

# Domestic Violence: Finding a Way

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# What is domestic violence?

**Violent and/or emotionally abusive behaviors used against a partner within the family including;**

- name-calling or putdowns
- keeping a partner from contacting their family or friends
- withholding money
- stopping a partner from getting or keeping a job
- actual or threatened physical harm
- sexual assault
- stalking
- Intimidation

<http://www.domesticviolence.org/definition/>

# The (WHO) World Health Organization Reports

- Violence against women - particularly intimate partner violence and sexual violence - **are major public health problems and violations of women's human rights.**
- Recent global prevalence figures indicate that about **1 in 3 (35%) of women worldwide** have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.
- Most of this violence is intimate partner violence. Worldwide, almost **one third (30%) of women** who have been in a relationship report that they have experienced some form of physical and/or sexual violence by their intimate partner.
- Globally, as many as **38% of murders of women** are committed by an intimate partner

<http://www.who.int/mediacentre/factsheets/fs239/en/>

# National Coalition Against Domestic Violence Statistics

- An assault of a women occurs **every 9 seconds** in the U.S.
- **20 people per minute** are physically abused by their partner in the U.S.
- **1 in 3 women and 1 in 4 men** will be abused in the U.S. by their partner in their lifetime
- **46.7% of women and 44.6% of men** were raped by an acquaintance in the U.S.
- **1 in 15 U.S. children** will experience domestic violence in their lifetimes

<http://www.ncadv.org/learn/statistics>

## Getting Help

- On average, **20,000 calls** are made to domestic violence hotlines every day in the U.S.
- As of 2012, there were **1,500 safehouses** in the U.S.

<http://www.ncadv.org/learn/statistics>

# Crossroads Safehouse in Fort Collins, Colorado USA

Operating for 34 years to provide a safe place for domestic violence victims including (as of 2011)...

- 32 bedroom facility with 104 beds, 6 ADA (American Disabilities Accessible) rooms, 1 self-contained room reserved for a man, 1 quarantine room
- 24 Hour crisis hotline and staffed house
- Emergency safehousing
- Full-time counselor
- Advocacy and support groups
- Youth and children's programs
- Legal advocates
- Crosstrails- emergency pet housing program
- Clothes, toiletries and other donations

safehouse entrance



playground



bedroom



livingroom





## Crossroads Safehouse

- Crossroads Safehouse provides services to women and their children as well as men regardless of race, sexual orientation, or legal status.
- All services are free and confidential.
- Trainings for volunteers are conducted multiple times each year.

<http://www.crossroadssafehouse.org>

# Volunteer Process

## Attend a Core Training

- Given 3-4 times a year
- Limited to 12 volunteers
- Costs \$17

## Feel the Fear & Do It Anyway

- Potential volunteers attend 4 nights from 4-9pm
- Information, readings, policies and procedures, group work, discussions and education

## Crossroads' Volunteer Positions

# Indirect Volunteers

- Provide **fostering support** to Crosstrails program for pets at risk of violence
- **Peer Support Mentor** provides support to secondary schools groups of teens on dating violence awareness sessions and presentations



## Crossroads' Volunteer Positions

## Direct Volunteers

- Shelter Support
- Boutique Coordinator
- Library Coordinator
- Food Bank Shopper
- Commissary Coordinator
- Front Desk Staff
- Youth Group Assistant
- DART Advocate (Domestic Abuse Response Team)
- Court Advocate

# Shelter Positions

## 32 Paid Staff

- 19 Full-time Staff
- 13 Part-time Staff

## 100 Volunteers

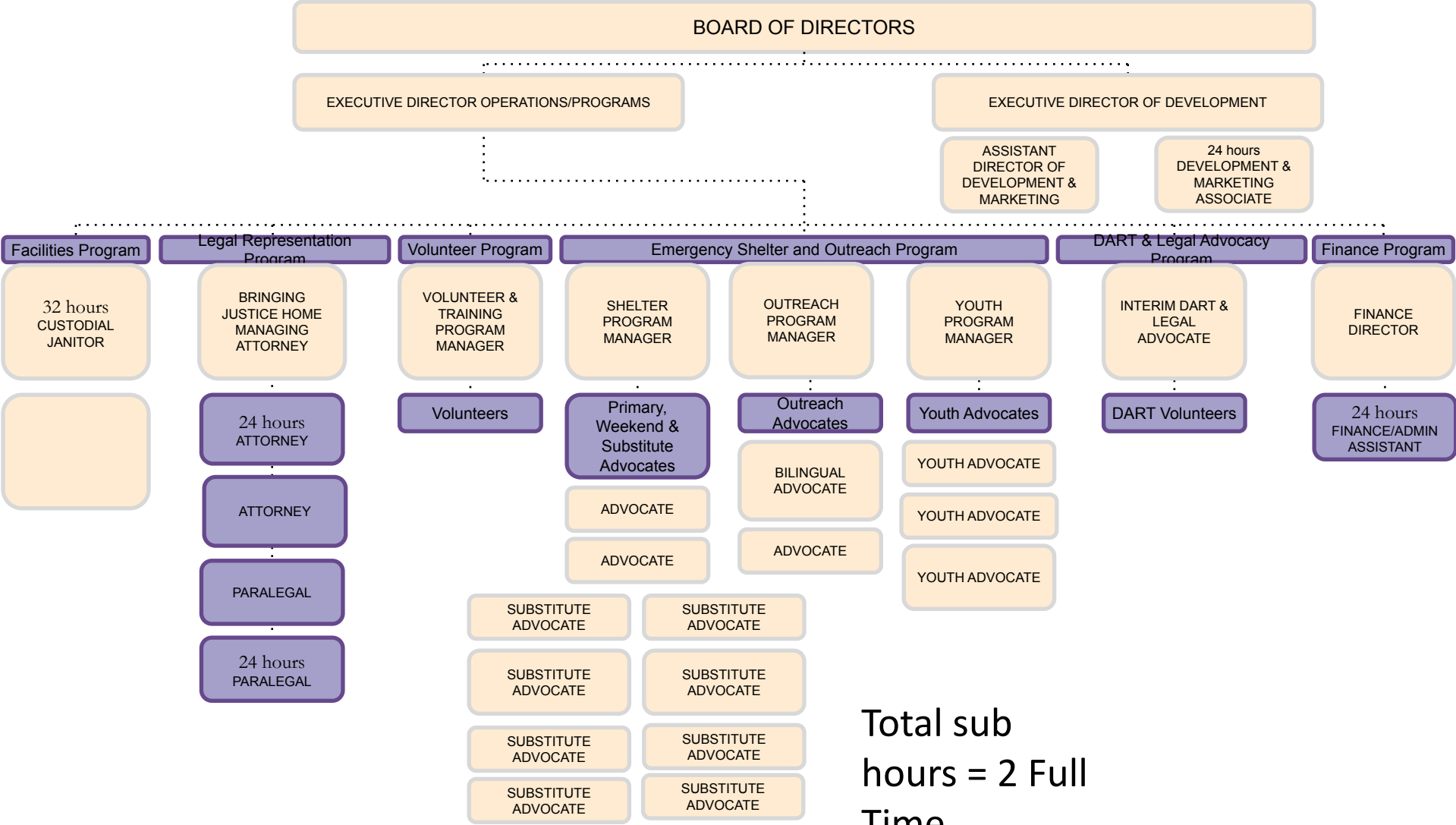
- 50 Consistent Volunteers
- 50 Inconsistent Volunteers

## **Essential Functions:**

- Provides crisis intervention and counseling, information, referral, advocacy, and emotional support on a regular basis by phone and in person to residential and non-residential clients, including crisis hotline callers.
- Conducts client intakes, resident orientation, contracts, and exit interviews.
- Performs recordkeeping functions pertaining to clients in the Shelter Programs, including data collection, reporting, and case notes.
- Maintains current knowledge of interpersonal abuse.
- Responds to the safety and welfare of the residents of Crossroads' Emergency Shelter.
- Maintains care of the facility by reporting needed repairs and health/safety hazards to the facilities manager.
- Assists in maintaining the shelter and helps ensure the readiness of rooms for occupancy. This includes minor maintenance, necessary cleaning, and stocking of linens, supplies, etc.
- Maintains supply of forms and handouts, assembles client files and folders.
- Assists in delivery of the Crosstrails Program and Med Unit programs as appropriate.
- Assists in gathering of statistical data on program activity.
- Performs related duties as assigned by the Shelter Manager.

# crossroads safehouse organizational chart

Updated 3/25/2016



Total sub hours = 2 Full Time Positions

# Crossroads Safehouse

- No government support

## **Funded by:**

- Competitive grants and foundations
- Individual donors
- Corporations



## Crossroads Safehouse Programs



- Men are asked to pledge to fight against domestic violence by signing a petition, supporting victims of violence and funding initiatives
- Their names are published each year

# The Negative Aspects of Working with Victims of Violence

- **Burn-out**

- Helping professions are stressful, intense and hard work
- Feelings of being overwhelmed and defeated

- **Post Traumatic Stress Disorder (PTSD)**

- Secondary Symptoms affect caregivers exposed to traumatic stories/events
- Causes symptoms just like PTSD

## How to Deal With Your Exposure To PTSD

- Leave work at work
- Before you leave your workplace, talk to a co-worker and tell them everything that you heard that troubled you during your shift
- Talk through with another staff member why what you heard bothered you and how you feel about it
- Be open and honest
- And then leave those thoughts at work
- Know when to take breaks, vacations and longer term leaves from work
- If you are being affected by the stress and trauma, you won't be helping others who need a fresh and unstressed perspective



Thank you!

Questions or  
Comments?



## Resources:

Domestic Shelters.Org: <https://www.domesticshelters.org/>

Domestic Violence.Org: <http://www.domesticviolence.org/>

National Coalition Against Domestic Violence: <http://www.ncadv.org/>

## Activity: Focus Groups

# FOCUS

ON THE THINGS YOU  
CAN CHANGE AND  
LET GO OF THE THINGS  
YOU CAN'T.

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)

- Split into small groups
- Read a short article about a particular aspect of an issue
- Discuss the main points of the article
- Redistribute group members to create new groups
- Share your information
- Present or write an article with all the information