

News Summary



ATTENTION:

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Domestic Violence 101

BY JAN HEDLUN

Because of my affiliation with the San Diego Family Justice Center (SDFJC) VOICES committee as a Domestic Violence (DV) Survivor speaker and advocate, I recently had the privilege and honor of touring the YWCA and one of the Becky's House facilities.

Did you know that in San Diego County in 2010.*

- 16,880 domestic violence incidents were reported to law enforcement in San Diego County.

- San Diego County Domestic Violence fatalities - 12 individuals were murdered by a current or former intimate partner, and 4 were murdered by "related others" (friends, family members, or new partners).

- In total, there were as many as 26 intimate partner-related fatalities. Note: Many of these cases have not yet been through the court process and thus these totals may change.

Domestic violence is a pattern of behavior in which one intimate partner uses physical violence, coercion, threats, intimidation, isolation, and emotional, sexual, or economic abuse to control the other partner

in a relationship. Stalking or other harassing behavior is often an integral part of domestic violence. (FBI, 2001).**

Domestic violence may include not only the intimate partner relationships of spousal, live-in partners and dating relationships, also familial, elder and child abuse may be present in a violent home. Abuse generally falls into one or more of the following categories: physical battering, sexual assault and emotional or psychological abuse, and generally escalates over a period of time" (National Coalition against Domestic Violence, 2005)**.

- One in four women has experienced domestic violence in her lifetime.***
- Women account for 85% of the victims of intimate partner violence while men account for approximately 15%.***

Having been in my own DV relationship over 10 years ago I can speak from experience and say that when you are in the midst of DV abuse, especially in the rural back country, there are very few options to find help or places to go when you are under the constant threats and scrutiny of your abuser.

The victim feels that all of their options have been taken away. A friend, a family member, a neighbor, a law enforcement officer, or even a hairdresser that understands the dynamics of a domestic violence relationship might be able to help.

One source of assistance is emergency shelters. The YWCA has been providing shelters and services for survivors of domestic violence since 1978. The goal of the YWCA and any emergency shelter is to provide a safe, supportive environment for victims to explore options. They assist families in starting over by helping with a safe place to stay, guidance through their legal issues, developing an income, locating child care, and providing counseling along with domestic violence education. They also help transition families to long-term housing.

Supportive services include case management, advocacy, legal assistance, food and clothing, counseling, living skills, and transportation assistance. Call the YWCA's Battered Women's Services at (619) 234-3164 or (888) 305-7233 if you need help now!

If you know of someone who needs help call and they can guide you in what to do to help.

IF YOU ARE IN IMMEDIATE DANGER CALL 9-1-1

YWCA's Battered Women's Services at (619) 234-3164 or (888) 305-7233
 Family Justice Center (619) 533-6000 or 1-866-933-4673
 Center for Community Solutions at (858) 272-1767
 San Diego County Domestic Violence 24 hour hotline at 1-888-DVLINKS.

The above services are 24-hour hotlines that are staffed with persons who can evaluate situations and make referrals for counseling, legal assistance, shelters, support groups, and more.

* Provided by Caitly Meader, Manager, YWCA
 ** http://wfnetwork.bc.edu/glossary_template.php?term=Domestic%20Violence,%20Definition%28s%29%20of%20Multiple%20Domestic%20Violence%20Statistics%20websites