

Domestic Violence Awareness Month

October is recognized as Domestic Violence Awareness Month. This year we want to bring a greater understanding of how domestic violence affects our people.

According to Jan Peery the CEO of the YWCA-OKC, "Domestic Violence Awareness Month is designed to honor the women, children, and men who overcame abuse and to remember those who didn't."



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What is Domestic Violence?

We have always heard that Domestic Violence is dangerous, even deadly. People seem to think "it would never happen to me or anyone I know." But the truth is it can. "Domestic abuse" means any act of physical harm, or the threat of imminent physical harm which is committed by an adult, emancipated minor, or minor child thirteen (13) years of age or older against another adult, emancipated minor or minor child who are family or household members or who are or were in a dating relationship. (Protection from Domestic Abuse Act, Oklahoma Title 22§60.1. Definitions)

Too many times we see the examples of this carried out through varying acts of violence. Physical violence can include hitting, kicking, choking, shoving, etc. Another form of abuse comes through sexual violence. This means that someone forces a sexual act upon another person or

it occurs when one cannot communicate their consent.

Sometimes violence consists of threats. A perpetrator will threaten someone with physical or sexual violence. These types of threats include communicating the intent to cause death, disability, injury, or physical harm through the use of words, gestures, or weapons. Often abuse comes in the form of psychological/emotional violence. The perpetrator will traumatize the victim by acts, threats or coercive tactics such as humiliating the victim, trying to control the victim's actions, withholding information, isolating the victim, or even denying the victim access to money or other resources. Gaslighting (manipulating someone by creating doubt) is also a well-known technique of abusers. The other method that is outlined today is stalking. This is when the perpetrator repeatedly harasses the victim. It could be as simple as following the

victim or send the victim unwanted gifts. It may include damaging the victim's property. We even include things like character assassination and internet trolling.

So now that we know what DV looks like, what does that mean? According to the Violence Policy Center (VPC) in Washington, D.C., Oklahoma ranks fourth in the nation of the number of women killed by domestic violence. Their study estimates about 21% of women and 10% of men in Oklahoma are victims of domestic abuse. According to the VPC, 97% of women killed in Oklahoma knew the person who killed them. Most were wives, ex-wives, or girlfriends of their murderers. We need to also remember that many children of the victims often witness the violence and abuse. This traumatic experience causes additional mental health and behavioral concerns.

Upcoming Community Events

Please make plans to attend at least one of these events.

October 12 @ 12 Noon
Balloon Release
DHS Training Ctr
617 W. Rock Creek Road
Norman

October 27 @ 1:00 pm
DV Awareness Walk &
Wreath of Hope
Ceremony
State Capitol, South
Lawn

FREE, 24/7, CONFIDENTIAL
NATIONAL DOMESTIC VIOLENCE
HOTLINE
1(800) 799-7233

Substance Use & Domestic Violence

Addiction and substance abuse are linked to domestic violence in a strong way. When someone is inebriated from drugs or alcohol, one is likely to lose control of his/her inhibitions. Being under the influence of any substance greatly increases the chances of abusive behavior.

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 within a relationship.

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

- A loss of control
- Continued behavior despite negative consequences
- Addiction and abuse tend to worsen over time
- Both conditions involve denial or shame

The risk of domestic violence increases when both parties have a substance abuse disorder.

According to the American Society of Addiction Medicine, substance abuse has been found to co-occur in 40-60% of IPV incidents across various studies. There is evidence that suggests that substance use/abuse plays a facilitative role in IPV by precipitating or exacerbating violence.

Research has found that on days of heavy drug and/or alcohol use, physical violence was 11 times more likely among IPV batterers and victims.

It may become difficult for the victim to determine how much danger is present. He or she will likely have a difficult time defending against a partner's attack or being able to call for help. Domestic abuse becomes a vicious cycle. If left untreated, domestic abuse can continue to perpetuate an unhealthy dynamic in the relationship that can have severe consequences.

Greater than 20% of male perpetrators report using alcohol and/or illicit drugs prior to the most recent and severe acts of violence. Victims of IPV also report the offender had been consuming alcohol and/or using illicit drugs. Many studies find excessive alcohol use to be strongly associated with perpetrating partner violence, though there is debate as to whether heavy drinking causes men to be violent or whether it is used to excuse violent behavior.

The effects of addiction and domestic violence are far-reaching. Those who are victims of domestic violence are more likely to struggle with a wide range of mental health disorders and require inpatient treatment to overcome the trauma of abuse.

Some of the problems that may develop after domestic abuse include:

- Substance abuse and addiction
- Eating disorders
- Depression
- Anxiety
- Post-traumatic stress disorder

Psychiatrist Dr. Sapini Yakob believes the most common psychological effect experienced by female domestic violence victims is depression, post-traumatic stress disorder (PTSD), and substance use.

"The primary mental health response in victims is depression, the prevalence of major depression is 63% for women in general. It can go up to 70% when related to domestic abuse cases. The victims of domestic violence may be affected physically as they may have peculiar responses recorded by a psychiatrist during therapy as result of the abuse," she said.

Dr. Yakob believes children are more likely to become either perpetrators or victims of family and domestic violence in the future if they have witnessed any form of domestic violence.

"We need to break the cycle as children who grow up in this environment view this as normal behavior. It not only affects the victim, but it also causes long term effects on children as they grow older as a result of witnessing the abusive behavior where one of their parents abuse the other parent."

16 Trauma-Informed, Evidence-Based Recommendations for Advocates Working with Children Exposed to Intimate Partner Violence

It has been well documented that exposure to Intimate Partner Violence (IPV) is a potential traumatic stressor for children, often adversely affecting their physical and emotional health. However, caring adults can help children heal and thrive. The recommendations that follow were created to help guide IPV advocates in their daily work with mothers and families. The recommendations are drawn from a review of core components of evidence-based therapeutic intervention models for children exposed to IPV including Child Parent Psychotherapy, Trauma-Focused Cognitive Behavioral Therapy, and the Kid's Club.

These can be adapted for your own use based on content, maturity levels, education, impact, etc.

1. Understand that children of all ages, from infancy through adolescence, are vulnerable to the adverse impact of IPV exposure.
2. Establish a respectful and trusting relationship with the child's mother.
3. Let mothers and children know that it is okay to talk about what has happened if the child would like to engage in this type of discussion.
4. Tell children that violence is not their fault; if children say that the violence is their fault or that they should have stopped it, tell them directly that they are not responsible for violence and that it is not their job to intervene (or coach their mothers to do so).
5. Foster children's self-esteem by showing and telling them that they are lovable, competent, and important.
6. Help children know what to expect.
7. Model and encourage good friendship skills.
8. Use emotion words to help children understand how others might feel during disagreements.
9. Recognize that when children are disruptive, they are generally feeling out of control and may not have the ability to use other strategies to express themselves.
10. Incorporate the family's culture into interventions, and support mothers and children to explore the values, norms, and cultural meanings that impact their choices and give them strength.
11. Actively teach and model alternatives to violence.
12. Involve mothers in conversations with their children about the children's views of the abuse.
13. Discuss child development with mothers.
14. Help mothers teach their children how to label their emotions.
15. Address mother's parenting stress.
16. Work with mothers to help them extend both their own and their child's social support network.

Adapted from Futures Without Violence
www.promisingfutureswithoutviolence.org



Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services both in the office and in various confidential settings within the community.

We have staff who speak English, Spanish, and Vietnamese.

Group options include Anger Management, Cognitive, Coping Skills, Parenting, Peer Recovery Support, Relapse Prevention, Substance Abuse, and Victims of Domestic Violence.

We offer urine testing, ADSAC assessments, pre-marital counseling, and the co-parenting course for those getting a divorce.

If you or someone you know are in need of services, please call the office to schedule an appointment or visit us on Tuesdays from 9:30am – 3:30pm for walk-ins.



Professional Development

PRSS Certification Training
October 14 - 18
ODMHSAS - OKC
\$25.00

MRT Facilitator Training
October 29 - November 1
ODMHSAS - OKC
\$25.00

Wellness Coach Certification
Training
November 19 - 20
ODMHSAS - OKC
\$25.00

Snickers Caramel Apple Dip

Ingredients

- 8 oz. Cool Whip whipping cream
- 1 cup milk
- 3.4 oz. vanilla instant pudding
- 5 regular size Snickers candy bars
- 1 cup prepared caramel dip
- Caramel ice cream topping for drizzle
- Apple slices for dipping



Instructions

1. Cut up four of the Snickers candy bars into smaller than bite-size pieces.
2. Whisk together pudding mix and milk in a medium-sized bowl. Pour in the caramel dip until well mixed and fold in the Cool Whip and Snickers pieces.
3. Refrigerate for 1-2 hours.
4. Cut up the remaining Snickers candy bar into pieces.
5. Drizzle with caramel topping and remaining Snickers pieces immediately before serving.
6. Serve with apple slices.

Burger Night Fundraiser

Thursday, October 10, 2019

5pm - 8pm

S & B's Burger Joint will donate 20% of your ticket to help provide counseling & case management services to the community!



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Staff Spotlight

Kim Turner, MCP, LPC, LADC Clinical Director

- Graduate of Northwestern Oklahoma State University
- Favorite Color is Red
- Loves Italian Food
- Specially Trained in TF-CBT, MRT, EMDR, and Strengthening Families
- Certified ADSAC Assessor & Facilitator
- Nicknamed "GK" by 10 Grandchildren

