

# PEER-TO-PEER

*Bridging the gap through self-advocacy*

**Domestic Violence Track-Participant Workbook**

**Vera** Center on Victimization + Safety

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**Funder Statement**

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## PEER-TO-PEER: Bridging the gap through self-advocacy

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## PEER-TO-PEER: Bridging the gap through self-advocacy

### EMOTIONALLY HARD

The topics that we talk about in this curriculum can be difficult for some people to talk about and hear about. Your emotional safety is very important.



The class material can bring up bad memories and cause some people to get upset.

If you become upset about the material you should get assistance from someone you trust. Remember you can come back and finish the class at another time.

# Class 1: Domestic violence 101



## PEER-TO-PEER: Bridging the gap through self-advocacy



### **CLASS GOALS**

1. What is domestic violence
2. Learn about the history of the battered women's movement
3. Learn about power and control within the battering relationship



### **AGENDA**

1. Review of last class
2. Welcome and Icebreaker
3. What is domestic violence with video
4. History of the battered women's movement with videos
5. Power and control



## CLASS REVIEW

Our last class was “What to do when someone tells you they have been sexual assaulted” we learned about some of the steps you can take:

**Step 1:** Encourage the person to speak freely and openly to develop a trust between yourself and the person seeking help

**Step 2:** Gather information about the individual and the situation, this is not about fact finding but rather an evaluation of their safety, the level of crisis and to get some background.

**Step 3:** Assist the person with safety and/ or action plans, discuss and answer questions, and provide support for what the person needs and is experiencing.

**Step 4:** Plan for what comes next.

We also discuss how sexual violence takes away a person’s feelings of power and control and how you can help give him/her back their power and control by letting him/her make the decisions about what steps they want to take.

We ended by talking about the different programs/systems that are available to help like rape crisis centers, medical assistance, legal assistance and counseling.



# ICEBREAKER



## My Favorites

Tell us about your favorite things.



What is your favorite pet?

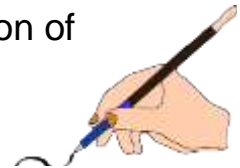


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What is your favorite season of the year?



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# PEER-TO-PEER: Bridging the gap through self-advocacy

What is your favorite sport?



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What is your favorite holiday?



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What is your favorite food?



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# WHAT IS DOMESTIC VIOLENCE?

Domestic violence can happen in any relationship

People who are dating or  
people who are married



A man and a woman or  
same-sex couple



## PEER-TO-PEER: Bridging the gap through self-advocacy

In domestic violence, one person uses different types of abuse to gain power and control over the other person



Physical abuse includes:

- Burning, cutting, slapping, punching, kicking, biting or choking him/her
- Keeping him/her from being able to move around
- Stabbing or shooting
- Withholding his/her food or medicine
- Giving him/her drugs
- Keeping the victim from sleeping
- Causing pain to other people or animals



## PEER-TO-PEER: Bridging the gap through self-advocacy

Sexual abuse includes things like:

- Rape and unwanted sexual contact
- Keeping their partner from using birth control
- Forcing their partner to end a pregnancy
- Taking advantage of a partner when they are on drugs, sleeping or unconscious
- Forcing their partner to have sex with other people



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Emotional abuse includes things like:

- Humiliating their partner in front of others
- Keeping track of what he/she is doing
- Accusing their partner of being unfaithful
- Keeping their partner from seeing friends or family
- Scaring him/her
- Threatening to hurt their partner or the people he/she cares about
- Threatening to harm him/herself when upset
- Saying things like, "If I can't have you then no one can."
- Making decisions for their partner (like what to wear or eat)



## PEER-TO-PEER: Bridging the gap through self-advocacy

Economic abuse includes things like:

- Keeping the victim from going to work or school
- Disrupting childcare, transportation, or other arrangements to get in the way of their partner's work
- Harassing their partner or doing things that affect him/her at work
- Refusing to work
- Not including their partner in financial decisions or having access to the finances and information about finances
- Taking their partner's money, making him/her ask for money, or not letting him/her put their name on accounts
- Demanding that their partner explain everything he/she buys
- Destroying their partner's credit
- Becoming their partner's payee



## PEER-TO-PEER: Bridging the gap through self-advocacy



“What is Domestic Violence?”

Use this space to write notes about the video



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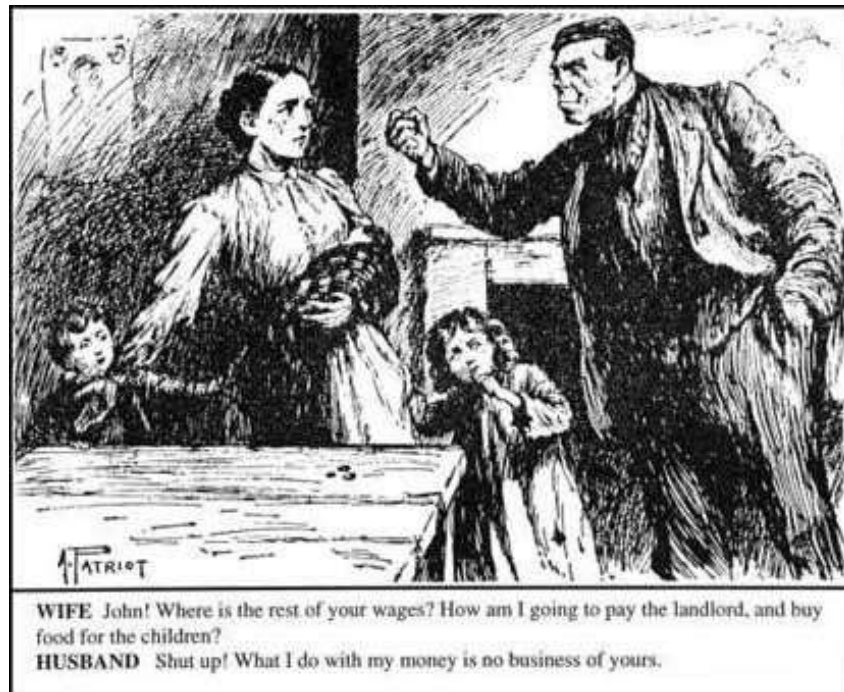
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# HISTORY OF THE DOMESTIC VIOLENCE MOVEMENT IN THE US<sup>1</sup>

For much of our history, wives, children and slaves were considered the property of male citizens. The male was held responsible for the public behavior of their wives, children and slaves.

During the 1600's, husbands were not allowed to hit their wives on Sundays or after 8:00 p.m. This was done to protect the peace of the community; it was not done to protect the wives.



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<sup>1</sup> "The History of Domestic Violence in the United States." [123HelpMe.com](http://www.123HelpMe.com). 06 Oct 2017 <<http://www.123HelpMe.com/view.asp?id=108017>>.

## PEER-TO-PEER: Bridging the gap through self-advocacy

During the late 1800's, there was nothing to stop a man from abusing his wife or children. It was the man's duty to control their households and their property. This meant that they could use physical violence to discipline their family



The phrase “rule of thumb” came from a law that said that husbands could not hit their wives with sticks or boards thicker than their thumb.



## PEER-TO-PEER: Bridging the gap through self-advocacy

The violence men used against their family members was a private matter and it was wrong for any "outsiders" to get involved in these matters.



In the early 1900's laws started to change. But it was still socially acceptable for men to hurt their families.



## PEER-TO-PEER: Bridging the gap through self-advocacy

Most Americans think wife beating is a custom. The police ignored what went on behind closed doors and women hid their bruises beneath layers of make-up.

Like rape or abortion, wife beating was a private and shameful act that few women discussed.

Many victims felt they “deserved” to be beaten – because they:

- Acted too uppity,
- Did not get dinner on the table on time, or
- Couldn't keep the children quiet

In the late 1960s and early 1970s, women came together to support each other. They also offered informal services like shelters run from homes. Three social movements helped to put the battered women's movement in to the public arena:

- The women's liberation movement,
- The women's health movement, and
- The anti-rape movement

These three movements had resources and networks that the battered women's movement could draw from and gain its own strength.

## PEER-TO-PEER: Bridging the gap through self-advocacy

The slogan of women that organized to end domestic violence was “we will not be beaten”.

In the domestic violence movement abuse was seen as a social problem. It was not just a woman’s problem.



Women started hotlines and shelters for women and their children.

In 1973, the first women’s shelter (Women’s Advocates) opened in St. Paul, Minnesota.



## PEER-TO-PEER: Bridging the gap through self-advocacy

Changes in the way things were done were made based on the experiences and demands of battered women.

Awareness campaigns were started.

Money was made available to research model intervention programs.

In the 1990s, reforms were made in the welfare systems, housing, mental health, substance abuse, and childcare.

In 1994, the Violence Against Women Act (VAWA) was passed. VAWA made money available to:

- Investigate crimes against women,
- Create shelters,
- Provide legal aid and
- Protect the housing of victims



## PEER-TO-PEER: Bridging the gap through self-advocacy



“Ellen Pence, Battered Women's Movement Leader”

Use this space to write notes about the video



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## POWER AND CONTROL

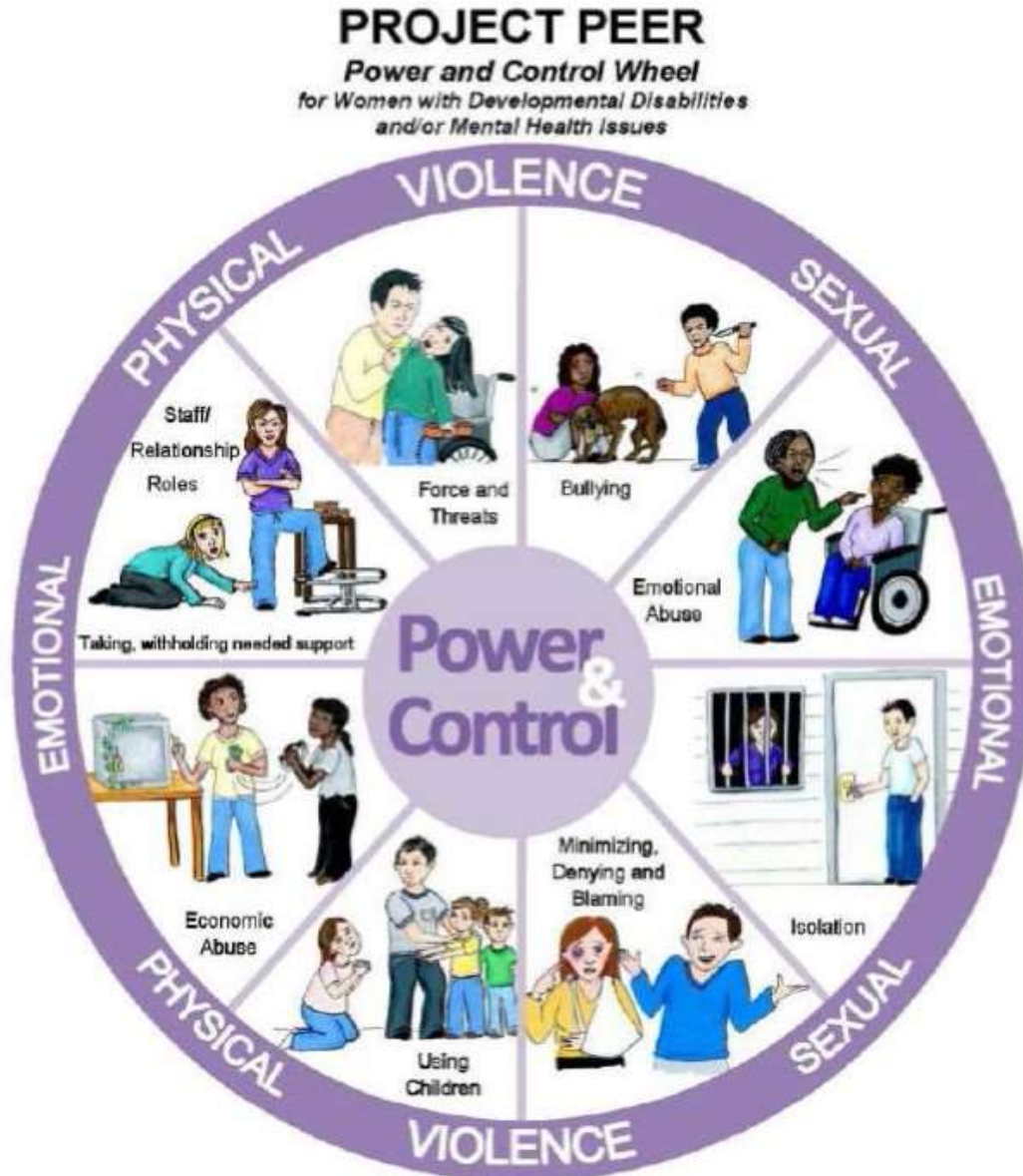
The power and control wheel was created by the Domestic Abuse Intervention Project (DAIP). DAIP listened to victims about their experiences. They used what they heard to develop the wheel. The wheel lists behaviors that are used in domestic violence.



In 2011, Project Peer, made easy to use power and control wheels. The wheel on the next page is the picture version they created.



# PEER-TO-PEER: Bridging the gap through self-advocacy



Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, can be reached at 202-448-1450.

*This diagram is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI.*

Project Peer was supported by Grant No. 2007-FW-AJX-K000 from the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this document are those of the authors and do not necessarily reflect the views of DOJ-OVW.

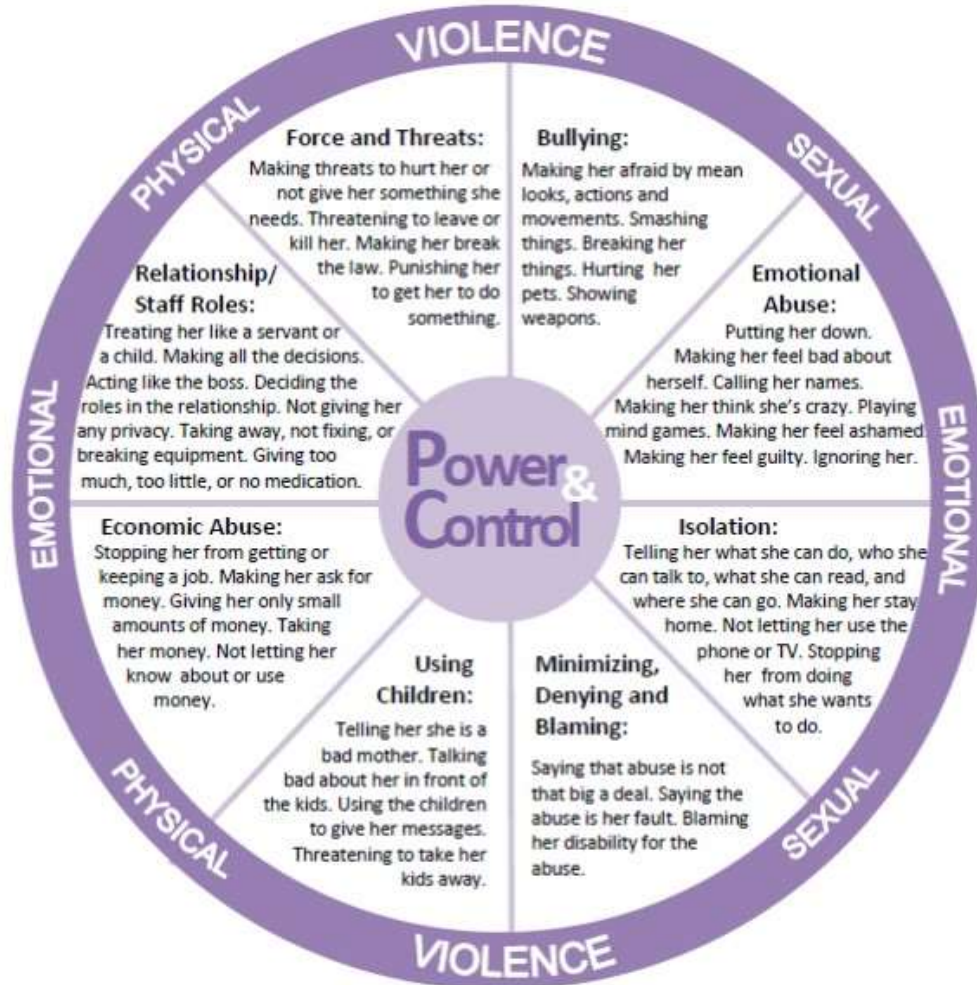
© 2011 DC Project Peer

Artwork by Megan McCune

The easy to read version of the wheel is on the next page.

# PEER-TO-PEER: Bridging the gap through self-advocacy

## PROJECT PEER Power and Control Wheel for Women with Developmental Disabilities and/or Mental Health Issues



Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, can be reached at 202-448-1450.

This diagram is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI.

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## PEER-TO-PEER: Bridging the gap through self-advocacy

### Relationship/Staff Roles:

- Treating her like a servant or a child,
- Making all the decisions,
- Acting like the boss,
- Deciding the roles in the relationship,
- Not giving her any privacy,
- Taking away, not fixing or breaking equipment,
- Giving too much, too little or no medication



## PEER-TO-PEER: Bridging the gap through self-advocacy

### Force and Threats:

- Making threats to hurt her or not give her something she needs,
- Threatening to leave or kill her
- Making her break the law
- Punishing her to get her to do something



## PEER-TO-PEER: Bridging the gap through self-advocacy

### Bullying:

- Making her afraid by mean looks, actions and movements,
- Smashing things,
- Breaking her things,
- Hurting her pets,
- Showing weapons





## PEER-TO-PEER: Bridging the gap through self-advocacy

### Emotional Abuse:

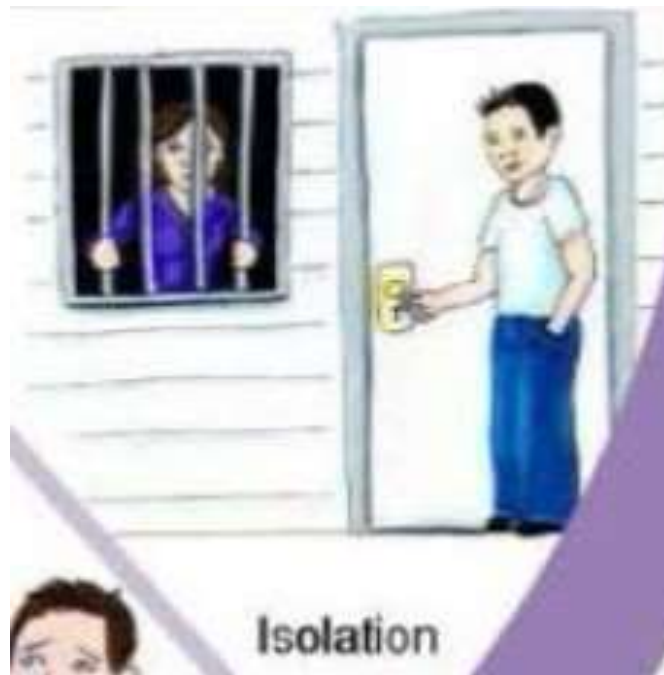
- Putting her down,
- Making her feel bad about herself,
- Calling her names,
- Making her think she's crazy,
- Playing mind games,
- Making her feel ashamed,
- Making her feel guilty,
- Ignoring her



## PEER-TO-PEER: Bridging the gap through self-advocacy

### Isolation:

- Telling her-
  - what she can do,
  - who she can talk to,
  - what she can read and
  - where she can go
- Making her stay home
- Not letting her use the phone or TV
- Stopping her from doing what she wants to do



## PEER-TO-PEER: Bridging the gap through self-advocacy

### Minimizing, Denying and Blaming:

- Saying that abuse is not that big a deal,
- Saying the abuse is her fault,
- Blaming her disability for the abuse





## PEER-TO-PEER: Bridging the gap through self-advocacy

### Using Children:

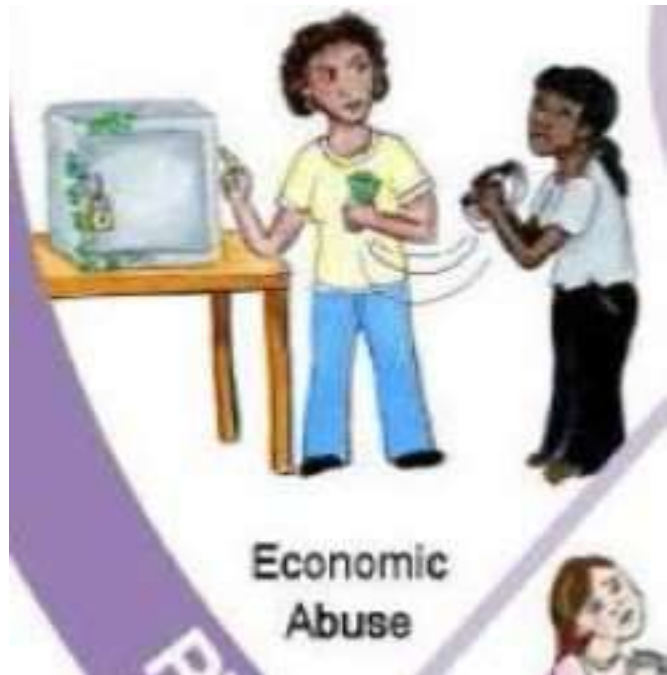
- Telling her she is a bad mother,
- Talking bad about her in front of the kids,
- Using the children to give her messages,
- Threatening to take her kids away



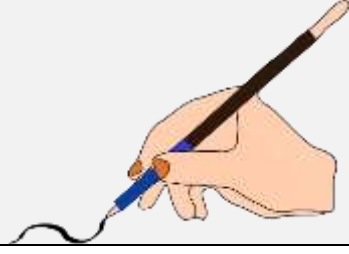
## PEER-TO-PEER: Bridging the gap through self-advocacy

### Economic Abuse:

- Stopping her from getting or keeping a job,
- Making her ask for money,
- Giving her only small amounts of money,
- Taking her money,
- Not letting her know about or use money



# CLASS NOTES:



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**My next class is:**

\_\_\_\_\_ **Day/Date**

\_\_\_\_\_ **Time**

# My Self-Check



I am...	This class:	Since starting this course I have:
<input type="checkbox"/> Feeling ok after this class <input type="checkbox"/> Not feeling ok after this class	<input type="checkbox"/> Brought up bad memories <input type="checkbox"/> Made me nervous <input type="checkbox"/> Made me mad <input type="checkbox"/> Made me feel sad	<input type="checkbox"/> Had problems sleeping <input type="checkbox"/> Had problems eating <input type="checkbox"/> Gotten mad for no reason <input type="checkbox"/> Cried or felt really sad <input type="checkbox"/> Felt sick to my stomach <input type="checkbox"/> Other _____



\*If you answered yes to any of these questions, please ask for help and support from someone you trust.

\*You do not need to continue until you are ready. It is okay to stop.

# **Class 2: Domestic violence and people with disabilities**



## PEER-TO-PEER: Bridging the gap through self-advocacy



### CLASS GOALS

1. Learn about domestic violence and caregiver abuse against people with I/DD
  2. Learn about the impact domestic violence has on people with I/DD
- Learn about the barriers to receiving services faced by individuals with I/DD



### AGENDA

1. Review last class
2. Welcome and Icebreaker
3. Domestic violence and people with disabilities with video
4. Impact of domestic violence with video
5. Barriers for people with disabilities



## CLASS REVIEW

During our last class we discussed some basic things around domestic violence. The first thing we talked about how domestic violence can happen between people who are dating and people who are married. That domestic violence can happen between a man and a woman or in same-sex couples. Domestic violence includes many different types of abuse including physical, sexual, emotional, and economic abuse.

We also covered the history of the domestic violence movement; we talked about how women were considered property and there were laws to protect husbands from getting in trouble when they hurt their wives and children, how domestic violence was seen as a private issue. In the 1960-70s women began bringing domestic violence out into the open by joining three other movements, the women's liberation movement, the women's health movement and the anti-rape movement.

We also talked about how the Domestic Abuse Intervention Project created a power and control wheel to explain the types of behaviors abusers use, like:

- Relationship/staff roles
- Force and threats
- Bullying
- Emotional abuse
- Isolation

## **PEER-TO-PEER: Bridging the gap through self-advocacy**

- Minimizing, denying and blaming
- Using Children
- Economic abuse



# ICEBREAKER



## Teachers Pet

Tell us about your favorite teacher or mentor.



## PEER-TO-PEER: Bridging the gap through self-advocacy

1. What grade did they teach? Or if it was a mentor, what did they teach you?
2. What about them makes him/her your favorite teacher/mentor?
3. How did they treat you?
4. Did they do anything that impacted your life in a special way?

Use this space to write your answers



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# DOMESTIC VIOLENCE AND PEOPLE WITH DISABILITIES

Women and even men with developmental disabilities can be in an abusive relationship. Their boyfriend/girlfriend, their husband/wife and other people they have relationships with like roommates and caregivers may hurt them on purpose and try to control them.



## PEER-TO-PEER: Bridging the gap through self-advocacy

In our last class we talked about some of the ways people are hurt by people they have relationships with like:

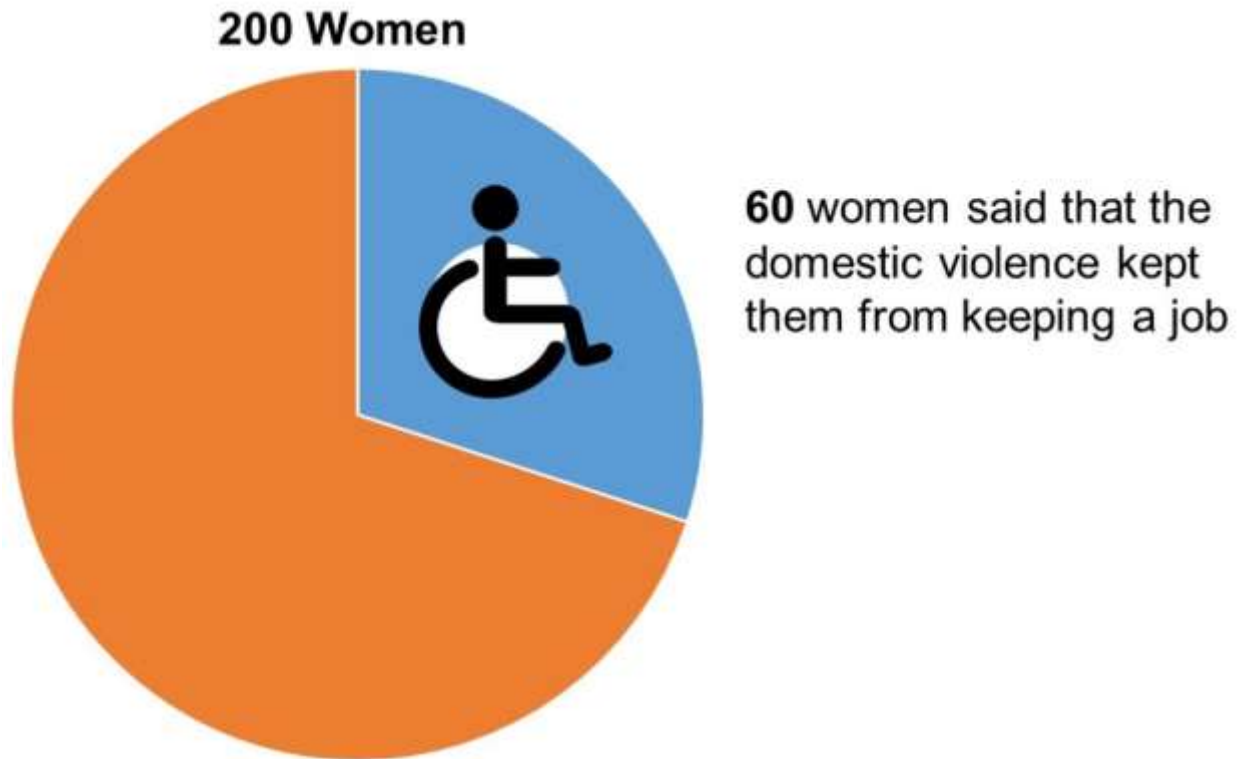
- Physical abuse
- Sexual abuse
- Bullying
- Threatening
- Etc.



Domestic violence is very common for people with intellectual and developmental disabilities. Women with disabilities were twice as likely to have experienced domestic violence compared to women without disabilities. In a study of 200 women with mobility disabilities, and women with mobility and intellectual disabilities, it was found that:

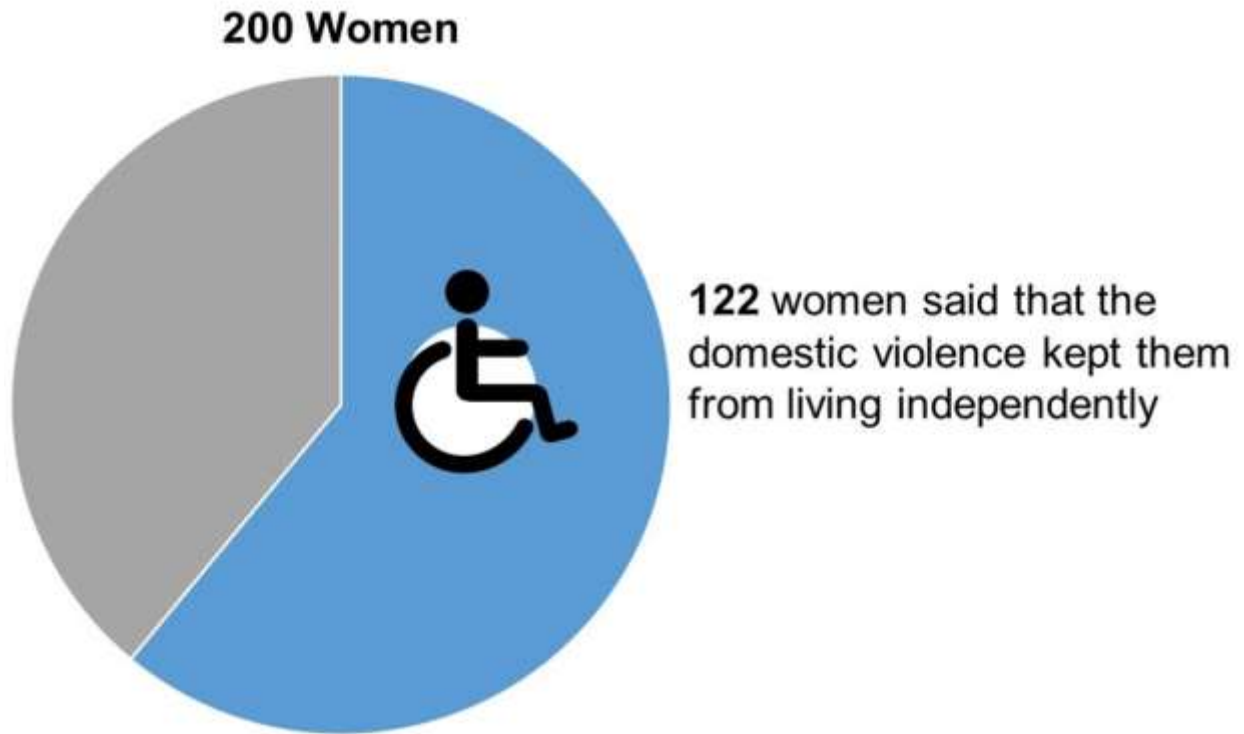
## PEER-TO-PEER: Bridging the gap through self-advocacy

Thirty percent (30%) or 60 of the women reported that domestic violence kept them from maintaining employment,



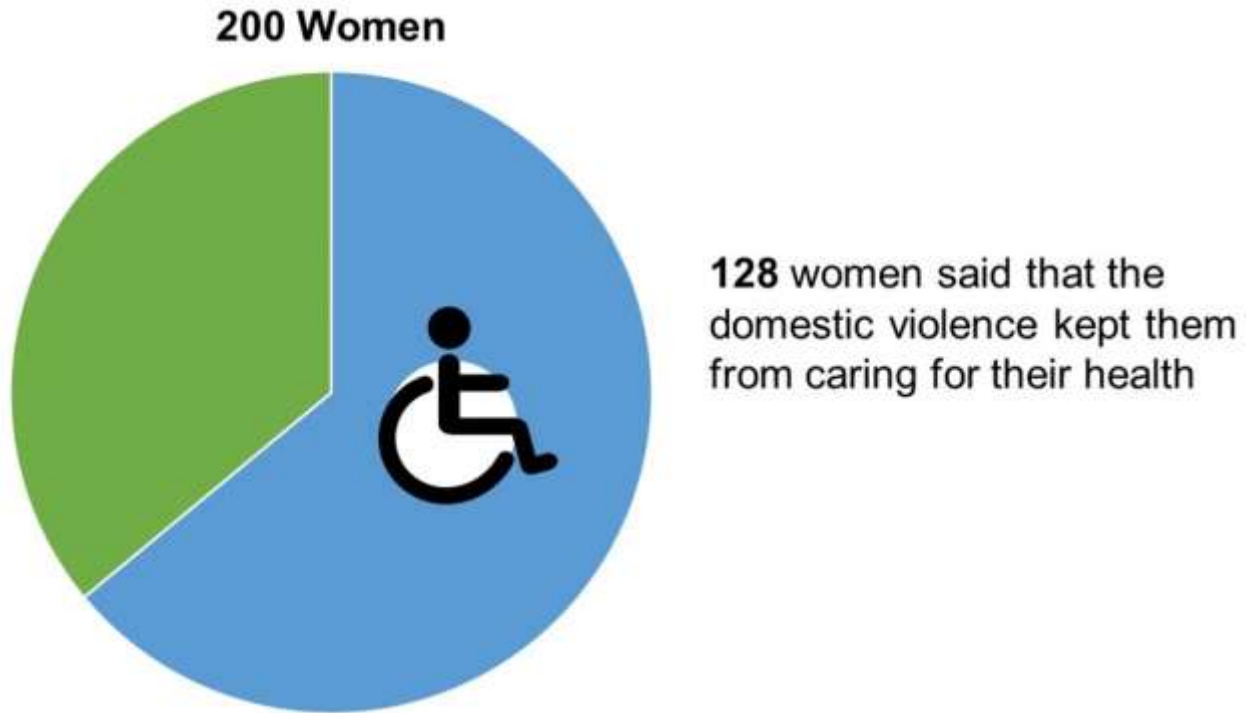
## PEER-TO-PEER: Bridging the gap through self-advocacy

Sixty-one percent (61%) or 122 of the woman said domestic violence stood in the way of independent living, and



## PEER-TO-PEER: Bridging the gap through self-advocacy

Sixty-four percent (64%) or 128 of the women said domestic violence kept them from caring for their health.



## PEER-TO-PEER: Bridging the gap through self-advocacy

When the person has a disability they may also be abused in other ways like:

- Forcing a person to take medication or not letting them have the medication they need
- Not letting someone eat
- Not letting someone get medical care
- Breaking adaptive equipment
- Controlling a person's of money/benefits,
- Extreme isolation, and often more severe violence, calculated to injure, control, and humiliate the victim





## PEER-TO-PEER: Bridging the gap through self-advocacy



“Domestic Violence Against Disability Bringing It Out Of The Shadows”

Use this space to write notes about the video



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# IMPACT OF DOMESTIC VIOLENCE



“Domestic Abuse”

Use this space to write notes about the video



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## PEER-TO-PEER: Bridging the gap through self-advocacy

Emotional impact, includes feeling:

- Depressed or anxious,
- Low self-esteem, shame, guilt or self-blame
- Grief for family and personal losses
- Fear of the abuser or living without the abuser
- Confusion and trouble concentrating
- Anger



## PEER-TO-PEER: Bridging the gap through self-advocacy

Behavioral impact, includes things like:

- Keeping to his/herself,
- Having flashbacks and/or nightmares,
- Avoiding things that remind him/her of the abuse,
- Having mood swings,
- Having problems at work,
- Being jumpy or agitated,
- Trying to cope with what is happening by using drugs or alcohol.



## PEER-TO-PEER: Bridging the gap through self-advocacy

Social impact, includes things like:

- Not seeing or talking to friends or family,
- Having problems trusting other people,
- Stormy relationships
- Breakup of the family
- Disagreements in court about separating or divorce or who has custody of children
- Looking for new relationships to deal with loneliness



## PEER-TO-PEER: Bridging the gap through self-advocacy

Physical impact, includes things like:

- Problems sleeping
- Stomachache,
- Headache,
- Nervous or anxious,
- Chronic health problems,
- Health problems because of substance misuse,
- Injuries or death resulting from physical abuse,
- The symptoms related to the person's disability may get worse.





# BARRIERS FOR PEOPLE WITH DISABILITIES

The individual's disability may make it difficult for them to label what is happening as domestic violence or caregiver abuse.



## PEER-TO-PEER: Bridging the gap through self-advocacy

The individual may not know about the services available. Programs often do not provide outreach where people with disabilities can find it, like in special education classrooms, disability-specific community events, or disability organizations and community groups.





## PEER-TO-PEER: Bridging the gap through self-advocacy

The material programs do have to inform people about their services may not be accessible to individuals with disabilities.



## PEER-TO-PEER: Bridging the gap through self-advocacy

Many individuals with I/DD are powerless to escape, they do not have the freedom to choose where they live, who provides their care, or what programs they attend.



## **PEER-TO-PEER: Bridging the gap through self-advocacy**

Staff at the domestic violence programs may not understand how to work with individuals with I/DD. They don't normally receive training on people with disabilities or their unique experiences with abuse and their service needs.



## PEER-TO-PEER: Bridging the gap through self-advocacy

While some domestic violence programs have worked on becoming accessible, many remain inaccessible.



## PEER-TO-PEER: Bridging the gap through self-advocacy

For example:

Many programs rely on phone-based crisis lines, which prevent some people from making a connection with these programs.





## PEER-TO-PEER: Bridging the gap through self-advocacy

The physical space of the buildings, meeting rooms, shelters, etc. are not accessible



## **PEER-TO-PEER: Bridging the gap through self-advocacy**

Some policies and practices – such as those that keep personal care attendants from coming into emergency shelters –exclude victims with disabilities or prevent them from benefiting from the full array of services the program provides.



## PEER-TO-PEER: Bridging the gap through self-advocacy

Attitudes of some staff make people with disabilities think they are unwelcome or that the services aren't appropriate.





## PEER-TO-PEER: Bridging the gap through self-advocacy

Individuals may not be able to carry out a plan to leave.



## PEER-TO-PEER: Bridging the gap through self-advocacy

The abuser controls the victim's mobility by keeping the house inaccessible to taking away the equipment the victim needs to leave.



## PEER-TO-PEER: Bridging the gap through self-advocacy

The victim is afraid of losing his/her children if they leave the abuser



## PEER-TO-PEER: Bridging the gap through self-advocacy

The abuser controls the victim's money making it hard for them to leave.



## PEER-TO-PEER: Bridging the gap through self-advocacy

The individual depends on the abuser for care and they fear that reporting the abuser will leave them without any cares.





## PEER-TO-PEER: Bridging the gap through self-advocacy

The individual may fear losing their independence or be placed into institutions if they lose their caregiver.

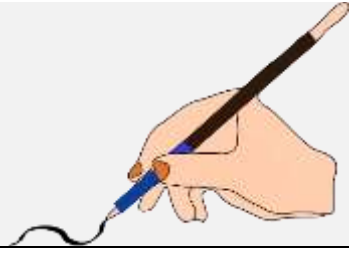


## PEER-TO-PEER: Bridging the gap through self-advocacy

The abuser is a paid caregiver and the domestic violence program requires the abuser to be an intimate partner in order to receive services.



# CLASS NOTES:



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My next class is:

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Day/Date

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Time



# My Self-Check



I am...	This class:	Since starting this course I have:
<input type="checkbox"/> Feeling ok after this class <input type="checkbox"/> Not feeling ok after this class	<input type="checkbox"/> Brought up bad memories <input type="checkbox"/> Made me nervous <input type="checkbox"/> Made me mad <input type="checkbox"/> Made me feel sad	<input type="checkbox"/> Had problems sleeping <input type="checkbox"/> Had problems eating <input type="checkbox"/> Gotten mad for no reason <input type="checkbox"/> Cried or felt really sad <input type="checkbox"/> Felt sick to my stomach <input type="checkbox"/> Other _____



\*If you answered yes to any of these questions, please ask for help and support from someone you trust.

\*You do not need to continue until you are ready. It is okay to stop.

# **Class 3: How can a peer supporter help someone who has experienced domestic violence?**



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***



### **CLASS GOALS**

1. Learn some key guidelines about handling disclosures of domestic violence
2. Learn about the community members that serve victims of domestic violence.



### **AGENDA**

1. Review last class
2. Welcome and Icebreaker
3. What to do when someone tells you about domestic violence
4. Do's and don'ts
5. Safety planning
6. Safety planning (continued) with video



## **CLASS REVIEW**

Women and even men with developmental disabilities can be in an abusive relationship. Their boyfriend/girlfriend, their husband/wife and other people they have relationships with like roommates and caregivers may hurt them on purpose and try to control them.

Domestic violence is very common for people with intellectual and developmental disabilities. When the person has a disability they may also be abused in other ways like:

- Forcing a person to take medication or not letting them have the medication they need
- Not letting someone eat
- Not letting someone get medical care
- Breaking adaptive equipment
- Controlling a person's of money/benefits,
- Extreme isolation, and often more severe violence, calculated to injure, control, and humiliate the victim

Domestic violence can have an emotional impact, behavioral impact, social impact, and a physical impact, which can cause the symptoms of a person's with a disability to get worse.

## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Individuals with disabilities face a number of barriers when trying to leave a domestic violence situation including:

- Not being able to label what is happening as domestic violence or caregiver abuse.
- The individual may not know about the services available
- The material programs do have to inform people about their services as well as the services themselves may not be accessible to individuals with disabilities.
- Many individuals with I/DD are powerless to escape, they do not have the freedom to choose where they live, who provides their care, or what programs they attend.
- Staff at the domestic violence programs may not understand how to work with individuals with I/DD.
- Individuals may not be able to carry out a plan to leave.
- The abuser controls the victim's mobility by keeping the house inaccessible to taking away the equipment the victim needs to leave.
- The victim is afraid of losing his/her children if they leave the abuser
- The abuser controls the victim's money making it hard for them to leave.
- The individual depends on the abuser for care and reporting the abuser will leave them without any cares.
- The individual may fear losing their independence.
- The abuser is a paid caregiver and the domestic violence program requires the abuser to be an intimate partner in order to receive services.

# ICEBREAKER



## One million dollars

You have just been given one million dollars.  
What will you do with all your money (buy things?  
share it with others? etc.)



Use this space to write your answers



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# WHAT TO DO WHEN SOMEONE TELLS YOU ABOUT DOMESTIC VIOLENCE

As peer supporters there are a number of ways you can help someone who has experienced domestic violence.

**Support:** If a victim tells you about a violent or abusive situation:

- Listen,
- Offer support, and
- Help them decide what their next step is.





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

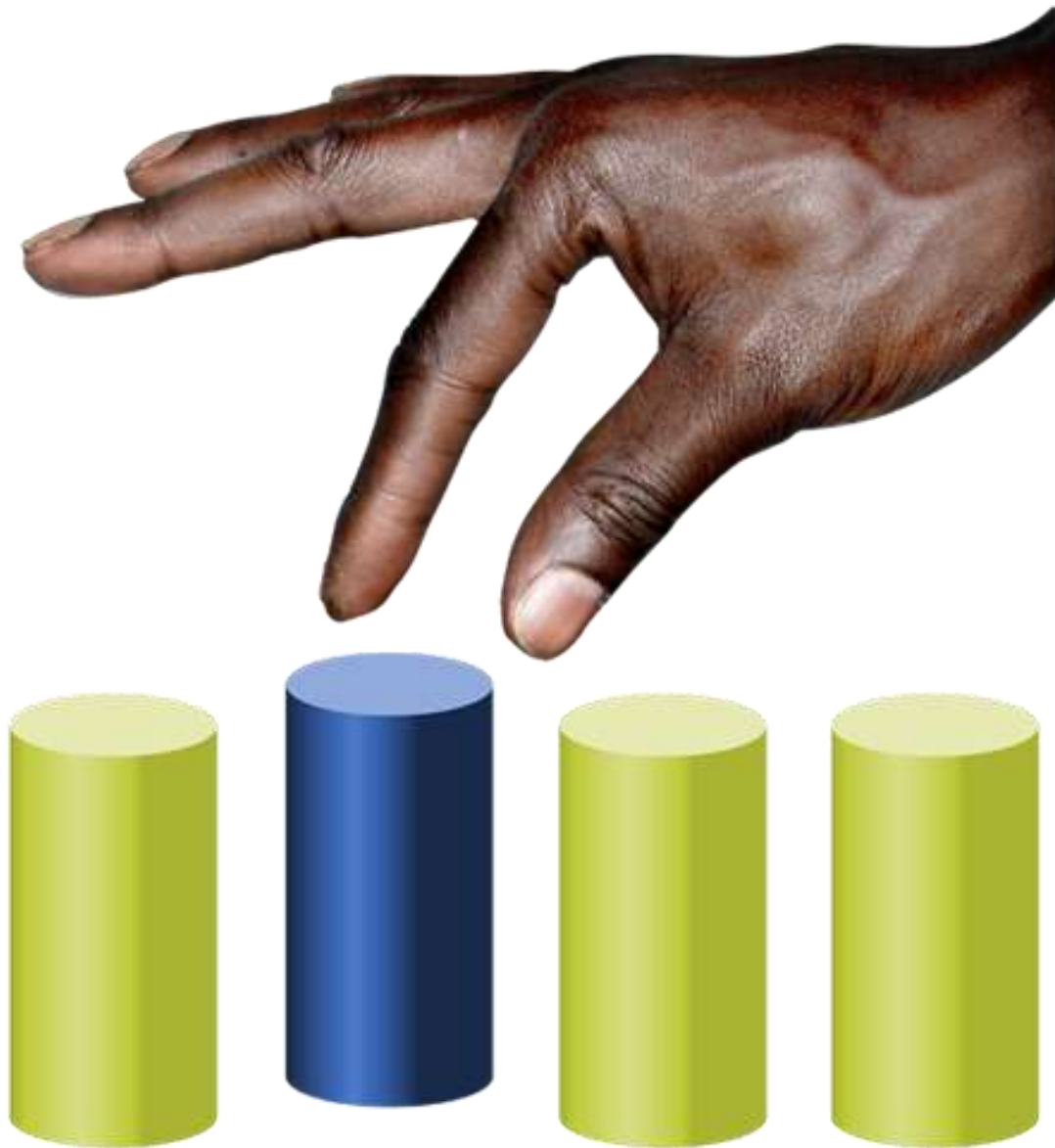
**Remember to be non-judgmental:** The victim should not feel that they are being:

- Pressured or
- Judged by the people they approach for help.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Give the victim choices:** Present the victim with options, but allow the victim to decide for him/herself what she/he does next. Help them to gain some control back over their life.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Remind victims that the violence and abuse is not their fault.** Many who live with violence and abuse blame themselves. Whatever the circumstances violence and abuse cannot be justified. Violent partners will often blame the victim for their actions



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Reassure them about their children:** Many victims do not seek help because they are afraid of losing their children. Violent partners often play on this fear. It is important to stress that there are programs that can help them around any issues with their children.





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Equal Opportunities:** Domestic violence and abuse affects all victims regardless of age, race, disability and sexuality. It is important that victims are treated as individuals and that assumptions are not made about what a victim will or will not want because of their age, or because of ethnicity, disability, sexuality and or whether she/he has children.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Confidentiality:** Victims should know that any information they give you is confidential, including their whereabouts, and that you will not pass on information without their permission (if there are exceptions to confidentiality, you should express those at the beginning).



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Believe the victim:** You should not require victims to provide proof of violence (for example, bruising or other marks). Physical assault is only one aspect of domestic violence and abuse. Threats of violence and mental cruelty are equally as damaging as physical violence. Believe the victim based on what they say do not require them to provide supporting evidence from witnesses.





## *Peer-to-Peer: Bridging the Gap Through Self-Advocacy*

**Never assume that the violence is not serious:** Some victims will minimize their experience or only refer to less serious incidents. Always assume that they are at risk and give information accordingly, so that if an emergency occurs the victim will know what to do.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Inform the victim about the agencies that can help:** It is important that the person feels supported by you however, it is also important that they are aware of the other options available.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**If possible, talk to the victim somewhere in private:** Make sure that you are meeting and talking with the victim in a private location, you do not want other people to overhear your conversation, and especially not the person who committed the violence.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**If an interpreter is needed make sure, the interpreter understands their role and the rules of confidentiality:** The victim must feel comfortable with the interpreter; they may have someone they like to work with. Make sure the victim agrees to have them present. Remember to speak directly to the victim and not to the support person.



## *Peer-to-Peer: Bridging the Gap Through Self-Advocacy*

**Have as much information available as possible before the discussion begins.** Basic information about options and agencies who can help is useful and will save you from having to keep interrupting the discussion.



## **DO'S AND DON'TS**

**Do:**

- Listen carefully
- Find out what the victim wants and let them choose what they need from you
- Find out if the victim would prefer to talk to someone else





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

- Provide information about options and do not make choices for the victim
- Tell the victim about services
- Help them call services if they want





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

- Believe the victim and reassure them that it is not their fault
- Focus on facts,
- Keep your opinions to yourself



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

- Be clear about confidentiality
- Do not disclose any information that may put the victim at risk
- Be patient and respectful



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

- Ask the victim what is the safest way of contacting them
- Prioritize the victim's safety and the children's safety



### **Don't**

- Panic
- Assume the violence is not serious
- Talk too much
- Tell the victim what to do
- Guess at the information
- Expect too much
- Moan about how things are
- Offer more than you can deliver
- Act as a mediator or contact point with the perpetrator.



# SAFETY PLANNING

A safety plan is a useful plan created for the victim's specific needs that can help him/her avoid dangerous situations and know the best way to react when they are in danger.

Safety plans can be simple, with just a few things identified or more detailed covering a number of different situations.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***



Remember that no one can control another person's violence. Survivors of domestic violence do not cause abuse to happen so they cannot stop the abuse.

There are things they can do to stay safer when an abusive person puts them in danger.

Planning for safety helps survivors think through possible dangers in a variety of situations and have a plan in mind about what to do when their physical and/or emotional safety is threatened.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Whether the individual plans to stay or leave their abuser, they will be able to do it more successfully if they:

- Plan what to do ahead of time;
- Prepare to carry out their plan; and
- Rehearse the steps they need to take.

Survivors can use safety plans for a variety of situations:

- When a survivor feels afraid for her/his safety.
- When they are being hurt.
- When someone is threatening them.
- During abusive situations.
- When they live, work or are in contact with their abuser.
- To keep themselves safe after ending a relationship.
- When someone is harassing/stalking them.

On the next pages you will find a safety plan developed by Project CARE, a collaboration between LifePoint Solutions, the Center for Hamilton County Developmental Disabilities Services, Women Helping Women, and the YWCA of Greater Cincinnati.



## HOW TO BE SAFE

### When I Am Scared Right Now



If I think a fight is going to start, I can go near a door so I can get out fast.  
My safest room is: \_\_\_\_\_



I can call 911 for help.



If I use a wheelchair, I can keep it near me.



If I use a scooter, walker or cane, I can keep it near me.







**IF I NEED TO LEAVE MY HOME FAST,  
I CAN STAY WITH:**



**Parent / Family**

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**Friend**

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**Other**

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**Emergency Shelter  
YWCA 513-872-9259**

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**Peer-to-Peer: Bridging the Gap Through Self-Advocacy**

If I need to leave my home to get away from someone hurting me, I can look at my checklist of items to take.

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I have a special word to let friends or family know that I need the police to come. My special word is: \_\_\_\_\_

**WORD = 911**

I can ask a nice neighbor that I trust to call the police if s/he hears fighting or loud noises from my house. My nice neighbors are \_\_\_\_\_ and \_\_\_\_\_



**IF I AM SCARED AND IN DANGER, I WILL DO WHAT I NEED TO DO TO PROTECT MYSELF AND GET SOMEWHERE SAFE.**

# HOW TO BE SAFE

## While Getting Ready to Leave



**I can find out who I can stay with.  
Some people that I can stay with are:**

**Parent / Family**

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**Friend**

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**Other**

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**Emergency Shelter**  
**YWCA 513-872-9259**

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\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**I can pack things to take with me when I leave. I can look at my checklist of items to take.**



**I can plan on how to get to my safe place by using:**



**My Car**

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**Bus**

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## *Peer-to-Peer: Bridging the Gap Through Self-Advocacy*

### **Friend**

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### **Access**

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**I NEED TO REMEMBER THAT LEAVING  
CAN BE THE MOST DANGEROUS TIME.  
I CAN PLAN CAREFULLY.**



## HOW TO BE SAFE at Work or Public



I can tell someone at work about what is going on. I can give them a picture of the person hurting me if I have it. I can tell \_\_\_\_\_



I can have someone screen my phone calls so I don't have to talk to the person hurting me. I can ask \_\_\_\_\_ to screen my calls.



Things I can do to keep me safe at:



**School**

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## Peer-to-Peer: Bridging the Gap Through Self-Advocacy



### Work

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### Community

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### Family/Friends

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### Other

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**I HAVE THE RIGHT TO BE SAFE.  
ABUSE IS NOT MY FAULT.  
I AM NOT ALONE. THERE IS HELP.**



## HOW TO BE SAFE

### When the Person Hurting Me Does Not Live with Me



I can tell my neighbors and landlord that the person hurting me is gone. I will tell \_\_\_\_\_



I can tell neighbors to call the police if they see the person hurting me is near the house. These neighbors are \_\_\_\_\_



I can practice a safety plan with my children so they know how to get out quickly.



I can talk to my SF/IL Coordinator about ways to make my home safer. I can talk to \_\_\_\_\_



x

## HOW TO BE SAFE with a Protection Order



**A protection order is a court paper that tells the person hurting me to stay away from me.**



**If I want a protection order, I can talk to Women Helping Women at 513-381-5610 or my SF or IL Coordinator.**



**I can tell people that I have a protection order. I can also give them a copy. I can tell and give copies to:**

### **School**

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### **Work**

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**Community**

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**Family / Friends**

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**Other**

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**I can keep my protection order with me all the time. I can keep it \_\_\_\_\_**



**If the person who hurts me comes near me, I can call 911 right away.**

\*

*Peer-to-Peer: Bridging the Gap Through Self-Advocacy*

I can have a plan to stay safe until the police get there. I can do \_\_\_\_\_ and \_\_\_\_\_ until the police get there.



**I HAVE THE RIGHT TO BE SAFE.  
ABUSE IS NOT MY FAULT.  
I AM NOT ALONE. THERE IS HELP.**



# HOW TO BE SAFE

## My Safety and Emotions Are Important

**I will have good thoughts about myself and tell people how they can help me.**

**I will tell these people what they can do for me:**

**Parent / Family**

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**Friend**

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**SF/IL Coordinator**

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**Peer-to-Peer: Bridging the Gap Through Self-Advocacy**



**Other**

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**I can attend a support group to get help.  
I can call Women Helping Women at  
513-381-5610 about groups.**



**If I need to talk to the person who hurt  
me, the safest way to do this is**

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**I can have at least one person I can  
call anytime for support. This person is**

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**I can do things that make me feel  
stronger. Some of these things are**

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***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**If I'm thinking about going back to the person who hurts me again, I can talk to \_\_\_\_\_ and \_\_\_\_\_ before I go back.**



**I will speak up for myself. I am the expert on my life.**



**I HAVE THE RIGHT TO BE SAFE.  
ABUSE IS NOT MY FAULT.  
I AM NOT ALONE. THERE IS HELP.**



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Project Care also creating a checklist for people to use to help them identify the things they need to take with them if they are leaving. The checklist is on the next 2 pages

# SOMEONE IS HURTING ME

## Things To Take When Leaving



### Medications

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Legal & ID Papers

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Clothing

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# SOMEONE IS HURTING ME

## Things To Take When Leaving



### Adaptive Equipment

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Service Animals Pets / Supplies

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Other Items

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Some questions you can ask the person to help them start thinking about safety include:

- What makes you feel safe? And who or what makes you feel unsafe?

You can then find out some addition information about the abuse by asking:

- When does the abuse most often happen?
  - If, for example, the abuse happens whenever the abuser comes home after drinking with co-workers, the individual may want to make plans to be out with friends when they know the abuser may be drinking
- Where does the abuse most often happen?
  - If, for example the abuse happens whenever the abuser is helping the person get ready in the morning, the individual may want to stay out of the bathroom area until it is safe to do so.
- Do you know when abuse is going to happen?

Sometimes people can tell when their abuser is getting upset, if this is true the individual may be able to calm things down by offering the abuser a favorite food or telling them that their favorite show is starting.

When an individual is creating a safety plan there may be things they can't do because of their disability. Focus on what they can do, their strengths.

You can ask:

- What are things that make it most difficult for you to keep yourself safe?
- What are thing you have done in the past that have helped you keep yourself safe?

## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

There is no right or wrong way to plan for safety. Domestic violence programs can help individuals create plans for different situations. It helps to look at and evaluate a person's safety plan on a regular basis since abusers often change their control tactics.



“Domestic Violence 2: Planning for Safety (Finding Safety & Support: The Video)”

Use this space to write notes about the video



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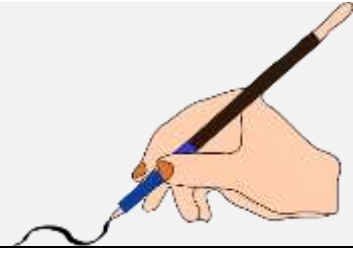
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# CLASS NOTES:



Lined area for writing class notes.



My next class is:

Day/Date

Time



# My Self-Check



I am...	This class:	Since starting this course I have:
<input type="checkbox"/> Feeling ok after this class <input type="checkbox"/> Not feeling ok after this class	<input type="checkbox"/> Brought up bad memories <input type="checkbox"/> Made me nervous <input type="checkbox"/> Made me mad <input type="checkbox"/> Made me feel sad	<input type="checkbox"/> Had problems sleeping <input type="checkbox"/> Had problems eating <input type="checkbox"/> Gotten mad for no reason <input type="checkbox"/> Cried or felt really sad <input type="checkbox"/> Felt sick to my stomach <input type="checkbox"/> Other _____

# **Class 4: Community programs to help those in domestic violence**



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***



### **CLASS GOALS**

1. Learn about the different programs available for people who have experienced domestic violence
2. Learn about the legal options available for people who have experienced domestic violence



### **AGENDA**

1. Review last class
2. Welcome and Icebreaker
3. Options available for victims of domestic violence
4. Legal options for individuals in domestic violence



## **CLASS REVIEW**

During our last class we talked about some of the ways you can support someone who has experienced domestic violence. Some of those things included:

- Providing support by listening, offering your help and helping them decide what their next step is.
- The victim should not feel that they are being pressured or judged by the people they approach for help.
- Presenting the victim with options, but allow the victim to decide for him/herself what she/he does next. This will help them to gain some control back over their life.
- Reminding them that the violence is not their fault.
- Letting them know there are resources that can help them if they are afraid of losing their children.
- Treating the person as an individual and not making assumptions because of their age, ethnicity, disability, sexuality and or whether she/he has children.
- Letting the person know that what they say to you is confidential.
- Letting them know that you believe them and they don't need to prove anything to you.
- Knowing that things may be worse than what they tell you and help them plan for their safety.

### ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

- Making sure that you are talking in a safe private space and that if an interpreter is needed the individual feels safe with that interpreter.
- Making sure that you have information about agencies that can help so you can give the person the information they need.

We also talked about safety planning. A safety plan is a useful plan created for the victim's specific needs that can help him/her avoid dangerous situations and know the best way to react when they are in danger.

# ICEBREAKER



The detective







## OPTIONS AVAILABLE FOR VICTIMS OF DOMESTIC VIOLENCE

There are a number of types of programs offered by domestic violence programs

In most areas there is a **hotline** available. A domestic violence hotline is staffed 24-hours, with staff available to provide a caller with support, solutions, and assistance with options. Even if you are unable to find your local hotline number you can call the national hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) to get connect to help locally.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Domestic violence advocates typically:

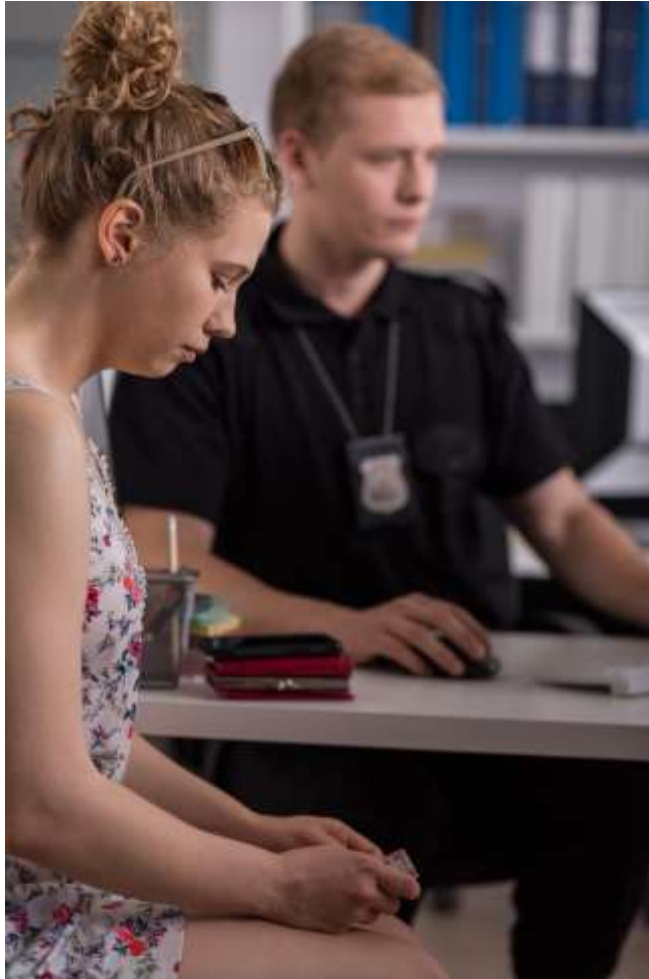
- Provide information on:
  - domestic violence;
  - victims' legal rights and protections;
  - the criminal justice process;
- Provide emotional support
- Help with safety planning;
- Help with victim compensation applications;
- Help victims submit comments to courts and parole boards;
- Talk with creditors, landlords, and employers on behalf of victims;
- Help victims find shelter and transportation;
- Provide referrals for other services for victims;
- Notify victims of an abuser's release or escape from prison.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Advocates work in many different locations. Some serve in:

- The criminal justice system
  - police stations,
  - prosecutor's offices,
  - courts,
  - probation or parole departments,
  - prisons
- They may also be part of private nonprofit domestic violence programs.
- Some advocates are paid staff, and others are volunteers.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Some domestic violence programs offer shelter while others do not. Some of the common services of both types of programs include:

- Legal help
- Counseling
- Support groups
- Services for your children
- Employment programs
- Health-related services
- Educational opportunities
- Financial assistance



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Domestic violence shelter programs** provide for the physical and psychological safety of families victimized by domestic violence. Shelter programs:

- Provide safety to families fleeing from domestic violence. Most shelters are secure locations.
- Reduce isolation by contacts with others in the shelter.
- Assist victims to regain control over their lives.
- Provide protection, food, and other basic needs, as well as a supportive, nurturing environment.
- Provide information, resources and referrals.
- Help victims establish plans and set goals.
- Provide education and information about domestic violence.
- Provide support for the children who come to shelter with their parent.
- Provide individual and systems advocacy.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

The length of time you can stay at the shelter is limited, but most shelters will also help you find a permanent home, job, and other things you need to start a new life.





**Peer-to-Peer: Bridging the Gap Through Self-Advocacy**



“Raphael House of Portland Shelter Tour”

Use this space to write notes about the video



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# LEGAL OPTIONS FOR INDIVIDUALS IN DOMESTIC VIOLENCE

Criminal laws are the rules that apply when someone commits a crime, such as assault, robbery, murder, arson, rape and other kinds of crimes.

When a criminal law is broken the person enters the criminal justice system. The criminal justice system is made up of five parts:

1. Law enforcement
2. Prosecution
3. Defense attorneys
4. Courts
5. Corrections

In domestic violence cases, the criminal justice system would come into play as soon as the police are called.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Law Enforcement:** Police take reports of crimes, they investigate those crimes and gather evidence, and they may arrest offenders, give testimony during the court process, and conduct follow-up investigations if needed.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Prosecution:** Prosecutors are lawyers who represent the state or federal government. Prosecutors decide whether to file charges or drop the case. Prosecutors present evidence in court, question witnesses, and decide whether to negotiate plea bargains with defendants.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Defense Attorneys:** Defense attorneys defend the person accused of a crime against the government's case. While the prosecutor represents the state, the defense attorney represents the defendant.





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Courts:** Courts are run by judges. Judges make sure the law is followed, watch over what happens in court and sentence the person who has been convicted of a crime.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Corrections:** Correction officers supervise those people who have been convicted of a crime while they are in jail, in prison, or in the community on probation or parole.





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Civil law refers to almost all other disputes—these are the rules that apply when one person sues another person, a business or agency. It includes:

- Housing cases like eviction or foreclosure,
- Family cases like divorce or custody,
- Consumer problems such as debt or bankruptcy, or
- Lawsuits for damage to property or personal harm.



All of these cases go to a Civil Court.

## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

A protective order can help protect you immediately by legally keeping your partner from physically coming near you, harming you or harassing you, your children or your family members.

You can get an application for a protective order at:

- Courthouses
- Women's shelters
- Volunteer legal services offices and some police stations.



In some states, the police can give the victim (or person believed to be the victim) an Emergency Protection Order (EPO). An EPO is a short-term protection order typically given to a victim by the police or judge when his or her abuser is arrested for domestic violence. The EPO is generally for limited period, such as three or seven days. This permits the victim time with an EPO in place to request a longer-term protection order.

## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Domestic violence orders are primarily designed to keep the restrained party away from you, but they also can provide other types of relief from abuse, such as paying restitution, keeping the restrained person from contacting you, etc.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***



A protection order is different from an EPO because it is longer term, typically for one to five years, and in extreme circumstances, for up to a lifetime. A victim can renew the protection order, if he or she still feels threatened by his or her abuser.

Protection orders may include children, other family members, roommates, or current romantic partners of the victim. This means the same no contact and stay away rules apply to the other listed individuals, even if the direct harm was to the victim. Some states allow pets to be protected by the same order, as abusers may harm pets to torment their victims.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Some states include as part of the protection order visitation and custody for children of both the victim and abuser. These are generally temporary and can be modified by divorce or other future family court orders.



## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

Family courts handle a variety of matters relating to the family, including juvenile matters, child abuse, custody, visitation, child support, and sometimes probate. Family courts offer or refer the public to a wide variety of services, including counseling, mediation, parenting classes, and social services.





## ***Peer-to-Peer: Bridging the Gap Through Self-Advocacy***

**Legal Advocates** at domestic violence programs are not lawyers but they can help people to navigate all of these systems.





**Peer-to-Peer: Bridging the Gap Through Self-Advocacy**



“Applying for a Temporary Restraining Order”

Use this space to write notes about the video



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# My Self-Check



I am...	This class:	Since starting this course I have:
<input type="checkbox"/> Feeling ok after this class <input type="checkbox"/> Not feeling ok after this class	<input type="checkbox"/> Brought up bad memories <input type="checkbox"/> Made me nervous <input type="checkbox"/> Made me mad <input type="checkbox"/> Made me feel sad	<input type="checkbox"/> Had problems sleeping <input type="checkbox"/> Had problems eating <input type="checkbox"/> Gotten mad for no reason <input type="checkbox"/> Cried or felt really sad <input type="checkbox"/> Felt sick to my stomach <input type="checkbox"/> Other _____



\*If you answered yes to any of these questions, please ask for help and support from someone you trust.

\*You do not need to continue until you are ready. It is okay to stop.