

Multidimensional Advocacy

Working at the Intersections
of Domestic Violence and
Behavioral Health

Trencia Wilson

The Coalition Ending Gender-Based Violence

About Me

- **Trencia Wilson**
 - Trauma and Behavioral Health Systems Coordinator, Coalition Ending Gender-Based Violence
 - Domestic Violence Prevention Services Provider, MIDD Advisory Committee
 - Cross/interdisciplinary in Mental Health, Education, Domestic Violence (within/outside of CEGV role)
 - Adjunct-graduate counseling program
 - LMHC, private practice
 - Partner with DV agencies for direct services
 - Consultation/special projects
- [Coalition | Working together for gender equity and social justice in King County. \(endgv.org\)](#)
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Key Background Information

- Behavioral health concerns used as a system of power and control (abusive partners and systems)
- Behavioral health treatment separated from DV advocacy
- DV advocacy and behavioral health services changed, adopting a trauma informed perspective of service
- Now, addressing intersection of behavioral health and DV is most often essential in helping survivors heal from trauma

Trauma-Informed Services

NCDVTMH Definition of Trauma-Informed:

The term *trauma-informed* is used to describe organizations and practices that incorporate an understanding of the pervasiveness and impact of trauma and that are designed to reduce re-traumatization, support healing and resiliency, and address the root causes of abuse and violence (NCDVTMH 2013, adapted from Harris and Fallot 2001)

Survivor-Driven, Trauma-Informed services

- Survivors have choice
- Services are strengths based
- Services are flexible
- Services are physically accessible
- Services are culturally accessible
- Services are voluntary
- Advocates bear witness
- Organization itself is trauma informed

PRI-10

“The Domestic Violence Behavioral Health (BH) Services initiative (PRI-10) supports co-location of mental health professionals (MHPs) with expertise in domestic violence (DV) and substance use disorder (SUD) in community-based DV advocacy programs throughout King County. The model decreases barriers and improves access to multiple services needed in one location, which enhances survivors’ sense of safety and community. The systems coordination portion of the initiative supports DV, sexual assault (SA) and BH organizations in building and strengthening bridges between disciplines through training, relationship building and consultation so that survivors receive more holistic and responsive services.”

Systems Coordination

- Policy and Practice Review
- Relationship Building
- Consultation
- Training

Interdisciplinary

Therapy Services Co-Located at Community-Based DV Agencies

MIDD-Funded Mental Health Services

- Mental health therapists who are employees of and located at domestic violence agencies
 - Have DV specialty knowledge training
 - Specific knowledge about the implications of intersectionality
- Free of charge
- No diagnosis/specific-intentional documentation
- Time limited services
 - Can work in combination w/ or separate from receiving additional DV services within an agency

Why This Model?

- Prioritizes safety
- Ease of access
 - Financial/insurance
 - Diagnosis
 - Systems coordination/resource access (shelter, financial assistance, etc.)
- Increases skills and cross training for both advocates and therapists.
 - BH Professionals serving DV survivors often unintentionally cause harm (ex: documentation , not recognizing signs, resource awareness, personal agenda/bias)
 - Working together increases appropriate support for survivors
- Decreases the likelihood of pathologizing DV
 - More appropriate interventions/psychoeducation

MIDD-Funded Mental Health Services

- Culturally and linguistically appropriate/specific
- Specialized training
 - Criminal/civil/family law issues
 - Cycle of abuse
 - Appropriate interventions
 - Advocacy/empowerment-based counseling
 - Continuing education requirements as per WA state law for DV service providers in addition to licensed continuing education requirements as per DOH
- Access to holistic services provided by DV agencies
 - 24 hour DV crisis line
 - Shelter/housing
 - Legal
 - Support groups
 - Financial assistance

ReWA

Refugee Women's Alliance

Domestic Violence - Refugee Women's Alliance (rewa.org)

206.721.0243



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- Comprehensive support services in 17+ languages
 - Assistance with applying for protection orders, developing safety plans, and accessing safe shelters
 - Help understanding and navigating the legal system
 - Family law services, including separation and divorce
 - Support groups for refugee and immigrant women who have experienced violence or who are at risk of violence
 - Community education and outreach
 - Consultation and educational training to service providers and law enforcement agencies
 - Mental health counseling and consultation
 - Referral to community resources for survivors of crime, and survivors of domestic violence and sexual assault
 - After-hour cellphone helpline crisis calls in 7 different languages: **Peace in the Home Helpline: 1(888) 847-7205**

Unique program setup

- Advocate-therapist model
- MH Consultant provides individual and group consultation
 - Mandatory bi-monthly education/training meetings with the advocates/counselors.
 - Individual consultation with advocates providing counseling to new and ongoing clients to discuss:
 - Risks and safety concerns
 - Client's primary MH issue
 - Possible treatment modalities

LifeWire

LifeWire - Together Against Domestic Violence

425-746-1940

800-827-8840

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- Survivor-Driven Advocacy
 - Helpline
 - Mental Health Therapy
 - Support Groups
 - Legal Advocacy

DAWN

Domestic Abuse Woman's
Network

Mental Health Programs — DAWN
(dawnrising.org)

425-656-7867

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- Survivor-Driven Advocacy
 - Helpline
 - Mental Health Therapy
 - Support Groups
 - Legal Advocacy
 - Shelter/housing
 - Children's advocacy
 - Youth Prevention

New Beginnings

One-on-One Support – New Beginnings

206.522.9472

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- Once you have met with your New Beginnings Advocate, they can help you access our mental health counseling program if you want to work with a therapist on issues such as understanding the impact of your experience and developing coping skills. Talk to your Advocate about your interest in counseling and our Mental Health Therapist will follow up with you.
 - There is no charge for our services, and we tailor our counseling to meet your needs. Our services are confidential and include:
 - Short-term therapy
 - *Coping with the Impact of Domestic Violence* and other support groups on related topics
 - Referrals to community therapists for longer term counseling

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- Survivor-Driven Advocacy
 - Helpline
 - Mental Health Therapy
 - Support Groups
 - Legal Advocacy
 - Shelter/housing
 - Children's advocacy
 - Youth Prevention

DVHopeline

[Home - DV Hopeline](#)

877-737-0242

206-737-0242

“We are here to help people who are experiencing domestic violence from their partner, spouse or ex, and people who are concerned about friends or family members. We also offer information and resources to counselors, healthcare workers and other providers, and to people who are causing harm to their partner, spouse or ex and want to stop.”

- King County and Seattle of Seattle funded centralized program
 - Operated by New Beginnings
- Collaboration of partnering agencies to condense and simplify access to DV resources

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- Chat/phone-based advocacy
 - Emotional support
 - DV education
 - Safety Planning
 - Access to referrals
 - Entry point to referral to specific services
 - Housing
 - Community Advocacy Programs in partnering agencies
 - Legal advocacy
 - Access to interpreter services

Q & A
