Effects of Intimate Partner Violence on Mental Health

Presented By
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“TOGETHER, WE HAVE THE STRENGTH.”

MISSISSIPPI COALITION AGAINST DOMESTIC VIOLENCE
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<table>
<thead>
<tr>
<th>Movement</th>
<th>Time Period</th>
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<tbody>
<tr>
<td>Suffragette Movement</td>
<td>Early 1900’s</td>
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<tr>
<td>Civil Rights Movement</td>
<td>1950’s and 60’s</td>
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<td>Anti-War/Peace Movement</td>
<td>1960’s</td>
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<td>Feminist Movement</td>
<td>Late 1960’s and 1970’s</td>
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<tr>
<td>Sexual Assault Movement</td>
<td>Late 1970’s</td>
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<td>Battered Women’s Movement</td>
<td>Late 1970’s</td>
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</tbody>
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Domestic Violence is a pattern of coercive behavior designed to exert power and control over a person in an intimate relationship through the use of intimidating, threatening, harmful, or harassing behavior including physical, sexual, psychological, financial, religious and emotional abuse.
Domestic violence is learned behavior:
- Learned through: observation, experience, reinforcement
- Where: in the family, in community, schools, churches, peer groups, etc.
- In culture: music, films, television, internet

Domestic Violence is NOT Caused by:
- Mental or physical illness
- Genetics
- Alcohol
- Out of control behavior
- Stress
- Anger
- Victim’s behavior or relationship problems
RISK FACTORS

- Age
- Race
- Sex
- Education
- Occupation
- Socioeconomic status
- Sexual preference
- Religious affiliation
- Immigration status
- Ability level
DOMESTIC VIOLENCE STATISTICS

- Every 9 seconds in the US, a woman is assaulted or beaten.
- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime.
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

http://www.ncadv.org/learn/statistics
On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.

Intimate partner violence accounts for 15% of all violent crime.

Women between the ages of 18-24 are most commonly abused by an intimate partner.

The number of American troops killed in Afghanistan and Iraq between 2001 and 2012 was 6,488. The number of American women who were murdered by current or ex male partners during that time was 11,766. That's nearly doubles the amount of casualties lost during war.

The costs of intimate partner violence exceed $5.8 billion each year, $4.1 billion of which is for direct medical and mental health care services.

http://www.ncadv.org/learn/statistics
#1 FACT:
MOST DOMESTIC VIOLENCE INCIDENTS ARE NEVER REPORTED.
COMMON PHYSICAL EFFECTS OF DOMESTIC VIOLENCE

- Bruises
- Bruises on or around the eyes
- Red or purple marks at the neck
- Sprained or broken wrists
- Chronic fatigue
- Shortness of breath
- Muscle tension
- Involuntary shaking
- Changes in eating and sleeping patterns
- Sexual dysfunction
- Menstrual cycle or fertility issues in women
COMMON MENTAL EFFECTS OF DOMESTIC VIOLENCE

• Post-traumatic stress disorder (PTSD), including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts
• Depression, including prolonged sadness
• Anxiety
• Low self-esteem and questioning sense of self
• Suicidal thoughts or attempts
• Alcohol or drug abuse
COMMON EMOTIONAL AND SPIRITUAL EFFECTS OF DOMESTIC VIOLENCE

- Hopelessness
- Feeling unworthy
- Apprehensive and discourages about the future
- Inability to trust
- Questioning and doubting spiritual faith
- Unmotivated
Perpetrators/Abusers will use whatever combination of tactics they find most successful with their victim. The tactics used are not random - they are carefully planned and each is used at a time when the perpetrator knows it will be most effective.
Society says its “OK” – Society hasn’t held batterers accountable. (societal norm)

It Works – The victim is so terrorized that the victim will say or do anything to survive.

It's a Choice – Batterer chooses to use violence to control family members.
The Cycle of Abuse

- Denial
- The Honeymoon
- Explosion
- Tension-Building
The Cycle of Abuse

1. Excuses
   I explain away the problem.
   My self-esteem drops.

2. Honeymoon
   Things seem great.

3. Routine
   We return to the routine.

4. Tension
   Tension is building.

5. Trigger
   Something sets off the abuser.
   Abuse occurs.

The cycle continues.
WHY DO VICTIMS STAY
Women who leave their batterers are at a 75% greater risk of being killed by their batterer than those who stay.
• Failed marriage
• Social stigma
• Not suppose to happen to me
• Religious reasons
• That abuser will change
• That victim’s actions will make abuser change
• That the violence will stop

HOPE
Religious or cultural beliefs that divorce is wrong.
Religious or cultural beliefs that children should have two parents.
Religious or social belief that women must obey and support men.
LACK OF RESOURCES

- Abuser controls finances
- Unemployment
- Childcare
- No access to bank accounts or credit cards
- Housing
• Dependency upon batterer decreases victim’s ability to leave
• Abuser may forbid victim from employment, education, transportation, even family and friends
• Abuser may keep wife or girlfriend pregnant
• Batterer may threaten to abuse or kill children
• Victim fears loss of custody of children
• Battered women charged with failure to protect
• May not have resources to provide food, clothing, shelter, etc.
• Referral services may be far from home
• Lack of transportation
• Fear batterer will check the mileage on vehicles
• It may take hours for police to respond
• Physical safety may mean leaving behind all that is familiar
Love
Shouldn't
Hurt
- May still love batterer
- Battering isn’t every day
- Batterer can be very loving and caring at other times
TRAUMA: DOMESTIC VIOLENCE AND MENTAL HEALTH
A hallmark of traumatic experience is that it typically overwhelms an individual mentally, emotionally, and physically.

WHAT IS TRAUMA?
A trauma-informed approach is based on the recognition that many behaviors and responses expressed by survivors are directly related to traumatic experiences.
Many of the symptoms that we so quickly want to call mental health symptoms are trauma reactions to an abnormal event happening: being hurt in a multitude of different ways by the person you love.
BRAIN PROCESSES DURING TRAUMA

- Prefrontal cortex
- Medial prefrontal cortex
- Ventromedial prefrontal cortex
- Amygdala
REATIONS TO TRAUMA

• Difficulty trusting
• Depression or sadness
• Fear and/or anxiety
• Desire to withdraw
• Feeling overwhelmed
• Difficulty concentrating
• Difficulty with problem solving
ABOVE ALL ELSE, DO NO HARM!
Understanding Trauma and Its Impact
Promoting Safety
Ensuring Cultural Competence
Supporting Victim Control, Choice and Autonomy
Sharing Power and Governance
Integrating Care
Healing Happens in Relationships
Recovery is Possible

PRINCIPLES OF TRAUMA-INFORMED CARE
The survivor is the best expert of their experience.
The violence against women can occur in both public and private spheres of life and at any time of their life span. Violence against women often keeps women from wholly contributing to social, economic, and political development of their communities.

Apart from that, the causes that trigger VAW or gender-based violence can go beyond just the issue of gender and into the issues of age, class, culture, ethnicity, religion, sexual orientation and specific geographical area of their origins.
Domestic violence is a widespread societal problem with consequences reaching far beyond the family. It is conduct that has devastating effects for individual victims, their children, grandchildren, family members, friends and their communities. In addition to these immediate effects, there is growing evidence that violence within the family becomes a way of life, and is the breeding ground for other social problems, such as substance abuse, juvenile delinquency, and violent crimes of all types. Being able to understand the complexities of domestic violence situations is the first step toward assisting the victims.
THANK YOU

PASSION LED US HERE
“TOGETHER, WE HAVE THE STRENGTH.”

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