

# Training Curriculum for Managing and Supervising Justice-Involved Girls

## General Training

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for the**

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# Training Modules

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- Girls' Psychosocial Development
- Trauma and Developmental Responses
- Triggers and Re-traumatization
- Girls' Health, Mental Health and Substance Use
- Relationships, Home Life, and Family Responsibilities
- Self-Esteem, Identity and Academic Success
- Delinquency, Crime and Violence
- Supervision and Sanctions

# Training Notes

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- Eight modules are designed to be delivered in two to three hour blocks.
- Training to be conducted in a 2 to 3 day pre-service OR used by modules in in-service trainings.
- Generic training may be trimmed from this model and presented in whole or half day sessions OR used by modules.

# Module 1

# Girls' Psychosocial Development

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## Overview

# Girls' Psychosocial Development

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- Theories of Separation and Identity Development
- Theories of Moral Development
- Relational Theory
- Academic, Social and Physical Growth
- Menstruation, Adolescence and Silencing

# Girls' Psychosocial Development

## Theories of separation and identity development

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- Role of mothers in developing identity
- Gendered separation
- Gender stereotypes and opportunities
- Self in relation

# Girls' Psychosocial Development

## Theories of moral development

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- Moral absolutism
- Moral relativism
- Gendered morality
  - Differences between the sexes in definitions and resolutions of ethical dilemmas
  - Weighing costs and benefits

# Girls' Psychosocial Development

## Relational Theory

- Self in relation
  - nurturing
  - injury
  - criminality
  - healing
- Relations as protective or risk factors

# Girls' Psychosocial Development

## Academic, Social and Physical Growth

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- Comparisons of girls and boys in academic performance, interpersonal communication styles, physical health and growth during...
  - Early childhood
  - Elementary School
  - Middle School
  - High School

# Girls' Psychosocial Development

## Menstruation, Adolescence and Silencing

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- Psychological effects of onset of menses
- Gendered behavioral changes
- Girls' loss of self ownership (subject becomes object)
- Girls' loss of voice and identity

# Module 2

## Trauma and Developmental Responses

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### Overview

# Trauma and Developmental Responses

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- Prevalence
- Nature of Traumatic Events
- General Responses to Trauma
- Behavioral Responses
- Health and Behavioral Health Consequences

# Trauma and Developmental Responses

## Prevalence

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- Girls in the general population
- Justice-involved girls vs. justice-involved boys

# Trauma and Developmental Responses

## Nature of Traumatic Events

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- Physical and sexual Abuse
- Neglect, emotional abuse and exploitation
- Other events
- Age of first occurrence
- Duration and severity
- Perpetrators and silent witnesses

# Trauma and Developmental Responses

## General Responses to Trauma/Abuse

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- Mild-moderate responses to trauma
  - physiological (startle reflex, shortness of breath, rapid heart rate, etc.)
  - changes in eating, sleeping patterns
  - night terrors
- Moderate-severe responses to abuse
  - fracturing of personality
  - bifurcation of reality
  - dissociation

# Trauma and Developmental Responses

## Specific Behavioral Responses

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- Pre-school
- Elementary School/pre-adolescence
- Junior and Senior High School

# Trauma and Developmental Responses

## Health and Behavioral Health Consequences

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- Trauma and mental health
  - Diagnostic issues (Psychosis, MPDO, PTSD, Borderline PDO)
  - Prognosis
- Addictions
  - Uses and goals
  - Alcohol, drugs, self-injury, eating, etc.
- Physical health
  - Injury, chronic illnesses
  - Help-seeking

# Module 3

## Triggers and Re-Traumatization

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### Overview

# Triggers and Re-traumatization

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- Justice Processes
- Similarities to Trauma Experiences
- Justice Processes and Trauma Reactions
- Re-traumatization
- Outcomes and Costs

# Triggers and Re-traumatization

## Justice Processes

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- Cuffs, shackles and restraints
- Searches and clothing removal
- Lack of autonomy
- Lack of privacy
- Isolation
- Authoritarian control and threats of violence
- Critical incidents and institutional responses

# Triggers and Re-traumatization

## Similarities to Trauma Experiences

Example: INCEST

Invasion of the child's bedroom

Lack of privacy

Forced disrobing

Forced disrobing

Penetration

Searches

Threats for disclosure

Perceived threats

# Triggers and Re-traumatization

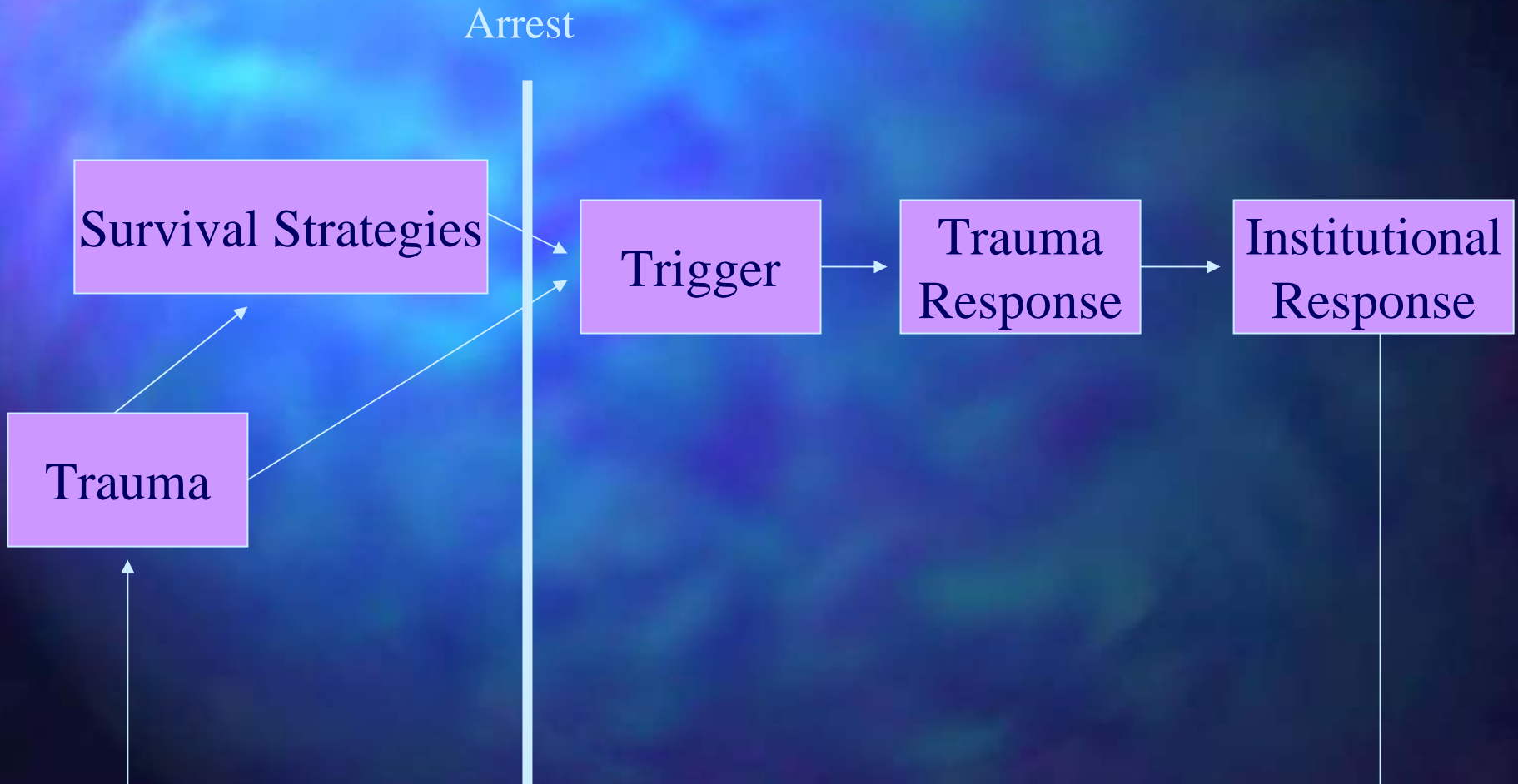
## Justice Processes and Trauma Reactions

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- Justice processes as triggers to early abuse
- Individual re-experiences former abuse
- No “typical” reaction
- Responses vary widely from dissociation, fear and withdrawal to rage and assault.

# Triggers and Re-traumatization

## Re-traumatization



# Triggers and Re-traumatization

## Outcomes and Costs

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- Injury to juvenile and staff
- Increased use of emergency psychiatric care
- Reduced cooperation
- Reduced self-efficacy and self-esteem
- Increase in risk behaviors

# Module 4

## Health, Mental Health and Substance Use

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### Overview

# Health, Mental Health and Substance Use

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- Mental Health
- Self-Injury and Suicidality
- Substance Use/Abuse
- Physical Health

# Health, MH, and Substance Use

## Mental Health

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- Prevalence estimates of MH disorders
- Risk factors and stressors
- Help seeking and disclosure
- Screens
- Treatment

# Health, MH, and Substance Use

## Self-injury and Suicidality

- Prevalence
- Nature of self-injurious behavior
- Risk Factors
- Visual and Verbal Checks
- Stressors
- Protections

# Health, MH, and Substance Use

## Substance Use

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- Prevalence
- Substances of choice
- Method and circumstances of use
- Risk Factors and Consequences of Use
- Screens
- Treatment
- Recovery Trajectories

# Health, MH, and Substance Use

## Physical Health

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- Domestic assault, fights and risks of injury
- OB/GYN, gastro-intestinal, other chronic health problems
- STDs, pregnancy complications
- Other infectious diseases
- Screens and protections
- Help-seeking and disclosure

# Module 5

## Relationships, Home Life, and Domestic Responsibilities

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### Overview

# Relationships, Home Life, and Domestic Responsibilities

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- Relationships
- Responsibilities
- Physical and Emotional Safety

# Relationships, Home Life, and Domestic Responsibilities

## Relationships

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- Boyfriends
- Peers
- Children
- Family members

# Relationships, Home Life, and Domestic Responsibilities

## Responsibilities

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### ■ Caregiving

- Family members
- Younger siblings
- Own children

### ■ Other household responsibilities

# Relationships, Home Life, and Domestic Responsibilities

## Physical and Emotional Safety

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- Neglect and exploitation
- Release to parent/primary caregiver
- Child welfare and disclosure
- Effect of detention/out of home placement

# Module 6

## Self-Esteem, Identity and Academic Success

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### Overview

# Self-Esteem, Identity and Academic Success

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- Long-term Relationships
- Motherhood
- Work and School

# Self-Esteem, Identity and Academic Success

## Long-term Relationships

- Scarcity of available males
- Probability of legitimate employment for males
- Characteristics of potential partners
  - sexuality
  - violence
  - involvement in delinquent/criminal activity
- Effect of male partner behavior on girls

# Self-Esteem, Identity and Academic Success

## Motherhood

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- Sexuality and girls' knowledge of their own bodies
- Purpose and goals of having children
- Parenting skills of girls
- Consequences to girls and their children

# Self-Esteem, Identity and Academic Success

## Work and School

- Employment and academic opportunities for girls
- Preparation for employment/higher education
- Lack of support for success goals
  - family
  - boyfriends
  - media

# Module 7

## Delinquency, Crime and Violence

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### Overview

# Delinquency, Crime and Violence

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- Definitions and State Codes
- Trends in Arrests and Case Processing
- Trends in Behaviors
- Causes and Correlates

# Delinquency, Crime and Violence

## Definitions and State Codes

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- Juvenile
- Delinquency and family court
- Waivers and adult criminal court
- The juvenile justice system

# Delinquency, Crime and Violence

## Trends in Arrests and Case Processing

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- Arrest rates for girls and boys
- Trends in rates over time
- Juvenile court processing rates for girls and boys
- Trends in rates over time

# Delinquency, Crime and Violence

## Trends in Behaviors

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- Gendered delinquency/crime
- Trends in violent crime
- Gang and drug activity

# Delinquency, Crime and Violence

## Causes and Correlates

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- Demographic characteristics of girls
- Poverty
- Violent neighborhoods
- Trauma, family life and exposure to criminal lifestyles

# Module 8

## Supervision and Sanctions

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### Overview

# Supervision and Sanctions

- Custody Practices
- Supervision Strategies
- Communication Styles

# Supervision and Sanctions

## Custody Practices

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- Staffing
- Information sharing
- Trauma-sensitivity
- De-escalation training

# Supervision and Sanctions

## Supervision Strategies

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- Engagement
- Realistic expectations
- Clear boundaries with consequences
- Use of progressive sanctions
- Provide support within the limitations of the local service system

# Supervision and Sanctions

## Communication Styles

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- Create a relationship
- Non-hierarchical and non-judgmental
- Value girls' voices and acknowledge their experiences
- Provide clear directions and information
- Treat girls as competent, intelligent individuals
- Avoid stereotypes and gender references