



**Monroe County Domestic Violence Coalition  
Meeting Minutes  
August 16, 2019**

**Mission:** The Monroe County Domestic Violence Coalition is committed to improving our community's response to domestic violence issues through communication and coordination of services.

**Attending:** Tia Arthur, Harry Heyer, Debra Morrow, Apply Muncy, Carrie Stillions, Grace Landry, Lindsey Badger, Brittany Lawrence, Becky Rose, Jennifer Whitaker, Keri Nushe, John Silva, Anne Veldman, Rachael Scott, Julia Dotson, Liz Stauth, Diane Walker

**City Staff:** Michael Shermis (CFRD)

**I. Introductions**

A. Brief introductions

**II. Julia Dotson, Centerstone**

Seeking Safety: Healing and Recovery from Trauma, PTSD, and Substance Abuse

- In general
  - Work from a harm-reduction standpoint
  - Focus on developing new coping mechanisms, not your specific trauma
  - Draws from CBT (therapy)
  - Sliding scale fee covered by insurance
- Referral process
  - Must be referred through Centerstone to participate
  - Anyone can refer someone to Centerstone
  - Person must go through an initial intake
- For women with (1) substance abuse or (2) past abuse
  - Do not talk in detail about their abuse in group
  - Important for them to have someone to talk to outside of group about those sensitive details
    - Coach, family member, etc.

- In group talk about how previous abuse stops them from carrying on with their lives
- Never label anyone as an addict or an alcoholic in group
  - For them to decide
- Meets Mon 12-2; Wed 10-12
- How group operates
  - Start by reading group guidelines
  - Next, check-ins
    - Go around the group
    - “How are you feeling today?”
    - Answer must be sufficiently specific
    - “What good coping have you used since last session?”
    - “Have you had any substance abuse since last session?”
    - “Did you complete your commitment?”
      - Sometimes have homework assignments
  - Community resource update (discussed more below)
    - Make aware of available resources
  - Discuss topics (discussed below)
  - Make an individual note after every session
    - After each month, create a monthly summary compiling these notes for those women involved with DCS
  - At the end of each group, ask about takeaways
    - “What are you taking away today?”
    - “What is your new commitment?”
      - Members can have a choice of homework
    - “What is the community resource you are going to use?”
- Potential topics covered for members
  - Safety
    - Not just not using or walking alone late at night
    - Also is “who do I spend time with?”
    - “How can I be safe with my body?”
  - Taking Back your Power (PTSD)
    - Do not go into detail of your trauma
    - Covered because important women recognize where they are not is affected by their trauma
  - Detaching from emotional pain
    - Mid-meeting deep breathing exercising and stretches
    - One of the more helpful methods because members can learn this skill and employ it at any time they may need it
  - When Substances Control You
    - Discuss reasons for substance abuse related to trauma
  - Asking for Help
    - Difficult for people with trauma and substance abuse
    - Difficult because of the cyclical nature of substance abuse and guilt
  - Taking Good Care of Yourself

- Physical, emotional
  - Compassion
    - Self-compassion, negative and positive self-talk
  - Red and Green Flags
    - Look at life, situations, people in a different way
  - Honesty
    - Yourself as well as with others
  - Healthy Relationships & Setting Boundaries in Relationships
    - Multiple-session process
  - Healing from Anger
    - Many do not even realize how angry they were
  - Note: not an exhaustive list
- Community resources
  - Resources beyond those typically considered
  - Includes both services (therapist, doctors) and activities (walking, art museum)
- Typically 16 sessions (8 weeks)
  - This is not disclosed to them

### III. Staff Update

Stats booklet

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MCDVC 2020 Spring Conference

- April 2<sup>nd</sup> is the date
- Considering taking recommendations from survivors what it is they need the most (statewide survey by the ICDV)

### IV. Information Sharing

- ICADV -- Conference this October
- South Central Indiana Housing Opportunities -- Offering services for landlord-tenant disputes in Judge Stafford's court on Thursdays and Fridays
- Anthem -- Free tutoring for ages 4-21 for children in foster care
- Non Violent Civic Engagement Initiative -- Workshop September 9<sup>th</sup> "Tools for Restorative Healing"
- Painting the Town Purple on September 6<sup>th</sup>