Passport to Freedom

A Trauma-Informed Mindfulness Approach to Foster Improved Health and Wellness for Formerly Incarcerated Women

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BACKGROUND

- Arrest and incarceration rates of women, especially substance using women of color, are rising rapidly.
- BUT much of this discourse has revolved around the experiences and needs of men.
- Studies estimate that up to 90% of incarcerated women report a history of violence (e.g., childhood sexual abuse, exposure to community violence, teen dating violence, intimate partner violence), with the majority experiencing poly victimization resulting in multiple traumatic experiences.
- Upon re-entering the community women are expected to manage complex social roles as mothers, daughters, wives, and friends, while securing housing, food, clothing and employment for themselves and their families.
- Although there are many interventions that assist formerly incarcerated individuals, most are male oriented.

Few interventions target women, even fewer, systematically help women heal from their multiple traumatic experiences

The purpose of the Passport to Freedom (P2F) program was to develop and test the feasibility of a woman-centered, trauma-informed reentry program professionals, social workers and women's advocates to provide a supportive context necessary for previously incarcerated women to process cumulative lifetime trauma and find ways to flourish in the communities





CONCEPTUAL

Trauma-informed Primary Care



Machinger, E. L., Cuca, Y. P., Khanna, N., Devision Rose, C., & Kimberg, L. S. (2015). From The Promise of Trauma-Informed Primary Care, Women's Health Issues, 25(2).

PROJECT METHODS

- STUDY PHASES The study involves three phases:

 - Phase 1: 4 Focus groups
 Key informants (Pre and Post Intervention)
 - Previously incarcerated women (Pre and Post Intervention)
 Phase 2: 6 weekly intervention sessions
 - Promote physical and emotional wellbeing through a combi of mindfulness techniques and health promotion activities
- Phase 3: Follow -up evaluation 4 weeks after the intervention

METHODS

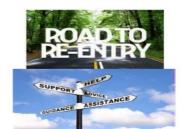
- Each sessions was 90 minutes.
- Each session was opened with a mindfulness activity, followed by the session content and concluded with a mindfulness activity that connected the session content and the mindfulness activity.
- 1. Mindfulness
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 2. Connection between Health and Trauma
 3. Healthy Relationships
 4. Family Matters-Recognizing patterns
 5. Career Planning-Setting Goals
 6. Reflection

IMPLEMENTATION OF P2F

- 3 Cohorts (n= 24 women)
 - 1 = Transitional Housing after completing substance abuse treatment program
- 1= Residential Drug Treatment for Pregnant women (alternative sentence)
- 6 sessions/3 cohorts = 18 sessions







STUDY OUESTIONNAIRES

Outcome	Questionnaire		
Mental Health (Depressive Symptoms)	CES-D		
Stress	Everyday Stressor Index (ESI)		
Intimate Partner Violence	Severity of Violence Against Women (SVAWS)		

FINDINGS - DEMOGRAPHICS -BASELINE

Demographic Characteristic	Total Sample -n= 24(%)		
Ethnic/Racial Background African American White Mixed Race	12 (50%) 9 (37.5%) 2 (8.3%)		
Education <hs HS/GED Some College 2 Year Degree 4 Year Degree</hs 	5 (20.8%) 12 (50%) 4 (16.7%) 1 (4.2%)		
Age (Years) 18 – 224 25-34 35-44 45-55	2 (8.3%) 12 (50%) 4 (16.7%) 6 (25%)		

Pre-Post Violence, Depression and Stressor Scores

All Cohorts	SVAWS -Pre	SVAWS-Post	CES-D - Pre	CES-D - Post	ESI-Pre	ESI=Post
Mean	66.6	59.7	25.5	23.5	45	43.5
Min	46	46	5	3	15	26
Max	105	123	51	49	43	40
Median						
	59	50	25	24	43	40

PASSPORT TO FREEDOM PARTICIPANT TESTIMONIES

"The Hopkins Program improved my life on a day to day basis because it mainly helped with my coping skills, a few things that stick out from time to time was a how powerful and worthy! felt once! left the groups.! believe that I can deal with real life situations because of this Hopkins group."

What did you think about the meditation...the information?

- "The meditation helps me still today mainly when dealing with my child. I now know how to take time out to breathe my way back into reality. I thank Hopkins and the ladies from this group for changing my life forever." Some people feel Hopkins is not trustworthy. Did you have any concerns? Were we trustworthy?
- "I feel very strongly that John Hopkins goes above and beyond to make sure that anyone who goes above and beyond to make sure that anyone who comes into anything dealing with them are satisfied so absolutely I believe and feel strongly when I say that Johns Hopkins is very trustworthy."

SUMMARY OF PARTICIPANT EVALUATION OF OVERALL SESSIONS

- 68.4% (n=13) Strongly agreed that the classes will be helpful to their transition after they finish the program
- 63.2% (n=12) Strongly agreed that the mindfulness activities helped them manage stres
- 57.9% (n=11) strongly agree that the drawing activities helped reduce anxiety
- 84.2% (n=16) have practiced the mindfulness exercise they learned in class

· 84.2% (n=16) would recommend this program to other people

Lessons Learned: Next Steps

- Focus Groups Post Interventions

 Key Informants Connect with women before they leave prison and integrate with existing programs

 Women High satisfaction with sessions, more time/session, more sessions, more practice with mindfulness techniques

- P2F 2 sites 1) transitional house for formerly incarcerated women and 2) domestic shelter for

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