

Working with Women: Hands On Techniques for Trauma Responsive Supervision

Devyn Wallace
Jena Lamppa

What brings you here?

- › Tell us a bit about you and what you hope to get out of this session

Why focus on women?

- › The number of women under correctional control has increased at a higher rate than men. They are the fastest growing population having increased 14-fold since the 1970s, but women pose a lower public safety risk than men.
- › Women enter the criminal justice system through different pathways than men.

“ Rates of traumatic experiences among justice-involved populations, particularly those with mental illness are ‘so high as to be considered an almost universal experience’ .”

History of Trauma

- ❖ Women are more likely than men to have experienced victimization as both children and adults. A number of studies found that between 50 and 98% of justice-involved women reported surviving physical and sexual abuse during their lifetimes.
- ❖ For men, the risk of abuse and victimization declines after childhood while it remains throughout the lifetime for women.
- ❖ For women, victimization can continue during incarceration.

Mental Health

- ❖ 73% of detained women exhibit mental health symptomology compared to 55% of men in state prisons.
- ❖ 31% of detained women had current serious mental health disorders compared to 14.5% of men.
- ❖ About 1 in 3 justice-involved women meet criteria for PTSD at the time of study with 1 in 2 meeting criteria for lifetime PTSD.
- ❖ Women are more likely to take medication and attend therapy to treat mental health symptomology

Substance Use

- ❖ In a 2006 study, over 60% of women met criteria for a substance use disorder or dependence within the year prior to incarceration.
- ❖ 2/3 of women reporting using substances within the 30 days prior to incarceration.
- ❖ 82% of women met lifetime criteria for substance use disorders or dependence.
- ❖ 40.5% of women exhibit co-occurring substance use and mental health compared to 22.9% of men.

Relationships

- › Women's identities, sense of empowerment, and self worth are defined through their relationship with others compared to men achieving independence and autonomy. Criminal behavior for women is often connected to the interpersonal relationships they have with others or the lack thereof.
- › How has this correlated for the women you have supervised?

What is Trauma?

- › SAMHSA defines trauma for an individual as resulting from “an event or series of events, or set of circumstances, that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”.

Types of Trauma

Single
Incident/Simple

Complex or
Repetitive

Developmental

Intergenerational

Historical

System Induced

Vicarious

What is Trauma-Informed?

- ❖ Practices that consist of awareness and recognition of trauma symptoms and responses
 - ❖ Assumes that a person is more likely than not to have experienced trauma
 - ❖ Recognizes the effect trauma plays in a client's life
- › This is a shift from "what is wrong with" to "what happened to and how does that continue to impact" a person. Trauma-Responsive practices shifts from "what happened to you" to "how did you survive?"

Trauma-Informed Care Guiding Principles

| Safety | Choice | Collaboration | Trustworthiness | Empowerment |
|---|--|---|---|--|
|  |  |  |  |  |
| <hr/> | | Definitions | <hr/> | |
| Ensuring physical and emotional safety | Individual has choice and control | Making decisions with the individual and sharing power | Task clarity, consistency, and Interpersonal Boundaries | Prioritizing empowerment and skill building |
| <hr/> | | Principles in Practice | <hr/> | |
| Common areas are welcoming and privacy is respected | Individuals are provided a clear and appropriate message about their rights and responsibilities | Individuals are provided a significant role in planning and evaluating services | Respectful and professional boundaries are maintained | Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency |

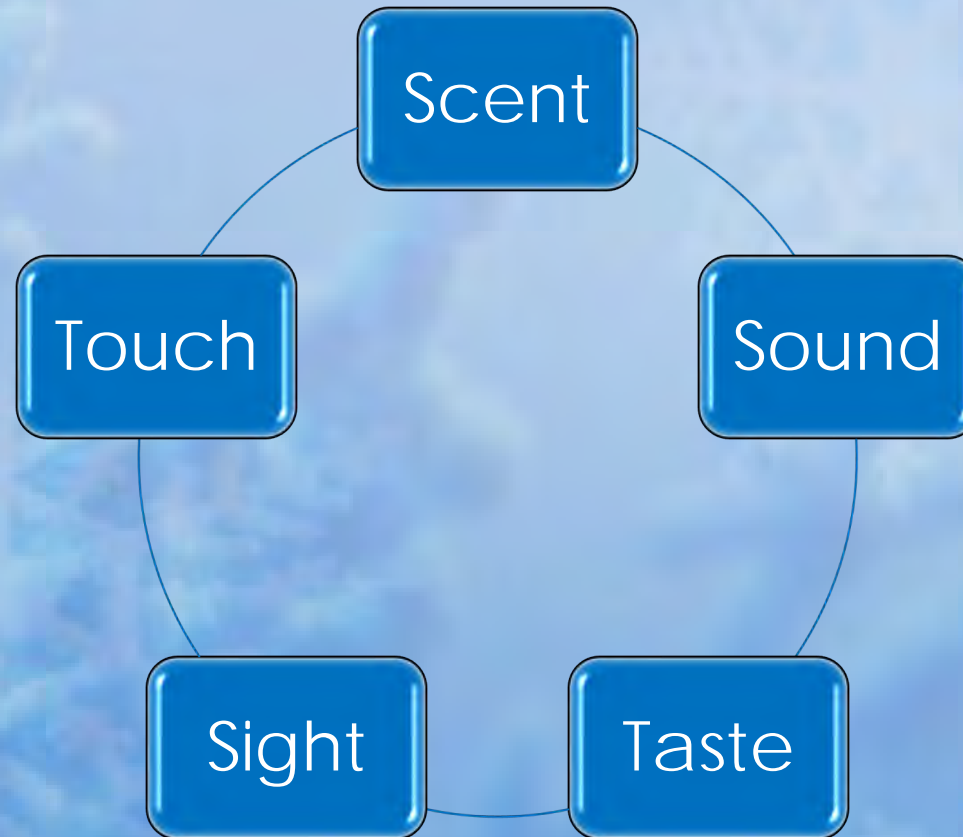
SAMHSA's Key Principles of a Trauma-Informed Approach

- ❖ Safety
- ❖ Trustworthiness and Transparency
- ❖ Peer Support
- ❖ Collaboration and mutuality
- ❖ Empowerment, voice, and choice
- ❖ Cultural, Historical, and Gender

Impacts of Trauma

- ❖ Breaks trust and sense of safety
 - ❖ Shame, rage, isolation, and disconnection
 - ❖ Feeling powerless
- Loss of voice, choice, control















› Trauma responses are activated through the senses.

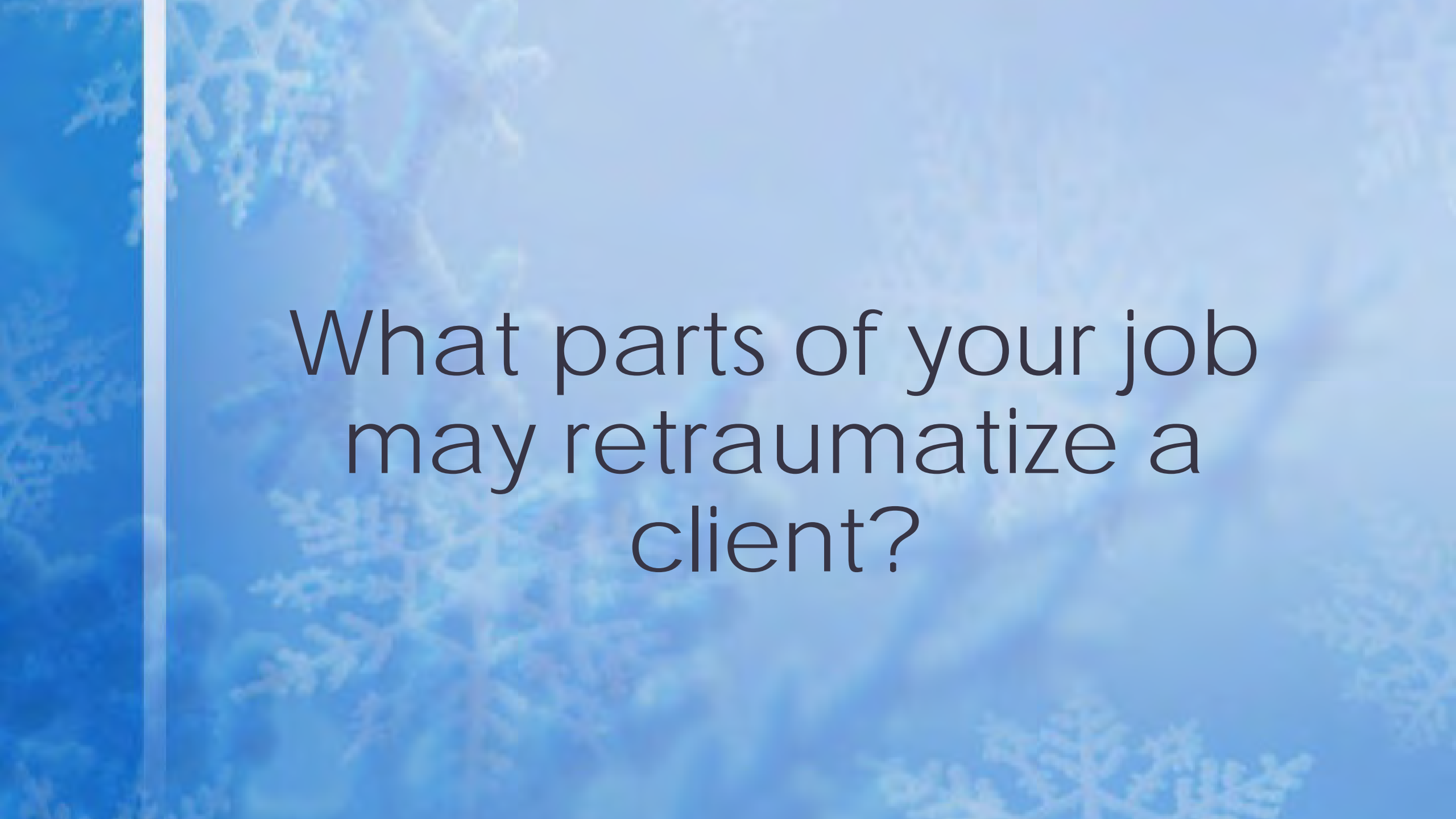


Retraumatization

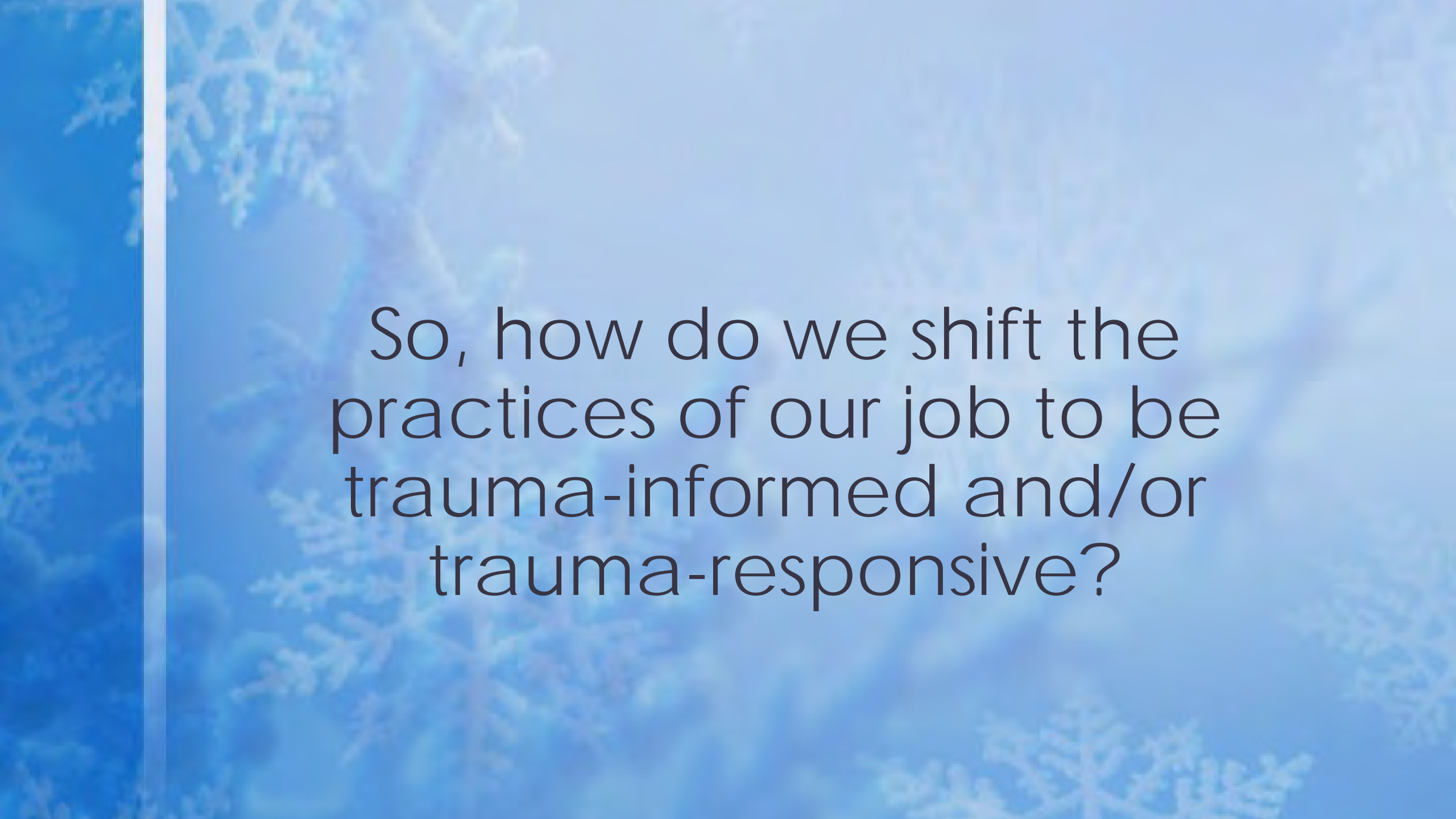
- › “ Any situation or environment that resembles an individual’s trauma literally or symbolically, which then triggers difficult feelings and reactions associated with the original trauma”

How does the Criminal Justice System Retraumatize clients?

|  Retraumatization  | |
|---|--|
| WHAT HURTS? | |
| SYSTEM (POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE") | RELATIONSHIP (POWER, CONTROL, SUBVERSIVENESS) |
|  HAVING TO CONTINUALLY RETELL THEIR STORY |  NOT BEING SEEN / HEARD |
|  BEING TREATED AS A NUMBER |  VIOLATING TRUST |
|  PROCEDURES THAT REQUIRED DISROBING |  FAILURE TO ENSURE EMOTIONAL SAFETY |
|  BEING SEEN AS THEIR LABEL (I.E. ADDICT, SCHIZOPHRENIC) |  NON COLLABORATIVE |
|  NO CHOICE IN SERVICE OR TREATMENT |  DOES THINGS FOR RATHER THAN WITH |
|  NO OPPORTUNITY TO GIVE FEEDBACK ABOUT THEIR EXPERIENCE WITH THE SERVICE DELIVERY |  USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE |



What parts of your job
may retraumatize a
client?



So, how do we shift the practices of our job to be trauma-informed and/or trauma-responsive?

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. **Affirmations and Inspiration**
(ex: looking at or drawing motivational statements or images)
2. **Something funny or cheering**
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

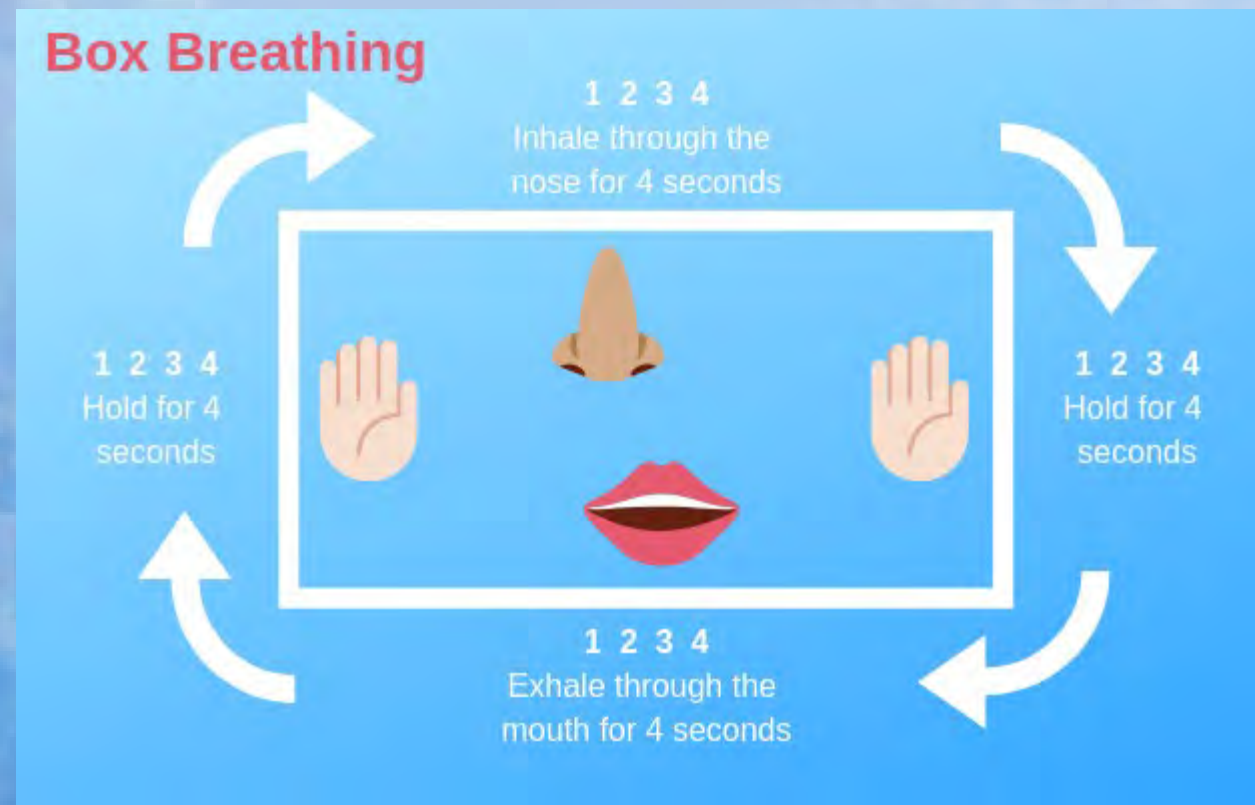
Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

Resources/Team Approach

- › Clients can feel more secure when they are part of the planning process. They form stronger Agent/Client alliances and can feel as though they have a voice.

Grounding Techniques

Box Breathing



Grounding Techniques

5, 4, 3, 2, 1

MINDFULNESS 5-4-3-2-1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Grounding Techniques

Item Listing



- ❖ Choose a pleasant, simple category.
- ❖ Set a timer for 2-5 minutes.
- ❖ Have the client write out (or name) as many things as they can think of that fit that category.



Grounding Techniques

"I Spy"

Have the client count how many items in your office are of a certain color.



Grounding Techniques

Focus

Have the client pick 1 object and focus all of their attention on this object.

What are all of the ways to describe it?

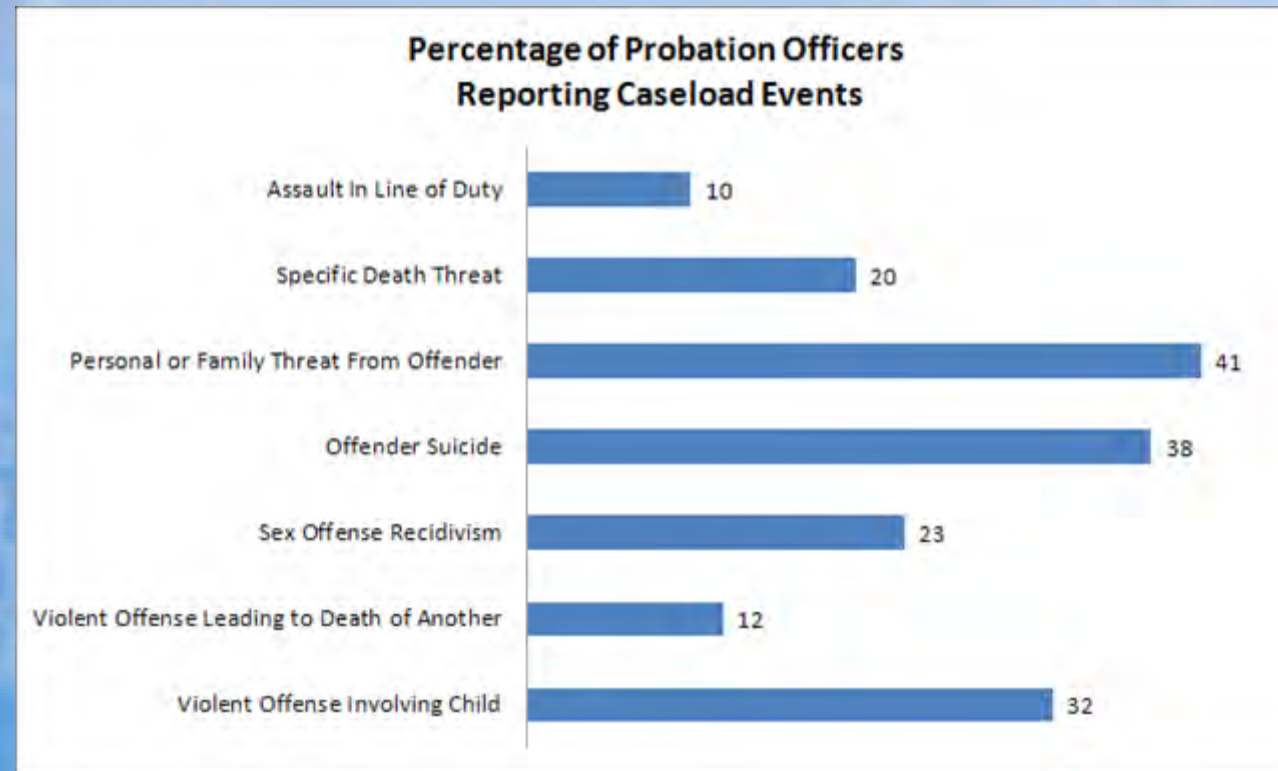


Grounding Techniques

› Change Locations



Vicarious Trauma/ Secondary Trauma



Vicarious Trauma/ Secondary Trauma

What parts of your job can, and do, activate you?

Thoughts/Reactions/Questions?

Devyn Wallace, Arrowhead Regional Corrections

218-726-2654

WallaceD@arcmn5.org

Jena Lamppa, Arrowhead Regional Corrections

218-471-7542

LamppaJ@arcmn5.org