



The client services provided by SMRC are ongoing and available to clients throughout the healing and recovering process. The services currently offered through our Client Services Program include:

- Crisis Intervention
- Short-term Counseling
- Follow-up Contact
- Support Group Treatment
- 24-hour Crisis Help Line- Telluride, Norwood and Nucla/Naturita communities
- Emergency Shelter/Safehouse
- Information and Referral
- Criminal Justice System Support
- Emergency Financial Assistance
- Emergency Housing Assistance
- Assistance with Victim Compensation Application
- Personal and Legal Advocacy
- Children's Art Alchemy
- Risk Reduction and Personal Safety Training
- Youth Education and Prevention K-12
- Community Prevention Education
- Cultural Outreach
- Translation and Interpretation Services

24-HR Help Line

Telluride: 970-728-5660

Norwood: 970-327-0566

Nucla: 970-864-2275

P.O. Box 3243 • Telluride, CO 81435 • Office: 970-728-5842 • Fax: 970-728-4894 •
sanmiguelresourcecenter.org

A grassroots, non-profit organization working to end domestic violence and sexual assault in our community for men, women and children.

What is Abuse?

Types of abuse

- **Physical** - Includes pushing, shoving, slapping, hitting, kicking, choking, grabbing, pinching, pulling hair, or threatening with weapons.
- **Sexual** - Includes forced sex with the threat of violence, sex after violence has occurred, or the use of objects or damaging acts without consent.
- **Psychological/Emotional/ Verbal** - Includes manipulation, insults, name-calling, constant put-downs, extreme jealousy or insecurity, big mood swings, possessiveness, telling you what to do, preventing you from doing what you want to do, explosive temper, isolating you from family and friends.
- **Destruction** of property or pet abuse.
- **Digital Abuse** – Includes texting too much to monitor your whereabouts, reading your text messages or looking through your phone, making threats over text messages.

Roots of abuse and the Problem: Power & Control

- Abuse has cultural, social and psychological roots.
- Unequal power relationships contribute heavily to the problem.
- Frequently, family violence perpetuates itself as abused children, or children in families where abuse occurred often, become abusers or victims.
- There is little training or education done to help people deal with their emotions effectively, particularly the emotion of anger.
- Substance Abuse can escalate issues of power and control.

What Causes Abuse?

Abuse is a learned behavior or learned response to stress, frustration and anger. In a broader context, it is a result of unequal power between partners. The causes are rarely physiological, nor does the use of alcohol cause the violence to occur. Alcohol and chemical abuse are often found with abusive behavior, and their use can be determined as "factors." However, the problems of abusive behavior are not caused by the alcohol or chemical substance.

Definition of Intimate Partner Violence

Intimate Partner Violence is a pattern of coercive behavior used to establish power and control over another person through fear and intimidation, often including violence or threats of violence

CLIENT GRIEVANCE PROCEDURE:

The San Miguel Resource Center welcomes the opportunity to improve its services, and recognizes the right of all clients to have their concerns appropriately addressed. We encourage our clients or anyone else with concerns about our program to bring them to the attention of the San Miguel Resource Center staff. It is policy of the San Miguel Resource Center to provide a written copy of this grievance procedure to each client, upon first face-to-face contact with the San Miguel Resource Center staff or volunteers, as part of the client packet.

Any client having concerns or grievances should first address them with a San Miguel Resource Center staff person. If the issue cannot be resolved satisfactorily, the staff person should inform the client of their right to bring their concern, in writing, to the Executive Director. Contact Information for the Executive Director is:

Angela Goforth & Karla Gonzales, Co-Executive Directors

San Miguel Resource Center
P.O. Box 3243, 300 S. Pine St, Suite 102
Telluride, CO 81435
970-728-5842, X4#
director@sanmiguelresourcecenter.org

If the concerns are still not resolved, the letter of grievance will then be directed to the San Miguel Resource Center Board of Directors. Contact information for the President of the Board of Directors is:

Meehan Fee, Board President

P.O. Box 2603
Telluride, CO 81435
meehanfee@gmail.com

If the concerns are still not resolved, the client has the right to grieve to the Domestic Violence Program, a San Miguel Resource Center funder. Contact information for the Domestic Violence Program is:

Erin C. Mewhinney, Director

Domestic Violence Program
Colorado Department of Human Services
1574 Sherman Street, Second Floor
Denver, CO 80203
303-866-3150

P.O. Box 3243•Telluride, CO 81435•Office: 970-728-5842•Fax: 970-728-4894•Webpage:
www.sanmiguelresourcecenter.org

A grassroots, nonprofit organization working to end domestic violence and sexual assault in our community.

HOW TO FILE A DISCRIMINATION COMPLAINT WITH THE OFFICE FOR CIVIL RIGHTS

Antidiscrimination Policy:

No person, service recipient/ client, volunteer or staff person shall be denied access to facilities, employment and/or services from the San Miguel Resource Center on the basis of sex, race, creed, color, religion, sexual orientation, mental or physical disability, marital status, age or inability to pay. All volunteers and staff applicants shall be considered based upon qualifications; all service/clients shall be served based on need, and without regard to the aforementioned characteristics.

We encourage clients, staff, volunteers or anyone else with concerns about discrimination by our agency to file a complaint with the Office for Civil Rights (OCR). A complaint must be filed within one year of the date of the alleged discrimination, in most circumstances. Prior to filing a complaint, we encourage individuals to use the above grievance procedure to address and attempt to have their complaint resolved, but the complainant is not required by law to do so. To file a complaint with the OCR, download and complete the Complaint V and the Identity Release Statement (IRS) from www.ojp.usdoj.gov and return both forms to the:

Office for Civil Rights
Office of Justice Programs
U.S. Department of Justice
810 7th St, NW
Washington, DC 20531

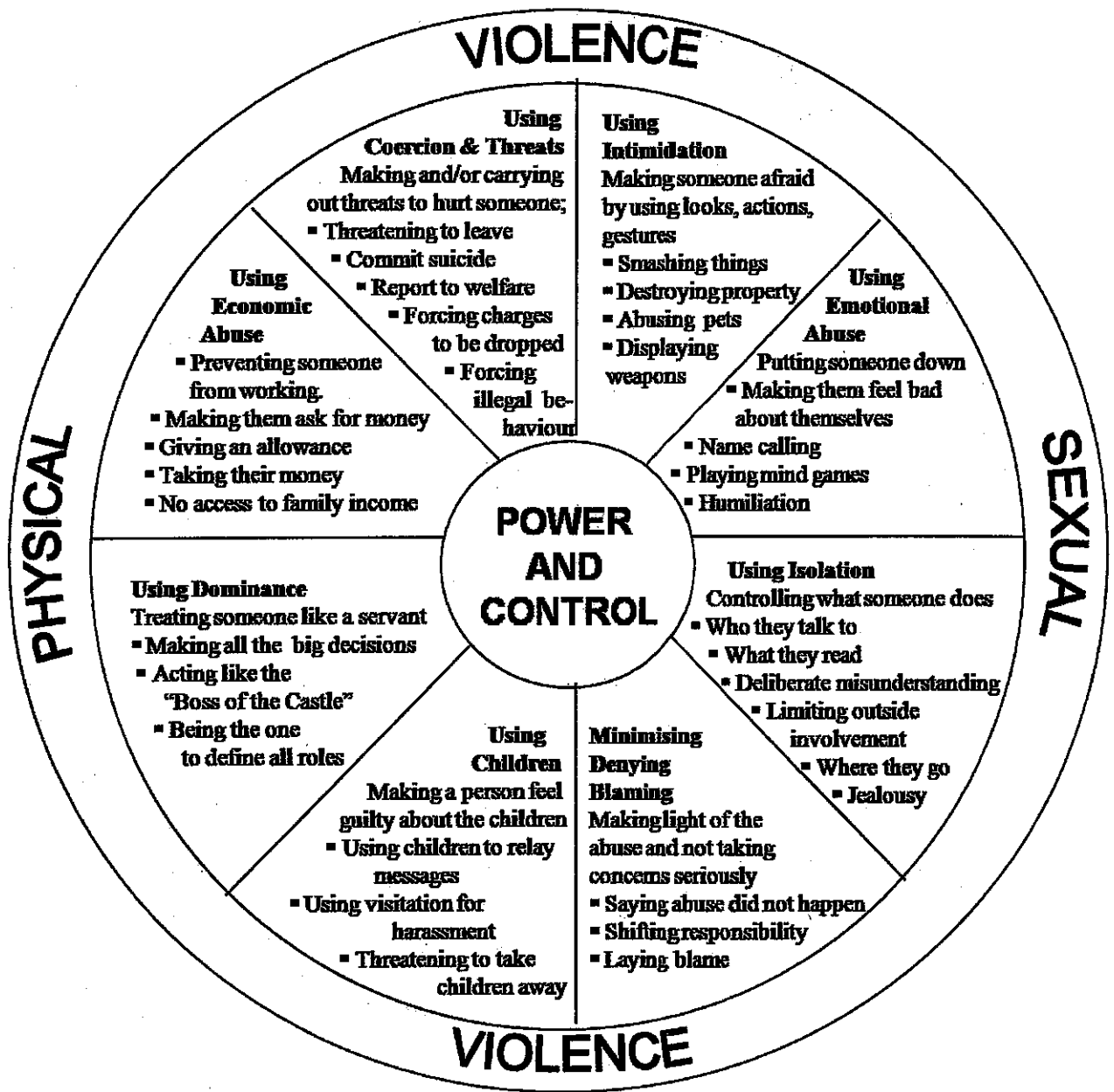
Are You In Danger?

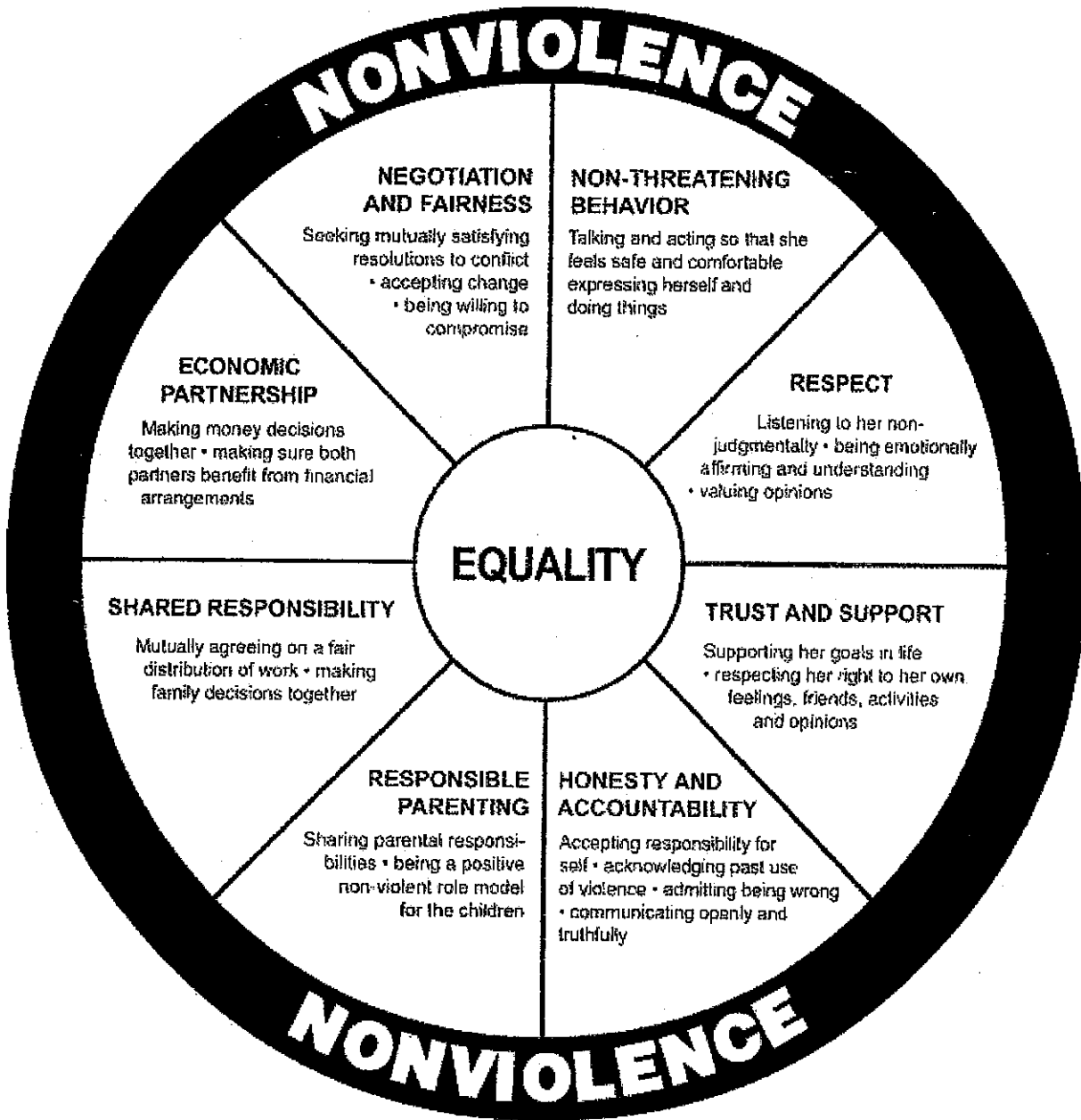
The following is a list of common things an abuser can do. An easy way to assess the danger in your relationship is to go through the following list, answering each question yes or no.

	YES	NO
1. How long have you been with your partner? _____		
2. About how many times has your partner put their hands on you in any way other than in a loving manner? _____		
3. Has your partner done any of the following: Check yes or no <ul style="list-style-type: none"> ○ Pushed you ○ Punched you ○ Slapped you ○ Kicked you ○ Bitten you ○ Pulled your hair ○ Strangled you 		
4. If you are married, did any of these things happen before you were married?		
5. Does your partner use alcohol or drugs excessively?		
6. Does your partner have intense mood swings?		
7. Has your partner ever been diagnosed with a mental illness?		
8. Has your partner stalked you?		
9. Followed you?		
10. Tried to isolate you from others?		
11. Tried to dominate you?		
12. Showed up at your work unexpectedly?		
13. Threatened suicide?		
14. Obsessed with weapons?		
15. Threatened you with a weapon?		
16. Threatened you by phone or mail?		
17. Threatened to kill you or someone you love? Threatened to kill a pet?		
18. Tried to hurt you when you were pregnant?		

19. Forced you to have sex or withheld sex as punishment?		
20. Kidnapped you or held you hostage?		
21. Previous violent relationships?		
22. Criminal record?		
23. Criminal record related to violence, or sexual offenses?		
24. Had a protection order filed against him/her?		
25. Violated the protection order?		
26. Intimidated or threatened you in order to control you?		
27. Accused you of being unfaithful?		
28. Broken into your home?		
29. Cut phone/power lines connected to your home? Broke your personal cell phone?		
30. Does your partner have a difficult time when you are not with him/her?		
31. Have frequent outbursts?		
32. Tried to excuse the beatings?		
33. Have the police ever been contacted?		
34. Have you ever been hospitalized or received medical attention from the abuse?		
35. Damaged, destroyed or burned your personal property or your car?		
36. Threatened to set your home on fire?		
37. Hit your children or physically abused them in any way?		
38. Threatened to harm or kill your children?		
39. Kidnapped your children?		
40. Do you feel you need a safety plan?		

Generally, the more questions you answer with a "yes" the more dangerous your relationship is. Please do not use this as a replacement for seeking help. Any abusive relationship, regardless of its severity, should be taken seriously.

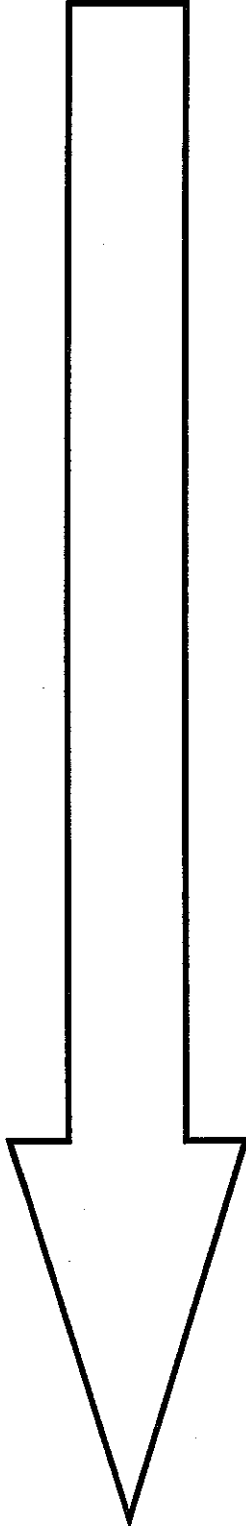




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 970-864-2275

Patterns of Emotional Abuse

Emotional abuse usually accompanies, and in most case precedes, physical abuse. Emotional abuse severely affects the survivor's self-esteem and sense of reality. The process of emotional abuse is similar to brainwashing techniques used in war. Emotional abuse occurs along a continuum, but does not necessarily follow "steps." For many, emotional abuse can be worse than physical assaults.



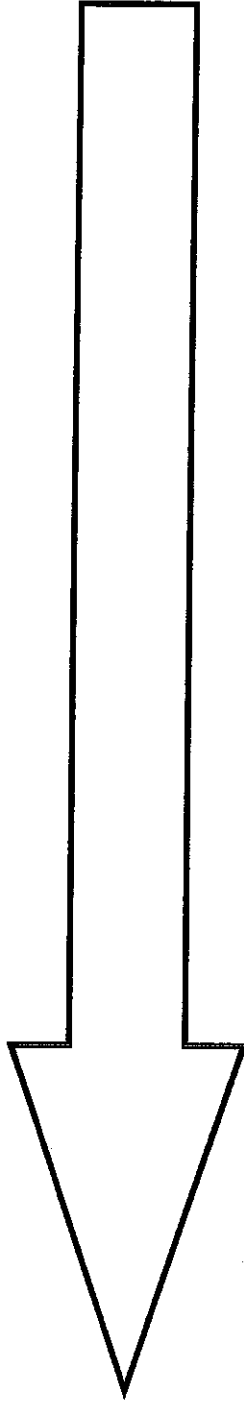
Abuser may do the following:

- Make hostile "jokes"
- Directly insult you
- Ignore your feelings
- Shout at you
- Label you with demeaning, harmful names: "crazy," "stupid"
- Monitor your actions, checks your phone, Facebook, email
- Demonstrate excessive jealousy. Accuse you of infidelity
- Repeatedly humiliate you in front of family, friends and children
- Blame you for all their troubles and failures
- Threaten to use physical violence as a retaliation against you
- Put down your abilities as a worker, lover, father/ mother, spouse
- Threaten to abuse the children and/or take custody of them
- Tell you they "need" you and can't make it alone; threaten to hurt themselves or commit suicide
- Accuse you of being violent when you protect yourself
- You begin to question your sense of reality
- You feel helpless and have physical or emotional problems
- Isolate you from your support network
- Establish financial control, makes your dependent.

Patterns of Physical Abuse

Physical abuse is abuse involving contact intended to cause feelings of intimidation, injury, or other physical suffering or bodily harm. Physical abuse occurs along a continuum, but does not necessarily follow "steps." Physical abuse increases and becomes more dangerous over time.

Abuser may do the following:



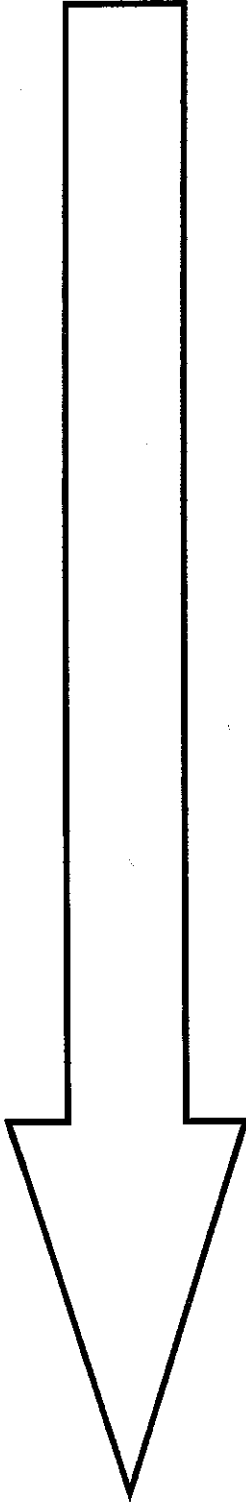
- Threaten to hit, scream in face, back you up against wall
- Pinching, squeezing in a painful way
- Pushing, pulling, shoving, jerking around
- Block doorway, lock doors
- Slapping or biting
- Hitting, punching or kicking
- Strangulation or attempted strangulation
- Targeted hitting or kicking
- Sustained series of hitting or kicking blows
- Restraining, then hitting, kicking, etc
- Using objects at hand, such as household objects, as weapons
- Steal or break cell phone to keep you from calling for help
- Abuse is bad enough to require some medical attention
- Causing broken bones or internal injuries
- Denying you medical treatment
- Using conventional weapons like a gun or knife
- Causing permanently disabling/ disfiguring injuries
- Murder

Patterns of Sexual Abuse

Sexual abuse is common in abusive relationships. However, many people are unaware of what constitutes sexual abuse. In addition, sexual abuse is the most difficult form of abuse to discuss. It is important to recognize sexual abuse as it is much more than rape. It is any behavior on the abuser's part which uses the survivor's sexual identity as a means to gain control. Sexual abuse and rape can happen in marriage.

Abuser may do the following:

- Joke about men/ women/ sex in front of you
- Consider you a sex object
- Show excessive jealousy
- Minimize your feelings and needs regarding sex
- Criticize you in sexual terms
- Touches you against your will
- Withhold sex and affection
- Attach sexual labels to you
- Lie about birth control methods/ sexual protection
- Hide birth control or destroy it
- Often demands sex
- Use gender privilege in demands for sex
- Force sex when you are asleep or ill
- Force you to strip out of humiliation
- Force/ manipulate you to read/ watch pornography
- Use threats to back up demands for sex
- Force/ coerce you to have sex with others
- Coerce you to have sex in ways you do not wish
- Coerce sex after physically abusing you
- Use objects to hurt you during sex
- Mutilation and/ or murder



If you are being abused . . .

1. It is not your fault.
2. You have options and we will help you explore them so you can make the best decision for you.
3. You do not deserve the abuse.
4. You are not responsible for your partner's actions.
5. We are worried for you and your children's safety.
6. You are strong and brave for asking for help to end the violence.
7. Everything you tell us is confidential. (Unless you disclose child abuse or that you will hurt yourself or someone else.)
8. We are here to listen.
9. We do not expect you to either stay with or leave your partner.
10. We are here to provide options, resources and education.
11. If you return to your partner, we are still here for you and understand and respect your decision.
12. Our goal is to help you become as self sufficient as possible and to have a life that is free from abuse.
13. We will not give up on you. We are here no matter what you decide.
14. All of our services are free and we do not expect anything in return.
15. If you have a negative experience with any of our advocates or staff, please let our director know by calling 728-5842 ext. 4#. We are always looking to improve our quality of service.
16. You deserve a happy, healthy life.
17. We support your decisions around reporting or cooperating with the police or legal system.

Negative Effects of Domestic Violence on Children

Domestic violence affects every member of the family, including the children. Family violence creates a home environment where children live in constant fear.

Children who witness family violence are affected in ways similar to children who are physically abused. They are often unable to establish nurturing bonds with either parent. Children are at greater risk for abuse and neglect if they live in a violent home.

Statistics show that over 3 million children witness violence in their home each year. Those who see and hear violence in the home suffer physically and emotionally.

"Families under stress produce children under stress. If a spouse is being abused and there are children in the home, the children are affected by the abuse."

Dynamics of domestic violence are unhealthy for children:

- Control of family by one dominant member.
- Abuse of a parent.
- Isolation.
- Protecting the "family secret".

Children react to their environment in different ways, and reactions can vary depending on the child's gender and age. Children exposed to family violence are more likely to develop social, emotional, psychological and or behavioral problems than those who are not. Recent research indicates that children who witness domestic violence show more anxiety, low self-esteem, depression, anger and temperament problems than children who do not witness violence in the home. The trauma they experience can show up in emotional, behavioral, social and physical disturbances that effect their development and can continue into adulthood.

Some potential effects:

Emotional

- Grief for family and personal losses.
- Shame, guilt, and self-blame.
- Confusion about conflicting feelings toward parents.
- Fear of abandonment, of expressing emotions, of the unknown, and/or of personal injury.
- Anger.
- Depression and feelings of helplessness and powerlessness.
- Embarrassment.

Behavioral

- Acting out or withdrawing.
- Aggressive or passive.
- Refusing to go to school.
- Caretaking; acting as a parent substitute.
- Lying to avoid confrontation.
- Rigid defenses.
- Excessive attention seeking.
- Bedwetting and nightmares.
- Out of control behavior.
- Reduced intellectual competency.
- Manipulation, dependency, mood swings.

Social

- Isolation from friends and relatives.
- Stormy relationships.
- Difficulty in trusting, especially adults.
- Poor anger management and problem solving skills.
- Excessive social involvement to avoid home.
- Passivity with peers or bullying.
- Engaged in exploitative relationships as perpetrator or victim.

Physical

- Somatic complaints, headaches and stomachaches.
- Nervous, anxious, short attention span.
- Tired and lethargic.
- Frequently ill.
- Poor personal hygiene.
- Regression in development.
- High risk play.
- Self abuse

Child Victim/Witness of Domestic Violence

Age-specific indicators

Infants

- Basic need for attachment is disrupted.
- Routines around feeding/sleeping are disturbed.
- Injuries while "caught in the crossfire".
- Irritability or inconsolable crying.
- Frequent illness.
- Difficulty sleeping.
- Diarrhea.
- Developmental delays.
- Lack of responsiveness.

Preschool

- Somatic or psychosomatic complaints.
- Regression.
- Irritability.
- Fearful of being alone.
- Extreme separation anxiety.
- Developmental delays.
- Sympathetic toward mother.

Elementary Age

- Vacillate between being eager to please and being hostile.
- Verbal about home life.
- Developmental delays.
- Externalized behavior problems.
- Inadequate social skill development.
- Gender role modeling creates conflict/confusion.
- Child acts as caretaker for parent and/or other siblings.

Preadolescence

- Behavior problems become more serious.
- Increased internalized behavior difficulties: depression, isolation, withdrawal.
- Emotional difficulties: shame, fear, confusion, rage.
- Poor social skills.
- Developmental delays.
- Protection of mother, sees her as "weak".
- Guarded/secretive about family.
- Child acts as caretaker for parent and/or other siblings.

Adolescence

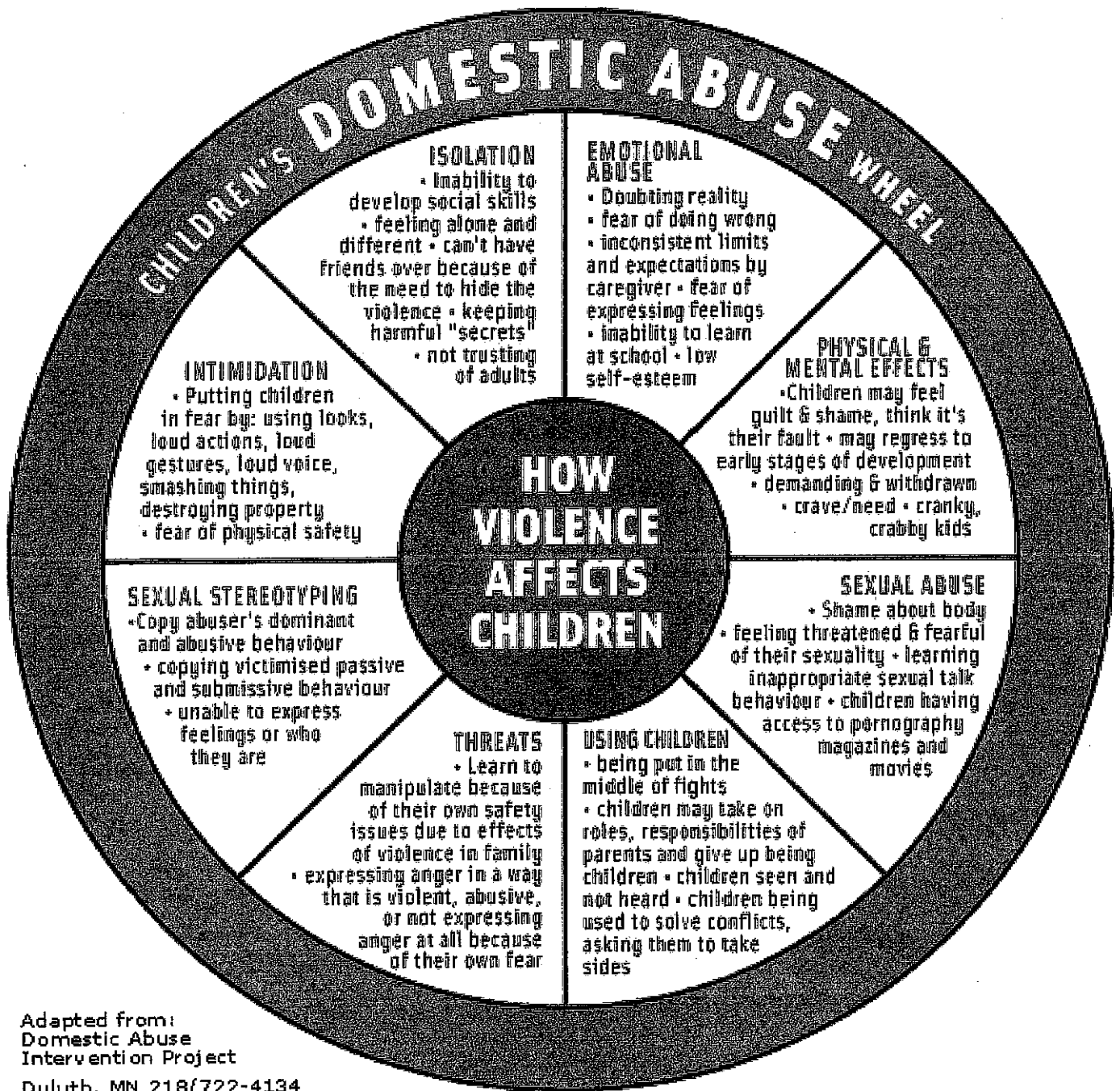
- Internalized and externalized behavior problems can become extreme and dangerous: drug/alcohol, truancy, gangs, sexual acting out, pregnancy, runaway, suicidal.
- Dating relationships may reflect violence learned or witnessed in the home.

For Parents

Giving Children Love and Care

Nurturing children from abusive homes can bring healing to their lives. In giving needed love and care to children, it is important for a parent to reflect these essentials:

- **Trust and Respect**
Acknowledge children's right to have their own feelings, friends, activities and opinions. Promote independence, allow for privacy and respect their feelings for the other parent. Believe in them.
- **Provide Emotional Security**
Talk and act so children feel safe and comfortable expressing themselves. Be gentle. Be dependable.
- **Provide Physical Security**
Provide healthy food, safe shelter and appropriate clothing. Teach personal hygiene and nutrition. Monitor safety. Maintain a family routine. Attend to emotional wounds as well as physical.
- **Provide Discipline**
Be consistent; ensure that rules are appropriate to age and development of the child. Be clear about limits and expectations. Use discipline to give instruction, not to punish.
- **Give Time**
Participate in your children's lives, in their activities, school, sports, special events, celebrations and friends. Include your children in your activities. Reveal who you are to your children.
- **Encourage and Support**
Be affirming. Encourage children to follow their interests. Let children disagree with you. Recognize improvement. Teach new skills. Let them make mistakes.
- **Give Affection**
Express verbal and physical affection. Be affectionate when your children are physically or emotionally hurt.
- **Care for Yourself**
Give yourself personal time. Keep yourself healthy. Maintain friendships. Accept love.



Adapted from:
 Domestic Abuse
 Intervention Project
 Duluth, MN 218/722-4134

Anyone can experience abuse

ANYONE CAN BE victimized! Survivors of abuse can be of any age, gender, race, culture, religion, education, employment or marital status. Although both men and women can be abused, most are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected. Most children in these homes know about the abuse. Even if a child is not physically harmed, they may have emotional and behavioral problems.

Since abuse can happen to anyone, people can have special concerns. ***We (SMRC) will address your special concerns. We will listen to you and treat you with respect.***

If you are a person of a minority ethnicity or nationality ...

You may be afraid of prejudice. You may be afraid of being blamed for going out of your community for help.

If you are a LGBTQ ...

You may be afraid of having people know about your sexual orientation.

If you are physically or mentally disabled or elderly ...

You may depend on your abuser to care for you. You may not have other people to help you.

If you are a male victim of abuse ...

You may be ashamed and scared that no one will believe you.

If you are from another country ...

You may be afraid of being deported.

If your religion makes it hard to get help ...

You may feel like you have to stay and not break up the family.

If you have children with your abuser ...

You may be afraid to break up the family or need the abuser for financial/ childcare support.

If you don't or can't work and are financially dependent...

You may feel you have to stay because you depend on your abuser for financial support.

If you are a teen ...

You could be a victim of abuse or at risk if you are dating someone who:

- Is very jealous and/or spies on you
- Will not let you break off the relationship, threaten to break up if you don't do what they say
- Hurt you in any way, is violent, or brags about hurting other people
- Put you down or makes you feel bad
- Force you to have sex or makes you afraid to say no to sex
- Abuse drugs or alcohol; pressures you to use drugs or alcohol
- Has a history of bad relationships and blames it on others
- You find yourself constantly afraid that they are going to be/ or get mad at you

It is hard for teens to leave their abuser if they go to the same school. They cannot hide. LGBTQ teens may feel very isolated. They can be scared they may have to reveal their sexual orientation.

If you think you are being abused, think about getting help. If your family or friends warn you about the person you are dating, think about getting help. Tell friends, family members or anybody you can trust. Call a resource listed in this packet. There is help for you. You do not have to suffer in silence.

CHARACTERISTICS OF PEOPLE WHO ABUSE

- Rush in to relationships.
- Are excessively jealous.
- Exhibit controlling behavior.
- Have unrealistic expectations or demands.
- Use isolation to keep you centered on them.
- Use force during sex.
- Use drinking and drugs to “cope” with stress.
- Blame others for their actions/ problems in their life.
- Are prone to hypersensitivity.
- Present two sides to their personalities.
- Exhibit cruelty to animals or children.
- Manipulate.
- Have a public face and a private face.

Abusers are often blind to their own abusive behavior.

12 Ways to Tell Whether Your Partner May Turn into An Abuser

- 1. Heavy drinking or drug abuse** (especially if he/ she use substances as an excuse for what he/ she does: "The alcohol made me do it.")
- 2. Abuse during the dating period** is a guarantee of further abuse that will become more frequent and severe. Don't continue to be with them with the belief that "I can change them." You won't.
- 3. Increasing jealousy.** This may be a bit flattering at first, but will be a curse later on. You will never convince them that you are innocent of their accusations.
- 4. Past child abuse and/or witness of marital violence.** Children learn what they live. Children tend to copy what they are exposed to. Abused children discipline their own children as they were taught, they may be a "carrier of violence."
- 5. Inability to cope with frustration.** They blow up and explode at small things, and react with a tantrum over minor things, they may act out frustration with violence in a relationships or marriage. How they deal with anger is key.
- 6. A violent temper.** If you feel fear when they act out their anger, that fear is a warning sign. Listen to it!
- 7. Cruelty to animals, abuse and mistreatment of pets.** Purposely abuse, kick or torture pets when they are angry because they know it upsets you. Enjoyment of hunting for the sake of killing animals could help you to face this question: What makes you know they will treat you any differently?
- 8. Obsession with weapons.** They are an extension of self. If they ever "playfully" point a gun at you or ever gestures at you with another weapon, what could happen if they become very angry with you? Showing you the weapon or keeping it nearby can be a threat of violence.
- 9. Mental illness.** A person with mental health issues or without any sense of moral responsibility or guilt may not be in control of their actions. Do they act in ways that you feel are abnormal or strange? Are they choosing not to treat mental health issues or denying them?
- 10. A poor self-image.** Insecurity about themselves. If they feel compulsive about always being "one up" or dominating, and they live out a dominant role at all times, you will be subject to their control and then may possibly treat loved ones like their possessions. They may feel they have the right to treat you like their property, and to do as they please.
- 11. A pattern of blaming others, particularly you, for their problems.** If they never accept their faults and responsibilities when things go wrong, be ready to be blamed for everything.
- 12. Acceptance of violence as an appropriate problem-solving method.** Do you want a partner who talks out or acts out their anger?

The Honeymoon Stage

- Even the most abusive relationships usually start out romantic and loving.
- Abusers act very sweet and kind, express a lot of love and make their partner feel special and cared for.

The Tension Building Stage

- Tension builds in the relationship.
- Abuser becomes edgy and has minor explosions.
- There may be arguments, emotional abuse or minor physical abuse like grabbing or pushing.
- Victim often feels like they are “walking on eggshells” because they believe it may be their fault the abuser is upset.

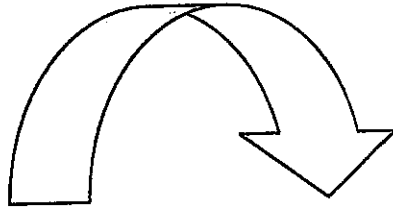
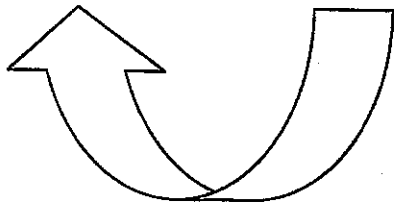
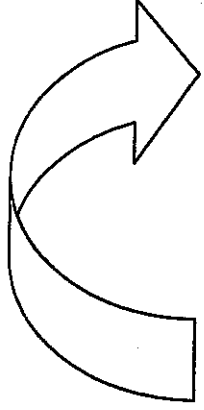
Return to the Honeymoon Stage

- Abusers act differently after violent episodes. Some ignore or deny the violence.
- Abusers blame their “anger” on something the victim did or said, fear losing the victim and act genuinely sorry, promise it won’t happen again.
- Abuser will try to make up for the violence.
- If there are substance abuse issues concurrent with the violence, this is the stage the abuser may promise to get help or change.

The Explosion Stage

- Tension becomes unbearable and abuser explodes.
- In this phase the most severe abuse occurs.
- Abuse can include physical, emotional, and/ or sexual abuse.

The Cycle Of Violence



What is a Healthy Relationship?

Healthy Relationships

Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things -- being on the same page is very important. The following tips can help you create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Your Partner.** Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

Healthy Boundaries

Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust -- it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. Remember, healthy boundaries shouldn't restrict your ability to:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.

Healthy Relationship Boosters

Even healthy relationships can use a boost now and then. You may need a boost if you feel disconnected from your partner or like the relationship has gotten stale. If so, find a fun, simple activity you both enjoy, like going on a walk, and talk about the reasons why you want to be in the relationship. Then, keep using healthy behaviors as you continue dating.

What Isn't a Healthy Relationship?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other negative, abusive behaviors, are -- at their root -- exertions of power and control. Remember that abuse is always a choice and you deserve to be respected. There is no excuse for abuse of any kind.

If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- **Understand that a person can only change if they want to.** You can't force your partner to alter their behavior if they don't believe they're wrong.
- **Focus on your own needs.** Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.
- **Connect with your support systems.** Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.
- **Think about breaking up.** Remember that you deserve to feel safe and accepted in your relationship.

Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. Whether you decide to leave or stay, make sure to use our safety planning tips to stay safe.

Healthy Relationships

Unhealthy Relationships

<p>Equality- Partners share decisions and responsibilities. They discuss roles to make sure they're fair and equal.</p>	<p>Control- One partner makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with.</p>
<p>Honesty- Partners share their dreams, fears, and concerns with each other. They tell each other how they feel and share important information.</p>	<p>Dishonesty- One partner lies or keeps information from the other. One partner steals from the other.</p>
<p>Physical safety- Partners feel physically safe in the relationship and respect each other's space.</p>	<p>Physical Abuse- One partner uses force to get his/her way. May hit. Slap, grab or shove their partner.</p>
<p>Respect- Partners treat each other like they want to be treated and accept each other's opinions, friends, and interests. They listen to each other.</p>	<p>Disrespect- One partner makes fun of the opinions and interests of the other partner. He or she may destroy something that belongs to the other partner.</p>
<p>Comfort- Partners feel safe with each other and respect each other's differences. They realize when they're wrong and are not afraid to say "I'm sorry." Partners can "be themselves" with each other.</p>	<p>Intimidation- One partner tries to control every aspect of the other's life. One partner may attempt to keep his or her partner from friends or family or threaten violence or a break-up.</p>
<p>Sexual respectfulness- Partners never force sexual activity or insist on doing something the other isn't comfortable with.</p>	<p>Sexual abuse- One partner pressures or forces the other into sexual activity against his/ her will or without his/ her consent.</p>
<p>Independence- Neither partner is dependent upon others for an identity. Partners maintain friendships outside of the relationship. Either partner has the right to end the relationship.</p>	<p>Dependence- One partner feels that he/she "can't live without" the other. He/she may threaten to do something drastic if the relationship ends.</p>
<p>Humor- The relationship is enjoyable for both partners. Partners laugh and have fun.</p>	<p>Hostility- One partner may "walk on eggshells" to avoid upsetting the other. Teasing is mean-spirited.</p>

Protection Orders

What is a Protection Order?

- **Criminal Protection Orders** are mandatory in Domestic Violence arrests
 - District Attorney will check with victim and tailor P.O. to victim's wishes.
 - You have the right to communicate requests directly to the D.A.
 - P.O. is attached to the case for duration, can be through probation.

Civil Protection Orders can last indefinitely or are time-limited.

- Not on respondent's record, unless he/she violates P.O. then it could result in criminal charge.
- P.O. has different layers of severity from "can't harass" to "no contact"
- Permanent P.O. hearing is where a judge will decide if, when, and how P.O. is granted.
 - It could be denied.
- Permanent P.O. could have a time limit.
- P.O. can be modified in the future (esp. if you have kids)
 - Things will change in the future (esp. if you have kids) so think ahead to how you want things.

The Steps to Filing a Protection Order

1.) Fill out the Protection Order Application and submit to the court.

- a. You can obtain an application from the SMRC or from the court.
- b. SMRC staff can help you go through the protection order forms and help prepare you throughout the process.

2.) Temporary Protection Order Granted

- a. Once the paperwork is turned in to the court, it will be reviewed by the judge on call who will decide to either grant or deny the temporary order.

3.) Protection Order is Served by Police

- a. If the temporary PO is granted, the protection order will be served by a police officer. There will be a copy of the order for you to pick up at court.

4.) Hearing for Permanent Protection Order

- a. Usually, the hearing to make the temporary PO permanent will take place within 10 days of the temporary being granted.
- b. SMRC staff can help you prepare for the permanent hearing.

What happens after Protection Order is granted?

- If the Protection Order is granted the perpetrator is considered "served" in court.
- P.O. must be served by Sheriff or someone over 18. Cannot be a related party. You cannot serve the P.O.
- You will need copies of the P.O. and you may be required to pay for certified copies if it is not a DV case.
 - Keep a copy with you,
 - Leave a copy at any place where respondent is restrained (daycare, work, school)
 - Take a copy to sheriff's office,
 - Keep second copy with you until respondent is served.

Can Protection Orders be modified?

- When applying you can make specific requests.
- You can petition for changes after the P.O. is granted.
- You can only make P.O. changes through a court petition.

What can I do if the P.O. is violated?

- Call the police and report any violations immediately.
- Be sure to keep all evidence; texts, messages, witnesses etc.
- Violations of P.O. can become criminal charges.
- If there is a “no contact” provision on the P.O., that means no calling, texting, messages through friends, etc.

How can SMRC help me with a P.O.?

- SMRC can provide application and provide basic common knowledge information
- Provide support and explanation through the process.
- SMRC can NOT sit with you or advise you in any way at the hearing, but they can attend the hearing as a member of the public, take notes, etc.

WE AT THE SMRC ARE NOT LAWYERS AND CANNOT PROVIDE LEGAL ADVICE.

Alcohol Abuse and Domestic Violence

Al-Anon's purpose is to help friends and families of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative. There are no dues or fees.

If you are concerned about someone else's drinking, call the number below for Al-Anon information.

Al- Anon 888-966-4662.

The language on this page portrays men as the abusers in many situations involving domestic violence and alcohol abuse. However, we recognize that oftentimes in domestic violence incidents, women can be the abusers. Many studies show a high rate of alcohol abuse among men who abuse their female partners. Yet is there really a link between alcohol abuse and domestic violence? No evidence supports a cause-and-effect relationship between the two problems. The relatively high incidence of alcohol abuse among men who abuse must be viewed as the overlap of two widespread social problems.

Efforts to link alcohol abuse and domestic violence reflect society's tendency to view perpetrating as an individual deviant behavior. Moreover, there is a reluctance to believe that domestic violence is a pervasive social problem that happens among all kinds of American families. For these reasons, it is essential to emphasize what is known about the relationship between alcohol abuse and domestic violence.

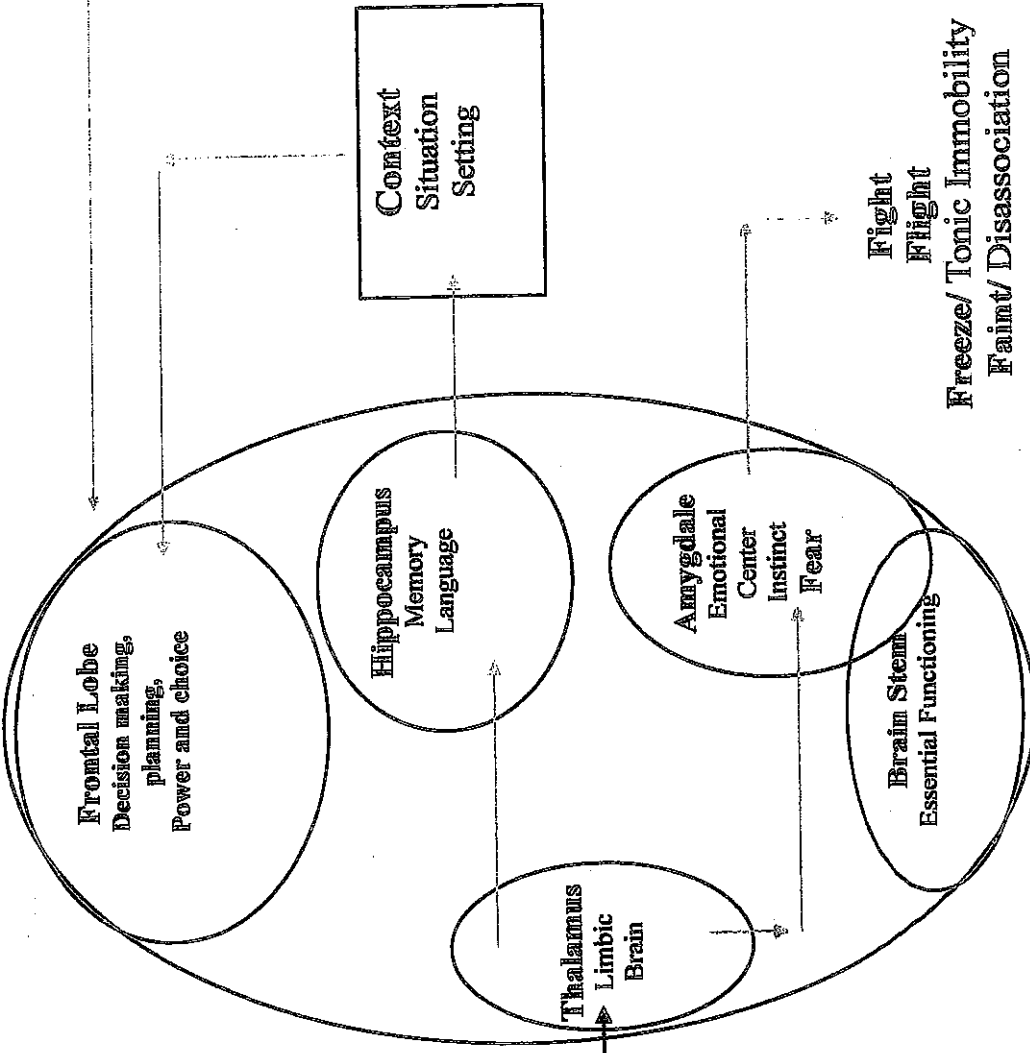
- Abusing is a socially learned behavior, and is not the result of substance abuse or mental illness. Men/women who abuse frequently use alcohol abuse as an excuse for their violence. They attempt to rid themselves of responsibility for the problem by blaming it on the effects of alcohol.
- Many men who are abusers do not drink heavily and many alcoholics do not beat their partners. Some abusers with alcohol problems abuse when drunk, and others when they are sober.
- In one abusers' program, 80% of the men had abused alcohol at the time of the latest abuse incident. The vast majority of men, however, also reportedly abused their partners when not under the influence of alcohol.
- Data on the concurrence of domestic violence and alcohol abuse vary widely, from as low as 25% to as high as 80% of cases.
- Alcoholism and abusing do share some similar characteristics, including:
 - both may be passed from generation to generation
 - both involve denial or minimization of the problem
 - both involve isolation of the family
- An abusing incident that is coupled with alcohol abuse may be more severe and result in greater injury.
- Alcoholism treatment does not "cure" abusive behavior; both problems must be addressed separately. However, provisions for the victim's safety **must** take precedence.
- A small percent (7% to 14%) of abused women have alcohol abuse problems, which is no more than that found in the general female population. A woman's substance abuse problems **do not** relate to the cause of her abuse, although some women may turn to alcohol and other drugs in response to the abuse. To become independent and live free from violence, women should receive assistance for substance abuse problems in addition to other supportive services.
- Men living with women who have alcohol abuse problems often try to justify their violence as a way to control them when they're drunk. A woman's failure to remain substance-free is **never** an excuse for the abuser's violence.

Trauma and the Brain

Risky Behavior/ Tension Reducer:
 Adrenaline/ Cortisol release = relief
 Addictions, Smoking Drinking Eating,
 Sex, Nervous Tics, Twitches, Cutting

Triggers:
 Usually sensory
 Rarely Language

Senses:
 Sight
 Smell
 Touch
 Taste
 Hearing



**Fight
 Flight**

**Freeze/ Tonic Immobility
 Faint/ Disassociation**

Antidote

Stimulate Frontal Lobe

**Choices, Describing Exercises, Visualize Breathing Box
 Physical Movement, Walking, Yoga**

Trauma

After a traumatic experience, it's normal to feel frightened, sad, anxious, and disconnected. But if the upset doesn't fade and you feel stuck with a constant sense of danger and painful memories, you may be suffering from post-traumatic stress disorder (PTSD).

The symptoms of post-traumatic stress disorder (PTSD) can arise suddenly, gradually, or come and go over time. Sometimes symptoms appear seemingly out of the blue. At other times, they are triggered by something that reminds you of the original traumatic event, such as a noise, an image, certain words, or a smell.

Common symptoms of Trauma

- Avoiding reminders of the trauma
- Increased anxiety and emotional arousal
- Thoughts/Re-experiencing the traumatic event
- Intrusive, upsetting memories of the event
- Flashbacks (acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma
- Intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating)

Avoidance and numbing

Avoiding activities, places, thoughts, or feelings that remind you of the trauma

Inability to remember important aspects of the trauma

Loss of interest in activities and life in general

Feeling detached from others and emotionally numb

Sense of a limited future (you don't expect to live a normal life span, get married, have a career)

Increased anxiety and emotional arousal

Difficulty falling or staying asleep

Difficulty concentrating

"red alert")

Feeling jumpy and easily startled

Guilt, shame, or self-blame

Feelings of mistrust and betrayal

Suicidal thoughts and feelings

Physical aches and pains

Irritability or outbursts of anger
Hyper-vigilance (on constant

Anger and irritability
Substance abuse
Depression and hopelessness
Feeling alienated and alone

Loss, Grief & Domestic Violence or Sexual Assault

Usually when society thinks of grief, it is thought of revolving around the death of a loved one, a physical being, a physical loss. As we have come to experience so many other types of loss in our lives, society has begun to understand grief differently through the recognition of losses that are not death related. Survivors of domestic violence and sexual assault are grieving for multiple losses, many of which still go unrecognized and unacknowledged.

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But, they are not stops on a linear timeline in grief. Not everyone goes through all of them or in a prescribed order. Our hope is that with these stages comes the knowledge of grief's terrain, making us better equipped to cope with life and loss.

Denial

This first stage of grieving helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming. Life makes not sense. We are in a state of shock and denial. We go numb. We wonder how we can go on, if we can go on, and why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief. There is a grace in denial. It is nature's way of letting in only as much as we can handle. As you accept the reality of the loss and start to ask yourself questions, you are unknowingly beginning the healing process. You are becoming stronger, and the denial is beginning to fade. But as you proceed, all the feelings you were denying begin to surface.

Anger

Anger is a necessary stage of the healing process. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will heal. There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to managing. The truth is that anger has no limits. It can extend to your friends, the doctors, your family, yourself and your loved one who is gone. Underneath anger is pain, your pain. It is natural to feel deserted and abandoned, but we live in a society that fears anger. Anger is strength and it can be an anchor, giving temporary structure to the nothingness of loss. At first grief feels like being lost at sea; no connection to anything. Then you get angry at someone. Suddenly you have a structure—your anger toward them. The anger becomes a bridge over the open sea, a connection from you to them. It is sometime to hold onto; and a connection made from the strength of anger feels better than nothing. We usually know more about suppressing anger than feeling it. The anger is just another indication of the intensity of your love.

Bargaining

Before a loss, it seems like you will do anything if only your loved one would be spared. After a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others? Then can I wake up and realize this has all been a bad dream?" We become lost

in a maze of "If only..." or "What if..." statement. We want life returned to what it was; we want our loved one restored. We want to go back in time...if only, if only, if only. Guilt is often bargaining's companion. The "if only's" cause us to find fault in ourselves and what we "think" we could have done differently. We may even bargain with the pain. We will do anything not to feel the pain of this loss. We remain in the past, trying to negotiate our

way out of the hurt. People often think of the stages as lasting weeks or months. They forget that the stages are response to feelings that can last for minutes or hours as we flip in and out of one and then another. We do not enter and leave individual stage in a linear fashion. We may feel one, then another and back again to the first one.

Depression

After bargaining, our attention moves squarely into the present. Empty feelings present themselves, and grief enters our lives on a deeper level, deeper than we ever imagined. This depressive stage feels as though it will last forever. It's important to understand that this depression is not a sign of mental illness. It is the appropriate response to great loss. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone. Why go on at all? Depression after a loss is too often seen as unnatural: a state to be fixed, something to snap out of. The first question to ask yourself is whether or not the situation you're in is actually depressing. The loss of a loved one is a very depressing situation, and depression is a normal and appropriate response. To not experience depression after you lose a loved one would be unusual. When a loss fully settles in your soul, the realization that your loved one didn't get better this time and is not coming back is understandably depressing. If grief is a process of healing, then depression is one of the many necessary steps along the way.

Acceptance

Acceptance is often confused with the notion of being "all right" or "OK" with what has happened. This is not the case. Most people don't every feel OK or all right about the loss of a loved one. This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality. We will never like this reality or make it OK, but eventually we will accept it. We learn to live with it. It is the new norm with which we must learn to live. We must try to live now in a world where our love one is missing. In time, through bits and pieces of acceptance, however, we see that we cannot maintain the past intact. It has been forever changed and we must readjust. We must learn to reorganize roles, re-assign them to others or take them on ourselves. Finding acceptance may be just having more good days than bad ones. As we begin to live again and enjoy our life, we often feel that in doing so, we are betraying our loved one. We can never replace what has been lost, but we can make new connections, new meaningful relationships, and new inter-dependencies. Instead of denying our feelings, we listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We invest in our friendships and in our relationship with ourselves. We begin to live again, but we cannot do so until we have given grief its time.

At times, people in grief will often report more stages. Just remember your grief is as unique as you are.