



**Division of Criminal  
Justice Services**



**OFFICE OF PROBATION AND  
CORRECTIONAL ALTERNATIVES  
PRESENTS  
LUNCH & LEARN:**



**Impact of Trauma on  
Justice Involved Individuals**

**May 24, 2023**

# Learning Objectives

At the end of this webinar the attendees will be able to:

1. Define trauma and discuss its impacts.
2. Identify 4 different types of trauma.
3. Define resilience and discuss how to build resilience.
4. Describe the 4 principles of trauma-informed care.
5. Recognize the signs and symptoms of trauma on clients, staff, volunteers and others involved in the justice system.
6. Identify strategies and resources to help clients, staff and volunteers tolerate and manage trauma reactions.



# What Is Trauma-Informed Care?



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# When We Are Trauma-Informed:

- We **realize** that people and in particular justice-involved individuals have experienced many different types of trauma.
- We **recognize** the impacts of trauma.
- We **respond** in a way that either prevents a traumatic reaction or supports an individual who is experiencing the effects of trauma.
- We **resist** re-traumatization.



# What is Trauma?

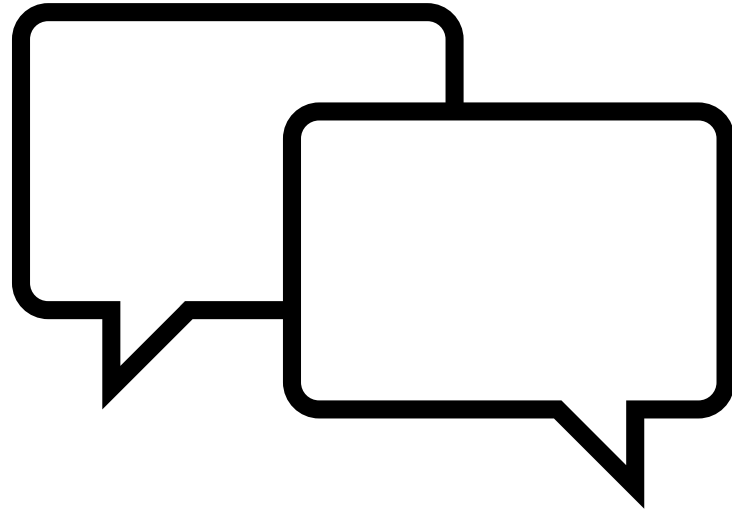
*Trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically and emotionally harmful or threatening and [can have] lasting adverse **effects** on the individual's physical, social, emotional, or spiritual well-being.*

(SAMHSA, 2012; Gillece, 2016)



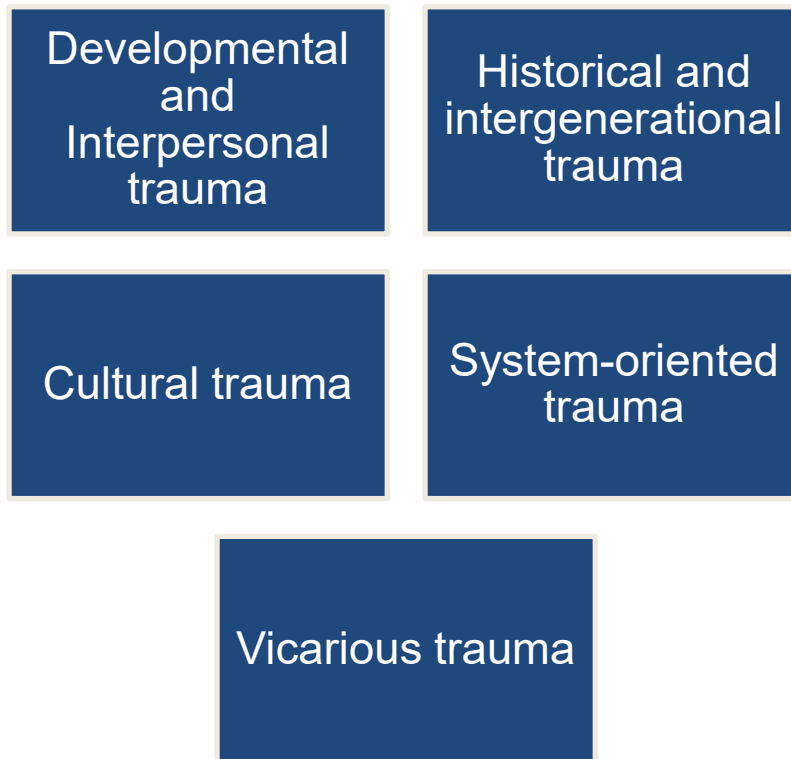
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What percentage  
of the population  
has experienced  
at least one  
traumatic event in  
their life?





# Types of Trauma





# Developmental & Interpersonal



# Historic & Intergenerational



Cultural



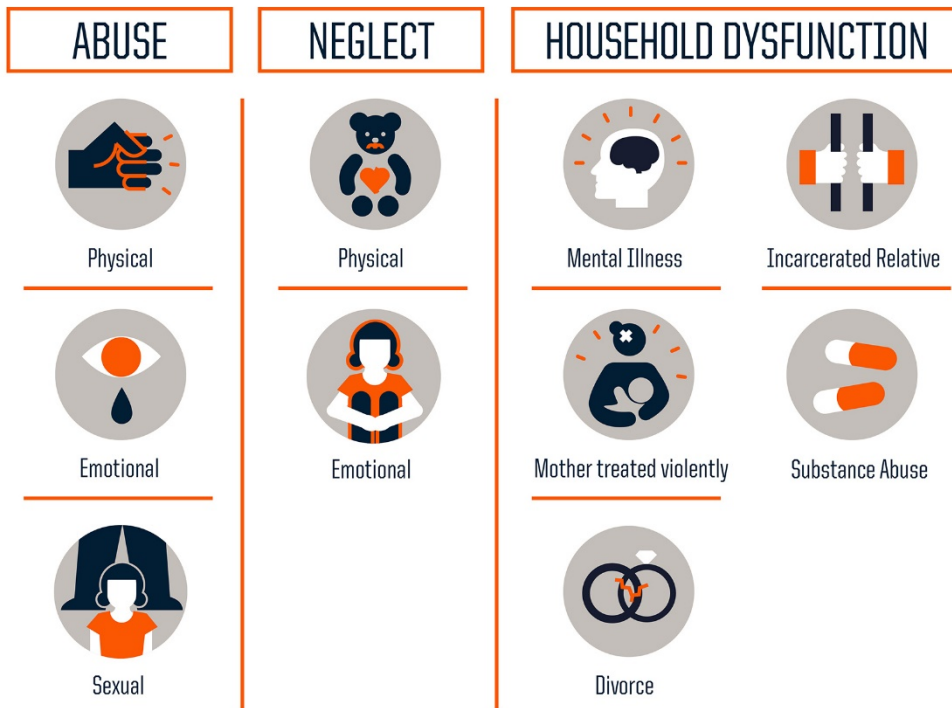
# System-Oriented



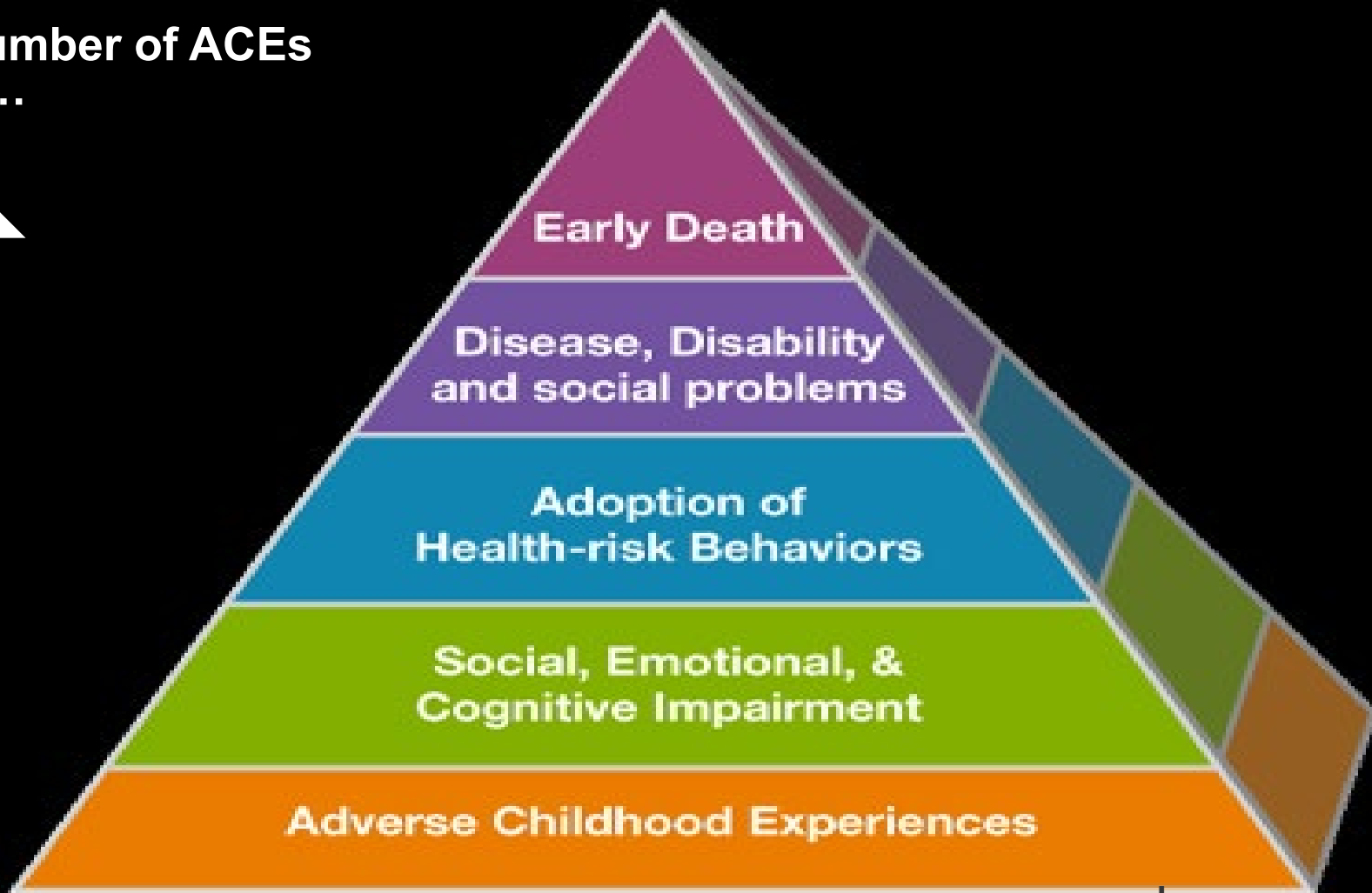
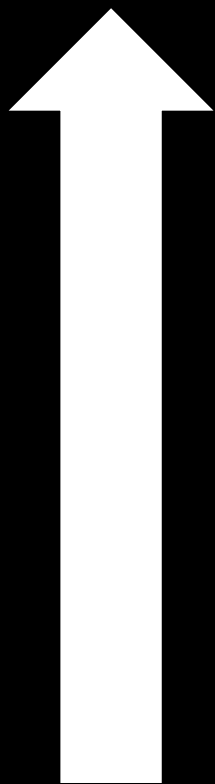
# Vicarious Trauma



# The Adverse Childhood Events (ACE) Study



**As the Number of ACEs Increase...**



# The Neurobiology of Trauma



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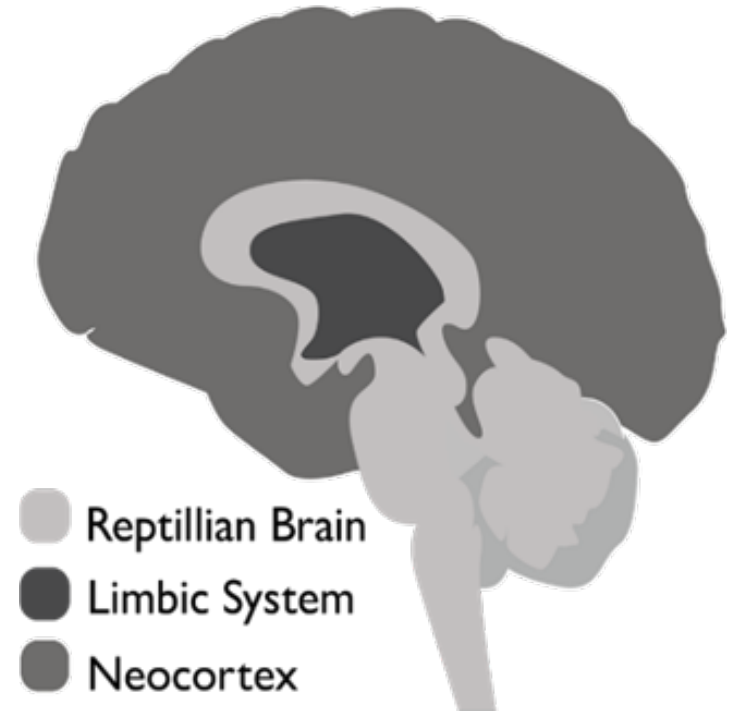


What we experience in the first years of our lives affect the physical architecture of our brain which in turn impacts how we ***respond*** to other people, how we ***learn***, how we ***react*** to stress, etc.

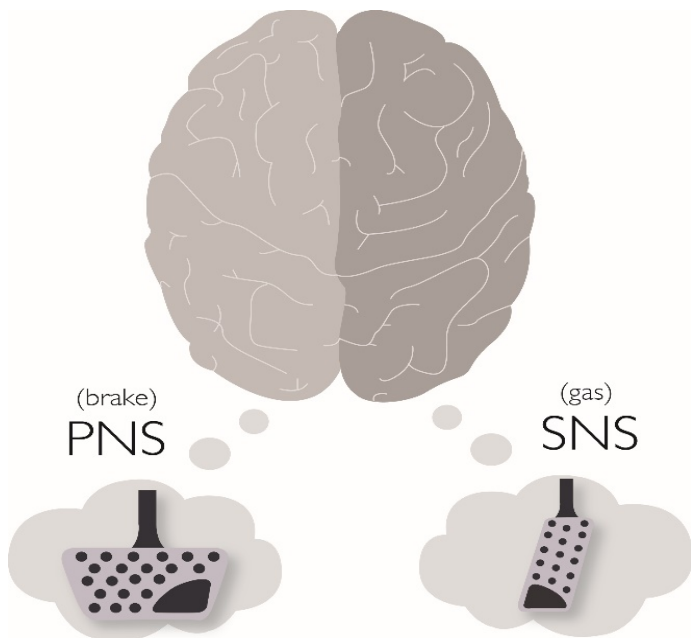


# The Three Parts of the Brain and Their Functions

- **The Reptilian Brain** – Operates outside our conscious awareness, governs our instincts and unconscious responses to fear, stress and threat.
- **The Limbic System** – Governs feelings and relationships.
- **The Neocortex** – Is unique to humans; has gifted us with the capacity for critical thinking and analysis.



# The Nervous System



ANS - “Control Center”



SNS - “fight, flight, freeze”

PNS - “rest and digest”



# Hike in the Woods



# How Our SNS Responds

- Adrenaline and cortisol are released through the blood stream
- Increases blood flow to the major muscles, sharpens our response, and prepares us for action
- Increases heart rate
- Increases respiration
- Decreases immune system function
- Dilates pupils and retracts eyelids so we can focus our eyes



# How the PNS Supports Relaxation

Releases muscle tension

Lowers heart rate

Lowers blood pressure

Slows and deepens breathing

Warms skin

Facilitates digestion & immune system function

Returns blood to skin



# The Emotional Brain Becomes a Survival Brain

- SNS is activated – fight, flight, freeze
- The neocortex (thinking brain) is hijacked
- Hostile take-over (can't return to regulation)



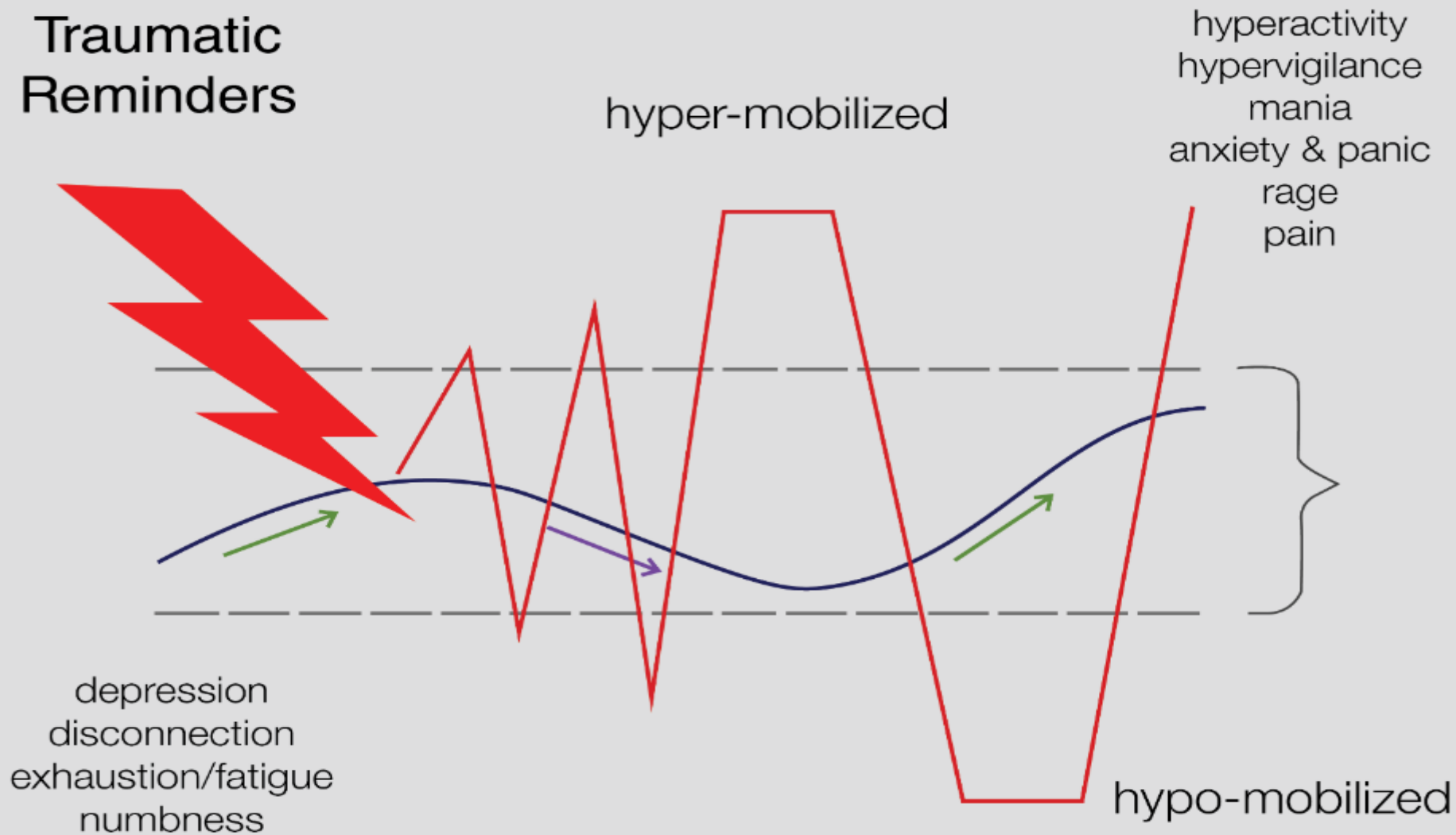
# Alarm System Is Distorted

- Feel fear, feel unsafe
- Perceive danger everywhere
- Anything can be a traumatic reminder

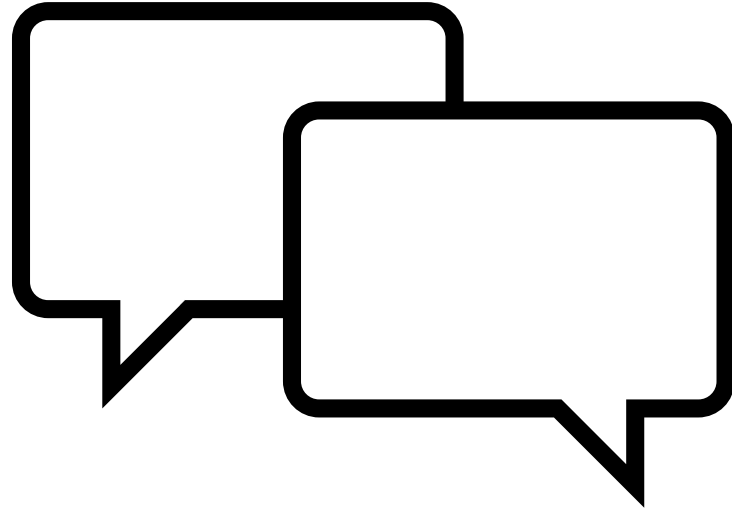




# Traumatic Reminders



What challenging  
or difficult  
behaviors have  
you observed that  
might be related  
to trauma?



# Long-term Effect



# Trauma-Influenced Stress Response

- Many struggle with or are unable to return to rest and relaxation.
- The limbic system stays stuck on “high” alert and is chronically activated.

*If unresolved, it literally overwhelms the nervous system and creates new patterns of attending and responding (hyper or hypo mobilized).*



# The Good News: Resilience



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# RESILIENCE



# What Is Resilience?

- The greater the presence of protective factors and strengths (internal and external resources), the more resilient a person is (able to bounce back more quickly).
- We can expand or build on what we/they currently have, to become more resilient.



# Resilience

- One of the most important lessons that we have learned from studies of trauma and its impacts – is that people are resilient.
- People do ***survive*** and often ***thrive*** despite the most heinous life conditions.
- **HOW** do we build resilience?

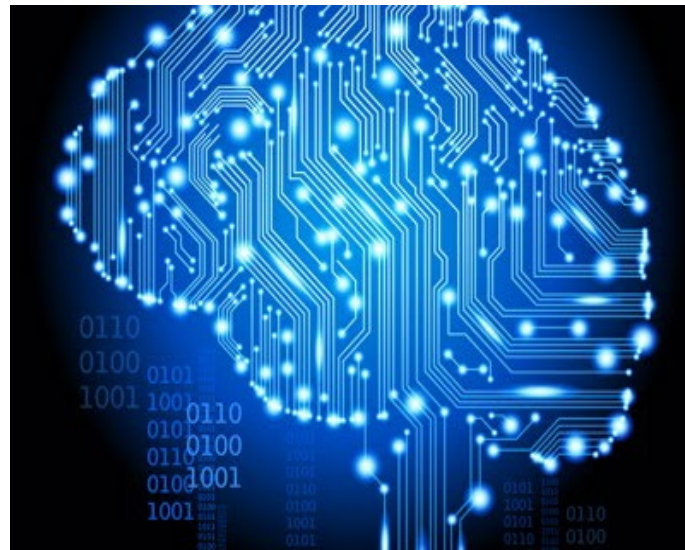




# Our Experiences Change the Brain

## *Neurogenesis/ Neuroplasticity:*

- We develop new neural pathways whenever we learn a new skill and/or have a new experience.



# The Principles of Trauma-Informed Care



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# When We Are Trauma-Informed:

- We ***realize*** that people (in particular, justice-involved males and females) have experienced many different types of trauma.
- We ***recognize*** the impacts of trauma.
- We ***respond*** in a way that either prevents a traumatic reaction or supports an individual who is experiencing the effects of trauma.



# Four Principles of Trauma Informed Care

## Create Safety and Trust

- Be honest, compassionate and consistent

## Choice and Collaboration

- Give choices and share knowledge/power

## Focus on Strengths

- Shift to healthier adaptive behaviors

## Create Optimism and Hope

- Build resilience



## People Need...

**R**espect

**I**nformation

**S**afety

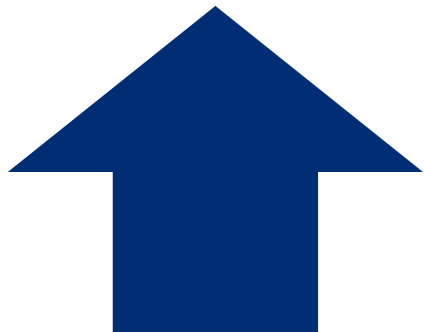
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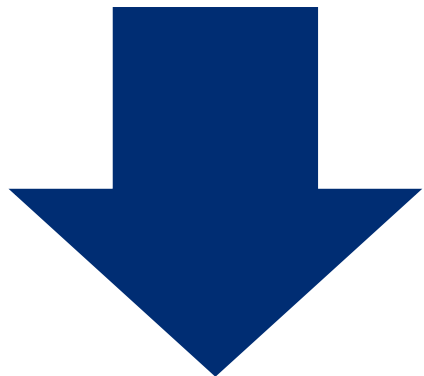
**RISK**



# The Benefits of Trauma-Informed Care



- Engagement & follow-through
- Progress towards goals
- Compliance with conditions



- Recidivism
- Violations



# QUESTIONS ?



# Contact Information

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