



Formerly Family Violence Prevention Fund



SHIFTING THE PARADIGM:

Building Program Capacity to Effectively Serve Mothers and their Children Together in Domestic Violence Programs

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Learning Objectives...

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- Understand the benefits and challenges of providing coordinated comprehensive services for children/youth and their mothers within domestic violence programs.
- Implement strategies to examine or reexamine program philosophies, core values, policies and practice through the lens of providing holistic services for mothers and their children.
- Understand the role of advocates and program leadership in building program capacity to provide these services.



HHS-Expanding Services for Children and Youth Exposed to DV

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Project Objectives:

- Provide national training and technical assistance
- Build capacity of domestic violence programs to provide effective interventions for children and youth
- Provide access to information on the wide range of existing interventions, services, and best practices
- Advance the field towards more programs incorporating evidence based, research informed, and promising practices
- Develop an online resource and capacity building website



Promising Futures

Best Practices for Serving Children,
Youth, and Parents Experiencing
Domestic Violence

FUTURES
WITHOUT VIOLENCE

[What do kids need?](#)

[Program Readiness](#)

[Interventions for Children & Youth](#)

[Advancing the Field](#)

[Tools](#)



Resources & Information for Families

Help caregivers support healing and resiliency for children & Youth

What's New?

How to Use this Website

We hope that you find this a useful resource for helping you transform your program's ability to effectively meet the needs of women, children and youth experiencing domestic violence. If you are just starting to think about how your program's policies could better reflect an equal commitment to mothers and children, or you have been delivering holistic services for years, this website has



Share Your Work

Please tell us about all of the innovative work you and others are doing in your community.

[Share](#)

DV Evidence Project

Visit our sister website which



Tools

REFINE SEARCH
RESULTS▶ POPULATION
LANGUAGE

▶ TRAUMA TYPE

▶ TRAINING LANGUAGE

▼ CLIENT

- Child and Non-abusive Parent/Caregiver [20]
- Child [11]
- Family [8]

▶ TYPE OF CAREGIVER

▶ ETHNIC RACIAL
GROUP

▶ TRAINING AVAILABLE

▶ TRAINING MANUAL

▶ LENGTH

▶ AGE

▼ SETTING

- Other Community Settings [17]
- Other [13]
- Hospital-based [9]
- Domestic Violence Shelter [8]
- Home [7]

Search for a program:

Showing 6-10 results of 23

Child and Family Traumatic Stress Intervention (CFTSI)

Type of services: A brief psychoeducational and supportive early intervention to reduce posttraumatic stress reactions and prevent the onset of posttraumatic stress disorder (PTSD) among traumatized children by increasing communication and family support. Program setting: Mental health/clinical setting Type of provider: Master- and doctoral-level clinicians Length of program/number sessions: 4 to 6 sessions Type(s) of...

Child Witness Project

Type of services: Program to prepare and support child and teen witnesses to help them communicate evidence to the court without being traumatized by the challenging process of being a witness. Program setting: Most services are delivered in the courthouse Type of provider: Mental health clinicians Length of program/number of sessions: Variable number of sessions...

Child Witness to Violence Project, Boston Medical Center

Type of services: Child Parent Psychotherapy (CPP) is the primary intervention provided by this program. CPP, which has both child and parent components, includes case management/advocacy, parent guidance, and dyadic and/or individual psychotherapy. The child component addresses symptoms associated with exposure to violence including aggression, sleep problems, conflicts in the child-parent relationship, and difficult peer...

Child-Parent Psychotherapy (CPP)

PROGRAMS

Kids Club and Mom's Empowerment

Overview	Population Served	Evaluation	Training & Resources
<p>Type of Approach:</p> <ul style="list-style-type: none">• Group <p>Trauma Type:</p> <ul style="list-style-type: none">• Child Abuse• Domestic Violence	<p>Provider Education Level:</p> <ul style="list-style-type: none">• Bachelors Degree• Masters Degree• Para-professional <p>Trauma Symptom:</p> <ul style="list-style-type: none">• Externalizing Behaviors• Internalizing Behaviors	<p>Length:</p> <ul style="list-style-type: none">• Less than 12 weeks <p>Setting:</p> <ul style="list-style-type: none">• Domestic Violence Shelter• Homeless Shelter• Other Community Settings	
<p>Notes:</p> <p>Type of services: Parent group training/therapy (mothers only) with behavior management plus child group training/therapy with development of social skills</p> <p>Type of service providers: mental health providers; graduate students in clinical psychology and social work paired with community-based therapists for the evaluation study</p> <p>Program setting: mental health community agencies, supportive housing/shelters</p>			

Program Readiness

- ▶ Infrastructure
- ▶ Program Practices
- ▶ Building Community Connections

PROGRAM READINESS

When domestic violence shelters and programs began in the 70s, the limited resources were dedicated to providing the most basic services: emergency shelter for families and legal, transitional, and emotional support for adult survivors. Children and youth benefited indirectly by their mothers' receiving these services and supports.

When mothers identified that their children needed personalized advocacy and funding became available, children's programs began to develop. DV Agencies hired children's advocates and programs were created – often in isolation and without much structural support.

Today, there is a wide spectrum of programs for children and youth who experience domestic violence. Small, often rural DV programs with limited resources may not have formal children's programs while some larger programs have entire children's departments with advocates, teachers and clinicians who provide support, education and mental health counseling to families. Programs often differ in focus: some providing primarily prevention education, others support groups and counseling for children, others respite and child care for mothers.

As funding becomes more consistent and we move into a new age of providing services, we are in a unique position to both learn from our past and proactively create our future. There are clear best practices that have emerged, guided by our

Resources



[Building Dignity Design Strategies for Domestic Violence Shelter](#)

[LNK](#)

[Advocacy Matters: Helping Mothers and Children Within the Child Protection System](#)

[LNK](#)

[Moving From Evidence to Action: Domestic Violence Agencies and Shelters](#)

[LNK](#)

[New Challenges](#)

[LNK](#)

Program Readiness

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Presented by: Amy Torchia



Where we've been/where we are now...

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- Children's programs emerged when mothers asked us to do more for their kids
- Children's programs have developed differently depending on size, funds, philosophies
- Today:
 - More funding focused on children's advocacy
 - Best practices have emerged guided by our experience and research
 - We continue to learn what works best to support children and mothers; we are creating our future!



What we have learned benefits

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Support bonds between mothers and children



Mothers/children feel more connected/
Builds resiliency

Children and women's advocacy connected



Programs more effective and cohesive/
promotes strengthening m/c bonds

What we have learned benefits

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Cultural relevancy is critical



Specific and effective support for a diversity of families

Trauma informed responses



Significantly improved outcomes for families



Challenges...

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- Our work gets more complicated when we thoughtfully provide services for both mothers and their children.
- Commitment, intention, time and attention are required.



Strategies for building capacity...

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Leadership

- Executive Directors
- Children's Advocates
- All Advocates



Strategies for building capacity...

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Essential dialogues related to children and mothers....

Core Values and Philosophies

Why? Who? How?



Strategies for building capacity...

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Core Values & Beliefs

- Children and teens
- Parenting
- Child abuse reporting
- Immigration
- What else?



Strategies for building capacity...

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Philosophies

- Mission statements
- Non-violence and children/teens philosophy statements
- Affirmative statements about providing advocacy for children/teens and families
- Sufficient resources for direct services for children and teens



Strategies for building capacity...

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Staff Hiring and Training

- Seek & hire people with experience working with diverse families
- Staff development and support includes child development, parenting support, trauma



Strategies for building capacity...

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Physical Environment

- Building Dignity Project:
<http://buildingdignity.wscadv.org/>
- Empowering, safe, family strengthening, less stressful
- Ask families!



Strategies for building capacity...

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Foundational Program Practices

Supporting mother/child bonds

- Balance advocacy for individuals/families
- Coordination between all advocates
- Environments that support families together
- Cultural competency & capacity among staff



Strategies for building capacity...

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Practices with Moms and Kids

- Empowerment of moms/reclaiming parenting
- Information for moms on impact of trauma and DV on children and their healing
- Support children's healing
- Special needs of teens
- Children/youth confidentiality



Strategies for building capacity...

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Child Abuse & Reporting

- Staff understands mandates, parameters, and practices
- Staff are clear with moms and kids about reporting requirements
- Continue support and advocacy



Strategies for building capacity...

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Building Community

- Build relationships with CPS and youth and family serving agencies
- Establish shared vision of safety for all family members
- Learn how other systems work
- Create joint protocols



Strategies for building capacity...

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Cultural Considerations in Practice

- Staffing and capacity building
- Listening to families
- Relevant resources



Resources

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- Promising Futures: Best Practices for Serving Children, Youth, and Parents Experiencing Domestic Violence: www.promisingfutureswithoutviolence.org
- Washington State Coalition's Building Dignity Project: <http://buildingdignity.wscadv.org/>
- The National Child Traumatic Stress Network: Domestic Violence and Children: Fact Sheet for Advocates: http://nctsn.org/sites/default/files/assets/pdfs/DomViolenceFactSheet_final.pdf
- Futures Without Violence: www.futureswithoutviolence.org
- Asian & Pacific Islander Institute on Domestic Violence: www.apiidv.org
- Casa de Esperanza: National Latino Network of Healthy Families and Communities: www.casadeesperanza.org/national-latino-network/
- National Indigenous Women's Resource Center: www.niwrc.org
- Institute on Domestic Violence in the African American Community: www.idvaac.org/





Formerly Family Violence Prevention Fund

Thank you!!



www.PromisingFuturesWithoutviolence.org

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Survey Link:

<http://www.surveymonkey.com/s/GY278XX>

