

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

How to join the Zoom webinar

- **Online:** <https://dhswi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.

- Participate live or view the recording to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2022.htm>.

Empowerment-Based Safety Planning with Domestic Violence Survivors

MARCH 10TH, 2022



Family Services
Helping to restore, sustain & enhance lives

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DIRECTOR OF SURVIVOR
EMPOWERMENT
SERVICES

pronouns:

- SHE
- HER
- HERS

Agenda

- Basics
- Safety- Related Empowerment
- Lethality Assessment
- Tech Safety Planning
- Red Flags and Common Scenarios
- Resources
- Pod Mapping



Presentation Guidelines

Questions and
Discussions

Zoom Etiquette

Self-Care

Gender-Neutral
Terms

Sensationalizing
Survivors

ENGAGE AND
HAVE FUN!



The Basics

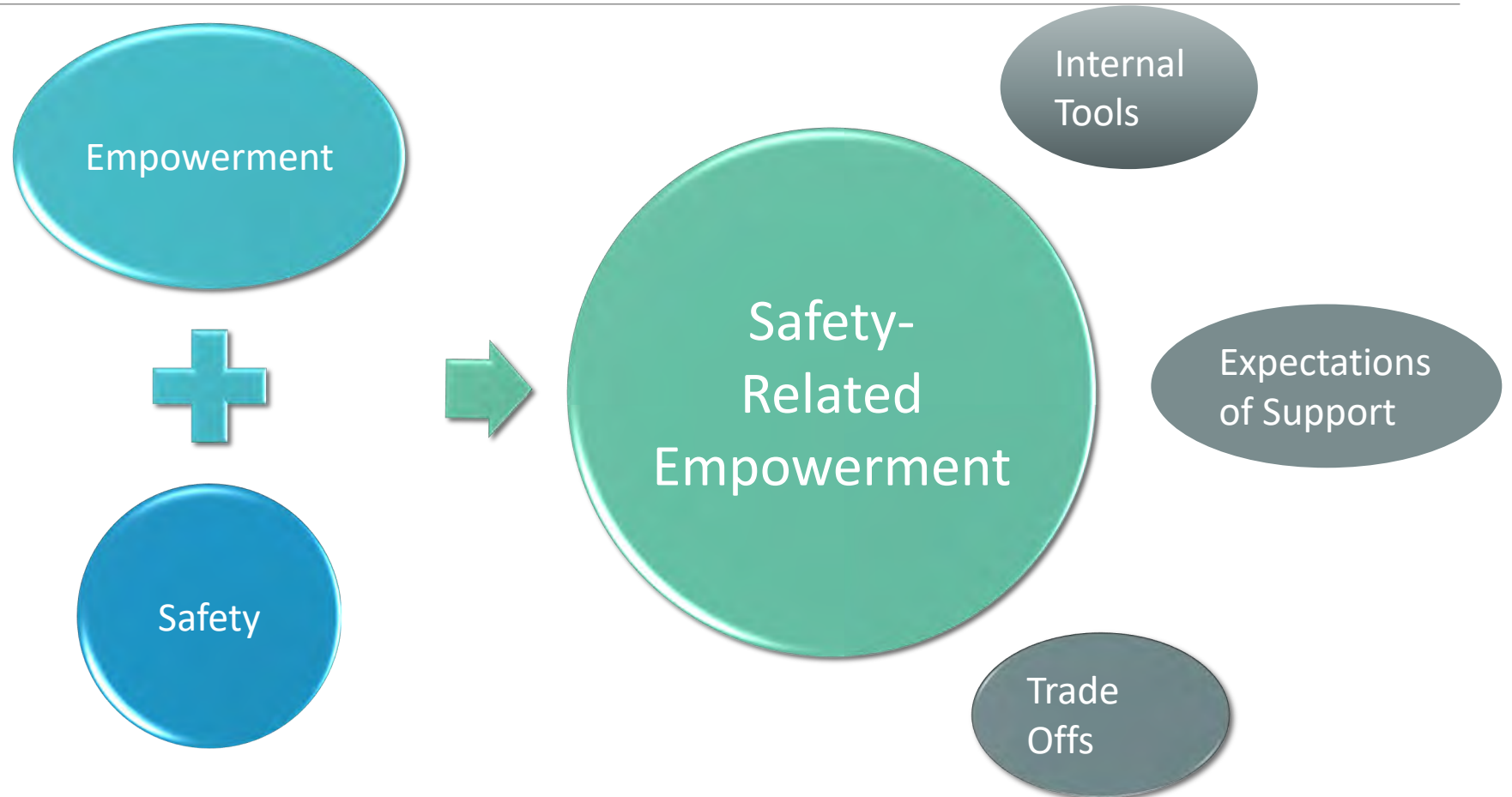
Definition of “Safety Planning”

- A personalized, practical plan focused on increasing safety/ decreasing risk for the survivor
- Identifies support systems, resources, and areas of risk

Considerations:

- Survivor-led
- Flexible and may change
- Informal and formal
- Physical, emotional and mental safety
- Safety planning for family unit
- Past, present, and future
- Helping survivor to make best informed decision

Safety- Related Empowerment- MOVERS



Safety-Related Empowerment

Respect

- confidentiality

Believe and Validate

- their experience(s)

Acknowledge

- the injustice

Respect

- their autonomy

Plan

- for future safety

Promote

- access to community services



Staying or Leaving?

IS LEAVING ALWAYS THE SAFETY OPTION?

Barriers and Obstacles for underserved, marginalized, and/or vulnerable populations

Law Enforcement

Social Supports

Access to Resources

Language Barriers

Citizenship status

Age

Mental Health and Substance Abuse

Physical Ability

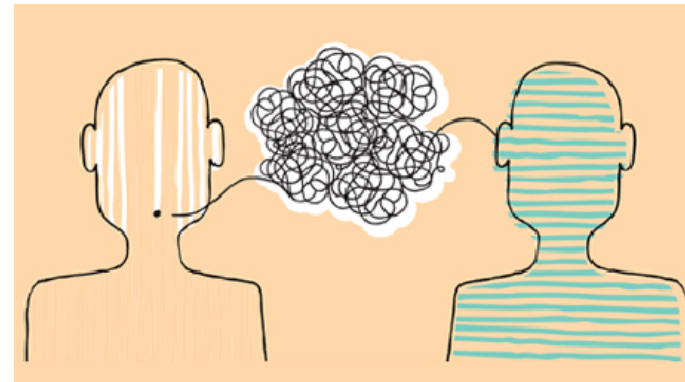
Criminal History/ Community supervision

Geographic limitations

Needs to be conversation with survivor

Having the Conversation

- Knowing when and how to talk about safety
- Explain safety planning and its importance
- Multiple conversations
- Strength-based
- Variety of materials
- Use Trauma-informed care
- Connection to goals
- Tangible and manageable
- Self Awareness



Foundational Safety Planning Strategies

1. Explain the importance of having a plan
2. Ask questions and take note of important details
 - *What are your greatest fears/concerns?*
 - *When/where do you feel unsafe?*
 - *What happens when you feel unsafe?*
 - *Are there children involved?*
3. Assess the survivor's overall goal (stay, leave, etc.)
4. Help survivor identify when a situation is becoming dangerous (past experiences, identifying triggers/predictive factors)
 - Work stressors
 - Substance use
5. Encourage the survivor to set up check-ins with friends and family
6. Suggest using a code word with friends, family, and children, if appropriate
7. Suggest the survivor always carry a cell phone
8. Assess support systems

Tangible Safety Planning Resources



Employment/
School Policies



Law
Enforcement
Drive-Bys



Safety
Equipment



Support
Network
Phone Tree



Support
Network Code
Word/ Signals



Restraining
Order



Emergency
Cellphone



Emergency
Shelter



Quick Exit Kit/
Map



Lethality Assessment Program



Respond and Assess

The LAP is used by law enforcement officers and other first responders to identify high risk domestic violence victims.

Connect with Advocate

If the tool identifies a victim who is at high risk, a phone call is immediately made to the local victim service provider's 24-hour hotline. The victim is encouraged to speak to an advocate on the phone.

Shelter and Services

Hotline advocates use LAP guidelines to encourage victims to access services like crisis counseling, legal advocacy, and shelter.

Lethality Risk Assessment

Use a weapon against you or threatened you with a weapon?

Threatened to kill you or your children

Do you think they might try to kill you?

Have a gun or can
get one easily?

Ever tried to choke
you?

Violently/
constantly jealous
or control your
daily activities?

Have you left or
separated after
living together?

Are they
unemployed?

Ever tried to kill
themselves?

Is there a child that
they know is not
theirs?

Do they follow or
spy on you or
leave threatening
messages?

Tech Safety Planning

SIMILARITIES

- Empowerment based
- Survivor-led
- Flexible and may change
- Physical, emotional and mental safety
- Safety planning for family unit
- Past, present, and future
- May require trade-offs

DIFFERENCES

- May have wider reach
- Increased lack of control
- Difference in app permissions/ features
- Increased focus on mental and emotional safety
- Lack of “safe space”
- Constantly changing

Tech Safety Planning

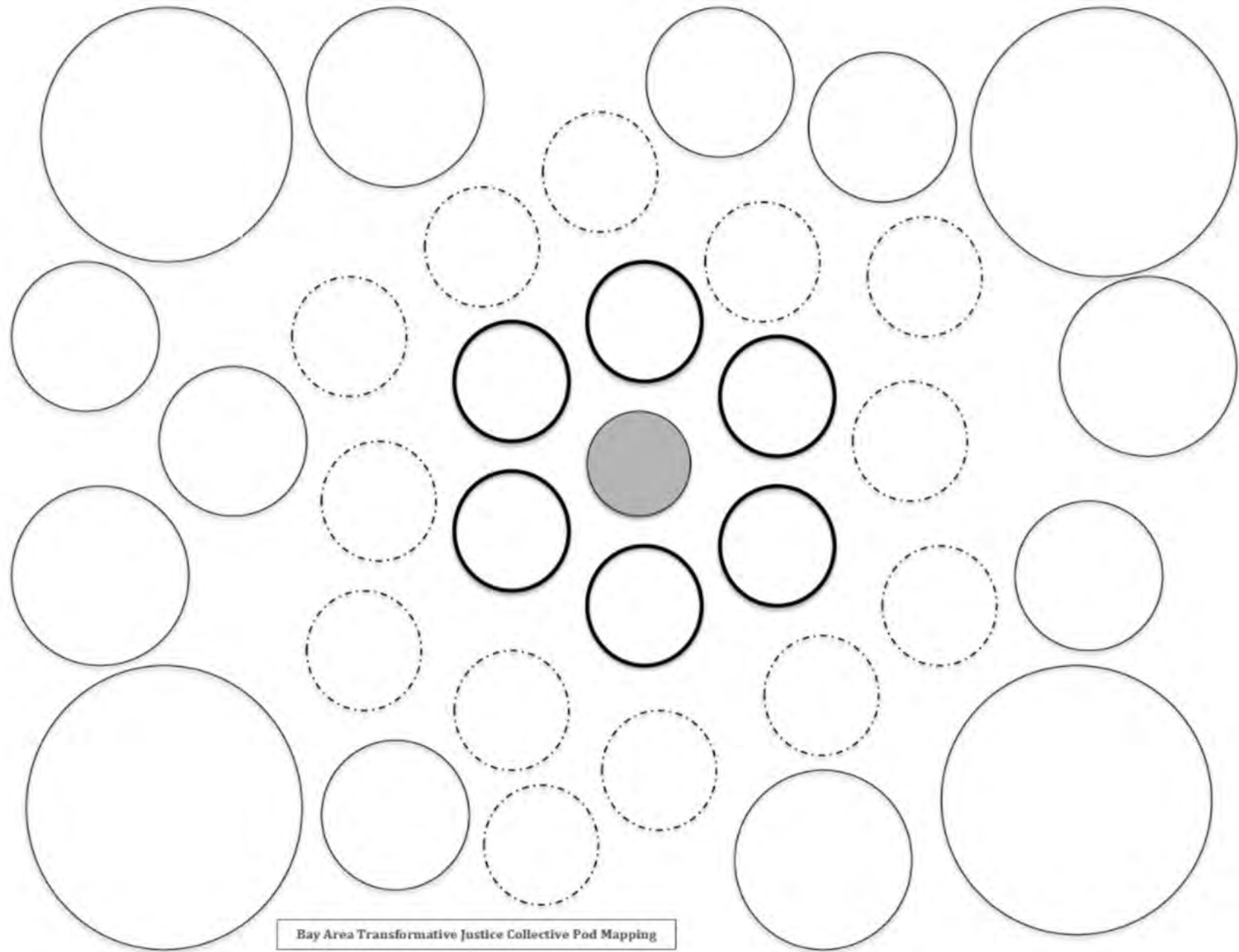
Consider outcomes of what is shared	Limit publicly shared information	Set boundaries and limits
Use reporting features in apps	Changing login and passwords	Creating new profiles
Review features of each app	Creating two-step verification	Using camera covers
Get new device or new account	Protect Location	Download Apps for Tech Safety



The graphic features the NNEDV logo in the top left corner. The central text reads: "Your Technology. Your Privacy. Your Safety." To the right is a house-shaped icon divided into four colored quadrants: teal (top-left) with a Wi-Fi symbol, orange (top-right) with a star, green (bottom-left) with two speech bubbles, and red (bottom-right) with a smartphone. Below the icon, the text says "Tech Safety App" and "Learn more at techsafetyapp.org".



Pods and Pod-Mapping



Pod-Mapping & Safety Planning

Most of us have very few solid, dependable relationships in our lives

- Where advocates step in – how can we grow those networks?
- Multiple “pods” for facets of our identity
 - Imagine what aspects of a person’s life they may need to identify support networks

BATJC found people typically have more people available for support and less people for accountability

Relationships and trusts, not always...



Common Safety Planning Scenarios

1

Survivor is afraid their partner is following them and may come to their home

2

Survivor has support system through church, but harm-doer has recently started attending same church

3

Survivor has safety concerns around visitation exchanges with harm-doer

4

Survivor needs emergency shelter and needs to remain in community, but your emergency shelter is full

5

Survivor is reporting history of strangulation and stalking but also reports not having any safety concerns



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