

# Corrections/Trauma Informed Care

The information below will give you a more in depth understanding of why the correctional justice system needs to implement trauma informed care.

## THE PREVALENCE OF TRAUMA PRE-CORRECTIONS

- ✔ 70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. This equates to approximately 223.4 million people (PTSD United., 2013), . Some individuals that have experienced a traumatic event are:
  - 4 x's more likely to use drugs
  - 4 x's more likely to become alcoholics
  - 3 x's more likely to take antidepressants or experience some type of mental health issue.
  - These individuals are more susceptible in having interactions with the correctional system.

## THE IMPACT OF TRAUMA

- ✔ 53% of incarcerated women met the criteria for lifetime PTSD (U.S. Department of Justice, 2012). Over half of incarcerated men (56%) reported experiencing childhood physical trauma. (Wolff & Shi, 2012). According to a 2006 Bureau of Justice Statistics report, approximately 74% of state prisoners, 63% of federal prisoners and 76% of jail inmates met the criteria for a mental health disorder.

## EXPERIENCING TRAUMA IS FREQUENT IN CORRECTIONS

- ✔ We also know that correctional institutions can be very triggering and cause additional trauma.

Based on a national inmate survey: 80,000 incarcerated adults, experienced sexual victimization within a 12 month period of incarceration.

According to a 2015 Human Rights report Mentally ill incarcerated adults are subjected to routine physical abuse by guards. That left detainees with broken jaws, noses, and ribs. "Force is used against detainees because of their illness especially when they can not understand or comply with staffs orders" (Fellner., J. 2015).



STOP

## POST - CORRECTIONS

- ✔ Incarcerated individuals that have experienced abuse/trauma that intersect with the correctional system on the pretense of being rehabilitated, experience high rates of abuse/trauma within this system. These individuals are less likely to successfully re-enter society.

What's needed:

- Trauma Informed Care Training
- Re-entry programming within the system
- Access to mental health and other social services while detained

## HOW TO GET STARTED

- ✔
  - Consultation
  - TIC Foundations training
  - Policy Review
  - Workforce Development
  - Collaboration with outside systems

<https://traumainformedoregon.org/resources/resources-training-education/>

<https://traumainformedoregon.org/standards-practice-trauma-informed-care/>

## TRAUMA INFORMED CORRECTIONAL PRACTICES

- ✔ Massachusetts Correctional Institution
  - Trained all staff on Trauma Informed approaches
  - Implemented a Peer Support group
  - Opened a Intensive Treatment program (mental Health/Crisis)
- ✔ Hawaii Women's Prison
  - Changed the Physical environment
  - Trauma Lens framework
  - Educated staff and incarcerated women about trauma and the impacts of trauma
  - Implemented a universal screening tool
- ✔ North Carolina Department of Juvenile Justice
  - Re-wrote Job descriptions
  - Eliminated security uniforms
  - Provides each youth with a comfort bag
- ✔ Massachusetts Framingham Facility
  - Created Sensory Rooms
  - Implemented Five Core Values Of Trauma Informed Care: Safety, Choice, Trustworthiness, Collaboration, and Empowerment

## RESULTS

- ✔ Each Institution experienced notable decrease in inmate on inmate and inmate on staff assaults, the use of segregation, the use of restraints, suicide attempts, and the need for suicide watches. Implementing TIC has also empowered incarcerated individuals, and help build coping skills when triggered. Correctional officers (CO) are more informed and operate from a trauma lens, with this approach CO's are building relationships with incarcerated individuals.

## RESOURCES / TOOLS

- ✔
  - [traumainformedoregon.org](https://traumainformedoregon.org)
  - [samhsa.gov](https://www.samhsa.gov)
- ✔
  - [https://www.bja.gov/ProgramDetails.aspx?Program\\_ID=79#horizontalTab3](https://www.bja.gov/ProgramDetails.aspx?Program_ID=79#horizontalTab3)
  - <https://www.stephaniecovington.com/becoming-trauma-informed-a-training-for-correctional-professionals.php>

Arisco, Aili., (2014)., Trauma informed correctional care (TICC). Retrieved from: <https://www.acesconnection.com/blog/trauma-informed-correctional-care-ticc>

Benedict, Alyssa.,(2014). Using Trauma-Informed Practices to Enhance Safety and Security in Women's Correctional Facilities. Retrieve from: Fullner., J. (2015)., Callous & Cruel: Use of force against inmates with mental disabilities in US jails & prisons. Retrieved from:

<https://www.hrw.org/report/2015/05/12/callous-and-cruel/use-force-against-inmates-mental-disabilities-us-jails-and>

<https://www.bja.gov/Publications/NRCJW-UsingTraumaInformedPractices.pdf>

<https://www.sidran.org/resources/for-survivors-and-loved-ones/post-traumatic-stress-disorder-fact-sheet/>

James, D., & Glaze, L. (2006, September). Mental Health Problems of Prison and Jail Inmates. Bureau of Justice Statistics Special Report. Retrieved from <https://www.bjs.gov/content/pub/pdf/mhppji.pdf>

Wolff, N., & Shi, J. (2012). Childhood and adult trauma experiences of incarcerated persons and their relationship to adult behavioral health problems and treatment. International journal of environmental research and public health, 9(5), 1908–1926. doi:10.3390/ijerph9051908