



**ALL  
TOGETHER  
BETTER**

**Collaborative Mental Health Care in a  
Changing World**

**COLLAB LAB**

# **Family Violence**

# Session purpose

At the end of this session, participants will have:

- increased confidence to participate in interdisciplinary collaborative care when responding to mental health presentations where family violence is, or has been, a feature.
- a better understanding of how interdisciplinary collaborative care can contribute to better outcomes for individuals and/or families where family violence is, or has been, a feature.



Collaborative Mental Health Care in a Changing World

**Family Violence COLLAB LAB**

# Session format

Part	Description	Timing	Location
1	Family Violence Overview by Dr Sabin Fernbacher	30 mins 11– 11.30am AEDT	This room
2	Moderated discussion of vignette(s)	1 hour 11.30am – 12.30pm AEDT	Breakout rooms
3	Feedback & session conclusion	30 mins 12.30 – 1pm AEDT	This room



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# How to interact

## How to interact in Parts 1 & 3

### Chat box

- Engage with other delegates (direct message to an individual or post to everyone)

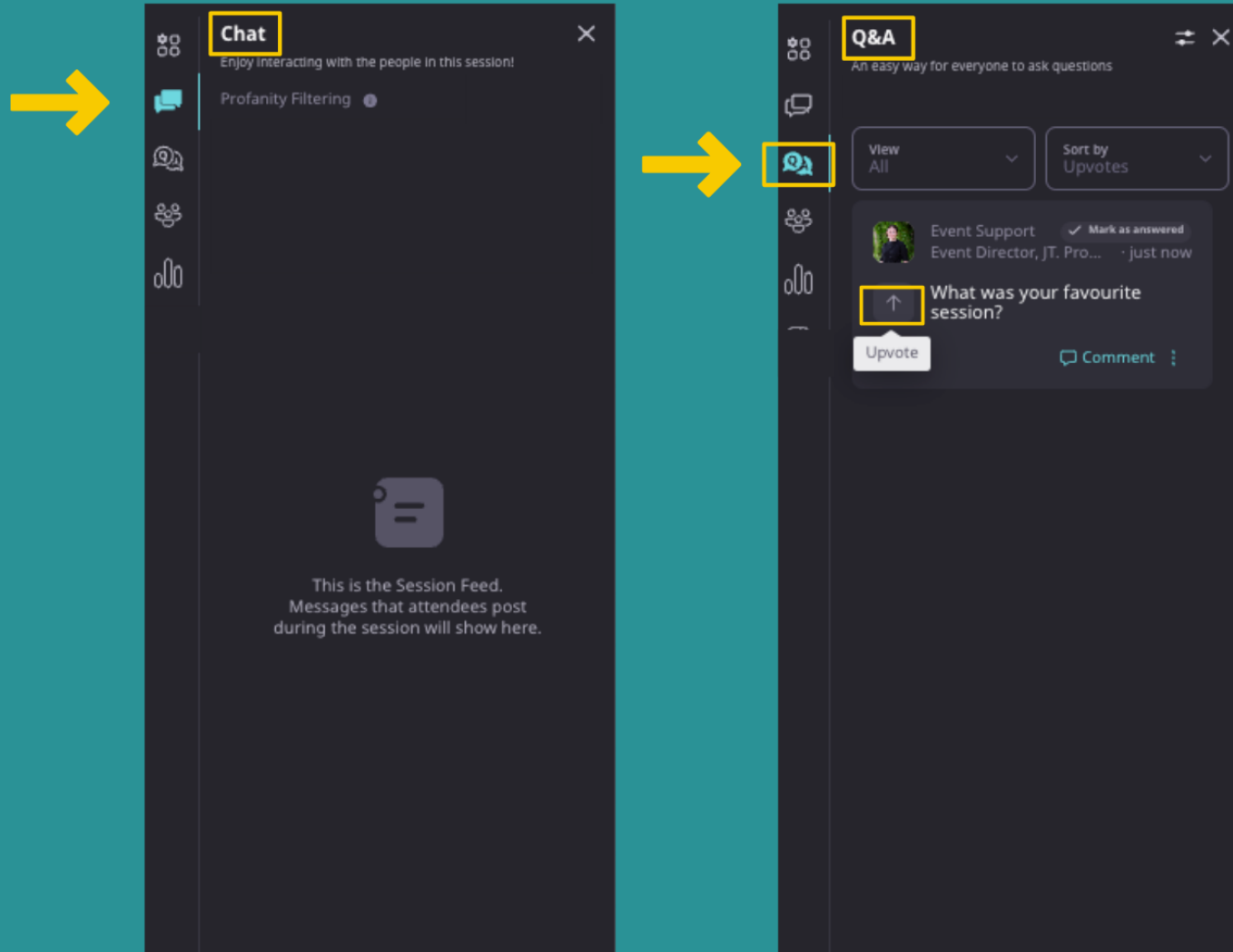
Tech issues? Post in the Q & A tab to receive help,  
or visit the Help Desk.



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# How to interact



mhpn  
Mental Health Professionals' Network



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sabin fernbacher  
consulting

# Family Violence & Mental Health

ALL TOGETHER BETTER:  
Collaborative Mental Health Care in a Changing World  
Mental Health Professional Network Conference  
March 2023

# Acknowledgments

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# Family Violence & You: Self Care

# Look after yourself

Looking after yourself is good practice (today & any other time)

# Reach out, seek support, & pay attention to your wellbeing

# Support: 1800 RESPECT





# Remember....societal context



- Compounding
  - Family Violence & Mental Illness
  - Mental Illness & Family Violence
- Stigma
  - Family Violence & stigma & shame
  - Mental Illness & stigma & shame



# Impacts

- Financial/economic status
  - Loss of income
  - Relocation costs
- Work & study (adults, children & young people)
  - Disruption
  - Discontinue
- Housing & homelessness
- Health
  - Poorer general health
  - Early pregnancy loss
  - Greater health costs over a life-time
- Mental Health



# Mental Health Impacts: Examples

Anxiety

Hypervigilance

Stress

Sleeping & eating problems

Drug, alcohol, prescription medication use

Post Traumatic Stress symptoms

Self harm

‘Trauma symptoms’: flashbacks, triggers

# Women with 'mental illness' – specific issues

Multiple types of trauma over a lifetime

High levels of family violence

Disbelief by professionals

Lack of access to services or appropriate support

Exclusion

# Using mental illness against...



She needs him

Lacks skills to live alone/without the other person

Is a bad parent

Professionals won't believe her

Her illness is the problem (I am the 'good partner', parent)

Convince others that she is making things up due to being 'mad'

Should not see the children (e.g. adolescents)

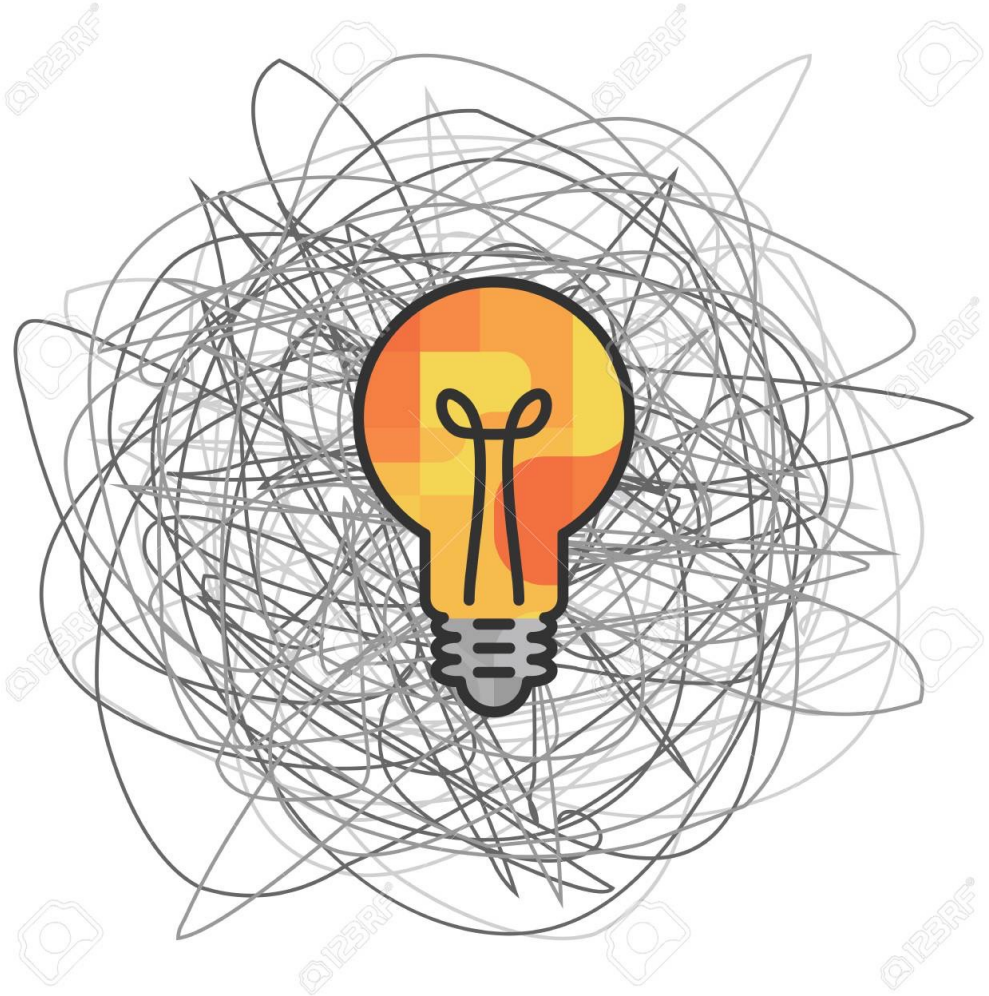
# Weaponising mental health/illness



Threaten	Take children away/get them taken away
Reporting	Report to Child Protection
Forced	Have her admitted into psychiatric ward/call CAT team
Publicising	Let employer/co-workers know re mental health
Discredit	Publicly discredit – mental health related



# Systemic Issues, Barriers & Challenges



- **Barriers to**
  - Disclosure
  - Support
- **Professionals' lack of understanding/confidence**
- **Medical & diagnostic focus vs Trauma Informed understanding**
- **Disbelief by professionals**
- **Missing trauma**
- **Exclusion**
  - “can’t work with women with mental illness”
  - “can’t work with women with family violence”

# Women's experiences with health & mental health service systems



- ☐ Not being believed
- ☐ Doubting
- ☐ Dismissed
- ☐ “Not part of my role”
- ☐ Lack of skills, knowledge or confidence by professionals
- ☐ Focus on biological factors only: missing trauma
- ☐ Misunderstand trauma reaction as mental illness



WHO, 2014

-

# What do women want from healthcare professionals?

Emotional Connection

Recognition & Understanding

Action & Advocacy

Choice & Control

# Validation

Create a safe space

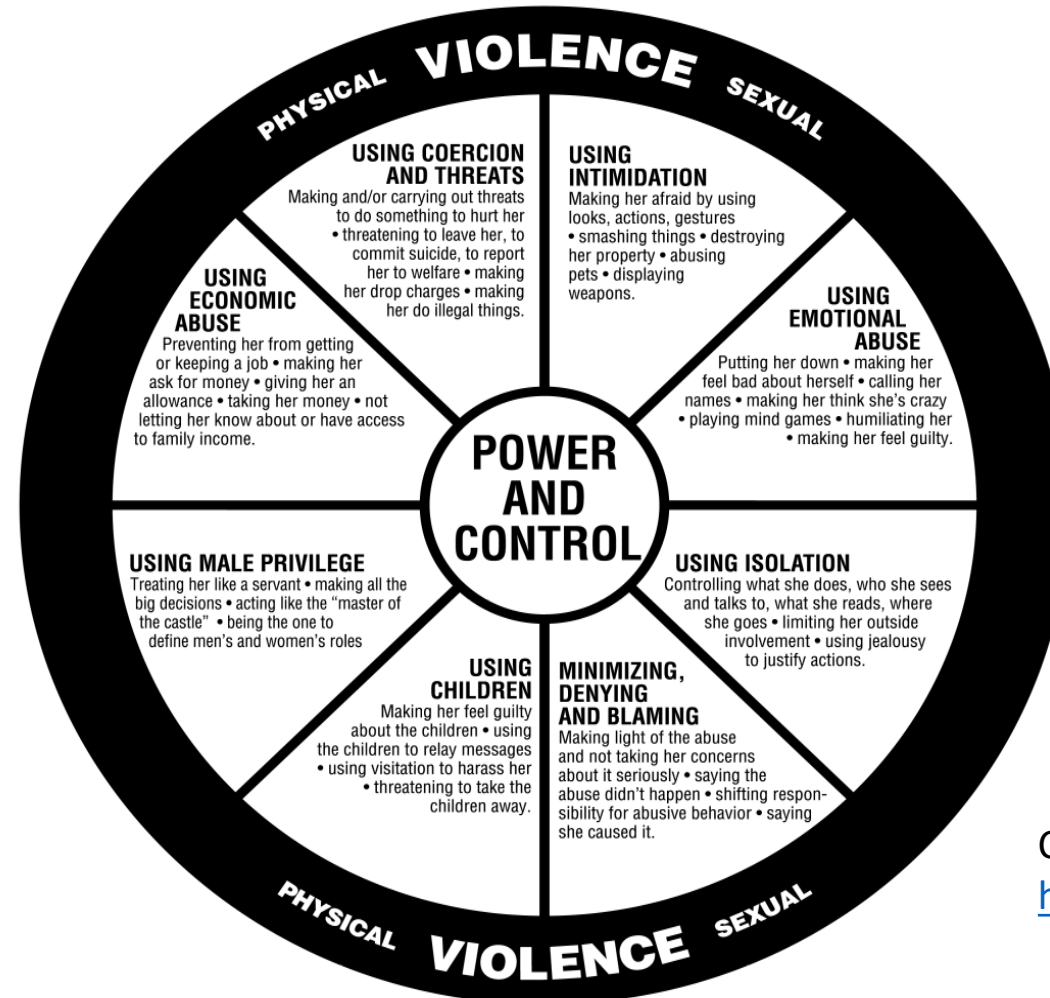
Respond to the person before the situation

See & believe them

Be present for them

# Duluth Power and Control Wheel

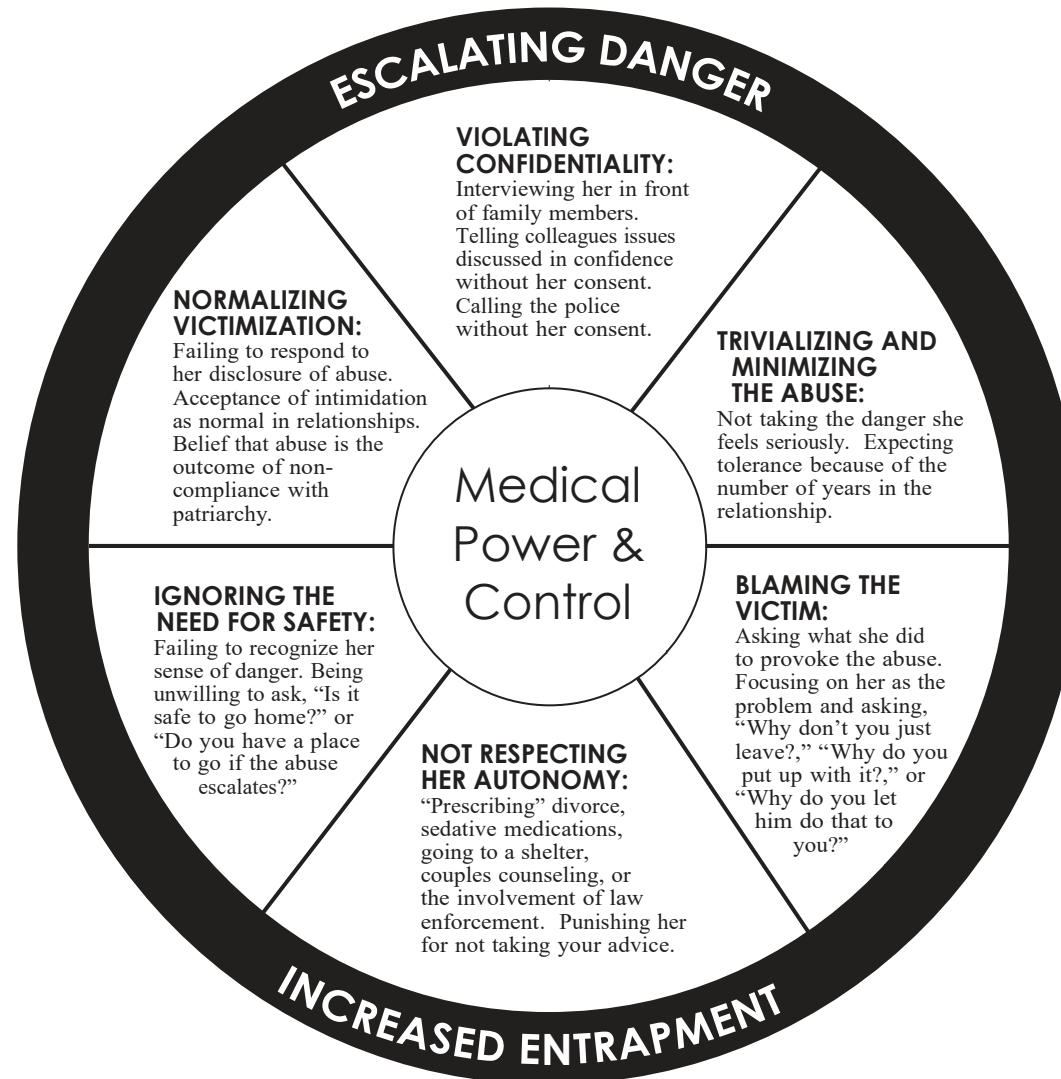
## Domestic Abuse Intervention Programs



Copyright:

<https://www.theduluthmodel.org/wheels/>

# MEDICAL POWER & CONTROL WHEEL



Produced and distributed by:

Developed by: The Domestic Violence Project,  
Kenosha, WI, adapted from the original wheel  
by the Domestic Abuse Intervention Project  
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Sabin Fernbacher Consulting March 2023



**NATIONAL CENTER**  
on Domestic and Sexual Violence  
training • consulting • advocacy  
4612 Shoal Creek Blvd. • Austin, Texas 78756  
512.407.9020 (phone and fax) • www.ncdsv.org

If this session has raised issues that you would like to talk through, make sure you access support.



You can do this by talking with your supervisor, access EAP at your workplace, talking with (FV)colleagues or contact one of the services below.

Looking after yourself is good practice and



# thank you



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# Meet the Moderators

Four breakout rooms



Laura Brooks



Sarah Johnson



Dr Elizabeth  
McLindon



Sally Stevenson AM



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# Part 2: Moderated Vignette Discussion

## Four breakout rooms

Moderated by	Go there if your surname start with:
Laura Brooks	A – D
Sarah Johnson	E – K
Liz McLindon	L – Q
Sally Stevenson	R - Z

### How to get to your breakout room

- Navigate back to Schedule
- Join the appropriate breakout room based on your surname

In the breakout room please have your camera on



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# How to get to the breakout room

The screenshot displays the MHPN All Together Better Conference 2023 interface. At the top, a navigation bar includes a 'View Schedule' button, which is highlighted with a yellow box and a yellow arrow pointing to it. To the right of the navigation bar are icons for Leaderboard, Moderation, Feed, People, Messages, and Alerts. The main content area is titled 'Schedule' and shows a calendar for March 2023. The date 29 (Wed) is selected. Below the calendar, a search bar is visible. The schedule lists several sessions for Day 2 (29 March 2023). The first session is 'COLLAB LAB - Family Violence: Overview' from 11:00 AM to 11:30 AM, moderated by Sarah Johnson and Dr. Elizabeth McLindon. Below this are four breakout rooms, each from 11:30 AM to 12:30 PM, all moderated by Family Violence COLLAB LAB. These breakout rooms are highlighted with yellow boxes and yellow arrows pointing to them from the left. The breakout rooms are: A-D Breakout Room (moderated by Laura Brooks), E-K Breakout Room (moderated by Sarah Johnson), L-Q Breakout Room (moderated by Dr. Elizabeth McLindon), and R-Z Breakout Room (moderated by Sally Stevenson). Each breakout room session has a 'Session as a Video Call' button. On the right side of the interface, the MHPN logo is displayed, along with the text 'Mental Health Professionals' Network'. Below the logo is a circular graphic with the text 'ALL TOGETHER BETTER' and the tagline 'Collaborative Mental Health Care in a Changing World'.

MHPN All Together Better Conference 2023

View Schedule

Leaderboard Moderation Feed People Messages Alerts

mhpnp  
Mental Health Professionals' Network

ALL TOGETHER BETTER  
Collaborative Mental Health Care in a Changing World

**Schedule**

March 2023

28 Tue

29 Wed

30 Thu

Day 2 • 29 March 2023

11:00 AM - 11:30 AM

COLLAB LAB - Family Violence: Overview

Sarah Johnson Dr. Elizabeth McLindon + 3 others

Session

11:30 AM - 12:30 PM

A-D Breakout Room, moderated by Laura Brooks, Family Violence COLLAB LAB

Session as a Video Call

11:30 AM - 12:30 PM

E-K Breakout Room, moderated by Sarah Johnson, Family Violence COLLAB LAB

Session as a Video Call

11:30 AM - 12:30 PM

L-Q Breakout Room, moderated by Dr. Elizabeth McLindon, Family Violence COLLAB LAB

Session as a Video Call

11:30 AM - 12:30 PM

R-Z Breakout Room, moderated by Sally Stevenson, Family Violence COLLAB LAB

Session as a Video Call

## Part 3: Feedback

Please get settled.

We'll start in a few minutes when everyone has arrived.



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# Part 3: Feedback

From your breakout rooms discussions, identify:

- what your breakout room learnt about the range of disciplines/services, and how they might contribute to better outcomes for mental health presentations where family violence is, or has been, a feature.
- what ideas were generated to improve capacity and/or increase the opportunities to engage in collaborative care in the field of family violence
- the hurdles or challenges we encounter when working together in this space
- how collaborative care contributes to better outcomes for people who have been or are experiencing family violence.
- Any key messages which resonated with participants



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# Coming Up . . .

- **Family Violence Networking Hub** in 1 hour (starts at 2 pm AEDT)
  - MHPN supports networks that bring together practitioners whose work supports people experiencing family violence to engage in interdisciplinary professional development, peer support and networking.
    - Drop in to the Networking Hub to learn more.
    - Can't make it, but want to learn more? Scan the QR code and leave your details and we'll send some information.
- **Social Isolation & Loneliness COLLAB LAB** (starts at 3 pm AEDT)
- **Guided Mindfulness** starts at 5.15 pm
- Today's program concludes with **The Nexus Between Climate Change & Mental Health panel discussion**, tonight from 6.00 pm AEDT



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# Thanks for Participating

Before you log off, please complete the Feedback Survey by clicking on the Survey tab to the right.

Plus, we'll email a survey about the entire Conference next week. Please complete it – it will help inform future Conferences.



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