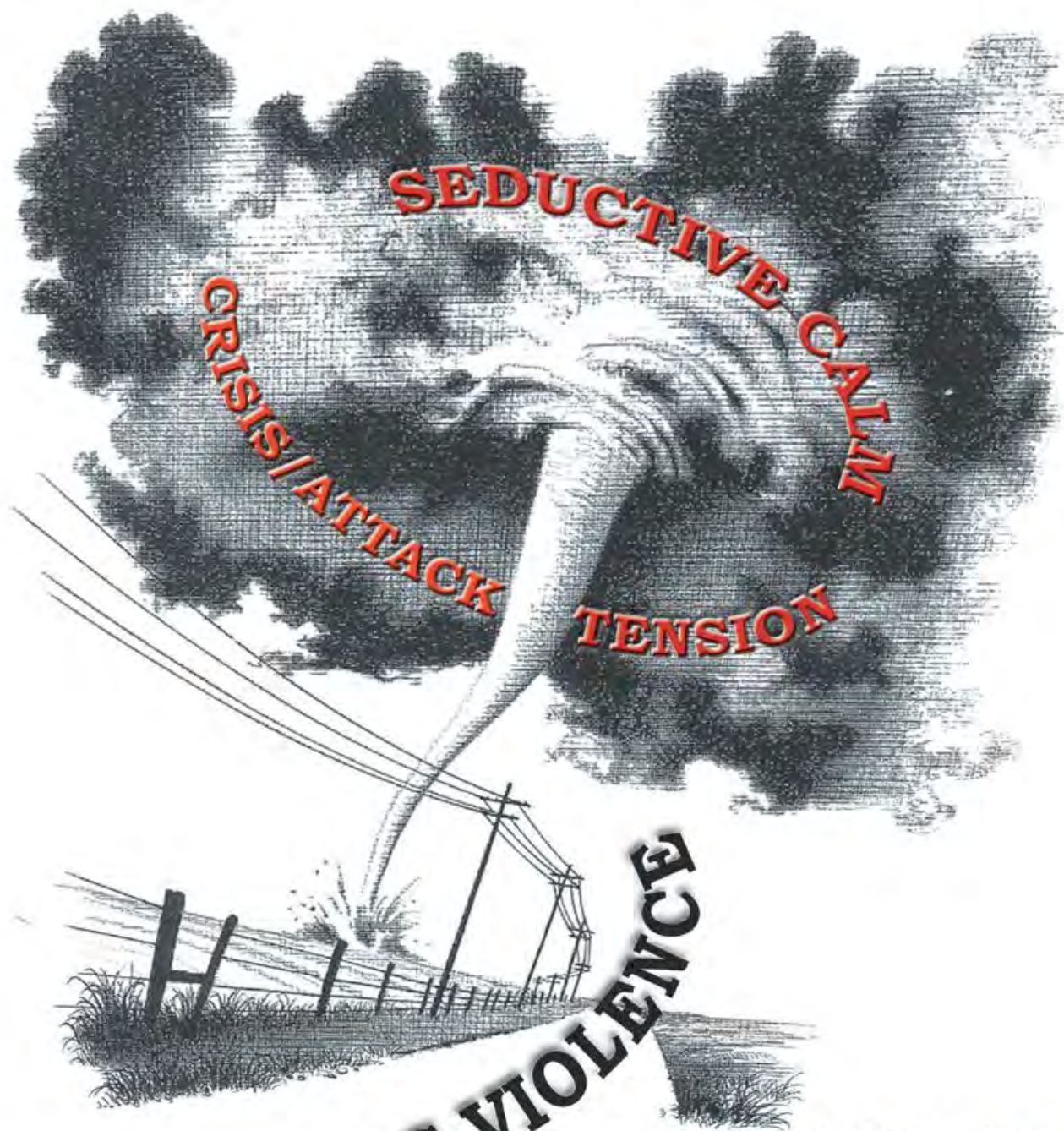


DOMESTIC VIOLENCE AWARENESS GUIDE



DOMESTIC VIOLENCE

Dedicated to stopping
the cycle of
Domestic Violence
in Oklahoma

Domestic Violence Awareness Guide

Oklahoma Department of Human Services

Adult and Family Services

Table of Contents

Acknowledgments		5
Foreword		6
Introduction		7
Chapter 1	What is Domestic Violence?	8
	Power and Control Wheel	9
	The Cycle of Violence	10
	Equality Wheel	13
	Signs of Domestic Violence	14
Chapter 2	Who Are the Victims?	15
	National Victim Statistics	15
	Why Women Stay	15
	The Progression of Domestic Violence	16
	Barriers to Leaving a Violent Relationship	17
	Victims' Health Problems and Substance Abuse	18
	Domestic Violence within Gay Relationships	19
	Domestic Violence and the Elderly	19
	Domestic Violence and People with Disabilities	20
	Adolescent and Teen Dating Violence	21
	Teen Power and Control Wheel	23
	Safety Planning for Teens	24
	Domestic Violence and the Effect on Children	25
	Domestic Violence and the Child Support	30
Chapter 3	Who Are the Batterers?	31
	Predictors of Domestic Violence	31
	Warning Signs for the Batterer	32
	Immediate Ways for Batterers to Stop Violence	32
	Behavioral Tactics	33
	Batterer Intervention	34
	Recidivism	34
	Couples Counseling and Mediation	34
	Anger Management Programs	34
	Batterers and Substance Abuse	35
	Lethality	36

Chapter 4	What Can We Say and Do?	37
	Intervention	38
	Special Note for DHS Case Managers	40
	TANF and Women in Violent Relationships	41
	What if She Decides to Stay?	41
	Interview Tips	42
	Individuals Against Domestic Violence	43
	Communities Against Domestic Violence	44
Chapter 5	Assessing Danger, Safety Planning and Crisis Intervention	45
	Assessing the Danger	45
	Safety Planning to Prevent Escalation	45
	Safety When Preparing to Leave	47
	Personalized Safety Plan	48
	Checklist: What You Need to Take	
	When You Leave	49
	Personal Safety When the Relationship is Over	50
	Children's Safety Plan	51
	Tips for Mothers	51
	Workplace Guidelines	52
	Be Safe at the Courthouse	53
	Flow Chart for Handling Crisis Calls	54
Chapter 6	The Legal System	55
	Using the Law to Help You	56
	Information on the Oklahoma Protective Order	57
	State of Oklahoma Domestic Violence Law	61
Chapter 7	Resources	63
	OCADVSA	63
	Latino Community Development Agency	63
	Oklahoma Office of Attorney General	63
	Address Confidentiality Program	64
	Oklahoma VINE	64
	Native Alliance Against Violence	64
	Oklahoma Domestic Violence Programs by City	65
	State Domestic Violence Coalitions	67
	Certified Batterers Intervention Programs	70

	Legal Aid Services of Oklahoma Inc.	72
	Related Websites	75
	Community Resource Page	76
Chapter 8	Taking Care of You	77
	14 Things to Remember	77
	Common Pitfalls to Working with Victims of Domestic Violence	77

Acknowledgments

We would like to thank the agencies, organizations and individuals who contributed to the development of this training curriculum. Some contributed by allowing us to use information printed on their websites, which are devoted to stopping domestic violence. Others contributed by graciously providing professional or personal expertise in this area. Each contributor joins us in the effort to educate service providers and the community in general about domestic violence.

Consultations provided by:

Marcia Smith, executive director of the Oklahoma Coalition Against Domestic Violence and Sexual Assault

Beth Stanford, director of education for the Oklahoma Coalition Against Domestic Violence and Sexual Assault

Ann Lowrance, director of Domestic Violence and Sexual Assault Services with the Oklahoma Department of Mental Health and Substance Abuse Services

Pat Cole, associate director of the National Training Center on Domestic and Sexual Violence

Elizabeth Haynie, programs field representative for the Department of Human Services – Aging Services

Kathy Simms, programs administrator for the Department of Human Services – Child Welfare Services, Child Protective Services

Esther Rider-Salem, programs manager II for the Department of Human Services – Child Welfare Services, Child Protective Services

Contributing agencies and organizations:

American Bar Association – Domestic Violence Division

Family Violence Prevention Fund

Gail Stricklin, private attorney

Metropolitan King County Council, Washington

Oklahoma Attorney General Office, Victim Services Unit

National Coalition Against Domestic Violence and Sexual Assault

National Committee for the Prevention of Elder Abuse

Native Alliance Against Violence

Oklahoma Coalition Against Domestic Violence and Sexual Assault

Oklahoma Department of Human Services – Adult Protective Services; Adult & Family Services; Aging Services; Developmental Disabilities Services

Oklahoma Department of Mental Health, Substance Abuse Services, Domestic Violence and Sexual Assault

Awareness Guide written and edited by:

Nathan Durant, programs field representative, DHS, AFS-Training Section

Rebecca Kephart, programs field representative, DHS, AFS-Training Section

Cindy McGowan, programs field representative, DHS, AFS-Training Section

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 had 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/survivors 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.

A National Crime Victim Survey found that about 85 percent of victimizations by intimate partners were against women. (Rennison, C.M. Intimate Partner Violence 1992-2001 BJS.2003) This 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.

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), 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, Minn. 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.

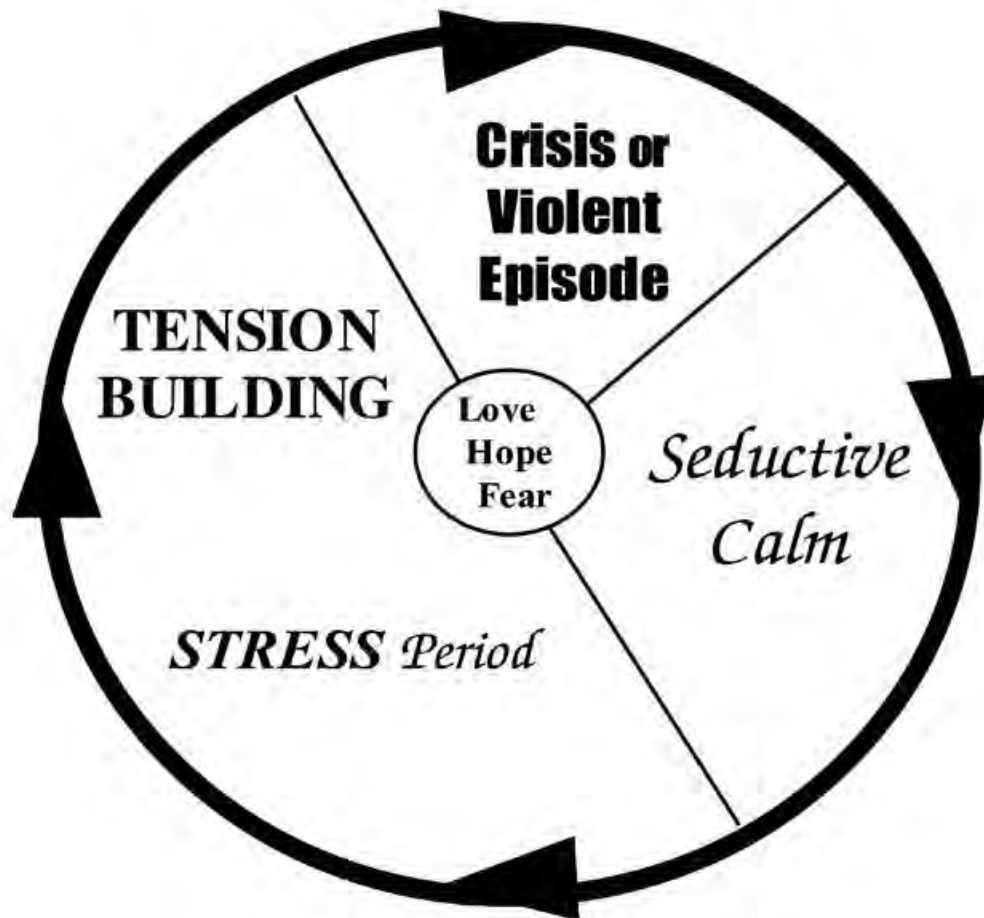
“Across the U.S., 75 percent of domestic violence-related deaths occur after a victim takes steps to separate from her abuser.”

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.

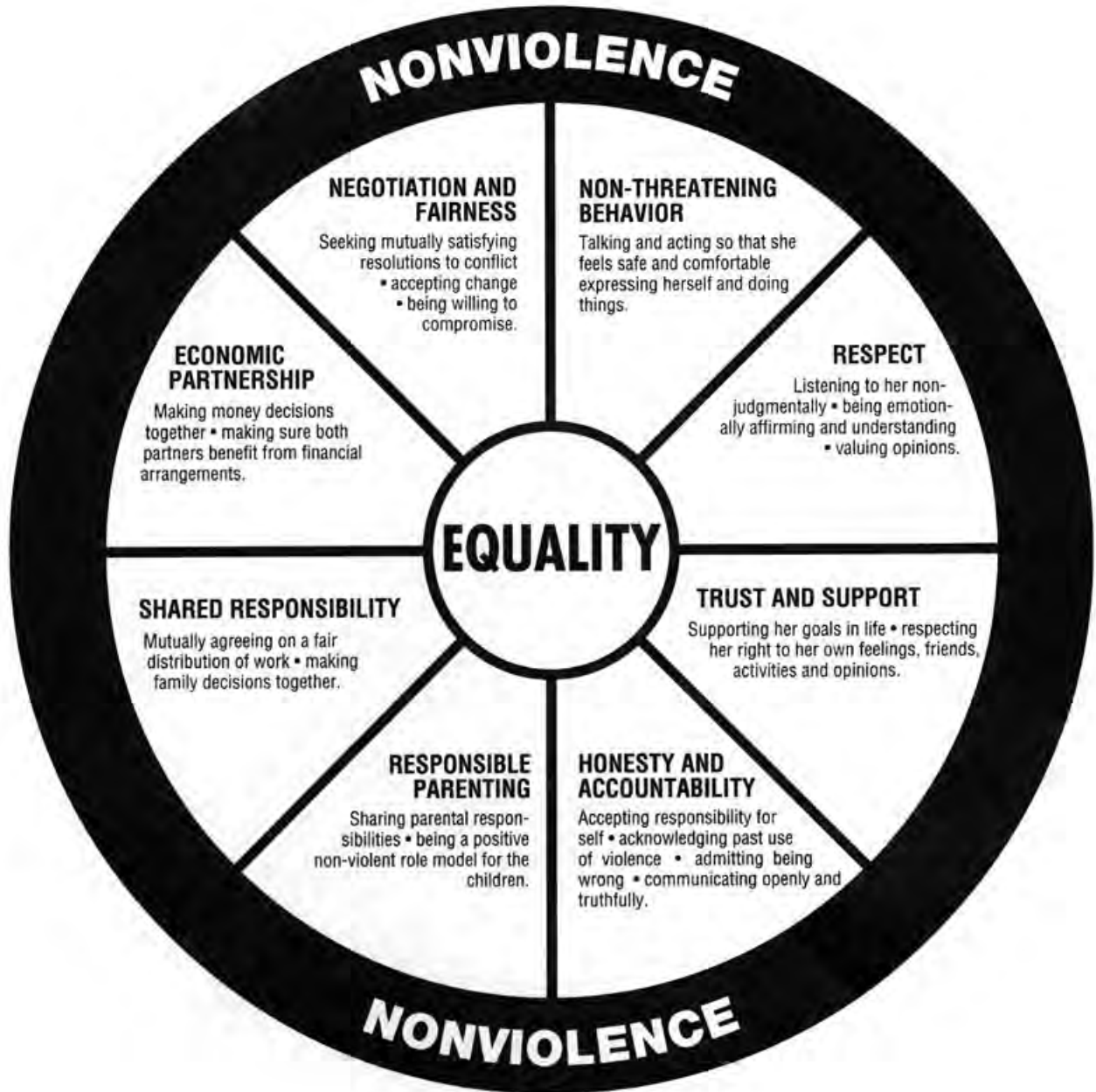
Hope - She hopes he will change and keep his promises.

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, Minn. 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
- Pulls hair
- Slaps, pushes, pinches, punches, cuts, bites 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 OklahomaSAFELINE 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.

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 nonviolent.

National Victim Statistics

- Approximately 1.5 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)

On average, more than three women and one man are murdered by their intimate partners in this country every day. Intimate partner homicides accounted for 30 percent of the murders of women and 5 percent of the murders of men. (Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence, February 2003)

- 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, February 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 nonfatal 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 theirs.
- 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 protective 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 nonviolent 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 website, 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 post-traumatic 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' Judgments 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 website, 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**.

Domestic Violence and People with Disabilities

When discussing the population of people with disabilities who may be subject to abuse, included are people with physical, cognitive or mental health disabilities, male and female, and of all ages.

FACT: Women with disabilities are TWICE as likely to experience domestic violence as their non-disabled peers. It is estimated that 85 percent of the female population of persons with disabilities will experience domestic abuse during her lifetime.

FACT: Those experiencing abuse are likely to experience more abuse, for a longer period of time, and receive more substantial injury than their non-disabled peers.

Like those without disabilities, people with disabilities may experience abuse from a spouse or partner, family member or friend. However, people with disabilities, including those with age-related disabilities, are particularly vulnerable to abuse from a professional caregiver or personal care attendant. Sadly, people with disabilities who experience abuse are typically unwilling or unable to report abuse.

Factors contributing to non-reporting:

- The inability of a victim to effectively communicate that they are being abused.
- Isolation: many people with disabilities do not typically enjoy true inclusion into the community because of a lack of accessible public transportation. In rural areas, this problem is compounded for those who use wheelchairs and scooters for mobility.
- Many people with disabilities have low self-esteem or low self-worth because of their dependency on supports; this can result in the feeling that abuse is “deserved.” There may also be fear of being abandoned by a caregiver.
- For some with low cognitive abilities, abuse happens and continues to happen because the victim doesn’t understand the concept of abuse. Unless those with disabilities are educated about appropriate and inappropriate touch and communication, these individuals will always be prone to abuse.
- Behavior issues are also a contributing factor of abuse. Many advocates for people with disabilities believe that all behavior is an attempt to communicate. What a caregiver or family member might see as violent or self-injurious behavior in a person with a disability is often an attempt to convey that something is upsetting or painful. If a family member or caregiver does not attempt to decipher this behavior as an attempt at communication, he or she may respond with violence.

In order to reduce domestic violence among people with disabilities, we must involve ourselves in the lives of people with disabilities.

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: Approximately one in five high school girls has been physically or sexually abused by a dating partner.

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 teenager 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.

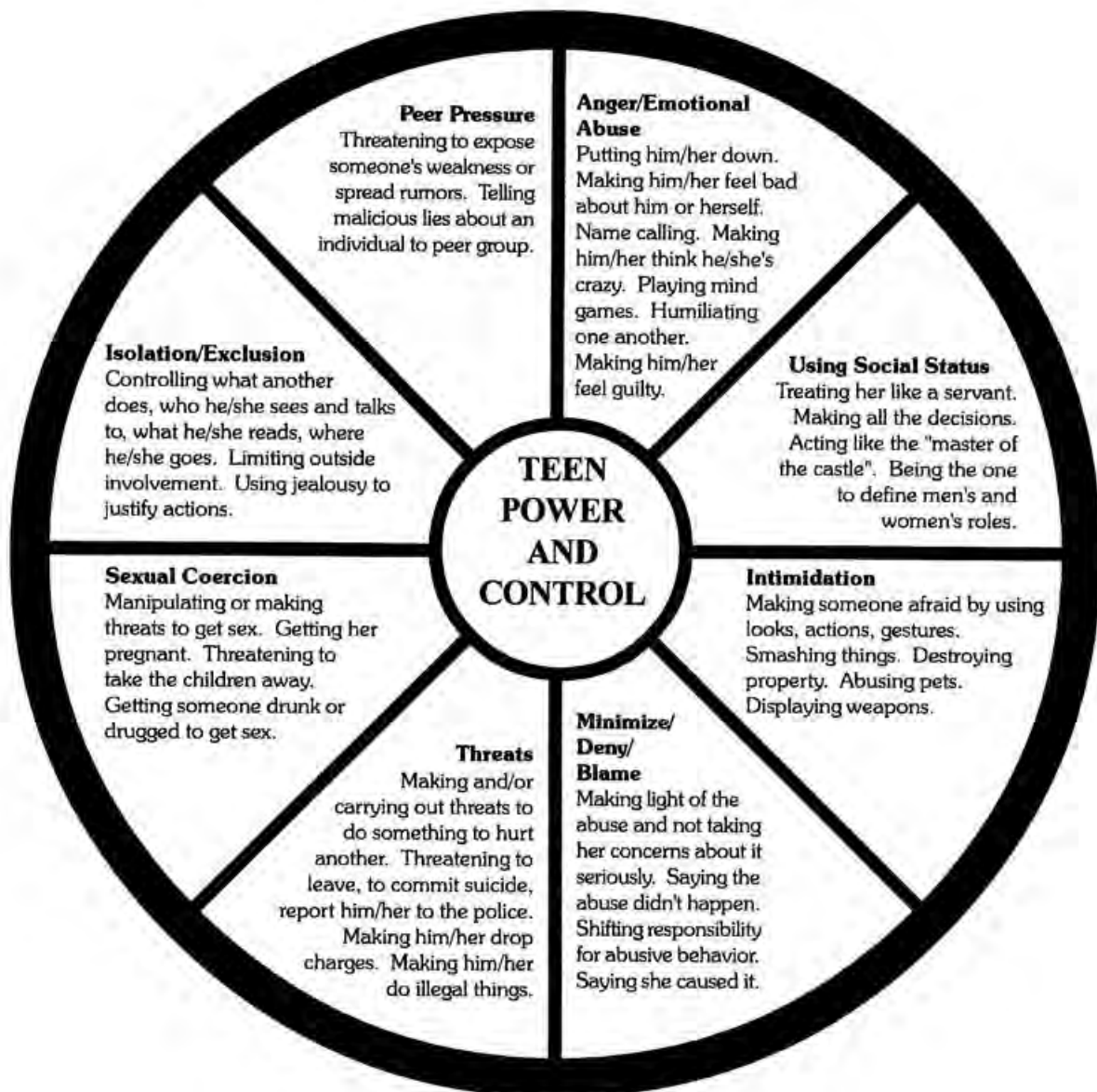
Dating Safety

- 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.

For more information, visit loveisrespect.org and womenslaw.org.

Teen Power and Control Wheel



Courtesy of Domestic Abuse Intervention Project in Duluth, Minn.

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, cell phone, number of the local shelter, number of someone who could help you and protective 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 adults)
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 and trauma counseling.

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 children
- Waking children up with the sound of the violence
- Exposing child to assaults against their mother or property
- Threats of or use of violence against child
- 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 above
- Hurting child when the child intervenes to prevent the mother from being injured
- Using children as a physical weapon against the victim
- 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 children
- Hurting child when the child intervenes to stop violence against mother
- Using child as a spy against mother
- Forcing child to participate in attack on mother
- Physically or sexually abusing child
- 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 super achiever 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.)

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, hyper vigilance about danger
- Fighting with others, hurting other children or animals
- Temper tantrums
- Withdrawal from other people or activities
- Listlessness, depression, little energy for life

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 McConnel Clark Foundation. Used with permission of the Family Violence Prevention Fund.

Domestic Violence and Child Support

Confidentiality is a priority to Child Support Services (CSS). Three of the things CSS does to protect personal information is:

Establish an Address of Record

Oklahoma statute 43 O.S. 112A requires all parties and custodians to notify the Centralized Case Registry of a current, public address of record (AOR). The AOR is stated on court orders and may be disclosed to other authorized parties or custodians for correspondence or service of process for support, visitation, and custody actions. An AOR may be a post office box, physical address, or attorney's office. If family violence has been indicated on a case, CSS asks that the claiming party's AOR be different from their physical address.

Computer system functions in place (i.e. family violence indicator)

The family Violence Indicator is a function of the child support computer program to help caseworkers and customer service representatives (CARE) easily identify that a case has been screened for family violence, and family violence is or is not an issue for at least one of the parties involved in the case. If family violence has been indicated in a case, the computer system also prevents the parties' addresses from being printed on many of the child support documents. Family violence can be claimed in writing, by oral statement, or even by a caseworker. The Family Violence Indicator is also updated if a Victim's Protection Order involving the parties is on file with the Court and active.

Good Cause Determination

Cooperation is required for TANF, daycare assistance, and some SoonerCare eligibility. However, federal regulations provide for a "Good Cause" waiver in the best interest a child. Family violence on a case does not automatically indicate Good Cause and a child support case cannot be closed for that reason. Good Cause is determined by Adult and Family Services for TANF and daycare assistance cases. CSS determines Good Cause on Oklahoma Health Care Authority SoonerCare cases.

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/dvpk_eohtml)

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 something 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.
- You have unrealistic expectations of your partner.
- You promise to change but then do not take action.

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 2-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, 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.

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' 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.

Lethality

Although no one can accurately predict when or if a batterer will kill or escalate violence to a life-threatening level, the following indicators can serve as warning signs that a batterer may be reaching that level. It is important to note that while these indicators are a valuable assessment tool, the presence or absence of one or more indicators cannot definitively predict the behavior of a batterer. The most important indication of life-threatening violence is the victim's perception of her danger.

Lethality Indicators

- Perceived loss of control over the victim through separation, divorce, victim fleeing
- Extreme jealousy
- Escalation of abuse
- Acts of abuse in public
- Suicide / homicide threats
- Plan to carry out either of above
- Use of, or threat to use weapon (especially a gun)
- Stalking
- History of mental health problems
- Substance abuse
- History of sexual abuse of victim or children
- Violation of protective orders

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, DHS 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 need help or need 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
(1-800-522-7233)

National Domestic Violence Hotline: 1-800-799-SAFE
(1-800-799-7233)

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, co-worker or 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 405-524-0700. 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 Oklahoma Coalition Against Domestic Violence at 405-524-0700 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 (405)524-0700 or by contacting some of the agencies in the community resource section of this handbook.

A special note for DHS 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,” “CSS” 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: DHS 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.
- Make sure your client has access to the Oklahoma SAFELINE number: 1-800-522-SAFE.

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, email, texts or left on voice mail.
- 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 victim protective order. Stalking is against the law.

Interview Tips

Direct questions

1. To assess danger: Are you in danger? Is he drunk or high?
2. To assess safety options: What do you think will help? Are friends available to help you?
Do you have access to a phone?
3. 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 9-1-1. 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, a friend's cell 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
- ___ Cell phone and charger
- ___ 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 OK.

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 situations.
- 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

The annual cost of lost productivity due to domestic violence is estimated as \$727.8 million, with more than 7.9 million paid workdays lost each year. *Costs of Intimate Partner Violence Against Women in the United States. 2003 Centers for Disease Control and Prevention, National Center for Injury and Prevention and Control. Atlanta, GA.*

What to Do . . .

If you are experiencing domestic violence:

- Save any threatening email, text messages 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.

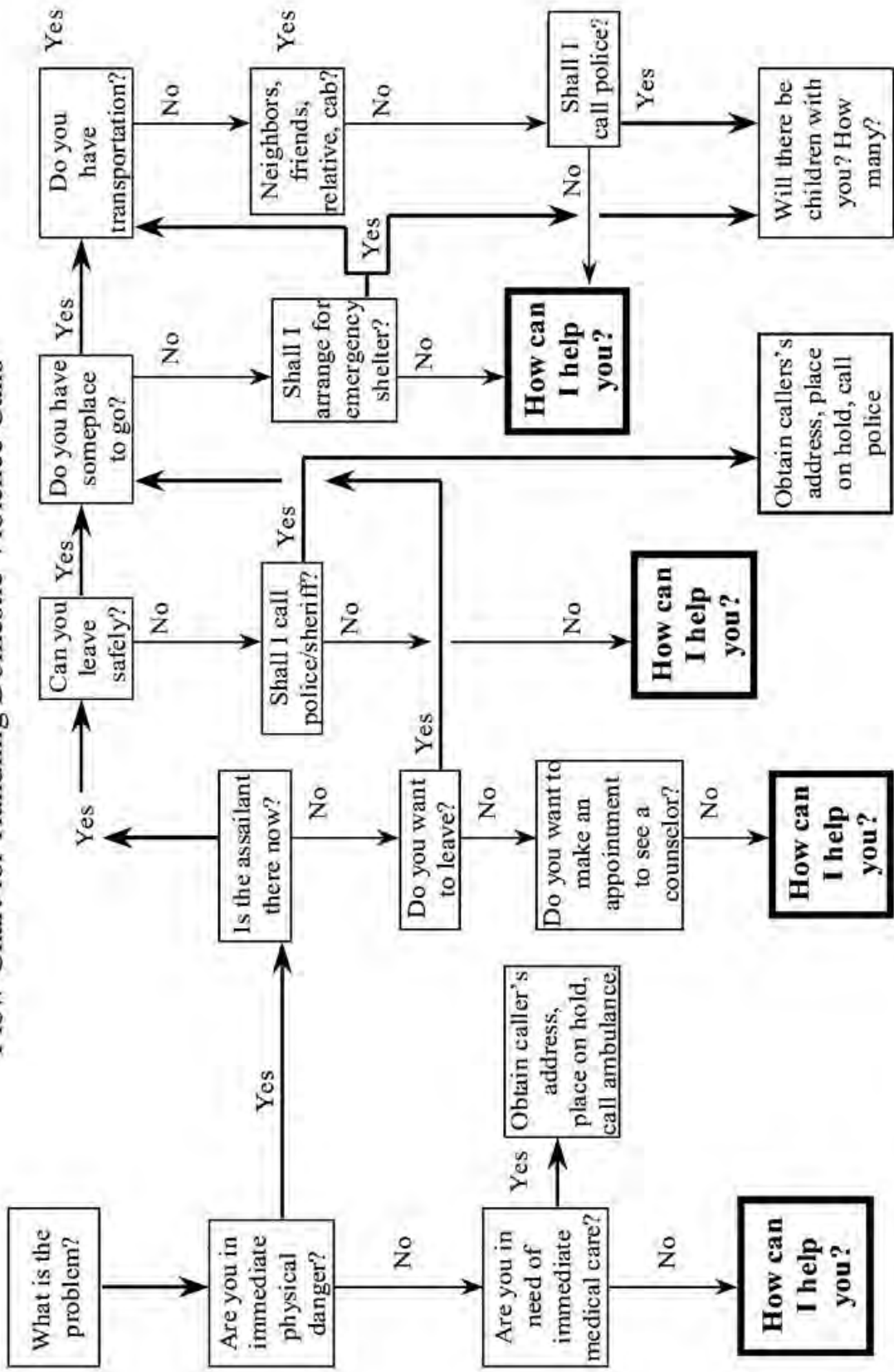
Adapted from National Coalition Against Domestic Violence web site, www.ncadv.org.

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.

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 something has taken place.

Photograph any visible signs of the abuse: Bruises, cuts and other injuries may be used as evidence.

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, or anti-harassment order, 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.

The police officer should provide you with a safeline card to help you get information: 1-800-522-SAFE.

Using the Law to Help You

Protection 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 children.
- Order the abuser to leave your home.
- Order the police to come to your home while the abuser picks up personal belongings.
- Order the abuser to go to a batterer's intervention program.
- Order the abuser not to call you at work.
- 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 injuries.
- 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.
- Ask that the visitation exchange of the children be done by a third party so that you do not have to see your abuser during the visitation.

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.

Information on Oklahoma Protective Orders

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, stalked or threatened with imminent physical harm by a family or household member. This includes spouses, ex-spouses, present spouses of ex-spouses, parent, children, persons related by blood or marriage, people who live together or used to live together, and people who are the biological parents of a child.

You may 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 a person is willfully, maliciously and repeatedly following you which causes you to feel frightened, intimidated, threatened, harassed or molested. It also means a course of conduct of at least two or more separate acts of unconsented contact that you have not requested or in disregard for your expressed wishes to be left alone. Unconsented contact or course of contact includes following or appearing within your sight; approaching or confronting you in a public place or on private property; appearing, entering or remaining at your residence or any property leased or owned by you; contacting you with repeated telephone calls, texts, emails; placing or delivering objects on property owned, leased or occupied by you. 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 abuser or 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.

If you have access to a computer, you can review/print the forms at: www.oscn.net/static/forms/AOCforms.asp and click on "Protective Order." Please note that these forms may not be used in all county courthouses. Make sure you list every law enforcement agency (police chief, sheriff, etc.) that you want the order issued to.

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 after the defendant is given notice of the order by law enforcement giving him a copy and only until a full hearing can be held with the defendant being present. At the ex parte hearing, a date within 14 days from the filing of the petition 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 in person or by mail.

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 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 or sign up for **VINE-VPO** to be notified telephonically or electronically of the notice to the defendant. You still must go to the hearing to get another date if he has not been served.

Explain to the judge if there are any special arrangements you want included in the order – for example, that you need any visitation temporarily suspended or modified to protect from threats of abuse or physical violence, or defendant's threat to take the children, or violate a custody order; or that you do not wish to have any verbal or physical contact with the defendant and arrangements for any visitation with the children must be without you being present; or if you have pets that he has threatened to harm, or if there is visitation with a child who is also part of the protective order, provisions for safety and supervision are made.

Final protective orders

Whether an ex parte order is granted, denied or not requested, a full hearing will be scheduled within 20 days (14 days eff. 11/2013.) 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. Explain to the judge if there are any special arrangements you want included in the order – for example, that you need any visitation temporarily suspended or modified to protect from threats of abuse or physical violence, or defendant's threat to take the children, or violate a custody order; or that you do not wish to have any verbal or physical contact with the defendant and arrangements for any visitation with the children must be without you being present; or, if there is visitation with a child who is also part of the protective order, provisions for safety and supervision are made.

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 the 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 a new hearing 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 sure you list every law enforcement agency (police chief, sheriff's office, etc.) that you want the order issued to. 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 judge. The terms of the protective order apply to the defendant – you cannot legally violate the protective order issued against the defendant, but it is advisable to keep your distance so that you will be safe. 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.

Protective orders can last up to five years. Under certain circumstances, a protective order can be continuous, where it never expires. Those special circumstances are where a court finds that the defendant has a history of violating orders of any court or governmental entity; where the person has been convicted of a violent felony offense; or where the person has a previous felony conviction for stalking and a court order for a previous order has been issued in this state or another state.

The final protective order remains in full force during any period of time that the defendant is incarcerated and the period of incarceration shall not be included in the calculation of the five year time limitation.

Animals and protective orders

If your abuser has threatened to harm the family pet or any farm animal owned by the family, you may ask the court to enter special orders protecting the animal and giving you custody in the petition you file. If you are able to take the animal with you or have someone keep the animal safe until the order is issued, that is the best protection for your animal.

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 O.S. § 60.1 Protection from Domestic Abuse Act - 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 or harassment of a person by an adult, emancipated minor, or minor thirteen (13) years of age or older, in a manner that would cause a reasonable person to feel frightened, intimidated, threatened, harassed or molested and actually causes the person being followed or harassed to feel terrorized, frightened, intimidated, threatened, harassed or molested. Stalking also means a course of conduct composed of a series of two or more separate acts over a period of time, however short, evidencing a continuity of purpose or unconsented contact with a person that is initiated or continued without the consent of the individual or in disregard of the expressed desire of the individual that the contact be avoided or discontinued. Unconsented contact or course of conduct includes, but is not limited to:

- a. following or appearing within the sight of that individual
- b. approaching or confronting that individual in a public place or on private property
- c. appearing at the workplace or residence of that individual
- d. entering onto or remaining on property owned, leased, or occupied by that individual
- e. contacting that individual by telephone
- f. sending mail or electronic communications to that individual
- g. placing an object on, or delivering an object to, property owned, leased or occupied by that individual

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
- 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 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 a tribal court.

7. "Rape" means rape and 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.

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.

Family Law & Domestic Violence

Grounds for divorce: No specific proof is required to get a divorce other than a statement of incompatibility. Other "grounds" include abandonment, impotency, adultery, cruelty, fraud, habitual drunkenness, gross neglect of duty.

Sometimes, it is easier for a victim to slowly separate from a marriage by pursuing a separation instead of a divorce which can easily be converted to a divorce at some later date. Remember, that when you decide to leave the abuser, do not tell him/her in advance and have a safety plan as leaving an abusive relationship may increase the likelihood of harm because your abuser is losing control of you. Contact the Oklahoma SAFELINE number 1-800-522-SAFE to help you plan a safe separation.

Definition of Domestic Violence for purposes of a divorce: "Domestic violence" means the threat of the infliction of physical injury, any act of physical harm or the creation of a reasonable fear thereof, or the intentional infliction of emotional distress by a parent or a present or former member of the household of the child, against the child or another member of the household, including coercive control by a parent involving physical, sexual, psychological, emotional, economic or financial abuse.

Child Custody and Visitation Standards: The usual standard for determining who gets custody of the child is the "best interests of the child." Where domestic violence, stalking or harassment exists in a marriage or relationship involving a child, there is a rebuttable presumption that it is not in the best interests of the child to have joint custody, sole custody or unsupervised visitation with the perpetrator of domestic violence, harassing or stalking behavior. The court shall consider as a primary factor, the safety and well-being of the child and of the parent who is a victim of domestic violence, stalking or harassing behavior. Joint custody or shared parenting may be dangerous, as well as emotionally unhealthy in a situation of domestic violence and should not be readily agreed to.

There are also special provisions in the law governing visitation where there is domestic violence, stalking or harassing patterns of behavior present. The safety of the child and the parent/victim should be considered and the court shall not order that the victim/parent be present for the exchange the child for visitation. Safe visitation provisions should be included in any visitation order such as having a third party transport the child for visitation; supervised visitation; ordering abusive parent to complete danger/lethality assessment prior to visitation; order abusive parent to abstain from alcohol, drugs, attend 52 week certified batterer program, impose costs of supervised on perpetrator.

The law also protects a parent who, in good faith and with a reasonable belief based on facts, determines that their child is the victim of child abuse or neglect or suffers from the effects of domestic violence and may take necessary action to protect the child including refusing to permit visitation.

Attorney Fees & Costs: Divorce can be expensive, but the law does provide that attorney fees and costs may be awarded to a victim of domestic abuse, stalking or harassment at any time during the proceeding.

Chapter 7: Resources

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

The Oklahoma Coalition Against Domestic Violence and Sexual Assault 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.

Mission Statement: The mission of the Oklahoma Coalition Against Domestic Violence and Sexual Assault is to organize and mobilize member programs to prevent and eliminate sexual and domestic violence and stalking in the State of Oklahoma and in Indian Country.

OCADVSA

3815 N. Santa Fe Ave., Ste. 124, Oklahoma City, OK 73118

Phone: 405-524-0700

Fax: 405-524-0711

Email address: info@ocadvsa.org

Website address: <http://www.ocadvsa.org>

Latino Community Development Agency (LCDA)

Proyecto Cambio Intimate Partner Violence/Sexual Violence is certified by the office of the Attorney general to provide domestic violence/sexual assault crisis intervention, transitional housing and batterer's intervention.

Our mission is to reduce the occurrence of domestic violence and sexual assault in the Hispanic/Latino community in the Oklahoma City metro area. Services available include Bilingual English/Spanish, intimate partner violence/sexual violence case management for referrals, linking and advocacy; Latinas Unidas Support Group; and the 52 week Hombres de Paz Batterer's Intervention Program.

LCDA contracts with DHS for Spanish language parenting education classes.

LCDA provides bilingual child and adolescent outpatient mental health and substance abuse treatment with licensed professionals who are trained in using trauma-focused CBT.

LCDA

420 S.W. 10th St., Oklahoma City, OK 73109

Phone: 405-236-0701

Fax: 405-236-0737

Web site address: www.lcdaok.org

Oklahoma Office of Attorney General, Victim Services Unit

This 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 N.E. 21st St., Oklahoma City, OK 73105

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

Website address: www.oag.state.ok.us/oagweb.nsf

Address Confidentiality Program (ACP)

The ACP provides services to residents of Oklahoma who 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's 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 transferring, of school records. The ACP is administered by the Office of Attorney General, Victim Services Unit.

Phone: 1-866-227-7784

Web site address: www.oag.state.ok.us/oagweb.nsf/v-acp

Oklahoma VINE Criminal Tracking and Victim Notification System

VINE is a statewide program offered to Oklahomans free of charge. It is a service through which victims or interested parties can use the telephone or Internet to sign up to receive notification regarding changes to an offender's custody status. Individuals may sign up to receive notification by phone call, text message and email. You will be notified if an offender is released, transferred, escapes or any number of other status changes. The service is available 24 hours a day, seven days a week, 365 days a year. VINE is administered by the Office of Attorney General, Victim Services Unit.

VINE Protective Order was integrated into the VINE program in 2008. Persons filing a protective order can register with the program to be notified once an order has been served.

Phone: 1-877-654-8463

Web site address: www.vinelink.com

Native Alliance Against Violence (NAAV)

Created in 2009, the Native Alliance Against Violence (NAAV) is Oklahoma's only tribal domestic violence and sexual assault coalition serving Oklahoma's federally recognized tribes and tribal domestic violence and sexual assault programs. Through the spirit of respect and cooperation, the Native Alliance Against Violence strives to unify tribal service programs throughout Oklahoma by providing culturally appropriate technical assistance, training and support to eliminate domestic violence, sexual assault, dating violence and stalking to restore balance and safety for native communities.

NAAV

2501 N. Blackwelder Ave., Sarkeys 209

Oklahoma City, OK 73106-1493

Phone: 405-208-5189

FAX: 405-208-5185

Website address: www.OklahomaNAAV.org

Oklahoma Safeline: 1-800-522-SAFE

Oklahoma Domestic Violence Programs by City

Ada

Family Crisis Center Inc.
580-436-3504

Altus

ACMI House Southwest OK Community Action Group Inc.
Crisis: 800-466-3805
Direct Line: 580-482-3800
Central Office: 580-482-5040

Ardmore

Family Shelter of Southern Oklahoma
Crisis: 580-226-6424
580-226-3750

Bartlesville

Family Crisis & Counseling Center Inc.
Crisis: 800-814-1188
(M-F) 918-336-1189

Chickasaw Nation

Office of Violence Prevention
Ada: 580-272-5580
Ardmore: 580-226-4821
Shelter: 580-559-0870

Chickasha

Women's Services & Family Resource Center
Crisis: 800-734-4117 (in-state only)
Crisis: 405-222-1818

Citizen Potawatomi Nation

Family Violence Program
Shawnee
405-878-4659
Crisis Center only

Claremore

Safenet Services Inc.
Crisis: 918-341-9400
Pryor: 918-825-0190
Crisis: 888-372-9400

Clinton

Action Associates Inc.
Crisis: 580-323-2604
Shelter: 580-323-0838
Office: 580-323-8700

Duncan

Women's Haven Inc.
Crisis: 877-970-4357
Crisis: 580-252-4357

Durant

Crisis Control Center
Crisis: 580-924-3030
580-924-3056

Enid

YWCA
Crisis: 800-966-7644
Shelter: 580-234-7644
Office: 580-234-7581

Idabel

SOS for Families
580-286-7533
Crisis: 888-286-3369
Shelter: 580-286-3369
Antlers: 580-298-5575
Hugo: 580-212-7599

Lawton

New Directions
Crisis: 580-357-2500
580-357-6141

Miami

Community Crisis Center
918-540-2275
Crisis: 800-400-0883
Crisis: 918-542-1001

Muskogee

Women in Safe Home Inc.
918-682-7879
Crisis: 918-682-7878
Eufaula: 918-618-4250

Norman

Women's Resource Center
Crisis: 405-701-5540
405-364-9424

Oklahoma City

Latino Community Development Agency
405-236-0701 ext. 143
Crisis center only

Oklahoma City

YWCA
405-948-1770
DV Hotline: 405-949-1866
Crisis: 405-947-4506

Okmulgee

Okmulgee County Family Resource Center
918-756-2549
Crisis: 877-756-2545
Crisis: 918-756-2545

Ponca City

Domestic Violence Program of North Central OK
580-762-2873

Poteau

Women's Crisis Services of LeFlore County
918-647-2810
Crisis: 800-230-9799
Crisis: 918-647-9800

Seminole Nation

Domestic Violence
405-382-3762

Seminole

Family resource Center
405-382-5979
Hotline: 405 and 580 areas only
800-373-5608

Shawnee

Project Safe
405-273-9953
Crisis: 800-821-9953

Stigler

KiBois Women's Shelter
918-967-2512
Crisis: 918-967-3277

Stillwater

Wings of Hope Family Crisis Services
405-372-9922
Hotline: 405-624-3020
Hotline: 800-624-3020

Tahlequah

Help-In-Crisis Inc.
918-456-0673
Crisis: 918-456-4357
Crisis: 800-300-5321 (in state)

Tulsa

Domestic Violence Intervention Services Inc.
918-585-3163
Crisis: 918-743-5763
Sapulpa: 918-224-9290

Woodward

Northwest Domestic Crisis Service
Crisis: 580-256-8712
Crisis: 888-256-1215
Shelter: 580-256-1215

State Domestic Violence Coalitions

State - phone/website

Alabama Coalition Against Domestic Violence	334-832-4842 Hotline: 800-6501-6522 www.acadv.org
Alaska Network on Domestic and Sexual Violence	907-586-3650 www.andvsa.org
American Samoa	602-279-2900
Arizona Coalition Against Domestic Violence	602-279-2900 800/782-6400 www.azcadv.org
Arkansas Coalition Against Domestic Violence	501-907-5612 800-269-4668 www.domesticpeace.org
California Partnership to End Domestic Violence	916-444-7163 800-524-4765 www.cpedv.org
Colorado Coalition Against Domestic Violence	303-831-9632 888-788-7091 www.ccadv.org
Connecticut Coalition Against Domestic Violence	860-282-7899 www.ctcadv.org
Delaware Coalition Against Domestic Violence	302-658-2958 www.dcadv.org
DC Coalition Against Domestic Violence	202-299-1181 www.dccadv.org
Florida Coalition Against Domestic Violence	850-425-2749 850-621-4202 TDD www.fcadv.org
Georgia Coalition Against Domestic Violence	404-209-0280 www.gcadv.org
Guam Coalition Against Sexual Assault and Family Violence	671-479-2277
Hawaii State Coalition Against Domestic Violence	808-832-9316 www.hscadv.org
Idaho Coalition Against Sexual and Domestic Violence	208-384-0419 888-293-6118 www.idvsa.org
Illinois Coalition Against Domestic Violence	217-7892830 www.ilcadv.org
Indiana Coalition Against Domestic Violence	317-917-3685 www.violenceresource.org
Iowa Coalition Against Domestic Violence	515-244-8028 www.icadv.org
Kansas Coalition Against Sexual and Domestic Violence	785-232-9784 www.kcsdv.org
Kentucky Domestic Violence Association	502-209-5381 www.kdva.org
Louisiana Coalition Against Domestic Violence	225-752-1296 www.lcadv.org
Maine Coalition to End Domestic Violence	207-941-1194 www.mcedv.org
Maryland Network Against Domestic Violence	301-352-4574 800-634-3577 www.mnadv.org
Jane Doe Inc/Massachusetts Coalition Against Sexual Assault and Domestic Violence	617-248-0992 617-263-220 TTY/TDD www.janedoe.com
Michigan Coalition Against Domestic & Sexual Violence	517-347-7000 517-381-8470 TTY www.mcadsv.org
Minnesota Coalition for Battered Women	651-646-6177 800-289-6177 www.mcbw.org
Mississippi Coalition Against Domestic Violence	601-981-9196 www.mcadv.org

Missouri Coalition Against Domestic and Sexual Violence	573-634-4161	www.mocadsv.org
Montana Coalition Against Domestic and Sexual Violence	406-443-7794 888-404-7794	www.mcadsv.com
Nebraska Domestic Violence and Sexual Assault Coalition	402-476-6256	www.ndsvac.org
Nevada Network Against Domestic Violence	775-828-1115	www.nnadv.org
New Hampshire Coalition Against Domestic Violence	603-224-8893	www.nhcadsv.org
New Jersey Coalition for Battered Women	609-584-8107	www.njcbw.org
New Mexico Coalition Against Domestic Violence	505-246-9240	www.nmcadv.org
New York State Coalition Against Domestic Violence	518-482-5464	www.nyscadv.org
North Carolina Coalition Against Domestic Violence	919-956-9124 888-232-9124	www.nccadv.org
North Dakota Council on Abused Women's Services	701-255-6240 888-255-6240	www.ndcaws.org
Ohio Domestic Violence Network	614-781-9651	www.odvn.org
Oklahoma Coalition Against Domestic Violence and Sexual Assault	405-524-0700	www.ocadvsa.org
Oregon Coalition Against Domestic and Sexual Violence	503-230-1951	www.ocadsv.org
Pennsylvania Coalition Against Domestic Violence	717-545-6400 800-932-4632	www.pcadv.org
Puerto Rico Coalition Against Domestic Violence and Sexual Assault	787-281-7579	
Rhode Island Coalition Against Domestic Violence	401-467-9940	www.ricadv.org
South Carolina Coalition Against Domestic Violence and Sexual Assault	803-256-2900 800-260-9293	www.scadvasa.org
South Dakota Coalition Against Domestic Violence and Sexual Assault	605-945-0869 800-572-9196	www.southdakotacoalition.org
Tennessee Coalition Against Domestic and Sexual Violence	615-386-9406	www.tcadsv.org
Texas Council on Family Violence	512-794-1133	www.tcfv.org
Women's Coalition of St. Croix	340-773-9272	www.wcstx.com
Utah Domestic Violence Council	801-521-5544	www.udvac.org
Vermont Network Against Domestic Violence and Sexual Assault	802-223-1302	www.vtnetwork.org

Virgin Islands Domestic Violence and Sexual Assault Council	340-773-5191
Virginians Against Domestic Violence	804-377-0335 800-838-8238 www.vadv.org
Washington State Coalition Against Domestic Violence	360-586-1022 www.wscadv.org
West Virginia Coalition Against Domestic Violence	304-965-3552 www.wvcadv.org
Wisconsin Coalition Against Domestic Violence	608-255-0539 www.wcadv.org
Wyoming Coalition Against Domestic Violence and Sexual Assault	307-7555481 800-990-3877 www.wyomingdvsa.org

Courtesy of National Coalition Against Domestic Violence website. www.ncadv.org

National Domestic Violence Hotline

The National Domestic Violence Hotline answers calls 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 150 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 website, www.ndvh.org.

National Teen Dating Abuse Helpline

Lovisrespect.org is the online home of 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 4 p.m. to 2 a.m. Central Standard Time, seven days a week.

Certified Batterers Intervention Programs

Office of Attorney General

Updated 02/28/2013

OAC 75:25-1-2
Anger control substance abuse
or mental health treatment
alone or in combination with
each other shall not constitute
batterers intervention

74 O.S. § 18p-6
Certification of Batterer
Intervention Programs by the
Office of Attorney General
Victims Services Unit

On-Line Domestic Violence
Classes **ARE NOT** Certified
Programs in the State of
Oklahoma

Questions Regarding
Certification of Batterer
Intervention Programs Contact:
Margaret Goldman
405-522-0146

Ada

Family Crisis Center Inc.
605 E. 12th St.
580-436-3504

Altus

ACMI House-Southwest OK
Community Action Group Inc.
P.O. Box 1088
580-482-3800
Central Office: (580)-482-5040

Anadarko

Southwest Youth and Family
Services 102 E. Broadway
405-247-5437

Bartlesville

Family Crisis & Counseling
Center Inc.
615 S.E. Frank Phillips Blvd.
918-336-1188

Chickasha

Southwest Youth and Family
Services 198 E. Almar
405-222-5437

Claremore

Safenet Services Inc.
P.O. Box 446
Claremore, OK 74018
918-341-1424

Clinton

ACTION Associates Inc.
P.O. Box 1534
Clinton, OK 73601
580-323-8700

Elk City

Action Associates Inc.
580-323-8701

Enid

Growing Hope Inc.
1625 W. Garriott Road, Ste. F
580-402-7444

Guthrie

Family Builders
Contact: Susan Stewart
405-232-8226

Grove

Community Crisis Center
Grove Emerg. Management
Bld.
1412 South Broadway
918-674-2252

Idabel

SOS
580-286-7534

Lawton

Chandler & Associates
405-481-7442

Miami

Community Crisis Center
Aletha Redden - Coordinator
118 A St. S.E.
918-674-2252

Muskogee

Women In Safe Home Inc.
Frankie Dunback
918-682-7879

Norman

Community Works
122 E. Eufaula St.
405-447-4499

Okemah

Chandler & Associates
405-481-7442

Oklahoma City

Catalyst Behavioral Services
(STAT Court Services)
3033 N. Walnut Drive
405-232-2852

Oklahoma City

Court Assistance Programs
311 N. Harvey Ave.
405-290-7322

Oklahoma City

COPE Inc.
2701 N. Oklahoma Ave.
405-528-8686

Oklahoma City

Family Builders
Contact: Phil Altes
415 N.W. 5th St.
405-232-8226

Oklahoma City

Latino Community
Development Agency
Hombres de Paz
420 S.W. 10th St.
405-236-0701

Okmulgee

Okmulgee County
Family Resource Center
918-756-2545

Sapulpa

Domestic Violence
Intervention Services Inc.
121 E. Dewey Ave.
918-224-9290

Sapulpa

Human Skills & Resources
27 E. Dewey Ave.
918-224-0225

Seminole

Family Resource Center
of Seminole County
405-382-5979

Stillwater

Wings of Hope
Stillwater Domestic Violence
Services Inc.
405-377-2344
www.sdvs.org

Tahlequah

Help In Crisis Inc.
918-456-0673

Tulsa

Chandler & Associates
12802 East 31st St., Ste. D
918-270-4660

Tulsa

Domestic Violence
Intervention Services Inc.
4300 S. Harvard Ave.
918-585-3163

Tulsa

Transformations LLC
6440 S. Lewis Ave.
539-777-1171

Wagoner

Help In Crisis
918-485-6500

Woodward

Northwest Domestic
Crisis Services
580-256-1215

LEGAL AID SERVICES OF OKLAHOMA INC.

ADMINISTRATIVE OFFICES

ADMINISTRATION

2915 N. Classen Blvd., Suite 500
Oklahoma City, OK 73106-5458
405-557-0020 FAX: 405-524-1257

TULSA ADMINISTRATION

907 S. Detroit Ave., Ste. 725
Tulsa, OK 74120-4204
918-584-3211 FAX: 918-584-1866 800-299-3338

STATEWIDE APPLICATION NUMBERS

Application Hotline 888-534-5243

SPLASH (Senior 60+) 855-488-6814

STATEWIDE HIV/AIDS LEGAL RESOURCE PROJECT

We have two law offices. Please call the office nearest you:
OKLAHOMA CITY 405-524-4611 or toll free 866-817-8151
TULSA 918-295-9450

LAW OFFICES

ARDMORE LAW OFFICE

14 E Street Southwest
Ardmore, OK 73401

580-226-4863 or 800-421-8007 FAX: 580-226-4865

SERVES: Carter, Garvin, Jefferson,
Johnston, Love, Marshall, Murray,
Pontotoc

ADA SATELLITE OFFICE

410 S. Mississippi Ave.
Ada, OK 74820-6639

580-332-7141 or 866-332-7141 FAX: 580-332-7142

BARTLESVILLE LAW OFFICE

3851 E. Tuxedo Blvd., Ste. E
Bartlesville, OK 74006-2519

918-336-5736 or 800-421-4066 FAX: 918-336-5745

SERVES: Craig, Nowata, Osage,
Delaware, Washington, Ottawa

JAY SATELLITE OFFICE

312 S. 5th St., P.O. Box 390
Jay, OK 74346-0390

918-253-4980 or 800-725-8930 Fax: 918-253-8908

HUGO LAW OFFICE

402 E. Duke St., P.O. Box 890
Hugo, OK 74743-0890

580-326-9655 or 800-299-9655 FAX: 580-326-9658

SERVES: Atoka, Bryan, Choctaw,
Coal, Haskell, Latimer, LeFlore,
McCurtain, Pushmataha

MCALESTER SATELLITE OFFICE SERVES: Pittsburg

1335 E. Carl Albert Parkway
P.O. Box 1126

McAlester, OK 74502-1126

918-423-2030 or 888-423-2033 Fax: 918-423-2036

POTEAU SATELLITE OFFICE

SERVES: Haskell, Latimer, LeFlore

224 Dewey, P.O. Box 906

Poteau, Oklahoma 74953-0906

918-647-8136 or 800-299-8136 Fax: 918-647-2344

LAWTON LAW OFFICE

323 S.W. C Ave.

Lawton, OK 73501-4016

580-248-4675 or 800-850-5950 FAX: 580-248-4678

SERVES: Caddo, Comanche,
Cotton, Stephens, Greer, Harmon,
Jackson, Kiowa, Tillman, Grady

ALTUS SATELLITE OFFICE

SERVES: Same as Lawton

3000 N. Main St., Ste. 500

Altus, Oklahoma 73521-1351

580-482-7431 or 800-421-8016 Fax: 580-482-7432

CHICKASHA SATELLITE OFFICE

SERVES: Same as Lawton

301 S. 2nd St., Ste. B

Chickasha, OK 73018-2693

405-222-1231 FAX: 580-222-1232

DUNCAN SATELLITE OFFICE

SERVES: Same as Lawton

12 S. 8th St., Ste. 17

Duncan, OK 73533

580-252-5872

MUSKOGEE LAW OFFICE

624 W. Broadway St.

Muskogee, OK 74401-6219

918-683-5681 or 800-725-5681 FAX: 918-683-5690

SERVES: Adair, Cherokee, McIntosh,
Muskogee, Sequoyah, Wagoner,

STILWELL SATELLITE OFFICE

SERVES: Adair, Cherokee, Sequoyah

219 W. Division St.

Stilwell, OK 74960-0924

918-696-2331 or 800-574-2331 Fax: 918-696-4331

NORMAN LAW OFFICE
2600 Van Buren St., Ste. 2606
Norman, OK 73072
405-360-6631 or 800-421-4057 FAX: 405-360-6632

Serves: Cleveland, McClain

SHAWNEE SATELLITE OFFICE
316 N. Broadway, Ste. C
Shawnee, OK 74801-6937
405-275-6870 or 800-421-8017 FAX: 405-275-6872

SERVES: Seminole, Hughes,
Pottawatomie

OKLAHOMA CITY COURT DEFENDER
722 N. Broadway Ave., Ste. 400
Oklahoma City, OK 73102-6025
405-297-3190 FAX: 405-297-3198

SERVES: Oklahoma City Municipal Court

OKLAHOMA CITY LAW OFFICE
2901 N. Classen Blvd., Ste. 112
Oklahoma City, OK 73106-5438
405-521-1302 or 800-421-1641 FAX: 405-557-0023 Senior Law Project 405-557-0014

SERVES: Canadian, Oklahoma

STILLWATER LAW OFFICE
312 S. Duck St.
Stillwater, OK 74074-3218
405-624-1734 or 800-256-9601 FAX: 405-624-8741

SERVES: Garfield, Grant, Kay,
Kingfisher, Lincoln, Logan, Noble,
Payne

ENID SATELLITE OFFICE
2615 E. Randolph Ave.
Enid, OK 73701-4670
580-234-6590 FAX: 580-234-8822

SERVES: Garfield County

TULSA LAW OFFICE
907 S. Detroit Ave., Ste. 725
Tulsa, OK 74120-4204
918-584-3338 or 800-299-3338 FAX: 918-584-3060

SERVES: Creek, Mayes, Rogers, Tulsa,
Okfuskee, Okmulgee, Pawnee

WEATHERFORD LAW OFFICE
109 S. Broadway St., P.O. Box 309
Weatherford, OK 73096-4923
580-774-2235 or 800-256-1978 FAX: 580-774-2384

SERVES: Alfalfa, Beaver, Beckham,
Blaine, Cimarron, Custer, Dewey,
Ellis, Harper, Major, Roger Mills,
Texas, Washita, Woods,
Woodward

WOODWARD SATELLITE OFFICE
1115 E. 18th St.
Woodward, OK 73801-2920
580-256-4903 or 800-283-6949 FAX: 580-256-4916

SERVES: Beaver, Cimarron, Dewey,
Ellis, Harper, Texas, Woods, Woodward

Related Websites

American Institute on Domestic Violence

www.aidv-usa.com

Asista – Assistance for Battered Immigrants

www.asistaonline.org

Latino Community Development Agency

www.latinoagencyokc.org

www.lcdaok.org

Legal Aid Services of Oklahoma Inc.

www.legalaidok.org

Legal Resource Center on Violence Against Women

www.lrcvaw.org

National Center on Elder Abuse

www.elderabusecenter.org

National Clearinghouse On Abuse In Later Life

www.ncall.us

National Coalition Against Domestic Violence

www.ncadv.org

National Council on Child Abuse and Family Violence

www.nccafv.org

OK Law – Oklahoma Legal Aid Website

www.oklaw.org

Oklahoma Attorney General-Victim Services Unit

www.oag.state.ok.us (Click on Section & Units About the Office and scroll to Victim Services Unit)

Oklahoma Coalition Against Domestic Violence and Sexual Assault

www.ocadvsa.org

Oklahoma Department of Human Services

www.okdhs.org (Scroll down to Domestic Violence Resources and click on Purple Ribbon)

Native Alliance Against Violence

www.oklahomanaav.org

State of Oklahoma Statutes

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)

Oklahoma Domestic Violence Statutes - LawHelp.org

www.lawhelp.org (Click on Find Help by State, click on Oklahoma, click on Domestic Violence)

U.S. Department of Justice – Bureau of Justice Statistics

www.ojp.usdoj.gov/bjs

U.S. Dept. of Justice Office on Violence Against Women

www.usdoj.gov/ovw

WomensLaw.org

www.womenslaw.org

Community Resource Page

Service or area:

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

Local domestic violence hotline:

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: _____

Legal services: _____

Sheriff's office/police station phone numbers: _____

Chapter 8: Taking Care of You

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

14 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 take responsibility for the abuse or for her decision to stay or leave.
7. Don't feel or act rejected if she does not take your advice.
8. 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.
9. 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.
10. Remember that your co-workers and partner are in need of the same things you are.
11. 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!
12. Support and admire the courage, strength and wisdom it took for her to ask for help.
13. Enjoy the highs of the changes you are privileged to be part of.
14. 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

- This is not a cause-and-effect situation; don't ask what the woman did to provoke the attack.
- Listen to your client rather than working from your own agenda.
- Accept the fact that you will feel burned out; talk those feelings out.
- Accept that at times you will feel helpless.
- Be realistic about the impact you can make, rather than trying to be a rescuer.

DHS Pub. No. 01-05 Revised 5/2014

This publication is authorized by Oklahoma Department of Human Services Director Ed Lake and printed by DHS in accordance with state and federal regulations at a cost of \$3,090.57 for 1,545 copies. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. DHS offices may request copies on ADM-9 (23AM009E) electronic supply orders. Members of the public may obtain copies by calling 1-877-283-4113 (toll free), by faxing an order to (405) 962-1741, or by downloading a copy at www.okdhs.org/library.