



Research Article

SIMILARITIES AND DIFFERENCES BETWEEN THE HEALTH CONDITIONS OF CORRECTIONAL SYSTEMS IN-SIDE TREATMENTS AND CORRECTIONAL SYSTEM OUT-SIDE TREATMENTS

Boris Osmann and Attila Czirfusz

SEUC PhD Programme in Health Management and Public Health Pharmacist, Breiter Weg 251 a, 39104 Magdeburg

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ABSTRACT

Cases of criminal activities are increasing daily in the present world due to the rise in population and the constant need to satisfy human wants, insatiable. People commit crimes for various reasons; others do it for their survival, while others do it due to their malicious nature and egocentrism. Either way, crime is considered an offense against the law and state and punishable depending on the degree and cannot be justified by our reasons for committing them. As discussed in the article, criminal activities are punishable in two major ways, the first one involves correctional systems, and the second one involves community-based treatments. Correctional systems mainly involve offenders being placed in prison cells to serve their sentences declared to them by judges. In contrast, community-based approaches involve using community systems to punish lawbreakers. The degree of crime determines the method of sentences declared to them by judges. In contrast, community-based approaches involve using community systems to punish lawbreakers. The degree of crime determines the method of punishment declared by the judge. The article compares the different techniques used to administer justice and how the systems impact the offenders' health and the individuals around them. Several similarities and differences have been discussed in the comparison to realize the most preferred type of system. Commonly asked questions concerning the health of individuals within correctional systems have been addressed, and the various recommendations to help the prisoners improve their health statuses have been declared. In conclusion, this article summarizes the health conditions of individuals in correctional systems and establishes that the methods used to punish lawbreakers are different, but the one that seems to benefit the health conditions of the prisoners in the community system. Convicting the offenders to prison cells provides a sense of security to public members but exposes the offenders to harsh living environments affecting their health.

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INTRODUCTION

Different types of correctional systems and community-based corrections have been discussed in this article. The similarities between correctional system and community-based information can be deduced from the above information. The major similarity between the two sanctions is that both sanctions do not allow the offender to go unpunished¹. Both sanctions administer punishment to the individual to serve as a lesson to other members and help the offender with corrective mechanisms to aid in behavioral change. The two sanctions also offer services that support the individuals to change their behavior to better society². Both correctional systems and

community-based methods aim to improve the offender's and the communities' health conditions, hence providing services that are favorable to both parties. In both scenarios, the individuals undergo the inside and extend the treatment on the outside.

However, the two sanctions exhibit several different traits in practicing their administration of justice and punishment. Correctional systems tend to be harsher when compared to the treatments outside the correctional systems. This is because the therapy associated with correctional systems involves individuals being placed in prisons or jails, which are secure facilities characterized by isolation, mental disorders, and prison bullying, which generally demeans the health conditions of the individuals placed under those facilities. On the other hand, treatment outside correctional systems tend to be friendly as they consider an individual's general health and the type of offense committed. The offenders are not subjected to bullying and other challenges associated with inside

¹ Clear, Todd R., Michael D. Reisig, and George F. Cole. *American corrections*. Cengage learning, 2018.

² El-Bassel, Nabila, Alissa Davis, Amar Mandavia, Dawn Goddard-Eckrich, Timothy Hunt, Phillip Marotta, Mingway Chang, Elwin Wu, and Louisa Gilbert. "Men in community correction programs and their female primary sex partners: latent class analysis to identify the relationship of clusters of drug use and sexual behaviors and HIV risks." *Journal of urban health* 96, no. 3 (2019): 428.

*Corresponding author: **Boris Osmann**

SEUC PhD Programme in Health Management and Public Health Pharmacist, Breiter Weg 251 a, 39104 Magdeburg

correctional treatments. The inside punitive treatment systems tend to be more expensive when compared to outside correctional treatment systems³. This is because the inmates' counseling sessions are usually very expensive compared to some community-based treatments. The inside correctional systems are aimed at protecting the public and reducing their stress by giving them a sense of security, while the community-based therapies are aimed at improving an individual's behavior to make them reliable members of the community⁴. Most community-based treatments are carried out to reduce overcrowding in prisons and usually involve non-violent offenders being placed in the community treatments compared to correctional systems, which generally involve violent individuals capable of harming individuals, hence the need to put them in a secure facility to secure the public.

Common Health Conditions Questions Asked Pertaining To Correctional Systems

The public has asked several questions regarding the issues affecting the health of prisoners and the various actions taken to curb the health problems faced by the prisoners. This section of the article tries to explain and capture several unanswered questions posed by the public regarding the topic. The public has frequently asked when health assessment services are conducted in prisons, especially for individuals serving long-term sentences⁵. This question became popular among the public because anecdotal evidence arose depicting that individuals serving long-term sentences are more exposed to chronic ill-health, which initiates conditions related to old age. Research programs have been conducted to give answers to the public regarding this issue, and the overall analysis depicts that health assessment services are executed only once during the prisoner's sentence though there was no clear evidence of the answer issued by the researchers⁶. Therefore, it is logical to suggest that health assessment services be conducted more frequently among the prisoners to identify new health-related conditions and prevent their health from deterring.

The most effective technique for submitting health promotion activities and the group supposed to spearhead the activities is another commonly asked question circulating the public. It is usually wondered who between the professional and peers should lead the health promotion activities⁷. This question should be perceived to be very important because prisoners experience several difficulties at times when they make efforts in acquiring access to certain services that require them to interact with the people considered to be in authority, including health professionals. Research shows several ways of delivering health promotions within the correctional facility⁸. The prisoners are given the opportunity to choose which methodology works best for them, after which both the

prisons and NHS are placed in a better position to educate, inform and establish independence concerning health services⁹.

Most people also seek to know the most effective tools to determine what prisoners need to promote their health statuses. Research proves a validated assessment tool that prisoners are well cared for and their needs identified effectively. Like people within the community, prisoners are also required to have access to good health care services¹⁰. However, the correctional facilities are associated with poor diets, high levels of drug abuse, unavailability of exercise programs, and unclean environments, culminating in poor health conditions. The research did not depict any evidence on health promotional needs; hence it will be logical to suggest these needs as future recommendations in future studies¹¹.

How Individuals in Correctional Systems Maintain Healthy Living

It is not an easy task for individuals in correctional facility systems to maintain their good health due to the demeaning conditions they live under. Their environment is usually characterized by poor dieting, a hostile environment, inappropriate health care, and inadequate time for physical activities¹². These factors undermine the individual's efforts to stay healthy¹³. However, the prison officials can assist the prisoners in maintaining their health by setting a few administrative rules within the correctional systems.

The Correctional systems can employ counselors to assist the prisoners with their mental health. Since the prisoners tend to be isolated with little activities to do, most of them experience some form of depression. This greatly affects the mental health of the prisoners and is the main reason for increased cases of suicide among the prisoners. Mental conditions may also increase violence among the prisoners and cause them to harm themselves¹⁴. Counseling sessions would help the prisoners adjust to their life in prison, which will improve their mental health and reduce suicidal cases in correctional facilities.

The prison officials can also assist the individuals in improving their health by reducing the hours spent by remand prisoners in their cells. Locking the prisoners up for twenty-three hours a day increases the stress level. It does not expose the prisoners to more physical activities, which also affects their physical fitness of the prisoners. Time should be created for them to participate in outdoor activities to improve their physical health. Sporting activities should be introduced among the prisoners to increase physical activities aside from prison gyms. More time should be allocated to the prisoners when they participate in the gym. These sporting activities

³ Alarid, Leanne Fiftal. *Community based corrections*. Cengage Learning, 2016.

⁴ Lambert, Eric G., Kevin I. Minor, James B. Wells, and Nancy L. Hogan. "Social support's relationship to correctional staff job stress, job involvement, job satisfaction, and organizational commitment." *The Social Science Journal* 53, no. 1 (2016): 32.

⁵ Mills, Alice, and Kathleen Kendall. "Mental health in prisons." *Handbook on prisons* (2016): 187

⁶ Freudenberg, Nicholas. "Jails, prisons, and the health of urban populations: a review of the impact of the correctional system on community health." *Journal of Urban Health* 78, no. 2 (2001): 217.

⁷ Ibid 190

⁸ Pont, Jörg, Stefan Enggist, Heino Stöver, Brie Williams, Robert Greifinger, and Hans Wolff. "Prison health care governance: guaranteeing clinical independence." *American journal of public health* 108, no. 4 (2018): 476.

⁹ Rubenstein, Leonard S., Joseph J. Amon, Megan McLemore, Patrick Eba, Kate Dolan, Rick Lines, and Chris Beyrer. "HIV, prisoners, and human rights." *The Lancet* 388, no. 10050 (2016): 1202.

¹⁰ Rubenstein, Leonard S., Joseph J. Amon, Megan McLemore, Patrick Eba, Kate Dolan, Rick Lines, and Chris Beyrer. "HIV, prisoners, and human rights." *The Lancet* 388, no. 10050 (2016): 1214.

¹¹ Raphael, Steven, Magnus Lofstrom, and Brandon Martin. "The Effects of California's Enhanced Drug and Contraband Interdiction Program on Drug Abuse and Inmate Misconduct in California's Prisons. Report." (2017).

¹² Woodall, James, and Rachael Dixey. "Advancing the health-promoting prison: a call for global action." *Global health promotion* 24, no. 1 (2017): 61.

¹³ Alarid, Leanne Fiftal. *Community based corrections*. Cengage Learning, 2016.

¹⁴ O'Shea Carney, Mitchell. "Cycles of Punishment: The Constitutionality of Restricting Access to Menstrual Health Products in Prisons." *BCL Rev.* 61 (2020): 2541.

benefit the mental capacity of an individual in several ways¹⁵. They help improve relationships within the prison hence promoting a peaceful environment and minimizing fights.

The government can also participate in improving the health of prisoners by increasing the funds they provide to public prisoners to improve the diet offered to the prisoners. This will help boost the prisoners' immune system, which will significantly improve their health. Improved dieting will also reduce the feeling of depression among the prisoners as there would be less critiques. The convicts can maintain proper hygiene by cleaning up their surrounding areas appropriately¹⁶. They can also ensure they take a bath regularly, making them fresh and clean. Studies have also proved that bathing daily reduces stress and keeps an individual fresh and clean. Cleanliness is therefore very important among the prisoners as it helps reduce their mental stress after every birth and protects them from the diseases associated with dirty environments.

The correctional systems should burn the use of drugs in the prison cells, and very clear, strict, and precise rules are established concerning the use of the drugs. Severe punishment should be passed on those who wish to go against the rule. This is because the use of drugs in correctional facilities reduces the health performance of most prisoners. Smoking is the most practiced method of abusing drugs associated with prisoners¹⁷. This significantly affects the lungs of an individual and causes various diseases in the prisoner. Laws regarding drug and substance abuse should therefore be established and strictly followed. Just like other people in the community, prisoners also have the right to experience the right to good health¹⁸. Therefore, efforts should be made to improve the medical equipment used in prison wards. They are supposed to be provided with skilled professional doctors to assist them health-wise. Therefore, the prisoners should be equitable to access health assessment services more frequently like other individuals to determine their health statuses and prevent their health from deteriorating¹⁹. This service should be conducted mostly among individuals serving longer sentences.

Establishing laws pertaining to prison fights should reduce bullying among the inmates. This will help reduce the physical injuries associated with bullying. Bullying causes fights among inmates, which extends physical injuries on the prisoners, which may affect the prisoner's health if the injuries are too serious²⁰. The damages cause discomfort, and in extreme scenarios, they might even lead to the death of an individual²¹. Therefore, this makes it necessary to emphasize

the need to establish rules and regulations pertaining to bullying with serious consequences if an individual fails to follow the rule.

CONCLUSION

Cases of criminal activities are increasing daily in the present world due to the rise in population and the constant need to satisfy human wants, insatiable. People commit crimes for various reasons; others do it for their survival, while others do it due to their malicious nature and egocentrism. Either way, crime is considered an offense against the law and state and punishable depending on the degree and cannot be justified by our reasons for committing them. As discussed in the article, criminal activities are punishable in two major ways, the first one involves correctional systems, and the second one involves community-based treatments. Correctional systems mainly involve offenders being placed in prison cells to serve their sentences declared to them by judges. In contrast, community-based approaches involve using community systems to punish lawbreakers. The degree of crime determines the method of punishment declared by the judge. The article compares the different techniques used to administer justice and how the systems impact the offenders' health and the individuals around them. Several similarities and differences have been discussed in the comparison to realize the most preferred type of system. Commonly asked questions concerning the health of individuals within correctional systems have been addressed, and the various recommendations to help the prisoners improve their health statuses have been declared. In conclusion, this article summarizes the health conditions of individuals in correctional systems and establishes that the methods used to punish lawbreakers are different, but the one that seems to benefit the health conditions of the prisoners in the community system. Convicting the offenders to prison cells provides a sense of security to public members but exposes the offenders to harsh living environments affecting their health.

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¹⁶ Woodall, James, and Rachael Dixey. "Advancing the health-promoting prison: a call for global action." *Global health promotion* 24, no. 1 (2017): 61.

¹⁷ Levant, Kristine. *Prison violence: Causes, consequences and solutions*. Routledge, 2016.

¹⁸ Raphael, Steven, Magnus Lofstrom, and Brandon Martin. "The Effects of California's Enhanced Drug and Contraband Interdiction Program on Drug Abuse and Inmate Misconduct in California's Prisons. Report." (2017).

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