

Creating Trauma Responsive Programs to Serve Justice Involved Youth

Monique Marrow, Ph.D.

Center for Trauma Recovery and
Juvenile Justice at UCONN; University of
Kentucky, Center on Trauma and
Children

Marrow.traumaticstress@gmail.com

Rates of Trauma in JJ Youth



93% of juvenile offenders reported at least one traumatic experience.



The average number of different traumas reported was six.



Youth in the JJ population have rates of PTSD comparable to those of service members returning from Iraq.

What is traumas impact?



- ❑ Compromises sense of safety
- ❑ Increases feelings of vulnerability and powerlessness
- ❑ Impacts ability to trust and connect
- ❑ Complex trauma particularly may impact developmental trajectory for emotional and behavioral self-regulation, social skills, cognitive capacity and future orientation
- ❑ Is a driver for other mental health and substance use issues
- ❑ Contributes to school failure
- ❑ Is often intergenerational in nature in this population
- ❑ Impacts those who work with trauma survivors



TRAUMA INFORMED
CONSTRUCTS



Trauma Responsive Elements

Thrive: Guide to
trauma-informed
organizational
development, 2010

Safety

Empowerment

Trust

Trauma
Competence

Cultural/Linguistic

Trauma Informed
Phil.

What we know about facility construction and trauma-MH Issues

- Primary research comes from work in health and mental health care facilities.
 - Ulrich, R. S. (2004). *The role of the physical environment in the hospital of the 21st century: A once-in-a-lifetime opportunity*. New York, NY.: Robert Wood Johnson Foundation.
 - Trzpuc, S. J., Wendt, K. A., Heitzman, S. C., Skemp, S., Thomas, D., & Dahl, R. (2016). *Does Space Matter? An Exploratory Study for a Child-Adolescent Mental Health Inpatient Unit*. *HERD: Health Environments Research & Design Journal*. doi:10.1177/1937586716634017

What are the primary targets?



Experts in the new area of evidence-based design have identified five environmental attributes that can have a large impact on health outcomes. The research demonstrates that **improvement in these areas reduces stress and improves consumer outcomes.**

Five Key considerations

- ❑ Increase connection to nature- natural light
- ❑ Client options and choices (empowerment)
- ❑ Enhanced social support
- ❑ Reduction in environmental stressors –noise, glare, poor air quality
- ❑ Pleasant diversions (visually pleasing atmosphere)

Core elements of trauma responsive construction

- ❑ Sleeping/community areas -balance privacy and socialization
- ❑ Developmentally appropriate physical layout/social support and engagement
- ❑ Storage
- ❑ Suicide resistant furnishings and safety beds
- ❑ Safe rooms or spaces
- ❑ Staff and Visitor Safety
- ❑ Physical environment
noise/space/density/activity

Core elements of trauma responsive construction (continued) –privacy issues

- ❑ Restrooms and showers
- ❑ Privacy of information –ear and eyeshot concerns
- ❑ Medline/health care settings
- ❑ Breakrooms/staff areas
- ❑ Group rooms
- ❑ Visitation areas-facility access (engagement and privacy)

Show and tell (group room/meeting space)



Florida Girls Program Therapy Room



Girls facility retrofit group room 2



Show and tell (Bedroom furniture)



Show and tell (eating homework game)



Correctional vs. Rehabilitative

Traditional Youth Corrections



Therapeutic & Developmental



Comfort Rooms



Sensory room comment

The sensory room or turning/dimming their lights has really calmed the patients Things like the sensory room . . . here have really helped with behaviors. There are a number of youth that ask, “Can I go there if I’m having a hard time?” (Staff Interview, July 2013)

Juvenile Justice/Residential

EXAMPLE



Where this all began



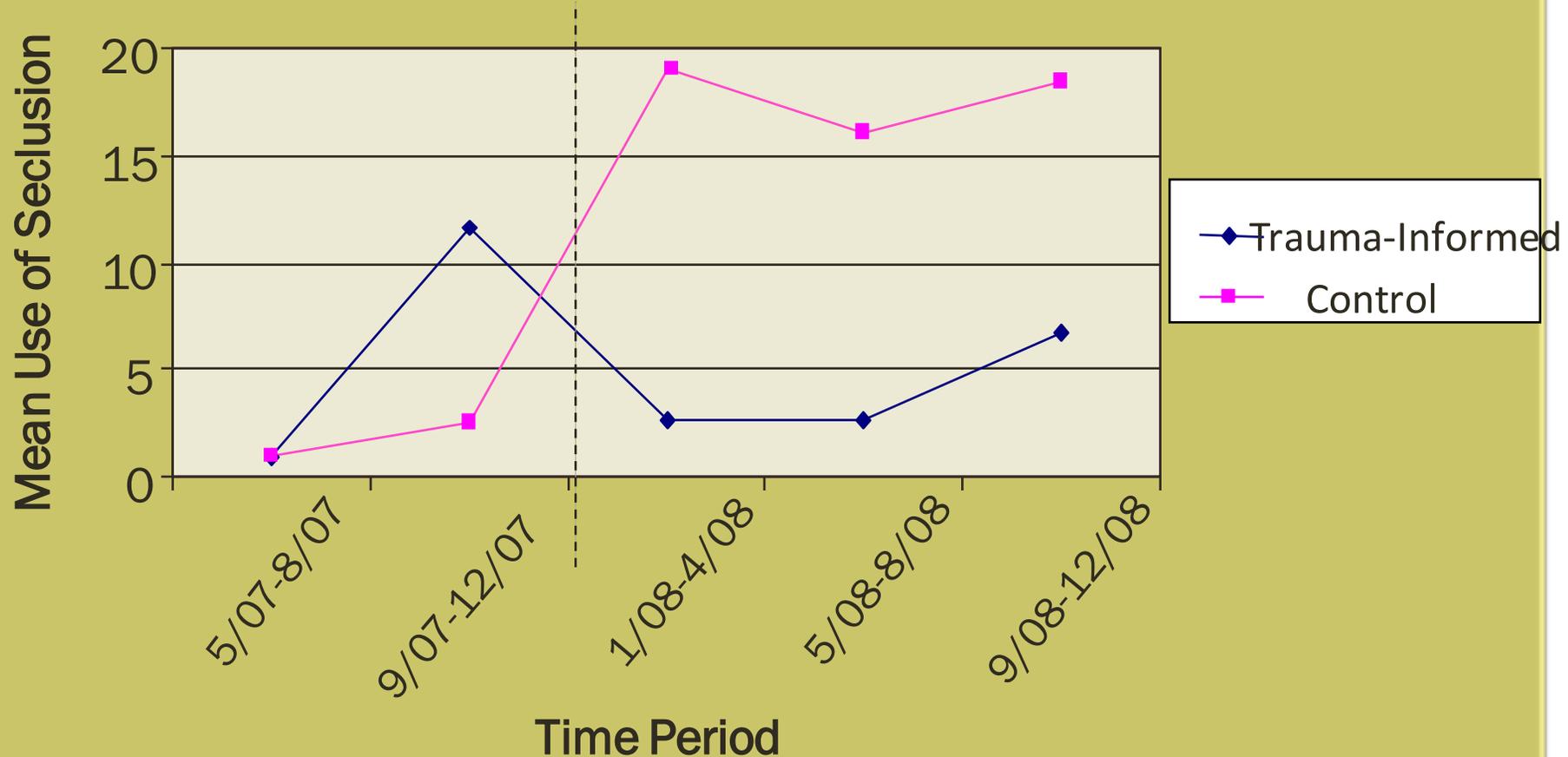
COMMITTEES

- ✓ Workforce Development
- ✓ Treatment
- ✓ Environments
- ✓ Data
- ✓ Policy
- ✓ Screening and Assessment



Outcomes for Youth

Use of Seclusion Over Time



So what did the staff think?



Thank You !! and Questions?

