

Domestic Violence DV101

Presented by:
Emily Westphal
Live at the
2015 Northstate Prehospital
Spring Conference



Presented by Emily Westphal, Director of Education and Communications, One Safe Place, recorded live in front of an audience at the May 16, 2015 Northstate Prehospital “Spring” Conference and produced by Engineer Bill Bogenreif.



oneSAFEplace
One SAFE Community

Mission

The mission of One SAFE Place is to provide intervention and safety to a community affected by domestic and sexual abuse.

Our vision is a community free of domestic and sexual abuse.

We are committed to serving with Integrity, Excellence, Compassion, Teamwork, and Respect.



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oneSAFEplace
Our Management Team

 Jean King <i>Executive Director</i>	 Angela Jones <i>Deputy Director</i>	 Emily Westphal <i>Director of Education and Communications</i>	 Phil Brooks <i>Director Finance</i>		
 Kristi Hanson <i>Fund Development Manager</i>	 Lorraine McConnell <i>Fund Development Officer</i>	 Kristine Parker <i>Shelter Co- Manager</i>	 Kellie Woolery <i>Shelter Co- Manager</i>	 Beth Brower <i>Operations Manager</i>	 Rose Alcala <i>Client Services Manager</i>



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Our History

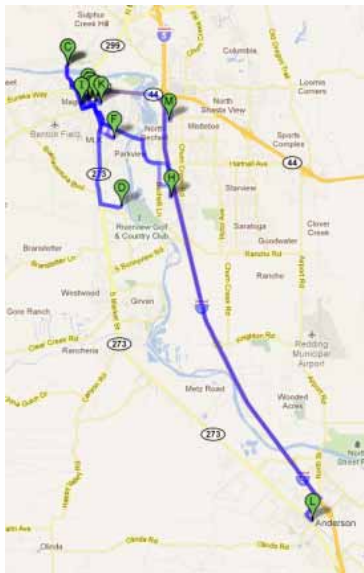


Gretchen Peterson



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The OLD System...



Imagine being abused by the love of your life.
Imagine being hurt physically and emotionally by your mom, your dad, or your sibling.
Imagine your children taking advantage of you, stealing from you, and neglecting your basic needs.
Imagine being raped or sexually assaulted by someone you know.

Now imagine trying to get help by navigating through the old system in Shasta County.

By car: 1 hr 44 mins - **By Bike:** 4 hrs 17 mins - **Walking:** 14 hrs 30 mins -
By bus: Too difficult to navigate because of bus changes and route shortages



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Our History



In 2009, the Shasta Co. DA's Office applied to the National Family Justice Center Alliance to initiate the Shasta Family Justice Center, with the goal of co-locating family violence service providers. The SFJC opened in Sept 2010.



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Our History

In 2012, the Shasta Women's Refuge merged with the 2-year-old Shasta Family Justice Center, adopted the model of expanded collaboration and co-location of services under one roof.



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We Are Now: oneSAFEplace

On June 22nd, 2013 the final phase of our merger concluded with our name change to One SAFE Place.



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Client Service Center

**1670 Market St.
Suite 300**



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OSP Advocacy Services

- Victim Advocacy
- 24-Hour Crisis Hotline
 - (530) 244-0117
- Legal Assistance & Court Accompaniment
- Tribal Services
- Child and Family Services (CFS) Collaboration
- Intermountain Area Outreach Programming
 - Shingletown & Burney
- Food & Clothing Assistance



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OSP Advocacy Services (cont.)

- 24-Hour Emergency Response
 - Referrals from local law enforcement & medical providers
- Case Management
- Emergency Financial Assistance
- Household Establishment Assistance
- Parenting & Relationship Education
- Community Outreach
- Prevention Education



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On-Site Partner Services

- **Victim Compensation**
 - Crime Victims Assistance Center/DA's Office
- **Health & Human Services Agency**
 - CalWORKS Eligibility
 - Mental Health
- **Counseling Services & Support Groups**
 - Family Dynamics Resource Center
 - Hope City/Hope Sisters
- **Elder Abuse Care**
 - Adult Protective Services (APS)
- **Legal Services**
 - Several local attorney teams
- **Military Services for Active Duty & Veterans**
 - State of CA Military Department



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One SAFE Place: Sierra Center



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Domestic Violence

- Penal Code section 13700(b) defines “domestic violence” as abuse committed against an adult or a minor who is a spouse, former spouse, cohabitant, former cohabitant, or person with whom the suspect has had a child or is having or has had a dating or engagement relationship.



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National Statistics

- **1 in 4** women and **1 in 7** men will experience domestic violence
- **1 in 3** women and **1 in 7** men will be sexually assaulted
- **Each day in the US, 3 women and 1 man are murdered by their intimate partner**
- **1 in 6** women and **1 in 19** men have been stalked
- It is estimated that only **25%** of violent incidents in the home are reported



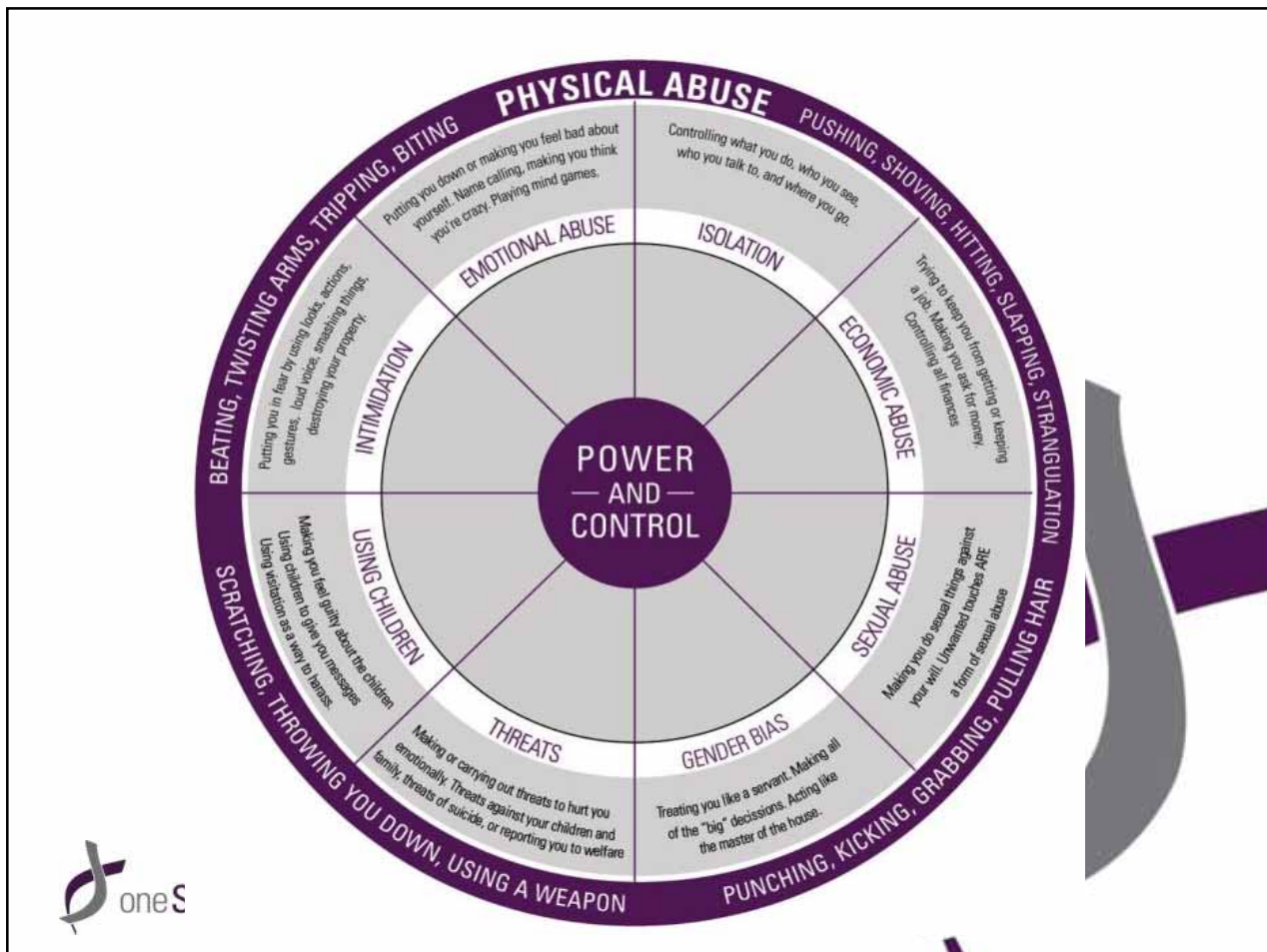
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Why Do Victims Stay In Abusive Relationships?

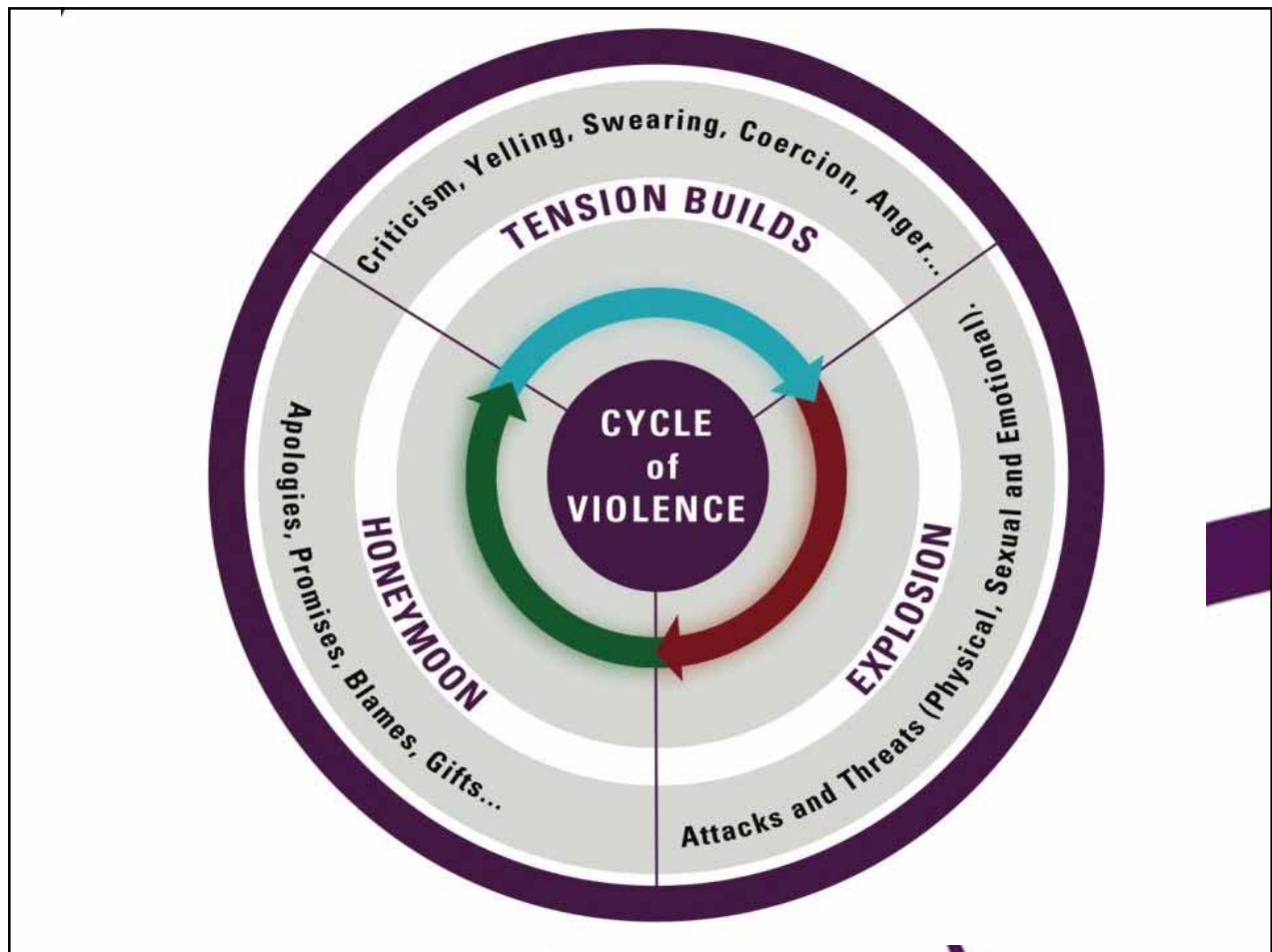
- **LOVE**
- Fear
- Denial
- Learned Helplessness
- Children
- Low Self-Esteem
- Gender Stereotypes
- Religion/Spirituality
- Immigration Status
- Childhood Trauma
- Hostage Mentality
- Financial Dependence
- Shame/Blame/Guilt
- Culture
- Social Norms
- Lack of Options
- Lack of Support
- Victim Blaming



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What is Crisis?

- A stage in a sequence of events at which the trend of all future events, for better or for worse, is determined; turning point.
- A condition of instability or danger, as in social, economic, political, or international affairs, leading to a decisive change.
- A dramatic emotional or circumstantial upheaval in a person's life.



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Characteristics of Someone in Crisis

- Physical:
 - Shock
 - Numbness
 - Frozen
 - Fight, flight or freeze
 - Hyperventilation
 - Slow motion
 - Adrenaline rush
 - Heart rate increase



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Characteristics of Someone in Crisis

- Emotional:
 - Shock
 - Disbelief, Denial
 - Terror
 - Confusion
 - Guilt
 - Relief
 - Grief
 - Loss of Trust



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Crisis Intervention

- Empathy vs. Sympathy
- Short Term
- Listen and Understand
- Danger and Opportunity
- Address Safety
- Identify Options



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Basic Crisis Intervention Skills

- Take a moment to create a clear space externally and internally.
- Remain calm and centered.
- Regulate your own feelings and the survivor's anger and agitation.
- Be mindful about not imposing your personal values or feelings regarding the situation.
- Do not convey disappointment or rejection if a survivor elects to return to an abusive relationship.
- Explain all kinds of information thoroughly.



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Effects on Children

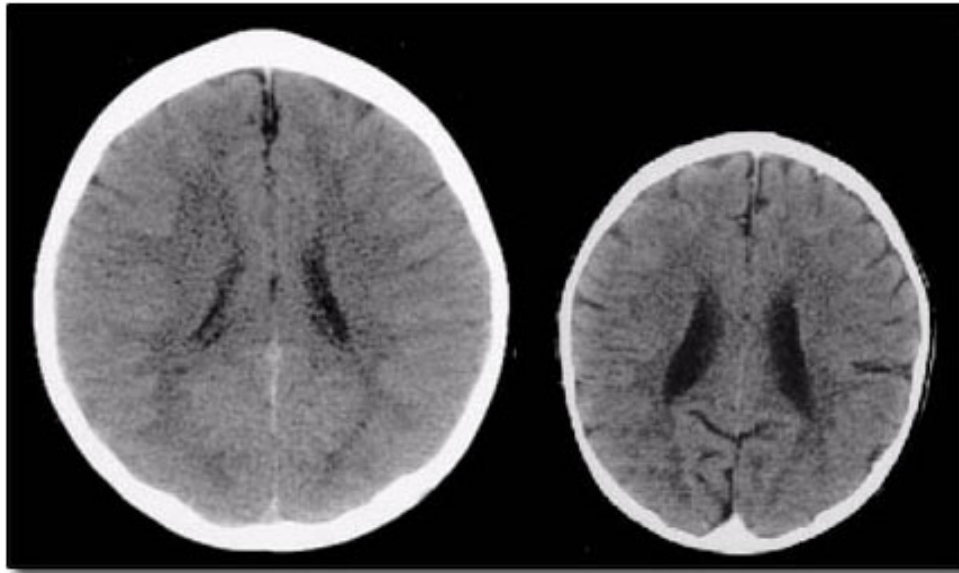
Families under stress produce children under stress.

- Absenteeism/Frequent Illness
- Extreme Fear/Anxiety
- Low Self-Worth
- Behavioral Problems (Anger)
- Shame/Guilt/Embarrassment
- Difficulty Trusting
- Parentification
- Depression/Flashbacks
- Substance Abuse/Dependency
- Dating Violence/Stormy Relationships
- Self Harm



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Child Brain Scan



Normal

Extreme Neglect



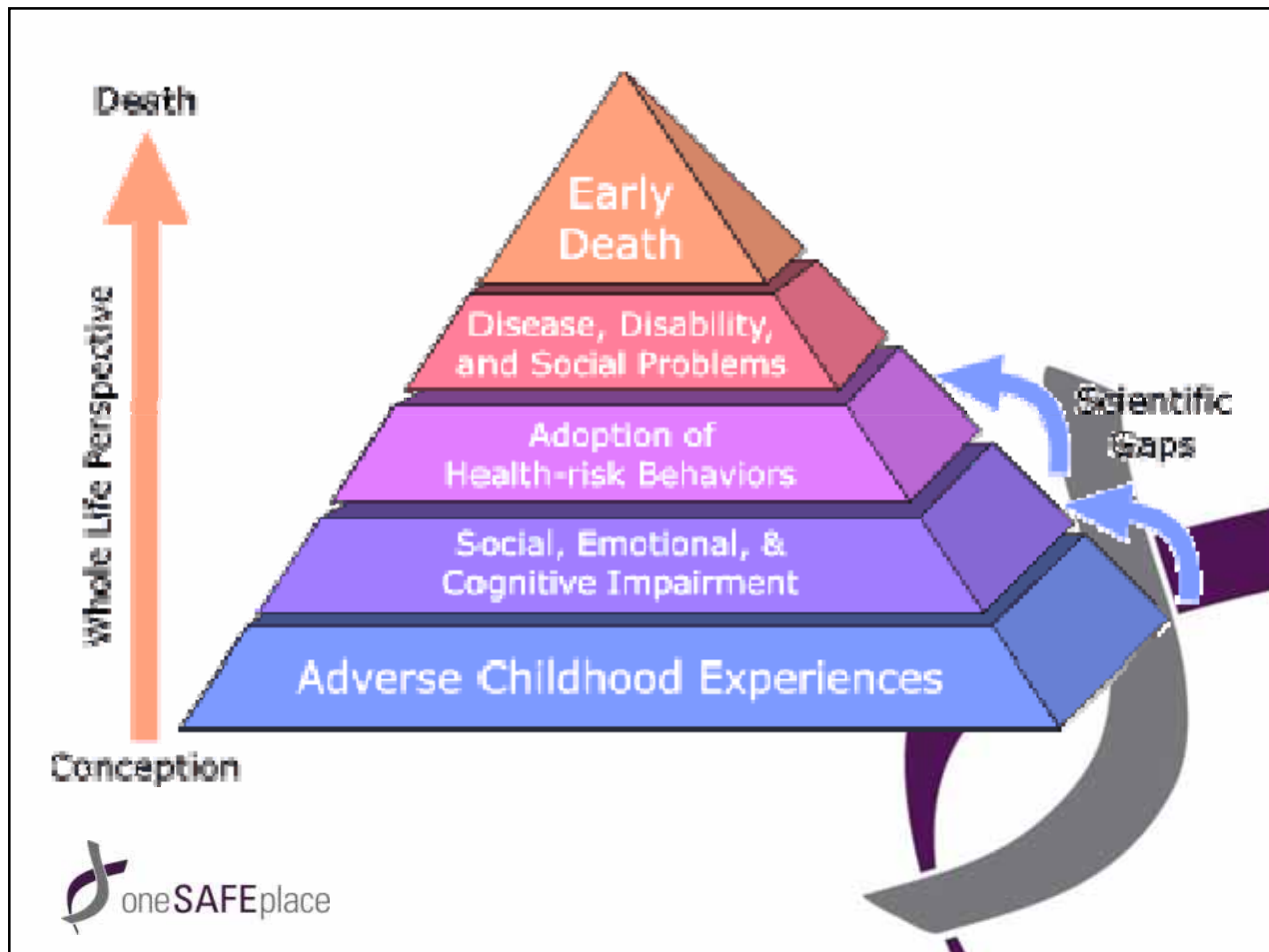
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Adverse Childhood Experiences (ACEs)

- Factors in childhood that influence health throughout a life span and include varying degrees of abuse, neglect, and household dysfunction



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It's Time to Say

NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT



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It's Time to Say NO MORE!

- National call to end destructive attitudes and behaviors that perpetuate violence

NO MORE Excuses. **NO MORE** Violence. **NO MORE** Silence.

NO MORE | TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT



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NO MORE Action Steps

- Share PSA Videos
- Display Info Posters
- Training
- “Un-Selfie” Challenge
- Discuss Violence Prevention Among Peers
- Be an Active Bystander



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Bystander Effect Theory

- The greater the number of bystanders witnessing an unsafe situation, the less likely it is that any one of them will offer help.
 - Refers to cases where individuals do not offer help in an emergency situation to the victim when other people are present.

WHY?



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“Chip Man”



“Where all think alike, no one thinks very much.” - Walter Lippmann



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Creating A Culture

- We have all been bystanders in our lives, and we will all be in situations where we are bystanders in the future.
- The choice is whether we are going to be **active bystanders** who speak up and say something **passive bystanders** who stand by and say nothing.



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Bystander Intervention Tips

- **SAFETY IS MOST IMPORTANT**
- “I” Statements
 - Ex: “I feel _____ when you _____.”
- Tension Reduction Through Humor
- Group Intervention
- Bring it Home
 - Ex: “I hope no one ever talks about you like that.”
- Reframe As A Non-Critical Friend
- Distraction



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Safety Plan

- Written plan that outlines what survivors will do to maintain safety for themselves and their children.
- Safety Plans should be flexible and individualized, based on each person's situation.



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When To Use a Safety Plan

- Can be used in a variety of situations:
 - Dealing with an emergency
 - Continuing to live with or date an abusive partner
 - Protecting yourself and your children after you have ended a relationship with an abusive partner.



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Assess Safety

- Is either the woman or her children in immediate danger?
- Has the violence escalated recently?
- Are there weapons in the home?
- If the woman is not safe, does she have a safety plan?



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Domestic Violence Safety Plan

- Plan should:
 - Consider a variety of circumstances
 - Contain concrete/practical considerations
 - Contain local resource numbers



Module 4 • Assessment, Screening & Safety Planning • Published 2012 • Slide 39

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Components of a Safety Plan

- Pack a bag in advance
- Have personal documents ready
- Hide extra sets of house and car keys
- Establish a code with family or friends
- Plan where to go

QUESTIONS?



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Contact Information



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One SAFE Community

www.OSPShasta.org

24-Hour Crisis Hotline
(530) 244-0117

1670 Market St. Suite 300
Open 8:30am-5:00pm
Monday through Friday



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Domestic Violence DV101

Review & Test



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Review & Test

1. The majority of domestic violence victims are women between the ages of 25-35.

- True
- False



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Review & Test

2. Domestic violence always occurs in lower income homes.

- True
- False



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Review & Test

3. 3 women and 1 man are killed each day in the US by their intimate partner.

- True
- False



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Review & Test

4. According to the Cycle of Violence, what happens to the Honeymoon Phase over time in an unhealthy relationship?

- A. It gets bigger and better
- B. It gets smaller and shorter
- C. It may disappear completely
- D. Both B and C



Review & Test

5. Statistically, women in abusive relationships are most at risk:

- A. During the time they are leaving or have recently left the relationship
- B. During the first six months of the relationship
- C. During the holiday season
- D. During the summer months



Test Results - Grade

1. The majority of domestic violence victims are women between the ages of 25-35. **False**
2. Domestic violence always occurs in lower income homes. **False**
3. 3 women and 1 man are killed each day in the US by their intimate partner. **True**
4. According to the Cycle of Violence, what happens to the Honeymoon Phase over time in an unhealthy relationship?
D. Both B and C
 - B. **It gets smaller and shorter**
 - C. **It may disappear completely**
5. Statistically, women in abusive relationships are most at risk:
During the time they are leaving or have recently left the relationship.

