

4 Ways to Reduce Recidivism Rates



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A recent study found that 67.8 percent of released prisoners were arrested for a new crime within three years, and 76.6 percent were arrested within five years. The incarceration and recidivism most directly affect non-white and poor individuals. There are a variety of reasons why individuals are incarcerated and continue to return to the prison system. They range from drug abuse, mental disorder, and poverty to name a few. This is an issue for the local communities and the entire country.

Reducing the recidivism rate is beneficial to all stakeholders. The individual can live a fulfilling life and become a productive contributor to society. The prison system is overpopulated and bursting at the seams. With limited resources these systems are not able to operate as intended. The country benefits because the United States is in competition with other countries such as China, Japan, and Russia to maintain a global advantage and maintain a stable economy.

While reducing the recidivism rate to zero is unrealistic there are several practical strategies that can be implemented to make strides to maintain a sustainable reduction. There is a sub-section of strategies and tactics that can be explored to fully engage individuals. We have identified four areas that can help reduce recidivism.



Developing a comprehensive plan

01

The old saying “Failing to plan is planning to fail” resonates here. Helping individuals develop a comprehensive plan is one way to avoid some of the more obvious pitfalls that await them. The plan must be focused personally and professionally to be successful.

Individuals leave the system without any plan at all and re-enter a world littered with barriers. While a plan cannot guarantee success a well thought out plan increases the chances of achieving the goal and attaining the desired outcomes. Plans should include both short-term and long-term goals.



In-demand skills

Building in-demand skills to gain employment is a must. 21st century skills can set these individuals apart when it comes to looking for employment. These skills include Excel, PowerPoint, business basics, and entrepreneurship.

While many of the job opportunities don't require these skills, they are good to have in the event individuals come across opportunities where these skills are useful or have an opportunity to grow within an organization. Not having in demand skills places the individual in a vulnerable position as they look to attain reliable and consistent employment.

Entrepreneurship

The reality is these individuals face significant barriers when it comes to gaining employment. With that one solution is to enter the world of entrepreneurship. If opportunities are not readily available, the individual must create opportunities. Entering the world of entrepreneurship takes a great idea, skills, and business, and a drive towards specific outcomes. Everyone has dreams of being successful and for some individuals that success will come through entrepreneurship.

The challenge at this point is to develop the skills necessary to build the business. The advantage of entrepreneurship is that you can work on your vision and don't have to ask permission for opportunities.



Providing structure

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The world is a complex and difficult place to navigate. The more complex the environment, the more a clear structure is needed. Otherwise operating in the environment becomes overwhelming and impossible to maneuver. This is the case for the average person but when you add the extra burden of being released the challenge seems overwhelming. Individuals being release must have some type of structure when it comes to dealing with their professional aspirations and personal life. This structure can simplify the decision-making process, clarify goals, and set success milestones.

Reducing recidivism is a daunting task and will never be perfect. At BridgePrep we focus on making the individual as competent as possible by increasing knowledge, skill, and confidence. While we do not touch on some of the other critical areas like drug abuse and substance abuse, we are able to help those who are looking to build skill, structure, or start a company. This will help individuals to develop the necessary skills to secure a brighter future.