

The link between

Domestic Violence

and

Substance Use

Presentation by **Michael-Anne Green**

Meet the presenter

Michael-Anne Green

Overview

00 Introduction

04 Disclaimer

05 Background

06 Domestic Violence

**08 Power & Control
Wheel**

10 The Link

11 Safety Planning

13 Questions

14 Conclusion

15 Resources

16 Thank You

Disclaimer

The followig presentation expresses my opinions and the reserach I have found online from different resources.

Please reach out to your organization on their domestic violence policies before moving forward with anything you learn here today!

Background

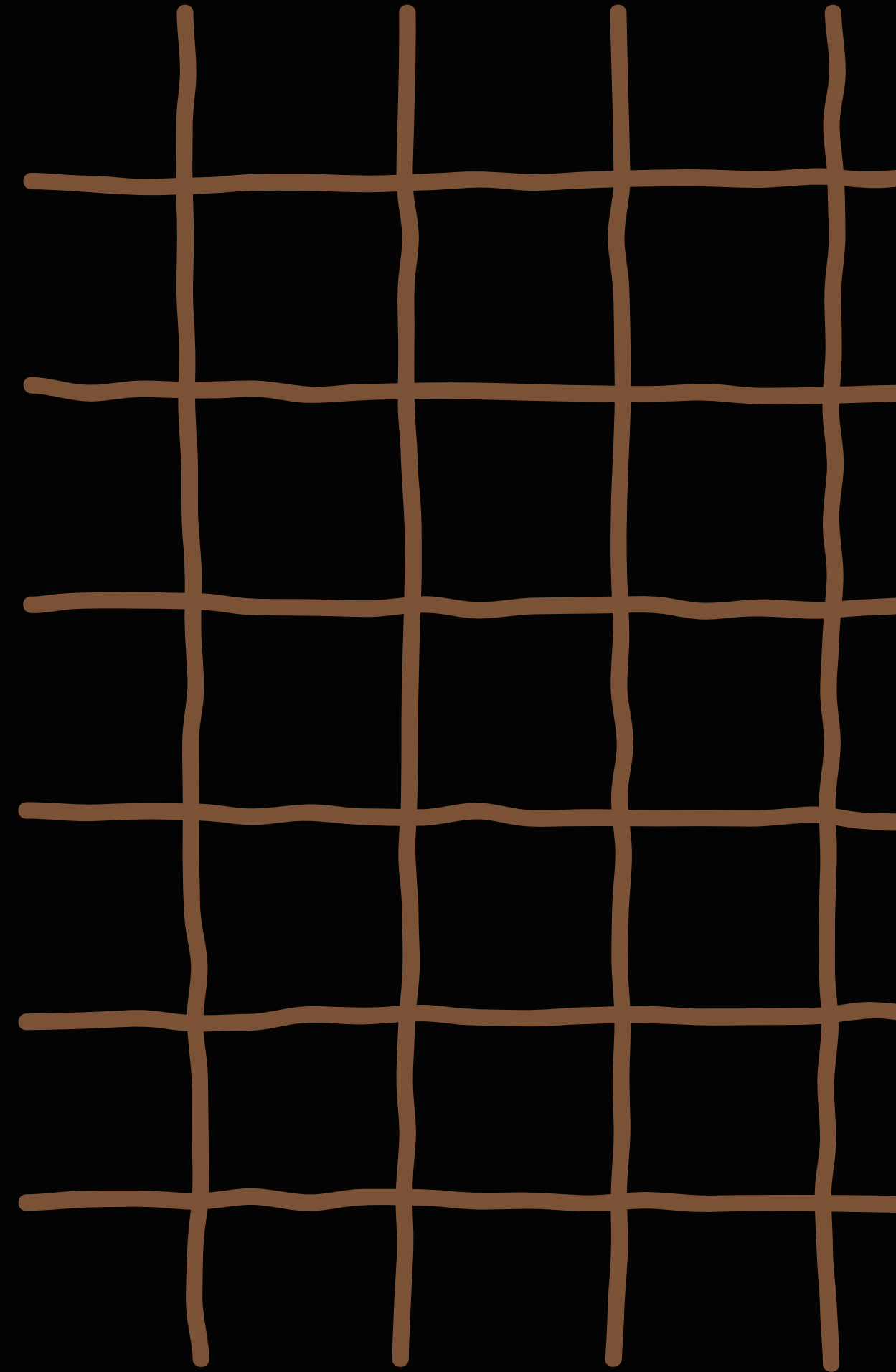
My 1st 3 years as a peer support specialist I worked in an outpatient treatment center and during that time, I encountered many clients who were experiencing DV and I quickly realized I needed more information & training regarding the subject. I wanted to help them all but didn't know how to do it or know even where to begin.



Domestic Violence

The National Coalition Against Domestic Violence (NCADV) defines domestic violence as a willful intimidation, assault, battery or other abusive behavior as part of a systematic pattern of power and control, perpetrated by one intimate partner (or family member) against another.

<https://ncadv.org/>



Examples of Domestic Abuse...

- Emotional
- Physical
- Psychological
- Sexual
- Financial
- Verbal
- Social
- Image-based





The Link

Substance Use factors into a high number 40–60% of domestic violence instances. Alcohol & drugs lesson the abuser's self-control making them more prone to aggression. The abused individual maybe forced into using drugs or use drugs to cope with the abuse and the emotions.

Physical violence was found to be 11 times more likely when drugs & alcohol are abused.

What can we do to help?

Support & Encouragement are KEY

Just like with SUD the decision must be made completely by the person. In active addiction a lot of people & I am sure many of us in here have heard, “why don’t you just stop?” With DV it’s the same thing, “why don’t you just leave?” In most cases we wanted to stop using. I know during my active addiction I just didn’t know how to stop or think that I could.

On average it takes 7 attempts for someone to successfully leave an abusive partner.

Safety Plan

A safety plan is a form of protection that allows a survivor to prepare what they can do during or between abusive incidents to keep themselves and their children safe. This might involve how they can escape, where they can go, who they can rely on to help them and the additional protections they can put in place to possibly stay gone for good.

5 PARTS

OF A SAFETY PLAN

The most dangerous time for someone in an abusive situation is often when they attempt to leave. **Safety planning is crucial.** A safety plan can be created before obtaining a protective order. **Be kind and patient with your friend** and remember that they are the expert on their own situation. Use these tips below to talk through a safety plan with your friend.

OVERNIGHT ESSENTIALS

Pack an **emergency overnight bag** for you and any children.

Give it to a **trusted friend** or family member to keep for you. Include extra car or house keys, diapers, toiletries and medications.

INTERNET/SOCIAL MEDIA

Be aware that your internet use may be **monitored** and take precautions accordingly.

Store important digital information in a **password protected** file.

RECORD ABUSE

Identify a safe place you can keep track of the abusive behavior and incidents. Or ask a trusted friend to keep records for you.

Date each incident and describe what happened. Take photos if applicable.

DOCUMENTS/MONEY

Copy and gather **important documents** in a safe place (financial account information, children's birth certificates, SS cards, etc.). If you are able, start putting cash away in a safe place.

Keep important phone numbers or emails on hand. These can include an attorney, a domestic violence advocate, a therapist, or your local women's shelter.

SAFETY

If there are weapons in the house, **know where they are** and think about how you might get rid of them.

Think about **escape routes** within your home. Imagine how you would utilize the space to keep yourself and your children safe.

Teach your children **how to call 911** or talk about which contact to call in a situation of danger. Plan a "code word" with a trusted friend who also knows your safety plan and knows what to do if you text or call with the "code word."



National Domestic
Violence Hotline:

1-800-799-SAFE

Questions

Conclusion

The world for many domestic violence victims can be lonely, isolated, and filled with fear. Letting them know you are there for them until they are ready to leave can be a tremendous relief.
Don't be afraid to have the conversation with them, it could save their life.

Resources

01

National Domestic Violence Hotline

1-800-799-7233

or text "Start" to 88788



02

Alabama Domestic Violence Help

www.domesticshelters.org



03

Shelby County Humane Society

Safe Pet Program



Michael-Anne Green 205-544-5368 michaelanneg@icloud.com

Presentation by **Michael-Anne Green**

Thank You So Much!

The Link Between DV & SU



Peer Conferene 2023