

NATIONAL
PREA
RESOURCE
CENTER

PREA and Victim Services: A Trauma-Informed Approach
Notification of Curriculum Utilization
October 2014

The enclosed *PREA and Victim Services: A Trauma-Informed Approach* curriculum was developed by Just Detention International (JDI) as part of contract deliverables for the National PREA Resource Center (PRC), a cooperative agreement between the National Council on Crime and Delinquency (NCCD) and the Bureau of Justice Assistance (BJA). The Prison Rape Elimination Act (PREA) standards served as the basis for the curriculum's content and development, with the goal of the *PREA and Victim Services: A Trauma-Informed Approach* curriculum being to satisfy specific PREA standard requirements.

It is recommended that the *PREA and Victim Services: A Trauma-Informed Approach* curriculum be reviewed in its entirety before choosing which modules to use. Any alterations to the original materials must either be acknowledged during their presentation or have the PRC and JDI logos removed.

BJA is currently undergoing a comprehensive review of the enclosed curriculum for official approval, at which point the BJA logo may be added.

Note: Use of the enclosed curriculum, either in part or whole, does not guarantee that an auditor will find a facility "meets standards." Rather, an auditor will take into consideration the curriculum used as part of their overall determination of compliance.

Notice of Federal Funding and Federal Disclaimer – This project was supported by Grant No. 2010-RP-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice nor those of the National Council on Crime and Delinquency (NCCD), which administers the National PREA Resource Center through a cooperative agreement with the Bureau of Justice Assistance.

Understanding Sexual Abuse and Trauma

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Acknowledgement

Just Detention International (JDI) developed this training and materials in partnership with the National PREA Resource Center (PRC).

***JDI** is a health and human rights organization that seeks to end sexual abuse in all forms of detention.*

*The mission of the **PRC** is to assist adult prisons and jails, juvenile facilities, lockups, community corrections and tribal facilities in their efforts to eliminate sexual abuse by increasing their capacity for prevention, detection, monitoring, responses to incidents and services to victims and their families.*

Module Objectives

- Learn about the prevalence and dynamics of sexual abuse in detention
- Understand how the PREA standards define sexual abuse
- Identify the signs and symptoms of sexual abuse in detention
- Understand the impact of sexual abuse and learn skills to respond to disclosures of sexual abuse
- Be able to summarize the short and long term effects of trauma on the brain
- Practice a trauma-informed response through a group exercise

Prevalence of Sexual Abuse in Detention

Bureau of Justice Statistics Research

National Inmate Surveys to determine the incidence of

- Staff sexual misconduct
- Inmate-against-inmate, non-consensual sexual acts

Survey of sexual victimization reported by corrections officials to determine

- Number of incidents of sexual abuse reported
- Outcomes of reports

Prevalence of Sexual Abuse in Detention

200,000
PEOPLE
WERE
SEXUALLY
ABUSED IN
DETENTION
IN 2011

8,763 FILED A REPORT

902 REPORTS WERE
SUBSTANTIATED*



*According to data collected from correctional authorities in adult prisons, jails, and other adult correctional facilities. Sources: Bureau of Justice Statistics, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011–12*, May 2013; Bureau of Justice Statistics, *Sexual Victimization Reported by Adult Correctional Authorities, 2009–11*, January 2014. © Just Detention International

Prevalence of Sexual Abuse in Prisons and Jails



Source: Allen J. Beck et al, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011-12* (Bureau of Justice Statistics, May 2013). © Just Detention International

Prevalence of Sexual Abuse In Youth Detention



1 IN 10 youth in juvenile facilities reported being sexually abused while in detention

Source: *Sexual Victimization in Juvenile Facilities Reported by Youth, 2012*, June 2013, Allen J. Beck, Ph.D., David Cantor, Ph.D., John Hartge, and Tim Smith.

Prevalence of Sexual Abuse in Detention



In federal and state prisons, inmates with serious psychological distress are

9X MORE LIKELY

to be sexually abused by another inmate than those with no indication of mental illness.

Source: Allen J. Beck et al, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011-12* (Bureau of Justice Statistics, May 2013). © Just Detention International

Prevalence of Sexual Abuse in Detention

1 IN 12

JAIL INMATES

&

1 IN 8

PRISONERS

who have experienced prior sexual victimization reported sexual abuse by another inmate

Source: Bureau of Justice Statistics, *"Sexual Victimization Reported By Former State Prisoners, 2008,"* May 12, 2012.

Prevalence of Sexual Abuse in Detention

1 IN 8 PRISON INMATES 

1 IN 12 JAIL INMATES 

who identify as **LESBIAN, GAY, BISEXUAL, or OTHER** were sexually abused by another inmate.

Source: Bureau of Justice Statistics, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011–12*, May 2013. © Just Detention International

Former Inmate Survey



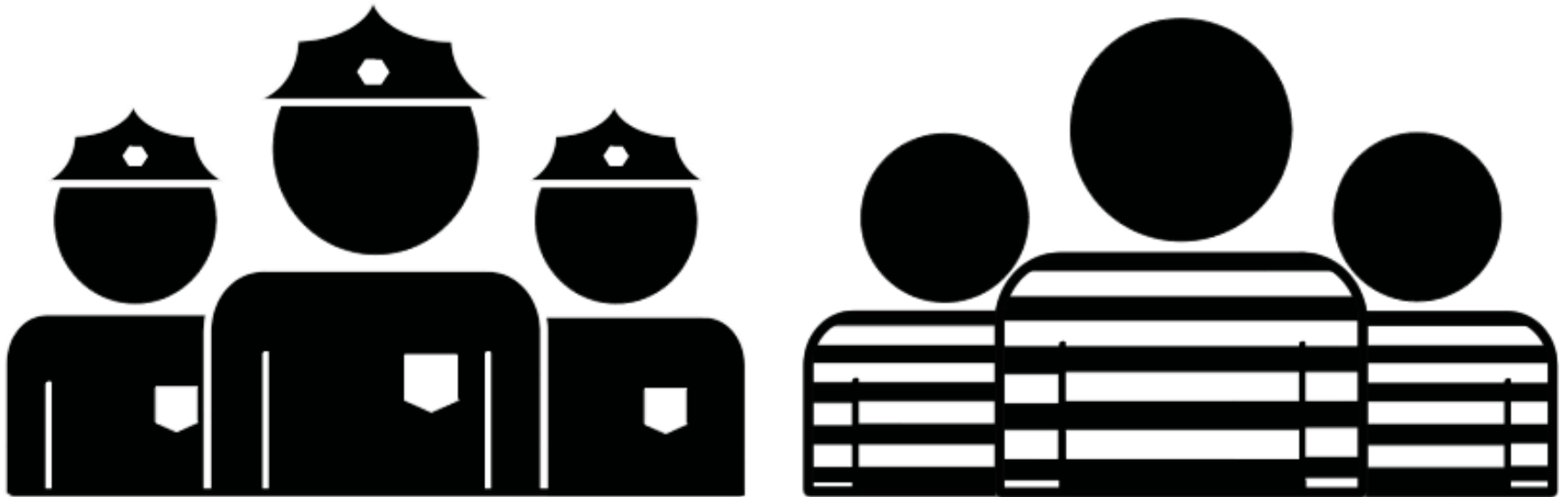
1 IN 10

former adult state inmates
reported being sexually
abused while in detention

Source: Bureau of Justice Statistics, *"Sexual Victimization Reported By Former State Prisoners, 2008,"* May 12, 2012.

Prevalence of Sexual Abuse in Detention

STUDY SHOWS NEARLY EQUIVALENT RATES
OF ABUSE BY STAFF AND OTHER INMATES

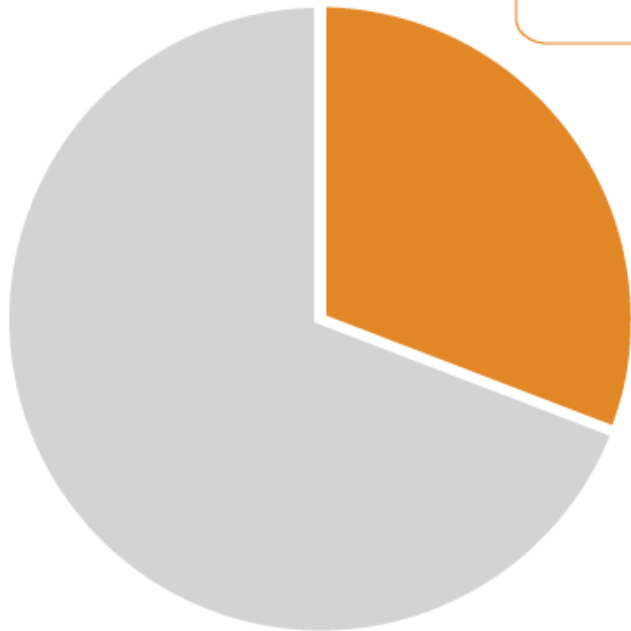


Source: Bureau of Justice Statistics, "Sexual Victimization Reported By Former State Prisoners, 2008," May 12, 2012. (Approximately 9.6% of former state prisoners reported one or more incidents of sexual abuse during the most recent period of incarceration in a jail, prison, or post-release community-treatment facility.)

Prevalence of Sexual Abuse in Detention

Many Survivors Are Abused Repeatedly

31% OF INMATES REPORTING ABUSE WERE VICTIMIZED **THREE OR MORE TIMES**



Definitions

What is Abuse?

In the simplest possible language

- How do you define sexual abuse?
- How do you define sexual harassment?

Definitions

What is Abuse?

Sexual abuse is any unwanted sexual behavior, including when one party is unable to consent

Sexual harassment is unwelcome sexual advances, comments or gestures, or requests for sexual favors

Definitions

§115.6 Definitions Related to Sexual Abuse

Sexual abuse of an inmate by another inmate includes any of the following acts, if the victim does not or cannot consent

1. Contact between the penis and vulva or penis and anus
2. Contact between the mouth and penis or mouth and anus
3. Penetration, however slight
4. Intentional touching

Definitions

§115.6 Definitions related to sexual abuse

Sexual abuse of an inmate by a staff member includes any of the following acts, with or without consent

1. Contact between the penis and vulva or penis and anus
2. Contact between the mouth and any body part with the intent to abuse, arouse, or gratify sexual desire
3. Penetration, however slight
4. Contact intended to abuse, arouse, or gratify sexual desire
5. Display of genitals, buttocks, or breasts in presence of an inmate
6. Voyeurism

Definitions

§115.6 Definitions related to sexual abuse

Sexual harassment includes

1. Repeated and unwelcome sexual advances, requests for sexual favors, or verbal comments, gestures, or actions of a derogatory or offensive sexual nature by one inmate, detainee, or resident directed toward another
2. Repeated verbal comments or gestures of a sexual nature to an inmate, detainee, or resident by a staff member, contractor, or volunteer, including demeaning references to gender, sexually suggestive or derogatory comments about body or clothing, or obscene language or gestures

Detection

Detecting Sexual abuse and Sexual Harassment

Who do you think abusers are most likely to target?

Abusers Tend to Target

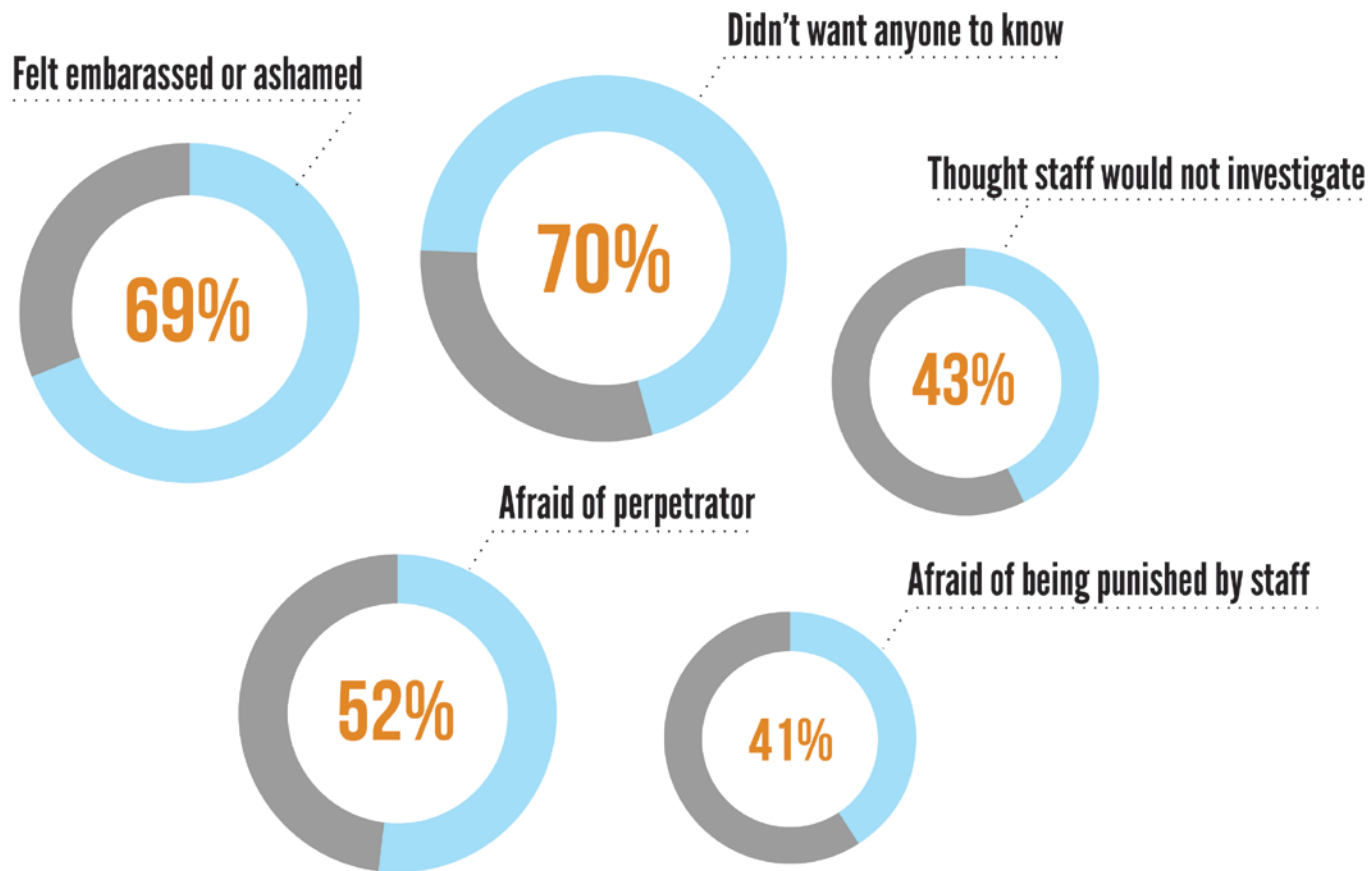
- Biracial or multiracial inmates
- People with a disability or mental illness
- Survivors of previous sexual abuse
- Younger inmates
- Lesbian, gay, bisexual, and transgender (LGBT) inmates or those who are perceived to be
- People convicted of certain crimes



Yarn Exercise



Why Don't Survivors Tell?



Source: Bureau of Justice Statistics, "Sexual Victimization Reported By Former State Prisoners, 2008," May 12, 2012. (Approximately 9.6% of former state prisoners reported one or more incidents of sexual abuse during the most recent period of incarceration in a jail, prison, or post-release community-treatment facility.)

Outcomes of Reports



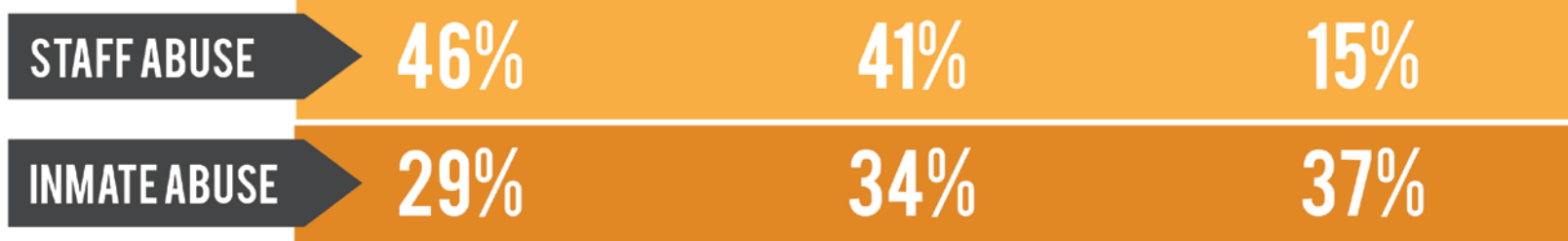
Victim written up



**Moved to solitary
confinement**



No facility response



Source: Bureau of Justice Statistics, "Sexual Victimization Reported By Former State Prisoners, 2008," May 12, 2012. (Approximately 9.6% of former state prisoners reported one or more incidents of sexual abuse during the most recent period of incarceration in a jail, prison, or post-release community-treatment facility.)

Physical Indicators of Sexual Abuse

Sexual Abuse Victims May Present with

- Sexually transmitted infections
- Pregnancy
- Stomach or abdominal pain
- Anal, penile, or vaginal discharge, bleeding, or pain
- Difficulty walking or sitting
- Unexplained injuries and bruises, particularly defensive wounds or wounds that suggest having been restrained

Common Responses to Sexual Abuse

- Breaking Rules
- Withdrawing
- Anger or irritability
- Sexually transmitted diseases and HIV
- Increased suicidal thoughts or attempts
- Worsening of psychiatric disorders



Michelle, a survivor of sexual abuse in jail

Acute Stress Disorder and PTSD

A Reasonable Reaction to an Unreasonable Amount of Stress

- Difficulty concentrating
- Hypervigilance
- Sleep disturbances
- Racing or intrusive thoughts
- Flashbacks
- Increased irritability/anger
- Depression
- Suicide thoughts or attempts

Acute Stress Disorder and PTSD

How Does This Affect People Who Are Incarcerated Differently?

- Little control over body or environment
- May be punished or placed in isolated housing after reporting
- What else?

Potential Responses to Abuse

Long-term Effects

- Flashbacks and nightmares
- Mood swings or increased symptoms of mood disorders
- Social withdrawal
- Sudden and unexplained changes in behavior or personality
- Post-traumatic stress disorder (PTSD)

Potential Responses to Abuse

Survivors of Sexual Abuse in the Community Are

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from PTSD
- 13 times more likely to misuse alcohol
- 26 times more likely to misuse drugs
- 4 times more likely to contemplate suicide than their peers who have not been abused.

Sources: World Health Organization (2002), *World Report on Violence and Health*. Herman, J., (1997), *Trauma and recovery: The aftermath of violence from domestic abuse to political terror*. New York: Basic Books.

Traumatic Events and the Brain

Preparing to Fight, Flee, or Freeze

- Release of adrenalin
- Release of cortisol (steroid hormone)
- Release of beta endorphins (numbing agent)
- Physiological arousal, including increased heart-rate, accelerated breathing, increased blood flow to large muscles, hearing loss, 'tunnel vision,' sweating, shaking

Source: "The Neurobiology of Sexual Assault," presented by Dr. Rebecca Campbell, PH.D., National Institute of Justice Webinar, December 3, 2012, <http://nij.gov/multimedia/presenter/presenter-campbell/pages/welcome.aspx>

Traumatic Events and the Brain

Preparing to Fight, Flee, or Freeze

- Because sexual abuse is experienced as a near-death event, reactions are automatic and involuntary
- Victims experience changes in perception, such as 'tunnel vision' and intensified or decreased hearing
- The ability to move or speak may be compromised

Source; "The Neurobiology of Sexual Assault," presented by Dr. Rebecca Campbell, PH.D., National Institute of Justice Webinar, December 3, 2012, <http://nij.gov/multimedia/presenter/presenter-campbell/pages/welcome.aspx>

Traumatic Events and the Brain

Immediate Aftermath

- Feelings of disorientation or being overwhelmed
- Difficulty with basic tasks and concentration
- 'Hyper-arousal,' or feeling super alert, easily startled, or irritable that remains after the immediate danger is over
- Shock and disbelief may linger, being most intense in the first 72 hours
- Some survivors may block out all or portions of the abuse
- Memories are likely to be disorganized, non-chronological, and difficult to recount verbally

Source: "The Neurobiology of Sexual Assault," presented by Dr. Rebecca Campbell, PH.D., National Institute of Justice Webinar, December 3, 2012, <http://nij.gov/multimedia/presenter/presenter-campbell/pages/welcome.aspx>

Small Group Exercise

What Would You Do Next?

- Split into groups of 3-5
- Review the scenario
- Choose a note-taker and reporter for your group
- Follow the steps described and work through the options presented by your scenario
- Report back to the large group

For More Information

For more information about the **National PREA Resource Center**, visit www.prearesourcecenter.org. Direct questions to info@prearesourcecenter.org

For more information about **Just Detention International**, visit www.justdetention.org. Direct questions to info@justdetention.org.

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