



The Meaning of Resilience

Three modalities in enhancing resilience with incarcerated men

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Twenty five years of working with incarcerated men

- Elmira Correctional Facility: Ithaca College educational program
- San Quentin State Prison: Patten University – Prison University Project
- San Quentin State Prison: Self-help program (New Leaf on Life)
- Prisons throughout California: Victim/Offender Dialogues

What does resilience look like in prison ?

- Do not let failure overcome their resolve to change their lives
- Maintain a positive attitude even in face of pain
- Tend to learn from their pasts
- Look for opportunities to change their lives

Educational Programs

- Learn to do academic work prisoners never thought they could manage
- Have experienced failure, self-doubt and stigma as students
- Work together with others in a collaborative fashion
- Develop skills that are applicable inside prison and out

Self-help programs in prison

- Develop insight into working on goals set by group and themselves
- Work collaboratively
- Learn about psychological issues that brought them to prison
- Learn new skills that they can apply outside prison
- Learn skills they can apply even if they remain incarcerated

Victim/Offender Dialogues

- A form of restorative justice
- Victim centered and offender sensitive
- A form of healing and rehabilitation for both parties
- Focuses on human rights of both parties
- Restores losses and allows prisoners to take responsibility
- Aware of race/class/ethnicity biases

Men in prison



RESILIENCE DEVELOPMENT IN INCARCERATED MEN

- Learn to adapt in face of adversity, trauma and tragedy
- Develop supportive relationships
- Develop skills in communicating
- Learn to manage strong feelings
- Learn to take action
- Develop a positive image of oneself

For more information:

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