



Missouri Department of
MENTAL HEALTH

The Trauma & Delinquency Connection

Rachel Jones, LPC
Director of Trauma Services

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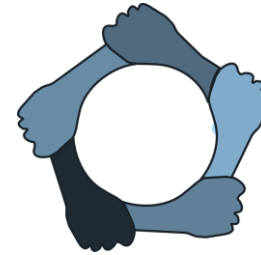
Overview



Trauma



Parental
Attachment
Types



Trauma
Informed
Approach



Resources

What do you think is the connection between trauma and delinquency?

Children in the justice system are often viewed as beyond hope and uncontrollable. They may appear angry and defiant when, in actuality, they are stricken with loneliness, depression, abandonment, powerlessness, and fear (Office of Juvenile Justice and Delinquency Prevention [OJJDP], 2012).

Trauma impacts individuals, families, communities and societies.



Defining Trauma

An event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening. Has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

How trauma shows up in families and communities

- Community Violence
- Domestic Violence (Witness, Perpetrator, Victim)
- Medical Procedures, Diagnoses
- Refugee, Immigration Experiences
- Accidents, Injuries
- War, Terrorism, Natural Disasters
- Oppression, Discrimination, Racism
- Physical, Sexual and/or Verbal Abuse
- Physical & Emotional Neglect
- Abandonment, Separation
- Arrest, Detention, Incarceration
- Homelessness
- Death/Loss
- Economic Hardship
- Foster Care, Kinship Care

Examples of re-traumatization



Medical
Procedures



Out of Home
Placements



Abuse &
Neglect



Isolation,
Restraint &
Seclusion



Suspension,
Expulsion &
Discharge



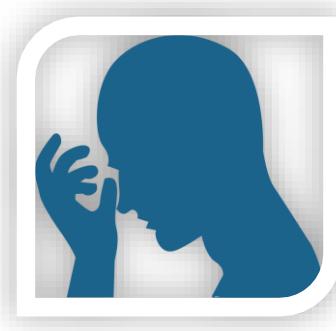
Forced to
Process Trauma



Accused of Lying
About Trauma



Shamed &
Blamed



Dismissed &
Invalidated



Judgment &
Discrimination

What is System-Induced Trauma?

Situations in which organized systems create trauma, including those designed to mitigate trauma.

Often occurs when:

- ✓ Systems don't recognize signs/symptoms of trauma in their work
- ✓ Workforce has unaddressed trauma that impacts their interactions
- ✓ Systems are understaffed
- ✓ Lack of collaboration with other systems that could provide meaningful support
- ✓ Systems don't use trauma informed practices
- ✓ Systems are not intentionally trying to reduce re-traumatization

Impact of Traumatic Stress Exposure

BRAIN DEVELOPMENT

- Smaller brain size
- Changes in gene expression
- Impaired Stress Response
- Less efficient processing

COGNITION

- Language delays
- Difficulty problem-solving
- Impaired readiness to learn
- Concentration problems

PHYSICAL HEALTH

- Sleep Disorders
- Eating Disorders
- Impaired Immune System
- Shorter Life Span

RELATIONSHIPS

- Attachment problems
- Poor understanding of social cues
- Problems forming healthy relationships
- Intergenerational cycles of abuse

Impact of Traumatic Stress Exposure

MENTAL HEALTH

- Depression & Suicidality
- Anxiety
- Posttraumatic Stress Disorder, Developmental Trauma
- Low Self-Esteem

BEHAVIOR

- Poor impulse control
 - Social withdrawal
- Aggression (Self & Others)
- Risk-Taking Behaviors

EMOTIONS

- Difficulty recognizing and controlling
- Shame and Guilt
- Limited healthy coping skills
- Helplessness, Lack of Efficacy

PERCEPTION

- World is unsafe place
- Distrust others for protection/care
 - Self-blame, low expectations
- Perceive helpers as perpetrators

Poly-victimized youth tend to be diagnosed with externalizing disorders like attention-deficit/hyperactivity disorder, oppositional defiant disorder, conduct disorder, and personality disorders.

This diagnostic profile is often seen in youth who are using chronic survival coping tactics to counteract the trauma that they have experienced in their lifetime.

Mental Health of Justice-Involved Youth

Mental Illness in Youth Involved in the Juvenile Justice System

70.4%

of youth in juvenile justice settings meet criteria for a psychiatric diagnosis.²⁸

Mental Illness in the Justice System

Young people who don't get treatment for mental illness are at higher risk for incarceration as adults—and most mental illness in this population is not identified until people are incarcerated. Our jails are serving as de facto hospitals now.

More than half of inmates in the correctional system have a mental health problem.²⁹

45%

of federal prison inmates

56%

of state prison inmates

65%

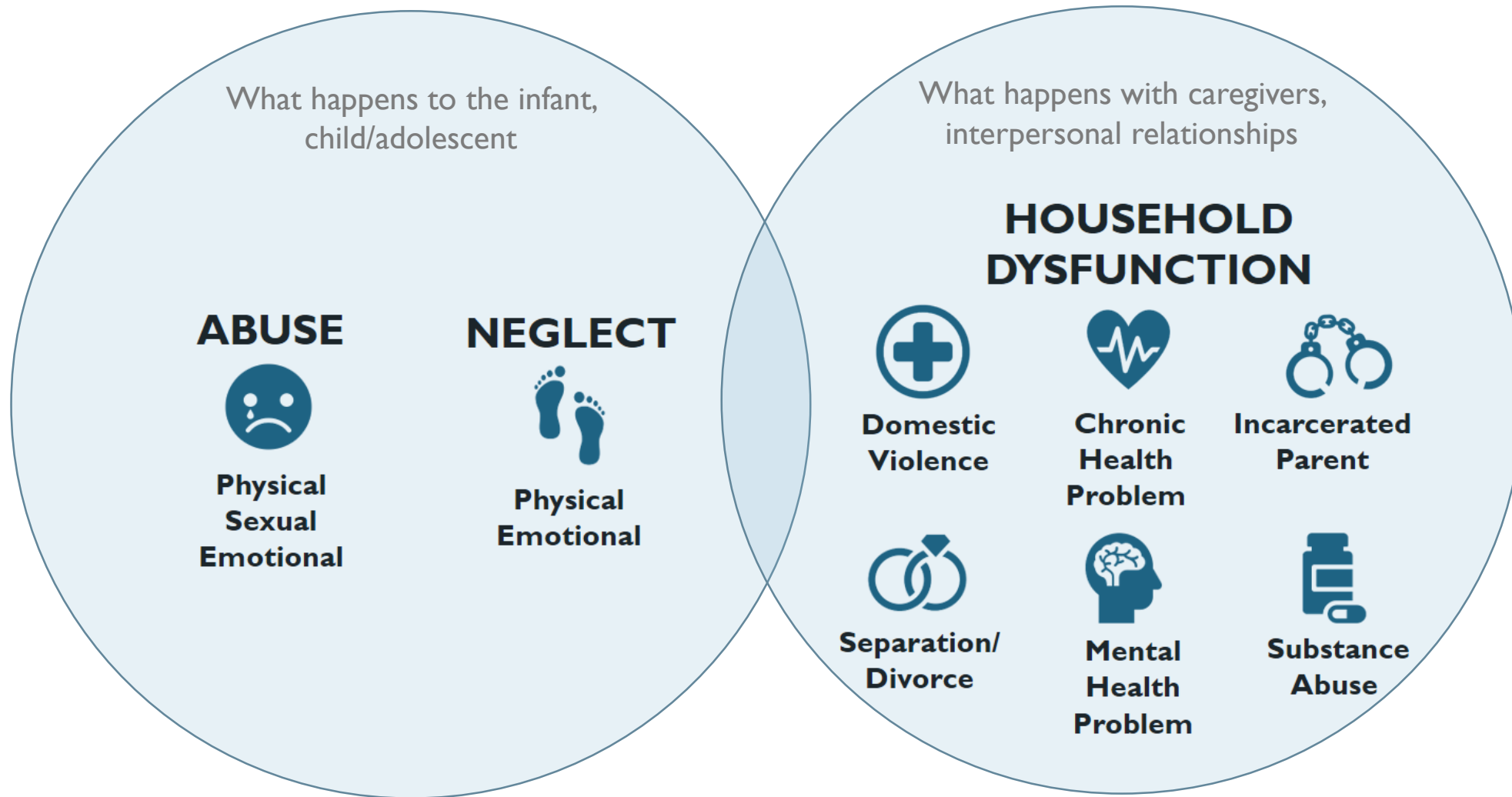
of local jail inmates



What's an ACE Score?



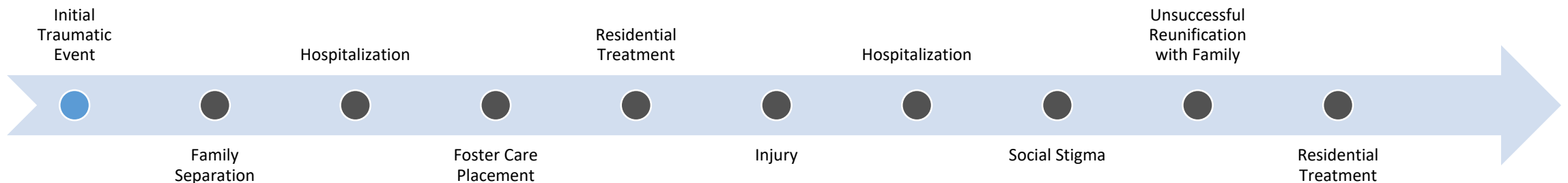
Adverse Childhood Experiences (ACEs) Study



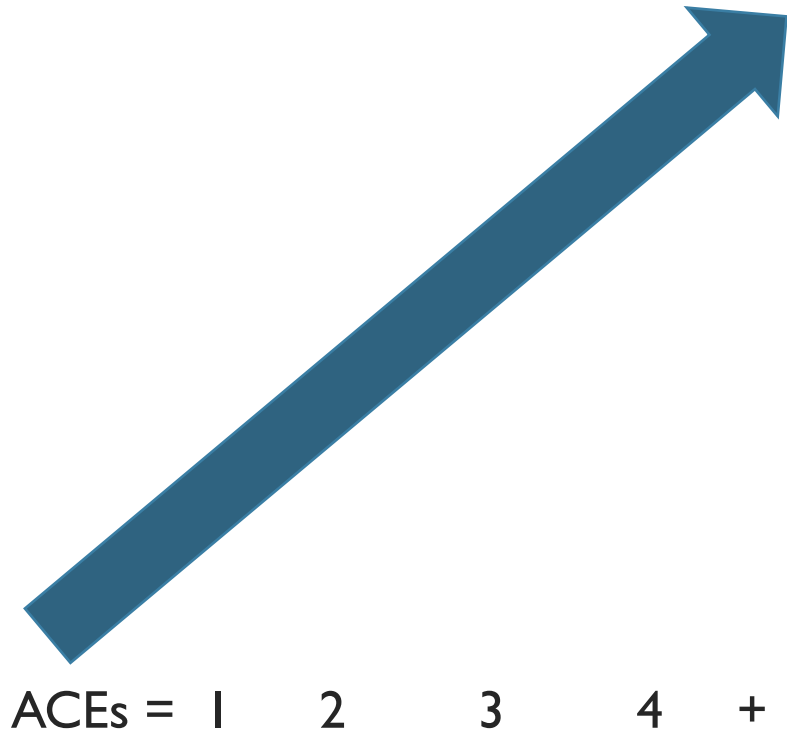
Secondary Adversities

Traumatic events often generate secondary adversities, which are other hardships and potential trauma exposure that can persist for longer periods of time and cause more impairment than the initial trauma exposure.

Examples might include: family separations, financial hardship, relocations to a new residence and school, social stigma, ongoing treatment for injuries and/or physical rehabilitation, and legal proceedings



Increased ACE Score = Increased Risk



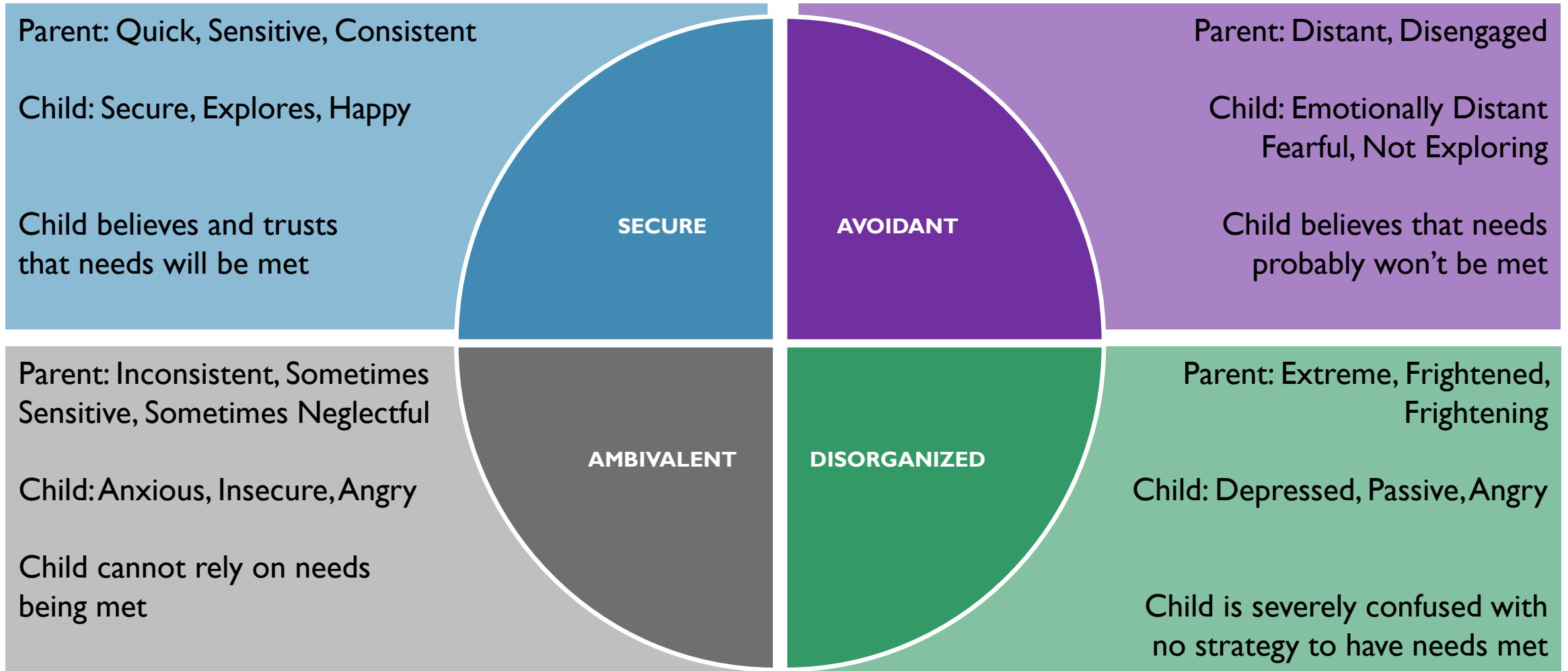
- Alcoholism, Illicit Drug Use & Smoking
- Heart & Liver Disease
- Obesity & Diabetes
- Depression & Suicide Attempts
- Poor Academic Achievement & Dropout
- Poor Work Performance/Unemployment
- Multiple Sexual Partners, Unplanned Pregnancy
- Domestic Violence
- Legal Problems
- Financial Problems

Impact of ACEs Across Lifespan



Parent-Child Attachment Types

Ainsworth, M (1971)



Attachment and Development - Connect

Attachment is for life.

The need for attachment continues from the cradle to the grave. But the needs change with development.

Conflict is a part of attachment.

Conflict is a part of all relationships. When conflict is expressed and managed constructively it offers new opportunities for understanding, connection and growth.

Balancing caregiver needs with the needs of others.

Relationships thrive when caregiver needs are supported, met and balanced with the needs of others within the family system.

Connect Attachment Programs

Evidence shows:

- ✓ Decrease caregiver strain and depression
- ✓ Drop in youth behavioral and mental health problems
- ✓ Increase in attachment, security and positive family functioning

Positive Childhood Experiences

Childhood experiences can be negative or positive. All childhood experiences matter. Positive Childhood Experiences (PCEs) help children and families prevent, cope with and recover from stress.

Scan Me



PCEs in four areas of a child's life



Self

- Feel capable of handling stressful situations
- Believe there is meaning and purpose for your life
- Accept changes and have a positive outlook
- Have an engaging hobby



Home

- Feel safe and protected by an adult in your home
- Have family that stood by you during difficult times
- Clean, safe home with enough food to eat
- Clear and predictable rules and routines



School

- Sufficient resources and academic experiences to learn
- Able to ask for help when needed
- Feel a sense of belonging in high school
- Supportive friend or group of friends



Community

- Enjoy participating in community traditions
- Have at least two non-parent adults who took genuine interest in you
- Involvement in a sport, civic, faith-based or positive activity group
- Regular opportunities to help others

Building resilience improves mental health

What Builds Child/Youth Resilience

Child/Youth
Voice

Social
Protection

Caregiver
Skills &
Support

Community
& Social
Support

Life
Skills

School
Based
Programs

Specialized
Care

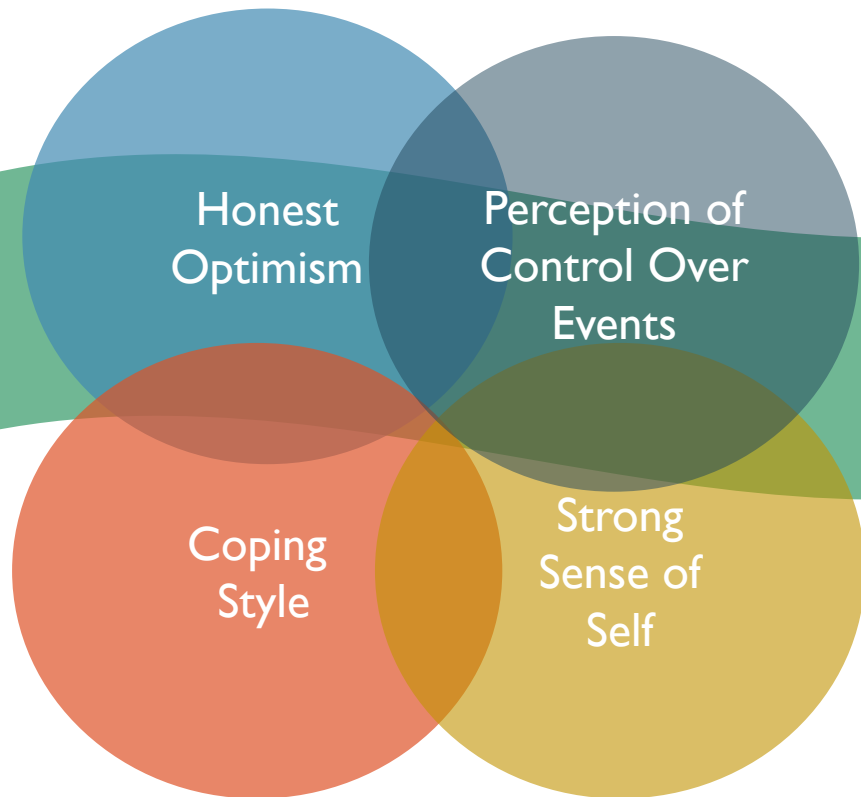
Resilience Science



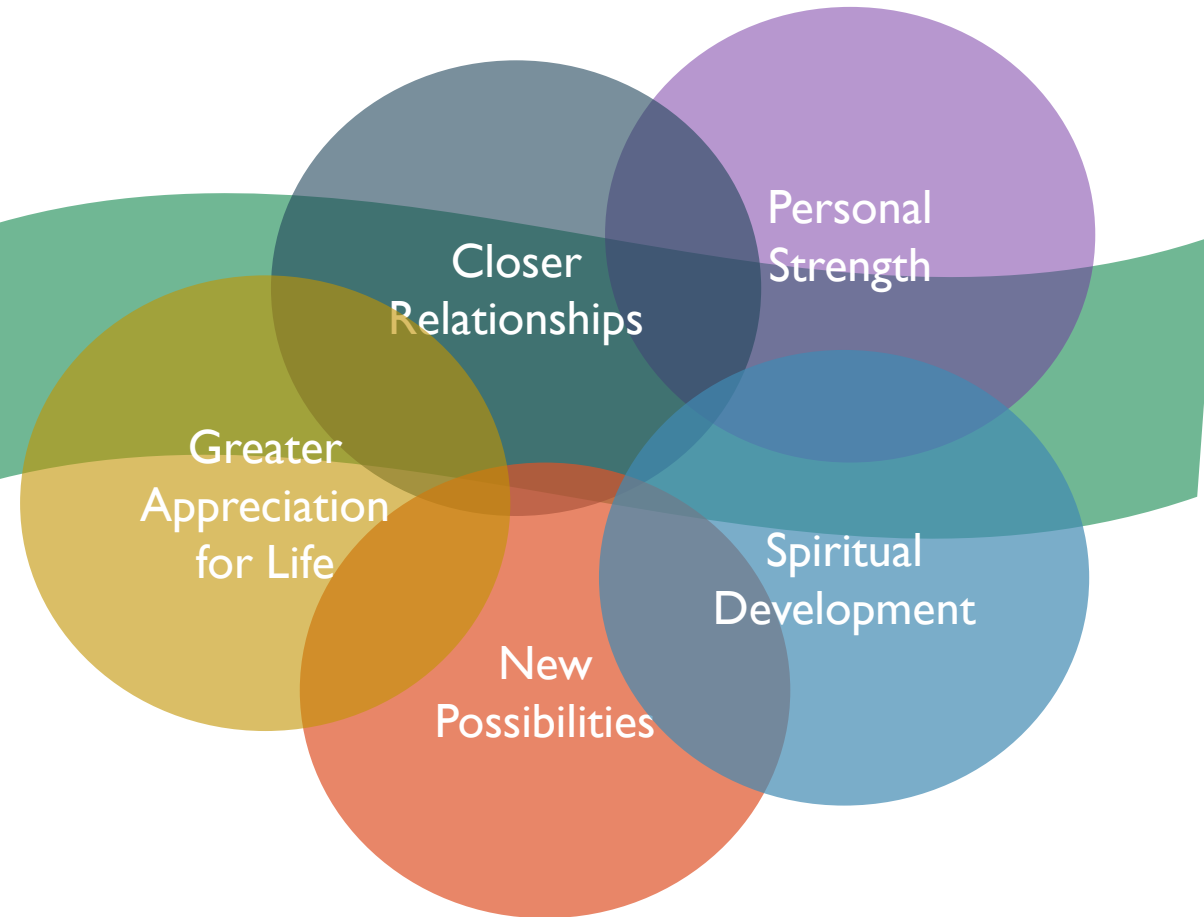
- Personal Strengths
- Motivation
- Hope
- Determination
- Patience
- Sense of Humor
- Past Successes
- Know what they can/can't control
- Ask for help from others
- Optimistic
- Goal-Oriented

Posttraumatic growth benefits youth and families

4 Factors for Post-Traumatic Growth



5 Domains of Post-Traumatic Growth



Family Protective Factors



- Spend time with your child
- Talk about their friends
- Highlight things they do well
- Get involved with their school events
- Encourage them to join clubs, groups, teams
- Have productive digital health/safety talks
- Help them develop a sense of right and wrong
- Involve them in household chores, responsibilities
- Talk to your child about their goals and dreams
- Use discipline to guide and protect, not to punish

Social Emotional Skills

SELF-AWARENESS Know your strengths, limitations with sense of confidence, optimism and “growth mindset”

SELF-MANAGEMENT Effectively manage stress, control impulses and motivate self to set and achieve goals

SOCIAL AWARENESS Understand the perspectives of others and empathize with them, including from diverse cultures and backgrounds

RELATIONSHIP SKILLS Communicate clearly, listen well, resist inappropriate peer pressure, negotiate conflict constructively, and seek and offer help when needed

RESPONSIBLE DECISION-MAKING Make constructive choices about personal behavior and interactions based on ethics, safety and social norms

SELs are used daily in:

Personal wellness/safety
Activities of Daily Living
Relationships
Online behavior
Conflict management
Goal setting

Research Review

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OJJDP funded 7 research projects titled, “Studies Program on Trauma and Justice-Involved Youth” to provide a better understanding of the pathways from violence exposure and trauma to involvement in the justice system.

Focus of projects

- Longitudinal Investigation of Trauma Exposure, Retraumatization, and Post-Traumatic Stress of Justice-Involved Adolescents
- Violence Exposure, Continuous Trauma and Repeat Offending in Female and Male Serious Adolescent Offenders
- Exposure to Violence, Trauma and Juvenile Court Involvement; Longitudinal Analysis of Mobile Youth & Poverty Study Data
- Trauma Exposure, Ecological Factors, and Child Welfare Involvement as Predictors of Youth Crossover Into Juvenile Justice System
- To Understand the Role of Trauma, Exposure to Violence and Retraumatization for Justice-Involved Youth, Particularly LGBTQI or GNC
- Maltreatment and Delinquency Associations Across Development
- Trauma Informed Interventions for Justice-Involved Youth: A Meta-Analysis

Findings

Within samples of justice-involved youth, the studies found high levels of previous trauma as well as ongoing exposure to trauma during and following justice system involvement.

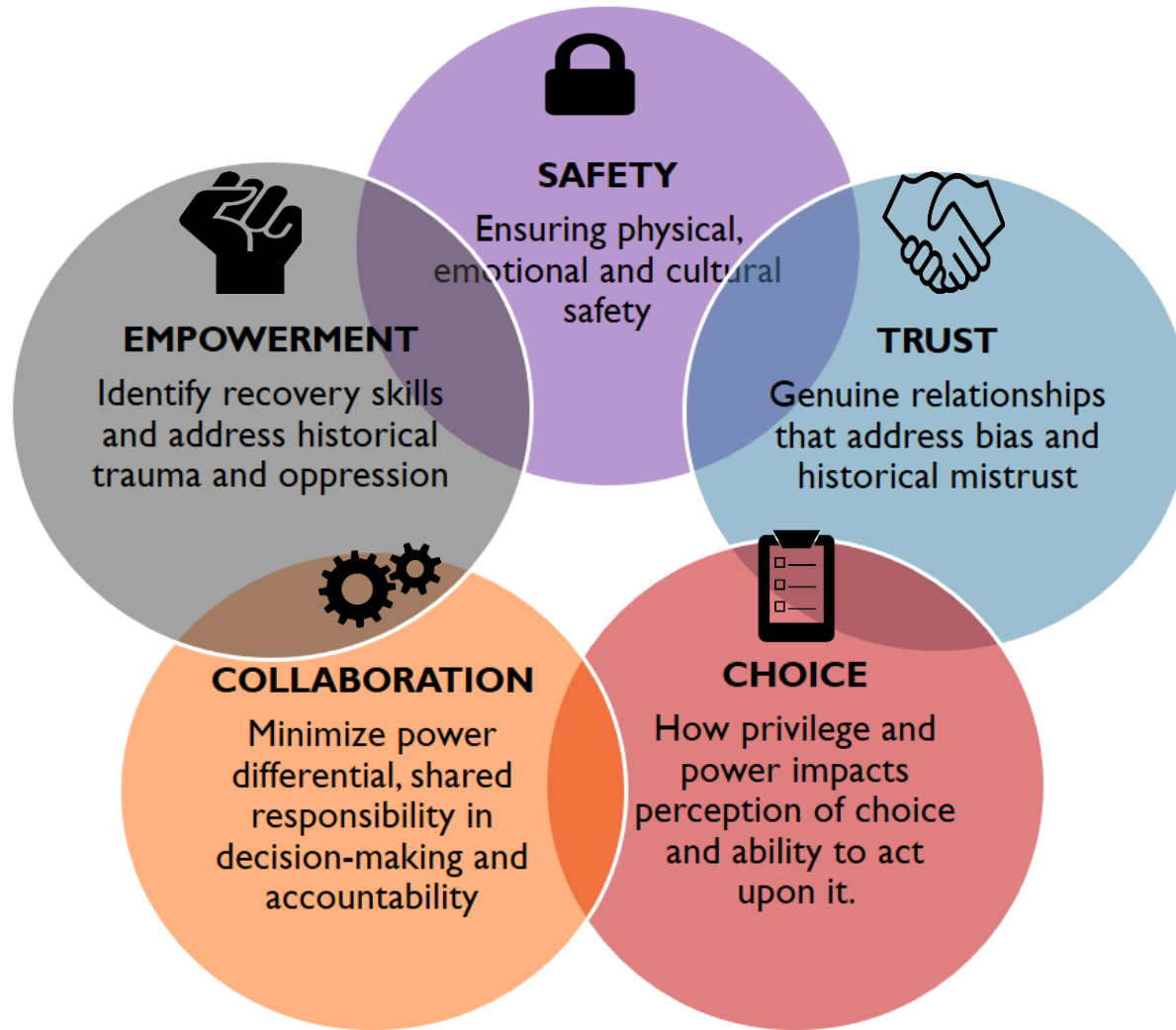
Researchers at Child Trends found that a strong connection to school, high-quality relationships with a mother or father figure, and high levels of neighborhood collective efficacy were protective factors that reduced the likelihood of later offending.

The study found that a history of childhood maltreatment was associated with higher frequencies of overall violent and nonviolent offending.

One found strong support for the relationship between trauma and justice system involvement, and another found support for the relationship between trauma and later offending.

Researchers at the University of Chicago found more limited support for the relationship between specific forms of trauma (community-based and school-based) and justice system involvement with a sample of youth in the child welfare system.

Trauma Informed Principles



- Use as universal approach for everyone
- Reflected in one-on-one interactions
- Physical environment supports TIPs
- Reflected in staff-to-staff interactions
- Built into policies, procedures and practices

Shifting Culture

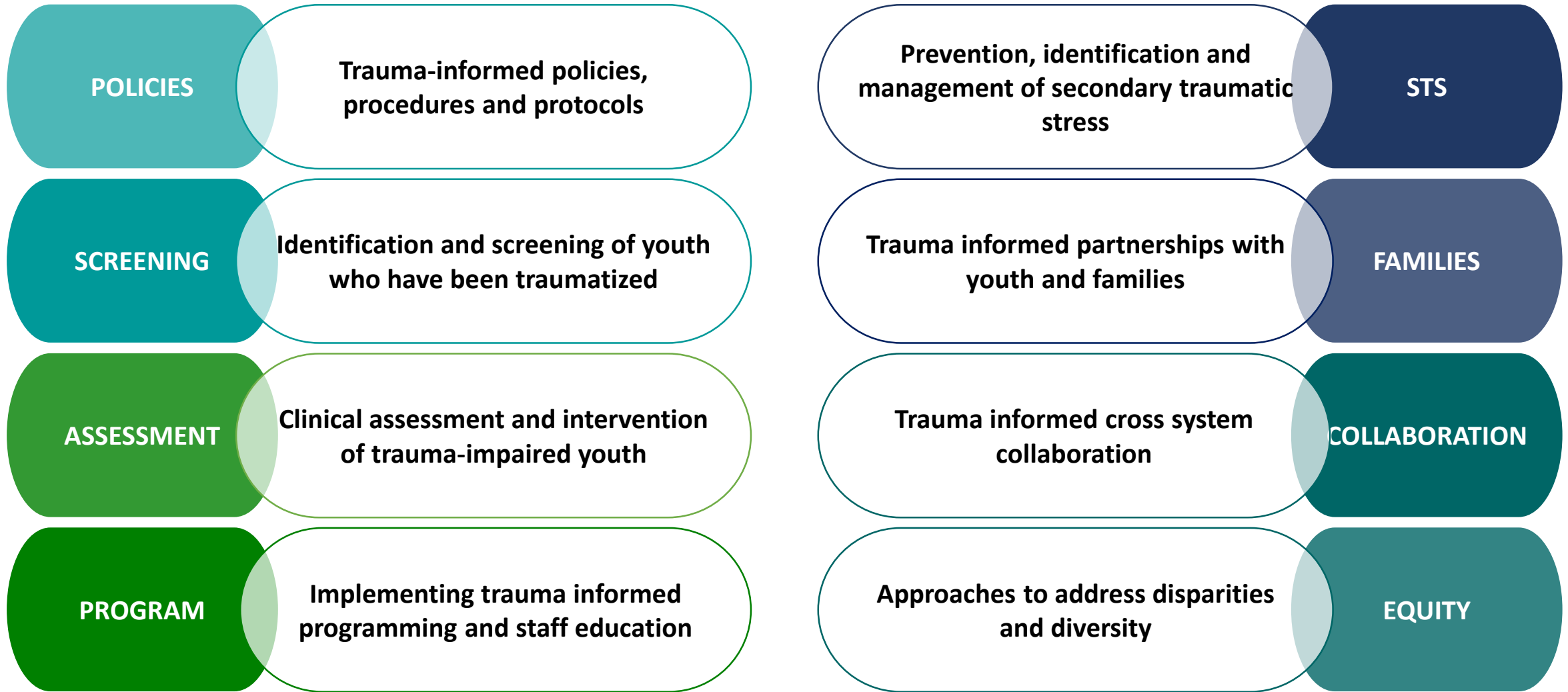
System-Centered Approach	Family-Centered Approach
Unilateral – removes authority from family, system drives decision-making	Empowering – enables families to shape and drive decisions through family/team meetings
Blame Oriented – treats family as problem, blames family for engagement challenges	Supportive – treats families as partners, troubleshoots engagement problems and mutual buy-in and support from family and system
Ad hoc – does not intentionally incorporate family engagement	Comprehensive – agency-wide commitment to family engagement and it's reflected in policy and practice
Generic – limited family engagement mechanisms applied to all families, despite their differing circumstances	Individualized – Meets needs of individual families and aligns cultural norms and practices
Obscure – No clear entryway and process for families to get information/navigate system	Accountable – Increases transparency and communication, establishes performance measures on family engagement
Under-resourced – Rarely dedicates meaningful resources to support families	Sustained – invests in family engagement by building organizational capacity by focusing on positions to engage families, staff training and evaluations for performance measures

Family Voices in Juvenile Justice



**FAMILY VOICES IN
JUVENILE JUSTICE**

Trauma Informed Juvenile Justice System



Innovations in Juvenile Justice

Model Youth Stages – Example from TX



Examples

1. Implement Trauma Curricula – across detention and community supervision staff for common language and approaches (E.g., Psychological First Aid, Skills for Psychological Recovery, Think Trauma)
2. Universal Trauma Screening – identify trauma and related psychological/behavioral issues
3. Ensure disaster planning addresses trauma-informed approaches
4. Establish technology infrastructure and reduce system barriers to service delivery
5. Use inclusive agency policies and practices that address cultural needs of youth
6. Create Youth Advisory and Parent Advisory Councils and use their feedback for TI implementation
7. Limit detention or institutionalization to only youth who pose considerable risk to public safety
8. Formalize strategies for preventing, identifying, addressing secondary and vicarious trauma among staff by creating a workforce wellness plan that promotes high-quality, trauma-informed services and reduces staff burnout and turnover (E.g., Professional Quality of Life, Secondary Traumatic Stress Scale)

Trauma-Focused Psychological Interventions

- **Cognitive Processing Therapy (CPT)**
- **Multisystemic Therapy (MST)**
- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**
- **Trauma Affect Regulation: Guide for Education and Therapy (TARGET)**
- **Trauma and Grief Components Therapy for Adolescents (TGCTA)**
- **Trauma-Adapted Multidimensional Treatment for Foster Care (TA-MTFC)**

Resources

- **Restorative Justice** - refers to a philosophy of criminal justice that seeks to understand and repair the harm that was done in a given situation, with a particular focus on restoring the victim and repairing damaged relationships, rather than on punishing the offender. Peacemaking circles, victim-offender mediation, community and family group conferencing and peer mediation are some of the ways restorative justice can be applied.
- **Sanctuary Model** –The primary objective of the Sanctuary Model is to create a culture within an organization that provides "a trauma-informed, evidence supported template for system change based on the active creation and maintenance of a nonviolent, democratic, productive community to help people heal from trauma"

Resources

- **Annie E Casey Foundation** – www.aecf.org
- **Conscious Discipline** – www.consciousdiscipline.com
- **Connect Attachment Programs** – www.connectattachmentprograms.org
- **GAINS Center for Behavioral Health and Justice Transformation** – www.samhsa.gov/gains-center
- **JRI Juvenile Diversion Training Series** – on-demand series coming this fall! MOSBA
- **Mental Health First Aid** – www.mhfamissouri.org
- **National Child Traumatic Stress Network** – www.nctsn.org
- **NAMI Missouri** – www.namimissouri.org
- **Office of Juvenile Justice and Delinquency Prevention** – www.ojjdp.ojp.gov
- **Restorative Justice Resources**– www.jjustice.org
- **Sanctuary Model** – www.thesanctuaryinstitute.org
- **Signs of Suicide** – www.signsofsuicide.org
- **TARGET** – www.cttntraumatraining.org
- **Trauma Informed Care E-Learning for Helping Professionals** –www.modmh.thinkific.com

Trauma Informed Care

Trauma Informed Care involves using trauma knowledge to guide how treatment and services are delivered and how a trauma lens can be applied to promote organizational change. Our website features some information and resources about trauma informed care. The Department of Mental Health (DMH) offers support, training and consultation on trauma-related topics.

Trauma Informed Care Courses

Learn more about Adverse Childhood Experiences (ACEs) and the impact of trauma on people and communities. Sign up today and enroll in the courses that interest you. More information on the Trauma Informed Care Courses, including enrollment instructions, can be found on the [Trauma Informed Care Course Flyer](#).



Trauma Informed Care for Helping Professionals

As helping professionals grow aware of trauma's impact, they are realizing the value of trauma-informed approaches to care...



Trauma Informed Care

This course was designed to provide an overview of trauma-informed care for adults. Becoming more aware of trauma...



Trauma Informed for Teens

Understand that trauma can take on many forms and how to overcome the trauma in your life through building resiliency.

Trauma Information & Treatment Models

Missouri Trauma Initiative

Disaster Response State Grant (DRSG)

Missouri Trauma Roundtable Documents

MO Trauma Initiative In the News

Trauma Informed Care

Children's Office

Disaster Services

Mental Health Equity & Inclusion Alliance

Missouri Alliance for Dual Diagnosis

988 Suicide & Crisis Lifeline 

DMH Videos for FIRST RESPONDERS

FIRST RESPONDERS

PHASES OF NATURAL DISASTER

MISSOURI DEPARTMENT OF
MENTAL HEALTH

FIRST RESPONDERS

MINDFULNESS BASED STRESS REDUCTION

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www.dmh.mo.gov/trauma
Rachel.Jones@dmh.mo.gov