

Lebanon County Criminal Justice Advisory Board
Minutes of the Meeting of December 7, 2021

Time: 11:00 a.m.

Place: Second Floor Conference Room, MH/ID/EI, 220 East Lehman St., Lebanon

Present

Pier Hess Graf, District Attorney and CJAB Chair; Holly Leahy, MH/ID/EI Administrator and CJAB Vice-Chair; Honorable John C. Tylwalk, President Judge; Robert J. Phillips, County Commissioner; Michael Anderson, Director, Domestic Relations; Audrey Fortna, Director of Probation Services; Stephanie Axarlis, Court Administrator; Tina Litz, LCCF Warden; Jamie Wolgemuth, County Administrator; James Donmoyer, Director of Drug and Alcohol Commission; Jon Hess, County Police Chiefs Representative; LeAnne Burchik, Executive Director of Domestic Violence Intervention; Sgt. Tim Turasky, Sheriff's Office; and, John P. Shott, CJAB Planner.

Absent

Erin Moyer, Director of Children and Youth; Carla Cyr, Veterans Justice Outreach; Brian Deiderick, Chief Public Defender; and, Kim Mackey, PCCD Regional Representative

Guests

Michael Ritter, Deputy Director, Domestic Violence Intervention; Boris Baxter, Mission Director for Jubilee Ministries; Lori Burrus, N.A.A.C.P.

Proxy entered for the record: Sgt. Tim Turasky for Sheriff Bruce Klingler.

CJAB Chair Pier Hess Graf called the meeting to order at 11:03 a.m. Presence of a quorum noted.

Minutes of 10/12/2021 CJAB Meeting—Approved on a motion by Ms. Leahy, seconded by President Judge Tylwalk.

The Chair officially welcomed the new core member of the Board, Mr. Michael Anderson, Director of Domestic Relations

The Chair also noted the retirement of Sheriff Bruce Klingler. The Chair thanked Sheriff Klingler for his service on the CJAB and for his leadership and good work as Sheriff. The President Judge also complimented and thanked the Sheriff for modernizing the department during his tenure there.

Ms. Leahy welcomed today's guest speaker, Mr. Michael Ritter, Deputy Director at Domestic Violence Intervention. Mr. Ritter attended the meeting at the invitation of the CJAB to discuss Trauma-Informed Care (TIC) in Criminal Justice. His presentation covered four areas: Understanding stress and how it is the foundation of trauma; Principles of trauma; Impacts of trauma on brains, bodies, and behavioral outcomes; Pillars of TIC; and Implications and considerations of TIC in the criminal justice system. (A copy of Mr. Ritter's presentation is attached to these minutes.)

REPORTS OF STANDING COMMITTEES

- **D.U.I. Court**—At present, 22 offenders are participating in the program, representing the lowest number in quite some time. The Court continues to understand the low rate of participation. As noted previously, the

lower numbers are not the result of fewer D.U.I. arrests; rather, they are the result of offenders not meeting the eligibility requirements or unwilling to enter the program.

- **Renaissance-Crossroads**—PA Counseling Services is ending the inpatient/residential component of the Crossroads program no later than Dec. 31. Several factors went into this decision, including reductions in funding, new State mandates, decreasing number of participants, staff shortages, and difficulty finding qualified personnel. This turn of events is necessitating a proposed modification to the \$500,000 Intermediate Punishment-Crossroads grant from PCCD. The Court and PA Counseling are developing individual treatment plans for current participants as they transition out of the program.
- **Prison Reduction**—Average Daily Population (ADP) at the LCCF at the end of November was 277. PCCD has formally awarded the grant application to PCCD for federal Medication Assisted Treatment (MAT) funding to continue the vivitrol program at the LCCF. Warden Litz plans to reevaluate the possibility of reopening the LCCF on December 20th. No decisions yet about reinstating the work-release program due to ongoing safety concerns. LCCF is holding an onsite hiring event on January 4, 5, and 6, 2022, with on-the-spot interviews for full-time Corrections Officers. The County has approved a new hiring incentive bonus of \$3,000 and a County employee referral bonus of \$1,000.
- **Mental Health**—TEAM M.I.S.A. (Mental Illness and Substance Abuse) continues to meet monthly and has, to date, discussed 12 individuals, all of whom have significant mental-health diagnoses. Five of these individuals have a current or a history of struggles with substance abuse. Five persons discussed have experienced homelessness or will face that situation upon their release from incarceration. One of the individuals is a veteran who is also involved with the Area Agency on Aging. Team members realized that they had been spending time at meetings discussing various agency's policies and procedures, taking time away from discussions about individuals. To address this situation, the LCCF Collaboration Team has begun meeting again to address policy-related matters, enabling Team M.I.S.A. to remain focused on serving individuals. Team M.I.S.A. is experiencing "growing pains" as it moves along, but is succeeding at filling in gaps in the system and bringing County agencies together to assist the County's forensic population.

Number of reported suicides in the county, to date, is 13, including five in October. Statistical breakdown: ten male, three female; average age of 53.7, with age range of 29 to 70; 12 white, one Hispanic; two veterans; three married; eight with known mental health history; four with known drug/alcohol history; firearm was the most common method of suicide. Total number of suicides for 2020 was 21.

- **Veterans Court**—Current number of participants is 18. Program is going well, aided by a solid working rapport with the V.A. Medical Center.

CJAB DEPARTMENTS: REPORTS AND ISSUES OF INTEREST

Day Reporting Center—Current number of active participants is 23, with two offenders from the Crossroads program slated to enter the DRC in the near future. The proposed modification to the IP-Crossroads grant would allocate some funding to the DRC for Crossroads clients and other offenders on house arrest/SCRAM.

Heroin Task Force—Number of confirmed overdose deaths through September was 24. The number for 2020 was 39. Statistical breakdown, to date, for 2021: 15 male, nine female; oldest was 57, youngest was 24; 19 white, five Hispanic; 19 deaths involved fentanyl.

Mr. Donmoyer noted that his office continues to provide narcan (naloxone) for the County. In addition, the court settlement in the opiate-related lawsuit against big pharmaceuticals could provide up to \$1 billion dollars for Pennsylvania, for disbursement to all counties in the Commonwealth. Under the terms of the settlement, Lebanon County is due to receive \$4,194,677 over the next 18 years.

Offender Reentry Coalition—No report.

Other Updates from CJAB Departments—

CJAB “Mini-Grant” for 2021-2022—PCCD and CCAP recently announced that a new round of funding is available for CJAB training and technical assistance grants. County CJABs are eligible to apply for up to \$2,000 for special projects. Members should contact Mr. Shott with suggestions or proposals for expending these limited funds.

ITEMS FROM PREVIOUS MEETING

- ***CJAB Strategic Plan for 2022-2023***—Approved on a motion by President Judge Tylwalk, seconded by Ms. Leahy. Mr. Shott thanked the members for their assistance in the development of the plan. He will provide PCCD with a copy of the approved document.
- ***Election of Officers for 2022***—On a motion by Ms. Axarlis, seconded by Commissioner Phillips, the members voted to elect Pier Hess Graf as CJAB Chair and Holly Leahy as CJAB Vice-Chair for the coming year. There were no other nominations.
- ***Approval of CJAB Meeting Schedule for 2022***—On a motion by Mr. Wolgemuth, seconded by Ms. Axarlis, the Board voted to adopt the following dates for CJAB meetings in 2022: February 8, April 12, June 14, August 9, October 11, and December 13.

NEW BUSINESS

- ***Revised IP-Treatment Plan for 2021-2022***—The aforementioned modification to the IP-Crossroads grant requires the County to revise the current Treatment Plan to reflect proposed changes. Mr. Shott is preparing a draft of the revised plan, which he will email to CJAB members for their review and approval. He will then transmit a record of members’ approval to PCCD along with the revised plan.
- The PA Partnership for Criminal Justice Improvement is holding virtual Stakeholder Forums on Jan 11, 2022 from 9:00 a.m. to 1:00 p.m. and January 25, 2022 from 12:00 p.m. to 4:00 p.m. The forums will have the same agenda. The purpose of the forums is to advance evidence-based practices with the focus on reducing recidivism. The County Chief Adult Probation and Parole Officers Association of PA is sponsoring this event and is recommending that criminal-justice stakeholders, including CJAB members, attend.

ADJOURNMENT—With no further business to conduct, the Chair declared the meeting adjourned at 11:56 a.m. on a motion by Mr. Wolgemuth, seconded by Ms. Leahy.

NEXT CJAB MEETING: Tuesday, February 8, 2022, 11:00 a.m., MH/ID/EI

Trauma-Informed Care in Criminal Justice

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Outline

- Understanding stress and how it is the foundation of trauma
- Principles of trauma
- Impacts of trauma on brains, bodies, and behavioral outcomes
- Pillars of Trauma-Informed Care (TIC)
- Implications and considerations of TIC in the criminal justice system

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Amygdala

- Acts as a sentry in the brain scanning our environment for threats
- When threat – real or perceived – is detected, it activates the fight/flight stress response
- Can “hijack” the brain
 - Overrides the part of the brain that calms us down
- High degree of maturity in 8th month of gestation
 - Can associate fear response to stimulus *before* birth



Adapted from Diane Wagenhals
 Lakeside Global Institute
 Trauma 101 Workshop

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POSITIVE Brief increases in heart rate, mild elevations in stress hormone levels.

TOLERABLE Serious, temporary stress responses, buffered by supportive relationships.

TOXIC Prolonged activation of stress response systems in the absence of protective relationships.

Toxic Stress 101
 Center on the Developing Child, Harvard University
<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

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Brain States Model

Brain Part	Brain State	Thinking	Sense of Time	Heart Rate	Functional IQ
Prefrontal Cortex	Calm	Abstract/ Creative	Future	70 - 90	110 - 100
Subcortex	Alert	Concrete	Week/Day	90 - 100	100 - 90
Limbic	Alarm	Emotional	Hours/Minutes	101 - 110	90 - 80

Adapted from Diane Wagenhals
 Lakeside Global Institute
 Enhancing Trauma Awareness

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Brain States Model

Brain Part	Brain State	Sphere of Concern	Strength of Empathy	Outcomes
Prefrontal Cortex	Calm	World	Strong	Non-impulsive
Subcortex	Alert	Community		Flexible/Enriching
Limbic	Alarm	Family	Weak	Ambivalent/Anxiety

Adapted from Born for Love
 Why Empathy is Essential – and Endangered
 Bruce Perry & Maia Stolzov

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Principles of Trauma

(Levine & Kline, 2006)

- Trauma happens when any **experience** stuns us like a **bolt** out of the blue; it **overwhelms** us, leaving us **altered** and **disconnected** from our bodies. Any coping mechanisms we may have had are **undermined**, and we feel utterly **helpless and hopeless**
 - May be a “neuro-electrical jolt” or sustained, prolonged, and frequent toxic stress

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Categories of Trauma / Toxic Stress

- Situational *OR* Relational
- Acute/Single Event
- Chronic Trauma
- Complex Trauma
- Chronic Toxic Stress
- Allostatic Load
- Developmental Trauma
- Attachment-Related Trauma
- Transgenerational Trauma
- Cultural/Political Trauma
- Community Traumas
- Medical Trauma
- War Trauma
- Immigration Trauma
- Vicarious Trauma
- Unprocessed Memories
- Adverse Childhood Experiences (ACEs)
- Occurred in the past vs currently being experienced

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Principles of Trauma

(Levine & Kline, 2006)

- Trauma is the antithesis of empowerment
 - May be perceived as inescapable
- Trauma is not in the event itself; rather, ***trauma resides in the nervous system***
- Powerful sensory memories are created which lead to a change in the neurological landscape through the fight or flight response
 - The brain gets locked into a lower Brain State

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Principles of Trauma

- Everyone has different responses, depending on their history of trauma, support, degrees of resilience, and temperament
 - We may think of trauma as being on a spectrum
- Some trauma resolves on its own
- Some remains dormant until triggered

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Amygdala

- Deep fear or terror / ACEs / Chronic toxic stress transforms a healthy amygdala dealing with positive stress into a hyper-sensitive, easily agitated “Hulk” mode prone to releasing toxic levels of stress hormones



Adapted from Diane Wagenhals
Lakeside Global Institute
Trauma 101 Workshop

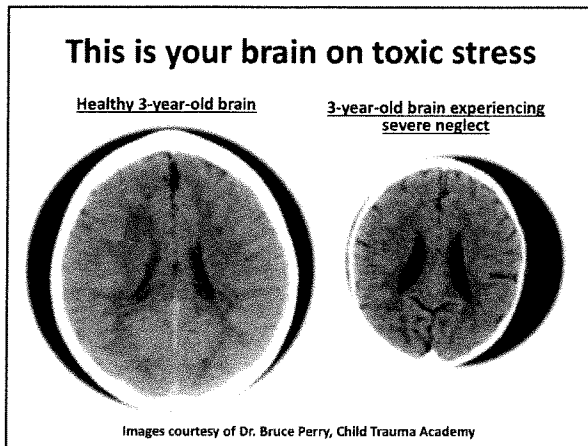
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“Hulk Smash”

- Fear changes the way we think.
- Repeated activation of stress response resets our baseline.
- The brain becomes inflamed from the excess stress hormones surging through it.

Adapted from Diane Wagenhals
Lakeside Global Institute
Trauma 101 Workshop

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Overly-Reactive Amygdala Can Lead to...

- Anger, rage, fear, and/or aggression
- Inattentive / daydream / space out / numb
- Forgetfulness / memory recall spotty
- Changes in personality, eating, sleeping
- Social withdrawal / Depression / Anxiety
- Self-blaming or self-harming / Shame
- Chronic physical ailments
- Pattern of unhealthy relationships

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And...

- Breakdown in ability to:
 - Process, integrate, and categorize experiences
 - Regulate internal state
- May lead to difficulties in:
 - Emotional regulation
 - Comforting oneself or being comforted by others
 - Staying present; feeling connected to what is happening

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And...

- A person impacted by trauma may face challenges with:
 - Solving problems
 - Exercising judgment
 - Taking initiative
 - Making decisions
 - Thoughtful planning or action
 - Developing empathy
 - Aggression and impulsivity

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The Single Most Significant Component of Healing

...is experiencing healthy relationships.

“Trauma is a chronic disruption of connectedness.”
~ Stephen Porges

“Relationships are the agents of change and the most powerful therapy is human love.”
~ Dr. Bruce Perry

“Healing takes place in the context of healthy relationships over time.”
~ Diane Wagenhals

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Pillars of Trauma-Informed Care

- Positive relationships
 - Support; Trust; Boundaries; Empathy; Authenticity
- Safety
 - Welcoming environments; Emotional safety; Routines
- Voice & Choice
 - Empowerment; Autonomy; Collaboration; Control
- Inclusivity and cultural humility
 - Sensitivity to cultural, historical, and gender issues
- Understanding trauma and its impact

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What is a Trauma-Informed Approach?

“A **universal** approach to addressing trauma that ensures a **shared understanding** of trauma and its impact and a **collective response** to align policies and practices to support resilience and healing.”

~ Kathleen Guarino, American Institutes for Research

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This means we...

(Adapted from SAMHSA)

- **Realize** the prevalence and impact of trauma on those we serve.
- **Recognize** the signs of trauma in those we serve.
- **Respond** by integrating knowledge of trauma into policies, procedures, and practices.
- **Resist re-traumatizing** by creating environments that are safe and avoid mimicking past trauma.

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Implications of TIC for Criminal Justice

- Understanding that all behavior has meaning
 - Behavior considered negative, anti-social, or criminal often points to:
 - Something harmful that happened to the person
 - An unmet need (love, power, safety, nourishment)
 - Poor emotional health
 - Weak or harmful relational health
 - Behavior is often rooted in long-standing familial/generational contexts and histories

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The Strong and the Brave and the Astute

“These people were injured, yes. But they were also tough, resilient, and often ingenious. The problem was that all these positive traits were aimed in the wrong direction, aimed toward maintaining ‘sickness’ instead of seeking health, and our systems of treatment had been covertly supporting and even encouraging this ‘sickness.’”

~ Dr. Sandra Bloom
Creating Sanctuary

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Considerations (Perpetrators)

- Are we seeking to control or to understand behavior?
- How do we balance accountability for criminal behavior with healing and resilience?
 - How do we empower people with the skills and supports to lead stable lives?
- How can we be more creative or flexible in sentencing?
- How can we bring intention to responding effectively to lower Brain States?
- What can the CJ System contribute to efforts to build healthy families and communities in the first place, thereby preventing trauma and “bad” behavior?

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Considerations (Victims)

- For victims, becoming trauma-informed manifests as:
 - Understanding how individuals may be affected by and cope with trauma and victimization.
 - Recognizing and minimizing power dynamics - trauma can take away a feeling of power from victims, and advocates or corrections staff are in positions of power. Trauma-informed strategies focus on restoring a sense of power for the person who was victimized.
 - Explaining why certain events are happening, to increase their sense of safety and control.
 - Providing an atmosphere of safety.
 - Working in a manner designed to prevent relapse, revictimization, and retriggering of trauma.

From Kubiak, Covington, and Hillier
Chapter 7: Trauma-Informed Corrections
Social Work in Juvenile and Criminal Justice Systems

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