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Using linked data to improve the health of people who experience incarceration

Investing in the health of people released from prison can simultaneously improve their wellbeing and avoid a return to jail, research suggests.

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A recent [study](#) found that people who presented to emergency departments frequently after their release from prison were more likely than those who did not attend an ED to return to jail.

Professor Stuart Kinner, who heads the Justice Health Unit at The University of Melbourne, says people who repeatedly visit emergency departments may be experiencing marked distress and chaos in their lives.

“And unfortunately, the emergency departments are to the health system, what prisons are to the criminal justice system,” he says.

“They’re the final stop on the road; the place you end up when everything else has failed.”

The emergency department finding is one of dozens from the [Health After Release from Prison \(HARP\)](#) study, which is led by Professor Kinner.

It’s the largest prospective cohort study of people released from prisons anywhere in the world, and involves rich longitudinal data for 2701 women and men released from prisons in Queensland and Western Australia.

The study combines rich baseline surveys with prison medical records, and retrospectively and prospectively linked state health and correctional records, and Commonwealth data including Medicare, PBS, and death records.

The research intentionally oversampled women, who comprise around 8% of people in prison but a larger proportion of those released from prison. The HARP cohort includes more than 500 female participants.

HARP is also the largest prospective study of Indigenous people released from prison ever undertaken, with 1000 Indigenous participants, including 250 Indigenous women.

For every two people released from prison in Australia, on average, one will be back in custody within two years.

Professor Kinner says that investing in healthcare for people released from custody can help prevent reincarceration.

“A lot of people return to prison, often because they’ve breached their (sometimes unreasonable) parole conditions, or because they relapse to poor mental health, risky substance use, or particularly to co-occurring substance use and mental health problems,” he says.

“Some people find themselves homeless, some find themselves in violent relationships. Access to integrated health and social care can help.”

Professor Kinner says that while people often churn through frequent GP visits after release from prison, many struggle to access adequate continuity of care.

That’s the sort of support that comes from a regular GP who can help people with complex medical histories, such as multiple diagnoses, including co-occurring substance use and mental health issues.

“We know that people in socio-economically disadvantaged areas are less likely to have that experience, and more likely to be turning up to a bulk billing medical centre and seeing a different GP every time,” Professor Kinner says.

“And there’s very good evidence that discontinuity in care is associated with worse outcomes.”

Other findings from the HARP study include remarkably low uptake of prescribed contraception among women released from prison, very low uptake of prescribed smoking cessation aids, and very poor engagement with community mental health services.

People released from prison also experience high rates of non-fatal overdose and injuries, notably including high rates of self-harm, and are more likely to be victims of violence.

“The HARP cohort has shone a light on what happens to people released from prison in a way that no other study ever really has,” Professor Kinner says.



