



PROJECT SAKSHAM

**Pilot Project
for Rehabilitation of
Released Inmates**



Rehabilitation Model



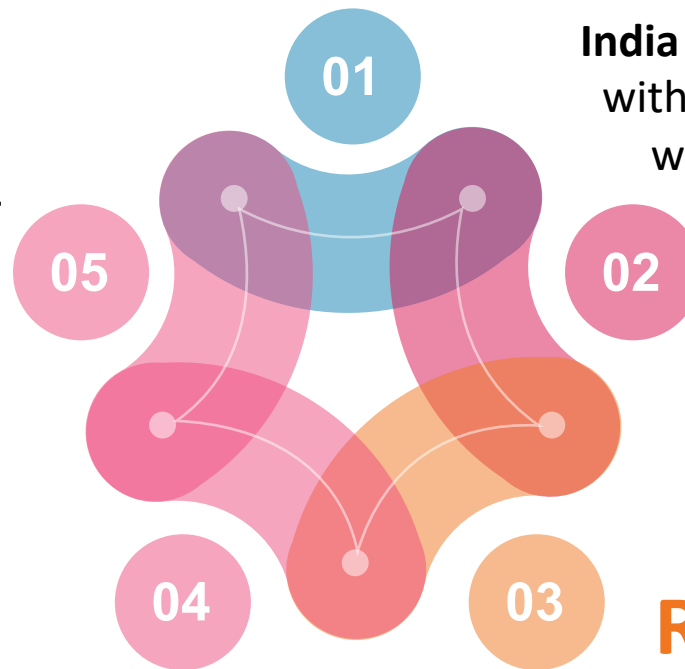
As Prisons became COVID19 high risks zones, many inmates were suddenly released from Prisons with little or no psychological or financial help. **India Vision Foundation** developed a step-by-step model to support these inmates.

REINTEGRATE

Under Project Saksham, **multifaceted need-based support, in the form of ration, psychological, social and legal aid** was provided for holistic reintegration of target beneficiaries.

RESPOND

Pilot Project Saksham for 3 months was conceptualized, and collaborative financial, organizational human resources were mobilized for timely project implementation.



India Vision Foundation due to its long-term contacts with Prison authorities, retrieved details of inmates who got released from Prisons and prepared a **data base of more than 200 beneficiaries.**

RECONNECT

Prison project team was divided to systematically **reconnect and conduct rapport building** with these released inmates and their family members.

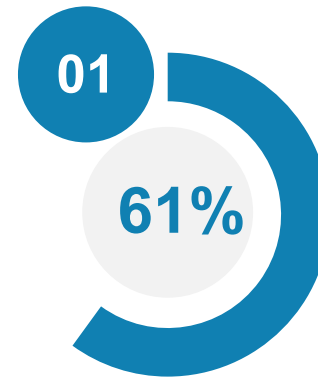
REVIEW

A need assessment survey was conducted with **99 released inmates** to generate an **empirical and actionable report** for extending evidence-based support to them during difficult times of COVID19.



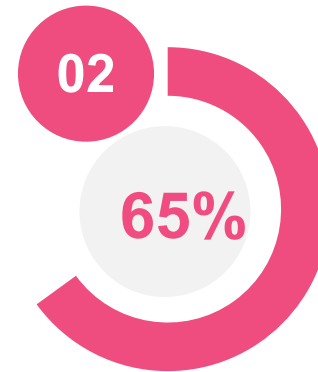
Project Need

In October 2020, India Vision Foundation conducted a Third-Party Assessment to infer the psychological, social and financial impact of COVID19 on 99 released prison inmates, 47 males and 52 females, from Delhi, Uttar Pradesh and Haryana.



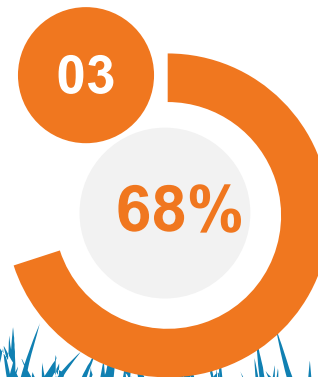
Impact on Emotional Well – Being

61% released inmates reported feeling stressed, sad and uncertain about their future due to COVID19.



Impact on Financial Health

65% inmates lost their jobs, savings and saw a fall in their monthly income during the pandemic.



Impact on Health, Hygiene & Nutrition

68% inmates reported shortage of hygiene materials required to curb the spread of the virus.

Project Indicators

A **three-fold strategy** intervention & collaboration strategy included:

- Conducting third-party need assessment of inmates. Enabling **3 released inmates** to become 'community workers' who conducted field-based home-visits.
- Collaborating with **4 well-known organizations** to provide holistic support to released inmates.

To provide **need-based rehabilitation support to released inmates during COVID19 pandemic**. The pilot project extended ration, legal, psychological and government scheme linkage support to beneficiaries.

Saksham was a pilot project implemented from **January-March 2021** with **60 released inmates**.

GOAL

1

TIME & TARGET

2

INTERVENTION

3

COLLABORATIONS

4

HOME VISITS & RATION

- **35 home visits** facilitated through community workers.
- **24 beneficiaries** and their families received Ration Support through India Vision Foundation.

LEGAL

- Legal Awareness Session with **60 inmates**, out of which 10 beneficiaries were provided with individual Legal Aid.



MENTAL WELL-BEING

- Monthly awareness sessions with **60 inmates** on stress management, self-care and significance of sharing or catharsis.
- One one one counselling support sessions with **8 beneficiaries**.



LINKAGES

Data base creation of **43 inmates** and facilitated individual government document and scheme linkages for 6 beneficiaries.

turn
your
concern
into
action

TYCIA

Socio-Demographic Inmate Profile



> GENDER

As a conscious intervention strategy, **an equal percentage of male and female inmates** were targeted and reached out to for rehabilitation support.



> AGE

Data shows that a **majority of targeted inmates were middle aged**, between 30 years – 50 years.

> CASE STATUS

More than **60% of inmates had their case pending** and were released on bail, mostly to reduce COVID19 overcrowding in Prisons.

> STATE

Though interventions were conducted with inmates from 3 states of Delhi, Haryana and U.P., but a **large number of targeted were released from Dasna and Karna Prisons, U.P.**

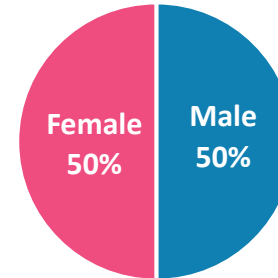
> EDUCATION

Interestingly, around **45% inmates had high school or college level educational qualifications.**

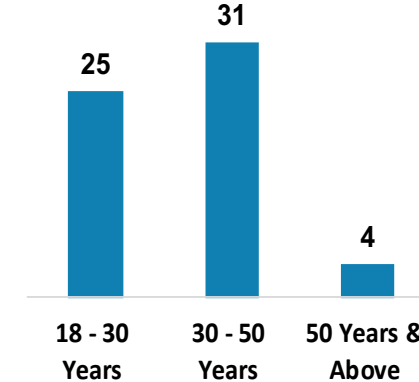
> MONTHLY INCOME

Despite high educational qualifications, many inmates had no jobs or had a monthly average income of Rs.13,000 only.

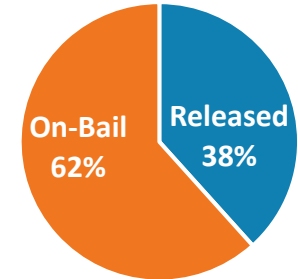
GENDER



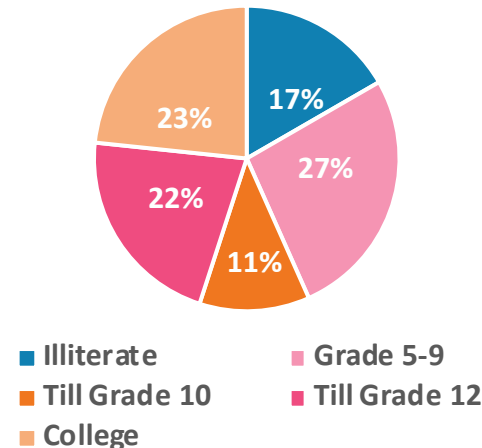
AGE



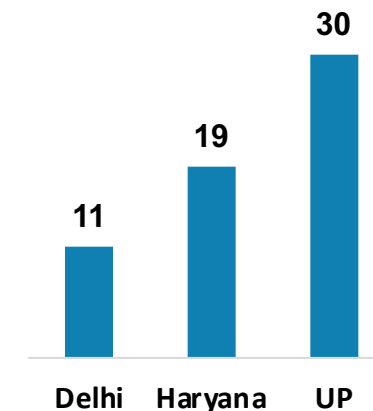
CASE STATUS



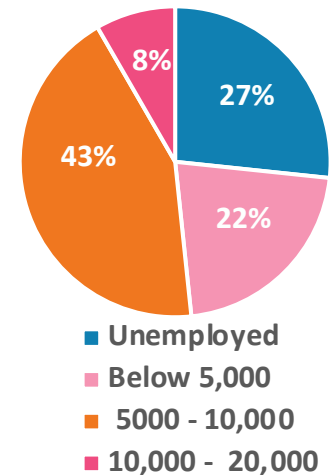
EDUCATION STATUS



STATE



MONTHLY INCOME





Home-Visits and Ration Support



India Vision Foundation initiated the 3-month Pilot Project Saksham by identifying 60 released inmates, conducting rapport building with each one of them, facilitating home-visits through community workers and distributing ration kits. The Foundation collaborated with different organizations to provide multifaceted need-based support to beneficiaries

Input	Output	Outcome	Challenges	Learnings
<ul style="list-style-type: none"> • Contacting 60 inmates for telephonic rapport building and introduction to Project Saksham. • Retrieving verified address of inmates for home-visits. • Making ration support kits for inmates including rice, oil, pulses, soap, wheat etc. 	<ul style="list-style-type: none"> • 3 community workers who were themselves released inmates were identified to conduct home visits. • A list of inmates, who had limited income and needed ration support, was compiled. 	<ul style="list-style-type: none"> • Conducted 35 home visits for first-hand information about socio-economic conditions of inmates. • Distributed 24 ration kits. 	<ul style="list-style-type: none"> • Incorrect and remote home locations. • Demand of ration kits even though they did not need it. 	<ul style="list-style-type: none"> • A need for engaging more reliable released inmates as community workers for field-based monitoring and evaluation was identified.

Home-Visits



Ration Support





Mental Well-Being



HUMANISING
LIVES

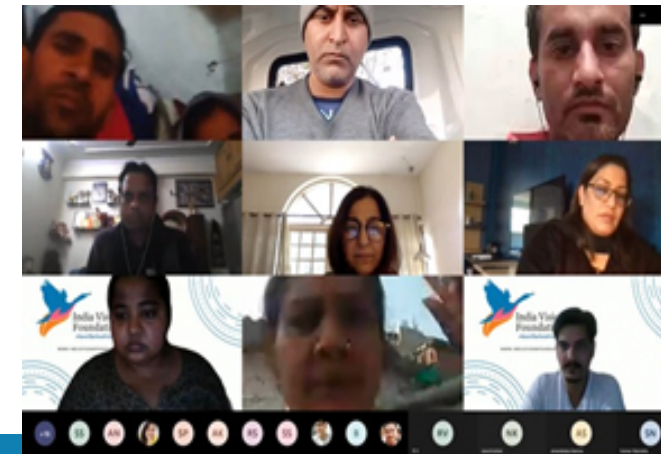
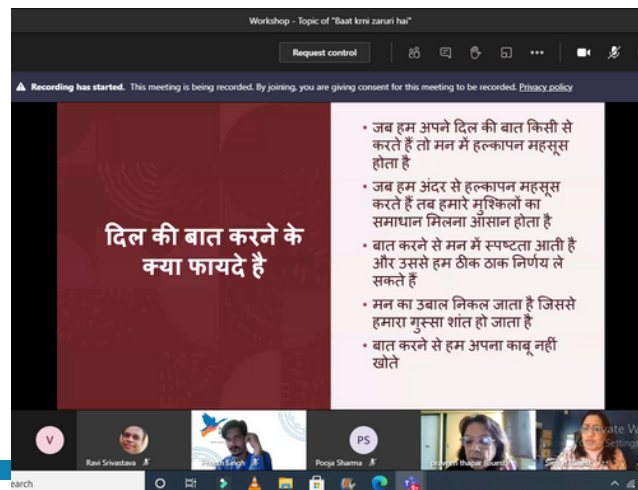
Sanjivini
Society for Mental Health

Input	Output	Outcome	Challenges	Learnings
<ul style="list-style-type: none"> Rapport building and catharsis conversations with inmates. Identifying mental health issues faced by inmates. Identifying organizations which could carry out mental health interventions with inmate. 	<ul style="list-style-type: none"> A list of inmates facing severe mental health problems was made. Humanizing Lives was approached for individual and intensive counseling sessions. Sanjivini Society was approached for group mental health awareness sessions. 	<ul style="list-style-type: none"> 72 weekly counselling sessions were carried out with 8 identified inmates (3 female and 5 male inmates). 3 monthly group sessions were conducted with 60 inmates on stress management, self-care and significance of sharing or catharsis. 	<ul style="list-style-type: none"> Network and connectivity. Seeking inmate availability. Scheduling of timely weekly sessions. 	<ul style="list-style-type: none"> Many inmates need mental well-being support. A planned and extensive mental well-being intervention is required.

Humanising Lives Counseling Sessions



Sanjivini Society Awareness Sessions





Legal Awareness



Legal Awareness Session of released inmates with Mr. Ajay Verma , Legal Expert, IBJ

Input

- Identifying released inmates who need legal aid.
- Identifying resource person with a legal background who can connect with beneficiaries.

Output

- A list of inmates was made along with their case history.
- International Bridges to Justice (IBJ) was approached and Mr. Ajay Verma, legal expert, agreed to collaborate with India Vision Foundation to help identified beneficiaries.

Outcome

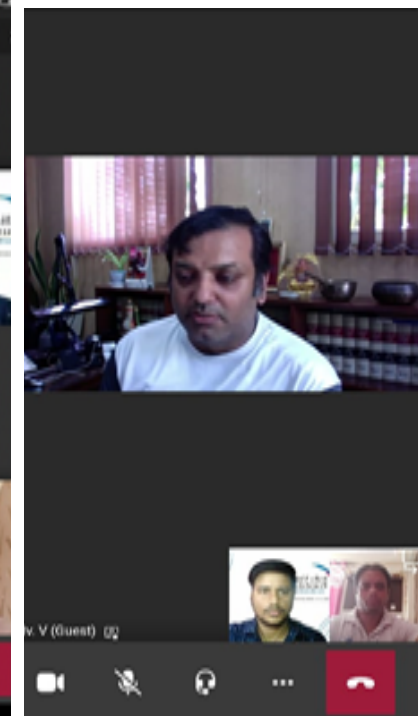
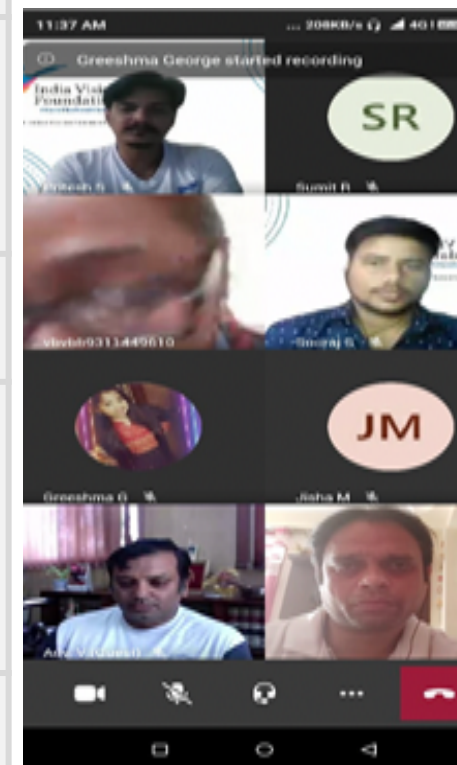
- A Virtual Legal Awareness Session was organized with 60 inmates.
- One to one legal consultations were facilitated with 10 inmates.

Challenges

- Inmates require long-term legal aid till their cases are closed, which could be years together.
- Since legal court issues is not in the social-work purview of India Vision Foundation, it is difficult to find lawyers who can provide pro-bono legal aid to inmates.

Learnings

- There should be limited direct correspondence between inmates and lawyers as it raises their expectations for case closure.
- India Vision Foundation project team should be trained to answer basic legal queries of inmates in a realistic and practical manner.





Government Scheme Linkages



Input

- Hiring of interns for telephonic need-assessment of inmates.
- Identifying released inmates who require support in government schemes, securing documents and self-employment.
- Creating data base of released inmates and dividing Project Team for planned intervention.

Output

- Database was created for 43 beneficiaries.
- In-depth case work was conducted with selected inmates.
- Sub-themes were identified on which different research work was conducted for generation of different need-based government documents including making Ration card, Pan card, Aadhar card, availing of widow pension scheme, getting loans, making rent agreements etc.

Outcome

- Pan Card was generated for an inmate
- One inmates' son was included in her ration card.
- Got a labor card made another inmate
- Another inmate was helped to apply for Widow Pension Scheme
- Rent agreement was made for another inmate
- Applied for priority household card for another inmate.
- SOP has been created on the sub-themes identified.



Challenges

- Bureaucratic working style of government agencies.
- Maintaining communications with inmates, who might not always provide correct information.

Learnings

- Instead of individual case work with each inmate, a need for knowledge generation and training manuals was identified for ready to release inmates and released inmates.
- Manuals can be used to train inmates on how to self-facilitate government scheme linkages.





Success Stories



**Male: Rahul and Sumit, Released Inmates,
Female: Argeena, Alumini, CVF Project
Community Workers.**



Status: Rahul and Sumit were released inmates from Dasna Prison and have been engaged with India Vision Foundation both inside and outside Prison due to their good conduct and active participation in reformation activities.

Argeena, is a child of incarcerated parent who came to Prison crèche, run by the Foundation. She then went on to becoming a beneficiary of Children of Vulnerable Families Project (CVF) of the Foundation. where she completed her education till Grade 12. She is now a well-groomed alumina of the CVF Project.

Intervention: Employment as Community Worker

Project Saksham employed old beneficiaries of the Foundation as community workers. All three of them conducted home-visits to houses of released inmates across Delhi, U.P. and Haryana to ensure field-based monitoring and evaluation.

**Name: Sheetal
(name changed)
Released Inmate
Age: 21**



Status: Sheetal was imprisoned in Dasna Prison in a murder case. When she got released she took up a daily wage job. But due to lockdown she lost her job and as she was the only earning member of her house, her family did not even have basic food and essential items. She felt very low and depressed to not able to provide for her family..

Intervention: Ration and Counselling

India Vision Foundation has supported 24 inmates and their around 142 family members with monthly ration for 3 months under Project Saksham. Sheetal was one of our ration support beneficiary who came from very low socio-economic backgrounds.





Success Stories



Name: Preeti
(name changed)
Released Inmate
Age: 30



Name: Meena Sharma (name changed)
Released Inmate
Age: 31

Status: Meena was a released inmate from Mandoli Prison and lived with her husband and children. After rapport building with her it was realized that Pooja felt lonely and unaccepted in her family after her release.

Intervention: Mental Health Intervention.
Her pre-assessment mental well being score were:

Beck Anxiety Inventory	Score - 23 (Moderate Depression)
Beck Depression Inventory	Score - 26 (Moderate Anxiety)

She had 4 counselling sessions with a female counsellor from **Humanising Lives (Partner Organization with India Vision Foundation for Project Saksham)**. It was observed that after repeated sessions Pooja had started showing signs of responding better coping and was responding well to life-situation questions put forward in front of her. On feedback of her counseling sessions, she stated: *"I am happy because I finally feel that there is someone with whom I can talk about all my feelings and fears. I feel I am slowly developing a new perspective about my life."* A need-assessment with her showed that she required at least 6 individual psychotherapy sessions and 4 family therapy sessions in the future.

Status: Preeti lives in Delhi with her family. Preeti got released from prison in the year 2016 and since then life has been full of challenges. Before she was imprisoned she was a homemaker but after her release, she faced a lot of hardships and secured work, at present she works in a factory.

Intervention: Government Scheme Linkages
When **TYCIA (Partner Organization with India Vision Foundation for Project Saksham)** reached out to her she shared that her main concern was her children and to support her family and hence shared her need to get a construction work card.

The team visited the concerned agencies and through follow-ups successfully applied for her construction card and she has received the same. Preeti shared that she feels hopeful and appreciated the efforts shown by the team.





Project Saksham: Way Ahead



It has been a learning that instead of providing individual help, inmates need to be trained towards **financial, social and emotional self-reliance** through acquisition of skills and knowledge.

Mental Health and Well-Being Interventions need to be carried out extensively with vulnerable and stigmatized released inmate population for holistic reintegration back into families and civic societies.

‘Ready to Release’ training and collecting of personal details from inmates need to start inside prison, a few weeks before their release.



Ready to Release

Focus on Mental Health

Partnerships & Knowledge Creation

Sustainable Self-Reliance

Research and Knowledge Creation in terms of modules, curriculum and SOPs for training and awareness sessions with inmates need to be generated through **partnerships with expert organizations and educational universities** for sustainable and systematic engagement with inmates.

Monitoring & Evaluation

A cadre of community workers need to be formed to increase **field outreach, monitoring and evaluation.**

