COVID-19 Public Health Action Webinar

Unsafe at Home: How to help someone who is being abused at Home during the Stay-at-Home orders
Presented by Angelina Mercado

Wednesday, April 22, 2020
12:30 PM – 1:30 PM
1. For all questions, please utilize the Chat box or Question & Answers box located at the bottom of your screen.
2. NO continuing education credits will be provided during this webinar series.
3. All webinars will be available on the Hawai‘i Public Health Training Hui’s YouTube channel - https://www.youtube.com/channel/HawaiiPublicTrainingHui
Unsafe at Home:

Angelina Mercado
Executive Director
Hawaii State Coalition Against Domestic Violence
UNSAFE AT HOME: How to Help Someone Experiencing Domestic Violence During Covid-19
Today’s Learning Objectives:

• Define Intimate Partner Violence (IPV)
• Recognize types of IPV beyond physical abuse, and in relation to Covid-19
• Identify physical and behavioral symptoms associated with IPV
• Develop a trauma informed approach to questioning
• Tips to help a friend during Covid-19
• Benefits of partnerships with domestic violence advocacy agencies
• Local and national domestic violence and sexual assault resources
YES!
DV Shelters Are Open & Programs Are Providing Services
How Prevalent is Intimate Partner Violence?

1 in 4 US women experienced violence by a partner at some point in her life.

1 in 5 women is sexually assaulted in college.

1 in 5 tweens knows a victim of dating violence.

2 out of 3 children are exposed to trauma and violence.
Public Health Definition of Intimate Partner Violence

• An ongoing, often escalating, **pattern of behavior** intended to obtain and maintain power & control in an intimate relationship

• Include a broader range of controlling behaviors that impact health including:
  
  • **emotional abuse**
  • **social isolation**
  • stalking
  • intimidation and threats
Dynamics of IPV

- Using extreme and controlling behavior or jealousy
- Isolation
- Using social status or privilege
- Physical Abuse
- Threats
- Verbal Abuse
- Sexual Assault
- Reproductive Coercion
- Emotional/Mental (psychological) Abuse

The goal of IPV is Power and Control.
Unique controlling behaviors:
LGBTQ Survivors
• Threats to “Out” their partner to family, friends or employer
• Use medical information – HIV related diagnosis

Immigrant Survivors
• Threats of deportation
• Taking kids outside the U.S.
• Using immigration process
• Forbidding English classes
• Holding on to important documents
Power & Control: COVID-19

- Abusive partners may:
  - withhold necessary items, such as hand sanitizer or disinfectants;
  - share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms; and
  - withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.

- Survivors may also fear entering shelter because of being in close quarters with groups of people.
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor’s escape or safety plan – it may not be safe for them to use public transportation or to fly.
- An abusive partner may feel more justified and escalate their isolation tactics.
• Headache
• Back Pain
• Head
• Vaginal Infection
• Digestive Problems
• STD
• Pelvic Pain
• UTI
• Loss of Appetite
• Abdominal Pain

40%-91% of women experiencing IPV have incurred a traumatic brain injury (TBI) due to a physical assault (Campbell, 2018)

Over 2/3 of IPV victims have been strangled at least once

Behavioral Health

- Anxiety and/or depression
- Post-traumatic stress disorder (PTSD)
- Antisocial behavior
- Suicidal behavior
- Low self-esteem
- Emotional detachment
- Sleep disturbances
- Substance dependency

Research suggests that women may also be more likely than men to use prescription opioids to self-medicate for other problems including anxiety or stress.  (McHugh 2013)
Perinatal, Reproductive, and Sexual Health

- IPV is linked to an increased likelihood for rapid repeat and unintended pregnancy, low birth weight babies, preterm birth, and miscarriages
- Women disclosing physical abuse were 3 times more likely to have an STI
- Over ½ of women living with HIV have experienced IPV

(Sarkar, 2008; Raneri 2007; Morgenstern 2009; Silverman 2006; Zimmerman 2011, Morgenstern 2011, Morgenstern 2012, Black 2011)
Why might a survivor choose not to disclose abuse?

- Shame, judgment, stigma
- Fear, threats
- Fear of systems/police involvement
- Afraid children can be taken away
- Not knowing what is going to happen with the information
- Lack of awareness of victim status and rights
- Lack of knowledge of U.S. laws
- Limited English Proficiency
Healthcare Providers Make a Difference

Women Who Talked to Their Health Care Provider About Experiencing Abuse Were **FOUR TIMES** more likely to use an intervention such as:

- Advocacy
- Counseling
- Protection orders
- Shelter

(McCloskey, 2006)
**Hawaii Mandatory Reporting Laws**

<table>
<thead>
<tr>
<th>Required to Report:</th>
<th>Not Required to Report</th>
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</thead>
<tbody>
<tr>
<td>Duty of physician, osteopathic physician, surgeon, hospital, clinic etc., to report wounds</td>
<td>Health care providers are not required to report their suspicions or knowledge of domestic violence for adults</td>
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A Trauma-Informed Approach to Questioning

Not trauma informed -> “No one is hurting you at home, right?”

- Women were more likely to discuss experiences of violence when nurses initiated open-ended discussions focused on parenting, safety or healthy relationships.
- See patient alone, disclose limits of confidentiality
- Make the connection between healthy relationships and health
- Spend time and listen without judgement
- Make the connection to resources

Move away from asking:
“Why hasn’t the survivor left?”

to asking:
“How can I support this person so that they can make their own decisions?”
Redefining Safety for Survivors

• Leaving or ending an abusive relationship comes with the highest likelihood for homicide or acute victimization.
• Staying might be the safest choice.
• DV advocates are experts in short and long-term safety planning.
How To Help A Friend During Covid-19

- Ask them how they would prefer to connect and establish a safe communication channel
- Stay in touch, check-in frequently and be creative
- Be supportive and believe in them
- Help them think through how to stay safe during COVID-19
- Help find a local domestic violence helpline
Tips for helping a friend experiencing domestic abuse during COVID-19.

Introduction

As loved ones, we all want to stay in touch and be creative. But it can be hard to know what to do or how to talk about it. Here are some ideas to help.

Help a local domestic violence shelter.

Stay in touch and be creative.

Be supportive and believe in your friend.

Your actions can make a difference.
Advocates are the Experts

- Domestic violence and sexual assault programs have vast experiences working with survivors of violence.
- Advocates assist and empower survivors who have experienced IPV to think and act to increase personal safety while assessing the risks to their actions.
- Advocates connect patients to additional services:
  - Housing
  - Legal advocacy
  - Support groups/counseling
Local Domestic Violence Advocacy Partners

**Child & Family Service**
A private nonprofit serving Hawai‘i since 1959

24 hr. Shelter Lines:
841-0822 (O‘ahu)
959-8864 (East Hawai‘i)
322-7233 (West Hawai‘i)

**Parents And Children Together**

24 hr. Shelter Line:
526-2200 (O‘ahu)

**Women Helping Women**

24 hr. Shelter Line:
579-9581 (Maui)
563-0216 (Lana‘i)

**YWCA**

24 hr. Shelter Line:
245-6362 (Kaua‘i)

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245-6362 (Kaua‘i)

**DVAC**

Monday-Friday (8am-5pm)
Call: (808) 531-3771
Toll-free (800) 690-6200
Text: (605) 956-5680
Chat:
https://domesticviolenceactioncenter.org/

Phone Intake Services Monday-Friday
9:00am-11:30am & 1:00pm-3:30pm
808-536-4302 (Oahu)
1-800-499-4302 (Neighbor Islands)
Local Sexual Assault Resources

OAHU – SEX ABUSE TREATMENT CENTER
Hotline: (808) 524-7273, Phone: (808) 535-7600

HAWAII – YWCA Sexual Assault Support Services (SASS)
Hilo: Hotline: (808) 935-0677, Phone: (808) 961-3877
Kona: Hotline: (808) 935-0677, Phone: (808) 334-1624 – voicemail

KAUAI – YWCA SEXUAL ASSAULT TREATMENT PROGRAM
Hotline: (808) 245-4144, Phone: (808) 245-5959

MAUI COUNTY – CHILD AND FAMILY SERVICES Sexual Assault Support Services (SASS)
Maui: Hotline: (808) 873-8624
   Toll-Free Hotline: (866) 443-5702
   Phone: (808) 877-6888
Molokai: Toll-Free Hotline: (866) 443-5702
Lanai: Toll-Free Hotline: (866) 443-5702
SATC Services During COVID-19

While the SATC office at Harbor Court is closed to comply with the stay-at-home order, all services remain available.

24-Hour Hotline
• Our hotline is available 24/7. If you, or anyone you know, needs help involving a sexual assault, please call 524-7273. The crisis counselor will be able to assist you in getting the kind of help needed. Or, you can reach out to us via www.satchawaii.org. Our contact us page is checked daily.

Medical-Legal Services
• Sexual assault exams are accessible by calling the hotline, and take place at Kapi‘olani Medical Center for Women & Children. Precautions are in place to ensure screening, use of personal protective equipment (PPE), and disinfection measures. It is important for you to know that medical care and evidence collection do not have to be delayed or compromised because of COVID-19.

Crisis and Clinical Services:
• Whether you’re an existing client of SATC, or you’re in need of services for the first time, crisis counseling sessions, psychotherapy sessions, and case management services are available by phone and/or through telehealth.
• Crisis support is available at the time of forensic interviews with the police.
National Domestic Violence
http://www.thehotline.org/
1-800-799-SAFE (7233)
TTY: 1-800-787-3224
Live chat 24/7/365
En Español: 12pm-6pm Hora Central

National Sexual Assault
https://www.rainn.org/
1-800-656-HOPE (4673)

The Trevor Project
www.thetrevorproject.org
866-488-7386 LGBTQ Youth

Trans Lifeline 1-877-565-8860
www.translifeline.org/
Thank You!

Go to the Hawai`i State Coalition Against Domestic Violence Website for additional information and resources

https://www.hscadv.org/
QUESTIONS?
Webinar Announcement

Topic: Hawaii’s Economy
Wednesday, April 29, 2020
*TIME CHANGE*
1:00PM – 2:00PM