

BEING OUT IS HARD!



Dr. Stephanie Kutzen Jay Villa, Caseworker

Review of PTSD and PICS Definition

Post-traumatic Stress Disorder (PTSD)

- Mental Health Diagnosis -> Anxiety
- Persistent experiencing of trauma
- Avoidance, hyperarousal, emotional numbing
- Flashbacks

Post Incarceration Syndrome (PICS) -

"Complex trauma specifically resulting from *incarceration*"

- Unique cluster of psychosocial problems
- Institutionalized personality traits
- Avoidance (people, places, things), isolation
- Sensory deprivation
- Trust Issues

Key Objectives In Treating PICS

- Health to increase overall wellness', early intervention and prevention
- Empowerment to increase confidence and abilities to do what you need to do
- Connection - to increase your sense of purpose through attachments

Treatment Issues for Re-Entry

- Depression & mental health diagnosis
- Isolation from family, friends, relationships
- Discrimination experienced daily
- Finding employment, housing, benenefits
- Return to substance, behavioral addictions
- Suicidality and Prevention

Treatment Benefits

- Reduce risk of re-offending
- Establish plan for financial stability
- Reduce hardships
- Gain self reliance
- Re-establish & make new relationships

Important Considerations For Peer Support Counseling

- Helping to overcome past experiences of incarceration
- Managing current conflicts, obstacles
- Enhancing communication and interpersonal skills
- Helping to envision best life wanted/needed

Treatment Begins with Assessment

The "ABC" Method Ask -> open ended questions.

A (Affect) How is your mood?

B (Behavior) How do you handle problems?

C (Cognition) Tell me about your judgement?

Identify Primary & Other Problems

Two Recommended Techniques to Use

(1) Active Listening: goal is to attentively understand views! feelings of the sender, *uses* paraphrasing, clarification and summarizing

Sender → Filters → Receiver → Receiver's Filters →
→ Confirm Understanding

(2) Motivational Interviewing - Client centered approach to behavioral change explores resolve ambivalence; relies on a person to change, not counselor driven

Treatment Referral Resources

Individual Counseling

Group Counseling

Spiritual Counseling

Residential In Patient/Outpatient Program

Support Groups

Medication

Mediation & Counseling

Three Highly Recommended Treatments For Trauma

1. Cognitive Behavioural Therapy (CBT)
2. Exposure Therapy (ET)
3. Eye Movement Desensitization Reprocessing (EMDR)

Future Treatment for PICS?

Ideas and Recommendations