



**Maryland Network
Against Domestic Violence**

Domestic Violence Impact on Youth

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Presenter Contact Info

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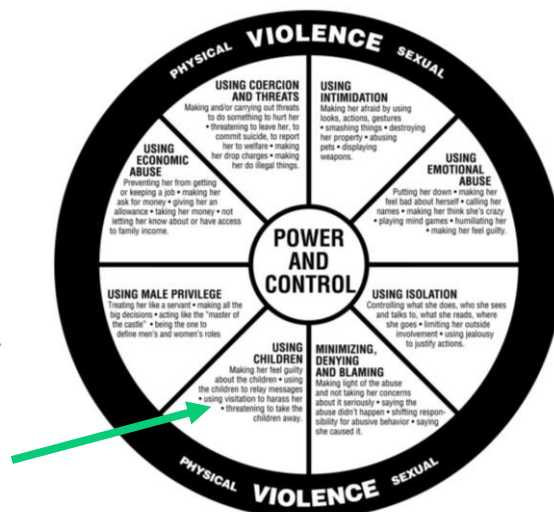
Follow us on  and !

Objectives

- Define domestic violence
- Identify the effects of witnessing domestic violence on youth
- Discuss best practices for working with youth who have been exposed domestic violence

What is Domestic Violence?

Domestic violence is a **pattern of behavior** in which one person attempts to **control** an intimate partner through threats or actual use of physical violence, sexual assault, verbal and psychological abuse and/or economic coercion.



A note about language

- Domestic Violence (DV)
- Intimate Partner Violence (IPV)
- Family Violence
- Victim
- Survivor
- Petitioner
- Individual experiencing DV
- Abuser
- Batterer
- Perpetrator
- Offender
- Respondent
- Individual using violence
- Gender
- Person-first language

Children's Exposure to DV



Source: Defending Childhood Fact Sheet, U.S. Department of Justice, 2010. <http://1.usa.gov/1RGBj75>

How are children exposed to DV?



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Continuum of Exposure to Domestic Violence



NCDVTMH

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Effects from Child Witnessing



Internalized

- Depression
- Anxiety
- Perfectionism, anxious to please
- Shame, low self-esteem
- Somatic complaints
- Withdrawal, distrust of adults
- Parentification, taking on an adult role
- Ambivalence about parents

Externalized

- Aggression, impaired problem solving skills
- Impulsivity, poor self control
- Acting out, noncompliance
- Truancy, school problems
- Delinquency, alcohol and drug abuse
- Running away
- Accidental injury

Problems Related to Children's Exposure to Violence

- Over 100 studies available
- A third separated abused from exposed children and found similar outcomes
- Generally show:
 - Behavioral and emotional problems
 - Cognitive functioning problems
 - Longer-term problems



Childhood Exposure to IPV

Behavioral and emotional problems

- Externalized: aggressive and antisocial behaviors (Litrownik, Newton, and Hunter, 2003; Cummings, Goeke-Morey, and Papp, 2004; Balliff-Spanvill, Clayton, and Hendrix, 2003; Connor et al., 2004)
- Internalized: fearful and inhibited behaviors
- Lower social competence: less empathy (Stiles, 2002; Hesterm Pearson, and Harwin, 2000; Mathias, Merton, and Murray, 1995)
- More anxiety, self-esteem, depression, anger, temperament probs
- Violent behavior (less strong than other factors)



Childhood Exposure to IPV

Cognitive functioning and attitudes

- Lower cognitive functioning (Koenen et al., 2003; Huth-Brooks, Levendoskey, and Semel, 2001)
- Develop attitude justifying use of their own violence
- Aggression is a good thing (boys); enhances their self-image (Lichter and McCloskey, 2004; Carlson, 2000; Spaccarelli, Coatsworth, and Bowden, 1995)



Childhood Exposure to IPV

- **Longer-term problems (later in life)**

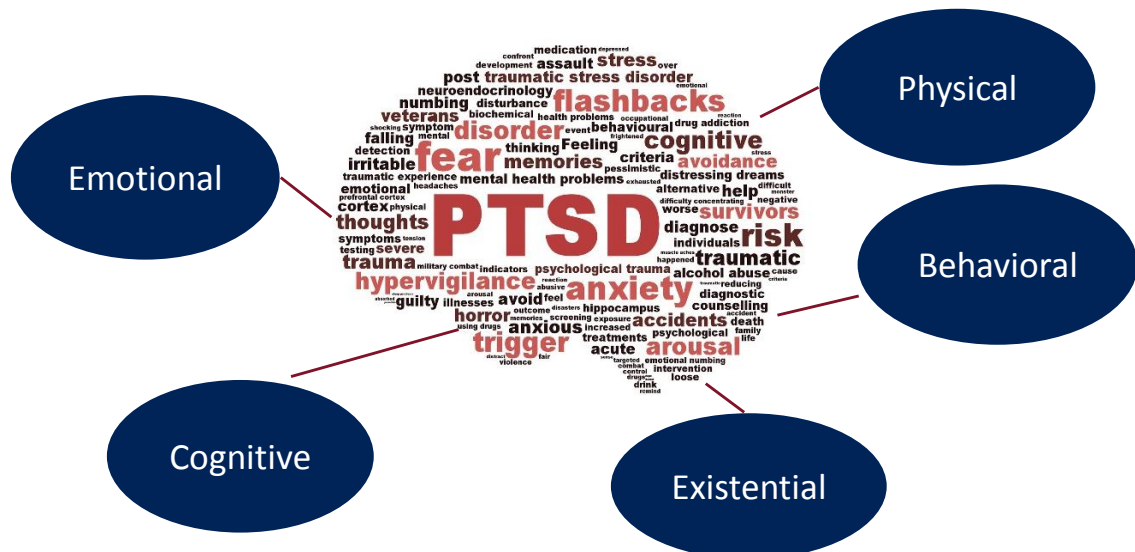
(Lehmann and Elliston, 2001; Ward et al., 2001, Pelcovitz et al., 2000)

- **Women:** depression, trauma-related symptoms and low self-esteem
- **Men:** trauma-related symptoms



Domestic violence can **undermine the quality** of the caregiving relationship and create risks for the child's ongoing development.

Potential Effects of Trauma



Trauma-Informed Care in Behavioral Health Services, National Center for Biotechnology Information, 2014

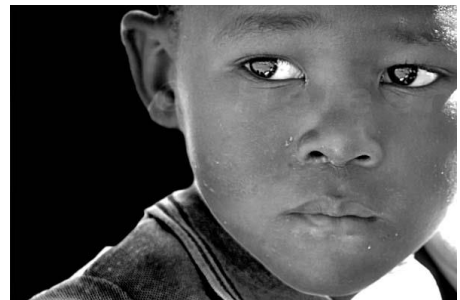


How Negatively are Children Impacted by DV?

It depends!

Exposure to DV **may have** emotional and physical consequences for children depending on:

- Frequency, severity, chronicity, proximity to the violence
- Age and developmental stage at which exposure begins
- Multiple forms of violence (child abuse, community violence, exposure to DV)



Domestic violence may occur at the same time as other stressful and traumatic experiences in children's lives.



National Survey of Children's Exposure to Violence, OJJDP, 2009, 2011



Children experiencing DV are also at greater risk of being abused

- In 40 – 75% of families where DV occurs, children are experiencing physical abuse at the same time
- Studies in the U.S. have also found that children living in homes with DV are at greater risk of being sexually abused



How Resilient are Children who are Exposed to DV?

It depends!

Exposure to DV **may have** emotional and physical consequences for children depending on:

- Presence or absence of loving and supportive adults
- Presence or absence of supportive community
- Child's individual temperament
- Opportunities for healing and success



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What protects children and promotes healing and resilience?

- Child's innate resources
 - Temperament, personality, intelligence
- Sense of self-agency
 - "I can be effective..."
- Beliefs, values, practices
 - Religious, spiritual
- Stability and responsiveness of systems and social supports for the child and family
- Loving relationship with parent or other adult invested in the child's well-being over time



National Center on DV, Trauma, and Mental Health, 2014

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Legal Remedies

Committing a Crime of Violence in the Presence of a Minor as of October 1st, 2014

- Enhances the penalty for people who are convicted of committing a crime of violence in the presence of a minor



Crime Victim Compensation

- Funded by VOCA (Victims of Crime Act)
- Reimbursement for:
 - Medical costs
 - Funeral and burial costs
 - Mental health counseling
 - Lost wages or loss of support
- Contact OVC Victim Compensation for Maryland
 - Criminal Injuries Compensation Board "CICB"

Phone: 1-888-679-9347

Fax: 410-764-3815

www.dpscs.state.md.us/victimservs/commitment/main_pages/vs-cicb.shtml

Maryland Criminal Injuries Compensation Board

Resource Guide



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Best Practices

Best Practices for Working with Children Exposed to DV

- **Ask** about their family life.
- **Be Aware:** About half the time, where there is child abuse, there is DV (and vice versa).
- **Reporting: Disclose limits to confidentiality!**
 - A *child* being abused or neglected IS reportable.
 - An *adult* being abused is NOT reportable.
 - Witnessing DV is usually NOT reportable.
- **Be Aware:** Interventions can put the adult victim and child at risk!



Best Practices for Working with Parents Who are Victims

- **DV is NOT mutual.** Talk with the *victim alone*.
- **Be creative** if parents come in together.
- **Reporting: Disclose limits to confidentiality!**
 - If a victim indicates that their child has been *abused*, it IS reportable.
 - If a victim indicates that their child had *witnessed* DV, it is generally NOT reportable.
 - If an adult victim discloses DV, it is NOT reportable.
- **Partner** with the non-offending parent/victim.
- **Refer!**



Safety Planning with Children

- **Consider age and developmental stage.**
- **Consider their relationship w/abuser.**
- **Identify a person or people who can help:**
 - Ask: What can you do to be safe?
 - Give them time to ID their own solutions
 - Ask: Who can help you? Would you feel comfortable asking them for help?
- **Inform Children:**
 - The safety plan may not always work.
 - It is not their fault if the safety plan fails.



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Planning for Physical Safety

How adult survivors can help protect children:

- Emergency child care arrangements
- Sleepovers w/safe and healthy people
- Identify a safe space when there's an incident
- Phone #'s of who to call/Addresses of where to go for help
- Practice escape route
- Extracurricular activities
- What responsibility can they have that would make them feel valued and helpful?
- Encourage independence



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Planning for Physical Safety

What children can do to stay safe:

- Go to a safe place.
- Stay out of the way.
- Dial 911 (not near abuser)
- Don't try to physically stop the violence.
- Techniques to calm themselves.



Help children identify warning signs such as:

- Arguing or yelling
- Drunk/high
- Name-calling/threatening
- Slamming doors, stomping around



Parents can be the single most important resource for their children's recovery from the effects of traumatic stress.



NCDVTMH, Lieberman and Van Horn, 2008



Maryland Resources

Find all Maryland programs by county at:
mnadv.org/find-help/find-your-local-program/



Domestic Violence Referrals

- Warm referrals
- Confidentiality and Releases of Information
- Comprehensive Domestic Violence Programs offer:
 - Individual counseling
 - Group counseling
 - Emergency shelter
 - Legal advocacy
 - 24 hour hotline
 - Safety planning
- DV Program may offer:
 - Legal representation
 - Transitional housing
 - Child care

70% of comprehensive domestic violence programs also provide the sexual assault services in their county.

COMPREHENSIVE DOMESTIC VIOLENCE SERVICE PROVIDERS IN MARYLAND

- **Allegany County:** Family Crisis Resource Center • Hotline 301-759-9244 • TTY 301-759-9244
- **Anne Arundel County:** YWCA Domestic Violence Services • Hotline 410-222-6800
- **Baltimore City:** House of Ruth Maryland • Hotline 410-889-7884 • TTY 410-889-0047 ; TurnAround • Helpline 443-279-0379
- **Baltimore County:** Hotline 410-828-6390; Family and Children's Services of Central Maryland 410-281-1334; Family Crisis Center of Baltimore County, Inc. 410-285-4357 • 410-285-7496 (Shelter); TurnAround • 410-377-8111
- **Calvert County:** Crisis Intervention Center Hotline 410-535-1121 • Metro Hotline 301-855-1075
- **Carroll County:** Family and Children's Services of Central Maryland Hotline 410-857-0077
- **Caroline, Kent, Dorchester, Queen Anne's, and Talbot Counties:** Mid-Shore Council on Family Violence • Hotline 1-800-927-4673
- **Cecil County:** Cecil Co. Domestic Violence / Rape Crisis Center Hotline 410-996-0333
- **Charles County:** Center for Abused Persons • Hotline 301-645-3336 • Metro Hotline 301-843-1110
- **Frederick County:** Heartly House Hotline 301-662-8800 • TTY 301-662-1565
- **Garrett County:** The Dove Center • Hotline 301-334-9000 Oakland • 301-334-6255 • Grantsville • 301-895-4300
- **Harford County:** SARC • Hotline 410-836-8430
- **Howard County:** HopeWorks of Howard County, Inc. • Hotline 410-997-2272 / 800-752-0191
- **Montgomery County:** Abused Persons Program • Hotline 240-777-4673 • TTY 240-777-4850
- **Prince George's County:** Family Crisis Center, Inc. • Hotline 301-731-1203; House of Ruth Maryland (Legal and Counseling Services) 240-450-3270
- **St. Mary's County:** Walden / Sierra, Inc. • Hotline 301-863-6661; Southern Maryland Center for Family Advocacy 301-373-4141 (Legal Services)
- **Somerset, Wicomico & Worcester Counties:** Life Crisis Center • Hotline 410-749-4357 • 410-641-4357
- **Washington County:** CASA (Citizens Assisting and Sheltering the Abused) Hotline 301-739-8975 • TTY 301-739-1012

Specialized DV Programs in Maryland

- **Adelante Familia at House of Ruth Maryland (Hispanic/Latina-Baltimore City/County)** • Hotline 410-889-7884
- **CHANA (Jewish)** • Hotline 1-800-991-0023
- **Asian/Pacific Islander DV Resource Project** • 202-464-4477
- **ElderSafe (Older Adults)** • 1-800-917-7383
- **SAFE (Stop Abuse of Elders)** • 410-234-0030

Resources on the Web



- Maryland Network Against DV: www.mnadv.org/childrenandteens.org
- Committee for Children: <http://www.cfchildren.org/>
- Safe Dates: <http://www.hazelden.org/web/go/safedates>
- Men Can Stop Rape: <http://www.mencanstoprape.org/>
- Love is not abuse: <http://www.loveisnotabuse.com/web/guest/home>
- Love is Respect: <http://www.loveisrespect.org/>
- Expect Respect: <http://www.safeplace.org/Page.aspx?pid=376>
- Choose Respect: <http://www.chooserespect.org/scripts/index.asp>
- Family Violence Prevention Fund: <http://www.endabuse.org/>
- Break the Cycle: <http://www.breakthecycle.org/>
- Mentors in Violence Prevention: <http://www.jacksonkatz.com/>
- That's Not Cool: <http://www.thatnotcool.com/>
- Start Strong: Family Violence Prevention Fund
- Coaching Boys into Men: Family Violence Prevention Fund
- Safe Space: Break the Cycle's teen site