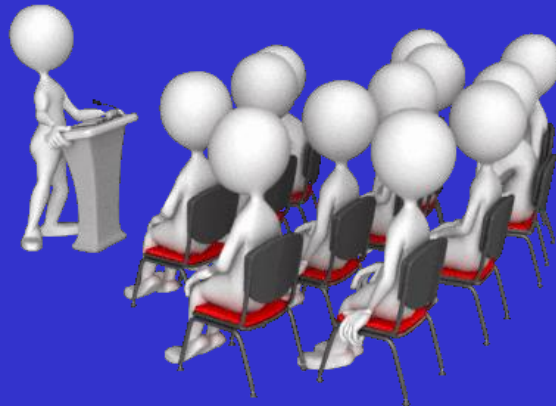


Evaluating Peer-Facilitated Trauma Interventions



Meeting trauma needs in secure care

"Optimising therapeutic outcomes"

Online Conference, 19th March 2024

**Nena Messina, Ph.D.
Envisioning Justice Solutions, Inc.**

Overview

Trauma, Substance use, & Violence

- Connection of trauma to substance use, crime, & violence
- Cycle of abuse, addiction, victimization, & perpetration among offenders

Treatment Focus

- Antisocial behaviors (addiction & violence)
- Trauma-Informed Treatment
- Gender-Responsive Treatment

Research Design

- Pre and Post survey results from CA prisons
- Independent analysis of men & women
- Findings from 2 randomized controlled trials

Policy Implications

- Prison-based Interventions
- Sustainable models of programming (Peer – led)
- Prisoner re-entry

Adverse Childhood Experiences (ACEs)

Adverse experiences and environments occurring during childhood can both be root causes of toxic stress and childhood adversity.

The Pair of ACEs



Ellis and Dietz (2017)

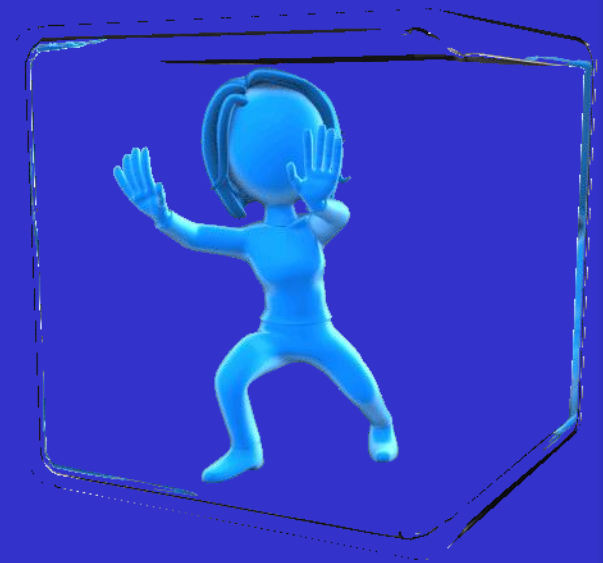
A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model

Wendy R. Ellis, DrPH, MPH; William H. Dietz, MD, PhD

Cumulative Impact of ACEs

Histories of ACEs:

- Associated with earlier involvement with drugs/crime
 - Earlier onset of drug/crime behaviors are associated with poorer treatment outcomes
- Associated with more severe mental and physical health issues
 - Mental health issues are associated with poorer treatment outcomes



Adverse Childhood Experiences

ACE Prevalence in Prison	920 Men	1118 Women
Emotional abuse?	63%	59%
Physical abuse?	60%	54%
Sexual abuse?	24%	52%
Felt unloved?	47%	56%
Neglected?	30%	24%
Parents living apart?	70%	70%
Domestic violence?	35%	38%
Substance use at home?	63%	63%
Mental illness at home?	28%	38%
Parent Incarcerated?	45%	40%

Trauma Informed & Gender Responsive Treatment Programs

Exploring Trauma: A Brief Intervention for Men

Covington & Rodriguez, 2017

Healing Trauma: A Brief Intervention for Women

Covington & Russo, (2011, rev 2016)

Beyond Violence: A Prevention Program for Women

Covington, 2013, rev 2022

Implemented at the California Department of Corrections and Rehabilitation

- Operating at both male and female facilities
- Operating at all levels of security
 - Level II, III, IV & SHU



Program, Populations, and Model

Healing Trauma – 6-session intervention for women

- *SHU – Facilitated by Trained Staff*
- *High Need Populations – Peer Facilitated*

Exploring Trauma – 6-session intervention for men

- *SHU – Facilitated by Trained Staff*
- *High Risk Populations – Peer Facilitated*

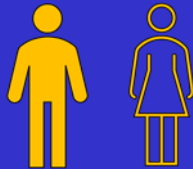
Beyond Violence – 20-session intervention for women

- *High Risk Populations – Peer Facilitated*

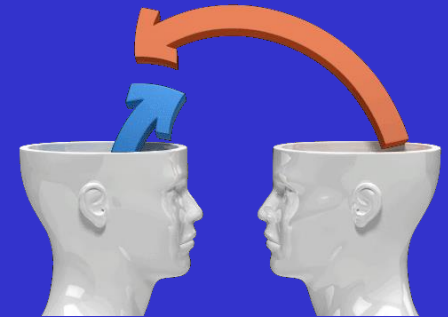
Core Elements and Delivery Methods



- Unique to gender & the targeted area of emphasis.
- Take into account the pathways to substance use, crime & violence for both ...



- Manualized Facilitator's Guide & Participant Workbook.
 - ✓ Step-by-step guide containing the theory, structure, and content
 - ✓ Materials for program participants
 - ✓ Easily integrated into any existing program



- Trauma-informed curricula can be implemented by a team with a wide range of training & experience.
 - Ease of delivery (Peer Facilitation)

Goals of the Programs

- Provide necessary tools to live a healthier and non-violent lifestyle inside and outside of prison
- Focus on healing and recovery in an effort for successful rehabilitation and eventually reintegration into mainstream society
- Develop emotional wellness w/o drugs/alcohol
- *Reduce substance use*
- *Reduce recidivism*



Central CA Women's Facility Graduates

Peer Facilitated Model

- ❑ Peers are interviewed
- ❑ Peers Trained on site
- ❑ Materials are provided
- ❑ Peers complete the program
- ❑ Peers facilitate in pairs for other participants



Research Goals

- Identify evidence-based components of correctional substance use, trauma-informed treatment programs for men and women
- Review treatment approaches for participants with co-occurring disorders
 - Substance Use Disorder
 - PTSD
 - Depression
- Examine Peer-Facilitated models for implementing evidence-based services in correctional treatment settings



Standardized Scales were Used to Assess 10 primary outcomes

Anxiety

Depression

**PTSD
Symptoms**

Mental Health

**Aggression
(5 measures)**

**Trauma
Symptoms
(6 measures)**

**Anger
(11 measures)**

**Social
Connectedness**

**Emotional
Regulation
(6 measures)**

**Instrumental &
Expressive
Representation
(2 measures)**



*Exploring Trauma:
A Brief
Intervention
for Men*

California Male Facilities

Site 1

- Peer-led Model:
- Level IV Facility
- N=325

Site 2

- Peer-led Model:
- Level III Facility
- N=221 RCT

Site 3

- Peer-led Model:
- Level II Facility
- N=188

Site 4

- Staff-led Model:
- Security Housing Units (SHU)
- N=186

Total N=920

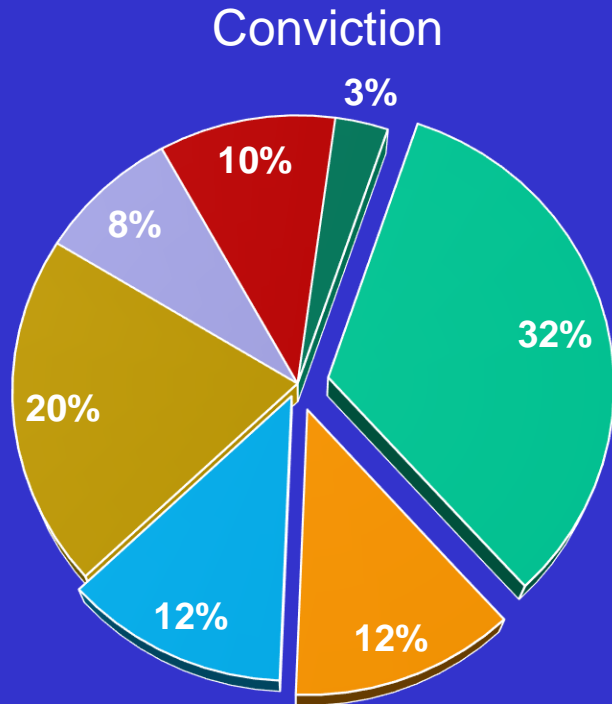
Randomized Controlled Trial Results

Exploring Trauma
(N=131)

Waitlist Control
(N=90)

Groups were equal at baseline with one exception: 58% of ET group spent time in SHU compared to 42% of Control Group

Criminal & Incarceration History for Exploring Trauma Participants



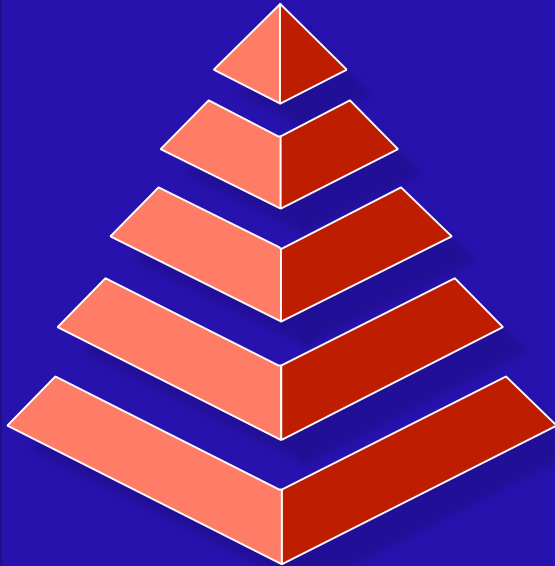
- Murder
- Assault
- Sex Offense
- Drugs
- Attemp Murder
- Robbery
- Other

Mean number of lifetime arrest	10.4
Mean number of years in prison	17.1

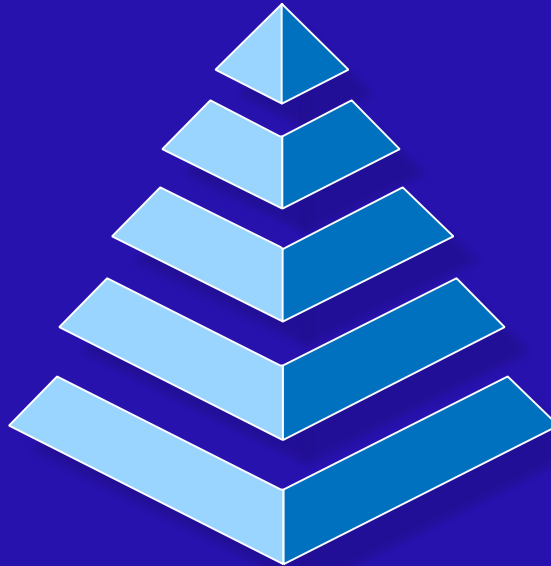
Served time in SHU	56%
Mean number of SHU terms	2.6
Total year spent in SHU	4.7

Small % with conviction of drug crime due to AB109

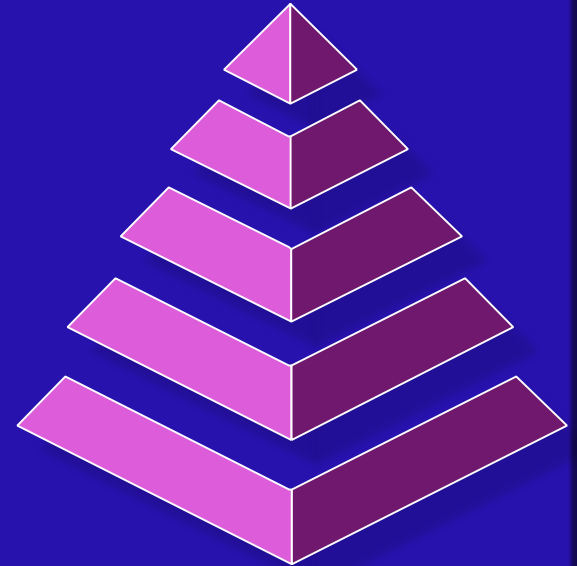
RANDOMIZED CONTROLLED TRIAL RESULTS



Significant Improvement



Approached Significance



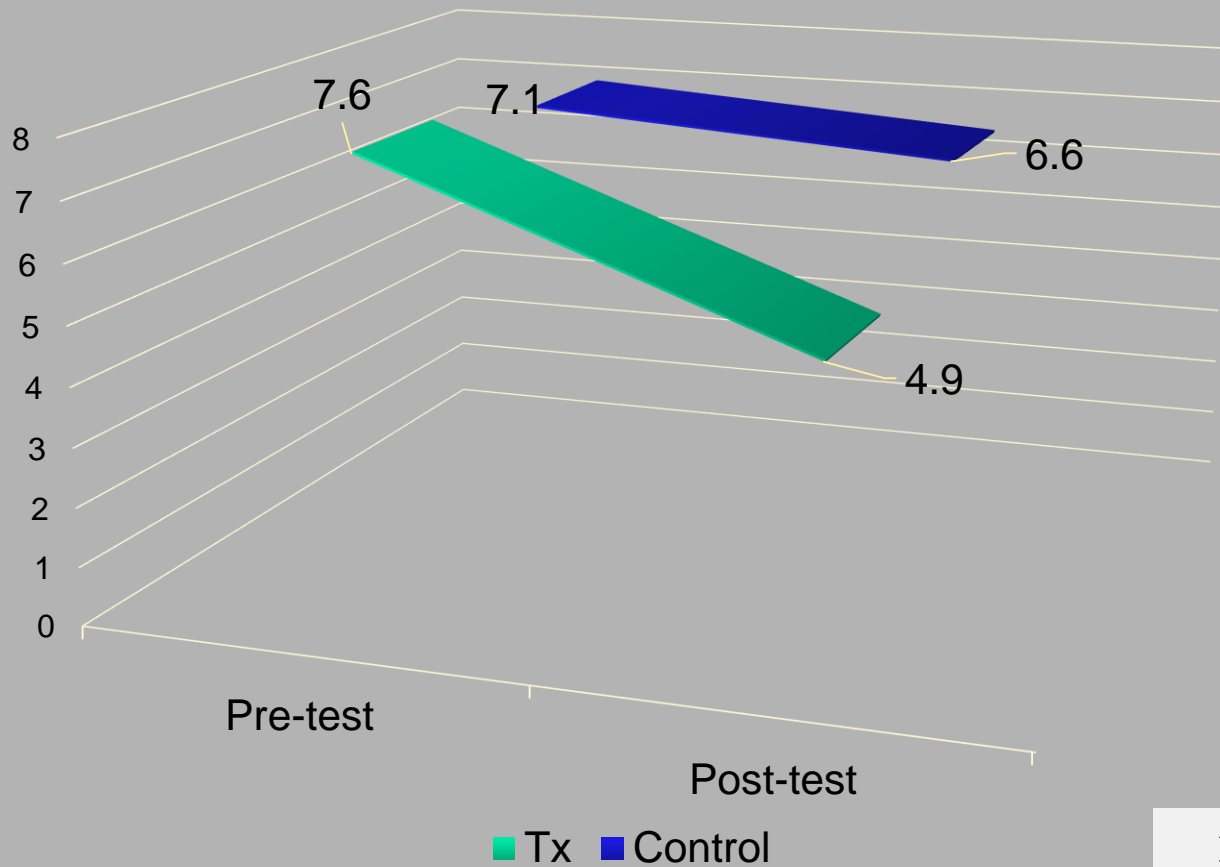
No Difference Between Groups

- Anxiety
- Depression
- Mental Health
- Current Trauma Symptoms
- Aggression
 - Verbal and Physical
- Trait Anger Composite Score
- Instrumental & Expressive Representations of Anger
- Emotional Regulation
 - Goals
 - Awareness
 - Strategies
 - Clarity

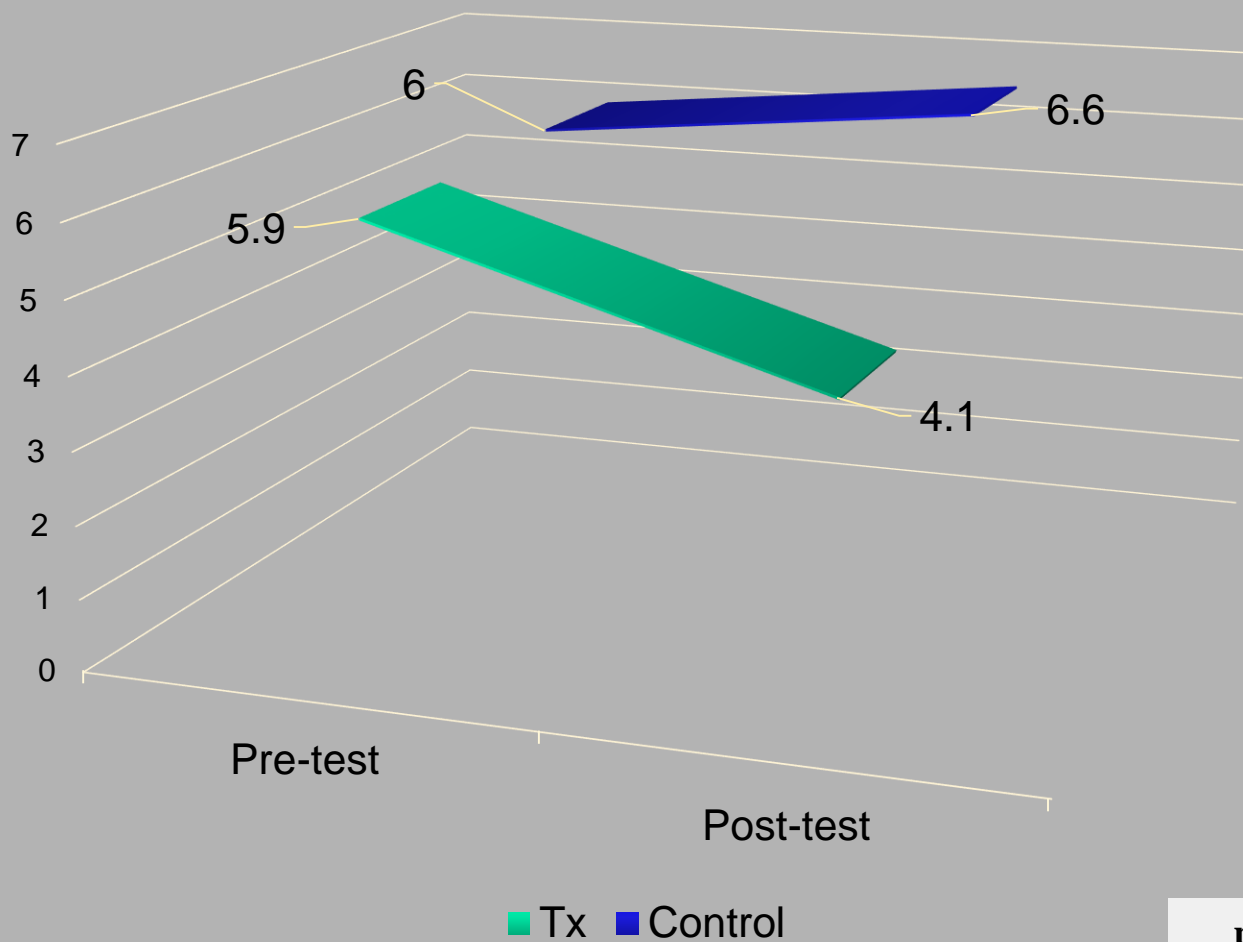
- Social Connectedness

- PTSD
- State Anger Composite Score
- Emotional Regulation
 - Non-acceptance
 - Impulse Control

Statistically Significant Differences in Depression



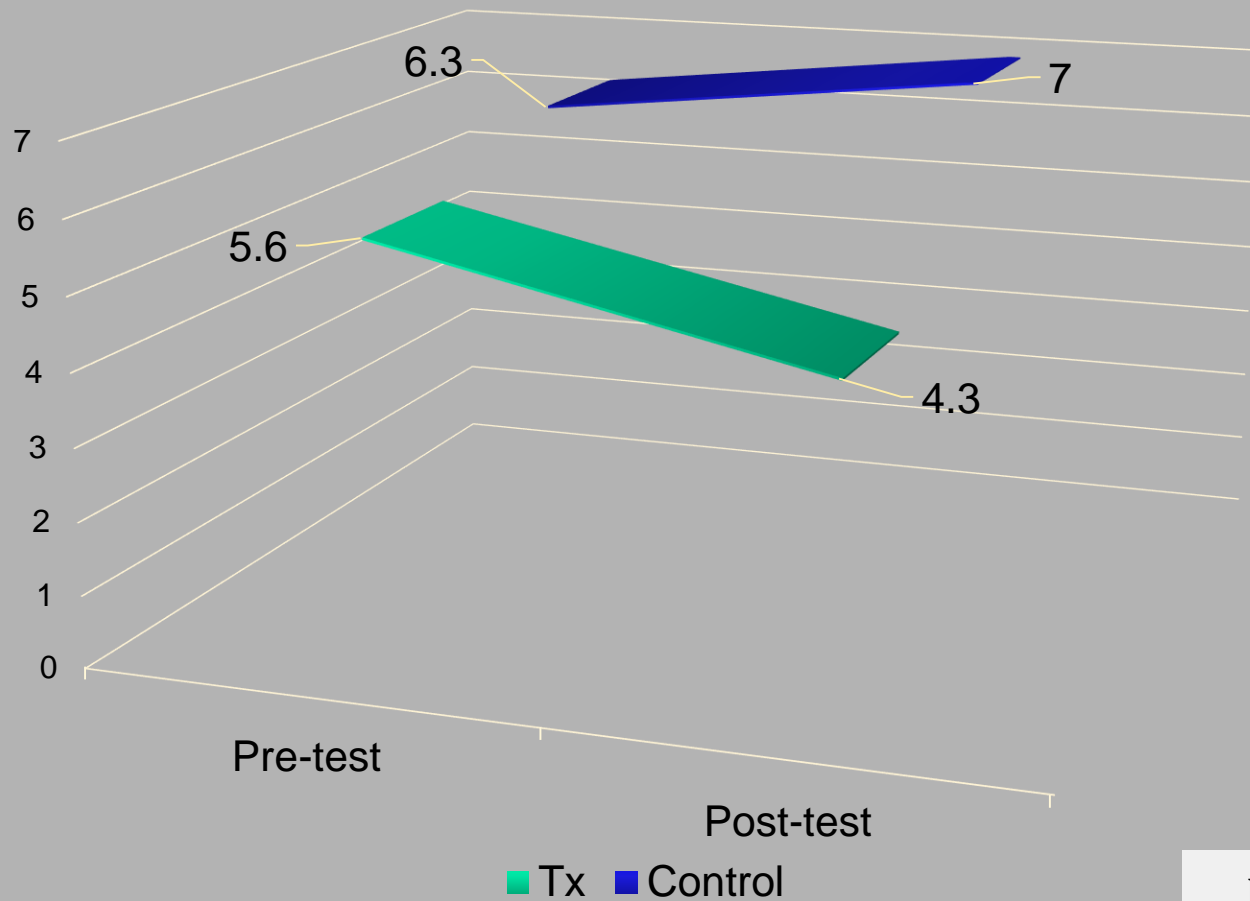
Statistically Significant Differences in Mental Health Screen Score



$p < .001$

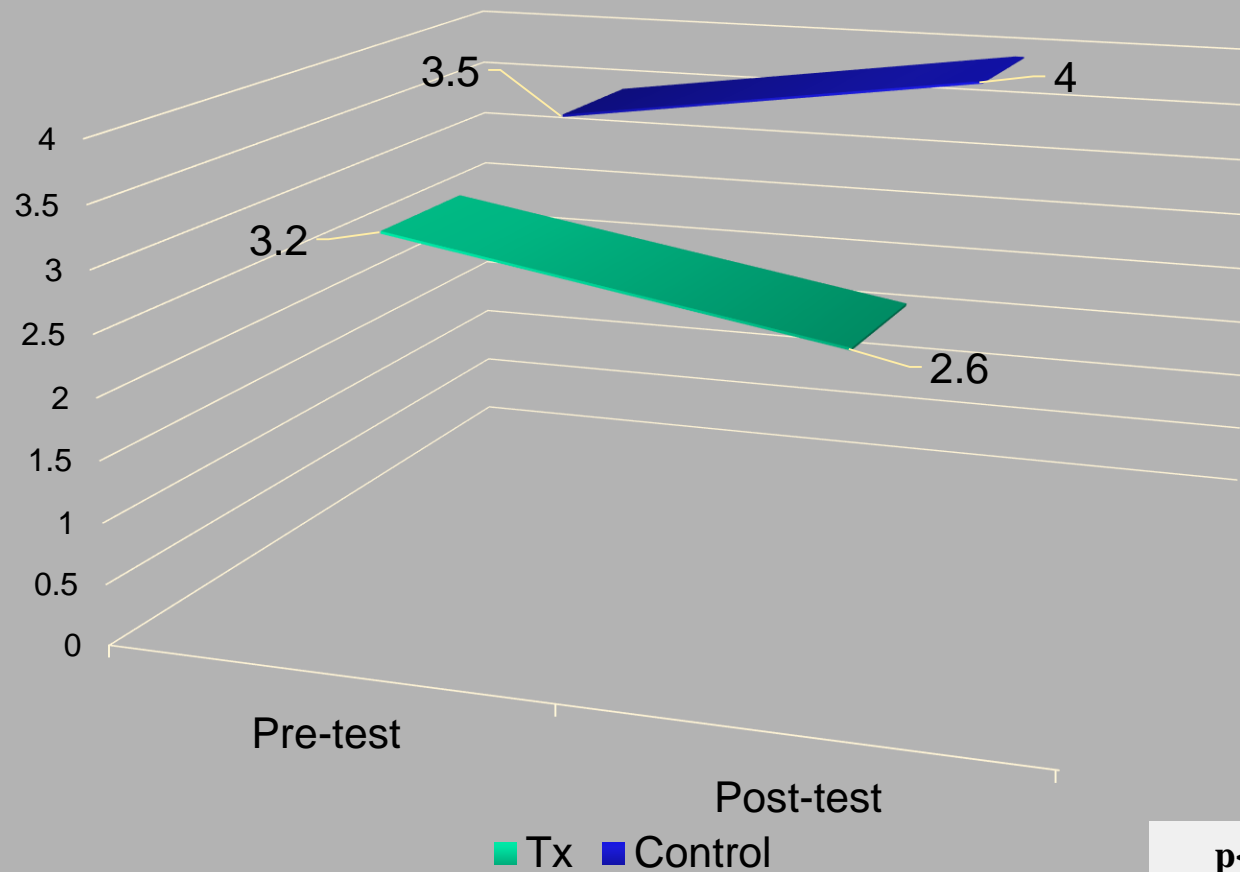
Statistically Significant Differences in Trait Anger Composite Score

Trait Anger scale measures how anger emotions are expressed.



No Significant Differences in State Anger Composite Score

State Anger scale measures how anger is expressed verbally and physically.





*Healing Trauma:
A Brief
Intervention
for Women*

Healing Trauma Evaluations (N = 1,118)



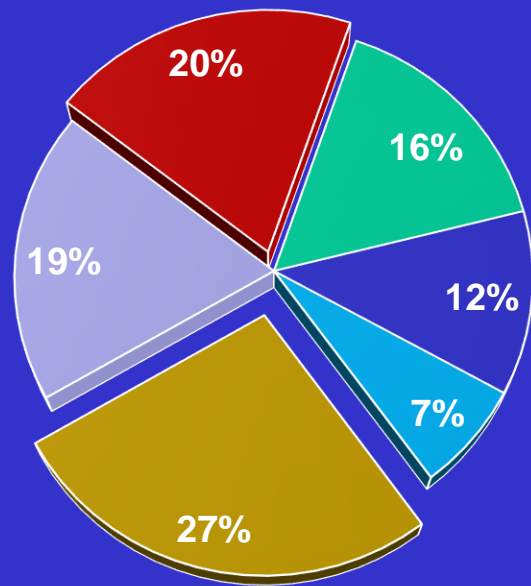
**Site 1: Peer-led Model
High Need in General
Population
N=256**

**Site 2: Peer-led Model
Reception Center
N=804**

**Site 3: Staff-led Model
Secure Housing Unit
(SHU)
N=58**

Criminal & Incarceration History for Healing Trauma Participants

Conviction



- Murder/Attmp.
- Property
- Assault
- Drugs
- Robbery
- Other

Mean number of lifetime arrest	13.4
Mean number of years in prison	7.0

Served time in SHU	20%
Mean number of SHU terms	3.1
Total months spent in SHU	19

Results of Brief Intervention for Women

Significant Positive Post-Intervention Changes on **100% of Measures**



- Anxiety
- Depression
- PTSD
- Serious Mental Illness
- Current Trauma Symptoms
- All Measures on Aggression
- State and Trait Anger Composite Scores
- Instrumental and Expressive Anger
- Social Connectedness
- Emotion Regulation





***Beyond Violence:
A Prevention
Program for Criminal
Justice-Involved
Women***

Randomized Controlled Trial Results



Beyond
Violence
(N=77)

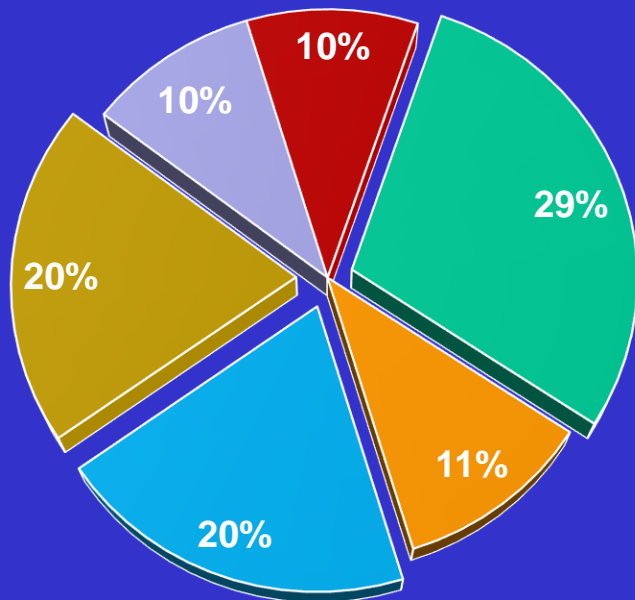
Waitlist Control
(N=66)

Groups were equal at baseline.

Messina & Calhoun, 2021

Criminal & Incarceration History for Beyond Violence Participants

Conviction



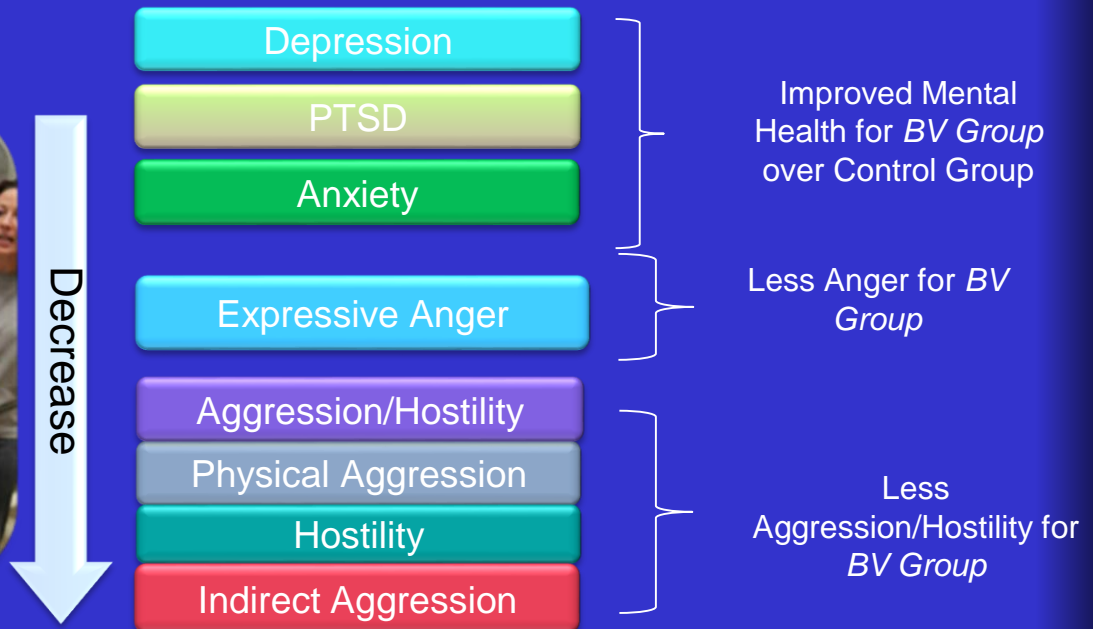
- Murder
- Assault
- Other
- Attemp Murder
- Robbery
- Drugs

Mean number of lifetime arrest	9.9
Age at 1 st arrest	21.4

Arrested for violent offense	87%
Mean number of years in prison	9.2
Arrested under age of 18	29%

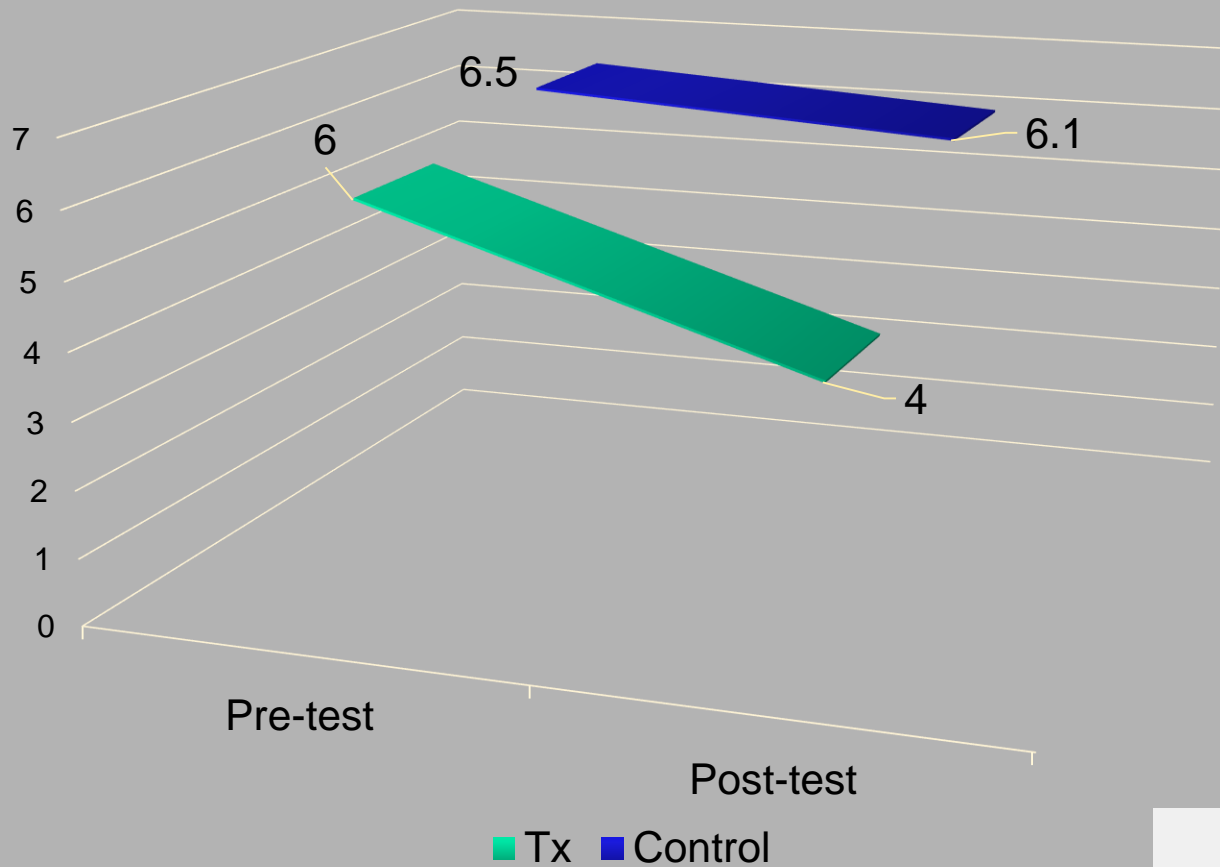
Beyond Violence

Significant Positive Changes for Treatment Group
Compared with Control Group on 82% of Outcomes

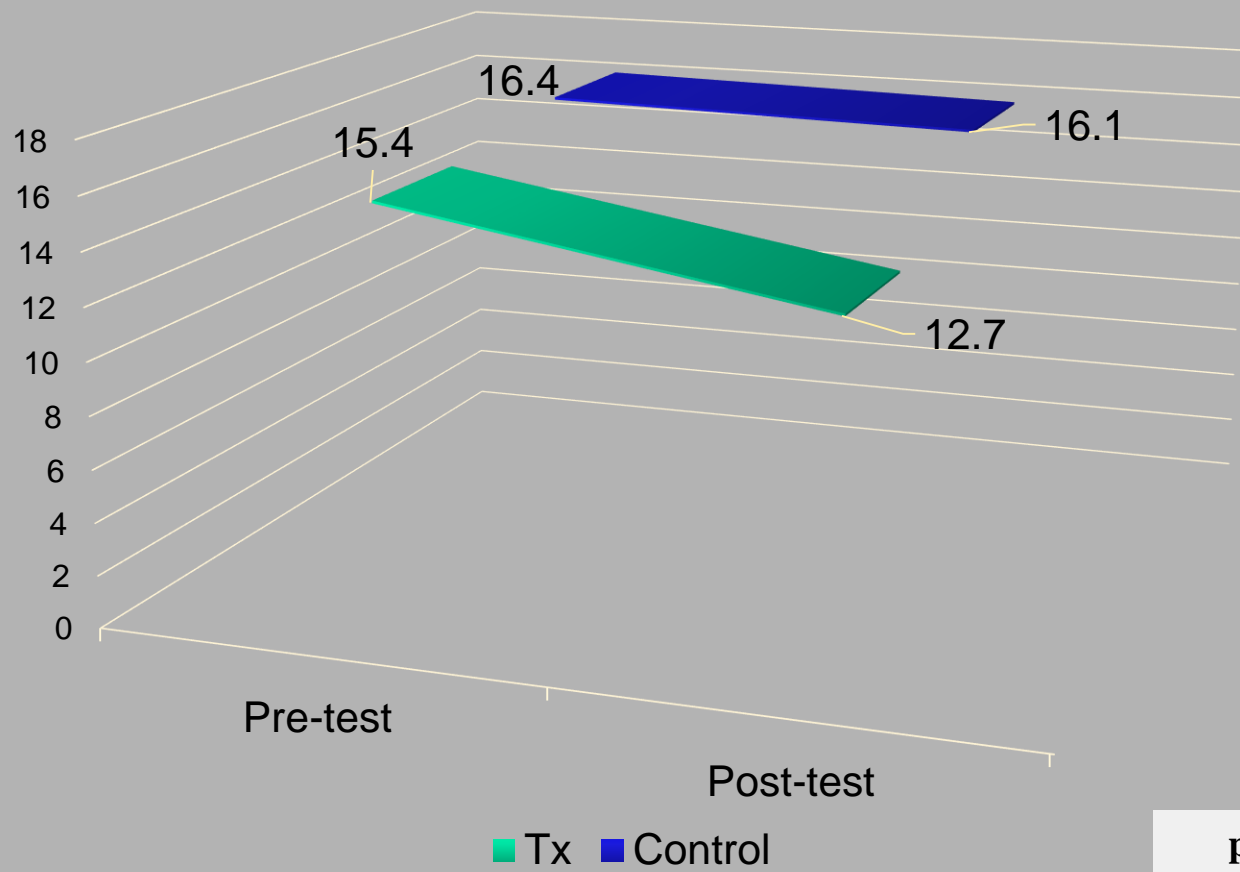


- Programs designed to safely address the violence in women's lives can significantly improve their outcomes.
- This study further shows the viability of using a peer-facilitated model of program delivery.
- We found that experiences of childhood victimization and subsequent acts of perpetration are inextricably linked.

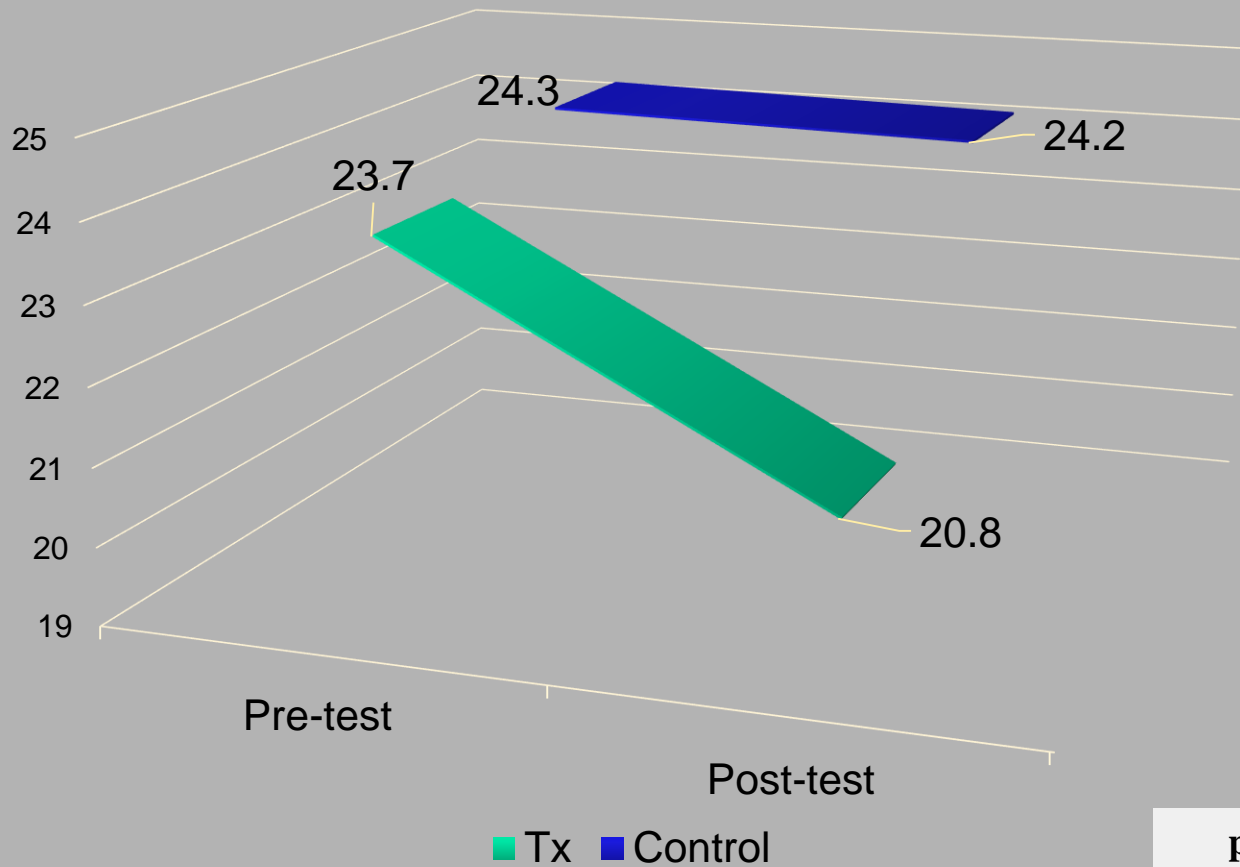
Statistically Significant Differences in PTSD



Statistically Significant Differences in Physical Aggression



Statistically Significant Differences in Expressive Anger



Summarizing Information

- ❖ In-Custody programs need to take into account trauma and violence and apply that to the recovery process for addiction
 - ❖ Understanding the cycle of trauma is relevant to understanding pathways and interventions (for both custody and community treatment)
- ❖ Trauma-Informed programming can successfully be facilitated by residents (Peers) with appropriate oversight
- ❖ Trauma-Informed programming can be successfully implemented with participants in the highest level of security
- ❖ The findings of the pilot projects are consistent and positive. Continued experimental studies are underway
- ❖ Recidivism studies are still needed
- ❖ Ultimately appropriate prison-based programming should have a focus on successful re-entry

**The Healing Trauma and Exploring Trauma studies
were funded by the
CA Department of Corrections and Rehabilitation
(2014-2019)**

**The Beyond Violence study was funded by the
National Institute of Justice
(2017-2019)**

