



Intersection of Domestic and Sexual Violence & the Refugee Community

Jen Miller

Outreach, Education & Community

Engagement Director, M.Ed

&

Cindy Capriles

Sexual and Domestic Violence

Counselor, MSW



Safe Harbor is a local sexual and domestic violence program serving Henrico County.

OUR MISSION: Safe Harbor empowers survivors of sexual and domestic violence to transform their lives and promotes healthy relationships for all.



OUR WORK





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Safe Harbor supports survivors of sexual and domestic violence in a variety of ways. The agency serves approximately 1,000 survivors of sexual and/or domestic violence each year. These confidential services are provided free of charge to survivors.

Emergency Shelter

24/Hr Hotline

Counseling for Adults and Children/Youth

RHART (Hospital Accompaniment)

Court Advocacy

Community Outreach & Education

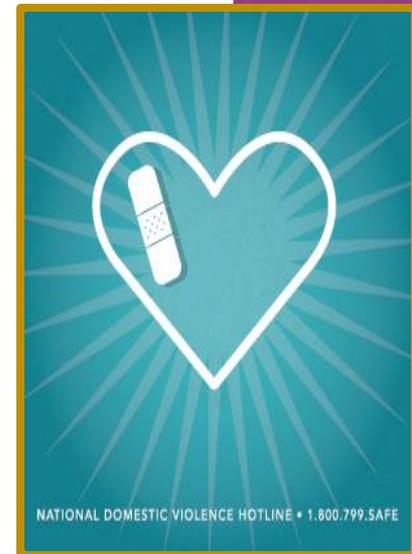


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Why should we care about sexual & domestic violence ?

- It affects everyone: 1 in 4 women and 1 in 8 men in VA experience domestic violence in their lifetime
- Every 2 minutes, someone is sexually assaulted in the United States
- Up to 10 million American children witness violence in their homes

Domestic and sexual violence affect people in our community every day.





SEXUAL VIOLENCE STATISTICS

- More than half (**51.1%**) of female victims of rape reported being raped by an intimate partner and **40.8%** by an acquaintance.
- For males, more than half (**52.4%**) reported being raped by an acquaintance and **15.1%** by a stranger.
- Most female victims (**79.6%**) experienced their first rape before the age of 25;
42.2% experienced their first rape before the age of 18.
- **27.8%** of male victims experienced rape when they were 10 years or younger.





MYTH VS FACT

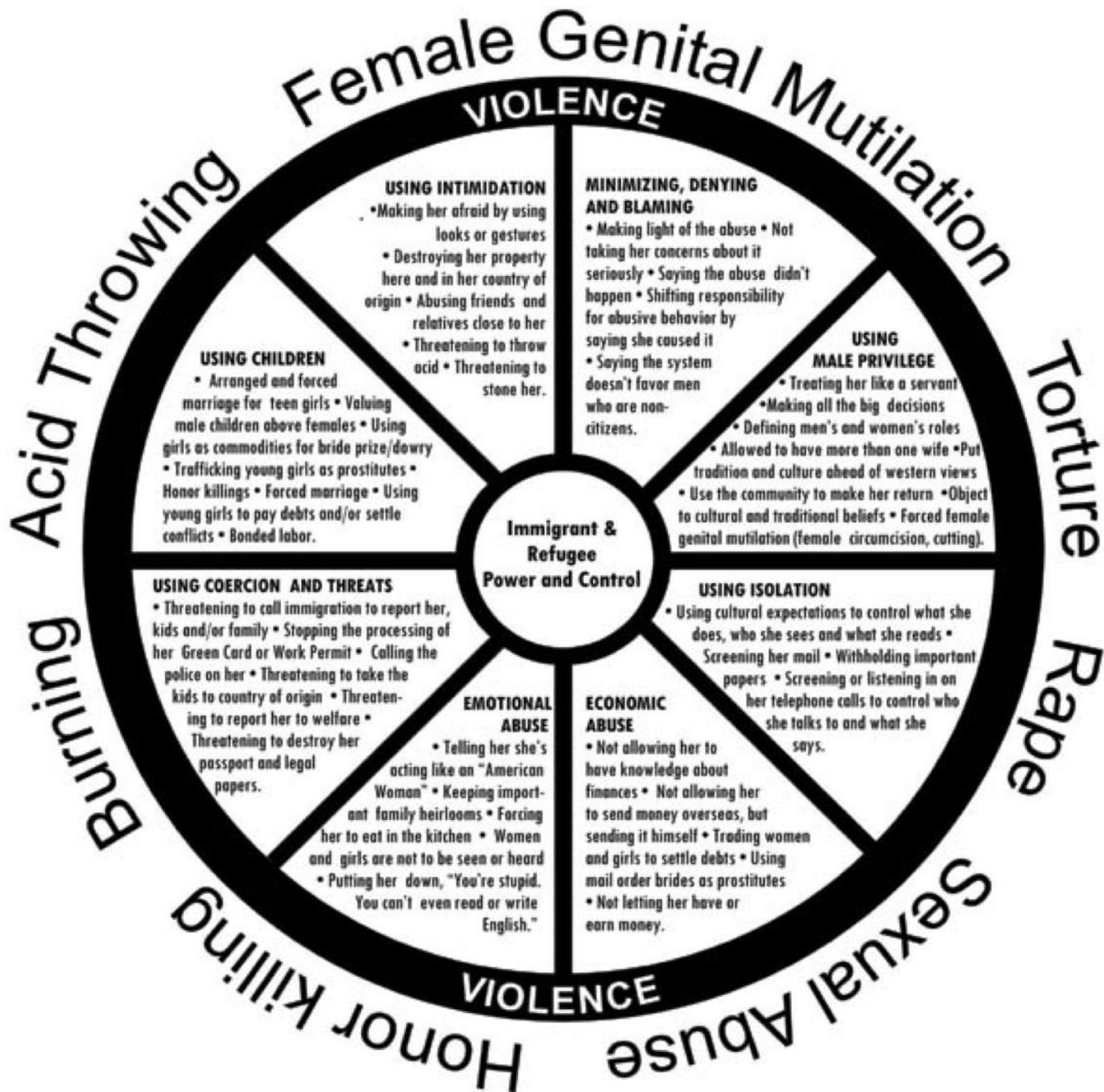
- **Myth:** Most sexual assault victims were “asking for it,” (i.e., the assault was provoked by the victim in some way).
- **Fact:** To say that someone wants to be raped is the same as saying that people ask to be mugged or robbed.
- 60-70% of rapes are at least partially planned in advance, and the victim is often threatened with death or bodily harm if she resists.
- The responsibility for raping always lies with the perpetrator, not the victim.



MYTH VS FACT

- ◉ **Myth:** Most victims sustain serious physical injuries.
- ◉ **Fact:** Over two-thirds (70%) of rape victims reported no physical injuries, and only 4% sustained serious physical injuries, with 24% receiving minor physical injuries.
- ◉ Many victims who did not sustain physical injuries nonetheless feared being seriously injured or killed during the rape.
- ◉ Almost half of all rape victims (49%) described being fearful of serious injury or death during the rape.
- ◉ Just because a victim may not look injured physically, he or she is still the victim of a violent crime.

IMPACTS TO IMMIGRANT AND REFUGEE POPULATION



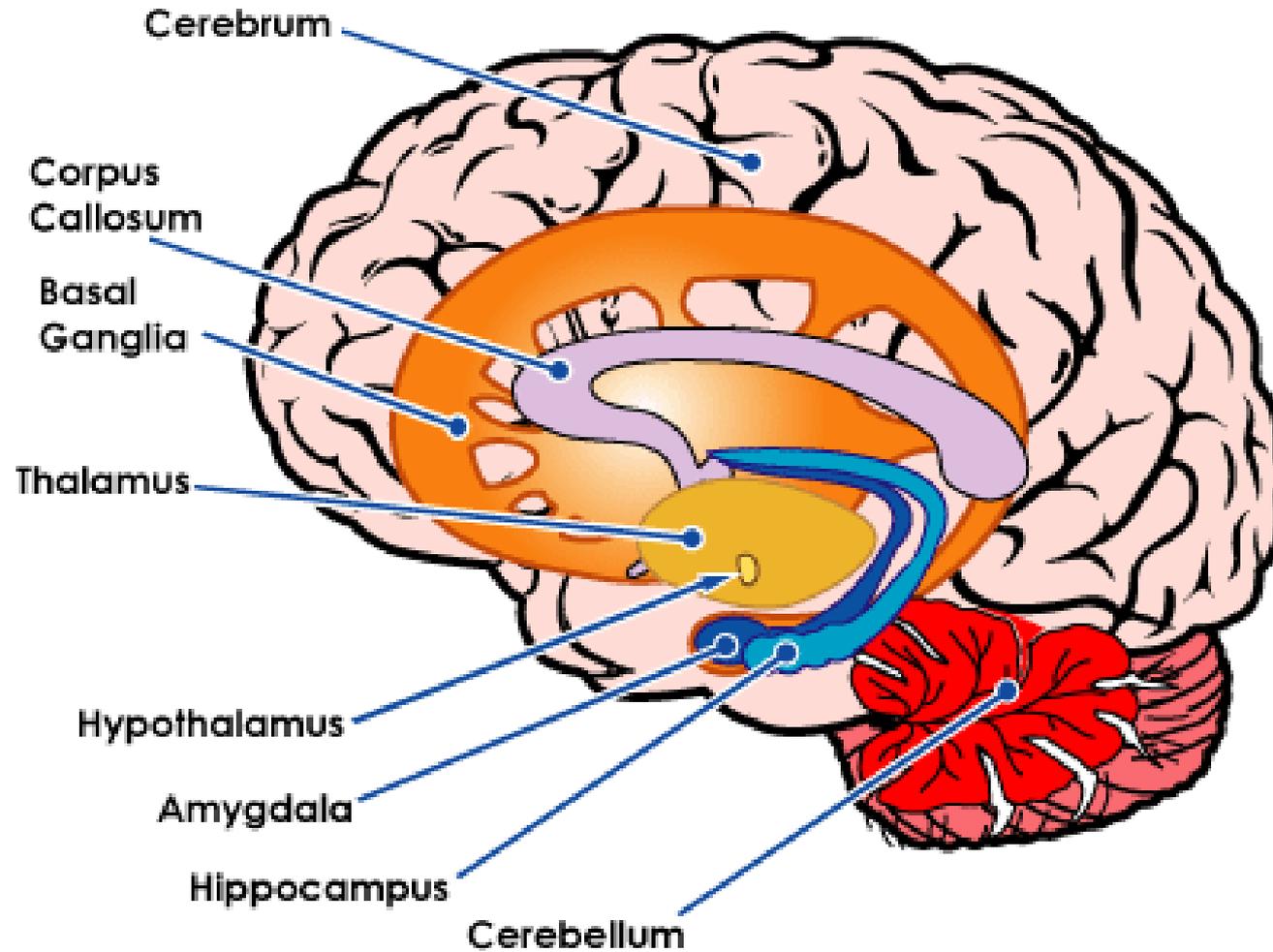


TRAUMA INFORMED CARE

1. Provide survivors with information about the traumatic effects of abuse
2. Adapt programs and services to meet survivors' trauma and mental health related needs
3. Create opportunities for survivors to discuss their responses to trauma
4. Offer resources and referrals to survivors
5. Reflect on our own and our programs' practices

TRAUMA AND THE BRAIN

Basal Ganglia and Limbic System





COMPLEX TRAUMA: PTSD

- Includes the core symptoms of PTSD
 - Re-experiencing
 - Avoidance/numbing
 - Hyper-arousal

- In conjunction with a range of disturbances in self-regulatory capacities grouped into 5 domains:
 1. Emotion regulation difficulties
 2. Disturbances in relational capacities
 3. Alterations in attention and consciousness (e.g. dissociation)
 4. Adversely affected belief systems
 5. Somatic distress or disorganization



COMPLEX TRAUMA: ACES STUDY

Adverse Childhood Experiences can include:

1. Emotional Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional neglect
5. Mother treated violently
6. Household substance abuse
7. Household mental illness
8. Parental separation or divorce
9. Bullying (by another child or adult)
10. Witnessing violence outside the home
11. Witnessing a brother or sister being abused
12. Racism, sexism, or any form of discrimination
13. Being homeless
14. Natural disasters and war



IMPACT TO CHILDREN

- Studies suggest that between 3.3 and 10 million children witness domestic violence annually.
- Research shows that domestic violence affects the entire family, and that children who witness the violence carry forward the lethal legacy.
- Counselors use developmentally appropriate, trauma-informed, cognitive-behavioral therapeutic interventions along with play, art, and sand tray strategies.



BARRIERS TO LEGAL PROTECTIONS

Protective orders:

- ⦿ A person can petition for a protective order if, within a reasonable period of time, the petitioner had an act involving violence, force, or threat that results in bodily injury or places one in reasonable apprehension of death, sexual assault, or bodily injury.
- ⦿ Such acts include, but are not limited to, any forceful detention, stalking, criminal sexual assault... that results in bodily injury or places one in reasonable apprehension of death, sexual assault or bodily injury.



BARRIERS TO LEGAL PROTECTIONS

- ◉ U-VISA: qualifying U-Visa activity includes but is not limited to domestic violence (including child abuse and elder abuse), sexual assault and human trafficking
- ◉ T-VISA: this visa is only available to victims of a “severe form of trafficking in persons.”
- ◉ VAWA: Self-petitioners must have been subject to battery or extreme cruelty, which includes forms of emotional abuse and does not have to rise to the level of criminal activity

RELATIONSHIP RED FLAGS

1. Feeling afraid of your partner
2. Feeling isolated
3. Losing your friends
4. Changing your behavior because of your partner's jealousy
5. Feeling embarrassed, put down, ashamed or guilty
6. Feeling manipulated or controlled
7. Feeling nervous or sick to your stomach when your partner is irritated, frustrated or angry
8. Feeling as if your partner touches you in ways you wish they wouldn't
9. Being threatened
10. Being physically hurt





HOW CAN YOU HELP?

- Believe her or him - and let her know that you do.** If you know his or her partner, remember that abusers most often behave differently in public than they do in private
- Listen to what she or he tells you.** Actively listen and avoid making judgments and giving advice.
- Validate his or her feelings.** It is common to have conflicting feelings - love and fear, guilt and anger, hope and sadness. Let him/her know their feelings are normal.
- Avoid victim blaming.** Tell him/her that the abuse is not his/her fault. Reinforce that the abuse is the abuser's responsibility.



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We collaborate with partner agencies to operate the **Greater Richmond Regional Hotline**, which serves the metro-Richmond area and surrounding counties. One call to this hotline connects the caller to an advocate and resources closest to them.



Greater Richmond Regional Hotline

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How Can I Help? Learn more about Safe Harbor!

Volunteer your time

Collect needed items

Donate

Support someone in need.

Attend a Safe Harbor event

Connect with us on social media!

WEBSITE www.safeharborshelter.com



www.facebook.com/SafeHarborRVA



www.twitter.com/SafeHarbor_RVA