Safer at Home? COVID 19 and Domestic Violence

Why is domestic/family/intimate partner violence so prevalent during this time and what can we, as service providers, do to prevent and address this issue now and in the aftermath of the crisis?

Cindy Manginelli
Project Coordinator
National Health Care for the Homeless Council
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HAVING THE CONVERSATION

• Dramatic increase in reports of domestic violence and in severity of violence reported
• Similar spike in calls to suicide hotlines and mental health crisis services
• Unprecedented reports of relapse among those with substance abuse issues
• Decrease in resources – law enforcement, judicial system, case management
DOMESTIC VIOLENCE AND COVID

• Identifying and mitigating sources of stress in the home
• Safety plan for conflict in the home
• Safety plan for leaving the home
WHAT WE ARE NOT SAYING...

- All violence can be prevented with the right plan
- Violence in the home is your fault
- All conflict is unhealthy and should be avoided
PROCESSING CRISIS
DISARMING THE LAND MINES

- Land mines – for me? For my household?
- Conversations
- Locations
- Activities
- People
DISARMING THE LAND MINES

• Anger
• Sadness
• Fear
• Loss
• Loneliness
• Boredom
DISARMING THE LAND MINES

- Coping at home
- What brings peace?
- What can I do? What can we do?
EXPEND ENERGY!
AVOIDING UNHEALTHY CONFLICT

• Pick your battles

• Identify warning signs (physical, emotional)
  → In you
  → In your household

• Create a neutral zone
KEEPING CONFLICT IN THE HOME AS SAFE AS POSSIBLE

• Create a safe place for conflict (as much as possible)
  → For those who are in conflict
  → For those in the home who witness the conflict

• Before, During, and After Conflict

• Boundaries for conflict
DANGER!
PREPARING FOR THE WORST

• Safety plan! There are still options!
  → Safe people
  → Safe places

• Safety password

• Law enforcement?

• Emergency bag
  → Keys
  → Medication
  → Documentation
  → Pets
CAN I EVER GO BACK HOME?

• How to re-establish trust
• The reality of crisis and trauma
• What can you do to help?
  → Domestic violence
  → Mental health
  → Recovery
WHAT DO YOU THINK?

cmanginelli@nhchc.org