


Domestic Violence The Big Picture



1

Conflict of Interest Statement


- I have no real or perceived conflicts of interest.
- I will not be making any prescribing recommendations or endorsing any pharmaceutical.

2

Domestic Violence: Breaking the Cycle

- **Outline**
- **Defining Domestic Violence**
 - Legal
 - Societal
- **History of Domestic Abuse**
 - Throughout Time and the World
 - In the United States
- **Medical Professional Responsibility**
 - Who Must You Report
 - How Should You Chart
- **Dynamics of Domestic Abuse**
 - Identifying Perpetrators
 - Identifying Victims
- **Designing a Safety Plan**
 - Safety Plan for Your Home
 - Safety Once You Have Left
- **Developing Community Resources**

- **Objectives**
- Identify three components of domestic violence.
- Identify factors associated the cycle of abuse.
- Identify three components of a safety plan.
- Identify key components of reporting and charting domestic abuse.



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Lets start with an exercise....

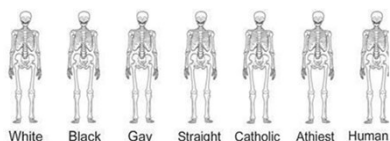
- Everyone close your eyes.....



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How did that make you feel?

- Not as a medical professional.....
But as person....a parent...an aunt an
uncle....we are all human.....



5

The differences in boys and
girls....



6

As a nation when did the conversation start



Piglet:
"How do you spell love?"
Pook:
"You don't spell it,
you feel it."

What two time periods did we have ongoing conversations about spousal abuse?

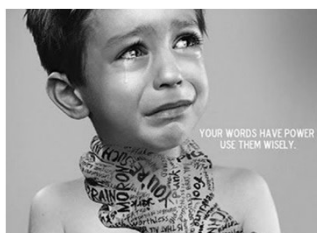
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Types of Domestic Abuse


Physical
Verbal
Emotional
Economic
Sexual
Isolation
Sibling
Dating
Elder



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10



Important Questions To Ask

- Is anyone in your family hitting you?
- Has anyone hit you while you were pregnant?
- Have you ever received medical treatment for any abuse injuries?
- If you've been abused, remembering the last time you were hurt, mark the places on the body map where you were hit.
- Does your partner ever threaten you?
- Does your partner prevent you from leaving the house, from getting a job or returning to school?
- What happens when your partner doesn't get their way?
- Does your partner threaten to hurt you when you disagree with them?
- Does your partner destroy things that you care about, i.e. your family photographs, your clothes, pets?
- Are you forced to engage in sex that makes you feel uncomfortable?
- Do you have to have intercourse after a fight to "make up"?
- Does your partner watch your every move? Call home ten times a day? Accuse you of having affairs with everyone?
- Do you know where you could go or who could help you if you were abused?
- Some students tell me that they had an argument with a partner and later state they were beaten. Could this be happening to you? Are you being beaten?

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Identifying Victims of Domestic Violence

Although many women/man who are victims of abuse will not volunteer any information, they will discuss it if asked simple, direct, questions in a non-judgmental way and in a confidential setting. The patient should be interviewed alone without her partner present.

You may want to offer a statement such as:
 "Because violence is so common in many women's lives, I've begun to ask about it routinely."

Then you can ask a direct question, such as:
 "At any time, has your partner hit, kicked or otherwise hurt or frightened you?"

If Patient Answers Yes, The Following Steps Are Suggested:

1. Encourage them to talk about it:
 "How do you feel about it?"
 "What would you like to do about this?"
2. Listen non-judgmentally.
 This serves both to begin the healing process for the person and to give you an idea of what kind of referrals she needs.
3. Validate.
 Victims of domestic violence are frequently not believed, and the fear they report is minimized.
 "You are not alone."
 "You don't deserve to be treated this way."
 "Help is available to you."
4. Document.
 Complaints should be described in patient's own words.
 Detailed descriptions of injuries.
 Duty to report child abuse and neglect.
5. Assess the danger to your patient.
6. Provide appropriate treatment referral and support.

Give your patients verbal information about local and national resources. Have information posted in your offices and restrooms!

DON'T Judge the success of the intervention by the patient's immediate actions.

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What is Financial Abuse?

Financial abuse can be very subtle -- telling you what you can and cannot buy or requiring you to share control of your bank accounts. At no point does someone you are dating have the right to use money or how you spend it to control you.

Here are some examples of financially abusive behavior:

Giving you an allowance and closely watching what you buy.

Placing your paycheck in their account and denying you access to it.

Keeping you from seeing shared bank accounts or records.

Forbidding you to work or limiting the hours you do.

Preventing you from going to work by taking your car or keys.

Getting you fired by harassing you, your employer or coworkers on the job.

Hiding or stealing your student financial aid check or outside financial support.

Using your social security number to obtain credit without your permission.

Using your child's social security number to claim an income tax refund without your permission.

Maxing out your credit cards without your permission.

Refusing to give you money, food, rent, medicine or clothing.

Causing visible bruises and scars so that you are too embarrassed to go to work.

Using funds from your children's tuition or a joint savings account without your knowledge.

Spending money on themselves but not allowing you to do the same.

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Isolation

Power, control, and manipulation are the tools abusers use to subdue their victims. Isolation causes their partners to become fully dependent on their abuser. In many cases of domestic violence, the abuser will isolate the victim from friends and family members. This isolation may extend to the work environment as well. Other forms of isolation associated with domestic violence appear through the guise of possessiveness and being over protective. Abusers might exhibit extreme jealousy and follow, stalk, or harass their partners or interrogate them after they've been away from the home (or from the abuser's control).

Abusers often attempt to hide their controlling and manipulative ways through love.

They might begin by saying that they love you so much they don't want to let you out of their sight, or that since you two are so much in love you don't need to be with other people. Some abusers become enraged at the thought of their partner being away from them for any length of time. In these situations, simple things like going to the grocery store, bank, or even picking up children from school can be grounds for an all out war on the home front.

Isolation often extends to telephone conversations as well. When someone is in an abusive relationship their partner might take their cell phone and constantly check phone numbers to see who the victim has been speaking with. Others might take the phone, computer, and other forms of communication away from the victim, increasing their isolation. It is very common for victims of domestic violence to feel trapped as well as isolated. Isolation keeps the victim dependent upon his or her abuser and prevents the abused from seeking help. <http://www.examiner.com/article/signs-and-symptoms-of-domestic-violence-isolation>

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Elder Abuse

June 15 is Elder Abuse Awareness Day

As the name implies, the campaign is to bring attention to and encourage governments throughout the world to battle acts against older people.

The UN defines elder abuse as "physical, sexual, psychological, emotional; financial and material abuse; abandonment; neglect; and serious loss of dignity and respect."

"Respect for elders is an integral part of many societies," UN Secretary-General Ban Ki-moon said in a statement emailed to journalists. "As people live longer, and as we strive for sustainable and inclusive development, it is time to revive and expand our appreciation for those who have advanced in years."

He called for "better strategies and stronger laws to protect the rights and dignity of older persons worldwide."

The World Health Organization estimated that 4-6 percent of older persons worldwide have suffered from some form of elder abuse.

<http://www.examiner.com/article/elder-abuse-target-of-un-campaign>

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What is sibling abuse?

Sibling abuse is the physical, emotional or sexual abuse of one sibling by another [1]. The physical abuse can range from relatively mild forms of aggression occurring between siblings, such as pushing and shoving, to extremely violent behavior such as the use of weapons.

Often parents don't recognize the abuse for what it is. Typically, parents and society *expect* fights and other physical forms of aggression to occur among siblings. Because of this, sibling abuse often is not seen as a problem until serious injuries occur. Another factor is that in some cases, siblings may switch back and forth between the roles of abuser and victim.

Besides the immediate dangers of sibling abuse, the abuse can cause all kinds of problems on into adulthood. Being abused by a sibling can really mess up a person's life.

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How common is sibling abuse?

Research shows that violence between siblings is quite common. In fact, it is probably even more common than child abuse (by parents) or spouse abuse 1. The most violent members of American families are the children. It has been estimated that three children in 100 are *dangerously violent* toward a brother or sister 2. Likewise, many researchers have estimated sibling incest to be much more common than parent-child incest. It seems that when abusive acts occur between siblings, they are often not perceived as abuse 3.

How do I identify abuse? What is the difference between sibling abuse and sibling rivalry?

At times, all siblings squabble and call each other mean names, and some young siblings will "play doctor". But here is the difference between typical sibling behavior and abuse: If one child is always the victim and the other child is always the aggressor, it is an abusive situation.

Some possible signs of sibling abuse are:

- One child always avoids their sibling
- A child has changes in behavior, sleep patterns, eating habits, or has nightmares
- A child acts out abuse in play
- A child acts out sexually in inappropriate ways

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High-tech stalking epidemic in dating abuse
National Bulletin on Domestic Violence Prevention
May 2007 / Volume 13/ No. 5

There is a dark side to the revolution in electronics above and beyond pedophiles trolling the 'net for underage victims. Teenagers are using the advances in communication technology to abuse other teens. According to a recent survey, there is an epidemic in high-tech stalking and dating abuse.

The Centers for Disease Control and Prevention first surveyed high school students in 2005. It found that a little less than 10% report being hit, slapped, or physically hurt by their dating partner in the previous twelve months. Studies from larger cities reported higher abuse rates. In Chicago it was 15.4%.

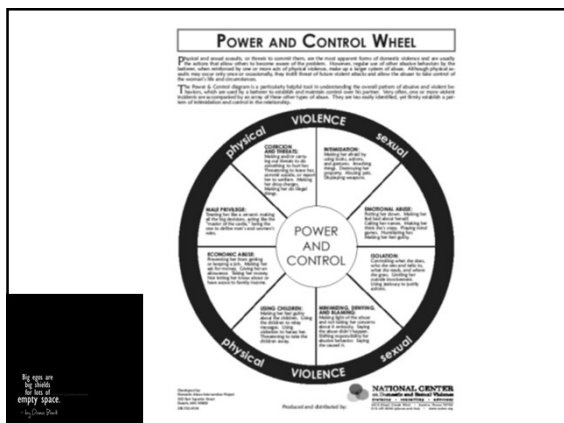
But physical abuse, it turns out, may be only the tip of the iceberg of abuse. Liz Claiborne, Inc., commissioned Teenage Research Unlimited (TRU) in 2005 and 2006 to determine levels of abuse among American teenagers. The findings are in, and they are alarming. The research provides the first clear evidence, according to TRU, that technology has made teen dating abuse more pervasive and hidden. A growing number of teens in dating relationships are being controlled, abused and threatened by their partners.

All of this is happening in a technological netherworld hidden from parents and adults in general.

Here are some of the surveys findings:

- 1) 30% of teens said that they've been text messaged or emailed 10 to 30 times an hour by a partner wanting to check up on them.
- 2) 19% said that their partner spread rumors about them using a cell phone, email, IM, text, Web chat, blog or networking site like MySpace or Facebook.
- 3) 18% said that their partner used a social-networking site to harass them.
- 4) 17% said that their partners made them afraid not to respond to a cell phone call, email, IM or text message.
- 5) 16% claim that their partners bought a cell phone or minutes for them.
- 6) 11% report that their partners shared private or embarrassing photos/videos of them.
- 7) 10% said that they had been threatened in calls or messages.

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"Equality Wheel"

- **NON-THREATENING BEHAVIOR**
 - Talking and acting so that the person feels safe and comfortable expressing themselves and doing things.
- **RESPECT**
 - Listening to the person non-judgmentally * being emotionally affirming and understanding * valuing opinions.
- **TRUST AND SUPPORT**
 - Supporting the person's goals in life * respecting the person's right to their own feelings, friends, activities and opinions.
- **HONESTY AND ACCOUNTABILITY**
 - Accepting responsibility for self * acknowledging past use of violence * admitting being wrong * communicating openly and truthfully.
- **Responsible Parenting**
 - Sharing parental responsibilities * being a positive non-violent role model for the children.
- **Shared Responsibility**
 - Mutually agreeing on a fair distribution of work * making family decisions together.
- **Economic Partnership**
 - Making money decisions together * making sure both partners benefit from financial arrangements.
- **Negotiation and Fairness**
 - Seeking mutually satisfying resolutions to conflict * accepting change * being willing to compromise.

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Why do people stay?

WHEN YOU SAY YES TO OTHERS MAKE SURE YOU ARE NOT SAYING NO TO YOURSELF

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Dating Rights

Just like driving a car, going to school or playing a sport, dating someone comes with both rights and responsibilities. Print these out and post them as a reminder for yourself and others. But first, look at them carefully and ask yourself if you are violating someone else's rights - or if someone is violating yours. Are you fulfilling your responsibilities? Are you respecting your rights and the rights of your date?

Dating Rights

I have the right:

1. To be treated with respect always
2. To my own body, thoughts, opinions, and property
3. To choose and keep my friends
4. To change my mind - at any time
5. To not be abused - physically, emotionally or sexually
6. To leave a relationship
7. To say no
8. To be treated as an equal
9. To disagree
10. To live without fear and confusion from my boyfriend's or girlfriend's anger

Dating Responsibilities

I have the responsibility:

1. To not threaten to harm myself or another
2. To encourage my girlfriend or boyfriend to pursue their dreams
3. To support my girlfriend or boyfriend emotionally
4. To communicate, not manipulate
5. To not humiliate or demean my girlfriend or boyfriend
6. To refuse to abuse - physically, emotionally or sexually
7. To take care of myself
8. To allow my boyfriend or girlfriend to maintain their individuality
9. To respect myself and my girlfriend or boyfriend
10. To be honest with each other



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When documenting signs of potential domestic violence, follow these 10 guidelines.

1. **Objectively document any injuries suggesting domestic violence.** With the patient's permission, take photographs of all injuries known or suspected to have resulted from domestic violence.⁴ If that's not possible, clearly document the location, number, type, and characteristics of injuries, such as abrasions, ecchymoses, bites, and fractures. Use an injury location chart or body map.
2. **Use quotation marks to denote the patient's own words or use phrases such as *patient states* or *patient reports* to indicate information that came directly from the patient.**² When you use quotation marks, the statement must be an exact repetition of what the patient said, not paraphrased.
3. **Avoid "legalese."** Document your patient's medical information in a factually neutral manner, including your physical assessment findings and patient responses to questions about the incident. Avoid phrases or words that have specific legal meanings, such as *alleges*. This use of "legalese" makes the record seem more about preparation for a court proceeding than about patient care. It also implies doubt about the patient's reliability. By sticking to the facts, you're making no "legal" conclusions—but you are providing a detailed account of the care provided and interactions between you and the patient.
4. **Identify the person who hurt the patient as stated by the patient by using quotation marks and recording the identifying information.**² For example, "my husband," "my stepmother," or "my wife kicked me."
5. **Don't write your personal conclusions about the situation, such as *patient is a battered woman*.**² Conclusions without sufficient accompanying factual information are generally inadmissible in court. Document information in a factual, accurate, clear, and objective manner and let others draw conclusions in the future. Avoid personal opinions—document only the facts.
6. **Don't put the term domestic violence or abbreviations such as "DV" in the diagnosis fields of a patient's medical records.** These terms don't convey factual information. It's up to the courts to determine whether domestic violence has occurred.⁴
7. **Record your observations of the patient's general appearance or demeanor.**¹ For example, *Patient crying and seems agitated*.
8. **Record the time of day the patient is examined.** If possible, indicate how much time has passed between the incident and the patient's arrival at your facility.⁴
9. **Write legibly or use a computer to document the patient's medical information.**
10. **Following facility policy and procedure and state law, report any disclosure from your patient of child or elder abuse to local authorities.** It's your legal obligation. Know your state's reporting laws, and document whom you notified of the suspected abuse.

Nursing: September 2010 - Volume 40 - Issue 9 - p 53-55doi: 10.1097/01.NURSE.0000387157.08363.22

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How do you get out?

You have to have a plan.....

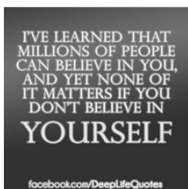
- 1 All your important papers
- 2 Money
- 3 You can only take things your name is on
- 4 A safe place to go

What else?????????



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Safety Plan At Home



- Most dangerous room?
- Safest room?
- Kids and pets....
- Phone numbers...

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MY PERSONAL MASTER PLAN One Year Goals			
Area	Specific Goal	When to Accomplish this goal	Date Accomplished
Financial			
Career/Business			
Fun time!			
Health/Fitness			

**BE THE BOSS
OF YOUR
BRAIN!!**

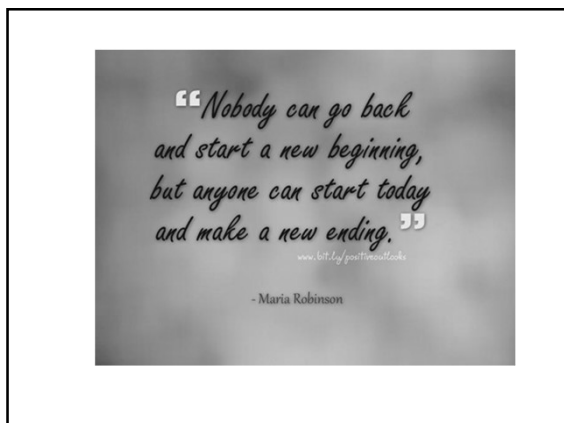
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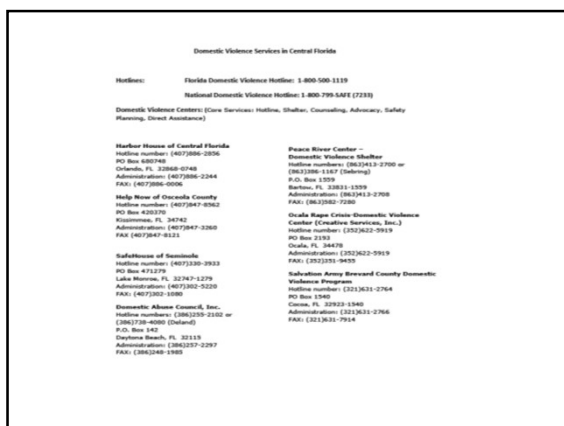
Safety Plan... at workat
schoolfor life



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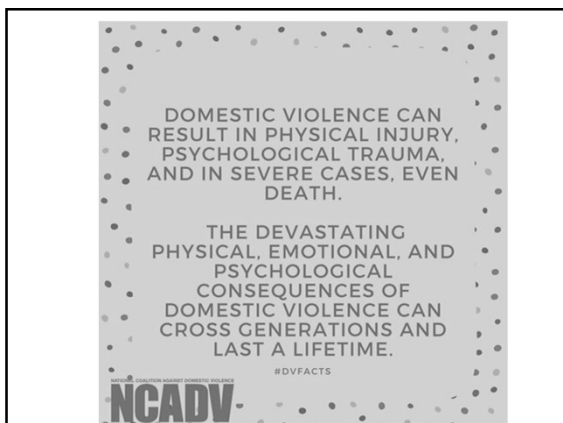


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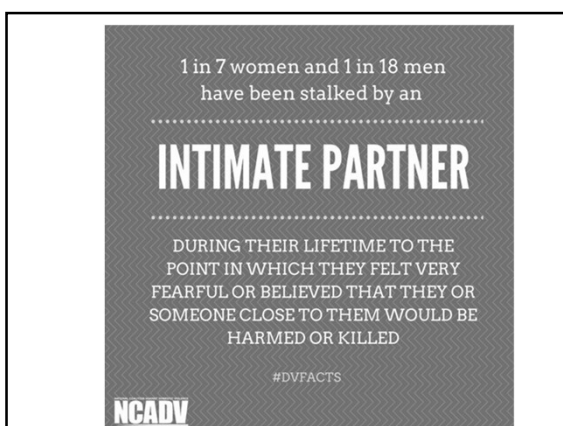
Sexual Assault Facts:

- 84% of rapes occur by classmates, friends, or acquaintances.
- 51.8% of rapes occur after midnight.
- 57% of rapes occurred while on a date.
- 1 out of 6 American women have been the victims
- College-age women are 4 times as likely to be sexually assaulted.
- Sexual assault victims are:
 - 13 times more likely to abuse alcohol
 - 26 times more likely to abuse drugs
 - 4 times more likely to contemplate suicide
 - No one deserves to be raped.
 - Every 2 minutes someone in the U.S.A. is sexually assaulted.
 - 60% of sexual assaults are NOT reported.
 - 1 out of 33 men are sexually assaulted in their lifetime.
- **In 33% of assaults, the perpetrator was intoxicated.**

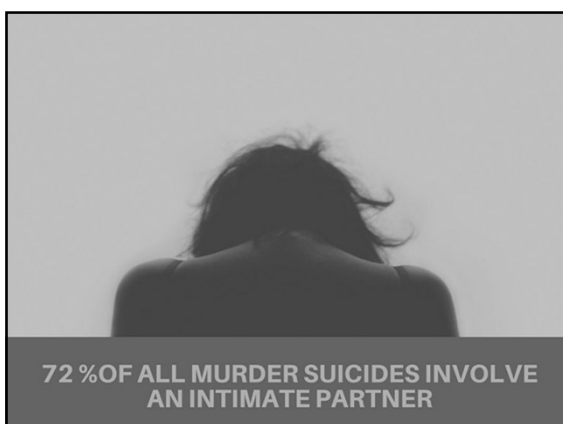
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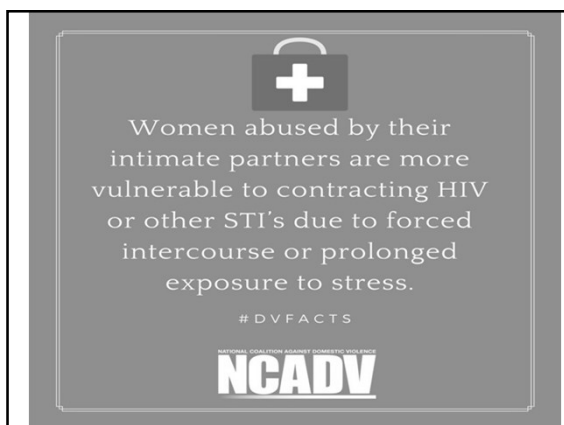
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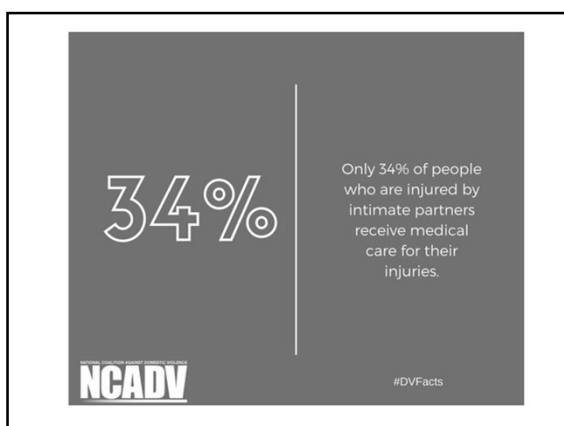
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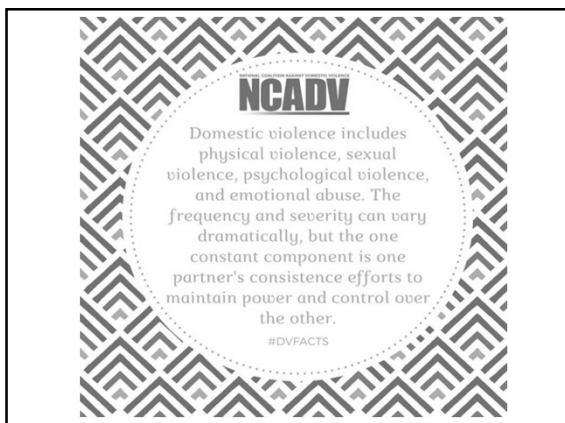
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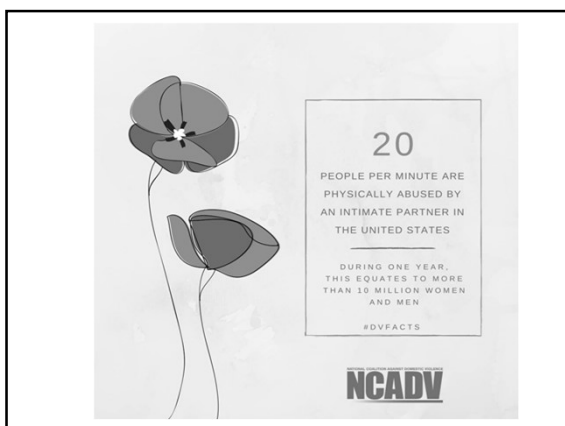
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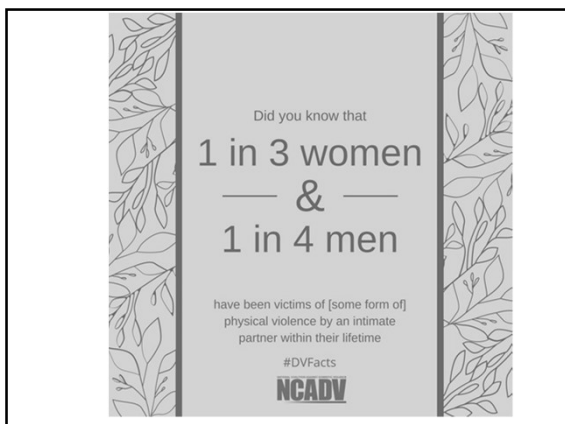
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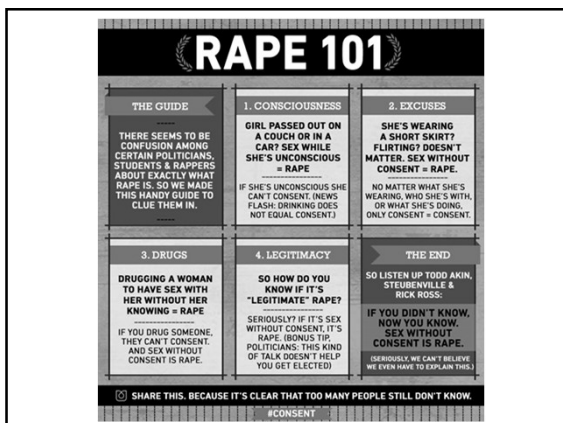
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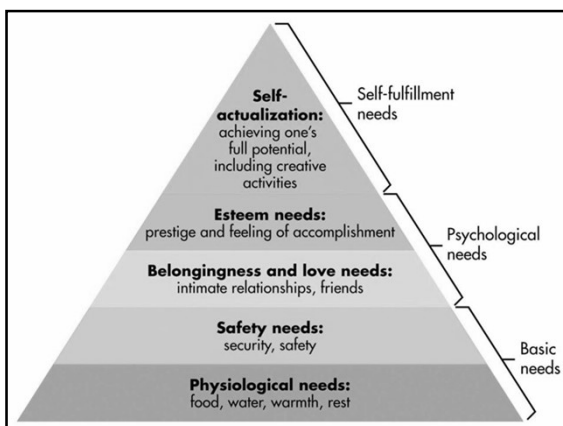
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