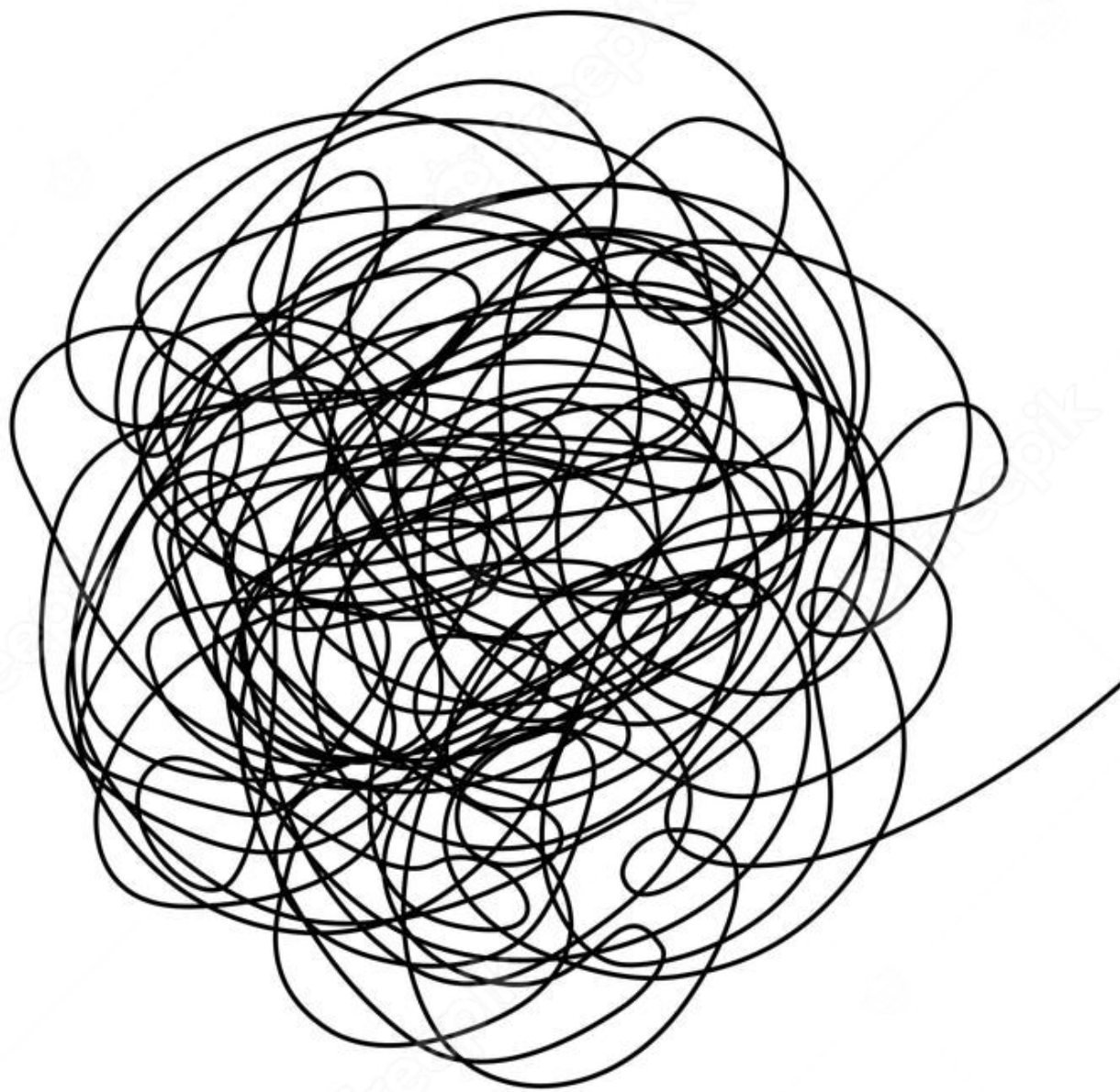


# Mental Health & Rehabilitation

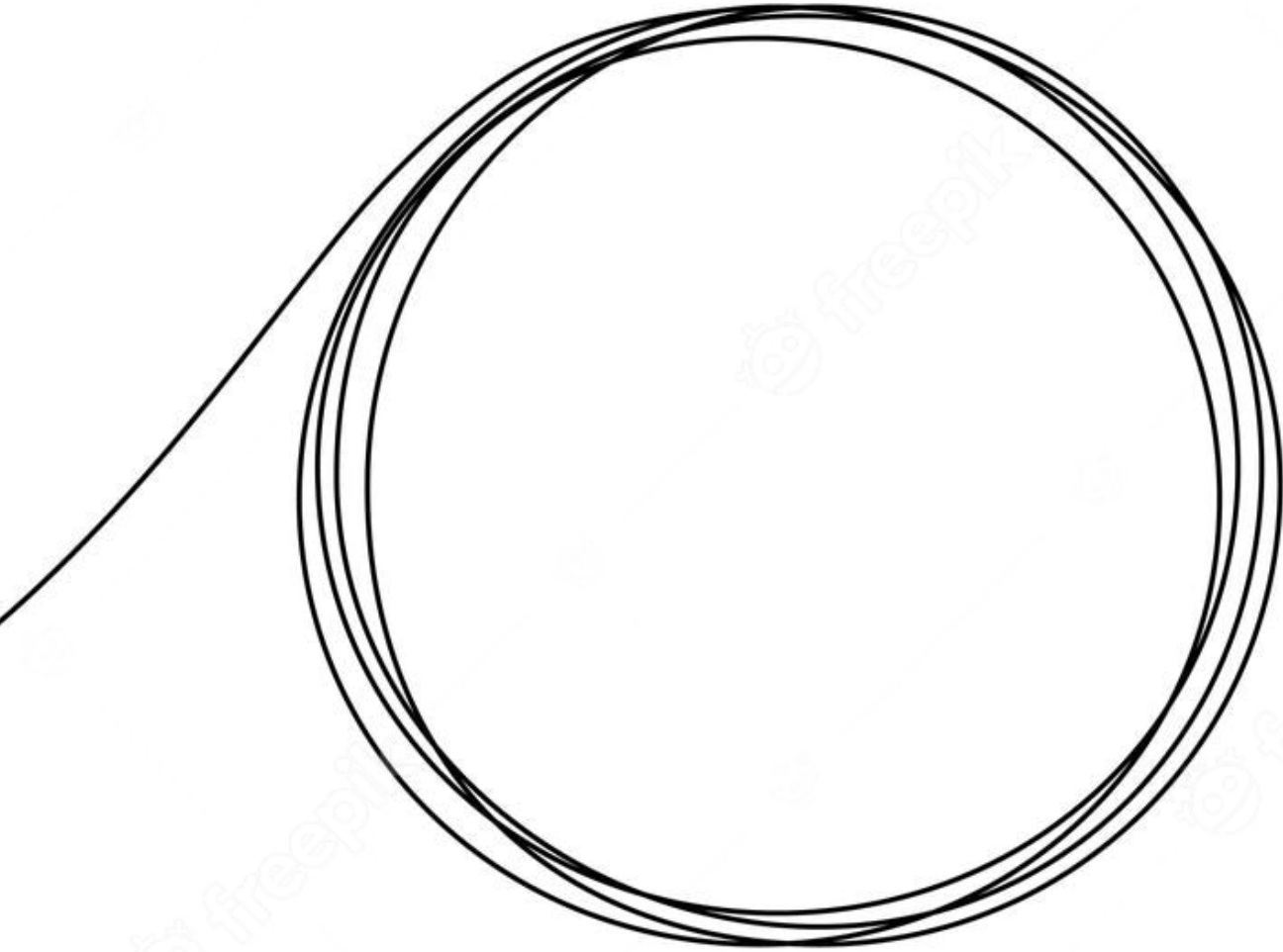
2023







# Mental Health & Rehabilitation 2023





## Table of Contents

<b>Forward</b>	<b>8</b>
Psychological Health: A Path to Self-Realization	8
<b>I- Introduction</b>	<b>10</b>
Mental Health in Prisons and Drugs Dependency Rehabilitation Centers	10
A. Association Justice and Mercy (AJEM)	10
B. Vision, mission and core values	10
C. Services	11
D. Key Populations	12
<b>II- Psychopathy from the neuroscience's perspectives</b>	<b>13</b>
A. The Neuroscience of behavior	13
B. Brain and Behavior	13
C. Neurophysiology of behavior	14
D. Psychopathy	15
E. Neurobiology of psychopathy:	15
F. Neurological findings in psychopathy:	16
G. Neurophysiology of psychopathy:	17
H. Neuropsychology of psychopathy	18
I. Psychopathy and Addiction	18
J. References	19
<b>III- Why a person become psychopath?</b>	<b>20</b>
<b>A psychodynamic approach</b>	<b>20</b>
A. Personality from a psychodynamic perspective	20
B. Freud's Theory	20
C. Object relations theory	21
D. Difference between Sociopath and Psychopath	22
E. Narcissistic personality organization	22
F. Malignant Narcissism	23
G. Etiology	23
H. Antisocial Personality Disorder and Drug Use	24
I. Psychodynamic prognosis and treatment	24
<b>IV- MENTAL HEALTH IN ROUMIEH PRISON AND DETENION CENTERS: FACTS, CHALLENGES AND EXPECTATIONS</b>	<b>26</b>
A. Definition of mental health and its risk factors	26
B. Prison specificity	26
C. Analysis of the reality of the mental health in Roumieh prison and detention centers	27

## **V- MENTAL HEALTH AT AJEM RABIEH CENTER (SHELTER) TARGETING EX-PRISONERS RESIDENTS AND OST PATIENTS 29**

## **VI- Human Values Behind Bars: A Different Perspective 32**

A- A Historical Overview of the Origins of Prisons Worldwide	32
B- The Penitentiary System: Rehabilitation or Punishment	32
C- Addiction: Definition and Correction	36
D- Concept of Human Values	38
E- Human Values Behind Bars	39
F- Recommendations:	43
G. Sources	44
H. References	45





## Forward

### Psychological Health: A Path to Self-Realization

**Our association celebrates this year the twenty-fifth anniversary of its establishment.** Twenty-five years of struggle to solidify human rights and preserve human dignity. Twenty-five years in a volunteer journey that accompanied the deprived of their freedom in Lebanese prisons, those held captive by drugs who chose recovery through treatment and rehabilitation (especially psychological), marginalized individuals, and those working in the field of sustainable development and its domains, all striving to achieve it through our diverse programs and projects.

There's no doubt that the association's mission and goals are challenging tasks in these difficult times because they require **continuous effort, vigilant care, relentless support, and active engagement with laws and proposals issued by official international bodies**, all aimed at upholding human dignity, our primary and goal in our voluntary work.

**"The only true prison is fear, and the only true freedom is liberation from fear. The harshest prison of all is the prison of the mind, and life can be lost in that prison..."** All these facts have been experienced by the association through direct engagement with the imprisoned individuals suffering from mental disorders. Therefore, a psychological department has been dedicated to addressing the mental health of prisoners through assessment, psychological follow-up for prisoners, inmates of the association's shelter, individuals undergoing "alternative opioid treatment" at the shelter-reception house, providing individual and group interventions as needed, offering consultation to inmates of prisons and detention centers, and enhancing psychological education about mental health and psychological issues.

**This workshop underscores the importance of psychological health and its role in the recovery, rehabilitation, and integration process for those we accompany and monitor.** Some may bet on escaping crises and difficulties by retreating, isolating, yielding, avoiding confrontation, surrendering to imagination, and resorting to drugs. Such surrender to drugs and addiction can lead to foolishness and various types of crimes.

**Drug addicts are considered mentally ill. Nevertheless, society views them negatively and categorizes them as criminals.** Therefore, the mentally ill, whether addicted to drugs or engaged in criminal acts, have the right to receive healthcare, treatment, prevention, follow-up, and rehabilitation, with the aim



**Fr. Dr. Najib Baaklini:**  
*President of the Association*

*Dr. Father Najib Baaklini holds a degree in systematic theology and a doctorate in pastoral theology. He has worked in the field of education and administration, managing schools and the Antonine University as Vice President, Financial Director, and Administrator, as well as being the director of the university's branch in Zahle. In the realm of civil society activism, he served as the Vice President of the Justice and Mercy Association and currently serves as its President. He has advocated for human rights, supporting the causes of marginalized individuals, those deprived of freedom, and drug addicts through treatment, rehabilitation, and social integration. He has authored several books on theology, marriage, family, and human rights.*



of reintegrating them into society.

Today, more than ever, especially in these difficult times, **we need to rely on knowledge and reason to face the “miserable” situation in our country with strength, cooperation, and solidarity.** This requires continuous psychological support that can lead to positive outcomes if we adhere to scientific and practical guidance.

Based on our experience in the rehabilitation field, whether with prison inmates or individuals undergoing drug addiction treatment, we emphasize the importance of raising and reinforcing ethics, values, fundamental principles, and respecting laws, regulations, and systems through direct and continuous communication with those who have decided to change their path and behavior.

This rehabilitation is aimed to promote a **spirit of cooperation, solidarity, and advocacy, helping to dissolve hatred, violence, corruption, crimes**, and more. Undoubtedly, solidifying human and ethical values will restore a healthy image to those who have been rehabilitated, despite the harsh and shameful reality regarding human rights and the decline in ethics and human relationships. Nonetheless, we continue our “mission” and rehabilitation process with patience and hope, aiming to preserve, to the best of our ability, the image of everyone as God intended, characterized by justice and mercy.

Through humanitarian efforts, and in collaboration with those with good intentions and strong will, we can change negative shallow thoughts, replacing expressions and actions to mend the accumulated disorder towards human rights and dignity, addressing social injustice. Additionally, this effort pushes towards the **elevation of humanity, healing wounds, and seeking inspiration from the spirit of God to the conscience and the life of humans, aligning its actions with God’s project and teachings.** We need “morale,” hope, and optimism to face “our world” through sacrifices and perseverance.

**“Our world” needs a  
“new dawn” built on  
hope, love, justice,  
and mercy.**

# I- Introduction

## Mental Health in Prisons and Drugs Dependency Rehabilitation Centers

by Dr, Lina Riachy, programs director

### A. Association Justice and Mercy (AJEM)

- AJEM is a Lebanese nonprofit organization founded in 1996 by Father Hadi El Ayya and a group of lawyers and social workers.
- It operates as a nonpolitical, nonsectarian, and nongovernmental organization (NGO).
- Intervention sectors include **Human Rights & Protection and Refugees Rehabilitation.**
- **AJEM primarily focuses on advocating for the rights of prisoners in Lebanon.**
- It is actively engaged in promoting human rights and combating torture and other forms of cruel, inhuman, and degrading treatment.
- AJEM engages in advocacy campaigns to garner support for the abolition of the death penalty.

### B. Vision, mission and core values

1. Our **vision** is to revolutionize the Lebanese penitentiary system, striving for a harmonious balance of justice and mercy.
1. Our **mission** is to diligently uphold the application of human rights principles in both law and practice, aiming to improve the circumstances of prisoners, their families, and other vulnerable populations at risk.
2. We deeply value and uphold the dignity of every individual.



- We are committed to understanding and safeguarding the rights of both ourselves and others.
- We actively foster research and transparency within the penitentiary system, promoting knowledge and openness as crucial pillars of progress.
- Justice and Mercy Association (AJEM) was established on January 14, 1998, through a collaboration between the Maronite Antonine Order and the Ministry of Interior

- and Municipalities. It is currently celebrating its 25th anniversary.
- AJEM has been actively involved in working within Lebanese prisons, including the renowned Roumieh Central Prison.
- The organization expanded its services to include providing OST (Opioid Substitution Therapy) service in its centers, aiming to address addiction and related issues.
- AJEM has opened a dedicated house to accommodate ex-prisoners who



lack a place to go after their release, offering them a safe and supportive environment.

- Additionally, AJEM has collaborated with families in Mount Lebanon by implementing a cultivating program. This initiative ensures that families are able to produce their own food from their land, promoting self-sufficiency and sustainability.

## C. Services

### Legal Department

1. Providing free legal consultations to prisoners.
2. Offering legal consultation services to prisoners' families.
3. Raising awareness about important legal topics and information concerning the issues relevant to the detainees' needs.
4. Handling legal cases for detainees without legal representation.

### • Social Department

1. Individual, family and group intervention.
2. Rebuilding connections with family, community, and society.
3. Facilitating the adaptation of the inmate in prison.
4. Follow up on the reintegration of the inmate back into society.
5. Evaluating the needs of the inmates and

providing necessities.

6. Organizing physical and academic education, music, and fun activities.
7. Detecting community emergencies and collaborating with ISF to resolve them.
8. Preventing external reality from becoming a spiritual prison.
9. Providing essential supplies when possible and vocational training.

### • Health Department

1. Providing the Opioid Substitution Treatment for drug users within a Harm Reduction program in cooperation with the Ministry of Health.
2. Providing free Voluntary Counselling Test (VCT) for HIV and Hepatitis C.
3. Availability of a medical and paramedical team to address the needs of prisoners.
4. Working with parents to ensure the continuity of healthcare (purchase of medications, medical consultation etc.)
5. Purchasing of medications as needed.
6. Ensuring continuity of healthcare and obtaining medications when possible
7. Coordination with ISF for promoting health and getting medication especially for HIV and Hepatitis C prisoners.

### • Psychological Department

1. Psychological assessment and special attention to prisoners' psychological well-being



2. Individual and group interventions.
3. Counselling and cases follow-up
4. Psychoeducation about mental health and psychological problems.
5. Collaboration with local and international partners
6. Ensuring psycho-social support, respect, and protection of rights for vulnerable groups.

- **Research & Advocacy**

- AJEM conducts research and collaborates with local and international partners to enhance human rights protection.
- The organization actively engages with activists and supporters from diverse backgrounds to work towards the common goal of safeguarding human rights.
- AJEM focuses on providing effective human rights protection, particularly for marginalized and vulnerable populations.
- The organization maintains partnerships with various stakeholders to ensure the highest standards of human rights advocacy and implementation.
- AJEM emphasizes the importance

of continuous cooperation and coordination with all types of stakeholders to achieve comprehensive human rights protection.

## D. Key Populations

The key populations AJEM targets are:

- Prisoners and detainees, their families,
- Syrian and other refugees,
- Asylum seekers,
- Victims of torture (VoTs),
- People with disabilities (PwDs),
- People with chronic diseases,
- Mental health patients,
- LGBTQI+,
- Substance users and ex-drug users
- Previous detainees,
- Life sentenced and condemned with death penalty.

### Videos

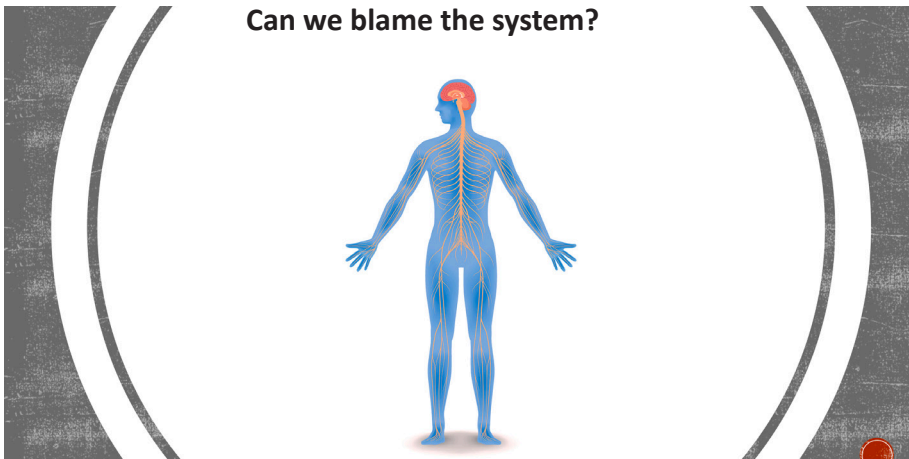
<https://youtu.be/C71c6-wUGDA>

<https://youtu.be/qMhAUm6u1xw>



## II- Psychopathy from the neuroscience's perspectives

### A. The Neuroscience of behavior



### B. Brain and Behavior

#### 1. The amygdala:

- important in moral judgment and own moral violations.

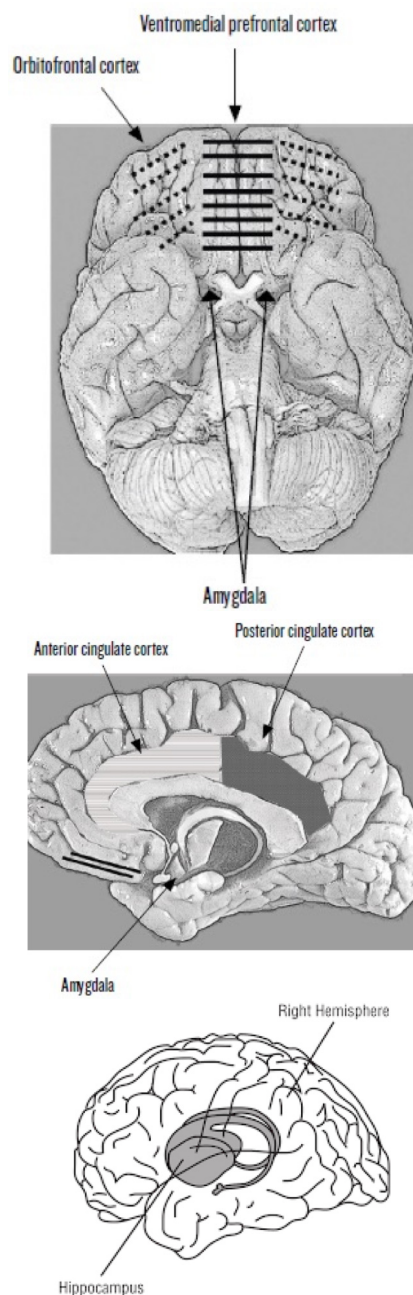
#### 2. The Orbitofrontal/ventromedial prefrontal cortex:

- involved in social behavior (e.g. understanding the emotional states of others and regulating one's own emotions).
- involved in processing reward and punishment information and inhibiting responses.
- responsible for decision-making, moral reasoning, and fear extinction.

#### 3. The "moral neural circuit":

##### a. The angular gyrus/posterior cingulate/medial prefrontal cortex:

- involved in the experience of guilt and embarrassment (motivate individuals to desist from future antisocial behaviors).
- involved in reasoning about



**Dr. Marc Barakat, PhD**  
**Clinical Neuropsychologist**

Dr. Mark Barkat holds a Ph.D. in Clinical Neuropsychology from the University of Montreal (2011) and a Ph.D. in Neuropsychology from the University of Toulouse (2004).

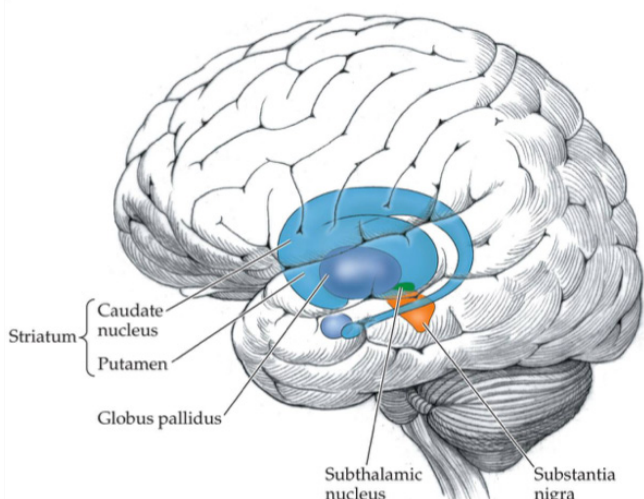
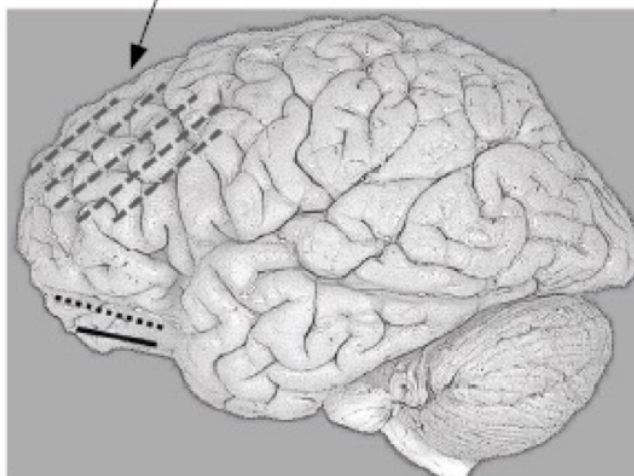
He is an Assistant Professor of Psychiatry at the American University of Beirut in its affiliated medical center, specializing in Clinical Neuropsychology, and is a member of the forensic psychiatry team.

Dr. Barkat has worked as a clinical neuropsychologist in a multidisciplinary private clinic in Canada and served as a clinical supervisor in the Clinical Neuropsychology Ph.D. program at the University of Montreal. He combines extensive clinical experience in assessing adults with various cognitive and psychological disorders.

social contracts (important to moral decision making and to moral judgment).

- b. The anterior cingulate cortex:
  - involved in emotion processing and self-regulation, including empathy-related functions.
  - involved in learning and memory.
- c. The hippocampus:
  - important in the retrieval of emotional memories and involved in fear conditioning.
- d. The dorsolateral prefrontal cortex:
  - involved in executive processes (e.g. planning, organization, flexibility, etc).
  - dysfunction in the dorsolateral prefrontal cortex --> failure to consider alternative strategies to resolve conflict.
- e. The striatum:
  - linked to reward seeking and impulsivity.

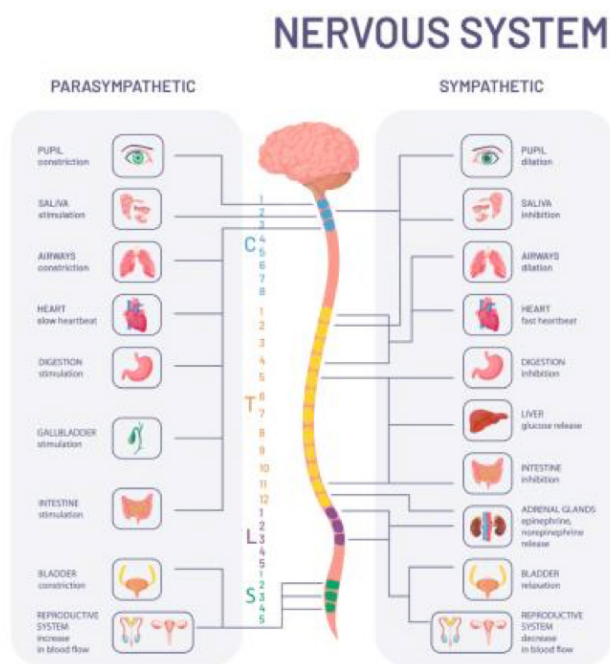
Dorsolateral prefrontal cortex



## C. Neurophysiology of behavior

### 1. The autonomic nervous system (ANS)

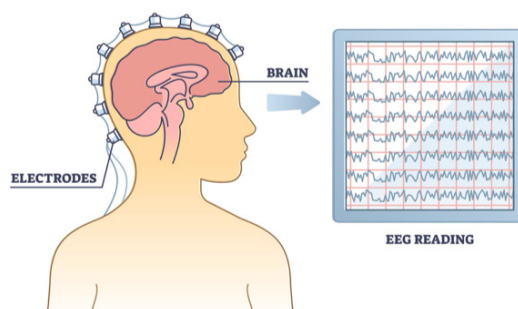
- serves as a link between the central nervous system (i.e., brain and spinal cord) and the internal organs (e.g., heart, lungs, salivary glands).
- consists of three parts:
  - the sympathetic nervous system (SNS)
  - the parasympathetic nervous system (PNS)
  - the enteric nervous system (ENS).



**SNS primary role:** engage the fight-or-flight response to manage a situation by increasing the blood supply to the brain, heart and muscles. The most frequent measures of SNS activity are skin conductance (i.e. electrodermal response and galvanic skin response).

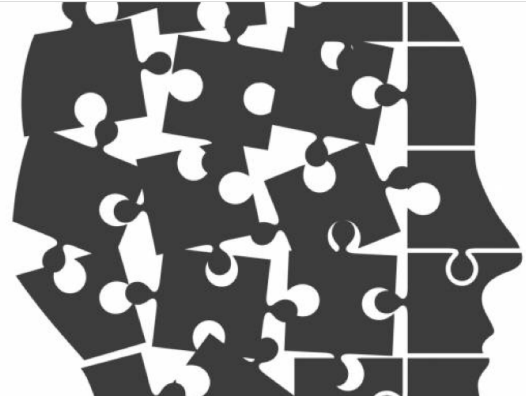
**PNS primary role:** responsible for the “rest-and-digest” stage.

### ELECTROENCEPHALOGRAPHY



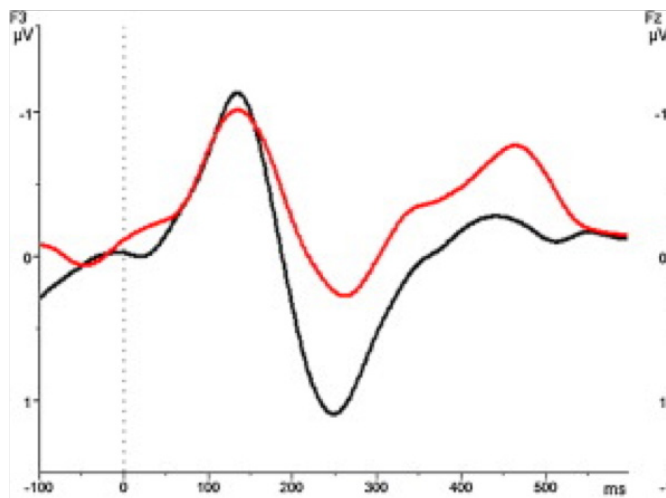
## 2. Electroencephalogram and Event-Related Potentials

- EEG data are divided into different bands based on the frequency components of the EEG wave pattern (i.e. slow-wave frequencies (below 3 Hz) to high-frequency activity (above 15 Hz)) --> Increasing frequency is associated with increased arousal.
- Most frequently studied ERP components are the P300 (elicited in the process of decision making), the N300 (response to incongruent stimuli), and the Event-Related Negativity (ERN = observed after errors are committed during various choice tasks).



of the amygdala at the center of psychopathy.

- Kiehl's (2006) paralimbic dysfunction model suggests psychopathy is related to a wider distribution of abnormalities and hypo-functioning in the brain (e.g., amygdala, insula, orbital frontal cortex, ventral striatum, anterior and posterior cingulate, superior temporal cortex and the hippocampus).



## D. Psychopathy

- Extreme form of antisocial behavior.
- Characterized by specific emotional, interpersonal and lifestyle traits.
- About 1% prevalence in the general population, and 10–30% among incarcerated criminal offenders
- To better understand this disorder, we need to specify:
  - its clinical description
  - the associated functional impairments
  - the neural systems that mediate these functions.

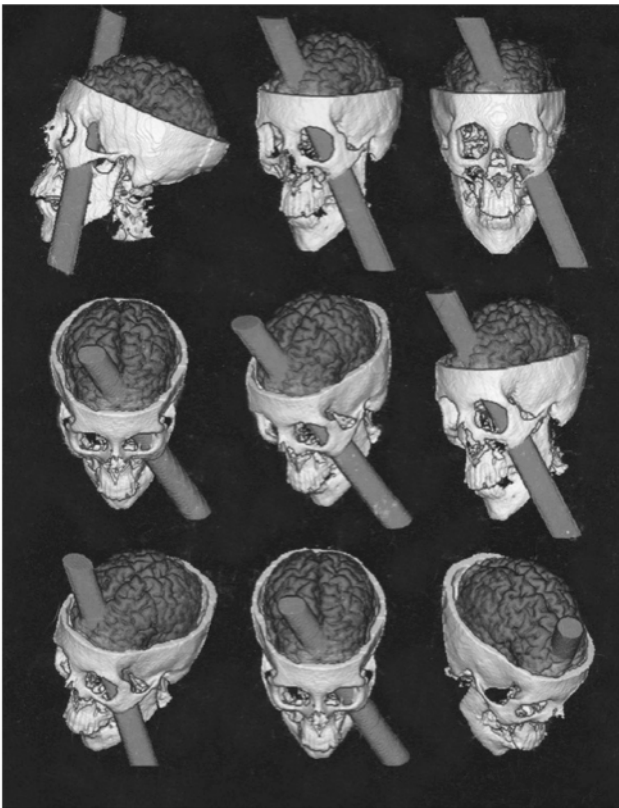
## Neurobiological models of psychopathy

- 2 different neurobiological models of psychopathy: both models suggest psychopathy is associated with dysfunction in the limbic system.
  - Blair's (2013) integrated emotion system (IES) model places dysfunction

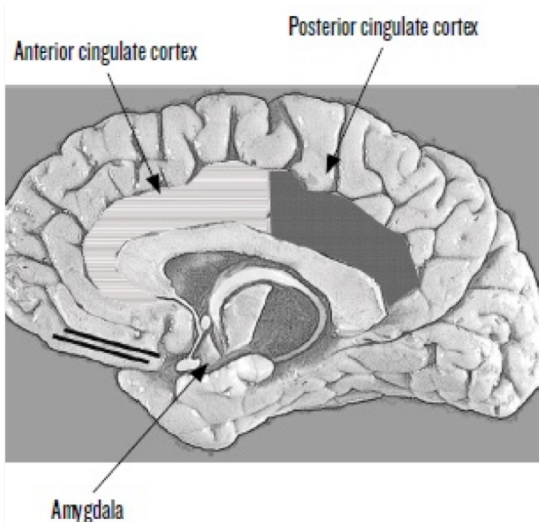
## E. Neurobiology of psychopathy: the origins

- Based on observations from patients with impairments in specific brain regions and subsequent psychopathic-like traits or behaviors.
  - e.g. patients with damage to the ventromedial region of the prefrontal cortex demonstrate symptoms that most closely resemble psychopathic traits, like impulsivity, a disregard for irresponsibility, and reactive aggression (= "acquired sociopathy").
  - ps: most psychopathic individuals do not demonstrate significant brain damage that would be visible to the naked eye on a brain scan.





- Phineas Gage: in 1848, this railway construction worker suffered severe damage to the ventromedial region of the prefrontal cortex (PFC) after an accidental explosion in which an iron bar was blown through his head.
- Before the injury, Gage was described as a responsible, intelligent, and courteous man.
- After the injury, he was described as irreverent and capricious. He became irresponsible and untrustworthy, demonstrating poor decision making and inappropriate social behavior.
- Despite these radical changes, he did not appear to have impairments in intelligence, movement, speech, memory, or learning.



- Patients with damage to the amygdala, also demonstrate some of the same characteristics that are observed in psychopaths: they have a lower sense of “danger” and seem dispassionate when recounting highly emotional or traumatic life experiences. They also appear to be less fearful.

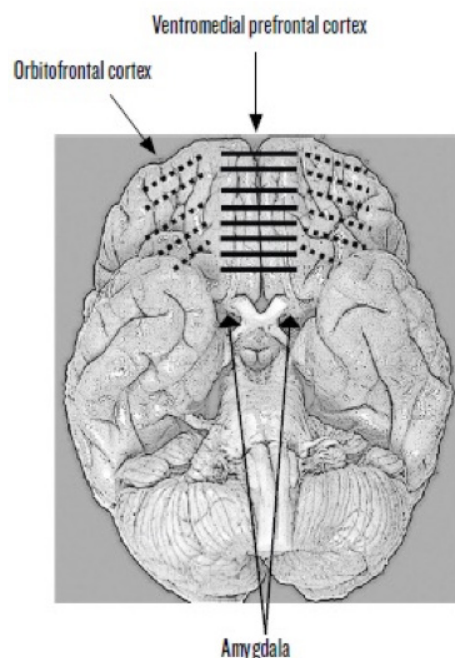
## F. Neurological findings in psychopathy:

### 1. The amygdala:

- Reduced volume of the amygdala has been reported.
- In several fMRI studies, reduced activity in the amygdala has been associated with psychopathy during the processing of emotional stimuli, during fear conditioning, during a socially interactive game, and during an affect recognition task, during moral decision making about emotional moral dilemmas.

### 2. The Orbitofrontal/ventromedial prefrontal cortex

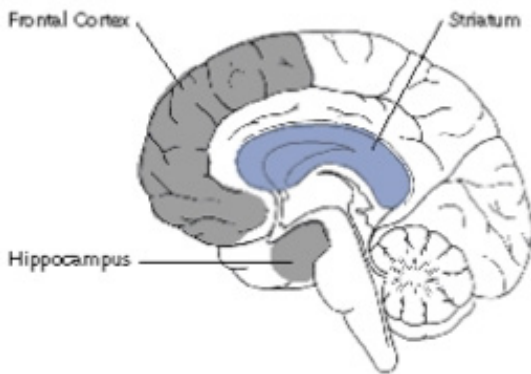
- Smaller volume of gray matter in the prefrontal cortex (reduced by 22%) and thinner gray matter.
- VBM studies showed gray matter reductions in the orbitofrontal cortex.
- Functional imaging studies found that psychopathy is associated with reduced activity in the orbitofrontal cortex, the ventrolateral prefrontal cortex and the ventromedial prefrontal cortex during both cognitive and emotional tasks.





### 3. Moral neural network:

- The angular gyrus/posterior cingulate / medial prefrontal cortex
  - posterior cingulate: cortical thinning.
  - medial prefrontal cortex: reduced gray matter volume.
  - functional imaging: reduced activity in the posterior cingulate and angular gyrus, in addition to the orbitofrontal cortex and the amygdala.
- Anterior cingulate: MRI showed reduced activity in the anterior cingulate region.
- Hippocampus: reduced volume in the posterior section of the hippocampus; exaggerated anterior hippocampal volume asymmetry (right > left); reduced functioning during emotional processing.
- Dorsolateral prefrontal cortex: VBM studies found reductions in the gray matter of the dorsolateral prefrontal cortex. However, several functional imaging studies of psychopathy have observed increased activation in this region during tasks that involve emotional processing.
- Striatum: a study found a 9% increase in the volume of the striatum.

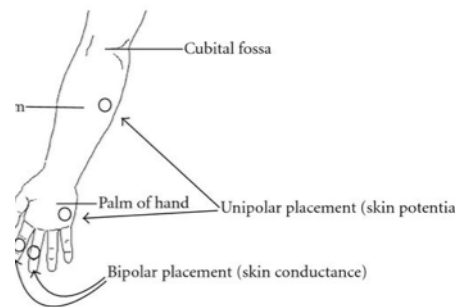


to show an increase in heart rate when viewing unpleasant, pleasant, or neutral pictures.

- More recent evidence suggests that individuals with psychopathic traits may have lower heart rate reactivity in response to affective stimuli.

### 2. Skin conductance:

- Psychopathy is significantly associated with lower resting electrodermal activity, fewer skin conductance fluctuations, or spontaneous changes in skin conductance.
- Psychopathic individuals have reduced skin conductance responses and skin conductance hyporesponsivity during anticipation of aversive stimuli.



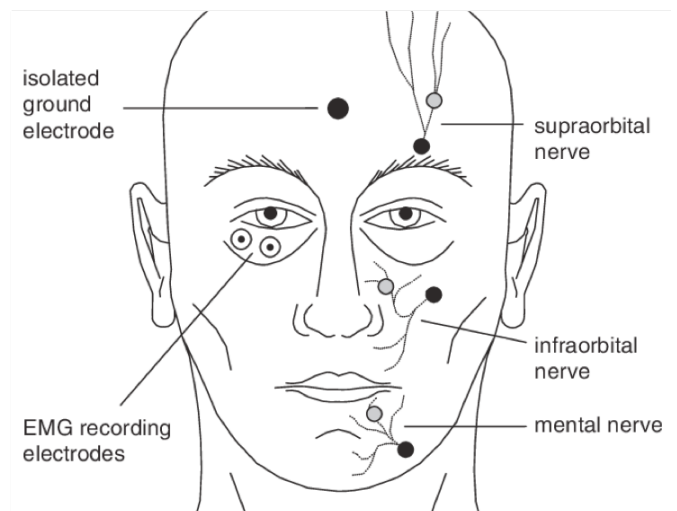
### 3. Startle Blink Reflex:

- The startle reflex is the automatic jump reaction people show when they suddenly hear a loud noise or feel an unexpected touch. This response is enhanced by exposure to threatening or anxiety-provoking stimuli
- Individuals with psychopathic traits do not show enhancement of the startle reflex in response to negative visual stimuli.

## G. Neurophysiology of psychopathy:

### 1. Heart rate:

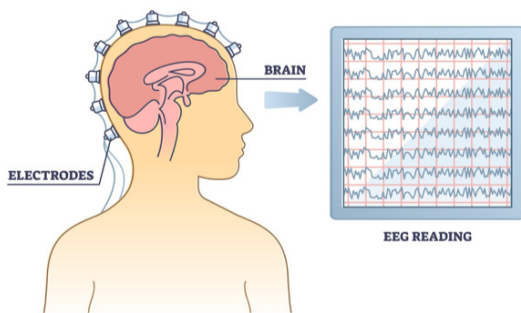
- Unlike controls and nonpsychopathic murderers, psychopathic murderers fail



#### 4. Electroencephalogram and Event-Related Negativity:

- Numerous studies have identified altered EEG abnormalities in violent offenders (i.e. slow-wave abnormalities reflecting underarousal within frontal and temporal regions).
- ERN: psychopathic individuals have difficulty adjusting their behavior in response to punishment and reward. They may be less able to monitor the results of their actions, leading to a failure to learn from experience, impulsivity, and poor decision making.

### ELECTROENCEPHALOGRAPHY



similarly to patients with damage to the ventromedial PFC on several neuropsychological tasks:

- e.g. 1: risk taking: the Iowa Gambling Task. Patients with damage to the ventromedial PFC or with psychopathic traits demonstrate deficits on the task.
- e.g. 2: moral judgment: Trolley problem.

#### 3. Dorsolateral PFC:

- There is some evidence that psychopathy is associated with deficits in executive skills (e.g. the WCST).

### I. Psychopathy and Addiction

- Definition: addiction is a “treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.” (American Society of Addiction Medicine).

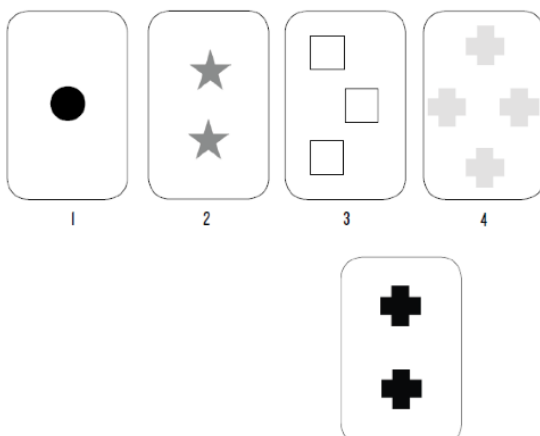
### H. Neuropsychology of psychopathy

#### 1. Amygdala:

- On several cognitive tasks, individuals with psychopathic traits demonstrate deficits that are similar to those observed in patients with damage to the amygdala (e.g. deficits in the recognition of fearful facial expressions, deficits in the ability to recognize fear in auditory cues).

#### 2. Ventromedial PFC:

- Individuals with psychopathy perform



- Substance abuse and psychopathy are two conditions strongly linked to criminal activity.
- The use of alcohol and drugs greatly increases the likelihood of psychopathic individuals engaging in serious and/or violent criminal activity.
- The best predictor of violence is psychopathic traits in conjunction with alcohol and/or drug abuse.
- Relative to non-psychopathic offenders, psychopaths are more likely to

have a diagnosis of drug abuse or dependence and are more likely to have a polysubstance diagnosis.

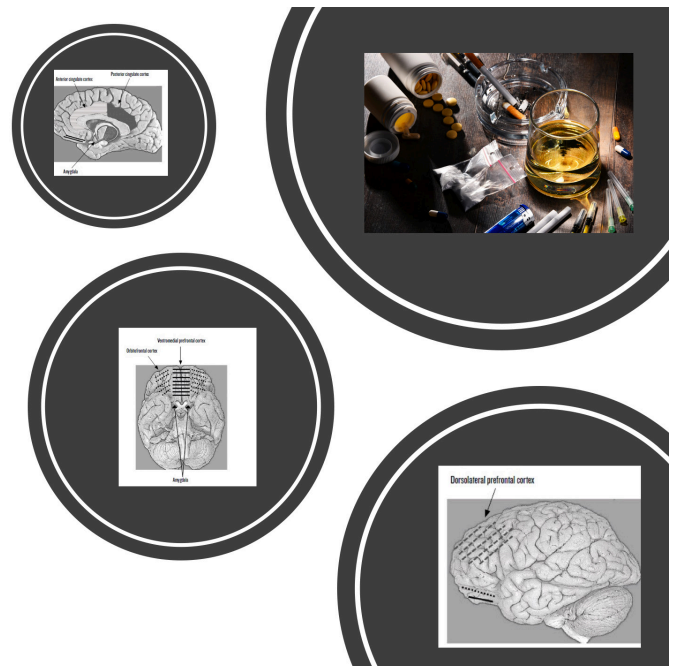
- Studies indicate that individuals with psychopathy start using substances at an earlier age.
- Clinical observation suggests that psychopaths are less likely to experience symptoms such as withdrawal and craving when access to drugs is externally limited (e.g., during incarceration).

- Cue-elicited craving paradigms have identified several cortical and subcortical brain regions related to addiction :

- anterior cingulate
- posterior cingulate
- orbitofrontal cortex
- insula
- ventral and dorsal striatum
- thalamus
- amygdala



**CAN WE  
BLAME THE  
SYSTEM?**



## J. References

- Neurobiological roots of psychopathy, Jari Tiihonen et al.(2019)
- Understanding Psychopathy: The Biopsychosocial Perspective, Nicholas D. Thomson (2019)
- Neuropsychology and the Criminal Responsibility of Psychopaths: Reconsidering the Evidence, Marko Jurjako, Luca Malatesti (2017)
- The myth of the born criminal: Psychopathy, Neurobiology, and the Creation of the Modern Degenerate, Jarkko Jalava, Stephanie Griffiths, and Michael Maraun (2015)
- Psychopathy : an introduction to biological findings and their implications, Andrea L. Glenn and Adrian Raine (2014)
- Psychopathy: cognitive and neural dysfunction, James R. Blair (2013)
- The Neurobiology of Psychopathy: A Neurodevelopmental Perspective, Yu Gao et al. (2009)

### III- Why a person become psychopath? A psychodynamic approach

#### A. Personality from a psychodynamic perspective

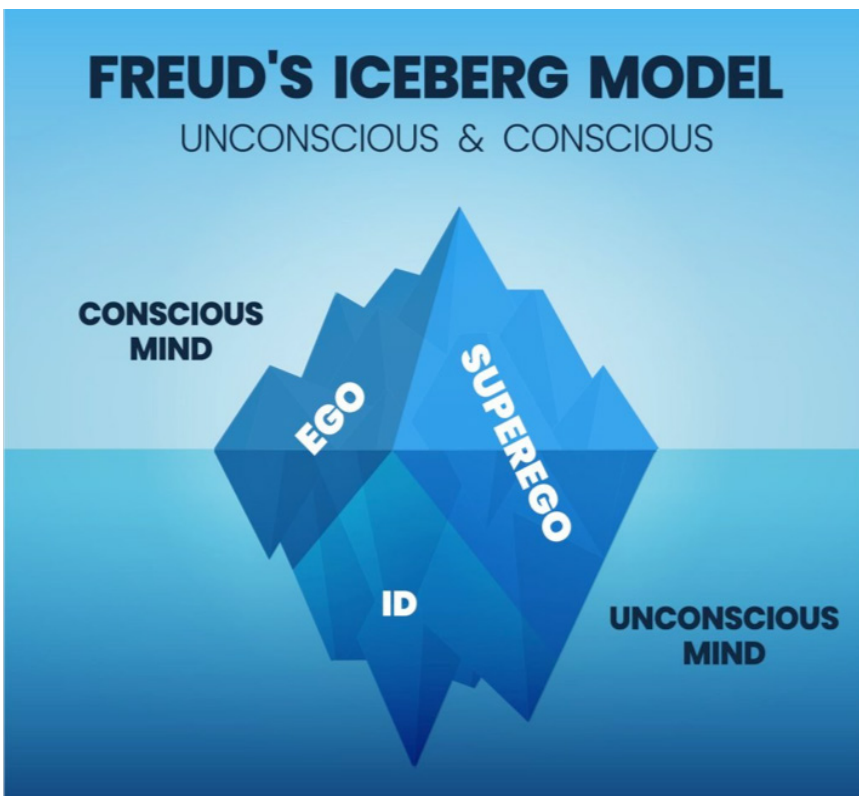
To understand personality organization, we describe the major personality structures (combinations of functions that group together at the biological or psychological level):

- Temperament
- Character
- Identity
- Ethical values
- Intelligence/Cognition



#### B. Freud's Theory

Freud's Iceberg Model



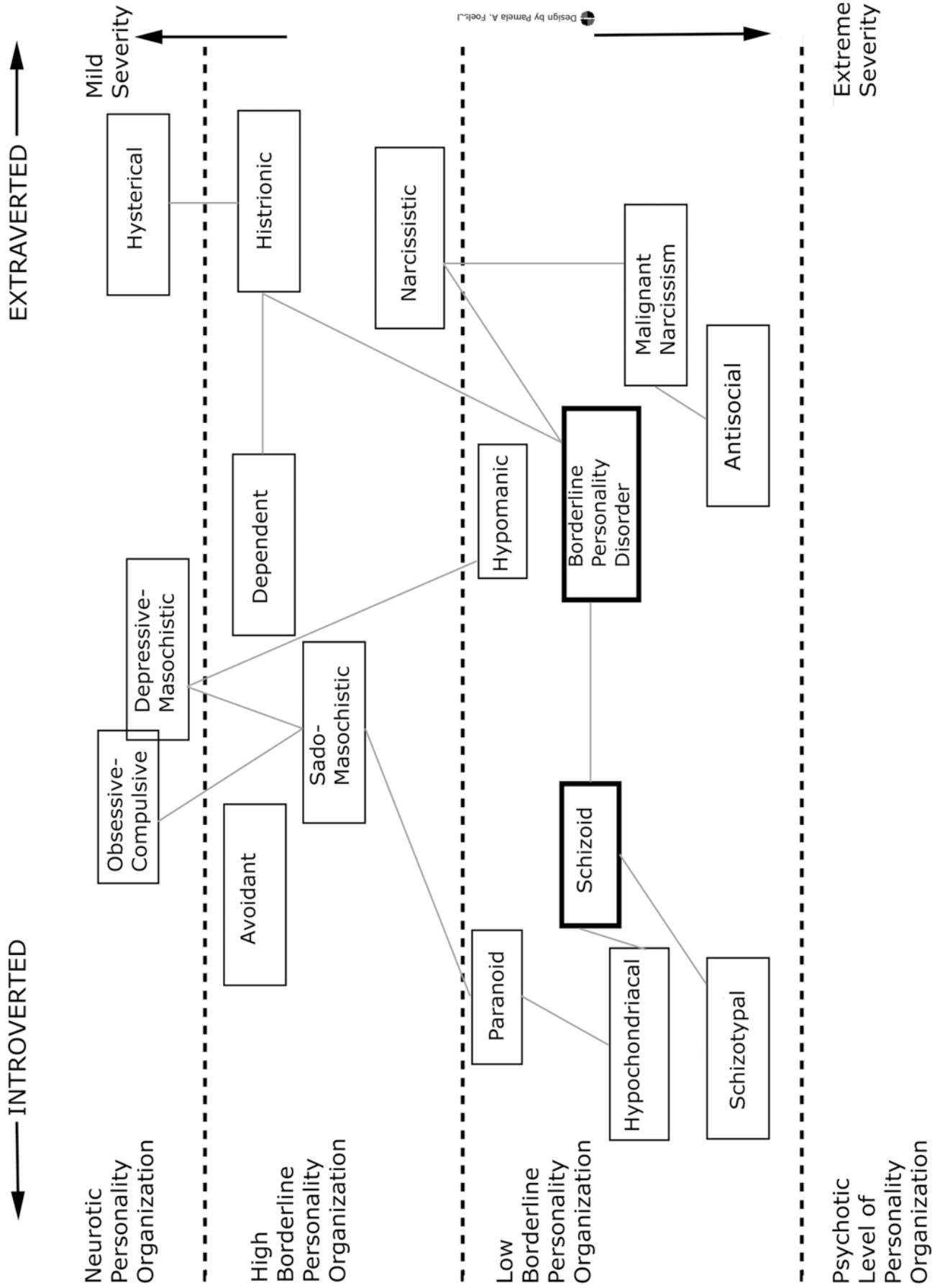
**Dr Elie Abou Chacra**

*Dr. Elie Abou Chacra is a clinical psychologist and psychodynamic psychotherapist.*

*He holds a Ph.D. in Clinical Psychology and Psychopathology and specializes in personality disorders and analytical neuropsychology.*

*He has published numerous studies and articles related to the assessment of mental functions, sexual inclinations, and the effectiveness of psychotherapy.*

### C. Object relations theory



## D. Difference between Sociopath and Psychopath

### Sociopathy:

Sociopathy is often viewed as a pattern of antisocial behavior that arises from a combination of environmental and social factors. Individuals with sociopathic traits tend to exhibit:

- **Superficial charm:** Sociopaths are often skilled at manipulating others and may present themselves in an engaging and charismatic manner.
- **Lack of empathy:** They have difficulty understanding or experiencing emotions like guilt, remorse, or empathy for others. They may show a disregard for the rights and feelings of others.
- **Impulsivity:** Sociopaths tend to act on their impulses without considering the potential consequences. They may engage in risky or irresponsible behavior.
- **Unstable lifestyle:** They often lead a chaotic and erratic lifestyle, with difficulties in maintaining stable relationships or employment.

### Psychopathy:

Psychopathy is typically seen as a more severe and ingrained personality disorder characterized by a specific set of personality traits and behavioral patterns. Some key features associated with psychopathy include:

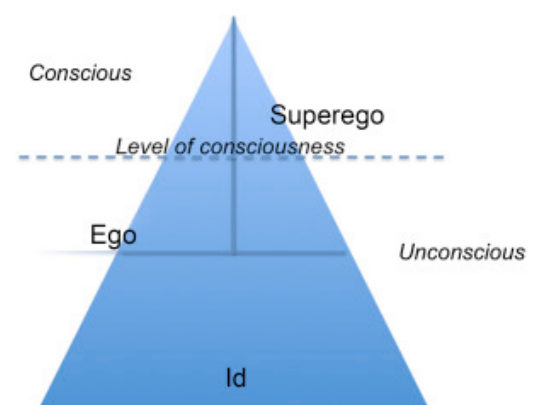
- **Lack of remorse:** Psychopaths display a profound lack of guilt or remorse for their actions, even when they harm others. They are generally indifferent to the feelings of others.
- **Shallow affect:** Psychopaths may exhibit a superficial or emotionally shallow demeanor. They can maintain a calm and cool demeanor even in stressful or emotionally charged situations.
- **Grandiosity:** Psychopaths often have an inflated sense of self-worth and may display narcissistic traits. They may believe they are superior to others and entitled to special treatment.
- **Manipulative and deceptive behavior:** Psychopaths are skilled at manipulating others to serve their own needs and desires. They can be highly persuasive and adept at gaining the trust of others for personal gain.

## E. Narcissistic personality organization

- **Identity Diffusion:**
  - fragmented or unstable sense of self, leading to difficulties in establishing a cohesive and stable identity.
  - an excessive reliance on external validation and a fragile self-esteem.
- **Grandiosity and Idealization:**
  - grandiose and inflated self-perceptions.
  - exaggerated sense of their own importance
  - require constant admiration and attention.
  - engage in idealization of themselves and others, often leading to disappointment and feelings of emptiness.

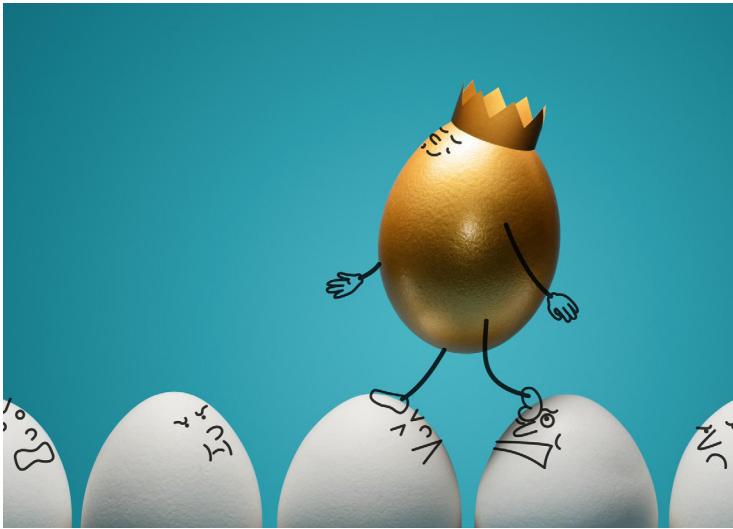
- **Lack of Empathy and Object Relations:**

- significant impairments in their capacity for empathy.
- treat others as mere extensions of themselves.
- their relationships are characterized by exploitation, manipulation, and a lack of



true intimacy.

- **Splitting:**
  - Splitting involves the tendency to perceive oneself and others in extreme terms of all good or all bad. This black-and-white thinking leads to unstable relationships and an inability to integrate conflicting aspects of self and others.
- **Primitive Defense Mechanisms:**
  - including denial, projection, and devaluation,
  - serve to protect the individual's fragile self-esteem and ward off feelings of vulnerability.



## F. Malignant Narcissism

### Pathological Narcissism:

- Extreme manifestation of narcissistic personality disorder characterized by a pervasive pattern of grandiosity, entitlement, and a lack of empathy. Individuals with malignant narcissism exhibit an excessive need for admiration and a belief in their own superiority.

### Antisocial Traits:

- A disregard for the rights and well-being of others, a propensity for manipulation and exploitation, and a lack of remorse or guilt. These antisocial tendencies contribute to destructive and exploitative behavior patterns.

### Sadistic Tendencies:

- They derive pleasure from exerting power and control over others and may engage in behaviors that cause harm or suffering.
- This sadism reflects a deep-seated need for dominance and the reinforcement of

their grandiose self-image.

### Splitting and Dichotomous

- Extreme black-and-white thinking, perceiving themselves and others as either all good or all bad. This dichotomous thinking fuels their sense of superiority and justifies their mistreatment of others.

### Lack of Introspection and Accountability:

- Limited capacity for introspection and self-reflection.
- Difficulty recognizing their own flaws and taking responsibility for their actions. Instead, they often shift blame onto others or externalize their negative experiences.

### Narcissistic Rages:

- Intense narcissistic rages when their grandiose self-image is threatened or when they experience narcissistic injury.
- These rages can manifest as explosive anger, vindictiveness, and a desire for revenge.

## G. Etiology

### Genetic and Biological Factors: (Temper)

- Genetic predisposition to ASPD.
- Certain genetic variations and abnormalities may contribute to impulsivity, aggression, and a reduced ability to experience empathy.

### Deficits in Object Relations:

- Object relations refer to how individuals relate to and perceive others.
- Early disruptions in their object relations, leading to difficulties in forming healthy

attachments and empathic connections with others.

- This deficit in object relations contributes to a lack of concern for others' rights and an exploitative interpersonal style.

#### Early Childhood Experiences:

- Traumatic or neglectful experiences, such as inconsistent parenting, excessive indulgence or deprivation, and disrupted attachment relationships.
- dysfunctional families: neglect, abuse, inconsistent discipline, and disrupted attachments.
- Lack of positive role models and the absence of nurturing relationships can contribute to the development of impaired empathy and a disregard for societal norms.

#### Parental Narcissism:

- Parents who display narcissistic tendencies, they may internalize these patterns and develop their own grandiose self-concept, entitlement, and lack of empathy.

#### Lack of Empathic Mirroring:

- Empathic mirroring involves caregivers attuning to the child's emotional needs, validating their experiences, and helping them develop a realistic and integrated sense of self. Without this mirroring, individuals may develop a distorted and exaggerated self-image.

#### Failed Integration of Aggression:

- When children are unable to develop healthy outlets for their aggression or receive guidance in managing their anger, they may resort to destructive and sadistic behaviors as they grow older.

ASPD may turn to drugs as a form of self-medication to alleviate symptoms such as impulsivity, boredom, and emotional dysregulation.

- **Sensation-Seeking:** ASPD is often characterized by high levels of sensation-seeking behavior. Drug use can provide excitement, novelty, and a sense of risk, appealing to individuals with ASPD who seek intense experiences.
- **Peer Influence and Socialization:** Antisocial individuals often associate with peers who engage in drug use, contributing to their own substance abuse patterns through social influence and reinforcement.
- **Impulsivity and Poor Decision-Making:** The impulsive nature of ASPD can lead to impulsive drug use, as individuals with the disorder may have difficulty considering the long-term consequences of their actions.

## I. Psychodynamic prognosis and treatment

- **Poor Prognosis:** ASPD is often considered difficult to treat due to its enduring patterns of maladaptive behavior, limited insight, and resistance to change.
- **Lack of Motivation for Change:** Individuals with ASPD may not perceive their behaviors as problematic and may lack the intrinsic motivation to engage in therapy or modify their conduct.
- **Challenges in the Therapeutic Relationship:** The therapeutic relationship can be challenging, as individuals with ASPD may manipulate, exploit, or engage in power struggles with the therapist. Transference and countertransference dynamics need to be carefully addressed.
- **Exploration of Early Childhood Experiences:** Psychoanalytic therapy may involve exploring the individual's early childhood experiences, including

## H. Antisocial Personality Disorder and Drug Use

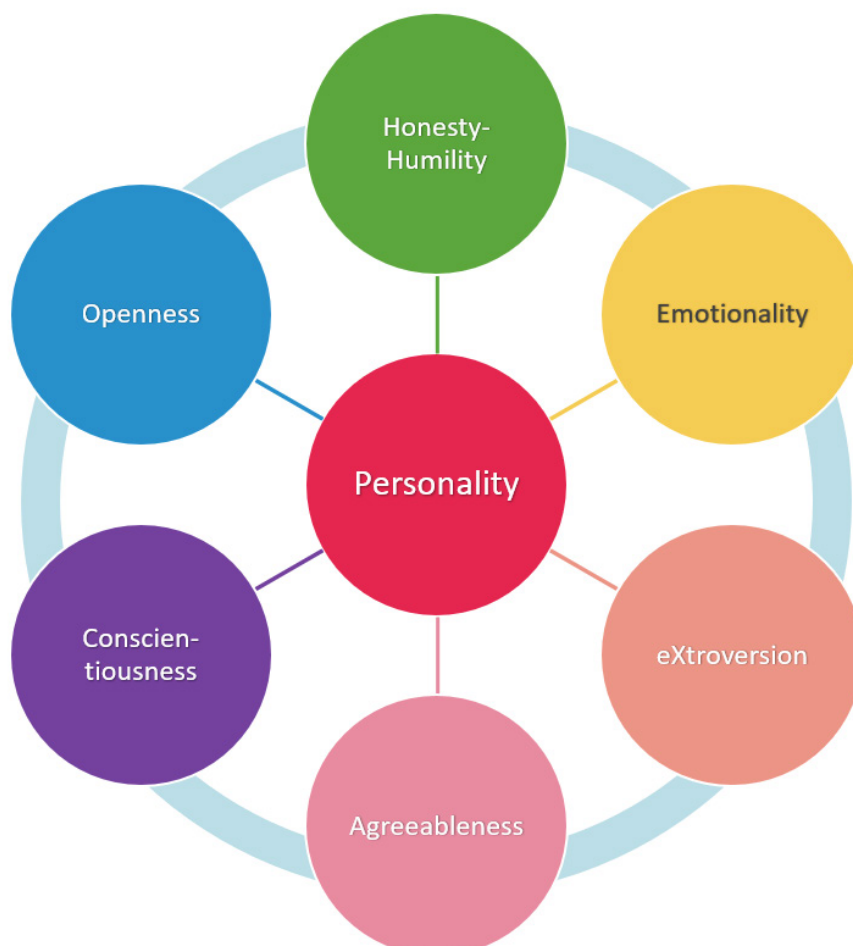
- There is a strong association between ASPD and drug use, with individuals with ASPD being at a higher risk of engaging in substance abuse.
- **Self-Medication:** Individuals with



disruptions in attachment, trauma, and adverse environments, to gain insight into the development of ASPD.

- **Defense Mechanism Awareness:** Building awareness of the defense mechanisms employed by individuals with ASPD, such as denial, projection, and splitting, can be crucial for understanding their behavior and fostering change.
- **Capacity for Empathy:** Psychoanalytical interventions can focus on developing or enhancing empathy in individuals with ASPD. This can involve exploring and working through early traumas or disruptions that may have hindered the development of empathic capacities.
- **Integration of Aggression:** Addressing the individual's aggression and working towards healthier channels of expression can be a key area of focus. This may involve exploring underlying anger, identifying triggers, and developing alternative coping mechanisms.

- **Object Relations and Attachment:** Exploring and healing disruptions in object relations and attachment can provide a foundation for healthier interpersonal relationships. This may involve addressing early relational patterns and facilitating the development of more secure attachments.
- **Insight Development:** Encouraging insight into the impact of ASPD behaviors on oneself and others can be a therapeutic goal. This can involve exploring the origins of maladaptive patterns and their consequences, fostering self-reflection, and promoting accountability.
- **Long-Term Treatment:** Given the chronic and pervasive nature of ASPD, long-term psychoanalytic treatment may be necessary to achieve significant change. Continued support, monitoring, and intervention can help individuals with ASPD manage their symptoms and maintain progress.



## IV- MENTAL HEALTH IN ROUMIEH PRISON AND DETENTION CENTERS: FACTS, CHALLENGES AND EXPECTATIONS

The situation of mental health in the prison environment is described by several subtitles presented:

### A. Definition of mental health and its risk factors

The concept of mental health covers a very wide field which refers to a state of individual and collective balance and which allows people to maintain good health despite hardships and difficulties.

**Several factors affect mental health, including internal factors (genetics, biology, personality traits, and psychological dynamics), and external factors (social, environmental, and economic).**

This brings us back to thinking about the impact of prison as an external factor influencing the mental health of prisoners.

*Let's ask:*

**Does the prison environment affect mental health state?**

**And how?**



### B. Prison specificity

'Prison as a place has its specificity'.

The prison environment deprives the person of his freedom of action, his private space, and his own temporal rhythm.

This environment also leads to a change in the environment and daily activities and the person may feel invaded by the omnipresent gaze of other prisoners.

***The specificity of the prison environment therefore puts a risk to the mental health state of prisoners, by increasing their identity fragility.***



**Miss Krystel Bustrous**

*Miss Krystel Bustrous is a licensed clinical psychologist working at the Justice and Mercy Association and in her private clinic. She has experience in forensic evaluations and is a clinical psychologist and court-appointed psychological expert. She is certified in psych organic analysis therapy and specializes in group therapy, couples, and family therapy. Krystel has extensive experience working within prisons and detention centers to improve the mental health of inmates and participates in anti-torture programs.*



## C. Analysis of the reality of the mental health in Roumieh prison and detention centers

### 1. Facts about Roumieh prison and detention centres and its impact on mental health.

The facts of mental health in prisons and detention centers in Lebanon certainly involve difficulties and challenges, however, there are no statistics that assess the mental health of prisoners.

AJEM's experience in Roumieh prison and in the detention centers in Jdeideh, Baabda and Barbar Khazen, points to negative and positive elements in the prison environment:

- Negative elements that can affect mental health in Roumieh prison and detention centers are mostly: Lack of basic needs, overcrowding, lack of privacy, absence of spaces and trial delay.
- Positive elements that reduce the risk on mental health are mostly: Possibility of communication with loved ones, activities and presence of active NGO.

At the same time, the authorities can constitute a positive or negative element which affects the mental health of the detainees, this depends on their attitude established with the detainees. For example, detainees who have suffered physical or psychological torture during their arrest are affected in their mental health.

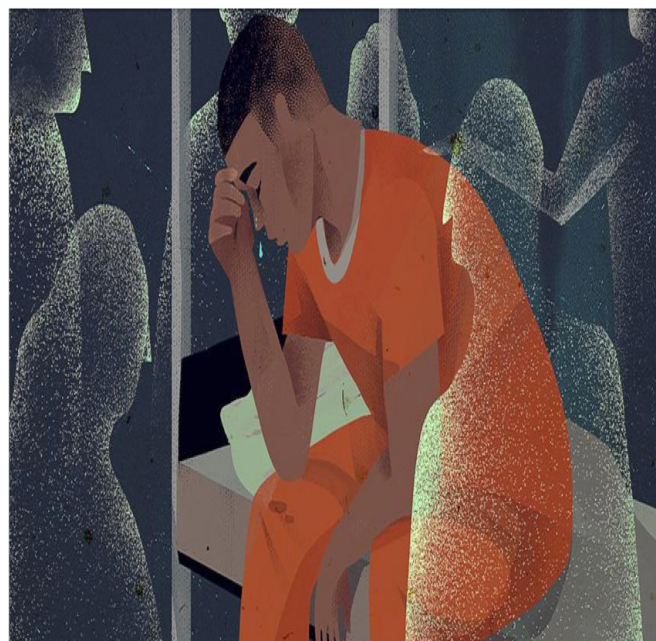
### 2. Psychological intervention:

#### a. Intervention

Psychological intervention with detainees often begins with psychological support which consists of active listening with the detainees.

Many inmates do not trust to share their complaints with other inmates and they look to psychological intervention in order to obtain a framework of trust and confidentiality, where they can share their concerns.

In addition, individual/group psychotherapy are provided which aims to work on psychic conflicts and improve the psychic state of prisoners.



#### b. Clinical symptoms

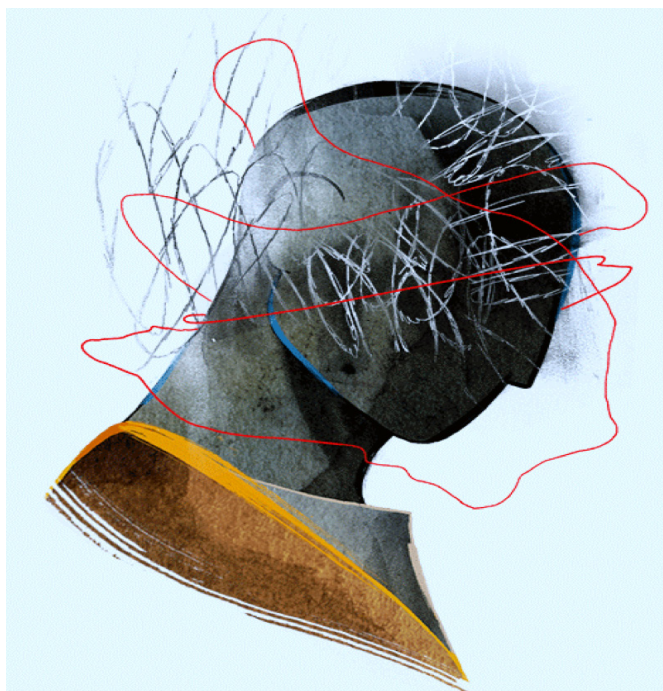
Various clinical symptoms are identified during our psychological intervention, the most common are:

- Anxiety
- Fear
- Disturbed sleep
- Disrupted eating
- Anguish
- Irritability
- Impulsiveness
- Self-mutilation
- Dark thoughts
- Psychosomatic pain

#### c. Conflicts

Various psychic conflicts and the difficulties are reported during our psychological interventions with inmates, such as: interpersonal difficulties with the other detainees, with their family, or with their partner, problems of acceptance of

their situation of incarceration, psychosomatic complaints, fear relapse, fear of repeat crime etc.



#### d. Challenges & Expectations

Mental health care in the prison environment brings many challenges, among them:

- Lack of a professional setting in which psychologists can carry out the interview in private, in detention centres, this fact constitutes a challenge and also limits the abilities of psychologists to carry out their work.
- Lack of awareness of the importance of mental health among inmates, which is an obstacle to the request or involvement of inmates in psychological intervention.
- Poor living conditions in the prison environment that the detainees face, often slow down the work of rehabilitation since the detainees focus on the difficulties and the poor conditions experienced in prison, shifting their daily complaints into the psychological session.

In parallel, AJEM seek awareness of mental health in prison and detention centers, through our psychologists who speak and explain during their interventions on the importance

of mental health.

Moreover, AJEM mainly requests an increase in the number of psychiatrists, psychologists and psychotherapists in prison, also the constitution of a psychological file that includes a psychological assessment for each inmate upon admission in the prison, as well as, the presence of control over psychiatric medications, also regulates the distribution of medications to beneficiaries inside the prison.



#### e. Impact

Despite the many challenges that AJEM psychologists encounter, the psychological department has been able to help many inmates to change their thinking, their behaviour, to find a meaning of their life and to put plans in order to rebuild their life after their release while we supporting them in this process.



## V- MENTAL HEALTH AT AJEM RABIEH CENTER (SHELTER) TARGETING EX-PRISONERS RESIDENTS AND OST PATIENTS

**The AJEM Rabieh shelter covers the psychiatric, psychological, and social needs of 15 in-shelter residents (its capacity is increased to 30) and 228 out-shelter beneficiaries.**

- Mental health is an important aspect of overall well-being, and it is especially relevant for individuals receiving opioid substitution treatment (OST). OST is a method of treatment for opioid addiction that involves replacing illicit opioids with medications such as methadone or buprenorphine to reduce withdrawal symptoms and cravings.
- The Lebanese Ministry of Public Health is responsible for regulating and overseeing OST services in the country.
- At AJEM shelter, opioid substitution treatment (OST) is available as a method of treatment for individuals with opioid addiction. OST involves the use of medications such as methadone or buprenorphine to replace illicit opioids, reducing withdrawal symptoms and cravings.
- Before initiating OST at our center, individuals undergo a comprehensive medical assessment comprising urine test to determine their eligibility and the appropriate dosage. Treatment plans are tailored to each person's unique circumstances and incorporate psychosocial interventions when needed.

**While OST can be highly effective in addressing the physical aspects of opioid addiction, it is crucial to also address the mental health needs of individuals receiving this treatment.**

The AJEM mental health department works on the following:

1. **Screening and Assessment:** Regular screening and assessment for mental health disorders to identify any underlying mental health issues and guide appropriate treatment interventions.
2. **Integrated Treatment:** Integrated treatment approaches that address both substance use disorders and mental health disorders concurrently have been shown to be highly effective. This involves a combination of medication-assisted



**Dr. Lina Riachy**

*Dr. Lina Riachy is a licensed clinical psychologist and music therapist, responsible for the psychological department at the Justice and Mercy Association. She is also a university professor and trainer.*

*Dr. Riachy holds a Ph.D. in Clinical Psychology and has a diploma in music and singing.*

*She has worked with children and adolescents in private clinics, social organizations, and schools. Her professional experience includes working with prisoners at Roumieh Prison in Lebanon, providing psychological support and music therapy sessions. She has also implemented a music therapy program at Justice and Mercy Association in Rabieh Shelter, offering psychological support and music therapy to residents of the shelter and beneficiaries of the opioid alternatives program.*

treatment for opioid addiction, counseling or therapy, and psychiatric support for mental health concerns.

3. **Counseling and Therapy:** Psychosocial interventions, such as counseling and therapy, and motivational interviewing are evidence-based approaches used at the center.
4. **Peer Support:** These groups provide a sense of community, understanding, and support, which can help alleviate feelings of isolation and provide encouragement throughout the recovery process.
5. **Stigma Reduction:** Stigma associated with substance use disorders and mental health conditions can be a significant barrier to seeking treatment and support. We promote awareness and understanding, challenge stereotypes, and provide a non-judgmental environment for individuals in OST.



### **Other types of Alternative therapies used at the center are:**

In addition to the classical psychotherapy, we adopt at the center **Group Drama Therapy** and **Music Therapy** which offer significant benefits to ex-prisoners living in our shelter house, providing them with opportunities for self-expression, healing, personal growth, and community building.



## Group Drama Therapy:

1. Emotional Expression: Drama therapy offers a safe and supportive environment for ex-prisoners to express and explore their emotions, experiences, and personal stories through various dramatic techniques, improvisation, and role-playing.
2. Empowerment and Self-Confidence: Through dramatic exploration, participants can discover new perspectives, challenge negative self-perceptions, and develop a stronger sense of identity.
3. Communication and Interpersonal Skills: Group drama therapy fosters effective communication skills and enhances interpersonal relationships. Participants practice active listening, assertiveness, empathy, and collaboration while engaging in group activities and shared storytelling.
4. Conflict Resolution: Drama therapy provides a platform for ex-prisoners to explore and practice conflict resolution strategies. Through role-playing and dramatization, they can gain insight into different perspectives, develop problem-solving skills, and learn to manage conflicts constructively.
5. Emotional Regulation and Coping Skills: Drama therapy offers tools for emotional regulation and coping with stress. Participants learned relaxation techniques, explored different emotional states, and developed strategies to manage triggers and navigate challenging situations.

## Music Therapy Program:

1. Emotional Expression and Regulation: Music therapy allows ex-prisoners to express and process their emotions through music, whether by playing instruments, singing, or listening.
2. Stress Reduction and Relaxation: Techniques such as guided imagery, rhythmic breathing, and listening to calming music can be incorporated to enhance relaxation.
3. Self-Exploration and Self-Awareness: Songwriting, improvisation, and lyric analysis encourage self-reflection, self-discovery, and a deeper understanding of oneself.
4. Social Connection and Community Building: Collaborative music-making, group singing, and drum circles promote bonding, teamwork, and a shared sense of achievement.
5. Cognitive Skills Enhancement: Engaging with music stimulates various brain regions and promotes neuroplasticity, which can be particularly beneficial for individuals who may have experienced cognitive challenges during their incarceration.

## Videos

<https://youtu.be/C71c6-wUGDA>

<https://youtu.be/qMhAUm6u1xw>



## VI- Human Values Behind Bars: A Different Perspective

### A- A Historical Overview of the Origins of Prisons Worldwide

In ancient times, the concept of imprisonment was limited and primarily aimed at deterrence and suppression. Prisons were small places where “violators of the law” were temporarily held until their punishment was executed, which often involved physically painful penalties such as hard labor or public flogging.

The earliest known prison system was documented in Mesopotamia and Egypt during the first millennium BCE. Prisons consisted of underground cells, and the fate of prisoners was either execution or enslavement.

Over time, the prison system evolved. King Henry II of England introduced legal reforms in the 12th century, and in 1215, King John of England signed the Magna Carta, which laid the foundation for concepts of freedom and justice<sup>1</sup>.

From the 16th to the 18th centuries, prison systems in England witnessed tangible developments. Reforms were introduced concerning labor, healthcare, ventilation, visits, and the need to isolate prisoners, along with providing religious and educational programs. In America, Benjamin Rush advocated for the isolation and rehabilitation of criminals. The first true prison in America, known as Walnut Street Jail, was established where prisoners engaged in tasks such as clothing dyeing and shoemaking<sup>2</sup>.

### B- The Penitentiary System: Rehabilitation or Punishment

The purpose of prisons has been subject to debates. Some view prisons as a means of punishment and deterrence, while others believe they should aim at rehabilitating inmates and preparing them to re-enter society as better individuals<sup>3</sup>.

Philosopher Michel Foucault, in his book “Discipline and Punish” (1975)<sup>4</sup>, referred to prisons as a **gradual transformation from physical torture to torturing the soul within the body**.

Prisons are seen as an apparatus for changing individuals through subjecting them to strict routines that control their behavior, from eating and sleeping to resting. According to him, isolation from the outside world is a form of self-organized punishment that reinforces remorse and suffering.



**Dr. Sahar Haydar**

*Dr. Sahar Nabih Haydar holds a Ph.D. in Social History and is a certified change coach. She serves as the Secretary-General of the Justice and Mercy Association and works as a non-violence activist. She has conducted various research and literary works. Dr. Haydar believes that there is both darkness and light in the moon, and in every person's life, there is a dark point that can be changed if given a second chance for self-realization.*



## 1- The Reality of Prisons in Lebanon<sup>5</sup>

**Nelson Mandela once said, "No one truly knows a nation until one has been inside its jails. A nation should not be judged by how it treats its highest citizens, but its lowest ones."**

Regrettably, the reality of Lebanese prisons contradicts humane objectives. Lebanese prisons, numbering around 25 (19 for men, 4 for women, 1 for juveniles, and 1 for minors)<sup>6</sup>, face insurmountable problems that cannot be ignored or addressed in the midst of economic, political, and chaotic challenges. The prisons have failed in rehabilitating offenders and preparing them to reintegrate as productive members of society<sup>7</sup>.

Unfortunately, some prisoners emerge from incarceration more violent and hostile due to mistreatment, neglect, lack of oversight, guidance, healthcare, social support, education, and vocational training. This issue has exacerbated due to the COVID-19 pandemic and the country's economic hardships<sup>8</sup>.

**The Lebanese prison system struggles with overcrowding<sup>9</sup>. According to human rights standards, the total capacity of Roumieh prison buildings should be around 1,050 inmates, yet it houses nearly 4,000 prisoners<sup>10</sup>.**

You will inspire  
some and annoy  
others.  
Do it anyway...

This situation negatively affects the mental state of inmates and leads to constant tension that is hard to control. Moreover, the absence of minimum human, health, and environmental conditions violates prisoners' rights<sup>11</sup>. It's worth noting that some prison buildings date back to the Ottoman and French colonial periods, originally serving as stables for horses.

**Father Dr. Najib Baklini, the president of the Justice and Mercy Association, highlights the chronic problems of the Lebanese prison system.** He emphasizes the urgent need for fundamental solutions to make prisoners better citizens rather than having them return to prisons months after release. He notes that 50% of released prisoners end up returning, either due to societal rejection or inadequate pre-release rehabilitation<sup>12</sup>.

We acknowledge the efforts of the General Directorate of Prisons, security forces, and civil society organizations in addressing some issues. However, economic, and financial constraints hinder the achievement of these goals, despite the exerted efforts.

## 2- The Prisoner and Human Rights

**Every individual has rights and responsibilities.** These rights are based on respecting the dignity and worth of each person and are not privileges or favors granted by a ruler or government. They cannot be withheld, denied, or even revoked on the grounds that someone has committed a crime or violated the law.

For individuals deprived of their freedom, their human dignity should be recognized from the moment they enter prison. Therefore, it is important for prisoners to know from the beginning what is expected of them and what rules they must obey. Hence, all prisoners should receive written information about the systems applied to their treatment, the rules of discipline, the authorized methods to seek information and file complaints, and any other necessary matters that enable them to know their rights and responsibilities equally. They should also be given the opportunity to adapt to prison life and to meet with individuals available to assist them, such as religious

# PROVE YOURSELF TO YOURSELF NOT OTHERS

representatives, trainers, teachers, and others. If the prisoner is illiterate, the information should be provided orally.

At all times, individuals deprived of their freedom must be treated with humanity and respect for the inherent dignity of the human being<sup>13</sup>.

## 3- The Role of Prison Employees

Prison employees receive individuals who are lawfully deprived of their freedoms. It is known that the tasks of prison management employees are numerous and serious, involving not only security and supervision but also ensuring all basic services for prisoners, such as nutrition, recreation, hygiene, visits, medical care, and, in addition to their primary task, which is social work. This includes education, training, combating illiteracy, cultural and recreational activities, support, and psychological assistance. They are responsible for the safe custody of prisoners and their release in most cases to reintegrate into society. The aim of all this is to support the rehabilitation and social integration process<sup>14</sup>.

This job involves strenuous and exhausting tasks to care for individuals on behalf of society. However, in many countries, they suffer from poor training, low wages, and a lack of public respect in all circumstances. **These employees should be trained in nonviolent methods of dealing with stubborn prisoners.** Moreover, it is evident that some prisoners are more susceptible to self-harm or harm from

other inmates. Poor material and economic conditions can influence the actions of prison employees, leading them to treat inmates harshly, inhumanely, or degradingly.

## 4- The Prisoner's Self-Perception and Society's View of the Prisoner

### a- The Effect of Imprisonment on the Individual

**Imprisonment has both negative and positive effects on the prisoner's personality, behavior, and psyche, linked to factors such as the duration spent in prison and the type of crime committed.**

Negative effects may include feelings of isolation<sup>15</sup>, resentment toward society, loss of self-confidence, deteriorating financial conditions, social stigma, as well as emotional consequences, where the prisoner may lose some of their friends or spouse.

In some cases, imprisonment can contribute to the development of criminal behavior<sup>16</sup> due to resentment toward society or involvement with criminal groups within the prison, making the individual a greater threat to society. In many countries, violence and coercion among prisoners can lead to severe health risks, either directly or indirectly.

**An important point to note is the impact of overcrowding in prisons on human behavior. It affects the quality of nutrition, sanitation services, prisoner activities, physical and mental health conditions, and available care for vulnerable groups.**

It also leads to increased tension and violence among prisoners<sup>17</sup>. Many prisoners do not have access to education, work, or other programs in prisons, reducing their chances of rehabilitation. Physical assaults<sup>18</sup>, including murder, can occur in prisons among inmates and between inmates and prison guards. Because prisons are closed communities, violations and abuse of power are easier to commit, necessitating clear and transparent controls on the use of force<sup>19</sup>.

As for the positive effects, they include the

following points: **learning to abide by laws, realizing the consequences of bad actions, and the rehabilitation and training that prisoners receive, contributing to a change in their personality and helping them better integrate into society.**

### *b- The Prisoner's Self-Perception*

It is natural for prisoners to feel frustrated. Often, they feel broken, admitting that they have wronged themselves and others, unable to control their actions, allowing others to criticize, humiliate, and punish them. As a result, they feel regret and psychological instability even after being punished.

**Certainly, society's view of the prisoner exacerbates their poor psychological state behind bars or even after their release from prison.** This begins when some cease to visit them or when they hear about their family's circumstances after entering prison and how relatives and neighbors treat them. Rarely do we find that the prisoner's family is well-supported and protected from poverty, especially if the prisoner is the main provider. Upon release, the prisoner is often secluded, isolated, avoiding people, feeling pointed at with condemnation, or aimed at their relatives, thus feeling disdained and devalued.

### *c- Society's View of the Released Prisoner*

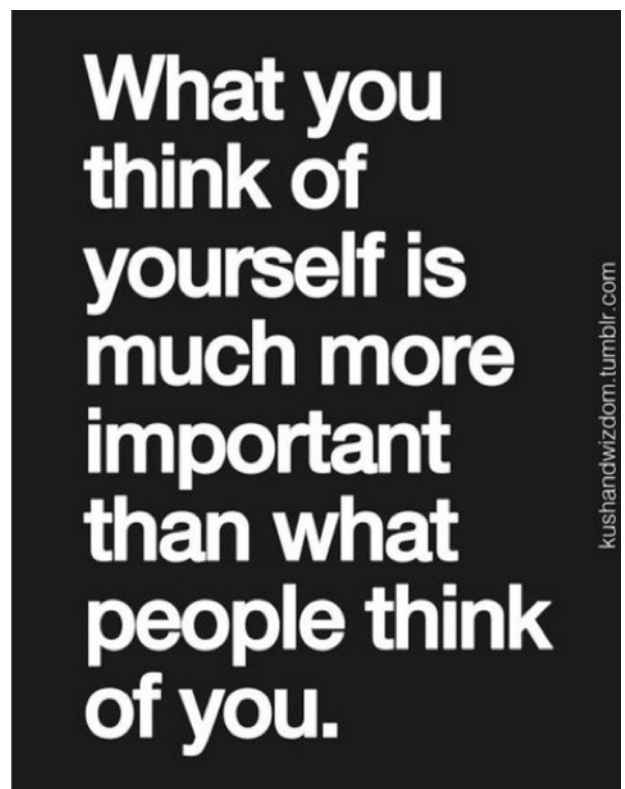
Society's view of the prisoner after their release from prison may vary, differing from culture to culture and from person to person. However, released prisoners face challenges during the process of social integration due to society's perception and treatment of them.

#### **Notable difficulties include:**

- Isolation and exclusion: The prisoner may be seen as an isolated individual, and some may consider them undesirable members of society. Finding employment can be difficult (especially if the reason for imprisonment was a serious crime or related to integrity).
- Discrimination and bias: Social stigma might prevent some from forgiving those

who have transgressed the law, especially in the case of moral and criminal offenses. In some instances, there might be a negative or prejudiced view of prisoners, leading to discrimination and bias within society due to their previous incarceration. This bias can hinder ex-prisoners' chances of rebuilding their lives.

- Deterioration of economic status: It's undeniable that losing one's job and corresponding income affects the economic situation of the prisoner and their family, particularly if the prisoner was the main breadwinner or sole provider.



Often, former prisoners face severe financial crises, poverty, and deprivation. Additionally, the sense of emptiness, social ostracism, family and emotional issues, and relationships might lead to significant psychological pressures, occasionally escalating to feelings of resentment and hostility. This could push ex-prisoners to engage in violence and unlawful behaviors, ultimately leading to a recurrence of criminal activities and re-entry into prison<sup>20</sup>.

On a positive note, there is a more optimistic view that believes in the possibility of rehabilitating prisoners and reintegrating

them into society as productive, law-abiding members. This approach focuses on providing educational and training opportunities within prisons to develop prisoners' skills and increase their chances of success after release.

## C- Addiction: Definition and Correction

Addiction is defined by international health organizations as a chronic disease, not a deviant or criminal behavior. However, the majority of Arab societies consider "addiction" as an unethical behavior resulting from weak religious and moral values. As a result, addicts are often treated as serious criminals who threaten the safety of others, which negatively affects the recovering addict and might lead to relapse and a return to addiction.

### 1- Causes of Addiction

**Individuals may turn to drug use as a means to escape psychological pressures or to cope with difficult events in their lives.** Additionally, drug addiction affects the individual's personality and deteriorates their social relationships, leading to criminal behaviors towards others and society.

There are many reasons that push individuals towards the dangers of addiction, including:

- Illiteracy, poverty, ignorance, including ignorance about the dangers of drug use.
- Family disintegration, not only through divorce or ongoing conflicts, but also due to parental neglect and lack of supervision.
- Lack of family communication.
- Excessive indulgence or dominance that might drive the individual to rebel against authority and challenge prohibitions.
- Extreme wealth and extravagance without accountability.
- Weak moral and religious values and improper social upbringing.
- Association with bad company...

We must take into consideration these reasons and address them as much as possible in order to contribute to the restoration of an individual's human dignity and existence.



Continuous and permanent treatment, including medication, counseling, support meetings, and assistance, is necessary to prevent relapse.

Hence, the importance of training for change that restores the addict's self-confidence, highlights the positive aspects of their personality and life, and guides them to make appropriate decisions for self-development and rebuilding their life on various levels.

### 2- The Relationship Between Addiction and Crime

There is a dynamic relationship between drug use and criminal behavior<sup>21</sup>. Many crimes are committed under the influence of drugs, such as violent behavior towards others or property, such as theft, assault, and even murder. Addicts often fear returning to their criminal behavior after quitting drug use, often linked to homelessness and social exclusion<sup>22</sup>. Therefore, awareness, brief interventions, evaluation, treatment planning, and psychological, social, and pharmacological interventions are crucial at various levels. Alternative sentencing plays an important role in reducing the likelihood of recidivism<sup>23</sup>. The right to fair treatment according to legal principles and other rights, such as legal assistance, privacy, and dignity,

must be respected<sup>24</sup>.

### 3- Alternative Treatment: An Effective Strategy

Resorting to alternative treatment for disorders arising from drug use is not just a possible alternative to conviction or punishment, but a necessary and important measure to recognize the rights of addicts/offenders/individuals suffering from drug-related disorders in terms of treatment, mental and physical health, as long as individuals are not forced into treatment without their consent.

The need for an appropriate individualized plan to manage cases:

- Relevant authorities (courts, judicial authorities, and even civil society organizations working in prisons) should consider the rehabilitation needs of the offender and assist in their early reintegration into society. This requires a specialized committee to assess cases and develop a comprehensive plan for possible treatment, education, and rehabilitation measures.
- Evaluation of needs indicates that effective interventions should focus on meeting the needs of the inmate/addict that were originally unmet, such as family problems and unemployment. These deficiencies could be the main reason pushing them towards criminal behavior, thus these needs should be considered to create an individual and comprehensive treatment plan. The method of implementing rehabilitation programs should be in line with the addict's (inmate/addict) background and learning abilities<sup>25</sup>.
- Comprehensive treatment programs should consider drug-related disorders to improve rehabilitation outcomes, including cultural factors (education level), social situation, security challenges, and lack of proper healthcare, as well as other factors like relationship disturbances (broken families, isolation, pessimism) and inherited psychological or behavioral disorders, which require psychological treatment by specialists.
- Alternative treatment aligns with good



medical practices and helps reduce prison overcrowding while improving public health and community safety<sup>26</sup>.

It is essential to strike a **balance between criminal justice measures and healthcare measures, while considering the principle of human rights protection for every individual and the public safety** (continuous challenge). This requires providing a nurturing and motivating environment based on cooperation and acceptance from all parties involved: authorities, stakeholders, and the relationship holder. Sufficient human and financial resources are also necessary, including:

- Providing law enforcement personnel and employees working in support of inmates/addicts with basic knowledge related to the treatment program and the nature of rehabilitation training and assistance for reintegration.
- Seeking financial resources from the relevant government authority (public services) and funding sources (donors and civil society).

### 4- Conclusion

Studies emphasize the sensitivity of dealing with addicted patients, whether during the addiction phase or after treatment. They should find a safe haven in their families and communities, receiving care and support. All of this strengthens their determination and stability, making reintegration into society easier<sup>27</sup>.

#### Key steps to deal with addicts:

- Approach with calmness and wisdom.
- Support and provide confidence.
- Address family issues.
- Identify options for redirecting the inmate/addict based on their needs and intellectual and social levels.

**There is no “better time” to start. The best time is right now.**

**So go out there and get after it.**

*InvestingSuede*

This approach has a positive impact on reducing drug use, treating the tendency to relapse, improving the addict’s health and social performance, and preventing future harm by reducing the risks of complications and relapses<sup>28</sup>.

## **D- Concept of Human Values**

There is a close relationship between criminal behavior and human values. In most cases, individuals fall victim to wrongdoing due to the absence of certain principles that serve as a barrier between them and their actions. In other words, the lack of moral restraint drives individuals to commit acts they might later regret. Education and upbringing based on noble ethical principles protect individuals and help them differentiate between their words and actions.

### **1- Definition and Importance of Values**

Values and ethics play a crucial role in shaping an individual’s character, determining their boundaries, and guiding their behavior. Values, in their comprehensive sense, refer to a set of standards that individuals possess, enabling them to achieve their life goals. They are the principles upon which we base our decisions and ethical actions<sup>29</sup>.

#### **Importance of Ethical Values**

Ethics is a fundamental element in creating

“ideal” or mature individuals, healthy families, refined societies, and advanced nations. Ethical values play a foundational role in refining and preparing societies to be virtuous. Ideal ethics act as a shield, protector, and preserver against the collapse and deterioration of societies. They safeguard civilization and prevent its decline, making them essential for the progress and strength of nations.

Positive Effects of Noble Ethics include guarding individuals against psychological and social deviation, preventing them from becoming slaves to their desires, helping them regulate their behavior and emotions, thereby achieving a secure and peaceful life.

**Noble ethics contribute to cultivating a spirit of doing good, avoiding the path of evil and corruption, and building an individual’s moral compass, giving them a sense of purpose in life.** Ethical values serve as a benchmark for individuals in their interactions with others, aiding in finding balance and stability in social life. They enable societies to confront changes, leading to tangible development. Additionally, they promote collective awareness and solidarity based on the principles of mutual support, strengthening interpersonal relationships, fostering unity, cooperation, and cohesion,

**Growth is painful.  
Change is painful.  
But nothing is as painful as staying stuck somewhere you don't belong.**

kushandwizdom.tumblr.com

ultimately enhancing societal strength. Ethical values also play a role in developing willpower, setting limits on desires, channeling them through legitimate and proper means, curbing impulses, and reducing unwanted violent behavior that generates chaos.

Ethical values continually equip individuals to be positive and effective in life. These values can be inherent or acquired.

## 2- Human Development and Social Values: The Safety Valve

The relationship between values and human and social development is close, acting as a safety valve that influences individual behaviors and reactions, particularly during crises and challenging circumstances.

**Ethical values, the focal point of this study, serve as the ideal constitution against which actions and behaviors are evaluated.** Anything aligned with these actions is considered good, respectable, and virtuous, while anything conflicting is seen as evil, contemptible, and negative. This unified understanding of values within society safeguards it from corruption. Thus, ethical values consist of qualities that form an individual's character and elevate their status among people. These values encompass concern for others, love, assistance, and service to help achieve their life goals through social behavior.

### **Key values include:**

1. Integrity and Honesty: Encompassing performing correct and appropriate actions, refraining from cheating, deceit, and unethical conduct.
2. Justice and Equality: Embracing fairness, equal distribution of rights and opportunities to all individuals, without discrimination or favoritism.
3. Respect and Compassion: Valuing the dignity and rights of others, showing empathy and understanding towards them.
4. Truthfulness and Friendship: Involving upright and honest behavior, building genuine, trustworthy relationships with others.

5. Sincerity: The cornerstone of all actions, whether personal or professional, ensuring authenticity in relationships and yielding positive results.
6. Collective Work and Participation: Enhancing cooperation and collaboration with others, contributing to society and working for the common good.
7. Mercy and Empathy: Exchanging compassion and mercy with others, providing aid and support to those in need.
8. Courage and Independence: Encompassing bravery in standing for truth, defending correct principles, and making independent decisions, unaffected by external pressures.

By upholding these ethical values, individuals and societies can foster positive development, unity, and progress.



## **E- Human Values Behind Bars**

### 1- Life Deserves to be Lived: The Role of "Justice and Mercy Association".

The more attention we give to the prison environment, the more we aid the

positive adaptation of inmates to their new circumstances. This contributes to achieving the primary goal of prisons, which are institutions of rehabilitation rather than punishment.

Protecting individuals who have deviated from the law or are outside the boundaries of societal norms led the "Justice and Mercy Association" to adopt a set of humanitarian measures. These measures aim to help integrate marginalized individuals back into society, giving them opportunities to readjust to laws and societal norms. This opens doors for them to live with dignity and be retrained in cases where they have strayed from the path, both professionally and vocationally. Additionally, it offers ways to interact with them in a humane and respectable manner across various fields and domains. These initiatives encourage them to regain confidence, reform themselves partially or entirely, and reintegrate into society as active individuals with roles, identities, values, and status.

These earnest efforts are made by the "Justice and Mercy Association" and other human rights organizations, particularly those operating within the prison system. **They collaborate with prison guidance, security forces, and more to empower and support these prison institutions in their roles, whether it's in rehabilitation or integration.** As part of these endeavors, the association has launched the slogan **"We Will Never Tire..."**, reaffirming their commitment to serving humanity, achieving justice and mercy wherever their members are found. One such project is the **"Change Training"** initiative, which, through cooperation between officials and inmates, aims to achieve its goals.

**To light a candle of good is better than cursing the darkness.**

"Justice and Mercy Association" has committed to taking all practical measures to safeguard human rights, especially concerning individuals with substance abuse issues. The association aims to address, follow up, rehabilitate, and socially reintegrate them<sup>30</sup>, both within at the Roumieh Center and outside the prison system at the Rabieh Shelter, following the standards set by the local

community<sup>31</sup>.

## Conclusion

There's no doubt that the concept of human values is fundamental to the evolution of societies, the advancement of people, and the rise of civilizations. In the past, humans were inherently aggressive, seeking to preserve themselves through violence. However, civilization reconstructed societies, making values an essential link to their advancement. It's crucial to redefine the concept of values for those who have been denied even the most basic rights to life and freedom. **How can we rebuild trust for those who have lost faith in themselves? How can we reshape the individual from within when they are in an inhumane state? How can life coaching contribute to regaining self-esteem and moving towards a better future? What role does a life coach play in the rehabilitation and support of prisoners?**

## 2- The Concept of Change and Life Coaching

As the era evolves and chaotic circumstances, economic pressures, and lifestyle stressors intensify, it's essential to establish a new framework that meets individuals' psychological needs and supports them in maintaining balance. Therefore, a specialized scientific program has been developed to help individuals identify and prioritize their life goals. This program is called life coaching. The life coach assists others in affirming and achieving their goals by highlighting the skills the individual possesses.

The life coach serves as a dependable listener, avoiding judgment or preconceived notions. They act as a sympathetic friend, echoing their voice and providing logical thinking to the individual. They bridge the gap between the individual and their dream, helping them create a feasible plan. This is achieved through sincere and open dialogue sessions to achieve the desired success and integration in life<sup>32</sup>.











Life coaching is entirely different from psychological therapy. It doesn't delve into the past or memory like therapy does. The psychotherapist answers questions, while the life coach asks questions and the individual answers.

### 3- The Importance of Collaboration between Life Coaches and Prison Administration

Collaboration between life coaches and prison administration is of great significance in enhancing prisoners' rehabilitation and achieving the success of reform programs within the prison system. Here are some reasons that make this collaboration necessary:

- **Personal Guidance Enhancement:** Collaboration between life coaches and prison administration assists in providing individualized guidance to prisoners, offering them the necessary attention to develop their personal and professional growth. The life coach can provide the necessary support and guidance to prisoners to help them set goals and develop their skills.
- **Rehabilitation Program Improvement:** Collaboration between life coaches and prison administration can lead to the enhancement of rehabilitation programs within the prison. It can suggest educational and vocational programs, as well as their development and implementation, aiming to improve prisoners' skills and capabilities in various areas, such as education, vocational training, and career guidance.
- **Communication and Trust Building:** Collaboration between life coaches and prison administration helps build effective communication and mutual trust. The life coach can help improve communication between prisoners and prison administration, as well as among the prisoners themselves, by encouraging open dialogue and enhancing mutual understanding.
- **Providing Continuous Support:** Life coaches can provide ongoing support in dealing with individuals and supporting them when needed. This collaboration contributes to a more humane and supportive environment within the prison system.

Emotions	Feelings
 <b>Specific reactions to certain events</b>	 <b>Perceptions of sensations in the body</b>
 <b>Include cognitive and physiological changes</b>	 <b>Not necessarily related to emotion (feeling tired or cold)</b>
 <b>Help prime our bodies to act in a certain way</b>	 <b>Continuous readouts of our internal states</b>
 <b>Automatic and unconscious</b>	 <b>One component of emotion</b>

Learn more: [www.humintell.com](http://www.humintell.com)

Overall, collaboration between life coaches and prison administration can lead to more effective rehabilitation and personal development of prisoners, contributing to the success of reform programs and prisoners' integration back into society.

#### 4- Positive Aspects of Change Training

Psychological therapy, health monitoring, and cultural activities all contribute to activating the role of the trainer in one's life and encourage individuals or addicts to take appropriate steps towards change. The benefits of life training are numerous, including:

- Clarifying the role of values in achieving goals.
- Discovering suitable solutions through self-dialogue.
- Collaboratively creating a plan with the trainee for setting and achieving goals.
- Assisting and contributing to making difficult and appropriate decisions.
- Expanding the trainee's awareness beyond their perceived limits to increase self-confidence.

#### 5- Rehabilitation Programs

Prison management relies on various factors to develop rehabilitation programs that align with the prevailing conditions, prison environment, economic situation, donor organizations, as well as the perspectives of civil institutions that analyze numerous humanitarian, ethical, and religious issues within the prison. These evaluations lead to the creation of rehabilitation programs that simulate reality and adhere to fundamental principles of treating prisoners.

Numerous rehabilitation programs have been developed by organizations such as the

# IMPROVING MENTAL HEALTH

- START WITH A BETTER DIET**
- INCREASE YOUR PHYSICAL ACTIVITY**
- PLAN TIME TO MEDITATE OR RELAX**
- FOCUS ON BUILDING A POSITIVE MINDSET**
- GET ENOUGH SLEEP**
- FORGIVE YOURSELF FOR MISTAKE**
- GET A SUPPORT SYSTEM**
- CUT BACK IN ALCOHOL**
- STOP COMPARING YOURSELF TO OTHERS**

## **“Justice and Mercy Society” and cover various topics, including:**

- Letting go of past mistakes: This involves confronting negative memories and emotions that might arise. It helps release psychological and emotional burdens caused by past mistakes, allowing individuals to focus on the present and future<sup>33</sup>.
- Self-awareness: This involves deep recognition and understanding of oneself, including emotions, thoughts, values, beliefs, and behaviors. It improves communication, personal development, decision-making, and overall well-being.
- Rebuilding self-confidence: Self-confidence is the belief in one’s abilities, impact, and the capacity to achieve set goals. It influences success, social interactions, risk-taking, and mental health.
- Respecting others’ boundaries: Respecting others’ boundaries entails treating them with empathy and respect, recognizing their personal rights and needs. This builds healthy relationships and reflects self-respect and consideration for others.

### **How to Manage Emotions and Feelings:**

Living life to the fullest means experiencing a range of emotions and feelings. Sometimes, it might be a bit confusing to differentiate between emotions and feelings. You might feel cold, hungry, or in pain – these are tangible feelings that can be satisfied by addressing bodily needs. On the other hand, emotions like anger, joy, or fear are reactions to situations, whether tangible or contextual, that we encounter in our daily lives.

Learning to identify the nature of emotions, expressing them, understanding the mind-body connection, and distinguishing between emotions and feelings are crucial.

These skills help us evaluate our current situation, regulate our emotions in a way that doesn’t negatively impact us or our interactions with ourselves and others.

Notable feelings that humans experience include hunger, thirst, physical pain, cold, heat, etc. As for emotions, they are diverse and include anxiety, fear, anger, gratitude, confusion, love, happiness, disappointment, revenge, etc.

Understanding and learning to manage these emotions can help us avoid negative situations, behaviors, and crimes, especially those arising from injustice, anger, feelings of oppression, exploitation, and contempt.

There’s no doubt that the change coach can work collaboratively with the team to implement various actions that benefit both society and individuals, such as time management, goal setting, and career selection.

## **F- Recommendations:**

Enjoying both mental and physical well-being is a fundamental human right, essential for exercising other human rights and living with dignity<sup>34</sup>. This is closely tied to access to educational, social, and healthcare services without discrimination<sup>35</sup>.

Here, the role of prison administrations, across their different sections, in collaboration with civil society institutions, is to establish modern prisons capable of rehabilitating and reforming inmates, regardless of the severity of their crimes. This involves preparing inmates for reintegration into society as productive citizens. Training inmates in vocational skills and enabling them to pursue work within the prison or acquire new skills tailored to their qualifications enhances their self-worth and effectiveness. Empowering inmates to continue their education at various levels is equally crucial.

Moreover, strengthening the inmate’s bond with their family, maintaining the connections that tie them together, facilitating visits (under supervision, of course), especially during tough times such as family tragedies or severe illnesses, is vital.

The structured and organized approach, along with meticulous follow-up, helps

gauge the progress in achieving the intended rehabilitative goals in developing the inmate's personality and correcting their behavior towards virtuous values. This contributes to reducing recidivism rates and relapses.

Consequently, the focus should be on socially, psychologically, and health-wise supporting inmates, while providing them with educational and vocational qualifications, moral refinement, and reinforcing the need for collaboration in order to achieve societal reintegration.

**In conclusion, the process of reform, rehabilitation, and care undergoes various stages, including adapting inmates to make them feel content with themselves, fostering the acceptance that they need help and can adapt to prison life, guiding them towards integration within the community, and engaging them in various activities to transform their attitudes and encourage**

**them to lead a balanced, positive life.**

Before expressing gratitude, allow me to whisper some advice in your ears, to maintain our moods, thus enhancing our mental well-being for better service.

#### **Avoid:**

- Sad news
- Overcomplicating matters
- Late-night activities
- Inactivity and lethargy
- Complaining and grumbling
- Suppressing pain and negative feelings
- Self-blame and negative thinking.

Remember to engage in physical activity, even if it's just walking, seize opportunities, and invest time in activities that bring joy to your heart. Together, we can make a difference. Thank you for your overflowing love, and until we meet again.

## **H. References**

- 1 ما هي وثيقة ماغنا كارتا، وكيف أسست لمبادئ حقوق الإنسان والديمقراطية؟ 2022/6/15

<https://www.bbc.com/arabic/world-61801202>, 15/6/2022

- 2 The Walnut Street Prison was a pioneering effort in prison reform. Originally built as a conventional jail just before the American Revolution, it was expanded in 1790 and hailed as a model of enlightened thinking about criminals. The prison, in fact, was known as a "penitentiary" (from the Latin word for remorse). It was designed to provide a severe environment that left inmates much time for reflection, but it was also designed to be cleaner and safer than past prisons. The Walnut Street Prison was one of the forerunners of an entire school of thought on prison construction and reform.

<https://law.jrank.org/pages/11192/Walnut-Street-Prison.html>

- 3 حقوق الإنسان والسجون: دليل تدريب موظفي السجون على حقوق الإنسان- الأمم المتحدة- نيويورك وجنيف 2004

4 - المراقبة والمعاقبة ولادة السجن- ترجمة د. علي مقلد- دار صفحة 7 للنشر والتوزيع- 2022،

Michel Foucault- 1975 *Surveiller et punir: Naissance de la prison* - ي طرح الكاتب صورتان لنمطين متقابلين مما يطلق عليه فوكو سياسة تكنولوجيا العقاب: العقاب الملكي والعقاب التأديبي.

<https://ar.wikipedia.org/wiki>

- 5 <https://www.bbc.com/arabic/60708601>

- 6 [https://pa.justice.gov.lb/pa\\_pris\\_map.php](https://pa.justice.gov.lb/pa_pris_map.php)

- 7 [www.lebanonlawreview.org/prisons-crisis](http://www.lebanonlawreview.org/prisons-crisis)

8 بي بي سي في أكبر سجون لبنان: سجناء على نفقتهم الخاصة- كارين طربييه- بيروت 2022/3/11

<https://www.bbc.com/arabic/60708601>

- 9 The number of inmates in Lebanese prisons as of June 12, 2023 reached 6,457 inmates occupying Lebanese prisons in all regions, according to statistics from the Prisons Directorate of the Ministry of Justice in Lebanon -

[https://pa.justice.gov.lb/pa\\_stat.php](https://pa.justice.gov.lb/pa_stat.php)

- 10 <https://www.bbc.com/arabic/60708601>

- 11 Lebanese prisons lack sanitary spaces with a lack of ventilation, slow trials and investigations, and a large number of pretrial detainees.

- 12 <https://www.altaharri.com/news/572010>

- <sup>13</sup> United Nations Standard Minimum Rules for the Treatment of Prisoners - [https://www.un.org/ar/events/mandeladay/mandela\\_rules.shtml](https://www.un.org/ar/events/mandeladay/mandela_rules.shtml)
- <sup>14</sup> <https://www.ohchr.org/ar/publications/professional-training-series/training-package-prison-officials-human-rights-Training Package for Prison Officials: Human Rights and Prisons Human Rights Training Manual for Prison Staff Human> - United Nations - Human Rights Publications - 1/9/2005
- <sup>15</sup> The prisoner's sense of isolation from life outside the prison walls extends not only to the level of being cut off from news of his family, or news of the world around him, but also to the level of losing the feeling of the succession of night and day.
- <sup>16</sup> Overcrowding is a global problem affecting the human rights, health and security of perpetrators, their families and communities <https://www.amnesty.org>  
Prisoners across the region were often held in inhumane conditions, suffering from overcrowding, poor ventilation, poor hygiene, lack of food and water, and denial of adequate healthcare. Prayers when you need them, from family visits, or even breathing fresh air and exercising outdoors. "  
<https://www.amnesty.org/en/wp-content/uploads/sites/9/2023/03/POL1056702023ARABIC.pdf>
- <sup>17</sup> United Nations Office on Drugs and Crime, Guide on Strategies to Reduce Overcrowding in Prisons, p. 11

157 p. -2022 -London - احمد صوان- واقع ورؤية للإصلاح- السجون العربية- 18

- <sup>19</sup> Ibid p. 162
- <sup>20</sup> United Nations Office on Drugs and Crime, Guide on Strategies to Reduce Overcrowding in Prisons, p. 15
- <sup>21</sup> Mike Hough, Drug user treatment within a criminal justice context, substance use and misuse, vol 37, no 8-10 (2022) p 985-996
- <sup>22</sup> Alex Stevens & others, Quasi compulsory treatment of drug dependent offenders: an international literature review, Substance Use & misuse, vol 40 no 3 , 2005
- <sup>23</sup> United Nations Office on Drugs and Crime and World Health Organization, International Standards for Treatment of Drug Use Disorders: A Draft of Research Examinations, Vienna 2017
- <sup>24</sup> International standards for the treatment of substance use disorders: draft for research testing - World Health Organization, 2020
- <sup>25</sup> Nathan James, Risk & needs assessment in the criminal justice system, Washington D.C congressional research service, 2015
- <sup>26</sup> "Numerous studies have shown that drug abuse, including injection abuse, is widespread in many prisons. This contributes to the transmission of HIV. Drug users in prison are also more likely to contract tuberculosis due to their habit of using drugs and their presence in a closed environment, which makes them more vulnerable." risk of infection." World Drug Report 2017: A global overview of drug demand and supply.
- <sup>27</sup> Between pity and reprimand: the Arab society's view of the addiction patient, <https://addcounsel.com/ar>
- <sup>28</sup> United Nations Office on Drugs and Crime and World Health Organization, International Standards for Treatment of Drug Use Disorders: A Draft of Research Examinations, Vienna 2017

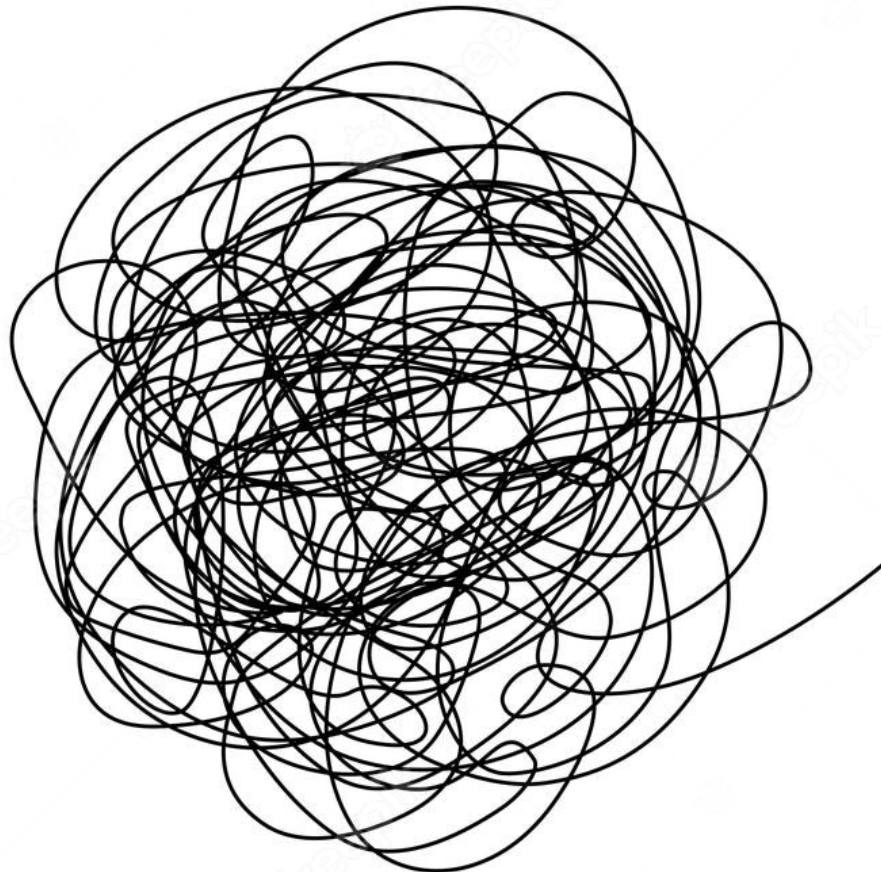
wwwamadina.com -2011/12/2- جريدة المدينة- التنمية- دورها في التعليم ودورها في التنمية- 29

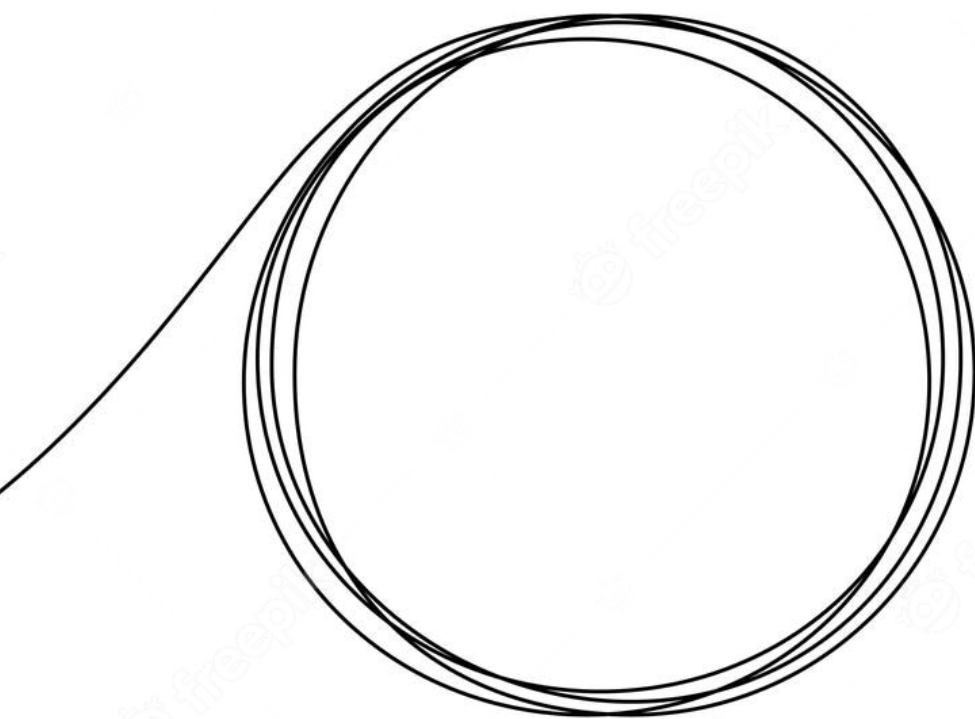
- <sup>30</sup> Article 38 of the 1961 Convention and Article 20 of the 1971 Convention
- <sup>31</sup> UNODC, Drug dependence treatment: interventions for drug users in Prison- 2008
- <sup>32</sup> <https://ar.harpersbazaararabia.com>  
The trainee is a "player of life." He contributes to achieving goals, solving problems, and teaching life skills. His mission is to teach people how to direct their lives in the right direction. It helps people achieve their goals and asks powerful questions that make a person think of solutions. It pushes him to run his ideas and raise them, in addition to setting tasks to achieve the goals and aspirations that he wants to achieve, and he helps, facilitates and prepares the steps with the trainee to implement the tasks to reach the goal.
- <sup>33</sup> <https://www.aljazeera.net/sukoon/2022/10/3>
- <sup>34</sup> United Nations Committee on Economic, Social and Cultural Rights, General Comment No. 14-2000, on the right to the enjoyment of the highest attainable standard of health.
- <sup>35</sup> United Nations Committee on Economic, Social and Cultural Rights, General Comment No. 14-2000, on the right to the enjoyment of the highest attainable standard of health.



## G. Sources

- "Arab Prisons: Reality and Vision for Reform" by Ahmed Sawan, London, 2022
- United Nations Office on Drugs and Crime (UNODC) and World Health Organization (WHO), "International Standards for the Treatment of Drug Use Disorders: Draft for Research Trials," Vienna, 2017
- WHO, "International Standards for the Treatment of Drug Use Disorders: Draft for Research Trials," 2020
- United Nations Committee on Economic, Social and Cultural Rights, General Comment No. 14, "The Right to the Highest Attainable Standard of Health," 2000
- Article 38 of the 1961 Convention and Article 20 of the 1971 Convention
- "BBC in the Largest Prisons in Lebanon: Prisoners at Their Own Expense" by Karen Tarabey, Beirut, 11/3/2022
- United Nations, "Human Rights and Prisons: A Handbook for Prison Officials on Human Rights," New York and Geneva, 2004
- United Nations Office on Drugs and Crime, "Handbook on Strategies to Reduce Prison Overcrowding," UNODC
- "Ethical Values in Education and Their Role in Development" - Al-Madina Newspaper, 2/12/2011
- "What is the Magna Carta Document, and How Did it Establish Human Rights and Democracy?" 15/6/2022 - BBC Arabic
- United Nations Standard Minimum Rules for the Treatment of Prisoners - Mandela Rules
- UN Office of the High Commissioner for Human Rights, "Training Materials for Prison Managers: Human Rights and Prisons - A Handbook for Prison Officials on Human Rights," 1/9/2005
- "Between Compassion and Blame: The Arab Society's Perspective on Addicts," <https://addcounsel.com/ar>
- [www.amnesty.org](http://www.amnesty.org)
- [www.lebanonlawreview.org](http://www.lebanonlawreview.org)
- [www.khddma.com](http://www.khddma.com)
- [www.wikipedia.org](http://www.wikipedia.org)
- [www.law.jrank.org](http://www.law.jrank.org)
- [www.aljazeera.net](http://www.aljazeera.net)
- <https://ar.harpersbazaararabia.com>
- Michel Foucault, "Surveiller et punir: Naissance de la prison" (Discipline and Punish: The Birth of the Prison), 1975
- Mike Hough, "Drug User Treatment within a Criminal Justice Context," Substance Use & Misuse, Vol. 37, No. 8-10, 2022
- UNODC, "Drug Dependence Treatment: Interventions for Drug Users in Prison," 2008







# AJEM

جمعيّة عدل ورحمة

## Offices:

Roumieh, T: +961 1 901 560 Rabieh, T: +961 4 520 565

## Head Quarters:

Antelias, Akhawein Rahbani Street, Aramta Center, 5th floor

T: +961 4 410648

**Email:** [info@ajemlb.org](mailto:info@ajemlb.org) | **Website:** [www.ajemlb.org](http://www.ajemlb.org)

**Facebook:** AJEM Lebanon | **Twitter:** @ajemlebanon