

Joint Event on

13th International Conference on Mental Health and Human Resilience

35th International Congress on Vision Science and Eye

April 29-30, 2025

Webinar

Jasmine L Parker, *J Psychiatry* 2025, Volume 28

Examining attachment style and relapse risk in justice-involved individuals with mental health status through the draw a bird's nest assessment

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This presentation aims to investigate the attachment style of justice-involved individuals with mental health status admitted to a California based Crisis Residential Treatment (CRT) and Substance Use Treatment Services (SUTS) programs. The Draw a Bird's Nest assessment, an art-based tool grounded in attachment theory, will be used to explore clients' internal representations of self and others. Participants will complete the assessment and an attachment questionnaire, followed by a discussion with researchers to examine their likelihood of relapse. This research seeks to provide insight into the relationship between attachment style and relapse risk, informing the development of targeted interventions to support clients in maintaining stability and achieving long-term recovery. The findings will have implications for the treatment of justice-involved individuals with mental health status and substance use disorders, ultimately contributing to improved health outcomes and reduced recidivism rates.

Biography

Jasmine Parker is a current Art Therapy doctoral student, with bachelor's degrees in psychology, International Studies, and Spanish from Georgia Southern University. In studying at the University of Denver, she received her Master of Arts in International Disaster Psychology: Trauma and Global Mental Health and at Dominican University, she graduated this last Spring with an MA in Art Therapy through the Post-Master's Advanced Standing track. Her dissertation research looks at how Black women use fiber arts to mitigate the microaggressions they face in the world. Her other research topics include the Draw a Person in the Rain assessment, Bird's Nest assessment, and the use of collage in art therapy. She works at Muriel Wright Crisis Residential Treatment Center as a Bilingual Art Therapist clinician, providing care to criminal justice-involved adults at a 15-bed co-ed 24/7 care facility.

Received: October 15, 2024; **Accepted:** October 17, 2024; **Published:** May 23, 2025
