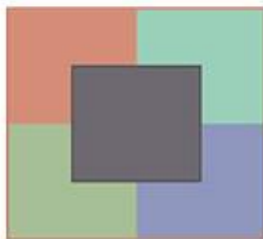


How Being
Trauma-Informed
Improves
Judicial Decision-Making

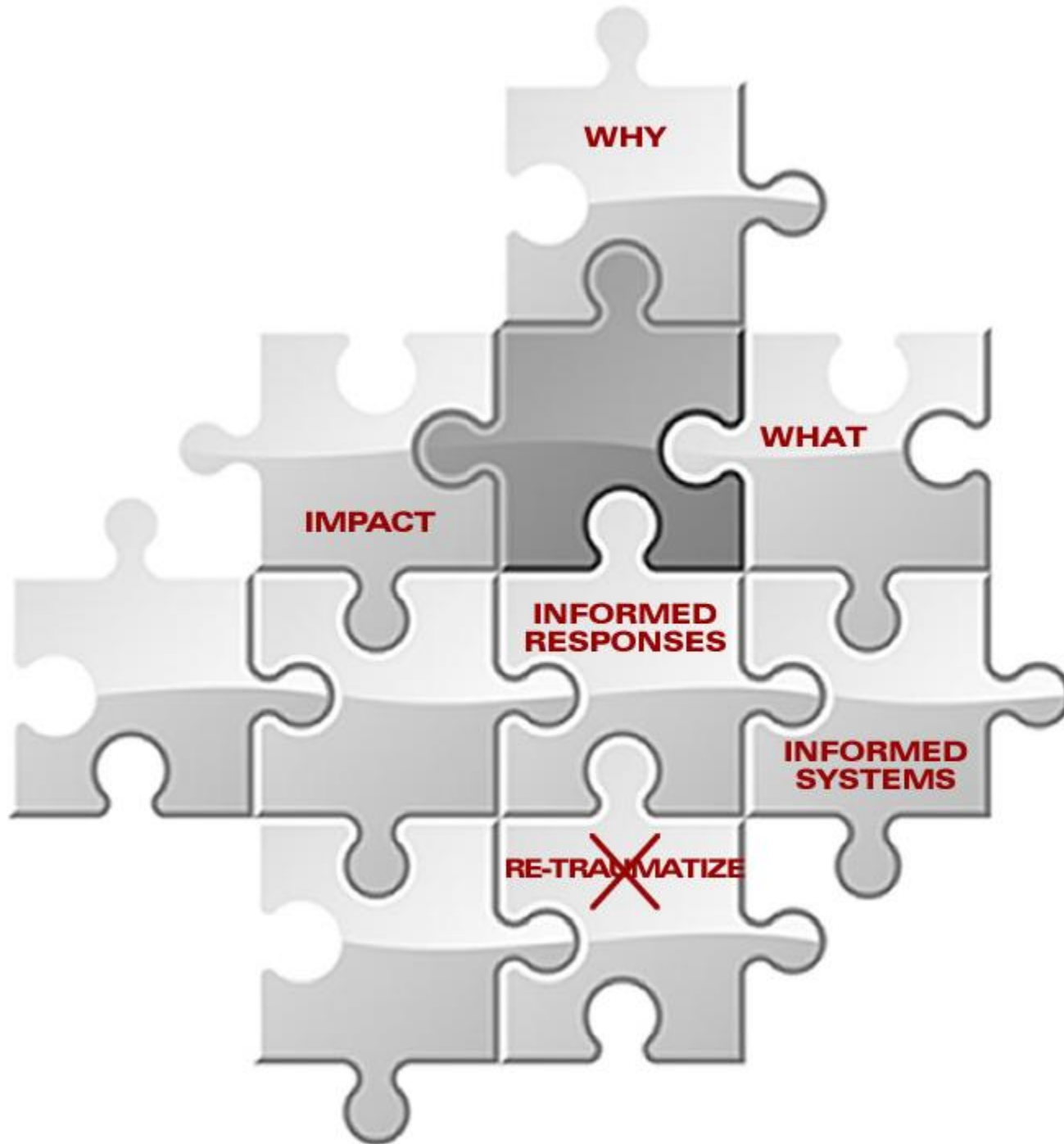


**SAMHSA'S
GAINS**
Center for
Behavioral Health and
Justice Transformation





Why Learn About Trauma?



Benefits

How we think
about something affects
how we respond





Trauma rates very high

National Trauma Statistics

Trauma	NE	S	MW	W
Homicides in 2007¹				
Total # (Rate)	2,397 (4.4)	8,661 (7.8)	3,620 (5.5)	4,095 (5.9)
Under age 18 (Rate)	355 (2.7)	1,082 (3.7)	587 (3.4)	632 (3.4)
Residential Fire Deaths in 2007¹				
Total # (Rate)	462 (.9)	1,358 (1.2)	688 (1.0)	394 (0.6)
Under age 18 (Rate)	91 (0.7)	204 (0.7)	133 (0.8)	58 (0.3)
Drowning Deaths in 2007¹				
Total # (Rate)	536 (1.0)	1,774 (1.6)	771 (1.2)	1,005 (1.4)
Under age 18 (Rate)	112 (0.8)	514 (1.8)	177 (1.0)	230 (1.2)
Suicide Deaths in 2007¹				
Total # (Rate)	4,754 (8.7)	13,389 (12.1)	7,515 (11.3)	8,940 (12.9)
Under age 18 (Rate)	151 (1.1)	427 (1.5)	341 (2.0)	312 (1.7)
Transport-Related Deaths in 2007¹				
Total # (Rate)	5,378 (10)	21,679 (20)	9,313 (14.0)	9,880 (14.0)
Under age 18 (Rate)	616 (5.0)	2,569 (9.0)	1,218 (7.0)	1,201 (6.0)
Incarceration Rates for 2010²				
Males	577	1,039	735	772
Females	27	78	53	60

1. Centers for Disease Control (www.cdc.gov)

2. Population Reference Bureau (www.prb.org)

Jail Diversion Study

Women

96%
lifetime

74%
current
(12 mos.)

Men

89%
lifetime

86%
current
(12 mos.)

Mental Health Court Study

Abuse (self report)	% Women	% Men
Sexual abuse or rape (prior to age 20)	70	25
Parents hit or threw things at one another	46	27
Parents beat them with belt whip or strap	61	68
Parents hit them with something hard	43	36
Parents beat or really hurt them with their hands	42	36
Parents injured them enough to need medical attention	22	8

Women

67%
child physical abuse

34%
current
(12 mos.)

Men

73%
child physical abuse

32%
current
(12 mos.)

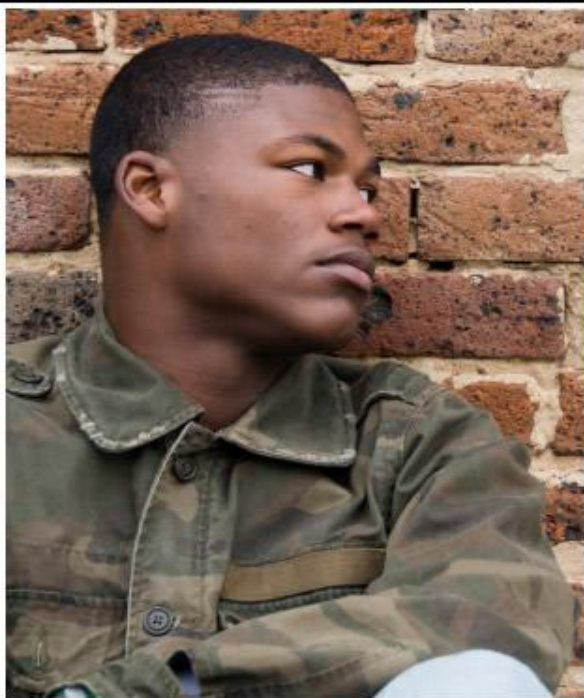
Adverse Childhood Experiences Study

ACE Scale Item	%
Abuse	
Physical abuse	15
Emotional abuse	18
Sexual abuse	7
Household instability	
Household mental illness	28
Household substance abuse	17
Parental separation or divorce	41
Parent lost job	20
Other	
Peer victimization (non-sibling)	48
Exposure to community violence	63
Someone close died from illness/accident	49
Disaster	11

The past is never dead.
It's not even past.

William Faulkner





Understanding the Population

Why We Learn About Trauma

- Develop understanding
- Increase awareness
- Recognize signs
- Learn how to respond

GOAL: Trauma-Informed Responses

- Increase safety
- Reduce recidivism
- Promote recovery

What Is Trauma?

Event



Experience

Effect



Activity

Traumatic Events

Learning check

Traumatic Events

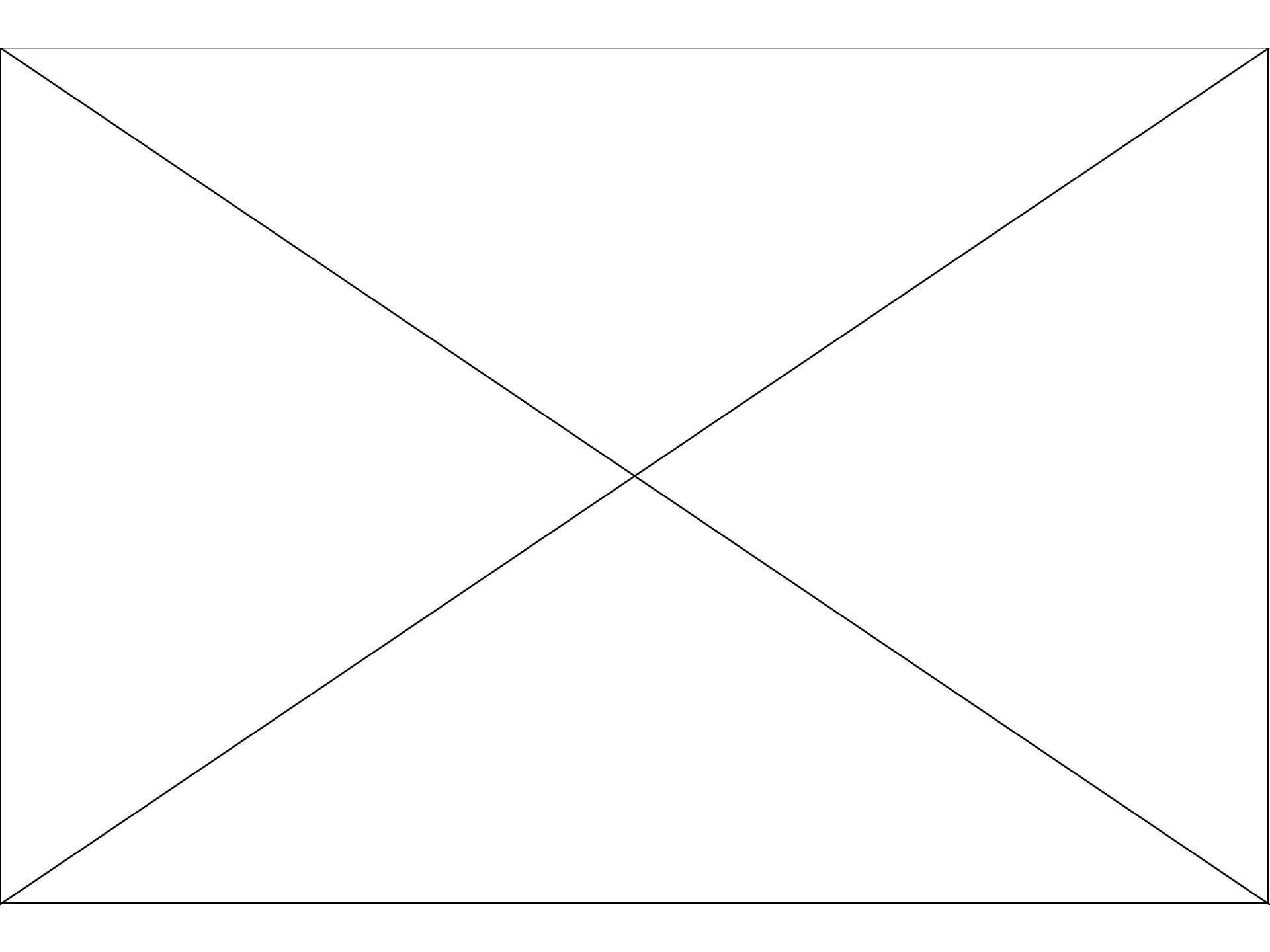
- Physical Abuse
- Loss
- Combat or Victim of War
- Community Trauma
- Sexual Abuse
- Witness Violence or Other Traumatic Event
- Historical Trauma

A computer monitor with a black frame and a black stand. The screen is white and displays the word "VIDEO" in large, bold, red capital letters. Below "VIDEO" is the word "ACTIVITY" in smaller, black, sans-serif capital letters. A horizontal black line is positioned below "ACTIVITY". Below the line is the name "Officer Tully" in a large, black, sans-serif font. The monitor is centered on a white surface.

VIDEO

ACTIVITY

Officer Tully



A computer monitor with a black frame and a black stand. The screen is white and displays the word "VIDEO" in large, bold, red capital letters. Below it, the word "ACTIVITY" is written in smaller, black, sans-serif capital letters. A horizontal black line is positioned below "ACTIVITY". Below the line, the name "Officer Tully" is written in a large, bold, black, sans-serif font. The monitor is set against a plain white background.

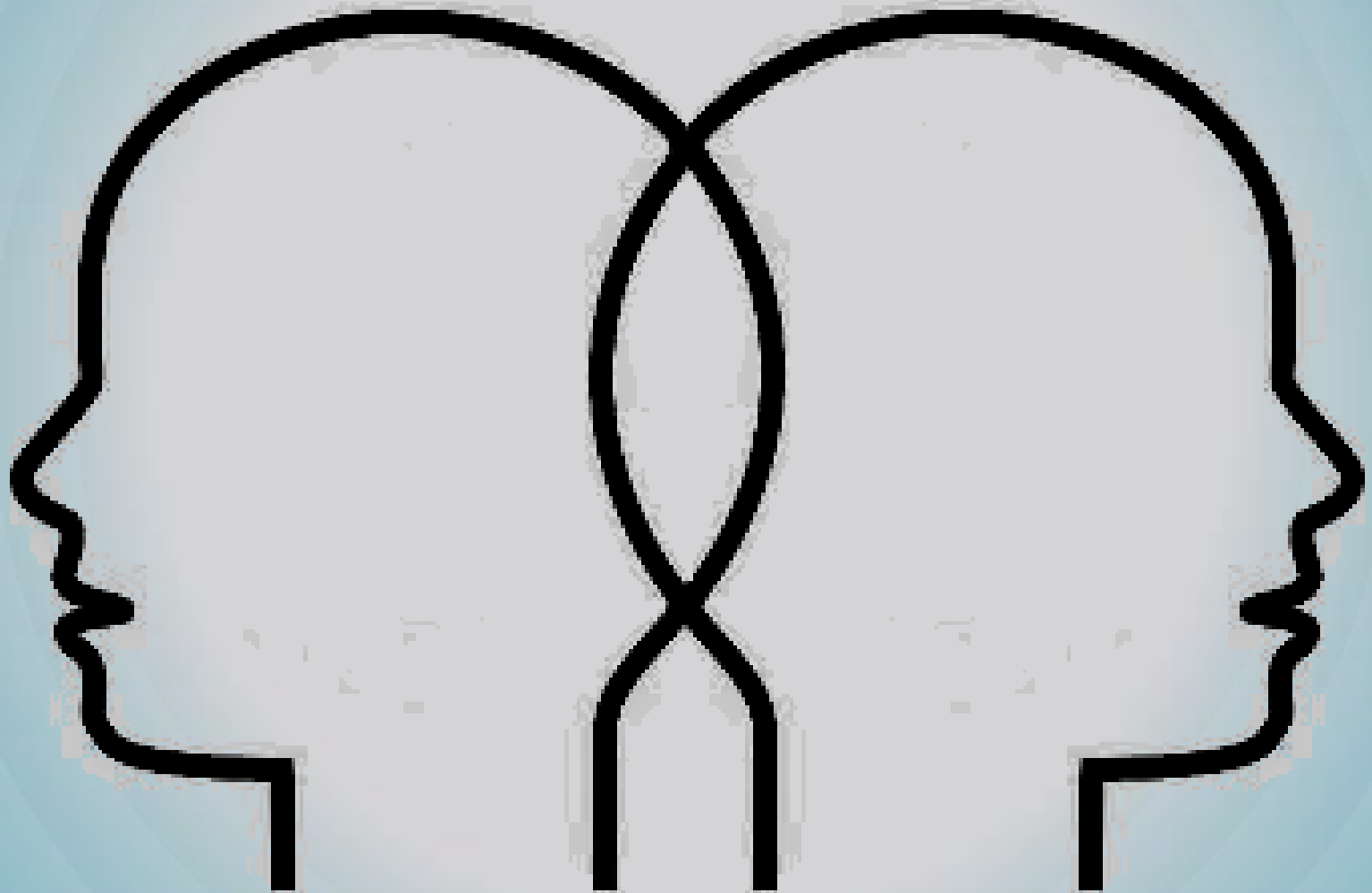
VIDEO

ACTIVITY

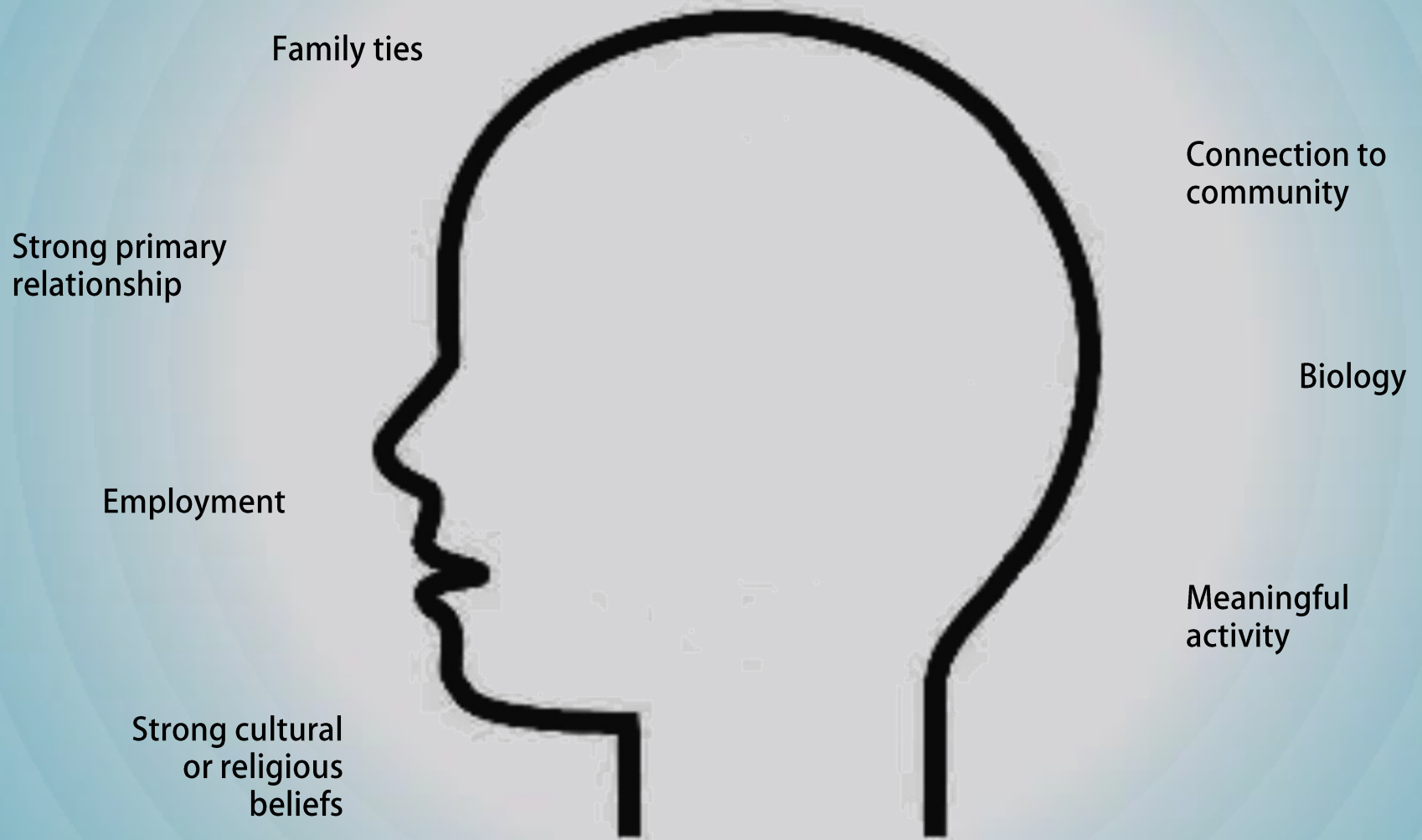
Officer Tully

Resilience

Risk



Resilience



Risk

Pre-existing
mental health
problems

Numerous
traumas

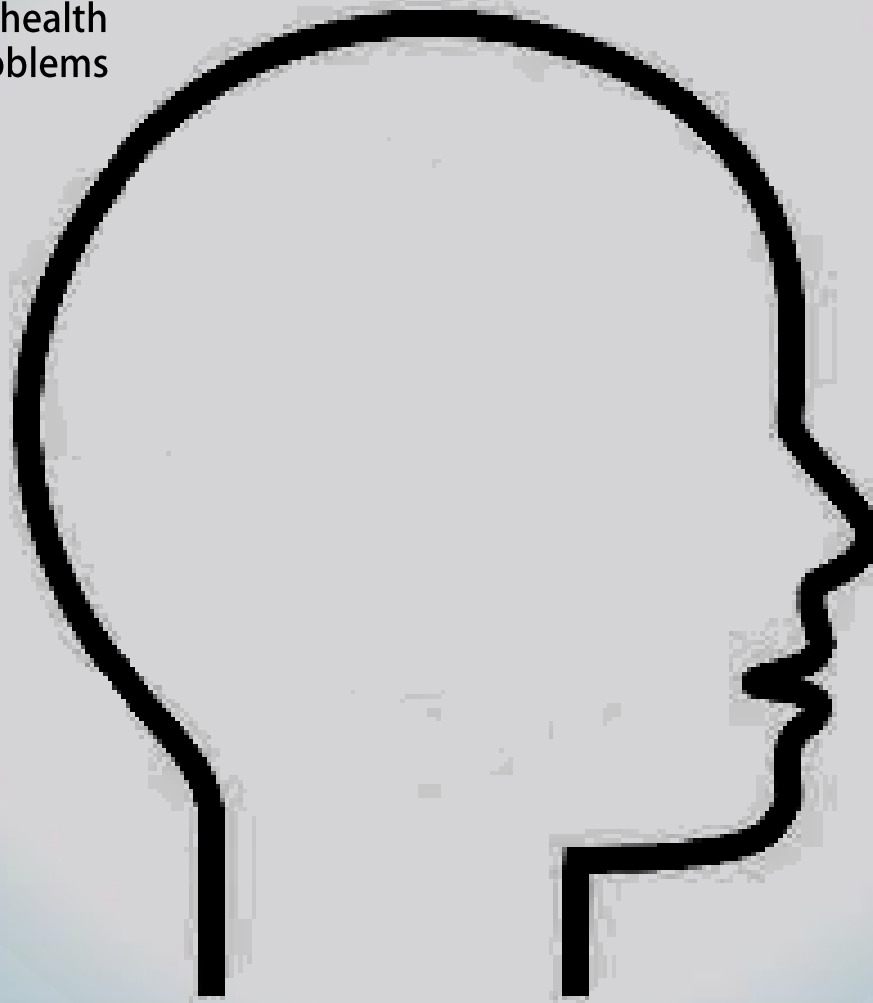
Health issues

Severity of
trauma

Biology

Proximity to
trauma

Experiences that
diminish coping
capacity



Individualized Experiences

Strong primary relationship

Family ties

Health issues

Pre-existing mental health problems

Connection to community

Severity of trauma

Employment

Proximity to trauma

Biology

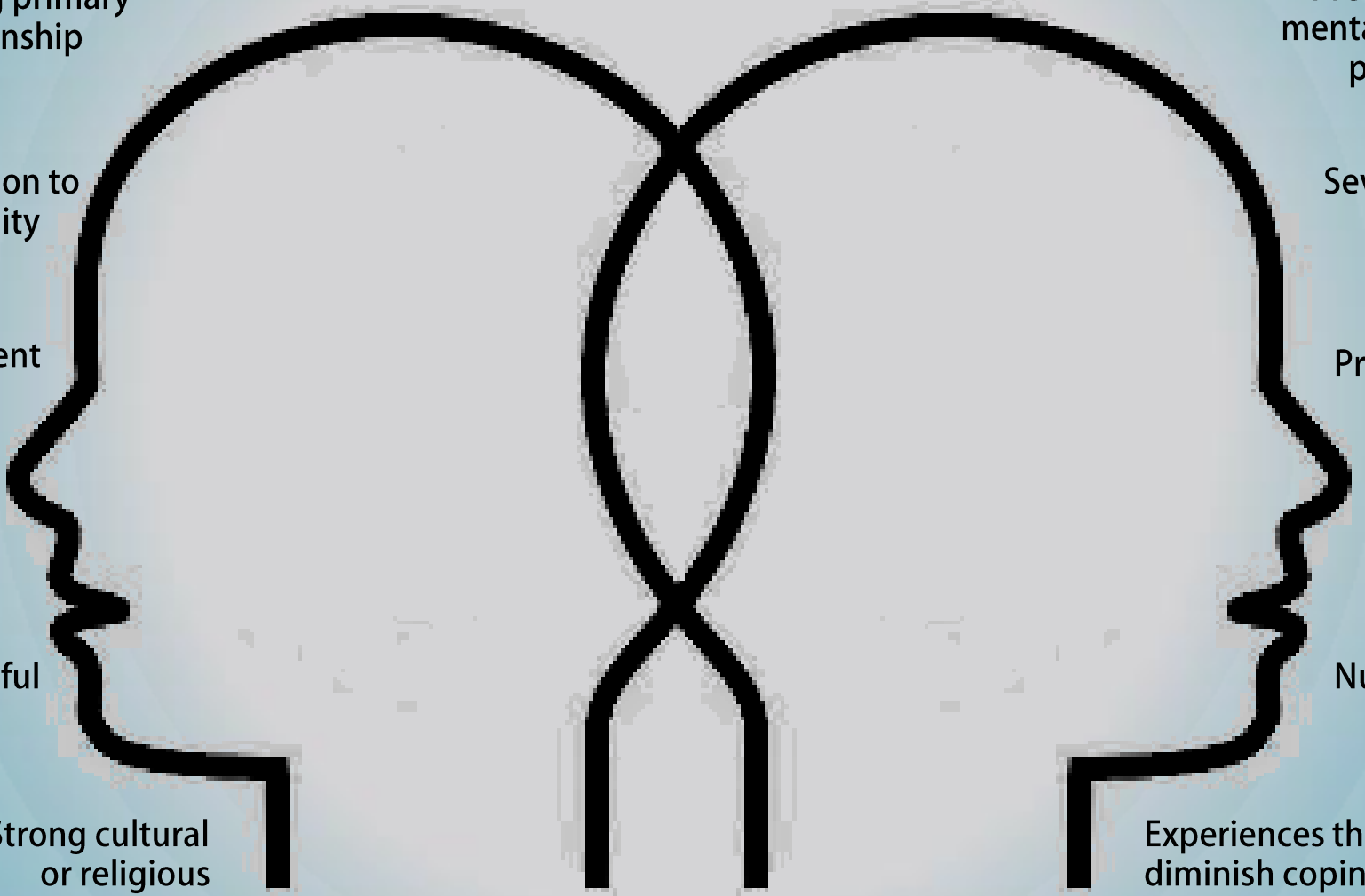
Biology

Meaningful activity

Numerous traumas

Strong cultural or religious beliefs

Experiences that diminish coping capacity



Event



Experience

Effect

Traumatic Events





Experienced as:

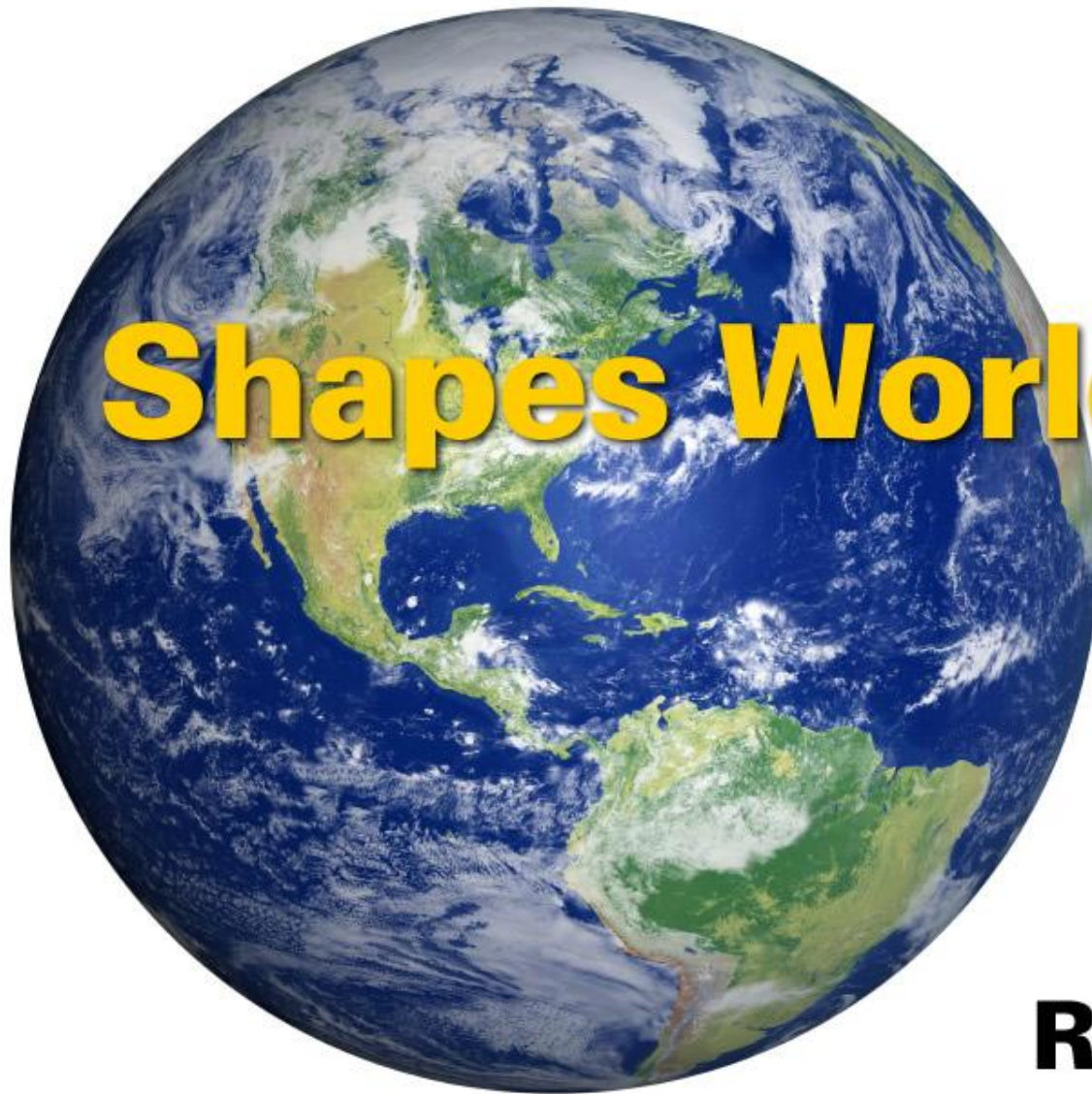
Threatening

Terrifying

Overwhelming



Pervasive Effect



Shapes World View:

Self

Beliefs

Relationships

Trauma Is...

- Event, experience, effect
- Sudden event/ongoing abuse, past/present
- Event is terrifying, threatening, overwhelming
- Impact is pervasive
- Shapes world view
- Individualized Experiences

***Many people cope or heal –
others get stuck***

Gender Differences



Women Report:

Child sexual abuse

Child abuse/neglect

Adult sexual assault

EXPERIENCES



EXPERIENCES

Men Report:

Physical assault

Combat

Accidents

Weapons

Witness violence

A young child with light hair, wearing a red and white striped dress, is crying and leaning against a grey stone wall. The child's face is contorted in distress, and their mouth is open as if in the middle of a cry. The background is a textured stone wall.

Women Report:

Force & threats

By close family member

Multiple victimizations

Childhood Sexual Abuse



Men Report:

Promises & rewards

By strangers & authority figures

Childhood Sexual Abuse



Women Report:

Extreme fear

Self-blame

Negative self view

World as dangerous

Betrayal

Trauma Attributions



Men Report:

Can't be victims

Fear of stigma

"Suck it up"

Anger

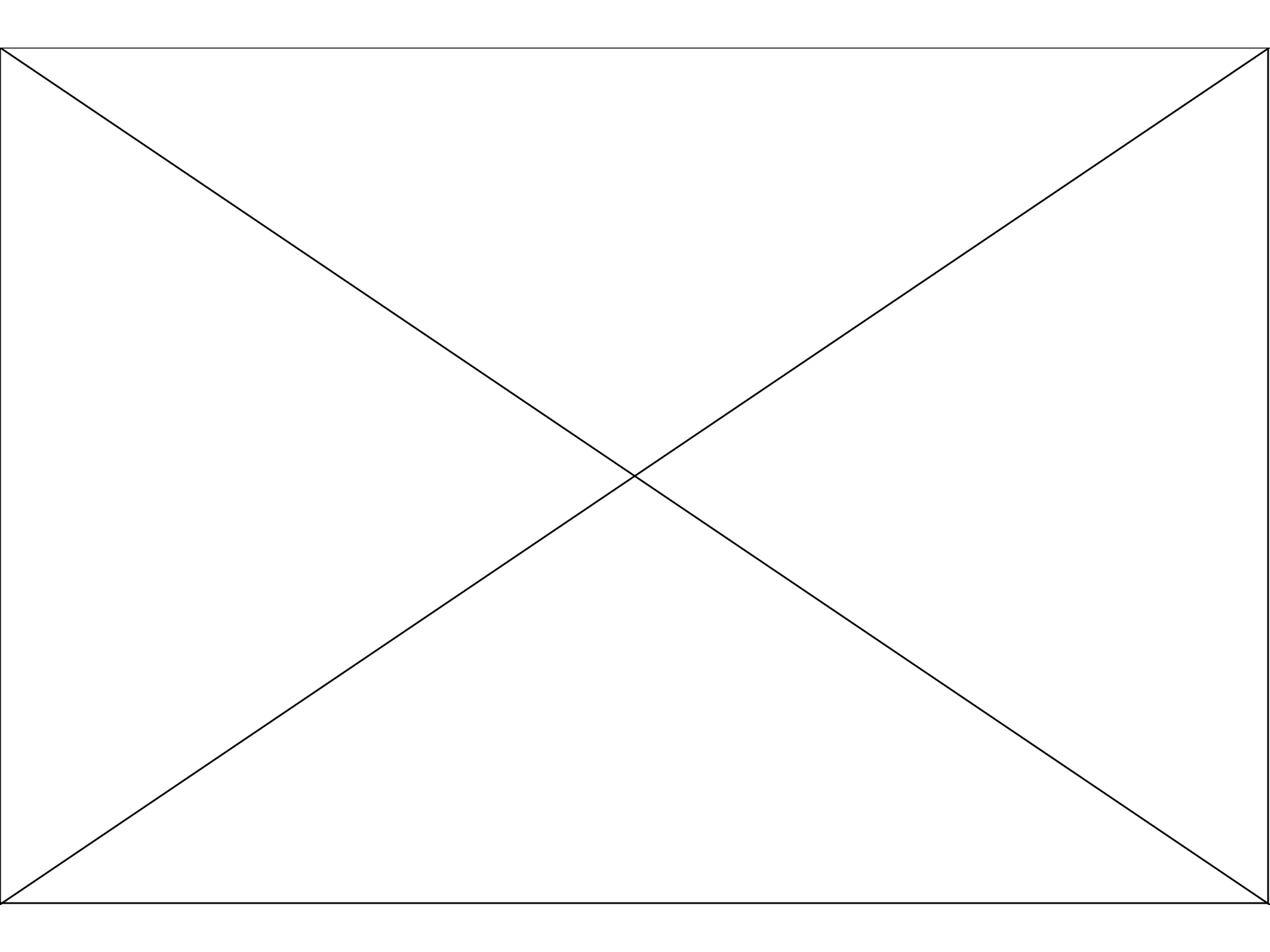
Desire for revenge

Trauma Attributions



VIDEO

The Cycle of Violence





VIDEO

The Cycle of Violence

Learning check

Kinds of experiences

- Beatings
- Torture
- Verbal abuse
- Watching parents fight
- Watching siblings or parent get hit

Learning check

Impact of violence

- Beatings were seen as normal; admired
- I became like him/her...I was abusive
- Violence is a cycle that gets repeated in each generation
- Becoming violent is how I survived
- I saw aggression as strength
- Being a tough guy keeps others at a distance...so you can't hurt me
- Fighting gets respect

Gender Differences

Both women and men experience similar events, but differ in:

- Events reported
- Thinking
- Coping
- Impact
- Culture

Trauma's Effects



**Effects
experienced
throughout life**



Pervasive Effect

BEHAVIOR

=

SURVIVAL

Long-term Effect

Substance Abuse

Behavioral Problems



Poor Relationships

Mental Health

Long-term Effect



Substance Abuse

Long-term Effect



Behavioral Problems

Long-term Effect



Poor Relationships

Long-term Effect



**Mental
Health**

Learning check

Signs...

- Missed/late to work
- Back to wall
- Distracted; concentration poor
- “Spacing out”
- Easily startled
- Doesn’t like people close
- Doesn’t like to be touched
- Hyper-vigilance
- Behavioral problems
- Mood fluctuations
- Aggressive/angry
- Suicidal gestures

Trauma's Effects

- Affects broad aspects life
- Behavior can =
 - Coping
 - Attempts to survive

Trauma-Informed Responses



People need...

AVOID

Overreacting

Inappropriate use of authority

RESPOND

BEHAVIOR

Long-term Effect

Substance Abuse

Behavioral Problems



Poor Relationships

Mental Health

How do we respond?

Trustworthiness

Respect

Choice

INTERACT

Collaboration

Empowerment

Learning check

Responding to Behavior

- Flexible with consequences
- Sensitive to fear
- Patience
- Don't take it personally
- Support/motivate/link to treatment

Universal Assumption of Trauma

Learning check

Courts

- Handcuffs
- Holding cells
- Escort defendant
- Judge on bench/separated (authority)
- Public trials
- Conditions determined
- Orders

Becoming a Trauma-Informed Court

Step 1

Develop an awareness of:

- What trauma is
- The extent of trauma in the criminal justice system
- The impact of trauma

Step 2

Review policies & procedures of your courtroom to:

- Screen/assess for trauma
- Reduce the impact of trauma
- Avoid re-traumatizing

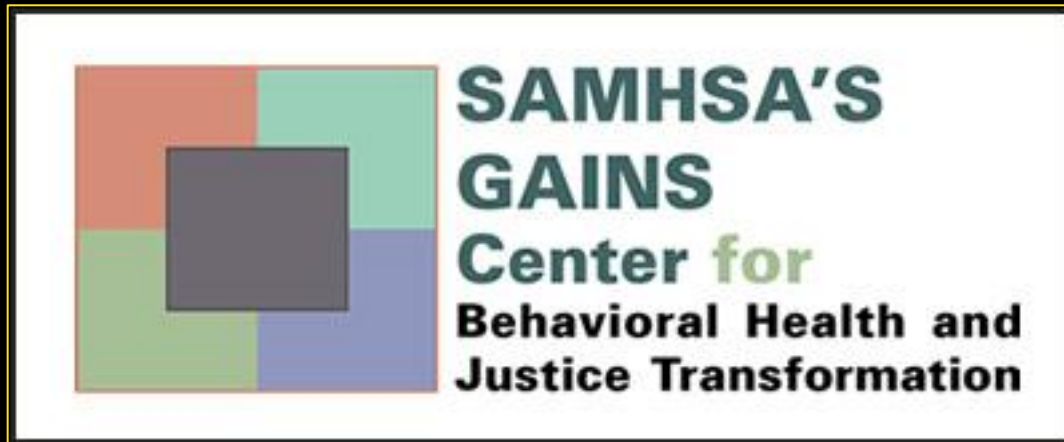
Step 3

Know what trauma-specific services are in your community & how to access them

Step 4

Implement trauma-informed procedures to facilitate safety, recovery, and success

For More Information



<http://gainscenter.samhsa.gov>

GAINS@prainc.com



Closing



**Please complete
the evaluation form
at the end of the program**