



# Her Path: Rise & Thrive

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A HOLISTIC APPROACH TO  
WOMEN'S HEALTH, SAFETY, AND  
SUCCESS

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# Objectives

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Explore	Explore strategies for supporting women facing domestic violence, and health issues.
Equip	Equip participants with trauma-informed care skills.
Develop	Develop tools for balancing parenting with personal/professional life through conversation.
Address	Address career barriers and strategies for professional growth.



**EMPOWERING**  
WOMEN  
**TOGETHER**



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# Understanding the Challenges

## Domestic Violence: Statistics and impact on women's lives

§ 1 in 4 women are victims of domestic or family violence

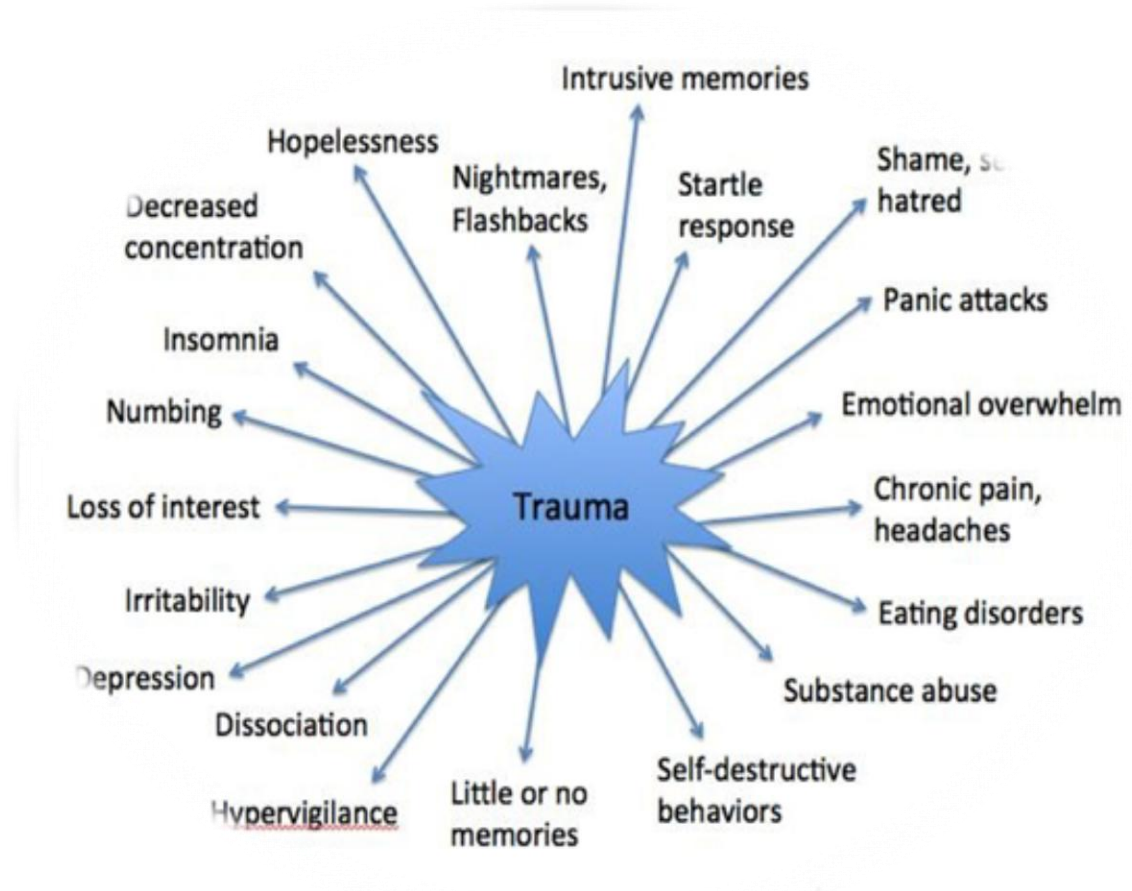
- Domestic violence affects approximately 325,000 pregnant women each year
  - The average reported prevalence during pregnancy is approximately 30% emotional abuse, 15% physical abuse, and 8% sexual abuse.
- Domestic violence occurs in gay, lesbian, bisexual, and transgender couples, and the rates are thought to be similar to a heterosexual woman, approximately 25%.
  - Transgender individuals have a higher risk of domestic violence. Transgender victims are approximately two times more likely to experience physical violence.

§ For every mother in a domestic or family violence situation the children are impacted in the same ways

- Ø Physical
- Ø Sexual
- Ø Emotional
- Ø Psychological

# Understanding the Impact

- Physical and psychological trauma
  - Mental Health (depression, anxiety, PTSD)
- Health Issues
  - Chronic illness, chronic pain
  - Adverse Childhood Experiences (ACES)
- Substance Use Disorder
- Low Self-Esteem
- Ineffective parenting



# Safety & Resiliency Plan

## Domestic Violence Safety Plan

### Overview:

A Domestic Violence Safety Plan is a personalized strategy designed to enhance the safety of individuals experiencing domestic violence. It's a practical guideline that helps to anticipate potential risks, plan responses, and gather resources to mitigate harm.

### 1. Recognize the Warning Signs

Identify the triggers or events that typically precede violent episodes. Make note of your partner's behaviors or attitudes that often lead to violence.

### 2. Emergency Contacts

Keep a list of critical phone numbers, including:

- Local police
- Local domestic violence hotline
- Trusted friends and family members
- Local shelter

### 3. Escape Plan

Outline a plan to leave your home safely if a situation becomes dangerous. Consider escape routes from each room in your home and designate a safe place to meet with your children if you get separated.

### 4. Safe Places

Identify safe places you can go to in an emergency. This could be a friend's house, a family member's house, a hotel, or a local shelter.

### 5. Important Documents and Items

Prepare an emergency bag with essentials and keep it in a safe, accessible location. Include the following:

# The Six Core Principles of Trauma Informed Care



Understanding the impact of trauma on behavior and mental health.

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1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical & Gender Issues

**Application:** Creating a supportive environment for survivors

Barnes & Andrews, (2019)



# Career Development Strategies

## **Overcoming Barriers:** Identifying challenges

- ü Minimal or no job skills identified
- ü Haven't worked for an extended period of time
- ü Occupational disparities across gender, racial and ethnic groups

## **Skill Building:** Continuous learning and development

- ü Practice by using all skills used develop resume & practice, practice, practice
  - § Parenting
  - § Sex work
  - § House keeper
  - § Care taking

## **Networking:** Building relationships

## **Advocacy:** Encouraging and empowering



# Parenting Support Strategies

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**Balancing Act:** Managing parenting responsibilities.

**Support Systems:** Importance of community resources, child care.

**Self-Care:** Prioritizing health and well-being.

**Work-Life Integration:** Tips for blending personal and professional life.



# Parenting Support Practice

## In pairs

- ✓ The participant speaks to an identified parenting challenge & seeks advice on on that challenges.
- ✓ The clinical staff uses supportive techniques to offer assistance.
  - ✓ Using existing clinical tools & resources

# Holistic Health Practices

Importance of holistic health for women

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## **Wellness is:**

A holistic, strength-based approach which builds on individual assets and strengths

It is individually defined based on goals, beliefs, values, culture, personality, and life experiences

## **Wellness/Self-Care Toolkit**

1. Identify your wellness/self-care needs
2. Make your toolkit adjustable
3. Consider what barriers tend to get in the way of your ability to complete your needs

# Wellness/Self-Care Planning

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## In Pairs

Create a personal wellness/Self-Care plan, incorporating at least one strategy from each key area.

Share plans with a partner for feedback.



# Building Resilience

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**Resilience:** Rising above life's obstacles

## **Strategies:**

- Mindset shifts
- Coping strategies
- Goal-setting



# Thank You

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# Resources





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# Toolkit Resources

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Creating your own adjustable self-care toolkit. Foundry. (2024, July 9). <https://foundrybc.ca/stories/self-care-toolkit/>

Mind-matters. (n.d.-a). <https://mind-matters.com.au/wp-content/uploads/2022/02/Resilience-Toolkit.pdf>

Domestic Violence Safety Plan

<https://www.carepatron.com/files/domestic-violence-safety-plan.pdf>

National Domestic Violence Hotline: 1-800-779-7233