



Tools For Addressing Intimate Partner Violence For Home Visitors

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Los Angeles County Domestic Violence Council

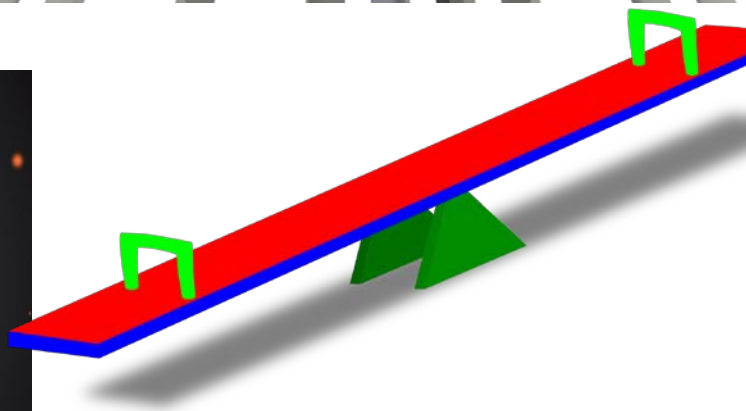
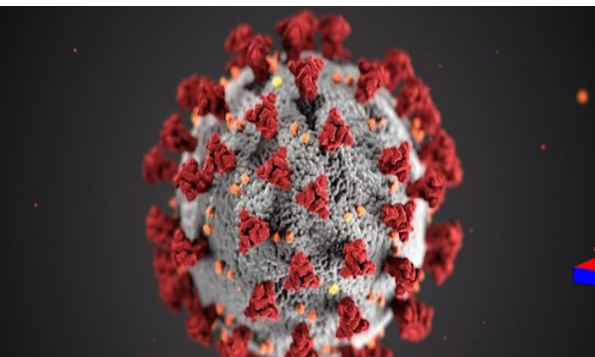
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Why don't you just leave? (Are we asking the right question?)



I am NOT a victim!

How can a hotline help?

- If you need someone to talk to
- If you want to know what is available
- If you want to talk about safety planning
- If you don't want to call the police
- If you don't know what to do
- If you want to learn how to help someone else

**PEOPLE WHO STAY IN
THEIR RELATIONSHIP
MAY ALSO SEEK AND
RECEIVE SUPPORT
SERVICES.**



DV/IPV Services for Safety and Support

DV Shelter Based Agencies

DV Non-Shelter Based Agencies

Law Enforcement/Courts

DV/IPV Shelters = Housing + Services

- **Housing:** Emergency, Transitional, Off-site safe housing
- **Drop-In Center**
- Hotline -24/7 (Confidential)
- Counseling – Adult/Child
- Legal Services
- Access to Medical Services
- Help to Access Housing
- Community Outreach

DV/IPV SHELTER
BASED AGENCIES



DV/IPV NON-SHELTER BASED AGENCIES - SERVICES

DV/IPV NON-SHELTER BASED AGENCIES

- Hotline (Not all)24/7/Confidential
- Counseling – Adult/Child
- Legal Services
- Hotline -24/7 (Confidential)
- Financial Empowerment
- Access to Medical Services
- Help to Access Housing
- Community Outreach
- Promoturas

LAW ENFORCEMENT/COURT

- 911 – Call or Text
- Emergency Protective Orders
 - Up to 30 days (COVID)
- Gun Violence Restraining Orders
- Criminal Cases
- LAPD – DART Response
- Domestic Violence Restraining Orders
- Landlord/Tenant
- Financial Abuse

LAW ENFORCEMENT/
COURT

COVID-19 SPECIFIC HOUSING



Shelter –Based Housing

- Emergency Shelter
- Transitional Shelter
- Confidential Location
- Mostly full when pandemic started
- Safety Precautions in place



Project Safe Haven

- Safe Housing
- Goal is to serve 900 survivor/families
- Housing until June 19, 2020 (for now)
- Shelter, Food, Transportation, Case Management



Project Room Key

- Run by LAHSA
- DV /HMIS Issue
- Alternate Process – DV Portal (through DV Agencies)
- Singles only
- 65 and older
- At risk of contracting COVID-19



Hotlines for Safe Haven Placement (COVID-19)

- **Jenesse Center:** 1-800-479-7328
- **East LA Women's Center:** 800- 585- 6231
- **Peace Over Violence:** 310-281-2822
- **Strength United:** 818-886-0453 or 661-253-0258
- **Rainbow Services:** 310- 547-9343

- **Su Casa:** 562-402-4888
- **Center for the Pacific Asian Family:** 1-800-339-3940
- **Haven Hills:** 818-887-6589
- **Coalition to Abolish Slavery & Trafficking:** 888-539-2373



Accessing Resources*

Domestic Violence Council: Hotline 800-978-3600
Website: [publichealth.lacounty.gov /dvcouncil](http://publichealth.lacounty.gov/dvcouncil)
Booklet: Reaching Out (Multiple Languages/Website)

National DV Hotline: 1-800-799-7233/TTY: 1-800-787-3224
Website: thehotline.org
Text: LOVEIS to 22522

*Don't forget friends, family, colleagues, neighbors and people who may feel that they are becoming violent



THANK YOU



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How can we best show-up for clients experiencing intimate partner violence?

and

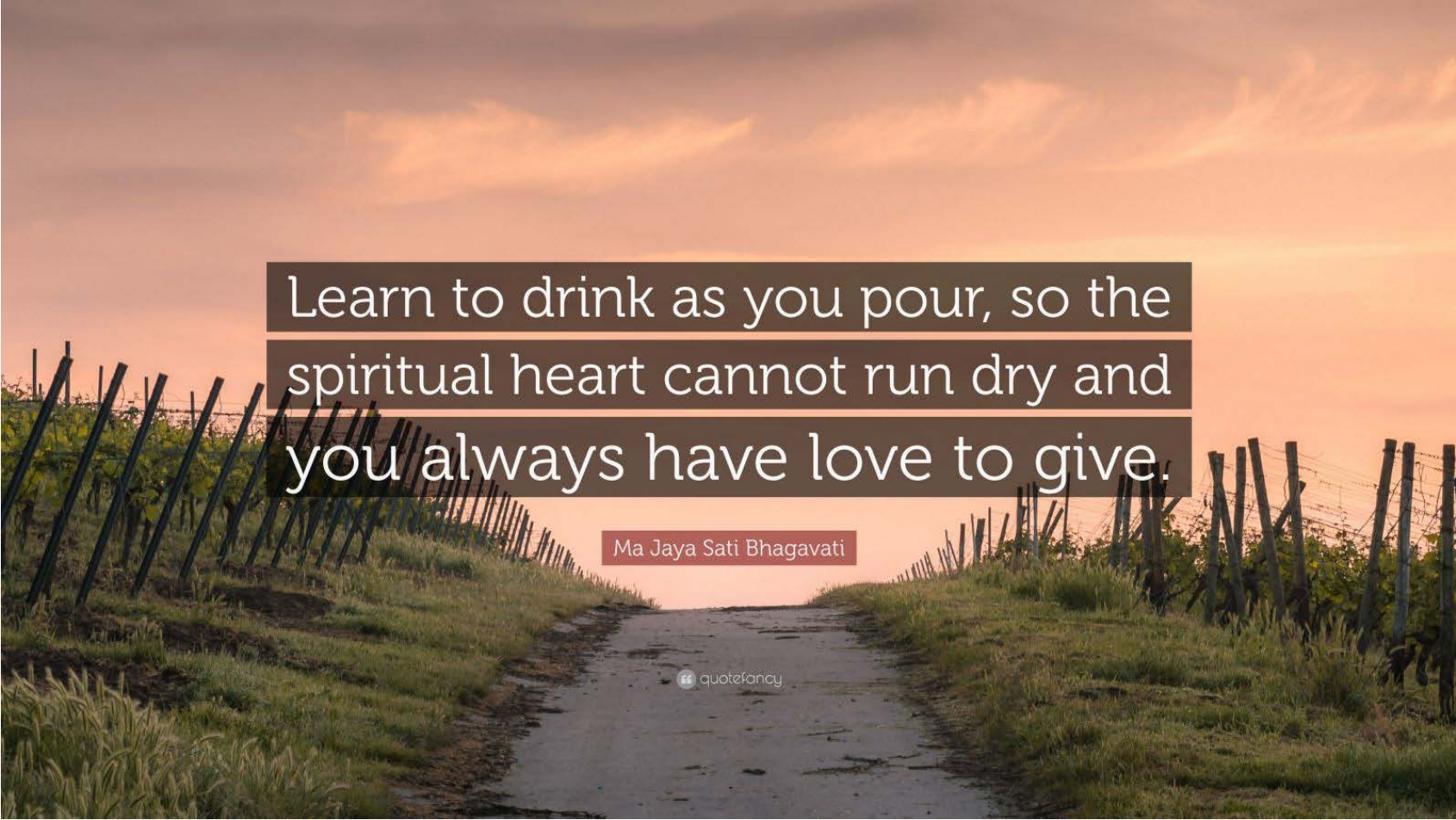
How do we support ourselves during COVID-19 and moving forward?

Best Practices for Offering Help for IPV

- ✓ Self-care
- ✓ Self-awareness
- ✓ Use trauma informed practices
- ✓ Prioritize safety
- ✓ Support, assist, guide – **DO NOT CONTROL**



Start with Yourself



Learn to drink as you pour, so the
spiritual heart cannot run dry and
you always have love to give.

Ma Jaya Sati Bhagavati

quote fancy

**BUT IT IS NOT
SOMETHING WE
TALK ABOUT
EASILY (For
survivors and
those that abuse)**

***EVEN THOUGH IT
HAPPENS
THROUGHOUT
SOCIETY – IT STILL CAN
CAUSE SURVIVORS TO
FEEL SHAME AND
GUILT***



Talking about domestic violence

- **Be aware of your own beliefs/biases**
 - what do you think when you think of a victim?
 - what do you think when you think of an abuser?
 - your response could be affected if you experience DV directly or indirectly
 - do you feel like you are getting “too personal” by talking about this?

Know your feelings are but do not to bring your own beliefs/biases into the conversation

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE



- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces



SAMHSA's Concept of Trauma-Informed Care

Responds by fully integrating knowledge about trauma into policies, procedures, and practices

Realizes the widespread impact of trauma and understands potential paths for recovery

Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system

Seeks to actively *resist re-traumatization*



Trauma-Informed Care Pillar #1 - *RESPONSE*

- Open dialogue – not provider directed
 - invitation to participate
 - explain procedures
 - meet client where they are at
- System that addresses trauma among clients AND vicarious trauma of staff
- Transparency in operations with clients and staff
- Safety is always the number one goal

Asking questions through a trauma informed lens



Do not require clients to describe violence in detail

- If clients choose to discuss or disclose IPV

DO: Listen and avoid interrupting,

- show compassion and validate their experience
- allow them to disclose at their own pace

DO NOT: “pry” or ask for more details,

- share your own/friend’s experiences “one upping”,
- express opinions, judgements OR personal beliefs,
- assess for “truth” (this is the survivor’s story/true experience)
- ask “WHY?”

Trauma-Informed Care Pillar #2 – *REALIZES*

IPV is...

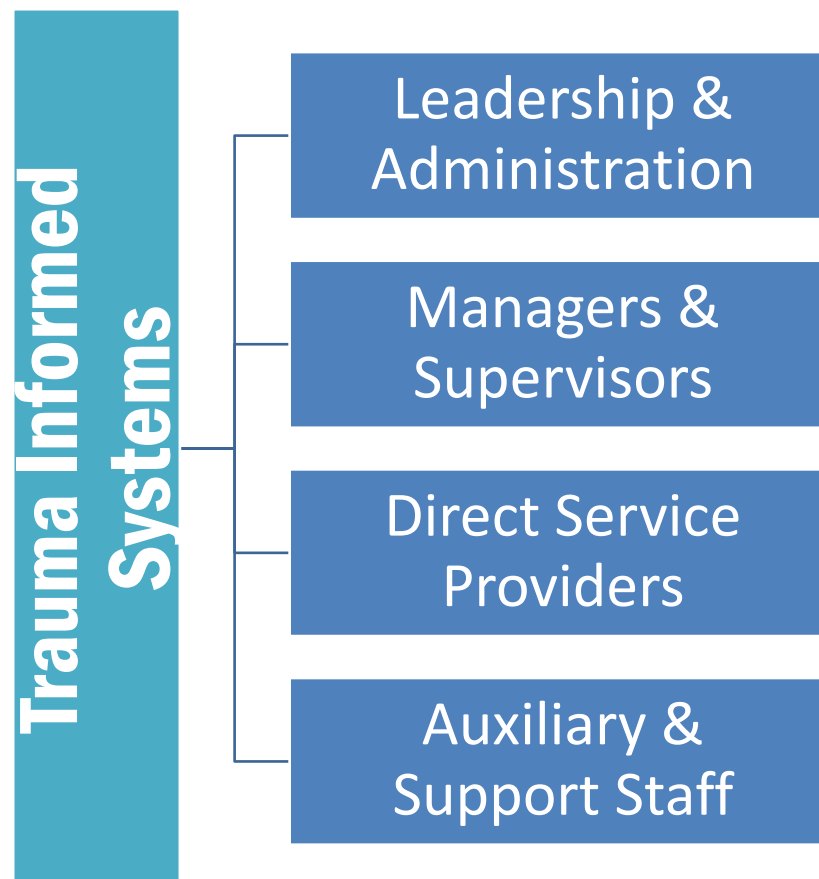
- Common and widespread
 - Preventable and cycles of violence can be broken
 - Survivors and people who cause harm can recover/heal
-
- Shift staff/system perspectives from “why do you stay?” to “*what’s keeping you from leaving?*”, “how can we help you now?”
 - Move away from focusing solely on the violence/abuse and move towards looking at the whole person/situation

Trauma-Informed Care Pillar #3 - *RECOGNIZES*

IPV is traumatic to all “parts” of individuals & families

- Psychological, emotional, spiritual, physical, etc.
- Educate, validate and normalize reactions to trauma these are “Normal” reactions to abnormal experiences/situations
- People (and families) are resilient, focus on strengths
- Tap into internal resources
- Empowerment (survivor vs. victim – what language is the client using?)
- Listen to feelings and thoughts without trying to “fix it” or rescue the person.

Trauma Informed Care within Trauma Informed Systems



Clients and Patients

Asking questions through a trauma informed lens



Violence, abuse and trauma often go hand in hand with physical, mental and behavioral health experiences.

*Be aware some clients will not make the connection between Trauma experiences, patterns of behavior or health conditions. (e.g., alcohol and drug use and/or avoidant behavior)

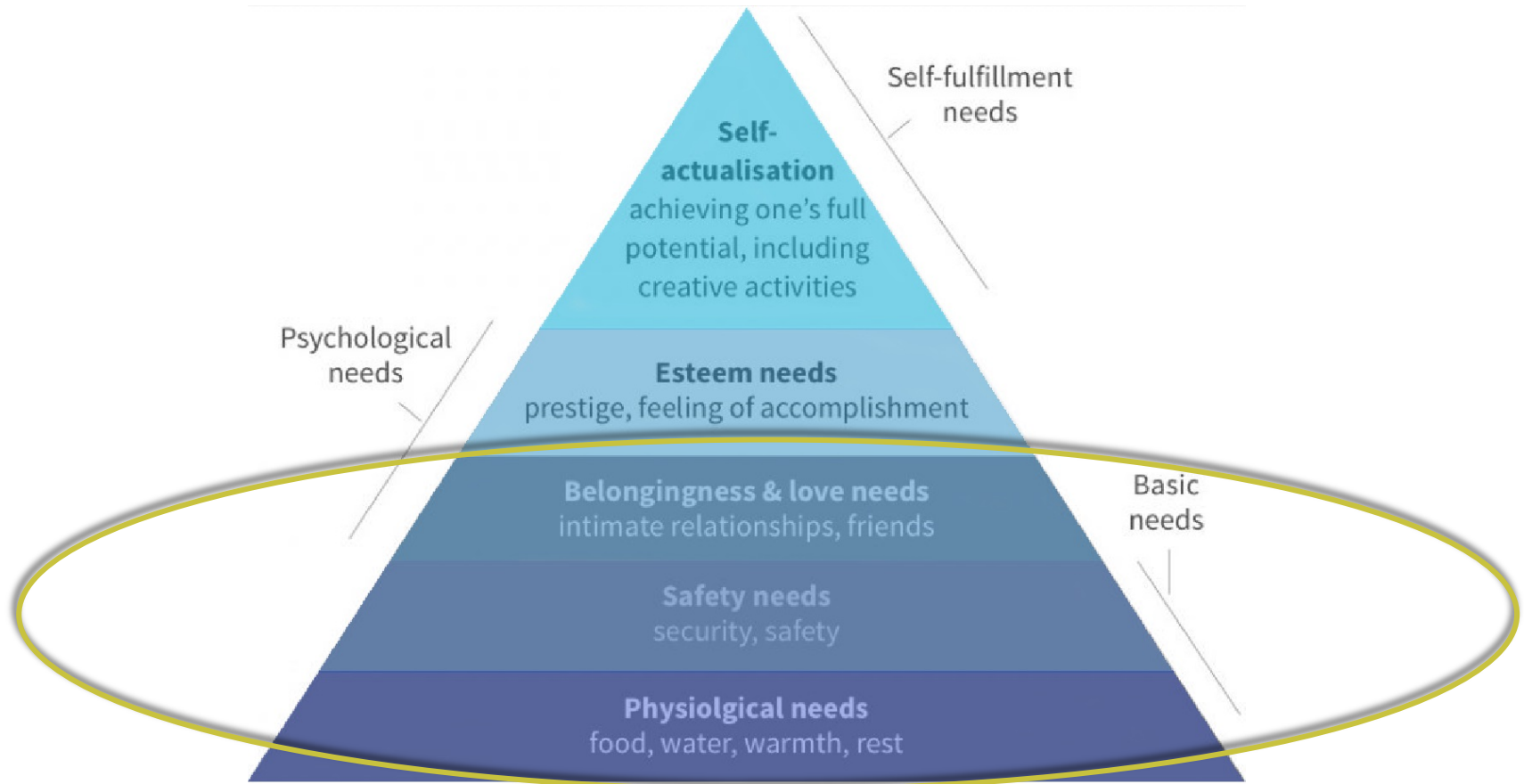
- Ask about relationships in the context of their greater wellbeing, safety and functioning
- Provide education on the connections between relationships and physical and mental health
- Validate these are “difficult” conversations



Using a trauma informed lens

- At the end of the appointment,
 - make sure the client is grounded and safe before leaving/hanging up, etc.
- Make sure you debrief or ground yourself
 - Speak with a colleague or supervisor
 - Take a “mini” break or breather
 - Wash your hands in cold or warm water
 - Drink water or tea
 - Grounding exercise

REMINDER – COVID-19 Pandemic and Basic Needs





Trauma-Informed Care Pilar #4 – *AVOID RE-TRAUMATIZING*

When inquiring about relationships (intimate partner, parent, etc.)

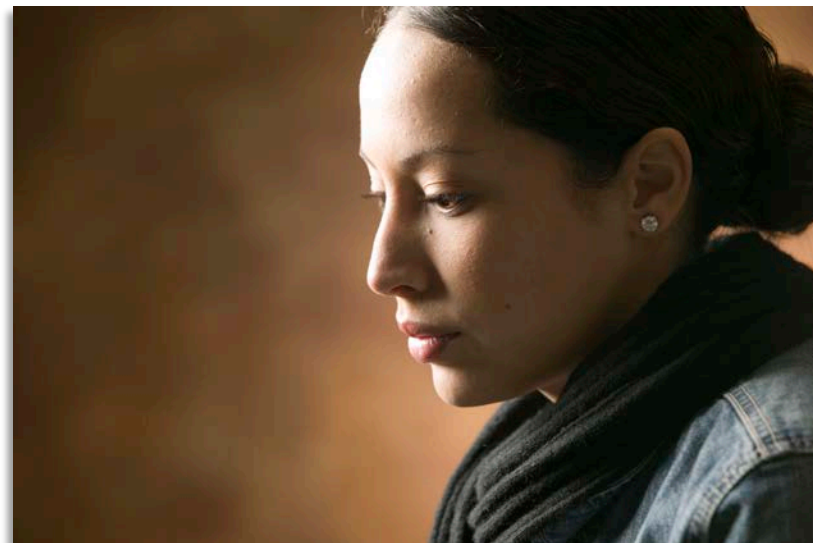
- Disclose limits of confidentiality upfront
- Be aware that asking about violence/abuse could put your client in danger
- Always screen clients/patients alone and not within earshot of partner or family member
- Never use a family or friend as an interpreter, use medically trained interpreters only
- Condemn the violence/abuse not the abuser

**KNOW YOU CAN BE HELPFUL AND SUPPORTIVE
WITHOUT A DISCLOSURE!!!**

Vicarious Trauma

“The emotional residue of exposure to someone’s trauma stories, witness of pain, fear, and terror that trauma survivors have endured”

- Symptoms are often similar to first-hand trauma or post-traumatic stress disorder.
 - Intrusive – persistent state of arousal, flashbacks, nightmares, intrusive thoughts
 - Avoidant – avoidance, “numbing out”



Self-Care... Yes, for YOU!



- Monitor yourself
- Take care of yourself
- Take time for yourself
- Separate yourself
- Limit yourself
- Help yourself
- Be honest with yourself
- Empower yourself
- Renew yourself

We-Care...looking after one another

Support your co-workers and staff through -

- Gratitude
- Appreciation
- Connection
- Encouragement
- Celebrations
- Recognition of challenges





THANK YOU



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