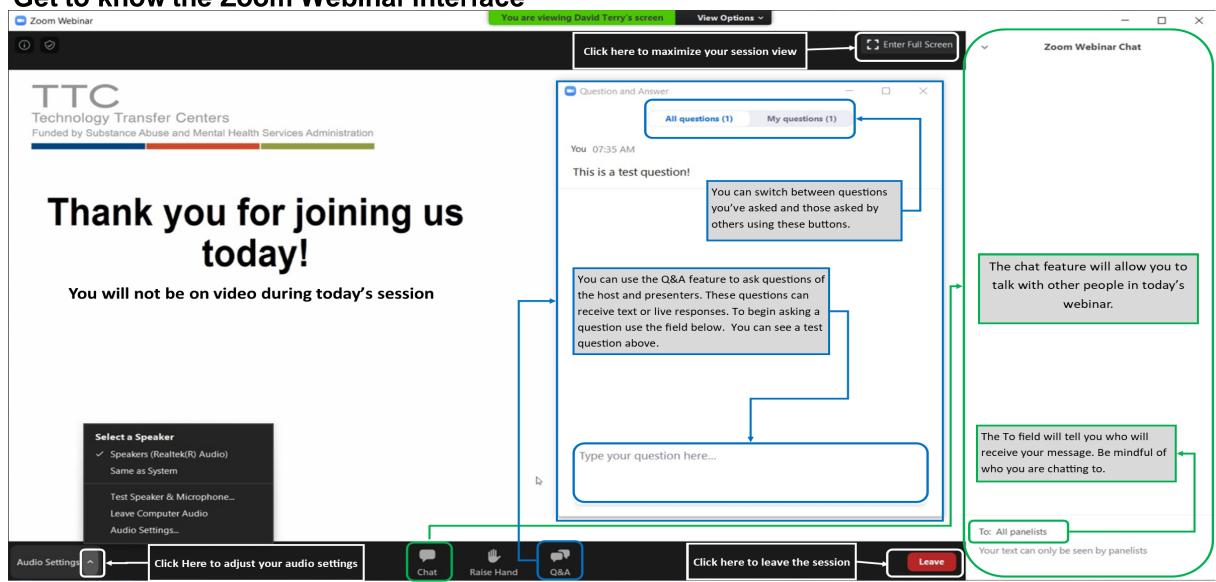


- All attendees are muted
- Please Note:

 All attendeds are made.

 Today's session will be recorded

Get to know the Zoom Webinar interface







Working at the Intersection of Intimate Partner Violence and Mental Health

Intimate Partner Violence and Mental Health Amidst the COVID-19 Crisis and Beyond

Wednesday, July 8, 2020

Presented by:

Carole Warshaw, MD, Director, NCDVTMH

Gabriela Zapata-Alma, LCSW, CADC, Director of Policy and Practice on Domestic Violence and Substance Use, NCDVTMH

Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A
- Have a comment or link for all attendees? Use the Chat
- You will receive an email following the presentation on how to access a certificate of attendance

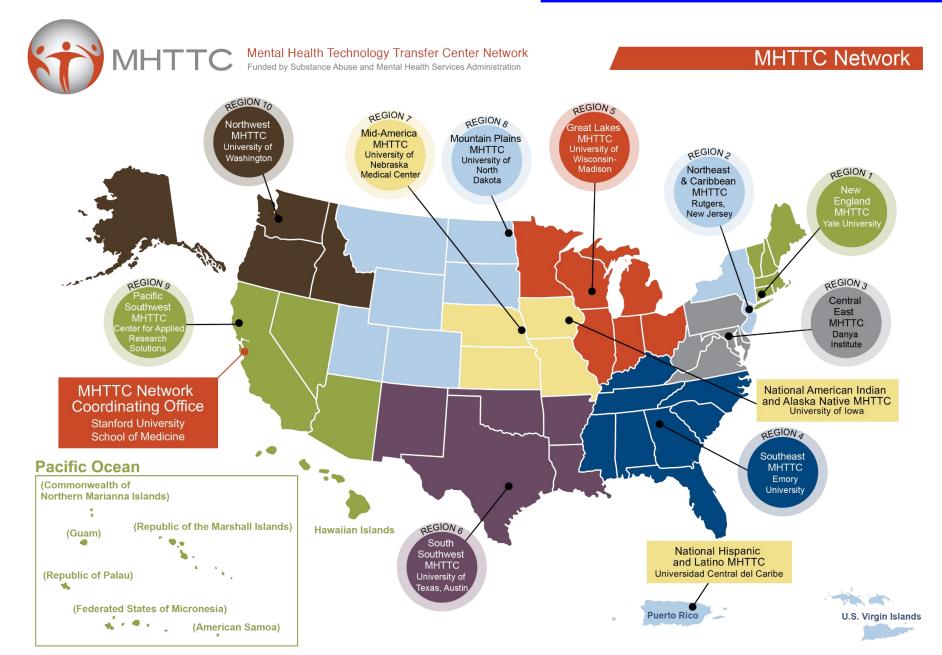




Please Note: The session recording and slide deck will be posted on our website within a few days.

- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office
- www.mhttcnetwork.org

Connect with Your MHTTC at www.mhttcnetwork.org



Working at the Intersection of Intimate Partner Violence and Mental Health

- 3 sessions
- July 8, August 12, September 9
- 10am PT / 11am MT / 12pm CT / 1pm ET
- Register at bit.ly/IPV-series







Disclaimer

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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Carole Warshaw, MD and Gabriela Zapata-Alma, LCSW, CADC, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

Evaluation Information

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At the end of today's training please take a moment to complete a **brief** survey about today's training.







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Presenters



Carole Warshaw, MD, is the Director of the National Center on Domestic Violence, Trauma & Mental Health and a faculty member in the Department of Psychiatry at the University of Illinois. Dr. Warshaw has been at the forefront of developing collaborative models and building system capacity to address the mental health, substance use and advocacy concerns of survivors of DV and other trauma, and to create accessible, culturally responsive, domestic violence- and trauma-informed services and organizations.



Gabriela Zapata-Alma, LCSW, CADC, is the Director of Policy and Practice on Domestic Violence and Substance Use at the National Center on Domestic Violence, Trauma & Mental Health. Gabriela brings over 15 years of experience supporting people impacted by violence, mental health conditions, substance use disorders, trauma, housing instability, and HIV/AIDS; providing counseling, training, advocacy, and policy consultation; and leading programs using trauma-informed approaches, Motivational Interviewing, harm reduction, gender-responsive care, Housing First, and third-wave behavioral interventions.



Intimate Partner Violence and Mental Health Amidst the COVID-19 Crisis and Beyond

July 8th 2020

Session 1 of 3

Working at the Intersections of Intimate Partner Violence and Mental Health



U.S., DHHS, Administration on Children, Youth and Families, Family and Youth Services Bureau, Family Violence Prevention and Services Program:

Special Issue Resource Center Dedicated to Addressing the Intersection of Domestic Violence, Trauma, Substance Use, and Mental Health

- Comprehensive Array of Training & Technical Assistance Services and Resources
- Research and Evaluation
- Policy Development & Analysis
- Public Awareness

NCDVTMH is supported by Grant #90EV0437-01-00 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, Family Violence Prevention and Services Program (FVPSA), U.S. Department of Health and Human Services. Points of view in this document are those of the presenters and do not necessarily reflect the official positions or policies of the U.S. Department of Health and Human Services.



Our work is informed by...



Learning Objectives

- Name at least two ways that abuse by an intimate partner can impact mental health in general, and in the context of COVID-19 and other public crises.
- Describe at least two ways that the COVID-19 pandemic has created new safety risks for survivors of IPV and impacted safe access to resources and supports.
- Identify at least 3 ways IPV and mental health coercion might manifest in the context of mental health treatment.
- Implement at least one strategy for safely asking about IPV in the context of mental health services, including tele-based services.
- Link individuals to local Domestic Violence and Sexual Violence (DV/SV)
 advocacy resources to improve care for survivors of DV/SV.

Trauma, Mental Health, Substance Use, and Intimate Partner Violence (IPV): What Are the Connections?

A Brief Overview

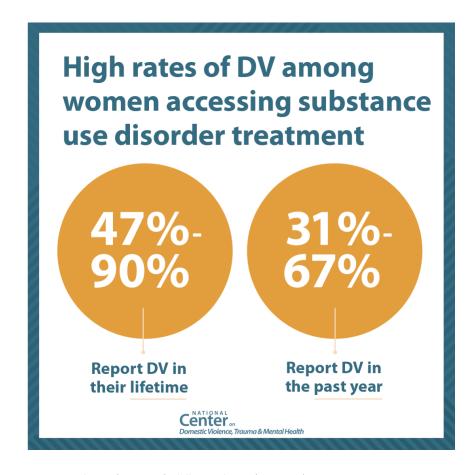
Intimate Partner Violence Has Significant Mental Health and Substance Use Effects

- Women: Increased PTSD, depression, suicidality, chronic pain, insomnia, substance use/opioid us; High rates of DV among women dx with a SMI
- LGBTQ individuals: Higher rates of depression and substance use among gay men; Incr. SU associated with gender abuse of transgender women

©ncdvtmh



IPV is prevalent among people accessing mental health and substance use services



High rates of DV among women accessing mental health treatment

On average,

30% of women in outpatient settings

of women in inpatient settings

of women in psychiatric ER settings

Report victimization by an

intimate partner

Survivors of IPV Often Experience Multiple Types of Trauma

- Significant proportion of IPV survivors experience multiple types of trauma, including collective, historical, and migration trauma
- Abuse in childhood increases the risk for adult victimization as well as for a range of mental health and substance use conditions
- Gender-based violence increases risk for mental health and substance use disorder conditions
 - 89% of women who experience 3-4 types of GBV develop a diagnosable mental health condition
- Discrimination, racism, and homo/transphobia, historical trauma, and deportation fears also increase risk

Less well recognized are the ways that people who abuse their partners engage in coercive tactics targeted toward a partner's mental health or substance use...

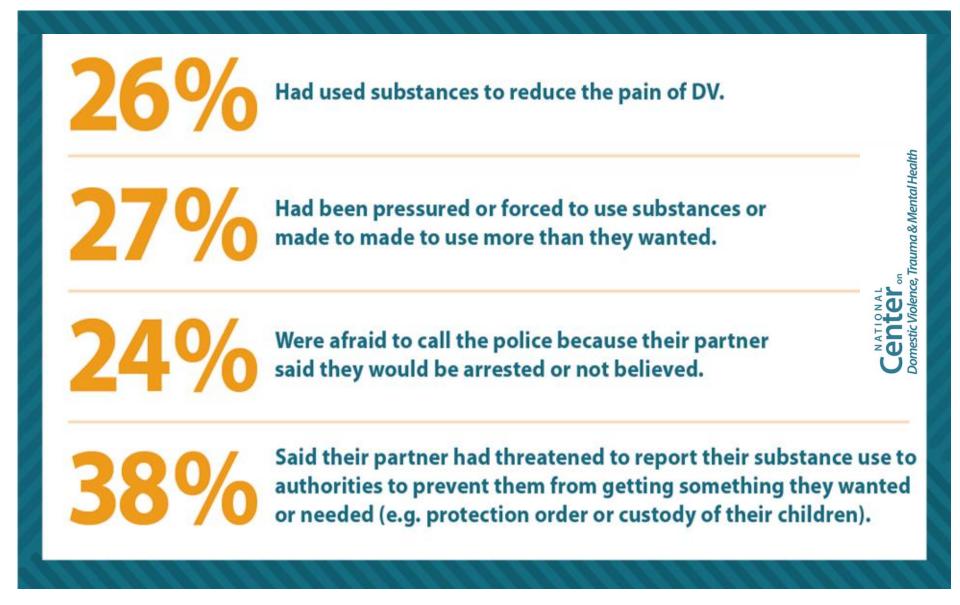
Mental Health and Substance Use Coercion Include a Range of Abusive Tactics Designed to:

- Undermine a partner's sanity and sobriety
- Control a partner's ability to engage in treatment
- Sabotage a partner's recovery efforts
- Discredit a partner with potential sources of protection and support and jeopardize custody
- Exploit a partner's mental health and/or substance use for personal or financial gain

Many survivors experience mental health coercion...



...as well as substance use coercion.



Abusive tactics often target a survivor's attempts to seek assistance for mental health and/or substance use disorders

1 in 2

of the 2,733 National
Domestic Violence Hotline
callers who had sought help
for feeling depressed or upset
said their partners had tried
to prevent or discourage them
from getting help or taking
prescribed medications.

of the 3,224 National
Domestic Violence Hotline
callers who had sought help
for substance use said their
partners had tried to
prevent or discourage them
from getting help.

Mental Health Coercion: Interference with Treatment

Manipulation of Treatment

- Attempting to influence diagnosis
- Trying to have partner committed
- Blaming partner's mental health for relationship problems/abuse

Control of Medication

- Preventing partner from taking medication
- Forcing partner to take medication and/or over-medicate
- Stealing medication
- Calling partner an "addict" for taking prescribed medications

Experiencing a mental health or substance use disorder places individuals at greater risk for being controlled by an abusive partner which is further amplified in the context of COVID-19.

Stigma associated with mental illness and substance use contributes to the effectiveness of abusive tactics and can create barriers for survivors when they seek help.

Thinking About IPV in a Broader Social Context

- Health
- Mental Health/Suicide
- Substance Use
- Intergenerational
- Interpersonal
- Economic

Traumatic Effects of Abuse

Ongoing Coercive Control

- Undermining Sanity and Sobriety
- Controlling Access to Resources

- Health & MH
- Economic
- Social
- Cultural & Spiritual
- Environmental
- Trangenerational

Traumatic
Legacies of
Historical
Trauma

Ongoing Structural Violence Policies and systems that perpetuate structural violence and discrimination

Impact of COVID-19 on Access to Services for Survivors of IPV

Responding to IPV in the Context of COVID-19



IPV more frequent and severe

More use of weapons; More severe injuries

Increase in coercive control

- Greater opportunity (shelter-athome), including mental health and substance use coercion
- Less access to safety and support
- New COVID-specific types of abuse

How COVID-19 and social distancing affect survivors of domestic abuse and violence

Survivors who rely on support groups and other social connections may be experiencing even greater isolation and a sense of overwhelm.

An abuser may disrupt the survivor's ability to work from home, jeopardizing their job.

Jails have been releasing some inmates early, leaving survivors with little time to make a safety plan.

In shared custody situations, abusers may use quarantine as an excuse to keep children from the survivor.



Survivors may be less likely to go to the ER after an assault, for fear of exposure to COVID-19.

> Abusers may threaten to cancel a survivor's, or their children's, health insurance.

Where to go?
Shelter and motels have limited capacity, and many people are distancing from family and friends to stay healthy.

Unemployment and increased demand on general assistance programs creates financial stress that can escalate the abuse and violence already occurring in the home. Increased time spent with the abuser means fewer opportunities for survivors to call a Helpline or reach out for support.

Help is available.

Maine State Helpline: 1-866-834-HELP

IPV in the Context of COVID-19: Impact on Mental Health and Substance Use

- Increased stress, anxiety, fear, grief, and trauma
 - From COVID-19 as well as entrapment with abusive partner
- Increased substance use
 - Stress of COVID; trauma of abuse; isolation and lack of access to coping strategies (walks, social life), supports (mutual aid, treatment groups, friends and family) and treatment
- Increased mental health and substance use coercion
 - Control use; control access to treatment; sabotage recovery; undermine sanity; medication diversion

Mental Health and Substance Use Coercion in the Context of Trauma and IPV: The Complexity of Control Tactics

Abusers control treatment and medication & Abusers use these sabotage recovery **Abusers actively** issues to control undermine their their partners and partners' sanity, discredit them sobriety, and with sources of parenting support **Impact on** Stigma compounds **Survivors** these risks. DV and other and Their Concerns re: trauma associated Children with increased risk custody & CPS/CJ involvement for substance use impact helpseeking Stigma, system responses and lack of access to IPV- and trauma-informed treatment and resources increase abusers' control

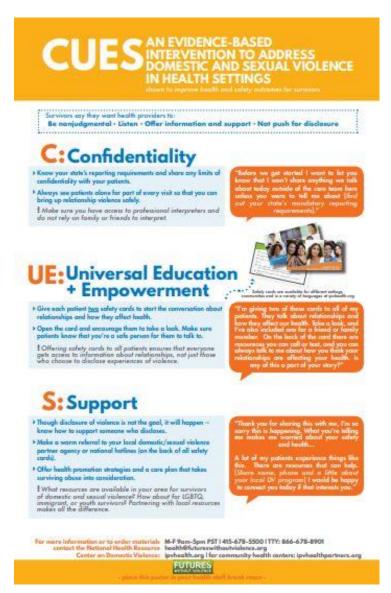
Enhancing Safe Access to Mental Health Services for Survivors of IPV

Amidst COVID-19

Building Safety for Survivors to Talk about their Experiences

- Integrating awareness and sensitivity to IPV/trauma-related needs starts with the very first contact
- Informed consent, confidentiality, transparency
- Build trusting relationships characterized by mutuality, allow time for relationship to develop
- Engender and express nonjudgmental approach and unconditional positive regard
- Minimally invasive, focus on building safety and trust rather than focusing on collecting information
- Culturally-relevant gender-responsive care

CUES: Addressing IPV in Health Settings



1. C: Confidentiality

Always see the patient <u>alone</u> for at least part of the visit and disclose your <u>limits of confidentiality</u> before discussing IPV.

2. UE: Universal Education + Empowerment

Use our <u>safety cards</u> to talk with all patients about healthy and unhealthy relationships and the health effects of violence. Always give at least two cards to each patient so that they can share with friends and family.

3. S: Support

Disclosure is not the goal, but it will happen. Discuss a patient-centered care plan to encourage harm reduction. Make a warm referral to your DV partner and document the disclosure in order to follow up at the next visit.

Attention to Mental Health Coercion in Assessment

- Relationship of feelings and symptoms to current abuse, previous trauma and coercion
- How partner responds when they are experiencing MH symptoms
 - Is their partner supportive? Does their partner criticize and demean them? Use their mental health condition to justify abuse? Try to control their medication or treatment or threaten them with loss of custody because of their mental health condition? Is their partner only "nice" when they're not okay?
- How partner might respond to medication and treatment plans
 - Ask whether they have any concerns about their safety, including if their partner knows they are receiving treatment. Consider whether potential medication side effects will place them at greater risk.

Mental Health Coercion: What to listen for



- Undermining: Does your partner tell you that you are lazy, stupid, "crazy," or a bad parent because of your mental health condition? That no one will believe you because of your mental health condition?
- Blaming: Has your partner blamed you for the abuse by saying that you're the one who is "crazy"?
- Gaslighting: Does your partner do things to make you feel "crazy" or like you are "losing your mind"?

Mental Health Coercion: What to listen for 2

- Jeopardizing: Has you partner ever done things that cause your MH symptoms to get worse? Prevented you from eating or sleeping? Has your partner ever tried to prevent or discourage you from accessing MH services, including taking prescriptions?
- Discrediting: Has your partner ever used your mental health condition to undermine or humiliate you with other people?
- Threatening: Has your partner ever threatened to have you committed to a psychiatric institution? Has your partner ever threatened that you will lose custody of your children because of your mental health condition?

Mental Health Coercion: What to listen for 3



Controlling:

- Has your partner ever tried to control your prescription medication (such as by forcing you to take an overdose, giving you too much or too little medication, or preventing you from taking it at all)?
- Does your partner restrict or interfere with your ability to speak for yourself with doctors or mental health professionals?
- Does your partner have control of your finances or guardianship? Is your partner legally able to make decisions for you as part of a Psychiatric Advance Directive?

Beyond Screening: Accessible Information on IPV and DV/SV Resources

- Disclosing ongoing DV/SV can increase risks for survivors
- Make information available without requiring selfdisclosure of DV/SA
- Print and digital materials are accessible
- Staff are knowledgeable about IPV as well as DV/SA resources and can share information



Telehealth: Safety for Survivors of IPV/SV

- Confidentiality is a safety need
- Strive to use secure methods of communication and address tech safety
- Adhere to HIPAA privacy regulations
- Support informed decision-making and consent
- Safety plan
- Flexibility with appointment times and rescheduling
- Ask more yes/no questions to establish safety and confidentiality at the start of sessions
- Establish an individualized safety code word or phrase so a survivor can discreetly communicate that they can't talk right now or if they need help
- Use creativity around what is a safe and confidential space for a survivor to have their session

Need for Collaboration with State and Local DV/SV Service Systems



- The uniqueness of the challenges faced by survivors of DV/SV underscores the need for collaboration among the DV/SV, mental health, and substance use fields.
- Responding effectively to individuals experiencing DV/SV requires specific training and support as well as ongoing partnerships with DV/SV organizations.

Collaborate with DV/SV Programs

- DV/SV programs are operating and providing virtual (phone/video) advocacy and counseling in addition to in-person services
- Some are expanding in-person services as areas begin to re-open
- Reduced shelter capacity but expanding hotels and private rentals in some areas
- Some Federally Qualified Health Centers (FQHCs) offer sexual assault examinations for survivors who do not want to go to a hospital (due to COVID-19 concerns). SV Advocates are knowledgeable about legal and medical options.
- Crisis lines still operating (phone, chat, text, and TTY)
- Orders of Protection available virtually

Resource: DV/SV Coalitions

- For a listing of state and territory DV coalitions see:
 https://nnedv.org/content/state-u-s-territory-coalitions
- For a listing of tribal DV/SV coalitions see the National Indigenous Women's Resource Center (NIWRC) http://www.niwrc.org/tribal-coalitions plus many other resources related to violence against Native women
- For a listing of state and territory SV coalitions see: https://www.nsvrc.org/organizations/state-and-territory-coalitions

Resource: National DV/SV Hotlines











Resource: NCDVTMH's COVID-19 Resource Hub

www.nationalcenterdvtraumamh.org/trainingta/covid/

COVID-19

RESOURCES & UPDATES

In response to the current national emergency, NCDVTMH will continue to provide updates, resources, and tip sheets to support domestic violence and sexual assault advocacy organizations and coalitions in responding to the trauma, mental health, and substance use-related needs of survivors and their families.

Click to View Resource Hub

Resource: Tech Safety and IPV

Digital Services Toolkit
(National Network to End Domestic Violence)
www.techsafety.org/digital-services-toolkit



Resources: IPV & COVID-19

COVID-19 Resources (NCDVTMH)

www.nationalcenterdvtraumamh.org/trainingta/covid/

Resources on the Response to COVID-19 (NNEDV) https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/

COVID-19 for Survivors, Communities, and DV/SA Programs (Futures Without Violence)

www.futureswithoutviolence.org/get-updates-information-covid-19/

Safety Planning (NDVH) www.thehotline.org/2020/03/13/staying-safe-during-covid-19/

Safety Planning App: www.myplanapp.org

To be continued...

Please join us for sessions 2 and 3 -

- August 12th:
 - Mental Health Treatment in the Context of Intimate Partner Violence
- September 9th:
 - Intimate Partner Violence, Suicidality, and Disabling Psychiatric Conditions: Unique Risks, Needs, and Strategies

Find more info and register here: bit.ly/IPV-series



Stay connected and find out about future offerings

www.nationalcenterdvtraumamh.org/newsletter-sign-up/

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Facebook: www.facebook.com/ncdvtmh



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Additional Resources



www.NationalCenterDVTraumaMH.org

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Resources for Mental Health and Substance Use Treatment and Recovery Support Providers

At the National Center on Domestic Violence Trauma & Mental Health (NCDVTMH), one of our priorities is to support collaboration between the domestic violence (DV) field and the mental health and substance use disorder treatment and recovery fields. Our work is designed to enhance system responses to survivors of intimate partner violence (IPV) who are experiencing the mental health and substance use-related effects of IPV and other lifetime trauma. A 2012 study conducted by NCDVTMH in partnership with the National Association of State Mental Health Program Directors (NASMHPD) found that the majority of states who participated had a strong interest in further coordination and/or training on these issues.

The information that follows is intended to support mental health and substance use disorder treatment and recovery support providers in their work with survivors of IPV and their children. You will find toolkits, best practice guidelines, webinars, research reviews, and policy briefs to help inform your practice. These can be found below under:

- » Research on the Intersection of Domestic Violence, Substance Use and Mental Health
- » Responding to IPV in the Context of Mental Health and Substance Use Treatment and Recovery

Honoring the Life of Patti Bland

Center Highlights

New Resource – Information Memorandum from SAMHSA and ACF calls for collaboration on domestic violence, substance use and mental health

New Resource – Recommendations for Suicide Prevention Hotlines on Responding to Intimate Partner Violence

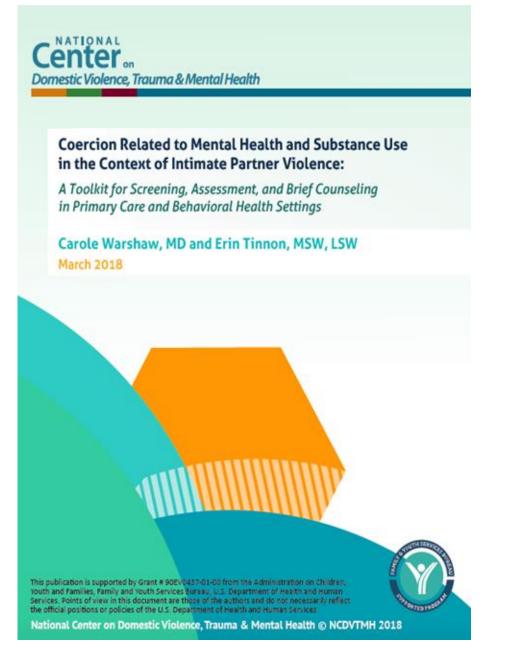
New Resource – Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence Toolkit

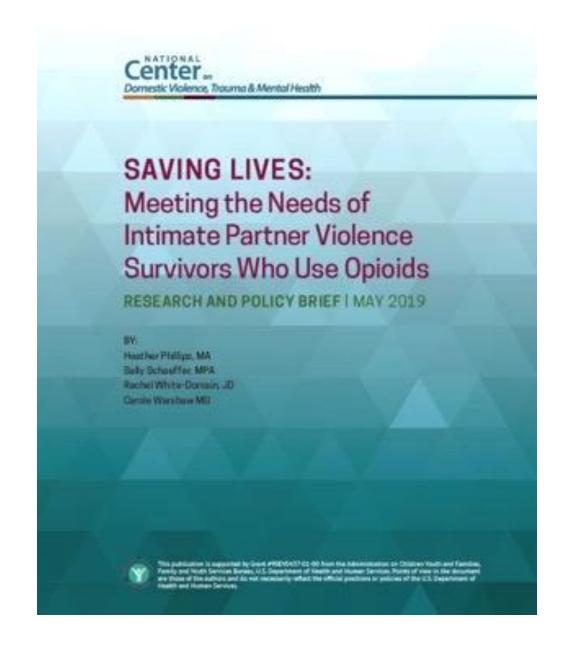
New Resource – Tools for Transformation: Becoming Accessible, Culturally Responsive, and Trauma-Informed Organizations

News & Updates

We're hiring: Communications Manager

Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence: A Toolkit for Screening, Assessment, Brief Counseling in Primary Care and Behavioral Health Settings





Saving Lives: Meeting the **Needs of Intimate Partner Violence Survivors Who Use Opioids:** Research and **Policy Brief**

Additional NCDVTMH Resources

- Mental Health and Substance Use Coercion Survey Report: www.nationalcenterdvtraumamh.org/publications-products/mental-health-and-substance-use-coercion-surveys-report/
- A Systematic Review of Trauma-Focused Interventions for Domestic Violence Survivors:
 http://www.nationalcenterdvtraumamh.org/publications-products/ncdvtmh-review-of-trauma-specific-treatment-in-the-context-of-domestic-violence/
- The Relationship Between IPV and Substance Use: Applied Research Review: www.nationalcenterdvtraumamh.org/wp-content/uploads/2014/09/IPV-SAB-Final202.29.1620NO20LOGO-1.pdf
- Recommendations for Suicide Prevention Hotlines on Responding to Intimate Partner Violence:
 www.nationalcenterdvtraumamh.org/publications-products/recommendations-for-suicide-prevention-hotlines-on-responding-to-intimate-partner-violence/
- Real Tools: Responding to Multi-Abuse Trauma: www.nationalcenterdvtraumamh.org/wp-content/uploads/2012/09/RealTools_RespondingtoMultiAbuseTrauma_BlandandEdmund.pdf
- Trauma in the Context of DV http://www.nationalcenterdvtraumamh.org/2014/10/ncdvtmh-guest-edits-special-issue-of-synergy-in-honor-of-dv-awareness-month/
- Trauma-Informed Care for Mental Health Professionals: http://athealth.com/trauma-informed-care-for-mental-health-professionals/
- Mental Health Treatment for Survivors of IPV http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2015/10/Mitchell-Chapter-24.pdf

Thank You!



Q&A with Presenters



Register here: https://bit.ly/IPV-series

Upcoming Sessions:

August 12: Mental Health Treatment in the Context of Intimate Partner Violence

September 9: Intimate Partner Violence, Suicidality, and Disabling Psychiatric Conditions: Unique Risks, Needs, and Strategies



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