



Military Families Learning Network (MFLN)

Family Development

Application Strategies for Clinicians



February 12, 2015

Interventions:

The information below is provided by the National Association of Social Workers (NASW) at :
http://www.socialworkers.org/pressroom/events/domestic_violence/assessment.asp

Goals for effectively responding to domestic violence victims:

- Increase victim safety and support victims in protecting themselves and their children by validating their experiences, providing support, and providing information about resources and options.
- Inform victims about any limits in confidentiality for example, child abuse or domestic violence reporting requirements.
- The goal is not to get victims to leave their abusers, or to "fix" the problem for the victims, but to provide support and information.

Listen to the victim and provide validating messages:

1. *"You don't deserve this. There is no excuse for domestic violence. You deserve better."*
2. *"I am concerned. This is harmful to you (and it can be harmful to your children)."*
3. *"This is complicated. Sometimes it takes time to figure this out."*
4. *"You are not alone in figuring this out. There may be some options. I will support your choices."*
5. *"I care. I am glad you told me. I want to work together to keep you as safe and healthy as possible."*
6. *"Stopping the abuse is the responsibility of your partners, not yours"*

Provide information about domestic violence to the victim:

- Domestic violence is common and happens in all kinds of relationships.
- Most violence continues and often becomes more frequent and severe.
- Violence in the home can hurt children (if the victim has children).
- Domestic violence impacts the victim's health.
- Stopping domestic violence is the responsibility of the perpetrator, not the victim.

Listen and respond to safety issues:

- Show the victim a brochure about safety planning and go over it with her or him.
- Review ideas for how to keep information private and safe from the abuser.
- Offer the victim immediate access to an advocate 24 hour local, state, or national domestic violence hotline number.
- Offer to have a provider or advocate discuss safety then or at a later appointment.
- If the victim says she or he feels she or he is in danger, take this very seriously.
- If the victim is at high risk and is planning to leave the relationship, explain that leaving without telling the partner is the safest alternative.
- Make sure the victim has a safe place to go and encourage her or him to talk to an advocate.
- Reinforce victim's autonomy in making decisions regarding her treatment.



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Make referrals to local resources:

- Explain any advocacy and support systems within the health care setting.
- Refer victim advocacy and support services within the community including legal options, advocacy services, etc.
- When possible, refer victims to organizations that reflect their cultural background or address their special needs such as organizations with multiple language capacity, those that specialize in working with teen, disabled, deaf, hard of hearing, or lesbian, gay, bisexual, or transgender clients.

If no local resources are available, refer victim to an advocate from the multi-lingual National Domestic Violence Hotline 24 hours a day by dialing 800-799-SAFE, TTY 800-787-3224.

Follow-up steps for health care practitioners:

- Schedule a follow-up appointment. Ensure the victim will have a connection to a primary care provider.
- Domestic violence, like other health issues (smoking, poor nutrition, high blood pressure, etc.), often requires multiple interventions over time. Ask what happened after the last visit.
- Review medical records and ask about past episodes of domestic violence in order to communicate a concern for the victim and a willingness to address this health issue openly.
- Ask the victim if there is a phone number or address that is safe to contact them.

Resources:

Domestic Violence Safety Planning: Family Violence Prevention Fund-www.endabuse.org
http://www.socialworkers.org/pressroom/events/domestic_violence/DV_safety_planning.PDF

National Center for Domestic and Sexual Violence Military Personnel and Families
http://www.ncdsv.org/ncd_military_statresearch.html

U.S. Department of Defense-Military Works to Prevent Domestic Violence
<http://www.defense.gov/news/newsarticle.aspx?id=118275>

Domestic Violence Assessment and Intervention
http://www.socialworkers.org/pressroom/events/domestic_violence/assessment.asp

Domestic Violence Types and Resources
<http://www.woodbridgedvrt.org/pages/fiveforms.html>

National Center for Domestic and Sexual Violence Military Personnel and Families
http://www.ncdsv.org/ncd_military_statresearch.html

U.S. Department of Defense-Military Works to Prevent Domestic Violence
<http://www.defense.gov/news/newsarticle.aspx?id=118275>

Empowering Victims through Partnership
<http://blogs.extension.org/militaryfamilies/2013/07/30/empowering-victims-through-partnerships/>



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Domestic Violence: Warning Signs

<http://blogs.extension.org/militaryfamilies/2013/07/26/domestic-violence-warning-signs/>

Domestic Violence: Definitions

<http://blogs.extension.org/militaryfamilies/2013/07/23/domestic-violence-definitions/>

Working with Different Types of Domestic Violence: Assessment & Intervention

<http://blogs.extension.org/militaryfamilies/2013/08/30/working-with-different-types-of-domestic-violence-assessment-intervention/>

Distinguishing between Types of Domestic Violence

<http://blogs.extension.org/militaryfamilies/2013/08/27/distinguishing-between-types-of-domestic-violence/>

Children's Exposure to Violence: Treatment Considerations

<http://blogs.extension.org/militaryfamilies/2013/08/09/childrens-exposure-to-violence-call-for-treatment-considerations/>

Children's Exposure to Violence: Prevalence & Effects

<http://blogs.extension.org/militaryfamilies/2013/08/06/childrens-exposure-to-violence-prevalence-effects/>

Domestic Violence Warning Signs

<http://www.youtube.com/sinbysilencedoc#p/u/4/9IEKtI86K90>

Predicting Compassion Fatigue & Burnout in Practitioners

<http://blogs.extension.org/militaryfamilies/2014/09/15/predictingcompassion-fatigue-and-burnout-in-practitioners/>

Self-care When Caring for Others

<http://blogs.extension.org/militaryfamilies/2014/05/26/self-carewhen-caring-for-others/>

Self-care for the Military Family Advocate

<http://blogs.extension.org/militaryfamilies/2013/07/03/self-care-forthe-military-family-advocate/>

Working with Members of the Military: Secondary Traumatic Stress

<http://blogs.extension.org/militaryfamilies/?s=Working+with+Members+of+the+Military%3A+Secondary+Traumatic+Stress>

Second Chance Employment Services (SCES)

WWW.scesnet.org