



Assessment
and Safety
Planning
for Domestic
Violence in
Home
Visitation

iLinc Poll

Please choose the description that best fits your work:

- a) Federal program officer; state Department of Public Health; other oversight program for home visitation
- b) Home visitation program
- c) Domestic violence advocacy program
- d) Other



**Healthy Moms,
Happy Babies:
A Train the Trainers
Curriculum on
Domestic Violence,
Reproductive Coercion
and Children Exposed**



Formerly Family Violence Prevention Fund

National Health Resource Center on Domestic Violence



For free technical assistance and tools including:

- Clinical guidelines
- Documentation tools
- Information on States' reporting laws
- Posters, pregnancy wheels
- Safety cards
- Training curricula

Futures Curriculum

- Can be used independently
- To do this work well we know requires developing partnerships in the field and the help and support of local and national organizations specializing in domestic violence

How Is the Curriculum Set Up?

- Power point/Speakers Notes
- Helpful hints and materials need to be successful
- Exercises and Videos and Role Plays
- Appendices
- Learning Objectives
- Sample Agenda
- Bibliography

Learning Objectives

- 1** Identify two barriers to home visitors doing domestic violence assessment with clients.
- 2** Demonstrate how to discuss limits of confidentiality prior to screening clients for domestic violence.
- 3** Describe how to use the safety card and the “Relationship Assessment Tool” to screen clients for domestic violence.
- 4** List action steps in a safety plan that a client can take if she feels unsafe.

Getting
Started:
Small
Group
Discussion



iLinc Poll

Why is it important for home visitors to know about domestic violence?

Domestic
Violence
Negatively
Impacts
Home
Visitation
Program
Outcomes
Including

- Maternal health
- Pregnancy outcomes
- Children's cognitive and emotional development and physical health
- Parenting skills
- Family safety
- Social support

Women
Who Talked
to Their
Health Care
Provider
About the
Abuse Were

4 **times more likely**
to use an intervention

2.6 **times more likely**
to exit the abusive relationship

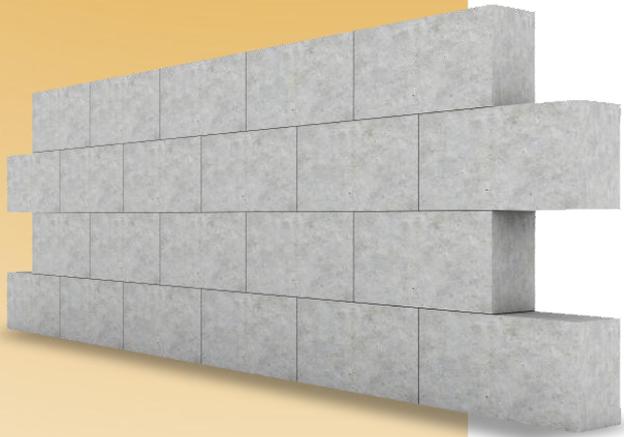
(McClosky et al. 2006)

Lessons Learned from Nurse Family Partnership

The effectiveness of home visitation services in preventing child abuse is diminished and may even disappear when mothers are being victimized by an intimate partner.

(Eckenrode, et al. 2000)

Barriers to Identifying and Addressing Domestic Violence



Home visitors identified the following barriers during the implementation phase of a perinatal home visitation program to reduce domestic violence (DV):

- Comfort levels with initiating conversations with clients about DV
- Feelings of frustration and stress when working with clients experiencing DV
- Concerns about personal safety when working in homes where DV may escalate

(Eddy et al, 2008)

iLinc Poll

How is the pace of this webinar working for you so far?

- Faster
- Slower
- Perfect
- Please review
- No answer

Group Discussion



- Starting and ending conversations about difficult or stigmatizing issues like domestic violence can be challenging during home visits.
- We take care of ourselves by presenting questions and educational messages in a way that feels most comfortable to us.

iLinc Poll

Do you think those last two statements were:

- True
- False

Consider
These
Quotes from
Home
Visitation
Staff

- 1** “No one is hurting you, right?”
- 2** “You aren't being abused, are you?”
- 3** “Have you been experiencing any domestic violence?”
- 4** “Are you being abused by your partner?”
- 5** “Are you safe in your home?”



“Where
Am I?”



iLinc Poll

Log on to the “comfort meter”

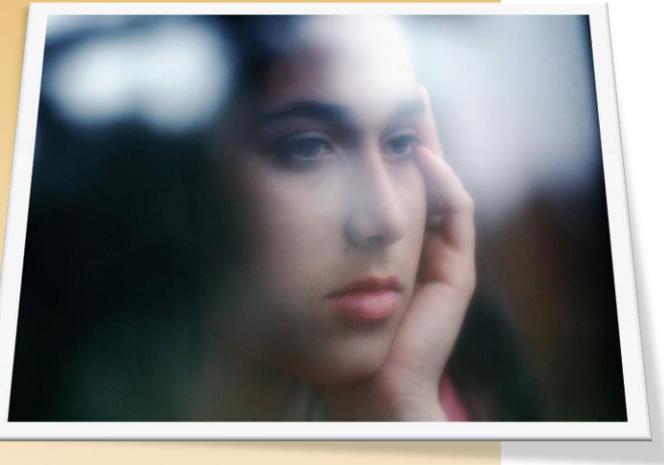
On scale 1-4:

- A. 1 on the meter is “not at all comfortable”
- B. 2 on the meter is “not very comfortable”
- C. 3 on the meter is “a little comfortable”
- D. 4 on the meter is “very comfortable”
- E. No Answer

Starting the
Conversation:
Discuss the
Limits of
Confidentiality
and Other
Client Fears
First

Scripts can include normalizing language:

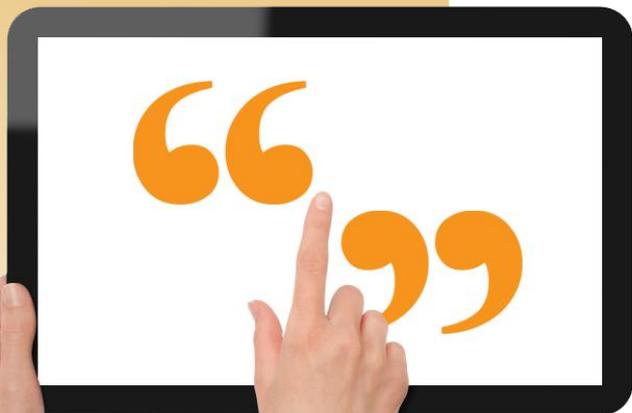
- “So many of our moms are struggling in their relationships we have started asking everyone about their partners and how they are being treated....”
- Scripts should also address clients’ fears about what may or may not fall into your state’s mandatory reporting requirements.



Example:
(check with
requirements
in your
county/state)

“Everything you share with me is confidential. This means what you share with me is not reportable to child welfare, INS (now Homeland Security) or law enforcement. There are just two things that I would have to report—if you are suicidal, or your children are being harmed.

The rest stays between us and helps me better understand how I can help you and the baby.”



Safety Card on Domestic Violence and Safety Planning

How does using the safety card support domestic violence screening?



iLinc Poll

- How many of you have used or know that your program uses a Healthy Mom/Happy Babies or Loving Parents/Loving Kids safety card?

How is it Going?

All moms deserve healthy relationships. Ask yourself:

- ✓ Do I feel respected, cared for and nurtured by my partner?
- ✓ Does my partner give me space to be with friends or family (or to take breaks from the baby)?
- ✓ Does my partner support my decisions about if or when I want to have more children?

If you answered *YES* to any of these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, longer life, and better outcomes for children.



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On Bad Days?

Is my relationship unsafe or disrespectful? Ask yourself:

- ✓ Does my partner shame or humiliate me?
- ✓ Does my partner threaten me, hurt me, or make me feel afraid?
- ✓ Does my partner force me to do sexual things I don't want to?
- ✓ Does my partner threaten to hurt my children or my family?

If you answered *YES* to any of these questions, you don't deserve to be hurt and your home visitor can support you and connect you to helpful programs.

Taking Control

Your partner
connected to

If your partner
refuses

1. Try

Work



Healthy Moms,
Happy Babies:

Creating Futures without Violence

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Know Your Rights

What does your home visitor have to report to the authorities?

- Child abuse and neglect.
- A few states require that domestic violence must be reported to the police, others do not.
- A few states have laws that view domestic violence and/or substance abuse as child abuse and this can result in a report to child welfare.

You have the right to know what your home visitor is required to report. Ask your home visitor about what is reportable and to whom.



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A good, evidence based tool to use with clients, but consider:

Almost a quarter of all adult Americans read at or below a 5th grade level. (review verbally if needed)



WOMEN'S EXPERIENCES WITH BATTERING SCALE (WEB)

- Measures the experiences of women in abusive relationships rather than the behaviors of their abusive partners
- Rather than focusing on physical abuse, the WEB assesses for emotional abuse by measuring a woman's perceptions of her vulnerability
- Research has shown that the WEB is a more sensitive and comprehensive screening tool for identifying IPV compared to other validated tools that focus primarily on physical assault

**Re-titled:
Relationship
Assessment
Tool**

Scale of 1-6

**(Strongly disagree-
Strongly agree)**

**A Score of 20
or higher
referral
required**

- 1) He makes me feel unsafe even in my own home**
- 2) I feel ashamed of the things he does to me**
- 3) I try not to rock the boat because I am afraid of what he might do**
- 4) I feel like I am programmed to react a certain way to him**
- 5) I feel like he keeps me prisoner**
- 6) He makes me feel like I have no control over my life, no power, no protection**
- 7) I hide the truth from others because I am afraid not to**
- 8) I feel owned and controlled by him**
- 9) He can scare me without laying a hand on me**
- 10) He has a look that goes straight through me and terrifies me**

Validation: First Step to Safety Planning

Can talking about abuse make a difference?

Your recognition and validation
of her situation is important.

You can help:

- Reduce her sense of isolation and shame
- Encourage her to believe a better future is possible



What Should You Do When You Get a Positive Disclosure of Domestic Violence?

Validate:

- “I’m so sorry this is happening in your life, you don’t deserve this”
- “It’s not your fault”
- “I’m worried about the safety of you and your children”



Where Should You Document Safety Plans and Referrals?

Document:

- On pages 2 and 3 of the Relationship Assessment Tool
- Safety planning is addressed both in the *Healthy Moms, Happy Babies* Safety Card and Appendix F of this curriculum



When Domestic Violence is Disclosed: Provide a 'Warm' Referral

- “I want to go over this section of the safety card I gave you before, if you ever need to get out of the house quickly it is so helpful to have planned out what you will do and this can help remind you about your next steps”
- Offer referral: “If you are comfortable with this idea I would like to call my colleague at the local program (fill in person's name) Jessica, she is really an expert in what to do next and she can talk with you about supports for you and your children from her program...”



Safety Planning

If you are being hurt by a partner it is not your fault. You deserve to be safe and treated with respect.

If your safety is at risk:

- 1.** Call 911 if you are in immediate danger.
- 2.** Prepare an emergency kit in case you have to leave suddenly with: money, checkbook, keys, medicines, a change of clothes, and important documents.
- 3.** Talk to your home visitor for help calling the local or national domestic violence hotline for additional information on safety planning.



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Role of the Domestic Violence Advocate



- Domestic violence advocates provide safety planning and support
- Safety planning is designed to assist mothers and children who have experienced domestic violence to think and act in a way to increase personal safety
- Home visitors can help clients connect with an advocate to work on a safety plan and additional services like:
 - Housing
 - Legal advocacy
 - Support groups/counseling

Taking Control Back

Referrals Can Help

Getting support for yourself and your children can help you move toward a healthier future—even the smallest step is something to celebrate.

While local and national domestic violence programs can help with safety planning and provide referrals to safe shelters, they also provide services for women who may not want or be ready to go to shelter. Many programs have:

- drop-in support groups for women and programs for children.
- classes to build confidence, plan for the future and support your parenting—call your local program to find out what is available.



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Providing a 'Warm' Referral to The National Hotline



“On the back of this card there are national confidential hotline numbers and the people who work there really care and have helped thousands of women. They are there 24/7 and can help you find local referrals too—and often can connect you by phone...”



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FuturesWithoutViolence.org

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Youth and Families, U.S. Department of
Health and Human Services and the Office
on Women's Health, U.S. Department of
Health and Human Services.

**National hotlines can connect
you to your local resources and
provide support:**

For free help 24 hours a day, call:

**National Domestic Violence Hotline
1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224**

**Teen Dating Abuse Hotline
1-866-331-9474**

**Rape, Abuse, Incest,
National Networks (RAINN)
1-800-656-HOPE (1-800-656-4673)**



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Defining Success

“ Success is measured by our efforts to reduce isolation and to improve options for safety. ”

Futures Without Violence

To Order
More of
These
Free Cards:

www.futureswithoutviolence.org/health

Taking Control

Your partner
connected to

If your partner
refuses

1. Take

Home

Work



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Additional
Resources:
Helping an
Abused
Woman
101 Things
to Know,
Say and Do

Includes information on the dynamics of abuse, 10 points about coping with abuse, 10 promises not to make women, and handouts for clients.

Cost is \$30 plus shipping; order online
www.lfcc.on.ca

(Baker & Cunningham, 2008)

Technical Assistance

For free technical assistance and tools including:

- Posters
- Safety Cards
- Guidelines on Reproductive Coercion
- Home Visitation and Domestic Violence Train the Trainer Curriculum

Contact The National Health Resource Center on Domestic Violence, a project of Futures Without Violence:

- Visit: **www.FuturesWithoutViolence.org/health**
- Call Toll-free: **888-Rx-ABUSE (792-2873)**
415-595-4889 TTY
- Email: **health@FuturesWithoutViolence.org**



Thank You!

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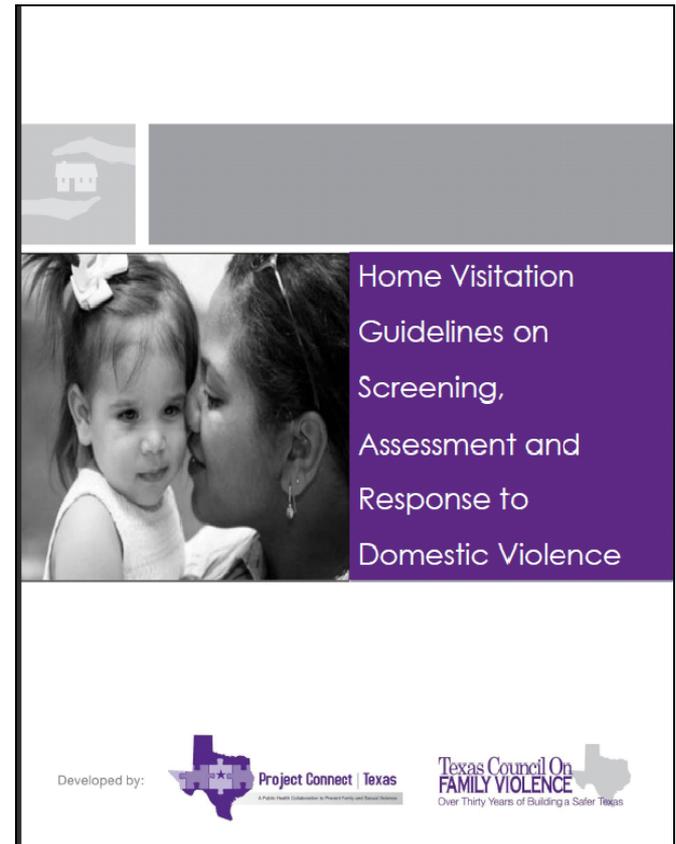
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Project Connect | Texas

Domestic Violence Protocol for Home Visiting Programs



Home Visitation Guidelines on Screening, Assessment and Response to Domestic Violence





I D A H O

Maternal, Infant & Early Childhood

Home Visiting Program