

**Engaging Young Black Males and Females:**

**H.E.A.T.**

**Habilitation Empowerment  
Accountability Therapy**

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# H.E.R.

Habilitation  
Empowerment  
Recovery



# HEAT

HABILITATION EMPOWERMENT  
ACCOUNTABILITY THERAPY

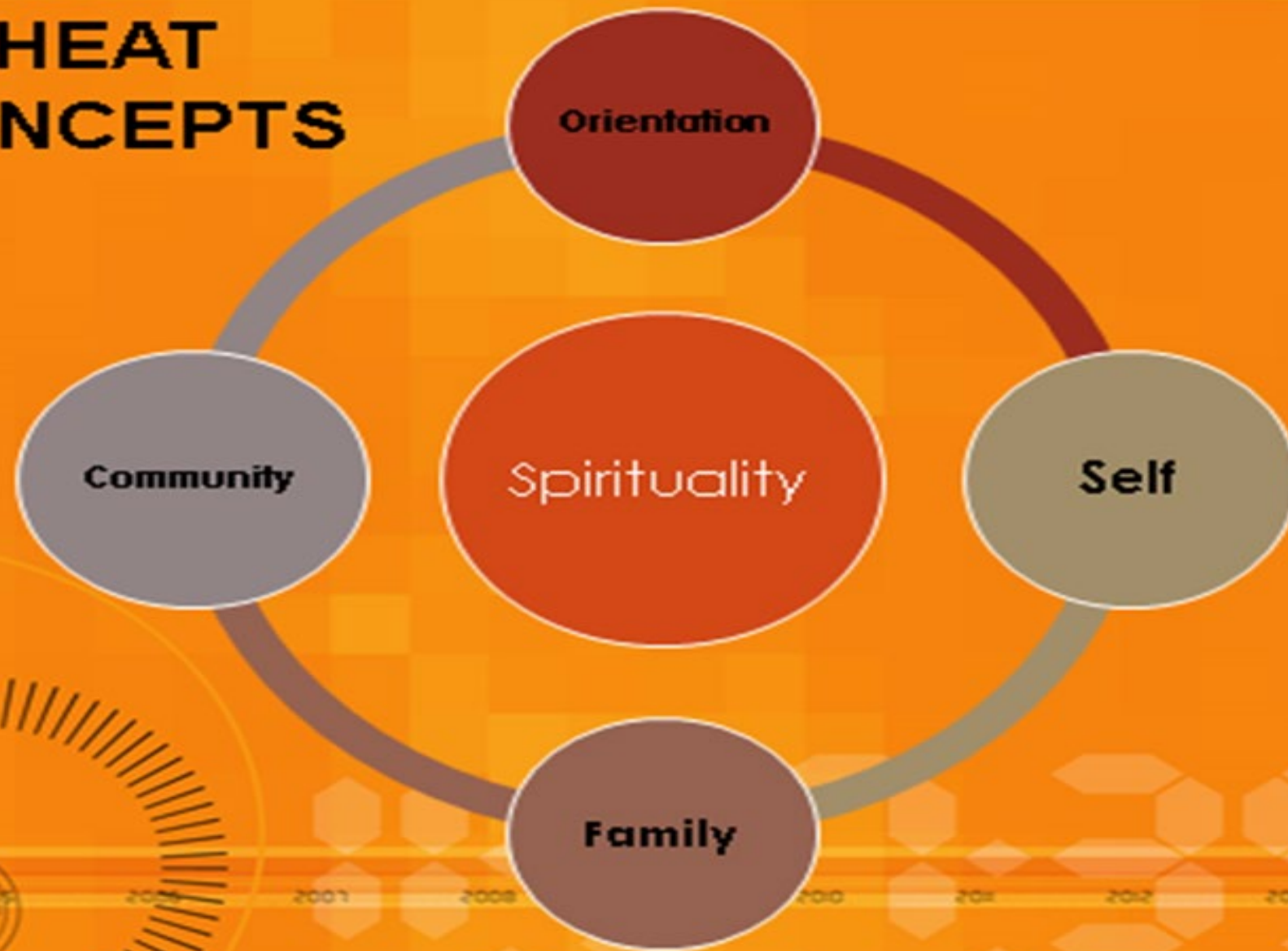


## TIME FOR CHANGE

FACILITATOR'S MANUAL



# HEAT CONCEPTS



# HEAT for Women

- African American Females /Black Females
- Abuse, mild, moderate (some severe) DX
- High risk/needs or some involvement with CJ system
- 34 weeks to complete
- Cognitive based intervention
- Trauma Informed
- Addresses ambivalence and resistance
- Portland, OR

# H.E.A.T.

- 18 – 29 year old
- African American Males /Black Males
- Abuse, mild, moderate (some severe) DX
- 9 month (misdemeanors and felonies)
- Risk/Need Analysis (Accountability Emphasis)
- Cognitive based intervention
- Trauma Informed
- Addresses ambivalence and resistance
- Promising practice
- Louisiana, Washington, Colorado, Texas, Indiana, Mississippi, Missouri, Ohio, Oregon, Florida, Kentucky, Arkansas, Alabama

# Black Women at Risk

- Women of color are the fastest growing population coming into the criminal justice system. 1 in every 18 African American women will go to prison during their lifetime if incarceration rates continue at the same rate.
- The “trauma-to-prison pipeline,” phenomena particular to women who grow up in abusive homes or experience trauma, sexual violence and domestic violence at some point in their lives.
- A woman’s attempts at coping or surviving the abuse often leads to her becoming more likely to be incarcerated later in life.
- Drug use and other low-level offenses that are linked to past trauma, issues of mental health and job and housing insecurity are the primary causes of women's involvement in the criminal justice system.

# Why HEAT for Women

- African American women are more likely than women of other races to go to prison during their lifetimes.
- This is far greater than the rates for white women and Latinas—1 in 111 women and 1 in 45 women, respectively
  - Culturally Relevant/Gender Responsive
    - Strength Based
      - Holistic



# Habilitation vs. “Rehabilitation”

- Rehabilitation- regaining lost skills or functioning
- Habilitation- refers to a process aimed at helping people attain skills that never developed
- Habilitation rather than “Rehabilitation” is a necessary treatment modality to address a significant number of clients who suffer from a lack of basic capabilities and skills which make treatment of their underlying addiction more complex.

# Dr Dwayne Williams- Psychologist

- Communalism- bonding – preference for inter-dependence over independence
- Movement-emphasis expressive
- Stimulation – vs. mundane activities

# Content and Process

- CONTENT-MANY SCHOLARS EXPLAIN THAT EDUCATORS MUST TEACH BLACK STUDENTS ABOUT SUCCESSFUL BLACK AMERICANS WHO HAVE CONTRIBUTED TO CIVILIZATION.
- PROCESS-HOW YOU IMPLEMENT INSTRUCTIONS AND INTERVENTIONS. MAKE THE INFORMATION RELEVANT

# Cultural Relevancy

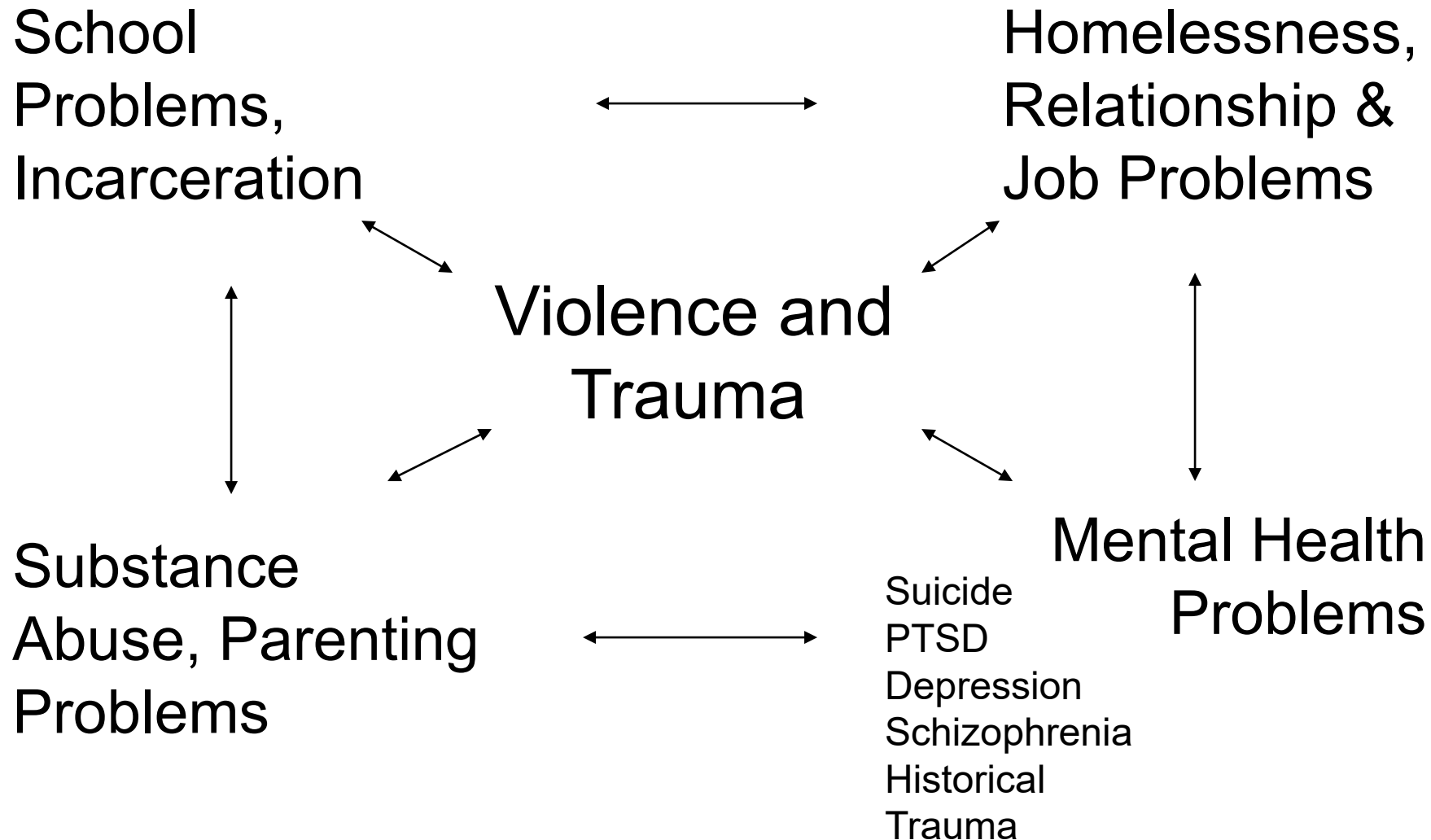
- PROFESSOR GLORIA LADSON-BILLINGS COINED – ***"CULTURALLY RELEVANT TEACHING"***
- **RESEARCHERS ARGUE:**
  - .... *"students of color disengage in the classroom because they receive an education that DOES NOT speak to their culture, history, experiences, and values"*
    - White & Parham
    - (example of culture in the 4<sup>th</sup> grade Miami Herald)

# The Impact of Trauma

- Trauma is cumulative
- Trauma affects the developing brain
- Trauma increases likelihood of health risk behaviors (smoking, drinking, overeating) as means of coping
- Trauma is directly related to mental health symptoms, substance abuse, chronic physical illness, early mortality



# Trauma at the Core



# Impact of Mass Incarceration

- Mass incarceration affect poor and minority communities in a much more drastic way than the general population.
- 70% chance that an African-American man who does not earn a high school diploma will wind up in jail before he reaches his mid-30's.
- African-American child under the age of 14 has a 50% chance of having his father go to prison. 10% for white children
- Incarcerated women are likely to be victims of abuse, have a history of substance abuse, and/or suffer from mental health issues.
- Most incarcerated women have experienced a “traumatic event”—with 71 percent reporting that they were “exposed to domestic violence.”

# Racism is Trauma

- It involves negative, rejecting, and/or demeaning societal messages that undermine self esteem (Butts, 2002)
- Internalized racism as the way in which members of the stigmatized group begin to accept the negative messages about themselves that they see in the world and to reflect that negativity in their behavior (Jones, 2000)
- Stress related to racism has been linked to hypertension, cardiovascular disease, diabetes and infant mortalities

(American Public Health Association, 2010)

# Generational Trauma: Holocaust Survivors and Their Children

- Studies have shown that many children of Holocaust survivors suffer from the experiences of their traumatized parents. Indeed, many of these children call themselves second-generation survivors. (Yale University 2015)
- Epigenetics

# Black Women Trauma

- Women are more likely to have a history of abuse, including both physical and sexual abuses.
- Justice involved black women are more likely than their male counterparts to be caretakers of young children.
- There are very few local services that meet the needs of black women.
- HEAT provides the opportunity for black women to have a safe place to speak about their experiences, access support and begin the healing process necessary for them to exit the criminal justice system.



# Principles of a Trauma-Informed Approach

- Safety
- Trustworthiness and transparency
- Collaboration and mutuality
- Empowerment
- Voice and choice
- Peer support and mutual self-help
- Resilience and strengths based
- Inclusiveness and shared purpose
- Cultural, historical and gender issues
- Change process

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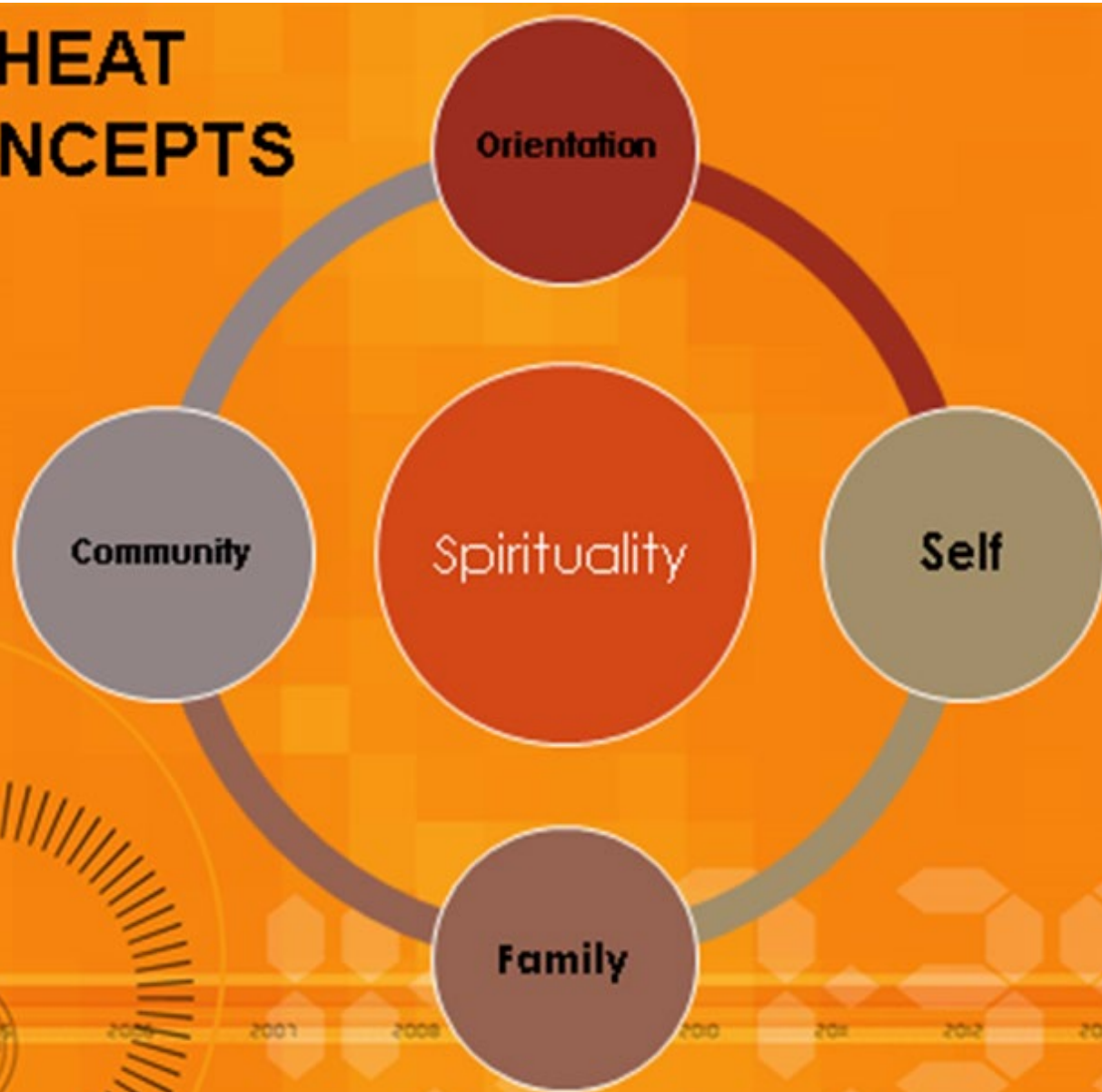
# H.E.A.T./H.E.R.

## ■ Paradigm

- strength based
- culturally relevant
- empowerment
- self; knowledge of self
- family
- community; collective responsibility
- spirituality; principles to live by



# HEAT CONCEPTS





# Orientation

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“Point of Engagement”

# HER Self

- Stay Out the of the HEAT
- Black Womanhood
- Decisions
- High Cost of Low Livin'
- Messd Up Thinking
- F\_\_\_\_ It
- Don't Believe the Hype
- Blame
- Survival
- Disrespect
- Rebounding from Trauma
- My Ideal Self

# HEAT Self

- Stay Out the HEAT
- Black Manhood
- Decisions
- High Cost of low Livin'
- Messed Up Thinking
- F\_\_\_\_ It
- The Last Poets
- Blame
- Survival
- Disrespect
- Hustlin'
- The Ideal Self

# HER Family

- Impact On the Family
- Emotional Family Wounds
- Forgiveness
- The Daddy I Hate, I Date
- Healthy Relationships
- Breaking the Cycle
- Love or Lust
- Sold Out
- Motherhood
- Strengths of the Black Family

# HEAT Family

- Impact On the Black Family
- Wounded
- Forgiveness
- Enabling and Entitlement
- Absent Father
- Breaking the Chain
- Love or Lust
- Intimate Partner Violence
- Baby Momma Drama
- Fatherhood
- Being an Involved Father
- Strengths of the Black Family



# Community

- Safe and Healthy Community
- Institutional Barriers to Equity
- Advocacy, Policy and Social Justice
- Who Are Our Leaders
- My Hood
- Root Causes
- Healing Voices

# Spirituality

- Honesty
- Acceptance
- Perseverance
- Accountability
- Hope
- Faith
- Self- Control
- Responsibility
- Forgiveness
- Commitment
- Strength
- Love

# Questions and Comments

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