

**Trauma-Informed  
Outcomes for Domestic  
Violence Programs:  
Developing Measures**

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Trauma & Mental Health

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**What We Will Cover**

- How the measures were developed
- The measures: results of the pilot test
- How the measures can be used
- Next steps

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**How The Trauma-Informed  
Outcome Measures Were  
Developed**

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**Work with DV programs**

- Partnered with six DV programs
- Programs represent rural, small city, and urban areas
- Programs located in the Southeast, Midwest, Southwest, and Northwest
- Three programs are mainstream DV programs, three programs are culturally specific DV programs

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**Focus groups with staff**

- Held initial calls with DV program staff members
- Drafted staff focus group questions using information from these calls
- Conducted focus groups with DV program staff members representing a range of roles

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**Focus groups with survivors**

- Used information from staff focus groups to develop questions for focus groups with survivors
- DV program staff without direct service relationships with survivors facilitated focus groups
- Focus groups were conducted in English, Spanish, and Korean

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### After the focus groups...

- Recordings were transcribed and translated into English
- Thematic analysis for all focus groups
- Created an initial list of items
- Reviewed transcripts of focus groups throughout process
- Finalized Trauma-Informed Outcome Measures

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### Pilot Test

- Partnered with 14 DV programs in Idaho and New Mexico
- Provided individualized guidance to all participating programs
- How were survivors invited to participate?

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### Pilot Test

- Pilot test survey included:
  - Demographics
  - Questions on service utilization
  - The Trauma-Informed Outcome Measures
  - Selected items from the TIPs
  - Open-ended questions for feedback
- Available in English and Spanish, online or paper and pencil

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### After the Pilot Test

- With help from NCDVTMH's Research Assistant, Orapan Kaewken, individualized reports were provided to all DV programs participating in the pilot test
- Analyses were conducted for sample as a whole and separately for Latin@ survivors

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### Results of Pilot Test of Trauma-Informed Outcome Measures

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### Background Information

- 14 programs participated; N = 269
- 54% Latin@, 29% Anglo, 7% Native American, 1% African/Black, 8% other
- 22% completed in Spanish
- 47% had come to program before, then stopped—before this time
- Current relationship with abusive partner:
  - No contact – 61%
  - Unwanted contact – 15%
  - Contact with no problems – 17%
  - In relationship, with problems – 7%

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**Services Received**

- **Types**
  - Advocacy/support—57%
  - Counseling or therapy—72%
  - Support group—51%
  - Shelter—39%
  - Transitional housing—17%
  - Parenting support—21%
  - Supports/services for kids—28%
  - Three or more types—55%
- **Numbers of appointments/contacts**  
47% 2 – 5; 20% 6 – 10; 33% more than 10
- **Time in shelter (for those in shelter)**  
29% up to 2 wks; 33% 1 – 3 mo; 20% over 3 mo.

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**Program Experience: TIPS**  
(% “very true”)

- Staff make me feel comfortable sharing things about my life on my own terms & at my own pace—89%
- Staff are supportive when I’m feeling stressed out or overwhelmed—86%
- Staff respect the choices I make—86%
- Staff provide opportunities to learn how abuse and other hardships can affect people’s relationships—82%
- Staff provide opportunities to learn & other difficulties affect people’s ability to think clearly & remember things—82%
- Staff provide opportunities to learn how abuse and other hardships can affect people’s MH—79%
- Staff have talked with me about how to handle unexpected reminders of the abuse & other difficulties I have endured—76%

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**Overall TI Outcomes**  
Changes because of Services (SA+Ag / SA)

- Better understand how affected by abuse—96/65%
- More likely to trust own sense of what will keep me safe—94/51%
- More likely to feel I can be myself—91/55%
- Know more ways to deal with feelings related to abuse—91/53%
- Know more what I need for well-being—91/53%
- Feel more hopeful about life possibilities—90/54%
- More confident I can do what feels right for me—89/44%
- More able to recognize others affected—88/48%
- More conf. exploring own interests—87/44%

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**Overall Outcomes, Cont'd**

- More interested in helping other survivors—87/55% (but 7% didn't answer this one)
- Feel better at solving problems—86/40%
- More often feel I matter as a person—85/50%
- More aware there are good people—85/50%
- More in touch with my feelings—85/47%
- More often feel world is open—not dominated by abuse & violence—85/42%
- More comfortable expressing what I think/ feel—84/46%
- Better understand my anger—82/38%
- Better able to handle my anger—82/38%

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**Overall Outcomes, Cont'd**

- Feel less alone than before—80/48%
- Trust my gut feelings more often—80/42%
- More interested in connecting with community—75/38%
- Have sad, painful feelings less often—74/34%
- Feel anxious less often—73/35%
- Am less likely to take what others say personally—72/34%

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**Program Experience re: Kids**  
(practice--% "very true"; those with kids only)

- Staff support me to strengthen my relationships with my children—81%
- Staff help me learn more about how my own experience of abuse can influence my relationships with my children—71%
- Staff help me explore how children's relationships can be affected by witnessing or experiencing abuse or other hardships—68%
- Staff have provided opportunities for me to learn more about how children react emotionally when they have witnessed or experienced abuse or other hardships—66%

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**Outcomes Related to Parenting**  
(parents only)

- Better understand how kids affected—95/64%
- Know more ways to support kids when feelings about abuse/violence come up—91/53%
- More likely to feel my kids and I can talk about anything—91/58%
- More often see my kids as themselves (and not my abusive partner)—89/61%
- Better able to talk w/ kids about abuse effects—87/57%
- Feel better about how I respond when the kids do something I don't like—87/54%

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**Outcomes for Children**

- Because of her/his experience with the DV program, my child feels better about her/ himself —80/41% (13 DK not included)
- My child turns to me for help more than before—77/54%
- My child has more ways to calm him/herself when upset—74/39%
- My child has used what he/she learned from the DV program in relationships with other people—73/34% (18 DK not included)

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**What can we say about measures?**

- Associated with TI practice (TIPS)
- Associated with enhanced TI training
- Associated with domains of well-being
  - Social connectedness
  - Stability
  - Safety
  - Mastery
  - Access to relevant resources
- Show promise; are grounded in survivors' experience

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## **How to Use Trauma-Informed Outcome Measures**

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- Use full set
  - Use particular scales (when refined)
  - Use items separately—based on focus:  
change in survivors, change in  
their parenting, changes they see in  
children
  - Use with practice items—to see  
relationships
  - Use to identify needed changes in  
program
  - Will post “guidelines” document on  
NCDVTMH website & announce

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## **Next Steps in Developing Trauma-Informed Outcome Measures**

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- Further testing to identify & refine subscales
- Incorporate feedback on parenting & children's outcomes; further testing
- Cultural adaptations: work with National Latino Network; Asian Pacific Institute on Gender-Based Violence; Ujima; National Indigenous Women's Resource Center
- More feedback—your reactions?

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**Questions??**

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