



COVID-19 means

stress & isolation.

It shouldn't also mean

more domestic violence.

#VisualizeHomelessness

Home isn't always
a safe space.

www.nhchc.org

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?

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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 19

- 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

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PROCESSING CRISIS

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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?

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EXPEND ENERGY!

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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

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WHAT DO YOU THINK?

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