

VETERANS HEALTH ADMINISTRATION

Addressing Interpersonal Violence through Trauma-Informed Intervention

Presentation for: Military Social Work & Behavioral Health Conference

Presented by: Dr. LeAnn E. Bruce and Dr. Natalie Peterson

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3-Part Session Structure

- 3-session series with break
 - Addressing Interpersonal Violence through Trauma-Informed Care (TIC) Intervention
 - Expanding Services for Veterans who Experience Intimate Partner Violence or Sexual Assault
 - Understanding Human Trafficking Assessment and Intervention in the Veteran Community
- Audience Participation Activities
- Discussion Opportunities
- Q & A



Presenters



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Disclaimer

- The content of this session is the results of the presenters' own professional experience and research and does not reflect opinions or official statement of any affiliations
- The presenters have no conflicts of interests to declare



Trauma Care Statement

This presentation contains information about violence and trauma. Please practice self-care, and step away, if needed.

If you experience symptoms of traumatic stress, please seek support from your health care provider, your employee assistance program, or one of the hotlines below:

- **Suicide & Crisis Lifeline:**

Dial 988, press 1 (new number); for Veterans

- **National Domestic Violence Hotline:** 800-799-SAFE (7233)
- **National Human Trafficking Hotline:** 888-373-7888
- **National Sexual Assault Hotline:** 800-656-HOPE (4673)



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Objectives

- Describe the etiology and scope of interpersonal trauma specific to military personnel and Veterans
- Identify the four key areas of Trauma-informed Care
- Develop individual action plan for improving TIC practices



Audience Participation

Getting to know you...

- Military, Veteran or Family Member?
- Work with Department of Defense (DoD) , Veterans Affairs (VA) or Community?
- Healthcare? Social Work? Administration?



Definitions and Differences

Domestic Violence

Refers to any violence, abuse or neglect that occurs within the home/family relationships and may include child abuse, elder abuse, and other types of interpersonal violence. It is the global term often used in litigation.

Intimate Partner Violence

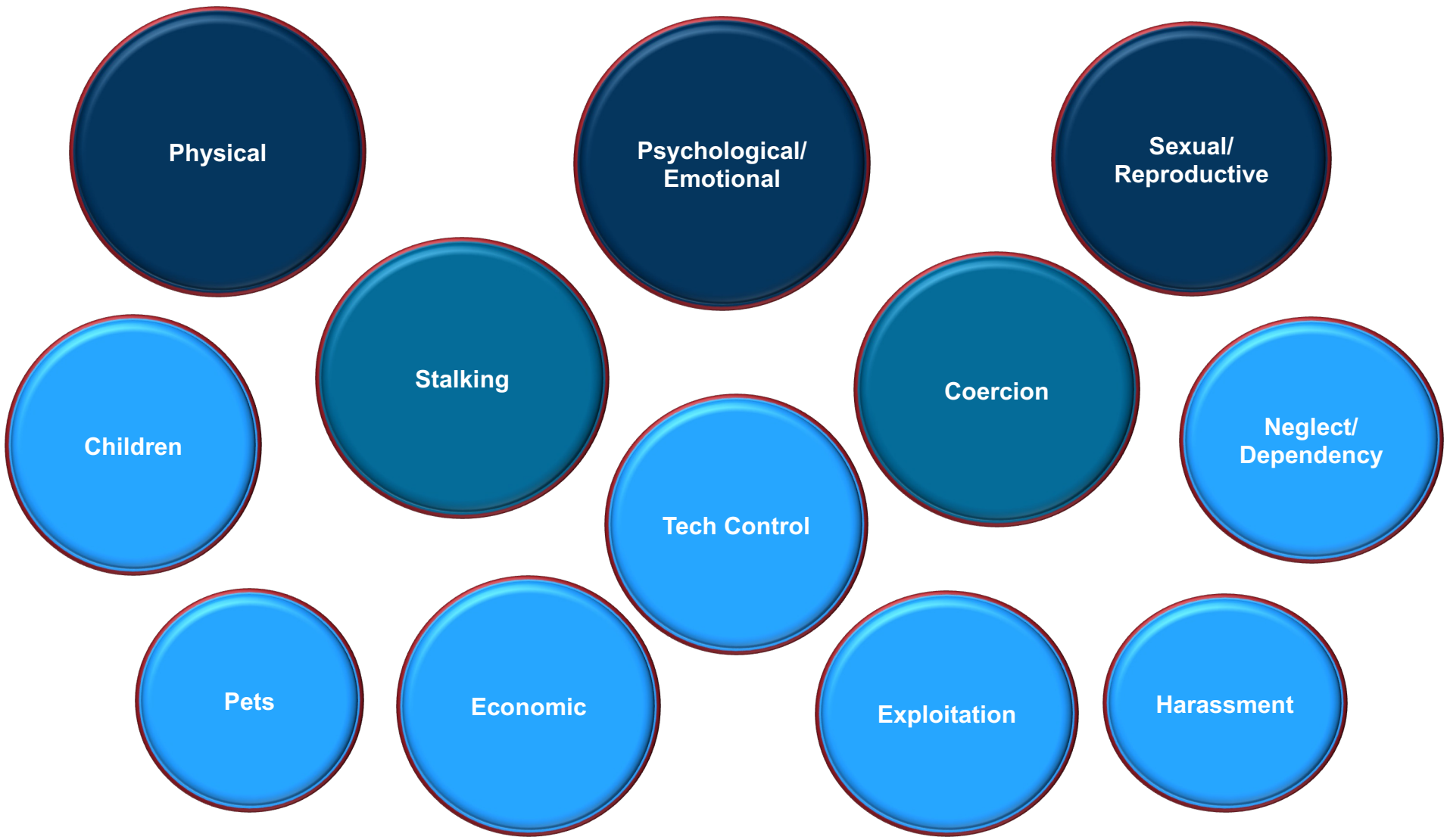
Describes physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy or cohabitation.

Interpersonal Violence

Refers to any violent act by any person or persons against another including physical assault, sexual assault, stalking, and domestic violence.



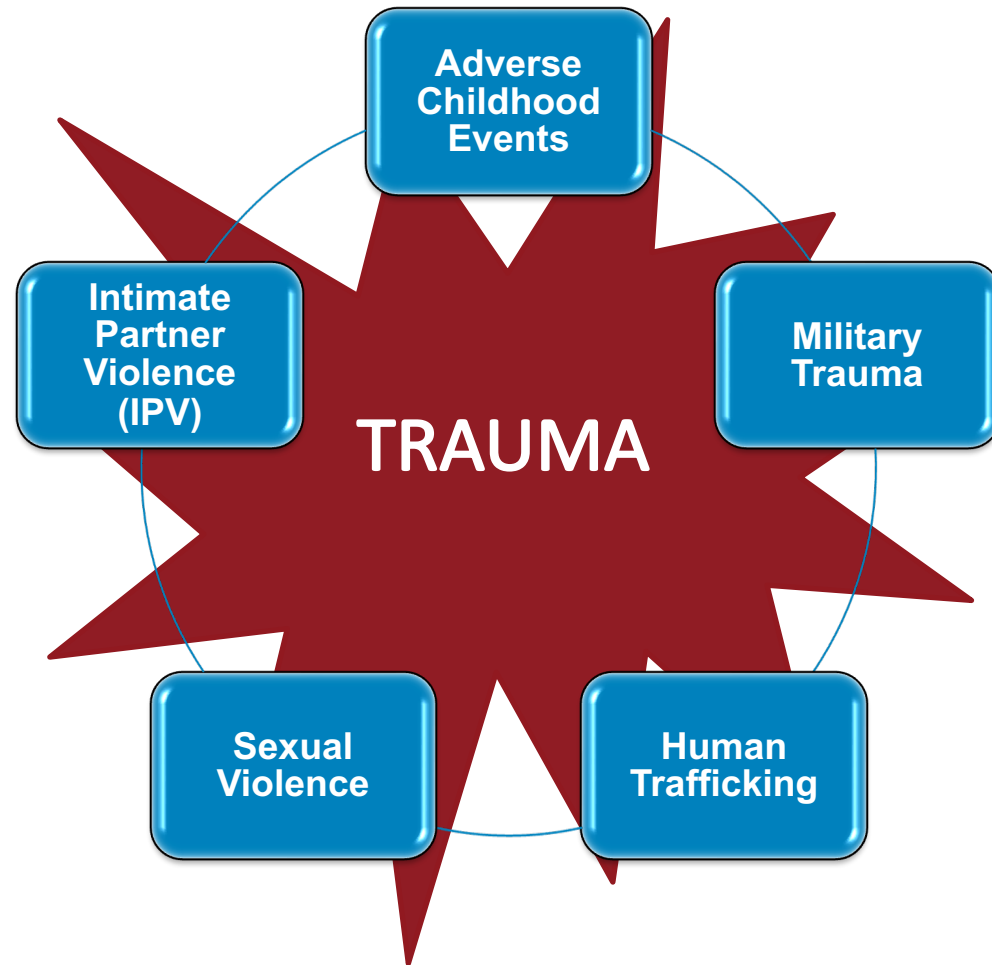
Types of Trauma



The Invisible Wounds of Trauma

Trauma accumulates and it spreads:

- Adverse childhood events
- Dating trauma
- Military trauma
- Military sexual abuse
- Domestic violence
- Intimate partner violence (IPV)
- Sexual violence
- Stalking
- Human trafficking
- Missing and murdered Indigenous persons
- Hate crimes against marginalized populations



Trauma-Informed Care (TIC)

- TIC is an **organizational structure** and **treatment framework** that involves understanding, recognizing and responding to the effects of all types of trauma
- TIC also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment

Environment



Trauma-Informed Care - Environment

- Provide safe, secure environment (from parking lot to all areas of care)
- Ensure private locations are available for intake and care
- What safety measures are in place (reporting incidents, police/security)
- Inviting with clear signage, access and egress
- Comfortable
- Friendly and helpful
- Welcoming for all, inclusive

Environment



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Trauma-Informed Care - Policy

Review your policies. Do they...

- Support client choice?
- Empower the client?
- Use inclusive and respectful language?
- Have potential for re-traumatizing the individual?
- Provide recourse for violations?

Environment



Trauma-Informed Care - Procedures

- Conduct Gemba walk through system
- Review intake process and paperwork
- Empower client choice
- Interview privately and compassionately, do not interrogate
- Explain mandatory reporting laws in your state – informed consent and disclosure
- Explain choices for reporting
- Offer to assist with notifying the authorities IF the individual wants to report
- Allow the individual to disclose only what they feel comfortable reporting
- Think about all processes, do they build trust or re-traumatize?

Environment



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Trauma Informed Care - Intervention

- Be sure to obtain permission for the examination and to explain the process prior to physical contact
- Offer choice
- Respect wishes
- Offer referrals to rape crisis centers, advocates and other professionals in the community
- Ensure that all staff are applying TIC approaches
- Focus on recovery

Environment



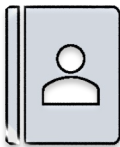
Forms of Intervention



Universal Education



Resource and Referral



Safety Planning



Therapeutic Intervention



Strength at Home

STRENGTH HOME



PROMOTES
HEALING



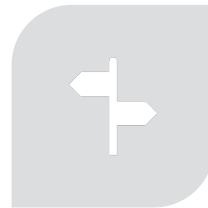
EMPOWERS
PARTICIPANTS



OFFERS PEER
SUPPORT



PROVIDES SAFE
AND SUPPORTIVE
SPACE



ENCOURAGES
CHOICE



BUILDS TRUST



RISE

Recovering from Intimate Partner Violence through Strengths and Empowerment (RISE)



Promotes healing



Seeks to empower



Enhances social support



Offers safe and supportive space



Emphasizes choice and self-efficacy



Courage



#BeCOURAGEous



Promotes healing and self-discovery



Seeks to empower



Provides peer support



Offers safe and supportive space



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Warrior to Soul Mate

W2SM

Warrior to Soul Mate
Renew - Reconnect



PROMOTES WHOLE
HEALTH AND
HEALING



EMPOWERS
PARTICIPANTS
THROUGH
PSYCHOEDUCATIONAL
SKILLS



PROVIDES PEER
SUPPORT



OFFERS SAFE AND
SUPPORTIVE SPACE



CHOICE



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Various Other Interventions

Mental Health

Skills Training in Affective Interpersonal Regulation (STAIR)

Community Referrals

VET Centers

Staff TIC training

Develop materials

Community of Practice Workgroup



What You Can Do – Next Steps



Seek training and guidance



Review your policies and procedures



Know state laws related to mandated reporting



Engage your quality improvement team



Make sure to include the voice of the client



Know the Signs



Know the Signs

Injuries

- Cuts, scratches and other abrasions
- Bruises or welts in various stages of healing
- Burns: cigarette or hot object marks (iron)
- Broken bones: swelling, finger marks
- Head injuries: black eyes, ear injuries
- Report of constant pain and soreness
- Multiple Emergency Department visits
- Internal injuries

Neglect

- Delay in seeking care
- Malnourishment –weight loss
- Poor hygiene
- Inappropriate dress for setting/season
- Bed sores

Sexual

- Trauma to genitals or rectum
- Pain, bleeding, cuts
- Issues with urination
- Gait disturbance
- STDs or genital discharge

Emotional Distress

- Fear, anxiety
- Shame/guilt
- Unexplained crying
- Unreasonably demanding –angry agitated

Exploitation

- Fear, anxiety
- Distrusting of others
- Overly compliant –always apologizing



Take Home Points

- TIC is not a form of therapy – it is a comprehensive array of foundational guidance to promote safety, trust and trauma-sensitive care
- A TIC organization is one that has applied TIC principles to all aspects of their organization - environments, policies, procedures and interventions
- Commits to using PERSON-CENTERED Language
- Provides UNIVERSAL EDUCATION
- Is focused on RECOVERY
- ADVOCATE!

**Always Provide
National Domestic Violence
Hotline Information:
1.800.799.SAFE (7233)
thehotline.org**

**Veterans Crisis Hotline:
Dial 988m, press “1”
24**



Intimate Partner Violence (IPV) Prevention



Teach safe and healthy relationship skills



Create protective environments



Encourage bystander empowerment



Strengthen economic support for families



Support experienter to increase safety

IPV PREVENTION

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**



1-800-799-SAFE (7233)



CHAT



Text "START" to
88788



[Directory of Intimate Partner Violence Assistance Program \(IPVAP\) Coordinators - VHA Social Work](#)



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Sexual Violence Prevention



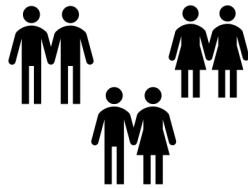
SEXUAL VIOLENCE PREVENTION

- ✓ White Ribbon Campaign
- ✓ Promote healthy relationships
- ✓ Bystander Intervention Training
- ✓ Strengthening and empowering men and women to report

Sexual Violence (cdc.gov), 2021

Source: Preventing

Human Trafficking Prevention



Encourage
Healthy
Behaviors in
Relationships



Foster Safe
Homes and
Neighborhoods



Identify and
Address
Vulnerabilities



Reduce
Demand for
Human
Trafficking



End Trafficking-
Related
Transactions

Source: Preventing Sexual Violence (cdc.gov), 2021

HUMAN TRAFFICKING PREVENTION

NATIONAL
HUMAN
TRAFFICKING
HOTLINE

Report tips: *If you see something, say something*
Call 1-888-373-7888 (TTY: 711), Text 233733 or
Live Chat @ humantraffickinghotline.org



email help@humantraffickinghotline.org*

* Note: Email response may not be immediate. If you are seeking immediate services please use our phone, chat, or text options.



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Connect With Us!

Intimate Partner Violence Assistance Program (IPVAP) - VHA Social Work

VHA Social Work

- VHA Social Work
- IPV Assistance Program
- IPV Assistance Program - Home
- Directory IPVAP Coordinators
- About VA IPVAP
- Veterans & Partners
- What Is IPV
- Prevalence
- Effects of IPV
- Is IPV Affecting My Relationship
- What Can I Do
- More Health Care

Intimate Partner Violence Assistance Program (IPVAP)

VA Relationship Health and Safety
Person-First Language
Individual who experiences and/or uses IPV.

Watch on YouTube

WE ARE COMMITTED TO ADDRESSING INTIMATE PARTNER VIOLENCE AND BUILDING HEALTHY RELATIONSHIPS

The VA's Intimate Partner Violence Assistance Program (IPVAP) is committed to helping Veterans, their partners, and VA staff who are impacted by IPV. If you, or someone you know could be experiencing and/or using IPV - help is available.

Click the "VETERANS & PARTNERS" button or "VA PROVIDERS, STAFF & COMMUNITY" button below to learn more about the Intimate Partner Violence Assistance Program (IPVAP).

VETERANS & PARTNERS PROVIDERS/STAFF & COMMUNITY PARTNERS

QUICK LINKS

- Hospital Locator
- Health Programs
- Protect Your Health
- 7 Health Topics

Veterans Crisis Line

SAFETY TIP

If you believe someone may be monitoring the websites you visit, call the National Domestic Violence Hotline* at 1-800-799-7233 or 1-800-787-3224 (TTY).

QUICK ESCAPE
CLICK TO LEAVE THIS SITE

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233

SAFETY PLANNING GUIDE
CLICK TO DOWNLOAD /VIEW

IPVAP
INTIMATE PARTNER VIOLENCE ASSISTANCE PROGRAM COORDINATORS

RESOURCES
IPVAP Sitemap

Information and resources available to Veterans and their partners

Quick Escape Button for Safety

Veteran-specific Safety Planning Guide

VA and Community Provider Portal (coming soon)

[Link to YouTube Videos](#)



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