

Providing Support to Incarcerated Survivors

Connecticut Alliance to End Sexual Assault

January 19, 2022



IMPACT/JUSTICE

NATIONAL
PREA
RESOURCE
CENTER

Providing Support to Incarcerated Survivors

- Welcome & review of PREA 101 training
- Your role supporting incarcerated survivors
- Best practices during:
 - Hotline calls
 - Forensic exams
 - Written correspondence
 - On-site service provision
 - Advocacy
- Questions, resources, and evaluations

Training Series

- December 15th – PREA 101 (recording available)
- **January 19th – Providing Services to Incarcerated Survivors**
- January 28th – Coaching Session with JDI #1
- February 23rd – Strengthening Victim Services Partnerships
- February 25th – Coaching Sessions with JDI #2
- March 25th – Coaching Sessions with JDI #3

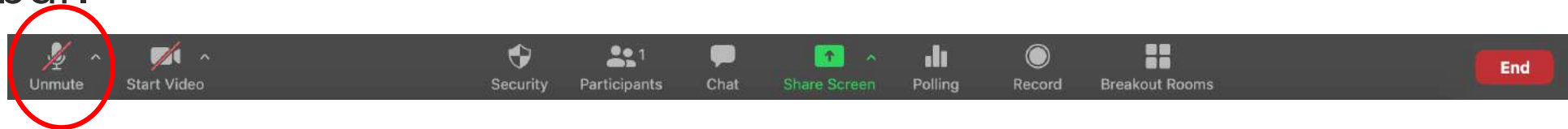
PRC Mission

The mission of the PRC is to assist adult prisons and jails, juvenile facilities, lockups, community confinement, and tribal facilities in their efforts to eliminate sexual abuse by increasing their capacity for prevention, detection, monitoring, responses to incidents, and services to victims and their families.

Logistics

Mute

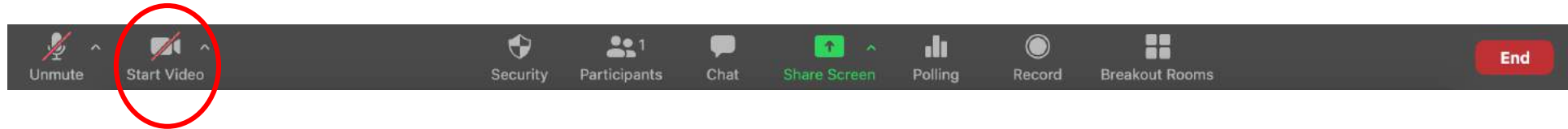
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Logistics

Start/Stop video

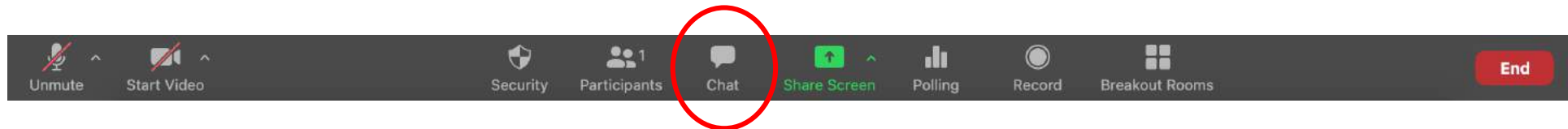
If at any time you need to step away, to turn off your video, please select the start video button on the left side of the Zoom toolbar, as shown below.



Logistics

Submitting questions

To submit a question related to the content of the presentation, use the chat feature on your Zoom toolbar, as seen below.





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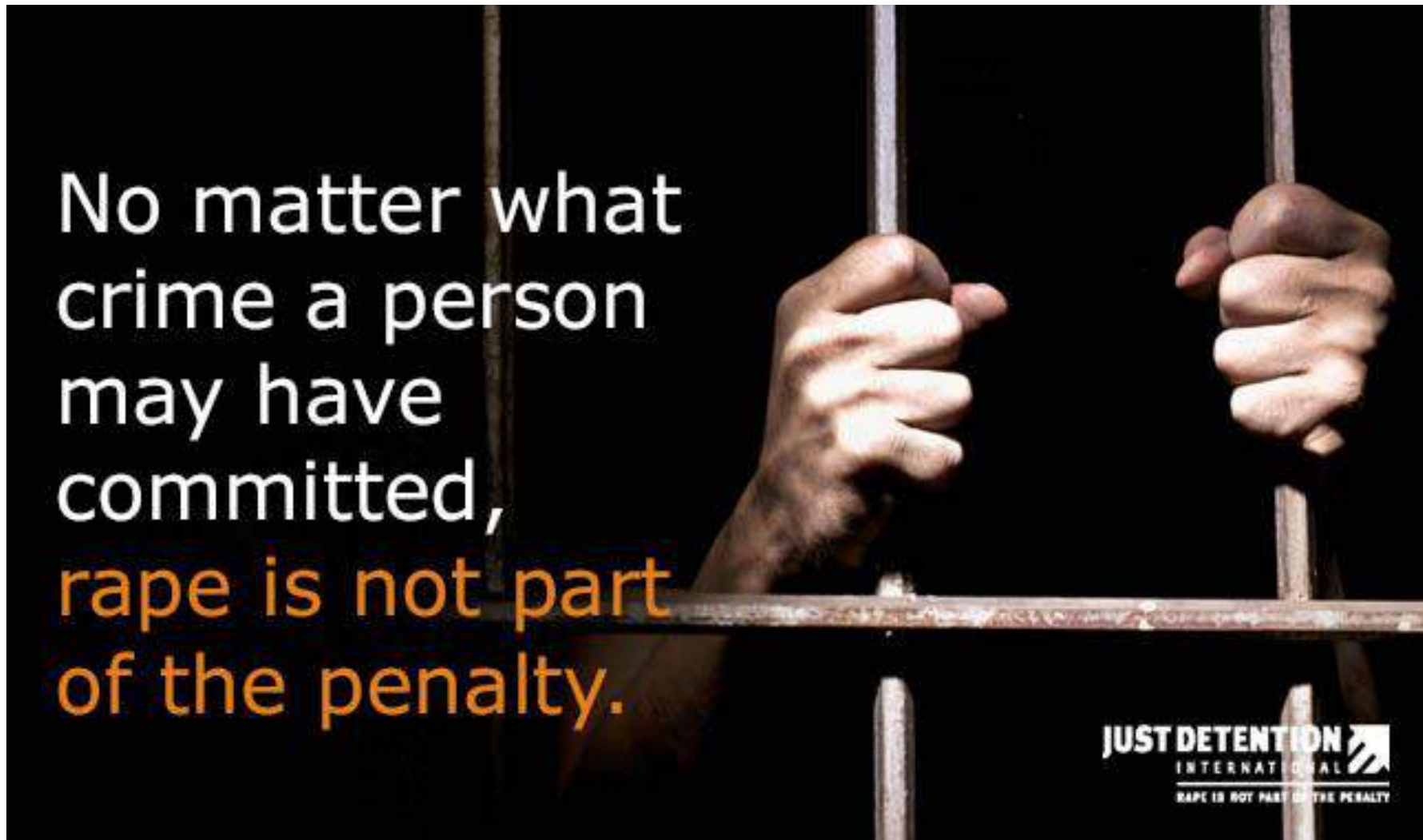
JDI's Mission

Just Detention International is a health and human rights organization that seeks to end sexual abuse in all forms of detention.

JDI carries out its mission by:

- Working with corrections officials, rape crisis advocates, and policymakers to make detention facilities safe
- Promoting public attitudes that value the dignity and safety of people in detention
- Supporting incarcerated survivors of sexual abuse and sexual harassment

JDI's Core Principle



Self-Care

Thoroughlypositive.com



Introductions



Chat #1: Working with Non-Incarcerated Survivors

What kinds of support services do you provide to survivors who aren't incarcerated?

Chat #2: Working with Incarcerated Survivors

Do you have any questions or concerns about providing services to incarcerated survivors?

You are an invaluable resource for *all* survivors — no matter where they reside.



Survivor Art, 2012

In His Own Words

“If I had an advocate, it would have saved me so much grief. It would have helped me through that traumatic event immensely.

Going through it alone, I didn’t know who I could trust and who I could talk to about it — which appeared to be nobody.”

— Frank Mendoza, prisoner rape survivor and member of JDI’s Survivor Council



Prevalence of Sexual Abuse in Prisons and Jails



Approximately 200,000 adults are sexually abused behind bars every year in the U.S.

Your Role Supporting Incarcerated Survivors

Joe's Story



Providing Support to Incarcerated People Matters

Your advocacy and support helps the survivor to:

- Deal with current or past trauma
- Reduce the impact of stress
- Improve reentry success



Photo credit: The Washington Post

Challenges to Healing

Incarcerated survivors face:

- Lack of access to services
- Ongoing contact with perpetrators
- Failure on the part of officials to take reports seriously
- Retaliation
- Abuse that often occurs repeatedly



Photo credit: Just Detention International

The Empowerment Model

- No assumptions
- Trust is earned
- Validation is key
- Options, not advice
- Survivor is the expert



Photo credit: Wonderferrit/flickr

Coping Skills in Detention

- Coping skills you might offer to clients in the community might not be applicable for folks in detention
- Coping skills that require little or no extra materials will likely be the most applicable. Examples include:
 - Progressive muscle relaxation
 - Journaling
 - Mindfulness

Providing Resources and Referrals

- Be mindful about encouraging survivors to reach out to services provided by the facility
- Ensure outside referrals work with people who are incarcerated



Photo credit: <https://businessfightspoverty.org/>

Confidentiality

- Know the level of confidentiality you have when communicating with an incarcerated survivor
- Be up front about the limits to your confidentiality (mandated reporting, threats to self or others)
- Treat communications with incarcerated survivors as you would with a client who is not incarcerated
- Only release information about a client when you have direct permission from the survivor

Services for Incarcerated Survivors

- Hotline calls
- Forensic exam accompaniment
- Written correspondence
- In-person support (individual and groups)
- Advocacy on behalf of a survivor
- Special programming

Supporting Incarcerated Survivors on the Hotline

Best Practices: Hotline Calls

- Have a basic understanding of the facility they are calling from
- Be mindful of confidentiality
- Provide emotional support and information about rights and options
- Connect to ongoing care



Photo credit: Grasswire

Starting a Call

- Treat calls like any other crisis line calls
- Let the survivor know about the limits to confidentiality (i.e. if the call is recorded or monitored)
- Take the time to clarify that you do not work for the facility (or DOC) and what the line is for



During a Call

- Provide emotional support
- Normalize trauma reactions
- Offer relevant coping skills
- Develop safety plans
- Explain reporting options
- Validate frustrations with the system
- Provide only relevant referrals



Photo credit: Drew Scofield/dscotland@morningjournal.com

Ending a Call

- Summarize call
- Review any safety plan
- Discuss follow up
- Collect any remaining information



Photo credit: Just Detention International

Hotline Scenario

"I saw your info on a PREA poster. I didn't have anyone else to talk to about this so I thought I'd try calling you. A month ago something happened with one of the other guys here. He is gone now, but I feel so violated and dirty.

I feel like I'm always targeted, like this is all somehow my fault. What can I do to protect myself?

I have been having nightmares and I haven't slept well since it happened. I just want to feel normal again."

How might you respond?

Accompanying Survivors to Sexual Assault Forensic Exams

Medical Forensic Exams for Incarcerated Survivors

- Survivors are usually transported to a forensic exam site
- Advocates must know what protocols are in place (regarding use of restraints and officers' presence in the exam room)
- Advocates must be prepared to advocate for survivors' dignity



Photo credit: CDCR

Starting the Exam

- Introduce yourself to the survivor, any officers present, and the nurse
- Use a survivor's preferred name
- Explain your role and describe what your agency does
- Give the survivor control
- Be mindful of your body language and where you sit



Photo Credit: CDCR

During the Exam

- Create as a confidential a space as possible
- Clarify the process of the exam
- Ensure the survivor is not pushed to do any piece of the exam they are not comfortable with
- Explain the process of reporting
- Provide emotional support



Photo credit: JDI

Ending the Exam

- Provide relevant materials
- Educate the survivor about the medical care they are entitled to
- Connect the survivor to care available at the facility
- Ensure the survivor can access ongoing services from your agency
- Complete a written release of information (ROI), if needed



Photo credit: Getty Images

Medical Forensic Exam Scenario

You are providing accompaniment for Jay, who is incarcerated and was sexually assaulted two days ago. He does not feel safe giving the names of the people who assaulted him, only that they are in a gang and there were probably 4 or 5 of them.

Jay is handcuffed, but the SANE asks the officers to remove the cuffs, which they do. The transport officers stand outside the exam room; they look in through the window in the door periodically in order to maintain everyone's safety.

During the exam, Jay tells you that this is not the first time something like this has happened to him. He wants to be able to check in with you after the exam. ***What might you be able to do to support Jay?***

Providing Emotional Support via Letter

Letter Process

- Respond in a timely manner
- Response length
- Letters should be typed
- Address the envelope and the letter
- Ensure accessible language and format
- Be consistent



Photo Credit: The Oklahoman

Confirming Location



Offender Information Search

Please enter the search criteria in one or more of the following fields:

(Enter only the inmate number OR only the first few letters of the last name for better search results.)

CT DOC Inmate Number:

Last Name:

First Name:

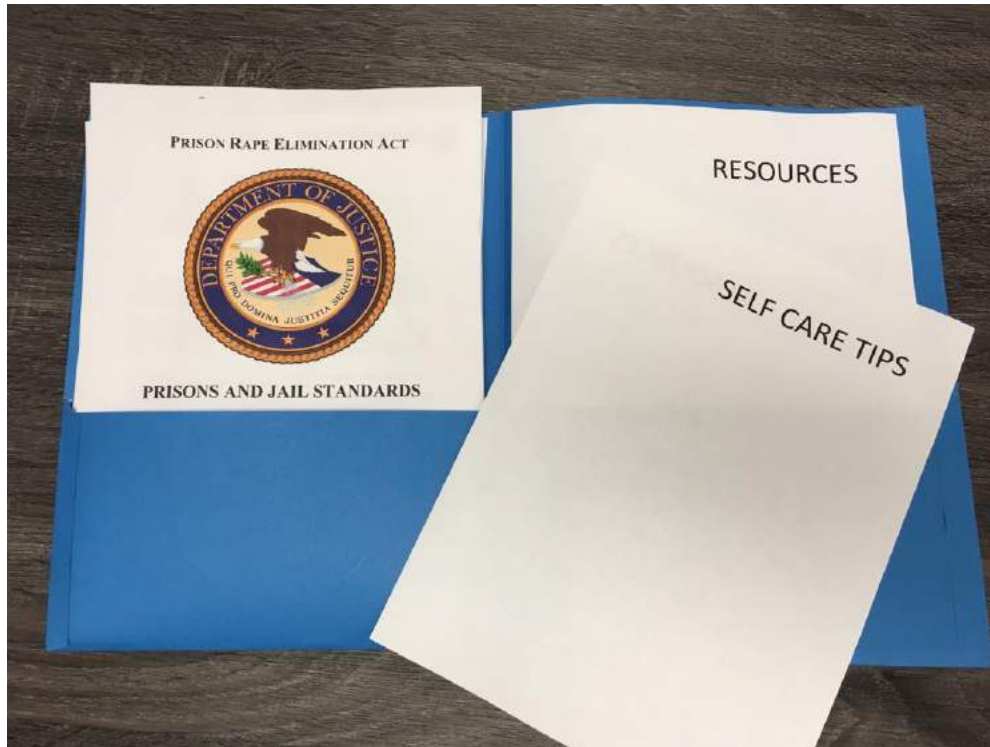
Date of Birth (mm/dd/yyyy):

[Search All Inmates](#)

[Clear Criteria](#)

If you have trouble searching the offender information, click [Search Hints](#) for help.

Support Packet



- Letter
- List of services
- Trauma information
- Rights under PREA
- Self care tips
- Offer to refer to other agencies in event of transfer

Letter Structure

First paragraph:

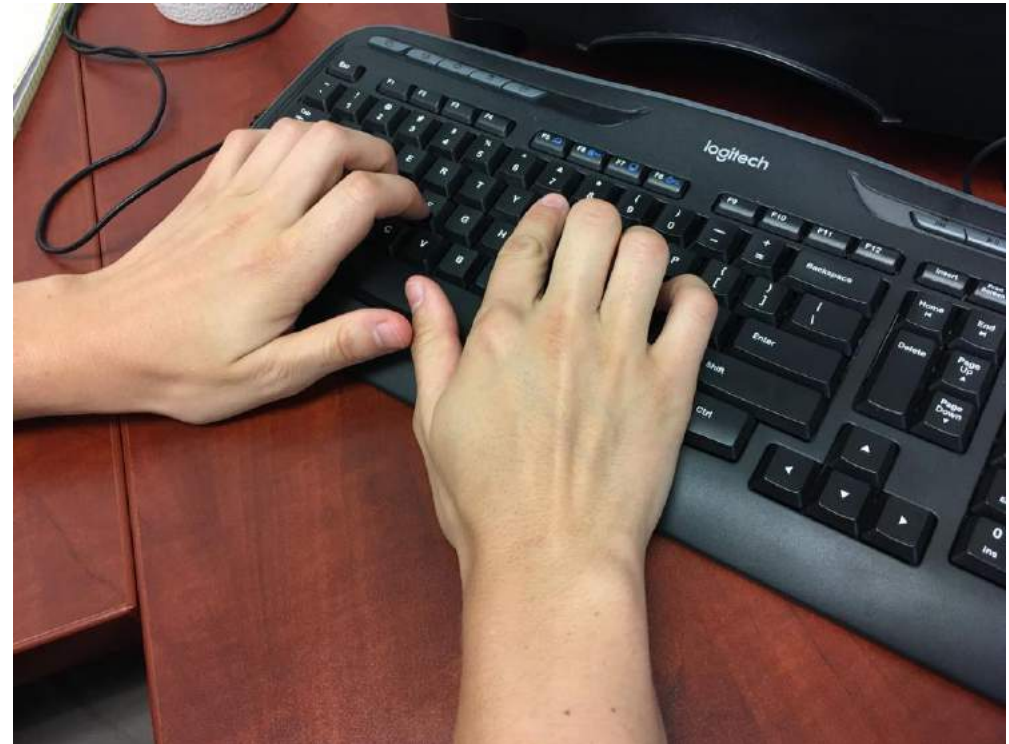
- Thank survivor for writing
- Validate their experience
- Describe what your agency can and cannot do

Body paragraph(s):

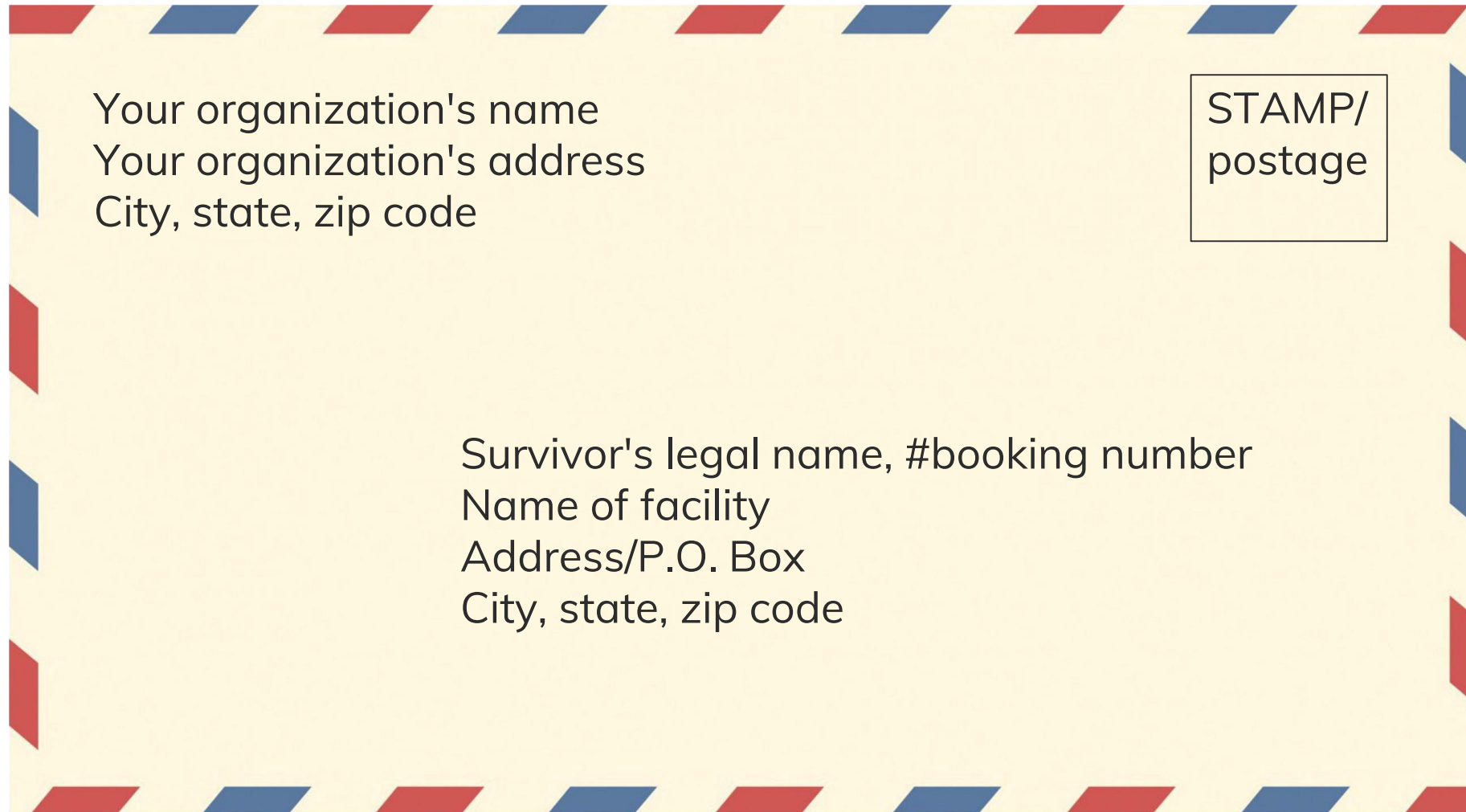
- Address concerns

Closing paragraph:

- Thank survivor again
- Closing greeting



Envelope



Why Survivors Write

- General emotional support
- Help for ongoing abuse
- Institutional advocacy
- Support around suicidal ideation
- Off topic support



<http://www.pcprisonministry.com>

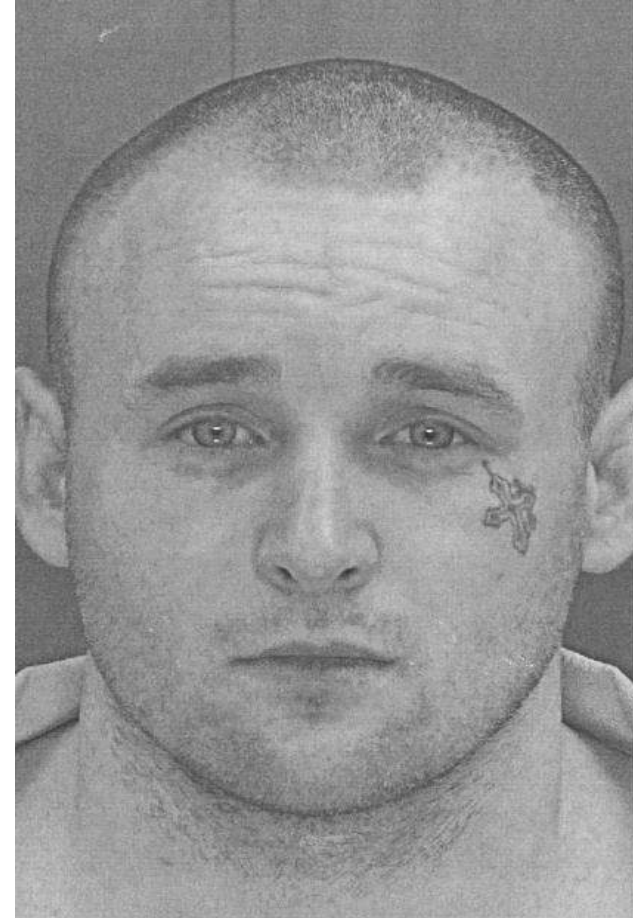
In-Person Services

Individual and Group

In His Own Words

“I got myself out of that horrible situation and started going to therapy and with the help of two amazing [advocates] that put so much time to help, I took control of my life again.”

- Matthew, a prisoner rape survivor



Getting Started

- Build a strong relationship with the facility
- Make sure you receive all the clearances you need
- Identify multiple locations where you can meet with clients
- Develop a procedure for how clients will be brought to you
- Advertise your services and explain how clients can request in-person services

Individual Sessions

Utilize the same skills you would with a client in the community

- Discuss confidentiality
- Review the scope of what you can and cannot do
- Build rapport
- Develop goals for your work together



PREA Peer Educators at the California Institution for Women

Providing Support to Your Client

- Normalize trauma reactions and validate feelings
- Process trauma
- Offer coping skills
- Plan for follow up



Photo credit: JDI Survivor Art

Group Readiness Checklist

- You provide individual, in-person support services in detention
- You have proven group facilitation skills, preparing a list of group topics & activities
- You have received approval to facilitate groups from the facility



Source: Graphic Facilitation & Graphic Recording

Facilitating Groups

- Modify materials for the confinement setting
- Adapt requirements and group norms to fit prison life
- Have a plan, and hold it lightly
- Begin each group with a goal for the session
- Create multiple opportunities for participation



Survivor Art, created by women at CIW

Advocacy on Behalf of a Survivor

Advocacy Focus

Advocacy topics may include:

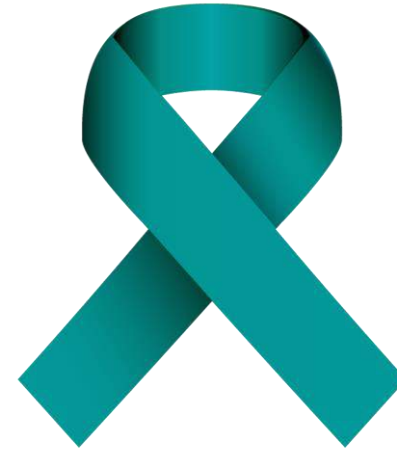
- Emergencies
- Safety concerns
- Ongoing harassment
- Housing changes
- Reporting issues
- Medical and mental healthcare



Photo credit: LAPD

Communicating with the Survivor About Advocacy

- Get a strong understanding of what the survivor wants and needs
- Be careful not to over-promise
- Only do what was agreed upon
- Be truthful and honest
- Discuss safety concerns
- Get a written release of information
- Keep the survivor updated



Providing Advocacy

- Speak with facility staff in a professional manner
- Document your advocacy efforts
- Keep track of patterns of concern
- Remember that systemic change happens gradually

Advocacy Scenario

A survivor you work with was assaulted by another incarcerated person four years ago at a different facility. They filed a report and the abuse was substantiated.

You learn that the perpetrator was transferred to your client's current facility, and is now in the same housing unit as them.

What actions can you take to advocate for the survivor?



“I have come to believe that I went through this experience for a reason. I may have had my power taken away at one point, but now I am empowered to speak up and to be an advocate. If you have been through an assault, know that you are not alone. There are people who do care. I care.”

— Kristal, a prisoner rape survivor



Questions & Answers

What's Next?

Join us for *Strengthening Victim Services Partnerships*, the third webinar in this series on **February 23rd!**

We will be discussing best practices on how to build relationships with your local facilities and how to set up support services.

We welcome you to also join us for our three coaching sessions on **January 20th, February 25th** and **March 25th.**

Additional Resources

- OVW Webinar Series – Vulnerable and Underserved <https://justdetention.org/webinar/#archived>
- Fact Sheets for Service Providers <https://justdetention.org/resource/publication/>
- Justice for Victims Behind Bars <http://bit.ly/1KPyui3>
- Recommendations for Administrators of Prisons, Jails, and Community Confinement Facilities for Adapting the U.S. Department of Justice’s A National Protocol for Sexual Assault Medical Forensic Examinations, Adults/Adolescents <http://1.usa.gov/1LSIID5>

Additional Resources

- JDI PREA Resources (*No One Left Behind*)
<https://justdetention.org/resources/prea-resources/>
- FAQ: Are rape crisis centers or other victim service providers appropriate entities to serve as external reporting entities, pursuant to PREA Standard 51(b)?
<https://www.prearesourcecenter.org/frequently-asked-questions/are-rape-crisis-centers-or-other-victim-service-providers-appropriate>

PRC Library

The screenshot displays the National PREA Resource Center Library interface. At the top, the logo and navigation menu (About, Implementation, Library, Audit, DOJ FAQ) are visible. The main content area is titled "Resource library" and shows 423 results. A left-hand sidebar contains filters for Facility, Standards, Term, Type, Toolset, and Keyword. The main area displays a grid of resource cards, each with a title, icon, and associated metadata.

Filter [Reset All](#)

Facility

- Community Confinement
- Juvenile Facility
- Lockup Facility
- Prisons and Jails

Standards

Search

Term

Search

Type

- Tool
- Publication
- Webinar
- Featured Resource

Toolset

- Any -

Keyword

Search

Resource library

423 results Sort by Date

TOOL: AUDIT

Documentation Requirements - Juvenile PREA Standards

STANDARDS: All

FACILITY: Juvenile Facility	TERMS: Audit
	Audit Instrument (+1)

TOOL: AUDIT

Documentation Requirements - Prisons and Jail PREA Standards

STANDARDS: 4E

FACILITY: Prisons and jails	TERMS: Compliance
	Audit (+1)

FEATURED RESOURCE

WEBINAR

Power Hour: Chat with a PREA Expert on Standard 115.32

STANDARDS: 115.32

FACILITY: Community Confinement	TERMS: Volunteers
Juvenile Facility (+2)	Contractors (+2)

WEBINAR

PRC Website Revision: Overview and Q&A

STANDARDS: None

FEATURED RESOURCE

WEBINAR

Developing a PREA-Compliant Language Access Plan for Incarcerated...

STANDARDS: 115.16 115.21 115.51 115.55

FACILITY: Community Confinement	TERMS: Accessibility
Juvenile Facility	Limited English proficient (+2)

TOOL: AUDIT

Audit Report Template - Juvenile Facilities

STANDARDS: 115.401

FACILITY: Juvenile Facility	TERMS: Audit
	Audit Instrument (+2)

Request Assistance

Jurisdictions can request assistance by completing a web form on the PRC website under the “Implementation” tab and clicking “Request for assistance” under “Training”.

The screenshot shows the National PREA Resource Center website. At the top, there is a navigation menu with links for 'About', 'Implementation' (which is underlined), 'Library', 'Audit', and 'DOJ FAQ'. The main content area has a dark blue header with the word 'Implementation' in white, and below it, a sub-header with links for 'Implementation | Training | Request for assistance'. On the left side, there is a sidebar menu with categories: 'PREA Standards', 'PREA toolsets', 'PREA in action', 'Training', and 'Request for assistance'. Under 'Training', there are links for 'PREA Academy', 'Field training audit', 'Webinars', and 'Upcoming events'. At the bottom of the sidebar is a blue button labeled 'Request Assistance'. The main content area features a section titled 'Request for assistance' with a sub-header. Below this, there is a paragraph explaining that users should fill out a form to request PREA-related training and/or technical assistance, and that more detail improves the PRC's ability to meet needs. It also mentions that for jurisdictions less familiar with PREA, the PRC encourages browsing resources on the 'Where to begin page' and that general questions or comments can be communicated through the 'Contact us form'. Another paragraph states that to submit information on complaints or concerns about a DOJ-certified PREA auditor, users should refer to the 'Auditor feedback form'. A final paragraph notes that the PRC collects information to route and respond to inquiries, and that all fields are not required, but as much information as possible should be provided for better assistance.

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For more information about the National PREA Resource Center, visit www.prearesourcecenter.org.

To ask a question, please visit our [Contact us](#) page

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Notice of Federal Funding and Federal Disclaimer

This project was supported by Grant No. 2019-RP-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice or grant-making component.