Equality and respect are sometimes present; there are other interventions needed.

The Erie County Probation Department is charged with helping individuals reintegrate into society following a court-ordered sentence. Probationers often face disruptions in their sense of self as well as in their family and community relationships following the identification and subsequent punishment of their offenses (Leonard, 2004). They are also at greater risk for mental health issues (Trupin, Wood & Harris, 1999), substance use and abuse (Fearn, Vaughn, Nelson, Salas-Wright, DeLisi, & Zhengmin, 2018) unemployment (Harrison & Schehr, 2004), homelessness (Rawlinson, 2012), and re-offending (Williams & Houghton, 2004).

This single subject design seeks to determine the effectiveness of counseling and case management interventions in helping Stan (name changed to protect confidentiality), a middle-aged male who was imprisoned following employment-related fraud, rebuild his life.

Stan’s goals include improving his self-esteem, marital stability, and community affiliations. The researcher uses goal attainment and target behavior scaling as well as other measures to determine Stan’s success.

Reintegration of probationers into society is a necessary act, but can be potentially problematic if there are a lack of supports and valid attempts to reestablish life as a productive citizen (Leonard, 2004). Prisonization, or the process of accepting the lifestyle and culture of prison, can lead to challenges in re-acclimating to the normalcy of life after incarceration (Harrison & Schehr, 2004).

In the present case, Stan, a current probationer who was released from the Erie County Correctional Facility after serving part of his court ordered “split sentence” after being convicted of various types of fraud, has experienced difficulties with his re-entry process as it relates to his sense of self, personal relationships, and connection to the community. Stan indicates he grew up in a large family living in extreme poverty for all of his childhood. He also states that he has chronic anxiety and depression and is managing the symptoms of both with medication. Stan holds a Bachelor’s Degree, is married to a professional, and has two (2) children who are presently in college.

It was apparent from the initial meeting with Stan that he was severely depressed and struggling with many aspects of life. Stan presented with experiencing various degrees of anxiety as well, which were debilitating to the point of impacting his daily activities and relationships.

Stan is seeking assistance to address problems with his self-esteem, marital stability, and community affiliations.

The goal was to increase Stan’s self-esteem and the graph is indicative of some achievement in this goal. Stan’s results from the three (3) times the scale was given were 3, 9, and 12. It is important to note, however, that although there is positive movement, each assessment of self-esteem was still below average based on normal ranges.

The results from this scale indicate that Stan showed slow progress in increasing his community affiliations. Stan noted these incremental changes - stating he found it difficult engaging in community activities because of a lack of confidence in himself, comments made by others, and/or his sense of "being judged.”

Overall, the results of this study suggest that Stan is making slow but steady progress in each identified area; self-esteem, marital stability, and community affiliations. It is important to note that Stan is working on substantial issues with no “quick fixes.” As such, Stan needs additional time, continued monitoring, and support to ensure further progress.

The combination of case management and counseling has been an effective intervention for Stan. This may also be a useful strategy for other probationers who face challenges related to their personal history, prisonization experiences, and/or challenges with their re-acclimation. Opportunities to explore this intervention with others should be strongly considered.

It is the hope that with such assistance, Stan, and others, will be able to return to their communities as law abiding, active members in keeping with the designated purpose of the Erie County Probation Department.