



Trauma-Informed Probation, Parole, and Reentry

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Prevalence and Impact of Trauma

- According to the CDC: **61%** of adults have at least one traumatic childhood experience ([adverse childhood experience or ACE](#)), compared to **97%** of inmates. Childhood maltreatment is also a risk factor for adult criminality and recidivism
- **25%** of adults have **3** or more ACEs and people with **4** or more ACEs are:
 - **7x** more likely to consider themselves an alcoholic
 - **10x** as likely to have injected street drugs
 - **7x** more likely to go to prison
 - **7.5x** more likely to experience violence victimization in adulthood
 - **15x** more likely to attempt suicide
- Individuals who experience trauma are more likely than the general population to experience Post-Traumatic Stress Disorder (PTSD) and to criminally offend





Impact on Adult Probation and Parole Officers and Community

- Probation and parole officers may have experienced their own trauma and they have higher levels of STS/VT than other occupations. This can impact their own physical, emotional, and behavioral health
- The economic and social costs to families, communities, and society totals **hundreds of billions of dollars** each year.
- After release from jail or prison, individuals who do not have the tools to be a successful participant in society are more likely recidivate or violate supervision. Currently, Pennsylvania has the ninth highest recidivism rate in the United States (World Population Review, 2022)





The Potential of Trauma-Informed Adult Probation and Parole in PA

A trauma-informed approach to probation, parole and/or reentry recognizes that unresolved trauma can contribute to criminal behavior and that crime can traumatize individuals, organizations and the community. Trauma-informed probation and parole departments seek to:

- **Realize** the widespread impact of trauma, including the vicarious trauma experienced by personnel, and understand the potential paths for resilience;
- **Recognize** the signs and symptoms of trauma in victims, clients, families, staff, and others involved with the system;
- **Respond** by fully integrating knowledge about trauma into policies, procedures, practices, and physical spaces; and actively seek to
- **Resist triggering trauma and retraumatization** in all interactions.



CJAT Subcommittee Recommendations (1/2)

- Prioritize the wellness of staff, administrators, clients, victims, service providers and community members in all interactions.
- Make a commitment to initial and continued trauma-informed training for new hires and all department employees including, but not limited to, legislatively mandated and Commonwealth funded standard/uniform education and ongoing training for new hires and all employees across the Commonwealth. Departments should explore a [resiliency officer position](#), [train-the-trainer opportunities](#), mandate that a portion of annual training requirements include trauma-informed/trauma-responsive training. Models include but are not limited to: SAMHSA's Gains Center [Trauma-Informed Response Training](#), [Seeking Safety](#), [Trauma-Affect Regulation: Guide for Education and Treatment \(TARGET\)](#), [Trauma Recovery and Empowerment Model \(TREM and M-TREM\)](#), the [Sanctuary Model](#), or [Lakeside](#).
- Foster a physical and psychological environment that is less triggering/ traumatizing/ re-traumatizing for all parties.



CJAT Subcommittee Recommendations (2/2)

- Staff and client support: Utilize peer mentors/navigators/case managers to assist supervising officers and offer client support and increase funding to hire the number of probation and parole officers needed to adequately manage caseloads.
- Enhance lines of communication at client transition points, including the use of evidence-based trauma tools and risk/need assessments for pre-sentencing/pre-carceral decision-making.
- Presumption against incarceration for technical violations, in accordance with [JUDICIAL CODE \(42 PA.C.S.\)](#) - ORDER OF PROBATION, CONDITIONS OF PROBATION, MODIFICATION OR REVOCATION OF ORDER OF PROBATION AND PROBATION REVIEW CONFERENCE
- Support expanded access to diversion, problem-solving courts and models that emphasize support and rehabilitation as opposed to violation processes and incarceration for minor issues of non-compliance.
- Adopt gender-specific risk/needs assessments and evidence-based approaches to supervision.



Examples of Trauma-Informed Probation, Parole and Reentry Practices in PA

- [WRAP Program](#), Chester County
- [Lancaster County](#)
- York County Trauma Informed Care Action Plan

*At the most basic level, trauma-informed interactions use the [RISC model](#) - *Respect, Information, Safety, Choice*



Current Efforts

- Education, advocacy, and support
 - Infographic
 - Conference presentations
 - [Published blogs](#)
- Tip Sheet
- Quick-reference guide
- Collaboration with legislators, stakeholders, and policymakers

“Based on available statistics, it is safe to assume that everyone who comes into contact with the justice system has a history of trauma, so criminal justice professionals should take “universal precautions.”

(SAMHSA Gains Center)



Thank You!

