



THE
SAMUEL DUBOIS COOK
CENTER ON SOCIAL EQUITY

**Hank & Billye Suber Aaron Young Scholars
Summer Research Institute**

3rd Year Cohort

Research Papers

Summer 2018

Samuel DuBois Cook

The Samuel DuBois Cook Center on Social Equity (Cook Center) was named after Dr. Samuel DuBois Cook, a distinguished political scientist, scholar, educator, author, administrator, civil and human rights activist and public servant. Dr. Cook, a professor in the Duke University political science department became the first African-American to hold a regular and/or tenured faculty appointment at a predominantly white southern college or university. He went on to serve 22-and-a-half years as president of Dillard University in New Orleans.

Samuel DuBois Cook Center on Social Equity

The Duke University Samuel DuBois Cook Center on Social Equity is an interdisciplinary research center within Trinity School of Arts and Sciences that is comprised of faculty and scholars from across Duke and a diverse international group of affiliated universities, research centers and non-governmental organizations. Its mission is to promote equity, across all domains of human interactions, through interdisciplinary research, teaching, partnerships, policy, and practice. The Cook Center seeks to employ the innovative use of new and existing data, develop human capital, incorporate stakeholder voices through civic engagement, create viable collaborations, and engender equity-driven policy and social transformation at the local, national and international levels.

Hank & Billye Suber Aaron Young Scholars Summer Research Institute

The Samuel DuBois Cook Center on Social Equity's Hank and Billye Suber Aaron Young Scholars Summer Research Institute is a three-week educational enrichment program that provides middle and high-school students enrolled in Durham Public Schools (DPS) in Durham, North Carolina, with training to enhance their writing, research, and presentation skills. The program is sponsored by the Samuel Cook Center on Social Equity at Duke University in partnership with Durham Public Schools (DPS). In keeping with the Samuel DuBois Cook Center's central mission as a community of scholars engaged in the study of the causes and consequences of inequality, participants will explore curriculum related to the economic, political, social, and cultural dimensions of inequality.

During the Hank and Billye Suber Aaron Young Scholars Summer Research Institute, students receive instruction from distinguished middle and high-school teachers, university professors, and leaders from community organizations. The program's main focus is on the development of students' research, writing, presentation, and critical-inquiry skills around issues of social justice. Students design and prepare original research presentations, posters, and papers focused on policy issues that affect inequality. Program material is selected by the teaching faculty in collaboration with Cook-Center scholars, focusing on various inequalities and their intersections. Emphasis is placed throughout the program on mentoring students in research, writing, and presentation skills. During the Hank and Billye Suber Aaron Young Scholars Summer Research Institute, students participate in workshops at Duke University's Perkins and Rubenstein Libraries and the Nasher Museum of Art.

Oluwatobi Adio



Oluwatobi Adio is a rising senior at the City of Medicine Academy. She likes to read and binge watch Nigerian movies with her mom. Adio wrote her research to raise awareness on the underlying issues of sexual assault on college campuses.

Kollin Brown



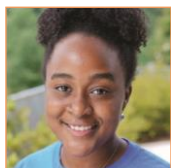
Kollin Brown is a rising senior at Hillside High School, where he held a conference about Social Equity for students in Durham Public Schools. Kollin has done research about housing Inequities. Watching Durham and Chicago firsthand, change over the years through gentrification has inspired him to do research about housing at the Young Scholars Institute. Upon graduation, Kollin plans on attending Morehouse College.

Ayden Lawrence



Ayden Lawrence is a participant in the third year cohort of the Aaron Young Scholar Summer Research Institute and is a rising sophomore at J.D Clements Early College. He is interested in the development of food deserts because they are contributing to the rise of health diseases in communities of color.

Akanke Mason-Hogans



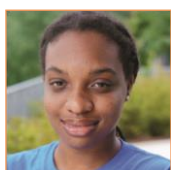
Akanke Mason-Hogans is a rising senior at Josephine Dobbs Clement Early College High School, and is a 3rd year student in the Aaron Young Scholars program. She has a passion for creative expression, social justice, and pepperoni pizza, and hopes to empower others through her research and advocacy. Akanke was inspired to write about the effects of colorism on education after witnessing it firsthand, with hopes that her research will enlighten educators on how to better serve their students in the future.

Sandra Santillan



Sandra Santillan is an Aaron Scholar, Durham native, and rising senior at Hillside High School. Over the course of three summers at the Young Scholars Research Institute, Sandra has researched and worked on issues of gender inequity, mental illness, and incarceration. She has worked alongside her peers, generating research products on issues of inequity. Sandra hopes to continue her research and widen her understanding of social inequities, as well as spreading valuable lessons and finding potential solutions related to her research interests.

Jenny Uba



Jenny Uba is a rising senior at City of Medicine Academy and is a part of the 3rd year cohort in the Aaron Young Scholars Institute Program. Her interest in food disparities was sparked when she learned about the inequities that exist in access to healthy food. Jenny hopes to further her research and expand her knowledge on the food supply chain in order to improve health outcomes in communities of color.

Today and Tomorrow Beyond Bars: Mental Health within American Prisons and Jails

By: Sandra Santillan

Abstract

Numerous gaps within mental illness studies exist, which prevent the full understanding of mental illness diagnosis associated with incarceration and parental incarceration. This paper aims to bridge key gaps and bring a better understanding of the link between incarceration and mental illness. Findings from numerous scholarly findings alongside data on mental illness within prison population and childhood illness are used to synthesize conclusions on key issues. Conclusions from key findings and those found within the paper highlight the need for comprehensive care within and outside of prisons, and the need for additional analysis on the impact of parental incarceration.

Introduction

At the end of 2017, approximately 1,489,600 inmates made up the population within state and federal prisons.¹²²¹²³ Overall rates of incarceration and mental illness point to a greater problem, “Nearly 15 percent of men and 30 percent of women booked into jails have a serious mental health condition.”¹²⁴ Mental illnesses are defined as conditions that, “affect a person’s thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia.”¹²⁵ Mental illnesses may be short or long term, lasting from six months to several

¹²² Hinds, Oliver, Jacob Kang-Brown, and Olive Lu. “People in Prison in 2017” *The Vera Institute of Justice* (May 2017)

https://storage.googleapis.com/vera-web-assets/downloads/Publications/people-in-prison-2017/legacy_downloads/people-in-prison-2017.pdf

¹²⁴ “Jailing People with Mental Illness | NAMI: National Alliance on Mental Illness.” Accessed July 24, 2018. <https://www.nami.org/Learn-More/Public-Policy/Jailing-People-with-Mental-Illness>.

¹²⁵ “Learn About Mental Health - Mental Health - CDC,” January 26, 2018. <https://www.cdc.gov/mentalhealth/learn/index.htm>.

years. Mental health institutions, where most of the mentally ill population would traditionally reside, have been disappearing for decades. It is important, therefore, to determine if there is a link between the lack of mental health services and the increasing prevalence of mental illness within the criminal population.¹²⁶ Many point to deinstitutionalization as a contributing factor to the growing mental health crisis. The concept of deinstitutionalization refers to the closing down of large, state-run mental institutions in order to move severely ill patients out.¹²⁷

Deinstitutionalization began in 1955 with the introduction of antipsychotic drugs, pushed forward ten years later with the enactment of Medicare and Medicaid.¹²⁸ The mental health care crisis evolved from an absence of comprehensive, humane care for those afflicted with mental illnesses. In short, the lack of comprehensive mental health care today has pushed thousands behind bars. The statistics behind the mental health crisis paint a grisly picture. According to a study done by the University of Chicago, half of the population within state and federal prison and 60 percent of jail inmates reported a mental illness.¹²⁹ Inmates diagnosed with a mental illness are often exposed to increasing violence, cruelty, and victimization. Mental illness jeopardizes the well-being, future and family of those afflicted.

¹²⁶ “Data and Publications - Mental Health - CDC,” June 8, 2018.

https://www.cdc.gov/mentalhealth/data_publications/index.htm.

¹²⁷ “Diseases of the Mind: Highlights of American Psychiatry through 1900 - Early Psychiatric Hospitals and Asylums.” Exhibitions. Accessed July 19, 2018. <https://www.nlm.nih.gov/hmd/diseases/early.html>.

¹²⁸ “Deinstitutionalization - Special Reports | The New Asylums | FRONTLINE | PBS.” Accessed July 19, 2018. <https://www.pbs.org/wgbh/pages/frontline/shows/asylums/special/excerpt.html>.

¹²⁹ Raphael, Steven, and Michael A. Stoll. “Assessing the Contribution of the Deinstitutionalization of the Mentally Ill to Growth in the U.S. Incarceration Rate.” *The Journal of Legal Studies* 42, no. 1 (January 2013): 187–222. <https://doi.org/10.1086/667773>.

Thesis Statement

The lack of mental health care has influenced the surge in mental illness within the U.S. criminal justice system. The link between mental health and incarceration contributes to an ongoing cycle that results in trauma and recidivism.

Research Questions

How does incarceration alter mental health and what results from subsequent mental illness?

What are the impacts of parental incarceration on children and how does it contribute to the cycle of incarceration?

Methodology and Literature Review

Current information about mental illness within the U.S. criminal justice system was gathered through numerous scholarly articles. Secondary source data was generated through the Bureau of Justice Statistics, National Alliance on Mental Illness, Vera Institute of Justice, among others. Researchers within the field argue that comprehensive treatment for mental illnesses must be widely available in order to counteract the effects of the mental health crisis. Researchers, such as James Wilson and Peter Woods in the *Journal of Criminal Justice*, mention a disconnect within prisons in terms of accurate diagnosis, reporting, and treatment.¹³⁰ In some instances, mental illness was under or over reported within the criminal populations. Although many dispute the accuracy or scope of data on mental illness, the data available can be used to come to a reasonable conclusion on the impact of mental illness.

¹³⁰ Wilson, James A., and Peter B. Wood. "Dissecting the Relationship between Mental Illness and Return to Incarceration." *Journal of Criminal Justice* 42, no. 6 (November 1, 2014): 527–37. <https://doi.org/10.1016/j.jcrimjus.2014.09.005>.

Data Analysis

Understanding the origins of the mental health care crisis is key to alleviating the substance abuse, violence and illness Americans face today. Mental illness, to a certain degree, has impacted millions throughout history. In alleviating crises caused by mental illness, issues of medical and humane treatment have been widely scrutinized. Prior to the development of mental institutions people with mental illnesses were treated by family members, but in extreme cases they were sent to jail. In the mid 1700s, Quakers began creating institutions where people with mental illnesses could be treated and by 1890, every state had at least one publicly supported institution.¹³¹ Deinstitutionalization launched a new era of mental health care with the development of new psychotic drugs and government-sponsored health care. Expansions of Medicare and Medicaid were unsuccessful due to lack of appropriate funds, reducing coverage for those troubled by mental illness.¹³² Deinstitutionalization ultimately led to the dismissal of mental illness within the public consciousness and a growing stigma around it. Understanding the encompassing crisis within prisons as a result of deinstitutionalization and lack of mental health services is the key to creating comprehensive systems of diagnosis and treatment. The mental health crisis is a manifestation of deinstitutionalization dating back to the 1950's. A lack of mental health inpatient services and the stigma around mental health treatment has resulted in a modern day mental health crisis. According to research from 2012, "there were estimated to be 5

¹³¹ "Diseases of the Mind: Highlights of American Psychiatry through 1900 - Early Psychiatric Hospitals and Asylums." Exhibitions. Accessed July 25, 2018. <https://www.nlm.nih.gov/hmd/diseases/early.html>.

¹³² "Deinstitutionalization - Special Reports | The New Asylums | FRONTLINE | PBS." Accessed July 19, 2018. <https://www.pbs.org/wgbh/pages/frontline/shows/asylums/special/excerpt.html>.

356,268 inmates with severe mental illness in prisons and jails. There were also approximately 35,000 patients with severe mental illness in state psychiatric hospitals.”¹³³

Elevated risk and deterioration of mental illness within prisons and jails

Incarceration results in exacerbation of pre-existing mental illness in inmates. Inmates with mental illnesses are often subjected to harsh treatment within prison settings. Prisoners with pre-existing conditions are “at increased risk of all-cause mortality, suicide, self-harm, violence, and victimization.”¹³⁴ Imprisonment is associated with emotional reaction, such as anxiety, and multiple incarceration elicit stronger emotional reaction, putting the afflicted at elevated risks of major injury or death.¹³⁵ Mental illness impact inmates as they develop throughout their time in prison and after release. Inmates have, “disproportionately high levels of various mental health issues such as depression and antisocial personality disorders and post-release many inmates have a high rate of psychiatric disorders that may have gone undiagnosed.”¹³⁶ Inmates afflicted with mental illnesses inadvertently feed into the vicious cycle of mass incarceration.

Inmates without pre-diagnosed conditions have an elevated risk of mental disorder development due to the way inmates are subjected to a wide array of harsh treatment, isolation, violence, and substance abuse within prisons. As a result of the brutal environment of prisons, inmates without pre-existing conditions are often mentally compromised. Often treated and

¹³³ Torrey, E. Fuller, Mary T. Zdanowicz, Aaron D. Kennard, H. Richard Lamb, Donald F. Eslinger, Michael C. Biasotti, and Doris A. Fuller. “The Treatment of Persons with Mental Illness in Prisons and Jails: A State Survey” TACReports.Org/Treatment-behind-Bars, n.d., 116.

¹³⁴ Aaron, Lauren, and Danielle H. Dallaire. “Parental Incarceration and Multiple Risk Experiences: Effects on Family Dynamics and Children’s Delinquency.” *Journal of Youth and Adolescence* 39, no. 12 (December 2010): 1471–84. <https://doi.org/10.1007/s10964-009-9458-0>.

¹³⁵ Yang, Suzanne, Alane Kadouri, Anne Révah-Lévy, Edward P. Mulvey, and Bruno Falissard. “Doing Time: A Qualitative Study of Long-Term Incarceration and the Impact of Mental Illness.” *International Journal of Law and Psychiatry* 32, no. 5 (September 1, 2009): 294–303. <https://doi.org/10.1016/j.ijlp.2009.06.003>.

¹³⁶ Brinkley-Rubinstein, Lauren. “Incarceration as a Catalyst for Worsening Health.” *Health & Justice* 1 (October 24, 2013). <https://doi.org/10.1186/2194-7899-1-3>.

regarded as animals, inmates are subject to a barrage of mental traumas. As a result of degrading punishment, inhuman treatment, and routines of isolation within prisons research shows that prisoners have higher rates of mental disorders and, in some countries, there are higher concentrations of the mentally ill within prisons than in psychiatric hospitals.¹³⁷

Mental illness within the criminal system and recidivism

Recidivism is defined as the tendency of a previously convicted criminal to be reintroduced to the criminal justice system.¹³⁸ Mental illness is a contributing factor towards recidivism and the criminality of mental illnesses. Studies show that those with pre-existing mental illnesses are more likely to be previous offenders, and within the criminal justice system people with mental illnesses are more vulnerable than those without.¹³⁹ Increased run-ins with the law for those already afflicted by mental illness means a growing deterioration of mental health overall. The cycle of criminal mental illness continues to snowball well into modern society. Understanding the development of mental illnesses is an important target in avoiding the introduction of people with pre-existing conditions into prisons and jails. Comprehensive diagnosis and treatment are key elements missing within the criminal justice system in order to dent increasing rates of mental illness among inmates and recidivism.

Prisons are meant to serve as areas of confinement or rehabilitation for the most dangerous within society. Instead, they are holding grounds for our most vulnerable,

¹³⁷ Yang, Suzanne, Alane Kadouri, Anne Révah-Lévy, Edward P. Mulvey, and Bruno Falissard. "Doing Time: A Qualitative Study of Long-Term Incarceration and the Impact of Mental Illness." *International Journal of Law and Psychiatry* 32, no. 5 (September 1, 2009): 294–303. <https://doi.org/10.1016/j.ijlp.2009.06.003>.

¹³⁸ "Recidivism | Definition of Recidivism by Merriam-Webster." Accessed July 25, 2018. <https://www.merriam-webster.com/dictionary/recidivism>.

¹³⁹ Kennedy-Hendricks, Alene, Haiden A. Huskamp, Lainie Rutkow, and Colleen L. Barry. "Improving Access To Care And Reducing Involvement In The Criminal Justice System For People With Mental Illness." *Health Affairs; Chevy Chase* 35, no. 6 (June 2016): 1076–83. <http://dx.doi.org/10.1377/hlthaff.2016.0006>.

disadvantaged populations. Recent reports by the Bureau of Justice Statistics indicate that half, at least 1 million, of the prison population have suffered from at least one mental illness.¹⁴⁰ Studies show there is an, “intersection between childhood conditions, criminal offending, and psychiatric disorders” resulting in a relationship between incarceration and mental illness. A relationship that stems from childhood traumas, relationships, and early substance abuse.¹⁴¹ Early instances of mental illness increase the likelihood of incarceration and recidivism among those afflicted. A detrimental link between mental illness and re-offense continues the incarceration cycle of violence, substance abuse, and declining mental health.

Parental incarceration, mental impact, and the cycle of incarceration

The impact of incarceration goes beyond the bars of prison. The relationships of those incarcerated are hit by various traumas that feed into the cycle of the mental health and incarceration crises. In the United States there are approximately 1.9 million children with parents in prison. A more comprehensive analysis needs to be available to assess the impact of incarceration on parental relationships.¹⁴² Current studies suggest, “underlying mechanisms that link parental incarceration history to poor outcomes in offspring may include the lack of safe, stable, nurturing relationships and exposure to violence.”¹⁴³ Exposure to violence, substance abuse, and an absence of parental figures often results in lasting mental or behavioral issues.

¹⁴⁰ Baillargeon, Jacques, Ingrid A. Binswanger, Joseph V. Penn, Brie A. Williams, and Owen J. Murray. “Psychiatric Disorders and Repeat Incarcerations: The Revolving Prison Door.” *American Journal of Psychiatry* 166, no. 1 (January 1, 2009): 103–9. <https://doi.org/10.1176/appi.ajp.2008.08030416>.

¹⁴¹ Schnittker, Jason, Michael Massoglia, and Christopher Uggen. “Out and Down: Incarceration and Psychiatric Disorders.” *Journal of Health and Social Behavior*; Washington 53, no. 4 (December 2012): 448–64.

¹⁴² Davis, Laurel, and Rebecca J. Shlafer. “Mental Health of Adolescents with Currently and Formerly Incarcerated Parents.” *Journal of Adolescence* 54 (January 2017): 120–34. <https://doi.org/10.1016/j.adolescence.2016.10.006>.

¹⁴³ Lee, Rosalyn D., Xiangming Fang, and Feijun Luo. “The Impact of Parental Incarceration on the Physical and Mental Health of Young Adults.” *Pediatrics* 131, no. 4 (April 2013): e1188–95. <https://doi.org/10.1542/peds.2012-0627>.

Parental incarceration creates a rift within the building block of human interaction, intensifying the effects of mental illness and an increased likelihood of incarceration. “Results indicate that adolescents with incarcerated parents are at elevated risk for mental health problems, and strong parent-child relationships partially buffer children from risk.”¹⁴⁴ Children who suffered from paternal incarceration were at increased odds of suffering from depression, PTSD, asthma, anxiety, among other illnesses. Children suffering from maternal incarceration reported higher rates of depression.¹⁴⁵ Children, the most vulnerable and unpredictable, suffer greatly from the emotional trauma of having an incarcerated parent. Parents are incarcerated, children suffer through some of the many consequences, and the children potentially find themselves in the cycle of incarceration.

Conclusion

The American criminal justice system has seen a dramatic rise in mental illness rates within prisons due to the widespread lack of mental health care services. The early relationship between mental illness and incarceration, time in prison elevating the risk of mental illness and worsening pre-existing conditions, and a multi-generational impact within give conditions fuels recidivism and the criminality of mental illnesses. America manufactures its own downfalls; mass incarceration and mental health crises which contribute to a cycle of continued crime and recidivism. The mental health crisis is a symptom of the poor American system. Children and adults alike are being introduced into a system that crushes mental wellness. Mental health care should move away from systems of mass holdings and widespread approaches. Systems of

¹⁴⁴ Davis, Laurel, and Rebecca J. Shlafer. “Mental Health of Adolescents with Currently and Formerly Incarcerated Parents.” *Journal of Adolescence* 54 (January 2017): 120–34. <https://doi.org/10.1016/j.adolescence.2016.10.006>.

¹⁴⁵ Lee, Rosalyn D., Xiangming Fang, and Feijun Luo. “The Impact of Parental Incarceration on the Physical and Mental Health of Young Adults.” *Pediatrics* 131, no. 4 (April 2013): e1188–95. <https://doi.org/10.1542/peds.2012-0627>.

diagnosis and treatment within prisons and jails which allow for effective change should be implemented. Reducing the proportions of the mentally ill within prisons and jails, increasing intervention practices, and increasing research on the complexity and impact of mental illness and incarceration are key steps in understanding and minimizing subsequent impact arising from mental illness.

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AT DUKE UNIVERSITY

The Samuel DuBois Cook Center on Social Equity

2024 West Main Street, Box 104407 • Durham, NC 27705 • socialequity@duke.edu