Introducing the Trauma-Informed Practice (TIP) Scales for DV Programs

November 28, 2017
2-3:30pm Central Time

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Introducing the Trauma-Informed Practice (TIP) Scales for DV Programs

Presented by:

Cris Sullivan, PhD
Michigan State University

Lisa Goodman, PhD
Boston College
Webinar Overview

• The Trauma-Informed Approach
• Why the TIP Scales?
• Development and Validation of the TIP Guidelines for Using the TIP
• Evidence for value of TIP as contributor to positive outcomes
What is a Trauma-Informed Approach?

What’s wrong with you?

What happened to you?
Bridging a Trauma-Informed Approach and Domestic Violence Practice
Who is our group?

- **Boston College**
  - Lisa Goodman + Joshua M. Wilson, Jennifer E. Fauci, Craig D. DiGiovanni
- **Michigan State University**
  - Cris Sullivan
- **National Latin@ Network for Healthy Families & Communities**
  - Josie Serrata and Julia Perilla
- **In collaboration with the National Center on Domestic Violence, Trauma & Mental Health**
  - Carole Warshaw and Eleanor Lyon

The DV programs, content experts, and survivors who participated in creating and testing the TIP
Why the TIP Scales?

Identify

Improve

Demonstrate
Creating the TIP Scales

Development  Administration  Validation
TIP Scales Item Development

- Literature Review
- Expert consultation
- Survivor and advocate focus groups

Developed items for first draft

Pilot testing

Final draft, 62 items
English and Spanish
TIP Scales Administration

• Sent surveys to 15 programs across Midwestern and Northeastern U.S.

• Other measures:
  • Advocate-Survivor Alliance
  • Program Satisfaction
  • Demographics

• N = 370 survivors, recruited by program staff
Validation of the TIP Scales

<table>
<thead>
<tr>
<th>Factor Structure</th>
<th>Reliability</th>
<th>Validity</th>
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<tbody>
<tr>
<td>• The scales contain coherent clusters.</td>
<td>• Each item consistently measures the same thing.</td>
<td>• The scale corresponds to related constructs.</td>
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✓ ✓ ✓
The TIP Scales

Environment of Agency & Mutual Respect

Access to Information on Trauma

Opportunities for Connection

Emphasis on Strengths

Cultural Responsiveness & Inclusivity

Support for Parenting
The TIP Scales

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Sample Item: In this program, I can share things about my life on my own terms and at my own pace.
## The TIP Scales

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*Sample Item: I am learning more about how to handle unexpected reminders of the abuse and difficulties I have endured.*
The TIP Scales

Environment of Agency & Mutual Respect

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Sample Item: I have opportunities to help other survivors of abuse in this program.
The TIP Scales

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Sample Item: The strengths I bring to my relationships with my children, my family, or others are recognized in this program.
**The TIP Scales**

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**Sample Item:** Staff understand the challenges faced by people who are immigrants.
The TIP Scales

- Environment of Agency & Mutual Respect
- Access to Information on Trauma
- Opportunities for Connection
- Emphasis on Strengths
- Cultural Responsiveness & Inclusivity
- Support for Parenting

Sample Item: Staff help me explore how children’s relationships can be affected by witnessing or experiencing abuse, and other life difficulties.
A Guide for Using TIP Scales

- Overview of TIP development
- When and how often?
- Designing a protocol
  - Creating a plan with staff
  - Inviting participants
- Scoring the TIP
- Appendixes (Tool & Key)
  - English
  - Spanish
A Guide for Using TIP Scales:

When and how often should you use the TIP?

- Designate a particular time frame (e.g., two months)
  - Long enough to hear from clients who can offer a sense of how your organization is doing
  - Short enough that the data collection process does not become cumbersome
- Identify a target sample (e.g., 40 participants)
- Continue to use tool to evaluate progress over time
- A note on sampling: invite all participants across services and backgrounds, ensure “representative” sample (e.g. satisfied and dissatisfied)
A Guide for Using TIP Scales:

Designing a Protocol—Creating a plan with staff

1. Involve staff! Meet and collaborate.
2. Develop a plan for data collection with staff (e.g. who, when, etc.)
3. Prepare materials and make them accessible.
4. Design a clear procedure (e.g. sealed box) for returning forms
5. Check-in frequently about data collection process.
6. Provide detailed information to staff regarding inviting clients (forms provided in guide book).
A Guide for Using TIP Scales:

Designing a Protocol—Inviting participants

• Communicate to clients:
  • Appreciation
  • Time frame (5-10 minutes)
  • Value to organization
  • Voluntary process

• Explain & emphasize confidentiality

• For participants who agree:
  • Make sure clients receive either a pencil, or black or blue pen to complete the survey.
  • Provide a private and quiet place for the client to complete the survey.
A Guide for Using TIP Scales:

Other Features

• Detailed overview of all protocol
• Thorough instructions for scoring
• Appendices, Scales & Keys
  • English Version
  • Spanish Version
• http://vaw.msu.edu/toolkits
• Welcome to copy and distribute
From a local program:

“I was able to use the TIP Scales last week in explaining how we will evaluate the effectiveness of our program for a Special Impact Grant with United Way. So you are a life saver!”
Peer-reviewed Publication

• In case this is more compelling to funders…. 

Does TIP Relate to Shelter Outcomes?

- 4 Ohio shelter programs asked survivors to complete brief surveys shortly after shelter entry, and again at exit
- 57 survivors in sample

![Diagram showing the relationship between Trauma-informed Practices (TIP) and outcomes]

- Self-efficacy
- Safety-related Empowerment

Trauma-informed Practices [TIP]
Look for that soon!

Questions? Thoughts?

Thanks!!!