An Evidence-based App Designed to Assist with Safety Planning
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Why is understanding intimate partner violence important?

- **28.8%** of women are victims of IPV in their lifetime.
- **>50%** of women murdered in the US are killed by their intimate partners.
- **48%** of abused women experience depression compared to the general lifetime prevalence of 17%.

**Barriers to accessing care:**
- Lack of knowledge
- Cultural expectations
- Dependency on partner

**Other health outcomes include:**
- Substance abuse
- Chronic pain
- Migraines
- Seizures

Breiding, Chen, & Black (2014); Kessler et al. (2005); Coker, Smith, Bethea, King, & McKeon (2000); Petrosky et al. (2017), Campbell (2003)
What is myPlan?
What are the major interactive components of myPlan?

- Tailored safety action plan
- Safety priority setting
- Danger Assessment
PIN Code
For your safety, please enter a 4 digit PIN code. This will keep the app locked when not in use.

Log Out
Clear

Menu
1
- Myths
- Healthy Relationships

2
- Red Flags
- My Safety
- My Priorities

3
- My Plan
My Safety: Score

- Increased Danger - 11

My Priorities: Results

Your top priority is:
Helping your friend/family member
25%

Answers suggest you want to make decisions based on what will be most helpful for your friend/family member, and it may help you learn more about supporting someone and how to find confidential safety resources to talk with her about.

Your friend/family member's privacy
22%

Your friend/family member's safety
21%

Your relationship with your friend/family member
18%

Your safety
15%

My Plan

- Safety when ending the relationship
- Safety if not ending your relationship
- Caring for your animals if you leave
- Develop a signal if you're in danger
- Improve security to your home
- Pack an emergency bag
- Pack an emergency bag

myPlan can help you find additional information and resources. Your score is based on research that identified risk factors for extreme danger. This means you are at increased danger from your partner or family member. Violence and abuse is likely to happen again and again. It could get dangerous quickly. Make a safety plan to watch for signs of danger, and get help if you feel scared.

Talk to someone you trust about this relationship - a friend, family member, your nurse or doctor, a counselor, or someone who knows about abusive relationships. You can also talk confidentially to trained advocates any time at the National Domestic Violence Hotline (1-866-333-9474) or via live chat hotline at myPlan.org. Ask for additional information to identify risk factors for severe or even deadly relationship violence. (To read more about this research, see www.daternalhealth.org) No one can predict what will happen in any one case, but being aware of the danger of homicide in situations that are similar to your own is important. Be alert for signs of danger and trust your instincts.
How is myPlan structured?
How do you save/print the safety plan?:
https://www.myplanapp.org/app/ (Google Chrome)
How do you save/print the safety plan?

https://www.myplanapp.org/app/ (Google Chrome)
How does the app personalize the safety plan?
Scenario 1

- You are a college student is friends with a survivor
- Your friend is distant, does not spend time with her friends
- Your friend complains about her boyfriend surveilling her technology
- Your friend has never mentioned physical abuse
- You notice her boyfriend is very controlling, with respect to most aspects of her life
- Your friend has no children
- Your friend and her partner are students
- Her partner abuses drugs and alcohol
- Your friend’s safety and your own safety are your highest priorities
Scenario 2

- You are a female who believes she may be experiencing IPV
- You are a homemaker who recently emigrated from Honduras
- Partner has hit you, choked you, and threatened to shoot you
- Partner owns a gun
- Partner has physically assaulted you while pregnant
- You have 2 elementary aged-children, and you want to stay in the relationship because of them
- Partner does not abuse the children
- Partner is not well-versed with technology
- Experiencing severe insomnia
- Your top priorities are your child’s safety and having resources
Scenario 3

- You are a female in a same-sex relationship experiencing what may be IPV
- You are employed
- Your partner is controlling of your technology, as well as several other aspects of your life, including religion, friends, and appearance
- Partner forces you to engage in sexual activities you do not want to engage in
- Partner does not physically abuse, but threatens to
- Partner does not abuse drugs or alcohol
- You use drugs to cope with abuse
- Feelings for partner are a high priority, and you are therefore conflicted about leaving the relationship
How do you see myPlan fitting into your organization?
myPlan & DV programs
I'm worried about my relationship...
DV survivors are 2 times more likely to experience depressive symptoms.
DANGER ASSESSMENT-5

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This brief risk assessment identifies women who are at high risk for homicide or severe injury by an intimate partner.1,2

Mark Yes or No for each of the following questions. ("He" refers to your husband, partner, ex-husband, ex-partner, or whoever is currently physically hurting you.)

___ 1. Has the physical violence increased in frequency or over the past year?
___ 2. Has he ever used a weapon against you or threatened you with a weapon?
___ 3. Do you believe he is capable of killing you?
___ 4. Does he ever try to choke you?
___ 5. Is he violently and constantly jealous of you?
Works Cited


