

## Życie po opuszczeniu zakładu karnego: readaptacja społeczna kobiet uzależnionych od narkotyków w Polsce

Life after prison:  
social readaptation of female drug users in Poland

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**Abstract – Introduction.** The main aim of the study presented in the article was the identification of good practice in rehabilitation of female drug users prison populations. The article discusses the issues of social functioning of that group after their release from prison.

**Method.** The study was conducted between 2003 and 2006 in five European countries: Austria, Germany, Poland, Spain and United Kingdom. In the Polish study 45 women were included. The first part of the study – the survey (structured baseline questionnaire) was carried out among respondents during their imprisonment, and the second part as follow-up after their release from prison (structured follow-up questionnaire). Qualitative in-depth interviews were conducted with 12 members of the Polish sample and triangulation techniques applied to analyze the qualitative data.

**Conclusions.** After prison release the respondents had problems with employment, continuing their education or professional training, and finding accommodation. They reported emotional problems and lack of social skills. They indicated health problems as well. Some women experienced a relapse. Identified risk factors of relapse include: lack of family support, financial problems and being in touch with old friends who continue drug taking. Social support (from the family, partner or professional helpers), assuming new social roles (as wife, mother, employee, student) and adequate help during imprisonment were identified as protective factors.

**Key words:** social readaptation, drug dependence, prison

**Streszczenie – Wstęp.** Celem badania prezentowanego w artykule była identyfikacja dobrych praktyk w zakresie readaptacji społecznej kobiet uzależnionych od narkotyków, przebywających w zakładach karnych. W artykule omawiane są zagadnienia związane z funkcjonowaniem społecznym tej grupy po opuszczeniu placówki penitencjarnej.

**Metoda.** Badania prowadzono w latach 2003–2006 w pięciu krajach Unii Europejskiej: Austrii, Hiszpanii, Niemczech, Polsce i Wielkiej Brytanii. W badaniach realizowanych w Polsce próba liczyła

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Praca w całości finansowana z programu Unii Europejskiej „AGIS” (numery projektów JAI/2003/AGIS/191 oraz JAI/2005/AGIS/072)