

Trauma-Informed Courtroom

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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.



VIDEO

Why Learn About Trauma?



Adverse Childhood Experiences (ACE) Comparison Across Samples

	US Adults ¹ N=17,000+	ATC ² N=90	JMHC ³ N=54	CA – CHC ⁴ N=701	FL – Boys ⁵ N=50,000+	FL – Girls ⁶ N=17,000+
Physical Abuse	11%	70%	27%	6%	31%	39%
Emotional Abuse	28%	93%	*	5%	26%	41%
Sexual Abuse	21%	31%	22%	4%	7%	31%
Emotional Neglect	15%	94%	56%	12%	31%	39%
Physical Neglect	10%	29%	2%	*	12%	18%
Mother/Other HH Treated Violently	13%	83%	24%	11%	81%	84%
HH Substance Abuse	27%	45%	43%	25%	24%	30%
HH Mental Illness/Suicide	19%	37%	44%	11%	8%	12%
Parents Sep/Div, 1/o Parents	23%	68%	68%	62%	78%	84%
HH Member Incarcerated	5%	30%	35%	12%	65%	68%

¹ Feletti et al., 1998 ³ Callahan et al., 2014

² IL Tx Ct

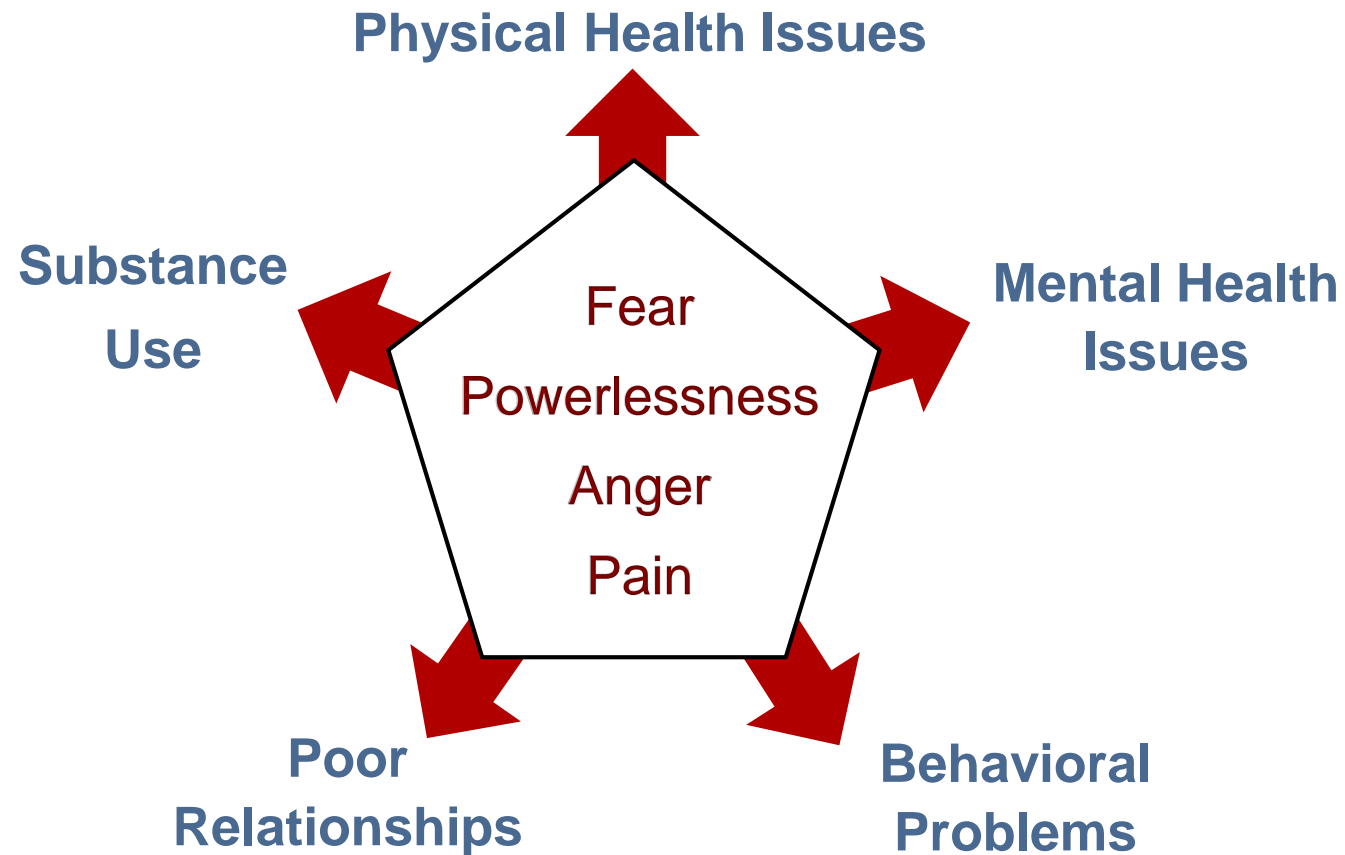
^{4,5} Fox et al., 2015

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**



Mental Health & Trauma

- **Hopelessness & powerlessness**
- **Low self-esteem**
- **Trust issues**
- **Sleep disturbances**
- **Space & touch issues**
- **Fear and anxiety**
- **Flashbacks & panic attacks**
- **Dissociation & “numbing”**
- **Depression & suicidal thoughts/ actions**
- **Self-harm**



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**
- **COD**
- **Hallucinations**
- **Rx for psychotropic medications**
- **Anxiety**
- **Dysthymia**
- **Personality disorder**
- **Borderline personality disorder**



Putting Together All of the Pieces for Improving Outcomes



VICARIOUS TRAUMA

A photograph of a courtroom interior. The room features dark wood paneling on the walls and benches. In the center, there is a witness stand with a glass partition and several blue chairs. The text "VICARIOUS TRAUMA" is overlaid in large, white, bold letters with a black outline. The background shows a high ceiling with ornate details and a coat of arms on the wall.

WHO IS AFFECTED

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



IMPACT

A close-up photograph of a person's hands writing on a white sheet of paper. The person is wearing a light blue button-down shirt. Their right hand holds a black pen with silver accents, and their left hand rests on the paper. The background is blurred, showing a dark surface and some indistinct shapes. The text "WORK PRODUCT" is overlaid in the lower half of the image.

WORK PRODUCT



HEALTH PROBLEMS

MENTAL HEALTH



A close-up photograph of two hands clasped together. The hand on the left is dark-skinned with visible wrinkles and a silver ring on the ring finger. The hand on the right is light-skinned and also has a silver ring on the ring finger. The background is blurred, focusing attention on the hands.

RELATIONSHIPS

SUBSTANCE USE





BURNOUT

IMPACT

Work product
Health problems
Mental health
Relationships
Substance use
Burnout

SELF-HELP



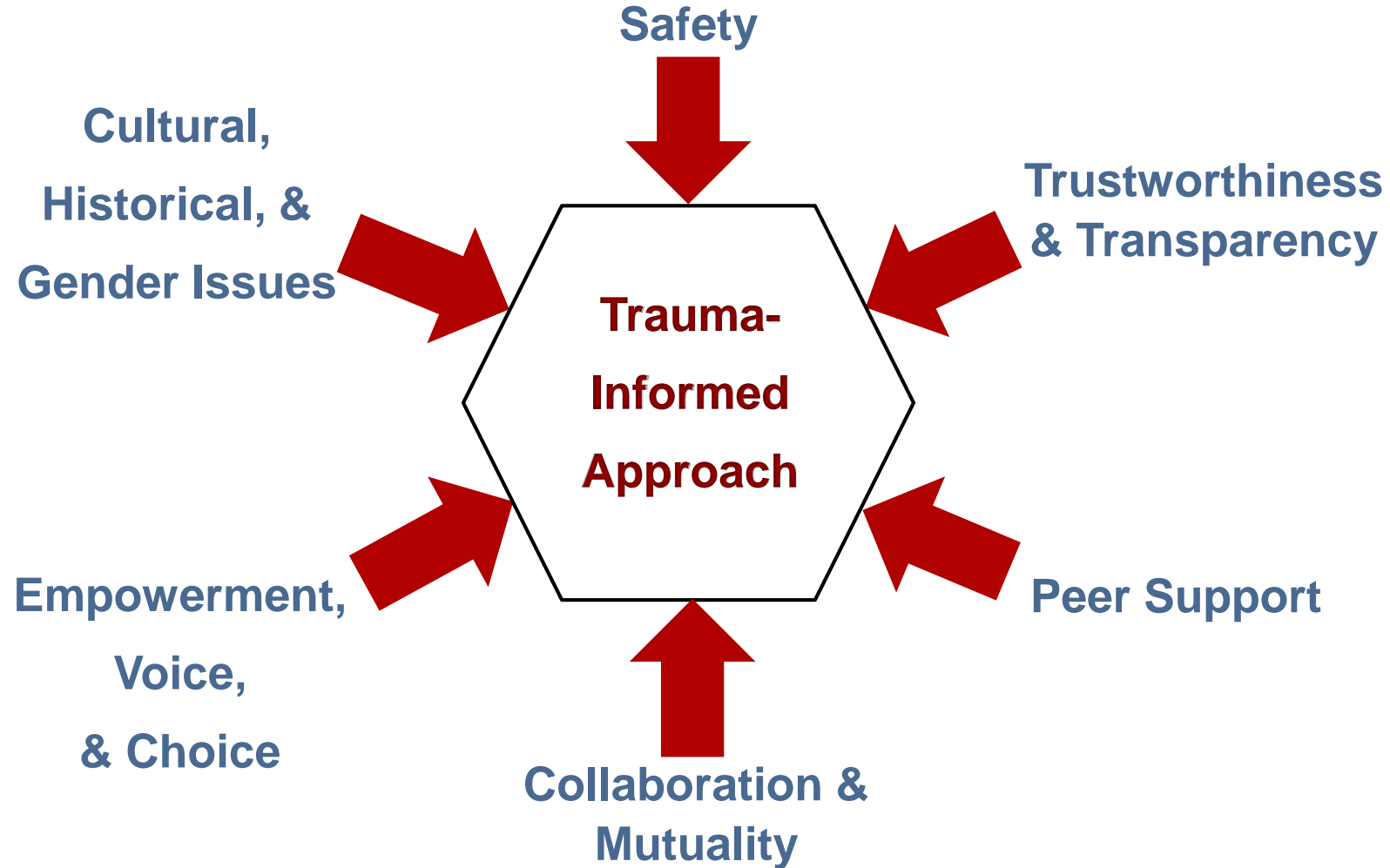
WORKPLACE HELP

VIDEO

Trauma-Informed Courts



Principles of a Trauma-informed Approach



Guidelines for Implementing a Trauma-informed Approach

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



Guidelines for Implementing a Trauma-informed Approach

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



Screening & Assessment

- **Integrated screening & assessment is gold standard**
- **High base rates for MDO, SUD, & trauma -> universal screening**
- **Conducted at earliest point possible in CJS**
- **Ongoing assessment at different stages as risk, needs, & level of supervision may change**
- **Use consistent measures across CJS**
- **Communicate screening & assessment results & information across the CJS**



Recommended Screening Instruments

Mental Disorders	Substance Use Disorders	Co-occurring Disorders	Trauma Hx & PTSD	Suicide Risk
BJMHS* Brief Jail Mental Health Screen -OR-	TCUDS-V* Texas Christian Univ Drug Screen-V -OR-	MINI-Screen Internat'l Neuropsych Interview-Screen -OR-	THS* Trauma History Screen -OR- LCS-R* Life Stressor-Checklist -OR- LEC-5* Life Events Checklist for DSM-5 -AND-	BSS Beck Scale for Suicide Ideation -OR-
CMHS-F/CMHS-M Correctional Mental Health Screen -OR-	SSI* Simple Screening Instrument -OR-	BJMHS* & TCUDS-V* -OR-		INQ Interpersonal Needs Questionnaire & ACSS* Acquired Capability Suicide Scale
MHSF-III Mental Health Screening Form-III	ASSIST Alcohol, Smoking, & Substance Involvement Screening Test	CMHS-F/M & TCUDS-V*	PCL-5* Posttraumatic Stress Disorder Checklist for DSM-5	ASIQ Adult Suicidal Ideation Questionnaire

Recommended Assessment & Diagnostic Instruments

Mental Disorders	Substance Use Disorders	Co-occurring Disorders	Trauma History & PTSD	Suicide Risk
PAI Personality Assessment Inventory	TCUDS-V*, TCU-CEST*, TCU-TRMA*, & TCU-HLTH* TCU Drug Screen, Client Eval of Self & Tx, Mental Trauma & PTSD Screen, & Physical & MH Status Screen -AND/OR-	AUDADIS-IV* Alcohol Use Disorders & Associated Disabilities Interview -OR-	PSS-I* Post-traumatic Symptom Scale -OR-	SRDT* Suicide Risk Decision Tree
		MINI Mini International Neuropsychiatric Interview -OR-	PDS Post-traumatic Diagnostic Scale -OR-	
	TCU CJ CI* TCU Criminal Justice Comprehensive Intake	SCID-5 Structured Clinical Interview for DSM-5	CAPS-5* Clinician Assisted PTSD Scale for DSM-5	

Trauma-specific Treatments

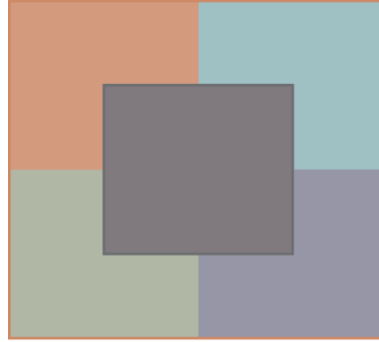
- **Seeking Safety**
- **TF-CBT – Trauma-focused Cognitive Behavioral Therapy**
- **TARGET – Trauma Affect Regulation: Guide for Education & Therapy Integrated Cognitive Behavioral Therapy (ICBT)**
- **ART – Accelerated Resolution Therapy**
- **MISSION – Maintaining Independence & Sobriety through Systems Integration, Outreach, & Networking**
- **Helping Women/Men Recover & Beyond Trauma**
- **CPT for PTSD – Cognitive Processing Therapy for PTSD**
- **EMDR – Eye Movement Desensitization & Reprocessing**



Contact Information

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