

SESSION 3

Interventions & Services

- ◆ Why Victims Stay in Abusive Relationships
- ◆ Intervention Strategies (EMPOWER model)
- ◆ Safety Planning and Support Groups

Interventions & Services

SESSION 3

1 pm - 2:30 pm

Goal

Participants will understand effective interventions for working with older victims/survivors of domestic violence.

Measurable Objectives

- ▼ Participants will be able to list at least five barriers victims face to living free from abuse.
- ▼ Participants can describe the EMPOWER model of intervention and why it is effective.
- ▼ Participants will be able to describe a safety planning process with older victims.

Topics Covered

- | | |
|--|---------|
| ▼ Q & A from the morning | 10 mins |
| Answer any questions from the post-its.
Suggest the DV trainer and the aging services trainer take turns answering questions. | |
| ▼ Why victims stay in abusive relationships and why some leave and then return | 30 mins |
| ▼ Intervention strategies | 15 mins |
| ▼ Safety planning and support groups | 35 mins |

Notes

Notes

1. **Q & A** **10 minutes**
Ask if there are any questions from the morning session. Check the wall for post it notes. Answer any questions.
2. **Why Victims Stay in Abusive Relationships and Why Some Leave and Then Return** **30 minutes**
Run “Chutes and Ladders” exercise. Set up should have occurred during lunch.

CHUTES AND LADDERS

Created by the Wisconsin Coalition Against Domestic Violence (WCADV)

Copyright 2000. (Permission granted to use this exercise. Please give credit to the WCADV.)

Directions for Chutes and Ladders

Narration before exercise is something like this: This is an exercise to help us understand the barriers older victims of family violence face. Who is familiar with the children’s game “Chutes and Ladders”? In the game you move your player around the board trying to get to the last square with the blue ribbon. Players shake the dice and move the number on the dice. If you land on a square with a ladder, you get to move forward and skip some squares. If you land on a slide or a chute, you must go back down the board.

Victims of family violence often have similar experiences. They may seem to take 2 steps forward and 3 steps back.

Everyone has an opportunity to participate in this exercise. Those who want to get up and move around will start at the poster marked HOME. Everyone else will play at their seats by using the map in front of them. If at any time, the exercise becomes difficult for you, you have the option of sitting out.

I will start by reading a description of who you are in this exercise. Then I will read a variety of scenes. At the end of each scene, you can make a choice. You can stay home. Or you can leave by going to a hotel, apartment, domestic violence shelter, or relative’s home. As in real life, leaving costs you something. The green slips of paper you have represent money. Going to the hotel costs 2 green. Going to the apartment costs 3 green. Also in life, we have the goodwill of family or strangers. So for example, if I were abused by my husband tonight and called my sister, she would let me stay with her. If I returned home and got abused again the next night, my sister might take me in again. If this happened every day, eventually she would tell me to go somewhere else. This is goodwill and victims do consider when they last called a shelter or social services or a relative. So the yellow slips represent goodwill chits. Going to the shelter costs 1 yellow as does going to the relative. It costs 1 yellow plus the green to go to the apartment because you are getting some help with meals and chores.

If you are counting your green and yellow slips and notice that your neighbor has more or less green or yellow slips than you do, you are right. Life is not fair and you do not all have the same amount of money or goodwill.

The nursing home is not an option unless I tell you that you have a medical condition that requires nursing care.

You will learn in the exercise that you have a cat (or whatever pet you want). The cat cannot go to the shelter or the nursing home.

So if you decide to leave, you must pay the amount on the poster. Put slips in the baskets. During the exercise a bell will ring. Every time the bell rings you must pay again to stay where you are. You can go somewhere else and pay. Or you can go home. Home is always free.

If you run out of resources, you must return home for the rest of the game.

Any questions?

Ok, I'd encourage as many of you as possible to play by moving around the room. It is more fun and helps with the pacing of the exercise. (Encourage participants to come forward and start at home.)

For those playing at your seats, put your money off to the side when you pay and use the map to help you know where you are.

Tips for facilitators: If you have 2 people, it helps to have one read the script and ring the bell. The other person should mingle to answer questions and make sure people pay up. Look for cheaters and make them pay.

Also, watch the pacing. Give people time to make their decisions and pay up.

At the end of the exercise, give everyone time to make his or her final choice and notice where people end up. Ask those playing up front to take their seats.

When done, ask participants to process the experience. Some questions to ask are:

- ▼ How did you feel? What did you experience?
- ▼ Who wanted to use force against the abuser (e.g., kill the abuser)? What are the repercussions for victims who kill their abusers in real life?
- ▼ Who cheated? Talk about positive cheating, like sharing resources to stay in apartment. What are ramifications for those who try to cheat the system?
- ▼ Anyone try to get health problems earlier in the exercise to go to the nursing home?
- ▼ Anyone consider or try to become homeless? What would that be like for an older woman?
- ▼ Anyone consider or try to commit suicide?
- ▼ Did anyone stay home the entire exercise? Are you willing to share why?
- ▼ How do cultural values play a role in the choices victims make?

*Notes***Chutes and Ladders**

You are a 69-year old woman who has been married for 49 years. You are a homemaker who is active in church and enjoys time with your grandchildren. You have lived in your current home for 30 years. You tend a beautiful garden in the backyard and love your 10-year-old cat.

To Everyone

- 1) Every Tuesday you play cards with your friends. This Tuesday as you prepare to leave, your husband starts to yell at you. He is so upset you call your friends and cancel your plans. You are concerned about your husband's increasingly controlling behavior. What do you and your cat do?

To Those at Home

- 2) A few weeks later you have plans to go to the annual church social. Your husband is not feeling well but you decide to go anyway. He becomes angry, grabs you hard on the arm and pushes you into the living room wall. You think he may have bruised your arm. What do you do?

To Those at Home

- 3) A few months later you go shopping with your husband. He is unhappy because he feels you wasted money on an air purifier that your doctor recommended to help with your asthma. He argues with you on the way to the car and slams your hand in the car door. What do you do?

To Those Not at Home

- 4) You left quickly so you need to buy some new clothes. You find that your husband has canceled your ATM and credit cards. If you want new clothes, it will cost you 1 green card. What do you do?

RING BELL**To Those at Home**

- 5) Several months later, your husband is angry that dinner is not ready precisely at 5 p.m. He pushes you and you fall down the stairs and break two ribs. You go to the hospital. He threatens to take your name off his company's provided insurance if you don't return home with him. Without insurance, leaving him costs **3 additional green cards of out of pocket money so you can get your meds**. What do you do?

To Everyone

- 6) You decide to get a divorce but find you have too many resources for free legal help. Do you get an attorney? If yes, it costs you 5 green cards.



NOTE: Later on, point out that PA income should not be a factor in getting a PFA but can be an issue for other legal resources.

To Those Not at Home

- 7) You decide to talk to your pastor. Your pastor reminds you that you made a promise before God to stay in this marriage for better or for worse. What do you do?

RING BELL: Everyone pay up now or make a decision about staying whether you are leaving or returning home.

To Those at Home

- 8) You have returned home from the hospital. Your husband now acts thoughtful, caring and supportive. Someone has called adult protective services. A worker comes to the home and offers to help you. She recommends family counseling and respite care for your husband. Accepting her help costs one yellow card. What do you do?



NOTE: Later on point out the risks of family or couples counseling when domestic violence is present.

To Those Not at Home

- 9) Your husband begins to stalk you. You see his car when you are shopping. You find footprints up to your bedroom window. You file for a restraining order.

For those at your son's, one night you overhear your daughter-in-law talking to your son about asking you to leave because she is afraid of your husband. What do you do?

RING BELL

For those with an attorney, your attorney has interviewed all the necessary parties and now needs 2 more green cards to file any papers. What do you do?

To Those at Home

- 10) Your husband is angry that you talked to "the government" who is now meddling in your personal business. One Friday night, he takes the shotgun out of the closet, lays it on the kitchen table, starts drinking and threatens to kill you. What do you do?

The shelter now has a waiting list and can accept no one else.

- 11) You hide his gun. He finds it, loads it and comes after you. You call 911. The sheriff comes, removes the bullets from the gun and the home and tells him to settle down. The sheriff tells you that jail is no place for an older man so he will not arrest your husband. What do you do?

To Those Not at Home

- 12) Your son says you can no longer stay with them. The shelter says your time is up and you must leave. What do you do?

RING BELL

To Those at Home

- 13) At breakfast, you can't find your cat. Your husband laughs and says, "we are better off without that Popsicle." Later that morning you find the cat, barely alive, in your freezer. What do you do?

Notes

To Those Not at Home

- 14) The increased stress has taken its toll and your asthma now requires ongoing daily medical assistance from skilled nurses. You cannot stay with relatives or at the shelter. You could move to or stay in the hotel or apartment and pay 1 more green and 1 more yellow card for medical help. You could go to the nursing home, without your cat or husband and get the medical help you need. You could remain at home and have in-home services and your husband's "help." Or you can do nothing and continue to deteriorate.

RING BELL

Key Takeaway Points

- ▼ *Staying in an abusive relationship is an option some older women will choose. Leaving and returning to an abuser is also a common occurrence. Workers must understand that making difficult choices about what to do is often a process.*
-
-

3. Intervention Strategies 15 minutes

Describe EMPOWER model (Overhead 3-1).

Content can be found (p. 61)

Discuss the importance of not using professional power to make decisions for victims. When we use our professional power, we become like the abuser, i.e., using strategies to make the victim do what we think is right and taking power away from the victim.

Point out similarities in concepts of empowerment and self-determination as a basis for the two systems establishing common ground.

Discuss Strengths of Victims/Survivors and General Tips (p. 52 – 53 of the Participant's Manual)

Take a 15-minute break.

4. Safety Planning and Support Groups 35 minutes

Tell audience that one strategy from the domestic violence field that is useful with older victims is safety planning.

Give the groups the following direction from Overhead 3-2.

"You are 71-years old. It's 2 a.m. Your partner has beaten you again. You do not have access to the joint bank account. Your partner has just left in the only car promising to return soon to finish what s/he started. You have \$20. You have contacted the police before and they have not been helpful; you will not call them again."

Ask the small groups to take three minutes to create a personal safety plan. The groups create the safety plans as if they are the victim, not professionals.

Notes

As the groups are working, give them an index card or two with additional “life happens” statements. These statements can include, but are not limited to:

- ▼ You are an illegal immigrant.
- ▼ Your adult children will side with your partner and will not help you.
- ▼ Your religious beliefs prevent divorce or separation.
- ▼ Your partner has threatened to commit suicide if you leave.
- ▼ You live on a farm. You know your partner will let the livestock die if you leave.
- ▼ You have a cognitive impairment, including short-term memory loss.
- ▼ You do not speak English.
- ▼ You are blind.
- ▼ Your partner is the mayor.
- ▼ You are in a wheelchair.
- ▼ Your partner is the same gender as you.

Give each group a few minutes to continue to problem solve with the addition of the cards. Bring everyone back to the larger group to process. Ask each group what ideas they came up with. Discuss how difficult the safety planning activity can be – especially when handed “life happens” cards, life generated risks.

Insert safety planning definition (overhead 3-3)

Support groups and their effectiveness.

10 minutes

(p. 70 – 71) **Discuss support group as an option for older victims of domestic violence.**

Key Training Points

- ▼ Participants learn effective methods of breaking isolation and offering support
- ▼ Victims learn safety planning
- ▼ Victims learn they are not alone
- ▼ Victims get accurate information about their options

Notes

Key Takeaway Points

- ▼ *For many victims, living free from violence is a process. Some may never leave.*
 - ▼ *An EMPOWERment model is more effective than using professional power and control to protect or decide for victims/survivors what they should do.*
 - ▼ *Safety planning and support groups are two potential interventions to use with older victims/survivors of domestic violence.*
-
-

Take a 15-minute break.

Map for Chutes and Ladders

HOME

You, Husband and Your Cat

RELATIVE'S HOME

You and your cat

1 yellow

HOTEL

You sneak in cat

2 green

DV SHELTER

You (no cat)

1 yellow

APARTMENT

You and your cat

3 green/1 yellow

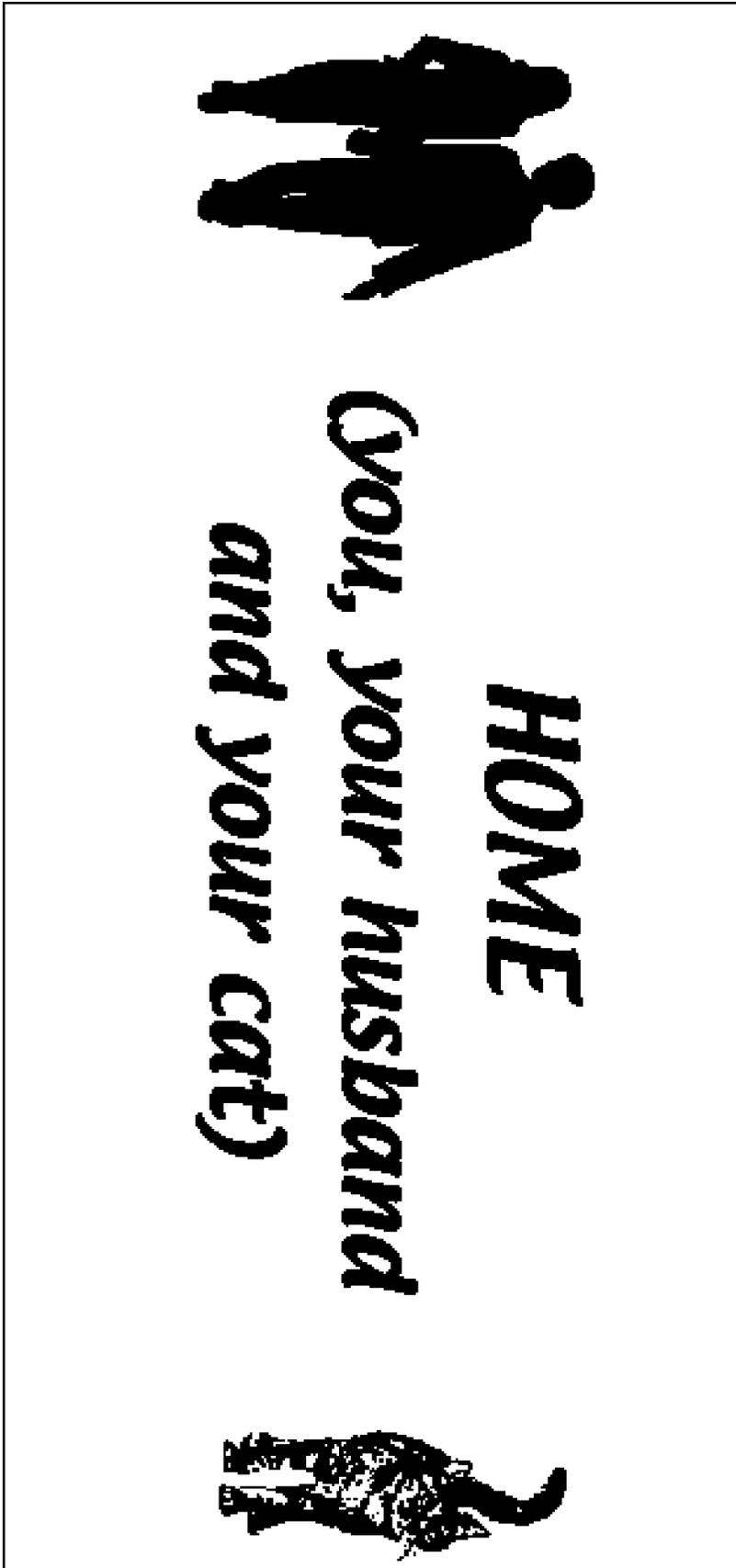
NURSING HOME

You (no cat)

No Cards

Only eligible if your condition meets skilled nursing care needs.

Exercise created by the Wisconsin Coalition Against Domestic Violence (2000)





NURSING HOME
(you, no cat)



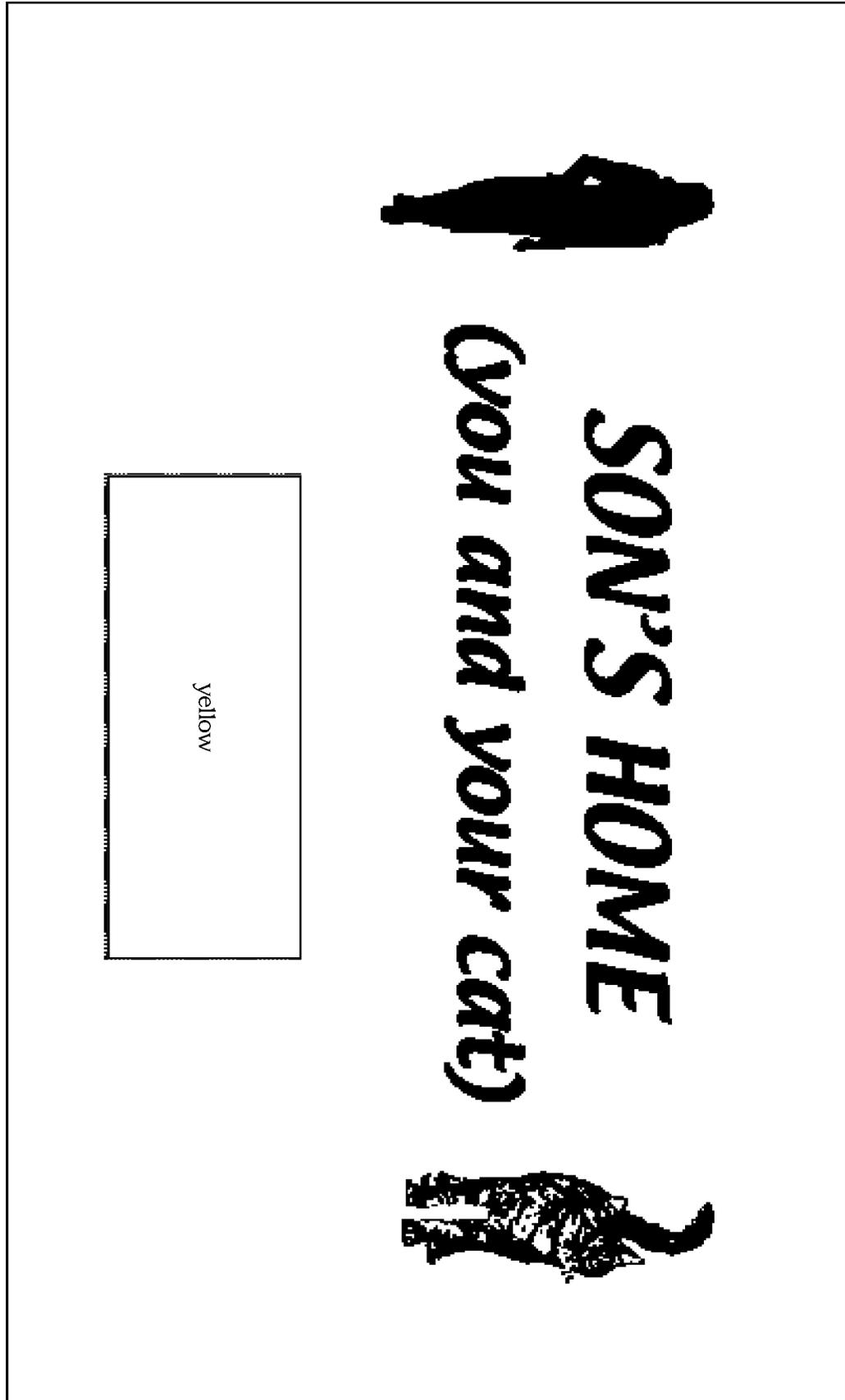
HOTEL

(sneak your cat in with you)



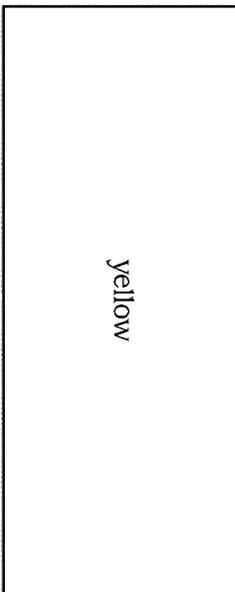
green

green





**P.O. BOX 2002
ANYWHERE, PA
Domestic Violence Shelter
Undisclosed Location**





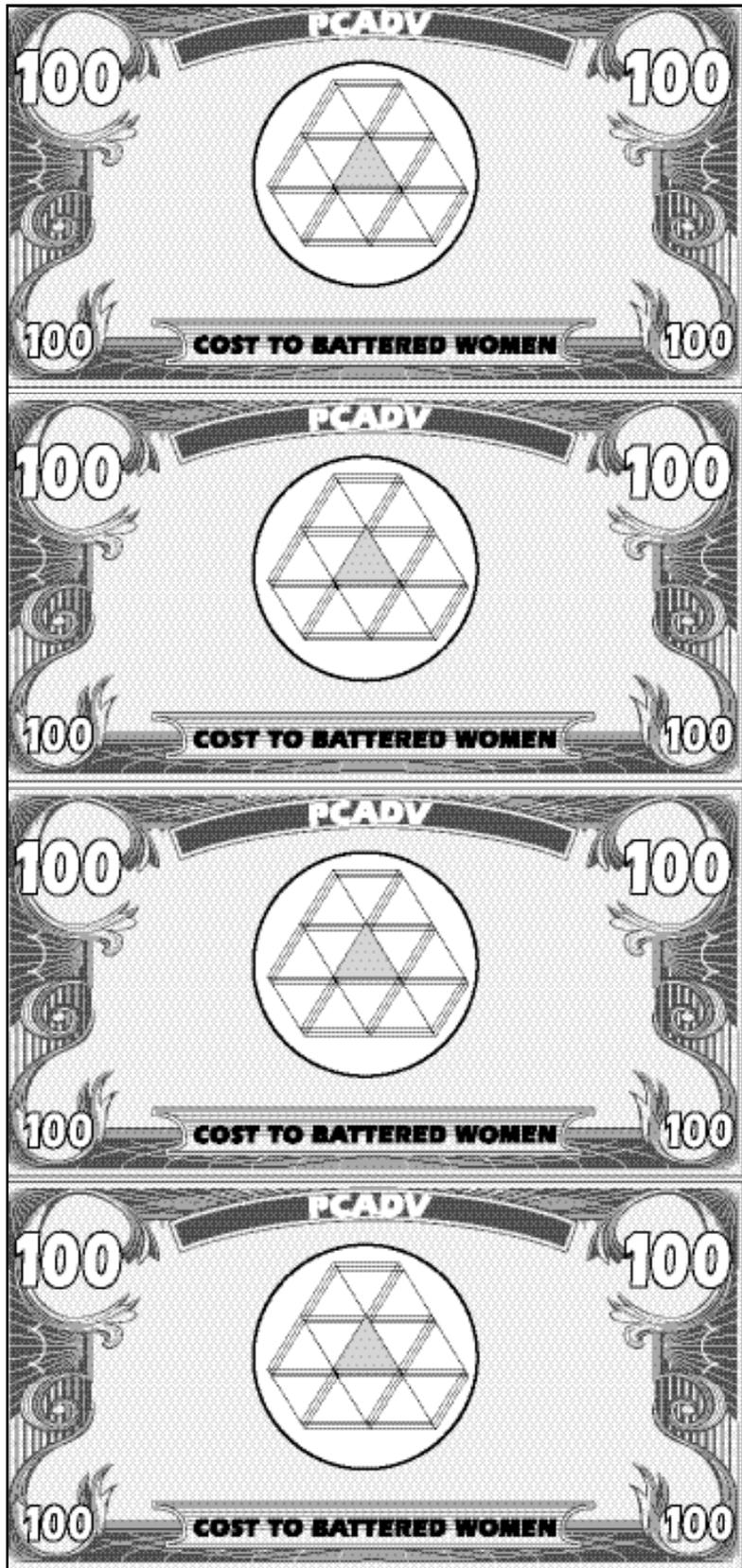
APARTMENT

(for you and your cat)

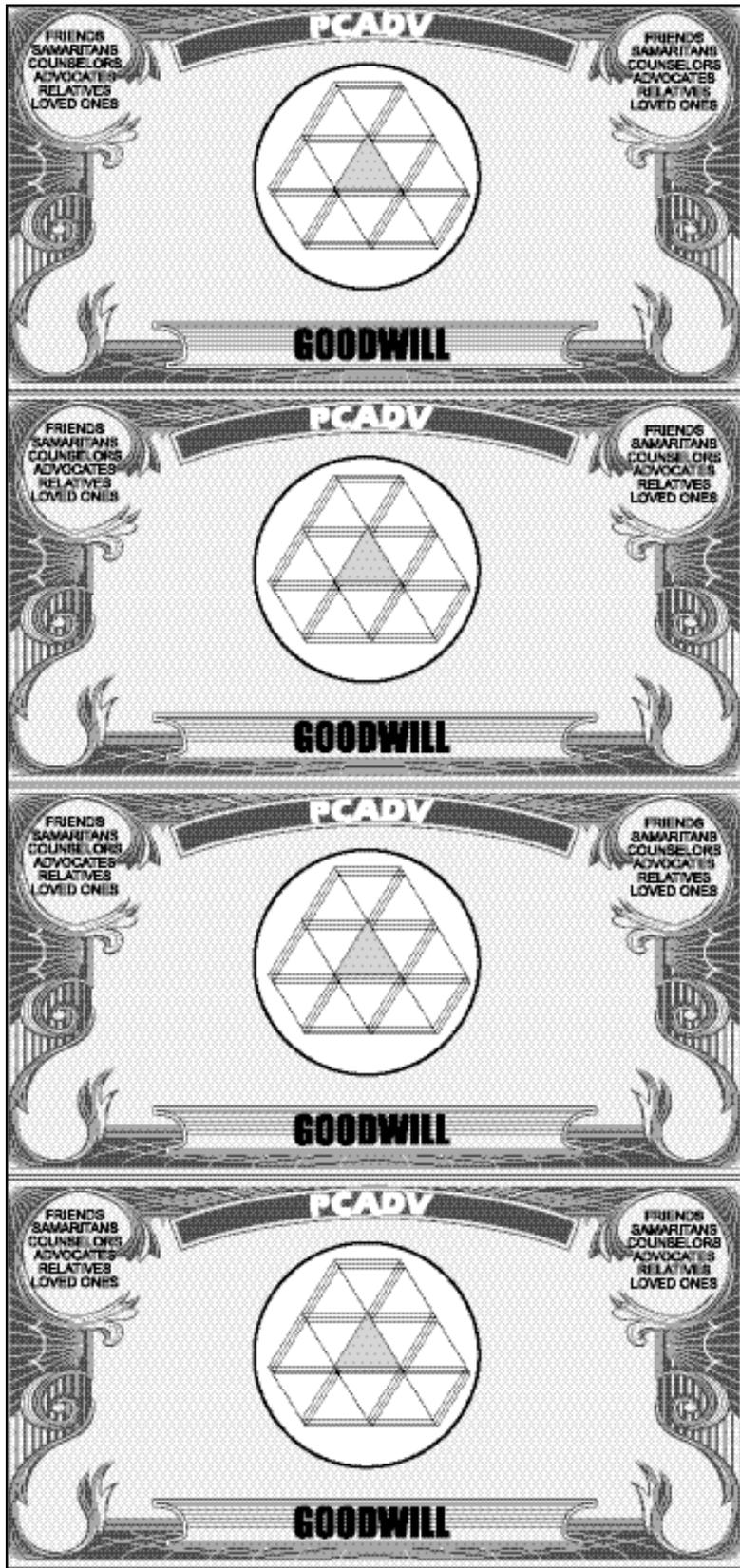


green	yellow
green	green

Green Money



Yellow Money



Overhead # 3 - 1

EMPOWER

E mpathetic listening

Make time to document

Provide information

Offer options

Work with experts

Encourage safety planning

Refer to local resources

Overhead # 3 - 2

SAFETY PLANNING

- ▼ You are 71 years old.
- ▼ It's 2 am.
- ▼ You've been beaten by your partner (not the first time).
- ▼ You have no bank account, just \$20.
- ▼ Your partner left in the car – will be back soon to “finish what s/he started.”
- ▼ Police not helpful in past – you won't call them again.

Overhead # 3 - 3

SAFETY PLANNING

SAFETY PLANNING is each victim's unique plan for reducing the risks generated by the abusive partner's violence and control

Victims of domestic violence call it... SURVIVAL.

Overhead # 3 - 4

SAFETY PLANNING

SAFETY PLANNING is the primary intervention tool in working with victims of domestic violence.

It includes steps and options reflecting the safety concerns of both the battered woman and the worker.

It addresses the range of batterer generated risks a victim may face, not just the physical violence.

Overhead # 3 - 5

SAFETY PLANNING

Safety plans may include:

- ▼ strategies for staying in the relationship and/or for leaving the relationship – safely.
- ▼ short or long-term timeframes

Overhead # 3 - 6

SAFETY PLANNING

Safety Planning includes:

- ▼ assessment of danger
- ▼ assessment of options for enhancing safety
- ▼ identification of possible resources

