

WHAT HAPPENED TO ME?



PICS + PTSD Introduction and Analysis
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DESCRIPTION OF COURSE SESSIONS

- I. Definitions of Post-Traumatic Stress Disorder (PTSD) and Post- Incarceration Syndrome (PICS)
Overview, Similarities & differences, Does PICS exist?
- II. Focus on Self-Assessment PICS tool;
Identify Signs and Symptoms
- III. Introduction of Treatment Planning and Goals
- IV. Demonstration of Treatment Approaches:
Interactive Role Plays, with PICS Client & Facilitator
- V&VI. Participant Volunteers conduct PICS Roleplays using Lived Experience,
Identify Strength/ Limitations of Measurement Tool
- VII. Course Summary & Benefits; Participant Accomplishments,
Evaluation of Course Content and Instructors

DOES POST INCARCERATION SYNDROME EXIST?

Some questions-

- What is your definition of and understanding of PICS?
- Is it different from PTSD?
- How does PICS differ from other mental health disorders?
- Personal Struggles

Introduction and Importance of DSM-V

DIAGNOSIS STATISTICAL MANUAL ~ A Definition of Disorders

1. Anxiety Disorders
 - Criteria: Avoidance, Hyper arousal, Panic Attacks
 - Includes General Anxiety, Obsessive-Compulsive, Social Anxiety, Adaptive Anxiety, ect.
2. Trauma and Stress Disorders
 - a. Post Traumatic Stress Disorder (PTSD)
3. Post Incarceration Syndrome
 - a. Ongoing Research, discrete and distinct symptoms

*American Psychiatric Association
Arlington VA, 2013

PTSD and Its Causes

1. Military/Combat Experience
2. Accident
3. Sexual Abuse/Assault
4. Physical Abuse
5. Emotional Abuse
6. Domestic Violence
7. Child Abuse
8. Natural Disaster
9. Person-Perpetuated Disaster

Common PTSD Symptoms

- Daytime Flashbacks, feelings that event is “happening again”
- Intense , prolong distress by internal/external events
- Avoidance of distressing memories, thoughts, people, places, things ect.
- Changes in mood, sleeping patterns, Concentration,
- Hypervigilance, Irritability

Adjustment Problems Associated with PTSD

- Exaggerated Negative Beliefs/Expectations of others
- Disordered Thinking about cause leads to self blame
- Unexpected feelings of horror/terror and/or loss of control
- Inability to experience happiness, satisfaction or love

Post Incarceration Syndrome Definition (PICS)

- Individuals released from incarceration experience a unique subset of mental health symptoms related to, but not limited to, PTSD. Incorporates lived experiences of incarceration on the quality of reentry. Increasing research on separate cluster of psycho-social problems is promising

*Liem, M. Kunst M., Is There A Recognizable Recognizable Post Incarceration Syndrome, Among Released, people? International Journal of Law and Psychiatry 36 (2013) 333-337

PICS Features

- Personality traits that involve response to hostile negative environment
- Social Distortion, Confusion and Alienation
- Incidence/Prevalence of mental health disorders
- Exposure to prison trauma experience expressed behaviorally

PICS RE-ENTRY ADJUSTMENT ISSUES

- Negative distressing experiences transferred when released
- Protecting one's vulnerability and fear of attack
- Institutionalized behavior imposed by external structure
- Lack of Trust
- Panic Attacks
- Sleep disorders

Potential Effects of PICS on Re-Entry

Thinking & Cogitation

1. Problem solving
2. Judgement
3. Motor Skills
4. Perception/Misjudging
5. Decision Making
6. Learning

Mental Health

1. Hyper-arousal
2. Startle Response
3. Anxiety/Panic Attacks
4. Paranoia
5. Emotional Numbing
6. Sleep/Medical Disorders
7. Substance Abuse
8. Multiple Diagnosis

Social

1. Inability to engage in relationships
2. Low Trust
3. Avoiding “people, places, things”
4. Family Conflict
5. Communication Issues
6. Career+Housing Problems
7. “Not Fitting In”
8. Managing Conflict
9. Avoiding Intimacy