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RÓTIN

The Root - Rótin Trauma and Gender informed Approaches

“Trained specialists help to reduce domestic violence in Estonia”. –
Tallinn, Estonia, 2 June 2022

Kristín I. Pálsdóttir and Þórunn Sif Böðvarsdóttir



TRAUMA-INFORMED CARE (TIC) – OR SERVICE

- An approach in the human service field that assumes that an individual is more likely than not to have a history of trauma.
- Trauma-Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life- including service staff.
- A "trauma-informed approach incorporates three key elements:
 - (1) **realizing** the prevalence of trauma;
 - (2) **recognizing** how trauma affects all individuals involved with the program, organization, or system, including its own workforce; and
 - (3) **responding** by putting this knowledge into practice".



TRAUMA-INFORMED CARE (TIC) – OR SERVICE

Six Principles of Trauma-Informed Approach:

- 1. Safety** - Throughout the organization, staff and clients, feel physically and psychologically safe
- 2. Trustworthiness and Transparency** - Operations and decisions are conducted with transparency with the goal of building and maintaining trust
- 3. Peer Support** - Peer support and mutual self-help are key vehicles for establishing safety, hope, and building trust, enhancing collaboration, and utilizing their stories and lived experiences to promote recovery and healing
- 4. Collaboration and Mutuality** - Importance is placed on partnering and levelling of power differences between staff and clients
- 5. Empowerment, Voice and Choice** - Individuals' strengths and experiences are recognized and built upon and supported in shared decision-making and self advocacy skills.
- 6. Cultural, Historical, and Gender Issues** - The organization actively moves past cultural stereotypes and biases (e.g. based on race, ethnicity, sexual orientation, age, religion, gender-identity, geography, etc.)

(SAMHSA 2014)



WHY TRAUMA-INFORMED POLICING?

- “First, police are often in situations where they, themselves, experience trauma. Their professional training has not, traditionally, given them adequate tools to manage their own reactions and feelings during and following traumatic incidents. The result is high rates of depression (Wang et al., 2010), posttraumatic stress disorder (PTSD; Marmar et al., 2006), alcohol use disorders (Leino et al., 2011) and suicide (Miller, 2006).”
- “Second, police are frequently responding to individuals who are experiencing trauma”.



BECOMING TRAUMA-INFORMED

- Training material that focuses on trauma-informed services and is designed for those working in both community-based programs and the justice system. It is designed for all levels of staff and administration.
- Author: Stephanie S. Covington, PhD. Center for Gender and Justice



(Covington 2020)



TRAUMA-INFORMED POLICING



(Vera Institute of Justice 2020)



TOGETHER AGAINST VIOLENCE - REYKJAVÍK

1. What kinds of traumatic experiences have impacted your workplace in the last decade?
2. What are the main sources of chronic stress where you work?



Research in Iceland had shown:

- 42% of women from the age of 16 have experienced threats, violence, or sexual harassment that caused them distress
- 22% of the women have experienced violence in close relationships
- 26% said their life had been in danger during last violent incident
- 41% said that they had suffered physical harm

TOGETHER AGAINST VIOLENCE - REYKJAVÍK



- Started in January 2015
- Cooperation with the Capital Area Police Department, the Women's Shelter in Iceland and the Health Centers in the Capital Area
- Started in January 2015
- The aim of the project was to:
 - send a clear message that domestic violence will not be tolerated
 - improve the city's services to both the victim and the perpetrator of domestic violence
 - strengthen cooperation between the institutions that work on the issue.

TOGETHER AGAINST VIOLENCE - REYKJAVÍK



- Emphasis on taking appropriate measures as soon as violence in close relationships is detected
- Social worker accompanies police officers to the scene
- Followed up with phone call within three days and a visit by the police and the Welfare department/social worker within a week
- If there is a child registered at the home, a psychologist or social worker on the behalf of CPD visits and a social worker/ psychologist
- Special focus is being placed on women of foreign origin and women with disabilities in this project

TOGETHER AGAINST VIOLENCE - REYKJAVÍK

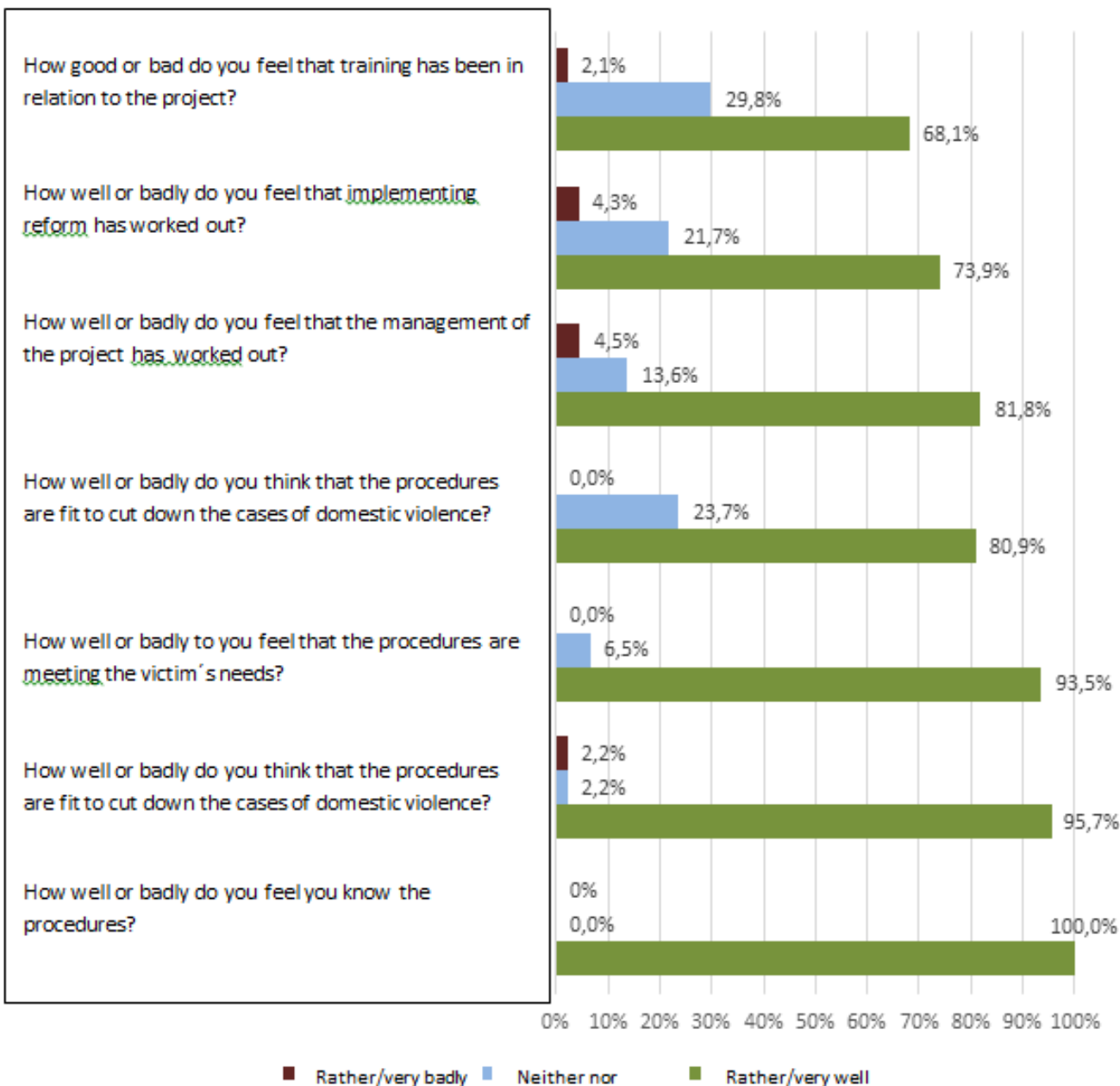


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TOGETHER AGAINST VIOLENCE - REYKJAVÍK



Attitude towards new procedures in domestic violence cases- City of Reykjavík



TOGETHER AGAINST VIOLENCE - REYKJAVÍK



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THANK YOU!

Rótin – The Root

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Certificate Women and Substance Use

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