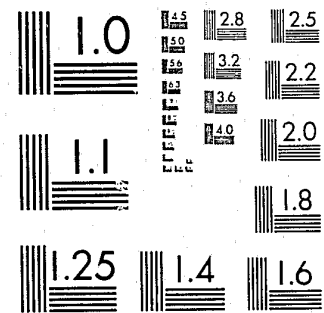


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SACRAMENTO COUNTY MAIN JAIL
RECREATION PROGRAM

AN INNOVATIVE RECREATION IN A COUNTY JAIL

NCJRS

MAR 7 1984

ACQUISITIONS

Sacramento County Sheriff's Department

Main Jail

620 "H" Street

Sacramento, California 95814

916-440-5470

U.S. Department of Justice
National Institute of Justice

93202

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AN INNOVATIVE RECREATION PROGRAM IN A COUNTY JAIL

By Delpaneaux V. Walakafra-Wills, Ph.D

Introduction

The Sacramento County Jail, in an effort to improve its recreation system, initiated the Positive Indirect Recreation Approach (PIRA) to meet inmate recreational needs through responsive and comprehensive recreation planning, programming, and evaluation.

In the eyes of many law enforcement people, the role of a county jail is to isolate from society those accused of crimes. The meaning of isolate is to exclude an inmate from others, as well as from his familiar behavioral and environmental stimuli. The Sacramento County Jail is primarily a holding facility for pretrial detainees, those having pending court cases, and a few wards of the County classified as trustees brought in to help with facility maintenance. Like many other correctional facilities, the Sacramento County Jail is under a court order to bring its standards up to a satisfactory level.

To those who have been in and out of the criminal justice system for much of their lives, the jail environment is a familiar setting. It offers shelter, food, and clothing plus a sense of security and predictability, in belonging, and surpasses what is available in the outside world. To the institutionalized inmate, the jail offers a less stressful setting than the outside world. Such individuals have no fear of incarceration and a deterrent model will not work for them. For the first offender inmate, the situation is very different. Jail can be a frightening, disturbing, and an extremely stressful place. The inmate does not know how to act, where to find answers, who can be trusted. Fear and anxiety may find outlet in psychosomatic disorders or other conditions described as the "first offender syndrome."

4. The limited approach allows inmates the option of recreational opportunities only within their individual cell or tank. Inmates are given checkers, chess, and other table games to use during their recreational period. No additional space formally devoted to recreation is available.

5. The Positive Indirect Approach . . which is currently being used by the Sacramento County Jail, offers the inmate a variety of options in recreation activities through carefully monitored and comprehensively structured recreational programming systems dynamics. Inmate Recreation programming needs are determined by an inmate measurement assessment tool to determine inmate recreational needs and equipment purchasing to meet these needs. The types of programs implemented match the needs of the assessment tool analysis. The needs are indirectly administered by the Recreation Staff through group and individual inmate recreational counseling, coaching, direction and physical fitness/exercise instruction and guidance. The inmate has the option to select the types of activities during his/her recreation period that best meet his/her needs at that time; physiologically, biologically, psychologically and meta-physically. This approach comprehensively recreates the total person (inmate) and gives structure, purpose, education, evaluation and effective recreation programming to the inmates' leisure time availability. The goal of the Positive Indirect Approach is to reduce inmate stress, depression, frustration and idleness through responsive recreation that affects the overall physical well-being of the inmate.

Sacramento County Jail Program

The positive indirect recreation approach (PIRA) is being implemented at the Sacramento County Jail, in some

will effect the inmates' overall behavioral conditioning and force him to respond to various degrees of stimuli in a hostile manner.

Recreation Dynamics

Recreation and the opportunity to participate in a structured yet free-choice recreation activity, helps the inmate develop his/her leisure time skills. For instance, the normal person who is not incarcerated spends 8 hours of a 24 hour day participating in leisure time activity, the other half working and sleeping. This normal person gets generally a variety of exercises during work or house work maintenance activities, but the inmate at the County Jail receives little to no exercise while he is in his cell/tank. If the inmate at the County Jail does not have a court visit, family visit, attorney visit or an hospital visit, he remains in his cell/tank.

Therefore, recreation is valuable and essential to the maintenance of an inmates' daily routine and overall well-being and physical stability. In fact, most inmates will not normally participate in any recreation programs outside the jail once they are released, (Annor, 1981). So, a structured and professionally run and operated recreation program is essential to the maintenance of the inmates' overall stability. It has been observed by the jails' staff, that when an inmate is comfortable with his confinement and settling to the point of accepting it and is provided recreation on a continual basis, his behavior becomes more pleasant and becomes less likely to cause trouble.

Physiologically, recreation helps the inmate maintain and condition his biological organs in both the thoracic

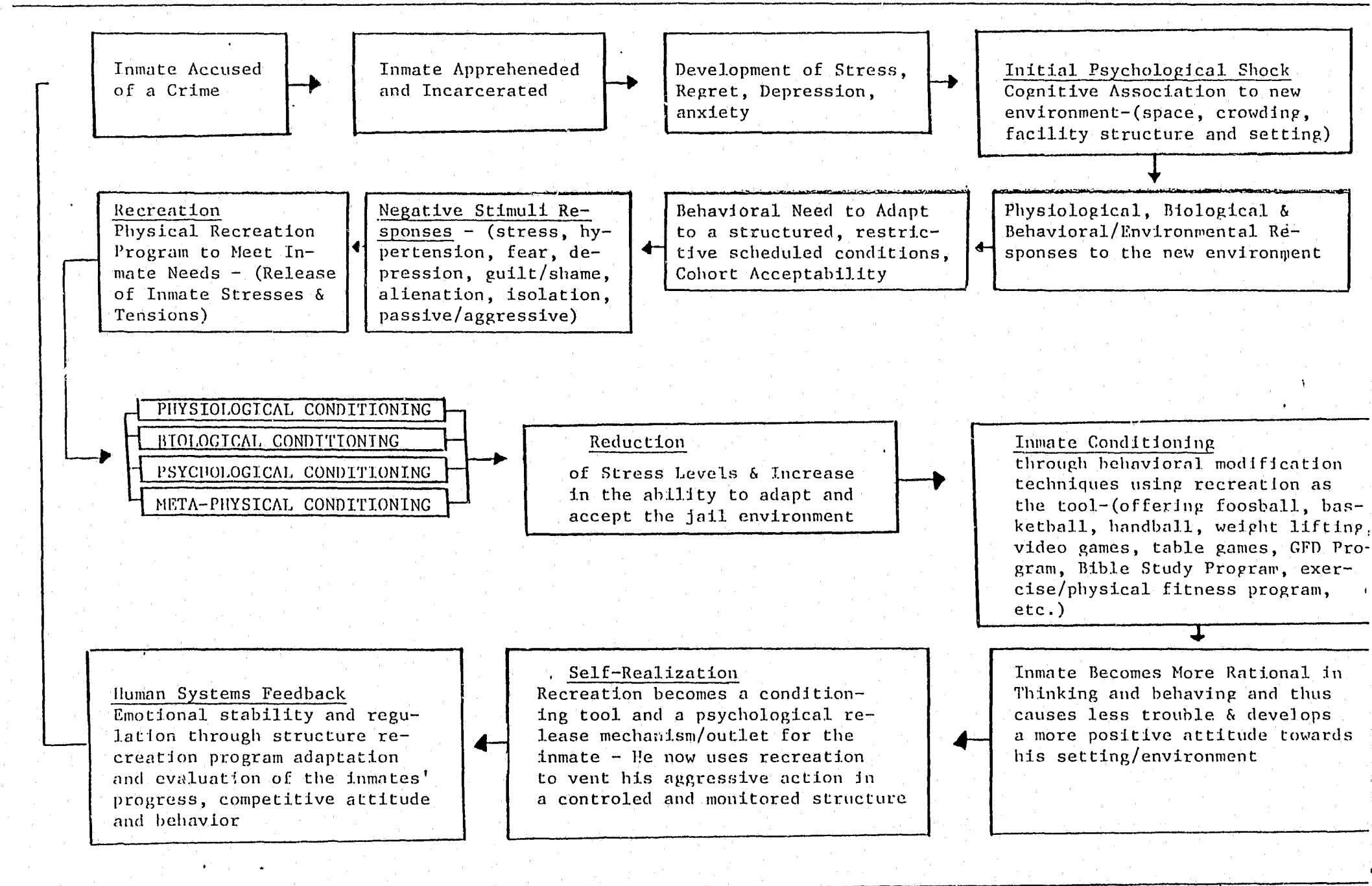
Chart 1

The Positive Indirect Recreational Approach To
HSRD and IRSD Recreation Design

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- ```
graph TD; S1[Step 1. Developing a Positive Attitude by Jail Administration/
Staff for Meeting Inmate Recreational Needs] --> S2[Step 2. Inmate Recreational Needs Assessment]; S2 --> S3[Step 3. Inmate Recreation Measurement Tool and Assessment
Application and Implementation]; S3 --> S4[Step 4. Inmate Recreation Assessment Analysis]; S4 --> S5[Step 5. Recreation Program Activities Design based on the
Inmate Needs Assessment Application]; S5 --> S6[Step 6. Recreation Program Activities Quality Equipment Purchasing
to meet New Program Design and Needs Assessment]; S6 --> S7[Step 7. Program Activities Implementation * Pre-Test]; S7 --> S8[Step 8. Program Activities Evaluation * Inmate Response and Use]; S8 --> S9[Step 9. Program Modification - (if needed)]; S9 --> S10[Step 10. Recreation Program Activities Feedback]; S10 --> S11[Step 11. Program Plan for Continuance]; S11 --> S12[Step 12. Recreation Program Activities Maintenance]; S12 --> Note[The IRSD Approach is a component of the PIA used by the
Sacramento County Jail.];
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- Step 10. Recreation Program Activities Feedback
- Step 11. Program Plan for Continuance
- Step 12. Recreation Program Activities Maintenance
- The IRSD Approach is a component of the PIA used by the  
Sacramento County Jail.

Chart 2

Inmate Response to Jail Recreation Conditioning Using Human Systems Dynamics  
in Programming for Building Positive Attitudes through Structured Recreation



**END**