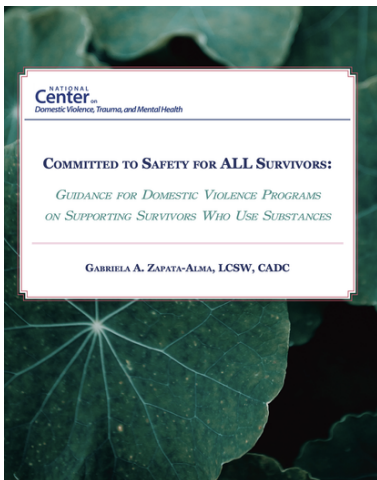


Inspired Boost: Supervised Visitation in the Context of Intimate Partner Abuse and Mental Health and Substance Use

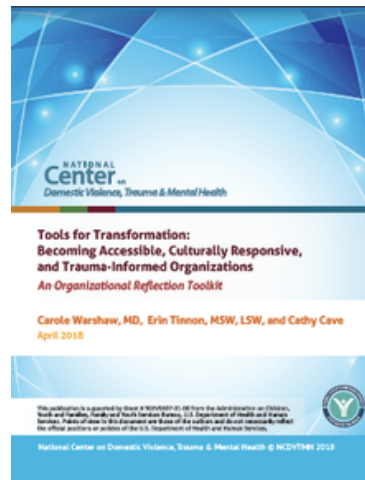
Presented by Gabriela Zapata-Alma, LCSW, CADC

National Center on Domestic Violence, Trauma, and Mental Health
<http://www.nationalcenterdvtraumamh.org/>

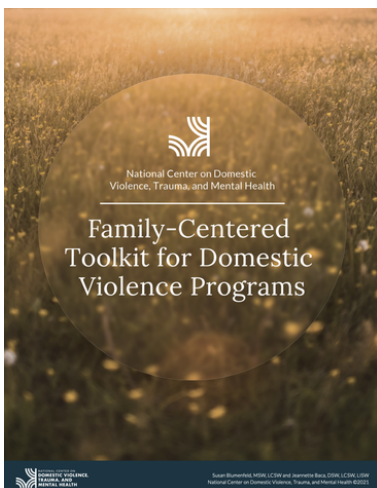
Additional Resources



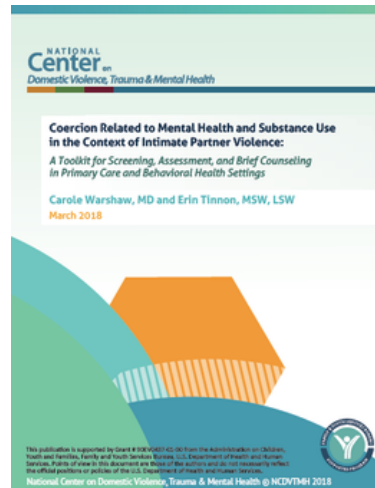
Committed to Safety for ALL Survivors:
Guidance for Domestic Violence Programs on Supporting Survivors Who Use Substances



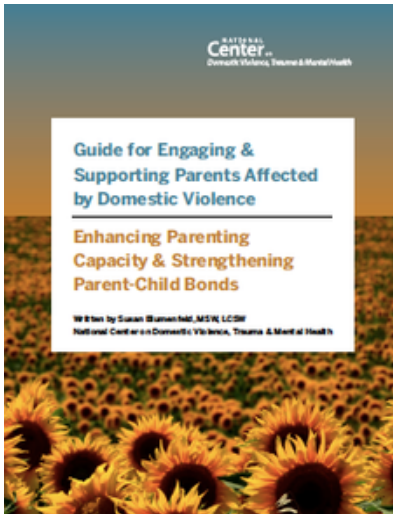
Tools for Transformation:
Becoming Accessible, Culturally Responsive, and Trauma-Informed Organizations – An Organizational Reflection Toolkit



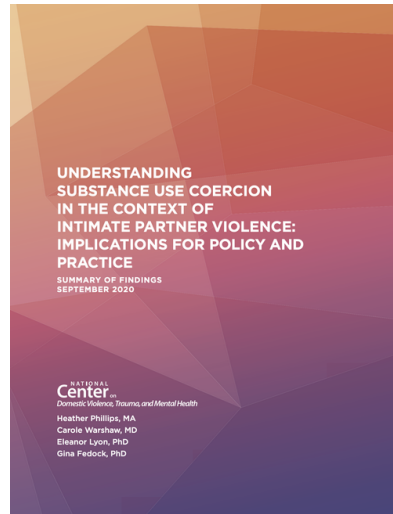
Family-Centered Toolkit for Domestic Violence Programs



Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence: A Toolkit for Screening, Assessment, and Brief Counseling in Primary Care and Behavioral Health Settings



Guide for Engaging and Supporting Parents Affected by Domestic Violence



Understanding Substance Use Coercion in the Context of Intimate Partner Violence: Implications for Policy and Practice

When You Can Talk Privately

"People have shared with us that their (ex-)partner pressured them to use substances, use in ways that they didn't want to, or used their substance use as a way to control them. Using substances is a common way to deal with physical and emotional pain. If you can relate to any of this, know that we're here to help."

Common Forms of Substance Use Coercion

- Introduction to or escalation of substance use
- Forced use or withdrawal
- Self-medication to cope
- Sabotaging treatment access or recovery efforts
- Using stigma to isolate, discredit, or threaten
- Blaming abuse on use

Validate and Affirm

- None of this is your fault
- You deserve to be treated with dignity and respect, no matter what
- I believe you
- You are not alone

"Would it be helpful to talk about some safety strategies and resources?"

Palm Card for Practitioners

Cuando Hable en Privado:

"Las personas han compartido con nosotros que su (ex)pareja les presionó para que consumieran sustancias, que las consumieran de una forma que no querían, o que utilizaran su consumo de sustancias como una forma de control. El consumo de sustancias es una forma habitual de afrontar el dolor físico y emocional. Si usted se identifica con algo que he dicho, sepa que estamos aquí para ayudarle."

Formas Comunes de Coacción por Consumo de Sustancias

- Introducción o intensificación del consumo de sustancias
- Forzar el consumo o la abstinencia
- Automedicación para hacer frente a la situación
- Sabotear el acceso al tratamiento o los esfuerzos de recuperación
- Utilizar el estigma para aislar o amenazar
- Culpar del abuso al consumo

Validar y afirmar

- Nada de esto es su culpa
- Merece ser tratado(a) con dignidad y respeto, pase lo que pase
- Yo le creo
- No está solo(a)

"¿Sería útil hablar de algunas estrategias y recursos de seguridad?"

En Español: Coacción por Consumo de Sustancias

7 Common Practices in Substance Use Disorder Care That Can Hurt Survivors and What You Can Do Instead

Key Statistics:

- 40% of survivors report substance use.
- 25% of survivors report substance use that is not related to trauma.

7 Common Practices in Substance Use Disorder Care That Can Hurt Survivors and What You Can Do Instead

1. **Assessing substance use without considering trauma.**
 - Ask about substance use without asking about trauma.
 - Ask about substance use without asking about trauma.
2. **Assessing substance use without considering trauma.**
 - Ask about substance use without asking about trauma.
 - Ask about substance use without asking about trauma.
3. **Assessing substance use without considering trauma.**
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7 Common Practices in Substance Use Disorder Care That Can Hurt Survivors and What You Can Do Instead

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