What Is the Problem?

*United States Statistics:*
- 24% women have been the victim of severe physical violence by an intimate partner in their lifetime, compared to 14% of men.¹
- 81% of women who were victims of rape, stalking, or physical violence by an intimate partner, reported significant short- and long-term health impacts, compared to 35% of men.¹
- Of those with lifetime intimate partner violence (IPV), 36% of female and 16% of male victims reported a need for at least one IPV-related service (e.g., housing or legal services).¹

What Is One Solution?
The Community Advocacy Project (CAP) is an evidence-based program created to help female survivors of intimate partner violence re-gain control of their lives. Developed by Dr. Cris M. Sullivan, Director, Michigan State University Research Consortium on Gender-based Violence, the intervention increases battered women’s access to needed community resources and support.

Program Components
- Family-centered model and a strengths-based, survivor-driven approach
- 10-week intervention, 4-6 hours/week, occurs in the home and community locations
- Phases: assessment, implementation, monitoring, secondary implementation, and completion
- Delivered by trained female undergraduate students
- Primary aims: 1) help women protect themselves and their children from further violence, and 2) generate and mobilize community resources women report needing.

Evaluation
Participants were randomized into: 1) an experimental group that received free advocacy services or 2) a control group that received services as usual. Women were followed for two years and reported on psychological abuse, violence from partners and ex-partners, quality of life, depression, social support, and their effectiveness obtaining resources in the community.

Evidence of Effectiveness
- **Immediate:** The advocacy group reported being significantly more effective in reaching their goals compared to women in the services-as-usual (control) group.⁰,¹
- **Short-term:** The advocacy group reported lower rates of further physical violence and depression and higher quality of life and social support compared to the controls.⁰
- **Long-term:** Quality of life for the advocacy group consistently improved post-intervention and explained the intervention’s positive effects on social support at the 12-month follow-up, and access to resources and re-abuse at the 24-month follow-up.⁰

Publications