

# A Behavioral Health Toolkit for Providers working with Children of the Incarcerated and their Families



Image Source: Sokhun, from <http://www.danchurchaid.org>

**This web-based toolkit can be found on the following website:**

<http://www.dshs.wa.gov/pdf/dbhr/youthtxttoolkit.pdf>

**More information can also be found at: <http://www.dshs.wa.gov/incarcerated>**

**Department of Social and Health Services (DSHS)**

**Olympia, WA**

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## Behavioral Health Toolkit for Providers working with Children of the Incarcerated and their Families

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**All words or phrases in this toolkit that are underlined and in blue are hyperlinks, please click on them to be taken to websites with additional information**



## Introduction

Children whose parents have been arrested and incarcerated face unique difficulties. For many children, the traumatic experience of a sudden separation from their primary caregiver evokes vulnerable feelings of anxiety, anger, depression, and guilt. The behavioral consequences can be troublesome and lead to emotional withdrawal, failure in school, delinquency, drug and alcohol abuse and risk of intergenerational incarceration. Current research helps us understand that having a parent incarcerated for even part of a person's childhood can have long-term effects on a person's mental health, employment and likelihood of misusing alcohol and other drugs. Children who have a parent who is or has been incarcerated are also at higher risk of experiencing other traumas such as neglect and exposure to domestic violence.

Regardless of the circumstances of the family, children mourn the loss of their incarcerated parents. Children are traumatized by separation from their parents, confused by the parents' actions and stigmatized by the shame of having an incarcerated parent. Children in foster care or kinship out-of-home placement have many additional special needs.

As a result of the trauma faced by children when parents are incarcerated, children may exhibit the following symptoms:

- Fear, sadness, loneliness, guilt, low self-esteem, depression, emotional withdrawal from friends and family
- Separation anxiety and fears of abandonment
- Eating and sleeping disorders
- Anxiety and hyper-arousal, attention disorders and developmental regression
- Physical aggression, withdrawal, acting out, academic and classroom behavior difficulties, truancy.
- Self-medication or misuse of alcohol or drugs

Social service practitioners are faced with trying to provide services for these children as well as help them maintain appropriate relationships with their parents, families, institutions and other contacts. Practitioners need information in order to determine what kind of counseling or other interventions would be helpful for these youths and families. With open communication, practitioner awareness, a strengths-based and trauma-conscious perspective, a non-judgmental approach and timely interventions, many youths can have improved outcomes.

This training toolkit provides social service practitioners with the essential skills for responding to the needs of children of parents who are in prison, and/or children who have parents with incarceration history.



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**TO:** DBHR Staff  
County Alcohol and Drug Coordinators  
State-Funded Treatment Programs  
RSN Children Care Coordinators  
RSN Children Care Coordinators/ Family Representative Sub-committee  
Children's Long Term Inpatient Program  
EBP Proviso Projects

**FROM:** David Dickinson, Director  
Division of Behavioral Health and Recovery

**SUBJECT:** **Behavioral Health Toolkit for Providers working with Children of the Incarcerated and their Families**

In 2007, the legislature passed Substitute House Bill E2SHB 1422. As part of this legislation, the Department of Social and Health Services (DSHS) is required to review services, and implement policies and training to improve support for children of incarcerated parents. DSHS is also required to collect data on children of incarcerated parents. This law primarily focuses on children who receive state services.

Based on current research, we know that children and youth of incarcerated parents face unique challenges including stigma, a high rate of trauma exposure and increased use of mental health and chemical dependency services.

The Division of Behavioral Health and Recovery (DBHR) is committed to effectively serving the needs of children and youth whose parent is or has been incarcerated, and their families who seek services. In order to promote understanding among staff and practitioners, DBHR teamed with DSHS' Office of Planning, Performance and Accountability (PPA) to create a toolkit including tools for practitioners, information for youth and caregivers and research on interventions.

For a link to the online electronic toolkit, please visit:

<http://www.dshs.wa.gov/pdf/dbhr/youthtxtoolkit.pdf> or for more information visit <http://www.dshs.wa.gov/incarcerated>.

Please ensure that this information is distributed to your staff and those who work with youth. In-person training is available by request, for more information contact: Ronnie San Nicolas, Children's Mental Health Program Administrator, [Ronnie.SanNicolas@dshs.wa.gov](mailto:Ronnie.SanNicolas@dshs.wa.gov), or Tina Burrell, Adolescent Treatment System Manager, at [Tina.Burrell@dshs.wa.gov](mailto:Tina.Burrell@dshs.wa.gov).



## Helpful Hints for Practitioners

If you are a mental health or chemical dependency practitioner you are currently working with youth of an incarcerated parents(s), or families with incarceration history, whether or not this issue has come up in treatment. That's because currently 1 out of every 31 adults is incarcerated or involved in the criminal justice system (Pew 2008). In some communities this rate is significantly higher. Children and youth with parents who have prison records represent at least 15% of the youth seen in public mental health agencies. Below is a list of recommendations for practitioners working with youth and families based on current research:

- 1) Consciously raise the issue of incarceration in a non-judgmental way. Ask about how this has affected the youth or family. Recognize that youth in particular may experience significant stigma and prejudice based on incarceration of a parent. Also recognize that families might minimize their experiences based on fear of judgment or of "getting in trouble" again with social service and correctional systems.
- 2) To the extent possible, track how many children or youth of the incarcerated are served by your agency.
- 3) Explain to children and youth that their parent's incarceration is not their fault, and help explore and challenge any feelings of self-blame or shame.
- 4) Help children and youth explore their feelings about their parent(s), which can include anger, confusion, self-identification with the incarcerated parent, grief and loss.
- 5) Identify strengths in the family and natural supports, including stable relatives and positive peer groups. Connect youth to mentors who specialize in helping children of the incarcerated or support groups (see Beyond the Walls in this toolkit for organizations that provide mentoring or support).
- 6) Kinship caregivers or custodial parents may also face a combination of anger and loss, and benefit from specialized support. Encourage open and honest communication about a parent's incarceration between caregivers or parents and children/youth, in age appropriate ways.
- 7) Have conversations as allowed with parents, caregivers or child welfare staff to determine if contact with the incarcerated parent is possible and if it is beneficial. Contact may not be appropriate if the parent was abusive towards the child, and/or the other parent. If contact is allowed and the youth is interested in contact, try to encourage contact and visitation with the parent in prison or jail. Research shows that contact and visitation help to provide emotional stabilization for children and youth, and decreases problematic behaviors.

- 8) Help youth prepare for and debrief from visits to help them process their expectations, experiences and feelings.
- 9) As appropriate, engage in active team efforts with other providers in the life of the youth or family. Often families with incarceration histories engage multiple social service systems.
- 10) Screen youths with an incarcerated parent or a parent with incarceration history for traumatic experiences and co-occurring disorders and coordinate treatment. Many children of the incarcerated have experienced other traumatic experiences. Use trauma-aware treatment strategies to help reduce negative outcomes.
- 11) If you have a client who is an incarcerated parent or a parent with incarceration history, help them explore the impact this has had on their parenting skills, refer them to parenting groups as needed, and help connect them to other services to help build their skills in order to parent or be involved with their children as appropriate.
- 12) Explore and recognize your own feelings about incarcerated persons and incarcerated parents. Access training or expand your knowledge if you encounter any stereotypes or assumptions.
- 13) Create and promote support groups for youth and families facing this issue in your agency or area.
- 14) Promote discussion among your peers and staff.

Thank you for all of your efforts to help understand and meet the needs of children and youth of the incarcerated, and their families.

Miriam Bearse (PPA)

Ronald San Nicholas (DBHR/HRSA)

Tina Burrell (DBHR/HRSA)



Image source: <http://www.eurochips.org/images>

## →→→→ Children and Families of Incarcerated Parents (CFIP) Initiative: Central Points

- Efforts in Washington State began in 2005 with [HB 1426](#). This created an oversight committee that developed recommendations for state agencies. [E2SHB 1422](#) (2007) followed which requires state agencies including the Department of Social and Health Services (DSHS) to:
  - Gather data on children of the incarcerated
  - Evaluate current services and policies for children of the incarcerated
  - Adopt policies to support children of the incarcerated and their families.
  - Implement the oversight committee recommendations, including training for social workers and providers, and collection of data.
- The goals of E2SHB 1422 are to improve visitation and contact, improve reunification rates, and reduce intergenerational incarceration.
- Multiple agencies and partners participate in a [statewide advisory committee](#), including community partners, foundations and legislators. There are national foundations and at least fourteen other states working on this issue. There is also a national group at the [Council of State Governments](#), co-chaired by Robin Arnold-Williams of the Governor's Policy Office.
- Preliminary state data demonstrates that children of the incarcerated are overrepresented in DSHS services, including mental health and chemical dependency services. This current data is an undercount due to data limitations.
  - A least 14.7% of the DBHR's clients receiving mental health services are children with one or more parents that have been in prison
  - At least 11.6% of DBHR's clients receiving chemical dependency services are youth with one or more parents that have been in prison

### **DSHS Activities:**

- The DSHS Children and Families of Incarcerated Parents workgroup meets regularly with staff across the agency. Tina Burrell and Ronnie San Nicolas are the current representatives from HRSA.
- Research and Data Analysis (RDA) is collecting and analyzing CFIP data.
- Training and Information for staff and families is available in-person by request and free via a web-based training.
- Guides to Services (Beyond the Walls) are available to providers at no cost. To request copies contact Miriam Bearse at [bearsml@dshs.wa.gov](mailto:bearsml@dshs.wa.gov).



→→→→ [Free Online Training Video for Social Service Practitioners: Summary](#)

The Department of Social and Health Services (DSHS) recently developed an on-line video training for social workers and other social service professionals who work with children of the incarcerated and their families. This training consists of eight modules followed by a resource guide. These modules are summarized below. All of these modules can be found on the following website: <http://dshsaplcy3605:35000/ca/pubs/cfip.asp>.

Please take the time to view one or more of these modules. It can be helpful to view them in a staff meeting or with a group of staff in order to encourage discussion.

- **Introduction:** This section includes information on incarceration and the prevalence of parental incarceration, and research documenting the emotional, behavioral and developmental effects on children who have an incarcerated parent.
- **Voices of Youth Panel:** In this panel, youth who have had an incarcerated parent and have been involved in the child welfare system talk about their personal experiences.
- **Navigating Practice Challenges- Children:** This section discusses visitation between incarcerated parents and their children, mentoring and other supports for youth, behavioral health treatment, Juvenile Rehabilitation and Victim/Witness services.
- **Voices of Parents Panel:** In this panel, parents who have experienced incarceration and child welfare system involvement talk about their personal experiences.
- **Navigating Practice Challenges- Caregivers:** This section outlines supports available to relative caregivers and foster parents caring for a child of an incarcerated parent.
- **Navigating Practice Challenges- Parents:** This section includes; locating a parent in prison or jail, working effectively with incarcerated parents, housing, and child support.
- **Partner Agency Panel:** This panel includes representatives from agencies including the Department of Corrections (DOC). Each participant speaks about services and supports available through their agency for incarcerated parents and/or their children.
- **Voices of Stakeholders Panel:** Community leaders involved in promoting supports for children and families of the incarcerated speak about the importance of this issue.
- **Impact on Community:** This section focuses on the impact of incarceration on communities and outlines the efforts taking place to address the needs of children of the incarcerated and their families.



## Brief Handouts for Practitioners, Families and Caregivers

[How to Explain Jails and Prisons to Children: A Caregivers Guide](#) (OR Dept. of Corrections). Contains suggestions for caretakers on how to discuss incarceration with a young child. It includes a “story” to read with children which helps explain basic concepts.

[Visiting Tips for Families: Supporting Children Visiting their Parents](#) (Osbourne Association). Provides tips and information for caregivers and custodial parents on helping children understand and gain positive results from visiting an incarcerated parent.

[What Do Children of Prisoners and their Caregivers Need?](#) (Adalist-Estrin, Family and Corrections Network-FCN). Summarizes in straightforward language what caregivers and children of prisoners need.

[Visiting Mom or Dad: The Child’s Perspective](#) (Adalist-Estrin, FCN). Explains what caretakers or providers need to know about the experience of children visiting jails or prisons.

[Caring for Children of Prisoners](#) (Adalist-Estrin, FCN) Provides helpful information for caregivers and social service providers on the challenges children face at each stage of development when a parent is incarcerated.

[Tips for Caregivers- from Caregivers](#) (Adalist-Estrin, FCN). Includes tips for caregivers for those who have “been there,” including tips on how to talk with family members.

[Questions from Caregivers](#) (Adalist-Estrin, FCN). Frequently asked questions from caregivers are answered, including suggestions on how to address common problems with children.

[Communication Tips for Prisoners and Their Families](#) (Adalist-Estrin, FCN). Provides information to incarcerated parents to help guide their interactions with their children during in-person visits and other forms of contact.

[Why Maintain Relationships?](#) (Adalist-Estrin, FCN). Summarizes the advantages for children and families of maintaining contact and visiting.

[When your Grandchild’s Parent is in Prison](#) (AARP 2009). Provides needed information for grandparents who are raising grandchildren with incarcerated parent(s).



## Reading Lists and Videos for Children, Caregivers and Providers

The following books are written to help children understand the experience of having a mother or father in prison or jail. When a parent, counselor or caregiver reads these books to children, it can help create the opportunity to talk more about the child's feelings to help them process and cope.

### [A Terrible Thing Happened](#)

Author: Margaret Holmes (Magination Press, 2000)

"This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode...an afterword for parents or caregivers offers extensive suggestions for helping traumatized children."

### [My Daddy is in Jail](#)

Author: Janet Bender (YouthLight Inc., 2008)

"This is a long overdue resource for helping children cope with the incarceration of a loved one. It includes a read-aloud story, discussion guide and optional small group counseling activities."

### [What is Jail, Mommy?](#)

Author: Jackie Stanglin (Lifevest Publishing, 2006)

"One day after visiting...a little girl blurted out to her mother in frustration, 'What is jail anyway and why can't Daddy be home with us?'"

### [When Andy's Father Went to Prison](#)

Author: Martha W. Hickman (Whitman and Company, 1990)

This book illustrates the experiences of a young boy whose father went to prison, including his experiences at home and at school.

### [Visiting Day](#)

Author: Jacqueline Woodson (Scholastic Press, 2002)

Details the experience of a young girl and her grandmother who take the bus to visit her father in prison. This book has rich illustrations and features an African-American family.

### [Mama Loves Me from Away](#)

Author: Pat Brisson (Boyds Mills Press, 2004)

"A heartbreaking yet loving story about a mother and a child separated by a prison and about how they try to stay in touch despite the physical distance between them."

## **Books for Caregivers and Providers**

### [Empowering Children of Incarcerated Parents](#)

Author: Stacey Burgess, Tonia Caselman, Jennifer Carsey (Youth Light 2009)

This book is for counselors, social workers, psychologists and teachers who work with children ages 7-12 who have a parent who is in jail or prison.

### [When a Parent Goes to Jail: A Comprehensive Guide for Counseling Children of Incarcerated Parents](#)

Authors: Rebecca Yaffe and Lonnie Hoade (Rayve Productions Inc., 2000)

“This book could be used with individuals or small groups of children in therapeutic settings, but it also has a place on the shelf of every school and public library...to help children discuss and come to terms with having a parent in jail.” This is a book to read with children to help them understand their parent’s situation and their feelings.

### [All Alone in the World](#)

Author: Nell Bernstein (New Press, 2005)

This groundbreaking book by an author who grew up with an incarcerated father includes stories and perspectives from the families and children affected by incarceration, in addition to suggestions for policy makers and social service providers.

### [Children of Incarcerated Parents](#)

Editors: Katherine Gabel and Denise Johnston (Lexington Books, 1995)

“Children of criminal, jailed or imprisoned parents have long been identified as being at high risk for juvenile delinquency...this one of a kind book outlines for professionals working with these children the optimum time to provide intervention following significant trauma, and shows that direct preventative and early intervention services to children of offenders can help them.”

### [Family Arrested](#)

Author: Ann Edenfield (Americana, 2002)

This is a highly useful summary written for families by a woman who had her husband incarcerated for many years. It offers tips for families on how to survive economically and emotionally.

### [Mothering from the Inside: Parenting in a Woman’s Prison](#)

Author: Sandra Enos (SUNY Press 2001)

This book reveals how inmate mothers find places for their children to live, manage relationships with caregivers, demonstrate their fitness as mothers and negotiate rights to their children under challenging circumstances. Illustrates the impact of race, ethnicity, and marginality.

[Prisoners Once Removed: The Impact of Incarceration and Reentry on Children, Families and Communities](#)

Editors: Jeremy Travis and Michelle Waul (Urban Institute Press, 2003)

Addresses the difficult issues of parenting behind bars and fostering successful family relationships after release.

[Loving Through Bars: Children with Parents in Prison](#)

Author: Cynthia Martone (Santa Monica Press, 2005)

Offers a searing and poignant view of some of the estimated 2.3 million children in the United States who have a parent in prison, presenting their particular plights through a series of powerful stories.

[Doing Time Together: Love and Family in the Shadow of Prison](#)

Author: Megan Comfort (University of Chicago Press, 2008)

“Doing Time Together vividly details the ways that prisons shape and infiltrate the lives of women with husbands, fiancés and boyfriends behind bars. Megan Comfort spent years getting to know women visiting men at San Quentin State Prison...tangling with the prison’s intrusive scrutiny and rigid rules turns these women into quasi-inmates, eroding the boundary between home and prison...yet Comfort also finds that with social welfare weakened, prisons are the most powerful public institutions available to low-income women struggling to overcome untreated social ills...”

[Loss, Trauma and Resilience: Therapeutic Work with Ambiguous Loss](#)

Author: Pauline Boss (Norton, 2006)

“Pauline Boss insightfully sees traumatic loss as a relational disorder and not an individual pathology...At a time when the violence and losses of war, terrorism and natural disasters [as well as the ambiguous loss of parents by children of the incarcerated] increasingly threaten to unravel the social fabric of entire communities, clinicians and humanitarian workers alike will welcome Boss’s clear guidelines for strengthening connections in families to better cope with the stress of such ambiguous and difficult situations and find new sources of meaning and hope.”

## Videos on the Experiences of Children with Incarcerated Parents

### [A Sentence of Their Own](#)

A Film by Edgar Barends (2001)

“Chronicles one family’s annual pilgrimage to a new Hampshire state prison, revealing the damaging impact incarceration has on families”.

### [Bill of Rights Video](#)

San Francisco Children of Incarcerated Parents Project (2005)

A video with young people telling powerful stories about their experiences as youth with incarcerated parents



Image source: [http://hreoc.gov.au/human\\_rights](http://hreoc.gov.au/human_rights)



## Research and Information for Providers

[Children of DOC Incarcerated Parents Use DSHS Services at Very High Rates](#) (DSHS 2008). This link provides a report issued in August 2008 by DSHS' Research and Data Analysis Division. It includes initial data that matches DSHS data sources to DOC and Department of Health data and provides information on what social services children of incarcerated parents receive, and where they live within the state of Washington.

[Childhood Loss and Behavioral Problems: Loosening the Links](#) (Viboch, Vera 2005). This article explains the connection between parental incarceration and child misbehavior. The effects of grief and loss, responding effectively to children's feelings of loss, helping kids understand parental incarceration, and fostering stability and security for children are presented.

[Broken Bonds: Understanding and Addressing the Needs of Children with Incarcerated Parents](#) (Vigne, Davies, Brazzell, Urban Institute 2008). This report summarizes the impacts that the changes in daily life related to the incarceration of a parent brings to a family including the emotional and behavioral impacts on children and protective factors that help children build resilience.

[The Antisocial Behavior of the Adolescent Children of Incarcerated Parents: A Developmental Perspective](#) (Eddy and Reid, OSLC, 2002). This study summarizes the relationship between a parent's criminality and the antisocial behaviors of adolescents with incarcerated parents, the behaviors and symptoms that children and youth display when a parent is incarcerated, the effect of education programs in prison for parents, and effective interventions that can assist adolescent children of the incarcerated.

[Families Left Behind: The Hidden Costs of Incarceration and Reentry](#) (Travis, McBride, Solomon, Urban Institute 2005). Oriented towards social service providers, this report summarizes developmental the effects of parental incarceration on children including how imprisonment alters family dynamics, the challenges and benefits of visitation and contact, challenges of reunification, reintegration and the role that families have in providing support and stabilization.

[The Effects of Childhood Stress On Health Across the Lifespan](#) (US DHHS CDC 2008). This report succinctly summarizes the short and long-term effects on children of chronic and/or severe stress, including incarceration of a family member. Data focuses on the results of the Adverse Childhood Experience (ACE) Study.

[Parental Incarceration and Child Wellbeing in Fragile Families](#) (Fragile Families Research Brief, Princeton/Columbia 2008). This paper summarizes an extensive study of urban families with an incarcerated parent, including effects on economic outcomes, family stability, and child development.



## Children of Incarcerated Parents: Bill of Rights

The [San Francisco Children of Incarcerated Parents Partnership](#) (SFCIPP) created a Bill of Rights for children of the incarcerated. Please see their website for more information.

The Bill of Rights (BOR):

- 1) I have the right to be kept safe and informed at the time of my parent's arrest.
- 2) I have the right to be heard when decisions are made about me.
- 3) I have the right to be considered when decisions are made about my parent.
- 4) I have the right to be well cared for in my parent's absence.
- 5) I have the right to speak with, see and touch my parent.
- 6) I have the right to support as I face my parent's incarceration.
- 7) I have the right not to be judged, blamed or labeled because my parent is incarcerated.
- 8) I have the right to a lifelong relationship with my parent.

There are many organizations that provide support or information. A partial listing of these organizations is below.

[Family and Corrections Network](#) (FCN) offers resources and referrals for kinship caregivers and others with incarcerated family members.

The [Center for Children with Incarcerated Parents](#) (CCIP) provides counseling and support services for prisoners and their children.

The [National Institute of Corrections](#) offers extensive information and resources for inmates and their families.

The [Offender Preparation and Education Network Inc.](#) (OPEN) provides self-help resources and other information for offenders and families.

The [San Francisco Children of Incarcerated Parents Partnership](#) offers training and resources as well as information on their "Children of Incarcerated Parents Bill of Rights" project.

[Pennies for Prison](#) offers networking, information and supports.

[Foreverfamily](#) promotes effective family-oriented services.

[Lives in Focus: Family Life Behind Bars](#) offers extensive networking and other information for families affected by incarceration.

The [National Incarcerated Parents and Families Network](#) (NIPFN) offers on-line support for families.

[Legal Services for Prisoners with Children](#) (LSPC) provides information, referrals and advocacy for prisoners with children.



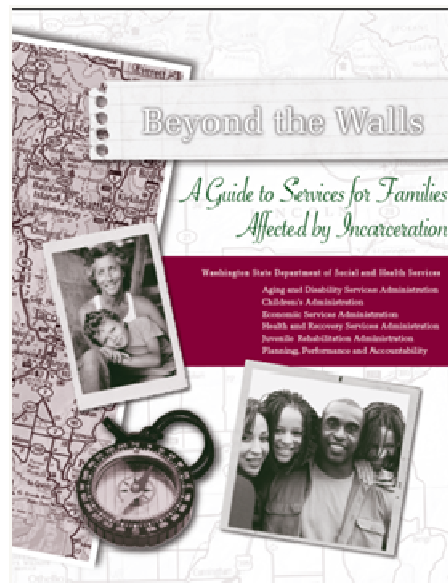
→→→→ [Beyond the Walls: A Guide to Services for Families Affected by Incarceration](#)

Beyond the Walls is a publication from the Department of Social and Health Services. It contains information for families and providers on social services available through DSHS and through other state and community agencies. It is oriented towards families with a parent or loved one in prison or jail.

This guide is available free to download in English and Spanish. Visit the [publications website](#) for downloading information.

Copies of this guide are also available at no cost in hard copy, as requested. To order copies for the families and individuals served by your agency and/or your staff, contact Miriam Bearse at [bearsml@dshs.wa.gov](mailto:bearsml@dshs.wa.gov) or (360) 902-8250.

Other publications, training information and resources for families and staff are available at: <http://www.dshs.wa.gov/incarcerated>.





## Visitation procedures and inmate locators for prisons and jails

### **Department of Corrections (State Prisons)**

#### **DOC Inmate Locator**

To find an inmate in a Department of Corrections (DOC) prison, go to the web-based [DOC inmate locator](#). The inmate locator provides the inmate's full name, date of birth and DOC number.

#### **Community Partnership Program Coordinators at Prisons**

The best contact for social workers and other providers at prisons to discuss services currently available for inmates is available through each facility's [Community Partnership Program Coordinator \(CPPC\)](#). The service provider may contact the CPPC in the facility with the inmate he or she is working with to ask them to communicate with the inmate's correctional counselor and to find out from them what services they are engaging in. Use releases of information as appropriate.

#### **Visitation and Facility Information**

In order to coordinate a visit at a DOC facility, first [read about the visitation program](#) and the procedures on receiving approval for visitors to come to facilities, as well as the rules on [visiting with a minor](#). Then go to [the websites for the prison facilities](#) to learn more about the visitation days, times and procedures for the facility you want to visit. If you or others are corresponding with an inmate, read about how to [send mail to an offender](#). For more information on communicating with inmates via telephone, [click here](#). To read more about DOC's Family and Friends Services, go the [Family and Friends webpage](#).

For assistance in working with a parent that has been released and is on probation, speak with their probation officer. Services for adults and families are provided in the community through DOC's [Community Justice Centers \(CJCs\)](#). DOC probation officers are also stationed in [field offices](#).

### **County Jails**

To search for a person incarcerated in a jail and determine visitation or contact procedures, click on the name of the county to go to or connect to the jail website and/or jail roster for that county jail. Not all counties have websites, and/or rosters. If a jail does not have an online roster, call the jail and speak with the Sheriff. Go to the website or call the jail for information on visitation procedures and hours, and available services. Below is a list of jail websites:

[Adams County](#), [Asotin County](#), [Benton County](#), [Chelan County](#), [Clallam County](#), [Clark County](#), [Columbia County](#), [Cowlitz County](#), [Douglas County](#), [Ferry County](#), [Franklin County](#), [Garfield County](#), [Grant County](#), [Grays Harbor County](#), [Island County](#), [Jefferson County](#), [Kitsap County](#), [King County](#), [King County \(jail locations and visitation\)](#), [Kittitas County](#), [Klickitat County](#), [Lewis County](#), [Lincoln County](#), [Mason County](#), [Okanogan County](#), [Pacific County](#), [Pend Oreille County](#), [Pierce County](#), [San Juan County](#), [Skagit County](#), [Skamania County](#), [Snohomish County](#), [Spokane County](#), [Stevens County](#), [Thurston County](#), [Wahkiakum County](#), [Walla Walla County](#), [Whatcom County](#), [Whitman County](#), [Yakima County](#).

### Federal Prisons

If you are looking for the location of a parent in a federal prison or federal penitentiary, you can find them via the online [federal inmate locator](#). Visitation hours and contact procedures may vary by facility, so check with the [facility](#) to determine local procedures. You can also view the [general guidelines for visitation and contact](#).

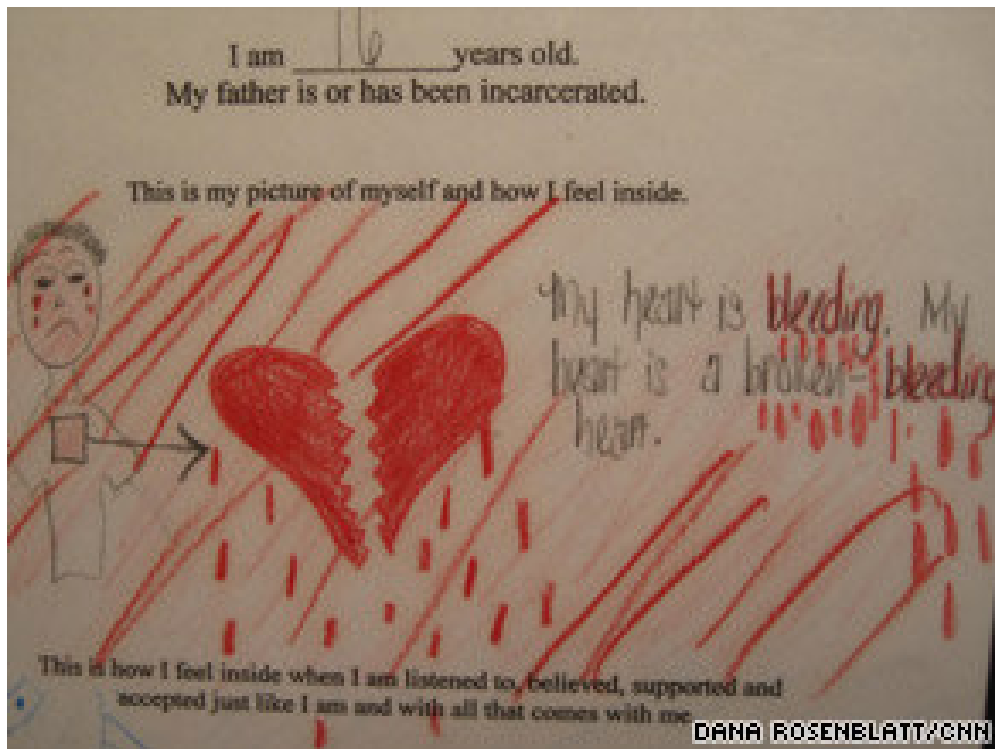


Image source: <http://i2.cdn.turner.com/cnn/2009/LIVING>