

## Resources on Incarcerated and Formerly Incarcerated Women

Available to Borrow from the



Phone: 517.381.4663 TTY: 517.381.8470 Fax: 517.347.1060

### Books:

**Ross, Jeffrey Ian; Richards, Stephen C. "Beyond Bars: Rejoining Society after Prison." New York, NY: Penguin Group, 2009.**

This is a resource for former convicts and their families post-incarceration. Because convicts spend enough time in prison to disrupt their connections to their families and their communities, they are not prepared for the difficult and often life-threatening process of reentry. As a result, the percentage of these people who return to a life of crime and additional prison time escalates each year. "Beyond Bars" is the most current, practical, and comprehensive guide for ex-convicts and their families about managing a successful reentry into the community.

**Leonard, Elizabeth Dermody. "Convicted Survivors: The Imprisonment of Battered Women Who Kill." New York, NY: State University of New York Press, 2002.**

In this book, Elizabeth Dermody Leonard examines the lives and experiences of more than forty women in California who are serving lengthy prison sentences for killing their male abusers. Leonard's in-depth interviews reveal that these women are slow to identify themselves as battered women and continue to minimize the violence done to them, make numerous and varied attempts to end abusive relationships, and are systematically failed by the systems they look to for help.

**Chesney-Lind, Meda. "The Female Offender: Girls, Women and Crime, Second Edition." Thousand Oaks, CA: Sage Publications, 2004.**

Authors Meda Chesney-Lind and Lisa Pasko explore gender and cultural factors in women's lives that often precede criminal behavior and address the question of whether female offenders are more violent today than in the past. The authors provide a revealing look at how public discomfort with the idea of women as criminals significantly impacts the treatment received by this offender population.

**Watterson, Kathryn. "Women in Prison: Inside the Concrete Womb." Boston, MA: Northeastern University Press, 1996.**

This compelling book, which has been thoroughly revised and updated, draws on candid interviews with over 400 women inmates and prison officials to shed a shocking light on our penal system as it affects women.

**O'Brien, Patricia. "Making it in the Free World: Women in Transition from Prison." Albany, NY: State University of New York Press, 2001.**

This research study by Patricia O'Brien is based on interviews with 18 women formerly incarcerated for transgressions involving substance abuse or property. She shows how their prison and parole experiences affect their reentry into the "free world" as they seek to establish homes, experience healthy relationships with family and others, and live productive lives.

**Talvi, Silja J.A. "Women Behind Bars: The Crisis of Women in the U.S. Prison System." Emeryville, CA: Seal Press, 2007.**

This book sheds light on why American girls and women are being locked up at such unprecedented rates. Talvi travels across the country to weave together interviews with inmates, correctional officers, and administrators, providing readers with a glance at the impact incarceration has on our society.

**Solinger, Rickie et al. "Interrupted Life: Experiences of Incarcerated Women in the United States." Berkeley and Los Angeles, CA: University of California Press, 2010.**

"Interrupted Life" is a gripping collection of writings by and about imprisoned women in the United States, it brings together scores of voices from both inside and outside the prison system including incarcerated and previously incarcerated women, their advocates and allies, abolitionists, academics, and other analysts.

**Michigan Women's Justice and Clemency Project. "Battered Women, Homicide, Convictions and Sentencing: The Case for Clemency." San Francisco, California: Hastings College of Law, 2007.**

Governments have publicly condemned violence against women, but have failed in substantive ways to show political will to fully address it, provide financial resources to end it, or meet women's needs for alternative strategies and support. Amnesty International points to every country in the world for failing to protect women in their own homes, which is discussed within this book.

**Covington, Stephanie S. "Helping Women Recover: A Program for Treating Substance Abuse: Special Edition for Use in the Criminal Justice System, Revised Edition." San Francisco, CA: Jossey-Bass, 2008.**

In this newly revised version, Dr. Covington addresses the special concerns and issues of women with substance-use disorders who are in correctional settings. The facilitator's guide has specific information on women in the criminal justice system, as well as special tips on program facilitation in this venue. These evidence-based materials are widely used in jails, prisons, drug courts, and community correctional settings.

**Covington, Stephanie S. "Women and Addiction: A Gender Responsive Approach." Center City, MN: Hazelden, 2007.**

Women and Addiction: A Gender-Responsive Approach Historically, addiction research and treatment have been focused on men. Now there is a growing recognition of the need for gender-responsive and trauma-informed treatment services for women with substance-use disorders. This manual and DVD provide an overview of what is essential in creating woman-centered services, including a theoretical foundation and guiding principles, a discussion of what counselors need to know and do in order to be effective, and a description of important program elements. The complete package is part of Hazelden's Clinical Innovators Series and includes a self-test for continuing education (CEs).

**Black, Claudia. "Repeat After Me: New Second Edition." Bainbridge Island, WA: M.A.C., 1995.**

Claudia Black offers a step-by-step self-help workbook that provides a framework and a guide to take you through a process to recognize how your present life is influenced by your past; allow yourself to release the parts of the past you'd like to put behind you; and enable you to take responsibility for how you live your life today.

**Black, Claudia. "Changing Course: Healing from Loss, Abandonment and Fear." Bainbridge Island, WA: M.A.C., 1999.**

The sequel to "It Will Never Happen to Me", "Changing Course" is specific to any and all family issues impacted by chronic loss that emanates from physical or emotional abandonment. In this book Claudia Black offers a framework for understanding the recovery and healing process from childhood family pain that is carried forward in life and the beliefs and behaviors that have perpetuated ongoing pain.

*This resource is also available in a Spanish version.*

**Black, Claudia. "It Will Never Happen to Me: Growing Up With Addiction." Denver, Colorado: M.A.C., 1982.**

While continuing to recognize alcohol as the primary addiction within families, this Second edition broadens the concepts to include addictive disorders such as other drugs, money related addictions, food disorders, relationship, sex and work addictions and expands upon the family rules and roles, family violence and shame. *This resource is also available in a Spanish version.*

**Murphy, Patricia A. "A Career and Life Planning Guide for Women Survivors: Making the Connections Workbook." Delray Beach, Florida: St. Lucie Press, 1996.**

From the author of "Making the Connections: Women, Work, and Abuse," this workbook can be used by abuse survivors, their loved ones and families, and professional counselors to further the healing process. It features exercises to help the survivor overcome denial, deal with vulnerability, deal with flashbacks and dreams, describe the trauma experienced, list personal negative abusive experiences, direct a successful vocational future, and work toward empowerment.

**The Pennsylvania Family Economic Self-Sufficiency Project. "A Roadway to Future Career Possibilities: Paths to Self-Sufficiency." Swarthmore, Pennsylvania: The Pennsylvania Family Economic Self-Sufficiency Project, 2003.**

This is a great resource for one to use on their own, or for advocates to use with their clients. The "Paths" described in this guide are career and educational ways to achieve economic self-sufficiency.

Videos:

**"Sin by Silence: Prison is Safer than the Love of Your Life." Women Make Movies, 2009. DVD. 49 min.**

"Sin by Silence" follows the work of Convicted Women Against Abuse, CWAA. It is an emotionally packed documentary that tells the personal and shocking stories of these courageous women who have learned from their past, are changing their future, and teaching us how domestic violence affects each and every person.

**"War on the Family: Mothers in Prison and the Children They Leave Behind." Peace Productions, 2009. DVD. 48 min.**

The drastic and destructive impact of incarcerating women is revealed in painstaking detail in "War on the Family: Mothers in Prison and the Children They Leave Behind." Haunting first person narratives, coupled with analysis from passionate advocates, paint a devastatingly clear picture of the effects imprisonment has not only on the women who are locked away, but also on the children who have been left behind.

**"Clemency." Jacobson, Carol. 1998. VHS. 15 min.**

This movie follows 11 women serving life sentences in Michigan prisons and tells a story of brutality and injustice extending from the domestic violence they experienced to the public sphere.

**"Defending Our Lives." Battered Women Fight Back! Cambridge, Massachusetts: Cambridge Documentary Films, Inc., 1993. VHS. 30 min.**

Every person in this documentary is an expert and each has experienced first-hand the terror of domestic violence. Each of these women tells her own horrific tale of beatings, rape and torture at the hands of her husband or boyfriend. They all testify to the failure of the criminal justice system to protect victims of domestic violence. These women have chosen to share their stories, hoping to inspire creative strategies for ending this violence. "Defending Our Lives" aims to educate people about domestic violence and to spur legislative and judicial reform.