





Welcome to the webinar

You may have noticed the webinar room looks a little different: we've had an upgrade.

To access all your usual interactivity and resources, hover over the colourful icons to the top right of your screen:

-  open the chat box
-  ask the panel a question
-  access resources including the case study, panel biographies and supporting resources
-  open the survey

Webinar 9

Engaging mothers and children affected by family and domestic violence

7:15 pm to 8:30 pm AEST
Wednesday 7th August 2019

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



Emerging Minds and MHPN wishes to acknowledge the Traditional Custodians of the lands across Australia upon which our webinar presenters and participants are located.

We wish to pay respect to the Elders past, present and future for the memories, the traditions, the culture and hopes of Indigenous Australia.

Welcome to series two

This is the first webinar in the second series on child and infant mental health, presented by Emerging Minds and the Mental Health Professionals' Network.

Upcoming webinars in this series are:

- **Working to support children and families living with Fetal Alcohol Spectrum Disorder**
- **Working to support the mental health of children with an intellectual disability**
- **Supporting children after natural and man-made disasters**
- **Aboriginal children and the effects of intergenerational trauma**
- **Engaging children and parents affected by child and sexual abuse**

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Same functionality: different spot

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Learning outcomes

At the webinar's completion, participants will be able to:

- describe the impacts of family and domestic violence on mothers and their children
- identify ways of engaging mothers that limit shame and stigma
- describe the micro-skills of child-focussed practice when working with mothers and children affected by family and domestic violence.

Tonight's panel



Professor Sarah Wendt
Professor of Social Work,
Flinders University, SA



Dr Aerinn Morgan
Counsellor,
Uniting Communities, SA

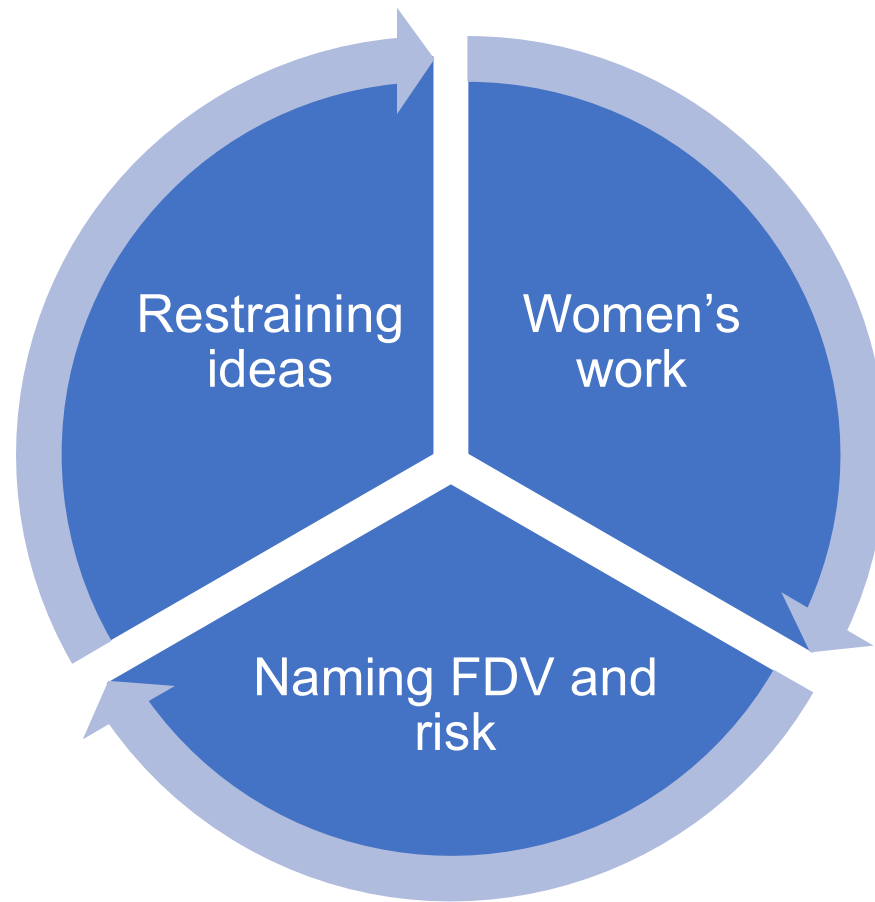


Ms Megan Hughes
Executive Manager –
Strategic Projects,
Women's Safety Services, SA



Facilitator: Dan Moss
Workforce Development Manager,
Emerging Minds, SA

Three Messages



Sarah Wendt
Professor of Social Work

Family Domestic Violence (FDV) and risk



Prof Sarah Wendt

SIGNS



Physical/sexual abuse
Emotional/psychological abuse
Financial abuse
Social abuse

RISK FACTORS



History FDV
Intimate partner SV
Escalation
Coercive control

Restraining ideas



Prof Sarah Wendt

What has stopped him from taking responsibility for his abuse?

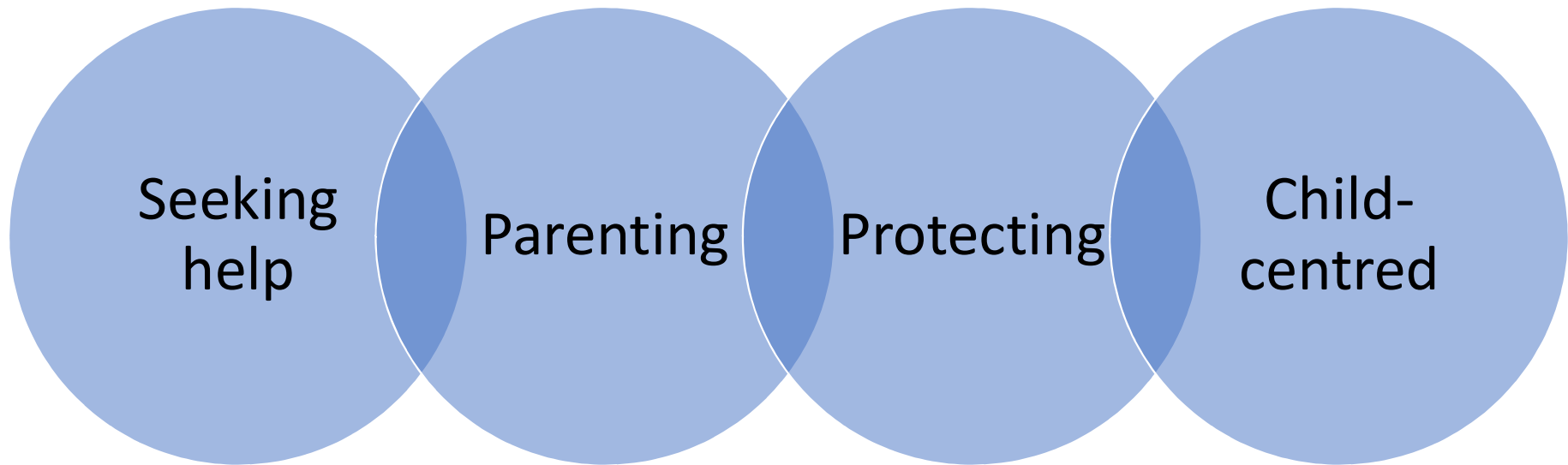
What has stopped him from taking responsibility to develop sensitive and respectful relationships?

What is the cause of his abuse?

Women's work



Prof Sarah Wendt



Safety

- How safe are the children?
- What supports do Deanne and the children need?
- What are Deanne's main concerns?
- Is Peter at risk of physically harming his children, Deanne or himself?



Dr Aerinn Morgan
Counsellor

Risks and protective factors

Risks:

- Escalation of Peter's use of violent behavior
- Peter's alcohol consumption
- Peter's fluctuating moods
- Financial problems

Protective factors:

- Peter feels remorse about his behaviour
- Peter will attend counselling
- Children's relationship with their mum



Dr Aerinn Morgan

Every counselling conversation is child focused

Whether children are directly involved in counselling or not:

- Children's voices need to be heard.
- Children's safety is prioritised.
 - *What are they experiencing?*
 - *How are they being affected?*
 - *How have they been coping?*

Separating out the behaviour from the person.



Dr Aerinn Morgan

Counselling for Deanne



Dr Aerinn Morgan

- Peter and Deanne are not seen in counselling together.
- Peter is 100% responsible for his use of violence.
- What skills and strengths has Deanne been using to keep the children safe and the family together?
- Are Deanne and the children feeling safer around him or not?

What changes has she noticed in Peter's behaviour?

- Is he taking steps to address his use of alcohol and to manage his moods better?
- Is he taking steps to repair his relationship with his children?

Engaging Peter in counselling

- Invitational approach
- Uncovering his values
- Developing an ethical stance
- Working with shame
- Finding out what is important to Peter
- Assisting Peter to step into responsibility for his actions
- Use of alcohol and fluctuating moods no excuse for the use of violent behavior.



Dr Aerinn Morgan

Organisationally fit and prepared

- 1 in 4 women who walk through the generalist service door have experienced physical or sexual violence by a man known to them*
- 1 in 4 women have experienced emotional abuse by their partner*
- Women are ashamed and frightened to tell services what is happening in their homes and often they do not identify it as domestic and family violence.
- We need to make sure we have the organisational competence to make a good first impression to these families, so that they trust us to be able to assist them.
- Violence and trauma-informed practice.



Ms Megan Hughes
Executive Manager –
Strategic Projects

*Citation: ANROWS – Violence against women: Accurate use of key statistics

Domestic and family violence lens - Signs



Ms Megan Hughes

Each person's experience of DFV is influenced by systems of oppression, discrimination, privilege and advantage. *Who am I meeting today, and what is their story?*

Look for the signs:

- few supports
- expresses guilt and shame
- she takes full responsibility for the family situation
- presents as stressed and struggling to manage daily life
- coercive control e.g., psychological abuse, social isolation, financial abuse.

Knowing your networks - Services



Ms Megan Hughes

- The work that we do is part of a system of support – one organisation is not going to support a family through this journey. It is going to take all of us.
- Know the support agencies in your regions and what supports they provide. This allows for warm referral, assists future engagement, and supports new relationships between client and new organisations.
- Understand the role that you play in the service system so that you can do your job well and know where to go for the next level of support.
- Human-centred referral protocols.

Collaboration builds capacity and development of shared language across the sector.



Engaging in conversation - Support

- Building the relationship.
- Creating the space.
- There is a right time and place for people to reveal their situation and to trust the response.
- Respect their knowledge and experience about their own situation.
- Women and children are not responsible for the violence they experience in their homes.
- Connect, listen, believe, validate.
- Ask about the children – what is happening for them?
- What can I do now that supports this family to seek further support?



Ms Megan Hughes

Risk and Safety - Safety



Ms Megan Hughes

- Domestic and Family Violence has a critical impact on women's and children's lives – a woman is killed every week and a child every fortnight because of DFV
- If you are feeling concerned about a person's safety – name it and ask what assistance you or your organisation can do to keep them safe
- Is there anyone else in the building that could be involved in this discussion if I am feeling out of my depth?

Q&A session



Professor Sarah Wendt
Professor of Social Work,
Flinders University, SA



Dr Aerinn Morgan
Counsellor,
Uniting Communities, SA




Ms Megan Hughes
Executive Manager –
Strategic Projects,
Women's Safety Services, SA



Facilitator: Dan Moss
Workforce Development Manager,
Emerging Minds, SA

Resources and further reading

Other supporting resources associated with this webinar can be found by clicking on the light blue supporting resources icon. 

For more information about Emerging Minds, visit

www.emergingminds.com.au

Thank you for participating



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click the yellow speech bubble icon in the top right hand corner of your screen to open the survey.

- Certificates of Attendance for this webinar will be issued within four - six weeks.
- Each participant will be sent a link to the recording of this webinar and associated online resources within four – six weeks.

This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project. The NWCCMH is led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP).

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Thank You

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