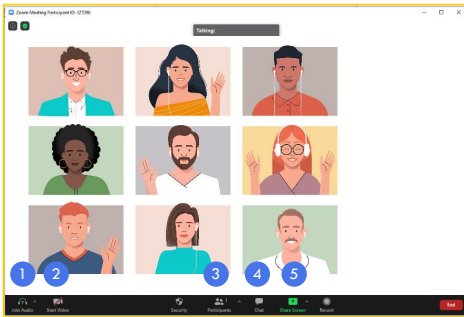


Welcome to DVS1001W: Understanding Domestic Violence

1

ZOOM CONTROL PANEL



2

Two ½ day sessions

9 – 12:30 pm

Log in 10 minutes
before class

We start at 9:00 am

Transfer-of-Learning
activities

3

Day One Agenda
Introductions & Purpose
Guidance Manual: Section H
Defining Domestic Violence and Intimate Partner Violence
Scope of the Problem
Culture and Domestic Violence
Why Survivors Stay / Return
Protective Orders and Safety Planning

4



5

*As in face-to-face training, we will practice respectful communication, honor each other's time, manage our own distractions, and maintain confidentiality of our peers and any case examples shared.

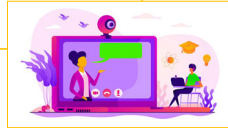
VIRTUAL LEARNING GROUP AGREEMENT

An illustration of a virtual learning environment. It features a large screen displaying a presentation, a person standing next to it, and a laptop on a desk in the foreground. The scene is set in a room with plants and a window.

6

- We will ask for clarification even more than we normally do. With virtual learning, communication can be challenging. Not being able to talk things through face-to-face leaves room for misunderstanding. If one of us doesn't understand, we'll ask a clarifying question.
- We will spell out acronyms and avoid shorthand to ensure cohesive collaboration.

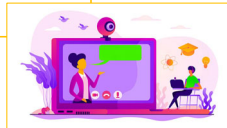
VIRTUAL LEARNING GROUP AGREEMENT



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- We will expect and accept a lack of closure. With online learning it's not unusual to not be able to get to everything and cover every nuance of a topic. We agree to reach out to trainers and our supervisors for follow-up information.
- We acknowledge that this is a sensitive subject. If someone shares a personal or work-related story, we agree to keep that information confidential to ensure that we maintain a safe environment for everyone.

VIRTUAL LEARNING GROUP AGREEMENT



8



9



10

How comfortable are you with working with families affected by domestic violence?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

11



12

Introductions

In your breakout room, share your:

- Name
- Agency
- Position
- An Empathetic Response You Have Received

13

Practice Stamping

How are you feeling today?



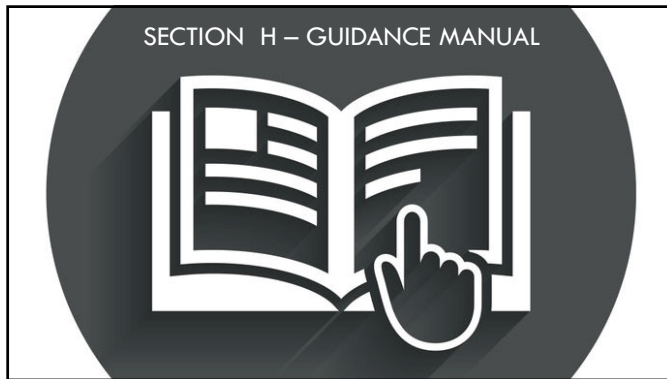
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Do you know someone (personally or professionally) that has been impacted by Domestic Violence/ Intimate Partner Violence?

YES

NO

15



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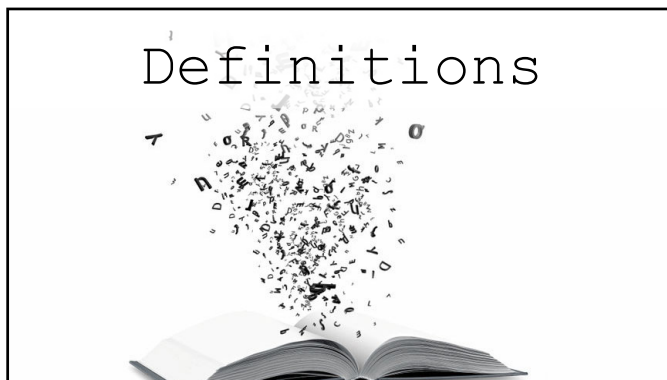
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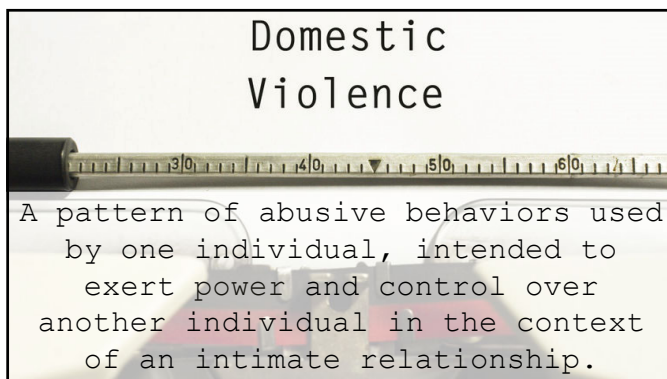
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Intimate Partner Violence

- Many prefer this term to avoid stereotyping
- Can be used interchangeably with Domestic Violence

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Intimate Partner Violence

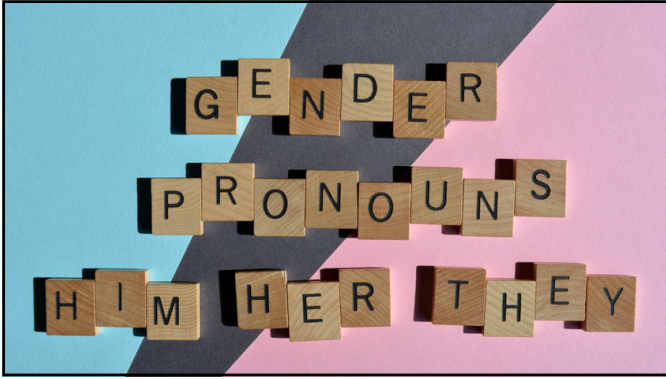
Any physical, sexual, or psychological harm by a current or former partner or spouse.

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VICTIM
SURVIVOR

The intimate partner at whom the DV perpetrator's pattern of abusive and coercive behavior is directed.

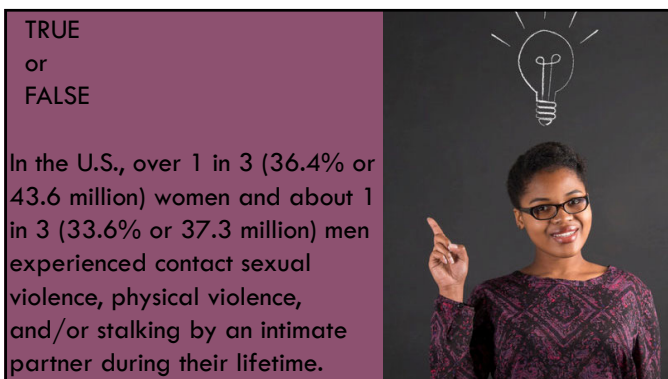
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25




26



27

TRUE
or
FALSE


Domestic violence is due to poverty or lack of education.



28

TRUE
or
FALSE

Alcohol and drug use is a major cause of domestic violence.



29

TRUE
or
FALSE


A person experiencing abuse has many legitimate reasons for staying in a violent relationship.



30

TRUE
or
FALSE


Abusive partners are violent because they cannot control their anger and frustration.



31

TRUE
or
FALSE


If the abuser is truly sorry and promises to reform, the abuse will stop.



32

SCOPE

- Sexual Violence, Physical Violence, Stalking -- 1 in 4 Women & 1 in 10 Men --
- 43 Million Women/ 38 Million Men have experienced psychological aggression by an intimate partner
- 35% of female and 11% of male survivors had a physical injury
- 1 in 5 homicide victims are killed by IPV



33



34

Common Barriers for Survivors of Color

- Cultural / religious beliefs
- Strong loyalty binds to race, culture & family
- Distrust of law enforcement, criminal justice system, & DSS
- Lack of service providers that look like the survivor or share common experiences
- Lack of culturally & linguistically appropriate services
- Lack of trust based on history of racism & classism in the U.S.
- Fear that their experience will reflect on or confirm the stereotypes placed on their ethnicity
- Assumptions of providers based on ethnicity
- Attitudes & stereotypes about the prevalence of DV & sexual assault in communities of color
- Legal status in the U.S. of the survivor and/or the abuser
- Oppression / Revictimization intensified with intersectionality

35

Cultural Barriers to Ending Abusive Relationships

- Social Isolation
- Foreign born victim/survivors may not know their legal rights
- Financial Dependency
- Lack of Interpreters

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Interpreters



- Not appropriate to use children
- Should be a qualified interpreter with fluency in English and the language spoken/written by the Survivor
- Ideally will possess knowledge of the dynamics/terminology of DV/IPV

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Undocumented Immigrants and IPV

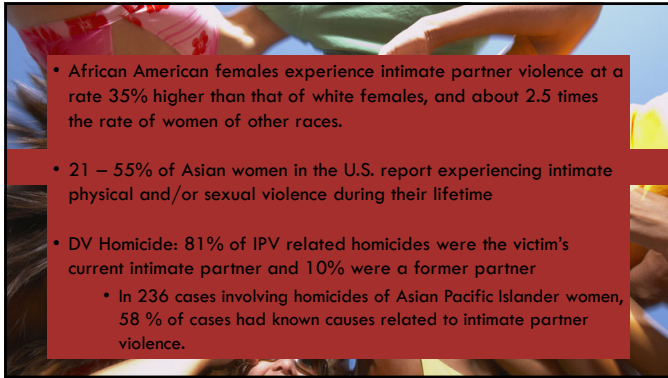


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From the Women of Color Network:

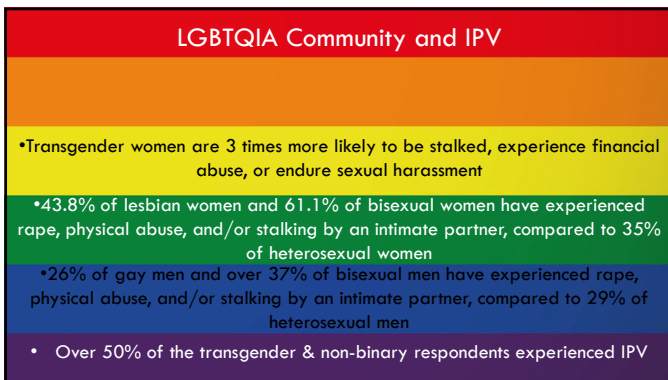
"The impacts of domestic violence impedes upon all communities including racial, ethnic, linguistic, economic, faiths, sexualities and genders. There are unique barriers and historical layers of oppression for marginalized populations... Survivors of color and marginalized/underserved communities share a common thread of a lack of culturally specific services, (lack of) education of mainstream aspiring allies, (lack of) prevention education and sometimes- (lack of) legal protections and implementation. Each program participant, advocate, activist, public policy maker and those in leadership have an opportunity to become educated aspiring allies to others and eliminate the barriers that impede upon the safety of ALL women and their communities."

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- African American females experience intimate partner violence at a rate 35% higher than that of white females, and about 2.5 times the rate of women of other races.
- 21 – 55% of Asian women in the U.S. report experiencing intimate physical and/or sexual violence during their lifetime
- DV Homicide: 81% of IPV related homicides were the victim's current intimate partner and 10% were a former partner
 - In 236 cases involving homicides of Asian Pacific Islander women, 58 % of cases had known causes related to intimate partner violence.

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LGBTQIA Community and IPV

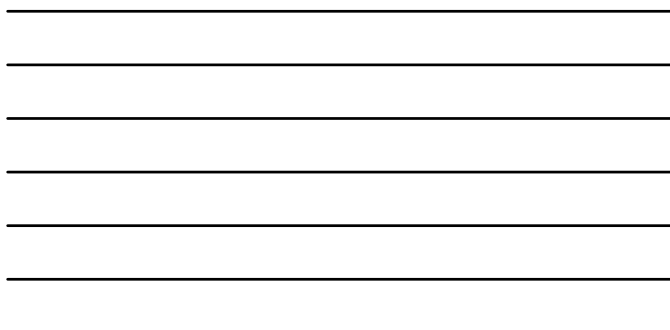
- Transgender women are 3 times more likely to be stalked, experience financial abuse, or endure sexual harassment
- 43.8% of lesbian women and 61.1% of bisexual women have experienced rape, physical abuse, and/or stalking by an intimate partner, compared to 35% of heterosexual women
- 26% of gay men and over 37% of bisexual men have experienced rape, physical abuse, and/or stalking by an intimate partner, compared to 29% of heterosexual men
- Over 50% of the transgender & non-binary respondents experienced IPV

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Breakout Groups

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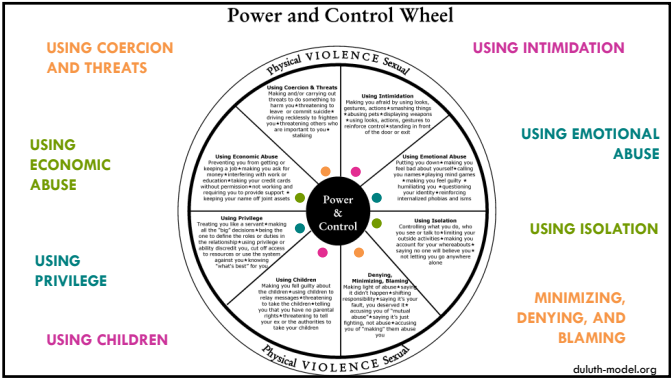





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- Up to 68% of women in abusive relationships experience strangulation
- Only 50% had visible injuries, and only 15% had injuries that were sufficient to be photographed
- If pressure is maintained, loss of consciousness can occur within **10 seconds**, and death can occur within **3-5 minutes**
- Victims of one strangulation are 750% more likely to become a victim of homicide by the same partner

<https://www.strangulationtraininginstitute.com>

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Why Survivors Stay or Return



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Safety is both the absence of violence & having basic needs met.

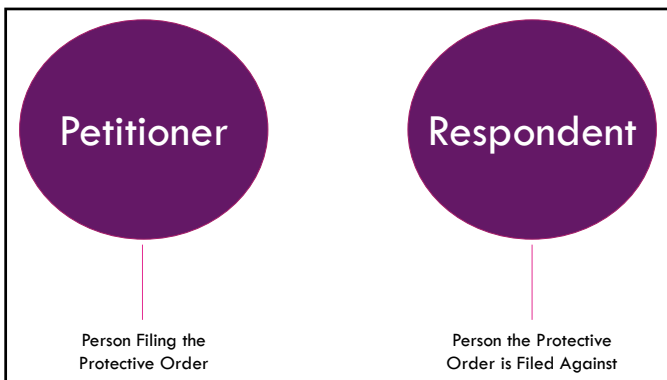


- Victims leave an average of 7 times
- Risk increases by 75% after they leave
 - Power and Control

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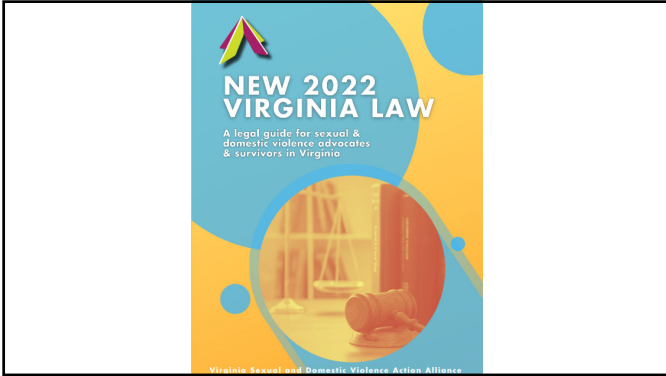
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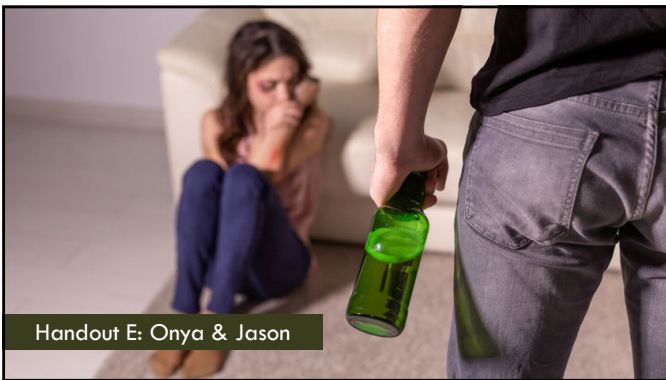
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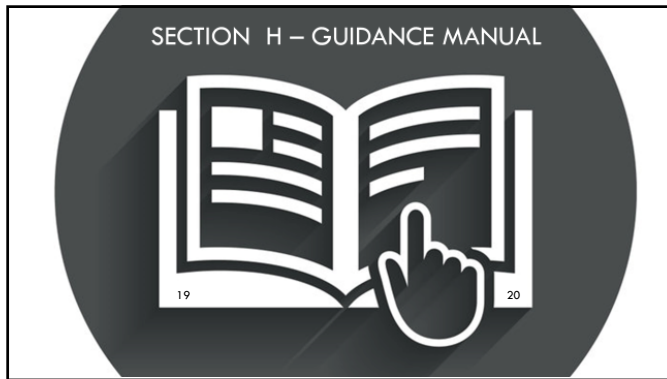
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1.6 Safety and DV

1.6.1 Safety planning with DV victims and children

Safety planning is an important step in assuring the safety of DV victims and their children. The safety of children is closely linked to the safety of DV victims; and therefore its purposes are to:

- Achieve immediate and long-term safety for children and DV victims.
- Provide safety options for DV victims and their children.
- Hold DV perpetrators accountable for their abusive behavior and responsible for stopping the violence.

In working towards these goals, it is important to explore all possible safety options with DV victims without forcing any one option or attempting to develop a safety response without their input. All possible safety options should be explored prior to considering separating children from DV victims.

Safety planning for DV victims differs from the child-focus safety planning conducted in CPS referrals. It is important to remember that DV victims are best able to predict DV perpetrators' reactions. Planning for the children's safety should include a discussion with DV victims about what they think they are capable and willing to do to ensure safety for not only their children but themselves. DV victims may consider using the following strategies as a safety response:

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- Dialing 911 for immediate law enforcement assistance; or
- Finding immediate shelter or safe refuge; or
- Removing weapons from the home; or
- Utilizing domestic violence program's services for advocacy and safety planning; or
- Petitioning for a protective order from the court.

Planning for the children's safety is a continuous process based on the circumstances throughout the life of the case. The CPS Safety Assessment is required at any point safety issues are revealed. After the initial interview with DV victims, the Safety Assessment and a safety plan, if needed, should be completed. A separate Safety Assessment and safety plan, if needed, should be completed after DV perpetrators are interviewed.

See [Appendix J: DV Safety Planning](#) for the recommended safety planning tool for DV victims and their children.



1.6.2 Safety planning with DV perpetrators

DV perpetrators should take responsibility for decreasing the threats they pose to DV victims and children. A safety plan with DV perpetrators may include:

- Moving out of the house.
- Sharing resources with DV victims (such as use of the family vehicle).
- Providing financial support for DV victims and their children.
- Job hunting.

The safety plan should be included in the service plan.

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<p>Safety Planning works</p> <p>People who have experienced violence in a relationship have told us safety planning can help.</p> <p>You can't change the abuser, but you can act to increase your safety by thinking about your next steps.</p> <p>Every day people who experience or fear violence take the first steps to change their lives.</p> <p>There are people trained to help you develop a plan that can increase your safety.</p> <p>Call, and you can make it happen.</p>	<p>What is Safety Planning?</p> <p>Safety planning is thinking and acting in a way that can increase your safety and the safety of your loved ones.</p> <p>You can do safety planning whether you stay in a relationship or if you are able to leave an abusive relationship.</p> <p>Safety planning is something you do to help yourself feel and be "safe" when you are being hurt or afraid of being hurt.</p> <p>If you are being abused by a spouse, family member, your boyfriend/friend, someone at work or school, a personal care assistant, or someone else, there are things you can do that may help increase your safety.</p> <p>In fact, you are probably already doing things to make you and your children more safe. Here are some examples:</p> <ul style="list-style-type: none"> You may ask someone for help. You may call a domestic violence hotline or the police. You may try to end the relationship. Sometimes you may try not to say things that might "upset" the abusive person. You may teach your children how to call for help. You may change your job or school. <p>It is never to safety plan if you have someone to help you. Try remembering someone who can help you think about all your different choices and options.</p> <p>Call the Family Violence and Sexual Assault Hotline at 1-800-838-8238 or information on a program in your area.</p>
<p>Resources:</p> <p> 1-800-838-8238 (v) (t)</p> <p> ALL-TOWN ALLIANCE</p>	<p>What do I need to know about Safety Planning?</p> <p>You are the expert on your life. Your own experience is the best tool in planning for your safety.</p> <p>Planning often involves thinking about many choices. If Plan A doesn't work, what is Plan B?</p> <p>There are many kinds of dangers or risks when you are being abused. When planning consider all of the risks.</p> <p>Think about different places you may not be safe home, work, school, other places you often visit and your abuser knows about.</p> <p>Think about different times you feel unsafe:</p> <ul style="list-style-type: none"> Right after you try to leave the relationship. When drugs or alcohol are around. When you are alone with the person. If the person gets violent (drugs, yelling, hitting, threatening). <p>Consider your own and your children's emotional safety as well as physical safety. When you start to make a safety plan, you will want to think about different kinds of safety, like:</p> <ul style="list-style-type: none"> Emotional/mental (what will you do if you or your children get scared or are very upset)? Physical (what will you get out there ways to protect yourself and your children)? Financial (money, insurance, etc.). <p>Above all, trust your feelings and instincts. Remember, you are the expert on your life!</p>

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<p>To get started, think about...</p> <p>Where and when you might be in danger:</p> <ul style="list-style-type: none"> Are you living with the abuser? Do you work or go to school in the same place? Do you have children with this person? Do you need this person to help you bathe, use the bathroom, or eat? Does this person pick for your medication or equipment? Do you have the same friends or visit the same family members? Do you sleep in the same places? Will you go to court at the same time? Are there signs before the abuse starts, like a look or drinking or using drugs, or yelling? <p>What will you need if you decide to leave?</p> <ul style="list-style-type: none"> Money and credit cards? medications? Birth certificates and other ID? adaptive equipment? Items for your children? what else? <p><i>Remember you deserve to be safe and free from abuse. You can take actions to increase your safety.</i></p>	<p>Then think about...</p> <p>What you can do to be safe</p> <p>These are ideas that other people have shared:</p> <ul style="list-style-type: none"> When things were very dangerous, try to think about what calms down the abuser. This might give you time to think about what to do next. Tell people about what is happening and let them know how they can be helpful. For example, if it is safe to do so, tell your neighbors and ask them to call the police if they see or hear any fights or something unusual. You can talk with your employer and make a plan for what to do if your abuser shows up at work. If the abuser is a personal care assistant or takes care of you, talk to someone about getting an emergency caregiver or find someone else who can help you for a little while. If your abuser works with you, read your company's policies about stalking, harassment, and workplace violence so you know what your rights are. You can talk to your supervisor about the abuse, if you feel safe to do so. Write down when abuse happens at work. If you sense that your partner is about to become violent, try to get to a place where there is an exit door and/or a phone. If you don't live with the abuser, try to change your routine. Consider sleeping and bathing in a different place than usual. Try to get rules with friends or take someone along with you when you go out. Consider changing your phone number and location. Remember that an abuser can track your location and goings through your cell phone. If you have a cell phone, change the number to one your abuser doesn't know. Be careful when you use a computer. Some people know how to figure out passwords. Other people know how to see what you looked at on the internet. If you use a TTY or similar machine, make sure you enter in memory so the abuser cannot see who you called or what you said. 	<p>Take warning signs seriously</p> <p>Talk with someone and make a safety plan right away if...</p> <ul style="list-style-type: none"> You have recently left the abuser or changed the relationship. The abuser has made threats to kill you, her/himself, your children, your pets or someone close to you. The violence happens more often or there is more sexual violence. You are going to court about criminal charges, divorce, or custody of children. The abuser has threatened you with a weapon or used one against you. The abuser has threatened to hospitalize you or to harm you arrested. You are moving on with your life, feeling better, making more money, getting more help, and the abuser resents the changes. The abuser has taken or broken equipment that you need, like a TTY, wheelchair, or cane. The abuser feels as though he or she has nothing left to lose. <p>Call the Virginia Family Violence and Sexual Assault Hotline at 1-800-838-8238 (v) (t) and ask for help with making a Safety Plan.</p>
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<p>Technology Safety Planning with Survivors</p> <p><i>Tips to discuss if someone you know is in danger</i></p> <p><small>Technology can be very helpful in victims of domestic violence, sexual violence, and stalking, however it is important to take steps to protect your privacy and safety when using technology.</small></p> <ol style="list-style-type: none"> Trust your instincts. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Plan for safety. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Take precautions if you have a "hot" phone. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Use a safer computer. If anyone abuser has access to your computer, they can see everything you do online. Try to use a computer that is not connected to the internet, or use a public library, university center, or internet cafe. Create a new email account. If you suspect that anyone abuser can access your email, consider creating a new email account. Do not share or check this new email from a computer your abuser could access to use it. It is important to use a secure email service and to use a secure email address. Check your cell phone settings. If you are using a cell phone, consider if the abuser knows how to track you. If you are using a cell phone, consider if the abuser knows how to track you. If you are using a cell phone, consider if the abuser knows how to track you. Change passwords & pin numbers. Some abusers may be able to see your passwords or pin numbers. Change your passwords and pin numbers regularly. Do not share your passwords or pin numbers with anyone. Minimize use of cellphones or text messages. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Use a disposable or new cell phone. When making a safety plan, consider if you need a new cell phone. If you need a new cell phone, consider if you need a new cell phone. If you need a new cell phone, consider if you need a new cell phone. Use a private mailbox and don't give out your real address. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Search for your name on the internet. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. <p>For more safety information, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 800-787-3224.</p>	<p>Technology Safety Planning with Survivors</p> <p><i>Tips to discuss if someone you know is in danger</i></p> <p><small>Technology can be very helpful in victims of domestic violence, sexual violence, and stalking, however it is important to take steps to protect your privacy and safety when using technology.</small></p> <ol style="list-style-type: none"> Trust your instincts. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Plan for safety. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Take precautions if you have a "hot" phone. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Use a safer computer. If anyone abuser has access to your computer, they can see everything you do online. Try to use a computer that is not connected to the internet, or use a public library, university center, or internet cafe. Create a new email account. If you suspect that anyone abuser can access your email, consider creating a new email account. Do not share or check this new email from a computer your abuser could access to use it. It is important to use a secure email service and to use a secure email address. Check your cell phone settings. If you are using a cell phone, consider if the abuser knows how to track you. If you are using a cell phone, consider if the abuser knows how to track you. If you are using a cell phone, consider if the abuser knows how to track you. Change passwords & pin numbers. Some abusers may be able to see your passwords or pin numbers. Change your passwords and pin numbers regularly. Do not share your passwords or pin numbers with anyone. Minimize use of cellphones or text messages. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Use a disposable or new cell phone. When making a safety plan, consider if you need a new cell phone. If you need a new cell phone, consider if you need a new cell phone. If you need a new cell phone, consider if you need a new cell phone. Use a private mailbox and don't give out your real address. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. Search for your name on the internet. If you suspect the abuser knows how to track you, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can use a variety of methods to track you, including using creative ways to maintain power and control. <p>For more safety information, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 800-787-3224.</p>
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Personalized Safety Plan

The following steps represent my plan to try to increase my safety and prepare for the possibility of future abuse or violence. Although I do not have control over my partner's actions, I do have options about how to respond to those actions based on my experiences and what I know about my partner.

STEP 1: Safety during a violent incident

People cannot always avoid abusive incidents. In order to increase safety, persons who are experiencing abuse and/or violence in a relationship may use a variety of strategies.

I can use some or all of the following strategies:

A. If I decide to leave, I will _____
(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

B. I can keep my wallet and car keys ready and put them (place) _____
_____ in order to leave quickly.

C. I can tell _____ about the violence and ask them to call for help if they hear suspicious noises coming from my house.
I can also tell _____ about the violence and ask them to call the police if they hear suspicious noises coming from my house.

D. I can teach my children how to use the phone to contact help.

E. I will use _____ as my code word with my children and/or my friends so they will know to call for help.

F. If I have to leave the house, I will go _____
(Decide this even if you don't think there will be a next time.)

Virginia Family Violence & Sexual Assault Hotline 1-800-635-6273 (SAFE)
A product of the Virginia Research & Domestic Violence Action Alliance

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STEP 1: Safety during a violent incident

STEP 2: Safety in my own residence

STEP 3: Sexual Safety Planning

STEP 4: Safety when preparing to leave

STEP 5: Safety with a Protective Order

STEP 6: Safety on the job and in public

STEP 7: Safety and drug or alcohol use

STEP 8: Safety and my emotional health

STEP 9: Items to take when leaving

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STEP 1: Safety during a violent incident

People cannot always avoid abusive incidents. In order to increase safety, persons who are experiencing abuse and/or violence in a relationship may use a variety of strategies.

I can use some or all of the following strategies:

A. If I decide to leave, I will _____
(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)

B. I can keep my wallet and car keys ready and put them (place) _____
_____ in order to leave quickly.

C. I can tell _____ about the violence and ask them to call for help if they hear suspicious noises coming from my house.
I can also tell _____ about the violence and ask them to call the police if they hear suspicious noises coming from my house.

D. I can teach my children how to use the phone to contact help.

E. I will use _____ as my code word with my children and/or my friends so they will know to call for help.

F. If I have to leave the house, I will go _____
(Decide this even if you don't think there will be a next time.)

If I cannot go to the location above, then I can go to _____
or _____.

G. I can also teach some of these strategies to some/all of my children.

H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____
(Try to avoid arguments in the bathroom, garage, kitchens, near weapons, or in rooms without access to an outside door.)

I. I will use my judgment and intuition. If the situation calls for it, I can give my partner what they want to calm them down. I have to protect myself until my children and I are out of danger.

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STEP 1: Safety during a violent incident

STEP 2: Safety in my own residence

STEP 3: Sexual Safety Planning

STEP 4: Safety when preparing to leave

STEP 5: Safety with a Protective Order

STEP 6: Safety on the job and in public

STEP 7: Safety and drug or alcohol use

STEP 8: Safety and my emotional health

STEP 9: Items to take when leaving

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STEP 2: Safety in my own residence

There are many things that a person can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems, including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor of my house or apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.
- G. I will teach my children how to use the phone to make a collect call to me and to the event that my partner takes my children: _____ (friend, faith leader, other) in
- H. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about the pick-up permission include: _____ (school), _____ (day care staff), _____ (daycare), _____ (Sunday School teacher), _____ (teacher), and _____ (others).
- I. I can inform _____ (neighbor), _____ (minister, rabbi, or other faith leader), and _____ (friend) that my partner no longer resides with me and they should call for help if my partner is observed near my residence.

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STEP 1: Safety during a violent incident

STEP 2: Safety in my own residence

STEP 3: Sexual Safety Planning

STEP 4: Safety when preparing to leave

STEP 5: Safety with a Protective Order

STEP 6: Safety on the job and in public

STEP 7: Safety and drug or alcohol use

STEP 8: Safety and my emotional health

STEP 9: Items to take when leaving

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STEP 4: Safety when preparing to leave

People who are managing abuse in a relationship sometimes leave the residence they share with the partner. Leaving must be done with a careful plan in order to increase safety. Partners often strike back when they believe their partner is leaving the relationship.

I can use some or all of the following safety strategies:

A. I will leave money and an extra set of keys with _____ so I can leave quickly.

B. I will keep copies of important documents (see step 3) or leave at _____.

C. I will open a savings account by _____ to increase my independence.

D. Other things I can do to increase my opportunities to make my own decisions include _____.

E. The Domestic Violence Program's hotline number is _____. I can seek shelter by calling this hotline. (You can call the Virginia Family Violence & Sexual Assault hotline at 1-800-838-8238 [vfva.org](http://www.vfva.org) to get the number of your local Domestic Violence Program).

F. I can keep my cell phone on me at all times. I understand that if I use my cell phone and my partner gets a hold of the phone or sees the bill, they may have access to the numbers that I have called.

G. I will check with _____ and _____ to see who would be able to let me stay with them and lend me some money.

H. I can leave extra clothes with _____.

I will sit down and review my safety plan every _____ in order to plan the safest way to leave my residence. _____ (domestic violence advocate or friend) has agreed to help me review this plan.

I will rehearse my escape plan with an appropriate individual & with my children.

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STEP 1: Safety during a violent incident

STEP 2: Safety in my own residence

STEP 3: Sexual Safety Planning

STEP 4: Safety when preparing to leave

STEP 5: Safety with a Protective Order

STEP 6: Safety on the job and in public

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STEP 8: Safety and my emotional health

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STEP 1: Safety during a violent incident

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STEP 6: Safety on the job and in public

STEP 7: Safety and drug or alcohol use

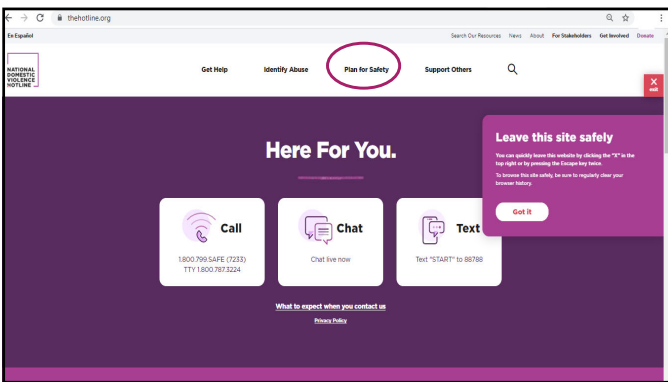
STEP 8: Safety and my emotional health

STEP 9: Items to take when leaving

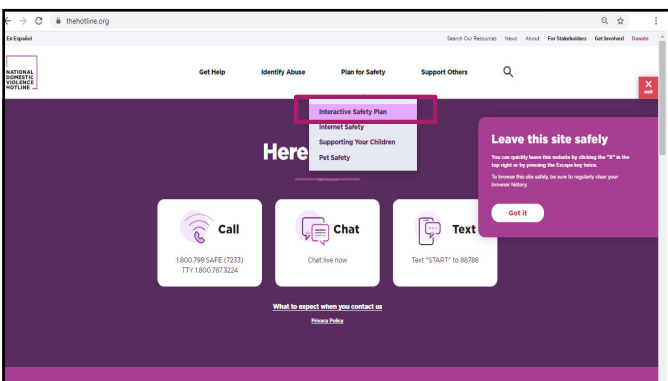
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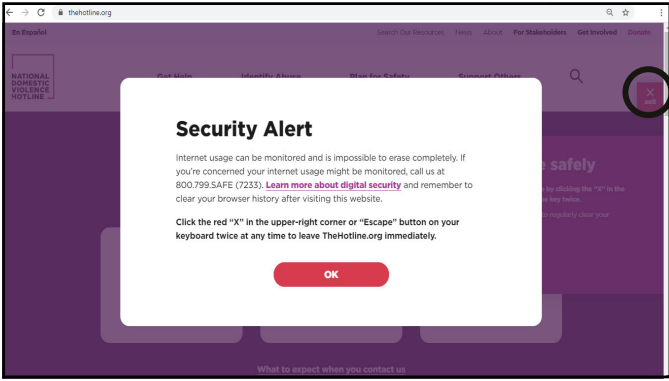
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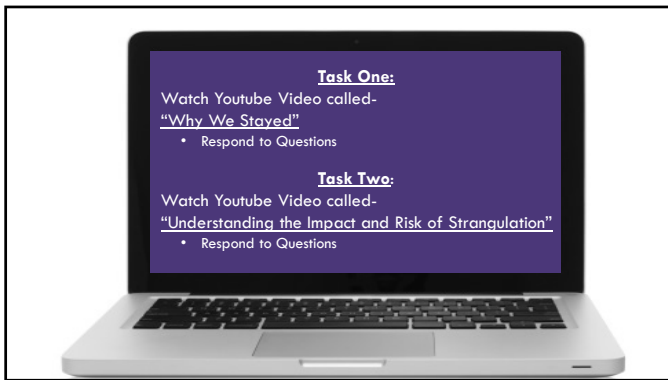
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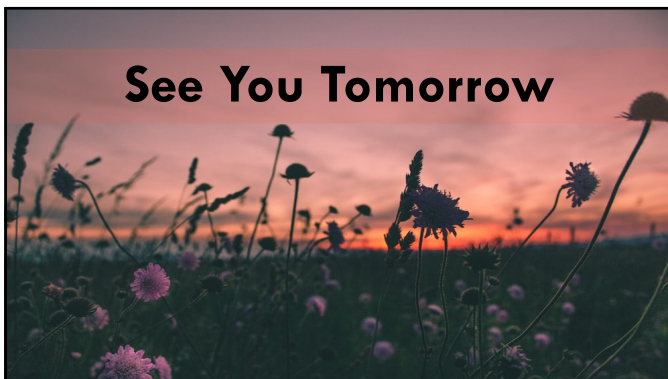
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DVS1001W: Understanding Domestic Violence
Day Two



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What do you think is the most
important quality in a healthy,
safe relationship?



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DAY ONE RECAP



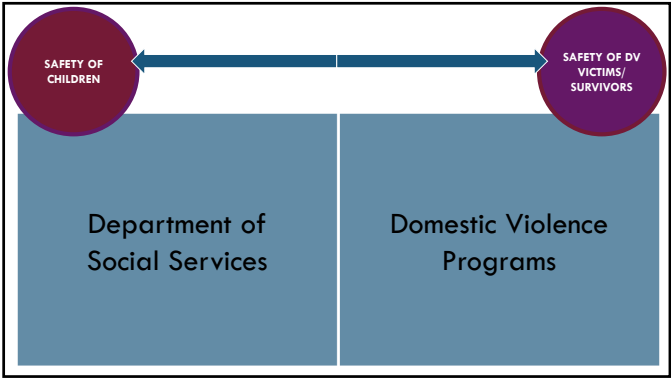
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Day Two Agenda
Review of Transfer of Learning
Community Collaboration
Confidentiality
Responses to Disclosures and Interviewing Survivors
Childhood Exposure to DV
Worker Safety and Compassion Fatigue
Resources & Next Steps

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Domestic Violence Programs

- Help FSS think creatively about safety plans for victims and children.
- Help FSS think through info they have gathered and how it may/may not relate to any identified DV.
- Help FSS think through how the identified DV may affect case plans and services that the FSS is developing with the families.
- Providing information about community resources that increase safety and provide services for DV victims/survivors.

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COLLABORATIONS IMPROVE OUTCOMES BY:

- Ending violence against adults and children
- Ensuring children's safety
- Protecting DV victims so their children are not harmed by the violence
- Promoting parents' strengths
- Deferring CPS Intervention/Foster Care by making referrals

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Safety:

- Their experiences about keeping themselves safe when a situation felt dangerous
- Safety planning for the future, on an age appropriate basis (DV victims are often part of the child safety planning process)
- Who to call in an emergency, including instructions on how to call 911
- Identifying safe adults with whom they can talk or visit

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Emotional Support:

- Listen to children and make them feel heard and supported
- Be present for children to talk about the situation
- Offer separate space to avoid being re-exposed to the details of the adult DV survivors' stories of abuse

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WORKING WITH A DVP IMPROVES CHILD OUTCOMES BY:

Providing services to DV survivors

Avoiding foster care, or lessening the child's time in foster care

Involving a DV advocate in a FPM

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Confidentiality



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DVPs and Mandated Reporting

§ 63.2-1509

- All DV Advocates are not mandated reporters
- DVP professionals or those who have received training on child maltreatment are mandated reporters

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Section H: 1.2.3 Confidentiality Issues

- DVPs are required to protect confidentiality of those accessing services
- A specific, time limited consent form must be signed by the DV victim

§ 63.2-104.1

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1.13 Appendix A: Sample Consent Form for DV Victims

Consent for the Release of Confidential Information

For Victims of Domestic Violence

When a Family Services Specialist needs to obtain information from, or exchange information with, local domestic violence programs (DVP) regarding a family who has experienced domestic violence, a specific, time-limited consent form is required by the DVP.

The following template meets all of the required elements set forth in the Violence Against Women Act and should be accepted by any local domestic violence program.

Confidentiality Statement:

Local domestic violence programs will not disclose any personal information without your written consent. They may have some exceptions such as having a mandated reporter as on staff, or being court ordered to release information.

If you choose to have the local DVP release some of your information, you can use this form to choose what is shared, how it is shared, with whom it is shared and for how long.

I understand that _____ (name of DVP) has an obligation to my personal information, identifying information and my records confidential. I also understand that I can choose to allow _____ (name of DVP) to release some of my personal information to certain individuals or agencies.

I, _____, authorize _____ (name of DVP) to share the following information with:

Who I want to have my information shared:	Name _____ Department of Social Services Phone Number _____
This information may be shared: <input type="checkbox"/> by person <input type="checkbox"/> by phone <input type="checkbox"/> by fax <input type="checkbox"/> by mail <input type="checkbox"/> by email	
<input type="checkbox"/> I understand that email, fax and other electronic means may not be confidential forms of communication and could be intercepted and read by other people.	
What info about me will be shared:	(list as specifically as possible, for example: name, dates of service, any documents, etc.)
Why I want my information shared (purpose):	(list as specifically as possible, for example: to receive benefits, to get services for child, etc.)

Please note that there is a risk that a limited release of information can potentially open up access by others to all of your confidential information held by _____ (name of DVP).

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I understand:

I do not have to sign a release form. I do not have to allow _____ (local DVP) to share my information. Signing a release form is completely voluntary. This release is limited to what I write above. If I would like _____ (local DVP) to release information about me in the future, I will need to sign another written, time-limited release.

Releasing information about me could give another agency or person information about my location and would confirm that I have been receiving services from a domestic violence program.

The _____ (name of DVP) and I may not be able to control what happens to my information once it has been released to above listed person/agency, and that the person/agency getting my information may be required by law or practice to share it with others.

This release expires on _____ (date) _____ (time)

I understand that this release is valid when I sign it and that I may withdraw my consent to this release at any time either orally or in writing.

Expiration should meet the needs of the victim, which is typically no more than 15 – 30 days, but may be shorter or longer.

Signed: _____ Date: _____ Witness: _____

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§ 65.2-104.1. Confidentiality of records of persons receiving domestic and sexual violence services.

A. In order to ensure the safety of adult and child victims of domestic violence, dating violence, sexual assault, or stalking, or victims of a violation of § 18.2-48, 18.2-355, 18.2-356, 18.2-357, or 18.2-357.1, and their families, programs and individuals providing services to such victims shall protect the confidentiality and privacy of persons receiving services.

B. Except as provided in subsections C and D, programs and individuals providing services to victims of domestic violence, dating violence, sexual assault, or stalking, or victims of a violation of § 18.2-48, 18.2-355, 18.2-356, 18.2-357, or 18.2-357.1, shall not:

1. Disclose any personally identifying information or individual information collected in connection with services requested, utilized, or denied through programs for victims of domestic violence, dating violence, sexual assault, or stalking, or victims of a violation of § 18.2-48, 18.2-355, 18.2-356, 18.2-357, or 18.2-357.1; or
2. Reveal individual client information without the informed, written, reasonably time-limited consent of the person about whom information is sought; the minor and his parent or legal guardian, in cases in which the client is an unemancipated minor; or the guardian of an incapacitated person as defined in § 64.2-2000, whether for this program or any other Federal, State, tribal, or territorial grant program. However, consent for release may not be given by the abuser or alleged abuser of the minor or incapacitated person, or the abuser or alleged abuser of the other parent of the minor.

C. If release of information described in subsection B is compelled by statutory or **court mandate**, the program or individual providing services shall:

1. Make reasonable attempts to provide notice to victims affected by the disclosure of information; and

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Damaging and Unhelpful Responses

“I'm just gonna make a stance and say that I'm not gonna answer that question anymore, because the question should really be to the abuser: 'Why are you holding someone hostage with abuse?' You know, and people say, 'Oh, it can't have been that bad or else you would have left.' And it's like, 'No, it's because it was that bad I couldn't leave'.”

- FKA Twigs

• Disparaging the abuser

Why don't you just leave?

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VALIDATING RESPONSES

I'm sorry this is happening to you.

The abuse is not your fault- you are not to blame for someone else's violence.

I'm worried about your safety and the safety of your children (or pets).

You don't deserve it. You deserve to be safe- your children deserve to be safe.

It will likely get worse.

You are not alone.

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VALIDATING RESPONSES

I'm glad you told me, I would like to help you.

Let's talk about how I might be able to help.

You have the right to make your choices, including the decision whether to stay or to leave an abusive situation.

Domestic violence is a crime.

Resources are available to you...

Do you want to use my phone to call them so you can talk with someone who can help?

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Virginia Department of Social Services Child and Family Services Manual		H. Domestic Violence
Psychological Abuse	The systematic perpetration of malicious, non-physical acts against an intimate partner, child or dependent adult. Also known as mental or emotional abuse, these acts may include threats, harassment, denying access to financial resources, depriving of food and/or medication, preventing the DV victim from leaving the home, or abusing the family pet.	
Non-Offending Parent	The parent who is not responsible for the abuse or neglect of the child or children.	
Safety Plan (DV)	A plan developed with DV victims to increase safety for both the individual and children. The safety plan addresses both immediate and long-term safety threats to both DV victims and their children and takes into consideration the specific pattern of abuse, DV perpetrator tactics, and the protective factors of DV victims, children and community.	
Screening	A brief, routine process designed to identify indicators, or "red flags," for the presence of DV issues that reflect an individual's need for safety planning and for alternative types of services that may include the involvement of a local DVPI. Screening may include a brief interview or the use of self-report instruments.	
Stalking	Stalking is repeated conduct which places a person, or their family, in reasonable fear of death, sexual assault, or bodily injury. See § 18.2-60.3 of the Code of Virginia.	
Trauma	Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.	
Victim Advocates	Individuals who act with and on behalf of DV victims and children to help them achieve certain changes, as identified by DV victims. DV advocates help victims explore safety options, identify and prioritize their needs	

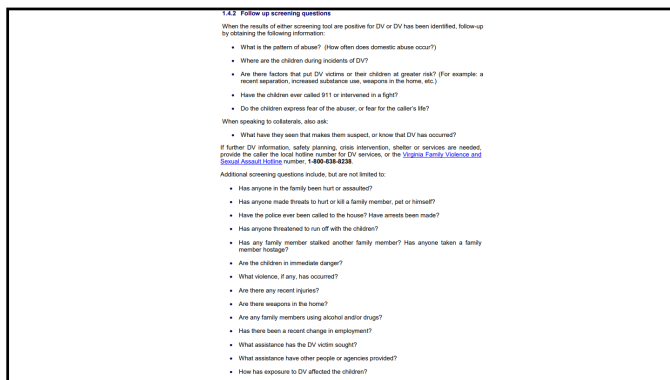
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<p>1.4. Screening for DV</p> <p>Universal screening for DV is the routine process of asking families about their experiences with DV. The child welfare system has multiple opportunities to screen for DV. LSSS should screen:</p> <ul style="list-style-type: none"> During every intake call. In a CPS Family Assessment or Investigation. <p>H. Section 1 Page 11 of 58 1 Domestic Violence</p>	<p>Virginia Department of Social Services Child and Family Services Manual April 2015 H. Domestic Violence</p> <ul style="list-style-type: none"> Prior to conducting a Family Partnership Meeting (FPM). On a routine basis during an open Prevention, CPS or Foster Care case. When screening foster and adoptive families. During visitation. Prior to reunification. <p>Screening for DV is an ongoing process. Some DV victims or children may withhold information that confirms the existence of DV. As they grow to understand the involvement of the child welfare system, and begin to trust the CPS, information may be more freely shared. Additionally, abusive behaviors may, over time, escalate to a more harmful level, or there may be additional incidents of DV.</p> <p>1.4.1 Screening tools</p> <p>There are several evidence based tools that can be used to screen for DV depending on who is being interviewed. The "WITP" (Risk, Trust, Threats) Screen is screening that may be used to screen for DV with collateral such as family members, professionals, service providers, anonymous callers and mandated reporters. The "Woman's Experience with Battering Tool" (WEBS) is designed to be used with potential victims of DV. Both tools are located in Appendix E, DV Screening Tools.</p> <p>1.4.2 Follow up screening questions</p>
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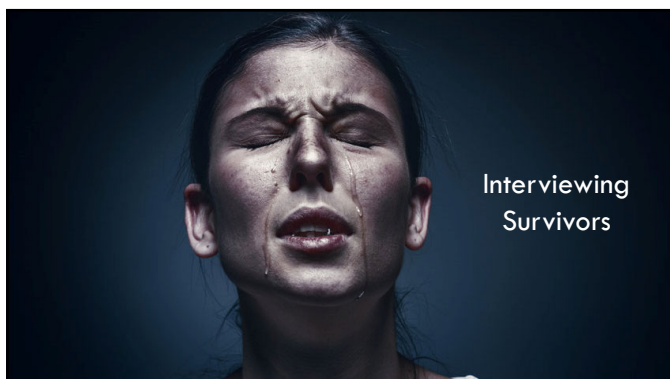
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1.5 Assessing DV

Once it is determined that DV is indicated, a DV assessment should be done to assess the immediate danger to children and DV victims as well as determine necessary interventions and community supports to meet their needs. The DV assessment tools gather information to inform the Family Services Specialist's decisions regarding the following questions:

- Is the child in danger from the DV?
- What is the nature of the risks to the child?
- Who is responsible for causing the child to be in danger? To be at risk?
- Is emergency intervention necessary?
- When is further assessment needed?
- How can the FSS best work with the family to address, reduce, or remove child safety threats or dangers?
- How can the risks to the child best be monitored over time?
- What community supports do the children and DV victims have and need?

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1.5.1 General guidelines for interviewing families

- Safety for children and DV victims is the priority when FSS conduct interviews.
- Separate interviews should be conducted with the DV victim and the DV perpetrator when both are in the home.
- If DV was revealed during intake, or when DV is revealed through subsequent screening, the worker should immediately work with DV victims to make a safety plan for them and their children.
- When DV is known or suspected, interview family members in the following order, if possible. First, interview DV victims (if the worker believes that this will cause risk to child victims, begin with the children). Next, interview the children. End by interviewing DV perpetrators.
- A CPS response involving DV does not warrant an automatic removal in order to ensure safety. The LDSS should continue to make reasonable efforts to protect children in their own home (or in a shelter or other safe housing if arranged by DV victims) and prevent removal.
- Interviews with DV victims should provide an understanding of the situation and the level of danger. If there is extreme danger for DV victims and their children, interviewing the children may be postponed until a safety plan can be developed. Postponing the interview with the children should be the exception and not the rule. Documentation in OASIS should reflect the reasons for the postponement. Once safety is assured, all required face to face contacts must be conducted.

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1.5.2 Interviewing and assessing DV victims

To ensure child safety, as well as to enhance that of DV victims, and to promote candid disclosure about the violence occurring in the home, DV victims should be interviewed separate and apart from DV perpetrators.

DV victims may be reluctant to talk with the FSS because of fears of losing their children and of being punished by DV perpetrators. By focusing on the safety concerns, the FSS can build trust and an alliance with DV victims.

Explain that the local agency is required to protect children from harm and that any disclosures made will be used to plan for the children's safety.

If the DV victim is currently receiving services from a DVP, the advocate may be present for the interview, if the DV victim requests.

When interviewing DV victims, it is important to:

- Explain the CPS process and the role of the LDSS.
- Provide assurance that the children's safety as well as DV victims' safety is the goal of the assessment.
- Provide referral information about DVP.
- Assess power and control issues in the family including the economic situation of the family. See [Appendix C: Power and Control Wheel](#).

See [Appendix F: DV Assessment Tool: DV Victim](#) for an assessment tool that is recommended for use with DV victims.

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Encouraging DV Advocacy

- Avoid mandating contact
- Tell survivors what DV advocacy programs have to offer
- Let survivors know that you have met the people at the advocate programs
- Find out their fears and questions about the DV programs
- Suggest that you take a minute to call the advocacy programs so that they can ask their questions
- Sit with them while they call the programs (unless they want privacy)
- Provide a telephone so that calls are not monitored or tracked by the abuser

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Interviewing Perpetrators



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- Allow for the assessment of the level of danger presented by the DV perpetrator
- Ask about relationships
- Do not disclose info given by others
- Interview should be structured

DV perpetrators may:

- Present self as the "victim"
- Charm or manipulate the FSS
- Gain control of the interview
- Deny DV/IPV
- Insist that the relationship is fine or that the other is the perpetrator

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A separate Safety Assessment and safety plan, if needed, should be completed with DV victims after interviews with alleged DV perpetrators.

When assessing the dangerousness of DV perpetrators, collaboration with a certified BIP is helpful. Some programs exist in Virginia that address female DV perpetrators, but most focus specifically on male DV perpetrators. To find a listing of certified BIP in Virginia, click [here](#).

DV perpetrators often deny, minimize or give misleading information about their violent behavior. When accessible, multiple sources should be consulted when assessing for dangerousness, including but not limited to:

- Police arrest reports and records of "domestic disturbances".
- Criminal records.
- DV victim affidavits from past protective orders (if available).
- Prior child abuse and neglect reports found in OASIS.
- [Family Advocacy Programs](#) of the U.S. Armed Forces.

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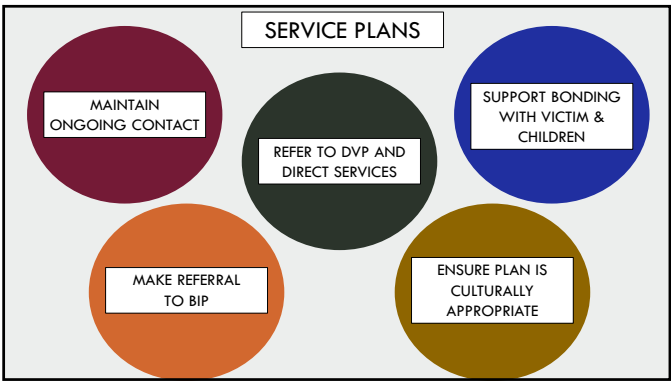
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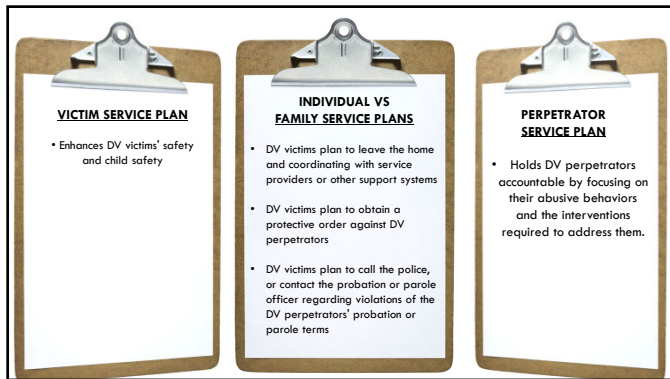
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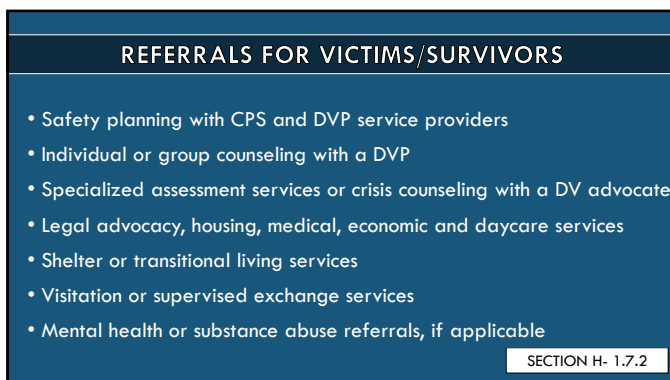
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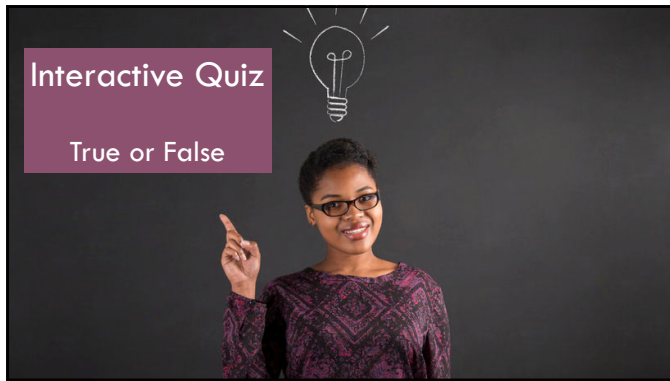
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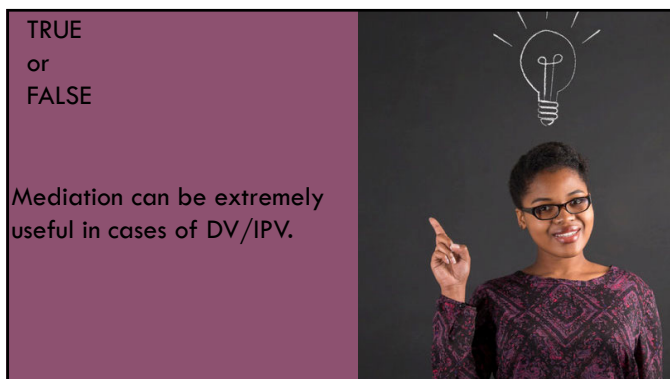
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136



137



138

TRUE
or
FALSE

Visitation arrangements that endanger DV victims and their children or are in conflict with a protective or custody order can't be avoided.



139

TRUE
or
FALSE

Parenting programs that include a focus on DV issues can be beneficial for perpetrators to attend.



140

TRUE
or
FALSE

Anger management classes are an appropriate substitute for BIPs and have the same effect.



141

FAQs		
	Anger Management	Domestic Violence
Is the program government certified?	NO	YES
Who is served by the program?	Anyone, the program is generic	Program is specific for clients with DV charges
How many sessions are in the program?	4	12
Does the program stay in contact with any victim?	NO	YES
Is the program monitored by a government agency?	NO	YES
Is the program affiliated or linked to DV victim services?	NO	YES
Does the program assess the lethality of the client and the risk level of the victim?	NO	YES
What is the emphasis of the program?	Techniques to manage anger triggers	To help clients recognize that abuse is a choice that is rooted in issues of power and control.
Are facilitators required to obtain 20 hours of continuing education annually of specialized domestic violence programs?	NO	YES

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REFERRALS FOR DV PERPETRATORS

- BIP referrals, to include safety planning
- Safe visitation & supervised exchange services
- Compliance with probation/parole, protective orders, & custody orders
- Payment of child support
- Parenting programs that include a focus on DV issues
- Substance abuse & mental health referrals, if applicable
- Fatherhood or parenting programs, when appropriate
- Support, allow & facilitate child's access to therapy or support groups.

SECTION H- 1.7.4

143



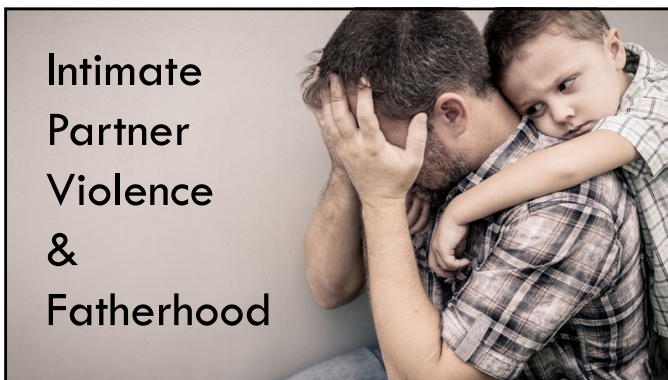
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FPM Alternatives

- Hold Separate FPMs
- Meet Electronically
- Exclude the DV Perpetrator

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Intimate Partner Violence & Fatherhood

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The following questions can guide the parental capacity assessment:

- Can the visiting parent play with the child and do age-appropriate activities?
- Can he tolerate the child's different moods, including fear, lack of interest, and refusal to agree with suggestions?
- Does he engage genuinely with the child?
- Can he shift activities with a child as s/he becomes bored or wants to do something else?
- Is he somewhat sensitive to the child's needs and moods?
- Is there some capacity to follow the child's pace?
- Does he show interest in the child's world?
- Can he set limits and discipline appropriately?
- Does he confuse fear and respect?

Family Violence Prevention Fund's Fathering After Violence (2008)

147

Examples of questions that can be used during intake:

- What kind of relationship do you currently have with your children?
- What kind of relationship do you want to have?
- What are you worried about?
- What do you think your children are worried about?
- How do you think violence at home affects your children?
- Complete the following sentences:
- I am a good father because...
- I could be a better father by...
- This is what I want my children to remember about me...
- This is what I don't want them to remember about me...

Family Violence Prevention Fund's Fathering After Violence (2008)

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Universal messages do not need to be passive and limited to posters or other literature. Staff members can regularly convey universal messages to all visiting fathers before, after, and during visits, as well as during the intake and/or orientation. Here are some examples of statements they can make:

- Fathers are important for children. You are really important to your children.
- Your behavior has a lifelong impact on your children. It's never too late to turn it around.
- You have the power to change things for them.
- How do you want your children to remember you?
- They will carry memories of you and your actions forever.
- You are an example for your children in everything you do.
- What kind of emotional legacy do you want to leave for them?
- It's never too late to change your behavior.
- When you hurt your partner, you also hurt your children.
- If you disrespect your children's mother or undermine her parenting, you are hurting your children's capacity to respect adults in general and women in particular.

Family Violence Prevention
Fund's Fathering After
Violence (2008)

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How do you balance accountability with
the perpetrator & a strength-based
assessment/interventions?

151



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How I Stay Safe

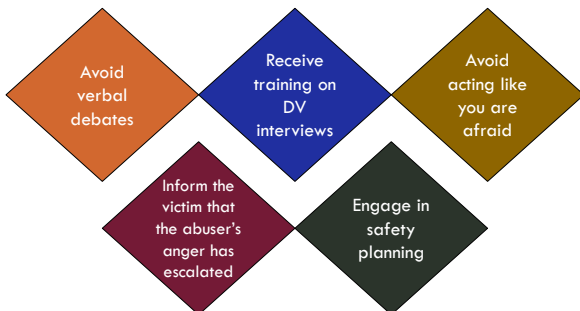
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Ideas for Safe Interviews With Perpetrators of Violence



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Ideas for Safe Interviews With Perpetrators of Violence



155

Stay Aware.

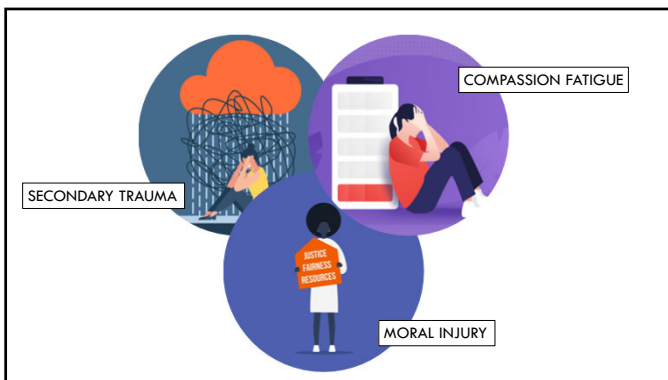
Take Care
of Yourself.



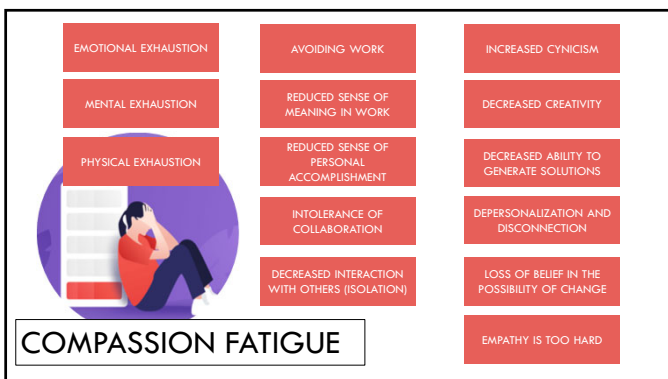
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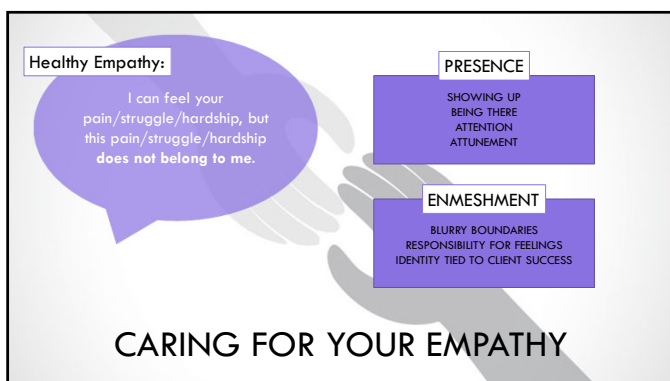
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161



162



163



164



165



166

How comfortable are you with working with families affected by domestic violence?										
1	2	3	4	5	6	7	8	9	10	

167



168



169



NEXT STEPS:

- Complete the Post Test and Survey
- Complete the Transfer of Learning with Supervisor
- Enroll in DVS1031W: Domestic Violence and its Impact on Children

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