

Trauma Matters...and Gender Matters

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Meeting Trauma Needs in Secure Care

Online Conference

March 19, 2024

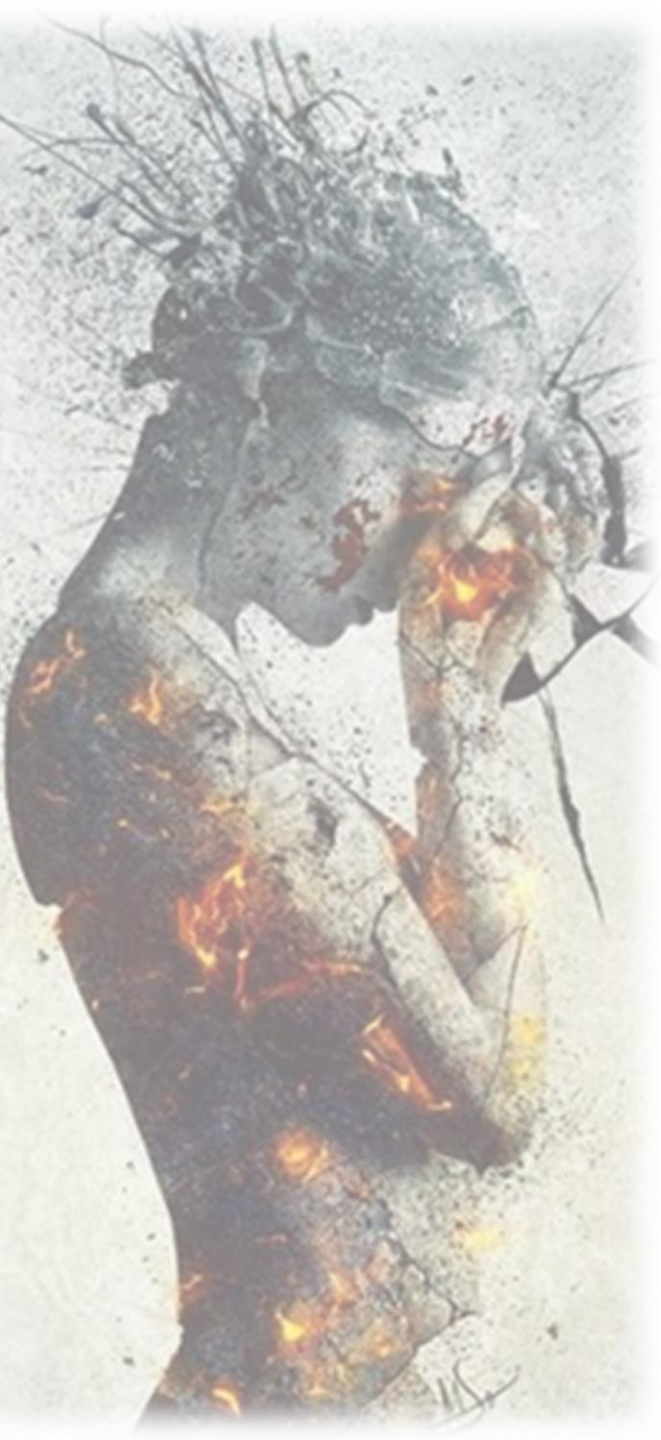
History of Social Services

- Addiction treatment services designed by men for men and boys
- Mental health services designed by men for women and girls
- Criminal justice services designed by men for men and boys

All without any consideration of gender or trauma

Definitions: Three Levels of Trauma Work

1. **Trauma-informed** services include things we all *need to know*.
2. **Trauma-responsive** services include what we *need to do* (policies, practices, environment = culture) when we work with trauma survivors.
3. **Trauma-specific** services are what we *need to provide*



Gender and Abuse

Differences

- Risks
- Responses

Gender and Abuse

Childhood

- Girls and boys at equal risk from family members and people they know

Adolescence

- Young men at risk from people who dislike or hate them. Boys at greater risk if they are gay, young men of color, gang members, or transitioning.
- Young women at risk from lovers or partners – people to whom they are saying, “I love you.”

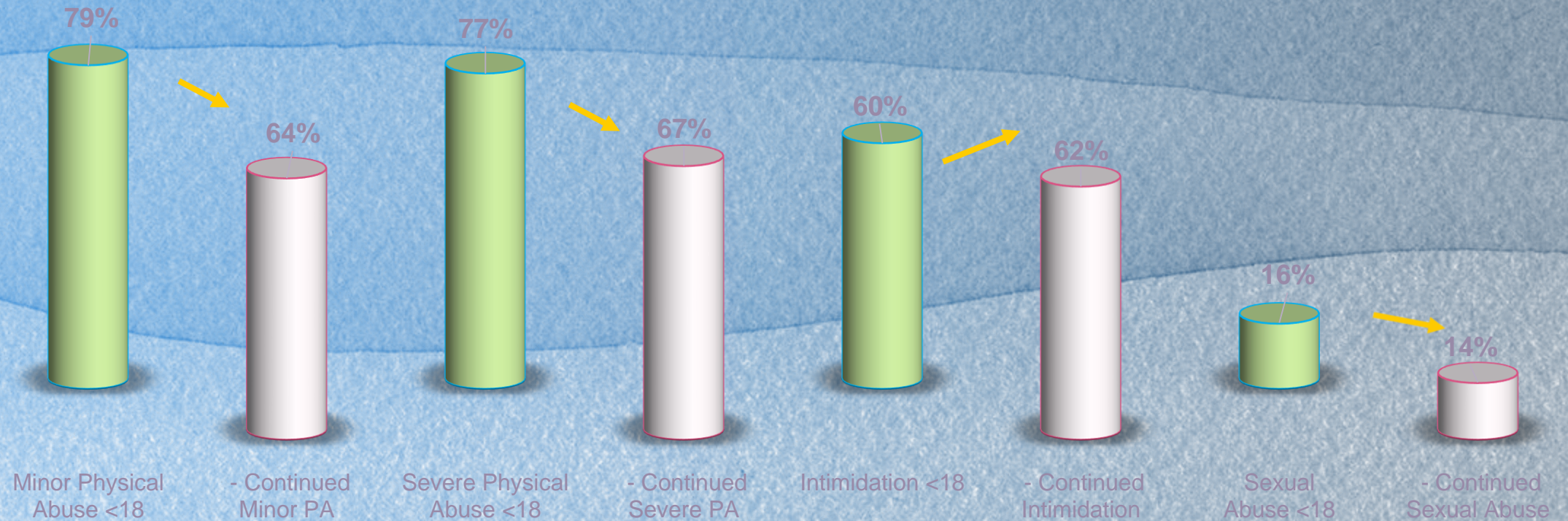
Adulthood

- Men at risk from combat or being victims of crime
- Women at risk from those they love
- LGBTQ+ and gender-nonconforming people are at the highest risk

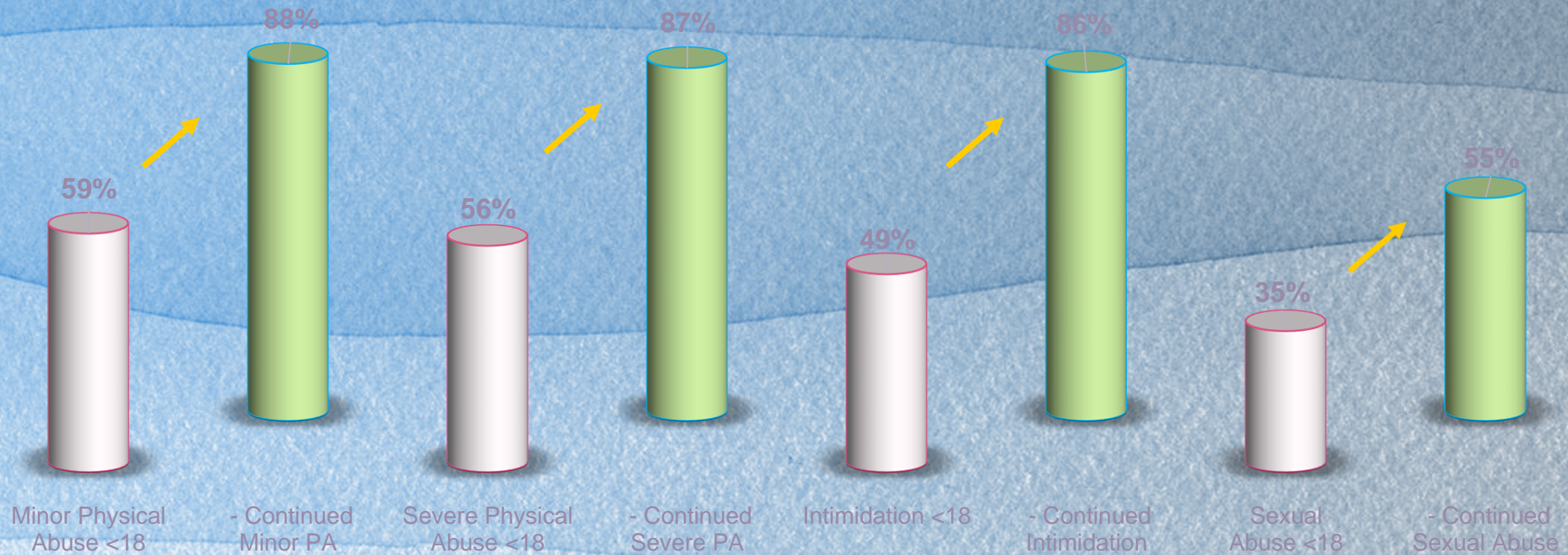
Differences in Risk Worldwide

- Worldwide, 1 in 4 women and 1 in 8 men experience psychological abuse from partner
- 38% of female homicides are committed by male partners, while 6% of male homicides are committed by female partners
- 1 in 5 women will be raped, while 1 in 71 men will be raped
- Transgender population is at greatest risk and has a higher rate of abuse

Victimization Trajectories from Childhood to Adulthood for Men (N=801 Men)



Childhood Victimization Continues into Adulthood for Women (N=1118 Women)



Trauma and Justice-Impacted Women

Linked to:

- Substance use disorders
- Mental health issues
- Difficulties at school/work
- Sex work
- Criminal acts before age 14
- Aggression and violence

Process of Trauma

Traumatic Event

Overwhelms the physical and psychological coping skills

Response to Trauma

Fight, Flight or Freeze
Altered state of consciousness, Body sensations, Numbing, Hypervigilance, Hyper-arousal, Collapse

Sensitized Nervous System

Changes in the Brain
Brain–Body Connection

Psychological and Physical Distress

Current stressors, Reminders of trauma (triggers/activators):
Sensations, Images, Behavior, Emotions, Memory

Emotional and/or Physical Responses

Retreat

Isolation
Dissociation
Depression
Anxiety

Harmful Behavior to Self

Substance use disorders
Eating disorders
Deliberate self-harm
Suicidal actions

Harmful Behavior to Others

Aggression
Violence
Rages
Threats

Physical Health Issues

Lung disease
Heart disease
Autoimmune disorders
Diabetes

ACE Study

(Adverse Childhood Experiences)

About

- Original study in 1998
- 17,000 adults in San Diego, CA
- 10 questions
- First 12 years – largely ignored
- Past 10+ years – embraced

Action

Before age 18:

- Recurrent and severe emotional abuse
- Recurrent and severe physical abuse
- Contact sexual abuse
- Physical neglect
- Emotional neglect

Environment

Growing up in a household with:

- Both biological parents not being present
- A mother being treated violently
- An alcoholic or drug-using family member
- A mentally ill, chronically depressed, or institutionalized family member
- A family member being imprisoned

ACE Study

(Adverse Childhood Experiences)

Results of ACEs:

- Profound effects 30-50 years later
- Greater risk of having certain physical diseases and mental illnesses
- Substance use disorders

Chronic Health Conditions

- Heart disease
- Autoimmune diseases
- Lung cancer
- Pulmonary disease
- Liver disease
- Skeletal fractures
- Sexually transmitted infections
- HIV/AIDS

ACE Study

(Adverse Childhood Experiences)

Additional results of the ACE Study:

- Staff concerns about the impact of the questions
- Experience with one-hour interviews
- Women 50% greater risk of 5+ score

ACEs

A review of over 2,000 studies of ACEs from all over the world consistently found that individuals experiencing 4 or more ACEs have a higher risk of multiple concerns, including the following:

- Nearly four times more likely to have anxiety;
- Over four times more likely to have depression;
- Nearly six times more likely to engage in illicit drug use;
- Nearly six times more likely to have problematic alcohol use;
- Over seven times more likely to experience violence victimization in adulthood;
- Ten times more likely to have problematic drug use; and
- Thirty times more likely to attempt suicide as an adult than individuals with less than 4 ACEs

(Hughes, Bellis, Hardcastle, Sethi, et al., 2017)

Women in Prison Childhood Traumatic Events

4
or more

A score of 4 or more “yes” answers indicated higher rates of physical and mental health problems.

7
or more

A score of 7 or more “yes” answers indicated 980% more risk of mental health problems.

Impact of ACEs for Incarcerated Women is Strong & Cumulative

4
or more

- Sex work
- Substance misuse
- Aggression
- Sexually transmitted infection
- Eating disorders
- Hepatitis and TB
- Gynecological problems

Resource

Staff Training

Becoming Trauma Informed training materials consist of a facilitator guide, participant booklet, and PowerPoint slides for a 7-hour training day.

The US editions include the following:

- *Becoming Trauma Informed: A Training Program for Correctional Professionals* (adults, 2023)
- *Becoming Trauma Informed: Focus on Youth* (2020)



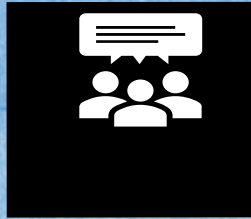
Trauma Responsive

Trauma-Responsive Services

What We Do



Take into account the impact of trauma on a person's thinking, feelings, and behaviors.



Avoid triggering trauma reactions and/or re-traumatizing an individual.



Allow survivors to manage their trauma symptoms successfully so that they can access, retain, and benefit from services.



Review and revise policies and practices. The behavior of correctional officers, counselors, other staff, and the organization reflects the new policies and practices.

Moving from Trauma Informed to Trauma Responsive

- A structured and guided process is needed for organizational change (primary focus is on culture/environment)
 - Involves multiple steps on multiple levels
 - Requires commitment of leadership over time (3-5 years)
 - Based on five core values

Five Core Values for Trauma-Informed and Trauma-Responsive Services

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

Moving from Trauma Informed to Trauma Responsive

- Self-Assessment
- Walk through:
 - Signage
 - Physical Environment
 - Other “Noticing”
- Create a Guide Team
 - Review of policies and practices

Process used in the Ministry of Justice

- Twelve women's prisons
- Seventeen men's long-term, high-security prisons

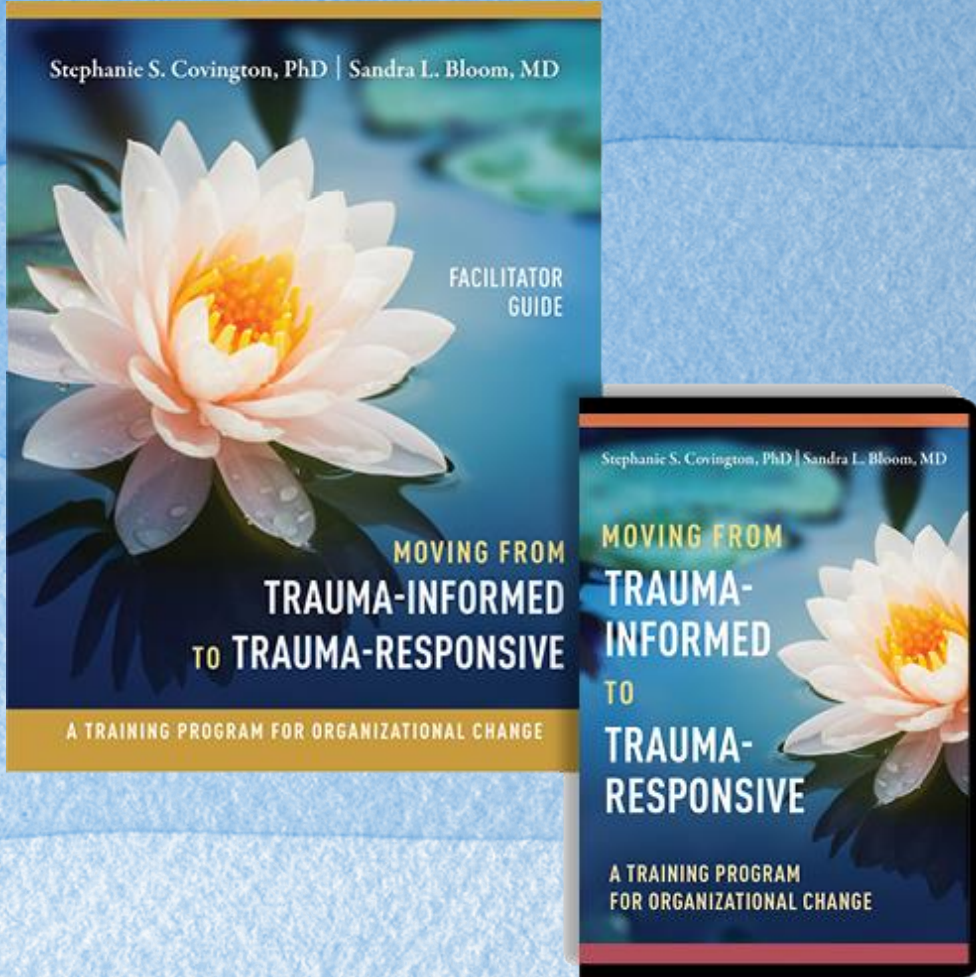
Hope Street



Southampton, England

Resource

Organizational Change



- Facilitator Guide with step-by-step instructions
- Three hours of video
- USB Drive with handouts of resources

Trauma Specific

Gendered Lens

Gender-Responsive Treatment

Environment

Creating an environment through

- site selection
- staff selection
- program development
- content
- material

Understanding

Reflects an understanding of the lived experiences of women, girls, men, boys, transgender and nonbinary people

Strengths & Challenges

Addresses their strengths and challenges

Trauma: Key Elements for Staff and Clients

- Understand trauma
- Learn about the common reactions
- Recognize gender differences
- Develop coping skills

Themes

- Safety
- Empowerment
- Connection (Aloneness)
- Normal reactions (Shame)
- Mind-body connection
- Substance use



Women's Relationships

Trauma that occurs in relationships
needs to be healed through relationship

Treatment Strategies

- Relational therapy
- Guided imagery
- Mindfulness
- Cognitive-behavioral
- Emotional Freedom Technique (EFT)
- Expressive arts
- Mind-body (yoga)
- Experiential learning (interactive exercises)
- [EMDR (Shapiro), Somatic Experiencing (Levine), Neurosequential Model (Perry)]



A stack of several open books is shown, with the top book's pages fanned out. The pages are yellowed with age and contain text. The word "Resources" is written in a large, white, sans-serif font across the center of the books. The background is a soft, out-of-focus light blue and white.

Resources

Helping Women Recover

Helping Men Recover

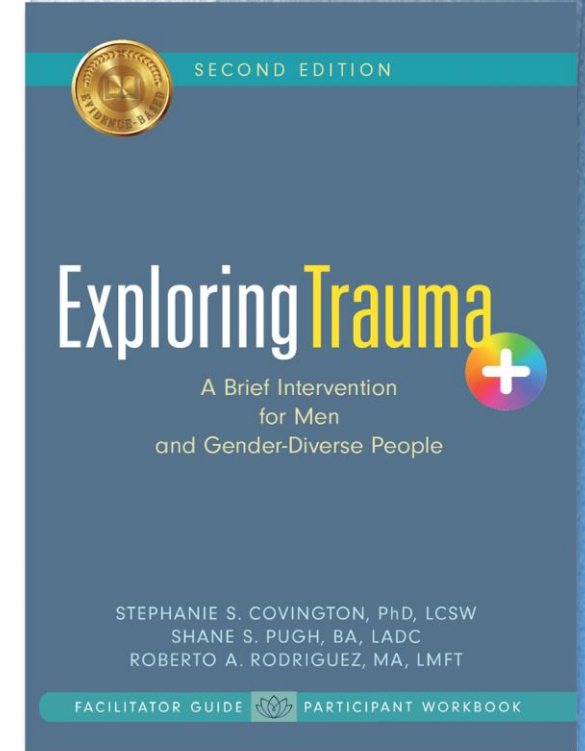
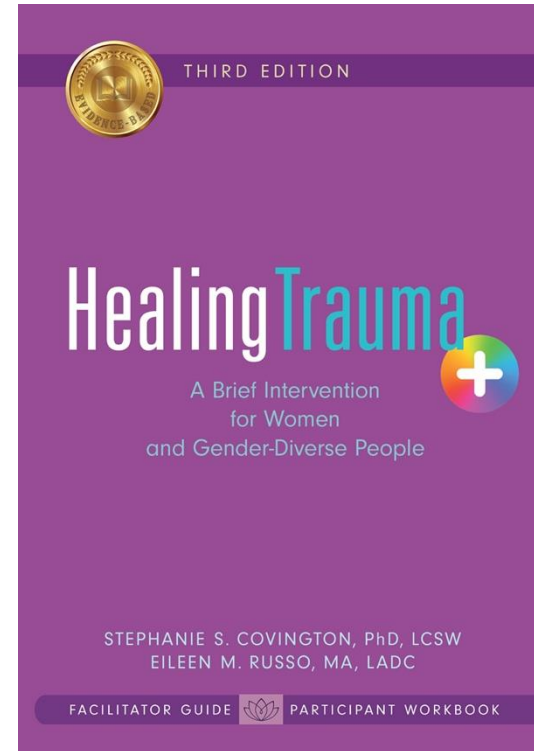
- 2 hours each
- Four Modules
 - Self
 - Relationships
 - Sexuality
 - Spirituality



Healing Trauma+

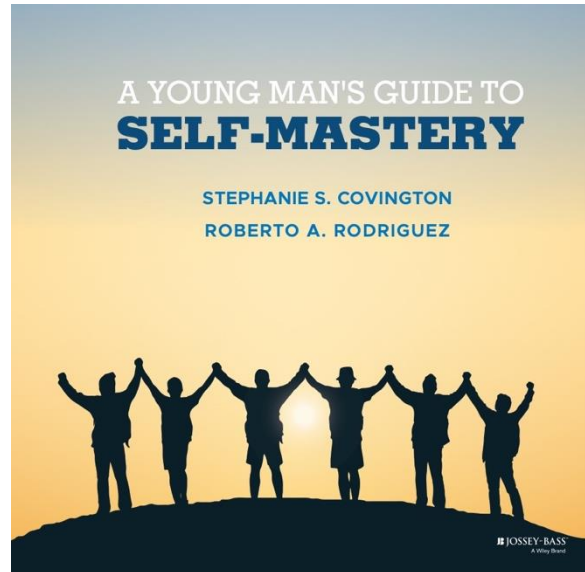
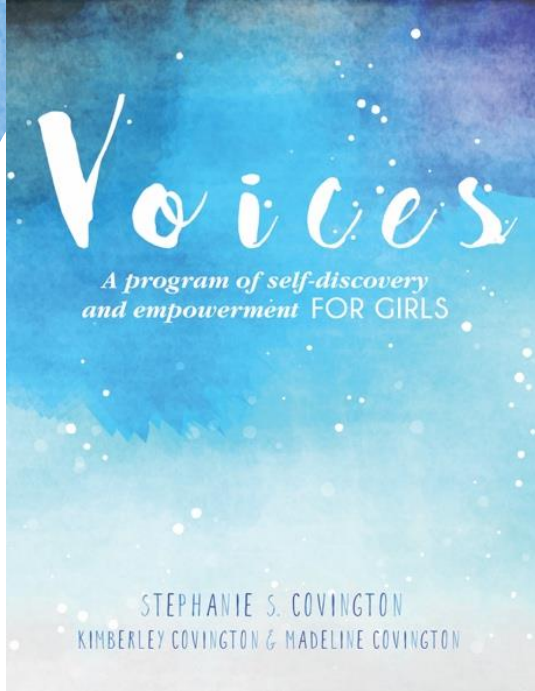
Exploring Trauma+

- 6 Sessions on flash drive for easy duplication
- 2 hours each session
- Facilitator Guide
- Participant Journal in English and Spanish



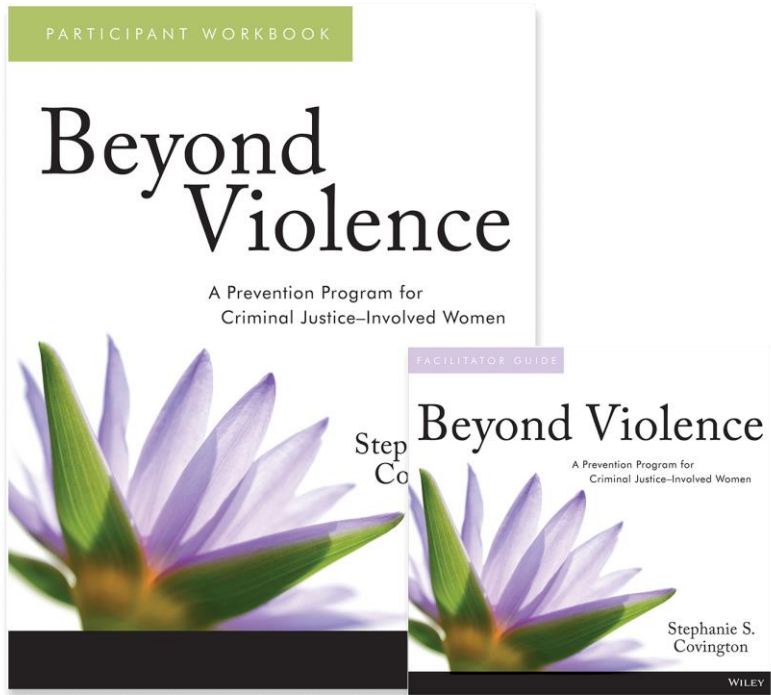
Resources

Materials for Youth

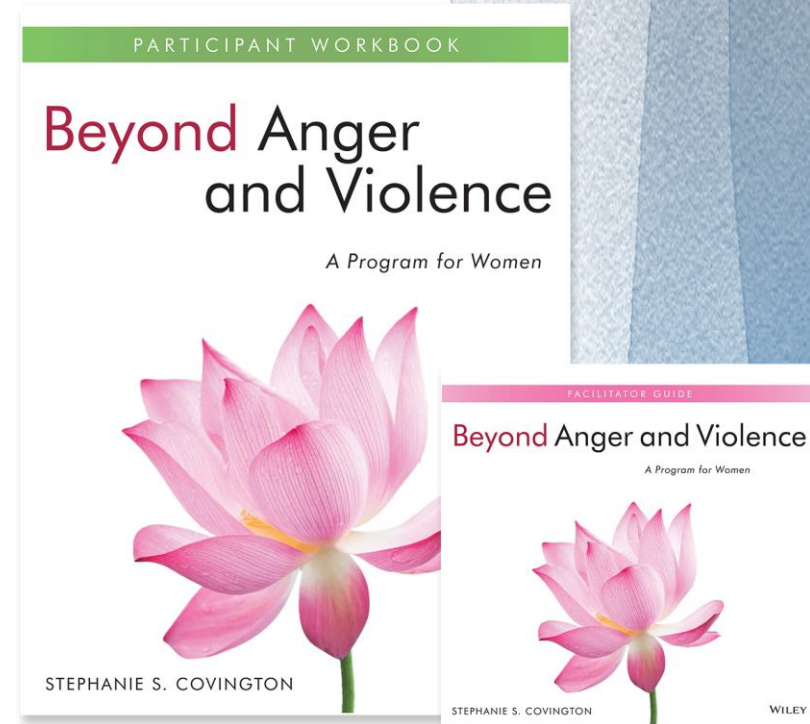


- *Voices: A Program of Self-Discovery and Empowerment for Girls*
- *A Young Man's Guide to Self-Mastery*

www.stephaniecovington.com
Books → Bookstore



Beyond Violence
20-session program

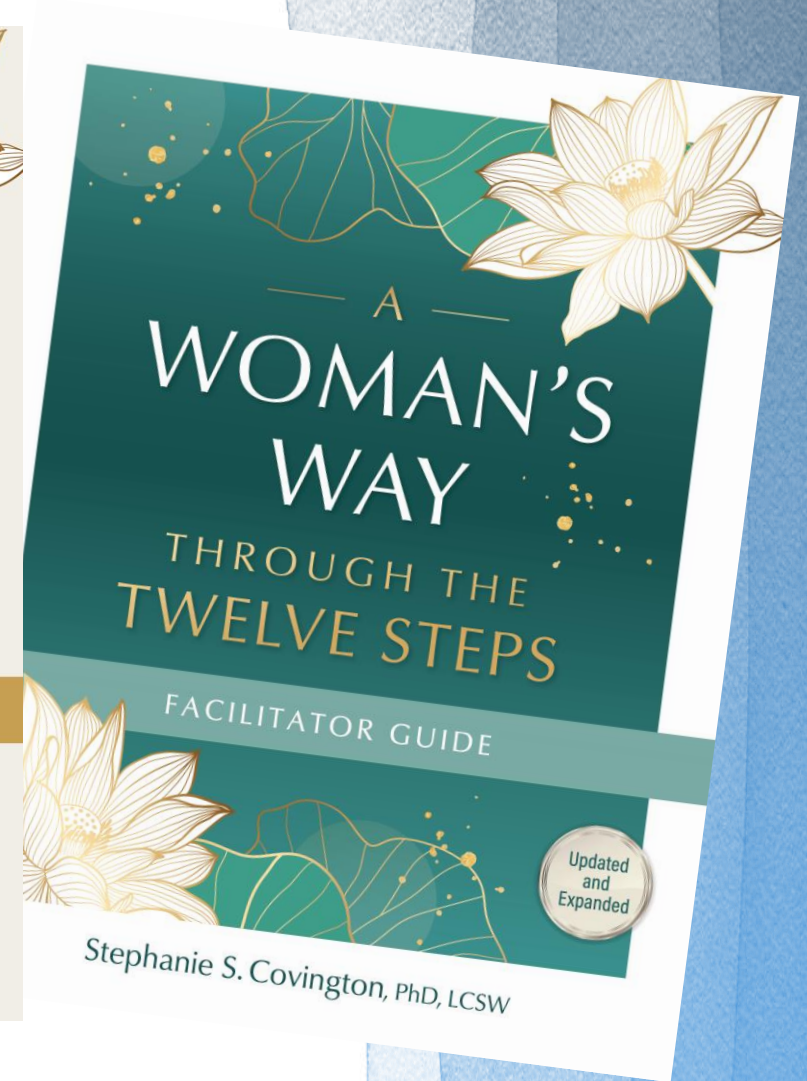
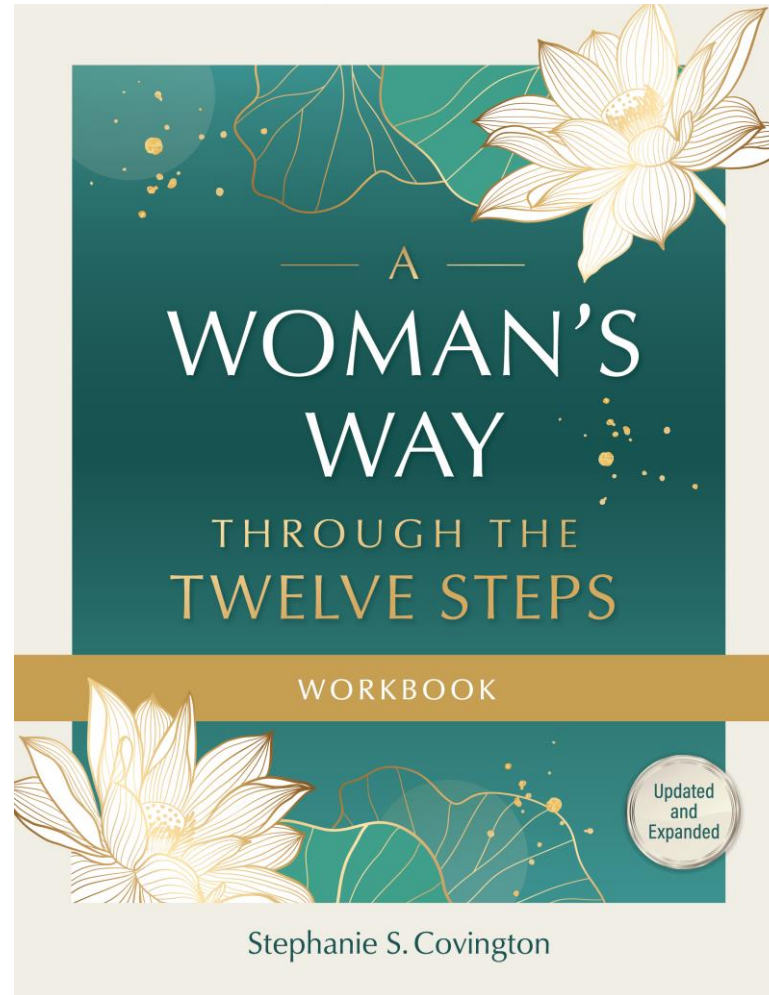
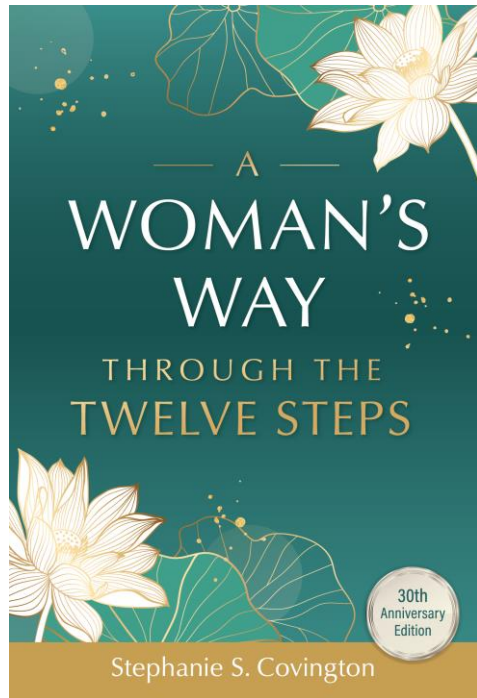


Beyond Anger and Violence
21-session program

Beyond Trauma: A Healing Journey for Women

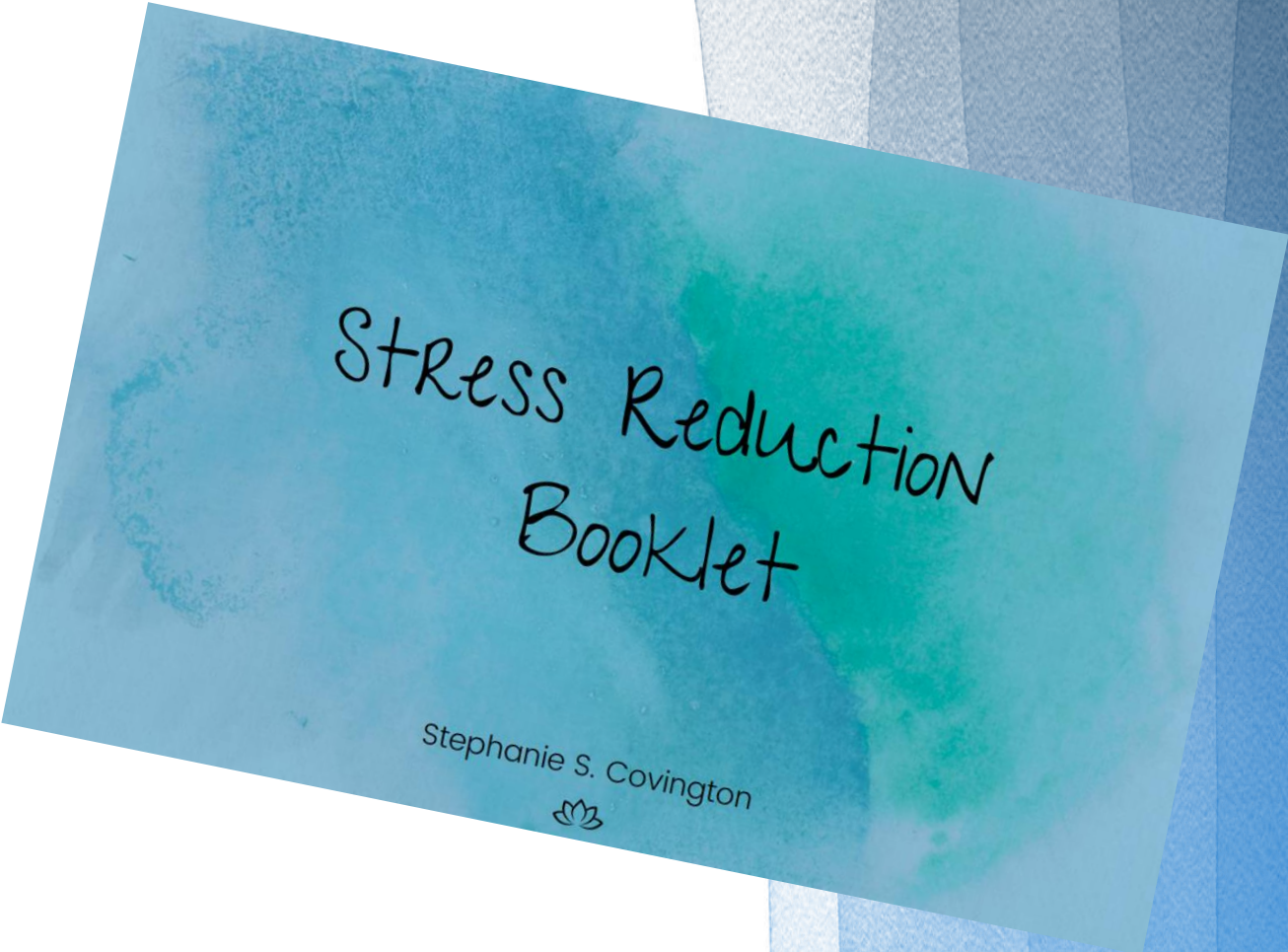
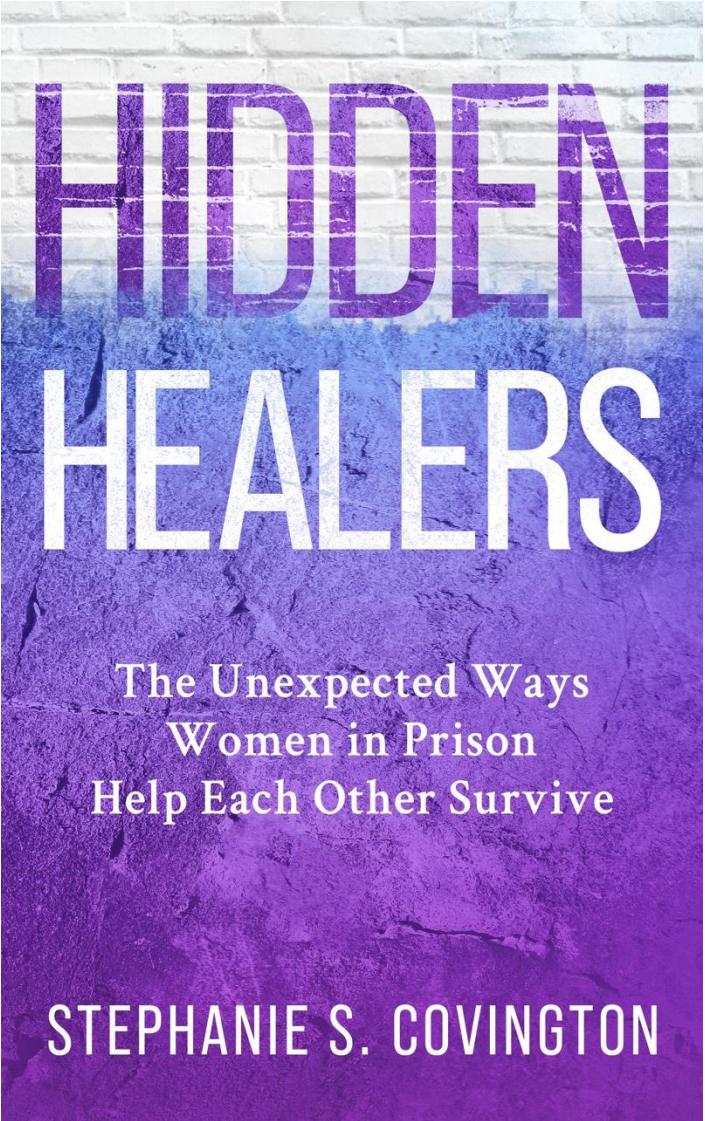


A Woman's Way through the Twelve Steps

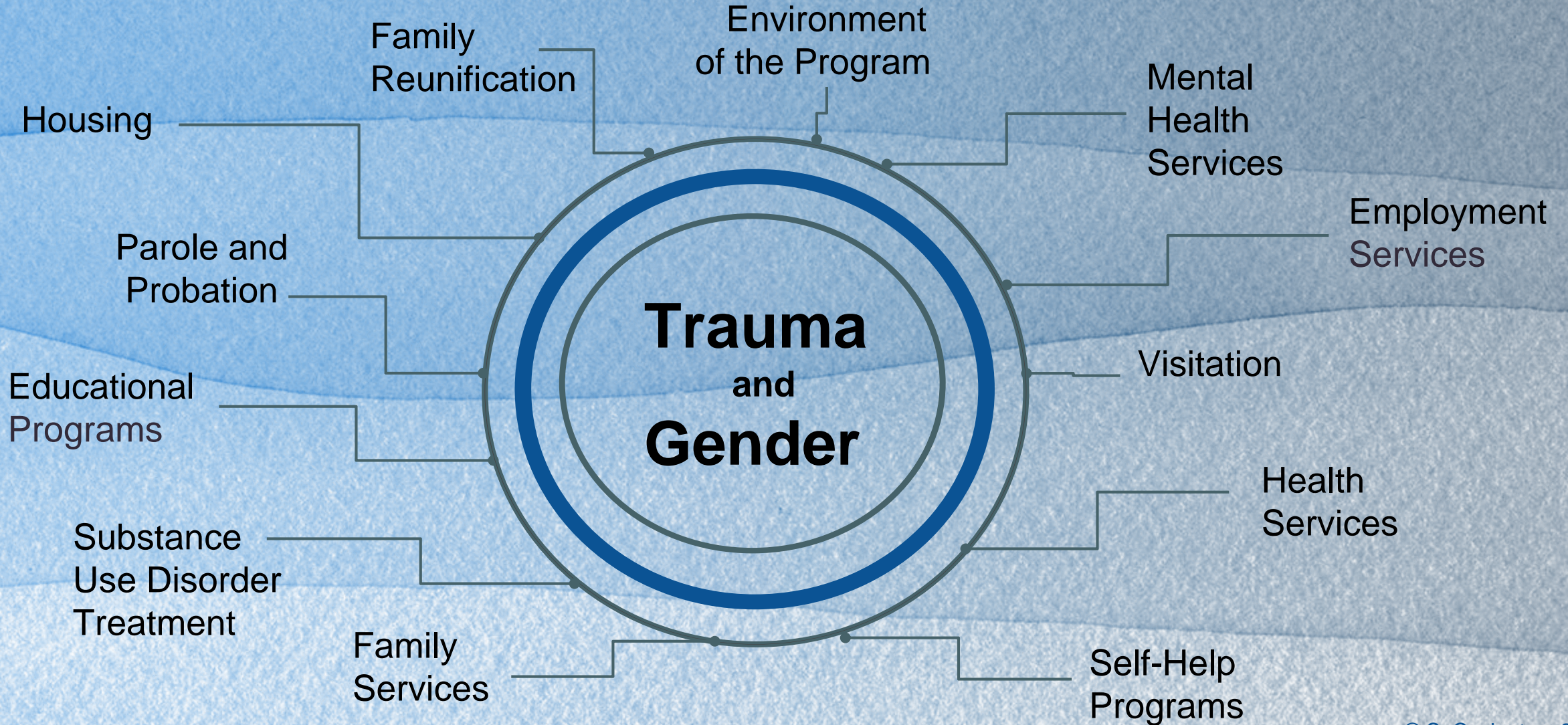


Book, Workbook and Facilitator's Guide

What's New?

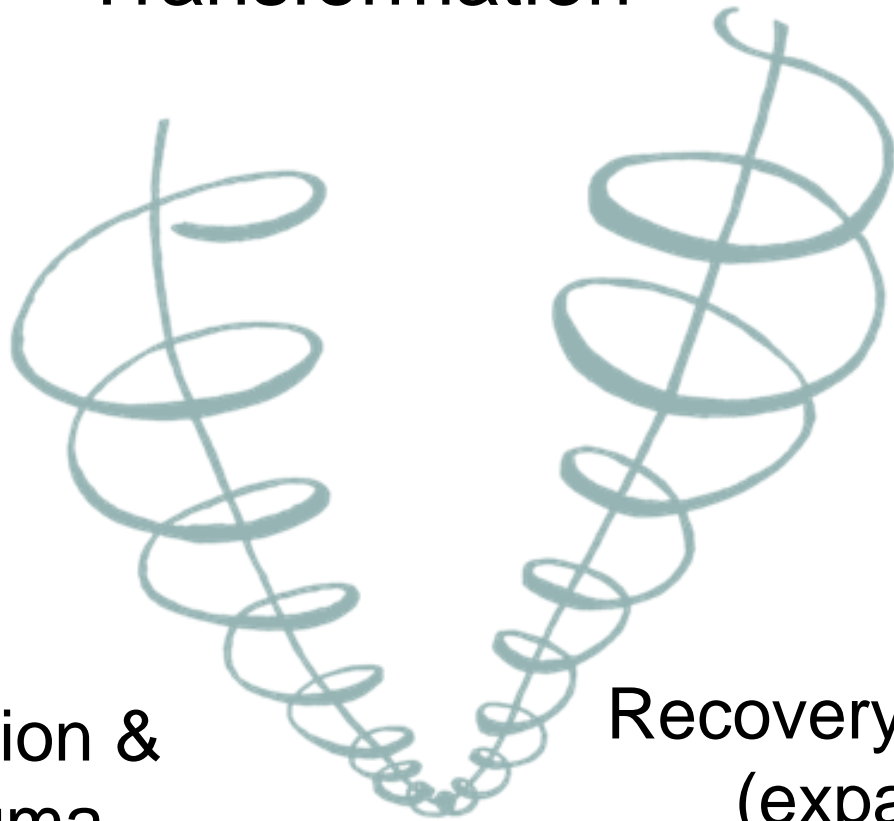


Understanding the Centrality of Trauma & Gender: Essential Components throughout the Justice System



Upward Spiral

Transformation



Addiction &
Trauma
(constriction)

Recovery & Healing
(expansion)

Contact Information

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