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# Long-term Emotional Stability for Survivors of Domestic Violence

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# *Why we Chose to Help Survivors*

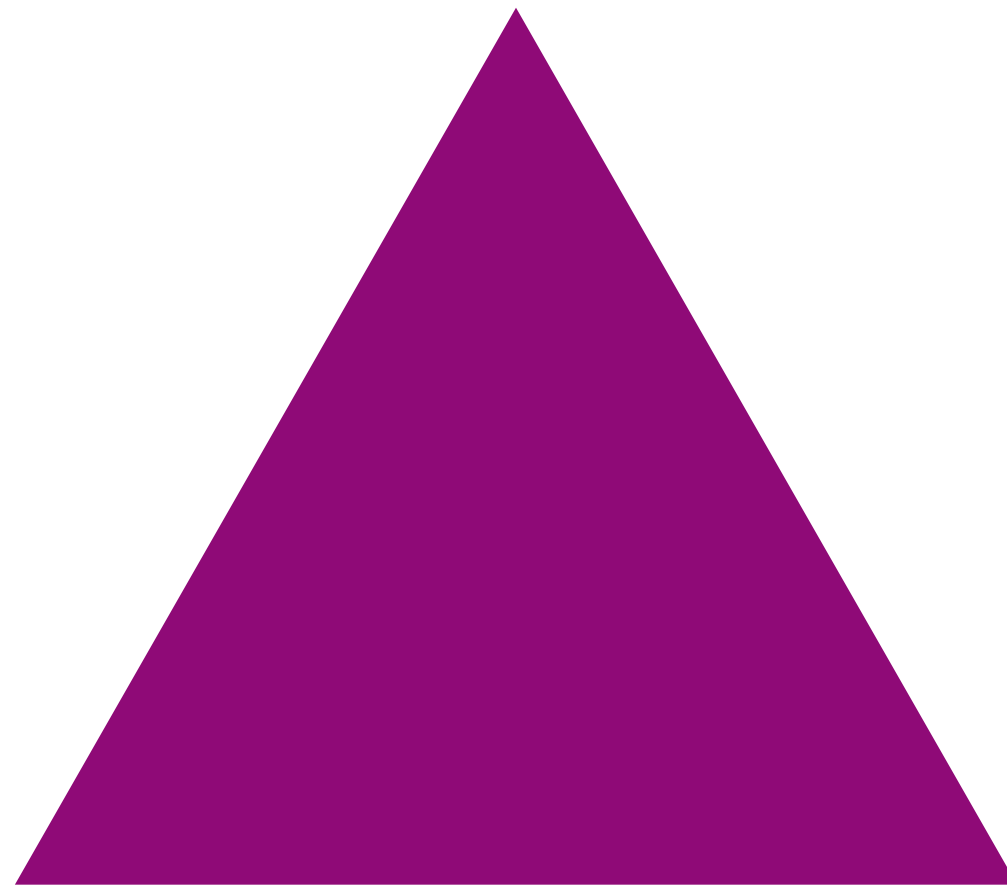
## **OUR ONES:**

- Family members who had experienced domestic violence.
- Greatest difficulty was loss of self-worth.
- Self-worth increases as emotional health improves.
- **Strong emotional health → healing and confidence → survivor flourishing**



# Issue Triangulation

Emotional instability of  
domestic violence  
survivors in Utah



Utah

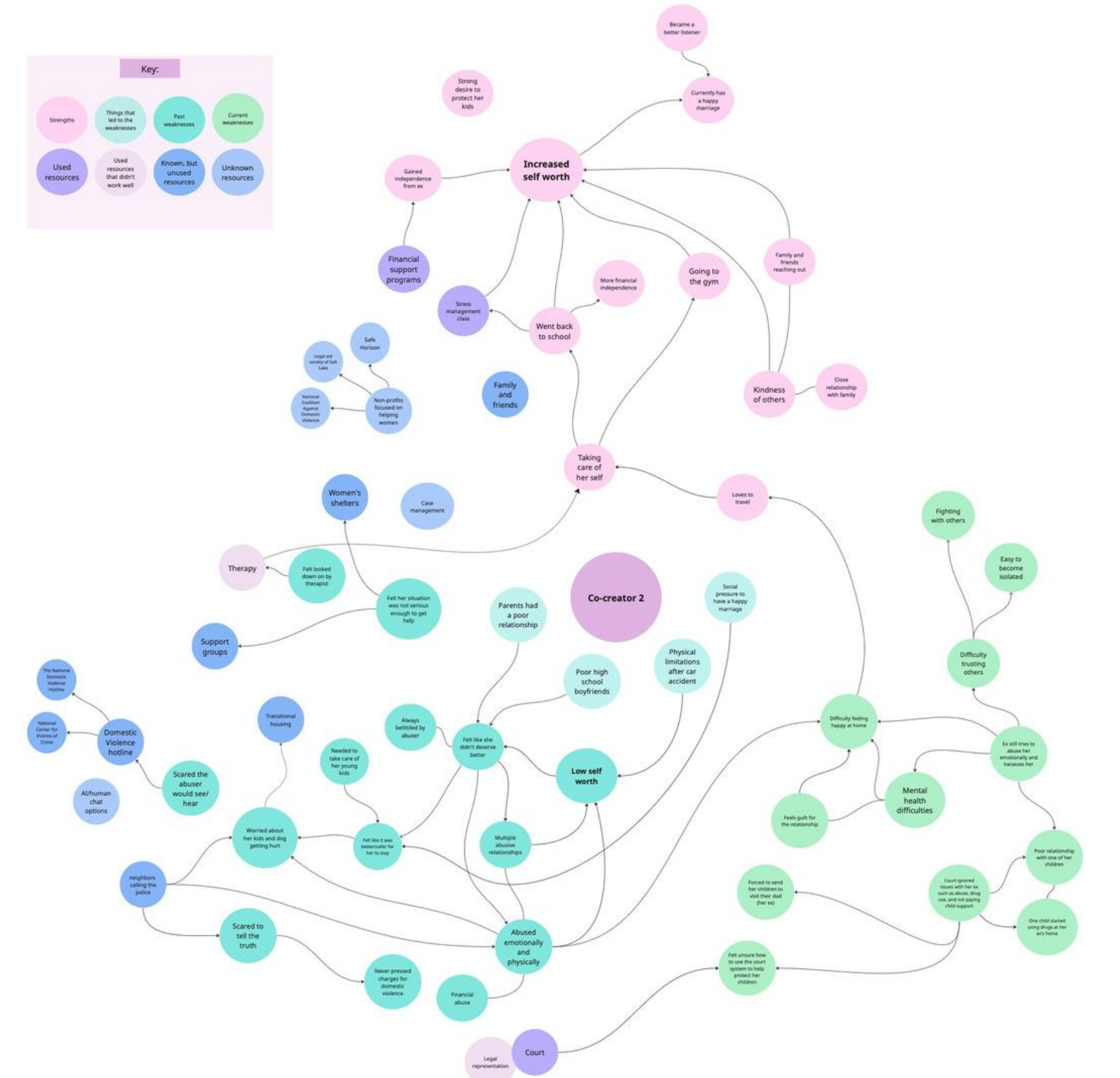
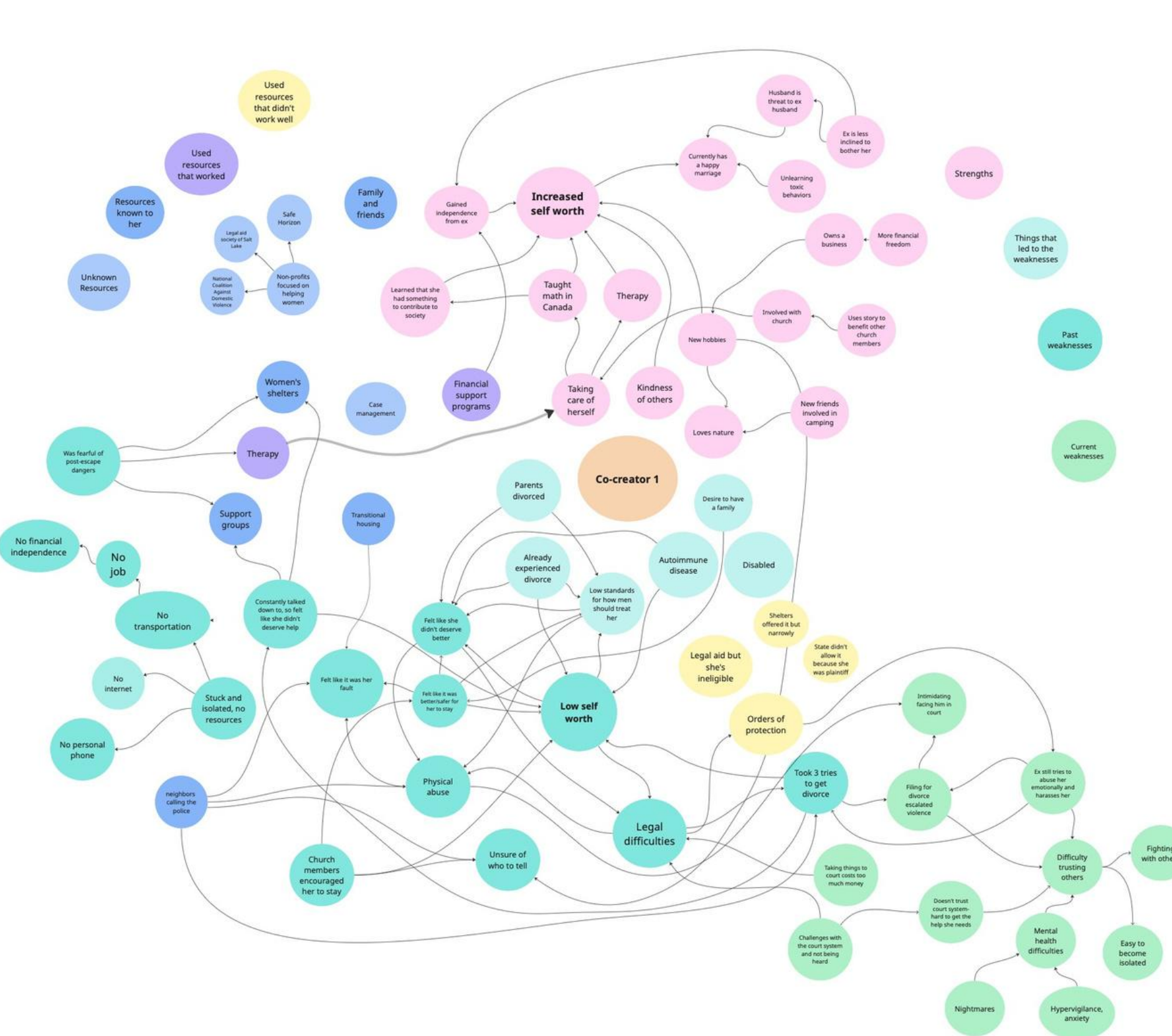
Women 18 years or  
older

# *Map Explanation*

## **ISAM (Individual Situation Assessment Map)**

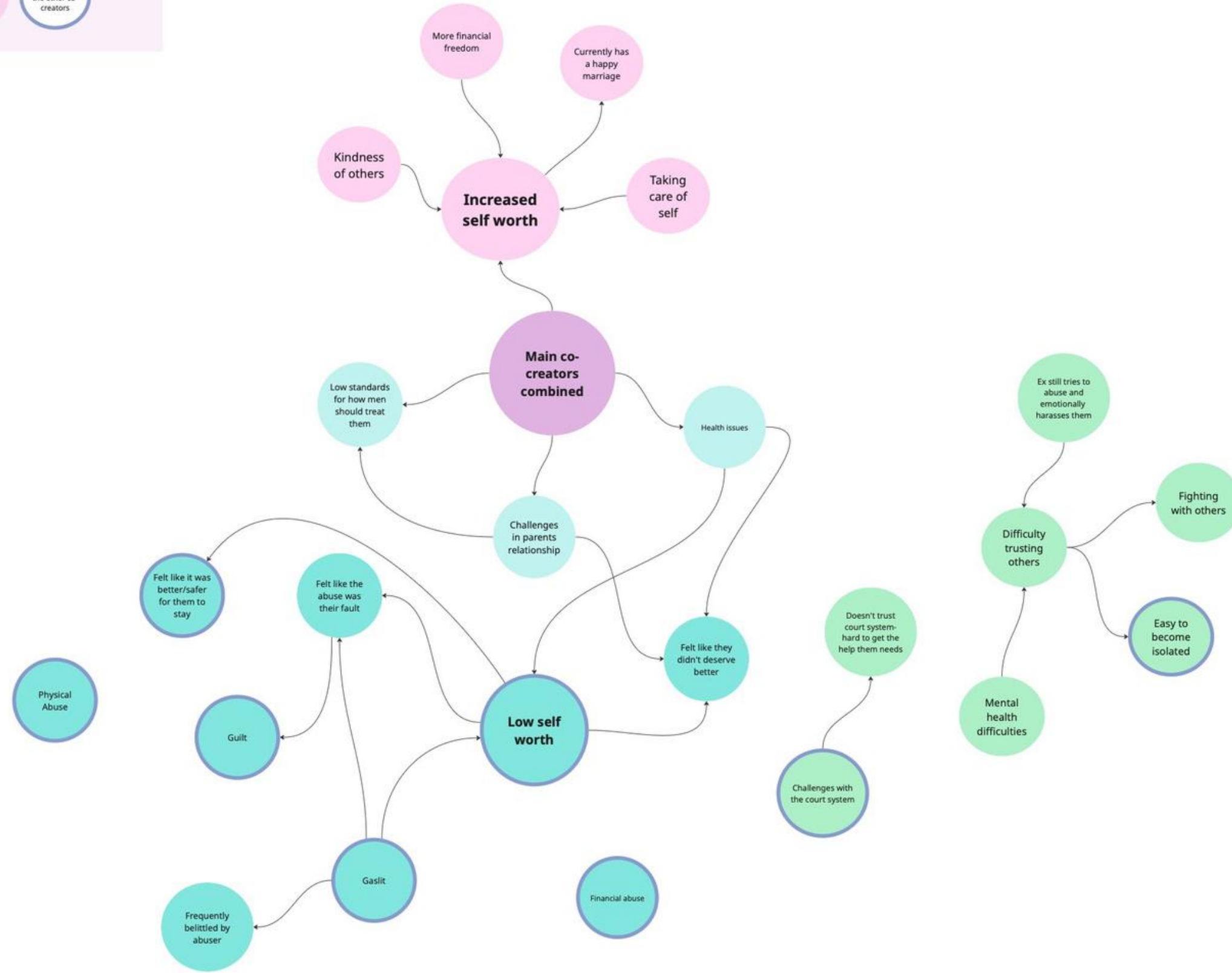
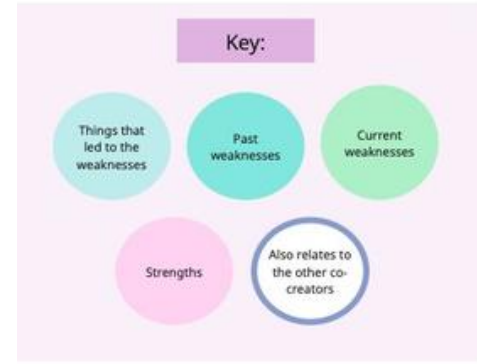
- The ISAMs represent our co-creators  
wholistically, showing us their  
strengths, challenges, and resources

# Map 1 - Individual Situation Assessment Maps



# Map 1 - Individual Situation Assessment Maps

## Combined Version



# *Map Analysis*

## **ISAM (Individual System Assessment Map)**

Main things we learned from the ISAM

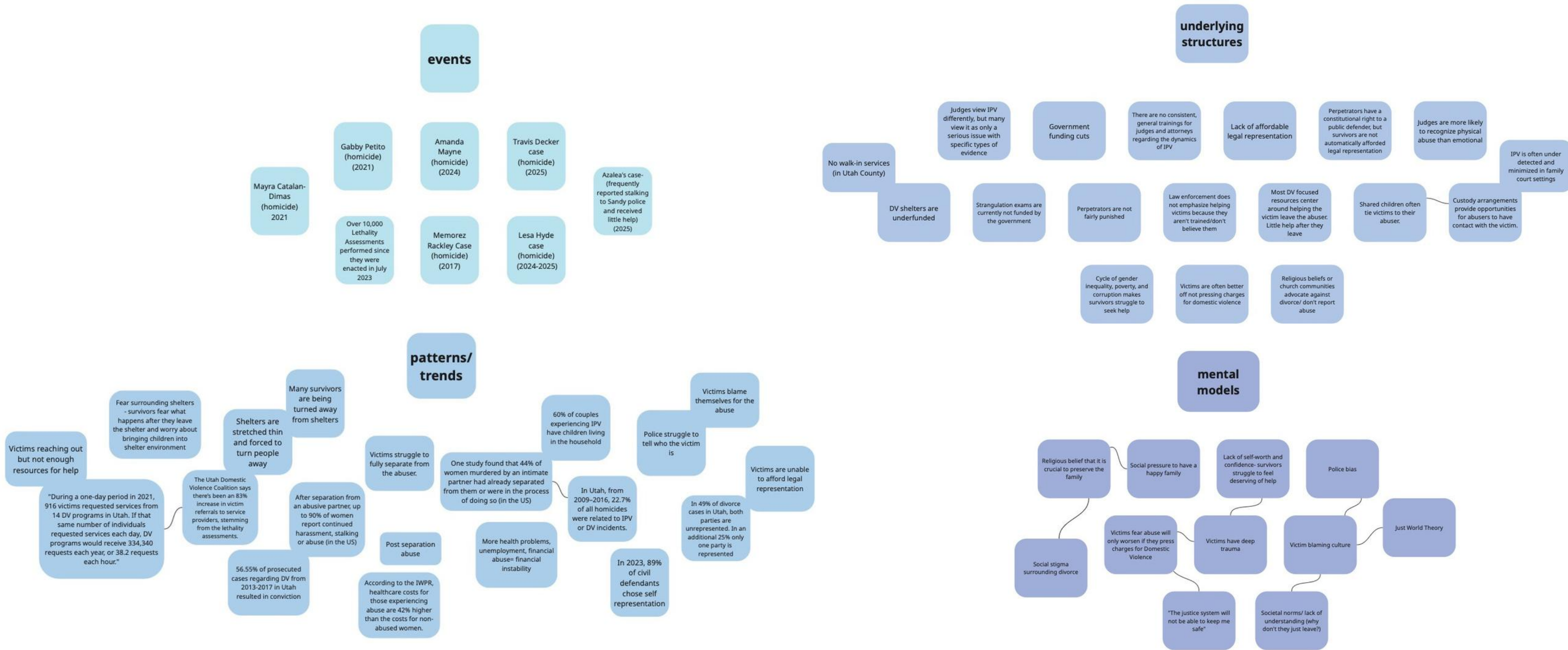
- Co-creator's main challenges:
  - low self worth
  - isolation
  - difficulty trusting
- Common themes among multiple co-creators:
  - low self worth
  - guilt
  - financial abuse
  - challenges with the legal system

# *Map Explanation*

## **Iceberg Map**

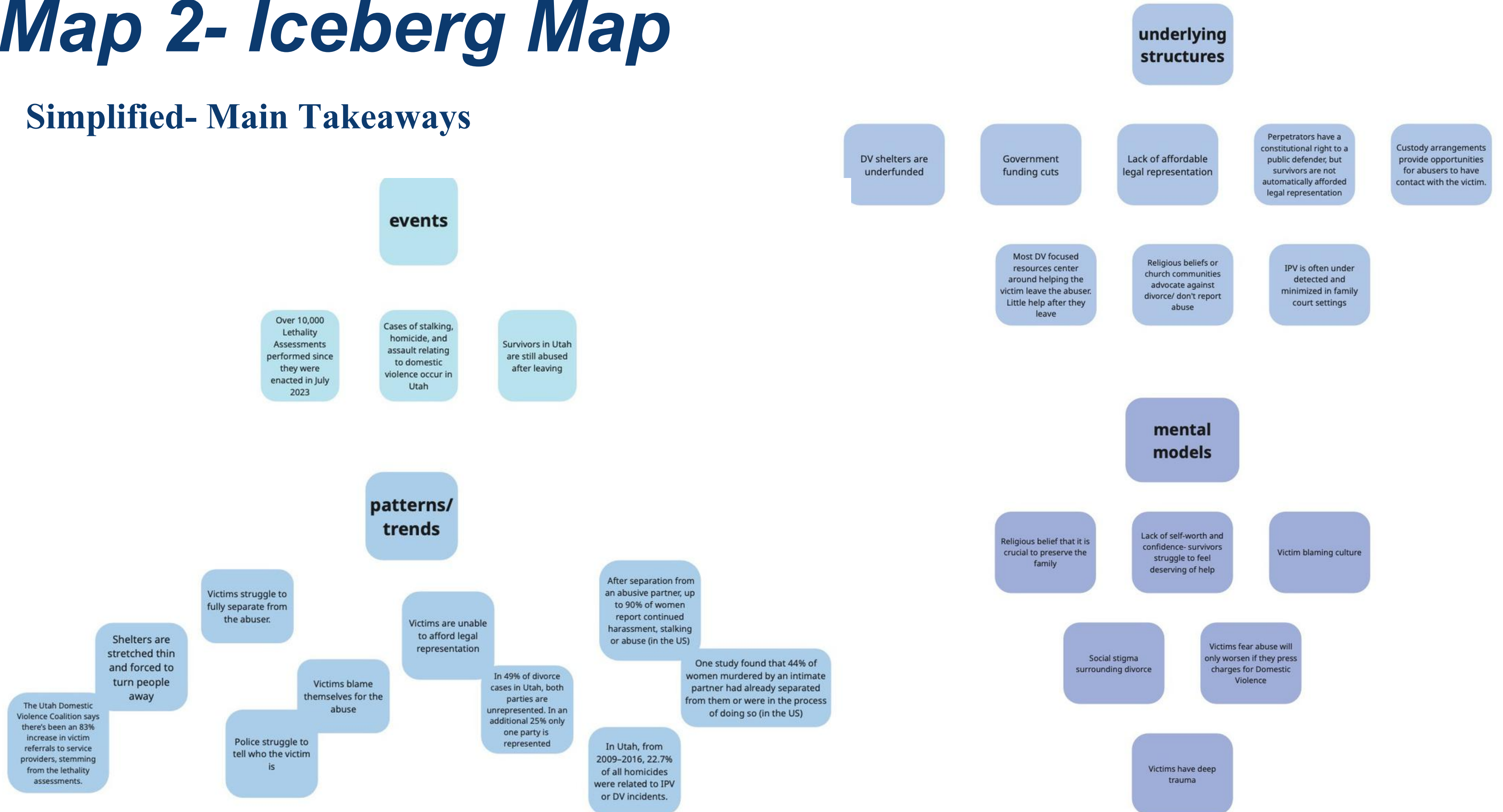
- The Iceberg Map allowed us to look at relevant current events and identify the “why” behind these events

# Map 2- Iceberg Map



# Map 2- Iceberg Map

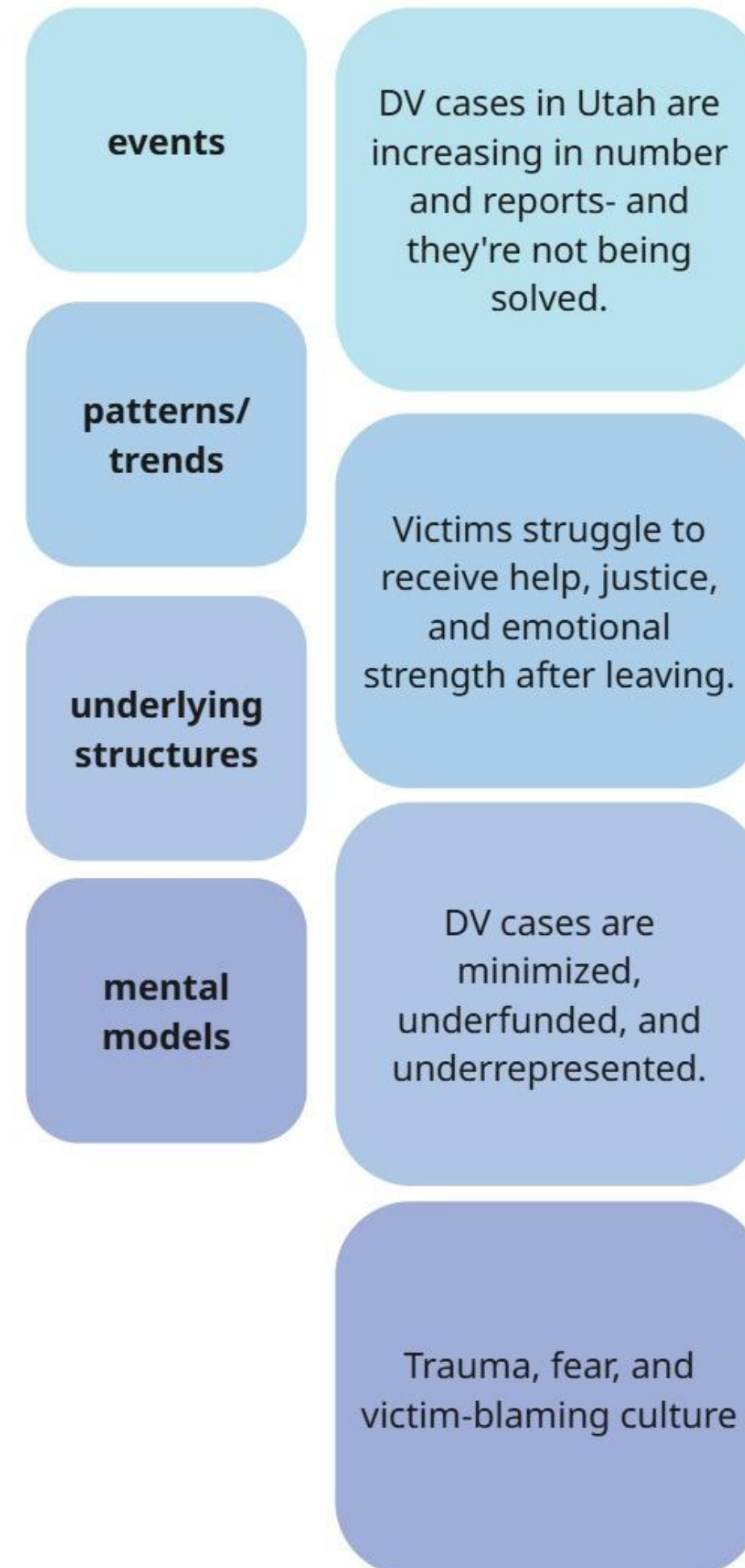
## Simplified- Main Takeaways



# Map Analysis

## Iceberg Map

- Even more consolidated, we get this model:

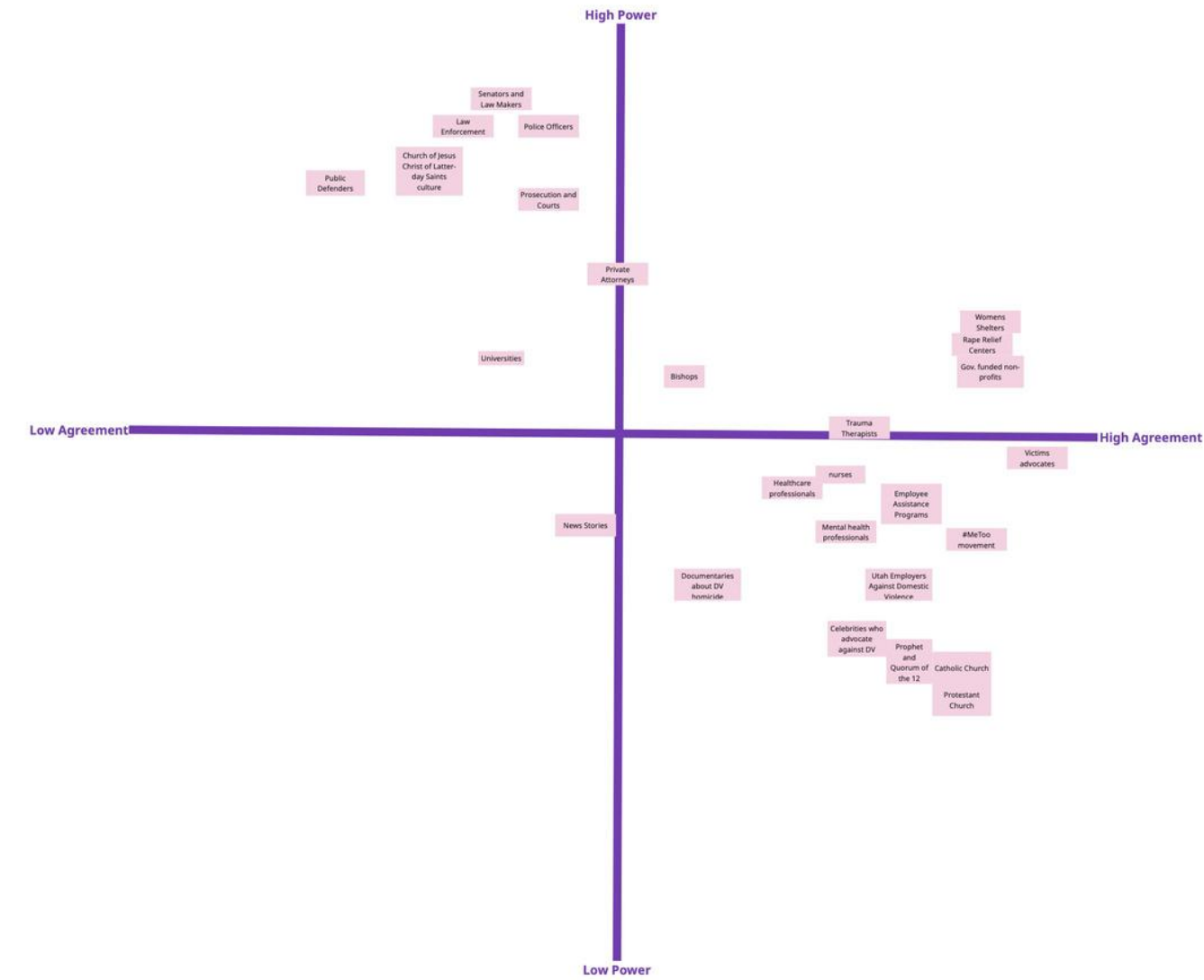
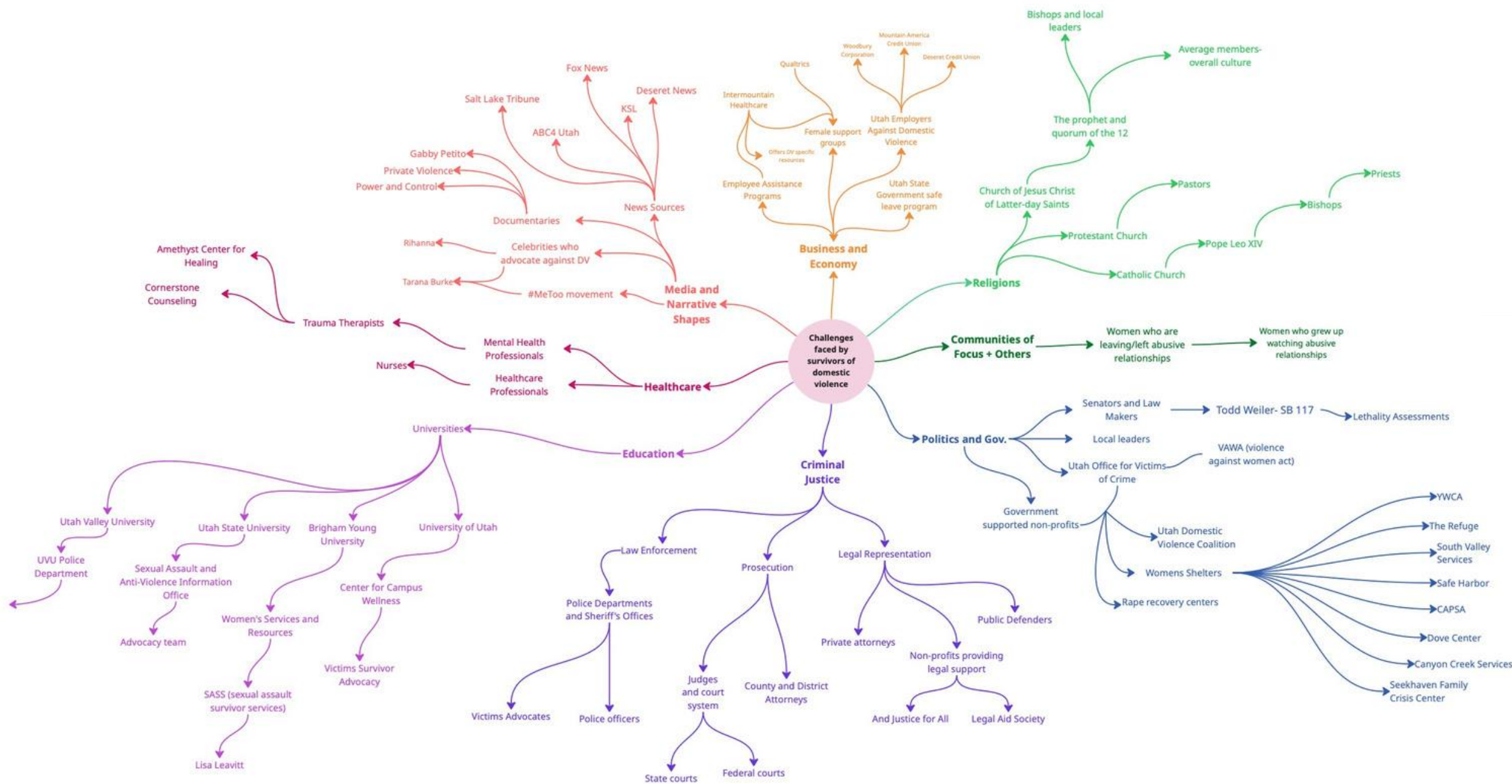


# ***Map Explanation***

## **Stakeholder Map**

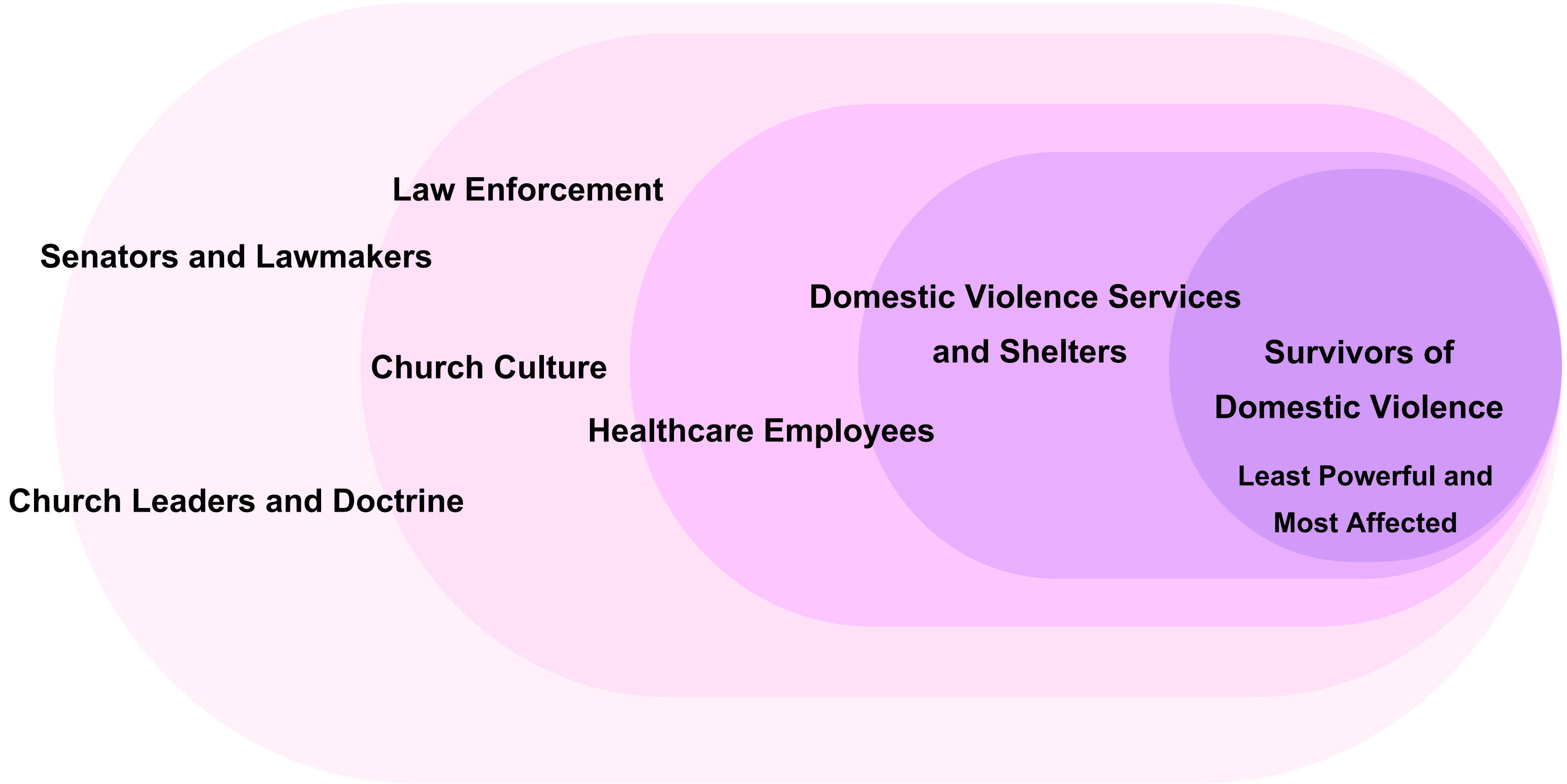
- The stakeholder maps show all of the people and organizations who interact in some way with survivors of domestic violence

# Map 3- Stakeholder Map



# ***Power Dynamics***

**Most Powerful and Least Affected**



**Law Enforcement**

**Senators and Lawmakers**

**Church Culture**

**Healthcare Employees**

**Domestic Violence Services  
and Shelters**

**Survivors of  
Domestic Violence**

**Church Leaders and Doctrine**

**Least Powerful and  
Most Affected**

# *Map Analysis*

## **Stakeholder Map**

- Groups with the most power are frequently involved in policy
  - Church of Jesus Christ of Latter-day Saints and lawmakers
- The overall culture of the Church of Jesus Christ also has high power
  - Due to importance of families and stigma surrounding divorce
- Survivors and services that help them have the least power

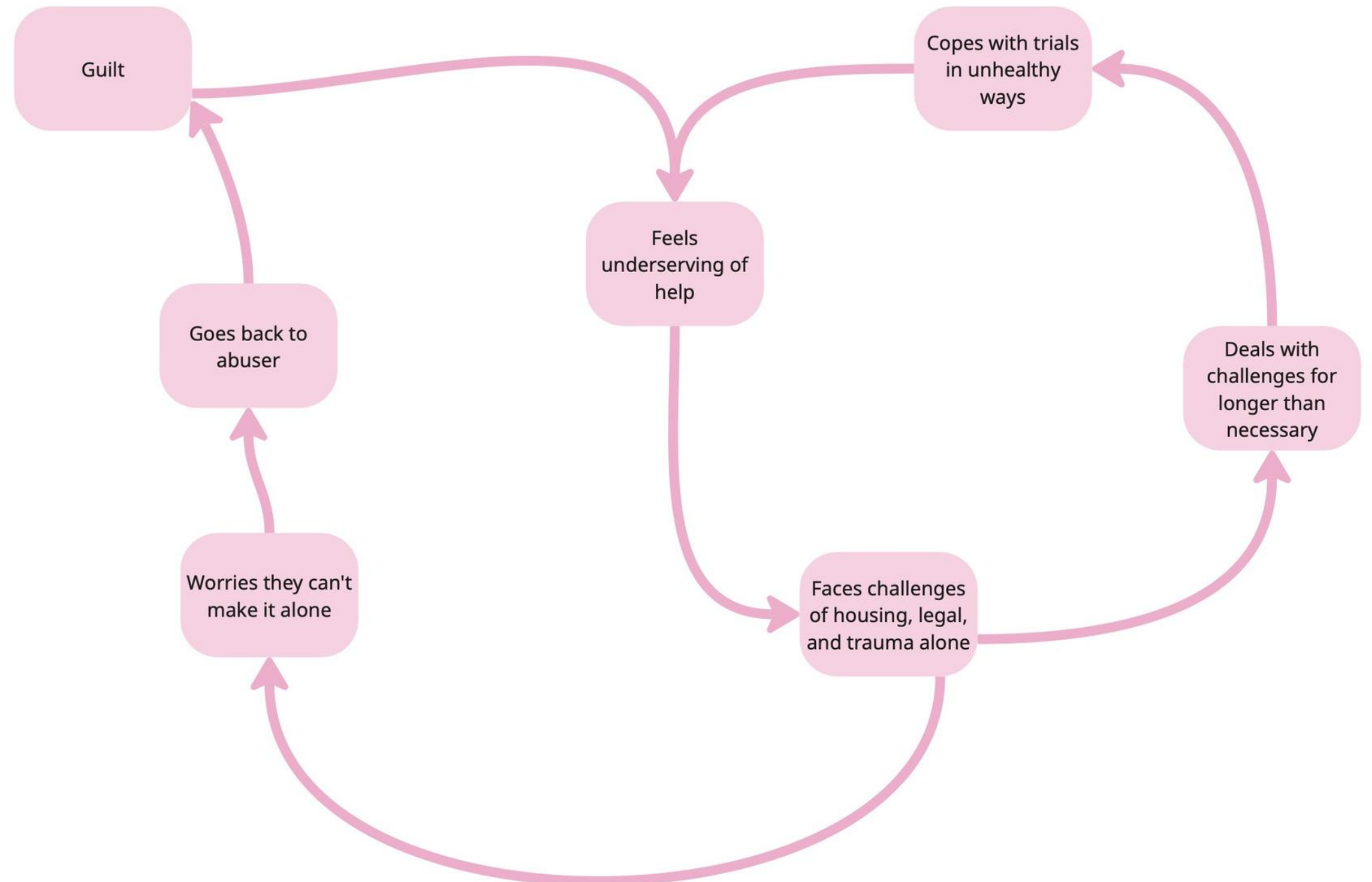
# ***Map Explanation***

## **Feedback Loop**

The feedback loops help us identify gaps in the issue, why solutions are ineffective, and why victims are stuck in a cycle



# Map 4- Feedback Loop



# *Map Analysis*

## **Feedback Loop**

- The section of the map around guilt is important
- These cycles show:
  - Why victims stay
  - New unhealthy relationships
  - Reluctancy
  - Stigmas

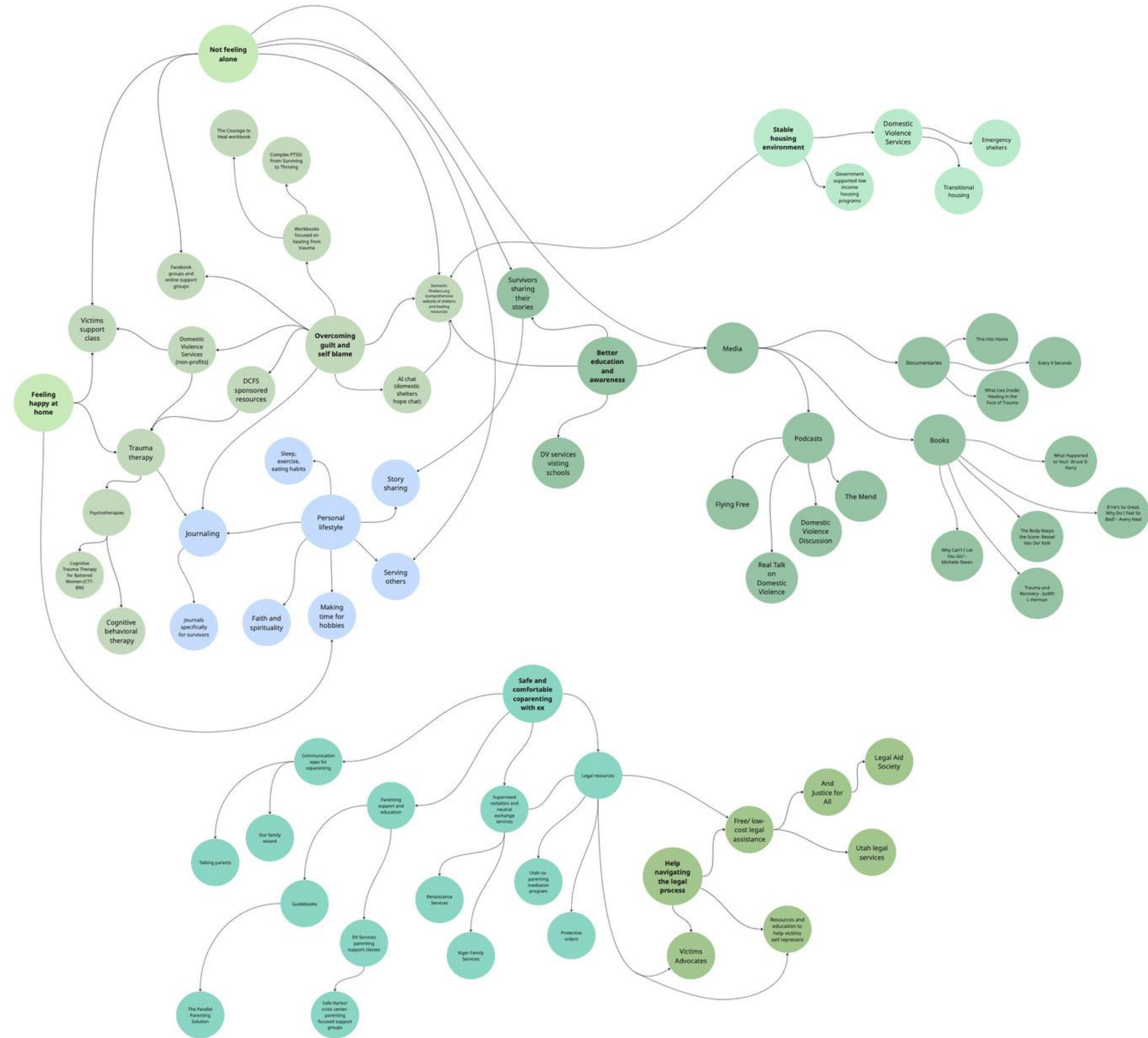
# *Map Explanation*

## **Ecosystem map**

- The ecosystem map shows the needs and goals of our co-creators and the resources available to help them with their goals

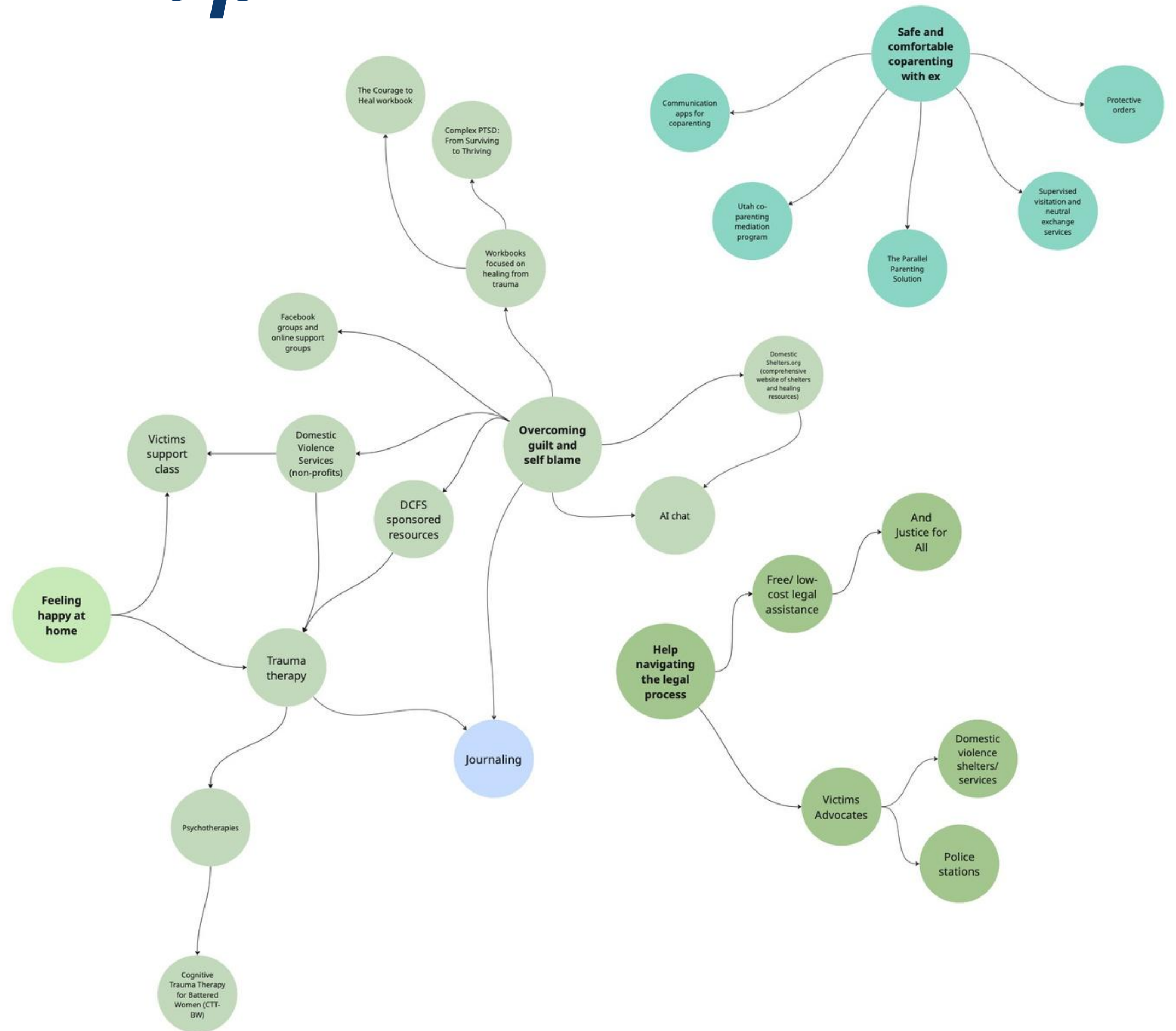
# Map 5- Ecosystem

## Map



# Map 5- Ecosystem Map

## Simplified- Main Takeaways



# ***Map Analysis***

## **Ecosystem Map**

- Our co-creators have many goals:
  - These goals relate to building stable and comfortable home lives
- Gap in resources after the survivor leaves
- Overwhelming for survivors to learn what resources they have

# ***Intervention Ideas***

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## **PRODUCT**

Journals to guide the survivor through healing

## **POLICY**

Healthy relationship curriculum taught in youth classes

(Church of Jesus Christ of Latter-day Saints)

## **PROGRAM**

Life Club- a group focused on helping survivors find support, healing, and joy as they navigate life post abuse

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# *Conclusion*

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After an extensive study on domestic violence and the lives of survivors, we have learned a lot about the complexity of the issue. There are so many factors that make long term emotional stability difficult for survivors. We believe that our product, policy, and program would be effective in helping to support survivors in their journey to emotional stability, allowing them to lead happy lives.

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***Thank you***

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