

# Family Violence Awareness, Prevention and Resilience



## United Mental Health Promoters/ Promotores de Salud Mental

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LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
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# ▶▶ AGENDA

- Welcome
- Domestic Violence/Intimate Partners Violence
- The Impact of Domestic Violence on Children and Adolescents
- Ways to Promote Resilience
- Reflections/Closing

# ▶▶ Self-Care



# ▶▶ Intimate Partners Violence/ Domestic Violence

*Acts committed by a current or former intimate partner which includes “(spouse, boyfriend/girlfriend, dating partner, or ongoing sexual partner).”*

- physical violence
- sexual violence
- stalking
- psychological aggression

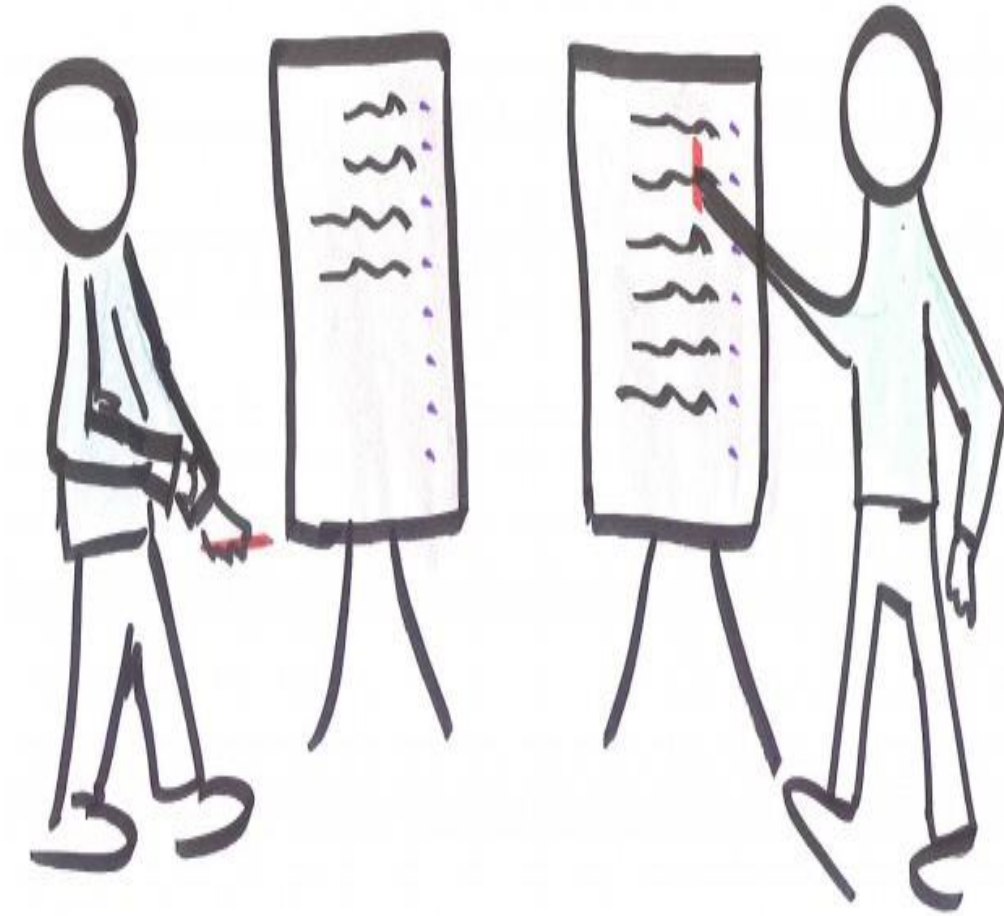
# ▶▶ Causes of Domestic Violence/Intimate Partner Violence

- **Cultural Factors:** traditionally, many cultures have allowed men a sense of ownership over women.
- **Social Factors:** Victims are frequently held responsible for being abused.
- **Legal Factors:** law enforcement agencies sometimes hesitate to intervene and help victims; it is considered a private family matter.
- **Economic Factors:** lower economic position is related to a greater risk of domestic violence/intimate partner violence
- **Environmental Factors:** coming from an abusive environment and having experienced domestic abuse can make someone more likely to be abusive toward their intimate partner. (the cycle of abuse)
- **Substance Use:** frequently using substances (drugs and alcohol) can make someone more likely to act violent.



# ▶▶ Group Activity

- What are the narratives about intimate partner violence/domestic violence. (what do we know about it?)
- Write the narratives on flipchart paper. (small groups)
- Sharing. (large group)



# ▶▶ Facts about Domestic Violence

- Approximately 1 in 4 women and nearly 1 in 10 men have experienced **intimate partner violence (IPV)**
- More than 43 million women and 38 million men experienced psychological aggression by an intimate partner in their lifetime.
- Approximately 41% of female IPV survivors and 14% of male IPV survivors experience some form of physical injury related to DV/IPV.
- Covid19 pandemic aggravated already unstable situations in families
- Additionally, a person who abuse others may use **gaslighting** behaviors

# ▶▶ How Domestic Violence Differs by Ethnicity



## According to the National Intimate Partner and Sexual Violence Survey:

- Approximately **4 out of 10** non-Hispanic Black women, American Indian, or Alaskan Native women, and **1 in 2** multi-racial non-Hispanic women have been a victim of physical violence, rape, and/or stalking by a partner in their lifetime.
- This rate is 30 to 50% higher than what is experienced by White non-Hispanic, Hispanic, and Asian women.
- Similarly, 44% of lesbian women and 61% of bisexual women experience rape, physical violence, and/or stalking by an intimate partner in their lifetime. These numbers are significantly higher than the rate of violence that heterosexual women experience, which is 35%.
- Meanwhile, women between the ages of 18 and 24 are most likely to experience domestic violence, followed by teens between the ages of 11 and 17.



# ▶▶ The Problem Starts Early



- Intimate partner violence (IPV) may start during adolescence (teen dating violence)
- This affect millions of U.S. teens each year
- 11 million women and 5 million men reported experiences of violence before turning 18 years old
- Youth from marginalized groups (sexual and gender minority youth) have higher risk of sexual and physical dating violence

[National Center for Injury Prevention and Control, Division of Violence Prevention](#)

# ▶▶ Power and Control Wheel





# ▶▶ Why Do Victims Stay in the Relationship?



# ▶▶ The Cycle of Violence

**Tension building**



**The incident**



**The calm**



**The honeymoon period**



## ▶▶ Why do victims stay: (cont.)

- Conflicting emotions
- Shame
- Safety concerns
- Lack of money and resources
- Depression and Isolation
- Cultural or religious pressures
- Custody worry
- Fear of being deported

**Any other reason?**



# ▶▶ **Creating a Safety Plan:**

- ▶ Identify a safe friend or friends and safe places to go.
- ▶ Keep an alternate cellphone nearby.
- ▶ Memorize the phone numbers of friends, family, or shelters.
- ▶ Make a list of personal belongings to take if you must leave quickly.
- ▶ If possible, hide an extra set of car keys
- ▶ Consult with your doctor about extra medication
- ▶ Contact your local family court .
- ▶ Safeguard your online security
- ▶ Try to take with you any evidence of abuse or violence
- ▶ Keep copies of all paper and electronic documents on an external thumb drive.

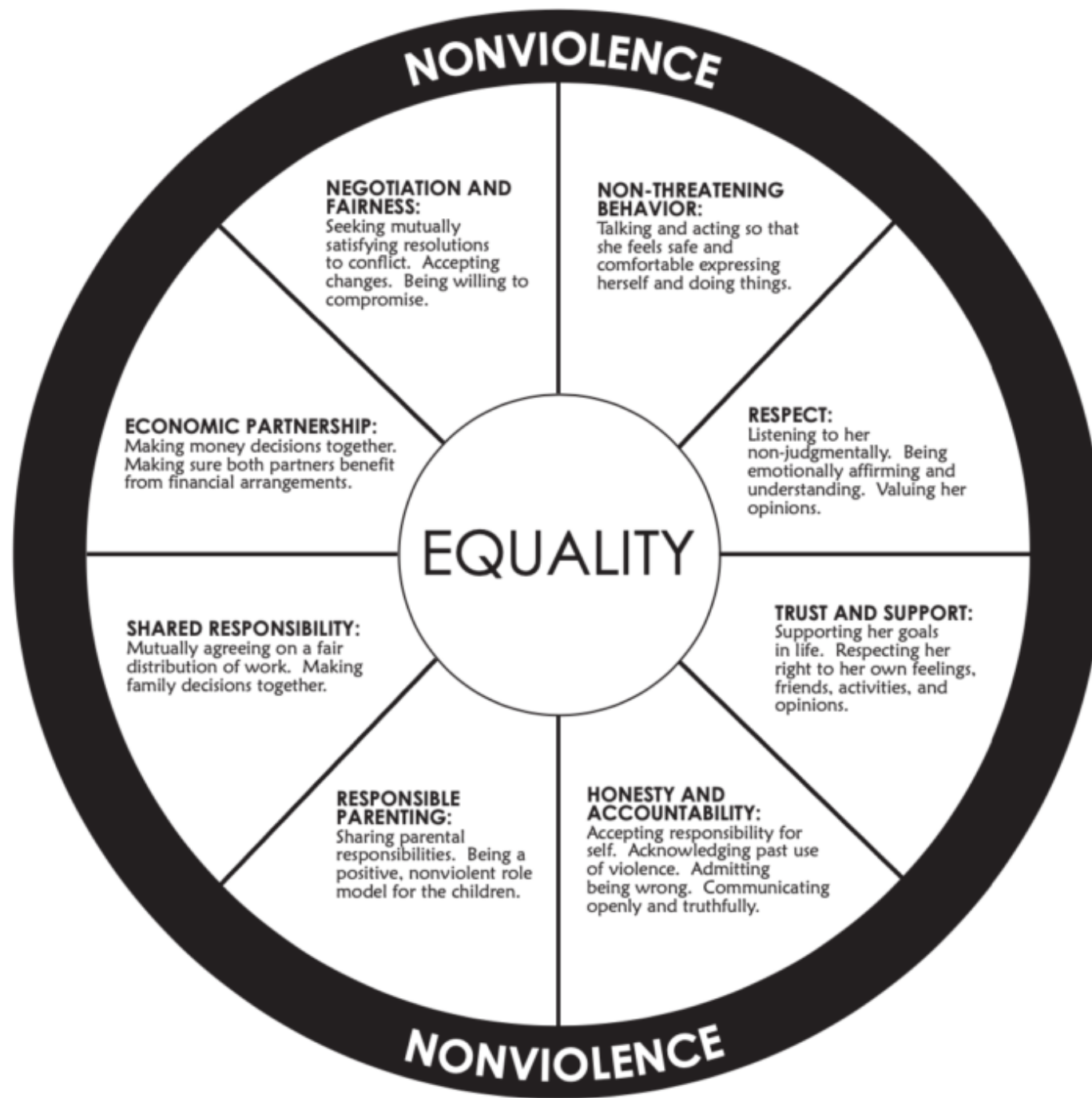


# ▶▶ Intimate Partner Violence/Domestic Violence is Preventable

Intimate partner violence is preventable. There are positive ways that promote healthy relationships to increase wellbeing within families and community.

Teaching young people healthy relationship skills such as:

- a) communication**
- b) effectively managing feelings**
- c) problem-solving**



# ▶▶ Movement to End Violence

- The women's rights movement of the 1960's brought the issues of domestic abuse to the focus of the media.
- By the 1980's most states had adopted lawmaking about domestic violence.
- 1994: The federal Violence Against Women Act (VAWA)
- 2005: VAWA was reauthorized.



# ▶▶ Engaging Men

## How can men help to break the cycle of violence against women and girls?

- FUTURES without violence, state that men are gradually joining the effort to end violence against women—being positive role models as fathers, teachers, trainers, tutors, and community representatives to challenge the attitudes and principles that support violence.
- FUTURES created some programs to include men in preventing violence against women, one is [Coaching Boys into Men](#) and the [Y Factor](#). In 2010, FUTURES was selected to be the lead technical assistance provider for the [US Department of Justice Engaging Men Program](#), a innovative national grant program that supports local organizations in engaging men in their communities.
- FUTURES goals are to develop new male leaders in the field who are willing to openly speak and act to oppose violence against women and girls. “We strive to create a ripple effect, encouraging men in many more communities to get involved”.



## ▶▶ What Can We Do?

- Contact a local advocacy group for support, information and advice
- Contact the National Domestic Violence Hotline toll-free 1-800-799-SAFE (1-800-799-7233) The hotline is available 24 hours a day, 365 days a year, in English, Spanish, and other languages.
- Victims can also see the National Coalition Against Domestic Violence website at <https://ncadv.org/resources> to find programs that provide shelter and legal aid.

# finger breathing

An easy breathing technique for kids

# 5





# Children and Domestic Violence



# ▶▶ Children and Domestic Violence: Short- and Long-Term Effects

## Short Term Effects:

- Young children: regressive behaviors and severe separation anxiety.
- School age children: impact to their social/emotional and intellectual development
- Teenagers: destructive behaviors

## Long Term Effects:

- They are at greater risk for repeating the cycle as adults.
- Children who witness any type of abuse are at higher risk for health problems as adults.





**Support  
for  
Children  
affected  
by  
Domestic  
Violence**



# ▶▶ Ways to Support Children During Healing Process



- Play with your child
- Listen to your child
- Encourage your child
- Comfort your child
- Help them identify and express their feelings
- Create a calm and predictable environment
- Set clear rules and expectations
- Create a network support

# ▶▶ Positive Aspects that Support Resilience: Individual

- Temperament
- Relationships
- Understanding
- Mastery
- Expression
- Conflict Resolution
- Culture





# ▶▶ Family



✓ Role Models

✓ Supportive Relationships

✓ Health

✓ Networks

✓ Stability

# ▶▶ Community

- Access to services
- School
- Mentors
- Neighborhood Cohesion



# ▶▶ Healing The Self: Quotes from Survivors

- “My small win was when I didn’t feel ashamed of my words anymore.”
- “Raising a new kitten helps me find happy moments every day.”
- “I just finished my first half-marathon.”
- “Paying off debt is my proof that the weight I acquired from an abusive marriage is being lifted from me.”
- “I found the relationship I’ve always dreamed of with someone who accepts and loves me for who I am.”
- “Changing my name helped me start a new chapter of my life.”
- “Getting an apartment gave me joy, independence, and the freedom to start helping other survivors.”
- “I’ve found joy in reclaiming my passion for adventure and looking for the beauty in the world that surrounds me.”



# ▶▶ Questions & Reflections?



**What?**



**How?**



**Who?**

**“All is  
Well in  
My  
World”**





# ▶▶ “All is Well in My World”

“In the infinity of life where I am, all is perfect, whole and complete.

Each one of us, myself included, experiences the richness and fullness of life in ways that are meaningful to us. I now look at the past with love and choose to learn from my old experiences. There is no right or wrong, nor good or bad.

The past is over and done. There is only the experience of the moment.

I love myself for bringing myself through this past into this present moment.

I share what and who I am, for I know we are all one in spirit. All is well in my world”

-Louise L. Hay



## References:

- (Violence Against Women 1994)
- Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices (2017)
- Intimate Partner Violence (CDC 2020)
- Verywell Mind, What's Gaslighting: by Sherri Gordon, Jan. 5, 2022 medically reviewed by Amy Morin, LCSW
- The Wheel of Power and Control was originally created for the Domestic Abuse Intervention Project, Duluth, MN
- National Center for Injury Prevention and Control Division of Violence Prevention (Nov. 2, 2021)
- Family Violence Prevention Fund
- Kaiser Permanente, Healthwise Staff, (February 9, 2022)
- Center for Disease Control (CDC) 2017
- Domestic Abuse Intervention Programs 202 East Superior Street, Duluth, Minnesota 55802, 218-722-2781, [www.theduluthmodel.org](http://www.theduluthmodel.org)



## RESOURCES:

- Futures Without Violence 2022
- **National Domestic Violence Hotline (2020)**
- OASH/Office on Women's Health-"Effects of domestic violence on children" February 15, 2021
- Futures Without Violence (2016)
- Futures Without Violence (2006)
- You Can Heal Your Life by Louise L. Hay (1999)



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**For mental health resources, services, and support, please call our 24/7 Help Line at (800) 854-7771 or visit <https://dmh.lacounty.gov/get-help-now>**

**You may also connect with us at @LACDMH on Facebook, Twitter, Instagram, and YouTube**

**Your emotional wellbeing is our top priority.**

Call 800-854-7771



**Need to be connected to mental health services?**

Call 800-854-7771  
(ext. 1) for mental health referrals and crisis services.



**Need resources for veterans and their families?**

Call 800-854-7771  
(ext. 3)



**988 SUICIDE & CRISIS LIFELINE**

*There is hope.*



*Talk with us.*



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# ▶▶ Stigma and Discrimination Reduction (SDR) Survey



## SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



To help us improve, please tell us what you think!

- SDR is anonymous and voluntary
- Please click on the link in the chat box and fill in:

Program:

**“Family Violence Prevention During COVID-19”**  
(9<sup>th</sup> on dropdown list)

Presenters:

**My name is ...**

Date:

**Today is ...**