

# Speak To Your Health! Community Survey

## INCARCERATION & COMMUNITY MENTAL HEALTH



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Incarceration is at an all time high in America. According to a recent report, one out of every 100 men and women, and one out of nine African American men between ages 24 and 30, are held in American prisons or jails<sup>1</sup>. This issue is affecting Genesee County as well. The 2007 *Speak to Your Health Community Survey*, revealed that 45% of Flint residents and 24% of Out-County residents report having had a relative or friend in prison within the last 5 years. The survey also showed that incarceration may be affecting the overall health of our community.

### DID YOU KNOW?

In Genesee County, people who have had a relative or friend in prison in the last five years report more health problems than others. On average, they:

- Rated their physical health more poorly
- Had more days where poor physical health interfered with usual activities
- Rated their mental and emotional health more poorly and felt more stress
- Felt more overwhelmed by problems and unexpected events
- Were more likely to report feelings of depression, such as being lonely, sad, and losing interest in things

### WHAT CAN YOU DO?

Many people share these difficulties. If you or someone you know has a friend or relative in prison, there are many local community organizations and groups that can provide support and guidance. The following list provides some places you can contact for further assistance.

### WHERE CAN YOU GET MORE INFORMATION?

#### **African Culture Education and Development Center (ACEDC), Flint Odyssey House**

(810) 767-1157

Offers education workshops for at-risk youth in Flint and Genesee County

#### **Big Brothers/Big Sisters Amachi Program**

(810) 235-0617

Provides one-to-one mentors to children (ages 5-18) with parents who are incarcerated or recently released

#### **Genesee County Community Mental Health**

(810) 257-3742

<http://www.gencmh.org>

Provides assistance to individuals and families during a mental health emergency

#### **Motherly Intercession**

(810) 424-9909

<http://motherlyintercession.org/>

Provides support for children whose parents who currently are or previously were incarcerated

The Survey is funded by a grant to the Prevention Research Center of Michigan (PRC/MI) from the Centers for Disease Control and Prevention and by the Genesee County Health Department.

To see the survey results and learn more about the PRC/MI, visit <http://www.sph.umich.edu/prc>

<sup>1</sup> Pew Center on the States. (2008) One in 100: Behind Bars in American 2008. <http://www.pewcenteronthestates.org>