

Support Children with Parents Affected by the Criminal Legal System

PARENTING INSIDE OUT IN MINNESOTA

Is your school or community supporting children who've been impacted by parental incarceration?

Parental incarceration can be a traumatic experience for a child. When a parent or caregiver goes to jail or prison, the child may experience new challenges at school, at home, and in their community. The difficulty of navigating home life without that parent or caregiver can introduce significant stress and uncertainty in young peoples' lives.

Parenting Inside Out (PIO) is a curriculum that helps to support parents or caregivers in this stressful situation to build connections and resiliency to overcome generational cycles of trauma and incarceration.



[Mental Health Outcomes of Youth with an Incarcerated Parent in Minnesota
\(https://www.wilder.org/sites/default/files/imports/IncarcerationForum3%2012-2-2015.pdf\)](https://www.wilder.org/sites/default/files/imports/IncarcerationForum3%2012-2-2015.pdf)

What is Parenting Inside Out (PIO)?

- Cognitive skills-based parenting course designed specifically for incarcerated parents, which focuses on decision-making and problem solving.
- Available for incarcerated parents, caregivers, and co-parents of children who are impacted by incarceration. *(This program is not available for caregivers or parents who are affected by incarceration for investigations or charges against the child.)*

Parents who are in jail or prison (MN DOC)

- More than two-thirds (67.5%) of people in Minnesota state prisons reported having minor children
- 76.4% of women reported having a minor child
- 66.0% of men reported having a minor child

Parents in Prison and their Minor Children: Comparisons between State and National Estimates, 2014

Benefits of including more family friendly practices in jails

- Improve parent-child relationships
- Reduce recidivism
- Increase child wellbeing
- Improve public safety

For more information, you can email Anna Lynn at anna.lynn@state.mn.us or John Eshun at john.eshun@state.mn.us.

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To obtain this information in a different format, call: 651-201-3650.