

THE INTERSECTION OF DOMESTIC VIOLENCE & SUBSTANCE ABUSE



Barbara Niess MPA, MSW, Executive Director
SAFEHouse Center

David J. H. Garvin MSW, LMSW, Chief Operating
Officer Catholic Social Services of Washtenaw
County

CELL PHONES: *Please turn off or on silent*



ISSUES WE ENCOUNTER WORKING WITH DRUG AND ALCOHOL AFFECTED BATTERERS

- The batterers lives seem to be in more chaos than the non-drug/alcohol affected batterers.
- They, and their (ex)partners, tend to blame the drug/alcohol for the battering.
- Their overall denial seems higher.
- They are better liars and manipulators.
- “I didn’t come here for my drinking” is a major impediment to getting these men to work on their drug/alcohol issues while involved in batterer intervention, sometimes the courts do not see this as something they want to take on and monitor
- The concept of “codependency” is a popular framework in the industry, even though it has serious conceptual and ethical problems when applied to real people’s lives. When applied to survivors of a drug/alcohol affected batterer, the term blames the victim for her victimhood. A better term for this condition would be “captive dependent” or “hostage.”
- Drug/alcohol affected batterers who are engaged in accountably dealing with both issues will be spending a good deal of time away from family, work, etc.

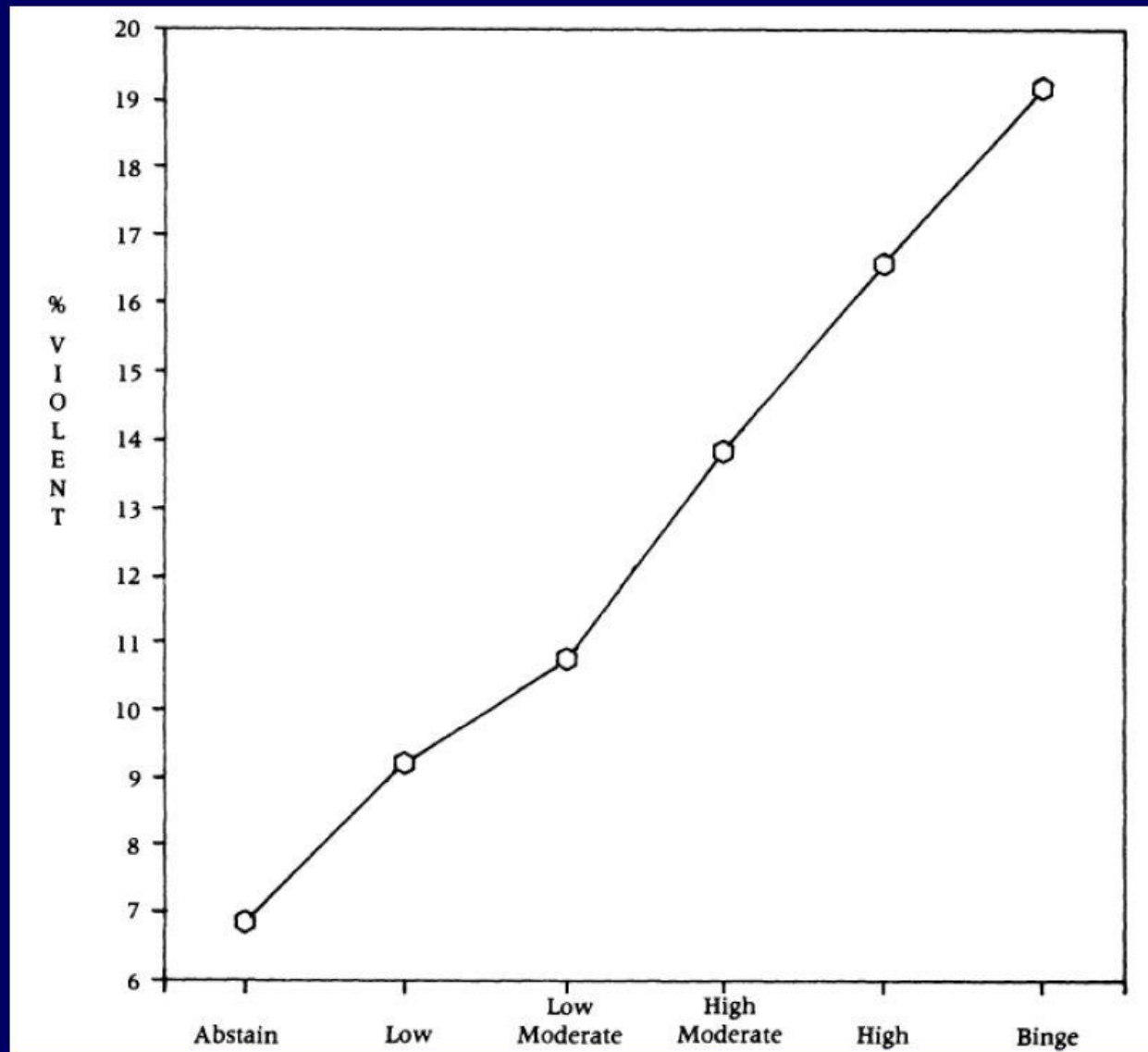


THERE IS A LINK...

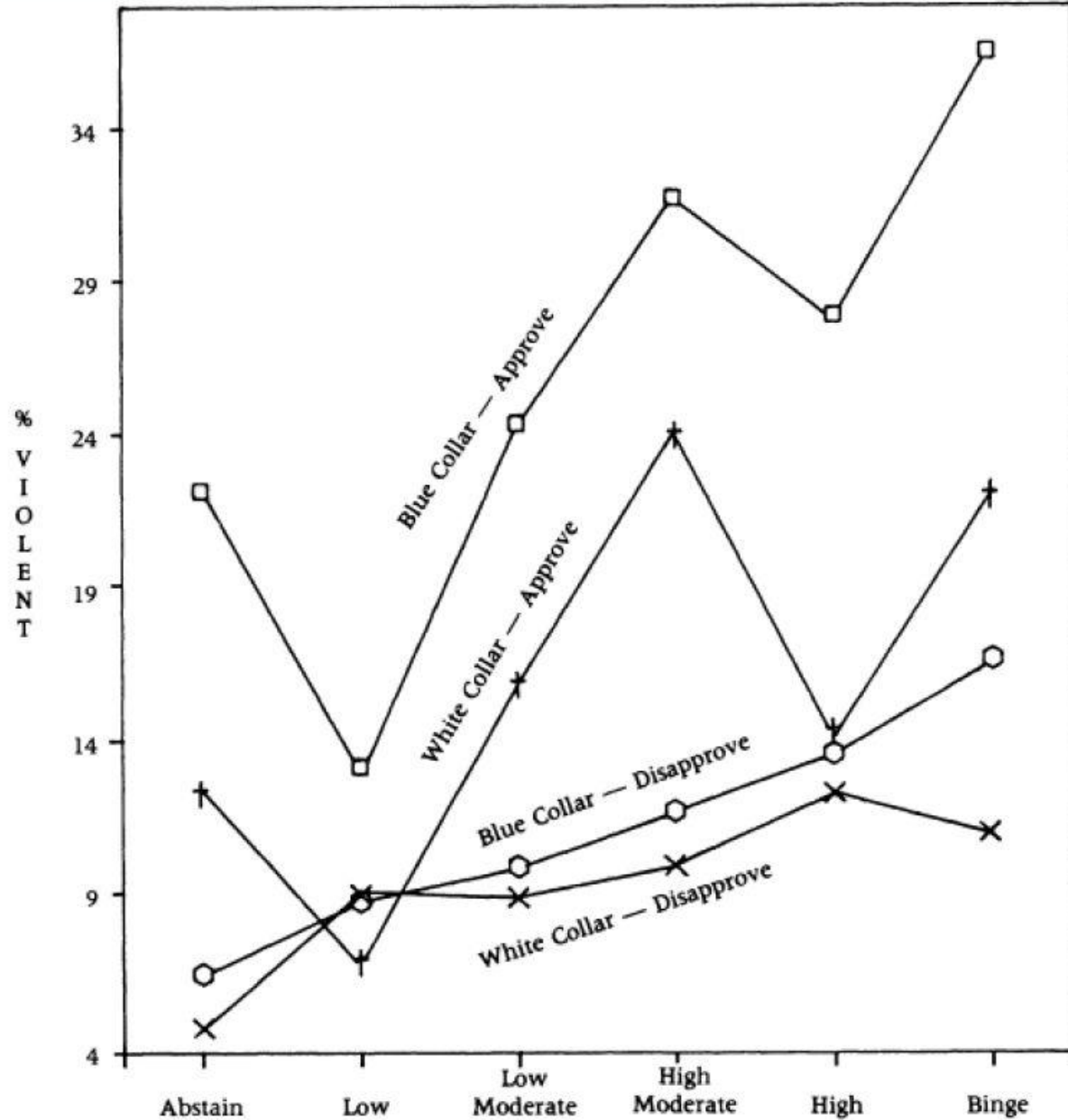
- Over 50% of men in BIPs have SA issues and are 8 times as likely to batter on a day in which they have been drinking.
- Half of partnered men entering SA treatment have battered in the past year and are 11 times as likely to batter on a day in which they have been drinking.
- 25%-50% of the women receiving services for DV have SA problems.
- Between 55% and 99% of women who have SA issues have been victimized at some point in their life⁵and between 67% and 80% of women in SA treatment are DV victims.



The DV (Y) and Alcohol (X) Relationship is Obvious . . .



... Or Not



HARM FACING BATTERED WOMEN USING DRUGS

- Impairs her ability to leave her batterer
- Reduces her ability to protect herself and her children
- If illegal drugs, puts her in harm's way
- Effects of SA prevent her from accurately assessing the level of danger posed by her perpetrator
- Erroneously believes she can defend herself against physical assaults
- If getting high is a “couple thing” her non-use may threatens her perpetrators access

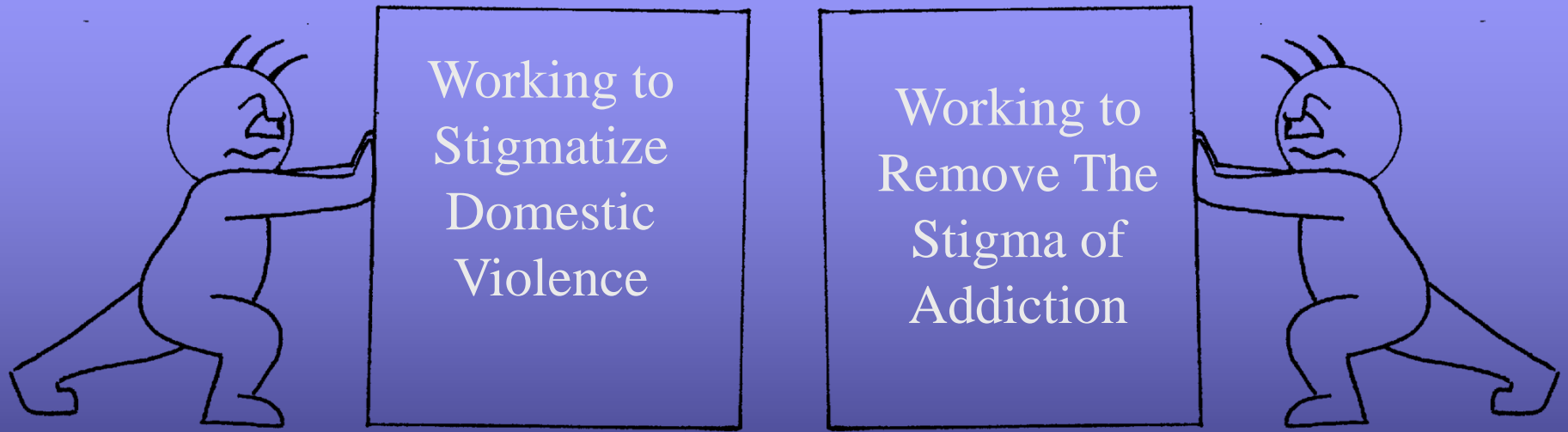


HARM FACING BATTERED WOMEN USING DRUGS

- Impaired cognition makes safety planning more difficult
- Reluctant to seek assistance or contact police for fear of arrest, deportation or referral to a child protection agency
- Compulsive use/withdrawal symptoms make it difficult for SA victims to access shelter, advocacy, or other forms of help
- A recovering woman may find the stress of securing safety leads to relapse
- If she is using or has used in the past, she may not be believed



What's the Rub?



Domestic Violence Movement

Addictions Field

FACTS ABOUT DV AND AOD

- Rates of domestic violence were almost 15 times higher in households where husbands were described as often drunk as opposed to never drunk.²
- Women who have been victims of violence have a higher risk of alcohol and other drug problems.⁵



FACTS ABOUT DV AND AOD

- Alcohol is present in more than 50 percent of all incidents of domestic violence.³
- 76% of physically abusive incidents occur in the absence of alcohol use. ⁴



FACTS ABOUT DV AND AOD

- Battered women often report that, in addition to medicating the emotional and physical pain of trauma, chemical use helped to reduce or eliminate their feelings of fear and became part of their day-to-day safety strategies. ¹¹
- Battered women are disproportionately represented in chemical dependency treatment populations. ^{7, 8 & 9}



FACTS ABOUT DV AND AOD

- Chemically involved battered women are less likely to be believed or taken seriously by others; they are more likely to be blamed for the violence.⁶
- Many chemically dependent battered women are addicted to drugs that were prescribed by the health care providers from whom they sought help.¹⁰



FACTS ABOUT DV AND AOD

- A victim's chemical use or addiction provides the abuser with yet another weapon he can use as a means to control her.
- Use of chemicals can compromise cognitive functioning and motor coordination, making victims less able to develop and implement safety-related strategies.



ALL THOSE FACTS ARE TRUE, BUT...

- Alcohol and drugs do not cause domestic violence.
- Domestic violence does not cause addiction, but may cause drug or alcohol misuse.
- “You can have strep throat and a broken leg at the same time.”



SOME PEOPLE STILL DON'T GET IT...

- *“Addiction to Power and Control”*
- *“When is Domestic Violence a Hidden Face of Addiction?”*
- *Addicted to Chaos*





HOW CAN WE HELP SURVIVORS GET SAFE AND SOBER?

Does Safety = Sobriety?

Does Sobriety = Safety

LEARN ABOUT 12 STEP PROGRAMS AND DV

- Powerlessness (Step 1)
 - Empowerment
- Insanity (Step 2)
- Moral inventory (Steps 4 & 5)
- Amends (Steps 8 & 9)
- Acceptance
- Codependence



AL-ANON ON DOMESTIC VIOLENCE

- *no one has to accept violence...we all deserve to be safe*
- *Al-Anon doesn't advocate any particular course of action. We are not urged to either stay or go...All of us deserve to remain safe long enough to discover this for ourselves.*
- *These decisions are best left to each individual member*



Domestic Violence

& Addiction



**What is the Relationship Between
Addiction & Domestic Violence**

HOW COMMON IS DV?

- 25% of women and 8% of men surveyed said they were raped and/or physically assaulted by a current or former partner during their lifetime.¹ The vast majority served for DV are women.
- SafeHouse Center served over 4500 survivors of domestic violence and sexual assault in the past year.

DOMESTIC VIOLENCE IS

- **Instrumental, strategic, and purposeful behavior designed to bring about an outcome.**
- A pattern of coercive behavior used to control an intimate partner
- Includes physical and/or sexual violence, or the credible threat of such violence
- and numerous power and control tactics.

DOMESTIC VIOLENCE IS

- Intentional behavior
 - Not about loss of control, anger, bad childhoods, alcohol/other drug use
- Batterers want control but not consequences

POWER AND CONTROL TACTICS?

- Emotional abuse
- Economic abuse
- Isolation
- Minimizing, denying, blaming
- Coercion, threats, intimidation
- Encouraging drug dependence
- Constant threat of violence, “or else...”

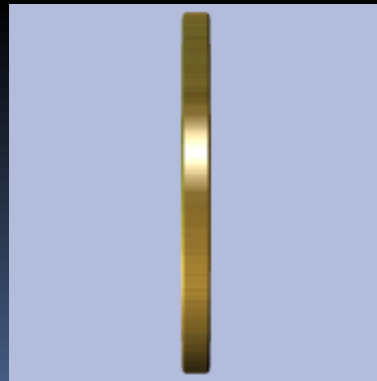
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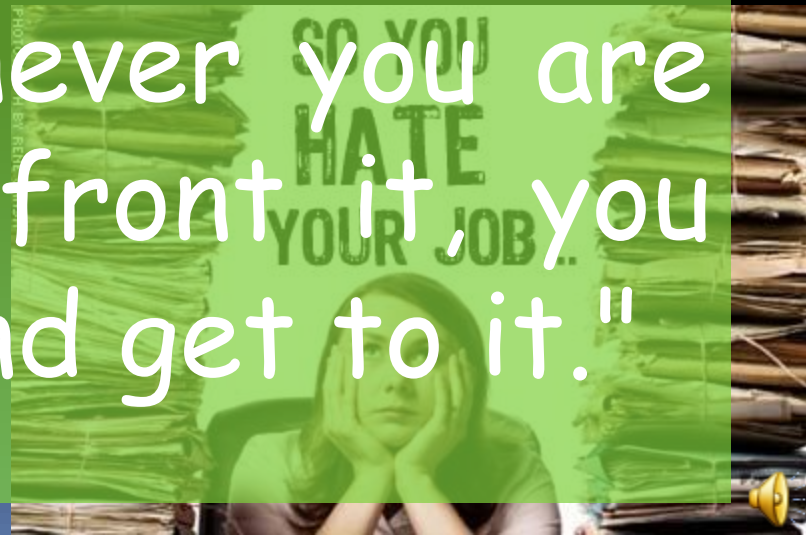
Why Does She Stay?

Exercise



Consider...

A time when you have been stuck in a job or a class or some other situation you hate, yet each Monday morning or whenever you are supposed to confront it, you get out of bed and get to it."

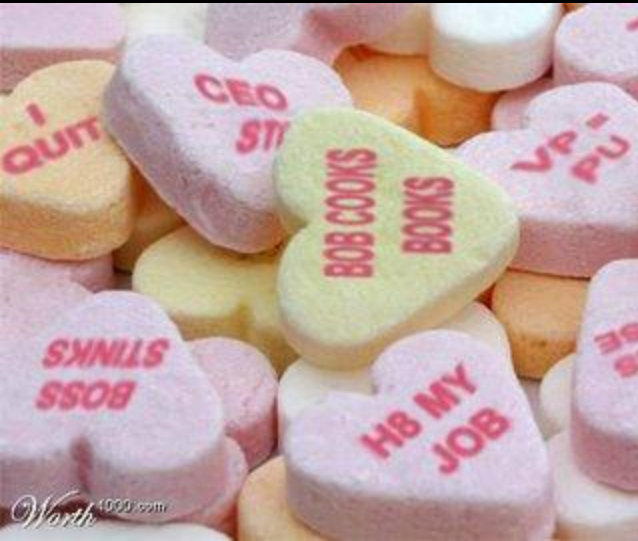


1. What did you say to yourself about it ?

2. How did you feel?



3. What did you do to get through the day?



4. What kept you going?



Conclusion...

What you get is a pretty good profile of a woman who is abused.

...Also a profile of all of us at times by virtue of being humans.



Why Does HE stay?

The question that we
should be asking...

Why Does He stay?

- He gets what he wants...
- He gets to tell other people what to do...
- He gets to control the money...
- He gets to make the rules...
- He gets waited on...
- He gets to be The Boss
- Violence Works
- Nobody Knows
- The Neighbors and Church Members Still Like Him

Why Does He stay?

- No Protective Order is Ever Issued or Enforced
- It's her Fault (SHE should leave) (or return)
- His Community Does Not Condemn Violence
- Who is going to believe her?
- "It's *My* House"
- Free Sex/Housework on demand
- Her Salary is Convenient
- Free Childcare
- ***He stays, because he is getting what he wants...when he wants it...and is willing to get it at the expense of another***

WCTU est. 1874

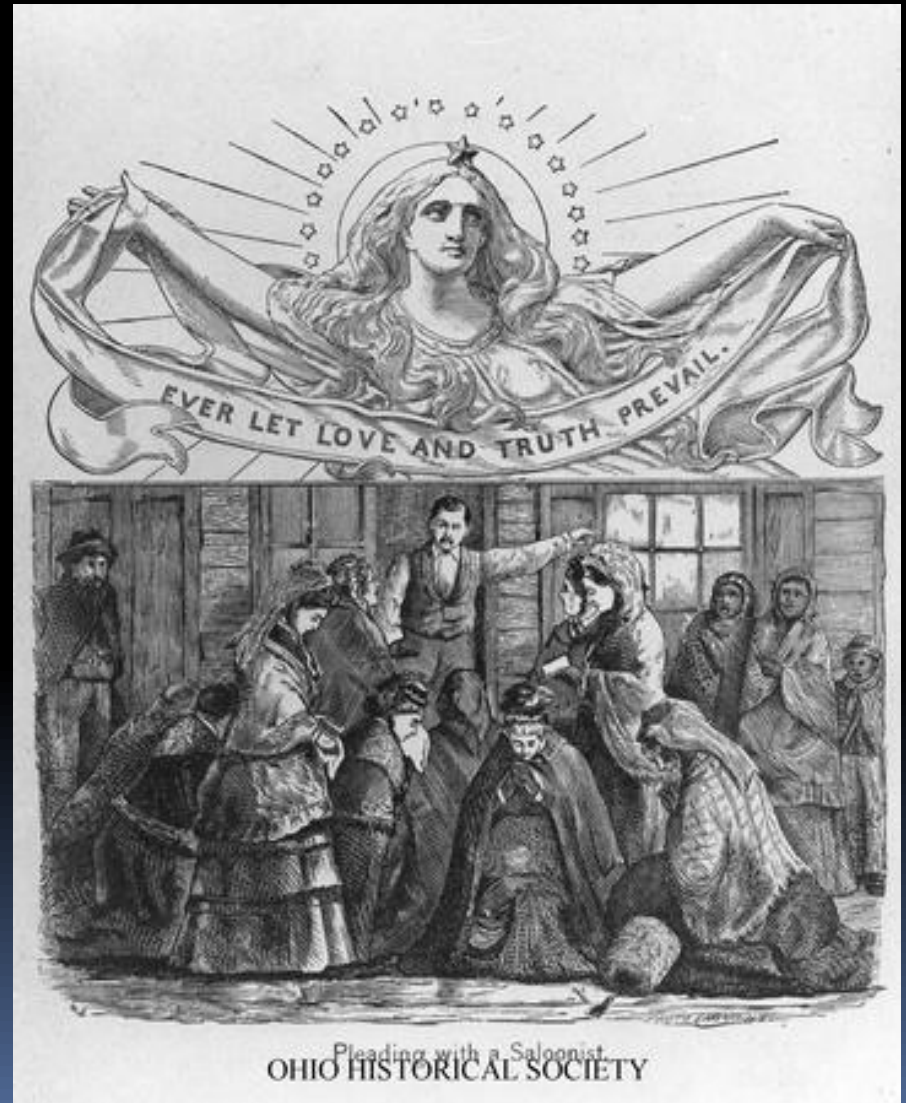
Title:

Pleading with a Saloonist

Description:

An illustration depicting a group of women praying in the street and trying to persuade a saloon keeper to stop selling alcoholic beverages, ca. 1873-1874.

The caption reads
"Pleading with a
Saloonist."





PROHIBITION HAS MADE
NOTHING BUT TROUBLE.

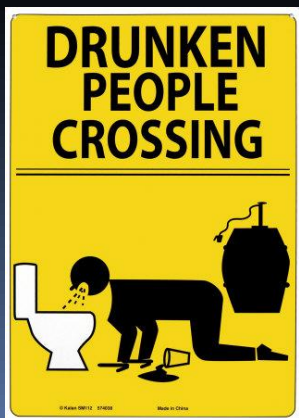
- AL CAPONE

Drinking Alcohol

Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut. ~Ernest Hemingway

Once, during Prohibition, I was forced to live for days on nothing but food and water. ~W.C. Fields

Beer is the cause and solution to all of life's problems. ~Homer Simpson



Intoxication Causes... What?



Do you have
feelings of
inadequacy?

The Drunk Exercise



Audience Participation

A ROUND OF APPLAUSE FOR OUR VOLUNTEER





AND NOW THE TEST...

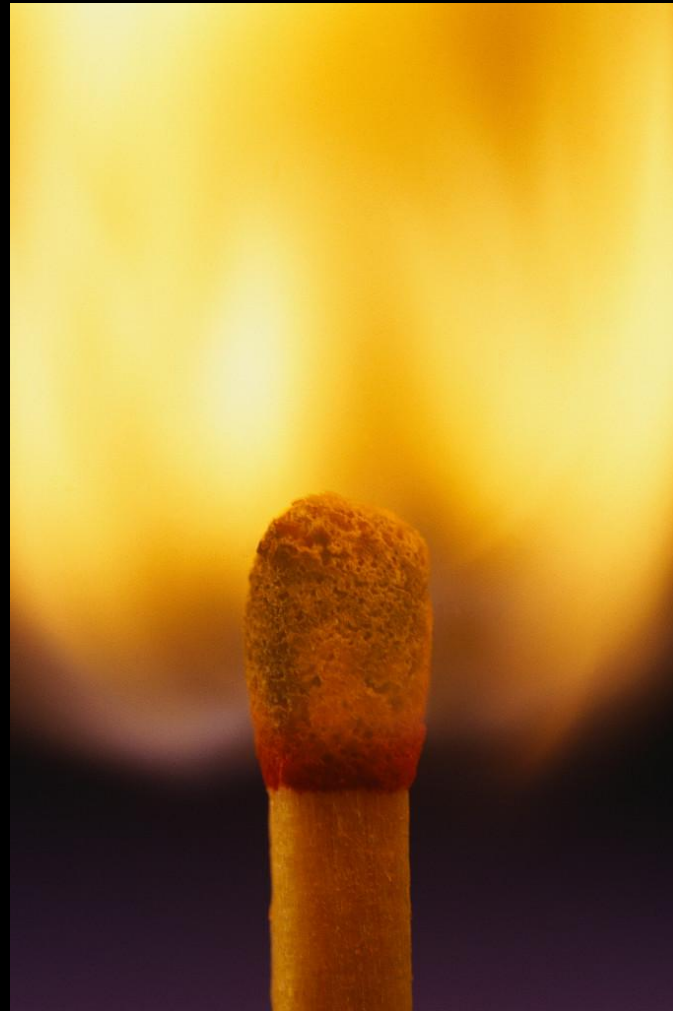
Under which condition, sober or drunk, did our volunteer...

- ? **need to be more focused on her/his goal?**
- ? **need to put more energy into remembering her/his purpose?**
- ? **need to be more determined to accomplish her/his goal?**
- ? **need to be more committed to her/his goal?**



A match may be ignited, if you add alcohol to it, it will burn brighter and hotter. Alcohol by itself will never ignite.

Our beliefs allow, support and condone our behavior; if you believe alcohol causes violence your actions will follow.





DRUNK ! ?

How drunk would you have to be...



KARAOKE



DRUNK!?

*There are three major theories
about the relationship between
domestic violence and
intoxication*



Disinhibition

Social Learning

Deviance Disavowal

DISINHIBITION NOTES:

- No such inhibition center has ever been located in the brain.
- If disinhibition explained the relationship between substance abuse and woman abuse we would expect batterers who were substance abusers to be non-violent when their substance use was terminated...this is not the case



If you think alcohol causes you to do...

And Are Invested in that thought



Then, when you drink, you will do...

Ice cream consumption and murder rates are highly correlated

*Does ice cream incite murder,
or does murder increase the demand for ice cream?*

Concurrent  Cause

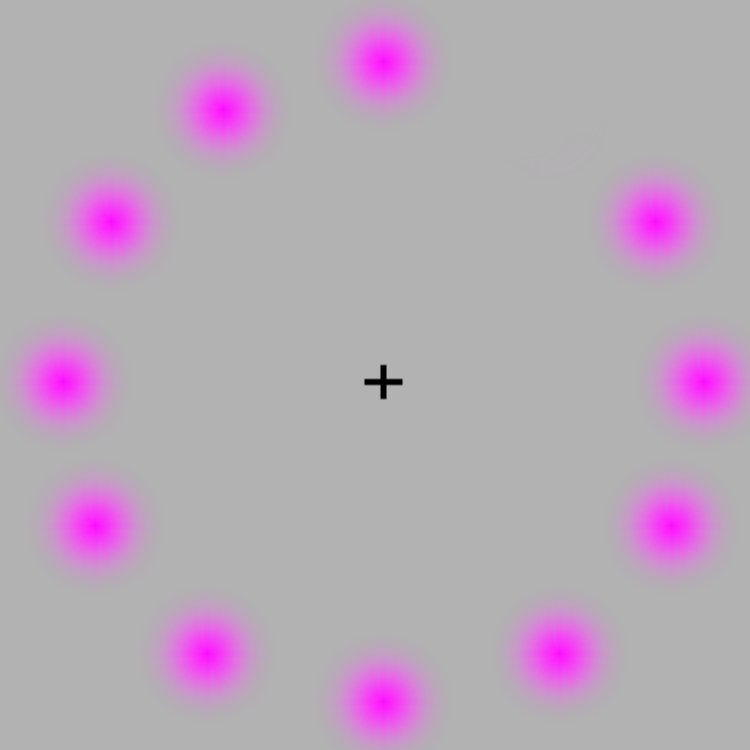
Correlation does

not imply

causation



What Do You See?



Who Is Right?

IMPORTANT FACTORS:

1. His growing up in a violent and substance-abusing family
2. His believing that violence against women is sometimes acceptable
3. His believing that alcohol or drugs can make people violent.
4. His personal desire for personal power and a willingness to get what he wants at the expense of another.



Victim safety



The most essential consideration is the safety of domestic violence victims.

The interventions must account for the safety of victims whether they are in domestic violence programs or in substance abuse treatment.

Ask Yourself:

How is what I am doing enhancing victim safety?



*SOME ORGANIZATIONS THINK THEY
CHOOSE **WHETHER** OR NOT THEY
WILL WORK WITH BATTERERS WHO
ARE ALCOHOLICS AND ADDICTS...
YOUR ONLY CHOICE SHOULD BE
HOW YOU WORK WITH THEM.*



Safety and sobriety are interconnected

Lack of sobriety, either in victims or in batterers, increases the risk for further violence against victims.

Lack of victim safety threatens the sobriety of both victim and batterer.

**Abstinence and
sobriety are not
sufficient conditions
for safety.**



COMMON MISUNDERSTANDINGS ABOUT AA AND DV

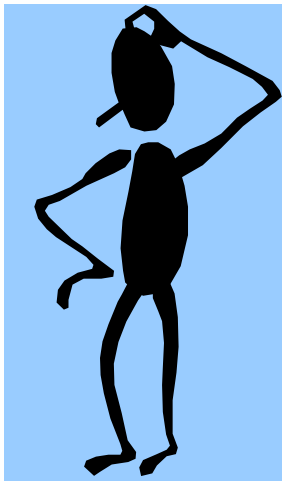


What is step #1 of the 12 steps of Alcoholics Anonymous?

**“WE ADMITTED WE
WERE POWERLESS
OVER ALCOHOL--THAT
OUR LIVES HAD
BECOME
UNMANAGEABLE”**

Does this read like you though it did?

COMMON MISUNDERSTANDINGS ABOUT AA AND DV

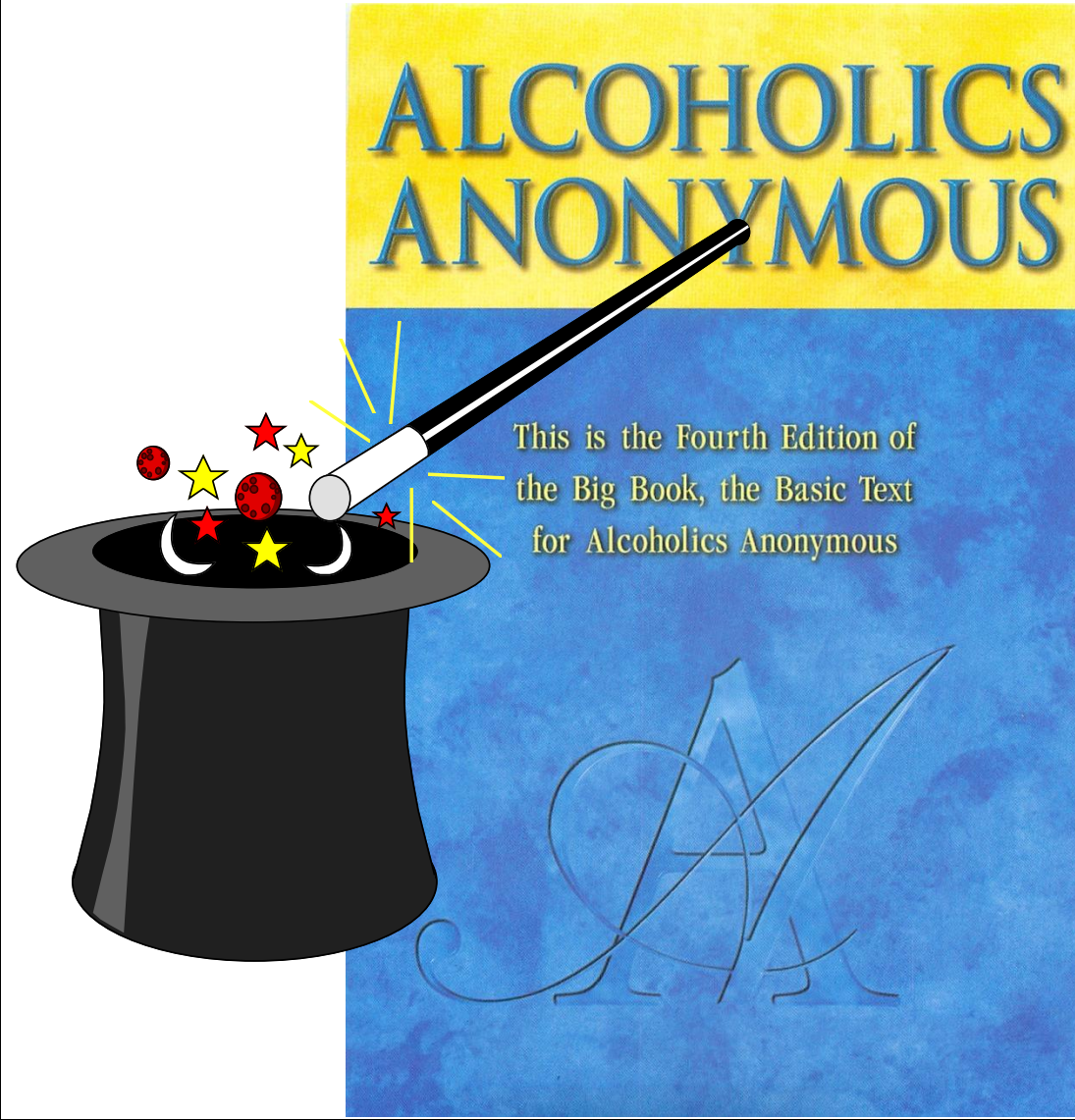


A COMMON MISUNDERSTANDING ABOUT AA AND DV

ALCOHOLICS ANONYMOUS

This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous

The 12 Steps will address my little incident with my wife



Intoxication and Domestic Violence

You have a
broken ankle &
strep throat!!!



THEORETICAL COMPARISONS

MEN BATTER

- ✓ Because they can and **we** let them.
- ✓ Because it is effective.
- ✓ Because they **want** what they **want** when they **want** it.
- ✓ To **stop** her from doing something, to **get** her to do something, or simply to revel in **dominance over her.**

ALCOHOLICS/ADDICTS USE

- Because it is a **disease.**
- Because they have **lost the power** to choose.
- Because it's their **best friend.**
- Because they can't imagine life **with it or without it.**
- Because they have a **different physiological reaction** to it than non alcoholics or addicts.





**A DRUNK MAN'S
WORDS ARE A SOBER
MAN'S THOUGHTS**

ShoutPix.com



BLACK OUT VS. PASSING OUT

Black Out

- Full functioning
- Others can not discern
- Not doing anything that goes against your moral code
- Don't remember what happened after the black out
- Can be a few seconds or days

Passing Out


- You are unconscious



SAFETY CONCERNS

- Lethality Indicators
 - can't predict who will kill, can't stop them if they're determined – BUT can do our best...
- Safety planning

STRENGTHS OF 12 STEP PROGRAMS FOR SURVIVORS

- *Power with* or *power to be able* (feminine) rather than *power over* (masculine)
 - Relational emphasis
 - Growth-fostering relationships
 - Non-hierarchical
 - Safe, caring environment
 - Available most times of day
 - Free
 - Women affiliate w/AA at higher rates than men
- 

WEAKNESSES OF 12 STEP PROGRAMS FOR SURVIVORS

- Their primary purpose is something other than domestic violence
- They are not experts in domestic violence
- Member beliefs often reflect the community beliefs



SURVIVORS WITH CHEMICALLY DEPENDENT PARTNERS ¹²

- Codependency and Effects of Victimization
- Implications of Codependency Treatment for Survivors
- Recommendations for Substance Abuse Treatment Counselors
- Relational Model (Self-in-Relation Model)



CODEPENDENCY

- There are several different definitions
- The very act of codependency could be keeping her safe
- *“If he’s happy, I’m safe.”*
- Surviving violent relationships is very difficult.



CODEPENDENCY TREATMENT

When victims of domestic violence are encouraged to stop the behaviors associated with codependency—enabling, caretaking, over-responsibility for a partner's behavior, not setting limits or defining personal boundaries—they are, in essence, being asked to stop doing the very things that may be keeping them and their children most safe. These behaviors are not symptomatic of some underlying "dysfunction," but are the life-saving skills necessary to protect them and their children from further harm.



RECOMMENDATIONS FOR COUNSELORS

- Give priority to safety and explore safety-related options;
- Provide referral information to the local domestic violence service provider as a resource designed primarily to assist with safety-related needs;
- Provide complete and accurate information about the purposes of twelve-step groups and codependency groups and the potential limitations of these forums as sources of help regarding safety-related concerns;
- Provide referral information to Al-Anon and other resources designed to provide help for family members of substance abusers; and
- Offer opportunities to become educated about chemical dependency independent of her partner.





CONTACT INFORMATION

Barbara Niess

barbaran@safehousecenter.org

Phone: 734.973.0242 Ext. 203

David J. H. Garvin

dgarvin@csswashtenaw.org

734.926.0159



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