



# Domestic Violence Awareness

VALUEOPTIONS

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# Learning Objectives

- Gain awareness about the nature and prevalence of domestic violence in our society
- Understand how victims of domestic violence are impacted
- Understand importance of having a safety plan and learn how to create one
- Become knowledgeable about resources available to persons impacted by domestic violence
- Recognize specific ways to respond to victims of domestic violence in a constructive fashion

# Definition of Domestic Violence

“Domestic violence is a pattern of assaultive and coercive behaviors used by an individual with the willful intent of hurting, dominating, and controlling an intimate partner or family member. Domestic violence is about *power and control*.”

# Definition of Domestic Violence (cont.)

“Common terms used to describe domestic violence include: domestic abuse, spouse abuse, courtship violence, battering, marital rape and date rape. Domestic violence can vary in frequency and severity. It can range from one hit or even to repeated and severe battering.”<sup>1</sup>

<sup>1</sup>(from “D.V. Affects People of All Backgrounds” [achievesolutions.net](http://achievesolutions.net) )

# Types of Domestic Violence Tactics

- physical violence
- emotional and verbal abuse
- economic abuse
- sexual abuse
- property violence
- violence to pets



# Domestic Violence Facts

- One out of two women will be physically abused at some point in their lives by men they live with<sup>1</sup>
- Intimate partner violence is primarily a crime against women. In 2001, women accounted for 85 percent of the victims of intimate partner violence (588,490 total) and men accounted for approximately 15 percent of the victims (103,220 total)<sup>2</sup>

1 (from “No Visible Wounds” achievesolutions.net)

2 (from <http://www.endabuse.org/resources/facts/>)

# Domestic Violence Facts: (cont.)

- One third of female victims of homicide are killed by their former husbands/boyfriends
- Domestic violence is the leading cause of injury to women between the ages of 15-44<sup>1</sup>
- More than 53 percent of male abusers beat their children<sup>1</sup>

<sup>1</sup> (from <http://www.athealth.com/Consumer/Disorders/DomViolFacts.html>)

# Domestic Abuse Facts: (cont.)



- One of every three abused children become an adult abuser or victim<sup>1</sup>
- Victims and abusers are found in every social and economic class, race, religious group, and sexual orientation<sup>1</sup>

<sup>1</sup>(from <http://www.athealth.com/Consumer/Disorders/DomViolFacts.html>)

# Emotional Abuse

Emotional abuse, like physical abuse, is used to control, demean, harm or punish a partner. While emotional abuse does not result in physical damage to the victim it can lead to a wide range of damaging psychological issues

# Emotional Abuse (cont'd)

Some tactics of emotional abuse are to:

- Isolate a partner from friends, family, cultural or faith community, care providers, and prevent the partner from having independent activities such as work, participation in social organizations, or pursuit of education
- Act overly jealous or possessive or accuse a partner of having affairs
- Criticize a partner constantly regarding their actions, size and appearance, and abilities

# Emotional Abuse (cont'd)

- Use the children to control the partner, for example – threaten to take the children if the partner should leave
- Make all of the decisions in the family, withhold information and refuse to consult the partner about important matters such as where they live, or the family's finances
- Control the money – what is spent, how it is spent, not allow the partner access to financial resources, or conversely not contribute to any of the household expenses

(all from [http://www.womanabuseprevention.com/html/emotional\\_abuse\\_facts.html](http://www.womanabuseprevention.com/html/emotional_abuse_facts.html))

# Military Domestic Violence Facts

- In 2001, there were more than 18,000 incidents of spousal abuse reported to the Department of Defense's Family Advocacy Program<sup>1</sup>
- 84% of the spousal abuse incidents reported involved physical abuse<sup>1</sup>

<sup>1</sup>(from <http://www.sc.edu/healthycarolina/pdf/facstaffstu/safety/DomesticViolenceInTheMilitary.pdf>)

# Military Domestic Violence Facts (cont'd)

A recent DOD study found that service members reported for abuse are 23 percent more likely to be separated from the service than nonabusers and somewhat more likely to have other than honorable discharges. The majority who remain in the military are more likely to be promoted more slowly than nonabusers<sup>1</sup>

1(from <http://usmilitary.about.com/library/weekly/aa012101b.htm>)

# Military Domestic Violence Facts (cont'd)

The 1996 Lautenberg Amendment to the Gun Control Act of 1968 makes it unlawful for anyone who has been convicted of a misdemeanor of domestic violence to possess firearms. The law applies to law enforcement officers and military personnel<sup>1</sup>

<sup>1</sup>(from <http://usmilitary.about.com/library/milinfo/milarticles/bldomesticviolence.htm>)

# When Domestic Violence Happens in the Military

- On base, military police investigate and immediately notify Family Advocacy Program officials and the service member's commander
- If the abuser is a civilian, the investigation is turned over to civilian law enforcers and base personnel cooperate with the local legal authorities

# When Domestic Violence Happens in the Military (cont'd)

Family Advocacy Program officials assign a caseworker to assess the victim's safety and develop a safety plan. This may include:

- an application for a military protective order
- alternative living arrangements
- ways to safeguard any children in the family

# When Domestic Violence Happens in the Military (cont'd)

Throughout the process, victims' advocates ensure that the victim's medical, mental health and protection needs are being met.

Family Advocacy Program officials also assess the alleged abuser and identify treatment needs and suitability for treatment.

# When Domestic Violence Happens in the Military (cont'd)

The case is presented to a multidisciplinary case review committee with representatives from:

- Family Advocacy Program
- Law Enforcement
- Staff Judge Advocate
- Chaplain
- Medical Staff

# When Domestic Violence Happens in the Military (cont'd)

This committee decides whether the evidence indicates abuse occurred. The committee recommends what treatment the victim needs and how the alleged abuser should be treated.

Based on the committee's recommendations, the commander decides what action to take regarding the abuser, including administrative sanctions or disciplinary actions.

# When Domestic Violence Happens in the Military (cont'd)

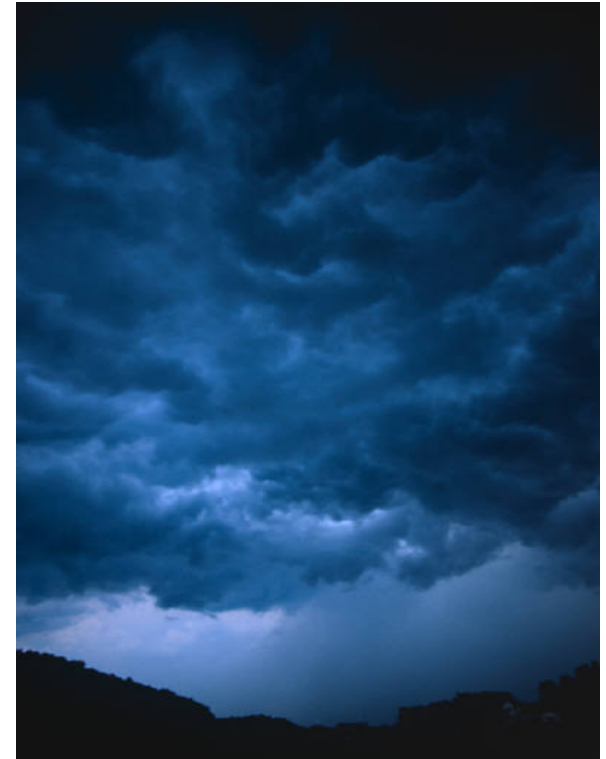
The commander determines whether to order the individual into treatment or to seek to impose disciplinary procedures under the Uniform Code of Military Justice.

The commander may also seek to obtain the discharge of the service member from the military.

(all of the above from <http://usmilitary.about.com/library/milinfo/milarticles/bldomesticviolence.htm>)

# Common Characteristics of Batterers

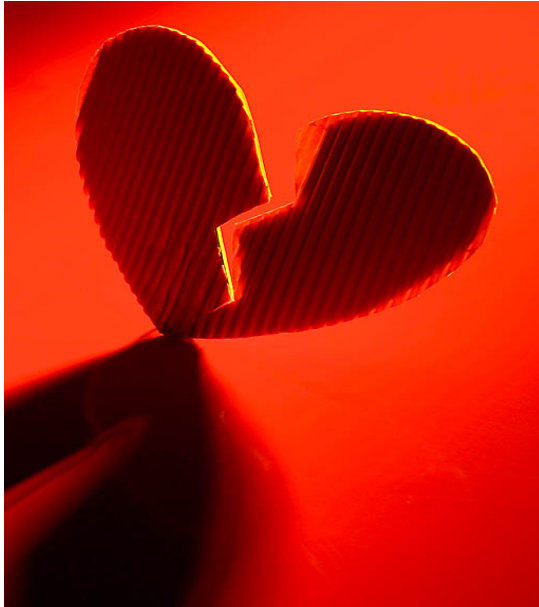
- low self-esteem
- traditional views about sex roles
- difficulty recognizing and expressing feelings
- inability to empathize with others' feelings
- denial and minimization about the abuse
- pathological jealousy due to fear of rejection



# Common Characteristics of Batterers (cont'd)

- need to isolate self and partner
- learned aggression as way to manipulate and control
- history of violence and abuse in the family of origin
- abuse of drugs and alcohol
- military or law enforcement background

# Common Characteristics of Victims



- low self-esteem
- inability to trust own instincts
- learned helplessness: "What I do does not affect the outcome."
- learned hopefulness: "Maybe things will improve with time."
- passive, compliant role; hides real feelings and avoids conflicts

# Common Characteristics of Victims (cont'd)

- denial and minimization of severity of situation
- depression
- posttraumatic stress disorder (PTSD)
- history of violence and abuse in family of origin
- paralyzing fears that keep her/him from leaving batterer

# Fears That Keep Victims From Leaving

- shame of exposure as a battered man or woman
- financial loss, unemployment and homelessness
- death or injury to self, children, family, friends or co-workers
- loss of family, religious or community/cultural support
- increased and sustained harassment after separation

# Fears That Keep Victims From Leaving

(cont'd)

- loss of custody of children
- negative impact on children if mother or father is absent
- threats of suicide by the batterer
- loss of residency or immigration status
- loneliness and isolation

# Impact of Domestic Violence on Survivors



Domestic violence is a traumatic experience which can produce long term psychological problems. The survivors of domestic violence may experience some of the following reactions to trauma:

# Impact of Domestic Violence on Survivors (cont'd)

- Chronic feelings of fear and anxiety
- Intrusive thoughts and images as well as nightmares and flashbacks
- Concentration problems, irritability, nervousness and a “heightened state of alert”
- Guilt, shame, and blame
- Grief, depression, social withdrawal, and possibly suicidal thoughts

(from “D.V.: Healing the Wounds” [achievesolutions.com](http://achievesolutions.com))

# Is Your Partner Abusing You?

## Ten Ways to Tell:

- Are you afraid of doing the “wrong” thing, even if you’re not sure what that is?
- Does your partner watch your every move?
- Do you feel sexually ashamed or humiliated, or are you being sexually hurt?
- Does your partner refuse to help when you’re sick, injured or pregnant?

# Is Your Partner Abusing You?

## Ten Ways to Tell: (cont'd)

- Does he or she “put you down” at home or in public?
- Do you avoid even discussing some subjects because you’re afraid your partner’s reaction will be violent?
- Does your partner place excessive limitations on the things you do, such as the time he or she “allows” you to do errands or to see friends?

# Is Your Partner Abusing You?

## Ten Ways to Tell: (cont'd)

- Does your partner accuse you of being unfaithful, of being crazy, of being worthless?
- Has he or she injured you physically, no matter how slightly?
- Do you live in constant fear for yourself or your children?

(from <http://www.defenselink.mil/news/newsarticle.aspx?id=45518>)

# What Can I Do if I am in an Abusive Relationship?

If you think you are in an abusive relationship, seek help. There are a number of things you can do, but you will need the support of friends, professionals and others to take action



# What Can I Do if I am in an Abusive Relationship? (cont'd)

- There are many places for you to seek help:
  - friends and family
  - 24-hour hotlines for advice and guidance
  - shelters where you and your children can stay temporarily
  - support groups where you can talk to other people in the same situation
  - legal advice to guide you if you wish to separate or to get a restraining order
  - medical and mental health professionals who can care for your physical and emotional wounds
  - religious leaders who can support and counsel you

# What Can I Do if I am in an Abusive Relationship? (cont'd)

These people can give you emotional support if you decide to stay in the relationship. If you decide to leave, they can give you practical advice and assistance

# Forming a Safety Plan

If you decide that you need to leave the relationship, it is very important that you have a safety plan. Being prepared and having a set plan will help you successfully and safely escape the abusive relationship. To develop your safety plan, you should:

# Forming A Safety Plan (cont'd)

1. Memorize these important phone numbers (or keep a list in a safe place, or write them on the bottom of your shoe):
  - police
  - domestic violence hotline
  - friends
  - local battered women's shelter

# Forming a Safety Plan (cont'd)

2. Tell a neighbor you trust about the abuse in your home. Ask them to call the police if they hear suspicious noises coming from your home or if they have not heard from you or seen you in a certain amount of time

# Forming a Safety Plan (cont'd)

3. If you still live with your abuser, find a safe room in your home where you and your children can hide. Then:

- Install a deadbolt lock in that room that can only be locked from the inside
- Get a cell phone and carry it with you all the time
- Enter 911 into your speed dial

# Forming a Safety Plan (cont'd)

4. Think of at least four safe places you can go if you leave your home. You might:
  - stay with a friend or family member (If you are a woman, do not stay with a man unless he is a blood relative. Moving in with another man may hurt your ability to get custody of your children. It may also cause conflict with your abuser)
  - go to a battered women's shelter
  - call 911; they can help you find a safe place

# Forming a Safety Plan (cont'd)

5. Always have spare change for a phone call
6. Consider opening a savings account, so you will have access to money when you leave
7. Review your escape plan and regularly rehearse your escape route with a support person
8. Take special care. If you feel that your partner may stalk you, do not leave a trail

# Forming a Safety Plan (cont'd)

9. Put together an escape bag that contains important items, and leave it at a friend's house or in a safe place (perhaps a locker at the bus station). If possible, try to include the following things in your bag:
  - address book
  - birth certificates for you and your children
  - change of clothing
  - children's favorite toys, blankets, etc.
  - divorce papers, custody agreements
  - drivers license and registration

# Forming a Safety Plan (cont'd)

- identification
- insurance papers
- keys—car, house, office
- lease/rental agreements
- Medication
- money, bank books, credit cards
- mortgage payment book, current unpaid bills
- passport, green card, work permits
- personal Protection Order
- school and medical records
- Social Security cards

# Forming a Safety Plan (cont'd)

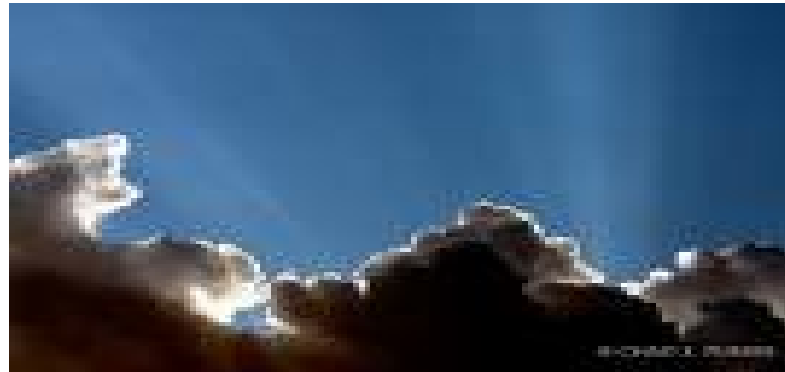
Remember, get help putting together, and if need be, carrying out your escape plan. Your attempt to leave will anger your abuser. If you don't successfully get away, your partner may take it out on you

(from [http://www.valueoptions.com/suicide\\_prev/html%20pages/What%20Can%20I%20Do%20If%20I%20Am%20in%20an%20Abusive%20Relationship.htm](http://www.valueoptions.com/suicide_prev/html%20pages/What%20Can%20I%20Do%20If%20I%20Am%20in%20an%20Abusive%20Relationship.htm))

By Maria Vera, PhD, Toby D. Goldsmith, MD

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# Domestic Violence Resources



- National Domestic Violence Hotline  
1-800-799-SAFE (1-800-799-7233)  
TTY: 1-800-787-3224

Staff provide callers with crisis intervention, information about domestic violence, and referrals to local programs 24 hours a day, 7 days a week. Telephone assistance is available in many languages, including Spanish

# Domestic Violence Resources (cont'd)

- National Coalition Against Domestic Violence (NCADV)

NCADV is a grassroots membership organization providing technical assistance, networking, and support to programs and state coalitions serving battered women and their children. It also provides information and referrals to the general public and the media

# Domestic Violence Resources (cont'd)

- Institute on Violence, Abuse, and Trauma

The Institute provides information on many areas of family violence and sexual assault, maintains a clearinghouse, and publishes a quarterly bulletin

# Domestic Violence Resources (cont'd)

- National Violence Against Women Prevention Research Center (NVAWPRC)

NVAWPRC helps prevent violence against women by advancing knowledge about prevention research and fostering collaboration among advocates, practitioners, policy makers, and researchers

# DoD and Military Services Domestic Violence Contacts

- **Department of Defense**  
Family Advocacy Program  
1745 Jefferson Davis Highway  
Crystal Square 4, Suite 302  
Arlington, VA 22202  
Phone: 703/602-4990  
DSN: 332-4990
- **Department of Defense Task Force on Care for Victims of Sexual Assault Hot Line**  
800/497-6261  
9:00 a.m. – 9:00 p.m. EST, (M-F)
- **Military Family Resource Center**  
4040 North Fairfax Drive, Room 420  
Arlington, VA 22203-1635  
Phone: 703/696-9053  
DSN: 426-9053

# DoD and Military Services Domestic Violence

## Contacts (cont'd)

- **US Army Family Advocacy Program**  
HQ DA, CFSC-FP  
Department of the Army  
4700 King Street, 4<sup>th</sup> Floor  
Alexandria, VA 22302-4418  
Phone: 703/681-7396/93
- **US Navy Family Advocacy Program**  
Naval Personnel Command P661  
Department of the Navy  
5720 Integrity Drive  
Millington, TN 38055-6610  
Phone: 901/874-4355  
DSN: 882-4355
- **US Air Force Family Advocacy Program**  
AFMOA/SGZF  
2664 Flight Nurse, Building 801  
Brooks AFB, Texas 78235-5135  
Phone: 210/536-2031/32  
DSN: 240-2031/32

# DoD and Military Services Domestic Violence Contacts (cont'd)

- **US Marine Corps**  
HQMC M&RA (MRO)  
3280 Russell Road  
Quantico, VA 22134-5009  
Phone: 703/784-9546  
DSN: 278-9546
  
- **Active Duty Members and Family Members**  
**Military One Source** 1-800-342-9647 (User name: military; Password: one source)

*“The greatest of all mistakes is to do nothing,  
because you can only do a little.*

*Do what you can.”*

*-- Sydney Smith*

# What Each of Us Can Do

- Speak out publicly against domestic violence
- Become aware of the signs of domestic violence and offer to help if you think someone is being abused
- Volunteer at a local victim assistance organization
- Donate goods, services, or money to a domestic violence shelter

# What Each of Us Can Do (cont.)

- Take action personally against domestic violence
- Encourage neighborhood watch organization to become concerned
- Help others become informed
- Become politically active
- Commit to peaceful resolution of conflicts and to raising your children without violence

*“Let no one be discouraged by the belief that there is nothing one man or woman can do against the enormous array of the world’s ills, misery and ignorance, injustice and violence... Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation.”*

*--Robert Kennedy*