

HARM & RISK REDUCTION COUNSELING

AT THE CROSSROADS OF

INTIMATE PARTNER VIOLENCE, SUBSTANCE USE, & SEX

Presenters:

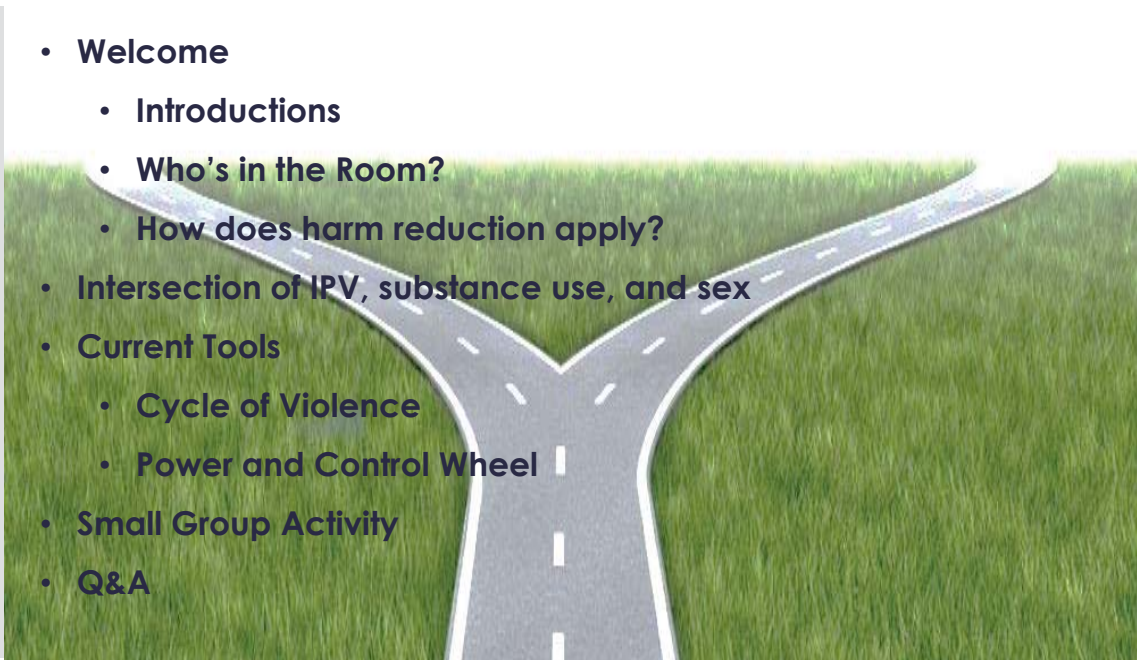
Gabriela
Zapata-Alma
LCSW, CADC

Susie Bernero
LCPC

Stephanie
Seals
LSW

WORKSHOP AGENDA

- **Welcome**
 - **Introductions**
 - **Who's in the Room?**
 - **How does harm reduction apply?**
- **Intersection of IPV, substance use, and sex**
- **Current Tools**
 - **Cycle of Violence**
 - **Power and Control Wheel**
- **Small Group Activity**
- **Q&A**



WELCOME

- Who we are
- Who's here?



WHAT'S HARM REDUCTION GOT TO DO WITH IT?

Roots of Harm Reduction - *from implicit to explicit*



1950's & 60's

- **DV Safety Planning**
- Public Health Campaigns
 - Designated drivers
 - "light" cigarettes
 - Reducing / Eliminating tobacco use during pregnancy
- Methadone Tx

1970's & 80's

- **AIDS Crisis**
- "Junkie Unions" Needle Access/Exchange

WHAT'S HARM REDUCTION GOT TO DO WITH IT?

More Specifically...

Intimate Partner Violence

- Increased risk of violence
 - Fleeing/Attempting to flee
 - Pregnancy
- Trauma-Informed Care
- Honoring / empowering choices
- Expert in their experience

Sex

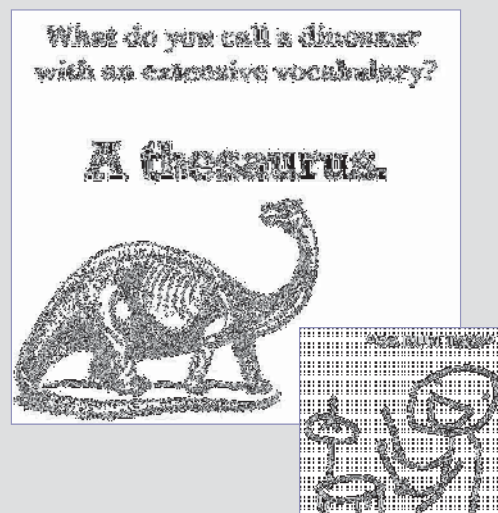
- Safer sex negotiation is compromised
- Risk for sexual coercion
- Pregnancy
- STI's, including HIV



INTERSECTION OF IPV, SUBSTANCE USE, & SEX

LANGUAGE

- IPV vs. DV
 - Focus of this workshop
- Victim, Survivor, ???
 - What language does the client use?
- Perpetrator, Offender?
 - Label vs. PERSON
- Substance Use vs. Substance Abuse
 - Don't make assumptions
 - DSM-5
- Gender Pronouns



INTERSECTION OF IPV, SUBSTANCE USE, & SEX

The **co-occurrence rates** of substance use and IPV in most published studies have ranged between 25 and 50 percent.
VAWnet.org

"Mental health, substance abuse and trauma issues are addressed by **separate service systems** with different treatment philosophies, eligibility criteria, and operating procedures, **that work in isolation and are not well coordinated.**"

The Women, Co-Occurring Disorders and Violence Study
SAMHSA

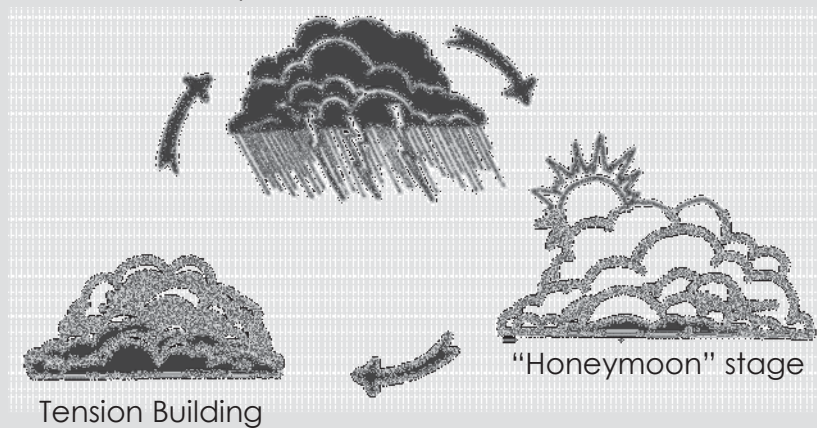
Person with more power  Person with less power

"**Substance abuse (SA) and intimate partner violence (IPV) are closely associated in the public mind.** Many people believe that men's abuse of drugs or alcohol is a primary reason for their battering. Others think that SA may increase the risk for IPV, but is not a direct cause of IPV. Still others believe SA and IPV are separate issues, which only appear to be related due to other factors. In fact, **both SA and IPV have many causes and many effects,** and their **apparent correlation** applies to only a sub-group of batterers and victims (Testa, 2004)."
VAWnet.org

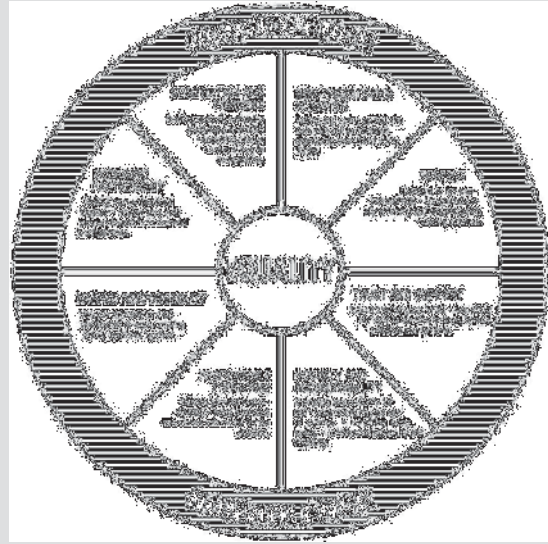
Our current understanding about the relationship between SA and IPV is that they are, for most people, independent of one another, but for a substantial subgroup of men and women, **the status of one problem influences the other problem** (Testa, 2004).

CYCLE OF VIOLENCE

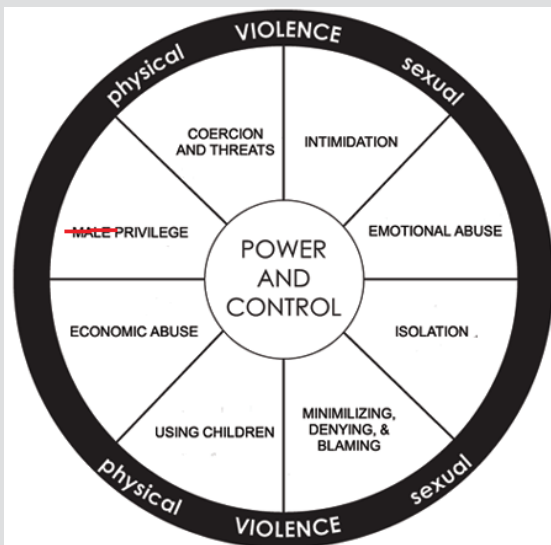
Explosive Incident



POWER AND CONTROL



GROUP ACTIVITY POWER AND CONTROL WHEEL



In the context of:

- Substance use
- Sexual Activity

GROUP ACTIVITY

SAFETY PLANNING

Consider:

- When is the safest time to use with my partner?
- What are the risks/benefits of using with my partner?
- How does my partner act when under the influence?
- What are some warning signs?

Stages of Change:

- Actively using/still in relationship OR
- No change
 - pre-contemplation
 - contemplation
- Preparing to leave OR
- Preparing to make other change
 - preparation
- Leaving OR
- Implementing change
 - action
- No longer in relationship OR
- Boundaries in place
 - maintenance



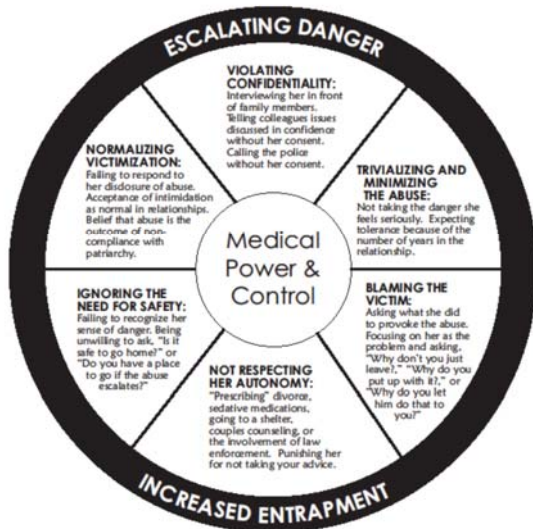
DEBRIEF

- What surprised you?
- Did anything make you uncomfortable?



OUR ROLE AS PROVIDERS

MEDICAL POWER & CONTROL WHEEL



As Service Providers, we inherently possess and exercise power over our participants...

Provider Power & Control can mirror what they experience in their intimate relationship(s)

Harm Reduction & Trauma Informed Care support providers to not to replicate violence

OUR ROLE AS PROVIDERS

- Non-judgmental
- Non-coercive
- Empowering
- Respectful
- Increases Safety through Safety Planning & Harm / Risk Reduction
- Develops options
- Locates resources
- Increases social connectedness
- Upholds professionalism
- Healthy boundaries
- Maintains confidentiality
- Asks permission
- Person-centered
- Reduces power dynamics
- Meets person where they are

ADVOCACY EMPOWERMENT WHEEL



QUESTIONS?



RESOURCES

Intimate Partner Violence

- Article on Harm Reduction as a model for Intimate Partner Violence: <http://opendoorsnh.blogspot.com/2011/10/harm-reduction-in-context-of-domestic.html>
- Principles of Harm Reduction applied to Intimate Partner Violence: <http://eminism.org/readings/harmreduction.html>
- National Center for Domestic Violence www.ncdsv.org/
- National Domestic Violence Hotline: 1-800-799-SAFE www.thehotline.org
- Love is Respect (teen DV resource): 1-866-331-9474
www.loveisrespect.org/ or text "loveis" to 22522
- Center on Halsted: LGBTQ Violence Resource Line at [773.871.CARE \(2273\)](http://773.871.CARE(2273)) Mon–Fri from 9:00 a.m.–5:00 p.m. or email Jessica Punzo, Director of Anti-Violence Program, at jpunzo@centeronhalsted.org

Printed resources will be uploaded to conference website

RESOURCES

Sex

- Info on reducing sexual risk: www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/sexual-risk-factors/
- PrEP – the anti-HIV pill: call/text 773-368-4258, thepreparator@gmail.com @PrEPnavigator (tweet/insta)
- HIV Mobile Testing & Risk Reduction Counseling: call/text 773-628-4821 or call 773-248-5200 x 380; can also book online through www.ChicagoHouse.org
- Linkage to HIV Care: 773.248.5200 x381 or call/text 773.738.3406 or email mminor@chicagohouse.org

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RESOURCES

Substance Use

- Chicago Recovery Alliance: www.anypositivechange.org
- StreetWorks: www.streetworks.ca/pro/publications.html
 - www.streetworks.ca/pdfs/Drug_Book.pdf
- HAMS - Harm Reduction for Alcohol: www.hamsnetwork.org
- CATIE: <http://www.catie.ca/en/prevention/substance-use>
- Tweaker: <http://tweaker.org>

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THANK YOU!



OUR CONTACT INFO

GABRIELA ZAPATA-ALMA
LCSW, CADC
GZapata@chicagohouse.org

SUSIE BERNERO
LCPC
SBernero@chicagohouse.org

STEPHANIE SEALS
LSW
SSeals@chicagohouse.org

