

Asian Family Services

Together enriching lives

A Journey from Harm to Wellbeing – Within the Prison Walls

Presenters:

Julia Zhu – Clinical Practice Leader

Jiali Li - Counsellor

About Us

- Asian Family Services is the only provider for Asian people who are affected by gambling harm/mental health issue in New Zealand
- We provide nationwide confidential and comprehensive services
- We offer services in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi
- We are an experienced and qualified team of registered professionals offering a wide range of counselling and social work services
- We have offices in Auckland, Wellington and Christchurch.

01

Remand Program
Evaluation Analysis

02

Correspondence
Program

Remand Programme

Evaluation Analysis

Studies found that

(Abbott & McKenna, 2000; Bellringer, 1986)

1/3 of prisoners were considered problematic or pathological

(Williams, Royston & Hagen, 2005)

Gambling activities are prevalent in the prison setting although they are forbidden

(Abbott & McKenna, 2000; Bellringer, 1986)

Remand education program is an 8-week program which aims to

- Raise Asian prisoners' awareness of gambling harm
- Reduce the likelihood of Asian prisoners using gambling to manage stress
- Relieve Asian prisoners' stress & anxiety
- Improve Asian prisoners' skills, for example, communication skill, positive thinking, etc

Culture Environment of Remand

Low Self-Disclosure

Dysfunctions in interpersonal relations

Self-harm

Suicide

Anxiety

Trial, sentencing and conviction

Mental Health

Emotionally upset

Less educated

Involuntary

Social, mental, physical health issues

Suicidal ideation

Detachment

Substance and non-substance abuse

Stress

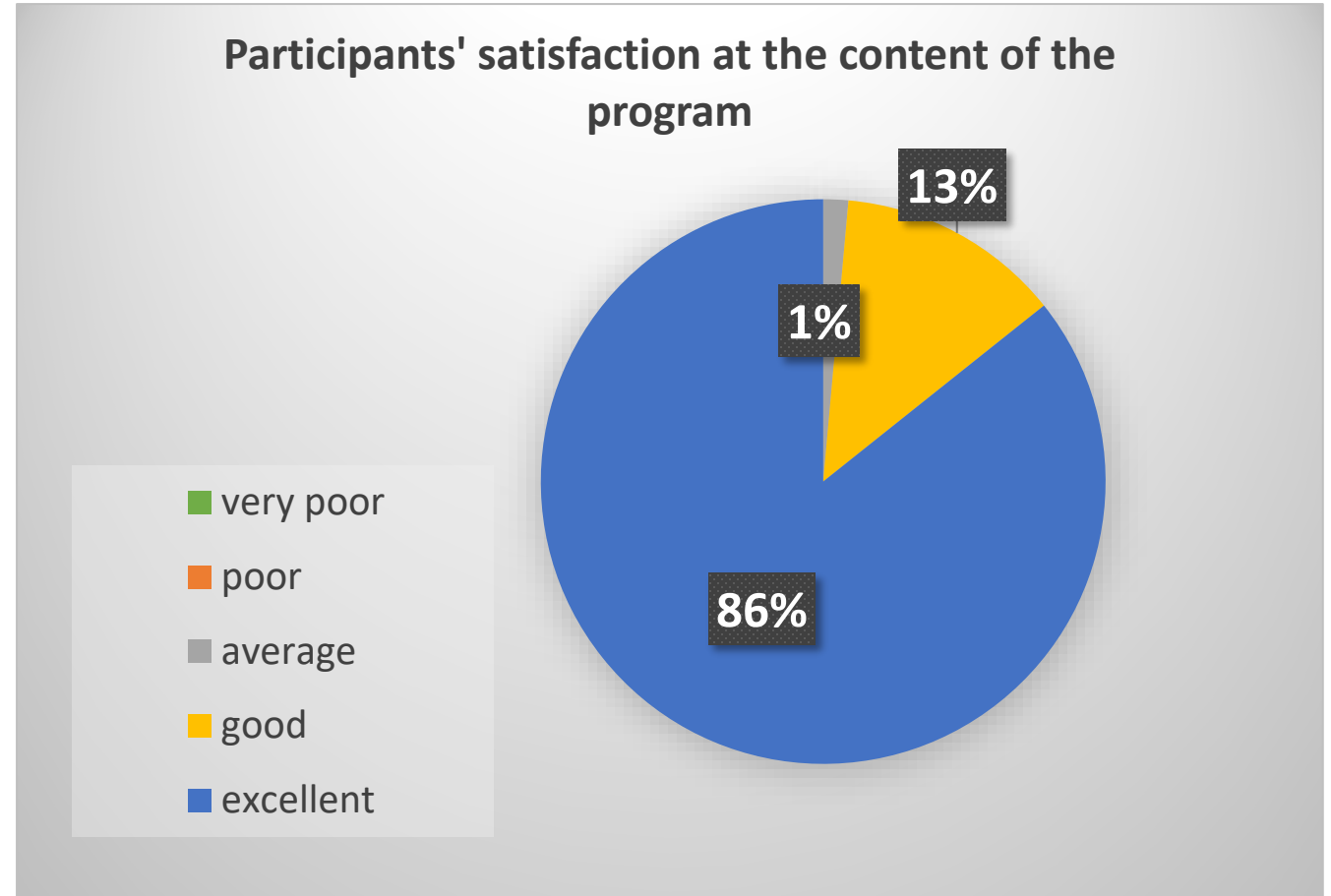
Methodology of program evaluation

- A 5-item evaluation form was distributed to the participants after each program
- They consisted of statements such as “Duration/時間段適合嗎” , “Facilitator’s approach/輔導員的方法.”, etc.
- An open question asking the participants to provide additional comments or suggestions at the end of questionnaire.
- Total 70 completed forms were collected during the period from May 2017 to April 2019.

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Results & Discussion

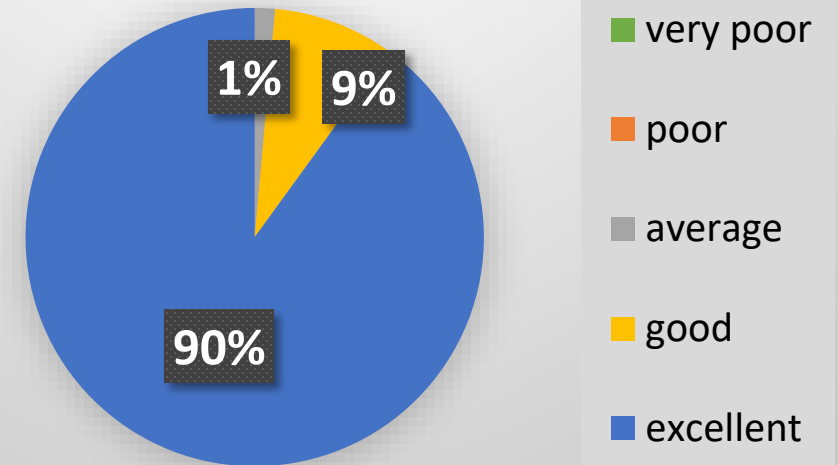
- Understand negative impacts
- Improve mental wellbeing
- Instil positive attitude
- Learn communication and emotional management skill



Results & Discussion

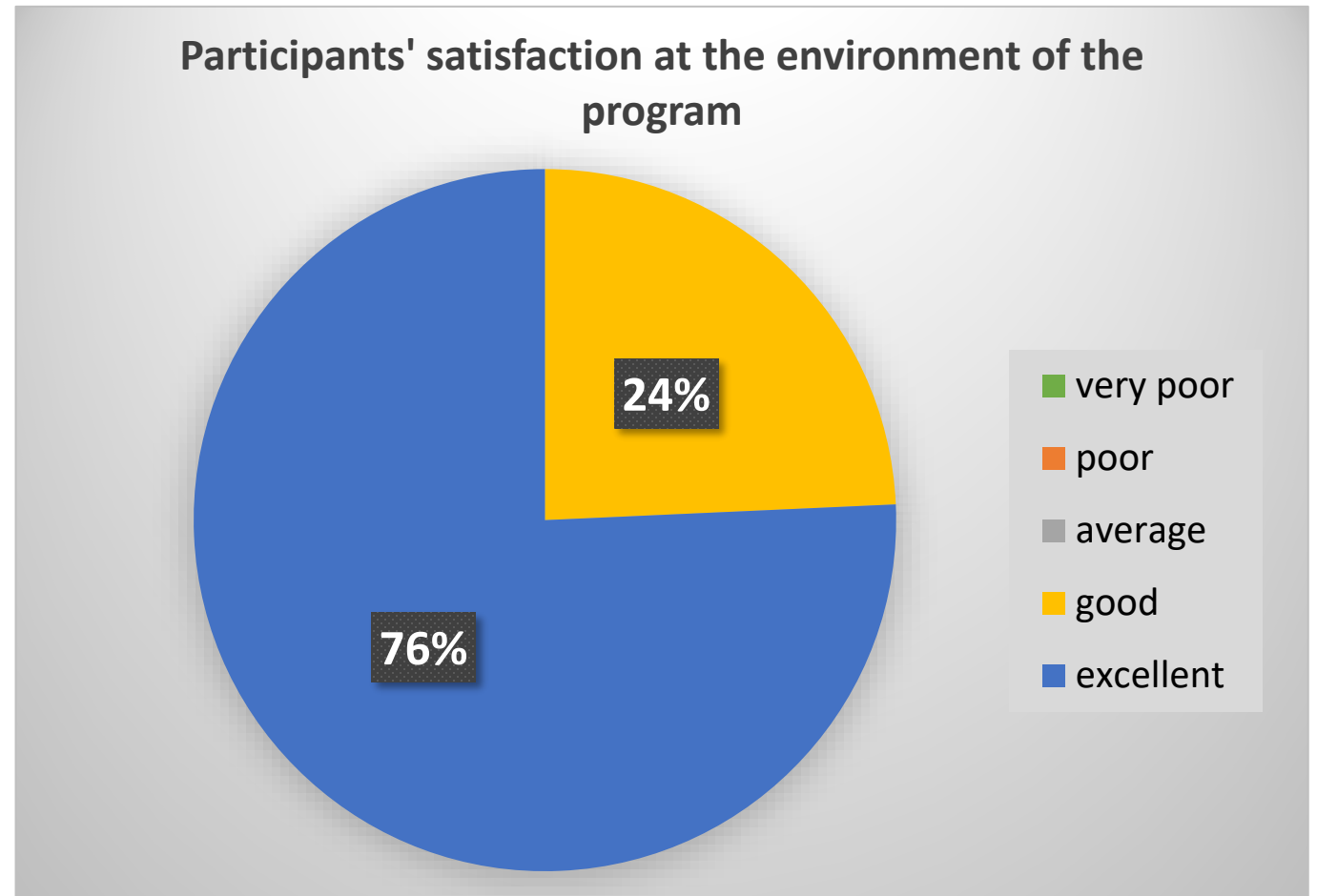
- Facilitators could clearly explain the content
- Facilitators are professional, patient, friendly and helpful

Participants' satisfaction at the facilitator's approach



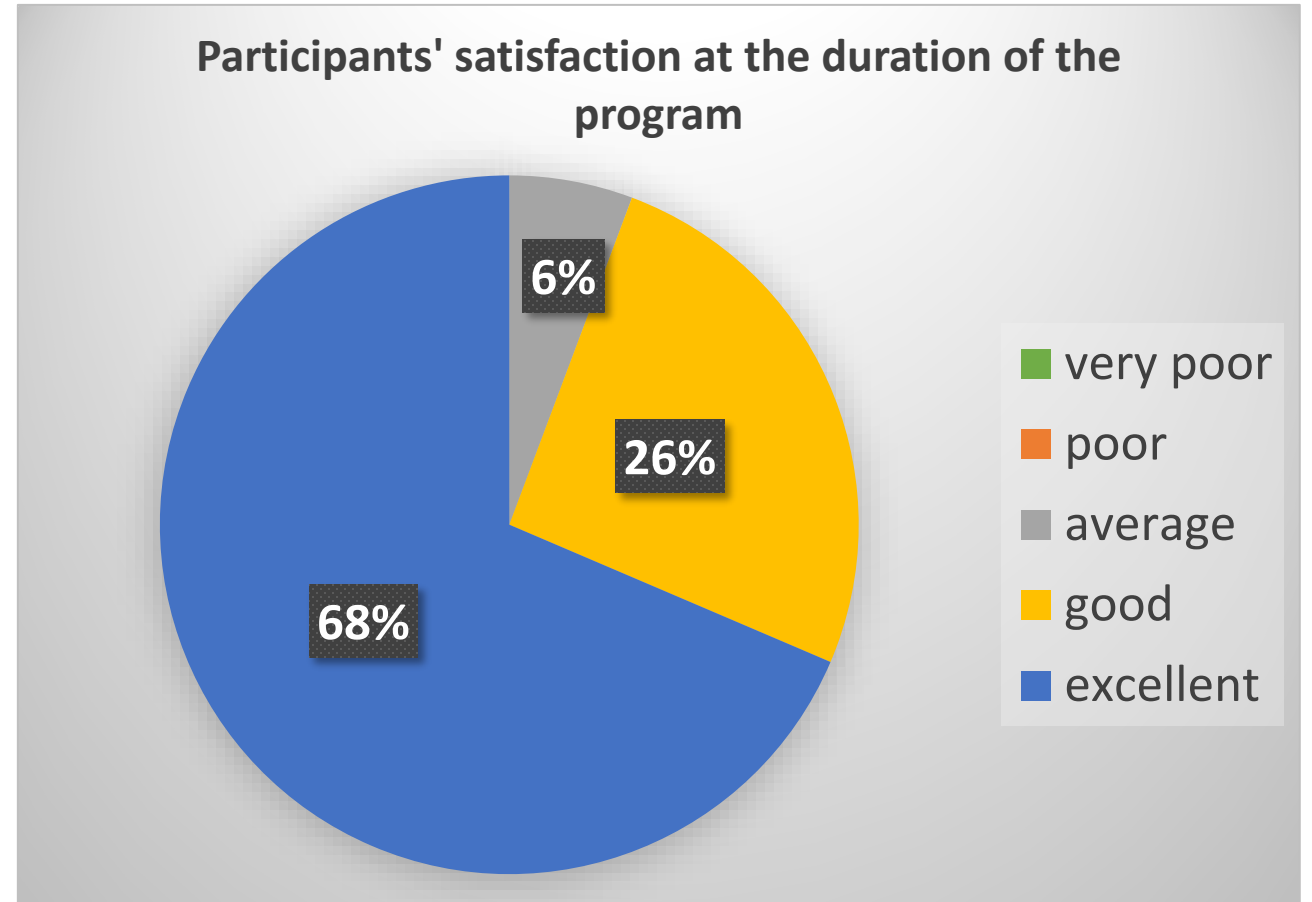
Result & Discussion

- High-stress environment
- Under surveillance



Results & Discussion

- Not long enough to make their time go faster
- Not enough information and discussion



Results & Discussion

- Friendly, warm, and peaceful
- Lightened mood and relieves stress
- Communicate with other Asians



Holistic approach

Coaching Approach
Ba Duan Jin

Singing

Interactive Drawing
Therapy



Coaching Approach - Ba Duan Jin



A



B



C



D



E



F



G



H



Interactive Drawing Therapy



Interactive Drawing Therapy



Jia Li @ Alex:

你们好！我是上海程，一直想给你们写信，但有时候有不知从何下笔！我现在已经正式 sentence，转到了正式的监狱，我想这几年大多数亚州的犯人会转来 Narfa (NRCF) 或者 Werc. Werc 的情况你们大多了解，那就说说 Narfa 吧，希望你们上课可以帮人多了解一下。

最后，很怀念你们的课程，这里华人很多，不知道你们有可能来这开 Program 吗？不过确实有点远，哈哈！还有今年的 Parole，

Lastly, I really miss your programs. Here are many asians. I wonder if it is possible for AFS to run some programs for the asian community here. But undeniably, it is a bit too far

最后，很怀念你们的课程，这里华人很多，不知道你们有可能来这开 Program 吗？不过确实有点远，哈哈！还有今年的 Parole，就是假释，情况不是很好，有几个华人都被拒了，所以还是希望认真对待啦，因为很多人说海外的第一次 Parole 肯定过，就是因为这些原因，大家都不幸回事。结果可想而知！可能这个会让很多人觉得丧气，但我想还是客观一点比较好！对了，我最后刑期是十年，坐一半，就是五年，我在 Mt Eden 呆了九个月，还有四年三个月，第一次 Parole，我想可能的话，能不能方便你们写个 support letter 给我如果方便的话！

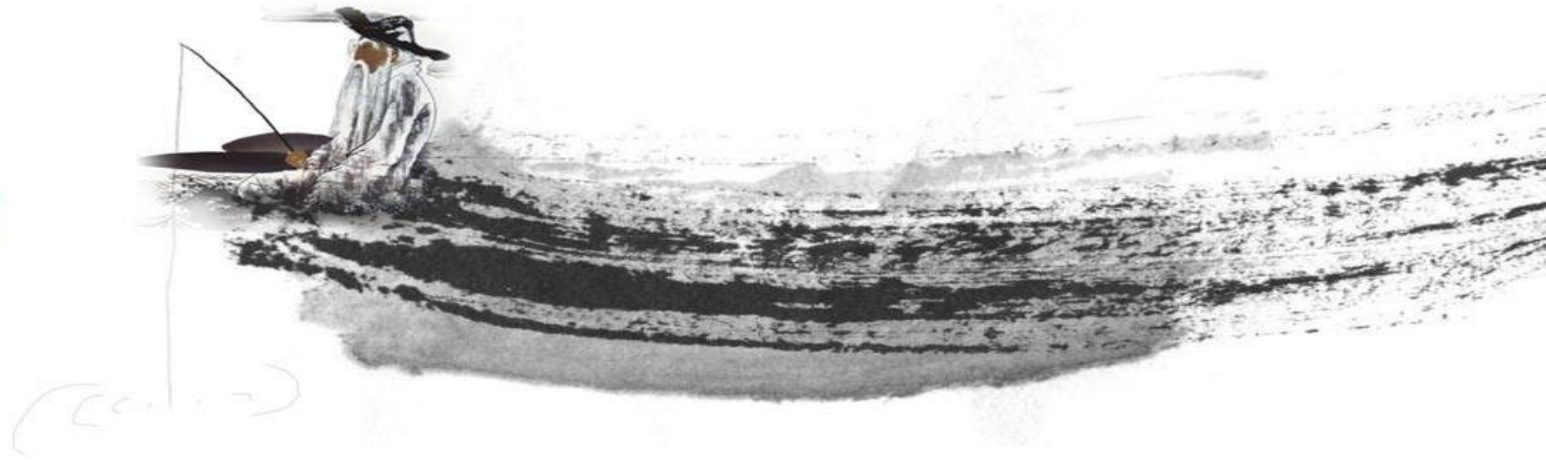
然后，这里华人也比较多，方便的话能再寄一些明年的日历给我们吗？地址在下页✓

Correspondence Program

Give a man a fish – that can feed him for a day

Teach a man to fish – that can feed him for life

孤舟蓑笠翁
独钓寒山雪



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How it works?

- Correspondence program is a kind of **long-distance learning**
- The prisoners will receive a set of reading and exercise
- After they study the reading, they can do the exercise to test their knowledge
- They will mail the completed exercise to us and we will send them a new set of reading & exercise

Why the correspondence program?

- As there is no fixed program date and time, the prisoner can set their own pace of study.
- The prisoners can learn and kill time without the appearance of a facilitator.
- The prisoners can keep learning and stay in touch with the facilitators after sentence.

Literature review:

Only 1 research studying prison gambling prevention and awareness program

- The program comprised a series of six 90-minute group sessions and was offered to inmates serving their sentences in Canada
- The study suggested that programs of this kind can be effective for inmate populations, particularly in changing attitudes towards gambling.
- After participating in the program, inmates no longer believed that gambling was a simple recreational activity.

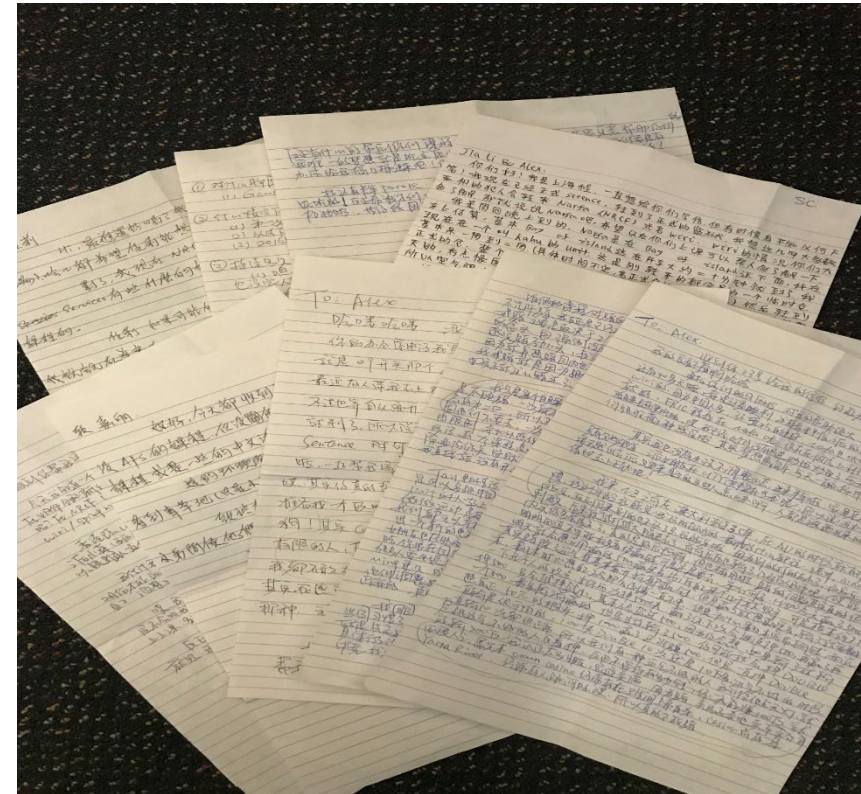
We have currently designed 8 sets of reading & exercise

- Self-assessment of gambling harm.
- What gambling is.
- What problem gambling is.
- The “good side” and the “not so good side” of gambling.
- The contributing factors of gambling addiction
- Gambling myth.
- Gambling harm in different aspects.
- How gambling harm develops.

Strengths & Limitations

- The correspondence programmed was served as the only program within
- the prison during the pandemic
- The correspondence program allows participants to attend at their own pace and as many times as they prefer
- The participants cannot seek immediate help from the facilitators
- The current correspondence program is only available in Chinese

Questions and Answers



References

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