



Trauma and Incarceration



Today's Agenda

INTRODUCTION

WHAT IS TRAUMA?
WHAT DOES TRAUMA DO?

MEET BAILEY, MIKE, AND
TARKUS

TRAUMA INFORMED CARE



TRAUMA'S IMPACT ON
HEALTH, COMMUNITY, AND
SPIRITUAL WELL-BEING

DISCUSSION/Q & A

Definitions



Trauma is
any experience that
overwhelms one's ability
to cope.



Trauma is the response to a deeply distressing or disturbing event that:

- *causes feelings of helplessness
- *diminishes the sense of self
- *reduces the ability to feel the full range of emotions and experiences



Traumatic experiences are those that cause great threat to the individual, loved ones, or the broader community.



Traumatic experiences typically involve:

- *the loss of control
- *a sense of betrayal
- *abuse of power
- *helplessness
- *pain
- *confusion and/or loss



Traumatic Experiences

Natural Disasters

Earthquakes

Tornadoes/Hurricanes, etc.

Floods

Forest Fires or House Fires

Racial Profiling

Community Violence

Loss of Job or Status

Incarceration

Assault/Violence/IPV

Childhood Sexual Abuse

Violence in the Home

Sexual Assault

Divorce

Car, Train, Airplane Crash/Accident

War

Serious Illness

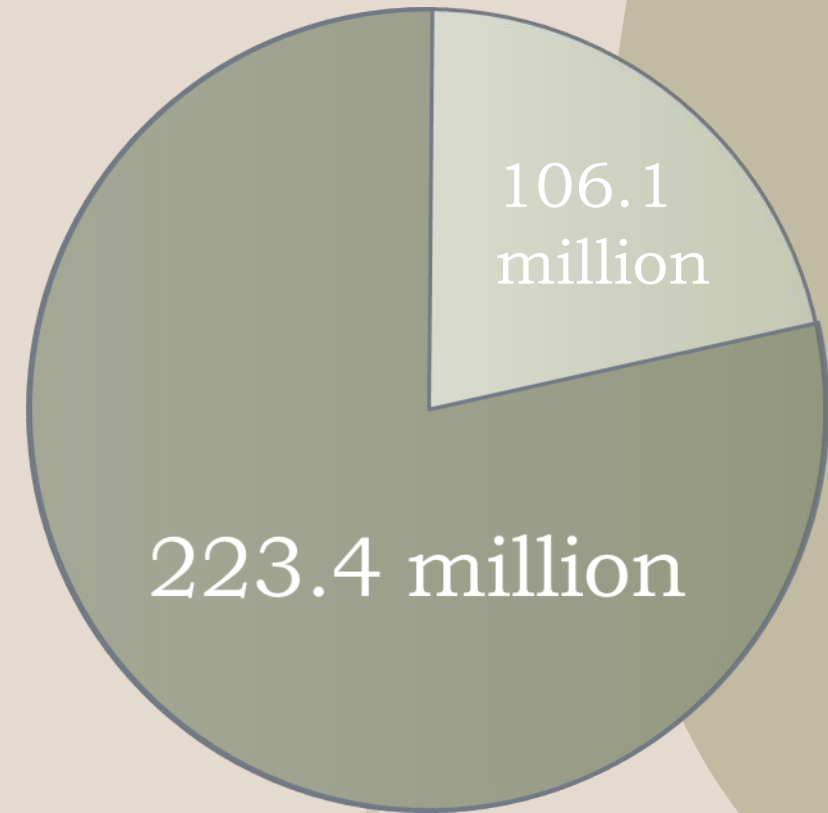
Witnessing an Assault or Murder

Pandemic/National Health Crisis

Death of a loved one

Trauma Facts

- 70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives.
- That's 223.4 million people!
- 20% of people who experience a traumatic event will develop Post Traumatic Stress
- 67% of people exposed to mass violence have been shown to develop PTSD
- There were 656 mass shootings in 2023!



Trauma Facts

- Violence is creating an epidemic of traumatic stress in our country.
- 90% of Americans feel we are in a mental health crisis
- 38% more people are in mental health care since the onset of the pandemic than before.
- All of this impacts incarcerated persons who we serve!

Trauma and Incarceration

- Men's prisons are especially dangerous with one in four male prisoners reporting violent physical victimization.
- Prisons and jails exacerbate prisoners' mental health challenges and fuel a cycle of recidivism.
- Emerging research indicates that trauma is a significant mental health issue in the lives of male prisoners and could be important to conceptualizing interventions that can improve prison safety, prisoner mental health, and reentry outcomes

Trauma and Incarceration

- Childhood trauma is prevalent in many/most incarcerated individuals.
- The more violent the traumatic experiences of children and teens, the higher correlation of incarceration. For example:
 - Experience of seeing someone they love be murdered
 - Having seen or handled a dead body
 - Having been robbed by force
 - Having been attacked by a weapon

Adverse Childhood Experiences--ACEs

Landmark Study

17,000+ Individuals Involved

Mostly middle and upper class

Confidential Survey asking about Childhood Experiences and Current Health Status & Behaviors

One of the largest investigations of Childhood Abuse

Correlated later-in-life well being

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

What did the ACEs Study Reveal?

Increased Concerns for Physical, Mental,
Spiritual and Emotional Health

Increased Risk-Taking Behaviors

Increased Likelihood of Disease, Disability,
Social Problems

Increased Likelihood of Early Death

What did the ACEs Study Reveal?

ACEs are incredibly common

Two-Thirds of the U.S. Population have one ACE

One in eight people have four or more ACEs

The higher the ACE score, the higher the risk for:

Behavior Problems

Mental Health Problems

Substance Dependence

Medical health problems

What did the ACEs Study Reveal?

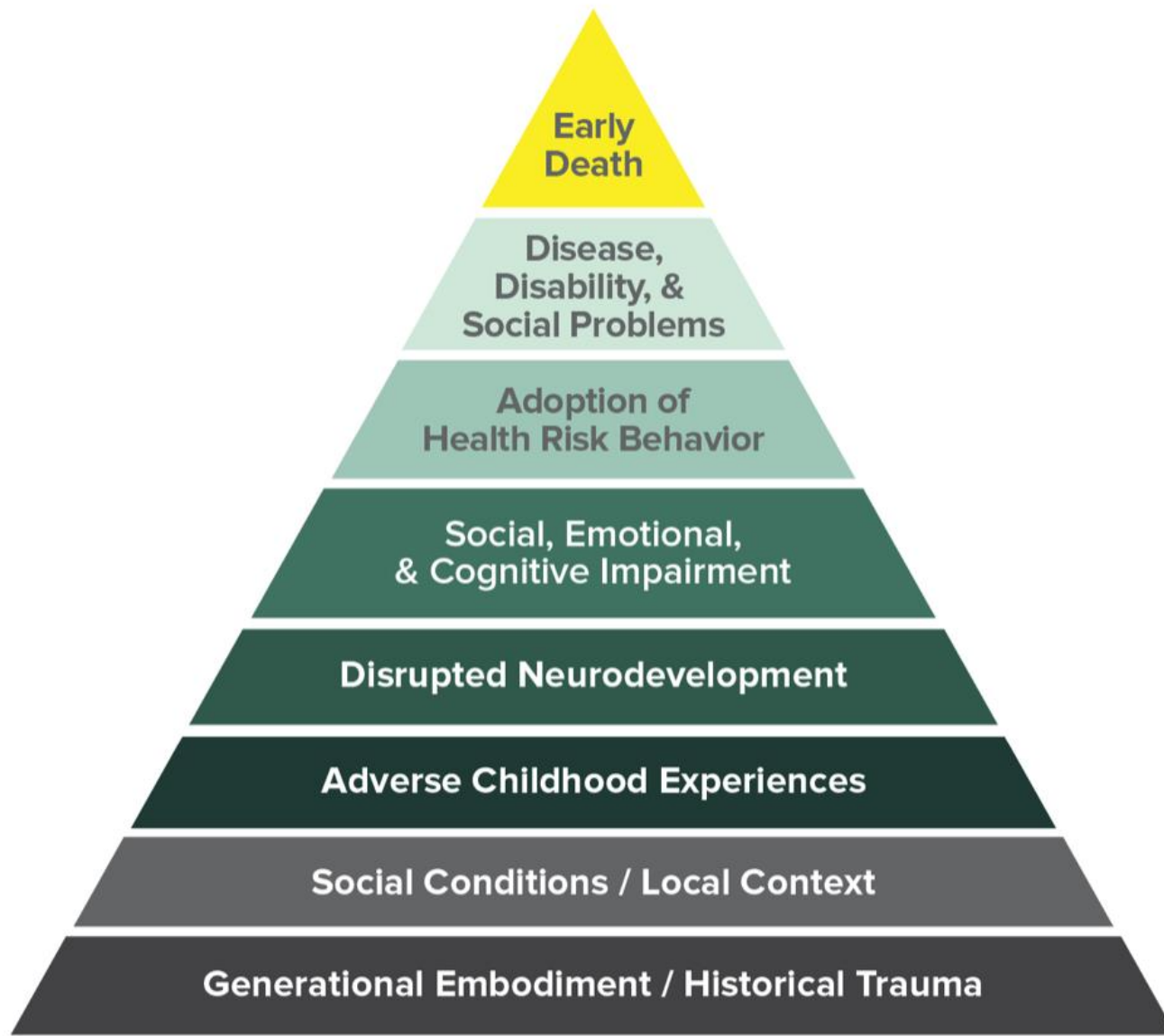
Compared to someone with an ACE score of 0, those with an ACE score of 4 or more are:

4 times more likely to suffer depression

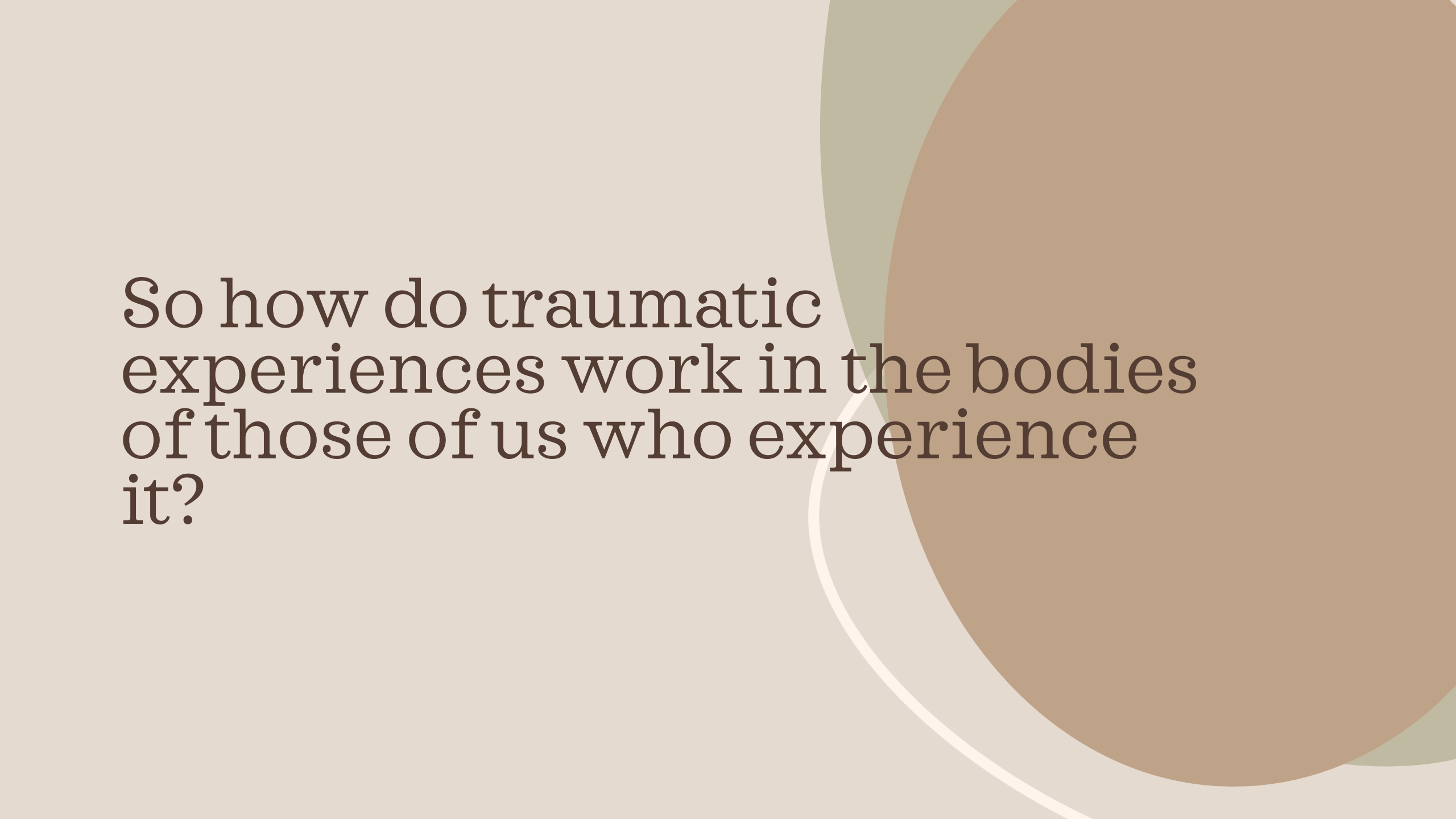
5 times more likely to be an alcoholic

10 times more likely to inject street drugs

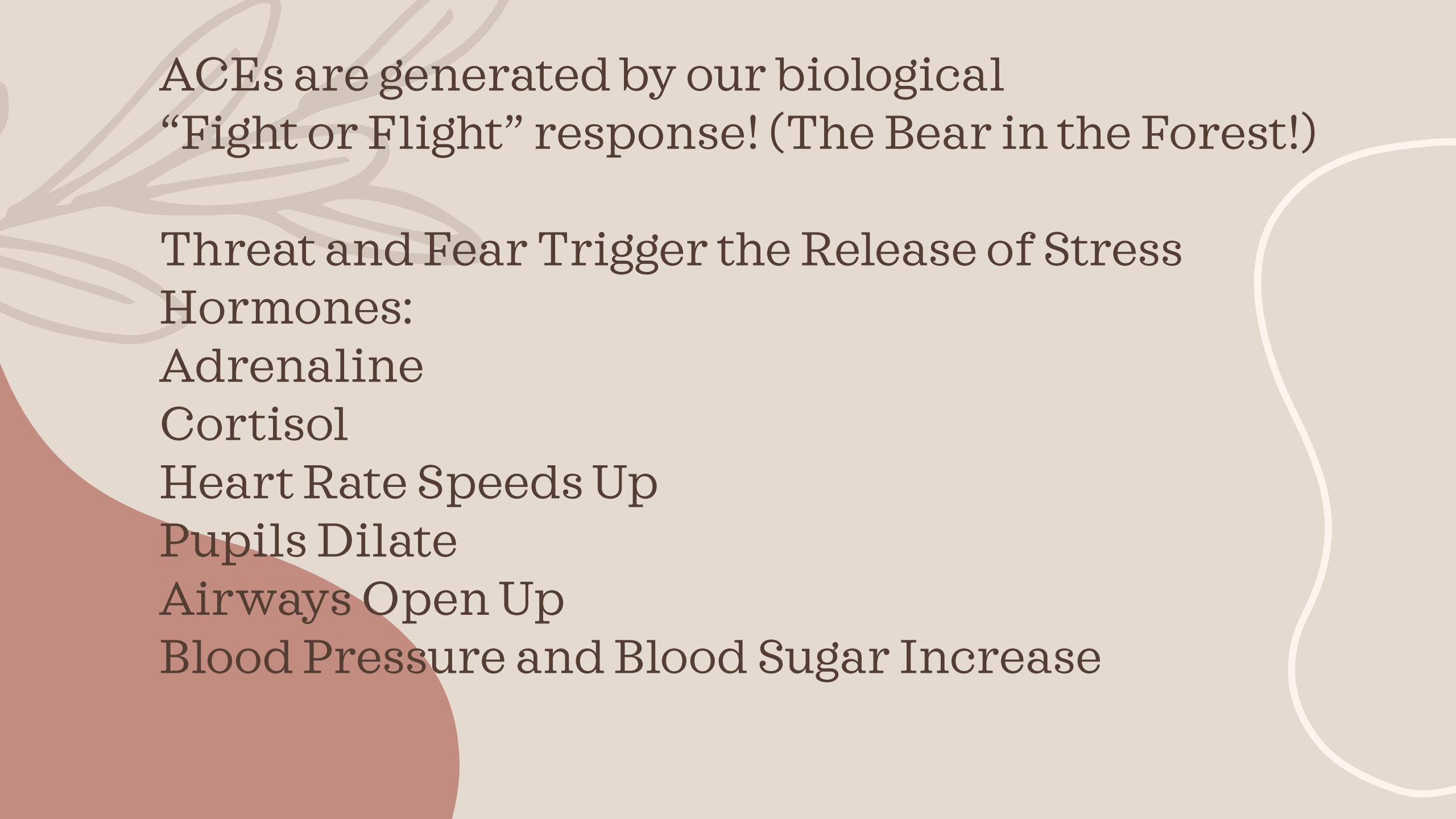
12 times more likely to attempt suicide



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



So how do traumatic
experiences work in the bodies
of those of us who experience
it?



ACEs are generated by our biological
“Fight or Flight” response! (The Bear in the Forest!)

Threat and Fear Trigger the Release of Stress

Hormones:

Adrenaline

Cortisol

Heart Rate Speeds Up

Pupils Dilate

Airways Open Up

Blood Pressure and Blood Sugar Increase

In Our Brain, the Amygdala (Lizard Brain) Sounds the Alarm!

Amygdala sends messages to the Pre-Frontal Cortex, our Reasoning, Thinking, Impulse Control, Decision-Making Brain, telling it to go Offline.

The Amygdala works to rescue via fight or flight. Doesn't always make the best decisions.

When this happens repeatedly, it goes from being life-saving to being HEALTH DAMAGING.

Trauma's Impact on the Individual's Mental Health

Intrusive Thoughts and Re-enactment

Nightmares/Sleep Disturbances

Dissociation/Disconnecting

Depression

Loss of Interest in Life

Hopelessness

Numbness/Addictions

Alienation

Irritability

Hypervigilance

Denial

Shame

The Ten Factors Inventoried by the ACEs Study

Physical Abuse

Emotional Abuse

Sexual Abuse

Physical Neglect

Emotional Neglect

Mental Illness in the Home

Seeing Mother Treated Violently

Divorce

Incarceration of a Relative

Substance Abuse



Lived Adverse Childhood Experiences of Three Men

Extreme Poverty

Divorce/Abandonment by father

Physical Neglect

Emotional Neglect

Drug and Alcohol Use

Violence in the Home

Emotional Abuse

Use of Guns and Weapons--Gunfighting

Violence with Law Enforcement

Gang Involvement

Being Shot in Head

Seeing Mother Be Treated Violently

What Happens When the Lizard Brain Takes Over

Ignoring Traffic Tickets

Getting Involved in Gangs

Manufacturing Drugs

Selling Drugs

High Speed Chase

Robbing a Bank

Running Over a Person

(Attempted Murder?)

Use of Guns and Weapons--Gunfighting

Engaging Violently with Law Enforcement

Being Shot in Head

Seeing Mother Being Treated Violently

Extreme Promiscuity

Making promises that cannot be kept

Constant Drug and Alcohol Use



So we do not ask:
What is wrong with you?

Instead we ask:

WHAT HAPPENED TO YOU?



Trauma impacts all of us.

To minister effectively, we want to recognize trauma's effect on those we serve and adjust our approach to meet their needs.

Trauma-Informed Care



Trauma-Informed Care

Safety

Trustworthiness and Transparency

Collaboration and Mutuality

Empowerment, Voice and Choice

Cultural and Gender Issues

Acknowledge and Affirm the Imago Dei--the Image of God

Then God said,
“Let us make human beings in our image, to be like us.

God created human beings in his own image.
In the image of God he created them;
male and female he created them.

The Imago Dei—The Image of God

“All human beings, therefore, have dignity, worth, and value by virtue of what they are metaphysically: image bearers.”

--Gray Sutanto in Center for Pastor Theologians

The Imago Dei—The Image of God

Consistently, trauma experts, whether they are people of faith or not, affirm the vital importance of community for the healing of trauma. In community, we each have something to contribute. In community, we gain from one another's experiences—both positive and negative. In safe community, we grow. And we have opportunity to reflect the Image of God!



The Imago Dei—The Image of God

You have value and worth to God.

You have value and worth to your community.

You have value and worth to the world.

Healthy Groups (Community) Facilitate Healing

“The solidarity of a group provides the strongest protection against terror and despair, and the strongest antidote to traumatic experience. Trauma isolates; the group re-creates a sense of belonging. Trauma shames and stigmatizes; the group bears witness and affirms. Trauma degrades the victim; the group exalts her. Trauma dehumanizes the victim; the group restores her humanity.”

--Dr. Judith Herman in Trauma and Recovery



Trauma-Informed Care



Safety

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Thank You



MEAGAN GILLAN

520-979-0071

meangill@gmail.com

