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Engaging and Supporting Youth Who Faced Domestic Violence as an Adverse Childhood Experience (Part 1)

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Why learn about this for WIOA?

About OPDV

The Office for the Prevention of Domestic Violence (OPDV), created in 1992, is the country's only executive level state agency dedicated to the issue of domestic violence. OPDV is located in Albany, NY.

OPDV has three primary areas of focus:

- advise the governor and legislature on policies and practices for the State;
- train NYS professionals from all areas about the intersection of domestic violence in their daily practice;
- serve as a resource regarding the issue of domestic violence by disseminating regular public awareness campaigns, publishing materials for use by non-profits and victims, and highlighting best practices.

Mission and Vision

Mission

To improve New York State’s response to and prevention of domestic violence with the goal of enhancing the safety of all New Yorkers in their intimate and family relationships.

Vision

To create a State in which communities and systems are committed to supporting and promoting equality, dignity and respect so that individuals can feel safer in their intimate and family relationships.

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Understanding Domestic Violence

DV Looks Like This

DV Also Looks Like This

Different Types of Violence

- Situational Violence
- Anti-Social Violence
- Pathological Violence
- Reactive or Resistant Violence
- Coercive Controlling Violence

Domestic Violence

- Coercive Controlling Violence
- One-Sided
- Ongoing
- Severe
- Escalates
- Imbalance of Power
- Desire to Dominate

Domestic Violence

A pattern of coercive tactics which can include physical, psychological, sexual, economic and emotional abuse perpetrated by one person against an adult intimate partner with the goal of establishing and maintaining power and control over the victim.

Domestic Violence

Pattern

Power

Control

Goal

Tactics

Tactics of Power and Control

- Emotional Abuse
- Privilege
- Technological Abuse
- Isolation
- Use of Children
- Financial Abuse
- Intimidation
- Minimization, Denial, Blame
- Coercion/Threats
- Substance Use Coercion
- Mental Health Coercion
- Sexual Abuse
- Physical Abuse
- Spiritual Abuse

Why is it difficult to leave an abusive partner?

(Respond in chat in a sentence or two)

Domestic Violence is Trauma

- Powerful single event or repeated, prolonged, chronic abuse
- Subjective experience
- Circumstances often include abuse of power, betrayal of trust, entrapment, helplessness, pain, confusion, loss
- Complicated mix of biological, psychological and social phenomenon

The Three E's of Trauma

Events

Experience

Effects

Childhood Trauma

- Exceptional experience during childhood
- Powerful and dangerous stimuli
- Compromise the capacity to regulate emotions
- Leads to intense fear, helplessness, loss of control, and fear of annihilation

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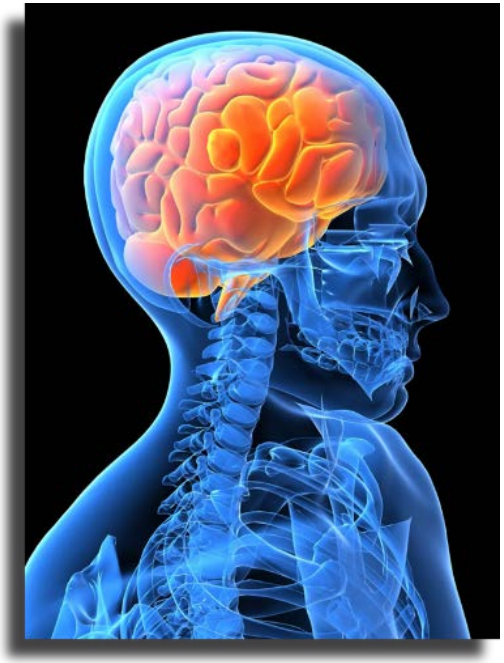
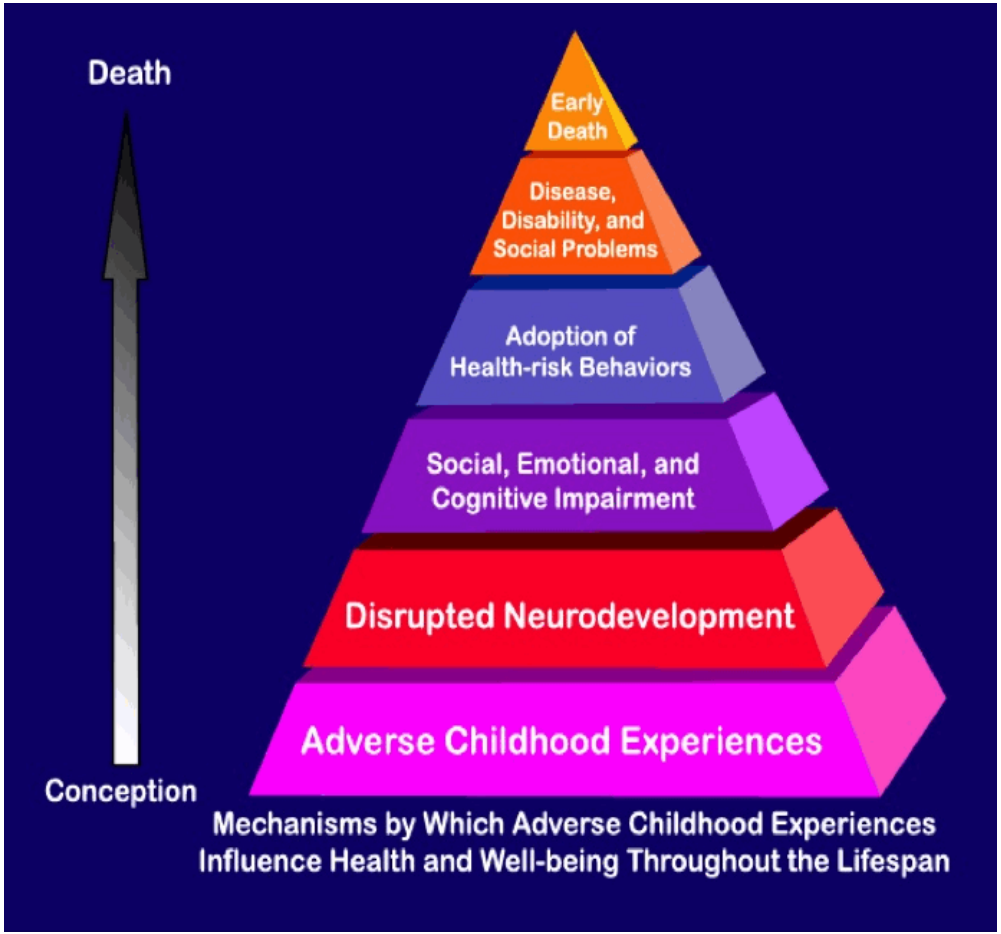
What is the impact of growing up in a home with domestic violence?

In response to trauma, the brain:



- Is hyper alert for danger
- Has sensitized fear response (chronic stimulation)
- Focuses on strategies for survival
- Is less competent or developed for strategies involving complex thought and abstract cognitions



Adverse Childhood Experience Study

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Screening for ACEs

Abuse

- Physical
- Emotional
- Sexual

Neglect

- Physical
- Emotional

Household Challenges

- Mental Illness
- Incarcerated
- Family Member
- Mother Treated Violently
- Divorce
- Substance Use

Behavioral Effects of Brain Damage

Prefrontal cortex damage problems related to:

- Impulse Control
- Emotional and Behavioral Management
- Judgement
- Organization
- Reading Environment and Social Cues

Differential Responses to Trauma

Disassociation

- Detached
- Numb
- Compliant
- Decreased Heart Rate
- Suspension of Time
- Mini Psychosis
- Fainting
- De-realization

Hyper arousal

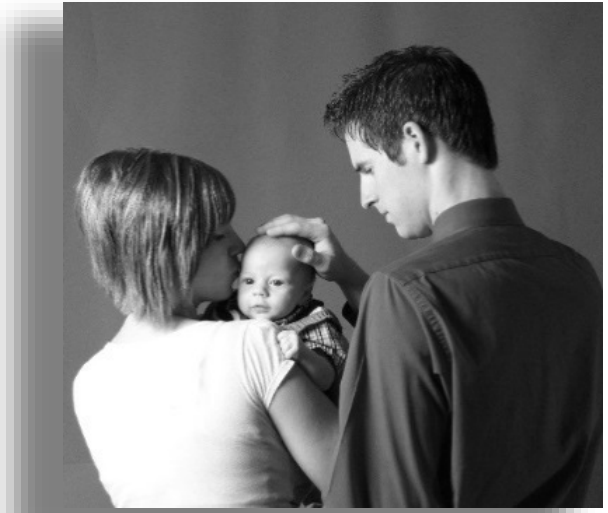
- Hyper Vigilant
- Anxious
- Reactive
- Alarm Response
- Increase in Heart Rate
- Freeze/Fear
- Flight/Panic
- Fight/Terror

How do adverse childhood experiences relate to the youth with whom you work?

(Respond in chat in a sentence or two)

Influencing Factors

- Age/Stage of Development
- Length of Exposure
- Severity/Frequency of Violence
- Gender
- Presence or Lack of Protective/Supportive Factors
- Presence or Lack of Risk Factors
- Attachment to Victim and Abuser



Protective and Risk Factors

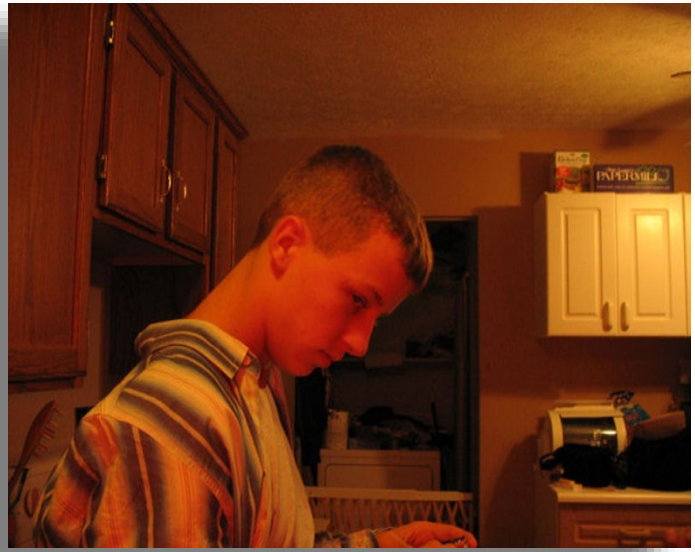
Protective

- Safe, Stable, Nurturing Environments
- Safe, Stable, Nurturing Relationships
- Empowerment
- Consistency
- Trust
- Resources
- Opportunities

Risk

- Substance Abuse
- Mental Illness
- Child Maltreatment
- Lack of Parenting Education and Skills
- Non-Biological Transient Caregivers
- Intimate Partner Violence
- Community Violence
- Poverty

Effects



- Behavioral
- Emotional
- Beliefs
- Physical

Behavioral Characteristics

- Disrupted Relationships
- Violent
- Withdrawn
- Isolated
- Regressed
- Learning Delayed
- Disassociated
- Suicidal
- Substance Abuser
- Sexually Irresponsible
- Avoidant
- Delinquent
- Truant

Emotional Characteristics

- Fearful
- Anxious
- Insecure
- Ambivalent
- Shameful
- Guilty
- Confused
- Angry

Emotional Characteristics

- Mistrustful
- Helpless
- Powerless
- Grief stricken
- Terrified
- Enraged
- Anguished

Physical Effects

Decreased immunity and greater vulnerability to physical illness:

- Adults 10-15% increased risk for cancer, diabetes, and heart disease
- Gastrointestinal, headaches, thyroid disease, bladder problems
- Physical effects double if stress continues later in life

Direct, negative impacts on brain development

- Lower ability to cope with stress
- Indirect effects from behaviors that manifest in response to trauma
- Significantly increased risk for psychiatric disorder

Beliefs

- Love and abuse go together
- Power and abuse wins/works
- Abuse is justified
- The world is dangerous
- Negative beliefs about women
- No one can be trusted
- Others are to blame
- Expectation of harm and abuse
- I will be harmed in relationships
- Familiarity = safety (even if predictable source of terror)

Intersecting Issues

- Child Abuse
- Child Neglect
- Substance Use
- Mental Illness
- Trafficking
- Teen Pregnancy/ Parenting
- Sexual Abuse
- Foster Care
- Juvenile Justice System
- Homelessness
- Poverty
- Hospitalization
- Runaways

And Then They Come To You

What Do They Need?

How Do You Respond?

What Can You Offer?

How do you foster resiliency in the young adults in your programs?

(Respond in chat in a sentence or two)

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Building Resiliency and Fostering Healing

Foster Healing

- Connect
- Encourage
- Reinforce
- Engage
- Believe
- Role Model
- Listen
- Affirm

Trauma Informed Treatment

Recognizes:

- Those who cause harm may be trauma survivors
- Significance of DV history as child witness
- Widespread impact of trauma
- Signs & symptoms of trauma in clients, families, staff
- Importance of trauma knowledge in policies, procedures and practices
- Importance of resisting re-traumatization

Key Principles of a Trauma-Informed Approach

- Safety
- Trustworthiness/ Transparency
- Peer Support
- Collaboration/ Mutuality
- Empowerment
  Voice
  Choice
- Cultural Historical and Gender Issues

Trauma-Informed Workplaces

The Four R’s

- **Realize** the widespread impact of trauma
- **Recognize** the signs of trauma
- **Respond** in a trauma-sensitive manner
- **Resist** re-traumatization

Resilience

- The ability to return to being healthy and hopeful after bad things happen
- The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress

Build Resiliency

- Understand adverse impacts on children exposed to DV
- Establish trusting and respectful relationships with youth
- Give permission for youth to talk about their experiences
- Be clear that the violence is/was not their fault
- Tell youth they are loveable, competent and important
- Help youth know what to expect

Build Resiliency - (cont'd.)

- Engage children in conversations about the abuse and educate youth about:
  - Healthy relationships
  - The impact of exposure to abuse and violence
  - How to practice self-care
  - Alternatives to violence
- Work with youth to build social support system

Post Traumatic Growth

Between 30-70% of individuals who experienced trauma also report positive change and growth coming out of the traumatic experience. (Joseph and Butler, 2010)

The “experience of individuals whose development, at least in some areas has surpassed what was present before the struggle with the crises occurred.” (Tedeschi and Calhoun, 2004)

Post Traumatic Growth (cont'd.)

"The individual has not only survived, but has experienced changes that are viewed as important, and that go beyond the status quo." (Tedeschi and Calhoun, 2004)

Individuals have described profound changes in their view of relationships, how they view themselves and their philosophy of life. (Joseph and Linley, 2006)

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Next Steps / Action Steps

What can I start doing right now?

You Can:

- Pay attention to program participants' physical & emotional needs
- Listen
- Respond patiently
- Help program participants manage their emotions and communicate their feelings and needs
- Set clear boundaries
- Be consistent with structure and guidelines
- Hold youth accountable for their choices and actions

You Can Also:

- Model and support healthy interactions, communication and relationships
- Create safe, stable, nurturing environments
- Provide opportunities for success
- Provide positive reinforcement
- Provide access to education and employment
- Provide access to healthcare and community resources

Prevention/Awareness

- Awareness Months: TDV, DV, Sexual Assault, Stalking, etc.
- Administer ACEs
- Posters
- Contests
- Activities/Games
- Develop internships

WIOA

Design Framework
Elements
Indicators of Performance
Long-term wellbeing

WIOA Reporting

Objective Assessment:

- ACEs
- Relationship questions

Elements:

- Leadership Development
- Supportive Services
- Comprehensive Guidance

Contact Information

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Important Links and Numbers

OPDV website: www.opdv.ny.gov

Website for teen dating violence: www.ny.gov/datingabuse

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906

Confidential ● 24 HRS/7 DAYS
English & Español, multi-language accessibility
711: Deaf or Hard of Hearing
In NYC: 311 or 1-800-621-HOPE (4673)
TDD: 1-800-810-7444

OPDV phone number: (518) 457-5800

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Social Media Platforms

Facebook page: www.facebook.com/NYSdomesticviolence

Twitter handle: @NYSOPDV

Instagram handle: @NYSOPDV

YouTube page: www.youtube.com/NYSdomesticviolence

Questions

Thank you for joining today’s webinar

- The Recorded webinar will be posted about 48 hours after the webinar has concluded, and will remain available on WebEx for 60 days.
- The web address is https://dews.webex.com
- The password to access the webinar is: **Careers**