NC InCK

NC INTEGRATED CARE FOR KIDS

Integrated Care Rounds: Interpersonal Violence (IPV)

April 10, 2025: 12:00-1:30 PM

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $13,999,227 in 2025 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.

Agenda

- Why Interpersonal Violence?
- Durham Crisis Response Center
- Friend to Friend
- A Look Ahead

Grounding for All InCK ICRs & Echos

- **Respect for All**: *There will be topics, situations, or maybe even resources that you as a person have various feelings about. We ask that in these spaces, we all show respect for all, by being supportive, caring, and professional.*
- **Take 2 and Pause**: *Discussion and hearing from you is so powerful, and what we strive for in these spaces. We ask that if you have shared twice, take a pause, to encourage colleagues to take the floor and share as well.*
- **Questions Encouraged**: *If you have a questions please ask, in most cases someone has the same one. Be BOLD and PROUD, ask it! You are always welcome to private chat questions to any member of our team.*
- **Play, Learn, Grow**: *Just like Fisher Price, we want you to enjoy this learning space, learn and grow from/with each topic!*



NC InCK NC INTEGRATED CARE FOR KIDS

Why Interpersonal Violence?

1 in 3 adolescents in the U.S. will be the victim of physical, sexual, emotional or verbal abuse from a dating partner.

Interpersonal violence not only affects individuals but also has **societal impacts.** The lifetime economic cost associated with IPV-related medical services, lost productivity from paid work, criminal justice involvement, and other costs, is **$3.6 trillion**. The cost of IPV over a victim's lifetime is **$103,767 for women** and **$23,414 for men**.



According to the National Intimate Partner and Sexual Violence Survey (NISVS), about **41% of women** and **26% of men** experience sexual violence, physical violence, or stalking by an intimate partner during their lifetime.

IPV is preventable.
Increasing protective factors by connecting families to supportive resources and services like economic supports, early childhood education, home visits, parenting supports, and behavioral health treatment **can bolster their safety net and lessen harms early**.

DURHAM CRISIS RESPONSE CENTER

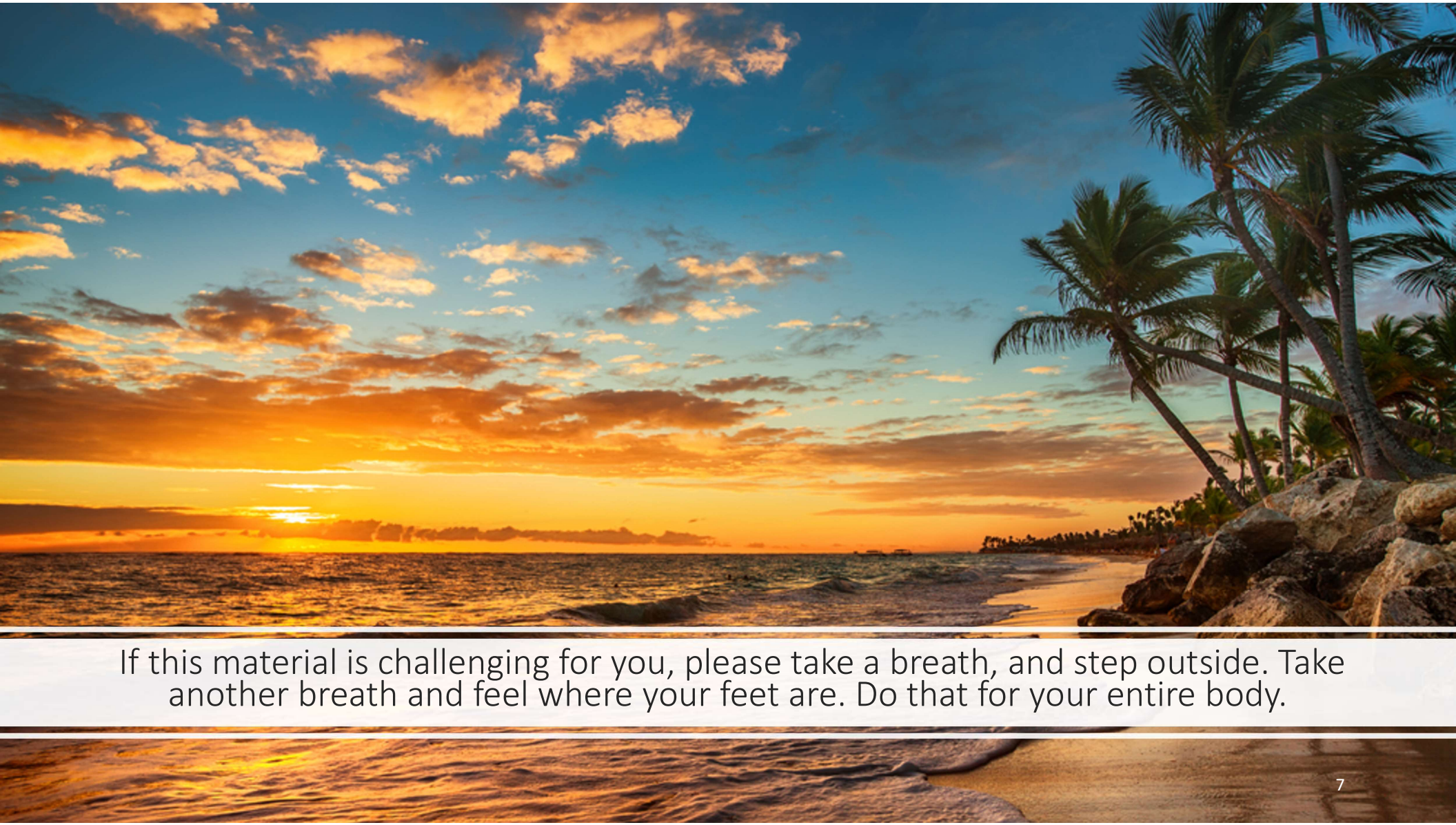
Sam Peterson
He/ Him
Rape Prevention Education & Coordination

Mary Peacock
Volunteer Coordinator

DURHAM CRISIS RESPONSE CENTER

for Health Professionals and Caregivers

Interpersonal/Domestic Violence



If this material is challenging for you, please take a breath, and step outside. Take another breath and feel where your feet are. Do that for your entire body.

An average of 20 people are physically abused by intimate partners every minute.

This equates to more than 10 million abuse victims annually.

1 in 3 women and 1 in 4 men have been physically abused by an intimate partner



National Child Traumatic Stress Network

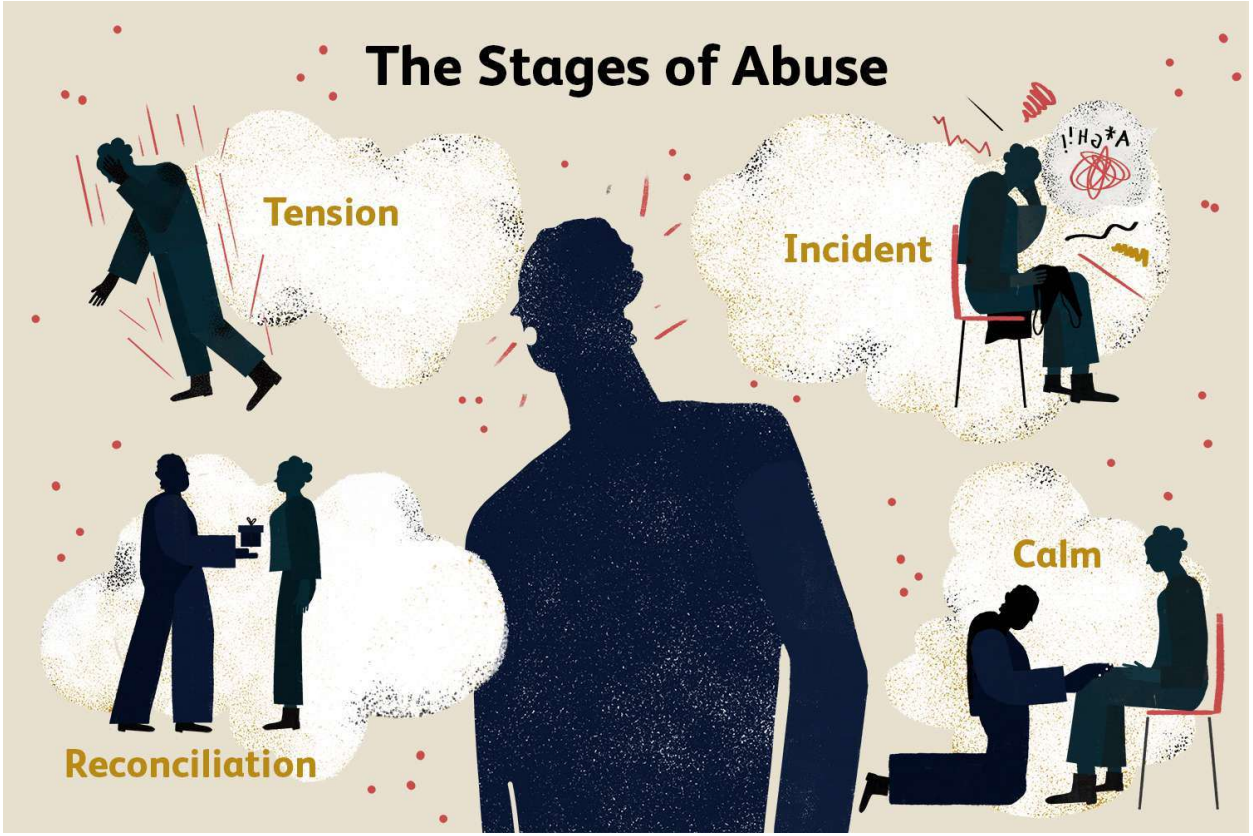


What *is* Domestic Violence?

- Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a **systematic pattern of power and control** perpetrated by one intimate partner against another.
- It includes physical violence, sexual violence, threats, economic, and emotional/psychological abuse.
- The frequency and severity of domestic violence varies dramatically.

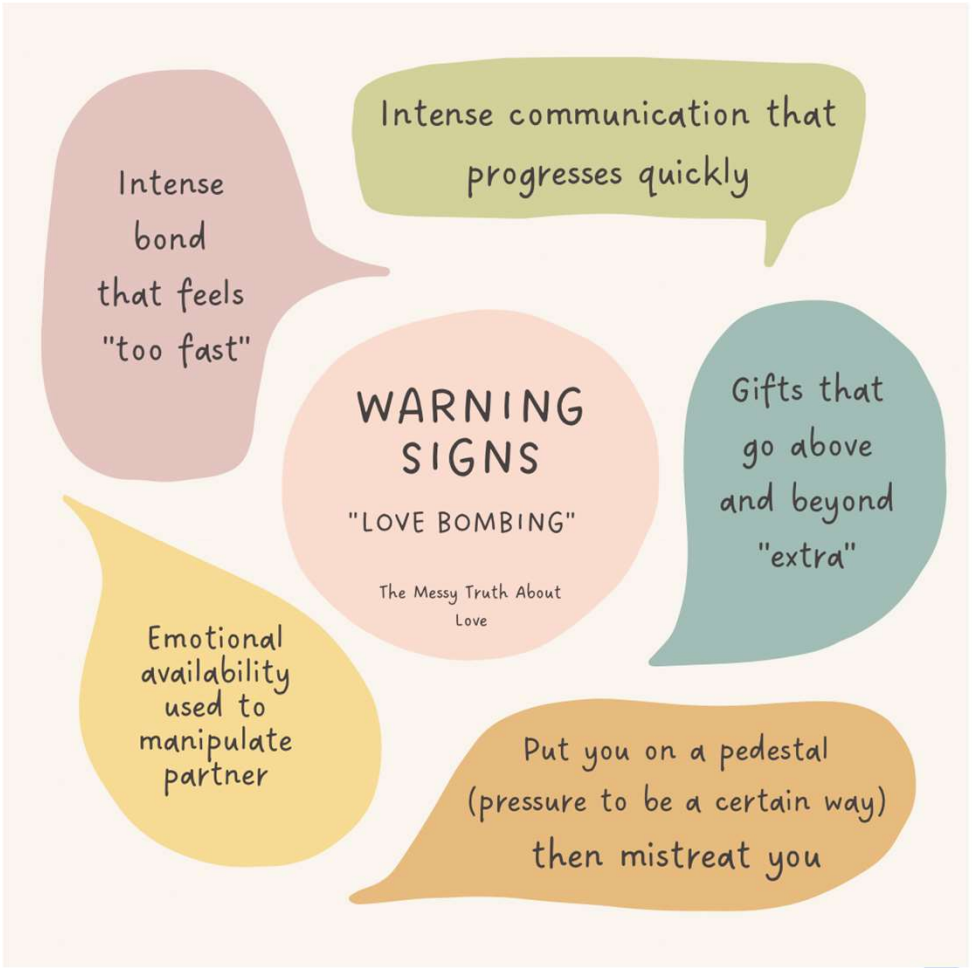

There are a range of behaviors that fall under the IPV umbrella
Threats, coercion, financial abuse are a few.

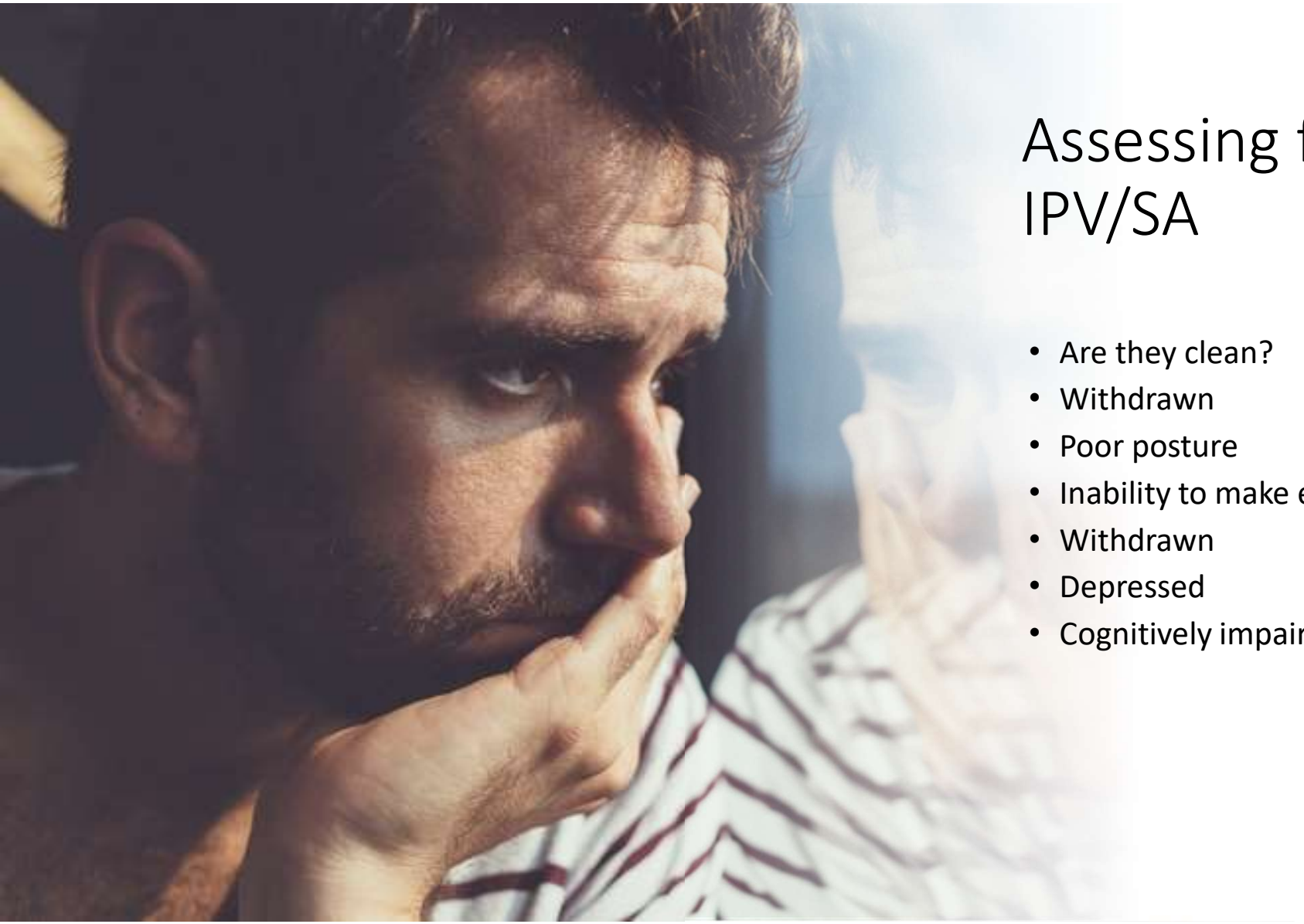
Identifying DV in Relationships



Statistics in North Carolina




Intense bond that feels "too fast"
Intense communication that progresses quickly
WARNING SIGNS
"LOVE BOMBING"
The Messy Truth About Love
Gifts that go above and beyond "extra"
Emotional availability used to manipulate partner
Put you on a pedestal (pressure to be a certain way) then mistreat you



Assessing for IPV/SA

- Are they clean?
- Withdrawn
- Poor posture
- Inability to make eye contact
- Withdrawn
- Depressed
- Cognitively impaired

Signs and Symptoms Suggestive of Abuse

- Injuries that point to a defensive position over the face
- Injuries to the chest and stomach, reproductive organs, and anus
- The illness or injuries do not match the cause given
- Delay in requesting medical care
- Injuries and bruises of various colors, indicating injuries occurring regularly over a period of time
- Repeat injuries, someone who is ‘accident prone’
- Injuries during pregnancy
- Repeated reproductive health problems: repeat miscarriage, early delivery, sexually transmitted diseases
- Psychological or behavioral problems
- Suicide attempts or signs of depression
- Repeat and chronic medical complaints, pelvic problems and pains, psychological diseases
- Behavioral signs: multiple visits, lack of commitment to appointments, not displaying emotion or crying easily, inability to undertake daily interactions, negligence, defensive positions, stilted speech, avoiding eye contact and animosity in body language

Symptoms of strangulation, beyond neck injury:

- drooping eyelid, petechiae to eyeball, bloody eyeballs.
- bald spots from pulled hair
- scratch marks
- changes in behavior
- dizziness
- vomiting
- extreme weakness
- difficulty speaking
- Bruising
- swollen lips
- internal petechiae




IMPACTS ON CHILDREN



How Does IPV Abuse Impact Children?

Symptoms to watch out for in young children include:

- **Anxiety or increased fear**
- **Depression**
- **Loss of interest in school, friends, or other things they enjoyed in the past**
- **Sleep problems including nightmares or bedwetting**
- **Increased aggression**
- **Anger**
- **Spending more time alone**
- **Fighting at home or at school**
- **Bullying or being bullied**
- **Changes in appetite**

Symptoms of Sexual Abuse: Children

Often there are no obvious external signs of child sexual abuse. Some signs can only be detected on physical exam by a physician.

Sexually abused children may also develop the following:

- Unusual interest in or avoidance of all things of a sexual nature
- Sleep problems or nightmares
- Depression or withdrawal from friends or family
- Seductiveness
- Statements that their bodies are dirty or damaged, or fear that there is something wrong with them in the genital area
- Refusal to go to school
- Poor focus and concentration at school
- Delinquency/conduct problems
- Secretiveness
- Aspects of sexual molestation in drawings, games, fantasies
- Unusual aggressiveness, or
- Self harm and/or suicidal behavior



Symptoms in Adolescents

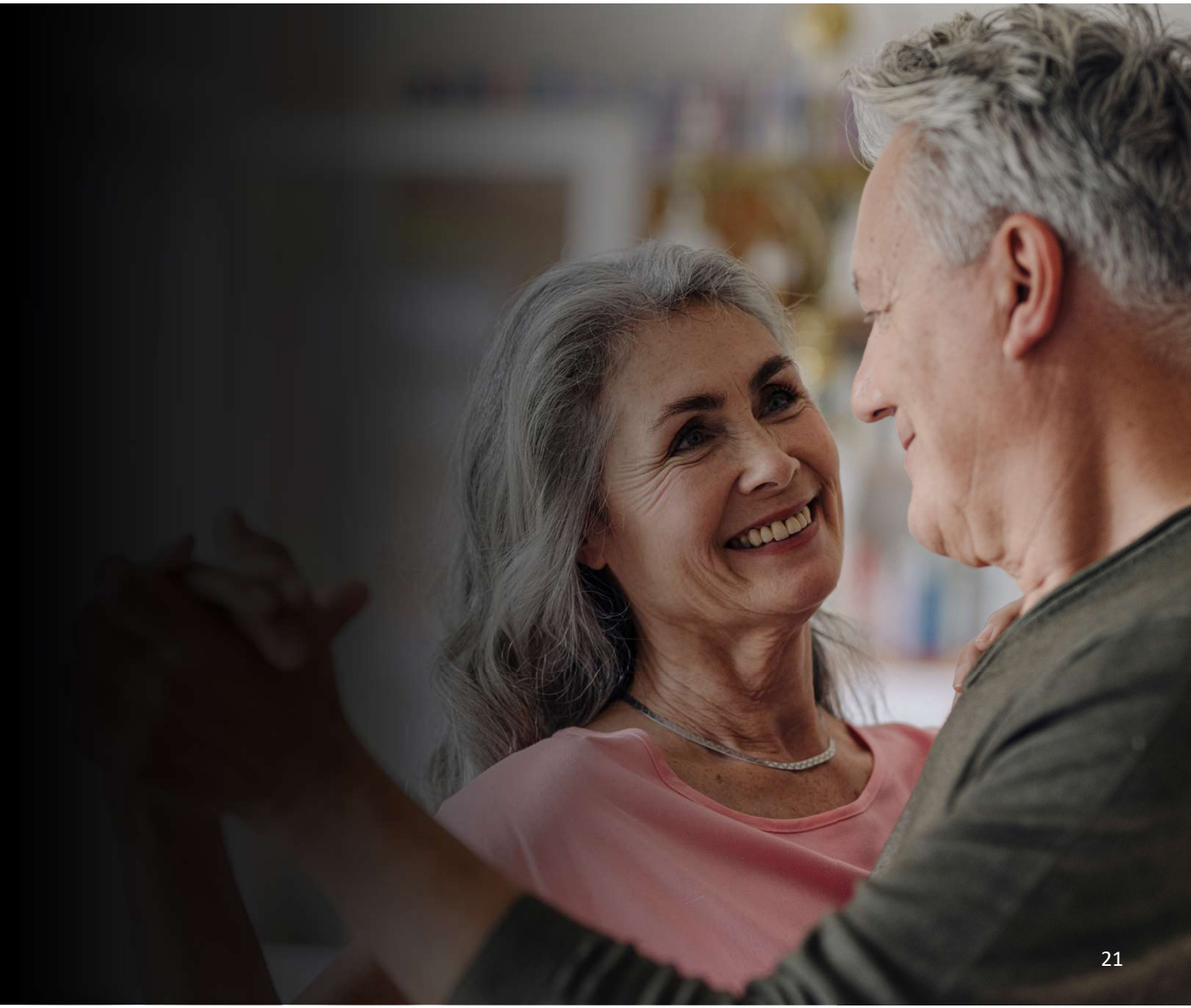
Symptoms to watch out for in adolescents include:

- **Drug or alcohol abuse**
- **Skipping school**
- **Changes in peer groups**
- **New rebellious or oppositional behavior**
- **Declining grades**
- **Social withdrawal**
- **Depression or anxiety**
- **Loss of interest in school, friends, or other things they enjoyed in the past**



More Signs and Symptoms

- Trauma and posttraumatic stress disorder;
- Feelings of guilt or shame;
- Increased risk of substance abuse;
- Cardiac symptoms such as hypertension and chest pain;
- Reproductive problems;
- Unsafe sexual behavior;
- Low self-esteem;
- Self-harm and suicide;
- Inability to trust others;
- Inability to maintain a job





Intimidation
fear
guilt trips
emotional blackmail
negative reinforcement
inattention
verbal abuse
explosive anger

Devaluation

Personal Gain

Envy

Projection

Positive Reinforcement

Praise

Superficial Charm

Love Bombing

Silent Treatment

Nagging

Swearing

Threats



How You Can Help (NIH)


SAFETY PLAN

SA0

Warning Signs of an Abuser

- Jealousy, possessiveness, or refusing to trust
- Unpredictability and mood swings
- Threatening, demeaning, and humiliating the victim
- Rigid beliefs about gender roles in relationships



Slide 25

SA0 seems like this one might go before "how you can help" slide
Saunders, Ashley| 2025-04-07T19:49:18.733

WE0 0 Agree this slide and next feel out of order
Wertman, Eleanor| 2025-04-09T17:34:09.112

SA0



Emotional or psychological abuse includes:

- Humiliating the victim
- Controlling what the victim can/cannot do
- Withholding information from the victim
- Deliberately doing something to make the victim feel diminished/embarrassed
- Isolating the victim from friends/family
- Denying the victim access to money or other basic resources
- Stalking
- Denigrating the victim in public or in private
- Undermining the victim's confidence and/or sense of self-worth
- Convincing the victim (s)he is crazy

Slide 26

SA0 Seems like this one may go before "how you can help"?
Saunders, Ashley| 2025-04-07T19:48:57.310

Domestic Violence in Diverse Communities

- Black
- Queer and LGBTQIA+
- Latinx
- Indigenous
- Disabled
- Elder
- Muslim
- Asian
- Rural



American Indian and Alaska Natives

- Native Engagement at the American Indian Community Center at UNC-Chapel Hill





"Racist systems put Black people at greater risk of experiencing intimate partner violence." - NCADV
Picture is from #BlackDollar North Carolina, a website dedicated to Black businesses.



LGBTQIA+ Communities and Intimate Personal Violence

Gender Violence and Domestic Violence in Rural Communities

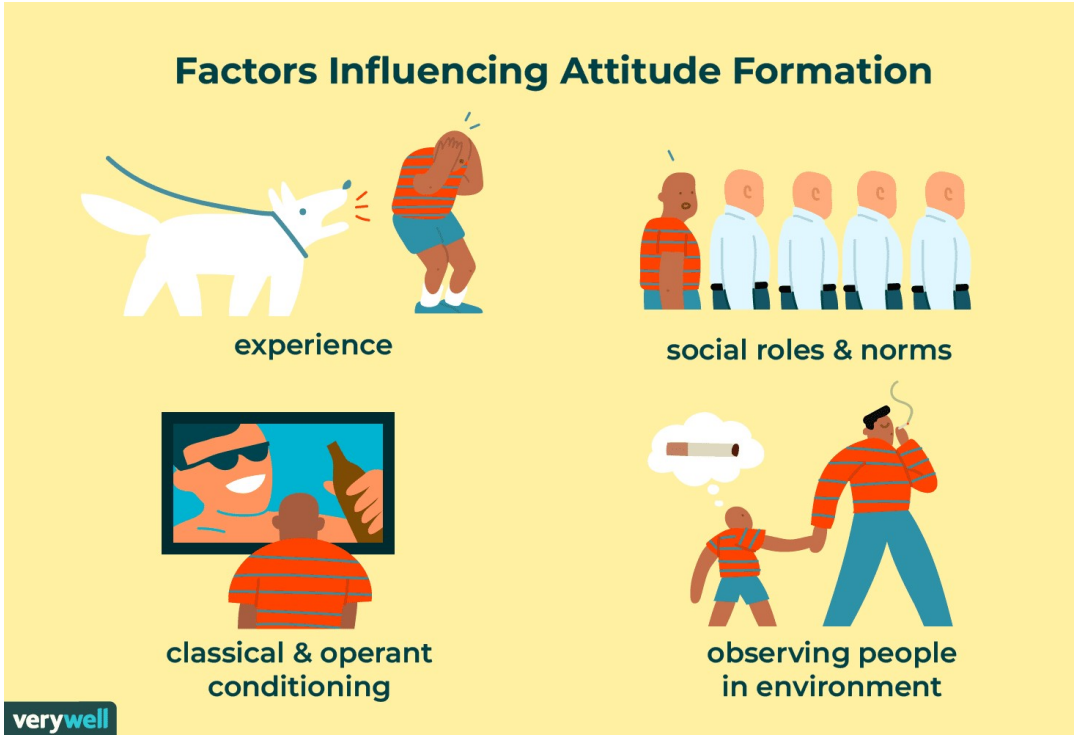


- Family cohesion is valued over the safety of the individual



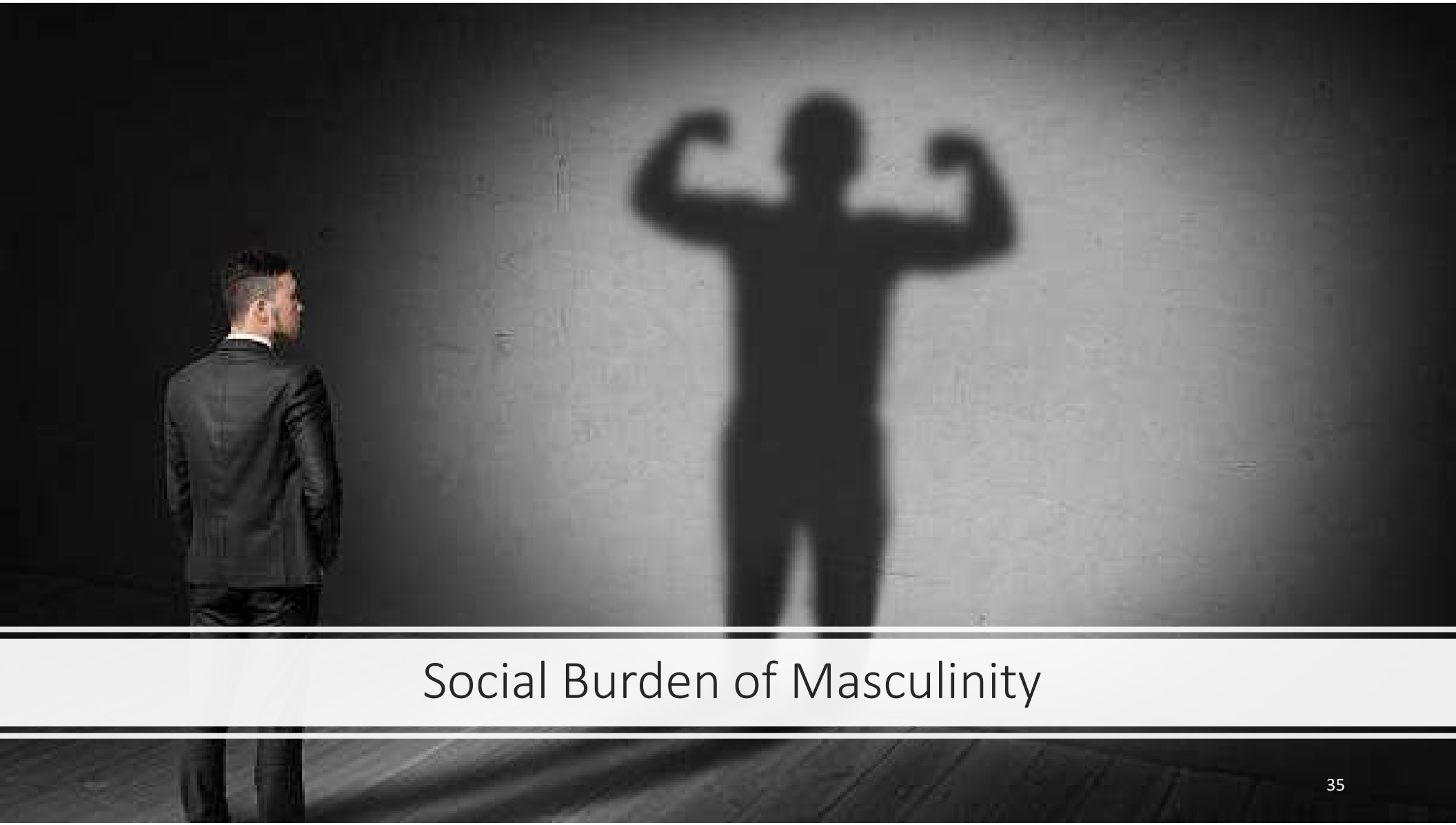
Common Social Attitudes

- Lack of police interest or response
- Poverty
- Social hierarchy valorizing white cismen above everyone
- Shame and a sense of personal responsibility
- Isolation imposed by the perpetrator
- Fear of the consequences of telling police, or even a social service advocate

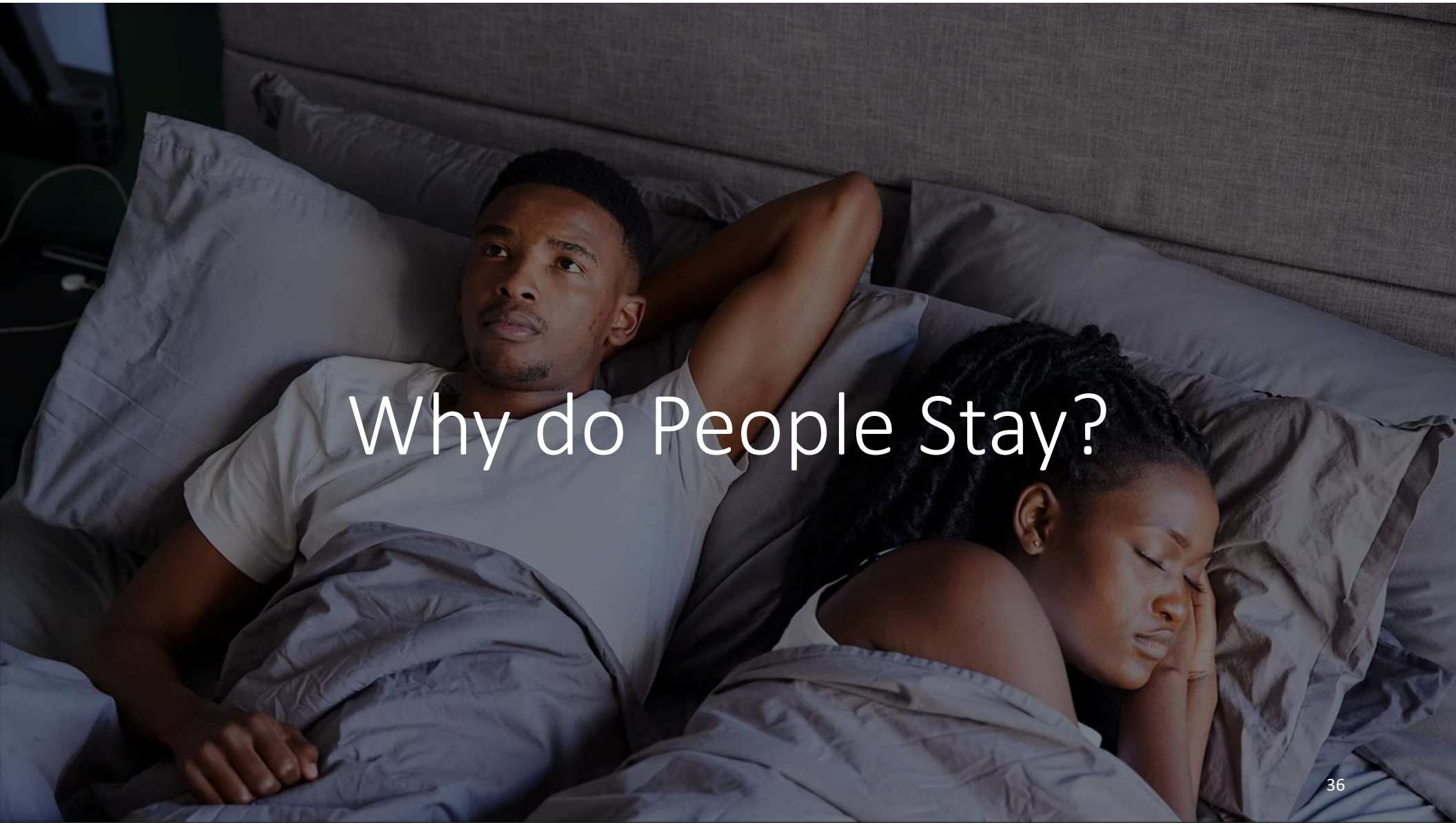




Men and DV

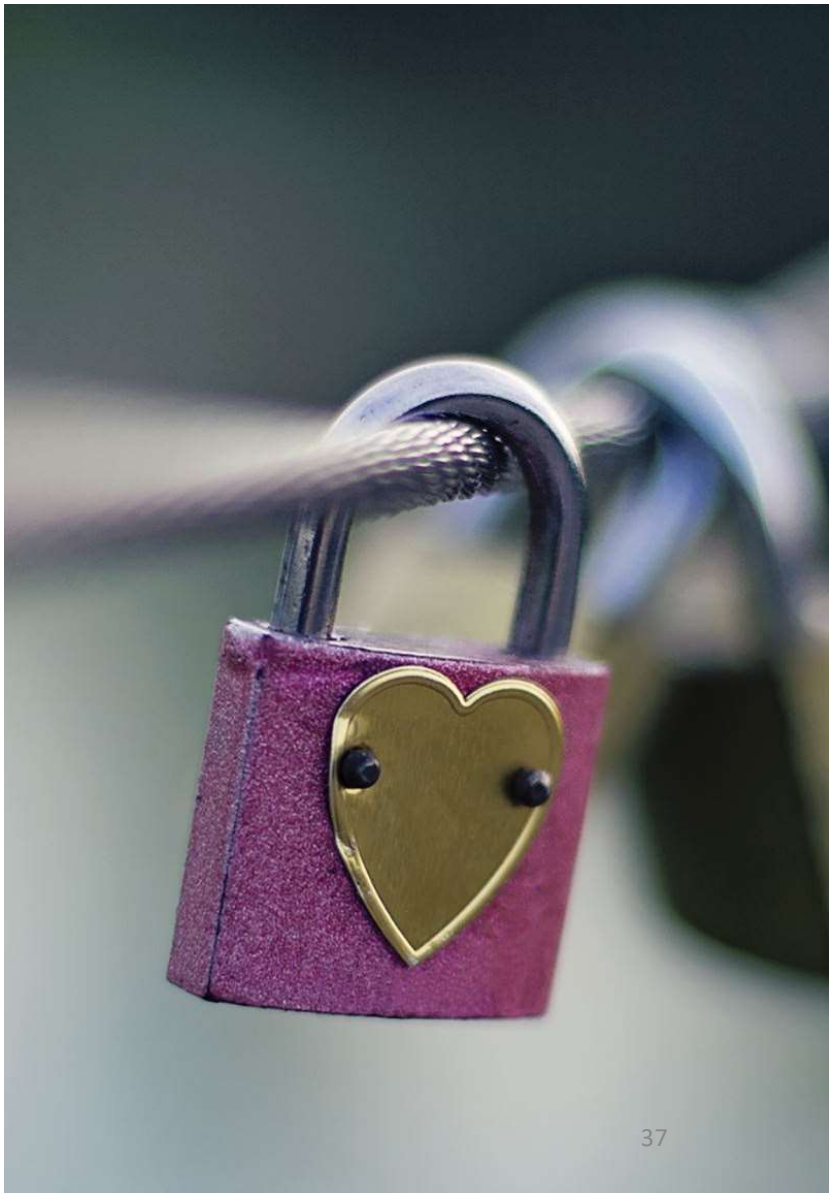


Social Burden of Masculinity

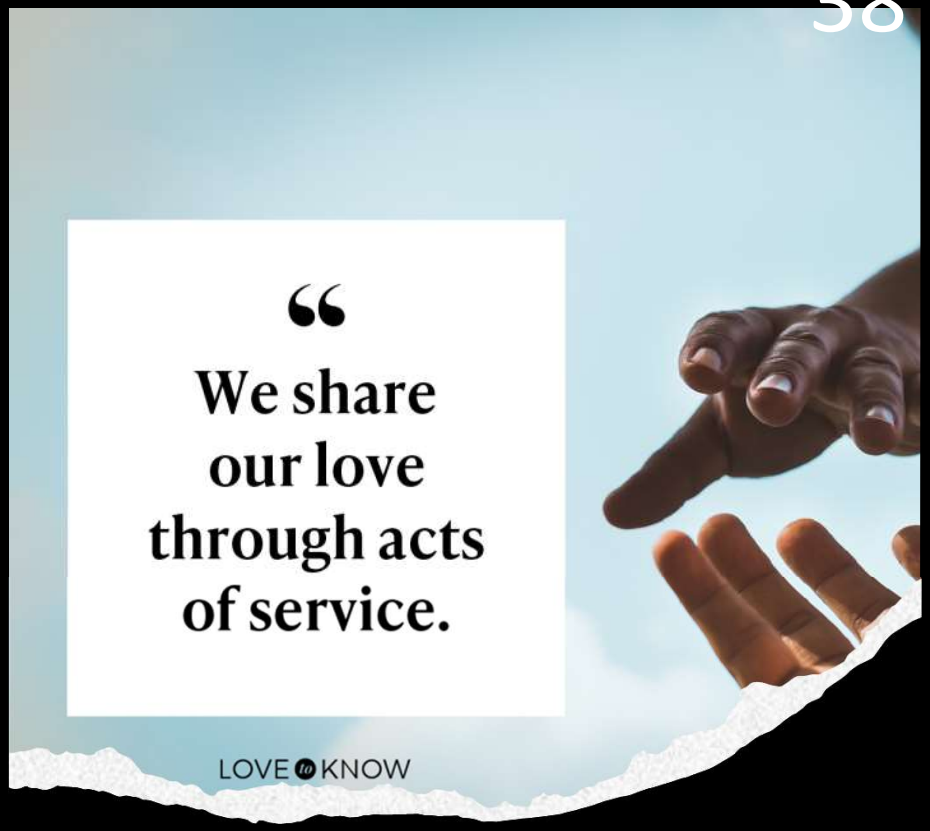

Why do People Stay?

Other Reasons Victims May Stay

- The fear that the abuser's actions will become more violent and may become lethal if the victim attempts to leave.
- Unsupportive friends and family
- Knowledge of the difficulties of single parenting and reduced financial circumstances
- The victim feeling that the relationship is a mix of good times, love and hope along with the manipulation, intimidation and fear
- The victim's lack of knowledge of or access to safety and support
- Fear of losing custody of any children if they leave or divorce their abuser
- Lack of having somewhere to go
- Religious or cultural beliefs and practices may not support divorce or may dictate outdated gender roles and keep the victim trapped in the relationship
- Belief that two-parent households are better for children, despite abuse



How DCRC Helps Our Clients

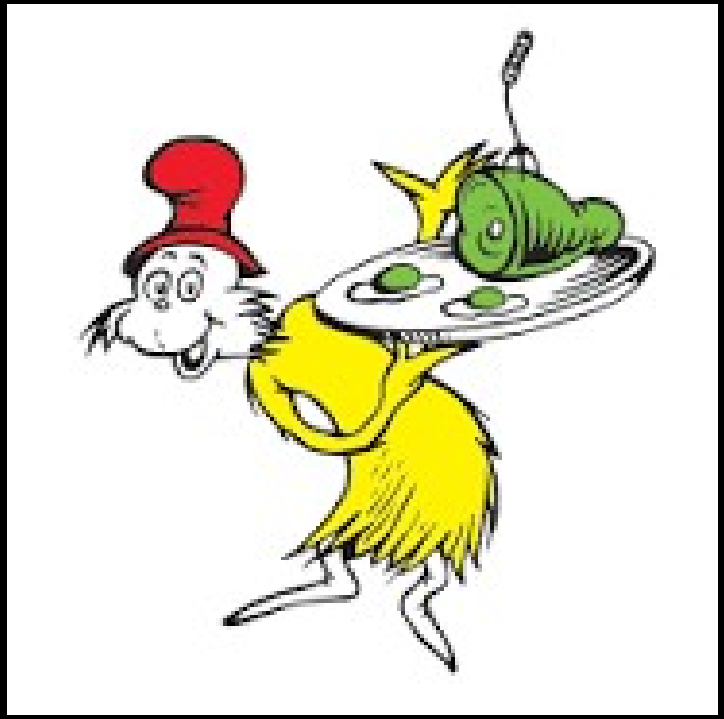




Mary Peacock

Volunteer Coordinator

mary@thedcrc.org



Sam Peterson

Rape Prevention Education & Coordination

sam@thedcrc.org

DURHAM CRISIS
RESPONSE CENTER

Durham Crisis Response Center is the result of the merger of two long-standing community agencies that together served the Durham community for over twenty years: Rape Crisis of Durham (RCD) and the Orange-Durham Coalition for Battered Women. In February 2001, the Boards of both agencies voted to create one comprehensive agency.

Now, Durham Crisis Response Center (DCRC) is the largest agency in Durham dedicated to providing advocacy, shelter and support services to victims of domestic and sexual violence. Our ultimate goal is to ensure every victim is a survivor who thrives.

Organizational History


SHINE
your light

Who We Serve

Free and direct services to survivors of:

- Domestic violence
- Sexual assault
- Human trafficking
- Stalking

Educational services:

- Teen support services
- Resources for family and friends of survivors



WA0



Slide 43

WA0 Any ideas on why there might by two separate shine your light slides? Could we combine them or delete one?
Woolard, Ashley| 2025-04-09T18:11:40.351

Crisis Services

- Confidential 24hr Help Line
- Hospital Accompaniment
  - Assistance with filing for victim compensation
- Case Management
  - Counseling
  - Safety planning
  - Information and referrals for job training, housing, and childcare
  - Address confidentiality
- Peer Support Group



Legal Advocacy

Durham Family Justice Center

- The Durham Family Justice Center (DFJC) works to provide a space where community partners work in synergy offering accessible, coordinated, and legal advocacy
- VAWA (1994) created specific protections when a client obtains a protection order.
  - PO are civil orders which lowers the burden of proof for the survivor
  - Survivor can make the court aware of the presence of guns, and have them removed for the life of the PO
  - Abuser can be evicted from the home during when being served court protection order papers



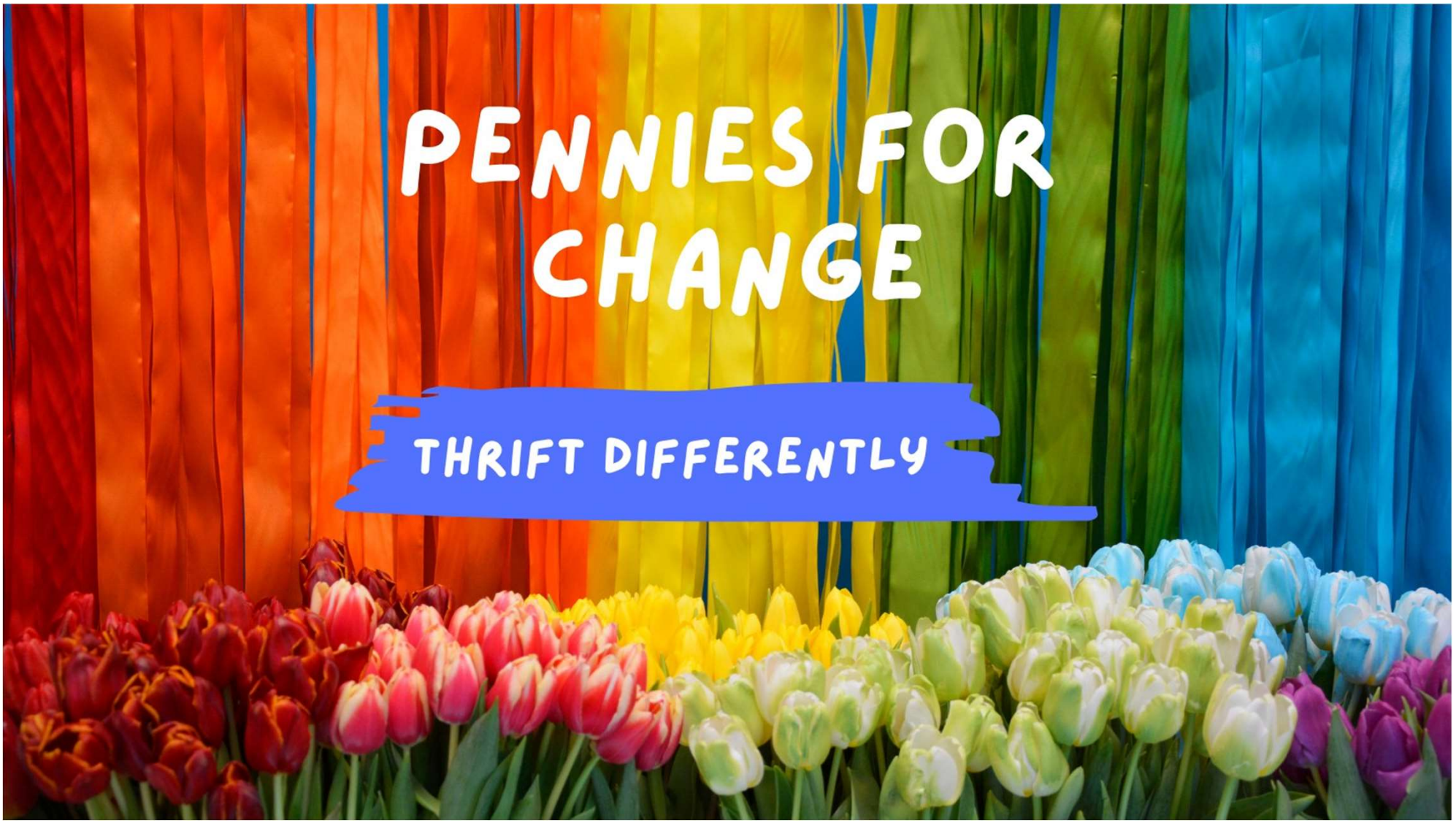




Temporary Shelter

Educational Services




PENNIES FOR CHANGE
THRIFT DIFFERENTLY

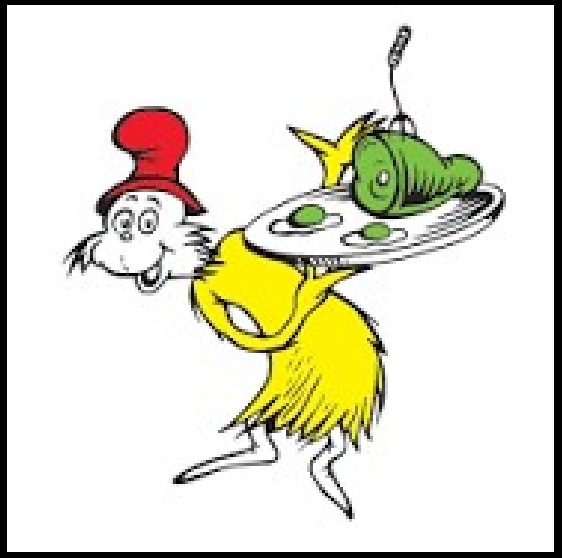
Questions?



Mary Peacock

Volunteer Coordinator

mary@thedcrc.org



Sam Peterson

Rape Prevention Education & Coordination

sam@thedcrc.org

Winona Coveney, MSW, LCSW

She/Her Pronouns

Director of Counseling and Housing Case Management

Winona Coveney is the Therapist and Director of Housing and Counseling at Friend to Friend. She oversees the case management and clinical services at the shelter and additionally provides mental health counseling to both shelter and non-shelter clients. Winona has worked in homeless services for the last decade, and with interpersonal survivors for the last five years. She graduated from the University of Washington- Seattle with her MSW in 2017.

Holly Brown, M.A. Sociology

Director of Criminal Court Advocacy, Sexual Assault & Community Education

Holly Brown is the Director of Criminal Court Advocacy, Sexual Assault, and Community Education at Friend to Friend and has previously worked as the Director of Shelter Operations. Holly has previous experience through volunteering and working at other agencies that provide services to survivors of domestic violence, sexual assault, and human trafficking. She graduated from the University of North Carolina at Greensboro in 2022 with a M.A in Sociology.



FRIEND TO FRIEND

Domestic Violence | Sexual Assault | Human Trafficking

Friend to Friend Services

- 24/7 Crisis Line: 910-947-3333
- Emergency Shelter Services
  - Case Management
  - Housing Assistance
  - Therapy
  - Support Groups
  - Safety Planning
  - Referrals

- Advocacy Services
  - Court Advocacy
  - Protective Orders
  - Victims Compensation
  - Sexual Assault Hospital Accompaniment
  - Community Education & Outreach

Providing Trauma-Informed Care

Building Relationships and Connection in a Trauma-Informed Way



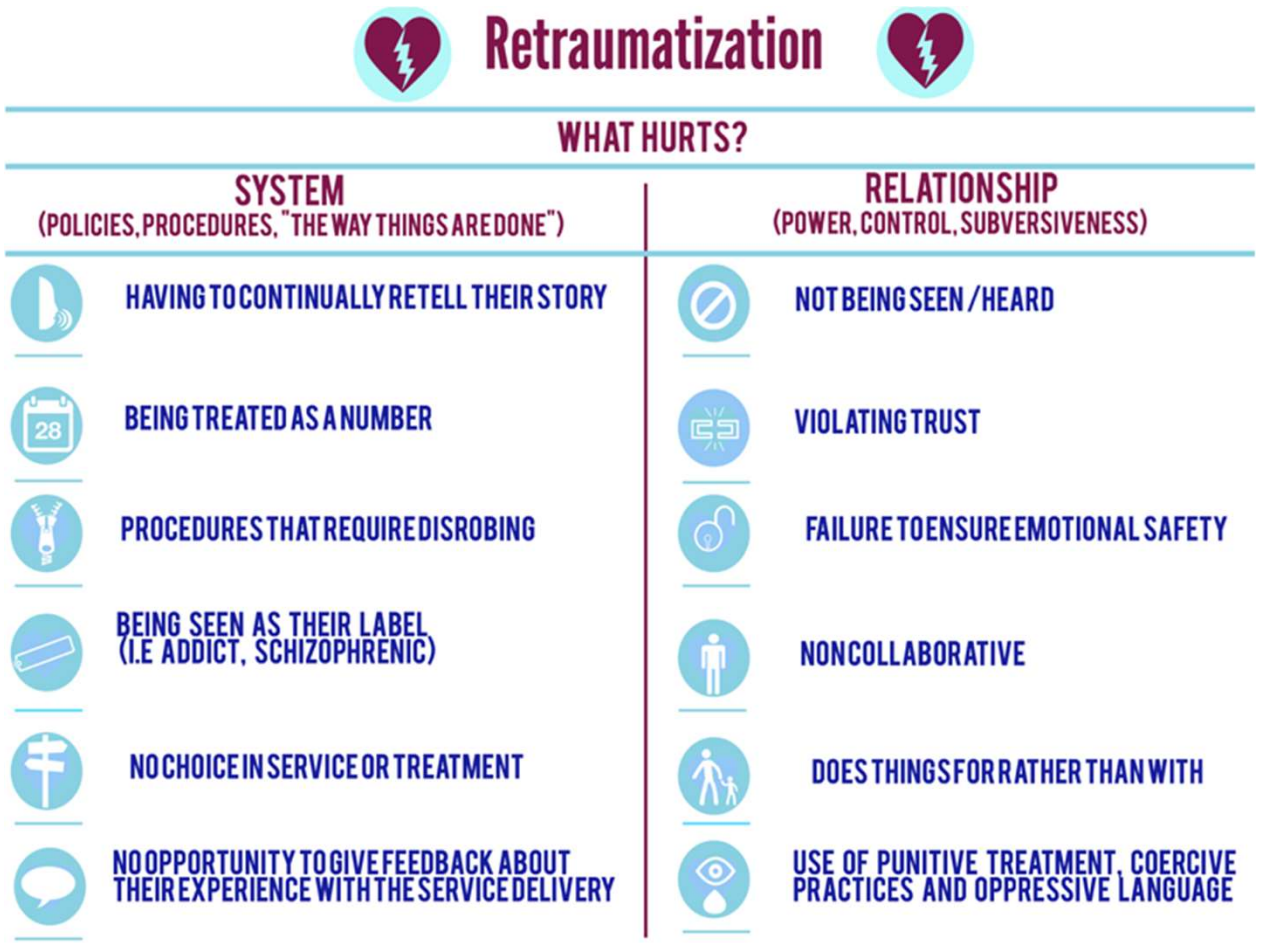


Chart from the Institute on Trauma and Trauma-Informed Care (2015) via http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html

Trauma can rewire the brain…



Amygdala (emotions, survival: fight, flight or freeze):

Can become hyperactive placing someone in *survival mode*



Hippocampus (learning & memory)

Can reduce ability to function, affecting memory



Prefrontal Cortex (regulates emotions, executive function, higher level reasoning)

Can make difficult for victims to regulate fear, emotions, thinking

Types of Trauma Responses

Numbness/Shock
Distrust
Emotional Dysregulation
Memory/Concentration Issues
Short Attention span/Easily Distracted
Slowed thinking
Difficulty making decisions
Intrusive thoughts/confusion
Trouble w/ abstract concepts, complex directions
Loss of sense of time and space

- Fatigue/Sleep disorders/nightmares
- Fear
- Anxiety/Nervousness
- Depression/PTSD/Flashbacks
- Sadness
- Shame/Guilt
- Poor physical health
- Anger/aggression
- Denial/Minimizing/making light of
- Inappropriate humor/laughter

IPV Screening Tools

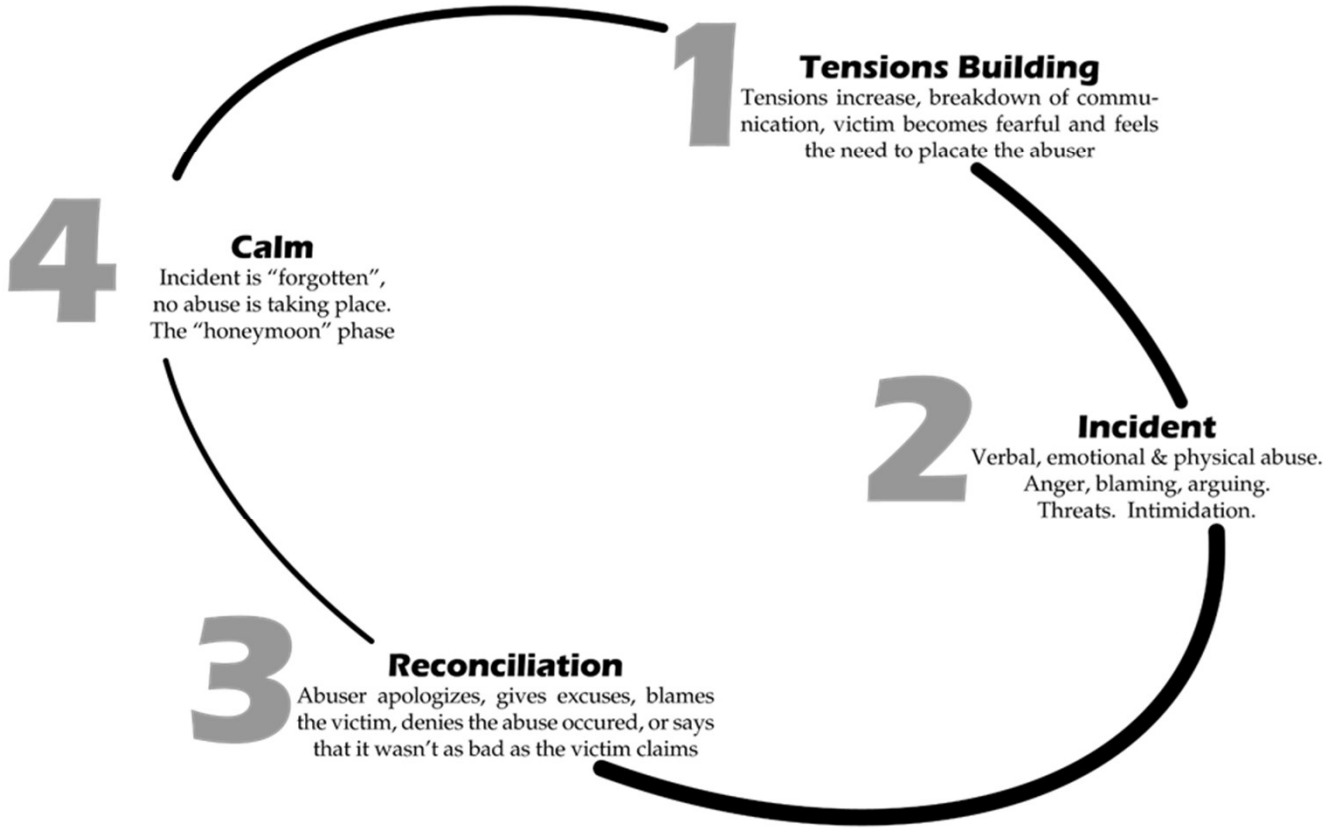
- Hurt, Insult, Threaten, Scream (HITS)
- Woman Abuse Screen Tool (WAST)
- Partner Violence Screen (PVS)
- Abuse Assessment Screen (AAS)
- Conflict Tactics Scale
- The Danger Assessment

Best Screening Practices

- Ask in Private!
- Be Mindful of Language
- Normalize Experiences
- Ask Indirect & Direct Questions
- Ask About History of IPV
- Be Transparent
- Be Prepared to Offer Resources & Safety Planning
- Provide Multiple Opportunities for Disclosure



Cycle of Abuse




PHYSICAL
VIOLENCE
SEXUAL
USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her • threatening to leave her, to commit suicide, to report her to welfare • making her drop charges • making her do illegal things.
USING INTIMIDATION
Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.
USING ECONOMIC ABUSE
Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.
USING EMOTIONAL ABUSE
Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • playing mind games • humiliating her • making her feel guilty.
POWER AND CONTROL
USING MALE PRIVILEGE
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles
USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.
USING CHILDREN
Making her feel guilty about the children • using the children to relay messages • using visitation to harass her • threatening to take the children away.
MINIMIZING, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she caused it.
PHYSICAL
VIOLENCE
SEXUAL

Safety Plan Examples

- Interactive Safety Plan Link
  - https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/

- Multitude of safety plan examples
  - https://www.friendswi.org/education/safety-plan/

Safety Plan

Safety During Violent Incident

- I will attempt to leave the residence if I suspect an argument is about to start.
- If I can't leave immediately, I will move to a place that is low risk, such as:
  - _____
  - _____
  - _____
- If I decide to leave, these are two routes I can use to exit the home:
  - _____
  - _____
- If I decide to leave, I can go to:
  - Location 1:_____
  - Location 2:_____
  - Location 3:_____
- I can contact 911 if I am in immediate danger or can call the local non-emergency number at, _____ if I have already left the scene.
- I can tell these individuals about the violence and request that they call the police if they hear suspicious noises coming from my residence
  - _____
  - _____
  - _____
- I can teach these strategies to my children if I feel it is safe to do so:
  - How to contact police and when this should be done (can practice on a fake phone)
  - Code word or phrase that indicates when my they should leave or call for help
    - The code word or phrase is: _____.
- I will use my judgement and intuition. If the situation becomes serious, I will give my partner what they want to deescalate them and protect myself until _____.

Risk Factors for IPV

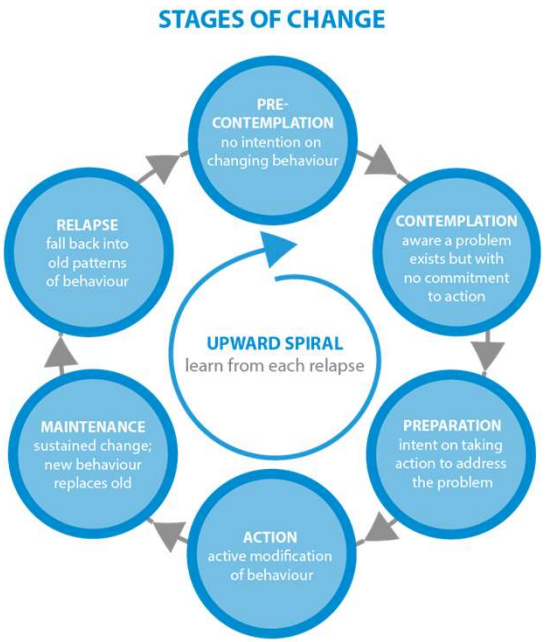
- Housing Instability
- Poverty/Unemployment
- Social Isolation
- Financial Dependence
- History of Abuse
- Trying to End the Relationship
- Custody Battles/Court Proceedings
- Intellectual or Physical Disability
- Mental Health Struggles
- Substance/Alcohol Use

IPV & Substance Use

- Estimated 40-60% of IPV survivors who are seeking services, report a substance use problem
- The longer victims stay in abusive relationships, violence increases--> substance use risk rises
- Perpetrators may:
  - Sabotage reduction of use- control ability to engage in treatment
  - Force victims to use/sell substances
  - Spend family income on substances--> financial instability

Keep in mind…

- When survivors are under the influence, do not engage in safety planning or discuss alternative coping strategies
- Language is important
- Survivors stage of change
- Recovery is a process
- Relapse prevention plan can be an important piece of safety planning with survivors



Working With Undocumented Survivors

- Language Barriers
- Cultural Differences
- Transparency
- Violence Against Women Act
- U & T Nonimmigrant Status
  - U & T Visa

- Resources
  - US Committee for Refugees & Immigrants
  - Legal Aid of NC
  - Justice Matters (Human Trafficking)
  - National Domestic Violence Hotline



Questions?

A Look Ahead

Reminder: Request a certificate of attendance for today's ICR at this link

NC InCK Events

Behavioral Health ICR: Autism Spectrum Disorder (ASD), Part 1
Thursday, May 8th: 12:00 pm - 1:30 pm

Behavioral Health ICR: Autism Spectrum Disorder (ASD), Part 2
Thursday, June 12th: 12:00 pm - 1:30 pm

Check your email for the April 2025 Monthly Resource Roundup on Interpersonal Violence

Community Events and Reminders

Camp Green Leaves: Registration opened April 7th, 2025, Burlington, NC

Dads Playgroup | Orange County Public Library: April 12th, 9:00 - 10:30AM Main Library, Hillsborough, NC

Community Resource Festival | Vance-Granville Civic Center: April 16th, 10:00 AM - 2:00 PM, Durham, NC

Roll Up & Enroll | Durham Pre-K: April 26th, 10:00 AM - 1:00 PM, Durham, NC

2025 Health and Wellness Fair | Orange County Department on Aging: May 1, 9:30 AM - 12:30 PM, Seymour Center, Chapel Hill, NC

Free Mobile Food Market | Burlington Recreation and Parks: Every 1st Saturday, 10:00 AM, North Park Farmers Market Shelter, Burlington, NC

Appendix

NC InCK NC INTEGRATED CARE FOR KIDS

DURHAM CRISIS RESPONSE CENTER

for Health Professionals and Caregivers

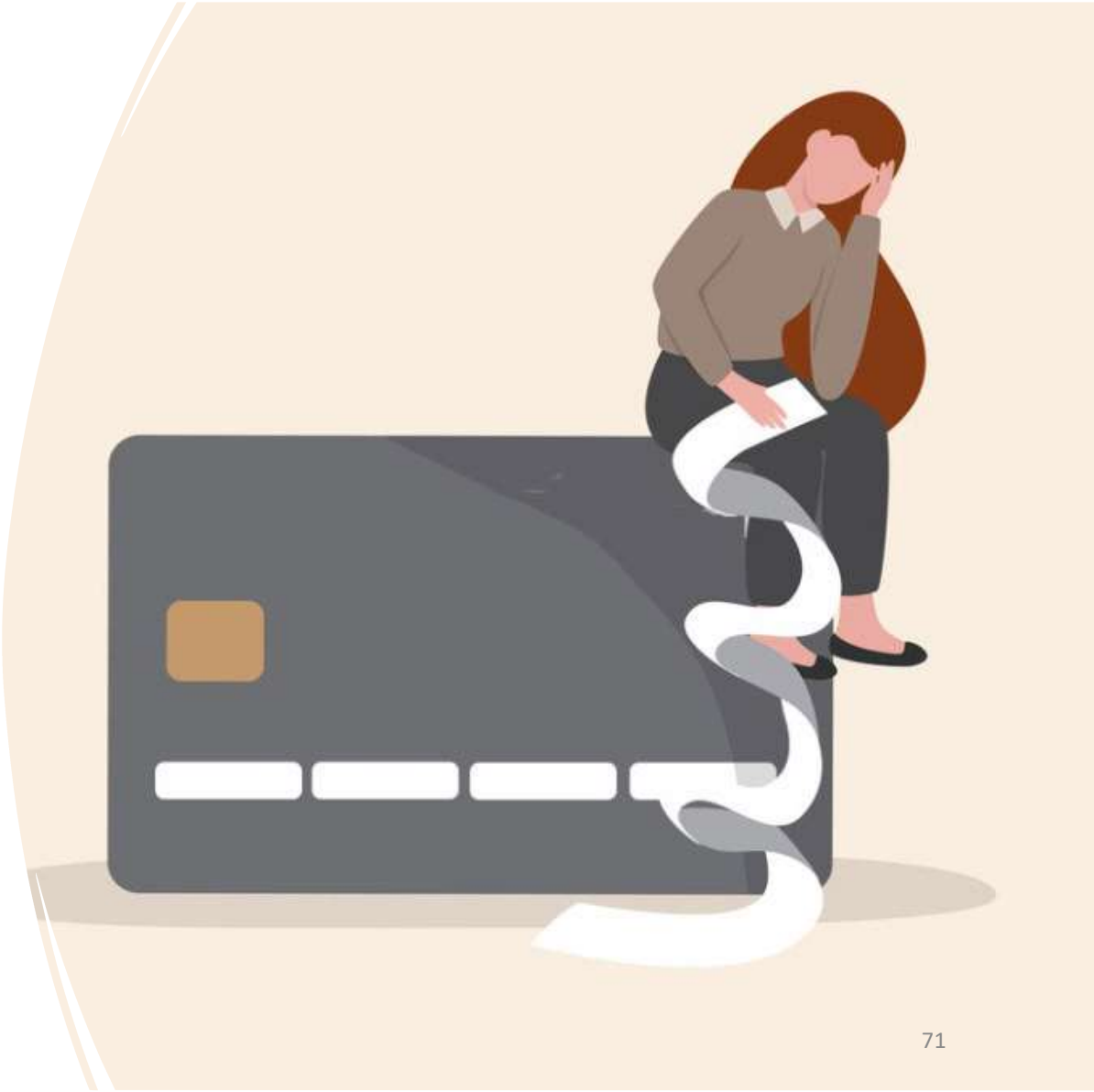
Interpersonal/Domestic Violence

Economic Abuse & Coerced Debt

- Preventing victim from going to work
- Sabotaging a victim's employment
- Interfering with a victim's work performance
- Demanding that the victim quits his/her job
- Preventing the victim from looking for jobs or attending job interviews

Coerced debt

- Applying for credit cards, obtaining loans, or opening other financial accounts in a victim's name
- Forcing victim to obtain loans
- Forcing victim to sign financial documents
- Use of threats or physical force to convince victims to make credit-related transactions
- Refinancing a home mortgage or car loan without a victim's knowledge
- Deciding when/how victim can use cash, bank accounts, or credit cards
- Forcing victim to give abuser money, ATM cards, or credit cards



Helpline

919-403-6562

DURHAM CRISIS RESPONSE CENTER

Help Line: 919-403-6562
General Questions: 919-403-9425

About Us | Who We Serve | Cyber Safety | Our Services | penniesforCHANGE | Get Involved | Donate Here

Our Mission

The Durham Crisis Response Center works with the community to end domestic, sexual and family violence and human trafficking through advocacy, education, support and prevention.

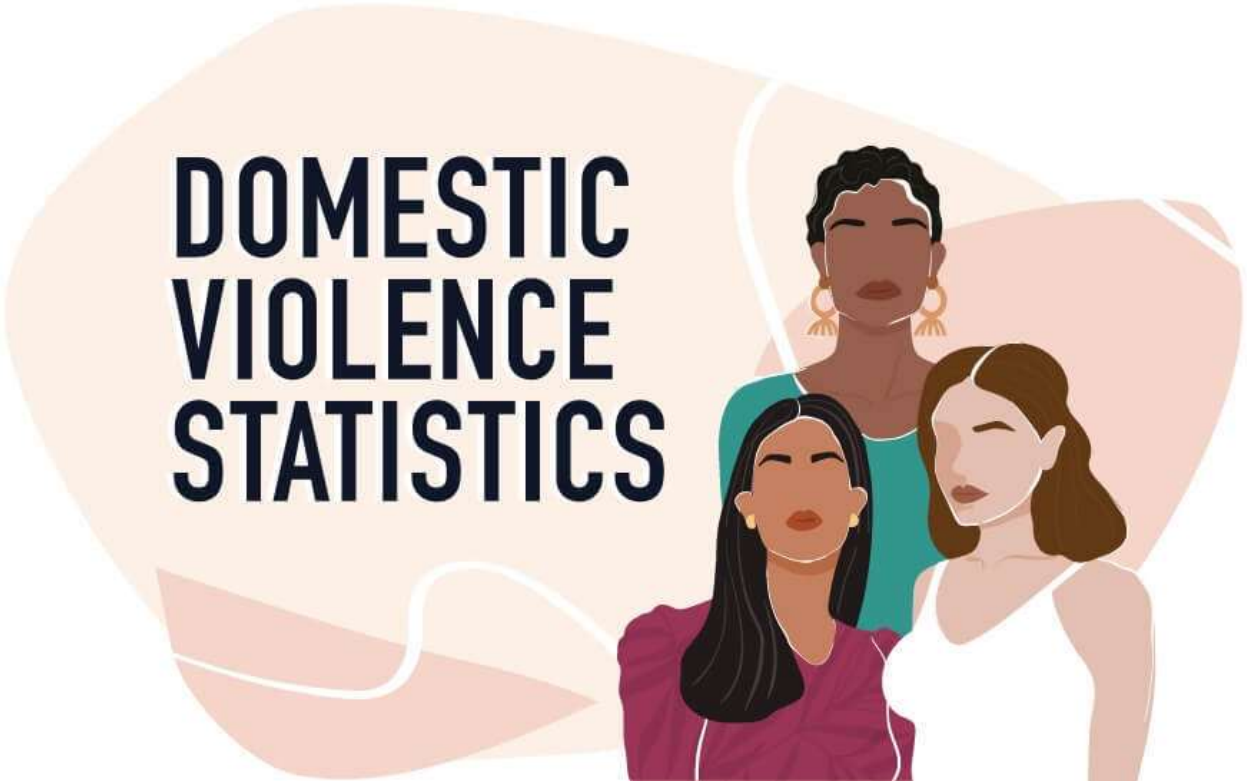


Translate »



Societal Barriers to Asking for Help Against Violence

Religion,
Mores,
Police,
Family,
Disabilities



Fantasies and Social Pressures to have "Perfect Relationship"



Common Traits of the Abuser

- Minimizing or Denying
- Objectifying the Victim
- Low Self-Esteem & Feelings of Inadequacy
- Blaming Circumstances
- Seen as a "Nice Person" in Public



Patterns of Abuse

- Illustrations of the **power and control wheel** are particularly helpful tools in understanding the overall pattern of abusive and violence behaviors used by abusers to establish and maintain control over their partners both within and following a relationship.
- As the wheels illustrate, abuse is cyclical.
- Each relationship is different and not every relationship follows the exact pattern.



Symptoms and Outcomes

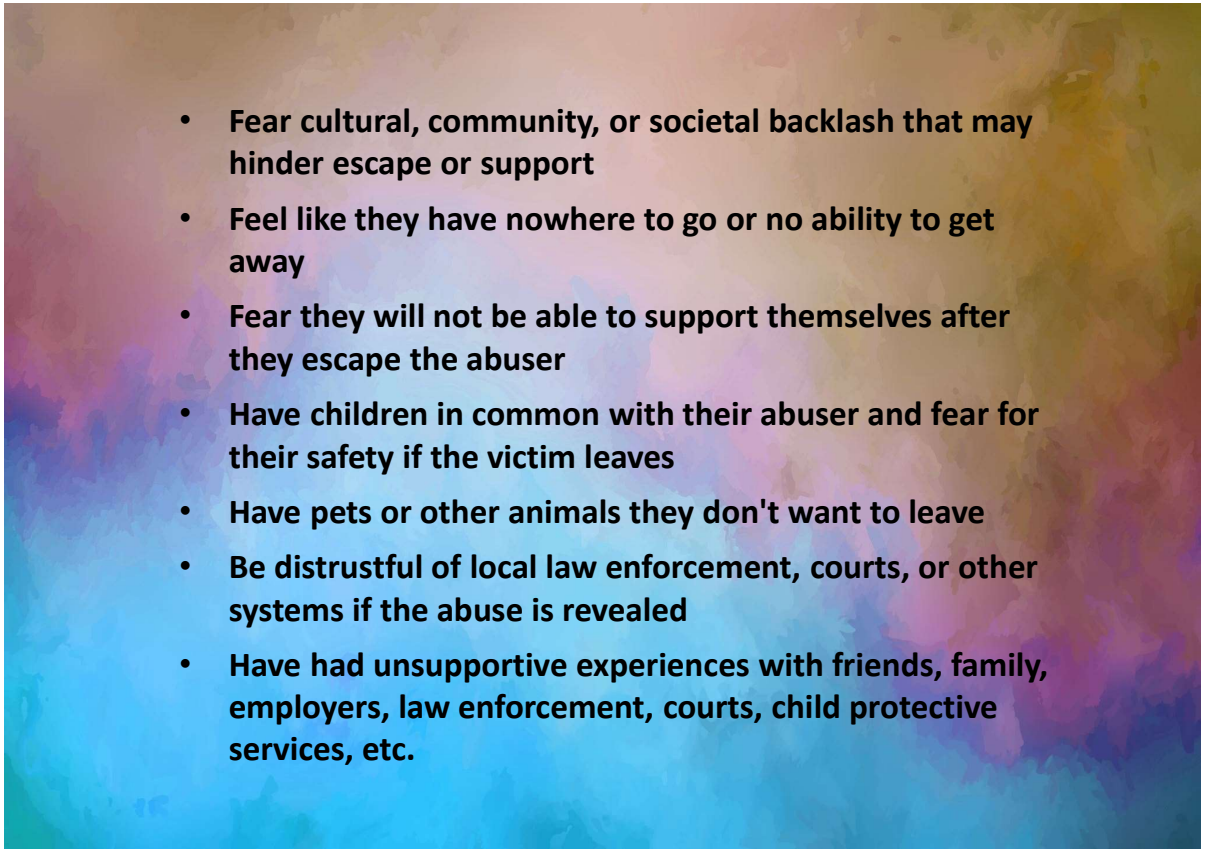
- Want the abuse to end, but not the relationship
- Feel isolated
- Feel depressed
- Feel helpless
- Be unaware of what services are available to help them
- Be embarrassed of their situation
- Fear judgement or stigmatization if their reveal the abuse



- **Deny or minimize the abuse or make excuses for the abuser**
- **Still love their abuser**
- **Withdraw emotionally**
- **Distance themselves from family or friends**
- **Be impulsive or aggressive**
- **Feel financially dependent on their abuser**
- **Feel guilt related to the relationship**

Symptoms and Outcomes

- Feel shame
- Have anxiety
- Have suicidal thoughts
- Abuse alcohol or drugs
- Be hopeful that their abuser will change and/or stop the abuse
- Have religious, cultural, or other beliefs that reinforce staying in the relationship
- Have no support from friends of family



Help and Healing

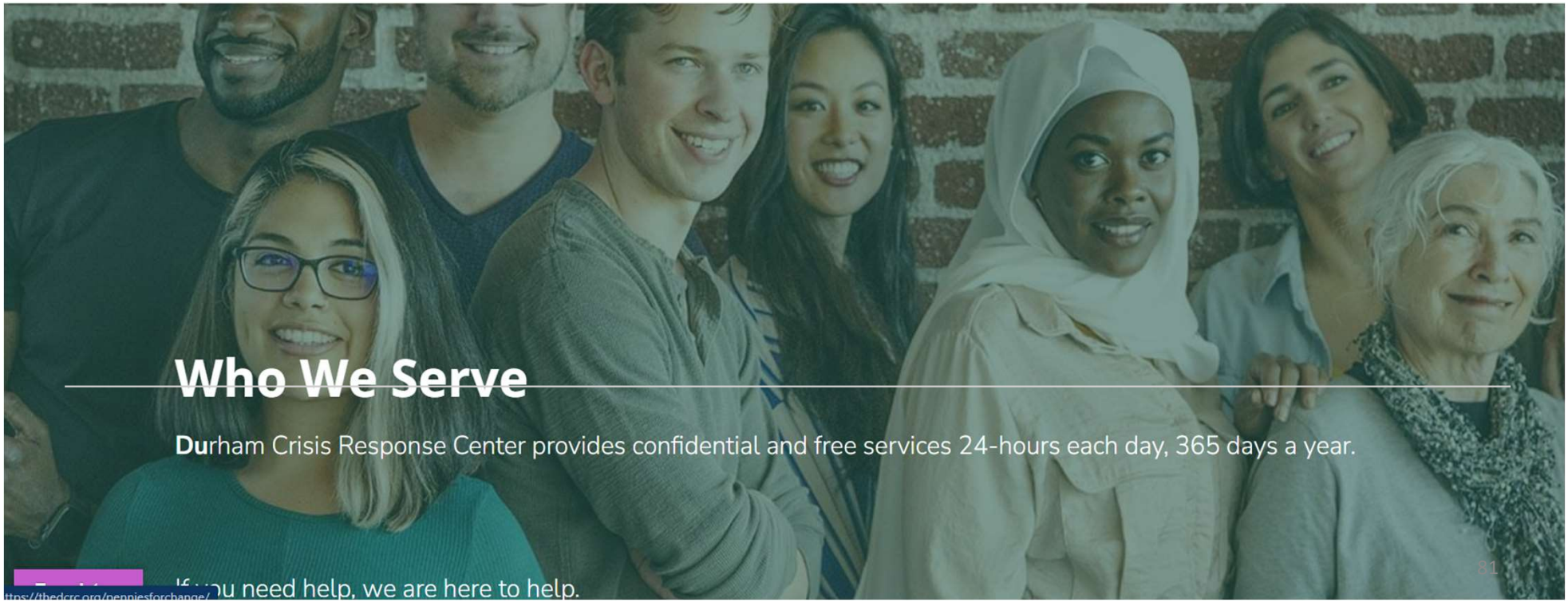


HELPLINE 919-403-6562

GENERAL QUESTIONS 919-403-9425

DURHAM CRISIS RESPONSE CENTER

About Us | Who We Serve | Our Services | penniesforCHANGE | Get Involved | Donate Here




Intern
trainee
resident
STUDENT
businesses
graduates
RELEVANT SKILLS
NON-PROFIT
organization
work experience
Internship
employer
field
government agencies
medical graduates
industry

Volunteer Opportunities:

- 24/7 Crisis line
  - Hospital Accompaniment
- Admin
- Thrift store sales

