

Addressing Loneliness in the Domestic Violence Field

Opportunities to increase connections, support and mutuality among survivors of abuse

ADDRESSING LONELINESS WITHIN YOUR PROGRAM

Changes to organizational practices to reduce loneliness

Making shelter location information public

Allowing for shelter/safe house visitors

Social network development and restoration-focused casemanagement

Network mapping and relationship focus in support groups

Identifying/creating lots of small opportunities for survivors to contribute; allowing for mutual support

Allowing for pets; adopting an organizational support animal

Implementing support programs for survivors' support people; family and friends, etc.

Offering a check-back option for clients exiting services — offering follow up contact from an advocate at points post-exit

Offering an open-house or office hours where survivors can visit leaving formal services

ADDRESSING LONELINESS WITH OUTREACH ACTIVITIES

Changes in outreach supports that address loneliness (strategies that we're involved with)

Informal, survivor-lead support groups — in person and online

Workshops or events — food and holiday celebrations, learning/skill development events (financial skills, healthy relationships, exercise activities), art activities, game nights, self-care practice sessions

Survivor mentoring/peer support networks

Survivor newsletter — content and updates from program, opportunities for survivors to connect with ongoing activities, to contribute content, and to request/provide mutual aid

Advocacy opportunities — court watch, trainings for responders (law enforcement, judges, healthcare)

Committee participation within your agency; Service advisory committee

Participating in awareness and education strategies — contributing stories, volunteering on projects, providing personal testimony about agency services, etc.

Focus groups — invite survivors to provide feedback and advice about programs and services

SUPPORTING SURVIVORS' GRASSROOTS EFFORTS

Support for grassroots, community-based survivor supports (strategies that we announce, support, but we're not hosting)

Promote survivor-lead events through our communication networks

Offer our contact information/materials to these events in case any participants need professional support

Offer childcare in support of grassroots events

Collaborate with survivors to secure donations in support of events (community space, food donations, art supplies, etc.)