

# P4H PROJECT BRIEF

## A PARTICIPATORY APPROACH TO DEVELOPING PREVENTIVE HEALTH TOOLS FOR INDIVIDUALS WITH INCARCERATION EXPERIENCE (IIE)



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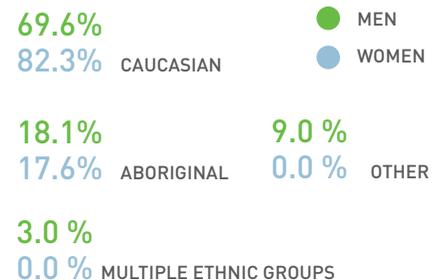
This brief describes the first P4H workshop and the demographic characteristics of P4H participants.

### KEY MESSAGES

#### PLANNING PREVENTIVE HEALTH PROGRAMS FOR IIE

1. Provide practical, fact-based knowledge and resources;
2. Facilitate participants' development of personalized, action-oriented health plans;
3. Promote community-building and peer support opportunities;
4. Ensure equal status and treatment of all stakeholders.

### SELF IDENTIFIED ETHNICITY



### WHAT IS THE P4H PROJECT?

Funded by the Vancouver Foundation, the Participatory Prison Preventive Health Project (P4H) invites academic researchers, community organizations and health care providers to collaborate with individuals with incarceration experience (IIE) to:

1. Plan and implement interactive health workshops;
2. Pilot health tools;
3. Collect participant feedback;
4. Build community and relationships.

### GENDER



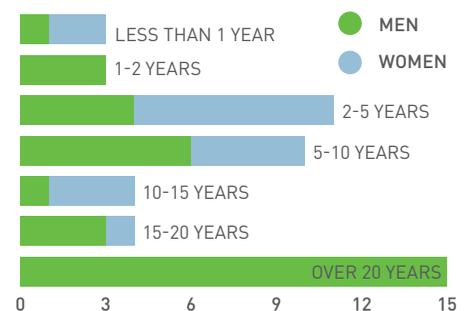
### HOW ARE THE P4H PARTICIPANTS INVOLVED?

Women and men with previous incarceration experience are involved in piloting and evaluating P4H preventive health workshops and tools on priority health areas. Their feedback influences the design and content of subsequent P4H workshops.

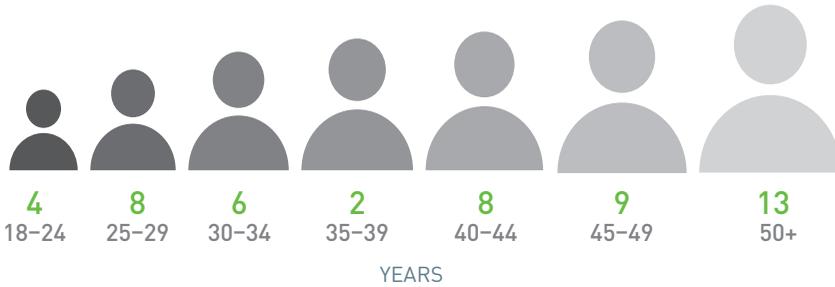
### WHAT ARE THE DEMOGRAPHIC CHARACTERISTICS OF P4H PARTICIPANTS?

Fifty participants completed baseline demographic surveys when they enrolled in the project. Demographic information includes age, self-identified ethnicity, gender, total lifetime incarceration and length of time out of custody (see figures).

### TOTAL LIFETIME INCARCERATION



AGE



HOW LONG OUT OF CUSTODY?



**36%** of participants have been out of custody for under one year.

**86%** of participants have been out of custody for under five years.

**P4H WORKSHOP 1: 'FINDING OUR VOICES: SELF-ADVOCACY & PEER SUPPORT'**

Twenty-one participants attended the workshop, led by PeerNet BC, which aimed to build skills in two areas – self-advocacy and peer support – both identified as important skills for preventive health.

The workshop covered topics such as: speaking up for yourself and others; asking for what you need; standing up for your rights; facilitating social support networks; learning practical information and emotional insights from each other; and, fostering community and connectivity.

**WHAT DID THE WORKSHOP PARTICIPANTS TELL US?**

Sixteen participants engaged in focus group discussions following the workshop. They suggested three key

ingredients for planning preventive health programs with individuals with incarceration experience:

1. Group dynamics should incorporate a sense of community, relationship building and peer support;
2. A positive environment is required, that has equality and trust, and is voluntary;
3. Preventive health programs should be outcome-focused with clear outlines and factual information, including action-oriented activities and personal goal-setting.

**WERE PARTICIPANTS SATISFIED WITH THE 'FINDING OUR VOICES' WORKSHOP?**

Overall, participants highly rank their personal satisfaction with the first workshop and over seventy percent said they would share the information with

friends and family. They said that a peer-support skill-building workshop is useful subject matter for a first workshop. It is important to address issues beyond medical subjects and to include topics such as community-building, self-advocacy, and goal setting. Participants indicated, however, that it is also important for future workshops to focus on physician-led health information.

**WHAT PREVENTIVE TOOLS WERE DEVELOPED?**

As a result of participant feedback, the project team introduced two preventive health tools at subsequent P4H workshops:

**Memo-to-Myself\*:** Participants wrote down in duplicate two health goals that were inspired from the workshop. One copy was placed in a self-addressed envelope which was sent as a reminder two weeks after the workshop. The second copy was placed in an envelope anonymously when the participant left the workshop. A summary of all responses was mailed two weeks after the first reminder. The reminders served as a prompt for participants to carry out their predetermined health goals.

**Preventive Health Workbook:** The workbook served as a personal health resource reference for all participants, and a resource to share with others. At each workshop, participants received preventive health resources, tailored for the specific workshop topic, to add to their binder.

**WHAT ARE THE P4H PROJECT'S NEXT STEPS?**

- The CCPHE will host a national prison health forum in Vancouver, BC, February 20 - 21, 2014.

\*The Memo-to-Myself tool was adapted from the article Commitment to Change Instrument Enhances Program Planning, Implementation, and Evaluation. White, Marc I, Grzybowski, S, Broudo, M. J Contin Educ Health Prof. 2004; 24: 153-162.

