

DV 101 & YWCA Services

eliminating racism
empowering women

ywca

YWCA IS ON A MISSION

Domestic Violence

- Domestic Violence (DV) is an act of violence committed by someone in the victim's domestic circle.
- This includes partners and ex-partners.
- Immediate violence is used when there is a close relationship between the offender and the victim

Statistics of Domestic Violence

- Each year an estimated 3.3 million children are exposed to violence in their household (American Psychological Association)
- 50 percent of men/women who assault their partner also abuse their children (children of domestic violence, 2018)
- Some 80 percent of child fatalities within the family are attributable to fathers (Changing Spectrum of Serious Child Abuse, 2016)

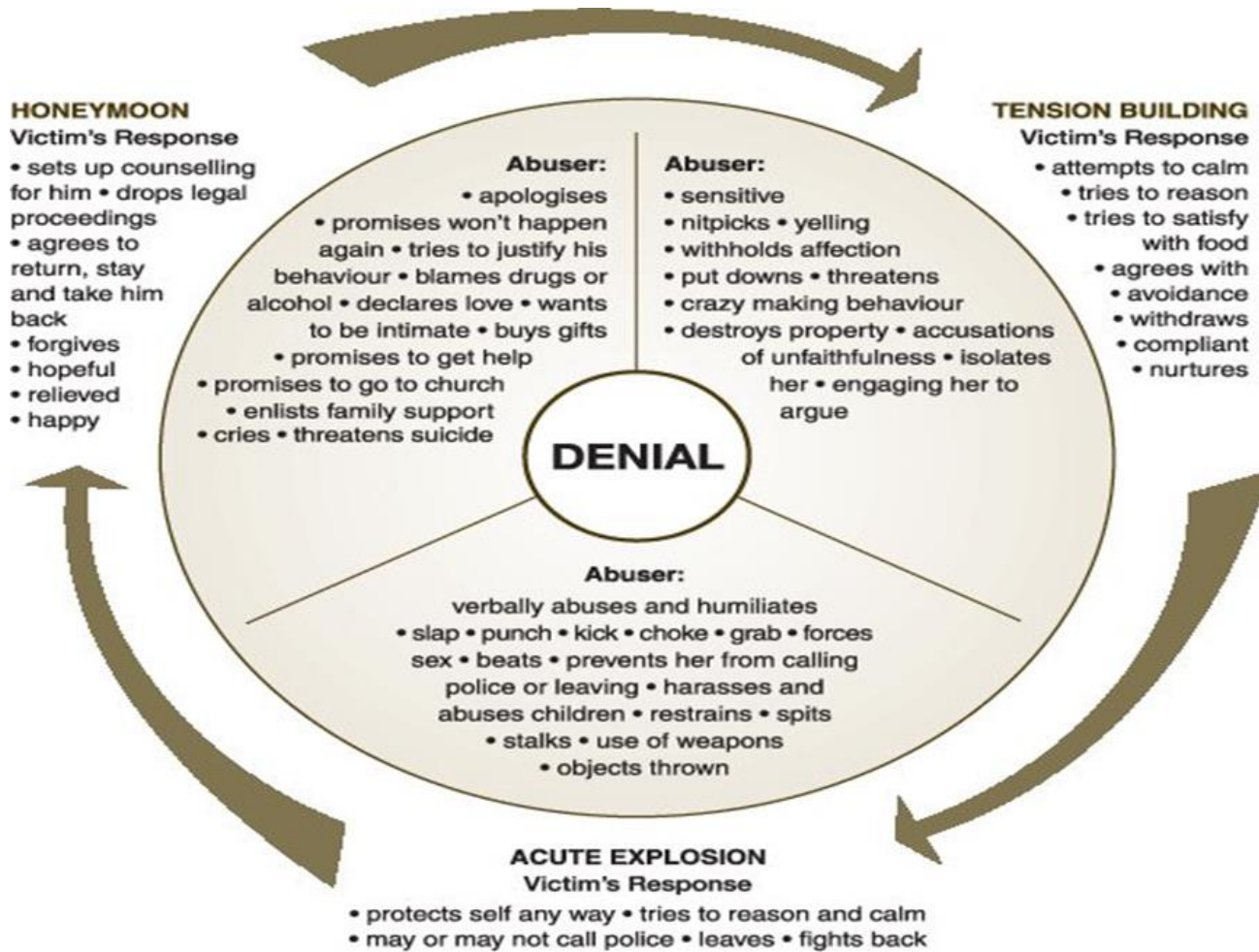
Types of Domestic Violence

- Physical Abuse
 - Scratches, bites, punches
- Psychological Abuse
 - Verbal attacks, humiliates their partner
- Verbal Abuse
 - Screaming, use of derogatory words
- Economic Abuse
 - Controls all the finances
 - Refuses to let the survivor work
- Sexual Abuse
 - Jealousy, anger, manipulation by sex
- Cyber Abuse
 - Posting non-consensual naked pictures in the web of partner

Red Flags

- Set of behaviors that are warning signs for potentially abusive relationships
- Examples:
 - They have a history of getting in trouble with the law, getting into fights, along with breaking and destroying property
 - They abuse their siblings, other family members, children or pets
 - Force partner to be intimate when they don't want to

The Cycle of Violence



The Cycle of Violence

- Phase 1: Tension-building Phase
 - Tension between the people in the relationship starts to increase and verbal, emotional, or financial abuse occurs
- Phase 2: Acute Explosion
 - The peak of the violence is reached in this phase. The perpetrator experiences a release of tension and this behavior may become habitual
- Phase 3: Honeymoon Stage
 - At this point, the perpetrator may start to feel ashamed. They may become withdrawn and try to justify their actions to themselves and others. For example, they may say: "You know it makes me angry when you say that."

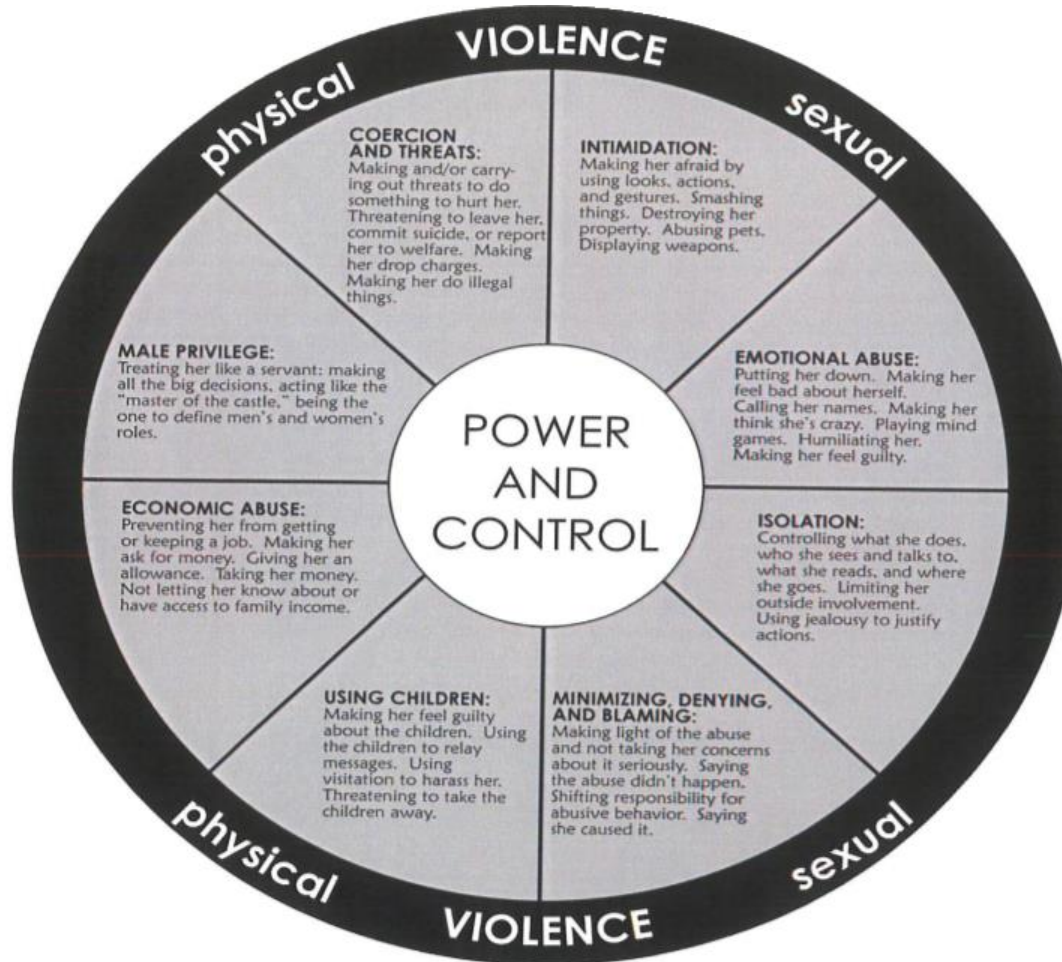
Symptoms of a DV Relationship

- Emotional
 - Anxiety, depression, low self-esteem
- Physical
 - Headaches, muscle pain, tired, negative physical appearance

Reasons Why People Stay in Abusive Relationships

- Children's best interest
- Disabled
- Family pressure
- Fear of retaliation
- Finances
- Houseless
- Low self-esteem
- Love

The Power and Control Wheel



YWCA Monterey County Services

Legal Advocacy

- Temporary restraining orders/civil harassment orders;
- Cease and Desist Letters
- Court accompaniment (for clients who applied for restraining orders only)
- Divorce and Child Custody
- Safe at Home (POBox mailing service) confidential address program
- Referrals to partner agencies

Housing/Domestic Violence Shelter

- DV Shelter based on DVHF model
 - Clients are assessed to identify specific needs;
 - Financial support available to access permanent housing;
 - Case are evaluated based on urgency and need of the client;
- Step Down Housing
 - Independent living program for survivors that need additional time;
 - Support with AOD referrals and Mental Health needs assistance;
 - Confidential house
- Transitional Housing
 - Case management;
 - Transitional housing referrals;
 - Transportation

Therapy Services

- Therapy for individuals, couples, families and child therapy on a **sliding scale fee**
- Immigration Evaluations (VAWA,U-Visa, T-Visa)
- Domestic Violence Psychoeducation groups (CPS referred only)
- California Victim Compensation Board approved clients (CalVCB)

Outreach and Prevention

- Outreach program for 7th-12th graders in Monterey County
- Outreach programs for the community
 - Parent classes
- Community presentations about healthy and abusive relationships
- Prevention curriculums
 - Safe Dates
 - Dating Matters
 - Word on the Street

Human Trafficking Services

- Case management
- Transportation
- Prevention and Intervention programs
- Hotel Vouchers (case-by-case)
- Resource management
- Referrals to other resources
- Transitional housing referrals

**YWCA
MONTEREY
COUNTY**

11 Quail Run Circle
Suite, 203
Salinas, CA, 93907

PHONE 831.422.8602

WEB www.ywcamc.org

Crisis Lines 831-757-1001 & 831-372-6300

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