



# Support for Women Survivors Informational Session

KIRSTEN MENESES, MSW INTERN

# Domestic Violence Survey

## Instructions:

Please answer the questions on this survey as honestly as possible. Only you will know the answers you have provided since no identifying information is collected for this survey. Please circle the phrase or word to which you agree or disagree with each statement on the survey.

1. What is your age?

\_\_\_\_\_

2. Does your partner prevent you from visiting family/neighbors/friends?

Yes	No
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3. Does your partner or anyone at home physically, sexually harms or threatens you?

Yes	No
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4. Do you feel controlled or isolated by your partner?

Yes	No
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5. Do you have a place to go when you don't feel safe?

Yes	No
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6. I am constantly concerned or worried about my children/elders/dependent adults being hurt at home?

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
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7. How safe do you feel going home today?

Strongly unsafe	Unsafe	Neither	Safe	Strongly Safe
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# Needs Assessment Survey



# Support for Women Survivors Flyer

SUPPORT for Women SURVIVORS

Of Domestic Violence



Join the Zoom informational meeting on March 16, 2020 at  
11:00am  
led by Kirsten Meneses, MSW Candidate

Provides: safe open forum, coping skills, psychoeducation and more

(When joining the meeting, please have partner absent)

- Meeting ID: 803 545 553
- Password: Will be given upon confirmation of attendance

To confirm attendance and further information, please contact Kirsten Meneses at (423) 567-4554 or email at [kmeneses@southern.edu](mailto:kmeneses@southern.edu)

## Support for Women Survivors of Domestic Violence Policy

# Policy

Support for Women Survivors is an informational session to assist women that are experiencing domestic violence and empowering them through psychoeducation, linkage with resources, coping skills, and building a community together.

### **Procedure:**

On February 3, 2020 at 8:00am Kirsten Meneses, MSW intern, will post the Zoom informational session flyer on the bulletin board at the Village Market (5002 University Dr, Collegedale, TN 37315). The flyer will remain on the bulletin board from February 3, 2020 until March 6, 2020.

The flyer will have Kirsten Meneses's contact information for confirmation of attending the Support for Women Survivors of Domestic Violence informational session. Eligible participants must call Kirsten Meneses to receive the needs assessment survey and the password to join the informational Zoom session. The first 20 qualified participants will be notified upon acceptance into the Zoom session. The social worker will lead the Zoom informational session on March 16, 2020 at 11:00am-12:00pm.

To confirm attendance, the consent form and needs assessment survey must be completed, signed and returned to the social work intern. Participants will have three options to provide the consent form and needs assessment survey. (See consent and needs assessment survey section below).

### **Eligibility for informational Zoom session (Must meet all criteria):**

- Female
- Must be 21 years old or older
- Resident of Collegedale, Tennessee
- Married or in a relationship

### **Consent and Needs Assessment survey:**

Prior to attending the session, participants must provide written consent for Telehealth services.

The public health social worker must be compliant with HIPAA regulations. Therefore, prior to attending the Zoom informational session, eligible participants must sign the consent form. The consent form and needs assessment may be received through the following methods:

1. Review, sign the forms, scan or take a picture, and then email it to Kirsten Meneses MSW intern at [kmeneses@southern.edu](mailto:kmeneses@southern.edu)
2. Review, sign the forms and fax it at (423) 236-7101.
3. Review, sign the forms and text it to (423) 567-4554

# Policy

## Rules, Guidelines, and Regulations:

### Confidentiality:

The informational Zoom session is meant to provide a safe place to engage, learn, share thoughts, concerns, and experiences. The public health social worker is ethically and legally obligated to uphold the confidentiality of each participant. Participants are also to adhere to keeping information within the Zoom meeting and not be disclosed upon termination of the session.

### Exceptions to Confidentiality:

- If a participant expresses intent to harm themselves physically, by law the social worker must take appropriate action of reporting to other professionals, police, and or a family member.
- If a participant expresses intent to harm another individual, by law the social worker must also contact that individual to warn them of possible danger.
- If there is suspicion of a child, elderly, or disabled person being abused in any manner, the social worker by law must make a report to the appropriate authority.

*Respect* for other participants and social worker. No discrimination; no teasing, name calling will be tolerated.

*Privacy* must be kept throughout the session of others information and responses. Recording or pictures of any kind is not permitted during the Zoon informational session.

*Responsibility.* It is the social worker's responsibility to enforce these procedures and guidelines.

*Other members.* This is a closed group. The name provided during consultation must meet the name when logging into the Zoom informational session. Partner's should not be present during the Zoom informational session.

**Clients rights:** In case of an emergency, participants have the right to withdraw from the Zoom informational session at any time without any consequences. Participants have the right to be treated with respect. Participants are provided with a safe environment during the session.

### Zoom Session:

Upon joining each session, group members must have audio muted.

# Objectives

- ▶ Define domestic violence
- ▶ Identify the effects on women's and children's mental health from domestic violence
- ▶ Discuss tips on Safety Planning
- ▶ Address the importance of self-care
- ▶ Review legal information
- ▶ Review community and national resources

# Identifying Domestic Violence

- ▶ Make you feel worthless?
- ▶ Hurt you physically?
- ▶ Isolate you from loved ones?
- ▶ Control your access to money?
- ▶ Accuse you of cheating?
- ▶ Intimidate/threaten you or your loved ones?
- ▶ Pressure you into unwanted sex?
- ▶ Threaten to hurt themselves if they don't get what they want?
- ▶ Control what you do and who you see?
- ▶ Stalk you, including calling/texting constantly or following you?

(Family Violence Center)

# You Are Not Alone

## **Statistics:**

- ▶ According to the CDC, intimate partner violence affects approximately 1.5 million women each year.
- ▶ A woman is battered every 12 seconds in the United States.
- ▶ Battering is the single major cause of injury to American women, more than muggings, rape, and auto accidents combined.

(Domestic Violence Help)

# Effects from Domestic Violence

According to Almiş et al. (2020)

## Women's Mental Health

- ▶ Long-term effects In chronic exposure to violence, women often have feelings of insecurity, loss of control, feelings of guilt, self-esteem, hopelessness and helplessness.
- ▶ Patterns of PTSD, depression, alcohol and substance abuse, suicide attempts and aggressive attitudes towards their children are common

## Children's Mental health

- ▶ 52% of children who witness violence have behavioral problems,
- ▶ 39% have adaptation disorders
- ▶ 60% of children hold themselves responsible for domestic violence
- ▶ The younger and exposed long term of DV -> mental problems at earlier age
- ▶ Developmental delays in language, toilet training, sleep disorders and physical complaints

# Planning for Safety

When creating a safety plan, give as much of information and details.

According to the National Domestic Violence Hotline:

## 1. Safety While Living With An Abusive Partner

- Don't run to where your children are.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Identify safe areas and there are ways to escape.

(Path to Safety)

# Planning for Safety

## 2. Safety Planning with children

- When and how to call 911.
- Leave the home if possible and where to go if escalation arises
- Code word (be secrete) to leave the home
- What to think and where to go in the house
- Enroll in counseling

## 3. Safety Planning during pregnancy

- Home with stairs, try to stay on the first floor
- Fetal position around your stomach
- Women-only prenatal class.

(Path to Safety)

# Emotional Safety Planning

- 1. Seek Out Supportive People**
- 2. Identify and Work Towards Achievable Goals**
- 3. Create a Peaceful Space for Yourself**
- 4. Remind Yourself of Your Great Value**  
(Path to Safety)

*It is never your fault when someone chooses to be abusive to you, and it has no reflection on the great value you have as person.*

# Self-care

What do you do for self-care?

- ▶ Journaling
- ▶ Physical activity
- ▶ Read a book
- ▶ Taking a walk
- ▶ Drinking a cup of tea
- ▶ Taking deep breaths

# Legal Information

► Womenslaw.org

Protection Order

1. **Get the necessary forms.** TN Download Court Forms page.
2. **Carefully fill out the forms.** incidents of violence, sexual abuse (slapping, hitting, grabbing, threatening that fits your situation. dates, if possible.
3. **The ex parte hearing** the judge will decide whether or not to grant you the temporary order. Good for 15 days.
4. **Service of process** judge will order the appropriate authorities
5. **The full court hearing** have a lawyer if your partner has one.

*Protective order should never replace a safety plan.*

► File a charge against your partner for things such as criminal assault, aggravated assault, harassment, stalking or interfering with child custody.

# Supportive Resources

## ▶ **Tennessee Coalition to end domestic and sexual violence**

- 24/7 Crisis Line | 1-800-356-6767

- Referrals for local programs and community resources to meet their needs for support, safety, housing, legal services, and more. There's an Emergency Financial Assistance Fund which provides eligible survivors with financial support in their journey to safety.

## ▶ **Partnership for Families, Children and Adults.**

- Emergency shelter

- Support Group (non-residents) on Thursdays from 6:30-7:30 p.m. (423) 755-2822. 30 days & additional time up to 90 days.

- Court Advocacy

- Case Management

## ▶ **National Domestic Violence Hotline:** an advocate, we recommend using our chat feature, or contact us by phone at 1-800-799-SAFE (7233), or 1-800-787-3224 (TTY).

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Questions or Comments

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## Support for Women Survivors Evaluation Form

# Evaluation Form

Please circle your response to the following items using the scale provided.

1. Attending the Support for Women Survivors informational session has helped me better understand domestic violence.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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2. I have learned more about the effects of domestic violence on women and children's mental health.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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3. I would recommend the informational session with others.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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4. The information, examples, and resources were concise, clearly explained and understood.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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5. The overall content from the informational session was well organized.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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6. In the box provided, write how can this informational session can be improved?

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7. Any other comments or feedback?

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# Handout

1. Partnership for Families, Children, and Adults  
Domestic Violence Support Group (non-residents) on Thursdays from 6:30-7:30 p.m. for more information call (423) 755-2822.

**Crisis Hotline**

Available 24 hours a day, 7 days a week at (423) 755-2700

2. Tennessee Coalition to end domestic and sexual violence  
24/7 Crisis Line 1-800-356-6767

3. National Domestic Violence Hotline  
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY).

When leaving, the victim should:

Be aware of safe places where to go.

Know how to get a protective order.

Place the following items with a trusted friend, relative, or where the abuser cannot find them:

\$50 or more in cash

Extra house/car keys

Important papers such as:

Abuser's date of birth / social security number

Bank account numbers

Birth certificates for victim and children

Check book

Insurance policies

Marriage license

Social Security number

Important phone numbers

Medications

Small bag with clothing for victim and children

Sentimental valuables

Do not tell the abuser where the victim is going.

(Domestic Violence Help)

# References

- ▶ Almiş, B. H., Gümüştas, F., & Kütük, E. K. (2020). Effects of Domestic Violence Against Women on Mental Health of Women and Children. *Current Approaches in Psychiatry / Psikiyatride Guncel Yaklasimler*, 12(2), 232–242. <https://doi-org.ezproxy.southern.edu/10.18863/pgy.567635>
- ▶ *Domestic Violence Help*. City of Collegedale. [https://www.collegedaletn.gov/departments/police\\_department/domestic\\_violence\\_help.php](https://www.collegedaletn.gov/departments/police_department/domestic_violence_help.php).
- ▶ Family Violence Center. *Partnership for Families, Children, and Adults*, [www.partnershipfca.com/128/family-violence-center](http://www.partnershipfca.com/128/family-violence-center).
- ▶ *Path to Safety - National Domestic Violence Hotline*. The National Domestic Violence Hotline. (2019, December 16). <https://www.thehotline.org/help/path-to-safety/>.