NATIONAL HEALTH RESOURCE CENTER ON DOMESTIC VIOLENCE

"DID YOU KNOW YOUR RELATIONSHIP CAN AFFECT YOUR HEALTH?"

The doula's role in preventing and responding to domestic violence

Beyond Silos
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About me

- Mama!
- Doula
- Advocate
- Public health activist

Caring for others starts with us

- There are survivors among us
- Self care
- Care for each other– assuming good intentions, reduce victim blaming
- Support resources

Our time together

As a result of today's session, you will be better able to:

- Describe the health impacts of experiencing domestic violence
- Apply an evidence-based intervention to address domestic violence
- Provide trauma-informed responses to disclosure of domestic violence
- Identify next steps for continued learning and support

Hopes for today's session

More information

Learn more about doula care

Ways to connect clients to doulas

Get information

Understand how doulas work and their role

Resources for patients

Ways to better support survivors in clinic who disclose ipv with FOB

how to integrate doulas into health systems

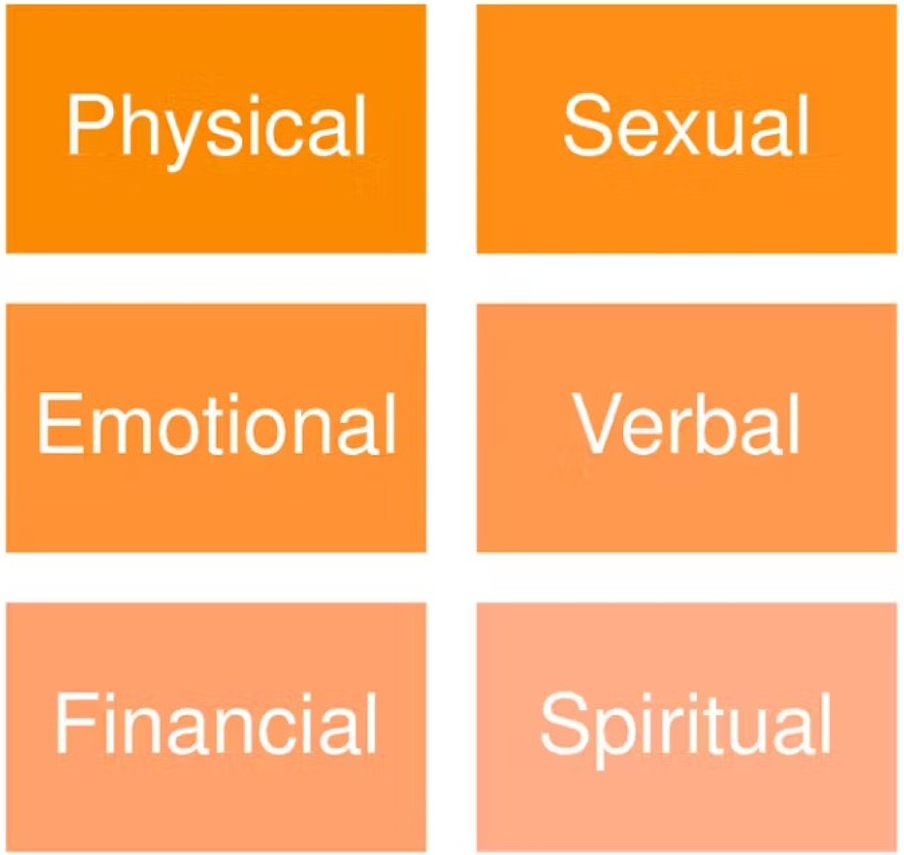
Hopes for today's session

Learn more about connecting doulas with the DHS services to patients for those who need it.

Difference between doula and midwife

What are the benefits of Doulas and why they are needed.

Understanding IPV



- Violence is not always the priority
- Abuse happens in cycles
- Leaving is not always the best or safest option
- Does not exist in a vacuum
- Rooted in **power and control**
- **A public health issue**

Intimate partner and sexual violence are common

- Between **1 in 2** and **1 in 5** people in the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.
- Between **1 in 3** and **1 in 4** people in the U.S. have experienced sexual violence during their lifetime.

Because of intersecting forms of sexism, racism, and other forms of oppression, marginalized and/or historically exploited peoples experience higher rates.

CDC The National Intimate Partner and Sexual Violence Survey: 2017

What do you think are the health impacts of experiencing violence? What have you seen among the survivors you serve?

Memory loss	Chronic health issues	Intergenerational trauma	Increased risk of STIs
Psychosomatic issues	Mental health challenges	Trauma	Mental health

What do you think are the health impacts of experiencing violence? What have you seen among the survivors you serve?

Anxiety

delayed health care

Mental health issues, body trauma

Health Impacts

- Acute injury
- Asthma
- Chronic pain
- Certain types of cancer
- Cardiovascular issues
- Suicide ideation and action
- Substance use disorder
- Depression and anxiety
- Brain injury

Sexual & Reproductive Health

- Unplanned, mistimed, unintended pregnancy
- Pelvic pain and infections
- Certain types of gynecologic cancers
- STIs and HIV
- Abortion and miscarriage

Impact on perinatal health

- Bleeding
- Miscarriage and stillbirth
- Preterm labor
- Low birth weight
- Lower breastfeeding rates
- Depression and anxiety
- Substance use

Barriers to Care

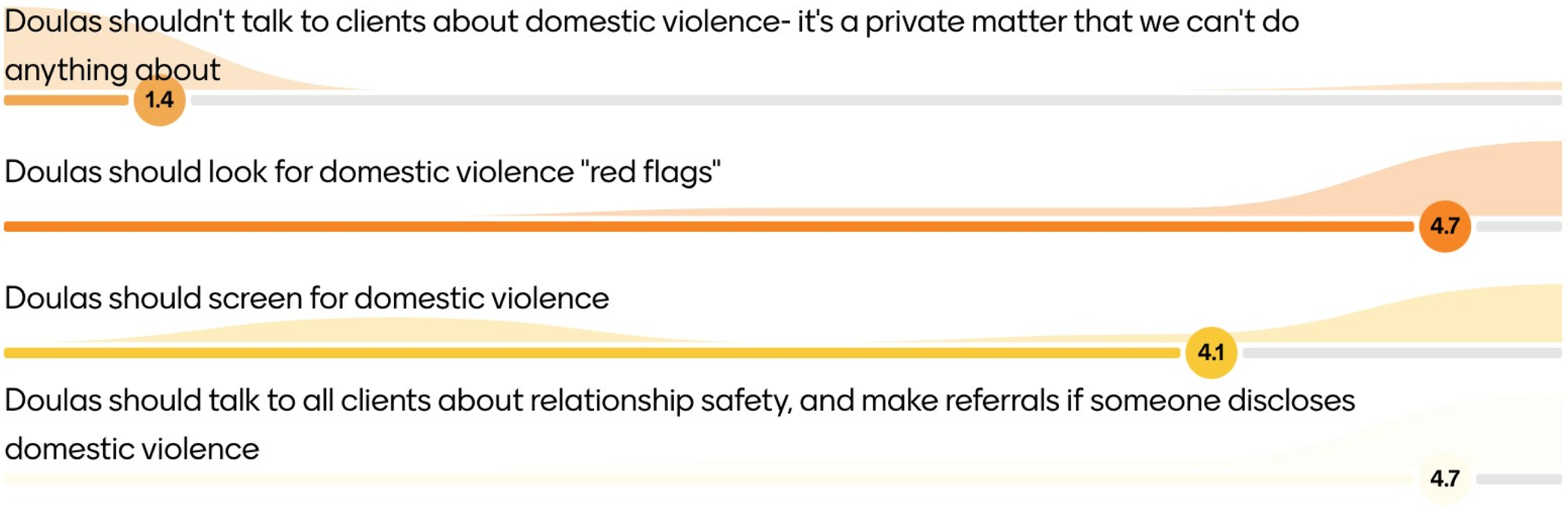
- Shame, guilt, minimizing
- Person who causes harm
- Insensitive providers
- Systems problems

17%

of abused women reported that a partner prevented them from accessing health care.

This number increases for women who are living with HIV.

Rate your agreement with these statements:



CUES: A healing-centered approach for IPV

C: Confidentiality

UE: Universal Education and Empowerment

S: Support

1. Increase the opportunity for safety and privacy
2. Normalize conversations about relationships, stress, anxiety and safety
3. Ensure everyone gets access to support and information
4. Use altruism to increase connection and promote healing
5. Know how to respond when someone discloses

How is CUES different from traditional screening?

- **Disclosure is not the goal!**
- Focus on **prevention** in addition to intervention
- All clients have access to information on support services
- Clients are encouraged to share resources
- Advocates and other community based supports are key members of the team

C: Confidentiality

- Opportunity to talk privately
- Do not share information unless given permission
- Consider client records/notes
- Mandatory reporting

UE: Universal Education and Empowerment

- Normalize the conversation
- Share 2 copies of a resource
- Make the connection to health
- All clients get information without having to disclose
- Can be integrated with any required screening questions

S: Support

Confidential and free chat, text, call line provides support 24/7:

thehotline.org
text "START" to 88788
800-799-SAFE (7233)
TTY: 800-787-3224

more info

Free, anonymous safety aid: myplanapp.org
Low cost healthcare: bedsider.org

futureswithoutviolence.org

What to do after a disclosure:

1. Offer **gratitude** for sharing their story
2. Validate their experience, listen without judgement
3. Offer resources and make **warm handoffs,** in ways that are safe, to trusted support services
4. Consider safe ways to follow up
5. Safely document in client record

Supportive and validating responses

Thank you for trusting me with your story.	You are not alone.	This sounds really difficult.
Support is available.	It takes a lot of courage to talk about this.	No one deserves to be treated this way.
It's not your fault.	You are so strong.	I know you love your child(ren).

Warm handoff to trusted resources

"Thank you for sharing your story with me. This sounds really difficult. ***I am here to support you and your family****. I work closely with a local program that has helped a lot of people in situations like yours. Would you like me to connect you with them? They can talk with you about options and explore what might be the most helpful for you."*

Anti-Violence Advocacy Organizations

- Crisis intervention
- Safety Planning
- Housing support
- Legal services
- Services for abusive partners

What to Do with a “No” Disclosure:

If clients says things are fine and they do not want info:

- *“I am glad to hear that, if anything should change, I will always have the numbers handy if you know someone who needs them.”* See if they want the information for friends and family.

If clients would like info:

- *“Thanks so much, and if something like this were ever an issue for you, we can help.”*

Safety cards as a tool for connection

"On the back of the card are some phone numbers and websites, in case you ever need information or support."

What resources do you know about?

Local domestic violence program

Other local community based organization/ group that supports domestic violence survivors

State domestic violence coalition

National domestic violence hotline

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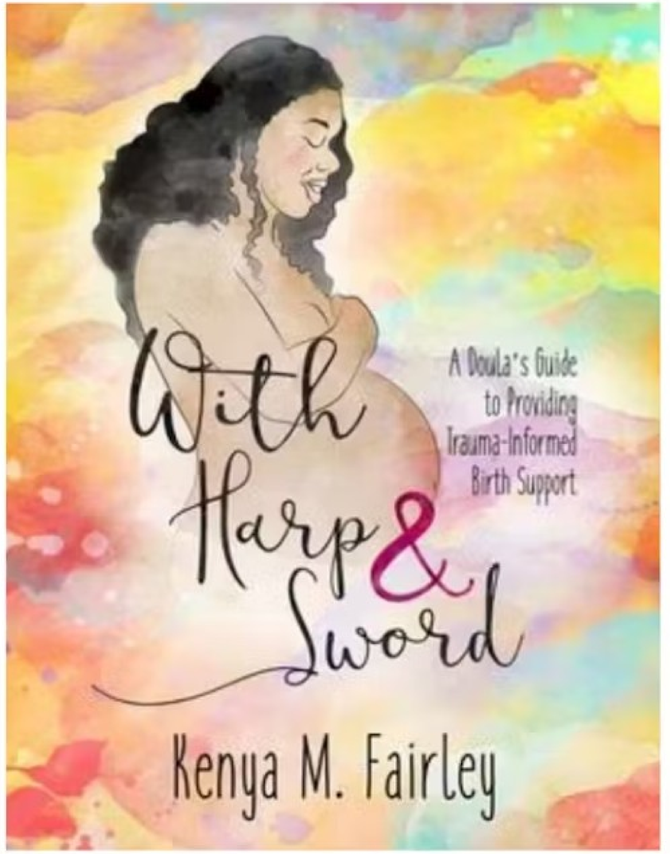
Trauma-informed doula support

- We are with people at one of the most vulnerable and overwhelming stages of life
- Childbirth can bring up past experiences of trauma and affect pregnancy, birth and postpartum
- A trauma-informed lens can help reduce the likelihood that your interactions unintentionally cause stress or re-traumatization.

Considerations during labor & delivery



- Birthing person may feel out of control of their body and/or mind
- Intense sensations
- Use of some positions for labor (on back, legs spread wide)
- Use of medical instruments may lead to feelings of being trapped or restrained
- Use of dim lighting or closed door, small spaces (like bathrooms or showers)

If an abusive partner is part of the birth experience

- Most important question: What does the birthing person want?
- Develop a birth & safety plan
- Remember: people who harm their partners can change, parenthood is a powerful motivator
- **A doula can promote an atmosphere that supports change for the family in a respectful, non-judgmental manner**

Partnerships with DV advocates

Partnering with advocates can make your job easier and survivors safer!

- Connect with local DV agencies
- Host cross-trainings with the DV agency to promote shared knowledge
- Develop a survivor referral procedure
- Develop an MOU

Additional resources and strategies

- Remember: Medi-Cal covers doula services
- LA doula directory
- Full spectrum doula services
- DV advocates trained as doulas

Universal Education Tool: Safety Cards

- Developed with survivors, health providers, and advocates
- Safety cards for LGBTQ communities, parents, youth, and in other multiple languages
- Has national DV hotline and chat on the back of the safety card
- Order for free at **store.futureswithoutviolence.org**

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Other resources

- National Domestic Violence Hotline: (800) 799-SAFE https://www.thehotline.org/
- Ujima, The National Resource Center of Violence Against Women in the Black Community: https://ujimacommunity.org/
- National Resource Center on Domestic Violence online library: https://vawnet.org/ search “doula”
- Article: “Evidence and guidelines for trauma-informed doula care” by Elizabeth Mosley & Rhonda Lanning

Which steps are you ready to take?

Practice CUES intervention

Review resources

Identify local partners

Consider supports for yourself

Other questions, comments or concerns

Futures Without Violence

Conference on Health

Join us at the 10th Futures Without Violence Conference on Health

September 9 - September 11, 2025

Hilton Union Square, San Francisco

WHO SHOULD SUBMIT AND ATTEND? Healthcare workers, domestic and sexual violence advocates, survivors, policymakers, researchers, public health practitioners, behavioral health providers, students, healthcare administrators, and YOU!

CALL FOR ABSTRACTS
OPENS OCTOBER, 2024

ABSTRACT DEADLINE
JANUARY 13TH, 2025

REGISTRATION OPENS
FEBRUARY, 2025

futureshealthconference.org
conference@futureswithoutviolence.org

For additional resources visit IPVHealth.org