

# **Trauma-Informed Courtrooms**

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## SAMSHA's Definition of Trauma

Individual trauma results from an **event**, series of events, or a set of circumstances that is **experienced** by an individual as physically or emotionally harmful or threatening and that has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being.





Event

Experience

Effect

# Adverse Childhood Events (ACE) Comparison Across Samples

	US Adults <sup>1</sup> N=17,000+	ATC <sup>2</sup> N=90	JMHC <sup>3</sup> N=54	CA – CHC <sup>4</sup> N=701	FL – Boys <sup>5</sup> N=50,000+	FL – Girls <sup>6</sup> N=17,000+
<b>Physical Abuse</b>	11%	70%	27%	6%	39%	11%
<b>Emotional Abuse</b>	28%	93%	*	5%	41%	28%
<b>Sexual Abuse</b>	21%	31%	22%	4%	31%	21%
<b>Emotional Neglect</b>	15%	94%	56%	12%	39%	15%
<b>Physical Neglect</b>	10%	29%	2%	*	18%	10%
<b>Mother/Other HH Treated Violently</b>	13%	83%	24%	11%	84%	13%
<b>HH Substance Abuse</b>	27%	45%	43%	25%	30%	27%
<b>HH Mental Illness/Suicide</b>	19%	37%	44%	11%	12%	19%
<b>Parents Sep/Div, 1/0 Parents</b>	23%	68%	68%	62%	84%	23%
<b>HH Member Incarcerated</b>	5%	30%	35%	12%	68%	5%

<sup>1</sup> Feletti et al., 1998

<sup>2</sup> IL Tx Ct

<sup>3</sup> Callahan et al., 2014

<sup>4,5</sup> Fox et al., 2015

# Trauma & Justice-involved Youth

- **NCTSN Study – justice-involved youth ages 13-18 (N=658)**
- **Findings:**
  - Average # of trauma types ~5
  - PTSD – 24% clinical range
  - Academic problems – 72%
  - Substance use – 44%
  - Child welfare involvement – 42%
  - Age of onset – 1<sup>st</sup> year of life 34%, ages 1-5 28%
  - Multiple traumas – 90%



Dierkhising, Ko, et al., 2013

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# National Survey of Children's Exposure to Violence

- Random national sample of 4000 children in US ages 0-18
- Findings:
  - 37% experienced a physical assault in past year, peaks ages 6-9 (51% over lifetime) B>G
  - 5% experienced a sexual assault in past year, peaks ages 14-17 (8.4% over lifetime) G>B
  - 15% experienced any maltreatment in past year, peaks 14-17 (25% over lifetime) B=G
  - 27% experienced any property crime in past year, peaks 14-17 (41% 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



# National Crime Victim Survey (NCVS)

- 2005-2014, persons 12 or older
- Findings:
  - 3.2 million people/year experience one or more non-fatal violent victimizations
  - 2.6 million people experience single episodes in a year
  - 617,000 people with multiple victimizations in same year
  - 33% of IPV victims experienced repeated violent victimizations, more than those who experienced victimization by other people
  - 31% of sexual assault/rape victims experienced repeated violent victimizations, more than victims of other types of violence
  - 23% repeated victimization occurred at such a frequency victims unable to describe time frame
  - Over half were re-victimized within a month



# Homelessness & Poverty in the U.S.

- 401,061 Total households experiencing homelessness
- How many people experienced homelessness in 2016?
  - ~ 549,928 individuals of all ages
  - 40% are females
  - 116,706 are children under age 18 living with adult
  - 4,113 are children living with no adult
- 6% of people in US live in deep poverty (<50% of FPL); 14% live at FPL; 32% live at 2x FPL
  - 6.6 million children living in deep poverty
  - 14.7 million children live in HH with food insecurity in past year

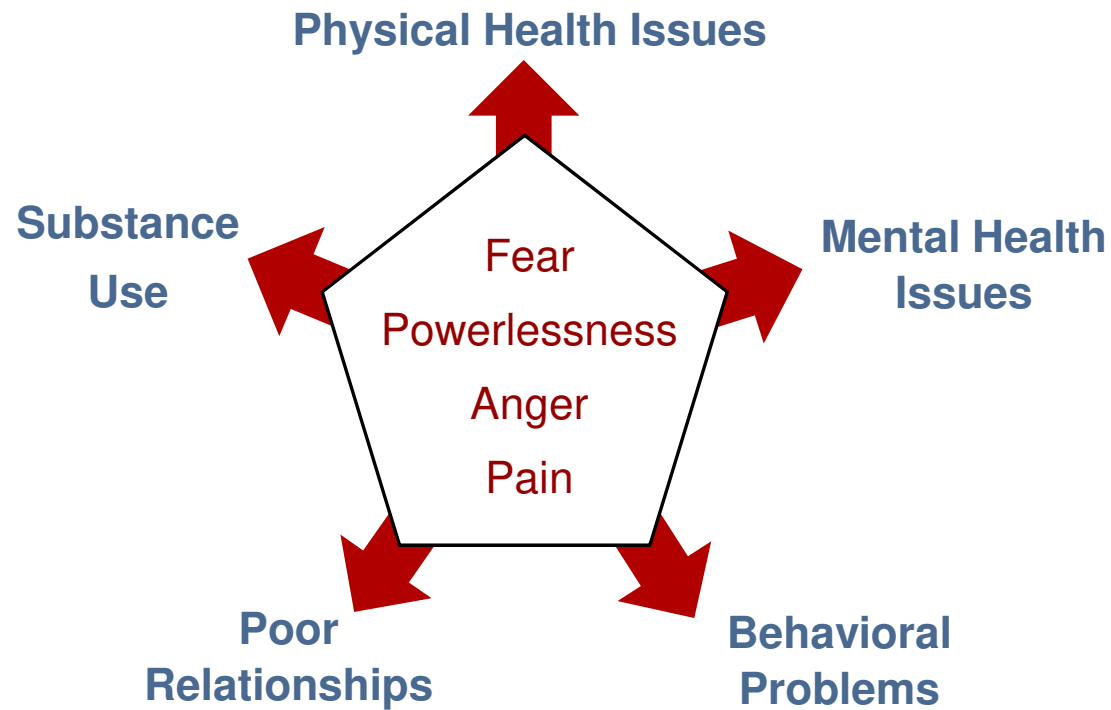


# Expanding Definitions of Adversity

- **ACES include 10 items**
- **Broadening the Focus – Additional items:**
  - Low SES – contributes to lower physical health score
  - High peer victimization – contributes to higher distress symptoms
  - High peer social isolation – contributes to higher distress symptoms
  - High exposure to community violence – contributes to higher distress symptoms



# Long Term Effects of Trauma



# Physical Health & Trauma

**ACE studies demonstrate that childhood trauma significantly increases the risk of:**

- **Cigarette smoking**
- **Suicidal behavior**
- **Difficulty controlling anger**
- **Intimate partner violence**
- **Memory impairment**
- **Sexuality issues**
- **Ulcers**
- **Heart disease**
- **Obesity**
- **Lung disease**
- **Cancer**
- **Arthritis**
- **Fractures**
- **Anemia**
- **Back pain**
- **Skin disease**



# Substance Use, Mental Health, & Trauma

**ACE studies\* demonstrate that childhood trauma significantly increases the risk of:**

- **Suicidality**
- **Alcohol misuse (women)**
- **Witnessing & perpetuating IPV**
- **Lower scores on MH measures**
- **Depression**
- **Co-occurring disorder**
- **Hallucinations**
- **Rx for psychotropic medications**
- **Anxiety**
- **Dysthymia**
- **Personality disorder**
- **Borderline personality disorder**



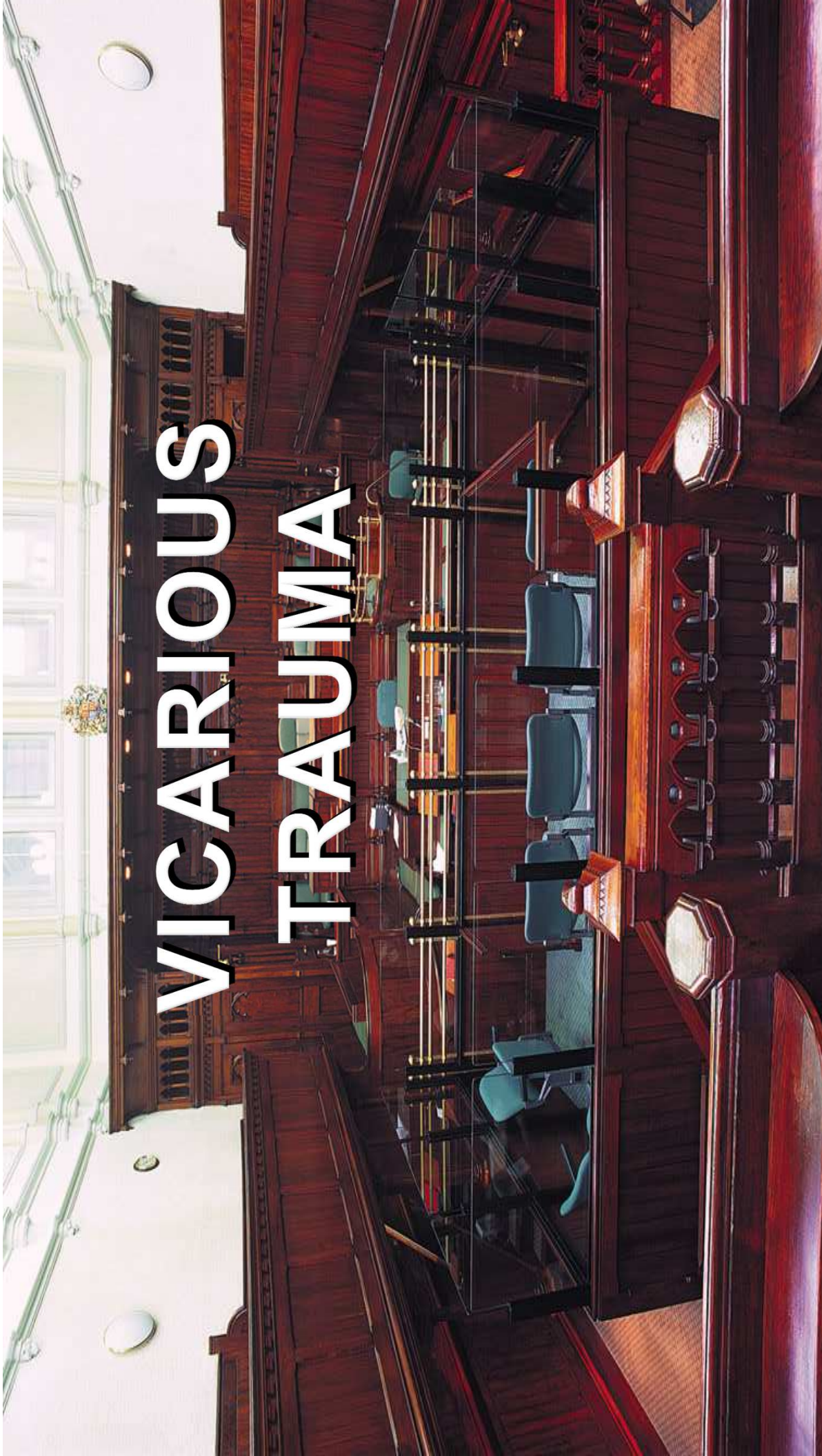
# Putting Together All of the Pieces for Improving Outcomes



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# VICARIOUS TRAUMA





A man with a shaved head and a light beard is sitting on a dark metal bench in a park. He is wearing a light blue t-shirt and light-colored shorts. He is looking down at a white cup he is holding in his hands. The background is a blurred park setting with green trees and a gravel path.

# WHO IS AFFECTED

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

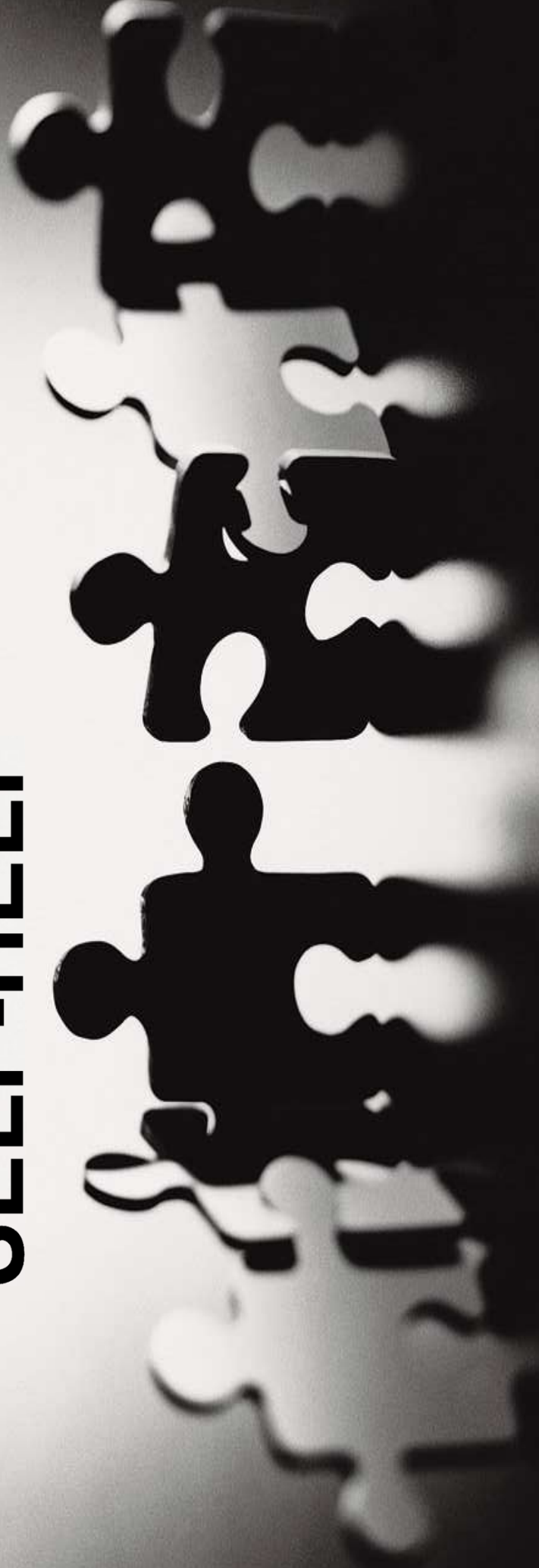


# IMPACT

Work product  
Health problems  
Mental health  
Relationships  
Substance use  
Burnout

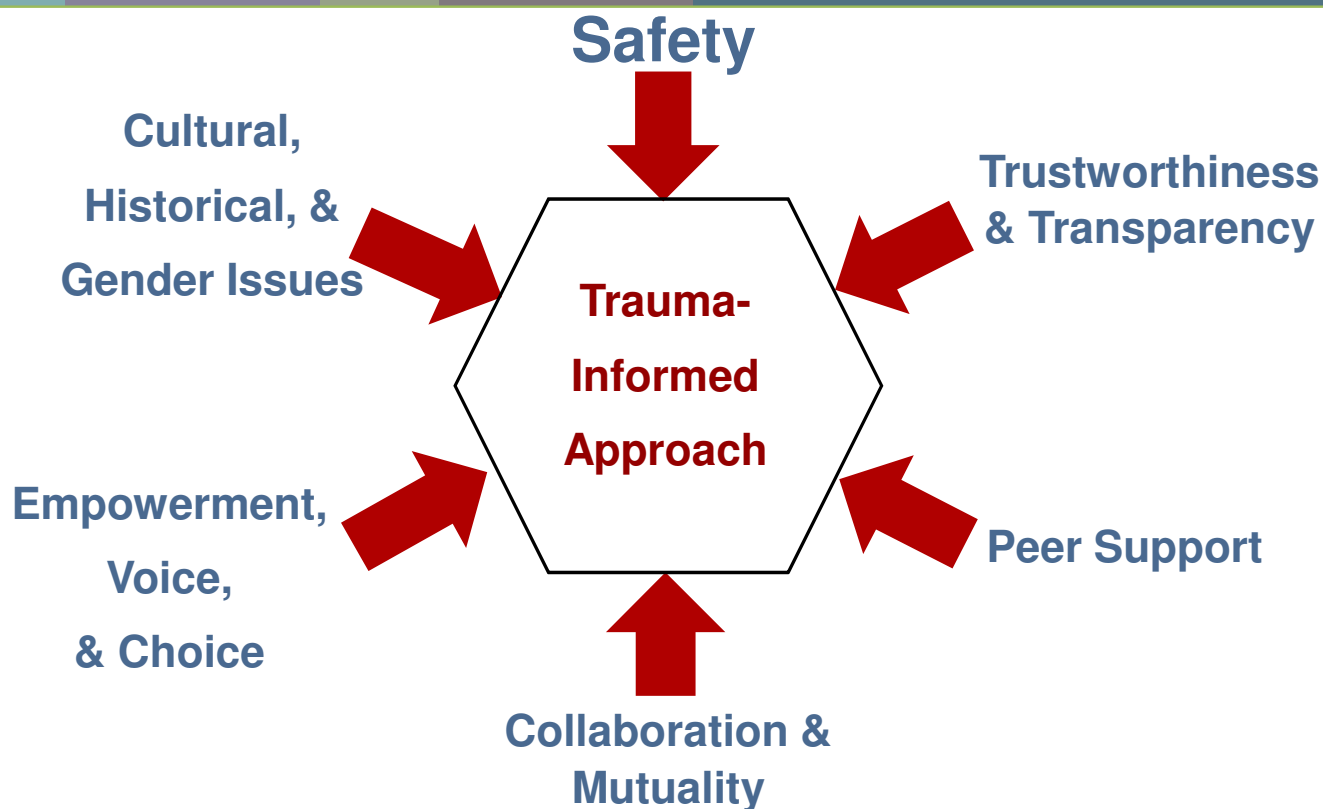


**SELF-HELP**



**WORKPLACE HELP**

# Principles of a Trauma-informed Approach



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# Guidelines for Implementing a Trauma-informed Approach

- **Governance & leadership**
- **Policy**
- **Physical environment**
- **Engagement & involvement**
- **Cross-sector collaboration**

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# Guidelines for Implementing a Trauma-informed Approach

- **Screening, assessment, & treatment**
- **Training & workforce development**
- **Progress monitoring & quality assurance**
- **Financing**
- **Evaluation**



Until the lioness has her own storyteller, tales of the hunt will always favor the hunter.



# Contact Information

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