



FearIsNotLove

IMPACT REPORT

2023 – 2024



INTRODUCTION

FearIsNotLove (the new brand evolution and operator of Calgary Women’s Emergency Shelter) works to inspire and build a dignity driven movement, cultivating communities that are free from domestic violence and abuse. The agency serves all people to live free from fear, neglect, violence, and abuse through a comprehensive range of innovative programs and services; from prevention and education, to counselling and emergency supports.

The face of domestic violence and abuse has evolved dramatically over the last few years. We understand this issue to be much more complex than we did when the Calgary Women’s Emergency Shelter was founded 50 years ago. The experience of domestic abuse cuts across, gender, economic and social boundaries in ways that have demanded our agency to work better and smarter to care for all involved.

The agency plays an important role in the daily lives of individuals and families living with fear in their close relationships. In whatever way domestic violence impacts a person; whether they are a victim, someone who uses abuse, or someone who knows another person being abused—FearIsNotLove is here to help.

As needs change and the complexity of the issue increases, FearIsNotLove continues to adapt and look at different ways to provide services and reach out to the community, as well as engage with partners to help prevent domestic violence and abuse.

Everyone has the right to feel safe, respected, supported and loved.

FRAMEWORK OF PRACTICE IN DOMESTIC VIOLENCE AND ABUSE

The programs and services provided by FearIsNotLove have their foundations in a framework of practice that is informed by the tenets of Response-Based Approach (Wade, 2007)¹ and Feedback Informed Treatment (Miller, 2019) (see end note i).

The following are some of the key beliefs and assumptions FearIsNotLove has developed, based on its extensive experience working with clients who have been impacted by domestic violence and abuse, and based on the work of Dr. Allan Wade, Dr. Shelly Dean, and their colleagues at the Centre for Response Based Practice:

Holistic and Systemic View	Violence is profoundly harmful to individuals, families, and whole communities. FearIsNotLove is committed to working to end violence and promoting safe and socially just communities for everyone.
Safety as Priority	FearIsNotLove prioritizes the importance of client safety, from the provision of comfortable environments to providing safe, non-judgmental, respectful, and dignified services in all program areas.
Understanding Clients' Responses to Violence	FearIsNotLove understands its clients' complex responses to violence or reactions to trauma as normal, given the nature of violence and trauma. Their responses are not seen as pathological, nor indicative of a "disorder".
Client Competencies	The clients have many abilities and competencies. FearIsNotLove helps highlight and amplify these competencies.
Client Resistance	People who have experienced domestic violence and abuse do not passively accept the violence and abuse. They resist, respond, oppose and stand up against the violence and abuse, even though sometimes it may be in private, unseen ways as it is often not safe to openly resist the violence. FearIsNotLove helps to highlight these acts of resistance.
Perpetrator's Capacity to Change	People who perpetrate violence have the ability to change at any point in time.
Language Implications	It is recognized that when it comes to domestic violence, it is important to use accurate language, so as to ensure there is absolutely no implication that people who experience violence are in any way responsible for the violence. FearIsNotLove uses words that accurately describe the violence and make it clear "who does what to whom".
Client-centricity	FearIsNotLove continually seeks feedback from its clients, to ensure that it is working together on the matters that are important to the clients. This feedback guides and directs the work with them.

¹ Special thanks to Allan Wade as many of the core aspects of our framework of practice at FearIsNotLove come from his body of work.

ASSESSING THE IMPACT

While the longer-term goal for FearIsNotLove is freedom from domestic violence and abuse for everyone, FearIsNotLove's programs aim to provide effective client-centered services. As part of this goal, the focus of the programs is to increase immediate safety, as well as help increase the social and emotional well-being of all clients. The goal remains the same when FearIsNotLove is working with people who flee or use violence, i.e., to increase the safety and well-being of all family members.

FearIsNotLove is working to bring about social change for everyone, as one's social context is recognized as a key factor in influencing individuals' social and emotional well-being. One of the strategies in the community, for instance, is to promote and encourage informal and formal supporters to provide positive social responses to people who have experienced domestic violence and abuse, and to avoid pathologizing and inadvertently blaming them for the violence.

If FearIsNotLove can help clients to be safe, uphold their dignity, help to increase their well-being, and to help bring about positive changes in their social and material conditions, FearIsNotLove will be helping the agency and the sector to achieve the longer-term vision of ending domestic violence and abuse (see end note ii). The outcomes FearIsNotLove is aiming to achieve for clients include many aspects of social and emotional well-being, including:

- safety
- decreased distress
- increased knowledge
- increased skills
- strengthened sense of self
- increased access to community resources.

This document outlines evidence, from program evaluation tools, that these outcomes are being met across FearIsNotLove programs. In turn, this would suggest that the programs and services are also positively impacting, over the longer term, clients' safety, and their social and emotional well-being. The data reported is from the Fiscal Year 2023-2024 (April 2023 to March 2024).

Client Testimonial:

"The shelter made me feel safe, just like in my mother's house"



Calgary Women's Emergency Shelter

The Calgary Women's Emergency Shelter program plays a vital role in addressing the urgent and immediate needs of individuals who find themselves unable to reside safely in their own homes or communities due to the presence of domestic violence and abuse. With a focus on strengthening and supporting these individuals, the program offers a range of essential services that encompass safety planning, access to resources, and the provision of a secure temporary residence.

Ultimately, the Calgary Women's Emergency Shelter program serves as a beacon of hope for individuals experiencing domestic violence and abuse, providing them with a lifeline to safety and stability. The program plays a crucial role in offering a safe space from violence and supporting individuals on their journey towards a brighter future.

This year we served 541 people.

The gender breakdown of the children and youth is as follows:



Outcomes

<p>Clients increase their knowledge of how to keep themselves and the children in their care safe.</p>	<p>100% agree to strongly agree that they feel safe from their abuser while in shelter.</p>
<p>Clients feel empowered as the expert in their own lives.</p>	<p>90% agree to strongly agree that the shelter staff treated them as an expert on their wants and needs.</p>
<p>Clients report receiving high quality client services that are accountable, effective, and responsive to their needs.</p>	<p>On average 91% of the clients served reported that:</p> <ul style="list-style-type: none"> • They felt comfortable asking shelter staff for help. • The shelter staff supported with things they wanted to work on during their shelter stay. • The shelter staff treated them with respect. • Their values, beliefs, and practices, were taken into consideration in their case planning. • The shelter staff treated them as the expert on what they needed and wanted. • The shelter staff were non-judgemental of their choices.
<p>Increased awareness of resources and increased access to services through referrals.</p>	<p>86% agree to strongly agree the services helped them better understand the services available to them.</p>
<p>Clients have increased hope for the future.</p>	<p>90% agree to strongly agree that they are more hopeful about the future for themselves and their children.</p>



Client Testimonial:

“They were so accommodating. They wanted to help me in any way they could so I could go see places and get the things I needed to get done.”

Children’s Activity Centre

The Children’s Activity Centre at the Calgary Women’s Emergency Shelter provides a safe and nurturing environment for the children of our clients. Staffed by trained professionals, it enables our clients to attend court, counselling, and pursue employment or housing while their children are cared for.

This service alleviates barriers and ensures our clients can access the support they need while their children are engaged in age-appropriate activities.

This year, approximately 232 children were served through the Children’s Activity Centre.



Outcomes

Mothers are able to address their needs as related to their shelter stay (i.e. attending court, counselling, looking for employment or housing, etc.; self-report).

89% of clients who utilized the day care while at shelter, agree to strongly agree that child care staff were able to provide them the information and resources they need to better support their family.

Mothers feel the child care staff are knowledgeable and receive helpful information and resources to better support their family.

94% of clients who utilized the day care while at shelter, were very satisfied with the care and support provided by the Child Care program.

Connect Domestic Violence and Abuse Helpline

The Connect Domestic Violence and Abuse Helpline Program is an essential service that provides crisis counselling, safety planning, information and referrals for anyone needing support with domestic violence and abuse. Trained counsellors answer the phone 24 hours a day, 365 days a year. Multi-lingual support as well as chat, text and email support are available.

For those in distressing situations, the Helpline serves as a lifeline, offering immediate assistance and guidance when it is needed most. The Helpline Program often acts as the crucial first point of contact for individuals seeking assistance. For many, this initial connection to the Helpline is the first step towards finding safety, healing, and a path towards a life free from domestic violence.

This year, the Helpline answered 16,930 contact requests.

14%

of calls were for crisis support

22%

of the calls resulted in a referral to a FearsNotLove Program

Continuous Program Improvement

FearsNotLove actively learns and improves services through data, feedback, and partnerships to prioritize clients' well-being.

Online Chat: In the 2023-2024 fiscal year, FearsNotLove implemented an online chat feature on our website, to provide an additional avenue for people who are experiencing, using, or otherwise impacted by domestic violence to be able to reach out for help online. Sometimes it is safer for people to reach out through the anonymity of online chat – and often this served as a gateway to engaging with other services in the community. Between November 2023 and May 2024, we received a total of 68 chat requests, with 55 coming from FearsNotLove and 13 from the Men& website. A significant portion, accounting for 49% of these chat requests, were crisis related, demonstrating the urgent need for support within our community.

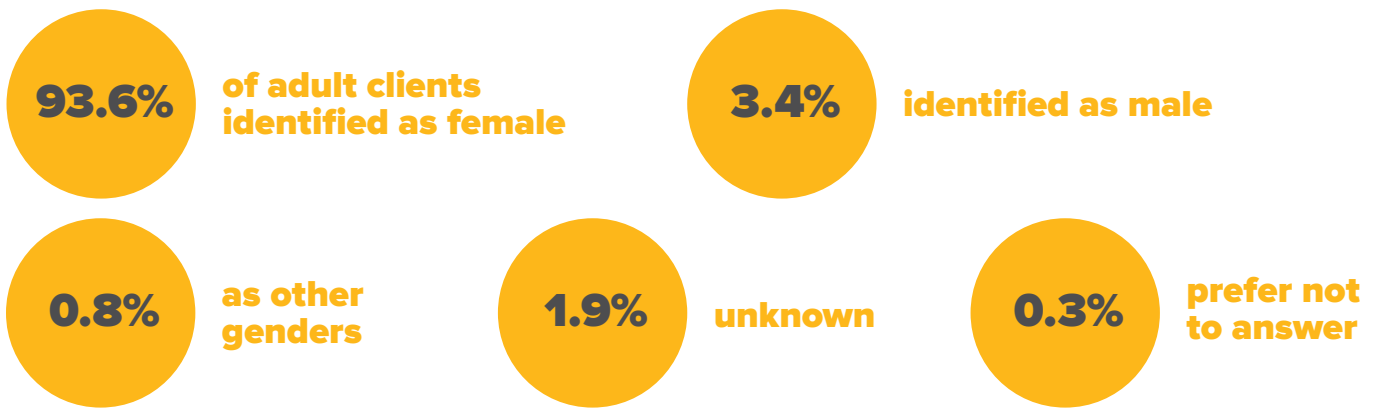
Imminent Risk: FearsNotLove is committed to reducing the risk of serious harm and death due to domestic violence. This led us to develop a) ShelterLink - an App which identifies, in real

time, the shelter bed availability in our region so that women fleeing violence and abuse do not have to call multiple agencies b) a shared intake process with the YW Calgary so that victims fleeing violence have easier and quicker access to domestic violence services and c) the use of alternative accommodations (i.e. hotel beds) for people who are at imminent risk but cannot access shelter beds due to all of the shelter spaces being full. We used 191 hotel nights in the past six months to house clients at imminent risk. Most of these were women without children due to a lack of capacity in the shelter system for single women. Other genders represented a small number of clients but had longer duration in hotels as there were no shelter beds for non-binary or male victims and very few services for these clients to transition to. Additionally, we are collaborating with the YW Calgary to develop a system of care whereby clients who are experiencing domestic violence and abuse are able to easily access other supports and services which relate to their experiences of violence (i.e. income and mental health supports, etc.).

Community Services Counselling Program

The Community Services Counselling Program offers counselling to any person in the community experiencing abuse, violence, or neglect in their relationships. Counselling is offered in-person at a safe location, through virtual technology, and over the phone. Through individual counselling, safety planning, guidance during transitions, and resource connections, we empower individuals to heal, overcome challenges, and to live free of domestic violence and abuse.

This year we served 912 people through the Community Services Counselling Program.



Outcomes

Clients gain knowledge about how to feel safe.	97% of clients served, report they have learned how to keep themselves safe.
Clients gain knowledge about available community resources they need.	98% of clients served, report that they received the information and resources that they asked for.
Clients increase their social support network and develop healthy, supportive relationships.	91% of clients served, report they have people in their lives who, when told, believe them about their experience with domestic violence.
Clients increase their ability to access and connect with community resources.	92% of clients served, report that they now have the parenting strategies they need to support their children.
Clients recognize resistance and enhance personal safety.	95.2% agree to strongly agree they don't feel responsible for the domestic violence and abuse they have experienced.
Clients report improvements in their child's attitude, communication, demeanor, and behavior.	100% agree to strongly agree that their child's well being has improved.
Clients consider options and next steps for themselves and their families.	100% agree to strongly agree that they are more confident to make changes for themselves and their families.



Client Testimonial:

“I have learned a lot about domestic violence and abuse. I understand that abuse is a choice my partner makes, and I am not responsible for the way he treats me. I feel empowered to know that I always do something in the ways I respond to keep myself safe when he gets abusive. (My counsellor) was respectful, non-judgmental throughout and validated how I was feeling. Thank you for creating a safe place for me to process the abuse! Through (my counsellor’s) support I was able to convince my partner to attend Men’s Counseling, he found a good match and is making changes. Even though I have not left my situation I have a safety plan and know what to do to keep myself safe.”

The following metrics and themes were observed this year:

Positive Outlook and Mental Health:

An Analysis of 103 case plans revealed significant improvements in emotional regulation, self-safety, and life skills. On a 5-point scale (where 1 = “I have not started”, and 5 = “Done”), the clients reported an average increase score over 1.6 on goals from initial score (orientation) to final review (discharge). Clients’ open-ended comments reflect progress in overcoming trauma and developing a supportive network. Many shared that the program helped them recognize their strengths and develop a more positive mindset. Participants also highlighted the importance of gaining an improved ability to speak openly about their situations.

Positive Parenting and Family Dynamics:

In their open-ended responses in the exit surveys, clients expressed their progress on enhancing their parenting skills and the ability to create positive family dynamics despite challenging circumstances which occur with a partner who is abusive. The changes observed in children’s emotional well-being, behavior, relationships, and overall happiness underscore the program’s holistic approach to healing and empowerment.

Men's Counselling Service

The Men's Counselling Service at FearsNotLove provides individual and group counselling for people interested in creating or enhancing safety in their close relationships. The program aims to help individuals to consistently treat their loved ones with respect. By offering a supportive and non-judgmental space, we encourage self-reflection and personal growth, empowering participants to take responsibility for their actions and make positive changes in their behaviour.

Therapists also connect with the current or ex-partners of the service users, to understand and support with their safety concerns and to monitor progress in counselling.

This year, we served a total of 232 clients through the Men's Counselling Service.

97.7% identified as male

1.3% identified as female

1% unknown

Additionally, approximately 102 individuals received partner support, and 18 individuals participated in men's group counselling services.





Client Testimonial:

“As a result of the therapeutic support provided by the Men’s Counselling Service, I’ve made several positive changes in my life. I’ve become more aware of my emotions and developed healthier ways to manage stress and anxiety. I’ve implemented better communication strategies in my relationships with loved ones. Moreover, I’ve embraced self-care practices, prioritizing my mental and emotional well-being.”

Outcomes

<p>Clients begin to create safety for their (ex) partners.</p>	<p>85.3% agreed to strongly agreed that their partner/ex-partner feels physically safe with them, as a result of the counselling they have participated in.</p> <p>53.3% agreed to strongly agreed report that their partner/ ex-partner feels emotionally safe with them, as a result of the counselling they have participated in.</p>
<p>Clients develop the skills they need to have safe and respectful relationships</p>	<p>79% agreed to strongly agreed that that they do not act physically aggressive when they are angry.</p>
<p>Clients increase internal locus of control, awareness of impact of actions on others.</p>	<p>87.7% agreed to strongly agreed they understand the impact of their actions on others.</p>
<p>Clients increase respectful communication.</p>	<p>77% agreed to strongly agreed that they are able to handle conflict and stress in a way that is respectful towards their partner/ex-partner.</p>
<p>Clients report improvement in key elements of interpersonal relationships.</p>	<p>64% agreed to strongly agreed that they are satisfied with their relationships with their partners, ex-partners, as a result of the counselling they have participated in.</p> <p>88% agreed to strongly agreed that they are satisfied with their relationships with their children, as a result of the counselling they have participated in.</p>
<p>Clients’ partners report an improved sense of safety.</p>	<p>64% agreed to strongly agreed that they felt physically safe with their partner since their partner had participated in therapy.</p> <p>71.4% agreed to strongly agreed that they felt emotionally safe with their partner since their partner had participated in therapy.</p> <p>68% agreed to strongly agreed that they now feel safe from control and intimidation since their partner had participated in therapy.</p>

Continuous Program Improvement

By building emotional regulation, communication skills, and accountability, the Men's Counselling Service program promotes the values of respect, equity, and inclusion. While many programs in Calgary rightly focus on supporting victims of domestic violence, addressing the behavior of those who use abuse can have a profound long-term impact and has the potential to stop the violence and abuse from occurring in the future, with the current partner or future partners. This preventative and non-mandated approach not only promotes safety and well-being within families but also fosters healthier communities and prevents the inter generational transmission of violence.

In light of recent research by Wells et al. (2024), which analyzed Calgary Police Service data, it becomes evident that perpetrators of violence often have escalating incidents of police involvement. This underscores the critical need for early interventions like this program in Calgary to mitigate the risk of serious domestic violence in our community.

The following metrics and themes were observed this year:

- **Positive Outlook and Mental Health:** Analysis of 93 case plans revealed significant improvements in anger, communication, and emotional regulation. On a 5-point scale, the clients reported an average increased score of 1.4 on goals from initial score (orientation) to final review (discharge). Clients' comments reflected their commitment to self-improvement, emotional control, and becoming better partners in their relationships. They highlighted the therapists' role in helping them gain control over their emotions and make progress in their personal development. As one client mentioned, "I have learned to control my emotions and remain calm as I continue to get better."
- **Positive Parenting and Family Dynamics:** In their open-ended responses in the exit surveys, clients expressed their progress on their relationships, indicating that the counselling has contributed to fixing relationships and fostering self-awareness. The counselling has encouraged clients to practice patience and reflection before reacting to situations. This has led to a more thoughtful and considered approach to handling issues and conflicts, which can be essential in maintaining healthy relationships.

Healthy Relationships Program

The Healthy Relationship Program provides individual and group counselling for youth who have concerns about their relationships. It provides a safe therapeutic space for participants to develop self-awareness, empathy, and the skills necessary for building positive connections. The program aims to empower youth to recognize early warning signs of unhealthy relationships and promote a culture of respect.

The program provided services to 449 people.



The gender breakdown of clients is as follows: 62.3% identifying as female, 27.9% as male, 1.9% as transgender, 3.9% not identifying with any gender, 2% additional identities, 1.3% unknown, and 0.7% prefer not to answer.

Additionally, approximately 611 people attended the Healthy Relationships presentations.

Outcomes

Youth increase their knowledge of healthy relationships.	94.2% report they have increased their knowledge of healthy relationships.
Youth learn skills to help them build healthy relationships.	91.4% report they have learned skills to help them build healthy relationships.
Youth learn to be in control of their actions.	88.5% report that they feel they are in control of their own actions.
Youth identify support networks they can go to for help.	90% reported that they were able identify support networks they can go to for help.
Youth report they have healthier relationships.	85% report they now feel they have healthier relationships.



Client Testimonial:

“(The facilitator) was absolutely amazing. I learned so much, gained confidence in myself, and finally understand what a healthy relationship looks like, what I want, and what I deserve. I trust myself a lot more and know what to look out for, good and the bad. (The facilitator) is so encouraging, kind, wise, actively listens and creates a safe, welcoming space. I was very excited each session I would have with (the facilitator) and felt very comfortable and like I could trust (the facilitator).”

Continuous Program Improvement

In the Healthy Relationships Program, staff engaged youth by:

- providing presentations on important relationship-focused topics
- providing digital parent workshops on topics related to healthy relationships with their youth, including communication tips and strategies
- individual sessions for youth to delve deeper into their own relationship experiences and hopes for the future.

In creating multi-layered program options for youth, we are promoting not only an individual level of skill and knowledge development, but working with the family system to promote the importance of respectful, healthy relationships. Additionally, in September 2023 the Healthy Relationships staff began supporting a high school located on a local First Nation, building relationships with students and staff, and offering both individual and group sessions within the school.



Client Testimonial:

“My daughter’s self-esteem has improved immensely. The counselor instilled a strong sense of control and helped my daughter to be able to use her voice to express her feelings and needs. She has gone from not being able to be graded at school to the top of her class. Her self-confidence has helped her to go from surviving to thriving and growing. She has overcome her eating disorder and is showing signs of great health.”

Child, Youth, and Family Therapy Program

The Child, Youth, and Family Therapy Program provides counselling for children and their parents, when there has been domestic violence and abuse in the home. Our trained therapists create a safe and supportive environment where children and youth can express their emotions, process their experiences, recognize their resistance to violence, and further enhance healthy coping mechanisms.

A total of 91 individuals were served through the Child, Youth, and Family Program.



were adults



were children and youth

Outcomes

Children/Youth exhibit an increased ability to self-regulate and express their emotions in healthy ways.	82% of parents report that their child knows who to talk to when they feel scared.
Children/Youth exhibit increased resiliency and coping skills.	88% of parents report that their child has the tools and strategies they need to cope with challenges as a result of the supports they received from children’s outreach services. 94% of parents report that their child has made positive changes as a result of the supports they received from children’s outreach services.
Children/Youth experience an increased sense of safety and support.	88% of parents report that their child has learned strategies to keep themselves safe as a result of the supports they received from children’s outreach services.
Adults develop parenting strategies and skills to support their children to cope with domestic violence and abuse.	91.4% of parents accessing children’s outreach services report that they have learned the strategies and skills they need to support their child.
Families are better connected to community resources and supports.	88.2% of parents accessing children’s outreach services, report that they now know what community resources they can access to meet their family needs.

Family Healing (Indigenous Initiatives)

Family Healing is a 12-week program that takes place on a local First Nation, using a cultural approach to helping its participants take responsibility for their actions and acknowledge the harm they have caused. This program places a focus on the impacts of inter-generational trauma and the effects of residential schools. The program offers resources and activities such as sweat lodge ceremonies, smudges, access to guidance from Elders, and more. Family Healing brings an awareness to the damage domestic violence brings to both the individual and the family, and the community as a whole.

Between April 2023 and March 2024, the Family Healing Program has served a total of 15 individuals.



5 participants identified as female



10 participants identified as male

Take A Stand

The Take a Stand Initiative is a community capacity-building effort led by FearIsNotLove, aimed at educating and empowering community members to effectively support victims of domestic violence and abuse. The webinar serves as a valuable educational platform, providing community members with essential information about domestic violence and abuse and how to respond to victims in ways which uphold dignity and encourage them to continue reaching out for support. Through the Take a Stand Initiative, FearIsNotLove strives to create a community that is well-informed, compassionate, and actively engaged in addressing domestic violence and abuse. By providing this free webinar, we aim to promote widespread knowledge, empathy, and effective support among community members.

Overall, 356 individuals from communities and organizations across Calgary and the surrounding area participated in Take A Stand presentation. A total of 39 presentations were delivered throughout this period.

Outcomes

Increase in participants' awareness and knowledge of the prevalence, impacts and types of domestic violence and abuse.	94.5% agree to strongly agree that they have increased their knowledge of domestic violence and abuse.
Increase in participants' ability to recognize signs of domestic violence, to effectively respond to signs and/or disclosure, including referring victims to appropriate resources/services.	92% agree to strongly agree that they have increased their ability to recognize domestic violence and abuse. 94.4% agree to strongly agree that they feel better able to refer a person experiencing domestic violence and abuse to the appropriate community resource.
Increase in participants' awareness of their role in addressing domestic violence within their communities.	97% agree to strongly agree that they feel more confident to respond someone in a supportive, non-judgemental way who discloses domestic violence and abuse.

Client Testimonial:

“I wish there were more of you to help others. I wish there were more people like you. (My court coordinator) helped explain court processes with connection to legal resources and things. Support in general has been amazing and I don’t even know how to thank you enough. It has taken so much pressure off me and I don’t know how I would have been able to do this without your assistance. I don’t know how I would have worked through the system.”



Court Program

The Court Program is a vital service that provides information and support to individuals experiencing domestic violence and abuse who require assistance with navigating the court processes. Through this program, a dedicated Court Case Coordinator offers information, referrals, safety planning, and decision-making support. The Coordinator empowers clients to navigate the legal system with confidence and make choices that are best for their well-being and the well-being of their families.

A total of 108 clients were served through the Court Program, all of whom identified as female. Additionally, 210 individuals received brief services, and approximately 222 children were served indirectly through the program, bringing the total number of individuals served by the Court Program to about 540.

Outcomes

Clients understand the legal process they are going through.	100% report that they have a better understanding of the court process.
Clients are emotionally supported while accessing the legal system.	100% report that they felt safer throughout the court process.
Clients increase knowledge of legal information and resources.	91.6% agree to strongly agree they were connected to appropriate legal resources.
Clients increase knowledge of safety planning for themselves and their family.	100% report that they received the support they needed.
Clients are supported while accessing the legal system.	100% report that they were supported while navigating the court system.
Clients gained ability to access the legal system independently.	100% report that they gained the ability to access the legal system.

Conclusion

FearIsNotLove understands the profound complexity of domestic violence and abuse. Recognizing the influence of social context on well-being, we strive to bring about change in the community. One theme common across our programs is to promote positive social responses to those who have experienced domestic violence and abuse, avoiding blame and pathologizing. By helping clients feel safe, upholding their dignity, and improving their well-being, we contribute to the broader vision of ending domestic violence and abuse.

Our vision is freedom from domestic violence and abuse for everyone, and our mission is to inspire and build a dignity-driven movement cultivating communities free from domestic violence and abuse. Guided by these principles, FearIsNotLove's programs focus on providing effective, client-centered services. We aim to increase immediate safety and improve the social and emotional well-being of all clients. Whether working with individuals who flee or perpetrate violence, our goal remains to ensure the safety and well-being of all family members.

Guided by values of respect, courage, collaboration, and learning, we aim to be more effective and innovative in our service delivery. We recognize that societal change requires adaptability, and as reflected in this report, we are committed to finding new ways to respond to the evolving landscape of domestic violence and abuse.

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End Notes

ⁱ There is a significant amount of evidence for the effectiveness of the practice framework used at FearIsNotLove: Response-Based practice and Feedback Informed Treatment. The core tenets of Response Based Practice are supported by scholarship and research, practice-based writing, and other literary forms (Wade, Practice-Based evidence for Response-Based Practice, 2020). Feedback Informed Treatment is considered an evidence-based practice by the U.S. Substance Abuse and Mental Health Services Administration (Miller, 2019).

ⁱⁱ FearIsNotLove programs also aim to increase its clients' access to and knowledge of resources. There is research evidence to suggest that helping to increase resources is effective in increasing the well-being of people who have experienced trauma. The "Conservation of Resources theory" states that the psychological distress following a traumatic experience such as domestic violence, is strongly influenced by the loss of resources which accompanies such an experience. These resources, such as economic, social, and interpersonal resources, are critical to a person's well-being (Sullivan, 2018). According to this theory, if the loss of resources is accompanied by resource gains, distress will decrease and well-being will increase (Sullivan, 2018). In the case of adult victims of domestic violence and their children, they have often experienced numerous losses, such as their family home, neighborhood, financial security, important relationships, and their sense of self-efficacy. They may also have lost partial or full custody of their children to the abusive partner, may be experiencing long term physical injuries, and may have lost their sense of personal safety. Activities carried out by FearIsNotLove aim to counteract these resource losses, thereby reducing distress, and enhancing well-being.



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