

Trauma-Based Care in Domestic Violence Settings

best practices in working with domestic violence survivors as they transition from shelter to supportive housing

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The SETTING-Domestic Violence Shelters

- Apartment style living
- Limited shared units
- On site support services
 - 24/7 security
 - Case Management (Mandatory)
 - Permanent Housing Services (Mandatory)
 - Job/Education Development (Mandatory)
 - On Site Child Care (Optional)
 - On Site School Age Child Recreation (Optional)
 - Clinical Individual and/or Family (Optional)
 - Aftercare (Optional)

Domestic Violence vs. DHS Shelters Services

Domestic Violence (HRA)

- 24/7 security-confidential locations
- Case Management (Mandatory)
- Exploration of Permanent Housing options (Mandatory)
- Job/Education Development (Mandatory)
- On Site Child Care (Optional)
- On Site School Age Child Recreation (Optional)
- Clinical Individual and/or Family (Optional)
- Aftercare (Optional)

DHS Shelters

- Following your family's Independent Living Plan (ILP), which includes the steps you will need to obtain permanent housing;
- Applying for Public Assistance or another type of housing subsidy;
- Working closely with your caseworker or housing specialist to locate and view available apartments;
- Actively seeking permanent housing for you and your family by viewing available apartments several times per week;
- Accepting a suitable apartment for you and your family when it is offered to you; and
- Following shelter guidelines that prohibit behavior that places other clients and staff at risk.
- Publicly known locations

Domestic Violence Shelters vs. DHS Shelter Services-**Summary**

Domestic Violence Shelters

- Primary focus is on safety
- Secondary focus on beginning the healing from the trauma of the domestic violence.
- Tertiary focus is on housing and employment

DHS Shelters

- Overall focus is to move to permanent housing

Setting the Framework for Addressing Trauma in a Domestic Violence Shelter

- Providing concrete services: food, clothing and shelter
 - Provides basic needs so that the client can begin to concentrate on healing.
- Ensuring safety
 - 24/7 security with a confidential location
- Provide access to financial stability through access to PA
- Provide access to medical attention, (non-emergency)
- Provide referrals to court services in order to access Orders of Protection

Setting the Framework for Addressing Trauma in a Domestic Violence Shelter (cont.)

- Provide accompaniment to appointments when a client desires assistance, advocacy or emotional support
- Assess for housing needs and ability to achieve adequate, safe housing that meet the family's needs
- Access to education, training and employment as they relate to the needs of the individual family

Setting the Framework for Addressing Trauma in a Domestic Violence Shelter (cont.)

- Provide on-site services for childcare(6 weeks to school age) and recreation services(school age).
- Aftercare program for up to one year post shelter stay, to continue with referral process and case management services
- Provide on-site clinical services

Addressing Trauma in a Domestic Violence Shelter-**Clinical Services**

- Services focus on identifying the trauma and mental health needs through a targeted assessment.
- Once the trauma issues have been identified, the work focuses on helping the individual or family understand the dynamics of power and control in relationships, therapeutic safety planning, utilizing safe and balanced support systems and understanding the dynamics of equality in a relationship

Addressing Trauma in a Domestic Violence Shelter-Clinical Services (cont.)

- Utilize individual, family and group therapy settings.
 - Individual adult counseling
 - Individual child counseling
 - Family counseling-only for family members who are residents in the shelter
 - Adult Empowerment Group
 - Adult Parent Education Group
 - Young Children’s Empowerment Group
- Provide services in a confidential, private space.
- Set goals that are attainable within the length of shelter stay – 4 months in the emergency HRA DV system

Linking Survivors Beyond Shelter

- Ideal links for survivors of domestic violence is to permanent supportive housing.
 - Provides a readily accessible supportive environment that can connect families to long term services
 - Supportive housing creates a continuum of service delivery to clients that can be seamless and safe
 - Communication between shelter and supportive housing staff to ensure appropriate service delivery