



**TELEHEALTH CONSIDERATIONS FOR
WORKING WITH THOSE EXPERIENCING
INTIMATE PARTNER VIOLENCE**

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HOUSEKEEPING

- This webinar is being recorded and will be available on the website in a few days.
- All attendees are in listen only mode.
- Audio quality maybe improved if you call in on a phone.
- Please type your questions into the chat box. We will respond to as many of them as we can.

- CEs will be emailed to those that attend entire live training and complete the survey. No partial credit will be given for those who leave early

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OBJECTIVES

- Increase awareness of domestic violence
- Increase safety planning skills and risk considerations when providing telehealth
- Learn about resources available to victims of domestic violence

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DEFINITION

The term intimate partner violence (IPV) describes physical violence, sexual violence, stalking or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.”

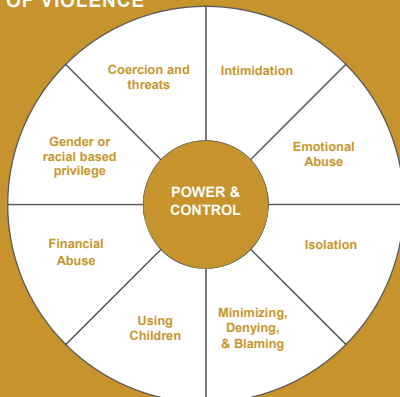
Centers for Disease Control and Prevention

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CYCLE OF VIOLENCE



NATIONAL STATISTICS

- 1 in 5 women and 1 in 7 men report experiencing **severe physical violence** from intimate partner
- 1 in 5 women and 1 in 10 men report experiencing **sexual assault** from intimate partner
- 10% of women and 2% of men report experiencing **stalking** from intimate partner

CDC, National Intimate Partner and Sexual Violence Survey, 2015

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IDAHO STATISTICS

- 29.3% of Idaho women and 33.3% of Idaho men experience intimate partner violence or stalking in their lifetimes (CDC, 2014)
- In 2012 < 2% were reported to law enforcement (Idaho State Police, 2012)
- 2018 Idaho Statewide Crime Profile (ISP) reports:
 - 5,966 intimate partner violence
 - 1,663 violence against children
 - 2,183 family violence

* Reports of child abuse are down 36% in Idaho since stay-at-home order put in place. Kids don't have access to safe adults who typically report abuse.

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PREVALENCE OF SUD & IPV

- High rates of IPV among women accessing SUD treatment
 - 47% to 90% lifetime
 - 31% to 67% prior year
- High rates of substance use among women accessing services for IPV
 - 25% to 65%
- High rates of co-occurring mental health and SUD conditions among women who experience IPV
 - PTSD, Major Depressive Disorder, Self-Injury = 3 x higher
 - Suicide attempts = 4 x higher

Sources: Schneider et al., 2009; Downs 2001; Wagner et al., 2009; Engstrom et al., 2012; Bennett et al., 1994; Ogle et al., 2003; Eby, 2004; LaFair et al., 2012; Nathanson et al., 2012; Lipsky et al., 2008; Breiding et al., 2014

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INCREASED RISK DURING COVID-19

- Increased isolation
- Lack of privacy for telehealth
- No break during the day
- Home schooling
- Financial stress
- Increased substance use
- Increased anxiety and depression
- Increase in child abuse
- Lack of accessibility to technology and safe spaces to talk

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TIPS WHEN USING TECHNOLOGY

- Include safety & security risks in informed consent.
 - Browser history, calls and text history can be tracked.
- What is safe today, may not be safe tomorrow.
- Ask at beginning of EACH session – “Is now a good time to talk? Do you have a private place where others can’t hear you?”
- Follow your code of ethics if using technology.
- Just because technology is available doesn’t mean it is safe for everyone. May need to refer to in-person visits with local program.

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SAFETY PLANNING

- Normalize the many challenges your participants are facing at home.
- Consistently check in and be willing to adapt plans.
- Avoid a written plan
- Avoid buzzwords like “Stalking”
- Build from what participants are already doing.
- What worked this week? What didn’t work?
- How are you adjusting to changes?
- How are things going at home?

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SAFETY PLANNING WITH YOUTH

- [Break The Cycle: safety planning tool kit](#)
- Family members or adults I trust?
- Safe spaces in my house?
- Code words I can use to indicate that I am uncomfortable or feeling unsafe?

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RISK ASSESSMENT CONSIDERATIONS

- Remember it is not safe to conduct a risk assessment with clients with batterer present!
- As with any assessment – remember things can change overtime
- Ask open-ended questions
- While similar, risk measurements for adults can vary from adolescents

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RISK ASSESSMENT FOR ADULTS

Idaho Risk Assessment of Dangerousness of Future Harm (IRAD)

1. History of domestic violence including **forced sex, current attempted strangulation, or physical abuse during pregnancy.**
2. Threats to kill victim or any children or others they care about such as parents, friends, including **movement of weapons as a threat.**
3. Threats of suicide by the abuser.
4. **Recent separation** from the relationship or separation from employment.
5. Obsessive, controlling or coercive behavior, such as monitoring everything the victim does and everywhere they go, or **extreme possessiveness or stalking.**
6. Prior police contact for domestic violence or other criminal behavior.
7. Alcohol or drug use by the abuser.

Developed by the Idaho Coalition Against Sexual and Domestic Violence

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RISK ASSESSMENT FOR YOUTH

- Isolation
- Unwillingness to share
- Loss in attention or interest
- Ambivalence
- Hopelessness
- Behavioral changes
- Non verbal cues

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ADDITIONAL CONSIDERATIONS

- Increased isolation from community supports
- Lack of privacy for counseling and phone calls
- Difficulty accessing services
- Increase in substance use
- Discussing safety planning may be dangerous
- Increase in child abuse

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POSSIBLE LEGAL OPTIONS

- **Civil Protection Orders (CPO)** – No cost to file a petition and no attorney is needed. Paperwork is available at court clerks' offices and many courts have forms available on-line.
- **Criminal No Contact Orders (NCO)** – Courts may put these in place when there is an on-going case. The victim in the case can ask that they be dropped.

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DOs

- Normalize screening at the beginning of **each** session "Is now still a good time to talk?"
- Allow for hang-ups or disconnecting in middle of session for technology or safety reasons
- Discuss risk assessment and safety planning **only** if partner is out of home, and participant feels comfortable to do so.
- Share community resource sheets with **all** clients. Embed IPV resources in it. Consider posting on your website and make available to those waiting to join a telehealth video session.

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COMMUNITY RESOURCES

- Food banks
- Housing (SSH, DV and homeless shelters)
- Utilities assistance
- Medical clinics
- Hotline numbers (DV, rape crisis, suicide, runaway)

Prior to offering a resource – verify it exists and what services they are currently providing.



RESOURCES FOR CLIENTS

- 2-1-1- Care Line
- [Break the Cycle](#): (Youth hotlines)
- [Idaho Council on Domestic Violence and Victim Assistance](#) (icdv.idaho.gov - List of Idaho programs)
- [National Council Domestic & Sexual Violence](#) (ncdsv.org - safety plan)
- [National Domestic Violence Hotline](#) (24/7): 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY line). [Multilingual]
- [National Latina Network, Casa de Esperanza Bilingual Helpline](#) (24/7): 1-651-772-1611 [Spanish]
- [Strong Hearts Native Helpline](#) (7am-10pm CST/7): 1-844-7NATIVE (1-844-762-8483).
- [RAINN \(Rape, Abuse, Incest National Network\)](#) (24/7): 1-800-656-HOPE (4673) [Multilingual]



RESOURCES FOR COUNSELORS

[Idaho Coalition Against Sexual & Domestic Violence](#) (IRAD, training in areas of sexual assault and domestic violence)

[Idaho Council on Domestic Violence and Victim Assistance](#) (List of Idaho programs)

[National Network to End Domestic Violence](#) - techsafety.org (technology safety tips)

[National Center on Domestic Violence, Trauma, and Mental Health](#) (training and technical assistance)

[SAMHSA IPV & Child Abuse Considerations During COVID-19](#) (tips and training links)



ADDITIONAL YOUTH RESOURCES

- Teen Dating Abuse Hotline 1-866-331-9474
- Trevor Lifeline: 1-866-488-7386
(A crisis intervention and suicide prevention phone service for LGBTQ youth).*
- National Runaway Safe Line: 1-800-786-2929
- BreakTheCycle.org
- LovelsRespect.org

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QUESTIONS



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**Thank you for all you do
and for participating today!**

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