

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT

NEWSLETTER



OCTOBER IS

domestic violence awareness month

Nearly **1 in 5** women and **1 in 7** men report having experienced severe physical violence from an intimate partner in their lifetime.

About **1 in 5** women and **1 in 12** men have experienced contact sexual violence by an intimate partner.

10% of women and **2% of men** report having been stalked by an intimate partner.

image: <https://www.cdc.gov>

October is domestic violence awareness month and we are acutely aware of the intersection between intimate partner violence and substance misuse. We want to use the October newsletter as an opportunity to elevate these conversations and share resources. Please join the **Learning Collaborative on Thursday, October 17 at 1:00** via [zoom](#) to discuss Intimate Partner Violence with representatives from [Journey to Safety \(JTS\)](#). The call will provide an opportunity to reflect on the many ways that intimate partner violence might present itself and will also allow for discussion about how we can talk with and support our clients in regard to this issue.

JTS is the Jewish Family & Children's Service (JF&CS) response to domestic abuse, specializing in providing culturally competent and religiously sensitive services for Jewish and Russian-speaking survivors while offering free and confidential assistance to all, regardless of their religion, culture, or country of origin. Please view a video from JTS, [Love Should be Safe](#).

INTIMATE PARTNER VIOLENCE RESOURCES

Massachusetts Resources:

SafeLink

1.877.785.2020

MA Statewide Toll-Free Domestic Violence Hotline

[Safelink](#) is the statewide hotline for Massachusetts, providing 24/7 help and support, and is a centralized way to check and see if shelter beds are available.

[Jane Doe Inc.](#), alternatively known as The Massachusetts Coalition Against Sexual Assault and Domestic Violence, educates individuals on [domestic violence-related topics](#) and has a [searchable directory](#) to find programs in the area.

The [Massachusetts Department of Transitional Assistance domestic violence services](#) helps Massachusetts residents get services they need.

National Resources:

The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

[The National Domestic Violence Hotline \(NDVH\)](#) is a service for domestic violence victims to receive support 24 hours a day, seven days a week.

The [National Coalition Against Domestic Violence \(NCADV\)](#) gives victims tips on how to access local aid programs for both short- and long-term plans.

[Rape, Abuse and Incest National Network \(RAINN\)](#) provides [telephone and secure online support](#) to victims of sexual assault.



Caring for Generations
JF&CS
Jewish Family & Children's Service

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For more information: [Maureen Whitman, LCSW, CLC, MWhitman@JFCSBoston.org](#)

INTIMATE PARTNER VIOLENCE & SUBSTANCE USE

Webinar: [Intimate Partner Violence in Treatment for Substance Use Disorders](#) from the [Institute of Health and Recovery](#), "is intended to assist substance use disorder treatment providers in working with those who are currently or have in the past experienced violence in intimate relationships." (1.5 hrs)



Webinar: [Complex Connections: Intimate Partner Violence and Women's Substance Abuse and Recovery](#) from [SAMHSA's Relationships Matter!](#) webinar series. "Topics will include: coercion and women's alcohol and drug use and abuse, screening and engagement regarding personal safety, IPV, and substance abuse, effective strategies and evidence-based practices for supporting women experiencing both IPV and substance abuse" (1.5 hrs)

Guide: [Substance Abuse Treatment and Domestic Violence](#), from [SAMHSA](#), a *Quick Guide for Clinicians*, "this guide serves as a reference for substance use treatment practitioners. It offers 'how to' information divided into sections."

INTIMATE PARTNER VIOLENCE & PREGNANCY



The [National Domestic Violence Hotline](#) has information on pregnancy and abuse, including [Tips for Staying Safe During Prenatal and Early Pregnancy and Safety During Postpartum](#)

SPECIALIZED MASSACHUSETTS PROGRAMS

[Asian Task Force Against Domestic Violence](#), 617-338-2355, multi-lingual hotline

[Journey to Safety, Jewish Family & Children's Service](#), 781-647-5327, specialize in working with Jewish survivors and Russian-speaking survivors

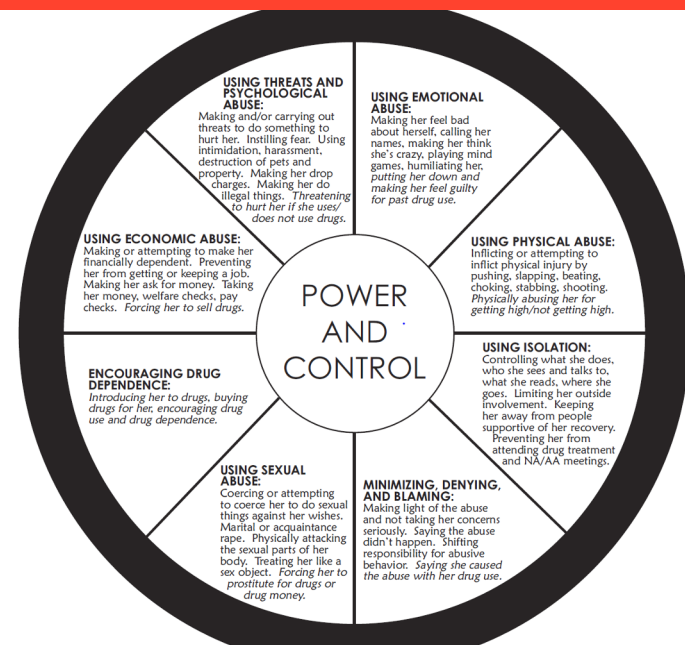
[Massachusetts Alliance of Portuguese Speakers](#), list of multiple offices with phone numbers is [here](#)

[The Network/La Red](#), 617-742-4911, specializes in working with the lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities

[Our Deaf Survivors Center, Inc.](#), 978-451-7225

[Saheli, Support and Friendship for South Asian Women and Families](#), 866-4SAHELI - (866-472-4354)

POWER AND CONTROL MODEL FOR WOMEN AFFECTED BY SUBSTANCE USE



From the [National Center on Domestic and Sexual Violence](#), the Power & Control diagram is a "particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship."

[This Power and Control Wheel Model focuses on issues around women affected by substance use.](#)

[loveisrespect.org](#) has an [interactive power and control wheel](#). Users can click on a spoke of the wheel to learn more about one of the forms of abuse, including examples and red flags.

SQUARE ONE : SUPPORTING ALL FAMILIES EQUALLY (SAFE) DOMESTIC VIOLENCE SUPPORT GROUP FOR WOMEN

Supporting All Families Equally

S.A.F.E. Domestic Violence Support Group for Women



This group is offered for FREE to women needing support due to domestic violence.

Please join us in this secure group to gain support from peers with shared experiences.

SQUARE ONE FAMILY CENTER
1095 MAIN STREET, SPRINGFIELD

We respect the privacy of the women attending this group.
If interested, please contact us for the date and time.



Support Group for Women

FREE Childcare on Site

Assistance with Transportation

Build A Social Connection with other women

KNOW THAT YOU ARE NOT ALONE!

CONTACT:

Shalonda Mabry
(413) 858-3113

Jocelyn

(413) 536-1629

www.startatsquareone.org

In partnership with [Womanshelter/Companeras](#), Square One co-facilitates a group for women who are affected by domestic violence. The Supporting All Families Equally (SAFE) group is open to all Square One clients as well as the greater community. The group uses a repeating six to eight-week set of topics focused on supporting participants with safety planning, housing, law enforcement, and education. A local restaurant donates pizza and salad and childcare is provided. Shalonda Mabry, FIRST Steps Together clinician, shared that the group is an essential source of social support, mutual aid and relationship building for families. Referrals go both ways in that FIRST Steps Together clients who might benefit from this group are encouraged to attend, and in some cases, SAFE attendees have enrolled in FIRST Steps Together after learning more about the program. **"This group is a good social connection so participants don't feel alone. They eat lunch together and go out after with their children. You can see them building those relationships and know that they are not alone."**

UPCOMING TRAININGS AND EVENTS

FIRST Steps Together Trainings:

In Person Training in Worcester

[Blackstone Heritage Corridor Visitor's Center](#)

11/13, Family Resource Support Specialist Day

1/9, All FIRST Steps Together Training

Upcoming Learning Community Calls, 3rd Thursday, 1 - 2 via zoom

10/17, Intimate Partner Violence

11/21, Supporting Parent/Child Visitation

12/19, Perinatal Emotional Complications

1/16, The State of the Project

New Optional Webinars,

1st Tuesday, 1-2:30, via zoom

11/5, Loss and Grief

12/3, Understanding Eligibility & Accessing Benefits

1/7, Removal/Kinship Placement

10/22, [Hepatitis C and the Opioid Crisis: A Berkshire County-Focused Public Health Seminar](#), Pittsfield, [Berkshire Opioid Addiction Prevention Collaborative](#)

10/24-25, [Nurturing Families through Recovery](#), Worcester, [Institute for Health and Recovery](#)

10/24, [Worcester and Central MA Opioid Overdose Prevention Summit](#), Worcester, [Health Resources in Action](#)

11/4, [27th Annual A View from All Sides Conference](#), Framingham, [Children's Trust](#)

11/21, [Improving the Care of Mothers, Infants and Families Impacted by Perinatal Opioid Use: A Massachusetts Statewide Initiative](#), Norwood, [Perinatal-Neonatal Quality Improvement Network of Massachusetts \(PNQIN\)](#)

The [Bureau of Substance Addiction Services](#) and [AdCare](#) have multiple trainings this fall that may be of interest. Please find their calendar [here](#), including [Caught in the Matrix: The Interrelationship between Sexual/Domestic Violence and Substance Use Disorders](#), 11/1 in Boston, 11/4 Northampton, 11/13 Framingham



SUCCESS SPOTLIGHT: SQUARE ONE STORE

[Square One](#) in Springfield is having success with an evidence-based approach of contingency management principles at their site. All clients already engaged in the program can participate in earning "Square Bucks" that can be exchanged for needed items that would support their well-being and recovery.

Clients have the opportunity to earn points based on a predetermined list of positive behaviors related to recovery and parenting success. Examples include: participating in a recovery and parenting group, planning activities for a noncustodial parent-child visit, completing a goal on their family service plan, attending a 12-step meeting, keeping appointments, etc.

Points are converted to "Square Bucks" and then exchanged for items already purchased by the site that support clients' concrete needs and therefore their recovery. These items include diapers, children's books, household goods, safety items, menstrual supplies, personal hygiene items, etc.

The exchange process is done with the assistance of their Family Recovery Support Specialist who uses the opportunity to build clients' skills around identifying resource stressors that contribute to substance use, budgeting, allocation of resources, how to balance child's and parent's needs, etc. **For many participants, this strengths-based activity contributes to the four major dimensions that support recovery: health, home, purpose, and community.**

Ann Vera, Supervisor, shared that the store originated as a way to support parents to be able to acquire wipes, diapers and other personal items which are still the items in highest demand.

Recently a pregnant client was able to utilize this program to collect the remaining necessary items needed to bring her newborn home from the hospital, including a car seat.

For more information, feel free to contact Ann Vera, Recovery Support Programs Coordinator, avera@sdn.org

