

TRAUMA AND RESTORATIVE JUSTICE

Cultural Stipend Final Project

Marcella Kreysa, M.A., PsyD Candidate

THE REALITY OF DOMESTIC VIOLENCE

- Every **60 seconds**, **20 people** are victimized by D.V.
- **10 million children** witness Domestic Violence annually
- Children exposed to violence in the home are **3-4 times** more **likely to repeat violence**.
- Children living in homes marked by parental discord, divorce, or domestic violence, have a **higher risk** of being sexually abused



WOMEN AND DOMESTIC VIOLENCE



- 85% of women and 65% of children seeking shelter, first reported **animal abuse** in the home.
- **1 out of every 3 women** have experienced Domestic Violence in their lifetime.
- **35 %** of women world wide have experienced either intimate partner violence and/or sexual assault.

TEENAGERS AND DOMESTIC VIOLENCE

- Adults currently experiencing Domestic Violence report their **first** experience of interpersonal violence occurred between the ages of **11 and 17**.
- **1 in 3 teens** is a victim of physical, emotional, or verbal abuse.
- **1 in 5 girls** (11-14 years) have friends experiencing dating violence
- **2 in 5 girls** (11-12 years) report friends who experience verbal abuse in a relationship
- These girls are **more likely to** smoke, use drugs, participate in unhealthy dieting, take part in risky sexual behavior, and attempt or consider suicide.



NEUROLOGICAL DAMAGE

- **Traumatic brain injury (TBI)** is an injury to the brain that is caused by an external physical force on the body that moves the brain in a specific fashion, as a result causing Diffuse Axonal Injury.



Traumatic Brain Injuries (TBI)

General:

TBIs occur when the impact of a rapid acceleration, deceleration, or collision causes a brain injury. TBIs are classified as mild, moderate, or severe depending on the extent of damage to the victim's physical and cognitive abilities. TBIs can be especially dangerous if they disrupt blood flow to the brain or pressure in the skull.

TBI Facts:

According to the CDC, more than 1.7 million TBIs occur every year. Of these injuries:

52,000 result in death

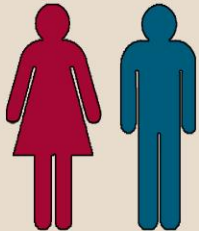
275,000 cause hospitalization

1.4 million require an emergency room visit

TBIs cost **\$76.5 billion** every year.

75% of TBIs are concussions.

Children, teenagers, and the elderly are most likely to suffer a TBI. TBIs occur more commonly to males than females.



Common causes:

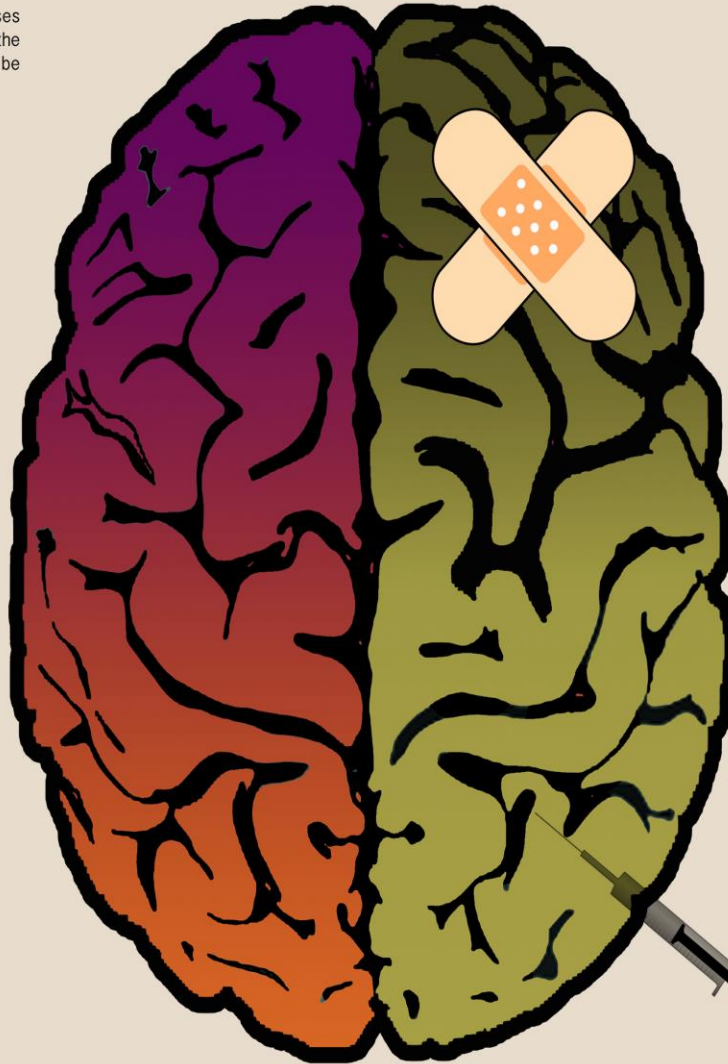
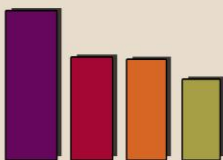
According to the CDC, the most common causes of TBIs are:

Falls: 35%

Car accidents: 17%

Collisions: 17%

Assaults: 10%



Common symptoms of TBI:

The symptoms of traumatic brain injury depend on the severity of the impact and the area of the brain affected.

- Headache
- Dizziness
- Nausea
- Vomiting
- Lack of motor coordination
- Change in sleep patterns
- Emotional symptoms such as mood swings



Serious symptoms of TBI:

- Difficulty thinking or concentrating
- Severe headache or nausea
- Slurred speech
- Memory problems
- Unconsciousness
- Seizures



TBI in sports:

According to the CDC, more than 170,000 TBIs are suffered by children and teenagers during sports. The most common causes of these injuries were bicycling, football, playground activity, basketball, and soccer.

Long-term side effects:

TBI can have long-term side effects. Victims may suffer from physical and cognitive impairment for month or years following a TBI. A study published in the Journal of Clinical and Experimental Psychology found that 60% of TBI victims showed signs of emotional dysfunction. TBIs also increase the risk of epilepsy, Alzheimer's disease, and Parkinson's disease. Additionally, approximately 5.3 million Americans are living with a traumatic brain injury related disability.

Call d'Oliveira & Associates at 1-800-992-6878 for a free consultation

LONG TERM OUTCOMES OF TBI

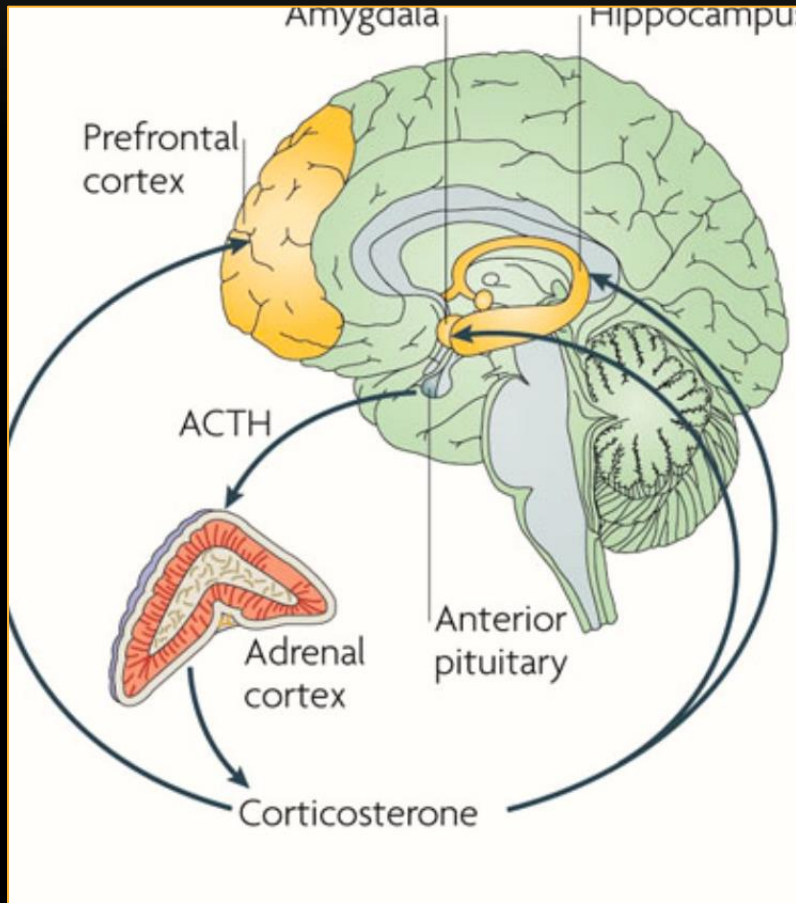
- Severe Traumatic Brain Injury
 - Significant Problems with;
 - Memory Loss
 - Change in Mood & Emotions
 - Motor issues
 - Judgment
 - Executive Functions
 - Daily Living Activities
- Outcome?
 - INSTITUTIONALIZATION...if you're "lucky"



TBI CAN INCREASE VICTIMIZATION

- Persons living with a TBI often have **difficulty with anger management**, which may prompt others to use undue physical force or inappropriate medication (Kim 2002).
- Misperceptions about TBI and its effects may lead to treatment that is demeaning or abusive (Sequeira and Halsted 2001).
- TBI outcomes affect others' perceptions of a person's ability to honestly and accurately report an incident of victimization (DOJ 1998).
- Persons with TBI or other disabilities **may experience physical and sexual violence, emotional abuse, or neglect** by a caregiver in return for access to medication, adaptive equipment, or assistance with activities of daily life (Oktay and Tompkins 2004).
- A TBI can cause **cognitive problems that reduce one's ability to perceive, remember, or understand risky situations** that could lead to an incident of physical or sexual violence (Kim 2002; Levin 1999).
- Persons with a TBI may engage in **at-risk drinking or drug use** that place them in situations or relationships that lead to episodes of victimization (Kwasnica and Heinemann 1994; Li et al. 2000).
- • In some persons, a **TBI causes uninhibited behaviors** that lead to risky sexual engagement, exposing them to HIV/AIDS or other sexually transmitted diseases (Jaffe et al. 2000; Kramer et al. 1993).

NEUROBIOLOGY OF TRAUMA



In relationship to trauma severity, victims had:

- A smaller Hippocampus
- A smaller Prefrontal Cortex
- In some cases, smaller medulla

An altered rate of neurodevelopment for children exposed to developmental trauma influencing the rate and expression of the growth and development of the hippocampus, amygdala,

- Even more disturbing is the recent genome research that shows an altered gene expression in victims of trauma ...*AND THEIR OFFSPRING.*

NEUROBIOLOGY OF VIOLENCE

- Neuropsychological **impairments** of the executive functions, memory, attention, intelligence quotient, and empathy have been found in perpetrators of domestic violence.
 - These impairments could be partially explained by alcohol abuse, dependence, or traumatic brain injuries.
 - Functional abnormalities on the prefrontal and occipital cortex, fusiform gyrus, posterior cingulate gyrus, hippocampus, thalamus and amygdala.
 - Perpetrators present with high mental rigidity, as well as low levels of inhibition, processing speed, verbal and attention skills, and abstract reasoning. Additionally, perpetrators show working and long play memory impairments.
-

SEXUAL ABUSE



- The National Crime Victimization Survey finds that violent crimes against juveniles are less likely to be known to authorities than are crimes against adults
- **1 in 4 girls and 1 in 6 boys**, under 18, are a victim of child sexual abuse
- **3 out of 4** adolescents who have been sexually assaulted were victimized by someone they knew well
- **Over 63%** of women who had suffered sexual abuse by a family member also reported a rape or attempted rape after the age of 14
- Higher rates of **re-victimization**, which are likely to exacerbate effects of prior abuse experiences

COMMERCIALLY SEXUALLY EXPLOITED CHILDREN (CSEC)



- Sex trafficking exploits women, men, and children across the United States and around the world
- As many as **1.8 million children** are exploited in prostitution or pornography worldwide
- Average of entry into commercial sex industry is **12 years old**
- **1 in 3 teens** will be recruited by a pimp within 48 hours of running away from home
- At least 100,000 to 300,000 youth are at risk of becoming CSEC

BUYING A TEEN FOR SEX IS CHILD ABUSE.
TURNING A BLIND EYE IS NEGLECT.

help free a child

ProtectOaklandKids.org

BEING A PROSTITUTED TEEN
ISN'T A CHOICE.
IT'S SLAVERY.

ProtectOaklandKids.org

ADOLESCENTES VENDIDAS
PARA EL SEXO NO SON PROSTITUTAS.
SON VÍCTIMAS
DE VIOLACIÓN.

ven al rescate de un niño

ProtectCAKids.org

EFFECTS OF SEXUAL TRAUMA

- Depression
 - Low Self-Esteem
 - Withdrawal, Feeling of worthlessness
 - Suicidal Ideation
 - Eating/ Sleep Disturbances
- Distrust
- Regressive Behaviors
- Abnormal/distorted view of sex
- Higher rates of teen pregnancy
- Multiple sex partners with unprotected sex
- Sexually Transmitted Infections
- Substance Abuse



CHILDHOOD VIOLENCE

**POST-
TRAUMATIC
STRESS**

**ALCOHOL AND
DRUG ABUSE**

**STIs,
INCLUDING
HIV**

**UNINTENDED
TEEN
PREGNANCY**

ANXIETY

**PERPETUATION
OF VIOLENCE**

**SCHOOL
DROPOUTS**

DEPRESSION

SUICIDE

**HEART
DISEASE**

**MATERNAL
AND INFANT
MORTALITY**

PSYCHOLOGICAL IMPACTS



- **Disruption of healthy psychology development**
- **Post Traumatic Stress Disorder (PTSD)**
- **Self-injurious and suicidal behavior**
- **Dissociative Disorder**
- **Anxiety**
- **Paranoia**
- **Clinical Depression**
- **Explosive outbursts**
- **Hyper-sexuality**
- **Sleep disturbances & nightmares**

EMOTIONAL IMPACT OF TRAUMA

- Anger/Rage
- Deep emotional pain and grieving
- Feelings of humiliation/shame
- Self-blame/Self-loathing
- Dissociation/Numbing
- Inability to feel joy or happiness
- Stigma of abuse
- Inability to Self Regulate
- Loss of sexual desire, feelings, or response



PHYSICAL IMPACTS



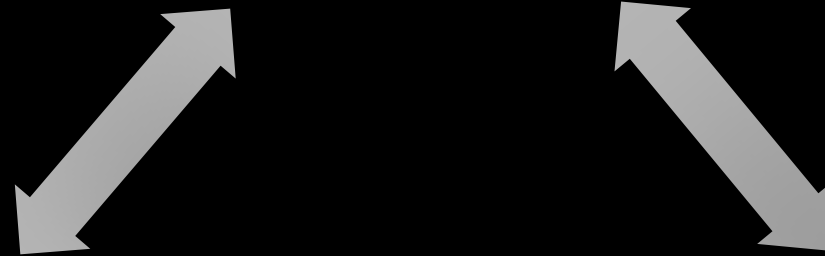
- Continuous physical abuse in relationships
- Exposure to rape & gang rape
- STDs & STIs
- HIV & AIDS
- Loss of bodily functions
- Pregnancy
- Tattoos/Branding
- Substance abuse/Addiction
- Self-harm behaviors
- Suicide/Death

SOCIAL IMPACTS

- Withdrawal/Isolation from peers
- Disconnection from community
- Separation from mainstream society
- Homelessness
- Incarceration/Criminal Record
- Disempowerment
- Lack of life skills
- Distrust
- Difficulty maintaining relationships
- Obstacles to vocation
- Lack of access to resources
- Educational deprivation
- Missed school, disconnection from school system and support



The Experience of Trauma



Victim



Perpetrator

BECOMING A PERPETRATOR

- The impact of experiencing violence
- Violence becomes a part of who you are
- Replay modeled behaviors
 - Control mastery
- Feel so disempowered that you;
 - Fight against others
 - Reverse power dynamics
 - “Rather hurt, than be hurt”



What Defines a Perpetrator in California?

- The 'Dominant Aggressor' Law: *Damage, Escalation, and Intent.*
 - **Damage**: Who has the most visible injuries? (This is a problem for women with TBI)
 - **Escalation**: Who elevated the magnitude of the confrontation?
 - **Intent**: Who intended to do harm?



WHAT PERPETUATES TRAUMA?

- Racism and oppression
 - A system of dominance, power, and privilege based on racial group designations . . . where members of the dominant group create or accept their societal privilege by maintaining structures, ideology, values, and behavior that have the intent or effect of leaving non-dominant group members relatively excluded from power, esteem, status, and/or equal access to societal resources (Harrell, 2000, p. 43)
- Similar to a victim and perpetrator



WHERE DOES TRAUMA AND VIOLENCE TAKE PLACE?



- Communities of Color
 - Low SES neighborhoods
 - High unemployment rates
 - Low educational achievement
- Impact of trauma exacerbated
 - Lack of resources

THE ROLE OF POWER

- Criminal Justice and other Institutions
 - Similar tenets to racism & oppression
 - Systemic, hierarchy of power
 - Thrives on Dominance and obedience



DOES THE CRIME FIT THE TIME?

Help right a prison
system gone wrong



RESTORATIVE JUSTICE

- Recognition is needed to heal
 - Trauma informed
 - Gender responsive
- Trauma is COMPLEX
 - Case for Race-Based Traumatic Stress



MOVING FORWARD

- Need for:
 - Advocacy
 - Recognition of systemic role
 - Understanding long-lasting impact of trauma
 - Developmental (NMT)
 - Empower change

