

The Torturous Triple Threat: Violence, Victimization and Drug Use

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This workshop is designed to inform clinicians, researchers, educators, advocates, consumers and all persons working in related fields about the complex issues affecting victims of intimate partner violence. Presentation and discussion on identifying trends associated with victims' barriers to recovery and safety will be featured, along with an engaging dialogue on how to eliminate the stigma and discrimination by law enforcement and other vital members of our society. Participants will explore how domestic violence, substance use and mental health concerns are closely intertwined.

The ABCs of Domestic Violence

Identifying victims of Intimate Partner Violence (IPV)

- Low self esteem
- Lack of self worth
 - Lack of self confidence
 - Helplessness
- Extreme anxiety
- Depression
 - Drained
 - Scared
 - Ashamed
 - Confused

The ABCs of Domestic Violence

Inner thoughts and feelings

- **Feelings of powerlessness or worthlessness**
- Emotionally numb
- **Fear of partner**
- Avoidance of issues that may anger partner
- Victim wonders if they are the “crazy” one – not the perpetrator
- **Belief system that victim deserves to be abused or mistreated**

The ABCs of Domestic Violence

Types of abuse

- Physical
- Sexual
- Emotional/psychological
- Verbal
- Spiritual
- Financial/economic

NOT ALL WOUNDS ARE VISIBLE

The ABCs of Domestic Violence

Signs of an abusive relationship

Threatening

Intimidating Possessive

Manipulating Ignoring Humiliating

Dominating

Criticizing Calculating Controlling

Shaming Isolating

Name-calling

The ABCs of Domestic Violence

Signs of an abusive relationship, continued

- Blaming the victim for the abuser's own behavior
- Threatening to hurt and/or kill self, the victim, the victim's pets or family members
- Forcing sexual acts
- Destroying belongings, cutting up clothing, breaking furniture
- Limiting access to money, the phone, or the car
- Putting down victim's opinions or accomplishments
- Chipping away at any feelings of self-worth and independence

The Effects of Domestic Violence

- Physical
- Psychological
- Economic
- Impact on children
- Direct and indirect costs to the community
- Costs to health care and productivity

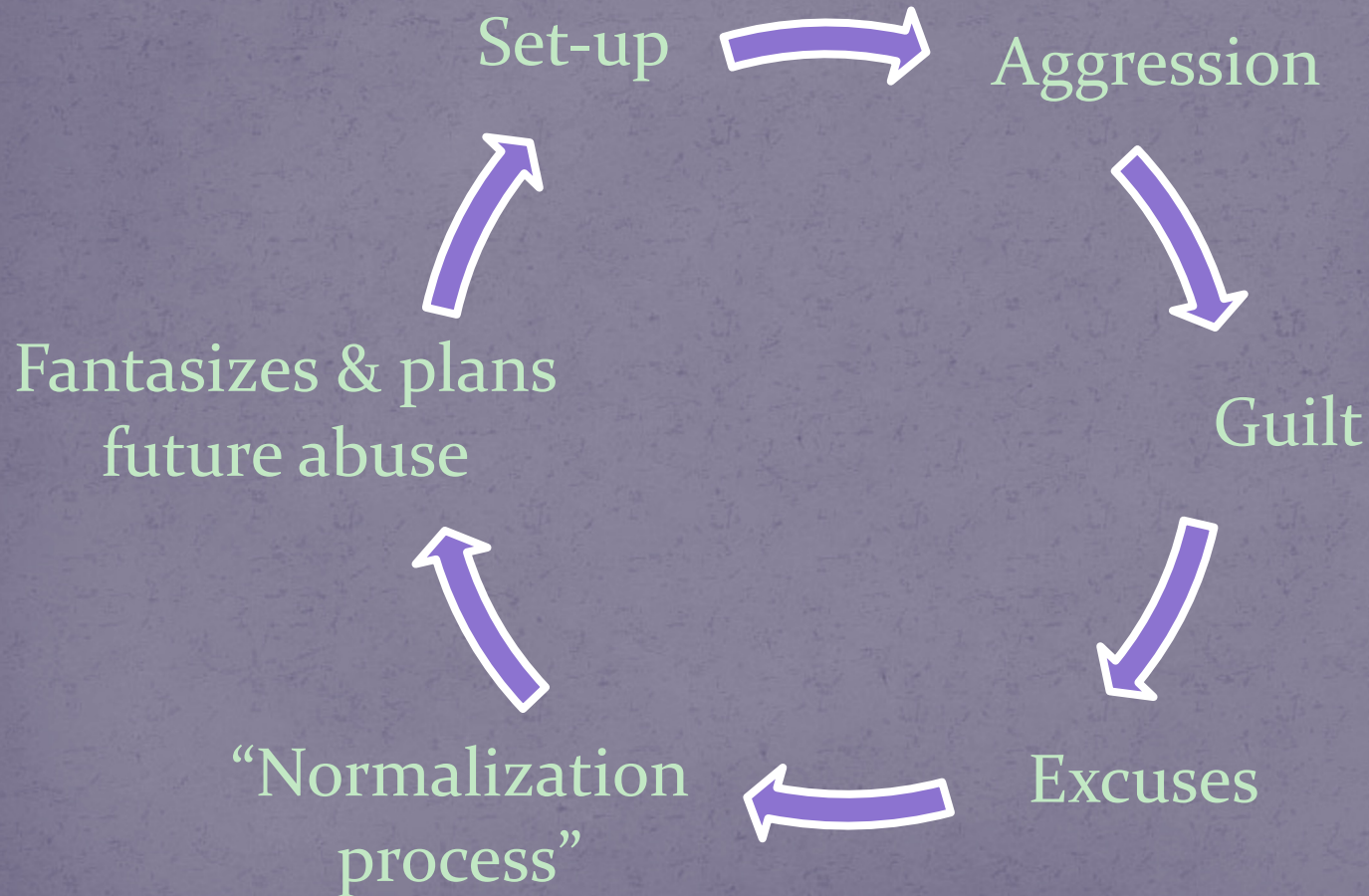


The Effects of Domestic Violence

Health effects

- **Chronic pain**
- **Devastating mental health concerns: anxiety, depression, post-traumatic stress disorder (PTSD)**
- **Eating disorders**
- **Unplanned or early pregnancies**
- **Sexually transmitted infections/diseases**
- **Substance abuse**

The Cycle of Violence



Recognizing the Warning Signs

People who are being abused may:

Have frequent injuries, with the excuse of “accidents”

Frequently miss work, school, or social occasions

Dress in clothing designed to hide bruises or scars

Show major personality changes

Be depressed, anxious, or suicidal

Speak up if you suspect domestic violence or abuse

Do's and Don'ts

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

Don't:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

Barriers for Victims

The fear factor

- Fear of unsuccessful attempts at fleeing
- Fear of worse harm because attempt to flee was made
- Fear of losing financial support
- Fear of further injury
- Controlling partners
- Fear of social services and law enforcement

Barriers for Victims

Availability, Accessibility, Disqualifying Factors

- **Fragmented services**
- **Long waiting lists, unavailability and/or lack of treatment centers that address both safety and sobriety**
- **Availability of domestic violence shelters for women without children**
- **DV services being revoked because of struggles with drugs and alcohol**

Barriers for Victims

Legal Issues

- Law Enforcement – Stigmatization
- Insurance
- Undocumented status
- Housing court
- Family court
- Court orders and addiction (when the addiction is more powerful than the court order)



What is Necessary

- **Combating the stigma towards mental health, domestic violence and substance use by society and law enforcement**
- **Public awareness**
- **Political support**
- **Social and alternative media**
- **Professional development and training**

What is Necessary

Mental Health Matters

- **Triaging**
- **Suicide protocol**
- **Psychopharmacological services to be in congruence**
- **Counseling (trauma-focused, crisis intervention)**
- **Support Groups**
- **Individual psychotherapy**
- **Plans: safety, treatment, recovery, follow-up**

What is Necessary

Supportive Housing

- Continuation of care in the community
- Service coordinators
- Assistance with applications and documentation
- Core staff to assist with safety planning
- Peer support
- Self-esteem/self-confidence
- Recreational and social activities

