



# **ADVOCACY SKILL BUILDING: ADDRESSING THE INTERSECTIONS OF IPV AND HEALTH**

**Sami Gloria, Mercedes Hill  
Erin Widener-Richardson  
Rebecca Simmons, and Emily Fanjoy**



## On-site Advocate

- Provides intervention, accompaniment and supportive services
- Provides case consultation

## Training and Partnership Development Coordinator

- Provides training and technical assistance
- Develops organizational capacity for effective IPV services in partnership with health care systems



# IPV Reproductive Health Effects



In a study of 1,278 women (ages 16-29) sampled in five family planning clinics in California, **53% reported physical or sexual violence from an intimate partner** (Miller et al., 2010)

Adolescent girls in physically abusive relationships were **3.5 times more likely** to become pregnant than non-abused girls. (Roberts et al, 2005)

# EVIDENCE BASED SCREENING & ADVOCATE REFERRAL

## **FUTURES** WITHOUT VIOLENCE<sup>®</sup> **CUES Intervention** **And Referral to IPV Advocate**

- C: Review limits of confidentiality
- U: Universal Education
- E: Empowerment (2cards)
- S: Support
  - Address related health issues
  - Offer supported referral



# WHEN HEALTHCARE RESPONDS

Health interventions with women who experienced recent partner violence:



- **71% reduction** in odds for pregnancy coercion compared to control (Miller, et al 2010)

Women who talked to their healthcare provider about abuse were

- **4x more likely** to use an intervention
- **2.6x more likely** to exit an abusive relationship

(McCloskey et al, 2006)

# ADVOCATES SUPPORT THE TRIPLE AIM AND ADDRESS CLINICIAN BARRIERS

1. Trauma and violence create adverse health effects that are preventable  **Better health.**
  2. Interventions must be survivor-centered, provide holistic support and understand safety concerns; requires empowerment service lens and systems approach.  **Better care.**
  3. Advocates and health partnerships are a promising practice for reducing health care costs for survivors.  **Lower costs.**
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# THEORY OF CHANGE FOR HEALTH CARE INTEGRATION OF ADVOCACY

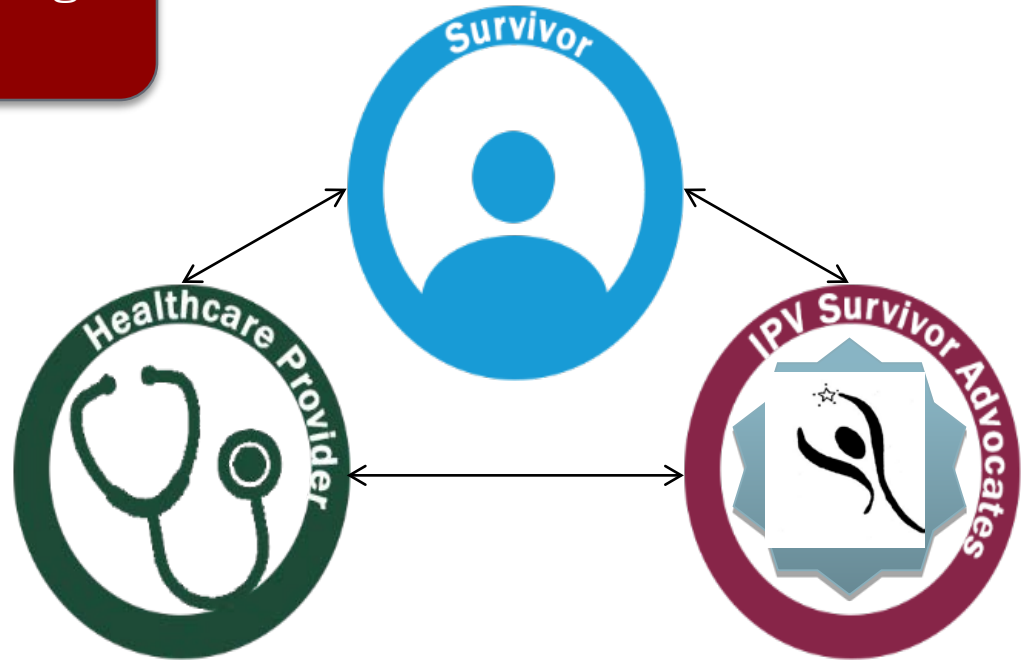
- Patient-centered, trauma-informed
- Safety assessment and planning
- Education and support



- Increased safety
- Increased self-efficacy
- Reduced chronic, toxic stress

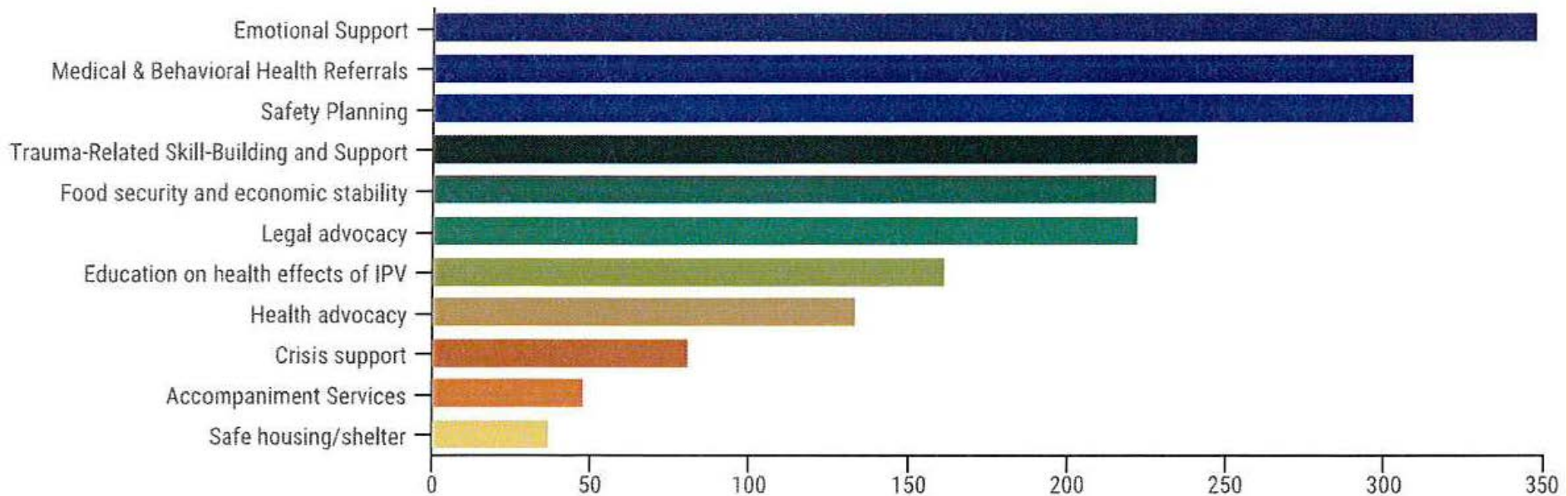


- Improved health
- Improved quality of care for IPV
- Reduced health costs



# Advocate Tracking Tool

Advocacy Services Provided to Survivors Over 6 Months



64 unique clients, 374 contacts





# SOCIAL DETERMINANTS OF HEALTH

Adverse Childhood Experiences

Community and social supports  
Systems navigation

Food and economic stability

Self-efficacy Health advocacy

Trauma skill-building



# REFERRALS MADE BY ADVOCATE

Victim's assistance programs  
Sobriety support

## Medical/health referrals

Domestic violence/sexual assault support programs

## Legal advocacy

Support groups

## Individual counseling

*The advocate was the "only person I talked to at first. For a while, they were all I let myself have because I felt like I couldn't tell anyone else the truth. I don't know if I ever would have spoken up if I didn't have them to talk to."*

# MINFULNESS & ART-BASED SUPPORT GROUPS: A WINDOW BETWEEN WORLDS



3 components:

Discussion, Mindfulness Practice, Art Activity



# BENEFITS OF ART-MAKING

- Reduces distress
- Increases self-reflection and self-awareness
- Alters behavior and thinking patterns
- Causes specific brain regions to interact, leading to stronger resilience
- The externalized image of the distress puts the trauma into a context of time and place. Making art can reset the amygdala to a here-and-now orientation.
- Helps participants express themselves more easily



# SURVEY RESULTS: WEEKLY MINDFULNESS AND ART-BASED SUPPORT GROUP WORKSHOPS

Over the course of 25 months, from August 2015-August 2017, we received 263 evaluation surveys for weekly mindfulness and art-based support group workshops.

- **90% of participants agreed or strongly agreed that “The workshop helped me in my process of finding courage to make healthy decisions for the future.”**
- 84% of participants agreed or strongly agreed that “Because of the art workshop, I'm more likely to take decisive steps in my life.”
- 85% of participants agreed or strongly agreed that “The workshop was useful to my progress in getting free from domestic violence.”
- **89% of participants agreed or strongly agreed that “This workshop helped me feel more positive about myself and my future.”**

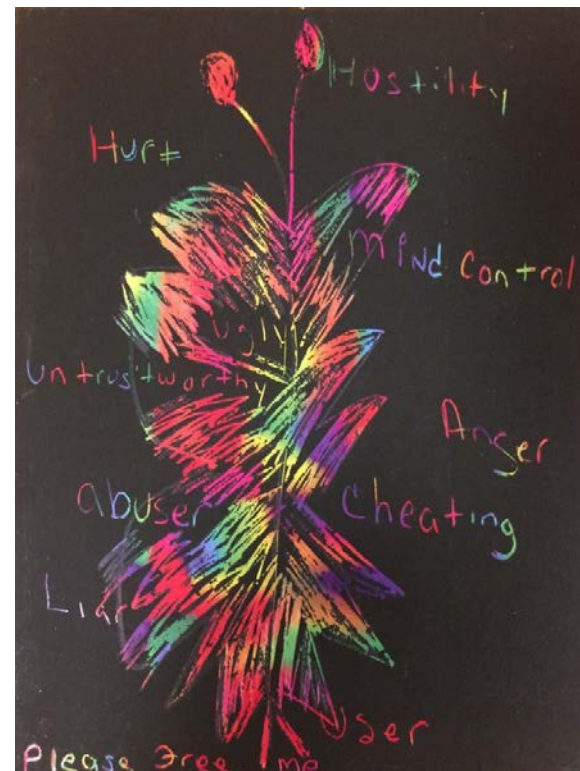




"I really enjoyed this group and it gave me a lot of hope, courage, and insight and perspective on DV. I truly appreciate the support and connection I got. Thank you."



"I love the grounding exercises; it always calms me down. I'm going to start doing it at night to see if it helps me to fall asleep, to calm my mind."



# PUTTING MYSELF BACK TOGETHER



"I felt like I was choking and my head was foggy. I felt confused. I had pain all over my body. I wanted to drink to make everything go away. Now I feel like my head is clear and there's happiness and love and everything is brighter."





“When I first came to group I couldn’t see my strengths, but now I can see them.”





# EVALUATION COMMENTS: FREE YOURSELF/EXPRESSIONS OF SELF LOVE

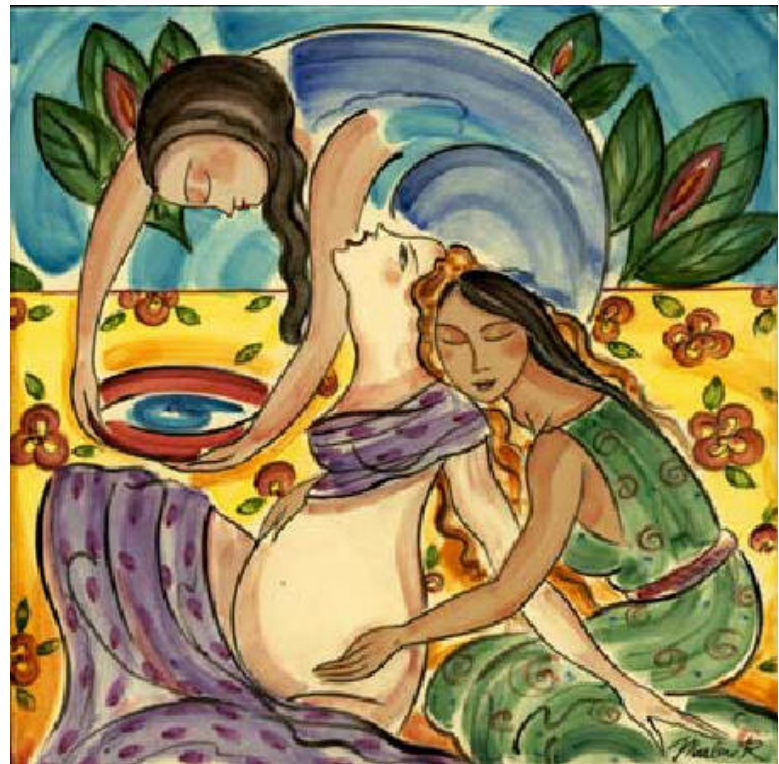
- “[The advocate’s] gentle guidance helps me to open up when normally I’m a very private person. This group is helping me understand how this happens (DV, bullying, etc).”
- “This is helping me deal with my feelings of not feeling worthy. I am able to see my worth when I focus on my progress to this point.”



## Prenatal Yoga



## Doula Services



# NATIONAL HEALTH RESOURCE CENTER ON IPV

<https://www.youtube.com/user/FutureswoutViolence>



- Advocate toolkit with slides, video vignettes and sample forms/MOUs
- Posters, Health care clinical tools and pregnancy wheels
- Patient education safety cards
- Brochure for survivors to improve health access and support trauma-informed health visits
- Videos and brochures on IPV and impact on children

Phone: 415-678-5500

[www.ipvhealth.org](http://www.ipvhealth.org)





# OREGON SPECIFIC RESOURCES:



**Oregon Guide to Health Care Partnerships: For community-based organizations and advocates supporting survivors of domestic violence in health care settings**

**<https://www.doj.state.or.us/crime-victims/grant-funds-programs/safer-futures/>**

