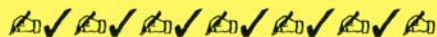


ADDRESSING THE ISSUES IN YOUR PSYCHOLOGICAL EVALUATION



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Psychological evaluations are done for a number of inmates, and are usually used to help determine whether or not they should be released on parole. Many of those who have psychological evaluations don't understand how to respond to them, or how to deal with the information they contain. This brochure is intended to help those people be able to effectively address the issues raised in such an evaluation, both in action they can take for themselves, and in addressing the issues when they appear before the Parole Board.



1. Get a copy of your most recent psychological evaluation.
2. Go through it carefully and list all the risks identified by the evaluator (why you would be a risk/danger to the community if you were released).
3. If you disagree with any of the conclusions, write down why.
4. Look for recommendations: there should be some, not just a

conclusion that you stay incarcerated. List those.

5. List any programs, classes, treatment, or activities you have taken part in. List them under the risk and/or recommendation they would apply to— for example, Cognitive Programming applies to criminal thinking, Anger Management to violent behavior, medication to health or psychiatric conditions such as diabetes or depression, A/D treatment to substance abuse, and so on. Additionally, write something about the impact any of these have had on you-- what changes have you made in how you live your life as a result? Just listing programs and hours spent in them doesn't tell anyone anything about who you are now, or how you may be different than when you committed your crime/s.
6. If there are programs or activities that would fit with (apply to the risks or follow the recommendations listed in the

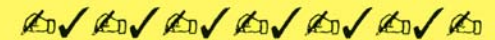
psych eval) that you haven't done, consider doing— or at least requesting— them. If there is something that would help but isn't available, request it anyway. Keep the responses for your records— at least you tried.

7. Develop a plan for yourself that will address the issues brought up in the psych eval; one that you can accomplish all or most of between now and your next parole hearing. Anything you can do that may apply to the risk issues and have a positive effect should be included.
8. Your counselor may not be able to help with this. If not, and if you feel you need some help, is there someone there or on the outside you can trust to help you with this?
9. If possible, have someone— friend, family member, or other, preferably not someone who is also incarcerated (so they have the viewpoint of the free world)— review this for/with you to make sure you've analyzed and

addressed the issues adequately. It should be someone you respect who can be critical if necessary. They may be able to point out things you've missed that could be important.

10. If the psych eval doesn't list any recommendations for how you can address the risks, be sure to bring that up as an issue at your hearing. Recommendations for treatment should always be part of a competent psychological evaluation.
11. By the time of your hearing, you need to be able to speak to what the (alleged) risks are and how you've dealt with those issues in the meantime, so that there can be a different outcome than you committing another crime or crimes if/when you are released.
12. You may want to consider polishing this up and submitting it as a written rebuttal when you submit your information to the Board.

13. In addition, be sure to include somewhere any and all activities you have taken part in (religious, clubs, hobbies, etc.) that have been positive for you and helped you by providing constructive ways to occupy yourself and stay out of trouble. Presently, this information is not provided to the Board.
14. If your family or friends have the resources, you can probably arrange to have an independent psychological evaluation no more than 6 months prior to your hearing. However, this will cost well over \$500.00, and there is no guarantee of the outcome. You would need to find a competent psychologist, too, and this can be a challenge. The cost alone means this is not an option for very many people.



Free copies may be obtained from:

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