

# TRAUMA, DOMESTIC VIOLENCE AND RESILIENCE TRAINING INSTITUTE

FOR HOME VISITING & COMMUNITY-EMBEDDED PROVIDERS

## BACKGROUND

In 2014, the Family Justice Center and Boston Defending Childhood Initiative partnered with Boston Healthy Start to identify needs related to domestic violence training for providers. Key themes included the importance of recognizing the multiple forms of violence survivors may experience in the home, community, and systems (e.g. housing, health care); staff self-care; and using a racial- and gender-justice lens that centers survivors of color. In partnership with Brigham and Women's Hospital, Page Clark and Ruth Rollins of Elizabeth Stone House, and Samantha Calero, a 21-hour Training Institute was developed. This innovative training aims to increase provider knowledge and skills to support resilience and reduce barriers to safety and healing resources.

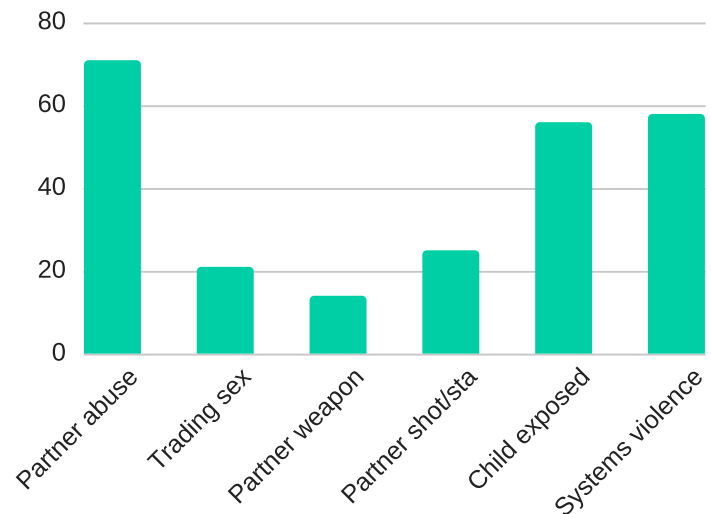
## AUDIENCE

Although originally developed for home visitors, it has been adapted for domestic violence advocates, housing service providers, family advocates, law enforcement and community health workers.

## LEARNING OBJECTIVES

- Learn the ways trauma and violence can impact clients, their children, and staff
- Understand the multiple forms of trauma and violence clients may experience in the home, the community, and systems such as housing, healthcare, education, etc.
- Develop practical strategies to support resilience, safety and healing in clients and their children
- Learn ways to create a "culture of care" and address secondary trauma in the workplace
- Strengthen advocacy skills and connect to local resources & support

*Highlighting the need for an intersectional approach: Boston home visitors reporting at least 1-3 clients experiencing the following forms of violence*



## DAY 1

- History of Anti-Violence Movement & intersectionality
- Introduction to self-reflection & self-care
- Defining trauma & resilience, from internalized to structural, and common trauma responses across the life course
- Defining SV, DV, IPV, and TDV and dynamics of Power & Control including culturally-specific tools to use in your work

## DAY 2

- Analyzing power in systems & advocacy strategies
- Trauma's impact on the brain and neuroplasticity
- Deepening understanding of DV dynamics, including model of understanding historical violence and trauma in the family, analyzing power dynamics and applying to client scenarios
- Basic safety planning and applying a health equity lens

## DAY 3

- Transforming trauma through social change & advocacy
- Empowerment-based advocacy, responding to disclosures and trauma-informed conversations about DV/SV
- Building resilience in parents/caregivers & children: attachment/attunement and trauma-informed conversations with parents/caregivers
- Self-care and safety for providers

For more information  
contact Bronwen White at [bwhite@bphc.org](mailto:bwhite@bphc.org)



*This training has been approved by the Massachusetts Department of Public Health to meet Chapter 260 Domestic/Sexual Violence Training Requirements for Licensed Providers*

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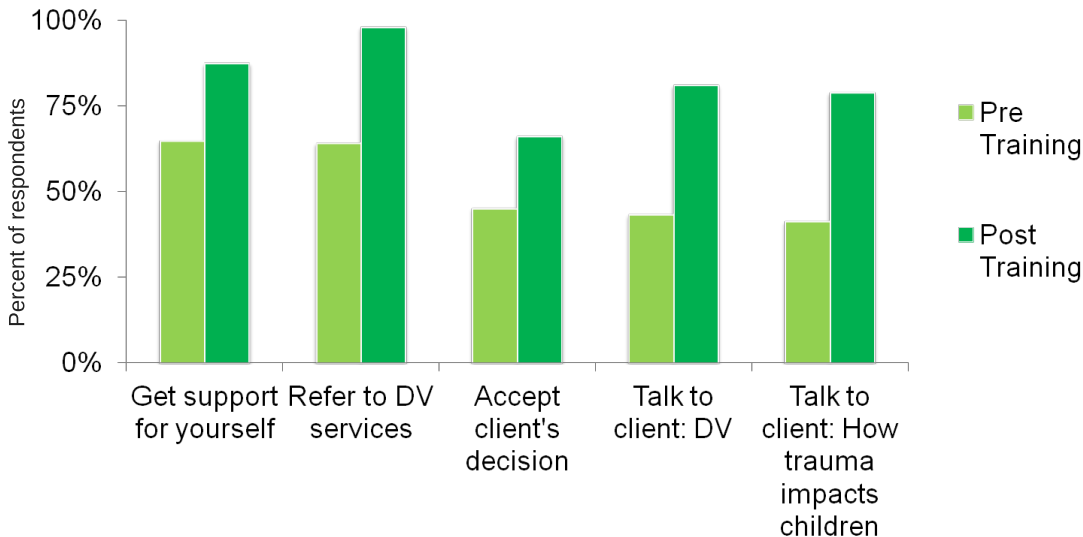
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## OUTCOMES & EVALUATION FINDINGS

In June of 2015, the first pilot was implemented with approximately 35 Healthy Start home visitors. Seven additional pilots and multiple adapted workshops have since been conducted since then, training approximately **400 additional state and local providers serving approximately 5,000 individuals**

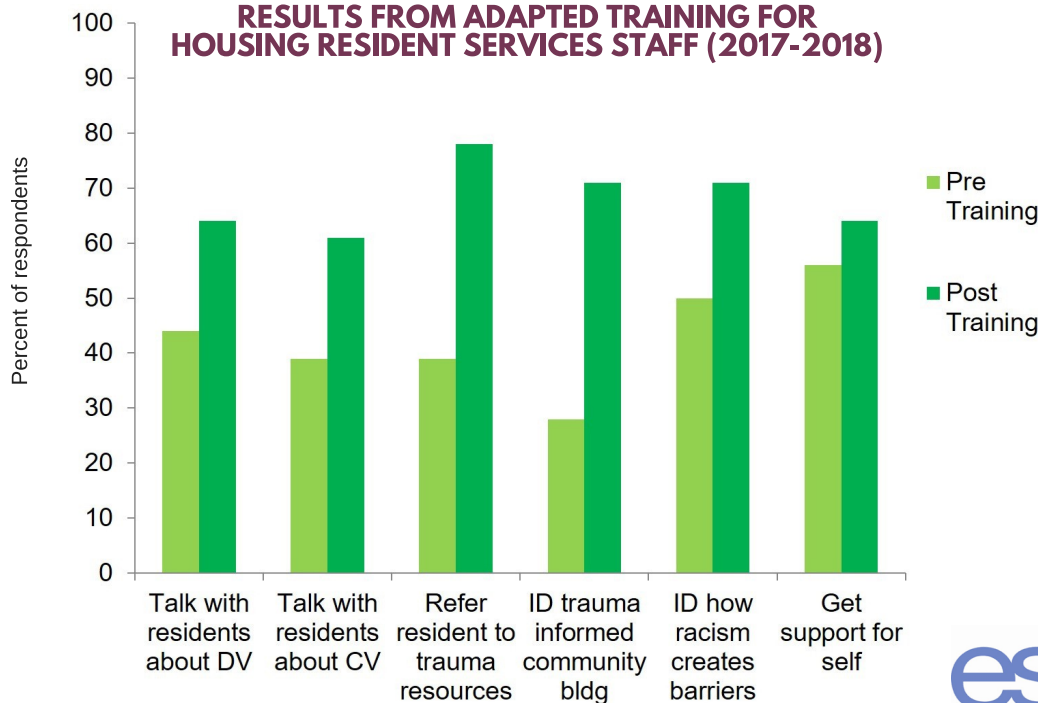
With the support of BPHC's Research & Evaluation Office, Samantha Schneider of Boston Children's Hospital, and Aaron Pinkett pre- and post-survey questionnaires based on the learning objectives **found an overall positive change in knowledge, skills and participant preparedness following the training.**

### RESULTS FROM TRAINING INSTITUTES (2015-2016)



- Findings from four Training Institutes delivered with home visiting and community-embedded providers
- Percentage of training participants who felt "very well prepared" or "pretty well prepared" to utilize strategies pre/post training
- Found to be statistically significant ( $p < .05$ ) or likelihood greater than chance that changes due to training

### RESULTS FROM ADAPTED TRAINING FOR HOUSING RESIDENT SERVICES STAFF (2017-2018)



- Findings from adapted Training Institute for property management company providing housing services
- Percentage of training participants who felt "very well prepared" or "pretty well prepared" to utilize strategies pre/post training
- Additional evaluation questions were added related to community violence, community building, and equity.