

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Nebraska College Preparatory Academy Senior
Capstone Projects

Nebraska College Preparatory Academy

2020

Mass Incarceration in America

Angelica Aranda Fregoso

Follow this and additional works at: <https://digitalcommons.unl.edu/ncpacapstone>



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Other Education Commons](#), and the [Secondary Education Commons](#)

This Article is brought to you for free and open access by the Nebraska College Preparatory Academy at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska College Preparatory Academy Senior Capstone Projects by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Mass Incarceration in America

Angelica Aranda Fregoso

Nebraska College Preparatory Academy

Grand Island Senior High School 2020

University of Nebraska-Lincoln

Abstract

Mass incarceration is describing how the U.S. continues to incarcerate parts of its population into jails and federal prisons. This is important because it not only affects one person, but it could and will eventually affect a whole community as a whole. It has been found that single parent households, families living in poverty, and minorities have a higher possibility of being victims to mass incarceration.

Key Points

- Incarceration negatively affects mental health, i.e. depression, anxiety, hostility etc.
- Children with previously incarcerated parents are more likely to act out/get incarcerated themselves.
- Formerly incarcerated individuals will suffer more health problems since healthcare providers tend to not believe them.

Conclusion

It's important to try and stop mass incarceration since it has proven to become a sort of domino effect with the children of those incarcerated, becoming imprisoned themselves. Having information about how imprisonment not only affects one person but the whole community, should help refocus research into learning how to flatten the imprisonment curve. Along with learning to flatten the curve the main focus of research should also be, helping people recently released from jails or federal prisons by getting them acclimated back into society.

Works Cited

- Frank, J. W., Wang, E. A., & Nunez-Smith, M. (2014). Discrimination based on criminal record and healthcare utilization among men recently released from prison: A descriptive study. *Health Justice* 2, 6, 1-8. <https://healthandjusticejournal.biomedcentral.com/articles/10.1186/2194-7899-2-6#Abs1>
- Turney, K., Lee, H., & Comfort, M. (2013). Discrimination and psychological distress among recently released male prisoners. *American Journal of Mens Health*, 7(6), 482-493. <https://journals.sagepub.com/doi/pdf/10.1177/1557988313484056>
- Turney, K., Wildeman, C., & Schnittker, J. (2012). As fathers and felons. *Journal of Health and Social Behavior*, 53(4), 465-481. <https://pdfs.semanticscholar.org/ba2a/544c83110460f04201cb17abe0bd1b60893f.pdf>
- Wildeman, C., & Western, B. (2010). Incarceration in fragile families the future of children. *Princeton University*, 20(2), 157-177. <https://files.eric.ed.gov/fulltext/EJ901827.pdf>
- (2020). Guilty prisoner sitting in old, dark prison cell. Stock Footage: Prison cell, prison. Retrieved May 6, 2020, from <https://www.pinterest.com/pin/628252216753071311/>

