

Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain

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Research indicates that the population of women who are incarcerated is increasing exponentially. Over-crowding in the prison system becoming a more common occurrence, access to appropriate mental health services continue to be scarce. Due to society typically envisioning the male population when discussing individuals who are incarcerated there is far less consideration for the needs of women who are incarcerated. The mental health needs and resources for this special population often go underestimated and underserved. Incarcerated women bring about special challenges such as attachment as it relates to motherhood, increased prevalence of specific mental health diagnosis, and different needs to reduce recidivism. By examining the data, needs, and current resources for incarcerated women clinicians will be able to develop a diverse perspective on how to more effectively treat and serve this specialized population. Research supports the Risk-Need-Responsivity model as an effective approach to treatment when working with criminal behavior. By illuminating the unique and specific needs of women in prison the ability to improve quality of care during and incarceration and success after release.

Breanna Lynn is completing her Doctorate in Clinical Forensic Psychology at The Chicago School of Professional Psychology. She currently holds a MA in Forensic Psychology from The Chicago School of Professional Psychology, and a BA in Psychology with a minor in Family Studies from the University of Nevada, Las Vegas. She began her career working at the state psychiatric hospital in Nevada. Her time in Nevada was also spent doing program development for Nevada Senior Center; a non-profit organization specializing in geriatric care. Currently she is certified by the California Sex Offender Management Board as

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