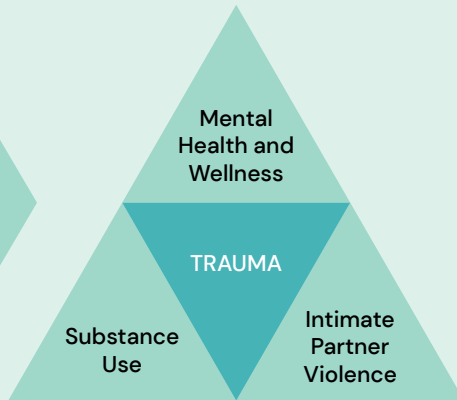


Linking Practices on Intimate Partner Violence and Substance Use

DURING COVID-19

Interconnected escalating concerns during COVID-19



The relationship between substance use (SU) and intimate partner violence (IPV) is multidirectional.

Anti-violence and substance use service providers must offer information and support on **both** issues.

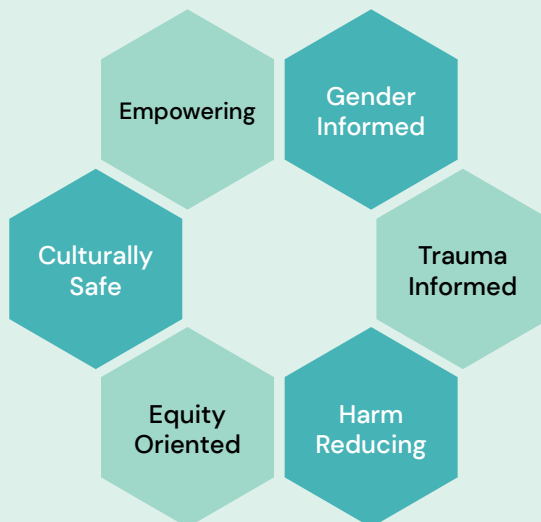
It is key to integrate awareness of SU and IPV into crisis responses, services, training, and information.

There are several principles and better practices to build upon to better link our responses.

During the pandemic:

- ▶ 1 in 10 women in Canada has been worried about their safety ([Statistics Canada, 2020](#)).
- ▶ 46% of gender-based violence service providers have reported changes in the prevalence and severity of violence they see ([Trudell, 2020](#)).
- ▶ Canadians have reported an increase in tobacco (3%), cannabis (6%) and alcohol (18%) use ([NANOS Research, 2020](#); [Statistics Canada, 2020](#)).
- ▶ Women report worse mental health than men ([Moyser, 2020](#)).

Common principles for practice and policy include:



Established better practices include:

- ▶ Thinking critically about gender equity
- ▶ Enhancing safety with survivors
- ▶ Noticing readiness for change
- ▶ Building on strengths of survivors
- ▶ Developing skills for supporting change
- ▶ Reducing stigma about substance use
- ▶ Addressing the determinants of health
- ▶ Linking mental health to SU and IPV
- ▶ Promoting health and preventing harm
- ▶ Making space for addressing both issues
- ▶ Collaborating across sectors
- ▶ Connecting virtually

For more info see our [Key Reports & Resources](#).

Getting started with integration: Resources with practice advice

Information on discussing violence concerns and making safety plans can be found at:

- ▶ Infographic - [Supporting Victims of Family Violence & Abuse During COVID-19](#), Calgary Women's Emergency Shelter
- ▶ Infographic - [3 Considerations for Supporting Women Experiencing Intimate Partner Violence](#), Learning Network
- ▶ App - [myPlan Canada](#)
- ▶ Guide - [Real Talk Guide](#), Sagesse Domestic Violence Prevention Society
- ▶ Resources - [Violence 101](#), Women's Shelters Canada
- ▶ Toolkit - [Reducing Barriers to Support for Women Fleeing Violence](#), BC Society of Transition Houses

Information on discussing substance use can be found at:

- ▶ Self assessment, info & support - [Here to Help](#)
- ▶ Self assessment, info & support - [Wellness Together Canada](#)
- ▶ App - [Saying When](#), Centre for Addiction and Mental Health
- ▶ Lower Risk Guidelines - [Canada's Lower-Risk Cannabis Use Guidelines](#), Centre for Addiction and Mental Health; [Canada's Lower-Risk Alcohol Drinking Guidelines](#), Canadian Centre on Substance Use and Addiction
- ▶ Info sheet - [Coping with Stress, Anxiety and Substance Use During COVID-19](#), Canadian Centre on Substance Use and Addiction
- ▶ Guide - [Doorways to Conversations](#), Centre of Excellence for Women's Health