FOSTERING RESILIENCE IN CHILD SURVIVORS OF INTIMATE PARTNER VIOLENCE

Roadmap to Resilience: Supporting Children Experiencing Stress and Trauma

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How Can Primary Caregivers Support Child Survivors?

1. Create space for open communication when the child or adolescent needs it. Restricting a child from talking about certain subjects can impede healing.
2. Prioritize and track what the child or adolescent wants over what you, as a mental health professional or caregiver, might want.
3. Consistently care for the child or adolescent throughout their healing process. After a traumatic experience, children are often shuffled between different service providers. Children need someone who will be consistently there to support them.
4. Help children and families develop their values, self-perceptions and coping skills.
5. Focus on the safety and comfort of the child or adolescent.

“On average, 3,000 children a year lose a parent to intimate partner homicide in the U.S.”
- Dr. Bianca Harper

Risk Factors for Intimate Partner Homicide/Violence

- History of violence
- Unaddressed mental health concerns
- History of past suicidal ideation
- Access to firearms
- Substance abuse

Learn more at www.roadmaptoresilience.org