

Remote Home Visitation: Supporting Clients
Experiencing IPV in the Time of Covid 19



About the Zoom Webinar Platform

Each participant received a unique link to join the webinar via the email used during registration, this link should not be shared.

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Call in: 1-669-900-6833 or 1-929-436-2866

Webinar ID 972-6571-8906#

All participants are muted and do not have video access.



About the Zoom Webinar Platform

Please feel free to introduce yourself in the chat.

This webinar features closed captioning.

- Select the [CC] button in the lower bar to view captions
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Slides and a link to the webinar recording will be emailed to all participants, and available on our website:

<https://www.futureswithoutviolence.org/Home-visitation-remote-support-during-covid-19>





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Who is on the
call with us
today?

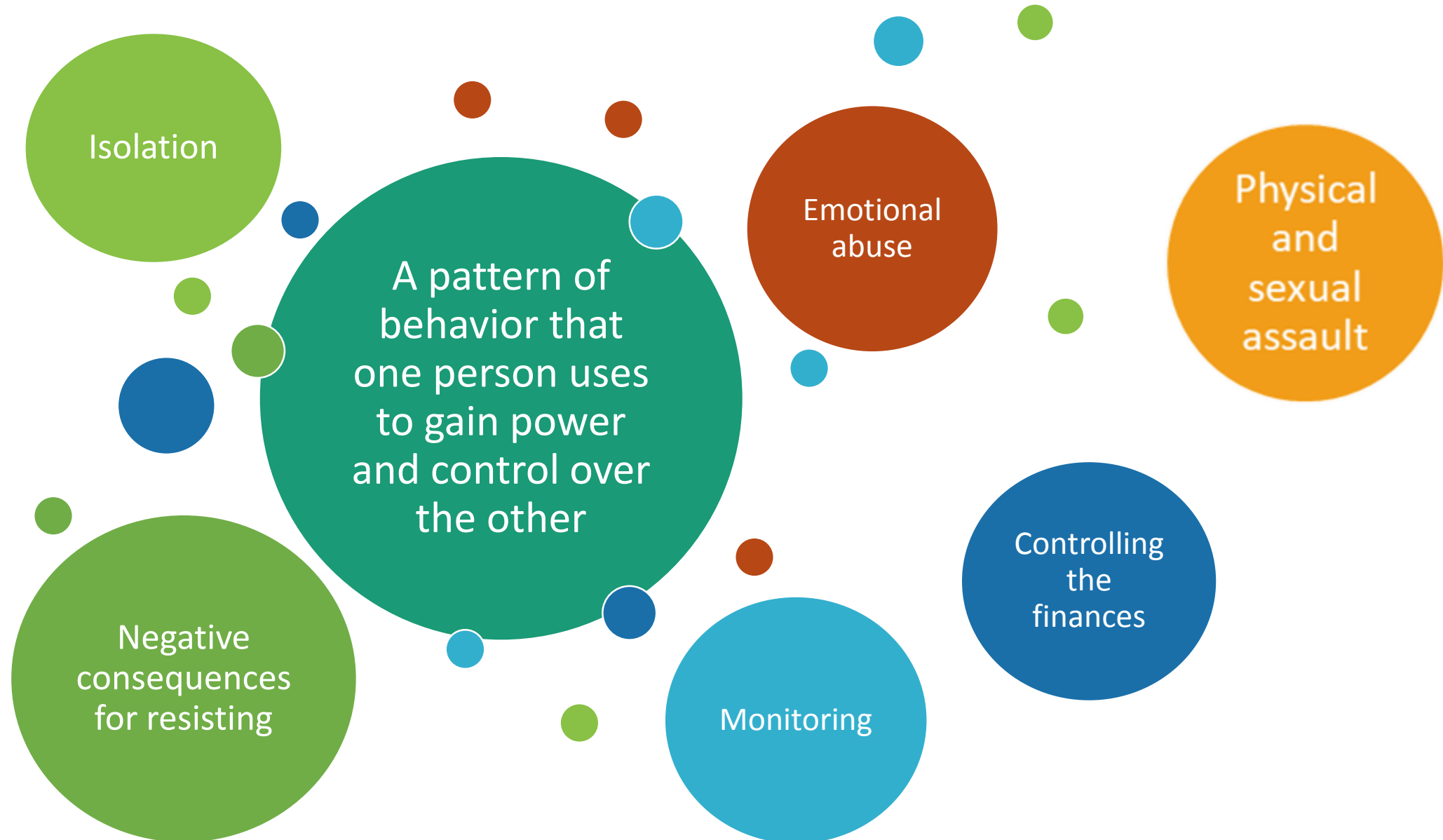
We want to hear from
you! Tell us your role or
position in the CHAT



In the **CHAT BOX**, please type a word that sums up your feelings today?



What is Domestic Violence or IPV?





USING COVID to extend control

- **Isolating** from sources of support
- **Exploiting** resources for personal gain
- **Regulating** a person's daily life
- **Depriving** a person of independence
- **Using children** to monitor or control a parent
- **Economic** interference
- **Minimizing** or disregarding COVID information

How Common is Domestic Violence?

1 in 3 American women

- Highest risk ages 18-24
- High percentage of mothers

Cuts across all race, class, sexual orientation/gender identity, but some groups more at risk

- Black, indigenous, and other people of color
- Transgender/non-binary/GNC people

<https://www.cdc.gov/violenceprevention/pdf/nisvs-statereportbook.pdf>



Home Visitation IPV Data

- 17% reported past-year physical or psychological IPV (Michalopoulos et al., 2015)
- Studies conducted among samples of low-income predominantly single women have noted that up to 30% of women experienced IPV during the perinatal period (Alhusen, 2013; Alhusen, 2014)
- In rural settings, the incidence of IPV may be as high as 50% during the perinatal period (Bailey, 2007)



THE INTERPRETER

A New Covid-19 Crisis: Domestic Abuse Rises Worldwide

Movement restrictions aimed to stop the spread of the coronavirus may be making violence in homes more frequent, more severe and more dangerous.



Home visitors can be a lifeline

You may be:

- the first responders for families experiencing IPV
- the only other person your client is allowed to speak to
- the only kind word heard
- the only access to information on help and safety



Smart
Creative
Caring
Loving
Connected



“Home isn’t a safe place for everyone. We hope to create a world where everyone can be safe in their own home. The reality is that it’s not for a lot of people.”



Chatbox Discussion

14



How does domestic violence impact women's perinatal health and their birth outcomes?



Health recap . . .

15

- Emotional health
- High blood pressure, vaginal bleeding, or edema
- Preterm birth
- Substance use
- Miscarriage
- Low birth weight



Answer in the Chat BOX

- How many of you have, or know someone who has ever left something out of a medical history or intentionally misreported information to their healthcare provider?
- Why? What were they worried about?



What Is a Mother's Greatest Fear?



Qualitative Research With Broad Health Implications

Perspectives shared by home visited moms:

- “If mandatory reporting was not an issue, she would tell the nurse everything about the abuse...”
- “I say no [when my home visitor asks about abuse] because that’s how you play the game... People are afraid of social services. That’s my biggest fear ..”
- “Like I was saying about my friend, the reason she don’t [disclose] is because she thinks the nurse is going to call children’s services...she avoids the nurse a lot.”

(Davidov, 2012)



Identification and Assessment of IPV in Home Visitation

- The use of structured screening tools at enrollment **does not promote disclosure** or in-depth exploration of women's experiences of abuse.
- Women are more likely to discuss experiences of violence when nurses initiate non-structured discussions focused on parenting, safety, or healthy relationships.



(Jack, 2016)





What if we challenge the limits of disclosure driven practice?

(Miller, 2017)



Universal Education opens the door to conversations:

- Universal education on healthy relationships
- Providing caring messages
- Supporting friends and family
- Sharing info about the National Domestic Violence Hotline (includes confidential chat feature, advocates speaking over 22 languages, language line access, and 24/7 days a week)

Health Equity = Universal Education

“Health equity is the absence of disparities or avoidable differences among socioeconomic and demographic groups or geographic areas in health status and health outcomes such as disease, disability, or mortality. Health inequities refer to inequalities that are deemed to be unfair, unjust, avoidable, or unnecessary, that can be reduced or remedied through policy action.”

(HRSA Health Equity Report, 2017)



Healthy Moms, Happy Babies Safety Card



You Might Be the First Person to Talk About Healthy Relationships

How's It Going?

All moms deserve healthy relationships. Ask yourself:

- ✓ Do I feel treated with respect and kindness?
- ✓ Do I feel safe and supported?
- ✓ 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, a longer life, and better outcomes for children.



Helping Others Is Strength Based and Feeds Self Esteem

Helping Another Mom

Everyone feels helpless at times—like nothing they do is right.

This might be true for you or someone you know. Connecting with other Moms about what's hard, and where you find strength, might help you feel less alone.

You can make a difference by telling another Mom she's not alone: "Hey, I've been there too. Someone gave this card to me, and it helped give me ideas on places I can go to get support and be safer."

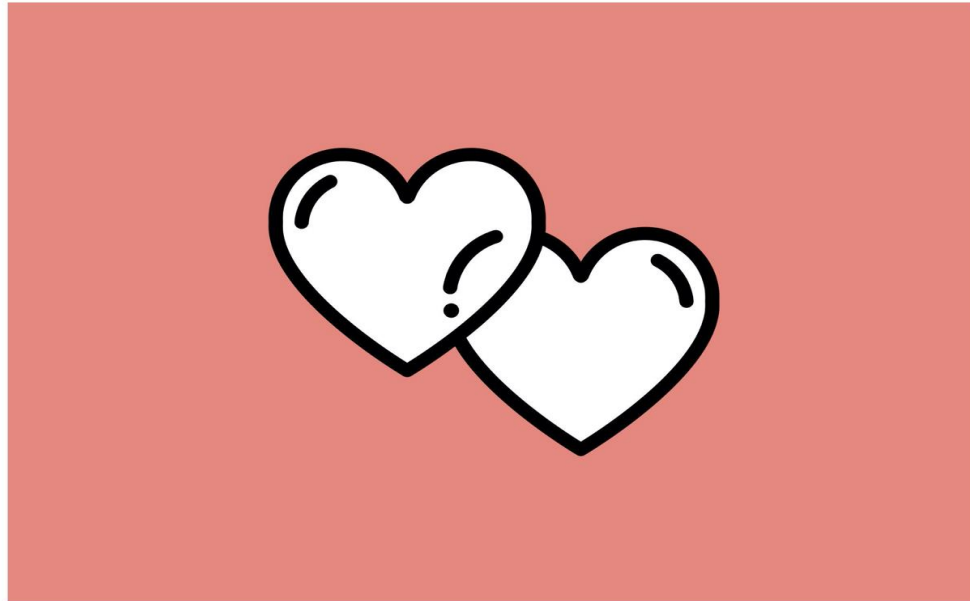
And for you? Studies show that when we help others we feel good about ourselves, too.

Universal Education + Altruism = Survivor Strength

The New York Times

The Science of Helping Out

During a crisis, the people who cope best are those who help others.



Amrita Marino



CUES: Trauma Informed Intervention

C: Confidentiality: See client alone, disclose limits of confidentiality

UE: Universal Education + *Empowerment*—*How you frame it matters*

Normalize activity:

"I've started giving two of these cards to all of my moms—because relationships can change. I always give two so you have info on how to help a friend or family member."

Make the connection—open the card and do a quick review:

"It talks about healthy and safe relationships, ones that aren't, and how they can affect your health and pregnancy—it connects things that you might not otherwise see--like how substance abuse or depression can be connected to hard relationships."

S: Support: "On the back of the card there are ideas on how to be safer and 24/7 text and hotlines that have folks who really understand complicated relationships. You can also talk to me about any health issues or questions you have."



Essence of CUES Is Healing Centered Engagement

Builds
Relationships

Strength based
Caring Focused

Focus on
Altruism

Improves Access
to Advocacy

Empowers
clients and the
folks they care
about

Shares power
between
provider and
client

“...the power of social support is more about mutuality than about getting for self...that is, there is a need to give, to matter, to make a difference; we find meaning in contributing to the well-being of others.”

J.V. Jordan, 2006



How Does Empathy Work in a Pandemic?



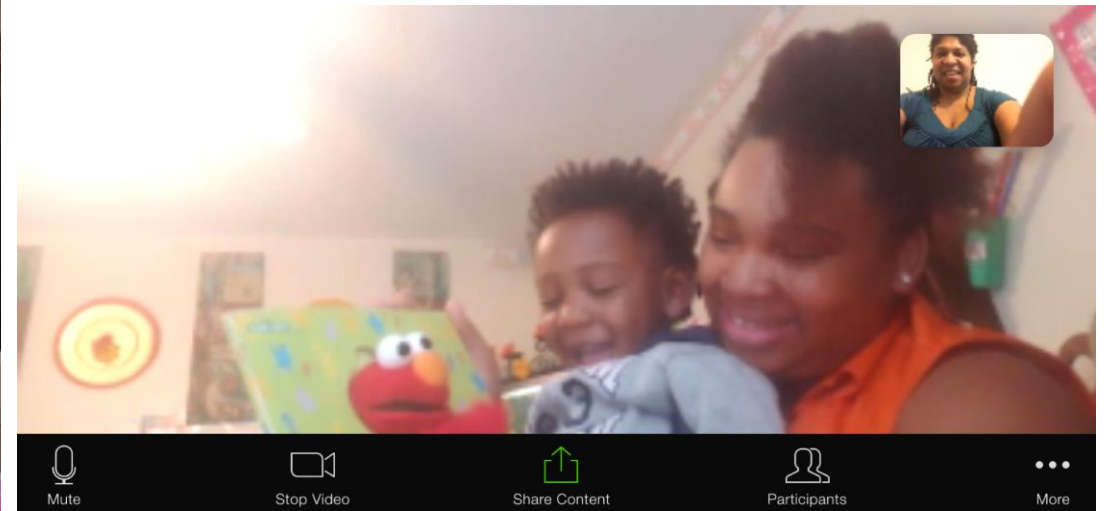
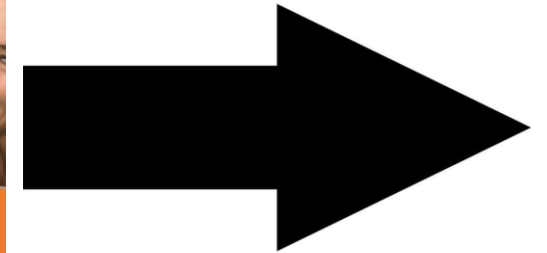
Doctor Amy Acton Director
of Health for State of Ohio

<https://www.nytimes.com/video/opinion/100000007111965/coronavirus-ohio-amy-acton.html>

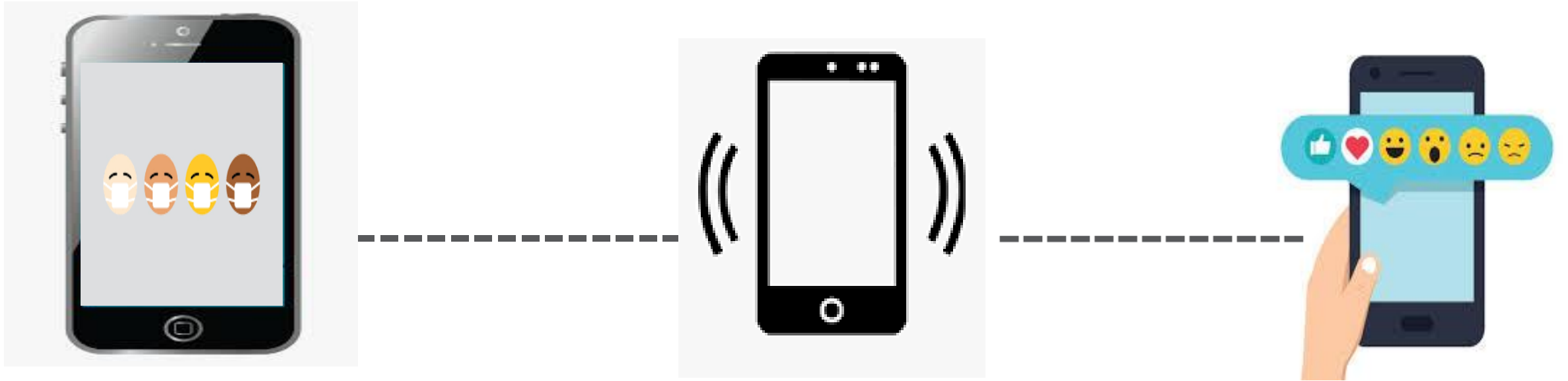
- I
- You
- Us
- We
- Together
- Do no harm



From Cards to Conversations about Helping Others



Remotely Supporting Survivors during COVID 19

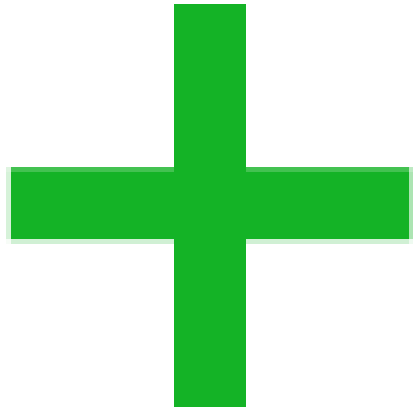


Virtual CUES is a Lifeline

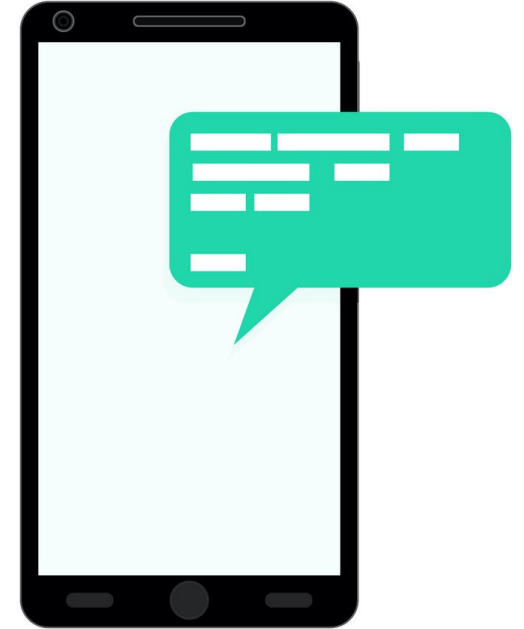
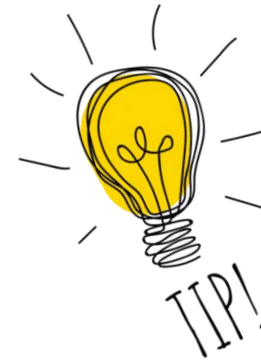


What are Virtual CUES?

They are quick text messages



Scripted conversations for the home visitor



Always ask if
texting is ok!

Virtual CUES: two strategies for connection relationship building and healing-centered engagement

1

Sharing positive support messages with clients during this challenging COVID time, normalizing feelings and offering suggestions for ongoing support for ourselves and others.

2

Opening the door to conversations about healthy relationships: universal education and support for IPV experiences.



Safety first -- Who is in the room...?



“Hi (Insert client’s name), so good to hear your voice. Is this still a good time to talk?”

“I've been thinking so much about you. How are you (or you and your kids) doing?”



Always ask - Can we talk privately?

“Is there any chance you can take yourself out for a walk while we talk?” “If not, no worries, sometimes it’s just nice to have another adult one on one to talk with so we can focus on each other.”

Ideas for privacy:

- ✓ **Locations:** the closet, garage, in the car, basement, on the roof, in the bathroom)
- ✓ **If older children present:** Or “have someone in the house watch the kids while you and I talk?” Or “do the kids have a headset they can use while we are talking?”



Check-in: Self-identified needs...?



“What do you need?”

- Food?
- Diapers?
- Formula?



“Anything else that feels urgent
I can help with?”



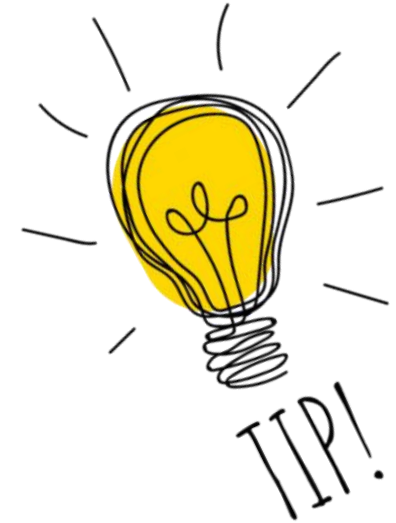
Before you send a text:

Scripted conversation toward virtual CUES

“I know with COVID it’s a hard time for all of us.”

“The stress can be overwhelming. We are all worried about how we are going to feed our families, pay bills. Everyone is on top of each other in the house.”

“How has it been for you?” Acknowledge what you hear. “That sounds so hard/complicated.”



Consider giving personal examples



Script –Transition to CUES

“Because folks are isolated at home right now, part of what we are doing is sharing ideas about helping ourselves and others in our life that we care about—we know when we help others it helps us too.”

“So many families have been telling me they are feeling lonely and sad, I have felt that too. In this time of COVID, it’s so important to connect with others.”



CUES Universal Education and Healing Centered Engagement in COVID

“I want to make sure everyone knows about a free confidential help for anything like anxiety, to depression, relationship issues, or worries about COVID 19. You can Text HOME to 741741 to connect with a Crisis Counselor.”



Script #1: Supporting ourselves during COVID

“One of the things we are also doing is sharing texts with simple ideas to help, if you are feeling sad or overwhelmed by COVID, that you can share with someone you care about too.” “When things are hardest, your words really matter.”



“Saying things out loud that are positive, on hard days, like “together we are going to get through this together or how much love or care for them” helps us too.”



“Can I text you the online resource I mentioned and other supportive messages for you to send to friends and family members?”



Sample Texts #1 – Supporting ourselves during COVID

Quick thought for you 😊

Your words matter, even on the hardest day find away to say something positive:
“We are getting through this” or “together we are going to make things better.”

Saying hopeful things often, and out loud, can help us with stress.

- ✓ Love yourself—you deserve it
- ✓ Helping others can help us feel better too
- ✓ Tell the folks you care about know how much they are missed or loved
- ✓ Talk with supportive people in your life

In a crisis? Text HOME to 741741 to connect with a Crisis Counselor about anything—
anxiety, depression, relationship issues, or COVID 19.



Sample Texts #1 – Supporting ourselves during COVID

Quick thought for you 😊 Simple things can help kids in this time.

Children love hugs and you!

- ✓ Reading and singing
- ✓ A special lovey (toy or blanket for comfort)
- ✓ As much of a schedule as possible

Parenting can be so hard during COVID.

- ✓ Please know you are not alone; don't be afraid to call for support.

Confidential support at the National Parent Helpline 1-855-427-2736



Here comes a poll!

We want to hear from you!

If texting is an option -- do you think your client would like to receive a positive message from you?



Script #2 : Universal education and support for IPV

“COVID-19
has made
things harder
for
everyone.”



“While we are all isolated, stuck at home, it is even harder to find ways to keep our children busy (maybe you are also trying to help other children with school) and keep everyone fed, calm and happy. With all that is going on, parenting support can be harder to get . . . and when we are hurting or feeling stressed, we may hurt each other or our kids. Yell or make someone feel ashamed. We may stop listening.”



“The
question is
what can
help and
where can
we to go to
find out how
to get
support?”



Script #2: Education about domestic violence advocacy services

“The reason I’m sharing this with you today is because we all know someone in a complicated relationship, but maybe don’t know what is available to help.”

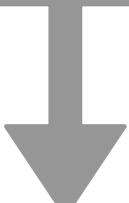


“There is a confidential national domestic violence 24-hour hotline that has great ideas to help, and can connect people to local supports like counseling, ways to be safer at home, and even hotel vouchers when people need to get away from home to be safe. If you would like, I can text you a link or the phone number, or you could write it down – what is comfortable for you?”



Script: Follow up about DV hotline number

If they don't want to write it down and say things are "fine".



"I am glad to hear that, if anything should change, I am here for you.

And/OR, "No problem, I will always have the numbers handy if you know someone who needs them."

If they do want to write it down.

"Thanks so much, and you do know if something like this were ever an issue for you, I'm here for you. I care about you (or you and your children) so much."



Script: If disclosure happens

Remember you don't have to be in crisis to get support. A lot of people struggle in their relationships and it hurts.

Thank you for sharing with me.

You and your children deserve to be safe and treated with respect.



You are the expert on your life and family; you get to decide what is next.

You are not alone.

I am here to support you.



There are confidential services I can help you connect to – or make a three way call and stay on the line with you – whatever you want.

“Hi, I am a home visitor and I have a client with me on the line who is having difficulties in their relationship and asked me to help connect them to you.”



Text #2-Universal education and support for IPV

Quick thought for you 😊 Helping Others

- ✓ Everyone is feeling alone right now. Maybe where they live is hard. Maybe they are being hurt.
- ✓ We all need support now more than ever. To support others:
- ✓ Ask what things they have done in the past or are doing right now to help themselves feel less alone and safer?
- ✓ Call and text often. I love you, care about you, I miss you can be a lifeline—it may be the only support they have.
- ✓ Help them know they are not alone.

Don't forget that advocates can help support folks in complicated relationships:
<https://www.thehotline.org>



Virtual CUES is a lifeline

- Making sure every client has knowledge about where to seek help for domestic violence.
- And know they have your support and understanding.
- This is the most crucial link for home visitation.
- Your action may save lives.



Please respond in the **chat box**

What are
your thoughts
about virtual
CUES as
strategy to
help clients?



Mindful Movement

- Wrap your arms around yourself—left hand over right arm and rub your arm
- Switch arms
- Stretch arms in the air, wiggle fingers, shake hands
- Come back to center



Safe*r* Planning strategies

“Connection is the antidote to isolation . . .”

Jill Davies

Things you can say to support someone

Things to say to people who have experienced harm:

I believe you.

**I am so sorry
this is
happening
to you.**

**Thank you for
sharing this.**

**I don't even
know what to
say right now,
but I am so
glad you told me.**

**You don't
deserve this.**

**Thank you for
telling me.**

**It's not
your fault.**

**You are
not alone.**

**You get to
choose what
you do next.**

Safer Planning strategies

Understanding the survivor's risks and priorities

Some other possible questions to ask:

- What is your biggest concern?
- What are you most worried about?
- What do you need or want?
- What do you need from your community?
- How can I help?
- What is life like with [partner's name]?
- How are the kids doing?
- Is this relationship energizing or draining?
- Do you get to do the things you like to do?
- What happens if you disagree?
- What does arguing look like in your relationship?

Core concepts in safer planning process



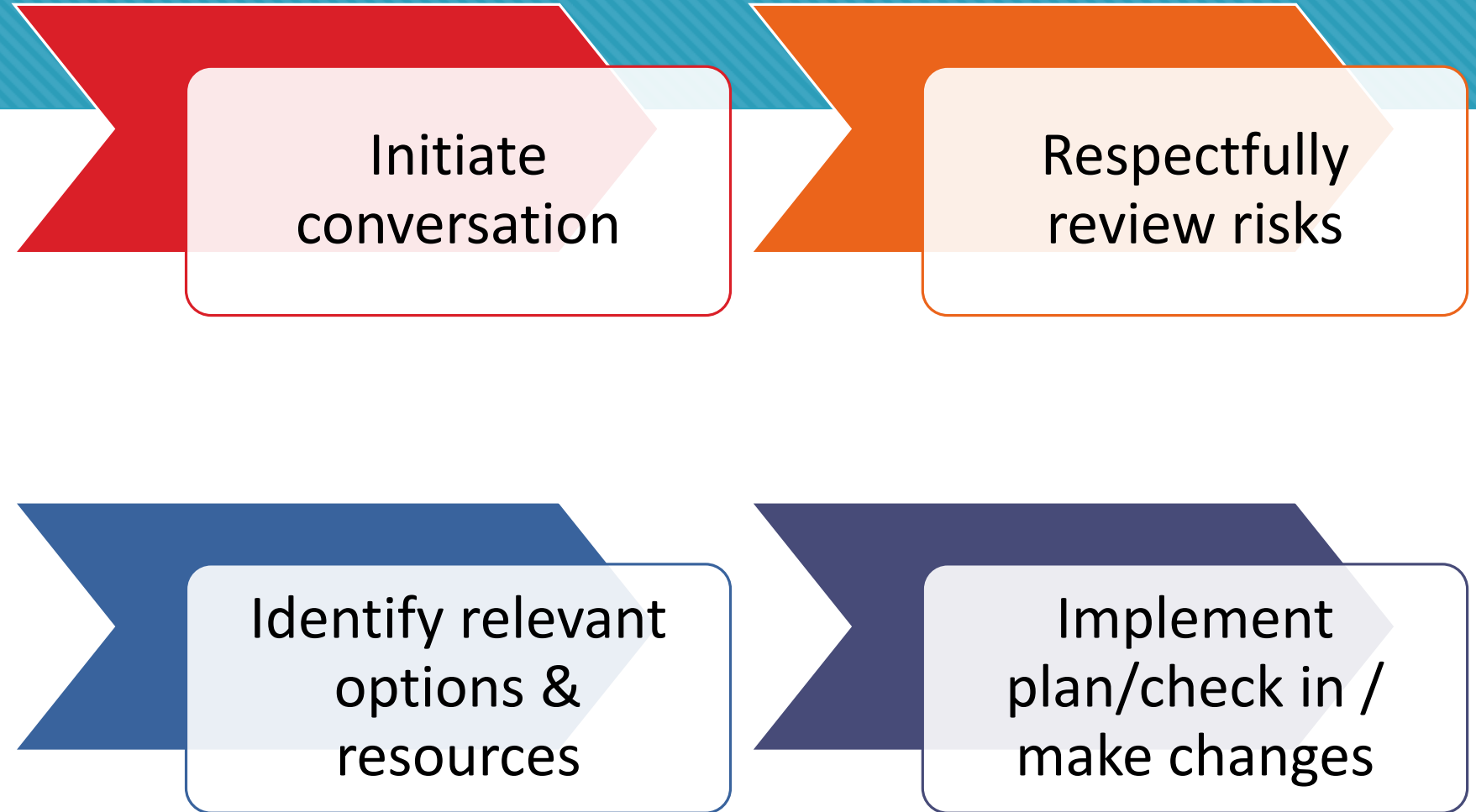
The survivor's perspective & risk analysis drives the safety planning

The diagram features three large colored circles (green, red, and teal) arranged horizontally. Each circle contains a core concept. The background is white with a blue header. Numerous small circles in various colors (blue, green, orange, yellow) are scattered around the main circles, creating a dynamic, bubble-like effect.

Strengthen her safety planning by learning what she does now; what has worked in the past

HV partners with DV/SA advocates

Safety planning process (not a product)



Safe*r* is doable and important

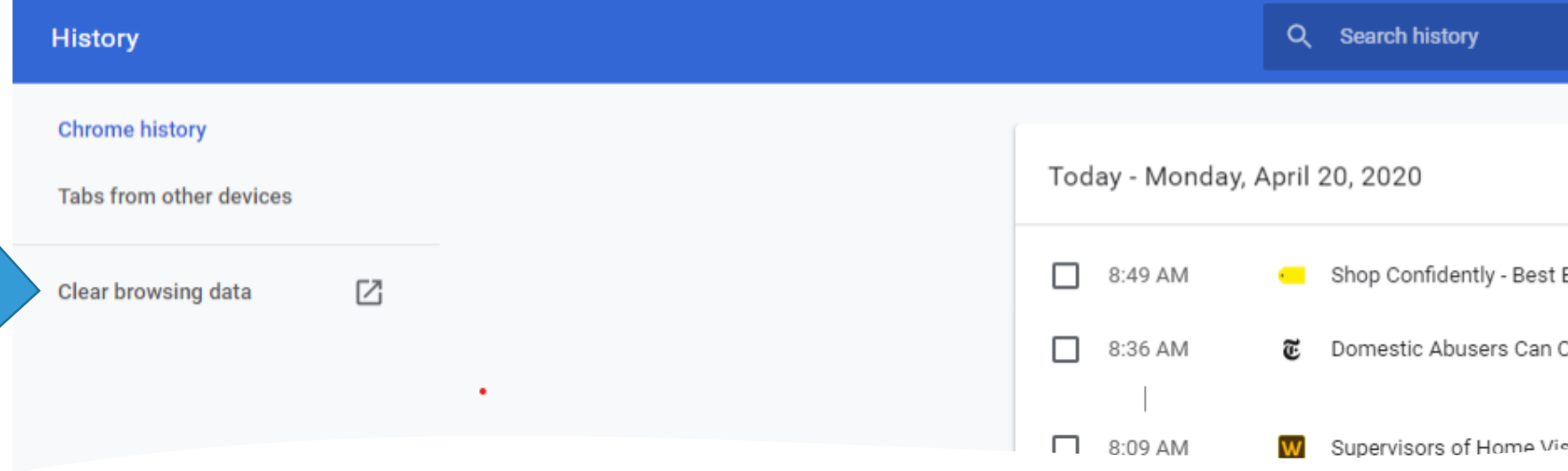


Reaching out by phone

Safer planning strategies:

- Talk together about abruptly changing the conversation if needed
- Identify a support person and contact information
- Provide information to support and stay connected
- Refer to WSCADV.org [Friends and Family Guide](#) for strategies to support safer planning
- <https://wscadv.org/resources/friends-family-guide/>

Click on clear browsing data

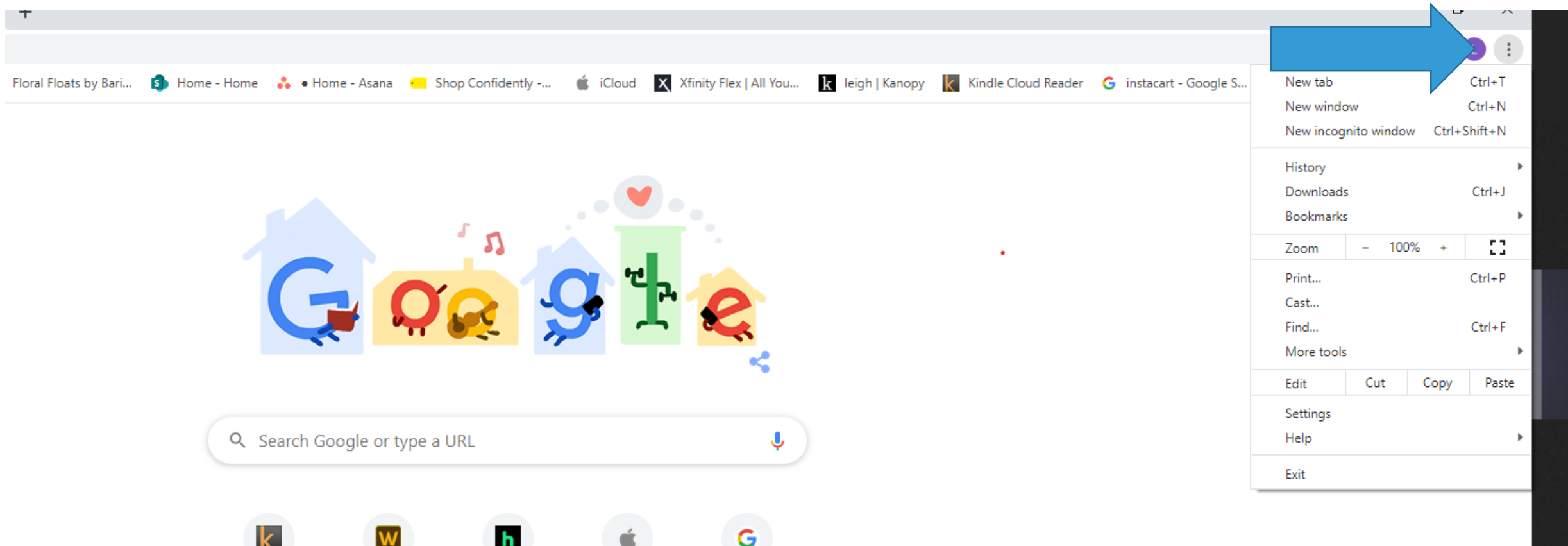


After calls, texts or computer searches

Offer confidentiality strategies to consider

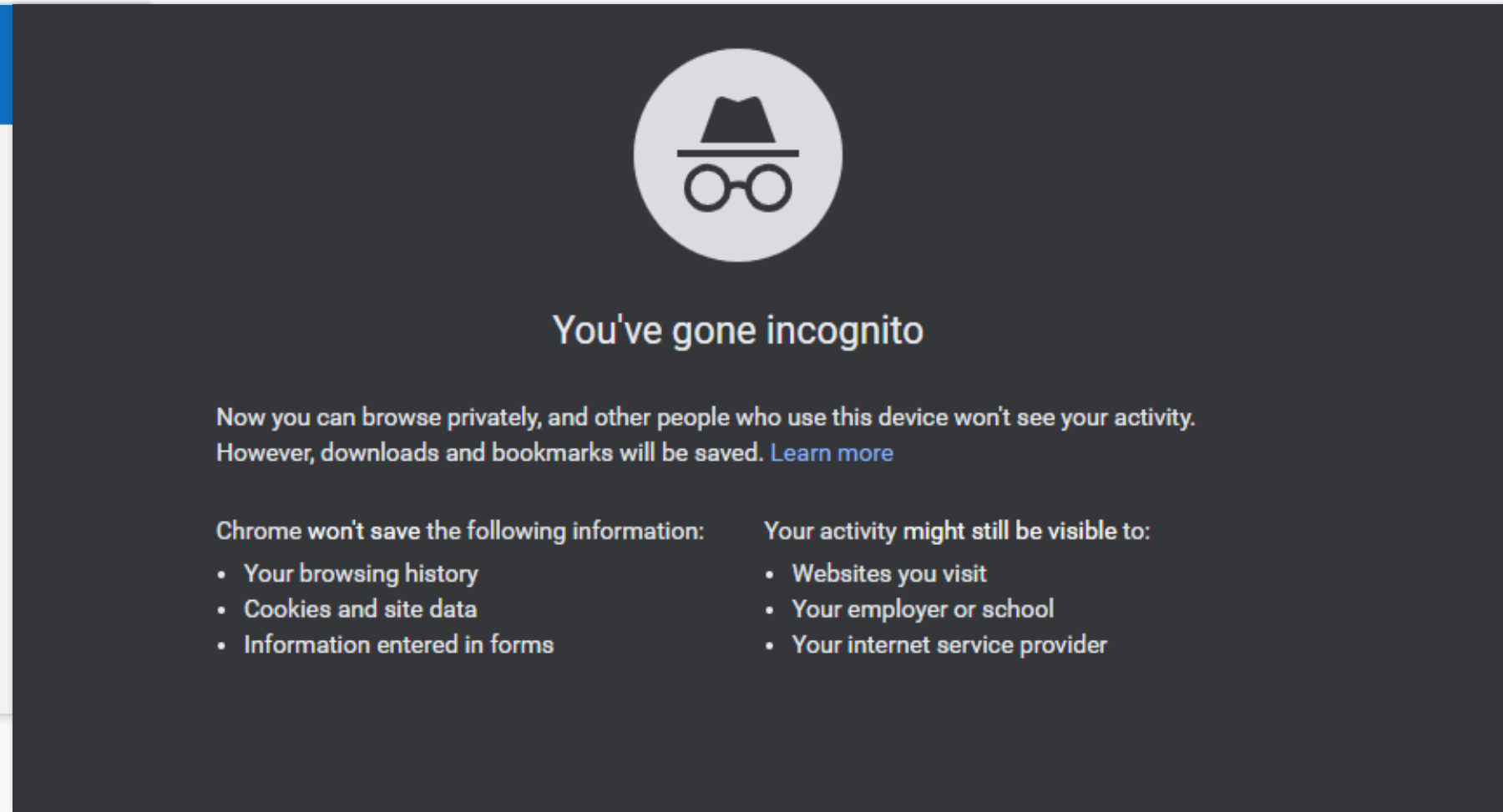
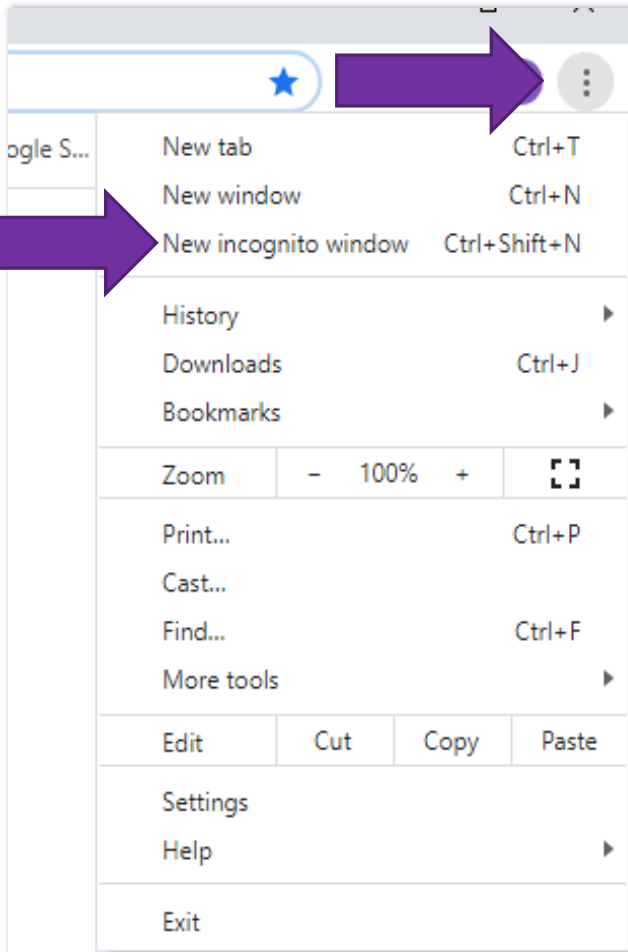
- Delete recent phone calls from phone
- Delete texts from phone
- Clear browsing data/history from phone or computer
- Contacts - store hotline or special numbers under a different name— like the name of a grocery store, a typical thing you use.
- Consider setting up a new email and passwords, and you can contact your local domestic violence advocacy program for help.

Clearing browser history in computer or phone




- Open a new window in Google Chrome
- Click on three dots on the right
- Click on history

Search incognito on your phone or computer



Go to a new window in Google Chrome or app on phone



Safer planning
starts with
understanding
the survivor's
risk analysis


Remember

- Leaving may be *a strategy* but not *the* only strategy
- Understand the survivor's perspective and priorities
- Working with survivor to strengthen her safety plan
- **Connect with dv/sa advocates for system and individual advocacy**



It is reassuring to
know what your
Domestic
violence/Sexual
Assault Advocacy
programs are doing
right now





Domestic Violence Advocacy Services include:

All free and confidential

- Remotely, on-phone, in-person
- Safer planning
- Navigate and negotiate systems
- Systems advocacy, including for undocumented people
- Support groups
- Housing supports and shelter/hotel vouchers
- Interpreters
- Support to adults, friends, family, teens children



Chat Now

[Get Help](#) [Is This Abuse?](#) [Healthy Relationships](#) [Resources](#) [Get Involved](#) [About Us](#) [Blog](#) [Donate](#) [Q](#)

When survivors are forced to stay in the home or in proximity to their abuser, it can create circumstances where their safety is compromised, and they may need to alter their safety plan.

For any victims and survivors who need support, we are here for you, 24/7.
Call 1-800-799-7233 or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

You are not alone.



GET HELP WITHOUT SAYING A WORD.

Online chat is available 24/7/365.

Access to
Support

IPV Resources

[The National Domestic Violence Hotline](#) (English and Spanish) is available to support home visitors around the clock to obtain guidance on how to best support caregivers. Call 1-800-799-SAFE or [chat with their advocates here](#), or text LOVEIS to 22522. You can chat live, call, adv speak over 22 languages, problem solve/safer plan, and the [Deaf hotline](#) with video or text chat for survivors.

[RAINN - the National Sexual Assault Hotline](#) and some state hotlines offer 24/7 online chat and text messaging in English and Spanish, along with referrals to local services and advocacy for people reaching out for the first time.

[https://wscadv.org
/resources/friends
-family-guide/](https://wscadv.org/resources/friends-family-guide/)



FRIENDS & FAMILY GUIDE

HOW TO HELP
SOMEONE IN AN ABUSIVE
RELATIONSHIP



**Stay
Connected**



Staying
connected with
caregivers
experiencing
violence is vital

“In some ways, checking in is easier than ever right now, since everyone wants to see how people are feeling as we weather the coronavirus pandemic together. We can still chat online, pick up the phone, call one another, and by doing so, we can all potentially be a lifeline to a survivor.”

--Kelly Starr, Managing Director for Public
Affairs, WSCADV

Thank you! Contact us!

Leigh Hofheimer
leigh@wscadv.org

Rebecca Levenson
Rebecca@
rebeccalevenson.com



Please fill out the evaluation form that will be emailed to you in the next week.



If you have any questions for FUTURES please email:
health@futureswithoutviolence.org