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PANEL 7

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MR. MCFARLAND: Good afternoon. Hope you

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all had a good lunch. Thanks to the CDCR for the

5

catered lunch.

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Our next panel will begin with Dr. Terry

7

Kupers who needs to leave right at 3:00. We will

8

hear his opening remarks and then direct any

9

questions that we have particularly for him, and

10

then hear from the others. And if you are still

11

around at that point, you can chime in on any

12

questions that we might direct to them, too.

13

Pleasure to have you here, Doctor.

14

DR. KUPERS: Pleasure and honor to be

15

here.

16

MR. MCFARLAND: Oh, we have to swear you

17

in.

18

(Oath administered by Mr. McFarland.)

19

DR. KUPERS: It is a pleasure and honor to

20 be here with you. I apologize in advance I have to

21 leave at three. My time kept getting pushed back.

22 I have patients back in Oakland.

23 I am a psychiatrist. I did turn in some

24 written comments, and Mr. McFarland finally did

25 write me some very apt questions which I have

1 answered in the written testimony and will comment  
2 briefly about here, and I hope to leave us some time  
3 for discussion.

4 I do general psychiatry, and I am a professor  
5 at The Wright Institute. I got roped into  
6 testifying in court about jail and prison conditions  
7 in 1974, actually in L.A. County, in the Rutherford  
8 case, talking about how crowding impacted the mental  
9 health services, the adequacy of mental health  
10 services, rape in the jail and that kind of thing.

11 I then went on from one case to another. So  
12 it's been a sidelight of my career. I've never  
13 worked in corrections. However, I testified in over  
14 30 large class action lawsuits. I have consulted to  
15 the Civil Rights Division of the Department of  
16 Justice, consulted to Amnesty International Human  
17 Rights Watch. I am a contributing editor for  
18 Correctional Mental Health Report, and I have  
19 written extensively, including a book, Prison

20 Madness, which is a mental health crisis behind

21 bars.

22 The basis for my expertise in this area is,

23 first of all, I had a number of cases specifically

24 about sexual assault. In women's prisons it's

25 tended to be custodial misconduct. In men's prisons

1 it's tended to be prisoner on prisoner. I had two  
2 rather high profile cases where a staff sexually  
3 assaulting female prisoners.

4 But that isn't really the basis of much of my  
5 expertise. The real basis is that interviewed  
6 thousands and thousands of prisoners around the  
7 country because I get asked for opinions in  
8 litigation or I get asked to step in as a consultant  
9 to help a case after litigation has commenced. And  
10 in the process I interview lots and lots of  
11 prisoners, and I feel very privileged to do that.  
12 Because, for the most part, as you know, people on  
13 the outside don't know much what goes on in prison,  
14 so I have in-depth interviews with lots and lots of  
15 prisoners. They tend to be people with serious  
16 mental illness and very shockingly high proportion  
17 of them have been sexually assaulted which is what I  
18 testified when I talked to the Parole PREA  
19 Commission.

20 MR. SEXTON: Previous to their attendance

21 in prisons?

22 DR. KUPERS: No, after, in jail or prison,

23 but previous to my interview with them.

24 And so I hear about a lot of unreported sexual

25 assault and rape, and that is actually the bulk of

1 my experience. That far outweighs the overt cases I  
2 testified in.

3 I started my written comments, and I will  
4 repeat it here, mentioning someone I saw the week  
5 before I wrote this, now two weeks ago. He is a  
6 very tough prisoner in another state who was being  
7 tried for murder because he killed another prisoner  
8 and the other prisoner attacked him. This is a  
9 maximum security prisoner who can be attacked by a  
10 very rough actual gang member who had a deadly  
11 weapon and he killed him in a hand-to-hand combat.

12 When I was talking to him, after a few hours  
13 of talking with him -- that is a significant fact in  
14 itself -- told me and broke down in tears crying  
15 that he had been raped and he had been attacked in  
16 his cell by three men wearing masks, other  
17 prisoners. To this day he doesn't know who did it.  
18 He never reported this, but it certainly changed his  
19 life in prison. And it is after that rape that he

20 went and got himself a shank.

21           Having made that comment, I want to reiterate  
22 what I said in writing, for the most people who have  
23 been -- survived sexual assault and rape in prison,  
24 they are not dangerous people. They tend to stay to  
25 themselves. In fact, their symptoms psychiatrically



1 tend to be on the depressive side. They either have  
2 intrusive symptoms, like nightmares and flashbacks  
3 or they fall into a very deep depression where they  
4 isolate themselves. That is the majority of people  
5 I have seen who survive prison rape.

6           However, there are cases and some of them have  
7 been very high profile. People have turned to  
8 extreme violence in reaction to having been so  
9 brutally assaulted and raped.

10           Conditions, of course, are very important,  
11 crowding in California where unprecedented level of  
12 crowding. I testified in a number of cases that  
13 were about the ill effects of prison crowding. And  
14 we know for sure that violence, psychiatric  
15 breakdown and suicide all rise precipitously with  
16 crowding. We are now very crowded in California and  
17 around the country. Some states are crowded. Some  
18 states are renting beds.

19           What happens with crowding is all forms of

20 violence and mental illness rise, and among the  
21 violent incidence are a number of sexual assaults.  
22 People with serious mental illness are especially  
23 prone to sexual assault. There are many reasons for  
24 that. One of the reasons is they tend not to have a  
25 lot of social skills, and in prison if you want to

1 rape or sexually assault someone, you want to  
2 assault someone who doesn't have friends. You can  
3 be retaliated against.

4 I mention in the report a study that was just  
5 released in September by the federal Bureau of  
6 Justice statistics, which has shockingly high  
7 prevalence rates for serious mental illness. The  
8 study, I will caution you in advance that I really  
9 recommend reading it, is about reported symptoms,  
10 not about diagnosis by clinicians. Those two  
11 figures are slightly different, but not large, not a  
12 large difference. But the figures come out over 50  
13 percent, really, on average of prisoners suffering  
14 from serious mental illness. The other thing the  
15 study goes into is these prisoners with serious  
16 mental illness are more than twice as likely to be  
17 attacked in correctional settings, which I think is  
18 an unprecedented study and backs up what I have been  
19 finding in my interviews, which is people with

20 mental illness tend to be the victims of various  
21 violent crimes, including rape.

22           So in terms of what to do to prevent prison  
23 rape and sexual assault, I will just be attending to  
24 the unmet treatment needs of people with serious  
25 mental illness which would be very important,

1 including providing them a safe place.

2           Staff training is a thorny issue. I will  
3 mention it quickly now. We can talk about it more.  
4 There are trainings and there are trainings. We  
5 have learned this in the workplace with sexual  
6 harassment. One of the best legal defenses for a  
7 public agency or corporation in terms of sexual  
8 harassment litigation is to do staff training. So  
9 that they can then say if sued, "We did our best.  
10 This individual did what he did, but we did a  
11 training for the staff."

12           People who do those trainings, and I have done  
13 a few, but I don't do a lot of them, tell me that  
14 the most important thing about those trainings is to  
15 get people engaged. So you have these sort of  
16 sitting in the back of the room with arms crossed  
17 phenomena. The trainers go into a police department  
18 or fire department where there is an accusation of  
19 race discrimination or sexual harassment, attacks on

20 gay or lesbian workers, and you walk into a room,  
21 and it is an involuntary situation. The trainer is  
22 being asked in and the workers are required to go.  
23 And there will be a bunch of men, usually, sitting  
24 in the back of the room with arms crossed, and the  
25 trainers tell me that the trick is to get those guys

1 involved in the training. They have tricks on how  
2 to do that.

3           What I went to recommend about training is  
4 that it is not just about scratching the surface;  
5 that training has to be about deep issues that lie  
6 behind sexual assault. For instance, misogyny,  
7 homophobia, racism. In order to do training with  
8 staff around those issues, and I say staff because  
9 whether the perpetrator of sexual assault is a  
10 prisoner or a staff member, the staff are very  
11 involved. And if the staff can improve on  
12 attitudes, that will make the incidence of sexual  
13 assault go down. So there needs to be training that  
14 isn't just scratching the surface, where they really  
15 get to the people being trained and talk how it  
16 feels to be the object of sexual gender choice or  
17 rational discrimination. And that can be done. We  
18 know how to do that. We have trainers in the  
19 community. I know in the California Department of

20 Corrections and Rehabilitation is consulting some of  
21 those trainers. National Institute of Corrections  
22 does that. And I would just emphasize whatever the  
23 expertise in the area, if we are training about  
24 relations with homosexual, gay, lesbian,  
25 transgender, bisexual people, there is an expertise



1 in the community about that. That should be brought  
2 into the correctional training situation.

3 I mentioned a case that I testified in. I can  
4 mention the name. I've checked with the attorneys  
5 in the case. That is the Roderick Johnson case in  
6 Texas. I really recommend that you become familiar  
7 with that case. I testified in that case for two  
8 days. Roderick Johnson was, is a black gay man who  
9 was made into the sex slave of gangs in the Texas  
10 prisons. Very high profile case. While this was  
11 going on, he was spending a year and a half in a  
12 prison, very tough prison where there were a lot of  
13 gangs.

14 He went to the classification committee six  
15 times requesting to be put in protective custody.  
16 They denied him. According to testimony in the  
17 case, other prisoners testified and supported his  
18 testimony. He was laughed at in those  
19 classification hearings. He was told, "You have to

20 go get yourself a man" and he was told other very  
21 degrading things in those classification hearings.

22           And what we do know on the record is, of  
23 course, those degrading things are not recorded. We  
24 know that he was denied safekeeping. And by  
25 testimony in court and subsequent research it is

1 clear that all of this did happen, that he was  
2 brutally sexually attackd over and over again and  
3 made into a sex slave, and the staff and authorities  
4 did nothing to help him.

5 Now Texas is cleaning up their act. There are  
6 changes in the Texas Department of Criminal Justice.  
7 But his case illustrates how complicity of the staff  
8 is required in what seems to be prisoner-on-prisoner  
9 rape. And I have seen it happen in terms of staff  
10 assigning two people to a cell where one is a known  
11 rapist, and they do that to punish the one who is  
12 not. So that what they are basically doing is  
13 punishing someone with rape that the staff set up by  
14 where they assign people. Various situations like  
15 that. There are various permutations.

16 Mr. McFarland asked me about the standards. I  
17 testified before PREA about standards. I think I  
18 made a mistake when I testified before PREA, and  
19 that is there are no explicit standards written out

20 as one, two, three, these are the steps you take.  
21 However, what I believe is -- and there is a  
22 consensus among experts in the field, it's reflected  
23 in the National Institute of Corrections' documents.  
24 It is reflected in the L.A. County protocol you  
25 discussed this morning. It's reflected in the Human

1 Rights Watch reports. I mentioned two of them. The  
2 one about women sexual assault and the one about  
3 men.

4           There are standards. There is consensus in  
5 the field, and probably we will need a more explicit  
6 standard in what confidentiality means, what  
7 protects means, what it means not to put someone in  
8 segregation after reporting being sexually  
9 assaulted.

10           The largest issue, as far as I am concerned,  
11 in prisons is respect. That is where the staff  
12 respect the prisoners as fellow human beings. They  
13 are doing time. They are human beings, and they  
14 deserve respect. Those with mental illness deserve  
15 treatment for their condition. Those who are  
16 sexually assaulted deserve a respectful response on  
17 the part of staff. Where that attitude is in place,  
18 then the problem is much less. And I think a zero  
19 tolerance attitude on the part of the administration

20 and staff is really a major way to cut down on  
21 prison sexual assault.

22 In that regard I was asked to comment about  
23 officers unions, and I sadly have some negative to  
24 say about that. That is that I think that blind  
25 loyalty among the troops, that is the blue code or

1 the failure of officers to report others who are  
2 perpetrators of crimes is absolutely unacceptable  
3 and abhorrent, and it has been the practice of the  
4 California Correctional Police Officers Association;  
5 that is, at anytime when their members are on trial  
6 for alleged sexual assault, they throw total support  
7 behind the defendant's case or their own members  
8 rather than doing some kind of neutral investigation  
9 to determine whether there is any validity to the  
10 allegations, and, if so, then they should be the  
11 first ones to say this is not proper conduct.

12 I want to say a few things about  
13 classification, and I know that you have been  
14 talking about classification a lot. I am not an  
15 expert on classification, technically, but as an  
16 expert on mental health and psychiatric services I  
17 learned a lot about classification.

18 First of all, classification is entirely  
19 related to the issue of reporting and the issue of

20 retaliation. It is interesting when the lieutenant  
21 this morning spoke, he said the incidence of  
22 homosexuality in his jail, and I believe he is from  
23 Orange County, is 2 percent. We know that is way  
24 low. We know that more than 2 percent of people  
25 entering jail are gay because of national



1 statistics.

2           Why are gay and lesbian people underreporting  
3 their sexual preference? It has to do with what  
4 happens to them if they report it. They are put in  
5 either protection, which is no easy ride in jail or  
6 prison, or they are put in segregation. It must be  
7 at least 8 percent of the population is failing to  
8 report their gender orientation. They are afraid of  
9 the consequences. That is much more so in regard to  
10 sexual assault.

11           The word in the jails and prisons is if you  
12 are afraid of retaliation by a perpetrator of  
13 prisoner-on-prisoner rape and that perpetrator is  
14 well connected, meaning gang or just having friends  
15 or just being a senior ranking prisoner, they can  
16 get to you anywhere in the system, including  
17 protection. I have seen this over and over.  
18 Classification breaks down, and where classification  
19 breaks down sexual assault happens. Generally, on

20 average, and this is different in each system,  
21 protection is not classified. That is, protection  
22 is a category, protective custody of safekeeping,  
23 whatever level of protection there is. So one is  
24 placed in that category and that is where they sink  
25 or swim.

1           Now if an individual is in a gang and  
2   snitches, you are familiar with that term, and the  
3   gang outs him, there is a contract on his head, and  
4   he asks for protection, he is going to be put in the  
5   same protection unit on average as the pedophile,  
6   the police officer and the survivor of a prison  
7   rape. Those people are all going to end up in  
8   protection together. There is going to be no  
9   classification in protection. So what I have been  
10  asked to do in several occasions is to testify in a  
11  case where a rape happened inside protective custody  
12  and the perpetrator was a gang member and the victim  
13  usually people who are vulnerable to rape and sexual  
14  assault or low level offenders. They are not very  
15  savvy about crime in the streets and such or they  
16  are in for drug charges or minor charges, and they  
17  may be in, as we were talking about this morning,  
18  with lifers or people who are much more hardened,  
19  just vulnerable to sexual assault.

20           So classification needs to attend to that. So  
21   there needs to be a classification system where  
22   protection can be granted to the degree.

23           MR. SEXTON: We keep hearing the same  
24   thing over and over. What is the solution? Do we  
25   not -- how much time do we spend saying, "Don't come

1 to jail"? How do we solve this problem that you and  
2 everybody else is -- I think we are on the seventh  
3 panel. Everybody is saying the same thing. What is  
4 the solution? You, Doctor, tell us.

5 DR. KUPERS: Well, there has to be a  
6 wraparound solution. The classification system that  
7 exists breaks down with crowding and not enough time  
8 is spent. As you heard this morning, if there is an  
9 empty bed, someone is going to be placed in it. We  
10 need to stop that practice. The reason to stop it  
11 is because rapes occur and murders occur.

12 So classification needs to be taken more  
13 seriously. Where it is a problem of insufficient  
14 staffing, given the crowd of prisoners, then that  
15 situation has to be ameliorated.

16 MR. SEXTON: Corrections and the sheriff's  
17 office doesn't get to answer that. That comes from  
18 the budgetary commission, comes from the  
19 Legislature, whatever. I can be honest with you.

20 They don't care.

21           There is many folks out there, throw them in

22 and throw away the key. There is a lot of folks

23 that have that mentality. But my question is:

24 Given what we have, how do you fix the problem? And

25 the other question is: Eight percent, where is that

1 figure coming from?

2 DR. KUPERS: Ten percent of the population  
3 is homosexual.

4 MR. SEXTON: You are quoting a statistic.  
5 Where does that come from?

6 DR. KUPERS: All of the literature. I  
7 can't cite you a specific source off the top of my  
8 head. That is generally what is the prevalence in  
9 the population; 10 percent of population is gay.

10 MR. SEXTON: The bad news is the  
11 population is going up. We are seeing an increase  
12 in violent crimes in middle and larger cities. How  
13 do we solve the problem? That's what we are here  
14 for. How would you recommend solving the problem?

15 DR. KUPERS: Im going to respectfully  
16 agree and disagree. I agree it's not the sheriff's  
17 fault or the California Department of Corrections  
18 fault. It is the Legislature's and the public, and  
19 it is about priorities.

20           Where I disagree with you is the existence of  
21 this panel, for instance, comes out legislation, and  
22 it is possible to change the situation. I think our  
23 sentencing policies need to be looked at. In  
24 California currently a significant number of women  
25 are going to do alternative incarceration for minor



1 offenses. That can be looked at. That will reduce  
2 the population.

3 Unless we reduce the population, the problem  
4 isn't going to be solved. That doesn't mean we  
5 shouldn't talk about the details of solving the  
6 problem. One of the details I am suggesting is  
7 classification be more rigorous. For instance,  
8 there be classification within protection. So I  
9 think that is a step. That you're right, that step  
10 alone wouldn't solve the problem.

11 MR. MCFARLAND: I'm sorry, Dr. Kupers. By  
12 classification in protection, do you mean  
13 classification for everybody in ad seg?

14 DR. KUPERS: No. That is another point I  
15 want to make. Protection should not involve the  
16 deprivation of any amenities or activities that the  
17 person is entitled because of classification level.  
18 Otherwise, too often protection means segregation.  
19 And the problem with that, besides it is just the

20 inhuman conditions of segregation is that that then  
21 causes people not to seek protection because  
22 segregation is so toxic for them.

23           So protection needs to be at a comparable  
24 level of programming as that individual would have  
25 were they not in protection. That is a very

1 important point. Unless you correct that problem,  
2 people will not seek protection. Then you are going  
3 to have vulnerable people being assaulted.

4 MR. MCFARLAND: What do you mean by  
5 classification being more rigorous in protection?

6 DR. KUPERS: Levels of protection, levels  
7 of classification inside protection. So, for  
8 instance, the outed gang member is not at the same  
9 level of classification within protection, is not on  
10 the same yard as the individual who has suffered a  
11 sexual assault or has filed -- of the police  
12 officer.

13 MR. SEXTON: I am somewhat confused. If  
14 you have a Level I individual who is assaulted, your  
15 first time nonviolent offender, he gets assaulted  
16 then. So are you going to move your perpetrator,  
17 and you are talking about moving them over to ad  
18 seg. Then you are talking about basically returning  
19 that individual back to a Level I setting.

20 DR. KUPERS: He should be at the level of  
21 custody that his points gain him, independent of  
22 protection.

23 MR. SEXTON: You are talking about  
24 protective custody at Level I.

25 DR. KUPERS: If that is necessary, yes.

1 Actually, contrary to what we think, intuitively a  
2 lot of sexual assaults happen at lower levels in  
3 prisons because there is more freedom to that, more  
4 dorms.

5 MR. SEXTON: I understand that. I am not  
6 aware, right offhand I am not aware of any  
7 protective custody at Level I facilities. I am  
8 just -- normally what happens, you're returned back  
9 to general pop.

10 DR. KUPERS: That's right.

11 MR. SEXTON: Not a protective status.  
12 There is not a protective custody in general  
13 population.

14 DR. KUPERS: That's right, and I think  
15 that's a problem. I agree with you the whole system  
16 needs to be looked at. I am not suggesting a one  
17 strike correction. There is a lot of people who are  
18 assaulted in that situation exactly because there is  
19 no protection. It would not be so difficult to

20 restructure classification such that people can be  
21 given protection, relative protection. Some people  
22 need more than others. Some people can manage if  
23 they are just in closer observation in a unit that  
24 has more direct observation than another unit.  
25 Within any institutions the staff know which units

1 make people more vulnerable and which units give  
2 them more supervision.

3           What I'm saying is I don't have a fix-it  
4 proposal about this, but it needs to be looked at  
5 very closely so that the classification is done  
6 carefully. And it is not the case that everyone who  
7 asks for protection is lumped together and gets no  
8 further consideration as their individual problems  
9 dictate.

10           MR. MCFARLAND: Are there other ideas you  
11 have for solutions? You mentioned classifying  
12 within ad seg, reviewing sentencing policies,  
13 reducing population and having programming within  
14 protection deck so there is not a disincentive.

15           DR. KUPERS: I want to make one more point  
16 that is about consensual sex. I know you hear about  
17 this all the time. In order for there to be  
18 consensual sex, there needs to be an alternative to  
19 having sex. And if an individual who is vulnerable

20 is frightened in a prison and agrees to consensual  
21 sex with someone in order to have protection, in my  
22 mind that is not consensual sex.

23           There needs to be the things I am  
24 recommending. For instance, protection such that  
25 consensual sex, if it's legal, can happen.



1 Otherwise there is no consensual sex. What is  
2 happening is all the vulnerable prisoners are  
3 agreeing to sex in order not to be killed. No, not  
4 consensual.

5 In terms of other solutions -- by the way, Mr.  
6 Sexton is right, sentencing is not the prerogative  
7 of the sheriff or the Department of Corrections.  
8 Sentencing needs to be looked at very clearly. We  
9 have massive overcrowding in the prison, and that is  
10 leading the problem.

11 MR. SEXTON: I don't think there is a  
12 state that I am aware that does not have some sort  
13 of alternative sentencing commission, community  
14 corrections. And I hate to be the one to tell you  
15 this, but crime is continuing to go up. The problem  
16 -- that is why I am asking first for solutions. I  
17 don't foresee this going away. We are headed right  
18 back where we were in the late '80s and early '90s  
19 with our crime trends.

20 DR. KUPERS: I don't think that's the  
21 crime trend. If you look at the differences between  
22 states, you will find that the correlations break  
23 down. I think the crime rates go up by a point or  
24 two. The prison populations go up ten times.

25 MR. SEXTON: You may want to go look at

1 the UCR crime rates this year, and then the most  
2 recent studies done by Police Executive Research  
3 Foundation on major and medium sized cities to the  
4 point now the increase over the past year was the  
5 highest that we have seen in 14 years.

6 DR. KUPERS: I would be happy to review  
7 with you that information is broken down by states,  
8 and what my guess is is that there is no --

9 MR. SEXTON: Just happen to have a copy of  
10 it.

11 DR. KUPERS: There is no correlation  
12 between the states that are increasing at a higher  
13 rate than the states that are not, and the crime  
14 rate. Actually, there is many variables mixed into  
15 that. There is a very complicated discussion about  
16 sentencing and crime rates. My point is, yes,  
17 states have diversion programs. They are not  
18 sufficiently used such that in California the prison  
19 population is growing by leaps and bounds. There is

20 no need that that be the case.

21 That is not the problem of Department of the

22 Corrections and Rehabilitation. That is a state

23 problem. The Legislature needs to look at it. The

24 public needs to look at it. I think that is my

25 list. I think I will stop there.

1           I did mention mental health treatment. I  
2 think the work of -- your work and the work of  
3 providing adequate mental health care -- mental  
4 health care includes housing people in a situation  
5 that is safe and where they can receive the care  
6 they need. So it involves intensity of mental  
7 health care as well as protection in the ways they  
8 need protection.

9           MS. ELLIS: Dr. Kupers, one of my  
10 contentions is we don't know enough about trauma in  
11 our society, whether it's the trauma experience as a  
12 result of sexual assault or homicide survival or the  
13 impact of crime on robbery victims. We talk about  
14 it a lot, but I don't think we really understand it.  
15 I would like from your advantage as a psychiatrist  
16 to talk briefly about trauma. I know this could  
17 take days. I would like for you to give a good  
18 solid definition of the social wounds.

19           DR. KUPERS: Of?

20                   MR. ELLIS: Trauma, the social wound as we  
21 see it in victim services, that it is something that  
22 gets beneath that skin where we are not protected.

23                   DR. KUPERS: I think I see where you are  
24 coming from. And let me just mention that if you  
25 study the incidence of past trauma in victims of

1 crime and perpetrators of crime, you will find that  
2 the numbers are extremely high. So for instance,  
3 people going to prison, the published statistics by  
4 the federal Bureau of Justice Statistics is 56  
5 percent of women entering prison have been  
6 physically or sexually abused in the past. I think  
7 that a comparable figure would fit the crime victim  
8 group.

9           So what we've got is massive trauma in our  
10 society, and it is perpetrated against children,  
11 which is the most damaging aspect of it. Within  
12 that context, people are doing crimes against each  
13 other. Some people are the victims of crime and  
14 some people are perpetrators. We need to do  
15 something about trauma. It involves poverty. It  
16 involves domestic violence. It involves illicit  
17 substances. Those problems need to be addressed so  
18 people can grow up in a society without the  
19 prominence of trauma that we now have. Yes, we have

20 prominence of trauma in victims who are  
21 retraumatized by the crime, and we have trauma in  
22 the criminals who perpetrate the crimes. We need to  
23 attend to the trauma. Because unattended to, the  
24 results of trauma in terms of a psychological realm  
25 is repeat trauma of one kind or another, either



1 revictimization or becoming a perpetrator in terms  
2 of acting out the past trauma. It is a very large  
3 problem, a problem in our society.

4 I think there has been more attention to that  
5 lately. It is known how many people in prison have  
6 a history of trauma. Complex posttraumatic stress  
7 disorder is a diagnosis not yet in the DSM, which  
8 represents the problem of people who have multiple  
9 traumas. And I think that is a very important new  
10 angle in psychiatry, and I agree it is a very big  
11 problem and we need to pay attention to it.

12 MR. ELLIS: We need a lot of time  
13 educating regarding trauma.

14 DR. KUPERS: Absolutely.

15 MS. ELLIS: Let me ask you in terms of  
16 race. We have been talking a lot about culture. We  
17 have been talking about what goes on inside the  
18 walls, so to speak, and I want to ask you to discuss  
19 the issue of race in the prisons and also with

20 respect to the impact on society at large because I  
21 think we have to remember that originally the  
22 legislation regarding PREA that kind of drove this  
23 whole idea had a lot to do with information gathered  
24 about society and concerns of society from a health  
25 standpoint, from a mental health standpoint as well.

1           If you will, would you please address that  
2 issue?

3           DR. KUPERS: I would be happy to. I  
4 assume I have a very short time because we have two  
5 other distinguished speakers.

6           David Thatcher was the Surgeon General  
7 under Clinton. He was a colleague of mine at  
8 Charles Drew Medical School at the beginning of my  
9 career.

10          He placed racism and racial discrimination at  
11 the absolute top of the list of public health  
12 hazards, not just psychiatry hazards. Race matters  
13 quite a bit in terms of suffers from what disease  
14 and what treatment they get, whether they fall into  
15 poverty or not, et cetera. Certainly race is a  
16 pervasive concept in our society and the prison  
17 population itself reflects the problem.

18          We have -- just about 50 percent of prisoners  
19 are African-American, way beyond their proportion in

20 the community. What I find in prison is that there  
21 are racial tensions, and the reason there are racial  
22 tensions is because people are frustrated and  
23 dissatisfied and angry, and they are going to take  
24 it out on someone, across some line, and they will  
25 manufacture the line. So the younger people are

1 attacking the older people. The straight ones are  
2 attacking the gay ones. And race becomes the most  
3 obvious line across which the battles ensue.

4           So when you have crowding, which causes  
5 violence, including increased rape, it tends to  
6 happen across racial lines. That is where it all  
7 breaks down. But I wouldn't say that the race  
8 difference is what caused the problem. I would just  
9 say that becomes the nidus [phonetic] or where the  
10 whole thing breaks down.

11           MR. SEXTON: I have a quick question,  
12 please. You mentioned staff being a problem in  
13 their allowing these things to go on. Have you  
14 interviewed any staff in your psychological  
15 evaluations?

16           DR. KUPERS: Yes, I have.

17           MR. SEXTON: Are they traumatized by the  
18 action of inmates towards them?

19           DR. KUPERS: Often they are, of course.

20 Correct.

21 MR. SEXTON: They are victims inside the  
22 wall.

23 DR. KUPERS: Everybody is a victim or a  
24 perpetrator, yes. I am not trying to blame staff.  
25 I don't think -- I think staff -- the more I talk to

1 staff around the country about the problems of  
2 prisoners with mental illness, the more I hear  
3 universally is the complaint I don't want to be  
4 taking care of people who are crazy, who have mental  
5 illness. I am not trained to do it. I don't want  
6 to be doing it. Some of those staff beat up those  
7 people with mental illness, and I think it happens  
8 out of frustration or meanness or whatever.

9           Whatever reason there is for it, it is not  
10 okay. It is abusive. It should not be allowed. I  
11 don't blame the prison staff for the awful things  
12 that happen in prison. Some of them perpetrate very  
13 abusive acts, and they should be punished for that  
14 and not allowed to take care of people in prison.  
15 But on the most part, prison officers and staff are  
16 public servants trying to do a job. They become  
17 frustrated by the very things we are talking about:  
18 crowding, racial tensions, lack of resources to  
19 treat people with mental illness. And abuses occur.

20 They should be properly investigated, and there  
21 should be whatever proper recourse we establish as a  
22 society.

23 MR. SEXTON: Thank you.

24 MR. MCFARLAND: Dr. Kupers, I was  
25 fascinated by your testimony on Page 5 about the



1 proclivity of victims of sexual assault who have  
2 some serious mental disabilities and what their  
3 reaction or how they react to that trauma.

4           Do I understand correctly that it's been your  
5 experience and your professional opinion that when  
6 they are traumatized by sexual assault they would  
7 become delusional and actually -- if they would --  
8 if they have that, whatever their mental problem was  
9 it gets worse, and if they were prone to depression  
10 and suicide, it would exacerbate as opposed to  
11 becoming necessarily aggressive or defensive of  
12 themselves or acting out against somebody else.

13           DR. KUPERS: That's essentially correct.  
14 The point I was making in response to your question  
15 was we have a condition, posttraumatic stress  
16 disorder, which we have by convention made into a  
17 psychiatric diagnosis subsequent to trauma, and we  
18 define trauma. Now if you looked at the history of  
19 people suffering from schizophrenia or bipolar

20 disorder, what you will find is repeated severe  
21 traumas. But they don't present clinically as  
22 suffering from posttraumatic stress disorder. The  
23 nightmares and flashbacks aren't as prominent in  
24 their symptom picture as are hallucinations and  
25 other signs and symptoms of schizophrenia or bipolar

1 disorder. That is the point I was making. The  
2 population of people who've been traumatized is much  
3 larger than that population who technically fit the  
4 diagnosis of PTSD. In fact, the population of  
5 people with serious mental illness trauma is very  
6 pervasive.

7 MR. MCFARLAND: One of your solutions that  
8 you recommended is separate housing?

9 DR. KUPERS: Yes. Part of the treatment  
10 for posttraumatic stress disorder is the first step  
11 in Herman's book Trauma and Recovery is safety. We  
12 have to first establish safety. Someone who has  
13 been raped in prison is not safe. I will guarantee  
14 you that, for whatever reason, whether it is the  
15 perpetrator is going to retaliate if they report or  
16 that the same process is in effect under which they  
17 got raped; that is, they are vulnerable for some  
18 reason. Their reputation is such that they are  
19 going to be raped again. They are not safe. They

20 have to be provided safety. The same is true of  
21 anyone suffering from a mental illness. They are  
22 more vulnerable than others, and they need a  
23 treatment that takes first into consideration their  
24 safety.

25 So separate units, step down units in prison,

1     which can be separate wings or separate units for  
2     people who are suffering from mental illness.  
3     Treatment might be a little more intensive, not as  
4     intensive as a crisis center or a hospital.  
5     California is doing that in administrative  
6     segregation.

7             The first step, there are problems in mental  
8     health in the California Department of Corrections  
9     and Rehabilitation. The first step is to separate  
10    people with serious mental illness from those that  
11    don't have mental illness. And part of the reason  
12    is because it wasn't good for the people who don't  
13    suffer from serious mental illness to be next door  
14    to someone who is up screaming all night.

15            Currently in California I believe the  
16    administrative segregation units are split such that  
17    the people with mental illness are in a separate pod  
18    or unit than the others.

19                    MR. SEXTON: I thought there was a

20 separate mental health unit here in Folsom.

21 DR. KUPERS: That's correct. That's not

22 what I am talking about. There is a lot of people,

23 over 50 percent of the prisoners according to the

24 federal Bureau of Justice, some of them serious.

25 Some of them are in the EOP program, which is what I

1 think you toured if you saw the program here. Some  
2 of them are in administration segregation units  
3 elsewhere throughout the system. And the point is  
4 that there has been a policy change because of  
5 recognizing the problem of mixing people with mental  
6 illness and people that don't. That administrative  
7 segregation units are split. Maybe someone from the  
8 Department can explain that better for you, explain  
9 that better, more detail.

10 MR. MCFARLAND: Thank you very much,  
11 Dr. Kupers. You, of course, are welcome to stay as  
12 long as you can.

13 Our next witness is Robert Dumond, and he has  
14 provided us with written testimony which we have  
15 read. He is a board certified, licensed clinical  
16 mental health counselor with a specialty in exactly  
17 the subject we're talking about. We are privileged  
18 to have you, Mr. Dumond.

19 MR. DUMOND: Thank you very much. I want