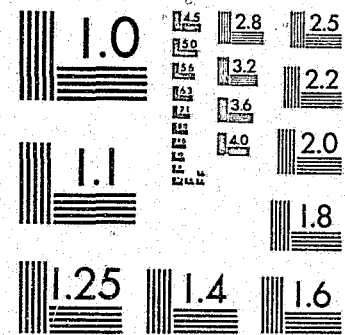


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RECREATION PLANNING for ELDERLY and MENTALLY
RETARDED INMATES

by Delpaneaux V. Walakafra-Wills, Ph.D.

Most Jail Recreation Programs are struggling to provide optimal, if not, minimal service to as many inmates as possible, while at the same time trying to keep inmates busy with the usual popular activities; basketball, handball, weight lifting and etc., while under-staffed.

While we, as Recreation Service Providers rush to keep up with a majority of the needs and activities programming most inmates' participate in, we neglect to provide the same attention to a minority of inmates we generally try to ignore on purpose. We generally ignore the physically handicap, blind, mentally retarded and elderly and their needs to receive the same quality we give to the majority of inmates. This exclusion from the general recreation dynamics is partially due to our inability to take the time to administer some form of intervention and our general lack of knowledge in what to do for these groups of inmates.

We assume, since they can not do some thing or don't want to participate in an activity, that they are not interested. Well the assumption is wrong. Regardless of what form of handicapism or age, all inmates are bored in jail and need to constructively participate in some form of activity in their leisure time availability. In most jails, elderly inmates who are unable to play the more active sports like a majority of the inmates do, usually find themselves sitting down and participating in recreation as a spectator. The same is for a jails' mentally retarded inmate, in so much as, we do not consider why in many cases the retarded inmate is introverted and refuses to interact, because we either expect that from him or he is being alienated by other inmates and forced into his own recreation world, again as a spectator.

Most jail recreation programs are not equiped with the staff, expertise and time it takes to provide individual attention to these cohort classifications. But, as demonstrated at the Sacramento County Main Jail, you can provide both attention and time through using the Positive Indirect Recreation Approach; (PIRA). The model of Human Systems Recreation Dynamics (HSRD), provides to any jail or prison a system by which inmate needs are met through an assessment measurement application. Once applied and analyzed, the results will guide and formulate a course of action to design a viable, responsive and comprehensive recreation program for that inmate or group of inmates.

With this as a problem, the Recreation Staff used PIRA to design an effective

recreation and physical fitness program for its inmates who were over 55 years old, blind, handicapped and mentally retarded. The activities isolated from the mainstream activities proved highly successful and provided structured time to the inmates who once just sat during their 2 hour recreation period, 3 times a week. By isolating the inmates through staff interaction only, continued to foster most inmates' desires not to include them into the mainstream. In our next step, the staff replaced their interaction with the group with regular inmates. The response was excellent on both sides and time spent by the normal inmates was time recreating as well as teach and helping another inmate.

What the PIRA method attempted to do was to get the inmates involved in recreation skills development, in performing physical fitness programs and in learn-how to play or execute simple activities or participate in a simple activity.

The first step of this task was to survey those inmates in the affected population. Once surveyed and the data analyzed, we found that most mentally retarded inmates wanted to play the two available video games. The one blind inmate wanted to learn proper exercise skills and learn to lift weights. The remaining elderly inmates wanted to basically do four activities; watch others play competitive sports, play video games, read and walk around and take in fresh air.

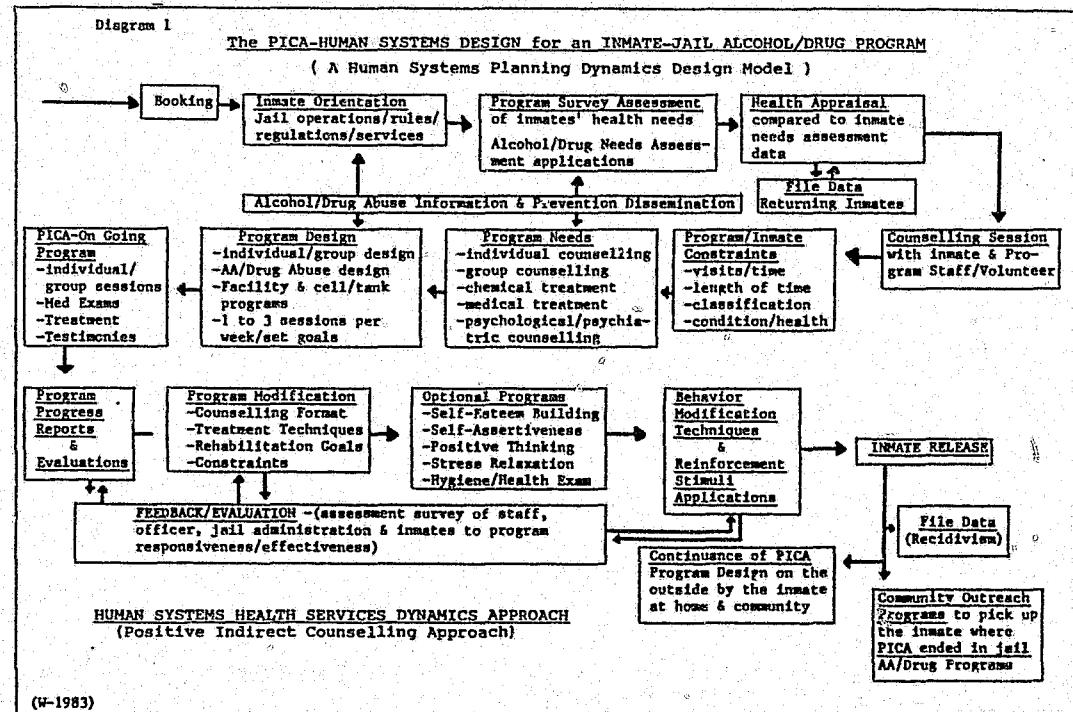
With this understanding of need, the staff was assigned the task of working out an individual recreation/physical fitness/exercise plan for each of the special inmates. A variety of games and activities were specially designed to meet their needs; such as the playing of table games like Connect Four, Cards, simple stress reduction and relaxation exercises, drawing/painting, standing and sitting down exercises, reading assignments, and getting each other to show the other what they had learned or accomplished that session or a previous recreational session.

It is important that when you plan activities for all the cohort classifications such activities should be simple, not complicated with short playing time and easy goals for accomplishment. Handicap, mentally retarded, blind and elderly inmates should not be treated any differently than other inmates during recreation. It is important to get these inmates to associate with other inmates in competitive sports or activities.

Jails must begin to service the recreational needs of their handicapped and elderly inmates and not just sit them aside as spectators. They need to recreate just as does the normal troublesome inmate. The PIRA method has proven satisfactory in developing an effective program for this group based on the inmates' needs, constraints, handicap, likes and dislikes, and PIRA worked like a charm.

DESIGNING the PICA MODEL for a
JAILHOUSE ALCOHOL and DRUG REHABILITATION
PROGRAM

by Delpaneaue V. Walakafra-Wills, Ph.D.



INTRODUCTION

Jail Alcohol and Drug Treatment Programs for inmates are difficult program task operations due to the transiency nature of jail inmates. Treatment from an holistic approach seems as inadequate as does treatment from a detox approach. If the inmates' duration is long as he awaits sen-

tencing, then both treatment modes are more feasible and warrants application.

Regardless of the inmates' duration, the inmate who is suffering from withdrawal from alcohol or drug addiction needs immediate attention while in jail. The use of chemicals such as lithium, antidepressants, antianxiety agents, apomorphine, chlor-diazeporide, chlormethiozole, benzodiazepines, tranquilizers and others all are used in the treatment of either alcoholism or drug addiction and may nor may not be suitable for jail treatment. In many cases, inmates with such dependency problems do not require chemical agents to combat their addictions, but need simple counselling involvement with treatment experts. Jails use chemical agents to keep the inmate under behavioral control, calm and to ease his withdrawal reactions. After that momentary withdrawal period, no true rehabilitation course of action may occur or be given to the inmate during the remaining period of his incarceration. Some jails do have very good follow-up counselling programs, but there numbers are very small.

If jails had more resources to pull from and specifically adequate budgets just for these two problem areas, then it could be possible to see jails conducting aversion therapy techniques, pharmacotherapy, covert sensitization, hypnosis, alpha wave bio-feedback, acupuncture and electro-aversion therapy methods to treat alcoholic inmates and other drug treatment strategies for drug addicted inmates. But, that is unlikely and the Positive Indirect Counselling Approach (PICA), offers a jail a dialectical

approach to the current modes of long term treatment. PICA is a cost-effective treatment alternative designed specifically for a jail setting, constraints and all.

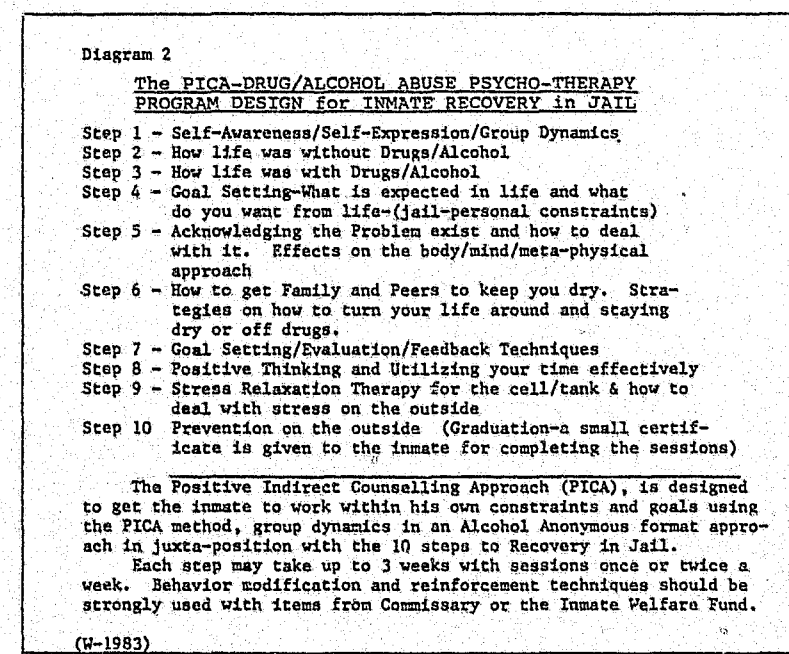
NEED

There exist within jails a need to provide continual on-going, comprehensive programming for inmates who enter the jail with alcohol and drug addictions. All most 40% of all inmates in jails have some form of alcohol or drug addiction. During their incarceration they dry up and when released from jail they go right back to their dependency habits. This recidivism can be drastically decreased if jails seek to counsel inmates in the area drug/alcohol prevention and use the treatment mode illustrated in diagrams 1 and 2. There exist a need to apply a series of counselling, treatment, psycho-therapy and prevention drug and alcohol programs in jails to work with inmates and their problems, in and out of jail.

SYSTEMS DESIGN

The proposed PICA system is an adaptation of three modes of psycho-therapy treatment; Reality Therapy/Shock Therapy, the Alanon Approach and the strategies used in Alcohol Anonymous. These three modes are combined with an holistic approach using a Human Systems Dynamics Approach, (HSDA) as a treatment application in juxta-position with group dynamics counselling, chemical treatment, if needed and reality feedback.

As illustrated in diagram 1, the PICA method, a comprehensive component of the Human Systems Health Services Dynamics Approach (HSHSDA), provides a jail with a viable, effective and all encompassing inter-service program system for drug and alcohol counselling, treatment and prevention program operation.



PICA stresses group and individual counselling as a treatment application by using the format in diagram 2. The approach, assesses inmate needs then applies a series of counselling, recreation, medical, psychological, diet and chemical strategies to affect change in the inmates' behavior and state of dependency on drug or alcohol.

The PICA method re-

quires manpower from community volunteer detox and drug/alcohol programs and cost to operate the program should only come from the Inmate Welfare Fund, otherwise cost to operate the program should be in-kind from various community groups, church groups and college/university research programs.

Diagram 1, illustrates the multi-disciplinary approach to this particular systems design function. The 10 Steps to Recovery in Jail in diagram 2 is the key to the success of the PICA method.

SUMMARY

The PICA method has yet to be implemented. Its approach is innovative, aggressive in design and comprehensive in treatment scope. PICA stresses more counselling and group dynamics than chemical treatment applications.

It encourages inmates to understand their condition, present situation and deal with it in a positive manner while helping them build within themselves the desire to stay off drugs and stop using alcohol. PICA is a self-motivator and rehabilitator.

The need for jails to take a serious look at PICA as a new system, new approach to problem solving and as a cost-effective program approach in attacking a rapidly growing problem is now.

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