

# Domestic Violence, Trauma, and Offering Supports That Are Accessible, Culturally Responsive, and Trauma-Informed

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# Prioritizing Self-Care

In the thick of this work, we often forget about our own needs until they are so big, we can no longer meet them in simple ways.

Shery Mead



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Sometimes we see communities and families as audiences for our intervention or advocacy.

However well intentioned, this perspective narrows our view about who people are, what strengths they have, what is impacting them, and what they believe will be helpful.

NCDVTMH, 2022

# Experience and Disconnection



Cave, 2014



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# Defining Trauma: Experience Shapes Us

**Individual Trauma** is the unique individual experience of an event or enduring condition, in which:

- The individual experiences a threat to their life or to their psychic or bodily integrity (or to a loved one or their community)
- The individual's coping capacity or ability to integrate their emotional experience is overwhelmed NCDVTMH, 2012



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# Defining Trauma: Group Experience

- **Collective Trauma:** Group or Community Experience
- **Cultural Trauma (genocide):** The systematic destruction of traditions, values, language, and other elements that make one group of people distinct from another
- **Historical Trauma:** The cumulative emotional, psychological, and spiritual wounding over the lifespan and across generations emanating from massive group cultural trauma experiences

Giller 1999; NCDVTMH 2012; Packard//NIWRC 2012, HSCADV2022

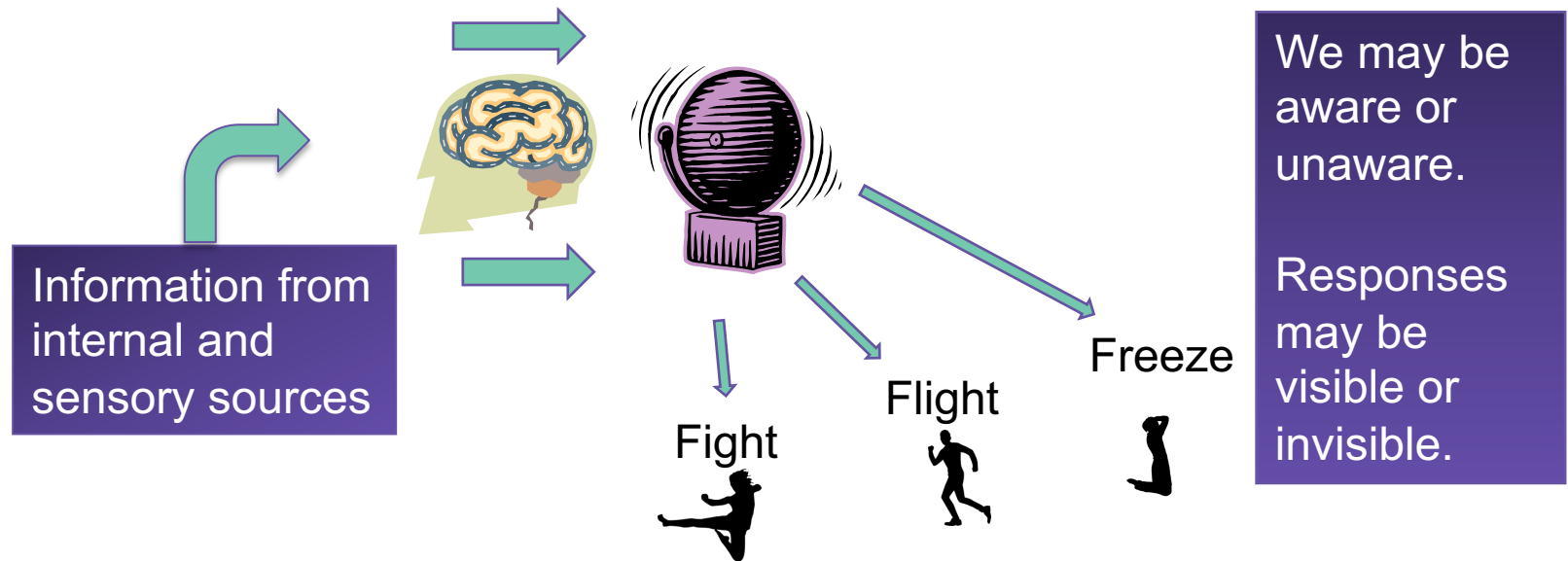


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# Trauma Responses: We are Wired for Survival...



**There are neurobiological and developmental impacts!**

Cave and Curley, 2015; Moss,

2013

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# Constantly Activated Fear Response

- Lack of emotional safety
- Trauma reminders exist in the spaces where we work and engage with people
- Environmental and relational stressors
- Community stressors
- Service setting demands and compliance expectations

**Reassuring someone that they are safe may not help turn off the alarm!**





# Dysregulation May Look Like...

- Challenges with communicating
- Negativity, worry
- Inability to focus or remember
- Difficulty sitting still or relaxing
- Avoiding interactions
- Mental health challenges
- Flash backs
- Anger, over-reactions, or under-reactions
- Sleeping a lot or not enough
- Difficulty making decisions
- Substance use, misuse
- Others?





# Intimate Partner Violence

What is this?

Stories the data tells us



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# Domestic Violence

- Intimate Partner Violence is a pattern of assaultive and coercive behaviors designed **to dominate and control a partner through fear and intimidation.**
- Occurs across all racial and ethnic groups, gender and gender identities, sexual orientations, education and income levels.

Ganley, 1995; NCDVTMH, 2017



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# Coercion Takes Many Forms

- Verbal abuse
- Emotional abuse
- Threats
- Intimidation
- Isolation
- Coercion
- Stalking
- Sexual abuse
- Financial (economic) abuse
- Spiritual
- Cultural
- Digital abuse
- Physical violence
- What else?

NCDVTMH, 2021



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# In a Single Day...

Ohio: 1,246 domestic violence victims found refuge in emergency shelters or transitional housing

Another 1,404 adults and children received non-residential services, including counseling, legal advocacy, and children's support groups

Minnesota: domestic violence programs served 1,975 adult and child survivors.

Another 352 requests for services went unmet due to lack of resources.

National Coalition Against Domestic Violence (2020). Domestic violence in Ohio. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_ohio\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_ohio_fact_sheet_2020.pdf)

National Coalition Against Domestic Violence (2020). Domestic violence in Minnesota. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_minnesota\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_minnesota_fact_sheet_2020.pdf)

[NNEDV.org/DVCounts](https://www.nnedv.org/DVCounts).



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- Wisconsin: Domestic violence programs served 1,157 victims
- 234 requests for services went unmet due to lack of resources.
- On the same day, hotlines at these programs received one call every three minutes.
  
- Illinois: 1,661 adult and child victims of domestic violence
- 1,530 non-residential adult and child victims received supportive services including counseling

National Coalition Against Domestic Violence (2020). Domestic violence in Wisconsin. Retrieved from

[https://assets.speakcdn.com/assets/2497/ncadv\\_wisconsin\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_wisconsin_fact_sheet_2020.pdf)

National Coalition Against Domestic Violence (2020). Domestic violence in Illinois. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_illinois\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_illinois_fact_sheet_2020.pdf)

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- Indiana domestic violence programs served 1,807 victims.
- On that same day, there were 182 requests for services that went unmet due to a lack of resources.
- Michigan domestic violence programs provided services to 3,204 adult and child survivors.
- Another 376 requests for services went unmet due to lack of resources.

National Coalition Against Domestic Violence (2020). Domestic violence in Indiana. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_indiana\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_indiana_fact_sheet_2020.pdf)

National Coalition Against Domestic Violence (2020). Domestic violence in Michigan. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_michigan\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_michigan_fact_sheet_2020.pdf).

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- Ohio in 2019, there were 76,203 law enforcement calls for domestic violence incidents.
- In 2018, Wisconsin law enforcement agencies reported 30,999 incidents of domestic violence, resulting in 21,960 arrests
- In 2019, 57,018 incidents of domestic violence were reported to Michigan police.

## Many others went unreported.

National Coalition Against Domestic Violence (2020). Domestic violence in Ohio. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_ohio\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_ohio_fact_sheet_2020.pdf)

National Coalition Against Domestic Violence (2020). Domestic violence in Michigan. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_michigan\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_michigan_fact_sheet_2020.pdf).

National Coalition Against Domestic Violence (2020). Domestic violence in Michigan. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_michigan\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_michigan_fact_sheet_2020.pdf).

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# Reports of Physical and Sexual Violence, and or Stalking

State	Women	Men
Illinois	41.5%	25.9%
Ohio	38%	33%
Minnesota	33.9%	25.1%



# Reports of Physical and Sexual Violence, and or Stalking

State	Women	Men
Indiana	42.5%	27.9%
Michigan	36.1%	25.8%
Wisconsin	36.3%	32.1%



# Domestic Violence and Homelessness

53% of women experiencing homelessness in Minnesota in 2018 had stayed in a relationship, because they did not have any alternative housing available.

ational Coalition Against Domestic Violence (2020). Domestic violence in Minnesota. Retrieved from [https://assets.speakcdn.com/assets/2497/ncadv\\_minnesota\\_fact\\_sheet\\_2020.pdf](https://assets.speakcdn.com/assets/2497/ncadv_minnesota_fact_sheet_2020.pdf)



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# Covid Made Things Worse

- Initial decrease in reported cases
- Limited availability of services
- Later, an increase in service requests
- Disparities in service access exist



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# Ongoing Impacts of Intimate Partner Violence and Trauma



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# Individual and Group Trauma Increase Risk and Exploitation

- Coping strategies can increase risk for harm
- Not learning one has the right to protect oneself can increase risk for being harmed
- Social conditions, discrimination and lack of human rights protections increase the risk of being harmed
- Abusive partners exploit these experiences

Fabri: Triple Trauma Paradigm; NCAVP: Hate Violence; Packard: Cultural and Historical Trauma; Roberts et. al.: Pervasive trauma exposure among sexual minorities; Root: Insidious trauma



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# Use of Mental Health and Substance Use Concerns as a Tactic of Control

- Undermine sanity, sobriety, credibility, and parenting
- Coerced overdose, coerced use, coerced illegal activities, coerced sex
- Control meds, control treatment, sabotage recovery
- Use against survivor to prevent access to support, resources, protection, and custody
- Abusive partners often convince authorities the survivor “was out of control”
- Why does this work?

Warshaw, Lyon, Bland, Phillips, & Hooper, 2014



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# Coercive Control and Parenting

- Children (and survivors' concern for their welfare) are often used as tactics of control
- Deliberate acts to undermine parenting regularly occur
- This can be particularly traumatic for survivors who parent
- Reproductive control is a common tactic

NCDVTMH, 2012



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# Undermining Parenting

- Threats related to child protective services, child custody, or deportation to threaten parental status
- Outing a partner's gender identity or sexual orientation
- Leveraging societal stigma to control their partners

NCDVTMH, 2012



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# Trauma Affects Our Capacities to...

- Trust other people
- Reach out for or respond to help
- Trust ourselves to solve problems, exercise judgment
- Process information, screen out distractions
- Take initiative, thoughtfully plan

NCDVTMH, 2012



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# Trauma in The Context of Intimate Partner Violence

- Interpersonal violence and trauma
- Intimate and social betrayal
- Cumulative burden, Ongoing risk
- Lack of understanding contributes to people and systems assigning blame to survivors rather than keeping accountability with the abusive person who caused the harms.

NCDVTMH, 2009



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# When Domestic Violence is Present

- Trauma is not “post”
- Appropriate response to ongoing danger
- Not an “overreaction” to minor stimuli, it is an acute social awareness
- Occurs at the same time as other ongoing trauma; racial, cultural, historical, generational, political, environmental, and structural

NCDVTMH, 2009



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# Partnering with Domestic Violence Programs is Crucial

What are you already doing to create safer and more inclusive interactions for survivors of domestic violence?

What can you improve?

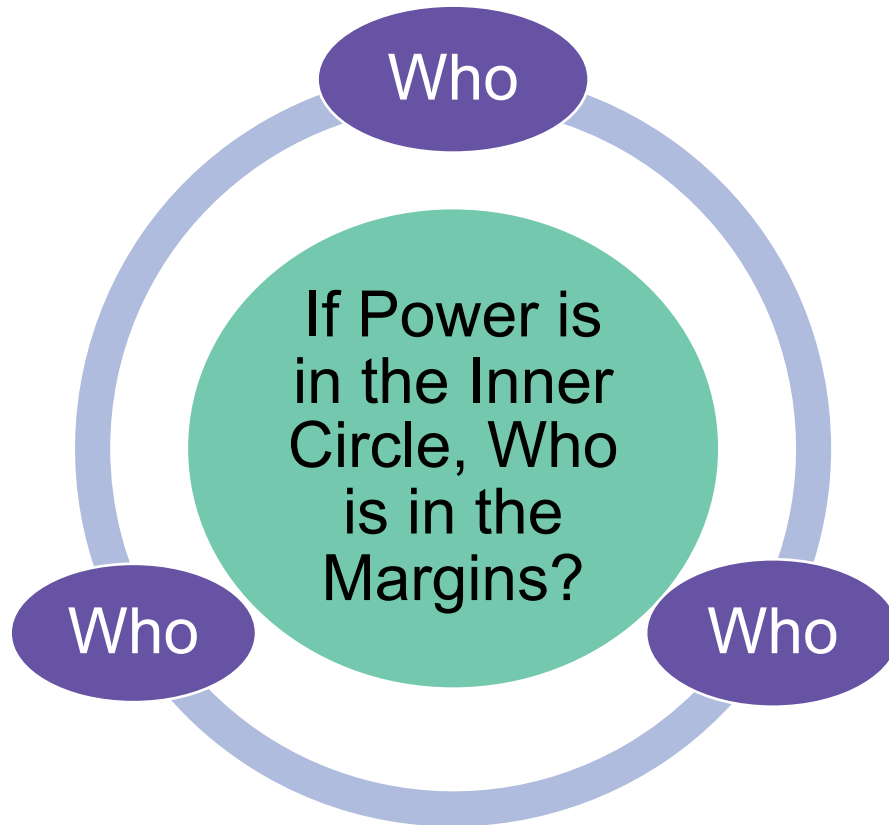


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# Checking Power and Privilege



- **Who is included or excluded?**
- **Who makes decisions?**
- **What are the messages?**
  
- **Who is judged?**
  - **Worthy?**
  - **Innocent?**
  - **Capable?**
  - **Complicit?**

Cave, 2001; Cullinan, 2014



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# 3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to [Building Community Resilience Collaborative and Networks](#) and the [International Transformational Resilience Coalition](#) for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

A close-up photograph of a person's hands weaving a vibrant, multi-colored striped textile on a traditional wooden loom. The person is wearing a red long-sleeved garment with a decorative black cuff featuring colorful geometric patterns. The loom is made of light-colored wood, and the threads are arranged in a complex, wavy pattern of red, yellow, green, and black. The background is dark, making the colors of the textile stand out.

# An Integrated Approach



# Accessible, Culturally Responsive, and Trauma-informed (ACRTI) Providers

- Honor cultural, community, family, and individual resources, strengths, and resiliencies
- Don't ignore the social, political, and economic legacies of cultural, historical, political, and structural oppression
- Consider the ways victimization, revictimization, trauma reminders, and trauma responses intersect and impact engagement
- Consider the impacts of trauma on those of us who are doing this work

NCDVTMH, 2012



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# ACRTI Organizational Reflection Toolkit

## Reflection Tool Key Domains

- Organizational Commitment and Infrastructure
- Staff Support and Supervision
- Physical, Sensory, and Relational Environments
- Intake Process
- Programs and Services
- Community Partnerships
- Feedback and Evaluation



[http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2018/04/NCDVTMH\\_2018\\_ToolsforTransformation\\_WarshawTinnonCave.pdf](http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2018/04/NCDVTMH_2018_ToolsforTransformation_WarshawTinnonCave.pdf)



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# Next Session: Focus on Cultural Responsiveness

- We understand the centrality of culture in people's lives and incorporate this understanding into service design and delivery.
- We promote accessibility, equity, and mutual respect as a cornerstone of the work and infuse these values into relationships, environments, and practices.

Cave, 2014



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# Resilience



Capacity for successful adaptation despite challenging or threatening circumstances.

Bell, 2006; McLewin & Muller, 2006; Waller, 2001



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# Reflections

# Contact Us

## The National Center on Domestic Violence, Trauma, and Mental Health

Connect to find out about additional NCDVTMH resources

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