



Using a Trauma-Informed Approach for PREA Implementation: Resources and References

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NATIONAL
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Resource Guide on Implementing PREA through a Trauma-Informed Lens

This video training series was designed to provide an important foundation for understanding trauma, the implications of trauma on the behaviors of inmates while in confinement, and how correctional administrators and practitioners can use this information to support successful PREA implementation and ultimately provide a safer environment for inmates and staff. The PREA Resource Center (PRC) contracted with the National Association of State Mental Health Program Directors (NASMHPD) to develop this series.

Through research and practice, NASMHPD has found an important connection between understanding a trauma-informed approach, effectively promoting sexual safety, and successful implementation of the PREA standards. The role that trauma plays in all of our lives, including inmates and staff, has become increasingly understood. For instance, outside of corrections, the public has gained greater understanding of trauma through the many stories of veterans returning from combat and the impact of trauma on their daily lives.

In correctional settings, NASMHPD has learned much more about the impact of trauma through assessment of the pathways into criminal behavior. Past trauma is at the core of many inmates' life experiences.

Through considering the role that past and present trauma plays in building safe – and particularly sexually safe – environments, correctional administrators and staff training directors can support staff in efforts to more fully meet a facility's mission and make everyone safer. In presenting this material, NASMHPD recognizes that some may be hearing about a trauma-informed approach for the first time, while others may be well along the path of implementing trauma-informed policies, practices, and training programs. NASMHPD believes that the material contained in this video series will provide an opportunity for staff in confinement facilities to learn and be thoughtful about the benefits of a trauma-informed approach in correctional settings.

If participants are familiar with the concept of a trauma-informed approach and the terms used, they are encouraged to challenge themselves to review their agency's and/or facility's policies and practices in creating a sexually safe environment, and ask themselves if they have considered the implementation of PREA Standards fully through this lens. For agencies and facilities that are new to or early in process of using a trauma-informed approach, NASMHPD hopes these videos will provide important information, lessons learned, and insights in addressing sexual safety and PREA implementation through a trauma-informed lens.

In **Module 1**, Andie Moss, President of The Moss Group, Inc., will set the stage for why it is beneficial to recognize the impact of trauma in the lives of inmates and staff alike when implementing PREA.

In **Module 2**, participants will hear from one of the pioneers in the implementation of a trauma-informed approach. Dr. Joan Gillece has spent many years dedicated to bringing the concept of a trauma-informed approach to the fields of substance abuse, mental health, and

corrections. Dr. Gillece will present on the importance of understanding what trauma is, how it is defined, and why it is important to consider when implementing PREA.

In **Module 3**, Dr. Brian Sims explains the neurobiological effect of trauma. Dr. Sims takes this complex material and makes the science behind trauma interesting and easily understood. Through his training, participants will better understand the serious impact that trauma can have on an individual's behavior.

In **Module 4**, Andie Moss hosts a panel discussion with clinicians and practitioners from the Dorchester County Detention Center on Maryland's Eastern Shore that responds to the concepts that Drs. Gillece and Sims have presented. Examples are provided on how to implement the PREA standards through a trauma-informed lens in adult confinement settings, but the concepts are easily transferable to juvenile facilities.

In **Module 5**, clinician and trainer Ms. Alisha Salisbury, Warden Steve Mills, and PREA officer and investigator Lt. Robert Fitzgerald from the Dorchester County Detention Center on Maryland's Eastern Shore discuss implementing a trauma-informed approach in a jail setting. The hope is that this module will provide some creative examples for policymakers and practitioners to consider as they begin or continue to implement a trauma-informed approach.

Finally, as an additional resource, NASMHPD has also provided a documentary called "**Healing Neen**," which focuses on one woman's path through trauma, the criminal justice system, and beyond.

Those who use this video training series may want to think through how they view the modules. The material is designed so that the modules can be used sequentially or viewed as stand-alone resources. This guide provides additional resources and materials to support work in this area.

WEBSITES and TECHNICAL ASSISTANCE

National PREA Resource Center

<http://www.prearesourcecenter.org/about/prison-rape-elimination-act-prea>

- Contact us:
<http://www.prearesourcecenter.org/about/contact-us>
- Request assistance:
<http://www.prearesourcecenter.org/training-technical-assistance/request-for-assistance>
- Collaborating Organizations:
<http://www.prearesourcecenter.org/about/collaborating-organizations>

National Association of State Mental Health Program Directors (NASMHPD)

www.nasmhpd.org
(Technical Assistance Potential)

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

The National Center for Trauma Informed Care

<http://www.nasmhpd.org/content/national-center-trauma-informed-care-ntic-0>
(Technical Assistance Potential)

The Adverse Childhood Experiences Study

<http://www.cestudy.org/>

Resources for Mental Health and Juvenile Justice Professionals

[http://www.nctsn.org/resources/topics/juvenile](http://www.nctsn.org/resources/topics/juvenile-justice-system)

[-justice-system](http://www.nctsn.org/resources/topics/juvenile-justice-system)

(Technical Assistance Potential)

National Resource Center on Justice Involved

Women <http://www.cjinvolvedwomen.org/>

(Technical Assistance Potential)

SAMHSA's GAINS Center

<http://gainscenter.samhsa.gov/>

(Technical Assistance Potential)

National Institute of Corrections

<http://nicic.gov/>

(Technical Assistance Potential)

The Trauma Informed Care Project

<http://traumainformedcareproject.org/>

National Council of State Governments

<http://www.csg.org/>

(Technical Assistance Potential)

CITATIONS for Module Two:

Why is it Important to Understand Trauma when implementing PREA?

Chesney-Lind, M. & Shelden, R. (1997). *Girls, Delinquency and Juvenile Justice*. Pacific Grove, CA: Brooks/Cole.

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, et al JS. (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. *American Journal of Preventive Medicine*, 245-258.

Felitti, V. J., & Anda, R. F. (1997). The Adverse Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ace/index.htm>

Mazelis, R. (Ed.). (1990). *The Cutting Edge: A Newsletter for People Living with Self-Inflicted Violence*. Retrieved from <http://www.healingselfinjury.org/>

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Saltzman, W., Pynoos, R., Layne, C., Steinberg, A., & Aisenberg, E. (2001). Trauma- and grief-focused intervention for adolescents exposed to community violence: Results of a school-based screening and group treatment protocol. *Group Dynamics: Theory, Research, and Practice*, 291-303.

Substance Abuse and Mental Health Services Administration. *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

Sedlak, A.J. and McPherson, K. (2013). Survey of Youth in Residential Placement (SYRP) 2003 [United States]. *ICPSR DataHoldings*.

Steadman, H., Osher, F., Robbins, P., Case, B., & Samuels, S. (2009). Prevalence Of Serious Mental Illness Among Jail Inmates. *Psychiatric Services*, 761-765.

Sidran.org | Traumatic Stress Education and Advocacy. (1999). Retrieved from <https://www.sidran.org/>

Widom, C., & Maxfield, M. (2001). *An update on the "cycle of violence"* Washington, D.C.: U.S. Dept. of Justice, Office of Justice Programs, National Institute of Justice.

Wolff, N., Morgan, R., & Shi, J. (2013). Comparative Analysis of Attitudes and Emotions Among Inmates: Does Mental Illness Matter? *Criminal Justice and Behavior*, 1092-1108.

CITATIONS for Module 3: Understanding the Neurobiological Effects of Trauma when Implementing PREA

DeBellis, M.D., et al (1999). Developmental Traumatology, part 1: *Biological Psychiatry*, 45, 1259-1270.

Restak, R. (1998). *The Mind* (Bantam Books ed.). Toronto.

Sidran Institute. (2000). *What is Post-Traumatic Stress Disorder (PTSD)*. [Brochure].

PUBLICATIONS & BLOGS

Women in Solitary Confinement

<http://truth-out.org/news/item/28570-women-in-solitary-confinement>

Creating A Place Of Healing and Forgiveness: The Trauma-Informed Care Initiative at the Women's Community Correctional Center of Hawaii DRAFT 2013

[http://www.nasmhpd.org/sites/default/files/7014_hawaiian_trauma_brief_2013\(1\).pdf](http://www.nasmhpd.org/sites/default/files/7014_hawaiian_trauma_brief_2013(1).pdf)

Creating a Trauma Informed Criminal Justice System for Women

[http://www.nasmhpd.org/sites/default/files/Women%20in%20Corrections%20TIC%20SR\(2\).pdf](http://www.nasmhpd.org/sites/default/files/Women%20in%20Corrections%20TIC%20SR(2).pdf)

How Being Trauma-Informed Improves Criminal Justice Responses

<http://www.prainc.com/how-being-trauma-informed-improves-criminal-justice-responses/>

Toward Creating a Trauma-Informed Criminal Justice System <http://www.prainc.com/toward-creating-a-trauma-informed-criminal-justice-system/>

The Importance of Understanding Trauma-Informed Care and Self-Care for Victim Service Providers

<http://www.justice.gov/ovw/blog/importance-understanding-trauma-informed-care-and-self-care-victim-service-providers>

Creating trauma-informed correctional care: a balance of goals and environment

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3402099/>

The Importance of Understanding Trauma-Informed Care and Self-Care for Victim Service Providers

<http://www.justice.gov/ovw/blog/importance-understanding-trauma-informed-care-and-self-care-victim-service-providers>

Trauma-Informed Correctional Care: Promising for Prisoners and Facilities

<http://community.nicic.gov/blogs/mentalhealth/archive/2013/09/09/trauma-informed-correctional-care-promising-for-prisoners-and-facilities.aspx>