

Empowering Women Fleeing Violence: An Environmental Scan of Trauma-Informed Training Programs for Intimate Partner Violence Survivors to Support the Safe at Home Initiative



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BACKGROUND

- The Safe at Home program is focused on providing a safe environment for survivors of intimate partner violence, allowing them to remain in their homes while the perpetrator leaves.¹
- The Safe at Home program is a women-centered and intersectoral initiative, involving collaborative efforts from various government agencies and non-government organizations to provide wrap-around services to women in need.¹
- Economic abuse is a common tactic used by perpetrators of IPV, impacting survivors' confidence and ability to leave dangerous situations. Addressing economic insecurity and empowering women economically are crucial components of Safe at Home programs.¹

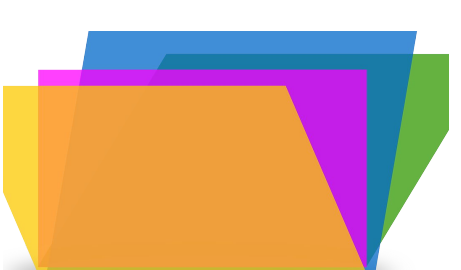
GOALS

- The environmental scan focuses on identifying global strategies and resources to prevent economic insecurity for women in the context of IPV, including financial literacy programs and employment opportunities for survivors.
- The findings from the environmental scan will inform the development and implementation of the Safe at Home program in Hamilton, incorporating successful strategies from global initiatives to support women recovering from intimate partner violence.

METHODS



An environmental scan and literature search were conducted to collect information regarding existing training programs.



The obtained programs were thoroughly reviewed and assessed for relevance.



The analysis focused on understanding the approaches, strategies, and best practices employed by the programs in facilitating women's re-entry into the workforce after experiencing domestic violence.

RESEARCH QUESTION

What trauma-informed training programs exist globally for women recovering from intimate partner violence?

RESULTS

Programs	Description	Location	Length of Program	Types of Services Offered
Standing Strong ²	Standing Strong is a free program empowering women affected by Domestic Family Violence with tailored coaching, mentoring, and one-on-one support to gain employment, achieve financial independence, and ensure safety.	Australia	n/d	<ul style="list-style-type: none"> • Access to pre-employment training or retraining. • Help writing your resume and with interview skills • Support to find, keep or change jobs. • Practical and financial assistance such as child-care, getting your driver's licence, fuel vouchers to get to job interviews, etc. • Support to increase your wellbeing and safety.
Bottomless Closet ³	Program focuses on intimate partner violence and aims to eliminate barriers to employment by providing mentoring and job readiness skills, fostering self-empowerment and improved self-image.	Milwaukee	12 months	<ul style="list-style-type: none"> • Provides job-appropriate interview attire • Activities held by staff and volunteers provide information about personal appearance, hygiene and grooming, appropriate body language, and communication and interviewing skills.

- Expanded our search to include theories regarding existing programs, and redefined search terms.
- Due to the lack of results obtained from the environmental scan, we proceeded to conduct a literature search to explore existing programs or theories. However, our search on both PubMed and Scopus yielded no relevant programs.

LESSONS LEARNED

- The scarcity of identified programs may indicate limited attention or resources dedicated to this specific aspect of support for survivors.
- Offering personalized assistance and one-on-one coaching can be valuable in addressing the unique needs of survivors of intimate partner violence, ensuring they feel supported and prepared during their job search and beyond.
- Trauma-informed training programs could encompass a holistic approach, providing information and guidance not only on job-related skills but also on personal appearance, hygiene, communication, and interviewing skills, as these aspects play a crucial role in maximizing the chances of finding meaningful employment.
- Offering extended support over a considerable period, such as the 12-month duration mentioned in the program description, can allow women to receive ongoing guidance and encouragement as they navigate the challenges of entering or re-entering the workforce after experiencing intimate partner violence.

NEXT STEPS

- Further investigation and outreach to relevant organizations and experts may be necessary to explore the reasons behind the scarcity of trauma-informed training programs for women re-entering the workforce.
- Leveraging the experiences and best practices from the two identified programs can help shape the development of tailored initiatives in Hamilton. The environmental scan report should be shared with relevant stakeholders to facilitate knowledge exchange and adaptation.

1. Breckenridge, J., Chung, D., Spinney, A., & Zufferey, C. (2015). *National mapping and meta-evaluation outlining key features of effective "safe at home" programs that enhance safety and prevent homelessness for women and their children who have experienced domestic and family violence: State of knowledge paper*. Australia's National Research Organisation for Women's Safety (ANROWS), Australia's National Research Organisation for Women's Safety.
 2. *Standing strong*. Social Futures. (2022, June 23). <https://socialfutures.org.au/service/standing-strong/>
 3. *Bottomless Closet: Milwaukee Women's Center: Community Advocates in Milwaukee, WI*. Welcome. (n.d.). <https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/bottomless-closet.html>

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