

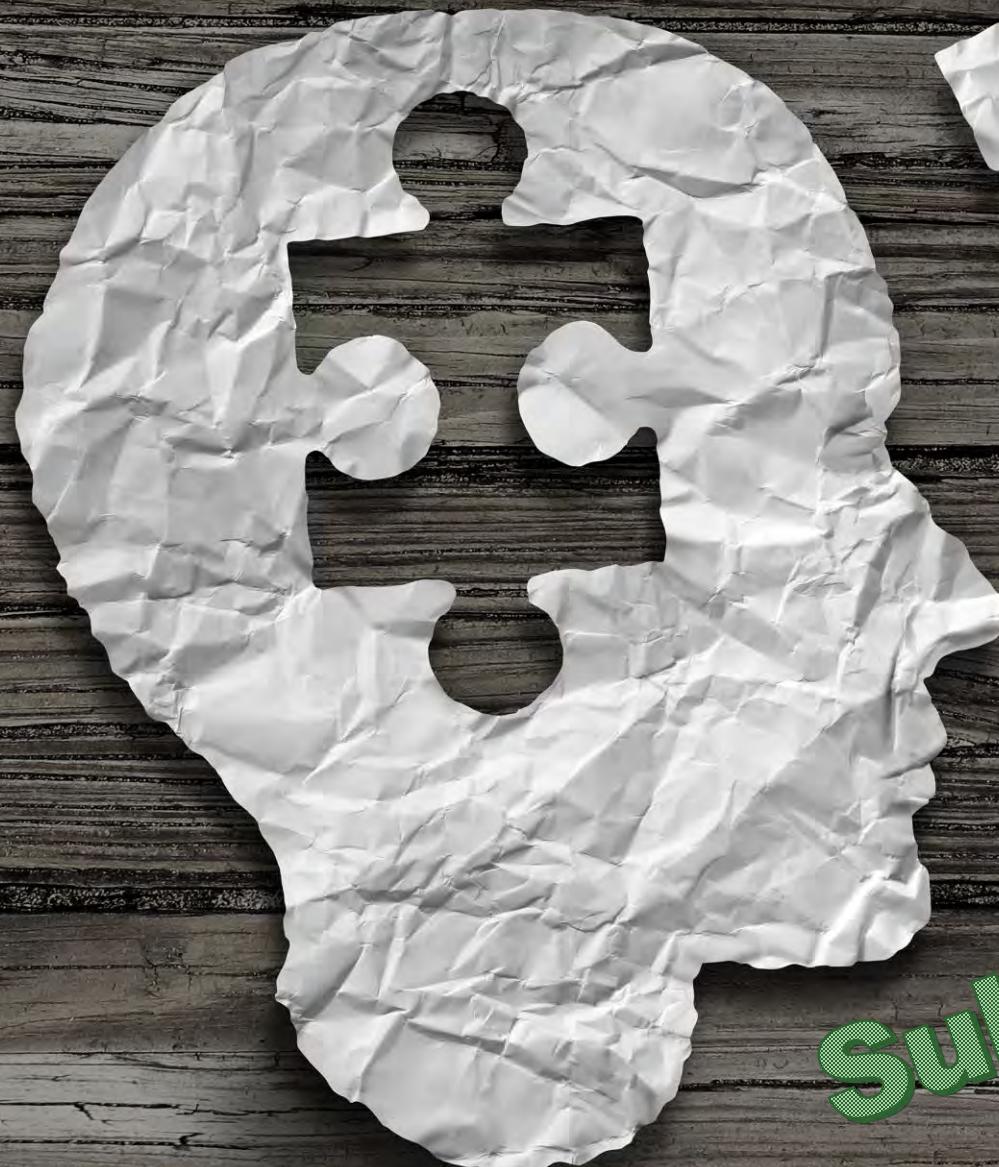


How Being  
**Trauma Informed**  
Improves  
**Judicial Decision Making**



# **Why Learn About Trauma?**

# Trauma



Mental  
Health

Substance  
Abuse

# VIDEO

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## Why Learn About Trauma?



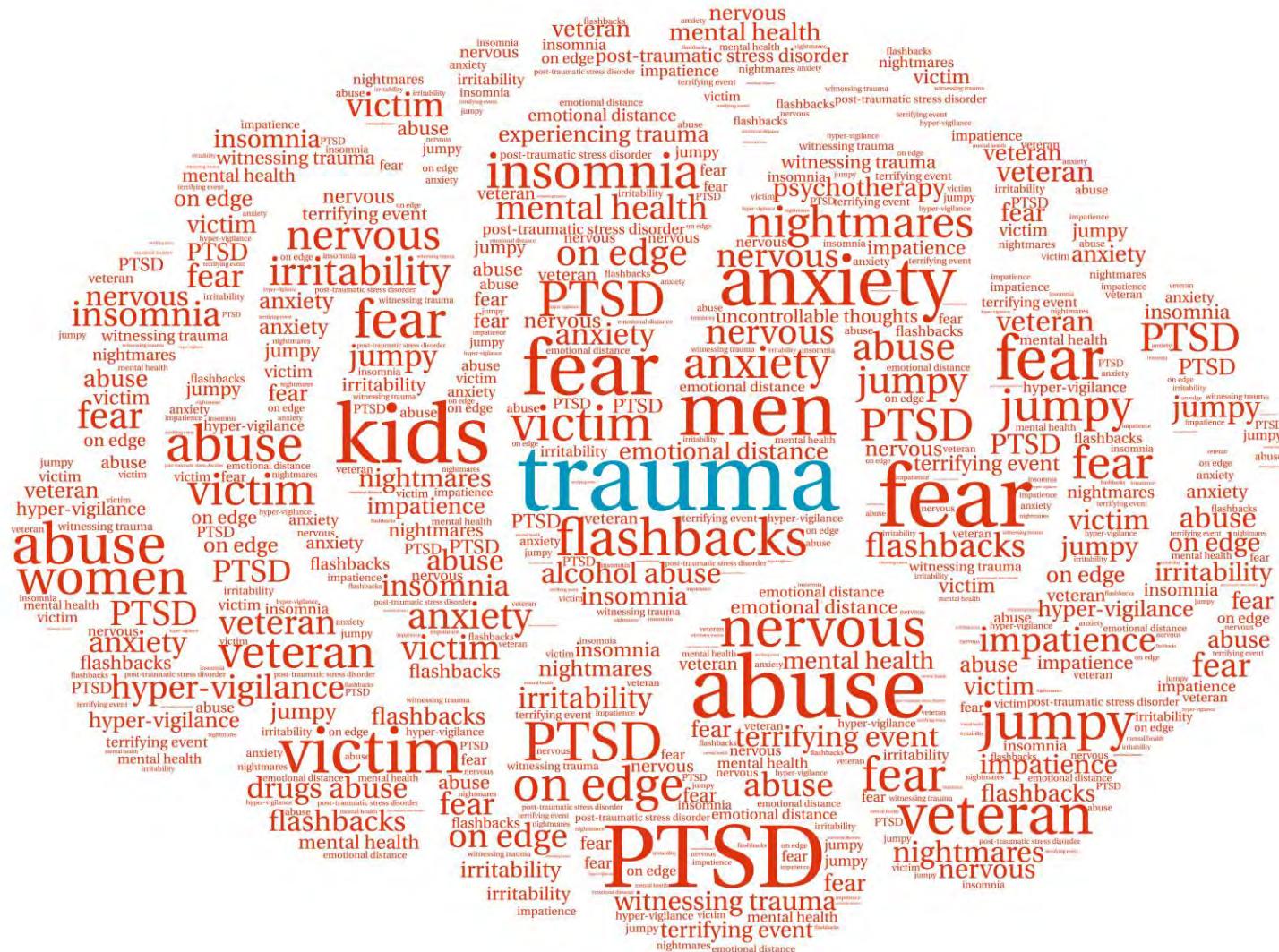
# VIDEO

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## Why Learn About Trauma?



What's past is prologue



# Trauma rates are very high

# National Child Traumatic Stress Network Study

## Justice Involved Youth Age 13-18

- Average number of trauma types—5
- PTSD—24% clinical range
- Academic Problems— 72%
- Substance use— 44%
- Child welfare involvement— 42%
- Age of onset— 1 year of life 34%  
ages 1-5 28%

## National Survey of Children's Exposure to Violence

### Youth Age 0-18

- 37% experienced a physical assault in past year, peaks 6-9 (51% over lifetime) B>G
- 5% experienced sexual assault in past year, peaks 14-17 (8.4% over lifetime) G>B
- 15% experienced any maltreatment in the last year, peaks 14-17 (25% over lifetime) B>G
- 25% witnessed violence in past year, peaks 14-17 (38% over lifetime) B=G: boys more likely to witness community violence and girls family violence

## 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

# VIDEO

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What Does  
Trauma Look Like?



# VIDEO

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What Does  
Trauma Look Like?





# Traumatic Events



Experienced as:

Threatening

Terrifying

Overwhelming

# Pervasive Effects



# Shapes World View:



Self  
Beliefs  
Relationships

## What Is Trauma?

- Event, experience, effect
- Sudden event/ongoing abuse, past/present
- Experienced as terrifying, threatening, overwhelming
- Impact is pervasive and experienced throughout life
- Individualized experiences

*Many people cope or heal –  
others get stuck*

# **Trauma's Effects**

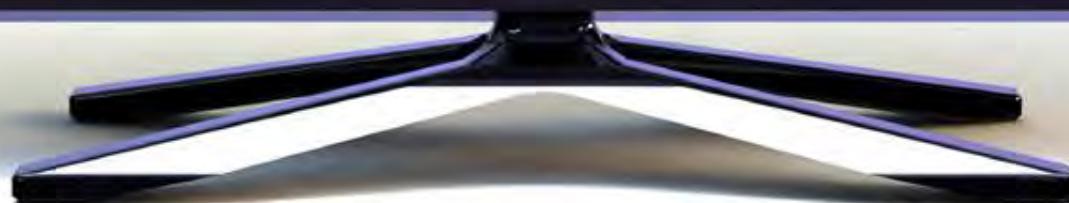
# Long-term Effect



# VIDEO

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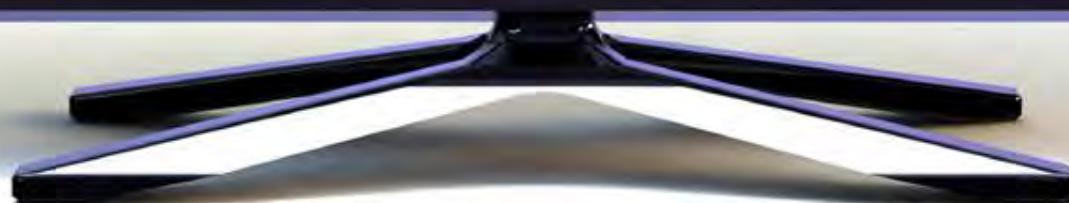
## The Effects of Trauma



# VIDEO

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## The Effects of Trauma



BEHAVIOR

=

SURVIVAL

# Learning check

## Trauma's Effects

- Trauma can result in adverse health effects
- Symptoms of trauma & mental illness overlap
- Reactions to perceived threats may result in high-risk behavior
- Substance use can be coping behavior

# Individualized Experiences

## RESILIENCE

Family ties

Strong primary relationship

Connection to community

Employment

Biology

Meaningful activity

Strong cultural or religious beliefs

## RISK

Health issues

Pre-existing mental health problems

Severity of trauma

Proximity to trauma

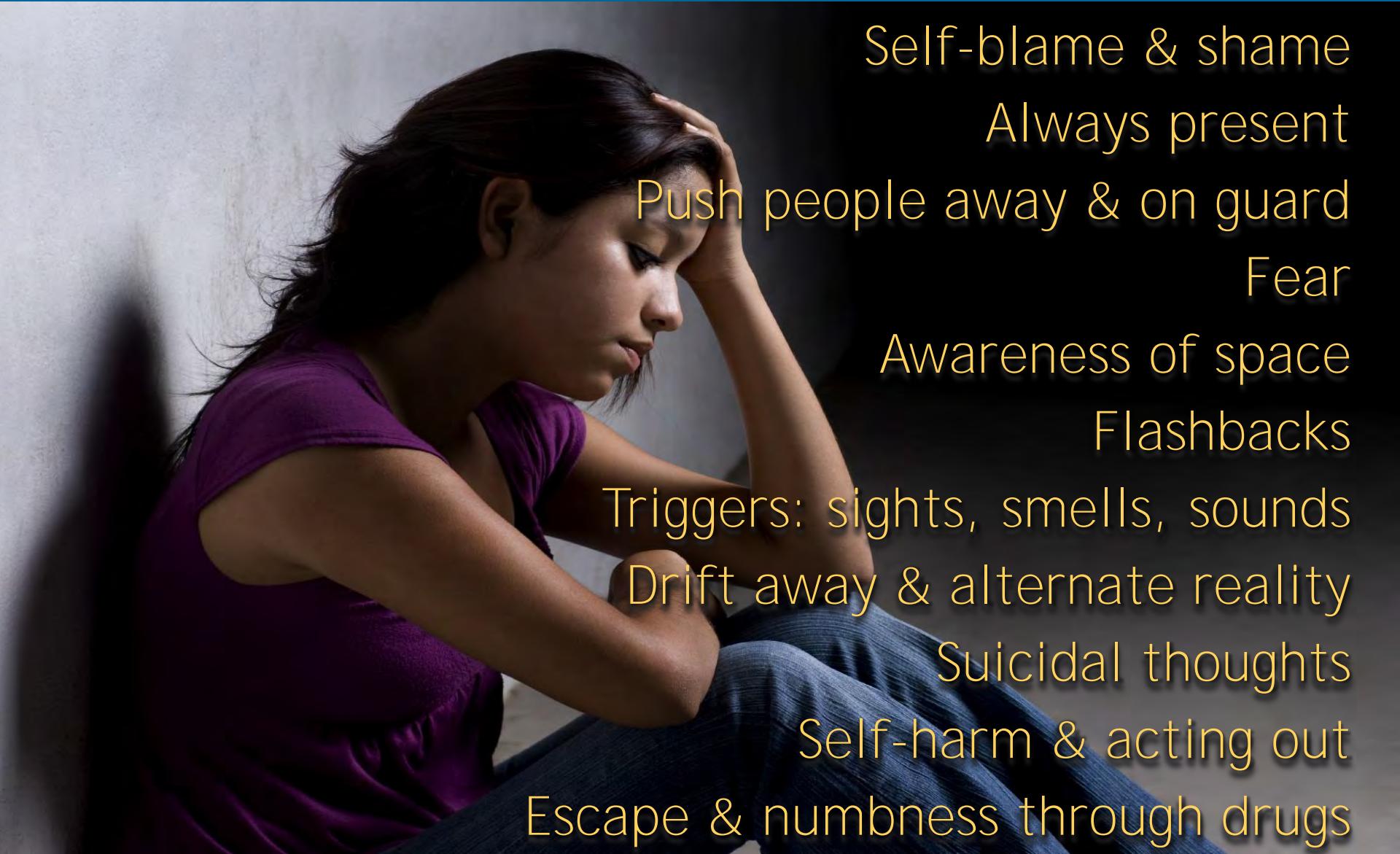
Biology

Numerous traumas

Experiences that diminish coping capacity



# People *think* differently about trauma



Self-blame & shame

Always present

Push people away & on guard

Fear

Awareness of space

Flashbacks

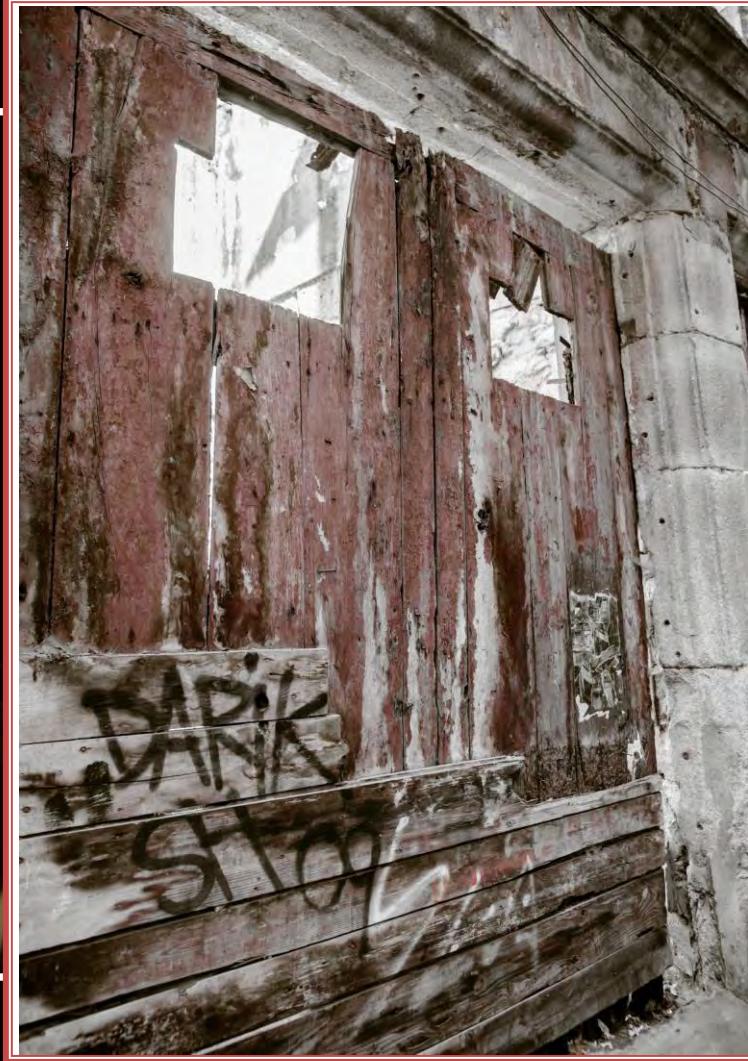
Triggers: sights, smells, sounds

Drift away & alternate reality

Suicidal thoughts

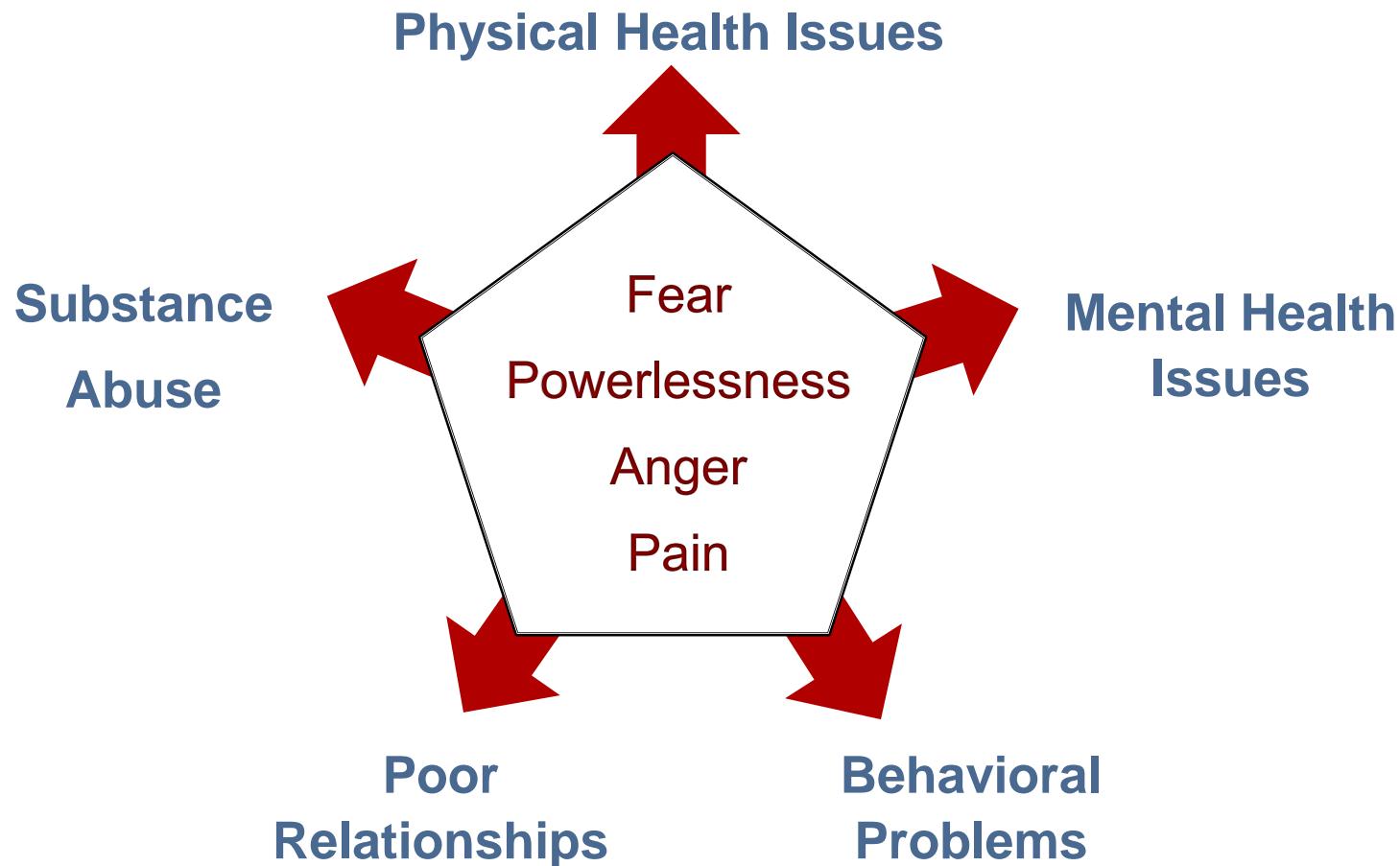
Self-harm & acting out

Escape & numbness through drugs



# Circumstances can affect risk

# Long-term Effect: Summary



# SUMMARY

- Individual differences can affect resilience and risk
- Individualized experiences and responses - each person is unique
- People think differently about trauma
- Circumstances can affect resilience and risk

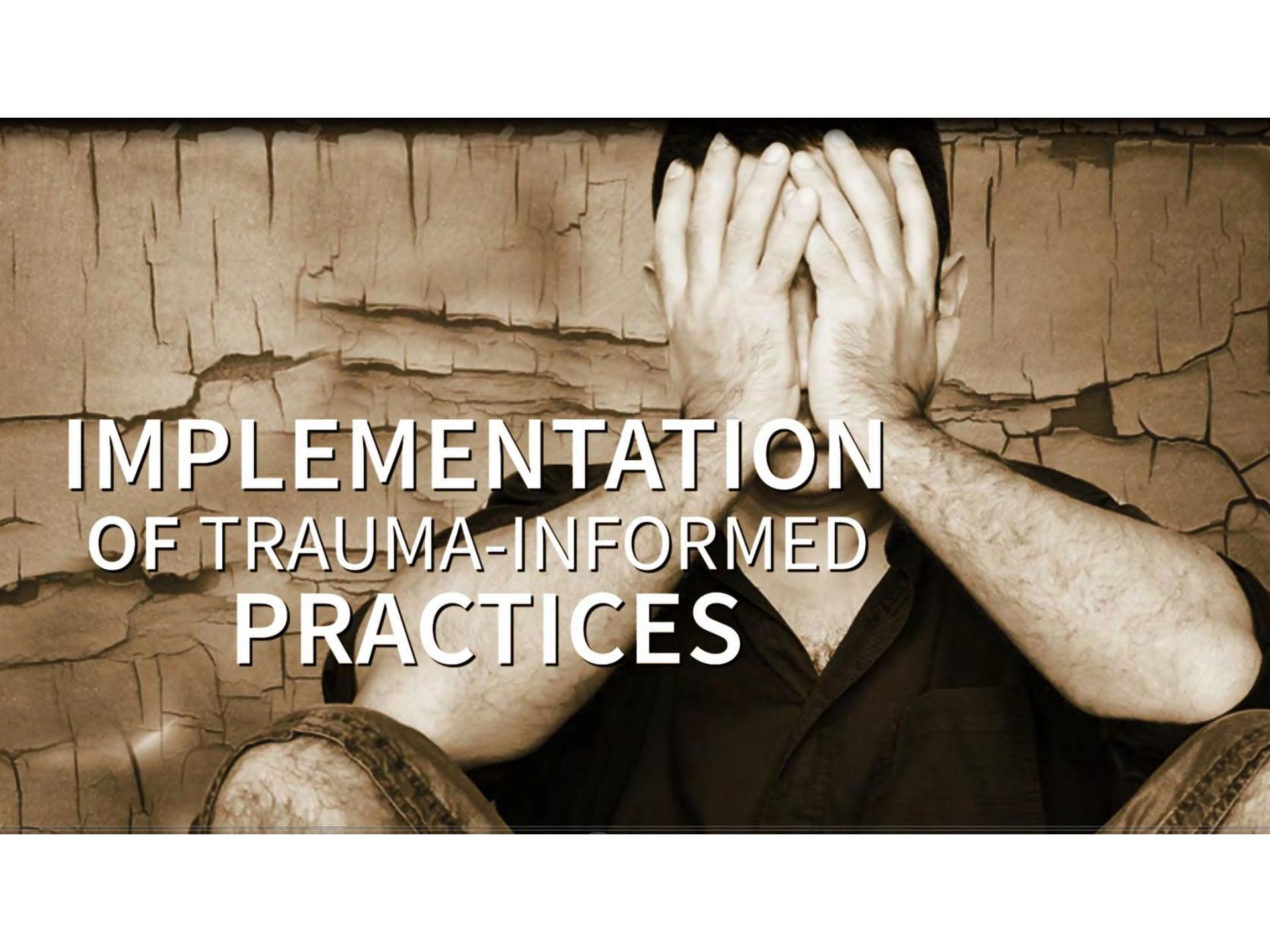
# **Becoming a Trauma-Informed Court**

# VIDEO

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Implementation of Trauma-  
Informed Practices





# IMPLEMENTATION OF TRAUMA-INFORMED PRACTICES

# VIDEO

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Implementation of Trauma-  
Informed Practices



# VICARIOUS TRAUMA



# WHO IS AFFECTED

- Judges
- Attorneys
- Court staff
- Jury members
- Court consultants

# IMPACT WORK PRODUCT

- Behaviors
- Interpersonal
- Job Performance
- Personal values/beliefs

# IMPACT PERSONAL



- Health problems
- Mental health
- Relationships
- Substance use
- Burnout

# SELF-HELP

# WORKPLACE HELP



# Principles of a Trauma-Informed Approach

- Cultural, historical, and gender issues
- Empowerment, voice, and choice
- Safety
- Peer support
- Collaboration and mutuality
- Trustworthiness and transparency

# Guidelines for Implementing a Trauma-Informed Approach

1

**Governance & Leadership**

2

**Policy**

3

**Physical Environment**

4

**Engagement & Involvement**

5

**Cross-Sector Collaboration**

# Guidelines for Implementing a Trauma-Informed Approach

6

**Screening, Assessment, & Treatment Services**

7

**Training & Workforce Development**

8

**Progress Monitoring & Quality Assurance**

9

**Financing**

10

**Evaluation**

## Trauma-Informed Courts

1. Realize the prevalence of trauma & why a trauma-informed approach is important
2. Recognize how trauma affects all individuals in an organization, program, system, & workforce
3. Respond effectively & with compassion
4. Resist Re-traumatization

Universal Assumption of  
Trauma

# Closing



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

# For More Information



**SAMHSA's GAINS  
CENTER**

<http://www.samhsa.gov/gains-center>

GAINS@prainc.com