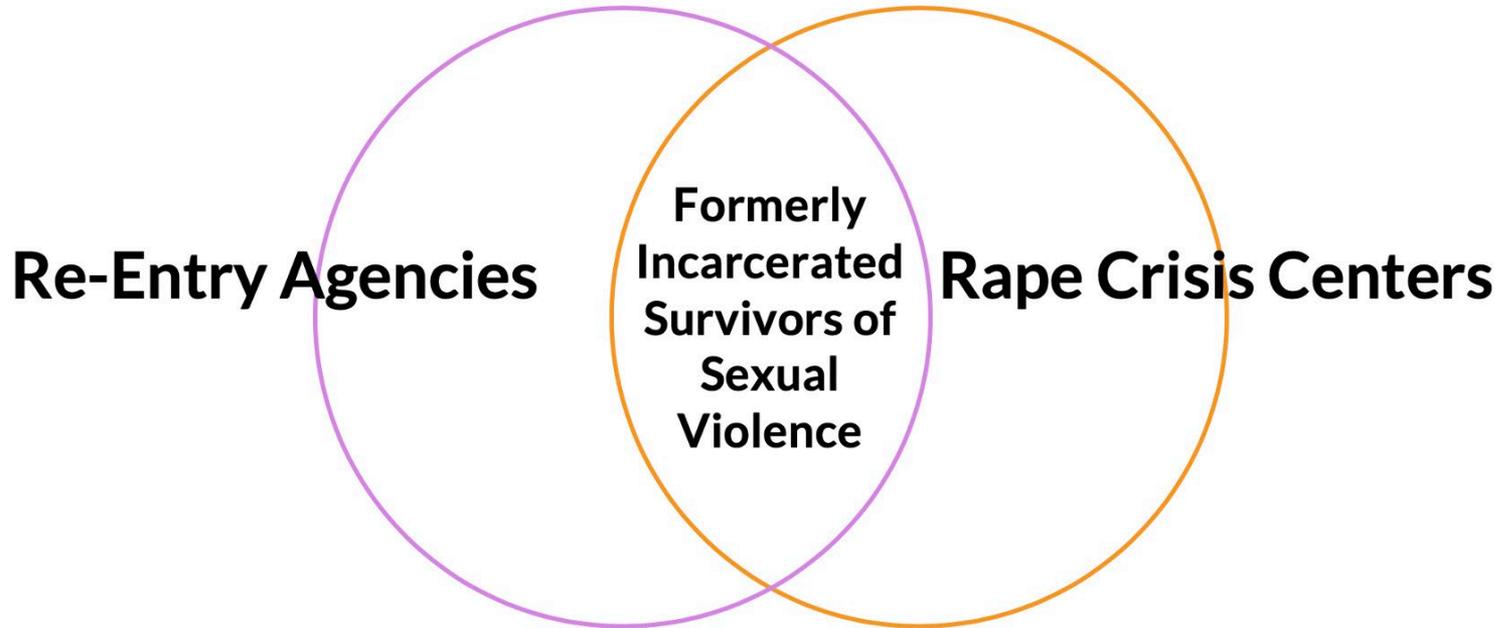


# Sexual Violence in the Returning Population

## Curriculum 1 in the Returning and Healing Training

This report was produced by the Boston Area Rape Crisis Center under award #2016-XV-GX-K015, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this report are those of the contributors and do not necessarily represent the official positions or policies of the U.S. Department of Justice.

# Returning and Healing



# Goals for today:

1. What is sexual violence, and what are some common impacts?
2. Why is talking about sexual violence important in re-entry?

# Sexual Violence and its impacts

# Sexual Violence

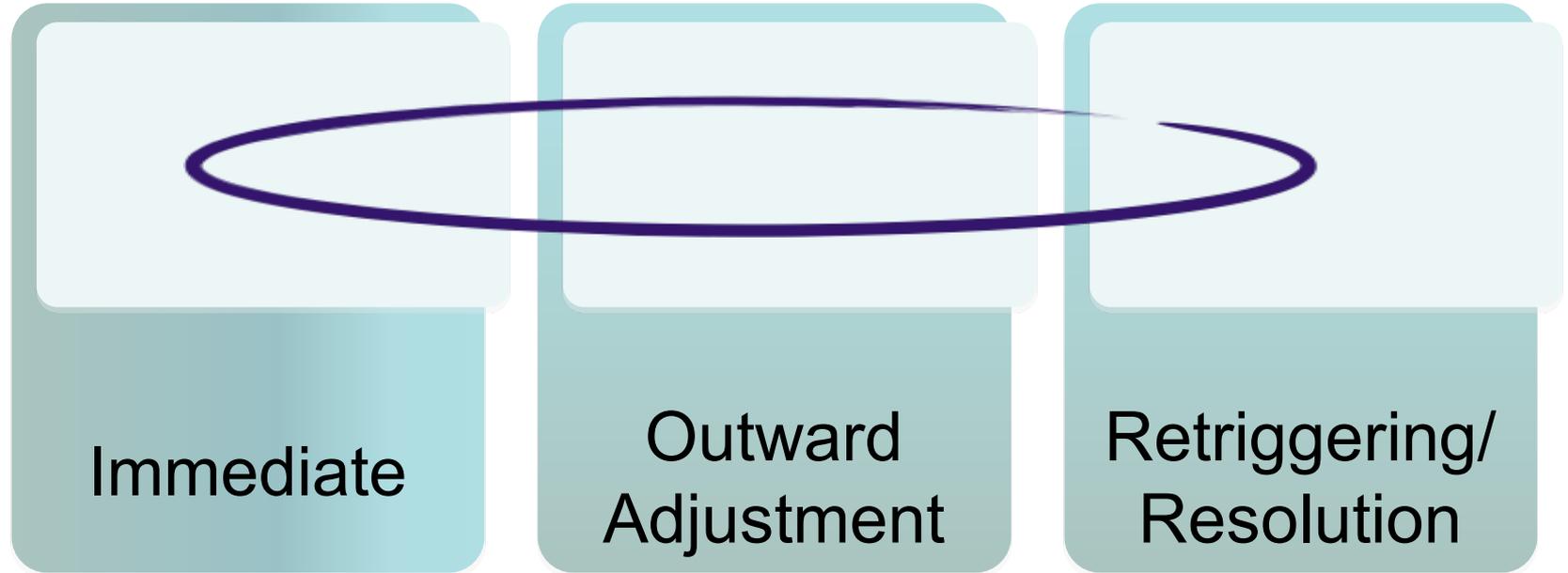
Any sexual activity *done to someone* without their consent.

# Traumatic event

- Events outside the range of normal human experience
- Experienced as overwhelming, incomprehensible and senseless threats to one's life
- The individual is powerless and unable to exert control over their environment
- **Powerlessness** and a **loss of control** are key components of *sexual* trauma.



# Sexual Violence Reactions



# Immediate Crisis Stage

## Feelings

- Shame
- Embarrassment
- Fear
- Sadness
- Vulnerability
- Anger
- Anxiety
- Numbness
- Guilt
- Confusion
- Denial
- Disbelief
- Loss of Control
- Others

## Behaviors

- Isolation
- Distrust
- High startle response
- Flashbacks
- Nightmares
- Intrusive thoughts
- Others

## Thoughts

- Safety concerns
- Physical wellbeing
- Denial
- Confused
- Overwhelmed

# Outward Adjustment Stage

## Feelings

- Shame
- Fear
- Sadness
- Anger
- Anxiety
- Denial
- Disbelief
- Others

## Behaviors

- Strained relationships
- Distrust of others
- Normal functioning
- Addictions/  
substance use
- Others

## Thoughts

- Moving on?
- Physical wellbeing
- Suicidality
- Self-blame
- Others

# Retriggering/Resolution

## Feelings

- Can feel good about overcoming experience
- More like self
- Sadness
- Anger
- Others

## Behaviors

- Incorporates experience into life story
- Growth
- Healing
- Giving up
- Others

## Thoughts

- Can't "get over it"
- Will never feel "better"/ like themselves
- Re-evaluation
- Others

# What else affects the healing cycle?

- Contextual Factors
  - Ongoing stressors
  - Support system
  - Life circumstances
- Cultural Factors
  - How does your culture teach you to handle crisis?
- Personal Style Variables
  - How do you generally handle life?

# Triggering

- Traumatic memories are not stored like normal memories.
- Recalling them can trigger physiological effects (release of hormones, etc).
- People remembering trauma can feel like they are re-living the event.

# Potential Effects: Sexual Trauma

- Suicidal/self-harming thoughts and behaviors
- Erratic behavior
- Drug/alcohol abuse
- Flashbacks
- Mood swings
- Dissociation
- Withdrawn/isolation
- Increased aggression
- Difficulty concentrating or following orders

# Sexual violence is about power and control

It's not about sex

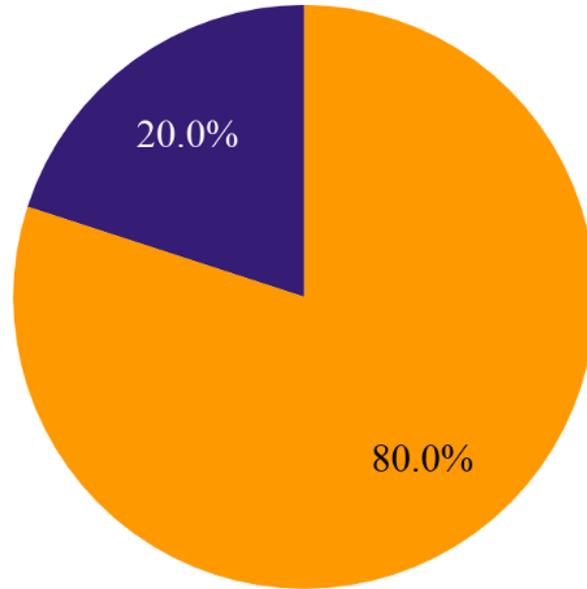
It's not about desire

# Sexual Violence and Re-Entry

# Trauma experiences before incarceration: Female Prisoners

## Female Prisoners

- Experienced Trauma
- No Prior Experience

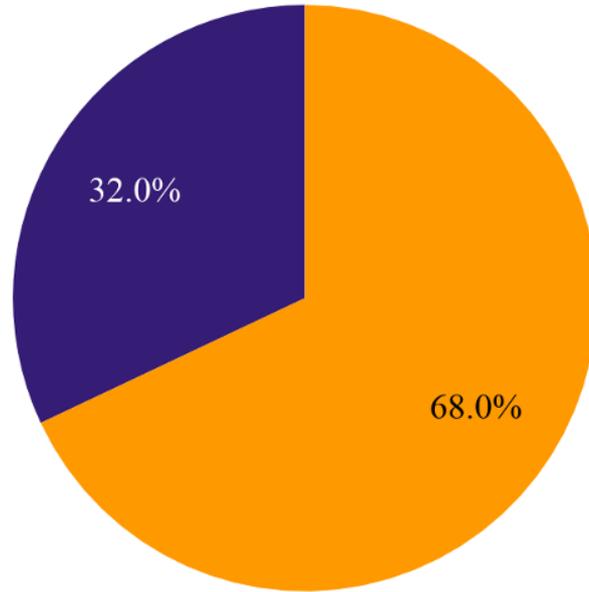


California Coalition  
Against Sexual Assault,  
*Survivors Behind Bars:  
Supporting Survivors of  
Prison Rape and Sexual  
Assault*, 2010.

# Trauma experiences before incarceration: Male Prisoners

## Male Prisoners

- Experienced Trauma
- No Prior Experience

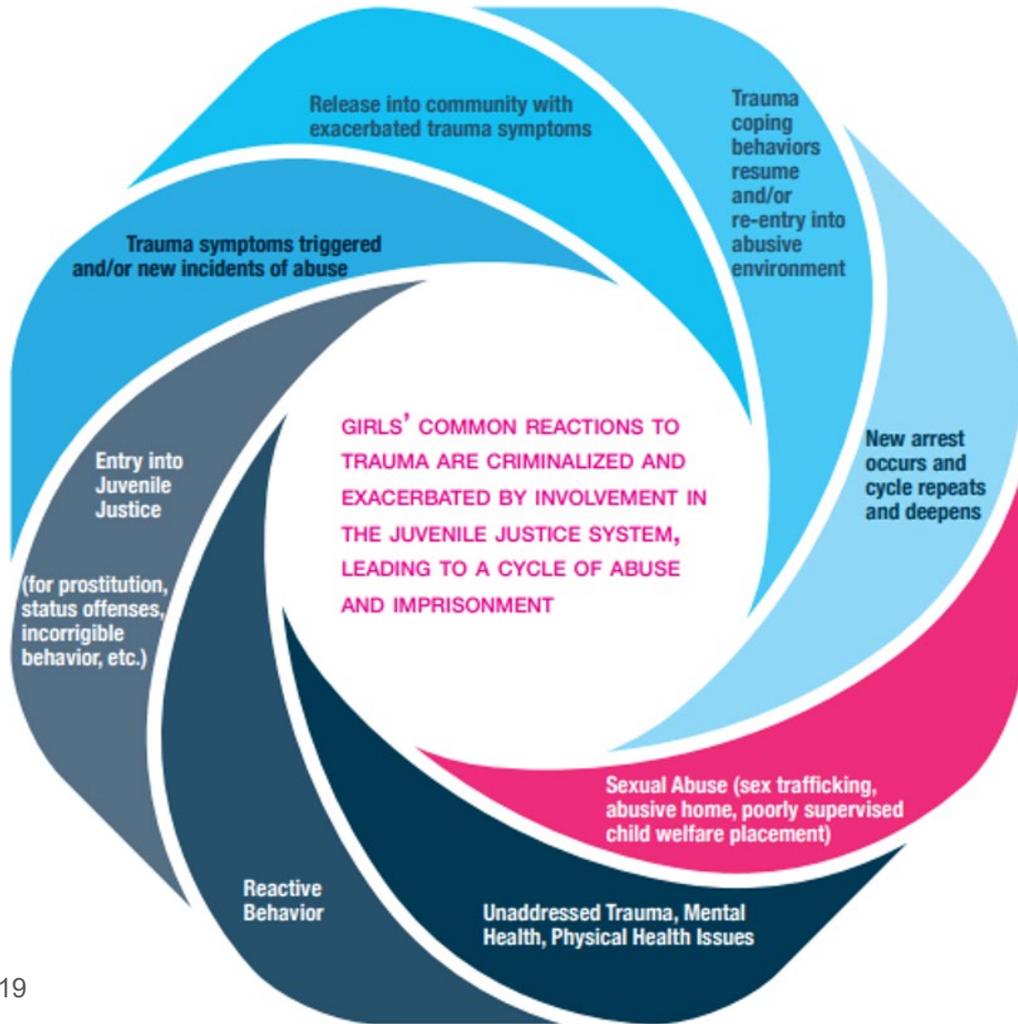


National Institute of Justice, [Early Childhood Victimization Among Incarcerated Adult Male Felons](#), 1998.

# Sexual Violence to Prison Pipeline

- Girls in juvenile justice system experienced sexual assault at 4x the rate of boys
- 22% were assaulted within 7 days before getting involved in justice system
- Girls with history of sexual violence are 5x more likely to be re-arrested than without.
- Close to 90% of adult women arrested were survivors of sexual violence.

[Sexual Abuse to Prison Pipeline: The Girls' Story](#), Georgetown Law, 2017.



Georgetown Law  
and Ms. Magazine,  
[Sexual Abuse to  
Prison Pipeline:  
The Girls Story](#)  
(2017)

# Why talk about sexual violence during re-entry?

Jail	Prison	High-Risk
3.2%	4%	8-12%

**1 in 10 former state prisoners have reported experiencing sexual abuse while incarcerated.**

Dr. Alan Beck, Bureau of Justice Statistics, *Sexual Victimization in Prisons and Jails Reported by Inmates, 2011–12* Bureau of Justice Statistics, [Sexual Victimization Reported By Former State Prisoners](#), 2008, May 2012)

# What does sexual violence look like in prison?

- Debts or obligations
- Protective pairings for protection
- Gang involvement
- In exchange for drugs
- For additional privileges, visitation, or phone usage (especially if staff are perpetrators)
- Malicious searches or retaliation for other incidents

# Trauma impacts re-entry success

What do re-entering people struggle with during re-entry?

Where do they have difficulty re-integrating with their communities?

OPRE Report # 2018-69

## Trauma-Informed Approaches for Programs Serving Fathers in Re-Entry: A Review of the Literature and Environmental Scan

A Special Topics Study of the Parents  
and Children Together Evaluation

July 2018



# Recent Report

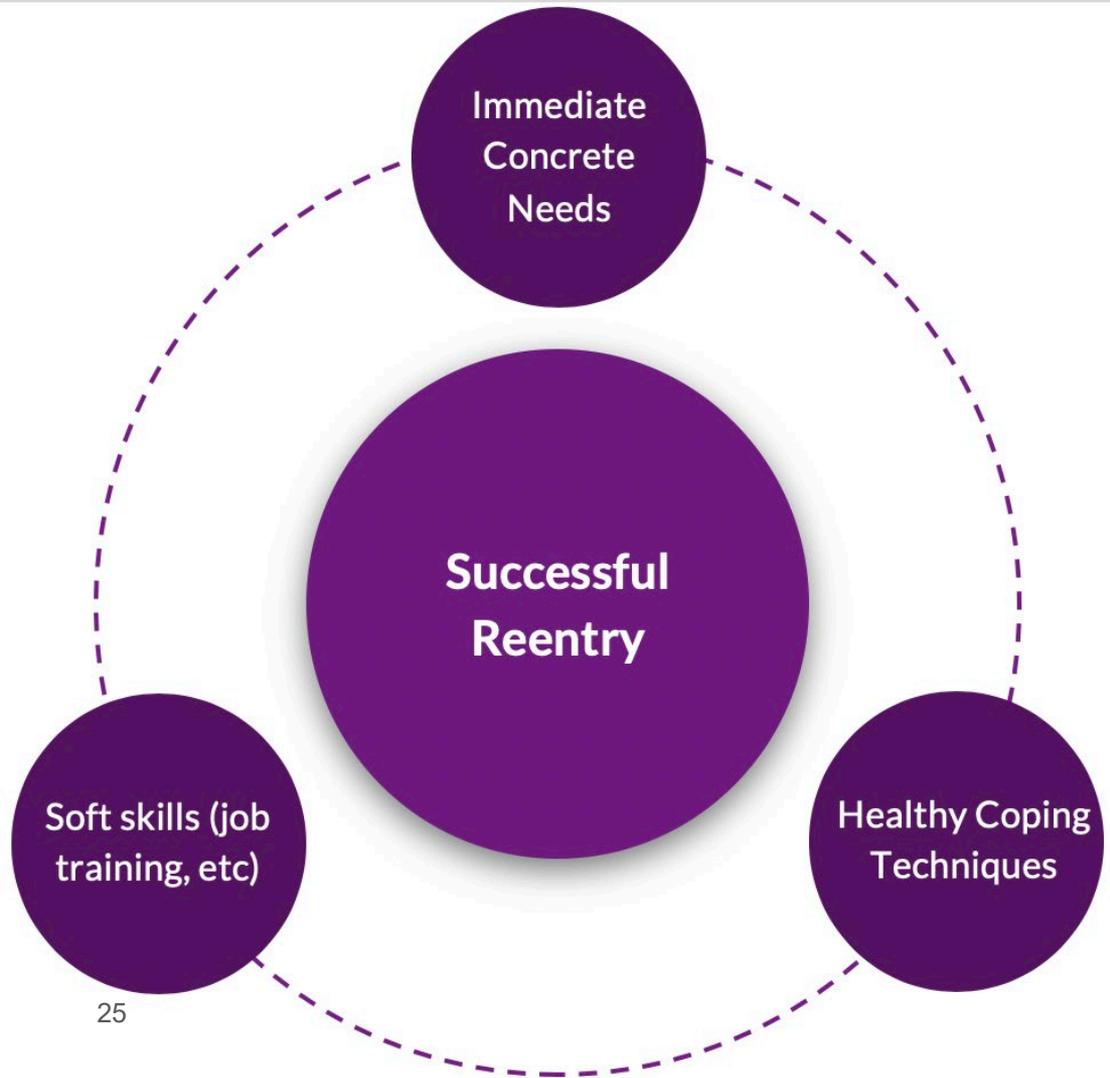
[Trauma-Informed  
Approaches for Programs  
Serving Fathers in Re-  
Entry: A Review of the  
Literature and  
Environmental Scan  
\(2018\)](#)

# Key Findings

**“Trauma in fathers who are re-entering society appears to be prevalent.** However, compared to what is known about trauma in women, children, and combat veterans, little information is available on the prevalence, experience, and impact of trauma among nonmilitary men, especially low-income men of color.

***Trauma may complicate the ability of men in fatherhood programs to achieve positive outcomes.*** Past traumas, the incarceration experience itself, and the return to disadvantaged communities with few resources and job opportunities likely compound the difficulty these men experience in successfully re-entering the community.”

Office of Planning, Research and Evaluation, US Department of Health and Human Services, [Trauma Informed Approaches for Programs Serving Fathers in Re-entry](#), 2018.



**What's more  
important?**

# Questions and reactions?

# Next Curriculum

- How to talk with returning people about sexual violence
- How to respond if they indicate they want to talk about it

# Boston Area Rape Crisis Center

99 Bishop Allen Drive  
Cambridge, MA

Office: 617-492-8306

Hotline: 617-492-7273

Dave's desk: 617-649-1264

[DRini@BARCC.org](mailto:DRini@BARCC.org)

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