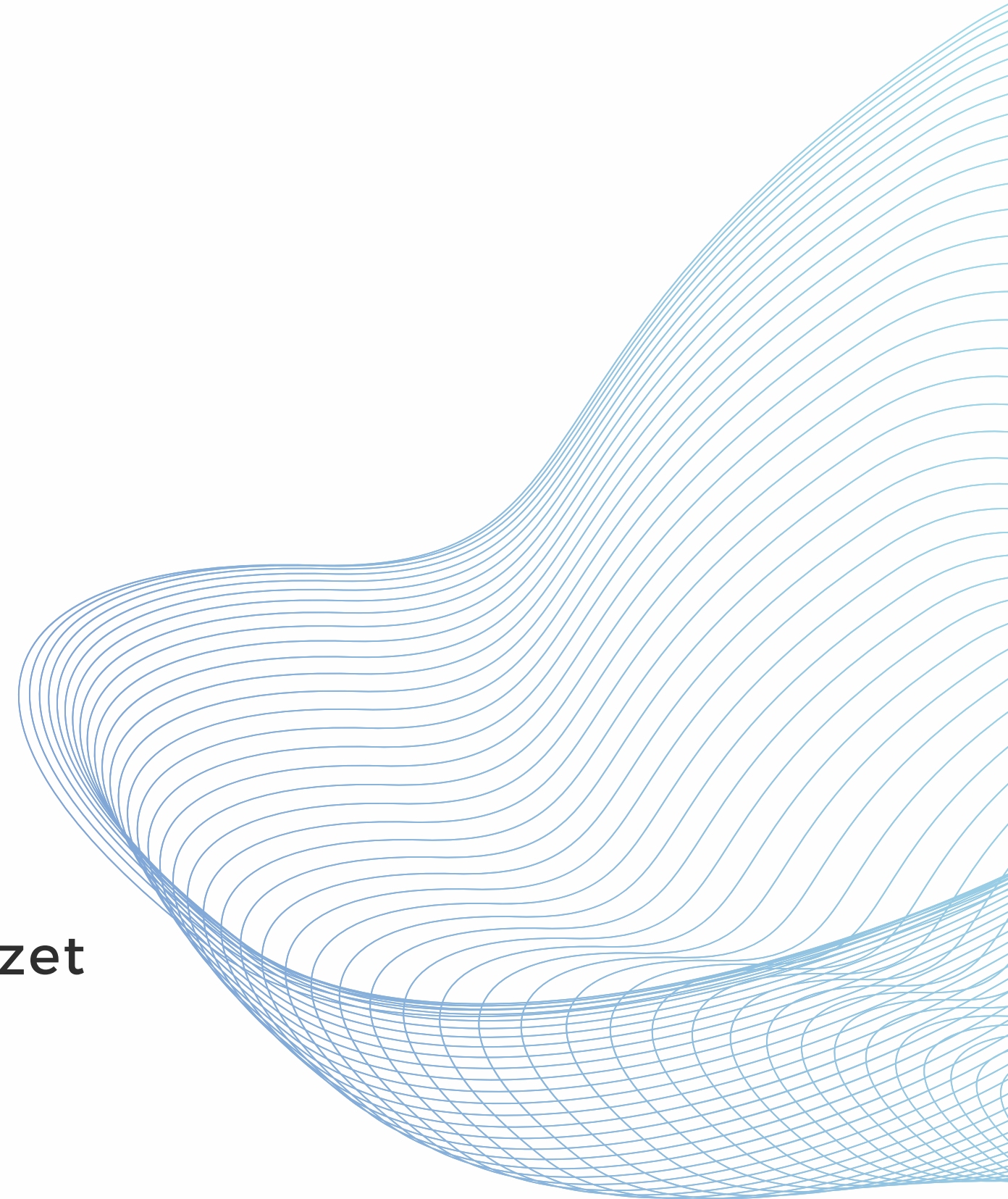
Hinda Institute

PROBLEM SOLVING: STRATEGIES TO THRIVE

Session 5

Co-Facilitators: Dr. Stephanie Kutzen and Mrs. Beth Palzet

1/17/24



IMPORTANT TAKEAWAYS

“We are not alone and listening and discussing these matters helps!”

“There are several ways to approach each problem.”

-Post-Test Survey Participants



PROBLEM SOLVING ABILITY

On a scale of 1-5, on average, participants feel like they are at a 3-4 in their problem solving abilities.

-Post-Test Survey Participants

POST-INCARCERATION SYNDROME (PICS)

Individuals released from incarceration experience a unique subset of mental health symptoms related to, but not limited to, PTSD. Incorporates lived experiences of incarceration on the quality of reentry. Increasing research on separate cluster of psycho-social problems is promising

*Liem, M. Kunst M., Is There A Recognizable Recognizable Post Incarceration Syndrome, Among Released, people? International Journal of Law and Psychiatry 36 (2013) 333-337

PICS RE-ENTRY ADJUSTMENT ISSUES

- Negative distressing experiences transferred when released
- Protecting one's vulnerability and fear of attack
- Institutionalized behavior imposed by external structure
- Lack of Trust
- Panic Attacks
- Sleep disorders

POST COURSE EVALUATION

Please fill out the post-course evaluation in the chat.

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