

SHIFT- Supporting Heroes In mental health Foundational Training
Helping Judges and Jurors Exposed to Child Pornography

Course Length: 3 Hours, 20 minutes for breaks

Attendees: Judges, Court Officials, etc.

Number: 20-350

Classroom: Conference room style- Class room or Theater seating

Module 1: Introduction – 10 minutes

Introduction of program, speakers

Module 2: Understanding Stress and the Impacts of CP Exposure- 30 Minutes

During this module participants will understand the potential physical and psychological impacts from being exposed to child pornography during the course of a case. Information will also be given on what factors can further increase the stress of being exposed to CP

After completion of this module, the participant will be able to:

- Identify the signs and symptoms of stress which can manifest as the result of being exposed to CP
- Identify the physical and psychological impacts that being exposed to CP may have on them and others around them

Shift Video Part 1: 10 minutes

Module 3: Understanding the Challenges of Child Pornography Cases: 10 Minutes

In this Module participants will learn about some of the challenges professionals exposed to CP investigators face and why those challenges may lead to stress.

After completion of this module, the participant will be able to:

- Compare their own experiences and challenges of complex child pornography cases to the ones discussed
- Have a better understanding of offender behavior and how that adds additional stress to those professionals involved in child pornography cases.

Break: 10 minutes

Module 4 – Professional Factors, Management Response, and Personal Factors – 25 minutes

In this module, participants will learn about the professional and personal factors that may contribute to the development of negative effects. Using recent research, exposed individuals will be shown data which shows that there is a serious lag between the identified needs of exposed individuals and the response of the administrative and peer support. The lack of recognition of the most stressful aspects of judicial work will be illustrated. The importance pro-active awareness and activity to fulfill mental health needs will be emphasized.

Performance Objectives:

- Understand the workplace environment of many judges.
- Identify the most stressful aspects of judicial work
 - Sentencing
 - Judgements
 - Decision making*
 - Child Custody and Hi-Intensity Content-Image Cases*
 - *Affect jurors as well.
- Negative personal factors.
 - Unresolved personal or family history of abuse
 - Having children
 - Stressed personal relationships
 - Lack of outside interests/activities

Module 5 – Resiliency, Coping, and Hope – 15 minutes

Overview: In this Module, participants will be given hope that there is a way to mental health and wellness, and shown the factors that will assist in reducing harm and trauma. The exposed individual will begin to understand the need for developing a plan to mitigate the trauma associated with viewing child pornography. This module will stress the importance of taking personal responsibility for our own mental health.

After completing this module, exposed individual should be able to:

- Describe factors that help reduce harm.
- Describe factors which may help him/her develop resiliency.
 - Feeling a part of a group
 - Social support
 - Training and awareness
- Understand the importance of catching vicarious trauma before it occurs through a proactive approach.

Module 6: Using a Mental Health Professional- 20 Minutes

During this module participants will explore the benefits of using a mental health professional.

After completion of this module, the participant will be able to:

- Understand why and how to a mental health professional in maintaining wellness
- How to choose a mental health professional
- Which questions to ask of a mental health professional
 - Confidentiality
 - Willingness to learn about judicial duties and challenges and child pornography

Break: 10 minutes

Module 7: Considering Jurors and Court Personnel- 20 Minutes

During this module the participant will learn how to consider jurors and other court personnel wellness. Information and suggestions will be given about best practices from the field in incorporating juror wellness into the courtroom.

After completion of this module, the participant will be able to:

- Adopt best practices in the field when considering juror wellness programs.
 - Travis County (in judicial guide)
 - Dallas County handout
 - Samaritans-HM Courts Service (Bradford, UK)
 - Support After Crime Services (Ireland, UK)
 - Counselling teams (New Zealand)
 - CISD-trauma debriefing specialists (Australia)
 - Clergy Support (Global)

Module 8: A United Approach- 20 Minutes

During this module the participant will learn the need for and how to incorporate others, such as family and colleagues in the overall approach to wellness. Information and suggestions will be given about how to approach family and friends about the nature and scope of the job they do.

After completion of this module, the participant will be able to:

- Walk away with strategies and methods to talk to spouses/significant others and children about the nature of the job
 - Use Friends and Family Guide from website (shiftwellness.org)
 - Develop key words
 - Develop venting strategies
- Develop means to incorporate colleagues in efforts to mitigate stress and create a positive work environment
 - Social gatherings for colleagues (sometimes incl. spouses as well)
- Examine methods to incorporate the assistance of outside professionals for support in the workplace and with friends and family

Module 9: Taking Care of Yourself- 20 Minutes

During this module participants will explore different personal ideas and methods that will assist them in mitigating signs of stress as a result of being exposed to CP.

After completion of this module, the participant will be able to:

- Examine methods that may help lessen stressful feelings as a result of being exposed to CP
 - Work environment best practices
 - Personal best practices
 - Exercise and health
 - Breaks
 - Social life
 - Humor
- Compare methods that work versus methods that may not help them mitigate stress
- Make changes in their environment and personal habits to help cope better with stress