

Beyond Response:
Preventing Sexual Abuse Behind Bars

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11:00am-12:30pm Pacific



Welcome




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JDI's Mission

JDI is a health and human rights organization that seeks to end sexual violence in all forms of detention.

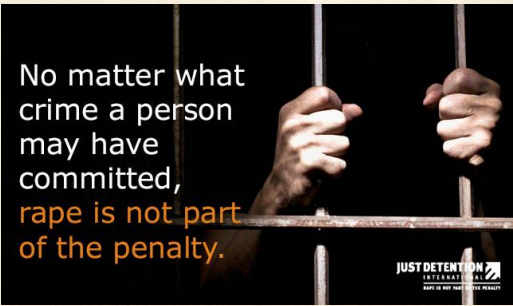


JDI's Core Goals

1. To hold government officials accountable
2. To change public attitudes about sexual violence behind bars
3. To ensure survivors get the help they need



JDI's Core Belief



Special Thanks

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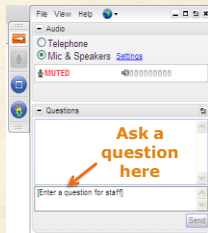
The opinions, findings, conclusions, and recommendations expressed in this webinar are those of the presenters and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.





Webinar Logistics

- Questions
- Archived recording
- Resources



Webinar Agenda

- I. PREA and Prevention
- II. The Advocate's Role in Comprehensive Inmate Education
- III. Beyond PREA: A Case Study on Prevention and Intervention




Gary, a survivor of sexual abuse in a Michigan prison




**PREA Standards:
Prevention Planning**

- “Zero tolerance” policy
- Designating a PREA Coordinator
- Supervision and monitoring
- Upgrades to facilities and technology
- Limits to cross-gender viewing and searches
- Coordinated response protocols



“Before the abuse began, I told the officials that I felt vulnerable in the open dormitory unit, and I told the officials that I felt threatened by the assailant. The prison officials did nothing.”



— Keith, Maryland

PREA Standards: Screening and Classification

- Assess risk of being abused or of abusing others
- Review housing, education, and work assignments
- Identify survivors of sexual abuse
- Make housing and program decisions for transgender people on a case-by-case basis



"I have been the victim of prison rape more than once. I've talked to the psychiatrist at the prison and she seems indifferent. They kept housing me in cells with the abusive men. I have nightmares, cold sweats, and sometimes I wet the bed."

— Gary, CA



PREA Standards: Employee Training

Agencies must train employees on:

- Dynamics of sexual abuse
- Detecting and responding to threatened and actual sexual abuse
- Avoiding inappropriate relationships with prisoners
- Communicating effectively with LGBTI prisoners



“I feel that prison staff allowed it to happen because they didn’t try to prevent it, and didn’t punish the person who did it.”

— Burnice, TX



What kinds of training can your organization offer (or are you already offering) to a corrections facility that is working on implementing PREA?

Please submit your answer in the questions box.



**PREA Standards:
Inmate Education**

Inmate education must:

- Include basic information during intake
- Include more comprehensive information within 10 days for youth, and within 30 days for adults
- Be presented in multiple ways



“The prison was so infested with sexual abuse. But after we started the PREA peer education program, the staff started to treat us like normal people. And inmates starting coming to see us — there was real trust.”



— Maribel, JDI Survivor Council member and former peer educator at the California Institution for Women

Comprehensive Inmate Education



Tara Peterson Shabazz
Program Director
Just Detention International



Key Considerations

Inmate education must include:

- Prisoners’ right to be free from sexual abuse and harassment
- Prisoners’ right to be free from retaliation
- How the agency will respond to such incidents
- How prisoners can get help



Key Topics

- Prevalence
- Vulnerable populations
- Dynamics
- Risk reduction strategies



Joe Booth, a prisoner rape survivor who speaks in an inmate education video used by corrections facilities around the country

When crafting an education program, it is important to highlight the factors that might increase a person's risk. This information should be presented in a way that's helpful and informative, but not in a way that will cause inmates to feel anxious.

An excerpt from the forthcoming publication, *PREA and Inmate Education: A Resource Guide*



Inmate Education Models



LED BY PEERS



LED BY STAFF



LED BY ADVOCATES

Peer-Led PREA Inmate Education



Photo by California Department of Corrections and Rehabilitation

Staff-Led PREA Inmate Education



Photo by Amie Smith

Advocate-Led PREA Inmate Education



Photo by Kimberly Shepherd

How Can Advocates Help?



The Advocate's Role

- Provide information
- Reinforce the right to bodily integrity
- Discuss strategies for risk reduction



Photo by Jeanice Barcelo



Prevention and Intervention



Jessica Seipel
Prevention Education Coordinator
and Trauma Counselor
Rape Trauma Services, San Mateo
County



Case Study: Rape Trauma Services

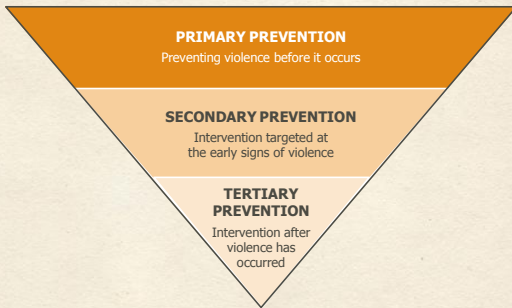


Photo: Rape Trauma Services

Rape Trauma Services (RTS) in San Mateo County, California, has provided prevention and intervention services to two detention facilities for five years.



Prevention Models



Philosophy: Prevention and Intervention Together

- Different approach from prevention strategies in the community
- Focus is on complex trauma histories and the impact of incarceration
- Emphasis on prevention of re-traumatization



Common Triggers in Detention

- Lack of privacy
- Standard operating procedures
- Lack of concern for confidentiality
- Little ability to make individual choices



Classroom Prevention Education

- 10-session classroom workshops at GIRLS Camp
- Hybrid of typical classroom presentation and group-style workshop
- Web series, "The Halls" (TheHallsBoston.com)



Classroom Curriculum

- No strict curriculum
- Focus on a set of philosophies about violence, trauma, and healing
- Conversation-driven



Trauma Healing Group

- 12-week group led by a rape crisis advocate
- Focus on the impact of trauma, cycles of violence, and healing strategies
- Emphasis on philosophies and conversation



Photo: AP Photo, Pat Sullivan



Trauma Healing Group Tool

Relaxation Techniques

When a person is confronted with a stressor, their body enters a special state called the fight-or-flight response or the general adaptation.

During the fight-or-flight response it's common to stop breathing, overreact, tense muscles, and more. Unlike this good when it comes to protecting us from trouble, using a variety of skills, you can use the fight-or-flight response to your advantage. These skills will help you until the last minute to try them out!

Deep Breathing

It's essential to take deep breaths, when relaxed, to improve breathing, become calm and reduce stress. They encourage the heart to begin pumping the blood, the more efficiently to deep breathing or the faster.

Diaphragm Breathing

Diaphragm breathing is an easy and useful technique. The diaphragm is the muscle that separates the chest from the abdomen. It contracts and relaxes, but it doesn't stop after a few breaths. Diaphragm breathing is a good way to relax and breathe through an event to calm yourself down. The only way to breathe the breathing exercises until you feel calm.

Source:
WIKI: About.com of your favorite and best friends

Wheel of Emotions

Where Do I Feel?
We can recognize emotions by feeling them in our body. Do you feel each emotion?

TherapistAid.com

Tips: Prevention Education

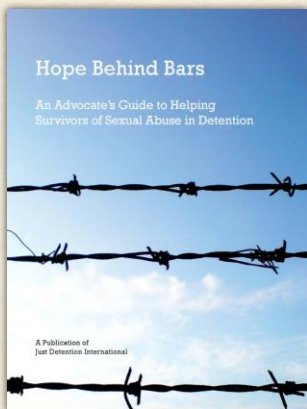
- Explore other available resources
- Understand the PREA standards to empower residents and prisoners
- Always maintain confidentiality
- Reflect the population with whom you work

Tips: Working with Corrections Staff

- Be persistent — attend as many meetings as you can
- Frame your services as an asset
- Use the PREA Standards to your advantage







Advocate Resources

- Advocates Manual

- SART Toolkit
- Archival Webinars
- Technical Resources
- Request for Assistance
- PREA Resource

Advocate Resources:
www.justdetention.org/advocate-resources

Center:
prearesourcecenter.org



Resource Guide for Survivors

Add your agency to
JDI's **Resource
Guide for Survivors
of Sexual Abuse
Behind Bars:**

bit.ly/VDap7i



Thank You!

Please complete a brief evaluation of today's webinar.
Your feedback is very important to us.

Here is a link to the evaluation (we will also email it to
you shortly):

www.surveymonkey.com/r/beyond-response

Please also forward it to anyone else who may have
joined you.

THANK YOU!




For More Information

For additional information, please visit JDI's Advocate Resource page: www.justdetention.org/advocate-resources

Direct questions to: advocate@justdetention.org

For more information about **Just Detention International**, visit www.justdetention.org.

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