

Caring for Families during Pregnancy, Birth, and Beyond: Addressing Intimate Partner Violence in Healthy Start Programs

3-Part Webinar Series

FUTURES Without Violence

nichq National Institute for Children's Health Quality

HEALTHY start TA & SUPPORT CENTER

Agenda

Welcome
Tess Pierson, MS | Healthy Start TASC

The CUES Universal Education Intervention
Jennifer Haddad, MTP & Anisa Ali, MA | FUTURES Without Violence

Putting CUES into Practice
FUTURES Without Violence

Closing
Tess Pierson, MS | Healthy Start TASC



NATIONAL HEALTH RESOURCE CENTER ON DOMESTIC VIOLENCE

Addressing Intimate Partner Violence in Healthy Start Programs:

The CUES Universal Education Intervention

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Jennifer Haddad Bell, MTP

Consultant



















Anisa Ali, MA
Program Manager

Introductions

- Name, role
- How long have you been supporting families?
- What is your favorite thing on your desk and why?

Learning Objectives

1. Discuss dynamics of IPV and its impacts on perinatal health.
2. Practice an evidence-based framework for providing universal education (CUES) in Healthy Start settings.
3. Increase confidence and comfort supporting families who have experienced IPV.
4. Identify next steps for applying CUES in Healthy Start settings.

What is one thing you are hoping to learn to help support parents and caregivers better?



Grounding:
Let’s take a mindful moment

What you do matters.
You matter…

There is transformational power in what you and your teams do everyday with and for families.

Our work starts with us

Caring for others starts with us

- There are survivors among us
- Self-care is important
- Care for each other
- Lean on supports

“If we are to do our work with suffering people and environments in a sustainable way, we must understand how our work affects us.”

Laura Van Dernoot Lipsky

Vicarious Trauma

Vicarious trauma is a change in one's thinking [world view] due to exposure to other people's traumatic stories.



- Not a sign of weakness
- Not a reflection of a caregiver and their behaviors



- Can be cumulative–over time and across families
- Can be addressed and transformed

(David Berceli, 2007)

IN THE CHAT:

How do you practice self-care?

What organizational supports are available to you?

Understanding IPV + impacts on families

IPV is rooted in POWER and CONTROL



theduluthmodel.org

Understanding IPV

Physical	Sexual
Emotional	Verbal
Financial	Spiritual

- 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**

Prevalence

- More than 1 in 3 women (34.0%, or nearly 43.5 million) in the U.S. experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.
- More than 1 in 6 men (17.0%, or 20.7 million) in the U.S. experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.

U.S. Centers for Disease Control and Prevention: The National Intimate Partner and Sexual Violence Survey 2023/2024 Intimate Partner Violence Data Brief



IN THE CHAT
What are some impacts of child exposure to IPV?

ACEs: A risk factor for IPV

Protective factors, *"make a more profound impact on the life course of children who grow up under adverse conditions than do specific risk factors or stressful life events."*

Emmy E. Werner, PhD
University of California, Davis

People can heal

- Resilience is universal and can grow
- Healing is possible
- Strongest predictor of healing and resilience in children: having caring and consistent adults in their lives
- Focus on strengths and positive experiences







How might IPV show up in Healthy Start programs?

- Caregiver experiencing harm, control or threats from a partner
- Physical injuries or ongoing health concerns
- Partner interfering with decisions about health, parenting or daily life
- Increased stress, anxiety, depression or other mental health concerns
- Missed appointments for themselves and children
- Difficulty following through with care plans, services or referrals
- Appearing distracted, withdrawn, disconnected
- Impact on children, parenting and family well-being
- Disclosures of abuse (direct and indirect)
- Caregiver changing their story during visit
- Housing instability, financial insecurity or unmet basic needs

Relationships can affect your health

- General health and wellbeing
- Brain injury
- Anxiety and depression
- Asthma
- Cardiovascular disease
- Substance use
- Gastrointestinal disorders
- Sexual health
- Perinatal health
- Early childhood exposure to IPV

Impacts on Perinatal + Fetal Health

- Miscarriage, stillbirth
- Preterm birth and low birth weight
- Adverse health outcomes for the mother (including bleeding)
- Perinatal depression – 5x more likely
- Perinatal and newborn exposure to substances
- Impacts on fetal growth/development
- Lower breastfeeding rates
- Lower ability and quality of parenting
- Child exposure to IPV and ACEs
- Rapid repeat pregnancy

Addressing IPV in Healthy Start programs: A universal education approach

MENTI:

What strategies do you currently use to talk with parents/families about safe and healthy relationships?

What if someone didn't have to disclose IPV in order for us to help them?

Making the shift

Traditional Assessment	Universal Education
Focuses on disclosure	Focuses on trust and relationships
Only reaches survivors who disclose	**Reaches everyone, including survivors who don't or won't disclose**
Only offers resources with disclosure	Connects everyone to resources
Not typically survivor-centered	Centers lived experiences of IPV survivors
Power dynamics between provider and patient	Shares power between provider and patient
No focus on prevention	Promotes prevention
Limited in the experiences it captures	Strengths-based
	Promotes altruism
	Creates safety talking to everyone about safe and healthy relationships

CUES: A healing-centered approach for IPV

CUES is not another assessment…
it's a support pathway

I need to find out if abuse is happening → **I need to make sure everyone receives information and support**

CUES: A healing-centered approach for IPV

C

CONFIDENTIALITY

- Promote **safety, privacy and trust**
- Clearly explain **limits to privacy**

UE

UNIVERSAL EDUCATION

- **Normalize conversations** about parenting, relationships, health, stress
- **Share information and resources with everyone**, not just those who disclose
- Use altruism to increase connection, promote healing and reduce isolation

S

SUPPORT

- Respond with **respect, curiosity, and without judgment**
- Offer support whether someone is experiencing harm or using harm
- **Make warm handoffs** to trusted supportive resources


Connected Parents, Connected Kids

C: Confidentiality

- Know your reporting requirements
- Explain limits before discussing relationships
- **Create opportunities to talk with caregivers privately whenever possible**
- Never use family/friends as interpreters

UE: Universal Education



- Normalize the conversation
- Introduce 2 copies of the card
- Make the connection to core messages
  - Relationships can affect health and parenting
  - Connect to other conversations happening
  - Promote risk reduction / health promotion
- Share resources with everyone

Normalizing the Conversation

“Because stress and complicated relationships are so common, I share this information with all the families I work with.”

Provide Universal Education

“Parenting can be lonely, relationships can be stressful, and everyone deserves support. It’s okay to ask for help.”

Introduce the card

“So I’m giving you this card. I always give 2, one for you and one in case someone you know could ever use the information.”

Share Resources

“On the back of the card, there are free, confidential resources you can call or text 24/7 if you or someone you know ever wants support. And you can always talk with me too.”



https://youtu.be/MLAHEfI8KH4?si=1sO4RVzYGKdEmNqa

Practicing CUES

- Pair up (breakout rooms)
- Use the scripts provided (or use your own words)
- Some guidelines
  - 1 is the supporter, 1 is the parent
  - You do not suspect IPV
  - In person visit



Practice – Report Back

- How did it feel?
- What did you notice?
- What additional support might be needed?

Supporting families experiencing IPV

Disclosure is not the goal
but disclosure may happen

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).

S: Support



What to do after a disclosure:

- Ground yourself
- Thank them for sharing their story
- Validate their experience, listen without judgement
- Offer resources and make **warm handoffs to trusted support services,** in ways that are safe
- Be trauma-informed if reporting
- Consider safe ways to follow up
- Safely document where appropriate

Normalize help seeking for people who use violence



Free, confidential, anonymous help for abusive partners:

Call 877-898-3411 7am-7pm or email Help@ACallForChangeHelpline.org

"Many of my clients who are in similar situations have found it helpful to connect with our social work department to learn about available resources…"

"It sounds like you are going through a lot and are concerned about how you are treating your partner. There are anonymous resources I can share."

Community Partnerships

- **Everyone has a unique and important role** in supporting survivors and their families
- You don’t need to be an IPV expert
- Build partnerships with community-based organizations you know and trust
- IPV support services and family serving organizations provide critical services
    - Safety planning, shelters and housing support, counseling, family services, legal advocacy, employment support, etc.

Make warm handoffs to trusted resources

"Thank you for sharing your story with me. This sounds really difficult. ***I am here to support you and your family****. We 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."*

Putting CUES into Practice

Case Scenario

What card panels might you use?

How would you center the conversation and supports?

What concerns you?

In talking with Melody, who is 5 months postpartum, things have been coming up about her feeling really down. She feels like she's having trouble connecting with the baby, she finds herself breaking down everytime the baby cries. She's feeling really overwhelmed and also like she can't parent in ways that feel natural for her because her and her partner disagree on how to approach things in parenting.

What family support staff say about CUES

- Increases trust and good rapport
- Provides information for everyone
- Helps families engage
- Very well accepted

Caregiver Feedback



"I wish someone had given this to me 10 years ago."



"I experienced this in a past relationship."



"I know somebody who can use this card."

Next Steps



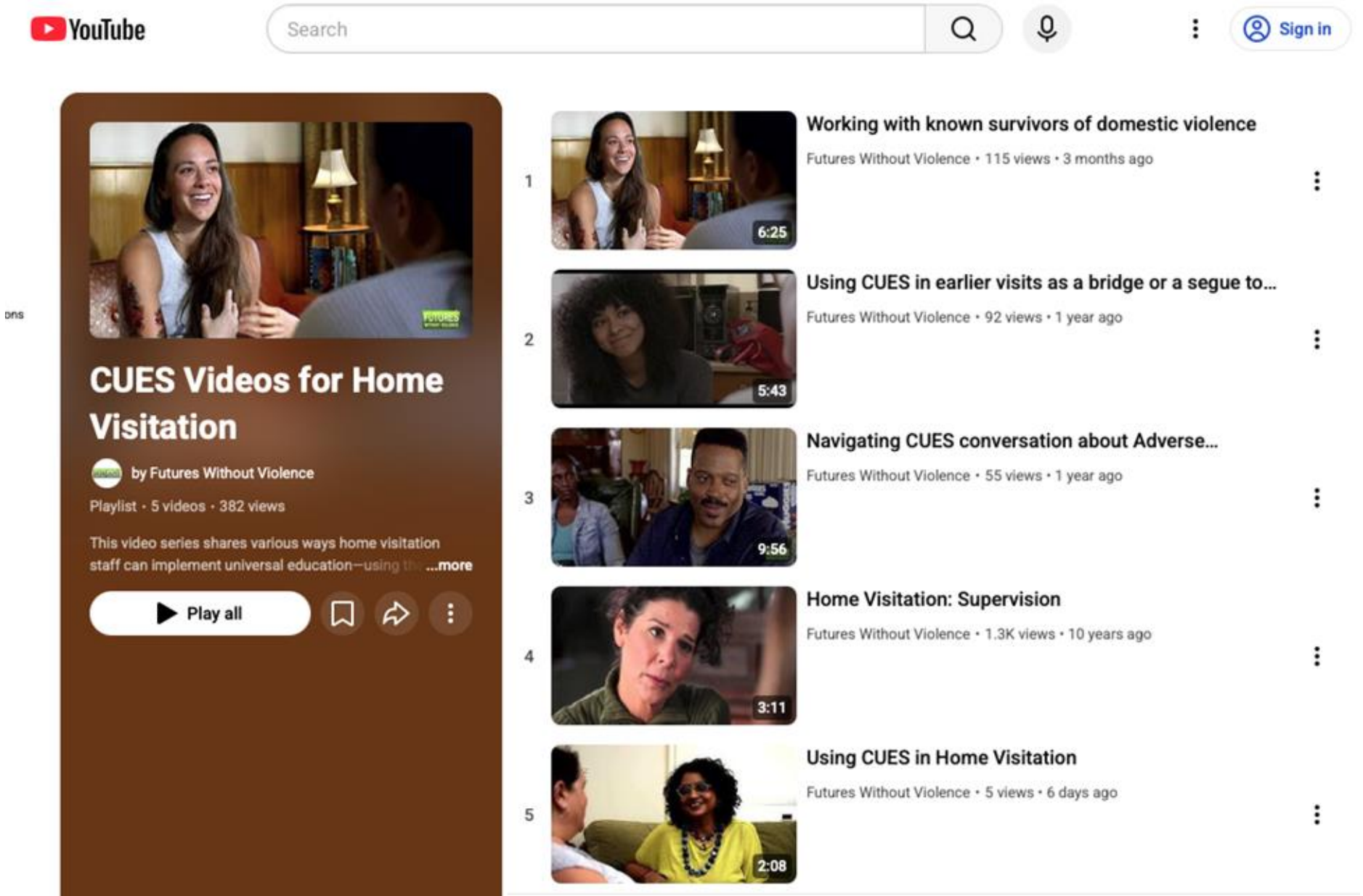
CUES Feedback Form



Card and Scripts

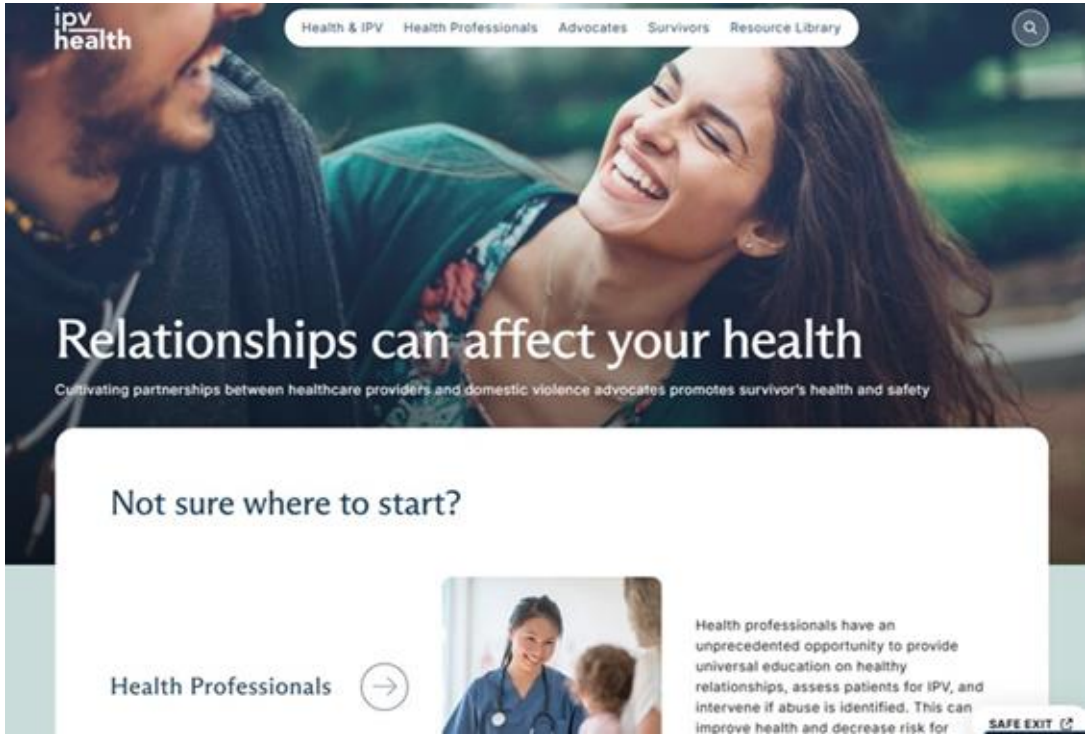
- Continue practicing CUES
- **Aim:** try CUES with 3-5 families before our next webinar
- Fill out the Feedback Form each time you use CUES
- Join us for continued learning and discussion at our next training on **Thursday November 19 12:00pm-1:30pmPST / 3:00-4:30pmEST**

Resources



CUES Videos for Home Visitation

IPVHealth.org



Online toolkit for:

- Implementing CUES
- Developing partnerships
- Changing practice
- **NEW! Addressing caregiver IPV in pediatric settings**
  (could be helpful for family support programs)

Visit the Promising Futures website for resources to support adults & children



promising.futureswithoutviolence.org

- Healing Activities Guide
- Protective Factors
- Everyday Magic: 7 Ways Parents and Caregivers can Help Children Affected by Family Violence
- Workbook for Fathers Who Have Used Violence Against their Partners









For additional resources visit IPVHealth.org



Part II: Implementing CUES in Healthy Start Settings: Peer Sharing

FUTURES Without Violence

Thursday, November 19 | 3:00-4:30PM EST

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Seeking Additional Support?

Visit the Healthy Start TASC website or scan the QR code below to submit a TA request.

Your input is important to us!

Please take a moment to complete the satisfaction survey.

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Addressing Intimate Partner Violence in Healthy Start Programs Webinar Series
Part 1: The CUES Universal Education Intervention
Hosted by the Healthy Start TA & Support Center at NICHQ

Thank you!

For additonal questions, please contact healthystart@nichq.org

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