

The Importance of Becoming A Trauma-Informed Court





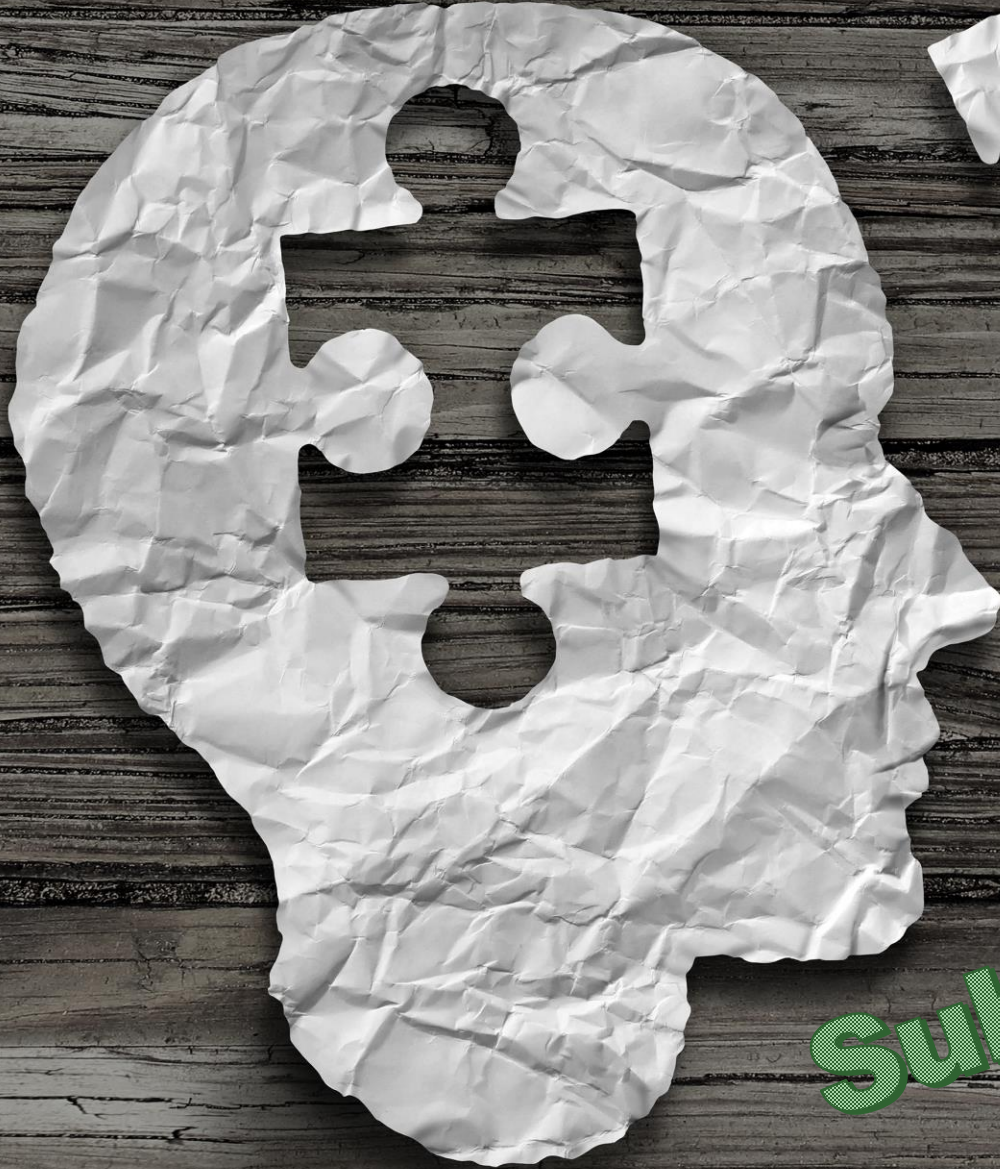
Why Learn About Trauma?

Benefits

How we think
about something affects
how we respond



Trauma



**Mental
Health**

**Substance
Abuse**

VIDEO

Why Learn About Trauma?

What's past is prologue



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
physical/sexual abuse
(past 12 mos.)

Men

73%
child physical abuse

32% current
physical/sexual abuse
(past 12 mos.)

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

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What Is Trauma?




Event

Experience

Effect

Examples of Traumatic Events

- 
- Individual events
 - Series of events
 - Set of circumstances
 - Historical trauma
 - Vicarious or secondary trauma

VIDEO

**What Does
Trauma Look Like?**



Traumatic Events



A close-up portrait of a woman with dark hair, looking down with a sad and weary expression. She is wearing a brown cardigan over a red and white checkered scarf. The background is dark and out of focus.

Experienced as:

Threatening

Terrifying

Overwhelming

Pervasive Effects



Shapes World View:



**Self
Beliefs
Relationships**

CARIOUS TRAUMA



WHO IS AFFECTED

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



IMPACT WORK PRODUCT

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

A woman with long dark hair, wearing a white lab coat, is shown from the chest up. She has her hands pressed against her temples and a distressed, pained expression on her face. The background is blurred, showing what appears to be an indoor setting with some architectural elements.

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

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*

Next Steps

- What does it mean to be “trauma informed”?
- Who is your “trauma-informed” champion?
- What resources do you have in your community to provide trauma-specific tx?
- What is your road map to becoming a trauma-informed court? Justice system? Community?



Closing



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

For More Information



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

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