

**Protecting Survivors Of DV:  
Being Trauma Informed In  
Housing & Homeless  
Services**

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### WHAT IS DOMESTIC VIOLENCE?

Intimate partner violence refers to behaviors used by individuals to exert power and control over their intimate partners. Victims can be male or female and perpetrators can be of either sex as well.

Not all abuse is physical. Abuse also includes psychological abuse, emotional abuse, economic/financial abuse, legal abuse, threats to and about children, using "male privilege," intimidation, isolation, coercion, financial control, and many other behaviors which, while not criminal acts, do reinforce control over the victim

Intimate partner violence is distinguished from battering by strangers in that the abuse is a pattern of conduct, as opposed to isolated events, and abusers are family members or intimate friends.

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### PHYSICAL ABUSE

Spitting, Scratching, Pinching, Biting, Grabbing, Shaking	Shoving, Pushing, Restraining
Throwing, pulling hair, Slapping, Punching	Strangulation, Burning, Using weapons against the victim

Physical

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## SEXUAL ABUSE

Coerced sex by manipulation or threat of physical force

Violent sex or sexual acts the victim does not want

Sex at a time victim does not want it, drugging the victim

Forcing to watch pornography

\*Sometimes a victim's resistance will be punished while other victims comply, hoping that the sexual abuse will end quickly. Some battered women are unclear whether this sexual abuse is really abuse, believing it to be her duty as a partner.

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## PSYCHOLOGICAL ABUSE

**Threats through words:**

- "If I can't have you no one will."
- "Your mother is going to pay."
- "If you do, you'll be sorry."

**Intimidation.**

- Yelling and screaming in victim's face
- Standing over a victim during a fight
- Reckless driving while victim or others  
(ie. Children are in the car)

**Actions:**

- Stalking
- Brandishing weapons
- Standing over victim in a threatening manner
- Suicide attempts

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## EMOTIONAL ABUSE

◎ **Common Tactics:**

- Criticize the victim, Call her name
- Threaten children, pets
- Mock her religious beliefs, appearance
- Challenge the victim's sense of reality

◎ **Isolation:**

- Moving the victim far away or cutting the victim off from supportive friends or family members.
- Claiming that the victim's friends or family are "interfering"
- Not allowing the victim to use the telephone or monitoring her calls
- Not allowing the victim access to the car
- Not allowing the victim to retrieve the mail or answer the door without permission
- Not allowing the victim to socialize or meet neighbors

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## \$ FINANCIAL ABUSE \$

- Controlling victim's access to the family's resources such as:
  - Time
  - Food, clothing, shelter
  - Money
  - Not allowing the victim to work
  - Not listing the victim as an owner on a home, cars, insurance policies, etc
  - Ruining the victim's credit
  - Working "off the books" or for cash so that no or very little income is reported which the victim may be awarded
  - Threatening to take her off his medical insurance
  - Transportation




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## FINANCIAL ABUSE

It does not matter who the primary financial provider is - the abuser controls how the finances are spent. Victims must ask permission to spend money on basic family needs. The abuser may purposely prevent them from becoming financially self-sufficient in order to maintain power and control - as long as they are financially dependent upon the abuser, they may be forced to remain with them

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## LEGAL ABUSE

- Threatening to have victim declared incompetent
- Falsely reporting victim to law enforcement
- Threatening deportation
- Threatening to report drug use
- Threatening reports to social service agencies who might cut benefits
- Filing orders of protection against the victim, making the victim look like the violent one
- Instituting legal procedures the victim cannot afford to fight




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## WHO ARE ABUSERS?

Abusers do not differ from non-abusers in race, religion, or economic status. Abusers come from every profession, every level of education, every income level, every ethnic group, and every location



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## IMPACT OF INTIMATE PARTNER VIOLENCE

Intimate partner violence can result in serious injury or death as well as in chronic health problems

- Intimate partner violence can affect the mental health status of victims.
- Intimate partner violence frequently results in isolation which causes damage to family and friends surrounding the victim
- Intimate partner violence frequently effects the ability of the victim to retain gainful employment

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## WHY DO THEY STAY?

Choosing to leave or stay with an abusive partner is an individual and personal decision. The decision is based upon many different issues and should never be taken lightly

- Many people, including victims of intimate partner violence resort to coping mechanisms when faced with difficult situations, which in this case may include:
  - Minimizing - downplaying the importance or severity of abusive behaviors
  - Denial - refusing to admit or pretending that the abuse is not happening
  - Rationalization - finding reasonable explanations for the abuser's behavior, such as stress at work or lack of sleep
  - Drug/alcohol use - turning to drugs and alcohol to numb the physical and emotional pain of abuse
  - Self-blame - making excuses for the abuser, such as, "If I hadn't brought up that subject, it never would have happened"
- If any of these coping mechanisms are in regular use, the victim will not see leaving as the best solution

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## FEAR & RISK OF LEAVING

### *The abuser may:*

- Inflict more abuse or more severe abuse may occur
- Carry out threats to kill the victim.
- Destroy victim's belongings in the home.
- Affect victim's job or reputation at work, church, etc.
- Have victim arrested or charged with a crime, such as drug use or child abuse.
- Harm children, pets, family or friends.
- Not allow the victim to see children or grandchildren.
- Kill the victim or self.




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## FEAR & RISK OF LEAVING

### **Isolation and lack of resources:**

#### *The victim may have:*

- No money on hand for rent or deposits for a new home
- No income
- No safe place to go
- Few people to lend solid emotional support
- No transportation
- Few or unsafe housing choices
- Physical inability to leave




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## FEAR & RISK OF LEAVING

### **Lack of support**

#### *The victim may:*

- Feel there are no friends or family to turn to
- Be ashamed or embarrassed to turn to friends or family for help
- Be afraid of being alone and without a partner
- Fear that no one will believe him/her




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## FEAR & RISK OF LEAVING

### Feelings and beliefs:

*The victim may stay due to*



- Feeling responsible for the abusive partner's feelings, expectations, image, etc
- Feeling love for the batterer - knowing his/her good, positive, or non-abusive side may give the victim hope that change is near
- Religious or social beliefs that divorce is wrong
- Religious or social beliefs that children should have two parents
- Religious or social belief that women must obey and support men
- Blaming him/herself for the problems

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## QUESTIONS?

Are there any questions about the information we've covered so far?

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## TRAUMA INFORMED CARE

*The following information on trauma informed services shares only basic information that can be found in the **Trauma Informed Care Manual** provided by the Ohio Domestic Violence Network. This information should not be considered full and complete, but merely an introduction to providing trauma informed services*

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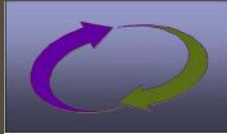
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### TRAUMA INFORMED CARE

A trauma informed approach is based on the recognition that many behaviors and responses expressed by survivors are directly related to traumatic experiences

The Center for Mental Health Services Nation Center for Trauma-Informed Care



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### WHAT MAKES AN EVENT TRAUMATIC?



- o The source of trauma is based on the individual's perception of the event and does not have to be catastrophic
- o An individual can become traumatized when his/her ability to respond to a perceived threat is in some way overwhelmed. The impact can be obvious or subtle.
- o Traumatic reactions are normal responses to abnormal situations

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### HOW IS TRAUMA EXPERIENCED?



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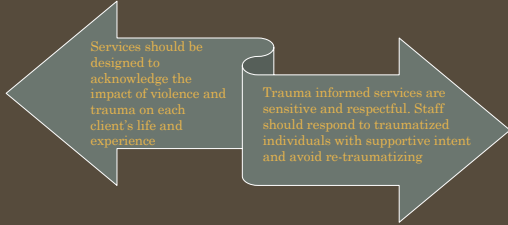
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### WHAT DO TRAUMA INFORMED SERVICES LOOK LIKE?




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### TRAUMA INFORMED SERVICE DELIVERY

- o Trauma informed services:
  - Focus on understanding the whole individual and context of his/her life experience
  - Is infused with knowledge about the roles that violence and victimization play in the lives of individuals
  - Designed to minimize the possibilities of victimization or re-victimization
  - Hospitable and engaging for survivors

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### TRAUMA INFORMED SERVICE DELIVERY

- o Trauma informed services:
  - Facilitate recovery
  - Facilitate growth, resilience and healing
  - Respect an individual's choices and control over her recovery
  - Form a relationship based in partnership with the survivor, minimizing the power imbalance between advocate and survivor
  - Emphasizes the strengths of the survivor

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## TRAUMA INFORMED SERVICE DELIVERY

- Trauma informed services:
  - Focus on trust and safety
  - Collaborate with non-traditional and expanded community supports (such as faith communities, friends and families)
  - Provide culturally competent and sensitive services

\* Information taken from the Women, Co-Occurring Disorders and Violence study conducted by the Substance Abuse and Mental Health Services Administration

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## BECOMING TRAUMA INFORMED

- We must think “trauma first”
- When trying to understand behavior, we must ask, “is this related to violence & abuse?”
- We also must consider our own behavior and whether it is hurtful or insensitive to the needs of the trauma survivor

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REMEMBER...

ABOVE ALL ELSE,  
DO NO HARM

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## QUESTIONS?

Are there any questions about becoming a trauma informed program?

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## INTIMATE PARTNER VIOLENCE RED FLAGS



- Wants to move too quickly into the relationship.
- Early in the relationship flatters you constantly, and seems "too good to be true."
- Wants you all to him- or herself; insists that you stop spending time with your friends or family.
- Insists that you stop participating in hobbies or activities that you enjoy, quit school, or quit your job.
- Does not honor your boundaries.
- Is excessively jealous and accuses you of being unfaithful.
- Wants to know where you are all of the time and frequently calls, emails, and texts you throughout the day.

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## INTIMATE PARTNER VIOLENCE RED FLAGS



- Criticizes or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- Takes no responsibility for his or her behavior and blames others.
- Has a history of abusing others.
- Blames the entire failure of previous relationships on his or her former partner; for example, "My ex was totally crazy."
- Takes your money or runs up your credit card debt.
- Rages out of control with you but can maintain composure around others.

\*adapted from National Network to End Domestic Violence

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## QUESTIONS?

Questions about red flags or healthy relationships?

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## BUILDING RAPPORT



- Courtesy at all times
  - Be polite and helpful *always*. Always provide an answer and a time frame for a response
- Be conscientious and purposeful at all times
  - Make it your *intention* to be professional, polite, *accessible* and helpful
- Don't act as if the "customer" is disturbing you from your work
- Never be too quick to end the interaction, get to know them
- Refer to "customers" by name whenever possible
- Always try to leave the interaction on a positive note
- Be genuine & authentic – clients can tell

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## BUILDING RAPPORT



- Provide good, attentive service in a **positive** manner
- Meet the needs of clients at all times
- Create a positive environment
- "Customer's" come first at all times regardless of what you are doing
- Remember, *always* where our client's have come from and what they have gone through

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## BUILDING RAPPORT



- Use compassion and be empathetic. Never forget what our client's may have experienced or are experiencing
- Help ease the "pain" for clients and make them as comfortable as possible and always create a sense of safety
- View client problems through their lens and understand their point of view. There is no place for judgment

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## QUESTIONS?

Questions about building rapport with residents or clients?

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## CONTACT INFORMATION:

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 Ohio Domestic Violence Network

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(Email is the best way to reach me for a faster response as I am not always in the office)

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