A Model to Encourage Disclosures

The C.A.R.E. Model

- The C.A.R.E. Model is one method to assist in initiating the discussion of IPV when IPV is suspected.
- Using the same approach each time will build confidence in asking about IPV.
- Even when a disclosure is not made, using this method may help build trust in the women so the next time she is asked she may feel more comfortable in disclosing.

C. Consider

- Consider and respect her feelings and response to IPV screening.
- Create a comfortable safe environment, talk in private, use eye contact, listen first, use open body language, and take a non-judgmental approach.

A. Acknowledge

- Acknowledge and discuss the victim's feelings.
- Accept her feelings, acknowledge that her situation is real, and believe what the victim says to be true and discuss the victim's situation.
- Acknowledge the courage it has taken to speak about the abuse and be empathetic while executing a plan of action when a disclosure is made.
- When an individual's IPV results have been revealed and accepted by the victim, remain supportive and begin to understand their situation.
- Understand if they are not able to leave at this moment due to financial restrictions or safety issues. Bringing up the issue, creating a trusting bond, and acknowledging their situation is crucial to the C.A.R.E. process.

R. Respond

- Respond by reviewing their concerns for their safety and options that are available.
- Let them know when they are ready to leave you are able to offer resources to assist them.

E. Empower

- Listen first then offer empowering statements:
  - "It takes a lot of strength to talk about this."
  - "I believe you."
  - "You are a strong person."
  - "You do not deserve to be treated this way."
- Provide information or assist in identifying and locating resources.
- Offer referrals.
- Encourage inner strength by letting the victim know there is power in disclosing.

Intended outcome is identifying and assisting IPV victims

Reference: McCarthy, J., Bianchi, A. L. (2019). The CARE Approach: Supporting women who disclose intimate partner violence. *Nursing Made Incredibly Easy*, *17*(5), *42-47*. doi: 10.1097/01.NME.0000577584.59395.d0