

Appendix for
Partnership and Collaboration:
Bridging the Gap between Treatment Services and Advocacy Webinar
National Center on Domestic Violence, Trauma & Mental Health
September 18, 2014

This appendix for *Partnership and Collaboration* includes sample programs and promising practices (both current and past projects), listed by state. It also includes additional resources. For additional resources from the National Center on Domestic Violence, Trauma & Mental Health, visit:

<http://www.nationalcenterdvtraumamh.org>

Alaska

Alaska Network on Domestic Violence and Sexual Assault (ANDVSA)

- *Getting Safe and Sober: Real Tools You Can Use* – An Advocacy Teaching Kit For Working With Women Who Are Coping with Substance Abuse, Interpersonal Violence, and Trauma
 - Available in English and Spanish Versions
- Provides 16 weeks of support groups, model protocols, screening tools and other resources for advocates, substance abuse professionals, mental health and health care providers.
- <http://www.andvsa.org> or 907-586-3650

Safe and Fear-Free Environment (SAFE) - Dillingham, Alaska

<http://www.safebristolbay.org>

- Heart of the Grizzly video, <http://www.safebristolbay.org/heart-of-the-grizzly.html>
- ***SISTR Program (Safety In Sobriety Through Recovery)***
 - Women can come and live at the SAFE shelter in Dillingham with children while in treatment
 - *MOMS's Program (Maintaining Our Mother's Safety and Sobriety)*
 - Day and evening child care for children whose parents/custodians are in treatment or aftercare
 - *EVOLVE Program (Ending Violence in Our Lives through Validation & Empowerment)*
 - This is a 12-week course, meeting every Monday and is for women only. Dinner, transportation, and childcare is provided for women attending this program

Reducing Barriers

- Transportation costs for women and children to come to shelter plus costs for travel to and from treatment /AA meetings, support groups, etc. are provided
- Free childcare 5 nights a week from 6-9pm for children whose caregiver is participating in any sobriety supporting activities (AA

meetings, support groups, church and faith community activities, Native dance groups, etc.)

Challenges

FAS/FASD/ARBD*

- Individual not able to distinguish & separate multiple messages
 - Difficulty with judgment - leaves next steps unclear
 - Problems with verbal processing can make "talk" meaningless
- Ineffective Practice
 - Bombard with handouts, verbal instructions, and other written information
 - Non-directive, non-instructive messages and information
 - Verbally process assault trauma by encouraging them to "talk it out"

* *Fetal Alcohol Syndrome/ Fetal Alcohol Spectrum Disorders/ "Alcohol Related Birth Defects"*

Alternative Practice

- Pick one critical message and deliver it many times in different ways
 - Clear and sometimes directive messages about safety
- Look for healing and processing through many mediums
 - Art, music, self-care

Other Alaskan Programs

- South Peninsula Haven House (Homer, AK)
 - Shelter/community based support groups for women experiencing multiple abuse
 - <http://www.havenhousealaska.org/>
- Alaska Family Services – WRRAP (Palmer, AK)
 - Women's Residential Reunification and Action Program provides residential services for battered women with chemical dependency issues
 - Residents receive shelter, outpatient alcohol /drug treatment, case management, and advocacy
 - <http://www.akafs.org/index.html>

Canada

BC Society of Transition Houses

- Reducing Barriers to Support Women Fleeing Violence: A Toolkit for Supporting Women with Varying Levels of Mental Wellness and Substance Use
- Discussion Paper: A research-based discussion paper outlining the links between violence against women, mental wellness and substance

- use, barriers to service for women, barriers to providing support to women, components of best practices for supporting women
- <http://www.bcsth.ca/>

Illinois

Domestic Violence/Substance Abuse Interdisciplinary Task Force Of the Illinois DHS

- Safety and Sobriety Manual
- Best Practices in Domestic Violence and Substance Abuse, January 2005
- <http://www.dhs.state.il.us/page.aspx?item=38441>

Iowa

University of Northern Iowa (UNI)

Research Findings

- In substance abuse treatment, 90% of women reported experiencing DV in their lifetime, 97% reported experiencing emotional abuse 6 months prior to treatment, and 67% reported experiencing physical abuse 6 months prior to treatment
- In DV shelters and agencies, 65% of women either met criteria for alcohol dependence or reported problems with their drug use

Integrated Services Project at UNI

- ISP was born out of the promise made to women participating in UNI research: their stories **would** make a difference in services provided
- ISP mission is to enhance safety and sobriety of substance abusing battered women by ending discrimination in service provision
- ISP promotes improvement of service delivery through research, agency education, technical support, and the facilitation of collaboration between service providers
- <http://www.ispia.org/index.php>

Texas

SafePlace, Austin, TX

- *Safety*: emergency shelter, 24-hour hotline, hospital accompaniment and legal services
- *Healing*: extensive counseling services for children, teens and adults; transitional housing, advocacy and life skills training to give people resources and skills to stay safe
- *Prevention*: disability services, school-based services and community education work focused on preventing violence and promoting safe and healthy relationships

- *Social Change*: working with others to promote alternatives to attitudes, behaviors and policies that perpetuate acceptance of IPV, especially violence against women
- Beyond Labels: Working with Abuse Survivors with Mental Illness Symptoms or Substance Abuse Issues
- Disability Awareness Training for Professionals & Family Members available
- www.SafePlace.org or call 512/356-1599

Nebraska

Friendship Home and St. Monica's (Lincoln, NE)

- In 2002, a 6 month pilot project launched to provide services of a Certified Drug and Alcohol Counselor in shelter for New Beginnings Program, in collaboration with St. Monica's
- In 2003, Lancaster County awarded SAMHSA grant for joint domestic violence shelter/substance abuse treatment center, called "New Beginnings - Safety and Sobriety for Women"
- <http://www.friendshiphome.org/html/home.htm>

Nevada

Safe Nest (Las Vegas, NV)

- Court-ordered Women - Due to the steady increase in referrals of women arrested for DV, Safe Nest offers state-certified programs for court-ordered women as well as counseling groups
 - Women arrested for DV may not be primary physical aggressors, but rather self-defending survivors or women who use violence to decrease their chances for further victimization
 - Safe Nest offers 26-week and 52-week programs to address the needs of women arrested for DV
- <http://www.safenest.org/>

Arizona

Sojourner Center (Phoenix, AZ)

- Sojourner defines empowerment as a non-psychotherapeutic approach; battered women take control of their lives by making choices
 - Empowerment philosophy acknowledges competency and offers support, resources, advocacy, information, and education, striving to equalize power between a woman and her environment
 - Sojourner offers services to women regardless of past or present involvement with substance abuse, mental illness, race,

- color, creed, religious preference, disabilities, or sexual orientation. The center maintains a drug-free shelter
- <http://www.sojournercenter.org/go/>

California

ONTRACK (Sacramento, CA)

www.getontrack.org

DV Unserved/Underserved Mental Health and/or Substance Abuse Training/TA Project – Teleseminars:

1. Working w/Mothers w/Mental Health and Substance Abuse Issues
2. The Connection Between DV and SA
3. Prescription Drug Misuse
4. Screening Substance Abusing Women Into Shelter
5. Safety Planning and Relapse Prevention
6. On 'Beyond Trauma'
7. Assessing for Mental Health/Addiction Issues
8. ASAM Patient Placement Criteria
9. Women's Sexual Trauma Issues In Recovery
10. Substance Abuse/Mental Health Advocacy

The Adverse Childhood Experiences (ACE) Study

- The ACE Study is an ongoing collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente
 - Led by Co-principal Investigators Robert F. Anda, MD, MS, and Vincent J. Felitti, MD, the ACE Study is perhaps the largest scientific research study of its kind, analyzing the relationship between multiple categories of childhood trauma (ACEs), and health and behavioral outcomes later in life
 - <http://www.acestudy.org/>

Massachusetts

Seeking Safety

- Present-focused therapy promoting safety and recovery for people with PTSD, substance abuse, and trauma histories
- Manual has 25 topics and including survivor handouts and clinician guidelines
- Topics include: safety, taking back your power, when substances control you, setting boundaries in relationships, coping with triggers, detaching from emotional pain, and self nurturing
- Based on the key principles of safety as the priority of 1st stage-treatment; integrated treatment of PTSD and substance abuse; focus on restoring ideals; attention to therapist process; and the four

content areas of cognitive, behavioral, interpersonal and case management

- www.seekingsafety.org

ATRIUM – Addictions and Trauma Recovery Integration Model

- Built on the premise that trauma impacts the whole person: body, mind, and spirit this model intervenes at all 3 levels, integrating cognitive-behavioral and relational treatment while emphasizing mental, physical, and spiritual health
- The 12-week curriculum is designed for survivors of sexual and physical abuse, people with substance abuse and other addictive behaviors, people engaged in harmful relationships; people who self-injure or have serious psychiatric diagnoses, and those who are violent and abusive toward others
- http://www.dustymiller.org/dusty_miller_seminars_and_trainings.html

Institute for Health and Recovery (Cambridge, MA)

- Trauma Integration Services
 - Provide training on trauma, DV, and sexual assault and how to integrate knowledge of these issues into the provision of substance abuse, mental health and other human services
 - <http://www.healthrecovery.org/projects/ti-services/>
- Project WAVE (Women Achieving Vital Empowerment)
 - Integrating care for women with substance abuse or co-occurring disorders who are victims of violence
 - Expanding treatment and advocacy capacity

If you can only read one book, read *Trauma and Recovery* by Judith Herman

Washington, DC & Maryland

Trauma Recovery and Empowerment Model (TREM)

- TREM has 3 major parts: empowerment, trauma experience and impact, and skills building
- Group members learn strategies for self-comfort and accurate self monitoring; ways to establish safe physical and emotional boundaries; various forms of IPV; exploring and reframing the connection between their experience of abuse and current difficulties (e.g. substance use, mental health symptoms, and interpersonal problems); communicating, decision making; regulating overwhelming feelings; and establishing safer, healthier relationships
- <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=158>

Substance Abuse and Mental Health Services Administration

- SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services

- www.samhsa.gov/
- Mental Health Services
 - <http://mentalhealth.samhsa.gov/>
- National Clearinghouse for Alcohol and Drug Information
 - <http://ncadi.samhsa.gov/>

National Center for Trauma-Informed Care (NCTIC)

Model: TAMAR/TAMAR's Children

Maine and New York

Risking Connection®: A Training Curriculum for Working with Survivors of Childhood Abuse

- Basic trauma training curriculum specially designed for staff in public mental health settings
- The curriculum was a joint venture between the Sidran Traumatic Stress Institute and the Trauma, Research, Education and Training Institute (TREATI) in conjunction with the Mental Health Departments of the States of Maine and New York
- <http://www.riskingconnection.com>

NY State Office for the Prevention of Domestic Violence (OPDV)

- DV/Substance Abuse Project
- NY State Model DV Policy: Guidelines for the Substance Abuse Treatment System
- Guidelines for Mental Health Professionals
- Many more resources
 - <http://www.opdv.state.ny.us/>
- See also: The Safety Zone
 - <http://thesafetyzone.org/>

Accessing Safety Initiative (ASI)

- A Vera Institute of Justice Project funded by the Office on Violence Against Women
- ASI helps organizations and communities meet the needs of women with disabilities & Deaf women who are victims or survivors of domestic violence, sexual assault, & stalking
- <http://www.accessingsafety.org/>

Pennsylvania

Pennsylvania Coalition Against Rape (PCAR)

- Drug-facilitated Sexual Assault/Date Rape Drugs: Are You or Someone You Know in Danger?
 - ER-02-01: PCAR's newest PowerPoint presentation

- Includes marketing guide, measurement tools, participant quizzes, important information on the latest drugs and information on protection techniques, what to do if you are a victim, and how to assist someone who may be a victim of drug-facilitated sexual assault.
- <http://www.pcar.org/>

Pennsylvania Coalition Against Domestic Violence (PCADV)

- National Resource Center on Domestic Violence
- VAWnet National On-Line Resource Center on Violence Against Women
 - The mission of VAWnet, the National Online Resource Center on Violence Against Women, is to harness and use electronic communication technology to end violence against women
 - <http://www.vawnet.org/>

Minnesota

Minnesota Center Against Violence and Abuse (MINCAVA)

- MINCAVA Electronic Clearinghouse
- Violence Against Women On-Line Resources
- The Link Project
- Rural Project for Women and Child Safety
- <http://www.mincava.umn.edu/>

See also: Minnesota Coalition Against DV (<http://www.mcbw.org/>) and Praxis Advocacy Learning Center (<http://www.praxisinternational.org/>)

Idaho

Idaho Coalition Against Sexual and Domestic Violence

- Legal Program provides training and technical assistance regarding legal and policy implications to help Domestic Violence/ Sexual Assault programs provide increased access and better advocacy for people with substance use and/or mental health concerns
- <http://www.idvsa.org/>

Montana

MCADSV - Doors of Hope Project

- Goals: Local DV programs will have knowledge, skills, and resources to improve services to DV survivors and their children with co-occurring substance abuse and/or mental health issues
 - MCADSV staff and member programs will participate in policy and program development collaborations at the state and local levels ensuring the state's substance abuse and mental health

service delivery system improves services to DV survivors and their children

- <http://www.mcadsv.com/>

Missouri

George Warren Brown School of Social Work, Washington University in St. Louis

- Tonya Edmond, PhD
- Research and teaching include violence against women and practice effectiveness
- Current projects involve examining theoretical and intervention preferences of DV and sexual assault service providers, the treatment of PTSD in rape crisis centers, and the response of rape crisis centers to the comorbidity of substance abuse and PTSD
- <http://gwbweb.wustl.edu/Faculty/FullTime/Pages/TonyaEdmond.aspx>

Washington State

New Beginnings for Battered Women and Their Children (Seattle, WA)

- *"Working with women with young children is such a joy. To see these young women get into recovery and know their children are benefiting each day they continue to stay sober as they walk the road of their new journey, makes the harder days worth it."* — Cindy Obtinario, Chemical Dependency Specialist
- Multiple abuse services began in 1990. Services include: community based drop-in group offering support for women whose lives have been impacted by DV, CD and trauma and on-site access to 1-1 and group for shelter and transitional housing program residents
- www.newbegin.org

Alcohol Drug Help Line Domestic Violence Outreach Project

- Began in 1994. Goal of DVOP is to help women affected by their own or another's substance abuse find safety and sobriety and wellness
- Provides outreach and education for women affected by DV, chemical dependency and multiple abuse trauma in King County DV shelters, THP's and chemical dependency treatment programs
- Provides technical assistance and training to providers addressing multiple abuse issues
- Business Line: 206-722-3703 | Crisis Line 206-722-3700 | Toll Free: 800-562-1240 (WA State and AK only) | Website: www.adhl.org

The MOMS Project (Tacoma, WA)

- MOMS and Women's Recovery Program provides group counseling for women who abuse alcohol and drugs and for women who are victims of DV
 - Most women who abuse AOD have been victims of IPV, or are currently victims of IPV
- Addressing IPV and child abuse during treatment increases women and children's safety and helps prevent relapse
 - For locations and times, call 253-798-6655, Mon-Fri (8am - 3pm)

EDVP – My Friend's Place (Bellevue, WA)

- Began in 1998. Innovative transitional housing program for families dealing with both DV and substance abuse. The only program of its kind, My Friend's Place recognizes DV can lead to and be compounded by substance abuse.
- The shelter opened in 1998 to provide services for residents in conjunction with Eastside Recovery Center.
- Program goals include safety, sobriety and self-sufficiency. My Friend's Place houses five to six families for three to six months
- <http://www.edvp.org/>

Washington State Coalition Against Domestic Violence

<http://www.wscadv.org/>

- Women In Recovery Caucus
- Model protocol and training tools for women with substance use issues and other disabilities
- Fatality Review Project
 - *Honoring Their Lives, Learning from their Deaths* (2000)
 - *Tell the World What Happened to Me* (2002) *Every Life Lost is a Call for Change* (2004)
 - *If I Had One More Day...* (2006)

(Note: alcohol and other drug, mental health and suicide issues noted in fatality review reports are indexed at the WSCADV website)

Interdisciplinary Efforts

- Perinatal Partnership Against Domestic Violence
 - Domestic Violence and Pregnancy: Guidelines for Screening and Referral, Pregnancy Tip Sheets and other useful tools are available on-line at <http://www.doh.wa.gov>.
- Triple Play
 - WA State provider network that focuses on building relationships between chemical dependency, domestic violence, and mental health programs.
 - Founded in 2006 when statewide DV, CD, and MH providers came together at Seattle Central Community College to talk about advocacy, treatment philosophies and modalities, the need for best practice screening tools, the importance of

- culturally competent and sensitive services, cross training, and networking
- Local neighborhood networking groups have started in 6 counties/areas and are in process of starting in several more counties in Washington state at this time.
 - Contact: karenf81092@yahoo.com

Florida

Triad Women's Project (Tampa, FL)

- Triad was developed through funding by the SAMHSA Collaborative for Women, Co-occurring Disorders & Violence Study to develop innovative services for women with histories of trauma and abuse who have co-occurring psychiatric and substance abuse disorders and who are high utilizers of mental health and substance abuse treatment services
 - Interventions include integrated case management services, a curriculum-based women's treatment group focused on substance abuse, mental health, and trauma issues, and a peer support group provided in jails, homeless shelters and domestic violence center
 - <http://mhlp.fmhi.usf.edu/research/rdetail.cfm?prid=109>

Refuge House (Tallahassee, FL)

- Victims of domestic violence must feel safe before they will be able to work through substance abuse issues. Refuge House will work with clients on safety issues and substance abuse issues
- Email: kprice@refugehouse.com