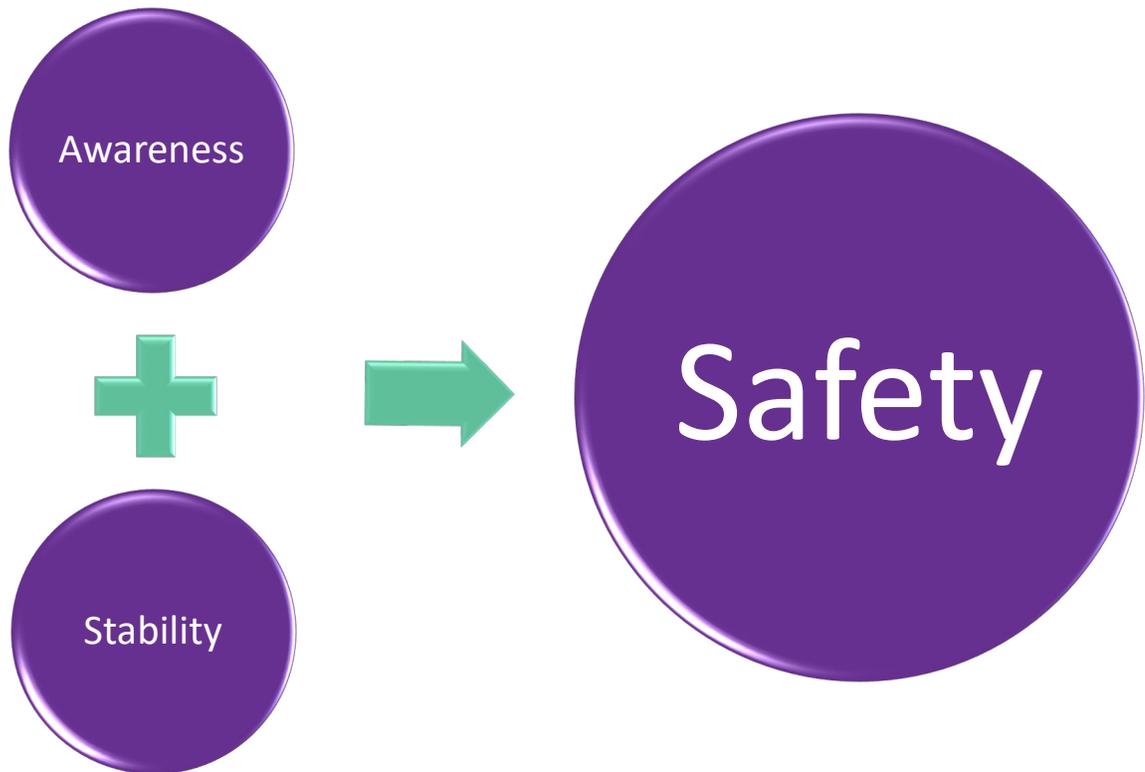# House of Ruth Maryland

MEASURING SUCCESS FRAMEWORK

Measuring Success is a model to improve the <u>safety</u> of intimate partner violence survivors and their families by raising individual and community <u>awareness</u> of intimate partner violence issues, and by increasing their housing, financial, and life <u>stability</u>.

Awareness

+

Stability

→

Safety

House of Ruth Maryland

MEASURING SUCCESS MANUAL

GUIDING DOCUMENTS

SUMMARY OF OUTCOME INDICATORS

AWARENESS DOMAIN: BOTH PERSONS EXPERIENCING IPV AND THE GENERAL PUBLIC ARE AWARE OF IPV DYNAMICS AND OPTIONS AVAILABLE

Indicator: *Increase in Public Denouncement of IPV*

Indicator: *Increase in IPV Knowledge: Individual and Community*

Indicator: *Increase in Engagement: Individual and Community*

Indicator: *Increase in Awareness of Abuse Generated Risk*

Indicator: *Increase in Ability to Assign Responsibility for Abuse*

STABILITY DOMAIN: PERSONS EXPERIENCING IPV ARE SOCIALLY AND EMOTIONALLY STABLE

Indicator: *Increase in Intentional Safety Planning*

Indicator: *Decrease in Risk from Abusive Behaviors*

Indicator: *Decrease in Trauma Symptoms*

Indicator: *Increase in Ability to Meet Basic Needs*

Indicator: *Increase in Social Connectedness*

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DESCRIPTION OF INDICATORS

A WORD ABOUT VICTIMS AND SURVIVORS

In the field of IPV, the terms victim and survivor are used to indicate the person who is being abused by their intimate partner. In general, these terms are used interchangeably, but there is an important distinction.

Victim: a person who has been abused by their intimate partner. This term carries with it the understanding that the abuse suffered is not the victim's fault, that the victim was harmed by the abuse, and generally that the abuse is recent.

Survivor: a person who has lived through abuse by their intimate partner. This term carries with it the understanding that terrible things have happened to a person, they have survived these terrible things, and the abuse can be recent or long past.

AWARENESS

INCREASE IN PUBLIC DENOUNCEMENT OF IPV

Much of the work done by IPV organizations focuses on individuals or small groups. However, there is also work being done to change systems that impact victims and survivors of IPV. Legislative efforts drive the state's response to IPV; the media drives the public narrative around IPV; and corporate and public policy can have long lasting, wide reaching impact on the individual experience of victims, survivors and abusive partners.

**This indicator is only recommended for organizations that engage in public media campaigns, actively advocate a legislative agenda, or aim to impact public/private policy. If your organization engages in these efforts, speak with the Measuring Success Training Team to develop or locate an effective evaluation tool.

INCREASE IN IPV KNOWLEDGE: INDIVIDUALS AND COMMUNITY

All members of a community have a role to play in ending IPV, not just those directly involved. Members of a community who are not in an abusive relationship can increase victim safety by being able to identify and react to IPV in a victim supportive way.

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Research shows that most people in an abusive relationship will seek informal help, like a friend or family member, prior to seeking formal assistance from an IPV organization. When the general public is aware of IPV dynamics and what options are available to people experiencing IPV, victims and abusive partners are more likely to receive helpful and supportive information – even through informal channels.

A strong and supportive community is a powerful protective factor against IPV; service organizations can increase victim safety through community awareness of what IPV and healthy relationships look like, and where victims and abusive partners can seek help.

INCREASE IN ENGAGEMENT: INDIVIDUALS AND COMMUNITY

IPV organizations often want their messages and services to reach specific communities in the form of outreach or prevention work. Programs developed to reach victims may be seeking to create awareness of services and effective access and engagement of those services. Outreach programs may also have a specific community focus, like teens, teachers, limited English speakers, etc. In this community outreach, the goal may be to create awareness of what IPV is and how to effectively respond to disclosures. It may also be to engage community members in being part of the solution to end IPV. For abusive partner work, engagement may look different yet. This indicator is chosen by IPV organizations when effort is undertaken with a specific population to create more understanding of IPV and involvement in the issue or services.

**Not all agencies do targeted outreach/prevention work. General outreach/prevention is effective but is difficult to measure without significant burden on staff. This indicator is only recommended for organizations that engage in robust, targeted outreach/prevention campaigns. If your organization has a targeted outreach/prevention campaign, work with the Measuring Success Training Team to develop or locate an effective evaluation tool.

INCREASE IN AWARENESS OF ABUSE GENERATED RISK

The occurrence of IPV puts survivors and abusive partners at risk for additional mental harm, physical harm, arrests, loss of employment, and/or death. In order to effectively plan for safety, a victim/ survivor must first know and understand the risks associated with abusive behaviors before they can work to protect themselves from potential harm. Survivors who are aware of the risks associated with IPV can use this information for long term safety planning. When abusive partners recognize the risks IPV poses to their partner's well-being and their own well-being, they can work to change their behaviors in order to protect themselves and their partners from the impact of abuse.

MEASURING SUCCESS MANUAL

By assisting victims or abusive partners in understanding the risk for further harm from IPV, IPV organizations increase victim safety.

INCREASE IN ABILITY TO ASSIGN RESPONSIBILITY FOR ABUSE

Within abusive relationships, abusive partners typically assign most of the responsibility for abusive behavior to the victim, and victim/survivors have a difficult time assigning responsibility for abuse to the abusive partner. The belief that abuse is the fault of the victim increases the power imbalance between the victim and the abusive partner. As the power imbalance increases, victim safety decreases.

A key objective of both victim-centered IPV services and abuse intervention programs is helping participants correctly understand who is responsible for IPV. Programs for victim/survivors seek to educate and reinforce that victims are not at fault for the abusive behavior. Abuse Intervention Programs similarly educate abusive partners to take responsibility for their actions and disengage from violence. Programs designed for the public seek to improve their understanding of who is ultimately responsible for intimate partner violence. With improved awareness of who is responsible for the abuse, victims can plan for their safety and abusive partners can disengage from violence.

MEASURING SUCCESS MANUAL

STABILITY

INCREASE IN INTENTIONAL SAFETY PLANNING

A victim's ability to respond effectively to threats posed by an abusive partner is paramount to overall stability. While a victim is unable to control the behavior of an abusive partner, victims can plan for their safety in spite of violence. Victims move through stages of planning for safety: Victims often start from a place of not having a plan; then, moving to a plan created in reaction to abusive incidents; and, finally, thinking proactively and acting intentionally to protect themselves and their families from abusive behaviors. IPV organizations make victims more stable by giving them the tools to respond to abuser-generated threats effectively and motivating them to actively participate in the creation of their safety plan.

DECREASE IN RISK FROM ABUSIVE BEHAVIORS

IPV organizations can impact on risk from abusive behavior in two ways:

- By assisting survivors in taking specific actions to reduce risk. This includes actions intended to address a specific risk factor, such as: moving the victim into a secure location, removing weapons from the home, or getting a protective order.
- By assisting the abusive partner in addressing specific triggers or beliefs that support their violence and teaching them new, non-violent ways to experience relationships.

By using expert knowledge to address specific risk factors, IPV organizations decrease exposure to destabilizing events and increase survivor safety.

INCREASE IN ABILITY TO MEET BASIC NEEDS

Survivors and abusive partners can only make careful, informed decisions when their basic needs have been met. Many survivors report staying with abusive partners or returning to abusive partners out of fears of homelessness and inability to provide for dependent children. As such, abusive partners often intentionally position themselves to be the sole provider of anything a survivor may need. While never an excuse for being abusive, research has also shown a clear correlation between inabilities to meet basic needs/provide for the family and engaging in abusive behaviors. What constitutes a basic need will depend on the unique situation of each person. Common basic needs include, but are not limited to, food security, housing security, access to medication, access to communication (mobile phone and internet access), documentation and identification, transportation, income (employment), childcare and clothing. Assisting survivors in meeting their specific basic needs decreases their

dependence on an abusive partner, which in turn increases their stability. Recent research also shows that when abusive partners meet their basic needs, it decreases the likelihood that they will continue to use abusive behaviors.

INCREASE IN SOCIAL CONNECTEDNESS

One of the most common tactics abusive partners employ is isolating victims. Over time, these isolating tactics can erode social relationships the victim has established. While organizations often refer survivors to other service providers, such connections do not inherently bolster a survivor's social connections. Instead, facilitating positive and supportive connections with trustworthy individuals (both inside and outside of IPV organizations) can help restore a survivor's social safety net and increase their stability.

For abusive partners, having strong positive social connections decrease the rate of recidivism, provides support to engage in healthy relationship behaviors, and increases stability through informal and formal networks.

DECREASE IN TRAUMA SYMPTOMS

Trauma symptoms are wide ranging and include emotional, physical, and cognitive distress. Untreated, survivors may have trouble with daily functioning, and face intrusive thoughts of the abuse in response to triggers. Adults and children experience trauma differently, and trauma may go unrecognized in children or misdiagnosed as a mental health disorder in children and adults. Collectively, trauma symptoms are a powerful destabilizing force. When survivors or abusive partners are reacting to past trauma, they cannot effectively engage in the moment or plan for the future. When IPV organizations address trauma symptoms, they increase survivor stability.

MEASURING SUCCESS MANUAL

GLOSSARY

Abusive Partner

Anyone who engages in violence against their current or former partner. Sometimes referred to as "abusers."

Children Who Witness

Any person under the age of 18 who has been impacted by violence perpetrated against their parent, a victim (see above). All children of victims should be considered children who witness.

Domain

A domain, sometimes known as an outcome domain, is a broad category of organization efforts. Under the Measuring Success Framework, there are two domains: Awareness and Stability. Interventions will advance one of these two categories.

Effort

Any action taken by the Organization.

Indicator

An indicator, sometimes known as an outcome indicator, is the way to identify that progress is being made towards an outcome. There are 10 indicators under the Measuring Success Framework.

Intervention

House of Ruth Maryland engages in a variety of interventions to serve our clients and the community. Providing therapy, hosting a public training, and providing meals are all examples of an intervention.

Outcome

An outcome is the impact that provided interventions have on the world. It can also be understood as the primary goal HRM striving to achieve. Under the Measuring Success Framework, the outcome is safety. Because of HRM interventions, survivors of intimate partner violence are safer.

Output

Often, outputs are a measurement of how many times something happened. A bed night count, a tally of safety plans provided, or the number of clients who complete gateway are all examples of an output.

Public

Persons who are not directly impacted by IPV, to the knowledge of your organization.

Secondary Victim

Any person, other than the child of a victim, who has been impacted by violence perpetrated against a victim. Sometimes referred to as "secondary survivors."

Tool

A tool, sometimes known as a measurement tool or simply a measurement, is a specific way of evaluating progress on an indicator. While the indicators are static, tools vary depending on what is being measured. It is important that staff receive training on any tools they may be using.

Victim

Anyone who has been directly impacted by the violence of a current or former partner. Sometimes referred to as "survivors."