

# DOMESTIC VIOLENCE AND MENTAL HEALTH IN THE TIME OF COVID-19

PRESENTED BY MONARCH SERVICES 1-888-900-4232

# OBJECTIVES

01

Learn about the dynamics of DV/IPV and the impact COVID-19 has had on survivors

02

Understand how Monarch Services is supporting survivors during the COVID-19 crisis

03

Gain knowledge and skills on how current issues are impacting mental health

---

# WHO IS MONARCH SERVICES

- 
- Monarch Services has been a haven for individuals who are survivors of sexual assault, human trafficking and domestic violence for 43 years.
  - Mission: Lives free from violence and abuse
  - Vision : Empower individuals, families and our communities to take action against violence and abuse

---

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

-National Coalition Against Domestic Violence, 2016

## WHAT IS DOMESTIC VIOLENCE

---

# HOW IS MONARCH SUPPORTING SURVIVORS DURING THE COVID-19 CRISIS

- 
- All support services are now being offered remotely.
  - Clients have the option to use phone or video when working with their advocate.
  - Shelter and motel voucher services are still being offered to clients who need to leave their homes due to abuse.
  - All services for survivors stuck at home include safety planning.
  - Crisis line services continue to serve survivors.

# DV IN THE AGE OF COVID-19

- Calls seeking domestic violence services have increased (over 20% increase)
- Increased stressors (financial, medical, mental health, etc.) have led to increases in violence and abuse
- Marginalized populations are at increased risk (undocumented immigrants, people with disabilities, those with low SES, etc.)
- Increased isolation can hinder access to supportive services

# MENTAL HEALTH AND COVID-19

COVID-19's impacts on mental health:

- Increased anxiety and depression related to uncertainty
- Difficulty concentrating and staying focused
- Changes to eating or sleeping more (eating more, sleeping less, etc.)
- Increased substance and alcohol use

---

# ISSUES CURRENTLY IMPACTING MENTAL HEALTH

- 
- COVID-19
  - Attacks on LGBTQ rights
  - Economic stress (loss of job, loss of wages, business closures, etc.)
  - Black Lives Matter Protests (and backlash)
  - Continued strain between community and police



---

## WHERE TO GO FROM HERE

- Resources to support survivors
  - Monarch Services Crisis Line 1-888-900-4232
  - Tenant Sanctuary of Santa Cruz County: 831-200-0740
  - Second Harvest Foodbank: <https://www.thefoodbank.org/find-foodcomida/>
  - UndocuFund: <https://www.undocufundmb.org/partners.html>
  - COVID Resources for DV Survivors: <http://www.nationalcenterdvtraumamh.org/trainingta/covid/>

---

## RESOURCES FOR CONTINUING EDUCATION

- Resources to continue education around current issues:
  - Anti-racism resources: <https://www.monarchscs.org/black-lives-matter>
  - Talking to kids about racism: <https://www.nytimes.com/2020/06/05/us/talking-to-kids-about-racism.html>
  - Talking to kids about COVID: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
  - Learning more about the Black Lives Matter Movement: <https://blacklivesmatter.com/>

---

## TIPS FOR TAKING CARE OF YOURSELF

- Tips for taking care of your mental health
  - Take breaks from the news
  - Connect with your body (take deep breaths, go on walks, stretch, etc.)
  - Safely connect with others while following all social distancing guidelines
  - Do things that make you happy



QUESTIONS?

---

# FOLLOW AND SUBSCRIBE

---

Website: monarchscc.org

Instagram: Monarchscounty and  
Monarch4Youth

Facebook: MonarchServicesSCC

Twitter: MonarchSCC

Blog: [https://www.monarchscc.org/  
blog/](https://www.monarchscc.org/blog/)

THANK YOU!