

# Nami Migizi Nangwiihgan

Domestic Violence, Sexual Assault, & Stalking Services

**If you or someone you know has been a victim of sexual assault, domestic violence, or stalking, you know how much they have been hurt. As a loved one you suffer too. Help is available for victims and their families. Please call:**

**Nami Migizi Nangwiihgan: (989)775-4400**

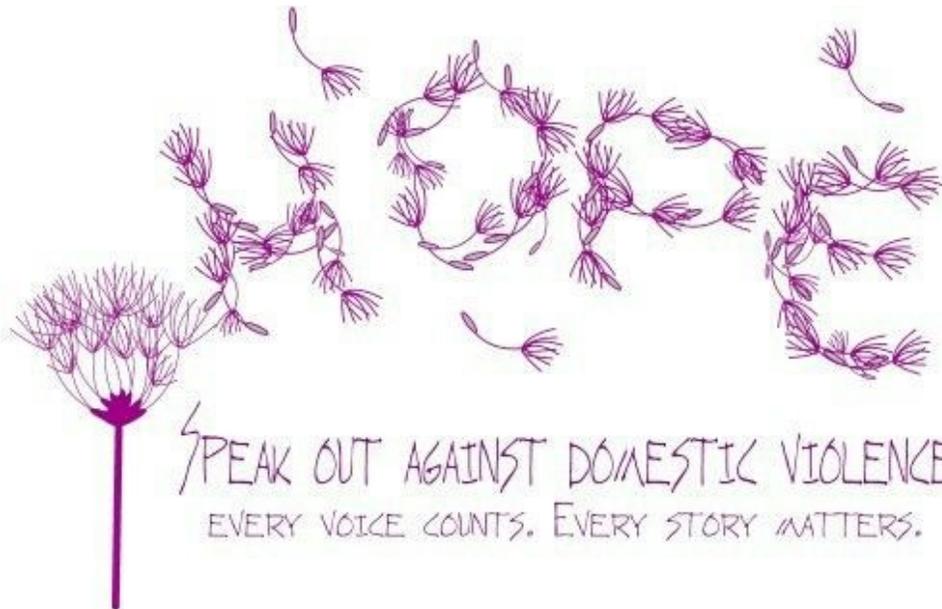
**Women's Aide: 844-349-6177**

**Shelter House (Midland,MI): 877-216-6383**

**Behavioral Health Programs: (989)775-4850**

**National Sexual Assault Hotline: 1-800-656-4673**

**National Domestic Violence Hotline: 1-800-799-7233 (SAFE)**



Individual Counseling

Group Counseling

Case Management

Transportation

Cultural Sensitivity

Confidentiality/Privacy

989-775-4400





OCTOBER IS

# domestic violence awareness month

## What is Domestic Violence?

Domestic violence is a pattern of abusive behavior used by one partner to gain or maintain power and control over another partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions.

**Physical Abuse:** hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are examples of physical abuse.

**Sexual Abuse:** coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is not limited to, marital rape, forcing sex, or treating one in a sexual demeaning manner.

**Emotional Abuse:** undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

**Economic Abuse:** is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

**Psychological Abuse:** causing fear by intimidation; threatening physical harm to self, partner, children, or partners

**Domestic Abuse and Domestic Violence: 10 Warning Signs of Abuse and an Abusive Relationship**

- 1 in 4 women** will fall victim to domestic violence at some point during her life
- 1 in 3 female** homicide victims was killed by a current or former partner
- Women in their early 20's are at the highest risk of suffering domestic abuse

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- #1 Controlling**  
Abusers wield their control like a weapon!
- #2 Restricting Relationships**  
Abusers will try to restrict their victim's relationships with family and friends.
- #3 Jealousy and Possessiveness**  
They may be jealous with family members and even your relationship with your child or pet!
- #4 Inequity of Power**  
In an abusive relationship, there is a very unequal balance of power.
- #5 Won't Take No for an Answer**  
If a partner refuses to accept 'no' for an answer, this is a sign of a real problem.
- #6 Explosive Temper**  
Abusers often have a very hot temper; many go from zero-to-sixty in an instant.
- #7 They Make (and Break) Promises All the Time**  
Abusive individuals will often spew promises in an attempt to control and manipulate their partner.
- #8 Destruction of Self-Worth**  
Abusers work very hard to destroy their victim's sense of self-worth and confidence.
- #9 Fear and Threats**  
An abuser will instill feelings of fear in their victim.
- #10 Physical Harm**  
It's essential to recognize physical abuse as such. It is never, ever acceptable to slap, punch, choke, grab, shake, spit or otherwise lash out at your partner in a physical manner. Even if it happens only once, this is abuse.



# Did You Know?

- ⇒ 1 in 3 women are physically abused by an intimate partner and 1 in 5 women are severely abused. And 1 in 4 men are physically abused by an intimate partner and 1 in 7 are severely abused.
- ⇒ 15% of all violent crime is from intimate partner violence.
- ⇒ Every minute about 20 people are victims of physical abuse in the US.
- ⇒ 19% of intimate partner violence involves a weapon.
- ⇒ 1 in 3 female murder victims and 1 in 20 male murder victims are killed by intimate partners.
- ⇒ Only 34% of people injured by intimate partner violence receive medical care for injuries.
- ⇒ 1 in 15 children are exposed to intimate partner violence each year.
- ⇒ American Indian and Alaska Native women experience domestic violence at much higher rates than women of any other ethnicity.
- ⇒ Over 84% of native women experience violence during their lifetime.

## Domestic Violence in Tribal Communities



For American Indians and Alaska Natives, the rates of violence are alarming.



**Most Native American men and women have experienced violence:<sup>1</sup>  
More than 4 in 5 (84%)**

**More than 1.5 million women | More than 1.4 million men**

More than half (56%) of Native American women were **assaulted or raped and/or experienced physical violence** by an intimate partner in their lifetimes.<sup>1</sup>

Native American women are victims of violent crimes at **3.5x the rate of the national average**. In the past year alone, an estimated 730,000 Native American women were victims of violent crimes.<sup>1</sup>

Compared to all other races in the U.S., Native American women and men are 2x more likely to experience rape or sexual assault, 2.5x more likely to experience violent crimes and **5x more likely to be victims of homicide** in their lifetimes.<sup>1</sup>

Homicide is the third leading cause of death for Native American women. Of homicides against Native American women, more than **three out of four (76%) were killed by an intimate partner**.<sup>1</sup>



Native victims of domestic violence and dating violence on reservations can also face unique barriers in seeking safety and support services, including:

**Geographic isolation** (ex. living in a rural tribal community far from town and appropriate services)

**Lack of law enforcement** (ex. in remote areas)

**Fear of being identified** when seeking help or services in one's own small, tight-knit community

**Fear of retaliation** from the abusive partner or their family, or of being shunned by their tribal community

**Lack of trust** between victims of abuse and local law enforcement authorities

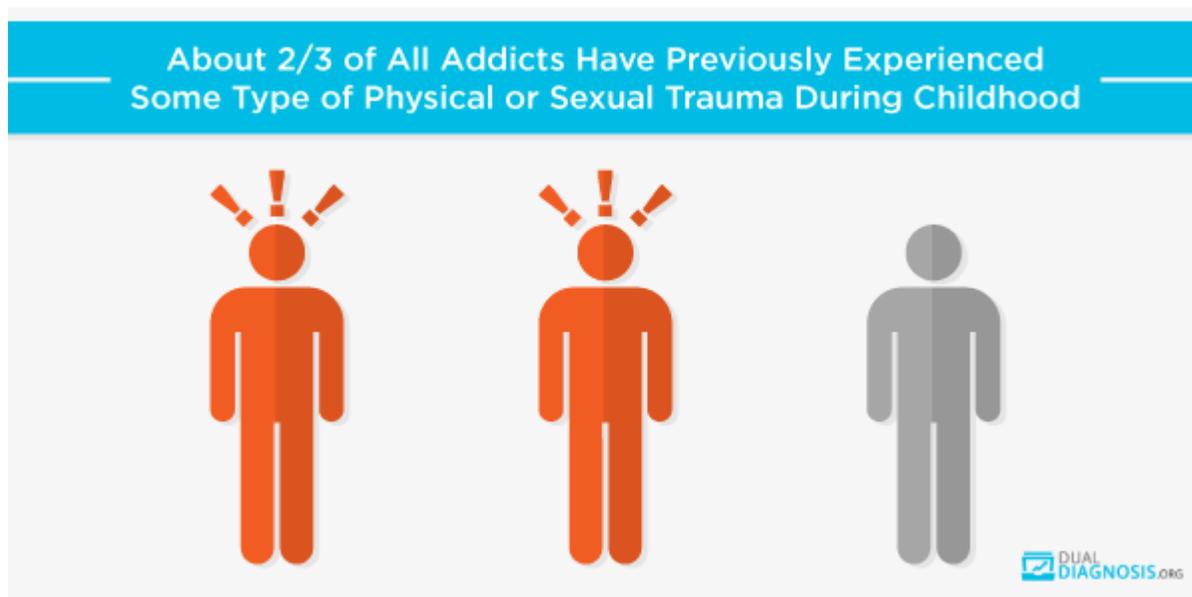
*NOTE: All data is relative to the United States and does not factor in international figures.*

<sup>1</sup> 2016 National Institute of Justice (NIJ) Research Report: *Violence Against American Indian and Alaska Native Women and Men*

# September is National Recovery Month

## September is National Recovery Month

The goal of National Recovery Month is to educate Americans that addiction treatment and mental health services can enable those with a mental and/or substance abuse disorder to live a healthy and rewarding life. There are millions of American's whose lives have been transformed through recovery. These successes often go unnoticed; therefore, recovery month celebrates these accomplishments.



- Women with a history of abuse have a 9 times increased likelihood of abusing drugs and a 15 times greater probability of abusing alcohol than women who have never been abused.
- There is an increase of intimate partner violence in which both abuser and victim use or abuse drugs or alcohol.
- Substance abuse on the part of the victim can present as a barrier to leaving a domestic violence situation.
- Substance abuse can be encouraged by the batterer, and they may undermine attempts to abstain from drugs or alcohol as a means of control.
- Women with substance abuse issues may have an increased difficulty in accessing advocacy, shelter and other types of help.

# Domestic Violence

# and Addiction

Addiction and substance abuse is linked to domestic violence in a strong way. When someone is inebriated from drugs or alcohol, they are likely to lose control of their inhibitions. When a person abuses drugs, the chemicals in their brain are rewired to seek out the substance, despite any future consequences of their behavior. This can result in irrational, violent or controlling behavior.

## 50% of Men

in abuser intervention programs also suffer from substance abuse problems.



They are also **8X** as likely to commit violence when they drink alcohol



## Almost 50%

of women receiving victim services for domestic violence struggle with substance abuse.



Addiction and domestic violence share a number of characteristics, such as:

- A loss of control
- Behavior continues even though it leads to negative consequences
- Addiction and abuse tend to worsen over time
- Both conditions involve denial or shame



# Why do victims stay?

**“you’re telling me that your husband beat you up. I would never put up with that abuse. Why don't you just leave him?”**

We often put ourselves in the victims place and imagine ourselves leaving at the first signs of abuse. But breaking free of abuse is not simply a matter of walking out the door. Leaving is a process.

It can be difficult for many people to understand why a person would stay in an abusive relationship. But there are many reasons. Strong emotional and psychological forces keep the victim tied to the abuser. Sometimes situational realities like a lack of money keep the victim from leaving. The reasons for staying vary and usually involve several factors.

## Emotional reasons for staying:

- ◆ Belief that the abusive partner will change due to the remorse and promises to stop battering.
- ◆ Fear of the abuser who threatens to kill the victim if the abuse is reported.
- ◆ Lack of emotional support
- ◆ Guilt over the failure of the relationship
- ◆ Attachment to the partner
- ◆ Fear of making major life changes
- ◆ Feeling responsible for the abuse
- ◆ Feeling helpless, hopeless and trapped
- ◆ Belief that they are the only ones that can help the abuser with their problems.

## Situational reasons for staying:

- ◆ Economic dependence on the abuser
- ◆ Fear of physical harm to self or children
- ◆ Fear of emotional damage to the children over the loss of a parent
- ◆ Fear of losing custody of the children because the abuser threatens to take the children if the victim tries to leave
- ◆ Lack of job skills
- ◆ Social isolation and lack of support because the abuser is often the victims only support system
- ◆ Lack of information regarding domestic violence resources
- ◆ Belief that authorities will not take them seriously
- ◆ Lack of alternative housing

# Safety Planning

On average, it takes seven attempts before an abused woman leaves her partner. Not everyone will need to stay at a shelter. And not everyone will need to or should leave at least not right away. The victim is the expert and the best judge of what she can and cannot do safely. So while a woman is deciding what the best course of action is, she needs to create a safety plan for staying well while leaving.

## Protecting yourself at home:

- ◆ During conflicts stay out of kitchens (where there are knives) and bathrooms ( where you can be trapped)
- ◆ Assemble a bag with important items you would need if you had to make a quick escape (ID, keys, cash, medication, birth certificates, and other important papers) it is best to keep this with a friend or in another safe place outside of your home.
- ◆ During a conflict, get to a room with a door that will allow you to escape. Alternatively, go to a room with a door you can lock from the inside and call 911
- ◆ Teach your children not to get into the middle of a fight even if they want to help.
- ◆ Devise a code word to use with your children, family, and friends when you need the police
- ◆ Document signs of physical abuse. Take photographs of injuries or bruises

"I WOULD NEVER PUT  
MYSELF IN THAT  
SITUATION. "

"WHY DOESN'T  
SHE JUST LEAVE? "

"SHE IS STAYING WITH  
HIM, SHE DESERVES IT.  
"

# Patterns of Abuse

Abuse is cyclical. There are periods of time where things may be calmer, but those times are followed by a build up of tension and abuse, which usually results in the abuser peaking with intensified abuse. The cycle often starts to repeat, commonly becoming more and more intense as time goes on. Each relationship is different and not every relationship follows the exact pattern. Some abusers may cycle rapidly, others over longer stretches of time. Regardless, abusers purposefully use numerous tactics of abuse to instill fear in the victim and maintain control over them.



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street  
Duluth, Minnesota 55802  
218-722-2781  
www.duluth-model.org

# Some of the biggest victims of Domestic Violence are the smallest



Witnessing can mean seeing actual incidents of abuse. It can mean hearing threats or fighting from another room. Children may also observe the aftermath of physical abuse such as blood, bruises, tears, torn clothing, and broken objects. Children may be aware of the tension in the home such as their parents fearfulness when the abuser comes around.

## **What are the feelings of the children who are exposed to violence?**

When exposed to violence children often become fearful and anxious. They never feel safe because they never know what will trigger the abuse. Children who grow up with abuse are expected to keep the secret, leaving them to feel isolated and vulnerable. Often they blame themselves for the abuse thinking if they had not said or done a particular thing, the abuse would not have occurred. Parents who are dealing with abuse often become so consumed in it that they leave their children feeling starved for attention, affection, and approval. These children become physically, emotionally and psychologically abandoned.

## **What behaviors do children who witness domestic violence exhibit?**

The emotional responses of children who witness violence may include fear, guilt, shame, sleep disturbances, sadness, depression, and anger.

Physical responses may include stomachaches and/or headaches, bedwetting, and loss of ability to concentrate. Some children may also experience physical or sexual abuse or neglect. Others may be injured while trying to intervene on behalf of a parent or sibling.

The behavioral responses of children who witness abuse may include acting out, withdrawal, or anxiousness to please. The children may exhibit signs of anxiety and have a short attention span which could result in poor school performance and attendance. They may experience developmental delays in speech, motor or cognitive skills. They may also use violence to express themselves displaying increased aggression with peers and can become self injuring.

## **What are the long term effects on children who witness abuse?**

Whether or not children are physically abused, they often suffer emotional and psychological trauma from living in homes where abuse is present. Most experts believe that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems. They may replicate the violence they witnessed as children in their adult relationships and parenting experiences. Children from violent homes have higher risks of drug/alcohol abuse, post traumatic stress disorder, and juvenile delinquency. Witnessing domestic violence is the single best predictor of juvenile delinquency and adult criminality.



# SUPPORT

If someone you love is being abused, it can be so difficult to know what to do. Your instinct may be to “save” them from the relationship, but its not that easy. After all, there are many reasons why people stay in abusive relationships, and leaving can be a very dangerous time for a victim.

**Acknowledge that they are in a very difficult and scary situation, be supportive and listen.**

Let them know that the abuse is not their fault. Reassure them that they are not alone and there is help and support out there. It may be difficult for them to talk about the abuse. Let them know that you are available to help whenever they need it. What they need most is someone who will believe and listen.

**Be Non-judgmental.**

Respect your friend or family members decisions. There are many reasons why victims stay in abusive relationships. They may leave and return to the relationship many times. Do not criticize their decisions or try to guilt them. They will need your support even more during those times.

**If they end the relationship, continue to be supportive of them.**

Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. They will need time to mourn the loss of the relationship and will especially need your support at that time.

**Encourage them to participate in activities outside of the relationship with friends and family.**

Support is critical and the more they feel supported by the people who care for them, the easier it will be for them to take the steps necessary to get and stay safe away from their abusive partner.

**Help them develop a safety plan.**

Check out information on creating a safety plan for wherever they are in their relationship– whether their choosing to stay, preparing to leave, or have already left.

**Encourage them to talk to people who can provide help and guidance.**

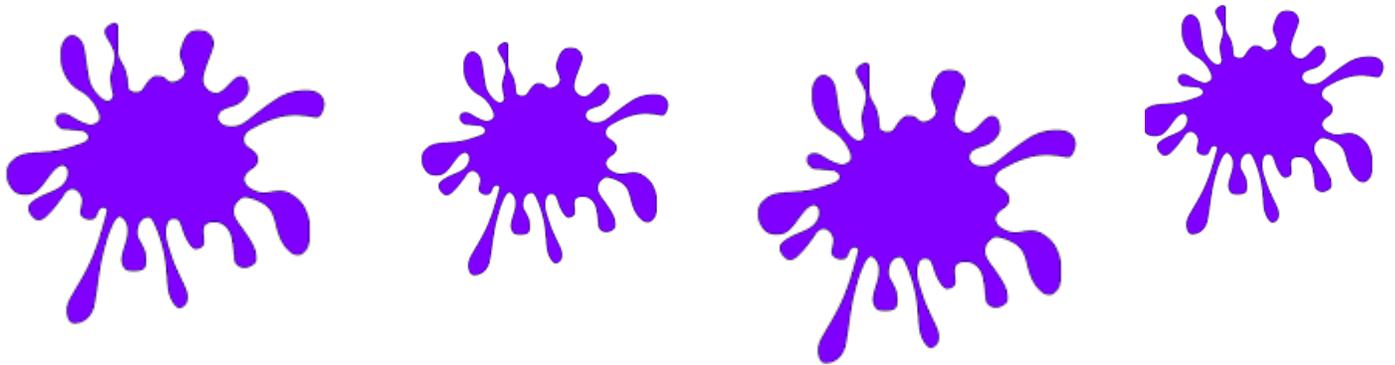
Find a local domestic violence agency that provides counseling or support groups. Offer to go with them. If they have to go to the police, court or lawyers office, offer to go along for moral support.

**Remember that you cannot “rescue” them.**

Although it is difficult to see someone you care about get hurt, ultimately they are the one who has to make the decisions about what they want to do. It is important for you to support them no matter what they decide, and help them find a way to safety and peace.

# Wear purple for Domestic Violence Awareness Day

**Thursday, October 18th, 2018**



## Color Me Free From Domestic Violence



**Domestic Violence Awareness Walk/Run**

**Saturday, October 13th, 2018**

**VOLUNTEERS NEEDED!!!**

**If you are interested in volunteering please contact:**

**Kayleen Toner**

**(989)775-4400**

**[Katoner@sagchip.org](mailto:Katoner@sagchip.org)**

# Apple Pie Bites

## Ingredients:

- 1/4 c. packed brown sugar
- 1 tsp. apple pie spice, & additional 1/4 tsp. for sprinkling on top
- 3 tbsp. Butter, melted
- 1/3 c. chopped pecans
- 1 small granny smith apple, cored & sliced into 8 (1/2in.) slices
- 1 can Pillsbury original crescent rolls

## Instructions:

- Preheat oven to 375 degrees. Line baking sheet with parchment paper
- In a small bowl, combine brown sugar and apple pie spice, set aside.
- Melt butter, and toss apple slices in butter, set aside.
- Arrange crescent roll triangles on baking sheet. Evenly distribute brown sugar mixture onto each triangle
- Sprinkle each triangle evenly with chopped pecans
- Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple
- Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
- Bake for 10-12 minutes, until golden brown. Cool for 5 minutes before serving.



# Sugar Scrub

## What you'll need:

- 1/4 c. coconut oil
- 3/4 c. -1 c. granulated white sugar
- 2-4 drops yellow or red food coloring
- 10-15 drops lemon essential oil OR 10-15 drops Raspberry or vanilla extract.

## Instructions:

- Melt coconut oil in microwave for 20-35 seconds until melted
- Pour sugar into oil and mix
- Add food coloring to make color you desire
- Add essential oils and extract drops to achieve the scent you desire.
- Store in an air tight container

