

Welcome and Introductions

- Welcome to the Domestic Violence Education Training course
 - Primary focus on Black people; people of African descent
 - Warning signs
 - Triggers
 - Prevention
 - Early Intervention
 - Cultural interactions
 - Demographic challenges in identification of domestic abuse and reporting abuse
- Class understanding
 - Abuse, domestic violence, intimate partner violence takes many shapes and forms
- Grounding



• Promoting Family Health for People of African Descent in the Sacramento area.

With funding from the Domestic Violence Prevention & Intervention Program CARES Act, City of Sacramento.



Project Team

- Project Director: Dr. Ernest Uwazie
- Lead Trainer: Dr. Teiahsha Bankhead
- Service Delivery Coordinator: Dr. Krishna Guadalupe
- Project Assessment/Evaluation: Drs. Marlyn Jones & Data Barata
- Legal Specialist: Tiangay Kemokai, Esq.
- Co-trainers: Drs. Gebaynesh Gashaw Gant, Rola Tomori, and Kaylene Richards-Ekeh
- Admin. Assistants: Toni Tinker & Destiny Effiong
- Case Intake Specialist: Jamieson Daley



- Training/break out Co-facilitators:
- Mr. Edrine Ddungu
- Dr. Michael Orji
- Dr. Victor Dike
- Mr. Gustav Antwi
- Mr. Michael Houston
- Ms. Janice Wisdom

- Guest Speakers:
- Dr. Ali Meatchem
- Dr. Kristee Haggins
- Dr. Elizabeth Mukiibi
- Attorney Rebecca Ihejirika
- Ms. Franca Umeh
- Ms. Jamilia Land
- Ms. Tracie Stafford
- Dr. Danielle Slakoff
- Dr. Jocelyn Garrick
- Bijon Barnes
- Dr. NaNotchka Chumley
- Ms. Natachi Mez

Welcome:

Project Goal: Promote Family health through DV preventive education through the Afrocentric model of Ubuntu & restorative justice

Objectives: Create awareness-what, why, and how?
Become educated for self empowerment and proper intervention

Serve as DV community educator
Join CAPCR's Sacramento Africa Peace Committee team

Note:

The ruins of a nation begin from the family- African proverb

I want my marriage. I just want the beating to stop!- African female lawyer participant at the 1995 UN Women's Conference in China

Select first 40 DV trainees to receive \$250/each for post DV education activity (1-2 hrs), October-November 30, 2020.

Structure and Organization of the Course



Meeting Dates and Times



Reading and Video Materials



Between Class Meeting Course Work



Celebration of Culture



Class Agreements



Confidentiality

Why a training on DV in Black communities during the COVID-19 pandemic...

- Black are people more likely to contract COVID-19, <u>get sick and die</u> from it because of a host pre-existing conditions that make us more vulnerable based on physical proximity and medical vulnerability
- Similarly, we are socially more <u>vulnerable</u> because of the intersections of racism, sexism, classism and immigration status that create conditions of isolation and put us at greater risk for domestic violence, especially during this time.
- More <u>isolated</u> as a result of COVID-19 because we have less access to multiple technological devices, internet bandwidth and household privacy than our white counterparts.

What do we know about Black people and DV disparities?

- An estimated **29.1% of African American females** are victimized by intimate partner violence in their lifetime.
- Approximately 40% of California women experience physical intimate partner violence in their lifetimes.
- Intimate partner violence is 35% higher among Black females than that of white females.
- African American women are 3 times more likely than white women to experience death as a result of domestic violence – while they make up 8% of the general population, 22% of domestic violence-related homicides impact African American women.
- 17% uptick this March 2020, compared to last March 2019.
- United Nations Secretary-General António Guterres says there has been a "horrifying surge" in domestic violence globally since COVID-19 lockdown policies took effect.
- https://www.capradio.org/articles/2020/04/06/as-stay-at-home-order-increases-risk-of-domestic-violence-resources-remain-available-for-victims/



Jocelyn Freeman Garrick, MD Deputy Director Alameda County EMS

- Highland Hospital, Emergency Room Physician
- Director of COIVD-19 testing and response for Alameda County







Video from Dr. Freeman Garrick

Culture & Issues of DV with Black People

Black Cultural Values

- Collective identity
 - Family and primary unit
 - Interdependence (financial reliance)
- Spirituality
 - "God is in control"
 - Humans are not in control
- Traditional gender roles
- Reliance on informal systems
 - Suspicious of formal institutions (police, welfare)
- Respect for elders
 - Success is determined by relationships, children, wisdom, years of life

Challenges Related to Black DV

- Identifying DV
 - Do not identify DV because of family system issues
- Reporting DV
 - Fear of police and related institutional power
- Financial dependence
 - Reliance on multiple incomes for survival
- Gender roles
 - Expectations for female subordination and/or suffering
- Family integration vs. departure
 - Fear of destruction of family and marriage

African and African American Profiles on DV

- Recent African immigrant She might be a recent immigrant, traditional African cultural norms regarding gender roles, power, authority, autonomy.
- African American Young unmarried, financially dependent, codependent, pregnant.
- Black LGBTQI He might be closeted to family and community, physically large, masculine, ashamed, afraid of police intervention, misconduct and abuse



Jamilia Land – Personal Story

Domestic Violence (DV) Definition

- Domestic violence pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.
 - Partner uses physical violence, coercion, threats, intimidation, isolation and emotional, sexual, economic, or other forms of abuse to control and change the behavior of the other partner.
 - Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, witnesses, and the community at large.
 - Women experience domestic violence irrespective of socioeconomic status, race, ethnicity, religious affiliation and sex.
- https://www.cityofsacramento.org/Police/Resources/Domestic-Violence

DEFINING ABUSE WHEEL

Verbal/Psychological Abuse

- Name-calling
- Brainwashing
- Humiliating

Sexual Abuse

Unwanted sexual activity or contact with the use of force, threats, or taking advantage of a person without

their consent.

POWER AND CONTROL

Physical/Intimidation Abuse

Physical Abuse: Any act which causes physical harm as a result of unlawful physical force.

Intimidation: arousing fear by using looks, gestures, actions; destroying property, abusing pets, displaying weapons.

Economic Abuse

- Preventing partner from getting or keeping a job
- Making partner ask for money
- Giving partner an allowance
- Taking partner's money
- Withholding access to money

Types of Domestic Abuse CPS - Franca Umeh

- What happens when CPS is called in most families of ethnic minority as a result of domestic violence? Example African
- The Services CPS offer through Community agencies and the need for more community services.
- I will talk about my experience working with African families and myself as a victim.
- Domestic Violence is not only physical
- Some forms are overlooked or not recognized by certain people as types of abuse
- It can take different forms
 - Physical
 - Emotional
 - Financial
 - Sexual
 - Verbal

Verbal/Psychological Abuse

The use of words to demean, frighten, or control another person. Verbal abuse is psychological violence.

- Withholding: refusing to listen, denying the other's feelings, and refusing to share their feelings
- Countering: consistently voicing an opinion that is different than their partner or family member, preventing real discussion
- Discounting: discounting partner's or family member's feelings, thereby denying their reality and experience
- Joking: Using joking as a means to belittle partner or family member, often related to intelligence, personality, or appearance
- Blocking and Diverting: refusing to communicate with partner or family member, by changing the subject, withholding information, or changing the subject
- Accusing and Blaming: blaming partner or family member for negative feelings
- Judging and Criticizing: making statements that indicate a lack of acceptance

- Trivializing: making comments which makes partner or family member feel insignificant
- Undermining: making comments to take the air out of something partner or family member is interested in or feeling, interrupting partner or family member, or implying they are inadequate.
- Threatening: using partner's or family member's fears or threatening pain or loss.
- Name-calling: calling partner or family member names or using terms of endearment masked in sarcasm.
- Forgetting: manipulating partner or family member by denying something occurred; for example, a promise.
- Ordering: commanding partner or family member to do something instead of asking.
- Denial: refusing to recognize verbal abusiveness
- Abusive Anger: expressing anger to make partner or family member feel bad and person committing the abuse feel good.

Financial/Economic: Maintaining control over financial resources, withholding access to money, or attempting to prevent a victim or survivor from working and/or attending school in an effort to create financial dependence as a means of control. Being forced to choose between staying in abusive relationships and poverty or even homelessness

Financial & Sexual Abuse

• Sexual Abuse: Unwanted sexual activity or contact with the use of force, threats, or taking advantage of a person without their consent, including marital rape, incest, and sexual assault.

Adapted from https://www.apa.org/topics/sexual-abuse

Adapted from: https://ncadv.org/blog/posts/quick-guide-economic-and-financial-abuse

Physical Abuse Actions

- Push, shove, slap, punch, bites
- Extreme jealousy
- Prohibits spending time with family and friends
- Throws objects
- Locks person out of the house
- Abandons person in dangerous situations
- Ties a person up
- Threatens a person with physical abuse
- Requires permission before doing things
- Does not help when sick or disabled

Emotional Abuse Activities

- Ignores feelings
- Ridicules
- Insults the other person's gender
- Belittles vales and beliefs
- Disapproves consistently of the person
- Criticizes without ever providing compliments
- Makes all important decisions
- Threatens regularly to leave the person
- Refuses to allow the partner to work
- Abuses pets and other animals

Financial Abuse Behaviors

- Does not help to support the person or their family financially
- Uses partner for money
- Denies partner access to financial information
- Does not allow partner to earn own money
- Gives partner an allowance
- Takes and spend money partner earns
- Does partner's banking even though the partner wants to
- Asks partner to justify all of their purchases
- Controls income and/or assets
- Denies partner money for necessities

Sexual Abuse Actions

- Treats partner as a sexual object
- Makes partner wear sexual clothing against their will
- Criticizes partner sexually
- Touches partner when and where they don't want to be touched
- Withholds sex and/or affection
- Calls partner undesirable and derogatory names during sex
- Shows sexual interest in others in public
- Has had affairs with other people
- Forces partner to have sex
- Commits sadistic sexual acts

Symptoms of Abuse

- Pattern of behavior to obtain and maintain power and control over an intimate partner.
- Can manifest through symptoms in 4 general areas;
 - Detachment
 - Physical symptoms
 - Cognition
 - Emotions
- Examples of symptoms include:
- Anxiety, being easily startled and jumpy, panic attacks, change in appetite (up or down), fatigue, sleep difficulties, difficulty concentrating, reliving abuse in mind, flashbacks of the abuse, hopelessness, nightmares, emotional upset, feeling emotionally numb, guilty about abuse, on guard, irritable



By Dr. Elizabeth Mukiibi

Topics of Research

- Everyone appreciates that there isn't a single type of family, each family is different but there are some general features.
- From my research on African immigrant children's academic achievement and African immigrant women's work trajectory. In which I used interviewing and observation methods.
- some characteristics and general features about family dynamics have came up.
- Many of these features are apparent in our communities and please feel free to add on as the presentation moves along.

- The dynamics of African families depends on many factors including how they got into the country, their status in the country, whether they have children or not, the nature of work they do.
- Earlier immigrants came as students and were mostly men
- Different groups came as refugees displaced due to political, social and economic instability in the countries of origin in Africa
- Of late immigrants increasingly women are coming looking for better life and may or may not be refugees.
- All these families face different stressors in society
- Can participants place themselves in the groups that are relevant to their reasons for coming to this country?

Stressors faced by immigrant families

- There are many stressors faced by African immigrant families in the US
- One major factor is "culture shock", The Us tends to be a very fast paced economy where most African countries are not as fast paced, the change can be very stressful to the immigrant family.
- Gender roles with regard to Household responsibility for male and females change.
- different work hours, lack of affordable house help for working couples.
- Discrimination in the larger society
- What kind of culture shock did you experience?

- The highly educated families with well paying jobs face stressors that tend to be job related and their children's welfare. they have to work harder to keep their jobs that are sought after by the white citizens who feel that these should be their jobs and are constantly undermining the immigrant workers.
- Tensions arise not related to finances but to assimilation or adaptation.
- Those who are married and have children are limited to flexible jobs they can do while raising their families, due to the lack of affordable child care, and the need for money to survive.
- All these factors are complicated by the intersectionality of race, gender, class and language proficiency which these African immigrants face on a daily basis.
- Has anyone in the audience faced these tensions?

Job related stressor

- Many immigrants end up working minimum wage jobs which require putting in a lot of hours, but also nights which is different from the hours worked in many African countries.
- These frustrations are then taken in the home and can result in misunderstandings at home.
- Due to competition many African immigrants are constantly attending school to improve their skills, which adds to the pressures in the family
- Have any of the participants felt this kind tension?



- The African way of disciplining children which may include corporal punishment is considered a form of child abuse
- That creates a lot of freedom for the children to do whatever they want as they know the parents many not be in a position to punish them
- These families face the clash of cultures between generations as the African raised parents are intent on following African culture and discipline, while the children adopt to the American way of life as first generation Americans.
- Some of the parents are too busy making ends meet that the children are left on their own, which gives children a lot of unsupervised freedom. In Africa couples rely on the large extended family and cheaper child care system to survive.
- The African way of socializing the children is transformed leading to uneasy relationships.

Gender roles and family dynamics

- Again we see the culture shock when we examine gender roles in many African immigrant communities in America.
- It has been found that black African immigrant women were more likely to be in labor force than their white counterparts (Yanyi K. Djamba. Center for Demographic Research, Auburn University at Montgomery)
- As both the women and men spend time at work the men are expected to help with the children and around the house. Many men have had to adjust to these expectations, which were not part of their roles in Africa.
- This can be a major source of tension in the family.

Cultural shock and Assimilation theory:
Gordon's dimensions

- Most groups have adapted to Anglo core culture through: (white middleclass and protestant)
- Cultural assimilation requires a change of cultural patterns to those of the core society.
- There has been some Marital assimilation leading to significant intermarriage
- Identification assimilation has been gradual where the immigrant parents retain most of the African culture but the children may decide to be fully assimilated, even failing to learn the African languages.

Solutions

- The effects of culture shock can be reduced by the community one finds that is already established, they can be helpful if they are welcoming and organized to offer such assistance. The problem is many immigrants do not have such anchor immediately/as soon as they arrive.
- The type of information an immigrant family receives once they are here, some African communities have been here long enough, have organized themselves, and are able to offer support others are very new and unsure.

- Challenges brought about by our separation from those groups that know the system due to our misguided perception of them.
- We are not aware that all blacks are seen in the same way by the White majority that runs the country and the system with which we are less familiar.
- There is a need to build bridges to connect the African and the African American community and learn from and about each other and the system.



- The reason for talking about assimilation is the fact that as immigrants we try hard to fit in as we interact with citizens whether at school or work.
- Also we encounter the same hostilities and discrimination that African Americans do with the added problem that we do not understand the system very well when we first move here.
- When we get back home to our families we bring these challenges and stressors with us into our homes and we sometimes see our spouses as sounding boards or scapegoats. Forgetting that we are all new to the system.
- The whole concept of assimilation implies that the only good American are those that can assimilate rapidly and in Anglo- conformity fashion. Some have done that others have resisted.



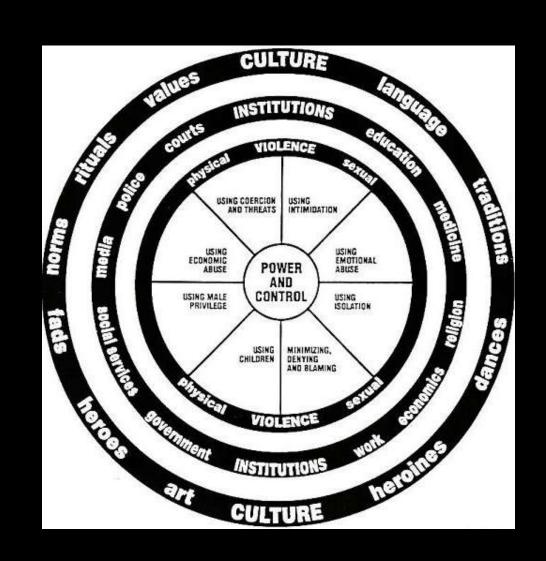






Relationship
Between
Violence and
Culture

Dr. Gashaw-Gant





- Denial
 - Is the most contributing factor
- Engaging in any of the abuses but community members telling the individual that is abused,
 - You are ok
 - Telling victim:-Oh you got a beating and laughing about it
 - Telling victim you are ok, let the abuser do what he/she needs,
 - Telling victim: stop nagging him/her
 - Community members jealousy of the couple initiates abuse

Community and Family Values

- Community and family disapproval of divorce
- A woman is responsible for making a marriage work
- Forcing a woman is a marker for masculinity
- If wife was unfaithful and he could regain some of this honor through the use of violence
- Women should be quiet and submissive
- Gender role differences contribute to relationship conflict
 - Telling victim:-Oh you got a beating and laughing about it
 - Telling victim you are ok, let the abuser do what he/she needs,
 - Telling victim: stop nagging him/her
 - Community members jealousy of the couple initiates abuse

CULTURAL & SOCIAL INFLUENCERS

- Traditional beliefs that men have a right to control, or discipline women through physical means
- Tradition of relying on inner strength "I can make it work no matter what" by women
- · Clergy ignoring the problem
 - because they see the man as the head,
 - Nor comfortable to deal with the abuse
- A man has a right to assert power over a woman and is socially superior
- A man has a right to "correct" or discipline female behavior
- Reporting abuse is disrespectful, shameful, doe not have of social support

Types of Abuse

EMOTIONAL ABUSE

- · Yelling or swearing
- Excessive name calling or insults; mocking
- Threats and intimidation, or abandonment
- Treating the other as the servant, making decisions
- · Isolating, Humiliating
- Being jealous, possessive
- Saying you are not "strong or good" enough













How can you help victims of Domestic Violence

- Acknowledge
- No judgement
- Be supportive
- Encourage
- No your limits

Black DV Breakout Group

- Breakout groups to discuss checklist
- Groups of 4 to 5 people
- 10-minute discussion session
- In the Black community, how often does domestic violence show up?
- What are the current responses?
- Report Back

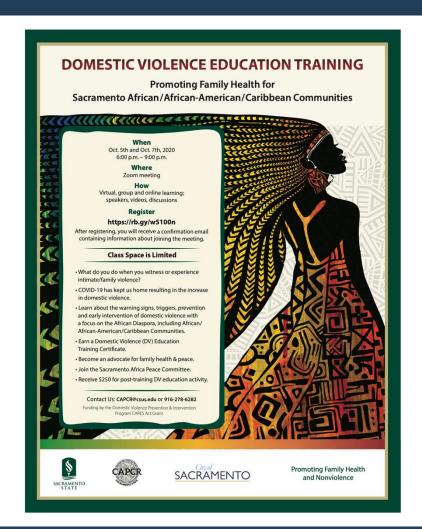
Things to do before next class:

- Consider Black community areas of need
- Reading
 - Article #1
 - Article #2
- Video
 - Slackoff if not already viewed



Poetry- to close out the session – Natachi Mez

End of Day 1



Welcome to Day 2 of DV Training

Session 1

- Made case for need for training
- High rates of DV during COVID-19
- Definitions of Abuse
- Personal stories

Session 2

- Myths of Victims
- Diverse populations impacted by DV
- Perpetrator Profiles
- Restorative vs. Punitive Solutions
- Community Education Planning

Negotiating Cultural Differences

- Male turn out
- Powerfully connected to these issues
- Life or death
- Culture is the lens through which we can see or be blind to abuse
- African cultural values and impacts
- Power and control
- Use gender or culture to exercise power over others
- What you are learning in the chat....



Describe Black family health? How do we promote it?





Myths of Victims

- Low self-esteem, lack confidence, no selfworth
- Underprivileged, from low SE class
- Not well educated or intelligent, lack college degree
- Weak, timid, vulnerable, powerless
- Naïve, innocent, gullible
- Easy to take advantage of, too trusting
- Tolerant of violent behavior, conditioned to accept violence
- Grew up in violent households
- Hurt by previous partners
- Fit a cultural stereotype or image of being passive, docile, submissive

- Abused as a child by father or dominant, influential male
- Drawn to domineering macho man, pattern of attracting abusive men into life
- Hurt by previous partners
- Prefer to be with abusive men instead of being single
- Enjoy being dominated and controlled by a man
- Believe you deserve to be abused
- Wish to serve her husband and wait on him like a servant
- Accept that husband should make all decisions about home, finances, career, etc.



M. Ali Meatchem, Psy.D.

Meatchem.com

Who are the people we're referring to?



THE SPECTRUM

Our sexuality and gender identity aren't set in stone. In fact, people's identities can be fluid. THE SPECTRUM can help you visualize how you feel at any given time. Mark how you identify today on each line, but don't feel limited – it's ok to mark something different tomorrow!

BIOLOGICAL SEX

(What the doctor assigned you at birth)

MALE INTERSEX FEMALE

GENDER IDENTITY

(How you feel on the inside)

MAN GENDERFLUID AND TRANS* WOMAN (FTM) TRANSGENDER / GENDERGUEER / NON-BINARY (MTF)

GENDER EXPRESSION

(How you present yourself to others)

MASCULINE ANDROGYNOUS FEMININE

GENDER PRESENTATION

(How the world sees you)

TRANSGENDER WOMAN

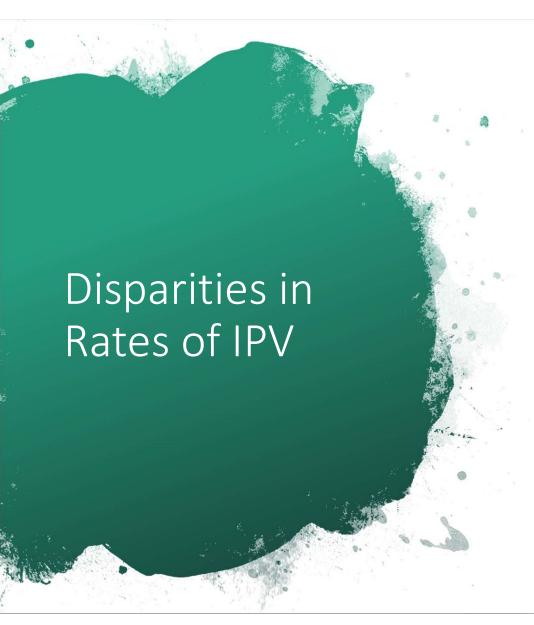
SEXUAL ORIENTATION (Who you like)

TTRACTED BISEXUAL PANSEXUAL ATTRACTED
D WOMEN ASEXUAL TO MEN

"TREYOR!

MAN

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.



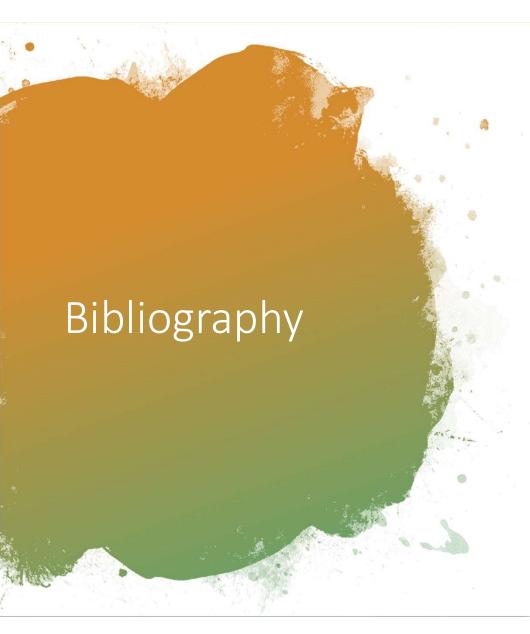
- Human Rights Campaign Foundation's LGBTQ Intimate Partner Violence and COVID-19 report indicates increased risk of violence:
- Experiences of rape, physical violence, or stalking:
 - 44% of lesbians and 61% of bisexual women vs. 35% of heterosexual women.
- 19% of African- American respondents vs. 6% of non- LGBTQ Caucasian respondents have experienced physical dating violence.

Disparities in Rates of IPV (cont'd)

- Review of research (Brown & Herman, 2015)
- Most studies found that across the lifetime, rates of IPV are as high or higher for the LGBT population than the general population.
- Bisexual women are 2.6 times more likely to report having experienced intimate partner sexual violence than their hetero female counterparts.
- Results vary across studies, but one study showed 26.9% of gay men experienced IPV across the lifetime, and 12.1% experienced IPV in the past year.

Barriers to Help

- Barriers to seeking and/or getting help that are unique to gender identity and sexual orientation include (Brown & Herman, 2015):
 - Legal definitions of domestic violence may exclude same- gender couples
 - Dangers of being "outed" when seeking help, which includes risk of rejection and isolation from family, friends, and society.
 - LGBT- specific or LGBT-friendly assistance resources being either not available or not known.
 - Potential homophobia or transphobia from service provider staff.
 - Lacking confidence in effectiveness and sensitivity of law enforcement officials and courts for LGBT people.
 - Shelters tend not to be used because they are feared off- limits by LGBT people.



- Brown, TNT, Herman, JL (2015). Intimate Partner Violence and Sexual Abuse Among LGBT People
- Centers for Disease Control and Prevention. Intimate Partner Violence: Consequences.
 http://www.cdc.gov/violenceprevention/intimatepartnerviolence/consequences.
- Centers for Disease Control and Prevention. Behavioral Risk Factor Survellance System:

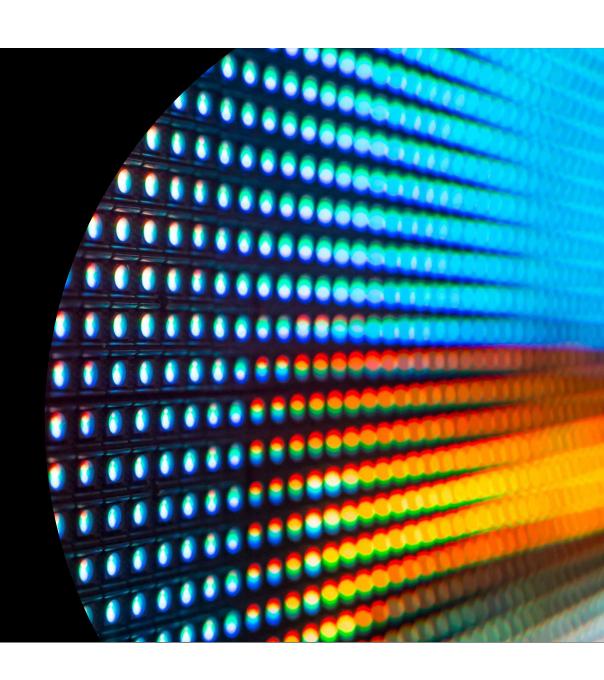
https://www.cdc.gov/violenceprevention/intimatepartnerviolence/riskprot ectivefactors.html

- Kozuch, E (2020). HRC Report Shows that LGBTQ People are More Likely to be Victims of Interpersonal Violence.
- Williams Institute Report summary: https://williamsinstitute.law.ucla.edu/publications/ipv-sex-abuse-lgbt-people/

Full report: https://williamsinstitute.law.ucla.edu/wp-content/uploads/IPV-Sexual-Abuse-Among-LGBT-Nov-2015.pdf

Bijon Barnes

Personal Story Video



Breakout Group

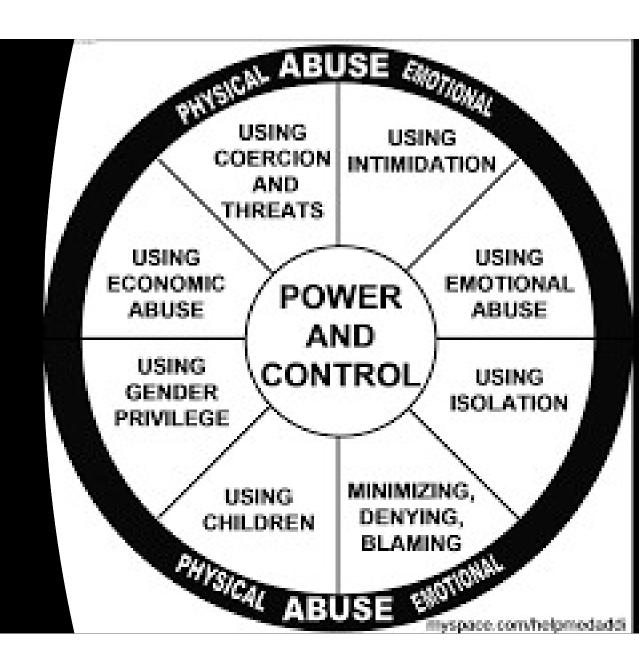
 How is domestic violence in the LGBTQ Black community acknowledged and responded to in your community?

Dr. Chumley – Presentation Q & A



Common Traits and Types of Abusive Partners

- Jealousy
- Control
- Lifestyle patterns
- Abusive behavior
- Pressures for sex
- Blames others for their problems
- Verbally dominant
- Resists change, unwilling to compromise, inflexible
- Sense of entitlement



COMMON TRAITS OF ABUSIVE PARTNER SCALE

- Jealousy: accuses partner of cheating; jealous of time spent with family or friends; stalking
- Controlling behavior: questions whereabouts under the guise that they are concerned about partners safety
- Quick involvement: know each other for less than six months before marriage, engagement, or cohabitating
- Unrealistic expectations: expects partner to meet all their needs or to be the perfect spouse
- **Isolation:** cut off from all resources (family, friends, etc.
- Cruelty to animals or children
- Blames others for problems

- Blames others for feelings
- **Hypersensitivity:** easily insulted
- Verbal abuse: name-calling, degrading, vulgar
- Dr. Jekyll and Mr. Hyde: sudden changes in mood
- Rigid sex roles: (mostly applies to heterosexual males): expects woman to serve him
- Playful use of force in sex: uses sulking or anger to manipulate partner to have sex; idea of rape is exciting
- Exerts economic control: controls money and access to resources
- Engages in manipulative parenting: uses children to gain power and control over ectrupartner

Loosely adapted from: https://www.thehotline.org/healthy-relationships/relationship-spectruipartner
Loosely adapted from: https://www.calverthealth.org/personalhealth/crisisintervention/batter.htm



The Player

- Macho
- Flirtatious, possessive, disrespectful toward women
- Treat like a sex object

• Dominating/Mr. Right

- Entitled, arrogant, condescending
- Ultimate authority on everything
- Demanding, threatening, intimidating, aggressive, manipulative

• The Victim/Mr. Sensitive

- Plays the victim
- Constantly misunderstood, bullied by everyone
- Complains life in general is unfair
- Blames others for problems

CULTURAL & SOCIAL NORMS THAT MAY INFLUENCE ABUSE

- Traditional beliefs
 - Men have a right to control, or discipline women through physical means
 - A man has a right to assert power over a woman and is socially superior
 - Physical violence is an acceptable way to resolve conflicts, and reporting abuse is disrespectful
 - Cultural degradation of women.
 - · Community and family disapproval of divorce
 - A woman is responsible for making a marriage work
 - Grown up with it, that is all they know
 - Women should be quiet and submissive
 - Divorce is not attainable
 - Gender role differences contribute to relationship conflict

Other influences/reasons for abuse

- Changes in gender roles and responsibilities.
 - As women became financially independent, men seek to decrease sense of financial impotence and to regain control through violence.
 - The more independent women were, the more likely they were to experience both psychological and physical abuse from their partners.
- Demographic influence
 - High likelihood of DV amongst married couples with low income relationships in which the male partner is either underemployed or unemployed, or when a couple is living in a poor neighborhood.
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666039/

Distinguishing Between Black Cultural Orientations and Abuse or Denial Considerations

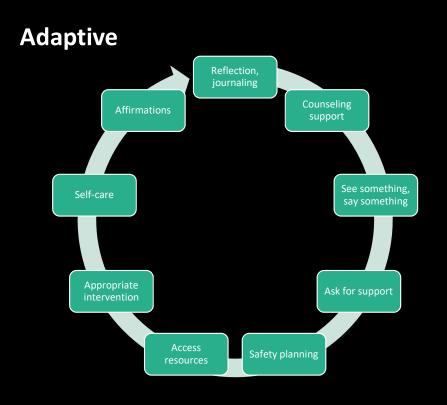
Black Cultural Issues

- Collectivist culture and identity
 - · Focus on family as central/core identity
- Focus on spirituality
- Statistically Black people are less economically privileged in a racist society
- Respect for elders

Denial of Abuse

- Acceptance of male dominance and control to the extent that control and abuse are normalized
- Belief that faith will deliver an abused person from abuse which then fosters helplessness
- More economically dependent on intimate partners who made provide or control financial resources
- More difficult to spot and respond to abuse of an elder due to deferential relationships between younger people and elders

Adaptive vs. Maladaptive Coping



Maladaptive

- Silence and secrecy
- Avoidance
 - Hope it will go away
- Denial
- Give them one more chance without taking action
- Enduring pain



- Acceptance of abuse as the norm
- Mistrust of law enforcement due to a continued history of violence targeting African American communities is a large factor for why many African American victims of violence do not file police reports.
- Religious convictions and a fear of shame or rejection from the church may contribute to their remaining in an abusive relationships
- Some women may feel because of their religious beliefs they
 must impart forgiveness for their abusers' behavior and
 endure the abuse due to religious obligations under Christian
 doctrine.
- Limited legal and lengthy options for immigrant women to safely leave their abusers.
- Threat of deportation or a refusal to follow through on completing on-going permanent residence and/or naturalization application as a means of cont
- Limited-English proficiency and understanding of access and ways to get help.



- Limited legal and lengthy options for immigrant women to safely leave their abusers.
- Threat of deportation or a refusal to follow through on completing on-going permanent residence and/or naturalization application as a means of cont
- Limited-English proficiency and understanding of access and ways to get help.
- Religious convictions and a fear of shame or rejection from the church may contribute to their remaining in an abusive relationships
- Some women may feel because of their religious beliefs they must impart forgiveness for their abusers' behavior and endure the abuse due to religious obligations under Christian doctrine.
- http://www.ywcasandiego.org/assets/files/YWCA USA WOC FactSheet.pdf



OVERVIEW:

- 1. WHAT IS DOMESTIC VIOLENCE? Legal definition and brief explanation.
- 2. PARTIES IN A DOMESTIC VIOLENCE MATTER Victim/Protected party and Perpetrator/Restrained party.
- 3. NEXT STEPS FOR THE VICTIM Medical intervention, Third party/Familial support, Law enforcement and Legal assistance/the Courts.
- 4. NEXT STEPS FOR THE PERPETRATOR Legal assistance and online resources, Third party/Familial support.
- 5. IMPACT OF DOMESTIC VIOLENCE ON PARTIES AND IMMEDIATE FAMILY/CIRCLE legal, emotional, physical, relationships, economic and social.
- 6. DOMESTIC VIOLENCE PREVENTION Counseling, separation/divorce

INFLUENCES AFFECTING DOMESTIC VIOLENCE REPORTING AND OUTCOME:

- A. CULTURAL seen as shameful and to be hidden; seen as the norm.
- B. GENDER DYNAMICS male victim as against female victim.
- C. GUILT AND FEAR regarding consequences of reporting.



- 1. Use of family members—May be favorable to men and leave women unsupported. Focus is urge to stay and work it out.
- 2. Use of people outside immediate family such as elders in the community or religious leaders (cultural/social community).
- Step 3: Use of resources outside of the community such as the police, seeking an order of protection, or reluctantly entering a domestic violence shelter.
- 4. Formal use of the Judicial system.

BLACK COMMUNITY RESPONSES

- **Respect** Each individual should be respected regardless of gender or circumstance. Respect is demonstrated by patience, care and holding one's partner in high regard not abusive language, actions, or threats.
- Collective work and responsibility The community has a responsibility to
 work on eradicating this problem and helping our people to find solid
 mechanisms of fortifying healthy and stable relationships. The resolution
 revolves around both breaking the silence and communal recognition of the
 problem.
- Inherent goodness We believe that every person has the ability to change. Those that are abusive need to recognize their behavior and seek assistance to change.

Restorative vs. Punitive Responses





Breakout Group

 How can your community engage Black men in supporting family health, especially those who are causing harm using DV?





Information on use of our services under this contract here Dr. Guadalupe

Victim
Focused
Response to
DV —
Dr. Haggins

- Therapy
- Self-Care Checklist
- Safety Planning
- Affirmations
- Journaling

THERAPY

- ➤ If you feel that therapy might be helpful, sooner is always better. Therapy can be beneficial for everyone because it's a place where you can learn increased self-awareness, clarify your goals and look at the choices in front of you.
- Counseling sessions provide a safe and confidential environment for survivors to express their feelings, thoughts and fears. Counselors are nonjudgmental third-party advisors who listen and can help survivors work through the things that they are experiencing.
- Entering counseling does not necessarily mean that you are mentally ill or can't cope on your own. Therapy is about how much you're putting in place to support yourself in healing and succeeding.
- Speaking with a trauma specialist can help survivors to deal with their remaining anxiety and find ways to relieve that stress. These specialists can help to process traumatic memories or experiences so that it is possible to move on. They can also aid survivors in learning to regulate their strong emotions like fear and anger.
- ➤ A good match between therapist and client is one of the most powerful healing factors in a therapeutic relationship. Look for someone who makes you feel heard, understood, safe and comfortable.

https://www.thehotline.org/help/help-for-survivors/

SELF-CARE CHECKLIST

Relationship to Self: Take time for yourself and your own interests. Remember to do what makes you the happiest. Here are a few ways you can attend to your personal well-being.

Get	Get enough sleep
Attend	Attend to personal hygiene
Exercise	Exercise or physical activity
Take	Take deep breaths during the day
Make	Make time for self-reflection
Read	Read a book
Set	Set boundaries with toxic or negative people
Allow	Allow yourself to cry

- ✓ Meditate
- √ Keep a journal
- √ Try an artistic activity
- ✓ Take deep breaths during the day
- ✓ Solve a puzzle or brain teaser
- ✓ Do something new
- ✓ Listen to music
- ✓ Give yourself positive affirmations

https://www.loveisrespect.org/content/self-care-checklist/

Domestic Violence Safety Planning

- What is a DV Safety Plan?
- A safety plan is a personalized, practical, plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave.
- Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.
- A good safety plan will have all the information you need and is tailored to your unique situation and circumstances, and it will help walk you through different scenarios.
- When making a safety plan, it is important to remember to outline things that may seem obvious because in moments of crisis your brain does not function the same way when you are calm. Having a safety plan laid out in advance can help you protect yourself in those stressful moments.

AFFIRMATIONS AND JOURNALING



Affirmations: Praise yourself for accomplishments, little or big, and counter any negative self-talk with positive mantras or affirmations.



Becoming aware of what you think and say about yourself can help shift negative thoughts.



Journaling: Writing about difficult, even traumatic, experiences appears to be good for health on several



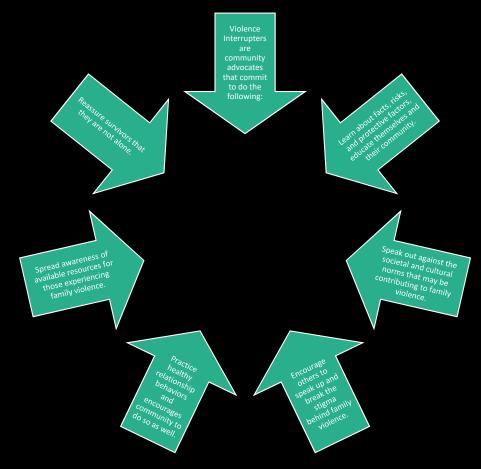
levels - raising immunity and other health measures and improving life functioning.

Tips for Journaling:

- Find a serene, quiet spot
- Allow your thoughts to flow
- Set a realistic time
- Choose specific days/times

https://www.apa.org/research/action/writing https://www.thehotline.org/help/help-for-survivors/ https://www.breakthecycle.org/blog/journaling-tool-healing

VIOLENCE INTERRUPTERS



https://betterwaycampaign.org/?gclid=CjwKCAjw4_H6BRALEiwAvgfzqwtwzT__69CmoDA7AmTn6iJ1AUadFVjiadFO4b767H5vUS9rCc9o-RoCO-MQAvD_BwE

KEY DOMESTIC VIOLENCE RESOURCES

NOTE: This list of domestic violence resources is intended to provide information on critical resources. This is not an endorsement of the services of the programs that the listed agencies and/or organizations provide. In an emergency, please contact 911.

African-American Mental Health Providers:

- Website: http://aamhp.com/contact-us/
- Phone: 916- 691-1190
- Services: Provides a director or providers that are licensed, registered, and/or certified to practice in the State of California. The directory of mental health providers includes the following: social workers, psychologist, psychiatrist, and family therapist.

California Coalition Against Sexual Assault:

- Website: http://www.calcasa.org
- **Phone:** 916-446-2520
- Services: "The California Coalition Against Sexual Assault (CALCASA) provides leadership, vision and resources to rape crisis centers, individuals and other entities committed to ending sexual violence." See http://www.calcasa.org/about/mission-values-philosophy/.

California Partnership to End Domestic Violence:

- Website: https://www.cpedv.org
- Phone: 1-800-799-7233
- Services: "The California Partnership to End Domestic Violence (the Partnership) is California's recognized domestic violence coalition, representing over 1,000 advocates, organizations and allied groups throughout the state. Through our public policy, communications and capacity-building efforts, we align prevention and intervention strategies to advance social change. We believe that by sharing expertise, advocates and policy-makers can end domestic violence. For nearly 40 years, we have inspired, informed and connected all those concerned with this issue, because together we're stronger. "See https://www.cpedv.org

California Secretary of State – Safe at Home:

- **Website:** https://www.sos.ca.gov/registries/safe-home
- Phone: 1-877-322-5227
- Services: "Safe at Home offers victims of domestic violence, stalking, sexual assault, human trafficking & elder and dependent abuse, as well as reproductive health care workers, a substitute mailing address to receive first class, certified, and registered mail." See https://www.sos.ca.gov/registries/safe-home.

California Victim Compensation Board:

➤ Website: https://victims.ca.gov

Phone: 916-491-3600

> Services: "The California Victim Compensation Board (CalVCB) can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help." See https://victims.ca.gov.

❖ A Community of Peace:

Website: https://acommunityforpeace.org

Phone: 916-728-7210

Services: "A Community For Peace is a state certified trauma-informed social justice crisis center serving children and adult survivors of domestic violence and sexual assault." See https://acommunityforpeace.org. Programs and services include the following: emergency shelter, education and training program, counseling, and legal services. Women's Empowerment:

Family Justice Center:

➤ Website: http://www.hopethriveshere.org

Phone: 916-875-4673

> Services: Mobile legal and mental program, safety planning, counseling, VOICES (a committee of survivors who volunteer to empower and educate other survivors), and Camp Hope America (nationwide camping and camping initiative geared towards children exposed to domestic violence).

Foundation for Peaceful Communities:

► Website: https://afoundationforpeace.org/about-the-foundation/

Phone: 916-728-5613

> Services: "Foundation for Peaceful Communities promise is to grow healthy communities by developing and supporting social renewal projects and enterprises that empower underserved and high-risk populations, so that they can thrive, contribute and participate in the peace and well-being of our greater society." See https://afoundationforpeace.org/about-the-foundation/.

ManAlive Sacramento Inc.:

Website: http://www.no2violence.com/about-us

Phone: 1-877-662-8465

Services: Offers a "Batterer's Accountability and Advocacy Re-education Program."

Mary's House:

Website: https://sacloaves.org/maryhouse

Phone: 916-446-0874

Services: Offers day-time hospitality services for women and children.

My Sister's House:

Website: http://www.my-sisters-house.org

Phone: 916-428-3271

Services: Provides and offers several services and programs, including a 24-hour support hotline, safe haven shelter program, women to work program, counseling sessions, healing through art, parenting classes, and a #MeToo Sexual Assault Survivor Support Group

The National Domestic Violence Hotline:

► Website: https://www.thehotline.org

Phone: 1-800-799-7233

> Services: Call the hotline to speak with a nonjudgmental advocate who can help you identify signs of abuse, create a safety plan, and provide information regarding domestic violence programs.

Sacramento Food Bank & Family:

Website: https://www.sacramentofoodbank.org

Phone: 916-456-1980

Services: Provides the following services and programs: food, clothing, adult learning, computer and technology classes, parent education classes, immigration and refugee legal services, and utilities assistance. Mary's House:

A Safe Place:

Website: https://www.asafeplace.org

Phone: 1-510-536-7233

> Services: The following programs and services are provided: 24-hour emergency shelter, community mental health services, community education and health outreach, domestic violence and volunteer training, teen dating violence prevention, professional development, and disaster preparedness.

Saint John's Program for Real Change:

Website: https://saintjohnsprogram.org

Phone: 916-453-1482

Services: Provides shelter and the following services: mental health services, supportive services, career education, on-the-job-training, and mental health respite services.

Superior Court of Sacramento – Domestic Violence and Elder Abuse Resource Services:

- Reporting Abuse:
 - Adult Protective Services: Phone: 916-874-9377 Website: https://cdss.ca.gov/reporting/report-abuse
 - Child Protective Services: Phone: 916-875-5437 Website: https://dcfas.saccounty.net/CPS/Pages/Emergency-Response/Gl-EmergencyHotline.aspx
 - Domestic Violence Restraining Order: Information on how to file a domestic violence restraining order: https://www.saccourt.ca.gov/restraining-orders/domestic-violence.aspx

Red Women Rising:

- Website: http://redwomenrising.org/directory
- Phone: 1-800-399-6789
- > Services: "The Red Women Rising Project is dedicated to uplifting the voices of Urban Indian survivors of domestic violence and sexual assault through increasing awareness around Urban Indian women's domestic violence issues and enhancing survivors' access to domestic violence services." See https://redwomenrising.org/directory.

Victims of Crime Center:

► Website: https://1800victims.org/contacts/

Phone: 1-800-842-8647

> Services: The Victims of Crime Center operates a hotline, provides information and referrals, provides legal research for service providers, publishes and distributes brochures on victim's rights, and may be able to offer limited legal representation determined on a case-by-case basis.

Weave Inc.:

▶ Website: https://www.weaveinc.org

Phone: 916-920-2952

Services: "WEAVE is the primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County. Through a multi-disciplinary effort with Sacramento County, law enforcement, the Commercially Sexually Exploited Children Court, Child Protective Services, and the District Attorney's Office, WEAVE also provides 24/7 response, outreach and services for victims of sex trafficking." See https://www.weaveinc.org

Wellspring Women's Center:

➤ Website: https://www.wellspringwomen.org

Phone: 916-454-9688

> Services: "Wellspring Women's Center in Sacramento's Oak Park neighborhood, nurtures the innate goodness and personal self-esteem of women and their children. We serve nearly 200 women and children each weekday and offer four different programs: the Nutritious Meal Program, the Children's Corner Program, the Safety Net Services Program, and the Women's Wellness Program." See https://www.wellspringwomen.org.

❖ Women's Empowerment:

Website: https://womens-empowerment.org

Phone: 916-341-0730

Services: "Women's Empowerment educates and empowers women who are experiencing homelessness with the skills and confidence necessary to get a job, maintain a healthy lifestyle, and regain a home for themselves and their children." See https://womens-empowerment.org. Programs include the following services: job readiness and empowerment, child development center, paid job training, and graduate services.

GETTING THE WORD OUT

Breakout Groups for Community Infusion



Breakout groups of 4 to 5 members



10-minute session



Explore communities where they might make presentations



What is needed in your community in DV training?



Report back

Assessment & Closing Poem

Assessment Team

Natachi Mez