Domestic Violence 101

Presentation by Sara Eliason of the WCA
Contact Us

Helping victims of domestic violence and sexual assault to stay safe… grow strong.

222 South 29th Street – MOVING April 5
Office Number: 402-345-6555
24 Hour Hotline: 402-345-7273
Website: wcaomaha.org
@omahawca
Domestic Violence: Defined

A pattern of abusive behavior in any relationship that is used by one partner to **gain and maintain power and control** over the other partner.

Domestic violence can be physical, sexual, emotional, psychological, or economic.

-Department of Justice, 2013
Domestic Violence: Misconceptions

- It’s not an anger issue
- It’s not caused by alcohol or drug use
- It’s not an issue between two people who don’t get along
- It’s never the fault of the victim
Statistics

It can affect anyone, regardless of gender identity, sexual orientation, race, income, education, or social group.
In total, we worked with clients **28,164 times in 2017**

**3,950 individuals** were served by WCA Programs

Advocates helped develop **4,726 safety plans**

Advocates received **7,189 hotline calls**

Advocates responded to **462 hospital calls**

We received **5,874 police reports**
Why doesn’t he/she just leave?

This question places an unfair burden on victim while simultaneously ignoring actions of abusive partner

- Leaving is the most dangerous time for a survivor
- Victim may still love abuser
- Lack of social support
- Effects of emotional abuse, minimizing, denying, & blaming
- Lack of economic resources
- Leaving means making sacrifices
Trauma of Domestic Violence

- Extreme stress that overwhelms an individual’s capacity to cope
- Trauma causes involuntary neurobiological changes
  - Fight, flight or freeze
- Memory recall may be significantly impacted
- Normalize trauma reactions
Tips for Helping

- Survivors need support, validation & resources
- Use phrases such as:
  - “I believe you.”
  - “I am so sorry this happened to you.”
  - “It was brave of you to share that with me.”
- Address immediate safety concerns
- Maintain confidentiality
- Connect with a victim advocacy agency
Who Do We Serve?

- We serve survivors of intimate partner and sexual violence
- Serve anyone regardless of:
  - Gender identity
  - Sexual orientation
  - Language spoken
  - County/state of residence
- All services are offered in both English & Spanish
- All services are free
WAYS OUR ADVOCATES ARE HERE FOR YOU EVERY STEP OF THE WAY:

- **Your Peer Support**
- **Your Advocate**
- **Your Coach**
- **Your Safety Net**
- **Your Attorney**
- **Your Therapist**

*WOMEN'S CENTER FOR ADVANCEMENT*
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