

TheCrimAcademy_55_FahmyMitchell

Sat, 9/10 5:41PM • 1:13:38

SUMMARY KEYWORDS

people, chant, reentry, health, prison, meghan, reentering, incarceration, paper, challenges, social, important, recidivism, person, terms, success, release, measure, incarcerated, support

SPEAKERS

Jenn Tostlebe, Chantal Fahmy, Meghan Mitchell, Jose Sanchez

Jose Sanchez 00:14

Hi everyone. Welcome back to The Criminology Academy, where we are criminally academic. I'm Jose Sanchez

Jenn Tostlebe 00:19

and my name is Jenn Tostlebe.

Jose Sanchez 00:22

Today we have professors Chantal Fahmy and Meghan Mitchell on the podcast to talk with us about the reentry experience post-release from prison and health and wellness.

Jenn Tostlebe 00:31

Chantal Fahmy is an assistant professor in the Department of Criminology and Criminal Justice at the University of Texas at San Antonio. She received her bachelor's degree from the University of California Irvine, her master's degree from California State University Long Beach and her PhD from Arizona State University. Her research focuses on reentry and reintegration from prison health, criminology, social support in the health related consequences of incarceration. Her work has been published in Social Science and Medicine, Criminal Justice and Behavior, Journal of Quantitative Criminology, Preventative Medicine, and Sociological Methods and Research among other places.

Jose Sanchez 01:11

Meghan Mitchell is an assistant professor in the Department of Criminal Justice at the University of North Dakota. She received her BS and MS from North Dakota State University and PhD in criminal justice from Sam Houston State University. Her current work examines the areas of corrections, subcultures and research methodologies. She has published in the British Journal of Criminology, Justice Quarterly, Journal of Experimental Criminology, Journal of Quantitative Criminology, Criminal Justice and Behavior, Sociological Methods and Research, Journal of Criminal Justice, British Medical Journal Open, and the International Journal of Environmental Research and Public Health, among other places.

Jenn Tostlebe 01:52

Thank you so much for joining us Chant and Meghan, we're excited to have you on.

Chantal Fahmy 01:57

Thank you so much for having us. I mean, I feel like I probably responded to your email the fastest you've ever seen.

Jenn Tostlebe 02:06

It was very quick.

Chantal Fahmy 02:08

I mean, I love your podcasts. I listen to it regularly. And congrats on 50 episodes, or more than that?

Jenn Tostlebe 02:15

Yeah, more than that now, but not so much.

Meghan Mitchell 02:18

Yeah, thank you for having us. We're really excited to not only talk about our paper, but also our working relationship. And it's great to talk about it with you all who we've known for quite a while now. Yeah.

Jose Sanchez 02:33

Okay, so brief overview of today's episode. So, we're gonna start off with some general questions on incarceration, reentry, and recidivism questions that are probably too broad to be doing on a one hour podcast, but that's how we roll here. Then we're gonna move into a paper that was authored by Meghan and Chant. And finally, we're going to talk about what it's like publishing with your best friend, something that Jenn and I are interested in, since I don't know if people know this, but Jenn and I are, like BFFs. So, with that being said, Jenn, why don't you go ahead and take us away?

Jenn Tostlebe 03:10

Awesome. Thanks, Jose. Okay, so on a previous episode of the podcast, we spoke with Professor Mike Campbell about this idea of the churning of people through the criminal justice system. So, the continuous process of new people entering prison, but also people also always exiting prison. And in this episode, we are really focusing in on the latter part, the exit from prison and re entrance into society. So, to kind of set the context here, we know that fewer people are entering prisons compared to a decade or two ago, but how many people leave prison each year? And how has this number changed in relation to previous decades?

Chantal Fahmy 03:54

Okay, let me take this one. So now there's about 610,000, give or take that are released from state and federal prisons annually. Jails is a whole different beast. That's the most recent data from 2019. It will be really interesting, actually, to see what happens in 2020 and 2021. Once all that data is released in terms of how many people were being released around that time. But the Prison Policy Initiative

actually pulled together a few BJs reports recently and showed the breakdown state by state. And what do you know, the great state of Texas releases 78,000 people per year as of, I think also, 2019 whereas all federal prisons combined, only released like 50,000. So, just to give you context of the Lonestar project, which is the data that we use for that paper. So yeah, that was having a lone star project in Texas was obviously an ideal and wise decision for release and reentry, right? But in relation to previous decades, I would say kind of what you were saying Jenn, around 2010 was really the first time that the overall prison population kind of stayed the same plateaued or was starting to decrease. So you can kind of think about it like backwards from that perspective. But the era of mass reentry that we're currently in, was just kind of pushed and pushed and pushed from the decades of mass incarceration that came before it. So, I think there are fewer releases in previous years, but at least the last 15 years or so it's been at least 550,000, released every year. And y'all know, 95% of people are released eventually. So, as we move to more decarceration practices, there's obviously going to be more of a push for people to get out of prison than people actually, like you mentioned staying in prison or going to prison, at least compared to the time period before that.

Jose Sanchez 05:55

Okay. So clearly, the incarceration or releasing people from incarceration, and the effort to limit the number of people who are behind bars is happening. Now, whether it's happening on a large scale is sort of up to debate. But there's a term that you've used in your work, this idea of smart decarceration. Can y'all tell us more about what this is?

Chantal Fahmy 06:18

Yes, I can do this. Smart decarceration is basically using the evidence base that has accumulated over years of us trying to move from being tough on crime to being smart on crime, right? These like words that are like constantly being thrown around, the majority of that is directly reducing our reliance on incarceration. And in doing so we're developing evidence based interventions, evidence based programs that address racial disparities that address disparities and health in terms of incarceration. So, the idea is we're moving from mass incarceration to smart decarceration. And when you consider what we consider criminological facts, like the age crime curve, and the fact that there are social structural factors, that kind of determined to some degree who ends up incarcerated, those are exactly the areas that we can bring light to and examine a little bit more closely where our criminal justice system is failing. So, I think once we kind of stimulate that policy, and those behavioral interventions that work best, and we are smartly decarceration by releasing people who are no longer deemed a threat to public safety, right? I mean, mass incarceration did not work. Okay, so now what now we stopped relying on prison so heavily, and instead give people the tools they need to succeed in the community. And simultaneously, we can safely reduce the incarcerated population, and release those who pose the least risk. Criminologist, social workers, public health scholars, I mean, anyone working in this space, wants to capitalize on decreases in the prison population that were kind of already occurring. So, instead of waiting for this, like bubble to burst, let's start looking into you know, this smart decarceration and minimizing our use of prisons, while saving money, right, like that's going to appeal to both sides of the aisle. Meghan, I know you have stuff to say,

Meghan Mitchell 08:20

Yeah, I think you did a great job of explaining that. So kind of a short little blurb in layman's terms. You know, smart decarceration is about decreasing our prison population will using what we've learned from data and scientific inquiry to best make decisions, decisions that are going to benefit everyone, the people who are incarcerated, the systems that are in place, the people who are working in those systems, I actually had the opportunity while in grad school to attend one of the smart decarceration conferences. And it was so inspiring to me, because up until this point, I had solely looked at criminal justice issues, specifically corrections from kind of a siloed view of the CJ system and, you know, incarceration and police and courts and corrections. But it was really amazing to see at that conference, all of the providers and agencies and people, you know, so to speak, the boots on the ground, that are actually doing these efforts to decrease our reliance on incarceration and to help people reintegrate back into society more successful.

Jenn Tostlebe 09:37

Yeah, I was just thinking that too, that pretty much everything that I know from classes is this siloed viewpoint from, you know, the criminal justice system and the overview of what these systems are. So, it's cool to see this idea of smart incarceration, which, surprisingly, I hadn't run across very much. I know have a couple of times, but not as many times as I would have thought.

Meghan Mitchell 10:00

And to be clear, Jose had somewhat mentioned, you know, we use that term in our in our article, but this is not our term, we did not go in right term.

Jenn Tostlebe 10:15

Alright, so, on the Crim Academy here, as Jose kind of alluded to, we really like to provide clear definitions and terms of what we're using. But sometimes this can be like a very large conversation that can take an entire, you know, course. So, to keep it simple here, you know, can you define reentry and reintegration and discuss the difference between the two terms?

Meghan Mitchell 10:40

I'll go first because I know that I'll have a shorter definition and then I'll let Chant expand upon that. So, I think about reentry as the process of returning to society, reentering into the community, whereas reintegration is fully restoring that person back into society. So, you are not just entering back into society. But rather, you are able to fully function you were able to successfully function within your society. So, that's kind of the differences that I see between those two and Chant, feel free to expand.

Chantal Fahmy 11:18

I definitely have a longer version. Of course, of course. So, I first will say that I'm guilty of using these terms interchangeably, but they are not to be interchanged. I will not do that anymore. They are technically different. In my opinion, I would say reentry is like the more physical one time act of reentering a place or space that you've been in before. And actually, if you search reentry, without any other terms, like in Google Scholar, you will find stuff on NASA spacecrafts reentering the Earth's atmosphere. Just so you know, and you'll also maybe get some information on military veterans who, quote, reenter back to their lives, you know, for instance, after being in combat overseas. So, all that to say I view reentry as simply the physical act of coming back somewhere, everyone reenters, but not

everyone reintegrates. So, reintegration to me is more like the long process of actually finding oneself back in the normal swing of things and fully feeling like you're a part of society again. Yeah, reintegration is more of the process of partaking in programs and actively like finding a home and focusing on your health, whereas reentry is just this one snapshot in time.

Jose Sanchez 12:36

So, there's this quote in your paper that we're going to be discussing a little later, where you state and I'm quoting here, "the process of reentry occurs alongside a complex and divisive public stance regarding where individual responsibility starts, and where governmental responsibility ends", and so we felt that this quote, really drives home, the tension between this belief that people should be able to succeed on their own after they've been released from prisons. So, like this idea of picking yourself up by your bootstraps, and the belief that the government should help provide support during the reentry process and to get people back on their feet. So, you know, without getting too into the weeds with it, because we're gonna talk about the paper a little bit later. Can you talk a bit more about the stances and how the process of reentry is impacted by this discord?

Meghan Mitchell 13:33

Yeah, absolutely. So, I think that you Jose really hit the point right on the head. So, there's kind of this spectrum of philosophies, right? So, on one end of that spectrum, you may believe that everyone in society is afforded the same opportunities, given those opportunities equally, that they can overcome situations or as you had said, pull yourself up by the bootstraps and reenter and reintegrate into society without an issue. So, according to that philosophy, you know, some may say, I've done it, I know someone else who has done it, the government never helped me. I never had to do, go to programs. I never got this support, why can't everyone else do it that way? The opposite end of the spectrum, are people that are going to recognize that within our country, we have intense social, structural, economic and political influences that have resulted in oppressive systems of inequality. And as a result of that, not everyone can pull themselves up by the bootstraps. Not everyone can reintegrate back into society as effortlessly as somebody else. And within that perspective, people would argue that the government should have a more substantial role in kind of remedying these consequences that are result of these inequitable systems. So, one of the challenges that we have is, everyone falls somewhere on that spectrum, right? And it's a huge political issue because providing those supports and resources costs a ton of money, and oftentimes requires a complete restructuring of how our systems are set up to support or not support individuals. So, I do think it's important to note that there are people who can be successful on both ends of that spectrum, right? Throughout the Lonestar project, I'm thinking of a person who spent a ton of time in solitary confinement, and during that time, became so knowledgeable about investments and stocks and any money that he was able to gain, he would send it to his parents, and they would invest it. So, he came out of prison with so much money attached to his, you know, attached to his name, so to speak, so much so that his parole officer was concerned about his ability to buy a pickup truck immediately upon release. And to get this nice house, I can't remember if he was renting, or had purchased it, right? But he had all of this money that he had learned how to gain while he was incarcerated, which then set him up for a tremendous amount of success post-release. That was his story. And it's very unique, but there are other people who would be in that same situation that are going to have tremendously different stories and a ton of challenges reentering and reintegrating. And so overwhelmingly, what we know to be true, is that the more supports that people have the

supports that are at least available to them, that they can then choose if like they actually need those supports, having those supports readily available is going to be advantageous for people reentering and reintegrating back into society.

Chantal Fahmy 17:10

No further comments. She got that.

Jenn Tostlebe 17:16

Alright. So, the Bureau of Justice Statistics, BJS, came out with a report in 2018 on recidivism or for people who aren't familiar with that this idea of relapse into criminal behavior, often after getting some kind of sanction or undergoing an intervention for a previous crime. And in this report, it was indicated that about 83% of state prisoners released in 2005, across 30 states were rearrested at least once within the nine year follow up period, many of which were rearrested within that first year. And so these are huge recidivism numbers. Those of us who do work in corrections aren't surprised by this at all. But I think that's alarming for people who don't do this work. And even alarming for those of us who do. But this clearly indicates that something is going wrong, right during the reentry process. So can you discuss some of the challenges people are facing upon reentry post release from prison? What do those challenges look like?

Meghan Mitchell 18:17

I'll maybe start since I've got some that are on my mind right now. So, I somewhat think about these challenges as groupings of influences. So, to start, I think about CJ system challenges, right? So, mandates that are put on individuals by the CJ system, or the community corrections branch of the criminal justice system, that they need to then abide by in order to stay within the community. So, some of these things include, you know, the very controversial GPS monitoring. They include different types of curfews, geographic restrictions, different types of requirements for them to get a job, drug testing, potentially, you know, participate in some type of drug and alcohol counseling program. A lot of those CJ system mandates can be very large challenges for people, especially individuals that don't have a large number of social supports, which I see as somewhat of a separate grouping of challenges that people face. So, people face tremendous social challenges, right? Trying to bridge back those connections that maybe had been frayed with family members prior to incarceration or during incarceration, social challenges of potential gang affiliations that they maybe had prior to prison or while they were incarcerated. Other types of social challenges, as I mentioned about the different types of social support that may or may not exist for individuals And then I also see kind of a separate grouping of individual challenges that are unique to that person. So, one thing that Chant's work does a lot on is the health of individuals, right as they are returning to society, which we'll talk about later. But people's health, their mental health, even just their personal beliefs, right? Their self efficacy, their ability to believe in themselves and get out there and to do things that are uncomfortable to them. And then finally, I kind of see these environmental structural challenges. So we know that there are zip codes or communities or neighborhoods throughout our country that overwhelmingly are disproportionately affected by prisoner reentry. And oftentimes, those communities are extremely disadvantaged, they have very limited employment opportunities, public housing, there's challenges in terms of environmental spaces, crime, lack of social control, gangs, things of that nature. And so there's a ton of challenges, right. And so I think that this just highlights those statistics that you were talking about that it

is not surprising that people are kind of up against a wall when they return to communities, that there are so many challenges for them to overcome. And I think it's important to recognize that these will be challenges that all of us face, you know that, you know, anyone going to prison and trying to reenter society again, after a lapse in time, it is going to be challenging for anyone to do that. And so there's just a lot that is coming at and kind of disadvantaging the population of people who are returning to communities.

Chantal Fahmy 21:51

I'll just add to that, that stigma, right? Like, given what Meghan had said about, you know, it would happen to all of us, right, there's just certain challenges that all of us reentering would have to deal with. And stigma is one of them, like, no matter what it was that you did, you have that fell in stands onto, like a scarlet letter, you know? I think that that is one that adds to the mental health challenges and to the stress, and we don't talk about that often. But I just wanted to add that.

Jose Sanchez 22:19

So, I think we've set up a pretty good foundation for us to start moving into talking about the article that we're going to discuss. So like we mentioned, this article was authored by our guests, Chant and Meghan, and it's titled "Examining recidivism during reentry: Proposing a holistic model of health and well being". It was published in the Journal of Criminal Justice in 2022. And this article Chant, and Meghan examined the impact of health on recidivism amongst 742 men in the Lonestar project, who were returning to the community after experiencing incarceration. However, this study is unique and that Chant and Meghan depart from the traditional notion of health by proposing an eight domain holistic model of health and wellness, including physical, mental, slash, emotional, social, spiritual, occupational, financial, intellectual, and environmental health. Is that a fair summary of your paper?

Meghan Mitchell 23:15

Yeah, absolutely. Are we done now?

Jose Sanchez 23:18

You wish! Okay, so our first question is, where did the idea for this article come from? And so what was the motivation behind it?

Meghan Mitchell 23:29

I love talking about things like this, but I'll let you go first Chant.

Chantal Fahmy 23:32

Do you gotta go? Go for it?

Meghan Mitchell 23:34

No, you go.

Chantal Fahmy 23:35

Well, first to the Criminology Academy listeners, I will just say because I don't think it was really said, Chant is my nickname. And Jen, Jose, call me Chant. Just so people are like, what is that? Okay, so

the article, it was actually part of a special issue, and the rest of the articles aren't out yet. So, we don't really know who else is like in the special issue. But it's a special issue in the Journal of Criminal Justice called "Advancing Health Criminology: The nexus between crime, criminal justice and health", Meghan and I, we video chat a lot. We must have sent six unique ideas back and forth, back and forth, because we knew it had to be reentry and health related and it's like, sometimes we went a little too broad sometimes anyways, you know, all over the place. But essentially, what we ended up landing on was something that we had talked about before, and an idea that had been in kind of the back of my head since writing my dissertation. I think that despite some statistical setbacks that we're not stoked about, this paper is basically like what we had talked about and what I've been imagining since before that, because I studied social support in incarcerated and release people. And as you all know, the emphasis in the literature has been really to like focus on mental health and to a lesser degree physical health or release people. I always thinking like We don't talk about social health enough. And that idea really got kind of nailed in the head for me when, like during the pandemic, I feel like people's mental health was suffering was suffering period. And it was partially maybe due to the fact that their social health was suffering. I mean, at least that's how I felt. So then I started to think about, like other ways in which people don't really think about health, right? When you hear the word health, you tend to think physical or mental health. So I've started to think about other ways that health can be defined and encompassed under kind of like a large umbrella of health. So yeah, yeah.

Meghan Mitchell 25:37

And I think that, because I don't study health in the same way that Chant does, although some of my research is kind of, you know, spanning into correctional officers and their health. I feel like it was a nice sounding board to kind of bounce ideas back off. And I remember in one of our conversations, me asking Chant, like, do people just measure health with a singular measure? And is that common practice, like, you know, the literature more than I do, in terms of what we're looking at in terms of health and reentry. Like, you know, a person's health is so much more expansive than just a singular measure, right? Like, if I were to just self, you know, identify what I rate my health as, it's going to show very little variation instead, you know, realistically, I could be very healthy spiritually, and not at all healthy physically. I could have poor social connections, but have a great occupation and feel as if that component of my life is really, quote, healthy. And so yes, you know, chatting back and forth on this, back and forth with these ideas. And we had already kind of been thinking about this for another project related to a different outcome. So we were like, why not? Let's go for this and try to put together some type of holistic view of a person's health and let's try to measure it and see if it's important.

Jenn Tostlebe 27:07

Alright, so let's start our conversation on incarceration, reentry and health by focusing in an incarceration setting, because that's where this is kind of starting the reentry process. And we know that compared to the general population, the incarcerated population is worse off with mental physical health, social health, etc, all of these things, even prior to incarceration. And we also know that prisoners are one of the only groups in the US with like an explicit constitutional right to health care. And if that's the case, then why do so many people leave prison with worse and health than when they entered?

Chantal Fahmy 27:50

Jenn with the million dollar question. That's a really important question. Are you ready to be here for an hour? Okay, so in terms of the explicit constitutional right to health care, I assume you're referring to the Estelle v. Gamble case from the 1970s, in which the Supreme Court held that the deprivation of health care constituted cruel and unusual punishment, right? This is a violation of the Eighth Amendment. That's how bad it got. And it's crazy to me that to get to that point, but that's neither here nor there. So we're talking

Meghan Mitchell 28:26
[INAUDIBLE]

Chantal Fahmy 28:27

Texas is always the best example for incarceration and reentry stuff. Okay, so first of all, in most cases, and I think a lot of people don't know this, people who are incarcerated have to make a copayment, right? So, for many, it's just a few bucks, but let's remember, they're getting paid cents on the dollar per hour, and that's if they have a job. So, for a lot of people that copay is just simply unaffordable. Also, we don't talk enough about how stressful being incarcerated is. I mean, when your body is constantly in a fight or flight state, the wear and tear on your body becomes unbearable, right? Like the stress eats away constantly at your physical and mental capacities. And prison is an extremely threatening environment, people are exposed to violence for at least the threat of violence is present at all times. Being in prison, people don't really have access to pro-social coping mechanisms, that they can learn how to better handle those pains of imprisonment. When we talk to people who have spent time behind bars, it's unsurprising when they tell us and other researchers, of course, that they have to walk around in public with like their backs against the wall. Or when they go to restaurants, they need to sit by the door because they're always feeling like they're in this state of potential danger and not, you know, a moment of violence can pop off at any second. I mean, if you think if you really think about what that feeling is, that's PTSD right there, you know, let's see another kind of telling sign, state correctional departments and the Federal Bureau of Prisons define someone as elderly or geriatric in corrections by age 50, some states use 55, when they're incarcerated, compared to out here, it's 65. So, that's partially due to this term called accelerated aging. And that's basically, in broad strokes, the idea that people behind bars are aging faster than their non incarcerated counterparts, due to a few different reasons, chronic illness and disabilities found at a younger age. Plus, it's common for people with underserved backgrounds to have inadequate medical care to begin with a lot of people it's the first time really having any access to health care. And then there's, you know, substance use and some other kinds of choices made prior to prison that are also a factor both before and during incarceration. And so essentially, what ends up happening in accelerated aging is an incarcerated persons chronological age and their physiological age, those lines become blurred. What else can I tell you? Prisons were designed with young, healthy people in mind. So, once you start to account for additional challenges that are inherent, for all of us growing older, such as functional abilities and worries about safety, you can really start to see how people end up in worse health or at the very least unchanged health by the time that they're released.

Jenn Tostlebe 31:41

The bunk beds that's always gets me in prison.

Chantal Fahmy 31:46

Yes. Yes, or the triple bunk beds, like who wants? Yeah, yah, no.

Meghan Mitchell 31:52

One thing I was also thinking of is just the quality of health care, right? The ability to choose different providers that are best for your current situation, and also just kind of the plan of medical care that you want for your life, right? That choice is not available for incarcerated people. And so that can also be something that contributes to the, you know, deterioration of health. Yeah, great point, Meghan. I mean, I'll even add to that. They're not doing fancy procedures or surgeries in prison, right? Like, if there's something up with your tooth, and you need a root canal, that tubes getting yanked, like there's no fancy shmancy anything. So I mean, you have kind of that quality of health care, thought process, but then you also have, remember, prisons are like out in the middle of nowhere, right? They're in super rural areas by and large. And so it's kind of hard to attract top notch healthcare personnel to I mean, who wants a two hour commute? No one. And then I think that there's also this idea that the things that people typically get joy from right, eating your favorite foods, watching your favorite TV shows, doing your hobbies, just the autonomy to be able to do anything you want, coupled with the feeling of being on edge all the time. And you're blocked off from some of the freedoms that you used to enjoy, like, all of these things, kind of like status, frustration, right? With younger people, you don't have access to these, like prohibitory items. And so you feel like that opportunity isn't there. And so I think that that kind of contributes to like, a state of not well being right. And then of course, I have to say, the social health stuff. You're cut off from all of your social ties and network. Yeah, you can talk to them every once in a while. But again, whether you're visiting in person, visiting virtually, talking over the phone, sending mail, I mean, a lot of those things are cost prohibitive, like you can't, not everyone can just get out there. And we are finding out, we've known this for a bit, but in applying social support and social health in the incarceration and reentry setting, we're seeing that like, not only is it great for better health overall, but lower recidivism rates. So, it's like everybody wins. Yeah, another lovely example from Texas is that just saw a report recently that more than I think it was 70% of prisons in Texas don't have air conditioning. We are in three digit weather here, folks. No air conditioning, like I know that's not directly related, but I mean, come on, in environmental health capacity. So yeah, it's not surprising, given all this stuff. And more recent research has found that spending a substantial amount of time in prison takes two years off of your life expectancy. If that's not the way to show that incarceration is an accelerator of poor health. I don't know what is. Okay, I'm done now.

Jose Sanchez 34:55

Meghan you have anything to add?

Meghan Mitchell 34:57

Nope. I think chant covered it all.

Jose Sanchez 34:59

Good. Yeah, I'm gonna have to send this episode to certain people. Because you all know, if you're a criminologist and you tell someone that you're a criminologist, you start getting their unsolicited opinion on what they think is wrong with the criminal justice system. And one of the ones that I hear pretty often, even though even after I tell people I do, like street gang research, and that's my main focus and

like program evaluation, that like, oh, well, you know, what is really a problem, the fact that these people in prison, get to have free health care, while I'm out here, not having my health care. Like, I can't afford it, or whatever. I'm like, Well, I mean, I don't know what to tell you. I was hearing that. I didn't know that people had to pay a copay in prison like that. Super sucks. And then I don't know if this is still a thing. But I have, like, seen where, like prisoners that need, like dental work. Like they'll find one that has, like, the nicest teeth make a mold out of their teeth. And so if you need like dentures, like those are the dentures you're getting, or this other person's teeth. And so...

Chantal Fahmy 36:10

I definitely did not know that.

Jose Sanchez 36:13

Yeah, so just hopefully not going super off the rails. But there's actually a case where this guy got arrested for a crime that he did not commit off a bite marks, because the dentures he had belonged to another prisoner. Well no, that his dentures were his, but they were molded off of another prisoner's teeth, and he had committed the crime. So and I just like the people that always said, like, whoa, they get free health care, and like, I can't even afford one yet, but they're in prison, like, you still get to go home, you get to like, watch some TV have, like dinner.

Meghan Mitchell 36:50

And I think Jose, you bring up a great point, right? Access to health care is only one of those components where Chant's identified. You know, there's so many other factors that result in worsening of a person's health, outside of access to what people may consider free health care.

Jose Sanchez 37:09

Right? Yeah. So okay, so let's start jumping into reentry. And when we're talking about the, quote, unquote, full picture, or holistic understanding of health, and wellness, or formerly incarcerated persons, and you know, broad strokes, what are we discussing? And why is this approach better than a one dimensional construct for examining outcomes, like recidivism and reentry success?

Meghan Mitchell 37:37

Yeah. So, this, you know, is kind of the entire purpose of the paper, what we were so excited about. I briefly alluded to this previously, but humans are complex beings, right? The whole premise of Social Sciences is to study the complexities of humans and we recognize that we can't just do it with a singular indicators. And so really looking at this holistic picture, we're able to get a better understanding of a person's health, and how successful they are in all of those dimensions. So, not just looking at physical health, or emotional or social health, but collectively, how healthy are you? And how does that ultimately affect your likelihood for reentry success, or reintegrating back into society. So, we talked a lot about, you know, in this paper, the definitions that have been used and how this model is going to be more encompassing a little bit more of a holistic picture of a person to truly tap into what's really going on in their lives, with the ultimate purpose of this being to better guide us to give us more accurate data so that we're able to help people along their reentry, right, instead of just saying, you need to improve your health or health is related to positive or negative outcomes in reentry. It's more complex than that.

And so we really want to get down to the minutiae of it, and really figure out what is it that is important so that we can focus our limited resources on the things that are going to be most effective.

Chantal Fahmy 39:20

I'm clapping Meghan, podcasters, listeners of podcast.

Jose Sanchez 39:25

I think we need to reiterate to Champa This is an audio medium, visual, anything doesn't translate very well.

Jenn Tostlebe 39:34

That's why it's stated. Alright, so to kind of build off of Meghan, what you were saying the core of your paper really focuses on these eight dimensions of wellness. And so can you give us a rundown of each of these dimensions, in brief and talk about maybe what some of the factors are that would correspond to each dimension?

Meghan Mitchell 40:01

Yeah, absolutely. Let me start just with a basic overview. I think Jose, you did list them at the beginning, but there's a lot of them. So, I want to just provide the large categories. And then I can give some examples within each of those. So, the first one that we have, and they're in no particular order, I should mention. Mental and emotional health, physical health, social health, occupational, financial, intellectual, spiritual, and environmental. So, within the mental and emotional health category, we do have self rated measures of mental and emotional health. So, we did you know, incorporate, like, here's the, quote, tried and trued measure of what people use. But we also have measures of post traumatic stress disorder, of stress scales, emotional functioning, different measures of self-esteem. And we also have within the mental and emotional health, that is where we put exposure to violence as Chant had somewhat alluded to kind of living in this state of fear or risk. Within the physical health, again, we have a self rated measure. But then we also included physical limitations and chronic conditions, violent misconduct and physical activities that people are engaging in. Social Health is all things social support, and relationships. We also put in there direct measures of whether someone receives visits, whether they receive mail, if they've had recent relationships, you know, that have ended or they've had a breakup recently. This is where we also include things related to the convict code, which is something that I am really passionate about studying and the social distance that people feel between one another. Occupational is all things job before prison, as well as upon reentering, financial is related to income that people have pre-prison and what type of debt they are leaving prison with. Spiritual health included things like religious activities, different types of participation in church, or other programming. Intellectual health was education, IQ, traumatic brain injury was a measure that we use within that section as well as restrictive housing. And then finally to cover kind of the structural level influences that we thought might impact a person's reentry and reintegration from a health perspective would be different types of neighborhood issues, whether or not they had stable housing before prisoner upon release, as well as access to different health related opportunities within their communities, and different measures of neighborhood social control, cohesion, things of that nature. So, it is a mouthful. And I do encourage any listeners if you have access to the paper to go and check out the tables and figures, and the appendix because we list everything there. If you don't have access, feel free to shoot

Chant or I an email and we'll be able to share a copy with you. But we wanted it to be very encompassing. And I don't think I mentioned this previously. But we essentially built this off of SAMHSA has kind of guidelines for creating a healthier lifestyle. So, SAMHSA is the Substance Abuse and Mental Health Services Administration. So, we essentially took their dimensions of health and wellbeing, and then adapted them for a population who has been CJ system impacted or incarcerated.

Jose Sanchez 43:49

Okay, that we can go ahead and get to the main event of this section and start talking about the results of your paper. So, can you give us an overview of what some of your key findings were?

Chantal Fahmy 44:02

Meghan, that's all you.

Meghan Mitchell 44:03

Yeah. Okay, so I want to continuing from the domains that I just introduced. The original point of this paper, or what we really wanted to do statistically, with the analysis, is we wanted to see which domain kind of rose to the top or which domains, collectively, unfortunately, we weren't able to statistically get all of the indicators within every domain to perfectly align on to one construct. And so that is something I don't know if we'll talk about it later. But for future research, anyone wanting to expand upon this, it would be really useful to really try to figure out how can we get a singular measure within each of those domains because there's so many variables within each of them. So, of our eight domains, we actually had five of them that had at least one predictor, one or more, I should say, predictors that were important. So, engaging in religious activities was an important predictor of reentry success within our spiritual domain, neighborhood issues and neighborhood social control were important predictors within our environmental domain. Within that mental and emotional health, self graded mental and emotional health, depression, and mastery over one's life, as well as exposure to violence, were all statistically significant predictors, looking into social things that were important the influence of negative peers, and then also adherence to the convict code. So, for our listeners that maybe aren't as familiar with jargon, and kind of the convict code or adherence to the convict code, would be kind of a subcultural belief for how individuals kind of operate and get through incarceration. So, believing that they are in there by themselves, they need to look out for themselves, they need to remain socially distanced from correctional officers, they need to meet violence with violence, things of that nature, which there has been research to show that some of those cultural influences kind of transcend the prison community barriers. And then finally, within our occupational domain, having pre prison employment, and also having reentry supports, so a higher number of reentry supports, were all really important predictors for success upon reentry, and I know that's a lot to listen to, especially if you're not taking notes. So the predictors that kind of rose to the top as the most important, would it be depression, so depression resulted in depression, mastery over one's life. And then neighborhood social control, were kind of the three that had the highest and most the strongest influence, so to speak.

Jenn Tostlebe 47:05

Okay, so clearly, this paper kind of laid out this new way of thinking for health and reentry. Right, that was the whole goal. And hopefully, so as research moves forward, using this holistic model of health and well being, what implications does your work have for research, policy and practice? And what kind

of are critical questions that need answered and what research needs done? I know, Meghan, you mentioned one thing, but if there's anything else. Megan, you

Chantal Fahmy 47:35

Meghan you want to start?

Meghan Mitchell 47:36

Sure, I'll start. Okay. So you asked about implications. And then kind of critical questions that need to be answered. Right?

Jenn Tostlebe 47:45

Yep.

Meghan Mitchell 47:46

Okay. So, I think one of the first implications that kind of rises to the top for me is that this holistic concept is really needed. And as simplistic as that sounds, we really need to be looking at not just health, but all of our criminal justice independent or dependent variables, things that we're interested in, right, we need to identify the complexity that truly exists. And statistically, and conceptually, we need to be better about measuring those things. Because as I said before, our inability to measure something is directly related to our inability to fix something. So, if we cannot do that, we are not going to be able to make any progress. And so Chant, and I aren't the first to kind of, say these things by any means. But you know, going back to like, the whole point of this paper and where it came about, I was just like, Is this really how we're measuring health? Like, can't we do better? Right? Can't we do better, you know, if you know better, you do better type of thing. And so I think that that's a really important implication from this methodologically, we are pitted up against, you know, survey length and participation and limitations in terms of getting questions approved. But I think that there's a way that we can actually think about this more globally. And as a result of it, we're going to have better data, and we're going to be able to draw better implications and solve issues, ultimately. The second important implication that I think came about from this work is that reentry planning was an important predictor for us. And I think that this is something that is oftentimes lost. A lot of the guys in our Lonestar project would say, No, I had no reentry planning. I had, you know, I don't have a reentry plan. I didn't meet with a reentry counselor. I haven't had like a transition meeting for this continuity of care when I go into the community and so that was something that, again, came to the top is like this is important. And this could help people, if we are able to put resources, and truly focus on making that aspect of a person's reentry, better for them and more filled with resources and supports that are going to be useful to them. And then, you know, I love cultural things all cultural. So, another implication that I think is really important is that we can't forget that there are these abstract, convoluted and oftentimes hard to measure cultural influences on people's lives as they make these huge transitions. So, within our research, the convict code, negative peers, time spent on religious activities, those were all important predictors of success or of not succeeding. And I think that it's important that, you know, when we're looking at a person from a holistic view, whether it's of health or whatever the concept is, we have to recognize that those influences are important, and they are shaping our experiences and trajectories. So I've talked a lot about kind of what I think the important implications are. Chant, you might have some implications or critical questions, that would be important.

Chantal Fahmy 51:21

Okay. Yes. So, thinking of the critical questions that we kind of talked about a little bit in the discussion section, I think we talked about success and, you know, criminal justice scholars, reentry scholars, we talk about success, right? And we hate, we hated that we used arrest as our you know, our outcome measure, because we don't like that conceptualization, we wanted to have a positive spin right reentry success, right? In that way. So I think, what is important that instead of being in our kind of ivory towers, we need to start asking reentering people, how do you define success, right? We're sitting here saying, Oh, if they don't recidivate them, then that's successful. No, it's much larger than that. It's much broader than that. I mean, given what we were just saying, health can be eight dimensions or more. Right? So, considering all those things, I think that will be a critical question for the next area of research. I think continuing to refine measurement in this space as well would be really great. Meghan mentioned this, but the eight dimensions weren't made for a reentering population, right? We were like, we have to pull from something we can just make up what we decide is health. And so we adapted that as much as we can. And then we also tried to pull as much as we could also from the five key measurement model. And that was actually specifically made for reentering people by formerly incarcerated people, and researchers and practitioners. And right now, I believe they're still in the like, early stages of testing it across a bunch of different correctional facilities and areas. So, that would be another kind of question, how can we capitalize on the five key model and the holistic model of health kind of built into the eight dimensions of health to better predict reintegration success? And then I will say that looking at these things, different timeframes, and longitudinally, we might see that certain periods of time people have better health outcomes, right? There's going to be a constant ebb and flow when someone's trying to reintegrate. So, in that journey, by better documenting longitudinally, going for longer if that must be the case, and recognizing that it's not a stable process, it's really messy. And so the ups and downs would be another really good next step or critical question to be answered.

Jenn Tostlebe 53:48

Okay, awesome. I loved seeing this paper come out x. It was authored by both of you. But also it's something that I hadn't thought about. But as soon as I read the title, I was like, this sounds really fascinating and really important. Because yeah, it always has been just that one question. And I know sitting down when I was doing interviews in the Oregon Department of Corrections, we just had that, you know, how would you rate your overall physical health? And people would be like, wait, what do you mean? What? Like, overall, and so even just that, and then seeing kind of this paper come out and reading it, I was like, this is more of what we need. And I think what the people I've talked to are more looking for as far as what they want to answer and what they want to tell us. So, I love it. Everyone go read their paper. It's great.

Chantal Fahmy 54:39

That's awesome. Thank you.

Meghan Mitchell 54:40

Thank you.

Jenn Tostlebe 54:41

Yeah. Okay, so I know we're like over time, hopefully still have a few minutes to talk about the last section. Yeah, yeah. All right. So we want to spend the last couple of minutes discussing coauthoring particularly with a close friend or really close colleague, your best friend, whoever it may be. And we know that you each have known each other for a number of years now, what has it been almost 10 years?

Chantal Fahmy 55:04

Well, we have a story.

Jenn Tostlebe 55:08

You've worked on a grant funded project together as doctoral students at different universities, you've coauthored a lot of different papers together. And I think it's well known that coauthoring, while rewarding and fun can also sometimes be really difficult. And so did you run into any challenges when it came to writing together? Whether that was citing the idea, of blending your voices, navigating different approaches, the speed at which you wanted to get things done? And if so, how did you navigate these challenges?

Chantal Fahmy 55:40

Meghan you gotta tell the story.

Meghan Mitchell 55:42

Yeah, so it's funny, you know, you were essentially trying to figure out, like, how long has it been, since you all have known each other. And I think our timeframe working together is much shorter, but kind of an interesting story. So, we've known each other for 11 years now, which, you know, seems like a really long time, I guess. But it's kind of a funny story. When I was a master student, we were at, Chant was at a conference, I was at a conference, we did not know one another. It was in DC, I believe in 2011. And you're kind of out there on an island at the time, there wasn't a ton of food places near the conference hotel, there was like a freshie, or something across the street. So, I go there, you know, as a nervous master student with no one to eat lunch with. And I have my tray of food. And I'm like, It's packed, there's nowhere to sit. I see. These two people sitting down eating, they look like they would be my friends. So, I just say Hello, can I sit with at your table? You know, I'm, of course, it's awkward. I sit down, have this conversation with these two women. And it's great. We say, you know, goodbye, I ended up becoming friends on Facebook. You know, Facebook was a big deal back then with one of the people and I don't think I saw them for the rest of the conference. So, fast forward, what would have been like five years or something. And Chant, as you had mentioned, was working at ASU on the Lonestar project. I was working at Sam Houston, under Scott Decker and David Pyrooz, and they introduce us, you know, in person for the first time, and we instantly hit it off. And then we became Facebook friends, and found out that we had a mutual friend in common, which was chance friend, Gigi. And we were like, wait a minute, how do you know, Gigi, and then I told her, and here we had met each other years past and had no idea. Chant didn't remember me, and I didn't remember her. But Gigi was the missing link. So, I think that I wanted to share that story, or we wanted to share that story because I think that it does kind of it highlights the fact that like, our friendship is much bigger than just our working, you know, collaborations. And we honestly don't run into a ton of challenges when working together, things that Chant is really strong in our areas that maybe aren't my strengths. So, she really

takes the lead on those things and can pick it up and I trust that what she's going to do is good work. Like I know that chant does good work. And so I'm able to trust that. And I think the tasks or roles are somewhat switched in the other direction, things that maybe Chant isn't as strong as I'm able to really help out and take the lead on those things. And so we really played to our strengths. And you know, we early on set up kind of a standard of open communication and reflection in the early stages of our working relationship. And I kid you not, this was a strategy that my cousin who is in Elementary Education suggested, to me for working with graduate students, it's basically a two by two table. And in each quadrant you reflect on, like, what went well, what didn't go, Well, how can we fix this? How are we going to move forward? And so we actually have from our very first paper, a feedback sheet where each of us filled it out. And then we just sat down and talked about things, right. I mean, so much of coauthoring is just communicating about things that went well or didn't go well. And that was kind of the, you know, a basis or the premise for our working collaborations, which I think has really set us up for success in that aspect. Chant. What are your thoughts?

Chantal Fahmy 59:41

I love this question. I'll just say that. Thank you, Meghan, for the lovely story. I think what kind of works for us is we are super similar in our like, personal lives with our relationships, our social lives, all of that. And I think that's part of why we've gotten so close over the years but funny enough professionally, our CVs are weirdly similar, I mean, do I think we even have the same number of citations, Meghan? So like, we were on the market at the same time, and we even had some similar interviews. So, I feel like on paper, we can look really similar. But when it comes to actually writing, we could not be any more different. Let's see, what's the correct way to say this? I'm excessively particular and meticulous and anal about the smallest details, like references. And Meghan is, I mean, I cannot see the forest through the trees. And that is Meghan's specialty, right? Like, she's the yin to my yang, when it comes to that. She's so good at like, zooming out and being able to like, consider the whole picture. And so like, I won't, yeah, so I think that we've worked well in that sense. Because, yeah, yin and yang. In terms of actual writing style, though, we can both be really, this is going to be shocking, verbose, and longwinded. In our writing, I mean, we joke often that one day, we're going to write a short paper, it's going to happen one day, but Meghan's style is much more she puts it barf and buff, where anything she's thinking, just get it down on paper, polish it up later. And I am not like that. I'm much more one and done like I am. I'll take forever on a paragraph, but then I'm never looking at it again, kind of thing. So, I think that that kind of plays into it as well.

Meghan Mitchell 1:01:31

Yeah. I mean, I think, you know, maybe the only thing, you know, specifically sometimes because we are very different in how we approach, you know, even like reviewer memos, I get in, despite Chant saying I'm good at seeing the big picture. Like I get very, in the weeds in all the nuance of the reviewers comments, and like, Chant is really great about pulling me back and saying, like, No, we maybe don't need to do all of that. And so

Chantal Fahmy 1:01:58

I say a little differently than that. It's more like, let's move on. But I think, you know, having that friendship early on and thinking about when you you know, when this started, we were in graduate school, we could have very easily saw one another as competition, right, and said, Oh, you're another

person that I'm going to be competing against. We have similar interests, we're working on the same projects. And we took the exact opposite route of that, being able to support one another root for one another, and ultimately work together on things right. Because we all know that oftentimes, you're able to produce better work when you're able to work towards your strength, and having a coauthor that complements you with that. It's been really great.

Jose Sanchez 1:02:45

Yeah, that's really interesting to hear. And like, you know, like I mentioned, John and I are great friends. And we've just recently started actually, like really writing together. We have all these projects that we want to get done, that we'll get to, but we just haven't had time, yeah, we just had like one piece that we both wrote together. So, I think we're still kind of starting to come into our own a little bit of like, what our dynamic is going to be. But I will say I think I lean a little more like the Chant train itself, I call it the stick and move. And we're like, oh, like spend all my time on like one paragraph as like, just get it to stick and move on. And don't look back. It's all like write things. And the only time I ever really come back to them is when like David tells me to come back to them. I'm like, okay, I vaguely remember writing this.

Chantal Fahmy 1:03:38

Exactly.

Jenn Tostlebe 1:03:39

I strive for the Chant approach. And I'm definitely more Meghan I've write something and I think it's amazing. And I go back to it the next day. And I'm like, What is this garbage? What did you just write. Restarting, let's fix this and buff it out.

Meghan Mitchell 1:03:53

I literally think chance anxiety increases substantially when I send her something written out. And then I just have parenthesis 'cite'.

Chantal Fahmy 1:04:03

Oh my God, can't do that to me Meghan.

Jose Sanchez 1:04:05

Jenn does that too.

Jenn Tostlebe 1:04:06

Yes, I do.

Chantal Fahmy 1:04:08

And then it's not even in caps. So, it's like I don't even see it. You know, it's just like, at least, highlight the things so we cannot miss it and publish a paper with 'cite' written?

Jose Sanchez 1:04:18

Woah, woah, woah. Well, let's settle down now. We don't want to unravel an 11 year friendships over citations. But I do appreciate Jenn at least highlights when she's 'cite'.

Meghan Mitchell 1:04:35

Find and replace.

Jose Sanchez 1:04:40

Okay, so to kind of flip up a little bit and kind of end on a bit of a higher note, and I think you've touched on this little bit, what are some of the be most rewarding or some of the best aspects of working together publishing together?

Chantal Fahmy 1:04:55

Okay, so we're, what five papers deep and a criminologist piece. Oh, you guys have written up criminologist piece together. See your

Jenn Tostlebe 1:05:03

Yes.

Jose Sanchez 1:05:05

Actually forgot about that.

Chantal Fahmy 1:05:08

So as you continue to find out as you work together the ability to bitch and vent anytime about the academy. Oh, can I say the B-word? Yeah, I can say it. Yeah.

Jose Sanchez 1:05:18

Yeah.

Jenn Tostlebe 1:05:19

Yep.

Chantal Fahmy 1:05:21

Excuse me. Yeah, so the ability to vent anytime about anything academy related, I mean, a bestie, who isn't in this world, they don't really fully understand the ins and outs of the crim world, or doing research, dealing with students, reviewing articles, going to conferences, the pains of writing, right? But when your bestie is also living and breathing in that same space, it makes it really easy to like, understand and celebrate the challenging and rewarding aspects of our job.

Meghan Mitchell 1:05:53

Now 100% I totally agree with that. I think to that, one thing that has just been so rewarding for us is that we are friends outside of work. And we know a lot about each other's personal lives, right? And that's been established and developed over years. But as part of that, like, we totally understand if the other person needs more time, or on the flip side of that saying, like, hey, Chant, loves to travel tonight saying, Hey, I'm headed on a flight on Friday, can we get this done before this? And I think this paper is

a true reflection of that. Chant was on vacation, and I was on vacation. And this article needed to get done and needed to get submitted.

Chantal Fahmy 1:06:40

We had already asked for an extension.

Meghan Mitchell 1:06:42

Yes. So I was up, in the middle of the night working on it, chant would say, Okay, I'm gonna go to dinner, and then I'll be back, and I'll be able to pick up, you know, once you've left off, and it was really a crazy push to get it done. But we truly understood where each other, you know, was at in this process. And so, I think that that is rewarding in a sense that you know, that your colleague or your co author is going to have your back and, and support you through whatever you have going on, so that you can work together to get the paper finished.

Chantal Fahmy 1:07:17

One more thing, the other like, super rewarding aspect of writing together and working with each other is as a bestie, we then get to share each other's successes and joys together. Like you will always see us at ASC celebrating something right? With a glass of Prosecco in hand, right. Like, that's our drink. That's what we do. We celebrate all the many victories. So, it's great.

Jenn Tostlebe 1:07:43

Well, thanks for sharing. That was something that once I knew we were going to talk to you. I was like, Jose, I want to see if they will talk to us about this. Just because you never know. But I figured the two of you would. So, thanks for sharing your story and writing together.

Jose Sanchez 1:07:58

Yeah. Well, that's all the time that we have all the questions that we have. Thank you both so much for joining us today. We really do appreciate it. You know, we really do know how busy you both are. Is there...

Jenn Tostlebe 1:08:10

Especially with a new semester.

Jose Sanchez 1:08:12

Yeah. Started the new semester. And you know, Meghan, starting a new job. So, is there anything either if you would like to plug anything, we should be on the lookout for papers, books, chapters, whatever.

Meghan Mitchell 1:08:25

So, collectively, from we have a project together, that is going to be along the similar vein of this paper, that really expanding how we conceptualize reentry success. And we are working on this with some of our mentors. And we're really, really, really excited about this, because we had been thinking about this, I think, maybe Chant even before this paper came about. And so they were somewhat related along the way. And each project has influenced the other and has inspired us. So, we're really excited

about taking what we've learned from this paper and expanding it to reentry. So, really looking at our dependent variable now. And how can we get a more holistic view of a person's reentry, and reintegration journey. So I'd say that's like a collective thing that we're working on. Chant if you want to share some of your individual suffer, I can share an individual project.

Chantal Fahmy 1:09:26

Sure, I mean, I don't have any, like papers that are about to drop or anything like that. But this semester, me and a badass team were awarded a small seed grant from UTSA to study the impact of traumatic brain injury on reentry after incarceration. So, what's cool is we're actually working directly with the local reentry center, and we're going to include a population of formerly incarcerated military vets. So, that project is getting started this semester, and I'm hoping I don't drown.

Jenn Tostlebe 1:09:57

Congratulations!

Chantal Fahmy 1:09:59

Thank you.

Meghan Mitchell 1:10:00

I think seed funding right is so important for junior faculty, that's actually kind of a project that I'm going to be focused on heavily this semester is from seed funds as well, looking at correctional officers, their mental health and their mental health trajectory longitudinally, so what happens to their mental health and also kind of the culture that they experience from recruitment stage all the way throughout training in their tenure, in prisons and jails? So it'll be a great semester, it'll be gone before we know it.

Jenn Tostlebe 1:10:33

Yes, it will be.

Jose Sanchez 1:10:35

That's either a good thing or a bad thing. Or a little bit of both right? You'll be so happy the semester is over. And at the same time, can you believe the semester is ove and I got nothing done? And where can people find you? Twitter? ResearchGate, Google Scholar, email.

Chantal Fahmy 1:10:57

Literally, all those things for me. Meghan has Twitter. But for instance, when I tweeted out this paper, I was like, oh, yeah, so fun writing with my bestie. And she's like, these are what we found.

Jose Sanchez 1:11:10

I wasn't gonna say anything. But I did see that.

Jenn Tostlebe 1:11:13

I saw it too!

Meghan Mitchell 1:11:16

I will never forget, when Nancy Rodriguez came to Sam Houston. This was at the time was when she was in the position of the director of the National Institute of Justice. And I remember her saying about the vetting process of everything that the government looks through, when considering you for roles like that. So, you know, I just, I don't know my Twitter. I try to keep my Twitter in line. But I am going to be more active on Twitter because I it is very fruitful. And I do get a lot of really great things from the folks and organizations that I follow on Twitter. So, I am going to be more active I set a goal of like at least logging on once a day and just seeing what's going on. But ResearchGate, email, Google Scholar, if you want a direct line, shoot me an email because my Twitter DMs take me a while.

Jenn Tostlebe 1:12:13

Perfect, and we'll put your info up on our website and everything too, so people can find you easily that way.

Meghan Mitchell 1:12:20

Awesome. Well, thank you both for having us. Thank you, for just providing this space for people to learn and for people to share, you know, all the research that they're doing. I've learned so much from your podcasts, and you've had a ton of great people on here. So, it's really an honor to be invited and to share our work.

Chantal Fahmy 1:12:39

I'm just going to say echo on what she said definitely feels like an honor and see we're gonna go celebrate it ASC now over it. Thank you again, really.

Jenn Tostlebe 1:12:50

Yeah, thank you to both of you for taking the time and talking to us. Hey, thanks for listening.

Jose Sanchez 1:12:55

Don't forget to leave us a review on Apple podcasts or iTunes. Or let us know what you think of the episode by leaving us a comment on our website at thecriminologyacademy.com.

Jenn Tostlebe 1:13:04

You can also follow us on Twitter, Instagram and Facebook @thecrimacademy.

Jose Sanchez 1:13:16

or email us at thecrimacademy@gmail.com See you next time.