



## **Healing-centered and Youth Driven Care for Adolescents Exposed to Violence**

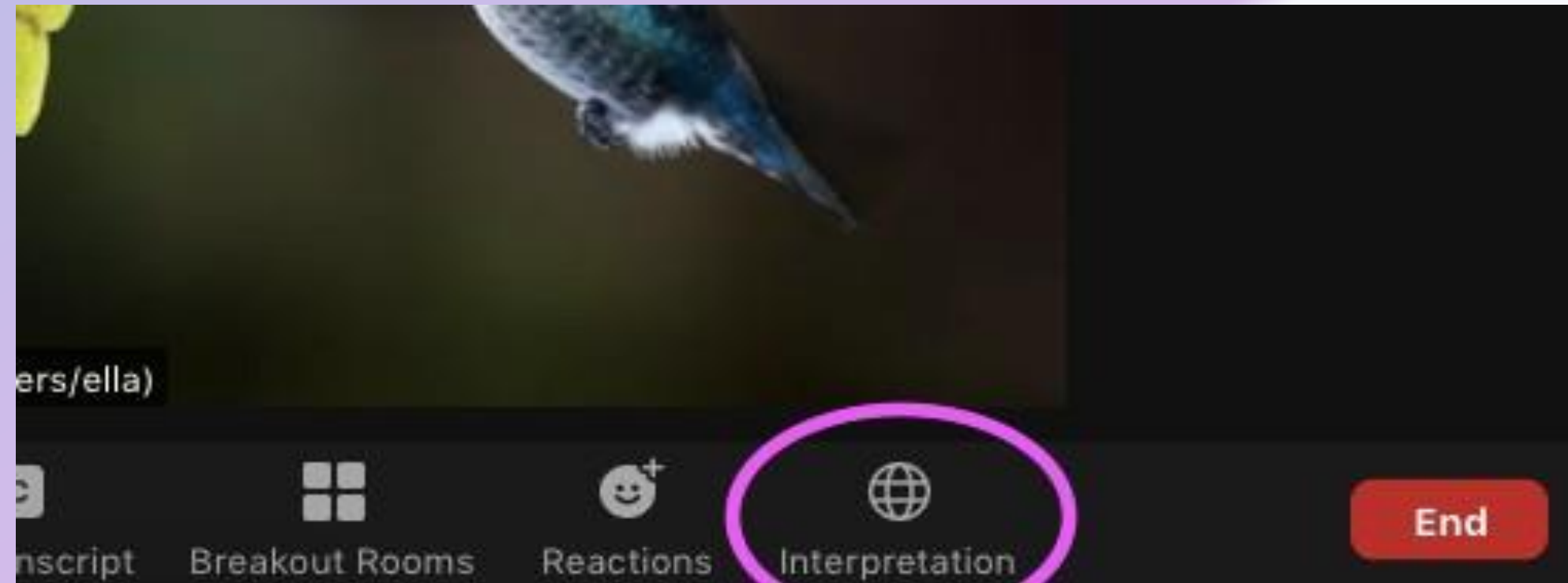
*This webinar will be presented in English with Spanish and ASL interpretation. / Este seminario web se presentará en inglés con interpretación en español.*

*June 7, 2023*

# How To Access Language Interpretation on Zoom

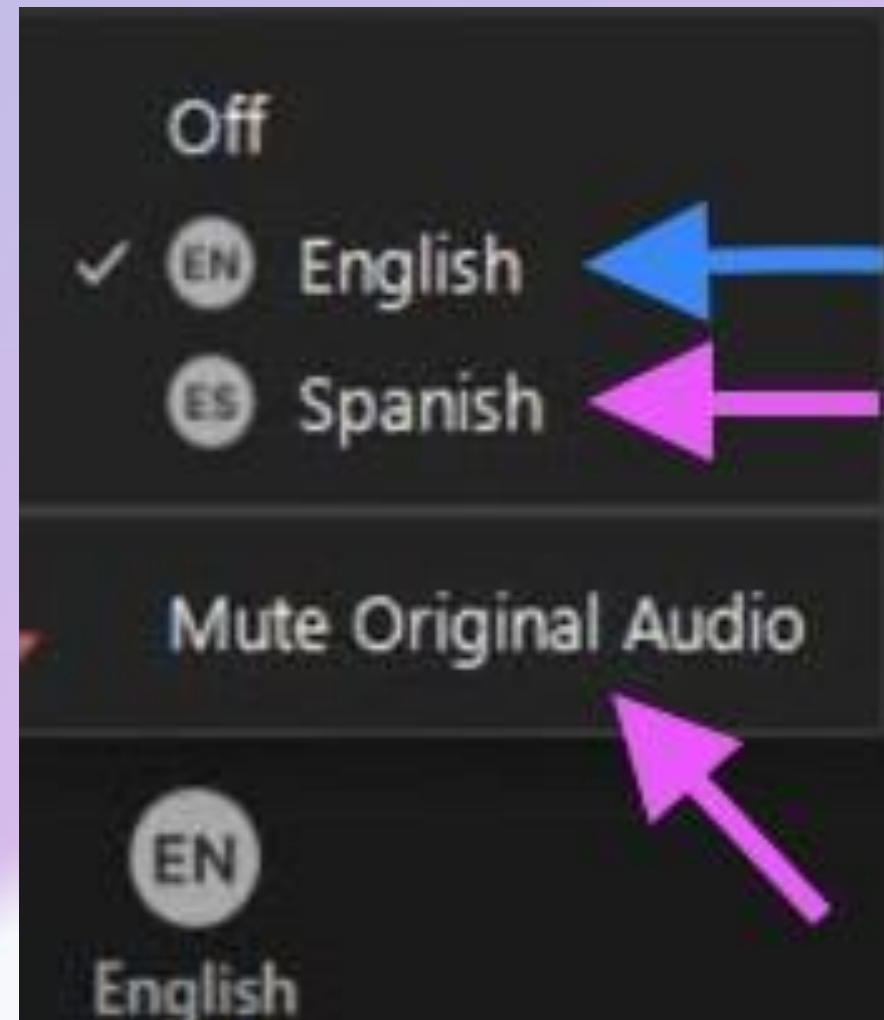
Cómo Activar la  
Interpretación  
de Idiomas en Zoom

On your computer, find  
the Interpretation Globe  
Icon at the bottom of  
your screen



En su computadora, busque el globo  
terráqueo que dice Interpretación en la  
parte inferior de su pantalla.

Choose English as your language. Make sure to NOT mute original audio so that you can hear the main room



Seleccione Español.  
Asegúrese de  
Silenciar Audio Original, si  
solo desea escuchar al  
intérprete



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# Faculty and Speakers



**Rebecca Levenson**  
She/her/hers  
Health Partners on IPV + Exploitation  
Futures Without Violence



**Elizabeth Miller, MD, PhD**  
(She/her/hers)  
UPMC  
Children's Hospital of Pittsburgh







**Let's Take A Collective Moment to Ground Ourselves**

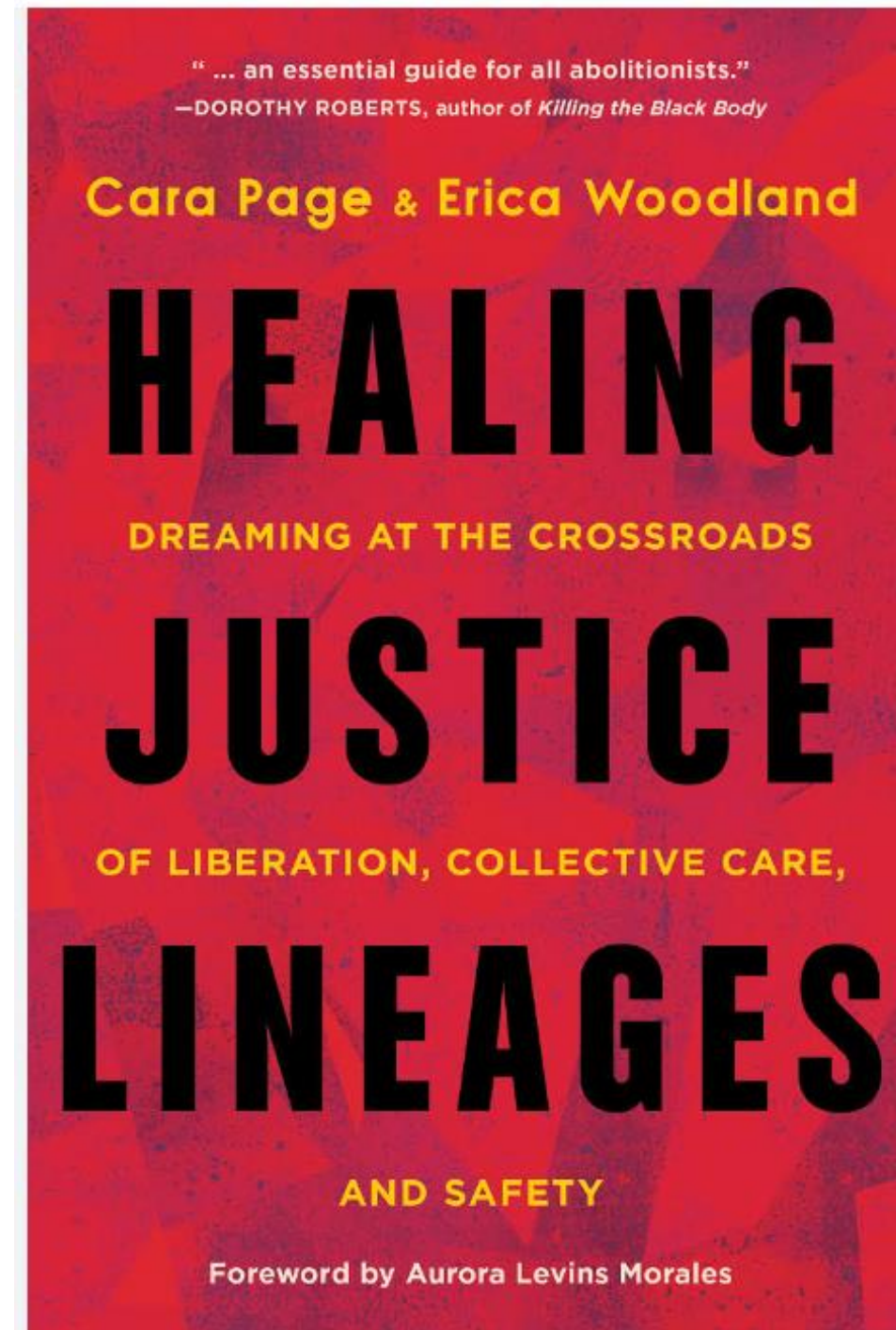


# Learning Objectives

1. Define the concept of “Healing-centered and Youth Driven Care” in the context of adolescents exposed to harm and abuse
2. Analyze intersections of economic abuse, poverty, and exposure to violence and trauma
3. List two actions that can impact structural competency when serving adolescents
4. Name a universal education tool for adolescent health settings that focuses on adverse childhood experiences (ACES) including intimate partner violence (IPV)



# Healing Justice Framework





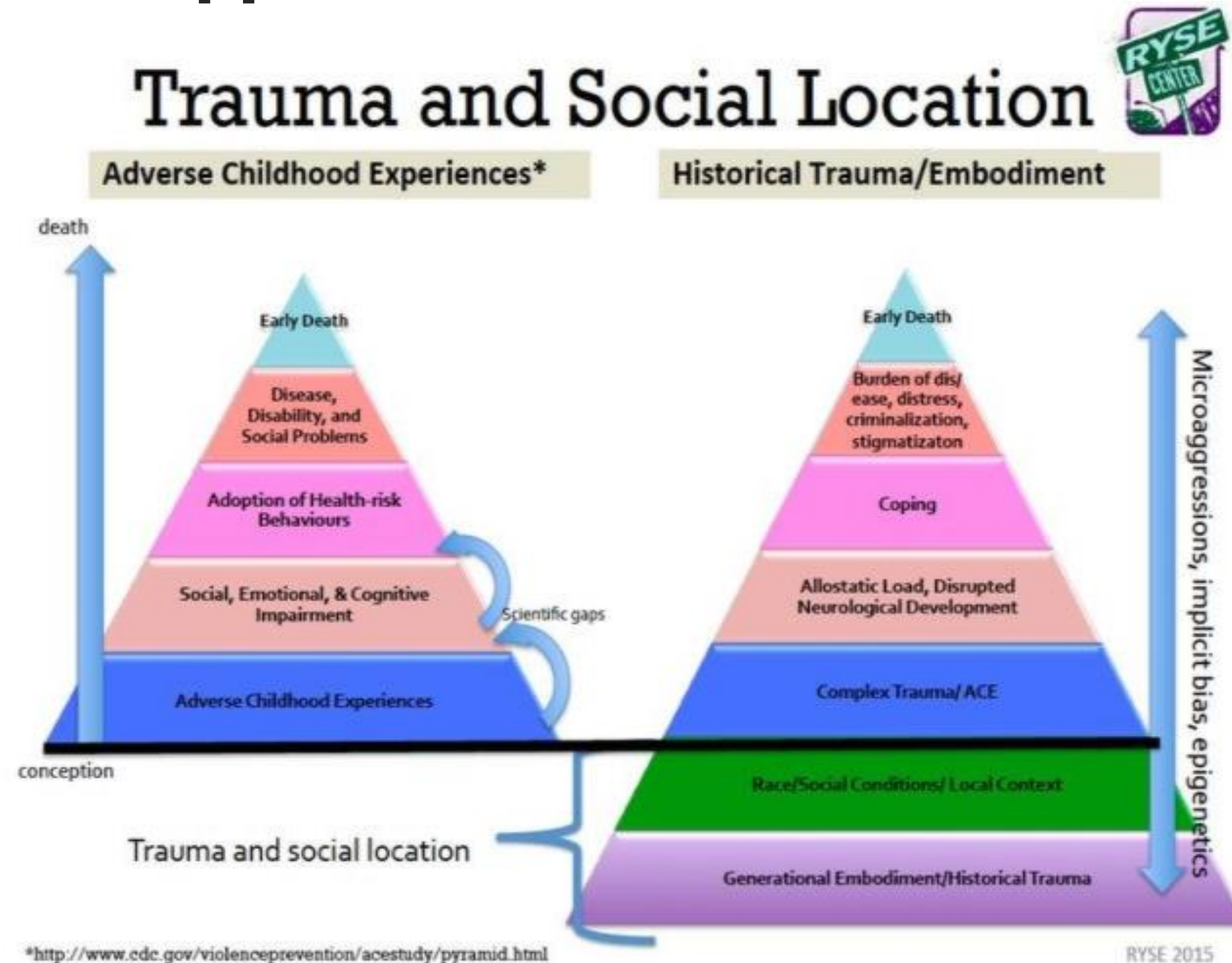
- Enhancing resiliency and trauma-sensitive practices
- **Paradigm shift** from:
  - “what is wrong with you?” →
  - “what happened to you?” →
    - You exist, as a person, in *this world* and you deserve care, love, and safety
- ***Healing-centered engagement***



Ginwright S, The Future of Healing, 2018



# Histories of oppression



Source: Centers for Disease Control and Prevention. (2016). Violence prevention: *The ACE pyramid* (adapted by RYSE Youth Center). <https://www.cdc.gov/violenceprevention/acestudy/about.html>





# Enhancing Resiliency

- **Resilience** is the capacity to rise above difficult circumstances, allowing our children to exist in this less-than-perfect world, while moving forward with optimism and confidence.



Kenneth Ginsburg, M.D., M.S. Ed  
[www.fosteringresilience.com](http://www.fosteringresilience.com)



# Resilience Portfolio Model

- ❖ Grych, Hamby, and Banyard
- ❖ Emotion regulation
- ❖ Connectedness, social supports
- ❖ Meaning making, storytelling





# Learning from C. Page and E. Woodland's Healing Justice Framework

- Intersectional identities
- Community strengths
- Collective healing and lineages
- Anti-oppression





# **Creating systems that support ALL youth**

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# LGBTQIA+ Youth and Experiences of Human Trafficking: A Healing- Centered Approach | 2021



# LGBTQIA+ young people in the sex trade

- Reliable prevalence data in the US, particularly for LGBTQIA+ young people, does not exist (Todres, Diaz, 2019)
- "Victim/ization", "exploitation" and "trafficking" may not reflect their experiences or perceptions
- Oppression and marginalization create vulnerability for LGBTQIA+ youth







“Because queer youth can’t get jobs and often don’t have the training to get anything beyond an entry-level position, we are often forced into the street economy which means drug selling and trafficking, sex work and survival sex.”

– Youth Peer Program Coordinator,  
San Francisco Gay and Lesbian Center, Age 20

CALIFORNIA HOMELESS YOUTH PROJECT: Voices from the street

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# Teen Economic Abuse – interference with education, employment, and finances

Survey conducted by Futures Without Violence and University of Pittsburgh

2852 respondents ages 13-19

58% identifying as non-White; 13% as gender diverse

**Economic abuse is a deliberate pattern of control in which individuals interfere with their partner's education, employment, or financial resources**

Examples include

- Pressuring a dating partner to skip school
- Requiring that a dating partner be available to call or text while they are working
- Monitoring who a dating partner is
- Forcing a partner to send money via an app



# Survey findings

Experiences of any form of **educational interference** was reported by 68% of respondents

- **job interference** by 67% of respondents
- and **financial control** by 65% of respondents
- 31% **started a relationship** because of financial need
- 29% **delayed ending a relationship** because of concern about the impact on school, work, or access to financial resources
- 25% **exchanged sex** or sexual contact for economic need





# Intersecting Oppressions

LGBTQ young people are disproportionately:

- Incarcerated in juvenile justice (Wilson, 2017)
- Under control of child welfare/foster care systems (Baams, 2019) (Wilson, 2015)
- Experiencing homelessness or housing insecurity (Quintana, 2010) (Durso, 2011) (Keuroghlian, 2014)

Of 300, mostly LGBTQ, youth in NYC who had been in the sex trade, 70% had been arrested, mostly for crimes of survival

(Urban Institute, 2015)



# Intersecting Oppressions

Economic Injustice

Reproductive Injustice

Housing injustice

Education injustice

Gender injustice

Sexual injustice

Environmental injustice

# Healing Centered Engagement and Structural Competency

- Recognition that structural inequities, institutional racism, and histories of oppression contribute to health and how youth seek care
- The health care delivery system is not designed to provide equitable care
- Building trustworthiness as health care professionals requires working to create systems that are **more equitable and just**
- Young people, especially those experiencing multiple spheres of marginalization, must be at the center of **co-creating systems** that are more trustworthy and healing centered







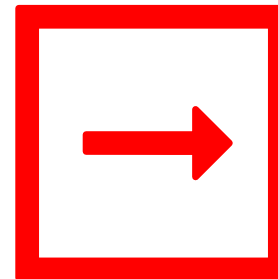
**Why might a young person choose not to disclose ACEs  
or ARA on a screening tool?**

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# Paradigm Shift: Healing Centered Care

## Focus is on identification of victims

- ❖ Screening tools that are both exhaustive, incomplete, only focus on one form of violence
- ❖ Low disclosure rates
- ❖ Resources offered if a patient discloses
- ❖ Missed opportunity for prevention education



## Focus is on support + information sharing

- ❖ All patients receive information about available resources
- ❖ Not dependent on patients' ability to disclose
- ❖ Opportunity for anticipatory guidance, prevention, community spread



# Universal Education Promotes Health Equity

Provides a strategy to treat clients with respect by giving them key information about healthy and unhealthy relationships and where to get supports without requiring disclosure.

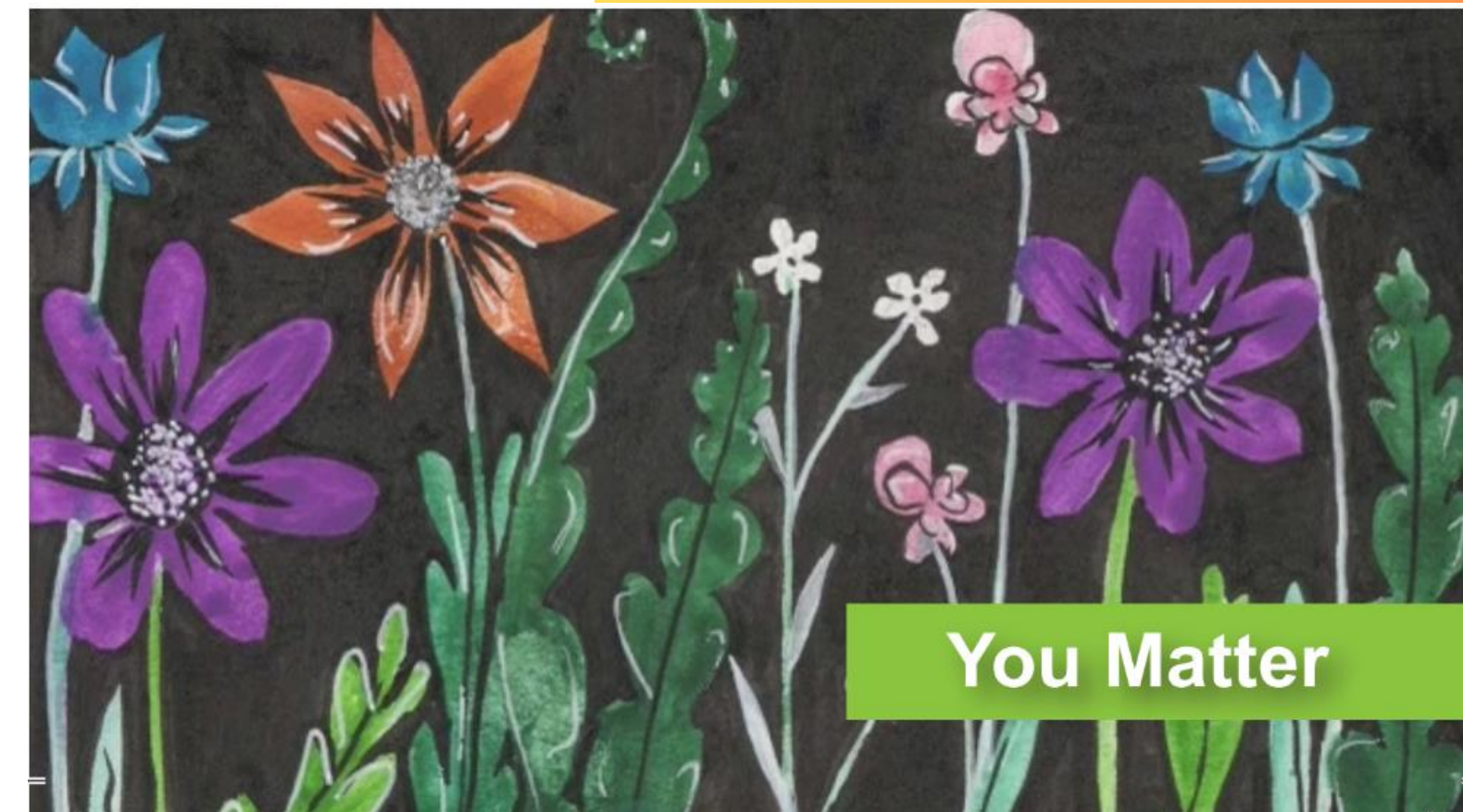




# Universal Education

Provides an opportunity for patients to make the connection between violence, health problems, and risk behaviors.

*\* If you currently have ARA/ACEs screening as part of your health center requirements: we strongly recommend first doing universal education.*



# ACEs as a Conversation Not a Checklist

## You Aren't Alone

**Sometimes people grow up where there is mistreatment or other problems like:**

- Feeling unsafe in your neighborhood, being bullied or discriminated against or not being cared for or loved or
- Not having enough to eat
- Caregivers/parents who have substance use or mental health issues
- Caregivers/parents humiliating or putting you down or hurting you physically or sexually

**No matter what it isn't your fault.**



# Broad Language to Include all Relationships

- Parents
- Caregivers
- Other Adults
- Partners
- Trafficking

## Complicated Relationships

Sometimes people hurt us—could be parents, people you are in a relationship with, or others who do this.

- Sometimes people touch us or hurt us in sexual ways.
- Sometimes we are treated badly physically or mentally.
- Sometimes hurting others or being hurt yourself makes people feel ashamed or afraid they can't change.

For help if you are being hurt or are hurting someone and want help to change—see the back of this card.





# Universal Education:

Means we make sure ***every single*** young person knows how to help themselves and others.



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Cover Illustrated by Natalia Kass.  
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*If you or someone you know is being hurt by a partner or need support in some other way please call/text these hotlines—they are free, open 24/7, and they don't report what you say to anyone:*

**1-800-331-9474 | Text "loveis" to 22522**

*For Queer youth text*

**Text 'START' to 678-678**

*Text trained counselors for free about anything else that's on your mind*

**Text "HELLO" to 741741**



# Essence of CUES is Healing-Centered Engagement

Builds Relationships

Strength-Based Caring  
Focused

Focus on Altruism

Improves Access to  
Advocacy

Empowers clients and the  
folks they care about

Shares power between  
provider and client

**“...the power of social support is more about mutuality than about getting for self...that is, there is a need to give, to matter, to make a difference; we find meaning in contributing to the well-being of others.” (Jordan, 2006)**



# CUES: An Evidence-based Intervention

Adolescent Safety Card  
Available in English and Spanish

## **C:** confidentiality

See patient alone, disclose limits of confidentiality

## **UE:** Universal Education + Empowerment

Normalize activity

Make the connection—open the card and do a quick review

## **S:** Support

Provide a "warm referral" to your local domestic/sexual violence partner agency or national hotlines



Safety cards are available for different settings, communities and in a variety of languages at [store.futureswithoutviolence.org/](https://store.futureswithoutviolence.org/)



## C: Confidentiality

“Your story is your own and I don’t want you to feel like you have to share anything to get support. If a young person tells me ..., then I have to get others involved to help that young person be safer.”





# UE: Universal Education + Empowerment

1. Give each patient **two safety cards** to start the conversation about relationships and how they affect health.
2. Open the card and encourage them to take a look. Make sure patients know that you're a safe person for them to talk to.

"I've started giving two of these cards to all of the young people in our program—in case you are ever struggling in a relationship or if you feel like someone is taking advantage of you - and also so you have the info to help a friend or family member."



# Tapping into Altruism

“I am sharing this information with all young people because I think it’s so important for young people to know how to help each other. This might be helpful for you at some point, and I bet there’s someone you could share this with.”

“I need your help with getting the information about these helpful text and chat lines to other young people. I want everyone to know that these are anonymous and confidential they don’t have to use their name to reach out for help. Would you please do me a favor and put these numbers into your phone to have in case a friend needs this info?”

Healing Centered Engagement – Fostering Connections Rather than Forcing Disclosures, Elizabeth Miller , 2020



## S: Support = showing gratitude

### Promoting the health of young people who are survivors

- ✓ Use of phone to make confidential call
- ✓ You don't have to report immediately
- ✓ Listening and letting them share is key
- ✓ Trauma Informed Reporting
- ✓ Other ideas?

“I am so grateful that you shared that with me. Thank you for trusting me with your story.”

“I hear you saying that things are complicated. Would you like me to offer some thoughts on what other young people have found helpful? I'm also ok with just listening as well.”



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# Panel Discussion



**Aristotle Martinez,**  
They/he



**Alaijiah Kirby,**  
Café Momentum Pittsburgh



**Zyjuan Newton,**  
Café Momentum Pittsburgh

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# **Thank you!**

Please complete the evaluation in the chat:  
<https://redcap.link/zlh5rgly>. We appreciate your feedback.

For more resources visit: <https://healthpartnersipve.org/>.

**One Word “Ah Ha!”**

**Think about Today's Training:**

.What word reflects how you are feeling or what you will take away from today?

**HEALTH PARTNERS**   
**ON** IPV + EXPLOITATION

**FUTURES**  
**WITHOUT VIOLENCE**

For additional resources visit [healthpartnersipve.org/](http://healthpartnersipve.org/)