WELCOME!

How Being
Trauma-Informed
Improves
Criminal Justice System
Responses

Arizona Problem Solving Courts Conference
April 2016
How Being Trauma-Informed Improves Criminal Justice System Responses
Today’s Presenters

Vicki Staples, MEd, CPRP
Associate Director of Clinical Initiatives

JakinDee Kosaka
Smart Justice Services Coach, Workforce Development
Please

Turn off cell phone

Return calls & check messages during a break
Take Care

- Trauma is a difficult topic
- Intense
- Take care of yourself
- Seek support
- Excuse yourself if necessary
Training Focus

Women & Men

Mental illness

Co-occurring substance use disorders

Involved with the criminal justice system
Trauma Training

To recognize signs of trauma

To be better prepared

To respond effectively
Today We Will...

Review
the course modules

Discuss
why learning about trauma is important

Explore
what is trauma and its impact

Prepare
to better respond
Course Overview

Program length: 1/2 Half-day

Who should attend? Everyone!

6 Modules
1. Why Learn About Trauma?
2. What Is Trauma?
3. Trauma’s Effects
4. Individual Differences
5. Trauma-Informed Responses
6. Trauma-Informed Systems

Closing Module
Why Learn About Trauma?
WHY

WHAT

IMPACT

INFORMED RESPONSES

INFORMED SYSTEMS

RE-TRAUMATIZE
The past is never dead.
It’s not even past.

William Faulkner
Benefits

How we think about something affects how we respond
Trauma rates very high
Jail Diversion Study

Women
- 96% lifetime
- 74% current (12 mos.)

Men
- 89% lifetime
- 86% current (12 mos.)
## Mental Health Court Study

<table>
<thead>
<tr>
<th>Abuse (self report)</th>
<th>% Women</th>
<th>% Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual abuse or rape (prior to age 20)</td>
<td>70</td>
<td>25</td>
</tr>
<tr>
<td>Parents hit or threw things at one another</td>
<td>46</td>
<td>27</td>
</tr>
<tr>
<td>Parents beat them with belt whip or strap</td>
<td>61</td>
<td>68</td>
</tr>
<tr>
<td>Parents hit them with something hard</td>
<td>43</td>
<td>36</td>
</tr>
<tr>
<td>Parents beat or really hurt them with their hands</td>
<td>42</td>
<td>36</td>
</tr>
<tr>
<td>Parents injured them enough to need medical attention</td>
<td>22</td>
<td>8</td>
</tr>
</tbody>
</table>

**Women**
- 67% child physical abuse
- 34% current physical/sexual abuse (past 12 mos.)

**Men**
- 73% child physical abuse
- 32% current physical/sexual abuse (past 12 mos.)
Why We Learn About Trauma

- Develop understanding
- Increase awareness
- Recognize signs
- Learn how to respond

GOAL: Trauma-Informed Responses

- Increase safety
- Reduce recidivism
- Promote recovery
Learning check

Traumatic Events

- Physical Abuse
- Natural Disaster
- Combat or Victim of War
- Sexual Abuse
- Witness Violence or Other Traumatic Event
- Historical Trauma
Long-term Effect

Physical Health Issues

Substance Abuse

Fear
Powerlessness
Anger
Pain

Mental Health Issues

Poor Relationships

Behavioral Problems
People think differently about trauma

- Fear of stigma
- Can’t be a victim
- Suck it up
- Self-blame
- Negative self-view
- World is dangerous
- Betrayal
- Anger & rage
- Desire for revenge
People need...
- Respect
- Information
- Safety
- Choice
INTERACT

Trustworthiness
Respect
Choice
Collaboration
Empowerment
Sequential Intercept Model
Thinking or talking about suicide or harming oneself

Reduced sense of personal accomplishment

Inability to cope with problems and daily activities

Depletion of physical and intellectual energy

Happens when overworked, stressed, and involved in demanding situations over a long period of time

May feel tired, rundown, overwhelmed, and irritable

WARNING

Prolonged depression and apathy

Burnout
“The tank is empty!”
“Let’s refill it!”
• Recharge your batteries daily

• Spend plenty of quiet time alone

• Hold connected and meaningful conversations daily

• Don’t be afraid to ask for help

• Write your thoughts down

Develop a self-care plan
<table>
<thead>
<tr>
<th>Online Resources</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Mental Health Services</td>
<td><a href="http://www.samhsa.gov/about/cmhs.aspx">http://www.samhsa.gov/about/cmhs.aspx</a></td>
</tr>
<tr>
<td>Center for Substance Abuse Prevention</td>
<td><a href="http://www.samhsa.gov/about/csap.aspx">http://www.samhsa.gov/about/csap.aspx</a></td>
</tr>
<tr>
<td>Center for Substance Abuse Treatment</td>
<td><a href="http://www.samhsa.gov/about/csat.aspx">http://www.samhsa.gov/about/csat.aspx</a></td>
</tr>
<tr>
<td>Council of State Governments Consensus Project</td>
<td><a href="http://www.consensusproject.org">www.consensusproject.org</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness</td>
<td><a href="http://www.nami.org">www.nami.org</a></td>
</tr>
<tr>
<td>National Clearinghouse for Alcohol and Drug Information</td>
<td><a href="http://www.ncadi.samhsa.gov">www.ncadi.samhsa.gov</a></td>
</tr>
<tr>
<td>National Institute of Corrections</td>
<td><a href="http://www.nicic.gov">http://www.nicic.gov</a></td>
</tr>
<tr>
<td>National Institute on Drug Abuse</td>
<td><a href="http://www.drugabuse.gov">http://www.drugabuse.gov</a></td>
</tr>
<tr>
<td>Office of Justice Programs</td>
<td><a href="http://www.ojp.usdoj.gov">http://www.ojp.usdoj.gov</a></td>
</tr>
<tr>
<td>Partners for Recovery</td>
<td><a href="http://www.pfr.samhsa.gov">http://www.pfr.samhsa.gov</a></td>
</tr>
<tr>
<td>National Center for Trauma-Informed Care</td>
<td><a href="http://www.samhsa.gov/nctic">http://www.samhsa.gov/nctic</a></td>
</tr>
<tr>
<td>National Center for PTSD</td>
<td><a href="http://www.ptsd.va.gov">http://www.ptsd.va.gov</a></td>
</tr>
<tr>
<td>Community Connections</td>
<td><a href="http://www.communityconnectionsdc.org/">http://www.communityconnectionsdc.org/</a></td>
</tr>
<tr>
<td>After the Crisis: Healing from Trauma Following Disasters</td>
<td><a href="http://www.gainscenter.samhsa.gov/atc/">http://www.gainscenter.samhsa.gov/atc/</a></td>
</tr>
<tr>
<td>Seeking Safety</td>
<td><a href="http://www.seekingsafety.org">http://www.seekingsafety.org</a></td>
</tr>
<tr>
<td>National Coordinating Center to Reduce and Eliminate the Use of Seclusion and Restraint</td>
<td><a href="http://www.nasmhpd.org/NTAC-SRcoord.cfm">http://www.nasmhpd.org/NTAC-SRcoord.cfm</a></td>
</tr>
</tbody>
</table>
Contact Information

Vicki Staples, MEd, CPRP
602-496-1482
Vicki.staples@asu.edu

JakinDee Kosaka
602-930-8765
Kosakaj@mail.maricopa.gov