Passport to Freedom
A Trauma-Informed Mindfulness Approach to Foster Improved Health and Wellness for Formerly Incarcerated Women
Phyllis Sharp, PhD, RN, FAAN, Patty Wilson, PhD, PMHNP-BC, Jacqueline Campbell, PhD, RN, FAAN, Deborah Gross, PhD, RN, FAAN, Kamila Alexander, PhD, MPH, RN, Shawna Murray Browne, MSW, LCSW (Heal-A-Sista), Kim Hill, MPH, Alexis Peya, BS

BACKGROUND
- Arrest and incarceration rates of women, especially substance using women of color, are rising rapidly.
- Staff of drug treatment facilities have been reportedly out of touch with the experience of incarcerated women and their needs.
- Staff of correctional facilities is not well trained in trauma-informed care.
- The experience of women in corrections includes experiences of violence, threat, and trauma.
- Staff are often required to work in conditions that are unsafe, with long hours, and with limited knowledge of trauma-informed care.
- Trauma-informed care is a framework that aims to help health care providers understand the root of the women's experiences of trauma and to design interventions that are trauma-sensitive.

PURPOSE
The purpose of the Passport to Freedom (P2F) program was to develop and test the feasibility and acceptability of a trauma-informed, primary care primary care model designed to improve health and wellness outcomes for formerly incarcerated women.

CONCEPTUAL BACKGROUND
Trauma-informed care is a framework that aims to help health care providers understand the root of the women's experiences of trauma and to design interventions that are trauma-sensitive.

PROJECT METHODS
- DESIGN
- A 12-week, group-based intervention was used to examine the feasibility and acceptability of a trauma-informed, primary care model designed to improve health and wellness outcomes for formerly incarcerated women.

METHODS
- 12 weekly sessions:
  - Each session was 90 minutes.
  - Each session was followed by a mindfulness activity, followed by the discussion of the session's content and how it relates to the participants' current lives and experiences.

IMPLEMENTATION OF P2F
- 3 Cohorts (n= 24 women)
  - 1) Transition housing after completing substance abuse treatment
  - 2) Housing after treatment
  - 3) Trauma-informed care
  - 4) Peer mentorship
  - 5) Career planning

STUDY QUESTIONNAIRES
- Outcomes: CES-D, Everyday Stressor Index (ESI), Severity of Violence Against Women (SVLWS)

FINDINGS - DEMOGRAPHICS BASELINE
- Pre-Post Violence, Depression, and Stressor Scores

PASSPORT TO FREEDOM PARTICIPANT TESTIMONIALS

PASSPORT TO FREEDOM ACTIVITY SESSIONS

LESSONS LEARNED: NEXT STEPS
- Focus groups of former and current participants
- Key recommendations

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