



the Observer

**COUNTERING DOMESTIC VIOLENCE / NEVILLE
HOUSE**



WISH LIST

Monetary Donations

Volunteer Hours (needs will vary)

Household Appliances (e.g. vacuums, microwaves, toasters, televisions, fans, can openers)

Gift Certificates for goods or services from your business (for CDV/NH clients)

Discounted goods or services from your business (for CDV/NH)

Gas Cards

Phone cards

Cellular and Regular Phones

Art supplies

Baby related items (e.g. strollers, car seats, play pens, baby monitors, diapers, baby wipes)

New Sweat Pants & Shirts of various sizes for Adults & Children

New Undergarments of various sizes for Adults & Children

African American hair care products

Food (e.g. juices, meat, non-perishable healthy snacks)

Alarm Clocks

Journals

Luggage

Household Products (e.g. cleaning products, paper towels, toilet paper, tissues, laundry detergent)

**Please call Countering Domestic Violence at (309) 828-8913 to arrange a
donation.**

Thank You.

Countering Domestic Violence

Helping a victim of domestic violence

After being isolated in an abusive relationship, breaking the silence takes tremendous courage – tell them this! Help them to identify their strengths. Being in an abusive relationship is not an indication of weakness, to the contrary, it takes strength in order to survive.

Understand that they still love their partner in spite of the abuse. It is normal to have mixed emotions about a partner who is abusive. In many cases the abuse does not happen all of the time. A victim may have many positive experiences as well as fearful times. Leaving any relationship is a loss that will be grieved, not only for what was, but for the hopes and dreams that were built into the relationship as well.

Understand that they may feel emotionally and physically exhausted. Many victims of domestic abuse experience symptoms of PTSD and have no idea what is happening to them. Symptoms include insomnia, flashbacks and panic attacks, memory and concentration problems, and nightmares. Explain to them that they are having a normal reaction to being in an abnormal situation. They are not going crazy – this is a real physiological reaction to stress and trauma. Understand that PTSD can be debilitating. Life becomes about daily survival. Separating from their abuser can seem overwhelming.

Let them know that they are not alone. Explain that you are concerned for their safety and well-being. Let them know that there are people who can help. One in three women will be in an abusive relationship. Support groups can be a wonderful resource for emotional support.

Encourage them to take care of themselves. Initially victims feel that they are not deserving of self-care. Self-care is imperative to healing from domestic abuse. Taking time for themselves also helps them to feel that they are worthwhile and deserving.

Talk to victims about the cycle of violence. In most abusive relationship there is a common pattern or cycle to the abuse. After an incident of verbal or physical abuse there will often be a honeymoon stage when an abuser will make promises and apologies. The honeymoon stage rarely lasts long and eventually gives way to a tension building stage. Most victims feel like they are walking on eggshells, waiting for the next explosion. Each time this occurs, the abuse often escalates. Part of what keep victims in abusive relationships is seeing a glimmer of the person they fell in love with during the honeymoon stage. Some victims may feel guilty that they have also become physically or verbally aggressive during the tension building stage. This can be either a conscious or unconscious tactic victims use to have some form of control over the abuse. They may recognize that if they start the fight, they can get it over with faster. Becoming more aware of cycles and patterns in their relationship can help them keep themselves safer.

Countering Domestic Violence

Helping a victim of domestic violence (cont.)

Couples counseling can be dangerous: Many victims will want to try couples counseling. It is important to let them know that couples counseling is not likely going to work until the abusive partner has had extensive treatment individually. A victim of domestic violence will not feel comfortable enough discussing important issues in couples counseling and will likely be unsafe after leaving the therapist's office. The abuse is a problem the abuser must fix. Many abusers will promise to go to counseling in the honeymoon stage, but usually does not follow through or drops out after one or two sessions. Behaviors which are learned over a lifetime will not change in a week or month. If they are committed to improving the relationship, they can live apart while both seeking treatment.

Talk to victims about personal rights in relationships. Many victims who grew up in violent homes or have experienced multiple abusive relationships may not have any concept of what their needs and rights are in relationships. Stress to them that they have a right to be treated with respect, to make their own choices, and that love should not hurt!

Encourage them to call CDV's 24 hour hotline (309) 827-7070

There is always an advocate available to talk to a victim about safety planning, community resources, legal rights, emergency shelter as well as counseling and support groups, and to provide emotional support.

WHAT CAN I SAY TO A VICTIM OF DOMESTIC VIOLENCE?

I believe you.

I am afraid for you.

You are not alone.

It is not your fault.

You do not deserve to be abused.

Help is available.

2004

Countering Domestic Violence

FACT SHEET

(Based on Domestic Violence Data for the Period Covering July 1, 2003 thru June 30, 2004)

1081 Adults were served

110 Children were served

4,061 Hotline calls were received

596 hours of Telephone Counseling were provided

Help Support Countering Domestic Violence

-Proceeds of sales to benefit Neville House-

- **T-Shirts** **\$20.00**
- **Candles** **\$9.00 - \$13.00**
- **Greeting Cards** **\$5.00**
- **Homemade Soap** **\$3.00 - \$4.00**

