

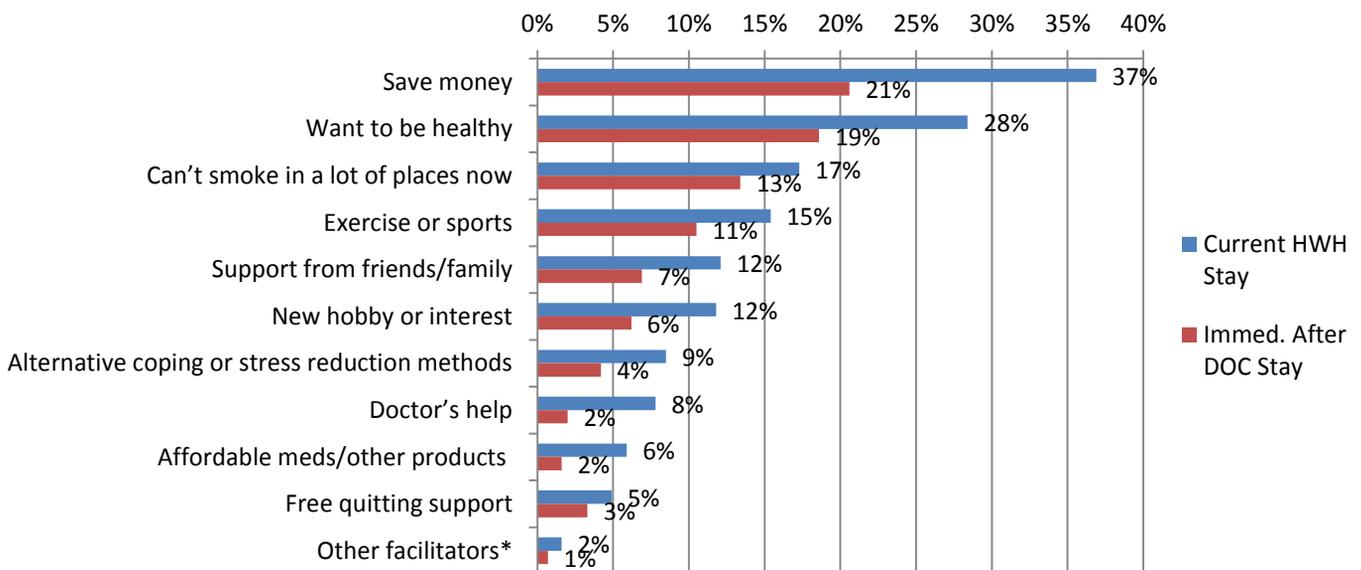
CT Department of Correction

Inmate Tobacco Cessation Project

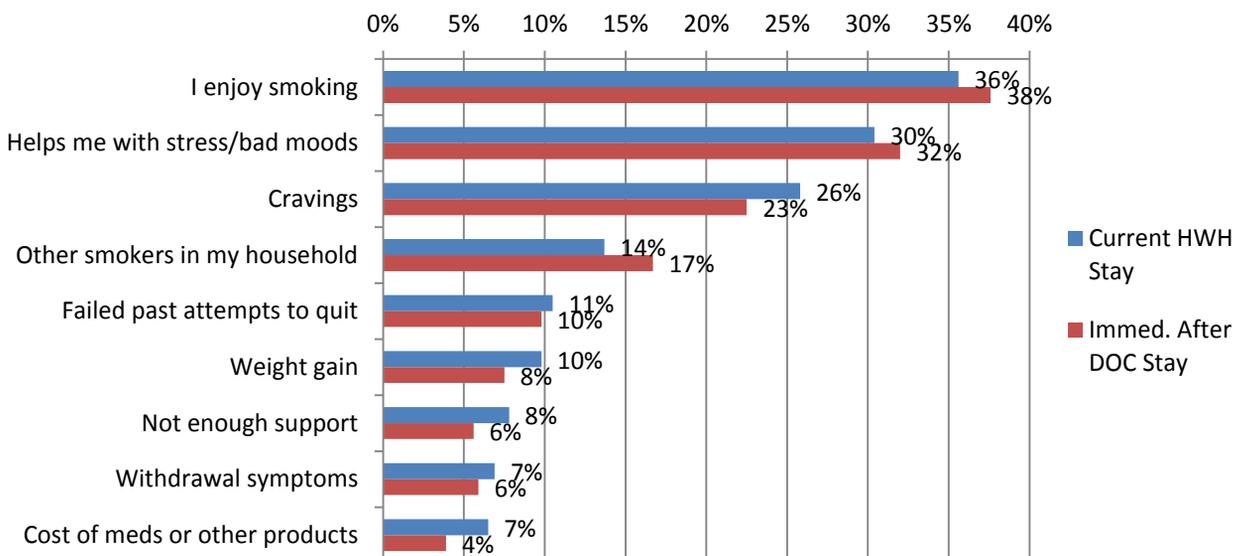
2017-18 Halfway House Resident Survey Data Analysis

Analyses were conducted by UConn School of Social Work / DMHAS Research Division pertaining to DOC-contracted Half-way House (HWH) residents' survey responses regarding what helps them and what barriers they encounter to stay quit. The first graph below shows the sources of support or the resources that help the DOC HWH residents to stay quit. The second graph shows the barriers or the perceived obstacles for DOC HWH residents to stay quit.

Sources of support/resources that help DOC HWH residents to stay quit



Barriers/perceived obstacles for DOC HWH residents to stay quit



DOC-Contracted Halfway House Resident Survey

Data Analysis 2018 Continued....

Finding 1: Sources of support / perceived resources to help stay quit

We found that the DOC-contracted HWH respondents were significantly more likely to report the following areas as being helpful to staying quit during their current halfway house stay versus immediately after release from their most current DOC facility stay:

- 37% (n=113; p=.0001) reported saving money was a helpful reason during the current HWH stay.
- 28% (n=87; p=.0001) reported wanting to be healthy was a helpful reason to stay quit during the current HWH stay.
- 15% (n=47; p=.013) reported participating in exercise or sports was a helpful reason during the current HWH stay.
- 12% (n=37; p=.006) reported receiving support from family and friends was a helpful support to stay quit during the current HWH stay.
- 12% (n=36; p=.005) reported having a new hobby or interest was a helpful reason during the current HWH stay.
- 9% (n=26; p=.016) reported that having alternative coping or stress reduction methods was a helpful coping support to stay quit during their current HWH stay.
- 8% (n=24; p=.001) reported having a doctor's help was a helpful reason to stay quit during their current HWH stay.
- 6% (n=18; p=.003) reported having access to affordable medication or other products was a helpful resource/support to stay quit during the current HWH stay.

Finding 2: Perceived barriers to staying quit

We found that HWH respondents tended to be more likely to report the following as being a barrier to staying quit during their current halfway house stay than immediately after release from their most current jail or prison stay :

- 7% (n=30; p=.088) reported the cost of medication or other products to help them stay quit was a barrier to staying quit during the current HWH stay [*trend approaching statistical significance*].

Dissemination of Results in Progress:

We further submit to the Board that manuscript preparation for submission to a respected peer-reviewed journal for publication is under way, including the following completed tasks:

- Literature review on updated findings related to staying quite for inmate population
- Journal review/search on journal quality, citation indexes, submission format, etc.
- Data analysis update (sources of support and barriers to staying quit)
- Manuscript write-up, final draft to be reviewed and approved jointly by Dr. Maurer and Dr. Ulaszek.