

DART Prevention Coalition

INTERPERSONAL VIOLENCE & SUBSTANCE USE
with an invitation to a special presentation (see below)

Breaking the Cycle: Preventing Interpersonal Violence (IPV) and Substance Use



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the **DART Facebook** page for our shareable posts!

IPV & SUBSTANCE USE ONE-PAGER



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Breaking the Cycle: Preventing Violence and Substance Use



Interpersonal violence (IPV) is an umbrella term that includes domestic violence, sexual violence and dating violence. Individuals who experience or witness IPV have a higher risk of substance use, which can create a continuous cycle of IPV and substance use. The effects of this cycle can impact children, families and communities and continue through generations. Understanding the connection between IPV and substance use is key to keeping yourself and the people you care about safe.

The Connection

How can substance use increase the risk of violence?

- Alcohol and drug use can impair judgement, lower inhibitions and increase aggressive behaviors.
- As a result, substance use can intensify conflict and reduce an individual's ability to de-escalate tense situations.
- Individuals who use substances are at a higher risk to perpetrate or experience violence.

How can violence increase the risk of substance use?

- Survivors of abuse and/or violence may use alcohol or other substances to cope with trauma, stress or fear.
- Exposure to violence — especially in childhood — can put individuals at a higher risk of developing substance use concerns. For more information on Positive or Adverse Childhood Experiences, visit rwjbh.org/DARTresources.

Who is at Risk?

Individuals with an increased risk of IPV and substance use include those who have experienced:

- Adverse Childhood Experiences (ACEs) or other childhood trauma
- Social isolation or lack of support — both can impact a person's ability to leave an unsafe situation or seek help
- Poverty and housing instability — both can make accessing care and support difficult or even unattainable
- Untreated or undiagnosed mental illness



If you or someone you know is experiencing IPV, help is available. RWJBarnabas Health has support and resources, **scan the QR code to learn more.**

rwjbh.org/DARTresources

Preventing interpersonal violence and substance use means addressing the root causes of both issues. Educational strategies that utilize a person-first approach for preventing IPV and substance use include:

- **Teaching young people about the foundations of safe and supportive relationships.**
- **Teaching healthy coping and conflict resolution skills.** When young people are given the tools to regulate themselves, they are more likely to recognize unsafe situations and respond appropriately.
- **Promoting and maintaining safe social norms.** Rejecting violence, supporting responsible choices and speaking up when you see wrong being done.
- **Strengthening protective factors.** Focusing on school engagement, ensuring youth have safe and varied supports and creating and maintaining a community that promotes belonging.
- **Having conversations about healthy relationships:** what they look like, how to intervene if needed and what supports are available is a person needs help.
- **Recognizing and educating about the warning signs.** IPV and substance use don't happen overnight, there are warning signs and moments when a person can intervene to assist — talk about them!
- **Challenging the stigma around seeking help!**

For support in reducing or eliminating your substance use, contact RWJBarnabas Health Institute for Prevention and Recovery's Peer Recovery Program at **848-303-0008** to speak with a certified recovery specialist.

If you are in crisis, call 911.

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Click Here to Download and Share the One-Pager



Special Presentation: **Intimate Partner Violence and Substance Use in Young Adulthood**

**Tuesday | March 31
12:00PM - 1:30PM | Zoom**

Intimate Partner Violence and Substance Use in Young Adulthood

How it intersects, what's missing, and where to go from here

About The Training

This training provides participants with the knowledge to understand the **link between substance use (SU) and intimate partner violence (IPV)** among young adults ages 18 to 25, the corresponding **health impact**, and opportunities for **system collaboration and prevention**.

- Key statistics
- Theoretical frameworks on the intersection of IPV and SU
- Overlapping risk factors
- Review of system responses
- Promising prevention models

For healthcare professionals, educators, providers serving young adults, and any interested community member.

Tuesday, March 31st

12PM - 1:30PM

Register at the QR Code below



[rwbh.org/zoom.us/
meeting/register/2KHdN-
kSRPIMRiCmISWEOg](https://rwbh.org/zoom.us/joining/register/2KHdN-kSRPIMRiCmISWEOg)

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HEALTH | Prevention
and Recovery

Join us for our next quarterly DART Coalition meeting, virtually on Zoom! This meeting will include coalition updates and information, as well as feature a special, brand new presentation **on Intimate Partner Violence and Substance Use in Young Adulthood** presented by our very own **Chelsea Stack**, Senior Youth Prevention Manager!

Questions? Email chelsea.stack@rwjbh.org
or amy.piacentedesch@rwjbh.org

CLICK TO REGISTER!

IPV and substance use are often connected issues. Alcohol and drug use can:

- **impair judgement**
- **lower inhibitions**
- **increase aggressive behaviors**

This can result in an inability to de-escalate tense situations and intensify conflict.

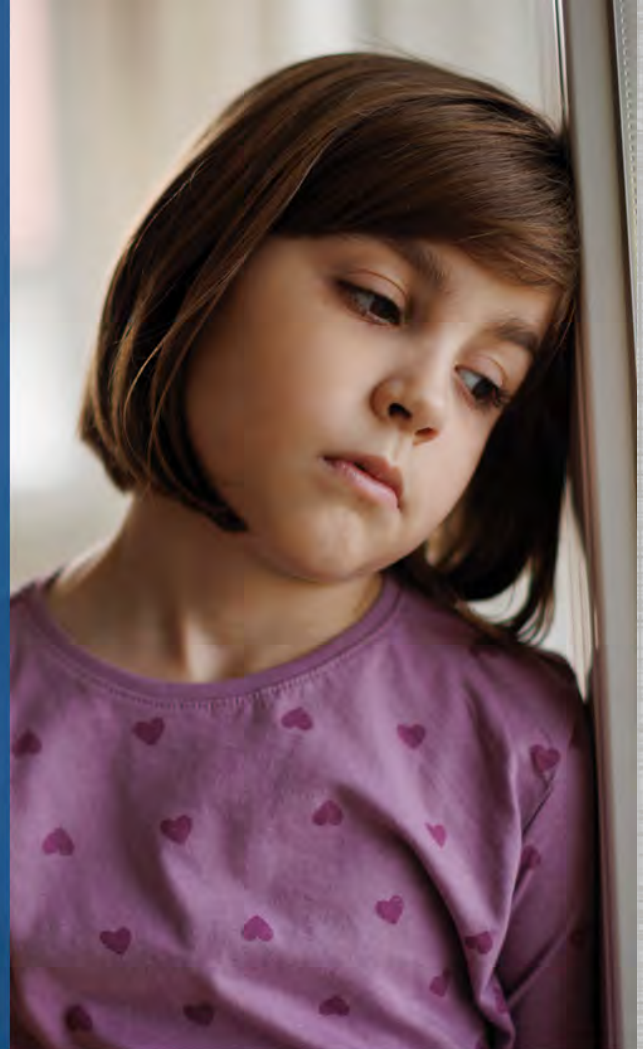


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Exposure to violence — especially in childhood — can put individuals at a higher risk of developing substance use concerns.



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abuse and/or
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cope with trauma,
stress or fear.**



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**We can reduce
the risk of IPV and
substance use
by strengthening
protective factors
and teaching young
people about:**

- **Safe and supportive relationships**
- **Healthy coping skills**
- **Conflict resolution skills**



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Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](#) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources



Find these Awareness Campaign images (and more) on our Facebook!

[DART Prevention Coalition of Ocean County](#) | facebook.com/DARTCoalition

Amy Piacente-Desch, Senior Prevention Manager

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DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

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DART Coalition of Ocean County | 442 Route 35 South Third Floor | Eatontown, NJ 07724 US

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