

A Women's Diversion Program for Trauma Survivors

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Why a Women's Program?

- High rates co-occurring MH & SA
- 57% women in prison report a history of abuse
- Especially high rates of trauma among SA
- National recognition that gender-specific programs have better outcomes
- Women's Service Treatment Improvement
- Trauma Center of Excellence

Program Components



Location

- Both Hartford and New Britain / Bristol programs are housed within their respective local mental health authorities (LMHA), not court
- Once these women become a client of the agency, JDW staff have the ability to refer internally and the clients have easier access to services
 - Example: Psychiatry, Vocational Services, Respite Beds, Supported housing programs, Spanish Speaking Substance Abuse programs, General Outpatient services, Children Services

Eligible Defendants

- Adult Women 18+
- Past / Present history of Alcohol and/or Drug Use
- History of physical, emotional, sexual abuse
- Psychiatric Disorders due to extreme stress
- At risk for incarceration (pending pre-trial cases, probation, parole)

Staff

- Staff is comprised of program coordinator, clinician (s), and case managers
- Both programs have one Bilingual (Spanish speaking) clinician
- Experience / background in working with chronic, dually diagnosed clients
- Duration of the program is 3-6 months

Staff Responsibilities

- Attending court daily
- Interview all female arraignments
- Propose diversion to court
- Intake assessments
- Individual therapy
- 3-5 groups per week
- Intensive case management, outreach, and support
- Attending court with clients as needed
- Communication, with client permission, to court staff, probation, parole, and Department of Corrections, local Police Department
- Crisis management
- Referrals to increased LOC, as needed

Staff Training

- Motivational Enhancement Therapy (MET)
- Trauma Recovery Empowerment Model (TREM)
- Trauma for Adaptive Relationships, Growth Empowerment after Traumatic Stress (TARGET)
- Dialectical Behavior Therapy (DBT)
- Wellness Recovery Action Plan (WRAP)
- Covington Model
- Cultural Competency Training
- Substance Abuse Trainings
- Gender Specific Training

Intensive Case Management

- Assistance with basic needs
- Outreach and engagement
- Multiple domains
 - Health, mental health, substance use
 - Economic stability (work & income, benefits, budgeting, debt)
 - Legal (both civil & criminal)
 - Parenting & family
 - Self-care
- Move toward greater independence

Women in Recovery

- Women trauma survivors
 - respond poorly to confrontation
 - Need positive relationships
 - Need healthy role modeling
- Support in escaping abusive and controlling relationships
- Self-soothing behaviors and coping skills
- Program is designed to focus on the “whole” person (spirituality, parenting, addiction and recovery, maladaptive behaviors, empowerment)

Program Enhancements

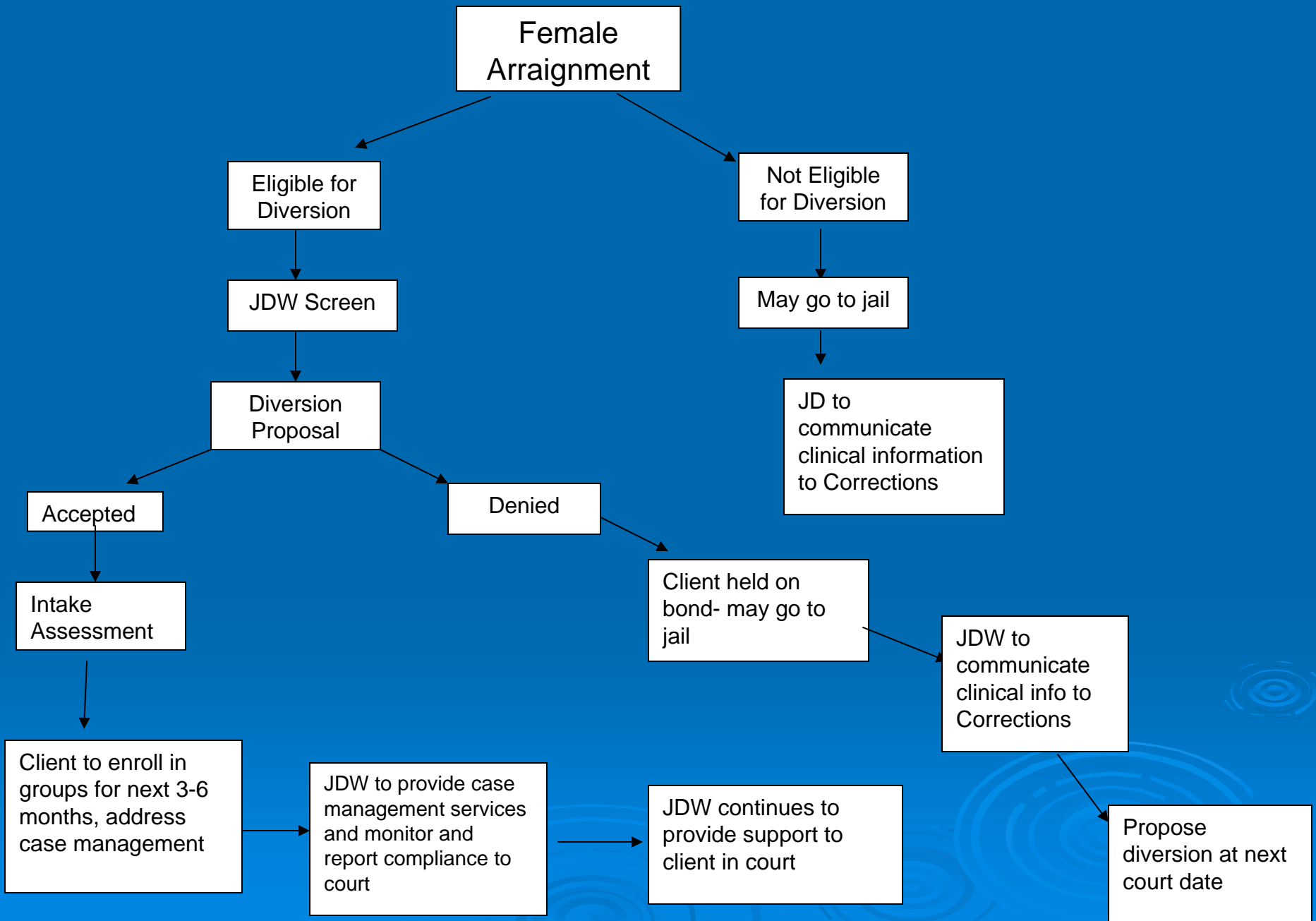
- Emergency Clothing
- Toiletries
- Tokens
- Shelter Bed
- Emergency Medications
- Incentive Program
- State Identification, Birth Certificates, etc.
- Food
- Hosted 2 Holiday Expo events
- Incentive Program

Gender-informed care

- Women's only services; staff are women
- Environment of safety, respect, dignity
- Focus on relationships
- Address trauma
- Emphasis on empowerment
- Strengths-based
- Improve socioeconomic condition
- Sense of community
- Use of spirituality & hope
- Role of mothers & motherhood

Addressing Trauma

- Trauma models used
 - TARGET (Julian Ford)
 - TREM (Harris & Fallot)
 - Seeking Safety (Najavits)
 - Women & Trauma (Covington)
- 3 principles in all major trauma models
 - Understanding of trauma impact
 - Feeling safe
 - “Grounding” techniques
- Trauma-informed services



Evaluation Methods

➤ Two parts to evaluation:

- *Process*
 - AVICTORY
 - Fidelity
- *Outcome*
 - Interview Data
 - Administrative Data

Process Evaluation

➤ AVICTORY

- Focus groups w/key stakeholders based on eight factor model of likelihood of organizational change

➤ Fidelity

- Motivational Enhancement Therapy (MET)
- Cultural Competence
- Intensive Case Management
- Gender Sensitivity
- Trauma Sensitivity

Fidelity

- Initially frequent meetings w/program staff
- Gradually reduced to monthly meetings
- Check list for each model component
- Case presentations by staff
- Discussion of fidelity items identifying strengths, weaknesses, obstacles, problem-solving, etc.
- Feedback report to program staff

Outcome methods

- Women admitted in program asked permission to contact at intake
- Interviewed w/in 7 days of intake
- ~45 minute interview w/informed consent & extensive future contact info
- Paid \$15 (\$5 bonus for keeping 1st appt)
- Interviewed 6 months and 12 months later

Interview content

➤ Information collected:

- Demographics (age, race, level of education)
- Employment and income
- Drug and alcohol use
- Family and living conditions
- Crime and criminal justice status
- Trauma history
- Mental and physical health problems
- Perceived Coercion

➤ Site-specific measures:

- Stress Reactions Checklist (trauma symptoms)
- Spiritual Well Being
- Hope Scale

Enrollment Information

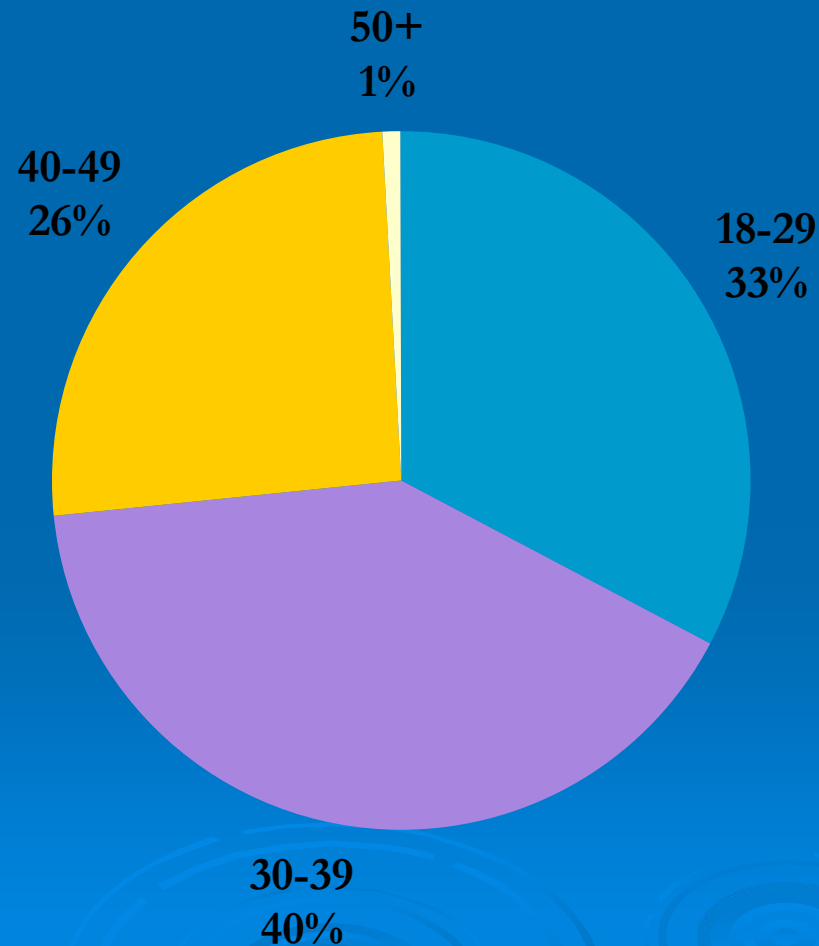
- # people screened = 1820
- # diversions proposed = 315
- # enrolled in program = 171
- # enrolled in evaluation = 129

- Discharge status
 - Successful = 52
 - Noncompliance = 33
 - Rearrested = 13
 - Referred out = 17
 - Case disposed = 5

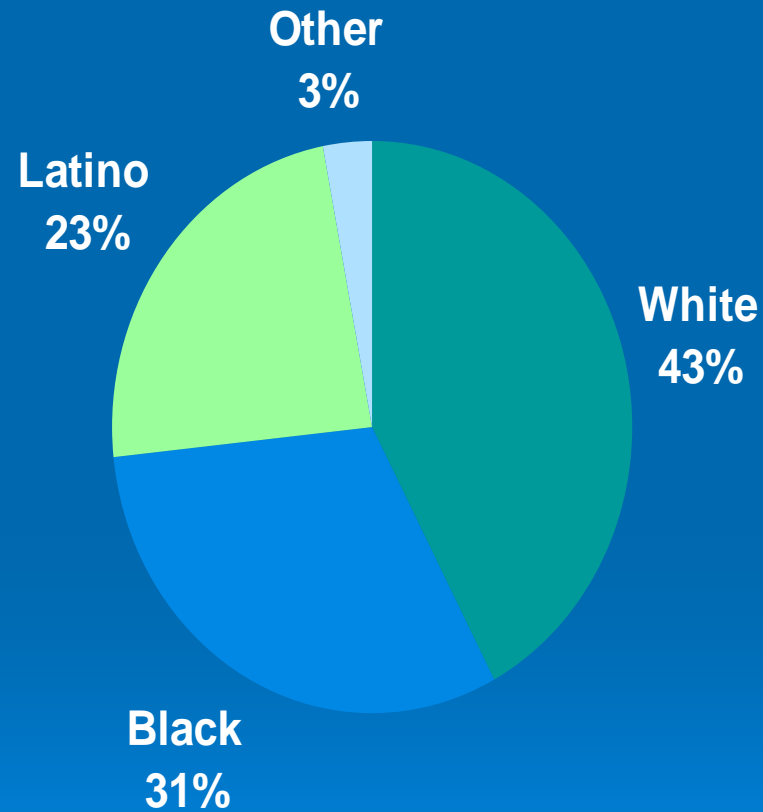
Population Characteristics

(N=128)

Age (mean = 34)



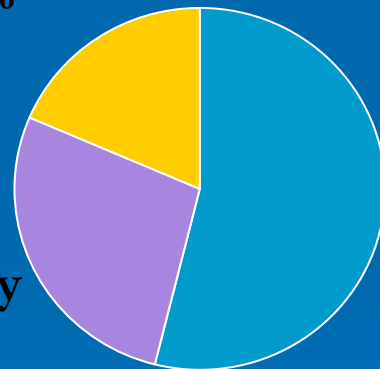
Race/Ethnicity



Charge Level-Target Arrest

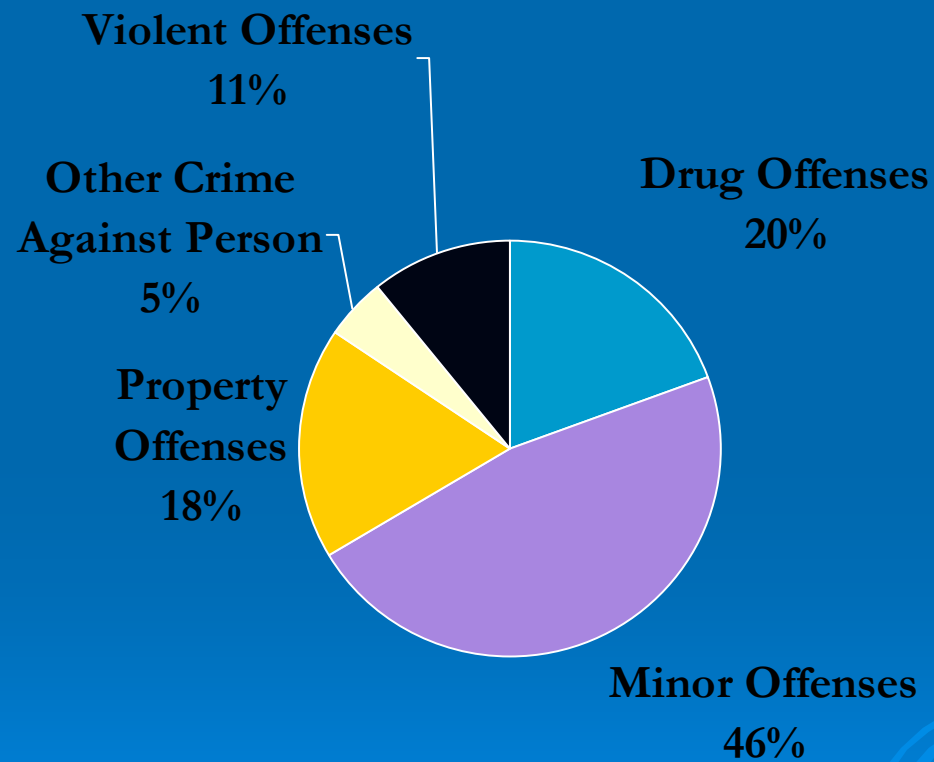
**Technical
Violation**
19%

Felony
27%

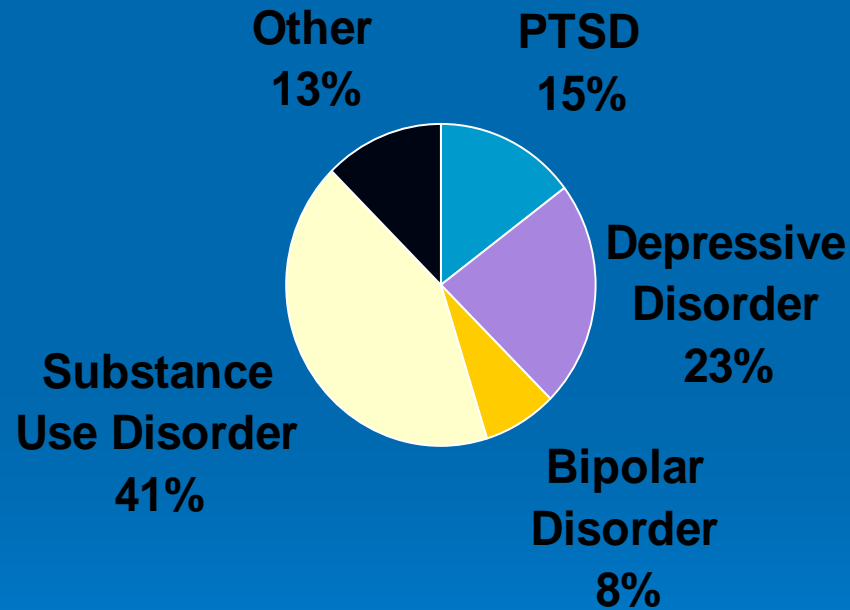


Misdemeanor
54%

Most Serious Charge-Target Arrest

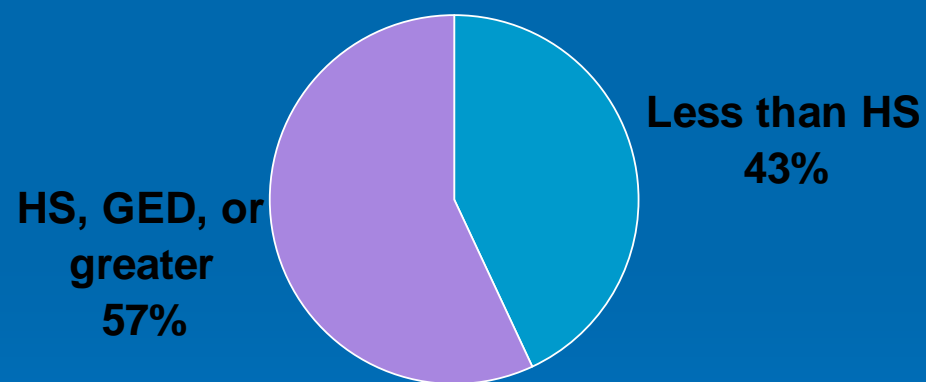


Primary Diagnosis (Upon Program Admission)



Education Level

(mean = 11 years)

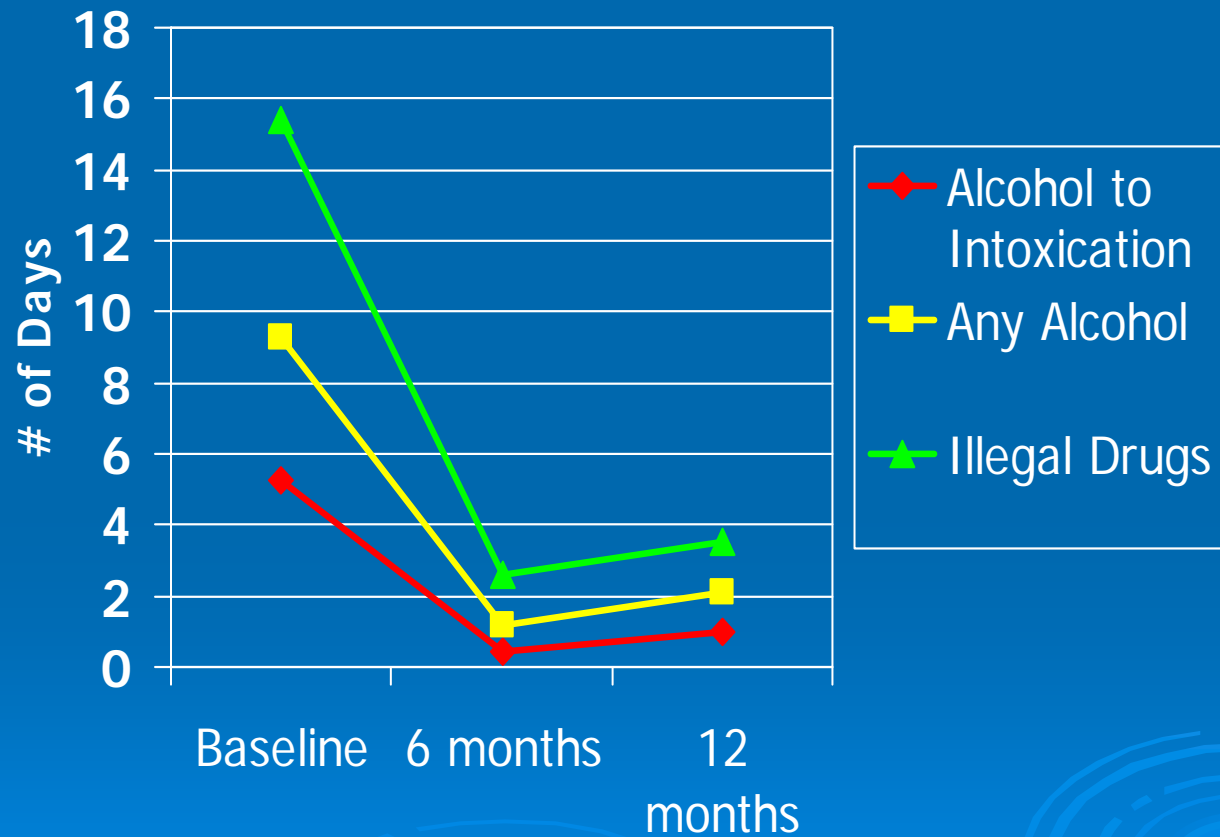


Trauma Prevalence



Outcomes Over Time

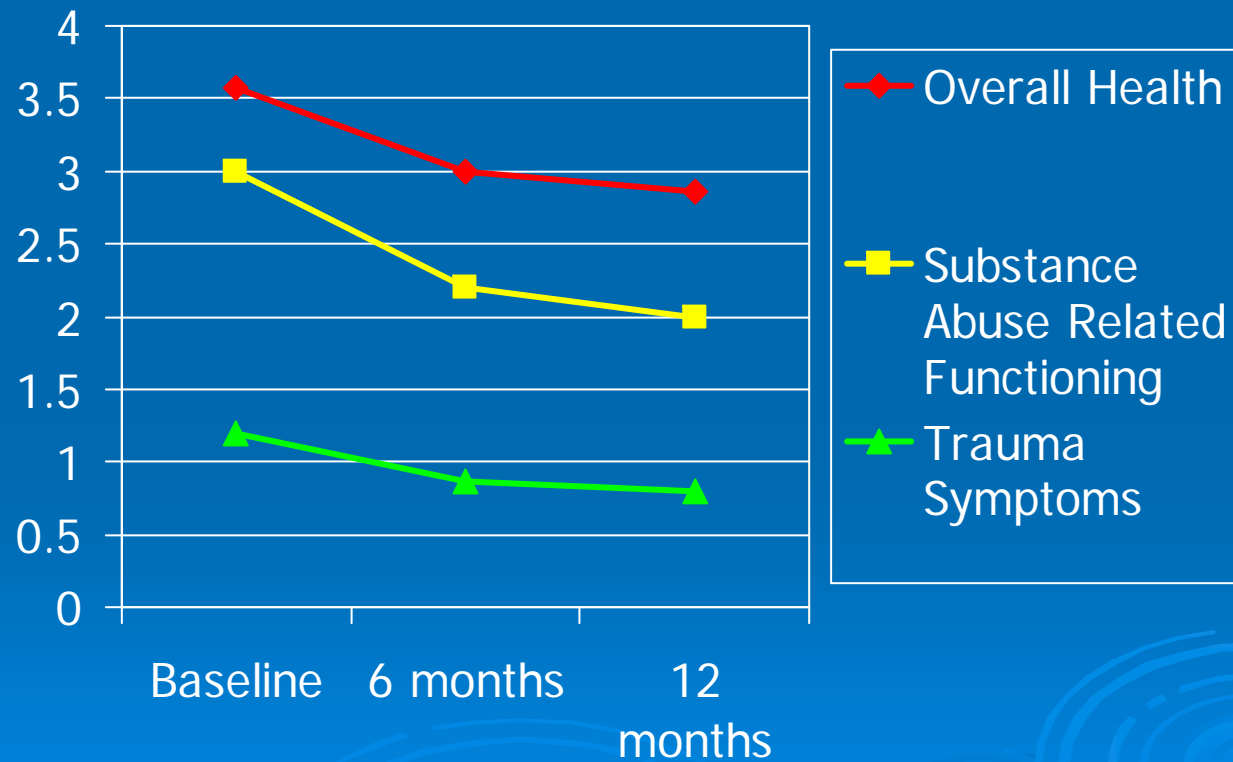
Substance Use in Past 30 Days



Outcomes Over Time

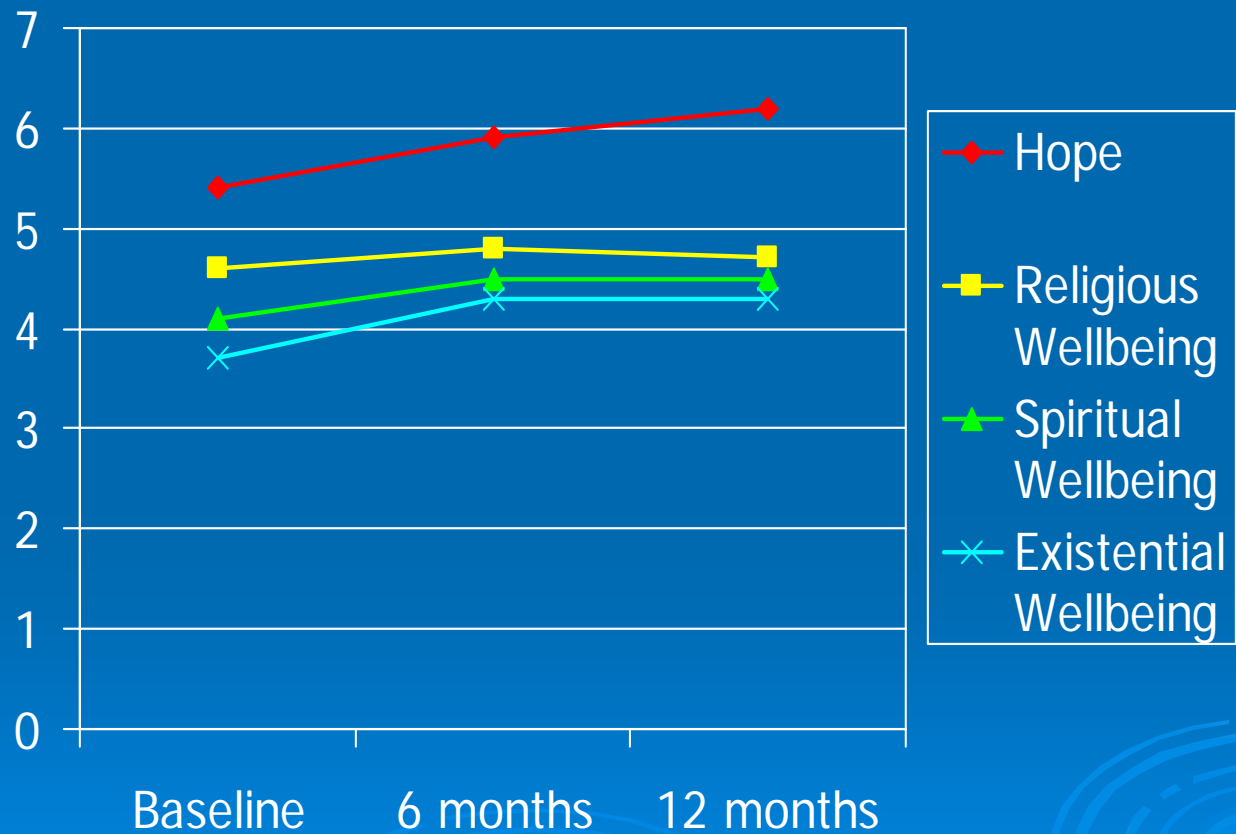
Health and Functioning

(Scale 0-5; Decreases indicate improved outcomes)



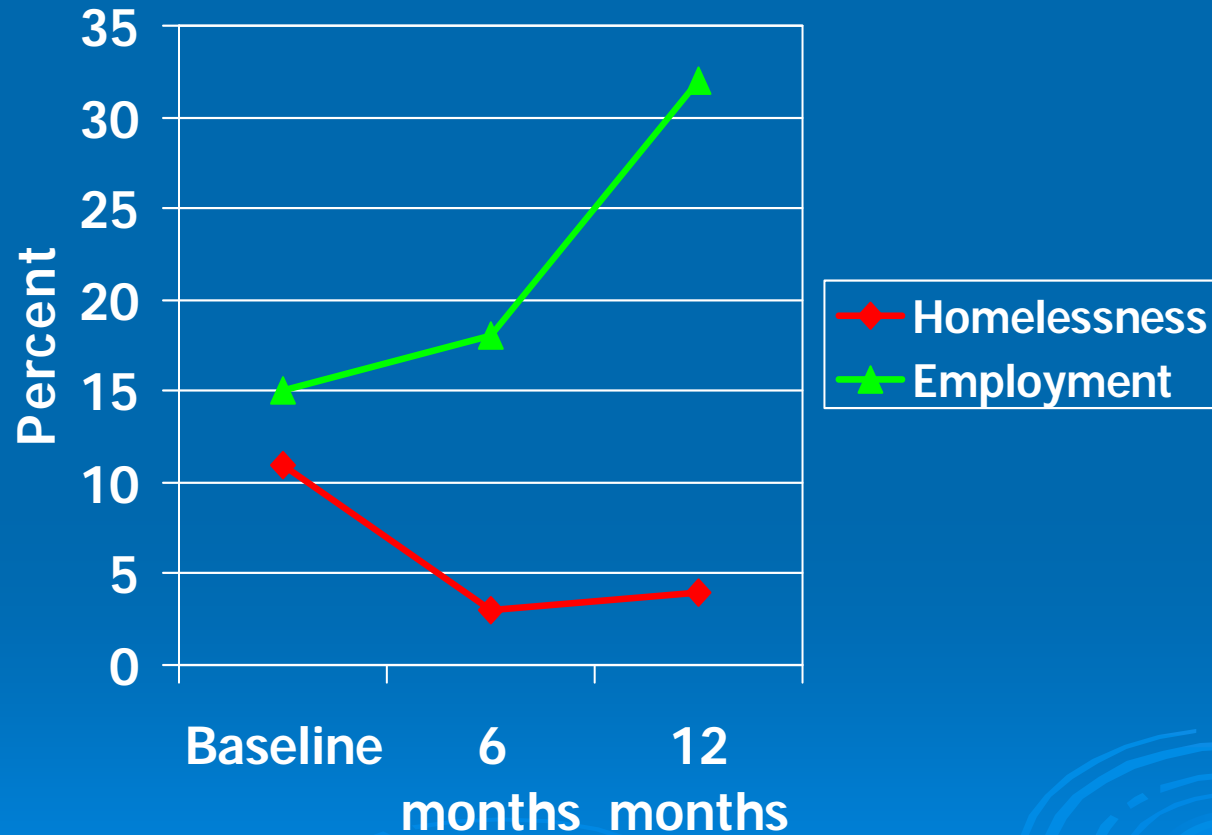
Outcomes Over Time

Site-Specific Outcomes



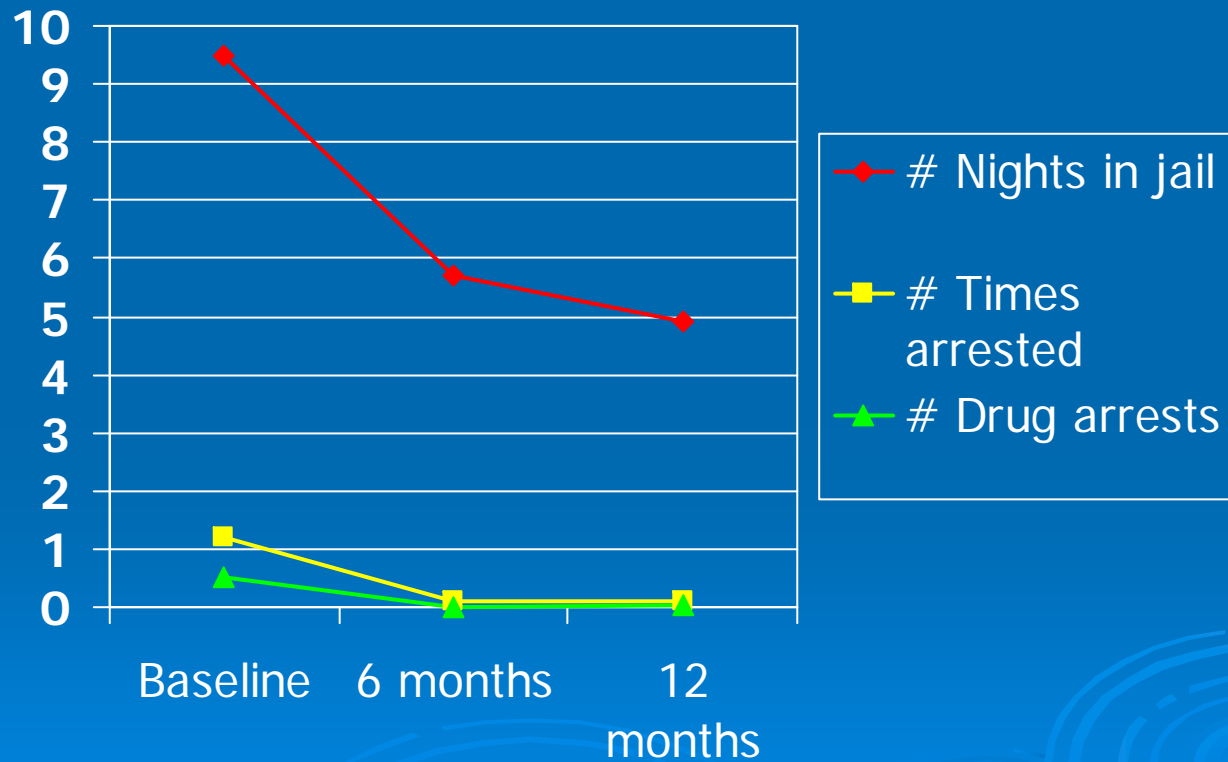
Outcomes Over Time

Homelessness and Employment

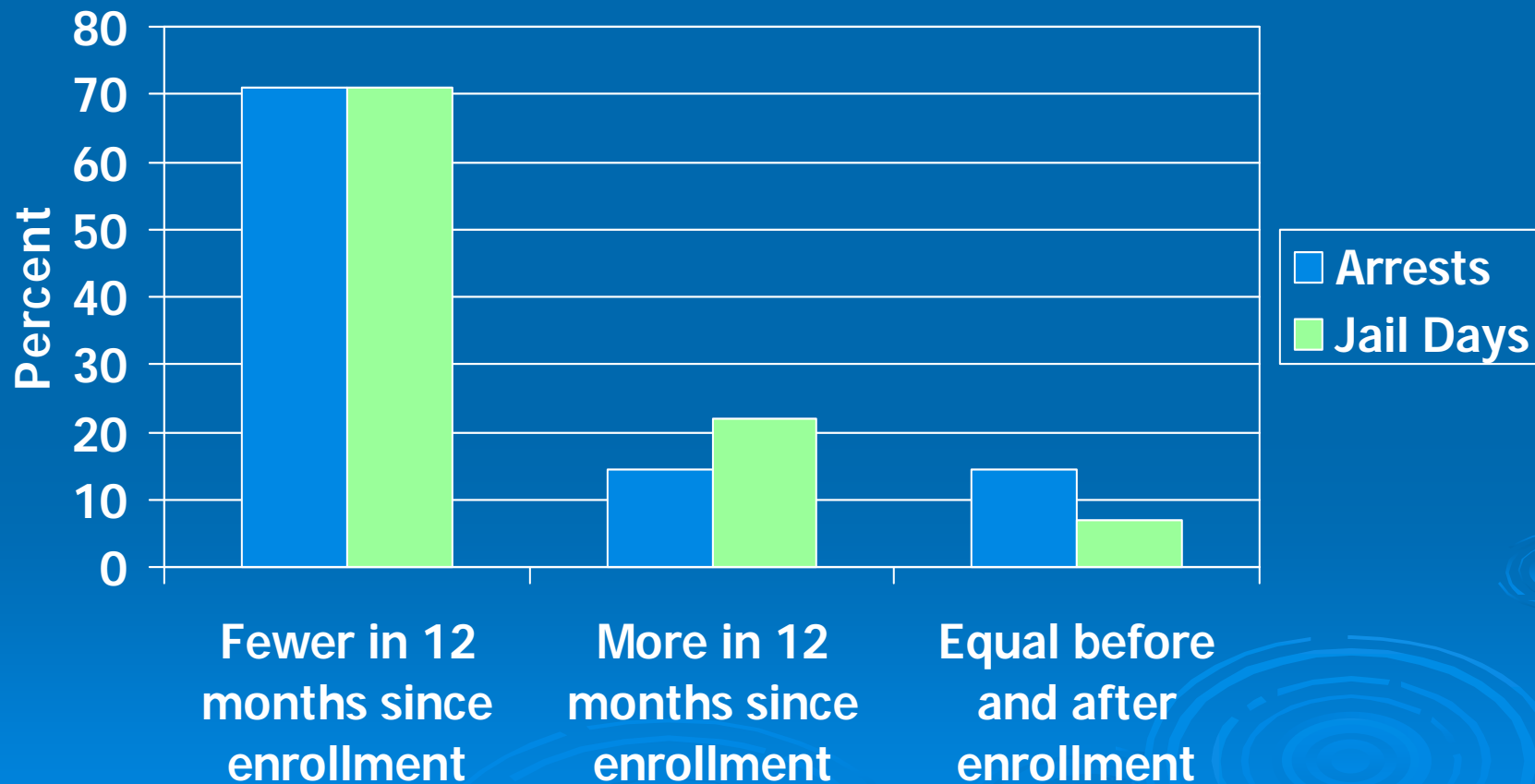


Outcomes Over Time

Criminal Justice Data (past 30 days)



Comparison of Criminal Justice Data 12 months pre-program enrollment vs. 12 months post-enrollment (N=55)



Conclusions

- Program participants made significant improvements in a number of areas, including:
 - Substance use
 - Physical and mental health
 - Trauma symptoms
 - Employment
 - Criminal justice involvement

- Effects appear to be lasting
 - Improvements maintained 12 months after program enrollment
 - # of arrests and jail days in 12 months after enrollment are significantly fewer than # of arrests and jail days in 12 months prior to enrollment

- Limitations of Study