

RESIDENTIAL SUBSTANCE ABUSE TREATMENT (RSAT)

Trauma and Resilience Amid Covid-19: Part 2

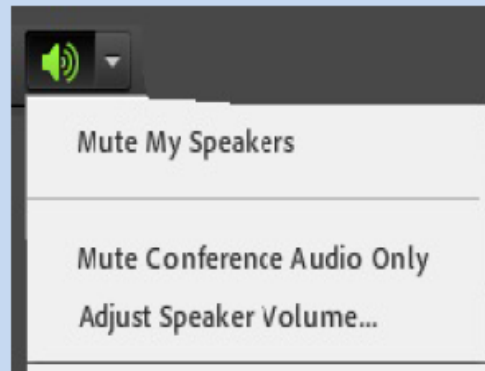
Increasing Resilience For People Housed Within Jails / Prisons

This project was supported by grant No. 2016-MU-BX-K021 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 SMART Office, and the Office for Victims of Crime. Point of view or opinions in this document are those of the author and do not represent the official position or policies of the United States Department of Justice.

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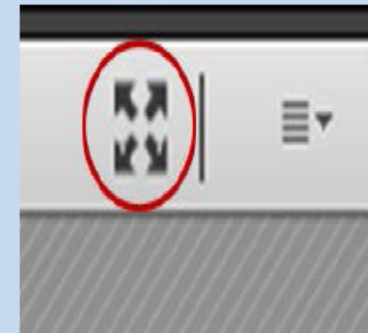
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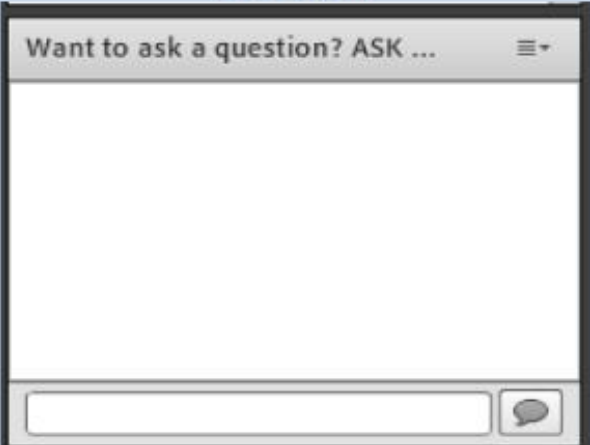
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Housekeeping: Communication

Q&A and Technical Issues

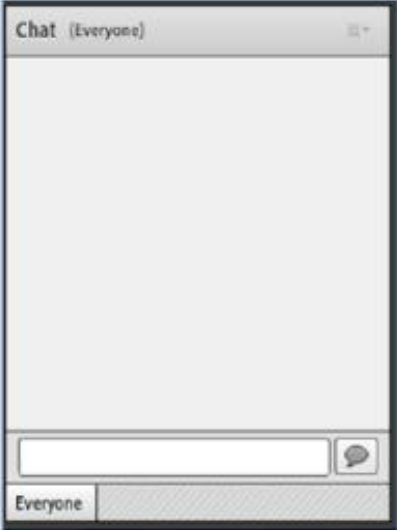
If you have questions for either the presenters or our Technical Support Staff, enter them in the Q&A box.

Our support staff will assist you with your technical issues, and our moderator will present as many questions as possible to the presenter.



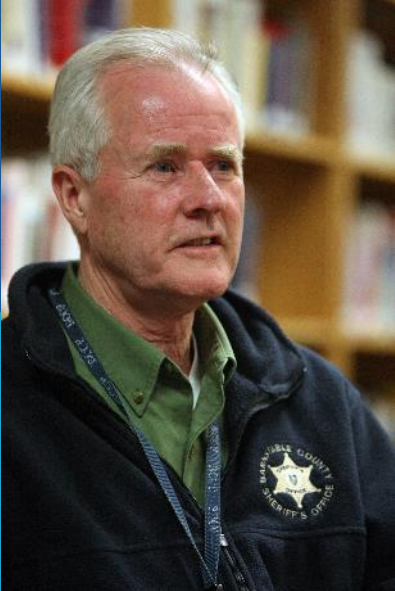
Chat with us!

If you have general comments, please post them in the participant chat box.



Trauma and Resilience Amid Covid-19: Part 2

Increasing Resilience For People Housed Within Jails / Prisons



Roger Allen, LMHC

Learning Objectives

After completing this webinar, participants will be able to:

- Describe at least three of the ways that mindfulness meditation can help and is valuable for people in prisons and jails
- Name three of the ways that mindfulness meditation can support treatment for substance use disorders, anxiety, PTSD, and trauma
- Identify at least four of the cautions of facilitating mindfulness mediation sessions with incarcerated / detained clients

Poll 1: Facility Mindfulness

What mindfulness meditation practices are available at your facility?

1. Our facility has mindfulness meditation classes that are offered to (at least) our RSAT participants.
2. Our facility incorporates other forms of mindfulness in our services for (at least) our RSAT participants, such as mindfulness-based cognitive behavioral therapy, or other similar therapies.
3. We do not offer these kind of services.
4. I'm not sure.



**Choose your
answer below!**

Poll 2: Individual Mindfulness Practices

Do you as an individual practice mindful meditation?

1. Yes
2. No

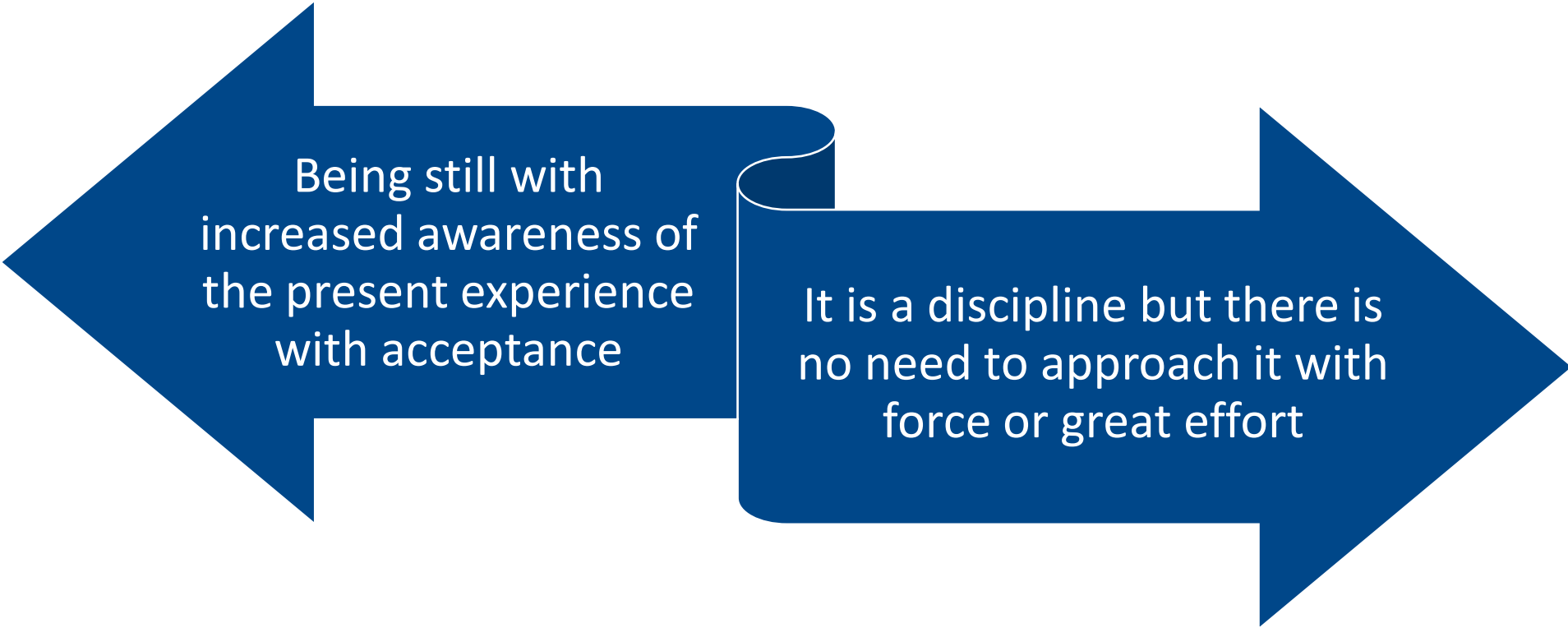


**Choose your
answer below!**

Stress: Important Considerations

- Sometimes we can do nothing to change externally stressful situations (*incarceration, effects of Covid-19, loss of a loved one*)
- However, we can always address the tension in our bodies as a result of these stressful situations
- There **IS** the option for a healthy response to situations with which we have no control

Mindfulness Meditation



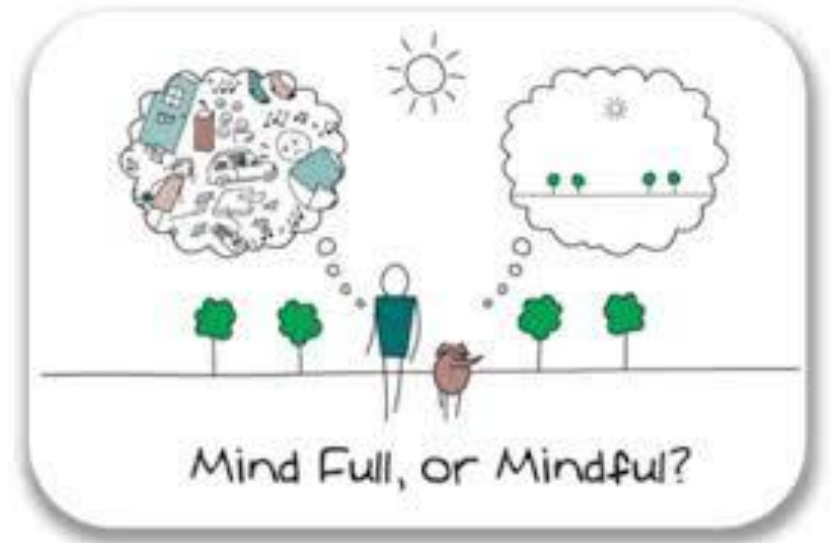
Being still with
increased awareness of
the present experience
with acceptance

The diagram features two large, dark blue arrows pointing in opposite directions. The left arrow points left and contains the text 'Being still with increased awareness of the present experience with acceptance'. The right arrow points right and contains the text 'It is a discipline but there is no need to approach it with force or great effort'. The two arrows are connected at their inner ends by a small, curved, white line that resembles a page fold or a bridge.

It is a discipline but there is
no need to approach it with
force or great effort

Mindfulness Meditation Practice: Steps

- Assume a comfortable but attentive posture
- Notice what it feels like to be still
- Bring awareness to your breath and with as little effort as possible, let your awareness continue to observe your breath
- When you notice that you are no longer focused on the breath, briefly explore the distraction – which will often be a thought that has pulled you away.
- Acknowledge the distraction
- Gently let go of the distraction
- Return your awareness to the breath



Mindfulness meditation exercise in progress



Distractions do not mean that the meditation is unsuccessful

Releasing the distraction is an essential aspect



Other Guidelines

Usual daily practice is often 20 minutes

It's more beneficial to do shorter daily sessions than 1 or 2 long sessions each week

- Facilitating Mindfulness Meditation in jails and prisons:
 - Begin with discussion and a short relaxation exercise
 - Gradually end the session by changing focus to body, then area around the person
 - End with the thought that they will now be going back in the daily routine of “doing” and leaving the state of “just being”

Why Mindfulness Meditation?

- Therapies available in correctional settings may not be enough to treat stress, trauma and psychological injury
- Talk therapy and cognitive therapies use a “top-down” method using thoughts to change the brain
- Although effective, for people with histories of trauma, PTSD, and overwhelming stress, these top-down methods alone may not be sufficient



How does Mindfulness Meditation Help?

- Mindfulness Meditation is a skill that allows us to be less reactive to what's happening in the moment
- It allows the practice of nonjudgmental acceptance of the ongoing stream of internal and external stimuli, and helps to see biases and judgements that distort clarity (*fear, anger, anxiety, re-triggering events for people with histories of trauma*)
- Mindfulness Meditation is a way of relating to all experiences, so that our overall level of well-being increases

Mindfulness Meditation psychology

Roots in Buddhism as early as 2500 years ago – it entered modern psychology with:

- Jon Kabat-Zinn Ph.D's Mindfulness-Based Stress Reduction (MBSR) program and curriculum - University of Massachusetts Medical School
- Marsha Linehan Ph.D's mindfulness inspired Dialectical Behavioral Therapy (DBT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Acceptance and Commitment Therapy (ACT)

Mindfulness is a current valid treatment modality

Why is Mindfulness valuable for prison / jail based programs?



- Assists individuals to utilize cognitive-behavioral skills more effectively
- Creates flexibility in the mind
- Increased ability to be less impulsive
- Adds to well-being and calm in housing units, *especially helpful during current events*
- Can be a peer led and/or individual activity

Mindfulness and Recovery

- Substance use disorders can be described as turning away from life. Recovery is turning toward life and embracing it.
- Mindfulness meditation embraces the present moment – whatever is happening – with increased awareness and acceptance.



Mindfulness and Recovery (1)

- Studies indicate that mindfulness-based interventions can help reduce cravings by modulating cognitive, affect, and psychological processes integral to self-regulation and fear modulation.

Garland, E. L., & Howard, M. O. (2018). Mindfulness-based treatment of addiction: current state of the field and envisioning the next wave of research. *Addiction science & clinical practice*, 13(1), 14.

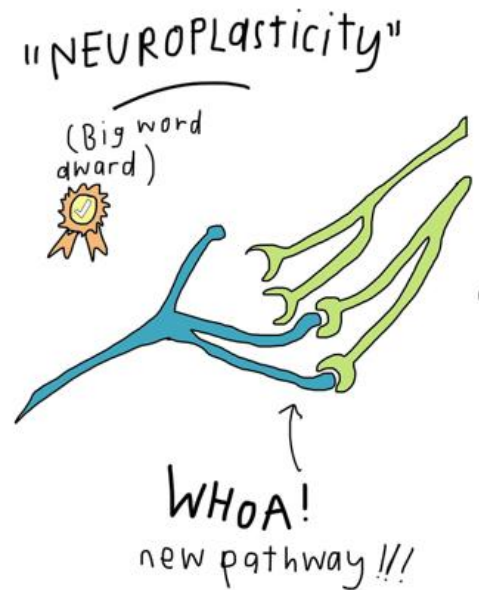
Mindfulness and Recovery (2)

- Mindfulness can enhance functions associated with the middle prefrontal lobe area of the brain that contributes to self-insight, morality, intuition, and fear modulation.

Siegel, D. J. (2009). Mindful awareness, mindsight, and neural integration. *The Humanistic Psychologist*, 37, 137–158.

Mindfulness and Recovery

- Resilience to impulsive reaction contributes to the rewiring of our brains. This is known as neuroplasticity – the altering of the physical structure and functioning of the brain.



Vestergaard-Poulsen, P., Beek, M.V., Skewes, J.C., Bjarkam, C.R., Stubberup, M., Bertelsen, J., & Roepstorff, A. (2009). Long-term meditation is associated with increased gray matter density in the brain stem. *NeuroReport*, 20, 170-174.

Trauma and Anxiety

- Mindfulness can help in early stages of trauma treatment by strengthening the ability of a person to reasonably tolerate the emotional intensity that may accompany further work

Vestergaard-Poulsen, P., Beek, M.V., Skewes, J.C., Bjarkam, C.R., Stubberup, M., Bertelsen, J., & Roepstorff, A. (2009). Long-term meditation is associated with increased gray matter density in the brain stem. *NeuroReport*, 20, 170-174.

Trauma and PTSD

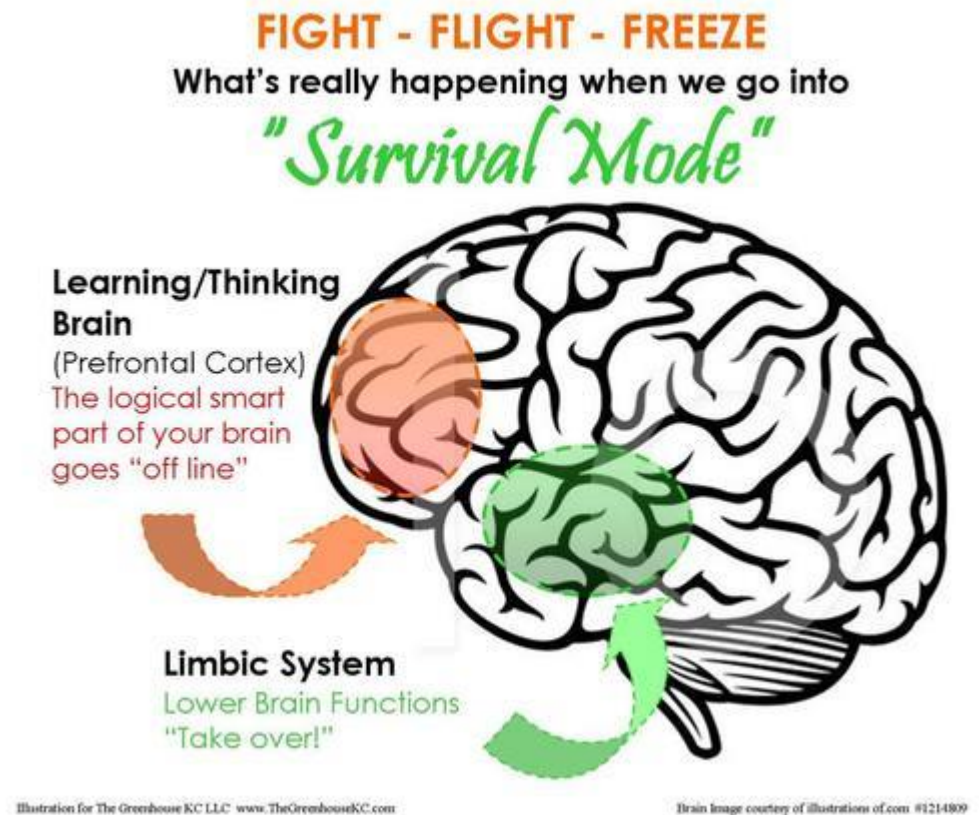
- There is existing evidence that indicates Mindfulness-based therapies and approaches are effective in reducing PTSD and trauma symptomology.

Boyd, J. E., Lanius, R. A., & McKinnon, M. C. (2018). Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence. *Journal of psychiatry & neuroscience : JPN*, 43(1), 7–25.

Mindfulness and the Brain

Sympathetic (*fight or flight*) vs
Parasympathetic (*rest and digest*)
Nervous System

- Anxiety symptoms often inhibit the ability for the body to turn off the Sympathetic system – Flight / Fight / Freeze
- Attempts to use thoughts to do this often fail, or are not sufficient



Mindfulness and the Brain



Mindfulness practice reduces resistance and helps create a different relationship

It can safely separate a disturbing emotion enough from the thought so the flight / fight / freeze responses will diminish, allowing the parasympathetic branch to resume its task of establishing homeostasis

Chat Exercise: Ask the Experts!

Integrating Mindfulness into Prison / Jail Based Programs



How do you think Mindfulness Meditation and/or mindfulness-based therapies could benefit RSAT participants or others in prisons / jails during the Covid-19 pandemic?

Type your answer in the chat box below!

Mindfulness and the Brain

The body knows what to do.

We just have to get out of the way sometimes to let it work without our interference.

Mindfulness help us do this. It just lets things be.



Mindfulness Based Relaxation Skills

- Body Scan
- Progressive Relaxation
- Diaphragm Breathing

Necessary Precautions Regarding Participants with Serious Mental Health Disorders Prior to Facilitating Mindfulness Meditation Sessions

- Know the mental health status of participants
- If a participant is experiencing a psychotic episode, or has a mental health disorder with a history of psychosis, they will better benefit from individual sessions focusing on physical cues like muscle relaxation and breathing
- For participants who have mental health disorders with a history of psychosis, walking meditation can be helpful to keep attention on the immediate external environment
- Increased introspection can be disturbing at times for some with serious mental health disorders – other coping skills may be necessary such as distraction and avoidance

Necessary Precautions Regarding Participants with Serious Mental Health Disorders Prior to Facilitating Mindfulness Meditation Sessions

- Avoid esoteric philosophies and visualizations
- Metaphors are not helpful because people with a history of psychosis and others, do not always understand the idiomatic language common to some contemporary mindfulness teaching.
- Prior to facilitating mindfulness meditation sessions, **practice it yourself**, and attend further trainings!
- Keep it simple

Misconceptions

- Mindfulness meditation is not a “blanking of the mind”. It is just the opposite. It is fully recognizing what the mind does through detached observation.
- Mindfulness meditation is not only an Eastern or Buddhist practice.
- Many religious traditions have forms of meditation
- It is not a “new age fad”

Poll 3: Integrating Mindfulness



Upon completion of this webinar, how likely are you to consider integrating mindfulness meditation sessions into your RSAT or other prison / jail programs?

Very Likely	Somewhat Likely	Unsure	Not Very Likely	Not at All Likely
5	4	3	2	1

Select your answer down below!



**“Our life is shaped by our mind,
for we become what we think.”**

- Buddha



“The curious paradox is that when I accept myself just as I am, then I can change.”

- Carl Rogers

References

Mindfulness and Psychotherapy edited by Christopher K. Germer, Ronald Siegel, and Paul R. Fulton; Guilford Press 2005

Mindfulness and Acceptance edited by Steven C. Hayes, Victoria M. Follette, and Marsha M. Linehan; Guilford Press 2004

Buddha's Brain, The Practical Neuroscience of Happiness, Love, and Wisdom by Rick Hanson PH.D, New Harbinger 2009

One Breath at a Time, by Kevin Griffin St. Martins Press, 2004

Radical Acceptance by Tara Brach, PH.D., Bantam Dell 2003

Questions?

Type your questions in the Q&A box on your screen.

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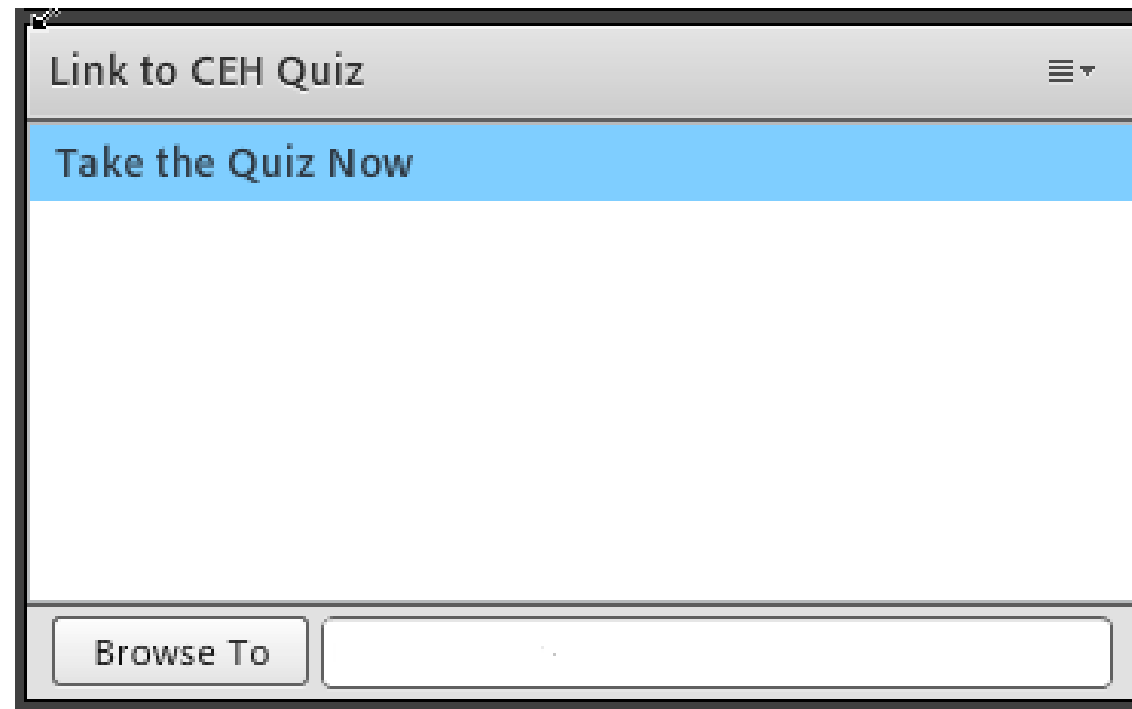
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