

Supporting Families Affected by Intimate Partner Violence

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Resources to learn more about IPV/Find local resources:

- National Domestic Violence Hotline 1-800-799-7233 (SAFE), thehotline.org
- Missouri Coalition Against Domestic Violence & Sexual Assault: Missouri Program Locator <https://www.mocadsv.org/How-to-Get-Help/>
- Centers for Disease Control
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html>
- National Coalition Against Domestic Violence: <http://www.ncadv.org/>
- Power and Control Wheels and Equality Wheels
<http://www.theduluthmodel.org/training/wheels.html>
- Videos created by the California Attorney General's Office, Crime and Violence Prevention Center:
 - First Impressions: Exposure to Violence and a Child' Developing Brain
<https://www.youtube.com/watch?v=brVOYtNMmKk>
 - First Impressions- Window of Opportunity: Reducing Children's Exposure to Violence
https://www.youtube.com/watch?v=gkSW3__pbl0&feature=youtu.be

Resources for supporting families:

- Futures Without Violence (items to download or order)
<https://www.futureswithoutviolence.org/>
- Intimate Partner Violence Screening for early childhood home visiting (Health Resources & Services Administration, Maternal & Child Health):
https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthInitiatives/HomeVisiting/performanceceresources/Form2_PerformanceMeasurementToolkit_September2018Update_508C.pdf
- Promising Futures (information on protective factors and supporting families):
<http://promising.futureswithoutviolence.org/>
- Safety Plans: <https://www.thehotline.org/help/path-to-safety/#tab-id-2>
- Strengthening Protective Factors:
<https://www.childwelfare.gov/pubs/factsheets/guide-domesticviolence/>
- Quizzes and information on healthy vs unhealthy relationships:
<https://www.loveisrespect.org/for-yourself/i-have-children-with-abuser/>
- Handouts (fact sheets to use with parents to promote resilience): National Child Traumatic Stress Network
<https://www.nctsn.org/what-is-child-trauma/trauma-types/intimate-partner-violence/nctsn-resources>

Home Visitor Tips

1. Know and follow your program's policies and procedures for screening enrolled parents and caregivers for intimate partner violence, and the home visitor's role.
2. Build trust with all families by focusing on their strengths and their child's development.
3. Share information with all families about the characteristics of healthy relationships.
4. Be discreet about the information you bring--some resources may do more harm than good if discovered by an abusive partner.
5. If a parent confides that she/he is being abused, listen nonjudgmentally and validate their experiences. ("Thank you for sharing with me." "This is not your fault")
6. Discuss safety. The goal should be to reduce violence in the home, so leaving the relationship is not the only option.
7. Connect families to resources based upon their self-identified needs and goals.
8. Offer continued support to the family.
 - a. Strengthen parent-child interaction and attachment--share with the parent that she/he can support their child in developing resilience by connecting with them and helping them feel loved.
 - b. Share information with parents about the effects of intimate partner violence on children.
 - c. Strengthen the families' protective factors.
 - d. Support parental mental health and wellness.
9. Take care of yourself. Maintain appropriate boundaries and take appropriate safety precautions.

Adapted from <http://nationalcenterdytraumamh.org/wp-content/uploads/2012/01/When-Someone-You-Know-is-Being-Abused.pdf> and "Intimate Partner Violence" (Parent Educator Resource) from the Parents as Teachers Foundational Curriculum

Suggestions for talking with women who are victims of domestic violence about their efforts as a parent:

- Begin with the assumption that her behavior is logical, and that anyone might do the same in her circumstances.
- Tell her that you understand how difficult it can be to share parenting with an abuser.
- Reassure her that you want to understand her situation from her perspective.
- Ask her what the abuser has done to manipulate her and the children and undermine her role as parent.
- Ask what actions she has taken to protect her children and how she altered her behavior to avoid violence. Answering this question might be difficult for her because of her defensiveness, fear of reprisals, or lack of faith in her own parenting.
- Don't blame her for attempts to protect her children or to seek help that were not successful.
- Help her identify and connect with social supports. Isolating her and making him her only point of reference is how the abusive man has controlled her and degraded her parenting.
- Let her know how important she is to her children's resiliency. Help restore her belief in her own parenting.

From <http://promising.futureswithoutviolence.org/what-do-kids-need/supporting-parenting/>