

Trauma, Gender, & Community Supervision of Justice-Involved Women

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Workshop Overview

Intersections of Trauma, Gender, Race

Profile of Justice-Involved Women

Impact and Response in Chester County, Pennsylvania

Friends Association

It starts with a home.

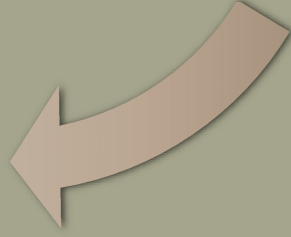
- Prevent Homelessness
- Provide Emergency Shelter
- Partner with Families to Support Stability
- Promote Systemic Change



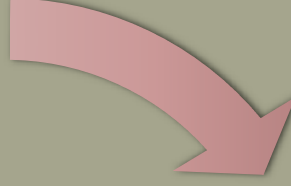
Justice
Involvement



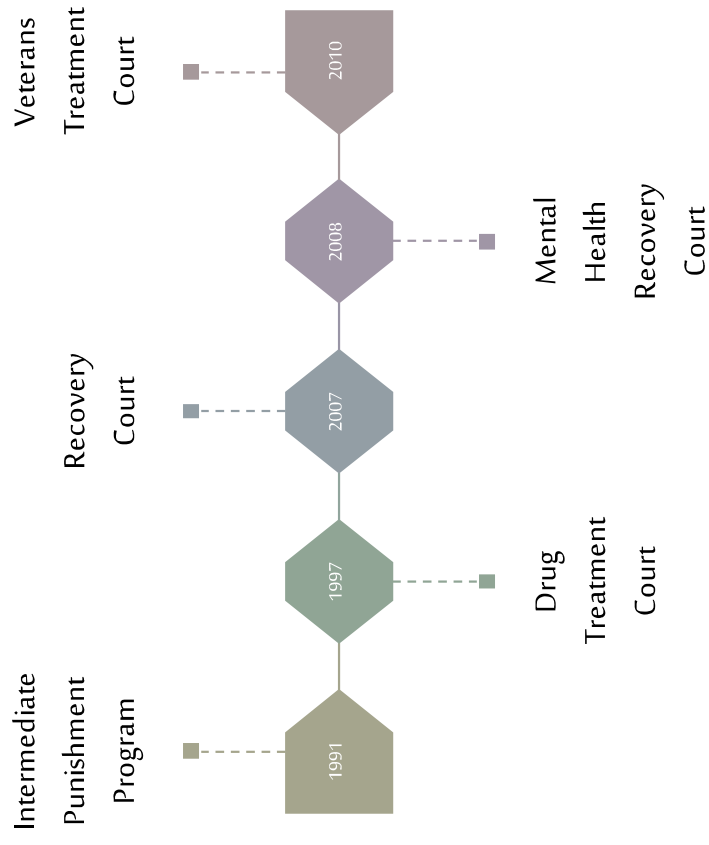
Mental
Health



Substance
Use



Chester County Initiatives



Prevalence

Nearly 1 in 3 women experience at least one physical assault by a partner during adulthood.

1 of 6 American women has been the victim of an attempted or completed rape in her lifetime.

By age 13... at least one out of every five girls are sexually abused.

Trauma



77-98% of incarcerated women have
experienced trauma

National Resource Center on Justice Involved Women

“Working with Justice Involved Women”

Trauma history

- ALCOHOL & DRUG DEPENDENCE
- HIGH-RISK BEHAVIORS
- SEX WORK
- PHYSICAL & MENTAL HEALTH CHALLENGES
- CRIMINAL JUSTICE INVOLVEMENT





**There is no such thing as
a single-issue struggle
because we do not live
single-issue lives.**

Audre Lorde

Racial Trauma

- Physical & psychological symptoms that occur as a result of witnessing or experiencing racism, discrimination, or institutional racism
- Ongoing and collective injuries
- Profound impact on MH of individuals exposed
 - Anger, sadness, fear, numbness, disconnection, hypervigilance, increased sensitivity to threat, anxiety, tension, intrusive thoughts or images, decreased immune system functioning, difficulty focusing or concentrating, irritability

Who experiences Racial Trauma?

- All Black, Indigenous, and People of Color (BIPOC) are vulnerable to racial trauma.
- Education Level
 - Black people with at least some college education are more likely to say they've experienced discrimination
- Gender
 - In general, no differences
 - Black men are more likely to report that they were unfairly stopped by the police and to be treated as suspicious
- Age
 - No differences; but it is experienced differently based on developmental age
- Pew Research 2019

Implications

- Acknowledgement of racial trauma in all trauma-informed strategies
- Consider through lens of racial equity informed by historic and contemporary systems of oppression

2008

- Grant Trauma Recovery Empowerment Model

2013

- SAMHSA's How Being Trauma Informed Improves Criminal Justice Responses



Focus Group PO's

Difficult
population

Hard to deal
with

“Manipulative”

Need a different
approach

Complex issues

Demand more
time

Focus Group Incarcerated Women

I need to find a job; w/ record it'll be hard with my background, finding reliable transportation especially late at night

I'm worried about returning home, being a stable parent for children; thrown back into household, will be an adjustment; embarrassed of what others will think about me upon my return;

If things don't work out at mom's house, I'll be homeless. I need to find a job and I have medical issues: diabetes, neuropathy;

Who will watch my kids and how will I pay for it? Where will the money come from?

"We need a case manager to contact us long before release to help plan and address housing, sobriety, parenting and employment concerns."

"I need someone to offer family counseling to ease the transition back into family life. It should start before I'm released."

How can the “system” be better?

- *There are no programs here; we have no self-esteem, we need skills, vocational rehab, etc.*
- *They could have classes on realistic needs people will be facing and how to obtain housing, child welfare, parenting skills.*
- *All of probation should be reformed. When can't pay, they lock you back up; tell you have 30 days to find a job. People cannot find a job because of unreliable transportation; they don't have the skills. There are different ways about setting up probation/parole – create tailored plans for the individuals because most of them are in for Violations and multiple violations.*
- *Start a violations center. Make it mandatory that we get training, skills etc; for those with children, let there be alternate babysitting, one group watches children while the other group is in classes and each switch off accordingly. People violate conditions because they have no other skills, none are being taught and everything here is all about the money, so the cycle continues.*

Their Needs:

Jobs

Skills

Self-sufficiency

Safe Transportation

Childcare

Housing

Substance Abuse and Mental Health treatment

Healthcare

Help reconnecting with children

Self-esteem, fear of stigma

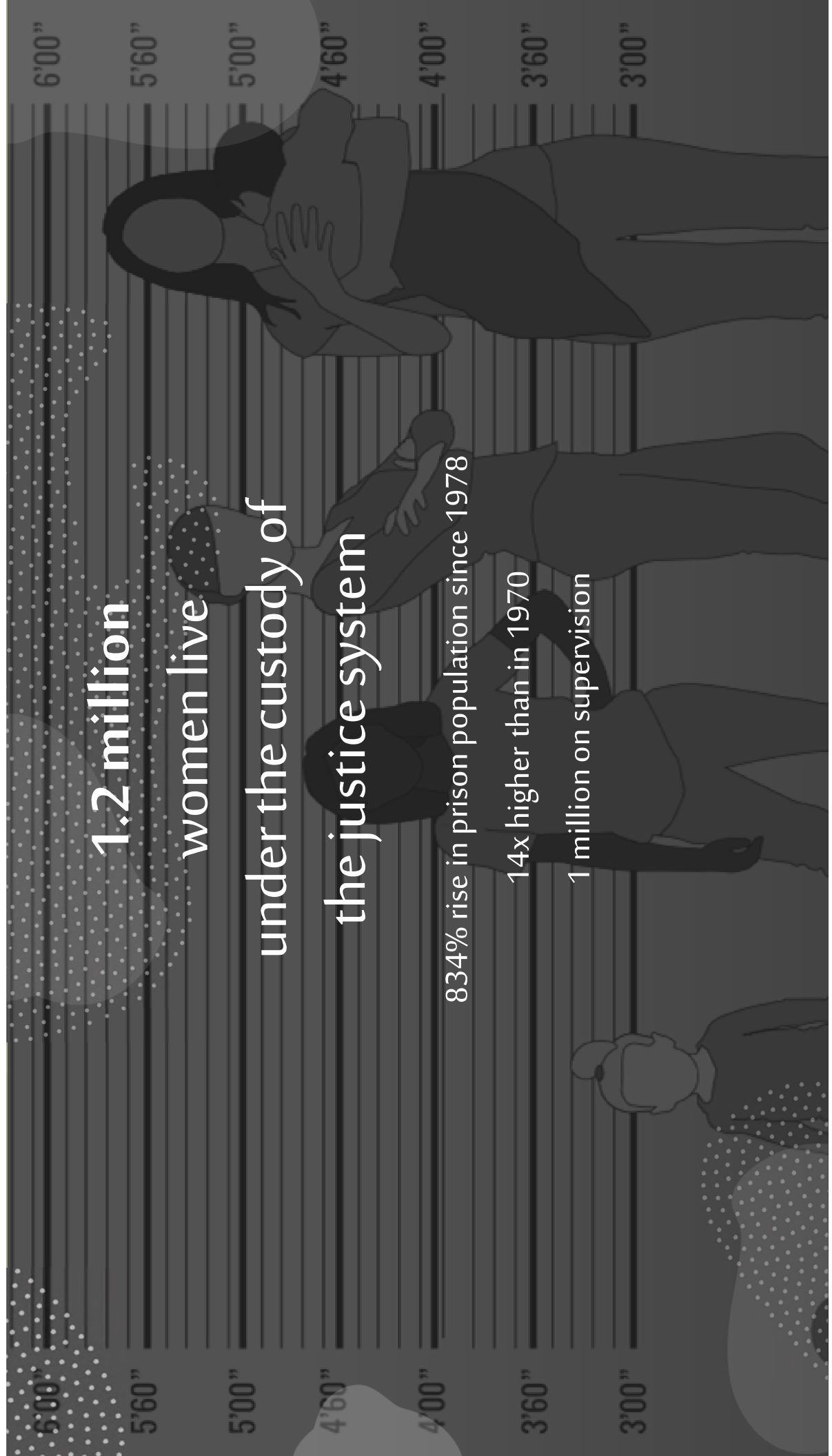
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3'60"
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1.2 million

women live
under the custody of
the justice system

834% rise in prison population since 1978
14x higher than in 1970
1 million on supervision

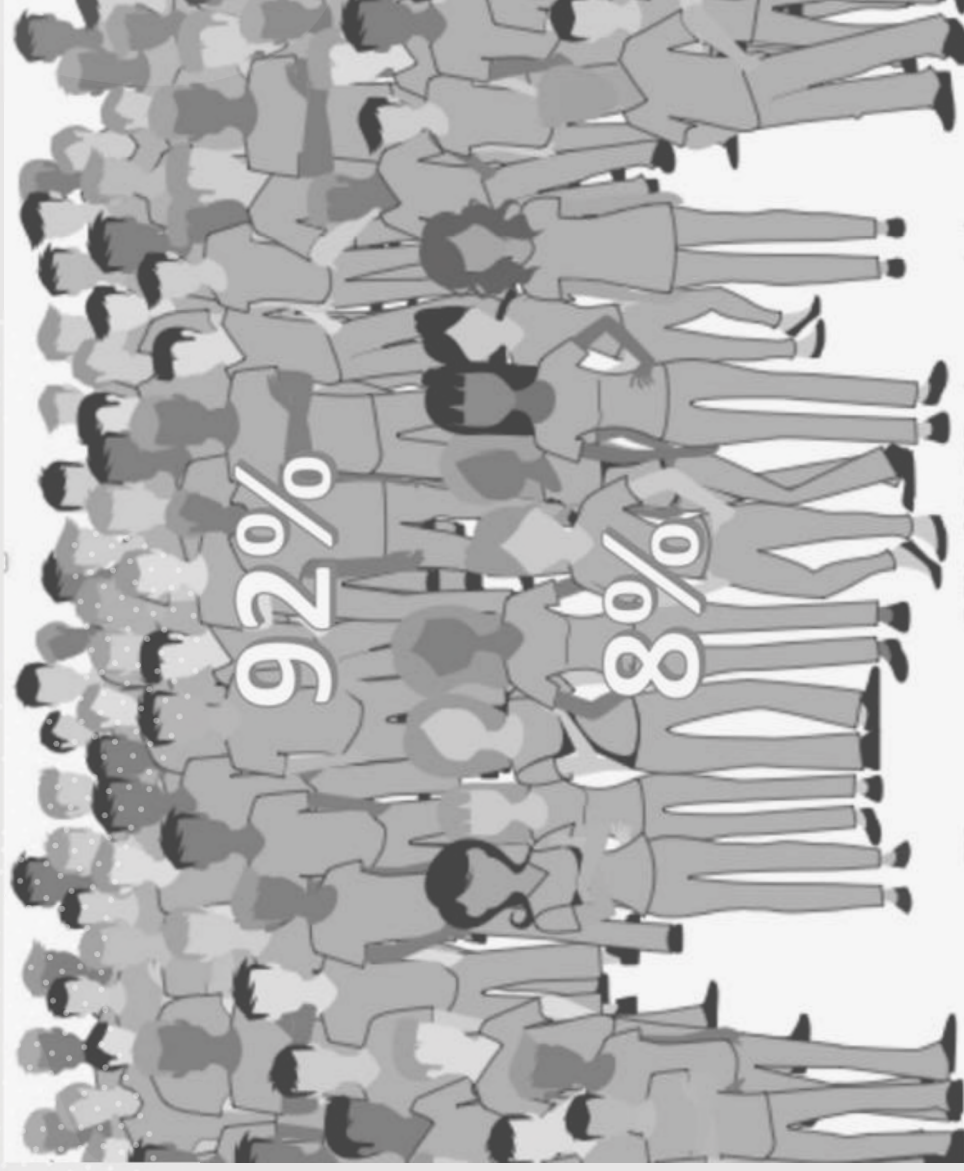
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The System

Compromise small % of
population

Affected by 100% of programs,
policies & practices



Higher rates of reported mental illness

More likely to experience co-occurring disorders

PTSD, anxiety, depression, eating disorders more prevalent



Higher rates of substance abuse & drug crimes

Abused substances, engaged in criminal behavior while under the influence &/or to support habit

60% report drug dependence year prior to incarceration

Strong direct predictor of prison readmission



Disproportionate involvement of women of color



African American women incarcerated @ 2x rate of white women

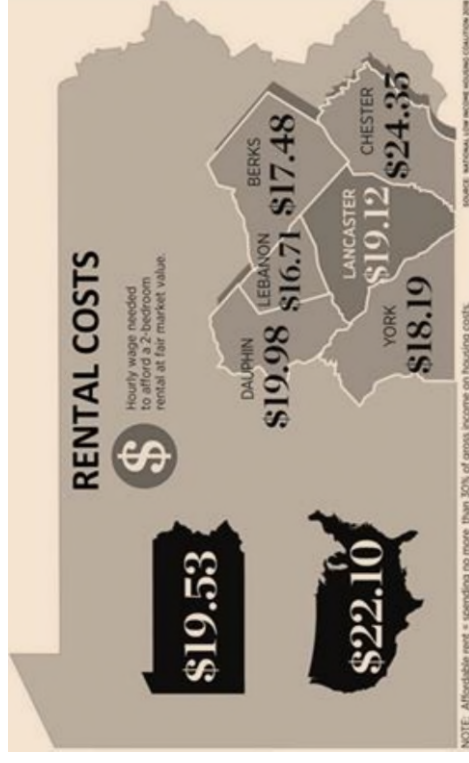
Latina women 1.2x rate

Black females aged 18 & 19 are 3x more likely to be imprisoned

Latinas 2x as likely

Higher rates of poverty & unemployment

- Greater levels of poverty & less employment history
- Greater challenges securing employment
- Problematic considering child-rearing responsibilities





Greater risks & challenges with housing

- Lack of safe housing is greater predictive risk factor
- Receive less financial & housing support from family



More likely to be custodial parent

- 80% of women in prison are mothers
- More likely to be custodial parent – 85%
- 25% enter prison either recently gave birth or are pregnant



“When a man goes to prison he loses his freedom, but when a woman goes to prison, she loses her children.”

~Unknown

More than 5 million U.S. children have had a

PARENT BEHIND BARS

Research connects parental incarceration with poor health and academic outcomes for children.

1 in 8
poor children

1 in 9
black children

1 in 14
all children

childtrends.org





Our Mom is
Serving
12 Years

CHILDREN OF PROMISE, INC.



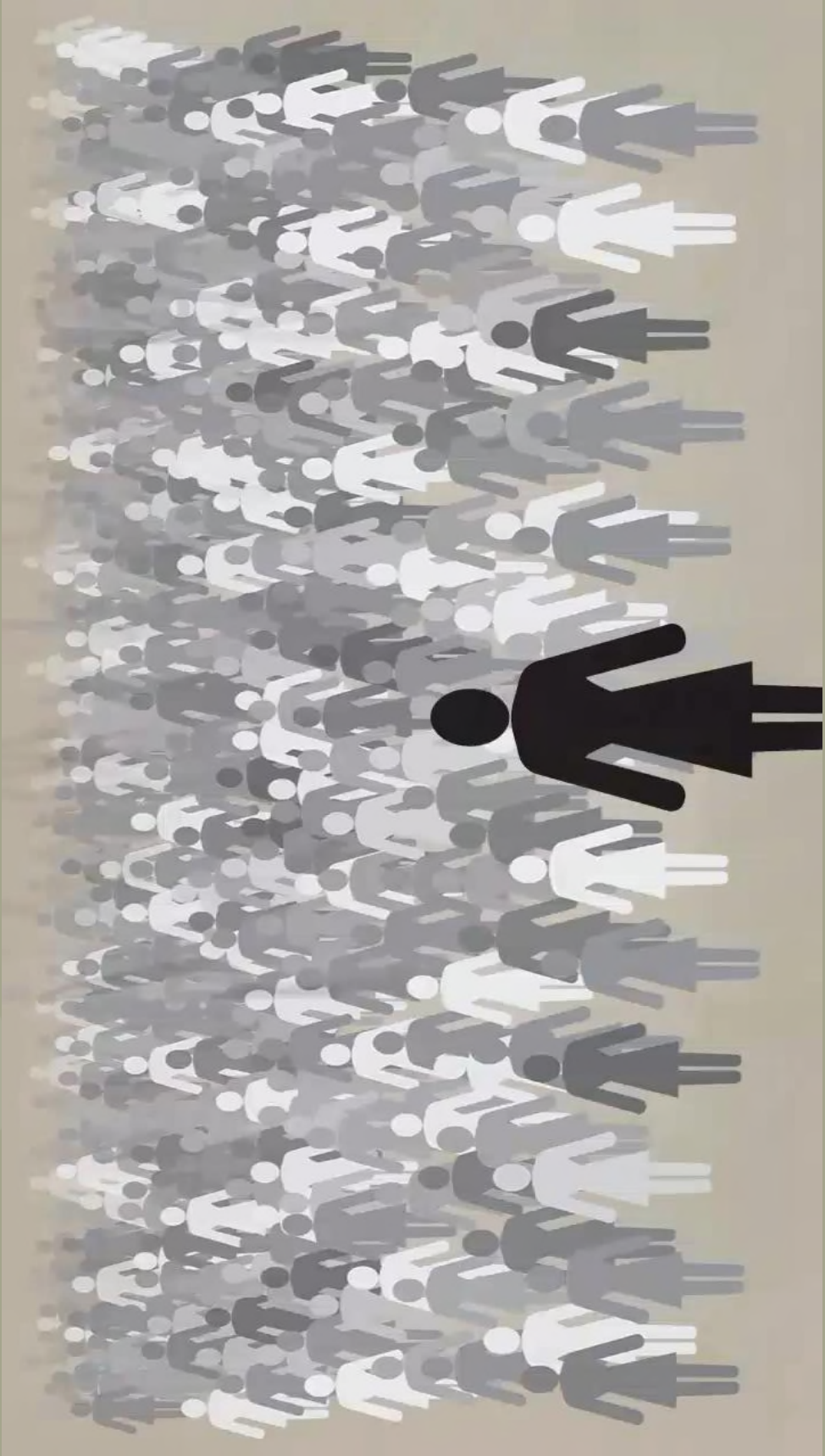
Lower public safety risk, yet fastest growing CJ population

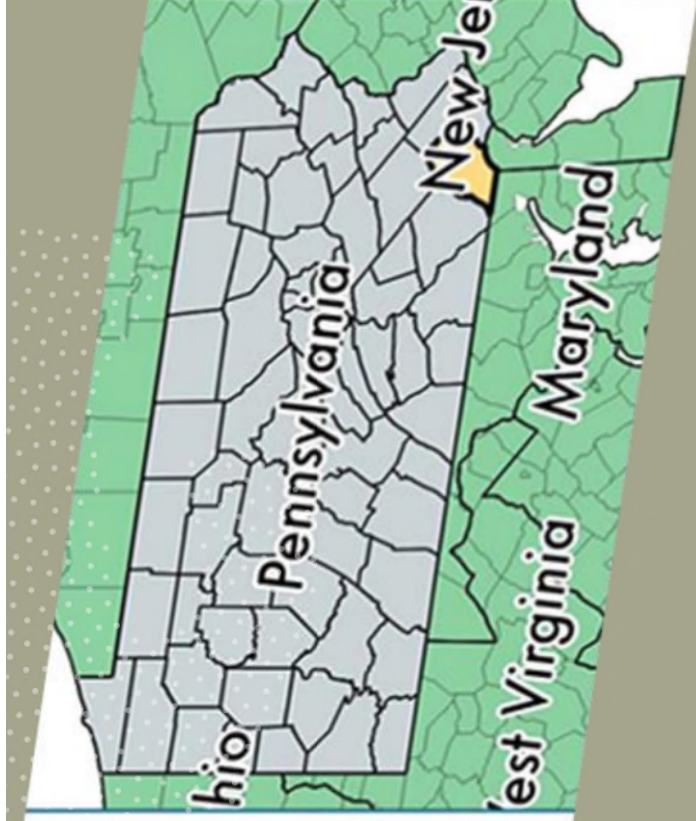
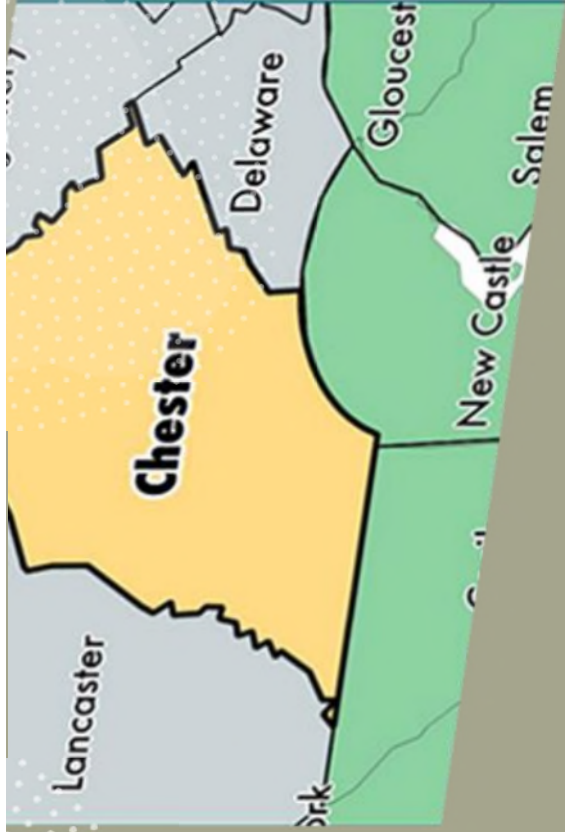
Less likely to have extensive criminal hx

Drug-related & property offenses

Nature & context of violent crime differs

Lower recidivism rates





Chester County Probation, Parole, & Pretrial Services

9,300+ INDIVIDUALS

2,300+ WOMEN

64% MISDEMEANOR

32% FELONY

330 women released on parole in 2019

The situation



The Women's Reentry, Assessment, & Programming Initiative "WRAP"

The Women's Reentry, Assessment & Programming Initiative (WRAP) is a specialized assessment and supervision unit of Adult Probation, Parole and Pretrial Services that integrates gender-responsive, risk/need assessment, supervision and programming in collaboration with community case management to reduce recidivism, decrease technical violations of community supervision and increase the health and well-being of justice involved women, their families and communities.

At-risk women who are transitioning from county incarceration or facing technical violations of supervision are WRAP's focus. Women are engaged in assessment and case planning using the Women's Risk/Needs Assessment (WRNA) and provided supervision by a team including a specialized probation officer and case manager.

The Women of WRAP

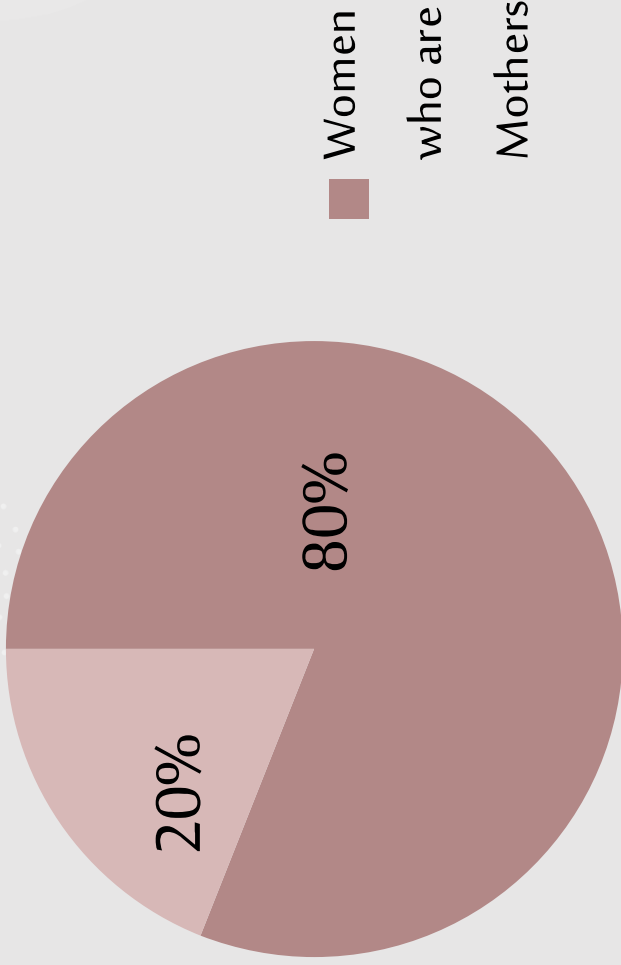
268 Women

511

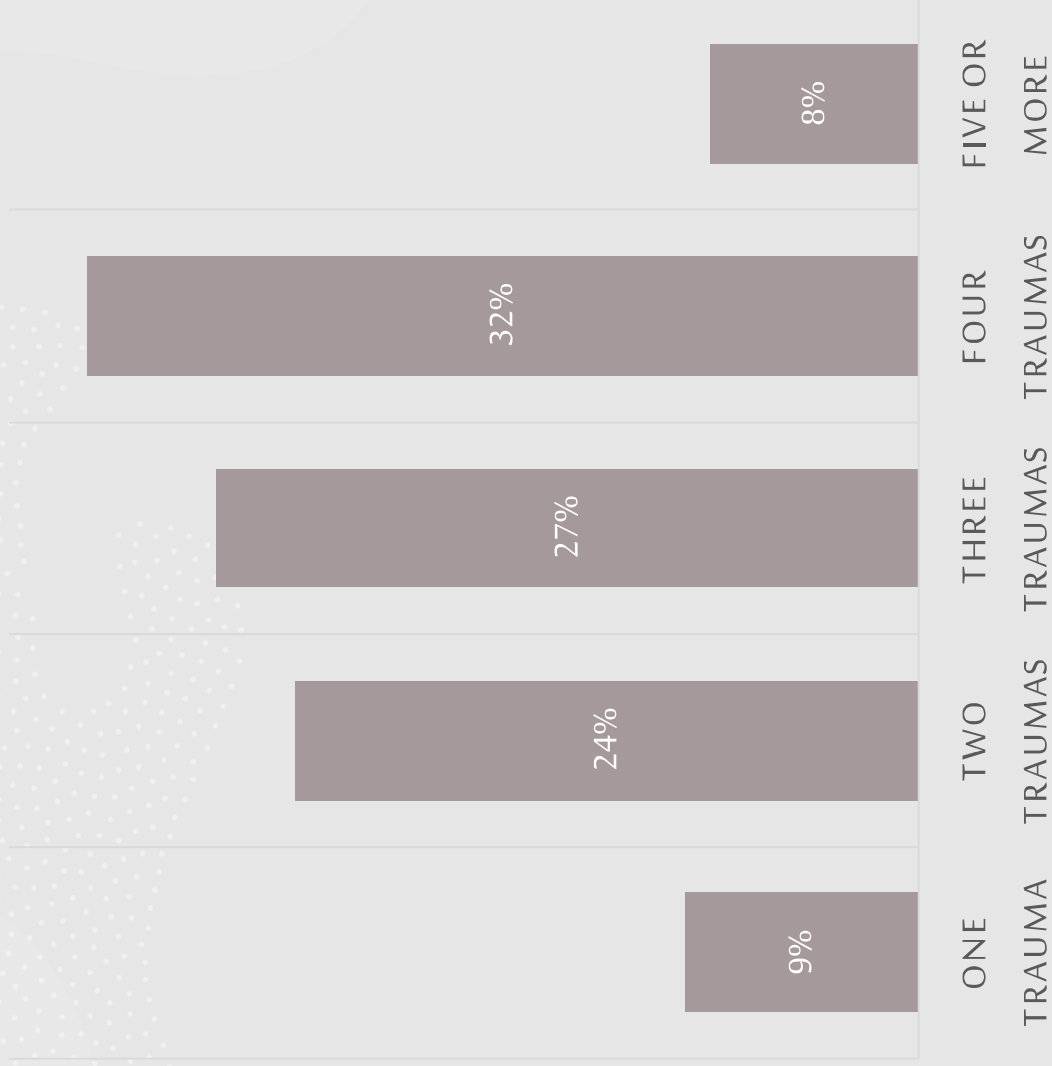
Children

1,555 Separate
Commitments

WRAP Women & Motherhood



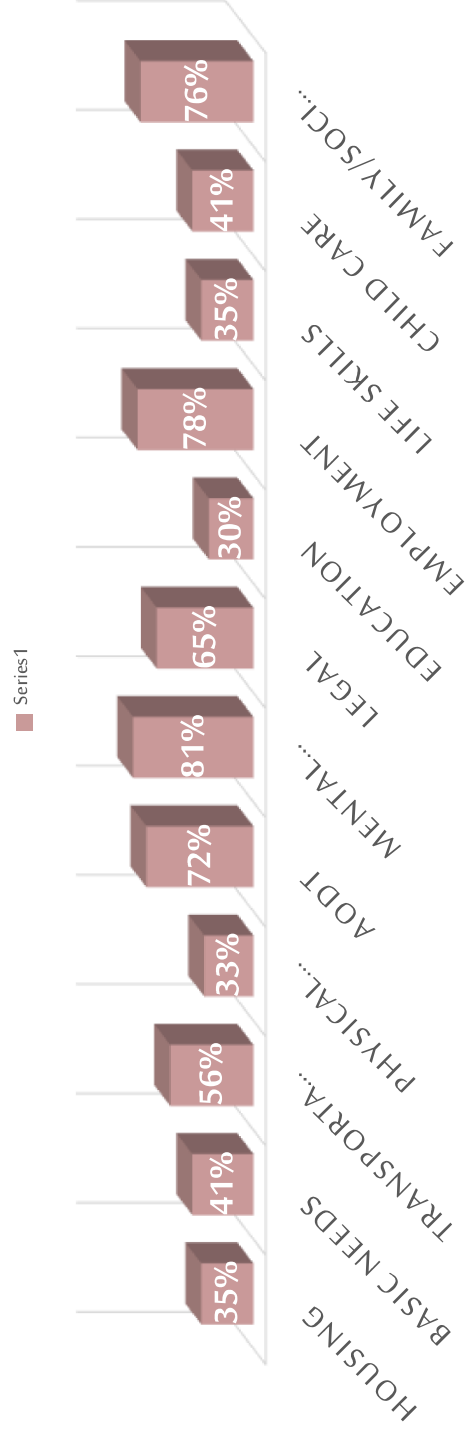
WRAP Women & Complex Trauma



Wrap women & trauma



Their Needs



Gender Responsive Strategies

Six Guiding Principles

Bloom, Owen, Covington 2003

GENDER- matters

ENVIRONMENT –
safety, respect,
trauma-informed

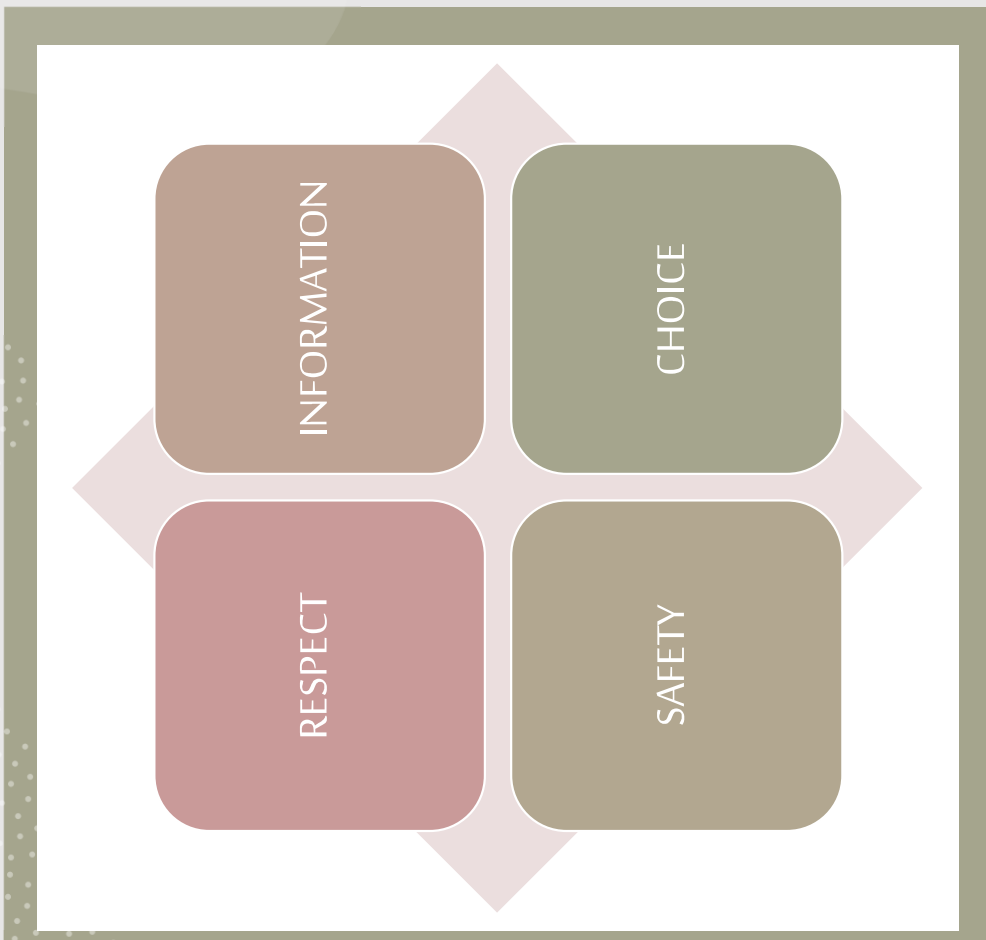
RELATIONAL-
policies, approaches

SERVICE &
SUPERVISION-
comprehensive

SOCIO-ECONOMIC
STATUS- new
opportunities

COMMUNITY- build
supports

Trauma-Informed Approach





Trauma-Informed Design & Architecture

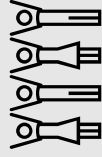
1. Physical environment affects an individual's sense of identity, worth, dignity and empowerment
2. Physical environment has an impact on attitude, mood and behavior. There is a strong link between people's physiological and emotional state and the physical environment they are experiencing
3. Through its supportive design for people experiencing trauma, built environments can help people resist re-traumatization

Photo Credit: Portland Family Homeless Solutions

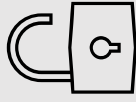
Principles



Dignity & Self Esteem



Empowerment & Personal Control



Security, Privacy, & Personal Space



Stress Management



Sense of Community



Beauty & Meaning



Gender-Responsive Assessment

The Risk Factors

Trauma & Abuse

Parental
Stress/Unhealthy
relationships

Mental health
(depression, anxiety,
PTSD)

Economic marginality

Gender-Responsive Assessment

Women's Risk Needs Assessment (WRNA)

- University of Cincinnati

Self Sufficiency Matrix

- Pa Department of Drug & Alcohol

Trauma History Screen

- Carlson, 2005

Client Experience/Life Satisfaction Survey

- Greenley, Greenberg, & Brown, 1997

Critical Information

1. History of abuse
2. Relationship status/issues
3. Self-Efficacy/self-esteem
4. Mental health
5. Parental stress (# of children, current arrangements, difficulties managing)
6. Level of family support or conflicts
7. Financial status/poverty
8. Safety concerns
9. Strengths and protective factors

Successful Treatment

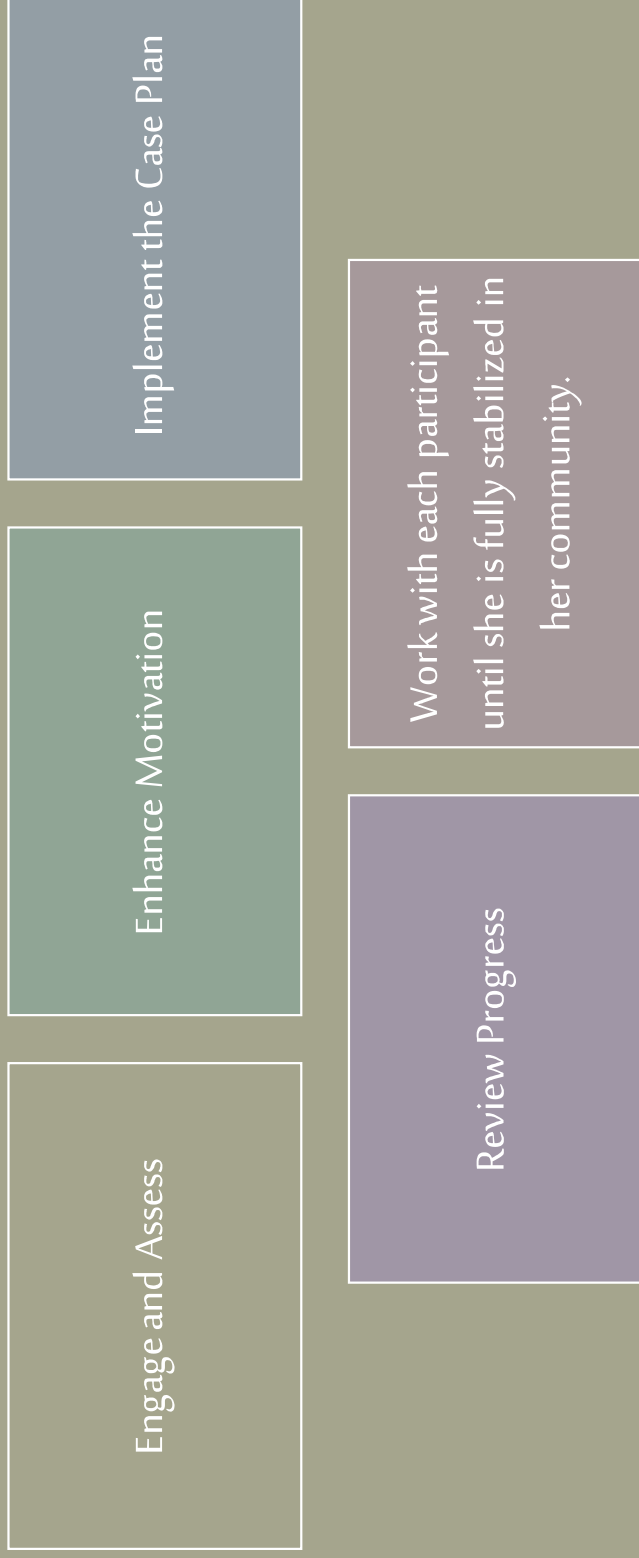
Integrated treatment

- Trauma
- Mental Health
- Substance Abuse

Gender-responsive

The Collaborative Case Management Model

(National Institute of Corrections 2006)



Programming

Moving-On a Program for At-Risk Women

- **Orbis Partners Inc.**

Safety Emotion Loss Future -
S.E.L.F.

- **A Trauma-Informed Psycho-Educational Group**
- **Community Works**

Moving-On

"I found the Moving On program to be extremely beneficial during my time spent in prison. Beyond the tools and coping skills I learned for challenges I face outside of prison, the program forced me to step out of my box. I had an extremely hard time interacting with the women when I first got to prison. All I wanted to do was isolate. I was much more comfortable interacting with all of the women. This helped me realize how important having a social network is and motivated me to work on establishing friends and a support system that is outside of my family."



movingon™
A Program for At-Risk Women







TRANSFORMATION
YOGA PROJECT
HEALING THROUGH EMPOWERMENT



Nurse-Family
Partnership

Helping First-Time Parents Succeed®



County
Corrections
Gospel Mission

Serving law enforcement agents and inmates since 1975



Emerging Research & Best Practices

1. Use evidence-based AND gender-responsive tools & interventions
2. Target women's risk factors
3. Gender-responsive programs are working
4. Recognize women generally present low risk to society
5. Create environment that is safe, supportive & respectful
6. Use trauma-informed approach & interventions
7. Recruit staff with interest & knowledge
8. Cross train staff
9. Acknowledge how relationships affect women's lives
10. Build partnerships with communities

Outcomes

Recidivism has decreased by
57%

Technical Violations
decreased by 68%

4,897 jail days saved through
early parole



Comprehensive Behavioral Health Task Force

A guide for counties seeking alternatives to incarcerating mentally ill and substance abusing offenders

REPORT OF FINDINGS AND RECOMMENDATIONS

August 7, 2016



Lessons Learned

Services

Jobs

Housing

Childcare

Transportation

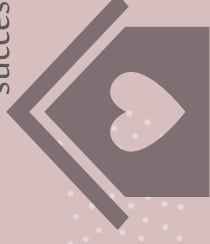
NIA House

Restore • Rebuild • Reunify

A community-based housing program for women & children impacted by incarceration to heal, ground in community, and reconnect to their purpose.

A program of Friends Association

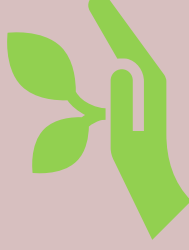
NIA House directly addresses key factors impacting successful reentry for women



Safe & Stable Housing



Economic
Empowerment



Healing from Trauma



Family Reunification

NIA House Programs

Recovery

- Certified Peer Specialist on staff
- Self Help Groups
- Access to D&A Treatment

Wrap Around

- Legal Assistance
- Family Reunification
- Health Education
- Mental Health Support
- Access to Trauma Counseling

Peer Facilitated Groups

- Parenting Inside Out
- SELF Trauma Group
- Moving-On Program
- More for your Money

Case Management

- Recovery Support Plan
- Self-Identified Goals
- Compliance with Courts
- Employment Development
- Housing

Civic Engagement



Community Events & Organizing



Advocacy through Personal Testament



Initiatives for Local & Statewide Change

Program are
balanced with
holistic
activities



Organic Community Garden



Acupuncture



Equine Therapy



Meditation



Yoga



Nutrition



Nature

Eligibility

Currently incarcerated or directly released from jail or prison

Currently living in a halfway house, transitional house or recovery house

Directly discharging from treatment center

At-risk of being unhoused

Trans Women & LGBTQ Inclusive



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