**Mental Health and Sexual and Domestic Violence**

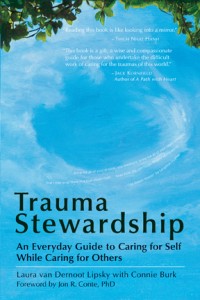
**Webinar Resources**

Alison L. Iser, MA, King County Coalition Against Domestic Violence

and Emily Puma, LICSW, Sound Mental Health

**Action Steps**

1. Address Our Own Needs
2. Create Welcoming Environments
3. Have a Trauma-Informed Approach
4. Talk about Mental Health & Trauma
5. Plan for and Support Wellness
6. Consult
7. Collaborate
8. **Address our needs**

*Banishing Burnout: Six Strategies for Improving Your Relationship with Work* by Michael P. Leiter and Christine Maslach. (Contains the Relationship with Work Test.)

T*he Concise Manual for the Professional Quality of Life Scale 2010* by Beth Hudnall Stamm. -[www.proqol.org](http://www.proqol.org)

*Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky. – [www.traumastewardship.com](http://www.traumastewardship.com)

1. **Create Welcoming environments**

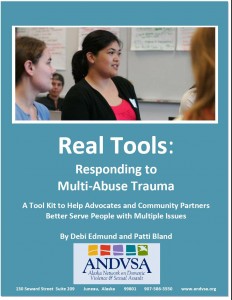
Building Dignity: Design Strategies for Domestic Violence Shelter website – <http://buildingdignity.wscadv.org/>

Institute for Human Centered Design - [www.humancentereddesign.org/](http://www.humancentereddesign.org/)

Public Architecture’s The 1% program connects nonprofit organizations in need of design assistance with architecture and design firms willing to donate their time on a pro bono basis. – [www.onepercent.org](http://www.onepercent.org)

*Welcoming Environments Initiative Report* from the Domestic Violence and Mental Health Collaboration Project - [www.kccadv.org/wp-content/uploads/2010/11/WE-Initiative-Report-Revised-09-10.pdf](http://www.kccadv.org/wp-content/uploads/2010/11/WE-Initiative-Report-Revised-09-10.pdf)

1. **Have a Trauma-Informed approach**

*Beyond Labels: Working with Abuse Survivors with Mental Illness Symptoms or Substance Abuse Issues* by Dianne King Akers, Michelle Schwartz, and Wendie Abramson. - [www.safeplace.org](http://www.safeplace.org/)

National Center for Trauma-Informed Care - [www.samhsa.gov/nctic/](http://www.samhsa.gov/nctic/)

National Center on Domestic Violence, Trauma, and Mental Health - [www.nationalcenterdvtraumamh.org/](http://www.nationalcenterdvtraumamh.org/)

*Real Tools You Can Use: Responding to Multi-Abuse Trauma – A Tool Kit to Help Advocates and Community Partners Better Service People with Multiple Issues (*2011) by Debi Edmund and Patricia J. Bland. - [www.andvsa.org](http://www.andvsa.org/)

1. **Talk About Mental Health and Trauma**

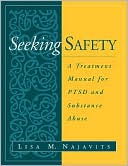
*Mental Health Basics and Mental Health Response for Domestic Violence Advocates Online Courses* from the Domestic Violence and Mental Health Collaboration Project - [www.kccadv.org/training-events/online-training-courses/](http://www.kccadv.org/training-events/online-training-courses/)

QPR Institute Suicide Risk Assessment and Risk Management Training – [www.qprinstitute.org](http://www.qprinstitute.org)

1. **Plan for and Support Wellness**

Breath Awareness and Mind Integration podcasts - Dr. Dan Siegel -<http://drdansiegel.com/?page=about&sub=audio_video_clips>

Coping with Anxiety handouts – [www.anxietybc.com/anxiety-PDF-documents](http://www.anxietybc.com/anxiety-PDF-documents)

Muscle Relaxation audio file - Anxiety and Stress Reduction Center of Seattle - [www.asrcseattle.com](http://www.asrcseattle.com/)

*Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* by Lisa M. Najavits. [www.seekingsafety.org](http://www.seekingsafety.org)

*Therapy for Post-Traumatic Stress and Dissociative Conditions: What to Look for and How to Choose a Therapist* from Sidran Traumatic Stress Institute – [www.sidran.org](http://www.sidran.org)

1. **Consult**

*Reciprocal Consultation Guide* from the Domestic Violence and Mental Health Collaboration Project - [www.kccadv.org/wp-content/uploads/2010/09/Reciprocal-Consultation-Guide-Final.pdf](http://www.kccadv.org/wp-content/uploads/2010/09/Reciprocal-Consultation-Guide-Final.pdf)

1. **Collaborate**

*Forging New Collaborations: A Guide for Rape Crisis, Domestic Violence, and Disability Organizations* by Nancy Smith and Sandra Harrell. - [www.vera.org](http://www.vera.org)

*Liaisons and Case Reviews Information Packet* from the Domestic Violence and Mental Health Collaboration Project - [www.kccadv.org/wp-content/uploads/2010/11/Liaisons-Case-Reviews-Info-Packet-Revised-09-10-Ext.pdf](http://www.kccadv.org/wp-content/uploads/2010/11/Liaisons-Case-Reviews-Info-Packet-Revised-09-10-Ext.pdf)

****The publications and online courses of the Domestic Violence and Mental Health Collaboration Project are available at [www.kccadv.org/reports/mental-healthdv-reports/](http://www.kccadv.org/reports/mental-healthdv-reports/).

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