

Acknowledging Voluntary Services

Presenter

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“Transformational Change”

Promising Practices for Domestic Violence Programs

Virginia’s Department of Social Services

September 17th 2013

Presentation Outline

- **Mary's Story:** from Victim, to Survivor, to a Thriving
- **Acknowledging the Need for Empowering Survivors Dealing w/Multiple Issues**
- **Suggested Solutions (A.K.A –more tools to engage)**

The Primary Goal of the Workshop is: To Understand the Challenges and Struggles Those We Serve Face (Day to Day), In a Mandated/Directive System.

Secondary Goal: To Plant Seeds of Inspirational Change

A Story of Survival

Why Story?

- ❑ Support Learning:
Storytelling is the
oldest form of
education
- ❑ Make Connection's
 - ❑ To Plant Seeds of
Social Awareness



Acknowledging

How Often do

we *ASK*

Survivors:

“what can we
do for you?”



ACknowledging

Are we in this to
CHANGE the
Survivor? Or
Support the
Survivor to
make the
Changes they feel
they need/want?



Ac**K**nowledging

KNOWING_(BELIEVING)

that Survivors
have the right
to be the
Experts in
Their Lives!



Ack**N**owledging

Believe in
the Process,
NOT the
Outcome!!!



Ackn**O**wledging

Stay **OPEN** to
Working with
Others Who
Are *Outside* of
Your Scope of
Practice...

Stay C**O**nnected!!!!



"On the Internet, nobody knows you're a dog."

Ackno**W**ledging

WHAT Do
Survivors
Have to
Offer Us?



Acknow**LED**ging

What if the Survivors

Led Us in Their
Journey?

Be a Leader by:

Listening/Advocating/
Reflecting & Supporting
Survivors with Their
*Goals...(Building Relationships
& Planting Seeds)*



AcknowledGing

Giving a Little
More than
Survivors (at
times), Does Not
Mean
Enabling...



WelcomING is EngagING

*“Engag**ing** Survivors”*

- ☐ Welcoming Attitude
- ☐ Conversation / Listening
 - ☐ Empathy
 - ☐ Choices
 - ☐ Support
- ☐ Educational Groups
 - ☐ Planting Seeds

Note: Be Sensitive to Cultural Differences



Reason's for Mandating Survivors

“They” Need Rules

“They” Need Structure

“They” Need to Stop (everything NOW)

“I” Have Seen her/him in and out of our program for years!!!

“They” Don't need to be...(on Facebook all day)!

“Their” in Denial

“Their” Not Safe

And Number -1 Reason “We” Mandate Survivors: OUTCOMES!!!!





→Solutions←

Best Practice's & Philosophies

Tools in Your Tool Box: 1-is not enough and a 1000-better!

Best Practice Models Have...

→Community←

- ❑ *Relationships*—trust that others are working on behalf of the survivor...
- ❑ *Partnerships*—form Networks/Coalitions, sit on BOD of other Organizations...
- ❑ *Familiarity*—be familiar and able to talk about disciplines/issues out of your scope of care...



We Must Be the Change We Want to See in the World...

**Networking / Coalitions / Creating a Future,
with-in the Framework of Change!**

Networking/Coalitions/Creating a Future, with-in the Framework of Change! (Continued) ...

Thrivers Action Group

"Planting the Seeds of Social Awareness One Truth at a Time and Encouraging Communities to Address Domestic Violence."

TAG's vision is to continue to expand their communication to create more powerful voices of truth.

www.thriversactiongroup.org



Best (Emerging) Practices

Insanity is...

Doing
the Same
Thing
Over and
Over and
Expecting
Different
Results!



Trauma Informed Care!!!

Let Survivor Set the Pace

Traditional

- ☐ Problems/Symptoms are Separate
- ☐ Hierarchal
- ☐ Manipulative
- ☐ Expert
- ☐ Goals Defined by the Provider
- ☐ Reactive
- ☐ Broken

Trauma Informed Care

- ☐ Problems/Symptoms Interrelated
- ☐ Share Power
- ☐ Behavior for a Reason
- ☐ Survivor has Answers
- ☐ Focus on Solutions
- ☐ Proactive
- ☐ Wounded—in need of Healing

Strength Based/ Empowerment Model

Deficit Model

- ❑ Focusing on problems usually creates more problems. The longer one stays with a problem-focused assessment, the more likely it is that the problem will dominate the scene.
- ❑ Complicated diagnoses about human problems can mask the more potent areas of strength as well as the small victories the person experiences.
- ❑ A problem orientation begins to look like an exercise to meet the needs of the professionals, rather than the needs of the people they are working with

Saleebey (2001:3)

Strength Approach

- ❑ Each Survivor Has Her Own Strengths
- ❑ Trauma is Harmful—yet Survivors Are Resilient and the Challenge (most likely) will Support Change
- ❑ Support Survivors Hopes, Dreams and Values...
- ❑ Collaboration is the Key to Empowerment
- ❑ The Universe Will Provide
- ❑ Relationship with Survivors is Like being on a Two-Seater-Bike

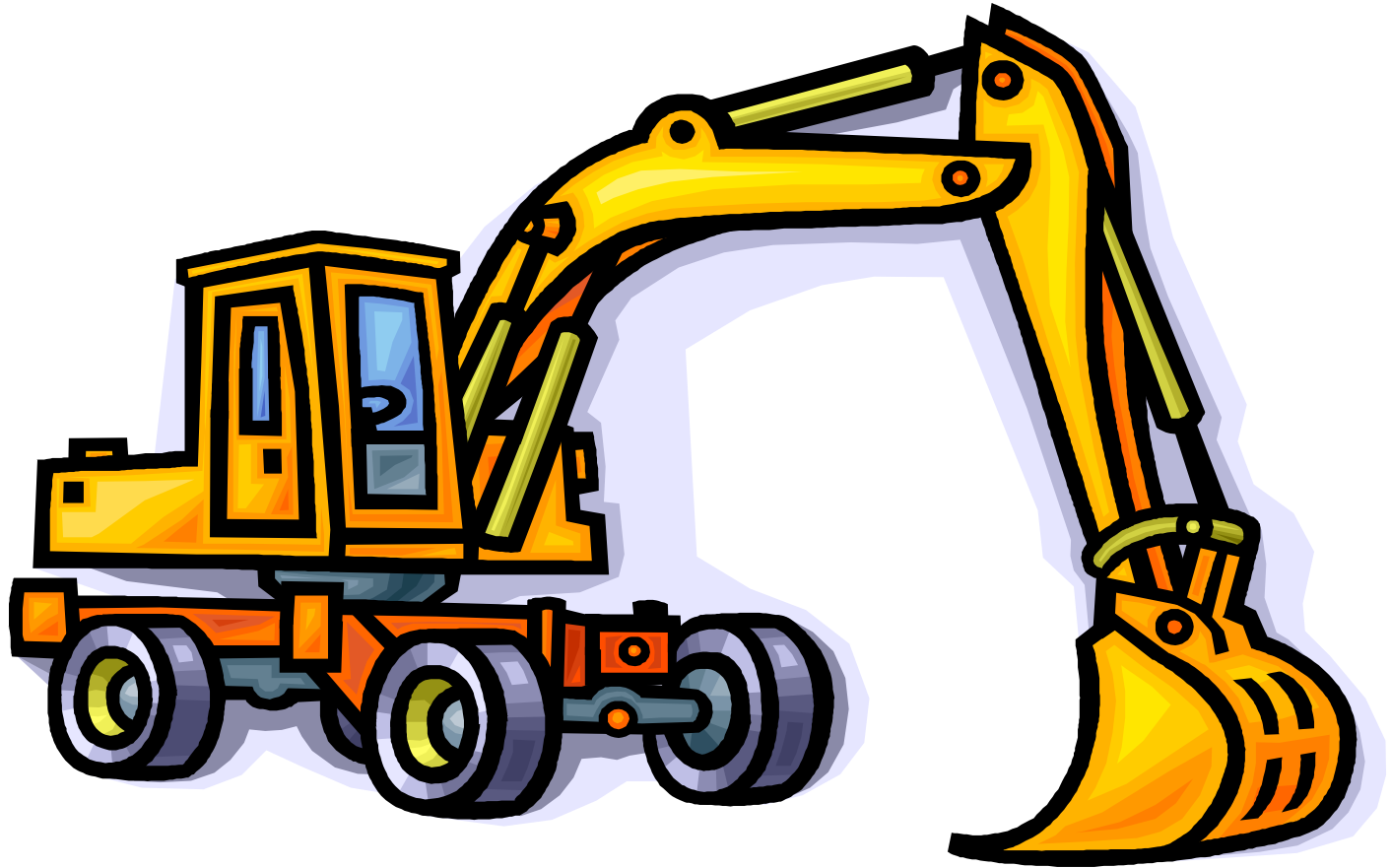
Motivational Interviewing

A Collaborative , Person Centered, Form of Guiding to Elicit and Strengthen Motivation for Change.

(Miller & Rollnick 2009)



The Hole of Shame



How Not To Dig That Hole Deeper

Good Me

- ❑ Things I Believe About the Client that are True
- ❑ Things About Myself I'm Aware Of...



Where (Me) Has Room for Improvement

- ❑ Things I believe about the Client that are not True
- ❑ Things About Myself that I'm Un-Aware Of

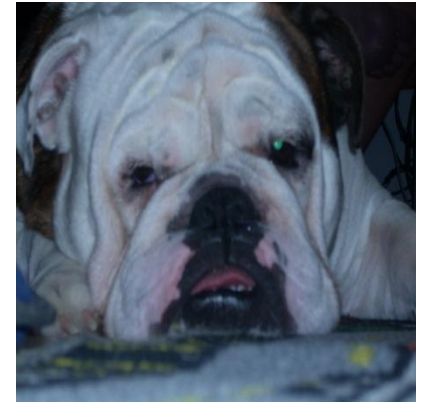


Key Lessons...

- ❑ There is No Magic Answer – While the Process Is Magical
- ❑ I'm Not In Charge of Someone Else's Journey
- ❑ What Worked for Me—May Not Be What Works for Others...
- ❑ There is Always More to the Story...
- ❑ More Rules—More Problems....



Recovery Happens “Over a Life-Time”



Resource Page...

Articles

- ❑ IUC Journal of Social Work and Practice: Journal Issue 214 2006/07 :**Exploring and Describing the Strength/Empowerment Perspective in Social Work**

Favorite Books

- ❑ Many Roads One Journey: Moving Beyond 12 Steps by Charlotte S Kasl
- ❑ 8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing by Babette Rothschild
- ❑ Women Behind Bars by: Silja J.A. Talvi
- ❑ Real Tools: Responding to Multi-Abuse Trauma-A Tool Kit for Help Advocated and Community Partners Better Serve People With Multiple Issues by Patricia Bland and Debi Edmonds (this can be download for free: (<http://www.andvsa.org>)
- ❑ Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky

Self Help Groups

- ❑ Self Help Substance Abuse and Addiction Recovery: SMART Recovery
- ❑ 16-Step for Discovery and Empowerment Groups
- ❑ NA/AA -12-Step Meetings....

Useful Website

- ❑ www.tripleplayconnections.org
- ❑ www.harmreduction.org
- ❑ www.nnedv.org
- ❑ www.ncsdv.org
- ❑ www.center4si.com