

October is Domestic Violence Awareness Month

This October, the National Center on Domestic Violence, Trauma & Mental Health celebrates its **10-year anniversary!**

To celebrate, we looked back over the past 10 years and selected a few of our most frequently requested publications. See below for this list of our "best of" resources.

The 10-Year Anniversary Selection

Our Story: Bridging Gaps

Historically, the systems to which domestic violence (DV) survivors turned were frequently unprepared to address the range of issues survivors and their children faced in trying to access safety from violence and recover from its traumatic effects. While it has long been recognized that DV can have significant psychological consequences, the DV field often did not have the resources to respond to the mental health and substance use-related needs of survivors. At the same time, the mental health and substance abuse fields were often not prepared to address DV.

In 2005, the National Center on Domestic Violence, Trauma & Mental Health (NCDVTMH) was launched with a grant from the Family Violence Prevention and Services Program (FVPSA); Administration on Children, Youth and Families; U.S. Department of Health and Human Services.

Since our founding, we have worked to bridge the gaps between the mental health, substance use, and domestic violence fields, so that survivors and their children can access the array of resources that best meet their needs.



2005 - NCDVTMH launched

2015 marks 10 years of bridging gaps between mental health, substance use, and domestic violence fields

What We Believe: A Trauma-Informed & Social Justice Approach

We believe that service systems must be accessible to survivors and their children who are experiencing the traumatic effects of abuse. At the same time, a social justice perspective is at the heart of our work. While we promote a trauma-informed approach, we are also committed to addressing the root causes of trauma and violence through our research, training and public policy initiatives and through our social justice advocacy work.

Our Mission

Our mission is to develop and promote accessible, culturally relevant, and trauma-informed responses to domestic violence and other lifetime trauma so that survivors and their children can access the resources that are essential to their safety and well-being.

What We Do

NCDVTMH is the only national resource center entirely dedicated to working at the intersection of domestic violence, trauma, mental health, substance use, psychiatric disability, and social justice.

Our work is strength-based, resilience-oriented and survivor-defined.

Capacity Building



Capacity Building

We are engaged in extensive capacity-building work DV programs and coalitions across the country. We also provide training and consultation to the mental health, substance abuse, child welfare and legal fields. Our areas of expertise include the following:

- Trauma-informed domestic violence advocacy
- Responding to domestic violence in mental health and substance abuse service settings
- Supporting parent/caregiver-child relationships in the context of domestic violence and other trauma
- Supporting survivors experiencing substance abuse and addiction and/or psychiatric disabilities
- Trauma treatment in the context of domestic violence
- Mind-body approaches to healing from trauma
- Trauma-informed legal advocacy
- Neurobiology and trauma
- Culturally relevant trauma-informed responses, including responses to collective forms of trauma and ongoing structural violence

Policy

We work to influence national mental health and substance use policy to increase the responsiveness of the field to the needs of DV survivors and their children as well as survivors of other lifetime trauma. Our policy agenda includes the following issues:

- **Access to Services:** Survivors and their children deserve access the support and services that they choose to support their healing, including behavioral health services.
- **Quality Care:** To meet the needs of survivors, mental health and substance abuse treatment providers must be trained to provide services that are both trauma informed and domestic violence responsive.
- **Safety & Privacy:** Emerging health information technology must incorporate safety and privacy protections for patients who are experiencing DV.

Research

- **Supporting the Field:** As part of our work to build an evidence base for culturally relevant trauma-informed responses to domestic violence, we have developed trauma-informed outcome measures and program-level assessment tools designed to support the field in documenting their work. We are also engaged in building a compendium of trauma-specific approaches to healing for survivors of DV
- **Documenting Patterns of Abuse: The Coercion Surveys:** We have also worked with the National Domestic Violence Hotline to quantitatively document for the first time the mental health and substance use related tactics used by abusers to control their partners and how these strategies undermine survivors' access to safety, services and support.

The 10-Year Anniversary Selection

We looked back over the resources that we published over the past 10 years and selected those that were most frequently requested by the field.

Access Online Training

NCDVTMH has over **40 webinar recordings** available for free on our website, covering our full range of training topics.

Mental Health and Substance Use Coercion Surveys

"Mental health and substance use coercion" refers to the ways that abusers undermine their partners' sanity or sobriety, control their medication and treatment, or sabotage their recovery and access to resources and support. This report details the findings from the first survey ever done of these tactics.

Resources for the DV Advocacy Field

- Trauma-Informed Domestic Violence Services: A VAWnet.org Special Collection
- Access to Advocacy: Serving Women with Psychiatric Disabilities in Domestic Violence Settings
- Creating Trauma-Informed Domestic Violence Services Tipsheet
 - *A Trauma-Informed Approach to Domestic Violence Advocacy*
 - *Tips for Supporting Children and Youth Exposed to Domestic Violence*
 - *Tips for Discussing a Mental Health Referral with DV Survivors*
 - *And much more...*
- Substance Use/Abuse in the Context of Domestic Violence, Sexual Assault, and Trauma
- The Trauma-Informed Legal Advocacy (TILA) Project
- Multi-Site Initiative Report: Building Capacity to Support Survivors Who Experience Trauma-Related Mental Health and Substance Abuse Needs
- Supporting Children, Parents and Caregivers Affected by Domestic Violence (webpage)

Resources for Mental Health & Substance Use Treatment Providers

- Mental Health Consequences of Intimate Partner Violence
- Mental Health Treatment for Survivors of Intimate Partner Violence
- A Systematic Review of Trauma-Focused Interventions for Domestic Violence Survivors
- Current Evidence: Intimate Partner Violence, Trauma-Related Mental Health Conditions & Chronic Illness
- Suggested Readings: Research on Mind-Body Approaches to Wellness and Healing

Looking Forward: We've got so much more planned!

To receive notifications when we publish new resources or announce upcoming webinars, sign up for our Email List here: <http://www.nationalcenterdvtraumamh.org/newsletter-sign-up/>