Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Women Unbarred: 
Recovery and Supports for 
Women Involved with Criminal Justice
Deborah Werner, M.A., PMP

Deborah Werner, Project Director

SAMHSA’s TA and Training on Women and Families Impacted by Substance Abuse and Mental Health Problems
Logistics

- Your lines will be muted for the duration of the call.
- Today’s webinar is being recorded and will be posted online.
- If you experience technical difficulties, put a question in the question box.
- Content questions may also be submitted through the question box.
- To open the question box, click the go-to menu (the four small boxes on the right).
CEH Information

• NAADAC and NBCC CEHs are available for this webinar through the Addiction Technology Transfer Center Network (ATTC) Coordinating Office.

• To receive CEH credits, the webinar screen must be primary for the duration of the webinar.

• If you are watching with a group, email the names and email addresses of all those participating to GBH@ahpnet.com. Each person in the group must fill out the post-evaluation survey individually.
Join the Conversation

- During and after this webinar, join the conversation about Women Matter! and women’s addiction on Facebook and Twitter with the hashtag #womenmatter2015
Disclaimers

- This webinar is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the U.S. Department of Health and Human Services (DHHS).

- The contents of this presentation do not necessarily reflect the views or policies of SAMHSA or DHHS.

- This webinar should not be considered a substitute for individualized client care and treatment decisions.
Purpose of Women Matter!

SAMHSA created this series to:

• Build the workforce’s capacity to address the specific needs of women and provide gender-sensitive care; and

• Increase the national focus on, and understanding of, women’s unique substance use and co-occurring disorders while offering concrete resources about the specific recovery needs of women.
Women Matter! Webinars

- Women in the Mirror: Addressing Co-Occurring Mental Health Issues and Trauma in Women with Substance Use Disorders
- Women Connected: Families and Relationships in Women’s Substance Use and Recovery
- Women's Health, Wellness, and Recovery: An Introduction to Women’s Substance Use Disorders and Health
- Gender-Responsive Co-Ed Treatment and Recovery for Women
- Women Unbarred: Recovery and Supports for Women Involved with Criminal Justice
Today's Feature:

Women Unbarred: Recovery and Supports for Women Involved with the Criminal Justice System
Maureen Buell, M.S.

Correctional Program Specialist

National Institute of Corrections
Brenda Smith, J.D.

Brenda Smith, Professor
American University, Washington College of Law
Women Unbarred: Recovery and Supports for Women Involved with Criminal Justice

Maureen Buell, Correctional Program Specialist, National Institute of Corrections

Professor Brenda V. Smith, American University Washington College of Law

July 23, 2015
One out of every 109 adult women are under correctional supervision in the United States--more than 1 million.


Women comprised one-fourth of the probation population in 2013.

Women comprised 12% of the parole population in 2014.

From 2000 to 2010:

- Female arrests increased 11.4% vs. 5% decline for males.
- Women incarcerated in federal and state correctional facilities increased by 22%.
- A 25% increase for women sentenced to state or federal prisons.

Number of Incarcerated Women in State and Federal Prisons (estimate)

Rate of Incarcerated Women in State and Federal Prisons per 100,000 US Residents (estimate)

Why Are More Women in Prison Now?

- Mandatory prison terms for drug offenses.
- Parole revocation rates, for both new offenses (often drug use) and technical violations.
- Similar rates of increases for women in all corrections settings—jails, prisons, and community corrections.
- Immigration detention
Women as Offenders

Women under correctional supervision in 2009 (85 percent) were more likely than men (66 percent) to be supervised in the community on probation or parole.

Women’s Crimes

- Nearly 35% of the women sentenced to state prison in 2009 committed violent crimes, 30% committed property crimes, and 25% were sentenced for drug offenses.

- Compare these numbers to the profile of males in prison: 54% of men were in prison for violent crimes, 18% for property crimes, and 17% for drug crimes.

Gender-Related Differences

- Women often enter criminal justice differently than men.

- Women’s engagement in criminal behavior is often rooted in their relationships with others.
<table>
<thead>
<tr>
<th>Dimension</th>
<th>Women</th>
<th>Men</th>
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<tbody>
<tr>
<td>Victimization and Abuse</td>
<td>57% past histories of abuse</td>
<td>6–13% physical abuse</td>
</tr>
<tr>
<td></td>
<td>32–47% physical abuse</td>
<td>2–6% sexual abuse</td>
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<tr>
<td></td>
<td>22–39% sexual abuse</td>
<td></td>
</tr>
<tr>
<td>Mental Illness</td>
<td>73% report mental health problems; 23.6% diagnosed</td>
<td>55% report mental health problems; 15.8% diagnosed</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>60% have a history of substance abuse</td>
<td>53% have a history of substance abuse</td>
</tr>
<tr>
<td>Primary Caretakers of Children and Families</td>
<td>66% are parents of minor children</td>
<td>Less likely to serve as primary childcare provider</td>
</tr>
<tr>
<td>Poverty and Economic Marginalization</td>
<td>50% unemployed prior to incarceration</td>
<td>30% unemployed prior to incarceration</td>
</tr>
</tbody>
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Mental Health and Substance Abuse: Before, During, and After Incarceration

Before:
• Half of all incarcerated women were treated for substance abuse or mental health issues before incarceration.

During:
• Many incarcerated women (30-45%) met the criteria of seriously mentally ill, substance use disorder, and/or post-traumatic stress disorder within the past 12 months.
• One quarter of incarcerated women “reported severe functional impairment” in the last year.

After:
• These past and present traumas and mental illnesses are amplified after release when support for the former inmate terminates.

Multiple Vectors of Abuse Create Ongoing Trauma

Childhood Abuse

Intimate Partner Abuse

Institutional Victimization
Women Offenders and Trauma

- Female inmates had higher rates of mental health problems than male inmates (73 percent of females versus 55 percent of males in state prisons).

- Nearly 8 in 10 female inmates who are mentally ill reported physical or sexual abuse.

- Nearly 6 in 10 women in state prisons had experienced physical or sexual abuse in the past. And 69 percent reported that the assault occurred before age 18.

Victimization in Prison

- In 2012, 4% of state and federal prison inmates and 3.2% of jail inmates reported sexual victimization by a staff member or another inmate in the last 12 months.
- In the same year, victimization of women was almost four times higher than that of men, despite the fact that women represent only 7% of the prison and jail population.

Institutional Sexual Victimization

Sexual Victimization Reported by Adult Correctional Authorities, 2007-8 Substantiated Incidents of Sexual Abuse

<table>
<thead>
<tr>
<th>Gender</th>
<th>Inmate on Inmate Abuse</th>
<th>Staff on Inmate Abuse</th>
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<tbody>
<tr>
<td></td>
<td>Non-Consensual Sexual Conduct</td>
<td>Abusive Sexual Contacts</td>
</tr>
<tr>
<td>Male</td>
<td>92%</td>
<td>62%</td>
</tr>
<tr>
<td>Female</td>
<td>8%</td>
<td>38%</td>
</tr>
</tbody>
</table>

Victims
Questions and Discussion

Women Matter!
An Introduction to Women, Addiction, and Recovery
“Includes the creation of an environment—through site selection, staff selection, program development, and program content and material—that reflects an understanding of the realities of females’ lives and that addresses and responds to their challenges and strength.”

Women are a fast-growing criminal justice population and pose a lower risk to public safety than their male counterparts.

The costs of overly involving women in criminal justice are high and often not warranted by the lower levels of risk they pose.
Gender Matters

- Current policy and practice is *developed, implemented, and monitored* with the risk and needs of majority population (males) and does not reflect risk and needs of justice-involved women.
Gender Matters

Systems are often unprepared to work effectively with the population of female inmates.
Gender Matters

- Women have significant histories of sexual victimization and trauma, which impacts criminal justice involvement, correctional behavior, and supervision in community.
Incarceration and community re-entry are particularly challenging for mothers due to their responsibility for minor, adolescent, and teenage children.
Gender Matters

Evidence-based and gender-responsive principles can improve outcomes with women.

- What is predictive for women can sharpen our interventions on behalf of women.
- Addressing women’s needs that inform risk.
- Building upon strengths that can support success contributes to improved outcomes.
Risk Factors for Women Offenders

GENDER NEUTRAL RISK FACTORS

- Criminal history
- Antisocial attitudes
- Antisocial associates
- Educational challenges
- Employment/Financial
- Family conflict
- Substance abuse history
- Dynamic substance abuse
- History of mental illness

GENDER RESPONSIVE RISK FACTORS

- Mental health history
- Depression symptoms
- Psychotic symptoms
- Child abuse (institutions)
- Relationship conflict
- Family conflict
- Parental stress
- Housing safety
- Adult victimization (sample variations)
- Strengths (self-efficacy, self esteem, family support, educational, and financial)

Why be gender responsive?

- In order to achieve the same outcomes that criminal justice systems want for all offenders and for our communities:
  - Safer communities: Promote law abiding behavior and reduce recidivism.
  - Harm reduction: Improve the physical, social, and economic well-being of women, their children, and families.
### Critical Information to Collect when Assessing Women Offenders

1. History of abuse
2. Relationship status/issues
3. Self efficacy/self esteem
4. Mental health (particularly depression, anxiety, PTSD)
5. Parental stress (number of children, current arrangements, issues sense of competency in managing children)
6. Level of family support or conflicts
7. Financial status/poverty
8. Safety concerns (personal safety from violence/abuse)
9. Strengths and protective factors

Questions and Discussion

Women Matter!
An Introduction to Women, Addiction, and Recovery
Complex Problems

Multi-System Involvement

- Addiction Services
- Trauma Services
- Courts
  - Probation
  - Child Abuse and Neglect
  - Victim Services
- Parole
- Registration
- Welfare/Employment
- Children’s Services
Implications of Gender-Responsive Strategies

- Use Evidence Based Principals (EBP) and Gender-Responsive (GR) research to inform development of tools and interventions.
- Target women’s risk factors.
- Recognize lower risk levels women generally present.
- Create safe, supportive, respectful, and dignified environments.
- Avoid re-traumatization, assure that interventions are trauma informed.
Implications of Gender-Responsive Strategies

- Recruit staff with interest and knowledge to work with women.

- Cross train staff regarding trauma-informed approaches, relationships, risk, mental health.

- Acknowledge how relationships affect women’s lives:
  - Motivations, children, dysfunctional relationships, re-entry issues.

- Build partnerships with community organizations to establish multidimensional, wraparound services.

Source: Bloom, Owen, Covington, 2003
Gender-Responsive Engagement

Listen—what do women say they need to be successful?

• Is there access to legal assistance and transportation?

• Is proposed housing safe and does it accommodate children?

Link ASAP to substance abuse and mental health treatment for continuity

• Are job opportunities available through which women can earn a living wage?
Gender-Responsive Perspective

- Be trauma informed; understand the significant backgrounds of trauma and abuse.

- Establish trust and a respectful relationship; listening helps a woman in her recovery.

- Recognize the woman’s strengths and achievements.

Desired Outcomes

- Reduce recidivism though risk reduction.
- Reduce the number of minimum, low-risk women sentenced to jails and prisons.
- Slow down the revolving door of returns to incarceration.
- Address risks and needs while attending to strengths.
- Reduce the need for justice interventions.
## Suggested Areas for Improving Outcomes

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<tr>
<th>Area</th>
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<tbody>
<tr>
<td>Assessment tools validated on women</td>
</tr>
<tr>
<td>Increased use of community sanctions vs. incarceration</td>
</tr>
<tr>
<td>Incorporate trauma-informed practices</td>
</tr>
<tr>
<td>Assist women in building healthy, supportive relationships</td>
</tr>
<tr>
<td>Staff training</td>
</tr>
<tr>
<td>Correctional staff model professional communication and actions</td>
</tr>
<tr>
<td>Address barriers to effective transition to community living</td>
</tr>
<tr>
<td>Address responsibility for children in policy &amp; practice</td>
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</tbody>
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Gender-Responsive Programs that Work to Reduce Recidivism

- **Moving On** (Van Dieten) (evaluated)  
  [http://www.uc.edu/content/dam/uc/womenoffenders/docs/MOVING%20ON.pdf](http://www.uc.edu/content/dam/uc/womenoffenders/docs/MOVING%20ON.pdf)

- **Women Offender Case Management Model** (National Institute of Corrections) (evaluated)  
  [http://static.nicic.gov/Library/025927.pdf](http://static.nicic.gov/Library/025927.pdf)

- **Forever Free** (California Institute for Women)  
  - Implements the Center for Substance Abuse Treatment (CSAT) guide for treating women offenders (Kassebaum, 1999).  
  [https://www.ncjrs.gov/pdffiles1/Digitization/152194NCJRS.pdf](https://www.ncjrs.gov/pdffiles1/Digitization/152194NCJRS.pdf)

- **Beyond Violence – A Prevention Program for Criminal Justice-Involved Women** (Covington)

* National Registry of Evidence-Based Programs and Practices  [www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)
Other Gender-Responsive Approaches and Curricula

- **Motivational Interviewing** (Miller/Rollnick)*
  http://motivationalinterviewing.org/

- **Nurse-Family Partnership** (NFP)*
  http://www.nursefamilypartnership.org/

- **Seeking Safety** (Najavits)*
  http://www.treatment-innovations.org/seeking-safety.html

- **Boston Consortium Model: Trauma-Informed Substance Abuse Treatment for Women***

* National Registry of Evidence-Based Programs and Practices  www.nrepp.samhsa.gov
Other Gender-Responsive Approaches and Curricula

- Helping Women Recover (Covington)*

- Trauma Recovery and Empowerment Model (TREM)*

- Beyond Trauma: A Healing Journey for Women (Covington)*

- Healing Trauma: Strategies for Abused Women (Covington)

- Dialectical Behavioral Therapy* (Linehan)

*National Registry of Evidence-Based Programs and Practices [www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)
Helpful Websites

- National Institute of Corrections
  www.nicic.gov/womenoffenders

- NIC/WCL Project on Addressing Prison Rape
  https://www.wcl.american.edu/endsilence/

- National Resource Center for Justice Involved Women
  www.cjininvolvedwomen.org

- Center for Gender and Justice
  www.centerforgenderandjustice.org

- Women’s Prison Association
  www.wpaonline.org

- University of Cincinnati
  www.uc.edu/womenoffenders
Introduction to Women with SUDs online course
http://healtheknowledge.org/
Selected SAMHSA Resources

- Women Children and Families Training and Technical Assistance Site

- Introduction to Women and Substance Use Disorders online course
  [http://www.healtheknowledge.org](http://www.healtheknowledge.org)

- National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint (NCTIC)
  [http://www.samhsa.gov/nctic](http://www.samhsa.gov/nctic)

- TAP 23: Substance Abuse Treatment for Women Offenders
Selected SAMHSA Resources

- TIP 44: Substance Abuse Treatment for Adults in the Criminal Justice System

- TIP 51: Substance Abuse Treatment: Addressing the Specific Needs of Women
  http://store.samhsa.gov/shin/content//SMA14-4426/SMA14-4426.pdf

- Treatment Drug Courts: Integrating Substance Abuse Treatment with Legal Case Processing

- GAINS Center for Behavioral Health and Justice Transformation
  http://www.samhsa.gov/gains-center

- Emerging Issues in Behavioral Health and the Criminal Justice System
Other Selected Resources

• National Online Resource Center on Violence Against Women, Teen Dating Violence Special Collection
  http://www.vawnet.org/special-collections/TDV.php

• Futures without Violence
  http://www.futureswithoutviolence.org

• Gendered Justice: Women in the Criminal Justice System
Announcements

- Please complete a brief satisfaction survey at: https://www.surveymonkey.com/r/WomenUnbarred

- You will receive an email from Go to Webinar in the next hour that contains this link. It is also available in the chat box.

- The survey will be available for completion until Wednesday, July 30. If you are seeking CEU credits, you must complete it by close of business on that day.

- All qualified attendees for today’s training will receive an email with instructions for obtaining your certificate of attendance by August 13.
Thank you!!!

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