Women in Treatment Courts

Wednesday, February 22, 2017
1:00pm-2:30pm EST

Panelists:

Hon. William Schma

Valerie Moore
Agenda

- Terms
- Gender in Drug Courts
- Complex Women-Specific Issues
- First Women’s Treatment Court
- Importance and Need
- The “Right” Judge
- Screening Instruments
- Incentives and Sanctions
- Treatment Programming
- Suggested Evidence-Based Curricula
- Fidelity to Models and Oversight
- Access to Services
- Aftercare/Continuing Care
- Strategies
- Trauma-Informed Treatment Court Tips
Terms

• Gender-Responsive Treatment
  o “Creating an environment through site selection, staff selection, program development, content, and material that reflects an understanding of the realities of the lives of women and that addresses and responds to their strengths and challenges”

• Gender-Specific Program
  o These programs often employ and treat only women but they do not necessarily provide gender-responsive treatment


Terms

- **Gender-responsive principles:**
  - Gender
  - Environment
  - Relationships
  - Services
  - Socioeconomic Status
  - Community

Gender in Drug Courts

- Women made up about 32% of participants in drug courts in 2014
- “Women graduated from some drug courts at rates substantially below those of male drug court participants.”
- “Best practice standards require drug courts to monitor access and outcomes for female participants and deliver evidence-based gender-specific services.”

NDCI. June 2016. Painting the Current Picture: A National Report on Drug Courts and Other Problem-Solving Courts in the US.
Complex Women-Specific Issues

Many studies have shown...

- “Women offenders are significantly more likely than men to have coexisting psychiatric disorders, parental stress, housing issues, and extensive histories of sexual and physical abuse.”

- “Men and women have different pathways to crime and addiction, continue to use drugs for different reasons, enter and remain in treatment for different reasons, and have a greater unmet need for treatment and therapy.”

- Very few services available specifically for women


Complex Women-Specific Issues

- Common Themes in the Lives of Addicted Women:
  - Treatment issues:
    - Lack of services for women
    - Not understanding treatment for women
    - Long waiting lists
    - Lack of childcare services
    - Shame and stigma
  - Relationship issues:
    - Fear of losing children
    - Fear of losing partner
  - Systemic issues:
    - Lack of financial resources
    - Lack of clean/sober housing
    - Poorly coordinated services

Complex Women-Specific Issues

- **Criminal Behavior:**
  - Nonviolent crimes
  - Common crimes tend to be shoplifting, prostitution, paper crimes
  - Drug use, possession, or small amounts of distribution

Complex Women-Specific Issues

- **Mental Health Issues:**
  - Trauma
  - Higher prevalence among women

- **Substance Use:**
  - “When women enter treatment, they typically present with a more severe clinical profile (e.g., more medical, behavioral, psychological and social problems) than men, despite having used less and for a shorter period of time.”
  - Women are more susceptible to craving and relapse than men are

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Complex Women-Specific Issues

• Family:
  o Economic dependence on an unhealthy partner/relationship
  o Instability at home
  o Single parent
  o Women in treatment can be separated from children (due to foster care or case in CPS)

• Gender Socialization:
  o Lack of self-esteem, self-respect, confidence

• Social Issues:
  o More likely to be unemployed

Kalamazoo County Women’s Treatment Court

- 1st Women’s Drug Court in the US
- Developed by Judge Schma
Importance and Need

• Gender-Responsive Drug Court Treatment:
  1. Participants in the gender-responsive group had better in-treatment performance, more positive perceptions related to their treatment experience and reductions in PTSD symptomology
  2. “The consistent literature outlining the extensive trauma histories of women as compared to men and the undeniable link between childhood trauma and adult addictive and criminal behaviors suggest that these issues need to be addressed safely and systematically for women to best meet their treatment needs.”

The “Right” Judge

- Gender of the Judge
  - Certain topics must be treated with more delicacy
- Personality
  - Personal, but professional
  - Boundaries
  - Know the children’s names
- Leadership
- Judicial Training
Screening Instruments

• Alcohol and Drug
  o Addictions Severity Index (ASI)
  o AUDIT (alcohol, drugs, adults, clinician administered)

• Criminal History
  o LSI-R, COMPAS, State-Specific

• Trauma
  o The Life Event Checklist (LEC): 17-item, self-report measure
  o Trauma History Screen (THS): 14-item, self-report measure

Screening Instruments

• PTSD
  o Clinician Administered PTSD Scale (CAPS-5): 30-item structured interview
  o Posttraumatic Diagnostic Scale (PDS): 49-item, self-report measure

• Mental Health
  o Mood Disorder Questionnaire (MDQ): 15-item, self-report questionnaire to identify bipolar disorder
  o Patient Health Questionnaire (PHQ-9): 9-item instrument for screening, diagnosing, and measuring severity of depression
Incentives and Sanctions

• Incentives
  o Visitation with child in foster care
  o Anything that helps build self-esteem
    ▪ Talking in the court room about how well a participant is doing
    ▪ Allowing participants to show pictures of their kids
    ▪ Bringing their kids to the court room

• Sanctions
  o Should not be punitive
  o Should relate to course of treatment
  o Utilize therapeutic adjustments
Treatment Programming

• Must meet standards of care for treatment courts and ASAM criteria
• Gender-responsive clinicians

The ASAM Criteria
Multidimensional Assessment

1. Acute Intoxication and/or Withdrawal Potential
2. Biomedical conditions and complications
3. Emotional/Behavioral/Cognitive conditions and complications
4. Readiness to change
5. Relapse/Continued Use/Continued Problem potential
6. Recovery Environment

The ASAM Criteria pp. 43-53
Suggested Evidence-Based Curricula

- Seeking Safety, Lisa Najavits
- Helping Women Recover, Stephanie Covington
- Beyond Trauma, Stephanie Covington
- Dialectical Behavioral Therapy (DBT), Marsha M. Lenihan
- Eye Movement-Desensitization and Reprocessing (EMDR), Francine Shapiro
Fidelity to Models and Oversight

- Delivered by female clinicians with background in trauma-informed care to female participants
- Imperative that experts monitor group processes
- Ensure both curricula and approach to delivery meets standards
Access to Services

- Provide onsite child care
- Ensure initial and ongoing healthcare appointments
- Safe housing
- Pre-employment training
- Job placement assistance
- Psychiatric mental health and medication management
- Parenting courses
  - Adult drug courts that provided parenting classes had 65% greater reductions in criminal recidivism and 52% greater cost savings than those courts that did not provide parenting classes

Aftercare/Continuing Care

- Ensure women can come back to treatment/court when needed
- Ensure access to safe housing for women
  - Halfway house
  - Oxford Housing
  - Transitional housing
- Identify potential women-only housing opportunities in community
- Develop relapse prevention plan
- Ensure continued access to health care and medications
Strategies for Developing a Gender-Responsive Program

• Relationships are key to a woman’s recovery
  o Relationship with family dependency courts
  o Child Protective Services
    ▪ Include case worker on mother’s status
    ▪ Reunion with children is not an initial motivator, but is important later in the recovery process
  o Assign trained peer mentor or peer support early on in program

• Trauma training for drug court team
  o Develop trauma-informed program
  o Language
  o Approach

Strategies (cont’d).

• Respond quickly at time of arrest
  o Opportunity at crisis point
  o Intake – Screening – Treatment
  o Up-front identification of:
    ▪ Substance Use
    ▪ Mental Illness
    ▪ Trauma
    ▪ Criminogenic Needs

• Build in programmatic flexibility
  o Meet changing dynamics and needs of participants
Strategies (cont’d).

- Unified written case plan or status report
  - Include data and narrative from all direct services persons

- Counties without resources for separate court
  - Consider separate court docket

## Trauma-Informed Treatment Court Tips

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<thead>
<tr>
<th>Role</th>
<th>Tips</th>
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<tr>
<td>Judge</td>
<td>• Demonstrate a commitment to providing trauma-informed care</td>
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<td>• Consider the language used in the courtroom and by the team</td>
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<td>Coordinator/Case Manager</td>
<td>• Conduct trauma screen</td>
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<td>• Compile list of trauma resources and programs for participants</td>
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<td>• Plan trainings on trauma</td>
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<td>• Reexamine policies and procedures</td>
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## Trauma-Informed Treatment Court Tips

| **Treatment Provider** | • Conduct a validated trauma assessment  
  • Provide or refer the individual to appropriate trauma-informed treatment services |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| **Defense Counsel**    | • Receive training on trauma; learn grounding techniques to help your client feel safe  
  • Communicate with your client in a respectful manner |
| **Prosecutor**         | • Receive training on trauma  
  • Be transparent in interactions with participants |
References


Substance Abuse and Mental Health Services Administration, SAMHSA’s National Center on Trauma-Informed Care and SAMSHA’s National GAINS Center for Behavioral Health and Justice: *Essential Components of Trauma-Informed Judicial Practice. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.*
Resources

The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online database of mental health and substance abuse interventions. Sep 18, 2014

Evidence Based Programs / NREPP | SAMHSA
https://www.samhsa.gov/data/evidence-based-programs-nrepp
www.integration.samhsa.gov/clinical-practice/screening-tools

NADCP Adult Drug Court Best Practice Standards:
http://www.allrise.org/sites/default/files/nadcp/AdultDrugCourtBestPracticeStandards.pdf

US Department of Health and Human Services, Office on Women’s Health:
www.womenshealth.gov

National Drug Court Resource Center, List of Incentives and Sanctions:
http://www.ndcrc.org/content/list-incentives-and-sanctions
Thank you! Questions?

Contact Information:

National Drug Court Resource Center
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