We’re all in this Together!

Dan Griffin, Colorado 2015
I am he
as you are he
as you are me
and we are *all together*.

- The Beatles
THANK YOU.....
The Story of the Starfish
What if there were no Drug Recovery Courts?

- More than 50% of violent crimes
- 60-80% of child abuse and neglect cases
- 50-70% of theft and property crimes
- 75% of drug dealing

What if there were no Drug Recovery Courts?

11 million people pass through American jails each year

- 46% were on probation/parole at the time of arrest
- 41% had current or prior violent offenses
- 46% were nonviolent repeat offenders
- 13% had a current or prior drug offense only.
- 77% of convicted jail inmates were alcohol or other drug-involved at the time of their current offense. ([www.ojp.usdoj.gov/bjs/pub/pdf1pjio2.pdf](http://www.ojp.usdoj.gov/bjs/pub/pdf1pjio2.pdf))

2002 data
What if there were no Drug Recovery Courts?

- In 2008, there were 7.3 million people in prison or jail or on probation or parole. That is 1 in 31 adults in the U.S.
- 93% of all people that are incarcerated are men.

(Mauer, 2009)
What if there were no Drug Recovery Courts?

Men of color are extremely over-represented in the criminal justice system, particularly as a result of the “drug war”

- 1 in 9 black men are behind bars
- If this trend continues, “one of every three black males born today will go to prison in his lifetime, as will one of every six Latino males”
What if there were no Drug Recovery Courts?

- Rolling Stone, November 2012: More than 80,000 inmates in long-term solitary confinement

- WHY?
  - Many not convicted of any crime in prison
  - Possession of contraband or assaults w/ no serious harm

- 50% - mentally ill or cognitively impaired
What if there were no Drug Recovery Courts?

- The overwhelming majority of men in prison or on probation or parole are drug offenders:
  - From a figure of about 40,000 people incarcerated in prison or jail for a drug offense in 1980, there has since been an 1100% increase to a total of 500,000 today. To place some perspective on that change, the number of people incarcerated for a drug offense is now greater than the number incarcerated for all offenses in 1980.
  - 11% of those who need treatment receive it.
  - Those who receive treatment often do not receive any community-based services when they transition.
What if there were no Drug Recovery Courts?

- 2010 CASA report “Behind Bars II”:

* The criminal justice system is the primary catchment area for addicts
* Every dollar spent on treatment for offenders results in a $12 savings in related costs
* Treatment services delivered in correctional facilities have positive effects on prisoner behavior in general and staff morale
What if there were no Drug Recovery Courts?

- Recent GAO Report

- Thousands waiting for drug treatment in federal prison – for months, even years

- 51,000 on waiting list for basic drug education programs
AND YET......
What Happens to the Ones We Save?
Recovery!
How do you know someone is in recovery?
Recovery from alcohol and other drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life.

Source: CSAT National Summit on Recovery, 2005
Recovery

- 3 to 5 years stabilization
- Acceptance of disease and personal responsibility for self-care
- Psychological
- Behavioral
- Neurological
- Mutual Support Groups
Recovery – Stages of Change
Hard A#$ Work...
ALWAYS REMEMBER: For the majority of your participants, most of their HARD WORK is still AHEAD of them when they graduate.
The Three-Legged Stool of Recovery

ADDICTION

MENTAL HEALTH

TRAUMA
What is Trauma?
What Is Trauma

“The person’s **response** to the event must involve intense fear, helplessness or horror (or in children, the response must involve disorganized or agitated behavior).” (American Psychiatric Assoc. [APA] 2000, pg. 463)
Process of Trauma

TRAUMATIC EVENT
Overwhelms the Physical & Psychological Systems
Intense Fear, Helplessness or Horror

RESPONSE TO TRAUMA
Fight or Flight, Freeze, Altered State of Consciousness, Body Sensations, Numbing, Hyper-vigilance, Hyper-arousal

SENSITIZED NERVOUS SYSTEM
CHANGES IN BRAIN

CURRENT STRESS
Reminders of Trauma, Life Events, Lifestyle

PAINFUL EMOTIONAL STATE

RETREAT
ISOLATION
DISSOCIATION
DEPRESSION
ANXIETY

SELF-DESTRUCTIVE ACTION
ADDICTIVE DISORDERS
EATING DISORDER
DELIBERATE
SELF-HARM
SUICIDAL ACTIONS

DESTRUCTIVE ACTION
AGGRESSION
VIOLENCE
RAGES

*Source: Stephanie Covington Copyright © 2015 Griffin
The Theory of Trauma

- “Big T” and “Little T” trauma
- Complex PTSD
  - Attachment
  - Layered trauma
- Iatrogenic Trauma
Reactions

- Trauma is the residue of an experience
- Trauma lives in the body → Fight, Flight
  - FREEZE
- Trauma survivors move through life “out of rhythm” – physically, cognitively, emotionally, and socially.
Trauma and the Brain

Trauma disrupts the chemistry of the brain and can predispose people to alcohol and drug use, eating disorders, self-injurious behaviors, and mental health problems.

When trauma occurs in childhood, it can have lasting effects on brain development.
Trauma

Childhood trauma frequently involves:

- Abuse
- Neglect
- Abandonment
- Betrayal

By someone who is supposed to: 

love and protect.
The Theory of Trauma

- A gender-informed framework
- A fundamental belief that trauma is pervasive in men and women’s lives and there are gender differences in:
  - How men and women experience trauma
  - How men and women respond to trauma
  - How men and women exhibit the symptoms of trauma-based disorders
  - How men and women heal from trauma
Trauma-Informed Responses & Criminal Justice Interventions

**Trauma-Informed**
- Structure
- Consistency
- Predictability
- Safety
- Therapeutic
- Healing and Growth
- Collaborative
- Responsive
- Exploration
- Empowerment
- Trust
- Mutuality
- Flexible

**Criminal Justice**
- Structure
- Consistency
- Predictability
- Accountability
- Punitive
- Behavioral Correction
- Directive
- Reactive
- Restriction
- Deterrence
- Fear
- Hierarchy
- Rigid
Triggering

A crucial element of successful treatment involves attention to the following components of a person’s experience (Harris & Fallot, 2001):

- Boundary violations (professional staff)
- Lying and breaking integrity
- Chaotic treatment environment
- Lock-step rigid agency policies that do not allow a person to have what they need
- Agency dysfunction
Triggering

- Disruption in routines
- Secrets in the group
- Not listening to the person
- Not believing their account of the abuse
- Labeling intense rage and other feelings as pathological
- Minimizing, discrediting or ignoring the person’s responses
- Conducting urinalysis in a non-private and disrespectful manner
Do Your OWN Work

- Team Members attend Alanon (or start their own meeting)

- Be respectful in how you talk about alcohol and “partying” in front of clients

- Look at your own alcohol and other drug use

- Get counseling *when* your own issues are often being triggered

- Deal with YOUR trauma
Deal with YOUR trauma
We are a traumatized field, working with traumatized clients, sending them to a traumatized recovery community.
We are more alike, my friends, than unlike.

- Maya Angelou
Stillwater Prison, MN
Trauma

Childhood trauma frequently involves:

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- Neglect
- Abandonment
- Betrayal

By someone who is supposed to: 

love and protect.
Post Traumatic Stress Disorders
Impact on Adult Relationships:

- Avoidance of intimate relationships
- Serial sexual relationships
- “Co-Dependent” relationships
- Abusive & violent relationships
Do You Think You’re Here by Accident?

“There are more things in Heaven and Earth than are dreamt of in your philosophies.”
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