

**Reformation Within the Nation:**

**Adapting the Nordic Rehabilitation and Reintegration Model to Positively Recondition the United States Criminal Justice System.**

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## Abstract

The judicial system of the United States of America is that of a for-profit, systematic punishment at all three main levels of the criminal prosecution-based system. The rate of recidivism among Americans as reported by the 2020 census stood at a staggering 79.9% as compared to the five countries within the Nordic Criminal Justice System of 10.1% for a rate to recommit.<sup>1</sup> These were based on offenders prosecuted and sentenced to incarceration for 90 days or more in both systems respectively. The approach of the Nordic-based system is of a deep-rooted emphasis on mental health rehabilitation and reintegration for first-time offenders with the ability to enter society after successful completion of serving their sentence with a hyper-focus on humanitarianism from those of the courts and incarceration facilities. Data suggests this approach to offenders divulges rooted mental health diagnosis within the defendant and better research into the “mind of the criminal”. This approach has led to countries where offenders are twelve times more likely to become productive members of society adding prosperity to the workforce as compared to the creationism of “professional criminals” who seek to go back to prison out of comfort and the inability or knowledge to function in the real world due to the processes and state of incarceration facilities in the United States.

The continuous pattern of criminals leaving the prison system in the United States has those with criminal records re-entering society scared, unprepared, and uneducated. Thus, the continuous cycle of crime and comfort of recidivism without consciousness and at times purposeful motion to ensure they are placed back behind prison walls. It has been thought that lesser sentences or tougher probationary periods based outside of the walls of jail would lead to a lower crime rate, however, most states legislators and the Commission on Sentencing in each state pushes back against lessening time and is found in a constant push for positive incarceration over rehabilitation based on funding states then will be garnished to house these offenders. There is also a significant amount of data to demonstrate that offenders who commit crimes if not previously diagnosed with a mental health disorder, due to their incarceration and the conditions they face when reality hits their inner psyche, will develop a major mental health diagnosis and thus the secondary sense of contentment of a “lifelong offender”. Without moving towards a system in which America can mimic the Nordic method, the United States stands to be a land of the non-free because of the broken way.

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<sup>1</sup> Jenkins, Suran. “Recidivism and Reentry.” *Bureau of Justice Statistics*, 3 Feb. 2021, <https://bjs.ojp.gov/topics/recidivism-and-reentry>.

## Introduction

A well-kept building with its grounds perfectly landscaped and a three-foot stone wall that outlines the entire perimeter except for a large walkway to a door that looks regal and inviting. The picture of what can be described as something resort-esk, welcoming, and warming. This building has no signage to tell a tourist who may be walking past one of these beautiful buildings in the Nordic Countries what exactly this place is. A local tour guide, when asked by a visiting American citizen on a walking tour what exactly was this perfect-looking place explains that it is one of the countries prisons. Much to the American's surprise, this is not what the typical prison looks like to those who live in the United States. The outside of a county or state level prison in the United States of America is described by the top five words of, "scary", "cold", "confining", "violent" and "barbaric" by a recent study done during a visual acuity and forensic screen test as to what a group of US citizens thought about when they glanced at pictures of United States Prisons.<sup>2</sup>

The buildings which hold those in the criminal justice system in the Nordic countries of Norway, Sweden, Denmark, Iceland, and Finland are those that do represent a welcoming, warm, and comfortable space. There are no locked doors in the facilities. Those in confinement are a part of the reformed restorative-based justice system where the focus is to repair the mental state of the criminal as well as get to the potential root cause of why a criminal may have committed the crime they did. This also allows for the time and establishment between prosecutors and those on the defense to work on appropriate sentencing leading to a significantly lower rate of trials thus lessening the strain both figuratively and monetarily within the justice system.

The change towards a restorative system began in the late 1980's early 1990's in response to continuous riots, recidivism rates of 70% within a year of prison release, and the final moment when two correctional officers were murdered during several days in a prison rioting spree. It was at this time that the examination of how Norway began to re-examine its approach to corrections and developed a restructuring plan to not only implement this new system but to convert those who currently were incarcerated to this new system as seamlessly as possible. This approach began in Norway and quickly was adapted in all Nordic countries such as Sweden, Finland, Denmark, and Iceland by 2014.

Compared to Western countries, respectively a correlated comparison to the United States of American based off the 2020 census which at the time reported a population of 332,403,650 whistles including Puerto Rico and a combined population of all five Nordic Countries as 38,965,642 the rate of recidivism over the ten-year average in the United States was 87.7% compared to 20.01% in Nordic countries.<sup>3</sup> These offenders were of individuals who were incarcerated on average from six to either month both in the United States and all Nordic countries. The most compelling piece of the success of the adaptation of reintegration, mental health, restriction but not loss of liberty is shown in that there were 28 intentional homicides in all Nordic countries combined as compared to an overwhelming 21,570 homicides in the United States in 2021 alone.<sup>4</sup> This calculates to a murder rate of 68 times greater than in the Nordic countries. The model and flow of the Nordic Criminal Justice System and compared to the United States demonstrates one of clarity, concise and quick processing as opposed to avenues that may leave matters for those pending a plea or trial in the United States lengthy and

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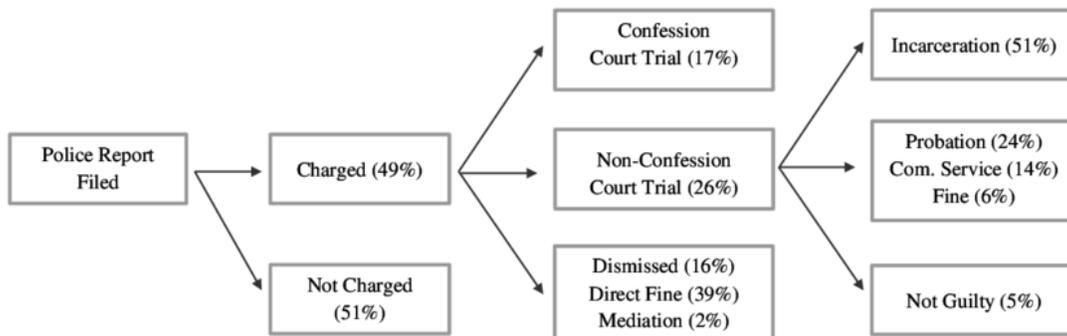
<sup>2</sup> Riep, Alexis. "The Effects of Culture and Punishment." 14 Dec. 2019, Accessed 3 Feb. 2022.

<sup>3</sup> Benecchi, Liz. "Recidivism Imprisons American Progress." *Harvard Political Review*, 8 Aug. 2021,

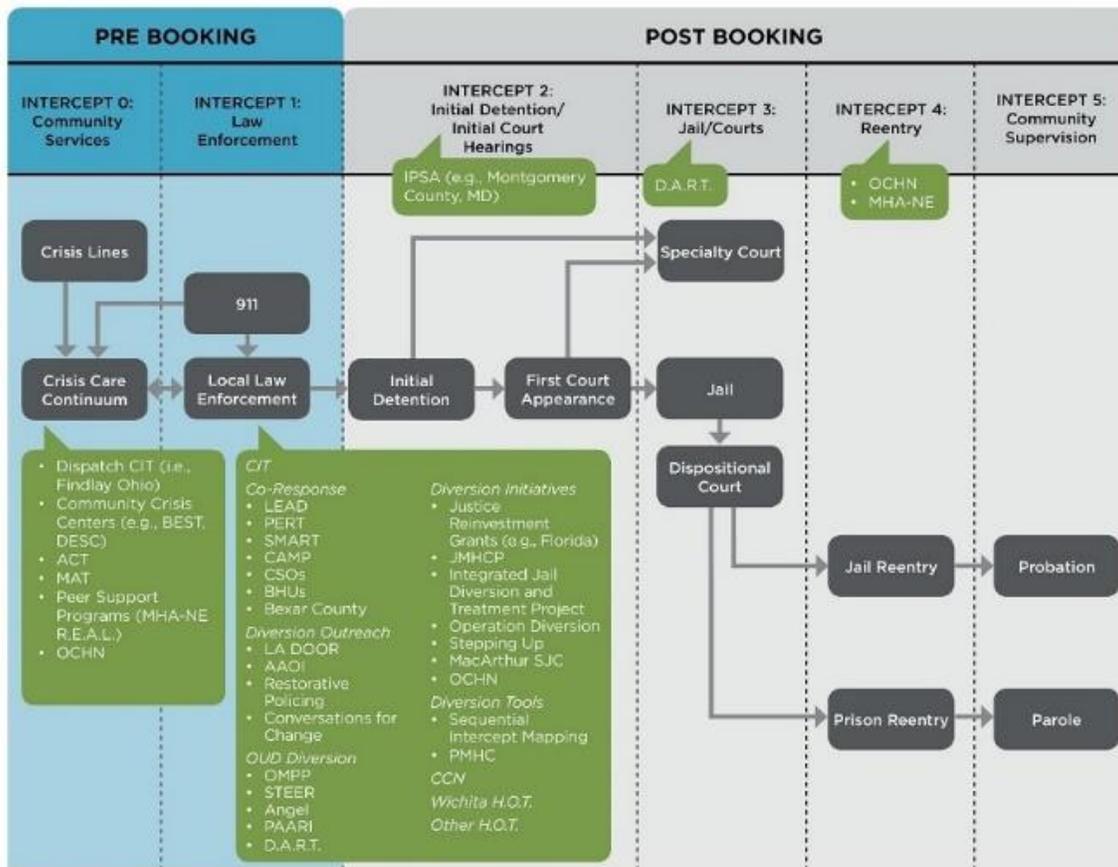
<sup>4</sup> Riep, Alexis. "The Effects of Culture and Punishment." 14 Dec. 2019, Accessed 3 Feb. 2022.

confusing with antiquated fear. This is due to the average time of processing a criminal from under six months in the Nordic System to the average of two to three years in the United States. This is based on the totality of the situation from arrest to final disposition. While population size is sometimes used as an excuse to United States legislators, the start of the system began in the single country of Norway and as of 2018 was adopted by the state of North Dakota which now has the lowest rate of incarcerations and has cut the rate of recidivism by nearly 50% by implementing the practice and methodologies.<sup>5</sup>

### The Nordic Criminal Justice Flow of Case Disposition



### The United States Criminal Justice Processing and Sentencing Guidelines



<sup>5</sup> Benecchi, Liz. "Recidivism Imprisons American Progress." *Harvard Political Review*, 8 Aug. 2021,

## The Background

Sentencing in all five Nordic countries follows the tradition of civil law. Councils and advisory boards do not have a place or role due to the guidance coming from forms of legislative sentencing principles as well as court precedents that are set. Nordic countries display a sincere increased interest in more detailed guidance for sentencing terms. The continuity is placed in both consistency and uniformity during the sentencing process.

Other specific modalities and ideologies were changed upon the integration of deeply examining how change could be appropriately and effectively implemented. This process truly began in the country of Norway and within a five-year time span of consistently proven successes, the other four countries were quick to follow suit and write into their sentencing guidelines the same. The first guideline was taking away the death penalty in totality with the parallel of the dissolution of life sentences. The maximum sentence any person can face in these countries is a 21-year sentence with early parole after fifteen years. Should an offender continue to display that there is a grave danger to society during this confinement period they can have their sentence extended by five years respectively and indefinitely. This has been the case in only 1.1% of offenders since this sentencing guideline was put in place. Even with this being the maximum it is held for what is to be considered by their penal codes the most horrific and harshest of crimes.<sup>6</sup>

The aforementioned maximum sentencing was handed to Anders Breivik who in 2011 in Oslo, killed eight people via bombing by use of a minivan then went to a summer camp located in Utoya and killed another sixty-nine people claiming seventy-seven lives in totality and was at a point the most sought-after terrorist within the regionalized area. He was sentenced to serve this time under the “Regime of Particularly High Security” to start and in 2015 was transferred to lower-level security located in the city of Skein where his surveillance is nearly still to date in half with rehabilitative measures implemented daily. This crime spree is known historically as one of if not the worst in Norway’s history yet those left in the wake to deal with the death of their loved ones all approved of his sentencing without one opposed member. One year into his sentencing a complaint was filed by Breivik that he was receiving what he felt to be the inhumane treatment of confinement as he had no access to the light in his room or personal television switches. This was the first time the progressive nature of sentencing and treatment of offenders in Nordic countries was placed on a global spectrum as it left so many questions by other countries to ask about how and why their recent adaptation of sentencing was established, and the effects felt from such. Governed officials spoke upon the desire to rehabilitate offenders to reintegrate them appropriately into society so that they may become productive members of society instead that of the other where they could be housed, fed, with little to no responsibility as is done in systems, such as the United States for these high-level offenders. This drew in the humane ideals of this type of system so that there could be a focus on perhaps a “normalization” of treating offenders this way and utilizing the measures of mental health adaptations and practices to assist in the reintegration process. The model, however, did and continues to come under fire by some as being “too lenient” and too forgiving to the point where some have composed arguments that the system in countries such as the United States perhaps needs to be even stricter than as it currently stands. Leaders in corrections realize the way to truly show the success of lowering crime rates globally is by allowing full access to the full adaptation and integration should other countries want to put a heavier focus on rehabilitation and reintegration.

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<sup>6</sup> Riep, Alexis. “The Effects of Culture and Punishment.” 14 Dec. 2019, Accessed 3 Feb. 2022.

## The Model

The key to looking at the criminal process is first understanding the diplomacy and governed nations of the Nordic System are the same as the United States. All countries have Presidents, voted elected officials, a three-tier system for criminal offenses, and allow for the ability for those of the people to present to congressional leader's potential changes that would be prosperous. The four main points that were focused on during the reformation process to build an appropriate model were four essential elements that have been voiced as being "key elements" to the success of the rehabilitation and reintegration model. They were developed by those both working and studying corrections as well as previous offenders, forensic psychologists, therapists, psychiatrists, judges, and current offenders themselves. This group dynamic was thought to have established the perfect stage to display exactly how shifting the focus from a punitive system to one of rehabilitation lessens the burden of not only the criminal justice system and country but adds positive income status to countries, allows those with mental health or addiction diagnosis to receive appropriate help and to most importantly establish a benchmark system that sets these Nordic countries apart by sheer crime volume alone as being the lowest globally continuously.<sup>7</sup>

Two specific facilities, Halden Prison and Ila Detention and Security Prison were the pioneering prisons that were built in 2010 to begin the transition to the conditions in which prisoners would be living. To date, they have now considered the most successful facilities of the five Nordic countries and are visited annually by thousands of those from all countries who want to improve incarceration practices and advocate for a better system in the country of their own.



An overhead view of Norway's Halden Prison structural layout and design<sup>8</sup>

<sup>7</sup> Lappi-Seppälä, Tapio, and Michael Tonry. "Crime, Criminal Justice, and Criminology in the Nordic Countries." *Crime and Justice*, vol. 40, no. 1, 2011, pp. 1–32., <https://doi.org/10.1086/660822>.

<sup>8</sup> Lappi-Seppälä, Tapio, and Michael Tonry. "Crime, Criminal Justice, and Criminology in the Nordic Countries." *Crime and Justice*, vol. 40, no. 1, 2011, pp. 1–32., <https://doi.org/10.1086/660822>.

## **The Principle of Normality**

Going to an actual store for commissary, having a shower and toilet in a room that does not need to be shared, rooms that do not lock, access to mental health therapists and groups, a workout and yoga facility are not those qualities in which if listed someone would particularly think of when imagining what prison or its conditions would be like. The ideals of creating a sense of normality were from the physiological principles of the “punishment” being taken away from the criminal’s daily life such as their families, work, home, and free ability to move about as they desired. Taking the person away from their community and liberty is honed as the ultimate punishment and or the largest sacrifice so the goal is to make life inside the prison as normal as possible. Each cell is modeled alike and those that are incarcerated can wear their clothing, shoes, and items of comfort including keeping shoelaces in their shoes and wedding rings should they choose to. The ideals of this are that the human condition recognizes these items as familiar based scenery even when in a maximum based prison to keep it looking as “normal” to each inmate’s home setting as possible. The facilities in which prisoners can move about include cell doors that do not lock unless the inmate wishes to lock their cell while leaving to keep their items safe much like someone would at home and cooking for themselves in a kitchen when they feel as though they would like to. These humane conditions again focus on a sense of normalcy while still being in a prison for criminal activity.<sup>9</sup>

## **A Focus on Humanity**

Humanity is by far one of the most focused aspects when it comes to the treatment of offenders in the Nordic Criminal Justice System. Humanity is defined as “the human race; human beings collectively.” The human condition is one of the four main foci and principles in the five Nordic countries and is perhaps the most unique perspective when it comes to how the assessment and treatment of criminals in the prison are treated. Therapists and psychologists are used daily as a part of the rehabilitative and reintegrative process. Statistically, those who commit crimes when they allow themselves to be evaluated by the appropriate professionals have some type of deep routed trauma factors which lead them to the crimes which they committed.<sup>10</sup> Different therapeutic measures such as individual therapy, group sessions, cognitive behavioral therapy, and dialectical behavioral therapy along with yoga, daily meditation are all psychological humanitarian means of treatment that are used with offenders that serve their time learning about their interpersonal conflicts and how to become better members of society and humanitarians.

In a 2020 poll, 98% of those in the Nordic criminal justice system stated they were “surprised” or “shocked” at the amount of human kindness they experienced or experienced daily by all employees of the facility in which they are placed. Some offenders have gone as far as to describe the impact correctional officers have made on them to be positive and life-affirming.<sup>11</sup> Most criminals expected to be humiliated but instead were met with the highest

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<sup>9</sup> Lappi-Seppälä, Tapio, and Michael Tonry. “Crime, Criminal Justice, and Criminology in the Nordic Countries.” *Crime and Justice*, vol. 40, no. 1, 2011, pp. 1–32., <https://doi.org/10.1086/660822>.

<sup>10</sup> Lappi-Seppälä, Tapio, and Michael Tonry. “Crime, Criminal Justice, and Criminology in the Nordic Countries.” *Crime and Justice*, vol. 40, no. 1, 2011, pp. 1–32., <https://doi.org/10.1086/660822>.

<sup>11</sup> Lahti, Raimo. “Towards a More Efficient, Fair and Humane Criminal Justice System: Developments of Criminal Policy and Criminal Sanctions during the Last 50 Years in Finland.” *Taylor & Francis Law Journal*, 6 Feb. 2017

regard of kindness, smiles, appropriate friendliness, respect and was a demonstration of how those who are offending can perhaps become involved positively in the criminal justice system upon completion of their time within the facility.

Another aspect of the humanitarian efforts is to allow frequent unrestricted visits by family members to the offenders as well as having personal effects such as personal photos, movies, books, and magazines from their homes. Psychologists suggested that this would create a sense of feeling “human” and more connected to the outside world so that they would want to return to the world and would have the motivation to do so by being kept in appropriate conditions that made them feel “alive”, “connected” and “human”.<sup>12</sup>

### **Dynamic Security**

Correctional officers in the Nordic criminal justice system do not simply undergo training via an academy-based system or civil service examination as is most often in the United States. All correctional officers are trained for two years in a college psychological and social work-based program before they can begin their employment in the prison system. The emphasis is on psychological, law, criminology, and social courses in which officers can successfully adapt to the method of rehabilitating and are not seen only as a “person of law”.<sup>13</sup> Leaders have been quoted as saying that the most important element Nordic countries do better than the United States is being trained to successfully view everyone as a human and be on a team-based dynamic rather than the mentality of “being better than” the prisoner. Thought to be one of the most important items that officers learn are communication skills and the ability to resolve any sort of conflict that may arise with minimum force if any. The average physical interference that is used in Nordic-based facilities has maintained at a remarkably low 3% without an increase in the last five years.<sup>14</sup> Officers are taught restraint techniques but most correctional officers report playing board games, coloring, watching a show, or simply talking to inmates. Most report that the rate of growth they see in inmates upon intake to “discharge” is as if most have made a complete turnaround in their life. During the training series of dynamic officers and watch officers, there is a heavy influence for officers to develop good personal relationships with those that are prisoners which in most times in the United States someone can be punished for attempting to interact or communicate with a correctional officer. This automatically mentally makes those in United States prisons feel as if they are under constant watch and some report that they feel as if they become panicked at times and like eyes are on them with voices then beginning to speak in their minds. When reported appropriately to correctional officers, about 8% are truly addressed the correct way by mental health providers while others are merely put on “suicide watch” and kept in a cell which is padded and heavily guarded to ensure what the guards believe to be “safety measures” so that the inmate does not hurt themselves when in actuality it is the confinement culture which is breaching their mental psyche causing the voices.

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<sup>12</sup> Lappi-Seppälä, Tapio, and Michael Tonry. “Crime, Criminal Justice, and Criminology in the Nordic Countries.” *Crime and Justice*, vol. 40, no. 1, 2011, pp. 1–32., <https://doi.org/10.1086/660822>.

<sup>13</sup> Lahti, Raimo. “Towards a More Efficient, Fair and Humane Criminal Justice System: Developments of Criminal Policy and Criminal Sanctions during the Last 50 Years in Finland.” *Taylor & Francis Law Journal*, 6 Feb. 2017

<sup>14</sup> Wilson, Angelina, and Thierry M Luescher. “Innovation Policy at the Intersection: Global Debates and Local Experiences.” *Academia.edu*, 8 Apr. 2020, [https://www.academia.edu/42664269/Innovation\\_Policy\\_at\\_the\\_Intersection\\_Global\\_Debates\\_and\\_Local\\_Experiences](https://www.academia.edu/42664269/Innovation_Policy_at_the_Intersection_Global_Debates_and_Local_Experiences).

## **Reintegration**

The reintegration process in converting from a strict punishment-based system to a rehabilitative model is noted to have been the hardest of obstacles and the largest aspect of the four main model parts to integrate from both a governmental and civilian setting. Approaching those who respect, and dignity are thought to be prioritized so that offenders may learn the ability to trust that they can feel safe upon their release and that mentally, they are supported as a civilian that can govern appropriate lives moving forward without a lingering bias of their criminal record. Extensive research and presenting findings to the government of Norway required changing a stigma-based way of thinking that offenders were “life offenders” and could not become productive members of society. Mental health providers on all levels as well as policymakers were able to show that by providing the appropriate reintegration model, those that would come out of the Nordic system would be not only as productive as a non-offender but potentially a person who can be more productive as they have a deeper appreciation for all that there is to lose.

The development of the “Reintegration Guarantee” was developed which states that anyone who leaves the prison system, may be placed in pre diversion should be able to independently support themselves by obtaining employment with no biased, obtain housing, attend school, sustain, and afford healthcare and have appropriate access to items which may be holding back success such as free debt counseling and financial counseling.<sup>15</sup> The guarantee also changed the assumption that anyone in correctional services is owned by the prison and is someone the prison can make a profit from. The guarantee made this impossible thus by the act of wanting to integrate offenders back into society as the prison system was to then be considered no longer “for-profit” as compared to the United States. There is no stipend or bonus for keeping offenders in the system. Prisoners are allocated tasks that they will need to complete to be successful upon their release. This is allocated on a 1:1 level by both social work and mental health professionals. The “Steps for Success” method helps offenders realize their full potential as well as keeps them accountable for what will help lead them to a successful productive life and one in which they will not recommit or be tempted to recommit.<sup>16</sup> Some offenders upon release are required for a short period to be followed by release personnel so that they can be held to the highest standard if they are deemed to be at a higher accessed risk of reoffending. This proves that in totality all four parts recognize that the human condition does not make a person or persons perfect and there always is a possibility to recommit but places the offender in the most successful position possible while tailoring to their individual needs.

## **The United States Criminal Condition**

Psychologists suggested in a recent study that the conditions of prosecuting, sentencing, incarceration in the United States both in the juvenile and adult population are those reminiscent of embarrassing and animalistic. Approximate 45% of United States inmates have two or more mental health diagnoses that they had before entering their term for incarceration.<sup>17</sup> According to the 2021 United States Department of Corrections, Los Angeles County (California), Cook

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<sup>15</sup> Navo, Armando. “American vs. Scandinavian Prisons.” *NAVA Literature of Law*, 4 Mar. 202AD, pp. 20–105.

<sup>16</sup> Navo, Armando. “American vs. Scandinavian Prisons.” *NAVA Literature of Law*, 4 Mar. 202AD, pp. 20–105.

<sup>17</sup> Rubenstien, Mark S. “Prison Conditions: The Issue.” *Penal Reform International*, 6 Aug. 2020, <https://www.penalreform.org/issues/prison-conditions/issue/>.

County (Illinois), and New York City's Rikers Island Jail are the top three prisons for inmates with mental health populations. The Cook County Correctional Facility houses 4,000 inmates alone who are diagnosed prior to starting their sentencing or during their incarceration period with a serious mental health diagnosis making it the largest mental health facility by technical statute in the United States as compared to actual inpatient facilities.<sup>18</sup> This viewpoint should be viewed as a sort of "de facto" mental health institution, most of which resemble older based asylums that are no longer open today where mental health patients up until the 1970s did go for treatment. To compare this alone to the human aspect of the Nordic system, it creates the opposite setting these prisons up for a true humanitarian crisis. There are significant barriers to treatment such as affordability for mental health care for those who need it, inappropriate analysis of medication management of incarcerated individuals, and lack of social services to inmates upon release. Prisons in the United States range as compared to Nordic prisons from maximum federal facilities where conditions are reported to be "uninhabitable" at times from an open concept prison where bunks are in a free-standing area yet still of a thin mattress, no privacy, criminals where uniformed criminals may go without the proper undergarments or the ability to shower with dignity. There is no "freedom of movement" in any United States prison facility and correctional officers are taught to be defensive towards inmates.

Another crisis that has erupted in the United States system is the ability to acquire drugs during an incarceration period. A 2021 study showed that in the Pennsylvania system of county and state prisons combined it was 32 times easier to obtain any sort of drug than being out in society. The factors of this include the ability to manufacture drugs than it was previously as well as a level and percentage of correctional officer corruption. Correctional officers are also at an all-time low as the COVID-19 pandemic created a sort of mental state in which individuals are afraid to work in that type of restrictive setting in fear of illness or increased irritability by inmates.<sup>19</sup>

There is a stark difference between mental health therapy that is delivered in the Nordic-based countries during the prison term as opposed to those of the United States. Specifically, about 8% of offenders that reside in United States state or county-based prisons receive what is deemed as appropriate psychological treatment. This includes access to mental health providers, assessment of their mental disability or state as well as medication management. In the psychological methodology novel, "Waiting for an Echo", Psychologist Dr. Christine Montross spent a five-year period examining offenders both in the juvenile and adult prisons to study the methodology of criminalizing mental illness and how specific methods of incarceration are the perfect storm to create the conditions in which the mental health is drastically hurt as opposed to any sort of rehabilitation or even at times the acceptance of one that they committed a crime.<sup>20</sup> This viewpoint of experiencing an extensive dive of one person to examine the mental health state of those while incarcerated demonstrates that there are those that believe mental health is truly at risk and not being addressed appropriately as it should be in The United States.

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<sup>18</sup> Anderson, Andrew. "United State DOC Statistics 2021." *National Institute of Corrections*, 18 Jan. 2022, <https://nicic.gov/projects/statistics>.

<sup>19</sup> Anderson, Andrew. "United State DOC Statistics 2021." *National Institute of Corrections*, 18 Jan. 2022, <https://nicic.gov/projects/statistics>.

<sup>20</sup> Montross, Christine. *Waiting for an Echo: The Madness of American Incarceration*. Penguin Books, 2021.

## **Mental Health Diversion: The Hope for our United States of Mental America**

The most shocking statistic of this article is that upon a calculation of the juvenile and adult population incarcerated with mental health issues in the United States, 95% of offenders recommitted a crime within the first six months of release. This is the grimmest of statistics perhaps that should be examined in this article. A mental health diagnosis is not once the “black sheep” of overall health it once was but the gray stigma without a doubt is still in existence. Mental health diversionary programs allow for offenders to undergo appropriate evaluations to examine their mental health conditions or diagnosis and if they are a candidate for a type of diversion program which involves supervision, therapy, medication management, along with appropriate recommendations made by evaluators of the court system to allow individuals the ability to overcome their mental health struggles while also taking the appropriate accountability for their actions. These programs also consider the use of those in these systems who believe in rehabilitation and that humans can heal and repair.<sup>21</sup> The United States oftentimes does have those who view diversionary based programs’ as not a “harsh” enough punishment for someone committing a crime but the generality of this proves that American’s are conditioned to believe that anyone who commits a crime “deserves to pay”. This unfortunate viewpoint is magnified by the ease of social media influence, access to criminal records, and the general misconception or non-understanding of those in a mental health diversion program held to complete the program to full success.

### **Conclusion**

There is no “get out of jail free” card nor should there be someone who commits any criminal offense regardless of the global location. Mental health is by no means an excuse to continuously commit crimes, blame the diagnosis for one’s actions but is a true state in which someone may live their life daily. By approaching and addressing crimes in a manner without the autonomy of fear but potential hope and a second chance for the human is the approach the United States needs to become even more prosperous, less aggressive, less demonstrative, less anti-police and court but rather help and humility. The heroic actions of judges, prosecutors, defense attorneys, probation/parole officers, therapists, psychologists, psychiatrists, social workers, and any others that work in a mental health diversion setting whether in a non-confined setting or in the system are the true humanitarians in the United States criminal justice system. By asking and advocating policymakers who do control reform of the American justice system that mental health, appropriate prison conditions, the examination of each individual need to be made a priority over the for-profit, purely examined inmate number of a person is what the greatest country of the globe deserves. The peacemakers, the healers, the law, and the individuals willing to speak for those who have not experienced time in the criminal justice model of the Nordic-based system and make this country not only in alignment with their systems but an even better example and pioneer by believing that not even gravity would be able to contain the goals of humanity when we all seek the appropriate approach of crime, care, justice, and mental health as one for all.

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<sup>21</sup> Montross, Christine. *Waiting for an Echo: The Madness of American Incarceration*. Penguin Books, 2021.

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