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
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.*

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Prevalence of Sexual Abuse in Prisons and Jails

JAIL: 3.2%
PRISON: 4%

Prevalence of Sexual Abuse In Youth Detention

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

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.

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.

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.

1 in 10 former adult state inmates reported being sexually abused while in detention

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.)
Many Survivors Are Abused Repeatedly

31% of inmates reporting abuse were victimized three or more times.

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.)
What is Abuse?

In the simplest possible language

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

- Felt embarrassed or ashamed: 69%
- Afraid of perpetrator: 52%
- Didn’t want anyone to know: 70%
- Thought staff would not investigate: 43%
- Afraid of being punished by staff: 41%

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

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
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.

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

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

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

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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