

Domestic Violence: Everyone Knows a Victim - July 15, 2024
Resources Provided by
Victims' Intervention Program (VIP) of Wayne and Pike Counties

Safety Planning: A safety plan is a plan a woman makes in which she identifies ways she can protect herself during a violent incident and reduce the risk of serious harm. Safety planning requires a holistic conception of safety: “a victim who is no longer hit by a partner but has no way to feed her children or pay rent is not safe. Nor is she safe if she experiences debilitating effects of trauma or lives in social isolation.” With this broad view of what makes a victim safe, safety plans must be comprehensive. This means that while plans will discuss violence, they will not be focused entirely on violence.

One of the most crucial, yet frequently overlooked, aspects of safety and safety planning is taking care of yourself. This includes your physical, emotional, and spiritual wellbeing.

Physical: Prepare for leaving, leaving, and/or after leaving an abusive relationship. Things to bring, where to go, ensure safety afterwards.

Emotional/Mental: Developing ways to move forward from a violent past. After leaving a partner who has abused you, starting fresh and new environments can bring relief, but also can be stressful and disorienting. The sense of healing is a lifetime journey, and it's very individualized.

- Understand emotional safety: Find a place where you can feel emotionally safe, such as talking to a trained advocate or trusted person about what you're going through. Often, they can validate what you're feeling and help you return to a calmer emotional state.
- Address the trauma: The physical and emotional aftereffects of abuse can take a toll on a person's ability to make a plan and put it into action. People affected by trauma may wonder what's wrong with them when they experience difficulty processing information. Find a support group with other individuals of shared experience. Know you aren't alone and validate how you're feeling.
- Understand mixed feelings: Someone can be relieved to get away from abuse and still miss the partner or parent they've left. Some people are still

very much in love with their abusive partner. Learn more about the trauma you've endured. Educating yourself on different types of domestic violence as well as tactics abusers use, some of which may have been used against you, can help you reach a place of understanding. Furthermore, learning about triggers that can send you back into a state of panic or anxiety can help you prepare better to deal with them when they arise.

- Reach out for support: After leaving, a survivor may feel alone. All survivors' journeys are different—you may relish in this sense of independence, or your new solo journey may mean you start to feel emotionally unstable. If needed, this is the time to ask for support. A domestic violence advocate point the way to resources. Also, consider making a list of trusted people, even if you've lost touch. Think of each connection as a way to rebuild a web of support.

Online Resources

Pennsylvania Coalition Against Domestic Violence

www.pcadv.org

National Coalition Against Domestic Violence

<https://ncadv.org/>

National Network to End Domestic Violence

<https://nnev.org/>

National Domestic Violence Hotline

www.thehotline.org

Office on Violence Against Women

www.justice.gov/ovw

National Center on Domestic Violence, Trauma, and Mental Health

<https://ncdvtmh.org/>

For resources and information specifically related to **children and trauma**, visit the National Child Traumatic Stress Network at <https://www.nctsn.org/>

Journal Article: *Intimate partner violence, substance use, and health comorbidities among women: A narrative review*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9912846/>

- 64% of IPV-EW report that violence exposure hindered their ability to work
- adverse childhood experiences (ACEs) including childhood physical and sexual abuse, adversity, and a family history of (or witness to) IPV are associated with increased risk for IPV exposure in adulthood as well as increased risk for substance use

Editorial: *Matters of the Heart and Mind: Interpersonal Violence and Cardiovascular Disease in Women*

<https://www.ahajournals.org/doi/10.1161/JAHA.120.015479>

Editorial: *Homicide is a leading cause of death for pregnant women in US*

<https://doi.org/10.1136/bmj.o2499>

Guns & Domestic Violence

<https://policy.futureswithoutviolence.org/wp-content/uploads/2023/10/Guns-and-Domestic-Violence-Fact-Sheet-2.pdf>

<https://assets.speakcdn.com/assets/2497/pennsylvania-2021101912193522.pdf>

National Sexual Violence Research Center

<https://www.nsvrc.org/blogs/resources-and-support-transgender-survivors>

This list aims to provide a comprehensive array of contacts, support resources, and recommended materials which members of the transgender community and their allies may find helpful.

National Child Traumatic Stress Network

<https://www.nctsn.org/>

Resources and information specifically related to children and trauma, including living/dealing with current or former domestic violence human trafficking, and abuse.

Assessment Tools for Children’s Exposure to Violence

<https://promising.futureswithoutviolence.org/wp-content/uploads/2022/07/Assessment-Tools-for-Childrens-Exposure-to-Violence-2016.pdf>

Promising Futures

<https://promising.futureswithoutviolence.org/>

Aims to prevent violence and improve outcomes for parent and child survivors of family violence. Tons of resources including reports, curriculums, fact sheets, webinars, trainings, policy changes, and more. *Resource library also includes multiple things for working with people who use violence.*

Juvenile Justice Bulletin: National Survey of Children’s Exposure to Violence (10/2011)

<https://www.ojp.gov/pdffiles1/ojdp/232272.pdf>

CDC Intimate Partner Violence Prevention

Intimate Partner Violence, Sexual Violence, and Stalking Among Men

<https://www.cdc.gov/intimate-partner-violence/about/intimate-partner-violence-sexual-violence-and-stalking-among-men.html>

Sexual Violence and Intimate Partner Violence Among People with Disabilities

<https://www.cdc.gov/sexual-violence/about/sexual-violence-and-intimate-partner-violence-among-people-with-disabilities.html>

All content available on the CDC website for intimate partner violence:

<https://www.cdc.gov/intimate-partner-violence/site.html>

US Dept of Justice: OVW- National Protocol for Intimate Partner Violence Medical Forensic Examinations upd. 5/2023

The protocol guides clinicians within healthcare settings on the care and treatment of patients experiencing IPV, as well as the necessary collaborations with other disciplines during and beyond the medical forensic examination. It also aims to mitigate the potential harms, as outlined in the Medical Power and Control Wheel, that the healthcare system may inadvertently cause if IPV is not taken seriously or simply not well understood by clinicians. This protocol is

intended to provide clinical guidance; it is suggested practice, not a mandate on how practice must occur.

<https://www.justice.gov/d9/2023-12/IPVMFEProtocol.pdf>

Screening Instruments for IPV

<https://www.pa-home-visiting.org/wp-content/uploads/2019/08/Intimate-Partner-Violence-Screening-Assessment-Tools.pdf>

Danger Assessment to determine the level of danger an abused woman has of being killed by her intimate partner. <https://www.dangerassessment.org/>

Download the tool:

<https://www.dangerassessment.org/uploads/pdf/DAEnglish2010.pdf>

PCADV Traumatic Brain Injury as a Result of Domestic Violence: Information, Screening, & Model Practices <https://www.pcadv.org/wp-content/uploads/TBI-ParticipantsGuide.pdf>

Traumatic Brain Injury & Domestic Violence: HELPS Screening Tool for TBI

<https://vawnet.org/sites/default/files/assets/files/2016-10/HELPScreeningTool.pdf>

For more information and programs offering batterer intervention programs, simply search online within your county or location preference.