

COMMUNITY FORUM ON DOMESTIC VIOLENCE

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REACH Beyond Domestic Violence

At REACH, we empower individuals, families, and communities to overcome domestic violence –because we all deserve safe, healthy relationships.

1-800-899-4000

24/7 Hotline

www.reachma.org

Website

Shelter

Home to live in with access to an advocate

**Community
Advocacy
Program**

Support for survivors of domestic violence

**Child and
Adolescent
Therapist**

Therapy for youth who have experienced abuse

**Prevention
Team**

Education to stop violence before it starts; building community capacity to promote healthy relationships

The Second Step

The Second Step is a non-profit domestic violence agency based in Newton, MA. We are a community of survivors, advocates and volunteers who foster safety, stability and empowerment for those who have experienced domestic violence.

Community-Based Services

- ❖ Safety planning
- ❖ Education
- ❖ Emotional support
- ❖ Advocacy
- ❖ Support groups
- ❖ Court accompaniment

Legal Services

- ❖ Restraining orders
- ❖ Divorce proceedings
- ❖ Custody
- ❖ Immigration support

Transitional Living Program

- ❖ Case management
- ❖ Housing support
- ❖ Support groups
- ❖ Accessing support and stability
- ❖ Post emergency-shelter placement

Non-emergency intake line: **(617)965-2538**

Email: **info@thesecondstep.org**

Website: **www.thesecondstep.org**



TRIGGER WARNING

We're going to be talking about trauma and domestic violence tonight. Please do what you need to take care of yourself and reach out for support if you need it.



Trauma

*Trauma is a **profound** and **meaningful loss of control** over **experience.***

Domestic Violence

Abuse is a pattern of behaviors that one person uses to gain and maintain power and control over another person.

TYPES OF ABUSE

1

PHYSICAL

EMOTIONAL/VERBAL
/PSYCHOLOGICAL

2

3

SEXUAL

FINANCIAL

4

5

CULTURAL/SPIRITUAL

DIGITAL/TECHNOLOGICAL

6

7

IDENTITY

WARNING SIGNS (for survivors)

Your partner is extremely jealous and possessive

1

They control who you see and talk to

2

3

They blame you for everything

4

5

You often feel scared of how they will react to things

They threaten to harm themselves if you try to leave

WARNING SIGNS (for support systems)

**Avoiding contact
with friends &
family**

1

2

**Decrease in their
self-esteem**

3

4

**Makes excuses
for partner's
behavior**

5

**Extreme anxiety
and hypervigilance**

**Constantly checking
in with their partner**

RESTRAINING ORDER PROCESS

AKA: Abuse Prevention Order or a 209A

APPLY FOR RO

Go to your local district court or local police station. You will write an "affidavit" about your situation.

GO BEFORE JUDGE

Explain to the judge why you are in fear of potential physical harm.

RO IS ORDERED

Police will work to serve the other person and it will be effective until the next hearing

EXTENSION HEARING

The other party has the right to attend this hearing. You can ask to extend it for one year.

REPORT VIOLATIONS

You are responsible for reporting violations to the police. Violating the RO is a crime.

This is a very basic outline of this process. Contact an advocate to understand more.

It is important to safety plan BEFORE and AFTER getting a restraining order. Speak with an advocate to make a safety plan specific for your situation.

Barriers to Leaving an Abusive Relationship

Cultural Values, Beliefs, and Myths

- Religious values or teachings, believing staying is best for children, fear of deportation, abuser's connections, oppressive policies

Systems and Policies in Place

- Confusing or re-traumatizing legal process, distrust in systems, fear of losing children, lack of language access and education, fear of losing their home, job, or financial support

Dynamics Between People

- Love, not being believed, community reaction, lack of availability to receive support, shame or blame

Internalized Values and Beliefs

- Love, not believing they are experiencing abuse, self-blame, cultural or religious beliefs, impacts of gas lighting, believe it is their job to help their partner change

HOW TO HELP SOMEONE YOU KNOW

DO'S



Check in at a safe time and place

Take time to listen and believe what they say

Express concern for their wellbeing

Offer helpful resources

Respect their choices

Remind them this isn't their fault

Be patient

DON'TS



Feel the need to be an expert

Judge or blame them

Set ultimatums

Pressure them to make decisions

Provide counseling or advice

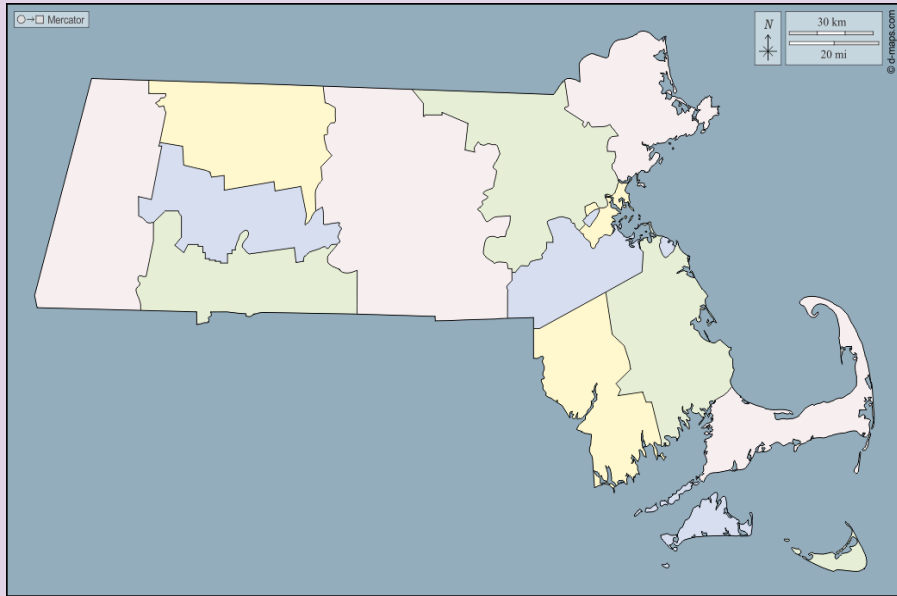
Mediate between the survivor and abuser



Resources

Organization	Information	Contact
REACH Beyond Domestic Violence	Free and confidential services for survivors of domestic violence, based in Waltham	www.reachma.org 1-800-899-4000
The Second Step	Free and confidential survivors of domestic violence, based in Newton	Intake line: 617-965-2538 Email: info@thesecondstep.org
Boston Area Rape Crisis Center (BARCC)	Free and confidential services for survivors of sexual assault: medical advocacy, hotline, counseling, and legal support	https://barcc.org/ 800-841-8371
Journey to Safety	Domestic violence services at Jewish Family and Children's Services	781-647-5327 Email: info@jfcsboston.org
Emerge	Abuser Education Programs	https://www.emergedv.com/
Love is Respect	Peer to Peer support for dating abuse, teen focused	https://www.loveisrespect.org/ Text "loveis" to 22522
SafeLink	Massachusetts 24/7 hotline for domestic violence resources and shelter	877-785-2020
National Hotline	National 24/7 crisis line for survivors of domestic violence	Call: 800-799-7233 Text: "START" to 88788 www.thehotline.org

Jane Doe Inc. Sexual and Domestic Violence Provider Map



jdi

Jane Doe Inc.
The Massachusetts Coalition
Against Sexual Assault and
Domestic Violence

As you leave this space tonight, notice...

Am I feeling energized? Exhausted? Hungry?

Are my thoughts drifting? Racing? Standing still?

Can I feel my feet on the floor? Am I cold? Hot? Sweaty?

Do I need to move my body? Draw? Write?

Am I breathing?

Can I slow down? Can I take a break?

Who can I talk about this with afterwards?

Q&A



Stay in Touch

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