



Domestic Violence Services of Cumberland & Perry Counties

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**DVS/CP can now take
donations online. Visit our
Website at www.dvscp.org**

Contact Us

**Hotline 1-800-852-2102
Local Hotline 717-258-4249**

Main Office:
717-258-4806

Camp Hill Office:
717-761-5599

Perry County Office:
717-285-8900

**Outside of Cumberland &
Perry Counties?**

**National Domestic Violence
Hotline
1-800-799-7233**

Mailing Address:
Main Office:
PO Box 1039
Carlisle, PA 17013

Camp Hill Office:
2120 Market Street
Camp Hill, PA 17011

Domestic Violence 101

Domestic Violence is a social crime that grips every town, county and state somewhere in this country on a daily basis. Many people do not understand domestic violence. Why does she stay? Is it only the physical evidence of a black eye, broken nose, or split lip that constitutes domestic violence? Are put downs, name calling, yelling, cursing and rape also considered domestic violence? Or, are all of these acts of power and control considered domestic violence?. Does it only occur between husband and wife because it is termed “domestic violence? This article will highlight some of the important facts about domestic violence, signs to look for in someone that you think may be in an abusive relationship and some ways to help. As you read further, please keep in mind that we know 85 – 95% of the victims are women and therefore the articles portrays women as victims. However, we also recognize that men are victims too, and therefore offer services for both female and male victims through our agency.

What is domestic violence?

According to the National Domestic Violence Hotline (NDVH) “abuse is a pattern of coercive control that one person exercises over another. Battering is a behavior that physically harms, arouses fear, prevents a partner from doing what they wish or forces them to behave in ways they do not want”. (2009)

Domestic violence, also referred to as intimate partner violence (IPV) could be a relationship between a husband and wife, same sex partners, child and parent, or other persons related by blood or kinship, current or former sexual or intimate partners or persons who share biological parenthood.

Battering includes the use of psychological, emotional physical, sexual, and verbal abuse, as well as the use of threats and intimidation. Domestic violence is not about love but about the ability to wield power and control over someone else.

The Women’s Rural Advocacy Program shares the following warning signs as observed in possible victims of domestic violence:

- Shows guilt, ambivalence, and fear over living conditions.
- Feels isolated and untrusting of others, even though she may be involved in the community.
- Is emotionally and economically dependent.
- Has a poor self-concept (this may not have been true BEFORE the relationship).
- Has observed other women in her family being abused or may have been abused as a child

History of DVS/CP

DVS/CP is a private, non-profit organization incorporated in May 1990 and has provided 24 hour a day unduplicated services to the communities of Cumberland and Perry counties since July 1990.

DVS/CP offers emergency shelter, 24/7 hotline, legal and systems advocacy, children's counseling, adult group and individual counseling, public education/prevention training, medical advocacy and a program for batterers.

Our Mission

DVS/CP seeks to provide services and support to those who are experiencing domestic violence and to foster, as resources allow, social and systems change through education and advocacy.

References

National Domestic Violence Hotline, (2009). *Get Educated*. Retrieved on July 29, 2009 from <http://www.ndvh.org/get-educated/?gclid=CO3vi-e2-5sCF5BN5QodICOo-A>

National Resource Center on Domestic Violence (NRC DV), (2002). *Children Exposed to Intimate Partner Violence*. Retrieved on July 29, 2009 from http://new.vawnet.org/category/index_pages.php?category_id=10

Women's Rural Advocacy Program (2009). *Warning Signs of Domestic Abuse*. Retrieved on July 29, 2009 from <http://www.letswrap.com/dvinfo/warning.htm>

(Domestic Violence 101 continued from page 1)

- Feels angry, embarrassed, and ashamed
- Is fearful of being insane.
- Has learned to feel helpless and feels powerless.
- Has unexplained injuries that may go untreated.

Signs of a potential abuser:

- Shows extreme jealousy and wants to keep the woman isolated.
- Has an inability to cope with stress and shows a lack of impulse control. (This may not necessarily appear outside the home)
- Has a poor self-image and blames others for problems.
- Shows severe mood swings.
- May have a history of abuse in his own family and may have been abusive in courtship.
- Presents a history of personal and/or family discord; unemployment, cruelty to animals, abuse of alcohol or other substances, and other unexplained behavior. (2009)

Who is impacted by domestic violence?

The short answer is everyone. When a person is being abused she may be kept isolated from family and friends and they are unsure what is going on with their loved one. The children, sometimes the forgotten victims, are also impacted—may be not physically but emotionally and psychologically as they

watch their mother being hurt. In a publication by the National Resource Center on Domestic Violence, it states that “isolation, vital to the abuser's successful use of power and control over the adult victim, creates a situation wherein children, particularly pre-schoolers, are limited to family feedback regarding their self-worth and their ability to interact with others. Verbal abuse (shaming, blaming, intimidation and threats) is a common technique the abuser employs to control the children's behavior. From these verbal assaults, the child may acquire a sense of worthlessness, getting the message that he or she is unlovable and incapable of success (2002).

How can you help?

Many people who have a family member or friend going through domestic violence, ask the same questions: Why does she stay? How can we help? There are many reasons why a woman will stay in an abusive relationship. Statistics show that one of the most volatile times for a victim is when she leaves her abuser—he feels he is losing control and his actions could lead to tragedy. Some victims may stay for financial reasons or because he has her and the children on his medical insurance or because she does not know where to turn for help. But basically it all comes down to fear—fear of him, what he could do (will do) if she leaves, will she be able to care for herself and her children. It is important for the victim to know that although you may not agree with her decision to stay—after all we cannot understand what is happening behind closed doors, letting her know that you support her and will be there for her. Also, find out what services are offered in the area and give her the information if safe to do so. Many victims do not know that there are services out there to protect themselves and their children.

Domestic Violence Services of Cumberland/Perry Counties Organizes 1st Work Place DV Business Partner Roundtable

Did you know that lost productivity and earnings due to domestic violence, also known as intimate partner violence (IPV), accounts for almost \$1.8 billion each year and that 68% of senior executives surveyed agreed that their company's financial performance would benefit from addressing the issue of domestic violence among its employees? A recent study by a northwest managed healthcare program found that, "The excess costs due to IPV (physical, emotional, and sexual abuse) were estimated to be \$19.3 million per year for every 100,000 female enrollees aged 18-64 based on the lifetime intimate partner violence prevalence of 44%. For medical providers, early detection and referral of victims to local services for assistance is a key strategy to lowering health care costs – one of our current national initiatives. For businesses, any strategy that can potentially lower health care costs can increase annual earnings and provide capital for reinvestment - impacting overall economic growth.

We know that domestic violence NEVER stays home. It comes to work too. It exists in the cubicle or office next door, on the production line, the phone, the fax machine, in email, and at the water fountain...places that impact business bottom lines and personal lives. Domestic violence training is a vital element of workplace violence policies and procedures. It not only provides skills to assist victims and co-workers protect themselves, it can potentially help the business owner and partners avoid lawsuits for unsafe work sites and business practices; and above all, it saves lives.

On September 16, 2009, Domestic Violence Services of Cumberland and Perry Counties (DVS/CP) will host our first Business Partner Roundtable for the viewing of "A Day In The Life...," a workplace training program about domestic violence, funded in part by Verizon Wireless to train Penn State University campus staff and subsequent business communities. Our goal, to bring community leaders together to share fresh ideas on how to best reach out to their employees, helping them to recognize, respond, and refer someone experiencing emotional, physical, verbal and sexual abuse for help.

For further information on this program, please contact Carla J. Maddox, Public Education Coordinator at (717) 761 – 5599.

American Institute on Domestic Violence. 17 July 2009. Domestic Violence In The Work Place Statistics. Retrieved 17 July 2009 <<http://www.aidv-usa.com/statistics.htm>>.

The Family Violence & Health Practice, An E-Journal Of The Family Violence Prevention Fund. 30 July 2009. Information and Resources – Recent Studies. Retrieved 30 July 2009. <<http://endabuse.org/health/ejournal/archive/1-5/resources.php>>.



How Do You Measure A VOLUNTEER

According to the Bureau of Labor Statistics, an estimated 61.8 million people volunteered their time in some capacity from September 2007 to September 2008. Independent Sector estimated that the dollar value given to a volunteer's time is \$20.25 per hour. Volunteers dedicate their time, talents and energy making a difference to various charitable organizations throughout the world. If you serve as the Secretary of the PTA, help maintain the local baseball field or rush to the firehouse for an emergency, you are volunteering. The worth of a volunteer is immeasurable to the organizations that a volunteer gives her or her time to.

Volunteers for DVS/CP provide a service to individuals by being available to answer a hotline call that comes in the middle of the night from a frightened and possibly injured victim. Volunteers take time out of their day to provide information and education about domestic violence. Volunteers spend their time working at the shelter to make a home for victims who have nowhere else to go.

In 2008, 6,829 volunteer hours were recorded with DVS/CP. Because of the selflessness of these volunteers, DVS/CP was saved \$64,875.00.

Although the monetary value is very significant, the compassion shown by our volunteers is priceless.

Additionally, Fall training is scheduled to begin on September 15, 2009 at the YWCA in Carlisle. Please share this information with your friends, family and acquaintances if you feel they would be interested in volunteering. We would love to have them join us. There is a "Volunteer Meet & Greet" gathering on August 18, 2009 at the United Way in Carlisle from 4:30 p.m. to 6:00 p.m.. Please feel free to mention this to anyone who may be interested in volunteering. That should give anyone who signs up plenty of time to enroll in the upcoming fall training.

UPCOMING EVENTS

Upcoming Events

August 4, 2009 National Night Out – Camp Hill

October 15, 2009 Camp Hill Candlelight Vigil – Camp Hill Borough Hall – Begins at 7PM

Fundraisers

September 20, 2009 Benefit Bike Ride – Carlisle LeTort Park – starts at 6AM—*See our website to pay for your registration online*

October 27, 2009 1st Annual Evening Celebrating Excellence – West Shore Country Club – starts at 5:30PM *See our website to pay for your seat reservations or to become a corporate sponsor*

Fundraisers by others

October 24, 2009 Toni Clouse Myers Sunflower Ball – Hotel Carlisle – 7PM to 11PM

For more information about our Upcoming events, log onto our website at www.dvscp.org