



Impact of domestic violence on mental health

► SARAN CRYER

Mental Health Therapist, Women's Advocates

■ BRENISEN WHEELER

Education and Outreach Coordinator, Women's Advocates



Welcome!

We invite you to introduce yourself in the chat with your name, position, and organization affiliation.

Make sure you change the setting so you're sending the message **To: All panelists and attendees**

To: All panelists and attendees ▼



Type message here...

If you have a specific question or topic that you would like covered in this webinar, feel free to add it to the Q&A section.

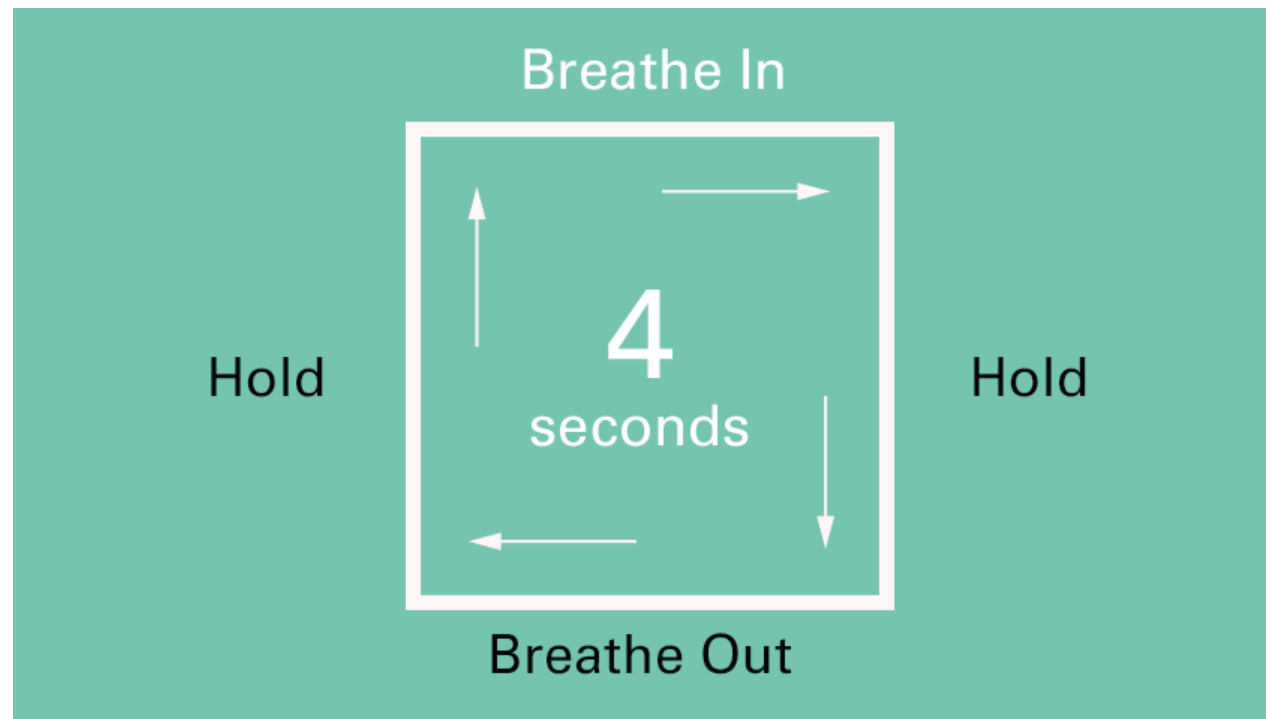


Women's Advocates
Breaking the cycle of domestic violence

Write in the chat: one word
to describe how you're
feeling right now

Thank you for being here!

Let's take a collective breath together.



[More about box breathing](#)

Overview of the next 90 minutes

- ▶ Overview of Women's Advocates
- ▶ Overview of domestic violence
 - ▶ Statistics
 - ▶ Stories
 - ▶ Definition
 - ▶ Power & Control Wheel
 - ▶ Different forms of violence
 - ▶ Warning signs
 - ▶ Causes of domestic violence
- ▶ Link between mental health and domestic violence
- ▶ Difference between mental health vs mental illness
- ▶ Cycle of violence and the continuum
- ▶ Reasons why survivors can't "just leave"
- ▶ Intergenerational cycle of abuse
- ▶ Analyzing childhood experiences
- ▶ Survivor reactions to trauma
- ▶ Lasting impacts of domestic violence
- ▶ Trauma informed approaches
- ▶ Impact of COVID-19
- ▶ Resources

Feel free to use the **chat box** to add any comments or responses to our questions. Use the **Q&A feature** to ask any questions anytime during the presentation! A PDF of the slides will be emailed to you after the presentation is complete.

[Learn more about our history here](#)

A legacy of advocacy since 1972

Women's Advocates is the first shelter in the nation for women and children fleeing domestic abuse.

- **1972**- Crisis line for women experiencing domestic violence was created by 11 women in St. Paul
- **1974**- Official shelter began operating out of a Victorian home on Grand Avenue



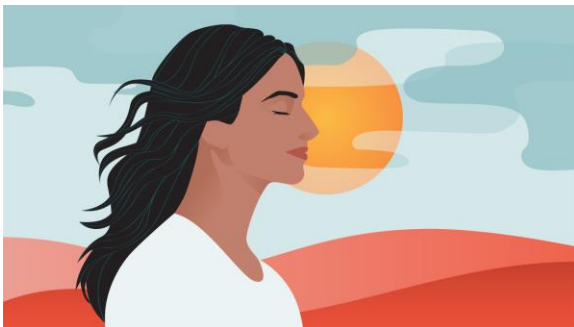
Mission:
Women's Advocates walks with victim survivors and our community to break the cycle of domestic violence.





Mental Health Services Provided at Women's Advocates

- Weekly Mindfulness Support Group
- Individual therapy sessions with each woman and child
 - Therapy to promote mental wellness
 - Psychoeducation to better understand one's diagnosis and treatment support
 - Child safety planning



Write your responses to any of these questions in the chat box!

What do you think of when you hear the term domestic violence?



Certain kind of person



Certain relationship dynamic



Certain kind of violence



What words do you use to describe someone experiencing domestic violence



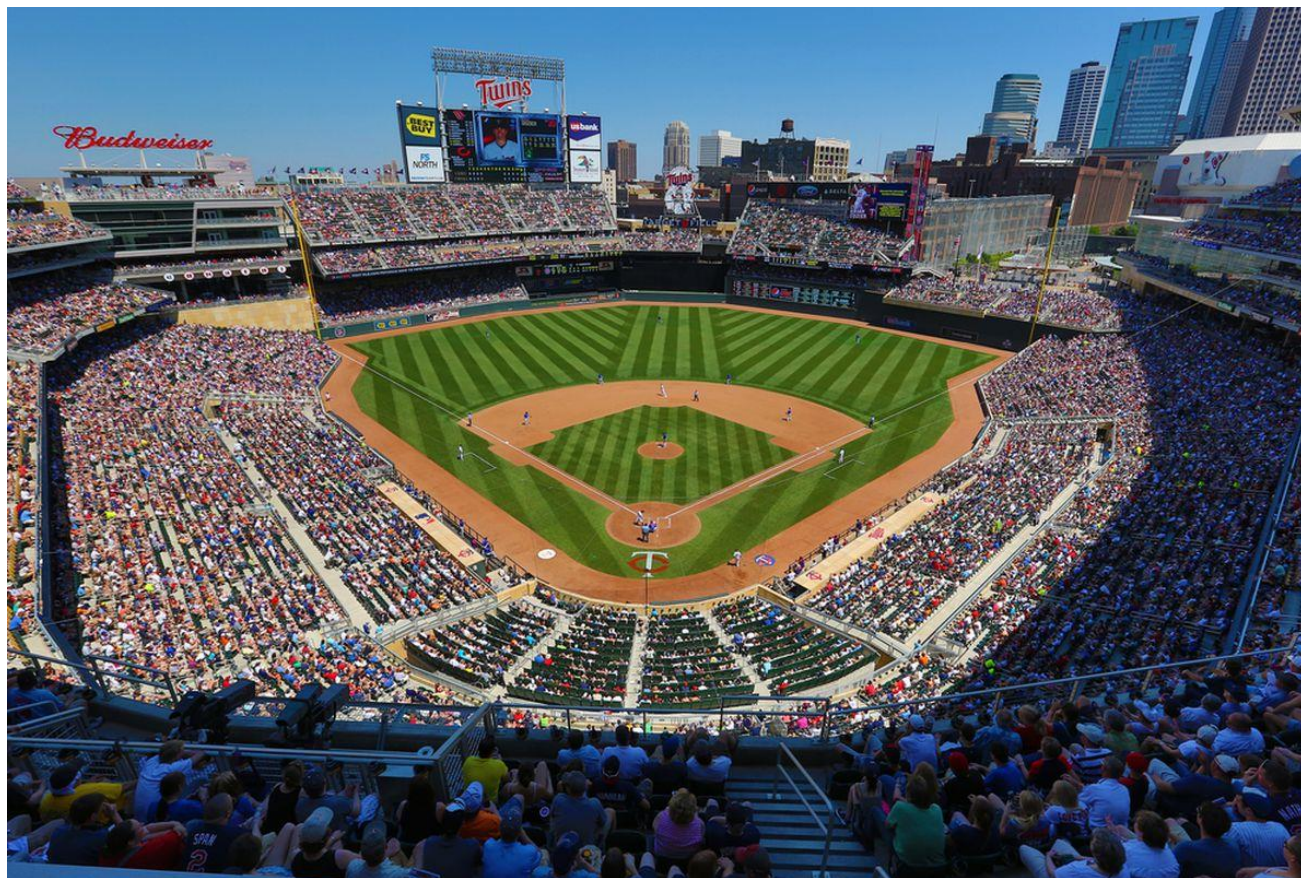
What words do you use to describe someone that causes harm



Where have you seen domestic violence? Media? Shows? Personally?



Why do you think domestic violence happens?



We could fill Target Field 17 times with
MN women who have experienced
domestic and/or sexual violence.





Raven Bianca Gant

Age 27

Minneapolis

November 28, 2019

On Thanksgiving night Randall Watkins, 41, shot and killed his girlfriend Raven Bianca Gant, 27, in front of their two-year-old daughter. Raven and her daughter recently moved out of Watkins' home and had been staying with Raven's father. Prior to Raven leaving, Watkins taken all of Raven and their daughter's clothing and refused to return them. Raven and her daughter arrived at Watkins' house Thanksgiving night to retrieve their belongings when Watkins prevented her from leaving the house. After the shooting, police officers arrived at the Jordan neighborhood home in north Minneapolis and spoke with Raven's father. Raven's father stated she had been attempting to leave the relationship for a period of time and pointed to a history of abuse. Raven's father also said Watkins beat her and gave her two black eyes. When her father previously tried to confront Watkins about his abusive behavior, Watkins shot him in the back. Watkins was charged with gross misdemeanor domestic assault in July 2019 for hitting Raven but the charges were dismissed. Charges were also dismissed for misdemeanor domestic assault and interfering with a 911 call in 2010 after Watkins assaulted an ex-girlfriend, with whom he had a child. The same woman filed for an order for protection against Watkins in 2012. Randall Watkins has been charged with second-degree murder. Raven Bianca Gant is survived by her two-year- old daughter.

Source

Looking at the facts

In Minnesota

- ▶ More than **65,000** adults in Minnesota receive domestic violence services from programs each year.
- ▶ 47% of girls from homes where others have been physically abused, hurt themselves on purpose and 56% contemplated suicide
- ▶ **Less than 50%** of people who experience domestic violence ever reach out for services
- ▶ In 2015, there were **29** domestic violence homicides. Victims ranged from 14-76 years old. The homicides took place in 17 different cities. And 50% were in Greater Minnesota.

Source

In the United States

- ▶ Every minute in the U.S. **20** people are victims of domestic violence
- ▶ **1 in 3** women and **1 in 4** men in the United States have experienced some form of physical violence by an intimate partner
- ▶ On a typical day, domestic violence hotlines receive approximately **21,000** calls, 15 calls per minute
- ▶ Intimate partner violence accounts for **15%** of all violent crime

Source
Source

Defining domestic violence

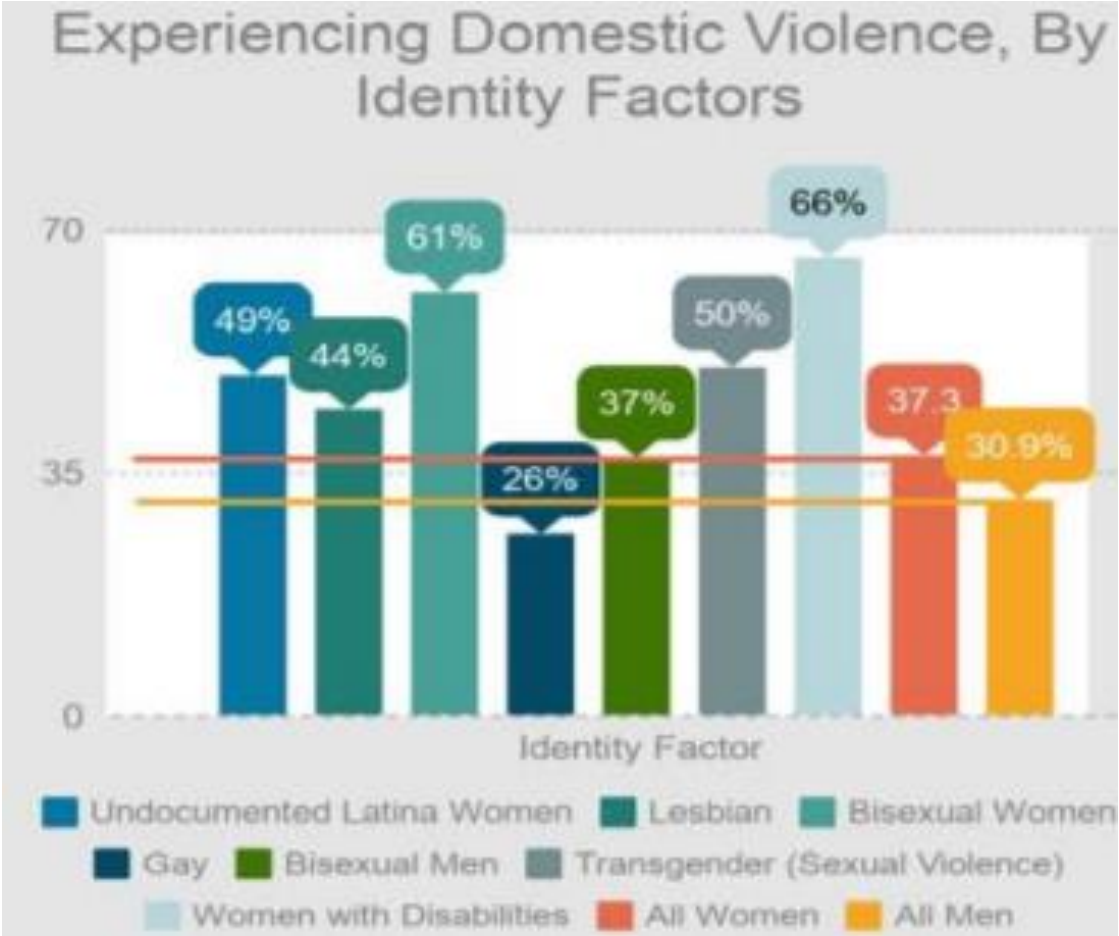
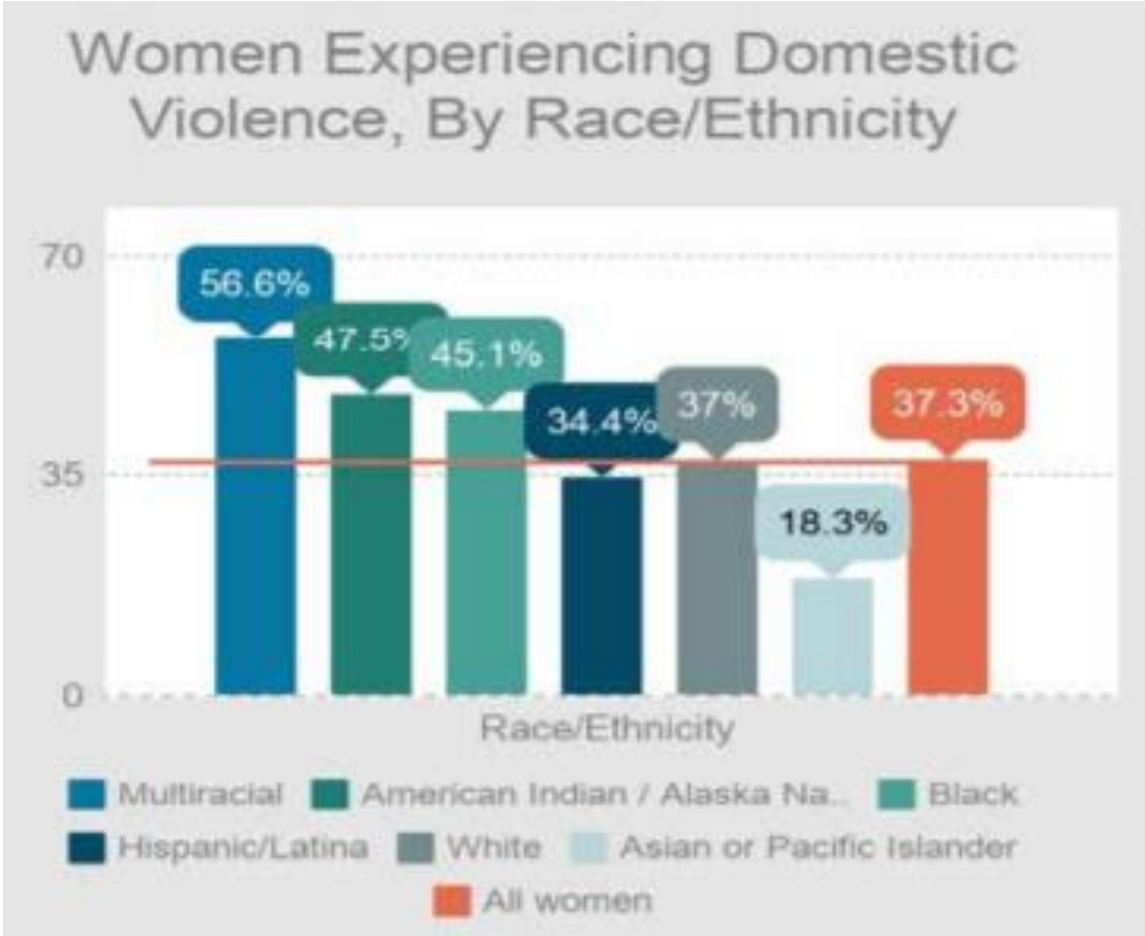
Domestic violence is an intentional and systematic **pattern** of physical and psychological abuse, threats, intimidation, isolation or economic coercion used by one person to exert **power and control** over another person in the context of a **dating, family or household** relationship.



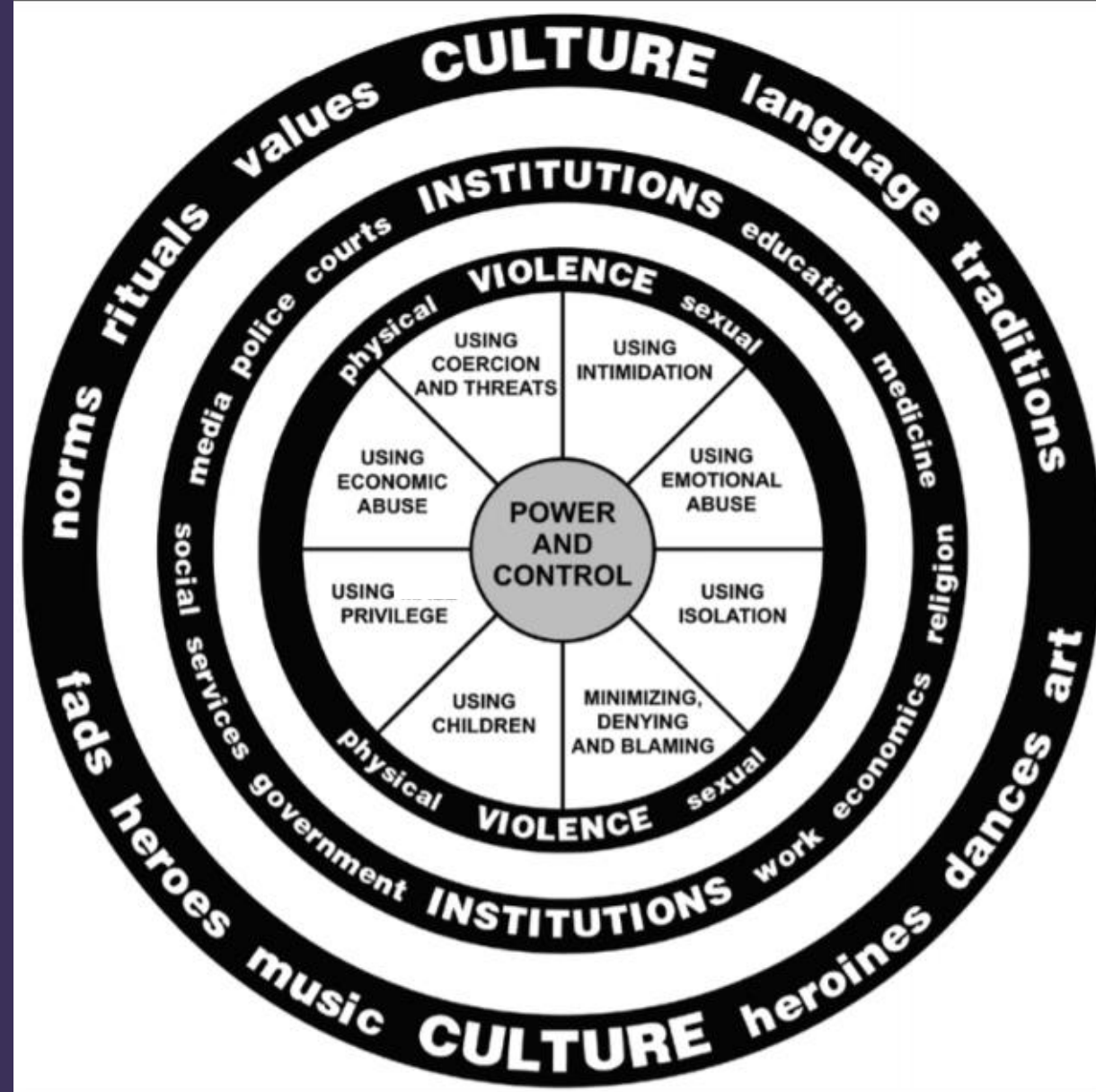
Domestic violence is maintained by societal and cultural attitudes, institutions and laws which are **not** consistent in naming this violence as wrong.

Write in the chat: how any of these identities can change the tactics an abuser uses to cause harm. (example: an abuser threatening to report an undocumented survivor to ICE if they try to leave)

A public health issue with disproportionate rates depending on various social identities



Power & Control Wheel



Various adaptations of the wheel for specific populations here

Source

Various forms of violence

Verbal	Emotional	Children	Culture	Financial
Intellectual	Pets & Property	Power & Control	Reproductive	Spiritual
Physical /Stalking	Psychological	Sexual	Social	Digital

No form is worse than another. Multiple forms can be used in a day, in a lifetime, or just one.

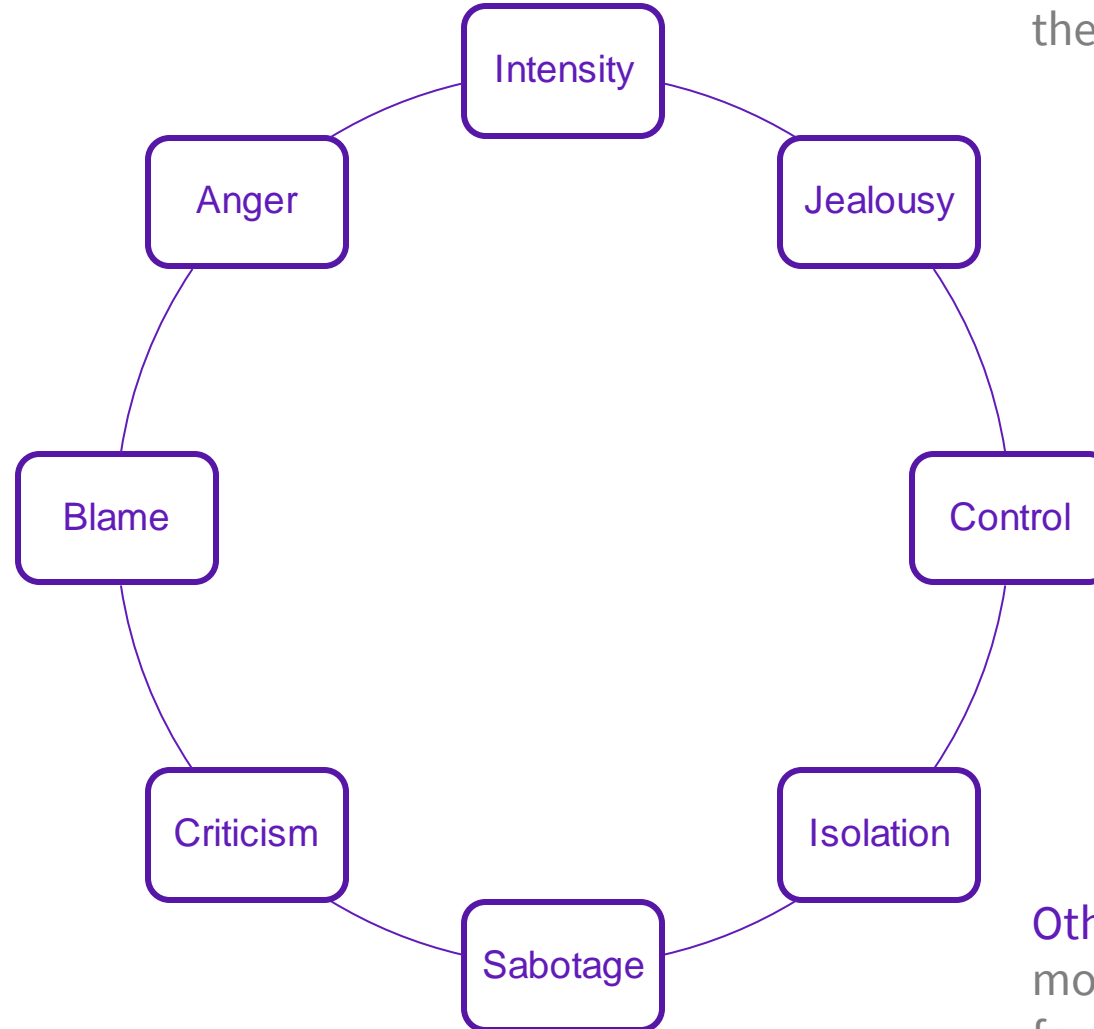


Weaponizing mental health as a form of violence

- ▶ Mental health coercion:
 - ▶ Abusive **tactics targeted towards a partner's mental health** as part of a broader pattern of abuse and control.
 - ▶ Involves the use of force, threats, or manipulation and can include deliberately attempting to **undermine a survivor's sanity**
 - ▶ Preventing a survivor from **accessing treatment**, controlling a survivor's **medication**
 - ▶ Using a survivor's mental health to **discredit** them with sources of protection and support
 - ▶ Leveraging a survivor's mental health to **manipulate police** or influence child custody decisions
 - ▶ Engaging mental health stigma to **make a survivor think no one will believe them**
 - ▶ Learn more about gaslighting [here](#)

8 Warning Signs

What if these behaviors are disguised as loving and caring? How can these show up in subtle ways?



What does this say about people who use violence? What are common traits of abusers? Do all these signs show up all at once in the beginning of the relationship?

Others to consider violent behavior, mood swings, hypersensitivity, family history, sexist ideals

[Source](#)

Causes of domestic violence

- ▶ Common beliefs and attitudes of abusers:
 - ▶ Sense of entitlement
 - ▶ A belief they should have power and control over their partner
 - ▶ Belief that they can get away with it
 - ▶ Learned experience that being abusive gets them what they want
 - ▶ Belief that their lives should take priority
- ▶ Social forces: gender-role identity, family, media, peer group, impunity
- ▶ Relationship abuse is **not** caused by:
 - ▶ Provocation, behavior of victim or problems in the relationship, stress, drugs, alcohol, testosterone, genetic factors, loss of control, anger, communication problems, illness or mental health issues, culture, poverty

Mental health & domestic violence link



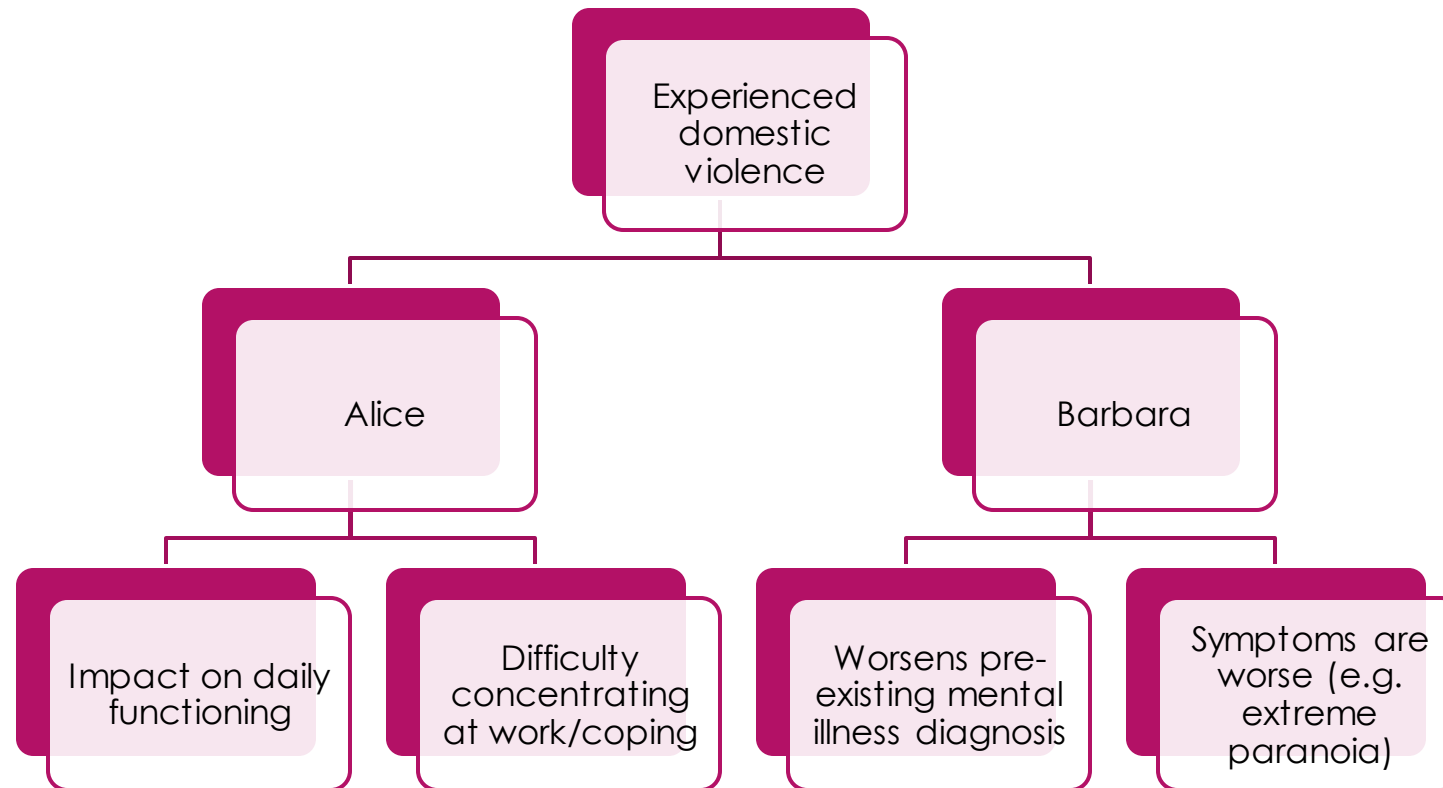
- ▶ On average, more than half of women seen in mental health settings are being or have been abused by an intimate partner.
- ▶ Recent studies of women who experienced abuse found that:
 - ▶ up to 84% suffered from Post-Traumatic Stress Disorder
 - ▶ 77% suffered from depression
 - ▶ 75% suffered from anxiety
- ▶ Traumatic events produce profound and lasting changes in physiological, arousal, emotion, cognition, and memory.



Source



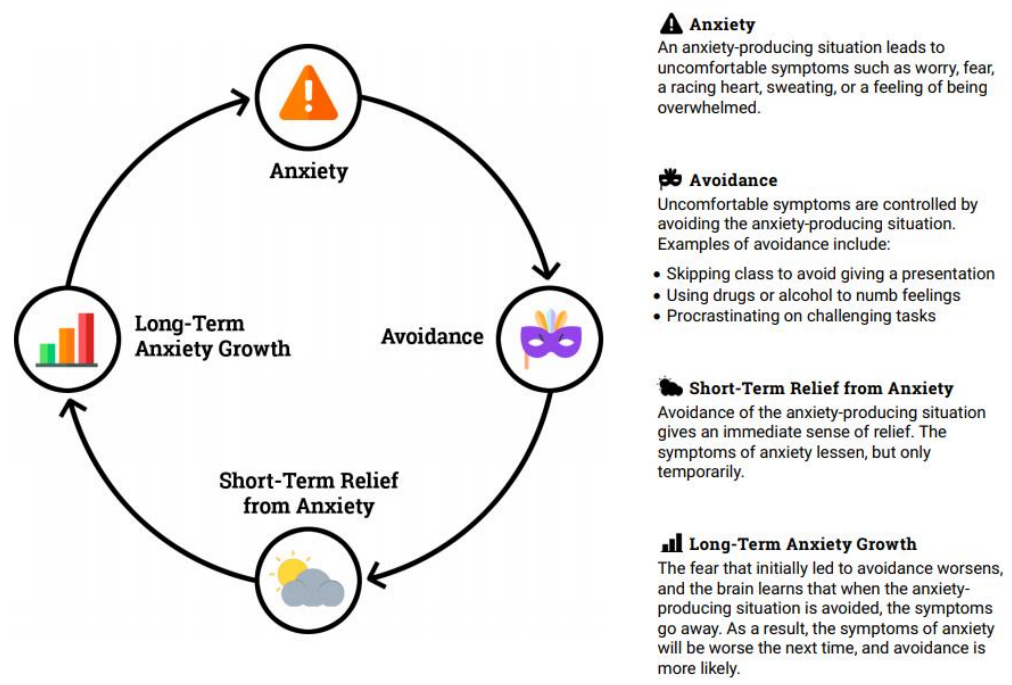
2 stories, 2 different levels of impact



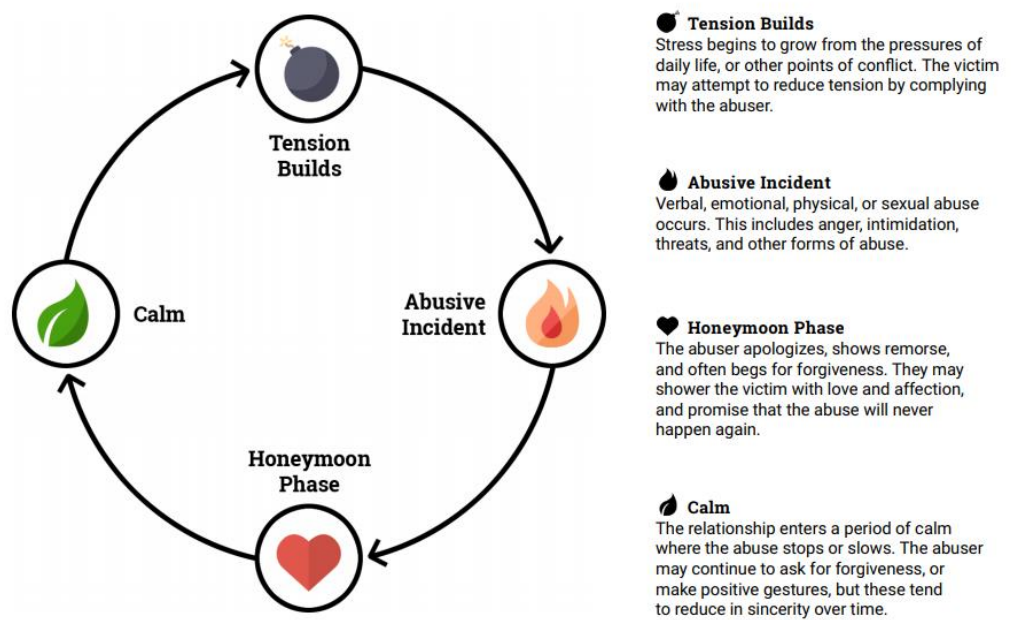
Write in the chat: in this process, what is the survivor learning? What is the abuser instilling? How can living in these cycles impact one's mental health long term?

Incremental impacts of abuse on mental health

The Cycle of Anxiety



The Cycle of Abuse



Core Beliefs

Someone experiencing violence

Helpless	Unlovable	Worthless	External Danger
"I am weak"	"I am unlovable"	"I am bad"	"The world is dangerous"
"I am a loser"	"I will end up alone"	"I don't deserve to live"	"People can't be trusted"
"I am trapped"	"No one likes me"	"I am worthless"	"Nothing ever goes right"

Consequences of Harmful Core Beliefs

Interpersonal Problems

difficulty trusting others
feelings of inadequacy in relationships
excessive jealousy
overly confrontational or aggressive
putting others' needs above one's own needs

Mental Health Problems

depression
anxiety
substance abuse
difficulty handling stress
low self-esteem

Someone using violence

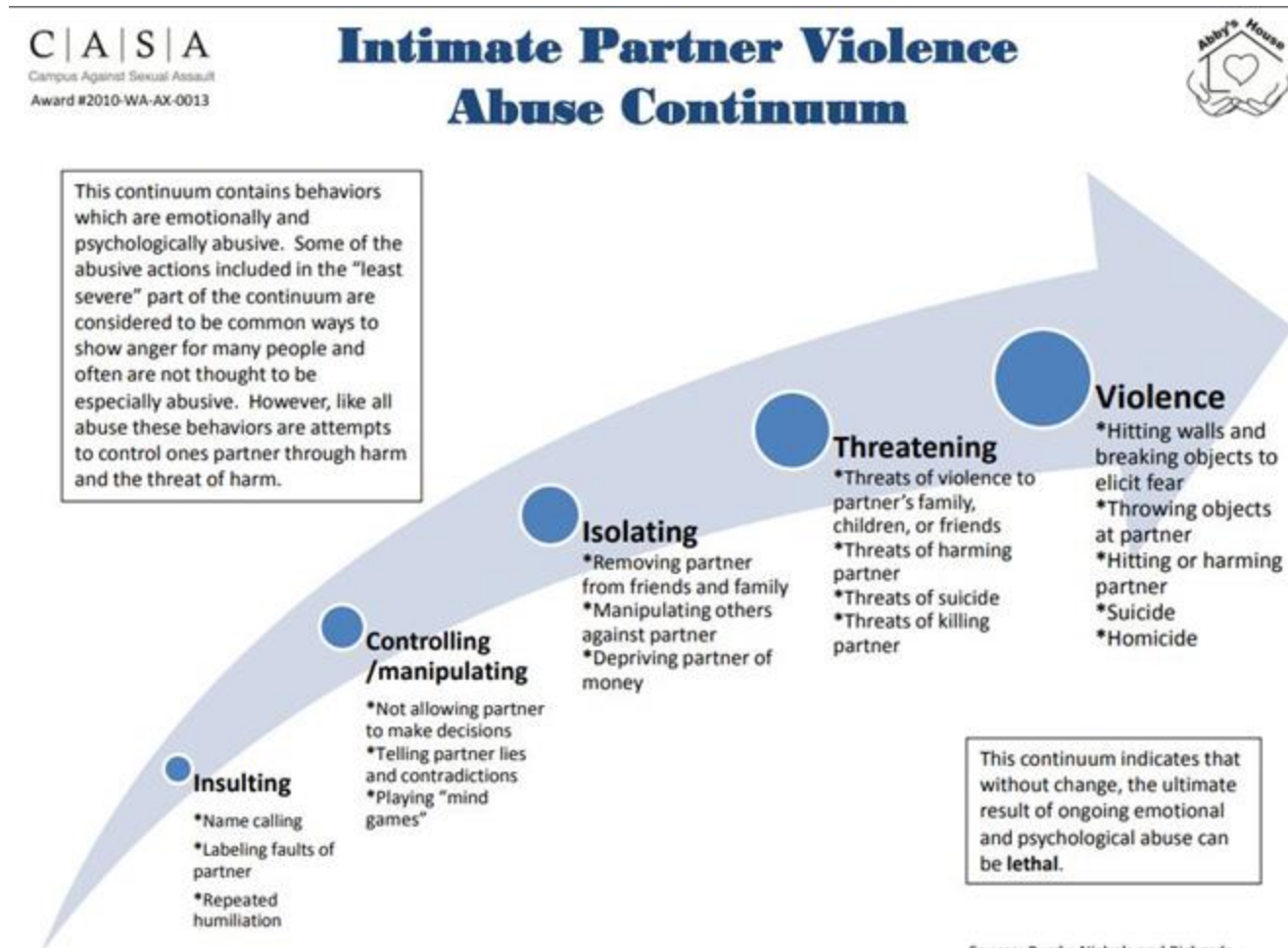
- ▶ Physical violence is an acceptable form of conflict resolution.
- ▶ My partner should always obey me.
- ▶ I have the right to discipline my partner, with force if necessary.
- ▶ I must be the primary breadwinner.
- ▶ My partner doesn't need financial independence.
- ▶ I am always right.
- ▶ Nothing that I do is wrong.
- ▶ My partner needs me to tell them what to do.

Facts About Core Beliefs

- People are not born with core beliefs—they are learned.
- Core beliefs usually develop in childhood, or during stressful or traumatic periods in adulthood.
- Information that contradicts core beliefs is often ignored.
- Negative core beliefs are not necessarily true, even if they *feel* true.
- Core beliefs tend to be rigid and long-standing. However, they can be changed.

Continuum of Violence

[Source](#)



Domestic violence is more than a series of violent incidents on an identifiable cycle. It is about living in a climate of fear and disempowering restrictions that threaten and affect one's selfhood, psychological well-being, health, economic independence, and emotional availability for parenting.

Write in the chat: are there any other reasons that could prevent someone from being able to leave an abusive relationship?

Why can't some victims successfully leave?

Threats or **fear** of increased violence if one leaves (children)

Insufficient institutional responses

Lack of resources (housing, money)

Love and sympathy for one's abuser, hope for change, feelings of responsibility

Threats of suicide or homicide

Believing abuse is normal

Lack of outside support

Cultural/religious reasons

Language barriers/immigration status/disability

Leaving is the most dangerous time for a victim



Intergenerational cycle of abuse

THE INTERGENERATIONAL CYCLE OF VIOLENCE

VIOLENCE is a learned and taught behavior. Children who witness domestic violence in the home are more at risk of experiencing domestic violence as teens and adults.

Family is a central socializing institution and the primary source of childhood learning. Unhealthy relationship behaviors (e.g. violence, anger, and use of force) are likely to be repeated by children if this is what is modeled at home, especially if this aggressive behavior is shown to be an effective method for conflict resolution with romantic partners.

Help break The Intergenerational Cycle of Violence by leading by example:

LEAD WITH LOVE.



24-Hour Crisis Hotline
(562)437-HOME



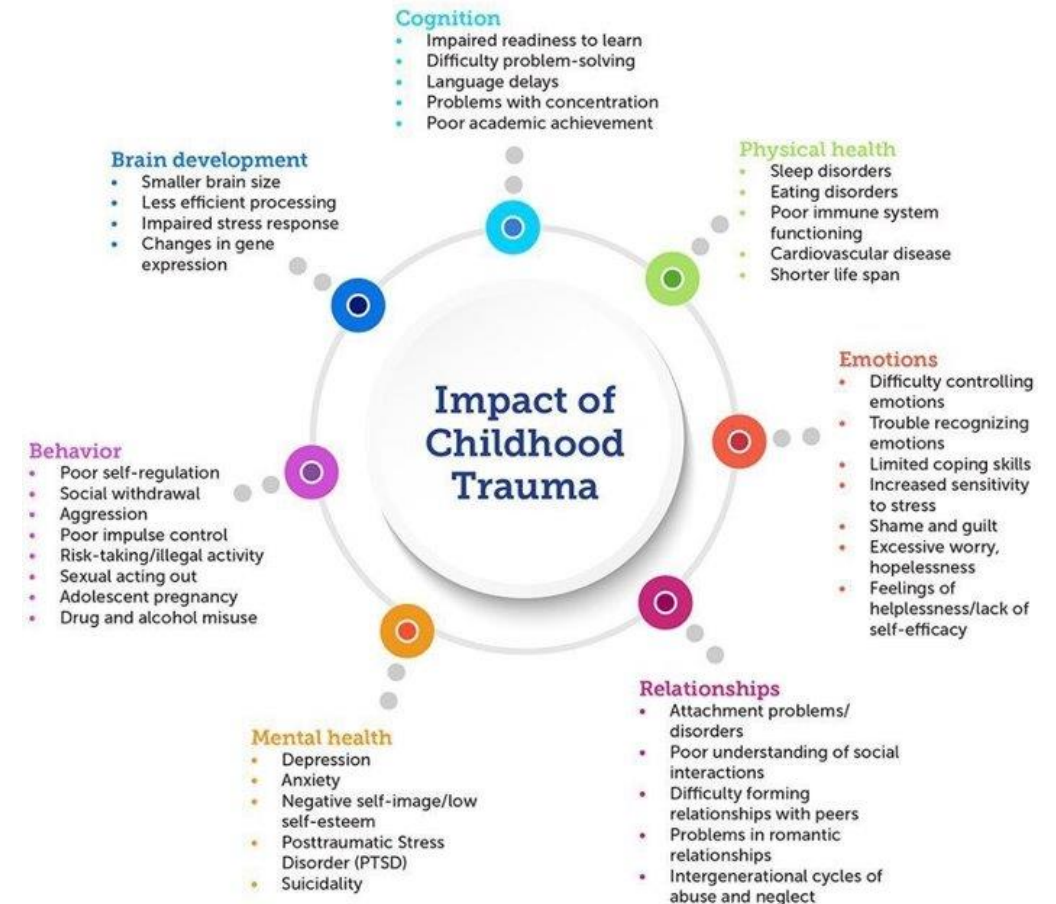
TED Talk: How childhood trauma affects health across a lifetime



Analyzing childhood experiences to identify ways to break the cycle

- ▶ Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years)
- ▶ Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding
- ▶ Discussing safety planning for children
- ▶ How anxiety is experienced in children

Impact of Childhood Trauma



Lasting impacts of domestic violence

Physical: bruises, broken bones, stab wounds, gunshot wounds, headaches, traumatic brain injuries, stress on the heart, immune system, gastrointestinal system



Psychological: anxiety, depression, PTSD, flashbacks, suicidality, hyperarousal/avoidance



Social: strained relationships with family members or friends, isolation from social networks, **homelessness**, embarrassment, and trauma



Economic: health care costs, **unemployment**, public assistance, costs of evading a stalking ex-partner, coerced debt, evictions



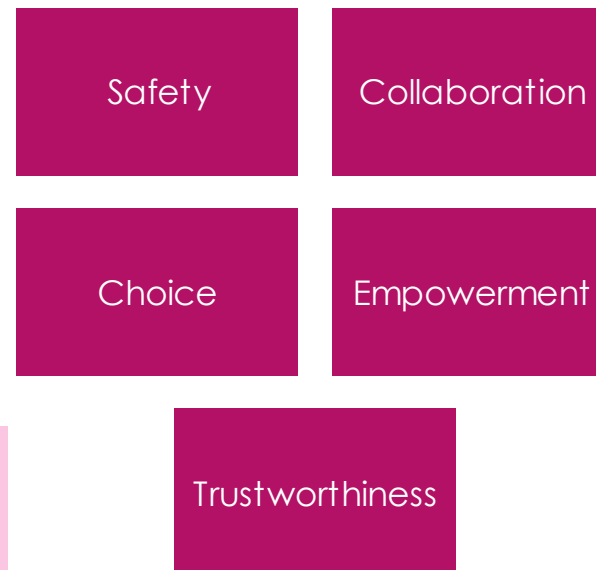
Therapeutic Techniques to address trauma responses caused by domestic violence

- ▶ Genograms
- ▶ APA Guide to treating women who have experienced IPV
- ▶ A Systematic Review of Trauma-Focused Interventions for Domestic Violence Survivors
- ▶ Trauma informed care: best practices
- ▶ Strengths Exploration
- ▶ Discussing personal boundaries
- ▶ Mindfulness Exercises
- ▶ CUES approach for health care providers



Trauma Informed Approach to Therapy/Advocacy

- ▶ Trauma-informed care shifts the philosophical approach from "What's wrong with you?" to "What happened to you?"
- ▶ Helpers must show respect for the survivor's fluctuating needs for closeness and distance, and respect for their attempts to re-establish autonomy and self-control.




Write in the chat: how do you promote these trauma informed components in your therapeutic/advocacy work?

Source

Wellness Promotion for providers

- ▶ [AMA Caring for our caregivers during COVID-19](#)
- ▶ [Webinar on clinician wellbeing strategies from National Academy of Medicine](#)
- ▶ [Self-Care resources by American Psychiatric Nurses Association](#)
- ▶ [Develop a Self-Care Plan](#)
- ▶ [Mitigating burn out during COVID-19](#)
- ▶ [NAMI Class Videos](#)



Strategies for Clinicians During COVID-19

bit.ly/CWCOVIDsg
#ClinicianWellBeing

1 Meet basic needs

2 Take breaks

3 Stay connected

4 Respect differences

5 Stay updated

6 Perform self check-ins

7 Honor your service

A collection of resources to promote clinician well-being is available online.

Context of COVID-19 and DV

Risk of DV has increased due to...

- Loss of power and control
- Safe places/periods of reprieve are inaccessible (work, school)
- In-person support groups and advocacy are unavailable
- Job loss/lack of financial security
- Isolation compounds violence
- Travel restrictions, compromised immune systems- all contribute to inaccessibility of services

Impact on mental health

- Lack of access to in-person and tele-mental health support
- Conditions of uncertainty and COVID specific abuse tactics

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[illegible]

- Carry your cell phone and important phone numbers with you at all times (write phone numbers in a planner or notebook in case you lose your phone).
- Keep in touch with someone you trust about where you are and/or what you're doing.
- Try to stay out of isolated places and try to not walk alone in the dark.
- Call 911 if you feel your safety is at risk.
- Look into getting a protective order so you'll have legal support in keeping on broader away (you can call any of the numbers on this chart for help with this).
- Remember that abuse is not your fault and you deserve a safe and healthy relationship.

USE THIS PAMPHLET FOR RESOURCES,
SAFETY PLANNING AND TIPS, & MORE.
MORE INFO AT WADVOCATES.ORG
24/7 CRISIS LINE: 651-227-8284.



Volunteer attorneys helping with a wide variety of legal issues related to housing, probate and representation at trials. Services based on income, no cost.



811-422-6127
Filing persuasive letters, affidavits, safety planning



- This document is organized by topic including: Sexual Assault/Stalking Victim Resources, Sex Trafficking/Prostitution Resources, DV Groups, Legal Services, Mental Health Services, Emergency Shelters, Supportive/Transitional/Affordable Housing, Emergency Assistance Services, Child Services, Youth Services, Senior Citizens, Disability Services, Health, LGBTQ+ Services, Services for Men, Transportation, Furniture, Childcare Resources, Clothing Resources, Community Advocacy, Family Support Services, Employment Services, Debt Management Resources, and more!

- There are so many resources and helpful people who are here to support you. What kind of resource do you think would be most helpful for you? Can I show you a pamphlet that has a lot of useful information?
- Example: You mentioned finances and legal barriers. Can I tell you about a local organization that does relevant work?
- Would it be safe for you to have a resource card or would it be better for you to know how to access the information on your own? I know of Roxy over at Women's Advocates, she would be happy to help you create a safety plan.
- Click [here](#) for tips on discussing a mental health referral with DV survivors

Write in the chat: any additional questions that you may have. An email will be sent out with a link to the webinar recording, post-webinar evaluation form, and a PDF of the PowerPoint slides.

Q&A Time!
**+ please fill out our
evaluation!**

**Women's
Advocates is
here to help!**

24-hour crisis line: 651-227-8284

*add this number to your contacts list

Thank you so much for being here!

Check out our website (www.wadvocates.org) for LIVE CHAT, volunteer opportunities, resources, and continued education.

Follow us at **@womensadvocates** on Instagram and Twitter & **@wadvocates** on Facebook

Subscribe to our YouTube Channel "Women's Advocates"

- Brenisen Wheeler, Education and Outreach Coordinator (bwheeler@wadvocates.org)
- Saran Cryer, Mental Health Therapist (scryer@wadvocates.org)

Resource Links Shared in the Chat

- [What is gaslighting?](#)
- [A deeper look into gaslighting](#)
- [Helping to Heal Invisible Hurts: The Impact of In-utero Stress & Trauma](#)
- [Maternal Lifetime Trauma Exposure, Prenatal Cortisol, and Infant Negative Affectivity](#)
- [Biological Factors in Family Violence](#)
- [The Genetics of Violent Behavior](#)
- [Role of Faith Leaders and Laity in Domestic Violence Prevention and Intervention](#)
- [Creating a Safe Space for Faith Communities to Address Domestic Violence](#)
- [Race, Ethnicity and Culture as Critical Factors in Accessing Domestic Violence Resources](#)
- [The Invisibility of Elder Abuse](#)
- [Domestic Violence in LGBTQIA+ Relationships](#)
- [Deaf Survivors and Domestic and Sexual Violence](#)