

**“Is domestic violence  
affecting your mental  
health?”**

***A collaboration between specialist  
mental health and domestic  
violence services  
- Central Coast NSW -***

# Home Based Treatment Team HBTT

*Mental health Northern Sydney Central Coast Health*



LOGO

# Domestic Violence Intervention Response Team DVIRT

*Managed by NSW Police Brisbane Water LAC*



# Woy Woy Women & Children's Service WWWCS



# Brisbane Water Area Command



- The New South Wales Police Force consists of six regions containing 81 Local Area Commands.
- Brisbane Water Local Area Command is located about 1.5hrs drive north of Sydney's CBD.
- Brisbane Water Area Command is in the City of Gosford, on the beautiful Brisbane Waters.

# Domestic Violence

The 2006 Australian Bureau of Statistics (ABS) survey found that over two-thirds (39.9%) of Australian women report experiencing at least one incident of physical violence or sexual violence since the age of 15. This does not include social financial or psychological abuse

ABS 2005 Personal Safety Survey

Women are more vulnerable to intimate partner violence than to violence in any other context and are overwhelmingly more likely than are men to be the victims of this form of violence

The health costs of violence Measuring the burden of disease caused by intimate partner violence  
Victoria Health, 2004

# Domestic violence

Further, throughout their life, more women will experience physical and sexual violence than they did ten years ago.

ABS 2005 Personal Safety Survey

Three-quarters of intimate partner homicides involve males killing their female partners and that the most common type of family homicide over the 13-year period was intimate partner homicide (60 per cent)

AIC report released in 2003,

Family Homicide in Australia

Up to 80 per cent of violence against women is not reported to the police.

The Australian Women's Safety Survey (ABS 1996)

**BRISBANE WATER LOCAL AREA COMMAND  
RANKS  
IN THE TOP 10  
IN NSW FOR CALLOUTS TO DOMESTIC  
VIOLENCE INCIDENTS.**

<b>INCIDENT TYPE</b>	<b>NUMBER</b>
Domestic violence -no offence	1,382
Assault	549
Breach AVO	243
Malicious damage	187
Offence against the person	95

Data source: NSW Police Computerised On- line Policing System

# Mental Health and Depression

Population studies show that women are twice as likely as men to be diagnosed with depression.

World Health Organization 2001, Morrow & Chappell 1999.

The Victorian Government's *Women's health and wellbeing strategy 2002–2006* (Department of Human Services 2002)

Women who have been exposed to violence have a greater risk of developing a range of health problems including **stress, anxiety, depression, pain syndromes, phobias, somatic and medical symptoms**

The health costs of violence Measuring the burden of disease caused by intimate partner violence ,  
Victoria Health,2004

# Mental Health and Depression

Depression in women 'is not only the most frequently encountered women's mental health problem, but ranks as the most important women's health problem overall'

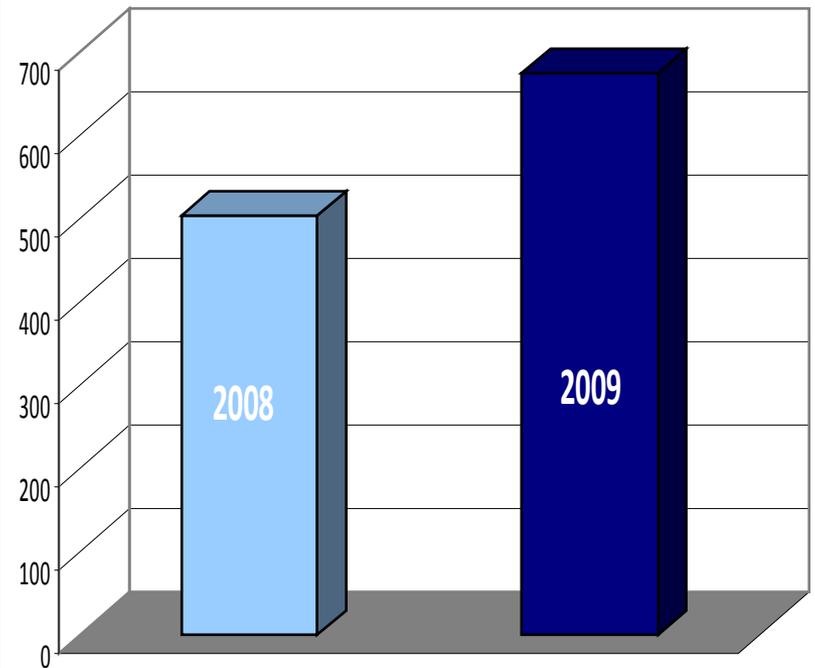
Astbury 2000, p. 31. The Victorian Government's *Women's health and wellbeing strategy*

2002–2006 (Department of Human Services 2002)

## IN BRISBANE WATER COMMAND -

- In 2009 police arrested 674 people under the Mental Health Act.
- In 2008 police arrested 504 people under the Mental Health Act.

ARRESTS (MENTAL HEALTH ACT) IN BRISBANE WATER



13 of the 504 people arrested in 2008 had been arrested more than four times and were responsible for 186 separate incidents and 43 criminal offences.

# **Domestic Violence and Mental Health**

“Victims of domestic violence are more likely to have symptoms of depression, anxiety and post-traumatic stress disorder, to attempt suicide and to misuse alcohol or other substances than women not experiencing domestic violence.”

(Golding, 1999)

# Background: domestic violence and mental health

- 47.6% of all abused women suffer from clinical depression (10 -20% in the overall community)
- The more severe the abuse, the more severe the depression
- The longer women were away from the abuse the greater the decline in the depression

(Golding, 1999)

# Why the collaboration?

- Significant crossover of clients
- Vital statistical indication
- Vulnerable community group
- Champions in mental health who correlated dual clientele
- Distinction between client issues and a separation between specialist service provision

# Service Responsibility for Identifying & Responding to DV

- Staff are required to provide support through:
  - both immediate/crisis intervention &/or
  - counselling intervention &/or
  - providing information &/or
  - referring to appropriate services
- Maximise opportunities for effective interagency collaboration & support government interagency strategies

# The Model

## **CRIMINAL JUSTICE MODEL**

*Domestic Violence  
Intervention Response  
Team*

## **WELFARE MODEL**

*Woy Woy Women &  
Children's Service*

## **MEDICAL MODEL**

*NSCCAH Home Based  
Treatment Team*

**CLIENTS WITH MENTAL HEALTH ISSUES ARE REFERRED FROM ACCIDENT AND EMERGENCY OR INPATIENT UNITS**

**CLIENT CONSENT PRIOR TO REFERRAL**

**HOME BASED TREATMENT TEAM CONFIRM CLIENT REFERRAL**

**MEET WITH HOME BASED TREATMENT TEAM PRIOR TO SESSION**

**HOME BASED TREATMENT TEAM PROVIDE CLIENT BRIEFING**

**CLIENT SESSION –**

**COMMENCES WITH INTRO BY HOME BASED TREATMENT TEAM**

**DOMESTIC VIOLENCE SPECIALIST RUNS SESSION –  
MENTAL HEALTH WORKER OBSERVES**

**BUILD CLIENT RAPPORT**

**SERVICE PAPERWORK COMPLETED**

**HOW IT  
WORKS**

**SERVICE COLLABORATION – INFORMATION  
SHARING – REQUIRES CLIENT APPROVAL**

# Advantages of the model

Better outcomes for women

Less re-representation for clients

Community partnerships are built & fostered

Clients are empowered: better choices

Length of time minimised with service providers

Cost Neutral

Agency Policies are adhered to

Worker acquisition of new skills

Distinction between issues

referral and the provision of information

Shared resources

integrated case management

NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH



**Effective  
service  
collaborations**

## LOOKING TO THE FUTURE

- Community education and awareness campaign
- Independent evaluation
- Sustained expanded agency participation

## RECOGNITION

- Model Won Elli Lilly award 2008
- Model won “mental health matters” award 2008
- Best practice nomination from the NSW Educational Centre Against Violence
- Commended by the New South Wales Police Force

# QUESTIONS?

**assault**

**Bipolar**

*attempted murder*

*malicious damage*

**child abuse**

**breach AVO**

*indecent assault*

**psychosis**

**ANXIETY**

*grievous bodily harm*

**sexual assault**

**Depression**

**manslaughter**

*using poison to endanger life*

*wounding with intent to do  
bodily harm or resist arrest*

**schizophrenia**

**murder**

**assault occasioning actual bodily harm**