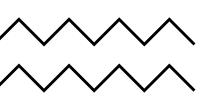
CULTURALLY INFORMED SAFETY PLANNING

PRESENTED BY:

RUTH MICKLEM & CATHY
COLEMAN FROM THE VA
SEXUAL AND DOMESTIC
VIOLENCE ACTION ALLIANCE



- An ongoing relationship/partnership between an advocate and a victim that is designed to reduce harm and enhance the safety of a victim and their family.
- Dynamic, interactive process in which risks are reviewed, relevant strategies are posed and analyzed and an implementation plan is determined.



Culturally Informed

 Culturally-Sensitive Trauma-Informed Care refers to the capacity for advocates to effectually provide traumainformed assessment and intervention that acknowledges, respects, and integrates an individual's cultural values, beliefs, and practices.

Cultural humility

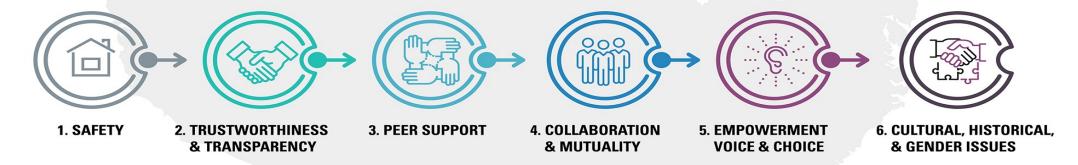
Cultural humility is the "ability to maintain an interpersonal stance that is other-oriented in relation to aspects of cultural identity that are most important to the [person]."



Trauma and Trauma Informed Practices

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's Office of Public Health Preparedness and Response (OPHPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by OPHPR and NCTIC was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.





Culturally Informed, trauma informed Safety Planning is



- Planning the great escape!
- Packing a bag and getting an extra key, gathering all your important documents, getting a protective order, calling 911, teaching your children to hide in a closet, staying away from the kitchen and bathroom...
- Only focused on Physical Safety



 Assessing Risks and perceived risks and working through options to reduce those risks and increase safety for victims and their loved ones.

Safety Planning requires:

- Time
- Connection
- Awareness of risk factors
- Barriers to achieving safety



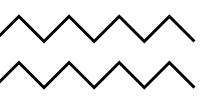
BUILDING THE PARTNERSHIP





- Understanding that each victim is unique with unique risk factors and unique life circumstances
- Recognize that victims have developed safety plans based on their own risk analysis that are crafted to reduce violence, strengthen financial stability (meeting their basic needs) and to improve wellbeing; and
- Use of the advocate's knowledge of available resources and options
- Use of trauma informed practices that include cultural humility

Essential Ingredients



To Establish a Connection: A Partnership for Safety

- Begins with establishing trust
- Understand the victim's priorities
- Not gained by asking a prescribed list of questions but by listening to and hearing the victim's concerns
- Advocates must be open to learning and be able to demonstrate a genuine respect for the life, culture and decision making process of each victim





Time Consuming Process: Factors that influence amount of time



- □Level of trust between advocate and victim;
- □Victims belief that disclosing information will lead to the help they need;
- □Reason for the interaction;
- ☐ The level of threatened violence;
- ☐ The needs of the children/other family members;
- ☐ Communication barriers caused by language, mental health issues, cognitive levels, cultural differences; and
- ☐Amount of required information to be gathered that may or may not be relevant to the victim.

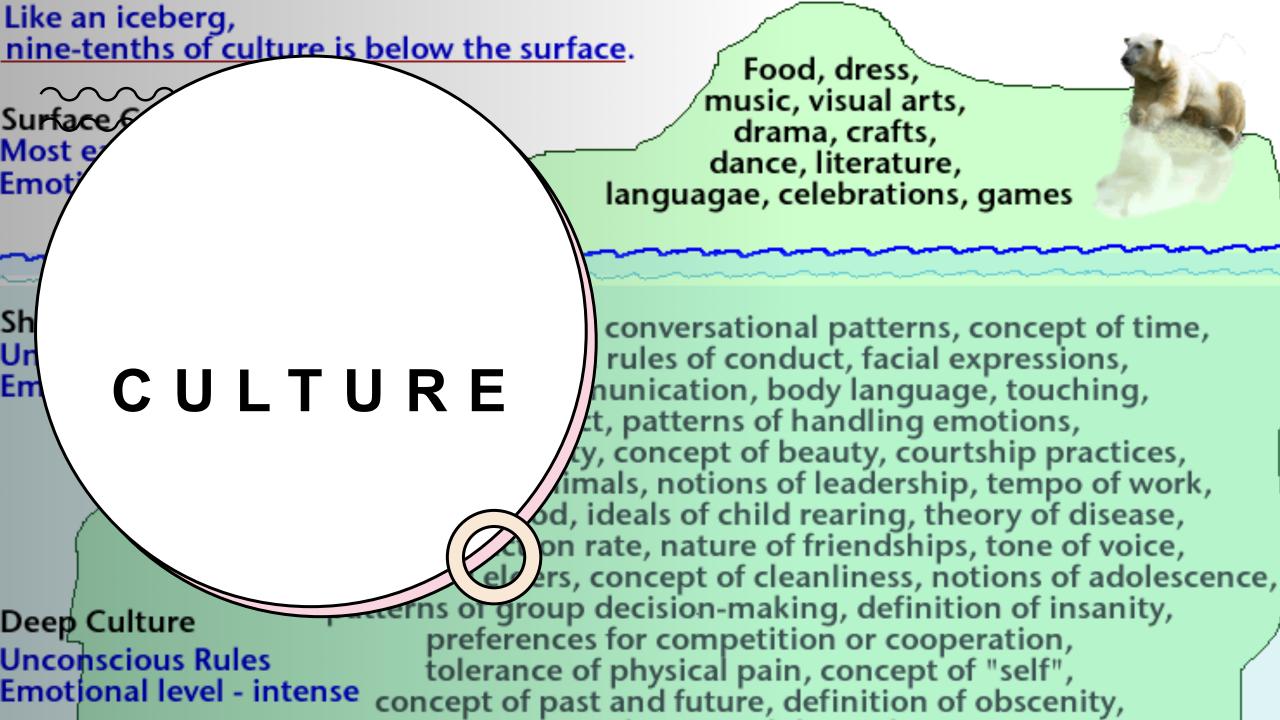


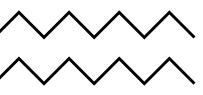
Information Gathering

- Know how to gather information.
- Ask open ended questions like,
- "How can I help you?"
- "What are you most worried about?"
- "Tell me about your family."
- "What can you tell me about your relationship?"









Under the surface

Most things about a person's culture are hidden from view.

To understand another person's perspective/context/experience and the meaning they make of it – you must learn about that person.



Listening...

- Effective listening is much more than hearing the words
- Putting yourself in their shoes
- Understanding the life of the victim and how they experience the violence in it
- May require the advocate to understand and accept unfamiliar views, beliefs and cultures



Practices to support greater understanding of a victim's perspective:



- Invite conversation;
- Communicate simply;
- Overcome language barriers;
- Clarify;
- Validate;
- Avoid making assumptions;
- Create a safe place to talk; and always
- Carefully explain Confidentiality and available legal protections.



Perpetrator generated risks

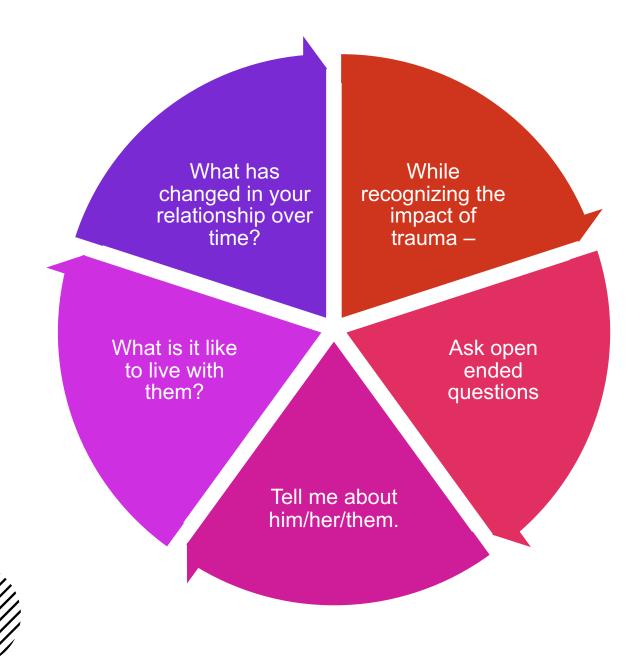
Life generated risks

Understanding Risk Analysis

Perpetrator use of life generated risks



Perpetrator Generated Risks





 What does he/she/they do that makes you feel uncomfortable?

 What things does he/she/they do that really scare you?

What scares you the most?



Stay trauma informed – Avoid *details* about violent events

- Can be harmful to the victim
- Is this something you really need to know to help implement a safety plan?
- Is detail necessary to explore life-threatening danger or serious risk?

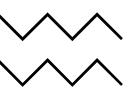




Life Generated Risks

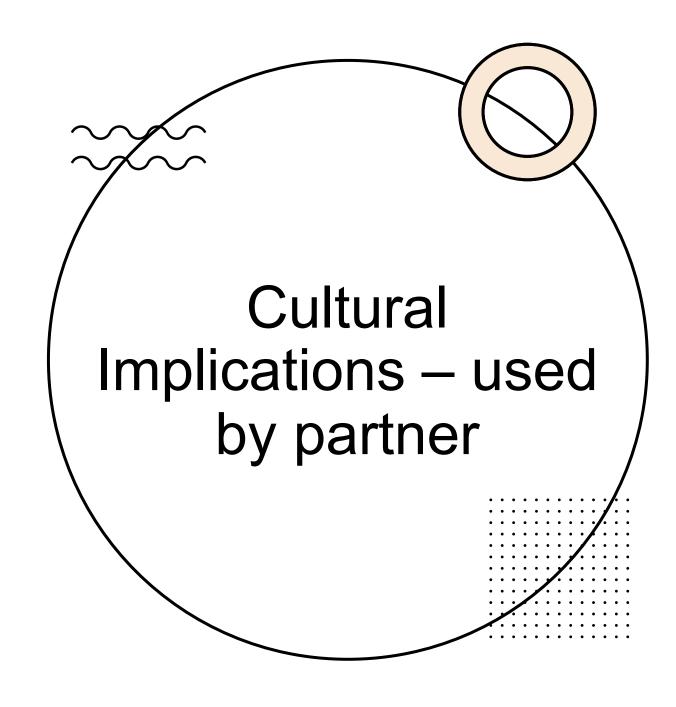


- Homelessness/poverty
- Inability to care for children
- Loss of family support
- Loss of spiritual/religious support
- Physical/Mental health
- Inadequate Responses by Social Institutions
- Discrimination



Life generated risks used by Partner

- Cutting off of financial support
- Using the courts or other traditional support institutions to harass, discriminate
- Threats to out, disclose, take the children/harm the children or other loved ones
- Loss of medical or mental health support by removing access



 Use of race, ethnicity, gender, gender identity, sexual orientation, limited English proficiency, disability, class or immigration status to further coerce and control the victim.

examples include -

Threatening to out to employer, refusal to submit documentation, using racism to further impact individual's self esteem, threatening to share personal information with family or other supports, sharing past experiences with others

Culture

- These are real threats and can be exacerbated based on the victim's past experiences.
- These are all factors involved in a victim's risk analysis that can and will impact safety planning.



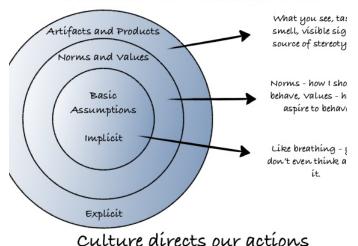


Culturally Informed Safety Planning

 Requires advocates to understand these factors and validate the victim's experiences, risk analysis, life circumstances and plans.



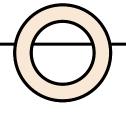
What is Culture?



crce: Trompenaars/Hamden-Turner

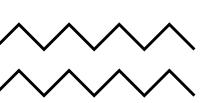
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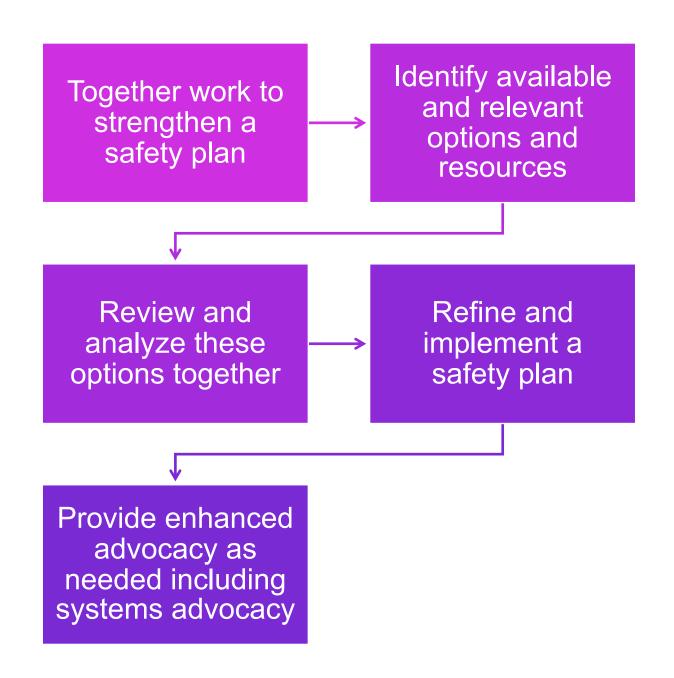


Safety Planning Seeks to Reduce Certain Risks

- Some victims do not see physical violence as their primary risk or leaving as a viable option
- What information a victim provides to an advocate will be influenced by the interactions with the advocate and the victim's ability to assess and communicate their perspective



Build a Partnership

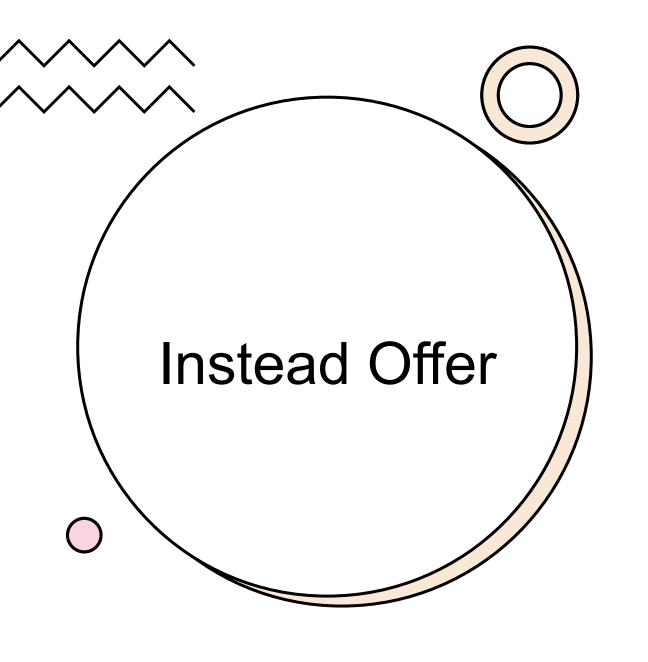




Avoid

- The tendency to focus on just service defined advocacy – this includes traditional or prescribed services -
- Hotline
- Counseling
- Parenting support
- Legal advocacy
- Shelter
- Support Groups
- Civil and Criminal Options

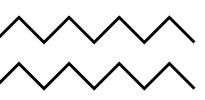




 Advocacy services based on an understanding of the victim's unique and individual experiences, their risk analysis and their particular needs,

that together you define - to increase their safety and to reduce potential harm.

This is culturally informed safety planning!



Questions?

- Contact information:
- Ruth Micklem Community Initiatives Manager, VSDVAA
- <u>rmicklem@vsdvalliance.org</u> 804-577-0033 (cell)
- Cathy M. Coleman PES Legal Advocate, VSDVAA
- cmaxfield@vsdvalliance.org 804-377-0335

