Welcome

The Intersection of Domestic Violence & Substance Abuse
WHAT WE DO

- Education
- Health/Safety
- Financial Stability

HOW WE DO IT

- Reading Skills
- Mental Health Care
- Prevent Homelessness

A FEW OF THE PROGRAMS WE HELP FUND
Tulsa Area United Way

UNITED IN HOPE
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Website: tauw.org
Facebook: Tulsa Area United Way
Twitter: @tulsaunitedway
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Domestic Violence & Substance Abuse

Lauren Anderson, DVIS
Amy Hardy, 12 and 12
2019 Statistics

PROVIDING COUNSELING TO:
259 victims of rape & sexual assault
1,447 survivors of domestic violence
405 perpetrators of domestic violence

CHILDREN SERVICES
Provided counseling and services to
239 children of domestic violence survivors

PROVIDED CHILD CARE FOR:
1,934 children while their parent participated in
counseling, legal, and court advocacy and/or
self-sufficiency activities
2019 Stats. Continued

Provided housing for:
- 482 survivors & children at our emergency shelter with 30,218 nights of shelter
- 85 survivors and children at our transitional living facility
- 23 dogs and 12 cats at our shelter

Provided advocacy to:
- 461 victims of rape & sexual assault
- 9,070 people seeking court advocacy services and protective orders
- 973 victims working with law enforcement
- 18,323 individuals with information and crisis line calls
2019 Stats. Continued

PROVIDED LEGAL SERVICES FOR:
298 victims of domestic violence, sexual assault, and stalking

PROVIDED EDUCATIONAL AND OUTREACH PRESENTATIONS TO:
3,744 adults and teens (education)
399 student athletes (CBIM)
8,702 adults and teens (outreach)
2019 Stats. Continued

Outpt DV Barriers Totals 2019

Outpt SA Barriers Totals 2019
What is Domestic Violence?

- Pattern of abusive behaviors used by a person to gain power and control over the other person in the relationship. In the context of an intimate partner relationship.
- This can happen with a current or ex-partner.
Types of Abuse

- Physical
- Verbal/Emotional
- Psychological
- Sexual
- Financial
- Religious
- Stalking
- Digital
Trauma Reactions

- Fight, flight, & freeze
- Dissociation
- Anger outbursts
- Hyperarousal
- Anxiety
- Feeling numb, lack of emotion
After Trauma

- PTSD
  - Re-experiencing the trauma
  - Nightmares/Flashbacks
  - Avoiding trauma reminders
  - Persistent negative beliefs
  - Inability to experience positive emotions
  - Lack of interest in activities
  - Sleep disturbance
- Change in worldview
- Depression
- Guilt/Blame
- Hyperactive Nervous System

- Suicidal behavior in females
- Low self-esteem
- Inability to trust men
- Fear of intimacy
- Self Harming Behaviors (cutting, alcohol, drugs)
Health Consequences

- Injuries sustained during violent episodes are linked to adverse physical health effects including:
  - Arthritis
  - Chronic neck or back pain
  - Migraine and other frequent headaches
  - Sight problems
  - Sexually transmitted infections
  - Chronic pelvic pain
  - Stomach ulcers.
Consequences Cont…

- Bruises
- Knife wounds
- Pelvic pain
- Broken bones
- HIV/AIDS Gynecological disorders
- Pregnancy difficulties like low birth weight babies and perinatal deaths
- Central nervous system disorders
- Gastrointestinal disorders
- Heart or circulatory conditions
“[Addiction] is not the cause of a man’s abuse of his partner, but it can contribute to the severity of his problem and his resistance to change.”

*Not all perpetrators are men. Statistically DVIS knows that abusers are about 80% male*

“Addiction does not cause partner abuse, and recovery from addiction does not ‘cure’ partner abuse.”

(Bancroft, 2002)
Domestic Violence & Substance Abuse

Similarities

- Escalation
- Denial, minimization, & blaming
- Choosing approving peers
- Lying & manipulating
- Lack of predictability
- High rates of returning to abuse after periods of apparent change

Differences

- Partner abusers don’t “hit rock bottom”
- Short-term vs. Long-term rewards
- Societal approval for partner abuse is greater

(Bancroft, 2002)
Throwing gas on the fire...

How substance use contributes to abuse
Residential Treatment Client Survey

- 82 clients completed an anonymous survey.

- 70% reported experiencing domestic violence.

- 100% of those clients reported that substance use, theirs or their partner’s, contributed significantly to the abuse.

How does the use of drugs contribute to DV:

- Lowers inhibitions
- Increases impulsivity
- Minimizes risk assessment
- Maximizes reward assessment
- Increases emotionality
- Decreases emotional regulation
- “Makes her a bitch.” self-reported abuser
- “Turned me into a bitch and made him scream at me.” self-reported survivor
Residential Treatment Client Survey

Women:
- ★ 86% reported experiencing DV
- ★ 47% reported being the victim
- ★ 53% reported both being the victim and the abuser
- ★ Average length of abusive relationship - 6 years
- ★ Longest reported abusive rlx 40 yrs

Men:
- ★ 68% reported experiencing DV
- ★ 45% reported being the victim
- ★ 39% reported being both victim and abuser
- ★ 8% reported being the abuser
- ★ Average length of abusive relationship 5.4 years
- ★ Longest abusive rlx 17 yrs
Residential Treatment Client Survey

Women:

26% required legal help to leave the relationship.

32% relocated or moved, “escaped.”

11% ended the relationship, “broke up.”

16% ended the relationship by coming to 12&12 for treatment.

One client: “was left for dead.”

Men:

4% required legal help to leave the relationship.

34% relocated or moved, “escaped.”

5% ended the relationship, “broke up.”

5% are still in the abusive relationship.

One client: “it almost cost me my life.”

One client: went to live with his girlfriend.
Which substances contribute most?

1. Methamphetamines  
   - 53%

1. Alcohol  
   - 46%

1. Heroin  
   - 12%
Residential Treatment Client Survey

Women:

50% of the women surveyed reported witnessing domestic violence as a child.

36% of the women surveyed reported domestic violence was a regular occurrence in their home growing up.

Men:

58% of the men surveyed reported witnessing domestic violence as a child.

34% of the men surveyed reported domestic violence was a regular occurrence in their home growing up.
Residential Treatment Client Survey

Women:
74% reported receiving no treatment for DV related issues.

Men:
74% reported receiving no treatment for DV related issues.
Cycles of Violence and Addiction

- **Honeymoon**
  - Victim: Hopes explosion was an isolated incident. Minimizes seriousness of abusive behaviors. Believes partner has made lasting change.

- **Tension**

- **Remorse**
  - Victim: Forgives. Agrees to stay, return, or take back partner. Attempts to stop any legal proceedings/ports PO. Sets up counseling appointments. Feels relieved and hopeful.

- **Explosion**

**Substance Abuse & Addictive Behaviors**

- Guilt
- Emotional Trigger
- Addiction Cycle
- Craving
- Ritual

**12&12**

**DVIS**

**DOMESTIC VIOLENCE INTERVENTION SERVICES**
Cycle of Trauma and Addiction

Symbiotic Relationship Between Substance Abuse And Trauma....
Treatment Obstacles for Survivors:

★ Simply accessing treatment if they are still in the relationship.
  ○ Transportation, money, child care, safety

★ Symptoms of Trauma in Four Clusters:
  ○ Re-experiencing (Intrusive) symptoms
    ■ Flashbacks, memories, nightmares
  ○ Avoidance symptoms
    ■ Substance abuse, avoiding people, places, and things associated with abuse
  ○ Negative Cognition and Mood
    ■ Anhedonia, Irrational thoughts (“I believed that I deserved it.”)
  ○ Arousal symptoms
    ■ Panic attacks, nausea, increased pulse, sweating, hypervigilance
Treatment Obstacles for Abusers

- Not believing they have a problem or are at fault
  - Normalizing their behavior
- Shame and Guilt now that the substance use has stopped
- Fear of being judged or reported
- Dealing with their own abuse and trauma
  - Sometimes abuse is a learned behavior, the abused grow up to be the abusers.
  - Symptoms of trauma can trigger more abusive behavior as well as substance abuse
Treatment Obstacles for Clinicians

★ Conscious or subconscious bias
  ○ Sometimes we aren’t aware we are biased

★ Could trigger symptoms and reminders of personal trauma
  ○ Many of us become counselors because of overcoming personal trauma

★ Vicarious Trauma
  ○ the emotional residue of exposure that counselors have from working with people as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured.

★ Secondary Trauma or Compassion Fatigue
  ○ “a state of exhaustion and dysfunction – biologically, psychologically, and socially – as a result of prolonged exposure to compassion stress” (Figley, 1995, p. 253).
Therapeutic Interventions and Approaches

★ Cognitive Behavioral Therapy (CBT)
○ The ABC Model

★ Rational Emotive Behavioral Therapy (REBT)
○ Identify and Challenge Irrational Beliefs

★ Psychotherapy
○ Traditional “talk” therapy

★ Dialectical Behavioral Therapy (DBT)
○ Distress Tolerance and Emotional Regulation

★ Motivational Interviewing (MI)
○ Rolling with Resistance (meeting the client where they’re at)
Therapeutic Interventions and Approaches

★ Acceptance and Commitment Therapy (ACT)
  ○ Mindfulness and Self-Acceptance

★ Gestalt/Experiential techniques
  ○ Empty Chair

★ Narrative Therapy
  ○ Rewrite the story

★ Cognitive Processing Therapy (CPT)
  ○ Challenging irrational beliefs to move through “stuck points.”
Trauma Stewardship

★ Process with other clinicians
★ Don’t take it home
★ Self-Care
  ○ mental/emotional
  ○ Spiritual
  ○ Physical
★ Never Stop Playing!