Relatively little is known about the thoughts, feelings, observations, and reflections of individuals incarcerated or released from incarceration during the COVID-19 global health pandemic.

This report fills a gap in what we know about experiences related to COVID-19 and the restrictions enacted to control the spread of the virus among incarcerated and recently released individuals. Survey data describing the experience of incarceration and reentry using individual’s own words are presented.

Study participants told our team members how they learned about COVID-19 while incarcerated and identified what measures both the facilities they were incarcerated in and they themselves as individuals took to prevent infection.

Participants described stress, anxiety, fear, and worry as they reflected on their incarceration during COVID-19. They worried about dying in prison and many were anxious that they would ultimately not be released due to postponed court dates, death, or to prevent the spread of the virus. Participants also worried for the health and safety of their loved ones at home.

Some participants were frustrated by a lack of timely, direct communication from the facility about COVID-19 and were concerned that they were unable to physically distance from others in the prison.

As participants released from incarceration and returned home, some described anxiety and disappointment as they felt that their lives were placed on hold because of COVID-19 related restrictions in communities.

Common reentry barriers like employment, transportation, and housing were exacerbated by COVID-19 restrictions, making the transition from incarceration to the community more difficult.

Some participants described how they struggled to access services, get the identification needed for them to begin work, and secure needed resources due to COVID-19 restrictions.

As they transitioned back home, some participants expressed feeling isolation while others enjoyed being able to spend more time at home with their loved ones.

Members of our Community Advisory Board, comprised exclusively of individuals who have experienced incarceration and serve as expert consultants on IJRD’s research projects, noted how COVID-19 has intensified reentry for many individuals leaving incarceration and returning home. Board members provided several policy recommendations to improve outcomes.

Our 5-Key Model team members underscored how the shift to virtual engagement with study participants has complicated rapport and trust-building. Likewise, participants’ increased distractions and life stressors, coupled with limited digital literacy, has made connection more difficult for many.

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