

RECOMMENDATIONS

RECOGNIZE

- ✓ Look for **fear** to identify unhealthy relationships where violence and abuse can occur
 - Ask to understand
 - Listen to learn
 - Watch for the use of fear to control
- ✓ **Ask:** Does anyone make you feel afraid?

RELATE

- ✓ Build respectful relationships with three key questions:
 - What are your thoughts about....? (Readiness to change)
 - How would your life be better if.....? (Benefits of change)
 - Is anything standing in the way of making this change? (Barriers to change)

(See the supplement to the DOVE CPG: [Motivational Interviewing with Survivors of Violence: A Reference Guide](#))

REFER

- ✓ Offer choices – “would you like to come back to discuss this again or would you like to talk with an expert in these matters?”
- ✓ See [Appendix A](#) - Resources specialized in assisting with the next steps:
- X Do not contact police without consent – adult victims must agree to contact authorities when and if they choose.
- ✓ Reporting is mandatory if a child is suspected or confirmed to:
 - Have experienced violence or abuse
 - Witnessed violence or abuse
 - Be at substantial risk to be physically or sexually abused
 - Have a guardian who is unable or unwilling to protect a child from physical injury or sexual abuse
 - Report to:
 - Province wide except Calgary: 1.800.638.0715
 - Calgary: 403.297.2995
 - For more information contact the Family Violence Information Line: 310.1818
- ✓ Reporting connects to resources and assistance

APPENDIX A - RESOURCES

BUILDING SAFETY

- Feeling safe takes time to grow
- Develop internal strengths to increase confidence
- Enhance safety by connecting to people, resources, places
- Ensure privacy for difficult and confidential conversations (shame, embarrassment)
- Personalize to find the right fit – your choices
- Promise only what you know you can deliver!

PRACTICE POINT

Tips for providing resources

Phone numbers – write phone numbers backwards for patient

Bar codes with number

Calendar

Lipstick tube

PROFESSIONAL AND LEGAL RESPONSIBILITIES

CHILDREN

- If abuse is suspected, confirmed or witnessed it must be reported:
 - Province wide except Calgary: 1.800.638.0715
 - Calgary: 403.297.2995
 - For more information contact the Family Violence Information Line: 310.1818

ELDERS

- If elder abuse suspected or confirmed contact elder abuse hotline at:
 - Edmonton: 780.454.8888
 - Calgary: 403.705.3250
 - Red Deer: 403.346.6076
 - Lethbridge: 403.394.0306
 - Medicine Hat: 403.529.4798
 - Grande Prairie: 780.539.6255
 - Rural distress line: 1.800.232.7288

REGARDING ABUSE AND CHILDREN AND WOMEN’S SHELTERS

- Family Violence Info Line: 310.1818 (this number is available for anyone to call)
- Women’s Emergency Shelters
- Child Adolescent Protective Services(CAPS): offers advice to physicians about options available Province-wide (except Calgary) 1.800.638.0715
- Calgary: 403.297.2995
- ZEBRA child protection centre- legal advice/services contact Regional Child Welfare. Children must have a referral through Children’s Services.
- Bullying Help Line: 1.888.456.2323
- Website for children: www.teamheroes.ca
- Child Abuse Hotline: 1.800.387.5437
- Website for youth: www.b-free.ca
- Website for adults: www.bullyfreealberta.ca

FOR FURTHER READING

Protection Against Family Violence Act: Can apply for an Emergency Protection Order application – form online: <http://www.albertacourts.ab.ca/forms/cts3755.pdf>

In Protection: Alberta legislation

Cognitively Impaired: Alberta legislation

Legal Aspects:

- Documenting: Alberta legislation
- Reporting: Alberta legislation
- Testifying: Alberta legislation

Books: *The Dance of Anger: A Woman’s Guide to Changing the Patterns of Intimate Relationships.* Harriet Lerner, Ph.D.

PHYSICIAN RESOURCES

Physicians dealing with cases such as this may experience vicarious traumatization from hearing these stories and seeing the results of violence and abuse. Furthermore, the stories they hear can resonate with personal experiences now or in the past with additional traumatizing effects for the physician. These experiences can be powerful enough to have important psychological consequences. The Physician and Family Support Program (PFSP) (1.877.767.4637) can offer confidential assistance for physicians and their families. For further assistance, the College of Physicians and Surgeons of Alberta (CPSA) can be contacted at 1.800.320.8624.