

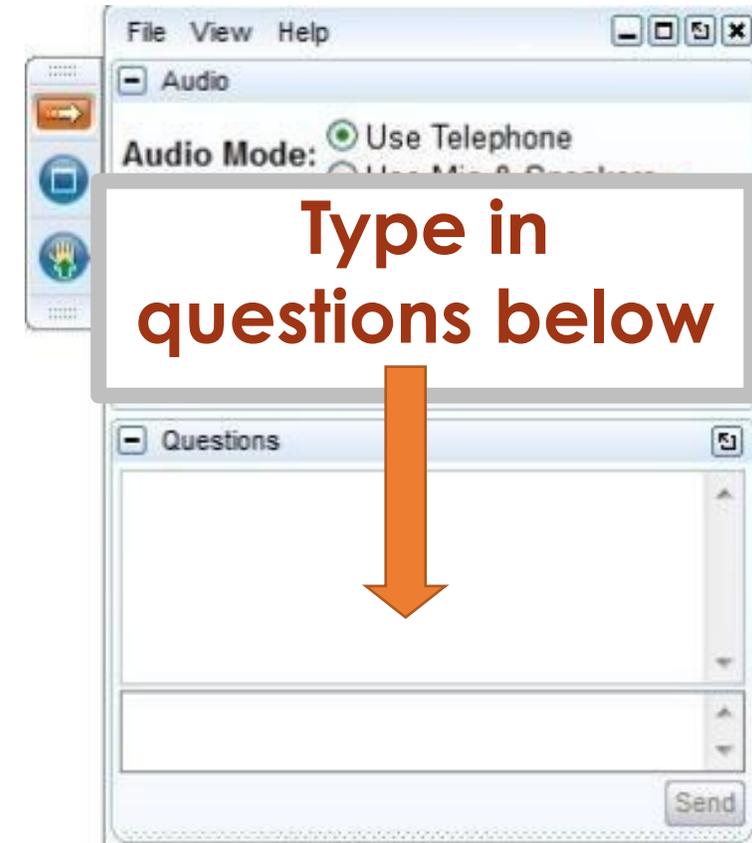


Understanding Domestic Violence

July 19, 2022

House Keeping

- Because this is a webinar, attendees are muted
- Please type any questions you have into the Questions Box
- We are recording this webinar and the recording and slides will be available in our Webinar Library at www.cceh.org



Presenters

Jasmine Pierce

RRH Program Manager

Connecticut Coalition Against Domestic Violence

jpierce@ctcadv.org

Devon Rayment

Health Professional Outreach Project Manager

Connecticut Coalition Against Domestic Violence

drayment@ctcadv.org



Understanding Domestic Violence

cca | **DV**

Connecticut Coalition Against Domestic Violence

Learning Objectives

The definition of domestic violence

The methods of control and tactics used by an abusive partner

The complexities and warning signs domestic violence

The warning signs of domestic violence

Safety Planning

Membership Services

Disclaimer

- For the purposes of this training, we will refer to people being victimized as “she” and person causing the abuse as “he”.
- We recognize that people who identify as female, male, transgender and/or any other non-binary term can be victimized.
- The majority of the people we work with identify as female (85%), male (12-14%) and the remainder identifying as transgender (1-3%)

What is domestic violence?

Domestic violence is a **pattern** of abusive behavior in an intimate relationship where one partner tries to **control** and dominate the other.

The behavior may be physically abusive, sexually abusive or coercive in nature with the victim oftentimes left feeling scared, trapped, confused, dependent and insecure.

Assaulting, threatening, harassing, strangling, or stalking an intimate partner is a crime in the state of Connecticut.

What is domestic violence?

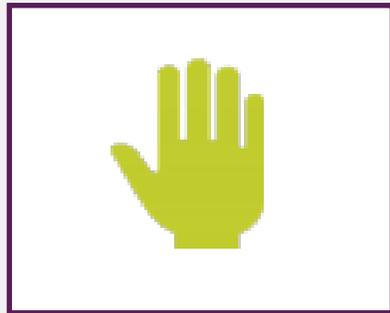
- Domestic violence is fluid. It is a **pattern** of behaviors, **not a single event** or an isolated incident. Events include both positive and negative behaviors.
- Domestic violence will **escalate** over time. Abuse can happen at a very slow pace. **Little by little**, a relationship goes from **healthy-unhealthy-abusive**, oftentimes before it is recognized by the victim.



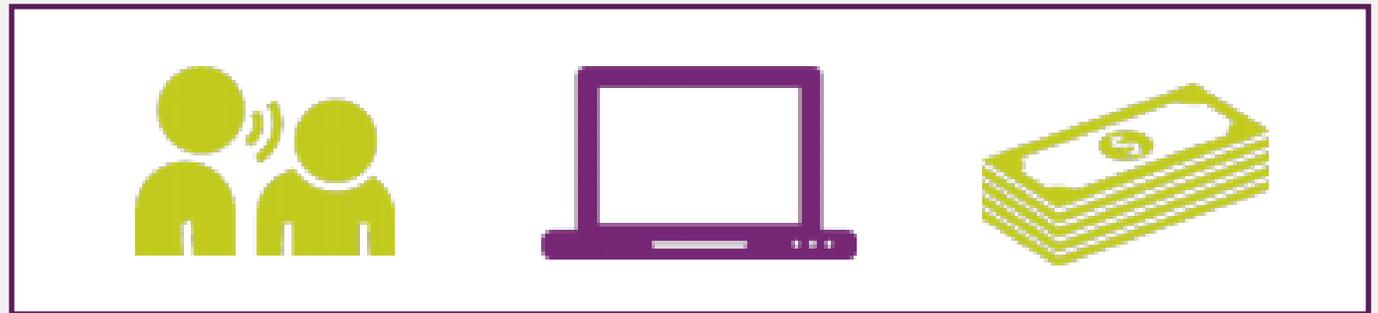
Methods of Control



PHYSICAL



SEXUAL



Emotional

COERCIVE

Technological

Financial

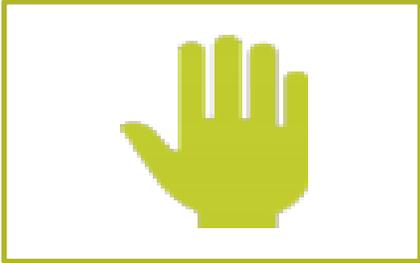
Methods of Control



PHYSICAL VIOLENCE

- Hitting
- Pushing
- Shoving
- Slapping
- Punching
- Holding
- Restraining
- Choking/strangling
- Inflicting bruises or welts
- Physically dragging
- Pulling hair
- Biting

Methods of Control



SEXUAL VIOLENCE

- Coercing victim to have sex
- Making victim watch pornographic movies
- Sexually transmitted diseases
- Demanding sexual photos
- Using date rape drugs
- Sabotaging birth control

Methods of Control



Coercive control behaviors are often behaviors that are **NOT** criminal acts such as:

EMOTIONAL OR PSYCHOLOGICAL:

- Humiliation
- Extreme jealousy/possessiveness
- Criticizing, insulting, belittling
- Ignoring, dismissing
- Blaming, punishing
- Invading privacy
- Isolation
- Intimidation
- Rigid guidelines

Methods of Control



Coercive control behaviors are often behaviors that are NOT criminal acts such as:

TECHNOLOGICAL:

- Non-consensual tracking
- Personal Trackers
- Demanding check-ins
- Excessive texting
- Monitoring communications

Methods of Control



Coercive control behaviors are often behaviors that are **NOT** criminal acts such as:

FINANCIAL:

- Withholding money
- Denying access to bank accounts/ATM and credit cards
- Ruining a victim's credit
- Taking the victim's paycheck
- Showing up or calling the victim's workplace incessantly
- Insisting that the victim be driven to work
- Forcing victim to play for everything

Red Flags

If there is no physical violence or threat of physical violence, are any of these behaviors present and ongoing?

- Invading privacy
- Isolation
- Intimidation
- Rigid guidelines
- Sexual coercion
- Threatening to reveal sexual orientation
- Threatening to release sexual images
- Tracking location
- Demanding check-ins
- Excessive texting
- Spyware and monitoring devices
- Monitoring communications
- Withholding money
- Ruining a victim's credit
- Taking the victim's paycheck
- No access to bank accounts, ATM and credit cards

Complexities of Domestic Violence



Social Complexities

- Ethnicity/Race
- Culture
- Traditions
- Disabilities
- Language

Substance Use

Substance abuse has been found to co-occur in 40-60% in IPV incidents.

Weapons

The presence of weapons increases the ongoing threat of violence.

Behavioral Health

Approximately 20% of IPV survivors reported experiencing a new onset of psychiatric disorders such as major depressive disorder, generalized anxiety disorder, and posttraumatic stress disorder (PTSD).

A photograph of a woman and a child walking away from the camera in a grassy field. The woman is on the left, wearing a light-colored long-sleeved shirt, and the child is on the right, wearing a pink top. The background is a soft-focus landscape with trees and a bright sky. A dark, curved overlay is at the bottom of the image.

Warning Signs

Warning Signs

People who are being abused may:

- Seem afraid or anxious to please their partner.
- Go along with everything their partner says and does.
- Check in often with their partner to report where they are and what they're doing.
- Receive frequent, harassing phone calls from their partner.
- Talk about their partner's temper, jealousy, or possessiveness.

Warning Signs

- Have frequent injuries, with the excuse of “accidents.”
- Frequently miss work, school, or social occasions, without explanation.
- Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors).
- Difficulty making decisions. May show poor self-confidence.
- Be restricted from seeing family and friends.
- Rarely go out in public without their partner.

A photograph of a woman and a child walking away from the camera in a sunlit field. The woman is wearing a light-colored long-sleeved shirt and the child is wearing a pink top. The background is filled with green foliage and bright sunlight, creating a bokeh effect. A dark, semi-transparent banner is overlaid at the bottom of the image.

Domestic Violence Staying vs. Leaving

Staying vs. Leaving

Why do some victims remain in the relationship?

Most victims do not want the relationship to end-rather, they want the violence to stop.

Staying vs. Leaving

Why do some victims remain in the relationship?

The reason will be unique to each victim.

In general, victims remain if:

- Leaving will make their lives or their children's lives worse
- They have no real option or resources to leave
- There are enough positives in the relationship to make it worth putting up with some level of violence and control.

When a victim remains in the relationship, so do the children.

Even if a victim leaves, the children are still likely to have at least some contact or relationship with the abusive partner and their family.

Staying vs. Leaving

Why do some victims remain in the relationship?

Leaving is often a high risk decision.

- For some victims, leaving makes their lives worse, even though remaining is difficult and painful.
- Leaving may mean an escalation of violence, increased risks for her children, the loss of her home, income, job, health insurance, immigration status, her faith community and even the support of family and friends.
- Usually, leaving also means a significant loss of financial stability. For many
- victims, leaving means that they will not be able to properly feed their children, get them health care, or keep them from being homeless.
- Many families struggle to support one household; supporting two is not an option.
- **For many victims living in poverty, there is no real option to leave.**

Staying vs. Leaving

Why do some victims remain in the relationship?

To understand why a victim remains with a partner who is abusive, we have to put ourselves in their shoes.

- For some, remaining or leaving is a formal decision, a weighing of the pros and cons.
- For others it is informal, simply coping with the current situation because it seems tolerable or there are no better options or alternatives.
- Most victims cope with the bad and hope for the better, living with the status quo, making the decisions they must, and doing what they can to make things better along the way.

Leaving is not a simple decision, nor one easily made.

Staying vs. Leaving

Why do some victims remain in the relationship?

To understand why a victim remains with a partner who is abusive, we have to put ourselves in their shoes.

- We have to understand the violence and control in the context of their life circumstances, their family and their culture.
- For some victims, their relationship means shared lives, children and extended families. Their commitment to keeping their family together and keeping their promises is part of who they are.
- This is particularly true for victims with cultural backgrounds that include rigid rules regarding marriage and hold women responsible for the well-being of the entire family. They might see it as their “duty” to give their partner a chance to change.
- For some victims, the violence is horrific and life-threatening, for some painful and dangerous, yet for others the violence is minor and the control minimal. Some live in constant fear and others are not afraid. Victims also have a complex and complete view of their partners – they see the good along with the bad.

Staying vs. Leaving

Category 4

Category 4 – HUD Category 4 are individuals and families who are fleeing or are attempting to flee domestic violence, dating violence, sexual assault, stalking, or other dangerous or life-threatening conditions that relate to violence against the individual or a family member.

- Fleeing domestic violence is not about leaving a place- it is about leaving abuse, control, and manipulation.
- The process is unique to each victim. For some it may be quick, for others it takes time.
- Safety Planning is an essential part of the fleeing process.
- They may be staying:
 - Temporarily staying with friends/family
 - Staying in a hotel stay, that is self-paid or paid for by family/friends
 - Emergency Shelter (Safe House)
 - Staying at the home with the person causing abuse

Challenges to Leaving



- Fear
- Love
- Children
- Money
- Limited or no support system
- Abuser promises to change
- It might be safer to stay at that time

A photograph of a woman and a child walking away from the camera in a grassy field. The woman is on the left, wearing a light-colored long-sleeved shirt, and the child is on the right, wearing a pink top. The background is a soft-focus landscape with trees and a bright sky. A dark, curved overlay covers the bottom portion of the image, containing the text.

Safety Planning

Safety Planning

Safety Planning is the process of understanding the survivor's perspective and working with him / her to create both a plan for safety and a plan for moving forward in life.

Safety Planning is:

- **The cornerstone of our response** to domestic violence.
- **An interactive process:** focused on the immediate and long term needs of the survivor *whether or not there is intention to leave the abusive partner.*
- **A tool:** one of many that can be used to help a survivor identify and evaluate options.
- **Fluid - an ongoing process:** a plan to reduce their risk when faced with the threat of harm or actual harm.

SAFETY IS THE FIRST PRIORITY WHEN CONSIDERING OPTIONS FOR VICTIMS AND SURVIVORS OF DOMESTIC VIOLENCE.

Remember

A Safety Plan Is Survivor Centered

This is NOT our plan.

The plan must be developed according to their needs.

We will be returning to your personal life at the end of the day, and they will continue to live theirs.

Types of Safety Planning

Safety Planning with Victims and Survivors



Three types of safety plans:

Immediate

- Creating safety right at this very minute.
Ex. Calling the police, finding a place to go at that moment, calling a DV program

Short term

- Safety for staying in the relationship, planning to stay with a family or friend short time.
Discussing plans around the children. Safe house stay.

Long term

- Safety for leaving the relationship.
Ex. Changing bank information, copies of identification for all household members, court involvement

Connecticut Resources



Two prong system:

- Safe Connect
- Member organizations

If you need information or someone to talk to....



CALL OR TEXT
888.774.2900



CHAT
CTSafeConnect.org



EMAIL
SafeConnect@ctcadv.org



CTSafeConnect

What to expect: You are in control

People contact Safe Connect for themselves or someone else they care about. Some have questions about their relationships and just want to talk. We take your lead, offering information, options, and possible outcomes.

While many of us have been in situations similar to yours, you are the expert about you.

- We will always ask if you are in a safe place to talk or message.
- If you are concerned that someone may be monitoring your internet or phone usage, please let us know right away. We can help.
- We will ask you questions. We do this so we can better understand you and what you're going through. Share only what you're comfortable sharing.
- We like to follow-up with you within 48 hours — but will do this only with your permission, and in the way you tell us feels safest.

How to reach Safe Connect



CALL OR TEXT
888.774.2900

- Call or Text us at 888.774.2900



CHAT

We chat back in your language.
CTSafeConnect.org

- Chat with us at CTSafeConnect.org

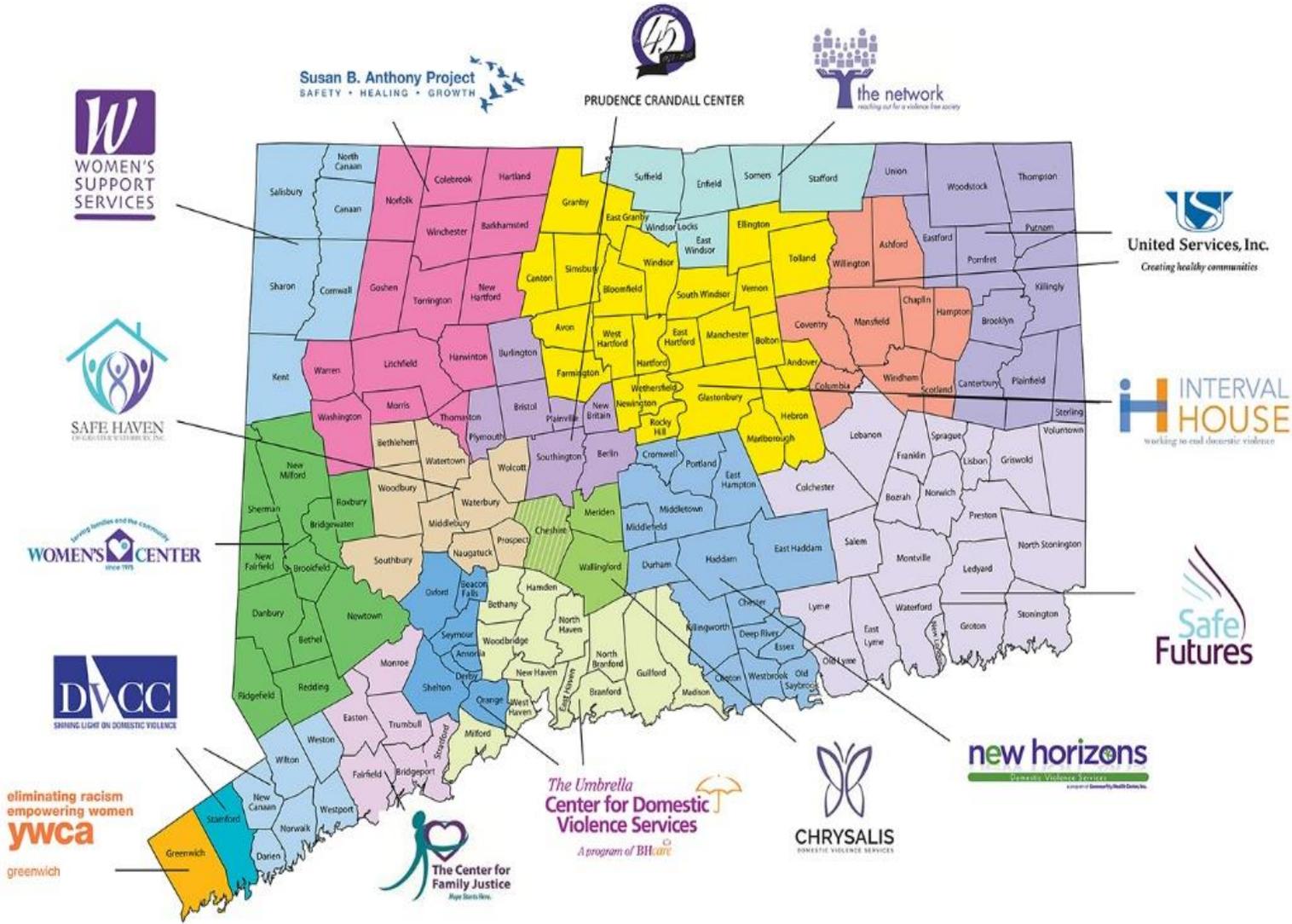


EMAIL

Tell us if it's safe to reply.
SafeConnect@ctcadv.org

- Email us at SafeConnect@ctcadv.org

Domestic Violence Services



Services:

- Counseling
- Support groups
- Emergency shelter
- Court advocacy
- Safety Planning
- Lethality Assessment
- Information & referrals
- Education & trainings
- Rapid Rehousing

ANY
QUESTIONS

