



RUTGERS

Robert Wood Johnson
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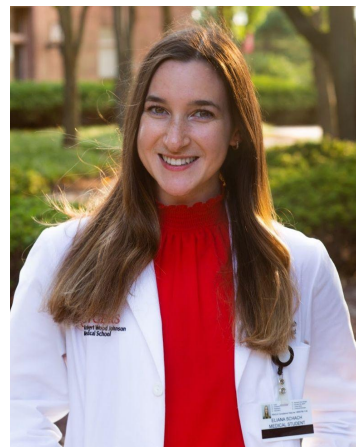
Trauma Informed Care: Improving Incarcerated Women Health Outcomes after Re-Entry



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Learning Objectives



Objective 1:

Discuss the
post-reentry benefits
of trauma-informed
care for women



Objective 2:

Define retraumatization



Objective 3:

Discuss how past
trauma can affect the
patient-provider
relationship

Around the Room

Signs of Post Traumatic Stress Disorder



*Avoid Thinking
of the Trauma*



*Avoid Talking
of the Trauma*



*Easily
Frightened*



*Negative
Mood*



*Negative
Thinking*



*Always
on Guard*



*Avoiding
Places*



*Avoiding
Activities*



Flashbacks



*Cannot
Concentrate*



*Aggressive
Behavior*

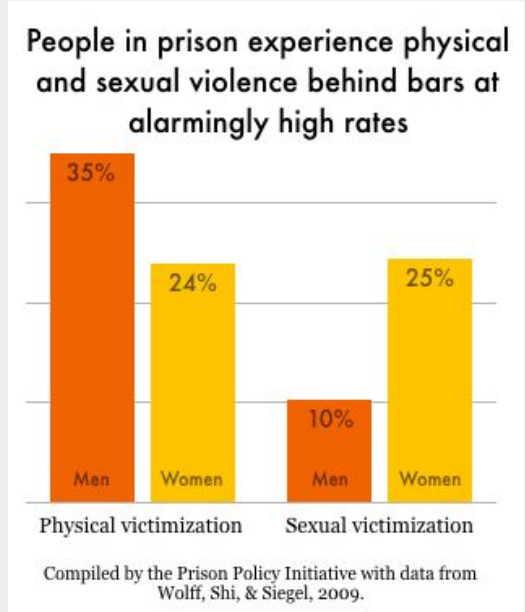
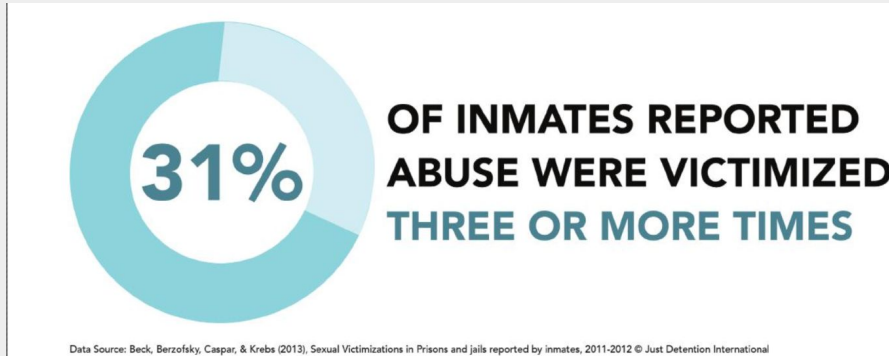
Signs and Symptoms of Trauma

- Agitation
- Irritability, emotional swings
- Anxiety, depression, fear
- Outbursts of anger
- Easily startled by noise or touch
- Sudden sweating and/or heart palpitations
- Flashbacks—re-experiencing the trauma
- Difficulty concentrating
- Difficulty trusting
- Self-blame, guilt or shame
- Feeling disconnected or numb

The prevalence of trauma is much higher among individuals in prison and jail

The lifetime prevalence of posttraumatic stress disorder (PTSD) ranges from **6.1 to 9.2 percent** in national samples of the **general adult population** in the United States

The lifetime prevalence of PTSD is **17.8% among male** inmates, and of **40.1% among female inmates**.



What is trauma-informed care?



Principles to Implement

SAFETY



**CREATING
AREAS THAT
ARE CALM AND
COMFORTABLE**

CHOICE



**PROVIDING AN
INDIVIDUAL
OPTIONS IN
THEIR
TREATMENT**

EMPOWERMENT



**NOTICIING
CAPABILITIES IN
AN INDIVIDUAL**

COLLABORATION



**MAKING
DECISIONS
TOGETHER**

TRUSTWORTHINESS



**PROVIDING
CLEAR AND
CONSISTENT
INFORMATION**



Strengths of Trauma Informed Care



EMPOWERMENT



SAFETY



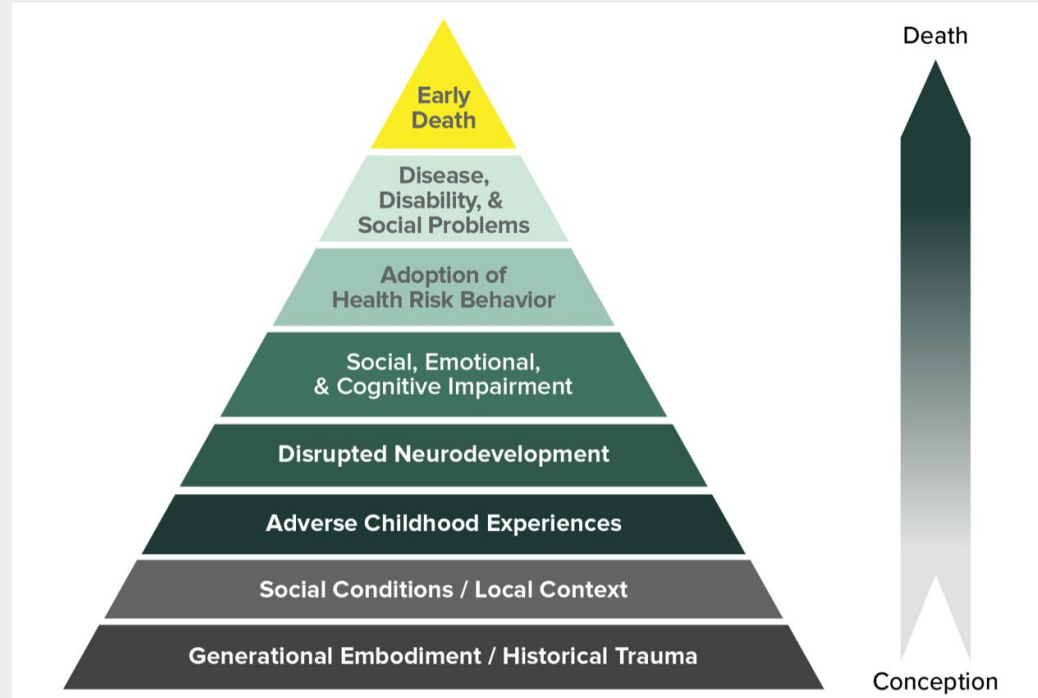
CONTROL



COMFORT

Health Consequences of Trauma

- Mental health conditions including anxiety, depression, PTSD, and suicide attempts
- Higher risk of chronic disease
- Trauma induces powerlessness, fear, and hopelessness, while also triggering feelings of shame, guilt, rage, isolation, and disconnection



Benefits after Re-entry

- Untreated trauma can hinder a smooth transition
- Improve health outcomes and treatment of medical problems
- Breakdown barriers to accessing healthcare



**How do you think
trauma can
impact someone's
healthcare
experiences?**



Generational Trauma



If trauma that prisoners experience is left untreated, this can become a catalyst for the recurring cycle of violence and trauma when reintegrated into society. Prisoners usually bear a pre-existing trauma stemming from intergenerational or historical roots.



Patient-Provider Relationship



Patient-Provider Relationship

- Feelings of physical and psychological safety are critical
- Promotes patients to continue seeking care
- Takes time to develop
- Awareness of individual, interpersonal and historical trauma
- Provider–patient interactions do not re-traumatize individuals



Addressing Trauma and Building Trust

- **Screen and recognise** *traumatic experiences*
- **Respond:** using a patient-centered communication model.
- **Minimize suffering and promote resilience:** by providing emotional safety
- **Reference:** by referring patients to a specialized services

Trauma Informed Care in OB GYN Settings



OBGYNs should become familiar with the trauma-informed model of care and pay close attention to avoiding stigmatization



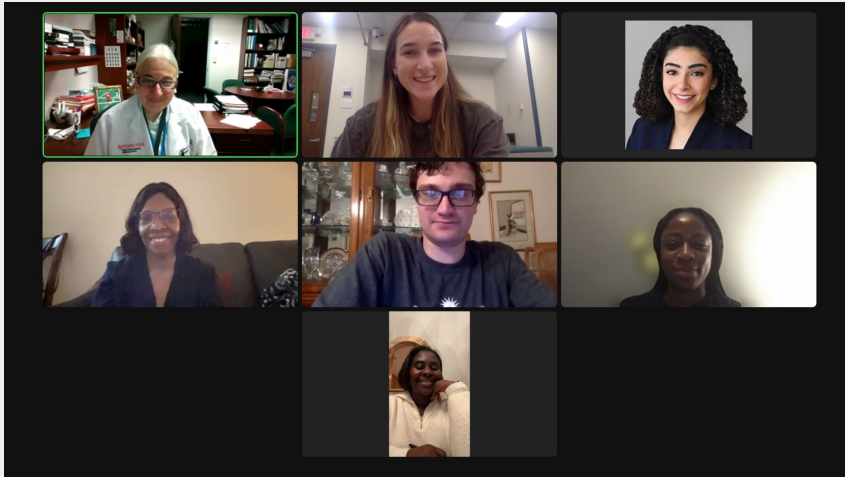
Obstetrician–gynecologists may provide trauma-related care, specifically related to sexual abuse and assault

**What is
further
being done
in your
community?**



The NJ Commission on Women's Reentry

- Developing proper templates of care to further support their transition back into society.
- Working to ensure the provision of constitutionally guaranteed healthcare services and access to trauma-informed behavioral care, and develop systems to prevent the further traumatization



Members of the NJ
Commission on Women's
Reentry Health Committee
having a research meeting

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