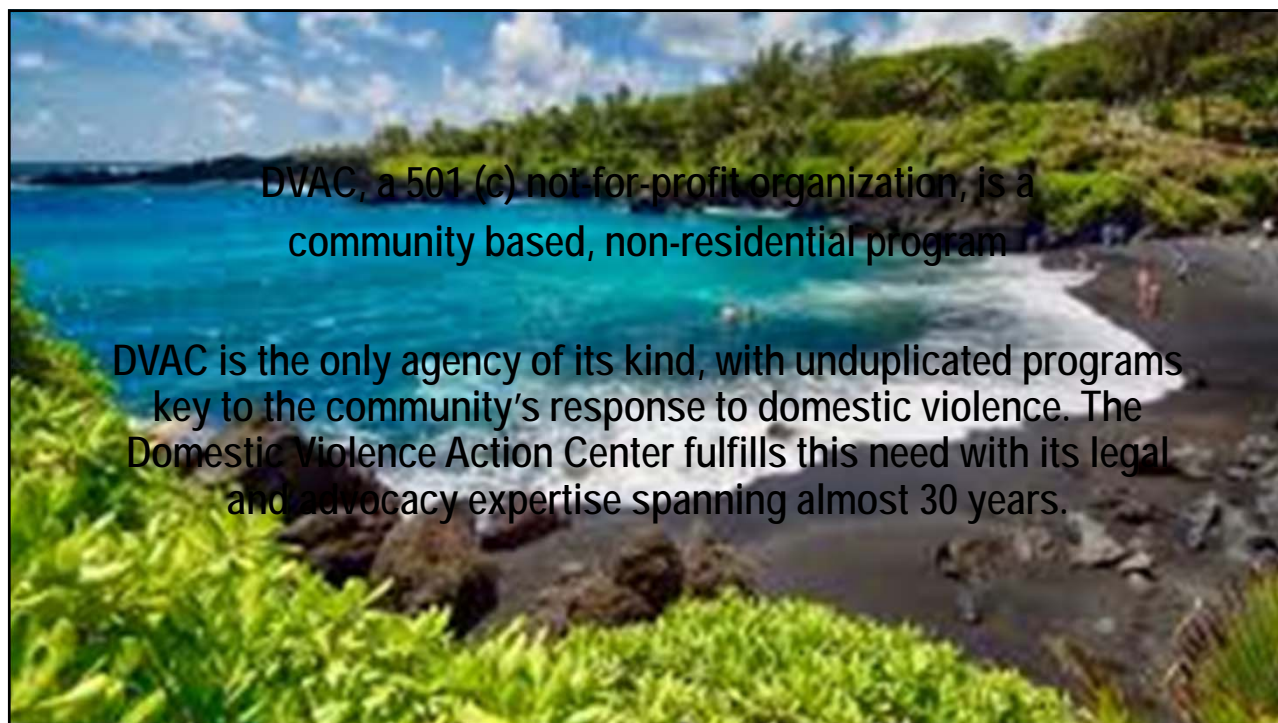


# Trauma-Informed Care for AAPI Survivors

Healing Through Connection: Cultural Practices for Families and Communities Moving Beyond Trauma

Presented By:

*Ella Mojica*



DVAC, a 501 (c) not for-profit organization, is a community based, non-residential program

DVAC is the only agency of its kind, with unduplicated programs key to the community's response to domestic violence. The Domestic Violence Action Center fulfills this need with its legal and advocacy expertise spanning almost 30 years.




The Domestic Violence Action Center is committed to addressing domestic violence and other forms of harm through leadership, unique services, legal representation, survivor and system advocacy, community education and social change work.

We believe all persons should be treated with equality, dignity and fairness. With high quality and culturally sensitive programs, delivered with integrity and compassion we are creating safety and self-sufficiency for survivors and their children.

DURING THE COVID-19 PANDEMIC\*


# DVAC STATS



- **2,352 contacts** with clients
- **935 safety plans** completed
- **190 Helpline calls** answered
- **62 chats**
- **543 legal information** offered
- **560 referrals** to other community agencies
- **30 awards** of financial assistance

**77% increase** in website hits\*\*  
**68% increase** in calls to Helpline\*\*

\*Data compiled from March 30 to April 24, 2020  
\*\*Data compiled from mid-February 2020



## DVAC clients reflect Hawaii's multi-cultural population



University of Hawaii students sit together to show the ethnic differences of Hawaii's population in 1948.  
*Eliot Elisofon/The LIFE Picture Collection/Getty Images*

## Quick Facts-Statistics

Based on the most recent estimates released by the US Census, we estimate the **2018 population of Hawaii** at 1.43 million

Foreign born population 17.9% compared to 12.9% nationally

Per census estimate 2012 - 2016

## Population by race/ethnicity

Asian	<b>37.7%</b> compared to 5.3% nationally
White	<b>26.6%</b> compared to 77% nationally
Native Hawaiian	<b>10%</b> compared to .02% nationally

## Population by race/ethnicity

Latino/Hispanic	<b>9.8%</b> compared to 17.1% nationally
Black or African American	<b>2.3%</b> compared to 13.2% nationally

Two of the fastest growing groups in Hawaii are the Hispanic and COFA



There are many forms of abuse that create risk and danger in love relationships. Physical violence, verbal abuse, psychological tactics-including intimidation and degrading someone, and sexual assault, are the most obvious ways one person in a relationship establishes power over their partner. The abuse is intended to maintain control and limits the ability of the victim to make personal choices, have access to family resources or assets, or have self-determination.



## Our Approach to Trauma-Informed Care

## Create safe and supportive spaces

Accessible to all

Confidential

Respectful and trusting relationships

Validation

Empowerment



## Possess a deep understanding of the effects of trauma

Recognizing that people have different responses

Acknowledging the role trauma may play in one's life

Working with, not working on

Avoiding re-traumatization

## Possess knowledge of cultural responses



Staff mirror the ethnicities and cultures of our diverse community

Be an ally: seek out education, practice cultural humility, and use ability to help

Incorporate culture into interventions

Understand how historical, intergenerational, and/or a cultural trauma

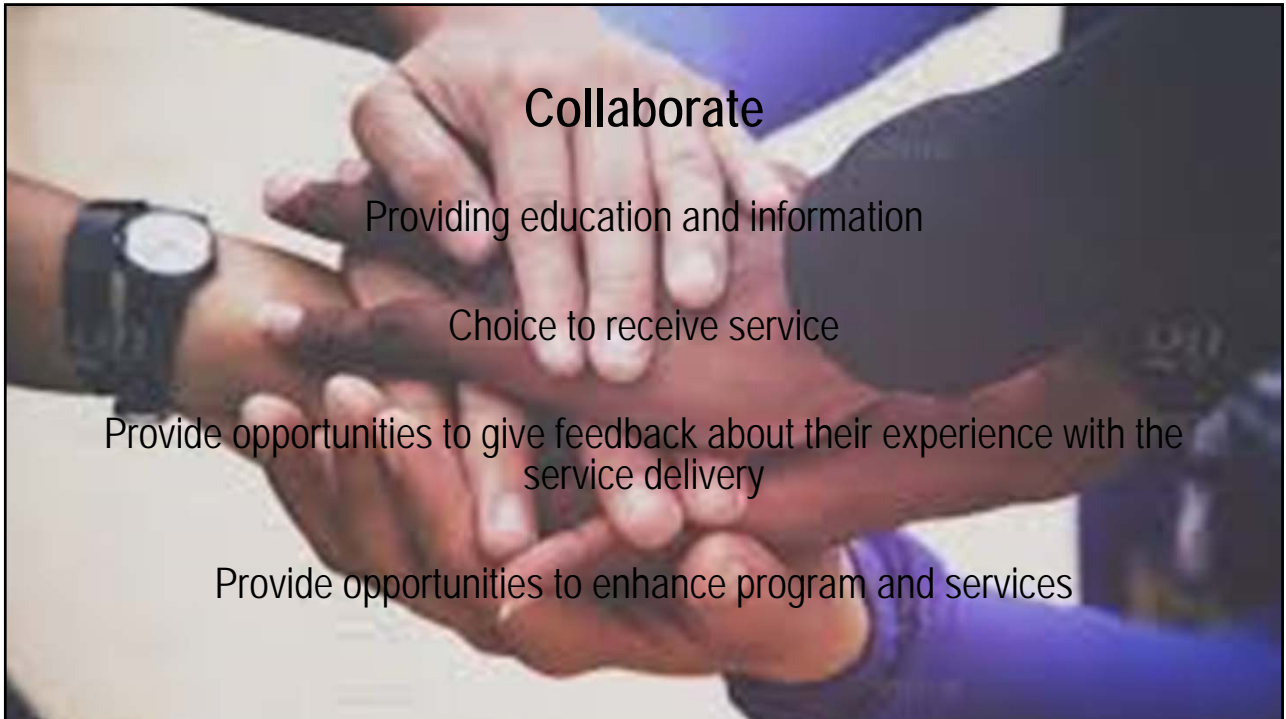
## Collaborate

Providing education and information

Choice to receive service

Provide opportunities to give feedback about their experience with the service delivery

Provide opportunities to enhance program and services



## Support Groups

Provide a safe and comfortable way for survivors, children, and their families to learn, heal, and grow.



## Storytelling...

Teaches us about our history

Passes down traditions

Educates and Informs

Empowers

Heals



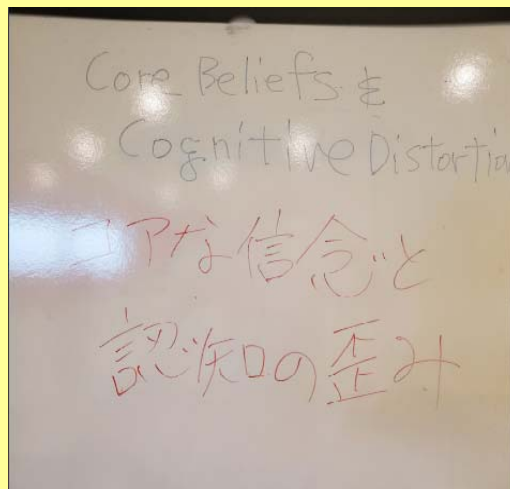
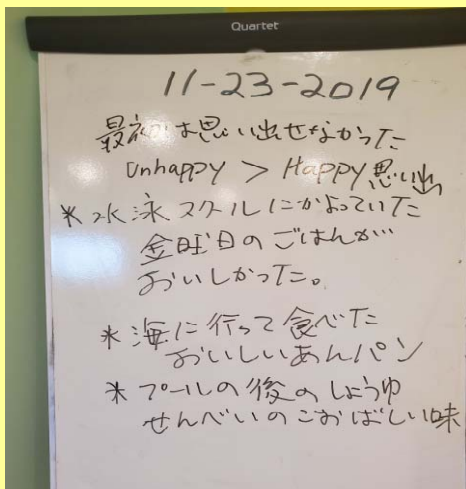


Stories help people connect

Stories build community and support



## Break down language barriers



## Incorporate cultural traditions and practices







*There is no one-size-fits-all approach.*



## Culturally Adaptive Work

- Pilipina Rural Project (PRP): Rural Grant
- Consortium for Health Safety and Support (CHSS): (OWH)
- Project Connect with the native Hawaiian Health at Queens Medical Center
- Ho`oikaika `Ohana and Pulama I Ka `Ohana Program (FVPSA)
- Japanese (Japanese Consulate)
- LGBTQ (VOCA; GIA)
- Korean and FSM communities (VOCA)





## Best Practices & Lessons Learned

Research & Design



Survivors making specific connections to the program from the very start



Incorporating culture into service delivery



First meeting impressions motivating interests



Knowledge and understanding of culture demonstrated by staff



Easy access to services



## IN THE WORDS OF SURVIVORS...

"My advocate was exceptional - helpful, compassionate... [She] provided me with many resources that were very helpful toward my journey to a new, safe and happy life. [She] has impacted my life so much that she will always have a place in my heart - truly."

"Although [my attorney] is very professional, he is compassionate and took time to listen and hear what I had to say. I did not want an attorney that intimidated me, and [he] never came across that way. Hewas very approachable and it was a pleasure working with him."



*"By attending this program, I realized I am not the only one and that it's okay to speak out. Sharing and talking helped me a lot."*

*"Until I came to this program, I thought I was the only one on the island that has these issues. I talked to a counselor but counselors can't talk about other people, so I thought I was the only one. This made me feel my husband was right; I was to blame. (Culturally), I used to not tell my problems to friends. But here (at PIKO) I learned people do (discuss) problems with friends and I started to do so and got some feedback. I no longer keep this to myself which is hard for Japanese."*

*"A big factor is someone to talk to in Hawaii. I am Christian and I go to church and talk to the people there, but you don't understand unless you have the same experience. So I am happy that here (at PIKO), I can share my experience with people who have similar experience."*





# Self-Care

Take time to rest and care  
for yourselves

## Mahalo

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