

Working with Incarcerated Adult Survivors of Child Sexual Abuse

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Presenters



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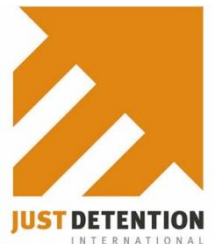


JDI's Work

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 Principle

No matter what
crime a person
may have
committed,
rape is not part
of the penalty.

JUST DETENTION
INTERNATIONAL
RAPE IS NOT PART OF THE PENALTY

This Webinar Series

This webinar is one of a 13-part series focused on providing accessible services for currently and formerly incarcerated survivors who are from particularly underserved groups.

If you're not already on our mailing list, send us your name and email on the chat and we'll add you so you don't miss announcements on future webinars!



Thanks to OVW

JDI's work to help survivors of sexual abuse in detention is possible because of generous support from the Office on Violence Against Women.

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Poll

What type of agency do you work for?

1. Sexual assault agency
2. Domestic violence agency
3. Dual sexual assault/domestic violence agency
4. Child advocacy center
5. Corrections or other law enforcement agency
6. Other (let us know in the chat)

GIVE YOURSELF PERMISSION TO

TAKE DEEP
BREATHS

NOURISH
YOUR BODY

STEP OUT AS
NEEDED



A Note on Language



Image: Art created by a participant of JDI's therapeutic art programs in detention

Terms we will use:

- People who are incarcerated
- Survivor
- CSA – child sexual abuse
- ASA – adult sexual assault

Today's Objectives:

- Build knowledge about the trauma-to-incarceration pipeline
- Identify particular challenges faced by adult survivors of CSA who are in detention
- Learn strategies for making support services more applicable and meaningful to adult survivors of CSA

Share Out!

Why do you think it's important to specifically talk about the experiences of adult survivors of CSA?

Why It's Important

- Many centers focus primarily on ASA
- Adult CSA survivors are often overlooked
- Survivors often carry trauma in silence

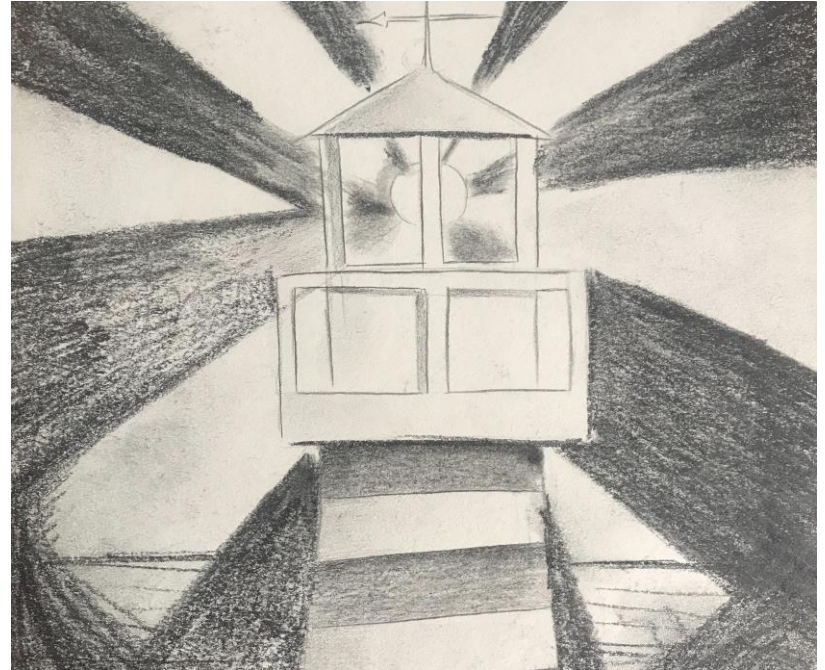


Image: Art created by Chuy, a participant of JDI's therapeutic art programs in detention

Prevalence of CSA



1 in 4 girls and 1 in 6 boys
have been sexually abused
before the age of 18.⁴

Dube, S. R., Anda, R. F., Whitfield, C. L., Brown, D. W., Felitti, V. J., Dong, M., & Giles, W. H. (2005). Long-term consequences of childhood sexual abuse by gender of victim. *American Journal of Preventive Medicine*, 28, 430–438. doi:10.1016/j.amepre.2005.01.015

Long-term Effects of CSA

- Difficulty communicating boundaries
- Relationship challenges
- Substance misuse
- Suicide

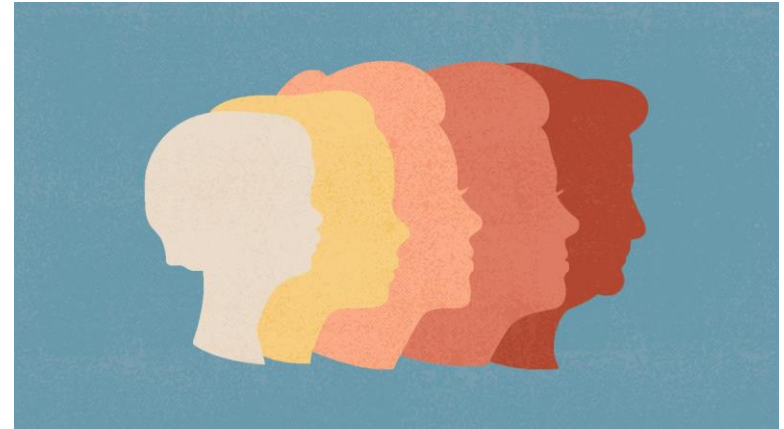


Image credit: Everyday Health

Incarceration and Adult CSA Survivors



California Department of Corrections and Rehabilitation

Incarceration and CSA Survivors

- 59% of incarcerated men have experienced CSA
- 48% of incarcerated women have experienced CSA



California Department of Corrections and Rehabilitation

Johnson, R.J. Prevalence of childhood sexual abuse among incarcerated males in county jail
VAWnet, Women's Experiences of Abuse as a Risk Factor for Incarceration: A Research Update

Abuse During Incarceration

Incarcerated people who have been sexually victimized at any point in their lives are **six times** more likely to be sexually abused during incarceration than those who have not experienced prior abuse.

Bureau of Justice Statistics, Sexual Victimization in Prisons and Jails Reported by Inmates, 2011–12



Trauma and Incarceration

Extreme discomfort and fear related to:

- Lack of control of surroundings
- Lack of privacy
- Searches
- Institutional culture



Image credit: American Academy of Arts and Sciences

Trauma response	Perceived by staff as
Difficulty following rules	"Defiant, out of control"
Self-medication with substances	"Addict, lost cause, irresponsible"
Distrustful of authority	"Disrespectful"
Self-harming behaviors	"Attention-seeking, dangerous"

Barriers to Seeking Support

- Misperception of trauma responses
- Shame and stigma
- Lack of safety and privacy
- Limited mental health services



Image: Art created by a participant of JDI's therapeutic art programs in detention.

Making Services Applicable for Incarcerated Adult Survivors of CSA



Image Credit: California Department of Corrections and Rehabilitation

Framing of Your Services

- Think about your agency's name
- Be clear that your agency serves people of all genders
- Don't limit your services to "victims" or "survivors" of "sexual assault" – think more broadly
- Use language beyond "PREA"

Build Trust Within the Facility



Image: Art created by a participant of JDI's therapeutic art programs in detention.

- Go beyond written advertisements and posters
- Word-of-mouth is an essential way of spreading the word about services
- Find opportunities to get in front of the population

Providing Applicable Services

- Immediate crisis intervention and systems advocacy may be less applicable
- Focus on providing emotional support
- Ensure confidentiality
- Allow for support that is ongoing or longer-term

Set up Ongoing Services

- Letter correspondence
- Follow-up phone calls
- In person one-on-one support
- Groups



Image: bjs.gov

Best Practices for Advocates Working Incarcerated Adult Survivors of CSA



Image: Art created by a participant of JDI's therapeutic art programs in detention.

Common Topics

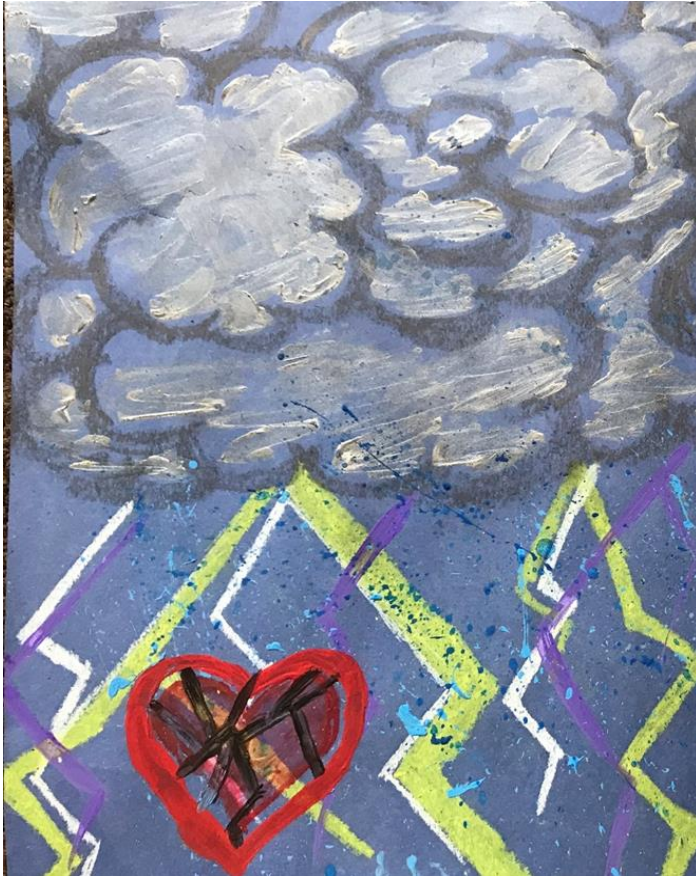


Image: Art created by a participant of JDI's therapeutic art programs in detention.

- Healthy relationships and sexuality
- Trust and boundaries
- Expressing emotions
- Substance misuse
- Self-harm

Address Shame & Stigma

- Don't label abuse, allow people to come to their own understanding
- Normalize short and long term trauma reactions

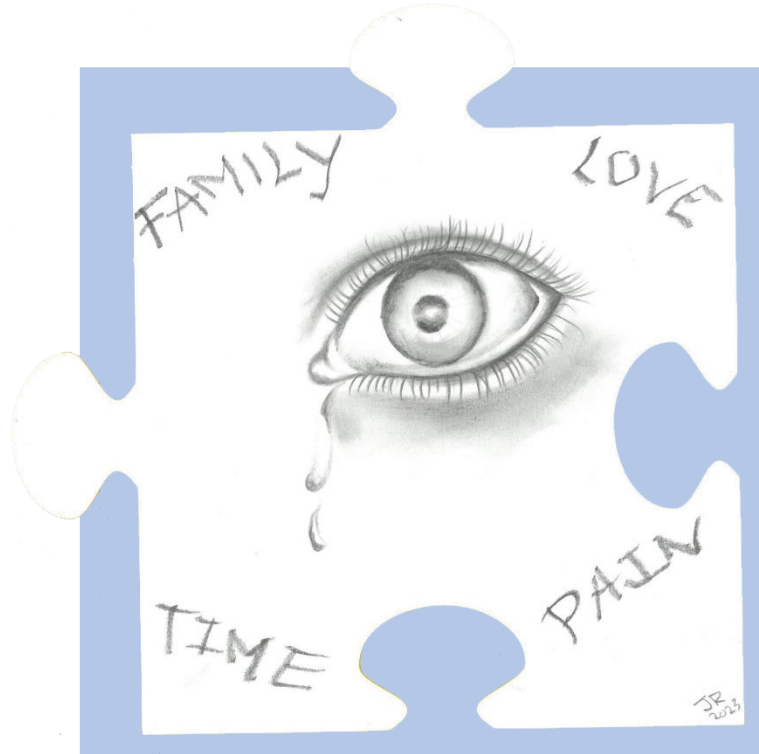


Image: Art created by a participant of JDI's therapeutic art programs in detention.

Tips for Providing Support

- Allow for conversations about difficult experiences more broadly
- Start with the present
- Be open to moments of quiet
- Give time at end of session for cool down
- Allow for additional time to build rapport

Build Trust and Rapport

- Show up when you say you will
- Be clear about what you can and cannot do
- Acknowledge limitations of confidentiality



Image Credit: Just Detention International

Focus on Emotional Support

- Focus on active listening
- Use OARS skills:
 - Open-ended questions
 - Affirmations
 - Reflections
 - Summaries

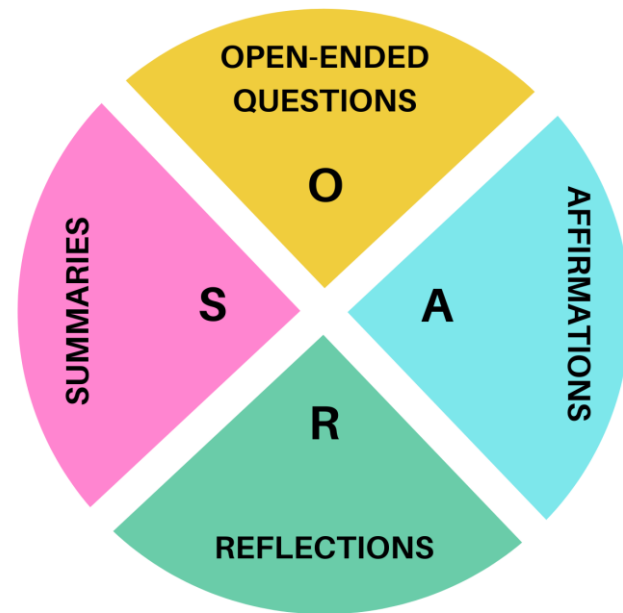


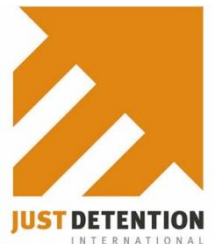
Image credit: Aim for Behavior

In His Words

"As a child, I was molested by a relative...For years, I lived in fear hiding the pain and hurt I felt. I started cutting my arms to hide the pain from being violated..."

Through the help of [an advocate], it gave me hope, a hope to know I can overcome my fears...I'm hoping for tomorrow."

-Cornelius, incarcerated survivor



Key Takeaways

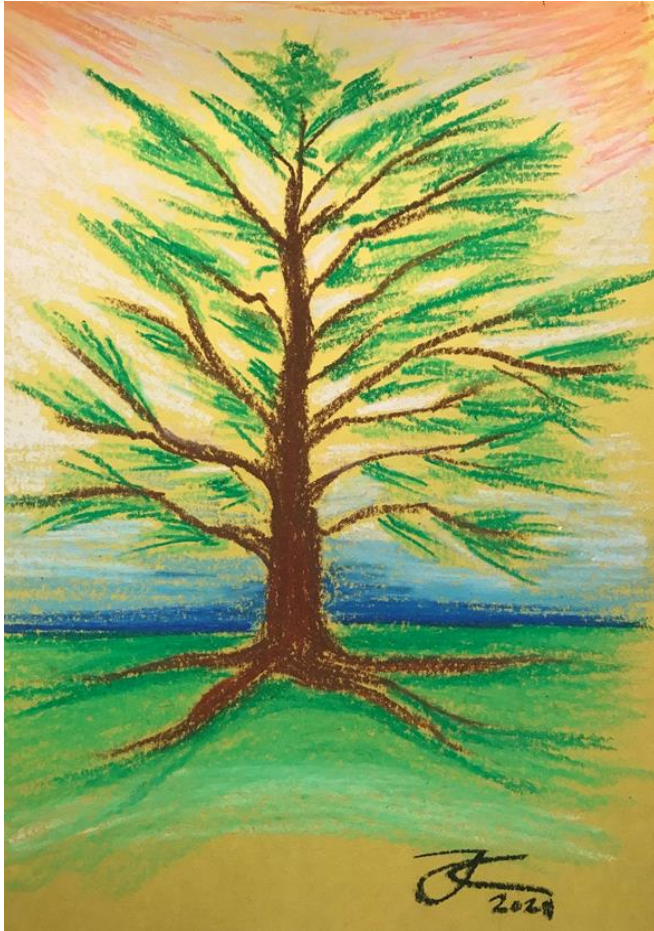


Image: Art created by Chuy, a participant of JDI's therapeutic art programs in detention.

- There are adult survivors of child sexual abuse in detention who need support
- You have the skills to support them!



QUESTIONS



Upcoming JDI Events:

Office Hours:

- Fourth Wednesday of every month at 10am PST/ 1pm EST

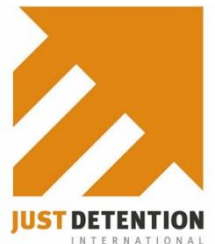
Webinars:

- *Services for Incarcerated Deaf Survivors*
- *Supporting Incarcerated Indigenous Survivors*

Coaching Opportunity

- One-on-one coaching from JDI to help expand your services for incarcerated survivors
- Intake session and four personalized 1-hour coaching sessions
- Completely FREE

<https://justdetention.org/coaching-ta-application/>



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.

Connect with JDI:

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