



 **NATIONAL CENTER ON**
Parent, Family and Community Engagement

FUTURES
WITHOUT VIOLENCE

Responding to Domestic Violence During COVID-19

September 10, 2020

Presenters



**Brandi Black
Thacker, MA, MSW**
NCPFCE



Virginia Duplessis, MSW
Futures Without Violence



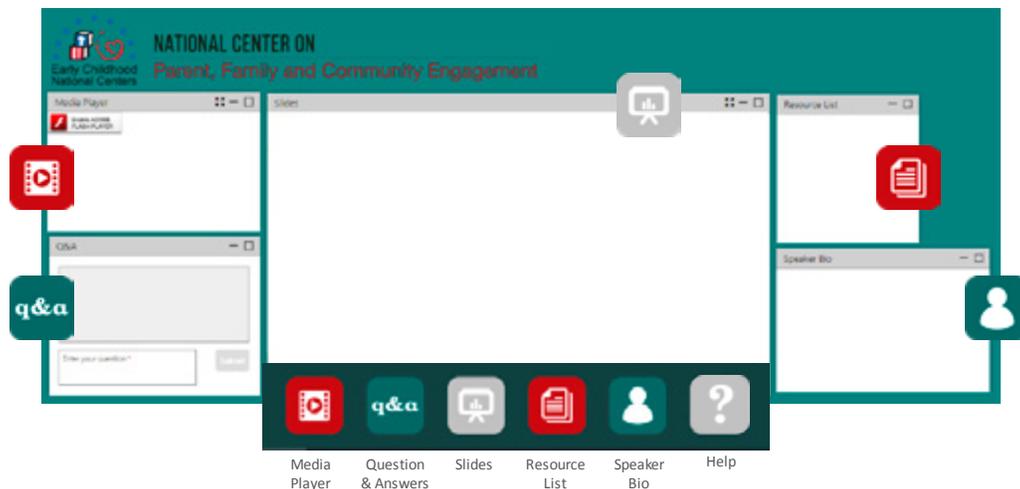
Mie Fukuda, EdM
Futures Without Violence



Dr. Tien Ung
Futures Without Violence

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ON24 Audience Console



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National Hotlines

- **24 Hour Parent Support**

National Parent Helpline for Parent Support any time
1-855- 4A PARENT • 1-855-427-2736

- **Domestic Violence**

The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or thehotline.org.

- **StrongHearts**

Native Helpline at 1-844-7NATIVE
(762- 8483) or strongheartshelpline.org.

- **Child Abuse and Neglect**

The Childhelp National Child Abuse Hotline is
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- **Substance Use**

- Alcoholics Anonymous Number
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- If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to either
- **SAMHSA's Disaster Distress Helpline** (1-800-985-5990) or
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Learning Objectives

- Defining domestic violence and how it can affect families and children
- Exploring ways COVID-19 has affected families experiencing domestic violence
- Describing how protective factors support families and children to heal
- Examining domestic violence resources on the Early Childhood Learning and Knowledge Center website

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Honor Your Own Pace



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Community Connectors Are Important

You may be:

- The first responders
- The only person they talk to
- The only kind word
- The only access to information



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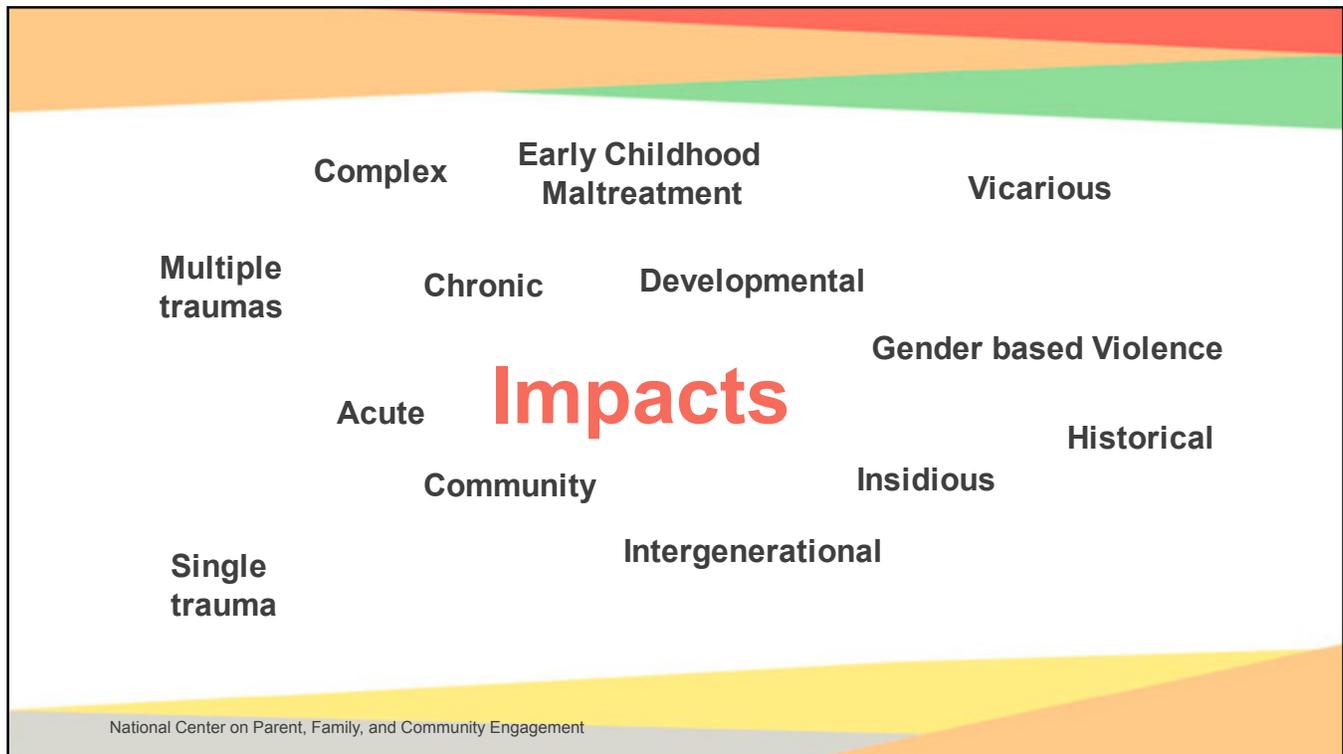
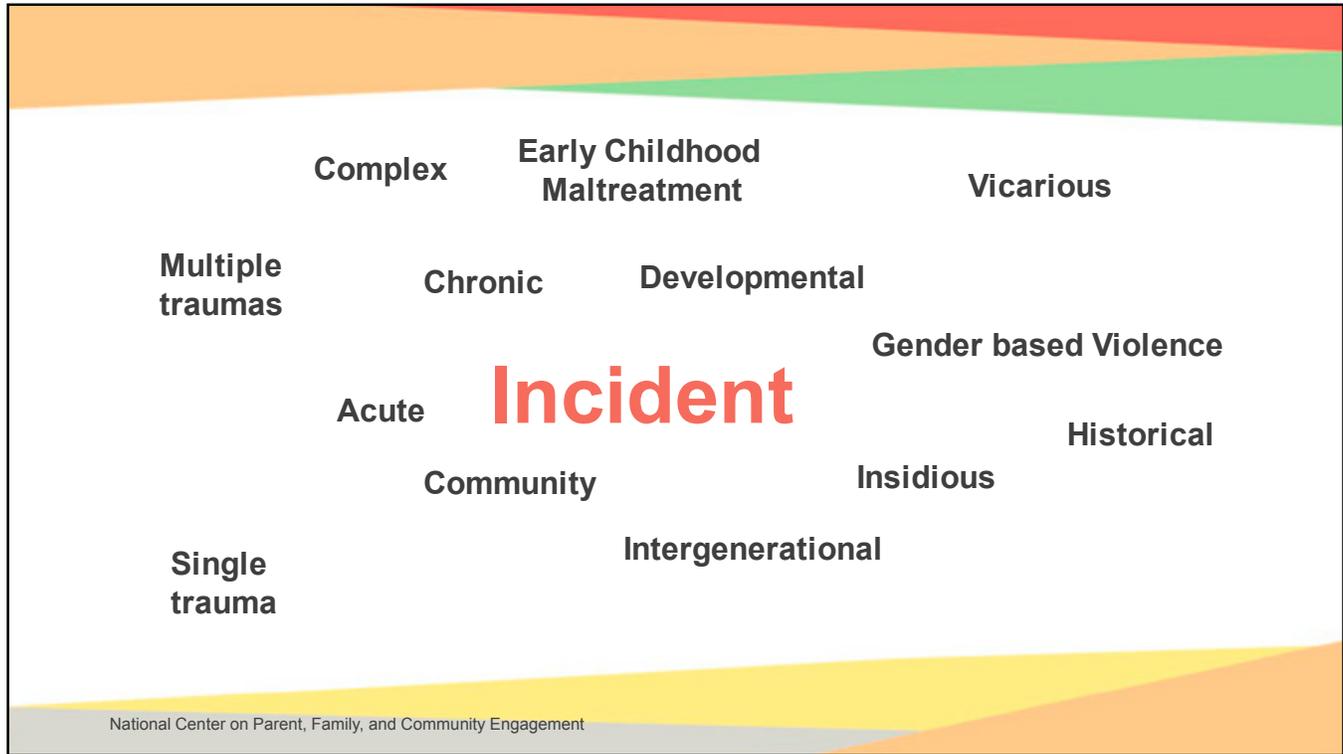
Trauma

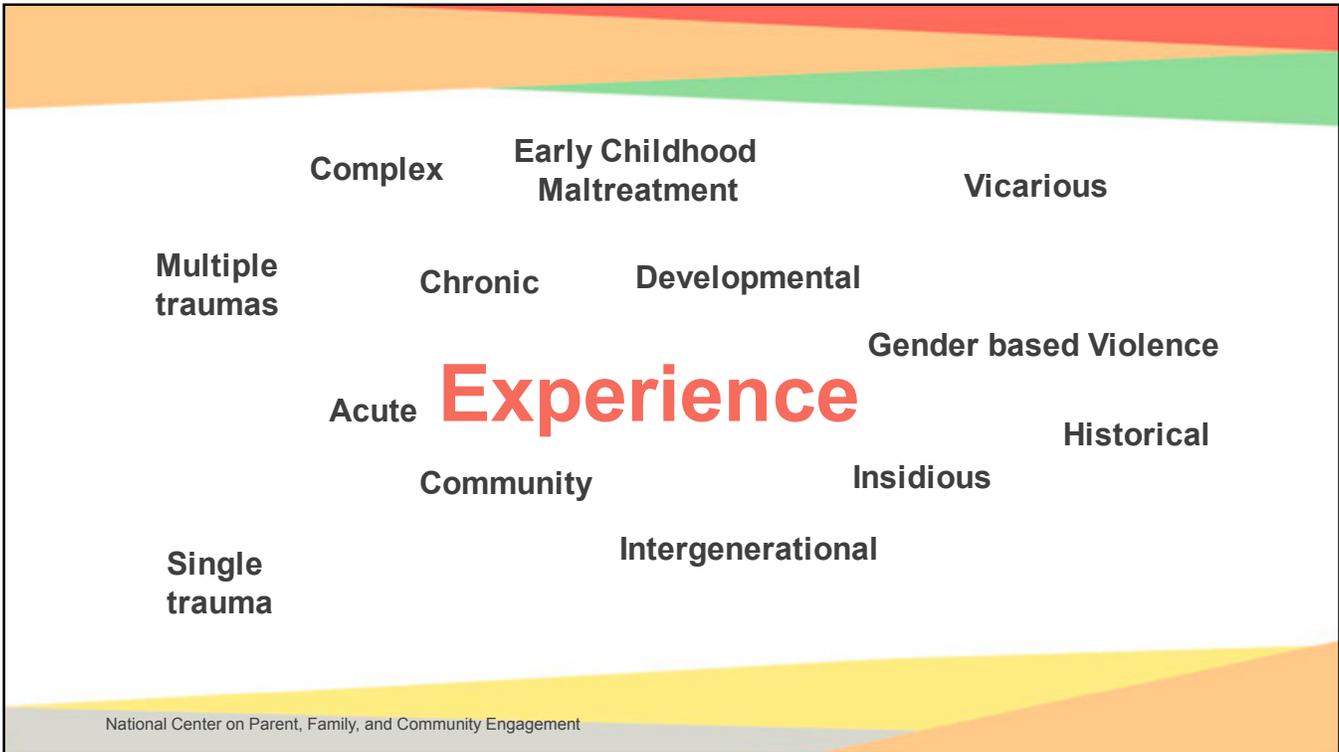
- Incident
- Impact

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Trauma Experience

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What Is Domestic Violence?

- One person in a relationship is using a **pattern** of behaviors to gain and maintain **power and control** over the other person.
- Often gets worse over time
- Not just physical violence
- Leaving is not always an option

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How Common Is Domestic Violence?

- 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

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



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Violence Is Common in Lives of Children

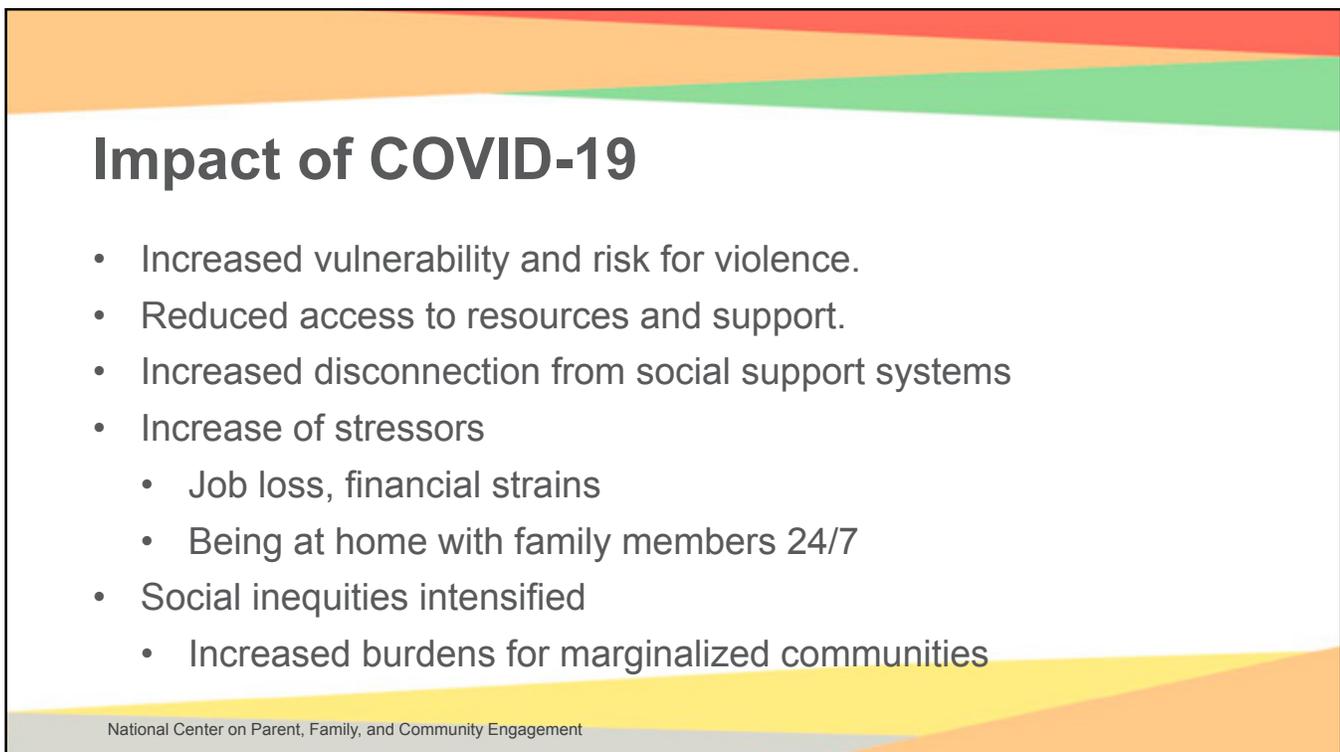
- Over 60% of children 0-17 are exposed to some form of violence in the past year
- 38.7% reported multiple exposures
- 40-60% of children who live in homes where there is domestic violence are also experiencing child abuse including child sexual abuse



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The screenshot shows a news article header with a navigation bar at the top containing 'The Coronavirus Outbreak', 'LIVE Latest Updates', 'Maps and Tracker', 'Markets', 'Stimulus Checks', 'What You Can Do', and 'News'. The main title is 'A New Covid-19 Crisis: Domestic Abuse Rises Worldwide' under the sub-header 'THE INTERPRETER'. A sub-headline reads: 'Movement restrictions aimed to stop the spread of the coronavirus may be making violence in homes more frequent, more severe and more dangerous.' Below the text is a photograph of a building at dusk. At the bottom left of the screenshot, it says 'National Center on Parent, Family, and Community Engagement'.



Impact of COVID-19

- Increased vulnerability and risk for violence.
- Reduced access to resources and support.
- Increased disconnection from social support systems
- Increase of stressors
 - Job loss, financial strains
 - Being at home with family members 24/7
- Social inequities intensified
 - Increased burdens for marginalized communities

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Using COVID to Extend Control

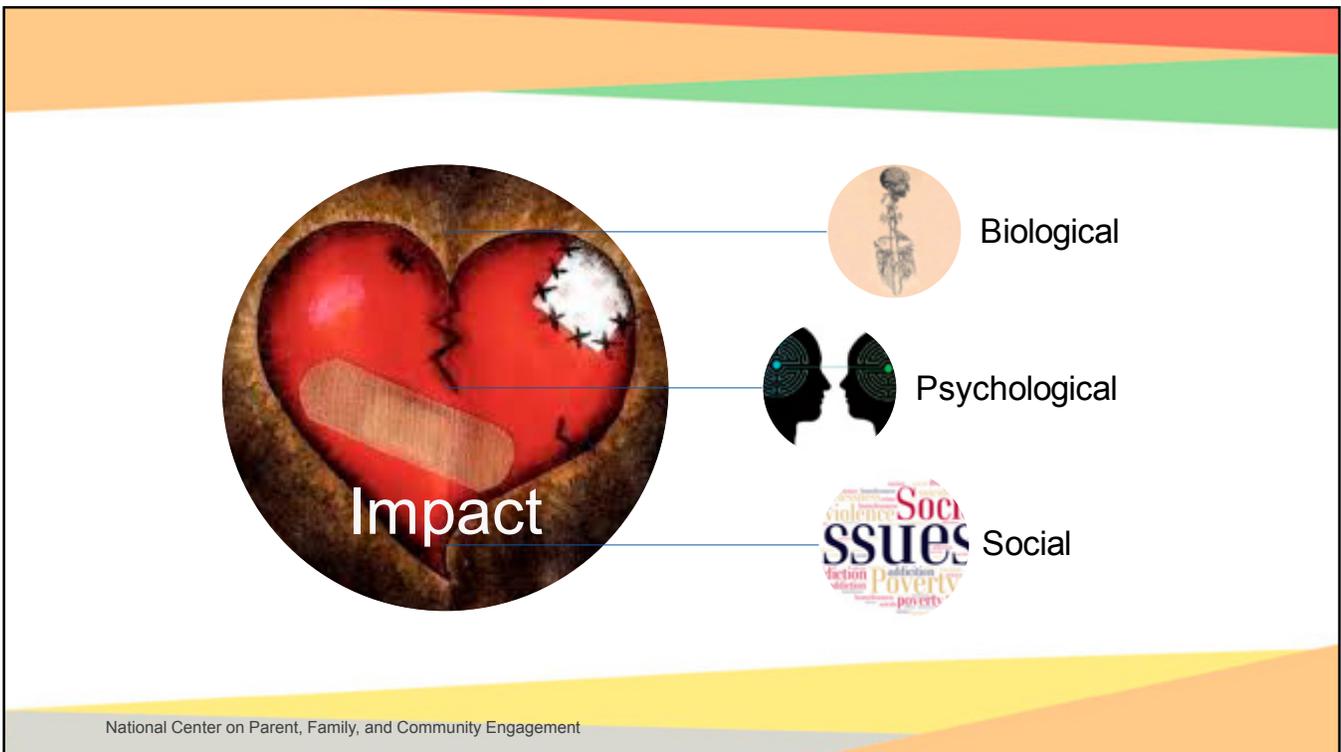
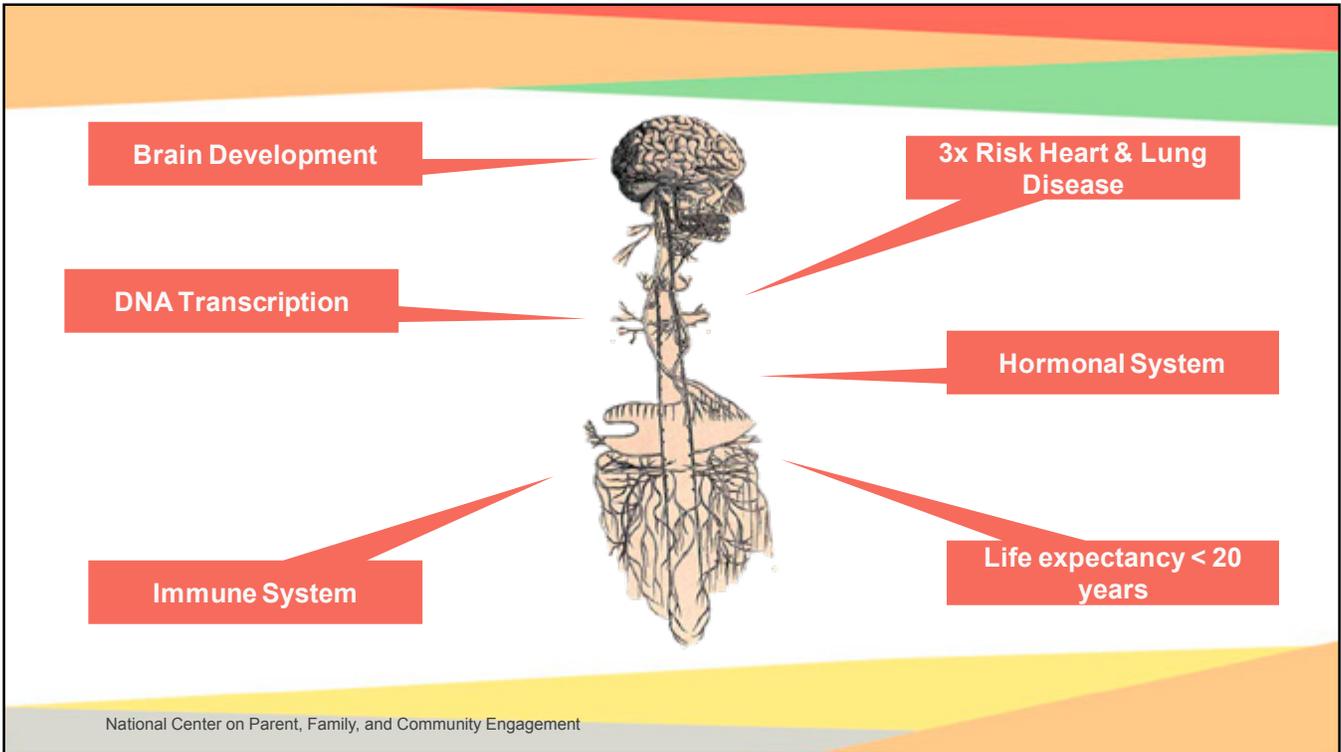
- **Isolating** from sources of support
- **Exploiting** resources for personal gain
- **Regulating** a person's daily life
- **Depriving** a person of independence
- **Using children** to monitor or control a parent
- **Economic** interference
- **Minimizing** or disregarding COVID information

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Biological

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Principles for Supporting Families and Children

- Reduce burden and stress on children and their families
- Enable positive family interactions: child/parent, sibling/sibling
- Prioritize safer and more stable living conditions
- Promote equity
- Encourage predictability & harm reduction, along with healthy social, spiritual, and community connections



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Principles for Supporting Families and Children

- Build and practice core life skills with children and families
 - Problem solving & planning skills
 - Growth mindset
 - Physical and emotional regulation
 - Incremental goal setting
- Limit non COVID-19 related restrictions & bureaucracy and increase supports
- Fuel positive activities and foster joy
- Collaborate with others to increase childhood opportunities in local neighborhoods



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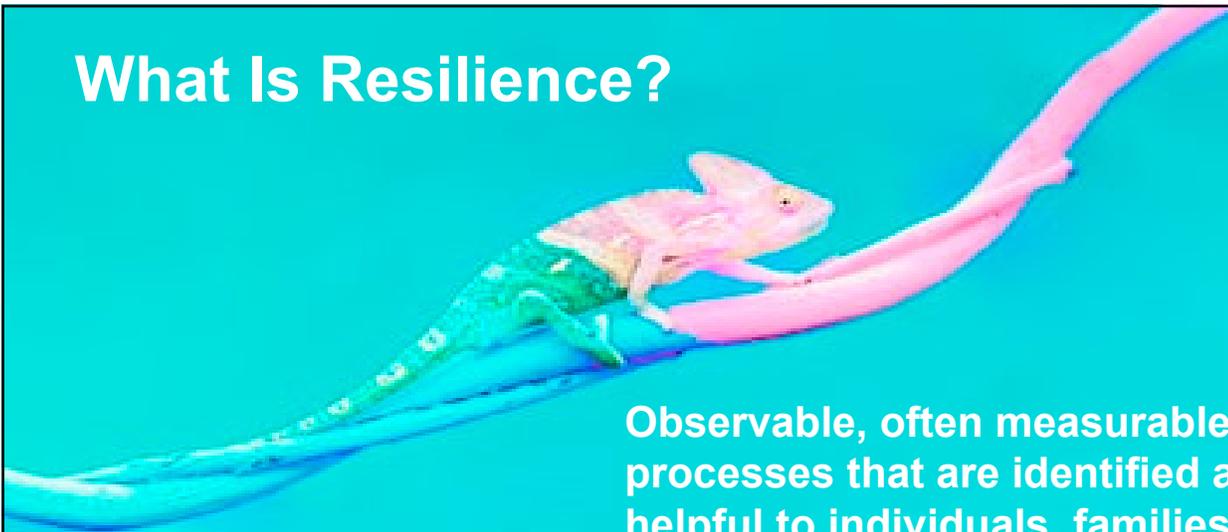
Not All Children Are Equally Impacted

All Children Can Heal



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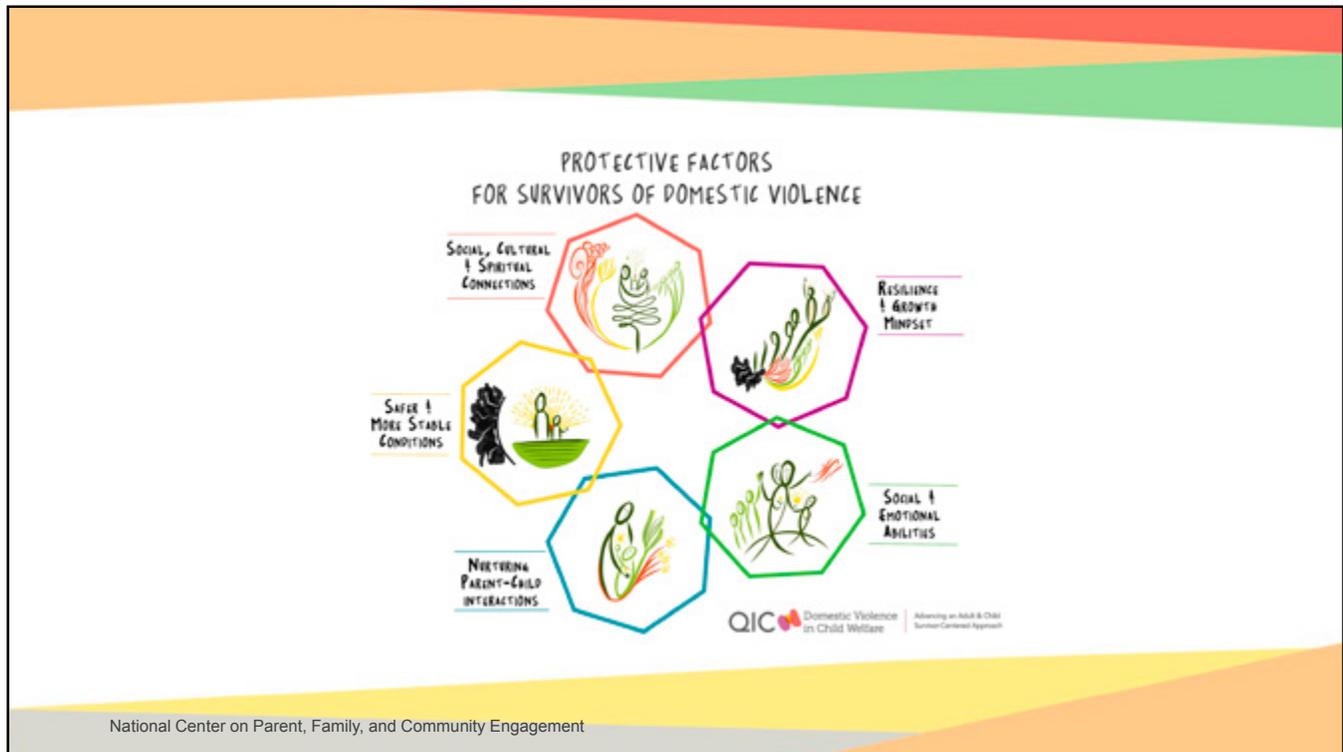
What Is Resilience?



Observable, often measurable, processes that are identified as helpful to individuals, families, and communities to overcome adversity (Ungar, 2012).



- ## Protective Factors Are...
- Individual and relational attributes as well as environmental and social conditions that help to
 - Reduce the impact of domestic violence risk factors
 - Build individual strengths
 - Promote healthy development
 - Establish environments that support the safety, healing, and well-being of parents and children experiencing domestic violence.
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Five Gestures to Help Children

- **Comfort** them by staying calm and patient.
- **Listen** to them and show an interest in their passions.
- **Inspire** them with new ideas.
- **Collaborate** with them by asking their opinions.
- **Celebrate** them with a compliment or by applauding their efforts.



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Talking With Families About Domestic Violence During COVID-19 and Other Emergencies: What We Can Do During Social Distancing



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CUES

C

Confidentiality. Discuss limits to confidentiality and speak with parent alone.

UE

Universal Education and Empowerment. Provide universal education about healthy relationships and how to help a friend.

S

Support.

If domestic violence is disclosed:

- Offer harm reduction strategies
- Make a warm referral to advocacy services

If domestic violence is not disclosed:

- Provide information about resources

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Considerations for Addressing Domestic Violence During Virtual Visits

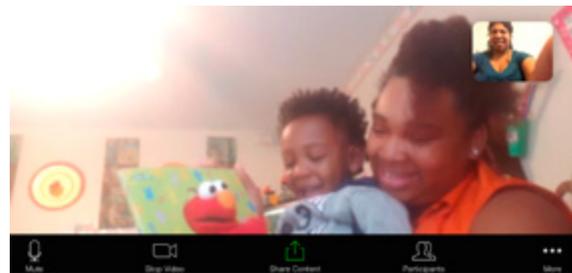
- Screening for Intimate Partner Violence (IPV) during virtual service delivery visits may be dangerous.
- Partner who uses violence may:
- Read phone call/video chat, texts, emails, impersonate the survivor in texts, etc. Many survivors tell us they have no digital privacy.
- Make it harder to stay healthy and well.



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Universal Education

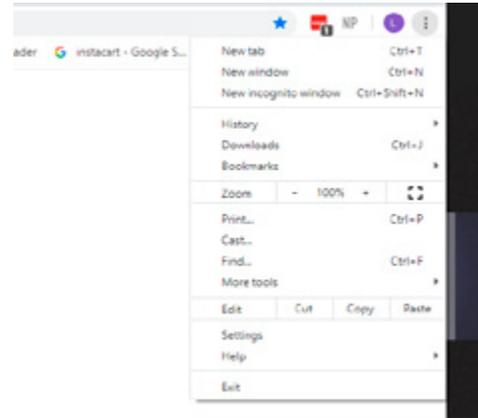
- Talking about what healthy relationships look and feel like
- Everyone receives information on support resources
- Very important for people who don't trust in systems (police, CPS, etc.)
- Encourage sharing resources with friends and family
- Improves access to advocacy
- Shares power



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Technology Safety Tips

- Ask if it's safe to receive texts.
- Delete call history and texts
- Clear browsing data/history
- Store hotline or special numbers under a different name– like the name of a grocery store.
- Use chat function in video visits



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Be Sure to Ask: Can We Talk Privately?

Establish who is in the room:

- “Is this still a good time to talk?”
- “Do you have a private space where we can talk?”

Offer suggestions:

- Take the call in their car, bathroom, garage, etc. Reschedule for a better time.
- **If older children present:** “Do the kids have a headset they can use while we are talking?”
- Trust your intuitions about the “right time” to discuss.

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Starting Conversations About Domestic Violence

- “Because of the added stress we’re all feeling right now, we are sharing information about resources that are available. For example, we may have more fighting or arguments, and that can affect our health.”
- “Can we talk about how things are going in your relationship?”

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Altruism Builds Strength and Resilience

- “Would it be okay if I sent you some resources for you to share? I will also send information on support with parenting, access to food, and stress.”

The New York Times

The Science of Helping Out

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



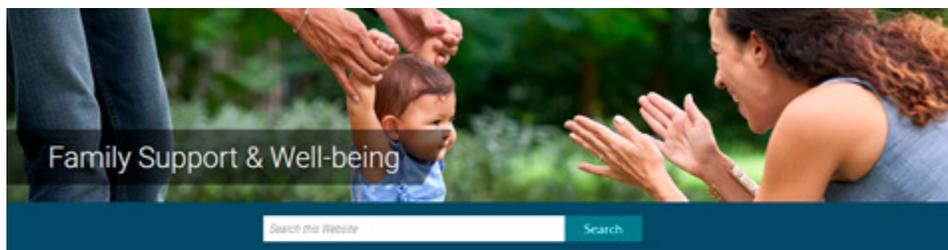
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Sheltering at Home: Strategies to Support Families Who May Be Experiencing Domestic Violence



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Resources About Domestic Violence



Preventing and Responding to Domestic Violence

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/preventing-responding-domestic-violence>

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Important Takeaways

- Make sure **every** parent has knowledge about where to seek help for domestic violence and other needs.
- Make a warm referral if needed.
- Let them know they have your support and understanding.
- Your action may save lives!

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Taking Care of Yourself and Your Colleagues Is Taking Care Of Head Start Families

- Stress is contagious and trauma is disorganizing
- Burnout and vicarious trauma are real. Self-care is essential to be effective
- Loving care is also contagious: Our attitude affects how families feel about themselves

Adapted from Alicia Lieberman PhD, Eddy Machtinger MD, ACES Aware

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Taking Care of You

- Taking Care of Our Patients, Our Teams, and Ourselves: Trauma-Informed Practices to Address Stress Related to COVID-19 Webinar from ACES Aware
- Managing Mental Health During COVID-19 for Health Providers from the AMA
- Self-Care During the Coronavirus Pandemic from NASW
- The Emotional PPE Project connects providers in need with licensed mental health professionals who can help.

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MyPeers Communities

- Open communities including: **Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness; PFCE Deepening Practice**
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds

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Want to Take Your Family Engagement Practice to the Next Level?

Sign Up for Text4FamilyServices Today!

- This FREE text messaging service was designed for family services providers.
 - It is also available in Spanish (español).
- Just text **“PFCE”** to **22660** to sign up!



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Evaluation Link, Wrap-Up, and Certificate



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Have More Questions?

Stay and chat with us!

The speakers will stay on the line an additional 15 minutes to continue the dialogue.



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 NATIONAL CENTER ON
Early Childhood National Centers
Parent, Family and Community Engagement

 FUTURES
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For more information about this webinar, please contact:
pfcewebinars@ecetta.info | 1-866-763-6481