



Considerations for Safety Planning with Survivor Parents During Modified SV&SE Services

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Against Women & Children

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A Moment of Reflection

What fears are surfacing for you when it comes to providing remote access to families?





Current Conditions for Survivors

- Many communities around the country are mandated to be “safe at home”.
- Survivors may be weighing “risk” and “safety” very differently than they were before COVID-19.
- Additional fear, stress and trauma as a result of loss of employment, loss of family and friends, social isolation.



Things to Remember

- Modified exchange services or remote supervised visitation services will not be safe or appropriate for all families.
- Some families need an intensive and heightened level of service that cannot be assured when providing modified services.
- It is essential to stay connected with the courts and domestic violence partners.
- Working with people who cause harm is a strategy for supporting survivor and children safety.



Considerations for Safety Planning

- How will we support **SAFETY** for the person who needs protection? What are the unique triggers? What are the safety risks?
- How will we **CONNECT** with each person in the family in a deliberate, intentional, and thoughtful way?



Considerations for Safety Planning (cont'd)

- How will we lead with **CARE** and **COMPASSION**?
- How will we ensure we acknowledge the **HUMANITY** and **UNIQUE** life circumstances of each individual?
- How will we **COUNTERACT** the experiences/tactics of coercion and control?



Be Survivor-led

- Take time to learn from survivor parents and children about what they need to be safe-er during these uncertain times?
- Create space and opportunities to listen, learn, and partner around their safety.
- Tailor each modification in service to be responsive and reflective or individual survivors.



Connection Time

- Create ongoing opportunities for survivor parents to connect with staff.
- Support survivors to explore who their resources are and who they can create time to connect with for ongoing support.





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Practice Session

Conduct a practice session with the technology you will be using so they can consider any unintended risks or ongoing harm may occur during a remote supervised visit or a modified safe exchange.



Things to Explore with a Survivor Parent

If it is important to ensure the location of the survivor parent is confidential, explore ways the parent causing harm could use the remote connection to identify the other parent's location.

- Ex. Background noise, identifiable location markers



Things to Explore with a Survivor Parent (cont'd)

- Risks associated with using technology
- Limited access to technology
 - Limited minutes/data, no computer or tablet, limited or no internet services
- Other people showing up in visit
- Messages being passed in subtle ways
- What children need to feel safe
- What they need before or after visits



Creating a Support Plan

- Offering an opportunity to think and plan ahead about what kind of support a survivor might need can help both survivors and their children during this time.
- Thinking about what survivors might need before, during, and after visits will help them consider their own strategies.
- Pod Mapping



Before each visit establish:

- The logistics of how the remote visit will take place?
- Where will the survivor parent will be during the visit?
- If the survivor parent is the visiting parent, what additional support do they need to feel safe during the remote visit? Explore concerns and how they may want you to intervene or support them during visits.
- What support do they need to prepare their children?



During each visit establish:

- How can the survivor parent care for themselves during the visit?
- Who can be a source of support during visits or modified exchange services?
- Plan for how the survivor parent can connect with staff during a visit if needed.



After each visit establish:

- How the survivor parents wants to check-in?
- What do they need for support?
- What kind of support plan do they need to have in place?
- Consider how they will support their children after the visit?



Self and Team Care

- Create a care plan for yourself.
- Know who you can call/text/video chat when you need support.
- Figure out how your team will stay connected and able to support each other.
- Practice gratitude.
- Be gentle and loving with yourself and those around you.
- Find joy in the little things.



Closing Reflection

Before returning to work, your family and all the other things you are juggling right now, take a moment to jot down 1-2 things that bring you hope?

Write them in a place that you can easily access and look too when you need a loving reminder of your strength, resilience and joy.



We are here to provide you support - please contact us anytime
(Evenings and Weekends Included)

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