



INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

# Preventing Intimate Partner Violence

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*Growing the Ability to Deliver Quality Healthcare to  
American Indian and Alaska Native People.*

# Objectives

- I. Participants will be able to identify risk factors for partner and family violence.**
- II. Participants will be able to explain why focusing on family and community is significantly more protective than the individual.**
- III. Participants will review evidenced based treatments for healthy relationship skills.**



# Intimate Partner Violence

- IPV (also commonly referred to as domestic violence) includes “physical violence, sexual violence, stalking, and psychological aggression (including coercive tactics) by a current or former intimate partner (i.e., spouse, boyfriend/ girlfriend, dating partner, or ongoing sexual partner).”
- Sexual violence
- Psychological aggression
- Physical aggression
- Family violence is another commonly used term in prevention efforts. While the term domestic violence encompasses the same behaviors and dynamics as IPV, the term family violence is broader and refers to a range of violence that can occur in families, including IPV, child abuse, and elder abuse by caregivers and others. This package is focused on IPV across the lifespan, including partner violence among older adult populations.



# Individual Risk Factors

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- Low self-esteem
  - Low education or income
  - Young age
  - Aggressive or delinquent behavior as a youth
  - Heavy alcohol and drug use
  - Depression and suicide attempts
  - Anger and hostility
  - Lack of nonviolent social problem-solving skills
  - Antisocial personality traits and conduct problems
  - Poor behavioral control and impulsiveness
  - Traits associated with borderline personality disorder
  - History of being physically abusive
  - Having few friends and being isolated from other people
  - Economic stress (e.g., unemployment)
  - Emotional dependence and insecurity
  - Belief in strict gender roles (e.g., male dominance and aggression in relationships)
  - Desire for power and control in relationships
  - Hostility towards women
  - Attitudes accepting or justifying violence and aggression
  - History of physical or emotional abuse in childhood

# Relationship Factors

- Relationship conflicts including jealousy, possessiveness, tension, divorce, or separations
- Dominance and control of the relationship by one partner over the other
- Families experiencing economic stress
- Unhealthy family relationships and interactions
- Association with antisocial and aggressive peers
- Parents with less than a high-school education
- Witnessing violence between parents as a child
- History of experiencing poor parenting as a child
- History of experiencing physical discipline as a child



# Community Factors

- Communities with high rates of poverty and limited educational and economic opportunities
- Communities with high unemployment rates
- Communities with high rates of violence and crime
- Communities where neighbors don't know or look out for each other and there is low community involvement among residents
- Communities with easy access to drugs and alcohol
- Weak community sanctions against IPV (for example, unwillingness of neighbors to intervene in situations where they witness violence)



# Societal Factors

- Traditional gender norms and gender inequality (for example, cultural norms that suggest that women should stay at home, not enter the workforce, and be submissive; men should support the family and make the decisions)
- Cultural norms that support aggression toward others
- Societal income inequality
- Weak health, educational, economic, and social policies or laws





# Research

- The research suggests that DV does not affect us all equally.
- Of note, stereotypical gender stereotypes of battered woman may not be accurate.
- Data from the National Intimate Partner and Sexual Violence Survey (NISVS) indicate that 48% AIAN women and 41% of AIAN men experienced sexual violence. 29% of AIAN women were raped 13% AIAN men were made to penetrate someone else.





# Adolescents

- When we discuss prevention the we have learned that adolescents are an essential part of that story.
- Unfortunately, there is still limited research on interventions for adolescents.
  - This may be an opportunity in our communities
  - As we will discuss later there is a growing body of programs and research



# Risk Factors

- Factors that put individuals at risk for perpetrating IPV include (but are not limited to)
  - Adolescence
  - Low income
  - Low educational attainment
  - Unemployment
  - ACEs



# Gender Stereotypes

- Consider your own gender stereotypes about IPV, how do they impact your diagnoses, assessment, and treatment of IPV



# Gender Stereotypes

- Men and women are motivated to perpetrate PV for the same reasons— primarily in retribution, because of stress or jealousy, to express anger or other feelings, and to get a partner's attention. Power and control and self-defense are not as frequently endorsed, but somewhat more so by female perpetrators (Langhinrichsen- Rohling et al., 2012b).
- As with the meta-analysis by Sugarman and Frankel (1996), Capaldi et al. (2012) found a correlation between pro-violent attitudes and PV, but none for rigid male sex-role ideology.

# Best Standard of Practice

- Safety Plan
  - [www.endthefear.co.uk/wp-content/uploads/2010/06/Your-Domestic-Violence-Safety-Plan.pdf?563068s](http://www.endthefear.co.uk/wp-content/uploads/2010/06/Your-Domestic-Violence-Safety-Plan.pdf?563068s)



# Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices by CDC

Preventing IPV	
Strategy	Approach
<b>Teach safe and healthy relationship skills</b>	<ul style="list-style-type: none"> <li>- Social-emotional learning programs for youth</li> <li>- Healthy relationship programs for couples</li> </ul>
<b>Engage influential adults and peers</b>	<ul style="list-style-type: none"> <li>- Men and boys as allies in prevention</li> <li>- Bystander empowerment and education</li> <li>- Family-based programs</li> </ul>
<b>Disrupt the developmental pathways toward partner violence</b>	<ul style="list-style-type: none"> <li>- Early childhood home visitation</li> <li>- Preschool enrichment with family engagement</li> <li>- Parenting skill and family relationship programs</li> <li>- Treatment for at-risk children, youth and families</li> </ul>
<b>Create protective environments</b>	<ul style="list-style-type: none"> <li>- Improve school climate and safety</li> <li>- Improve organizational policies and workplace climate</li> <li>- Modify the physical and social environments of neighborhoods</li> </ul>
<b>Strengthen economic supports for families</b>	<ul style="list-style-type: none"> <li>- Strengthen household financial security</li> <li>- Strengthen work-family supports</li> </ul>
<b>Support survivors to increase safety and lessen harms</b>	<ul style="list-style-type: none"> <li>- Victim-centered services</li> <li>- Housing programs</li> <li>- First responder and civil legal protections</li> <li>- Patient-centered approaches</li> <li>- Treatment and support for survivors of IPV, including TDV</li> </ul>



# Examples of Prevention

CDC – Morbidity and Mortality Weekly Report examined data of homicides in AIAN communities. They outline several evidenced based prevention programs

- Safe Dates – a school based dating prevention program that would need adaptation to AIAN communities.
- Discovery Dating – a Tribally developed program that need evidence of effectiveness
- Boys Run – aims to build health relationships and promoting traditional values

AIFC – Bimaadiziwin Mikana (The Family Program)



# Interventions

- There is some research from Jones and Gondolf to suggest that couples therapy may be more effective than individual therapy and individual therapy is more effective than group.
- There are other studies to suggest that group therapy effectiveness largely depends on group cohesion.



# Lack of Research in High-Risk Populations

- There is a general lack of research in High-Risk Populations.



# Complications in Interventions

- Groups with mixed genders, men, and women
- Groups with mixed cultures
- Psychoeducational groups vs communication groups vs therapy



# Evidence for Therapeutic groups

- Communication groups seem to be the most effective in preventing IPV for both parties in relationship.
- Focus on family system rather than individual behavior.
- Evidence for the community as well values



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