

Domestic Violence

What it is, what it looks like, the effects on the survivors, best practices, Family Shelter Service of MFS services.



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Prevalence - How much does it happen?

- Domestic violence is one of the most prevalent crimes in the U.S., Illinois, and DuPage County.
- Police in DuPage County reported over **5800** domestic-related calls to FSS in FY21.
- Over **1,500** Orders of Protection filed in DuPage Courthouse.
- FSS answered over **12,600** calls to their 24-hour hotline.
- Victim's fear, shame, embarrassment, and humiliation contribute to DV being a commonly underreported crime.

What is Domestic Violence?

- Abuse can be physical, sexual, emotional, verbal, economic, or psychological. Includes behaviors that frighten, intimidate, isolate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone.
- Crosses ALL socioeconomic, race, gender, age, education, religious, cultural, and ability levels
- A pattern of behavior that is used to gain or maintain **Power & Control** over an intimate partner or family member.
- **1 in 3 Women and 1 in 7 Men** will experience Domestic Violence sometime in their life.

Abusive Behaviors-

Emotional Abuse

Withholds approval, appreciation, or affection

Isolates the victim/keeps them away from support system

Embarrasses or humiliates the victim, often in front of others

Becomes angry if meals, housework, child care are not done to their liking

Blames, criticizes, calls names

Financial Abuse

Makes all the decisions about money

Places partner on unrealistic budget

Denies access to paycheck, bank accounts, or credit cards

Refuses to work/or/refuses to let the partner work

Opens credit cards in the partners name, without their knowledge and runs credit card up to the limit, which ruins the partner's credit.

Sexual Abuse

Pressures the partner to have sex or perform sexual acts that make them uncomfortable

Hurts the partner during sex

Puts the partner at risk for disease or unwanted pregnancy

Withholds sex or affection in order to control the partner

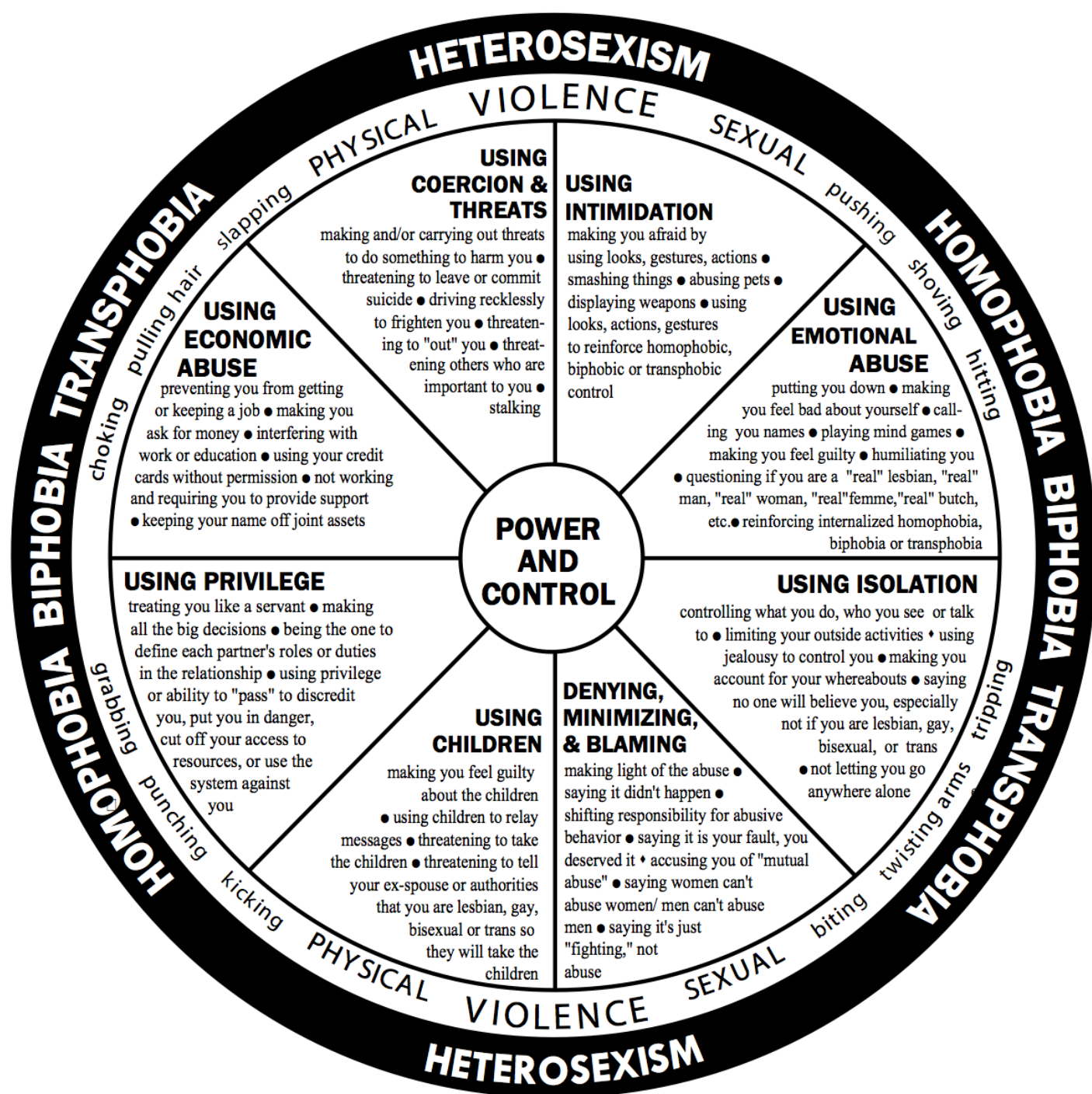
Expects sex after verbally or physically abusing partner/Rape

Using Children

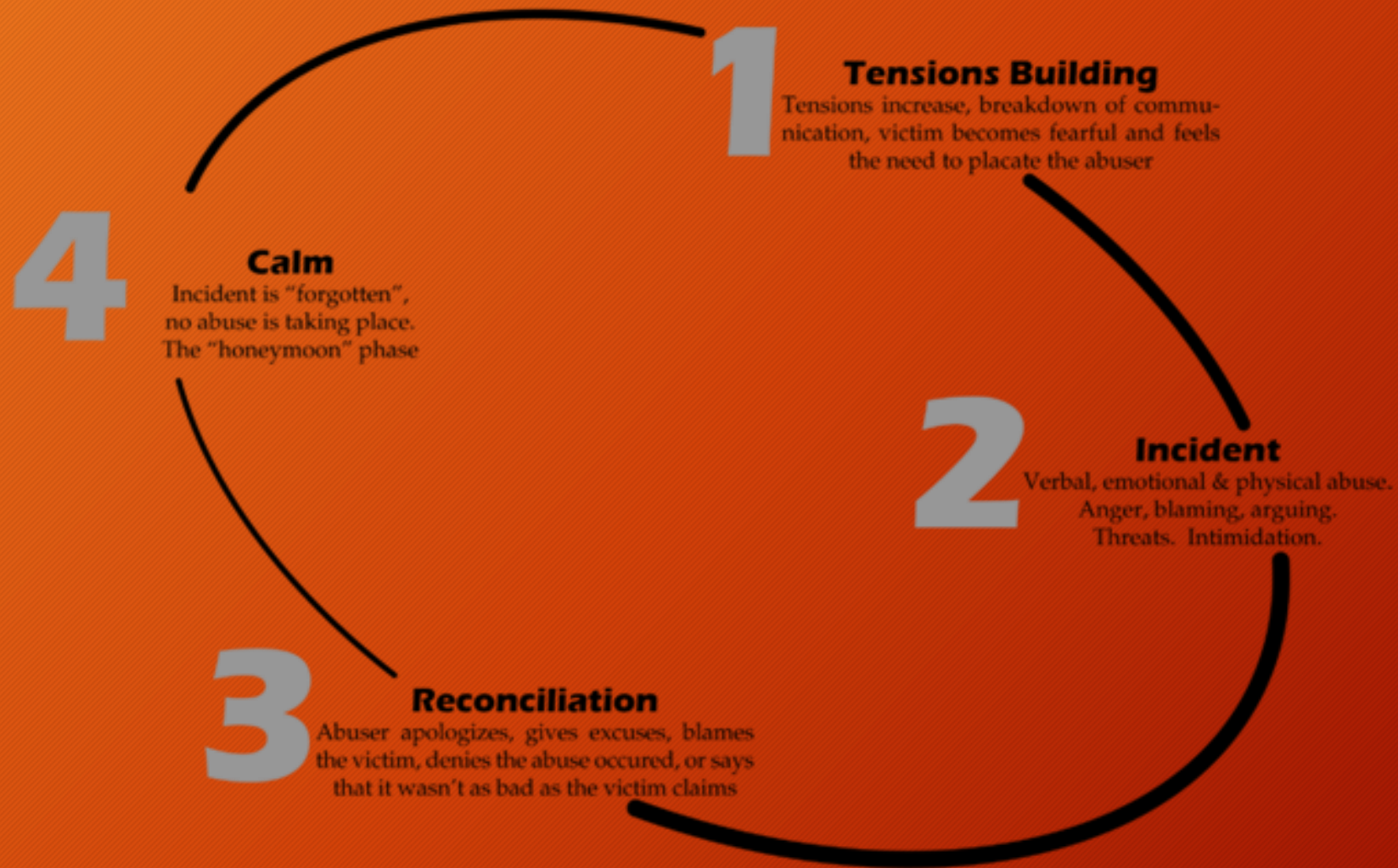
- Abuses the children and/or threatens to abuse them
- Makes partner feel guilty or inadequate about their parenting skills
- Turns the children against the other parent
- Uses the children to report on the other parent

Physical Abuse

- Pushes
- Grabs
- Slaps
- Punches
- Kicks
- Chokes
- Pinches
- Neglects the partners needs especially when ill or injured
- Restrains
- Prevents the partner from sleeping



Cycle of Abuse



The DV Survivors Behavior

Survivors may-

- Want to abuse to end, but not the relationship
- Feel isolated, depressed, ashamed, embarrassed, and helpless
- Deny or minimize the abuse or make excuses for the abuser.
- Have no support from family or friends.
- Have religious, cultural, or other beliefs that keeps them in the relationship.
- Abuse alcohol or drugs.
- Be financially dependent on the abuser.
- Be distrustful of law enforcement or the legal system.

How DV affects Adults-

Short Term-

- Sleep Disturbances/Nightmares
- Hypervigilance
- Abrupt Mood Swings
- Exaggerated emotional and startle reactions to noises, quick movements
- Fear of losing control
- Sensitivity to sound, light, smell, etc.
- A desire for alcohol and drugs
- Fight, Flight, or Freeze Reaction

Long Term-

- Panic Attacks, Anxiety, Phobias
- Amnesia and forgetfulness
- Eating disorders
- Depression
- Physical Health Problems
- Inability to love, nurture, or bond with other individuals
- Self harming behaviors
- Feelings of isolation, detachment

Effects of DV on Children

- Sleep Disturbances
- Frequent physical complaints
- Unexplained illnesses
- Fearful/Extreme Shyness/Fear of Adults
- Regression (bedwetting, crawling)
- Anger/Bullying
- Depression
- Isolated/without friends OR excessively socially involved
- Difficulty trusting others
- Inability to concentrate
- Guilt/Shame
- Self harm behaviors/Eating disorders
- Academic Issues, such as a drop in grades, truancy, aggressive with peers or teachers
- Drug/Alcohol Abuse
- Suicidal talk, threats or attempts

Safety Planning-

- Safety planning is essential in working with someone who has experienced DV. No one safety plan “fits all”. Every situation is different and tailoring a safety plan to an individual’s situation is important.
- The most dangerous time for a survivor is when they attempt to leave or change something about the relationship!
- Before an incident assess risk and devise a plan on how to stay in the home, and how and when to leave safely.
- During an incident determine how to keep the abuse at the lowest risk level for the survivor and the children.
- After an incident decide what action needs to be taken, e.g., medical attention, contact the police, saving evidence, establishing supports and determining a safe place to stay.

Trauma & Trauma Informed Care-

- Traumatized people have difficulty trusting people and situations and carry feeling of betrayal-
 - are hyper-alert and hypervigilant
 - have an increased need for control
 - impaired ability to identify danger signs
- Trauma Informed Care-
 - Realizes the impact of the trauma
 - Recognizes the signs and symptoms of trauma
 - Responds by integrating the knowledge about the trauma into policies, practices, and settings.
- Trauma Informed Care shifts our focus from **WHAT'S WRONG WITH YOU?** to **WHAT HAS HAPPENED TO YOU?**

Trauma Informed Care=Empowerment

- Clients are given options not directives
- Work on recognizing and building on client's strengths
- Is respectful of clients religion/culture and provide areas to engage in specific practices
- Staff is aware and vigilant regarding the details of client spaces to avoid and/or work with clients triggers.
- Clients have agency over their own decisions
- Staff trained in TIC so there is an understanding that a client reaction could be a trauma response
- Agency practices & procedures are developed through a trauma informed lens with the goal of providing safety and mutual respect

Confidentiality - Cornerstone for DV Survivors

- DV providers are required by the State of Illinois to maintain strict confidentiality and have a “duty to protect” any type of identifying information (personal or circumstances) of the survivor and their children. Confidentiality continues even after a client terminates services with FSS.
- Promotes trust, a feeling of safety, and ACTUAL safety.
- Can only release information on the client and children when client gives written permission.
- Confidentiality can be broken only if there is a threat of homicide/suicide or a report of child/elder abuse.
- ***It is a Class A misdemeanor for any FSS staff to disclose confidential information outside the agency.***

Working with Mutual Clients

- Understand that DV staff are bound by confidentiality by the Illinois Domestic Violence Act (IDVA) and can only honor the DV agency's Release of Information that is signed by the client and appropriately witnessed.
- FSS agency ROI's are only valid for two weeks and after that time period, a new ROI must be completed.
- Have client specifically state who the information should be released to and the exact details of the information that are to be released.

Family Shelter's Services-

- Shelter for Men, Women & Children
- 24 hour hotline
- Counseling
 - short term individual crisis counseling, case management, educational and support groups
- Court/Victim Advocacy
 - Orders of Protection
- Prevention, Education, and Teen services
- Children's services
- Community based groups and services
- Resale Shop

All services are free and confidential.

COVID Impact on DV Services-

- Shelter clients housed in a local hotel since April 2020.
 - they have recently returned to the shelter location.
- Counseling services for adults and children were held virtually or by phone.
 - services have expanded since they are still offered virtually, by phone and now in person
- Prevention Education and Community Advocacy were transitioned to virtual classroom and webinars.
 - back in the classrooms and out in the community in person. We now have the ability to provide trainings in a variety of formats.
- 24 hour hotline answered remotely.
 - Hotline is still being answered remotely as well as staff in the office answering calls.

Contact Information-

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