

DV 101: BREAKING THE SILENCE, UNDERSTANDING THE PATTERNS

708-429-SAFE (7233)

Shattering the silence of domestic violence and providing a path to safety and independence





NOTED POINTS ABOUT PRESENTATION

- ▶ For simplicity in the presentation and to decrease confusion, she will be used as the pronoun to refer to the victim and he will be used to refer to the abuser.
- ▶ We are understanding that males can be victims of DV as well.
- ▶ We want to be sensitive to those of the audience that may be survivors/victims of domestic violence. Therefore, there may be material covered that may be triggering or emotionally overwhelming. If you need to step away from the presentation, please do so.

MISSION STATEMENT

The Crisis Center for South Suburbia (CCSS) is a non-profit community organization that provides emergency shelter and other essential services for individuals and families victimized by domestic violence and addresses the societal issues that contribute to domestic violence.



OUR VISION



Crisis Center for South Suburbia is committed to ending domestic violence through the provision of prevention and intervention services primarily in South Suburban Cook County.



OUR PHILOSOPHY



- ▶ CCSS strives to offer the most current, competent, and professional services with the ultimate goal of creating a healthy, productive environment for clients, staff, volunteers and board members. We respect the diversity of the individuals we work with and serve. Each person's contributions are valued as we work together cooperatively with open communication.
- ▶ CCSS strives to help individuals and families gain a sense of empowerment that encourages them to reach their potential in a violence-free life. Through our comprehensive intervention and education programs, our clients' perspectives move from helplessness to hopefulness.
- ▶ CCSS believes in teamwork, individual excellence and accountability. We strive to be outcomes-driven and community-focused

CCSS PROGRAMS AND SERVICES



- 24 Hour Crisis Hotline
- Emergency Shelter
- Transitional Housing
- Rapid Re-housing
- Community Education
- Safe Start Violence Prevention Program
- Legal Advocacy
- Live Safe Patient Advocacy
- Law Enforcement Victim Outreach(LEAV)
- Abuser (PAIP) Services
- Neat Repeats
- Volunteer Program



OUR SERVICE AREA

The Crisis Center serves the Greater Chicago Southland, including south and southwest suburbs, the south side of Chicago, and reaches into Will County. However, clients come from all over the state of Illinois, from other states, and occasionally from other countries. Services are offered to people who need our services no matter what their individual circumstances.

CRISIS CENTER SERVICES FY24



- ▶ **Emergency Residential Shelter** - Provided **12,532** nights of shelter to **172** adults and **157** children (22% increase from FY23).
- ▶ **Transitional Housing/Rapid Re-Housing Program**- **158** individuals received **30,928** days of housing and supportive services.
- ▶ **Counseling Services**- Over **3,497** hours of counseling and therapeutic intervention were provided (**25%** increase from FY23).
- ▶ **Court Advocacy Services**: **1,479** individuals serviced through Markham and Bridgeview courthouses. **942** OOP filed, **96** OOP upgraded.
- ▶ **Domestic violence hotline**: **2,113** calls were answered (an increase of **38%**).

CRISIS CENTER SERVICES FY24

CONT'D



- ▶ **Law Enforcement & Victim Outreach Program:** **32** police departments. **4,510** police reports and **3,101** victims provided resources and referrals.
- ▶ **Medical Advocate Program:** **12,588** domestic violence safety screenings performed in 3 hospitals. A 4th hospital added this year!
- ▶ **Safe Start Program:** **620** presentations in area middle and high schools to **21,233** students in the community. **38%** increase in students and **35%** increase in presentations.
- ▶ **Community Education and Outreach:** Over **2,000** presentations and training sessions. Over **24,900** participants in professional training, certification training, and DV educational presentations.
- ▶ **Partner Abuse Intervention Program (PAIP):** **76** batterers spending **2,631** hours participating in the program. (**55%** program growth in FY24!)



***WHAT IS
OUR
WHY?????***

#WhyICare

"Because
it impacts
everyone."

-Heather
Indianapolis, Indiana

DOMESTIC ABUSE MYTHS



What is Domestic Abuse in Illinois?

- ▶ A pattern of abusive behaviors in any relationship that are used by one person to exert, gain, or maintain power and control over another person through fear and intimidation.
- ▶ Any person who hits, strangles, kicks, threatens, harasses, or interferes with the personal liberty of another **family or household member** has broken Illinois Domestic Violence law. Under Illinois law family or household members are defined as:
 - family members related by blood;
 - people who are married or used to be married;
 - people who share or used to share a home, apartment, or other common dwelling;
 - people who have or allegedly have child in common or a blood relationship through a child in common;
 - people who are dating or engaged or used to date, including same sex couples; and
 - people with disabilities and their personal assistants.



TYPES OF ABUSE



- ▶ PHYSICAL
- ▶ VERBAL
- ▶ EMOTIONAL
- ▶ SEXUAL
- ▶ MENTAL (PSYCHOLOGICAL)
- ▶ FINANCIAL



VERBAL ABUSE CAN BE JUST AS HORRIFIC. BUT YOU DON'T HAVE TO SUFFER IN SILENCE. CALL THE AWARE HELPLINE FOR ADVICE AND SUPPORT, MONDAY TO FRIDAY FROM 9PM TO 8:30PM ON 800.774.0833.

DOMESTIC VIOLENCE....



Does NOT Discriminate

- ▶ Can happen to anyone regardless of race, age, socioeconomic status, sexual orientation, religion, or gender.
 - ▶ 1 in 3 women (35.6%) and 1 in 4 (28.5%) men have been physically abused by an intimate partner (NCADV, 2022).

DOMESTIC VIOLENCE AND ITS IMPACT ON SOCIETY

- ▶ In the United States, an average of 24 people are physically abused, raped, or stalked by intimate partners every minute. This equates to more than 12 million abuse victims annually (NCADV, 2024).
- ▶ On a typical day, domestic violence hotlines nationwide receive approximately 20,000 calls (NCADV, 2022).
- ▶ Women ages 18-24 and 25-34 generally experience the highest rates of intimate partner violence (NCADV, 2022).
- ▶ Most female victims of intimate partner violence were previously victimized by the same offender at rates of 77% for women ages 18 to 24, 76% for ages 25 to 34, and 81% for ages 35 to 49 (NCADV, 2022).
- ▶ A study shows that the lifetime economic cost of intimate partner violence to the U.S. population is **\$3.6 trillion** (Peterson et.al., 2018)



DOMESTIC VIOLENCE AND ITS IMPACT ON SOCIETY (CONT'D)



- ▶ The presence of a gun in a domestic violence situation increases the risk of homicide by 500% (NCADV, 2022)
- ▶ Guns amplify inherent power and control dynamics, whether as lethal weapons to injure/kill or as tool to inflict emotional abuse without firing gun.
 - ▶ Intimate partner violence accounts for 15% of all violent crime.
- ▶ 38% of all murders of women are committed by an intimate partner or former intimate partner.
 - ▶ All genders and sexual orientations impacted but rates of severe physical violence and violence inflicted with a firearm, predominantly experienced by women with male partners.
 - ▶ 19% of intimate partner violence involves a weapon.
- ▶ On average, more than 3 women and 1 man are murdered by their intimate partners in the U.S. every day.



DOMESTIC VIOLENCE CAN BE *INFLUENCED* BY:



Domestic Violence **CAN** be
Influenced by:

- ✓ Observation of others
- ✓ Experience and reinforcement
- ✓ Culture
- ✓ Family
- ✓ Communities, schools, peer groups, etc.

**THERE IS
NO EXCUSE
FOR ABUSE**

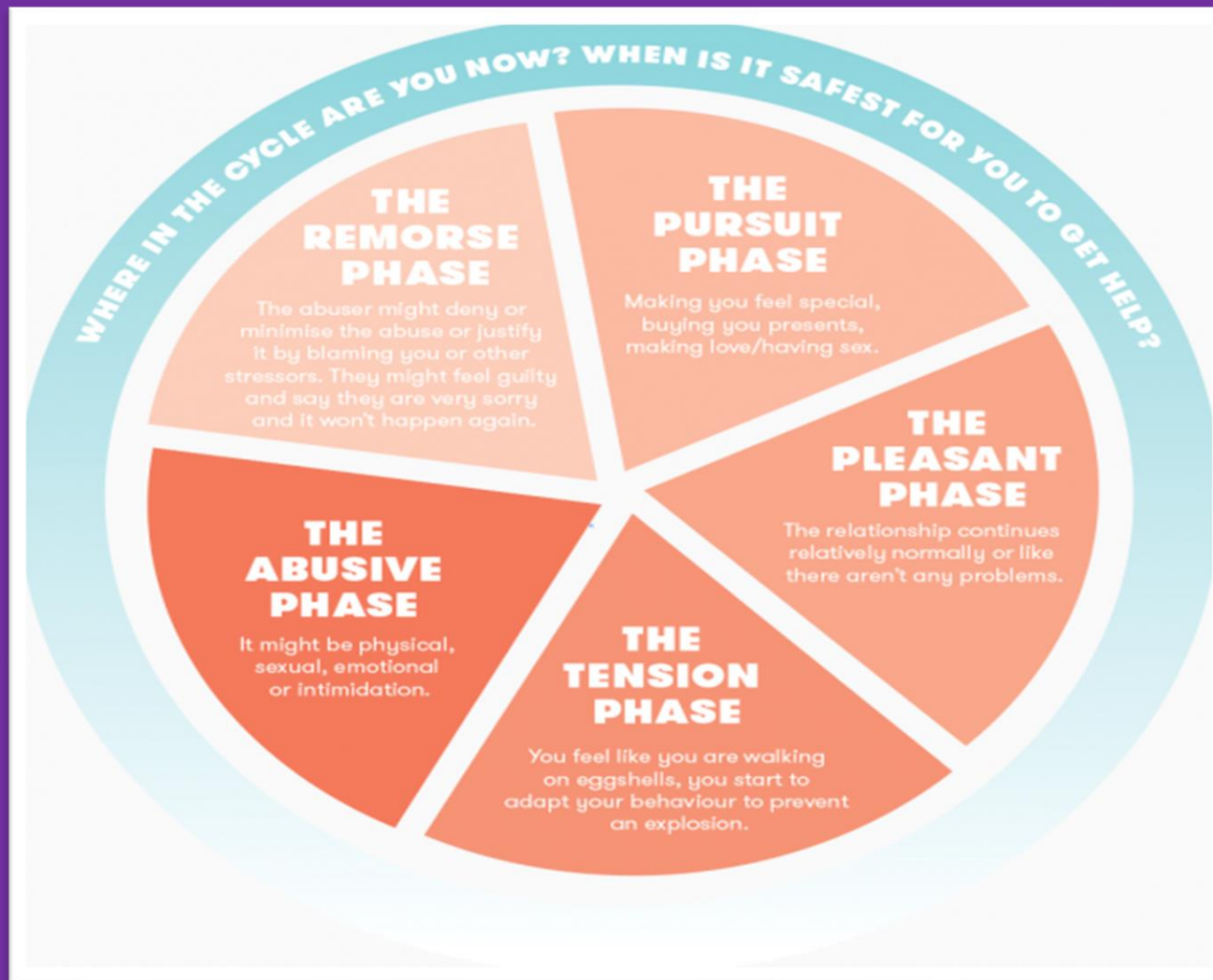
NATIONAL DOMESTIC VIOLENCE HOTLINE • 1.800.799.SAFE

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****Correlation/Influence NOT
Causation!!!**



POWER & CONTROL WHEEL



CYCLE OF VIOLENCE



HOW DO YOU SEE DOMESTIC ABUSE?



CHANGING PERCEPTIONS

**In 2023, domestic homicides rose by
110% in Illinois!!!** (Sherry, 2024).

***But....what else are we missing that
domestic abuse incidents and homicides
continue to rise???***

WHAT ARE WE MISSING??

- Fewer than 5% of all domestic violence assaults involve injury.
 - Only about 1-2% of these assaults involve serious injury.
- Current US stats is that 1 in 3 women and 1 in 4 men experienced some form of **physical violence** by an intimate partner.
- In the United States, we want **physical** evidence, usually isolated incidents of physical assault, to consider there to be domestic abuse.

If we are waiting for serious injury or worse, a domestic homicide, before there is intervention, we are missing 95-99% of domestic abuse!!!

DON'T DISMISS

WHAT YOU MISS

WHAT IS COERCIVE CONTROL??





- ▶ Coercive control refers to any pattern of behavior an abuser uses to dominate their partner and limit their freedom.
- ▶ An increasingly body of research also suggests that coercive control may be more accurate measure of conflict, distress, and danger to survivors than is presence of physical abuse (Review, 2023).
- ▶ Present in almost all cases of domestic abuse.
- ▶ Most common in heterosexual relationships where man is abuser and female is victim-survivor.
- ▶ Identifying and responding to coercive control is critical in mitigating overall abuse and protecting survivors from the many repercussions that victims-survivors face from domestic abuse (Review, 2023).

COERCIVE CONTROL FACTS

- ▶ No federal legislation has outlawed.
- ▶ Hawaii and Connecticut specific coercive control laws passed in 2020.
- ▶ California passed legislation allowing evidence of coercive control to be entered into family court for purpose of gaining OOP.
- ▶ New York considering making coercive control a felony.

- ▶ Maryland and South Carolina considering bills of their own.
- ▶ Connecticut passed Jennifer's Law in 2021.
- ▶ Illinois HB1808 to add coercive control to Illinois definition of domestic abuse died in rules committee.

****Coercive control laws are important part of addressing abuse that is not physically seen but also preventing physical violence that follows!!!**

First act of physical violence can be homicide!

STATES WITH COERCIVE CONTROL LAWS

COERCIVE CONTROL LENS/MODEL



FROM THE OUTSIDE
LOOKING IN,
IT'S HARD TO
UNDERSTAND.

FROM THE INSIDE
LOOKING OUT,
IT'S HARD TO
EXPLAIN.

BARRIERS TO LEAVING AN ABUSIVE RELATIONSHIP



- ***Fear***
- Children
- Money
- Few Shelters
- Lack of Support
- Family Pressure
- Culture
- Trauma Bond
- Religion
- Guilt
- Shame/embarrassment
- Only life they know
- Denial
- Love
- Periods of non-violence

CHARACTERISTICS OF AN ABUSER



- ▶ Extreme Jealousy
- ▶ Controlling
- ▶ Isolates Victim
- ▶ Jekyll and Hyde personality
- ▶ Lack of personal responsibility
- ▶ Takes no accountability in one's actions
- ▶ Denies and minimizes abuse
- ▶ Quick involvement
- ▶ Unrealistic expectations



CHARACTERISTICS THAT MIGHT IDENTIFY VICTIM

- ▶ Sense of hopelessness
- ▶ Numbness
- ▶ Low self-esteem
- ▶ Lack of sense of self
- ▶ Denial of seriousness of abuse
- ▶ Living in fear
- ▶ Depression
- ▶ Physical injuries and illness



EFFECTS OF DV ON CHILDREN



- ▶ Sleep difficulties
- ▶ Somatic symptoms
- ▶ Increased separation anxiety
- ▶ Increased aggression
- ▶ Increased distractibility and activity level
- ▶ Increased withdrawal/apathy
- ▶ Developmental regression
- ▶ Repetitive talk or play about the event(s)
- ▶ Intrusive thoughts, memories and worries



DOMESTIC ABUSE VICTIMS-SURVIVORS



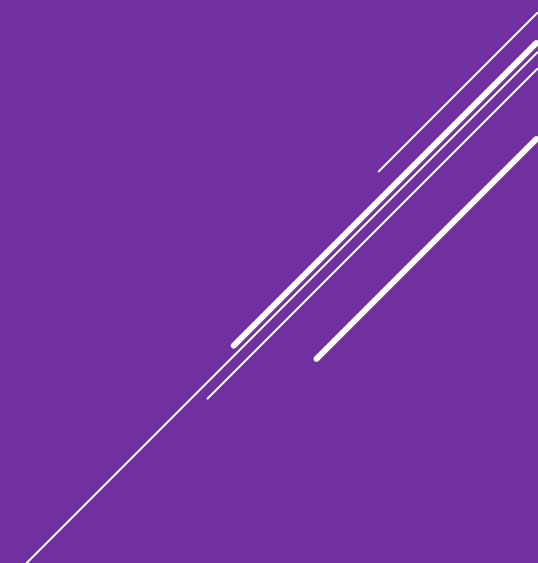
The average survivor of domestic violence leaves the abusive relationship seven to nine times before they actually leave permanently.

Someone you know will be a victim of Domestic Violence at some point in their life. It usually takes a victim seven to nine times to leave an abusive partner for good. Domestic Violence does not discriminate it can happen to anyone....

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

MEMOIRS OF A BROKEN WOMAN



MOST DANGEROUS TIMES FOR VICTIMS



The 2 most dangerous times for a victim are:

- ▶ When the victim is trying to leave
- ▶ When the victim is pregnant



- ▶ The worst and most tragic outcome of domestic violence is the loss of life.
- ▶ Domestic violence threatens not only the safety of the survivor or victim, but also their children and their entire community. Bystanders and others attempting to provide assistance or support to a survivor are often injured or killed.
- ▶ Our intent of the presentation is to answer questions the community may have as well as educate on dynamics of domestic violence. So, those in the community can safely advocate for victims and hopefully prevent further tragedy.



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DOMESTIC HOMICIDE STATS IN ILLINOIS



- ▶ *The first 18 months after leaving an abusive partner are the most dangerous*
- ▶ *In Illinois during 2024, 94 DV incidents led to 120 deaths.*
- ▶ *The 120 deaths were comprised of 107 homicides and 13 suicides by perpetrators.*
- ▶ *DV homicides made up approximately 15% of all homicides in Illinois.*
- ▶ *In 2023, domestic homicides increased 110% compared to 2022.*



(Illinois Coalition Against Domestic Violence, 2024)



RISK OF LETHALITY

IN A DOMESTIC VIOLENCE SITUATION, THE RISK OF LETHALITY INCREASES WITH SEVERAL FACTORS, INCLUDING:

SEPARATION OR AN ATTEMPT TO END THE RELATIONSHIP
THREATS TO KILL
ACCESS TO WEAPONS
STALKING
STRANGULATION DURING AN ASSAULT
CONTROLLING, POSSESSIVE AND JEALOUS BEHAVIOR
DRUG AND/OR ALCOHOL ABUSE
CHILDREN NOT IN COMMON
UNEMPLOYMENT



ILLINOIS DOMESTIC VIOLENCE ACT (IDVA)



- ▶ 750 ILCS 60-103
- ▶ In 1982, Illinois passed the Illinois Domestic Violence Act (IDVA). This offered safety provisions for survivors of domestic violence and their children by holding the person that was abusing them accountable in the criminal and civil justice systems in Illinois.



WHAT IS AN ORDER OF PROTECTION?



- ▶ An order of protection is a written court document signed by a judge which prohibits an abuser from committing certain behaviors.
- ▶ Its purpose is to protect victims from further abuse from individuals outlined in the Illinois definition of domestic violence.
- ▶ It orders an abuser to stay away from a victims home, place of work and school with a no contact order.



CIVIL “verses” CRIMINAL

- No police involved
- Police are involved



ORDERS OF PROTECTION



Orders of
Protections

Emergency

Plenary

THERE ARE 2 DIFFERENT
TYPES OF ORDERS OF
PROTECTIONS



VIOLATION OF AN ORDER OF PROTECTION (VOOP)

A respondent commits the crime of “Violation of an Order of Protection” when she or he knowingly violates the following remedies:

- ▶ Prohibition Against Further Abuse
- ▶ Exclusive Possession of the Residence
- ▶ Stay Away from the Petitioner or Away from Specific Locations
- ▶ Stay Out of the Residence When Under the Influence and Constituting a Threat to the Safety and Well-Being of the Petitioner
- ▶ Prohibition Against Firearm Possession



HOW YOU CAN HELP



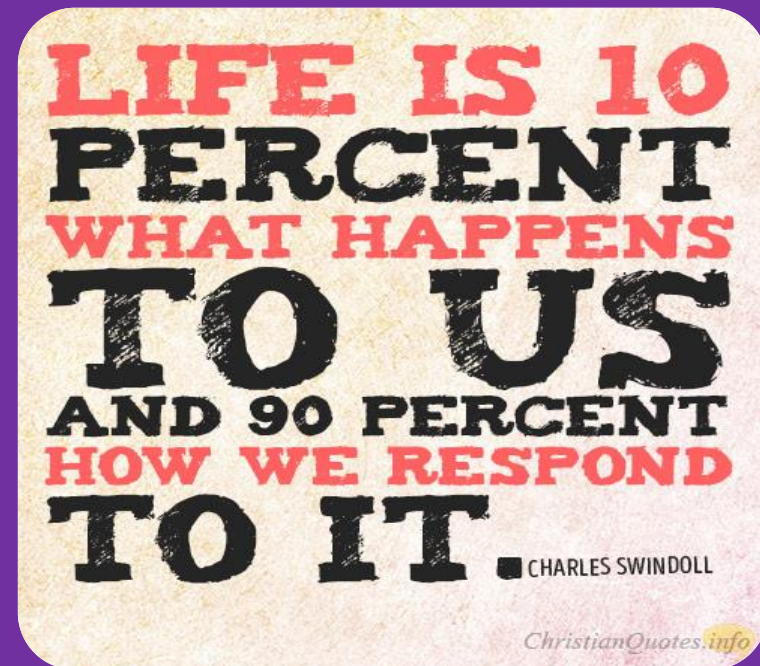
- ▶ Become informed
- ▶ Listen with an open mind
- ▶ Guide him or her to community resources
- ▶ Focus on his or her strengths
- ▶ Be supportive of his or her decisions
- ▶ Confront him or her with the danger
- ▶ Help him or her develop a safety plan



RESPOND



- ▶ Let the victim know of your concern
- ▶ Listen to the victim
- ▶ Believe him or her
- ▶ Support their decision to stay or refuse help
- ▶ Respect their confidentiality



HELPFUL THINGS TO SAY TO VICTIMS



- ▶ Compassion/Validate feelings
- ▶ Empathy and active listening skills
 - ▶ “I’m sorry this happened to you”
 - ▶ “You don’t deserve to be treated this way”
 - ▶ “You have a right to be safe”
 - ▶ “Help is available to you”
 - ▶ “How can I help you?”
 - ▶ “You’re not crazy or to blame”
 - ▶ “You are not alone”



WHAT NOT TO SAY TO VICTIMS

- ▶ “Why don’t you just leave?”
- ▶ “Why did you wait so long to get help?”
- ▶ “I think you should leave.”
- ▶ “What did you say or do that made him/her angry?”
- ▶ “Why do you put up with it?”



GIVE THEM RESOURCES



- ▶ Know the resources in your community
 - ▶ Crisis Center for South Suburbia
- ▶ Offer resources and help develop safety plans



REMEMBER...

- ▶ As an advocate in domestic violence, it is not our responsibility to question why a victim stays in an abusive relationship. The reason they stay is always theirs, and never ours.
- ▶ Our job is to support the victim, help them stay safe, and educate them on resources and supports that are available to them.



JUST LEAVE.....



IN SHORT, IT IS JUST NOT THAT EASY.

ABUSERS UTILIZE POWER, CONTROL, AND COERCION TO ENTRAP THEIR VICTIMS IN THE RELATIONSHIP. THIS MEANS ISOLATING THEM, LIMITING THEIR ACCESS TO FINANCES, THREATENING AND INTIMIDATING THEM, USING THE CHILDREN, AND OTHER MEANS OF CONTROL. *(IF DOMESTIC VIOLENCE IS THAT BAD, WHY DON'T THEY JUST LEAVE? | RIVERSIDE COUNTY DISTRICT ATTORNEY, N.D.)*

CHANGE THE NARRATIVE!!



THE NEXT TIME YOU HEAR ABOUT DOMESTIC ABUSE, FOCUS ON WHAT THE ABUSER DOES TO KEEP THE VICTIM IN THE RELATIONSHIP AND NOT ON THE VICTIM.

THEN, YOU WILL UNDERSTAND WHY THEY DO NOT JUST LEAVE.

A photograph of a wooden desk with a teal typewriter, a green notebook, a pair of glasses, and a yellow notepad. The text 'it's time to change the narrative' is written in a typewriter font on the desk surface. The words are arranged in four lines: 'it's time to', 'change', 'the', and 'narrative'.

it's time to
change
the
narrative

REFERRALS AND SERVICES



- Crisis Center for South Suburbia
708-429-7255
- Anew (DV Agency)
708-335-3028
- Bridgeview Court Advocates Office
708-974-6265
- Markham Court Advocates Office
708-232-4651
- Bridgeview States Attorney Office
708-974-6250
- Markham States Attorney Office
708-232-4040
- National Domestic Violence Hotline
1-800-799-SAFE
- Illinois Domestic Violence Help Line*
1-877-863-6338
- Catholic Charities
312-655-7700
- Illinois Attorney General
1-800-964-3013
- Automated Victims Notification
1-866-566-8439
- Pathlight Council on Aging
708-361-0219
- Pillars (DV Agency)
708-485-5254
- Guardian Angel
815-729-1228

QUESTIONS





NO
EXCUSE
FOR
ABUSE

NOMORE.ORG



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and Outreach Coordinator

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<https://www.californialawreview.org/print/coercive-control-legislation#>.

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ABUSER TACTICS FOR PEOPLE WITH DISABILITIES AND OLDER ADULTS

- ▶ Withhold care & denying basic needs
- ▶ Threatens to end relationship and leave unattended
- ▶ Threatens to have person institutionalized
- ▶ Threatens to take away services
- ▶ Taking assistive devices away
- ▶ Exposes disability (AIDS, mental illness)

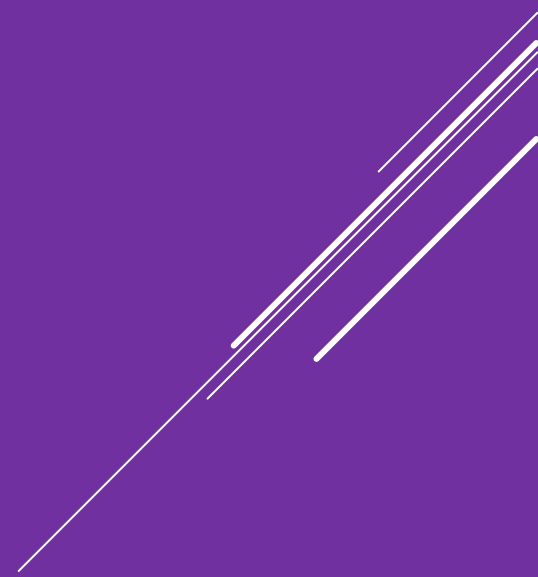


ABUSER TACTICS FOR PEOPLE W/ DISABILITIES & OLDER ADULTS (CONT'D)



- ▶ Blames disability/age for abuse
- ▶ Forces sex when individual may be unable to physically resist
- ▶ Uses medication to control
- ▶ Misuse of power of attorney or seeks guardianship
- ▶ Isolates and won't let others in house

“I AM NOT NOTHING”- BETH CROWLEY



DON'T WAIT (DOMESTIC VIOLENCE AWARENESS TRIBUTE)

