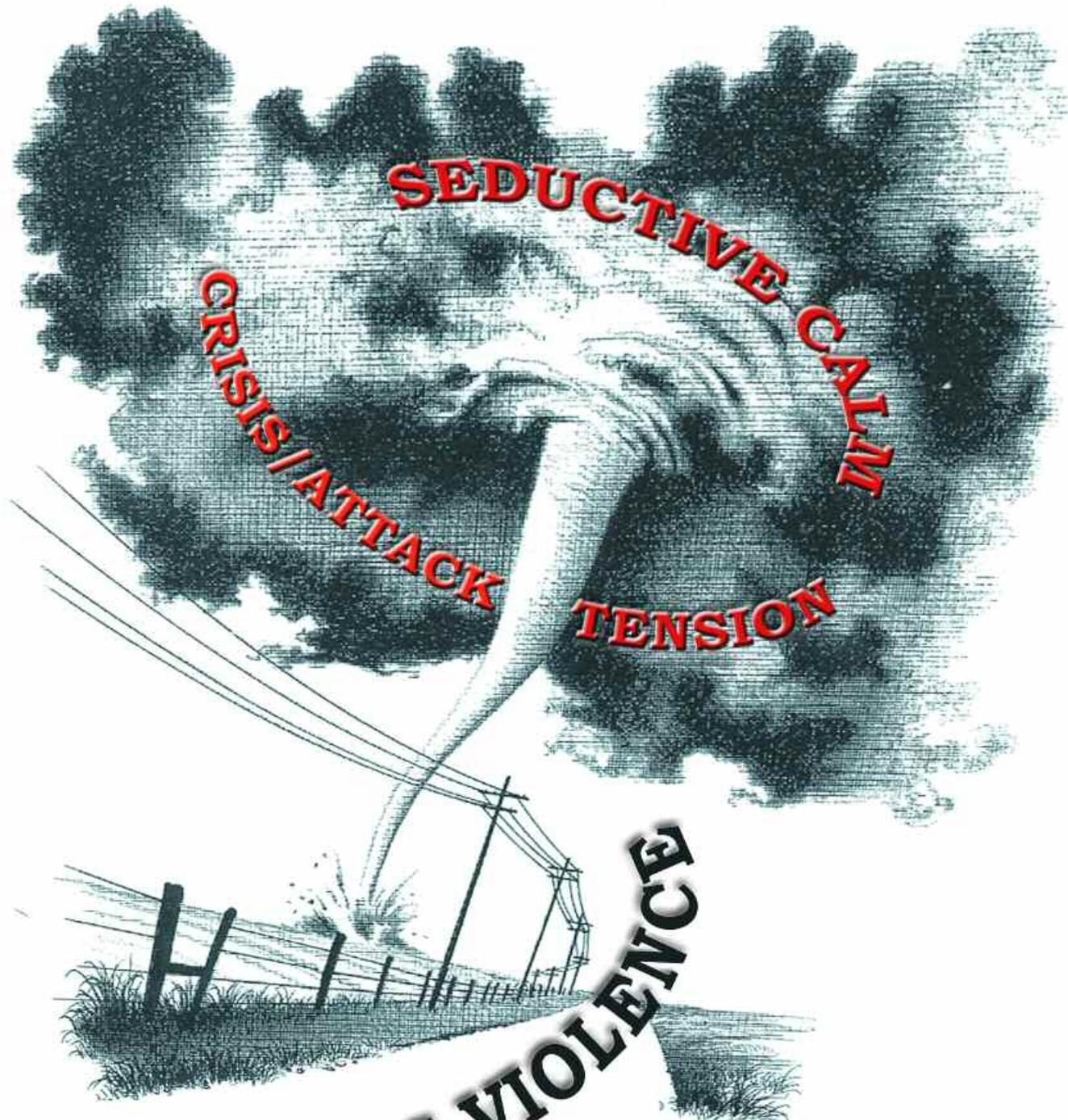


# DOMESTIC VIOLENCE AWARENESS GUIDE



**DOMESTIC VIOLENCE**

Dedicated to stopping  
the cycle of  
Domestic Violence  
in Oklahoma

# **Domestic Violence Awareness Guide**

Oklahoma Department of Human Services  
Family Support Services Division

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# Foreword

By Nathan Durant

Recently I was asked to write an introduction to this Domestic Violence Awareness Guide. I immediately began to look at the statistics for the preceding year and some from approximately 10 years ago. They all said that we need to do something about the problem. But these were somebody else's numbers, and I didn't know who those people were. Maybe someone else would address the problem.

There was, however, one number that I couldn't get out of my mind. It kept coming back to haunt me. This number was close to home. You see, last summer I met a young couple who very much wanted to get married. They couldn't seem to live without each other. They seemed to get along fairly well except for a couple of things. He had what they called a "bad temper." She was willing to overlook it, thinking he would change. He also grew up in an abusive home, but thought that he had grown up now and would never act like his dad.

They got married and almost immediately began to go from job to job. There was a lot of pressure to succeed. She was willing to do whatever it took. She quit her schooling so they could move to another place where he could work. This was a place where he knew a few people, but she knew no one. Now isolated from family, friends, and even casual acquaintances, things really started to change. The arguments began to happen on a regular basis. The level of stress continued to rise. She has no one to sit and talk with just to see if this is normal married life.

They argued, and she said that suddenly he was on top of her with his hands around her throat, choking her and saying, "I'll kill you." Normal? I don't think so. She was not in a place where we could talk to each other and try to help her decide what to do. Remember that pressure she feels to succeed. I can only guess right now what she is thinking regarding what to do. I'm also wondering if there's a police officer where she lives who would respond appropriately to a domestic violence call at their home. I've wondered if there might be a social worker at their DHS office or a crisis center counselor who has the understanding to help her talk through this and make good decisions.

Right now I can't tell you how this will end. What I do know about statistics is that if she does get out of her situation, it will probably involve another person or several other people who have taken the time to learn about domestic violence, the dynamics, and the results. This person (or persons) will help her think through this situation that has all kinds of pressure to succeed. I'm hoping she succeeds. I think you are, too.

There are untold numbers of victims, just like the one I described, who come through our offices as clients, live in our neighborhoods, go to our churches, and shop at the same stores we do. These folks ask for help sometimes in subtle ways. Maybe it's just that they come to our office with a black eye wondering if we're going to ask about it. With all this considered, the responsibility comes back to us to learn about domestic violence and be ready to help anytime we can.

# Introduction

Domestic violence is a growing epidemic in this country. Our entire society is beginning to feel its effects. In the past, domestic violence has been mislabeled as a family matter. Consequently, communities have played a minimal role in prevention and intervention. Today as a society, we are more informed. We now understand that batterers and victims come from all races, genders, socioeconomic classes, ages, religious affiliations and environmental backgrounds.

**Although we recognize that both abusers and victims may be either male or female, for clarity and ease of reading this guide, we will most often refer to batterers as men and victims as women. The National Crime Victim Survey found that about 85 percent of victimizations by intimate partners in 1998 were against women. (Rennison, C.M. Intimate Partner Violence 1992-2001 BJS.2003) This recent report may indicate an increase in the percentage of male victims reporting. This willingness to report will bring more information as to how dynamics differ between male and female victims. We believe that many of the dynamics are similar in regard to power and control issues. Men, however, leave the abusive relationships quicker on average than do females. Men sustain injuries less severe than those of female victims. Most of the information available from research relates to female victims and to change it to refer to male victims may not be completely accurate. Perhaps we will all gain this valuable information in order to better assist male victims in the near future.**

The number of groups involved in preventing abuse is expanding. Judges are beginning to realize that children first seen as victims in domestic violence cases return to court years later as juvenile offenders and adult criminal defendants. Law enforcement officials report that the largest number of calls they must respond to are domestic violence cases. Likewise, businesses are starting to recognize the enormous economic costs of domestic violence in the form of absenteeism and reduced employee productivity.

The U.S. Department of Justice has noted a significant link between poverty and increased incidents of domestic violence. Studies have also found that abuse increases the length of time women remain on welfare and the number of times they return to welfare. Women in poverty face hardships and challenges that can intensify the trauma caused by domestic violence. Economic dependence is often cited as a factor in why women remain in violent homes. Abusers often harass and injure their victims to the point that they miss work, hindering their job success.

As human service providers, we witness devastating effects of domestic violence on the families we serve. Therefore, this guide is being distributed as a tool to assist in recognizing domestic violence, its victims and the batterers, and how to offer help to both through interventions and referrals.

# Chapter 1: What is Domestic Violence?

**Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence.** Domestic violence happens when one person believes he is entitled to maintain coercive control over his partner.

Domestic violence may include emotional abuse, economic abuse, sexual abuse, using children, threats, using male privilege, intimidation, isolation, and a variety of other behaviors used to maintain fear, intimidation, and power.

**Acts of domestic violence generally fall into one or more of the following categories:**

**Physical battering:** physical attacks or aggressive behavior (range from bruising to murder)

**Sexual abuse:** forced sexual intercourse, unwanted sexual activity

**Psychological battering:** constant verbal abuse, harassment, excessive possessiveness, isolating the victim from friends and family, deprivation of physical and economic resources, and destruction of personal property

**Myth:** Domestic violence is usually a one-time event, an isolated incident.

**Fact:** Battering is an ongoing pattern of behavior. It may get worse and more frequent over a period of time.

## **Domestic violence escalates.**

**It often begins with:**

threats, name-calling, violence in her presence (such as punching a fist through a wall), or damage to objects or pets.

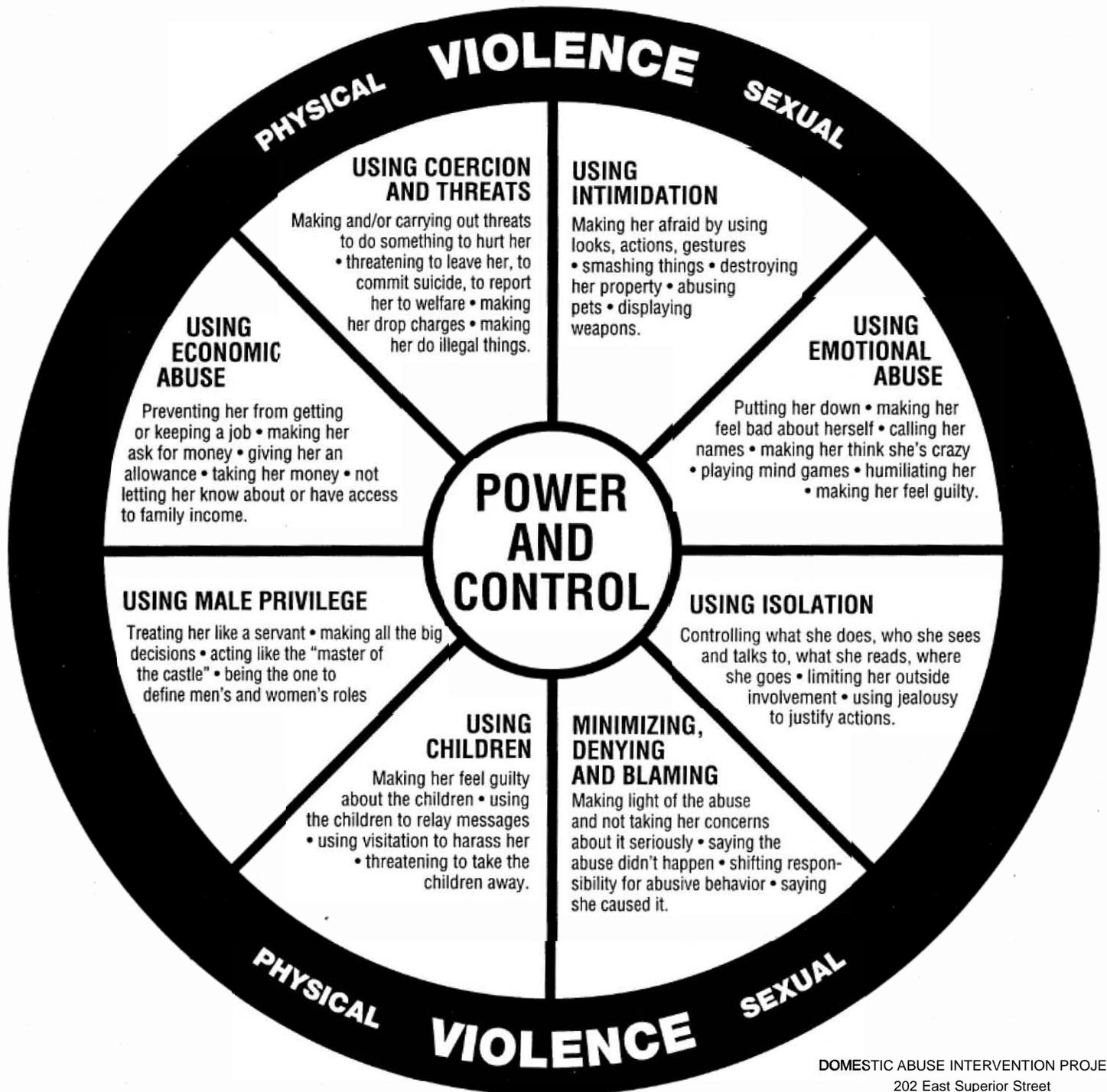
**It may escalate to:**

restraining, pushing, slapping, pinching, punching, kicking, biting or sexual assault.

**Finally, it may become life-threatening and include:**

choking, breaking bones, or the use of weapons.

# Power and Control Wheel



DOMESTIC ABUSE INTERVENTION PROJECT  
 202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781

## The Cycle of Violence

**Battering patterns:** As the battering pattern progresses in an abusive relationship, the degree to which victims are affected by the abuse may increase. The batterer's emotional needs, insecurities, and, above all, desire to control may fuel more assaults. The frequency and severity of the violence may tend to get worse, though sometimes in an intermittent and unpredictable manner.

In order to survive, victims develop coping strategies and survival techniques in an attempt to avoid more harm and injury. Many victims resort to acts of appeasement and forgiveness. In reality, however, victims are unable to stop the cycle because they do not cause the assaults. **Only the batterer has control of his behavior.**

The phases listed here have been used to describe abuse. This may be conceptualized by imagining a diminishing circle spiraling downward. As time progresses, the phases are shorter, the violence intensifies, and the episodes of abuse may become more frequent. It should be noted that the abuse cycle varies depending upon circumstances and individuals. Not everyone experiences these three distinct phases.

**Phase I – Tension:** Phase one is characterized by emotional abuse and verbal attacks. The victim often uses appeasement and patience as coping strategies. As time progresses, the tension increases and these coping techniques are less successful. At the same time, the verbal assaults may become more hostile and prolonged. Incidents involving minor physical assaults, such as pushing or slapping, may become more frequent. In response, the victim detaches herself emotionally and psychologically. She is emotionally exhausted from attempts to restore equilibrium to the relationship. The batterer, sensing her retreat, is more controlling and possessive. The victim's every move can be misinterpreted by the batterer.

### The Tension Phase:

- Stress builds.
- Communication breaks down.
- Victim senses growing danger and tries to avoid abuse.
- “Minor” violence/abuse occurs.
- Incidents occur more often.
- Intensity increases.
- Batterer denies, minimizes, or blames external factors.
- Victim hopes things will change “somehow.”

**Phase II – Crisis or violent episode:** In phase two, the tension reaches its climax. The escalation may be in the form of a series of minor assaults over a period of time or one major assault. The duration of the outburst can vary from minutes to several hours. During this time, victims attempt to protect themselves but may constrain their resistance out of fear of prolonging the assault. The combination of physical and psychological abuse forms a lasting impression on victims.

### The Crisis Phase:

- Anxiety is extremely high.
- Major, controlled violence occurs.
- Batterer is explosive, acute, and unpredictable.
- Serious injuries or death may occur.
- Abuser blames victim.
- Victim adapts in order to survive.
- Victim may escape only to return when crisis is over.
- Abuser may isolate victim physically and emotionally.

**Phase III – *Seductive calm*:** It is in phase three, the final stage in the cycle of abuse, that the batterer is most manipulative. The victim is convinced that the battering rationale is legitimate and that she is ultimately responsible for the abuse. Consequently, the victim may feel obliged to forgive her abuser and remain in the relationship. A batterer will use specific tactics to persuade a battered woman to remain with him. He may convince her to stay to revere the sanctity of love and marriage, or he may promise to change and get help. Batterers will often question the well-being of the children should the relationship end.

### The Seductive Calm Phase:

- The whole family is in shock at first.
- Abuser may be remorseful, seeking forgiveness.
- Abuse temporarily stops.
- All are relieved that the crisis has passed.
- Victim is worn down and accepts promises if offered.
- Children become caretakers to survive or keep the peace.
- Victim wants to believe violence won't reoccur.
- Abuser's positive qualities are most evident.

## **Breaking the Cycle**

**This can be the most dangerous time for the victim due to the batterer's anticipation of his ultimate loss of control.**

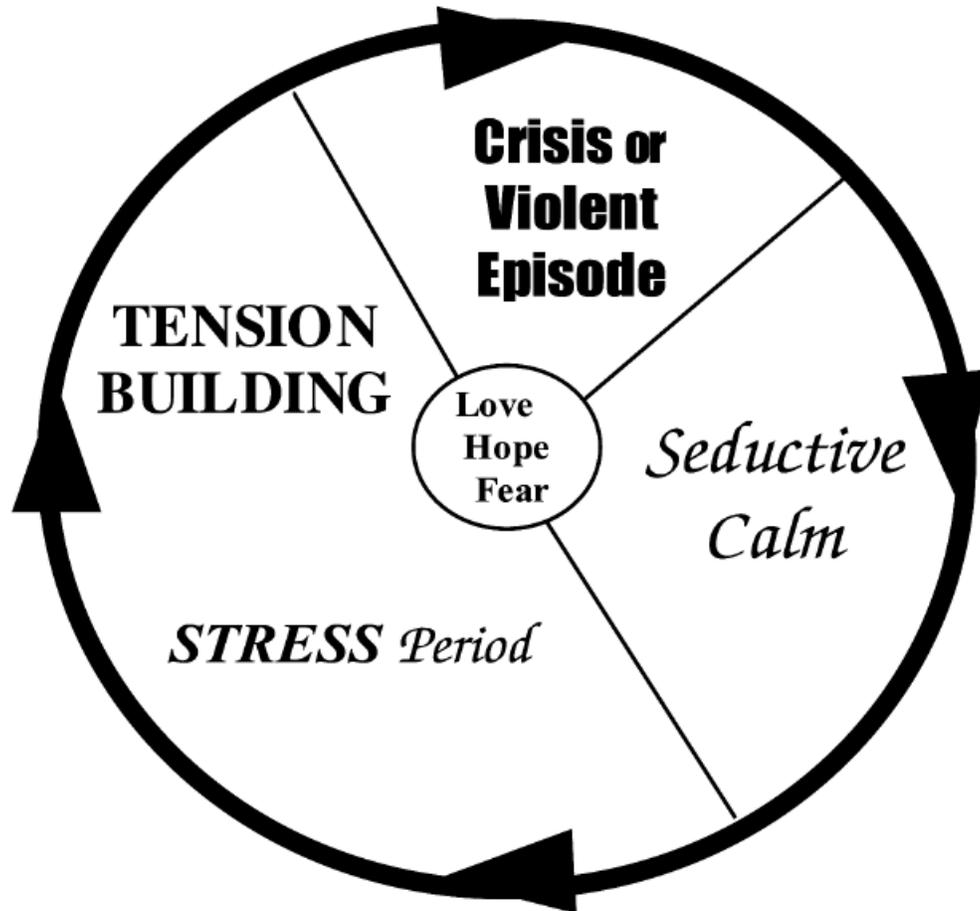
*Across the U.S., 75 percent of domestic violence-related deaths occur after a victim takes steps to separate from her abuser.*

**Victims seeking help should contact a domestic violence agency.** Victim advocacy programs are focused on safety planning for victims and their children. These advocates and counseling groups can be instrumental in empowering victims by offering support and resources and providing options. Certified batterer treatment specialists provide the best treatment for abusers.

# The Cycle of Violence

## Stress Factors

\*Isolation-Pregnancy   \*Economics   \*Drugs/Alcohol  
\*Change in Family Structure   \*Sexual Dysfunction   \*Medical Problems



**Love, Hope and Fear keep the cycle going.**

*Love* - She loves him. She needs him.

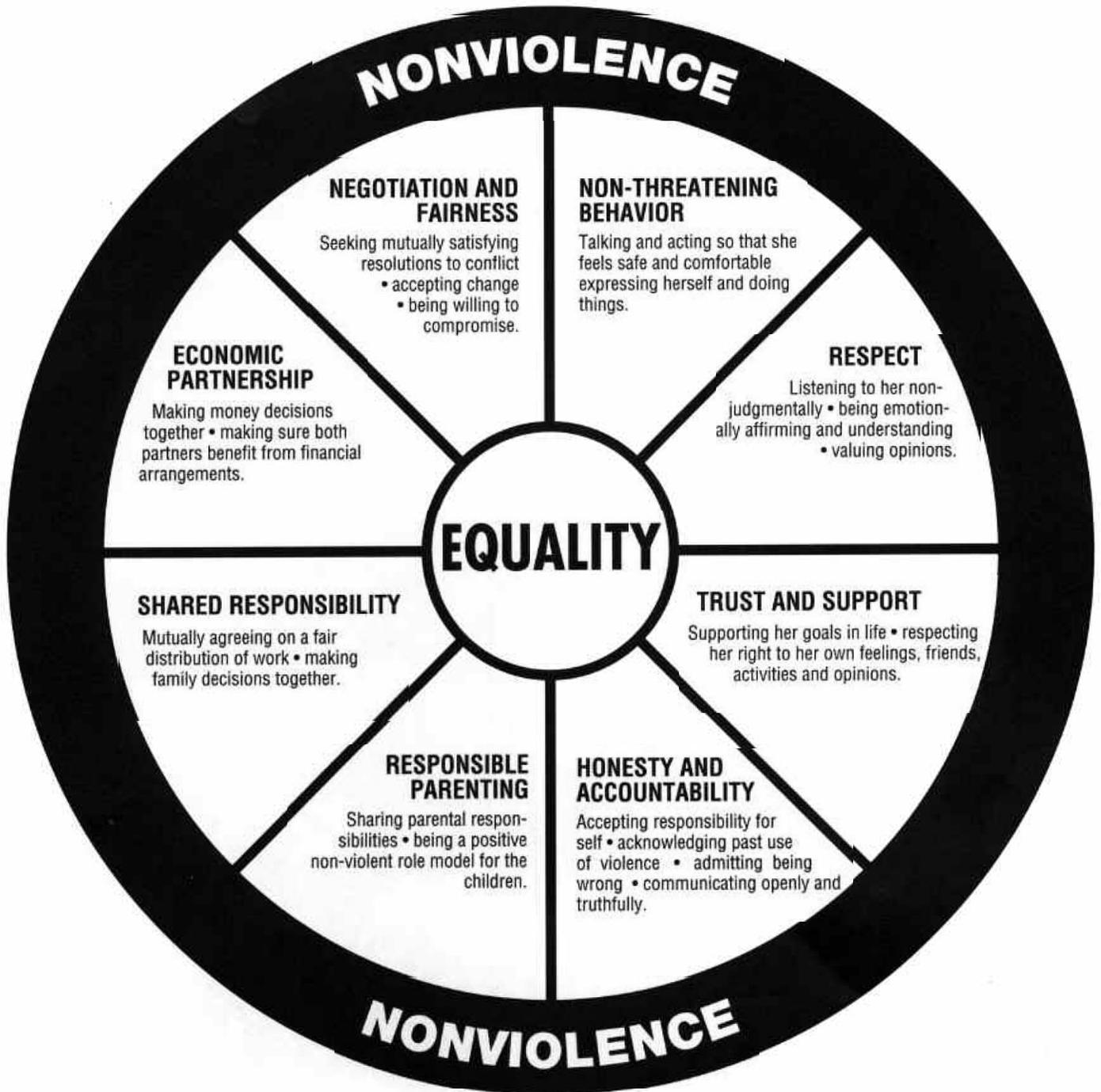
*Hope* - She hopes he will change and keep his promises.

*Fear* - She is afraid that the promise he keeps will be the one he made the last time she tried to leave, that he would kill her.

The cycle time frame can be very brief or very long...from a matter of hours to many years.

*Adapted from Dr. Lenore Walker's "Cycle of Violence," Denver, CO, Harper and Row, New York, 1980.*

# Equality Wheel



DOMESTIC ABUSE INTERVENTION PROJECT  
202 East Superior Street  
Duluth, Minnesota 55802  
218-722-2781

## Signs of Domestic Violence

*Does your partner...*

### Psychologically or emotionally abuse?

- Blames: “It’s all your fault”; “If you would just ...”
- Gets jealous of friends, relatives, or co-workers; makes unjust accusations
- Controls finances, activities, sleep, dress, all schedules
- Isolates: keeps you from family, friends, jobs, school, church
- Verbally insults: puts you down, criticizes you, makes fun of you, makes degrading or belittling comments
- Threatens: to harm you or the children or to take the children
- Intimidates: gives you “the look,” displays violence in general
- Kills or injures pets in front of you

### Sexually abuse?

- Dominates: displays superiority; makes sexist statements (“That’s a woman’s/man’s work.” or “What I say goes.”)
- Degrades: makes lewd comments or jokes; “checks out” other women/men in your presence
- Forces sexual acts you don’t want to perform

### Physically abuse?

- Throws or breaks objects
- Gives rough treatment – pushing, shoving, or hitting
- Slaps, pushes, pinches, punches, cuts, or chokes
- Denies you medical care
- Uses weapons (guns, knives, tools, etc.) to injure or threaten you or children

*Do you...*

- Blame yourself for everything that goes wrong?
- Sometimes feel scared of your partner?
- Feel like your partner is never happy with you?
- Have a hard time maintaining relationships with friends, relatives, or co-workers because of your partner?
- Feel trapped at home, unable to work or go to school or church, etc?
- Make excuses for the way your partner acts?
- Feel like your partner keeps you from having access to cash, bank accounts, or important documents that you might need?
- Stay with your partner because you are afraid of what he/she will do if you leave?

***If you would like to talk with someone about any of these issues please contact the Oklahoma SAFELINE at 1-800-522-SAFE.***

## Chapter 2: Who Are the Victims?

There is no clear method or list of characteristics that will determine a future victim. The problem of domestic violence crosses all boundaries. Victims are of every age, gender, race, religion, ethnicity, and social class, both single and married. Simply being female is the single greatest factor that increases the risk of becoming a victim of domestic violence. As many as 60 percent of battered women experience abuse during pregnancy.

**Myth:** When there is violence in the family, all members of the family are participating in the dynamic; therefore, all must change for the violence to stop.

**Fact:** Only the batterer has the ability to stop the violence. Abuse is a behavioral choice. Changes in family members' behavior will not cause or influence the batterer to be non-violent.

### National Victim Statistics

- Approximately 1.3 million women and 835,000 men are physically assaulted by an intimate partner annually in the United States. (Tjaden, P., and N. Thoennes. Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women; Findings from the NVAW Survey, 2000)
- National Crime Victimization Survey found that about 85 percent of victimizations by intimate partners in 1998 were against women. (Rennison, C.M. Intimate Partner Violence, 1993-2001, Bureau of Justice Statistics, Feb. 2003)
- Intimate partner homicides make up 40 to 50 percent of all murders of women in the United States. In 70 to 80 percent of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder. ("Assessing Risk Factors for Intimate Partner Homicide." NIJ, November 2003)
- BJS reports that 30 percent of female homicide victims are murdered by their intimate partners compared with 5 percent of male homicide victims, and that 22 percent of victims or non-fatal intimate partner violence victims are female, but only 3 percent are male. (Catalano, Shannan, Intimate Partner Violence in the United States. Bureau of Justice Statistics, 2006)
- There are three times more animal shelters than domestic violence shelters in the U.S.

### Why Women Stay

Many people immediately ask, "Why do so many battered women stay?" The reality is that many try to leave, but leaving does not guarantee safety.

The abuser often becomes more violent after the victim decides to leave. Remember the statistic: *Across the U.S., 75 percent of domestic-violence related deaths occur after a victim takes steps to separate from her abuser.* Despite this fact, thousands attempt to leave their abusers every day only to discover they lack the funds and resources to provide necessities for their children and themselves.

The reasons for returning to an abusive partner are complex. Strong cultural pressures may discourage legal separation. Religious convictions may play a significant role in encouraging the victim to forgive her partner's actions and return home. Many victims, frightened and convinced by their partners' manipulation and coercive tactics, believe they have no options other than to remain with their partners.

## The Progression of Domestic Violence

Women who stay in violent relationships undergo gradual steps of reasoning to reconcile the violence in their minds. The reasons a woman stays may change as the violence in the relationship progresses. Male victims may have many of these same thoughts and feelings.

*At first, she stays because:*

She loves him.

She **believes** he'll grow up or change.

She believes she can control the beatings by doing as he says: cleaning the house, keeping the children quiet, having dinner on time, etc.

She believes she can convince him that she loves him and thereby end his jealousy.

She believes it is her duty to make the relationship work.

She believes him when he says he's sorry and won't do it again.

She's afraid of what will happen if the police get involved.

*Later, she stays because:*

She loves him, though less.

She believes he loves and needs her.

She believes she can't support herself.

She's under pressure from family or friends to stay.

She **hopes** he'll change or get help.

She is increasingly afraid of her partner's violence.

*Finally, she stays because:*

She believes no one can love her.

She believes she can't survive alone.

She believes she has no control over her own life.

She feels **hopeless** and **helpless**, having no options.

She has developed serious emotional and physical problems.

She becomes depressed and immobile; decisions are difficult, sometimes impossible.

She becomes suicidal or homicidal.

He has become tremendously powerful in her eyes, and she is afraid.

He threatens to kill her, the children, or her family.

After looking at all of this we begin to realize the question **should be** "Why do so many batterers assault their partners?"

## **Barriers to Leaving a Violent Relationship**

Women stay in abusive relationships for many reasons, which usually fall into three major categories. The following is a list of contributing factors that may influence a battered woman to remain with her partner:

### *Lack of resources:*

- Most women have at least one dependent child
- Many women are not employed outside of the home.
- Many women have no property that is solely their
- Some women lack access to cash or bank accounts.
- Women fear being charged with desertion and losing children or joint assets.
- A woman may face a decline in living standards for herself and her children.

### *Institutional responses:*

- Some clergy and secular counselors are trained only to see the goal of “saving” the marriage at all costs rather than the goal of stopping the violence.
- Some police officers do not provide support to women. They treat violence as a domestic “dispute” instead of a crime.
- Some police officers may try to dissuade women from filing charges.
- Some prosecutors are reluctant to prosecute cases. Some judges rarely levy the maximum sentence upon convicted abusers. Probation or a fine is much more common.
- Despite a restraining order, little prevents a released abuser from returning and repeating the assault. There are not enough shelters to keep women safe.

### *Traditional ideology:*

- Many women do not believe divorce is a viable alternative
- Many women believe that a single-parent family is unacceptable and that even a violent father is better than no father at all.
- Many women are taught by family, religious leaders or cultural norms to believe that they are responsible for making their marriages work. Failure to maintain the marriage equals failure as a woman.
- Many women become isolated from friends and families, contributing to a sense that there is nowhere to turn.
- Many women rationalize their abusers’ behaviors by blaming stress, alcohol, problems at work, unemployment, or other factors.
- Many women are taught that their identity and worth are contingent upon getting and keeping a man.
- During non-violent phases, he may fulfill the woman’s dream of romantic love. She believes he is basically a “good man.” The abuser rarely beats the woman all of the time.
- The battering may occur over a relatively short period of time. He may tell her – and she may believe – that this battering was the last. Generally, the less severe and less frequent the incidents, the more likely she is to stay.

*Adapted from National Coalition Against Domestic Violence web site, [www.ncadv.org](http://www.ncadv.org).*

## **Victims' Health Problems and Substance Abuse**

Women who have experienced serious abuse face overwhelming mental and emotional distress. Almost half of the women reporting serious domestic violence also meet the criteria for major depression; 24 percent suffer from posttraumatic stress disorder, and 31 percent from anxiety. (Goodwin, Chandler, and Meisel, "Violence Against Women: The Role of Welfare Reform." NIJ. 2003)

Women exposed to any type of violence were more likely to participate in risky behaviors as well. Women with a history of abuse or violence are twice as likely as other women to smoke and nearly 40 percent more likely to drink alcohol regularly.

Many battered women have drug and alcohol problems and other emotional problems that may require medication. Often, these problems flow from the primary problem of being abused by a partner in the first place. Victims often self-medicate to deal with the terror of domestic abuse. If the substance abuse is a self-medication issue, once the domestic violence is addressed and the victim is feeling safe, the substance abuse problem may abate. Frequently, the abuser has convinced his partner that the abuse is her fault and belittles her, rendering her unable to cope without the crutch of drugs or alcohol. Abusers will also insist that their partners drink and do drugs with them, forcing their partners to behave on their level.

Research has shown that police officers responding to calls of domestic violence are more likely to blame the survivor for the abuse if the survivor is intoxicated. They are also less likely to charge the batterer with a crime when the survivor is intoxicated. (Stewart, A., and Maddren, K. 1997. "Police Officers' Judgements of Blame in Family Violence: The Impact of Gender and Alcohol." *Sex Roles*, 37, 921-933)

Service providers should call ahead when making a referral for a woman with a substance abuse problem to a domestic violence shelter. The shelter advocate can assist in determining how best to help the victim. It may be necessary for the victim to first address her substance abuse through detox or inpatient treatment. Many shelter staff personnel are not trained in substance abuse services. Some substance abuse treatment centers do have domestic violence services available on site.

The issues of substance abuse and domestic abuse must **both** be addressed and treated for the victim to recover from either the addiction or the abusive relationship.

*Adapted from Family Violence Prevention Fund web site, [www.fvpf.org](http://www.fvpf.org).*

**Remember that leaving an abusive relationship and recovering from an addiction are each a process.**

## Domestic Violence within Gay Relationships

Abuse in lesbian and gay relationships is a reality and occurs at approximately the same rate as in heterosexual relationships. The tactics that an abusive partner uses include physical, sexual, emotional, and verbal abuse. Abuse in same-sex relationships is not “just like” abuse in heterosexual relationships. The issues of a lesbian or gay victim of abuse are complex. Victims are often extremely isolated, not only due to the abuse but also due to the conditions of homophobia that exist in society. Gay, lesbian and transgendered victims deserve the same offers of support and protection as other victims of abuse, all of which ensure treatment with respect and confidentiality.

## Domestic Violence and the Elderly

*Domestic violence grown old:* This abuse occurs when domestic violence started earlier in life and persists into old age.

*Late onset domestic violence:* This abuse begins in old age. A strained relationship or emotional tension earlier may have gotten worse as the partners aged. When abuse begins in old age, it is likely to be linked to one of the following factors:

- Retirement
- Disability
- Changing roles of family members
- Sexual changes
- Changes in physical and mental health

The dynamics of domestic violence in this population are much the same as in other populations. The abusers are generally spouses or intimate partners; the majority of whom are men. The victims are usually women whose relationships with their spouses or intimate partners were strained when they were younger. They are also women who enter into intimate relationships later in life.

Elderly men and women are also at risk of domestic violence from other members of their households. Adult children may reside in the home as caretakers or because they are financially or emotionally dependent on the parent(s). Grandchildren may be living in the home, with or without their parents. Either may be abusive in attempts to control the older person. If a batterer is the primary caretaker in the home, an elderly or disabled victim may feel trapped in the abusive situation.

Domestic violence, caretaker abuse, exploitation, and self-neglect are all important issues to be aware of when working with older adults. No matter which type of abuse is occurring, intervention should focus on the safety and support of the victim.

If you suspect abuse, neglect, or exploitation of a vulnerable adult you make a referral by contacting the **Elder Abuse Hotline 1-800-522-3511**.

## Adolescent and Teen Dating Violence

*“The first time it happened, I was 14 and my boyfriend was 16. ... He drug me out of school, behind a store, and just beat me up – literally. He said if anyone asked me what happened to tell ’em I got in a fight with someone, not to dare tell anyone he hit me.”*

*“Lots of times, he told me I deserved it ... he almost gloated. It made him feel powerful. I started feeling really inadequate.”*

*Levie Barrie, Dating Violence: Young Women in Danger, Seattle, The Seal Press, 1991.*

**Myth:** Teens do not experience dating violence.

**Fact:** By the age of 20, one-third of all young women will experience dating violence.

### Components of adolescent dating violence

Teen dating violence, just like adult domestic violence, is about power and a desire to control. There are several different factors affecting teens.

The main factor in teen violence is adolescent reliance on peer approval. Many teens decide acceptable behavior and sex roles based on how they are interpreted by their peer groups. Normally, gender roles are exaggerated, especially concerning teen sexuality. Both males and females frequently act out their gender differences in ways that reflect stereotypes of dominant males and passive females.

Lack of experience in dating and in relationships adds to adolescent confusion. When it comes to love and relationships, the majority of teens are idealists. Adolescent abusers’ excessive jealousy and possessiveness are frequently misunderstood as “proof of passion.” Teen batterers justify the use of violence and control tactics as acts of love.

In addition, adolescents are extremely reluctant to confide in adults or authority figures. Many teens fear their concerns about relationships will be ignored, belittled, or ridiculed because adults tend to underestimate the intensity of adolescent relationships. Others believe parental or adult intervention will result in loss of independence or trust.

*“After a while, when it starts getting worse, you get scared to leave him. I’d tell my boyfriend I didn’t want to go out anymore, and it would get worse. He’d start slapping me and say, ‘I’m not gonna quit ’til you tell me you’re not leaving.’ ”*

*Levie Barrie, Dating Violence: Young Women in Danger, Seattle, The Seal Press, 1991.*

For most of us, it is easier to understand why an adult married woman might feel obligated to stay with an abusive partner than to comprehend why a teen victim would demonstrate the same loyalties and insecurities.

The following list gives several factors of adolescent female development that create barriers to breaking free from abusive relationships:

- Pressure to conform to peer group norm
- Pressure from the sexual intensity of adolescence
- Lack of dating and sexual experience on which to base decisions
- Inability to trust themselves to take action on their own behalf
- Tendency to confuse control and jealousy with love
- Tendency to reject assistance from adult authorities and rely exclusively on peers
- Legal options for protection may be unavailable to teens without parental involvement

### **Specific Issues for Teens**

**Pregnancy:** In many situations, pregnancy may be part of the abuse. For example, a teen-ager may be forced into having sex or a partner may refuse the use of birth control methods. Teens are at a greater risk of experiencing abuse while they are pregnant.

Pregnant teens are often blamed or harshly judged by adults, their peers, and society. Pregnant teens and teen mothers frequently develop a sense of dependence (real or imagined) on others. Finally, teens with children have fewer resources and are many times unaware of all their options. The effects of all these combined factors are feelings of isolation, helplessness, and self-blame. Therefore, they are more easily manipulated and controlled.

**Homosexuality:** Homosexuality is another dilemma affecting certain teens caught in an abusive relationship. In addition to the normal confusion about gender roles and social norms, homosexual teens face punishment and severe criticism. Homophobia, an absence of visible role models, and fear may prevent homosexual victims, both teens and adults, from disclosing their abuse or seeking help.

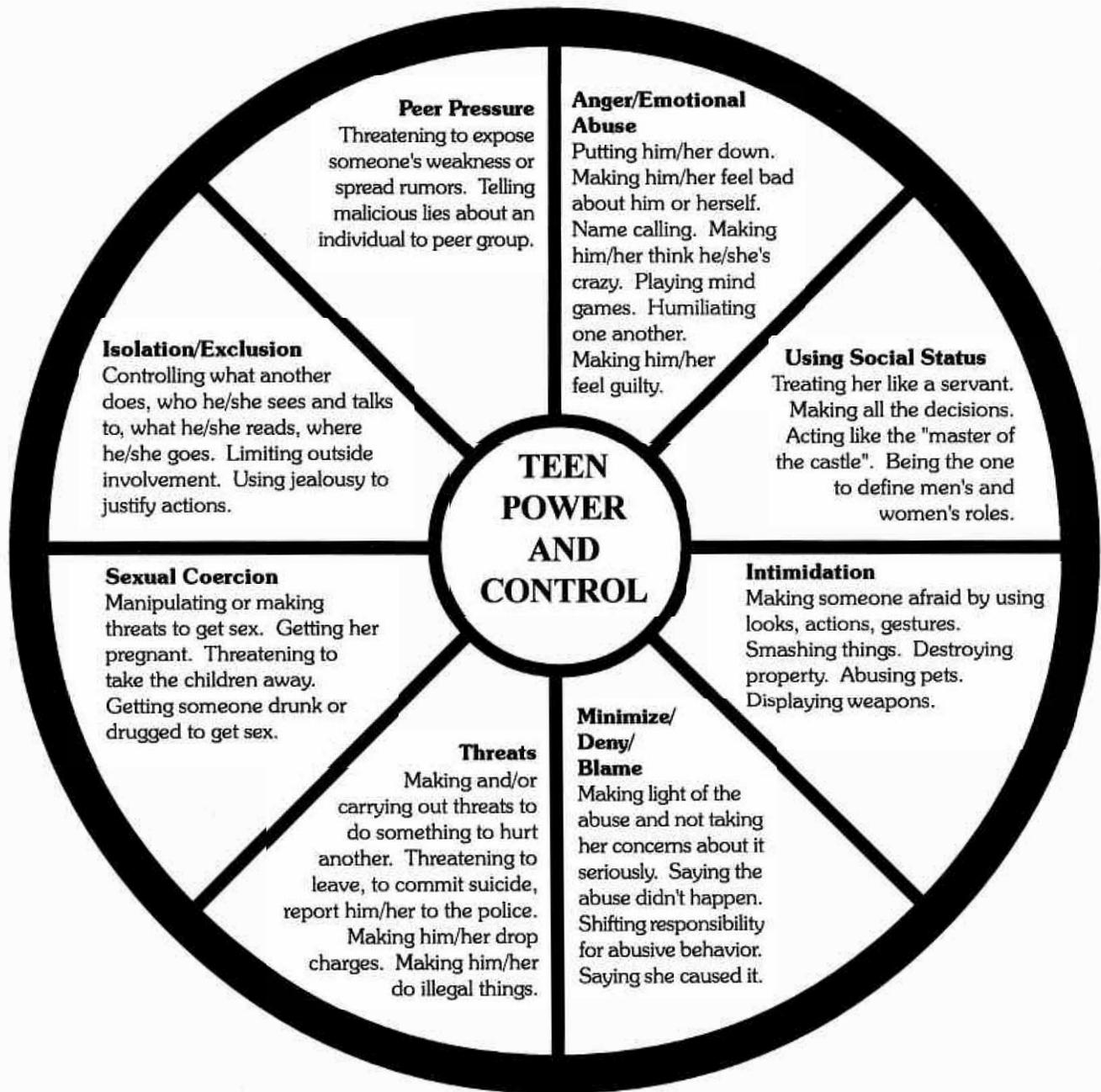
**Culture and race:** Culture and race are factors that influence many victim responses to adolescent dating violence and adult domestic violence. Both culture and race can strongly impact a victim's tolerance of abuse and feelings of isolation and helplessness.

### **Dating Safety**

- Consider double-dating the first few times you go out with a new person.
- Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home.
- Be aware of your decreased ability to react under the influence of alcohol or drugs.
- If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

*From the Domestic Violence Advocacy Program of Family Resources, Inc.*

# Teen Power and Control Wheel



Courtesy of *Domestic Abuse Intervention Project* in Duluth, Minnesota

## **Safety Planning for Teens**

You should think ahead about ways to be safe if you are in a dangerous or potentially dangerous relationship. Here are some things to consider in designing your own safety plan.

- What adults can you tell about the violence and abuse?
- What people at school can you tell in order to be safe--teachers, principal, counselors, security?
- Consider changing your school locker or lock.
- Consider changing your route to/from school.
- Use a buddy system for going to school, classes and after school activities.
- What friends can you tell to help you remain safe?
- If stranded, who could you call for a ride home?
- Keep spare change, calling cards, number of the local shelter, number of someone who could help you and restraining orders with you at all times.
- Where could you go quickly to get away from an abusive person?
- Think of other things you can do.

## Domestic Violence and the Effect on Children

**Myth:** Only children who are physically abused themselves are harmed by living in an abusive household.

**Fact:** Children, regardless of whether they have experienced abuse directly, are affected by violence in the home. Children who witness abuse display the same emotional responses as children who have been physically and emotionally abused.

**What is abusive behavior?** Abusive behavior is learned behavior. At an early age, children raised in an abusive environment may develop patterns in their conduct that mimic the types of behavioral characteristics of batterers and victims. The lessons they learn from experiencing or observing abuse accompany them into adulthood. As adults, females often develop distrust of males and negative attitudes toward marriage and accept violence or other forms of abuse as natural. Some boys (many will have intervened on at least one occasion to stop the abuse) identify increasingly with the batterer and adopt many of the same beliefs about women, sex roles, and the use of control tactics.

It is becoming more and more evident every day that it is potentially permanently harmful to a very young child to remain in a violent and chaotic environment. Scientists studying neurological development now believe that up until the age of three, we produce new types of brain cells. After that, we only replace existing brain cells; we do not make new ones. Children who are exposed to frequent and extreme violence and chaos tend to under-produce the full range of brain cells. As a result, there is permanent, negative impact on the development of their socialization skills. (*John Oppenheim, Family Violence, Response, Research and Prevention, Nov. 7, 1997*)

**What do children experience?** Studies indicate that in 40 percent to 60 percent of families where either child abuse or intimate partner violence is identified, it is likely that both forms of abuse exist. Children who have been exposed to violence suffered symptoms of post-traumatic stress disorder, such as bedwetting or nightmares, and were at greater risk than their peers of having allergies, asthma, gastrointestinal problems, headaches and flu. (Graham \_ Bermann, Sandra A. and Julie Seng. 2005 “*Violent Exposure and Traumatic Stress symptoms as Additional Predictors of Health Problems in High Risk Children*” *Journal of Pediatrics*)

The results of a national survey of more than 6,000 American families suggest that battered women were at least twice as likely to abuse their children physically than were women who were not abused. (Straus, M.A., & Smith, C.. Family patterns of primary prevention of family violence, 1990. In M.A. Straus & R.J. Gelles (Eds.), Physical Violence in American Families: Risk Factors and Adaptations to Violence in 8,145 Families. New Brunswick, NJ: Transaction Book.)

Some victims of domestic violence are so fearful of the abusive partner focusing his anger on the children that they overly discipline them in an effort to control the children's behavior and protect them from what they perceive as greater abuse.

Children of domestic violence also stand a greater chance of experiencing neglect. Depression, fear, frustration, helplessness, and anger may serve as obstacles for some battered women who are trying to foster nurturing relationships with their children.

After having had their foundation destroyed by domestic abuse, children from abusive households find it difficult to develop trust, self-confidence, or positive self-images. They often become ambivalent and desensitized to abuse. Many times the children's initial sympathy for the victim turns to disrespect. This occurs especially in cases when defensive measures taken by the victim are not apparent to the children or if the child begins to mimic or learn the disrespectful behaviors of the abuser. Children from homes of domestic violence are at a greater risk of becoming the next generation of abusers and victims.

Witnessing abuse should be viewed as a potential risk factor rather than conclusive evidence of child maltreatment.

**What is a child's response to abuse?** Despite the increased risk, not all children of domestic violence become batterers or tolerate abuse. Children react to their environments in several different ways. The following are four factors that help determine children's responses to abuse:

1. Their interpretation of the experience
2. How they have learned to survive and cope with stress
3. The availability of support people (friends, relatives, other adult)
4. Their ability to accept support and assistance from adults

Additionally, children's responses differ with age and gender. Younger children in an abusive environment, including those used as pawns by batterers in custody and visitation disputes, have a tendency to regress in their development of behavioral skills. Children may become aggressive or throw temper tantrums or, by contrast, may become withdrawn, passive, or anxious. Each child's response to domestic violence, therefore, should be carefully examined in order to determine which interventions are required.

**Intervention and therapy:** Counseling is critical for children who have experienced the trauma of an abusive household. Shelters for victims of domestic violence may also provide services for children or referrals to children's services outside the shelter (see resources listings in the back of this handbook). If a child is receiving treatment outside of the shelter, however, the provider must be experienced with domestic violence.

**Effects of abuse on children:** It is normal for a child who witnesses domestic violence to manifest a multitude of symptoms. Outlined below are some common emotional, cognitive, behavioral, social, and physiological effects of abuse experienced by children from violent households.

**Emotional**

- Feelings of guilt for the abuse and for not stopping it
- Grieving for family and personal losses
- Confusion or conflicting feelings toward parents
- Fear of abandonment, of expressing emotions, of the unknown, and of personal injury
- Anger about violence and chaos in their lives
- Feelings of depression, helplessness, powerlessness
- Embarrassment from the effects of abuse and the dynamics at home

## **Cognitive**

- Blaming others for their own behavior
- Belief that it is acceptable to hit people they care for in order to get what they want, to express their anger, to feel powerful, or to get others to meet their needs
- Low self-concept originating from a sense of family powerlessness
- Tendency not to ask for what they need, let alone what they want
- Lack of trust
- Belief that feeling angry is bad because people get hurt
- Development of rigid stereotypes: To be a boy means ... to be a girl means ... to be a man, woman, husband, or wife means ...

## **Behavioral**

- Acting out or withdrawal
- Overachiever or underachiever
- Refusing to go to school
- Caretaking and being more concerned for others than self; parental substitute
- Aggressive or passive
- Rigid defenses (aloof, sarcastic, defensive, "black and white" thinking)
- Excessive attention seeking, often by using extreme behaviors
- Bedwetting and nightmares
- Out-of-control behavior; inability to set own limits and follow directions
- Aggression toward victim

## **Social**

- Isolation from friends and relatives
- Frequently stormy relationships that start intensely and end abruptly
- Difficulty in trusting, especially adults
- Poor anger management and problem-solving skills
- Excessive social involvement (to avoid home life)
- May be passive with peers or bully peers
- Engagement in exploitative relationships, either as perpetrator or victim
- Play with peers becoming exceedingly rough

## **Physiological**

- Somatic complaints (headaches, stomachaches)
- Nervous, anxious, and short attention span (frequently misdiagnosed as having Attention Deficit Hyperactive Disorder)
- Tired, lethargic
- Frequently ill
- Poor personal hygiene
- Regression in development (bedwetting, thumb sucking, etc. depending on age)
- Desensitization to pain
- High-risk play and activities
- Self-abuse

# Ways Batterers Use or Harm Children and the Effects by Age Group

## Newborn to 1 Year

### Ways Batterers Use or Harm Children to Control Adult Victim

- being violent in front of childr
- waking children up with the sound of the violen
- exposing child to assaults against their mother or property
- threats of or use of violence against chi
- taking child hostage to get the mother to return to batterer

### Effects of This Abuse on Children

- physical injury or death
- excessive crying
- fear
- sleep disturbances
- eating disturbances
- colic or sickness
- nervousness, jumpiness
- not being responsive or cuddly
- traumatization
- premature birth
- failure to thrive
- insecurity for being cared for by a traumatized mother

## Age 2 to 4 years

### Ways Batterers Use or Harm Children to Control Adult Victim

- All of the ways listed for ages newborn to 1 abo
- hurting child when the child intervenes to prevent the mother from being injur
- using children as a physical weapon against the vict
- interrogating children about mother's activities
- forcing child to watch assaults against mother or to participate in the abuse

### Effects of This Abuse on Children

- All affects listed for ages 0 to 1
- withdrawal
- insecurity
- problems relating to other children
- acting out violently
- delayed toileting
- depression

## Age 5 to 12 Years

### Ways Batterers Use or Harm Children to Control Adult Victim

- being violent physically or sexually toward the mother in front of the childr
- hurting child when the child intervenes to stop violence against moth
- using child as a spy against moth
- forcing child to participate in attack on moth
- physically or sexually abusing chi
- interrogating child about mother's activities

Effects of This Abuse on Children

- physical injury or death
- fear
- insecurity, low self-esteem
- withdrawal
- depression
- running away
- becoming caretaker of adults
- becoming embarrassed about family
- early interest in alcohol or drugs
- school problems
- becoming an overachiever
- bed-wetting
- sexual activity
- becoming violent
- developing problems to divert parents from fighting

**Teen Years**

Ways Batterers Use or Harm Teens to Control Adult Victim

- physically or sexually abusing teen
- coercing teen to be abusive to mother
- being violent physically or sexually toward mother in front of teens
- hurting teen when the teen intervenes to stop violence against mother
- using teen as a spy against mother
- forcing teen to participate in attack on mother

Effects of This Abuse on Teenagers

- school problems
- social problems
- truancy
- depression
- suicide
- alcohol or drug abuse
- sexual activity
- confusion about gender roles
- becoming superachiever at school
- becoming abusive
- shame and embarrassment about family
- tendency to get serious in relationships too early in order to escape home

Specific Effects on Teen Girls	Specific Effects on Teen Boys
• accepting violence in their own relationships	• using violence in their own relationships
• embarrassment about being female	• confusion or insecurities about being a man
• becoming pregnant	• attacking mother, father, or siblings

**FACT: Sixty-three percent of boys ages 11-20 arrested for homicide have killed their mother’s abuser.** (A Safe Place – Lake County Crisis Center, P.O. Box 1067, Waukegan, IL 60079; Help Line: 847-249-4450; Office: 847-249-5147)

**Possible Symptoms in Children Who Witness Their Mother’s Abuse**

- sleeplessness, fear of sleep, nightmares, dreams of danger
- headaches, stomachaches
- anxiety about being hurt or killed, hypervigilance about danger
- fighting with others, hurting other children or animals
- temper tantrums
- withdrawal from other people or activities
- listlessness, depression, little energy for life

- feelings of loneliness and isolation
- substance abuse
- suicide attempts or engaging in dangerous behavior
- fears of going to school or separating from mother, truancy
- stealing
- frozen watchfulness or excessive fear
- acting perfect, overachieving, behaving like small adult
- worrying, difficulties in concentrating and paying attention
- bed-wetting or regression to earlier developmental state
- eating problem
- medical problems like asthma, arthritis, ulcers
- denial of any problem or dissociation
- identification with the aggressor

This material was adapted from: Jones, A., and Schechter, S., 1992. *When Love Goes Wrong: What to Do When You Can't Do Anything Right*. New York: Harper Collins. Family Violence Prevention Fund's Publication, *Domestic Violence: A National Curriculum for Child Protective Services*, by Dr. Anne Ganley and Susan Schechter and was made possible by support from the Edna McConnell Clark Foundation. Used with permission of the Family Violence Prevention Fund.

## **Children from violent homes learn to believe that:**

It's acceptable for men to hit women;

Violence is the way to get what you want;

Big people have power they misuse;

Men are bullies who push women and children around;

Expression of feelings signifies weakness;

They shouldn't talk about violence;

They shouldn't trust; and

They shouldn't feel.

(Adapted from Western Australia Gov. web page at [www.health.wa.gov.au/publications/dvbk\\_eoc.html](http://www.health.wa.gov.au/publications/dvbk_eoc.html))

## Chapter 3: Who Are the Batterers?

**Myth:** Victims provoke their abusers.

**Fact:** Batterers use violence or other abusive behavior because they have learned that it can control their partners.

As many as 95 percent of domestic violence perpetrators are male, according to a 1995 report of the Violence against Women Research Strategic Planning Workshop sponsored by the National Institute of Justice in cooperation with the U.S. Department of Health and Human Services.

Regardless of what a partner does, an abuser's response is totally his decision. "She provoked me," is a way to shift the blame and responsibility to the victim. No one can make him behave abusively. Pushing, shoving, hitting, or threatening one's partner is a crime.

An abuser may not like his partner's behavior or may even disagree strongly with some thing she says. Nothing she does or says, however, gives him permission to commit a crime against her.

**There is no excuse for domestic violence!**

### Predictors of Domestic Violence

The following factors may serve as clues to someone with a potential to abuse. All factors are not present in the lives of every abuser, but these issues should be addressed.

1. Did he grow up in a violent family? People who grow up in abusive families, whether they were abused as children or one parent beat another, have grown up learning that violence is normal behavior.
2. Does he tend to use force or violence to solve his problems? A young man who has a criminal record for violence, who gets into fights, or who likes to act tough is likely to act the same way with his wife and children. Does he have a quick temper? Does he overreact to little problems and frustrations? Is he cruel to animals? Does he punch walls or throw things when he's upset? Any of these behaviors may be a sign of a person who will work out bad feelings with violence.
3. Does he abuse alcohol or other drugs? Be alert to his possible drinking or drug problems, particularly if he refuses to admit he has a problem or refuses to get help. Do not think you can change him. Substance abuse leads to a lack of self-control and reduced judgment. A violent person can become even more violent. It can be like pouring gas on a fire!
4. Does he have strong traditional ideas about what a man should be and what a woman should be? Does he think a woman should stay home, take care of her husband, and follow his wishes and orders?
5. Does he talk of using guns, knives, or other lethal instruments against people or threaten to use them to get even?
6. When he gets angry, do you fear him? Do you find that not making him angry has become a major part of your life?

## Warning Signs for the Batterer

The following are warning signs that may indicate your potential to be abusive. The word “partner” refers to spouse, lover, someone you are dating, or someone from a past relationship.

- You check up on your partner frequently.
- You frequently put your partner down.
- You try to exercise control over your partner.
- You attribute acts of jealousy or possessiveness to love.
- You destroy or threaten to destroy your partner’s belongings.
- You threaten to hurt your partner, her family members, her friends, or her pets.
- You touch your partner in a way that hurts or scares her.
- You force sex in ways that are not comfortable for your partner.
- You blame your partner or others for your problems or shortcomings.
- You get angry in a way that scares your partner.
- You belittle your partner’s fears or concerns about your relationship.
- You spend a lot of time and energy making up for abusive things you have done.

If you think you may be abusing your partner, seek help now by calling any of the batterer’s intervention services listed in the back of this handbook or call the

**Oklahoma SAFELINE at 1-800-522-SAFE.**

## Immediate Ways for Batterers to Stop the Violence

To prevent the cycle of violence from repeating itself, get treatment from a specialized treatment provider. Here are some immediate ways to cool down:

1. **Leave the scene:** No matter the situation, leave! Go somewhere safe and peaceful to calm down, collect your thoughts, and consider the consequences of your actions.
2. **Slow down and cool down:** Focus on something else. Take a brisk walk, listen to music, or exercise.
3. **Talk:** Talk to someone outside of the situation, such as a counselor at a crisis line. Call the Oklahoma SAFELINE at 1-800-522-SAFE.
4. **Tell a friend:** Tell a friend you trust what you are doing to slow down and cool down. Remember that alcohol and drugs get in the way of making decisions.
5. **Get help:** For a list of batterer’s treatment centers, refer to the resource section of this handbook or call 1-800-522-SAFE.

## Behavioral Tactics

Men who batter come from many different backgrounds and have different life experiences. But the tactics they use to control their partners are very similar. The following are tactics many batterers use:

**Jealousy:** A batterer may equate jealousy with love.

**Controlling behavior:** A batterer may attribute his controlling behavior to concern for his partner (for example, his partner's safety or decision-making skills).

**Quick involvement:** A battered woman often has known or dated her batterer for less than six months before getting married or engaged or beginning to live with him.

**Unrealistic expectations:** A batterer may expect his partner to meet all of his needs or take care of everything for him emotionally and domestically.

**Isolation:** A batterer may isolate his victim by severing her ties to outside support and resources.

**Blaming others for problems:** A batterer may blame others for his shortcomings.

**Blaming others for feelings:** A batterer may use feelings to manipulate his victim.

**Use of children:** A batterer may expect children to perform beyond their capability and may punish them excessively if they don't (for example, whipping a two-year-old for wetting a diaper). A batterer may also use the children to manipulate or demean the victim involving them in inflicting the emotional and verbal abuse.

**Cruelty to animals:** A batterer may kick, throw, or hurt the family pet.

**Use of force in sex:** This includes restraining partners against their will during sex, acting out fantasies in which the partner is helpless, forcing sex when the partner is asleep, or demanding sex when the partner is ill or tired.

**Verbal abuse:** A batterer may say things that are intended to be cruel or hurtful, curse or degrade his partner, or put down her accomplishments.

**Rigid sex roles:** The victim, almost always a woman, will be expected to serve. For instance, a batterer may see women as inferior to men, responsible for menial tasks, stupid, and unable to be a whole person without a relationship.

**Dual personality:** "Dr. Jekyll and Mr. Hyde" personalities with abusive behavior and moodiness, which can shift quickly to congeniality, are typical of batterers.

**Past battering:** He may tell of injuries he inflicted to others in the past as a way of controlling and threatening his current victim. He may say "if they had only done this or that I wouldn't have had to hurt them." If he has been abusive to previous partners, he is responsible for the problem. Circumstances do not make a person an abuser.

**Threats of violence:** This consists of any threat of physical force meant to control the partner.

**Breaking or striking objects:** The batterer may break household items, punch holes in walls, or kick doors to scare the victim.

**Use of force during an argument:** The batterer may hold down his partner, physically restrain her from leaving, push or shove her, or tell her if she leaves he will hurt her.

*Adapted from Domestic & Dating Violence: An Information and Resource Handbook, Metropolitan Council, King County, Wash.*

**Myth:** Once a batterer, always a batterer.

**Fact:** Battering behavior is learned behavior that can be unlearned. Behavioral change, however, requires intervention. It is unlikely that a batterer can change by sheer willpower alone.

## **Batterer Intervention**

Domestic violence intervention programs recognize that abuse is a difficult topic to discuss. Many men who are abusive are reluctant to get help because they feel ashamed, embarrassed, or uncomfortable. Domestic violence intervention counselors work with men to help them recognize their abusive behavior and understand how it affects themselves, their partners, and other family members. Abusive men can learn new, respectful ways to handle problems and have relationships.

Anyone who is concerned about his own abusive behavior can enter an intervention program; he does not have to be ordered by the court. More and more men are recognizing that if they do not get help, their abusive behavior could cause injuries and destroy their families. They are taking the initiative to get help before it's too late. The lengths of programs vary, but the national average is one year. Most men find that they need much longer to change their behavior and the belief system that supports it.

## **Recidivism**

Recidivism is defined as a return to the battering behavior despite having received batterer treatment. Studies in this area show slight but meaningful reductions in recidivism. However, some batterers simply learn not to use physical abuse and continue to abuse emotionally and psychologically. It is believed that many times victims do not report again, fearing revenge, and after all, "He went through the program, and what good did it do?" Also, most programs are too short to be effective. Domestic violence is a learned behavior; it was not learned in one year, nor is it likely to be unlearned in one year. Intervention programs should be part of a coordinated community response to end domestic violence.

## **Couples Counseling and Mediation**

Many people think domestic violence is a problem with the relationship and seek couples counseling or mediation. Unfortunately, experience has shown that couples counseling can increase the danger to the victim and give the batterer dangerous support for blaming the victim for his violence. Mediation programs work to find an agreeable compromise. There should be no compromise when it comes to battering. It simply must stop! The batterer must take full responsibility for his actions and not blame the victim.

## **Anger Management Programs**

In the past, it was thought that domestic violence was about problematic anger. It is now known to be about the abuser's desire to control his partner, using whatever behaviors are necessary. Many abusers are not angry when they use a control tactic. Men in intervention programs often say they used their expression of anger as a way to intimidate and control their partners. Anger management programs are not designed to address the fundamental causes of domestic violence or safety and accountability issues. They are not appropriate alternatives to

domestic violence treatment. Batterer intervention programs in Oklahoma, however, many times are called “anger management programs.”

## **Batterers and Substance Abuse**

Domestic violence occurs when an abusive person makes a choice to act violently. Domestic violence is not caused by alcohol, drugs, stress, or the victim’s failure to be a better partner. Many people who have alcohol or drug abuse problems are not violent, and many batterers are not substance abusers. Often a batterer will give up drinking yet continue to be abusive because using violence to express oneself is a learned behavior. Drug or alcohol use may lower an abuser’s self-control, and the abuser may tend to be more violent when drunk or high and may abuse more frequently. But the substances are not the cause of violent acts. It is the sole responsibility of the perpetrator to learn new, safe, and non-violent ways to express himself and relate to his partner.

Addictions speed up the cycle of domestic violence in relationships. Studies indicate that 37 percent to 66 percent of domestic violence cases also involve substance abuse.

Research has shown that women who are abused by alcoholic batterers are less likely to move toward divorce because it is more difficult for them to assign blame to the batterer insofar as intoxication is being used as an excuse for the battering. (Katz, J., Arias, I., Beach, S., Brody, G., & Roman, P. “Excuses, Excuses: Accounting for the Effects of Partner Violence on Marital Satisfaction and Stability.” *Violence and Victims*, 10(4), 315-326, 1995)

The U.S. Department of Health and Human Services’s publication of *Assessment and Intervention Approach to Domestic Violence Cases Involving Children, 1999/2000*, points out that there are parallels between domestic violence and various addictions.

- They constitute family disorders and adversely affect all family members across generational lines.
- They involve ritualization of behavior. The cycle of violence and the cycle of addiction both include periods of escalation of behavior, often followed by a period of promises to change, followed by a period of increasing tension and eventual return to the act of using or abusing.
  - They result in shame, guilt, decreased self-esteem, and emotional numbness
  - They are characterized by denial, minimization, and rationalization
  - They involve secrecy and the problem normally does not decrease until a crisis occurs.

Some abusers drink or take drugs in contemplation of battering. They abuse drugs and alcohol specifically to give themselves an excuse to assault or abuse their families. Some batterers who are alcoholics or drug abusers might change their behavior, including their battering, if they stopped abusing drugs and alcohol. Substance-abusing batterers, however, cannot be trusted to change their behavior if they continue to drink and take drugs. No matter what kind of batterer’s intervention program or court-ordered program they are in, promises they have made, or fear they have of re-arrest, the minute the batterer gets high or drunk, the chances are good that he will forget everything he has promised or learned.

**Battering and substance abuse are two separate problems, and each needs immediate intervention and attention.**

## Chapter 4: What Can We Say and Do?

What can we say and do as a friend, family member, neighbor, employer, co-worker, service provider, OKDHS case manager, individual, and community?

### **Seven things to say to a victim reluctant to leave a violent situation or returning to a violent situation:**

1. I am afraid for your safety.
2. I am afraid for the safety of your children.
3. It will only get worse.
4. I am here for you when you are ready to leave.
5. You deserve better than this; it's not your fault.
6. Let's figure out a safety plan for you and your children.
7. What do you need and how can I help?

If you are in need of help, you can call  
**Oklahoma SAFELINE: 1-800-522-SAFE**, or contact  
the Oklahoma Coalition Against Domestic Violence and Sexual Assault  
State Office, 3815 N Santa Fe Avenue, Suite 124,  
Oklahoma City, OK 73118  
405-524-0700  
[www.ocadvsa.org](http://www.ocadvsa.org)

## Intervention

*What helped me most was a neighbor who confronted me when she hardly knew me and offered to help whenever I was ready to take the first step.*

*– Teresa, survivor of domestic violence*

Only an estimated 10 percent of domestic violence incidents are reported annually. In order to prevent future acts of domestic violence, the community must get involved.

You may know a woman who is in a violent relationship – maybe a friend, a co-worker, or a family member. Reach out to her. Letting her know that you are concerned can break through the stigma, isolation, shame, and denial of domestic violence. Speaking up can also let abusers and the rest of the community know that domestic violence is totally unacceptable.

### **Warning signs that someone you know is being abused:**

- Frequent unexplained bruises or injuries, or the explanations just don't add up.
- Becoming unusually quiet or withdrawn, especially when her partner is around.
- Frequent absences from work or quits work.
- Stops talking about her partner.
- Wears concealing clothing, even in warm weather.
- Often cancels plans at the last minute without saying why.
- Seems afraid of making her partner angry.
- Casually mentions her partner's violent behavior but dismisses it as "no big deal."
- When with her partner, he gets very controlling and puts her down in front of other people.
- You see the partner violently lose his temper, striking or breaking objects.

### **The following intervention methods are listed according to the individual's relationship to the victim or abuser.**

*What to do if you think a family member, neighbor, or friend may be affected by domestic violence:*

- Talk in a safe, private place.
- Take time to listen, and believe what you hear.
- Let her know there is no excuse for the violence – not stress, not alcohol or drugs, not jealousy, not anything.
- Don't expect change overnight; be patient and continue to offer support. Don't rush into providing solutions.
- Don't judge or criticize her decisions.
- Encourage her to make her own choices, but urge her to talk to someone who knows about domestic violence.
- Give her information in a safe format and discreetly.
- Let her know that many other people are in abusive situations and tell her about agencies that can help.

- If she remains in the relationship, continue to be her friend while firmly expressing your concern for her safety and that of her children. Remember that for many battered women, leaving an abusive relationship can take time and be very dangerous.
- Learn as much as you can about domestic violence by calling the Oklahoma Coalition Against Domestic Violence at 1-800-522-SAFE. Also see the back of this handbook for community resource listings.

***What to do if you are an employer or co-worker of someone who may be affected by domestic violence:***

- Managers and supervisors should understand the laws that restrict employers from asking employees about certain health or home issues. If you need information about these laws, seek out someone in your agency who can help you.
- If you observe warning signs, let the person know you notice a problem and are concerned.
- If the person wants to talk to you, ask what assistance, if any, would be most helpful (for example, time off for court appearances, security escorts to the car, not transferring phone calls from the abuser to the employee).
- Do not allow the situation to become the topic of office gossip.
- Do not tell the person what to do or judge her decisions.
- Get help from a human resource or personnel department, an employee assistance program, or other resources in your organization.
- Learn as much as you can about domestic violence by contacting the Domestic Violence Information Line at 1-800-522-SAFE or by contacting some of the agencies in the resource pages of this handbook.

***For service providers who suspect that a customer or client is being abused or is abusive:***

*(Note – Your response will vary based on the type of service you offer, but the following is a list of suggestions and guidelines for intervention.)*

- Routinely ask every client about being hurt by a partner or hurting others
- Ask questions in private if at all possible
- Ask questions that help a person tell you what is going on. You should ask an injured person, “Was this done by your partner?” rather than “How did you get hurt?”
- Assess an abused person’s safety and help reduce the danger. Express your concern that the person may get hurt again. Help her explore options for safety. Address the children’s safety and the effects of domestic violence on them.
- Encourage an individual who is being abusive to seek help from a specialized batterer treatment agency.
- Don’t agree with any statements that suggest the victim brought on the abuse.
- Develop a policy on how you will record abuse in your files. Consider your relationship with the client, the need for confidentiality, the importance of providing good service, and the potential benefit or risk of records in the case file for your client.
- Learn as much as you can about domestic violence by contacting the Oklahoma Coalition Against Domestic Violence at 1-800-522-SAFE or by contacting some of the agencies in the community resource section of this handbook.

## **A special note for OKDHS case managers:**

The ties of domestic violence upon public assistance recipients are prevalent and strong. We, as case managers, must be able to tie in why we are asking every client questions regarding domestic violence with our desire to assist them in becoming self-sufficient. Our questioning is not to be punitive or judgmental but to enhance their safety and that of their children.

**Our questions of these clients will enable us to work together to establish service plans that will not put them in danger.** We must think through our terminology and avoid jargon terms and acronyms such as “good cause,” “CSED,” and “victim of family violence.”

A good question to ask: “Is there something putting you in danger that keeps you from moving from welfare to work safely?”

Clients need to hear the offer of help and questions regarding safety repeatedly as they move through the process of becoming self-sufficient. Keep asking, and keep offering your help. If the client fails to respond to your question, it doesn’t mean that help isn’t wanted. Your support of your client can make a difference. It is not easy to ask this question, but it is even harder to answer it honestly if there is violence in the home.

Trust will lie greatly with the belief in your ability to ensure confidentiality. So keep it confidential. If you don’t, then you place the victim at greater risk. If the victim knows you told, they may never tell you or anyone else anything again.

Treat your client and the information shared with the utmost respect. What is being told can be shameful and has the added element of fear. Phone conversations should be made in private settings.

Do not take it personally if the victim does not access services or leave the abuser.

We should strive to make domestic violence services available at sites that are accessible and safe for victims and places they normally go: OKDHS office, child care centers, health department, medical facilities, community centers. This serves a dual purpose: It helps keep down suspicion from the batterer and it gets the victim help, in the safest way possible.

- Domestic violence isn’t something people lie about to get out of doing something.
- Respect a client’s decision about claiming good cause exemptions (waivers).
- Respect a client’s decision about accepting family violence services.
- Have trained personnel available to talk and provide service
- Have personnel who understand and respect the client’s culture and the realities of their living situation.
- Recognize that family violence may be one of several significant problems this family faces.
- Set realistic priorities, coordinate services, and respond to identified concerns.
- Be realistic in expectations of service outcomes; family violence issues, like many other problems, are not resolved quickly or easily.
- Inform your client of family violence services available in the community, including hotline services, whether or not they want help in dealing with family violence at this time.

## **TANF and Women in violent relationships**

- Of women receiving TANF, 20 to 30 percent are in violent relationships. As many as 65 percent have experienced partner violence at some time.
- For some women, partner violence increases as they try to go to work because abusers believe they might lose control over them if they move toward independence.
- Women in violent partnerships often also have mental health problems (such as depression or post-traumatic stress syndrome), substance abuse problems, and physical health problems – all of which can pose barriers to successful employment.
- Women in violent relationships are more likely to cycle on and off welfare roles and spend greater total time on welfare.
- Women in violent relationships are more likely to have periods of unemployment, job turnovers, and lower personal incomes.
- Women in violent partnerships are less likely to maintain employment over time.

*Adapted from National Training Center on Domestic and Sexual Violence, Austin, Texas.*

### **What if she decides to stay?**

Case managers must respect a client's decision not to leave an abusive relationship. Remember – leaving may be more dangerous than staying.

It can feel frustrating when the victims return to their batterers or stay in abusive relationships. It is important to understand that there are many reasons for these decisions. Just like ending any relationship is a process, leaving an abusive relationship also takes time. It's even harder in violent relationships. In many cases, victims fear for their lives. They may also want their children to grow up with both parents, or they may feel guilty and believe the abuse is their own fault. Sometimes a victim's self-esteem is so damaged by the abuse that she thinks she can't make it on her own. Or she may just want the violence to end, not the whole relationship.

*Whatever the reason for her decision to stay, there are many ways you can help.*

### **Here's how:**

- Encourage her to keep a log of what is happening to her, including evidence of threats sent in letters, e-mail, or left on voice mail or answering machines.
- Help her identify resources to help her take care of herself, get her emotional support, and build her self-esteem.
- Suggest that she tell her doctor or nurse about the violence, asking him or her to document the abuse in medical records and take photographs of her injuries. Offer to take the photos yourself, and suggest she store them in a safe place, along with a written description of what happened. These records will be helpful if she decides to take legal action in the future.
- If she reveals that her abuser is stalking her, encourage her to call a domestic violence hotline to get help in developing a safety plan, including information about a protection-from-abuse court order. Stalking is against the law.

## **Interview Tips**

### **Direct questions**

To assess danger: Are you in danger? Is he drunk or high?

To assess safety options: What do you think will help? Are friends available to help you? Do you have access to a phone?

To gather basic information: How many children are involved? When does he work? Is transportation available?

### **Confrontation**

Maybe you need to think about what is best for you and the children.

Sure, it's pretty hard and scary to make changes, but you said earlier that you've had it!

It sounds like you're ashamed to leave even though your life is in danger.

### **Empathy and support**

It is hard to make such important decisions.

That must be rough for you.

That must make you very angry or sad or frightened.

### **Softening**

You're being pretty hard on yourself.

Don't you think you are expecting too much of yourself? It takes two to make a relationship...

Is it really your fault that he can't or won't control his temper?

### **Improving self-esteem**

You called – that's a big step. It takes a lot of courage to call us.

You're doing the best for you and your children.

### **Feedback and verification**

Let me see if I have the facts straight.

You want to do something, but you're not sure what.

You see your situation as impossible, but you're not sure you want to leave?

Most important question: **How can we help you?**

*Adapted from Domestic Violence: A Basic Manual for Intervention and Prevention, Tulsa, Okla.*

## Individuals Against Domestic Violence

As individuals, we have the ability to impact not only our communities – we can also exert influence through our individual behavior, especially in our roles within our families. One theory holds that we have three major spheres of influence: creating change in ourselves, our families, and our communities. Changes in our own behavior as parents, family members, and neighbors can have a significant contribution to decreasing violence in our communities.

The following list contains actions or behaviors that can be incorporated into our daily lives:

- Be responsible for your own actions
- Respect each person's individuality.
- Monitor your child's TV programs, movies, video and computer games for violent content.
- Teach a child to settle disagreements nonviolently.
- Be fair.
- Empathize
- Learn to walk in another's shoes.
- Teach children to respect themselves and others.
- Watch your own anger, talk it out, write it out, sing it out, but don't act it out.
- Set a good example
- Obey the law.
- Help children develop sound value systems
- Show children the value of education and hard work.
- Dare to get involved
- Treat others the way you want to be treated.
- Keep on trying. Change comes slowly.

### What if I see an assault in progress?

Domestic violence is a crime, just like robbery or rape. If you see or hear an assault in progress, call 911. If you are outside when you see a woman being assaulted on the street or in a car, write down the license tag number and the location of the assault in progress and find the nearest phone to call the police. These situations can be dangerous, so whatever you do, be sure to keep yourself safe. But do something – don't assume that someone else has already taken care of it. Survivors of relationship abuse say that when no one acknowledged that they saw the abuse or tried to help, it made them feel even more isolated and alone.

### Volunteering help

There are never enough services or resources available to help every person suffering from the effects of domestic violence. There are many things you can do to improve the lives of those affected by domestic violence.

- Give financial support
- Help organize fund-raising efforts in your community to support existing services.
- Give your time
- Give your skills and experience
- Give items that may be of use to a shelter. Be sure to call your local domestic violence program first to find out what resources are really needed.
- Organize educational programs for your workplace, community groups, or religious groups.

## Communities Against Domestic Violence

Leaders of the community and its institutions should join together to establish responses to domestic violence and child maltreatment. The responses should offer meaningful help to families, including protections for all victims from physical harm; adequate social and economic support for families; and access to services that are respectful, culturally relevant, and responsive to the unique strengths and concerns of families. Simultaneously, the community should hold violent perpetrators responsible for their abusive behavior and provide a variety of legal interventions and social services to stop this violence.

Every community institution has a role. Mental health and substance abuse centers, health clinics, and public assistance agencies have the capacity to screen for and assess violence and develop safety plans with families. Mental health providers can be available to respond to trauma for the many victims who are living with constant fear and anxiety. Housing agencies have the capacity to rehabilitate or set aside apartments for families in danger.

Every community working to end family violence should consider asking itself the broad question, “Do our interventions make the safety, well-being, and stability of children and families possible?”

- Is adequate housing available for families in danger?
- Do battered women and men who batter have access to economic supports and services?
- Are adequate treatment services available for adult and child victims and for batterers?
- Are there advocacy and crisis services for women who are battered?
- Are health services available to all victims who need them?
- Are there support, educational groups and mental health services for child witnesses to violence?
- Are there accessible intervention programs for men who batter? Do these programs include content about parenting and responsible fathering?
- Do substance abuse providers assess for and intervene in violence?
- Are law enforcement and court practices and policies in place to protect those in danger?
- Are agencies and courts sufficiently protecting family members’ privacy while simultaneously allowing for the exchange of information to coordinate interventions for families?

There are two types of interventions that help battered adults and remove risk to children exposed to domestic violence. One type of intervention seeks to remove the risk caused by the batterer, including arrest of the assailant, batterer intervention groups, and protection orders removing the batterer from the home. The other type of intervention creates safety and stability for the mother and children including the provision of housing and support services, transportation, child care, job training, child support, carefully crafted custody and visitation orders, and help from battered women’s advocates and support groups.

As communities respond to family violence, some of it deadly and all of it serious, they will need to develop far more resources and many new responses. At the same time, they will have to ask the people whom they serve to teach them more about what works to keep families safe.

*Council of Juvenile and Family Court Judges Family Violence Department*

# Chapter 5: Assessing Danger, Safety Planning, and Crisis Intervention

## Assessing the Danger

### *Factors to consider in determining serious danger or lethality:*

- Separation of the partners
- Stalking behaviors
- Obsessive or desperate attachment
- Destruction of victim's property
- History of domestic violence and violent criminal conduct
- Possession of or access to weapons
- Threats or prior attempts of homicide or suicide
- Depression or other mental illness
- Abuse of animals
- Drug or alcohol involvement
- Attempt at strangulation
- Abuse in public

**For each factor present, the lethality risk increases.**

## Safety Planning to Prevent Escalation of Domestic Violence

As we have already seen, women may stay with their batterers for many reasons.

It is worth saying again so that we understand the risks:

Across the U.S., 75 percent of domestic violence-related deaths occur after a victim takes steps to separate from her abuser.

As batterers feel the loss of control over their partners, they multiply efforts to regain power – sometimes resorting to desperate measures. Leaving an abusive relationship puts a victim, her children, family, friends, co-workers, and even innocent bystanders at increased risk for serious injuries and death.

Preventing the escalation of domestic violence after separation involves a variety of community helpers. Law enforcement, the courts, social service and health care providers, and domestic violence advocates must work cooperatively with a victim to assess the danger of her situation and in some cases develop and execute a safety plan.

The following pages cover issues to consider in determining protective strategies for victims and their children and provide a framework for customizing practical and effective safety plans.

If you or someone you know is planning to leave an abuser or take any legal or financial steps to separate, **you must plan for safety**. It is also crucial to have a safety plan if you or someone you know continues to live with a batterer. Help yourself, a friend, a co-worker, a neighbor, or a client address safety concerns by developing a comprehensive safety plan, including survival strategies at home, at the workplace, and in court or public places.

Safety plans should be individualized, always taking into account the victim's age and marital status, whether or not children are involved, geographic location, and resources available including transportation, shelter, and finances. Some common elements always apply.

**Contact With a Person Who is Being Abused:** If you are trying to help someone, do not leave messages with family members, on an answering machine, or in voice mail unless you know it is completely safe. If questioned by family members, do not indicate that you are calling about the domestic violence; rather, give an innocent reason for the call.

- Always ask first if it is safe to talk. The batterer may be present, even if he no longer lives in the same home. Develop a system of coded messages to signal danger or the batterer's presence. If he is present unexpectedly ask whether you should call the police.
- Block identification of your number when calling by dialing \*67 or the equivalent. This prevents a batterer from using caller ID to discover that the victim is seeking assistance.
- Keep the victim's whereabouts confidential if she does decide to leave. Do not disclose addresses, telephone numbers, or information about the children without permission. Batterers often track down partners through third parties.
- Send mail only when you know it is safe. If the person being abused fails to respond to calls, make extensive but confidential efforts to check on her safety. Write a simple letter requesting a response without disclosing that you are contacting her because of concerns about the domestic violence. Do not use letterhead.
- If you are a professional whose client is being abused, inform your client about case developments in advance.

*Adapted from Multidisciplinary Responses to Domestic Violence, American Bar Association*

## Safety When Preparing to Leave

Battered women frequently leave the residence they share with the battering partner. Having a safety plan increases your safety and that of your children. Batterers often strike back when they believe that a battered woman is leaving the relationship. Choose the time you will leave very carefully. Remember that immediately after an attack, he is watching and expecting you to try to leave. It is often safer to wait until he is more relaxed and settled and trying to make up with you for what he has done.

1. I will leave some money and an extra set of keys with \_\_\_\_\_ (person) so I can leave as needed.
2. I will keep copies of important documents or keys at \_\_\_\_\_ (place).
3. I will open a savings account by \_\_\_\_\_ (date) to increase my independence.
4. Other things I can do to increase my independence include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
5. The local Domestic Violence program's hotline number is \_\_\_\_\_ . The Oklahoma SAFELINE number is 1-800-522-SAFE. I can seek help and shelter by calling these numbers.
6. I will keep change for the phone or a pre-paid phone card on me at all times. I understand that if use my telephone or credit card that the number will appear on the phone bill that the batterer will see. To help myself I must either use coins, call collect, use a phone card, or get a friend or family member to permit me to use their phone. I also need to remember that with caller ID, call trace, call return, etc. the batterer may be able to trace my calls from the phone.
7. I will remember that if I use a credit card to travel or flee the area, the bill will show the batterer my route and maybe my final destination. If I need to use a credit card, I will try to take a cash advance instead of charging my purchases.

## Personalized Safety Plan

The most important step I can take for myself and my children is to build a safety plan to protect us from the abuser. This page represents my plan for increasing my safety and preparing in advance for further violence. Although I do not have control over my partner's violence, I do have a choice about when and how to respond to him/her and how best to get myself and my children to safety.

1. If I decide to leave, I will \_\_\_\_\_.  
(Practice how to get out safely: Which door? Which window? Try doing things that get you out of the house: taking out the trash, walking a pet, going to the store.)
2. I can keep my purse and car keys ready and put them \_\_\_\_\_ (place) in order to leave quickly. I can use \_\_\_\_\_ for transportation if needed.
3. I can tell \_\_\_\_\_ (who) about the violence and request that they call the police if they hear suspicious noises coming from my house.
4. I can teach my children how to use the telephone to contact the police by dialing 9-1-1.
5. I will use \_\_\_\_\_ (word) as my code word with my children/family/friends so they can call for help.
6. If I have to leave my home, I will go to \_\_\_\_\_ (place). If I cannot go to this location, then I can go to \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ (Decide even if you don't think there will be a "next time.")
7. I can also teach my children to go to \_\_\_\_\_ (place) without me if needed. (Think of the ages of your children and a place close enough for their safety.)
8. When I expect that we are going to have an argument, I will try to move to a space in the home that is low-risk, such as \_\_\_\_\_ (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
9. I will use my own judgment. If the situation is very serious, I can give my partner what he wants to calm down. I have to protect myself and my children.
10. When I have to talk to the abuser in person, I can \_\_\_\_\_.
11. When I talk to the abuser on the phone, I can \_\_\_\_\_.

*Remember:* The more precautions you take, the safer you will be.

## Checklist: What You Need to Take When You Leave

- \_\_\_ Driver's license/photo ID
- \_\_\_ Children's birth certificates
- \_\_\_ Social Security cards
- \_\_\_ Health insurance/life insurance papers
- \_\_\_ Welfare ID and benefit (EBT) cards
- \_\_\_ Credit cards
- \_\_\_ Bank books/checkbooks
- \_\_\_ Mortgage payment book
- \_\_\_ Lease, rental agreement, or house deed
- \_\_\_ Passport
- \_\_\_ Work permits/VISA/Green Card and Immigration paperwork
- \_\_\_ Jewelry
- \_\_\_ Photos and other items of sentimental value
- \_\_\_ School records
- \_\_\_ Your birth certificate
- \_\_\_ Immunization records
- \_\_\_ Medications for you and your children
- \_\_\_ Other medical records for you and your kids
- \_\_\_ Car registration/insurance
- \_\_\_ Keys: car, house, office
- \_\_\_ Divorce papers
- \_\_\_ Child custody papers
- \_\_\_ Children's favorite toys or blankets (if packing ahead, pack a toy they will recognize but not miss)
- \_\_\_ Address book
- \_\_\_ Photo of abuser
- \_\_\_ Baby items (diapers, formula, medication)
- \_\_\_ Eyeglasses
- \_\_\_ Non-perishable snacks for children (juice, crackers)

*\*Keep many of these items in a specific place so you can get to them on short notice.*

*\*\* Pack a suitcase with some of these items, including important paperwork, and store it with a friend or neighbor in the event that you have to leave the home immediately.*

If you need help,

*Call 1-800-522-SAFE*

## Personal Safety When the Relationship is Over

1. I can change the locks; install steel/metal doors, a security system, smoke detectors, fire extinguishers, an outside lighting system; and purchase rope or chain ladders for exiting second floor windows.
2. I will inform \_\_\_\_\_ and \_\_\_\_\_ (people) that my partner no longer lives with me and ask them to call the police if he is observed near my home or my children. I will give them a photo of the batterer or the batterer's car.
3. I will tell people who take care of my children the names of those who have permission to pick them up. The people who have my permission are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. I can avoid stores, banks, and other places that I used when living with my batterer. I can cancel any bank accounts or credit cards we shared and open new accounts at a different bank.
5. I can obtain a protective order and keep my copy with me at all times as well as leave a copy with \_\_\_\_\_ (person).
6. I can use an answering machine to screen calls or use call trace when receiving calls to collect evidence of harassment or protection order violations.
7. When leaving work, I can do the following to keep safe:  
\_\_\_\_\_.
8. I can ride to and from work, school, etc. with \_\_\_\_\_ (person) or I can trade vehicles temporarily with \_\_\_\_\_ (person).
9. I can keep change for phone calls, a pre-paid phone card, or a cellular phone with me at all times. I can call any of the following people for help:  
\_\_\_\_\_ (friend), \_\_\_\_\_ (relative),  
\_\_\_\_\_ (co-worker), and \_\_\_\_\_ (others).
10. I can alter my routines by changing routes or timing
11. I can obtain a new, unlisted phone number and be very sensitive about sharing it.
12. I can keep a phone that is in a room that locks from the inside
13. I can develop signals to tell neighbors and friends to contact the police. If possible, I can have a friend call me at a designated time each day.
14. I can enroll in a reliable self-defense course and practice these skills
15. I can attend a support group for women who have been abused. Support groups are held on \_\_\_\_\_ (days) at \_\_\_\_\_ (times) and \_\_\_\_\_ (place).
16. If I feel down and ready to return to a potentially abusive situation, I can call \_\_\_\_\_ (person) for support or I can contact the Domestic Violence program at \_\_\_\_\_ or the Oklahoma SAFELINE at 1-800-522-SAFE.

## Children's Safety Plan

I, \_\_\_\_\_, will call 9-1-1 for help if I am afraid that someone in my house will get hurt. I will not try to get in the middle of a fight myself.

When I call, I will give them my address, \_\_\_\_\_, and my phone number, \_\_\_\_\_. I will tell them who is being hurt and who is hurting them.

I can leave my house by the door at the \_\_\_\_\_, or I can get out of the window in the \_\_\_\_\_. I will leave if I need to.

If I need to leave my house, I will go to my neighbors' house, \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_. I will be safe there.

If \_\_\_\_\_ comes to my school, I can tell my teacher or principal. If I need help or am afraid, I can tell either of them.

If \_\_\_\_\_ comes to the house, I will not let him in unless Mom says it is okay.

## Tips for Mothers

- Review confidentiality issues with shelter staff, school personnel, and child care providers.
- Alert school and child care providers about the current situation and authorization of adults who can and cannot have contact with the children. Explain the details of this conversation with the children so that they are clear on confidentiality and other safety issues.
- Give the school a password so personnel can be sure it is you on the phone.
- If the children are at a new school or child care center, contact the prior facility and make sure they do not release any information about the new school or center's name or location.
- If possible, have the children picked up for school or child care away from the place where you are staying.
- Talk with the children about their feelings related to living in a shelter or other home and ways of handling questions from other adults or children.
- Get involved in the children's school or child care activities.
- Create a safety plan and review it with the children.
- Teach your children not to get in the middle of a fight but to call for help.
- If applicable, put copies of the protective order in the children's backpacks. They should have this with them at all times. You can also provide a copy to the child care provider.
- Provide school and child care providers with a recent photo of the abuser.
- Take advantage of programs offered through the school, such as counseling for children.
- Teach the child the phone number for the shelter, police station, or other safe places.
- Keep the school or child care provider posted on court-ordered specific situation.
- Ask teachers to allow the children to call you at any time needed.

## **Things you can do immediately if the batterer becomes violent or threatening:**

**Call for help.** Scream loudly and continuously. You have nothing to be ashamed of. He does.

**Get away.** Escape if you can. Go to a relative or friend's house or a domestic violence shelter.

**Call the police.** Call 9-1-1 or the equivalent and ask for the dispatcher's name. When the police respond, obtain the officer's name and number. The police must now attempt to protect you from further abuse. They are required to provide or arrange transportation to a hospital or safe place for you and are encouraged to arrest your abuser if they have enough evidence of a crime. They must give you a paper explaining your rights and telling you of one social service agency that can help. There is increasing evidence that calling the police will make your abuser less likely to hit you again in the future. There is also evidence that being arrested makes an abuser far less likely to repeat his violent behavior toward you. While not always successful, involving the police can help you feel safer.

**File criminal charges** if the batterer commits a crime or violates a protection order.

**Seek medical treatment** if injured by the batterer. Photograph all injuries.

**Record all contact with the batterer in a diary.**

## **Workplace Guidelines**

*There are 60,000 incidents of on-the-job violence each year, and most victims know their attackers intimately. (Chicago Sun Times, 9/30/96).*

### **What to Do . . .**

*If you are experiencing domestic violence:*

- Save any threatening e-mail or voice messages. This can be a violation of your protective order.
- Notify your supervisor and the human relations manager about the circumstances regarding your situation and provide them with a copy of your protective order.
- Discuss options available to you, e.g., scheduling, safety precautions, employee/family assistance benefits, parking close to the building, and security escorts.
- Submit a recent photo of the perpetrator to your safety manager and co-workers in the event of a confrontation at work.
- Request that all information be treated with confidence to provide for your safety and well-being.
- Screen calls with voice mail or a machine, or ask a colleague to screen call
- Travel to and from work with another person.
- Don't leave for lunch alone.

*If you are the co-worker of someone experiencing domestic violence:*

- If you suspect a co-worker is suffering abuse, do not directly confront the person since it is important for an individual to self-disclose for her own safety and well-being.
- Express concern and a willingness to listen and be supportive if needed
- Offer support by listening and assisting; the individual will confide when ready.
- If a co-worker confides in you, encourage communication with the human resources manager and supervisor.
- If you witness an incident at work, contact your safety manager or law enforcement immediately.
- Make sure that the incident is documented.

*If you are the supervisor or manager of an employee who is experiencing domestic violence:*

- Be aware of unusual absences or behavior and take note of bruises or emotional distress.
- Contact the human resources manager to discuss concerns, resources available and ways to support the employee, e.g., safety planning, employee assistance counseling, family resource referrals, flexible scheduling, security measures.
- Be familiar with community resources and referrals
- Maintain confidentiality at all times; be sensitive to the seriousness of the situation.
- Discuss who is appropriate to speak with the employee; agree on all forms of communication, e.g., providing the safety manager with a photo if there is a risk at work.
- Assist the employee in documenting all incidents with the batterer that occur in the workplace.
- Take action against domestic violence by encouraging employees to volunteer and by providing financial or in-kind support to your local domestic violence programs.

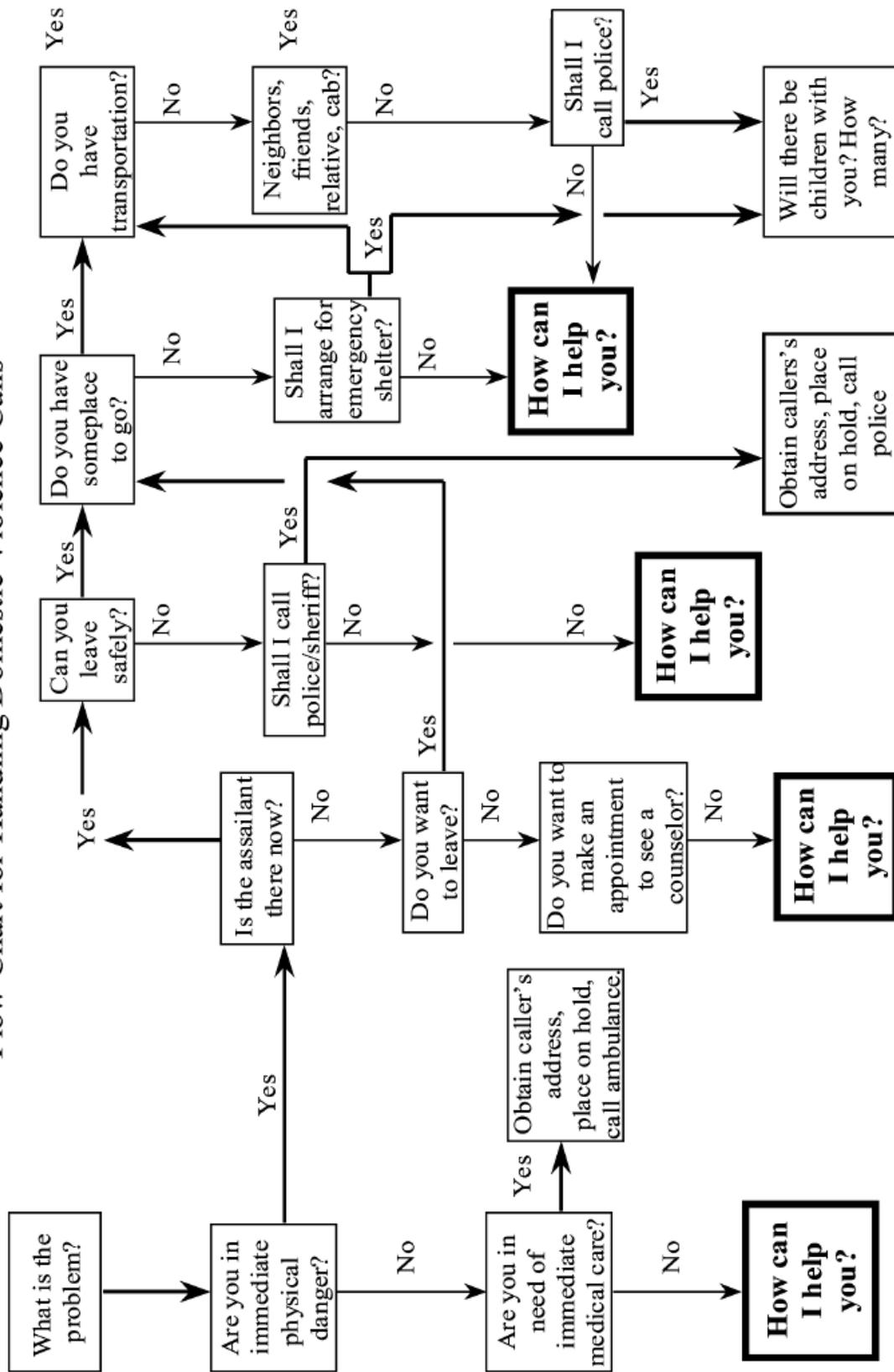
*Adapted from National Coalition Against Domestic Violence web site, [www.ncadv.org](http://www.ncadv.org).*

## **Be Safe at the Courthouse**

- Sit as far away from the abuser as you can; you don't have to look at or talk to the abuser; you don't have to talk to the abuser's family or friends if they are there.
- Bring a friend or relative with you to wait until your case is heard.
- Tell a bailiff or sheriff that you are afraid of the abuser and ask that person to look out for you.
- Make sure you have your court order before you leave
- Ask the judge or sheriff to keep the abuser there for a while when court is over; leave quickly.
- If you think the abuser is following you when you leave, call the police immediately.
- If you have to travel to another state for work or to get away from the abuser, take your protection order with you; it is valid everywhere.

*Adapted from American Bar Association Commission on Domestic Violence web site, [www.abanet.org](http://www.abanet.org).*

## Flow Chart for Handling Domestic Violence Calls



## Chapter 6: The Legal System

### How victims can assist when police respond to a domestic violence call:

***Try to stay calm:*** This may be difficult in a crisis situation or if you are panicked or emotional, but it is important.

***Do not hesitate to ask that a report be made:*** In every domestic violence case law enforcement responds to, the officers are required to file an official report, even if no other police action is taken.

***Describe the incident in detail:*** No one knows what took place better than you do. Facts are needed for the police to make an accurate report. Do not be intimidated when the officers ask for a statement. A statement is simply a way of documenting the incident in your own words. You will be asked to proofread what the officer has written for accuracy. You have the right to change the statement until you are completely satisfied with it.

***Show the police any injuries, bruises, or damaged property:*** This is evidence! Visible proof provides more facts the police will take into consideration. Encourage the police to take pictures of any injuries you have sustained and of any destroyed property. If there is no physical proof (for instance, you were being threatened or experienced pain), simply explain, clearly and calmly, the incident in detail.

***Inform the officers of any witnesses:*** Witnesses help to substantiate the fact that some thing has taken place.

***Tell the officers about other violent incidents:*** Past abuse is part of an abusive pattern. Previous assaults help explain the danger involved in your situation.

***Show the officers any court documents you have, such as a no contact, restraining, anti-harassment, or order for protection:*** In particular, keep a certified copy and another copy of a restraining order or order for protection with you at all times. This is useful in the event that the order cannot be served on your abuser until he is at your residence demanding entry. The extra copy can immediately be administered to the respondent at the scene by the responding officers. The officers can note service of the “extra” order on the reverse side of your certified copy.

***Ask the officers for community resources such as shelters, hotlines, counseling, and advocacy:*** A list of community organizations will be given to you by the responding officer also. This information, along with a victim’s rights statement, is required by law. As a general rule, do not dispose of anything that the police, prosecutor’s officer, or courts give to you. See the back of this handbook for additional community resources.

***Ask the officers for their business cards, the case number of the report, and a phone number:*** As long as the incident in question is still being investigated by law enforcement, direct any concerns or questions to the police. If the crime is a misdemeanor, direct your concerns to the officer who responded to your call for assistance. If the crime is a felony, contact the detective who is assigned to your case. In the event that the detective does not contact you, the responding officer who completed the case report will be able to provide you with the information.

## Using the Law to Help You

### *Protection or restraining orders:*

- Ask your local domestic violence program who can help you get a protection order and who can help you with criminal prosecution.
- Ask for help in finding a lawyer.
- Talk with the local district attorney about your case.

### *In most places, the judge can:*

- Order the abuser to stay away from you or your childre
- Order the abuser to leave your hom
- Order the police to come to your home while the abuser picks up personal belonging
- Order the abuser to go to a batterer's intervention program.
- Order the abuser not to call you at wor
- Order the abuser to give guns to the police.

### *If you are worried about any of the following, make sure you:*

- Show the judge any pictures of your injurie
- Tell the judge that you do not feel safe if the abuser comes to your home to pick up the children to visit with them.
- Ask the judge to order the abuser to pick up and return the children at the police station or some other safe place.
- Ask that any visits the abuser is permitted are at very specific times so the police will know by reading the court order if the abuser is there at the wrong time.
- Tell the judge if the abuser has harmed or threatened the children; ask that visits be supervised. Think about who could do that for you.
- Get a certified copy of the court order.
- Keep the court order with you at all times.

### *Criminal proceedings:*

- Show the prosecutor your court order
- Show the prosecutor the medical records about your injuries or pictures if you have them.
- Tell the prosecutor the name of anyone who is helping you (a victim advocate or lawyer).
- Tell the prosecutor about any witnesses to injuries or abuse.
- Ask the prosecutor to notify you ahead of time if the abuser is getting out of jail.
- Register with the Oklahoma VINE Criminal Tracking System: [www.vinelink.com](http://www.vinelink.com).

## **Information on the Victim Protective Order**

### **What is a protective order?**

A protective order is an order of the court on behalf of a victim of domestic abuse, stalking, or harassment for the abuser to stop hurting, threatening, and harassing the victim. In some cases, it may also order the abuser to move out of a home that is shared.

### **Who is eligible?**

Protective orders are available to people who have been physically abused by a family or household member. This includes spouses, ex-spouses, parents, children, people related by blood or marriage, people who live together or who have lived together, and people who are the biological parents of a child.

You can also apply for a protective order if you have been stalked or harassed by someone who is not a family or household member. Stalking means that someone is following you repeatedly. Harassment means that someone is doing something to you or someone in your family that causes you distress. This can include following you, sending or leaving things at your home or workplace or calling you.

### **How to file**

To obtain a protective order, you need to fill out a simple petition that is available at the courthouse. You do not need an attorney, and there is no fee to file a petition. The judge may order you or the abuser to pay court costs and filing fees later, when the petition is heard.

The petition will ask for information about the abuse and threats, so details about the dates, times and locations of the abuse are necessary. Any proof of the abuse, such as photographs, letters or doctor's reports, can also be helpful. If your children have been threatened or abused, you can file a petition for them also. You must put down only true things on the petition because you will have to swear or sign that they are true.

The abuser, called "the defendant" when the petition is filed, must be notified about the protective order before it can go into effect. Be sure to bring all of the addresses where the abuser can be found, a description of that person, and information about the person's car.

When you fill out this petition, you may ask for an emergency ex parte order if you are in immediate and present danger of abuse by someone in your household. If the danger is not immediate, you can wait for a regular court hearing.

### **Emergency temporary orders**

When a law enforcement officer makes an arrest in a case of domestic abuse during a time when the court is not open for business, you may request an emergency temporary order from the officer. The officer will provide the petition, ask you to complete and sign it, and then call a judge. The judge can issue the order by telephone, and the officer will inform you about whether or not the order is granted. Emergency temporary orders are only in effect until the close of next business day, so it is important that you go to the courthouse the next day to apply for an ex parte and full order.

### **Ex parte protective orders**

If the abuse situation is an emergency – that is, if there is an immediate and present danger of abuse – you can ask for an emergency ex parte order, which is an order obtained quickly (within 24 hours, and usually the same day) and without the defendant being present at the hearing before the judge. It is in effect only until a full hearing can be held with the defendant present. At the ex parte hearing, a date within 10 days will be set for a full hearing.

At the ex parte hearing, the judge will read your petition and may ask you questions. The judge will decide whether to give you a temporary emergency order of protection. If an order is granted, you will get a copy.

A law enforcement officer will serve (deliver) a copy of the order to the defendant, along with a summons for the defendant to appear in court at the full order hearing. The order is not in effect until it is served on the defendant – that is, until he or she is notified. You may want to check with the court clerk's office to see whether service has been completed. If the defendant is difficult to locate, you may hire a private process server instead of using a law enforcement officer. Within 24 hours after service, a copy of the order will be sent to law enforcement agencies that you designate for them to keep on file.

### **Final protective orders**

Whether an ex parte order is granted, denied or not requested, a full hearing will be scheduled within 10 days. At that time, both you and the defendant appear before a judge who hears evidence and decides whether or not to issue a final protective order. Bring any evidence and witnesses you have to show that you need a protective order. Explain to the judge if there are any special arrangements you want included in the order – for example, that the children be picked up for visitation somewhere other than your home.

If the defendant has been notified of the hearing but does not show up in court, an order can still be issued, but if he or she has not been served notice, the hearing must be rescheduled. Before the full hearing date, check with the court clerk to see if the defendant has been served. If not, request that a new date be scheduled for the full hearing. It is important for you to go to the full hearing, even if it is rescheduled several times. If you do not go, the judge may dismiss your case.

Within 24 hours after a protective order is issued, a copy will be sent to the law enforcement agencies you designate, where it will be kept on file.

Make several copies of your protective order and keep one with you at all times. Show it to police whenever necessary.

Once a protective order has been issued, it is in effect until modified or rescinded by the court. Either you or the defendant can file a motion to have the order modified or canceled. Any consent agreement to change the order must be approved by a judge, even if both persons have agreed to the change.

### **Enforcement of the order**

A protection order issued by one U.S. state or Indian tribe is valid and enforceable in any other U.S. state or tribe. Violation of protective orders carries much higher penalties than most assaults. A violation of the order occurs whenever the defendant does something that is strictly prohibited by the order. You do not have to wait until physical violence occurs.

The first violation is a criminal misdemeanor, which is punishable by a fine of up to \$1,000 or one year in jail or both. The violation becomes a felony if any of the following circumstances exist:

- If the violation causes physical injury or impairment to you or someone in your household
- If there is a temporary restraining order, a protective order, emergency ex parte order
- If within the past 10 years, the defendant has completed a sentence or been convicted of a crime that involved use or threat of violence against you or a member of your immediate family

If the defendant bothers you, call the police and notify them that you have a protective order. The police can arrest the violator then and there if they observe the offense – that is, if they see him or her harassing, threatening, visiting, etc. Police can arrest any person at any place if the officer has probable cause to believe the person committed an act of physical violence within the last 72 hours. The officer need only observe some evidence of a recent physical injury or impairment of your physical condition.

If the defendant is already gone when police arrive, you can file a complaint with either the police department or the district attorney's office. The defendant can then be charged, and a warrant can be issued for his arrest. If the police are called, request that they write a police report that you can sign.

Always get the names of the officers who respond to your calls. Write them down. Write your own notes about what happened as soon as possible and keep this information in your own records.

Respect yourself and expect to be treated respectfully by the police. It is their job to respond to calls for assistance. It is not their job to make judgments about you. There is no reason for you to be embarrassed or apologetic about the way you live or your situation.

Your local law enforcement agencies should have a copy of your protective order on file. If you move, you will need to arrange to put a copy of your order on file with your new law enforcement agencies.

Experience has shown that abusers usually stop their behavior when they must face consequences. Many plead guilty before they go to trial. The expense, embarrassment, and potential fines and jail time for domestic abuse, stalking, and harassment are strong deterrents for most abusers.

### **Shelters and crisis services**

There are people and places available to help you. Domestic violence and sexual assault programs are located in many towns across the state. They can offer a safe place for you and your children to go if you feel unsafe in your home. Staff members can also answer your questions about the protective order and give you other support information.

The Oklahoma Office of Attorney General and the YWCA operate SAFELINE, 1-800-522-SAFE, a statewide, toll-free telephone hotline for victims of domestic violence and sexual assault. SAFELINE staff can refer you to the nearest program where you can receive assistance. Also see the community resources section in the back of this handbook.

# State of Oklahoma Domestic Violence Law

## §22-60.1. Definitions

As used in the Protection from Domestic Abuse Act and in the Domestic Abuse Reporting Act, Sections 40.5 through 40.7 of this title and Section 150.12B of Title 74 of the Oklahoma Statutes:

1. “Domestic abuse” means any act of physical harm, or the threat of imminent physical harm which is committed by an adult, emancipated minor, or minor child thirteen (13) years of age or older against another adult, emancipated minor or minor child who are family or household members or who are or were in a dating relationship.

2. “Stalking” means the willful, malicious, and repeated following of a person by an adult, emancipated minor, or minor thirteen (13) years of age or older, with the intent of placing the person in reasonable fear or death or great bodily injury.

3. “Harassment” means a knowing and willful course or pattern of conduct by a family or household member or an individual who is or has been involved in a dating relationship with the person, directed at a specific person which seriously alarms or annoys the person, and which serves no legitimate purpose. The course of conduct must be such as would cause a reasonable person to suffer substantial emotional distress, and must actually cause substantial distress to the person. “Harassment” shall include but not be limited to, harassing or obscene telephone calls in violation of Section 1172 of Title 21 of the Oklahoma Statutes and fear of death or bodily injury.

4. “Family or household members” means:

- a. spouses
- b. ex-spouses,
- c. present spouses of ex-spouses
- d. parents, including grandparents, stepparents, adoptive parents and foster parents,
- e. children, including grandchildren, stepchildren, adopted children and foster children,
- f. persons otherwise related by blood or marriage,
- g. persons living in the same household or who formerly lived in the same household, and
- h. persons who are the biological parents of the same child, regardless of their marital status, or whether they have lived together at any time. This shall include the elderly and the handicapped;

5. “Dating relationship” means a courtship or engagement relationship. For purposes of this act, a casual acquaintance or ordinary fraternization between persons in a business or social context shall not constitute a dating relationship;

6. “Foreign protective order” means any valid order of protection issued by a court of another state or tribal court;

7. “Rape” means rape or rape by instrumentation in violation of Sections 1111 and 1111.1 of Title 21 of the Oklahoma Statutes;

8. “Victim support person” means a person affiliated with a certified domestic violence or sexual assault program, certified by the Attorney General or certified by a recognized Native

American Tribe if operating mainly within tribal lands, who provides support and assistance for a person who files a petition under the Protection from Domestic Violence Act; and

9. “Mutual protective order” means a final protective order or orders issued to both a plaintiff who has filed a petition for a protective order and a defendant included as the defendant in the plaintiff’s petition restraining the parties from committing domestic violence, stalking, harassment or rape against each other. If both parties allege domestic abuse, violence, stalking, harassment or rape against each other, the parties shall do so by separate petition pursuant to Section 60.4 of this title.

## Chapter 7: Resources

### **The Oklahoma Coalition Against Domestic Violence and Sexual Assault (OCADVSA)**

Mission statement: The Oklahoma Coalition Against Domestic Violence and Sexual Assault (OCADVSA) is committed to helping people acquire the information and survival skills necessary to take control of their lives and the decisions affecting their lives; we will not encourage anyone to remain in or return to a violent or dangerous situation. We oppose the use of violence and sexual assault and support equality in relationships and the concept of helping all people to assume power over their own lives.

**OCADVSA**, 3815 N. Santa Fe Avenue, Suite 124, Oklahoma City, OK 73118

Phone: (405) 524-0700

Fax: (405) 524-0711

E-mail Address: [info@ocadvsa.org](mailto:info@ocadvsa.org)

Web site address: <http://www.ocadvsa.org>

### **The Latino Community Development Agency (LCDA)**

Proyecto Cambio Intimate Partner Violence/Sexual Violence is funded by the S.T.O.P. Violence Against Women Grant through the District Attorney's Council. The goal is to work toward reducing the occurrence of domestic violence and sexual assault in the Hispanic/Latino community in the Oklahoma City area. Services available include IPV/SV Prevention Case Management, referrals to Catholic Charities for immigration assistance, referrals to Legal Aid Services of Oklahoma for family advice and counsel, Latinas Unidas Women's Empowerment Group, Niños en Acción Hombres de Paz Batterer's Intervention Treatment Program.

**LCDA**, 420 S.W. 10th, Oklahoma City, OK 73109

Phone: (405) 236-0701

Fax: (405) 236-0737

Web site address: [www.latinoagencyokc.org](http://www.latinoagencyokc.org)

**Oklahoma Office of Attorney General, Victim Services Unit** oversees funding and certification for domestic violence programs across the state. The unit also provides training for law enforcement officers, prosecutors and shelter workers.

313 NE 21st St., Oklahoma City, OK 73105

Phone: (405) 521-3921 or (918) 581-2885

Web site address: [www.oag.state.ok.us/oagweb.nsf](http://www.oag.state.ok.us/oagweb.nsf)

**Address Confidentiality Program (ACP)** provides services to residents of Oklahoma that are victims of domestic violence, sexual assault and stalking. The ACP provides you with a substitute address that can be used when interacting with state and local government agencies. The substitute address serves as your home, work and school address and ensures your perpetrator does not use government records to locate you. The address can be used for enrolling children in public schools, driver licenses, social services, child support, court documents, and protective orders. The ACP can also help with confidentiality when applying for public utilities, registering to vote and transfer of school records.

The ACP is administered by the Office of the Secretary of State of Oklahoma

PO Box 60189, Oklahoma City, OK 73146-0189

Phone: (405) 557-1700 or 1-866-227-7784 (Oklahoma only)

Web site address: [www.sos.state.ok.us/acp](http://www.sos.state.ok.us/acp)

### **Oklahoma VINE Criminal Tracking and Victim Notification System**

VINE, which stands for Victim Information and Notification Everyday, is currently being implemented in Oklahoma on a county-by-county basis. The system allows citizens to register to be notified of changes in inmates' status. Notifications can occur either by phone or by e-mail and will occur when an inmate is transferred, released, paroled, escapes or dies. Users can also call the system 24-hours a day for updated information.

Oklahoma Statewide VINE Service Number: (877) 654-8463

Web site address: [www.vinelink.com](http://www.vinelink.com)

**Oklahoma Native American Domestic Violence Coalition** provides training to tribal and non-tribal programs on domestic violence, sexual assault and stalking in Oklahoma Indian Country. We also provide resources and referral information.

ONADVC

3701 SE 15th St., Ste. 208

Del City, OK 73115

Phone: (405) 619-9707

Fax: (405) 619-9715

E-mail: [spiritsofhope@coxinet.net](mailto:spiritsofhope@coxinet.net)

## Oklahoma Domestic Violence Programs by City

### **Ada**

*Family Crisis Center, Inc.*  
PO Box 2274  
Ada, OK 74820  
580/436-3504  
Fax: 580/436-5047

*Office of Violence Prevention*  
125 S. Broadway  
PO Box 1548  
Ada, OK 74821  
580/436-1222  
Fax: 580/436-1333

### **Altus**

*ACMI House, Inc.*  
PO Box 397  
Altus, OK 73522  
580/482-3800  
Crisis: 800/466-3805  
Fax: 580/477-2093

### **Alva**

*NW Domestic Crisis Center*  
1330 Oklahoma Blvd.  
Alva, OK 73717  
580/327-6648

### **Antlers**

*SOS for Families*  
106 W. Main  
Antlers, OK 74523  
580/298-5575

### **Ardmore**

*Community Children's Shelter, Inc.*  
PO Box 246  
15 Monroe NE  
Ardmore, OK 73402  
580/226-1838

*Family Shelter of Southern Oklahoma*  
PO Box 1408  
117 B Street SW  
Ardmore, OK 73402-1408  
580/226-6424

### **Bartlesville**

*Family Crisis Counseling Center*  
PO Box 5016  
615 SE Frank Phillips Blvd.  
Bartlesville, OK 74005  
918/336-1188  
Crisis: 800/814-1188  
Fax: 918/336-2933

### **Boley**

*Smith Health Services, Inc. dba  
Charles Drew Community Health Center*  
115 S. Pecan  
Boley, OK 74829  
918/667-3352

### **Chickasha**

*Women's Service & Family Resource Center*  
PO Box 1539  
Chickasha, OK 73023  
405/224-8256  
Crisis: 405/222-1818  
Crisis: 800/734-4117  
Fax: 405/224-4406

### **Chickasaw Nation**

Ada, OK  
(Main Office)  
580/272-5580  
Fax: 580/272-5562  
Serving Counties: Bryan, Coal, Garvin,  
Grady, Jefferson, Johnston, Love, Marshall,  
McClain, Murray, Pontotoc

**Citizen Potawatomi Nation**

*Family Violence Program*  
1601 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
405/878-4831  
Fax: 405/878-4659

**Claremore**

*Safenet Services*  
PO Box 446  
Claremore, OK 74018  
918/341-1424  
Crisis: 918/341-9400  
Fax: 918/341-1471

**Clinton**

*Action Associates, Inc.*  
PO Box 1534  
2500 S. 183 Hwy  
Clinton, OK 73601  
580/323-0838  
Crisis: 580/323-2604

**Duncan**

*Women's Haven*  
PO Box 555  
Duncan, OK 73534  
580/252-5324  
Crisis: 580/252-4357  
Crisis: 877/970-4357

**Durant**

*Crisis Control Center, Inc.*  
PO Box 113  
Durant, OK 74702  
580/924-3056  
Crisis: 580/924-3030  
Fax: 580/924-3493

**El Reno**

*Women's Service & Family Resource Center*  
PO Box 754  
El Reno, OK 73036  
405/262-4455

**Enid**

*YWCA*  
525 S. Quincy  
Enid, OK 73701  
580/234-7581  
Crisis: 800/966-7644  
Fax: 580/234-1284

**Guymon**

*NW Domestic Crisis Center*  
1106 N. Ellison  
Guymon, OK 73942  
580/338-2780  
Shelter: 580/338-7081

**Hugo**

*SOS For Families*  
PO Box 394  
Idabel, OK 74745  
Crisis: 888/286-3369  
Fax: 580/286-2599

**Idabel**

*SOS For Families*  
PO Box 394  
Idabel, OK 74745  
580/286-3400  
Crisis: 888/286-3369  
Fax: 580/286-2599

**Jay**

*Community Crisis Center, Inc.*  
PO Box 66  
Jay, OK 74346  
918/253-3939

**Lawton**

*New Directions, Inc.*  
PO Box 408  
Lawton, OK 73502  
580/357-6141  
Crisis: 580/357-2500  
Shelter: 580/357-5441  
Fax: 580/250-0246

**Madill**

*Marshall County Family Support Services*  
114 S. 1st Street  
Madill, OK 73446  
580/795-7476  
Fax: 580/795-3839

**McAlester**

*McAlester C.A.R.E. Center*  
PO Box 1404  
828 E. Creek  
McAlester, OK 74501  
Office: 918/423-4010  
Care-line: 918/423-0032

**Miami**

*Community Crisis Center, Inc.*  
118 A Street SE  
Miami, OK 74354  
918/540-2275  
Crisis: 918/542-1001  
Crisis: 800/400-0883  
Fax: 918/540-3228  
NEO Office: 918/682-3402

**Muscogee (Creek) Nation**

*Family Violence Prevention Program*  
PO Box 580  
Okmulgee, OK 74447  
918/732-7869  
Fax: 918/732-7855  
Toll Free: 800/521-5432  
Crisis Referral: 877/756-2545  
Serving Counties: McIntosh, Tulsa,  
Wagoner, Muskogee, Okfuskee, Hughes,  
Okmulgee, Creek, Seminole, Rogers,  
Mayes

**Muskogee**

*Women in Safe Home, Inc.*  
PO Box 487  
Muskogee, OK 74402  
918/682-7879  
Crisis: 918/682-7878  
Fax: 918/682-3402  
WISH-Whitlock House: 918/683-3900

**Norman**

*Women's Resource Center, Inc.*  
PO Box 5089  
501 E. Alexander  
Norman, OK 73070  
405/364-9424  
Crisis: 405/701-5540  
Shelter: 405/701-5497  
Fax: 405/364-4888

**Nowata**

*Family Crisis and Counseling Center*  
918/273-7438

**Oklahoma City**

*YWCA Crisis Services*  
2460 W. I-44 Service Road  
Oklahoma City, OK 73112  
405/948-1770  
Crisis: 405/947-4506  
Shelter: 405/949-0907  
Fax: 405/943-7177  
Rape Hotline: 405/943-7273

**Okmulgee**

*Okmulgee Safehouse*  
PO Box 73  
Okmulgee, OK 74447  
918/756-2549  
Crisis: 918/756-2545  
Toll Free: 877/756-2545

**Ponca City**

*Domestic Violence Program of  
North-Central Oklahoma, Inc.*  
PO Box 85  
Ponca City, OK 74602  
580/762-2873  
Fax: 580/762-3603

**Poteau**

*Women's Crisis Services of  
LeFlore County, Inc.*  
PO Box 774  
Poteau, OK 74953  
918/647-2810  
Crisis: 918/647-9800  
Crisis: 800/230-9799  
Fax: 918-647-9800

**Pryor**

*Rogers County Community Services  
Center, Inc.*  
888/372-9400

*Safe Net Services, Inc.*

21 N. Vann, Unit 4  
Pryor, OK 74361  
918/825-0191

**Sallisaw**

*Help in Crisis*  
101 E. Chickasaw  
Sallisaw, OK 74955  
918/775-3300

**Sands Springs**

*Baptist Women & Children's Shelter  
Inc. dba DaySpring Villa Baptist Women's  
Shelter*  
PO Box 1588  
Sand Springs, OK 74036-1588  
918/245-4075

**Sapulpa**

*Domestic Violence Intervention Services*  
424 E. Hobson  
Sapulpa, OK 74033  
918/224-9290

**Seminole**

*Family Resource Center*  
212 E. Oak  
Seminole, OK 74868  
405/382-5979  
Hotline: 800/373-5608 (405 and 580 areas  
only)  
Fax: 405/382-5978

**Shawnee**

*Project Safe, Inc.*  
PO Box 465  
Shawnee, OK 74802  
405/273-9953  
Crisis: 405/273-2420  
Crisis: 800/821-9953  
Fax: 405/273-8890

**Skiatook**

*Domestic Violence Intervention Services*  
918/584-2328

**Stigler**

*KiBois Women's Shelter*  
PO Box 727  
Stigler, OK 74462  
918/967-2512  
Crisis: 918/967-3277  
Crisis: 877/810-5637

**Stillwater**

*Stillwater Domestic Violence Services*  
115 E. 4th St.  
Stillwater, OK 74074  
405/377-2344  
Crisis: 800/624-3020  
Crisis: 405/624-3020

**Stilwell**

*Help In Crisis*  
918/696-6865  
Crisis: 800/300-5321

**Tahlequah**

*Help In Crisis*  
PO Box 1975  
Tahlequah, OK 74464  
918/456-0673  
Crisis: 918/456-4357  
Crisis: 800/300-5321 (in state)  
Fax: 918/456-1868

**Tulsa**

*Domestic Violence Intervention Services*  
4300 S. Harvard, Suite 100  
Tulsa, OK 74135  
918/585-3163  
Crisis: 918/585-3143  
Shelter: 918/584-7500  
Fax: 918/744-4432

**Wagoner**

*Help In Crisis*  
101 N. Harrill  
Wagoner, OK 74467  
918/485-6500

**Woodward**

*NW Domestic Crisis Center*  
1323 Kansas  
Woodward, OK 73801  
580/256-1215  
Crisis: 580/256-8712  
Crisis: 888/256-1215  
Fax: 580/256-1245

**OCADVSA State Office**

Marcia Smith, Executive Director  
3815 N. Santa Fe, Suite 124  
Oklahoma City, OK 73118  
405/524-0700  
Fax: 405/524-0711

*Education Office*

Beth Stanford, Director  
PO Box 135  
Poteau, OK 74953  
918/647-5814  
Fax: 918/649-3772

## County Listings

### Domestic Violence and Sexual Assault Programs by County

<u>County</u>	<u>Program</u>	<u>Business #</u>	<u>Crisis #</u>	<u>Toll-Free #</u>	<u>Fax #</u>
<b>Adair</b>	Tahlequah	918-456-0673	918-456-4357	800-300-5321	918-456-1868
<b>Alfalfa</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
<b>Atoka</b>	Ada	580-436-3504	580-436-3504		580-436-5047
<b>Beaver</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
	Guymon	580-338-2780	580-338-7081	888-256-1215	580-468-4784
<b>Beckham</b>	Clinton	580-323-0838	580-323-2604		580-323-4364
<b>Blaine</b>	Enid	580-234-7581	800-966-7644	800-966-7644	580-234-1284
<b>Bryan</b>	Durant	580-924-3056	580-924-3030		580-924-3493
	Madill	580-795-7476	580-795-7476		580-795-3839
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Caddo</b>	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Canadian</b>	El Reno	405-262-4455	405-262-4455		405-262-2432
<b>Carter</b>	Ardmore	580-226-3750	580-226-6424	800-522-7233	580-226-6470
	Chickasaw Nation	580-226-4821			580-221-2146
	Durant	580-924-3056	580-924-3030		580-924-3493
	Madill	580-795-7476	580-795-7476		580-795-3839
<b>Cherokee</b>	Tahlequah	918-456-0673	918-456-4357	800-300-5321	918-456-1868
<b>Choctaw</b>	Hugo	580-286-7533	888-286-3369	888-286-3369	
<b>Cimarron</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
	Guymon	580-338-2780	580-338-7081	888-256-1215	580-468-4784
<b>Cleveland</b>	Norman	405-364-9424	405-701-5540		405-364-4888
	Rape Crisis		405-701-5660		
<b>Coal</b>	Ada	580-436-3504	580-436-3504		580-436-5047
	Chickasaw Nation	580-272-5580			580-272-5562
	Muskogee	918-682-7879	918-682-7878		918-682-3402
<b>Comanche</b>	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Cotton</b>	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Craig</b>	Miami	918-540-2275	918-542-1001	800-400-0883	918-540-3228
<b>Creek</b>	Sapulpa	918-224-9290	918-585-3143		918-248-7140
	Muskogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Custer</b>	Clinton	580-323-0838	580-323-2604		580-323-4364
<b>Delaware</b>	Miami	918-540-2275	918-542-1001	800-400-0883	918-540-3228
	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
<b>Dewey</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
<b>Ellis</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
<b>Garfield</b>	Enid	580-234-7581	800-966-7644	800-966-7644	580-234-1284
<b>Garvin</b>	Chickasaw Nation	580-272-5580			580-272-5562
	Durant	580-924-3056	580-924-3030		580-924-3493
	Norman	405-364-9424	405-701-5540		405-364-4888
<b>Grady</b>	Chickasha	405-224-8256	405-222-1818	800-734-4117	405-224-4406
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Grant</b>	Enid	580-234-7581	800-966-7644	800-966-7644	580-234-1284
<b>Greer</b>	Altus	580-482-3800	800-466-3805	800-466-3805	580-477-2093
<b>Harmon</b>	Altus	580-482-3800	800-466-3805	800-466-3805	580-477-2093
<b>Harper</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
<b>Haskell</b>	Stigler	918-967-2512	918-967-3277	877-810-5637	
	Muskogee	918-682-7879	918-682-7878		918-682-3402

<u>County</u>	<u>Program</u>	<u>Business #</u>	<u>Crisis #</u>	<u>Toll-Free #</u>	<u>Fax #</u>
<b>Hughes</b>	Seminole	405-382-5979	405-382-5979	800-373-5608	405-382-5978
	Ada	580-436-3504	580-436-3504		580-436-5047
	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Jackson</b>	Altus	580-482-3800	800-466-3805	800-466-3805	580-477-2093
	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Jefferson</b>	Lawton	580-357-6141	580-357-2500		580-250-0246
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Johnston</b>	Madill	580-795-7476	580-795-7476		580-795-3839
	Ada	580-436-3504	580-436-3504		580-436-5047
	Chickasaw Nation	580-272-5580			580-272-5562
	Durant	580-924-3056	580-924-3030		580-924-3493
<b>Kay</b>	Ponca City	580-762-2873	580-762-2873		580-762-3603
<b>Kingfisher</b>	Enid	580-234-7581	800-966-7644	800-966-7644	580-234-1284
<b>Kiowa</b>	Lawton	580-357-6141	580-357-2500		580-250-0246
	Altus	580-482-3800	800-466-3805	800-466-3805	580-477-2093
<b>Latimer</b>	Poteau	918-647-2810	918-647-9800	800-230-9799	918-647-9800
	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Stigler	918-967-2512	918-967-3277	877-810-5637	918-967-2944
<b>LeFlore</b>	Poteau	918-647-2810	918-647-9800	800-230-9799	918-647-9800
	Stigler	918-967-2512	918-967-3277	877-810-5637	918-967-2944
<b>Lincoln</b>	Shawnee	405-273-9953	800-821-9953	800-821-9953	405-273-8890
	Stillwater	405-377-2344	405-624-3020	800-624-3020	405-624-2408
<b>Logan</b>	Stillwater	405-377-2344	405-624-3020	800-624-3020	405-624-2408
<b>Love</b>	Marietta	580-276-2042	580-276-2042		
	Durant	580-924-3056	580-924-3030		580-924-3493
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Major</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
	Durant	580-924-3056	580-924-3030		580-924-3493
<b>Marshall</b>	Madill	580-795-7476	580-795-7476		580-795-3839
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Mayes</b>	Pryor	918-825-0190	888-372-9400	888-372-9400	918-341-1477
	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>McClain</b>	Norman	405-364-9424	405-701-5540		405-364-4888
	Chickasaw Nation	580-272-5580			580-272-5562
<b>McCurtain</b>	Idabel	580-286-7533	888-286-3369	888-286-3369	580-286-2599
<b>McIntosh</b>	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Murray</b>	Durant	580-924-3056	580-924-3030		580-924-3493
	Chickasaw Nation	580-272-5580			580-272-5562
<b>Muskogee</b>	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Noble</b>	Ponca City	580-762-2873	580-762-2873		580-762-3603
	Stillwater	405-377-2344	405-624-3020	800-624-3020	405-624-2408
<b>Nowata</b>	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
<b>Okfuskee</b>	Okmulgee	918-756-2549	918-756-2545	877-756-2545	918-752-0611
	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Oklahoma</b>	Oklahoma City	405-948-1770	405-947-4506	800-522-7233	405-943-7177
	Rape Hotline		405-943-7273		
	DV Hotline		405-949-1866		

<u>County</u>	<u>Program</u>	<u>Business #</u>	<u>Crisis #</u>	<u>Toll-Free #</u>	<u>Fax #</u>
<b>Okmulgee</b>	Okmulgee	918-756-2549	918-756-2545	877-756-2545	918-752-0611
	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Osage</b>	Sand Springs	918-245-4075	918-245-4075		918-245-3995
	Ponca City	580-762-2873	580-762-2873		580-762-3603
<b>Ottawa</b>	Miami	918-540-2275	918-542-1001	800-400-0883	918-540-3228
	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
<b>Pawnee</b>	Stillwater	405-377-2344	405-624-3022	800-624-3020	405-624-2408
	Ponca City	580-762-2873	580-762-2873		580-762-3603
<b>Payne</b>	Stillwater	405-377-2344	405-624-3020	800-624-3020	405-624-2408
<b>Pittsburg</b>	McAlester	918-423-4010	918-423-0032		918-423-2370
	Muskogee	918-682-7879	918-682-7878		918-682-3402
	Stigler	918-967-2512	918-967-3277	877-810-5637	918-967-2944
<b>Pontotoc</b>	Ada	580-436-3504	580-436-3504		580-436-5047
	Chickasaw Nation	580-272-5580			580-272-5562
	Durant	580-924-3056	580-924-3030		580-924-3493
<b>Pottawatomie</b>	Shawnee	405-273-9953	800-821-9953	800-821-9953	405-273-8890
<b>Pushmataha</b>	Antlers	580-286-7533	888-286-3369	888-286-3369	580-286-2599
	Poteau	918-647-2810	918-647-9800	800-230-9799	918-647-9800
<b>Roger Mills</b>	Clinton	580-323-0838	580-323-2604		580-323-4364
<b>Rogers</b>	Claremore	918-341-1424	918-341-9400	888-372-9400	918-341-1471
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
<b>Seminole</b>	Seminole	405-382-5979	405-382-5979	800-373-5608	405-382-5978
	Durant	580-924-3056	580-924-3030		580-924-3493
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Sequoyah</b>	Tahlequah	918-456-0673	918-456-4357	800-300-5321	918-456-1868
<b>Stephens</b>	Duncan	580-252-5324	580-252-4357	877-970-4357	580-252-6112
	Chickasaw Nation	580-252-4119			580-252-3926
	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Texas</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
	Guymon	580-338-2780	580-338-7081	888-256-1215	580-468-4784
<b>Tillman</b>	Altus	580-482-3800	800-466-3805	800-466-3805	580-477-2093
	Lawton	580-357-6141	580-357-2500		580-250-0246
<b>Tulsa</b>	Tulsa DVIS	918-585-3163	918-585-3143		
	Tulsa Call Rape	918-585-3163	918-744-7273		918-744-4432
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Wagoner</b>	Tahlequah	918-456-0673	918-456-4357	800-300-5321	918-456-1868
	Muscogee (Creek) Nation	918-732-7869	877-756-2545	800-521-5432	918-732-7855
<b>Washington</b>	Bartlesville	918-336-1188	800-814-1188	800-814-1188	918-336-2933
<b>Washita</b>	Clinton	580-323-0838	580-323-2604		580-323-4364
<b>Woods</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245
<b>Woodward</b>	Woodward	580-256-1215	580-256-8712	888-256-1215	580-256-1245

# Legal Aid Services of Oklahoma

Ada	580/332-7141 or 866/332-7141
Altus	580/482-7431 or 800/421-8016
Ardmore Serves Carter, Garvin, Jefferson, Johnston, Love, Marshall, Murray, and Pontotoc counties	580/226-4863 or 800/421-8007
Bartlesville Serves Craig, Delaware, Mayes, Nowata, Osage, Ottawa, Rogers and Washington counties	918/336-5736 or 888/534-5243
Chickasha	405/222-1231
Duncan	580/252-5872
Hugo Serves Atoka, Bryan, Choctaw, Coal, McCurtain, Pittsburg, Pushmataha, Haskell, Latimer and LeFlore counties	580/326-9655 or 800/299-9655
Jay	918/253-4980 or 800/725-8930
Lawton	580/248-4675 or 800/850-5950
Muskogee Serves Adair, Cherokee, McIntosh, Muskogee, Sequoyah and Wagoner counties	918/683-5681 or 800/725-5681
Norman Serves Cleveland, Hughes, McClain, Pottawatomie, and Seminole counties	405/360-6631 or 800/421-4057
Oklahoma City Intake	405/488-6825 or 800/421-1641
Oklahoma City Serves Canadian and Oklahoma counties	405/521-1302 or 800/421-1641
Oklahoma City Court Defender Serves Defendants in the Oklahoma City Municipal Court of Record	405/297-3190
Oklahoma City Senior Law Project	405/557-0014
Administrative Offices (Oklahoma City)	405/557-0020
Poteau	918/647-8136 or 800/299-8136
Shawnee	405/275-6870 or 800/421-8017
Stillwater Serves Garfield, Grant, Kay, Kingfisher, Lincoln, Logan, Noble, and Payne counties	405/624-1734 or 800/256-9601
Stilwell	918/696-2331 or 800/574-2331
Tulsa Serves Creek, Mayes, Okfuskee, Okmulgee, Rogers, Pawnee and Tulsa counties	918/584-3338 or 800/299-3338
Weatherford Serves Alfalfa, Beaver, Beckham, Blaine, Cimarron, Custer, Dewey, Ellis, Harper, Major, Roger Mills, Texas, Washita, Woods, and Woodward counties	480/323-6450 or 800/256-1978
Woodward	580/256-4903 or 800/283-6949

AIDS Legal Resource Project	405/524-4611
Hispanic Outreach and Farmworker Project Oklahoma City Weatherford Tulsa	405/488-6756 580/323-6450 or 800/256-1978 918/584-3338

***Office of the Attorney General***  
***Certified Batterers Intervention Programs***

*\*Denotes Satellite Office*

**Community Crisis Center**

17 N. Main  
Miami, OK 74354  
(918) 540-2275  
ccci@cableone.net

**COPE, Inc.**

2701 N. Oklahoma Ave.  
Oklahoma City, OK 73105  
(405) 528-8686  
okcopeinc@aol.com

**Domestic Violence Intervention Services,  
Inc.**

4300 S. Harvard, Suite 100  
Tulsa, OK 74135  
(918) 585-3163  
info@dvis.org

**Domestic Violence Program of North  
Central Oklahoma, Inc.**

PO Box 85  
Ponca City, OK 74602  
(580) 762-2873  
christydw@cableone.net

**Drug Recovery, Inc.**

PO Box 1256  
Oklahoma City, OK 73101  
(405) 232-2852  
sjolly@drionline.org

**Family Crisis Center, Inc.**

PO Box 2274  
Ada, OK 74821  
(580) 436-3504  
fccada@sbcglobal.net

**Family Crisis and Counseling Center,  
Inc.**

PO Box 5016  
Bartlesville, OK 74005  
(918) 336-1188  
bturner@familycrisis.us

**Family Resource Center of Seminole  
County**

212 E. Oak  
Seminole, OK 74868  
(405) 382-5979  
familyrc@sbcglobal.net

**Human Skills and Resources, Inc.**

27 E. Dewey  
Sapulpa, OK 74066  
(918) 224-0225  
maureeng@humanskills.org

**Latino Community Development Agency**

420 S.W. 10th  
Oklahoma City, OK 73109  
(405) 236-0701  
devdir@latinoagencyokc.org

**Marie Detty Youth and Family Services  
Center, Inc. dba New Directions**

PO Box 1684  
Lawton, OK 73502  
(580) 357-6141  
nddirector@mariedetty.com

**Marshall County Family Support  
Services, Inc.**

114 S. 1st Street  
Madill, OK 73446  
(580) 795-2066  
mcfss@sbcglobal.net

**New Alternatives Center, LLC**

501 N. Hudson Ave.  
Oklahoma City, OK 73102  
(405) 601-4669  
ceciljb2003@yahoo.com

**Northwest Domestic Crisis Services, Inc.**

1323 Kansas  
Woodward, OK 73801  
(580) 256-1215  
woodwardcrisis@sbcglobal.net

**Oklahoma Mental Health Council  
dba Red Rock Behavioral Health**

90 N. 31st St  
Clinton, OK 73601  
(580) 323-6021ext. 2201  
vfoust@red-rock.com

**Okmulgee County Family Resource  
Center, Inc.**

PO Box 73  
(918) 756-2549  
Okmulgee, OK 74447  
casaokm@sbcglobal.net

**Parents Assistance Center**

415 N.W. 5th  
Oklahoma City, OK 73102  
(405) 232-8226  
ccummings@pacemail.org

**Restorative Counseling Services, Inc.**

10007 S. Pennsylvania Ave.  
Oklahoma City, OK 73159  
(405) 692-5577  
dfilkins@cox.net

**Riverside Counseling, Testing and  
Education Services, LLC**

519 W. Delaware  
Purcell, OK 73080  
(405) 527-8380  
pbilly@riversidecounseling.com

**Safenet Services, Inc.**

PO Box 446  
Claremore, OK 74018  
(918) 341-1424  
safenetservices@sbcglobal.net

**Stillwater Domestic Violence Services, Inc.**

115 E. 4th  
Stillwater, OK 74074  
(405) 377-2344  
director@sdvs.org

**Women's Haven, Inc.**

PO Box 555  
Duncan, OK 73534  
(580) 252-4357 / (580) 252-0668  
womensha@texhoma.net

**YWCA of Oklahoma City, Inc.**

2460 W. I-44 Service Road  
Oklahoma City, OK 73112  
(405) 948-1770  
JanetPeery@ywcaokc

## *Domestic Violence Coalitions by State*

*To get help or give help, call your State Coalition Office to find the program offering shelter and support nearest to you:*

Alabama Coalition Against Domestic Violence	334-832-4842
Alaska Network on Domestic Violence & Sexual Assault	907-586-3650
Arizona Coalition Against Domestic Violence	602-279-2900
Arkansas Coalition Against Violence to Women & Children	800-269-4668
California Alliance Against Domestic Violence	800-524-4765
Colorado Coalition Against Domestic Violence	303-831-9632
Connecticut Coalition Against Domestic Violence	860-282-7899
Delaware Coalition Against Domestic Violence	302-658-2958
DC Coalition Against Domestic Violence	202-299-1181
Florida Coalition Against Domestic Violence	850-425-2749
Georgia Coalition Against Domestic Violence	404-209-0280
Hawaii State Coalition Against Domestic Violence	808-832-9316
Idaho Coalition Against Sexual and Domestic Violence	888-293-6118
Illinois Coalition Against Domestic Violence	217-789-2830
Indiana Coalition Against Domestic Violence	317-917-3685
Iowa Coalition Against Domestic Violence	515-244-8028
Kansas Coalition Against Sexual & Domestic Violence	785-232-9784
Kentucky Domestic Violence Association	502-209-5381
Louisiana Coalition Against Domestic Violence	225-752-1296
Maine Coalition to End Domestic Violence	207-941-1194
Maryland Network Against Domestic Violence	301-352-4574
Massachusetts Coalition Against Sexual Assault and Domestic Violence	617-248-0922
Michigan Coalition Against Domestic Violence	517-347-7000
Minnesota Coalition for Battered Women	800-289-6177
Mississippi Coalition for Battered Women	601-981-9196
Missouri Coalition Against Domestic Violence	573-634-4161
Montana Coalition Against Domestic and Sexual Violence	888-404-7794
Nebraska Domestic Violence and Sexual Assault Coalition	402-476-6256
Nevada Network Against Domestic Violence	775-828-1115
New Hampshire Coalition Against Domestic and Sexual Violence	603-224-8893
New Jersey Coalition for Battered Women	609-584-8107
New Mexico State Coalition Against Domestic Violence	505-246-9240
New York State Coalition Against Domestic Violence	518-482-5464
North Carolina Coalition Against Domestic Violence	888-232-9124
North Dakota Council on Abused Women's Services	888-255-6240
Action Ohio Coalition for Battered Women	614-221-1255
Oklahoma Coalition Against Domestic Violence and Sexual Assault	405-524-0700
Oregon Coalition Against Domestic and Sexual Violence	503-230-1951
Pennsylvania Coalition Against Domestic Violence	800-932-4632
Office of Women Advocates, Puerto Rico	787-721-7676
Rhode Island Coalition Against Domestic Violence	401-467-9940
South Carolina Coalition Against Domestic Violence & Sexual Assault	803-256-2900
South Dakota Coalition Against Domestic Violence & Sexual Assault	800-572-9196

Tennessee Council on Family Violence	512-794-1133
Texas Council on Family Violence	512-794-1133
Utah Domestic Violence Council	801-521-5544
Women's Coalition of St. Croix, Virgin Islands	340-773-9272
Virginians Against Domestic Violence	800-838-8238
Washington State Coalition Against Domestic Violence	360-586-1022
West Virginia Coalition Against Domestic Violence	304-965-3552
Wisconsin Coalition Against Domestic Violence	608-255-0539
Wyoming Coalition Against Domestic Violence and Sexual Assault	800-990-3877

*Courtesy of National Coalition Against Domestic Violence web site, [www.ncadv.org](http://www.ncadv.org).*

### **National Domestic Violence Hotline**

The National Domestic Violence Hotline answers more than 16,000 calls per month from victims, survivors, friends and family members, law enforcement personnel, domestic violence advocates and the general public.

Hotline advocates provide support and assistance to anyone involved in a domestic violence situation, including those in same-sex relationships, male survivors, those with disabilities and immigrant victims of domestic violence.

**All calls to the National Domestic Violence Hotline are confidential!**

Help is available to callers 24 hours a day, 365 days a year. Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 140 languages through interpreter services.

**If you or someone you know is frightened about something in your relationship, please call the National Domestic Violence Hotline at: 1-800-799-SAFE (7233) or TTY 800-787-3224.**

Adapted from National Domestic Violence Hotline web site, [www.ndvh.org](http://www.ndvh.org).

### **National Teen Dating Abuse Helpline**

**Loveisrespect.org** is the online home of the National Teen Dating Abuse Helpline, a community where you can find support and information to understand dating abuse. You can talk one-on-one with a trained advocate 24/7 who can offer support and connect you to resources. Call toll free **1-866-331-9474** or **TTY 1-866-331-8453**. One-on-one live chat is also available from 4pm to 2am Central Standard Time, 7 days a week.

**To contact an Oklahoma Department of Human Services  
Domestic Violence Curriculum Trainer:  
[Cindy.McGowan@okdhs.org](mailto:Cindy.McGowan@okdhs.org)  
[Kristi.Tarwater@okdhs.org](mailto:Kristi.Tarwater@okdhs.org)**

## ***Related Web Sites***

**American Institute on Domestic Violence**  
[www.aidv-usa.com](http://www.aidv-usa.com)

**Asista – Assistance for Battered Immigrants**  
[www.asistaonline.org](http://www.asistaonline.org)

**Latino Community Development Agency**  
[www.latinoagencyokc.org](http://www.latinoagencyokc.org)

**Legal Aid Services of Oklahoma, Inc.**  
[www.legalaidok.org](http://www.legalaidok.org)

**Legal Resource Center on Violence Against Women**  
[www.lrcvaw.org](http://www.lrcvaw.org)

**National Center on Elder Abuse**  
[www.elderabusecenter.org](http://www.elderabusecenter.org)

**National Clearinghouse On Abuse In Later Life**  
[www.ncall.us](http://www.ncall.us)

**National Coalition Against Domestic Violence**  
[www.ncadv.org](http://www.ncadv.org)

**National Council on Child Abuse and Family Violence**  
[www.nccafv.org](http://www.nccafv.org)

**OK Law – Oklahoma Legal Aid Website**  
[www.oklaw.org](http://www.oklaw.org)

**Oklahoma Attorney General-Victim Services Unit**  
[www.oag.state.ok.us](http://www.oag.state.ok.us)  
(Click on Section & Units and scroll to Victim Services Unit)

**Oklahoma Coalition Against Domestic Violence and Sexual Assault**  
[www.ocadvsa.org](http://www.ocadvsa.org)

**Oklahoma Department of Human Services**  
[www.okdhs.org](http://www.okdhs.org)

**State of Oklahoma Statutes**  
[www.lsb.state.ok.us](http://www.lsb.state.ok.us)  
(Click on “Okla. Statutes and Constitution” then “Search Okla. Statutes Database.” Enter 22-60.1 for Domestic Violence Definitions; 60.2 for Protective Orders)

**U.S. Department of Justice – Bureau of Justice Statistics**  
[www.ojp.usdoj.gov/bjs](http://www.ojp.usdoj.gov/bjs)

**U.S. Dept. of Justice Office on Violence Against Women**  
[www.usdoj.gov/ovw](http://www.usdoj.gov/ovw)

(rev. 1/3/08)

***Community Resource Page***

Service or area:

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In case of emergency, call: 9-1-1 or

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Local domestic violence hotline:

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State domestic violence hotline: 1-800-522-SAFE (7233)

National domestic violence hotline: 1-800-799-SAFE (7233)

National domestic violence hotline TDD: 1-800-787-3224

Confidential shelters:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Batterer treatment services:

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Legal services:

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Sheriff's office/police station phone numbers:

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## Chapter 8: Taking Care of You

### Taking Care of Yourself While Working with Women on the Edge of Crisis

#### 15 Things to Remember:

1. You are only the first line in intervention. Don't shoulder too much of the load and become victimized yourself. You have a limited role. Know your bottom line. It is not to save her, but to provide resources, support, and access to help.
2. Make sure you have and use a support system. Talk with co-workers, your partner, and your friends.
3. Respect each woman's process and pace. Keep your – and her – expectations realistic.
4. Trust her to make the best decisions about her own life, even if you disagree.
5. Pay attention to the aspects of her behavior that upset you the most. She may remind you of something in yourself that you don't want to see or accept.
6. Don't play God. Remember, your job is to provide resources, support, and access to help. You are a broker, not a savior.
7. Don't take responsibility for the abuse or for her decision to stay or leave.
8. Don't feel or act rejected if she does not take your advice.
9. Don't take it personally if she does not trust you. The last person she trusted beat her up. Remember that you did your best.
10. You may never get thanks from the women you work with. Learn to appreciate yourself and to accept strokes from others, like your co-workers and partner.
11. Remember that your co-workers and partner are in need of the same things you are.
12. Don't become part of the crisis. If you are emotionally overwhelmed, step out of the situation or get support for yourself. Don't put her in the position of having to take care of you!
13. Support and admire the courage, strength, and wisdom it took for her to ask for help.
14. Enjoy the highs of the changes you are privileged to be a part of.
15. When things look bleak, remember that there was a time that battering was not even acknowledged or considered a crime.

#### Common Pitfalls to Working with Victims of Domestic Violence

- Don't forget that this is not a cause-and-effect situation. Don't ask what the woman did to provoke the attack.
- Don't work from your own agenda: listen to your client
- Accept the fact that you will feel burned out; talk those feelings out
- Accept that at times you will feel helpless
- Don't get into the rescuer mindset. Be realistic about the impact you can make.



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