

DOMESTIC VIOLENCE

October 2007
AWARENESS MONTH



**TOGETHER, THEY BROKE FREE FROM
AN ABUSIVE RELATIONSHIP.**

(WHEN SHE BROKE HER SILENCE, SHE BROKE THE CYCLE.)

Breaking free from abuse doesn't mean breaking away from your kids. More than a million have made the call that has helped them get safe. You can too.

DOORWAYS
for women and families

24-hour hotline: 703-237-0881



Domestic Violence Program
Alexandria, Virginia

24 HOUR HOTLINE: 703-838-4911

Providing Domestic Violence Safehouse Shelter, Hotline,
Court Advocacy, and Support Groups Services to the Northern Virginia Community

BREAK THE SILENCE
MAKE THE CALL

National Domestic Violence Hotline
1-800-799-SAFE

ABUSE is

- Calling someone a bad name or putting them down
- Shouting and cursing
- Hitting, slapping and/or pushing
- Making threats of any kind
- Jealousy and suspicion
- Keeping someone away from family and friends
- Throwing things around the house

Domestic violence is a crime.

It destroys relationships and families.

It passes from generation to generation.

It doesn't have to be this way.

FACT:

DOMESTIC VIOLENCE MAY BE THE SINGLE MAJOR PRECURSOR TO CHILD ABUSE AND NEGLECT FATALITIES IN THIS COUNTRY.

(U.S. Advisory Board on Child Abuse and Neglect, U.S. Department of Health and Human Services, *A Nation's Shame: Fatal Child Abuse and Neglect in the United States: Fifth Report*, 1995)

FACT:

74% OF EMPLOYED BATTERED WOMEN WERE HARASSED BY THEIR PARTNER WHILE THEY WERE AT WORK.

(Family Violence Prevention Fund, *The Workplace Guide for Employers, Unions, and Advocates*, San Francisco, CA, 1998)

How can I help a friend, family member or co-worker who is being abused?

Let them know that you are concerned for their safety.

Help your friend, family member, or co-worker recognize the abuse. Tell them you see what is going on and you want to help.

Be supportive and acknowledge that the situation is very difficult and scary. Help them recognize that what is happening is not their fault, reassure them that they are not alone, and let them know that there is help and support available. Listen to your friend. Remember it may be difficult for them to talk about the abuse. What they need most is someone who will believe and listen to them.

Be non-judgmental. Respect the decisions of your friend. They may leave and return to the relationship many times. Do not criticize their decisions or try to make them feel guilty. They will need your support even more during those times.

If the relationship ends, continue to be supportive. Even though the relationship was abusive, they may still feel sad and lonely once it is over. They will need time to mourn the loss of the relationship and will need your support.

Encourage them to talk to people who can provide help and guidance. Find a local domestic violence agency such as Doorways that provides counseling or support groups. If they need to go to the police, court or a lawyer, offer to go along for moral support.

Remember you cannot "rescue" your friend, family member or co-worker. Although it is difficult to see someone you care about being hurt, ultimately the person being hurt has to be the one to decide they want to do something about it. It's important for you to support them and help them find a way to safety and peace.

Help them develop a safety plan. Assist in creating a safety plan in the event that they need to flee their home. Below are some suggestions on how one can stay safe:

At Home.

- Develop a plan and discuss it with any children in the home. Make sure all family members know how to call 911 in an emergency.
- Inform neighbors/landlords to contact local police if the abuser is seen near the home. Devise a code word to use with your children, family, and friends in an emergency.
- Decide where you will go if you have to leave, even if you do not think you will need to.
- Have a bag packed and readily accessible in an emergency. Keep originals or copies of important documents in a safe place to bring with you.

During a Violent Incident.

- If confronted, move to a room or area with easy access to an exit (not a bathroom, kitchen or anywhere near weapons).
- Identify the quickest way out of the home (doors, windows, stairwell, etc.).



**WE SAW THE SIGNS AT WORK.
WE BROKE THE SILENCE.
WE MADE A CALL THAT HELPED A CO-WORKER FIND SAFETY.**

Silence does not help the ones we care about find hope or safety.
If someone you care about is being abused,
Make the Call that could save their life.

Domestic Violence Awareness Month EVENTS for City of Alexandria and Arlington, VA—October 2007

Please visit the *Doorways for Women and Families* (703-522-8858) and the *Alexandria Office on Women-Domestic Violence Program* (703-838-4911) websites, www.doorwaysVA.org and www.alexwomen.com, for the most up-to-date information.

Show your Support and Plaster Purple! Plaster Purple!

Show your support to victims and survivors of domestic violence by wearing purple and/or purple ribbons throughout the month of October. Through this campaign, we hope to raise awareness about the epidemic of family violence in our community, throughout the United States, and around the world.

Community and Professional Presentations

Throughout October, Doorways and Alexandria Domestic Violence Program staff will provide educational presentations about Domestic Violence for health care professionals, the faith community, teens and young adults, the gay and lesbian community, and area colleges. We will also be distributing bookmarks and posters with program information and hotline numbers throughout the Northern Virginia Region. Consult our website for events, times, and locations: www.doorwaysVA.org and www.alexwomen.com

The Clothesline Project

*Arlington County Central Library
1015 N. Quincy Street, Arlington, VA*

A survivor of domestic violence is someone who has endured intimate partner violence such as sexual, physical, emotional, and/or financial abuse. A victim is someone who has lost his/her life at the mercy of their abuser. For almost 50 years the *Clothesline Project* has honored survivors and victims of domestic violence. The shirts, in this visual display, speak volumes to the diversity and deep impact that domestic violence has on individuals, families and communities. With this display, Doorways publicly honoring and supporting victims and survivors of domestic violence.

Campus Dating Violence Prevention

Doorways will launch the **The Red Flag Campaign** Dating Violence awareness poster campaign this October on Marymount University's main campus. This poster campaign designed by the Virginia Sexual and Domestic Violence Action Alliance and funded by the Verizon Foundation will raise awareness about how bystanders can stand-up to the warning signs of dating violence and how to recognize the differences between healthy and unhealthy relationships. For more information visit the website at: www.TheRedFlagCampaign.org

Information Booths

Clarendon Day

Saturday, September 29th, 12:00–7:00 pm

Clarendon Blvd, Arlington, VA

Domestic violence affects everyone in the community. Discover what Doorways is doing to educate about and combat domestic violence in Arlington! Learn about volunteer opportunities with Doorways, donate old cell phones to families in need, and pledge to end violence by participating in the HandPrint Project. Stop by, step in, and step up to ending domestic violence in Arlington!

Farmers Market, Alexandria, VA

Every Saturday, 7:00–9:00 am

Bookmark distribution from 7–9am in Del Ray and Old Town to promote awareness about domestic violence.

Volunteer Opportunities

Tuesday, October 2nd, 6:30–8:00 pm

3179 Wilson Boulevard, Arlington, VA

- Learn how you can volunteer with Doorways for Women and Families and support vulnerable women and families in Arlington! Join us for our Volunteer Information Night where you will receive an overview of Doorways programs and services as well as the different volunteer opportunities available. For more information or to RSVP, email volunteer@doorwaysVA.org.
- Training begins: Saturday, October 27, 2007**
The Alexandria Domestic Violence Program is seeking individuals who are passionate about life and helping survivors of domestic violence find hope. Training begins Saturday, October 27, 2007 with a Volunteer Retreat and Orientation. Additional sessions are held weekday evenings. Volunteers are required to complete 40 hours of training.

As a program that operates 24 hours a day, 7 days a week, volunteers play a key role in providing services to those affected by domestic violence. Volunteers with our program interact personally with individuals in need—an opportunity that many find extremely fulfilling. Women and men are needed to work at the shelter providing crisis intervention and counseling. Additional opportunities include providing court accompaniment, interpreting and working with children. Please email our Volunteer Coordinator at Lacie.Hughes@alexandriava.gov or call at 703-838-4911 to begin the application process or to request more information.

Military Outreach Days

October 2nd and 16th

Pentagon Food Court, Arlington, VA

October 25th

National Guard Center, Arlington, VA

As soldiers return home from war zones, many struggle with processing their exposure to violence. As a result, the incidence of domestic violence among families of veterans is on the rise. Doorways hopes to raise awareness about this silent problem, and enlist the help of military personnel in aiding victims and their abusers.

Silent Witness and Candlelight Vigils

Thursday, October 4th, 7:00 pm

Market Square, 301 King St, Alexandria, VA

Family, friends, and community members will honor the lives of Alexandria domestic violence victims who were senselessly murdered by displaying Silent Witness silhouettes at a candlelight vigil. They will also represent the thousands of city residents who are still being hurt by those they love, and are still in danger. Please join us at Market Square at 7pm. This event is free and open to the public.

Thursday, October 18th, Begins at 5:30 pm

Women's Memorial, Arlington Cemetery

Doorways will join the Ft. Myer Family Advocacy Program for a candlelight vigil and U.S. Military tribute to victims of domestic violence. This event is free and open to the public. The Women's Memorial is located at the Ceremonial Entrance to Arlington National Cemetery, Arlington, VA, and is directly across Memorial Bridge from the Lincoln Memorial at the end of Memorial Drive. Parking and metro (Arlington Cemetery-Blue Line) are available. For more information contact the Ft. Myer Family Advocacy Program at 703-696-3512.

Health Cares about Domestic Violence Day

Free and open to the community!

October 10, 2007, 9:00 am–2:00 pm

Fairfax County Government Center

12000 Government Center Parkway, Fairfax, VA

This symposium will feature a keynote address by Dr. Jacquelyn Campbell, PhD, RN and FAAN, who will discuss the evaluation of lethality risk factors for domestic violence victims through the use of her validated "danger assessment" instrument. This presentation will also include break-out sessions and screening/assessment training for healthcare providers that will be delivered by Project RADAR trainers. Project RADAR's purpose is to train healthcare providers to recognize and respond to intimate partner violence by providing: best practice policies, guidelines and assessment tools; awareness and education materials; practitioner-specific curricula; and current research findings on intimate partner violence. For more information contact Seema Zeya, Domestic Violence Coordinator for Fairfax County, at 703-324-7472.

October 11th, 2007, 12:00–3:00 pm

Inova Alexandria Hospital

4320 Seminary Rd, Alexandria, VA

Nationally recognized awareness day that aims to reach members of the healthcare and domestic violence communities. This program seeks to educate about the critical importance of routine screening for domestic violence, as well as the long term implications of domestic violence and lifetime exposure to violence.

Northern Virginia State Legislative Briefing

Tuesday, October 23rd 7:30–9:30am

The Jewish Community Center of Northern VA

8900 Little River Turnpike, Fairfax, VA 22031

Join the Northern Virginia Domestic Violence Coalition in partnership with the Virginia Sexual and Domestic Violence Action Alliance for this second annual pre-legislative roundtable on public policy issues that impact Domestic Violence and Sexual Assault legislation. For more information please contact Doorways at ldunphy@doorwaysVA.org

Support Survivors and Victims of Domestic Violence!

Saturday, October 27th

Potomac Yard Shopping Center, Alexandria, VA

- Fundraising event to benefit Alexandria's survivors of domestic violence. Purchase an item from our Wish List for the Women's Shelter, bring your tax-deductible donation to our tent and join us after you are finished shopping! Copies of our Wish List can be found at www.alexwomen.com.
- Every Wednesday in October**
Baja Fresh Mexican Grill at 3231 Duke Street, Alexandria, will be donating 15% of the cost of your meal to the Alexandria Domestic Violence Intervention Project. Come in and enjoy your favorite foods for a great cause!

Doorways for Women and Families empowers women and families who are abused, homeless, or at-risk to live safe, secure and self sufficient lives. **The Alexandria Office on Women-Domestic Violence Program** is dedicated to empowering women and their families, by promoting equality, safety, and access to opportunities and services through advocacy and education. If you or someone you know is a victim of domestic violence, Doorways and the Alexandria Office on Women-Domestic Violence Program can help. We provide immediate direct support in the form of shelter, counseling and court advocacy.

There are many ways you can support your local domestic violence program!

- Become a volunteer! Learn how you can assist these programs by visiting our websites: www.doorwaysVA.org and www.alexwomen.com
- Make a tax-deductible contribution. Donate your unneeded cell phone, or help collect metro fare cards, grocery gift cards, or other non-perishable goods.
- Invite us to speak at your community group, faith community, or business about ending the cycles of escalating neglect, abuse, and violence.

You can make all the difference. Please join us.



United Way # 8031 New CFC #60586

Help Doorways achieve our Kresge Challenge! Visit our website at www.doorwaysVA.org for more information.



Domestic Violence Hotlines & Websites for Advocates & Survivors

Doorways for Women and Families Safehouse Shelter, Hotline, Court Advocacy, and Support Group Services
703-237-0881 www.doorwaysVA.org

Alexandria Office on Women-Domestic Violence Program: Hotline, Shelter and Services
Domestic Violence 703-838-4911, Sexual Assault 703-683-7272,
www.alexwomen.com

Arlington County's Victim of Violence and Batterers Intervention Program
703-228-4848

Virginia Sexual and Domestic Violence Action Alliance
1-800-838-8238 www.vsdvalliance.org

Virginia Child Abuse Hotline 1-800-552-7096

National Domestic Violence Hotline
1-800-799-SAFE www.ndvh.org

National Coalition Against Domestic www.ncadv.org

Family Violence Prevention Fund www.endabuse.org

National Network to End Domestic Violence www.nnedv.org

National Center on Elder Abuse www.elderabusecenter.org

MilitaryOneSource
1-800-342-9647 www.militaryonesource.com

Military Members Did You Know?

The new Restricted Reporting Policy for incidents of domestic abuse allows adult victims of domestic violence, such as family members and former or current intimate partners of Service members to receive victim advocacy, medical help, and counseling, without law enforcement or command knowledge. Minors are exempt from this option. Further, if there is danger to self or others this new policy may not apply. Call MilitaryOneSource 1-800-342-9647 or www.militaryonesource.com for more information.



FACT:

AROUND THE WORLD, AT LEAST ONE IN EVERY THREE WOMEN HAS BEEN BEATEN, COERCED INTO SEX OR OTHERWISE ABUSED DURING HER LIFETIME.

(Heise, L., Ellsberg, M. and Gottemoeller, M. Ending Violence Against Women. Population Reports, Series L, No. 11., December 1999)

