Trauma Informed Practices for Providers and Those Working with Justice-Involved Individuals

Talia Peckerman
Chief Performance Analyst - Public Safety
Office of Inspector General
Canaries in a Coal Mine
Trauma Informed Practices for Workers and People with Justice Involvement

Talia Peckerman, Chief Performance Analyst, Chicago Office of the Inspector General
Give and Take

What fuels me?
What drains me?
Trauma-informed care shifts the focus from:

What is WRONG with you?

to

What HAPPENED to you?

Learn more at chcs.org/traumainformed
IT'S NOT ABOUT THE NAIL
The 4 R’s:

A program, organization, or system that is trauma-informed:

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<th>The 4 R’s:</th>
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<td><strong>Realizes</strong></td>
<td>• Realizes the widespread impact of trauma and understands potential paths for recovery;</td>
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<td><strong>Recognizes</strong></td>
<td>• Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;</td>
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<td><strong>Responds</strong></td>
<td>• Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and</td>
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<td><strong>Resists</strong></td>
<td>• Seeks to actively resist re-traumatization.</td>
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put your own oxygen mask on first
The greatest gift you can give to somebody is your own personal development.

I used to say, 'If you will take care of me, I will take care of you.'

Now I say, 'I will take care of me for you, if you will take care of you for me.'

— Jim Rohn
Don't mistake my kindness for weakness. I'll choke you with the same hands I fed you with.
Working Protectively
Canaries in a Coal Mine
Low emotion
(calm, relaxed)

High emotion
(anger, fear, excitement, love, hate, disgust, frustration)
Plant Your Feet.

Place both feet flat on the floor. Sit up straight, feeling the chair supporting you. Feel your feet touching the floor.

Breathe.

Inhale slowly while mentally counting to 5. Then exhale completely to a count of 5. Repeat 5 times.

Notice.

Notice what you see around you. Say out loud 5 things you see, 4 things you hear, 3 things you can feel and and 2 things you smell.
Grounding:
5 Senses

5 4 3 2 1 Grounding Exercise
We may have all come on different ships, but we're in the same boat now

~ Martin Luther King ~

“We” Talk

“ I will help you?” vs.
“ We’re gonna figure this out.”
In a domestic violence situation where the victim refuses to leave the abusing spouse:

- Please don’t hesitate to call us again if you need.
- You need to leave this relationship.
- Aren’t you concerned for your children’s’ safety?
- Don’t you have any respect for yourself?
- Here are some resources and services available for you in the community.
- I know exactly how you feel because I went through the same thing. Here’s what you should do.
Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

Robert F. Kennedy
Thank You!

Talia Peckerman
Chief Performance Analyst – Public Safety, Chicago Office of the Inspector General
teckerman@igchicago.org