



Domestic Violence: An Overview

Jennifer Bolton, MSW LICSW

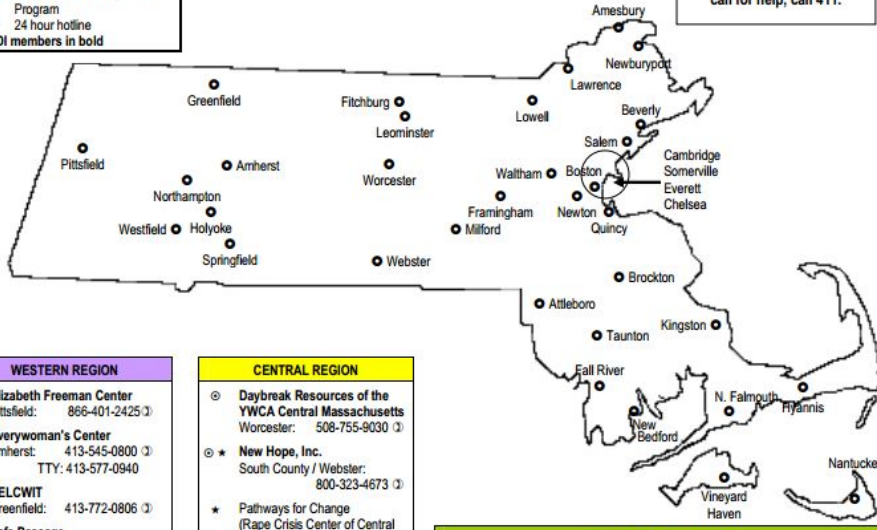
Director of Prevention & Education

State Services



- KEY**
- ⊙ Domestic Violence Program
 - ★ Sexual Assault / Rape Crisis Program
 - ☎ 24 hour hotline
 - JDI members in bold

If you are not sure where to call for help, call 411.



- WESTERN REGION**
- ⊙ Elizabeth Freeman Center
Pittsfield: 866-401-2425 ☎
 - ★ Everywoman's Center
Amherst: 413-545-0800 ☎
TTY: 413-577-0940
 - ⊙ NELCWIT
Greenfield: 413-772-0806 ☎
 - ⊙ Safe Passage
Northampton: 888-345-5282 ☎
TTY: 413-586-5066 ☎
 - ⊙ Womanshelter/Compañeras
Holyoke: 877-536-1628 ☎
 - ⊙ YWCA Western Massachusetts
Springfield: 800-796-8711 ☎
TTY: 413-733-7100

- CENTRAL REGION**
- ⊙ Daybreak Resources of the YWCA Central Massachusetts
Worcester: 508-755-9030 ☎
 - ⊙ ★ New Hope, Inc.
South County / Webster: 800-323-4673 ☎
 - ★ Pathways for Change (Rape Crisis Center of Central Massachusetts)
Worcester: 800-870-5905 ☎
 - ⊙ Spanish American Center
Leominster: 978-534-3145
 - ⊙ ★ Voices Against Violence
Framingham: 800-593-1125 ☎
 - ★ Wayside Valley Rape Crisis Program
Milford: 800-511-5070 ☎
 - ⊙ YWCA/Battered Women's Resources
Leominster: 978-537-8601 ☎

- SOUTHEASTERN REGION**
- ⊙ ★ A New Day/Penelope's Place
Brookton / Quincy: 508-588-8255 ★ ☎
508-588-2041 ☎
 - ⊙ ★ A Safe Place
Nantucket: 508-228-2111 ☎
TTY: 508-228-7095
 - ⊙ Family & Community Resources
Brookton: 800-281-6498 ☎
 - ⊙ Cape Cod Center For Women
N. Falmouth: 800-745-0003 ☎
 - ⊙ ★ CONNECT to End Violence
Vineyard Haven: 508-696-7233 ☎
TTY: 508-693-3843
 - ⊙ ★ Independence House, Inc.
Hyannis: 800-439-6507 ☎
 - ⊙ ★ New Hope, Inc.
Attleboro/Taunton: 800-323-4673 ☎
 - ⊙ South Shore Women's Resource Center
Plymouth: 508-746-2664 ☎
888-746-2664 ☎
 - ⊙ ★ SSTAR Women's Center
Fall River: 508-675-0087 ☎
 - ⊙ ★ The Women's Center
New Bedford / Fall River: 888-839-6636 ☎

- GREATER BOSTON REGION**
- ⊙ Asian Task Force Against Domestic Violence
Boston: 617-338-2355
Boston Area Rape Crisis Center (BARCC)
Cambridge: 800-841-8371
 - ★ Casa Myra Vazquez, Inc.
Boston: 877-785-2020 ☎
 - ⊙ ★ Center for Violence Prevention and Recovery at Beth Israel Deaconess Medical Center
Boston: 617-667-8141
 - ⊙ Crittenton Women's Union
Boston: 617-661-7203 ☎
 - ⊙ DOVE Inc.
Quincy: 888-314-3683 ☎
 - ⊙ FINEX House
Jamaica Plain / Boston: 617-288-1054 (Also TTY) ☎
 - ⊙ HarborCOV
Chelsea: 617-884-9909 ☎
 - ⊙ Passageway at Brigham & Women's Hospital
Boston: 617-732-8753
 - ⊙ Portal to Hope
Salsbury: 781-306-6678
 - ⊙ REACH Beyond Domestic Violence
Waltham: 800-899-4000 ☎
 - ⊙ Renewal House
Roxbury / Boston: 617-566-6881 ☎
 - ⊙ RESPOND Inc.
Somerville: 617-623-5900 ☎
 - ⊙ The Elizabeth Stone House
Jamaica Plain / Boston: 617-427-9801 ☎
 - ⊙ The Second Step
Newton: 617-965-3999
 - ⊙ Transition House
Cambridge: 617-661-7203 ☎

- NORTHEAST REGION**
- ⊙ Alternative House
Lowell: 888-291-6228 ☎
 - ⊙ HAWC – Healing Abuse Working for Change
Salem: 978-744-6841 ☎
 - ★ North Shore Rape Crisis Center
Lynn: 800-922-8772 ☎
TTY: 781-477-2315
 - ★ Center for Hope & Healing (Rape Crisis Services of Greater Lowell)
Lowell: 800-542-5212 ☎
 - ⊙ Supportive Care, Inc.
Lawrence: 978-686-1300
 - ⊙ Jeanne Geiger Crisis Center
Newburyport / Amesbury: 978-388-1888 ☎
 - ⊙ YWCA of Haverhill / Women's Resource Center
Lawrence: 978-685-2480 ☎
 - ⊙ ★ YWCA of Greater Lawrence
Lawrence: ★ 877-509-9922 ☎
☎ 978-688-2645

- NON-EMERGENCY SERVICE PROVIDERS**
- AWAKE Program (Children's Hospital)
Boston: 617-355-6369
 - Boston Medical Center Domestic Violence Program
Boston: 617-414-7734
 - Community Advocacy Program
Boston: 617-373-5779
 - Domestic Violence Services Network
Concord: 888-399-6111
 - HAVEN at MGH
Boston: 617-724-0054
 - International Institute of Boston
Boston: 617-695-9990
 - Journey to Safety
Waltham: 781-647-5327
 - MA Alliance of Portuguese Speakers
Cambridge: 617-864-7600
 - Project "We Can Talk About It", Children's Charter
Waltham: 781-894-4307
 - RHSP Scattered Sites
Lowell: 978-459-0551
 - SAHELI: Friendship for South Asian Women
Statewide: 866-472-4354
 - The Domestic Violence/Sexual Assault Program of Newton Wellesley Hospital
Newton: 617-243-6521

STATEWIDE PROGRAMS	
SafeLink Toll-free Statewide Domestic Violence Hotline PH: 877-785-2020 ☎ TTY: 877-521-2601 ☎	The Network/La Red Ending abuse in lesbian, bisexual women, and transgender communities PH: 617-742-4911 ☎ TTY: 617-338-SAFE (7833)
Gay Mens' Domestic Violence Project 800-832-1901 ☎	Asian Task Force Against Domestic Violence 24-Hour Multilingual Helpline 617-338-2355 ☎
Llámamos y hablemos Toll-free Spanish Sexual Assault Helpline PH: 800-223-5001	

14 Beacon Street, Suite 507, Boston, MA 02108
TEL: 617-248-0922 TTY: 617-263-2200 FAX: 617-248-0902

VISIT OUR WEBSITE:
www.JaneDoe.org



◆ Shelter Program

- Founded in 1978
- 18 beds
 - families, singles, children
 - men/women/transgender
 - inclusive of all genders and sexual orientations
- Support groups
- Social events
- Individual advocate meetings
 - Goal setting
 - Emotional support
 - Education
 - Safety planning
- 24 hour hotline



◆ Community Services

- Support groups
 - Day & evening
- Individual advocacy & counseling (Adults & Children)
 - LGBTQ Outreach Advocate Safety planning
 - Chinese Outreach Advocate Education
 - Children Outreach Advocate Emotional support
- Legal Advocacy Program
 - Court Outreach Program
 - Limited representation (restraining orders etc.)
- Civilian DV Advocate
 - Norwood, Dedham, Quincy, Randolph, Holbrook, Milton, Weymouth, Braintree
- Education & Prevention
 - School based prevention
 - Trainings & workshops



❖ Self Care



❖ Definition of Domestic Violence



- One partner seeks power and control over the other
- Pattern of abusive behaviors
 - Emotional, Verbal, Financial, Cultural, Technology
- May or may not include physical or sexual abuse

- Without intervention the abuse is usually recurrent and escalates in frequency and severity



❖ Definition of DV

Pattern of power and control over a partner-not a loss of control or anger.

Does not have to be physical

Behavior serves a purpose

Definition taken from the National Coalition Against Domestic Violence and Jane Doe Inc.

❖ Definition of DV

The Behavior Itself Is NOT The Point

Context- What is happening in the relationship over time, as well as immediately before and after a specific behavior occurred? Movie Vs. Snapshot.

Intent- What is the goal of the behavior?

Effect-Whose life is smaller as a result of the behavior?

(Northwest Network 2016)

❖ Relationship Spectrum

- Healthy: based on equality, respect & trust
 - feels supportive & peaceful
- Unhealthy: based on selfishness, arguing & dishonesty
 - feels frustrating & hurtful
- Abusive: based on power and control,
 - feels scary, trapped & overwhelming



❖ Terminology

Abusive Person

- Abuser
- Offender
- Perpetrator
- Batterer

Abusive Relationships

- Partner Abuse
- Domestic Violence (DV)
- Intimate Partner Violence (IPV)
- Dating Violence

Survivor

- Victim
- Battered Woman



DOMESTIC VIOLENCE COUNTS REPORT MASSACHUSETTS SUMMARY



On September 9, 2021, **48** out of **49 (98%)** identified domestic violence programs in Massachusetts participated in a national count of domestic violence services conducted by the National Network to End Domestic Violence (NNEDV). In 2021, frontline advocates continued to navigate unforeseen challenges due to the COVID-19 pandemic and other crises. The following figures represent the information shared by the participating programs about the services they provided during the 24-hour survey period.

2,302 Victims Served in One Day

926 adult and child victims of domestic violence found refuge in emergency shelters, transitional housing, hotels, motels, or other housing provided by local domestic violence programs.

1,376 non-residential adult and child victims received supportive services including counseling, legal advocacy, and support groups.

508 Hotline Contacts Received

Domestic violence hotlines are lifelines for victims in danger, providing support, information, safety planning, and resources via phone, chat, text, and email. Hotline staff received **508** contacts, averaging more than **21** contacts per hour.

322 Unmet Requests for Services

Victims made **322** requests for services—including emergency shelter, housing, transportation, childcare, legal representation, and other support needs—that programs could not provide because they lacked the resources. Approximately **57%** of these unmet requests were for housing and emergency shelter.

There is a tremendous need for increased funding to ensure programs can provide comprehensive services to all survivors seeking help while working toward preventing violence in their communities.

Table 1: Services Provided on 9/9/21	% of Programs Providing Services
Bilingual Advocacy (services provided by someone who is bilingual)	69%
Support/Advocacy Related to Housing/Landlord	56%
Court Accompaniment or Legal Advocacy	52%
Support/Advocacy Related to Child Welfare/Protective Services	44%
Alternatives to the Criminal Justice System (Transformative, Restorative Justice)	10%

❖ "Domestic violence occurs as a manifestation of the long-standing systemic inequities in our culture. Black, Indigenous, people of color, and LGBTQ+ advocates have long asked the field to acknowledge that folks with intersecting, marginalized identities are far more likely to be impacted as part of a larger culture of oppression."

Learn more about domestic violence in Massachusetts: JaneDoe.org



Jane Doe Inc.
The Massachusetts Coalition
Against Sexual Assault and
Domestic Violence

JDI's definition of domestic violence homicide provides context for these different categories and information provided here.

Overview of Domestic Violence Homicides in Massachusetts Year to Date 2022			
		WHO ARE THESE DV HOMICIDE VICTIMS?	
# of DV Homicide Incidents	14	Female DV Victims	10
		Male DV Victims	1
# of DV Homicide Victims	13	DV Perpetrators (except when killed by police)	0
# of DV Perpetrator Suicides or Deaths [^]	5	Female Associated with DV Victim	0
Total DV Deaths	18	Male Associated with DV Victim	1
Male DV Homicide & Attempted Homicide Perpetrators	12	Children Associated with DV Victim	0
Female DV Homicide & Attempted Homicide Perpetrators	1	Family (non-IPV)	0
		Bystanders (includes police)	0

Note: Details not yet available on 8/19/22 incident so not included in detailed sections above regarding homicide perpetrators and victims.

○ Types of Abuse

- Physical & Sexual
- Financial
- Verbal & Emotional
- Technology
- Cultural & Identity Based



❖ Physical Abuse

- Slapping/ Punching/Kicking
- Biting/Spitting
- Pushing/Shoving
- Use of weapons
- Throwing objects
- Choking/strangulation
- Denial of physical needs; sleep, food, medical attention



❖ Sexual Abuse

- Manipulation/guilt tripping/coercing
- Forcing degrading sexual acts
- Jokes/insults/comments like whore or slut
- Unwanted touching or groping
- Reproductive control/refusal/sabotage

Financial Abuse

- Refusing partner access to money for food, clothing and basic needs
- Controlling all assets (car & house)
- Putting all the bills in the partners name
- Running up charges
- Ruining credit
- Not allowing partner to have a job

❖ Emotional/Verbal Abuse

- Continued attacks on self esteem
- Repeated harassing/interrogating
- Forcing to stay awake
- Blaming for all that goes wrong
- Isolation
- Mind messing/games
- Threats

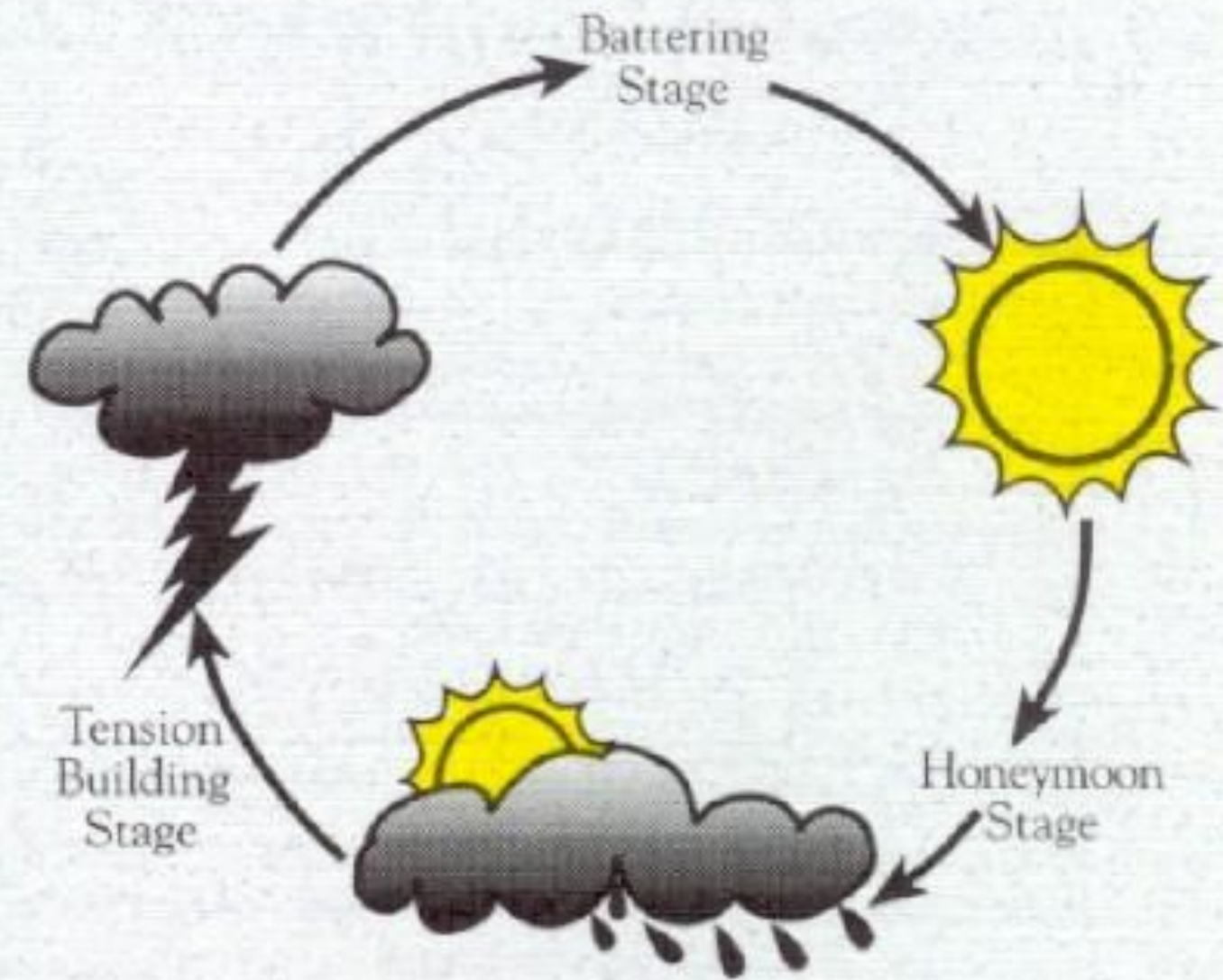
❖ Digital Abuse

- Looking through partner's phone
- Demanding passwords
- GPS monitoring, find my iphone, find my friends
- Constant texting/calling
- Spreading rumors or sharing confidential pictures or information on social media

❖ Cultural & Identity Abuse

- Prohibiting partner from practicing Religion
- Deciding what partner can and cannot wear
- Degrading partners culture and/or beliefs
- Wrongful interpretation/ not allowing partner to learn English
- Threatening to tell partner's friends and family they are in a gay relationship

The Cycle of Violence







Misconceptions; Leaving is Always an Option

- Leaving can be dangerous
- Hoping for change
- Isolation
- Societal denial
- Economic dependence
- Threats of retaliation
- Leaving is a process

“I don’t have any family around here, I’ve been calling SafeLink for two weeks but there aren’t any openings.”

“My partner said if I ever tried to leave they would hunt me down and find me, they said they didn’t care if they got caught, it would be worth it.”

“My partner said if I ever took the children away from him he would call DCF and tell them I’m an alcoholic.”

“My partner controls all of the money, I never finished school and I haven’t worked in 15 years...”

“I don’t have any money for an attorney but my partner’s family will get him the best, I know he will get at least 50/50 custody and I’m afraid for the kids to be alone with him.”

“My family doesn’t believe in divorce, they will banish me, I can’t face life without them.”

“My partner knows all the police officers in town, and even a judge, I’ll never be able to get a restraining order, he’ll make my life hell in court for years.”



Weighing the Options

Stay (Survive)

- Physical injury
- Death
- Physical or psychological harm to children
- Loss of children
- Loss of income/job
- Loss of family, friends and support
- Loss or damage to possessions

Leave (Escape)

- Physical injury
- Death
- Physical or psychological harm to children
- Loss of children
- Loss of income/job
- Loss of family, friends and support
- Loss or damage to possessions



Misconceptions; Cause of Abuse

- Mental Illness
- Low self esteem
- Substance abuse
- Anger management
- Provocation
- External stressors



Misconceptions about Abusers; I'd know one if I saw one

- Angry
- Criminal record
- Difficulty getting along with others
- Detriment to society
- Addict
- No close family/friends
- Mentally ill
- Stressed

Actual percentage of Stereotypical Abuser?



Call **(877) 898-3411**

10:00 AM to 10:00 PM EST

365 days a year.

Voicemails returned within 24 hours.

Free. Confidential. Anonymous.

Language translation available.

(711 Relay Friendly)

Instead of harming your partner, call us for help.

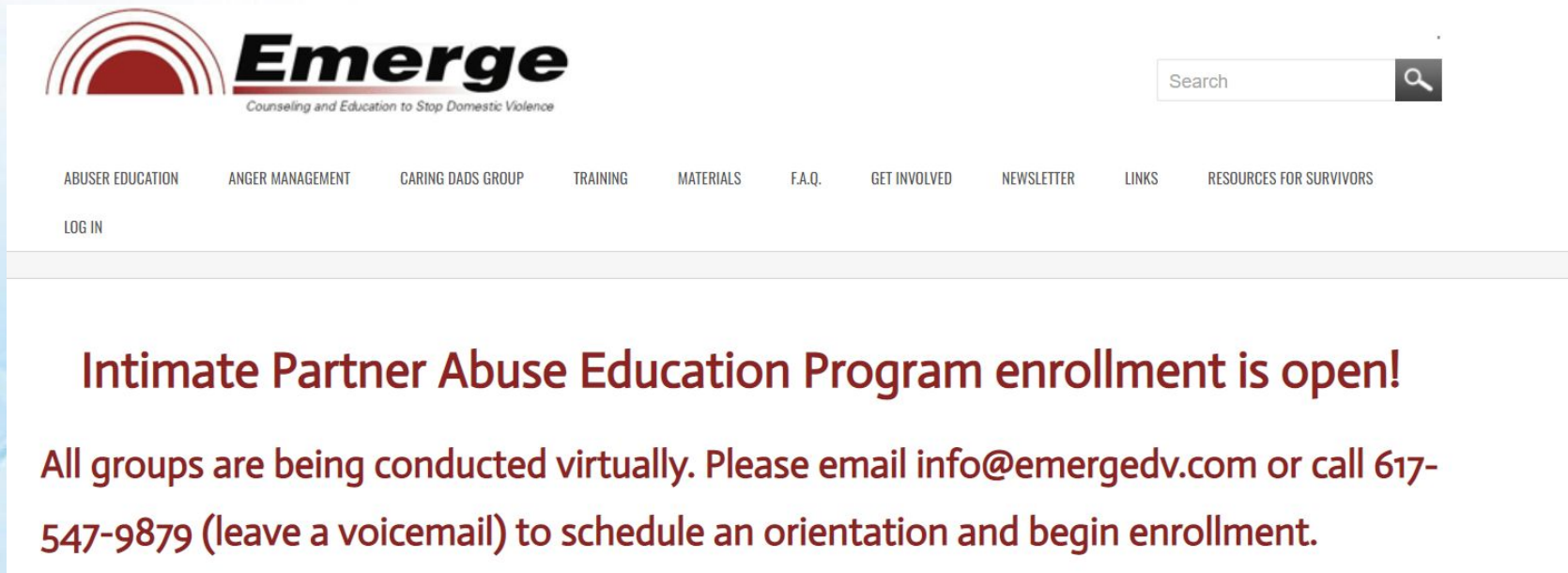




- EMERGE (Cambridge, MA)
- 617-547-9879 .
- www.emergedv.com

- *Abuse Intervention Program, change is possible*

Available Help

A screenshot of the Emerge website homepage. The header features the Emerge logo (a red sunburst icon) and the text "Emerge Counseling and Education to Stop Domestic Violence". To the right is a search bar with the text "Search" and a magnifying glass icon. Below the header is a navigation menu with links: ABUSER EDUCATION, ANGER MANAGEMENT, CARING DADS GROUP, TRAINING, MATERIALS, F.A.Q., GET INVOLVED, NEWSLETTER, LINKS, and RESOURCES FOR SURVIVORS. A "LOG IN" link is located below the navigation menu. The main content area contains a large red heading: "Intimate Partner Abuse Education Program enrollment is open!". Below this heading is a paragraph of text: "All groups are being conducted virtually. Please email info@emergedv.com or call 617-547-9879 (leave a voicemail) to schedule an orientation and begin enrollment."



Relevant Safety Planning

- Concrete Plans
 - Reduce fear and anxiety
- Client is the expert
 - “What do you think I should do?”
 - “Just tell me what I need to do and I’ll do it”
- Most importantly
 - Is victim staying or leaving?



Create a Safety Plan



Interactive guide to safety planning

[Introduction](#) [Basics](#) [Home](#) [School](#) [Job](#) [Technology](#) [Partner](#) [Children](#) [Emotional](#)



Call **1.800.799.SAFE** (7233)



Chat live now



Text **"START"** to **88788**



Statistics

- 1st 3 months post separation is the most dangerous time
- After 1 year risk drops dramatically
- 4% of homicide victims work with victim services
- 40% of homicides are murder/suicides in MA
- 3 women a day (doesn't include ex relationships)

(Jeanne Geiger Crisis Center, Newburyport MA)



Risk Assessment

- Establish a history
- Helps us to predict the future
- Create a relevant safety plan

Help the client to come to their own realization of risk
(50% of victims are unable to assess their own risk)



High Risk Indicators

- Having access to a gun is the strongest risk factor for intimate partner homicide, increasing the risk of DV homicide by more than FIVE TIMES.
 - History of Violence/ Past Assaults
 - Threats to kill (partner, child, pet)
 - Stalking or monitoring partner
 - Strangulation
 - Forced Sex
 - Recent Separation
 - Threats to commit suicide



High Risk Populations

- LGBTQ Community
 - People experiencing poverty and homelessness
 - People with disabilities
 - Immigrants
 - Teens
-
- All experience DV and SV at disproportional rates



Protective Factors

- Employment of batterer
- Employment of survivor
- Social connection of survivor
- Access to resources for survivor
- Domestic Violence Agency
- Survivor's ability to protect self and child in past



General Risk Factors

- Unemployment
- Batterer's substance abuse/mental health
- Batterer named as defendant on previous 209As
- History of violating
- Obsessive jealousy and/or preoccupation with partner



Safety Planning

While Living with the Abuser

- Avoid dangerous rooms in home
- 911 from landline
- Keep cell phone with you at all times
- Practice an escape plan
- Decide in advance where you can go
- Keep important numbers with you/memorize
- Keep a bag of your things somewhere safe
- Ask a neighbor to call 911
- Create a code word with others
- Talk to your doctor about ways to prevent STD's and unwanted pregnancies
- Have doctor document injuries
- Utilize hotline for support
- Consider if this will show on phone bill



Safety Planning

Preparing to Leave

- Increase independence
- Open bank account
- Get a cell phone in your name
- Get a safe deposit box
- Keep neighbors/friends/family updated
- Get connected to a DV agency
- Memorize hotline number
- Consider a restraining order



Safety Planning

After Leaving

- Change locks and home security codes
- Add locks to doors windows/deadbolt
- Make sure driveway and walkways are well lit
- Consider parking your car away from home
- Change your phone number to unlisted
- Put caller ID block on your phone
- Screen your calls/ save threatening messages
- Open a P.O. Box
- Shred all mail that your new address appears on
- Document events
- Inform neighbors/landlord/housing authority/workplace that abuser is no longer welcome
- Give copy of R.O to landlord/neighbors
- Always have a copy with you
- Have work security escort you to your car
- Drive with doors locked
- Change up your schedule
- Route to work
- Grocery Store
- Doctors



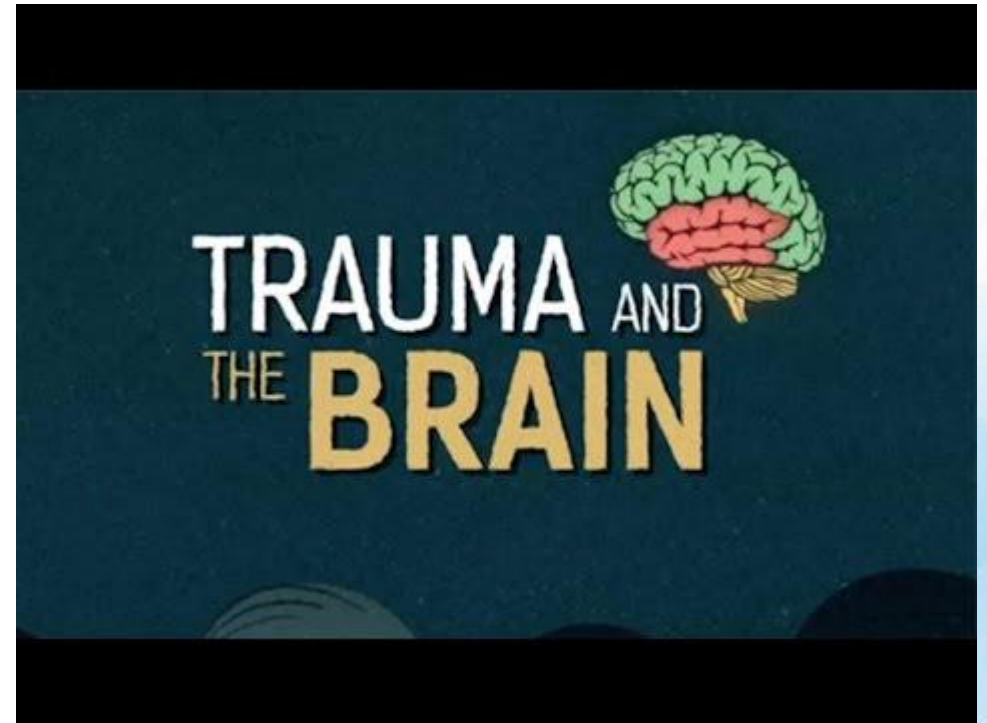
Safety Planning

For Children

- Teach your child how to call 911
- Tell them what is happening is not their fault
- Explain the situation in age appropriate terms
- Its not ok to hurt people
- Have a place for your child to go
- Provide copies of R.O's to teachers/daycare providers
- Detail who has permission to pick up your child
- Discuss support services for children
- Exchange children for visitation
- Public place/ Police department
- Bring another adult

Trauma Informed Care

The term “trauma-informed services” refers to a way of responding to survivors that fully takes into account the likelihood that those who seek our services will have experienced (or will still be struggling with) a kind of intimate partner violence that causes trauma.





Trauma informed care is hard!

What can be difficult about working with someone who has experienced trauma?

- Often late/missing appts
- Poor historian
- Difficulty focusing (or hyper focused)
- Difficulty following through on goals
- Substance misuse
- Credibility (changing stories)
- People want the best for their clients

What purposes do these behaviors have?



What to Say

- Thank you for sharing this. (shows you are comfortable receiving this information and you believe them)
- I'm so sorry for what you are going through. (shows empathy)
- No one deserves to be abused, controlled or made to feel afraid. (reminds them it is not their fault)
- We see many people in your situation. (normalize)
- Can I give you some information to DOVE. (provide resources and information)



What NOT to Say

- You should leave. (leaving is one of the most dangerous times for a survivor)
- You should get a restraining order. (In some situations, this can increase risk)
- Have you tried couples counseling? (couples counseling is not effective for controlling relationships)
- It sounds like your partner is under a lot of stress/has a substance abuse problem/has a mental health diagnosis/anger management issue. (the partner might also have these issues but none of these cause abuse towards a partner)

Disclosure is not the goal but to create a culture of support & information



Empowerment Model

Survivors have strengths, they are experts in their own experience. Relationships of collaboration, rather than hierarchical power, support survivors in identifying and building on those strengths.

Goals

- Survivors set set own goals at own pace
- Survivor has decision making power
- Validate the experience and survival strategies
- Survivor gains confidence and independence
- Access to information and resources to make decisions

❖ **What is one thing you learned that you can use in your practice with clients or support of survivors?**

