

Safety Planning with DV Survivors: Core Concepts

May 15, 2018

10 – 11:30am



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WASHINGTON STATE COALITION
WSCADV
AGAINST DOMESTIC VIOLENCE

Heads up!
We're
recording this.



Your hosts

Mette Earlywine, WSCADV



Ilene Stohl, WSCADV



Logistics

- Let's zoom



- Try out the new features!

Agenda



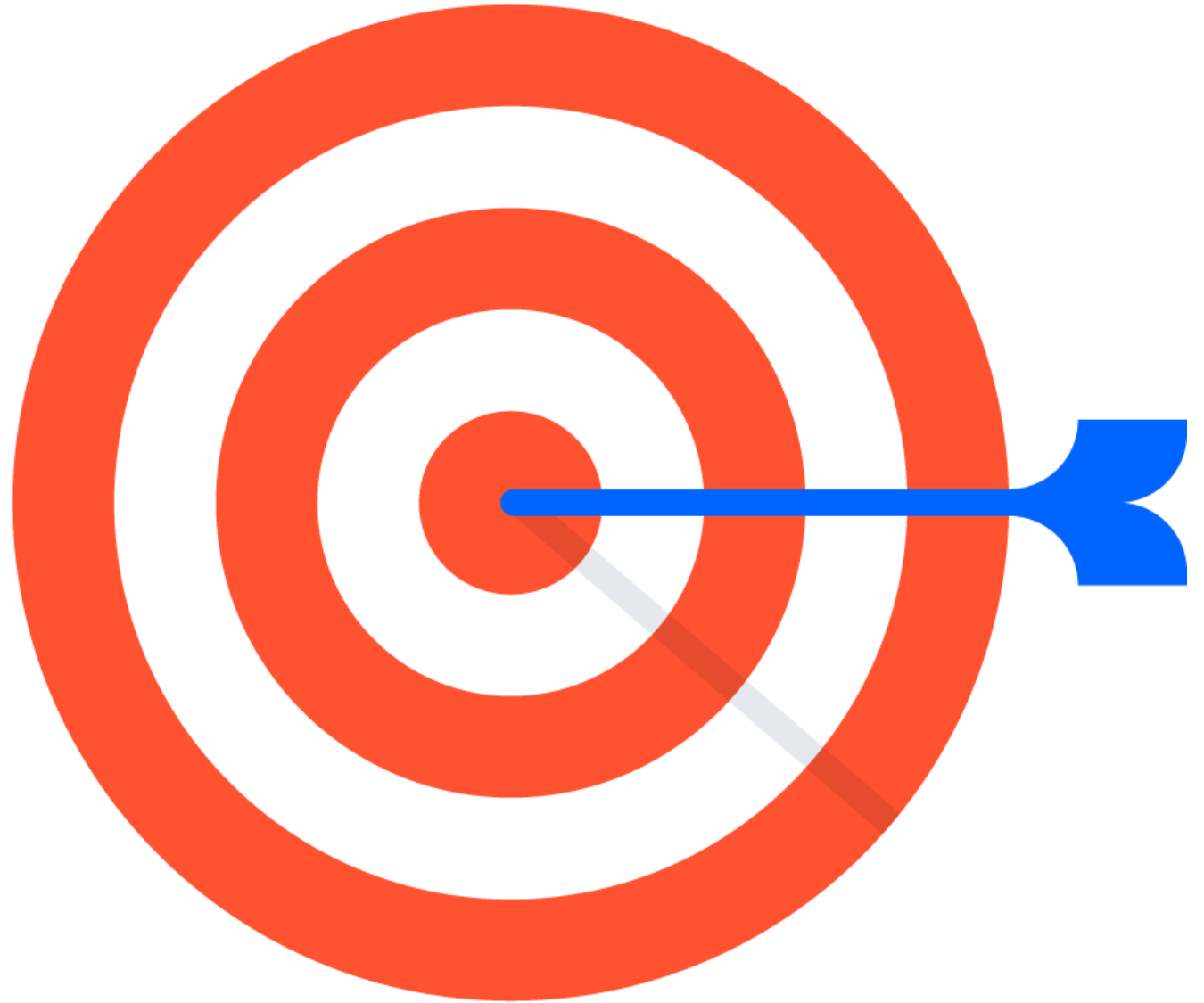
A note about
where much of
this material
comes from...

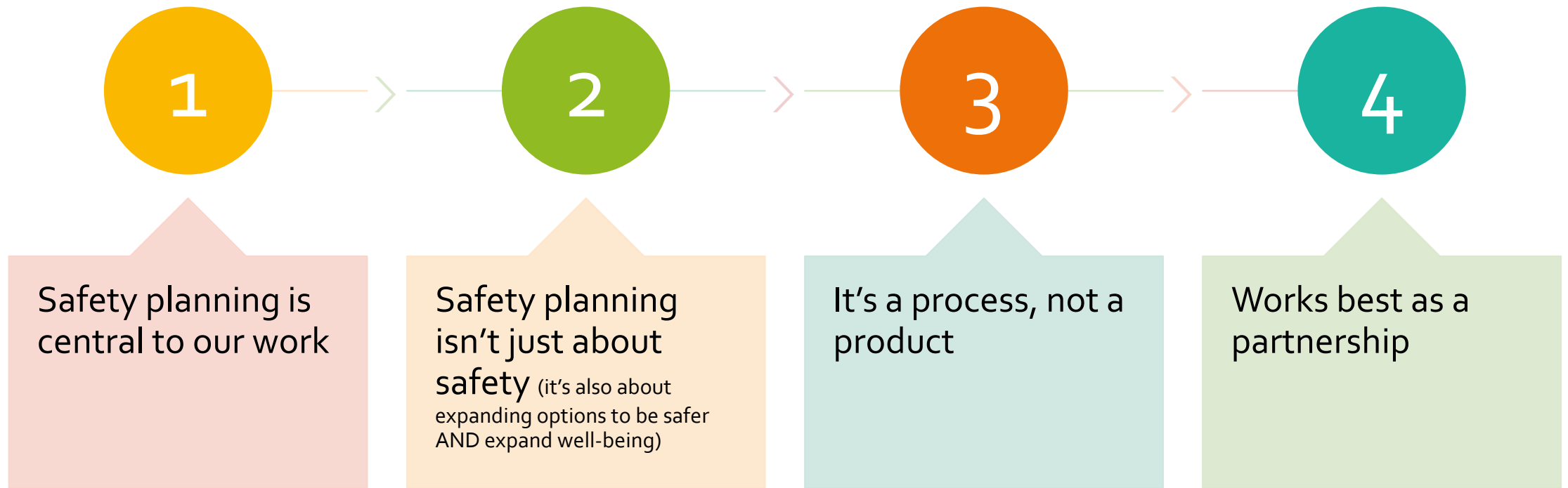


Seriously, you should look at this [book](#)!

AND NOW BACK TO
OUR REGULARLY
SCHEDULED
PROGRAMMING

Guiding
principles
and core
concepts





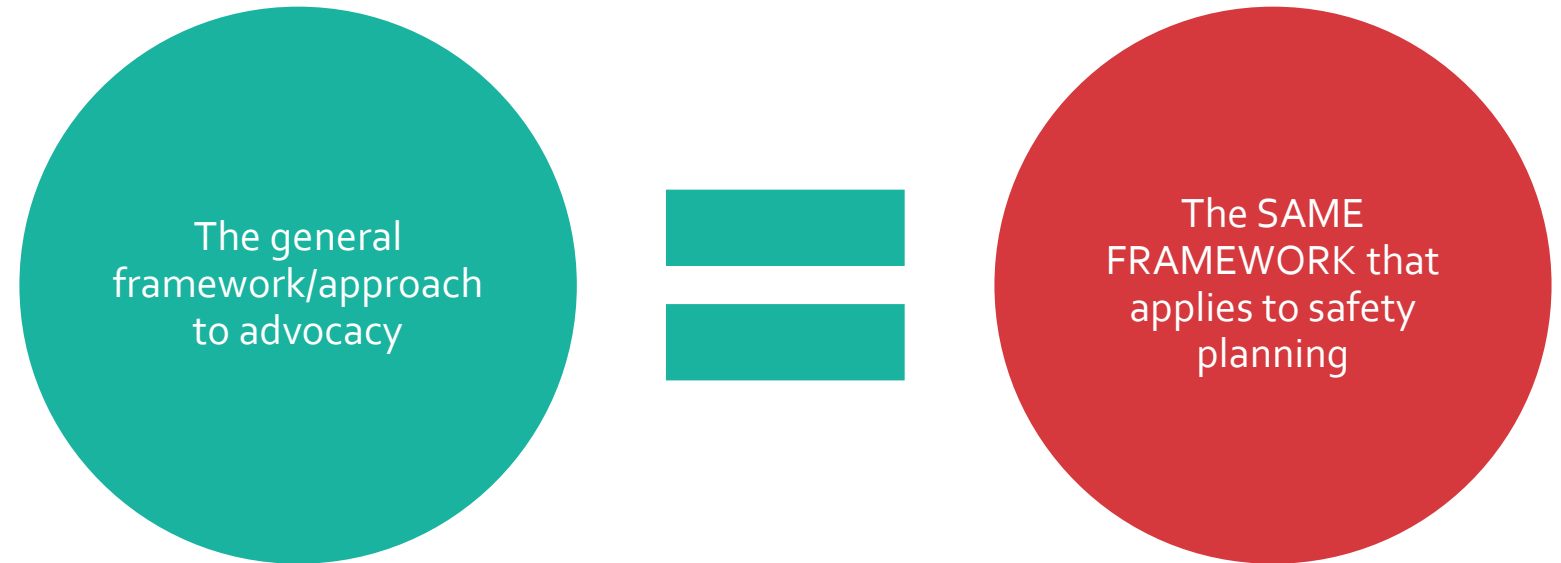
Spoiler alert!



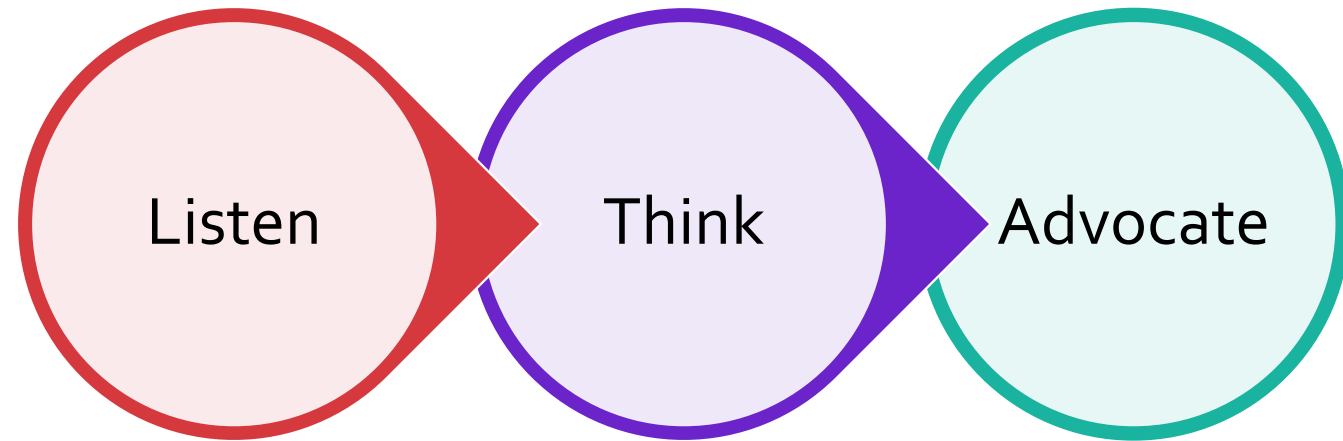
1

Safety planning is
central to our work

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work



The mindset



A victim-defined approach begins with understanding each victim's perspective.

- **Learn** about her risk analysis and life circumstances, along with her priorities, past and current safety plans and relationship decisions.
- **Build** a partnership; review risks; and identify options relevant to her priorities, decisions, and the dangers she faces.
- **Implement** a strengthened comprehensive safety plan.

If the
fundamental
harm of abuse
is that
someone
doesn't get to
be in charge of
their own life...

Then, the remedy or repair of that harm is helping someone be back in charge of their own life.

- Liberation
- Autonomy
- Self-determination

Questions or
Comments?



2

Safety planning isn't just about safety

(It's also about expanding options to be safer AND
expand well-being)


Safety – and the gift of Safe^r




The concepts in the following slides are from Jill Davies and Eleanor Lyon's work

By definition: Safety

Safety requires more than the absence of physical violence.



A victim who is no longer hit by a partner but has no way to feed her children or pay the rent is not safe. Nor is she safe if she still experiences debilitating effects of trauma or lives in social isolation.



Victims are safe when there is no violence, their basic human needs are met, and they experience social and emotional well-being.

Safety/Safer

Safety

No violence

Basic Human Needs
Met

Social and Emotional
Well-Being

Safer

Less violence

Economic Stability
Increased

Well-Being Strengthened

Safer gives us...



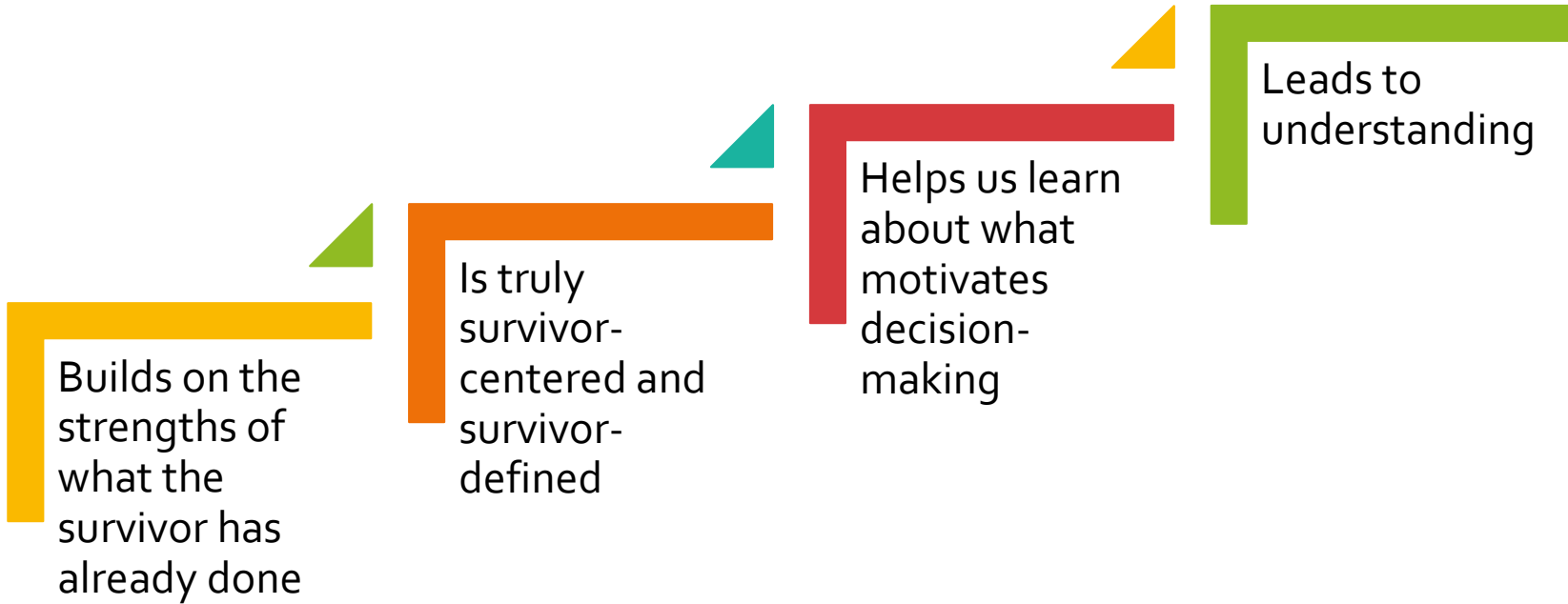
- Flexibility vs. perfection
 - Small steps
 - Incremental change
 - Meaningful

Better for
advocates,
better for
survivors

Safer as a goal
for advocacy
provides a
flexible and
responsive
measure of
success.

This mind-set
opens possibilities
and reveals new
strategies for
reducing violence
and improving the
lives of victims.

Safe*r* is doable
and important



Builds on the
strengths of
what the
survivor has
already done

Is truly
survivor-
centered and
survivor-
defined

Helps us learn
about what
motivates
decision-
making

Leads to
understanding

What about the
kids?



Safer enough

Even with children, the day to day advocacy goal is not perfection (safety) but **improvement** (safer) although a standard must be met (enough).

To be safer enough, there must be an adequate level of all three components of safety:



Basic
human
needs

Emotional
and social
well being

Freedom
from
violence

What makes children safer?

Violence
Prevention
and
Reduction

Economic
Stability and
Educational
Opportunity

Well Being
Strengthened

Capable
Caretakers

- Battered parent safer and supported
- Battering parent less harmful and more helpful

Is having no
option to
leave, making
a decision to
stay?




Reducing
violent &
coercive
behavior is
the priority

Leaving may be *a strategy* but it is not *the only* strategy

- Understand the survivor's perspective and priorities
- Work with the survivor to strengthen her safety plan

The Full Frame Initiative's 5 domains of wellbeing





Ok but seriously,
things are really bad,
what should I do?

Questions or
Comments?

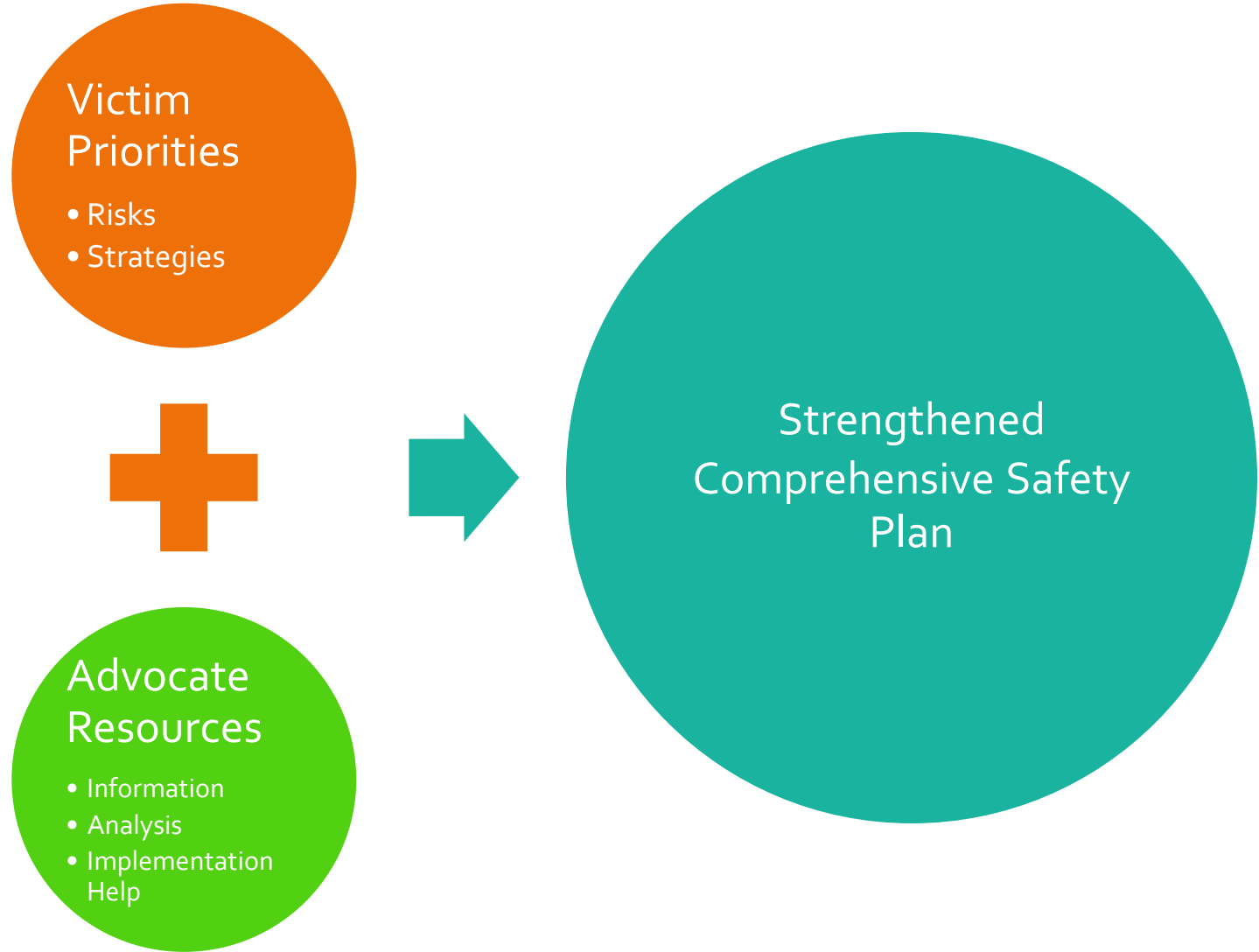




3

It's a process, not a
product

Safety
planning is a
process not a
product



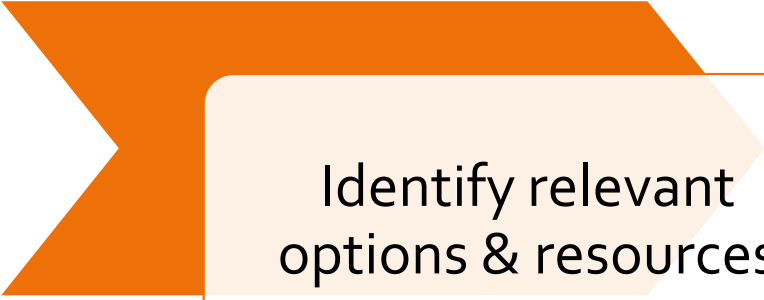
Safety planning flow



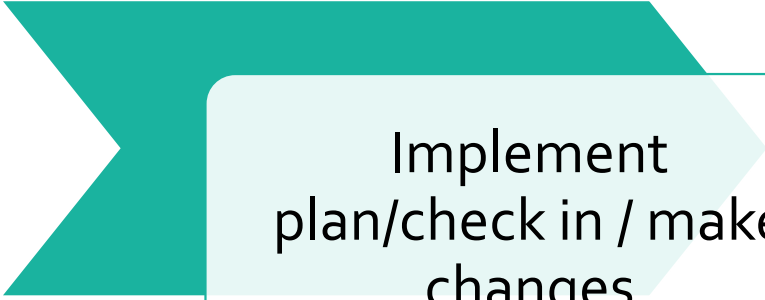
Initiate
conversation



Respectfully
review risks



Identify relevant
options & resources



Implement
plan/check in / make
changes

Important to
remember



Changed plans are
not failed plans.

Questions or
Comments?

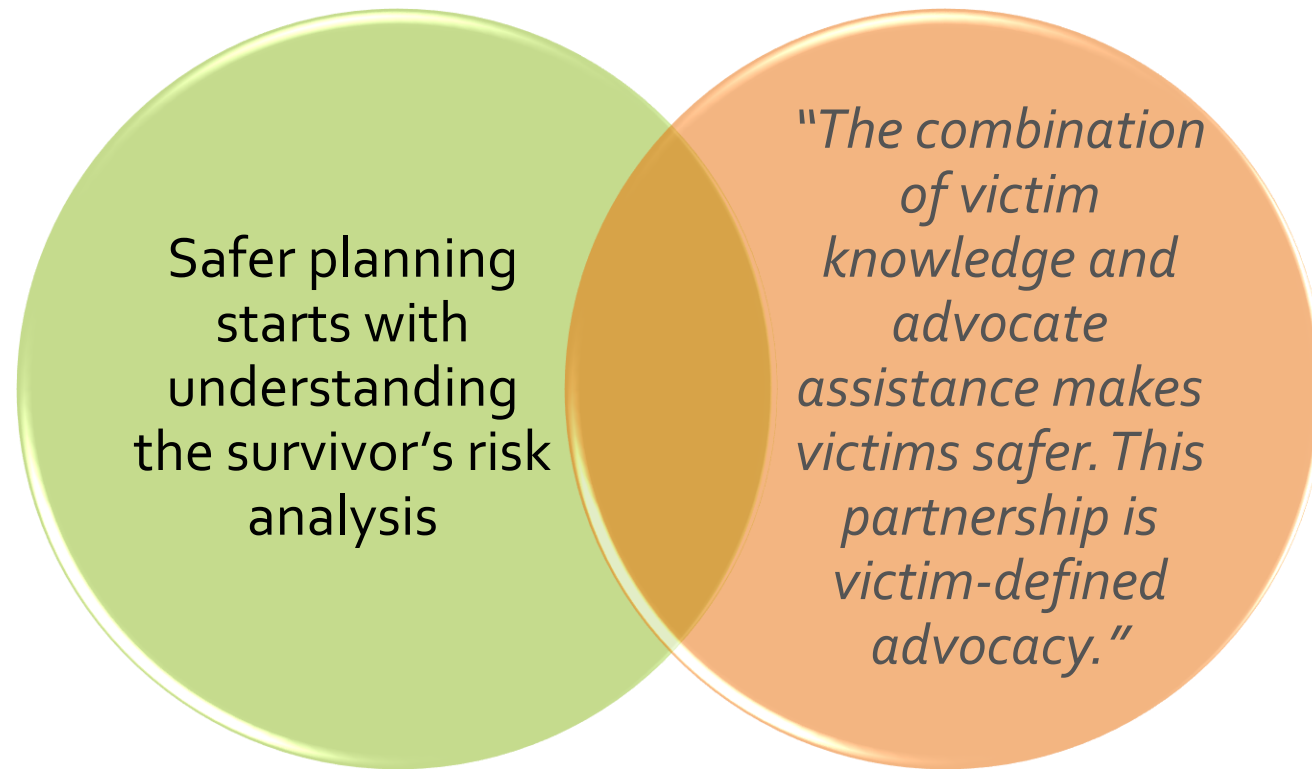




4

Works best as a
partnership

It works best
as a
partnership



Take a look at the forms

For people who have forms...

- Do the questions on your form facilitate conversations about “safer”?

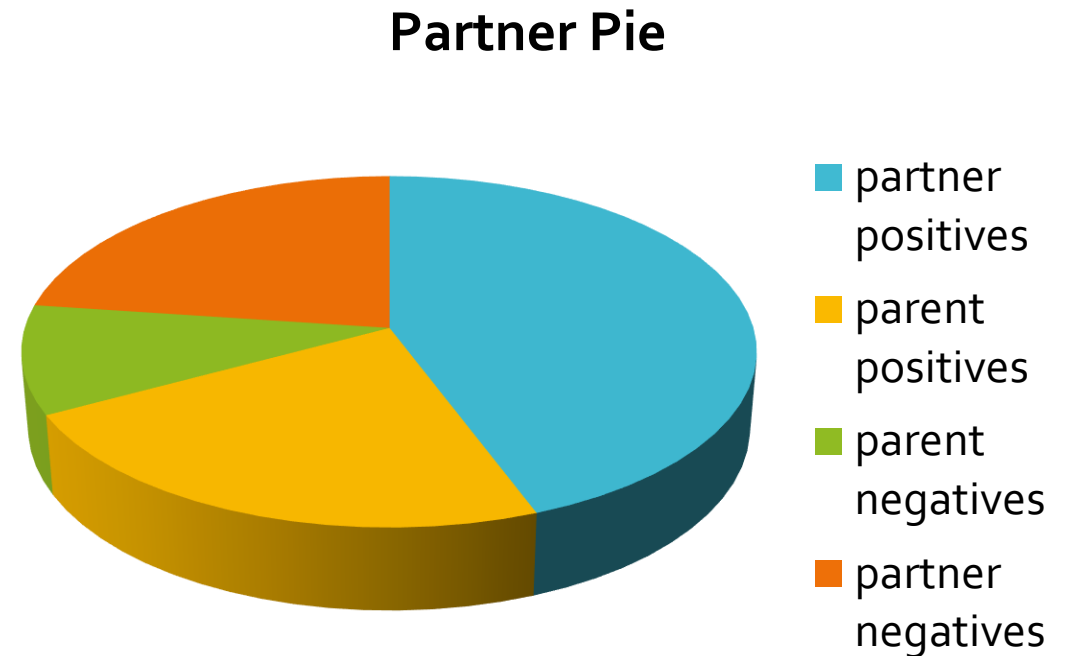
For people who have conversations...

- What do you make sure you discuss?



Understand
the survivor's
perspective.
Who is this
other person?

- Many of us are still just waiting for them to leave.
- This is another way of thinking about it
- Reinvigorates our work and efforts to reduce violent behavior



Safety planning

What does safety planning really look like?
What does a conversation with a survivor include?



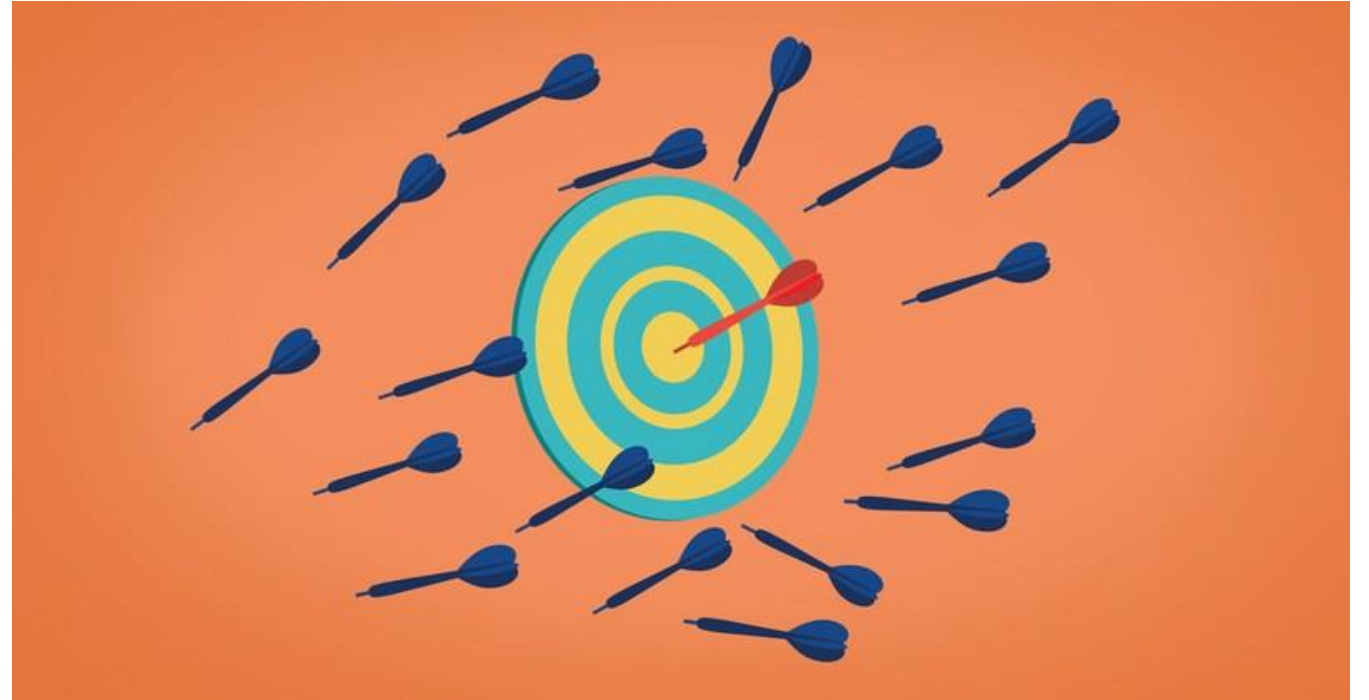
Working in
partnership
makes room
for washing
machines and
whatever else
makes things
better



Questions or
Comments?



Practice



Let's practice

Step 1

Read the scenario

Step 2

Work together and
answer the
questions.




Meet Carolina

Beginning the safety
planning process

- **Back Story**
- You have been working with Carolina for the past six months. At your last visit, Carolina seems very sad and talks about things being very hard. You have seen an accumulation of little things, and today, Carolina says she wants to talk to you about something that happened last week.

Carolina's story

I had to send Jo-Jo (who is 4) to Amy's last night (lives down the hall in her apartment building). I knew Sid was going "to blow." I had worked out a plan with Jo-Jo to go to Amy's when I say there is "a popsicle for him." I want Sid to get counseling for his anger. I know he is worried about losing his job but I can't take the stress anymore. I am worried about how everything is affecting Jo-Jo. I dropped out of high school when I was pregnant with Jo-Jo. My mother said she would pay for me to take the GED classes to get a high school equivalency degree. I don't know how I will pay for childcare and Sid doesn't like my mom anyway. My mom used to help with childcare but Sid said "no more, she interferes with our marriage." I would like to figure out how to get more education when Jo-Jo goes to kindergarten but I am worried that I might get pregnant before I am ready for another child. I think that things are getting harder and harder between us; and I dread it when Sid comes home. It makes everything easier if I get Jo-Jo fed and to bed early.



What risks
does Carolina
see?

What are
Carolina's
short-term
priorities?

Identify
Carolina's
safety
strategies

What's next?

What are
Carolina's
long-term
priorities?

What risks do
you see?

Questions or
Comments?



Relax!

You can't say
the wrong thing
if you mostly
listen and ask
good questions!

Review



Safety planning is central to our work



Safer is a gift

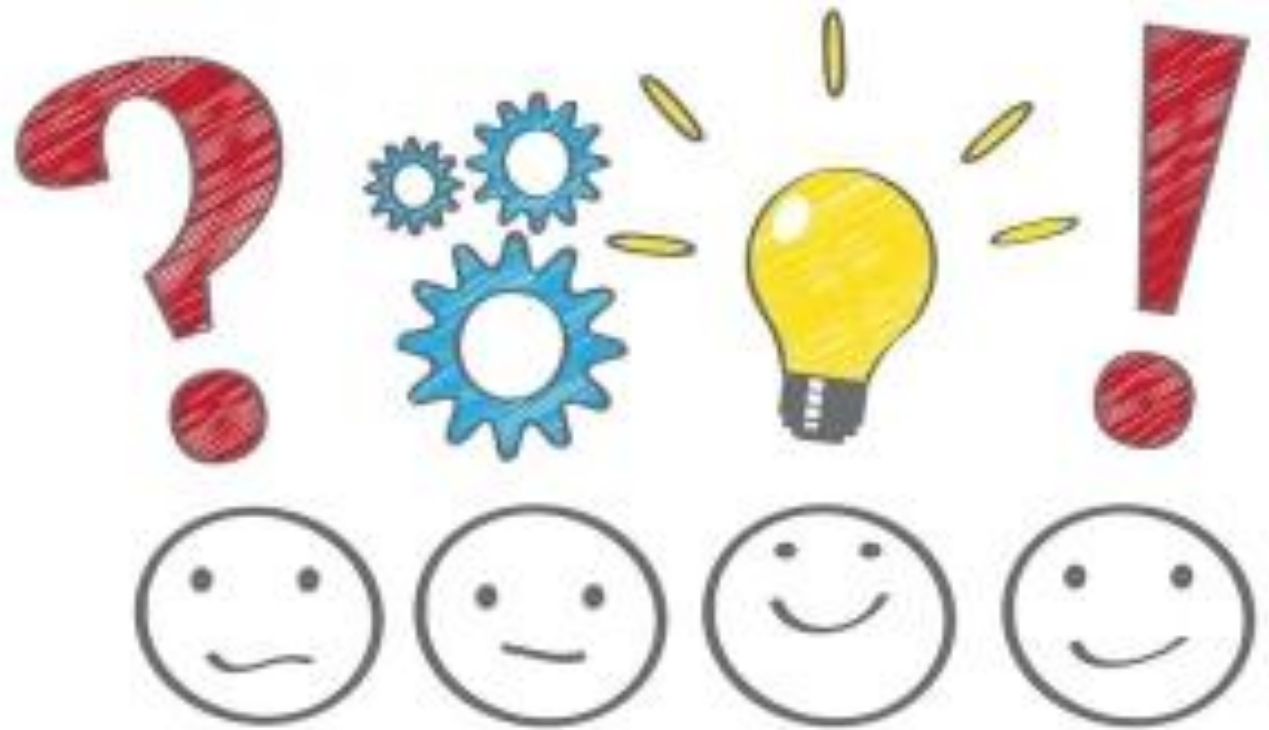


Safety planning is a process not a product



We must understand the survivor's perspective and risk analysis

Final
Questions /
Comments?



Thank you to
all those we've
learned from!



Please fill
out the
evaluation!





Thank you

Keep in touch!

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