



United States: Model Programming and Building Community at Bedford Hills Prison Nursery with Jane Silfen

In this episode, Paul Dosh speaks with Jane Silfen, the Director of Programs for Hour Children, a nonprofit organization that supports current and previously incarcerated women through educational, vocational, and family-oriented programs. Silfen leads the mother-child care initiatives at Bedford Hills Correctional Facility for Women in New York, which has the nation's oldest prison nursery program. She describes the prison nursery's rich history and the core values it was founded on, as well as how its initial mission has taken shape through the program's accommodations and specialized services such as doulas, lactation consultants, and a full-time on-site manager. Finally, she describes the tactics that Hour Children utilizes to connect incarcerated women with their older children in order to strengthen the bonds of all types of families impacted by incarceration.

Transcript:

[00:01] Jane Silfen: ...They don't know that they're in prison, all they know is that they're in an environment where all their needs are getting met.

[00:16] Paul Dosh: Hello and welcome to the Children of Incarcerated Caregivers International Prison Nursery Podcast. I'm Paul Dosh, associate professor of Political Science at Macalester College and a member of the advisory board of Children of Incarcerated Caregivers. My guest today is Jane Silfen, the Director of Programs for Hour Children, a [nonprofit] organization that provides comprehensive programming for incarcerated women and their children and families inside of Bedford Hills Correctional Facility in Bedford Hills, New York.

She has served as Director of Programs since 2012, has a law degree, and is completing a master's degree in addiction studies and integral recovery for co-occurring disorders. She's a collaborator, and recognizes the mothers and children she has worked with for eighteen years as central to her own education and advocacy.

[01:08] Paul Dosh: Welcome, Jane, and thank you for joining me today.

[01:10] Jane Silfen: Oh, you're most welcome.

[01:12] Paul Dosh: So, to begin, could you tell us a bit about where you work, and as Director of Programs, what work do you do?

[01:19] Jane Silfen: I'm currently the program director at Bedford Hills Correctional Facility, and we have a contract with the New York State Department of Corrections. So essentially, we partner with them to provide comprehensive programming to the mothers throughout the facility, and we also have programs for grandmothers. We also have a very unique residential nursery program which I know is something that we're going to talk about pretty extensively today.

But as the program director, I work for Hour Children, this is their in-prison program. So we're actually inside of the correctional facility, and the programs we provide include parenting education [and] advocacy for the mothers that live there. We have a very, very extensive and unique visitation program, and we are unique in that we provide the transportation for that program for children living anywhere in New York State.

And there's different programs depending upon where the children live geographically, but we provide door-to-door service for those kids to visit. We also have a residential nursery unit, which we'll talk about today, which can house up to 25 mothers and 25 babies. We have an infant daycare center, and that's where the mothers will bring their babies. It's very similar to any daycare center in the community, and that's where the mothers will drop their babies off when they have to go to program. We also have a card shop program, a story corner program, and lots of other smaller little programs to help keep the mothers and the children in the community connected.

[03:09] Paul Dosh: Great. So I understand that it's very rare to have such a long-running program—that the Bedford Hills prison nursery was the first in the United States, opening over a century ago in 1901. Could you tell us about the history of the facility and how it evolved to where it is?

[03:23] Jane Silfen: Yes, it's a very interesting history. If you go all the way back to the early 1900s, that was the time of the reformatory movement. So Bedford before it was an actual prison was a reformatory home for wayward women who were pregnant and also, you know, had gotten into trouble, but the way that they dealt with it back then was all of these reformatories back in the early 1900s. Most states eliminated all of the reformatories and shut down just that whole reformatory system, but Bedford instead decided to hold on to their nursery program. And this was very much influenced by, believe it or not, Eleanor Roosevelt and she was really the one that



shepherded in the law that still exists today. It's been, you know, modified in different ways and stuff since way back then, but basically the program stayed and the women were able to keep their babies.

Around the 1970s—so there's like a big gap, I know, between the thirties and the seventies, but truthfully, I don't know, kind of the history there. But what I do know is that in 1970, a really wonderful nun, the late Sister Elaine Roulet, she decided that—she was actually a teacher, she was in education, and she became really interested in and realized that children really needed to see their mothers. And when she was visiting up at Bedford, and she saw that they had this nursery program, her original role was to find homes for these babies, you know, after the woman gave birth there. But what she really realized [was] that instead of separating them, she really wanted to keep them united. So she realized there was a real need to continue to have a program there, where the babies could stay with their moms rather than separate them. So that's like the really early, early history of that.

And then there was another wonderful woman named Elaine Lord, who at that time was working in Albany, and those two women together actually helped to create what became the first nursery program at Bedford Hills. So then, you know, [it] kind of evolved more into an actual program with real services, rather than it just being a place where the moms were residing with their babies. And that all stemmed from the rise of what we all know as the attachment theory. And the theory then was that [the] first year of life for the babies was so important to form healthy attachments to their mothers.

So the program really evolved and the role became focusing on how to keep these mothers and babies connected rather than separating them. And that was really kind of the very early history and it has continued to evolve in many different ways since that time, but it has always been a program that's been supported by not-for-profit organizations. So basically the Department of Corrections is very interested in having this program, but they're not interested in actually running the program. So they have historically looked for not-for-profit organizations like Hour Children to provide the services for these mothers and their babies.

[07:02] Paul Dosh: So I'm hearing that that goal of keeping mothers and babies together, identified by Sister Elaine Roulet and Elaine Lord has sustained the mission, but it's this layer of attachment theory that's grown on top of it. Has the mission grown beyond that, or is that pretty much remained the core mission of why these programs exist, you know, why it's offered to incarcerated women?

[07:22] Jane Silfen: I would say that the attachment theory is definitely the core because that first year of a child's life is so important in terms of them being able to form these strong attachments. There was a woman, actually a doctor, her name is Dr. Mary Byrne, and she was a professor at



Columbia University School of Nursing. She was the first person to examine the programs at Bedford Hills and also at our sister facility across the street which is called Taconic Correctional, so that's a medium security facility in New York, and they also used to have a prison [nursery] program. So she did a study back in 2011, and it was called *Intergenerational Transmission of Attachment for Infants Raised in a Prison Nursery*. This was one of the first long-term studies and she looked at parents and children in the prison nursery setting, and she determined a few things.

One of the things that she determined, in addition to the fact that mothers were less likely to return if they were given the opportunity to raise their babies, but these babies were also as securely attached as infants that were raised out in the community. That was really the most meaningful part of this study, and why our program exists. And it's also, for us, why the babies—which we can talk about, in terms of how long our babies stay. The length of stay for us is definitely different than some of the other prisons that there are in the United States.

But something else that I'd like to add to that, in addition to the attachment theory is just a lot of what I've seen and witnessed over the years that I've been there, is that the programming that we provide—and we'll get a little bit more in-depth, you know, into that—is so comprehensive. And many of the women that we work with definitely come from communities and backgrounds that are struggling and have been struggling. So I know a lot of people feel like 'Oh, a baby shouldn't be in prison,' but the thing is, first of all, the baby doesn't know that they're in prison, they only know that they're with their mother.

And the other thing is that we are able through our programming to provide them with not only a really safe environment to raise their child, but we are able to provide them with a community, a really strong, healthy community, and really educate them. Otherwise, a lot of these babies would end up going into the community to families that are already not only financially strapped, but also many are already raising other children of the same incarcerated persons.

[10:18] Paul Dosh: So I'm curious with the comprehensive programming you're describing, if that is one of the things that differentiates Hour Children's program [from] other US-based prison nursery programs.

[10:29] Jane Silfen: I think the way that I would want to answer that is I can speak to a lot of what we do and I will say that we have for the longest time, and probably since the inception of nursery programs, been the model program. So lots of other programs are definitely modeled after ours, and they all can be a little bit different. But I will say that what definitely sets us apart and makes us a little bit, maybe more unique, is the extent of the services that we offer. Also the amount of support that we get, not only financially, but also physically, and in kind from the



neighboring communities. Bedford Hills and Bedford itself is one of the wealthiest communities, if not the wealthiest community in New York State.

So we happen to be geographically located in a place that is so favorable to the women and the families that we serve because they give so much to our program, not only in the way of volunteering their own services, but also providing a lot of financial support over and above what we get from our contract with New York State. So, for example, one of the things that we now are able to offer, which we've only been doing over the past couple of years through a grant through another organization, is we have a doula and lactation specialist that works on the unit like 25 hours a week.

So we've been able to really provide the mothers with a lot of support that they need around breastfeeding, [and] ongoing concerns about their baby on a very regular basis. And that's been something that's really kind of enhanced our program over the past couple of years, is the ability to have somebody on the unit that is consistently working with the women surrounding those, I don't wanna say issues, but really helping to educate them, and so that's been really nice. We offer an array of services.

[12:54] Paul Dosh: I think you've begun to answer my next question, which is how one makes this environment safe, positive, and suitable for children, with talking about the doulas and lactation consultants but maybe you can also describe just what these facilities look like—many of our listeners don't know. What does the Bedford Hill prison nursery look like? You mentioned 25 mothers and babies in pairs. What are the things that you've been able to do in the environment to make it a safe and positive place?

[13:20] Jane Silfen: Okay, sure. So let's kind of dive into what it looks like and what we are providing. So the prison—the actual physical layout is they have their own unit. So the best way to kind of describe it or to kind of envision it would be like a big dorm, a big dormitory, maybe on a college campus, like the whole floor. We have the capacity to accommodate up to 25 mothers and babies. The way that it is set up is that there is a north side and there's a south side. And it's a self-contained unit, and by that, I mean that nobody can access that unit other than the nursery mothers, any of the security staff that's approved, New York State's DOC [Department of Corrections] security staff that's approved to go up there, and anybody that works for Hour Children as part of this program. So it's a lockdown unit, there's an officer 24/7, so there's usually three different officers that do eight-hour shifts and they have regular bids so they really understand the unit and the women on the unit.

We try to bring the women up to the unit when they're about two or three weeks away from giving birth. In the beginning they share a room, and even if we're not at capacity we still encourage mothers to share rooms so that way they're kind of supporting each other, it's kind of a



little bit of a buddy system. And an important thing to say is that there are two different living arrangements, which does depend on the age of the baby.

When the mother is still pregnant up until the baby is four months old, the mothers will live in a double occupancy room—there's two beds and two cribs. The babies are between zero and four months old so they can help and support each other during the often trying first four months. I'd like to also add that while many of these women have multiple children in the community, this for many is the first baby that they're actually raising and doing that with sobriety, more stability, and the wraparound support of our community.

Then once the babies are four months old, then the mothers will move to our single occupancy wing. And then they're on their own. So it's their own cell unit, they have their own bed, their own crib, everybody's in the room together but it's just the mother and the child, there's no roommate now. In the actual residential unit, they have their own kitchen where they can prepare their own food and they can also prepare food for their baby once they're of age. But they also do receive their meals from the mess hall and they are brought to the unit. Any mother who's part of our nursery program cannot interact with the general population when they're with their babies. So for obvious reasons, that's a security reason.

So when they attend programs, their babies will go to the infant center—and we'll talk about that in a second—but the babies will always be with a caregiver when the mother has to go to program. So in terms of their meals, they eat all their meals on the unit. They also have a general rec room there, so just picture just a really large playroom in a home filled with tons of toys. And that's where the mothers and the babies can all get together when the mom's not in program or after dinner. And it's a big bright airy room and they can play in there and just, you know, have a really good time. They can do their laundry on the unit, so they have their own laundry. They make the phone calls from their unit. They basically don't leave the unit except when they have to go either to work—which we'll talk about—and mandated programming. So even though they're part of our nursery program, they're not excluded from any DOC's [Department of Corrections] mandatories that they need in order to be released from prison. So they still are required to complete all of those.

Also, as part of the residential unit Hour Children has a nursery manager, and that manager is up there 40 hours a week. And the nursery manager will really work with them on how to live as part of a self-contained unit and create harmony and help them really just with a lot of life skills. A lot of them really don't have your basic life skills and they haven't really lived as part of a healthy community before, so that's what our nursery manager will do. We also have a social worker that's on the unit, and she provides social work support to them, and works with them individually and in group work. Most of the work surrounds what brought them to prison; What



are they going to do differently and what do they need to be successful upon leaving? A lot of our work with them is reentry, like helping them for what their next steps are.

[18:39] Paul Dosh: And is there substantially more demand for these spots than you can handle and if so, what's the process for eligibility? Restrictions? What happens to mothers who would like to be part of—in the nursery but there's no space for them and are not permitted?

[18:54] Jane Silfen: Well, there's two ways that a mother can become a part of our program. So there is an actual admissions process, the good news is, we've never had to say no to anybody. In terms of the way it works with New York State, the fact that we have a nursery program doesn't mean that you absolutely qualify for it. So basically, they can either apply from county, or they can apply once they get to Bedford. Usually, the admissions process can go pretty quickly, but they have to fill out an application, and then the application is reviewed by the executive team. Those are the higher up—it's actually the New York State Department of Corrections that initially makes the decision about whether or not a woman can get on. And there's a couple of things that they look at.

The first thing that they look at immediately is, why are they there? If they have a child-related crime, that's an automatic denial. If they have an arson crime, that's something they look at very heavily and strongly, and it's most likely a denial because of the safety factor. Anything other than those two things are at the discretion of the exec team, they kind of decide. There's a Department of Programs, and there's different people on the exec team that kind of look at it first and make a decision, and then it goes up to the superintendent, but they do also look a lot at child protective history. So if the woman has a substantial child protective history and has never raised any of her other children, or has had her rights terminated to multiple children, that's a very high risk for denial. But anything other than that is usually an acceptance.

And then once they get accepted, that's when Hour Children kind of takes over and starts to provide services for these women. One other thing that I would point out is that many families, initially, when they find out that there's a mother who's having [a baby] and they've already, you know, been down this road with this mother before and now she's having another child, many of them are angry about it, not supportive of it, especially those that are already raising multiple children of this incarcerated persons already are [saying] 'I have already said to this mother, I'm just letting you know I'm not taking another one.' So for those women, it's really important that they have a place or program that they can go to with their baby and stay with.

And if it ends up being a removal, because it is something we haven't talked about, but just because you get on the nursery doesn't mean you get to stay there. So there are rules, and the women have to follow them. And there are occasions, happy there's few of them and they're rare, but there is an occasion where a mother might get removed, which means the baby has to go.



And a lot of times what we see is a family that's originally said 'I will not take this baby,' now five, six months, maybe seven months, they themselves have formed a relationship with this baby. And now, whereas they wouldn't take the baby as a newborn, they'll take the baby at seven or eight months old. So that's another reason why our program is so important because that would have been another baby that would have gone into the system rather than, you know, being with a family member. Much easier to take care of a seventh or eight-month-old baby than it is to take on a newborn.

[22:45] Paul Dosh: So let's talk about those services that are offered to the mothers and babies, I mean for the mother-baby pairs that are admitted. Can those children go out into the community to spend time with relatives? What else can they do while their mothers are in the program?

[22:58] Jane Silfen: To start with, our babies can stay—and this is sort of tied into your question because other programs are different and the child can stay longer, or until they're a little bit older. But our program is inside of a maximum security prison, so therefore the rules are different, I guess I'm just gonna say they're different, because we actually sit inside the facility. Most of our babies stay up until 12 months. However, if the mother is getting out before the baby turns 18 months, then the mother can apply for an extension at 11 months. And she could ask for the baby to stay with her until she is released, but under no circumstances can that baby stay beyond 18 months.

So with that said, the answer is no, our babies don't go out into the community to visit with families because they're not with us for that long. However, we do have a very extensive visitation program at Bedford. So we really welcome and encourage families to come and visit the babies inside of the prison. We help provide transportation for these families, sometimes we also provide funding if they have their own vehicles but yet the cost of gas is kind of difficult for them, then we'll provide some funding. But we have a really warm and welcoming visiting room and a children's center in there so the families will visit with their loved ones on our actual property. They can't go up to the actual unit, but that's also for security reasons, but the mother and the baby come down to the center and they can visit with their families from 8:30 in the morning till 3:30, six out of seven days a week if they want to. So it's a pretty extensive time period that they can spend.

[24:57] Paul Dosh: So here in Minnesota, transportation is an enormous challenge for families trying to visit loved ones that are incarcerated. What lessons has Hour Children learned in putting together this important program that provides transportation, maybe for other groups that are trying to emulate that?

[25:15] Jane Silfen: So this is, what I will say, the most unique thing about our program, and I would also say the best thing about our program is that we do that piece. What we have found is



that the biggest impediment to children visiting with their mothers and the biggest impediment for women inside having ongoing relationships with their family in person is that transportation piece. New York State is a large state and there are many parts of the state where our women are originally from that have been impacted by poverty and are in, you know, very far and rural areas.

So, we are very grateful for New York State to provide us with funding to be able to transport these families here and what Hour Children did as an organization—and we did this through foundations that have helped us with individual really nice donations—is we bought our own vehicles. So Hour Children has access to three different types of vehicles that are all owned by our program, and we also have drivers and chaperones that work for Hour Children. And we provide transportation seven days a week, as needed for families, particularly families of nursery mothers, also families of any mother in the general population.

We have a very, very extensive visitation program for children that is ongoing and very comprehensive throughout the year, and it's just based on where you're geographically located. So for example, children that live in the New York City areas, and as far north as Albany, and different parts—and so basically if you're under three hours and you live in New York, we have a program for your children and they come monthly. If you're anywhere outside of that region, we have an upstate program and those kids come four or five times a year for very long weekends. And we house the children with host families. So they get to stay for a couple days at a time and visit with their moms.

[27:28] Paul Dosh: So these are siblings of the baby, they're able to come and stay overnight in housing provided by Hour Children.

[27:36] Jane Silfen: Well, it could be siblings, yes, but it could also just—so we have programming that extends beyond our nursery program. The nursery program is just one of the programs that we provide oversight to. So Hour Children has a lot of extensive programming for mothers that we consider in the general population that have families in the community.

[28:00] Paul Dosh: Can you say more about other services for incarcerated mothers in general? You've listed several already.

[28:06] Jane Silfen: Yes. So we provide for women—when I say general population, that means any mothers that are not part of our nursery program. So for the general population mothers, we provide visitation programs for them, and like I said before it depends on where your child lives geographically, and they come alone, they come unaccompanied, and those are for children between the ages of five and 18. And the children that live outside of a three-hour radius from



Bedford will be part of our overnight program, so they stay and visit with their moms for several days at a time, and they stay in the community with host families.

We provide a very extensive parenting education program for mothers that have kids in the community. We help them to not only become healthier mothers, but how to parent their child from prison, we have a lot of classes on how to do that. We also have a card shop program so the mothers can come down—and the grandmothers—and make cards for their children or grandchildren and send them home for them. We have a holiday program, so during the holiday season the mothers and grandmothers can come down and shop for their children and grandchildren so when they visit they have toys to give them for the holiday—they're all brand new gifts, and for those kids that don't visit, we have gift cards.

We also have an Infant Development Center, which I haven't really talked about that much, but that is a program that is also supported by Hour Children and we have an Infant Development Center manager with extensive history in early education, and that center is open five days a week from eight in the morning till five at night, and it is supported also by what we refer to as incarcerated person caregivers. So Hour Children's staff will train incarcerated persons to become caregivers. Then they work in the center and they are essentially the ones that are taking care of our babies while the nursery mothers are participating in educational programs, working, or going to college because we also have a college program at Bedford.

[30:24] Paul Dosh: So that Infant Development Center is for the infants from birth to 18 months, [they] are the participants there?

[30:29] Jane Silfen: Yes.

[30:30] Paul Dosh: And the caregivers are themselves, many of them are trained incarcerated persons?

[30:35] Jane Silfen: Yes, we train them, and then we also train them at a much higher level to act as a doula, which means it gives them the ability to sub-in for mom on the unit. Sometimes the mothers don't feel well and they themselves have to go to our residential medical unit for medical treatment. So the baby doesn't have to go home or be separated from their mother, we send a doula up to stay with the baby while the mom is either recovering from, you know, an illness, sometimes they have to go out to court to fight their case. So, in those limited circumstances, we also will provide a doula, and the difference between a doula and a caregiver is that the doula can actually stay on the unit, and live in the room with the baby and take care of the baby while the mother is not present. But that certification takes about three years. It's long, it's a lot of training, but it's also very important.



[31:35] Paul Dosh: And so is that certification something that's then a job credential after that incarcerated person is no longer incarcerated?

[31:43] Jane Silfen: You know it used to be—that's a really good question. We used to have one that was actually a certification, it's not anymore, but there used to be a program called Bank Street, and they used to support us and provide that so the woman could. So, unfortunately, not anymore, but at one point, yes.

[32:06] Paul Dosh: That leads to my next question. I mean, I can tell you have a lot of programs in your portfolio as Director of Programs. What's one particularly positive result you've seen in one of those programs?

[32:18] Jane Silfen: There's two ways to look at it. From the mother's perspective, I've seen women that have really grown emotionally and become really responsible, motivated, and dedicated to be a better person because of the opportunities we provide for them to participate in programs with their children. So I think that really motivates them to want to do better because they have such an impact. They become like a really good role model for their child, even from prison. So as mom is growing, it really helps them to form a better relationship with their children.

And I think for the child, it's really important that they don't feel this sense of abandonment, and they don't really feel like mom has left them. Instead, the services that we provide in the programming that we have really helps to sustain the relationship and either improve what was not there originally. Well, I should take it in a different way, either enhance what maybe was really good and they sort of lost some of it when mom went to prison, but we also have done a lot of repairing, a lot of moms who were really not doing the right thing in the community and now they're in prison and they are doing the right thing. And the children are the beneficiaries of that, even though there's this great loss for them there's also a gain for many children whose moms are now doing things in a much more positive way. That for me is the best part is seeing that relationship—the children don't feel so abandoned, because a lot of them do.

[34:09] Paul Dosh: Another question: discussions and critiques of incarceration in the United States focus heavily on race and racism. Do you have any observations about the role of race or racism in prison nurseries, either at Bedford Hills or other prison nurseries that you're familiar with?

[34:24] Jane Silfen: I would have to say what I've seen over the past many years is no. I don't see racism there. What I see is a lot of women that are coming in from very rural, poverty-stricken neighborhoods, a lot of them from the upstate regions that are—it's all substance abuse related right now. A lot of addiction, a lot, a lot of addiction. That's what we're really seeing. In fact, the



majority of the mothers that we've been receiving over the last years have been white. So while I recognize that it is out there and that there is a long history of racism, particularly within the prisons, and I'm not in any way shape, or form saying it does not exist, it does, but in our nursery program, what we're really seeing is women that have been significantly impacted by substance abuse.

[35:28] Paul Dosh: So you mentioned that there were different categories that women are denied access to the prison nursery: child protection issues, arson. In your experience, when you look at demographics and women who are denied by the prison access to the nursery, do you see any racial differences there?

[35:46] Jane Silfen: You know, I can't really speak to that because I don't really even know a lot of the women who were denied. That would definitely be more of a question for the people that are actually making those decisions. So no, I can't, I mean, I just can't answer that because I don't know. I don't know. I just see the women that get on, I don't see the women that are denied, so much.

[36:10] Paul Dosh: So we have two last questions. I mean, one, to what extent, in your expertise, are these prison nurseries adequate for the needs of mothers and babies? If not, are there other options or how could the prison nurseries be improved?

[36:27] Jane Silfen: I think that there needs to be more of them. I think that any of the prison nurseries that exist are all doing an excellent job and they need to be there. It's very discouraging that there's only nine of us. Which to me means that there are so many children, so many babies being separated from their mothers. So when I look at our program in particular, I see that we are providing something that is extremely necessary. Because like I've said, a lot of these babies if not for our program would either be going into the foster care system, or would be going to families that are already taxed, both financially, emotionally, and otherwise. So we're not talking about a baby going into a middle to upper class community which would be able to offer them all the bells and whistles and everything that they need. That would not be the case with 95% or maybe more of our babies.

So I think these nursery programs are needed, I think they're essential. I think that the services I know that we offer, from parenting to prenatal, to providing them with a very extensive education with teaching them how to raise their baby, teaching them how to live successfully within a community, and teaching them how to how to be a mother is not only so important for the woman, but particularly for the baby. Because like I said that first year is so important, so being able to provide a safe environment for those babies to live with their mothers, like I said, they don't know that they're in prison, all they know is that they're in an environment where all their needs are getting met. And all mom's needs are getting met. And I get that there are rules



and that it is prison, but I also know that most of the women that come through our program will say that a program like this really changed their lives in many ways, and really was the best place for their baby to be.

[38:47] Paul Dosh: Your comment about how much these participants have appreciated the program is a great comment on which to conclude. I've been speaking with Jane Silfen, Director of Programs for Hour Children. Thanks so much for your work Jane, and for our conversation today.

[39:03] Jane Silfen: Okay, thank you so much.

[39:10] Paul Dosh: Thank you for listening to the Children of Incarcerated Caregivers International Prison Nursery Podcast. We're your hosts, Paul Dosh and Barbara Frey, advisory board members of Children of Incarcerated Caregivers. To learn more about our organization and view additional materials, documents, and research from this episode, you can visit our website at cicmn.org.

This episode was recorded in September 2021 in collaboration with the University of Minnesota's Human Rights Program. This podcast was created with research from our student collaborators McKenna Haas, Olivia Hudson, and Jessy Rehmann. Episodes contain original music by David Smith and production by Brian Carnell. Don't forget to tune into the next episode! We hope to see you there.

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