

Holistic Healing Activities



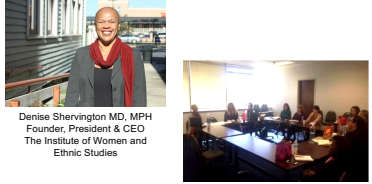
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Holistic Healing Activities



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Supervision with Dr. Shervington



Denise Shervington MD, MPH
Founder, President & CEO
The Institute of Women and Ethnic Studies


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Forensic Medical Services



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It brought many changes: Milwaukee



- Mapping of a centralized intake process
- New staff hired to work on this initiative
- Training on Trauma Informed Care and customer service

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It brought many changes: Tulsa




- Implemented a new client flow process
- Training on Hope Theory for all staff
- Trauma training for intake specialists
- Development of VOICES committee
- Child welfare liaison
- Streamlined orientation and monthly training for all staff, interns and volunteers

Tulsa VOICES Committee Tulsa Navigators

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It brought many changes: Stanislaus



KID'S ZONE

- Environmental and aesthetics (new building!)
- Addition of mental health staff and interns
- Development of a survivor community after the crisis group (VOICES)
- Ongoing survivor focus groups to evaluate the Center

New Building!

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Client Process Mapping

- Sites identified gaps between *what is* and *what should be*
- Identifies potential improvements and strengths
- Promotes deeper understanding of jobs, roles, tasks etc.
- Engagement, buy-in and ownership by all participating

Tulsa Client Mapping Exercise

Implemented a new client flow process

Tulsa Client Mapping Exercise

Provide a shortened version of the client mapping to the clients.

It's All About Buy-In

- Engaging partners
- Developing ownership and understanding at leadership, middle management and frontline staff
- Training and then training again

Developing the Tool

Our Key Research Areas

Literature Review Process

After extensive review of 198 articles and tools the Alliance and the University of Oklahoma identified the top 30 tools that sites reviewed and provided feedback.

30

- 198 Articles and Tools were initially reviewed
- 77 Articles analyzed
- 121 Tools underwent an in-depth evaluation

Polyvictimization Screening Tool

- 39 Event Based Questions
- 22 Symptom Based Questions

Events Section

39 Questions

- Questions distinguish partner and parent/ caregiver in order to account for childhood vs adult experiences
- Covers all topics/ victimizations assessed in ACES, AES, Vision 21 as well as some mandatory reporting questions
- Covers lifetime victimization
- Also allows for further questions on when victimization happened to client or other scenarios for additional

Categories	
Physical violence including strangulation and captivity	Stalking
Sexual violence	Poverty
Emotional violence	Traumatic losses and injury/illness
Neglect	Community violence
Substance abuse	War
Natural and man made disasters	Terrorism

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Symptomology Section

22 Questions

- 5 question validated PTSD Screening included in the mandatory questions
- Includes symptoms that can be utilized by clinicians

Categories
Suicidality
Self-harming behaviors
PTSD Screening

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Our Agreements About the Tool

- Client consent not used to guide service delivery
- Dynamic Screens for lifetime victimization
- Conversational
- Includes victim types of victimization
- Flags recent victimizations "in the last year"
- Includes symptoms and needs
- Can be implemented in 15 or more parts
- Is not diagnostic but rather a source for conversation and long term case management
- Can be used with child and adult clients

Pilot Testing from March 1 – May 31st

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Feedback so far from survivors:

- ✓ Thank you for asking me about my whole life!
- ✓ This explains what has been happening to me
- ✓ While some of these questions seem unrelated, they are an important part of my experience (when in relation to discrimination)
- ✓ This will take building a relationship, some of these things can take a long time to talk about. So a conversation is critical

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Observations and Site Feedback about the Tool

- Questions have not been particularly uncomfortable or distressing for clients
- Length of Tool has not been problematic when appropriate clients have been identified
- It has helped frontline build additional understanding of clients experience and needs
- There are very HIGH numbers of victimizations among Centers clients in the last year
- Goes beyond some of the intake assessment tools used in Centers and this is mostly positive
- Importance of empowering frontlines to provide psychoeducation and connect physical manifestations of trauma and traumatic events
- Cultural shift necessary to change the role of advocates from a domestic violence lens to

How to Change Outcomes for Polyvictims in Family Justice Centers?

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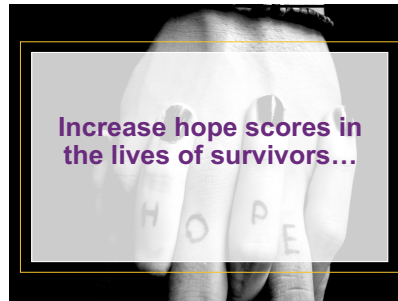
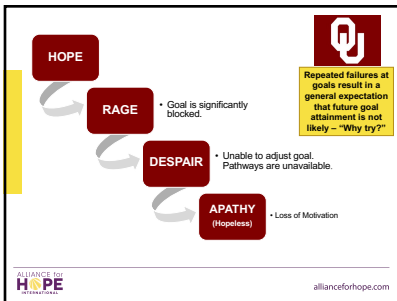
Whole Person Care

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The Science of Hope

Chan Hellman, Ph.D.

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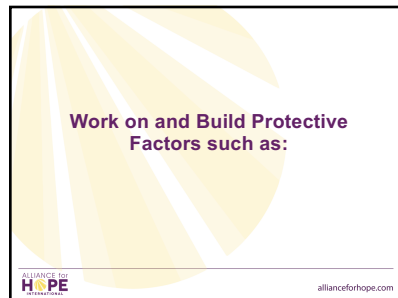
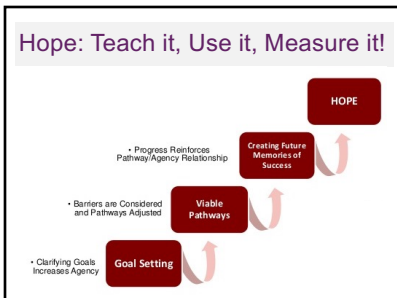


2,000 Published Studies on the Science of HOPE

"In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived."

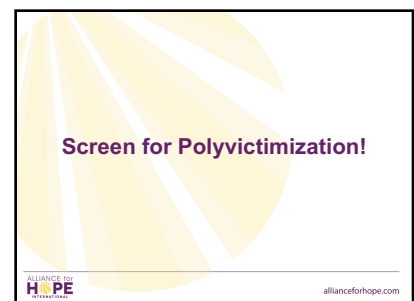
Casey Givinn & Chan Hellman
Hope Rising: How the Science of HOPE Can Change Your Life

HOPE



Support and Model Healthy Coping Skills		
<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Distraction (Taking your mind off the problem for a while)</p> <p>Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<p>Self-Soothing (Comforting yourself through your 5 senses)</p> <ol style="list-style-type: none"> 1. Something to touch 2. Something to hear 3. Something to see 4. Something to taste 5. Something to smell
<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p>Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> 1. Affirmation and Inspiration (ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (ex: funny movies / TVbooks) 	<p>Crisis Plan (Contact info of supports and resources, for when coping skills aren't enough)</p> <p>Examples: Family / Friends, Therapist, Psychiatrist, Hotline, Crisis Team / ER, 911</p>

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Want to Learn More?

- Chat with OVC Sites at F-JC Conference in Fort Worth, Texas in April!
- Assess Your Center/Agency's Level of Trauma Informed/Hope-Centered Practices
- Evaluate Your Screening/Intake Tools
- Go to our Resource Library!
- Dive into Our Research and Follow Our Work on this National Demonstration Initiative!

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Questions?

ALLIANCE FOR HOPE INTERNATIONAL

Thank You!

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