



The Center for Family Safety and Healing presents:

Children Exposed to Domestic Violence



Aspiration

To break the cycle of violence through the advocacy, prevention, intervention, treatment and research of family violence by integrating comprehensive services through community interdisciplinary collaboration and evidence-based practices.



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Today's Objectives

- ✓ **Recognize**
 - Define and discuss how family violence can impact the lives of children
- ✓ **Respond**
 - Learn how to identify signs of trauma and impact of exposure
 - Identify strategies on how to respond appropriately to children exposed to violence
- ✓ **Refer**
 - Increase awareness of resources available in the community



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What is Family Violence?

Family Violence Includes:

- Child Abuse and Neglect
- Teen Dating Abuse
- Domestic Violence and Intimate Partner Violence
- Elder Abuse

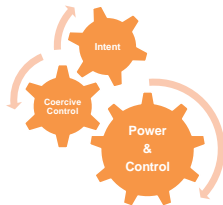


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Abuse Is About...

POWER & CONTROL

A pattern of behaviors where one partner acts to obtain and maintain power and control over the other





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Who Does Abuse Affect?

Abuse is perpetrated & suffered by people:

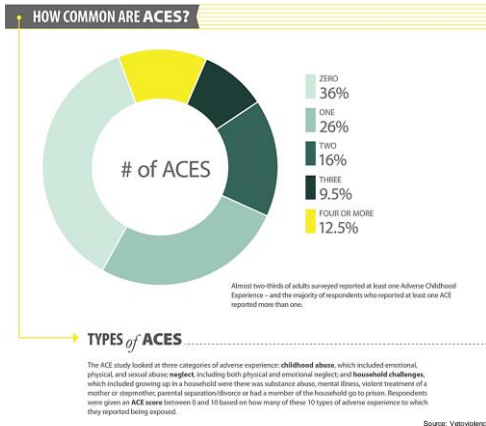
- Of all races
- Of both genders
- Of all cultural & ethnic backgrounds
- Of all sexual orientations
- Of all religions
- Of all personality types
- Of all types of educational backgrounds
- Across all levels of economic



Abuse can happen to anyone. AND it impacts everyone!







YOUTH WHO HAD A PAST-YEAR PHYSICAL ASSAULT WERE...

- 4.9x** more likely to experience a sexual offense
- 3.4x** more likely to experience caregiver maltreatment
- 2.5x** more likely to witness violence

Pinheiro D, Turner HA, Shattuck A, Hombly SL. Prevalence of Childhood Exposure to Violence, Crime, and Abuse Results From the National Survey of Children's Exposure to Violence. JAMA Pediatr. 2015;169(8):748-754. doi:10.1001/jamapediatrics.2015.0676



Children who were exposed to violence in the home are **15x more likely** to be physically and/or sexually assaulted than the national average.

Graphic Source: Domesticshelters.org¹⁴



Warning Signs of Abusive Tactics

- Controlling demeanor
- Minimizing seriousness of the offense
- Destroying the victim's credibility
- Seeking sympathy
- "Superhero Parent"



Barriers to Disclosure

- Feelings of shame or self-blame
- Low self-esteem, loss of trust
- Confusion, threats
- Desire to protect parents, disclosure may be unsafe
- May think abuse is normal/deserved
- Belief that professionals will not take them seriously



A survivor usually leaves their abuse up to

7 times

before leaving permanently.



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Barriers to Leaving an Abuser

Fear	No Support Network	Immigration Status
Financial	Children	Pets
Shame	Culture	Love



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Mother's Dilemma



- If I report, I will be hurt.
- If I protect my child, I will be hurt. *If I don't protect my child, she will be hurt.*
- If I don't do what he wants, my child will be hurt. *If I do what he wants, I will be humiliated.*
- If I don't hurt my child, I will be hurt. *If I don't hurt my child, she will be hurt worse.*
- If I don't do something, *my child and I will be hurt.*
- If I report, my child will be removed and I will be hurt. *To keep my child, I have to keep the secret.*
- If I do what family court wants, I put myself and my child at risk. *If I don't, I lose my child.*
- If I do what child welfare wants, *I put myself and my child at risk.*

Lethality Factors

- Separation/Termination of relationship
- Threats to harm/kill self or victim
- Strangulation
- Stalking/Surveillance
- Abuse during pregnancy
- Animal Abuse



Creating a **Safety Plan** is KEY to mitigating the danger.

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TRUE/FALSE Activity

First Impressions: Exposure to Violence and a Child's Developing Brain

by Dr. Bruce Perry

This 15 minute video will examine childhood exposure to violence and the neurological impact of trauma on the brain.

Some of the stories told are graphic, and it's okay to look away or step out of the room if needed. *Please take care of yourself.*



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Trauma is:

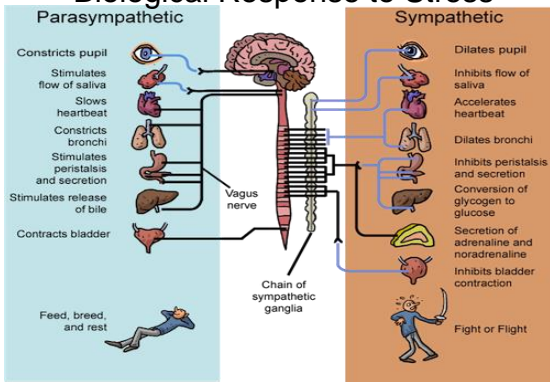
An emotional response to a terrible event.
American Psychological Association

A very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time.
Merriam-Webster Dictionary

Events outside the typical range of human experience.
National Child Traumatic Stress Network



Biological Response to Stress



Understanding Trauma

The stress of an event does not make it traumatic. It is the meaning of the event that the person ascribes to it that makes it traumatic.

Therefore, a trauma reaction doesn't end when the event ends.



Reactions to Trauma:

Emotional:	Mental:	Behavioral/Physical
<ul style="list-style-type: none"> • Shock and disbelief • Fear and/or anxiety • Guilt or shame • Denial, minimization • Depression, sadness • Feeling powerless • Detachment • Diminished interest • Anger, irritability • Need for control • Hyper-vigilance • Difficulty trusting • Mood swings 	<ul style="list-style-type: none"> • Difficulty making decisions • Difficulty concentrating • Slowed thinking • Confusion • Disorientation • Memory difficulties • Blaming self or others • Difficulty problem solving 	<ul style="list-style-type: none"> • Intensified fatigue • Angry outbursts • Change in interactions • Withdrawal, isolation • Rapid heartbeat

What happened to you?

Vs

What is wrong with you?



Early Childhood-Impact

- Insecure, anxious or disorganized attachment behavior
- Neurobiology of brain and CNS altered, reduced capacity to feel emotions
- Increased tension, irritability, inability to relax / self-soothe
- Loss of acquired language, speech and cognitive delays



School Age-Impact

- Struggling with school rules, peer relationships
- Anxiety, fearfulness, acting out, risk-taking behaviors
- Distorted sense of self and others, explicit, aggressive, separation anxieties



Adolescents-Impact

- Autonomy challenges
- Poor development of family roles and communication
- Susceptible to high-risk behaviors
- Difficulty establishing healthy relationships
- Externalizing problems



Barriers to Identification

- Lack of awareness of prevalence / severity
- Belief that it is not appropriate to intervene
- Not knowing how to intervene or what to say
- Blaming the victim who will not leave the relationship
- Disbelief because abuser seems concerned and appropriate
- Difficulty dealing with victim's emotions
- Too busy / not enough time to deal with situation
- Confidentiality issues
- Personal experience with domestic violence



Day in the Life...

What isn't listed?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Korean Language Korean DMV at Day	3 Meeting with mom	4 Cooking	5 Reading	6	7 Visitation
8 Visitation	9 Family Therapy	10 Mental health mg.	11 Korean DMV at Day	12 Physical therapy, court	13	14 Phone call
15	16 CPS SA hearing, court	17 CPS interview	18 Morning	19 Reading	20 Cooking	21 Visitation
22 Visitation	23 Cooking, court	24 Call for more appointments	25 Physical therapy, court	26 Korean language, shopping, court	27 Mental health call	28
29	30 Family Therapy	31 Phone call				
Cooking Visitation Korean Language Phone Court	10:15 11:15 12:15 Korean DMV Family Therapy Mentor					

What Recovery Looks Like

- Children need to feel safe physically & emotionally
- Healing begins with relationships
 - Having a strong bond to non-battering parent and siblings.
- Help children know what to expect
 - Inform them of any changes to routine/ schedule
- Telling the child it is not their fault, and you believe them.
- Fostering a children's self-esteem.
 - Let the child know that it is OK to talk about what has happened.



How to Help Kids Feel Safe

- Find a place to talk where there are no physical barriers between you and the child
- Choose your words carefully, don't be judgmental about the child or the alleged abuser
- Be aware of your verbal and non-verbal responses
- Ask open- ended questions (don't interrogate)
- Be supportive of the child
- Safety concerns comes first



Help Victims Help Their Kids

- Developmentally appropriate experiences to heal the brain
- Babies learn best through social interactions:
 - Increase child-adult time
- Active, experiential learning, enrichment programs
- Talk to kids in age-appropriate language about the abuse
- Educate BOTH parents about the impact of exposure



Empowerment:

- Asking **what they want to do**
- **Recognizing their strengths & achievements**
- Letting them know **the abuse was not their fault**
- Continuing to **express your concerns for their safety**, and being a resource
- **Respecting confidentiality**

Re-Victimization:

- Telling them what they should do
- Getting frustrated because things aren't going as fast/well as you would like them to
- Asking what they did to provoke the abuse
- Insisting they go to a shelter or calling an agency when they are uncomfortable with it

Changing Our Language

- Not “what’s wrong with you?” but “what happened to you?”
- Not “manipulative” but “survivor”
- Not “strong-willed” but self-advocate”



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Protective Strategies:

This helped the most

Staying with family or friends	Knowing important phone numbers to call for help	Calling a DV agency	Hiding important documents for emergencies
Sending children to stay with family or friends	Safety Planning	Legal Remedies	Planning for the future

Taking a Supportive Stance

- “I believe you. How can I help you?”
- “This is not your fault.”
- “You know your partner best and what they may do. Do you have a safety plan?”
- “I can give you a number to call for help and advice. Would you like me to sit with you?” *



Responding to Abusers

- Don't agree with statements suggesting that someone else is at fault.
- Don't be taken in by excuses.
- Don't assume it won't happen again.
- Don't suggest couples counseling.



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Remember...

- Don't blame the victim- they want the violence to end.
- Never tell a victim to "Just get out."
- Safety planning is critical.
 - ❖ A plan, even with system providers, does not mean that the survivor will leave or be safe. These plans may fail!
- Express compassion- relationships heal!





Adult Services: Family Violence Treatment Services

Family Violence Treatment Services provides:

- Individualized treatment plans geared toward reaching personal goals of safety planning, symptom management, psychosocial well-being and relationship health.

"She understood me. She listened. She pulled me back to the now and the future of my life. She made me remember what it's like to walk in confidence." - Adult client

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Treatment visits

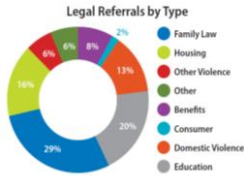
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Clients served



Adult Services: Family Advocacy Legal Services

Family Advocacy Legal Services:

- No-cost advice and counsel on a variety of legal issues.
- Referrals to free legal services in the community.
- Assistance with filling out court paperwork and preparing for hearings for clients who must represent themselves.



Adult Services: Advocacy and Second Responder

- Safety planning, community resource linkage, domestic violence education and additional support as needed by the client.
- Second Responder Advocate works alongside CHOICES for Victims of Domestic Violence in response to the new Lethality Assessment Program (LAP).

"It was nice talking with someone who could validate what I was going through. She had information I needed and also brought additional information about something I said. She listened and identified needs I didn't realize I needed." - Adult client

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Advocacy referrals

101
Referrals coordinated by law enforcement.



Capital University Law School Family Advocacy Clinic

The Family Advocacy Clinic provides:

- Legal assistance and/or representation to victims of domestic violence who cannot afford to hire private counsel.
- Civil Protection and Contested Child Custody



Capital University Law School Family Advocacy Clinic

885	15	275	400	28
Individuals received advice and assistance with forms at the Pro Se desk.	Stalking Civil Protection Orders opened	Civil Protection Orders opened	Individuals received advice and counsel from the Civil Protection Unit	Contested Custody cases



Community Resources

The Center for Family Safety and Healing
(614) 722-8200; www.FamilySafetyandhealing.org

Franklin County Children's Services
(614) 275-2571
www.franklincountyohio.gov/children_services/

CHOICES – Crisis Hotline & Shelter
(614) 224-4663; www.choicescolumbus.org

BRAVO (LGBTQ Anti-Violence)
(614) 268-9622; www.bravo-ohio.org

Capital University Family Advocacy Clinic
614-236-6779; www.law.capital.edu

Community Resources cont.

City Prosecutor's Office – DV & Stalking Unit
614-645-7483; www.columbuscityattorney.org

Franklin County Prosecutor's Office
614-525-3555; www.franklincountyohio.gov

Capital Area Humane Society
614-777-7387 ext. 250; www.cahs-pets.org

Ohio Domestic Violence Network
(800) 934-9840; www.odvn.org

National Domestic Violence Hotline
(800) 799-SAFE (7233); www.thehotline.org

Closing Comments

Please complete the enclosed evaluations.

Thank you!

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References

1. Cdc.gov. (2016). *About the CDC-Kaiser ACE Study*. [online] Available at: <https://www.cdc.gov/violenceprevention/acesstudy/about.html> [Accessed 30 Aug. 2017].
2. DomesticShelters.org. (2015). *Children and Domestic Violence*. [online] Available at: <https://www.domesticshelters.org/domestic-violence-statistics/children-and-domestic-violence#WaxB6ezyhE> [Accessed 30 Aug. 2017].
3. Finkelhor D, Turner HA, Shattuck A, Hamby SL. Prevalence of Childhood Exposure to Violence, Crime, and Abuse Results From the National Survey of Children's Exposure to Violence. *JAMA Pediatr.* 2015;169(8):746-754. doi:10.1001/jamapediatrics.2015.0676
4. Vetoviolence.cdc.gov. (n.d.). *ADVERSE CHILDHOOD EXPERIENCES - looking at how ACES affect our lives & society*. [online] Available at: https://vetoviolence.cdc.gov/apps/phil/resource_center_infographic.html [Accessed 30 Aug. 2017].
5. Volpe, J.S., "Effects of Domestic Violence on Children and Adolescents: An Overview", *The American Academy of Experts in Traumatic Stress*, 1996

Graphic for Biological Response Slide- <http://www.shmoop.com/animal-systems/nervous-system.html>

Access First Impressions Video- <https://www.youtube.com/watch?v=bV0YINmMkK>
