myPlan App project: An evaluation of a safety decision aid for college-based survivors of dating violence and their concerned friends

> Nancy Glass, PhD, MPH, RN Professor and Associate Dean for Research School of Nursing Associate Director, Hopkins Center for Global Health



Yeardley Love 1987-2010 www.joinonelove.org

Safety Planning

- Safety planning is the most widely advocated intervention to reduce DV/IPV, yet the vast majority of women never receive safety-planning services.
- Increase young women's access to and use of safety planning, with the opportunity to consider their unique priorities (e.g. privacy, feelings for partner, severity of violence, social support/status, academic success) and level of danger in an abusive relationship.
- Young women in abusive relationships most often disclose the violence to a friend, so resources are needed to support friends in providing information on safety

myPlan App: What is a Decision Aid?

- Useful when the best course of action is unclear
- Guides through available options, potential harms and benefits
- Clarifies personal values allowing individual to determine which factors are most important to them.
- Complements, rather than replaces, counseling and advocacy from a campus provider, health practitioner or local dating violence program

Making Difficult Safety Decisions

- Decisions are complex and multifaceted (Dutton et al, 2004).
- Planning to leave or have already left an abusive relationship need different safety strategies from those who are planning to stay.
- Safety decisions are not linear, but dynamic and change over time (Dienemann et al., 2002, 2003).
- Safety decision involves consideration of individual, friends, family, community and social network (Glass et., 2015).

Our Challenge as Practitioners, Advocates and Researchers

To assist young women and their friends to develop a <u>tailored</u> action plan based on their <u>priorities</u> and <u>level of danger</u>... and to help her/friends adapt the plan when the situation changes.

myPlan App is a safety decision aid for women and their friends

Provides Secure Access



Learn About Healthy Relationships and Red Flags

**** AT&T 🗢 19:03 200 HEALTHY RELATIONSHIPS Relationship violence is common and dangerous. Young women aged 18-24, are more likely to experience relationship violence. Do you know if your relationship is healthy? Healthy relationships include: 1. Mutual respect: Do you and your partner respect each other's emotional, physical and sexual boundaries? 2. Safety: Do you have physical, emotional, sexual, and financial safety with each other? 3. Open & honest communication: Do you both voice your opinions and listen to each other's ideas? 4. Compromise: Do you both feel comfortable disagreeing and do you resolve problems with compromise?

Learn About **Risk for Abuse/Violen** ce in a **Relationship**



Think About Safety **Priorities**

19:05 **MY PRIORITIES**

Everyone juggles different factors when they make decisions about life, relationships, and safety. MyPlan helps you compare these factors to get a better idea of what is important to you. You might be juggling your:



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Commitment to relationship/love

Your feelings for your partner, your investment in the relationship

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Privacy

You don't want others to know about violence in your relationship

Social life

You have the same circle of friends as your abusive partner and don't want to lose your friends if you end the relationship

Safety



Your own safety, the safety of your family and friends



My child's well-being The safety and health of your

child/children



Develop a Personalized Action Plan for Safety



College Safety Study (NICHD, R01 HD076881)

- Test the effectiveness of myPlan app with university/college women's on decisional conflict, safety behaviors and DV/IPV experience compared to women randomized to the control group (a generic DV/IPV resource App).
- Test the effectiveness of myPlan app with friends' (male and female) awareness of DV/IPV, decisional conflict, safety behaviors and confidence to intervene compared to friends randomized to the control group (a generic DV/IPV resource App).
- Disseminate myPlan app to determine which approaches optimize the reach, adoption, implementation and maintenance of use among university/college students.

College Safety Study Enrollment n=642

- **351 SURVIVORS** (women age 18-25 years)
- **291 FRIENDS** (male and female friends age 18-25 years)
- Longitudinal Design: Outcomes assessments over 12 months with intervention/control group
- Currently, 99% retention of participants



FROM 41 CAMPUSES In Oregon and Maryland





Average Age = 21

4% have children

White	60%
Af. America	18%
Asian/Pacific	13%
Native Am	1%
Multiracial	10%
Other	<u>5%</u>



"I just wanted to say thank you for opening my eyes to the right type of relationship I need to be in and not the hurtful relationship I have been in. I have left my ex and have had no contact with him in a while. I'm eternally grateful for this study."

"The app creates awareness and may open the door for communication between friends."

Public Version of myPlan App

- myPlan App download for free
 - iTunes
 - Android
 - Adapted from findings from multi-state trial (Arizona, Missouri, Maryland, Oregon)
 - Women/friends 18 years and older
 - Specific options for young women (18-25) and their friends