

PROMOTING WELLNESS AFTER ABUSE

MARCH 25, 2013

FUTURES WITHOUT VIOLENCE WEBINAR

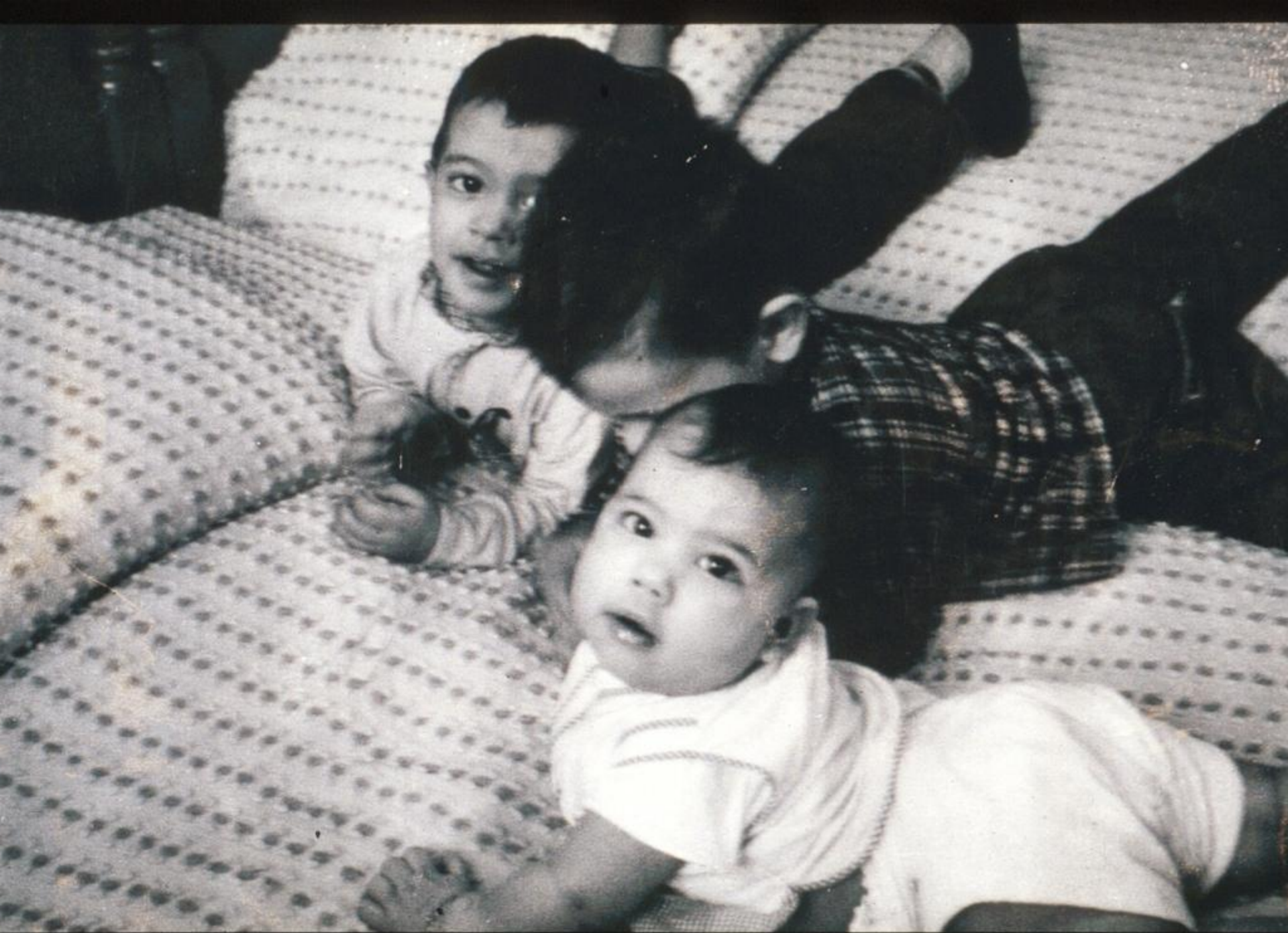
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Impact of Abuse

- Physical
- Psychological
- Ability to Access Health Care



Impact of Abuse: Physical

- Injuries

- broken bones
- gynecological injuries and infections
- tears in my colon

- Chronic Conditions

- asthma
- fibromyalgia
- endometriosis

➤ Poll

Have you ever worked with a patient or a client who has presented with these kinds of physical health issues?

- Yes
- No
- Not sure

Impact of Abuse: Psychological

- Trauma
 - PTSD
- Dissociation
 - DID
 - learned to dissociate through pain
 - body memories
- Anxiety Disorder
- Accommodation and Unquestioning Agreement

➤ Poll

Have you ever worked with a patient or a client who has presented with this type of psychological trauma?

- Yes
- No
- Not sure

Impact of Abuse: Health Care

- When should I go to the doctor?
- Dissociation
 - through pain
 - through appointments
- Anxiety
- Accommodation and Unquestioning Agreement

Proactive Approach

Meet with new doctors before exams

- Discuss past and present as part of care
- Describe what I need
- Ask doctor to describe what will happen
- We agree that:
 - I give the okay
 - We stop when I want to stop

Proactive Approach

Take control during appointments

- Be willing to raise issues that make the visit harder
- Ask for changes in procedures when necessary
- Bring a friend to sit in the exam
- Ask for referrals

➤ Poll

Are there other changes you've made to your practice to help accommodate or support a patient?

(Please type your answer in the chat box and describe how your practice changed.)

What Did We Create?

- Proactive approach to taking care of myself
- Improved care with better diagnoses
- Partnership in care
- Rewarding relationships
- Referrals

Call to Action: Advocates

Become a healthcare advocate!

- Recognize how hard it can be to go to the doctor
- Can the clinic come to you routinely?
- Talk with women about how they feel
- Strategize with them about how they can go
- Consider going with them
- Consider an approach that helps women control what happens in a health care setting

Call to Action: Healthcare Professionals

- Adopt a similar protocol
- Talk with women about how the approach is intended to allow them to control their appointment and health care
- Strategize with women about how they can better care for their health
- Validate the words and experiences that your patients share with you

Validation

- 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

For Healthcare Professionals

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

Role of the Domestic Violence Advocate



- Domestic violence advocates provide safety planning and support
- Safety planning to help mothers and children who have experienced domestic violence to think and act in a way most likely to increase their personal safety
- Healthcare providers can help clients connect with an advocate to work on a safety plan and obtain:
 - Housing
 - Legal advocacy
 - Support groups or counseling

‘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...”



Formerly Family Violence Prevention Fund

FuturesWithoutViolence.org

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Funded by the Administration on Children,
Youth and Families, U.S. Department of
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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)**



Defining Success

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

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